



Vegan Holiday Cooking Class

Happy Holidays Flavored Water

This is hydrating holiday beverage is not only pretty but also light in flavor & refreshing! Adding the optional ginger can help settle over-indulgent holiday tummies ☺

Ingredients:

2-3 cinnamon sticks, whole
¼ cup fresh cranberries left whole
¼ cup fresh cranberries, roughly chopped or crushed to open
1 granny smith apple, cored & thinly sliced
1-2" piece of fresh ginger, peeled & sliced (optional)

Directions:

Combine all ingredients in a half gallon jar; fill with water. Cover & tilt gently to mix; let sit in the fridge overnight. Strain the flavored water into a serving pitcher. Refill the half gallon jar one more time & let sit for the day or until guests arrive. Combine for a gallon of flavored water!

Spicy Cranberry Orange Relish

Makes about 1½ cups

Ingredients:

½ c. fresh Cranberries
3 navel oranges
4 T. Turbinado sugar
1-2 chopped Jalapeno
1 small Shallot
1 t. ground Coriander
½ t. ground Cumin

Directions:

Zest one of the oranges and set aside the zest. With a knife, cut away the peel and pith from all oranges. Coarsely chop. Place the oranges and remaining ingredients in a food processor and pulse until coarsely chopped. Let sit at least an hour at room temperature before serving.

Holiday Un-Stuffing (*Makes 6 servings*)

Ingredients:

2 cups water
1 cup quinoa
1 sweet potato, scrubbed
½ red onion, diced
1-2 cloves garlic, diced
½ cup fresh cranberries, roughly chopped
2 t. cumin
1 t. salt & pepper (to taste)
Olive Oil (mister preferred)
¼ cup walnuts, roughly chopped

Garnish:

Fresh parsley, chopped
Dried cranberries
Walnuts (*reserved from above*)

Directions:

1. Place the quinoa & water in a sauce pan; cover & bring to a boil. Reduce heat to low & cook 20 minutes or until all the liquid is absorbed & the quinoa fluffs easily with a fork.
2. Preheat oven to 400 degrees; line a 9x13 baking dish with parchment paper.
3. Combine the cubed sweet potato, diced onion & garlic, roughly chopped fresh cranberries, cumin, salt & pepper together in a bowl. Mist lightly with olive oil to coat.
4. Bake in oven about 20 minutes.
5. When the quinoa is done & the sweet potatoes are fork-tender, gently combine the quinoa, sweet potato mixture, & walnuts (reserve a little of the walnut crumble for garnish). Taste & season with salt & pepper if necessary.
6. Garnish the stuffing with chopped parsley, dried cranberries, and walnut crumble.

Garlic Mashed Potatoes

Makes 4 servings

*5 whole garlic cloves
2 large russet potatoes, scrubbed
½ cup water
½ cup non-dairy milk
½ t. salt, or to taste*

Directions:

Spread garlic in a medium pot. Cut potatoes into ½ Inch chunks and spread over garlic. Add water and bring to a low simmer over medium heat. Reduce heat to low, cover pan, and cook for about 25 minutes until potatoes are tender when pierced with a knife. Check occasionally, adding extra water a tablespoon at a time if pot becomes too dry.

Mash with a potato masher or fork, then stir in enough non-dairy milk to obtain a creamy consistency. Add salt to taste.

Mushroom Gravy

Ingredients:

*12 oz. Button Mushrooms, sliced
1/4 c. Water
1/4 c. Flour
1 1/2 c. Veggie Broth
2 T. Soy Sauce
1 t. Italian Seasoning
1/4 t. Black Pepper
Salt, to taste*

Directions:

1. Saute mushrooms in water over medium heat for about 5 minutes, or until tender.
2. In a small bowl, whisk the remaining ingredients together.
3. Add mixture to mushrooms and bring gravy to a simmer, stirring often for 3-5 minutes.
4. Continue cooking until desired thickness. Add salt to taste.

Cranberry Pecan Brussels Sprout Salad

Salad:

*5 cups Brussels Sprouts
1 cup cooked Quinoa
2 Broccoli Stalks
¾ cups Walnuts
1 cup dried Cranberries or Cherries
Arils of 1 Pomegranate (optional)*

Dressing:

*1 large Orange, zest & juice
1 Shallot
2 Tbsp Maple Syrup
2 Tbsp Vinegar
5 Walnuts
¼ tsp ground Cinnamon
Salt & Pepper to taste*

Alternate Dressing:

*2 cups fresh or frozen raspberries
2 teaspoons Dijon mustard or grain mustard
1 tablespoon balsamic vinegar
1 tablespoon finely chopped fresh herbs,
such as thyme or rosemary (optional)
1 teaspoon maple syrup, or to taste
1/4 teaspoon salt, or to taste
1/4 teaspoon black pepper, or to taste*

1. Thinly slice Brussels Sprouts.
2. Toss greens with remaining salad ingredients.
3. Process all dressing ingredients in a blender until completely smooth.
4. Pour dressing over salad and mix until distributed evenly.

Dijon-Dill Green Beans

(from Blissful Bites)

1 lb. Green Beans, washed & trimmed

1 c. sliced almonds, washed & toasted

Dressing Ingredients:

¼ c. Olive Oil

2 T Red Wine Vinegar

2 T Lemon Zest

2 T Lemon Juice

2 T Dijon Mustard

2 T Maple Syrup

½ t. Sea Salt

½ t. Black Pepper

1 T. Tahini

1 T. White Miso

1 T. fresh Dill

Directions:

Blend dressing ingredients in a blender or whisk in a small bowl.

