

VEGAN

HOLIDAY COOKBOOK

Festive Plant-Based Meals and Desserts
for the Thanksgiving and Christmas Table

75

Veganized
Recipes for
Family and
Friends



KATIE
CULPIN

Creator of Delightful Vegans

VEGAN *holiday*
COOKBOOK



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for the Thanksgiving and Christmas Table

KATIE CULPIN



Skyhorse Publishing

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This book is dedicated to my mum, who
inspires me every day to become the best
version of myself. Love you more than the
moon, the stars, and the sun.



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INTRODUCTION



Hello, there! My name's Katie, and welcome to my first published cookbook. It's been a dream of mine to create and have a book published for many years, and I'm finally pleased to be able to share it with you. Hopefully, it'll be the first of many.

I run a food and travel blog called *Delightful Vegans* (delightfulvegans.com) with my partner, Josh (the man behind the photography in this book!), which we've been posting on for over four years.

First, I have a confession to make: I'm a massive foodie! Haha, well, I guess that may seem obvious owing to the fact that you are reading my cookbook. But really, here's the thing—I'm not a qualified chef. There, I spilled the beans. I just love cooking and creating new things in the kitchen, and I love experimenting with new ingredients, a few of which you may find in this book (don't let that put you off though: most of them are easy to find, see page xv). My culinary journey started many years ago, influenced by my mum, who is a wonderful cook. I remember her having guests over for dinner and making delicious food, but we kids always had to go to bed early. Luckily, we still got to taste-test her food beforehand. My mum and I often share great recipes, and she even saves recipes she finds in magazines or the newspaper to make when I visit. My grandmother was also an incredible cook: whenever we'd visit, the house would always smell like freshly baked cookies, and she always had jars of homemade cookies waiting for us to devour—the best cookies ever!

I've worked in many vegan food places over the years, from wholesale stores selling vegan goods to restaurants. I even worked in my best friend's

vegan ice cream factory for many years—yes, I ate *a lot* of ice cream; and yes, it was great! (Believe it or not, I didn't get sick of it and ice cream is still one of my favorite foods.) Over the past few years, we've seen so many more vegan-friendly products on the shelves of grocery stores, and so many more people are either vegan or are interested in veganism. I believe that our growing awareness of the health consequences of eating animal products, along with the environmental impact of animal agriculture, are forcing many people to look carefully at their food and lifestyle choices.

At university, I studied ethics and environmental philosophy, and many of my subjects highlighted the environmental impact of eating animals. When I was in my twenties, I moved in with a friend, Luke, the director of the Sustainability Festival in Melbourne, who was already vegan at the time. Up until that point, I hadn't thought too much about where my food came from or how it ended up on my plate. Living with him really opened my eyes to veganism and sustainability. We'd have big Sunday-night gatherings and invite over a bunch of people, and everyone would bring a vegan dish to share. I remember looking up recipes and making delicious food I'd never made before. What I loved most about this experience was the sense of community it created. I learned that vegan food is inclusive and delicious, and that preparing and sharing vegan meals with others is as satisfying as sharing *any* type of food! To this day, one of my main motivations to cook food is to share it. Through my actions in the kitchen, I make connections with others, gain inspiration, and also inspire others on their cooking journeys.

Thank you so much for picking up this book. Whether you are vegan, vegan-curious, or not vegan at all, this book is for everyone and anyone who wishes to make delicious food over the holidays for friends and family. I want people to get into the kitchen, be excited about cooking, and prepare delicious food that will change people's minds and bring us together. Just have fun and enjoy!

Katie Culpin

WHY VEGAN HOLIDAYS?



The holiday season is always a time to cherish and remember. Holiday gatherings are all about spending time with loved ones, celebrating, and . . . eating!

However, since becoming vegan, I've personally found festive occasions a little difficult. As much as I love spending time with my family, I don't like being surrounded by meat-based food, which can often be the case during these times of the year.

Luckily, it doesn't have to be this way. I've found that making and sharing vegan food is just as inclusive as sharing any type of food—and just as tasty and creative. In this book, I will show you how to prepare delicious, compassionate food that tastes just as good—if not better—than meaty dishes. I find that vegan meals also leave you feeling full and satisfied, rather than heavy and lethargic.

It's hard not to notice this snowball movement of people moving toward a plant-based diet. Perhaps it's for health reasons, or perhaps they're athletes trying to maximize their potential, or maybe they have just made a more heartfelt connection to the world and want to minimize the impacts of destruction to our planet and promote the well-being of its inhabitants. Even if you're not vegan yourself, there's a good chance that a vegan will be invited to your Christmas or Thanksgiving lunch or dinner. Wondering what to cook? This book is filled with plenty of recipes and ideas for you.

