



the
PALEO MOM
Thanksgiving
feast

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introduction

Thanksgiving is my absolute favorite holiday. There is truly no better way to enhance the beauty and delightfully cool days of Autumn than a holiday centered on the people I love, great food, and reflecting on the many things, big and small, that I have to be thankful for.

One thing that I really appreciate about Thanksgiving is that it feels so much less stressful than other holidays. There is no expectation that I'll buy presents for all my farflung relatives and company. There's nothing to see and nowhere to go. And, the chances of getting stranded in a snowstorm while traveling are decidedly lower than Christmastime. Throw in some decadent food and laughter, and you've pretty much got the perfect day!

Even though this Holiday is supposed to be about enjoying time with the people we love, I know the idea of preparing a big meal—not to mention a big meal that caters to dietary restrictions—can be incredibly intimidating. Just the idea is enough to send people into a stress-related tailspin (which, for the record, is a great way to derail all the progress you've made by sticking to a Paleo diet!). Stress in the kitchen goes against the spirit of this day, which is why I created this e-book! I want all of the Thanksgiving Dinner cooks out there to enjoy the day as much as everyone else!

This guide will give you EVERYTHING you need to make your Paleo or AIP Thanksgiving dinner a complete success! Inside you'll find 25 recipes, two complete dinner menus including an AIP option and a standard Paleo option, shopping lists, meat and produce resources, timing and preparation guides and even fun family games! This is my gift to you, because I'm so incredibly thankful for all you've given me--support, enthusiasm, community, motivation and a reason to do all that I do. Happy Thanksgiving!!!

Sincerely,
Sarah



why have a PALEO THANKSGIVING?

Is this just going to be more trouble than it's worth? I know it's tempting to think that you can easily ignore all the delicious treats and decadent desserts you're used to experiencing during the holiday season. But if you're anything like me, those foods are part of what make holiday traditions are so special!

The Paleo diet is a nutrient-dense whole foods diet based on eating a variety of quality meat, seafood, eggs, vegetables, fruits, nuts, and seeds. It improves health by providing balanced and complete nutrition while avoiding most processed and refined foods and empty calories. Your focus shouldn't be on sticking to a paleo "diet" in order to lose weight or feel good for a few weeks. To me, this lifestyle is about adopting habits that make me feel amazing and vibrant for the rest of my life. And call me controversial, but I believe treats and celebrations can be a healthy part of this lifestyle!

The key to navigating this season lies both in mindset and in your decisions. If you begin your holiday season with a meal full of inflammatory foods, you're far more likely (in my experience) to roll this into meals of off-plan leftovers, holiday parties full of gluten, sugar and perhaps even a traditional Christmas cookie binge. In this case, New Year's is often the thing that takes us back to reality. But many people approach New Year's as a reason to adopt an even stricter approach, cutting out all indulgences and again setting themselves up to fall off the wagon.

I favor a more moderate approach. That's the reason many of these recipes, and quite a few desserts, made their way into both *The Paleo Approach Cookbook* and *The Healing Kitchen*. Paleo can feel restrictive, and the additional limitations of the Auto-immune Protocol can make this even more pronounced. I want you to focus on healing, but I certainly don't want you to feel deprived!

Instead of seeing Thanksgiving as a chance to "cheat," I encourage you to see it as a celebration!! It should be filled with warmth, community and delicious food. Use these recipes as a chance to enjoy something new, to impress your guests with a delicious and beautiful dish or to bring something you know won't make you sick to a potluck get-together. I want you to know that we CAN celebrate with food that continues to nourish our bodies without giving up flavor or decadence.



Thanksgiving
MENU

PALEO *menu*

Serves: 8-12 Guests

WHOLE TURKEY

EGGPLANT & WILD MUSHROOM STUFFING

CAULIFLOWER GRAVY

MAPLE CRANBERRY SAUCE

YEAST ROLLS

ROASTED BRUSSELS SPROUTS

(BACON-BRAISED BRUSSELS SPROUTS IF 1 OVEN)

ROOT VEGGIE CASSEROLE

ROASTED SWEET POTATOES

SIMPLE ROASTED GREEN BEANS

CRANBERRY KALE SALAD

PECAN AND PUMPKIN PIE

PALEO VANILLA ICE CREAM

AIP menu

Serves: 8-12 Guests

WHOLE TURKEY

MOFONGO STUFFING

CAULIFLOWER GRAVY

MAPLE CRANBERRY SAUCE

DINNER ROLLS

ROASTED SWEET POTATOES

ROOT VEGGIE CASSEROLE OR SAVORY

ROASTED TARO

ROASTED BRUSSELS SPROUTS

(BACON-BRAISED BRUSSELS SPROUTS IF 1 OVEN)

ROASTED CAULIFLOWER AND BROCCOLI

GARDEN SALAD WITH ITALIAN DRESSING

APPLE PIE

VANILLA ICE CREAM



PALEO MENU *shopping list*

MEAT

- 14 oz bacon
- 3 ½-4 ½ c chicken broth (4 if baking stuffing separately)
- 1 12-15 lb turkey
- 8 eggs + 2 egg whites + 6 egg yolks

VEGGIES

- 1.5 medium bunches kale
- ⅓ c finely sliced red onion
- 8 c mixed broccoli and cauliflower florets
- 9 to 11 cloves garlic
- ¼ c + 1 tbs chopped fresh parsley
- 2 yellow onion
- 2-3 stalks celery
- 1 lb yellow summer squash (or peeled zucchini)
- 4 lbs diced root vegetables, at least 4 different kinds, such as sweet potatoes, any variety of winter squash, green plantain, parsnip, carrot, boniato
- 4 lbs brussels sprouts
- 2 lbs sweet potatoes
- 2 large eggplants
- 2 lbs assorted mushrooms (baby bella, chanterelle, oyster, royal trumpet, etc.)
- 1 ¾ c pumpkin puree (or 1 15 oz can)
- 1 ½ lbs green beans
- ½ head cauliflower

