

# Regional recipes for a local foods Thanksgiving

Story by Bridget Shirvell — The first Thanksgiving started as a harvest celebration that lasted for three days and consisted of deer, corn and shellfish, local food from within 100 miles of Plymouth, Mass. Nearly four centuries later, it's almost easier to fix a meal with food from 1,000 miles away than 100. But creating a meal from local foods only is possible. We asked what 100-mile Thanksgiving recipes look like in your part of your country. Here are some of your responses. [Read the full story.](#) [View a Printable Version.](#)



Connecticut



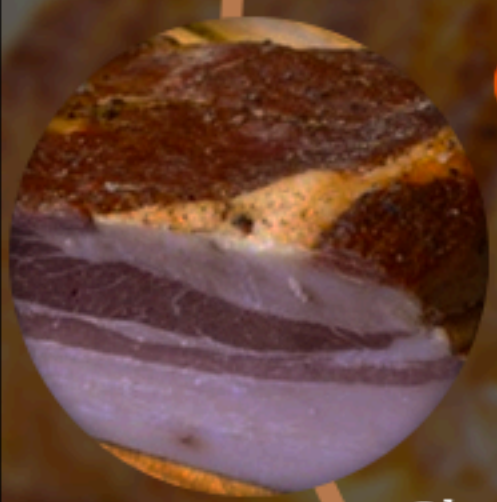
New York



California



Maryland



Ohio



Texas



Virginia



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## Connecticut Apple Pie

### Crust Ingredients:

2 cups all-purpose flour  
1 teaspoon salt  
1/3 cup lard, very cold  
1/3 cup unsalted butter, very cold  
6 or more teaspoons ice water

Cut together until pieces are quite fine. Add ice water, depending on the humidity of the day and temperature of the kitchen. Stir with a fork in a round-the-bowl fashion until it just comes together and quickly finish mixing with your hands. Handle gently, divide into 2 portions, wrap in wax paper or plastic wrap and refrigerate for at least one hour before rolling out. Makes one double crust pie.

### Apple filling ingredients:

6 or 8 large apples  
2 or 3 tablespoons cinnamon sugar  
1/4-1/2 teaspoon ground nutmeg  
salt  
few dabs of unsalted butter

Preheat oven to 350 degrees. Fill the bottom crust about to the rim with apple slices and shake the saltshaker over them a couple of times. Sprinkle the cinnamon sugar over the apples, then the nutmeg. Repeat the process with another layer of apples, mounding fairly high. It's extra good if you put a few dabs of unsalted butter on top. Top with the upper crust, flute the edges, and paint the top with some good whole milk. Cut some vents, pop into the oven close the door and keep it closed for an hour. Most delicious when served warm. I favor an accompaniment of a slice of sharp cheddar cheese.

Submitted by Connecticut Food and Farm's Carole Miller, owner of the Topmost Herb Farm

Photograph Attached: Credit Liss Flint

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## New York Honey Ice Cream

### Ingredients:

1 cup raw local milk  
1/2 cup raw local honey  
1/2 teaspoon homemade Atlantic Ocean salt fresh ground pepper (optional)

In a bowl, whisk together the milk and remaining ingredients. Freeze according to ice cream maker.

Submitted by Christine Egan of Bayport, N.Y. Egan and her family have had several 100-mile Thanksgiving dinners. "It really puts the whole family in touch with the food you eat. It is also a great way to avoid the busy supermarket, help your local farmer and eat what is in season."

### Here is a sample menu from Egan:

Local cheese platter with local apples and pears  
Mashed potatoes with milk and butter all from local Long Island farms  
Honey glazed sweet potatoes from Golden Earthworm farm and local honey  
Sauteed greens from the garden  
Garden salad with cheese from Catapano Dairy Farm on Long Island  
Turkey from Amish farm in Pennsylvania  
Homemade honey vanilla ice cream  
Long Island wine

Photos: honey ice cream and mixed vegetables from Long Island. By Christine Egan

looks like near you.

*Click on an image to see the regional recipes.*

Ohio

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## Maryland Gluten-Free Oyster & Portabella Stuffing

### Ingredients:

2 loaves gluten-free bread, cut into 1/2-inch cubes  
1 cup oysters, shucked, drained and chopped  
1/2 cup yellow onion, diced  
1 cup celery, diced  
2 tablespoon olive oil  
2 cups portabella mushrooms, chopped  
1/2 cup Marsala cooking wine  
1 cup gluten-free chicken stock  
1 tablespoon fresh sage, chopped  
1 tablespoon fresh basil, chopped  
1 tablespoon fresh parsley, chopped  
1 tablespoon fresh rosemary, chopped  
1/4 teaspoon black pepper  
1/2 teaspoon salt  
2 cloves fresh garlic, chopped

Preheat oven to 350 degrees. Place bread cubes onto a non-stick cookie sheet and bake for 10 minutes or until crispy. In medium skillet, add olive oil and saute mushrooms, onions, and celery until they begin to soften. Add chicken stock, sage, basil, parsley, salt and pepper and bring to a boil then reduce to a simmer for 10 minutes. Pour liquid mixture into a large mixing bowl. Add bread cubes, oysters and Marsala wine then mix evenly. Transfer to a non-stick 13x9-inch baking dish and cover. Bake for about 30 minutes or until the stuffing becomes golden brown.

