

HOMEMADE CRANBERRY SAUCE

ingredients:

- 1 12 OZ. BAG CRANBERRIES
- 1 CUP CRANBERRY JUICE
- 1 CUP PURE MAPLE SYRUP
- 2 DROPS ORANGE EO
- 2 DROPS LIME EO
- 1 DROP LEMON EO



directions:

1. WASH BAG OF CRANBERRIES UNDER COOL WATER, THEN DUMP INTO A MEDIUM SAUCEPAN.
2. POUR IN 1 CUP OF CRANBERRY JUICE.
3. POUR IN 1 CUP MAPLE SYRUP.
4. STIR TOGETHER AND TURN HEAT ON HIGH UNTIL IT REACHES A BOIL.
5. ONCE IT COMES TO A ROLLING BOIL, TURN THE HEAT DOWN TO MEDIUM LOW AND CONTINUE COOKING OVER LOWER HEAT FOR ABOUT 10 MINUTES, OR UNTIL THE JUICE IS THICK. TURN OFF THE HEAT.
6. STIR IN ESSENTIAL OILS. SERVE CHILLED.

YIELD: 4 SERVINGS



FROM THE KITCHEN OF:



**WELL-OILED
HOME**

LEMON BUTTER GREEN BEANS

ingredients:

- 1 PINT GREEN BEANS,
STEM ENDS TRIMMED
- 1 TABLESPOON COARSE
SALT, PLUS MORE FOR
SEASONING
- 2 TABLESPOONS BUTTER
- 2 DROPS LEMON EO
FRESHLY GROUND PEPPER



directions:

1. FILL A MEDIUM (3-QUART) SAUCEPAN THREE-QUARTERS FULL OF COLD WATER. SET OVER HIGH HEAT, AND BRING TO A BOIL. ADD SALT AND BEANS. COOK UNTIL WATER RETURNS TO A BOIL AND BEANS ARE TENDER, 4 TO 5 MINUTES. REMOVE FROM HEAT, AND DRAIN.
2. IMMEDIATELY RETURN BEANS TO SAUCEPAN. ADD BUTTER AND LEMON ESSENTIAL OIL. TOSS; SEASON WITH SALT AND PEPPER. TRANSFER TO A SERVING BOWL; SERVE WARM.

YIELD: 4 SERVINGS



FROM THE KITCHEN OF:



**WELL-OILED
HOME**

ORANGE GLAZED HONEY HAM

ingredients:

- 6 POUND HAM W/ BONE
- 1 CUP HONEY
- 1/4 CUP MAPLE SYRUP
- 1/2 CUP ORANGE JUICE
- 2 DROPS CINNAMON EO
- 2 DROPS CLOVE EO
- 3 DROPS ORANGE EO



directions:

1. COMBINE HONEY, MAPLE SYRUP, AND ORANGE JUICE INTO A DOUBLE BOILER. STIR UNTIL COMBINED AND BRING TO A BOIL.
2. REMOVE FROM HEAT AND ADD ESSENTIAL OILS.
3. LINE ROASTING PAN WITH FOIL AND PLACE HAM IN THE CENTER.
4. POUR GLAZE OVER THE TOP OF THE HAM.
5. COOK HAM AS DIRECTED ON THE PACKAGE.
6. FOR THE LAST HOUR OF COOKING, BASTE WITH GLAZE ON THE BOTTOM OF THE PAN. REPEAT UNTIL HAM IS THOROUGHLY COOKED.
7. FOR LAST 15 MINUTES OF COOKING, BROIL UNTIL GOLDEN BROWN.

