



YOUTHENTITY'S
Holiday Feast

A COLLECTION OF OUR FAVORITE FESTIVE RECIPES
FOR THE HOLIDAY SEASON.

by Joe Daboul,
Youthentity Chef Instructor



DEAR FRIENDS,

As we wrap up this extraordinary year, I am overwhelmed by the strength and character demonstrated by our community. At Youthentity, we have been encouraged by the support we have received. Your acts of generosity and words of encouragement continue to be powerful affirmations for the Youthentity team in this challenging year. This positive energy reinvigorates our determination to serve young people throughout the Roaring Fork Valley and beyond.

As a Career Academy Chef Instructor, I approach the classroom as a community – a space that excites curiosity, promotes collaboration, and respects diversity – where all students are encouraged to keep an open mind about learning, about each other, and about themselves. It is my hope to educate students not only in the culinary arts, but also to help them see their own potential while mapping and pursuing their unique professional and personal paths. The opportunities to learn and grow extend beyond the doors of Youthentity, and our team is committed to helping students discover their limitless potential through self-investment and career readiness.

This opportunity for young people to explore their talents and build skills could not be achieved without our donors and supporters. Each day I watch our students' determination and self-worth grow, their friendships flourish, and their imaginations spark with the exciting possibilities for their futures.



We hope you enjoy this holiday recipe book. Inside, you'll find the makings for a fantastic meal; these timeless dishes can be revisited and recreated often, to be shared with loved ones time and time again. We also hope this collection will serve as a reminder of our gratitude. It is with your continued support that we here at Youthentity may continue to motivate minds and inspire our students to forge their own paths.

Here's to your health and happiness in 2021 and beyond!

Chef Joe Daboul
Chef Instructor, Youthentity



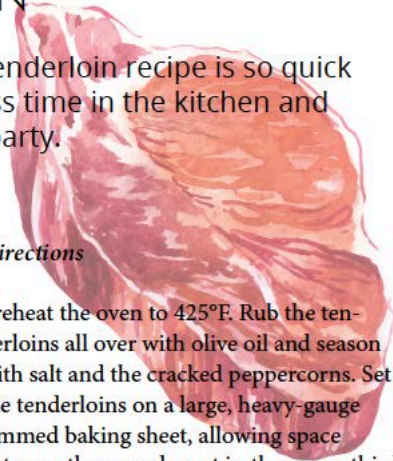
PARMESAN-CRUSTED BEEF TENDELOIN

Make no mi-steak! This tenderloin recipe is so quick and easy, you'll spend less time in the kitchen and more time enjoying the party.

Ingredients

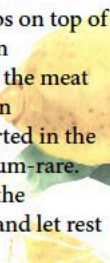
(2) 3lb beef tenderloins, trussed, room temperature
2 Tablespoons olive oil, plus more for rubbing
2 Cups fresh bread crumbs
½ Cup freshly grated Parmesan cheese
3 anchovy fillets, finely chopped
1 garlic clove, finely chopped
1 Tablespoon thyme, finely chopped
1 Tablespoon coarsely chopped flat-leaf parsley
2 Cups dry red wine
2 Cups veal demiglace
4 Tablespoons cold unsalted butter, cut into tablespoons
2 Teaspoons coarsely cracked black peppercorns
Kosher salt

Directions



Preheat the oven to 425°F. Rub the tenderloins all over with olive oil and season with salt and the cracked peppercorns. Set the tenderloins on a large, heavy-gauge rimmed baking sheet, allowing space between them, and roast in the upper third of the oven for 20 minutes.

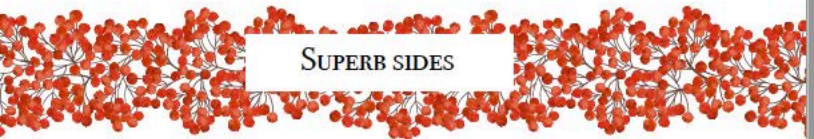
In a medium bowl, mix the bread crumbs with the Parmesan, anchovies, garlic, thyme and parsley. Blend in the 2 tablespoons of olive oil and season the crumbs with salt and pepper.



