



## 20 of Carol's Favorite Holiday Recipes

The Holiday Feast officially starts with that first whiff of the roasting turkey. And, this amazing aroma builds as friends and loved ones gather together to give thanks ... and ... enjoy a fabulous meal! To help this occasion be just perfect, we provide you with Carol's Favorite recipes. These are easy to prepare, very tasty, and sure to please everyone. Many recipes can be prepped ahead of time allowing the home chef more time to enjoy the festivities, and less time in the kitchen.

*To order Salt Table recipe ingredients visit the shops of shop online at [www.salttable.com](http://www.salttable.com)*

### Here's the Holiday recipe lineup:

Maple Bacon Muffins  
The Night Before Breakfast Casserole  
Cinnamon Apple Fruit Holiday Tea  
Dips and Chips  
Smoked Pecans  
Pumpkin Fruit Dip  
The Broccoli Salad  
Carol's Family Famous Spinach Salad  
Easy Roasted Green Beans  
Spicy Cranberry Sauce with Apples  
Easy Brined Turkey  
Truly Good Gravy  
Basic but Good Dressing  
Perfectly Glazed Ham  
Southern Squash Casserole  
Easy to Please Spinach Casserole  
Make Ahead Mashed Potatoes  
Crunchy Sweet Potato Casserole  
Dave's Herb Biscuits  
Pumpkin and Spice Cookies  
Scrumptious Pecan Pie  
Dutch Apple Pie

### Salt Table Products: Available at [www.SaltTable.com](http://www.SaltTable.com)

Salt Table Smoked Bacon Sea Salt  
Salt Table Honey Crumbles  
Salt Table Cinnamon Apple Fruit Tea  
Salt Table Cinnamon Sugar  
Salt Table Alderwood Smoked Sea Salt  
Salt Table Spinach Sensation Dip Mix  
Salt Table Garlic Pepper Parmesan Dip  
Salt Table Leek, Chive and Onion Dip Mix  
Salt Table "Pumpple" Spice Blend  
Salt Table Ginger Sugar  
Salt Table Poultry Brine Seasoning  
Salt Table Sweet Onion Sugar  
Salt Table Clove Sugar  
Salt Table All Round Good Grinder Blend  
Salt Table Spanish Moss Blend  
Salt Table Himalayan Pink Salt  
Salt Table Peppercorn Medley  
Salt Table Mexican Vanilla Extract  
Salt Table Sicilian Herb Dip Blend  
Salt Table Raw & Roasted Pecans  
Salt Table Wildflower or Tupelo Honey  
Blackberry Patch Maple Syrup  
Oliver Farms Pecan & Sunflower Oils  
Terra Dolce Pure Olive Oil (grown in GA)

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## **Starting the Morning**

### **Maple Bacon Muffins**

1 2/3 cups all purpose flour  
1/3 cup natural cane sugar (sugar in the raw)  
2 tsp baking soda  
¼ tsp **Salt Table Smoked Bacon Sea Salt**  
½ cup milk  
½ cup real maple syrup  
1/3 cup butter, melted  
1 egg  
10 slices bacon, crisply cooked, crumbled  
¼ cup **Salt Table Honey Crumbles**

Mix flour, brown sugar, baking soda and salt in large bowl. In a different bowl, stir milk, syrup, butter and egg until well blended. Add milk mixture to flour mixture; stir just until dry ingredients are moistened. Stir in half the bacon and half the Honey Crumbles. Spray 12 regular size muffin pan with cooking spray, then fill to 3/4 full. Mix together the other half of the bacon and maple flakes and use as muffin "topping".

Bake 16 to 18 minutes in a pre-heated 400 degree oven, or until toothpick inserted in center comes out clean.

Immediately remove from pan. Serve warm.

