



# CHOCOLATE GINGERBREAD CAKE

Makes 9-12 servings

## INGREDIENTS

3 ½ cups flour  
4 tsp ground ginger  
2 tsp baking powder  
2 tsp ground  
cinnamon  
½ tsp ground cloves  
½ tsp salt  
2 cups warm water  
1 tsp baking soda  
1 ½ cups (packed)  
golden brown sugar  
1 ½ sticks unsalted  
butter, melted  
⅔ cup light molasses  
4 large eggs  
2 Tbsp grated peeled  
fresh ginger

## RECIPE

Preheat oven to 350°F. Butter two 9-inch round cake pans. Line bottom with parchment paper. Butter parchment. Whisk first 6 ingredients in medium bowl to blend.

Mix warm water and baking soda in small bowl until baking soda dissolves. Using electric mixer, beat sugar, butter, molasses, eggs, and fresh ginger in large bowl until well blended. Add dry ingredients in 3 additions, alternating with water mixture in 2 additions, beating until just combined. Pour batter into prepared pan.

Bake cake until tester inserted into center comes out clean, about 30 minutes. Cool on rack 20 minutes. Run knife around edge of cake to loosen. Invert cakes onto rack; cool. Peel off parchment.

SEE GLAZE RECIPE ON BACK





**Megan Kniskern**



**Chef Rachel**

Working together, Megan Kniskern MS, RD, and Le Cordon Bleu Chef, Rachel Tribby, ensure that our clients receive a variety of balanced choices at every meal. We hope you enjoy this and the many other recipes they have shared with alumni, professionals and others interested in wholesome food.

# EATING DISORDER EDUCATION

The Rosewood Institute, the educational arm of Rosewood Centers for Eating Disorders, is the premier provider of continuing education for Psychologists, Counselors, Addiction Counselors, Dietitians, Psychiatrists, Primary Care Providers, and any professional in the field of behavioral health, mental health, or addiction treatment. We teach best practice treatment modalities for eating disorders and familiarize professionals with the medical, nutritional, and emotional aspects of eating disorders, as well as individual, group, and family treatments for eating disorders.



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CENTERS FOR EATING DISORDERS

**24/7 intake at 800-845-2211**  
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## GLAZE

### INGREDIENTS

½ cup whipping cream (can sub w/soymilk)  
¼ cup unsalted butter, room temp  
2 Tbsp light corn syrup  
8 oz semisweet chocolate, chopped  
1 tsp vanilla extract

### GARNISH

¼ cup chopped crystallized ginger

### RECIPE

Bring first 3 ingredients to simmer in medium saucepan. Remove from heat. Add chocolate and vanilla; stir until smooth. Let stand until cool but still pourable, about 20 minutes.

Place cake on rack set atop baking sheet. Pour glaze over cake, spreading with spatula to coat top and sides. Chill cake for about 1 hr.

Garnish with a cluster of crystallized ginger on top. (Can be made 1 day ahead. Cover & refrigerate. Bring to room temp before serving.)

## GET THE COOKBOOK

Megan and Rachel have been hard at work writing a wonderful cookbook, which we will provide to all clients. The book will also be available to professionals and the general public for a small fee, for purchase. Scan the QR code below to be notified when the book is released, and to get free recipes via email.

## MORE RECIPES JUST FOR YOU

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# GREEN BEANS WITH CARAMELIZED SHALLOTS

Makes 8 servings

## RECIPE

Cook green beans in boiling salted water until tender, about 5 minutes and drain. Transfer to bowl of ice water to cool. Drain well.

Cut off and discard ends from shallots. Cut shallots lengthwise in half, then remove peel with paring knife. Melt butter with oil in heavy large skillet over medium-high heat. Add shallots and sauté 1 minute. Reduce heat to medium-low; sauté until shallots are browned and tender, 15-20 minutes. Sprinkle with thyme.

Toss green beans in with shallots in skillet and stir over medium-high heat until heated through, about 6 minutes. Season to taste with salt and pepper. Transfer to bowl and serve.

