



Bonus

STARTERS

- salad of bitter greens
- spiced pomegranate vinaigrette
- shiitake mushroom pate on endive

MAIN COURSE AND SIDES

- slow-roasted turkey breast with onion and herb pan sauce
- cauliflower mash
- baked kale with onions
- fermented cranberry and green apple relish

TO FINISH

- spiced carrot and cranberry pudding
- dairy-free whipped cream

Shopping List

dairy & eggs:

___ ghee (1/4 cup, 2 tbsps)

meat, fish & fowl:

___ turkey breast (3 1/2 to 4 lbs)

fruits, vegetables & herbs:

___ radicchio (1 medium head)
 ___ endive (1 medium head)
 ___ arugula (4 cups)
 ___ yellow onion (3)
 ___ shallot (1)
 ___ thyme (2 tbsps, 1 tsp, chopped)
 ___ sage (2 tbsps)
 ___ flat-leaf parsley (1 tsp)
 ___ Belgian endive (1 head)
 ___ cranberries (6 1/4 cups)

___ green apples (2 large)
 ___ garlic (1 clove)
 ___ carrots (2 lbs)

pantry & dried goods:

___ pomegranate juice (1/4 cup)
 ___ dried shiitake mushrooms (2 cups)
 ___ vegetable stock (1 3/4 to 2 cups)
 ___ pumpkin seed oil (1/4 cup)
 ___ extra virgin olive oil (1/4 cup)
 ___ cider vinegar (1 tsp)
 ___ cauliflower (1 large head)
 ___ coconut oil (1 tbsp)
 ___ coconut milk (2 cups)
 ___ dulse (1/4 cup)

spices & seasonings:

___ Celtic Sea Salt
 ___ ground cinnamon (1 tsp)

___ ground cloves (1/4 tsp)
 ___ grated nutmeg (1/4 tsp)

prepared foods:

___ 16-oz jar roasted red peppers

from BodyEcology.com:

___ Body Ecology Stevia Liquid Concentrate (1/2 tsp, 3 drops)
 ___ Vegetable Starter Culture (1 package)
 ___ EcoBloom (1 scoop)

about your ingredients:

- **Eggs:** Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.
- **Pantry Items:** Choose organic, local and raw when and where possible.
- **Fresh Produce:** Choose organic, local vegetables when possible.
- **Meat, Fish & Fowl:** Choose locally and naturally raised meats from animals allowed to graze on fresh pastures. Choose small, wild-caught fish.
- **SA:** Substitution available, see recipe.
- **HM:** Preferably homemade, see supplemental recipes.
- **O:** Optional ingredient.

Bonus

BODY ECOLOGY THANKSGIVING MENU



Salad of Bitter Greens

skill level: easy | yield: 4 servings | time: 5 minutes (active)

ingredients

- 1 medium head radicchio, chopped
- 1 medium head endive, chopped
- 4 cups arugula
- 1 shallot, sliced thin

method

1. Plate greens, serve with Spiced Pomegranate Vinaigrette.

Spiced Pomegranate Vinaigrette

skill level: easy | yield: 3/4 cup | time: 5 minutes

ingredients

- 1/4 cup pomegranate juice
- 3 drops Body Ecology Stevia Liquid Concentrate
- pinch ground cloves
- 1/4 cup extra virgin olive oil
- 1/4 cup pumpkin seed oil

method

1. Whisk pomegranate juice with Body Ecology Stevia Liquid Concentrate and cloves. Whisk in oils and transfer to a salad dressing cruet or mason jar. Shake vigorously before serving.

Shiitake Mushroom and Dulse Pate

skill level: easy | yield: 4 servings | time: 5 minutes (active), 15 minutes (soaking), 15 minutes (stove)

ingredients

- 2 cups dried shiitake mushrooms
- 2 tbsps ghee*
- 2 yellow onions, minced
- 1 clove garlic
- 1/4 to 1/2 cup vegetable stock
- 1/4 cup dulse
- 1 tsp chopped fresh thyme
- 1 tsp chopped fresh flat-leaf parsley
- 1 tsp apple cider vinegar
- 1 head Belgian endive, to serve

method

1. Place mushrooms in a bowl, cover with boiling water by 2 inches and soak for 15 to 20 minutes until rehydrated. Drain, rinse and pat dry.

continued on the next page...

Plan Ahead

3 to 5 days in advance

- prepare Cranberry and Green Apple Relish.

8 to 12 hours in advance

- refrigerate coconut milk

about 1 hour, 15 minutes ahead

- prepare turkey.
- prepare Shiitake Mushroom Pate.

about 45 minutes ahead

- prepare Carrot Pudding, keep warm until ready to serve dessert.

about 30 minutes ahead

- prepare Baked Kale with Onions.

about 25 minutes ahead

- prepare Cauliflower Mash.

about 10 minutes ahead

- prepare Salad of Bitter Greens.
- prepare Pomegranate Vinaigrette.

just before serving Carrot Pudding

- whip coconut milk for Dairy-free Whipped Cream.



