

Chevy Chase Supermarket

Holiday Recipes

Main Courses

Prime Rib (Standing Rib Roast)

Rib roast (cooking times are for a 6-lb., fully trimmed 3-rib roast cooked to medium-rare; adjust accordingly for smaller or larger roasts)

2 tbsp. coarse salt

2 tbsp. coarsely ground pepper or cracked pepper

Preheat oven to 450°. Place roast in a greased shallow roasting pan, rib side down. Rub salt and pepper into fat across the top of the roast. Roast at 450° for 10 minutes. Reduce heat to 325° and roast 2½ hours for medium rare (until meat thermometer reads about 130°--meat temperature will continue to rise after you remove the roast from the oven). Remove from oven, cover with aluminum foil, and let stand 20 minutes before slicing. Adjust time for larger or smaller roast or different levels of doneness.

Tenderloin of Beef

Whole tenderloin roast (4-6 lbs.)

Coarse salt

Coarsely ground or cracked pepper

Preheat oven to 500°. Bring meat to room temperature, then place roast on a rack in a shallow roasting pan. Rub with olive oil (or wrap in raw bacon) and season liberally with salt and pepper. Roast in 500° oven for 10 minutes, then reduce the oven temperature to 325° and roast for about 40-50 minutes for medium-rare (until meat thermometer reads about 130°--meat temperature will continue to rise after you remove the roast from the oven). Remove roast from oven, cover with aluminum foil, and let stand 15-20 minutes before slicing. Adjust time for larger or smaller roasts or different levels of doneness.

Roasted Turkey

1 stick butter, softened

1 package "turkey herbs" (a combination of fresh thyme, rosemary, sage, and marjoram)

Fresh whole turkey or turkey breast

2-3 whole carrots, peeled

2-3 whole celery stocks, rinsed

1 large or 2 small onions, peeled and cut in half or quarters

Salt, pepper, paprika

1 can or carton of low-sodium chicken broth

Rinse and finely chop the herbs. Combine butter and herbs in a small bowl and stir thoroughly combine. (Or chop herbs in a mini food processor, then add the butter and process until well combined.) [This step can be done a day or two ahead; tightly cover and refrigerate; bring butter to room temperature before preparing turkey.]

Preheat oven to 325°. Rinse turkey, remove giblets (if included), and pat dry with paper towels. Place vegetables in bottom of roasting pan and place turkey on top of them. (You can also place turkey on a rack and scatter vegetables around the turkey.) Work hand between the skin and the flesh of the turkey to create a pocket, and then rub the herb butter all over the turkey meat, under the skin. If you have butter left, rub it on the skin. Sprinkle turkey with salt, pepper, and a little paprika. Pour about a cup of chicken broth in the bottom of the pan.

Place turkey in oven and roast, basting periodically, until meat thermometer placed in thigh (if whole turkey) reads 180° (approximately 2¾ -3 hours for an 8-12 pound turkey, about 3-3¾ hours for a 12-14 pound turkey; a turkey breast will take a bit shorter time because white meat cooks faster than dark meat). Remove turkey from oven, move to a cutting board, and tent with aluminum foil. Let rest 15-20 minutes so the turkey will be easier to carve (it will shred if you carve it right when it comes out of the oven).

Turkey Gravy

Drippings from roasted turkey (see recipe above)

¼-½ c. all purpose flour

Low-sodium chicken broth

Salt

Pepper

After roasting the turkey, remove and discard vegetables and pour drippings into a large liquid measuring cup or a fat-separating measuring cup. Return 2-4 tablespoons of the turkey fat to the roasting pan and discard the rest of the turkey fat (which rises to the top of the drippings), retaining the rest of the drippings. Place roasting pan on the stove, across 2 burners. Heat fat over medium to medium-high heat, then add enough flour to make a thick paste. Stir constantly, being sure to scrape up the stuck-on bits from roasting the turkey, for about 3-5 minutes, being careful not to burn the flour mixture. Add the defatted turkey drippings and chicken broth (start with 1 can, but you may need more), whisking constantly to avoid lumps. Add salt and pepper, and continue to cook and stir until gravy is bubbling hot and thickened. Pour through a strainer into a gravy boat.

You can easily double or trip this, starting with more of the turkey fat and increasing the flour and chicken broth accordingly. You can also cook the gravy in a clean sauté pan rather than the roasting pan. If you strain the drippings as you pour them into the measuring cup, you won't need to strain the gravy before serving it.

Chicken Dijon

2 packages boneless, skinless chicken breasts (8 half breasts)
Dijon mustard
¾ lb. thinly sliced Swiss cheese (16 slices)
2 cans cream of chicken soup
2/3 c. white wine
Seasoned bread crumbs
2 tbsp. butter, melted

Preheat oven to 350°. Place chicken pieces in a single layer in a shallow pan, such as 12x17 Pyrex (you want a single layer without a lot of empty space in the pan). Spread the top of each piece of chicken with Dijon mustard, then cover each with 2 pieces of Swiss cheese. In a small bowl whisk together the undiluted soup and the white wine, then pour over the chicken. Sprinkle a light layer of seasoned breadcrumbs over the top, then drizzle with the melted butter. Cover with aluminum foil and bake for 30 minutes. Remove foil and bake for 30 minutes longer.

Serve with rice, spooning sauce over the chicken and the rice.

Festive Side Dishes

Green Beans with Grape Tomatoes

2 lbs. fresh whole green beans
6 tbsp. butter
1 pint grape tomatoes, halved
1 tbsp. chopped fresh thyme
2 tsp. sugar
1 tsp. salt
½ tsp. pepper

Cook beans in boiling salted water 8 minutes until crisp tender, drain, and then plunge into an ice water bath to stop cooking. Drain and set aside. (Can pat the beans dry, place them in a Ziploc with a paper towel, and refrigerate if making ahead.)

Melt butter in a large skillet over medium heat for 6-7 minutes, until butter begins to brown. Add green beans and sauté until tender. Stir in grape tomatoes, thyme, sugar, salt, and pepper, stir for a minute, then serve.

You can substitute frozen green beans, but be sure not to overcook in the first step or they will be mushy after you sauté them.

Roasted Sweet Potatoes

2 lbs. sweet potatoes, peeled and cut into chunks
2 tsp. olive oil
¼ c. packed parsley sprigs
1 tsp. grated orange zest
½ tsp. fresh thyme leaves
salt and pepper

Preheat oven to 400°. Place potatoes on a nonstick cookie sheet, drizzle with oil, and toss to combine. Bake, turning once, about 40 minutes. Remove from oven, sprinkle with parsley, orange zest, thyme, and salt and pepper. Return to oven and cook for 10 more minutes.

Make-Ahead Mashed Potato Bake

5-lb. bag of Klondike gold potatoes
Milk
1 stick butter
1 c. sour cream
8-oz. block of cream cheese, softened
1 tsp. garlic salt
2 tbsp. butter, melted
Paprika

Peel potatoes and cut into chunks, place in large pot of salted water, and boil until tender. Drain potatoes and mash with the stick of butter and a little milk. Add the sour cream, cream cheese, and garlic salt and beat with an electric hand mixer until combined thoroughly. Place in casserole dish (such as 9x12 Pyrex pan), cover tightly, and refrigerate for up to 4 days before serving.

4 hours before serving remove from the refrigerator and bring to room temperature on the kitchen counter. Preheat oven to 350°. Remove foil, drizzle melted butter over the top and sprinkle with paprika. Bake uncovered for 40 minutes.