## INGREDIENTS

2 pounds slender green beans, trimmed  
3 medium shallots  
2 Tbsp butter  
2 Tbsp olive oil  
1/4 tsp dried thyme  
salt & pepper to taste



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Rosewood Centers for Eating Disorders provides comprehensive care for men, women, and adolescents 12 years and older who suffer from anorexia, bulimia, or binge eating disorder. Our clinical team understands the intricate medical, psychological, social, and spiritual complications associated with eating disorders. Our well established model of care, dedicated multi-disciplinary staff, and warm, nurturing setting make Rosewood uniquely qualified to treat the complexities associated with eating disorders, the underlying issues, and the co-occurring disorders.



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"The wise man  
should consider  
that health is the  
greatest of human  
blessings. Let  
food be your  
medicine."  
-Hippocrates



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# MASHED SWEET POTATOES

Makes 8 servings

## INGREDIENTS

8 Tbsp unsalted  
butter, cut into 4  
pieces  
¼ cup milk or  
soymilk  
1 tsp salt  
¼ tsp ground black  
pepper  
4 cloves garlic  
4 lbs sweet potatoes,  
peeled, quartered  
lengthwise, cut  
crosswise ¼ inch-  
thick  
To taste salt &  
freshly ground  
black pepper

## RECIPE

Boil sweet potatoes in large saucepan until tender.

Combine butter, milk (or soy milk), salt & pepper.

Cook, covered, over low heat, stirring occasionally, until potatoes fall apart when poked with fork.

Take off heat, drain and mash with a potato masher.

Add butter mixture to potatoes and stir in salt and pepper to taste along with garlic confit.

Garnish with more garlic confit and serve immediately.

**GARLIC CONFIT RECIPE  
ON BACK**





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## GARLIC CONFIT

### INGREDIENTS

1/4 cup olive oil  
6 garlic cloves, peeled

### RECIPE

Put olive oil and garlic cloves on a cooking tray in oven at 300 degrees, until soft, about 1 hr. Immediately remove from oil and let drain on paper towel.

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# SAGE BUTTER ROASTED TURKEY

Makes 12 servings

## RECIPE

Rub salt & dried sage together in small bowl. Place turkey in roasting pan; sprinkle all over w/sage salt. Cover pan w/plastic wrap; chill turkey overnight.

Set rack at lowest position in oven & pre-heat to 375°. Pat turkey dry. Tuck wing tips under; tie legs together loosely. Stir butter & chopped sage in small saucepan over low heat until butter melts. Brush all over turkey; sprinkle w/pepper.

Roast turkey 1 hour; baste w/any pan juices. Reduce oven temp to 350°. Roast turkey 45 min. Pour apple cider over; turn pan around. Continue to roast turkey until instant-read thermometer inserted into thickest part of thigh registers 165°, basting & turning pan occasionally for even cooking, about 1¼ hrs longer. Transfer turkey to platter; tent loosely w/foil & let rest 30-45 min (internal temp will rise 5-10 degrees).

**CIDER GRAVY RECIPE  
ON BACK**

## INGREDIENTS

- 3 Tbsp coarse kosher salt
- 1 Tbsp dried rubbed sage
- 1 16-18 lb. turkey, rinsed, patted dry; neck, heart, & gizzard reserved for Turkey Stock
- ¼ cup unsalted butter
- ¼ cup chopped fresh sage (or 2 tsp dried sage)
- ¾ cup cold apple cider or cold apple juice



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## CIDER GRAVY

### INGREDIENTS

- 2 cups (or more) turkey juice from pan or low-salt chicken broth
- 3/4 cup fresh refrigerated apple cider
- 2 Tbsp all purpose flour
- 1 Tbsp chopped fresh sage

### RECIPE

Pour all pan juices into large measuring cup. Spoon off fat that rises to surface. Transfer 2 tablespoons fat to heavy large saucepan; discard remaining fat. Place turkey roasting pan over 2 burners. Add 2 cups stock or broth & 3/4 cup cider. Bring to boil over high heat, scraping up browned bits. Boil liquid until reduced to 1 1/2 cups, about 6 minutes. Add mixture from roasting pan to degreased pan juices.

Place saucepan with turkey fat over medium-high heat. Add flour; whisk 2 minutes. Whisk in stock mixture. Boil until gravy thickens enough to coat spoon thinly, about 6 minutes. Whisk in sage. Season with salt and pepper.

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