



A Very Covid Christmas*

Sharing Seasonal Comforts,
From My Kitchen to Yours

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* Alt title:
Happy F*cking Holidays!
Covid Sucks.

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GIVE JOY AND FIGHT HUNGER

If you're reading this book considering what to cook this holiday season, you are more fortunate than many others right now. Please join me in giving generously to Feeding America to help raise \$50,000 to bring meals to hungry families. Our neighbors need us.

Times are hard for everyone right now—but they are even more difficult for those who have lost their jobs and are facing hunger, possibly for the first time in their lives. Feeding America estimates a **\$1.4 BILLION shortage to feed hungry families**. To me, giving is the essence of the holiday season. Please, give as generously as you are able, and share this cookbook and my campaign widely to make the holiday season a bit brighter for families in need.

Click on the button below to go directly to Feeding America and make a fully tax deductible charitable donation.

YES! I will help feed hungry families this holiday season.

What is "Healthy Hedonism"?

i.e., How to Eat the #pkway, During the Holidays and Always

health·y· he·don·ism™

/'helTHē/ /'hēdə,nizəm/

- 1. health:** a state of complete physical, mental, social, and spiritual well-being
- 2. hedonism:** the pursuit of pleasure; sensual self-indulgence
- 3. healthy hedonism:** a plant-based, globally-inspired diet that promotes health, prevents disease, and protects the planet, one delicious bite at a time; the #pkway

Healthy Hedonism, Explained

Three Keys to Feed Your Body and Soul

THREE KEYS to creating a lasting diet that's better for you and the planet too (and doesn't suck):



Plant-Powered

Because going green is everything.



Pleasure-Centered

Because we're driven by taste.



Evidence-Based

Because science.





Non-Dairy Eggnog

You definitely don't need animal milk to make a great nog. I've used a lot of different plant milks in this recipe (flax, almond, soy), and they all work out beautifully. And doubtless you could use JUST eggs to make a full vegan nog.

Prep & Cook: 30 minutes

Skill Level: Medium

Vegetarian, Eggs, Gluten-free

Ingredients

- 8 eggs
- 1/4 cup honey
- 1/2 gallon plant-based milk, unsweetened
- 2 teaspoons vanilla extract
- 1 cinnamon stick
- 1/2 tablespoon whole cloves
- 1 whole nutmeg
- Peel from 1/2 orange (or so, optional)

Even-Quicker Eggnog

Many people drink eggnog made with raw eggs, though it does carry a higher risk of food poisoning (as when you eat sunnyside up or poached eggs with a runny yolk). An advantage is you decrease the risk of making custard.

Directions

Whisk up the eggs in a large saucepan. (If you use an electric beater, don't overbeat and make it frothy.) Add the milk and cook slowly over medium-low heat, whisking constantly, then stir in the spices, orange peel, vanilla, and honey, stirring to combine.

It usually takes around 20-30 minutes for the nog to reach a temperature of about 160-170 degrees F (70 C or so), which you want to do in order to cook the eggs. When it reaches the correct temperature, remove from the heat and let sit for 2-3 hours. If the nog appears a bit lumpy—it's just a bit of cooked egg—simply strain it through a colander.

Once chilled, taste and adjust the seasoning, viscosity, or "creaminess" as you desire. This recipe will yield a nog thinner than most given the lack of fat. Some people like to add whipped cream, although I personally don't like to turn my nog into dessert. (I do most definitely rum, whiskey, or brandy.)

Chef's Note. I tend to multitask while waiting for this to cook but do be careful. There is a fine line between eggnog and custard, as I've learned. The latter is delicious, but not to imbibe. (Update: *this literally just happened while writing this very update. FUUUUUUUUUCK.*)



The Christmas Diva

"The Diva" was named in honor of my theatre family (get it?), and it often serves as my house cocktail. (When people used to come over and all). The ingredients say it all. (I'll add a prettier photograph next time I make one.)

Prep & Cook: 5 minutes

Skill Level: Super Easy

Vegan, Gluten-free

Ingredients

- 2 parts bourbon
- 2 parts pomegranate liqueur
- 1/2 ounce simple syrup
- 1/2 ounce triple sec (or Grand Marnier, if you want to kick it up a notch)
- Juice from 1/4-1/2 lemon
- Pomegranate seeds or lemon twist (for garnish)

Directions

Add some ice and water to chill your martini glass, then toss a handful of cubes into your shaker. Shake all the ingredients together (in quantities to suit your taste) and then strain a bit into your chilled glass. How does it taste? Hopefully all is sublime, but if not just futz with some of the ingredients to get the right blend for your palate. Pomegranate juice may be substituted for the liqueur in whole or in part for a less boozy cocktail.

