



REMEDY REPORT

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What's INSIDE

“Hygge” is a Danish concept that has gained popularity in recent years; it embodies a sense of comfort and togetherness. Rooted in Old Norse, it originally meant “protected from the outside world.” Today, it often refers to cozy, informal moments shared with family or close friends—typically at home or in a quiet setting, often over a meal. In this issue of the Remedy Report, we’re bringing you recipes designed to infuse your holiday season with those warm hygge vibes!

Here are a couple of soup recipes to warm you up on a chilly day!



Tuscan White Bean Soup

Ingredients

- 1 pound mild Italian sausage
- 1 large yellow onion, diced
- 3 ribs celery, diced
- 2 large carrots, sliced into rounds
- 2 teaspoons garlic, minced
- 1 tablespoon tomato paste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon ground black pepper
- 4 cups (32 ounces) chicken broth
- 2 cans (15.5 ounces each) Great Northern beans, drained and rinsed
- 2 cups (60 g) fresh baby spinach
- 1/2 cup (119 g) heavy whipping cream
- parsley, chopped for garnish

Directions

1. Heat a large Dutch oven over medium-high heat, add sausage. Cook until the sausage is browned, using a wooden spoon to break up the meat, and stir occasionally (about 10-15 minutes).
2. Reduce heat to medium. Add onions, celery, and carrots. Cook until onions have softened, about 3-5 minutes. Add garlic and cook for 1 more minute.
3. Add tomato paste, Italian seasoning, crushed red pepper, and black pepper. Stir to combine.
4. Add chicken broth and beans. Bring to a simmer. Continue to simmer for 6-7 minutes, or until the celery and carrots have softened.
5. Add heavy cream and spinach. Continue to cook until the spinach is wilted, about 5 minutes.
6. Serve warm, garnished with parsley.

Beef Bourguignon Stew

Ingredients

- 2 lb boneless beef shoulder or chuck cut into 1 1/2-inch pieces
- kosher salt and freshly ground black pepper
- 1/4 cup olive oil divided
- 4 medium onions halved and thinly sliced
- 2 tbs all-purpose flour
- 1 cup red burgundy wine such as pinot noir
- 6 medium carrots peeled and cut into 1-inch pieces
- 1 clove garlic
- 1 bouquet garni a tied bundle of herbs, typically thyme, bay and parsley
- Water
- Chopped fresh flat-leaf parsley for garnish



Directions

1. Thoroughly pat the meat dry with paper towels. Generously season with salt and pepper.
2. In a Dutch oven over high heat, heat half of the oil until shimmering. Working in several batches, and without moving the meat much, sear the meat on all sides until well browned, adding more oil as needed. (If you try to cook too much meat at once, it will steam and turn gray instead of brown.) Once the meat is well browned, transfer to a plate.
3. Reduce the heat to medium-high and add the onions and any remaining oil to the pot. Cook, stirring from time to time, until the onions have softened and turn golden, about 10 minutes. Sprinkle the flour on top and cook, stirring occasionally, until thickened, 4 to 5 minutes. Add the wine and, using a wooden spoon, stir, scraping up all the browned bits (fond) off the bottom of the pot.
4. Once the wine starts to boil, return the meat and its accumulated juices to the pot, and add the carrots, garlic and the bouquet garni. Add 1 1/2 cups of water (and about 2 tablespoons of demi-glace, if you have it). Bring to a boil, then reduce the heat to medium-low and cook, uncovered, until the meat is tender, 2 to 2 1/2 hours, skimming off any foam or oil that might accumulate on the surface. Check on the stew every 15 to 20 minutes, stirring and scraping the bottom of the pot to prevent scorching or sticking.
5. As you check on the stew, continue adding 1/4 cup to 1/2 cup water, as needed, up to 2 1/2 to 3 cups total – to ensure there is enough liquid to cook down and concentrate. If the stew begins to stick, reduce the heat to low. The onions should fall apart, creating a thick, rich sauce that coats the meat.
6. When the stew is done, discard the bouquet garni, taste the stew and season with more salt, if desired. Garnish with the chopped parsley and serve.

Here are a few delicious and nutritious recipes for you to try out this holiday season!

