



The Aires Family

ULTIMATE BOOK OF THANKSGIVING RECIPES

A COLLECTION OF OUR FAVORITE DISHES

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SWEET POTATO CASSEROLE



INGREDIENTS

- 3 cups cooked sweet potatoes (about 4 fairly good sized), peel, cut into chunks, boil, and drain)
- 1 cup sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ½ stick melted butter
- ½ cup milk
- ½ teaspoon vanilla
- 2 beaten eggs

Topping:

- 1 cup brown sugar
- ⅓ cup all purpose flour
- ⅓ stick butter softened enough that your hands can work with it (I think it works better to melt it)
- 1 cup chopped pecans

Prep. Time:

25 minutes

Cook Time:

35 minutes

Servings:

1

DIRECTIONS

In a large bowl, mix potatoes, sugar, salt, butter, milk, vanilla, and eggs.

Pour into a 2-quart casserole.

Then combine topping ingredients: Stir together brown sugar and flour-then sift them together to get rid of the lumps in the brown sugar. Melt butter, slowly pour into mixture, and mix well with fingers or fork. Add nuts and mix.

Place topping over sweet potato mixture.

Bake at 350 degrees 35 minutes.

BAKED MAC & CHEESE



INGREDIENTS

- 16 oz elbow macaroni (or whatever your favorite noodle is!)
- 1 tbsp extra virgin olive oil
- 6 tbsp unsalted butter
- ⅓ cup all purpose flour
- 3 cups whole milk
- 1 cup heavy whipping cream
- 4 cups sharp cheddar cheese shredded
- 2 cups Gruyere cheese shredded
- 1½ cups panko crumbs
- 4 tbsp butter melted
- ½ cup Parmesan cheese shredded
- ¼ tsp smoked paprika (or regular paprika)

DIRECTIONS

1. Preheat oven to 350F. Lightly grease a large 4 qt baking dish and set aside. Combine shredded cheeses in a large bowl and set aside.
2. Cook the pasta one-minute shy of al dente according to the package instructions.
3. Remove from heat, drain, and place in a large bowl.
4. Drizzle pasta with olive oil and stir to coat pasta. Set aside to cool while preparing cheese sauce.
5. Melt butter in a deep saucepan, dutch oven, or stock pot.
6. Whisk in flour over medium heat and continue whisking for about 1 minute until bubbly and golden.
7. Gradually whisk in the milk and heavy cream until nice and smooth. Continue whisking until you see bubbles on the surface and then continue cooking and whisking for another 2 minutes. Whisk in salt and pepper.
8. Add two cups of shredded cheese and whisk until smooth. Add another two cups of shredded cheese and continue whisking until creamy and smooth. Sauce should be nice and thick.
9. Stir in the cooled pasta until combined and pasta is fully coated with the cheese sauce.
10. Pour half of the mac and cheese into the prepared baking dish. Top with remaining 2 cups of shredded cheese and then the remaining mac and cheese.
11. In a small bowl, combine panko crumbs, Parmesan cheese, melted butter and paprika. Sprinkle over the top and bake until bubbly and golden brown, about 30 minutes. Enjoy!

EASY APPLE CRUMBLE



INGREDIENTS

- 2 tablespoons brown sugar
- 1½ tablespoons *plus* 1 cup unbleached flour, divided
- ½ teaspoon cinnamon, divided
- ¼ teaspoon ground ginger
- 8 Granny Smith apples - peeled, cored, and sliced
- ¼ teaspoon vanilla bean powder or ½ teaspoon vanilla extra (optional)
- ¾ cup granulated sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 egg, well beaten
- ½ cup unsalted butter, melted

DIRECTIONS

Heat the oven to 375° F.

In a small bowl, mix the brown sugar, 1 1/2 tablespoons of flour, 1/4 teaspoon of cinnamon, and the ground ginger. Add the apple slices and gently toss to combine. Arrange in a 9-inch pie plate set on a baking sheet (to catch leaks!).

In another small bowl, combine the granulated sugar, baking powder, remaining 1 cup flour, remaining 1/4 teaspoon cinnamon, the vanilla bean powder (if using), and the salt.

