

A gluten-free, dairy-free Thanksgiving...a family's favorite recipes



Classic Turkey...

One approximately 20 pound turkey (with giblets and neck removed from cavity and put aside)

1 ½ cups butter (or non-dairy substitute, i.e. Earthbalance (contains soy))
3 cups white wine
2 tsp salt
2 tsp black pepper

Heat oven to 450°. Mix melted butter and wine in a bowl. Soak layered cheesecloth into mix and soak.

Place turkey on a roasting rack in a roasting pan. Place ½ tsp of salt and pepper inside washed turkey. Fill large cavity with plenty of stuffing; tie legs together with string and use toothpicks to close neck flap over. Rub turkey with softened butter and ½ tsp of salt and pepper. Remove cheesecloth from butter and wine and place it over turkey.

Cook turkey for 30 minutes and baste cheesecloth and turkey. Lower temperature to 350° and cook 2 ½ more hours, continuing to baste turkey every half hour. Use juices for gravy.

Turn turkey over and cook for one more hour, continuing to baste.

Test turkey with instant thermometer at the thickest part of turkey. Once the temperature reaches 180°, it's ready! Remember to continue basting until it's fully cooked. Stuffing needs to be between 140 and 160 degrees.

When finished, remove from oven and let sit for 30-45 minutes.

Gravy...

Pour the juices from the pan into a glass bowl. Let stand 10 minutes and skim off any fat. Pour ingredients into roasting pan on cook top and heat.

Add one cup of wine to mix and boil. Add diced giblets to pan and continue to cook.

Season with butter, onion celery, salt and pepper to taste. Continue to cook 10-20 minutes.

Strain and serve.

Stuffing...

Makes 6 cups

6 Tbsp butter (*or non-dairy substitute, i.e. Earthbalance (contains soy)*)
2 onions diced
8 celery stalks diced
1 cup dried cherries
1 cup pecans (optional)
1 ½ cups parsley
2 tsp black pepper
1 tsp salt
1 loaf of gluten-free bread either toasted or stale and cubed
3 cups chicken broth (*Better than Bouillon or Swanson's*)
5 fresh sage leaves

Melt butter and add celery and onions. Cook about 8-10 minutes. Add sage and stir for a few minutes. Add ½ cup chicken stock. Cook for about 5 minutes.

Place all ingredients in large bowl; add the rest of the stock and mix.

Stuff inside turkey or bake separately for about 30-40 minutes. Remove and enjoy!!!

Apple Pie...

Enjoy Life® Snickerdoodle pie crust (*or Gluten Free Pantry or Miss Roben's piecrust mix*)

Process 1 pkg of Snickerdoodles, 1/3 cup of brown sugar and 3 tbsp of melted Spectrum shortening in the food processor until well combined. Place in a 9" pie shell. Press down and smooth it up the sides. Bake at 350° for eight minutes. Let cool. Fill as desired.

6-8 firm, tart apples
3-6 tbsp sugar
3 Tbsp Cinnamon
3 Tbsp gluten free flour (brown rice or Tapioca flour)
3 Tbsp butter, cut into pieces

Pre-heat oven to 375°. Peel and core apples and slice about 1/4 inch thick. Mix sugar and cinnamon with apples (to taste), add flour. Fill pie tin/plate with prepared slices. Place butter pieces on top.

If using Snickerdoodles, bake open-topped
If using pie crust, roll flat and cover entire pie. Vent with knife or fork. Bake one hour or until golden.

Pumpkin Pie...

Enjoy Life® Snickerdoodle pie crust *(or Gluten Free Pantry or Miss Roben's piecrust mix)*

2 cups canned pumpkin
2/3 cups light brown sugar
2/3 cups sugar
4 eggs (or egg substitute)
1 cup Dari Free (potato milk) powder or other milk alternative (ie. rice, soy-milk)
1 ½ cup water
2 Tbsp canola oil
1 tsp cinnamon
½ tsp ginger (optional)
½ tsp cloves (optional)
¼ tsp nutmeg

Preheat oven to 400° degrees. In a blender or mixer, combine Dari Free powder, oil and water. Add all ingredients in mixing bowl. Pour into unbaked piecrust. Bake for 40-50 minutes or until a knife comes out clean when inserted into the middle.

Chocolate Crème Pie...

Enjoy Life® Snickerdoodle pie crust *(or Gluten Free Pantry or Miss Roben's piecrust mix)*

1 bag (10 oz) Enjoy Life® semi-sweet chocolate chips, melted

1 large Cool Whip or 3 containers Hip Whip (dairy free) (Or can use 2 containers -7.5 each- of Marshmallow Crème with 1 tsp of canola oil; it gets a little sticky, though.

In mixer, combine melted chocolate and cool whip or hip whip and mix until blended well and fluffy.

Pour into baked piecrust or Enjoy Life® Snickerdoodle crust. Refrigerate four hours and serve. If your diet permits, top with whipped cream or non-dairy alternative.

Tips provided by Jane Roberts, friend of Enjoy Life.