

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- CALENDAR
- DEALS
- EAT
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Before the craziness begins, I ran to NYC for an overnight to hang out with my daughter

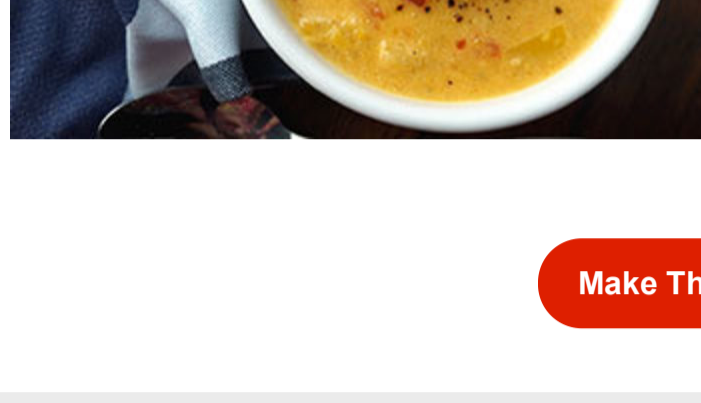
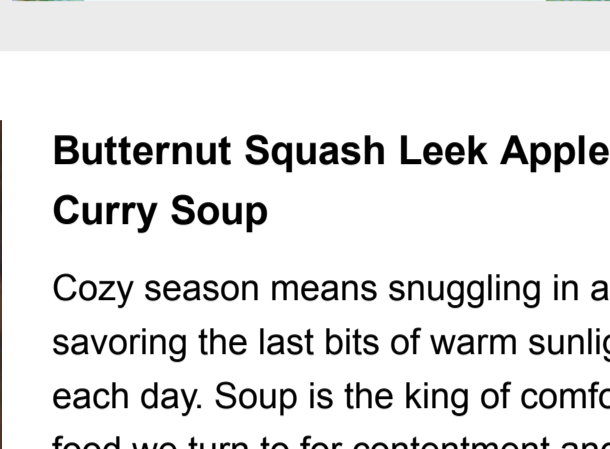
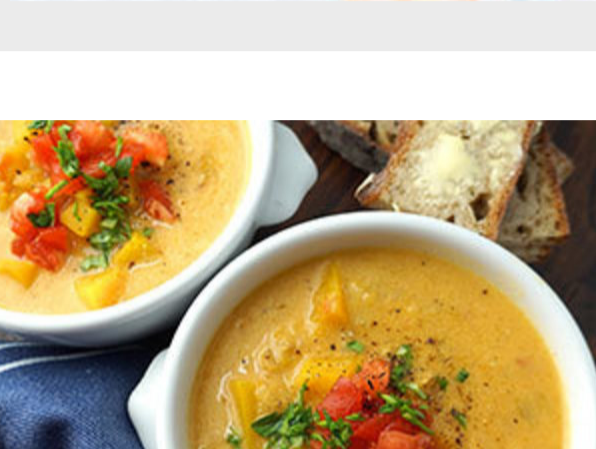
and catch the Warhol show at the Whitney (a must!). It was surprising to see holiday decorations up and windows dressed but I never mind an early start to the season, if only to gather ideas. But first: Thanksgiving! We reached out again to Priscilla Martel, cookbook author, teacher, and ex-restaurateur (the beloved Restaurant du Village), for some holiday-ready recipes and this batch is inspiring! I'm not going to wait until Thanksgiving to roast up the squash rings below, which will also make a lovely option for vegetarians at your table. Avoiding the kitchen this year? No worries: here's our list of turkey take-out, too. Enjoy!

p.s. PLEASE don't forget to join us in Essex on Wednesday for our first Girls' Night of the season and to save 20% on your holiday shopping. Details below.