And if you are already vegan (whether new or a veteran), you'll also find some great inspiration here!

When preparing a plant-based meal, the question that can stump many people trying it out for the first time is “how do I start?” Don't worry—this book is designed for the average person who doesn't like to spend too long in the kitchen, all the way to the delicate operator who likes to style every leaf on their dish.

Something that I find helps at this time of the year is simply being prepared. Christmas and Thanksgiving can be a stressful time, and we want to be able to be relaxed and spend quality time with family and friends. Some of the recipes in this book can be made a few days before or the day before, which is a handy time-saver, as well as a stress saver! Also, check out my meal plans on page xix for some great lunch, dinner, and breakfast ideas.

So, get ready to celebrate your plant-based adventure with this festive vegan cookbook as the sharpest tool in your kitchen!



INGREDIENTS AND WHERE TO GET THEM



ABC Nut Butter

This is a nut butter made from almonds, Brazil nuts, and cashews. It's a tasty alternative to almond butter. It can be found at health-food shops.

Almond Flour

A gluten-free low-carb substitute for flour. You can get this at most health-food shops.

Agar powder

Found at specialty shops or health-food shops, this is a great ingredient for binding things together.

Aquafaba

This is the brine out of a can of chickpeas! Don't discard this precious liquid—you can make many wonderful things out of it, including meringue.

Black Salt

Also called *kala namak*, this sulfurous salt adds an eggy flavor to dishes. It's usually found at Indian grocers or specialty shops.

Buckwheat Flour

High in fiber, buckwheat flour is a great gluten-free alternative to use in baking—and pancakes! Available at most grocery stores.

Chickpea Flour

A great binding ingredient, chickpea flour is usually found at larger supermarkets or health-food shops.

Chinese Five-Spice Powder

A fragrant spice powder, this is an excellent ingredient to keep stocked in your pantry. It's found at most supermarkets.

Chocolate Vincotto

A dark, sweet, and musty syrup, we use this to give a full-bodied flavor in our Irish Dream Liqueur recipe (page 161). You can find it in specialty shops or buy it online.

Cream of Tartar

Commonly used as a leavener or a stabilizer, cream of tartar is a handy ingredient to have on hand, especially for baking. Find it at your local supermarket.

Condensed Coconut Milk

A fantastic alternative to condensed milk, condensed coconut milk is a delicious, sweet ingredient perfect for sweet treats. Find it in specialty shops or online.

Coconut Flour

Another great gluten-free option for baking and cooking, coconut flour is found at most health-food shops.

Coconut Sugar

This sugar is made from coconut palm sap, and its sweetness is almost caramel in flavor. It is found at health-food shops and specialized grocers.

Corn Flour

Fantastic when used as a thickener in recipes, this ingredient is easy to find and a convenient addition to your pantry.

Elderflower Cordial

A beautiful, sweet, and fragrant cordial, this is a great addition to drinks. Look out for it at specialty shops or supermarkets.

Liquid Smoke

This ingredient gives a wonderful smoky flavor to dishes. It is found at most health-food shops or specialty shops.

Mirin

Mirin is a sweet rice wine, used in Japanese cuisine. You can find it at an Asian grocer or your local supermarket.

Molasses

A thick, dark, and sticky syrup, molasses adds a distinct flavor to baking. It's particularly nice in gingerbread and cookies. Search for it at your local supermarket.

Nutritional Yeast Flakes

Sometimes called *savory yeast*, or also known as *nooch*, this ingredient adds a great cheesy flavor to dishes. High in vitamin B and protein, it's also a great addition to your pantry!

Porcini Powder

This is a handy pantry staple that gives a great depth of flavor to stews, soups, and rice or pasta dishes.

Rice Flour

Made from rice, this flour is great for gluten-free baking and for thickening, and it's perfect for making shortbread.

Rice Malt Syrup

A sweet syrup found at health-food stores and supermarkets, this is great for adding sweetness to desserts without using refined sugar.

Spirulina Powder

This is a nutrient-dense blue-green algae that is great for adding to smoothies or protein balls. It is generally found in health-food stores or online.

Sumac Powder

A Middle Eastern spice, this adds a nice tang to savory dishes. It is generally found at your local supermarket.

Tamari

A gluten-free substitute for soy sauce, tamari is a fermented sauce made out of soybeans. It is available at most Asian grocers or health-food shops.

Tapioca Flour

Tapioca is a starch derived from the cassava root. It is great for thickening dishes and is often used in gluten-free cooking.

Vegan Stock

Found in cubes, liquid, or powder form, vegan stock is easy to find at your local supermarket or health-food shop.

