

INGREDIENTS FOR THE GOOD LIFE

EatingWell®

NOVEMBER 2020

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SEASONAL
RECIPES

**ALL THE
SIDES**
INCLUDING
THIS BACON-
TOPPED CORN
PUDDING

**TURKEY
MADE
EASY**

THANKSGIVING IS HERE—
LET'S DO THIS!

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FEATURES



CUSTARD
PECAN PIE.
P.98

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The United States of Thanksgiving

These stories—from people across the country—prove there are so many wonderful ways to celebrate this holiday. And for that, we are thankful. As told to Betsy Andrews

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Choosing Sides

Forget the bird! The sides are where the magic happens. If you don't believe us, check out these recipes for squash, Brussels sprouts, stuffing and more. By Danielle Centoni & Carolyn Malcoun

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The Bird Simplified

Here's our favorite method for roasting a turkey. It's dead simple, reliable and endlessly adaptable. Plus, foolproof tips on seasoning, making gravy and carving. By Jessie Price

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Thanksgiving, Meet Chile

Just as they do every other day, New Mexico's famed chile peppers play a central role in the holiday menu at Albuquerque's Los Poblanos Historic Inn. By Jonathan Perno

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Sweets by Virginia

When Thanksgiving rolls around, Virginia Willis taps into her Southern roots for dessert. Think: sweet potato, chocolate chess and pecan pies, pumpkin roll cake and buttermilk poundcake. By Virginia Willis

SWEETS BY VIRGINIA

VIRGINIA WILLIS grew up in Georgia and when Thanksgiving rolls around, she taps into her Southern roots for inspiration come dessert time. Think: sweet potato, chocolate chess and pecan pies, pumpkin roll cake and buttermilk poundcake. But since she also has some serious cooking cred—Willis has penned several cookbooks, worked in Michelin-starred restaurants and run the kitchens behind the scenes of Martha Stewart's and Bobby Flay's TV shows—she couldn't help but give these recipes her own spin. FOOD PHOTOGRAPHY BY JOHNNY AUTRY



BUTTERMILK
POUNDCAKE
WITH ORANGE
CURD, P.98



CHOCOLATE
CHESS PIE,
P.96

Chocolate Chess Pie

ACTIVE: 35 min

TOTAL: 3½ hrs (including 2 hrs cooling time)

TO MAKE AHEAD: Refrigerate for up to 1 day.

EQUIPMENT: Parchment paper, pie weights (or dried beans or uncooked rice)

Chess pie is simple yet extraordinary. Eggs, butter, sugar and in this instance, cornmeal as a starch, transform in the oven into a bubbly and crisp top with a custardy filling below. Here, chocolate chips and cocoa give it a deeper flavor than vanilla, and buttermilk balances the creamy custard with a little tang. (Photo: page 95.)

- 1 disk Yogurt Pie Crust (right)
- 8 tablespoons (1 stick) unsalted butter
- ¼ cup bittersweet chocolate chips
- 4 large eggs, at room temperature
- 1½ cups granulated sugar
- ¼ cup unsweetened cocoa powder
- 2 tablespoons yellow cornmeal
- ¼ teaspoon salt
- ½ cup buttermilk, at room temperature
- 1 teaspoon vanilla extract

1. Preheat oven to 425°F.
2. Roll pie crust into a 13-inch circle, about ¼ inch thick, on a lightly floured surface. Transfer to a 9-inch pie pan. Fold the overhanging pastry under itself along the rim of the pan. Press a fork around the edge or flute it by pinching with your finger and thumb to crimp the folded dough. Crumple a piece of parchment paper, then lay it out flat over the pastry. Fill with pie weights, dried beans or uncooked rice.
3. Bake the crust for 20 minutes. Remove from the oven and take out the paper and weights. Reduce oven temperature to 325°.
4. Meanwhile, combine butter and chocolate chips in a small microwave-safe bowl. Microwave on High until the chocolate is melted, about 1 minute. Let cool.
5. Whisk eggs in a medium bowl until smooth. Add sugar, cocoa, cornmeal and salt; whisk well to combine. Add the cooled chocolate mixture, buttermilk and vanilla; whisk well to combine. Pour into the warm crust.
6. Bake the pie until set and firm, about 45 minutes. (If the exposed edges of the crust start to brown too quickly, cover with strips of foil during the last 15 minutes of baking.) The pie may puff during baking, which is fine. It will settle as it cools. Transfer to a wire rack to cool completely before serving, at least 2 hours.

