

E P I C U R E™

Fall into the holidays

MENU & GAME PLAN



Epic Feasts Start With a Plan

What makes this the best turkey dinner ever? With these super simple planning and prep tools, easy-to-follow recipes, and versatile spice blends, creating a memorable family feast has never been easier.



The menu serves 6–8 people and is easily expandable for a larger table setting. For a small get-together, skip roasting a big bird and opt for no-fuss turkey breast.

ROAST TURKEY WITH GRAVY
HAPPY HOLIDAYS STUFFING CUPS
SCALLOPED POTATOES
HOLIDAY PEAS
HONEY ROASTED CARROTS
PUMPKIN PIE

SHOP

Use the Grocery List to shop for all the fresh ingredients and pantry staples needed for 6–8 people.

PREP AHEAD

Reduce prep stress and set yourself up for success—use the Game Plan to start your meal prep one week ahead of the big day.

PERFECT YOUR HOLIDAY FEAST

Use this step-by-step guide and instructions on product packages to bring it all together.

For an even easier feast, cook side dishes in the microwave while the turkey roasts. Try the Epicure **Multipurpose Steamer**.

GROCERY LIST

PRODUCE

- **2 celery stalks** (Happy Holidays Stuffing Cups)
- **2 shallots** (Holiday Peas) | *Swap: ½ small red onion*
- **1 small apple**, optional (Happy Holidays Stuffing Cups)
- **1 garlic clove** (Holiday Peas)
- **2 lbs (900 g) baby carrots** (Honey Roasted Carrots)
- **2 lbs (900 g) russet potatoes**, about 3 large (Scalloped Potatoes)
- **4 cups frozen peas** (Holiday Peas)

PANTRY STAPLES

- **1 can (14 oz/398 ml) light coconut milk** (Pumpkin Pie)
- **1 can (14 oz/398 ml) pumpkin purée** (Pumpkin Pie)
- **3 tbsp honey** (Honey Roasted Carrots) | *Swap: maple syrup*
- **1 tbsp oil + more for brushing**
 - 1 tbsp (Holiday Peas)
 - for brushing (Roast Turkey with Gravy)
- **¼ tsp cayenne pepper**, optional (Honey Roasted Carrots)

PROTEIN

- **8–10 lbs (4–5 kg) turkey** (Roast Turkey with Gravy)
Swap: 2–2½ lbs (1–1.2 kg) boneless turkey breasts

DAIRY

- **2 cups milk**, your choice (Scalloped Potatoes)
- **1 cup grated cheddar cheese**, optional (Scalloped Potatoes)
- **2–3 tbsp cream cheese**, optional (Holiday Peas)
- **3 tbsp butter**
 - 2 tbsp unsalted (Happy Holidays Stuffing Cups)
 - 1 tbsp (Honey Roasted Carrots)
- **Whipping cream or Greek yogurt**, optional (Pumpkin Pie)

BAKERY

- **6 slices dried or day-old plain bread**, or **6 cups croutons** (Happy Holidays Stuffing Cups)
- **9" prepared graham pie shell** (Pumpkin Pie)
Swap: prebaked pie crust



Tight on fridge space?

Pack a large cooler with ice or gel packs. It's great for storing bulky veggies and larger items as you meal prep. Tuck into a kitchen corner, in a cool garage, or on the deck—whatever is easy! Cold food should be stored at 40° F or below.

COOKWARE

MULTIPURPOSE STEAMER

Made of FDA compliant, food grade silicone. Safe for microwaves, ovens, and even goes in the dishwasher.

Heat resistant up to 450° F.

Great for meal prep. Cook stuffing in the microwave, then transfer to the **Muffin Maker** for reheating crispy individual servings in the oven before serving.

Cook and serve scalloped potatoes in the steamer.

Space savvy and environmentally friendly: deep box shape is great for easily storing leftovers in the fridge. Put a lid on it and save on using disposable wraps.

Comes with a **Multipurpose Tray**.

Use a vented lid to microwave grains or rice. Great for reheating leftovers—place scalloped potatoes on the bottom and veggies or turkey on top.



MULTIPURPOSE POT

Measurements are etched right into both sides of pot—no extra measuring cups needed!