(Picture: A bunch of divas at a book-signing party)



Manhattan for the Holidays

Traditionally garnished with maraschino cherries—the good bars use scrumptious Luxardo cherries—this #pkway version swaps in rosemary-roasted cranberries to add color, tang, and earthy herbaceous notes. Garnish with fresh rosemary for a festive finish.

Prep & Cook: 25 minutes

Skill Level: Easy

Contains alcohol.

Ingredients

- 2 parts bourbon or whiskey
- 1 part sweet vermouth
- Squeeze of lemon juice
- Tablespoon of roasted cranberries
- Few dashes bitters
- Twist of lemon, for garnish
- Fresh rosemary spring (optional)

Directions

Roast the cranberries. (page 7)

Shake all ingredients but the bitters together in a cocktail shaker. Strain into a martini glass if you prefer your Manhattans straight up, then add gently stir in few dash of bitters and finish with lemon twist.

Alternatively, throw the whole shebang into a rocks glass, which will ensure your cranberries get into the drink (if you want).

Note. This cocktail emerged naturally, when I had roasted cranberries on hand in the fridge from making a batch of cranberry sauce. In other words, you could always use a tablespoon or so of that if you don't have another reason to roast cranberries. None of that appeal? Then just make a regular Manhattan and garnish it with fresh cranberries and a spring of rosemary to make it festive. (But, c'mon! Roast up some cranberries. It's fun! And it's festive!)

(Picture: Self-explanatory.)





Double Cranberry Sauce

My cranberry sauce begins with roasting these small crimson fruits until they burst, then simmering them with dried cranberries and fresh orange juice to create a bright, tangy sauce that goes with all kinds of things, including the baked brie and Christmas Manhattan in this collection.

Prep & Cook: 25 minutes

Skill Level: Easy

Vegan

Ingredients

- 3 cups or so whole cranberries (12 ounce bag)
- Few tablespoons fresh rosemary, chopped finely
- ~1 teaspoon grapeseed oil
- ~1 teaspoon olive oil
- 1 shallot (~ 2 tablespoons, finely minced)
- 1 cup water
- ~1/2 cup freshly squeezed orange juice
- 1/2 cup dried cranberries
- 1/4 sugar
- 1/4 cup honey
- Zest from orange (optional)
- Toasted walnuts (optional)



Directions

Preheat the oven to 475° F. Place the cranberries on a baking sheet, drizzle with grapeseed oil, and season with salt and pepper. Toss with fresh rosemary. They will be done in about 10 minutes.

While cranberries are roasting, sauté the shallot in a sauce pan over medium-low heat, until softened. Turn up heat and add water to deglaze the pan a bit before adding the roasted cranberries, which you'll mash up to your liking using a hand potato masher. Add the orange juice to ease things along. Now, add the dried cranberries, sugar, honey, and orange zest if using. Turn heat to low and simmer for 10 minutes or so, adding more liquid if you like (either water or orange juice if you have any left).

Sauce is generally best at room temperature. If it gets too thick (as this did in the header photo), add more orange juice or water to thin, a bit at a time to ensure flavors do not dilute.

(Picture: Two-bite sweet potato latkes with cranberry sauce.)



Simply Roasted Brussel Sprouts

Forget mushy, smelly sprouts from days of yore: Roasted Brussels sprouts are a revelation. You need do nothing else with this simple side dish. but you can get as fancy as you wish, like topping with toasted hazelnuts; tossing with caramelized onions; or scattering with dried cranberries.

Prep & Cook: 20 minutes

Skill Level: Super Easy

Vegan, Gluten-free

Ingredients

- 2 pounds of Brussels sprouts, trimmed if needed and cut in half if very large
- Drizzle of olive or grapeseed oil
- Salt and freshly ground pepper

Directions

Preheat oven to 475° F. Pour the sprouts onto a baking sheet and place in the oven. Set the timer for 10 minutes. When the buzzer goes off, take a look: they should be brown in some places, especially on the bottom. Give them a toss and throw them back into the oven for, say, 5-7 more minutes. The final cooking time depends on how big the sprouts were, whether they were cut in half, and so forth.

