



# History and origin

- In 1620 more than one hundred people sailed across the Atlantic ocean to settle in the New World. They left their old country England because they couldn't pray the way they wanted. The people were called Pilgrims. The Pilgrims sailed to America from Plymouth, England, in September 1620.





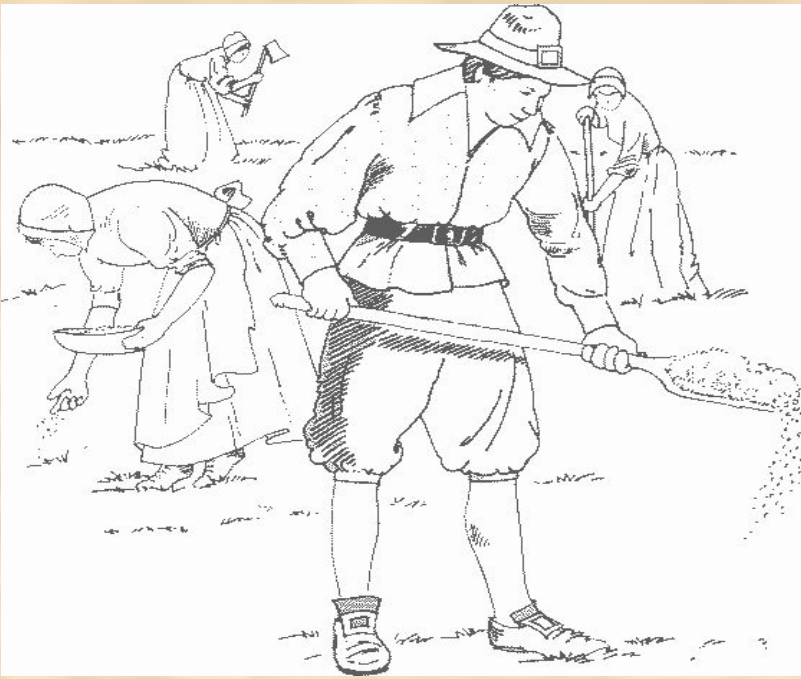


The name of their ship was *the Mayflower*. It was 25 feet wide and 90 feet long. The Pilgrims landed at Plymouth Rock, now it is the state of Massachusetts, in December 1620.





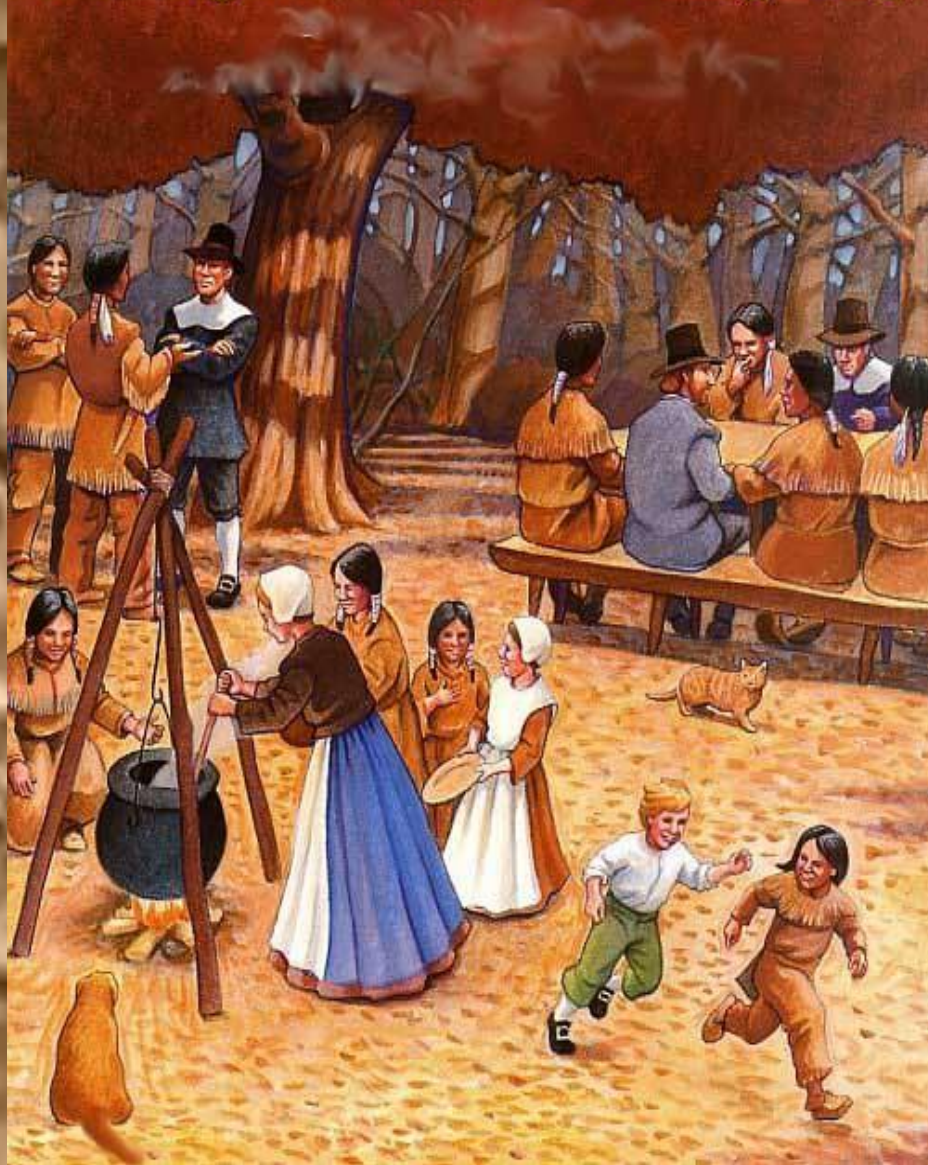
There were people living in America before the pilgrims arrived. These people were the Native American Indians. The Indians began settling in America about 25,000 years ago. They hunted, fished and farmed to survive. There were many tribes, each had its own customs and beliefs.