### **The Night Before Breakfast Casserole**

6 slices bread (day old is perfect)  
(8 ounce) package shredded casserole cheese  
2 cups diced, cooked ham  
¼ cup yellow onion  
¼ cup mushrooms, chopped  
¼ cup butter, melted  
5 eggs  
3 Tbsp **Salt Table Leek, Chive and Onion Dip and Seasoning Mix**  
½ Tsp **Salt Table Himalayan Pink Salt**  
½ tsp. dry ground mustard  
2 cups milk (2 percent is OK, but nothing less than that)

Sauté ham, yellow onion and mushrooms in 2 tsp of the butter for 3 minutes, then set aside. Butter a 9×13 baking dish. Place the sliced bread on the bottom as the "crust". Spread the ham mixture on next. Sprinkle ¾ of the cheese next. Drizzle the rest of the butter over this. Beat the eggs,

seasonings and milk together and pour over evenly. Top with remaining cheese. Cover and refrigerate overnight (it's better this way, trust me). In the morning, pre-heat oven to 350 degrees and bake for 1 hour, or until set.

## **Starting the Festivities**

### **Cinnamon Apple Fruit Holiday Tea**

2/3 cup **Salt Table Cinnamon Apple Fruit Tea**  
2 cups orange juice  
1/3 cup powdered lemonade  
1/3 cup Natural Cane Sugar (sugar in the raw)  
2 Tbsp **Salt Table Cinnamon Sugar**

Brew tea with ½ gallon water. You can brew the tea using your tea infuser (steep 5 minutes) or tea maker. While hot, dissolve the next three ingredients. Add a gallon of ice to cool. Serve over ice.

Variation: To save on calories, omit the sugars (wait, it's a Holiday, never mind).

## **Dips and Chips**

### **Spinach Sensation Dip & Garlic Pepper Parmesan Dip**

2 pints reduced fat sour cream  
1 pkg, **Salt Table Spinach Sensation Dip Mix**  
1 pkg, **Salt Table Garlic Pepper Parmesan Dip**

Put 1 pint sour cream in a bowl and empty in one dip mix. Stir until well blended. Put in a beautiful serving bowl. Repeat procedure with second dip.

Dump the family favorite chips into large bowls, arrange all on a side table or coffee table. Add a bowl of celery sticks and carrot sticks. Depending on whether you are formal or casual, add napkins or small plates and spoons. Serve about two hours before dinner and this will help keep them out of the kitchen.

## **Smoked Pecans**

1 lb. **Salt Table Raw Pecans**  
¼ cup melted butter  
1 Tablespoon **Salt Table Alderwood Smoked Salt, fine grain**

In a bowl, combine all ingredients and let sit for about half an hour so the pecans can absorb the salt. Spread in a single layer on a baking sheet. Bake at 350 degrees for 10 to 15 minutes until the pecans brown. Drain on a paper towel.

### **Pumpkin Fruit Dip**

1 cup Pumpkin Puree (canned will do)  
8 oz. cream cheese  
8 oz. whipped cream (cool whip is OK)  
1 tsp. **Salt Table "Pumpple" Spice Blend**  
lemon juice

1# apples, sliced  
1# pears, sliced  
Or 2# any seasonal fruit that is good for dipping

Blend the puree, cream cheese, whipped cream and spice blend together. Pour into a serving bowl. Cut up the fruit toss with the lemon juice to keep it from browning and place on a platter around the bowl. Kids love this one. You can even take graham crackers or animal crackers for the kids and dip them with this. Really good and easy to do!

## **Salads and Veggies**

### **The Broccoli Salad**

Broccoli salad adds the green color needed to make the plate look less brown. This one is good, easy and fun.

6 cups fresh broccoli florets  
1/2 cup raisins  
1/2 cup toasted pecans, broken up  
1/2 cup cooked, crumbled bacon  
1/4 cup of red onion, chopped  
1 cup of fresh peas, if available (frozen if you can't get fresh)

Dressing:

1 cup mayonnaise  
2 tablespoons apple cider vinegar  
½ tsp **Salt Table Himalayan Pink Salt**  
1/3 cup **Salt Table Ginger Sugar**

Make the dressing the day before, this is the secret to success. Whisk together mayonnaise, vinegar and sugar. Cover and chill overnight. Combine broccoli florets, raisins, pecans, crumbled bacon, chopped onion, and peas in a large serving bowl; toss. Add dressing to the salad and toss to mix well. Cover and chill thoroughly before serving.

