



# ISABEL'S

MARKET + EATERY

*goodness served*

THANKSGIVING DINNER 2021

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cooking *instructions*

+

helpful *tips*



## HAPPY THANKSGIVING *from* ISABEL'S MARKET + EATERY

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From all of us at Isabel's, thank you so much for allowing us to be a part of your celebration. We are truly grateful.

On the following pages, you will find cooking/heating instructions for the oven-ready, brined turkey, and the pre-cooked side dishes. We have created this document in two ways: *first*, a suggested cooking order with timing to guide you, and *second*, individual hints and recipes for each dish. We also included some tips for carving your turkey.

For any of you who need a little help, please know we are standing by on Thanksgiving Day should you need some guidance. If you have questions as you are preparing the meal, please email us at: [THANKSGIVINGHELP@ISABELSMARKET.COM](mailto:THANKSGIVINGHELP@ISABELSMARKET.COM). We will be monitoring the emails all day to help you.

Again, from the entire team, thank you!  
We sincerely hope you have a Happy and Healthy Thanksgiving.

*Your Friends at Isabel's Market + Eatery*

### THANKSGIVING DINNER

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From start to finish — getting your turkey to room temperature, cooking, and resting time for *all* dishes should take you approximately 3½–4 ½ hours with your fresh, free-range, non-GMO Project Verified, 10–12 lb. Bowman and Landes turkey

*Much of the time is just waiting for the turkey to be done!*

Since the side dishes are pre-cooked, those will be reheated near mealtime — so you can put the turkey in, relax, watch football, take a hike, have a beverage, or whatever it is you want to do to enjoy the day! Please see tips and individual heating instructions for each dish on attached pages.



## SUGGESTED COOKING ORDER

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1. Take the turkey out of the refrigerator and remove from its bag. Bring to room temperature before roasting (approximately 45–60 min. before). Your 10–12 pound turkey will take a **APPROXIMATELY 2 hours** to roast after bringing it to room temperature (*please see complete instructions next page*).
2. Preheat oven to 450°F for the first 30 min. of roasting (then you will turn oven down to 350°F).
3. When turkey is approximately an hour from being done, pull Brassica Casserole, Fennel Stuffing, Roasted Sweet Potatoes, and Mashed Potatoes from the refrigerator to bring to room temperature.
4. Using your digital thermometer, ensure the turkey has reached 165°F in the thickest part of the thigh, remove the turkey from the oven, and allow it to rest for at least 30 min. before carving (*see carving tips on attached page*).
5. After turkey is out, place Brassica Casserole and Fennel Stuffing in the oven for 30 min. (*see heating tips on attached pages*).
6. After placing the Fennel Stuffing and Brassica Casserole in the oven, heat the Mashed Potatoes and Gravy on the stove top (*see heating tips next pages*), keep hot. (Mashed Potatoes can be reheated in the oven or on the stove-top.)
7. Once Fennel Stuffing and Brassica Casserole are hot, remove and cover with foil. Turn oven up to 450°F and place Roasted Sweet Potatoes in oven uncovered for 5–10 min. (*see heating tips on attached pages*).
8. If you would like your tear apart rolls warm, keep the oven to 350°F, place in foil for a few min. (about 10 min.).
9. Carve turkey (*see carving tips on attached page*) and enjoy!

THANKSGIVING DINNER

HOW TO ROAST

# House-brined Oven-ready Turkey

*from Bowman & Landes*

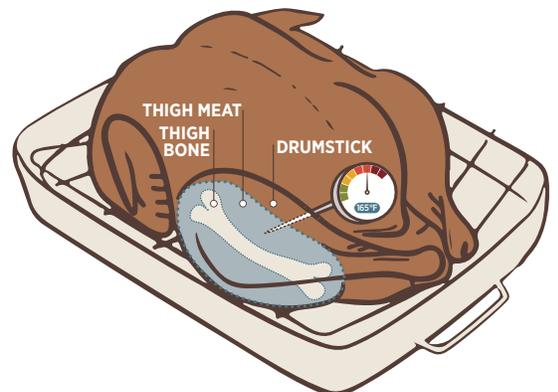
The information below is based on Chef Aaron's expertise in roasting turkeys. Please note that there are variabilities in different ovens, so the best way to ensure your turkey is done is by using a digital thermometer.

- Bring turkey to room temperature for 1 hour, *this will help the turkey cook evenly.* That way the internal temperature is not refrigerator-cold while the outside is ambient-temperature.

