



Tis' the season to eat and be merry...compassionately! I hope my vegan holiday recipes can be of benefit in preparing your holiday meals. The Succulent Roast Turkey, Country Garden Ham and Prime Cut Roast Beef are from my new cookbook "Seitan and Beyond", and are the result of many years of experimentation with 100% plant-based ingredients in order to create satisfying and nostalgic flavors, textures and aromas. Several of my new and favorite holiday recipes have also been included. Happy holidays and happy compassionate cooking! ...Chef Skye

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Apple, Walnut and Beet Salad

with Citrus Miso Vinaigrette



A seasonal combination of earthy beets, fresh sweet apple, crunchy walnuts and peppery arugula. Mellow white miso adds plenty of umami (the Japanese word used to describe a savory flavor) to the simple citrus vinaigrette.

Dressing Ingredients

- juice of 1 fresh orange
- 2 T mellow white miso paste
- 2 T rice vinegar
- 2 tsp Dijon mustard
- 1 small shallot, minced
- 1 clove garlic, minced
- ½ cup mild salad oil, such as grapeseed, sunflower or safflower
- ½ tsp hot red pepper sauce (e.g., Sriracha™)

Salad Ingredients

- 1 lb beets, unpeeled but ends trimmed
- coarse sea salt or kosher salt and coarse ground black pepper, to taste
- 8 packed cups arugula (about 8 oz) or mixed baby greens of your choice
- 2 crisp apples, such as Granny Smith, Honeycrisp or Gala
- ½ cup walnuts, toasted and chopped

Preparation

In a shaker bottle or similar sealed container, add all dressing ingredients. Seal and shake vigorously to emulsify the dressing. The dressing will keep for about 1 week, refrigerated. Shake well to re-emulsify before using.

In a large cooking pot, place the beets in plenty of water to cover. Bring to a boil, reduce to a vigorous simmer and cook until the beets can be pierced easily with a fork, about 25 minutes. Drain and set aside to cool. Peel the beets, cut them in half and then thinly slice. Arrange them on a platter or on salad plates and season with salt and pepper.

Cut the apples in half and thinly slice. Combine the slices with the arugula (or other greens) in a large mixing bowl; season with salt and pepper and toss with enough vinaigrette to lightly but sufficiently dress the greens and apples. Top the beets with the greens and apple, sprinkle with the walnuts and serve.



Mushroom Barley Soup



Mushroom barley soup is not only healthy and easy-to-prepare but hearty, comforting and delicious.

Ingredients

- 2 T olive oil
- 1 medium onion, peeled and diced
- 1 large leek, white and light green part, rinsed thoroughly, split lengthwise and sliced into “half-moons”
- 2 medium carrots, peeled and thinly sliced
- 8 oz sliced mushrooms of your choice (about 3 cups)
- 3 cloves garlic, minced
- 2 T all-purpose flour or rice flour
- 2 T dry sherry or dry white wine (optional)
- 6 cups beef simmering broth ([page 27](#)) or vegetable broth
- ½ cup dry pearled barley
- 3 sprigs fresh thyme or ½ tsp dried thyme leaves
- ½ tsp dried marjoram leaves
- sea salt or kosher salt and coarse ground black pepper, to taste
- chopped parsley for garnish (optional)

Preparation

Add the olive oil to large cooking pot and place over medium heat. Sauté the onions, leeks and carrots until the onions are translucent. Add the mushrooms and garlic and sauté until the mushrooms have rendered most of their liquid.

Sprinkle in the flour and mix well. Cook until the flour emits a nutty aroma, about 2 minutes. Add the sherry or wine and cook an additional minute to evaporate the alcohol.

Incorporate the broth in increments while stirring. Add the barley, thyme and marjoram and bring to a boil. Reduce the heat to a low simmer, cover the pot and cook for about 1 hour, or until the barley is tender. Season the soup with salt and pepper to taste. Ladle into individual bowls and garnish with parsley before serving.



Spicy Chipotle Pumpkin Soup

with Toasted Pepitas



Chipotle pepper in adobo sauce adds a spicy and smoky kick to this velvety pumpkin soup. For timid palates, the chipotle pepper can be replaced with a mild chili powder.

Ingredients

- 2 T olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 and $\frac{3}{4}$ cup roasted and mashed pumpkin* or 1 can (15 oz) pure pumpkin or 1 and $\frac{3}{4}$ cup roasted and mashed butternut squash
- 4 cups vegan “chicken” broth or vegetable broth
- 1 chipotle pepper in adobo sauce (or 2 if you want to break a sweat; for timid palates omit the chipotle pepper and add 2 tsp mild chili powder)
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp ground coriander
- sea salt or kosher salt to taste
- $\frac{1}{4}$ cup pepitas (shelled pumpkin seeds)
- cilantro for garnish

**For fresh roasted pumpkin, cut a sugar pumpkin in half. Scoop out the seeds and strings and place the halves face down on a foil-lined baking sheet. Bake at 350°F/180°C until soft, about 45 minutes to 1*

hour. Cool and then scoop out the flesh. Freeze any remainder for other recipes. Butternut squash can also be used in this recipe as an alternate to pumpkin. Simply follow the same roasting technique.

Preparation

In a dry skillet, toast the pepitas over medium heat. Stir the seeds frequently to evenly toast and prevent scorching. Set aside.

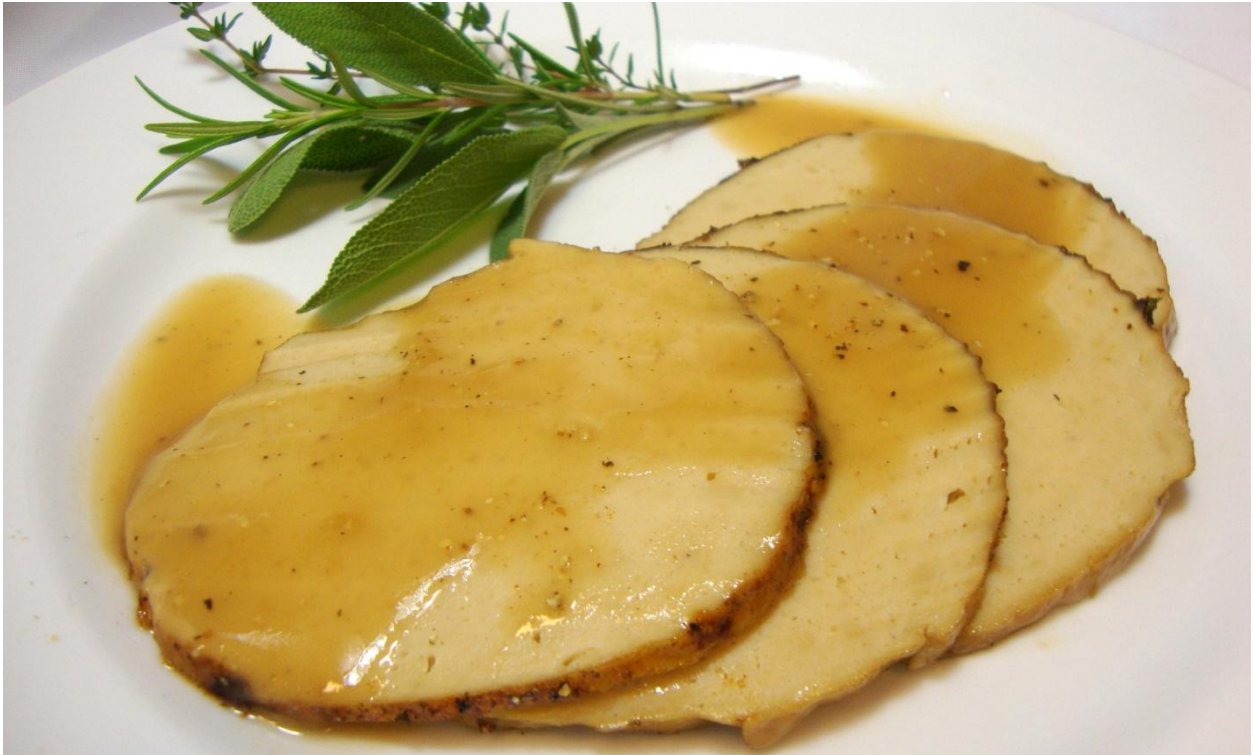
Add the olive oil to the skillet and place over medium heat. Add the onions and sauté until lightly golden. Add the garlic and sauté an additional minute. Transfer the mixture to a blender.

Add the pumpkin, 2 cups of stock or broth, the chipotle pepper and the cumin and coriander; process until completely smooth. Transfer to a large cooking pot and add the remaining stock/broth. Bring to simmer, partially cover and cook for 30 minutes; season with salt to taste. Ladle into individual bowls and garnish with the toasted pepitas and optional cilantro.

Serve with warm flour tortillas if desired. To warm the tortillas, roll them up securely in foil and place in a 350°F/180°C oven for 10 to 15 minutes.