FRUITS

- 2 c fresh or frozen cranberries
- 2 lemons

PANTRY ITEMS

- ¾ c dried cranberries
- 1 ¼ cup shredded unsweetened coconut
- 1 whole vanilla bean
- 1 ½ tsp vanilla extract
- Salt
- Dried savory
- Ginger
- Allspice
- Nutmeg
- Cloves
- Cardamom

NONPERISHABLES

- ½ c + 9 tbs ghee, butter or lard
- Extra virgin coconut oil
- ⅓ c extra virgin olive oil
- 1 ¼ c grade B maple syrup
- ¼ c avocado oil + 3 tbs
- Salt or truffle salt
- 1 c white wine
- 1 tbs active dry yeast
- 2 ¼ c Otto's cassava flour
- 2 c blanched almond flour
- ¼ c arrowroot flour
- ⅔ c raw walnut halves
- ⅓ c raw or roasted unsalted cashews
- 2 c chopped pecans
- 1-1 ¼ c pecan halves
- 1 c whole raw almonds
- 1 c honey

AIP MENU *shopping list*

MEAT

- 8 oz bacon
- 3 ½-4 ½ c chicken broth (4 if baking stuffing separately)
- 1 12-15 lb turkey

VEGGIES

- 16 c greens (Romaine lettuce, baby kale, spinach or a variety)
- 2 whole cucumbers
- 1 red onion
- ½ lb + 4 red radishes
- 8 c mixed broccoli and cauliflower florets
- 10 to 12 cloves garlic
- ¼ c chopped fresh parsley
- 2 yellow onions
- 1 lb yellow summer squash (or peeled zucchini)
- 4 lbs diced root vegetables, at least 4 different kinds, such as sweet potatoes, any variety of winter squash, green plantain, parsnip, carrot, boniato
- 4 lbs brussels sprouts
- 12 oz white sweet potato (other sweet potato works, but doesn't provide white color for vanilla ice cream)
- 2 lbs sweet potatoes
- ½ head cauliflower
- 5 green plantains
- 7-10 stalks celery
- 1 ½ c chopped green plantain

FRUITS

- 2 c fresh or frozen cranberries
- 6 c Granny Smith apples
- 2 lemons

PANTRY ITEMS

- 2 cans coconut cream
- ⅓ c coconut milk
- 1 tbs gelatin
- 2 whole vanilla beans or 2 tbs vanilla extract
- Salt
- Dried savory
- Cinnamon
- Cloves
- Mace
- Oregano
- Rosemary
- Marjoram
- Thyme

NONPERISHABLES

- 1 c lard
- ½ c bacon fat, lard, duck or goose fat
- Extra virgin coconut oil
- ¼ c + 6 tbs extra virgin olive oil
- ¾ c grade B maple syrup
- ¼ c avocado oil + 3 tbs
- Salt or truffle salt
- 1 c white wine
- ¼ c honey
- ¼ c evaporated cane juice or maple sugar
- 3 ¼ c Otto's cassava flour
- ¼ c apple cider vinegar



SHOPPING *suggestions*

In general, my absolute favorite place to do my weekly shopping is my local farmer's market. If this is an option for you, it's certainly the place where you will find the freshest produce, and I recommend going the weekend before thanksgiving to retrieve all your necessary produce and meat items. You may also be able to get a local pasture-raised turkey from a farmer at your farmer's market, but know that these must often be ordered ahead of time and can usually be picked up in plenty of time to thaw.

Baking staples can of course be found in a variety of places, including your local grocery store. Most of the produce in this book's recipes can also be found there, so don't feel limited! When buying meat, a pasture-raised bird is always the healthiest option. But that's also hard to find, and can be expensive! So, if it isn't an option, look for the cleanest option available. Organic and antibiotic-free is good, but many turkeys or turkey breasts have added preservatives that can be irritating and inflammatory, so be sure to read your labels. Unfortunately, turkey isn't always the only ingredient in your turkey....

For pantry items you'll need to make the pies or rolls in this cookbook, you can check your local store or use some of my favorite online resources. I use cassava flour in many of these recipes, and the only brand I recommend is Otto's Cassa-



va Flour. For almond flour, palm shortening, coconut oil and sweeteners like honey, my favorite resource is Tropical Traditions. You can also find many of my other favorites in my Amazon store. Many other kitchen staples, including a box of AIP Pantry Staples, at One Stop Paleo Shop. Finally, if the thought of cooking any of this is totally overwhelming, check out Paleo On The Go. They're a fully-compliant meal delivery service with AIP options created from my recipes, and they're offering a complete Thanksgiving menu that will arrive fully cooked and ready to re-heat.

Finally, if you are looking for cooking equipment, my biggest suggestion is a good knife! For thanksgiving, you may also need good baking sheets for roasting veggies, a cast-iron skillet and a rubber spatula. A silpat is nice to line a baking sheet, and a pie dish will also be necessary for any of your pies. Finally, an ice cream maker like this one will come in handy for my AIP ice cream recipe!



QUICK LINKS *to favorite products*

If the farmer's market isn't an option, or if you're looking for pantry staples, be sure to check out our carefully-curated kit from Barefoot Provisions. We've created a The Paleo Mom Thanksgiving Kit with ingredients used in this e-book!

And, just a little note: the Thanksgiving cook always needs a snack or two, and I recommend the Pumpkin Spice RXBar, Turkey Almond Cranberry Epic Bar, Pumpkin Spiced Donut Coconut Butter, or Apple Pie Cocoroons as well!