- Free 4-Hour Parking with Purchase
- Win \$250 Shopping & Dining Packages
- Ice Carving Demonstrations
- Storytelling with Santa & Face Painting
- Ice Carving Competition & A Cappella Concert
- Free Horse & Carriage Rides with Purchase

[TheShopsatYale.com/Holidays](http://TheShopsatYale.com/Holidays)

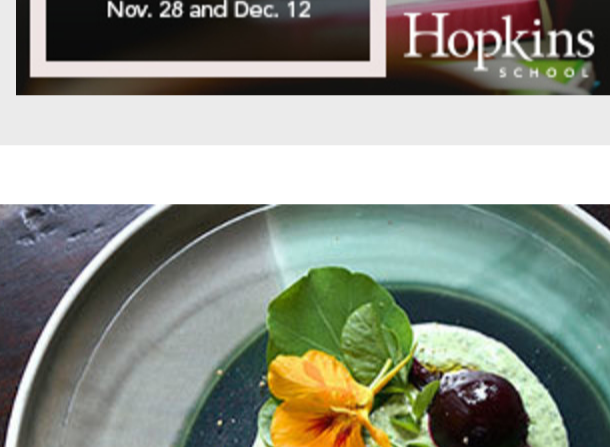
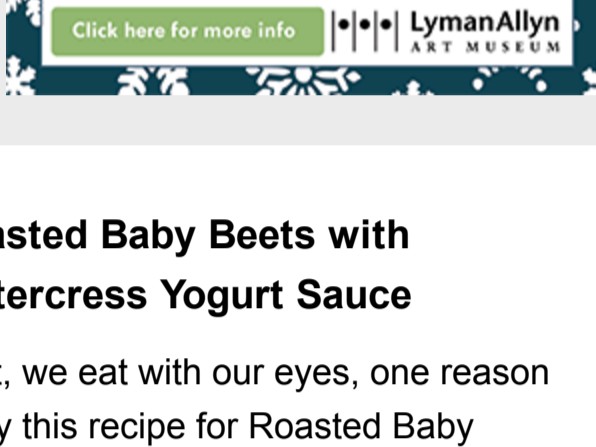
The Shops at Yale



### Butternut Squash Leek Apple Curry Soup

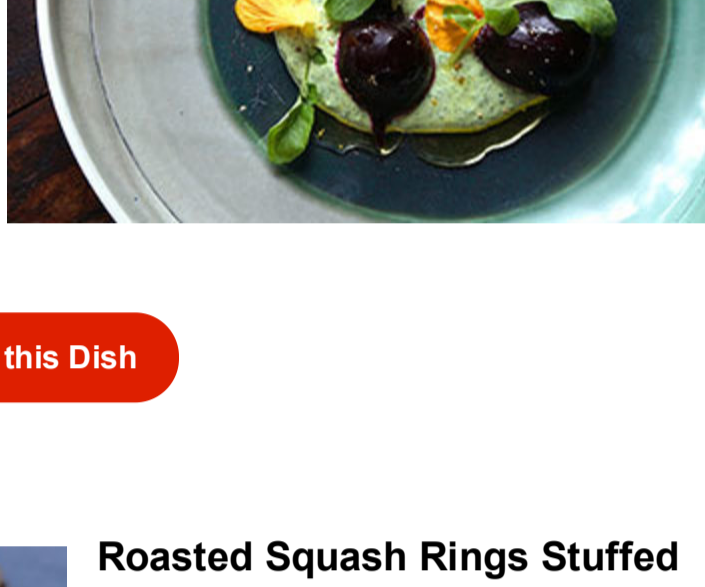
Cozy season means snuggling in and savoring the last bits of warm sunlight each day. Soup is the king of comfort food we turn to for contentment and what the Danish call hygge. I hope this Butternut Squash Leek Apple Curry Soup gets you into the soup making mood...