Tempered glass lid has built in strainer and pour spout. Makes for easy (and lump-free) pouring into gravy boats.

Prep **Savoury Herb Gravy** ahead; stir in turkey drippings after roasting. Reheat just before serving.



MUFFIN MAKER

Made of FDA compliant, food grade silicone. Safe for microwaves, ovens, and even goes in the dishwasher.

Heat resistant up to 450° F.

Smooth flexible cups are easy to fill; each holds about ¼ cup.

Each tray holds six wells.

Great for portioning and making mini stuffing muffins.



RECTANGULAR STEAMER

Made of FDA compliant, food grade silicone. Safe for microwaves, ovens, and even goes in the dishwasher. Heat resistant up to 450° F.

Great for cooking or reheating small amounts. Ideal for 1–2 servings.

Excellent for serving cranberry sauce!



WOK

Hard aluminum body distributes heat evenly; oven safe to 450° F.

Durable, non-stick ceramic coating is easy to clean and wear resistant. PFAS, PFOA AND PTFE free.

Great for cooking veggies or used as a pot to make soup with leftovers.



THE GAME PLAN

ONE WEEK BEFORE

Order a fresh turkey or pick up a frozen one.



Which bird to buy?

Organic Turkeys only eat organic.* They're raised without antibiotics or growth hormones.**

Natural Turkeys are farm raised with no animal by-product feed, no administered growth hormones or use of antibiotics.**

Free Range Turkeys are farm raised with continuous, free access to outdoors. No guarantee birds are raised without antibiotics or hormones.

Self-Basting, Basted, or Injected Turkeys are birds whose breasts are injected with a saline solution and vegetable oil to keep meat tender and juicy .

Frozen Turkey simply means the birds are flash frozen below 0° as soon as they're processed.

TWO DAYS BEFORE

Pick up fresh turkey or defrost frozen one in fridge. Allow 24 hours for every 5 lbs (2.26 kg).



Make **Pumpkin Pie**.
Hint: No baking required. Just heat mix, then pour into a store-bought crust and chill.



ONE DAY BEFORE

Make **Happy Holiday Stuffing Cups** and **Scalloped Potatoes**. Cool, cover & refrigerate.



Lay out serving dishes. Attach sticky notes for what goes in each.



Set the table. Relax before the big day!



FOUR HOURS BEFORE

Start roasting the turkey. Estimate 20 minutes per pound.



ONE HOUR BEFORE

While the turkey roasts, prepare **Holiday Peas** and **Honey Roasted Carrots** as per recipes. Transfer to a serving dish; cover.



Prepare **gravy** in the **Multipurpose Pot** (p.79).
Hint: Add pan drippings from turkey. Reheat before serving.



While turkey is resting and the oven is still hot, reheat **Scalloped Potatoes** and **Happy Holiday Stuffing Cups** about 30 min.



*No GMO grains, pesticides or animal by-products.

**Processed without added artificial ingredients, preservatives or colouring.

ROAST TURKEY WITH GRAVY



Recipe Tip: Tight on time? Consider roasting a turkey breast instead of the whole bird. Preheat oven to 375° F. Brush 2–2½ lbs (1–1.2 kg) boneless turkey breast with oil, then rub on **Roast Turkey Seasoning**. Place on **Sheet Pan** lined with **Sheet Pan Liner**. Roast 45 min or until meat a thermometer inserted into the thickest part of the breast reads 170° F. Rest 10 min before carving.



Total Time: 2½ hrs



8 servings



2.39 CA/2.03 US/serving

Ingredients

8–10 lbs (4–5 kg) turkey

Oil, for brushing

1 pkg **Roast Turkey Seasoning**

For Gravy

2 tbsp **Savoury Herb Gravy Mix**

1 cup cold water

Nutritional Information

Per serving (8 oz/224 g turkey): Calories 430, Fat 17 g (Saturated 5 g, Trans 0.2 g), Cholesterol 240 mg, Sodium 230 mg, Carbohydrate 1 g (Fibre 0 g, Sugars 0 g), Protein 64 g.

