

WHAT DO VEGANS EAT FOR CHRISTMAS?

Are you looking for a scrumptious recipe to prepare for your cruelty-free festive meal? Or perhaps you are catering for a vegan and you are not too sure what to do? Look no further ... try out some of these delicious recipes

Starters:

Curried Butternut Squash Bisque

6 cups butternut squash, peeled and diced into 1" cubes	$\frac{1}{4}$ tsp. ground nutmeg
2 tbs. olive oil	$\frac{1}{4}$ tsp. ground cloves
1 $\frac{1}{2}$ cups leeks, white parts, chopped	6 cups low-sodium vegetable broth
1 tsp. ground cumin	1-14 oz. can coconut milk
2 tsp. curry powder	2 Tbs. pure maple syrup
$\frac{1}{2}$ tsp. ground ginger	Salt and pepper to taste
$\frac{1}{2}$ tsp. ground cinnamon	

- Preheat oven to 400°F/200°C/gas mark 6. Place squash on a baking sheet and toss with 1 Tbs. of olive oil. Roast for 30-45 minutes or until tender. Set aside.
- Heat 1 tbs. oil in a large pot over medium heat. Add the leeks and sauté for 5 minutes. Add the spices. Stir the mixture until fragrant, about 1 minute.
- Add the broth, coconut milk, maple syrup and roasted squash. Bring the soup to a boil. Lower the heat and simmer for 15-20 minutes. Season with salt and pepper.
- Blend the soup until smooth. Serve while hot.

Two Pear Salad

2 large ripe pears	sea salt & freshly ground black pepper
2 large ripe avocados	40g (1 $\frac{1}{2}$ oz) watercress
juice of $\frac{1}{2}$ lemon	
4 tbsp olive oil	

- Peel and core the pears, then slice them thinly long ways. Halve and peel the avocados, remove stone and cut into long thin slices too.
- Drizzle generously with the lemon juice and olive oil. Season with salt and pepper.
- Put a few watercress leaves on each plate, then arrange pear and avocado on top.

<http://www.animalaid.org.uk/h/n/CAMPAIGNS/vegetarianism/ALL/1175//>

Cranberry and sweet onion tartlets

2tbsp olive oil
550g (19½oz) onions, thinly sliced
375g (13oz) puff pastry (Jus-Rol)
4tsp cranberry sauce

3tbsp chopped fresh rosemary
Soya milk to glaze

- Preheat oven to 220C/425F/Gas 7. Heat oil in large frying pan, add onions and cook over low heat, stirring frequently for 20mins until caramelised.
- On a lightly floured surface, roll out pastry to 5mm thick and cut out six 12.5cm circles using a pastry cutter. Flute the edges of the pastry decoratively. Place the circles on greased baking sheets and prick with a fork.
- Divide the cranberry sauce between the pastry circles, leaving 1cm border all round. Top with the onion and sprinkle of rosemary.
- Brush the edges with soya milk to glaze then bake for 15-20 mins until well risen, crisp and golden. Serve hot or warm.

Mains:

Kale, Apple and Parsnip Stuffed Squash

4 winter squash
2 tsp. olive oil
3 spring onions, chopped
2 garlic cloves, minced
1 bell pepper, chopped
1 red chilli pepper, seeded and finely chopped
1 parsnip, peeled and chopped

1 large or 2 small apples, chopped (peeled if desired)
1 small bunch kale, chopped
1 tsp. dried sage
1 tsp. Herbes de Provence
Salt and pepper to taste
1 Tbs. ground flaxseed (optional)
1 cup cooked millet

- Cut the tips off the bottoms of the squash so they will be able to sit level. Cut the squash cross-wise in halves. Scoop out the middles with the seeds. Set aside.
- In a large skillet, heat the oil over medium heat. Add the scallions, peppers, parsnip and apple and cook until softened, about 5 minutes. Add the spices and flax, if using, and mix well.
- Add the kale to the pan. Let the kale cook until wilted, about 5 minutes. Turn the heat off and add the millet to the skillet. Mix well.
- Put the squash halves into an oiled baking dish. Fill each squash with the stuffing. Pack it in and fill them generously. Cover the baking dish tightly with foil. Bake until the squash is tender - about 1 hour in preheated oven at 190°C/375°F/gas mark 5. .

