

X6340: Cook Your Own Early Thanksgiving

Instructors: Frank Chung, Jessica Duff

Sunday Nov. 18, 2012

Massachusetts Institute of Technology Educational Studies Program: Splash! 2012

We'll have fun preparing some of the Thanksgiving classics such as pumpkin pie, sweet potato casserole, stuffing, and other goodies. We'll teach you all you need to learn to make these dishes and have an early Thanksgiving feast. If all goes well, you'll have a few Thanksgiving classics to show off the Thursday after Splash.

Here is the finalized list of what we will make:

- Green bean casserole
- Sweet potato casserole
- Stuffing
- Cranberry sauce
- Pumpkin pie

As you may guess, some things will take more effort than others. We only have a class of at most 7 students and two instructors. So we will have to split the workload. Some things like Cranberry sauce will not require multiple people and no more than a minute; we're taking it from the can — classy.



Important Safety Notice!

While many of these may appear to be common sense, I think it is very important to review some safety things.

MIT Police's number: 617-253-1212

Do not bring flammable things near the flame!

Do not attempt to throw water onto something on fire

Do not attempt to move something on fire

If possible, cover / smother whatever is on fire

Source: MIT Environment, Health, and Safety

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MIT ESP Splash 2012

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Green Bean Casserole

Preheat oven to 350°F				
2x 14.5 oz. cans of cut green beans	drain			bake 350°F 5 min.
3/4 cup whole milk		mix	bake 350°F 30 min.	
1/8 tsp. pepper				
10-3/4 oz. can cream of mushroom				
2/3 cup french fried onions				
2/3 cup french fried onions				
		Place on top		

Ingredients: 3/4 cup whole milk, 1/8 tsp. pepper, 10-3/4 oz. can cream of mushroom, two 14.5 oz. cans of cut green beans, and 1-1/3 cups french fried onions.

1. Open the cans and drain the water from the green beans. Pour all the ingredients except for 2/3 cup onions into a 1-1/2 quart casserole (I used a 8 in. square baking pan)
2. Mix
3. Make at 350°F (175°C) for 30 minutes.
4. After thirty minutes in the oven, the casserole should be nice and hot. Take it out and top with the reserved onions. Bake for an additional five minutes.



Source: Michael Chu of Cooking for Engineers

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Sweet Potato Casserole

Preheat oven to 350°F				
3 Cups Sweet Potatoes	Cube, cook in water until tender, drain, mash	Mix	Place this filling into casserole dish	Bake for 30-40 minutes @ 350°F
1 Cup Brown Sugar				
2 Eggs	Beat eggs			
1 Tsp. vanilla				
½ Cup milk				
½ Cup melted butter	Mix		Sprinkle over filling (above)	
½ Cup brown sugar				
1/3 Cup Flour				
1/3 Cup melted butter				
1 Cup Marshmallow			Place on top	

Ingredients:

- 3 cups mashed sweet potatoes
- 1 cup brown sugar
- 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 1/2 cup milk
- 1/2 cup melted butter
- Topping:
- 1/2 cup brown sugar
- 1/3 cup flour
- 1/3 cup melted butter



Combine first 6 ingredients. Pour into a buttered 1 1/2 to 2-quart casserole dish. Mix remaining ingredients together and sprinkle over top. Bake at 350° for 30 to 40 minutes, until hot and browned. Add in marshmallows later as desired (careful, they can burn easily!)

Source: Based on <http://southernfood.about.com/od/sidedishcasseroles/r/bl90911u.htm>

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MIT ESP Splash 2012

Nov. 18, 2012

Thanksgiving Sage & Onion Stuffing

Preheat oven to 350°F					
14oz Sage and Onion Stuffing		Pour stuffing into bowl, mix sausage, mix veggies	Add 1 Cup of milk, knead and mix 10 minutes	Add 1 Cup of milk, knead and mix	Cover in Al foil; Bake 60 minutes @ 350°F Leave out for extra 10 minutes
1 lbs Pork sausages	Fry				
3 Stalks Celery	Chop				
1 Medium green pepper	Chop				
1 Medium yellow onion	Chop				
2 Cups whole milk					

Original recipe below, we halved the amount of food, except the veggies!

