



THANKSGIVING

Meal Preparation

Kitchen staples

- » Salt & Pepper
- » Olive Oil
- » Vanilla Extract
- » Vegetable or Coconut Oil
- » Parchment Paper

Ingredient & cooking notes from the kitchen

Each recipe yields at least 4 generous portions, and some recipes make a bit more!

Wash all produce under running water before cutting or cooking. After washing, dry produce with a clean cloth or paper towel.

Nutrition information listed is per serving.

Optional Prep on Wednesday

Make Cranberry Sauce and keep in the refrigerator until ready to serve. Prepare the Pear Cranberry Crisp and refrigerate it overnight. The next day, let it come to room temperature and bake the crisp while you eat dinner.

On Wednesday night, tear the ciabatta bread into pieces. Place ciabatta pieces on a baking sheet overnight, uncovered, to dry out. (This replaces the first step of the Rustic Ciabatta Stuffing recipe.)

Trim and halve the Brussels sprouts and store in an airtight container in the fridge. Peel and halve the butternut squash, tightly wrap each half in plastic wrap, and place in the fridge overnight.

Questions?

Our Carrot Coaches are here for you. Call us at (339) 777-5121 Monday-Friday, 9am-5pm EST. Email us anytime at hello@purplecarrot.com.

Contact Information

Follow us @purplecarrotxo & show us what you're cooking. Tag your best Purple Carrot pictures with #purplecarrot.

Cook up Thanksgiving

3.5 hours before dinner

- Tear ciabatta bread and dry in oven
- Make Cranberry Sauce

3 hours before dinner

- Make Pear Cranberry Crisp
- Make Rosemary Pecan Dukkah
- Prepare ingredients for Rustic Ciabatta Stuffing, Classic Gravy, Roasted Brussels Sprouts, and Hasselback Butternut Squash recipes

2 hours before dinner

- Sauté sausage and vegetables for stuffing
- Make stock for stuffing and gravy

1 hour before dinner

- Roast the prepared hasselback butternut squash
- Roast Brussels sprouts
- Make and cool cider glaze
- Sauté mushrooms
- Make kimchi butter
- Bake stuffing, covered

30 minutes before dinner

- Make gravy
- Toss Brussels sprouts, mushrooms, and butter
- Glaze and finish roasting the hasselback squash
- Bake stuffing, uncovered

4 SERVINGS

COOK TIME: 45 MINS

Hasselback Butternut Squash

with Cider Glaze & Rosemary Pecan Dukkah



INGREDIENTS

- » 1 butternut squash
- » ¼ cup turbinado sugar (Pantry Kit)
- » 2 tbsp apple cider vinegar (Pantry Kit)
- » ½ cup pecans
- » ¼ oz fresh rosemary
- » 2 tbsp dukkah spice

NUTRITION

Calories: 260
 Fat: 14g
 Carbohydrates: 37g
 Protein: 4g

Allergens: tree nut (pecans)

TOOLS

- » Small saucepan
- » Baking sheet

Notes

Have you had dukkah before? Dukkah (pronounced DOO-kah) is a traditional Egyptian spice blend known for its appealing aroma and crunchy bite. Our dukkah mixture includes flaxseeds, sunflower seeds, pumpkin seeds, cumin, coriander, Aleppo chile flakes, smoked paprika, turbinado sugar, and sumac. You add fresh rosemary and pecans to amp up the flavor. It's absolutely delicious on the squash!

Go ahead, make it fancy! Plate this by placing your hasselback squash on a bed of greens, or garnish it with cranberries, parsley, or other fresh herbs.

Check out the Purple Carrot Instagram feed Wednesday, November 25, to watch us hasselback a squash!

Prepare the squash



Preheat the oven to 425°F. Use a peeler to remove butternut squash skin and white flesh, peeling until you see deep orange flesh. Halve peeled butternut squash lengthwise and remove seeds with a spoon. Place halved butternut squash cut side down on a baking sheet, rub with 1 tbsp vegetable oil, and sprinkle with salt and pepper. Roast until slightly tender, 15 to 18 minutes.

Make the glaze



TIP: Squash sizes vary, so use a knife to check for doneness. The knife should go through the squash with little pressure.

Add the turbinado sugar, apple cider vinegar, and a pinch of salt to a small saucepan over medium heat, and whisk. Bring to a simmer and cook until slightly thickened, 3 to 5 minutes. Remove from heat and set aside to cool.

Make the rosemary pecan dukkah



Roughly chop the pecans. Pick rosemary leaves, discard the stems, and finely chop just half the leaves. Add chopped pecans, chopped rosemary, and dukkah spice to a medium bowl, and toss the rosemary pecan dukkah to combine.