Succulent Roast Turkey



Succulent Roast Turkey is created from a special blend of wheat protein, soy protein from tofu and select seasonings. The roast is prebaked until partially cooked, which seals in the ingredients and sets the texture. The roast will also create its own “skin” while prebaking.

The partially cooked roast is then simmered in a seasoned broth to complete the cooking process, infuse the roast with additional flavor and ensure that the roast remains moist and tender. After simmering the roast, the ample amount of remaining seasoned broth can be used for sauces, gravies, soups and stews.

The roast is finished by pan-glazing until golden brown before slicing and serving. This combination cooking method produces a tender, succulent, “white meat” roast with a superb texture that cannot be achieved by baking or simmering alone.

The roast requires a substantial amount of preparation time before finishing (including refrigeration in order to optimize its texture), so prepare at least the night before or up to 1 week ahead and then pan-glaze and reheat when ready to serve. This recipe yields an extra large roast, about 2.5 lbs.

Dry Ingredients

- 2 cups (300 g) vital wheat gluten
- ¼ cup all-purpose flour
- 4 tsp onion powder
- 2 tsp garlic powder

Blender Ingredients

- 10 oz (280 g) pressed extra-firm block tofu (*see [page 15](#) for instructions*)
- 1 and ½ cup (360 ml) water
- 2 T mild vegetable oil
- 2 T mellow white miso paste
- 2 tsp fine sea salt or kosher salt
- 2 tsp nutritional yeast flakes
- 1 tsp poultry seasoning

Turk'y Simmering Broth

- 16 cups (4 quarts/1 gallon) water
- 4 large onions, peeled and quartered
- 4 ribs celery, chopped
- 2 carrots, unpeeled and chopped
- 1 handful parsley stems (leaves removed and saved for the pan-glaze and garnish)
- 8 cloves garlic, crushed
- ⅓ cup nutritional yeast flakes
- 2 T tamari, soy sauce or Bragg Liquid Aminos™
- 4 tsp fine sea salt or kosher salt
- 2 tsp organic sugar
- 8 sprigs fresh thyme or 2 tsp dried thyme leaves
- 2 tsp dry rubbed sage
- 1 sprig fresh rosemary
- 2 bay leaves
- 1 and ½ tsp whole peppercorns

Notes: The fresh thyme, sage and rosemary can be replaced with 1 teaspoon commercial poultry seasoning if desired.

Fresh homemade broth is always best and is recommended for this recipe; however, for the sake of convenience the simmering broth can be made using commercial “no-chicken” broth cubes or bouillon paste.

Pan-Glaze Ingredients

- 3 T non-dairy butter or margarine
- 1 T tamari, soy sauce or Bragg Liquid Aminos™
- ¼ cup dry white wine or reserved simmering broth
- 1 tsp each minced fresh rosemary, sage and thyme*
- coarse ground black pepper, to taste

**The fresh herbs can be replaced with ¼ tsp commercial poultry seasoning if desired.*

Preparation

Warning! It is very important to use only heavy-duty aluminum foil for this recipe. Regular foil is not sturdy enough and can easily rupture from steam pressure which builds up inside the sealed package.

Preheat the oven to 350°F/180°C.

Combine the dry ingredients in a large mixing bowl; set aside.

Crumble the pressed tofu into a blender and add the remaining blender ingredients. Process the contents until the tofu is completely liquefied and the mixture is smooth and creamy. This is essential! Stop the blender as necessary to scrape down the sides.

Scoop the tofu mixture into the dry ingredients (a small amount of the tofu mixture will remain in the blender; this is inconsequential) and combine with a sturdy silicone spatula until the tofu mixture is incorporated and a sticky ball of dough begins to form.

Place the dough into a food processor fitted with a dough blade and process for 1 full minute. Alternately, place the dough into a stand mixer fitted with a paddle and process on medium speed for 1 full minute.

If kneading by hand, knead the dough in the bowl vigorously for 3 full minutes. This is very important in order to develop the gluten. Test the dough by stretching it. If it tears easily, more kneading is required. The dough needs to exhibit a moderate degree of elasticity in order to produce the proper finished texture.

Tear off a large sheet of foil (about 24-inches) and place it on your work surface. Place the dough onto the foil and shape it into a round ball. Now, lift the edge of the foil over the dough and begin rolling into a cylinder, pinching the ends closed simultaneously while rolling. The goal is to create a compact cylindrical package. Twist the ends tightly to seal, being careful not to tear the foil. Bend the twisted ends in half to lock them tight.

Tip: While the ends need to be twisted tightly to seal the package, avoid twisting inwards so far as to tightly compress the dough. The dough will expand significantly as it bakes. Leaving room on each end for expansion will relieve pressure on the foil and thus discourage rupturing.

Wrap with a second sheet of foil and twist the ends tightly to completely seal the package. If the foil tears at any point while twisting the ends, rewrap in a third sheet of foil.

Place the package directly on the middle rack of the oven and bake for 1 hour and 30 minutes.

While the roast is prebaking, prepare the simmering broth. Add all of the broth ingredients to a large cooking pot and bring to a boil. Cover with a lid and reduce the heat to a gentle simmer. For quick broths, bring the water and bouillon paste, cubes or powder to a simmer in a large covered cooking pot after the roast has been removed from the oven.

Remove the roast from the oven and let cool for about 30 minutes. Unwrap the roast and with a fork, pierce the roast 4 times on the top and 4 times on the bottom.

If the broth was made from scratch, use a slotted spoon to remove and discard the large solid ingredients. It's not necessary to strain the broth completely. Bring the broth to a boil and carefully lower the roast into the broth. Reduce the heat to a simmer and cook for 1 hour. Turn the roast occasionally as it simmers. Monitor the pot frequently and adjust the heat as necessary to maintain the simmer. The broth should be gently bubbling. Do not boil, but do not let the roast merely poach in hot liquid either, as a gentle simmer is necessary to penetrate the roast and finish the cooking process.

Remove the pot from the heat, cover and let cool for several hours or until lukewarm. Remove the roast, seal in a food storage bag with ¼ cup broth and refrigerate for a minimum of 8 hours or for up to 1 week

before finishing. To freeze the roast, place it into a freezer bag without the broth and freeze for up to 3 months. If the roast was frozen, thaw for several days in the refrigerator before finishing.

Finishing the Roast

Bring the roast to room temperature for about 2 hours before finishing. Preheat the oven to 350°F/180°C. Lightly blot the roast with a paper towel.

In a large, deep non-stick skillet or wok, melt the butter or margarine over medium heat. Add the roast and turn with 2 large spoons to coat the roast in the butter or margarine (wooden spoons are ideal, as they won't mar the surface of the roast). Continue to turn the roast occasionally until lightly browned. Add the tamari and continue to turn about 1 minute. Now add the wine or reserved broth, the herbs and a few pinches of black pepper. Continue to pan-glaze until the liquid has evaporated and the roast achieves a beautiful golden brown color.

Transfer to a shallow baking dish, cover with foil and bake for 30 minutes to heat through.

Transfer the roast to a serving platter, slice and serve immediately. Store any leftover roast in a food storage bag or sealable container in the refrigerator. Consume within 5 days or freeze.

Tip: Thinly sliced cold leftover roast makes superb hot or cold sandwiches. For hot sandwiches, slice the cold roast and then wrap the slices securely in foil. Place the foil package in a hot oven or in a steamer until heated through. The slices can also be gently reheated in the microwave.



Preparing Tofu for the Recipes

Extra-firm water-packed tofu is used for the Succulent Roast Turkey and Medallions of Roast Porq in this holiday cookbook and can be found in the refrigerated section of the market. Do not confuse this with extra-firm silken tofu, such as Mori-Nu™; which is typically packaged in unrefrigerated aseptic cartons as it won't work for these applications (extra-firm silken tofu is however used in a few seafood analogue recipes).

Before using in the recipes, the extra-firm tofu will need to be pressed to remove as much water as possible. This is very important for success of the recipe. It may seem redundant to press the water from the tofu, only to add water back when preparing the dough.



However, the reason for this is very simple: Water content in tofu varies from brand to brand and even from block to block. By removing the liquid from the tofu and then adding back a precise amount of water, the texture of the finished meat analogue remains consistent.

In the United States, extra-firm water-packed tofu is typically sold in standard blocks weighing about 14 ounces (397 grams) after draining the water in the carton but before pressing (packaging weight may differ in other countries). After thorough pressing, a standard block of tofu will generally yield about 10 to 12 ounces (280 to 340 grams).

Depending upon the recipe, pressed tofu will be used in one of two weight increments: 10 ounces/280 grams (about 1 block) for the Succulent Roast Turkey or 2.5 ounces/70 grams (about one-quarter block) for the Medallions of Roast Porq. Minor weight variations slightly above these recommended amounts are acceptable and will not negatively affect the recipe results. Be sure to weigh the tofu after pressing. A precision digital ounce/gram scale is recommended for accuracy.