Serving suggestion. Swath fresh ricotta onto a toasty crostini then top with a few sprouts and caramelized onions for a seriously tasty hors d'oeuvre (pictured).





Roasted Beetroot and Arugula Salad with Toasted Walnuts and Honey-Dijon Vinaigrette

If you haven't yet begun eating beets, you are missing out! They come in a bevy of colors, large and small, and make a simple, elegant, and delicious dish when served with crunchy walnuts and sprightly arugula. A scatter of blue cheese or chèvre is a decadent touch for cheese-lovers.

Prep & Cook: ~1 hour Skill Level: Easy Vegan, Gluten-free

Ingredients

- 1 cup walnuts, toasted
- 6-8 small beets
- 1 clove garlic, crushed
- 2 teaspoons Dijon mustard
- 2 tablespoons white balsamic vinegar
- 4-6 tablespoons vegetable oil (olive, canola, or grapeseed)
- Drizzle or two of honey (or agave nectar)
- Salt and freshly ground pepper, to taste
- Large bunch of arugula

Serving Note. Orange segments are a sensational match to this salad; I often use purple beets alone (as yellow are much milder) and rely on the orange for a color boost. (Oranges are usually in this particular salad, just not in this photo.)

Directions

Preheat oven to 475° F. Place walnuts on a cookie sheet in the cold oven; they'll be toasted in 5-8 minutes. Meanwhile, wash squash, trim ends, coat with olive oil, season with salt and pepper, and wrap in foil. Roast in the very hot oven 25-45 minutes; time depends on size of beets. After about 25 minutes poke a sharp knife into a beet; a lack of resistance means it's done.

Remove cooked beets and let them cool. When able to handle, slice thickly. The skins are totally edible and usually have a crispy texture after roasting.

Meanwhile, whisk mustard, vinegar, and garlic together in a small bowl, then whisk in about 4 tablespoons of oil, until emulsified, then honey. Season with salt and pepper and taste: some people like a dressing with a more vinegary zing while others prefer a milder taste.

Toss arugula together with some vinaigrette and plate. Toss beets in additional vinaigrette and place artfully atop the greens, then scatter with walnuts and cheese (if using). Season with salt and pepper and pass additional vinaigrette on the side, if needed.



Bourbon and Brown Sugar Baked Brie

Look no further for the best baked brie recipe ever: You've arrived. The key is omitting the pastry commonly covering the wheel and instead letting the cheese mingle freely with the bourbon and brown sugar and fruits to allow the flavors to meld together in a most pleasing fashion.

Prep & Cook: 30 minutes Skill Level: Medium Vegetarian, Gluten-free

Ingredients

- 1 wheel brie
- 1/3 cup cranberry sauce
- 1/3 cup bourbon
- 1 tablespoon brown sugar
- 1 tablespoon dried apricots, sliced
- 1 tablespoon dried cranberries
- 1/4 cup chopped pecans, toasted

Directions

Preheat oven to 350° F.

Split the cheese in half laterally (like a cake layer) and spread the bottom with 1/4-1/2 cup or so of fresh cranberry sauce (page 7); the amount you need depends on the size of the wheel. Place the top layer atop the cranberry sauce.

Heat bourbon and brown sugar in a small sauce pan, until sugar is dissolved. Be quick, otherwise the bourbon will evaporate (which is unfortunate). Add the dried fruits. You should have enough liquid to pour over the top of the brie and gather at the bottom of the oven-proof dish.

Which reminds me that you need to place the brie wheel into an over-proof dish. Do that, then top with bourbon-brown sugar-dried fruit mixture. Scatter with toasted pecans.

The brie is done in about 10 minutes (depending on whether you used double- or triple-cream). It looks like the picture when it's done. While it's cooking slice up baguette or make crostini for serving. This be served right of the oven, for obvious reasons.





Triple Chocolate Biscotti

Biscotti was never my thing. Until this recipe. The secret may be using dark chocolate cocoa powder, then adding more dark chocolate chunks, toasted walnuts, and dried cherries to the batter, then drizzling on even more chocolate.