Per serving (¼ cup gravy): Calories 15, Fat 0.1 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 35 mg, Carbohydrate 3 g (Fibre 0 g, Sugars 0 g), Protein 1 g.

Preparation

1. Preheat oven to 350° F.
2. Remove giblets and neck from turkey (use for stock or soup, if you wish). Place turkey breast-side up in a roasting pan. Brush with oil and rub on seasoning.
3. Roast for 15–20 min per 1 lb, or until a meat thermometer inserted into thigh reads 180° F.
4. Remove from oven; cover loosely with foil. Rest 15 min before carving.

For Gravy in the Microwave

In a bowl, whisk mix into water. Cook 2 min, stir, then cook 2 more min.

For Gravy on the Stovetop

In a **Multipurpose Pot**, whisk mix into water. Bring to a boil, whisking constantly until thickened.

HAPPY HOLIDAYS STUFFING CUPS



 15 min  8 servings  0.73 CA/0.62 US/serving

Ingredients

- 1 pkg **Happy Holidays Stuffing Seasoning**
- 2 cups boiling water
- 2 tbsp unsalted butter
- 6 slices dried or day-old plain bread, or 6 cups croutons
- 2 celery stalks
- 1 small apple, optional

Nutritional Information

Per serving: Calories 140, Fat 4.5 g (Saturated 2 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 220 mg, Carbohydrate 20 g (Fibre 2 g, Sugars 1 g), Protein 4 g.

Preparation

1. In a bowl, stir seasoning with water and butter.
2. Chop bread into cubes. You should have about 6 cups. Thinly dice celery. If using, peel and dice apple into bite-sized pieces.
3. To **Multipurpose Steamer**, add bread cubes, celery, apples (if using), and reserved seasoning mixture; stir to combine. Cover; microwave on high 5 min.
4. Divide stuffing into **Muffin Maker** cups to cool and set.

Make it a perfectly balanced plate: Serve with **Roast Turkey** and **Honey Roasted Carrots**.

SCALLOPED POTATOES



Recipe Tip: For scalloped potatoes au gratin, top with 1 cup grated cheddar cheese before baking.

 Total Time: 1 hr 40 min  8 servings  1.03 CA/0.88 US/serving

Ingredients

- 1 pkg **Scalloped Potatoes Seasoning**
- 2 cups milk, your choice
- 2 lbs (900 g) russet potatoes, about 3 large

Nutritional Information

Per serving (about 1/3 cup): Calories 150, Fat 2.5 g (Saturated 1.5 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 210 mg, Carbohydrate 26 g (Fibre 2 g, Sugars 3 g), Protein 5 g.

Preparation

1. Preheat oven to 350° F.
2. In a large microwaveable bowl, whisk seasoning with milk. Microwave, uncovered, on high for 5 min, whisking halfway through. It should have thickened. Set aside.
3. Peel and thinly slice potatoes. Spread 1/3 in **Multipurpose Steamer** or oiled 9" x 9" casserole dish. Pour 1/3 of the prepared sauce on top. Continue with two more layers, ending with the remaining sauce on top.
4. Bake, covered, 40 min. Uncover and bake 35–40 min or until sauce is bubbling and potatoes are fork tender.

HOLIDAY PEAS



Recipe Tip: For a creamy version, stir in 2–3 tbsp cream cheese at the end of cooking.

 15 min  8 servings  0.78 CA/0.62 US/serving

Ingredients

- 2 shallots
- 1 garlic clove
- 1 tbsp oil
- 1 tbsp **Holiday Seasoning**
- 4 cups frozen peas
- $\frac{1}{3}$ cup prepared **Vegetable Broth**

Nutritional Information

Per serving: Calories 70, Fat 2 g (Saturated 0.3 g, Trans 0 g), Cholesterol 0 mg, Sodium 55 mg, Carbohydrate 10 g (Fibre 3 g, Sugars 4 g), Protein 3 g.

Preparation

1. Thinly slice shallots. Mince garlic.
2. Heat oil in a large skillet over medium heat. Add shallots and garlic; sprinkle with seasoning. Stir often until soft, 4–5 min.
3. Add peas and broth. Simmer until peas absorb most of the broth and are heated through, 2 min. Drain any excess liquid, if needed.