Pressing can be done ahead of time using a tofu press (allow about 12 hours of pressing time); or the tofu can be wrapped in several layers of paper towels or a lint-free kitchen towel and pressed on a flat surface using the palms of your hands assisted by your upper body weight. The advantage of using a tofu press first, is that it will remove a substantial amount water, which then saves on paper towel usage.

Even when using a tofu press, a small amount of water may still remain, so firmly blot the pressed tofu with towel(s) to ensure that any remaining water is removed. When pressed sufficiently, the tofu should feel barely damp and have a crumbly texture. Some stores now offer pre-pressed extra-firm block tofu. To reiterate, whether home-pressed or commercially pre-pressed, the tofu should feel barely damp and crumble easily.

If pressed ahead of time, keep the pressed tofu refrigerated in an airtight container for up to 3 days until ready to use.

Chef's tip: For expediency, use the tofu press for about an hour to remove the excess water and then finish pressing between a few layers of paper towels.

Amber Waves of Gravy

This recipe produces a velvety smooth and savory gravy that is superb for serving over slices of succulent Roast Turk'y and/or mashed potatoes and dressing.

Ingredients

- 4 cups reserved turkey simmering broth (see preceding recipe), or vegan “chicken” broth
- 2 T olive oil
- 2 T non-dairy butter or margarine
- ¼ cup all-purpose flour
- 1 tsp vegan Worcestershire sauce
- ½ tsp browning liquid (Gravy Master™ or Kitchen Bouquet™)
- ¼ tsp commercial poultry seasoning
- coarse ground black pepper, to taste
- sea salt or kosher salt, to taste (as needed)

Preparation

In a large saucepan, melt the butter or margarine in the oil over medium-low heat. Add the flour and whisk vigorously to create a roux (a smooth paste used for thickening). Cook until the roux emits a nutty aroma, about 2 minutes.

Slowly incorporate the broth, a little at a time, while whisking vigorously to eliminate lumps. Initially the mixture will be very thick and pasty and some of the flour may begin to brown and stick to the bottom of the saucepan. This is normal and will resolve as the stock continues to be added. When the mixture has thinned a bit and becomes very smooth, it's safe to pour in the remaining stock.

Add the Worcestershire, browning liquid and poultry seasoning. Continue to cook and stir until the mixture just begins to come to a boil. Reduce the heat to a gentle simmer and cook uncovered, stirring frequently, until the gravy is slightly thickened. For a thicker gravy simply simmer until the liquid reduces a bit. Season the gravy with pepper to taste and add salt as needed. Keep covered and warm over low heat until ready to serve. Stir occasionally.



Sage Dressing

with Mushrooms and Water Chestnuts

An artisanal bread dressing consisting of root vegetables, mushrooms and chopped water chestnuts (or any nuts of your choice) flavored with sage and thyme.

Ingredients

- 1 loaf (about 16 oz) artisan white or whole grain bread
- olive oil
- 1 medium onion, diced
- 1 large leek, white and light green part, halved lengthwise and then sliced (be sure to rinse well to remove any sand)
- 2 ribs celery, diced
- 1 can (8 oz) water chestnuts, drained and chopped (or any nut of your choice)
- 3 cloves garlic, minced
- 1 T fresh chopped sage or 1 tsp dry rubbed sage, or more to taste
- leaves from 6 sprigs fresh thyme or 1 tsp dried thyme
- ½ tsp sea salt or kosher salt
- ½ tsp coarse ground black pepper
- ¼ cup (4 T) non-dairy butter or margarine
- 8 oz cremini mushrooms , white button mushrooms
or a blend of mushrooms of your choice, cut into quarters or bite-size pieces
- ¼ cup chopped parsley
- 1 cup turkey simmering broth ([page 12](#)), or vegan “chicken” broth or vegetable broth

Preparation

Preheat the oven to 200°F/90°C. Cut the bread into ½-inch cubes and place in a single layer on 2 baking sheets. Dry in the oven for 1 hour. Transfer to a large mixing bowl. This can be done the night before, if desired, and the bread left to sit out uncovered overnight.

When ready to prepare the dressing, preheat the oven to 350°F/180°C.

In a large skillet, add 2 tablespoons of olive oil and place over medium heat. Add the onions, leek and celery and sauté until the onions are translucent. Add the water chestnuts, garlic, sage, thyme, salt and pepper and continue to sauté an additional minute. Transfer to the mixing bowl.

In the same skillet, melt 2 tablespoons of the butter or margarine over medium heat. Add the mushrooms and sauté until golden brown. Add the remaining 2 tablespoons butter or margarine and stir just until melted. Transfer to the mixing bowl, add the parsley and toss all of the ingredients together thoroughly.

Drizzle in half of the broth and toss thoroughly. Drizzle in the remaining broth and toss until the dressing is evenly moistened. Spoon the dressing into a “buttered” casserole dish and bake uncovered for 45 minutes or until a golden brown crust forms on top. Serve warm.

Country Garden Ham



Generously flavored with hickory smoke, brown sugar and warm spice, country garden ham is reminiscent of a natural uncured ham and can be served hot or cold. The ham can be finished with a savory tamari-black pepper glaze or a sweet and spicy brown sugar-mustard glaze included with the recipe, however any sweet, spicy or savory glaze can be used as desired. Spicy brown or Dijon mustard is the ideal condiment for enhancing the flavor of the sliced ham. This recipe yields about 2.5 lbs.

Aromatic Brine Ingredients

- 2 and ¼ cup (540 ml) water
- 3 T light brown sugar
- 2 T mild vegetable oil
- 2 T nutritional yeast flakes
- 2 T red miso paste*
- 2 T liquid hickory smoke
- 2 and ¼ tsp fine sea salt or kosher salt
- 1 T whole cloves
- ½ tsp ground ginger
- ½ tsp ground white pepper

Dry Ingredients

- 2 cups (300 g) vital wheat gluten
- ¼ cup all-purpose flour
- 2 T onion powder
- 1 T garlic powder

Pan-Browning Ingredient

- 2 T non-dairy butter or margarine

Additional Item Needed

- 18-inch wide heavy-duty aluminum foil

**If you cannot obtain red miso paste, substitute with 1 tablespoon tamari, soy sauce or Bragg Liquid Aminos™ and 1 tablespoon tomato paste, although this will alter the finished flavor to a degree.*

Optional Tamari-Black Pepper Glaze Ingredients

- 2 T tamari, soy sauce or Bragg Liquid Aminos™
- coarse ground smoked black pepper or coarse ground black pepper, to taste

Optional Brown Sugar-Mustard Glaze Ingredients

- 2 T dark brown sugar
- 1 T prepared Dijon or spicy mustard
- 1 tsp tamari, soy sauce or Bragg Liquid Aminos™
- 1 tsp liquid hickory smoke

Preparing the Aromatic Brine

In a saucepan, bring the water to a brief boil and then remove from the heat. Add the remaining aromatic brine ingredients and stir until the sugar, yeast, miso and salt dissolves. Let the mixture cool to near room temperature (the mixture must cool before proceeding; do not add hot brine to the dry ingredients!)

Meanwhile, thoroughly mix together the dry ingredients in large mixing bowl; set aside.

Preparing the Dough

Warning! It is very important to use only heavy-duty aluminum foil for this recipe. Regular foil is not sturdy enough and can easily rupture from steam pressure which builds up inside the sealed package.

Preheat the oven to 350°F/180°C.

Strain the aromatic brine through a fine sieve into the dry ingredients in the mixing bowl and discard the strained solids (straining will remove any whole and undissolved seasoning sediment).

Combine thoroughly with a silicone spatula to develop the gluten. Let the dough rest 10 minutes to allow the dry ingredients to absorb as much liquid as possible.

Tear off a sheet of foil (about 18-inches) and place it on your work surface. Place the dough directly on top.

Form the dough into a round mass. The dough will be soft and have a tendency to spread out but try to keep it as compact as you can. Now, lift the edge of the foil over the dough and begin rolling into a cylinder, pinching the ends closed simultaneously while rolling. The goal is to create a thick, compact, cylindrical package. This may take practice, so be patient. Twist the ends tightly to seal, being careful not to tear the foil. Bend the twisted ends in half to lock them tight.

Wrap with an additional large sheet of foil and twist the ends tightly to completely seal the package. If the foil tears at any point while twisting the ends, rewrap in a third sheet of foil. Place directly on the middle rack of the oven and bake for 2 hours.

Remove from the oven and let cool to room temperature. Never attempt to open the package while it is hot or steam burns can result. Refrigerate the ham in the foil wrapper for a minimum of 8 hours before finishing, or for a maximum of 1 week. This will firm and enhance the texture. The ham can also be frozen for up to 3 months.

Finishing the Ham

Tamari-Pepper Glaze Option

Let the wrapped ham come to room temperature for about 1 hour before finishing. Preheat the oven to 350°F/180°C.

