

A VERY KETO THANKSGIVING

10

Ultra Indulgent
Low-Carb
Recipes from the
Chow Kitchen



RECIPES

CREATED BY CHEF TAFFY

01 Turkey Tamales

A fun and delicious dish to make with friends and family for a festive holiday meal.

02 Rosemary Crackers

Savory, crisp, and fragrant, these crackers are a great accompaniment to cheeses, pates, dips, soups, and salads. They will be the star of your next charcuterie board.

03 Creamy Baked Cauliflower and Cheese

Creamy, cheesy, savory, and delicious, this dish is classic comfort food at its best. Cheddar, colby, Monterey Jack, mozzarella, Muenster, or Gruyere cheeses are all good in this recipe. Mix your favorite cheeses to make it your own.

04 Pumpernickel Bread

This home-baked loaf is very satisfying toasted, buttered, and served alongside your favorite eggs.

05 Muddy Buddies

A classic snack that's, salty, sweet, crunchy, fun, delicious, and easy to make.



06 **Blueberry Snickerdoodle Cobbler**

This cobbler is a luxurious treat for special occasions, especially when made with blueberries at the height of the season.

07 **Mint Crackle Cookies**

A little fudgy, a little crispy, and all chocolate with a burst of true peppermint flavor.

08 **Eggnog Biscotti**

Perfect for dunking in a cup of coffee, tea, or hot chocolate while you wrap gifts or snuggle up by the fireplace.

09 **Pumpkin Spice Caramel Cookie Butter**

Now you can make your own luscious cookie butter for topping your favorite keto baked goods.

10 **Glazed Double Pumpkin Scones**

An egg-free recipe for perfect fall scones that are easy to make, light, and tender.



Make the holidays delicious.

TURKEY TAMALES

These aren't the most traditional tamales, but they are delicious and fun to make for a festive holiday meal—and they are a great way to use leftover turkey.

Prep time: 1 hour
Cook time: 30 minutes
Yield: 24 tamales

INGREDIENTS:

25-30 dried corn husks cleaned and soaked until flexible
2 cups prepared salsa verde
1 pound cooked turkey, shredded
15 ounces canned baby corn
2 cups [Creamy Chicken Soup Keto Chow](#)
1/3 cup coconut flour (1 ounce)
1 teaspoon baking powder
1/2 cup lard, tallow or coconut oil
1/2 teaspoon corn extract (optional)
1/4 cup reserved corn liquid or chicken broth

DIRECTIONS:

1. Mix the shredded turkey with the salsa verde and set aside. You can also use rotisserie chicken or roast pork if that is what you have on hand.
2. Drain the baby corn, reserving the liquid. In a food processor or blender, puree the baby corn until smooth, adding a tablespoon or two of the reserved liquid if necessary.
3. In a large mixing bowl, blend the Keto Chow, coconut flour, and baking powder.
4. Add the lard, pureed baby corn, and the corn extract (if using) to the dry ingredients and beat on medium speed with a mixer until a soft dough has formed and it has increased in volume. If it's too thick, add more corn liquid or chicken broth one tablespoon at a time until it's the consistency of smooth peanut butter.
5. Drain the corn husks and, working one husk at a time, spread a thin layer of the dough over the center of the husk. Nearer the large end, leave about an inch uncovered on either side of the dough, then spread a spoonful of filling over the center of the dough. (A #40 cookie scoop or approximately 1.5 tablespoons per corn husk makes exactly 24 tamales).
6. Fold one side of the husk and then the other so they overlap; bend the empty part of the husk up to close one side of the tamale.
7. Prepare a large pot with a steamer rack and fill the bottom with water. Stand the tamales up in the steamer rack, placing a small upturned bowl or bundle of tin foil in the center to steady the tamales if needed. Cover the tamales with any extra corn husks to keep the steam from getting into them.
8. Steam the tamales for 20-30 minutes until they are firm enough for the husk to pull away from the dough easily.



ROSEMARY CRACKERS

These savory crackers are a great accompaniment to cheeses, pates, dips, soups, and salads. They will be the star of your next charcuterie board.