Fill a 3 qt saucepan 2/3 with water and bring to a boil. Add green beans to water and return to boiling, then remove after 45 seconds. Drain beans, toss with dressing and garnish with sliced almonds.

Lentil Rice Loaves

Ingredients:

1 cup cooked brown-green lentils

1 cup cooked short-grain brown rice

1 medium onion, chopped

10 medium white or brown (cremini) mushrooms

2 large rib celery, chopped

1 T. freshly minced garlic (about 5 medium cloves)

1 ¾ cup quick-cooking rolled oats (ground in food processor)

1 can (6 ounces) tomato paste

1 T. minced fresh sage leaf (or 1½ t. dried, rubbed sage)

2 teaspoons minced fresh thyme (or 1 t. dried)

1½ teaspoons minced fresh rosemary (or ¾ t. dried)

Marinara or BBQ sauce to top (optional)

Instructions

1. Preheat oven to 350 degrees. Line a standard size loaf pan (9 by 5 by 3-inch) with parchment paper (see photo below) and set aside (or use a silicone loaf pan).
2. In a medium skillet on high heat, add 1 tablespoon of water. When the water begins to sputter, add the chopped onion, mushrooms, and celery, and cook stirring for about 3 minutes, adding water just as needed to prevent sticking. Add the garlic, and cook stirring for an additional 2 minutes, until the vegetables have softened (adding water as needed). If you're using dried herbs, stir them in with the garlic (if using fresh herbs, add them in next step). Remove from heat.
3. In a large bowl combine the oats, tomato paste, and if you're using fresh herbs (rosemary, thyme, sage) add them now as well. When the cooked vegetables, and rice and lentils have cooled for about 10 minutes, add them to the bowl and stir until all ingredients are mixed thoroughly.
4. Place half of this mixture into a food processor. Pulse about 3 times, then scrape down sides; pulse another 3 times, so it gets blended but is still somewhat chunky. Spoon this into the loaf pan. Place the remaining mixture into the food processor and repeat pulsing in the same way. Add this second half to the loaf pan. Press down firmly and into the corners. Shape the top flat or with a slight rise down the middle.
5. Top with marinara sauce or bbq sauce (if using) and cook for 1 hour. Let cool in pan for 20 minutes.

These loaves are very versatile. You can add a vegan beef bouillon cube or vegan chicken cube to change the flavor profile.

Pumpkin Pudding with Whipped Soy Cream (from the Great Life Cookbook)

Makes 20-24 servings

PUDDING

9 cups of pumpkin puree

1½ t. salt

12 oz soft Tofu

1 cup Brown Rice Syrup

1½ cup pure maple syrup

1 T. Cinnamon

1½ t. ground ginger

1½ t. nutmeg

½ t. ground cloves

1 T. vanilla extract

2 ½ cup unsweetened Non-Dairy Milk

½ cup Arrowroot

Pudding Directions:

1. Preheat oven to 350 degrees.
2. Mix pumpkin, tofu, sea salt, spices, syrups, vanilla and 1½ cup Oat or Soy milk in a blender or food processor until smooth.
3. Dissolve ½ cup of arrowroot in the cup of remaining oat/soy milk, making sure to mix thoroughly to remove any clumps of arrowroot. Fold into the pumpkin mixture directly before baking.
4. Bake for 1 hour.

WHIPPED SOY CREAM

2 lbs firm Tofu

1 cup brown rice syrup

1 cup pure maple syrup

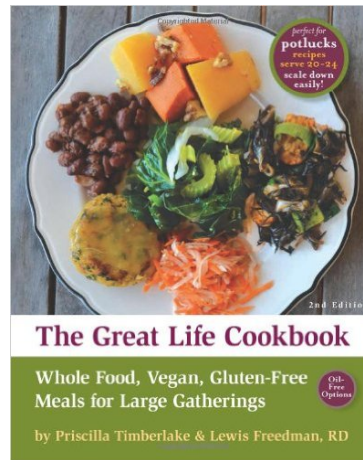
½ t. sea salt

1 T. vanilla extract

1 t. almond extract

Whipped Cream Directions:

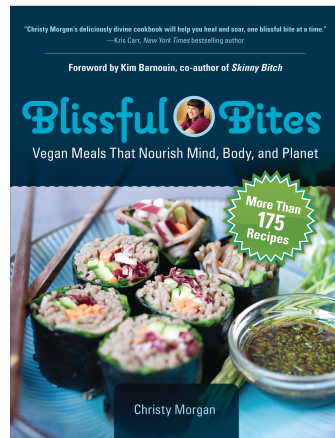
1. Boil the tofu for 10 minutes and then rinse under cold water. Squeeze out extra water.
2. Whip all ingredients together in a blender until smooth.
3. Place a dollop on each serving of pudding.



The Great Life Cookbook

~ by Lewis Freedman

“96 recipes, from soup to dessert arranged in 12 seasonal menus. Recipes serve 20-24, great for parties, potlucks and dinner clubs, which are easily scaled down to serve a small family.”



Blissful Bites

~ by Christy Morgan

“Blissful Bites sets you down the path to better eating and living by changing your diet from processed foods to those that are light and naturally delicious. These 175-plus plant-based recipes follow macrobiotic and vegan diets, while satisfying any craving.”

For more healthy cooking classes, check out

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