In a skillet, lightly brown the ham on all sides in 2 tablespoons of non-dairy butter or margarine over medium heat. Add the tamari and continue to glaze the ham until nicely browned and then season with black pepper to taste. Transfer the ham to a baking dish, cover with foil and bake for 30 minutes. Transfer to a cutting board or serving platter for slicing.

Brown Sugar-Mustard Glaze Option

Let the wrapped ham come to room temperature for about 1 hour before finishing. Preheat the oven to 350°F/180°C.

Mix together the glaze ingredients in a small dish until the sugar dissolves; set aside.

In a skillet, brown the ham on all sides in 2 tablespoons of non-dairy butter or margarine over medium heat. Transfer the ham to baking dish and brush to coat evenly with the glaze. Cover with foil and bake for 30 minutes. Transfer to a cutting board or serving platter for slicing. Holiday seitan ham is delicious served hot, cold or room temperature. Thick ham slices are ideal for pan-grilling too.



Medallions of Roast Porq



Dry Ingredients

- 1 and ½ cup (225 g) vital wheat gluten
- 2 T onion powder
- 1 T garlic powder
- ¼ tsp ground white pepper
- ¼ tsp ground thyme

Blender Ingredients

- 2.5 oz (70 g) pressed extra-firm block tofu (*see [page 15](#) for instructions*)
- 1 cup (240 ml) water
- 2 T mellow white miso paste
- 2 T cooking oil

Simmering Broth

- 3 quarts (12 cups) porq simmering broth (*[page 23](#)*) or any seasoned vegetable broth

Pan-Glaze Ingredients

- 2 T non-dairy butter or margarine
- 2 T dry sherry or dry white wine (optional)
- a few pinches coarse ground black pepper
- optional: ground spices and/or fresh or dried herbs of your choice

Preparation

Prepare the simmering broth and bring to a simmer in a large covered cooking pot. If preparing the broth from scratch, prepare and bring to a simmer 30 minutes before preparing and prebaking the dough. This will allow sufficient time to simmer the ingredients before adding the chops/cutlets.

Place a stainless steel cooling rack on a baking sheet and line the rack with parchment paper or a silicone baking mat. The cooling rack is not required, but it is recommended, as it will prevent excessive browning which would occur from direct contact with the hot baking sheet.

Preheat the oven to 350°F/180°C. Combine the dry ingredients in a large mixing bowl.

Crumble the pressed tofu into a blender and add the remaining blender ingredients. Process the contents until the tofu is completely liquefied and the mixture is smooth and creamy. This is essential! Stop the blender as necessary to scrape down the sides.

Scoop the tofu mixture into the dry ingredients (a small amount of the tofu mixture will remain in the blender; this is inconsequential) and combine with a sturdy silicone spatula until the tofu mixture is incorporated and a stiff dough begins to form. The mixture may seem a bit dry at first; just keep mixing. Transfer the dough to a clean work surface (do not flour the work surface) and knead vigorously until it is springy and elastic, about 2 minutes.

Stretch the dough until it begins to tear and then roll it up into a mass. If it tears too easily, knead an additional minute or until it can be stretched a bit before tearing. Shape the mass into a log shape about 8-inches long.

Place the dough on the parchment paper or baking mat. Bake uncovered on the middle rack of the oven for 45 minutes and then remove from the oven.

Bring the broth to a boil. If the broth was made from scratch, use a slotted spoon to remove and discard the larger solids. It's not necessary to strain the broth completely.

Lower the roast into the boiling broth and immediately reduce the heat to a gentle simmer. Leave the pot uncovered and set a timer for 45 minutes. Monitor the pot frequently to make sure the broth is maintained at a simmer. Do not boil. Turn the roast occasionally as it simmers. After simmering, remove the cooking pot from the heat, cover and let the roast cool in the broth for a few hours or until lukewarm.

Transfer the roast to a food storage bag and add ¼ cup of broth, or a desired marinade. Refrigerate for a minimum of 8 hours, or for up to 1 week, to firm and enhance the pork texture before finishing and serving. Chilling is very important so do not omit this step.

Strain the cooled broth into a sealable container and refrigerate. During this time, any seasoning sediment will settle on the bottom of the container. The broth can be refrigerated for up to 1 week or frozen for future use at your convenience. Decant the clear portion for preparing gravies or sauces that can be served with the finished roast; or use for other recipes as desired. Discard the sediment.

Finishing the Roast

Bring the roast to room temperature for about 1 hour before finishing.

In a large, deep non-stick skillet, melt the butter or margarine over medium heat. Add the roast and turn it to coat with the butter or margarine. Lightly brown the roast, turning frequently. Add the sherry or wine

and continue to sauté until almost evaporated. Add the pepper and optional spices and herbs and continue to turn in the skillet until golden brown. Transfer to a serving platter and slice.

Note: If pan-glazing has not sufficiently reheated the roast, place it in a shallow baking dish, cover securely with foil and reheat in a 350°F/180°C oven for 15 to 20 minutes. The roast can also be briefly heated in the microwave before slicing and serving.



Porq Simmering Broth

Porq simmering broth is used for simmering porq as directed in the recipe. It can also be used as an all-purpose vegetable broth base for preparing sauces, gravies, soups and stews, or used in any recipe calling for seasoned vegetable broth. Additional herbs or spices can be added to accommodate specific regional cuisines. This recipe yields about 3 quarts of prepared broth.

Ingredients

- 3 quarts (12 cups) water
- ¼ cup tamari, soy sauce or Bragg Liquid Aminos™
- 3 large onions, peeled and quartered
- 3 ribs celery, chopped
- 2 large carrots, unpeeled and chopped
- 9 parsley stems
- 6 cloves garlic, crushed
- 2 T nutritional yeast
- 2 tsp fine sea salt or kosher salt, or more to taste
- 1 tsp whole black peppercorns
- 1 bay leaf
- 3 sprigs fresh thyme or ½ tsp dried thyme

Preparation

Combine all ingredients in a large cooking pot, cover and simmer for a minimum of 1 hour. Strain and discard the larger solids from the broth with a slotted spoon before simmering porq. After simmering, let the broth cool and then strain into a sealable container to remove any remaining solids and refrigerate. During this time, any seasoning sediment will settle on the bottom of the container. The broth can be refrigerated for up to 1 week or frozen for future use at your convenience. To use, simply decant the clear portion and discard the fine sediment. Be sure to add back a little water as necessary before using, since the broth will have become concentrated from evaporation during simmering.

If using the broth immediately for other purposes, strain through a fine sieve into another cooking pot and discard the solids.

Variation

For a richer, deeper vegetable flavor, toss the chopped onion, celery, carrot and garlic with 1 tablespoon olive oil on a baking sheet and roast in a 400°F/200°C oven for 45 minutes, or until caramelized around

the edges. Add to the cooking pot with the remaining ingredients and continue to follow the recipe as directed.

Quick Broth Options

Fresh homemade broth is always best and is recommended. However, for the sake of convenience and expediency, a quick porq simmering broth can be made with Better Than Bouillon™ Organic Vegetable Base (1 tsp for each cup water) or other commercial vegetable broth cubes (½ cube for each cup water) - or more or less to taste. Pre-prepared commercial vegetable broths are also available in aseptic cartons from most markets. Add additional herbs and spices as desired to accommodate specific regional cuisines and season the prepared broth with salt to taste.



Peppercorn Herb Gravy

Preparation

Add the olive oil to a small saucepan and place over medium heat. Add the butter or margarine and stir until melted.

Whisk in the flour to create a thick paste (roux) and cook until the flour is golden and emits a nutty aroma, about 2 minutes. The flour will stick to the bottom of the saucepan, but don't worry, as it will release when the broth is incorporated.

Incorporate the broth in increments while vigorously stirring.

Ingredients

- 2 T olive oil
- 2 T non-dairy butter or margarine
- ¼ cup all-purpose flour or rice flour
- 2 cups reserved porq simmering broth
- 2 tsp whole peppercorns (green or black)
- 1 tsp dried marjoram leaves
- ¾ tsp browning liquid
(Gravy Master™ or Kitchen Bouquet™)
- ½ tsp dried thyme leaves
- sea salt or kosher salt and coarse ground black pepper, to taste
- 2 T chopped fresh parsley

Add the peppercorns, marjoram, browning liquid and thyme. Bring to a simmer and continue to stir until the mixture thickens. Add salt and pepper to taste. Reduce heat to low until ready to serve; stirring occasionally. Just before serving, stir in the parsley.



Prime Cut Roast Beef



Succulent and tender prime cut roast beef slices are delicious served 'au jus' or with your favorite gravy or sauce. Leftovers are superb for hot or cold deli-style sandwiches too. This recipe yields about 1 and ½ lb. Prime cut roast beef requires chilling for a minimum of 8 hours after simmering to firm and enhance its texture before pan-glazing, so plan accordingly.