YIELD: 12 SERVINGS



FROM THE KITCHEN OF:



ROSEMARY GARLIC MASHED POTATOES

ingredients:

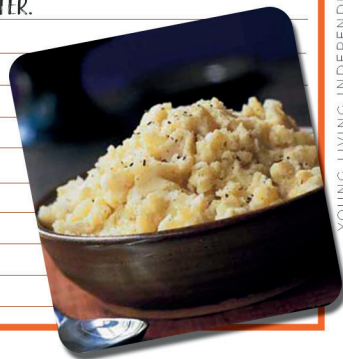
- 5 LBS YUKON GOLD POTATOES,
PEELED & DICED
- 1 1/2 TEASPOONS SALT
- 1 TEASPOON OF GARLIC
POWDER
- 3/4 CUP HEAVY CREAM
- 6 TABLESPOONS BUTTER
- 3 TABLESPOONS MILK
- 2-3 DROPS ROSEMARY EO
- 1 DROP BLACK PEPPER EO



directions:

1. PEEL, DICE, AND BOIL POTATOES FOR 20-25 MINUTES OR UNTIL SOFT.
2. DRAIN POTATOES AND PLACE IN BOWL WITH BUTTER.
3. ALLOW BUTTER TO MELT THEN ADD CREAM.
4. MASH POTATOES THOROUGHLY UNTIL DESIRED
CONSISTENCY, ADDING MILK AS NEEDED.
5. STIR IN ESSENTIAL OILS, GARLIC,
AND SALT TO TASTED.
6. PLACE IN SERVING BOWL AND KEEP WARM.

YIELD: 12 SERVINGS



FROM THE KITCHEN OF:



**WELL-OILED
HOME**

PUMPKIN PIE

ingredients:

- 1 PREPARED 9" PIE CRUST
- 1 CUP SUGAR
- 1/4 TEASPOON SALT
- 1 1/2 CUPS CANNED PUMPKIN
- 2 DROPS CINNAMON EO
- 1 DROP NUTMEG EO
- 1 DROP CLOVE EO
- 1 DROP GINGER EO
- 3 EGGS, SEPARATED
- 1 CUP SOUR CREAM



directions:

1. COMBINE SUGAR, SALT, PUMPKIN AND ESSENTIAL OILS.
2. SEPARATE EGGS, RESERVING WHITES. BEAT EGG YOLKS WELL.
3. STIR EGG YOLKS INTO PUMPKIN MIXTURE.
4. ADD SOUR CREAM AND MIX.
5. BEAT EGG WHITES UNTIL SOFT PEAKS FORM; FOLD INTO PUMPKIN MIXTURE.
6. POUR INTO UNBAKED PIE CRUST.
7. BAKE 10 MINUTES AT 450°, THEN LOWER OVEN TEMPERATURE TO 350°. BAKE 1 1/2 HOURS LONGER. COOL BEFORE SERVING. SERVE WITH WHIPPED CREAM IF DESIRED.

YIELD: 8 SERVINGS



FROM THE KITCHEN OF:



WELL-OILED
HOME

SWEET POTATO CASSEROLE

ingredients:

- 3 COOKED SWEET POTATOES
- 2 EGGS, BEATEN
- 1/4 CUP MILK
- 1/3 CUP MAPLE SYRUP
- 1 TEASPOON VANILLA
- 1/2 CUP BUTTER
- 3 DROPS LEMON EO
- 2 DROPS CINNAMON EO

TOPPING:

- 1 CUP PACKED BROWN SUGAR
- 1/3 CUP FLOUR
- 1 CUP CHOPPED PECANS
- 1/3 CUP MELTED BUTTER
- 3 DROPS CINNAMON EO



directions:

1. COOK, PEEL, AND MASH SWEET POTATOES.
2. MIX FIRST 6 INGREDIENTS AND STIR IN LEMON & CINNAMON OILS.
3. PLACE FILLING IN 9X13 BAKING DISH.
4. FOR TOPPING, MIX BROWN SUGAR, FLOUR, CHOPPED PECANS AND CINNAMON OIL.
5. SPREAD TOPPING OVER SWEET POTATO MIXTURE.
6. DRIZZLE MELTED BUTTER OVER TOPPING.
7. BAKE AT 350 DEGREES FOR 30 MINUTES OR UNTIL BROWN AND BUBBLING.