OTTO'S NATURALS

- [Otto's Cassava Flour](#)

TROPICAL TRADITIONS

- [Coconut Oil](#)

KASANDRINOS

- [Olive Oil](#)

AMAZON

- [Silpat](#)
- [Baking Sheet](#)
- [Pie Dish](#)
- [Ice Cream Maker](#)

OPTIONAL ADD-ONS:

- [Ghee](#)
- [Raw Organic Cashews](#)
- [Vital Proteins Gelatin](#)
- [Apple Pie Cocoroons](#)
- [Pumpkin Spice RXBar](#)



Thanksgiving timeline **PALEO MENU**

SUNDAY NIGHT

- Place turkey in refrigerator to thaw.
- Complete shopping list

WEDNESDAY MORNING

- Choose 2 pies and bake according to directions. Store, covered, in the refrigerator.

WEDNESDAY EVENING

- If working with one oven, prepare root veggie casserole and eggplant stuffing in the morning. Store in the refrigerator overnight. If working with two ovens, these can be made Thursday.
- Immediately after work or in the afternoon, prepare ice cream. Allow 4 hours to freeze, then before bed, blend a second time according to directions, and before bed store in refrigerator overnight.
- Set placemats, napkins and centerpieces at your Thanksgiving table. Prepare any materials for games.

THURSDAY

10 a.m.

- Prep turkey and mofongo stuffing according to directions. If stuffing will be cooked in bird, fill the cavity according to directions.
- If stuffing will not be prepared in bird, increase broth by 2 cups and set aside for later.

11 a.m.

- Turkey and stuffing go into the oven.
- Prepare cranberry sauce and place in the refrigerator to chill.
- Mix ingredients for salad.

10:30 a.m.

- Wipe down silverware, glasses and plates. Set table—this is a great task for little helpers to complete!

2 p.m.

- Use a meat thermometer to check the internal temperature of the turkey. Once a thermometer inserted in the thigh reads 165 degrees F, the turkey is done.
- Peel and chop sweet potatoes, cut broccoli, trim ends from brussels sprouts and green beans. Place veggies in their respective trays.
- Remove pecan pie from the refrigerator.

3 p.m.

- If turkey is finished, remove from oven. Cover with foil and place out of the way.
- Increase the oven temperature to 350 degrees F.
- Bake roasted sweet potatoes. If stuffing was not baked in turkey cavity, add it to oven now and cook for 1 hour.
- While veggies bake, prepare yeast rolls.

4 p.m.

- Remove sweet potatoes from the oven and cover with foil. Increase temperature to 375 degrees F.
- Bake yeast rolls for 20-25 minutes, according to directions.
- Make cauliflower gravy

4:25 p.m.

- Remove yeast rolls from the oven. Increase temperature to 450 degrees F.
- Roast green beans and cauliflower and broccoli florets

- If working with 2 ovens, roast brussels sprouts according to directions. If working with 1 oven, braise bacon-braised brussels sprouts according to directions.

5 p.m.

- Place ice cream in refrigerator to soften for an hour before serving
- Serve and enjoy!



Thanksgiving timeline **AIP MENU**

SUNDAY NIGHT

- Place turkey in refrigerator to thaw.
Complete shopping list

WEDNESDAY MORNING

- Bake 1 or 2 AIP Apple Pies according to directions. Store, covered, in the refrigerator.

WEDNESDAY EVENING

- If working with one oven, prepare root veggie casserole in the morning. Store in the refrigerator overnight. If working with two ovens, this can be made Thursday.
- Immediately after work or in the afternoon, prepare ice cream. Allow 4 hours to freeze, then before bed, blend a second time according to directions, and before bed store in refrigerator overnight.
- Set placemats, napkins and centerpieces at your Thanksgiving table. Prepare any materials for games.

THURSDAY

10 a.m.

- Prep turkey and mofongo stuffing according to directions. If stuffing will be cooked in bird, fill the cavity according to directions.
- If stuffing will not be prepared in bird, increase broth by 2 cups and set aside for later.

11 a.m.

- Turkey and stuffing go into the oven.
- Prepare cranberry sauce and place in the refrigerator to chill.
- Mix greens and veggies for garden salad. Mix dressing, but keep separate until ready to serve.

10:30 a.m.

- Wipe down silverware, glasses and plates. Set table—this is a great task for little helpers to complete!

2 p.m.

- Use a meat thermometer to check the internal temperature of the turkey. Once a thermometer inserted in the thigh reads 165 degrees F, the turkey is done.
- Peel and chop sweet potatoes, cut broccoli, trim ends from brussels sprouts. If making taro instead of casserole, peel taro. Place veggies in their respective trays.
- Remove pies from the refrigerator.

3 p.m.

- If turkey is finished, remove from oven. Cover with foil and place out of the way.
- Increase the oven temperature to 350 degrees F.
- Bake roasted sweet potatoes. If stuffing was not baked in turkey cavity, add it to oven now and cook for 1 hour.
- While veggies are baking, prepare AIP dinner rolls according to directions.



4 p.m.

- Remove sweet potatoes from the oven and cover with foil.
- Increase temperature to 425 degrees F. Bake rolls according to directions.
- If making taro instead of casserole, steam taro on the stove.
- Make cauliflower gravy

4:25 p.m.

- Remove rolls from the oven and transfer to a bowl or basket covered with a cloth napkin or towel. Increase oven temperature to 450 degrees F.

- Roast cauliflower and broccoli florets
- If working with 2 ovens, roast brussels sprouts according to directions. If working with 1 oven, braise bacon-braised brussels sprouts according to directions.
- If preparing savory roasted taro instead of root veggie casserole, preheat broiler and broil taro after roasted veggies have finished.

5 p.m.

- Place ice cream in refrigerator to soften for an hour before serving
- Serve and enjoy!

