

Secret Sauces Exposed!

The Savory Sauce Recipes of 5 Star Restaurants

Ron Douglas

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By Ron Douglas

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BASIC SAUCES

Basic Tomato Sauce

Béarnaise Sauce

Cheese Sauce

Hollandaise Sauce

Mock Hollandaise Sauce

Mushroom and Basil Wine Sauce

Rosemary A Aioli

Tarragon Cream Sauce

BASIC TOMATO SAUCE

1 tsp vegetable oil
1 medium onion, chopped
2 cloves garlic, chopped
2 28-oz. cans whole tomatoes
1 6-oz. can tomato paste
2 tsp dried Italian seasoning
2 bay leaves
Salt to taste
Pepper to taste

In a medium, heavy-bottom saucepan, stir together the oil, onion and garlic. Cook over low heat, stirring often, until the onion is very soft and aromatic, about 6 to 8 minutes.

In a food processor or blender, puree the tomatoes. Add the tomatoes and tomato paste to the onions and bring to a simmer over medium-high heat. Reduce the heat to very low and let the sauce simmer slowly for 30 minutes, stirring the bottom often to prevent burning.

If you are adding meatballs, do so at this time, and simmer them in the sauce for 20 minutes, stirring often. If you are not adding meatballs, simmer the sauce for another 20 minutes (50 minutes total). Season to taste with salt and pepper. Remove bay leaves before serving.

Serves 4

Nutrition Facts

Nutrition (per serving): 141.0 calories; 12% calories from fat; 2.0g total fat; 0.0mg cholesterol; 80.0mg sodium; 28.0g carbohydrates; 5.0g protein.

BÉARNAISE SAUCE

1/2 cup white wine
1 Tbs finely chopped shallots or
scallions
1/2 tsp chopped fresh tarragon (to taste)
3 (or 4) egg yolks
1/2 tsp salt
1/2 cup butter

Combine wine, shallots and tarragon, and cook until wine is reduced to a mere glaze. Combine egg yolks and salt in blender.

Slowly pour glaze in blender, blending as it is poured. Heat butter until bubbling hot. Turn on blender again and gradually pour melted butter in steady stream until sauce thickens.

Serves 4

Nutrition Facts

Nutrition (per serving): 266.0 calories; 87% calories from fat; 26.3g total fat; 214.6mg cholesterol; 301.7mg sodium; 58.4mg potassium; 1.2g carbohydrates; 0.0g fiber; 0.1g sugar; 2.4g protein.

CHEESE SAUCE

This sauce is good with poultry.

1 Tbs butter
1/2 Tbs flour
1 salt
pepper
pinch of cayenne pepper
1 cup milk
1 egg yolk
1 Tbs Parmesan cheese

Melt the butter in a small saucepan and stir in the flour and seasonings to taste. Add the milk. Stir continuously until sauce thickens.

Remove pan from heat and stir in the egg yolk. Stir in the cheese.

Serves 5

Nutrition Facts

Nutrition (per serving): 63.1 calories; 62% calories from fat; 4.4g total fat; 51.9mg cholesterol; 95.4mg sodium; 82.1mg potassium; 3.2g carbohydrates; 0.1g fiber; 2.5g sugar; 2.6g protein.

HOLLANDAISE SAUCE

3 egg yolks
1/4 cup water
2 Tbs lemon juice
1/2 cup cold butter, cut into 8 pieces
1/8 tsp paprika
1/8 tsp cayenne pepper

Prepare hollandaise sauce by heating egg yolks, water and lemon juice in a small saucepan. Cook over very low heat, stirring constantly, until yolk mixture begins to bubble at edges.

Whisk in butter, 1 piece at a time, until melted and sauce is thickened. Stir in paprika and cayenne pepper. Season with salt to taste. Remove from heat.

Serves 6

Nutrition Facts

Nutrition (per serving): 163.9 calories; 94% calories from fat; 17.6g total fat; 143.1mg cholesterol; 6.3mg sodium; 21.7mg potassium; 0.8g carbohydrates; 0.0g fiber; 0.2g sugar; 1.5g protein.

MOCK HOLLANDAISE SAUCE

1 cup mayonnaise
2 egg whites
2 Tbs lemon juice
1/2 tsp dry mustard
1/4 tsp salt

In small saucepan, with a wire whisk, beat mayonnaise, egg whites, lemon juice, dry mustard, and salt until smooth.

Stirring constantly, cook over medium-low heat until thick, but do not boil. Serve over vegetables or fish.

Serves 6

Preparation time: 5 minutes

Cooking time: 5 minutes

Nutrition Facts

Nutrition (per serving): 160.4 calories; 72% calories from fat; 13.1g total fat; 10.2mg cholesterol; 393.9mg sodium; 29.2mg potassium; 9.9g carbohydrates; 0.0g fiber; 2.7g sugar; 1.6g protein.

MUSHROOM AND BASIL WINE SAUCE

2 Tbs Olive Oil
12 oz Fresh White Mushrooms, sliced
4 oz Fresh Shiitake Mushrooms, sliced
1 cup Sweet Red Bell Pepper, thinly sliced
2 tsp Garlic, minced
1/2 cup White Wine, dry
1 Chicken Bouillon cube
1 Tbs Cornstarch
1/4 cup Green Onions, sliced (scallions)
1/4 cup Fresh Basil Leaves, thinly sliced
1 Tbs Oyster Sauce
1 pinch Ground Red Pepper

In a large skillet over high heat, heat oil until hot. Add white and shiitake mushrooms, red bell pepper and garlic; cook, stirring occasionally, until mushroom liquid has nearly evaporated, about 6 minutes. Add wine and bouillon cube; cook, stirring occasionally, until wine is slightly reduced and bouillon cube dissolves, about 4 minutes.

Meanwhile, in a cup combine cornstarch and 1 cup water until smooth. Add to skillet, along with green onions, basil, oyster sauce and ground red pepper.

Bring to a boil, stirring constantly until lightly thickened and clear; about 1 minute.

Serves 8

Nutrition Facts

Nutrition (per serving): 61.6 calories; 52% calories from fat; 3.6g total fat; 0.1mg cholesterol; 158.0mg sodium; 193.4mg potassium; 4.1g carbohydrates; 0.9g fiber; 1.4g sugar; 1.7g protein.

ROSEMARY A AÏOLI

Aïoli is a French term referring to garlic-flavored mayonnaise.

1/2 cup mayonnaise
2 garlic cloves, minced
1 Tbs fresh or dried chopped rosemary
1 Tbs lemon juice
1/8 tsp salt

Stir together all ingredients.

Chill, if desired.

Serves 8

Nutrition Facts

Nutrition (per serving): 100.0 calories; 99% calories from fat; 11.0g total fat; 0.0mg cholesterol; 110.0mg sodium; 1.0g carbohydrates.

TARRAGON CREAM SAUCE

2 Tbs butter
1/2 tsp dried tarragon
1 large shallot, finely chopped
1/8 cup dry white wine
1/2 Tbs flour
1/2 cup cream
1/2 cup milk
1 Tbs parsley, finely chopped

Melt butter in a small saucepan until butter begins to turn hazelnut brown. Add the tarragon and shallots and sauté until the shallots are tender.

Add the wine and simmer for 5 to 10 minutes. Then stir in the flour; add cream and milk and cook until thickened. Stir in parsley; serve.

Serves 4

Nutrition Facts

Nutrition (per serving): 216.3 calories; 48% calories from fat; 12.0g total fat; 38.2mg cholesterol; 34.9mg sodium; 490.2mg potassium; 23.6g carbohydrates; 0.1g fiber; 1.6g sugar; 4.6g protein.

BBQ

Basic Barbecue Sauce

Cc's Basting Sauce

Citrus Barbecue Sauce

Fruity Barbecue Sauce

Hattie's Tart Cherry Barbecue Sauce

Hawaiian Barbecue Sauce

Honey Barbecue Sauce

Mandarin Peach Sauce

Maple Barbecue Sauce

Nectarine Barbecue Sauce

New Orleans Barbecue Sauce

Zesty Honey Sauce

BASIC BARBECUE SAUCE

1 Can (8 ounces) tomato sauce
3 Tbs Worcestershire sauce
1/2 cup vegetable oil
1/4 cup cider vinegar
3 tsp dry mustard
3 Tbs brown sugar
2 tsp chili powder
2 tsp sugar
1/2 tsp garlic powder
2 Tbs dried minced onion
1/2 tsp salt
1/4 tsp black pepper

Combine all ingredients and let stand for at least 10 minutes.