Prep & Cook: ~1 hour

Skill Level: Medium

Vegetarian, Dairy

Ingredients

- 2 cups white whole wheat flour
- 1/2 cup unsweetened cocoa powder (high quality dark if you can find it)
- 1/2 teaspoon espresso powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 6 tablespoons unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla
- 1/2 cup walnuts, chopped
- 1/2 cup dark chocolate chips
- 1/2 cup dried cherries, chopped



Directions

Preheat oven to 350° F. Spray and flour a large baking sheet. Whisk dry ingredients together and set aside. Beat butter and sugar until fluffy, then add eggs and vanilla and mix well. Stir walnuts chocolate chips, and dried cherries into the flour to coat, then beat slowly into the egg batter. Dough will be stiff.

For standard-sized biscotti, form dough into two logs, about 15 inches long and 2 inches wide and flatten. I personally prefer smaller cookies (#pkway), so I go mini. In this case, make 3 logs that are 1.5 inches wide. Because these cookies expand during baking, it's not as small as it sounds.) Bake 20-25 minutes (depending on the size), until slightly firm to the touch.

Carefully cut the cookies on the diagonal into 1/2-3/4 inch slices using a serrated knife. Arrange on baking sheet cut sides down and bake 7 minutes. Turn gently and bake an additional 7 minutes, then remove from oven and place cookies on racks to cool.

To adorn with even more chocolate, which is important, simply melt the chocolate of your choice (white, milk, semisweet, dark) over a simmering pan of water, then use a big spoon to drizzle over the cookies.



Luscious Canadian Butter Tarts

This variation on my mother's original recipe gets an extra dose of Canadian by including maple syrup (100% real, people), maple sugar, and maple extract I feel badly for people who didn't grow up eating butter tarts at Christmas; they are the most delectable of holiday sweets. Truly.

Prep & Cook: ~2 hours

Skill Level: Medium

Vegetarian, Dairy

Ingredients

Crust

- 2-1/4 cups flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 cup butter, cold
- 1/2 cup shortening, cold
- 1/4 cup water (approximately)

Filling

- 1-1/2 cups dark raisins
- 1/2 cup butter
- 1 cup brown sugar
- 3/4 light corn syrup
- 1/4 cup pure maple syrup
- 3/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla
- 1 teaspoon maple extract (omit if you can't find it)

Directions

For pastry. Combine all dry ingredients into a small bowl. Dice butter and shortening and mix in with a fork or pastry cutter until there are small chunks the size of peas. Add water one tablespoon at a time and toss until mixture comes together; you'll likely need the full 1/4 cup or slightly more. Note that a food processor can be used as well, following the same instructions except using short pulses to combine. Create two discs, wrap in plastic, and refrigerate for 30 minutes.

For filling. Combine raisins, butter, brown sugar, corn and maple syrups, and salt in a heavy saucepan just until butter is combined. The mixture should not get terribly hot or boil or anything like that. Add the beaten eggs, vanilla, and maple extract (if using).

Preheat oven to 450° F. Roll out each pastry, which will yield about 12 3" circles per half. (Reroll scraps and reuse once for additional circles). Line a tart pan with the pastry and fill about 2/3 full with filling. Bake for 10 minutes and remove when pastry is golden and filling is bubbling; it may need a couple more minutes.

Let tarts cool completely before removing from pan, and note that it will be difficult if filling overflowed, so try and avoid that.

Those preferring larger tarts can use a bigger tart pan, increasing the cooking time proportionally.



Poached Pears and Blackberries

I adore poached pears; they appear on almost on every holiday menu I make, They can be paired with blue cheese for a sweet and savory hors d'oeuvre or appear as part of a cheese course. Or drizzle them with melted dark chocolate for a decadent dessert.

Prep & Cook: ~2 hours

Skill Level: Medium

Vegetarian, Dairy, Gluten-free

Ingredients

- 6 pears, ripe but firm
- 1 cup blackberries
- 1 bottle fruity red Zinfandel wine or Port
- 2 cinnamon sticks
- 5 cloves
- 5 star anise
- 10 green cardamom pods
- 1 teaspoon pink peppercorns
- 1 teaspoon black peppercorns
- 1 cup white sugar
- Pinch salt
- 12 blackberries
- Lime, zested, for garnish
- Mint, for garnish