[Make This Soup](#)

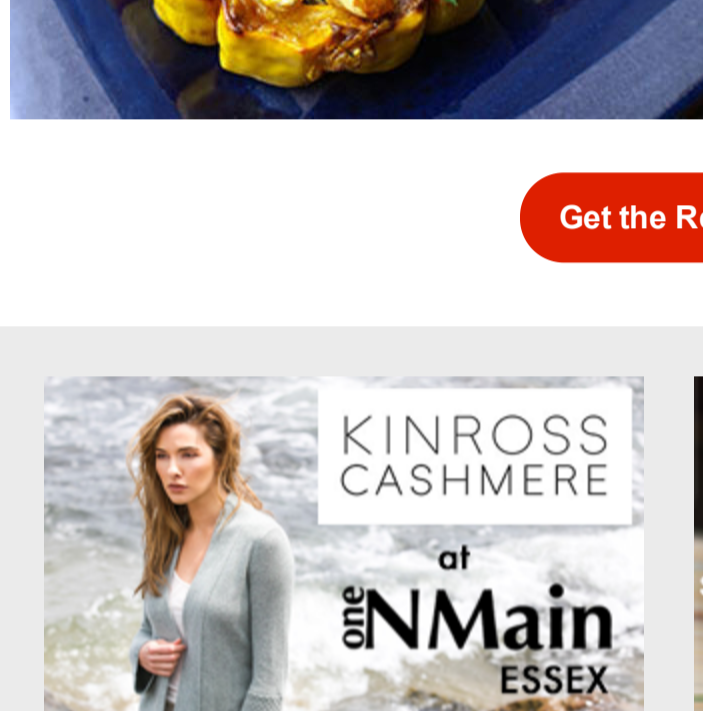


### Roasted Baby Beets with Watercress Yogurt Sauce

First, we eat with our eyes, one reason to try this recipe for Roasted Baby Beets with Watercress Yogurt Sauce. It makes a lunch or first course when the weather cools. A light and fresh starter, the dish features an unexpected combination of sweet, tart and peppery flavors.



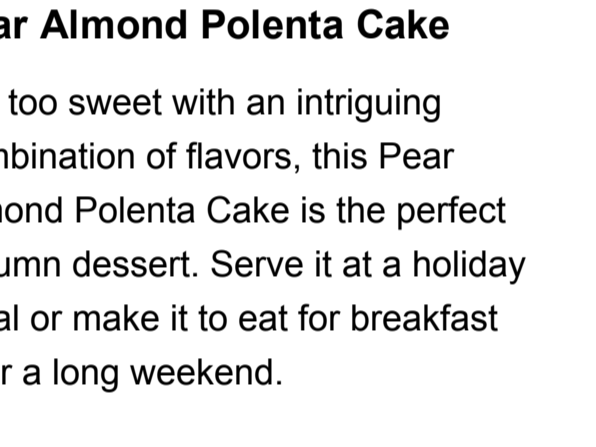
[Make this Dish](#)



### Roasted Squash Rings Stuffed with Quinoa Mushroom Salad

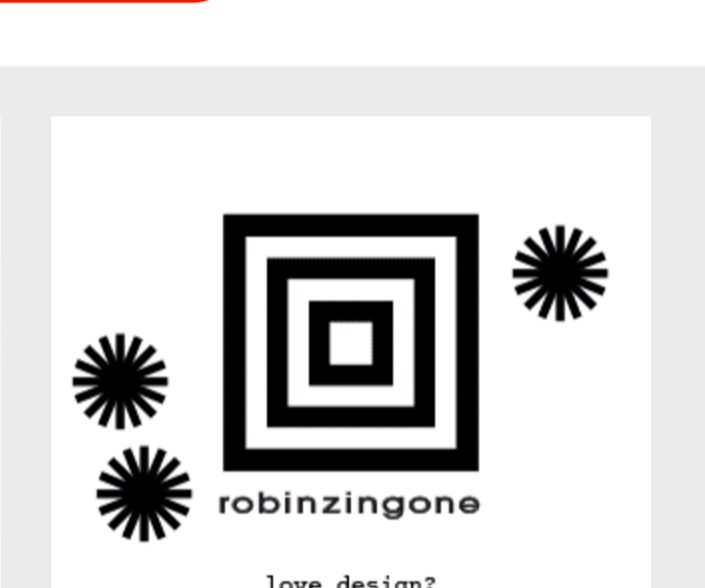
Quinoa is the Mickey Rooney of grains, small in stature but big on texture and taste. Slices of squash are the perfect portion control for this recipe, nutty Roasted Squash Rings Stuffed with Quinoa Mushroom Salad.