1. 2 14oz. bags of Brownberry Traditional Stuffing (Sage & Onion) cubed stuffing
2. 2 1 lb. (or 16oz.) Jimmy Dean Pork Sausages (if available try the Sage flavored sausage, or for a spicier flavor you can use the hot flavored pork sausage)
3. 3 stalks celery chopped small (please see picture)
4. 1 medium green pepper chopped small (please see picture)
5. 1 medium yellow onion chopped small (please see picture)
6. 4 cups whole milk (or 2% milk)

Start by frying the pork sausage in a skillet. Once the sausage is completely well done and browned, set aside and let cool.

While the sausage is frying you can begin to chop your celery, green pepper, and onion.

Pour the two bags of stuffing cubes into a very large mixing bowl. Next fold in your sausage and mix well with your hands or large mixing spoon. Next, fold in your vegetables and mix everything together well.

Next, slowly pour in two cups of milk (as evenly as you can) over the entire mixture and then start kneading the mixture. While you're kneading the mixture, try gently squeezing the drier mixture and rolling it into the milk at the bottom of the bowl, repeating this every so often. Try kneading the mixture for at least ten minutes before adding the next two cups of milk.

After you pour in the second two cups of milk (again, evenly all over the entire mixture), knead the mixture again and squeeze the mixture into the milk. The more you

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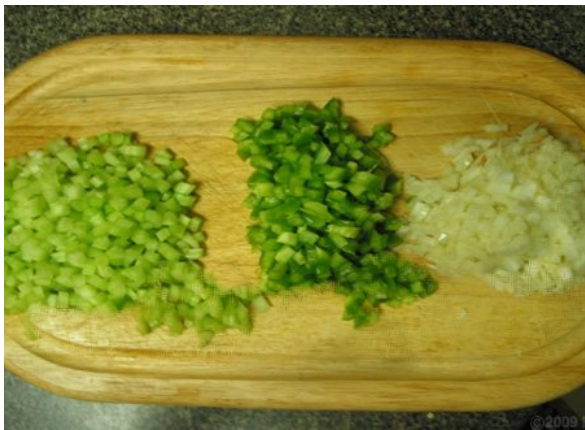
MIT ESP Splash 2012

Nov. 18, 2012

knead and squeeze the mixture, you will soon start to notice the mixture becoming dough-like. Try to saturate the rest of the dryer mixture by continuing to knead the mixture. Over all, I knead the mixture for about 30-35 minutes.

Next, preheat your oven at 350 degrees.

Next, take some aluminum paper and line the bottom of the shallow baking pan and use enough paper to fold back over the mixture, then repeat this again cross-wise. Once your aluminum paper is laid neatly into your baking pan, put your mixture into the aluminum lined baking pan. Pat the stuffing down evenly, cover it tightly with the foil and seal the foil edges. Bake in the oven at 350 degrees for 1 hour. In about 55 minutes uncover the stuffing and let it brown in the oven for about 10 minutes, and remove from the oven.



Photos are not in order.

<http://www.squidoo.com/thanksgiving-stuffing-recipe>

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Cranberry Sauce

Can of cranberry sauce	Open Can, plop onto plate
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Well, that was challenging, wasn't it?



Real classy...

Source: my brain

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Easy Pumpkin Pie

Preheat oven to 400°F			
Can of Pumpkin filling		Mix	Bake 25 minutes @ 400°F
3 Eggs	Scramble/ beat		
$\frac{3}{4}$ Cup whole milk			
Brown sugar to taste			
Pie Crust	Pre-bake as necessary (<i>only</i> if crust calls for it)		

Ingredients

- Can of Pumpkin Pie Filling
- 3 Eggs
- $\frac{3}{4}$ Cup whole milk
- Brown Sugar
- Pie Crust
- Anything else leftover, if desired (e.g. marshmallows?)

Mix the canned pumpkin pie filling, the three eggs, and $\frac{3}{4}$ cup of milk, and brown sugar. You need to add the latter two last and slowly. This is not an exact amount; we may need more or less depending on the status of the filling. Bake for 25 minutes at 400F.



Based on Cooking for Engineers website