



CELEBRATE THE SEASON

WITH RISING TIDE



THE MENU

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GATHER AT THE TABLE

THE HOLIDAY SEASON IS UPON US AND THERE IS NO BETTER TIME THAN NOW TO START PLANNING. WONDERING ABOUT HOW MUCH FOOD TO MAKE OR BUY? HERE ARE SOME GENERAL GUIDELINES THAT WILL HELP YOU PLAN THE IDEAL AMOUNT OF FOOD.

ITEM	PER PERSON	GROUP OF TEN
SNACKS / APPETIZERS	2-4 ounces	2 - 3 pounds
POTATOES	1/3 to 1/2 pound	4 pounds
VEGETABLES	1/4 to 1/3 pound	2 1/2 pounds
STUFFING	1/3 to 1/2 pound	4 pounds
GRAVIES AND SAUCES	1/4 cup	2 - 3 cups
TURKEY (WHOLE)	1 to 1 1/2 pounds	10 - 15 pounds
ENTREES	1/2 to 3/4 pound	5 - 7 pounds
PIE / CAKE	1 slice	2 9-inch pies
ICE CREAM	1/2 cup	1/2 gallon
COOKIES / BARS	2	20 total

THAWING YOUR TURKEY

WE ALL KNOW THAT THAWING THE TURKEY CAN BE A VERY DAUNTING TASK. WE HAVE INCLUDED AN EASY GUIDE TO ENSURE YOUR TURKEY IS READY TO GO FOR THE BIG DAY.

TURKEY SIZE	REFFRIGERATOR	COLD WATER
4 to 2 pounds	1 to 3 days	2 to 6 hours
12 to 6 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

THAWING IN THE REFRIGERATOR: KEEP THE TURKEY IN ITS ORIGINAL WRAPPER. PLACE IT ON A TRAY OR IN A PAN TO CATCH ANY JUICES THAT MAY LEAK. A THAWED TURKEY CAN REMAIN IN THE REFRIGERATOR FOR 1 TO 2 DAYS. IF NECESSARY, A TURKEY THAT HAS BEEN PROPERLY THAWED IN THE REFRIGERATOR MAY BE REFROZEN.

THAWING WITH COLD WATER: WRAP YOUR TURKEY SECURELY, MAKING SURE THE WATER IS NOT ABLE TO LEAK THROUGH THE WRAPPING. SUBMERGE YOUR WRAPPED TURKEY IN COLD WATER. CHANGE THE WATER EVERY 30 MINUTES. COOK THE TURKEY IMMEDIATELY AFTER IT IS THAWED. DO NOT REFREEZE.

**GRAB A CATERING MENU AT THE REGISTER
TO HAVE RISING TIDE HELP WITH YOUR
THANKSGIVING!**

**ORDER YOUR TURKEY AT THE REGISTER
WHILE SUPPLIES LAST.**



KALE MASHED POTATOES

GLUTEN-FREE; VEGETARIAN; 40 MINUTES; SERVES 4-6

3 lb : RUSSET POTATOES, PEELED
AND CUBED

1 : BUNCH KALE, STEMMED AND
CHOPPED

6 tbs : UNSALTED BUTTER,
SOFTENED

4 oz : ORGANIC VALLEY
SOUR CREAM **SALE \$3.49**

2/3 cup : HEAVY CREAM

1 tbs : GARLIC, MINCED

2 tsp : SEA SALT

1 tsp : BLACK PEPPER, GROUND

1 : SCALLIONS, THINLY SLICED

A FEW SPRINGS ITALIAN
FLAT-LEAF PARSLEY

1. PLACE POTATOES IN A LARGE POT AND COVER WITH WATER. BRING TO A BOIL AND COOK UNTIL JUST TENDER.
2. PLACE CHOPPED KALE IN A COLANDER THEN DRAIN POTATOES OVER KALE TO WILT.
3. IN A LARGE BOWL, MASH POTATOES COMPLETELY WITH BUTTER, THEN STIR IN REMAINING INGREDIENTS.
4. GARNISH WITH PARSLEY.