Pumpkin Chocolate Chip Bars

Ingredients

- 2 $\frac{1}{3}$ cups all-purpose flour
- 1 tablespoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick) butter, softened
- 1/2 cup unsweetened applesauce
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1 can (15 oz) pure pumpkin
- 2 cups milk chocolate chips



Directions

1. Preheat oven to 350° and spray the pan with cooking spray.
2. In a small mixing bowl, whisk together flour, pumpkin pie spice, cinnamon, baking soda, and salt. Set aside.
3. In the bowl of a stand mixer, or in a large bowl using a handheld electric mixer, cream the butter, applesauce, granulated sugar and brown sugar on medium-high speed until smooth. Beat in egg and vanilla until combined. Add pumpkin puree and mix until combined. Don't worry if the mixture looks curdled - that's completely fine!
4. Mix in the dry ingredients, beating just until combined. Fold in the chocolate chips.
5. *I like to reserve some chocolate chips to sprinkle on top of the batter before baking. This is optional and just makes for a pretty presentation.
6. Spread the batter evenly in the prepared pan. Top with reserved chocolate chips (if wanted) and bake for 30-40 minutes.
7. The edges will begin to pull away from the sides of the pan and will be golden brown and the center will look "puffy" and done. A toothpick inserted in the middle should come out with moist/dry crumbs.
8. Let the bars cool for at least 30 minutes in the pan before lifting them out and cutting into squares.
9. Store leftovers covered at room temperature. These bars get better, and even more moist, the longer they sit out.



Gingerbread Loaf

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- 3/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/2 cup light brown sugar packed
- 1/2 cup salted butter softened
- 1/2 cup unsulphured molasses
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup buttermilk
- powdered sugar for dusting the top if desired

Directions

1. Preheat the oven to 350°F. Grease an 8 1/2"x 4 1/2" or 9.5" inch loaf pan with cooking spray. Then line with parchment paper for easy removal.
2. In a mixing bowl, thoroughly stir together the flour, baking soda, ginger, nutmeg and salt. Set aside.
3. In a large bowl, cream together the sugar and butter until well combined. Add the molasses and vanilla. Mix well. Add the eggs, one at a time, until well mixed.
4. Add the flour mixture to the sugar mixture alternately with the buttermilk, stirring just until blended after each addition.
5. Spoon the batter into the prepared pan and bake for 45-50 minutes. If the bread is getting too brown on top, cover loosely with aluminum foil to finish baking.
6. Let the loaf cool in the pan for 10 minutes. Then remove from the pan and cool completely.
7. Dust the top with powdered sugar after the bread has completely cooled.



Anti-Inflammatory Hot Cocoa

Ingredients

- 2/3 cup powdered cacao
- 3 Tbsp turmeric
- 6 tsp ground ginger
- 6 tsp ground cinnamon
- 3 tsp ground black pepper
- 3 tsp ground black cumin
- dash of cayenne pepper (optional, to taste)

Directions

1. Mix together dry ingredients and store in a sealed container.
2. To make the hot cocoa: Warm a mug of milk to the temperature of your choice, add 1 Tbsp of powder, a sweetener of your choice, and whisk thoroughly.
3. It's easier to do this in a small pot, barista carafe, or larger mug that gives you room to whisk without making a mess. You can also use an automatic whisk or a frother to get a smoother texture and a bit of foam.

Spiced Apple Cider

Ingredients

- 1/2 gallon apple cider
- 1/2 cup maple syrup
- 1/4 teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon whole cloves
- 3-4 cinnamon sticks
- Dash of ground nutmeg
- 1 orange, sliced

Directions

1. To cook on the stove, combine all ingredients in a heavy pot and place the lid on the pot set slightly ajar. Simmer over low to medium-low heat for 1 hour. You want the cider to bubble gently around the edges of the pot but do not allow it to boil.
2. Before serving, use a strainer to strain out the spices and orange slices. Take care to strain out all of the cloves as they could present a choking hazard. Be cautious because the cider will be piping hot!
3. If you want to keep the cider hot at a party or other gathering, return the strained cider to a pot and set on the stove on low. To make the hot cider extra special, you can add whipped cream and a drizzle of caramel.