Serves 8

Nutrition Facts

Nutrition (per serving): 169.0 calories; 72% calories from fat; 14.0g total fat; 0.0mg cholesterol; 370.0mg sodium; 212.5mg potassium; 11.5g carbohydrates; 0.9g fiber; 7.8g sugar; 0.9g protein.

CC'S BASTING SAUCE

1 quart apple cider vinegar
1 tsp garlic powder
1 tsp poultry seasoning
6 bay leaves
1 tsp crushed red pepper
1 tsp thyme
1 tsp rosemary
1 tsp lemon pepper

Mix all ingredients and bring to a rolling boil. Cover and let mixture cool completely.

Use this with any recipe that calls for a basting sauce.

Serves 48

Nutrition Facts

Nutrition (per serving): 3.3 calories; 1% calories from fat; 0.0g total fat; 0.0mg cholesterol; 0.3mg sodium; 21.4mg potassium; 1.3g carbohydrates; 0.0g fiber; 0.0g sugar; 0.0g protein.

CITRUS BARBECUE SAUCE

1 Onion; Large Finely Chopped
1 Tbs Ground Red Chiles
1/4 tsp Ground Red Pepper
1 Ancho Chile, seeded and finely chopped
1 Tbs Vegetable Oil
1 cup Orange Juice
1/2 cup Lime Juice
2 Tbs Sugar
2 Tbs Lemon Juice
1 Tbs Fresh Cilantro diced
1 tsp Salt

Cook onion, ground red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender, about 5 minutes. Stir in remaining ingredients.

Heat to boiling, reduce heat to low. Simmer uncovered, about 10 minutes, stirring occasionally.

Serves 6

Nutrition Facts

Nutrition (per serving): 73.6 calories; 29% calories from fat; 2.5g total fat; 0.0mg cholesterol; 390.2mg sodium; 170.7mg potassium; 13.4g carbohydrates; 0.6g fiber; 9.4g sugar; 0.7g protein.

FRUITY BARBECUE SAUCE

1/2 cup orange or unsweetened pineapple juice
1 cup Basic Barbecue Sauce
1 Tbs honey
1/2 tsp fresh ginger minced
1 Tbs fresh lime juice
1 tsp cornstarch

Combine orange juice, honey, ginger and barbecue sauce in small saucepan. Blend lime juice and cornstarch until smooth; add to sauce.

Cook and stir over moderate heat to thicken; reduce heat and simmer 10 minutes.

Serves 8

Nutrition Facts

Nutrition (per serving): 27.0 calories; 66% calories from fat; 2.0g total fat; 0.0mg cholesterol; 51.0mg sodium.

HATTIE'S TART CHERRY BARBECUE SAUCE

1 cup canned or frozen tart cherries
1/2 cup chopped onions
2 garlic cloves, finely chopped
1/2 cup water
3 Tbs ketchup
1/4 cup cherry preserves
3 Tbs brown sugar
1 Tbs sesame oil
1 Tbs molasses
1 Tbs Worcestershire sauce
1 tsp toasted cumin seeds
1/2 tsp ground ginger
1/4 tsp ground red pepper

Combine all ingredients in a saucepan with a heavy bottom; mix well.

Simmer, covered, over medium heat about 25 minutes. Adjust seasoning.

Serves 8

Nutrition Facts

Nutrition (per serving): 94.0 calories; 17% calories from fat; 1.8g total fat; 0.0mg cholesterol; 90.3mg sodium; 150.9mg potassium; 19.7g carbohydrates; 0.7g fiber; 15.2g sugar; 0.6g protein.

HAWAIIAN BARBECUE SAUCE

3 Tbs crushed pineapple drained
thoroughly
1 cup Basic Barbecue Sauce recipe follows
1 Tbs reduced-sodium soy sauce

Basic Barbecue Sauce

1 Can (8 ounces) tomato sauce
3 Tbs Worcestershire sauce
1/2 cup vegetable oil
1/4 cup cider vinegar
3 tsp dry mustard
3 Tbs brown sugar
2 tsp chili powder
2 tsp sugar
1/2 tsp garlic powder
2 Tbs dried minced onion
1/2 tsp salt
1/4 tsp black pepper

Combine all ingredients in a small saucepan. Cook and stir over moderate heat until sauce boils. Reduce heat and simmer 10 minutes.

Basic Barbecue Sauce

Combine all ingredients and let stand for at least 10 minutes.

Serves 6

Nutrition Facts

Nutrition (per serving): 35.0 calories; 77% calories from fat; 3.0g total fat; 0.0mg cholesterol; 101.0mg sodium.

HONEY BARBECUE SAUCE

1/2 cup minced onion
1 clove minced garlic
1 Tbs vegetable oil
1 can (8 oz.) tomato sauce
1/2 cup honey
2 Tbs vinegar
2 Tbs minced parsley
1 Tbs Worcestershire sauce
1/4 tsp pepper
1/8 tsp cayenne pepper



Sauté onion and garlic in oil until softened.

Add remaining ingredients and bring mixture to boil; reduce heat and simmer 5 minutes.

Serves 8

Nutrition Facts

Nutrition (per serving): 46.0 calories; 0.0mg cholesterol;
10.0g carbohydrates.

MANDARIN PEACH SAUCE

1 15-oz. can sliced peaches, drained
3 Tbs Kikkoman teriyaki sauce
1 Tbs cornstarch
1 Tbs sugar
1/4 tsp fennel
1/4 tsp black pepper
1/8 tsp ground cloves
1/8 tsp garlic powder

Place peaches in blender container. Cover and process on high speed until smooth; pour into small saucepan.

Combine teriyaki sauce and cornstarch; stir into peaches with sugar fennel, pepper and cloves. Bring to boil over medium heat. Simmer until sauce thickens, about 2 minutes, stirring constantly.

Remove from heat and stir in garlic powder.

Serves 8

Nutrition Facts

Nutrition (per serving): 100.0 calories; 0.0mg cholesterol; 470.0mg sodium; 23.0g carbohydrates; 1.0g protein.

MAPLE BARBECUE SAUCE

This sauce is excellent on beef, pork or poultry.

3/4 cup maple syrup
2 Tbs chili sauce
2 Tbs cider vinegar
1 1/2 Tbs chopped onions
1 Tbs Worcestershire sauce
1 tsp salt
1/2 tsp dry mustard
1/2 tsp black pepper

Combine all ingredients and brush on top of 3 pounds of beef, pork or poultry.

Baste frequently with sauce while baking.

Serves 8

Nutrition Facts

Nutrition (per serving): 82.7 calories; 1% calories from fat; 0.1g total fat; 0.0mg cholesterol; 405.1mg sodium; 90.7mg potassium; 21.2g carbohydrates; 0.1g fiber; 18.1g sugar; 0.1g protein.

NECTARINE BARBECUE SAUCE

4 fresh California nectarines
1/4 cup rice wine vinegar OR white
vinegar
1/4 cup tomato paste
2 Tbs sugar
1 1/2 Tbs Worcestershire sauce
2 tsp minced garlic
1/4 tsp hot sauce
1 tsp julienne cut orange peel



Slice nectarines. Set aside 1 cup slices.

In a blender or food processor, whirl until smooth remainder of the nectarines with vinegar, tomato paste, sugar, worcestershire sauce, garlic and hot sauce.

Stir in orange peel. Remove about 1/3 cup sauce to baste over flank steak or other beef steak for last few minutes barbecuing.

Add remaining nectarine slices to remaining sauce and pass with beef.

Serves 4

Nutrition Facts

Nutrition (per serving): 106.9 calories; 3% calories from fat; 0.5g total fat; 0.0mg cholesterol; 193.6mg sodium; 598.8mg potassium; 31.7g carbohydrates; 3.1g fiber; 19.0g sugar; 2.4g protein.