Young Jackfruit

Generally found at an Asian grocer, this is a wonderful ingredient that takes on the flavors you pair with it.

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BREAKFAST



ROSEMARY AND RED ONION POTATO ROSTI

SERVES 2

Makes one large rosti, perfect for sharing. The rosemary gives it a unique flavor, and paired with the onion and potato, it's a match made in heaven. Try it with some vegan sour cream!

2 medium potatoes, peeled and
grated
½ red onion
1 teaspoon dried rosemary
1 tablespoon olive oil

Squeeze as much water as you can from the potatoes. Mix the potatoes, onion, and rosemary in a bowl.

Heat the olive oil in an 8-inch nonstick frying pan. Turn down to medium heat and place the potato mixture into the pan until the whole pan is covered and all the potato is used. Cook for 10 minutes and then carefully flip the rosti and cook for a further 10 minutes.



BLUEBERRY AND VANILLA BUCKWHEAT PANCAKES

SERVES 2 (DOUBLE THE AMOUNT TO SERVE 4-5)

*Perfect for breakfast or dessert, these delicious pancakes are also gluten-free.
Excellent for sharing on Christmas morning!*

½ cup buckwheat flour
1 teaspoon baking powder
¼ cup coconut sugar
¼ teaspoon cinnamon
½–¾ cup soy milk
1 teaspoon vanilla extract
½ cup fresh or frozen blueberries

Mix the buckwheat flour, baking powder, coconut sugar, and cinnamon in a bowl. Add the milk, vanilla extract, and blueberries.

Cook in a nonstick frying pan until bubbles appear, and then flip and cook until golden brown.

Serve with coconut yogurt and a drizzle of maple syrup.



SILKY SCRAMBLED TOFU

SERVES 2

This delicious, silky scrambled tofu is the perfect way to indulge and relax before kicking off any festivities for the day.

½ cup aquafaba
½ cup soy milk
⅛ teaspoon black salt
Pinch turmeric
1 tablespoon chickpea flour
1 tablespoon nutritional yeast
¾ cup silken tofu
1 tablespoon vegan butter

Mix the aquafaba and soy milk in a bowl and add the black salt and turmeric. Whisk in the chickpea flour and nutritional yeast. Crumble the silken tofu and add this to the mix.

Melt the butter in a nonstick frying pan. Add the mixture and cook, stirring frequently for 5 to 7 minutes.

Serve on warm toast with cracked black pepper.



ORANGE AND VANILLA CHIA PUDDINGS

MAKES 2 PUDDINGS

A lighter start to the day, but still filling and absolutely delicious. The vanilla and orange are a winning combination!

1/3 cup white chia seeds
1/4 teaspoon orange zest
1/4 teaspoon cinnamon
1/4 teaspoon vanilla extract
1 1/2 cups soy milk
1 orange, peeled and diced
2 tablespoons vegan coconut yogurt

Mix the chia, orange zest, cinnamon, and vanilla in a bowl. Cover with the soy milk and stir well, so there are no lumps. Let sit for 20 to 30 minutes.

Add some orange to the bottom of 2 glasses—reserve some for the top. Spoon the chia mixture evenly into the glasses. Top with the coconut yogurt and more orange.

TIP

Try this with any other fruit—blueberries, raspberries, or stewed apples!



VEGAN SMOKED SALMON (CARROT LOX)

SERVES 4–6

One of the most popular recipes on my blog, Delightful Vegans, this is truly a winning dish—and it's easy and cheap to make! Try it on a festive platter with some vegan cheese.

2–3 carrots, shaved
3 tablespoons olive oil
Sprinkle black pepper
¼ teaspoon salt
1 tablespoon lemon juice
¼ teaspoon liquid smoke
Small handful fresh dill

Preheat the oven to 350°F. Blanch the carrots for 5 minutes in a double boiler. Add remaining ingredients, toss well, and bake for 20 minutes.

Eat warm or let cool and store in the fridge.



FRENCH TOAST WITH KING OYSTER BACON AND MAPLE SYRUP

SERVES 2

Next-level French toast! Try this savory-sweet version with king oysters and maple syrup.

KING OYSTER BACON

2 king oyster mushrooms
1 tablespoon oil
¼ teaspoon liquid smoke
½ tablespoon nutritional yeast flakes
¼ teaspoon paprika
⅛ teaspoon chipotle powder
⅛ teaspoon white pepper
½ tablespoon tamari
1 tablespoon maple syrup

FRENCH TOAST

½ cup silken tofu
¼ teaspoon cinnamon
¼ teaspoon vanilla
½ cup soy milk
2 tablespoons olive oil
4 slices nice bread, such as Vienna
1–2 tablespoons vegan butter
Maple syrup

Slice the oyster mushrooms lengthways. Mix the remaining ingredients for the king oyster bacon in a bowl and coat the mushrooms in it. Marinate for 20 minutes or longer.