Wassail

Ingredients

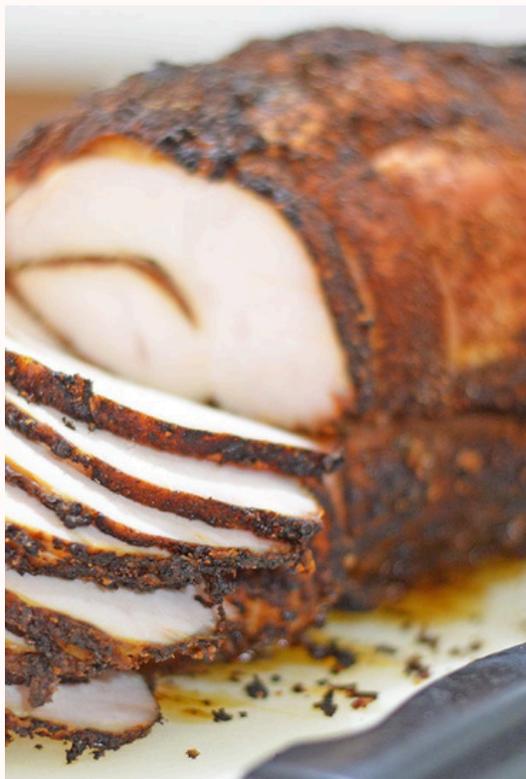
- 6 cups water
- 6 tablespoons white sugar
- 1/4 cup dark brown sugar, packed
- 6 ounces frozen orange juice concentrate, HALF of a (12-fluid-ounce) container
- 6 ounces frozen lemonade concentrate, HALF of a (12-fluid-ounce) container
- 4 cups apple cider
- 1/4 teaspoon whole cloves, about 10 whole cloves
- 1/4 teaspoon whole allspice berries, about 10 berries
- 1/4 teaspoon fresh nutmeg, grated with a microplane (or 1/4 teaspoon ground nutmeg)
- 1/4 teaspoon ground cardamom, or up to 1/2 teaspoon
- 4 whole cinnamon sticks
- 1 (1-inch piece) candied ginger*
- 1 large apple, cut into slices (don't remove skin)
- 1 large orange, cut into rounds (don't remove skin)
- fresh cranberries, to garnish
- star anise, to garnish



Directions

1. Add 6 cups of water to a 6-quart pot. Add 6 tablespoons white sugar and 1/4 cup packed dark brown sugar. Set the pot over high heat. Let the sugar dissolve in the heat. Once it's mostly dissolved, you can start adding the other ingredients, even if it hasn't boiled.
2. Open both cans of frozen orange juice and lemonade concentrate. Add about half of each can to the pot. (Save the other halves of the concentrate together in a ziplock.)
3. Add in all remaining ingredients.
4. Cut the apple into slices, leaving the peels on. Wash the orange thoroughly, and cut it into rounds, peel on. Add the apple and orange to the pot and stir thoroughly.
5. Put the lid on. The burner should still be set to high heat. Let the mixture come to a boil, then immediately lower the heat to medium-low, to maintain a gentle bubble. Vent the lid so steam can escape.
6. Heat over medium-low for about 1 hour, stirring occasionally, or up to 2-3 hours, if you like. The longer you heat it, the "spicier" the wassail will taste.
7. Use a slotted spoon to remove the apples, oranges, and all spices. You can pour the wassail through a mesh strainer or colander, if you are really committed to having no whole spices in your drink (or if you are worried about it getting too spicy.)
8. Serve the Wassail in mugs, garnished with fresh cranberries, fresh oranges or apples, fresh rosemary, etc.

We live in Atlanta, home of the Atlanta Falcons! Fan or no, here are some Southern-inspired ideas for cooking your “Dirty Birds” this holiday season!



Juicy Cajun Butter Turkey

Ingredients

- 1 12-15lb Turkey
- 2 Yellow Onions Chopped Large
- 3 Large Carrots
- 2 Lemons
- 4 Celery Stalks
- 16 oz Chicken Broth or Turkey Stock
- 4 oz White Cooking Wine (I use chardonnay)

DRY BRINE

- Kosher Salt, 1 tbsp for every 5 lb of Turkey

CAJUN COMPOUND BUTTER

- 2 lbs Unsalted Butter room temperature
- 1 tbsp Fresh Rosemary chopped fine
- 1 tbsp Fresh Oregano chopped fine
- 1 tbsp Fresh Thyme chopped fine
- 1 tbsp Fresh Sage chopped fine
- 1 tbsp Cajun Seasoning
- 1 tbsp Smoked Paprika
- 1 tbsp Fresh Lemon Juice
- 1 tsp Pepper
- Salt to taste

