



Volume #03
Holiday 2022

HOMESTEADING TODAY

**HOLIDAY
ISSUE**

Cooking With
Stacy Lyn Harris Host Of
"The Sporting Chef"



DELICIOUS

**HOMEMADE
FOOD**

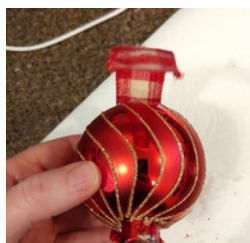
*This magazine contains
special holiday recipes
from some of your favorite
old fashioned cooks*



2022

HOLIDAY ISSUE

THIS SPECIAL HOLIDAY ISSUE



Helping you make
Your Holiday's
Special!



Pg.8

Stacy Lyn Harris is a best-selling cookbook author, blogger, tv chef and host, gardener, speaker, wife, and mother of seven children. She has made a name for herself in a world becoming increasingly dependent on technology by being naturally self-sufficient and constantly creative: homeschooling her 7 children, raising chickens and bees, hunting wild game, growing and preserving fruits and vegetables, and making all of her family's meals completely from scratch.

After years of living sustainably, learning lessons, and taking notes along the way, she's dedicated herself to passing on her knowledge of land and home to a growing number of people yearning to do the exact same thing.

She is the host on the Outdoor Channel program -
The Sporting Chef.

You can read more about Stacy Lyn and find more delicious recipes, homestead, and home helps on her official website:

stacylynharris.com



Pg.30

Kathi Rodgers is a lifelong homesteader-at-heart, and self-reliance is her mantra. Decades of experience with gardening, goats and chickens has given her a mission to help others learn to be more self-sufficient, and how to sustain their families no matter where they live.

On her website, Oakhill Homestead, you'll find simple living advice, frugal tips to help you homestead with limited funds, and encouragement to keep you going when times get hard.

A homeschooling mom, grandma of seven and great-grandma, Kathi lives with her husband in Oklahoma.



Shelby DeVore has been gardening and raising livestock for over 20 years. She grew up on a small hobby farm where we always had a big garden and livestock around. Now that she is married and has three kids of her own, she likes the idea of raising their kids as farm kids.

She has a couple of degrees- a B.S. in Animal and Dairy Science from Mississippi State University (go Dawgs!) and a M.S. in Agriculture from the University of Tennessee. she has taught just about every ag. class out there, from veterinary medicine classes to greenhouse classes, ag. business classes and everything in between.

Her website is Farminence.com where she offers helpful information and tips to help people get started.

To get on her email list, you can go [here](#) and she will send you a free guide to walk you through how to plan out your farm. She also hosts [two summits](#) every year with some of the top experts in small ag.



Victoria is a born and raised 10th generation Texan raising the next generation in Central Texas with her husband of 15 years and their 6-year-old son.

She and her family live on their homestead and help others learn more about how to live a frugal and simple lifestyle while making money online so they can pursue the lives they've always dreamed of!

On her site, you'll find from scratch recipes from a Southern kitchen, frugal Living tips that are easy to follow, and homesteading skills to help you succeed, no matter where you are on your journey.

[A Modern Homestead](#)



Tessa Zundel is the homemaking, homesteading, homeschooling mother of five children and wife to one long-suffering man. She currently lives on acreage in the wilds of Missouri. She is an advanced master gardener, certified permaculture designer, and has worked with several community groups in the areas of home education, gardening, and seed saving. She is the author of The Do It Yourself Homestead, the upcoming Homestead Holidays, as well as many e-publications. She is also the voice behind the homestead-family-building blog,

[Homestead Lady](#).



Amber and her family moved from their tiny homestead by the ocean in South Carolina to over forty-six acres in the Smoky Mountains in East Tennessee.

While building their off-the-grid homestead, they live like the days of old – cooking without electricity, collecting water from the creek and raising chickens, goats, rabbits, ducks, pigs, turkeys, bees, and guineas. They've recently filmed their journey for a TV show on the Discovery Channel and the DIY Network/HGTV called Building Off The Grid: The Smokey Mountain Homestead, as well as filming for Homestead Rescue with Discovery Plus. You can

follow their journey at [My Homestead Life](#)

Great
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Ideas



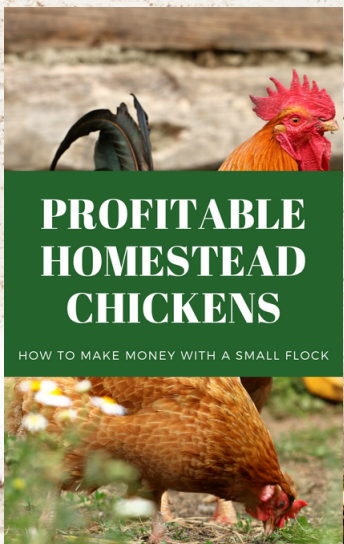
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Our Philosophy

Our purpose is to share old-timey, down-to-earth, common sense knowledge, and experience. Life is often chaotic, stressful, and sometimes painful which is why our goal and purpose is to be a source of encouragement, information, direction, and strength for all those seeking to live a more self-sustaining lifestyle.

Your homesteading journey is unique to you. We're here to help by providing information, instruction, and sharing knowledge with you.

We have taken up a lesson my grandfather taught me, "There's as many ways of gettin' a farm job done as there's farmers. Ya gotta be willing to listen, help, and learn from 'em, even if it's just to see what not to do."

Come enjoy the journey with us!

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A Note From The Editor



elcome to this special edition of
Homesteading Today Magazine.

This Holiday Issue is filled with good things to help make your holiday meals extra special. It also has helpful ideas for decorations, stories, and more!

We're excited to have some of your favorite homestead bloggers return to this issue and some new faces as well.

The holidays can be stressful for many people but we want to help you be able to relax and feel confident in your menu planning and recipes.



Contact Us:

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We also want to encourage you to slow down, remember the true reason for each holiday and spend time with loved ones. If you know someone who has a difficult time during the holiday season, reach out to encourage and support them.

We wish you the very best throughout the holiday season and the coming year!

We have lot of new things planned for you in the upcoming year so be looking for each issue of Homesteading Today. Our production schedule for 2023 is Jan/Feb, March/April, May/June, July/August, Sept/Oct, and Nov/Dec.

We're thrilled to announce that Greg Judy will be sharing his wisdom and experience with you beginning with the Jan/Feb issue of Homesteading Today. If you aren't familiar with him, you can [find him on YouTube](#).

Now, let's dive into this special Holiday Issue of Homesteading Today Magazine.

Happy Thanksgiving, Merry Christmas, and a Happy New Year from all of us at TFL to You and Yours,

Rhonda



Brine and Cook a Turkey Perfectly Every Time

With Stacy Lyn Harris

Stacy Lyn Harris is a best-selling cookbook author, blogger, tv chef and host, gardener, speaker, wife, and mother of seven children. She has made a name for herself in a world becoming increasingly dependent on technology by being naturally self-sufficient and constantly creative: homeschooling her 7 children, raising chickens and bees, hunting wild game, growing and preserving fruits and vegetables, and making all of her family's meals completely from scratch.



“If it were only that simple,” you might be saying right about now. Cooking a whole turkey, whether wild or domestic, can seem like a daunting task. But trust me, with just a few steps, you can have a perfect turkey on the table.