Directions

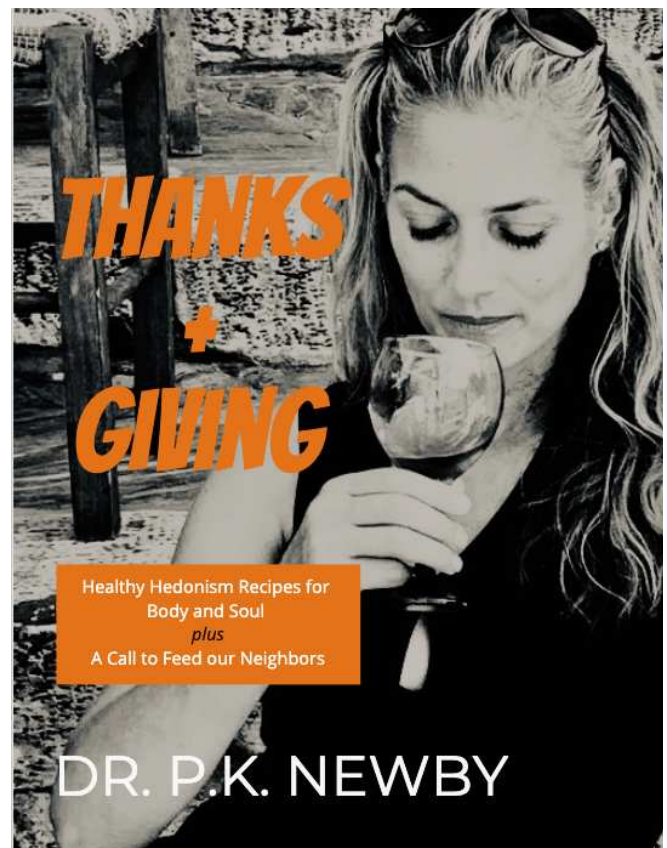
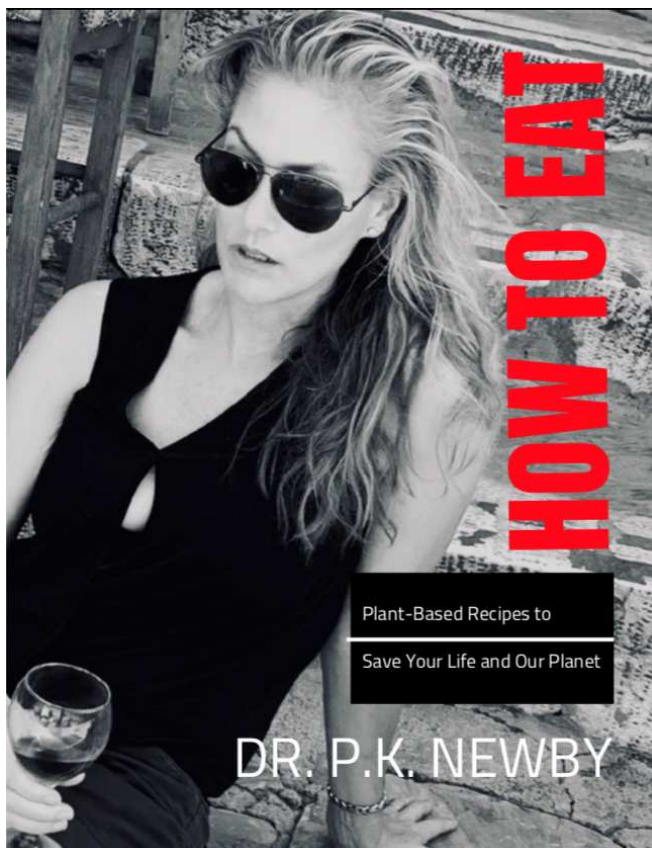
Crush the cardamom pods (the shells should break but not fall apart). Bring wine, sugar, spices, and salt up to a boil then reduce heat and simmer for about 5 minutes. In the meantime, peel pears. Whether you slice the pear or keep it whole is up to you: I like cutting them to maximize the surface area between the fruit and wine, but a single small pear left whole, like a Seckel, makes a stunning presentation. If you do slice them, remove the seeds using a 1/2 teaspoon. I used Comice pears in this recipe, as they are a seasonal treat and very juicy (and they also looked the best at the market); I cut them in sixths (not pictured here) as they are are huge.

Place pears in poaching liquid and simmer ~15 minutes. Time varies depending on the size of the pears and how firm/ripe they were to begin with. Watch carefully, since you don't want them to become baby food. (Unless you have a baby. But they probably shouldn't be eating this dish.) When a sharp knife is easily inserted, you're good to go. Remove pears them from the liquid and refrigerate until ready to use. Serve at room temperature in a pool of sauce.