SERVES 12: 1 slice each

Cal 330 Fat 17g (sat 10g) Chol 99mg Carbs 40g
Total sugars 26g (added 25g) Protein 5g Fiber 2g
Sodium 120mg Potassium 109mg

Brown Butter Sweet Potato Pie

ACTIVE: 40 min

TOTAL: 3½ hrs (including 1 hr cooling time)

TO MAKE AHEAD: Refrigerate for up to 3 days.

EQUIPMENT: Parchment paper or silicone baking mat, pie weights (or dried beans or uncooked rice)

Some sweet potato pies call for boiling these root vegetables, but here they're roasted to concentrate their flavor. This helps the earthiness come through, which we enhance with the nuttiness of browned butter. The overall effect is a sweet potato pie that's more complex and a little less sweet.

- 1 disk Yogurt Pie Crust (right)
- 2 medium sweet potatoes (about 1½ pounds)
- 2 tablespoons unsalted butter
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon ground white pepper
- 2 large eggs
- 1 14-ounce can sweetened condensed milk
- 2 teaspoons lemon zest
- 1 teaspoon lemon juice

1. Position racks in center and lower third of oven; preheat to 425°F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.
2. Roll pie crust into a 13-inch circle, about ¼ inch thick, on a lightly floured surface. Transfer to a 9-inch pie pan. Fold the overhanging pastry under itself along the rim of the pan. Press a fork around the edge or flute it by pinching with your finger and thumb to crimp the folded dough. Crumple a piece of parchment paper, then lay it out flat over the pastry. Fill with pie weights, dried beans or uncooked rice.
3. Place sweet potatoes on the prepared baking sheet and prick them in several places with a fork. Set the sweet potatoes on the center rack and the pie crust on the lower rack. Bake for 20 minutes. Remove the pie crust from the oven, take out the paper and weights and let cool. Reduce oven temperature to 350° and continue baking the sweet potatoes until soft and tender, about 30 minutes more.
4. Meanwhile, melt butter in a small pan over medium heat. Cook until lightly browned, about 3 minutes. Remove from heat and add cardamom, cinnamon, salt and white pepper.
5. When the sweet potatoes are cool enough

to handle, peel them and mash with a potato masher in a large bowl or the bowl of a stand mixer. Beat with an electric mixer or the whisk attachment at medium speed until completely smooth, about 2 minutes. Add eggs and beat until well incorporated. Add the spiced butter and any browned bits, condensed milk, lemon zest and lemon juice and beat until incorporated. Pour the mixture into the crust.

6. Bake until the pie is puffed and a toothpick inserted into the filling comes out clean, about 45 minutes. (If the exposed edges of the crust start to brown too quickly, cover with strips of foil for the last 15 minutes of baking.) Transfer to a rack and let cool, at least 1 hour.

SERVES 12: 1 slice each

Cal 269 Fat 12g (sat 7g) Chol 63mg Carbs 36g
Total sugars 20g (added 18g) Protein 6g
Fiber 2g Sodium 188mg Potassium 310mg

Yogurt Pie Crust

ACTIVE: 20 min TOTAL: 50 min

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, and let stand at room temperature for 10 minutes before rolling.

This all-purpose crust is updated with whole-wheat pastry flour and uses plain Greek yogurt to replace some of the butter. It handles beautifully, making it easy to get your crust into the pie pan.