Dry Ingredients

- 1 and ½ cup (225 g) vital wheat gluten
- 2 T porcini mushroom powder
- 4 tsp onion powder
- 2 tsp garlic powder
- ½ tsp ground white pepper

Liquid Ingredients

- 1 cup (240 ml) water
- 3 T tamari, soy sauce or Bragg Liquid Aminos™
- 2 T mild vegetable oil
- 2 tsp vegan Worcestershire Sauce
- 1 tsp browning liquid (Gravy Master™ or Kitchen Bouquet™)

Pan-Glaze Ingredients

- 2 T non-dairy butter or margarine
- 2 T dry red wine or dry sherry (optional)
- 2 tsp vegan Worcestershire sauce

- a few pinches coarse ground black pepper
- optional: ground spices and/or fresh or dried herbs of your choice

Simmering Broth

- 3 quarts (12 cups) beef simmering broth ([*page 27*](#))

Additional Items Needed

- baking sheet
- stainless steel cooling rack (not required but recommended)
- parchment paper or silicone baking mat

Preparation

Prepare the simmering broth and bring to a simmer in a large covered cooking pot. If preparing the broth from scratch, prepare and bring to a simmer 30 minutes before preparing and prebaking the dough. This will allow sufficient time to simmer the ingredients before adding the beef.

Preheat the oven to 350°F/180°C.

Place a stainless steel cooling rack on a baking sheet and line the rack with parchment paper or a silicone baking mat. The cooling rack is not required, but it is recommended, as it will prevent excessive browning which would occur from direct contact with the hot baking sheet.

Combine the dry ingredients in a large mixing bowl. Stir together the liquid ingredients in a separate bowl or measuring cup.

Pour the liquid mixture (not the simmering broth) into the dry ingredients and combine thoroughly with a sturdy silicone spatula to form the dough and begin developing the gluten.

Transfer the dough to a work surface and knead vigorously until very elastic. Test the dough by stretching. If it tears easily, knead a little longer and test again. The dough should be able to stretch considerably without tearing.

Now, form the dough into a thick, compact slab. Don't worry about smoothing the surface too much, as some bumps and irregularities will yield a more natural finished appearance. Transfer the dough to the parchment paper or baking mat.

Place the baking sheet on the middle rack of the oven. Bake uncovered for 45 minutes and then remove from the oven. The roast will form a dry crust while baking. This is normal and will disappear when the roast is simmered.

Bring the broth to a boil. If the broth was made from scratch, use a spider or slotted spoon to remove and discard the larger solids. It's not necessary to strain the broth completely.

Lower the roast into the boiling broth and immediately reduce the heat to a gentle simmer. Leave the pot uncovered and set a timer for 45 minutes. Monitor the pot frequently to make sure the broth is maintained at a simmer. Do not boil the roast but don't let it merely poach in hot broth either. Turn the roast occasionally in the broth as it simmers to ensure even cooking. After simmering, remove the cooking pot from the heat, cover and let the roast cool in the broth for a few hours or until lukewarm.

Transfer the roast to a food storage bag and add ¼cup of broth, or a desired marinade. Refrigerate for a minimum of 8 hours, or for up to 1 week, to firm and enhance the beef texture before finishing. Chilling is very important so do not omit this step. The roast can be frozen without the broth for up to 3 months and then thawed and finished at your convenience.

Strain the cooled broth into a sealable container and refrigerate. During this time, any seasoning sediment will settle on the bottom of the container. The broth can be refrigerated for up to 1 week or frozen for future use at your convenience. Decant the clear portion for preparing ‘au jus’, gravy or sauce that can be served with the sliced roast; or use for other recipes as desired. Discard the sediment.

Finishing the Roast

Bring the roast to room temperature for about 1 hour before finishing.

Combine the wine or broth and tamari in a small dish; set aside. In a large, deep non-stick skillet, melt the butter or margarine over medium heat. Add the roast and turn it to coat with the butter or margarine. Lightly brown the roast, turning frequently. Add the liquid seasonings. The mixture will sizzle and begin to caramelize, turning the roast a beautiful deep brown color. Add the pepper and optional spices and herbs and continue to turn in the mixture to form a crust. Transfer to a serving platter and slice.

Note: If pan-glazing has not sufficiently reheated the roast, place it in a shallow baking dish, cover securely with foil and reheat in a 350°F/180°C oven for 15 to 20 minutes. The roast can also be briefly heated in the microwave before slicing and serving.



Beef Simmering Broth

Beef simmering broth is used for simmering the Prime Cut Roast Beef (page 25). It can also be used as a savory no-beef base for preparing brown sauces, gravies, ‘jus’, hearty soups and stews, or used in any recipe calling for seasoned beef broth. Additional herbs or spices can be added to accommodate specific regional cuisines. This recipe yields about 3 quarts of prepared broth.

Ingredients

- 3 quarts water (12 cups)
- 3 large onions, peeled and quartered
- 3 ribs celery, chopped
- 1 large carrot, unpeeled and chopped
- 9 parsley stems
- 6 cloves garlic, crushed
- ½ cup tamari, soy sauce or Bragg Liquid Aminos™*
- 2 T nutritional yeast flakes
- 2 T dark brown sugar
- 1 T porcini mushroom powder (optional)
- 1 T vegan Worcestershire sauce
- 1 tsp fine sea salt or kosher salt, or more to taste
- 1 tsp whole black peppercorns

Preparation

Combine all ingredients in a large cooking pot, cover and simmer for a minimum of 1 hour. Strain and discard the larger solids from the broth with a slotted spoon before simmering beef.

After simmering, let the broth cool and then strain into a sealable container to remove any remaining solids and refrigerate. During this time, any seasoning sediment will settle on the bottom of the container.

The broth can be refrigerated for up to 1 week or frozen for future use at your convenience. To use, simply decant the clear portion and discard the fine sediment. Be sure to add back a little water as necessary before using, since the broth will have become concentrated from evaporation during simmering.

If using the broth immediately for other purposes, strain through a fine sieve into another cooking pot and discard the solids.

Quick Broth Options

Fresh homemade broth is always best and is recommended. However, for the sake of convenience and expediency, a quick beef simmering broth can be made with any commercially prepared low-sodium vegetable stock or broth, plus 2 tsp tamari, soy sauce or Bragg Liquid Aminos™ for each cup, or more or less to taste. Add additional herbs and spices as desired to accommodate specific regional cuisines and season the prepared broth with salt to taste.

A quick broth can also be made with Better Than Bouillon™ Vegetarian No Beef Base (1 tsp for each cup water), or more or less to taste. For some reason, this product has become increasingly more difficult to find (more reason to make your own broth from scratch). However, it can be purchased directly from the manufacturer, BetterThanBouillon.com, if you cannot locate it anywhere else.



Quick Pan Gravy for Roast Beef

To make a quick pan gravy for sliced roast beef, add 4 tablespoons non-dairy butter or margarine to the same non-stick skillet used for pan-glazing the roast and heat on a medium setting until the butter or margarine melts.

Sprinkle in ¼ cup all-purpose flour or rice flour and stir to form a thick, smooth paste (roux). Cook the roux until it emits a nutty aroma, about 1 to 2 minutes.

Incorporate 2 cups of reserved beef simmering broth in small increments, whisking vigorously until smooth after each addition of broth. Continue to whisk, loosening any caramelized bits of glaze stuck to the skillet as you stir. To enrich the brown color, add ½ teaspoon to 1 teaspoon browning liquid (Gravy Master™ or Kitchen Bouquet™).

Increase the heat to medium-high and stir frequently until the mixture is bubbling and begins to thicken; season with salt and pepper to taste. Reduce the heat to low to keep warm until ready to serve, stirring occasionally.

Yorkies

(Yorkshire Pudding)



Yorkshire Pudding is an English dish traditionally made from a batter consisting of eggs, flour and milk and then baked in hot pan drippings. It's not a pudding in the American sense of the word but rather a cross between a popover and a soufflé. The dish is usually served with roast meat and gravy and is a staple of British cuisine.

Creating a vegan version without eggs posed a fundamental problem, since the eggs are necessary to inflate the batter as the pudding cooks. However, with a few adjustments and substitutions a satisfying, albeit less inflated version, can be made. Be sure to read though the directions first and then follow them carefully for success. Serve the “Yorkies” with sliced Prime Cut Roast Beef and plenty of savory pan gravy.

Ingredients

- 1 cup all-purpose flour
- ½ tsp fine sea salt or kosher salt
- 2 T olive oil
- 1 T non-dairy butter or margarine, melted
- 1 tsp vegan Worcestershire sauce

- ¼ cup hot water
- 1 T Ener-G™ egg replacer
- ¼ tsp baking powder
- 1 cup plain non-dairy milk, room temperature

Preparation

Prepare, pan-glaze and reheat the Prime Cut Roast Beef as directed on [page 27](#).