NEW ORLEANS BARBECUE SAUCE

1/3 cup bourbon or whiskey
1 tsp cornstarch
2/3 cup orange juice
1 Tbs orange rind grated
3 Tbs molasses
1 cup Basic barbecue sauce

Basic Barbecue Sauce

1 Can (8 ounces) tomato sauce
3 Tbs Worcestershire sauce
1/2 cup vegetable oil
1/4 cup cider vinegar
3 tsp dry mustard
3 Tbs brown sugar
2 tsp chili powder
2 tsp sugar
1/2 tsp garlic powder
2 Tbs dried minced onion
1/2 tsp salt
1/4 tsp black pepper

Blend cornstarch and bourbon until smooth. Combine with all remaining ingredients in a small saucepan. Cook and stir over moderate heat until sauce boils; reduce heat and simmer 10 minutes.

Basic Barbecue Sauce

Combine all ingredients and let stand for at least 10 minutes.

Serves 6

Nutrition Facts

Nutrition (per serving): 29.0 calories; 31% calories from fat; 1.0g total fat; 0.0mg cholesterol; 40.0mg sodium.

ZESTY HONEY SAUCE

1 cup bottled chili sauce
1/2-3/4 cup honey
1/4 cup minced onion
2 Tbs dry red wine
1 Tbs Worcestershire sauce
1 tsp Dijon-style mustard



Combine all ingredients in saucepan and bring to boil; stir constantly.

Reduce heat and simmer, uncovered, 5 minutes.

Brush sauce on meats during last 5 minutes of cooking or use as dipping sauce.

Serves 20

Nutrition Facts

Nutrition (per serving): 36.0 calories; 0.0mg cholesterol;
8.0g carbohydrates.

CHUTNEYS AND RELISHES

Berry Blueberry Chutney

Currant Chutney

Dried Cherry Relish

Dried Cherry Relish for Turkey

Honey Mango Chutney

Spicy Tomato Chutney

Tish Williams' Cherry Chutney

BERRY BLUEBERRY CHUTNEY

4 cups frozen or fresh blueberries
1 can (16 ounces) whole berry cranberry sauce
1/4 cup sugar
3 Tbs balsamic vinegar
1-1/2 tsp grated orange peel
1 tsp ground ginger
1/4 to 1/2 teaspoon crushed red pepper
1/4 tsp ground black pepper

In a medium nonreactive saucepan combine blueberries, cranberry sauce, sugar, balsamic vinegar, orange peel, ginger, and red and black peppers. Bring to a boil; boil uncovered, stirring frequently, until slightly thickened, 15 to 20 minutes.

Pour into clean jars; cover and refrigerate up to 3 weeks, or place in canning jars and process according to manufacturer's directions, or place in covered plastic containers and freeze. Serve with roasted or grilled turkey, chicken or pork, if desired.

Serves 10

Nutrition Facts

Nutrition (per serving): 137.9 calories; 1% calories from fat; 0.3g total fat; 0.0mg cholesterol; 16.8mg sodium; 68.8mg potassium; 35.5g carbohydrates; 2.0g fiber; 31.8g sugar; 0.6g protein.

CURRANT CHUTNEY

1/3 cup red currant jelly
1/4 cup chopped chutney
2 tsp lemon juice
1-1/2 tsp dry sherry

In small saucepan, over medium heat, melt jelly. Stir in chutney, juice, and sherry. Cook until heated throughout.

Serve warm with turkey fondue.

Serves 6

Nutrition Facts

Nutrition (per serving): 37.0 calories; 0.0mg cholesterol; 13.0mg sodium; 9.0g carbohydrates.

DRIED CHERRY RELISH

Serve warm with grilled or blackened fish.

1 1/2 cups dried tart cherries
1/2 cup red wine vinegar
1/4 cup balsamic vinegar
1 Tbs olive oil
1 large red onion, finely chopped
2 Tbs granulated sugar
1/4 tsp salt, or to taste
1/8 tsp ground black pepper

Combine dried cherries, red wine vinegar and balsamic vinegar in a medium mixing bowl. Let soak 30 minutes.

Heat olive oil in a large skillet. Add onion; cook 5 minutes, or until onion is soft. Add sugar; mix well. Cook, stirring occasionally, over low heat 10 minutes.

Add cherries with soaking liquid to onion mixture. Simmer, uncovered, 10 to 15 minutes, or until almost all the liquid is evaporated. Season with salt and pepper. Serve warm.

Serves 12

Nutrition Facts

Nutrition (per serving): 60.0 calories; 15% calories from fat; 1.0g total fat; 0.0mg cholesterol.

DRIED CHERRY RELISH FOR TURKEY

This tangy combo is great with roasted turkey.

1/2 cup dried tart cherries
1/2 cup cherry preserves
2 Tbs red wine vinegar
1/2 cup chopped red onion
1/4 chopped yellow bell pepper
1/4 chopped green bell pepper
1 Tbs finely chopped fresh thyme (or 1/2
teaspoon dried thyme)



Combine dried cherries, preserves and vinegar in a small microwave-safe bowl; mix well. Microwave on High (100% power) 1 to 1-1/2 minutes, or until hot. Let stand 5 minutes.

Stir in red onion, yellow and green bell pepper and thyme; mix well. Refrigerate, covered, 3 to 4 hours or overnight. Serve as a sauce with roast turkey or chicken. This relish is also good with grilled hamburgers.

Serves 8

Nutrition Facts

Nutrition (per serving): 67.5 calories; 0% calories from fat; 0.1g total fat; 0.0mg cholesterol; 8.0mg sodium; 53.5mg potassium; 16.7g carbohydrates; 0.7g fiber; 11.0g sugar; 0.4g protein.

HONEY MANGO CHUTNEY

1 mango, peeled, seeded and chopped
3/4 cup raisins
3/4 cup onion, chopped
1/2 cup bell pepper, chopped
1/2 cup snipped dates
1 apple, chopped
2 cloves garlic, finely chopped
1 cup honey
3/4 cup cider vinegar
1/2 tsp ground cinnamon

In medium skillet combine mango, raisins, onion, bell pepper, dates, apple and garlic.

In bowl combine honey, cider vinegar and cinnamon. Pour into skillet and mix well. Bring to boil, decrease heat to high simmer and cook for about 40 minutes stirring occasionally.

Cool and refrigerate for up to 10 days.

May be canned using the USDA canning guidelines.

Serves 20

Nutrition Facts

Nutrition (per serving): 100.3 calories; 0% calories from fat; 0.1g total fat; 0.0mg cholesterol; 2.2mg sodium; 136.8mg potassium; 27.0g carbohydrates; 1.2g fiber; 23.5g sugar; 0.5g protein.

SPICY TOMATO CHUTNEY

12 medium tomatoes, peeled, seeded and chopped
3 medium green apples, pared, cored and chopped
3 medium onions, chopped
2-1/2 cups cider vinegar
1-1/2 cups honey
2 Tbs salt
1 Tbs dry mustard
1 Tbs ground ginger
1/4 tsp ground red pepper

In a large stainless steel or enamel saucepan, combine all ingredients, and bring mixture to a boil. Cook, uncovered, over very low heat, stirring occasionally, for 2 hours or until thick.

Carefully ladle chutney into 4 hot sterilized pint jars, filling to 1/4 inch from tops. Wipe rims of jars; top with lids. Screw on bands.

Place jars on rack in canning kettle of hot water, adding water if necessary to bring water level to 1 inch above tops of jars. Bring water to a rolling boil; boil 25 minutes.

Remove jars carefully and cool on wire rack.

Serves 36

Nutrition Facts

Nutrition (per serving): 66.5 calories; 1% calories from fat; 0.1g total fat; 0.0mg cholesterol; 396.4mg sodium; 166.3mg potassium; 17.6g carbohydrates; 1.1g fiber; 14.7g sugar; 0.6g protein.

TISH WILLIAMS' CHERRY CHUTNEY

3 cups fresh or frozen sweet cherries
1 cup dried tart cherries
1 cup granulated sugar
3/4 cup cider vinegar
1/2 cup chopped walnuts
1/2 tsp ground cinnamon
1/2 tsp ground cloves
1/2 tsp ground ginger
1 tsp salt
1/2 tsp cayenne pepper

Put sweet cherries, dried cherries, sugar, vinegar, walnuts, cinnamon, cloves, ginger, salt and cayenne in a heavy Dutch oven; mix well. Bring to boiling over high heat, stirring constantly. Reduce heat to medium; cook, stirring constantly, 30 minutes, or until mixture thickens. Do not overcook.

Refrigerate, covered, until ready to use; this chutney will keep for several weeks. It is good served with all kinds of meats or as an appetizer with crackers over cream cheese.