Prep time: 30 minutes

Bake time: 20 minutes

Yield: 50 crackers

Ingredients:

4 ounces cream cheese, softened
1 serving [Creamy Tomato Basil Keto Chow](#)
2 tablespoons olive oil
2 tablespoons minced fresh rosemary
2/3 cup (2 ounces) coconut flour
1 1/2 cups (7 ounces) grated Parmesan cheese
2 tablespoons heavy cream

Directions:

1. Whip the cream cheese in a large mixing bowl with an electric mixer until it is soft.
2. Add the Keto Chow, olive oil, and rosemary and beat until combined.
3. Add the coconut flour and Parmesan cheese, then beat again, until it starts to come together into a dough; add the heavy cream and beat together. It should form a stiff, slightly tacky dough.
4. Preheat the oven to 350F.
5. Divide the dough in half and shape each half into a rectangular block.
6. Place one half of the dough between two pieces of parchment paper and roll the dough out into a large rectangle 1/8 inch thick. If it isn't a perfect rectangle, that is fine. You can trim the edges and use the trimmed pieces to repair any parts that are too thin.
7. Once the dough is rolled out thin enough, with the dough still on the parchment paper, use a large knife, pastry wheel, or pizza cutter to score the dough into 1 1/2 inch squares, or another shape of your choice.
8. Transfer the dough, still on the parchment paper, to a large baking sheet. Use a fork to prick the center of each cracker to help them crisp up. Repeat the same process with the other half of the dough.
9. Bake the crackers on the center rack of the oven for about 20 minutes, rotating the trays halfway through baking.
10. When the crackers are done, they will be browned around the edges and the bottoms and just starting to brown lightly on the tops. If the crackers aren't lightly browned, they won't be crispy when cooled.
11. Transfer them to a cooling rack and allow to cool completely before breaking them apart. Store in an airtight container in a cool, dry place for up to three days, or in the freezer for up to three months.





CREAMY BAKED CAULIFLOWER AND CHEESE

Classic comfort food at its best. Cheddar, colby, Monterey Jack, mozzarella, Muenster, or Gruyere cheeses are all good in this recipe. Mix your favorite cheeses to make it your own.

Prep time: 20 minutes

Bake time: 35 minutes

Yield: 12 servings

Ingredients:

2 eggs
1 cup almond milk
1/2 cup heavy cream
1 serving [Creamy Chicken Soup Keto Chow](#)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika
small pinch cayenne pepper
1 pound cooked and cooled riced cauliflower as dry as possible (or use leftover roasted cauliflower)
2 cups plus 1/4 cup of your favorite shredded cheese such as cheddar or Monterey Jack

Directions:

1. Grease a 9x13 baking dish and preheat oven to 350F.
2. In a large mixing bowl, beat the eggs. Mix in the Keto Chow, dry spices, milk, and heavy cream. Mix well until there are no lumps.
3. Stir in the cauliflower and 2 cups of shredded cheese.
4. Spread the mixture into the greased baking pan. Sprinkle the remaining 1/4 cup cheese on top.
5. Bake at 350F for approximately 35 minutes until the casserole is set and beginning to brown on the top.

PUMPERNICKEL BREAD

This home-baked loaf is very satisfying toasted, buttered and served alongside your favorite eggs.

Prep time: 10 minutes

Bake time: 50 minutes

Yield: 12 slices



Ingredients:

1 cup [Savory Chicken Soup Keto Chow](#)

1/2 cup almond flour

1/4 cup ground flax seed

1/4 cup coconut flour

1 teaspoon baking soda

1 teaspoon cocoa powder

2 eggs

1/2 cup olive oil

1 cup almond milk

1 teaspoon cider vinegar

1 tablespoon caraway seeds

Directions:

1. Preheat oven to 325F.
2. Place the Keto Chow, almond flour, flax seed, coconut flour, baking soda, and cocoa powder in a large bowl and mix well.
3. In a separate bowl, beat together the almond milk, olive oil, and vinegar.
4. Slowly pour the wet ingredients into the dry ingredients and stir together until well-mixed.
5. Stir in the caraway seeds.
6. Pour the batter into a greased 9x5 loaf pan and smooth the top.
7. Bake at 325F for approximately 50 minutes until the loaf is brown around the edges and springs back when touched in the center. Allow to cool before slicing.





MUDDY BUDDIES

This is a classic snack that's delicious and easy to make. Salty, sweet, crunchy fun, you will want to make it for every special occasion and family movie night.