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## **Carol's Family Famous Spinach Salad**

Spinach makes a great salad, rich in iron. This one is so good, even the kids will eat it.

12 ounce package young spinach  
1 package white button mushrooms (either sliced or slice them yourself)  
3/4 cup toasted, salted pecan halves  
8 slices bacon, fried crisp then crumbled  
1/3 cup of red onion, slivered  
4 eggs, boiled and chopped  
1 can of mandarin oranges, drained

Poppy Seed Dressing:

1/2 cup sugar  
1/4 cup **Salt Table Sweet Onion Sugar**  
1/3 cup apple cider vinegar  
1 tsp dry mustard  
1 tsp **Salt Table Smoked Bacon Sea Salt**  
1 Tbsp. finely minced onion  
1 cup **Oliver Farms Sunflower or Pecan Oils**  
2 Tbsp. poppy seeds

Make the dressing the day before. Measure the first 6 ingredients into a blender. Put on blend, slowly add vegetable oil, blending constantly. Continue to blend until thick. Add poppy seeds and blend a few minutes more. If you do it slowly then it won't separate. Store in a covered jar and keep chilled.

Assembling the salad: Prep all the ingredients ahead of time, then right before serving combine in a very large mixing bowl. Pour the dressing on the salad and toss to coat, using half at a time. Mix well. You may not need all of the dressing, depends on taste. Pour into a serving bowl and serve immediately. This one won't be good for leftovers, so eat it all.

## **Easy Roasted Green Beans**

1 pound thin green beans  
Olive Oil  
**Salt Table All Round Good Grinder Blend**  
1 cup grated Parmigiano-Reggiano

These can be prepped and then popped into the oven at the last minute! Sure beats green bean casserole!

Preheat the oven to 400 degrees F.

Trim off the tough end of the beans and toss with olive oil a couple grinds of All Round Good Grinder Blend, to taste. Lay out on a baking sheet. Sprinkle the cheese evenly over the top and bake until the cheese melts and forms a crisp shell over the beans, about 10 minutes. Let the beans sit a few minutes for the cheese to cool slightly. Put on a platter.

## **Spicy Cranberry Sauce with Apples**

2 cups cranberry juice  
1 (6-ounce) bag sweetened dried cranberries  
**¼ cup Salt Table Cinnamon Sugar**  
**¼ cup Salt Table Ginger Sugar**  
¼ cup Natural Sugar Cane  
2 Gala apples, peeled, cored and diced  
2 teaspoons corn starch

In a medium saucepan over medium heat, add 1 ½ cup cranberry juice, cranberries, cinnamon and sugar. Bring to a boil and let cook for 5 minutes. Add the apples and cook, stirring occasionally, until the cranberries have softened and apples are tender, about 5 minutes.

Take the ½ cup of cranberry juice left and pour in a small bowl and whisk in the cornstarch. Slowly add the cornstarch-juice mixture to the heated cranberry mixture, stirring constantly. Cook for an additional 5 minutes.

Remove from heat and pour into a pretty serving bowl. Refrigerate until thickened, about 30 minutes. Serve any time after that.

## **The Turkey**

**The turkey is the main centerpiece of the day – a great turkey is talked about for months and a dry turkey gets the “I’m so embarrassed for you” fake smile. We go out to pick the perfect bird, we thaw, we season, we herb and stuff and butter and baste and hope.**

**Hope no more, here’s what will work every time! Brining takes the hope and makes it a success.**

### **Easy Brined Turkey**

8 oz. **Salt Table Poultry Brine Seasoning**  
10-13 lb. Thawed turkey  
1 gal + 4 quarts fresh water  
Large stockpot or brining bag

Bring one gallon of water to a boil, and then add the Turkey Brine Seasoning. Take off the heat and let cool to room temperature. Add 4 quarts cool water. Stir well. Place the rinsed/thawed turkey in the large stockpot with the brine solution. Be sure bird is completely covered. Cover and place in the refrigerator for 24 hours. Remove the turkey from the brine and rinse the bird very well.

Either follow directions on the package or use these easy to follow instructions: Place the bird on a greased rack in a roasting pan, tucking the wings under the bird and tying the legs together with cooking twine to ensure even cooking. Add ¼ cup water to the pan to help keep moisture in the bird. Cover with aluminum foil. Bake at 325° for 2 hours. Remove the foil and baste

with butter to help give the skin a golden brown color. Increase the temperature to 375% and roast another 30 minutes, baste again and roast another 30 minutes until the thigh reaches at least 165 degrees (use a meat thermometer).

When you take out of the oven, place it on a large serving tray and cover with foil. Don't forget to let it sit, covered tightly with foil, for 15 to 20 minutes! The turkey will carve much easier! You can also finish up the gravy and sides.

## **Truly Good Gravy**

Place the roasting pan right on the burner and heat up the drippings, scraping the sides to get all the good stuff moving.

¼ cup flour

Pour ½ cup COLD water in a bowl and add the flour. Whisk this together to get out all the lumps (if you have a mason jar, put the water and flour in it, cover and shake).

Add the flour and water mixture to the bubbling drippings and whisk away to incorporate. Add 1 to 2 cups additional water to thin the gravy, depending on how thick or thin you like it. Add salt using **Salt Table Himalayan Pink Salt** (about 1 tsp) and grind some of the **Salt Table Peppercorn Medley** into the gravy. Taste it and add more if you need it.

## **Basic but Good Dressing**

This is a basic dressing that caters to Southerners who like cornbread, and Northerners who like bread dressing.

corn bread, one loaf  
Italian bread, one loaf  
1 loaf crusty artisan bread  
½ cup (1 stick) butter  
1 medium onion, chopped  
5 stalks celery, chopped  
6 cups low sodium chicken broth  
1 pkg, **Salt Table Leek, Chive and Onion Dip Mix**  
3 tsp **Salt Table Spanish Moss Blend**  
**Salt Table Himalayan Pink Salt**  
**Salt Table Peppercorn Medley**

Day old bread works wonders, so get the bread on the sale rack. For the corn bread, you can use a corn bread mix and bake it a couple of days before and keep in the fridge.

The day before making the dressing, cut the breads in to 1 inch cubes and spread on baking sheets, leaving on the counter to dry. If you don't have the space, leave in the oven (just don't forget it's in there and turn it on)

The next day, melt butter in a large skillet (medium heat). Add the onion and celery and stir. Add the chicken broth and the Dip Mix. Add salt and peppercorns to taste while simmering a few minutes. Take it off the heat.

Combine all the bread cubes in a large mixing bowl. Add the chicken broth slowly, tossing until it gets absorbed. Add salt and grind some peppercorn medley as you go if you think it needs more. If you like the dressing to be moister, add some extra chicken broth. Pour it into a large, buttered casserole dish.

This will keep in the fridge for a day (covered), but make sure you take it out and get to room temperature before baking, or make it Thanksgiving morning and put it right in the oven, uncovered, at 375 degrees and bake for 25 to 30 minutes.

## The Perfectly Glazed Ham

The Ham is the main centerpiece of the day – a great ham is beautiful, juicy and tender on the inside and browned and glazed to crunchiness on the outside. Personally, I like the heat and serve hams and just coat them with a flavorful glaze, heat and enjoy. We absolutely love combining the flavors of the ham glaze below, making it sweet and a little spicy!

### Easy Gingery Honey Glazy Ham

8-10 bone-in, fully cooked smoked ham  
20+ whole cloves  
½ cup packed dark brown sugar  
1 Tbsp. **Salt Table Clove Sugar**  
¼ cup orange juice  
1 Tbsp. Ground Ginger  
¼ cup **Salt Table Wildflower or Tupelo Honey**  
2 Tbsp. Brown Mustard

Preheat oven to 325°F. Remove tough skin from ham, leaving a layer of fat. (Ham looks not so good at this step.) Using a sharp knife, score fat in a diamond pattern. Press a clove into center of each diamond. Transfer ham to a large roasting pan and pour in 1 cup water. Cover tightly with foil and bake for 1 hour.