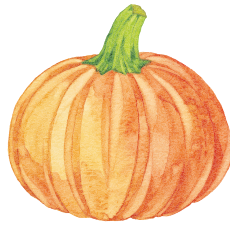
Fry in a nonstick frying pan for a few minutes each side or bake in a moderate oven for 5 to 7 minutes each side, being careful not to burn. Set aside.

To make the French toast, blend the silken tofu, cinnamon, vanilla, milk, and olive oil in a blender until smooth. Pour into a bowl. Dip the bread in the mixture until it coats both sides.

Heat some of the butter in a nonstick frying pan. Fry the bread on medium heat for 2 to 3 minutes each side, until cooked. Add more butter if required. Repeat with all the slices of bread.

Serve topped with the king oyster bacon and maple syrup.





SALADS & SOUPS



PECAN MANGO SALAD

SERVES 5

Fresh and delicious is what this salad is all about. This is a variation on a salad my mum makes, which is absolutely scrumptious! If mangoes are hard to find, use any type of stone fruit, or sweet oranges.

2–3 cups of lettuce (oak leaf or butter lettuce work well)
½ cup pecans, toasted
½ avocado
½ cup fresh mango pieces

DRESSING

½ cup fresh mango
½ teaspoon fresh ginger, grated
1 tablespoon white wine vinegar
¼ teaspoon seeded mustard
Pinch salt and pepper
Pinch red pepper flakes
1 tablespoon water

Wash and spin the lettuce. Add the lettuce to a salad bowl and then add the pecans, avocado, and mango.

For the dressing, blend all ingredients in a blender. Pour over the salad and mix well.



ROAST SWEET POTATO SALAD

SERVES 6

A simple, yet tasty salad, this is a great winter warmer, with roasted sweet potato, arugula, and the crunch of toasted pepitas.

1 large sweet potato
1½ cups arugula
1 cup cherry tomatoes, halved
1 tablespoon capers
⅓ cup pepitas, toasted
1–2 tablespoons olive oil
Juice of ½ lime
Salt and pepper to taste

Preheat the oven to 350°F. Roast sweet potato for 45 minutes, or until cooked through. Mix through arugula when sweet potatoes are still warm. Then add the cherry tomatoes, capers, and toasted pepitas.

Drizzle generously with olive oil and lime juice. Add salt and pepper to taste.



COLORFUL GARDEN SALAD

SERVES 8–10

This colorful and hearty salad is a perfect addition to any festive meal! Make it the day before—it tastes better!

3 medium potatoes
½ teaspoon seeded mustard
½ teaspoon curry powder
Pinch salt
Pinch white pepper
3 tablespoons vegan mayonnaise
3 cups iceberg lettuce
2 cups frozen corn
2 cups frozen peas
5 ounces cucumber, sliced
3–4 mushrooms, sliced
1 cup vegan sour cream
1½ tablespoons lemon juice
1 tablespoon pine nuts
5 cherry tomatoes, halved
Parsley, to garnish

Wash and peel the potatoes, chop into approximately ½-inch squares, and boil in salted water for 10 to 12 minutes until soft, but not falling apart. Let cool. Mix potatoes with mustard, curry powder, salt, white pepper, and vegan mayonnaise. Set aside.

Assemble your ingredients in a large glass salad bowl to showcase the colorful layers. First, add the lettuce, then the corn, peas, cucumber, mushrooms, and potatoes, layering them all. Mix the sour cream with the lemon juice and spread this on top.

Toast the pine nuts and let cool. Decorate the salad with pine nuts, cherry tomatoes, and parsley.



STRAWBERRY FENNEL SALAD

SERVES 5

A light salad with delicious flavors, the shaved fennel gives this salad a unique taste. If strawberries are too hard to find, try pitted cherries or sliced pear.

2 cups arugula, washed
5 ounces strawberries, washed, ends
chopped and quartered
½ fennel, shaved or very finely sliced
½ avocado, sliced
1 tablespoon fresh mint
1 tablespoon hemp seeds

Combine the arugula, strawberries, shaved fennel, and avocado in a bowl. Top with fresh mint and hemp seeds.

Whisk the dressing ingredients in a small bowl and pour over the salad.

DRESSING

2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon maple syrup
Pinch salt
1 teaspoon fennel fronds



APPLE KALE SALAD

SERVES 6

Packed full of goodness, this is a wonderful recipe that my good friend Malinda made for us. She prepared it with watermelon, which is a great alternative to apples when it's in season!