Submitted by Chef Nichole Adriane of Urban Chic Chef. Adriane is planning on having her 100-mile Thanksgiving at her family's home in the Baltimore area.

"Shopping locally at farmers markets during Thanksgiving is actually pretty simple. After all, Thanksgiving is in essence our national seasonal feast."

Photo: Attached, credit is Chef Nichole Adriane

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## Virginia Maple-roasted Turkey with Sage Butter & Bacon

### Ingredients:

1 stick unsalted, local butter, softened to room temperature  
1/4 bunch fresh sage, finely chopped  
Salt and pepper  
1 (12 to 14-pound) fresh turkey (giblets, neck, and liver reserved for broth or gravy)  
8 strips local bacon  
1/2 cup maple syrup (from Pennsylvania)  
2 tablespoons hot water

Preheat the oven to 350 degrees and remove the top rack of the oven. Put the butter and sage in a mixing bowl and mash with a fork or spoon until the sage is well incorporated. Season with salt and pepper. Sprinkle the bird's cavity and skin liberally with salt and pepper. Using your fingers, gently lift the skin from the turkey breast and slip the remaining seasoned butter under, massaging it into the breast meat as you go. Truss the bird by crossing the legs over one another and tying with a piece of kitchen twine. Shingle the bacon strips over the breast so it's totally covered. Put the turkey on a rack in a large roasting pan, cover the turkey with aluminum foil, and place in the oven.

In a small bowl, stir the maple syrup with 2 tablespoons of hot water to thin. Roast the turkey for 2 hours, basting with the maple glaze every 30 minutes. Continue cooking until an instant-read thermometer inserted into the meaty part of the thigh registers 170 degrees. The thigh juices will run clear when pricked with a knife, about three hours total (15 minutes per pound). About 1/2 hour before you think the turkey is done, remove the foil so that it can brown. When done take the turkey out of the oven and put the roasting pan on the stovetop. Transfer the turkey to a serving tray to rest at least 20 minutes before carving. Serve with Turkey Gravy. Adapted from a Tyler Florence recipe

Submitted by freelance journalist Whitney Pipkin of Alexandria, Va. This is the first time she will be in charge of the lion's share of dishes for the Thanksgiving feast and she wanted to take full advantage of the local offerings in Virginia and Maryland. "We try to source our food as close-to-home as possible. Buying locally means I can get to know the wonderful people growing my food and know more about what's going into it."

### Here is Pipkin's sample menu:

Maryland-raised, maple-roasted turkey with sage butter and bacon  
Sweet potato casserole with pecan crust  
Mashed herbed potatoes and gravy  
Yellow and green beans  
Brussels sprout hash with pomegranate seeds  
Yellow and purple cauliflower tarts  
Apple and pumpkin pies  
Virginia wines and whiskey!

Photo: Attached, credit is Whitney Pipkin



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## Texas Kikuza Squash Pie with Bourbon Whipped Cream

### Ingredients:

1 par-baked all-butter pie crust  
1 kikuza squash (roughly 2 pounds)  
1/4 cup grade B maple syrup  
3/4 cup heavy cream  
3/4 cup sugar  
4 large eggs  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg (ground or freshly grated)  
1/4 teaspoon salt  
1/4 teaspoon allspice, ground  
1/4 teaspoon ginger, ground

Preheat oven to 425 degrees. Cut squash in half (carefully!). Remove seeds and set aside for another use or discard if not wanted. Rub the squash a few tablespoons of the maple syrup and place, skin-side down, on a baking sheet lined with parchment paper or foil. Drizzle with a few more tablespoons of syrup and tent with foil. Roast until fork-tender (usually an hour to an hour and a half). Remove from oven and let cool. This step can be done a day ahead. Scoop out flesh of squash and puree in a food processor. Add sugar, cinnamon, nutmeg, salt, allspice and ginger and pulse to combine. Add cream and eggs and pulse quickly to combine. Pour filling into pie dish and use a spatula to smooth out the top. Bake at 425 degrees for 15 minutes. Reduce heat to 325 degrees and bake until set, about 45 to 55 minutes. The filling is set when it no longer jiggles when shaken gently. Serve cooled with whipped cream.