Make glaze: In a bowl, whisk brown sugar, clove sugar, orange juice, honey, ginger and mustard until smooth. Remove foil from ham; brush with a third of glaze.

Bake the ham, uncovered, for another 30 minutes. Brush with half of remaining glaze; bake 15 minutes longer, adding more water to pan if necessary to prevent scorching. Brush with remaining glaze. Bake, checking every 15 minutes, until a meat thermometer inserted into thickest part of ham registers 140°F, about 30 minutes longer. If the ham seems to be browning too quickly, loosely “tent” foil over it while heating.

Remove ham from oven and let rest, loosely covered with foil, for at least 20 minutes.

Serve warm, at room temperature or cold.



## **Casseroles and Sides**

### **Southern Squash Casserole**

2 pounds yellow squash  
1 small onion, chopped  
2 stalks celery, chopped  
1 carrot, grated  
12 oz. bag of seasoned bread crumbs  
1 cup sour cream  
1 10 ½ oz can, cream of chicken soup  
1 cup sharp cheddar cheese  
2 eggs  
1 teaspoon **Salt Table Smoked Bacon Salt**  
½ cup butter

Cut the squash into ½ inch slices and put in a sauce pan, cover with water and boil until tender, about 10 minutes. Drain. In a mixing bowl, mix everything else except the bread crumbs and butter. Toss the bread crumbs and butter together. Butter a casserole dish. Sprinkle half of the bread crumb mixture on the bottom of the casserole dish. Pour in the squash mixture. Sprinkle the other half of the bread crumb mixture on top. Bake at 350 degrees for 30 minutes, or until bubbly.

### **Make Ahead Mashed Potatoes**

5 lbs red skin potatoes, chopped into chunks, leaving the skin on  
1 cup (2 sticks) butter, cut into pieces, plus more for dish and topping  
1 (8-oz) package cream cheese, room temperature  
1 cup half-and-half, room temperature  
2 tsp **Salt Table All Round Good Grinder Blend**

Put potatoes in a large pot. Cover with water, sprinkle in a little Himalayan Pink Salt, and boil over medium high heat 20 to 25 minutes, until fork-tender. Drain in a colander and put back in pot, reserve about ½ cup of the water. Over low heat, mash potatoes 2 to 3 minutes, until mostly smooth, allowing steam and excess moisture to escape. You can also use a hand mixer to make it easier.

Add butter, cream cheese, half-and-half, and grind in the All Round Good Grinder Blend. Use masher to combine all ingredients until totally smooth. Spread potatoes in a buttered casserole dish. Cover and refrigerate up to 2 days.

When ready to bake, take out of the refrigerator and let sit for about an hour, then preheat oven to 350°F. Dot the top of potatoes with more butter. Bake until golden brown, about 30 minutes.

## **Crunchy Sweet Potato Casserole**

4 medium sweet potatoes  
1 cup milk  
1 cup sugar  
2 eggs, beaten slightly  
1 tsp **Salt Table Mexican Vanilla**  
1 tsp **Salt Table Himalayan Pink Salt**  
1 tsp **Salt Table "Pumpple" Spice Blend**  
1 cup packed brown sugar  
½ cup flour  
½ cup butter, cut into pieces  
1 cup chopped pecans

Peel and chunk the potatoes. Heat a large pot of water, add the potatoes and cook for about 20 minutes, or until fork tender. Drain and put in a large mixing bowl.

Mash them, or get a hand mixer and whip, but leave some texture. Add milk, sugar, eggs, vanilla, and salt. Stir and mash mixture until everything is combined but not perfectly smooth. Pour into a buttered 2 quart baking dish.