[Get the Recipe](#)

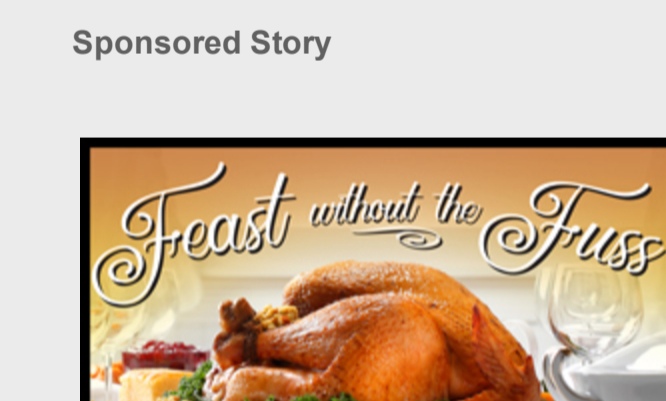
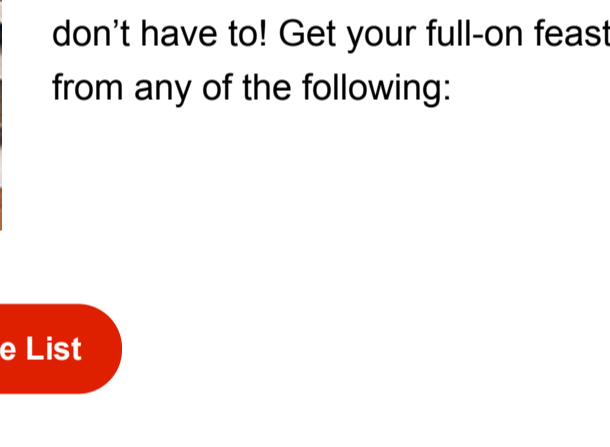


### Pear Almond Polenta Cake

Not too sweet with an intriguing combination of flavors, this Pear Almond Polenta Cake is the perfect autumn dessert. Serve it at a holiday meal or make it to eat for breakfast over a long weekend.



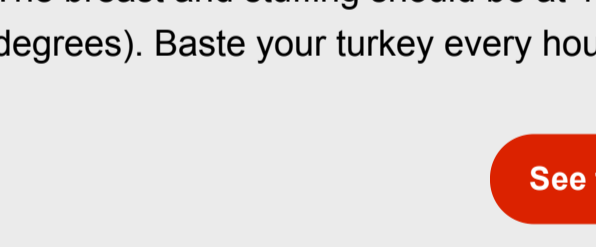
[More About This Cake](#)



### Thanksgiving Turkeys and Takeout

You've got a full house but just can't face myriad trips to the supermarket and days slaving over the stove. You don't have to! Get your full-on feast from any of the following:

[See the List](#)



### Talkin' Turkey with The Marketplace at Guilford Food Center

"The Marketplace at Guilford Food Center is Turkey Central", Head Butcher Ron Rosa says. "We choose which birds we carry with care. Bell & Evans and Plainville Farms, two of our most popular, are free of growth hormones, antibiotics, and steroids.

We also carry Willi Bird, a free-range turkey of course, Gozzi, a local Guilford bird."

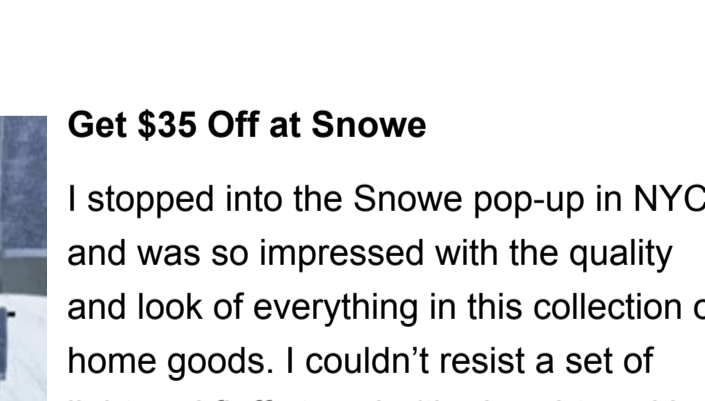
Some turkey tips: Wait to stuff your bird until you are ready to put the bird in the oven. Pack your stuffing loosely, as it expands during cooking. Prepare your bird by rubbing the outside with butter or oil, a little salt and pepper, and some poultry seasoning. Cook at 325 degrees, typically 20 minutes per pound. The breast and stuffing should be at 165 degrees (and the thigh 170-175 degrees). Baste your turkey every hour to keep it moist.