We all covet those beautiful turkeys we see people put on that festively decorated Thanksgiving or Christmas table. I can almost taste it: crispy skin with tender, flavorful meat. You can create a perfect turkey every time by following the steps below for your chosen method of cooking.

After years of living sustainably, learning lessons, and taking notes along the way, she's dedicated herself to passing on her knowledge of land and home to a growing number of people yearning to do the exact same thing.

She is the host on the outdoors channel program - "The Sporting Chef".

You can read more about Stacy Lyn and find more delicious recipes, homestead, and home helps on her official website:

stacylynharris.com

In this article, I give step-by-step instructions and tips for:

- Wet vs. dry brining and how to do each
- Spatchcocking the turkey for faster cooking
- Roasting a whole turkey
- Frying a turkey
- Smoking a turkey



Wild vs. Domesticated Turkey

If you are cooking a wild turkey, you will want to make sure it has aged properly. I prefer dry aging my meat before it is frozen. During dry aging, the meat needs to be surrounded by a constant air temperature of 34-37 degrees. This denatures (breaks down) the meat.

A domesticated turkey from the grocery store, on the other hand, is ready to cook. You can thaw the meat as per the instructions and then begin with a brine.

If you decide to spatchcock your bird (which I highly recommend), you can brine it either before or after you spatchcock.

If I want to wet brine the turkey, I will spatchcock after brining.

On the other hand, if I plan to dry brine, I will spatchcock the turkey before putting the dry rub on the bird.

How to Brine a Turkey: Two Methods

Brining ensures moisture will be retained in the meat during the cooking process. There are two

types of brine; wet brine and dry brine. Salt is the key component to both.

Wet Brine a Turkey

A wet brine is simply a mixture of salt, water, and spices used to season and retain moisture in meats. Along with the salt, the water gets absorbed at the cellular level into the bird. This ensures a moist turkey on the table.

I enjoy a lightly flavored brine that enhances the turkey's flavor, especially if cooking a wild turkey. In addition to salt, I find that acid assists in poultry prep by aiding in the breaking down of muscle fiber and connective tissue to further enhance tenderness and flavor. I also add sugar to balance the saltiness and sourness. To me, it's a perfect balance.

Prepare the brine to your favorite flavor profile; just be sure to have at least an 8% salt to water by weight to ensure the retention of water during cooking.



Problem: Wet brining a whole turkey can prove troublesome because the bird has to stay completely submerged in the brining solution. You may not have enough room in your refrigerator to keep the turkey and brine cold for the entire brining process.

Solution: Place the brine in a trash bag inside a cooler. By periodically pouring ice into the bag, you can ensure that your turkey will remain at a safe temperature (between 35 and 40 degrees F).

Tip: To keep the brine from getting too diluted, you can wrap the bag around the turkey and pour ice over the bag.

Timing: I brine my turkey for 24 to 48 hours. When you are ready to cook the turkey, remove it from the brine and then rinse and dry it very well.

Turkey Wet Brine Recipe

A Wet Brine is simply a mixture of salt, water, and spices used to season and retain moisture in meats. Along with the salt being absorbed into the turkey, the water is absorbed at the cellular level in the bird. This ensures a moist bird on the table.

Ingredients

- 1 gallon of water
- 1 cup apple cider vinegar
- 1 cup brown sugar
- 1 cup of salt
- 5 cloves of garlic
- 3 bay leaves
- 1 tablespoon pepper
- peel of one lemon

Watch me demonstrate how to wet brine a turkey for the Outdoor Channel.



Instructions

In a large pot, bring water, apple cider vinegar, brown sugar, and salt to a boil. Once it reaches a boil, turn off the heat and stir until the sugar and salt are dissolved. Add the garlic cloves, bay leaves, pepper, and lemon peel. Allow mixture to cool completely. Add 4 cups of ice to the mixture.

Place a large plastic trash bag inside a cooler. Put the clean, dry turkey inside the cooler and pour the brine over the turkey. Periodically check the temperature of the cooler. It should remain between 35 and 40 degrees F. Leave the turkey in the brine for 24 hours.

Close the bag around the turkey and pour ice over the bag to ensure a consistent right temperature.



Dry Brine a Turkey (Dry Rub)

I often use dry brines, especially with venison and beef, as detailed in my post, [Tenderizing Tough Cuts of Meat with the Best Dry Rub Recipe](#).

A dry brine works equally well with a turkey. A dry brine will help your turkey retain its natural moisture.

Problem: Tough cuts of meat are usually tough due to the connective tissue and muscle fiber in the meat of the animal.

Solution: Kosher salt breaks down the protein and improves the texture of the meat. How? It draws out the hydrogen while leaving oxygen in the muscles. As a result, lactic acid forms. The acid then breaks down the fibers in the muscles and connective tissue.

To use this method, combine salt and spices and rub vigorously into the meat.

Refrigerate uncovered overnight to allow the spices to permeate flavor into the meat while tenderizing it.

Tip: Keeping the turkey uncovered will help dry the skin producing a much more crispy skin. My Favorite!

Turkey Dry Brine Recipe

Dry brine will help your turkey retain its natural moisture.

Ingredients

- 1/2 cup Kosher salt
- 1/4 cup brown sugar
- 2 sprigs fresh rosemary minced
- 3 Tablespoons garlic powder

Instructions

In a medium-sized bowl, mix salt, brown sugar, rosemary, and garlic powder until fully incorporated. Place turkey on a roasting rack inside a large roasting pan. Pat mixture all over the entire surface area of the turkey, inside and out. Chill in the refrigerator uncovered (air needs to surround the turkey) for 48 hours.

About 1 hour before you will be cooking the turkey, remove turkey from refrigerator and rinse thoroughly. Pat turkey until completely dry. Allow to come to room temperature before you cook the bird. It will cook more evenly and more quickly.

Your turkey has been brined and is now ready to fry, roast, or smoke!

Fresh Garlic or Garlic Powder?

I'm a huge believer in using fresh garlic, but I make an exception for dry brines. I find that incorporating garlic powder with the other dry brining ingredients not only is convenient but tastes better. The garlic powder adds "just enough" flavor to the meat without overpowering it.

Slate.com states my exact sentiment with much more finesse: "but garlic powder acts like glue behind glitter, adding a subtle fullness of flavor that may be more difficult to detect, but nonetheless makes the meal taste better."

In the video below, I show you how to spatchcock, dry brine, and smoke a turkey.

Watch Stacy spatchcock and dry brine a turkey



Create Holiday Magic

Cooking the Turkey

Now you're ready to cook your turkey!

Roast Spatchcocked Turkey

Problem: Turkeys take such a long time to cook.

Solution: Spatchcocking is a way to get a turkey on the table fast.

Spatchcocking is really just a fancy term for removing the backbone from the bird before you roast it.

Spatchcocked turkeys take less time to cook and also tend to cook more evenly than a whole roast turkey.

Other than when I fry a turkey whole, I prefer to spatchcock my turkey for more even cooking and crispier skin.

If I wet brine the turkey, then I do the brining first. (You can reverse the steps if you're doing a dry brine.)

Below is my Roast Spatchcocked Turkey Recipe.

Note: Don't discard the backbone. It's perfect for making a deeply flavored broth!

Tip #1: Begin checking the turkey for doneness about 20 minutes after you reduce the temperature to 350 degrees. Check the temperature every 15 minutes ensuring you do not overcook the turkey.

