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EXCLUSIVELY AT HY-VEE

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seasons

HOLIDAY 2011 • VOLUME 5 ISSUE 6

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Hy-Vee Seasons recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good-tasting.

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5th BIRTHDAY!

Hy-Vee Seasons Magazine

Celebrating 5 years of memorable stories, recipes, decorating, gardening and more. Watch for special birthday features in the next five issues.

Letter

Dear Hy-Vee Friends,

Like many of you, I look forward to the holiday season all year. No matter where in the world you are, the holidays are all about the spirit of cooking, sharing and spending time with your nearest and dearest. It's certainly that way for me—especially this year.

The big news for me is that I'm expecting the birth of my first child. I am so excited for the baby's arrival and for the opportunity to share this blessing with my family members. They are coming all the way from Australia to share in the celebration and give thanks on Thanksgiving!

So I've got a lot to be thankful for, which is why I'm going all out this year with my Thanksgiving meal. I'm putting on a traditional American-style dinner, and it'll be quite a spread. I'll be serving turkey and all the trimmings, including my special Fennel and Bacon Stuffing. You can find my recipe in the story "Glorious Gathering," which starts on *page 12*. I've also given you my recipes for home-style turkey, prime rib roast and ham, so you can share them with your own family. Because the holidays happen during the warm weather months in Australia, there has to be some beautiful seafood on the menu for my family, too. If you're looking for shellfish recipes to serve, you'll want to read "Feast from the Sea," *page 20*.

While I can't wait to meet my newest, littlest family member, I'm also very thankful for the chance to get to know so many wonderful people through Hy-Vee. I've loved walking through the stores and meeting the friendly and knowledgeable staff and enthusiastic customers. Together, you are building an amazing community, focused on enjoying healthy, delicious food.

It turns out Midwesterners aren't too different from the folks back home. You work hard, play hard and value honesty, integrity and family. And you enjoy a good meal! This issue is jam-packed with recipes, tips on pairing food and drink, ideas for baking and decorating. It's an all-around guide for making your holiday feasts shine.

Hope you and your family have a Thanksgiving filled with joy, and that it's a very merry Christmas. Enjoy!

Chef Curtis Stone




A close-up photograph of a white ceramic mug filled with a frothy, brown beverage, likely hot chocolate. The mug is topped with a generous swirl of white whipped cream, which is garnished with several small, red and white striped candy cane shavings. A single candy cane, also with red and white stripes, leans against the left side of the mug. The mug sits on a white saucer, which is placed on a textured, reddish-pink surface. The background is a soft, out-of-focus white.

PERFECT PAIRINGS

Cookies and hot chocolate remain a fireside favorite, but even holiday classics need refreshing now and then. This season, add surprising twists to old favorites by pairing them with fresh new flavors and treats. To get started, sample our nonalcoholic potions, spirited libations and sweet-and-savory snacks.

TEXT LUANN BRANDSEN PHOTOGRAPHY TOBIN BENNETT



Give every holiday party guest a truly warm welcome by offering each an adventurous variation on familiar snack-and-beverage pairings. Good hosts offer hot chocolate and vanilla cookies, but great hosts enjoy surprising their friends with pairings that are enticing and unexpected. Cups of smooth, rich Peppermint Mocha are a step up from ordinary chocolate, particularly when accompanied by *light-as-air*, bite-size meringues. The chocolate soothes, the mint freshens and the meringue ends the experience sweetly. Should your crowd desire a more adult diversion, stir up some fun with Winter's Eve Sangria and Toasted Nut Crackers, topped with rosemary and Parmesan cheese. The breezy sangria and the snappy crackers *prove opposites attract*, while they wake up palates and the evening. Or try some of the other satisfying pairings in the pages ahead. *Cheers!*

SMOOTH & RICH

HOT CHOCOLATE

Serves 2 (about 1 cup each).

2 cups Hy-Vee whole milk, divided
3 ounces bittersweet or semisweet chocolate, chopped
3 ounces milk chocolate, chopped, or
½ cup Hy-Vee milk chocolate chips
Pinch Hy-Vee salt
¼ teaspoon Hy-Vee ground cinnamon
Hy-Vee aerosol whipped cream,
optional

In a small saucepan, warm 1 cup of milk with chocolates and salt over low heat, whisking until chocolate is melted. Whisk in remaining milk and cinnamon and stir until heated through. Pour into mugs and, if desired, top with whipped cream.

Nutrition facts per serving: 590 calories, 39 g fat, 22 g saturated fat, 0 g trans fat, 35 mg cholesterol, 210 mg sodium, 58 g carbohydrates, 5 g fiber, 49 g sugar, 14 g protein. Daily values: 10% vitamin A, 0% vitamin C, 35% calcium, 10% iron.

hot chocolate

PEPPERMINT MOCHA

Serves 1.

1 shot espresso
1 cup Hy-Vee skim milk
2 tablespoons sweetened ground chocolate, such as Ghirardelli
1 tablespoon peppermint-flavored coffee syrup
Hy-Vee aerosol whipped cream, optional

Pull espresso shot. Steam milk to 120°F. Mix chocolate and peppermint syrup with

espresso until smooth. Stir into steamed milk. Pour into mug and, if desired, top with whipped cream.

Nutrition facts per serving: 200 calories, 1.5 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 170 mg sodium, 41 g carbohydrates, 1 g fiber, 36 g sugar, 10 g protein. Daily values: 10% vitamin A, 0% vitamin C, 30% calcium, 6% iron.

peppermint mocha



SWEET PUFFS

Little drops of slightly sweetened air, these enticing guilt-free meringue bites couple well with rich Hot Chocolate or Peppermint Mocha. The light flavor of meringue never overpowers and each bite has surprising texture. Tint them any color and serve them with any beverage.

CANDY STRIPE MERINGUE COOKIES

Serves about 80 (1 meringue each).

3 Hy-Vee large egg whites
¼ teaspoon cream of tartar
¼ teaspoon Hy-Vee salt
1 cup Hy-Vee granulated sugar
Hy-Vee red food coloring

Preheat oven to 300°F. Line a baking sheet with parchment paper; set aside. In a medium bowl, beat egg whites, cream of tartar and salt with an electric mixer on high until soft peaks form. Add sugar ¼ cup at a time in a steady stream, beating until stiff peaks form. The meringue should have a glossy surface. With a small brush, paint a ¼-inch strip of red food coloring down one side of a pastry bag. Carefully spoon meringue into a pastry bag fitted with a ½-inch, open-star tip. Pipe 2-inch rosettes 1 inch apart onto prepared baking sheet. Bake 35 to 40 minutes or until crisp. Cool on pan on wire rack. Store in an airtight container at room temperature for up to 1 week or in freezer for up to 3 months.

Nutrition facts per serving: 10 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 2 g carbohydrates, 0 g fiber, 2 g sugar, 0 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

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TOASTED NUT CRACKERS

Makes about 100 crackers.

- 2 cups Hy-Vee all-purpose flour
- ¼ cup finely chopped Hy-Vee pecans
- 1 tablespoon packed Hy-Vee brown sugar
- 1 teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee baking powder
- ¼ teaspoon onion powder
- ⅓ cup chilled Hy-Vee unsalted butter, cut into pieces
- ½ cup cold water

Topping combinations:

- 1 teaspoon flaxseed, 1 teaspoon sesame seed and a pinch kosher salt; OR ½ cup freshly grated Parmesan cheese and 1 teaspoon crumbled dried rosemary

Preheat oven to 350°F. In a medium bowl, whisk together flour, pecans, brown sugar, salt, baking powder and onion powder. Cut in butter until mixture resembles coarse crumbs. Gradually stir in water until dough holds together.

Turn out onto a lightly floured surface and knead until smooth. Divide dough in half.

Roll out one-half of dough to a ¼-inch-thick rectangle. Transfer dough to ungreased cookie sheet. Sprinkle with one of the topping combinations and press into dough. Cut dough into 1×1½-inch rectangles or diamonds. Prick evenly with a fork. Separate crackers a bit for even baking. Repeat with other half of dough.

Bake for 20 to 25 minutes or until light brown. Slide crackers onto a wire rack to cool completely. Crackers can be stored for up to 5 days in an airtight container.

You choose the topping for these amazingly delicious and easy-to-make crackers. Everyone will snap up these crispy, crunchy morsels. Savory with a hint of sweetness, they're a natural nibble to pair with sangria, martinis or our holiday favorite, The Grinch. Top them with the suggested ingredients or other favorite flavors.

CRUNCHY SNAP

WINTER'S EVE SANGRIA

Serves 16 (1 cup each).

- 2½ cups Hy-Vee orange juice
- 3 ounces Cointreau or orange-flavored liqueur
- 3 tablespoons Hy-Vee honey
- 4 clementines, peeled and segmented
- 1 Granny Smith apple, chopped into ¼-inch cubes
- 1 pear, peeled, cored and chopped into ¼-inch cubes
- 1 cinnamon stick
- 2 (750 ml each) bottles sweet sparkling red wine, chilled
- 1 (1 liter) bottle Hy-Vee lemon-lime soda, chilled

In a large pitcher or punch bowl, stir together orange juice, Cointreau and honey. Stir in clementines, apple, pear and cinnamon stick. Set aside at room temperature for 1 hour. Slowly pour in wine and soda. Stir gently to combine.

Nutrition facts per serving:

190 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 10 mg sodium, 26 g carbohydrates, 1 g fiber, 20 g sugar, 1 g protein. Daily values: 2% vitamin A, 50% vitamin C, 2% calcium, 2% iron.

THE GRINCH

Serves 1.

- 3 ounces vodka
- 1 ounce Midori
- 1 ounce Cointreau
- 1 ounce sweet-and-sour mix
- Ice cubes
- Hy-Vee Maraschino cherry, optional

Combine vodka, Midori, Cointreau and sweet-and-sour mix in a cocktail shaker with ice cubes. Shake well; strain into tall stemware. Garnish with Maraschino cherry, if desired.

Nutrition facts per serving:

400 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 25 g carbohydrates, 0 g fiber, 14 g sugar, 0 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

the grinch

winter's eve sangria

CANDY CANE MARTINI

Serves 1.

- 1 ounce vanilla vodka
- 1½ ounces white crème de cacao
- 1 ounce peppermint schnapps
- Ice cubes
- Crushed peppermint candy, optional

Combine vodka, crème de cacao and schnapps in a cocktail shaker with ice cubes. Shake well. If desired, rim a martini glass with crushed peppermint candy by coating glass rim with small amount of water and corn syrup, and twisting the glass rim into crushed candies. Strain mixture into prepared martini glass.

Nutrition facts per serving: 290 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 28 g carbohydrates, 0 g fiber, 18 g sugar, 14 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

candy cane martini

REFRESHING CHILL

EARTHY WARMTH

CHEF KIM'S EGGNOG

Serves 20 (½ cup each).

6 pasteurized large eggs, separated
¾ cup Hy-Vee granulated sugar, divided
1 quart Hy-Vee half-and-half
2 cups whiskey
2 tablespoons dark rum
Hy-Vee ground nutmeg, optional

Beat egg yolks and ½ cup sugar using an electric mixer on medium-high speed until very pale yellow, about 5 minutes. Transfer to a punch bowl or large pitcher. Fold in half-and-half, whiskey and rum.

Beat egg whites to soft peaks. Gradually add remaining ¼ cup sugar and continue beating until stiff peaks form. Gently fold into egg yolk mixture. Ladle into cups and dust with nutmeg, if desired.

Nutrition facts per serving: 170 calories, 7 g fat, 4 g saturated fat, 0 g trans fat, 40 mg sodium, 10 g carbohydrates, 0 g fiber, 8 g sugar, 3 g protein. Daily values: 6% vitamin A, 0% vitamin C, 6% calcium, 2% iron.

HOT BUTTERED RUM

Serves 4 (¾ cup each).

2 cups water
6 tablespoons Hy-Vee unsalted butter
¼ cup packed Hy-Vee brown sugar
1 teaspoon Hy-Vee ground cinnamon
½ teaspoon Hy-Vee ground nutmeg
½ teaspoon Hy-Vee ground cloves
⅛ teaspoon Hy-Vee salt
⅔ cup dark rum

Bring water, butter, brown sugar, cinnamon, nutmeg, cloves and salt to a boil in a 1½-quart saucepan over moderately high heat. Reduce heat and simmer, whisking occasionally, about 10 minutes. Remove from heat and stir in rum. Serve immediately.

Nutrition facts per serving: 290 calories, 17 g fat, 11 g saturated fat, 0.5 g trans fat, 45 mg cholesterol, 85 mg sodium, 14 g carbohydrates, 0 g fiber, 13 g sugar, 0 g protein. Daily values: 10% vitamin A, 0% vitamin C, 2% calcium, 2% iron.

Chef Kim's eggnog

*hot buttered
rum*



SUGAR & SPICE

This tender spice cookie partners well with rich beverages that enhance and echo its spice notes. It's also a perfect sidekick for hot buttered rum and creamy eggnog. Kim Burow, corporate executive chef for Hy-Vee, shares his spirited, foam-topped rendition of homemade eggnog.

SPICE COOKIES

Serves 12 (1 cookie each).

½ cup Hy-Vee unsalted butter, softened
¾ cup packed Hy-Vee brown sugar
½ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee ground allspice
¼ teaspoon Hy-Vee ground ginger
¼ teaspoon Hy-Vee ground cloves
¼ teaspoon Hy-Vee ground nutmeg
½ teaspoon Hy-Vee baking powder
⅛ teaspoon Hy-Vee salt
1 Hy-Vee large egg
1⅓ cups Hy-Vee all-purpose flour
2 cups Hy-Vee powdered sugar
½ teaspoon Hy-Vee vanilla extract
2½ tablespoons Hy-Vee half-and-half
Raw sugar, optional

Preheat oven to 375°F. In large mixing bowl, beat butter with an electric mixer until creamy. Beat in brown sugar, cinnamon, allspice, ginger, cloves, nutmeg, baking powder and salt. Beat in egg until well combined. Beat in as much flour as you

can with mixer. Stir in remaining flour with a spoon. Chill dough, if necessary, until easy to handle.