- 1½ cups all-purpose flour
- 1 cup whole-wheat pastry flour
- ¼ teaspoon salt
- 12 tablespoons (1½ sticks) cold unsalted butter, cut into chunks
- ½ cup reduced-fat plain Greek yogurt
- 4 tablespoons ice water

Combine all-purpose flour, whole-wheat flour and salt in a food processor; pulse several times to blend. Add butter and process until the mixture resembles coarse meal, 8 to 10 seconds. Add yogurt and pulse until combined. With the motor running, add ice water, 1 tablespoon at a time, until the dough holds together without being sticky or crumbly. Divide the dough into 2 equal portions, shape into disks, and wrap each in plastic wrap. Refrigerate until firm, about 30 minutes or up to 3 days. Let stand at room temperature for 10 minutes before rolling.

MAKES: 2 pie crusts (12 servings each)

Cal 107 Fat 6g (sat 4g) Chol 16mg Carbs 11g
Total sugars 0g (added 0g) Protein 2g Fiber 1g
Sodium 27mg Potassium 36mg



BROWN BUTTER
SWEET POTATO PIE
WITH YOGURT
PIE CRUST

Buttermilk Poundcake

ACTIVE: 20 min

TOTAL: 2 hrs 50 min (including 1 hr cooling time)

TO MAKE AHEAD: Store in an airtight container at room temperature for up to 5 days.

EQUIPMENT: 12-cup Bundt pan

This satisfyingly moist and dense cake uses a tried-and-true technique for baking. Most cakes go right into a hot oven so all the rising happens fast and the cake firms up before any batter overflows out of the pan. With pound cake the batter is so dense that a speedy rise isn't necessary. So here we start the cake in a cold oven and then bake at a relatively low temp. Besides the convenience of no preheating, the cake rises slowly as the heat increases, resulting in a wonderful crust and tender, moist crumb. Serve drizzled with orange curd for a touch of seasonal citrus. (Photo: page 94.)

- 1½ cups granulated sugar
- 3 tablespoons orange zest (from 2 large navel oranges), reserving juice for orange curd, if making
- 8 tablespoons (1 stick) unsalted butter, at room temperature
- ¼ cup canola oil
- 3 large eggs, at room temperature
- 1¾ cups all-purpose flour
- 1½ cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups buttermilk

1. Generously coat a 12-cup Bundt pan with cooking spray.
2. Combine sugar and orange zest in the bowl of a stand mixer fitted with the paddle attachment. Mix for a few seconds to release the oils from the zest. Add butter and oil and beat on medium speed until light and fluffy, about 1 minute. Add eggs, one at a time, scraping down the sides of the bowl between additions. Beat until smooth.
3. Sift all-purpose flour, whole-wheat flour, baking powder, baking soda and salt into a large bowl. Add the flour mixture into the batter in 3 additions, alternating with 2 additions of buttermilk. Scrape the batter into the prepared pan (it should be no more than two-thirds full).
4. Place the cake in a cold oven for 20 minutes. Then set oven temperature at 325°F and bake until the cake is golden brown, pulls away from the sides of the pan and a cake tester inserted in the center comes out clean, about 1 hour.
5. Run a thin knife around the sides of the pan to release the cake. Transfer to a wire rack to cool in the pan for 10 minutes. Invert the cake

onto the rack, remove the pan and let cool completely, about 1 hour.

SERVES 16: 1 slice each

Cal 269 Fat 11g (sat 4g) Chol 51mg Carbs 39g
Total sugars 20g (added 19g) Protein 5g Fiber 2g
Sodium 224mg Potassium 94mg

Orange Curd

ACTIVE: 30 min

TOTAL: 4½ hrs (including 4 hrs chilling time)

TO MAKE AHEAD: Refrigerate for up to 1 week.