Carefully pack the bread crumbs on top of each tenderloin. Lower the oven temperature to 400°F and roast the meat for about 20 minutes, or until an instant-read thermometer inserted in the center registers 130°F for medium-rare. Using 2 long spatulas, transfer the tenderloins to a carving board and let rest for 15 minutes.

Meanwhile, set the baking sheet over 2 burners. Add the wine and bring to a simmer over moderately high heat, scraping up any browned bits from the bottom. Strain the wine into a medium saucepan and simmer over high heat until reduced to $\frac{1}{2}$ cup. Whisk in the veal demiglace and bring to a boil; simmer for 3 minutes. Remove from the heat and let the sauce stand for 5 minutes. Whisk in the butter, 1 tablespoon at a time, and season the sauce with salt and pepper.

Using a gentle sawing motion, carve the beef tenderloins into $\frac{1}{2}$ -inch-thick slices and serve, passing the remaining sauce at the table.




SUPERB SIDES

ROASTED BROCCOLINI WITH LEMON AND PECORINO

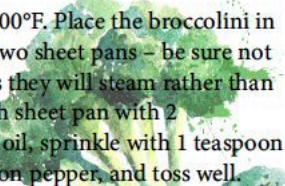
Brocc on! Ditch the green bean casserole and try this super simple, healthier alternative.

Ingredients



4 bunched broccolini, stems trimmed about 1"
2 tablespoon freshly grated pecorino or parmesan
2 tablespoons olive oil
Kosher salt
Freshly ground pepper
1 lemon, zested

Directions



Preheat oven to 400°F. Place the broccolini in a single layer on two sheet pans – be sure not to crowd them, as they will steam rather than roast. Drizzle each sheet pan with 2 tablespoons olive oil, sprinkle with 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper, and toss well.

Sprinkle the pecorino over the broccolini and roast for 10 minutes, until the broccolini is tender, yet crisp and slightly caramelized. Evenly sprinkle with the lemon zest (feel free to squeeze the lemon juice, if desired), plate, and serve.

BUTTERED TURNIP PUREE

We love potatoes, but it's turnip's time to shine.

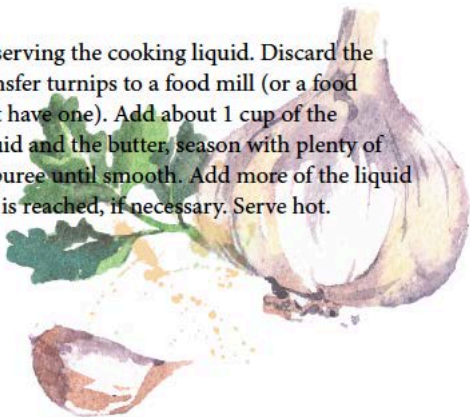
Ingredients

8 large turnips, peeled, cut into 1" pieces
6 cups half & half
3 thyme sprigs
2 cloves garlic, peeled and smashed
1 cup (2 sticks) unsalted butter, cut into ½" pieces
Kosher salt
Freshly ground black pepper

Directions

Combine the turnips, half & half, thyme and garlic in a medium saucepan. Set over medium heat and partially cover the pan. Bring to a gentle simmer and cook for 20 to 30 minutes, until the turnips are tender and easily pierced with a sharp paring knife.

Drain the turnips, reserving the cooking liquid. Discard the thyme sprigs and transfer turnips to a food mill (or a food processor if you don't have one). Add about 1 cup of the reserved cooking liquid and the butter, season with plenty of salt and pepper and puree until smooth. Add more of the liquid until a smooth puree is reached, if necessary. Serve hot.



MAPLE-GLAZED CARROTS

Keep Calm And Carrot On. This twist on a sweet tradition uses fresh dill and a little orange zest to lighten an otherwise hearty side dish.

Ingredients

1 ½ pounds baby carrots, preferably heirloom, trimmed
2 cups chicken stock
½ cup pure maple syrup
2 tablespoons unsalted butter, cut into 1" pieces
1 teaspoon orange zest
2 tablespoons fresh dill, roughly chopped
Kosher salt
Freshly ground pepper

Directions

In a deep skillet (preferably cast iron), combine the carrots and chicken stock and season with salt and pepper. Bring to a boil. Cover and cook over moderate heat until the stock is reduced to 2/3 cup, about 10 minutes.