On a lightly floured surface, roll out dough to ¼-inch thickness. Cut out with 4-inch star-shaped cookie cutter. Place cutouts 1 inch apart on an ungreased cookie sheet. Bake for 6 to 8 minutes or until edges just begin to brown. Remove to a wire rack to cool.

For icing, in a medium bowl, whisk together powdered sugar, vanilla extract and half-and-half. Spread icing on cooled cookies. Sprinkle iced cookies with raw sugar, if desired. Store for up to 1 week in an airtight container.

Nutrition facts per serving: 260 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 55 mg sodium, 44 g carbohydrates, 0 g fiber, 33 g sugar, 2 g protein. Daily values: 6% vitamin A, 0% vitamin C, 4% calcium, 4% iron.

EXPERT WINE ADVICE

When deciding on an irresistible wine pairing for a holiday dish, talk to an expert at your local Hy-Vee store. The Wine and Spirits staff includes Certified Wine Specialists, easily identified by their gold name plates. These specialists have undergone extensive training to learn everything about grapes and wine-making. A wine specialist can lead you to an exceptional Chardonnay or introduce you to the joy of an Argentinian Malbec. "Wine can be intimidating to a lot of people, and we're trained to help with whatever you need," says Jariah Walker, Wine and Spirits Manager at the Mills Civic Parkway Hy-Vee store in West Des Moines. "Common requests are for gift wines or for wine pairings to accompany certain meals. There are also customers who say that they like a certain wine and want to know what else they might enjoy." Nothing is more memorable than discovering a wine that awakens a meal you already enjoy. Think of Jariah and his colleagues as matchmakers.



Glorious Gathering

Nothing conjures up holiday memories faster than the tantalizing aroma of an oven-roasted masterpiece, whether it's a meltingly tender prime rib, a golden-brown turkey or a succulent ham. With one of chef Curtis Stone's fabulous main-course recipes, you'll make new memories as your guests savor the feast.

TEXT LOIS WHITE

PHOTOGRAPHY TOBIN BENNETT AND RAY KACHATORIAN

This Thanksgiving, Australian transplant Curtis Stone is flying his family to his home in California for their first American-style turkey dinner.

"My mum and the whole family are coming," says Curtis, internationally regarded chef and spokesperson for Hy-Vee. This will be his first time to cook an American-style Thanksgiving dinner.

There will be mashed potatoes and gravy, honey-roasted carrots, green beans and almonds, Fennel and Bacon Stuffing, *page 17*, and the bird, of course. He wants the turkey, *page 16*, to be a masterpiece. It will be brined and given Curtis' twist on butter basting.

B “Beef is one of
my all-time
favorite foods
to serve over the
holidays.”

—Curtis Stone



TURKEY PREP

Soaking a turkey in a brine solution—water, seasonings and salt—prior to roasting is a way to keep the turkey breast from drying out while baking. The result is juicier meat. “I’d never heard of brining until I came to the States,” Curtis says.

Curtis will also try what he calls “a kind of butter basting.” For this, he uses butter, garlic and other spices. Lifting the neck flap, he carefully creates a pocket between the skin and meat, and gently stuffs the ingredients inside. “A lot of the butter will melt off, but you’ll keep a lot of the flavor,” he says.

By the time the cooked turkey arrives at the table, its crisp outer shell will glow.

Planning ahead is key to a great Thanksgiving meal. If you purchase a frozen turkey, be sure to give it plenty of time to thaw. Allow 24 hours in the refrigerator for each 5 pounds of turkey weight.

A 13×16-inch roasting pan is best for turkey, especially if the pan is sturdy and has carrying handles. Or use a large sturdy foil roasting pan, instead. Along with the turkey, serve such root vegetables as potatoes and carrots.

Chef Curtis’ turkey recipe calls for trussing the bird—tying the legs together—to give the bird a nice presentation. To truss, tuck the drumstick ends under the band of skin across the tail, if available, or fasten with wire or a nylon leg clamp. If there is no band of skin or clamp, use 100-percent-cotton kitchen string to tie the drumsticks securely to the tail.

Some cooks may choose to brine a turkey. (Caution: Do not brine a turkey labeled “basted” or “self-basting.” These have been injected with a broth solution. Brining would overload the turkey with salt.) Others will resort to traditional oven roasting or go a different route and serve prime rib roast or baked ham.

If you’re lucky enough to have leftovers, try using chopped turkey in a Cobb salad, a noodle bowl or baked enchiladas.

FORK-TENDER PRIME RIB

Prime rib roast is among the tenderest cuts of meat available. During roasting, its generous marbling bastes the meat from the inside out, creating moist, rich results. In Curtis’ recipe, Prime Rib with Dijon and Whipped Horseradish Cream, *page 19*, the beef is seasoned before and during cooking, allowing tantalizing flavors to slowly permeate it. Lining the pan with vegetables adds another layer of flavor for the jus. Start roasting the meat at a high temperature (500°F) to aid in browning, which also adds flavor. Reduce temperature to 350°F after more vegetables are added. Allow prime rib to stand for a full 20 minutes after roasting so it can absorb the juices. During this time, the internal temperature will rise between 5°F and 10°F.

Heat leftover slices of beef to use in sliders. Spread split slider buns with a horseradish sauce and top with the beef. Add roasted sweet pepper strips and Swiss cheese.

DELECTABLE HAM

With its succulent flavor, ham is another holiday favorite. Fully cooked hams, including boneless or bone-in hams, are the most popular type and the quickest to prepare. Heat the ham in a 350°F oven to an internal temperature of 115°F. At that temperature, the ham will be thoroughly warmed and moist.

Spiral-sliced hams are wet-cured and fully cooked. They are presliced in a continuous spiral for convenience and to allow a glaze to seep between the slices. Also heat these hams to 115°F.

Uncooked hams should be heated to an internal temperature of 160°F in a 350°F oven. Depending on the size of your ham, plan to cook it for 18 to 25 minutes per pound.

When your ham has completed baking, take it out of the oven and let it stand for a few minutes. It’s ready to slice, if necessary.

Chop up leftover ham to use as a topper for a Hawaiian pizza or as a complement to a melon salad or omelet.



CURTIS STONE'S HONEY-GLAZED HAM

Smoky, juicy spiral-sliced ham soaks up a spirited honey-ginger glaze as it bakes on a bed of vegetables and orange wedges.

Serves 8 to 10.

For glaze:

- 1 cup honey
- ½ cup apple cider vinegar
- ½ cup coarsely chopped and peeled fresh ginger
- ½ cup fresh lemon juice
- ½ cup packed golden brown sugar
- ½ cup whiskey
- ½ cup Dijon mustard
- 2 oranges, zest removed in strips with peeler
- 2 cinnamon sticks
- 10 whole cloves
- 2 cloves garlic, crushed

For ham:

- 2 carrots, peeled and cut into large chunks
- 2 celery stalks, cut into large chunks
- 1 onion, cut into large chunks
- 1 orange, cut into 4 wedges
- 1 smoked cured spiral-sliced ham, about 7 to 9 pounds

To make glaze:

Combine all glaze ingredients in heavy medium saucepan and bring to simmer over medium-high heat, stirring to dissolve sugar. Remove pan from heat and steep for 15 minutes. Strain mixture through fine-mesh sieve into small bowl; discard solids.

To prepare ham:

Meanwhile, preheat oven to 350°F. Place carrots, celery, onion and orange wedges in bottom of heavy roasting pan. Remove all packaging from ham and discard spice-glaze

package. Set ham on top of cut vegetables in roasting pan. Brush some glaze over ham. Cover ham (not roasting pan) with foil.

Bake until thermometer inserted into thickest part of ham registers 115°F, about 2 hours. Remove foil and brush ham with glaze. Continue to bake ham for another 30 minutes, brushing ham with glaze every 10 minutes. Glaze should be golden and caramelized and ham should be fully heated through.

To finish and serve:

Transfer ham to a carving board and let rest 5 minutes. Strain any pan drippings into small saucepan and skim off any excess oil. Stir remaining glaze into pan drippings and stir over medium heat until warm.

Set ham on platter and serve warmed glaze mixture alongside to drizzle over ham slices.

THANKSGIVING ROAST TURKEY

Orange slices and thyme-infused butter under the skin of the turkey permeate the meat with marvelous flavor and unmatched moistness. Meanwhile, garlic, onion and thyme sprigs season the bird from within.

Serves 8.

For turkey:

- ½ cup butter, softened
- 1 tablespoon chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh thyme
- 2 teaspoons grated orange peel
- Kosher salt and freshly ground black pepper
- 1 (12- to 14-pound) turkey, giblets removed, neck reserved
- 6 thin orange slices
- 1 garlic head, halved horizontally
- 1 small handful fresh thyme sprigs
- 2 onions, peeled and each cut into eighths
- 2 carrots, peeled and cut into 1-inch pieces
- 2 celery stalks, cut into 1-inch pieces
- 2 cups (or more) turkey stock or chicken stock

For gravy:

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 large thyme sprigs
- 1 teaspoon fresh lemon juice
- Kosher salt and freshly ground black pepper

To roast turkey:

Preheat oven to 350°F. Mix butter, parsley, thyme and orange peel in medium bowl. Season butter mixture to taste with salt and pepper.

Beginning at neck end of turkey and using your fingers, carefully make pocket between flesh and skin of turkey breasts. Gently slide all but 1 tablespoon of butter mixture into pocket under skin and spread butter to cover turkey breasts. Slide orange slices under skin and over breasts. Stuff main turkey cavity with garlic halves, thyme sprigs and one-fourth of onions, carrots and celery. Truss turkey and spread reserved 1 tablespoon of butter mixture over turkey. Sprinkle with salt and pepper.

Place reserved turkey neck and remaining onions, carrots and celery in heavy large roasting pan. Pour 1 cup of broth over vegetables. Place turkey on top of vegetables and cover breasts with foil.

Roast turkey for 2½ hours. Remove foil covering from turkey breasts and add remaining 1 cup of broth to pan. Continue roasting until instant-read meat thermometer

inserted into thigh registers 165°F, about additional 30 minutes. Transfer turkey to platter and let rest for 30 minutes. Reserve pan juices. Discard neck and vegetables from pan and cavity. Remember that turkey will continue to cook and internal temperature will continue to rise to proper temperature as it rests, so don't overcook it.

Meanwhile, to make gravy:

Strain accumulated pan juices from roasting pan into bowl. Spoon off fat that rises to top of juices. You should have about 5 cups of juices remaining; add more turkey stock to accumulated juices, if necessary, to equal 5 cups total.

Melt butter in heavy large saucepan over medium heat. Add flour and stir for 2 minutes. Whisk in pan juices and thyme, and bring to simmer over medium-high heat.

Reduce heat to medium-low and simmer until gravy thickens enough to coat back of spoon lightly, about 15 minutes. Stir in lemon juice and season gravy to taste with salt and pepper. Discard thyme stems.

To serve:

Carve turkey and serve with gravy.





FENNEL AND BACON STUFFING

Smoked bacon and Italian sausage make a hearty contribution to a stuffing based on cubes of French baguette. Chopped fresh fennel and white wine add layers of flavor.

Serves 8.

10 slices applewood-smoked bacon,
coarsely chopped
1 large onion, chopped
3 garlic cloves, finely chopped
8 ounces mild or spicy Italian sausages,
casings removed
2 tablespoons chopped fresh
flat-leaf parsley
1 tablespoon chopped fresh thyme
2 fennel bulbs, medium diced
 $\frac{1}{4}$ cup dry white wine
 $\frac{1}{2}$ cup butter, diced
 $\frac{3}{4}$ cup turkey broth or chicken broth

1 (16 ounce) French baguette, bottom crust
trimmed, bread cut into $\frac{3}{4}$ -inch cubes
kosher salt and freshly ground black pepper
2 large eggs, well beaten

Preheat oven to 350°F. Fry bacon in large
heavy sauté pan over medium-high heat until
golden brown, about 7 minutes. Using slotted
spoon, transfer bacon to plate. Pour off all but
2 tablespoons of bacon drippings remaining
in pan.

Add onions to same pan and sauté until
tender, about 4 minutes. Add garlic and sauté
until fragrant, about 30 seconds. Add sausages,
parsley and thyme and cook until sausage
browns, about 4 minutes.

Add fennel and cook until tender and pale
golden, stirring often, about 5 minutes. Stir

in cooked bacon. Add wine and bring to a
simmer. Add butter and cook until butter
melts. Remove from heat and stir in broth.

Place bread cubes in very large bowl. Add
sausage mixture and toss to coat. Season
stuffing to taste with salt and pepper. Mix
in eggs.

Transfer stuffing to a 3-quart baking dish.
Cover with foil and bake for 25 minutes.
Uncover stuffing and bake until golden brown
on top, about 15 minutes.

Nutrition facts per serving: 400 calories, 21 g fat,
11 g saturated fat, 0 g trans fat, 95 mg cholesterol,
810 mg sodium, 35 g carbohydrates, 3 g fiber,
2 g sugar, 13 g protein. Daily values:
10% vitamin A, 25% vitamin C, 6% calcium,
15% iron.

SELECTING CENTERPIECE MEATS

Whichever your choice—turkey, prime rib roast or ham—you'll find top-quality meat at your local Hy-Vee. Here are tips for making a first-rate selection of meat for your holiday table.

Prime Rib: Amana bone-in ribeye roast is a premium cut that's rated USDA Choice because of its high marbling, which contributes to tenderness and flavor. Ask a service meat specialist at Hy-Vee to remove the ribs but tie them back on the roast so they can serve as a natural roasting rack while they add flavor to the meat. Depending on portion size, a one-rib roast typically serves two, three-rib serves six and so on.

