



HIGH POINT UNIVERSITY
The Premier Life Skills University

HOMECOMING: COOKING COLLABORATIVE

With HPU Dining Team

CITRUS-MAPLE BRINED TURKEY

INGREDIENTS

- 1 15-18lb Turkey
- 5 qts Hot Water
- 1 cup Bourbon
- 1 cup Pure Maple Syrup
- 4tbsp Butter (Melted)
- 1 1/2 cups Kosher Salt
- 1 cup Brown Sugar
- 1 Medium Onion (Large Dice)
- 2 Whole Oranges (Cut into quarters)
- 6 Bay Leaves
- 1 bunch Fresh Thyme
- 2 tbsp Black Peppercorns
- 1/2 tbsp Whole Cloves
- 3 tbsp Salt
- 1 1/2 tbsp Ground Black Pepper

ASSEMBLY

For the Brine:

In a large stockpot or container, combine 5 quarts hot water, kosher salt, bourbon, 3/4 cup of maple syrup, brown sugar, onion, bay leaves, orange quarters, peppercorns, and cloves and stir until well mixed.

Add 3 quarts ice. Rinse the turkey, inside and out, under cold running water. Remove giblets and gravy packet and discard or save for another use.

Add the turkey to the brine in a large turkey bag or plastic container and refrigerate 8 to 12 hours, or overnight.

TIP: Weigh down the bag of ice to keep the bird submerged.

After 8-12 hours, drain and pat turkey dry with paper towels; discard the brine.

To Spatchcock the Turkey:

With a large knife or shears, cut the bird open along the backbone on both sides through the ribs and remove the backbone.

Once the bird is open, split the breastbone to spread the bird flat; this will allow it to roast evenly.

Combine the melted butter and the remaining 1/4 cup of maple syrup and divide in half.

Brush half the mixture on the bird and sprinkle with salt and black pepper. Reserve other half of mixture to brush on around hour 2 of the cooking process.

When ready to cook, set oven temperature to 325°F and cook for 3 hours.



SPICED SAUSAGE- CORNBREAD MUFFINS

INGREDIENTS

- 1 tbsp Olive Oil
- 1/2 Large Yellow Onion (*Small dice*)
- 1 1/2 Celery Stalks (*Small dice*)
- 1/2 lb Spicy Sausage (*Small chunks*)
- 3 Cloves Garlic (*Smashed & minced*)
- 5 Sage Leaves (Finely chopped)
- 1 Sprig Rosemary (Finely chopped)
- 5 cups Stale Cornbread (Cut into 1-inch cubes)
- 1 1/2 to 2 cups Chicken Stock

ASSEMBLY

Preheat oven to 350°F.

Coat a large sautee pan with olive oil, add the onions and celery and sautee over medium heat. Season with salt and cook until the vegetables start to become slightly translucent and aromatic. Add the sausage and garlic and continue cooking for another 1-2 minutes. Add the sage and rosemary and cook another minute.

In a large bowl, combine the cornbread and vegetable/sausage mixture. Slowly add the chicken stock and knead until bread is very moist and sticky. Check for the need of additional seasoning.

Scoop into large muffin tins and bake 20-25 minutes and the tops are slightly crusty.



ROASTED PURPLE SWEET POTATOES WITH CANDIED HAZELNUTS

INGREDIENTS

- 3 Purple Sweet Potatoes (*Cut into 3/4 inch pieces*)
- 2 tbsp Olive Oil
- 1 tbsp Salt
- 1/4 tsp Ground Black Pepper
- 1 Sprig Fresh Rosemary (*Finely chopped*)
- 1 tsp Lemon Zest
- 2 Cloves Garlic (Smashed & minced)
- 1/2 lb Hazelnuts
- 1/2 Egg White
- 1 tsp Room Temp Water
- 1/2 tsp Kosher Salt
- Pinch of Cayenne Pepper

ASSEMBLY

For the Potatoes:

Preheat Oven to 375F.

In a large bowl, toss the potatoes with olive oil to coat, rosemary, lemon zest and season with salt and pepper. Spread the potatoes out in a single layer on the oiled baking sheet and transfer to the oven. Roast the potatoes, checking occasionally for doneness after about 20 minutes. They should be evenly browned in color, not blackened on the edges.

Taste a potato; the texture should not be mushy. This should take 30 to 40 minutes.

For the Hazelnuts:

Preheat oven to 250F.

Combine sugar, salt and cayenne pepper in a small bowl. In an additional small bowl, whisk egg white and water until frothy. Toss the hazelnuts in the egg whites and then sugar mixture.

Place on to well oil baking sheet and bake for 45 min. stirring every 15 min.



PUMPKIN GINGERBREAD TRIFLE

INGREDIENTS

- 2 packages Gingerbread Cake Mix (14 1/2 oz. each)
- 1 package Cook-and-Serve Vanilla Pudding Mix (4.6 oz.)
- 3 cups 2% Milk
- 1 can Solid-Pack Pumpkin (29 oz.)
- 1/2 cup Packed Brown Sugar
- 1 carton Frozen Whipped Topping (12 oz. Thawed, Divided)

ASSEMBLY

Prepare and bake gingerbread according to package directions, using two greased 9-in. round baking pans. Cool completely on wire racks.

For the pudding, in a large saucepan, combine pudding mix and milk; stir until smooth. Cook and stir over medium heat until mixture comes to a boil.

Cook and stir 1-2 minutes longer or until thickened.

Remove from the heat; cool to room temperature.

Combine pumpkin and brown sugar; stir into pudding.

In a 4-qt. glass serving bowl, crumble one gingerbread cake; gently press down.

Top with half of the pudding mixture and whipped topping. Repeat layers.

Cover and refrigerate overnight.