The Pilgrims' first winter in the New World was difficult. They had arrived too late to grow any crops. Without food half of the Pilgrims died. The following spring the Indians taught the Pilgrims how to hunt, fish, plant and survive in America. In the fall of 1621 the Pilgrims had a great harvest. They were thankful and decided to celebrate it with a Thanksgiving feast.



# The Pilgrims' First Thanksgiving



The first Thanksgiving lasted three days. Governor Bradford sent men to the forest to bring wild turkeys, geese, ducks. The Pilgrims invited the chief of the Wampanoag tribe, Massasoit, and 90 of his braves. The Indians brought five deer.



The Pilgrims were thankful. The long, hard, terrible year was over. They gave thanks for good friends, new homes, and plenty of food.

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# Symbols and traditions



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**Turkey is a part of any traditional Thanksgiving dinner, it is believed that the Pilgrims and the Native Americans had turkey at their feast.**

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**Sweet-sour cranberry sauce, or cranberry jelly, was on the first Thanksgiving table and is still served today. The cranberry is a small, sour berry. It grows in Massachusetts and other New England states. The Indians used the juice to dye their rugs and blankets. They taught the colonists how to cook the berries with sweetener and water to make a sauce. The Indians called it "ibimi" which means "bitter berry." When the colonists saw it, they named it "crane-berry" because the flowers of the berry resembled the long-necked bird called a crane. The berries are still grown in New England.**

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The horn of plenty, or the cornucopia, is a familiar Thanksgiving symbol. It is a symbol of the earth's bounty, and reminds us that our food comes from the earth.

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Indian corn is used as a decoration The American Indians taught the Pilgrims how to plant corn, which the Pilgrims used to survive their first winter.