Tip #2: Don't forget to allow the turkey to rest for at least 30 minutes on a cutting board before cutting. During this resting time, carry-over cooking will occur, and the juices will redistribute, making a juicy bird.



Roast Spatchcocked Turkey Recipe

Spatchcocking is a way to get a turkey on the table fast! Spatchcocked turkeys take less time to cook and tend to cook more evenly.

- 1 whole fresh turkey 12 – 14 pounds
- 1/2 stick melted butter
- 1/4 cup olive oil
- 2 garlic cloves minced
- 2 Tablespoons Kosher salt
- 2 Tablespoon freshly ground pepper
- 2 teaspoon fresh rosemary minced
- 2 teaspoon fresh thyme chopped

Spatchcocking Instructions

1. With the breast-side down, cut the backbone out of the turkey with heavy-duty kitchen shears. Save the backbone for making stock for gravy.

2. Remove the wishbone from the turkey.

3. Turn the bird over and flatten by pressing the middle of the turkey with both hands to break the breast bone.



Roasting Instructions

1. Preheat oven to 450 degrees.

2. In a small bowl, combine melted butter, olive oil, garlic, salt, pepper, rosemary, and thyme and mix well.

3. Rinse and dry the turkey including the inside of the turkey.

4. Place turkey on a roasting rack inside the roasting pan or on rack on a sheet pan. Tuck the wingtips under the breast.

5. Liberally rub butter mixture on the skin and the on the inside of the turkey reserving 1/4 cup for basting.

6. Place turkey in 450-degree oven for 30 minutes, then reduce temperature to 350 degrees and baste with reserved butter mixture every 30 minutes.

7. Roast the turkey until an instant-read thermometer inserted into the thickest part of the thigh registers 165 degrees F., about 1 1/2 to 2 hours, depending on the size of your turkey and your oven.

8. Remove turkey to a cutting board and allow to rest for at least 30 minutes before carving. Make gravy while you wait.

Roasting a Whole Turkey

I remember one year my mom made the best turkey I had ever had. I was 13 years old, and my Meme and Momsie were coming over.

My mom took the roasted turkey out of the oven, and I just had to get a pinch. It was the best pinch EVER!

Article Continues on page 20

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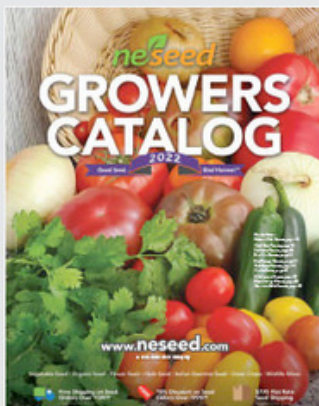
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**STOPS
PREDATORS!**

My Great-Grandmother's Old-Fashioned Chocolate Pie Recipe

This is another recipe from my great-grandmother, Ma Horton. My Aunt Helen gave me the recipe and taught me to make it when I was a young mother. Let's just say that was eons ago!

When we first met, my husband said he didn't like chocolate pies. I persuaded him to try this old fashion chocolate pie recipe and today he still says of all the chocolate pie recipes, he will only eat this one.

I can remember family reunions and dinners on the ground when everybody wanted a piece of this pie. For those who aren't familiar with the term "dinner on the ground," it's what we used to call the lunch shared at the celebration of a church's anniversary, called a homecoming.

We took quilts to spread on the ground, sometimes a few of the older grownups would have a folding chair and ate "dinner on the ground". Each family brought enough food for itself plus extra for others.

All the food was placed on boards laid out between trees, sawhorses, and an occasional table, and you went around fixing your plate with whatever you wanted.

You better get your dessert on the first go-around, or it would be gone. Especially Ma Horton's Chocolate Pie made with rich chocolate in a golden-brown homemade pie crust.

Some people called it the "French silk pie of heaven." I knew it as Ma Horton's old-fashioned chocolate meringue pie that I loved to eat.

When my great-grandmother was no longer able to cook for these kinds of functions, my grandmother and my Aunt Helen took up the mantle. My Aunt Helen earned the title, "Queen of Chocolate Pie."

Warning: Once you've made this old-fashioned chocolate pie recipe from scratch, there'll be no going back to store-bought or instant pie fillings! Sometimes you'll make it just for yourself! It's velvety, smooth, and decadently delicious.

Ma Horton's Old-Fashioned Chocolate Pie Recipe

Once you begin cooking the filling, you cannot leave the stove for any reason. It will scorch and pop bubbles that will scald you if you leave it.



BAKED FRESH

Begin by preparing your favorite pie crust recipe and set it out to cool.

If you don't have a favorite recipe, [try mine](#).

Prep time: 15 min Bake time: 35 to 45 min I use a 9" deep-dish pie pan

MA HORTON'S OLD-FASHIONED CHOCOLATE PIE RECIPE

Ingredients For Pie Filling

- 1 cup sugar
- 3 1/2 Tablespoons all-purpose flour
- 1/4 teaspoon salt — I use real salt
- 4 Tablespoons cocoa powder or cacao powder
- 3 eggs
- 10 ounces heavy whipping cream
- 6 ounces milk — I use grass fed A2A2 whole milk
- 4 ounces of water
- 1 1/2 Tablespoons unsalted butter
- 2-3 teaspoons vanilla extract flavoring to taste



Instructions:

1. Mix the dry ingredients in a small bowl.
2. Separate three eggs and put the egg yolks in a medium saucepan.
·If you want to make meringue for your pie instead of whipped cream, put the egg whites in the mixing bowl you'll use to make your meringue and refrigerate them. (I make my meringue first and refrigerate it while I'm preparing the filling.)
3. Whisk the egg yolks together in the saucepan, then add the liquid ingredients to the saucepan.
4. Whisk these ingredients together well.
5. Cook over medium-high heat on the stovetop while using a long-handled wooden spoon to stir constantly until begins to boil.
6. Once the mixture reaches a low boil, add the dry ingredients to the pot. I whisk them to mix well and then go back to stirring with the wooden spoon.
7. Add the butter and continue to stir continuously.
8. Cook for 5 minutes over medium heat until desired thickness is reached.
It needs to be thick like pudding.
9. When the filling is thickened, remove from heat and add 2-3 teaspoons of vanilla (I use 3 because we like vanilla)
10. Pour the filling into your prepared pie crust.
11. Let cool on the counter until the pie plate is not hot to the touch.
Cover with parchment paper or plastic wrap to prevent a skin from forming on top of the pie while cooling. Refrigerate for at least one hour before serving.

Happy Holiday Baking!

Find answers to your FAQs about chocolate pie recipes and more of Ma Horton's recipes at [The Farmer's Lamp](#).

Magic Pumpkin Spice Cake

This magic pumpkin spice cake is everything delicious. Literally. I love anything pumpkin or pumpkin pie spice.

This magic pumpkin spice cake combines pumpkin spice cake and creamy caramel custard, all with a special magical twist!

It not only has pumpkin cake but one of my all-time favorite desserts as well, flan and caramel all baked nice and gorgeous in a Bundt pan.

Serve this cake in small sections as it's pretty heavy! This has become an instant hit with my family.



MAGIC PUMPKIN SPICE CAKE

DELICIOUS

This pumpkin spice cake requires two basic batters to be made - the pumpkin spice cake batter and the flan batter.