Turkey: Check the Hy-Vee fresh or frozen poultry case for birds that range in size from 10 to 24 pounds. Organic turkey is also available by special order. You'll find some turkeys labeled as "basted" or "self-basting," which means the bird has been injected with a flavorful solution to help keep the meat moist during roasting. When determining the size of bird to buy, figure on 1 pound of uncooked turkey per person. This does not generally leave you with much leftover turkey.

Ham: Choose from bone-in or boneless hams, allowing two to three servings per pound for bone-in hams and four to five servings per pound for boneless hams. Fully cooked hams, including beautiful glazed spiral-sliced, bone-in hams, require little preparation: Just unwrap and heat. An unsliced bone-in ham may seem old-fashioned in many ways, but it outperforms presliced hams in staying hot longer. You also get to control the portions, whether you prefer paper-thin slices or thick, fork-and-knife ham steaks.



“The greatest thing to put on beef is mustard. That's a match made in heaven. Smothering a piece of beef with mustard seals it. Then roast it to get that wonderful charred flavor.” —Curtis Stone

PRIME RIB WITH DIJON AND WHIPPED HORSE RADISH CREAM

Serve mustard-crusted prime rib slices with rich beef juices enhanced by herbs and roasted vegetables. Whisked cream, horseradish and coarse mustard add a simple, tangy sauce.

Serves 8 to 10.

For beef:

1 (3-rib) standing rib roast of beef
(6 to 8 pounds)

Kosher salt and freshly ground
black pepper

2 tablespoons olive oil

3 large carrots, peeled, roughly cut

3 large celery stalks, roughly cut

4 large shallots, quartered lengthwise

½ bunch fresh thyme

⅓ cup Dijon mustard

1 cup beef broth

For whipped horseradish cream:

¾ cup heavy cream

¼ cup finely grated peeled fresh horseradish
2 tablespoons coarse grain mustard
Kosher salt and freshly ground black pepper

To prepare beef:

Preheat oven to 500°F. Season beef generously with salt and pepper. Add olive oil to large roasting pan. Place beef in pan and roast just until beef is brown on all sides, about 15 minutes. Remove pan from oven. Reduce oven temperature to 350°F.

Remove beef from pan. Place carrots, celery, shallots and thyme in center of pan, then set beef on top of vegetables and thyme. Brush mustard evenly all over beef.

Transfer roasting pan to oven and roast beef and vegetables at 350°F for about 1 hour and 15 minutes or until instant-read meat thermometer inserted into center of beef registers desired doneness, about 110°F for rare or 115°F for medium-rare. Remember

that beef will continue to cook and internal temperature will continue to rise to proper temperature as it rests, so don't overcook it.

Transfer beef to carving board and allow it to rest loosely covered in foil for 25 minutes.

Meanwhile, to prepare jus:

Add beef broth to vegetables in hot pan and stir to scrape up any brown bits on bottom of pan. Strain jus through fine-meshed strainer into saucepan. Discard solids. Spoon off any excess oil that rises to top of jus. Warm jus over low heat before serving.

To serve:

Whisk cream in medium bowl until thick but not stiff. Fold horseradish and mustard into cream. Season to taste with salt and pepper.

Cut beef into slices and transfer to plates.

Spoon some of warm jus over beef and serve horseradish sauce alongside.





Feast from the Sea

Within the last month or so, nearly 100 rugged boats weighed anchor and plowed toward the heavy waters of Alaska and the Bering Sea, in search of one catch: crab.

During a season that can be shortened to a few days by foul weather, a successful hunt goes to the quickest and most fortunate. Return home with a good catch and many crabbers aboard may take home \$60,000 or more for a few weeks of dangerous work. However, a boat can return to port luckless; the crew nearly penniless.

It's all a gamble. Let down the 700-pound baited pots and see what happens. Traps plunge into the frigid ocean on hefty cables and settle to the bottom, where they lure in hungry crabs. A day or two later, cages may have captured hundreds of clawed creatures, or just a few.

So who are the consistent winners? Shoppers at Hy-Vee are certainly among them. The seafood counter at this time of year offers an assortment of recently caught crabs—Dungeness, king, snow and blue. Sometimes there is even stone crab from the Gulf.

Crabs are just one of many shellfish sold at Hy-Vee. The store also offers lobster, shrimp, clams, prawns, mussels and scallops. Because availability of some species may be uncertain, check the supply at the seafood department of your local Hy-Vee. If you need a specific variety for an event, make arrangements ahead of time and most orders can be filled.

If you've never tried shellfish at home, it's definitely time to start.


Chef Mike Zoeller of the Hy-Vee in Sycamore, Illinois, says, "A lot of people are intimidated by crabs, but there's no need to be. Most crab are cooked and frozen right after they are caught to assure quality. All customers have to do is warm them up and they're ready."

The taste of crabmeat is sweet and mild. It's a good pick to toss in a salad or use in a chowder. Serve it in the shell. Spritz it with lemon juice and add butter before eating.

Crab are sold in many forms. The main choices are frozen (precooked) and fresh (precooked and unfrozen). There is little taste difference between the two. Crab may also be purchased in the shell, as chunked meat, canned or pasteurized. For Dungeness and blue crabs, most of the meat is in the body. With king crabs, more meat is in the claws.

Mild, sweet and slightly salty, crabs are best served with the least fuss. To fill your mouth with joy, the meat needs nothing more than a dip into a small cup of melted butter. To really go wild, add a clove of minced garlic to the butter.

TEXT STEVE COOPER PHOTOGRAPHY KING AU



Prince Edward Island
Mussels \$3.49 lb.

CRABS AND CORKS

Thousands of types of crabs live in waters around the world, but only a handful are popular on U.S. tables. Varieties listed here are offered at Hy-Vee stores. Availability depends on supply.

Dungeness. Dungeness crabs are trapped in waters from Alaska to Mexico. Prized for their sweet, tender meat, these are generally medium-sized crabs with a weight of 1½ to 3 pounds. Try with butter for dipping, warm French bread and Chardonnay wine.

King crabs. Found in Alaskan waters and the Bering Sea, there are three common kings: blue, red and golden. Red is most prized for its snow-white meat. Blue king turns bright orange-red when cooked and is often mistaken for red king. Golden king are an abundant breed and have the mildest meat of the king varieties. All king crabs have more meat in their legs than in their claws. The meat is very good in chilled salads with citrus and avocado. Keep things light by pairing with a white wine sangria.

Snow crabs. Caught in the Atlantic and Pacific oceans, snow crabs have more fat than most other crabs, but they are healthful because they contain omega-3 fatty acids and are high in protein. The flaky white meat is very flavorful when stir-fried with vegetables. Champagne is a fine complement.

Blue crabs. Typically only slightly bigger than a teacup, these crabs are found along the Atlantic Coast. The body meat is delicate and has a hint of butter, and the claw meat tastes a little nutty. Blues are good for making crab cakes, an East Coast creation now popular in most regions. Enjoy with Sauvignon Blanc.

Stone crabs. Intermittently available, stone crabs come from the Gulf of Mexico. These are not killed when caught. Instead, one of their large claws is removed and the crabs are returned to the ocean. They regenerate missing appendages in less than two years. Claws are usually served in the shell, which is broken open with a wood mallet. Eat with lemon juice and mustard sauce. For a drink, pour a glass of Chablis.

OTHER SHELLFISH

Shrimp. It's available precooked and uncooked. "You can't beat fresh, but the way they do it now, frozen is good, too. It's close," says chef Steve Henderson of Hy-Vee in Columbia, Missouri. When buying, trust your nose. Shrimp should smell like the sea with no smell of iodine or ammonia. Fresh shrimp should be kept cold and eaten on the day of purchase. Frozen shrimp can be kept in a freezer for about three months before thawing.

Mussels. These may be purchased alive or precooked. Chef Mark Prece of the Liberty, Missouri, Hy-Vee, says, "Mussels are sweet like lobster. When purchasing live mussels, make sure the shell of each is closed. Do not purchase if the shell is open."

Mussels are best eaten on the day of purchase, but they can be refrigerated for several days, if necessary. Keep them refrigerated in a bowl covered with a damp cloth. Do not store them in water. Good mussels should smell salty, like the ocean. Before cooking live mussels, rinse and check that each shell is closed. If any have opened, tap them and throw away any that will not close.

Lobsters. Because their taste is affected by precooking, live lobsters are kept in water tanks at most Hy-Vees. For convenience, there is also precooked lobster sold fresh or frozen. Though not quite as rich as a freshly cooked lobster, the flavor of frozen lobster tails is quite good, particularly when grilled.

INSPECTED TWICE

Because stores are far from any seashore, steps are taken to assure seafood is fresh. First, all seafood brought to port in the United States is inspected for quality by the federal Department of Commerce (USDC). Hy-Vee takes an extra step by contracting with the USDC to perform a second seafood inspection. This is done when shipments arrive at the Hy-Vee seafood warehouse. The recheck examines the temperature, smell, taste and labeling. If any check fails, Hy-Vee rejects the entire shipment.



CHEF MARK PRECE'S LINGUINE AND MUSSELS IN SAFFRON BROTH

Mussels are sweet, tender and cook in just a few minutes. If you enjoy lobster, you'll love the taste of mussels.

Serves 8 (1 cup pasta, about 5 mussels each).

1 pound Hy-Vee linguine
¼ cup Grand Selections olive oil
½ cup chopped red onion
1½ teaspoons minced garlic (3 cloves)
1½ pounds mussels
2 teaspoons chopped fresh dill
Leaves from 6 sprigs fresh parsley, chopped
½ teaspoon ground saffron
½ cup white wine
1 (8 ounce) bottle clam juice
4 tablespoons Hy-Vee unsalted butter,
cut into small pieces

Hy-Vee salt, optional

Freshly ground Hy-Vee black pepper, optional


Freshly grated Parmesan cheese, optional

Cook linguine according to package directions and drain; set aside. Scrub mussels under running water and remove their beards, if present. Heat olive oil in a medium saucepan over medium heat. Add onions and garlic and cook for 2 minutes. Add the mussels, dill and parsley; cover and steam until mussels open, 3 to 4 minutes. When mussels open, remove from pan and keep warm. Meanwhile, steep saffron in white wine in a small bowl. Add the saffron-infused wine and clam juice to the pot and simmer for 1 minute. Add butter and

whisk until melted. Add cooked linguine and heat through.

Season to taste with salt and pepper. Portion pasta into individual bowls and place mussels in their shells on top of linguine. Pour remaining broth over the top of each bowl. Sprinkle with Parmesan cheese, if desired. Serve immediately.

Nutrition facts per serving: 410 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 310 mg sodium, 47 g carbohydrates, 2 g fiber, 3 g sugar, 18 g protein. Daily values: 8% vitamin A, 15% vitamin C, 4% calcium, 30% iron.



Alaskan Whole Cooked
Dungeness Crab

Crab Essentials

To thaw frozen crab, place in a refrigerator overnight. For faster thawing, wrap crab in waterproof plastic and place in a sink with cool running water, allowing about 30 minutes per pound. Or use the defrost cycle of your microwave. Place crab in a shallow microwave-safe bowl and defrost three to five minutes per half pound. Be careful not to cook, then allow to stand for three minutes.

If you purchase live crab, cover with wet paper towels and keep in a refrigerator for no more than 12 hours before cooking. Fresh crab are best eaten the day of purchase, but will keep safely in the refrigerator for up to two days. Keep packaged pasteurized crabmeat in the refrigerator for up to six months, but for no longer than four days after opening.

CRACKING A CRAB

Though most crab come preshelled, here's how to remove the meat from a crab in the shell.

1) Remove claws and twist off legs. Set aside. 2) Place crab belly-side up on a table and pull off triangular-shaped belly flap. 3) Turn crab over and remove shell by inserting your thumb between the body and rear of the shell. Pull up. 4) Pull off the spongy gills and scoop out the yellow roe. Discard. 5) Pick up the shelled crab and snap the body in two (or divide with a knife). 6) Using a crab or steak knife, cut out meat. 7) Using a nutcracker or mallet, crack open legs and claws. A lobster pick is an excellent tool for removing meat from a crab. A sharp, small knife or a crab or shrimp fork also does a good job.

CHEF STEVE HENDERSON'S MIDNIGHT SHRIMP WITH RICE

You can eat this like they do in Louisiana by using a hot sauce with five-alarm kick. Keep a glass of milk handy to douse the flames.

Serves 6 (6 shrimp and ½ cup rice each).

½ cup plus 2 tablespoons Hy-Vee unsalted butter, divided

2½ tablespoons hot sauce

Juice of 1 large lemon

Zest from one small lime

1½ pounds tail-on, fully cooked (26- to 30-count per pound) shrimp

6 tablespoons Chef Paul's Blackened Seasoning

3 cups cooked Hy-Vee brown rice

Melt ½ cup butter with hot sauce, lemon juice and lime zest in a medium saucepan over medium-low heat. Keep warm. Toss together shrimp and seasoning in a large bowl. Melt remaining 2 tablespoons butter in a large skillet over medium-high heat. Add shrimp

and heat through, about 2 minutes. Add sauce to skillet and simmer for 1 minute. To serve, place ½ cup rice in each of 6 serving bowls and top each with 6 shrimp. Drizzle with sauce.

Nutrition facts per serving: 420 calories, 22 g fat, 12 g saturated fat, 0.5 g trans fat, 280 mg cholesterol, 1,630 mg sodium, 23 g carbohydrates, 2 g fiber, 1 g sugar, 31 g protein. Daily values: 15% vitamin A, 20% vitamin C, 10% calcium, 15% iron.



100% Natural Fully Cooked Tail-on Shrimp
26 to 30 ct. \$11.99/lb

**CHEF MIKE ZOELLER'S DUNGENESS
CRAB WITH AVOCADO**

There are times when shellfish lovers want to serve precooked crab cold. This cool West Coast salad marries the sweet meat with a buttery avocado dressed with herbs and lemon juice.

