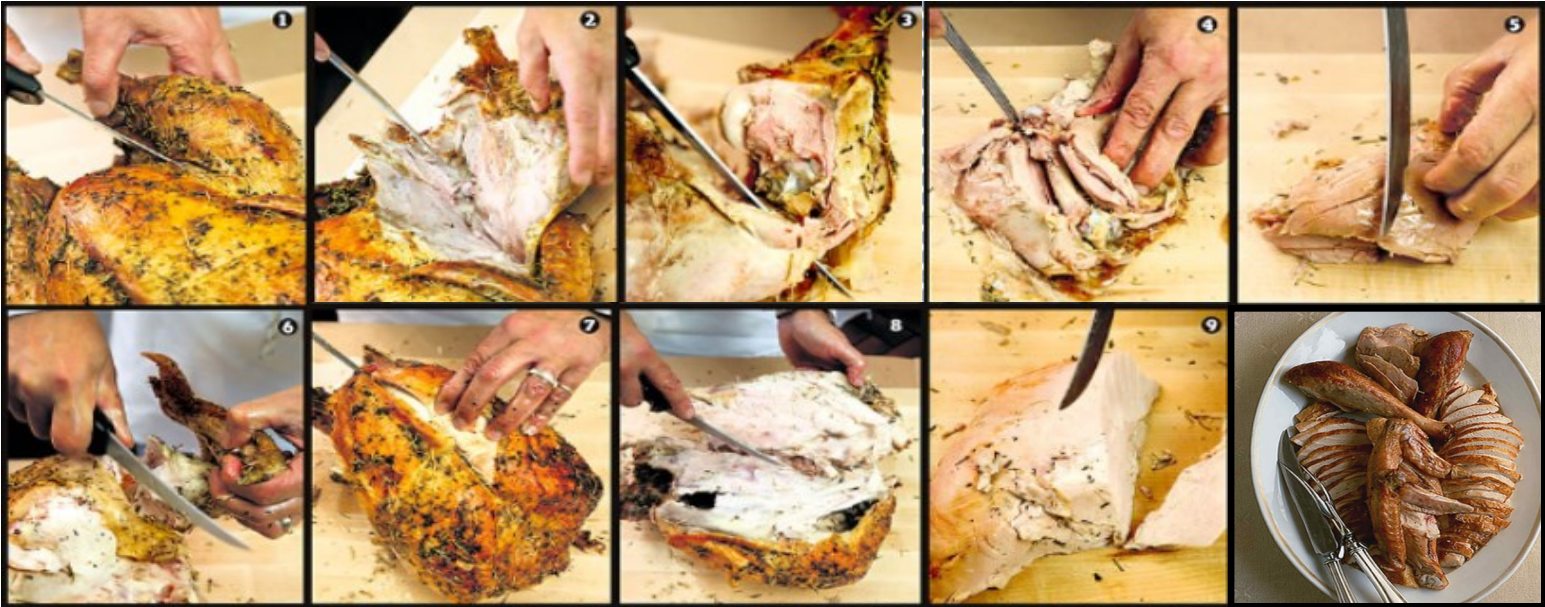


# Butcher's Method Takes Carving Off the Table



1. At least 20 minutes after the turkey comes out of the oven, place it on a cutting board. Holding one leg, gently pull outward and use the tip of a sharp knife to cut through the skin
2. Slowly but firmly, pull the whole leg quarter away and down from the body, opening the hip joint. Use the knife to separate the thigh from the carcass, running the tip back and forth along the seam where the meat comes off the bone.
3. Push the knife into the hip joint until you find a soft spot to cut through. Remove the leg quarter and place it skin side down. Use the knife to find the joint where the drumstick meets the thigh. Cut through it, and remove drumstick to platter.
4. Run the tip of the knife along both sides of the thighbone to loosen it from the meat. Pull the thighbone out and discard.
5. Find the grain of the meat (the direction of the muscle fibers) and thickly slice the thigh across the grain. Transfer slices to platter. Repeat steps 1 to 5 on the other side.
6. Pull the wing out and away from the carcass. Use the tip of the knife to find the joint where the wing meets the body, and cut through. On the cutting board use the knife to find the joint where the upper and lower wing bones are connected, and cut through. Remove both pieces to the platter. Repeat on the other wing.
7. Use your fingers to find the long breastbone on top of the bird. Use the tip of the knife to cut along the length of the bone, pulling the meat outward and using the hard breastbone to guide the knife.
8. With your other hand, gradually pull the whole breast piece away from the bone. Run the tip of the knife back and forth along the seam. To loosen the piece as it comes away.
9. Place the breast half skin side up on the cutting board. If desired, remove the skin. Find the grain of the meat and slice across into half inch thick slices. Remove to platter. Repeat steps 7 to 9 on the other side.