Prep time: 10 minutes

Yield: 6 servings

Ingredients:

2 ounces pork rinds (or substitute coconut chips)

2 tablespoons unsalted butter

1 tablespoon unsweetened peanut butter

1 serving [Chocolate Peanut Butter Keto Chow](#)

2 tablespoons powdered erythritol

Directions:

1. Put the pork rinds into a gallon size sealable freezer bag.
2. In a small microwave-safe bowl, melt the butter and peanut butter together, microwaving in 20-second bursts until the butter is completely melted.
3. Stir the butter and the peanut butter together and pour over the pork rinds in the bag, shaking the bag once or twice to get the butter mixture evenly distributed; then shake the bag until all the pork rinds are coated.
4. Add the Keto Chow, seal the bag, and shake.
5. Add the powdered erythritol to the bag and shake again until all the pork rinds are covered.
6. Keep sealed in the bag or airtight container in the freezer for up to a month.

BLUEBERRY SNICKERDOODLE COBBLER

This luxurious treat for special occasions is bursting with fruit flavor and has a light biscuit crust that absorbs all the delicious juices. Serve with a scoop of vanilla ice cream and a cup of coffee for the ultimate brunch treat.

Prep: 20 minutes

Bake time: 55 minutes

Yield: 8 servings

Ingredients:

4 cups (1 1/2 pints) fresh blueberries
1/2 cup brown sugar style sweetener, divided
1/8 teaspoon ground cinnamon
1 teaspoon lemon juice
1 cup almond flour
1/4 cup coconut flour
1 serving [Snickerdoodle Keto Chow](#)
1 teaspoon baking powder
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon salt
2 large eggs
1/4 cup sour cream
1/4 cup melted butter

Directions:

1. Butter a 9-inch deep-dish glass pie plate or oven safe skillet and preheat oven to 350F.
2. Mix the blueberries, 1/4 cup sweetener, lemon juice, and cinnamon and pour into the prepared pie pan or skillet. Put the fruit in the preheated oven and bake 25-30 minutes until the blueberries are beginning to boil and bubble up around the edges of the pan.
3. While the blueberries are baking, mix the almond flour, coconut flour, baking powder, cinnamon, nutmeg, and salt and set aside.
4. In a separate bowl, mix the eggs, sour cream, butter, and the remaining 1/4 cup sweetener.
5. When the blueberries are almost ready, mix the wet ingredients into the dry ingredients.
6. Carefully remove the pie pan from the oven and place dollops of the topping on the hot blueberry filling, like drop biscuits. Starting from the center and work around. Gently smooth the tops so they are all the same height.
7. Return the pan to the oven. For best results, place the pie pan on a cookie tray to catch any spills if it boils over.
8. Bake for about 20 minutes more, or until the topping is beginning to brown around the edges and springs back when touched in the center.
9. Remove cobbler from the oven and allow it to cool for at least 10 minutes.
10. Serve warm or at room temperature with whipped cream or a scoop of sugar-free vanilla ice cream.



MINT CRACKLE COOKIES

A little fudgy, a little crispy, and all chocolate with a burst of true peppermint flavor. Try sandwiching our [Chocolate Mint Meltaway](#) filling between two cookies for an even more decadent treat!

Prep time: 30 minutes

Chill time: 2 hours

Bake time: 15 minutes

Yield: 24 cookies

Ingredients:

2 ounces sugar-free dark chocolate chips

2 servings [Chocolate Mint Keto Chow](#)

1/2 teaspoon baking powder

1/8 teaspoon salt

1/4 cup cocoa powder

1 cup granulated erythritol

2 large eggs

4 tablespoons butter, melted

1/2 teaspoon peppermint extract

1/2 cup powdered erythritol



Directions:

1. Place the chocolate in a microwave-safe bowl and microwave in 10-second bursts until the chocolate is melted and can be stirred completely smooth.
2. In a medium mixing bowl, whisk together the Keto Chow, baking powder, salt, and cocoa powder.
3. In a large mixing bowl, beat together the erythritol, eggs, butter, and peppermint extract.
4. Mix the dry ingredients into the wet ingredients, then fold in the melted chocolate.
5. Cover and chill the dough for at least two hours.
6. Preheat the oven to 325F and line two cookie sheets with parchment paper.
7. Scoop the dough by tablespoons and roll into balls, placing them at least two inches apart on the prepared baking sheets.
8. Place on the middle rack and bake 13-15 minutes until the cookies are firm at the edges and the centers are still slightly soft.
9. Allow the cookies to cool slightly before transferring them to a cooling rack. While they are still warm, sift the powdered erythritol over them.
10. Store cookies in an airtight container in the fridge for up to a week.