Serves 6 (½ cup each).

2 avocados

1 clove garlic, minced

2 tablespoons Hy-Vee lemon juice

½ teaspoon paprika

Hy-Vee salt, optional

Hy-Vee freshly ground black pepper, optional

12 ounces Dungeness crabmeat

2 green onions, sliced

Halve avocados. With a paring knife, cut avocado meat into ¼-inch squares and scoop out into a bowl. Mix garlic, lemon juice, paprika, salt and black pepper in a small bowl. Toss with crab and avocado. Garnish with green onions and chill.

Nutrition facts per serving: 170 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 220 mg sodium, 7 g carbohydrates, 5 g fiber, 1 g sugar, 14 g protein. Daily values: 4% vitamin A, 20% vitamin C, 4% calcium, 4% iron.



Chef Curtis Stone offers tips for preparing shellfish. He also has this encouraging message: You'll love cooking seafood because it's easy and will draw raves from those at your table.

CRABS

I love the lively feeling of family and friends gathering around a mound of steaming crab in the middle of the table. The excitement of putting on bibs, rolling up our sleeves and digging in feels more festive and casual than a formal dinner, and just as special.

Try this: Cook two crabs in a pot of simmering salted water for about 5 minutes, or until crabs are bright red. Set them aside to cool. Remove the top shell only and scrape out the gills. Cut the crabs in half and give the claws a light crack to break open their shells (a rolling pin does the trick). In a large ovenproof skillet, stir chopped garlic and onions together with olive oil and butter until fragrant. Add the crabs, leaving on the remaining shells. Toss the crabs, garlic and onions, allowing flavors to commingle. Place the skillet in a 425°F oven until the crabs are hot, about 10 minutes.

SHRIMP

The meaty morsels of shrimp are very tender and quick-cooking, which makes them ideal for *à la minute* meals. They give obvious signals when they're done—their shells change color from grey to pink and their flesh turns from translucent to opaque. So watch them closely. They only take a few minutes before they're ready to eat.

MUSSELS

Mussels are best prepared steamed with a flavorful liquid. I like to steam them with dry white wine for a classical approach or with coconut milk for an Asian twist.

Mussels must be scrubbed and the fuzzy beards protruding between their shells must be removed immediately before mussels are cooked. Just grasp the beard and yank it off—don't remove the beards too far in advance since removing them can kill the mussels, which must be alive before they're cooked.

Simple Seafood Cooking



Add a dash

Spices imbue mulled ciders, cookies and pies with warmth, fragrance and taste. Earthy, aromatic herbs enhance the flavor of roasted turkey and all the trimmings. If there's one sensation that captures the holiday spirit, it's herbs and spices awakening our senses and adding that little something special to a dish.

TEXT STACI SCHEURENBAND PHOTOGRAPHY TOBIN BENNETT AND ANDY LYONS



Some of the happiest cooking discoveries come during the holidays when cooks take a favorite recipe and add special touches, making the dish their own. Experimenting with a variety of herbs and spices is an easy way to freshen up a classic with irresistible flavors. Start with these ideas:

- Fix fresh herb butters to perk up vegetables or savory dinner rolls. For the butter stack, *opposite*, soften one stick of butter, stir in herbs, roll in waxed paper and chill until firm. Shown, *top to bottom*, are Garlic Butter, with 2 tablespoons of chopped parsley, 1 tablespoon of minced garlic and 1 teaspoon each of dried Italian seasoning and dried red pepper flakes; Tarragon Butter, with 1 tablespoon of dried tarragon and 1 teaspoon each of ground peppercorn blend and lemon juice; Cinnamon Butter, with 1 tablespoon of brown sugar and ½ teaspoon each of ground cinnamon and ground cloves; and Sage Butter, with 2 tablespoons of chopped fresh sage, 2 teaspoons of grated lemon zest and ½ teaspoon of ground black pepper.
- Heighten the flavor of classic mashed potatoes with a showing of chopped rosemary and crumbled, crisp-cooked bacon.
- Give a creamed-corn casserole wow appeal by topping it with chopped tomatoes and a scattering of chopped fresh basil. Adding fresh herbs at the last minute is an effective way to enhance taste.
- Turkey leftovers? Fix turkey salad sandwiches, using curry powder as the surprise spice.
- Keep a stash of mulling spices to use for hot cider and wine drinks. Warm, spicy aromas develop as the drinks simmer.

HERBS AND SPICES 101

As you begin planning your holiday baking and cooking and start making your list, take a few moments to check the herbs and spices in your pantry. Depending on how often you cook, you may find a few that you haven't used since the last holiday season. It's best to replace them with a fresh batch. The same goes for herbs

or spices that have no color or very little aroma. Starting the season with newly purchased herbs and spices makes all the difference when it comes to enhancing flavors.

Stock your pantry according to your cooking habits—how often you cook, how many people you cook for and how much space you have for storage. Also keep in mind meats, vegetables and sauces that you use frequently, as well as the specific shelf life of each herb or spice. For the best flavor, buy spices and herbs in small amounts you readily use.

In addition to stocking familiar herbs and spices, look for intriguing blends, which let you add time-honored combinations to your recipes with one easy measure. Examples include five-spice powder, a combination of cinnamon, anise, fennel, Szechwan or black pepper and cloves that heightens the flavor of meats, stews and stir-fries; lemon-pepper seasoning, a mixture of salt, black pepper and dried grated lemon peel that's wonderful sprinkled on fish, veggies or tomato soup; and fines herbes, a combo of chives, chervil, parsley and tarragon that adds French flair to creamy soups or egg dishes. But don't stop there. There are dozens to choose from. You may even want to try some of the blends in place of traditional spices to brighten your holiday menus.

Once you've purchased dried herbs and spices, store them in airtight containers in a cool, dry place away from sunlight and heat. Spices of the red pepper family, including chili powder and paprika, retain their colors and bold flavors longer when they are stored in the refrigerator.

When stored, ground herbs and spices usually maintain good quality and aroma for up to six months. Most whole spices and herbs keep for one to two years. Whole cloves, nutmeg, star anise and cinnamon sticks last slightly longer.

Store fresh herbs in the refrigerator, wrapped first in damp paper towels, then loosely in plastic. Parsley, cilantro and basil will maintain their bold or delicate flavors when kept in a jar of water, much like a bouquet of flowers. After purchasing bundles of herbs, trim the ends about ½ inch before placing in water.

SENSATIONAL SALTS

Finishing salts are delectable sprinklings that come in a variety of colors, textures and tastes. Many are hand-harvested from dried seawater. Unlike processed table salt and kosher salt, which are added before or during cooking, finishing salts are applied just before serving, allowing you to reduce sodium intake while enjoying a burst of salty flavor in every bite.

HERBS AND SPICES: TOP 20 PICKS

Developing a well-stocked kitchen starts with our top 20 picks of herbs and spices, *shown here*. Whether purchased fresh, dried or ground, these are the flavors you will return to over and over again.

FRESH AND DRIED HERBS

Herbs are most fragrant and flavorful when used fresh. To get the best flavor, wash, dry and chop fresh herbs just before using. As a general rule, add fresh herbs at the beginning and end of cooking to develop layers of flavor.


Dried herbs offer more concentrated flavors and may be more economical when used in small amounts. They are commonly used in dry rubs and breadings and in long-simmering soups, stews and braises. Add dried herbs early in the cooking process to develop the best flavor.

To replace fresh herbs with dried, start with one-third of the quantity of fresh. Taste, then add more throughout the cooking process to reach the desired flavor.

Before adding fresh or dried herbs, roll or crush the leaves to release their essential oils, bringing more flavor to the dish.

WHOLE, CRUSHED OR GROUND SPICES

For convenience, ground and crushed spices are the better options. They take no prep time and can be stored for six months. Whole spices can be stored for one to two years. However, for the freshest tastes, purchase whole spices. Use a clean coffee grinder—preferably one you designate for grinding spices only. For ground cinnamon from sticks, use a meat mallet to break sticks into smaller pieces before grinding.



sage With its slightly peppery flavor, sage tends to dominate when used. So go lightly. It is used around the world to wake up the tastes of mild or bland meats, including chicken and veal. It has long been eaten throughout the Mediterranean region and Central America.



rosemary

Native to the Mediterranean area, rosemary has silver-green, needle-shaped leaves. It's highly aromatic and has flavor hints of both lemon and pine that stand up well in a variety of dishes, including fruit salads, soups, vegetables, meats (particularly lamb), stuffings and dressings.



cinnamon

Cinnamon, one of the oldest known spices, is made by grinding the inner bark of a tropical evergreen tree. Cassia, the most common variety, has a reddish-brown hue and bittersweet taste. The strong, spicy-sweet flavor enhances baked goods and deepens the flavor of spicy Indian stews and savory Mexican sauces. It's often paired with allspice.




cloves

Dried, unopened flower buds of an evergreen tree native to Indonesia, cloves have a sharp, almost hot flavor that blends well with other baking spices, such as cinnamon and ginger. Cloves also add wonderful flavor to split pea soup and bean dishes. Whole cloves make a nice addition to mulled cider or wine at holiday time.




bay leaves

The elongated gray-green leaves come from the evergreen bay laurel tree, native to the Mediterranean. Their citrusy, nutty flavor slowly releases in long-simmered soups and stews, and braises that contain wine. Remove and discard the leaves before serving the dish.



Black pepper comes from vines that grow 30 feet and higher in humid, tropical places. Keep a pepper mill or grinder bottle of fresh peppercorns on your dining table so guests can add an intense spark to a host of dishes.

black pepper



A member of the onion family, garlic is strong and pungent when raw, but sweetens and mellows as it cooks. It's good slivered on flat breads, minced in rubs or marinades or roasted to smoky richness for using in party dips or garlic mashed potatoes. In a pinch, substitute $\frac{1}{8}$ teaspoon garlic powder for one clove of garlic.

garlic



mint

In addition to the pleasant appeal of its aromatic fragrance, mint is a refreshing addition to teas and a staple in Middle Eastern cuisine, where it's added to salads and served with lamb. It goes well with the heat of chile peppers in the same way that cilantro does, so sneak it into a salsa or spicy chili.



chives

Though they resemble blades of grass, chives are a type of onion. Milder in taste than their bigger cousins, chopped or snipped chives are often sprinkled on potatoes. They also wake up fish, eggs, salads and creamy soups. One tablespoon of chopped chives can be substituted for one teaspoon of green onion tops.

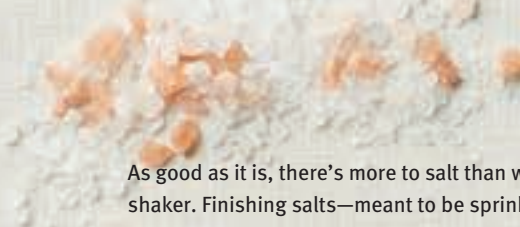
nutmeg

Sold ground or whole, nutmeg has a rich, sweetly pungent flavor that complements cinnamon. Use it to flavor sweet potatoes, apples and holiday eggnog, but don't stop there. Try sprinkling freshly ground nutmeg on cabbage, cauliflower or broccoli.



salt

As good as it is, there's more to salt than white flakes from a shaker. Finishing salts—meant to be sprinkled on food after it is cooked—are produced the world over. Some are mined and some are obtained by evaporating salt water. Tastes vary greatly—some pucker your mouth and some are hardly tart at all.



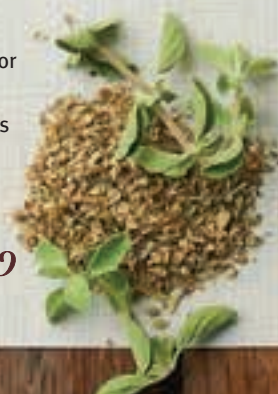
thyme

This floral earthy-tasting herb pairs well with other herbs and seasonings and is a good match for chicken and beef, roasted vegetables and sauces. You can also use it to flavor slow-cooker soups and stews, especially those featuring beans.



Oregano provides a warm, balsamic flavor to Mediterranean, Mexican and other cuisines. Combined with basil, it features prominently in Italian cuisine. It harmonizes with hot and spicy dishes.

oregano



cumin

Sharp and earthy, cumin helps give chili and curry powders their kick. Toast in a skillet and grind with mortar and pestle. Blends well with ground coriander in soups and stews.



basil

Related to the mint plant, one of basil's most popular uses is pesto, often made and frozen during the summer months to use in holiday sauces, soups, pastas and sautéed vegetables.

vanilla

This long, thin pod is the world's second-most valuable spice (behind saffron) due to its labor-intensive harvest. Vanilla extract is the most common form. Use whole beans to flavor custard and poached apples and pears.



dill

Coming from a wispy, fernlike plant that grows in Russia and other regions, there's more to dill than pickles. Dill butter is lovely on grilled or broiled salmon. You can also toss the distinctively aromatic herb into a potato salad or deviled eggs. Or use it to enhance a yogurt-based dip.



cardamom

Coming from the seedpod of a plant similar to ginger, this aromatic spice is popular in Indian cuisine. Cardamom is often featured in curry dishes, desserts and puddings. It is also delicious on sweet root vegetables and in baked goods, including cakes, cookies and cinnamon rolls.



allspice

Named for its aroma, allspice smells like a combination of cinnamon, cloves, ginger and nutmeg. It's actually a berry from trees grown in Jamaica. Ground allspice adds flavor to pies, puddings, breads and a host of savory dishes. Whole allspice can be added to mulled wines and ciders.

ginger

This effervescent spice comes from the root of a ginger plant. Peel and grate it fresh or opt for ground ginger or sweet and spicy crystallized ginger. It adds a nice zing to curries, cakes and cookies.