Assemble the ingredients for the pudding while the roast is in the oven. If you plan to serve the roast and puddings with gravy, prepare the gravy at this time and set aside over low heat to stay hot, stirring occasionally.

When the roast is done heating, remove and cover with foil to keep warm.

Increase the oven to 425°F.

Sift together the flour and salt into a mixing bowl.

In a small dish, mix together the melted butter or margarine with the Worcestershire sauce and 1 tablespoon olive oil. Spoon a little over one teaspoon into the bottoms of a 6-cup muffin tin (in other words, divide evenly).

In a small bowl, whisk together the hot water, egg replacer powder and baking powder until frothy.

Place the muffin tin in the oven and set a timer for 3 minutes to heat the “pan drippings”.

Meanwhile, add the non-dairy milk, egg replacer mixture and the remaining tablespoon of olive oil to the flour and whisk vigorously until a smooth batter is achieved.

After 3 minutes, remove the muffin tin from the oven and immediately pour the batter, dividing evenly in each cup (about ⅓ of the way full). Place in the oven on a middle rack and set a timer for 35 minutes. Keep in mind that the puddings will only inflate slightly and not in a dramatic fashion as their traditional egg-based counterparts.

10 minutes before the puddings are done, slice the roast and arrange on a serving platter.

Remove the muffin tin from the oven and let cool for about 5 minutes. Serve hot with the roast beef and plenty of hot gravy.



Potatoes Dauphinoise



Photo courtesy of Jason Friedman

In the culinary arts, the French word Dauphinoise refers to a recipe in which potatoes are sliced, layered in a baking dish and then baked au gratin with garlic, butter, heavy cream, cheese (traditionally Gruyère or Swiss Emmental) and a hint of ground nutmeg. The name Dauphinoise comes from the Dauphiné region of France, where the recipe is said to have originated. Although the names are similar, Potatoes Dauphinoise is not the same recipe as Dauphine potatoes, which are balls of puréed potatoes mixed with choux pastry and then deep-fried until light and crispy.

For the non-dairy version of this dish, Sauce Fromage Blanc was chosen for its flavor, as well as its simplicity in preparation. The combination of the cheesy sauce with the moisture from the boiled potato slices creates a superb heavy cream and melted cheese texture.

Ingredients

- 2 cloves garlic
- 2 and ½ lbs Yukon gold potatoes or russet potatoes
- 2 cups Sauce Fromage Blanc (recipe follows)
- ½ tsp ground white pepper
- 1 T non-dairy butter or margarine
- ground nutmeg

Preparation

Cut the garlic cloves in half and rub the interior of a shallow casserole dish. Set the dish aside and save the garlic.

Peel the potatoes and slice them 1/8-inch thick. A mandoline makes the job much easier and creates more uniform slices - but watch your fingers! Place the slices immediately into a large pot of water to prevent the slices from oxidizing (turning brown). Add 2 teaspoons of salt and add the cut garlic. Bring to a boil and cook for exactly 3 minutes.

Remove from the heat and drain the slices in a colander. DO NOT rinse with cold water and do not pat the potatoes dry with paper towels! The potatoes will continue to cook slightly as they cool in the colander. Discard the garlic.

Preheat the oven to 400°F/200°C.

In the meantime, prepare the Sauce Fromage Blanc and stir in the white pepper. Taste and season with additional salt as desired; set aside over low heat to keep warm.

“Grease” the interior of the baking dish with the butter. Place a layer of potatoes in the bottom of the baking dish and pour some of the cheese sauce over the layer. Repeat layering with the potatoes and the sauce. Be sure to leave enough sauce to cover the top of the potatoes.

Very lightly dust the top of the potatoes with ground nutmeg. Bake uncovered for 45 minutes. If the top has not sufficiently browned, set the oven on “broil” and cook an additional 1 to 2 minutes. Watch carefully so the potatoes do not burn. Remove from the oven and serve.



Sauce Fromage Blanc

This smooth, mild and creamy white cheese sauce is superb for pouring over pasta, potatoes, vegetables or savory filled crêpes. This recipe yields about 2 cups of sauce.

Ingredients

- 1 and 3/4 cup plain non-dairy milk (soymilk is recommended)
- 1/4 cup mild vegetable oil
- 3 T tapioca starch
- 2 T dry sherry or dry white wine
- 2 T nutritional yeast flakes
- 1 T mellow white miso paste
- 1 T sesame tahini
- 1/2 tsp fine sea salt or kosher salt, or more to taste
- 1/4 tsp ground coriander

**The sherry or wine can be omitted for health or ethical reasons, but this will alter the flavor profile.*

Preparation

Whisk the ingredients together in a small saucepan until smooth. Place over medium-low heat and stir slowly and continually with a flexible spatula until the mixture becomes bubbly, thickened, smooth and glossy. Taste and add salt as desired and/or additional soymilk to lighten the consistency to your preference. Reduce the heat to low to keep warm until ready to serve, stirring occasionally.

Savory Oven-Roasted Sweet Potatoes



Chunks of sweet potato are tossed with a savory seasoning blend and oven-roasted until tender and golden brown; serves about 6.

Ingredients

- 4 sweet potatoes, peeled or unpeeled
- olive oil for drizzling
- 1 large sweet yellow onion, halved and then thinly sliced
- 4 cloves garlic, minced
- 1 tsp sweet paprika
- ½ tsp dried thyme leaves
- ¼ tsp ground cayenne pepper
- coarse sea salt or kosher salt and coarse ground black pepper, to taste

Preparation

Preheat the oven to 475°F/250°C.

Cut the sweet potatoes into bite-size cubes (they can be peeled or left unpeeled). Place them in a large mixing bowl, drizzle with olive oil and toss to coat. The sweet potatoes should only be lightly coated with the oil.

Add the thinly sliced sweet onion and minced garlic. Sprinkle with the paprika, thyme and cayenne and a generous sprinkle of coarse salt and pepper to taste. Toss thoroughly. Spread the seasoned potatoes in a single layer on a large baking sheet lined with parchment paper or aluminum foil (for easy clean up). Roast about 25 minutes or until tender on the inside but slightly crisp and golden brown on the edges (move them around about halfway through cooking time). Serve immediately.

Roasted Acorn Squash

with Cumin-Scented Couscous Stuffing



Roasted acorn squash is stuffed with a cumin-scented couscous, caramelized carrots, leeks, shallots, raisins and walnuts or almonds. This dish is very filling and is actually more appropriate when served as an entrée rather than a side dish. This recipe serves 4.

Ingredients

- 2 large acorn squash
- 2 T olive oil
- 1 large carrot, peeled and small diced
- 1 large shallot, diced
- 1 medium leek, split lengthwise, rinsed to remove grit and then chopped
- ¼ cup chopped walnuts or slivered almonds
- 1 clove garlic, minced
- ½ tsp ground cumin
- pinch ground red pepper
- ½ cup turkey simmering broth ([page 12](#)), or commercial no-chicken broth or vegetable broth
- ½ cup dry couscous
- 2 T raisins

Preparation

Preheat the oven to 350°F/180°C.

Using a cleaver or sharp, sturdy knife carefully split the squash from stem end to tip. The squash will tend to rock on the cutting board so exercise great caution when cutting and keep your fingers out of the way! Use a spoon to scoop out the seeds and stringy pulp. Brush or mist the flesh with cooking oil, season with a pinch or two of salt and place cut side down on a baking sheet lined with foil or parchment paper. Bake for 1 hour or until the rind of the squash can be pierced with a fork.

While the squash is baking, add the oil to a skillet and place over medium heat. Add the carrots and a pinch of salt and sauté until the carrots begin to caramelize a bit. Add the shallots and leeks and continue to sauté until golden.

Add the walnuts or almonds, garlic, cumin and red pepper and sauté for 1 minute. Remove from the heat and set aside.

In a small saucepan, bring the stock or broth to a brief boil and add the raisins. Remove the saucepan from the heat and stir in the dry couscous. Mix well and cover. Let rest for 10 minutes. Mix the couscous with the sautéed vegetables in the skillet; season with salt as needed.

Spoon the couscous mixture in the squash cavity. If reheating is necessary, place the stuffed squash in a baking dish, cover with foil and heat in a 350°F/180°C oven for 20 to 30 minutes. Serve immediately.



Green Beans

with Sweet Onion and Savory, Sweet and Smoky Almonds



Crisp but tender green beans are tossed with sautéed sweet onions and toasted savory, sweet and smoky sliced almonds. This simple but classic and elegant dish yields about 6 servings.

Ingredients

- ½ cup sliced almonds
- 1 T tamari, soy sauce or Bragg Liquid Aminos™
- 1 and ½ tsp dark brown sugar
- 1 tsp liquid smoke
- ½ tsp vegan Worcestershire sauce
- 2 lbs fresh or frozen and thawed green beans, trimmed
- 1 large sweet yellow onion, diced
- ¼ cup (4 T) non-dairy butter or margarine
- sea salt or kosher salt and coarse ground black pepper, to taste

Preparation

In a bowl, whisk together the tamari, brown sugar, liquid smoke and Worcestershire until the sugar is dissolved. Add the sliced almonds and toss well to evenly distribute the mixture. Cover and refrigerate for a minimum of several hours, and better overnight, to allow the almonds to absorb the liquid seasoning.