Serves 16

Nutrition Facts

Nutrition (per serving): 118.3 calories; 18% calories from fat; 2.6g total fat; 0.0mg cholesterol; 147.0mg sodium; 78.8mg potassium; 24.8g carbohydrates; 1.3g fiber; 15.4g sugar; 1.1g protein.

MARINADES

Chimichurri Marinade

Teriaki Marinade

CHIMICHURRI MARINADE

6 cloves garlic
3 bay leaves
2 jalapenos coarsely chopped, with seeds
1 1/2 Tbs salt
1 Tbs Ancho powder
1/2 cup finely minced fresh cilantro
1/2 cup finely minced flatleaf parsley
1/4 cup finely minced fresh oregano
leaves
1/4 cup distilled white vinegar
1/3 cup olive oil

In a blender, puree, garlic, bay leaves, jalapenos, salt and 1 tablespoon of the vinegar until a paste is formed.

Transfer to a mixing bowl and add the herbs.

Whisk in the remaining vinegar and olive oil until smooth.

Serves 10

Nutrition Facts

Nutrition (per serving): 78.2 calories; 84% calories from fat; 7.6g total fat; 0.0mg cholesterol; 1057.9mg sodium; 95.8mg potassium; 3.1g carbohydrates; 1.4g fiber; 0.3g sugar; 0.6g protein.

TERIAKI MARINADE

1 cup teriyaki sauce
1 Tbs powdered ginger
1 Tbs garlic powder
1 Tbs onion powder

In small bowl, combine teriyaki sauce, garlic, onion and ginger powders.

Using an injector, inject marinade into all parts of the thawed turkey. Gently massage turkey to distribute marinade.

Place turkey in a large plastic bag (cooking bag or clean trash bag). Close bag and refrigerate overnight.

Deep fry or roast according to National Turkey Federation recommendations.

Serves 10

Nutrition Facts

Nutrition (per serving): 29.9 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 1104.6mg sodium; 83.0mg potassium; 5.9g carbohydrates; 0.2g fiber; 3.3g sugar; 1.9g protein.

MUSTARD SAUCES

Creamy Mustard Sauce

Honey Mustard Sauce

CREAMY MUSTARD SAUCE

1/4 cup grainy mustard
1/4 cup non-fat sour cream
1/4 cup non-fat mayonnaise
1 Tbs dried chives
1 tsp lemon juice

In small bowl combine mustard, sour cream, mayonnaise, chives and juice. Cover and chill at least one hour.

Serve cold with turkey fondue.

Serves 14

Nutrition Facts

Nutrition (per serving): 12.0 calories; 0.0mg cholesterol;
117.0mg sodium; 2.0g carbohydrates; 1.0g protein.

HONEY MUSTARD SAUCE

1/4 cup Dijon-style mustard
1 tsp dried tarragon, crushed
1/4 cup honey
2 Tbs white wine vinegar
2 tsp olive oil
1 dash Salt
1 dash Pepper



Combine mustard and tarragon; mix well.
Gradually blend in honey add vinegar and oil; mix well.
Salt and pepper to taste.

Serves 4

Nutrition Facts

Nutrition (per serving): 97.8 calories; 25% calories from fat; 2.9g total fat; 0.0mg cholesterol; 227.8mg sodium; 50.4mg potassium; 19.1g carbohydrates; 0.5g fiber; 17.4g sugar; 0.9g protein.

PASTA SAUCES

Green Olive Pesto

Ground Turkey Italian Sauce

Mushroom Ragout

Pesto Sauce

Red Pepper Sauce

Roasted Red Pepper Sauce

Southwestern Marinara Sauce

Summer Red Pepper Sauce

Three Cheese Alfredo Mayhem

Vino Spaghetti Sauce

White Sauce with Wine

GREEN OLIVE PESTO

3/4 cup pitted green olives (preferably imported)

1/4 cup chopped onion

2 Tbs pine nuts

1 small clove garlic

1/4 cup extra-virgin olive oil

In a food processor container, combine olives, onion, pine nuts, and garlic; whirl mixture until finely chopped, about 1 minute.

With the motor running, slowly add olive oil to form a thick, smooth paste.

Allow to stand about 30 minutes to blend flavors. Serve on slices of toasted Italian or other peasant bread.

Serves 4

Nutrition Facts

Nutrition (per serving): 184.0 calories; 91% calories from fat; 19.2g total fat; 0.0mg cholesterol; 231.1mg sodium; 45.3mg potassium; 3.4g carbohydrates; 1.2g fiber; 0.6g sugar; 0.9g protein.

GROUND TURKEY ITALIAN SAUCE

1 lb ground turkey
1-1/2 cups onion chopped
2 Tbs dried parsley
2 Cloves fresh garlic minced
1/2 tsp salt
1-1/2 tsp Italian seasonings
1/4 tsp red pepper flakes
1 Can (14 1/4-ounces) stewed tomatoes
undrained
1 Can (8-ounces) tomato sauce
1 Can (8-ounces) tomato paste
2 tsp sugar
1/2 cup dry red wine
1/2 cup water (if desired)

In 3-quart saucepan, combine turkey, onion, parsley, garlic, Italian seasoning and red pepper flakes. Saute over medium-high heat for 7 to 8 minutes or until turkey is no longer pink.

Add stewed tomatoes, tomato sauce, tomato paste, salt, sugar and red wine (and water if desired).

Bring to a boil; immediately reduce heat to medium and simmer uncovered for 15 minutes.

Serve over cooked pasta or use as a flavorful lasagna sauce.

Serves 6

Nutrition Facts

Nutrition (per serving): 206.0 calories; 27% calories from fat; 6.0g total fat; 0.0mg cholesterol; 959.0mg sodium; 20.0g carbohydrates; 16.0g protein.

MUSHROOM RAGOUT

3 Tbs oil
1 1/2 lbs fresh white mushrooms
1 large diced onion
1 1/2 tsp Italian seasoning
3/4 tsp salt
1 can (14.5 ounces) stewed tomatoes
1 can (15 to 19 ounces) white beans,
drained
1/2 cup Parmesan cheese, divided

In a large skillet over medium heat, heat oil until hot. Add mushrooms, onions, Italian seasoning and salt; cook until tender, stirring occasionally, about 12 minutes.

Add stewed tomatoes and white beans to skillet, heat through, stir in 1/4 cup of parmesan cheese and serve over pasta. Sprinkle the remaining cheese over the top of the dish.

Serves 6

Nutrition Facts

Nutrition (per serving): 245.8 calories; 35% calories from fat; 9.9g total fat; 7.3mg cholesterol; 597.9mg sodium; 927.7mg potassium; 29.0g carbohydrates; 6.4g fiber; 6.5g sugar; 13.6g protein.

PESTO SAUCE

2/3 cup olive oil
2 cups fresh parsley tightly packed
1/2 cup Parmesan cheese grated
2 cloves garlic
4 tsp dried basil
1 Tbs capers drained
1/8 tsp pepper

In a blender container or food processor bowl fitted with metal blade) combine olive oil, parsley, cheese, garlic, basil, capers and pepper. Blend or process for 30 seconds or until mixture is smooth. Store in covered container and refrigerate.

Serves 16

Nutrition Facts

Nutrition (per serving): 96.0 calories; 91% calories from fat; 10.0g total fat; 0.0mg cholesterol; 64.0mg sodium; 1.0g carbohydrates; 1.0g protein.

RED PEPPER SAUCE

1 can tomato sauce
3/4 cup water
3/4 cup sugar
8 oz Tobasco or similar sauce
1/2 Tbs red pepper flakes
1/2 Tbs cayenne
3 Tbs lemon juice

Mix all ingredients in a sauce pan.

Heat on low for 10 minutes.

Serves 6

Nutrition Facts

Nutrition (per serving): 148.6 calories; 7% calories from fat; 1.3g total fat; 0.0mg cholesterol; 8218.3mg sodium; 615.1mg potassium; 34.8g carbohydrates; 1.7g fiber; 31.1g sugar; 2.3g protein.

ROASTED RED PEPPER SAUCE

Vegetable cooking spray
1 cup onion sliced
1 tsp fresh garlic minced
1 7.5-ounce jar roasted red peppers
strained
1/2 tsp salt
3/4 cup strained poaching liquid

In small non-stick skillet, sprayed with vegetable cooking spray, over medium heat, saute onions 2 to 3 minutes or until lightly browned. Add garlic and stir 30 seconds. Allow to cool for about 4-5 minutes.