Pumpkin Spice Cake Ingredients

- 1/2 cup butter, softened
- 1/2 cup white sugar
- 1/2 cup packed light brown sugar
- 1 large egg (at room temperature)
- 2 and 1/4 cups all-purpose flour
- 1 tsp. pumpkin pie spice
- 3/4 tsp. baking powder
- 3/4 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup canned pumpkin
- 1/3 cup whole buttermilk
- 1 tsp. vanilla extract
- 1/2 cup caramel sauce

Flan Ingredients

- 1 (14 ounce) can sweetened condensed milk
- 1 (12 ounce) can evaporated milk
- 4 ounces cream cheese (softened)
- 3 large eggs
- 1 Tbsp. vanilla extract

MAKING THE PUMPKIN SPICE CAKE

1. The first thing you'll want to do is get the oven and pans ready.
·You're going to need a large roasting pan that you can put in the oven and fill with water to a depth of two inches. This is going to make your flan part of the magic pumpkin spice cake set properly. It's a custard, so it needs a water bath.
2. Go ahead and fill your roasting pan up and put it in the bottom third of the oven. I recommend setting the Bundt pan in the water and pressing down to make sure that the water doesn't overflow out of your roasting pan into the bottom of the oven.
3. Preheat the oven to 350 degrees. Coat the inside of the Bundt pan with a generous amount of nonstick cooking spray.

TO MAKE THE PUMPKIN SPICE CAKE BATTER-

1. In a stand mixer, or with a hand mixer, beat together the butter, white sugar, and brown sugar. You'll want to beat it on medium speed for about 3 minutes. The mixture should be light and fluffy.
2. Add the egg and beat just until blended. Turn the mixer off and move to the side.
3. In another bowl, sift together the flour, pumpkin pie spice, baking powder, baking soda, and salt.
4. Take another bowl (bowl #3) and mix the pumpkin, buttermilk, and vanilla. If you don't have buttermilk (I never do!) you can make an easy substitute. Simply take regular milk and add about a tablespoon of lemon juice to it. Don't mix it, just let it sit for about 10 minutes. It will start to thicken and then you can use it in place of your buttermilk.
5. Now that you've got your three mixtures, you can start to combine them. Start by adding some of the dry flour mix to the sugar and butter mixture. Turn the mixer on low and let it start combining the two.
6. Next, add some of the pumpkin mixture to the mixer.
7. Alternate between the wet and dry mixes, making sure that you start and end with the dry mix. The pumpkin spice cake mix will be pretty thick, so keep the mixer on low.
8. Once the mixtures have all been combined, turn the mixer off

Putting the Cake Batter Into the Pan

1. Start by pouring your caramel sauce into the bottom of the greased Bundt pan.
·You can make the caramel sauce, or you can buy the jarred stuff. I used Hershey's caramel sauce, and it was delicious.
2. Start spooning the thick cake batter on top of the caramel sauce. Smooth it out as best as you can without mixing it into the caramel sauce. Set it aside.



MAKING THE FLAN BATTER

This step is extremely easy. You'll need a blender and a silicone knife or spoon to clean the sides of the blender.

1. Put the condensed milk, evaporated milk, cream cheese, eggs and vanilla in the blender. Put that puppy on high for about 30 seconds.
2. Turn the blender off, and using the silicone knife or spoon, scrape down the sides of the blender to make sure everything gets mixed in.
3. Turn the blender back on high for another 30 seconds.
4. Pour the flan mixture over the top of the pumpkin spice cake batter slowly so that you don't create holes in the cake batter.

Be careful with this step. My Bundt cake pan didn't quite hold all of the flan mix. I had about an eighth of a cup that didn't go in. It was threatening to overflow my pan. Your pan might be slightly bigger than mine though and if it will all fit, use it all up.

You can find more Directions and Tips about this recipe on Shelby's site: [Farminence](#).



**Subscribe to Stacy Lyn
Harris Today for All Her
Latest Videos**

The secret to that turkey was in the cooking method. She cooked on high heat for an hour or so then turned the oven off — yes, I said off — and in the morning, there was a gorgeous turkey waiting to be eaten.

Although I do not plan on cooking the turkey for 20 plus hours, I do use the technique of roasting at a high temperature for the first 45 minutes and then lowering the temperature to 350 degrees for the remainder of the cooking time.

How to Roast a Turkey

The secret to this perfect roast turkey is in the cooking method.

Turkey Dry Rub

- 2 Tablespoons Kosher salt
- 1 Tablespoon freshly ground pepper
- 2 teaspoons fresh rosemary minced
- 2 teaspoons fresh thyme chopped

Turkey Basting Recipe

- 1 stick melted butter
- 1/4 cup olive oil
- 2 garlic cloves minced

Instructions

- 1.Preheat oven to 450 degrees.
- 2.Mix dry rub ingredients in a small bowl.
- 3.Combine melted butter, olive oil, and garlic in a small bowl.



**Make This Holiday
Tasty!**



4.Place turkey, breast side up, on a rack inside a roasting pan. Fill the bottom of the pan with about 1 cup of water to keep the drippings from burning the pan. Brush butter mixture over the entire turkey and inside the cavity of the turkey. Liberally massage turkey rub all over turkey. Reserve some of the butter mixture for basting during the cooking process.

5.Roast turkey for 45 minutes or until skin is golden brown. Reduce oven temperature to 350 degrees and continue to roast turkey, basting with butter mixture every 30 minutes. After the second hour, begin checking the temperature of the turkey every 15 minutes to keep it from overcooking.

6. Remove the turkey when an instant-read thermometer reaches 160 degrees when the thermometer is inserted into the thickest part of the breast. Allow the turkey to rest on a cutting board for at least 30 minutes to one hour for carry-over cooking and to allow the juices to redistribute.

SHORTCUT to Roasting a Turkey

Instead of brining the turkey, add all dry rub and basting ingredients together and rub the turkey inside and out.

Place in the refrigerator uncovered for 24 to 48 hours. Remove from oven and place in a 425-degree oven for 45 minutes.

Reduce the temperature to 350 degrees and continue to cook for another 30 minutes. With an internal thermometer, periodically check the temperature in the thickest part of the breast. When the temperature reaches 160 degrees, remove the turkey to a cutting board and allow to rest at least 30 minutes before carving.



Frying Turkey

For many years, we have loved frying our turkey for the holidays. For one thing, it leaves me plenty of cooking space in the oven for the sides, which happen to be my favorite things. Another advantage is that the men love hanging out and frying the turkey for me, so there is one less item on my to-do list.

There are several culinary advantages to frying a turkey as well. For one thing, this method dramatically reduces cooking time.

Take a look at the stats:

·Roasting a Spatchcocked Turkey: 8 to 10 minutes per pound on average·

Roasting a Whole Turkey: 20 minutes per pound on average.

·Smoking a Turkey: 30 minutes per pound on average if the temperature is around 120 degrees.

·Frying a Whole Turkey: 3 to 5 minutes per pound on average

Along with reduced cooking time, super crispy skin and juicy, delicious meat will await you!

Though the advantages are many, there are a few challenges to frying a turkey. When I had young kids, I worried about the hot oil for safety reasons. Of course, adults using caution will have no problems. However, you may encounter the issue of an unevenly cooked bird.



Problem: If you don't have the right amount of oil in the fryer, only some of your bird will get done.

