

DESIGNED TO INSPIRE

food + recipes + conscious living + lifestyle tips

column and photography by **Sandra Yearms Joblonicky**

Welcome to *Designed to Inspire!* A new column featuring healthy recipes, lifestyle tips, conscious living reminders, 'things' trending and farmers market insights. As a Raw Culinary Arts Chef & Instructor, I will include delicious raw (plant based) recipes, not heated above 118°, and food ideas for the gluten and lactose/dairy intolerant.

Because November brings a focus to the Smells & Flavors Of Thanksgiving... and to help you experience a positively zen holiday...here's a Mini Feast Plan for a **make-ahead Wednesday...with a relaxed heat-and-eat Thanksgiving Thursday!**



Tablescape As Da Vinci stated ..."simplicity is the ultimate sophistication." Keep in mind as you purchase large or small bouquets of herbs, greens or flowers to grace your table. Flickering candles add warmth to the room.

Side Dishes Provide A Rainbow of Color

+ Mashed Potatoes topped with butter pat, paprika, minced fresh parsley; in that order.

+ 4-6 Korean Yams, same size, baked in skins, 400°, 50 - 60 minutes. Slit each end to end. Spoon down each center a mix of butter, lime juice, raw coconut nectar, chopped walnuts, all carmelized on the stovetop in small pan.

+ Fresh Cranberries brighten your recipe by adding fresh OJ and zest, a pour of orange liqueur, chopped apples and walnuts. Chill in serving dish.

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Comments and Requests

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Thanksgiving Time Table

Monday beat the crowds; prepare shop list; 'get to market' before the crazies.

Tuesday set up your buffet and tablescape.

Wednesday prepare chicken and sides including yam topping.

Thanksgiving bake yams, warm food, serve, enjoy!

1-Pot Chicken with Bisque Gravy

Serves 4-6

300° preheated oven – in covered Dutch oven

TIP Prepare food in oven-to-table service ware to save on extra dishes and clean-up time.

TIP evoo: extra virgin olive oil.

TIP *Mise en Place* – French phrase "everything in place." Read recipe! Confirm availability of all required ingredients, tools and equipment.

Ingredients + Preparation

1. 4-5 lbs hormone and antibiotic free chicken pieces; broilers, fryers or roasters.
2. Rub chicken parts with Himalayan salt, white pepper; dredge in organic cornstarch.
3. In Dutch oven heat equal parts evoo and unsalted butter. Brown all chicken parts over medium heat, remove from pot and set aside.
4. Add more evoo to pan along with 1-2 quartered onions, 4 whole scallions ends trimmed, 1 celery stalk leaves on, 3 carrots quartered, 4 fresh orange slices sprinkled with dehydrated cane juice. Stir ingredients until browned.
5. To browned ingredients, add 1 cup moscato wine, 4 cups organic chicken broth and bring to a boil. Place chicken back in pot and return to a boil. Add a handful of fresh parsley on the stem, sprigs of fresh rosemary and thyme.
6. Cover pot, bake until internal chicken temp registers 165° in thickest part. Bake 1½-2 hours. Check pot in 30 minutes, chicken needs to simmer. If boiling, reduce temp to 250° or 275°.
7. **Bisque Style Gravy** When finished baking remove chicken and discard herbs and orange rind. Blend remaining liquid with immersion or counter top blender and return to pot. Stir in 2 tablespoons butter. Add chicken, cool and refrigerate. Thanksgiving Day: heat, adjust seasonings, garnish with fresh thyme sprigs. *Bon Appétit!*