Christmas savoury strudel

3 tbsp olive oil
2 onions peeled and chopped
2-3 cloves garlic peeled and crushed
2 x 400g (14oz) cans tomatoes
1 tsp dried basil
90ml (3fl oz) red wine
225g (8oz) button mushrooms sliced

sea salt & fresh ground black pepper
275g (10oz) filo pastry
100g (4oz) olive oil - for brushing pastry
90g (3½ oz) roasted cashew nuts, roughly
chopped (alternatively use pecan or pine
nuts)

- Heat 3 tbsp of oil in a large saucepan, add the onions, cover and cook for about 10 mins until tender but not browned. Add the garlic, tomatoes with their liquid, basil and wine. Simmer gently uncovered, stirring occasionally, until liquid has disappeared and mixture is quite thick - about 20 mins. Add the mushrooms and cook for a further 15 mins or until all liquid has boiled away. Mixture must be quite dry. Season and allow to cool.
- When cool assemble the strudel with filo cut to approx 12" x 8". Set oven at 200°C/400°F/Gas mark 6 if cooking straight away.
- Brush tray with olive oil, put the first layer of filo on the tray and brush with oil, sprinkle a third of the nuts on; lay on top another sheet of filo brushed with oil and sprinkled with nuts. Repeat a third time. Add a fourth layer of filo, brush with oil and put on tomato/mushroom mixture and spread out. Roll the whole thing up like a swiss roll.
- Bake for approx 30 mins until golden brown.
- Serve with red onion gravy (see below) and your favourite Christmas veggies.

From <http://www.animalaid.org.uk/h/n/CAMPAIGNS/vegetarianism/ALL/1176//>

Cashew Nut Roast with Sage and onion stuffing

A sixth of a cup/30g/1oz of vegan margarine (eg Pure or Vitalite)
2 sticks of celery, finely chopped
1 medium leek, finely chopped
1 and a half cups of hot water
1 teaspoon of yeast extract (eg marmite)
2 Tablespoons of soya flour

3 cups/550g/16oz of ground cashew nuts (or other nuts of your choice)
2 teaspoons of fresh herbs - winter savoury is great (if using dried 1 teaspoon)
3 cups/160g/6oz of white bread crumbs
Sea salt and pepper to taste
sage and onion stuffing

- Heat oven to 180°C/360°F/gas mark 4 1/2. Melt the margarine (in a large pan for mixing) and cook the celery and leek in it for a few minutes. Mix the yeast extract into the hot water (alternatively you could use any stock you like) and add this to the leek and celery.
- Stir in the soya flour, nuts, herbs, breadcrumbs and salt and pepper and mix well. Allow to cool slightly while you grease a loaf tin.
- Place half the nut roast mixture in the tin and press down well - then add the sage and onion stuffing (pressing down well again) and place the rest of the nut roast mixture on top.
- Bake in the oven for about 40 minutes then turn out of the tin and slice. Nice served with all the traditional trimmings and red onion gravy (see below).

From <http://www.veganfamily.co.uk/yule.html#lucy>

Mushroom, Wild Rice & Ale Pie

200g (7oz) Portobello Mushrooms
200g (7oz) chestnut mushrooms
200g (7oz) wild mushrooms (shitake, enoki, chanterelle)
30g (1oz) Pure spread or similar (eg Vitalite)
2tbsp olive oil
1 onion, peeled and finely chopped
30g (1oz) dried porcini, soaked in 200ml boiling water
3 garlic cloves, peeled and crushed

250g (8½oz) celeriac, peeled and cut into 1cm cubes
2tbsp plain flour
150ml vegan dark ale
100g (3½oz) freshly-cooked wild rice
Salt and freshly ground black pepper
500g (17oz) puff pastry (Jusrol)
2tbsp chopped fresh thyme leaves
Soya milk, to glaze

- Rinse the mushrooms and wipe clean. Cut each Portobello mushroom into eight, the chestnut mushrooms in half and the rest as appropriate.
- Heat the spread and oil in a large heavy-based saucepan and sauté the onion until soft and translucent but not brown. Drain the porcini, reserving the liquid, and chop finely. Add the garlic and chopped porcini to the pan and sauté for one minute before adding the celeriac. Stir to coat in the oil then add the mushrooms. Keep the heat high and cook the mushrooms, stirring frequently until softened.
- Gradually add the flour and stir gently until evenly combined. Add the ale and reserved porcini liquid and stir, over a high heat, until the sauce thickens. Stir in the rice and season to taste. Continue to cook for a further 2-3 minutes then remove from the heat and cool to room temperature.
- Preheat the oven to 220°C/425°F/Gas 7. Roll out two-thirds of the pastry on a lightly-floured surface to 3-4mm thick and use to line a 23cm rimmed pie tin. Stir thyme into mushroom mixture then spoon into the pie tin. Brush the rim of the pastry with a little milk.
- Roll out the remaining pastry and lie it over the top of the mushroom mixture and trim to fit. Using your fingers or a fork, pinch the pie edge together. Make a cross in the centre of the pie and brush with a little more soya milk. Cook in the oven for 40-50 minutes or until golden and crispy. Serve immediately.