ROASTED SQUASH SOUP

GLUTEN-FREE; 40 MINUTES; SERVES 6

- | | | | |
|---------|---|---------|---|
| 3 lb | WINTER SQUASH, HALVED AND SEEDED | 1 | BAY LEAF |
| 1 | LARGE LEEK, CLEANED, HALVED, AND THINLY SLICED | 3 | FRESH THYME SPRIGS |
| 1/4 cup | NAPA VALLEY NATURALS OLIVE OIL SALE \$9.99 | 1/4 tsp | FRESHLY GRATED FRONTIER NUTMEG SALE \$7.99 |
| 2 | LARGE GARLIC CLOVES, MINCED | | SEA SALT AND BLACK PEPPER TO TASTE |
| 4 cups | PACIFIC CHICKEN STOCK SALE \$3.49 | | |

1. PLACE PREPARED SQUASH ON AN OILED BAKING SHEET AND BAKE IN A 350° F OVEN UNTIL KNIFE TENDER. REMOVE AND COOL.
2. MEANWHILE, SAUTÉ LEEKS IN OIL IN A SOUP POT OVER MEDIUM-LOW HEAT UNTIL TENDER, ABOUT 2 MINUTES. ADD GARLIC AND COOK FOR A MINUTE. ADD STOCK AND HERBS.
3. BRING TO A GENTLE SIMMER AND COOK FOR 5 MINUTES. DISCARD BAY LEAF AND THYME SPRIGS.
4. SCOOP OUT SQUASH AND ADD TO POT. PUREE WITH AN IMMERSION BLENDER UNTIL SMOOTH.
5. ADD SALT AND PEPPER TO TASTE.





ARTICHOKE SPINACH DIP

GLUTEN-FREE; VEGETARIAN; 15 MINUTES; SERVES 6-8

5 oz FRESH SPINACH (ABOUT 10 CUPS LOOSELY PACKED), STEMMED AND CHOPPED ROUGHLY

16 oz NEUFCHÂTEL, SOFTENED

1/2 cup ORGANIC VALLEY SOUR CREAM **SALE \$3.49**

1/2 cup MAYONNAISE

2 LARGE GARLIC CLOVES, MINCED

1/2 tsp SEA SALT

1/2 tsp BLACK PEPPER, GROUND

14 oz CAN ARTICHOKE, DRAINED AND CHOPPED

1. HEAT SPINACH IN A MEDIUM SIZE PAN WITH 1/3 CUP WATER AND STIR UNTIL WILTED. REMOVE FROM PAN AND DRAIN, SQUEEZING OUT AS MUCH WATER AS POSSIBLE.
2. COMBINE NEUFCHÂTEL, SOUR CREAM, MAYONNAISE, GARLIC, SALT, AND PEPPER UNTIL SMOOTH.
3. FOLD IN SPINACH AND ARTICHOKE.
4. SERVE WITH FRESH CUT VEGETABLES AND CRACKERS.

GRATINÉED ARTICHOKE DIP: FOLD IN 1/2 CUP SHREDDED PARMESAN WITH THE SPINACH AND ARTICHOKE, AND PLACE IN AN OVEN PROOF DISH. TOP WITH 1 CUP GRATED MOZZARELLA CHEESE. BAKE UNDER YOUR BROILER SET ON HIGH, ABOUT 3-8 MINUTES, UNTIL THE TOP OF THE DIP IS GOLDEN.



MAKING THE PERFECT CHARCUTERIE BOARD

MIX AND MATCH YOUR FAVORITES BY SELECTING ITEMS FROM THE CATEGORIES BELOW. VARY THE FLAVORS AND TEXTURES IN EACH CATEGORY FOR GOOD BALANCE.

MEATS: SALAMI, SOPPRESSATA, PROSCIUTTO, PÂTÉ, SAUSAGE, AND VEGAN MUSHROOM OR WALNUT PÂTÉS

CHEESE: BRIE, BLEU, GORGONZOLA, CHÈVRE, HAVARTI, COMTÉ, MONTAMORÉ, MANCHEGO, PARMESAN, AND VEGAN CHEESES

FRUIT: FRESH APPLES, GRAPES, FIGS, MANDARINS, AND PEARS. DRIED FIGS AND APRICOTS. FIG PRESERVES, CHERRY JAM, AND HONEY

NUTS: MARCONA ALMONDS, SALTED MIXED NUTS, SPICED NUTS, AND CARAMELIZED NUTS

BASES: CRACKERS, STICKS, BAGUETTES, AND CROSTINI

ADDITIONAL ACCOMPANIMENTS: CORNICHONS, PICKLES, MUSTARD, PICKLED VEGETABLES, ONION JAM, AND MARINATED ARTICHOKEs

ARRANGE YOUR MORSELS ON BOARD SO IT LOOKS FULL AND VISUALLY APPEALING. HAVE VEGETARIAN OR VEGAN GUESTS? ASSEMBLE A SECOND ARRANGEMENT TO SATISFY THEIR TASTE BUDS.