Thanksgiving **GAMES**

I'll admit, my family isn't much for the usual go-around-the-table-and-say-things-you're-thankful-for bit. My husband thinks it's a little corny, and everyone else just likes to get to the food! But I do think Thanksgiving can be about more than just eating, and with games that focus on the holiday, you might even be able to sneak in a little thankfulness and reflection as well! These game ideas are from the site Creative Youth Ideas.

WHAT: Thanksgiving Boggle

RESOURCES: Timer, pen, paper

HOW: Participants must create as many words as possible from the word "Thanksgiving" before the timer runs out. The winner is the person with the most words at the end of the allotted time.

WHAT: Thanksgiving A to Z

RESOURCES: None

HOW: Beginning with the letter A, the first person at the table must list all the things they are thankful for that begin with that letter. The next person begins with the letter B and so on until your family has completed the alphabet!

WHAT: Tearable Turkey

RESOURCES: Construction paper

HOW: Participants must rip a sheet of construction paper into the shape of a turkey while holding the paper behind their backs. They cannot look at their artwork until it's complete. When construction is finished, hang the turkeys up and let your family choose the best example!



Thanksgiving
RECIPES

Thanksgiving **RECIPES**

26 ITALIAN VINAIGRETTE (AIP)

28 CAULIFLOWER GRAVY (AIP)

30 CRANBERRY KALE SALAD (AIP)

32 GARDEN SALAD (AIP)

34 MAPLE-CRANBERRY SAUCE (AIP)

36 ROASTED BROCCOLI AND CAULIFLOWER (AIP)

38 ROOT VEGETABLE CASSEROLE (AIP)

41 ROASTED SWEET POTATOES (AIP)

43 SIMPLE ROASTED GREEN BEANS

45 ROASTED BRUSSELS SPROUTS (AIP)

47 BACON-BRAISED BRUSSELS SPROUTS (AIP)

49 SAVORY ROASTED TARO (AIP)

51 DINNER ROLLS (AIP)

53 YEAST ROLLS

55 MOFONGO STUFFING

57 WHOLE TURKEY (AIP)

58 EGGPLANT AND WILD MUSHROOM STUFFING

61 PALEO PIE CRUST

62 AIP PIE CRUST

64 PUMPKIN PIE

66 APPLE PIE (AIP)

68 PECAN PIE

71 VANILLA ICE CREAM (AIP)

73 PALEO VANILLA ICE CREAM





italian vinaigrette



PREP TIME
5-10 minutes

COOK TIME
-

YIELD
6-8 Servings

6 tablespoons extra virgin olive oil
¼ cup apple cider vinegar
¼ teaspoon dried oregano leaves
¼ teaspoon dried rosemary
¼ teaspoon dried marjoram leaves
¼ teaspoon dried thyme leaves
¼ teaspoon dried savory
1 clove garlic, crushed
Pinch of salt

1. Combine all the ingredients in a blender. (If making the Basic Vinaigrette, simply combine the ingredients in a jar and shake before serving.)
2. Blend until fully combined.
3. Store in the fridge and warm to room temperature before serving (just take it out of the fridge about 30 minutes before mealtime).



cauliflower gravy

**PREP TIME**

5 minutes

COOK TIME

-

YIELD

6-8

½ head cauliflower, cut into florets
1 ½ cups bone broth (chicken, beef, pork, etc.)
1 clove garlic
Salt, to taste

1. Place the cauliflower in a saucepot with the broth and garlic. Bring to a boil, then reduce the heat to maintain a simmer. Simmer for 15 to 20 minutes, until the cauliflower is overcooked.
2. Pour the mixture into a high-speed blender. Cover the lid of your blender with a tea towel to make sure you don't burn yourself. Blend for 1 minute, until completely smooth. Taste and season with salt if desired. If too thick, thin with additional broth or water.



cranberry kale salad



PREP TIME
5 minutes

COOK TIME
-

YIELD
4-8 servings

8 ounces bacon
1.5 medium bunches of kale, torn into little pieces and tough stems discarded
 $\frac{3}{4}$ cup dried cranberries
 $\frac{1}{3}$ cup extra virgin olive oil
 $\frac{1}{3}$ cup finely sliced red onion

1. Chop bacon finely and brown on the stovetop in a pan until crispy, 8-10 minutes. Drain excess fat and let cool.
2. Toss kale with olive oil and mix with hands to coat. Mix in other ingredients, and toss to combine.



garden salad



PREP TIME

5 minutes

COOK TIME

-

YIELDS

8

16 c greens (Romaine lettuce, baby kale, spinach, or a variety of greens)
2 whole cucumbers, chopped
4 red radishes, chopped
1 red onion, sliced
Optional: additional chopped veggies

1. Combine all ingredients.
2. Dress with Italian Vinaigrette just before serving.



maple-cranberry sauce



COOK TIME
8-10 minutes

COOK TIME
-

YIELDS
5-8 servings

2 cups fresh or frozen cranberries
½ cup grade B maple syrup
¼ cup water

1. Combine cranberries, maple syrup and water in a small saucepan. Bring to a boil over high heat and then reduce heat to maintain a simmer.
2. Simmer uncovered for 8-10 minutes, stirring occasionally, until most of the berries have popped and the sauce has thickened.
3. Transfer to a serving bowl and refrigerate until ready to eat (or at least 1 hour).



roasted broccoli & cauliflower



PREP TIME
10 minutes

COOK TIME
25 to 40 minutes

YIELDS
4 to 8

8 cups broccoli and cauliflower florets and cubed stems (about 2 lbs)
¼ c avocado oil
6 to 8 cloves garlic, crushed
1 tbs finely grated lemon zest (about 1 lemon)
¼ tsp salt or truffle salt
¼ c chopped fresh parsley

1. Preheat the oven to 450 degrees F
2. In a casserole dish, toss the broccoli and cauliflower florets and stems with the avocado oil, garlic, lemon zest, and salt.
3. Roast for 25 to 40 minutes, until the broccoli and cauliflower is fully cooked (it depends on how big your florets and how soft you like them), stirring once halfway through cooking.
4. Remove from the oven and toss with the fresh parsley. Serve!