Serves 4 to 6:

Recipe taken from *Vegetarian* by Pippa Cuthbert & Lindsay Cameron Wilson

Red Wine Gravy

25g ($\frac{3}{4}$ oz) vegan margarine	1 tbsp brown sugar
1tsp olive oil	250ml red wine
2 red onions, halved and thinly sliced	500ml vegetable stock
1 tbsp plain flour	Salt and pepper to taste
$\frac{1}{2}$ tbsp chopped fresh (or pinch dried) thyme	

- Heat the margarine and oil in a saucepan over a medium-low heat
- Add onions and sauté for 10 mins until they start to caramelize
- Stir in the flour and cook for 2 more mins. Add sugar and wine and cook for 5 mins.
- Slowly stir in the stock, bring to the boil and season to taste with salt and pepper.
- Keep over low heat until ready to serve.

Pine Nut & Fresh Herb Stuffed Aubergine with Tomato Garlic Sauce

4 oz (115g) brown basmati rice	1 oz (30g) fresh basil, chopped
6 medium aubergines	4 oz (115g) pine nuts, toasted
1 1/2 tbsp rapeseed or other vegetable oil	2 oz (55g) ground almonds
4 oz (115g) celery, chopped small	2 tsp vegetable bouillon
8 oz (225g) carrot, grated	1/2 pint (280 ml) water
1 oz (30g) fresh parsley, chopped	

- Pre-heat the oven to 220°C/425°F/gas mark 7.
- Cook the rice in boiling water. Drain and set aside.
- Prick the aubergines and put in a very lightly greased baking tray. Place in the pre-heated oven for 15 minutes to soften them.
- Allow the aubergines to cool a little. Cut in half lengthways and scoop out the middle leaving about 1/2 cm attached to the skin. Place the aubergine shells back in the baking tray and chop the aubergine you scooped out.
- Heat the oil and gently sauté the celery for 10 minutes. Add the carrot and chopped aubergine and sauté for a further 5 minutes.
- Take off the heat and stir in the cooked rice, parsley, basil, pine nuts, ground almonds, vegetable bouillon and water. Keep a little parsley and a few pine nuts back for decoration.
- Place the rice mixture in the aubergine shells. Cover the dish with foil and place in a preheated oven for 40 minutes. Garnish with parsley and pine nuts, and serve with tomato and garlic sauce (see below).

Serves 6

Tomato Garlic Sauce

1 lb (450g) tomatoes

1 tablespoon olive oil

1 medium onion, chopped finely

1 clove garlic, crushed

1 dssp soy sauce or to taste

- Blanche the tomatoes for 60 seconds in boiling water, then remove skins and chop. Heat the oil, add the onion and sauté gently for 10 minutes. Do not brown. Add the garlic and sauté for a further minute.
- Add the tomatoes and gently bring to the boil. Reduce the heat and cook for 10 minutes with the lid on, stirring occasionally.
- Liquidise and add the soy sauce. Reheat and serve. You can omit the garlic if preferred and make this a plain tomato sauce.

Desserts

Christmas Pudding

7 oz (200g) vegan margarine	1 cooking apple, grated finely
2 tbsp black treacle	1 medium carrot, grated finely
3 1/2 oz (100g) breadcrumbs	3 tsp mixed spice
3 1/2 oz (100g) wholemeal flour	1 tsp ground ginger
3 tbsp baking powder	1 tsp cinnamon
3 1/2 oz (100g) dried apricots, chopped	1/2 tsp nutmeg
3 1/2 oz (100g) prunes, chopped	1/2 tsp salt
10 1/2 oz (300g) mixture of currants, sultanas & raisins	Juice and grated rind of 1 lemon
3 1/2 oz (100g) soft brown sugar	3 tbsp sherry

- Cream the margarine and treacle together.
- Add all the other ingredients and mix well to a soft dropping consistency.
- Grease a basin and fill with the mixture leaving about 2 1/2 cm free from the top to allow for rising. Cover with greaseproof paper and aluminium foil and secure with string.
- Place in a saucepan and pour in boiling water halfway up the sides of the basin. Simmer gently for 5 hours, topping up the water as necessary.
- Once cooked the pudding can be kept cold until needed. Steam for a further 2 hours before serving.

From <http://www.vegansociety.com/lifestyle/food/recipes/christmas/>

Chocolate Cheesecake

250ml soya milk	1 tbsp vegan marg
1 pack of Tofutti vegan cream cheese	8 to 10 digestive biscuits (crushed)
150g (5oz) vegan chocolate	

- Melt the margarine in the bottom of a saucepan. Remove from the heat and add crushed biscuits. Spread over base of cake tin (6-8 inch diameter) and place in fridge to chill.
- Next, melt the chocolate over a pan of hot water until it is smooth. Remove from heat. Empty the cream cheese into another bowl and stir with wooden spoon until smooth, add soya milk and chocolate and mix together well.
- Try a little of the mixture as sometimes it can be a little bitter, depending on the chocolate used. If necessary, add a teaspoon of sugar and mix in thoroughly.
- Place mixture on top of biscuit base and return to fridge. Leave for a couple of hours or preferably overnight.

