

2023 Holiday Recipe Book



RECIPES FROM MY PARTIALLY
UPDATED YET EXCEPTIONALLY
CLEAN KITCHEN

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RED
BICYCLE
BOOKS

PUBLISHING

Author's Note

As the holiday season approaches, it is easy to get carried away in the hustle and bustle of food, decor, shopping, and the labor of love that is cooking and baking.

Over the years of trial and error, disaster of various concoctions of sage, rosemary, thyme, and perhaps parsley, with a few face cringes in the process, each year I work at creating recipes to deliver some yum yum for the tum tum.

This holiday season, pause for a moment to think about who is truly special in your life and the memories you are sharing together. Are brave enough to start some new traditions?

Remember the most salient story you can write is your own.

I am delighted to share my labor of love for food with you in this mini holiday recipe book.

Enjoy. Happy cooking. Happy Eating. Repeat.

From my heart to yours, have a safe and happy holiday season.



Safety Tips

Cooking temperatures-follow guidelines at www.foodsafety.gov

Always wash hands before any food preparation. Prevent cross-contamination by minimizing contact with raw meat and eggs. When handling raw meat and eggs, ensure any surface touched is properly disinfected with disinfectant wipes.

If possible, use food gloves when handling raw meats to limit cross-contamination.

Keep fruit and veggie prep away from raw meats and eggs at all times.

Do as much prep work as possible to prevent a scramble in the kitchen and less stress.

Be careful when adding ingredients to a hot pan of oil to prevent splash.

Okay, put on your favorite oven mitts, let's get started!



Sides
&
Appetizers



Pumpkin Coconut Curry Soup

INGREDIENTS:

2 cups gluten-free chicken stock (such as Kitchen Basics)
1/2 sweet onion (diced)
1 tablespoon unsalted butter
1/2 cup coconut milk (mixed well)
15 ounce canned pumpkin
1/2 teaspoon curry powder
1/2 teaspoon garlic powder
1/2 teaspoon ground cinnamon
1/4 teaspoon allspice
1 teaspoon raw honey
2 teaspoons pure maple syrup
Salt and pepper to taste

COOK TIME:

20 minutes

SERVINGS:

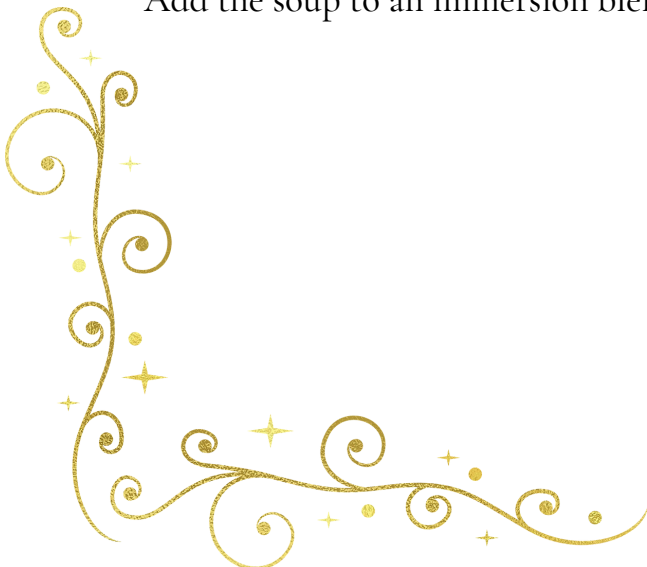
Makes four servings

GLUTEN FREE

DIRECTIONS:

Dice onion. Add one tablespoon of unsalted butter to the Dutch oven. Add onion and simmer on low heat for five minutes or until onion is soft. Add 2 cups of chicken stock, canned pumpkin, coconut milk, and all the spices. Slowly add in 2 teaspoons of pure maple syrup and 1 teaspoon of raw honey. Add salt and pepper to taste. Do not cover. Stir occasionally on low to medium heat for about 20 minutes.