root vegetable casserole

**PREP TIME**

15-20 minutes

COOK TIME

1 hour 30 minutes

YIELDS

8-10

3 Tbsp extra virgin olive oil or avocado oil
1 yellow onion, sliced into half moons
1 lb yellow summer squash (or peeled zucchini), diced
2 cloves garlic, minced
2 cups chicken broth
1 cup white wine
1 tsp salt, plus more to taste
4 lbs (about 10 cups diced) root vegetables (use at least 4 different kinds, such as sweet potatoes, any variety of winter squash, green plantain, parsnip, carrot, boniato, etc.), diced into $\frac{3}{4}$ " pieces

1. Heat 1-2 Tbsp of olive oil in a skillet over medium-high heat, then add onion. Cook, stirring occasionally until browned, about 10 minutes.
2. Remove onions from the skillet and place in a 9"x9" casserole dish; set aside. Add another 1-2 Tbsp of olive oil and add summer squash to the pan. Cook, stirring occasionally, until browned, about 10 minutes. Add garlic and cook 2 more minutes.
3. Add broth and wine to the summer squash. Simmer until liquid reduces by two thirds, about 15 minutes. Add salt.
4. Preheat oven to 400F.
5. Carefully pour contents of skillet into a blender. Blend on high for 30 seconds to 1 minute, until completely smooth. Taste and add extra salt, if needed. You want this sauce to be a little salty.
6. Toss diced root vegetables with caramelized onion in the casserole dish. Pour the sauce from the blender all over the root veggies.
7. Bake uncovered for 50 minutes to an hour, until root veggies are fully cooked. Let sit for 5-10 minutes before serving.

multitasking note: you have plenty of time while onion and zucchini are browning and while broth is reducing to chop up all the root vegetables for the casserole. *Make ahead note:* You can either do steps 1-6 the day before, and then bake before serving or fully cook the day before (bake for 40-45 minutes, until the root vegetables are cooked al dente) and then reheat for 30 minutes in the oven before serving.



roasted sweet potatoes



PREP TIME
10 minutes

COOK TIME
40 minutes

YIELDS
4-8 servings

2 pounds sweet potatoes, peeled and cut into ½-inch thick circles (or semicircles, if big around; you can also cut thick wedges to make sweet potato fries)

2 tablespoons extra-virgin coconut oil, melted
¼ teaspoon salt, to taste (optional)

1. Preheat the oven to 350°F. Line a rimmed baking sheet with aluminum foil or parchment paper, or use a silicone baking mat.
2. Place the sweet potato slices in a large bowl. Toss with the coconut oil and salt until evenly coated. Arrange the slices in a single layer on the prepared baking sheet.
3. Bake for 25 minutes, then remove from the oven and turn each slice over.
4. Bake for another 15 minutes. Enjoy!



simple roasted green beans

PREP TIME

10 minutes (to melt fat and trim green beans)

COOK TIME

20 minutes

YIELDS

4 servings

1 ½ lbs green beans, trimmed
3 Tbsp ghee, palm shortening, or avocado oil
1 tsp truffle salt
1-2 Tbsp fresh lemon juice (juice of 1 lemon)

1. Preheat oven to 450F. Line a rimmed baking sheet with tin foil or a silicone liner (make sure yours is oven safe to 450F).
2. Melt ghee (or palm shortening, you can skip this if you're using avocado oil). Toss trimmed green beans with ghee and sprinkle liberally with truffle salt.
3. Roast for 18-20 minutes (longer if you have thicker beans), stirring them at the 10 minute mark. They're done with they start browning and getting a little crisp on the outside and are soft but not mushy inside.
4. Remove from oven, place in a serving bowl, and toss with fresh lemon juice. Enjoy!



roasted brussels sprouts



PREP TIME

10 minutes

COOK TIME

30-35 minutes

YIELDS

4-6

4 lbs Brussels sprouts
¼ cup lard, melted
1 tsp salt

1. Preheat oven to 375F.
2. Trim any brown parts off the Brussel sprouts. Slice in half if medium in size, slice into quarters if large in size, leave whole if they're small.
3. Toss Brussel sprouts with melted ghee and salt. Place on a rimmed baking sheet, spreading out to form a uniform layer.
4. Bake, stirring once about half way through the cooking, for 30-35 minutes, until browned.



bacon-braised brussels sprouts



PREP TIME
10 minutes

COOK TIME
15 minutes

YIELDS
4 servings

1 lb Brussels sprouts, cleaned and trimmed
6 oz bacon
4-6 Tbsp water

1. Chop bacon into small pieces (I like to use scissors for this job) and place into a cold skillet (cast iron is perfect here).
2. Heat skillet over medium-high heat, stirring relatively frequently, until bacon is starting to brown and is mostly cooked.
3. Add Brussels sprouts to skillet carefully (remember cold water into hot fat can cause the fat to splatter).
4. Stir relatively frequently. As soon as Brussels sprouts start to stick, add 1-2 Tbsp water to the pan. Stir some more.
5. Keep adding small amounts of water every time the Brussel sprouts start to stick.
6. Once the Brussel sprouts are cooked (about 15 minutes, depending on the size), stop adding water. Just when they start to stick again, pour the bacon and sprouts into a serving dish and enjoy!



savory roasted taro

**PREP TIME**

15-20 minutes

COOK TIME

25 minutes

YIELDS

2-4 servings

2 pounds fresh taro (8 to 10 small tubers)
3 tablespoons tallow, lard, or duck fat, melted
2 teaspoons dried savory
2 cloves garlic, crushed
½ teaspoon salt