Make topping: Combine brown sugar and flour in a medium bowl; mix. Cut in butter. Add pecans, and combine until nice and crumbly. Sprinkle crumb mixture on top of sweet potatoes. Bake until golden brown, about 30 minutes. This is almost dessert!

## **Dave's Herb Biscuits**

1 12 oz. refrigerated biscuit dough  
1/2 cup butter, melted  
2 tsp. **Salt Table Sicilian Herb Dip Blend**

Melt the butter and stir in the Sicilian Dip Blend. Let it sit for a couple of minutes. Dip the biscuit dough pieces in the butter so they're totally coated and arrange on a lightly greased baking sheet. Drizzle any remaining seasoned butter on the biscuits. Bake at 400 degrees for about 15 minutes, until golden brown. Easy!

## **Desserts for Now and/or Later**

### **Pumpkin and Spice Cookies**

2 1/2 cup all purpose flour  
1 tsp baking soda  
1 tsp baking powder  
3 tsp **Salt Table "Pumpple" Spice Blend**  
1/2 cup butter, softened  
1 cup natural cane sugar (sugar in the raw)  
1/4 cup **Salt Table Cinnamon Sugar**  
1 cup pumpkin puree (from can is fine)  
1 egg  
1 tsp **Salt Table Mexican Vanilla Extract**  
optional but recommended:  
1 cup, **Salt Table Raw Pecans**  
1 cup, cranberries  
2 Tbsp. **Salt Table Ginger Sugar**

More Options: Ice them!  
2 cups confectioner's sugar  
3 Tbsp. milk  
1 Tbsp. butter  
1 tsp **Salt Table Mexican Vanilla Extract**

Cream together butter and sugars. Add pumpkin, egg and vanilla and beat until smooth. Mix in dry ingredients and blend. Add optional ingredients if desired and blend. Drop on cookie sheet by the tablespoon, flatten slightly. Sprinkle with ginger sugar.

Bake for 15 to 20 minutes in preheated 350 degree oven. Cool. Makes about 2 dozen generous cookies and 3 dozen smaller cookies, depends on how big your tablespoon is.

To make the glaze: Combine sugar, milk, butter, vanilla and 1/2 the milk. Beat until smooth. Add more milk until you get a drizzling consistency. Take a fork and swirl, then drizzle over the cooled cookies.

If you made the pumpkin dip above, then you only need to buy one can of pumpkin puree (15 oz). No waste!

## **Scrumptious Pecan Pie**

1 unbaked pie shell

### **Filling:**

3 eggs, beaten lightly

1# light brown sugar

2 tablespoons whipping cream

½ teaspoons **Salt Table Himalayan Pink Salt**

1 teaspoons **Salt Table Mexican Vanilla**

3 tablespoons melted butter

1 ½ cup **Salt Table Raw Pecan halves**

Preheat oven to 350 degrees. Beat eggs, then beat in the sugar, getting out the lumps. Beat in the rest of the ingredients, except for the pecans. Spread the pecans in the pie shell. Pour the pie mixture over the pecans. Bake about an hour. This is great served warm with a big dollop of vanilla ice cream!

## **Dutch Apple Pie**

1 unbaked pie shell

### **Filling:**

5 cups peeled cored sliced cooking apples

1 tablespoon lemon juice

1/2 cup natural cane sugar

1/4 cup brown sugar

3 tablespoons flour

Dash of **Salt Table Himalayan Pink Salt**

1 teaspoon **Salt Table "Pumpple" Spice Blend**

### **Topping:**

3/4 cup flour

Dash of **Salt Table Himalayan pink salt**

1/4 cup brown sugar

1/4 cup **Salt Table Ginger Sugar**

1/3 cup butter, room temperature

Preheat oven to 375°F. In a large bowl, mix sliced apples with the rest of the filling ingredients. Pour into the pie shell. Next, add the topping ingredients to a mixing bowl. Using a pastry blender or a fork, mix until coarsely crumbled. Sprinkle evenly over apples. Bake at 375°F for 50 minutes. Of course, a big scoop of ice cream goes well with this pie!

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