2 cups kale, stalks removed and washed
Pinch salt
2 tablespoons olive oil
1 tablespoon fresh lime juice
2 medium apples
½ cup vegan feta cheese

Add the kale, salt, olive oil, and lime juice to a bowl; massage the kale for about 10 minutes, until quite soft. Core and slice apples and add to the salad, along with the vegan feta cheese.

TIP

Replace the feta in this recipe with Macadamia Dill Cheese (page 93), which works wonderfully in this salad.



SPICED LENTIL SOUP

SERVES 4

This is such an easy soup to make—it's full of goodness and tasty, too. Throw everything in a saucepan, cook, and serve!

1 tablespoon olive oil
1 red onion, diced
1 clove garlic, minced
2 medium potatoes, peeled and diced
2 medium carrots, peeled and diced
1 teaspoon curry powder
1 teaspoon cumin powder
1 teaspoon ground coriander
1¾ cups red lentils
1 vegan beef stock cube
4 cups water
1 (14-oz) can tomatoes

Add olive oil to a saucepan, and cook onion, garlic, potatoes, and carrots for around 5 minutes. Add the curry powder, cumin powder, coriander, and lentils and mix through.

Mix the stock cube in 1 cup of water and add to the saucepan; add the remainder of the water and the tomatoes. Cook on medium heat for 30 minutes, stirring occasionally.

Serve with a natural vegan coconut yogurt if desired.



MUSHROOM AND PARSNIP SOUP

SERVES 4–6

A rich and creamy soup, this serves as a great starter.

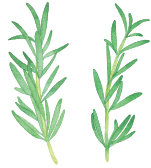
4 parsnips, peeled and chopped
1 clove garlic, minced
1 onion, diced
1 tablespoons fresh sage leaves,
chopped
1½ cups mushrooms, sliced
3 cups vegan stock
1 cup coconut cream

In a large saucepan, cook the parsnips, garlic, onion, and sage leaves for 5 to 10 minutes. Add mushrooms and cook for a further 5 minutes, until mushrooms are soft.

Add the stock and coconut cream. Simmer on medium-low heat for 15 to 20 minutes, until parsnips are soft.

Let cool slightly and blend until smooth. If too thick for your liking, add some water, stock, or vegan milk to thin it out.





THE MAINS



MUSHROOM STEAKS

SERVES 2–4

These mushroom steaks really do stand on their own in terms of flavor and satisfaction. They have a real “meaty” texture and, combined with these spices, create an amazing dish.

3 large portobello mushrooms
2 tablespoons tamari
1 tablespoon olive oil
Dash sesame oil
2 tablespoons maple syrup
1 tablespoon nutritional yeast
¼ teaspoon garlic powder
Pinch salt
⅛ teaspoon chipotle powder
¼ teaspoon liquid smoke
¼ teaspoon Chinese five-spice powder
Sprinkle black pepper

Preheat the oven to 375°F.

Slice the mushrooms into 1-inch-thick slices. Mix all of the remaining ingredients in a bowl and marinate the mushrooms in the mixture for 20 minutes or longer.

Line a baking tray with parchment paper and bake the mushrooms for 25 minutes.



WHOLE ROASTED CAULIFLOWER

SERVES 8–10

This is the perfect showstopping centerpiece for your Thanksgiving or Christmas table. It has a lovely crispy outer crunch and a delicious flavor.

¾ cup macadamia nuts
1 small lemon, zest and juice
1 tablespoon fresh thyme, chopped
1 tablespoon fresh rosemary
1 tablespoon grated ginger
1 tablespoon sweet paprika
Pinch salt
¼ cup olive oil
1 large cauliflower
½ tablespoon sliced almonds, toasted

Preheat the oven to 350°F.

Blend the macadamia nuts, lemon zest and juice, thyme, rosemary, ginger, paprika, salt, and olive oil in a food processor until it resembles a paste. Get messy and use your hands to cover the whole cauliflower.

Bake uncovered for 30 minutes. Then cover with aluminum foil and bake for 1 hour. Uncover again and let it crisp up by baking for a further 10 minutes or so.

Decorate the top with the toasted sliced almonds.



CHEESY BROCCOLI BAKE

SERVES 4–6

Creamy and yummy! A baked cheesy vegetable dish is a must for any holiday gathering, and this one is perfect. Also, try it out with cauliflower as an alternative to broccoli—or a mixture of both!

2 heads broccoli, cut into florets
2 cups vegan milk
1 cup liquid stock
¼ cup nutritional yeast
¼ teaspoon white pepper
¼ teaspoon salt
½ teaspoon turmeric
⅓ cup vegan cheese, grated

Steam the broccoli in a double boiler for about 5 minutes.