Solution: As far as knowing how much oil to use, there is a simple trick that always works. Simply place the turkey inside a pot or bucket large enough to hold the turkey and fill with water over the turkey 3 inches.

Then remove the turkey from the vessel and measure the amount of water left. Use this measurement to determine the amount of oil you will need for frying.

Brining the turkey always leaves me with a much better bird than those I don't brine before frying. The meat tends to dry out more quickly when frying than when using other cooking methods, but not if brined and not overcooked.

It is best to use turkeys that are less than 12 pounds when frying.

Below are step-by-step instructions for frying a whole turkey.

Frying a Whole Turkey

Along with the cooking time being reduced, super crispy skin and juicy delicious meat will await you!

·4 to 5 gallons cooking oil peanut oil if no one has allergies to peanuts, for a 12 to 14 pound turkey in a 30 quart pot · 1 12 to 14 pound turkey

·Turkey Dry Rub mixture of 2 Tbsp. Kosher salt, 1 Tbsp. pepper, 1 tsp. garlic powder, 2 tsp. thyme, 2 tsp. Rosemary

Instructions

1. Bring oil in the fryer to 375 degrees.

2. Dry the brined turkey and cover with the dry rub, inside and out.

3. Once the oil reaches 375 degrees, **SLOWLY** lower the turkey into the hot oil until fully submerged. This should take at least 5 minutes.

The temperature of the oil will drop. Bring the temperature of the oil back up to 350 degrees and continue to cook at 350 degrees until the turkey is done, 40 to 50 minutes or when the instant-read thermometer inserted into the thickest part of the breast reaches 165 degrees.



Smoking Meat Rocks!

Smoking the Turkey

Smoking meat rocks! I can't say it any more clearly than that. I thought my roasted chicken tasted just as good as smoked chicken, but my husband begged to differ.

We had a cook-off to determine who was correct. Hands down, smoked meat has a flavor that just can't be touched. Don't get me wrong, I love roasted meat — but side-by-side, smoked flavor rules.

Smoking meat is one of life's treats to me. I love to use my smoker and cook chicken, sausage, and pork butt all at one time. Then we feast throughout the week on the bounty.

Smoked turkey is just fabulous. You get tender, succulent, juicy meat with a crispy exterior packed with flavor. What's not to love?

Perfect Smoked Turkey Recipe

- 1 turkey 12-14 pounds
- 1/4 cup butter melted
- 1/4 cup olive oil
- 3 tablespoons Kosher salt
- 1 tablespoon garlic powder
- 1 tablespoon freshly ground pepper
- 2 tablespoons smoked paprika

Instructions

1. Rinse the turkey and dry thoroughly.
2. Spatchcock the turkey for more even cooking.
3. Place turkey breast side up on a sheet pan. Liberally rub the butter-herb mixture completely over the entire turkey. Refrigerate for 24 to 48 hours uncovered.

4. Remove turkey from the refrigerator and bring to room temperature while your grill or smoker is reaching 225 degrees.

5. Oil the rungs of the rack to keep the bird from sticking.

6. Bring either the grill or smoker to 225 degrees. Add several chunks of hickory or apple wood (they burn more slowly and won't overtake the flavor of the turkey) to the smoker or on top of the charcoal if using a grill.

7. Place turkey in the middle of a smoker or on the grill preheated to 225 degrees. Maintain temperature between 225 to 250 degrees during entire cooking process, 2 to 2 1/2 hours depending on the size of the bird. Account for 11-13 minutes per pound.

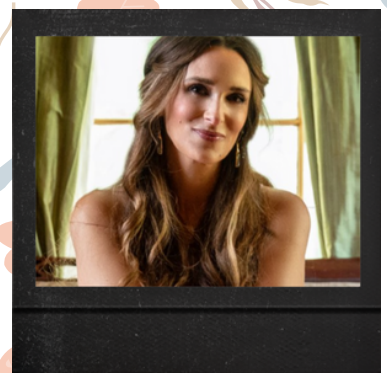
8. Once the bird reaches 160 degrees, remove from the smoker and cover loosely with foil and allow to rest 30 minutes before carving.

Now you can cook your turkey perfectly using the method you prefer.

Happy Holidays!

You can get more delicious recipes and cooking tips on Stacy's official website: [Stacy Lyn Harris](#)

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ROYAL HOLIDAY DESERT



EATING LIKE ROYALTY

3 KING'S CAKE RECIPE

January sixth, aka 12th Night or Epiphany, is primarily the celebration of the visit of the three magi, or wise men, to the Christ child.

It's kind of like another Christmas celebration! How the day is observed varies, but everyone's favorite tradition for this day is the eating of a King Cake, which is popular from France to Mexico.

King Cake recipes differ from each other in ingredients, texture, and presentation, but the one constant is that somewhere hidden in the depths of the finished cake is a special trinket of some kind. Sometimes this item is a foil-wrapped coin or ring, or perhaps a dried bean or porcelain Christ child.

Whoever finds the trinket is crowned king or queen of the day. Said person must wear a colored paper crown and make a wish.

There are SO many different ways to make King Cake for 3 King's Day ranging from white cake to sweet rings resembling donuts! Our family makes this rich egg bread originally inspired from Tasha Tudor's Christmas Tea Ring bread from the Tasha Tudor Cookbook.

To keep with tradition, right before baking we secret a foil-wrapped coin inside the dough. Whoever finds the coin while eating their piece of cake becomes king or queen for the evening!

I prefer a bread for this "cake" because it's not quite as sweet as a cake. After a season of indulgences, we're sugared out come January!

Also, any leftovers are easy to repurpose into bread pudding later in the week.

King Cake Recipe



Fit For A King

Ingredients for King Cake

- 1 cup of lukewarm fresh milk
- 1/2 cup of coconut sugar
- 1 tsp. vanilla extract
- 1 tsp. mace
- 1 tsp. nutmeg
- 1/2 tsp. cinnamon
- 3 tbsp. dry yeast
- 12 fresh egg yolks at room temperature
- 3 cups white flour
- 2-3 cups wheat flour
- 1 tsp. sea salt

Ingredients for Filling

- 2 cups butter softened and cut into 1-inch slices
- 1 cup of marzipan
- 1/2 cup mixed dark and golden raisins
- 1/2 cup dried cherries
- 1/2 cup dried apricots and/or pineapple
- 1/2 cup chocolate chips, optional
- 1/2 cups toasted pecans, optional
- 3 tbsp. candied citrus peel

Ingredients for Lemon Glaze

- Zest from two lemons
- 1 cup powdered sugar
- Milk or cream enough to make finish glaze
- Colored sprinkles, optional



Instructions for Dough

- 1) In a large bowl, combine warm milk, coconut sugar, vanilla, and spices. Add the yeast and whisk in rapidly. Beat in the egg yolks.
- 2) Mix 3 to 4 cups of flour with the sea salt. Add to milk mixture in one cup increments. ·If you have a stand mixer, use it now to start working in the flour. Otherwise, mix dough as long as you can with a strong spoon and then turn out the dough onto a floured surface to knead by hand and work in more flour.
- 3) Continue to add flour until the dough is no longer sticky. If you're using a stand mixer, the dough will be finished when it clears the side of the bowl.