Add the soup to an immersion blender to puree. Serve immediately.



Eggplant Parmesan Dip

INGREDIENTS:

1 medium eggplant (diced)
6 garlic cloves
1/2 red onion (sliced)
7 small sweet peppers (sliced)
7 fresh basil leaves
1/2 cup extra virgin olive oil plus 1 teaspoon
4 ounces cream cheese
1 1/2 cup parmesan cheese shavings
1/2 teaspoon thyme
1 teaspoon Balsamic reduction (such as Alessi)
8 ounces tomato paste
Salt and pepper to taste
Pita chips or veggies to dip

COOK TIME:

45 minutes

SERVINGS:

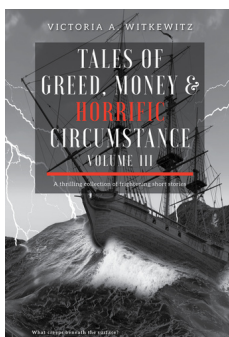
Makes roughly 3 cups of dip

GLUTEN FREE

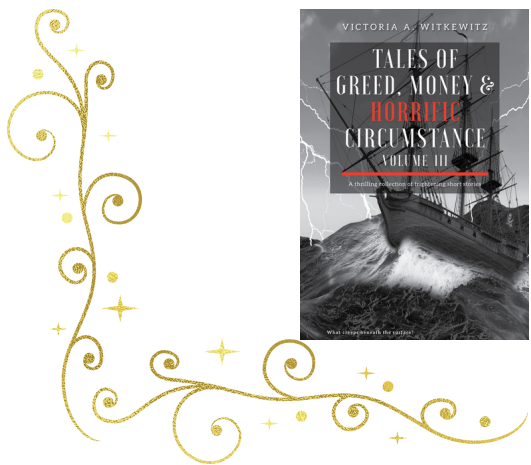
DIRECTIONS:

Turn oven to 425 degrees. Dice eggplant discarding seeds. Slice onion and sweet peppers. Discard seeds. Remove garlic from the bulb. Place ingredients on a cookie sheet. Sprinkle 1/2 cup of extra virgin olive oil over vegetables. Generously season with salt and pepper. Bake for 45 minutes turning veggies halfway between. Remove from oven and let cool for 5 minutes.

In a food processor add cream cheese, 1 teaspoon of extra virgin olive oil, tomato paste, parmesan cheese, thyme, basil leaves, and Balsamic reduction. Blend until the ingredients come together in a rich red dip. If needed, add a little water or extra oil to blend. Serve immediately with pita chips or your favorite vegetables.



Is this time for a shameless self-promotion? Hey, you can't blame a girl for trying! As you may need to add a little water to this recipe, explore [Tales of Greed, Money & Horrific Circumstance Volume III](#), where all stories revolve around this precious resource. [Your scare awaits December 4th!](#)



Sweet Potato Casserole

INGREDIENTS:

3 medium-sized sweet potatoes (diced)
1 rib of celery (diced)
1/2 cup fennel (diced)
1/4 cup unsalted butter
2 cup raisins
1 cup pecans
1 tablespoon pure maple syrup
1 teaspoon pumpkin pie spice
3 garlic cloves (minced)
1 cup shredded Havarti cheese
Salt and pepper to taste

COOK TIME:

60 minutes

SERVINGS:

Makes approximately 12 servings

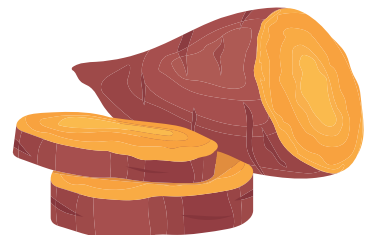
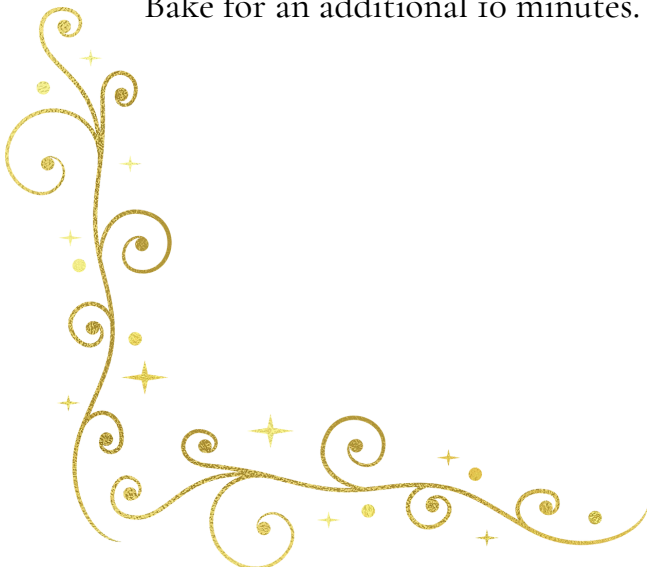
GLUTEN FREE

DIRECTIONS:

Preheat oven to 350 degrees. Dice potatoes, celery, and fennel. Mince garlic cloves. Place ingredients in a mixing bowl. Add pumpkin pie spice, salt and pepper, syrup, raisins, and pecans. Mix ingredients with a spoon until well combined.

In a glass pan or baking dish cut butter into slices and scatter throughout the pan. Transfer the ingredients into the baking dish and cover with aluminum foil. Bake for 50 minutes.

Remove aluminum foil and sprinkle Havarti cheese over the top. Stir into casserole. Bake for an additional 10 minutes. Serve immediately.



Main Dishes



Rosemary Chicken with Fettucine

INGREDIENTS:

1 1/2 pounds thin chicken breasts
1/2 cup Marsala wine
1 1/2 cups gluten-free chicken stock (such as Kitchen Basics)
1 tablespoon unsalted butter
1 tablespoon grated parmesan cheese
6 garlic cloves (diced)
1/2 cup heavy cream
1 teaspoon Balsamic reduction
3 sprigs of fresh rosemary
Salt and pepper to taste
1 teaspoon Arrowroot starch

PASTA INGREDIENTS:

1 tablespoon butter
1/2 package Fettuccini noodles
1 tablespoon garlic powder

DIRECTIONS:

Make pasta according to the Fettucini package instructions. Dice garlic cloves. Add one tablespoon of butter to Dutch oven on low heat. Add garlic. Salt and pepper chicken breasts with 1 tablespoon grated parmesan cheese. Add to the pan. Seer chicken to a golden brown. Add chicken stock, Marsala wine, and fresh rosemary. Cook for 5 minutes on medium to low heat. Add Balsamic reduction and heavy cream. Add Arrowroot starch to thicken. Stir frequently.

Drain pasta. Add 1 tablespoon butter, 1 tablespoon garlic powder. Mix well. Pour sauce and add chicken on top. Serve immediately.

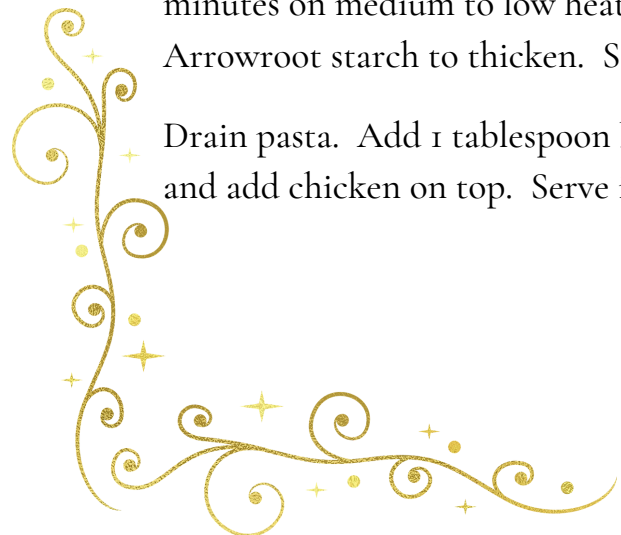
COOK TIME:

20 minutes

SERVINGS:

Makes 4 servings

GLUTEN FREE



Braised Beef with Chili Sauce

INGREDIENTS:

3-pound beef roast
2 cups gluten-free beef stock (such as Kitchen Basics)
1 tablespoon salted butter
1/2 yellow onion (diced)
6 mini sweet peppers (diced)
5 garlic cloves
1/4 teaspoon cayenne pepper
1 teaspoon extra virgin olive oil
1/2 cup Marsala wine
2 tablespoons gluten-free soy sauce
6 ounce can of tomato paste
20 ounce can of pineapple chunks with juice
Salt and pepper to taste
Baked potatoes (optional)

DIRECTIONS:

Make the sauce. Dice onion and sweet peppers. Discard seeds. Place one tablespoon of salted butter in frying pan. Place on medium heat. Add peppers, onion, and garlic. Cook for 5 minutes. Add in beef broth, tomato paste, cayenne pepper, wine, and soy sauce. Stir ingredients. Slowly add in pineapple chunks. Simmer for 10 minutes. Let cool.

Meanwhile, cut beef roast into 1/2 inch thick slices. Add oil to a separate frying pan. Generously add salt and pepper. Place beef to seer for about 3 minutes. Clean counters to disinfect raw beef.

Transfer sauce to blender and puree for two minutes. Start slow cooker on 6 hour setting. Transfer beef and sauce to the slow cooker. Stir occasionally.

Cook baked potatoes. Serve immediately with braised beef.



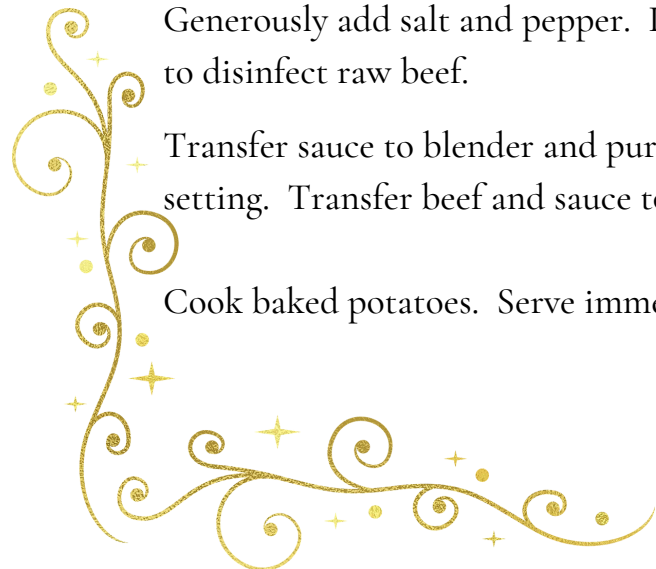
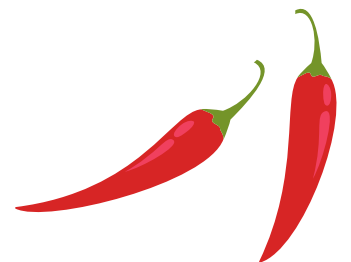
SLOW COOKER RECIPE

COOK TIME:

6 hours in slow cooker

SERVINGS:

Makes roughly 7 servings



Deconstructed Cabbage Rolls

SAUCE INGREDIENTS:

2 cups green cabbage torn
2 28 ounce cans of tomato puree
1 28 ounce can of diced tomato
3 tablespoons garlic powder
10 fresh basil leaves (chopped)
3 sprigs fresh oregano
1/4 cup granulated sugar (note: taste your tomatoes first to see if additional sweetening is needed)
Salt and pepper to taste
1 cup fresh shredded parmesan cheese
2 cups white rice (optional)