Blend the milk, stock, nutritional yeast, white pepper, salt, and turmeric in a blender and pour into a saucepan. Bring to a boil and add the vegan cheese. Cook for a further few minutes until cheese has melted.

Put the broccoli in a baking dish and pour the cheesy mixture on top. Bake at 390°F for 25 to 30 minutes.



PARSNIP AND MUSHROOM POTPIE

SERVES 6–8

Parsnips are such a tasty seasonal vegetable, and I love using them in this potpie. Paired with mushrooms, this pie is a hearty treat to share with friends and family.

1 tablespoon olive oil
1 onion, diced
1 large carrot, peeled and finely chopped
3 parsnips, peeled and finely chopped
2 cups mushrooms, chopped (use a mixture)
1 cup peas
2 teaspoons curry powder
Pinch salt
⅔ cup soy milk
2 tablespoons corn flour
⅓ cup water
1 sheet puff pastry

Heat olive oil in a frying pan on medium heat. Add the onion, carrot, and parsnips and cook for 5 minutes. Add the mushrooms (we use a mixture of enoki, portobello, and king oyster) and peas and cook for a further 5 minutes. Add the curry powder, salt, and soy milk and stir.

In a separate bowl, whisk the corn flour with the water until smooth. Add this to the mixture and stir through well.

Preheat the oven to 350°F. Place the mixture in a pie dish and cover with puff pastry. Bake for 45 minutes until cooked through.



CABBAGE STEAKS WITH MUSTARD DRESSING

SERVES 4–6

If you haven't tried cabbage steaks yet, now is the time! For the mustard dressing, I modified a recipe that my mum makes, and it pairs perfectly.

1 tablespoon olive oil
1 sugarloaf cabbage, washed and ends trimmed, cut into ½-inch slices
Pinch salt

MUSTARD SAUCE

½ cup soy milk
1 teaspoon vegan chicken stock powder
1 tablespoon lemon juice
1 teaspoon seeded mustard
Sprinkle white pepper
2 tablespoons coconut cream
1 tablespoon corn flour

Preheat the oven to 375°F. Line a baking tray with parchment paper. Brush or spray parchment paper with olive oil. Add cabbage rounds, then brush or spray with more olive oil. Sprinkle with salt and bake for 30 to 40 minutes, being careful not to burn.

For the mustard sauce, blend all ingredients, heat in a saucepan until thickened, and simmer for 5 minutes.

Once the cabbage is cooked, serve with the mustard sauce.



MUSHROOM, CORN, AND ZUCCHINI BAKE

SERVES 6–8

This creamy dish is comfort food at its finest. I used king oyster mushrooms to give this dish more texture, but play around with the ingredients and add whatever you have on hand.

1 leek, sliced
2 cloves garlic, minced
1 tablespoon plant-based butter
2 zucchini, diced
1½ cups mushrooms, chopped
1½ cups frozen corn
10.5 ounces silken tofu
1 cup plant-based milk
½ cup liquid stock
2 tablespoons nutritional yeast
Dash tamari
¼ teaspoon turmeric
Salt and pepper to taste
¾ cup bread crumbs
2 tablespoons fresh parsley, finely chopped

Gently fry the leek and garlic on medium heat in butter for 5 minutes or until softened. Add the zucchini, mushrooms, and corn and cook for a further 5 to 10 minutes.

Preheat the oven to 350°F.

Blend the remaining ingredients except for the bread crumbs and parsley in a blender, add the mixture to the pan with the vegetables, and combine well. Pour into a baking dish, cover with bread crumbs and parsley, and bake for 45 minutes until golden brown.



FENNEL RATATOUILLE

SERVES 5–7

A flavorful spin on a classic ratatouille, this is quick to throw together; plus, the fennel gives a unique and delicious flavor! The leftovers are perfect on toast, too.

1–2 eggplant, diced
Salt, for the eggplant
1 medium fennel, diced
3 zucchini, diced
2 bell peppers (1 green, 1 red)
Olive oil, to drizzle
1 teaspoon Italian seasoning
1 teaspoon dried rosemary
1 teaspoon dried thyme
¼ teaspoon salt
1 (14-oz) can chopped tomatoes
1 tablespoon tomato paste

To salt the eggplant, place chopped eggplant in a bowl and sprinkle generously with salt. Let sit for 30 minutes. Rinse and pat dry.

Preheat the oven to 300°F. Place all the vegetables in two baking trays lined with parchment paper. Drizzle generously with olive oil, add Italian seasoning, rosemary, thyme, and salt. Bake for 1 hour, 20 minutes.