Spice up your holidays

Year after year, the lineup has remained the same: marshmallow-topped sweet potatoes, green beans swimming in cream of mushroom soup and maybe some corn bread. Time for a change.

The tastes here are a little more sophisticated, a little more daring and a lot more today.

We prepared three dishes in a 3-Crock Buffet Server from Tru. Each is cooked in one of three 2.5-quart removable stone-ware pots. Each pot has an individual heat control. This style of cooking is convenient for the chef and results in rich flavors that please guests.

Tru 3-Crock Buffet Server \$49.96



SLOW-COOKER CORN CASSEROLE

The subtle flavor of thyme peeks through in this corn casserole, taking this classic from farm-fresh to uptown-fresh.

Serves 10 (about ½ cup each).

4 ounces Hy-Vee cream cheese, softened
2 tablespoons Hy-Vee granulated sugar
2 tablespoons Hy-Vee butter, melted
1 Hy-Vee large egg
2 teaspoons chopped fresh thyme leaves or
½ teaspoon Hy-Vee dried thyme
½ teaspoon Hy-Vee salt
Dash Hy-Vee ground black pepper
¾ cup Hy-Vee corn muffin mix
⅓ cup Hy-Vee skim milk
1 (16 ounce) package Grand Selections frozen
premium super sweet cut corn, thawed

In a large bowl, stir together cream cheese, sugar, butter, egg, thyme, salt and pepper. Stir in corn muffin mix, milk and corn. Transfer to a lightly greased 2½-quart slow cooker. Cover and cook on HIGH for 3½ hours. Uncover and cook ½ hour more or until liquid around edges is evaporated and center is almost set.

Nutrition facts per serving: 170 calories, 9 g fat, 4.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 270 mg sodium, 22 g carbohydrates, 1 g fiber, 8 g sugar, 4 g protein. Daily values: 6% vitamin A, 2% vitamin C, 4% calcium, 4% iron.

EASY GARLIC GREEN BEANS

The familiar cream of mushroom soup is nowhere to be found in this dish. In its place is garlic paired with a hint of red pepper, offering a sophisticated flavor boost.

Serves 10 (about ⅓ cup each).

2 pounds fresh green beans, trimmed
¼ cup water
8 cloves garlic, peeled and quartered lengthwise
½ teaspoon Hy-Vee crushed red pepper flakes
2 tablespoons Hy-Vee unsalted butter, cut into pieces
1 teaspoon Hy-Vee kosher salt

Place beans and water in 2½-quart slow cooker. Stir in garlic and red pepper flakes. Top with butter. Cover and cook on HIGH for 2½ to 3 hours or until beans and garlic are tender. Sprinkle salt over cooked beans; stir to combine.

Nutrition facts per serving: 50 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 210 mg sodium, 7 g carbohydrates, 3 g fiber, 3 g sugar, 2 g protein. Daily values: 15% vitamin A, 20% vitamin C, 4% calcium, 6% iron.

SLOW-COOKER SWEET POTATOES

It's a new day for Thanksgiving sweet potatoes. Brighten this traditional favorite with pineapple, adding just a hint of tropical flavor to lighten its buttery richness.

Serves 12 (½ cup each).

6 sweet potatoes, peeled and cubed
1½ cups Hy-Vee dark brown sugar
1 (8 ounce) can pineapple tidbits, undrained
¼ cup Hy-Vee butter, cut up
2 teaspoons Hy-Vee ground cloves
2 teaspoons Hy-Vee cinnamon
1 teaspoon Hy-Vee nutmeg

Place all ingredients in 2½-quart slow cooker and stir until mixed. Cook on HIGH until fork-tender, about 3 hours.

Nutrition facts per serving: 240 calories, 4 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 80 mg sodium, 51 g carbohydrates, 4 g fiber, 35 g sugar, 2 g protein. Daily values: 400% vitamin A, 40% vitamin C, 6% calcium, 6% iron.

FROM CHEF CURTIS STONE



"Salt is a funny thing. When I started out there was only one kind. There are so many now—*smoked salts, red salts, salts from volcanoes* in Hawaii. There's even a kind of pink salt from the Murray River in Australia."



Morton Sea Salt 26 oz. \$1.69



McCormick Holiday Spices:
select varieties .6 to 1.12 oz. \$3.49



Hy-Vee Honey Bear 12 oz. \$2.77



Birds Eye Vegetables: select varieties
10 to 16 oz. or 4 ct. \$1.99



Bertolli Olive Oil: select varieties
25.5 oz. \$7.99



Daisy Brand Sour Cream:
regular or light 16 oz. \$2.19



BAKING STONE *Shepherd's Bread*

As a companion to a holiday meal, it's hard to find a better choice than Shepherd's Bread from Baking Stone Breads, baked fresh daily. Each loaf is generously sized for a large table of family and friends. The taste is rich, the texture full and the experience pleasing. It makes wonderful sandwiches with leftover turkey, too. Of course, this is true of most breads in the Baking Stone line from Hy-Vee, including wheat, French, Italian and other selections.

Baking Stone Fresh Shepherd's Bread 28 oz. \$2.99

With your
Thanksgiving
leftovers, try this
*Herbed
Mayonnaise*
recipe with Baking
Stone Sourdough,
French or
Ciabatta breads.

HERBED MAYONNAISE

Thanksgiving isn't officially over until you finish your last turkey sandwich, topped with this sprightly herb spread. Keep the flavor fresh by using Baking Stone Bread.

Serves 8 (about 1 tablespoon each).

½ cup Hy-Vee light mayonnaise
1 teaspoon chopped fresh parsley
2 teaspoons chopped fresh chives
1 teaspoon chopped fresh dill weed
1½ teaspoons chopped fresh oregano
1 tablespoon fresh lemon juice
Hy-Vee salt, optional
Freshly ground Hy-Vee black pepper,
optional

In a small bowl, combine mayonnaise, parsley, chives, dill weed, oregano and lemon juice. Stir in salt and pepper, if desired.

Nutrition facts per serving: 35 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 110 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 0 g protein. Daily values: 0% vitamin A, 2% vitamin C, 0% calcium, 0% iron.





Deck the Halls

Celebrate the season by outfitting your home with holiday classics: live greens and pretty poinsettias. With a little inspiration, you can transform these festive favorites into eye-catching decor that easily segues from Thanksgiving to New Year's. Whether yuletide traditions feature iconic symbols or something new each year, you'll find all the makings for holiday cheer at your local Hy-Vee floral department.

TEXT JULIE MARTENS PHOTOGRAPHY TOBIN BENNETT


Noble Fir Boughs \$12.99

Balsam Wreath,
30 in. \$19.99

Noble Fir Garland, 8 ft. \$12.99
Boxwood Trio \$109.99

beginning to look a lot like Christmas

Swag a thick garland of fresh noble fir across the mantel and place a balsam wreath on a sled or mirror above for an easy holiday makeover. Enjoy the greenery plain or dress it with lights, ornaments, vintage children's skates or floral picks. Galvanized buckets, woven baskets or pots present bountiful Paintsettias, which are festive poinsettias embellished with paints and glitter by Hy-Vee florists. (Note: Keep Paintsettias away from heat and cold.)



Paint holiday scenes around your home with the vibrant hues of fresh greens and garlands. Extend a warm holiday welcome with such simple touches as garland roping a chandelier or a wreath perched on a mantel as a centerpiece. Include a few poinsettias in traditional red or festive painted shades. Your home will overflow with the joy.

The magic begins with aromatic evergreen boughs, filling everyday spaces with scents of the season. Never underestimate the elegance of fresh greens. Whether displayed indoors or out, greenery infuses wintry days with uplifting color.

"Bundles of assorted greens, like incense cedar and a mix of pines, can dress a mantel in no time," says Cindy Jensen, Hy-Vee floral manager in Cedar Rapids, Iowa. "Short stems are easy to tuck into a favorite holiday bowl for a centerpiece or place in a vase to create a bouquet." With fresh-cut evergreens, there's no need to supply water. Dry stems will last for a few weeks—basically through the season. Outdoors, fresh evergreens will linger from Thanksgiving to January.

Garlands offer an easy option for hugging banisters, wrapping posts or adorning tall cabinets. To hold garlands in place, use green chenille stems, which are like pipe cleaners. By winding twinkle lights into the greens, a room or setting takes on a special presence at night.

Instead of once again mounting wreaths in their traditional positions on doors, try them as indoor centerpieces. Place a wreath on a table and tuck candles or a bowl of cherished ornaments in the center. When putting a wreath

on a table, place it on fabric, felt or parchment. Cut the piece large enough to protect the table from scratching while also shielding it from any dripping sap around the wreath edges. "Use a festive fabric so that if the color shows, it adds to the holiday mood," Cindy suggests.

Look for wreaths in various sizes—from Tiny Tim 4-inch versions to wall-sized 3-foot rings. Personalize wreaths with cheery bows, ornaments or dried berries. After the holiday, extend use by replacing Christmas ornamentation with such winter-themed items as ice skates, miniature snowmen, pine cones and artificial-snow-covered sticks.

Cindy's fresh decor favorite is the kissing ball, a solid sphere of greenery topped with a bow. A block of florist's foam at the ball's center ensures fresh greens last "a long, long time. I recommend watering daily over a sink," she says. Add holly sprigs or miniature roses for more color. Dangle the ball from a porch light, front door knob or banister. Or perch the ball in a pretty goblet or bowl on a table. Balls in graduated sizes make beautiful centerpieces.

This season, Hy-Vee florists are creating Paintsettias—painted poinsettias given a touch of color and sparkle. Although red remains the No. 1 hue for these artful flowers, other colors include black, gold, blue, apricot and pink. A Hy-Vee florist can even paint a white-blossomed poinsettia in shades that complement your home's decor or the colors of your favorite sports team. Pot sizes range from 4 to 12 inches. Each can be customized with lights or bows. Cindy says, "We also like to add glitter to poinsettias."

fresh green

Say “happy holidays” to the neighborhood with Hy-Vee’s fresh-cut evergreens at the front door, *right*. Drape a garland or two over the doorframe, hang a bough on the door and pop fir trees or clippings into tin buckets. The rich fragrance and color bring the North Woods home.

Personalize a fresh Hy-Vee wreath to suit your style. Use painted and flocked sticks, lights and a bow. (Can’t make a pretty bow? Ask your Hy-Vee florist to help.) Or wire any of these items into a wreath: tiny toys, wrapped lollipops or candy canes, apples and oranges, walnuts painted silver or fresh flowers in water picks.



Paintsettias, 6 in. \$19.99

paintsettia color

Poinsettias are favorite plants for the holiday season, but they can be plain Janes in a fashion-forward home. Instead, add glitz and glam to holiday displays with Paintsettias. These poinsettias are painted in a range of classic, fun colors and brushed with shimmering glitter. Choose traditional colors, such as a red poinsettia topped with gold glitter or a pink variety brushed with iridescent glitter, a look called Ice Crystal. Or go for drama and ask your Hy-Vee florist for Autumn Blaze, Blue Dream, Orange Sherbet or Palm Beach. You can even get Paintsettias in colors that represent favorite sports teams: purple and gold, red and gold, yellow and black or others. Use several throughout your home. They’re also a welcome gift for family and friends.



accent on fun

Trim your house with holiday accents that make you smile. Whether it’s vintage skates with yarn pom-poms, *page 37*, or tiny felt mittens, *left*, the season is all about fun and festivity. (Make the pom-poms or mittens using the instructions and patterns online at www.hy-vee.com.)

A happy holiday centerpiece you can make yourself only takes minutes using five elements: a glass container with a slightly smaller glass container inside, hydrangeas, roses and fresh cranberries. To hold the small container in place, pour the cranberries into the large container. Fill the small container with water, cut the flower stems and arrange into a cloudlike mound.





natural beauty

Create this awe-inspiring setting in about an hour. Selecting the right ingredients—fresh Noble Fir Swags and Kissing Balls from Hy-Vee floral—makes it easy to make decorations that will stay fresh for weeks. Swags are draped on nails or removable hooks above windows and the leftover greens dress up a light fixture. Kissing Balls—spheres covered in fresh boxwood cuttings—top glass containers filled with fresh cranberries for a table that is alive with the colors and symbols of the season.

Individual Kissing Boxwood
Balls, 5 in. \$29.99 ea.



Hy-Vee Floral: At Your Service

Fresh Noble Fir Swags, Paintsettias, Kissing Balls and other holiday decorating items are available from your local Hy-Vee floral department. Many beautiful decor items will be available throughout the season. Guarantee you have the items you need for working your magic by ordering decorations in advance.

kiss the season

Kissing Balls from Hy-Vee floral come in 5-inch, 6½-inch and 8-inch sizes. Use three or more of the same size on like containers or candlesticks and march them down a mantel, sideboard or table. Use three or more varied sizes to top mixed-height candlesticks or cluster them in a large bowl. For an entryway, hang them by attaching ribbon or cord to the balls and suspend several above a doorway. Mist them routinely with water.



Babycakes Pie Pop Maker, Cake Pop Maker
or Donut Maker \$19.99

all TOGETHER now

As you prepare for the holidays, gather your family in the kitchen for a day of baking. It's a tradition that arouses our senses, satisfies our appetites and warms our hearts. Join a Hy-Vee family as they bond over baking and share advice that will help your family shape pies, cut cookies and make other tasty treats.

TEXT KIM STUART PHOTOGRAPHY TOBIN BENNETT

As the holidays approach, the irresistibly alluring scents of baking cookies, piecrusts and other treats fills Kathi Judge's kitchen with warmth and happiness. Kathi finds a way to involve everyone—and she does mean everyone. Her four daughters have helped with cooking ever since they could dry a dish. Her husband, Kenan Judge, assistant vice president of meat operations at Hy-Vee, makes sure everyone has enough pizza to keep up their baking strength. Extended family and neighbors come by to frost cookies and share in the holiday cheer.