1. Place the whole unpeeled taro tubers in a steamer basket or steamer insert. Bring the water to a boil and steam for 10 to 15 minutes (depending on the size of the tubers) until you can pierce them easily with a knife but before they get too soft (think of the firmness of not-quite-cooked potatoes). Remove from the heat and let cool enough to handle.
2. Meanwhile, place an oven rack 6 to 8 inches from the broiler element, and preheat the broiler on high for 10 minutes.
3. Peel off the barklike skin of the taro with a paring knife (it should come off fairly easily). Cut the peeled taro into quarters or ½-inch-thick rounds and place in a large bowl. Pour the tallow, savory, garlic, and salt over the taro and toss to coat. Spread the taro on a rimmed baking sheet.
4. Broil for 10 minutes, flipping or stirring every 3 to 5 minutes, until browned and slightly crisp on the outside.



dinner rolls



PREP TIME
15 minutes

COOK TIME
25 minutes

YIELDS
6 rolls

1 ½ cup chopped green plantain (about 1 medium)
¼ cup extra virgin olive oil
½ tsp salt
⅓ cup coconut milk
1 cup Otto's cassava flour

1. Preheat oven to 425F.
2. Combine plantain, olive oil, salt and coconut milk in a blender and blend on high for 1-2 minutes, until a completely smooth puree.
3. Invert puree into a mixing bowl. Add cassava flour and work into the puree until a sticky firm dough forms.
4. Divide dough into six and roll each part into a ball (about 2" in diameter). Place on a baking sheet. If desired, cut an 'X' with a sharp knife about 1/4 " deep at the top of each dough ball.
5. Bake for 25 minutes.
6. Remove from oven and let cool at least 5 minutes before serving.

Note: This recipe doubles really well. These rolls are best enjoyed still warm on the same day they are baked.



yeast rolls

PREP TIME

15 minutes plus 1 hour
rising time

COOK TIME

20 minutes

YIELDS

12 rolls

½ cup warm water (100-110F)
1 Tbsp honey
1 Tbsp dry active yeast
4 eggs
¼ cup ghee, unsalted butter, or lard
2 ¼ cups Otto's cassava flour
1 tsp salt

1. Proof yeast by stirring into warm water with honey. Let sit for 5 minutes until foamy.
2. Place eggs and ghee in a blender and blend on high for 1 minute, until light and foamy.
3. Combine cassava flour and salt in a mixing bowl. Pour egg mixture and yeast mixture into the cassava flour. Work into a stiff dough.
4. Divide dough into 12, and roll each part into a ball (about 2" in diameter). Line a 9x9" baking pan with parchment paper. Arrange rolls in baking pan, with about ½" space between them.
5. Place rolls in a warm corner (or if you have a warming/proofing feature on your oven, that's even better!) and let rise for 1 hour.
6. Preheat oven to 375F.
7. Transfer rolls to oven and bake for 20-22 minutes.



mofongo stuffing



PREP TIME
1 hour

COOK TIME
4-5 hours

YIELDS
16-24 servings

5 green plantains, peeled and cut into 1-inch-thick semicircles
4 cups Bone Broth (chicken or turkey, page 110) or water
10 ounces bacon, cut into small pieces
1 large onion, finely diced
7 to 10 stalks celery, chopped
¼ cup bacon fat, lard, or duck or goose fat
2 tablespoons dried savory or ⅓ cup fresh savory leaves

1. Place the plantains in a pot with the broth or water (there should be enough to cover). Bring to a boil over high heat, then reduce the heat to maintain a simmer. Simmer, covered, until the plantains are tender when pierced with a knife, about 20 minutes.
2. Meanwhile, add the bacon to a cold skillet and turn on the heat to medium-high. Cook for 5 minutes, then add the onion and celery. Continue to cook, stirring occasionally, until the bacon is crisp and the onion is soft and caramelized, about 15 minutes.
3. Drain the plantains when they are done cooking, but reserve the cooking liquid.
4. Place the plantains in a bowl along with ½ cup of the cooking liquid. Mash with a wire potato masher to the desired consistency (I like it very lumpy). Add the bacon, onion, celery, and all the grease from the pan. Add the supplemental bacon fat and the savory and stir to incorporate.



whole turkey



PREP TIME
10 minutes

COOK TIME
4-5 hours

YIELDS
12-16 servings

1 (12- to 15-pound) turkey
2 teaspoons salt
1 tablespoon dried savory

1. Preheat the oven to 325°F. Place the turkey in a large roasting pan. Position the rack in your oven appropriately low to accommodate the roasting pan.
2. Remove any giblets and the neck (sometimes they are both in the main cavity, sometimes the neck is in the neck cavity). Pat dry with paper towels. Fill the neck cavity and then the main cavity of the turkey with the stuffing (it's okay to re-ally pack it in). If the skin around the main cavity does not cover the surface of the stuffing, place a little aluminum foil around the opening. Place an oven-safe meat thermometer in the deepest part of the breast or in the inner thigh near the breast.
3. Sprinkle the entire surface of the turkey with the salt and savory.
4. Roast for 3 1/2 to 4 hours, until the meat temperature reaches a minimum of 165°F. (The stuffing should also reach 165°F, which may mean cooking the meat to a hotter temperature. Don't worry; your turkey should still be moist up to about 175°F to 180°F.) If you prefer crisp skin, don't baste. If you like moist skin, baste with the pan juices after the first hour and every 20 to 30 minutes thereafter throughout cooking.
5. Remove from the oven and let rest for 10 minutes before carving. Serve with maple-cranberry sauce, if desired.