YIELD: 12 SERVINGS



FROM THE KITCHEN OF:



SOUTHERN CORNBREAD DRESSING

ingredients:

- 1 13X9" PAN OF BAKED CORNBREAD, CRUMBLED
- 1/2 CUP BUTTER
- 4 LARGE EGGS, DIVIDED
- 3 CUPS SOFT BREADCRUMBS
- 2 MEDIUM ONIONS, DICED
- 3 CUPS DICED CELERY
- 6 (10 1/2-OUNCE) CANS CONDENSED CHICKEN BROTH
- 1/2 CUP DICED HAM, TURKEY, AND EGG WHITES
- 3 DROPS SAGE EO
- 2 DROPS THYME EO
- 2 DROPS BLACK PEPPER EO



directions:

1. CRUMBIE CORNBREAD INTO A LARGE BOWL; STIR IN BREADCRUMBS, AND SET ASIDE.
2. MELT BUTTER IN A LARGE SKILLET OVER MEDIUM HEAT; ADD ONIONS AND CELERY, AND SAUTE UNTIL TENDER.
3. ADD SAUTÉED VEGETABLES & REMAINING INGREDIENTS INTO CORNBREAD MIXTURE & STIR.
4. POUR EVENLY INTO 1 LIGHTLY GREASED 13X9" BAKING DISH AND 1- 9" SQUARE BAKING DISH.
5. COVER AND CHILL 8 HOURS.
6. BAKE, UNCOVERED, AT 375° FOR 35 TO 40 MINUTES OR UNTIL GOLDEN BROWN.

YIELD: 16-18 SERVINGS



FROM THE KITCHEN OF:



ULTIMATE GRAVY

ingredients:

- 1/2 CUP BUTTER
- 1/2 CUP FLOUR
- 4 CUPS CHICKEN STOCK
- 1/2 TEASPOON GARLIC POWDER
- 3/4 TEASPOON KOSHER SALT
- 2 DROPS SAGE EO
- 1 DROP THYME EO
- 1 DROP BLACK PEPPER EO



directions:

1. MELT BUTTER IN A DUTCH OVEN OVER MEDIUM HEAT.
2. WHISK IN FLOUR, AND COOK, WHISKING CONSTANTLY, 3 TO 4 MINUTES OR UNTIL MIXTURE IS LIGHT BROWN AND SMOOTH.
3. SLOWLY WHISK IN 4 CUPS STOCK. INCREASE HEAT TO HIGH; BRING TO A BOIL, WHISKING OCCASIONALLY. STIR IN SALT AND GARLIC POWDER.
4. SIMMER, STIRRING OCCASIONALLY, 10 TO 15 MINUTES OR UNTIL DESIRED THICKNESS.
5. STIR IN ESSENTIAL OILS. SERVE WARM.

YIELD: 12-16 SERVINGS



FROM THE KITCHEN OF:



TURKEY INJECTION SAUCE

ingredients:

- 4 TABLESPOONS BUTTER
- 1 CUP CHICKEN BROTH
- 2 TEASPOONS GARLIC POWDER
- 2 DROPS OREGANO EO
- 2 DROPS OF THYME EO
- 4 DROPS LEMON EO
- 2 DROP BLACK PEPPER EO
- 1 TEASPOON OF SALT



directions:

1. MELT BUTTER IN A SMALL SAUCEPAN.
2. ADD REMAINING INGREDIENTS, EXCEPT THE SALT. MIX WELL.
3. ADD SALT UNTIL MIXTURE HAS A SLIGHT, BUT NOT OVERPOWERING SALT FLAVOR.
4. REMOVE MIXTURE FROM HEAT AND ALLOW TO COOL ENOUGH TO WORK WITH AND LOAD INTO MEAT INJECTOR. ABOUT 5-6 MINUTES.
5. USING A HYPODERMIC NEEDLE OR BASTER-INJECTOR INJECT THE BROTH INTO THE TURKEY, CONCENTRATING MAINLY ON THE BREAST 2-3 HOURS BEFORE ROASTING OR FRYING.

YIELD: ENOUGH FOR 12-14 LBS TURKEY



FROM THE KITCHEN OF:

