

# WCTE Live Green Tennessee Holiday Recipes 2022

## Stuffed Venison Tenderloin

### Ingredients

- 1 Whole Venison tenderloin (Backstrap)
  - 8oz Cream Cheese
  - 8oz Portabella Mushrooms chopped
  - ¼ cup Crumbled Bacon (about 6 slices)
  - 1 small Yellow Onion diced
  - ½ cup Italian Cut Parsley chopped
  - 2lbs Bacon
  - 4 Tablespoons of Papa Tony's Steak Seasoning
  - 1 bottle of Red Wine (optional)
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### Directions:

1. Place trimmed tenderloin (remove silver skin) into a bag or container and submerge tenderloin in red wine for 6-8 hours.
2. Prepare smoker or any other grill for **indirect** cooking at 275-300°. Add a mild wood (Apple, Cherry, Peach) for smoke flavor.
3. To create stuffing: sauté onions and mushrooms over medium heat. Add this to room temperature cream cheese. Last, add crumbled bacon and parsley.
4. Cut a slit down the tenderloin to butterfly it open. Be careful not to cut through the entire piece.
5. Season with Papa Tony's seasoning and stuff with mixture.
6. Wrap the outside with strips of bacon and season again with Papa Tony's steak seasoning.
7. Place tenderloin on a wire cooling rack and set on the smoker.
8. Cook until internal temperature reaches 130 degrees or your desired doneness.
9. Allow the backstrap to rest for 10 minutes and cut into individual pieces for serving.

# Mustard and Herb Roasted Leg of Lamb

★★★★★

5 from 3 votes

Mustard and herb rubbed and roasted leg of lamb, Gigot à la Moutarde from Julia Child. Adding lemon, onion and fresh herbs to the roasting pan yields a delicious pan gravy.

Prep Time  
2 hrs

Cook Time  
2 hrs

Total Time  
4 hrs

Course: Main Course Cuisine: French Servings: 8 servings Calories: 319kcal Author: [Kelly](#)

## Ingredients

- 1 5-pound boneless leg of lamb
- ½ cup Dijon mustard
- 2 tbsp soy sauce
- 3 cloves garlic, minced – I used a garlic press
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ¼ tsp ground ginger
- 2 tbsp olive oil
- ½ small onion, roughly sliced
- ½ lemon, sliced
- Several sprigs fresh rosemary and thyme
- 2-4 cups chicken stock
- 2 tbsp flour
- 2-4 tbsp water
- ½ cup white wine

## Instructions

1. Mix mustard, soy sauce, garlic, rosemary, thyme and ginger together in a bowl. In a steady, slow stream, whisk in olive oil until well-combined and emulsified, like a mayonnaise-like cream.
2. Paint the lamb all over with the mustard mixture and set it on rack, fat side up, in roasting pan. Let sit at room temperature for 2 hours before roasting.
3. Preheat oven to 425°. Scatter chopped onion, lemon slices and fresh herbs in bottom of pan, under the rack. Roast for 30 minutes and then turn oven temperature down to 350°. Roast until desired doneness, 135° for medium-rare, 145° for medium; about 1½ hours more. Add about 2 cups chicken stock to the pan after 1 hour and add some more as needed after about another ½ hour. Pull the roast out of oven 5 degrees shy of goal temperature, transfer to cutting board or platter, tent with foil and let rest 20 to 30 minutes.
4. Meanwhile, make the gravy. Strain and de-fat pan juices and drippings into large measuring cup and set aside. If necessary, add more chicken stock to make at least 2 cups. Make a slurry by mixing flour and water until a thick liquid, but not a paste. Place roasting pan on stove and turn 1 to 2 burners on high. Pour wine into pan and deglaze, scraping up any

browned bits, and reduce by half. Pour reserved pan juices into pan and whisk to combine. Slowly pour slurry into pan while whisking constantly until pan sauce starts to thicken; cook at a steady simmer until thickened and flour taste is cooked off, about 5 to 10 minutes. Taste for salt and pepper.

5. Snip netting/string on roast and carefully lift out roast, removing the string. Slice lamb and serve with gravy on the side.

### Notes

- When using dried herbs, I like to crush/rub them in my hand to release oils and flavor.
- You certainly can marinate the lamb longer for more flavor, for several hours, or even overnight, in the refrigerator. Pull out 2 hours before roasting to bring to room temp.
- Cooking time will vary depending on the size of roast and your ideal doneness. My 5-pound roast took 2 hours total for medium-rare and I pulled it out when it registered 130° on an instant read thermometer.
- I start adding chicken stock to the pan after about an hour and use my judgement, anywhere from 2 to 4 cups total during the last hour of cooking to ensure enough pan juices/drippings for gravy.
- Removing the netting/string can be messy and feel like you're destroying the beautiful crust. Do your best, you can easily press the crust back down as you're removing the string. Removing the netting before you cook is not a good idea unless you are stuffing the roast, otherwise you risk it coming apart and not cooking evenly.