Directions

1. Dry Brine turkey the night before. Pat your turkey dry and season generously with kosher salt. Let it rest in the fridge for up to 6 hours or, preferably overnight. Take your turkey out a few hours before starting the cooking process to allow it to come to room temperature. Do not rinse the turkey.

recipe continued on next page

Juicy Cajun Butter Turkey continued

- 2. Make your compound butter. Allow butter to come to room temperature and mix all spices and herbs into the butter and set aside. Your compound butter should be a nice orange color, if needed, add more paprika or cajun seasoning!**
- 3. Take your room temperature turkey, Separate skin from breast and leg carefully. Use a spatula and try not to rip the skin. Take tablespoons of compound butter and rub it underneath of the skin, carefully.**
- 4. Next, smear a thick layer compound butter on the top of the turkey. Make sure you get the legs and wings, and the back. You should use about half of your compound butter mixture here.**
- 5. Place half your carrots, lemons, onions and celery into the cavity of your turkey, and then, use kitchen rope to tie the legs**
- 6. Add the other half of your lemons, onions, celery and carrots to the bottom of your roasting pan along with your chicken broth and white wine. Place the rack inside of the roasting pan and lay your turkey on top.**
- 7. Cook your turkey for 45 minutes at 400 degrees, remove from the oven and bring the oven tempertaure down to 325 degrees**
- 8. Melt the rest of your compound butter, and soak your cheese cloth inside. Depending on the size od your cheesecloth you may have to cut it to fit your turkey. Your cheesecloth should cover the top of the turkey including the wings!**
- 9. Then, fill up your turkey injector with the melted compound butter. Inject your turkey in about 8 spots. Inject each thigh, breast, leg and wing until your butter finishes. If you have extra butter, fill the injector up and keep injecting!**
- 10. Then, lay your buttered up cheesecloth over your turkey and cook for 2-3 more hours checking the temperature every 45 minutes. Make sure your cheesecloth is tight and snug to your turkey.**
- 11. After the first hour, remove your turkey and use the last of the compound butter to bask the turkey. (Do not remove the cheesecloth).**
- 12. Let your turkey cook until the breast has reached an internal temperature of 165 degrees. Your turkey must rest a minimum of an hour before slicing.**
- 13. Enjoy with your favorite people!**

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Dry Brine Turkey

Ingredients

- 12 to 16 pound natural turkey, safely thawed
- 32 ounces low-sodium chicken or turkey broth
- kitchen twine, for tying legs together

DRY BRINE

- 3 Tbsp coarse ground kosher salt
- 3 tsp dried thyme
- 3 tsp dried rubbed sage
- 1/2 tsp freshly ground black pepper

GARLIC BUTTER RUB

- 1 stick butter, softened
- 2 tablespoons olive oil
- 1 tablespoon granulated garlic or garlic powder

AROMATICS

- 1 carrot, scrubbed clean and cut into chunks
- 1 small onion, peeled and cut into chunks
- 1 small unpeeled orange, sliced into wedges

Directions

BRINE THE TURKEY

1. Remove the packaging (in or next to sink) and remove the giblets. Transfer the turkey to a large sheet of heavy duty foil for easy cleanup. Pat the cavity and exterior of the turkey dry with paper towels.
2. Combine the Dry Brine ingredients in a small bowl. Sprinkle a few teaspoons of the dry brine inside the cavity and use your hand to spread it around. Gently lift skin on breast portion and carefully reach inside and coat as much of the breast meat as possible with a couple of teaspoons of the brine. Sprinkle the remaining brine all over the outside of the turkey.
3. Transfer the seasoned turkey to a rack in your roasting pan (or a rimmed baking sheet). Cover it securely with plastic wrap - I used 5 or 6 sheets to cover my big roasting pan. Transfer the turkey to the refrigerator and forget about it for 24 to 48 hours.
4. Remove the plastic wrap and let the bird sit uncovered in the refrigerator for an additional 8 to 24 hours.
5. Remove the turkey from the refrigerator about an hour before you are ready to roast it. Stand the turkey up to pour out and discard any liquid that might have collected in the cavity and pour off or blot up any juices that have collected in the pan. Place the turkey back on the roasting rack. If you chilled your turkey on a baking sheet, transfer it to a rack in a roasting pan now.