·Be careful not to add too much flour or your dough will be dry.You'll know the dough is done when it has a bit of a shine to it and holds an indent when you press your finger into it.
- 4) Roll the dough into a ball and place it into a buttered dish and cover it with a damp towel. Find a draft free, warm place for your dough to rise for around an hour, or until it doubles in size. I usually use my dehydrator to keep the temperature around 90F/32C.
- 5) After it rises, knead the dough briefly and divide the dough into 2 pieces. Roll them into logs and let them rest for a few minutes while you prepare the filling.

Instructions for Filling and Fruits

- 1.Cream the marzipan with 1 cup of butter until thoroughly mixed.
- 2.Roll the dough logs into large, flat rectangles - like you would if you were making cinnamon rolls. Spread marzipan mixture over the surface of the dough. Sprinkle the dough with the fruits, chips, and nuts.
- 3.Roll the dough up lengthwise and pinch the edges closed (again, like you would for cinnamon rolls). Shape each length into a ring and secure the ends.
- 4.Put the rings onto a large baking sheet about six inches apart. Slash the tops with a sharp knife or scissors and brush the tops with melted butter. Cover them and raise them for another hour, or until they double in size.
- 5.Preheat oven to 350F/176C. Bake the rings until they brown on top, usually about 30 minutes.
·You can make six rings, if you prefer, instead of two. You may also bake one large ring.

·The bake time will vary a lot depending on how many rings you decide to make and how big they are. You want good air flow around your cakes so, if you need to use two pans, go right ahead. Bake them one or two at a time, removing the done ones and allowing them to cool.
- 6.When they're entirely cool, decorate the King Cake with the powdered sugar glaze. You'll know it's the right consistency when the sugar is dissolved and you're able to drizzle the glaze over the cake. It's traditional, but totally optional, to add colored sprinkles to the glaze.
- 7.Remind everyone to look for the hidden item when you serve the cake!

Happy Holiday Baking!

You can find more recipes and homesteading help at [The Homestead Lady](#).



Holiday Breakfast

Einkorn pancakes are healthy and tasty just in time for that perfect family breakfast.

Get the recipe by clicking below!

www.thefarmerslamp.com

[Get The Recipe](#)

3 Easy Holiday Cranberry Appetizers That You Can Make In 10 Minutes Or Less!

My favorite time of the holiday season is gathering with family and friends, enjoying a good meal, sitting around by the fire, and spending time together.

As one who tries to practice seasonal eating (eating what is in season), cranberries are the center of attention when it comes to the holidays. From appetizers to garlands on the tree, you'll see cranberries in and on all of my holiday preps.

All three of my Holiday Cranberry Appetizer Recipes can be made in 10 minutes or less! They can be made ahead of time, or even when you are short on time at the last minute.

Cranberry Goat Cheese Appetizer

Love the tart, creamy, and sweetness of this appetizer topped with savory rosemary. A perfect balance of flavors.

Ingredients:

- 10-ounces goat cheese log.
- 1/2 cup coarsely chopped dried cranberries.
- 1/4 cup chopped fresh parsley. (Rosemary or Parsley?)

Directions:

1. Place dried fruit and parsley on a piece of waxed paper.
2. Roll the cheese log into the mixture.
3. Wrap in plastic wrap and refrigerate.
4. Serve with a variety of crackers, sliced baguettes, and can even crumble over soup or a salad.



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Cranberry Chicken Salad

My family requests this salad all year long. It's my go-to recipe for potlucks and holiday gatherings. Depending on the ingredients I have on hand, I'll serve this like a spread for crackers or small finger sandwiches.

Ingredients:

- Four cans of chicken 5 oz each.
- ¼ Cup of Mayonnaise. if you want more mayonnaise, add 1 Tablespoon at a time.
- ½ teaspoon of Garlic Powder.
- 2 Stalks Celery, Diced.
- Small red onion diced (about ¼ cup). You can use yellow onions if you don't have red.
- ¼ Cup dried cranberries, chopped.
- ¼ Cup chopped walnuts.
- Salt and Pepper to taste.

Directions:

1. Drain the chicken and put it in a mixing bowl. Separate chunks of the chicken with a fork.
2. Add remaining ingredients and mix well.
3. Cover and chill for a couple of hours or overnight.
4. Serve on mini croissants or with crackers as an appetizer.



Cream Cheese Cranberry Appetizer

3 ingredients are all you need for this recipe.

- 8 oz Cream Cheese.
- 2 tsp of Fresh Rosemary or 1/2 tsp of dried.
- Cranberry Sauce with whole cranberries.

Directions

1. Mix Cream Cheese with Rosemary.
2. Shape Into A log or circle on your serving plate, and chill until firm.
3. Before serving, spread Cranberry Sauce on top.
4. Garnish with fresh cranberries and rosemary.
5. Serve with crackers, bread, or vegetables.

This Holiday Appetizer also tastes great on turkey sandwiches!

Enjoy your family this holiday season without having to slave in the kitchen by making easy and delicious recipes that everyone will love!

Find more recipes and homesteading helps on [My Homestead Life](#).

HOW TO MAKE A PUMPKIN PIE WITHOUT EVAPORATED MILK

Have you ever found yourself in the kitchen on a holiday morning, with half of the ingredients for pumpkin pie already in a mixing bowl, and suddenly realize that you have no evaporated milk in the cupboard?

Now, what are you going to do? No one has time to go to the grocery store at the last minute and fight the crowds for a can of evaporated milk. Can you use something else instead?

What is evaporated milk?

Fresh milk is 13% solids and 87% liquid. As it comes from the cow or goat, the solids in milk consist of approximately 3.7% fat and the rest is "solids-not-fat."

Evaporated milk is cow's milk that's been heat-treated to remove about 60% of the water, which makes it more concentrated as well as shelf-stable. It's usually sold in 12-ounce cans in the baking aisle.

After removing some of the water, some additional ingredients are added to evaporated milk: dipotassium phosphate, carrageenan (a thickener), and vitamins C and D3.

Dipotassium phosphate is a man-made chemical that combines phosphate, phosphorus, and sodium, and is used primarily as an emulsifier, stabilizer, and to change the texture. According to the Good Mylk Co. website, dipotassium phosphate is considered "fairly safe," but it's been linked to kidney disease among other health problems.



Substitutes for Evaporated Milk

As a matter of fact, there are many possible substitutions for evaporated milk, so you'll just need to decide which one to use.

You can use one of the following as a substitute for evaporated milk. Remember, one 12-ounce can = 1½ cups of evaporated milk.

- 1 cup of whole milk*
- 1 cup of half-and-half
- 1½ cups of milk plus one beaten egg
- 1½ cups of milk plus 1 Tablespoon of cornstarch
- 1½ cups of heavy cream
- 1 cup of cream plus 1/2 cup whole milk
- 1½ cups of plain yogurt, Greek yogurt OR sour cream
- 1½ cups coconut milk

*I recommend using whole milk because low-fat milk contains more water and is thinner than whole milk.

Because I have fresh goat milk on hand, that's usually what I use instead of evaporated milk.

I make pumpkin pie with pumpkin puree I've made from fresh pumpkin, and fresh pumpkin puree has more liquid than canned pumpkin puree, so I use less milk than the 1.5 cups of evaporated milk in a can.

Using one cup of fresh milk instead of a can of evaporated milk gives us pies that are super-creamy and delicious! The consistency is perfect, and our pumpkin pie sets up just like it should.

So, in my kitchen, 1 cup of fresh, whole milk = 1 12-ounce can of evaporated milk.