"During the holidays, when everyone is home, it's crazy in that kitchen," Kathi says. "But it's fun. And it smells wonderful!" Even Andy, the family beagle, finds ways to make his presence known as he willingly cleans up any food that drops.

Kathi, *opposite, right*, with daughters Ellen, *center*, and Madeline, *left*, comes from a long line of bakers, and she has nurtured a similar love for cakes, cookies and pies in her children. She's become a source of sound advice about holiday baking success.

One of Kathi's foundational rules is to get organized well before baking day. Gather your recipes—those yellowed with age and beloved for years as well as some fresh and fun additions, like the recipes in the following pages. Making a list of all the necessary ingredients and stocking your refrigerator and pantry in advance gets you off to a relaxed start.

Before heading to the store, check your pantry to make sure all the ingredients needed for your recipes are fresh and up-to-date.

Baking powder, in particular, loses its effectiveness after sitting on a shelf. Test its freshness by pouring a teaspoonful into a small glass or bowl. Fill the bowl with hot water to cover the baking powder. If the powder bubbles, it's still fresh. If not, add baking powder to your shopping list.

On the morning of your baking day, consult your recipes and set out any items that need to come to room temperature. Butter, cream cheese and shortening are more easily incorporated into batters and frostings if they are softened beforehand. Take care to preheat your oven according to the recipe. Baking at an incorrect temperature yields less-than-perfect results. Careful measuring and attention to recipe details also ensures success in batch after batch.

Look for ways to include family members of all levels of experience. A young child may be put in charge of sprinkles, and older kids can handle mixing, rolling and frosting. Everyone can have the delicious responsibility to taste-test.

It's also a good idea to keep an eye out for someone who might be eager to help but less than skilled. Kathi is always happy to schedule a tutorial for her children. Daughter Ellen says, "Mom's pies are amazing. I just learned how to make her crust."

For sanity's sake, Kathi also recommends these baking-day rules:

- Clean dirty dishes as you go so you're not faced with a huge mess at the end when the treats are baked and cooling.



Bobs Candy Canes: select varieties
6 oz. \$1.29



Ghirardelli Baking Bars: select varieties
4 oz. \$2.69



Ghirardelli Baking Chips: select varieties
10 to 12 oz. \$3.49



Emerald Premium Nuts: select varieties
10 or 11 oz. \$3.49



Nabisco Oreos: select varieties
11.3 to 16.6 oz. \$3.29



Lucky Leaf Pie Filling: cherry or apple
21 oz. 2/\$5.00



\$1.00 off on purchase of
3 DecACake Decorations



- Don't sample the wares all day. "If you're making a day of it," she says, "feed the kids something other than cookies every two hours. Take breaks and refuel so people don't get tired and cranky."
- Encourage fun. Kathi is fine with her girls taking occasional breaks to chill out. Ellen says that dancing to Christmas music keeps the holiday spirit going.

If the agenda for baking day seems overly ambitious, Kathi has a last bit of advice. Free up precious holiday hours by preparing sweets in advance. Most kinds of cookies, including the Macadamia Island Drops, *page 46*, hold up beautifully in the freezer. The baked parts of Whoopie Pies, *page 47*, can be frozen, too, though the filling should be added after the outer cookies have thawed. Kathi often arranges the cookie plates and freezes. When thawed, they are assembled and ready for giving.

Your Donut, Your Way

There's more than one way to infuse donuts with extra flavors. Prepare the plain donut recipe, *opposite*, and follow the directions, *below*, to create different tastes for your tiny treats.

SPICE DROP MINI DONUTS

Prepare donut recipe, folding 1 cup quartered Hy-Vee spice drops in before putting batter into resealable plastic bag. To make spice-drop holly, roll out green spice drops with a rolling pin and cut out leaf shapes. To keep rolling pin from sticking, sprinkle drops liberally with granulated sugar as you roll them out. To create berries, quarter a red spice drop and roll the smaller pieces into balls. Decorate iced donuts with drops.

APPLE PIE MINI DONUTS WITH MAPLE-PECAN GLAZE

Prepare donut recipe, folding 1 cup chopped Hy-Vee apple pie filling in before putting batter into resealable plastic bag. For maple confectioner's glaze, omit vanilla from Confectioner's Glaze recipe, *opposite*, and add ¼ teaspoon maple flavoring. Top iced donuts with ½ cup Hy-Vee chopped pecans.

BLUEBERRY MINI DONUTS WITH LEMON GLAZE

Prepare donut recipe, folding 1 cup fresh blueberries in before putting batter into resealable plastic bag. For lemon confectioner's glaze, omit milk and vanilla from Confectioner's Glaze recipe, *opposite*, and add 3 tablespoons plus 1 teaspoon lemon juice and 1 teaspoon grated lemon zest.

BUTTERMILK DONUTS

Turn out tender, delicious buttermilk donuts with this basic recipe, or create gourmet varieties by adding fruit to the batter and flavoring to the icing. When made with Babycakes Donut Maker, treats are healthier and the process neater.

Serves 30 (1 donut each).

1 cup Hy-Vee granulated sugar

4 tablespoons Hy-Vee unsalted butter, softened

1 Hy-Vee large egg

1¾ cups Hy-Vee all-purpose flour

½ teaspoon Hy-Vee baking powder

½ teaspoon Hy-Vee baking soda

¼ teaspoon Hy-Vee salt

¾ cup buttermilk

1½ teaspoons Hy-Vee vanilla extract

Confectioner's glaze, recipe at right

DecACake nonpareils, optional

In a large mixing bowl, beat together sugar and butter until fluffy. Beat in egg. Set aside. In a small bowl, sift together flour, baking powder, baking soda and salt. Add to egg mixture and stir to combine. Add buttermilk and vanilla.

Pour batter into a resealable plastic bag.

Preheat Babycakes Donut Maker*, according to manufacturer's instructions. When the maker is heated, cut off a small corner of the plastic bag and fill each donut cup with 2 tablespoons batter. Close lid and bake for 4 to 5 minutes or until golden. Use enclosed fork to carefully remove donuts from machine. Place on a rack to cool. When cooled, ice with confectioner's glaze. Decorate with nonpareils, if desired.

*Note: To make without Babycakes Donut Maker, preheat oven to 325°F. Lightly grease a mini donut tin with cooking spray. Fill each cup ¾ full and bake for 8 to 9 minutes or until tops spring back when lightly touched. Remove donuts from the pan to a cooling rack.

CONFECTIONER'S GLAZE

2¼ cups Hy-Vee powdered sugar

2 to 3 tablespoons Hy-Vee skim milk

1 teaspoon clear vanilla extract

In a small bowl, whisk together sugar, milk and vanilla extract until sugar is dissolved and no lumps remain. Use immediately to glaze donuts. If using additional toppings, sprinkle over before glaze sets.

Nutrition facts per serving with glaze: 110 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 60 mg sodium, 22 g carbohydrates, 0 g fiber, 16 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 2% iron.



MACADAMIA ISLAND DROPS

Buttery macadamia nuts, dried tropical fruit and white chocolate chips form a winning flavor combination in these brown sugar beauties. The crisp exteriors and chewy centers are the stuff of cookie lovers' dreams.

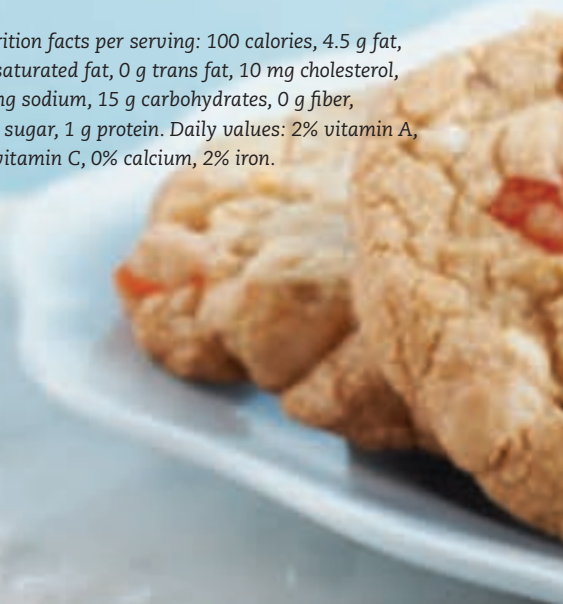


Serves 78 (1 cookie each).

- 1 cup Hy-Vee butter, softened
- 1½ cups Hy-Vee granulated sugar
- 1 cup packed Hy-Vee brown sugar
- 2 Hy-Vee large eggs, room temperature
- 1½ teaspoons Hy-Vee vanilla extract
- 3 cups Hy-Vee all-purpose flour
- 1 teaspoon Hy-Vee salt
- ½ teaspoon Hy-Vee baking soda
- 1½ cups Hy-Vee vanilla baking chips
- ½ cup coarsely chopped Hy-Vee macadamia nuts
- ⅓ cups chopped tropical dried fruit blend

Preheat oven to 350°F. In a large mixing bowl, beat butter, granulated sugar and brown sugar with electric mixer until fluffy. Add eggs, one at a time, beating after each addition. Beat in vanilla. In a medium bowl, stir together flour, salt and baking soda. Add to butter mixture and beat until well combined. Stir in vanilla chips, macadamia nuts and dried fruit. Drop by tablespoons 2 inches apart onto an ungreased baking sheet. Bake 12 to 14 minutes or until bottoms just begin to brown. Transfer cookies to cooling rack to cool.

Nutrition facts per serving: 100 calories, 4.5 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 70 mg sodium, 15 g carbohydrates, 0 g fiber, 11 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 2% iron.



Sweet Pies

The trick to making Whoopie Pies is in the filling. Sure, the chocolate cookies have to be flavorful, but it's the marshmallow crème that's in between that makes for a hit or a miss. Don't miss: Slather on some Jet-Puffed Marshmallow Crème from Kraft. It's a hit.

WHOOPIE PIES

Rich, dark chocolate cake sandwiching a creamy filling constitutes a Whoopie Pie. It's a simple but delicious American confection. Add a holiday touch with crushed peppermint candies.

Serves 20 (1 pie each).

- 2 ounces Baker's unsweetened chocolate
- 4 ounces Baker's semisweet chocolate
- 1 cup Hy-Vee unsalted butter, softened and divided
- 1 cup Hy-Vee granulated sugar
- 4 Hy-Vee large eggs
- 1½ teaspoons plus 2 tablespoons Hy-Vee vanilla extract, divided
- 1½ cups Hy-Vee all-purpose flour
- ½ teaspoon Hy-Vee baking powder
- ½ teaspoon Hy-Vee baking soda
- ¼ teaspoon Hy-Vee salt
- 1½ cups Hy-Vee mini semisweet chocolate chips
- 1 (7 ounce) container Jet-Puffed Marshmallow Crème
- 1½ cups Hy-Vee powdered sugar
- 4 drops red liquid food coloring
- 1 cup crushed peppermint candies

Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside. In a large microwave-safe bowl, combine unsweetened chocolate, semisweet chocolate and ½ cup butter. Microwave on MEDIUM heat in 30-second intervals until melted. Whisk in granulated sugar, eggs and 1½ teaspoons vanilla into the chocolate mixture until smooth.

In another bowl, sift together flour, baking powder, baking soda and salt. Add flour mixture to chocolate mixture in batches, mixing well after each addition. Fold in mini chocolate chips. Drop batter 1 rounded tablespoon at a time onto prepared baking sheet, spacing cookies 1½ inches apart. Bake until cookie tops spring back when lightly touched, about 8 to 10

minutes. Remove cookies to a cooling rack. Cool.

Meanwhile, in a medium bowl, combine marshmallow crème and remaining ½ cup butter. Mix on low for 1 minute until combined. Increase speed to medium and mix until smooth and fluffy, about 2 minutes. Add powdered sugar, remaining 2 tablespoons vanilla extract and red food coloring and beat on low until smooth and fluffy, about 3 minutes more. To fill cookies, use a pastry knife to spread 1 tablespoon marshmallow filling on the flat side of one cooled cookie. Place another cooled cookie with its flat side on the marshmallow filling to create a sandwich. Roll cookie edge over crushed peppermint candies to coat. Serve immediately.

Nutrition facts per serving: 350 calories, 18 g fat, 11 g saturated fat, 0 g trans fat, 60 mg cholesterol, 100 mg sodium, 47 g carbohydrates, 1 g fiber, 35 g sugar, 4 g protein. Daily values: 6% vitamin A, 0% vitamin C, 2% calcium, 10% iron.



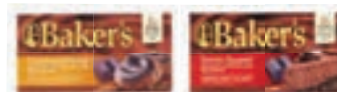
Nabisco Toasted Chips: select varieties 8.10 oz. \$2.88



Baker's Coconut 14 oz. \$2.29



Jet-Puffed Marshmallow Crème 13 oz. or Jet-Puffed Marshmallows: regular or mini 16 oz. \$1.88



Baker's Baking Bars: select varieties 4 to 8 oz. \$2.88



Kraft Philadelphia Cooking Crème: select varieties 10 oz. 2/\$5.00



Planters Peanuts: select varieties 16 or 16.5 oz. 2/\$5.00



Snackwell's or Planters Bars: select varieties 6.15 to 8.10 oz. 2/\$5.00



Oscar Mayer Deli Fresh Lunch Meats: select varieties 16 oz. \$5.49

PIE POPS

Pie pops, concealing their smidgen of sweet, fruity filling, are the perfect snack when you just want a bite or two.

Serves about 30 (1 pop each).

1 (16 ounce) package Pillsbury Refrigerated Pie Crusts (2 crusts)

$\frac{3}{4}$ cup Hy-Vee cherry pie filling

DecACake icing in white, optional

Heat Babycakes Pie Pop Maker according to manufacturer's instructions. Unroll piecrusts and using the included 2-inch round cutter, cut rounds from dough. Reroll scraps as needed. Place one mini round in each of the six indentations on the maker. Carefully place lollipop stick across crust and spoon 1 teaspoon of pie filling onto center of mini round. Place another mini round over the filling. Close the lid and cook for 4 to 5 minutes or until pie pops are browned. Carefully remove to a cooling rack. Pipe DecACake icing onto each pop, if desired.