In food processor fitted with metal blade, puree onion mixture, peppers and salt. With motor running, slowly add poaching liquid to red pepper mixture until sauce is smooth.

Pour sauce into 2-cup glass measure and heat in microwave at HIGH (100% power) 30 seconds or until hot.

Serves 8

Nutrition Facts

Nutrition (per serving): 14.3 calories; 15% calories from fat; 0.2g total fat; 0.0mg cholesterol; 149.6mg sodium; 64.1mg potassium; 2.9g carbohydrates; 0.2g fiber; 0.6g sugar; 0.4g protein.

SOUTHWESTERN MARINARA SAUCE

3 strips lean bacon, chopped
2 medium onions, finely diced
3 cloves garlic, minced
1 medium zucchini, diced
1 28-oz. can peeled tomatoes
1 cup fresh or frozen corn kernels
1 12-oz. jar salsa



Prepare pasta according to package directions; drain.

Cook bacon in a medium, non-reactive (non-aluminum) saucepan over medium-high heat until it has browned lightly. Pour off any excess fat.

Add onions, garlic and zucchini and saute over medium heat until soft, about 8 minutes. Add tomatoes and break up with a fork. Add corn and salsa. Bring to a simmer and cook slowly for 20 minutes, stirring occasionally. Toss sauce with cooked pasta and serve.

Serves 6

Nutrition Facts

Nutrition (per serving): 633.0 calories; 5% calories from fat; 4.0g total fat; 0.0mg cholesterol; 498.0mg sodium; 125.0g carbohydrates; 22.0g protein.

SUMMER RED PEPPER SAUCE

1 lb pasta
2 Tbs olive oil
1 cup chopped onion
3 large cloves garlic, chopped
1 13.75-ounce can roasted peppers,
drained and chopped (2 large peppers)
1/2 cup drained whole canned tomatoes
1/3 cup ricotta salata
6 anchovies, rinsed and patted dry
1 Tbs chopped fresh parsley
Salt to taste
Freshly ground pepper to taste
Grated Parmesan cheese, to sprinkle on
top

Warm the oil in a skillet over medium heat. Add the onion and garlic and saute 5 minutes, until softened. Transfer the onion and garlic to the food processor bowl and add the roasted peppers, tomatoes, ricotta salata and anchovies. Process until pureed. Stir in the parsley and season to taste with salt and pepper.

Toss with hot pasta, stirring in 1/4 cup of the pasta cooking water, and serve immediately, passing Parmesan separately.

Serves 6

Nutrition Facts

Nutrition (per serving): 536.0 calories; 15% calories from fat; 9.0g total fat; 0.0mg cholesterol; 516.0mg sodium; 93.0g carbohydrates; 5.0g fiber; 18.0g protein.

THREE CHEESE ALFREDO MAYHEM

2 Tbs butter
2 Tbs olive oil
1/2 cup fontina
1/2 cup heavy whipping cream
1/2 cup mascarpone
1/2 cup grated asiago
2 slices prosciutto
1 pinch nutmeg
1 dash pepper

Chop prosciutto and cook in olive oil for about one minute. Add the butter.

When the butter is melted, add the heavy whipping cream. When the cream starts to boil, add the marscapone. When that melts, add the fontina. Stir over very low heat until fontina has melted.

Season with nutmeg and pepper. Pour over pasta and top with grated asiago.

Serves 2

Nutrition Facts

Nutrition (per serving): 833.9 calories; 85% calories from fat; 80.6g total fat; 231.9mg cholesterol; 1324.5mg sodium; 197.9mg potassium; 4.1g carbohydrates; 0.0g fiber; 0.6g sugar; 25.3g protein.

VINO SPAGHETTI SAUCE

1 Tbs vegetable oil
1 lb ground turkey
1 medium onion chopped
2 cloves garlic minced
1 19 oz Can tomatoes coarsely chopped
1 5-1/2 oz Can tomato paste
1/2 cup water
1/4 cup dry red wine
2 Stalks celery chopped
1 Medium carrot chopped
1 tsp dried basil leaves
1 tsp dried oregano leaves

In a large saucepan, heat the vegetable oil and saute the turkey with the onion and garlic until the onion is soft and the turkey is no longer pink. Do not overcook the turkey.

Add the remaining ingredients and season with salt and pepper. Bring to a boil and quickly reduce the heat. Cover and simmer for 30 minutes.

Serves 6

Nutrition Facts

Nutrition (per serving): 227.0 calories; 35% calories from fat; 9.1g total fat; 59.7mg cholesterol; 768.3mg sodium; 1200.8mg potassium; 21.9g carbohydrates; 5.1g fiber; 12.7g sugar; 17.5g protein.

WHITE SAUCE WITH WINE

This sauce is good for chicken, fish or egg dishes.

6 Tbs butter
6 Tbs flour
1 cup chicken broth
1 cup heavy cream
1 Tbs sherry or dry white wine
1 tsp white pepper

Melt butter. Remove from heat, blend in flour and return to heat. Stir and cook a few minutes. Gradually stir in broth and simmer, stirring constantly until thick.

Gradually blend in cream, then sherry or wine. Season to taste. Serve immediately.

Serves 4

Nutrition Facts

Nutrition (per serving): 417.2 calories; 83% calories from fat; 39.8g total fat; 127.3mg cholesterol; 216.2mg sodium; 117.6mg potassium; 11.5g carbohydrates; 0.5g fiber; 0.1g sugar; 3.9g protein.

SAUCE FOR VEGETABLES

Honey Herb Sauce for Vegetables

Honey You're Good Sauce

HONEY HERB SAUCE FOR VEGETABLES

1/4 cup honey
2 Tbs onion, minced
1/4 cup butter or margarine
1/2 tsp thyme, crushed
Salt to taste
Pepper to taste

Combine all ingredients in a small saucepan and bring to a boil; cook 2 minutes.

Toss with vegetables of choice such as: peas, zucchini, spinach, broccoli, green beans, etc.

Serve over couscous as a vegetarian entree or alone as a side dish.

Serves 4

Nutrition Facts

Nutrition (per serving): 169.2 calories; 59% calories from fat; 11.5g total fat; 30.5mg cholesterol; 75.4mg sodium; 25.6mg potassium; 18.2g carbohydrates; 0.2g fiber; 17.6g sugar; 0.3g protein.

HONEY YOU'RE GOOD SAUCE

1 cup mayonnaise
1/4 cup honey
1 Tbs vinegar
1 Tbs soy sauce
2 tsp fresh ginger root, minced
2 tsp sesame oil
1 tsp crushed red pepper flakes



Combine all ingredients and mix until blended.
Serve over broiled chicken or as a dip for vegetables.

Serves 8

Preparation time: 15 minutes

Nutrition Facts

Nutrition (per serving): 158.6 calories; 60% calories from fat; 10.9g total fat; 7.6mg cholesterol; 284.4mg sodium; 16.4mg potassium; 16.2g carbohydrates; 0.0g fiber; 10.6g sugar; 0.4g protein.

SAUCES FOR MEAT

Creamy Horseradish Sauce

Honey Fruit Glaze For Lamb

Mushroom and Wine Steak Sauce

Pineapple/Orange Turkey Ham Glaze

Pork Basting Sauce

Quick Brown Sauce

Soy-Lemon Basting Sauce

Three-Way Fresh Mushroom Sauce

CREAMY HORSERADISH SAUCE

1 cup whipping cream
1/2 cup freshly ground pure horseradish
1/3 cup mayonnaise
1 tsp dry mustard
Generous dash of cayenne pepper

Whip cream with a mixer until it forms stiff peaks.
Gently fold in remaining ingredients.

Serves 8

Nutrition Facts

Nutrition (per serving): 148.9 calories; 85% calories from fat; 14.4g total fat; 43.3mg cholesterol; 128.0mg sodium; 62.3mg potassium; 4.9g carbohydrates; 0.5g fiber; 1.9g sugar; 0.9g protein.

HONEY FRUIT GLAZE FOR LAMB

1/4 cup pineapple juice

1/4 cup honey

2 tsp mustard

In a small bowl, combine all ingredients until well blended.

Brush over lamb chops 2 to 3 times during cooking.