## THE DAY AFTER THANKSGIVING



Turkey, Cranberry sauce, cream cheese, sunflower seeds, and sprout sandwich



English muffin, turkey, mashed potatoes, cranberry sauce and fried egg



Turkey, stuffing, cranberry sauce, leaf lettuce wrap



Crescent rolls, mashed potatoes, turkey, shredded cheddar cheese, green bean casserole, stuffing, and cranberry sauce

### How to reheat your Thanksgiving left overs....

Dinner Roles: Reheat in the slow cooker

Turkey and Potatoes: Put into the oven 350 for 30 min.

Stuffing: Crisp on the stovetop in buttered skillet

Gravy: Heat in saucepan on stovetop

Mashed Potatoes: Place in baking sheet and add butter and more cream cover and bake till warm

NO. 8

ATLANTIC FOOD DISTRIBUTORS THANKSGIVING HOLIDAY

# THE FEAST

BROCHURE

Stuffing vs. Dressing

THE DAY AFTER  
THANKSGIVING

Carving your turkey

TYPES OF SQUASH

REHEATING LEFT OVERS...

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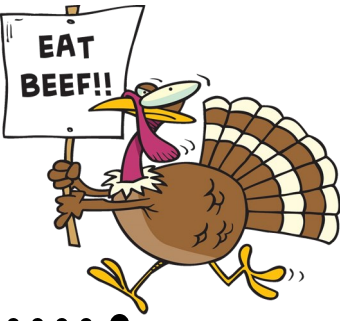


How many different ways are there to cook a turkey?

Traditional Oven Roasted • Deep Fried

Smoked • Slow Cooker

Brine • Cook without Thawing



#13044

RTC FOIL WRAPPED TURKEY BREAST

2/9.75 lb.

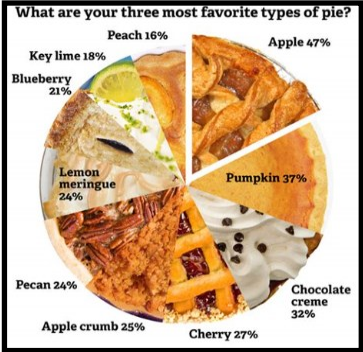
Traditional Pies

- 1. Pecan Pie
- 2. Apple Pie
- 3. Rhubarb Pie
- 4. Pumpkin Pie
- 5. Sweet potato Pie

Unique Pies

- 1. Pear Cranberry Slab Pie
- 2. Quince Biscuit Pie
- 3. Cranberry Meringue Pie
- 4. Sweet Potato Souffle Pie
- 5. Apple Custard Pie

Favorite Pies



2018 SOUP TRENDS

- 1. **Pumpkin Soup:** Try with a Thai twist, top it with savoury crumble or add some sweetness with a swig of cider and some crispy apple croutons.
- 2. **Light's Alright:** Lighter version made with green vegetables (pea, zucchini and broccoli, coconut-based broths and soups with extra citrus
- 3. **A Meal in a Bowl:** Think of a bought soup base transformed into a paella-soup mashup, lamb shanks tossed into a simple tomato or a bulked out broth with gnocchi or rice.
- 4. **Use your Noodle:** We love soup that needs a spoon, fork AND chopsticks to devour it. Ex. Pho, ramen and laksa.
- 5. **Cauli crazy:** Cauliflower trend shows no signs of slowing down this year. Use it as a smooth base for their soup. We especially love it paired with creamy tahini.
- 6. **Say Cheese:** We all need a bit of fromage on our French onion or mozzarella in our minestrone.
- 7. **Healthy and hearty:** It's easy to pack your daily intake of vegetables, aromats and spices stuffed with antioxidants and lots of fiber into one bowl.
- 8. **Seafood Mood:** Soups featuring seafood have surged in popularity recently. We love Mediterranean and Asian versions that hero shellfish, like this mussel and noodle coconut broth.
- 9. **Retro Revivals:** Everyone's bringing back old school soups from their youth, with a creative spin of course. Leek and potato with extra roasted garlic and thyme, consommé with added dumplings, or gazpacho made sweet with strawberries.
- 10. **Oil:** Herb oil adds a welcome flavour burst to any root vegetable soup. If you drizzle wisely you could have a soup a stylist would be proud of.