ROAST THE TURKEY

1. Preheat oven to 325 degrees F. Combine the butter, olive oil, and granulated garlic in a small mixing bowl. Set aside.
2. Stuff the turkey cavity with the carrot, onion, and orange.
3. Scoop up some of the garlic butter mixture with your hand and spread it under the skin of both turkey breasts. Spread the remaining butter mixture over the outside of the turkey, being sure to get into all the nooks and crevices of the wings and legs. Tuck wings securely under the body and use kitchen twine to tie the legs together. Pour about 2 cups of broth into the bottom of the roasting pan.
4. Transfer the roasting pan to the preheated 325 degree oven. Allow the turkey to roast for about 45 minutes and then baste it once every 20 to 30 minutes or so throughout the remainder of the roasting time, adding additional broth if it begins to evaporate from bottom of pan. Rotate the pan in the oven about halfway through the cooking time to ensure even browning. Tent with foil once skin is browned to your liking.
5. Roast until the internal temperature of the meatiest portion of the thigh registers a solid 165 degrees. The roasting time should range from approximately 3 to 4-1/2 hours if your turkey is between 12 to 16 pounds.
6. Remove the turkey from oven, tent it loosely with foil, and allow it to rest for about 30 minutes before carving.

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Nashville Hot Smoked Turkey

Ingredients

- 10-14 pound turkey
- Injectable Butter Marinade Optional
- 1/4 cup olive oil or butter

NASHVILLE HOT SEASONING

- 1/4 cup brown sugar
- 1/4 cup cayenne pepper
- 1 1/2 Tbsp paprika
- 1 Tbsp garlic powder
- 1 Tbsp cumin
- 1 1/2 tsp onion powder
- 1 tsp celery seeds
- 1 tsp ground mustard
- 1 tsp black pepper

Directions

1. Preheat smoker to 225 degrees.
2. Pat turkey dry. Remove all of the contents from the inner cavity.
3. Drizzle the turkey with olive oil.
4. Season the entire turkey and rub the spices into the skin.
5. Place the turkey in the smoker. Smoke for 3 hours.
6. Adjust the heat on the smoker to 350 degrees and cook the turkey until it reaches an internal temperature of 165 degrees. This can take 1-3 additional hours depending on turkey size.
7. Allow the turkey to rest for a minimum of 15-20 minutes prior to slicing to allow the juices to settle. If you slice too soon it will result in dry turkey.
8. Keep the turkey drippings if you plan to make gravy. I combine it with a tablespoon of butter and then start with a tablespoon of flour and add more if necessary to thicken.

SPATCHCOCK INSTRUCTIONS

1. Place the turkey breast side down and locate the backbone of the turkey. It runs down the middle of the back and below the neck.
2. Glide your sharp cooking shears or knife along the side of the backbone and cut to remove it. Do this for both sides of the backbone to remove it completely.
3. Flip the turkey over and flatten the breasts of the turkey you should hear a crack. Turn the drumsticks so that they are positioned properly. I like to tuck the wings back below the breast. This helps keep them from browning quickly and is great for presentation.



WAYS TO SHOW UP FOR YOURSELF

This time of year can be so fun and full of special memories, but it also can be a challenging time for people. Here are a few prompts that could help you slow down and get in touch with gratitude and joy!

PEOPLE

- Who's a friend you're grateful for, and why do they hold such a special place in your life?
- Who's a public figure or celebrity you admire and why?
- Take time to write a message to someone and say thank you.

SELF

- What's one simple pleasure you experienced today that made you smile?
- What's a quality you love about yourself that you're thankful for?
- What's something you used to take for granted but now appreciate deeply?

DAILY

- Describe a hobby or activity that brings you joy
- What's a skill or talent you possess that you're thankful for?
- Describe a favorite meal or treat that always lifts your spirits.
- What's a routine or ritual that brings structure and comfort to your life?

MEDIA

- Name a book or article that opened your mind to a new perspective.
- Name a song that helped you through a difficult time.
- Name a movie or song that has inspired you and why it touched you.