While the pears are cooling, toss the blackberries to give them a quick bath (a few minutes), then remove the berries and turn up the heat and reduce the poaching liquid until it becomes a delectable sauce you'll need to stop yourself from drinking.

HOW TO EAT *Plant-Based Recipes*

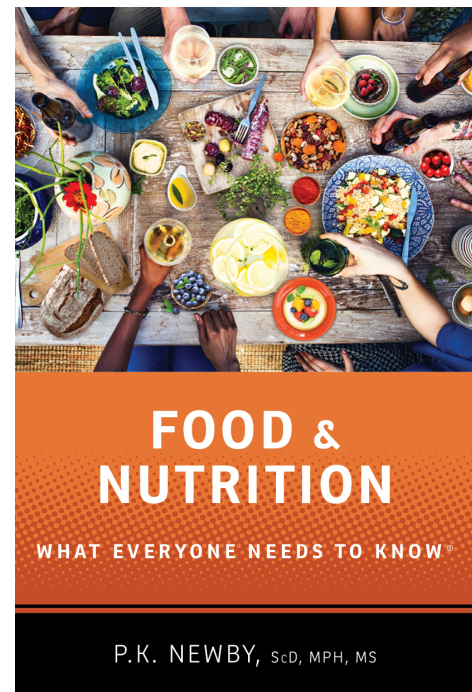
There are two more free e-cookbooks in this series. Like this one, I created them to help people eat better during the pandemic as part of a campaign to raise \$50,000 for Feeding America. You can [download them for free from my blog](#); they have many more recipes, including some you might also enjoy on your holiday table.



My Latest Book

Are you sometimes confused about what to eat for your health, or our environment? Do you feel like nutritionists are always changing their minds? Do you want science-based information but don't know who or what to believe? I got you.

If you answered "yes" to any of these three questions, you're not alone. And it's why I wrote *Food & Nutrition: What Everyone Needs to Know*. Say goodbye to fake nutrition news: In 134 Q & A, *Food & Nutrition* debunks food myths and junk-science that lie at the heart of nutrition confusion. You'll hear what science says about popular diets—keto to clean eating, GMOs to grass-fed beef, and beyond—and learn the truth about why what we eat matters, from farm to fork. And the best part? When it comes to a health-giving, disease-preventing diet, planet-saving diet, one size doesn't fit all. Nutrition confusion ends here.



Support your local bookstore or buy the book from [Indiebound](#) or [Amazon](#) or [OUP](#).

About Me

P.K. Newby, ScD, MPH, MS, aka, "The Nutrition Doctor", is a scientist, author, and science communicator whose work focuses on all things food, farm to fork. In 2012, she left the Ivory Tower to bring science to today's critical food and nutrition conversations and challenges through writing and other media—and fight junk-science in all the ways she can. She launched her second company, [Food Matters Multimedia, LLC](#), in 2019. She is an inspiring thought leader who speaks locally, nationally, and internationally, and her newest book is *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018), now translated into Chinese. Other works include *Superfoods* (National Geographic, 2016); two e-books on employee health and wellness (Virgin Pulse, 2015); and *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014). Dr. Newby also communicates with the public through her blog *Cooking & Eating the PK Way*, articles, and free e-books such as *Create Delicious Health: Change is Possible* (2018) and *How to Eat: Plant-Based Recipes to Save Your Life and Our Planet* (2020). She consults regularly and serves as a science advisor to or on the boards of several companies. Dr. Newby's passion for nutrition stems from a life-long love affair with food, from cooking, baking, and gardening as a kid to working in the restaurant industry. She was one of the "best undiscovered cooks" on ABC's *The Taste* (2014-15), where she created globally-inspired, plant-based cuisine showcasing her unique *Healthy Hedonism™* philosophy—and was the last woman standing with domestic goddess Nigella Lawson. She holds a doctorate from Harvard and two master's degrees from Columbia. A recovering academic, she left her Associate Professor position after serving on the faculties at Tufts, Boston University, and Harvard, where she was an award-winning educator and researcher.





MAKE GIVING A FAMILY TRADITION

Give the gift of a nutritious meal to neighbors in need this holiday season. Click on the button below to go directly to Feeding America and make a fully tax deductible charitable donation.

YES! I will help feed hungry families this holiday season.

Thank you for your consideration, and Happy Holidays!



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