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# MENU AND RECIPES

appetizer

TOASTED ALMONDS

entree

Turkey with stuffing

side dish

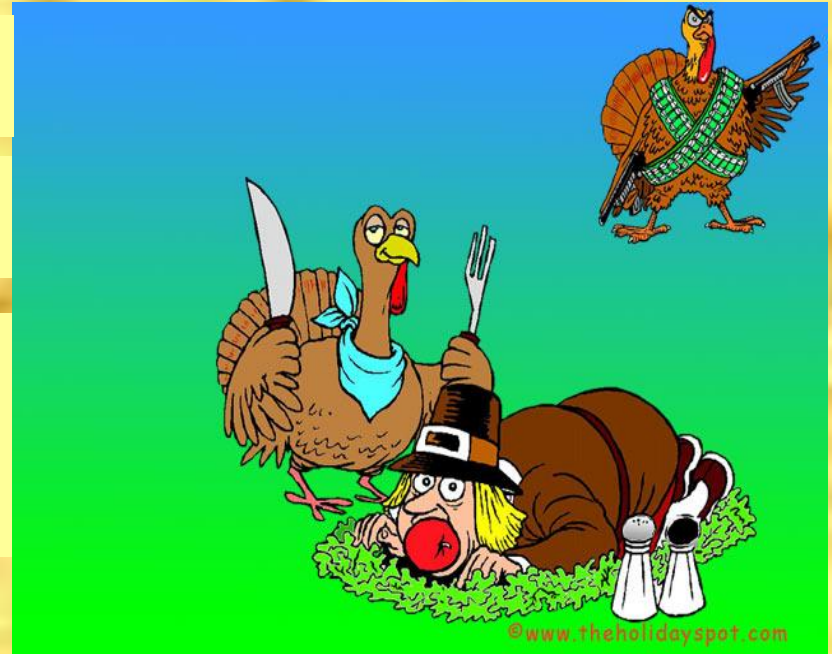
Smashed potatoes

sauce

Cranberry sauce

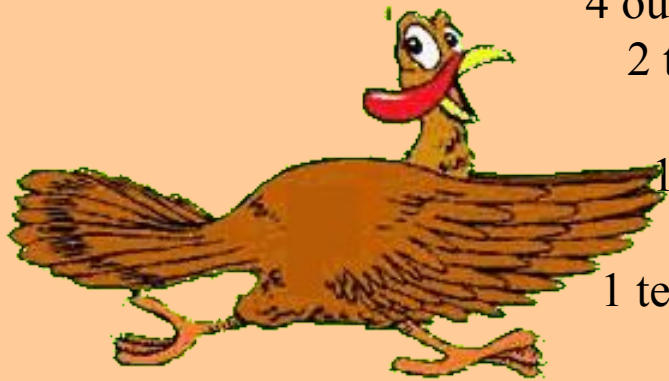
dessert

Chocolate pecan  
pie



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# TOSTED ALMONDS



## Ingredients:

- 4 ounces (125g) unblanched almonds
- 2 teaspoons extra-virgin olive oil
- 1 egg white
- 1 1/2 teaspoons coarse sea salt
- 3 teaspoons dried thyme
- 1 teaspoon fresh thyme, leaves only

## Method:

1. Preheat the oven to 400°F (200°C; gas mark 6/7)
2. In a large, shallow bowl, combine the almonds, oil, egg white, salt and dried thyme and toss with your hands to coat the nuts thoroughly. Transfer to a nonstick baking sheet and spread the nuts out in a single layer, so that no two almonds touch. Sprinkle each with fresh thyme leaves.
3. Place in the center of the oven and toast until the nuts are lightly browned and a fragrant aroma wafts from the oven, about 4 minutes. Remove the baking sheet from the oven. Allow to cool, then break apart any almonds that touch. Remove any excess "crust" formed and discard. The almonds can be stored, well sealed, for up to 2 weeks.