### Nutrition

Calories: 319kcal | Carbohydrates: 7g | Protein: 40g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 116mg | Sodium: 621mg | Potassium: 651mg | Fiber: 1g | Sugar: 2g | Vitamin A: 20IU | Vitamin C: 5mg | Calcium: 33mg | Iron: 4mg

# Mint Pesto

PREP TIME	TOTAL TIME	SERVINGS	YIELD
15 mins	15 mins	6 servings	3/4 cup

## Ingredients

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- 1/4 cup whole raw, unsalted almonds with skins
- 2 cups packed mint leaves, thick stems removed
- 1 cup packed flat leaf parsley leaves, thick stems removed
- 1/3 cup hot tap water
- 1/4 cup olive oil
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 1 clove garlic, finely sliced, optional
- 1/4 teaspoon salt
- Pinch ground black pepper

## Method

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### 1. Toast the almonds:

Preheat the oven to 350°F. Spread the almonds on a baking sheet and toast in the oven for 8 to 10 minutes, or until they are fragrant. Remove from oven and let cool while you blanch the mint and parsley.

### 2. Blanch the mint and parsley:

Bring a large saucepan of water to a boil. Set a bowl of ice water next to the stove.

Add the mint and parsley to the boiling water and leave it for 5 to 10 seconds, or just until they wilt. With a slotted spoon, transfer the herbs to the bowl of ice water. Swish them around for 30 seconds.

Drain into a colander, and with your hands, squeeze out as much liquid as possible.

### 3. Finish the pesto:

In a food processor, combine the almonds, mint, parsley, hot tap water, olive oil, lemon juice, lemon zest, garlic (optional), salt, and pepper. Pulse until finely chopped.

Then, set the processor on continuous speed, and puree until creamy. If you like a slightly chunky pesto, stop the machine before it becomes smooth. (See note in post if using a blender.)

### 4. Season and store:

Taste and add more salt and pepper if you like. Transfer to a glass jar and store in the refrigerator for up to 5 days. Freeze in ice cube trays for up to 12 months.

## NUTRITION FACTS (per serving)

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122	12g	3g	2g
<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>	<b>PROTEIN</b>

# Colcannon

This is a recipe from County Mayo. It is traditional Halloween fare but good anytime! Kale can be substituted for cabbage.

Recipe by **Marc**

## Ingredients

1 pound cabbage

1 pound potatoes

2 leeks *or scallions*

1 cup milk

salt and pepper to taste

1 pinch ground mace

½ cup butter

## Directions

### Step 1

In a large saucepan, boil cabbage until tender; remove and chop or blend well. Set aside and keep warm. Boil potatoes until tender. Remove from heat and drain.

### Step 2

Chop leeks, green parts as well as white, and simmer them in just enough milk to cover, until they are soft.

### Step 3

Season and mash potatoes well. Stir in cooked leeks and milk. Blend in the kale or cabbage and heat until the whole is a pale green fluff. Make a well in the center and pour in the melted butter. Mix well.

## Nutrition Facts

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Per serving: 302 calories; total fat 20g; saturated fat 12g; cholesterol 53mg; sodium 180mg; total carbohydrate 29g; dietary fiber 5g; total sugars 7g; protein 5g; vitamin c 56mg; calcium 131mg; iron 2mg; potassium 680mg



Taste of Home

# Cranberry Apple Crisp

**TOTAL TIME:** Prep: 15 min. Bake: 50 min.

**YIELD:** 8 servings.

*Apple cranberry crisp is a wonderful dessert for fall, when both cranberries and apples are in season. The fruits are quite compatible in flavor and color, and they help make any table look festive and inviting. —Martha Sue Stroud, Clarksville, Texas*

## Ingredients

3 cups chopped peeled tart apples

2 cups fresh or frozen cranberries

1 cup sugar

3 tablespoons all-purpose flour

### **TOPPING:**

1-1/2 cups quick-cooking oats

1/2 cup all-purpose flour

1/2 cup packed brown sugar

1/2 cup butter, melted

1/4 cup chopped pecans

+ 1 tsp cinnamon

## Directions

1. Combine apples, cranberries, sugar and flour. Pour into a greased 11x7-in. baking dish. In a bowl, mix topping ingredients until crumbly; sprinkle over apple mixture. Bake at 350° for 50-55 minutes or until fruit is tender.

# Nkatie/Nkati Cake (Ghanaian Peanut Brittle)

## *Course*

Appetizer/dessert

## *Ingredients*

2 cups of roasted peanuts

1 ½ cups of sugar

## *Equipment*

knife

Rolling Pin

Cutting board

blender

Earthenware bowl

## *Instructions*

Peel roasted peanuts and make sure they are skinless

Using a blender, crush your peanut to your desired texture

On low heat, melt/caramelize the sugar in a pot stirring to avoid burning it

Quickly add the crushed peanuts and mix well until the mixture is well bounded

Remove the mixture from the stove and pour it on greased cutting board

Using a rolling pin, evenly flatten the brittle

Cut and mold it into your desired shape and store them in an airtight container