EGGNOG BISCOTTI

Crispy and festive, these biscotti are great for dunking in a cup of coffee, tea, or hot chocolate while you wrap gifts or snuggle up by the fireplace.

Prep time: 30 minutes

Bake time: 40 minutes

Yield: 12 biscotti

Ingredients:

1 serving [Eggnog Keto Chow](#)

1/2 cup almond flour

1/3 cup granulated erythritol

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon baking soda

2 large eggs

1/4 cup melted butter

1/2 teaspoon pure vanilla extract

2 tablespoons toasted, slivered almonds

6 ounces sugar-free white chocolate

sugar-free sprinkles and toasted almonds to decorate

Directions:

1. Preheat oven to 325F and line a cookie sheet with parchment paper.
2. In a large mixing bowl, whisk together the Keto Chow, almond flour, erythritol, cinnamon, nutmeg, and baking soda.
3. In a separate bowl, whisk together the eggs, melted butter, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir to combine. Then stir in the almonds.
5. Shape the dough into a loaf approximately 8x5 inches.
6. Place the loaf on the prepared tray and bake for about 30 minutes, or until golden around the edges and firm to the touch, but still slightly soft in the center.
7. Remove from the oven and cool until firm enough to slice (about 15 minutes). If it begins to crumble when you slice it, allow to cool a few more minutes.
8. Slice into pieces about 1/2 inch thick.
9. Lower oven temperature to 250F.
10. Arrange the sliced cookies on the cookie sheet and return to the oven to bake again for another 20 minutes, or until they are dry and crisp.
11. Remove from the oven and cool completely. They will continue to crisp as they cool.
12. Once cool, melt the white chocolate and dip one side of the biscotti in the chocolate, then decorate with sprinkles and nuts, and place in the freezer for 10 minutes to set the chocolate.
13. Store in an airtight container in a cool, dry place.

PUMPKIN SPICE CARAMEL COOKIE BUTTER

Perfect for topping your favorite keto baked goods, stirring into keto hot cereal, or swirling with your favorite yogurt. The secret to the delicious flavor is browning the butter and toasting the almond flour.

Prep time: 10 minutes

Cook time: 15 minutes

Yield: 12 servings

Ingredients:

1 1/2 sticks unsalted butter

1/3 cup almond flour

1 serving [Pumpkin Spice Caramel Keto Chow](#)

1/2 cup pumpkin puree

1/4 cup brown sugar style sweetener

1 teaspoon pure vanilla extract

1/4 teaspoon almond extract

Directions:

1. Place the butter in a medium skillet over low heat, melt the butter slowly; continue cooking over low heat until the butter begins to smell toasted and the solids start to look golden. This should take 5-10 minutes.
2. When the butter is just starting to look golden, carefully add the almond flour. The butter will be hotter than it appears.
3. Stir the almond flour to toast it in the butter, continuing to cook over low heat for another two minutes. Keep a close eye because the butter can burn very quickly.
4. Remove the pan from heat and allow it to cool slightly.
5. Turn the butter and almond flour into a mixing bowl. Stir in the Keto Chow, then the pumpkin puree, erythritol, vanilla extract, and almond extract.
6. Allow to cool completely before transferring to an airtight container.
7. Store in the refrigerator for a month or in the freezer for up to six months.





GLAZED DOUBLE PUMPKIN SCONES

An egg-free recipe for perfect fall scones that are easy to make, light, and tender.