Serves 4

Nutrition Facts

Nutrition (per serving): 76.0 calories; 0.0mg cholesterol;
20.0g carbohydrates.

MUSHROOM AND WINE STEAK SAUCE

4 oz Fresh Mushrooms
3 Tbs Butter or Margarine, divided
1/4 cup Onion, chopped
1 clove Garlic, minced
1 10 1/2 oz. can Condensed Beef Broth
1 1/2 Tbs Tomato Paste
1/8 tsp Ground Black Pepper
2 tsp Cornstarch
1 Tbs Cold Water
2 Tbs Dry Red Wine

Rinse, pat dry and slice mushrooms (makes about 1 1/4 cups). In a saucepan melt butter. Add mushrooms, onion and garlic; sauté until golden, about 5 minutes.

Stir in broth, tomato paste and black pepper. Bring to the boiling point. Reduce heat and simmer, covered, for 10 minutes.

Blend cornstarch with water. Mix some of the hot mushroom sauce into cornstarch mixture and return to saucepan; cook and stir until clear and thickened. Stir in wine. Cook until hot.

Serves 8

Nutrition Facts

Nutrition (per serving): 58.6 calories; 65% calories from fat; 4.4g total fat; 11.4mg cholesterol; 219.5mg sodium; 136.4mg potassium; 3.1g carbohydrates; 0.4g fiber; 0.9g sugar; 2.3g protein.

PINEAPPLE/ORANGE TURKEY HAM GLAZE

1 Can (16 ounces) pineapple tidbits
drained, juice reserved
1 Tbs cornstarch
2 Tbs Dijon-style mustard
1/2 cup orange marmalade
1 4-Pound whole turkey ham

In small saucepan over medium heat combine pineapple juice with cornstarch. Stirring constantly, cook until mixture thickens and becomes glossy. Stir in mustard and marmalade.

In a lightly greased 9-X 11-X 1-inch baking pan place ham. Spoon 1/4 glaze over ham and heat according to package directions, basting several times with glaze.

Stir reserved tidbits into remaining glaze and heat throughout. To serve, slice ham and top slices with glaze.

Serves 8

Nutrition Facts

Nutrition (per serving): 195.0 calories; 27% calories from fat; 6.0g total fat; 0.0mg cholesterol; 1205.0mg sodium; 13.0g carbohydrates; 22.0g protein.

PORK BASTING SAUCE

1 Tbs honey
1 Tbs dijon mustard
1 Tbs soy sauce
1 clove garlic, minced

In a small bowl, stir together ingredients.

Grill thawed chops for approximately 8 to 10 minutes turning and basting frequently with sauce.

For tenderloin: grill over medium high heat, turning and basting frequently for 30 to 35 minutes or until internal temperature reached 160°F.

Serves 2

Nutrition Facts

Nutrition (per serving): 44.5 calories; 6% calories from fat; 0.3g total fat; 0.0mg cholesterol; 394.5mg sodium; 37.4mg potassium; 10.4g carbohydrates; 0.3g fiber; 8.8g sugar; 0.9g protein.

QUICK BROWN SAUCE

Serve with meats or other dishes or use as base for Bordelaise sauce.

3 Tbs butter
3 Tbs flour
1 1/2 cups canned bouillon, soup stock or vegetable stock
1/2 tsp thyme
Sprig parsley
Salt
freshly ground pepper

Melt the butter in a heavy saucepan over low heat. Add flour and blend well over medium heat. Reduce heat and simmer for several minutes.

Heat bouillon or stock, stir into the roux (flour and butter mixture) and continue stirring until sauce thickens. Add herbs, reduce heat and simmer for several minutes. Correct seasoning.

Serves 4

Nutrition Facts

Nutrition (per serving): 159.7 calories; 56% calories from fat; 10.2g total fat; 23.8mg cholesterol; 684.1mg sodium; 159.1mg potassium; 14.6g carbohydrates; 1.5g fiber; 0.0g sugar; 3.0g protein.

SOY-LEMON BASTING SAUCE

1 Tbs brown sugar
1 tsp cornstarch
2 Tbs lemon juice
2 Tbs soy sauce
2 Tbs water
2 Tbs sliced green onions with tops
1 Tbs butter
1 clove garlic, minced

In a saucepan blend brown sugar and cornstarch. Stir in lemon juice, soy sauce and water. Add onion, butter and garlic.

Cook and stir until thickened and bubbly. Use to baste fish or poultry during the last 15 minutes of broiling or grilling.

Serves 6

Nutrition Facts

Nutrition (per serving): 33.1 calories; 51% calories from fat; 1.9g total fat; 5.1mg cholesterol; 201.7mg sodium; 33.1mg potassium; 3.9g carbohydrates; 0.1g fiber; 2.5g sugar; 0.4g protein.

THREE-WAY FRESH MUSHROOM SAUCE

2 Tbs olive oil
1 lb fresh white mushrooms, sliced (5 cups)
2 cups coarsely chopped plum tomatoes
1/2 cup sliced green onions (scallions)
1 tsp minced garlic
1/2 tsp salt
0.13 tsp ground black pepper

In a large nonstick skillet heat oil until hot. Add mushrooms; cook, stirring frequently, until mushroom liquid starts to evaporate, about 6 minutes. Add tomatoes, green onions, garlic, salt and black pepper.

Bring to a simmer, cover and cook until a sauce forms, about 5 minutes. Serve over hot cooked pasta.

Serves 4

Nutrition Facts

Nutrition (per serving): 106.0 calories; 60% calories from fat; 7.3g total fat; 0.0mg cholesterol; 302.1mg sodium; 607.7mg potassium; 8.4g carbohydrates; 2.8g fiber; 4.8g sugar; 4.6g protein.

SAUCES FOR POULTRY

Apricot Turkey Ham Glaze

Basic Turkey Gravy

Basting Glaze

Bourbon Peach Turkey Glaze

Cranberry Herb Sauce

Guilt-Free Turkey Gravy

Holiday Date Sauce

Jack's Glen Lake Inn Cherry Plum Sauce

Lemon Garlic Marinade

Maple Cherry Sauce

Raspberry Glaze

Rosemary Apple Salsa

Smoky Honey-Peppercorn Glaze for Poultry

Turkey Thyme Sauce

Zesty Orange Sauce

APRICOT TURKEY HAM GLAZE

1 cup apricot nectar
2/3 cup orange juice
2 Tbs cornstarch
1/2 cup apricot preserves
4 lbs whole turkey ham

In small saucepan over medium heat combine nectar, orange juice and cornstarch. Stirring constantly, cook until mixture thickens and becomes glossy. Stir in preserves, and cook until melted.

In a lightly greased 9-X 11-X 1-inch baking pan place ham. Spoon 1/4 glaze over ham and heat according to package directions, basting several times with glaze.

To serve, slice ham and top slices with remaining glaze.

Serves 8

Nutrition Facts

Nutrition (per serving): 368.7 calories; 27% calories from fat; 11.1g total fat; 163.3mg cholesterol; 2535.9mg sodium; 743.5mg potassium; 26.0g carbohydrates; 0.8g fiber; 22.1g sugar; 40.1g protein.

BASIC TURKEY GRAVY

1 Package Neck, heart, gizzard from turkey giblets
1 Medium carrot thickly sliced
1 Medium onion thickly sliced
1 Medium celery rib thickly sliced
1/2 tsp salt
1 turkey liver
3 Tbs fat from poultry drippings
3 Tbs all-purpose flour
1/2 tsp salt
1/3 cup sherry
salt to taste
pepper to taste

In a 3-quart saucepan, over high heat, place neck, heart, gizzard, vegetables, and salt in enough water to cover. Heat to boiling. Reduce heat to low; cover and simmer 45 minutes.

Add liver and cook 15 minutes longer. Strain broth into a large bowl; cover and reserve broth in the refrigerator.

To make the gravy, remove the cooked turkey and roasting rack from the roasting pan. Pour poultry drippings through a sieve into a 4-cup measuring cup.

Add 1 cup giblet broth to the roasting pan and stir until the crusty brown bits are loosened; pour the deglazed liquid/broth into the 4-cup measure. Let the mixture stand a few minutes, until the fat rises to the top.

Over medium heat, spoon 3 tablespoons fat from the poultry drippings into a 2-quart saucepan. Whisk flour and salt into the heated fat and continue to cook and stir until the flour turns golden.