Stir in the egg and the vanilla extract (if using). Use your hands to squeeze and mix thoroughly to form soft clumps and bits. Scatter pinches of the dough evenly over the apples.

Pour the butter evenly over the topping and bake for 30 to 35 minutes, until the top is browned and the apples are tender. Serve warm or at room temperature, with ice cream!

WILD RICE AND CHESTNUT DRESSING

Wild rice is not a rice at all but the seed of an aquatic grass. Although much of it is now cultivated and harvested by machine, it can still be found wild along the shorelines of lakes and rivers in the American Midwest, particularly in Minnesota. There, Native Americans working from canoes still gather the rice by hand. Jumbo-grade grains are the longest and most desirable for this dressing. Doneness is a matter of personal taste. Some cooks prefer the rice still slightly crunchy, while others like it cooked until it is tender, and the ends of the grains have split.

INGREDIENTS

- 3 cups water
- ¾ cup jumbo-grade wild rice, rinsed
- 3 tsp. salt
- 8 Tbs. (1 stick) unsalted butter
- 2 cups finely chopped yellow onion
- 2 cups finely chopped fennel bulb)
- 1 Tbs. poultry seasoning
- 1 tsp. dried thyme
- ½ tsp. fennel seeds
- 1 lb. sliced whole wheat bread, 2 to 3 days old, toasted and cut into 1/2-inch cubes
- 3 eggs
- 2½ cups turkey stock
- ¼ cup finely chopped fresh flat-leaf parsley
- 1½ tsp. freshly ground pepper

DIRECTIONS

In a heavy pot, bring the water to a boil over high heat. Add the wild rice and 1 tsp. of the salt. Cover partially, reduce the heat to low and cook, stirring occasionally, until the rice is tender, about 45 minutes. Drain the rice and let cool.

Preheat an oven to 325°F. Generously butter a large, shallow baking dish.

In a large fry pan over medium heat, melt the butter. Add the onion, chopped fennel, poultry seasoning, thyme, and fennel seeds. Cover and cook, stirring once or twice, until the vegetables are tender, about 15 minutes. Let cool.

In a large bowl, combine the bread, chestnuts, the onion mixture, and the wild rice. In another bowl, whisk the eggs until blended. Whisk the stock into the eggs, then stir the egg mixture into the bowl with the bread mixture. Stir in the parsley, the remaining 2 tsp. salt, and the pepper.

Spoon the dressing into the prepared baking dish, cover tightly with aluminum foil and bake for 1 hour. Uncover and bake until the dressing is lightly browned on top, 20 to 30 minutes more. Serves 10.

Note: This dressing can also be packed loosely in the body and neck cavities of the turkey and served as a stuffing. Secure the neck flap with kitchen string or pin it to the back with toothpicks or trussing pins. Tying the legs together will help hold the stuffing in the body cavity. For turkeys weighing 16 lb. or less, add 30 minutes to the total roasting time. For turkeys weighing more than 16 lb., add 1 hour to the total roasting time.

THE BEST CORNBREAD



INGREDIENTS

- ½ cup (3 ounces) cornmeal
- 1½ cups (7.5 ounces) flour
- ⅔ cup (5 ounces) granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ⅓ cup oil
- 3 tablespoons butter, melted
- 2 eggs, beaten
- 1¼ cups milk

Honey Butter (optional):

- 1 cup (2 sticks, 8 ounces) butter, softened (I use salted)
- ½ cup honey
- ½ cup marshmallow fluff

DIRECTIONS

1. Preheat the oven to 350 degrees. Lightly grease an 8X8- or 9X9-inch baking pan (I always use metal; glass pans will bake differently).
2. For the cornbread, in a large bowl, whisk together the cornmeal, flour, sugar, baking powder, and salt. Add the oil, butter, eggs, and milk and stir with a whisk or rubber spatula until just combined. The batter will be runny.
3. Spread the batter evenly in the prepared pan. Bake for 30-35 minutes until a toothpick inserted in the center comes out clean or with a few moist crumbs.
4. For the honey butter, whip all the ingredients together with an electric mixer. Best served at room temperature so it is soft and spreadable.
Note: this recipe doubles for a 9X13-inch pan (or 1 1/2 the recipe for a 9X13-inch pan for slightly less thick cornbread).