### Bourbon Whipped Cream

If you're like me, you buy two cups of whipping cream for any recipe requiring only a single cup, so you can make whipped cream with the leftovers! If you really want to dress up thanksgiving this year, make a batch of bourbon whipped cream. It tops any pie with panache. Two years ago a mom-friend of mine offered me 30 bucks to make the pie she had promised to bring to Thanksgiving. She said any old pie would do; I made her a fresh pumpkin pie from scratch with a cinnamon gingerbread crust and bourbon whipped cream. She accused me of trying to steal her husband! Point being, whipped cream is magic. And dressed up whipped cream earns you 100 extra chef-cred points (and possible jealousy from others). I'm pretty sure I used Four Roses Bourbon. Honestly, my husband has quite a few bottles up in our liquor cabinet so I might have just picked the first thing that said "bourbon" and tossed it in. (Editor's note: If you're trying to keep it local, we found a Texas bourbon distillery called Garrison Brothers, just outside of Austin. )

### Ingredients:

1 cup whipping cream  
2 teaspoons powdered sugar  
1 tablespoons good bourbon  
1/2 teaspoon cinnamon

Combine all ingredients in a chilled bowl (store the bowl in the freezer while you gather your ingredients) and beat with a hand mixer on medium speed until soft peaks form. Store in the fridge. Personally, I like my whipped cream to have slightly more hold. I beat to stiff peaks, but don't go too far or you'll make butter.

Recipe is from Courtney Jacobs for the Cardos Farm Project in Texas.

Photo attached credit: Courtney Jacobs



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## Ohio Fried Polenta with Bacon

### Ingredients

6 cups pork broth  
2 teaspoons salt  
1 3/4 cups yellow heirloom cornmeal  
3 tablespoons unsalted butter  
Cracked peppercorn to taste  
1 egg  
some bacon  
salsa (homemade preferred)

Bring 6 cups of broth to a boil in a heavy large saucepan. Add 2 teaspoons of salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook until the mixture thickens and the cornmeal is tender, stirring often, about 15 minutes. Turn off the heat. Add the butter, and stir until melted. Pour into a loaf pan and allow to rest. Once it begins to cool place in refrigerator and chill.

Place a small amount of cooking oil in a pan. Place on medium-high heat. Slice polenta to desired width (thicker will have a softer center while thinner will be more crispy). Pan fry in hot oil till sides are browned similar to french toast. Remove.

While you are doing this fry an egg. The egg can be hard or soft. Place egg on slice of fried polenta and drizzle salsa over the top of it. We use a homemade freezer salsa rather than a canned one because the flavor is a bit fresher and in the process we always seem to burn the bottom of the pot, which gives a nice smokiness to the mix. This time of year fresh peppers and good tomatoes will be hard to find and we'll look the other way if you decide to use a store bought salsa. You can substitute the salsa with some peppers, onions and mushrooms, if you like. Go crazy.

Submitted by Richard Stewart of Carriage House Farm.

"Thanksgiving morning usually means someone else is making breakfast. That is not to say our household is a sexist one. It just seems that the women in our family have always put together Thanksgiving dinner. They do it well and they get mad if you get in the way. Preparation begins early or, even the night before. In some cases even a full week if something is in brine. It appears to be chaos to the untrained eye but it is all well orchestrated, I assure you. What it means is that someone else is responsible for breakfast, which means me. And I love polenta. This simple breakfast polenta with an egg and a couple slices of bacon is no different than it was 200 years ago."

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## California Farm-to-Fork Menu

Autumn Del Rio greens with Twin Peaks persimmon, backyard pomegranate and house vinegar  
Spaghetti Carbonara with pancetta, Fiscalini cheddar and Vega Farm eggs  
Southern-fried Diestel turkey with hatch chile and sage gravy  
Full Belly Farm latkes  
Roasted brussel sprouts  
Sacramento Apple Pie  
Nena's mince with Tahitian melon squash

Submitted by Patrick Mulvaney of Mulvaney's Building & Loan. Mulvaney and his wife Bobbin operate a white tablecloth, farm-to-fork restaurant in Sacramento. He settled in the area due to its proximity to the farms and the 12-month growing season. Every fourth Monday they have a family style meal for 150 in their banquet room and on Nov. 25, they will serve the restaurant's family style Thanksgiving. The only non-local product they use is the pasta, an honor to food writer Calvin Trillin. It is his favorite Thanksgiving dish.

"Our food focuses on the seasonal and local everyday so our Thanksgiving Day meal will too. I think this helps raise awareness about all the great things we have growing in our region 12 months a year plus we enjoy the challenge of using a local box of crayons."

Photograph: Our restaurant is in an old firehouse this is our banquet space next door during a party, Credit Patrick Mulvaney

looks like near you.

*Click on an image to see the regional recipes.*

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