<http://www.animalaid.org.uk/h/n/CAMPAIGNS/vegetarianism/ALL/1186//>

Fig and Cointreau Christmas Cake

450g (1lb) sultanas and 225g (8 oz) raisins
(or use 675g dried mixed fruit)
225g (8 oz) dried figs (chopped into
quarters)
50g (2 oz) glacé cherries
500 ml (bit less than 1 pint) orange juice
230 ml (8 fl oz) vegetable oil
225g (8 oz) soft brown sugar

225g (8 oz) plain flour
1 tsp each of cinnamon, ginger and nutmeg
(or use 1 tbsp mixed spices)
1 tsp vanilla essence
250 ml (8 fl oz) Cointreau (or use rum if
you prefer)

- Pour the orange juice into a large bowl. Add the fruit and vanilla essence and leave to stand for at least an hour.
- Mix the flour, spices and sugar together. Add all the other ingredients (except the alcohol) and mix.
- Pour into a greased 8 or 9 inch (20 or 22 cm) cake tin. Place a piece of grease proof paper or foil on top. Bake in a pre-heated oven at gas mark 4 (175°C) for an hour. Remove grease proof paper.
- Lower temperature to gas mark 3 (160°C) and bake for a further hour. Test the cake by inserting a knife or skewer into the centre. If it comes out clean, the cake is done. It might need longer.
- Cool in the tin for 10 mins, then splash alcohol over the top. Remove from tin and wrap in foil when cool. Improves if stored for a few days.

<http://www.animalaid.org.uk/h/n/CAMPAIGNS/vegetarianism/ALL/1188//>

Chocolate truffles

3/4 cup raw cashews
3/4 cup cold water

1 lb fair-trade vegan chocolate
cocoa powder

- Put cashews and cold water in a blender and blend at high speed for 1-2 minutes (yes a long time).
- Scrape the sides down and blend again until the mixture is the consistency of heavy cream.
- Meanwhile, in a double boiler heat the chocolate until it's all melted.
- Cool the chocolate until it's comfortable to work with and fold in the cashew cream (making sure not to stir too fast or you'll create bubbles).
- Cool in the fridge for 2 hours (to set).
- Take out a small ball, roll in cocoa powder and store in fridge/freezer.
- Repeat until done.
- You could always replace a couple of tablespoons of water with rum or brandy to create a more adult version.

<http://www.food.com/recipeprint.do?rid=33995>

Additional resources:

Also see our Vegan Beginner (free at today's event on the entrance stand) for recipes for sticky toffee pudding, simple nut-roast, sugar free fruit cake (can be gluten-free) and vegan sausage rolls.

There are lots of resources to help you plan delicious vegan meals - and many websites have specific recipes for Christmas. If you want to see more recipes, check out these sites - but there are also many more to choose from:

Animal Aid: <http://www.animalaid.org.uk/h/n/CAMPAIGNS/vegetarianism/ALL/658/>

Cooking for Vegans:

<http://www.cookingforvegans.co.uk/veganrecipes/veganchristmasdinner.html>

The Vegan Society: <http://www.vegansociety.com/lifestyle/food/recipes/christmas/>

Viva: <http://www.viva.org.uk/christmas/index.php>

You can often find a vegan version of your favourite recipe simply by typing "vegan" and the name of the desired dish into a search engine. And you can often veganise meals for yourself, simply by replacing butter or margarine with olive or vegetable oil or using a vegetable spread like Pure or Vitalite. Dairy milk can be replaced with Soya milk. Meat-based stocks can be replaced with vegetable stocks. The more confident you get with your vegan cooking, the more you can experiment.

Becoming Vegan

If you're thinking of making the transition to veganism and would like some extra support, why not sign up to Bristol Animal Rights Collective's (BARC) Buddy Scheme? Information is available here: <http://veganbuddy.org.uk/> - or email veganbuddybristol@googlemail.com. You can also pick up a Beginner's Guide from the BARC stall at the Fair or available online on the BARC resource page: <http://www.bristolanimalrights.org.uk/resources/>

You can also take a Vegan Pledge with the Vegan Society. You can Pledge for up to a month to follow a vegan diet and will be given a free information pack, plus the help of an experienced mentor to answer any of your questions. For more information check out the Vegan Society stall at the Fair or have a look at: <http://www.vegansociety.com/veganpledge/>

If you would like another copy of this leaflet, we will be posting it on the BARC resource page at the web address given above.