This decadent curd provides a blast of citrus that will make citrus lovers pucker with joy. This technique is slightly different than a traditional curd in that the butter is whisked into the egg-sugar mixture as it's heating rather than being creamed with the sugar first. It is a bit more fussy than just mixing it all up in the pot, but the velvety results are well worth it. Spoon it over the Buttermilk Pound Cake (left) or over scoops of vanilla ice cream.

- ½ cup granulated sugar
- 2 large eggs
- ½ cup orange juice
- Pinch of salt
- 10 tablespoons (1¾ sticks) unsalted butter, at room temperature, diced
- 2 teaspoons Grand Marnier or triple sec

1. Bring a few inches of water to a simmer in a large saucepan.
2. Combine sugar and eggs in a large metal bowl that will fit on top of the pan without touching the water. Whisk the sugar and eggs until smooth. Add orange juice and salt; whisk until smooth. Place the bowl over the simmering water and cook, whisking occasionally, until the mixture reaches at least 180°F on an instant-read thermometer and is thick enough so it holds the streaks created by whisking, 10 to 12 minutes.
3. Remove the bowl from the heat and let cool, stirring occasionally, until the mixture is 140°F, 8 to 10 minutes.
4. Gradually whisk in butter until smooth, then whisk in Grand Marnier (or triple sec) until combined, about 30 seconds more. Press a piece of plastic wrap against the surface of the curd to create an airtight seal and refrigerate until pudding-like, at least 4 hours and up to 1 week.

MAKES: 1½ cups (1-Tbsp. serving)

Cal 40 Fat 3g (sat 2g) Chol 17mg Carbs 3g
Total sugars 3g (added 3g) Protein 0g Fiber 0g
Sodium 8mg Potassium 9mg



This **DOUBLE PUMPKIN ROLL CAKE**, like its ancestor the Swiss roll, is one of the few cakes that looks even better sliced and showing its yummy cream cheese spiral.

Custard Pecan Pie

ACTIVE: 20 min

TOTAL: 2 hrs 10 min (including 1 hr cooling time)

TO MAKE AHEAD: Refrigerate for up to 2 days.

While every bit as delish as the classic pie, this one has less sugar. Cane syrup, a toasty alternative to corn syrup or molasses, sweetens the pie along with brown sugar. Because the filling for the pie is wet, we brush the crust with egg white and par-bake it to create a barrier to prevent sogginess. (Photo: page 3.)

- 1 disk Yogurt Pie Crust (page 96)
- 3 large eggs, divided
- 1 tablespoon all-purpose flour
- 4 tablespoons (½ stick) unsalted butter, melted and cooled
- ½ cup buttermilk
- ½ cup packed light brown sugar
- ¼ cup cane syrup or dark corn syrup



1 teaspoon vanilla extract
1¼ cups pecan halves, chopped

1. Preheat oven to 425°F.
2. Roll pie crust into a 13-inch circle, about ⅜ inch thick, on a lightly floured surface. Transfer to a 9-inch pie pan. Fold the overhanging pastry under itself along the rim of the pan. Press a fork around the edge or flute it by pinching with your finger and thumb to crimp the folded dough.
3. Separate 1 egg, placing the white in a small bowl. Place the yolk in a medium bowl. Whisk the egg white with a fork until frothy. Brush the crust with the egg white. Add any remaining white to the bowl with the yolk. Bake the crust until pale golden, about 10 minutes.
4. Meanwhile, add the remaining 2 eggs to the bowl with the yolk and whisk until smooth. Add flour and whisk until smooth. Add butter, buttermilk, brown sugar, cane (or

corn) syrup and vanilla and whisk until well incorporated. Stir in pecans.

5. Reduce oven temperature to 350°. Add the pecan mixture to the crust. Bake the pie until the filling is set and golden brown, about 45 minutes. Transfer the pie to a rack and let cool to room temperature, about 1 hour.