CHOCOLATE CRANBERRY NUT BARK

GLUTEN-FREE; VEGETARIAN; 15 MIN, 30 MIN REST; SERVES 6-8

- | | | | | | |
|-------|---|-----------------------------------|---------|---|--------------------------------|
| 9 oz | : | SEMI-SWEET CHOCOLATE,
CHOPPED | 1/4 cup | : | SWEETENED DRIED
CRANBERRIES |
| 2 oz | : | WHITE CHOCOLATE,
CHOPPED | 1/4 tsp | : | POPPY SEEDS (OPTIONAL) |
| 1 cup | : | MIXED NUTS, SALTED OR
UNSALTED | | : | |

1. LINE A 7 X 11 PAN WITH PARCHMENT PAPER AND SET ASIDE.
2. HEAT CHOCOLATES SEPARATELY IN MICROWAVE-SAFE BOWLS UNTIL MOSTLY MELTED. REMOVE AND STIR EACH UNTIL SMOOTH.
3. POUR SEMI-SWEET CHOCOLATE ONTO THE PARCHMENT-LINED PAN AND SPREAD IT TO THE EDGES. DRIZZLE WHITE CHOCOLATE AND TAP PAN TO SMOOTH OUT CHOCOLATE.
4. SPRINKLE WITH NUTS, CRANBERRIES, AND POPPY SEEDS. CHILL FOR 30 MINUTES.
5. REMOVE FROM PAN AND BREAK INTO PIECES. KEEP REFRIGERATED UNTIL READY TO SERVE.

HOMEMADE FOR THE HOLIDAYS: SHOW YOUR GRATITUDE BY GIFTING DELICIOUS HOMEMADE CHOCOLATE BARK. BREAK UP THE BARK, WRAP IN CELLOPHANE OR PLACE IN A REUSABLE TIN AND YOU WILL BE SURE TO BRING JUST THE RIGHT AMOUNT OF HOLIDAY CHEER TO ALL YOUR FRIENDS AND FAMILY!



CLASSIC PECAN PIE

VEGETARIAN; 1 HOUR COOK, 1 HOUR REST; SERVES 6

1/4 cup: BUTTER, MELTED AND
COOLED

3/4 cup: BROWN RICE SYRUP

3/4 cup: WHOLESOME! DARK BROWN
SUGAR **SALE \$4.49**

1/4 cup: MAPLE SYRUP

3: LARGE ORGANIC VALLEY
EGGS **SALE \$4.99**

1 tsp: VANILLA EXTRACT

2 cup: CHOPPED PECANS,
TOASTED FOR 5 MINUTES
IN A 350° OVEN

1: WHOLLY WHOLESOME
PIE CRUST **SALE \$4.99**

1. PREHEAT OVEN TO 350° F.
2. WHISK TOGETHER FIRST SIX INGREDIENTS.
3. STIR IN TOASTED PECANS.
4. POUR INTO PIE CRUST AND BAKE FOR 40-50 MINUTES.
5. COOL COMPLETELY, FOR ABOUT AN HOUR. FILLING WILL CONTINUE TO SET AS IT COOLS.

GIVING THANKS

THANK YOU FOR SUPPORTING US, YOUR LOCAL, INDEPENDENT ORGANIC GROCERY STORE. WE BELIEVE IN THE POWER OF FOOD DURING TIMES OF CELEBRATION AND VALUE THE TRUST YOU PUT IN US TO BRING YOU AND YOUR LOVED ONES THE VERY BEST THIS HOLIDAY SEASON.

**WE ARE GRATEFUL AND THANKFUL
FOR OUR COMMUNITY!**

YOUR LOCAL AND INDEPENDENT GROCERY STORE IS PART OF A NETWORK



INFRA

INDEPENDENT NATURAL FOOD RETAILERS ASSOCIATION (INFRA) IS A PURCHASING COOPERATIVE OWNED AND GOVERNED BY NATURAL AND ORGANIC FOOD RETAILERS OF ALL SIZES WORKING TOGETHER TO FORGE A SUSTAINABLE FUTURE. INFRA FACILITATES MEMBER COLLABORATION WITH PROGRAMS, TOOLS, AND IN-PERSON EVENTS TO STRENGTHEN INDEPENDENTS' POSITION IN THE MARKETPLACE.

AS OF PRINT, INFRA HAS OVER 226 MEMBERS AND 360 LOCATIONS, WORKING TOGETHER SINCE 2005.



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