## FOR A 10 – 12 LB. TURKEY

Roast turkey at 450°F for 30 min. Lower temperature to 350°F for 1½ hours. During the two hour roasting period, check turkey temperature after 1½ hours using your digital thermometer.

- Roast until turkey is golden brown. The turkey is done when the thickest part of the thigh registers 165°F. Insert your digital thermometer into the thickest part of the inner side of the thigh (adjoining the drumstick and alongside the breast.) Insert the thermometer close to, but not touching, the thigh bone.
- Remove from oven and let rest at least 30 min. before carving. *See carving tips on the next page.*
- **NOTE FOR CRISPIER SKIN** remove foil lid for last half-hour of cooking.





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## CARVING TIPS

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### HOW TO CARVE TURKEY

## Breast

- First, allow your cooked turkey to sit for at least 30 min. before starting to carve.
- Beginning halfway up the breast, slice straight down with an even stroke.
- When the knife reaches the cut above the wing joint, the slice should fall free on its own.
- Slice breast meat against the grain.

### HOW TO CARVE TURKEY

## Drumsticks

- Cut the band of skin holding the drumsticks.
- Grasp the end of the drumstick, place your knife between the drumstick/thigh and the body of the turkey, and cut through the skin to the joint.
- Remove the entire leg by pulling out and back, using the point of the knife to disjoin it.
- Separate the thigh and drumstick at the joint.

### HOW TO CARVE TURKEY

## Wings

- Insert a fork in the upper wing to steady the turkey.
- Make a long horizontal cut above the wing joint through the body frame.
- The wing can be disjoined from the body, if desired.



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### HOW TO PREPARE

# Mashed Potatoes

### *either in* THE OVEN

- Preheat the oven to 350°F.
- Pull the mashed potatoes from the fridge and let them rest at room temperature while you wait for the oven to warm up. *Room temperature food heats more evenly, so this step ensures that your creamy spuds won't come out of the oven steaming hot on the sides and cold in the center.*
- Once the oven has preheated and the potatoes have acclimated, add a splash of heavy cream or milk and a pat of butter to the baking dish.
- Cover the oven-safe dish to seal moisture, and place potatoes into the preheated oven for roughly 30 min.; or until, using your digital thermometer, ensure it's hot throughout (165°F).

### *or on* THE STOVE

- Place the mashed potatoes in a large mixing bowl, add a generous splash of cream, and gently stir to combine.
- Heat a non-stick skillet over medium-low heat.
- Add mashed potatoes.
- To avoid sticking and burning, stir the mashed potatoes frequently and add more cream as needed. Once internal temperature reaches 165°F (using your digital thermometer), remove from heat, and tent with foil until ready to serve.



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### HOW TO PREPARE

# Brassica Casserole

- Pull the casserole out of the fridge 30 min. to an hour before heating in the oven while simultaneously preheating the oven to 350°F.
- Remove the plastic lid from the casserole. Heat for 20–30 min., or until hot throughout (165°F — using your digital thermometer).
- To prevent moisture loss, cover the casserole dish tightly with tinfoil or the dish's lid until the last 5–10 min. of heating. Serve with crispy onions sprinkled on top.

### HOW TO PREPARE

# Fennel Stuffing

- Reheat cooked stuffing in a 350°F oven, covered, for 30 min., or until warm throughout (165°F — using your digital thermometer).

### HOW TO PREPARE

# Roasted Sweet Potatoes

- Heat Roasted Sweet Potatoes, uncovered, in a hot oven to keep them firm and crisp.
- Bake at 450°F for 5-10 min., until hot throughout (165°F — using your digital thermometer).
- When ready to serve, drizzle with glaze.



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### HOW TO PREPARE

# Gravy

- Spoon the gravy into a sauce pan.
- Place the pan on the stove-top and turn on to low heat.
- Reheat the gravy, stirring frequently, until simmering.
- Serve in your favorite vessel immediately.

### HOW TO PREPARE

# Pull Apart Rolls + Italian Loaf

*Want your bread to taste fresh out of the oven?* Wrap dinner rolls or the Italian loaf in foil, and place on a baking sheet. Bake at 350°F until warmed through, for a few min. (about 10 min.) Serve with honey butter.

### HOW TO PREPARE

# Cranberry Jam + Harvest Salad

These are the easiest ones! Just serve both cold or at room temperature.

For the salad, toss with candied nuts and apple cider dressing.