HONEY ROASTED CARROTS



Recipe Tip: Streamline prep time and use baby carrots.



30 min



6–8 servings



0.44 CA/0.35 US/serving

Ingredients

- 1 tbsp butter or oil
- 3 tbsp honey or maple syrup
- 1 tbsp **Vegetable Broth Mix**
- ¼ tsp cayenne pepper, optional
- 2 lbs (900 g) baby carrots

Sea Salt and **Black Pepper**, to taste

Toppings (optional): chopped fresh parsley or sliced green onion

Nutritional Information

Per serving: Calories 80, Fat 1.5 g (Saturated 1 g, Trans 0 g), Cholesterol 5 mg, Sodium 105 mg, Carbohydrate 16 g (Fibre 3 g, Sugars 12 g), Protein 1 g.

Preparation

1. Preheat oven to 425° F.
2. Melt butter or heat oil in a **Wok** or large oven-safe sauté pan set over medium-high heat. Add honey, broth mix, and cayenne, if using. Stir to combine. Bring to a boil; reduce heat and simmer to let flavours blend, 2 min. Add carrots; turn off heat. Stir to evenly coat.
3. Move wok to oven and roast, stirring occasionally, until tender, about 18 min. Carefully remove and place back on stovetop over medium-high heat. Stir often until carrots are uniformly glazed, 2–4 min. Taste and season with salt and pepper. Add toppings, if desired.

PUMPKIN PIE

Recipe Tip: If using a frozen pie shell, follow directions on the package for baking crust before adding pumpkin filling.



Total Time: 1 hour + 10 min (includes 1 hour chill time)



8 servings



1.62 CA/1.38 US/serving

Ingredients

1 pkg **Pumpkin Pie Mix**
1 can (14 oz/398 ml) light coconut milk
1 can (14 oz/398 ml) pumpkin purée
9" prepared graham pie shell
or prebaked pie crust

Toppings (optional): whipped cream
or Greek yogurt

Nutritional Information

Per serving (1 slice): Calories 190, Fat 7 g (Saturated 3.5 g,
Trans 1.5 g), Cholesterol 0 mg, Sodium 320 mg,
Carbohydrate 31 g (Fibre 3 g, Sugars 17 g), Protein 2 g.

Preparation

1. In a **Multipurpose Pot – 8 Cup**, whisk mix with coconut milk. Bring to a rolling boil over medium-high heat, whisking frequently.
2. Remove from heat; whisk in pumpkin purée until evenly mixed.
3. Pour into pie shell. Refrigerate until set, at least 1 hour. If making ahead, cover and refrigerate overnight.
4. To serve, cut into wedges and top with whipped cream or yogurt, if desired.

RECIPE IDEAS FOR TURKEY DINNER LEFTOVERS



1. MINI TURKEY MAC

Combine Mac & Cheese with leftover turkey, gravy, peas, and stuffing—the ultimate meal for holiday leftovers [CAIUS](#).



2. SLICED TURKEY

Thinly slice turkey and make sandwiches. Try Sliced Turkey Sammie [CAIUS](#) or Open-faced Hot Turkey Sandwiches [CAIUS](#), perfect for lunches this week.



3. SHREDDED TURKEY

Shred turkey and add to quesadillas [CAIUS](#) or burritos [CAIUS](#).



4. SOUP

Soup is also a classic way to use up leftover turkey [CAIUS](#). Save the turkey carcass and make your own stock too [CAIUS!](#)



5. DICE IT UP

Dice up leftover turkey and swap it in recipes that call for ground turkey or chicken. Try **Turkey & Broccoli Skillet Meal** [CAIUS](#), **Tex Mex Turkey Hamburger Pasta** [CAIUS](#), or **Gingery Turkey & Rice Bowl** [CAIUS](#).



3. WHAT'S LEFTOVER PIE?

If you happen to have leftover pumpkin pie, blend up a slice or two and use it instead of pumpkin purée to make **Pumpkin Pie “Ice Cream”** [CAIUS](#). Or, take inspiration from this breakfast smoothie [CAIUS](#) and blend up leftover pie to make a pumpkin pie shake—there’s nothing better than making more dessert from leftover dessert.