# Cranberry Sauce

## Ingredients:

2 cups packed light brown sugar

2 cups granulated sugar

Grated rind of 3 oranges

1 cup orange juice

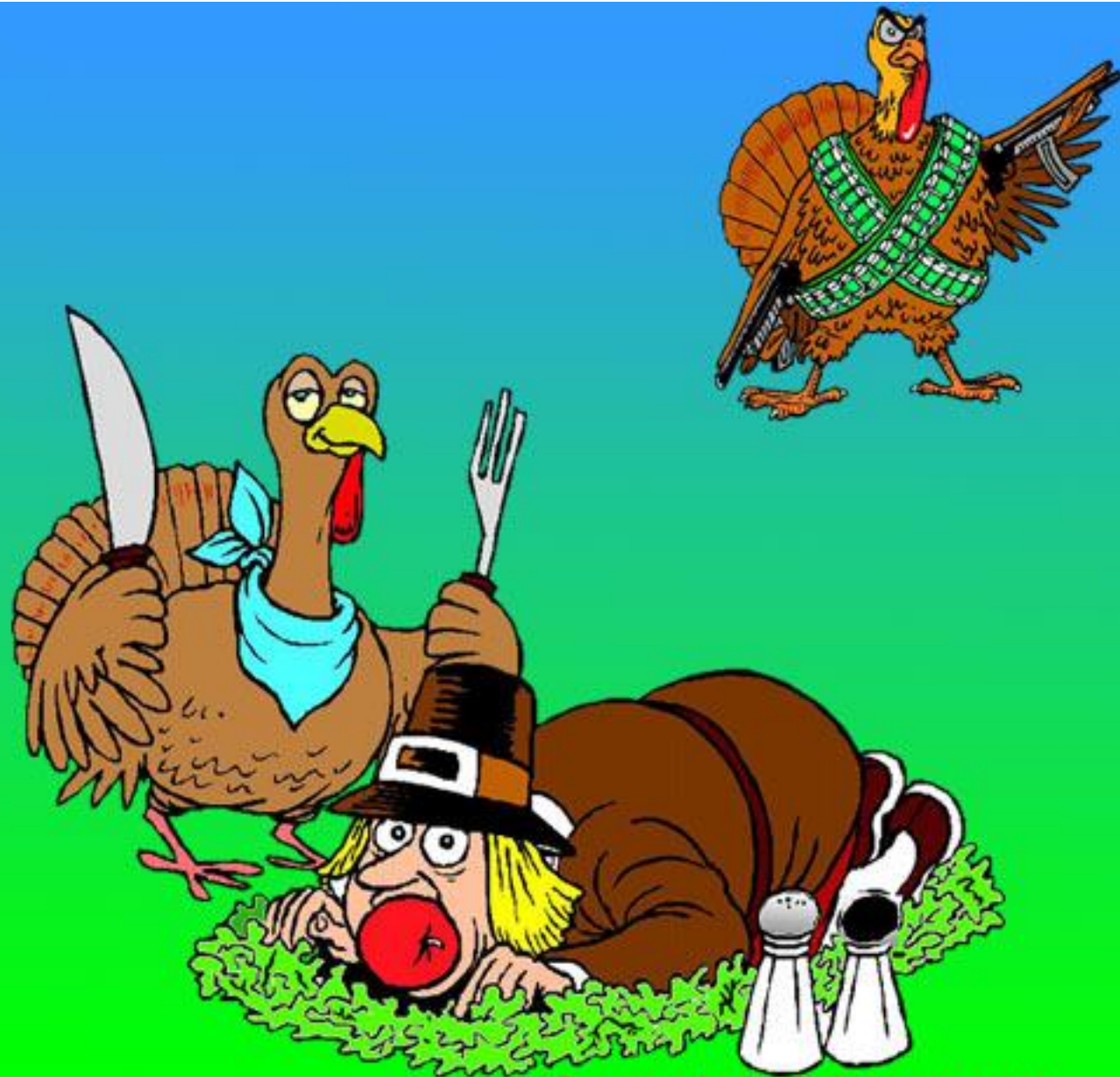
1/2 teaspoon ground cinnamon

3 pounds fresh cranberries



## Method:

In a large saucepan, over medium heat, combine sugars, orange rind, orange juice, and cinnamon. Bring to a boil. Add cranberries, cover and cook until cranberries burst (approximately 4 to 5 minutes). Refrigerate. The sauce gels when cold.