Preheat the oven to 350°F/180°C.

Line a baking sheet with parchment paper or a silicone baking mat and distribute the almonds in a single layer. Place the baking sheet in the oven on a middle rack and set a timer for 8 minutes.

Remove from the oven and stir the almonds, again redistributing them in a single layer. Place them back in the oven and bake for about 8 minutes or until the almonds are lightly crisp. Remove from the oven and let cool.

While the almonds are toasting, bring a large pot of water to a boil. Add the green beans and cook about 10 minutes or until just tender. Drain thoroughly.

Add the butter to a large skillet and place over medium heat to melt. Add the onion and sauté until golden. Add the green beans and almonds and toss thoroughly together. Continue to cook until heated through; season with salt and pepper taste. Transfer to a serving dish and serve immediately.



Creamed Baby Peas and Pearl Onions



Ingredients

- 12 oz pearl onions, from frozen, thawed and drained well
- 16 oz baby peas from frozen, thawed and drained well
- 4 T mild olive oil, divided in half
- 2 cups plain unsweetened non-dairy milk
- 1.5 oz (about $\frac{1}{3}$ cup) whole raw cashews (pre-soaking unnecessary)
- 1 T nutritional yeast flakes
- 1 and $\frac{1}{2}$ tsp onion powder
- 1 tsp fine sea salt or kosher salt, or more to taste
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp ground white pepper

Preparation

Add 2 tablespoons olive oil to a skillet and place over medium heat. Sauté the onions until lightly browned in a few spots. Transfer to a bowl and set aside.

In a blender, add the remaining 2 tablespoons olive oil, non-dairy milk, cashews, yeast flakes and seasonings. Process the contents on high speed for 2 full minutes and then transfer to a large saucepan.

Bring the mixture to a gentle simmer and cook until slightly thickened, stirring frequently. Stir in the onions and peas and continue to gently simmer, about 10 minutes. Transfer to a serving dish and serve immediately.

Whipped Potato and Parsnip Gratin

featuring Jarlsberg Melt



A fluffy and creamy gratin of whipped potatoes and parsnips blended with non-dairy butter, seasonings and gooey, melted non-dairy Jarlsberg cheese.

Ingredients

- 1 cup plain non-dairy milk of your choice
- 6 medium russet potatoes
- 4 medium parsnips
- 1 cup Jarlsberg Melt (recipe follows)
- ¼ cup non-dairy butter or margarine
- ½ tsp fine sea salt or kosher salt
- ¼ tsp ground white pepper
- ⅛ tsp ground nutmeg

Preparation

Peel and cut the potatoes into large chunks. Place the potatoes immediately into a large cooking pot with plenty of water to cover. This will prevent oxidation of the potatoes (turning brown) while the parsnips are peeled and sliced.

Peel and slice the parsnips. Add them to the pot with the potatoes and add 1 tablespoon of salt. Bring the water to a boil and cook until the root vegetables are fork tender, about 10 to 15 minutes. Avoid overcooking.

While the water is coming to a boil and the root vegetables are cooking, prepare the Jarlsberg Melt and set aside to cool.

Preheat the oven to 350°F/180°C. “Butter” a large baking or casserole dish and set aside.

When the root vegetables are done cooking, drain them in a colander and then transfer to a large mixing bowl. Add the butter, salt, white pepper and nutmeg and mash thoroughly using a potato ricer or masher. Add the non-dairy milk in increments and whip the mashed root vegetables with an electric rotary mixer (if you have one). Otherwise continue to mash by hand until the mixture is smooth and fluffy.

Note: Never use a blender or food processor to mash potatoes as this will damage the cell structure of the potatoes and cause them to fall flat or become gooey. When potatoes are boiled, their starch granules swell. If those granules are broken too vigorously, the cells release large quantities of starch, resulting in potatoes with a pasty consistency.

Transfer the mixture to the baking dish and top with the Jarlsberg Melt. Bake uncovered for 30 minutes and then place under the broiler for 1 to 2 minutes to achieve a bubbly and browned cheese crust on top. Serve hot.



Jarlsberg Melt

Jarlsberg shares flavor similarities with Swiss cheese and can best be described as mild, buttery and nutty with a hint of sweetness. Do not omit the ground coriander, even though only a small amount is needed, as it is essential to the flavor of this melt. This recipe yields about 1 cup of melted cheese.

Ingredients

- ¾ cup pure soymilk
- ¼ cup mild vegetable oil
- 3 T tapioca flour
- 1 T nutritional yeast flakes
- 1 T dry sherry or dry white wine*
- 2 tsp mellow white miso paste
- ½ T (1 and ½ tsp) sesame tahini
- ¼ tsp fine sea salt or kosher salt
- ⅛ tsp ground coriander

Preparation

In a small saucepan, vigorously whisk together the ingredients until smooth. Cook the mixture over medium-low heat, stirring slowly and continually with a flexible spatula. As the mixture thickens and curdles (forms lumps), begin stirring vigorously until the curds disappear and the cheese becomes very thick, smooth and glossy. Set aside until ready to use in the recipe.

**The sherry or wine can be omitted for health or ethical reasons, but this will alter the flavor profile.*

Charred Brussels Sprouts Slaw

with Shallots and Toasted Pine Nuts



This dish is one of my favorite holiday side dishes. It's very easy to make and may just win over guests who never cared much for Brussels sprouts before. Any cold leftovers make a unique and delicious Spring roll filling.

Ingredients

- fresh Brussels sprouts, about 1 lb
- ¼ cup pine nuts
- 2 T non-dairy butter, margarine or mild olive oil (plus more as desired)
- 2 shallots, thinly sliced
- 3 cloves garlic, minced
- sea salt or kosher salt and coarse ground black pepper, to taste

Preparation

Remove the tough stems from the Brussels sprouts and discard. Remove any outer leaves that are damaged or wilted. Shred the sprouts using the shredding blade in a food processor. Set aside.

In a small dry skillet, toast the pine nuts over medium heat. Stir the nuts frequently to evenly toast and prevent scorching. Set aside.

In a large skillet or wok, melt the butter or margarine (or heat the oil) over medium-low heat. Add the shallots and garlic and a pinch or two of salt. Sweat the shallots and garlic, about 10 minutes. You should

hear a faint sizzle - if the sizzle is loud, reduce the heat a bit. The goal is to draw out flavor without browning the shallots or garlic.

Add the slaw and a pinch or two of salt. Increase the heat to medium-high. Stir the mixture occasionally. The goal is to slightly char or caramelize the vegetables just a bit. If the vegetables seem dry, add another tablespoon or two of non-dairy butter, margarine or olive oil, if desired. Cook until the slaw is tender crisp. Season the slaw with black pepper to taste and add additional salt as desired. Sprinkle with the toasted pine nuts and serve immediately.



Butter Browned Brussels Sprouts

with Cauliflower Cashew Cream



Preparation

Remove the tough stems from the Brussels sprouts and discard. Remove any outer leaves that are damaged or wilted. Cut the sprouts in half. Steam the sprouts over boiling water for 5 minutes. Set aside in a bowl.

Steam the cauliflower florets over boiling water until just tender, about 4 minutes. While the florets are steaming, add the cashews and water to a blender and process for 1 full minute. Add the steamed cauliflower, thyme and ¼ tsp salt to the cashew mixture and process the contents for 1 full minute.

Transfer to a small saucepan and place over low heat to cook gently until heated through, stirring occasionally. Season the cream with pepper and additional salt to taste.

In a large skillet or wok, melt the butter or margarine over medium-high heat. Add the Brussels sprouts and a pinch or two of salt and sauté until golden brown. Transfer to a serving platter or bowl and garnish with the cauliflower cashew cream. Serve immediately.

Ingredients

- fresh Brussels sprouts, about 1 lb
- 2 T non-dairy butter or margarine
- ½ small head cauliflower, separated into florets
- ¾ cup water
- 2 T whole raw cashews (pre-soaking unnecessary)
- ¼ tsp dried thyme leaves
- sea salt or kosher salt and coarse ground black pepper, to taste

Classic Pumpkin Pie



A favorite Autumn and Winter treat and perfect for celebrating the holidays. Plant-based pumpkin pies are often made with tofu as a replacement for the evaporated milk and the eggs. Although I use tofu frequently and successfully in eggless egg recipes and desserts, I find its undertaste to be rather noticeable and distracting in pumpkin pie. Therefore my goal was to create a pumpkin pie using a creamy cashew base which allows the flavor of the pumpkin and the warm spices to predominate.