Once cooked, add the vegetables to a large saucepan or frying pan. Add the tomatoes and tomato paste and cook through.



PECAN AND MUSHROOM WELLINGTON

SERVES 6–8

One of the most popular recipes on my blog, Delightful Vegans, this dish has been tried and tested by many readers who make it year after year. The beauty of this recipe is that it's not complicated to make, but it tastes amazing.

1 onion, finely diced
2 cloves garlic, crushed
1 tablespoon olive oil
2 cups mushrooms, chopped (I use mostly cremini)
1 tablespoon fresh thyme, chopped
Pinch red pepper flakes
1 tablespoon tamari
1½ cups pecans, toasted
1 cup bread crumbs
2 sheets vegan puff pastry
Sesame or poppy seeds (optional)

TIP

Pair this with the Green Tomato and Apple Relish (page 123).

Fry the onion and garlic in olive oil for 5 minutes, or until soft. Add the mushrooms, thyme, red pepper flakes, and tamari and cook for 5 to 10 minutes, until the mushrooms soften. Then let the mixture cool for 10 to 15 minutes.

In a food processor, blend the pecans finely. Add the mushroom mixture and blend again. Add the bread crumbs and blend until all the ingredients are combined.

Preheat the oven to 350°F. Let the pastry thaw a little. Spread half the mixture in the middle of one of the pastry sheets. Cut the pastry in ½-inch diagonal strips on either side of the mixture. Cross them over each other until they are covering the mixture. Alternatively, you can put half the mixture on one edge of the sheet and roll the pastry over it to form a loaf. Pierce the top with a fork or score with a knife. Top with sesame seeds or poppy seeds if desired.

Bake for 50 minutes. If the pastry browns too much on the top while cooking, cover with aluminum foil until ready to come out of the oven.



JACKFRUIT BOURGUIGNON

SERVES 6–8

Using young jackfruit, which will take on the flavors you pair with it, this dish is a rich and tasty meal that will leave you feeling full and content.

JACKFRUIT

- 2 cans young jackfruit (net weight 20 oz, drained weight 10 oz)
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- 1 teaspoon sage powder
- 1 teaspoon dried thyme

SAUCE

- 3 carrots, cut into rounds
- 7 new potatoes, cut into quarters or smaller
- 1 onion, sliced
- 1 tablespoon olive oil
- 1 teaspoon vegan beef stock powder
- Few sprigs fresh thyme
- 3 cups water, divided
- 1 cup vegan white wine
- 1 (14-oz) can chopped tomatoes
- 4 portobello mushrooms, halved and sliced
- 2 tablespoons tomato paste

Preheat the oven to 350°F. Drain the jackfruit and pat dry. Combine with the garlic powder, salt, sage powder, and thyme and bake on a lined baking tray for 30 minutes on each side.

To make the sauce, in a large saucepan, cook the carrots, potatoes, and onions in a drizzle of olive oil for 5 to 10 minutes. Add the stock, thyme sprigs, 2 cups of water, and wine. Cover and cook on medium heat for 15 minutes.

Add the tomatoes, jackfruit, mushrooms, and the remaining 1 cup of water. Cover and cook for a further 15 minutes.

Add the tomato paste and stir through. Cook for another 5 minutes to thicken slightly.



STUFFED BUTTERNUT SQUASH

SERVES 6–8

This is a great Thanksgiving recipe to share during the fall. I love the flavor of butternuts; they are delicious roasted to perfection and stuffed with a tasty filling.

2 butternut squash
2 tablespoons olive oil, divided
½ onion, finely chopped
½ tablespoon fresh sage leaves,
chopped
1–1½ cups cooked brown rice
2 tablespoons cranberries
1 tablespoon slivered almonds,
toasted

Preheat the oven to 350°F. Scoop out the seeds from each squash, spray or coat squash with olive oil, and bake in the oven for 1½ hours until you can push a knife or skewer in easily.

Cook the onion and sage in a frying pan with 1 tablespoon olive oil for 5 minutes. Add the cooked brown rice, cranberries, and toasted almonds and toss through until warm.

Once the squash are done, take out of the oven and fill the middle with the rice mixture. Serve immediately, or keep warm in the oven until ready to serve.



GLUTEN-FREE FESTIVE ROAST

SERVES 4–6

A gluten-free version of a roast, this is a great dish for those who have celiac disease or are intolerant to gluten. It's more flavorful the next day, so you can make it ahead and reheat. It's fantastic as leftovers, too—especially on toast with cranberry sauce.