[See the Menu](#)

## p.s. from Erica

Don't miss: **All Things Kitchen: Fletcher Cameron Kitchens' Pop Up Holiday Marketplace on Thursday, November 15th from 5 - 7pm.** Fletcher Cameron Kitchens will host an evening marketplace brimming with inspiration for your holiday spread. Enjoy appetizers, small bites, and wine pairings while you browse sustainable kitchen linens, cutting boards, plus local olive oils, vinegar, coffee, and chocolates. 91 Orange Street, New Haven. [Get the details here.](#)

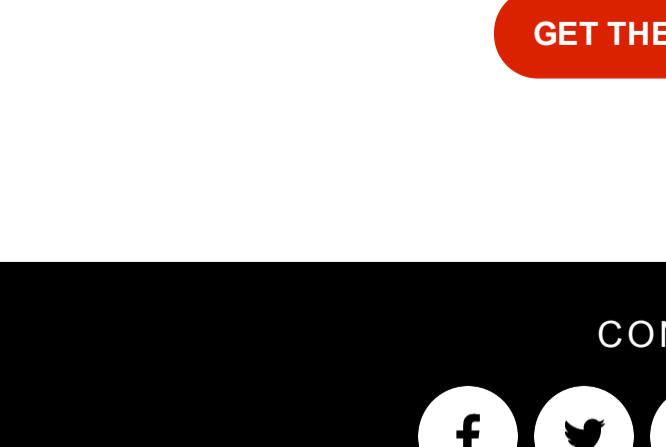
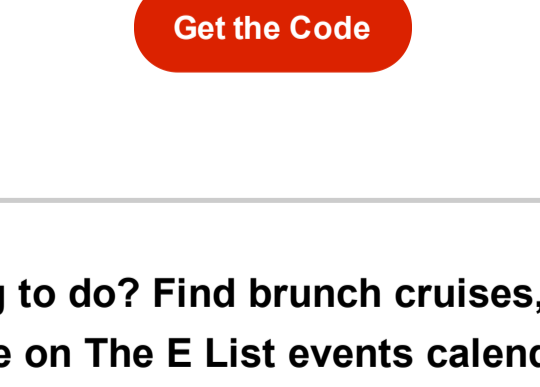
**Girls' Nights Out!**  
We hope you'll join us for both Girls' Nights Out! It's FREE and FUN!  
Essex is happening this Wednesday, November 14th ([see a preview here!](#)) & Guilford is December 6th.



[Click Here For Details + Participating Shops for Essex](#)

[Click Here For Details + Participating Shops for Guilford](#)

The E List Girls' Nights Out are sponsored in part by:



### Get \$35 Off at Snowe

I stopped into the Snowe pop-up in NYC and was so impressed with the quality and look of everything in this collection of home goods. I couldn't resist a set of light and fluffy towels (the hand-towel is large enough to use as a head wrap - so smart!). And I snapped up the linen dishtowels that wrap into an apron. The percale sheets are lovely, too. If you need some updates before the hordes descend for the holidays, this place is GREAT. [Use this code](#) to get \$35 off \$100!

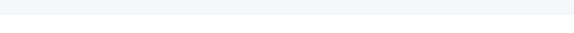
Full disclosure: If you purchase using the code I'll get a little something, too.

[Get the Code](#)

Looking for something to do? Find brunch cruises, holiday markets, trunk shows, and more on The E List events calendar:

[GET THE CALENDAR](#)

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