MEAT INGREDIENTS:

2 pounds ground beef
2 tablespoons garlic powder
Salt and pepper to taste

DIRECTIONS:

Make sauce. In Dutch oven, add canned tomatoes. Taste tomatoes to determine if sweetener is needed to round the flavor. Add 1/4 cup of granulated sugar if needed. Chop basil leaves and fresh oregano. Add to tomato mixture. Place on low heat. Add salt and pepper to taste. Cook on low heat for about 10 minutes. Clean and tear up cabbage. Set aside. Meanwhile, brown the meat adding 2 tablespoons of garlic powder and salt and pepper to taste. Remove fat drippings from meat and place in slow cooker on high for 4 hours. Carefully add in the sauce and torn cabbage. Stir occasionally.

One half hour before the final cook time, cook rice according to package instructions. Add to the cabbage rolls in the slow cooker. Plate immediately. Sprinkle additional parmesan cheese on top if desired.



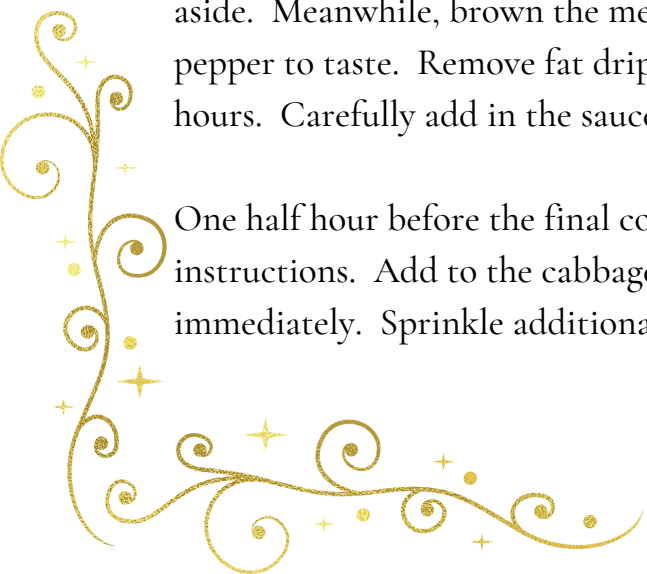
SLOW COOKER RECIPE

COOK TIME:

4 hours in a slow cooker plus 10 minutes to brown meat and make sauce

SERVINGS:

Makes roughly 10 servings



Desserts



Chocolate Raspberry Peppermint Cake

CAKE INGREDIENTS:

1 1/2 cups gluten-free flour (such as Pamela's gluten free pancake and baking mix)
1/4 cup cocoa
1 stick unsalted butter
1/2 cup sour cream
3 extra large eggs
1 teaspoon vanilla extract
1 teaspoon pure peppermint extract
1 cup seedless raspberry preserves
1 10 ounce bag semi-sweet chocolate chips
1/2 cup granulated sugar

FROSTING INGREDIENTS:

2 cups powdered sugar
4 tablespoons heavy cream
4 tablespoons unsalted butter
4 drops peppermint extract
Crushed peppermint candy (optional)

BAKE TIME:

40 minutes

SERVINGS:

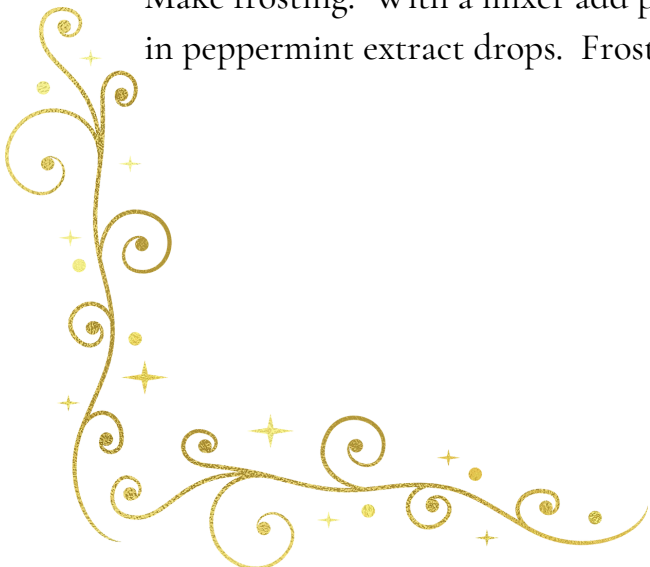
Makes roughly 10 servings

GLUTEN FREE

DIRECTIONS:

Place oven at 350 degrees. In a large mixing bowl add flour, cocoa, and granulated sugar. Mix with a spoon until combined. Soften butter. Add sour cream, vanilla, and peppermint extract. Beat in butter and eggs on high for about 3 minutes. Slowly add in raspberry preserves. Mix until combined. Turn off the mixer and add chocolate chips by slowly stirring them into cake batter until combined. Pour mixture into cake pan and bake for 40 minutes ensuring toothpick comes out clean.

Make frosting. With a mixer add powdered sugar, heavy cream, and butter. Slowly add in peppermint extract drops. Frost cake. Add crushed peppermint candy (optional).



Sandwich Pumpkin Cookies with Maple Frosting

INGREDIENTS:

1 cup gluten-free flour (such as Pamela's gluten free pancake and baking mix)
1/2 cup granulated sugar
1/2 cup dark brown sugar
1/2 cup canned pumpkin
1 teaspoon pure vanilla extract
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
3/4 stick unsalted butter
1 extra large egg

FROSTING INGREDIENTS:

2 cups powdered sugar
2 tablespoons pure maple syrup
4 tablespoons heavy whipping cream
4 tablespoons unsalted
Sprinkles and chocolate (optional)

SERVINGS:

Makes roughly 10 cookies

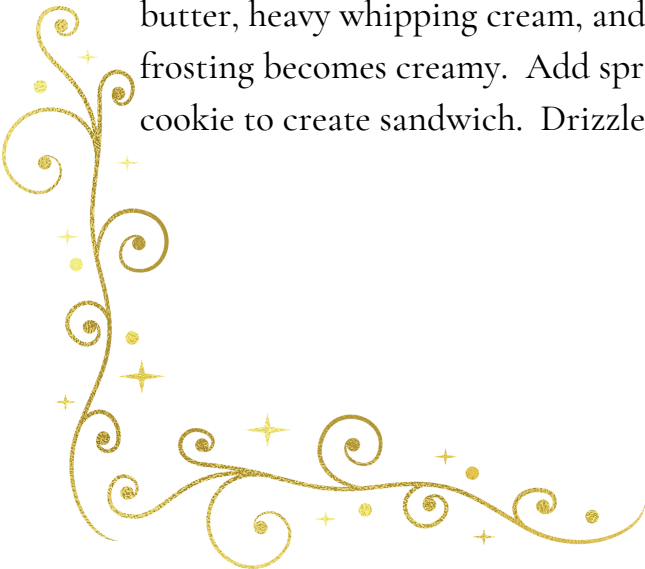
BAKE TIME:

15-17 minutes

DIRECTIONS:

Place oven at 350 degrees. In a large mixing bowl combine flour, sugars, nutmeg, and cinnamon. Soften butter. Add vanilla extract, butter, pumpkin, and egg. Mix on high for 1 minute. If the batter is too sticky, add a little flour to form 1/2-inch balls, or refrigerate for 30 minutes.

Place cookies approximately two inches apart on the cookie sheet. Bake for about 15 minutes. Let cool. To make the frosting, in a small bowl combine the powdered sugar, butter, heavy whipping cream, and pure maple syrup on a high mixing speed until the frosting becomes creamy. Add sprinkles (optional). Place icing on each cookie. Add cookie to create sandwich. Drizzle chocolate on top (optional).



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