eggplant & wild mushroom stuffing

PREP TIME

1 ½ hours

COOK TIME

4 hours

YIELDS

6-8 servings

2 large eggplants, peeled and cut into ½” cubes
2 Tbsp salt (for salting the eggplant, not for the final stuffing)
2 lbs assorted mushrooms (I used 1 lb baby bella, 8oz chanterelle, 4oz oyster, and 4oz royal trumpet)
6 oz reduced-sodium uncured bacon
1 medium yellow onion, chopped relatively fine
2-3 stalks celery, cut into ¼” slices
1 Tbsp fresh parsley, finely chopped
1 Tbsp dried (whole leaf) savory
2-3 Tbsp grass-fed butter or other good cooking fat
13-15 pound turkey (for bigger or smaller bird, scale accordingly)

1. Toss the eggplant with the salt and let sit in a colander in the sink for at least one hour. This step is critical for getting the eggplant to hold its shape and not turn to mush.
2. Rinse the salt off the eggplant, then place eggplant on several pieces of paper towel on the counter or a baking sheet. Cover with more paper towel and gently squeeze excess water out of the eggplant. Set aside.
3. Chop bacon into small pieces (I like to use scissors for this job) and place in a cold skillet (cast iron is great here). Now, heat the skillet over medium-high heat, stirring fairly frequently.
4. When bacon is mostly cooked, add eggplant and cook, stirring frequently, until eggplant is cooked and starting to brown. If eggplant starts to stick, add 1 Tbsp butter.

5. Set bacon and eggplant aside in a large bowl and return skillet to the stove-top. Now add 1 Tbsp butter with onion and celery. Cook until onion and celery have softened.
6. Add mushrooms to skillet (you may need to do this in two batches depending on the size of your frying pan). If vegetables start to stick, add another tablespoon of butter. Cook until mushrooms are nicely sautéed, but still firm. Add to eggplant and bacon in the big bowl.
7. Toss vegetables with savory and parsley until well combined. Let cool 15-30 minutes so it's cool enough to handle to stuff the turkey.
8. Remove neck and giblet bag from turkey and place on a roasting pan. Stuff the turkey with the eggplant and mushroom mixture, utilizing both the front and back cavities.
9. Season the turkey with your favorite spices and roast at 325F for 3 ½-4 hours, or until temperature reaches 180F.
10. Let the turkey rest 10-15 minutes before removing the stuffing and carving the turkey. Enjoy!



paleo pie crust

PREP TIME

10-15 minutes

COOK TIME

-

YIELDS

1 pie crust

2 cups blanched almond flour
¼ cup arrowroot flour
1 egg whites
⅛ tsp salt

1. Preheat oven to 375F.
2. Combine all ingredients and work together to form a dough with your hands.
3. Place the dough into a 8" deep dish or 9" pie plate. Channel your inner play-dough-loving child, and pat and push the dough to fully line the pie plate (this is a type of pie crust called a push crust, because you "push" it into place rather than rolling it out). Make a nice edge.
4. Bake crust for 15 minutes, until starting to turn golden brown. Remove from the oven.

AIP *pie crust*

PREP TIME
10-15 minutes

COOK TIME
-

YIELDS
1 pie crust

2 ¼ cups Otto's cassava flour
⅛ tsp salt
¾ cup cold lard
6-8 Tbsp ice cold water

1. Bake crust for 15 minutes, until starting to turn golden brown. Remove from the oven.
2. Mix salt and cassava flour in a mixing bowl. Add lard and using a wire whisk or two knives, cut into the cassava flour until the mixture resembles dry oatmeal in texture and the largest pieces of lard are no bigger than a pea.
3. Add ice water one tablespoon at a time, and work into dough. Stop as soon as the dough holds together easily.
4. Place dough in fridge while you prepare the filling.





pumpkin pie

PREP TIME
10 minutes

COOK TIME
40 minutes

YIELDS
8-10 servings

1 pie crust of choice
1 $\frac{3}{4}$ cups pumpkin puree (use fresh or this is the equivalent of a 15oz can)
 $\frac{2}{3}$ cups raw walnut halves
 $\frac{1}{3}$ cup raw or roasted unsalted cashews
3 eggs + 1 egg yolk
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup maple syrup
1 cup water
1 tsp ginger
1 tsp allspice
1 tsp nutmeg
 $\frac{1}{2}$ tsp cloves
 $\frac{1}{2}$ tsp cardamom
 $\frac{1}{4}$ tsp salt

1. Preheat oven to 350F (if you're making your pie right after making the crust, just reduce the temperature).
2. Place cashews and walnuts in your food processor or blender and pulse until finely ground. Add eggs, honey and maple syrup and blend for 2-3 minutes until completely smooth (you could also add some of the water if it's too thick for your food processor or blender to puree well). It is very important to blend until completely smooth, otherwise your custard will be watery.
3. Add the rest of the ingredients and blend until combined.
4. Pour into cooled pie shell (doesn't need to be room temperature, just cool enough to touch). Spread the top out evenly with a spatula.
5. Bake for 40 minutes. Allow pie to cool completely before serving.
6. Enjoy!



apple pie



PREP TIME
30 minutes

COOK TIME
1 hour

SERVINGS
8

1 AIP Pie Crust
6 cups peeled and sliced Granny Smith apples (about 5-6 apples)
¼ cup evaporated cane juice or maple sugar
2 Tbsp fresh lemon juice (about 1 lemon)
1 tsp lemon zest (finely grated)
½ tsp cinnamon
Pinch cloves
For AIP: ¼ tsp mace and additional ¼ tsp cinnamon
For Standard Paleo: ½ tsp allspice and ⅛ tsp cardamom
For Standard Paleo: ½ cup chopped walnuts
Pinch salt

1. Combine all filling ingredients and toss to thoroughly coat apple slices.
2. Preheat oven to 350F.
3. Divide dough in half. Roll out with a rolling pin on a sheet of parchment paper to ¼" thick or slightly thinner. Carefully transfer dough to a 9" pie plate. Make sure the dough lines the plate well (take the time to fill in any cracks that form during the transfer and making the edges look nice).
4. Pour filling into the pie crust.
5. Roll out the other half of the pie dough. You can choose to cut strips of dough for a crosshatch pattern on the top, or simply cover for a double crust pie (remember to cut a couple slits in the top crust for venting).
6. Bake for 1 hour.