Slice the squash



Remove the roasted butternut squash from the oven and transfer to a cutting board. Using a sharp knife, score the squash crosswise without cutting all the way through. Return scored butternut squash to the baking sheet and tuck remaining rosemary leaves between a few slices. Drizzle just half the cider glaze over the squash and roast until squash is tender, 15 to 18 minutes.

Serve



TIP: Place wooden spoons on each side of the squash to ensure you don't cut all of the way through.

Drizzle the hasselback butternut squash with the remaining cider glaze, and sprinkle with rosemary pecan dukkah. Serve family style.

4 SERVINGS

COOK TIME: 60 MINS

Rustic Ciabatta Stuffing

with Root Vegetables & Herb Sausage



INGREDIENTS

- » 2 ciabatta rolls
- » 1 Not-Chick'n™ Bouillon Cube (Pantry Kit)
- » 1 onion (Pantry Kit)
- » 1 celery stalk
- » 2 garlic cloves (Pantry Kit)
- » 2 links Field Roast® Apple Sage Sausage
- » 8 oz root vegetable blend
- » 1 tbsp vegan butter (Pantry Kit)

NUTRITION

Calories: 300
 Fat: 8g
 Carbohydrates: 40g
 Protein: 18g

Allergens: soy, tree nut (coconut), wheat

TOOLS

- » Baking sheet
- » Small saucepan
- » Large skillet
- » 8x8 baking dish

Notes

Field Roast makes fantastic plant-based sausages from a mixture of dried apples, Yukon gold potatoes, fresh ginger, sage, and natural hickory smoke flavor. Small batches of charcuterie are made using centuries-old techniques practiced by the most respected sausage makers.

This delicious mix of root vegetables includes parsnips, carrots, and turnips. Not only is this a tasty combination, it's also packed with vitamins, low in calories, and high in antioxidants.

Dry the bread



Preheat the oven to 275°F. Tear ciabatta bread into 1 inch pieces. Spread ciabatta bread pieces on a baking sheet and bake until completely dried, 20 minutes. Allow the dried bread to cool.

TIP: Skip this step if you dried the ciabatta the previous night.

Get started



Heat oven to 400°F. Add bouillon cube and 1 cup of water to a small saucepan over high heat. Bring to a boil, and reduce heat to low. Peel and finely dice the onion. Trim and finely dice the celery. Peel and mince the garlic. Remove sausages from casing and crumble into 1 inch pieces.

Cook the sausage



Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add crumbled sausage and cook until browned in places, 3 to 5 minutes. Add diced onion, diced celery, and minced garlic and cook, stirring frequently, until onion has softened, 2 to 3 minutes.

Add the root vegetable blend to the skillet and cook, stirring occasionally, until vegetables are softened, about 10 minutes. Add butter, stir until melted, and transfer sausage vegetable mixture to a large mixing bowl. Add stock and dried ciabatta pieces, and gently fold mixture. Add salt and pepper as necessary.

Add the vegetables



Coat an 8x8 baking dish with 1 tbsp olive oil. Add stuffing mixture, cover tightly with foil, and bake until set, 25 to 30 minutes. Remove foil and continue baking until golden brown and crisp on top, about 10 minutes more. Remove rustic ciabatta stuffing with root vegetables and herb sausage from the oven and let cool for 5 minutes. Serve family style.

TIP: "Set" means that the stuffing is fully cooked and doesn't jiggle when you shake the dish.

Serve



4 SERVINGS

COOK TIME: 30 MINS

Roasted Brussels Sprouts

with Oyster Mushrooms & Garlic Kimchi Butter



INGREDIENTS

- » 16 oz Brussels sprouts
- » 2 garlic cloves (Pantry Kit)
- » 8 oz oyster mushrooms
- » 2 tbsp vegan butter (Pantry Kit)
- » 1/3 cup cabbage kimchi

NUTRITION

Calories: 120
Fat: 5g
Carbohydrates: 15g
Protein: 6g

Allergens: tree nut (coconut)

TOOLS

- » Baking sheet
- » Large skillet

Notes

Oyster mushrooms are truly special. They're highly sought after because of their delicate, scallop-shaped caps, and they tend to have a subtle seafood or anise flavor. Oyster mushrooms have a velvety, luscious texture when cooked.

Prepare the Brussels sprouts and mushrooms



Preheat the oven to 425°F. Trim and halve the Brussels sprouts. Peel and slice the garlic. Trim the oyster mushrooms, removing the tough stems. Finely chop the kimchi.

TIP: Don't forget to wash all produce under running water, and wipe mushrooms clean with a damp kitchen towel.

Roast the Brussels sprouts



Transfer the halved Brussels sprouts to a baking sheet and toss with 1 tbsp olive oil, salt, and pepper. Roast until tender and crispy in places, 12 to 15 minutes.

Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add oyster mushrooms and cook, stirring occasionally, until browned in places, 5 to 6 minutes. Sprinkle with salt and pepper and transfer sautéed oyster mushrooms to a plate. Cover to keep warm.

Sauté the mushrooms



Add the sliced garlic to the skillet and cook until softened, 2 to 3 minutes. Add chopped kimchi and butter and cook for 1 minute.

Make the kimchi butter



Add the roasted Brussels sprouts and sautéed oyster mushrooms to a serving dish. Drizzle with garlic kimchi butter and gently toss until well coated.

Serve



4 SERVINGS

COOK TIME: 70 MINS

Pear Cranberry Crisp with Walnut Crumble



INGREDIENTS

- » 1 lemon
- » 2 pears
- » 1 cup fresh cranberries (Pantry Kit)
- » 1 tbsp cornstarch
- » ¼ cup turbinado sugar (Pantry Kit)
- » ½ tsp pumpkin pie spice
- » 5 tbsp vegan butter (Pantry Kit)
- » ¾ cup rolled oats
- » ¼ cup light brown sugar
- » ⅓ cup walnuts
- » ⅓ cup almond flour

NUTRITION

Calories: 390
Fat: 22g
Carbohydrates: 43g
Protein: 6g

Allergens: tree nut (almond, coconut, walnut)

TOOLS

- » 8x8 baking dish, 9" pie pan, or any other small oven-safe dish

Notes

What happens when you combine something a little bit sweet and a little bit tart? Helloooo deliciousness! This dessert is the perfect way to end your fall feast.

BTW, any small dish will work just fine for baking, but we love using one made of glass so you can see the bright, beautiful red cranberries. And we chose not to peel the pears here, but if you prefer, you can peel the pears before you slice 'em.

Prepare the filling



Preheat the oven to 350°F. Halve the lemon and juice one half. Thinly slice the pears. Add lemon juice, sliced pears, cranberries, cornstarch, turbinado sugar, pumpkin pie spice, and a pinch of salt to a large bowl. Gently toss until well coated. Transfer pear cranberry mixture to your baking dish.

Prepare the crumble



TIPS: For best results, the pear slices should be about the same width. We'll use this bowl again in the next step.

Melt the butter. Rinse and dry the large bowl. Add rolled oats, light brown sugar, walnuts, almond flour, and ½ tsp salt, and toss to combine. Gently layer the walnut crumble on top of the pear cranberry mixture but do not press down.

Bake and serve



Drizzle the melted butter over the walnut crumble. Bake until filling is bubbling and the crumble is golden brown, 50 to 60 minutes. Let crisp cool for at least 15 minutes before serving.

TIP: Add a scoop of Coconut Bliss® Madagascar Vanilla Bean vegan ice cream to make this dessert extra decadent.

4 SERVINGS

COOK TIME: 15 MINS

Cranberry Sauce



INGREDIENTS

(all ingredients found in Pantry Kit)

- » $\frac{3}{4}$ cup turbinado sugar
- » 2 cups fresh cranberries

NUTRITION

Calories: 170
Fat: 0g
Carbohydrates: 43g
Protein: 0g

TOOLS

- » Medium saucepan

DIRECTIONS

Add $\frac{3}{4}$ cup water and turbinado sugar to a medium saucepan over medium-high heat. Bring to a boil, add cranberries, and return to a boil. Cook for 10 minutes, stirring occasionally. Remove from heat and cover until sauce reaches room temperature. Refrigerate until ready to serve.

TIP: Remember to reserve 1 cup cranberries for the Pear Cranberry Crisp with Walnut Crumble!

4 SERVINGS

COOK TIME: 20 MINS

Classic Gravy



INGREDIENTS

(all ingredients found in Pantry Kit)

- » 1 shallot
- » 1 garlic clove
- » $\frac{1}{4}$ oz fresh thyme
- » 2 tbsp vegan butter
- » 2 tbsp all-purpose flour
- » 1 Not-Chick'n™ Bouillon Cube

NUTRITION

Calories: 70
Fat: 5g
Carbohydrates: 5g
Protein: 1g

Allergens: wheat, tree nut (coconut)

TOOLS

- » Small saucepan

DIRECTIONS

Peel and mince the shallot. Peel and mince the garlic. Pick the thyme leaves from the stems.

Add the minced shallot, minced garlic, and butter to a medium saucepan over medium-high heat. Cook until softened, 2 to 3 minutes.

Add the all-purpose flour and cook, stirring frequently, about 1 minute. Add 1 cup water and the bouillon cube. Reduce heat to low and simmer until gravy thickens, 5 to 7 minutes. Add thyme leaves and stir. Taste the gravy and add salt and pepper as necessary.

Seasonal Savings

We love

refreshing beverages and tasty snacks, and we love saving money when we purchase 'em. Here are some plant-based products that we think you'll enjoy—and coupons to go along with them.



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