Add the maple syrup and simmer, stirring occasionally, until the sauce is sticky, and the carrots are tender and well-coated, 7 to 8 minutes.

Remove the skillet from the heat and whisk in the butter one cube at a time. Add orange zest and stir in the dill. Season with Kosher salt, to taste, and serve warm.



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BROWN BUTTER PUMPKIN SNICKERDOODLES

It's as if pumpkin and snickerdoodles had a baby. Simple and absolutely delicious, this cookie will become a staple in your holiday baking.

Ingredients

1/2 cup salted butter
1/2 cup packed brown sugar
1/2 cup granulated sugar
1 teaspoon vanilla
1 egg white (not the full egg!)
1/4 cup pumpkin puree
1 1/2 cup all purpose flour
2 teaspoons pumpkin pie spice
1 teaspoon cream of tartar
1/2 teaspoon baking soda
1/4 teaspoon salt

For rolling:

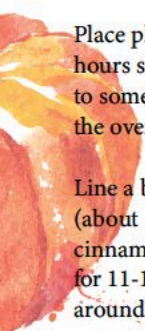
1/4 cup sugar
2 teaspoons ground
cinnamon
1/4 teaspoon Kosher salt
1 vanilla bean (or 1 teaspoon
vanilla bean paste)
1 egg, beaten with 1
tablespoon water
Turbinado or sanding sugar

Directions

Make your brown butter: melt butter in a saucepan over medium heat, whisking constantly. After a few minutes, the butter will begin to crackle and foam, and then brown on the bottom of the saucepan; continue to whisk and remove from heat as soon as the butter begins to brown and give off a nutty aroma.

Immediately transfer the butter to a bowl to prevent burning; allow to cool for about 10 minutes.

Mix the cooled brown butter and both sugars until well combined and creamy. Beat in the egg white (egg white only!), vanilla and pumpkin puree until well combined.



In a separate medium bowl whisk together flour, pumpkin pie spice, cream of tartar, baking soda and salt. While mixing slowly, add in the dry ingredients until just combined.

Place plastic wrap over the bowl and refrigerate the dough for 1-2 hours so that the flavors meld together and the butter has a chance to somewhat solidify. When the cookies are ready to bake, preheat the oven to 350 degrees.

Line a baking sheet with parchment paper, then make dough balls (about 1 ½-2 tablespoons of dough for each ball). Roll in cinnamon-sugar mixture, then place on the cookie sheet. Bake for 11-14 minutes or until cookies are just slightly golden brown around the edges. Cool on baking sheet for 5-10 minutes then remove and transfer to a wire rack.



HOLIDAY SPIRIT

THE NEW ENGLAND EXPRESS

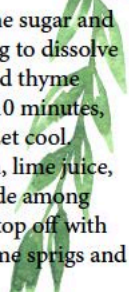
It's about thyme.

Ingredients

Thyme syrup:
½ cup granulated sugar
8 thyme springs
2 cups apple cider
1½ cups dark rum or
bourbon
¾ cup fresh lime juice
1 teaspoon bitters
Thyme sprigs (garnish)
Lime slices (garnish)

Directions

In a small saucepan, bring the sugar and ½ cup water to a boil, stirring to dissolve sugar. Remove from heat, add thyme sprigs, and cover. Let stand 10 minutes, then strain into a small jar. Let cool. Mix thyme syrup, cider, rum, lime juice, and bitters in a pitcher. Divide among rocks glasses filled with ice; top off with club soda. Garnish with thyme sprigs and lime slices.



RECIPE NOTES





Please consider a donation to our financial literacy and career readiness programs, which serve over 4,000 youth throughout Western Colorado.



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Youthentity.org/donate

For the next several months, all gifts from new donors will be matched, dollar-to-dollar, by Daniels Fund - up to \$25k. If you have never donated to Youthentity, this is a wonderful way to double the impact of an investment in our community's young people.



Youthentity.org | 572 Hwy 133, Carbondale, CO 81623