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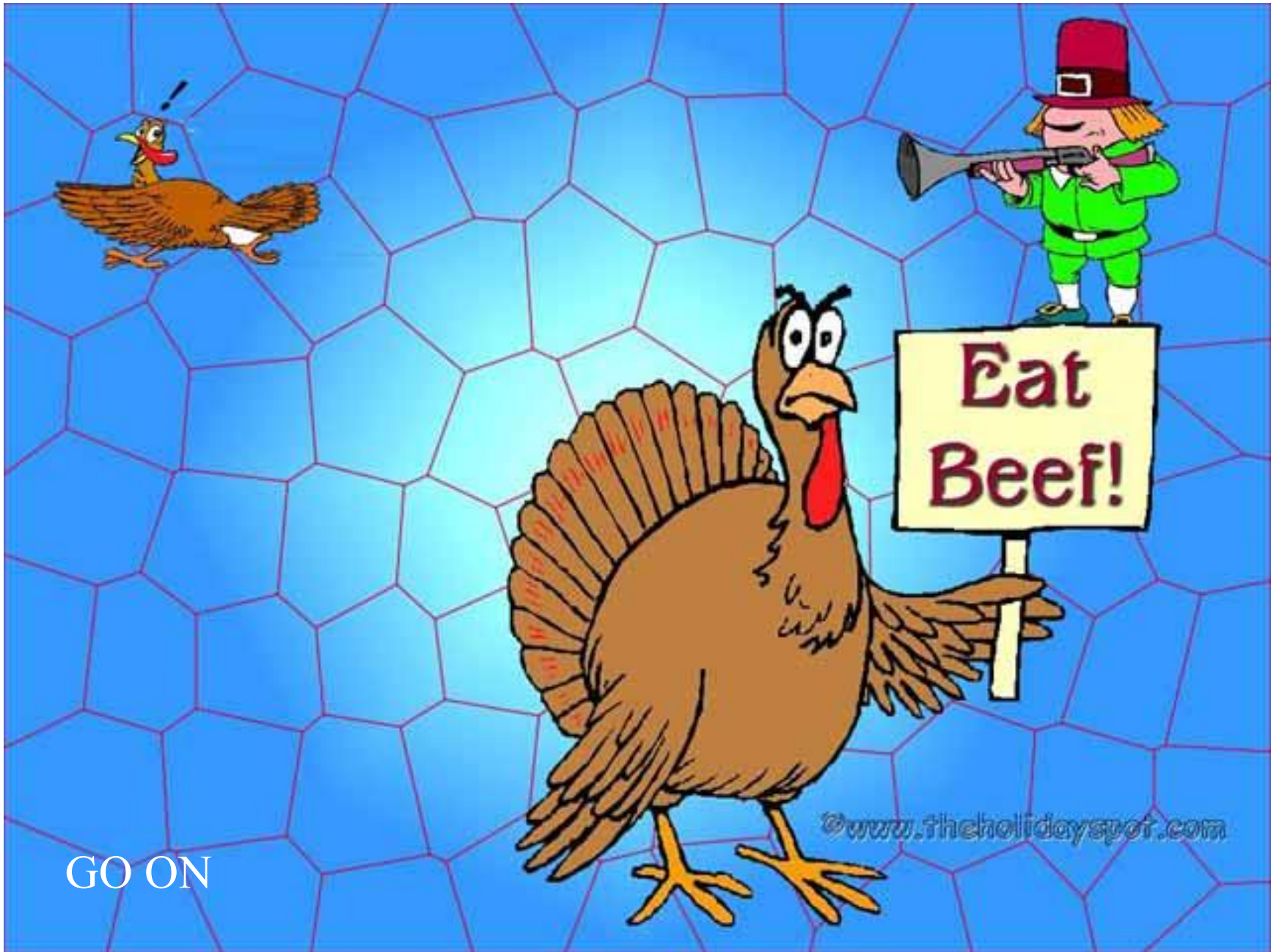


# Happy Thanksgiving



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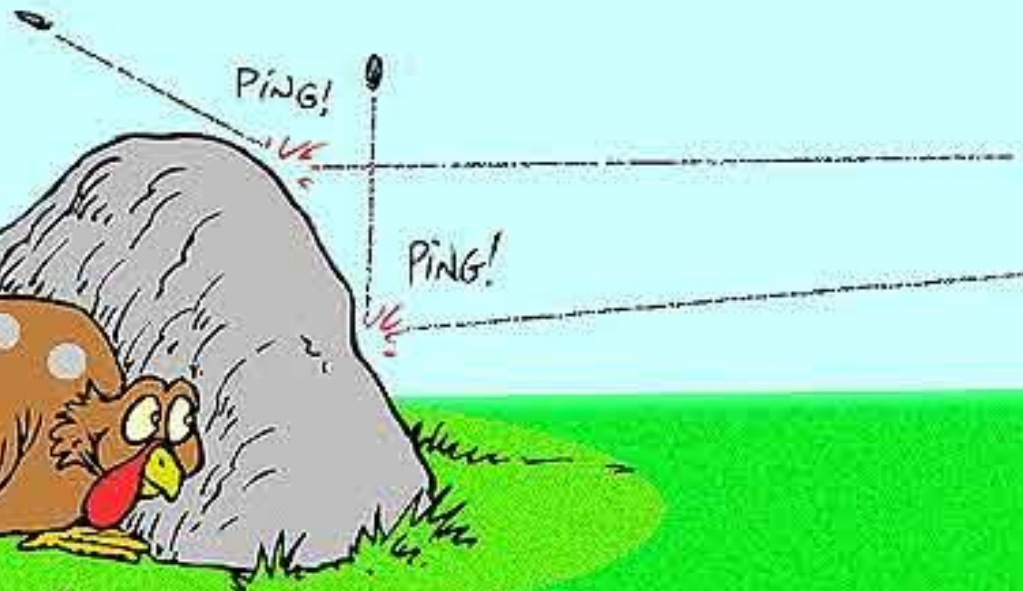


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# Time for Turkey!



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