Prep time: 20 minutes

Bake time: 20 minutes

Yield: 8 servings

Ingredients:

1 cup almond flour
1/4 cup coconut flour
1 serving [Pumpkin Spice Caramel Keto Chow](#)
2 tablespoons granulated erythritol
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup cold, unsalted butter, cubed
1/4 cup (2 ounces) cream cheese, softened
1/4 cup pumpkin puree
1 tablespoon pumpkin seeds
2 tablespoons powdered erythritol
1 teaspoon unsweetened almond milk

Directions:

1. Preheat oven to 350F and line a cookie sheet with parchment paper.
2. In a large mixing bowl, mix together almond flour, coconut flour, Keto Chow, erythritol, baking powder, and salt.
3. Scatter the cubed butter over the dry ingredients in the mixing bowl and use a fork or pastry blender to cut the butter into the dry ingredients until it looks like coarse sand.
4. Add the cream cheese and pumpkin puree; mix until it comes together to form a soft dough.
5. Gently mix in the pumpkin seeds.
6. Shape the dough into a ball and place it in the center of the prepared baking sheet, patting the ball into a disc about 1 inch high and 8 inches in diameter. Use a knife to score it four times to create 8 triangular slices.
7. Place in the preheated oven and bake 20 minutes until the scones are beginning to turn golden brown around the edges and the center bounces back when gently touched.
8. Allow to cool before glazing.
9. To make the glaze, mix the erythritol with the almond milk and drizzle over the scones. The glaze will set as it dries.

HOLIDAY COOKING TIPS

Holiday meals can be daunting even if you've been preparing them for years, and they can be even more complicated when you've made changes to your diet. Making a special meal with new dishes and new ingredients may make you feel overwhelmed, but here are some tips to help make your meal a success.

1 PREP LIKE A CHEF

Make a list and have a game plan.

Break your list into daily tasks that need to be completed. For instance, "Monday: Remove turkey from freezer. Pick up fresh onions, celery, and garlic." Or "Tuesday: Prep vegetables." This list will help clear your mind a bit and also save you from taking multiple trips to the store at the last minute. Also, small prep jobs like toasting or chopping nuts and setting out measured ingredients can be done in advance to save you time.

2 PLAN FOR THE DAY AFTER THE BIG DAY, TOO

Do you have a plan for leftovers?

Who's in charge of cleaning up? It's great to have some kind of plan in place so that the day after the big meal isn't more exhausting than the meal itself. Make frittata or quiche, turkey or ham salads, or put everything in the slow cooker for soup. (The Turkey Tamales are a perfect "day after" dish!)



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3 GOOD ENOUGH REALLY IS GOOD ENOUGH

I'm going to let you in on a little secret: everything doesn't have to be amazing or perfect when you're preparing a large meal. Some things can simply be good enough! Two or three dishes that you feel really confident about are great, so focus on those. The most important thing to your guests isn't the turkey, a roast, perfect mash, or a stunning dessert. It's the company and the memories.

4 FLAVOR THE TURKEY

I'm a big fan of brining my turkey and using fresh herbs like rosemary and thyme in the brine—it really makes the turkey sing. Remember you don't need to use a whole turkey. Turkey breast, legs, or cutlets make great meals, too.



Craving more of Chef Taffy's Keto Cooking Tips? (Aren't we all?!) Head over to www.ChefTaffyElrod.com and indulge. Visit us at ketochow.xyz

"Make food that makes you happy."

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5 ZEST UP YOUR CRANBERRY SAUCE

Making your own cranberry sauce is as simple as boiling fresh cranberries with sweetener and water until they pop, but you can jazz it up a little by adding a cinnamon stick and a piece of orange peel. You can always make it a day or two in advance and have it ready so that it's just as convenient as the canned version.

(Bonus tip: this is a great use for liquid sweeteners that you may have on hand.)



6 THE SECRET TO PERFECT GRAVY

A great place to start is by making a good, rich stock in advance. Then you can use Keto Chow soup mixes to thicken it! Creamy Chicken Soup Keto Chow will make thick, creamy gravy. The Beef Soup Base Keto Chow will make more of an au jus pan sauce.

7 WHIP UP A SMOOTH, CREAMY MASH

The key is to use frozen cauliflower. It saves time and leads to a silkier final product. And remember: don't add liquid unless you need to. Stick to butter, cream cheese, goat cheese, and yogurt for adding flavor to your mash. If it needs to be thinned, add heavy cream or a little stock or broth.



Check out our [website](#) to find all the Keto Chow you'll need to make these recipes.



"A less-than-perfect meal is still perfect when you consider how blessed you are."



HAVE FUN

Make food that makes you feel happy, but don't let making the food rule your day. Hopefully what you will remember is a good meal in good company with plenty to be thankful for. A less-than-perfect meal is still perfect when you consider how blessed you are to have a savory meal, friends, family or even a favorite pet to share it with.

Chef Taffy