Delicious Pumpkin Pie Recipe

This recipe makes one pumpkin pie.

Ingredients

- 2 eggs
- 2 cups pumpkin puree *
- 1/2 cup brown sugar
- 1/4 cup granulated white sugar
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1/8 tsp allspice
- 1 cup of milk
- 1 unbaked pie crust

* Homemade pumpkin puree usually contains more liquid than canned pumpkin puree. I let my puree drain a bit in a wire strainer to remove excess liquid.

Since I store my homemade puree in the freezer and let it thaw when I'm ready to use it, the watery liquid has already separated in the freezer bag. It only takes a minute or two in a strainer for the excess to drain out.



Directions

1. Preheat oven to 425°F. Beat eggs and pumpkin puree together, then add the sugars and spices and mix well. Stir in the milk. Pour into an unbaked pie shell.
2. Bake for 15 minutes, then reduce the heat to 350° and bake for an additional 45 minutes.
3. Cover the edges of the pie crust with foil if needed to prevent burning.
4. Pie is done when a clean knife inserted in the center of the pie comes out clean.

We've been eating rich, creamy pumpkin pies made without evaporated milk ever since that fateful day when I forgot to buy evaporated milk.

I don't have to remember to buy evaporated milk anymore, which reduces our reliance on the grocery store as well as provides healthier food for my family.

And no worrying about whether or not the grocery store will be out of this necessary ingredient. One cup of fresh, whole milk is the answer.

You can find more recipes and homesteading help at [Oak Hill Homestead](#).



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DIY Farmhouse Upcycled Christmas Ornaments

Ornaments can be pricey, especially for beautifully designed ornaments. That's why making your own ornaments is a great way to decorate your tree for Christmas within a budget.

These upcycled DIY Christmas ornaments are an easy craft to take old ornaments and give them a brand new look.

DIY And Update Your Old Glass Ball Christmas Ornaments

Glass Christmas ball ornaments are traditional and common. I inherited a number of red glass balls, too many of the same color, size, and type. I didn't want to just throw them away so I figured out a way to upcycle them and give them new life!

Why Upcycle Old Glass Ball Ornaments?

Maybe you have changed your Christmas décor, maybe you have too many of the same glass ball ornaments (like me), or maybe you need an easy, budget friendly gift idea for Christmas.

There are many reasons to take your old glass balls and give them a beautiful new life. Best of all, this keeps those ornaments from ending up in the trash.

What You Need To Get Started

Old Christmas Ball Ornaments - You can buy some if you don't have any, but the idea is to find old or outdated Christmas ball ornaments you no longer enjoy.

The size and color don't matter, just be sure they aren't chipped or broken. I used red ball ornaments with glitter.



Christmas Ribbon, Rope, Lace or Pearls - You can purchase these at a craft store or even online. However, I used leftover wrapping material from past Christmases.

For this example, I used jute cord, Christmas rope, Christmas ribbon and decorative strings of pearls.

Hot Glue Gun - You can find these at any craft store or purchase on online.

Spray Paint (optional) - In this example, I spray painted the tops of the ornaments so that they were no longer gold.

How To Prepare The Christmas Glass Balls

When picking out old ornaments, make sure to choose ornaments that aren't broken or cracked.

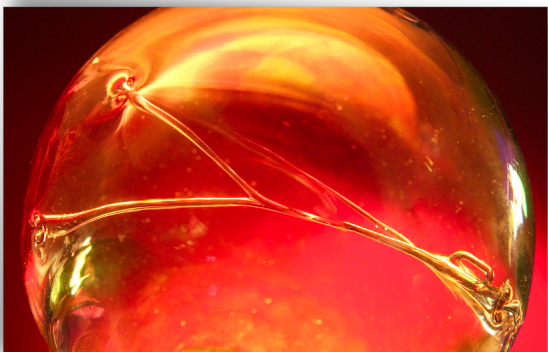
Size and color don't matter much as you will be covering the ornament in different materials.

Larger ornaments will need more material.

Once you have picked out your ornaments, make sure they are clean. Remove all dust, dirt, spider webs, glitter, mainly anything that could prevent glue from sticking to the ornament.

If you have a glitter ornament, just wipe off any loose glitter, you don't need to scrape the glitter off.

Be sure to remove the tops of the ornaments before starting.



Using Rope or Jute Cord To Upcycle Your Ornaments

Using rope, twine, jute cord or even macramé cord, begin at the bottom of the ornament. Glue the end of your rope with a small amount of hot glue.

Then slowly and carefully begin adding glue and wrapping the rope in tight circles around the ornament.

This is a slow process. With a hot glue you have to be careful to only use small amounts.

Too much hot glue will squeeze through the rope and look messy once dried. You can always substitute tacky glue in the place of hot glue, it just doesn't dry as quickly.

Continue until the entire ornament is wrapped. Allow the ornament to dry for a few hours before handling.



Using Ribbon To Upcycle Your Ornaments

Ribbon gives a beautiful farmhouse feel to your ornaments. Be sure to use cloth ribbon to get a nicer appearance. When using ribbon, it's easiest to wrap ribbon from the top, going down and around and then back up to the other side of the Christmas ornament.

Glue your ribbon in sections as you make your way around the ornament. Layer the ribbon so that no part of the glass ball comes through.

Tie a bow on the top to hide any imperfections from the ribbon. For this example, I used Macramé cord for the bow and buffalo check cloth ribbon for the ornament.



Painting The Tops Of The Ornaments

In this example, I spray painted the tops of the ornaments. They originally came in shiny gold. For a more rustic look, I chose to spray paint them in matte black.

After spray painting, I allowed them to dry completely and re-attached them to the finished and dried ornaments.

Be sure to tie a piece of matching twine, rope, or ribbon to the ornament for hanging.

Cable Knitted Christmas Ornament

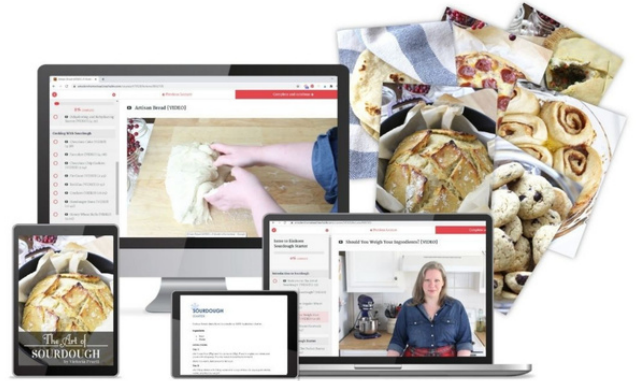
If you like knitting, you can also turn an old set of mismatched ornaments, into a lovely set of cable knitted ornaments instead!

Since the cables cover the whole ornament, it doesn't matter what you start with. They will all look the same in the end! Use different colors of yarn to create a jewel tone tree, or whatever color set you'd like!

GET THE CABLE KNIT ORNAMENT PATTERN [HERE](#)



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Gifting

These beautiful DIY Christmas ornaments make great gifts! Make them in the color, theme, or fashion that best suits your décor, or the décor of the person you're gifting. These ornaments can be as fancy or as simple as you desire. Add bows, glitter, lace or whatever else you want to really make them your own!

You can find more craft ideas and homesteading help on [A Modern Homestead](http://AModernHomestead.com).