SERVES 12: 1 slice each
Cal 316 **Fat** 22g (sat 7g) **Chol** 73mg **Carbs** 28g
Total sugars 15g (added 14g) **Protein** 5g **Fiber** 3g
Sodium 71mg **Potassium** 146mg

Double Pumpkin Roll Cake with Pecan-Cream Cheese Filling

ACTIVE: 40 min
TOTAL: 2¼ hrs (including 2 hrs chilling time)
TO MAKE AHEAD: Wrap cake in plastic wrap and refrigerate for up to 2 days.
EQUIPMENT: Parchment paper
Many pumpkin rolls have the starring ingredient only in the cake, which is a missed opportunity to enjoy all the flavor, plus you end up with leftover canned puree sitting in your fridge. Here, the remaining pumpkin is whipped with cream cheese, pecans and crystallized ginger for a tangy filling.

- CAKE**
- 5 large eggs, at room temperature
 - ¾ cup granulated sugar
 - 1 15-ounce can unseasoned pumpkin puree, divided
 - ½ cup all-purpose flour
 - ½ cup whole-wheat pastry flour
 - 1 teaspoon ground cinnamon
 - 1 teaspoon ground ginger
 - ½ teaspoon baking soda
 - ½ teaspoon salt
 - ¼ teaspoon freshly grated nutmeg
 - 1 teaspoon vanilla extract
 - 2 teaspoons confectioners' sugar, divided
- FILLING**
- 8 ounces reduced-fat cream cheese, at room temperature
 - ½ cup pecans, toasted and chopped
 - ¼ cup confectioners' sugar, plus more for dusting
 - ¼ cup nonfat plain yogurt
 - 1 tablespoon finely chopped crystallized ginger
 - Pinch of salt

1. To prepare cake: Position rack in middle of oven; preheat to 325°F. Coat an 18-by-13-inch rimmed baking sheet with cooking spray. Line with parchment paper and coat the paper with cooking spray.

2. Beat eggs and granulated sugar in the bowl of a stand mixer fitted with a whisk attachment on medium-high speed until pale yellow and thick, about 5 minutes. Add 1 cup pumpkin, reserving the rest for the filling, and mix on medium speed until incorporated, about 1 minute.
3. Whisk all-purpose flour, whole-wheat flour, cinnamon, ground ginger, baking soda, ½ teaspoon salt and nutmeg in a medium bowl. Sift the flour mixture over the pumpkin mixture and fold with a flexible spatula until combined. Pour the batter into the prepared pan and spread evenly.
4. Bake the cake until firm and the top springs back when touched lightly, about 18 minutes. Immediately run a knife around the edge of the pan to loosen the cake. Dust with 1 teaspoon confectioners' sugar. Place a clean kitchen towel on top and quickly flip the cake onto a clean work surface. Remove the pan and discard the parchment paper. Dust the cake lightly with 1 teaspoon confectioners' sugar. Starting at the one side of the cake, carefully roll up the cake in the kitchen towel. Place seam-side down on a baking sheet and refrigerate until cool, at least 1 hour. (See step-by-step photos, page 101.)
5. Meanwhile, to prepare filling & assemble cake: Combine the remaining pumpkin, cream cheese, pecans, confectioners' sugar, yogurt, crystallized ginger and salt in the bowl of a stand mixer fitted with a whisk attachment. Beat until combined.
6. Unroll the cooled cake on a clean work surface, keeping it on the towel. Spread the filling over the cake to within about ½ inch of the edge. Starting with one side, snugly roll the cake, wrap in the towel and chill until firm, about 1 hour.
7. Unwrap the cake and place on a serving platter. Dust lightly with more confectioners' sugar, if desired. Slice with a serrated knife into 12 pieces and serve immediately.

SERVES 12: 1 piece each
Cal 236 **Fat** 10g (sat 4g) **Chol** 82mg **Carbs** 32g
Total sugars 19g (added 15g) **Protein** 6g **Fiber** 3g
Sodium 276mg **Potassium** 177mg. 🍵



Want more pumpkin desserts?
Of course you do! Hover your phone's camera over this smart code.