Ingredients

- 1 nine-inch vegan pie shell or graham cracker crust
- ½ cup (2.5 oz by weight) whole raw cashews
- 1 cup plain non-dairy milk
- ¾ cup light brown sugar, packed
- 2 T unmodified potato starch, cornstarch or arrowroot powder
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg
- ¼ tsp fine sea salt
- 1 can (15 oz) pure pumpkin purée - or - 1 and ¾ cup roasted and mashed pumpkin

Preparation

Soak the cashews in water in the refrigerator for about 8 hours to soften and hydrate. To expedite the soaking process, pour boiling water over the cashews and let soak for 1 hour.

Preheat the oven to 425°F.

Drain the cashews and add them to a high-powered blender. Add the non-dairy milk and process for 2 full minutes.

Add the remaining ingredients and process until completely smooth. The mixture will be quite thick, so occasionally stop to scrape down the sides of the blender with a spatula and stir the contents back down into the blades as necessary. Use a tamper tool if provided with your blender.

Spoon the mixture into the pie shell and smooth the surface with a spatula or large spoon. Don't worry about a few swirl marks as they will minimize when the pie cools. Place the pie on the middle rack of the oven and bake for 15 minutes.

Reduce the heat to 350°F/180°C and continue to bake for an additional 50 to 55 minutes or until a toothpick inserted in the center of the pie comes out clean (do not exceed 60 minutes).

Note: The surface of the pie will appear dry after baking; this will resolve once cooled and chilled.

Remove the pie and cool completely on a wire rack (until the underside of the pie plate no longer feels warm). Loosely cover with plastic wrap and refrigerate until completely chilled and firm before slicing and serving. Try to avoid laying the plastic wrap in direct contact with the surface of the pie as moisture condensation will result. The pie can also be chilled in a large, sealable storage container.

Top individual slices with a dollop of non-dairy whipped cream, if desired.



Eggless Egg Custard Pie



This egg-free and dairy-free custard pie is very easy to prepare. It has a sliceable but delicate, silky texture and can be used for custard pie as suggested or served on its own in individual dessert ramekins. This recipe relies upon the thickening power of starch and agar powder (a tasteless seaweed derivative) for setting the custard as it cools. Agar flakes or agar in stick form are not recommended for this recipe since they do not dissolve as readily as the powdered form. This recipe yields enough custard for 1 nine-inch pie or 7 half-cup servings.

Ingredients

- 3 and ⅓ cups non-dairy milk
- 3 T cornstarch or unmodified potato starch
- ¾ cup organic sugar (for a sweeter custard increase by ¼ cup)
- 2 T nutritional yeast flakes
- 1 and ½ tsp agar powder
- 1 tsp real vanilla extract
- ⅛ tsp fine sea salt or kosher salt (a pinch)
- 2 T non-dairy butter or margarine
- fresh grated nutmeg for dusting (about ¼ tsp)
- 1 (9-inch) unbaked pie shell of your choice

Preparation

Prebake the pie shell in advance for the time recommended for that particular crust.

Preheat the oven to 375°F/190°C. Although the custard is cooked in a saucepan, the oven is necessary for finishing and creating a golden “baked custard” surface.

To prepare the custard, pour the milk into a large saucepan and whisk in the starch until dissolved. Add the remaining ingredients **except** for the nutmeg and place over medium heat. Please note that the butter or margarine will melt and combine as the mixture heats. Cook until the mixture comes to a soft boil while stirring **constantly** with a flexible spatula to prevent scorching. Do not walk away from the mixture as it heats or it can quickly boil over. Remove the saucepan from the heat.

Pour the custard into the pre-baked pie shell and dust with the nutmeg. Place the pie on a baking sheet and bake for 10 minutes.

Let the custard cool until the bottom of the pie pan is lukewarm. Unlike traditional egg custard which cooks and sets in the oven, eggless custard sets as it cools. Transfer to the refrigerator and chill uncovered until completely set, about 1 hour. Once set, loosely cover with plastic wrap until ready to serve.

For Custard without a Pie Crust: Pour the custard mixture into 7 individual ramekins and dust with the nutmeg. Place the ramekins on a baking sheet and bake for 5 minutes. Remove from the oven to cool. Unlike traditional egg custard which cooks and sets in the oven, eggless custard sets as it cools. Let the custard cool until the bottoms of the individual ramekins are lukewarm. Transfer to the refrigerator and chill uncovered until completely set, about 1 hour. Once set, loosely cover with plastic wrap until ready to serve.



Whole Grain Bread Pudding

with Drunken Raisins and Salted Caramel Sauce



Ingredients for the Bread Pudding

- 12 standard slices day-old whole grain bread, cubed
- ½ cup raisins
- brandy, rum, whiskey or water (for rehydrating the raisins)
- 1 carton (12.3 oz) Mori-Nu™ silken tofu
- 1 and ¼ cup non-dairy milk
- ¾ cup organic sugar
- ¼ cup cornstarch or unmodified potato starch
- 2 T nutritional yeast flakes
- 2 T non-dairy butter or margarine, softened; plus additional for greasing the baking dish
- 2 tsp real vanilla extract
- ½ tsp ground cinnamon, plus additional for sprinkling over pudding
- ¼ tsp ground nutmeg
- pinch fine sea salt

Ingredients for the Salted Caramel Sauce

- ¼ cup non-dairy butter or margarine
- ½ cup light brown sugar
- 2 T non-dairy milk
- ½ tsp fine sea salt

Preparation

Place the raisins in a small dish and add just enough liquor or water to cover. Let stand until the raisins have absorbed as much liquid as possible, about 1 hour. Drain and discard any excess liquid.

Grease an 8-inch baking dish with non-dairy butter or margarine; set aside. Preheat the oven to 375°F/190°C.

Place the cubed bread into large mixing bowl and set aside.

Add the remaining bread pudding ingredients to a blender and process until smooth. Pour the contents over the cubed bread and toss thoroughly until the mixture is absorbed into the bread. Add the raisins and toss to combine. Transfer the moistened bread to the baking dish and bake uncovered 1 hour. Remove from the oven to cool until warm or room temperature. Cooling is important as this will help set the pudding.

For the sauce, add the butter and brown sugar to a small saucepan and place over medium-low heat. Cook, stirring frequently, until the sugar dissolves and the caramel mixture begins to bubble. Whisk in the non-dairy milk and stir until smooth. Add the salt and bring to a boil. Remove from the heat to cool and thicken for 5 minutes before serving. Plate the bread pudding and drizzle the warm caramel sauce on top. Serve immediately.



Classic 'Nog

A rich and creamy non-dairy and egg-free concoction flavored with vanilla and nutmeg. Spike with your favorite liquor, if desired, such as brandy or rum and garnish with a dash of freshly grated nutmeg. 'Nog is also fantastic when added to hot coffee. Pre-soaking the cashews is not required. This recipe yields about 4 cups or 1 quart.

Ingredients

- 1 cup (5 oz) whole raw cashews
- 3 and ½ cups non-dairy milk
- 1 cup organic sugar
- 1 T nutritional yeast
- 2 tsp real vanilla extract
- ½ tsp ground nutmeg plus additional for garnish
- ¼ tsp fine sea salt
- optional: liquor of your choice

Note: If the mixture is too thick for your liking, small amounts of additional non-dairy milk can be added to adjust the consistency. Keep in mind that if liquor will be added to the eggnog, this will also dilute the consistency.

Preparation

Place the cashews and the non-dairy milk in a high-powered blender with the remaining ingredients (except for the optional liquor) and process the mixture on high speed for 2 full minutes. Pour the eggnog through a fine mesh strainer into a sealable container and chill thoroughly.

Discard any undissolved solids captured in the strainer. Stir or shake the eggnog before serving and stir in the optional liquor. Pour into individual glasses and garnish with grated nutmeg. Store refrigerated and consume within 7 days.



Pumpkin 'Nog

A rich and creamy non-dairy and egg-free concoction blended with pumpkin purée and flavored with cinnamon, nutmeg, ginger and clove. Spike with your favorite liquor, if desired, such as brandy or rum and garnish with a dollop of non-dairy whipped cream and a dash of freshly grated nutmeg. Pumpkin 'nog is also fantastic when added to hot coffee. This recipe yields about 5 cups.

Ingredients

- 1 cup pure pumpkin purée
- 1 qt/4 cups non-dairy milk
- 1 cup organic sugar
- 1 T nutritional yeast
- 2 tsp real vanilla extract
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp freshly grated nutmeg plus additional for garnish
- ¼ tsp ground cloves
- pinch of sea salt
- optional: liquor of your choice
- optional garnish: non-dairy whipped cream

Preparation

Process all the ingredients (except for the optional liquor and optional whipped cream) in a blender until completely smooth, about 1 minute. Chill thoroughly. Stir or shake before serving and stir in the optional liquor. Pour into individual glasses and garnish with the optional whipped cream and grated nutmeg. Store refrigerated and consume within 10 days.