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Eggnog

Prep: 20min Serves: 4

Ingredients

12 egg yolks
2 cups white sugar
Optional -- white rum
1 quart half-and-half cream
1 quart heavy cream
12 egg whites
1 cup white sugar
1/4 teaspoon ground nutmeg

Method

1. In a large bowl, combine egg yolks, 2 cups sugar and rum.
2. Mix well, cover and refrigerate for 24 hours.
3. Stir half-and-half into cooled yolk mixture.
4. In a large bowl, whip the heavy cream until soft peaks form; set aside.
5. In a separate clean bowl, with a clean whisk, whip egg whites until thick, then gradually add sugar and whip until peaks form.
6. Fold the whipped cream into the egg whites, then fold into the yolks mixture.
7. Sprinkle top with nutmeg.





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Easy Homemade Crescent Rolls

Nothing says lovin' like somethin' from the oven! Right? Hot, buttery homemade crescent rolls make any meal special, especially those holiday gatherings.

This easy recipe is sure to become a lasting part of your family's holiday meal traditions.

There's an old saying, "Anything homemade is better than anything store-bought." Over the years, I've come to see this is true of most foods.

There's just something unintelligible that goes into the food you prepare from scratch.

There's a quality that you can't really put a name on.

I say it's the energy of love and joy that goes from you into the thing you are creating that makes it uniquely you.



There's an old saying, "Anything homemade is better than anything store-bought." Over the years, I've come to see this is true of most foods.

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Am I saying you aren't doing right by your family if you don't make food from scratch?

Why certainly not! If you don't enjoy cooking from scratch, the energy transfer will not be the same.

When I first made homemade crescent rolls, I felt intimidated. Once I got started, I realized it isn't hard at all.

Most of the time is spent in waiting for the rising, like most breads.



Rolled out and cut

We have since had to leave modern wheat flour behind and switch to Einkorn flour.

If you have gastrointestinal issues due to the gluten in modern wheat, try my recipe for homemade Einkorn flour crescent rolls.

Homemade Crescent Rolls Recipe

Ingredients

- 4 cups all-purpose flour
- 2 ¼ teaspoons active dry yeast or 2 teaspoons of instant yeast
- 1/3 cup warm water
- 3/4 cup warm milk
- 1 1/2 Tablespoons sugar
- 2 eggs
- 1/2 teaspoon salt
- 4 tablespoons butter, softened



Filling:

5 tablespoons butter, softened

Instructions

1. In a large bowl, mix the flour with sugar and salt.



2. Dissolve the yeast in the warm water and add that to the flour mixture.

3. Add the eggs and warm milk mixing everything really well.

4. Add the 4 tablespoons of very soft butter and mix well.

5. Turn the dough out onto a lightly floured surface and knead just until it's smooth and soft – about 10 minutes.

6. Grease the bowl and return the dough to it, turning the dough to coat both sides. Cover the bowl with a clean, dry cloth and let rise until doubled. This takes about an hour in a warm place.

7. When the dough has doubled, punch down with the flat of your hand and divided it into two equal parts. Shape each half into a ball.

8. Place one ball on a floured surface. Using a rolling pin, roll one of the halves into a 16 to 17-inch round or roundish shape. Use a small spoon to spread about half of the 5 Tablespoons of softened butter onto the circle of dough.

1. Use a pastry wheel to cut the round into 16 triangles, kind of like you're cutting a pizza.

2. Starting with the wide outside edge, roll the triangle pieces into crescents. Once you've rolled a piece, place it on a parchment-lined baking sheet or a lightly greased baking sheet.

3. Curve the edges in to make the crescent shape. Repeat with the second half of the dough. Let rise for about 20 minutes.

4. Preheat oven to 400 while the rolls are rising. Before placing in the oven, brush the tops with melted butter. For a softer top, brush with butter after baking instead of before.

5. Bake for 15 to 18 minutes, depending on your oven until the rolls are puffed and golden brown.

6. Serve warm.

I hope this recipe adds a special touch to your holiday table.

You can find more from-scratch recipes on [TFL](#)



3 Interesting Benefits of Using Caffeine on Your Skin



Watch The Video



In this quick video, I want to cover the interesting benefits of caffeine for your skin.

There are certain topical benefits of caffeine that you can't get by consuming caffeine.

To take advantage of the benefits of caffeine for your skin, you can use coffee grounds, caffeine creams, or green tea.

There are so many incredible phytonutrients in coffee and green tea—many facial creams include green tea extract or caffeine because of their effectiveness.



Caffeine can act as a potent antioxidant and even an anti-inflammatory. However, using topical caffeine may not help with every condition.

For example, it may help reduce redness associated with acne, but it won't help get rid of acne. It may also help with hair loss a little bit, but not significantly.

Caffeine can give you some temporary help when it comes to certain issues as you work to correct the underlying cause. Just be sure you are also taking steps to fix the root cause of your skin problem.

Getting on the keto diet and doing intermittent fasting are the two best first steps to take to help fix what's really causing your skin issue.

Potential benefits of using caffeine on your skin:

1. It may help reduce cellulite
2. It may help with aging spots or sun spots (hyperpigmentation)
3. It may help reduce puffiness under the eyes

Dr. Eric Berg DC Bio: Dr. Berg, age 56, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book *The Healthy Keto Plan*, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media.

Disclaimer: Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.

SOUTHERN SWEET POTATO CASSEROLE

What would the holidays be without sweet potato casserole? At our house, there would be a small rebellion if I thought of leaving it off the menu!

I made a different one for Thanksgiving when Tommy was about 3. He told me, "It's good Mommy, but it's not like BB's." She so sweetly wrote down her recipe for me and I have made it, with my own little tweaks, ever since. It's so good my husband eats it as dessert.

Southern Sweet Potato Casserole Recipe

Ingredients

- 3 cups cooked, mashed sweet potatoes (this is about 3 medium potatoes)
- 1 cup sugar
- 1 tsp real salt
- 1 tsp vanilla
- 1/2 cup milk
- 2 eggs, beaten
- 1/4 cup butter, cut into chunks



Ingredients for Topping: May cut in half

- 2 cups brown sugar
- 2/3 cups melted butter
- 1/4 cup flour
- 2/3 cup oatmeal
- 3/4 cup chopped pecans

Instructions

1. Preheat oven to 350.
2. Butter the casserole dish you want to use — I use a 9 x 13 glass pan
3. Beat sweet potatoes in a mixer until smooth.
4. Add other ingredients and blend well.
5. Pour into your prepared pan.

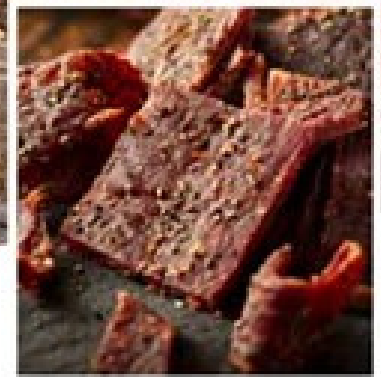
Topping Instructions

1. Melt butter and add other ingredients and blend well.
2. Sprinkle/spread over top of casserole and bake for 20 — 30 minutes until brown on top and bubbling in middle.
3. Serve warm.

As a little lagniappe, top with marshmallows or homemade marshmallow cream (my favorite) the last 10 minutes of baking.

We hope this recipe adds a decadent, delicious tradition to your holiday table.

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