Bonus



continued from previous page.

2. Melt ghee in a skillet over medium heat, stir in onions and garlic and saute until fragrant and translucent - 6 to 8 minutes. Stir in shiitake mushrooms and sautee a further 6 to 8 minutes adding vegetable stock or water as necessary.
3. Transfer sauteed vegetables to a food processor with dulse, thyme, parsley and vinegar and process until smooth.
4. Scoop a spoonful of the pate onto a leaf of Belgian endive and serve.

Main Course and Sides:

Slow-roasted Turkey Breast

skill level: easy | yield: serves 4 + leftovers | time: 5 minutes (active), 1 hour (oven)

ingredients

- 1 turkey breast, about 3 1/2 - 4 lbs
- 3 tbsps ghee*, softened
- 2 tbsps chopped fresh thyme
- 2 tbsps chopped fresh sage
- 1 large yellow onion, quartered
- 1/2 cup vegetable stock

method

1. Preheat oven to 350 degrees Fahrenheit.
2. Rinse the turkey breast and pat it dry. Remove the skin of the turkey (if present) and discard.
3. In a small mixing bowl, mix ghee with thyme and sage.
4. Spread the herb butter on the turkey breast, and place the seasoned turkey breast in a baking dish. Place quartered onion in the baking

dish alongside the turkey breast and pour in 1/2 cup vegetable stock or water into the dish.

5. Roast the breast, covered, in an oven preheated to 350 F for approximately 1 hour, or until a thermometer inserted into the breast reads 165 F and the juices run clear.

Cauliflower Mash

skill level: easy | yield: 4 servings | time: 5 minutes (active), 20 minutes (stove)

ingredients

- the florets of 1 large head cauliflower
- 1 cup vegetable stock, plus additional stock as necessary
- 1 tbsp ghee*

method

1. Toss cauliflower florets into a saucepan with stock and bring to a simmer over medium-high heat. Continue simmering until cauliflower is soft. Transfer to a food processor with ghee and process until smooth, adding more stock if necessary.

Baked Kale with Onions

skill level: easy | yield: 4 servings | time: 5 minutes (active), 25 minutes (oven)

ingredients

- 2 bunches kale, trimmed and chopped
- 1 red onion, sliced thin
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp apple cider vinegar

method

1. Preheat oven to 350 F.
2. Toss kale, onions and garlic into a bowl and toss with olive oil. Spread on a baking sheet and bake for 25 to 30 minutes, stirring once half-way through.
3. Toss with apple cider vinegar and serve.



Bonus



Fermented Cranberry and Green Apple Relish

skill level: easy | yield: about 1qt | time: 10 minutes (active), 3 to 5 days (fermentation)

ingredients

- 1 package Body Ecology Vegetable Starter Culture
- 1 scoop EcoBloom
- 6 cups fresh cranberries
- 2 large green apples, cored and shredded

method

1. Whisk the contents of 1 package Body Ecology Vegetable Starter Culture with 1 scoop ecobloom and 1/2 cup warm water and
2. allow to rest while you prepare the other ingredients.
3. Process cranberries and apples in a food processor until smooth, stir in starter culture and ferment at room temperature for 3 to 5 days before serving.

Sweet Finish:

Spiced Carrot and Cranberry Pudding

skill level: easy | yield: serves 4 + leftovers | time: 20 minutes (stove), 20 minutes (oven), 5 minutes (active)

ingredients

- 2 lbs carrots, chopped
- 1/4 cup chopped fresh cranberries
- 1 tbsp coconut oil
- 1/2 tsp Body Ecology Stevia Liquid Concentrate
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp grated nutmeg
- 1/4 tsp Celtic Sea Salt

method

1. Preheat oven to 350 degrees Fahrenheit.
2. Boil the carrots until tender, about 20 minutes. Transfer to a food processor with remaining ingredients and process until smooth.
3. Transfer to a baking dish and bake for 20 minutes then serve.

Spiced Carrot Pudding

skill level: easy | yield: serves 4 + leftovers | time: 20 minutes (stove), 20 minutes (oven), 5 minutes (active)

ingredients

- 2 lbs carrots, chopped
- 1/4 cup chopped cranberries
- 1 tbsp coconut oil
- 1/2 tsp Body Ecology Stevia Liquid Concentrate
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp grated nutmeg
- 1/4 tsp Celtic Sea Salt

method

1. Preheat oven to 350 degrees Fahrenheit.
2. Boil the carrots until tender, about 20 minutes. Transfer to a food processor with remaining ingredients and process until smooth.
3. Transfer to a baking dish and bake for 20 minutes then serve.

Dairy-free Whipped Cream

skill level: easy | yield: serves 4 + leftovers | time: overnight (refrigerator), 5 minutes (active)

ingredients

- 2 cups coconut milk

method

1. Place coconut milk in a covered container in the refrigerator overnight (8 to 12 hours). Remove from fridge, dump into a stand mixer and beat with the whisk attachment until it doubles in volume - about 5 minutes.