Nutrition facts per serving: 100 calories, 4 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 80 mg sodium, 17 g carbohydrates, 0 g fiber, 10 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 2% iron.

SNOWMAN POPS

As delightful to eat as they are to make, cake pop snowmen stay moist with a double-layered coat of icing and coconut. Bring them to life with DecACake icing and candy stocking caps.

Serves about 40 (1 cake pop each).

1 (18.25 ounce) box Hy-Vee Extra Moist

Devil's Food cake mix

$1\frac{1}{2}$ cups water

$\frac{1}{2}$ cup Hy-Vee vegetable oil

3 Hy-Vee large eggs

16 ounces almond bark

1 (14 ounce) package Hy-Vee unsweetened shredded coconut*

40 Hershey's Hugs candies, unwrapped
DecACake icing in white, orange and black

Heat Babycakes Cake Pop Maker according to manufacturer's instructions. In a medium bowl, prepare cake mix according to package instructions using cake mix, water, oil and eggs. Place batter in a resealable plastic bag. Cut off a corner of the bag and fill each indentation in the maker with 1 tablespoon batter. Close the lid and cook for 4 to 6 minutes or until tops spring back when lightly touched. Use the enclosed fork to carefully remove to a cooling rack. Once cooled, skewer two cake balls on the end of a lollipop stick. Repeat until all cake balls are skewered. Set aside.

In a microwave-safe bowl, working in batches, heat almond bark in 30-second intervals on HIGH until melted, stirring well. Do not overheat. Working in batches, dip cake pops in almond bark, coating surface; allow any excess to drip off. Dip coated cake pops in coconut, covering almond bark coating completely. Use included rack or a block of foam to hold pops upright and place in refrigerator to chill.

To decorate, adhere Hershey's Hug to top with a small amount of melted almond bark. Use prepared icing to pipe on hat fringe and face.

**Test Kitchen Tip: Pulse shredded coconut in food processor for finer flaked coconut.*

Nutrition facts per serving: 210 calories, 12 g fat, 8 g saturated fat, 0 g trans fat, 15 mg cholesterol, 130 mg sodium, 25 g carbohydrates, 1 g fiber, 19 g sugar, 2 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 2% iron.



Irresistible

Bring the bakery into your kitchen this holiday season and beyond. Bake irresistible donuts, pie pops and cake pops in minutes with Babycakes products, available at Hy-Vee. Easy recipes and cleanup make these the year's must-have new kitchen tools for pastry lovers.

Babycakes Pie Pop Maker, Cake Pop Maker or Donut Maker \$19.99





JAM SANDWICH COOKIES

Scrumptious shortbread squares are joined with glossy strawberry filling—or your choice of fruit preserves—to make pastry-like cookies. Roll dough to $\frac{1}{8}$ -inch thickness (or even a little thinner) to achieve a delicate texture.

Serves 30 (1 cookie each).

$2\frac{3}{4}$ cups Hy-Vee all-purpose flour

$\frac{3}{4}$ cup superfine sugar

$\frac{1}{2}$ teaspoon Hy-Vee salt

1 cup Hy-Vee unsalted butter, softened

2 heaping tablespoons Hy-Vee cream cheese, softened

$2\frac{1}{2}$ teaspoons Hy-Vee vanilla extract

1 (12 ounce) jar Hy-Vee fruit preserves

In a large bowl, stir together flour, sugar and salt. With electric mixer, beat in the butter one stick at a time. Beat in cream cheese and vanilla until dough begins to form a ball. Knead dough in the bowl a few times. Divide dough in half; form each half into a flat 4-inch disc. Cover in plastic wrap

and chill in refrigerator for 20 to 30 minutes to make rolling easier.

Roll one disc of dough between two sheets of parchment paper to a $\frac{1}{8}$ -inch thickness. Repeat with remaining dough. Place rolled-out dough sheets with paper in refrigerator for about 10 minutes.

Preheat oven to 350°F. Remove one sheet of dough from refrigerator. Remove paper; cut out squares with a cookie cutter. Make half of the squares decorative by cutting a smaller shape from the center for jam to show through when assembled.

Arrange squares on ungreased cookie sheets. Repeat with remaining dough. Bake for 10 to 11 minutes or until bottoms are just golden.

Cool cookies on baking sheet for 1 minute. Transfer to a wire rack to cool completely.

In a small saucepan, simmer preserves over medium-low heat, stirring often, about 10 minutes or until slightly thickened and reduced to 1 cup. Cool for 10 minutes before filling cookies.

Spoon a small amount of preserves onto each solid square, spreading almost to edges. Place a square with a cutout on top. Detailed cutouts on assembled cookies may need additional preserves applied with a tiny spoon or toothpick to fill in small spaces.

Nutrition facts per serving: 130 calories, 7 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 45 mg sodium, 18 g carbohydrates, 0 g fiber, 9 g sugar, 1 g protein. Daily values: 4% vitamin A, 8% vitamin C, 0% calcium, 4% iron.

Peanut Butter S'mores? Go ahead and get gooey

GOOEY PEANUT BUTTER S'MORE BROWNIES

Serves 24.

Prep Time: 15 minutes Cook Time: 30 minutes

1 box (19.8 oz.) brownie mix
1 jar (7½ oz.) marshmallow crème
1 cup prepared creamy chocolate frosting
1 cup Skippy® Creamy Peanut Butter

1. Prepare, bake and cool brownie mix according to package directions for 13x9-inch baking pan.

2. Evenly drop marshmallow crème onto cooled brownies with spoon.

3. Microwave frosting in small microwave-safe bowl on HIGH 30 seconds or until melted and smooth. Repeat with Skippy® Creamy Peanut Butter.

4. Pour melted frosting, then melted peanut butter, over marshmallow crème and swirl with butter knife to marble. Let cool completely on wire rack. To serve, cut into squares.



Bertolli 15 to 24 oz. or Ragù Pasta Sauce: select varieties 45 oz. 2/\$5.00



Bertolli Frozen Meal Starters: select varieties 26 to 27.5 oz. \$8.99



Hellmann's Mayonnaise: select varieties 22 or 30 oz. \$4.49



Knorr Homestyle Stock: beef or chicken 4 pk. \$2.99



Lipton Specialty Teas: select varieties 12 to 20 ct. 2/\$4.00



P.F. Chang's, Bertolli Dinners or Soups: select varieties 22 or 24 oz. \$6.99



Shedd's Spread Country Crock, Brummel & Brown, Promise or I Can't Believe It's Not Butter: select varieties 8 to 16 oz. 2/\$5.00



Breyers Ice Cream: select varieties 48 oz. \$3.99

Every Kid Loves PIE

The holidays come with some pretty tough questions. "Mom, can I have another piece of pie?" The answer is easy if you have Bakery Fresh Homestyle Pie from Hy-Vee on hand and ready to serve.

PHOTOGRAPHY ANDY LYONS



This is the season for warm pie and big smiles. The rich taste of a light, buttery crust combined with a favorite filling is magic. It takes you back to childhood when you just couldn't wait to sample a slice of Grandma's heavenly creation. Busy moms and grandmothers can still serve up a slice of homemade goodness with homestyle pie from the Hy-Vee bakery, baked fresh daily.

Sweet Southern-style pecan pie is just a hint of what's awaiting you at Hy-Vee bakeries. Among your choices are eight homestyle fruit pies. Bursting with homemade goodness, every bite

comes up with mounds of juicy, fresh fruit. No skimping here. This is pie the way it's supposed to taste. Don Wilkens, a Hy-Vee bakery regional supervisor, says, "The primary ingredients are whole fruits that are baked in their own natural juices. And the dough for crusts is made in small batch sizes so the piecrust is always light and flaky." Baked fresh daily, these are 10-inch pies. Halves and quarters are also available. The pies don't need refrigeration and are best eaten within a day or two of purchase. Of course, you'll need no urging to enjoy a second or even a third piece.

A rich blend of brown sugar, syrup, eggs
and pecans gives this *sweet custard pie*
its traditional southern flavor.
An old-fashioned favorite.

Homestyle Pecan Pie 10-inch \$9.99



Cranberries

The cranberry harvest is in full swing. This is when deep red berries are seen floating atop misty bogs flooded with water. Workers wade in, corralling berries and scooping up the best. This tangy fruit puts color on your holiday table while giving you the gift of better health.

TEXT JENNIFER RUISCH PHOTOGRAPHY ANDY LYONS

Round and oh-so-red cranberries have a taste that matches their appearance. Bursting with tangy and tart flavors, their zing grabs attention in ways sweeter blue or purple berries can't match.

Bold and intense, cranberries have a friendly zip that awakens such holiday dishes as turkey, dressing, sweet potatoes and wild rice. All these smoother, earthier tastes become richer and more satisfying when cranberries are added into recipes.

So when you sit down to plan your holiday menu this year, don't limit cranberries by serving them only in a sauce. Let the versatile fruit add flavor to every dish on the table, from turkey to stuffing to pie.

Try the recipe for Triple Cranberry Relish, *page 58*, which will invigorate the flavors of your traditional roast bird. Spoon relish onto the meat and mix it into the stuffing, where it acts like a salsa, adding a new flavor while strengthening others. Or prepare a cranberry chutney or cranberry vinaigrette salad dressing.

Bake our Cranberry Upside-Down Cake, *page 59*. With their tangy taste, cranberries replace pineapple in the classic upside-down cake recipe. The cranberry version of the cake has a comfort-food, melt-in-your-mouth quality that's silky smooth.

To put another layer of taste into meals, include cranberry relish or sauce in your sweet potato casserole or toss dried cranberries over steamed green beans. When it's time for something baked, let cranberry sauce work its wonders with zucchini and pumpkin breads. For an out-of-the-ordinary dessert, add sauce to baked apples. When it's time for a coffee or tea break, relax with Cranberry-Orange Scones, *page 57*.

THE AUTUMN HARVEST

Cranberries are one of the rare fruits native to North America (others include blueberries and Concord grapes). Native Americans

were the first to take advantage of cranberries, using the rich-colored skin to dye rugs and blankets and preserve deer meat for winter. Many believe that early colonists in America called the fruit "crane berries" because the blossoms that appear on vines each resemble the head and bill of a crane.

Today cranberries are grown along vines in soft, marshy wetlands—or bogs—found mostly in the Northeast, but also in Wisconsin and the Pacific Northwest. U.S. farmers harvest approximately 47,000 acres of cranberries every year. Most growers wet-harvest their berries. To do this they pump up to 18 inches of water into a cranberry bog and use water reels to loosen the berries from their vines. Because each berry has a tiny air bubble inside, they immediately float to the surface where workers wading through the water can easily corral them with booms.

A SUPER FOOD FOR HEALTH

Cranberries have long been known for their high levels of vitamin C and ability to help prevent urinary tract infections, but more recently the fruit has become a major weapon in the fight against cancer. "Cranberries offer a lot of the antioxidants we need from our diets," says Kylene Etzel, dietitian at the Hy-Vee in Lawrence, Kansas. "These protect our bodies from harmful things we're exposed to on a daily basis."

Cornell University researchers tested cranberry extract on breast cancer cells. After giving the cells small doses of extract over four hours, they noticed some of the cancer cells started to die. Researchers from the University of Massachusetts-Dartmouth found similar effects when studying human lung, colon and leukemia cancer cells. Apparently the proanthocyanidins (PACs) found in cranberries are capable of inhibiting cancer cell growth and stopping the cells from replicating.





Cranberries also offer an incredible cardiovascular benefit—fighting the chronic inflammation that puts so many people at risk for heart disease.

There's good reason for those with cholesterol problems to increase their consumption, too. Cranberries have been shown to decrease the risk of high blood pressure while lowering LDL cholesterol (bad cholesterol) and increasing HDL cholesterol (good cholesterol). "The cranberry's color comes from a flavonoid that helps lower LDL and reduces the risk of both heart disease and stroke," says Kylene. One antioxidant found in cranberries—quercetin—may even reduce the risk for Alzheimer's disease.

THE BEST CHOICE


Cranberries are available fresh, dried or as a sauce, juice or supplement. If you aren't purchasing fresh, the first rule is to watch out for cranberries loaded with extra sugar. "Dried cranberries have often been sweetened," Kylene says. She recommends the dried fruit without added sugar.

"And because cranberries are so tart, a lot of sugar is often added to the juice," Kylene says. In addition to unnecessary sugar, juicing the berry eliminates the bulk of its phytonutrients and strips its fiber. "If you prefer cranberry juices, look for ones blended with stevia or another 100 percent fruit juice for a healthier option," she says.

TIPS FOR BUYING

How can you tell a good fresh cranberry from a bad one? The ripe fruit has a deep, lustrous red color. It should be plump and firm. And it should bounce—seriously. Most farms that harvest cranberries use a machine that vibrates the fruit. The ones that don't bounce high enough are discarded because they're not ripe enough to eat.

You'll find fresh cranberries in the produce section at Hy-Vee from September to December. Fresh cranberries keep in the refrigerator for up to four weeks. Frozen, they keep for up to a year.



Cranberries should be
shiny and plump,
from light to dark red in color.
They bounce when ripe.

CRANBERRY-ORANGE SCONES

You'll enjoy the crisp sugar crust of this tender scone. Orange and cranberry are natural complements and pair well with tea or a latte.

Serves 9 (1 scone each).