Note: This pie crust holds up really well to storage. Store covered, at room temperature for up to 3 days.



pecan pie

PREP TIME
15 minutes

COOK TIME
45 minutes

SERVINGS
8

1 pie crust of choice
¾ cup honey
¾ cup grade b maple syrup
6 Tbsp ghee, unsalted butter, or lard (you could also use palm shortening but ghee or lard have great flavor for this pie)
1 ½ tsp vanilla
⅛ tsp salt
4 whole eggs
1 egg yolk
2 cups chopped pecans
1-1 ¼ cup pecan halves for the top (optional)

1. Preheat oven to 375F. Toast pecans on a rimmed baking sheet for 5-8 minutes (you can do this while your pie crust is cooking), until fragrant (the pecan pieces take about 5 minutes, and the pecan halves take a little longer).
2. Once the pecans and pie crust are out of the oven, reduce the heat to 350F.
3. Heat honey and maple syrup in a small saucepot over medium-high heat until it comes to a rapid simmer.
4. Meanwhile, beat the eggs and egg yolk together. Temper the eggs (which means adding a little bit of the very hot honey and syrup to the eggs while you stir them quickly) then add the eggs to honey and remove from the heat.
5. Stir in the vanilla, salt, and ghee (or other fat of choice), and chopped pecans. Pour into pie crust.

6. Arrange pecan halves to cover the top of the pie. Place pie in the oven and back for 20-25 minutes, until set (you'll know it's set when you jiggle the pie a little and the middle doesn't wobble like jello—how long this takes depends a bit on whether your crust or filling cooled a bit before getting it into the oven and just how hot your honey got when you brought it to a simmer, so it could take as long as 30 minutes).
7. Let the pie cool completely before serving. Enjoy!





vanilla ice cream

PREP TIME

5 minutes plus chilling,
churning and freezing

COOK TIME

15 minutes

SERVES

8-12 servings

2 cans coconut cream
1 Tbsp gelatin
12 oz sweet potato, peeled and diced (use
white sweet potatoes for the lightest color
ice cream)
2 whole vanilla beans or 2 tbs vanilla extract
¼ cup honey

1. Bloom gelatin in room temperature coconut cream in a saucepot until completely translucent (about 2-3 minutes). Add sweet potato and vanilla beans or extract to the pot.
2. Bring to a simmer over medium heat. Reduce heat to maintain a simmer for 15 minutes.
3. Remove from heat. Remove vanilla beans, if using, and set aside.
4. Place coconut cream mixture in a blender and blend until a completely smooth puree forms. If using vanilla beans, slice open and scrape seeds out of the pod and add to the mixture; blend again to combine.
5. Chill in the refrigerator (go ahead and leave in the blender jar) for 4 hours.
6. Blend again for 30 seconds. Place in an ice cream maker and churn according to manufacturer's instructions.
7. Transfer ice cream into a freezer-safe container and freeze 2-4 hours before serving.

Note: green plantain, parsnip, and boniato root can all be used in place of the sweet potato. Since these are all less sweet roots, you may wish to add an extra tablespoon of honey.



paleo vanilla ice cream

PREP TIME

5 minutes plus soaking almonds, chilling, churning and freezing

COOK TIME

15 minutes

SERVES

8-12 servings

1 cup whole raw almonds
1 ¼ cup shredded unsweetened coconut
1 whole vanilla bean
6 egg yolks
¼ cup honey, or to taste
Water

1. Soak almonds in at least 2 cups water overnight. Rinse almonds thoroughly (until water rinses clear). Add 2 cups fresh water to almonds.
2. Place soaked almonds and water in blender and blend on high for 3-4 minutes (I divide mine into two batches and do this in my Magic Bullet).
3. Strain almond pulp through a folded square of Cheesecloth, Nut-Milk Bag or Extra Fine Mesh Strainer. Discard pulp.
4. Add 2 cups hot freshly boiled water to the coconut in a blender. Blend on high for 4-5 minutes (Again, I divide mine into two batches and do this in my Magic Bullet).
5. Strain coconut pulp through a folded square of Cheesecloth, Nut-Milk Bag or Extra Fine Mesh Strainer. (You will probably want to wait for it to cool a little to help you squeeze the coconut milk out). Discard pulp.
6. Place almond milk and coconut milk into a medium saucepot. Slice the vanilla bean in half with a sharp knife and add to the pot.
7. Heat on medium-low heat, stirring very frequently, until hot and steaming but just short of a simmer (do not let the milk simmer!).
8. Separate eggs (discard whites or save for another purpose) and place yolks in a heat-safe container (a pyrex measuring cup works well).

9. Temper the egg yolks by adding a ladle full of hot milk to the yolks while stirring the yolks. Now add the tempered yolks to the saucepot, again stirring constantly.
10. Heat the mixture on medium-low, stirring constantly and never letting it simmer, until the custard thickens (should coat the back of a wooden spoon and be about as thick as heavy cream), about 6-8 minutes. (If the custard boils, the egg will curdle. If this happens, it's still salvageable: remove from heat immediately and pulse through a blender until smooth.)
11. Remove from heat and pour into a bowl or measuring cup to cool.
12. Let cool to room temperature. Remove the vanilla bean and scrape the vanilla seeds off the bean with a spoon or the back of a sharp knife. Add the vanilla seeds back to the custard and discard the pod. Stir in the honey.
13. Chill the custard in the fridge until cold.
14. Place the chilled custard in your Ice Cream Maker and follow the directions. Enjoy! Store any leftovers in the soft zone of your freezer.



*Happy
Thanksgiving!*