SOUP BARS

- 1. Choose a cream based soup like potato soup and a tomato based soup like tortilla.
- 2. Then let the fun begin! After everyone has chosen their soup and filled their bowl let them go crazy with the toppings. It is fun to see what combinations everyone comes up with.
- 3. Toppings that can be used are tortilla chips, corn chips, croutons, nuts, seeds, and popcorn – yes popcorn! Grated cheese, sour cream and some fried onions are also a great choice. Just see what you have in your pantry.
- 4. Upgrade or add any chicken or shrimp



Stuffing vs. Dressing

The main difference between stuffing and dressing actually has nothing to do with the ingredients used to create it. Put simply, it is stuffing if it is cooked inside the bird and dressing if it is cooked in a separate dish alongside it. There are pros and cons to both approaches. Stuffing tends to be more moist and can be more flavorful due to the infusion of juices from the bird as it roasts. However, there is an increased risk of food-borne illness if proper preparation techniques are not followed. Dressing, on the other hand, can be a more convenient option, since it can be prepared safely ahead of time, but care must be taken to avoid a dry and under-flavor result.

Stuffing or dressing made from bread may be the most common type found on Thanksgiving tables. Any type of bread can be used, but avoid prepackaged bread cubes due to their bland, uninspiring taste and texture. Instead, use cubes of a fresh Italian or French loaf or sourdough for a tangy, slightly sweet base. The key is to dry the bread cubes thoroughly to allow them to absorb the liquid and aromatic flavors of the mirepoix without becoming soggy. Mirepoix refers to the vegetables, cooked slowly in butter, added to the bread cubes along with liquid such as chicken or vegetable stock, possibly with a dash of white or red wine. The vegetables used to make the mirepoix usually include onion and celery, but carrots, mushrooms, leeks, and shallots are also common. Cook the vegetables only until slightly softened. To this mixture meat or seafood such as a sausage or oyster can be added. Including well-beaten eggs creates a smoother, souffle-like texture.

Cornbread used as a base for stuffing or dressing is most common in the South. It involves the extra step of baking the cornbread, which should be done well enough in advance to ensure it can dry out thoroughly. Avoid adding extra sugar to the cornbread. It can be crumbled or cubed and then treated the same way as a bread stuffing. Seasonings typically used include sage, thyme and rosemary. Fresh herbs always impart the best flavor, but good quality dried herbs work just as well. As with bread stuffing, meat, seafood, or additions such as dried fruit can be added.

The third type of stuffing or dressing is made with rice, either long-grain or wild. Rice-based stuffing have a nutty, crunchy taste and texture not found with other types and go especially well with less traditional additives such as nuts, dried fruits, and mushrooms. Make sure to not overcook the rice prior to making

- 2018 TRENDSY SALADS
- 1. Bourbon Roasted Pear Salad w/ Gorgonzola and Candied Walnuts
  - 2. Candied Pecan, Pear, and Pomegranate Salad
  - 3. Butternut Squash, Pomegranate, and Goat Cheese Spinach Salad with Red Wine Vinaigrette
  - 4. Kale and Chicken Pita Salad
  - 5. Apple Pecan Feta Spinach Salad w/Maple Cider Vinaigrette
  - 6. Almond Apple Quinoa Salad
  - 7. Apple Cranberry Walnut Salad
  - 8. Autumn Pearl Couscous Salad w/Roasted Butternut Squash
  - 9. Autumn Crunch Pasta Salad
  - 10. Autumn Arugula Salad w/Caramelized Squash and Pomegranate Ginger Vinaigrette
  - 11. Autumn Cobb Salad
  - 12. Fall Harvest Salad
  - 13. Fall Shredded Brussels Sprouts Salad
  - 14. Blackberry Honey Walnut Salad
  - 15. Pear, Raspberry, and Pistachio Salad
  - 16. Fall Harvest Salad w/Pumpkin Goddess Dressing



TYPES OF SQUASH

Whether roasted, pureed, or sautéed, winter squash can be prepared in endless different ways. Here are some common types of squash...

- Acorn squash:** Soft with a sweet, nutty flavor.
- Butternut squash:** Moist and nutty tasting, flavor is a bit like sweet potatoes or some say butterscotch.
- Spaghetti squash:** Looks like pasta but the taste is very mild (might even call it bland) with none of that sweet, earthy, squash like flavor we associate with butternut squash and acorn squash.