Meanwhile, skim and discard any fat that remains on top of the poultry drippings. Add remaining broth and enough water to the poultry drippings to equal 3-1/2 cups.

Gradually whisk in warm poultry drippings/broth mixture.

Add sherry. Season with salt and pepper and heat to the simmering point. Serve hot in a warm gravy boat.

Serves 15

Nutrition Facts

Nutrition (per serving): 52.0 calories; 57% calories from fat; 3.0g total fat; 0.0mg cholesterol; 180.0mg sodium; 4.0g carbohydrates; 1.0g protein.

BASTING GLAZE

1/4 cup orange marmalade
1 Tbs margarine melted
1/4 tsp ginger

In small bowl combine marmalade, margarine and ginger. Use as a basting sauce for turkey breast.

Serves 4

Nutrition Facts

Nutrition (per serving): 74.6 calories; 33% calories from fat; 2.8g total fat; 0.0mg cholesterol; 44.5mg sodium; 9.4mg potassium; 13.3g carbohydrates; 0.1g fiber; 12.0g sugar; 0.1g protein.

BOURBON PEACH TURKEY GLAZE

1/2 cup peach preserves
2 Tbs bourbon or whiskey
2 tsp Angostura bitters

In small saucepan, over low heat, combine preserves, bourbon and bitters. Cook until preserves are melted.

Use mixture as glaze, brushed over turkey during last 1/2 hour of roasting.

Serves 4

Nutrition Facts

Nutrition (per serving): 466.0 calories; 0.0mg cholesterol; 19.0mg sodium; 1.0g protein.

CRANBERRY HERB SAUCE

2 small onions, diced
4 cloves garlic, chopped
1 Tbs vegetable oil
1 package (12 ounces) fresh or frozen cranberries
2-1/2 cups water
2 cups dry red wine
2/3 cup honey
2 beef bouillon cubes
1/2 tsp dried thyme, crushed
4 whole bay leaves
5 drops Worcestershire sauce
dash rosemary
dash ground red pepper

Cook and stir onions and garlic in oil in a large saucepan over medium heat until onions are softened. Add cranberries, water, wine, honey, bouillon, thyme, bay leaves, Worcestershire sauce, rosemary and red pepper. Bring to a boil.

Reduce heat to low and simmer about 1 hour or until mixture reduces by half, stirring frequently.

Remove and discard bay leaves.

Puree sauce in blender or food processor or press through sieve. (The sauce will be the consistency of a thick gravy.) Serve with poultry, lamb or pork.

Also wonderful over dressing or sweet potatoes.

Serves 12

Nutrition Facts

Nutrition (per serving): 109.9 calories; 10% calories from fat; 1.3g total fat; 0.1mg cholesterol; 108.4mg sodium; 89.3mg potassium; 19.5g carbohydrates; 0.9g fiber; 16.5g sugar; 0.5g protein.

GUILT-FREE TURKEY GRAVY

1/4 cup cornstarch
1/4 cup water
4 cups turkey broth and defatted pan
juices recipe below
Salt
pepper

In a large saucepan, over medium heat, bring turkey broth and pan juices to a boil.

Meanwhile, blend until smooth the cornstarch and water.

Whisking constantly, slowly add the cornstarch mixture and continue stirring until the gravy is thickened.

Season to taste with salt and pepper.

Provides 16 servings at 1/4 cup per portion Note: To defat pan juices, pour poultry drippings into a glass measuring cup and refrigerate until the fat solidifies. Remove the fat layer and discard.

Serves 16

Nutrition Facts

Nutrition (per serving): 12.0 calories; 0.0mg cholesterol;
10.0mg sodium; 2.0g carbohydrates; 1.0g protein.

HOLIDAY DATE SAUCE

1/2 lb pearl (or small) onions
3 Tbs butter
1/4 cup sugar
3 Tbs balsamic vinegar
1 cup dry white wine
2 whole cloves
1/2 tsp fresh lemon peels, grated
1 1/2 dates, chopped
1 1/2 cups cranberries, whole
2 tsp cornstarch
1/4 cup orange juice

Trim ends from onions, and blanch in boiling water for 1 minute. Rinse with cold water and remove skins.

Melt butter in a heavy saucepan over medium-high heat. Stir in onions to coat with butter. Stir in sugar, vinegar, wine, cloves and lemon peel. Bring to a boil, reduce heat to low and cook, covered, for 30-45 minutes, or until onions are soft.

Stir in dates and cranberries over medium-high heat. Bring to a boil and cook 1-2 minutes, or until cranberries are just beginning to burst.

Mix together cornstarch and orange juice and add. Remove cloves.

Serves 6

Nutrition Facts

Nutrition (per serving): 154.3 calories; 33% calories from fat; 5.9g total fat; 15.3mg cholesterol; 5.4mg sodium; 156.6mg potassium; 19.9g carbohydrates; 2.1g fiber; 13.2g sugar; 0.7g protein.

JACK'S GLEN LAKE INN CHERRY PLUM SAUCE

1 (17-ounce) can purple plums in syrup,
seeded and coarsely chopped
1/2 cup fresh, frozen or canned dark
sweet cherries
1/3 cup dried tart cherries
2 tsp granulated sugar
1 tsp lime juice
1/4 tsp allspice
dash salt
2 tsp cornstarch dissolved in 2
tablespoons water

Combine chopped plums with syrup, sweet cherries, dried tart cherries, sugar, lime juice, allspice and salt in a saucepan with a heavy bottom; mix well. Bring to a boil over high heat.

Stir in cornstarch mixture; cook, stirring constantly, until clear and thick enough to coat the back of spoon. Remove from heat and serve. Or cover and refrigerate for up to a week. Reheat in microwave oven.

Serves 24

Nutrition Facts

Nutrition (per serving): 24.8 calories; 2% calories from fat; 0.1g total fat; 0.0mg cholesterol; 9.9mg sodium; 19.1mg potassium; 6.4g carbohydrates; 0.3g fiber; 4.2g sugar; 0.1g protein.

LEMON GARLIC MARINADE

1/2 cup olive oil
1/4 cup fresh lemon juice
6 large garlic cloves
1/2 tsp salt
1/2 tsp pepper
peel from one lemon



In blender, combine olive oil and lemon juice. While blending, drop in garlic cloves one at a time. Gradually add lemon peel strips. Continue to blend until mixture is pureed.

Using an injector, inject marinade into all parts of the thawed turkey. Strain marinade if difficulty passing through injector.

Gently massage turkey to distribute marinade.

Place turkey in a large plastic bag (cooking bag or clean trash bag). Close bag and refrigerate overnight.

Deep fry or roast according to National Turkey Federation recommendations.

Serves 20

Nutrition Facts

Nutrition (per serving): 50.1 calories; 95% calories from fat; 5.4g total fat; 0.0mg cholesterol; 58.5mg sodium; 8.6mg potassium; 0.6g carbohydrates; 0.1g fiber; 0.1g sugar; 0.1g protein.

MAPLE CHERRY SAUCE

This sauce is terrific with roasted or grilled meats or poultry.

1/3 cup cherry juice blend
2 Tbs cornstarch
1 cup frozen unsweetened tart cherries,
thawed and well drained
3/4 cup maple-flavored syrup
1/2 cup chopped walnuts
1 tsp grated orange peel



Put cherry juice blend and cornstarch in a small saucepan; mix well. Cook over medium heat until thickened. Add cherries, maple-flavored syrup, walnuts and orange peel; mix well.

Cook, stirring frequently, over low heat until all ingredients are hot.

Serves 6

Nutrition Facts

Nutrition (per serving): 198.3 calories; 27% calories from fat; 6.6g total fat; 0.0mg cholesterol; 5.0mg sodium; 157.9mg potassium; 35.5g carbohydrates; 1.1g fiber; 27.9g sugar; 1.7g protein.

RASPBERRY GLAZE

1/4 cup seedless raspberry preserves
2 Tbs coffee liqueur
1 Tbs red wine vinegar
2 tsp cornstarch
1/4 tsp ground ginger
1 Clove garlic minced

In 2-cup microwave-safe glass measuring cup combine preserves, liqueur, vinegar, cornstarch, ginger and garlic. Cook in microwave oven at HIGH (100% power) 45 to 60 seconds or until thickened; stir.

Use mixture as glaze, brushed over turkey during last 1/2 hour of roasting. * Tested in 700-watt microwave.

Serves 8

Nutrition Facts

Nutrition (per serving): 34.0 calories; 0.0mg cholesterol; 4.0mg sodium; 8.0g carbohydrates; 1.0g protein.

ROSEMARY APPLE SALSA

Serve with Apple Smoked Turkey Breast.

3/4 cup yellow bell pepper diced
3/4 cup Granny Smith apple diced
3/4 cup Braeburn or Jonathan apple diced
1/4 cup dried apricots diced
3 Tbs green onion minced
3 Tbs lemon juice
1-1/2 Tbs extra virgin olive oil
3 tsp fresh rosemary finely chopped
1/2 tsp salt
Freshly ground pepper to taste

In small bowl combine bell pepper, apples, apricot, green onion, lemon juice, oil, rosemary, salt and pepper. Cover and refrigerate 1 hour before serving.

Serves 6

Nutrition Facts

Nutrition (per serving): 69.7 calories; 45% calories from fat; 3.6g total fat; 0.0mg cholesterol; 196.0mg sodium; 171.4mg potassium; 10.3g carbohydrates; 1.6g fiber; 6.4g sugar; 0.6g protein.

SMOKY HONEY-PEPPERCORN GLAZE FOR POULTRY

1/3 cup honey
1 Tbs ketchup
1/2 tsp coarsely ground black pepper
1/4 tsp liquid smoke
1/8 tsp salt
1/8 tsp crushed red pepper flakes
1 whole chicken or turkey, rinsed and dried (3-4 lbs.)



In a small bowl, combine all ingredients except chicken until well blended.

Place chicken in roasting pan; brush with glaze.

Roast at 350°F, brushing with additional glaze every 15 minutes until chicken is deep-golden brown and chicken juices run clear, 1 hour to 1 hour, 15 minutes.

Serves 8

Nutrition Facts

Nutrition (per serving): 406.0 calories; 58% calories from fat; 26.5g total fat; 121.9mg cholesterol; 173.5mg sodium; 343.4mg potassium; 12.2g carbohydrates; 0.1g fiber; 12.0g sugar; 28.7g protein.

TURKEY THYME SAUCE

2 cups turkey broth
1 tsp thyme
1/2 tsp salt
1/4 tsp pepper
1/4 cup cornstarch
1/2 cup dry white wine or water

Pour pan drippings from roasting pan into large measuring cup. Let set until fat rises to top and spoon fat off.

Add broth to juices to measure 4 cups. Return mixture to roasting pan and, over low heat, bring to simmer stirring brown bits from bottom of pan.

Mix wine into corn starch until smooth. Stir into juice mixture in roasting pan. Bring to boil over medium heat, stirring constantly until thickened. Serve with turkey slices.

Serves 10

Nutrition Facts

Nutrition (per serving): 28.5 calories; 9% calories from fat; 0.3g total fat; 0.0mg cholesterol; 272.4mg sodium; 53.3mg potassium; 3.3g carbohydrates; 0.1g fiber; 0.0g sugar; 1.0g protein.

ZESTY ORANGE SAUCE

This is excellent to serve over cornish game hens.

1 orange
1 cup very dry sherry
1 Tbs lemon juice
1/2 cup currant jelly
dash of cayenne

Cut an orange in half. Remove juice from both sections and reserve. Then take the rind of one half and cut into thin strips. Cook orange rind strips with dry sherry.

Simmer, uncovered, until reduced to 1/2 cup of liquid. Remove rind from sherry and add the reserved orange juice, lemon juice, jelly and cayenne. Simmer until jelly melts.

Serves 4

Nutrition Facts

Nutrition (per serving): 128.3 calories; 0% calories from fat; 0.2g total fat; 0.0mg cholesterol; 4.4mg sodium; 140.7mg potassium; 16.3g carbohydrates; 9.0g fiber; 0.1g sugar; 0.7g protein.

SAUCES FOR SEAFOOD

Dill Sauce

Herbed Honey Lime Sauce

Honey Lemon Sauce

Honey Sweet and Sour Sauce

Mornay Sauce

Mustard and Lemon Sauce

DILL SAUCE

1-1/4 cups finely chopped dill pickle
spears
1/2 cup non-fat sour cream
1 Tbs prepared mustard
1/8 tsp pepper

In food processor, fitted with metal blade, or in blender,
process pickle, sour cream, mustard and pepper until
smooth. Cover and chill at least one hour.

Serve cold with turkey fondue.

Serves 32

Nutrition Facts

Nutrition (per serving): 15.0 calories; 0.0mg cholesterol;
433.0mg sodium; 2.0g carbohydrates; 1.0g protein.

HERBED HONEY LIME SAUCE

1/2 cup minced onion
1 Tbs olive oil
1 cup dry white wine
1/4 cup honey
1/4 cup lime juice
2 tsp dry ground mustard
1 tsp fresh rosemary, minced
1/2 tsp salt
dash pepper
1 tsp cornstarch
1 tsp water
1/2 cup minced onion
1 Tbs olive oil
1 cup dry white wine
1/4 cup honey
1/4 cup lime juice
2 tsp dry ground mustard
1 tsp fresh rosemary, minced
1/2 tsp salt
dash pepper
1 tsp cornstarch
1 tsp water



Sauté onion in olive oil. Add wine, honey, lime juice, mustard, rosemary, salt and pepper; bring mixture to boil. Combine cornstarch and water; mix well and add to sauce. Cook and stir until sauce thickens.

Serves 8

Nutrition Facts

Nutrition (per serving): 76.0 calories; 0.0mg cholesterol; 10.0g carbohydrates.

HONEY LEMON SAUCE

1/2 cup honey
1/4 cup lemon juice
1 Tbs chopped fresh parsley or rosemary
1/2 tsp grated lemon peel
dash cayenne pepper



Combine honey, lemon juice, garlic, parsley, lemon peel and cayenne in a small saucepan; mix well. Heat until mixture begins to simmer; do not boil. Remove from heat.

Serves 4

Nutrition Facts

Nutrition (per serving): 133.2 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 2.4mg sodium; 47.5mg potassium; 36.4g carbohydrates; 0.2g fiber; 35.2g sugar; 0.2g protein.

HONEY SWEET AND SOUR SAUCE

1/2 cup ketchup
1/4 cup honey
2 Tbs lemon juice
1 tsp cornstarch
1/2 tsp garlic salt



Combine all ingredients; cook and stir over medium heat 2-3 minutes or until mixture boils and thickens.
Cool.

Serves 4

Nutrition Facts

Nutrition (per serving): 99.4 calories; 1% calories from fat; 0.1g total fat; 0.0mg cholesterol; 590.2mg sodium; 133.6mg potassium; 26.6g carbohydrates; 0.5g fiber; 24.2g sugar; 0.6g protein.

MORNAY SAUCE

3 egg yolks slightly whisked
1/4 cup whipped cream
6.9 oz Bechemel sauce, hot
1 tsp white wine, tarragon vinegar, or
lemonjuice
1.8 oz Parmesan

Mix the Eggs yolks with the cream in a saucepan
Add the Bechamel and simmer. Stirr untill boil
Remove from heat and add the cheese. Stir well

Serves 8

Nutrition Facts

Nutrition (per serving): 123.6 calories; 71% calories from fat; 10.0g total fat; 94.2mg cholesterol; 203.9mg sodium; 62.4mg potassium; 3.9g carbohydrates; 0.1g fiber; 1.2g sugar; 4.7g protein.

MUSTARD AND LEMON SAUCE

Suitable for boiled vegetables & fish

3.1 oz Butter
12.6 oz Chicken broth
3 Tbs Flour
3 Egg yolks
2 Tbs Lemon juice
2 Tbs Dijon mustard
Cayenne
salt

In a medium saucepan melt the butter. Add the flour

Cook for 3 minutes. Stir constantly

Pour the broth. Simmer from 5 to 6 minutes.

Stir constantly

Remove from heat and whisk slightly the egg yolks

Add the lemon juice and mustard and stir well

Put the sauce pan on heat and let cook for 2 minutes

Add cayenne to taste

Serves 8

Nutrition Facts

Nutrition (per serving): 120.5 calories; 80% calories from fat; 11.0g total fat; 100.5mg cholesterol; 229.6mg sodium; 60.9mg potassium; 3.2g carbohydrates; 0.2g fiber; 0.1g sugar; 2.5g protein.

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