2¾ cups Hy-Vee all-purpose flour
½ cup plus 3 tablespoons Hy-Vee granulated sugar, divided
1 tablespoon Hy-Vee baking powder
½ teaspoon Hy-Vee salt
6 tablespoons cold Hy-Vee unsalted butter, cut into bits
2 tablespoons freshly grated orange zest (from 2 medium oranges)
2 tablespoons freshly squeezed orange juice

1 teaspoon minced fresh ginger
2 cups cranberries, fresh or thawed from frozen
1 Hy-Vee large egg
1 large egg yolk
½ cup heavy whipping cream

Preheat oven to 400°F. Line a large baking sheet with parchment paper; set aside.

In a food processor, pulse flour, ½ cup sugar, baking powder, salt, butter, zest, orange juice and ginger until mixture resembles coarse meal. Transfer mixture to a large bowl. In a small bowl, toss together cranberries and 2 tablespoons sugar. Stir into flour mixture. In another small bowl, lightly beat whole egg

and egg yolk; stir in cream. Add egg mixture to flour and cranberry mixture and stir until just combined. Dough will be very crumbly. On a well-floured surface with floured hands, pat dough into a 9-inch square. With a long knife dipped in flour, cut dough into 3-inch squares. Arrange squares 1 inch apart on baking sheet. Sprinkle with remaining 1 tablespoon granulated sugar. Bake for 25 to 30 minutes or until light golden.

Nutrition facts per serving: 340 calories, 14 g fat, 8 g saturated fat, 0 g trans fat, 80 mg cholesterol, 330 mg sodium, 49 g carbohydrates, 2 g fiber, 17 g sugar, 5 g protein. Daily values: 10% vitamin A, 10% vitamin C, 6% calcium, 10% iron.



TRIPLE CRANBERRY RELISH

The blend of dried and fresh cranberries creates a pleasing texture. This relish holds its own with turkey and won't melt into the bird the way canned sauces do.

Serves 10 ($\frac{1}{2}$ cup each).

1 cup frozen cranberry juice concentrate, thawed

$\frac{3}{4}$ cup Hy-Vee granulated sugar

2 (10 ounces each) packages fresh or frozen cranberries

2 cups Hy-Vee dried cranberries

6 tablespoons Hy-Vee orange marmalade

$\frac{1}{2}$ teaspoon ground allspice

$\frac{1}{2}$ teaspoon Hy-Vee ground cloves

$\frac{1}{4}$ teaspoon Hy-Vee ground nutmeg

In a medium saucepan, combine cranberry juice concentrate and sugar. Bring to a boil, stirring until sugar dissolves. Add the fresh or frozen and dried cranberries. Cook until the dried berries soften and the fresh or frozen berries begin to burst, about 6 to 8 minutes. Remove from heat and stir in orange marmalade, allspice, cloves and nutmeg. Cool completely. Cover and refrigerate until cold.

Nutrition facts per serving: 170 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 42 g carbohydrates, 3 g fiber, 35 g sugar, 0 g protein. Daily values: 0% vitamin A, 40% vitamin C, 2% calcium, 2% iron.



Melissa's Dried Cranberries
3 oz. 2/\$5.00

CRANBERRY UPSIDE-DOWN CAKE

The vote was unanimous: This cake is AMAZING. It almost melts in your mouth and the flavor is big and fruity.

Serves 8 (1 slice each).

Topping:

4 tablespoons Hy-Vee unsalted butter
½ cup Hy-Vee granulated sugar
2 tablespoons Hy-Vee red plum jelly
2¾ cups cranberries, fresh or thawed from frozen

Cake:

1½ cups Hy-Vee all-purpose flour
1 teaspoon Hy-Vee baking powder
¼ teaspoon Hy-Vee salt
½ cup Hy-Vee unsalted butter, softened
1 cup Hy-Vee granulated sugar
1 teaspoon Hy-Vee vanilla extract
2 Hy-Vee large eggs, separated
½ cup heavy whipping cream
¼ teaspoon cream of tartar

Set oven rack to middle position and preheat oven to 350°F. Grease and flour a 9-inch round cake pan. Line the bottom with a 9-inch parchment paper round and spray with nonstick cooking spray. Set aside.

For the topping, in a medium saucepan, melt butter over medium heat. Add sugar, jelly and cranberries. Cook until cranberries are just softened, about 3 minutes. Strain cranberries over a bowl, reserving liquid. Return liquid to saucepan and simmer over medium-low heat until thickened. Set aside to cool. In prepared pan, arrange strained cranberries in a single layer. Pour ½ cup of the thickened liquid over the cranberries, discarding any remaining. Refrigerate while preparing remainder of cake.

For the cake, in a medium bowl, sift together flour, baking powder and salt; set aside. In a large mixing bowl, beat butter and sugar until fluffy. Add vanilla. Add egg yolks, one at a time, beating well after each addition.

Alternately add the flour mixture and heavy cream, beating on low speed after each addition just until combined.

In a small mixing bowl, beat the egg whites and cream of tartar until stiff peaks form. Gently fold egg whites into the prepared cake batter. Gently spoon batter over chilled cranberries in pan, smoothing the top. Bake 45 to 50 minutes or until the top of the cake is browned and the center springs back. Cool on a wire rack for 10 minutes. Run a paring knife around the edge of the pan and invert the cake onto a serving plate. Discard parchment paper. Cool before serving.

Nutrition facts per serving: 480 calories, 24 g fat, 15 g saturated fat, 0.5 g trans fat, 115 mg cholesterol, 160 mg sodium, 64 g carbohydrates, 2 g fiber, 41 g sugar, 5 g protein. Daily values: 15% vitamin A, 8% vitamin C, 6% calcium, 8% iron.







stocking up on joy

Make this year's night before Christmas a grand event as you hang handmade stockings by the chimney with care. Add fresh, lively color and design to your decor by crafting new stockings.

PHOTOGRAPHY TOBIN BENNETT

In centuries past, it was enough to awaken on Christmas morning to discover a stocking bulging with such humble, sweet treats as apples and oranges. Today, most stocking hangers expect tiny gifts that divert and amuse, but the idea is the same. Everyone wants a memorable holiday and no one wants a proverbial lump of coal.

Legend tells of the first stockings hung by a fire. It was during the third century when St. Nicholas roamed a distant country using his inheritance to help the needy. There he found three young women living with their widowed father, a nobleman who'd hit hard times. They'd lost the castle, downsizing to a tiny house. When they did their wash, stockings would be dried at the fireplace mantel.

To gain well-heeled suitors, the women realized beauty was not enough. They needed dowries—but dad was broke. All seemed lost until a night when St. Nicholas dropped a bag of gold coins (some say a bag of gold balls, thus inspiring oranges to become a stocking stuffer) down the chimney into each woman's stocking. The gold dowries paid, the three sisters married their beaux and everyone lived happily ever after.

The legend grew into the seasonal tradition of hanging stockings in the hope that St. Nick will soon arrive via the chimney.

To attract the jolly holiday gift-giver to your home, discover in the pages ahead some fresh ideas for crafting joyful stockings. There are also ideas for small, stocking-size gifts.



never fails

Looking for a special gift for a sports-loving brother, a twenty-something niece or parents who have everything? Sometimes the most thoughtful solution is the gift of choice. At Hy-Vee, you'll find gift cards for purchasing music, meals, movie admissions, spa services and more. Pick up a Hy-Vee gift card that can be prepaid to any amount you choose or purchase \$10 to \$100 preset cards. Wrap your card nicely in a small box, tuck into a stocking and watch for smiles as gifts are opened.



bite-size fun

Salty and sweet, these homemade candies taste like you toiled for hours. But they're deceptively easy. All you need are a bag of Rolo chocolates, Rold Gold pretzels, a few nuts and a few minutes.

Rolo: select varieties 12 oz. pkg. \$3.77

Frito-Lay Rold Gold or Munchies: select varieties 7 to 16 oz. \$2.88

Hy-Vee Pecan Halves 10 oz. \$6.99

ROLO PRETZEL DELIGHTS

INGREDIENTS:

Small pretzels

ROLO Chewy Caramels in Milk Chocolate
Pecan halves

Heat oven to 350°F. Line cookie sheet with parchment paper or foil. Place one pretzel for each pretzel treat desired on prepared sheet. Top each pretzel with one ROLO Chewy Caramel in Milk Chocolate. Bake 3 to 5 minutes or until caramel piece begins to soften but not melt. Remove from oven; top with either pecan half or additional pretzel. Cool completely.



bits & pieces

Get together with a group of craft-loving friends for a few stolen hours of girl-time. Ask them to bring fun fabrics and assorted decorative items to create holiday stockings. Cut patterns using newspapers or paper grocery bags, being sure to leave a 1/2-inch seam allowance. Pin a pattern to fabric, cut it out and sew together. Use the following tools and embellishments to create a unique look:

- Beads
- Buttons
- Costume jewelry
- Craft glue
- Embroidery thread
- Fabric: faux fur, felt, velveteen, etc.
- Fabric glitter
- Fabric paints
- Faux gems
- Hot-glue gun
- Mini sewing machine
- Needles
- Paintbrushes
- Pearls
- Pom-poms
- Scissors: decorative and straight
- Stencils
- Trims: ribbon, rick-rack, fringe, etc.
- Yarn

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Please your sweet tooth this season by glorying in the lavish, rich tastes of Dove Chocolate. Special holiday- and winter-themed bits of delight add a festive touch.

delicate dove





stuff for stockings

Make stocking stuffers more memorable by choosing a favorite theme, hobby or interest of the receiver. Gifts that appeal to the senses are attention grabbers. Here are a few stuffer ideas you can find at your local Hy-Vee:

Chocolate lovers: Mini chocolates, chocolate-covered nuts, candy bars, gourmet hot cocoa packets

Eco-lovers: Organic hand lotion, organic soaps, organic fruit snacks and bars, reusable grocery bag

Bakers: Silicone tools, mini cupcake liners, mini chips, small decorator frosting tubes, fun kitchen timer

Babies: Teething ring, sippy cup, little boxes of cereal, spoon and dish set, small toys, baby-friendly DVD

Kids: Stickers, stamps and stamp pads, colored paper, markers, tape, stencils, crayons, kid-friendly scissors

Coffee drinkers: Specialty coffees, mug, Caribou Coffee or Starbucks gift card, biscotti, chocolate coffee beans

Travelers: Travel magazine, iTunes gift card, travel-size personal items, LED flashlight and batteries, travel alarm

Men: Shoe-shine products, car emergency kit, Cabella's gift card, personal-care kit with tweezers and clippers

Cooks: Gourmet finishing salts, aged balsamic vinegar, small cooking tools, Hy-Vee gift cards

Athletes: Energy bars, health magazines, bath salts, muscle-warming rubs, disposable ice packs, trail mix

Glamour Girls: Spa bath salts, facial mask, fashion magazine, Spa Finder gift card, nail-care kit

Special Guy: Shower scrub, aftershave, fragrance, body lotion, restaurant gift card

Pet: Special treats, collar, toys, brush, shampoo

Stuffers Everyone Loves

- **Clementines:** *Little oranges recall early Christmas gift-giving.*
- **Cheese:** *Choose from string cheese, mini Babybel and other snack cheeses.*
- **Postage stamps:** *Pick stamps from colorful collections.*
- **Mini camera:** *Get a nice shot of Uncle Ed and his new tie.*
- **Hollywood:** *Pick a classic movie or something from a favorite genre.*

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bowled over

Fido's going to be a happy dog when he sees his image on his bowl. Individualize such items as Christmas ornaments, mugs and T-shirts at the Hy-Vee Online Photo Center. You can also create photo books or have prints made from your digital shots. Take advantage of this fast, convenient photo service, plus weekly and monthly specials at www.hy-vee.com.





Bounty 8 Giant Rolls \$10.99



Puffs Facial Tissue: select varieties
88, 124, 132 or 200 ct. 2/\$4.00



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Scope Mouthwash: select varieties
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Febreze Set & Refresh or Air Effects:
select varieties
5.5 ml. or 9.7 oz. 2/\$5.00



Febreze Noticeables: select varieties
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Iams Dog Food: select varieties 15.5 or 17.5 lbs. \$17.98

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Sausage: select varieties 13.5 to 16 oz.
\$2.99



Sara Lee Honey Wheat Bread
20 oz. \$1.98



Sara Lee English Muffins: select varieties
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Sara Lee Deluxe Bagels: select varieties
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good morning!

Start your day with a hot and delicious Jimmy Dean® Biscuit breakfast sandwich. It's packed with flavor and plenty of nutrition. Go ahead and drink a tall glass of orange juice, too. Each biscuit comes with egg and cheese, plus a choice of bacon or sausage. The sandwiches are microwave-ready in moments. Find these Jimmy Dean products in the freezer at your local Hy-Vee store.



Jimmy Dean Breakfast Sandwiches
or Skillets: select varieties
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Hosting a fabulous meal can be as easy as a trip to Hy-Vee! Get delicious sides, drinks and desserts that can make your holiday table shine ... without a lot of extra effort!



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Warm them up with a chocolaty cup of hot cocoa.



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Get homemade flavor in record time when you pick up a pie from Marie Callender's®. Whether it's classic apple or decadent chocolate silk, you'll get a dessert that pleases the crowd ... and keeps your kitchen time to a minimum.



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RO*TEL Tomatoes: select varieties 10 oz. \$1.18



Swiss Miss Cocoa: select varieties 10 ct. 4/\$5.00

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Crackers 4 to 16 oz.
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nice crunch

Cheese has found a snappy partner in Keebler Town House Crackers or Keebler Toasteds Crackers. Offering tastes that include salty, buttery smooth and earthy wheat, these crackers complement cheeses and meats with crunch and flavor.



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Some restrictions may apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.

Next Issue



HEALTH

This is the time to make eating right a key part of your healthy lifestyle. Look to *Hy-Vee Seasons Health 2012* for advice on nutritious foods and the easiest ways to prepare them. Treating your body right doesn't have to be complicated.

Hy-Vee is ready to help make this your best year. Look for *Hy-Vee Seasons Health 2012* in stores on January 4 or sign up for home delivery at www.hy-vee.com/seasons.



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