ROAST

1½ tablespoons dried rosemary
1½ tablespoons dried thyme
1 tablespoon dried oregano
1 teaspoon salt
1 teaspoon vegan chicken stock powder
1 teaspoon onion powder
1 teaspoon garlic powder
1 (14-oz) can chickpeas, drained
9 ounces firm tofu
1½ teaspoons agar powder
2½ tablespoons corn flour
¼ cup rice flour
1 tablespoon olive oil

GLAZE

1 tablespoon olive oil
1 teaspoon tamari
1 tablespoon maple syrup
¼ teaspoon dried thyme
¼ teaspoon dried rosemary

Blend the rosemary, thyme, oregano, salt, stock powder, onion powder, and garlic powder into a fine powder.

Preheat the oven to 350°F. In a food processor, blend the chickpeas and tofu until smooth. Add the blended herb mixture, agar powder, and corn flour. Transfer to a bowl and mix through with the rice flour. It should be a sticky consistency.

Place a large piece of aluminum foil on a baking tray and a piece of parchment paper on top of that the foil. Brush or spray with olive oil. Place the mixture on top and form into a loaf shape. Brush or spray with olive oil. Wrap in the parchment paper and aluminum foil and bake in the oven for 45 minutes.

Meanwhile, make the glaze by mixing all the glaze ingredients in a bowl. Uncover the roast and cover with the glaze. Bake uncovered for a further 5 to 10 minutes.



ZUCCHINI SLICE

SERVES 6–8

Great warm or cold, this slice is good to have on hand for snacks or as an addition to any main meal. It's best to let it cool before slicing and reheat if desired.

1 cup silken tofu
¼ cup nutritional yeast flakes
½ teaspoon black salt
¼ cup sunflower oil
¼ cup soy milk
2 medium zucchini, grated
3 scallions, finely chopped
Pinch nutmeg
½ teaspoon chipotle powder
1 cup self-rising flour
½ cup vegan cheese, grated
5 cherry tomatoes, halved

Preheat the oven to 350°F.

Blend the tofu, nutritional yeast flakes, black salt, oil, and milk until smooth.

In a bowl, place the grated zucchini, scallions (reserve some for decoration), nutmeg, chipotle powder, and self-rising flour. Mix well. Pour over the blended tofu mix and stir well. Stir in the grated vegan cheese.

Pour into a greased container lined with parchment paper, decorate with the remaining scallions and cherry tomatoes, and bake for 45 minutes. Let cool before slicing.

TIP

If you don't have self-rising flour, replace with 1 cup of all-purpose flour and 1 teaspoon of baking powder. Try adding asparagus or other in-season vegetables to this recipe.





SIDES



LEMON AND THYME ROAST POTATOES

SERVES 4–6

A twist on a classic roasted potato recipe, this zingy dish will complement any festive meal!

1.75 pounds potatoes, peeled and cut
1 small lemon, zest and juice
2 tablespoons extra virgin olive oil
Salt and cracked black pepper to taste
1 tablespoon fresh thyme

Preheat the oven to 350°F.

Boil the potatoes in salted water for 10 minutes. Drain and let cool for 5 minutes. Add remaining ingredients and bake in the oven for 1 hour to 1 hour, 15 minutes

TIP

After you have juiced the lemon, cut it into quarters and add the quarters to the pan to bake for an extra lemony taste.



MASHED POTATO AND HOMEMADE GRAVY

SERVES 3–4

It's so easy to make your own gravy; try it on the [Gluten-Free Festive Roast \(page 53\)](#) or [Pecan and Mushroom Wellington \(page 47\)](#). It's the ultimate comfort festive food!

3–4 potatoes
1 tablespoon vegan butter
1 tablespoon soy milk

GRAVY

1 cup liquid vegan chicken stock
1 bay leaf
1 sprig rosemary
1 teaspoon porcini powder
1 teaspoon curry powder
1½ tablespoons corn flour
¼ cup water

Boil the potatoes in salted hot water for 15 minutes. When straining, reserve ¼ cup of the water. Mash with the reserved water, butter, and milk.

To make the gravy, pour the stock into a saucepan and add the bay leaf, rosemary, porcini powder, and curry powder. Bring to a boil. In a separate bowl add the corn flour and water and whisk well. Pour this into the saucepan and whisk frequently for 4 to 5 minutes until thickened.

Pour the gravy over the mashed potatoes and serve.



SPICED CARROTS

SERVES 4

A colorful dish that is full of flavor—just mix the spices together, coat, and bake. A great addition to any festive feast!

1 tablespoon olive oil
Pinch salt
1 teaspoon tamari
⅛ teaspoon turmeric
⅛ teaspoon mustard powder
¼ teaspoon coriander powder
¼ teaspoon cumin powder
A bunch of carrots (yellow, purple
and orange)

Preheat the oven to 375°F.

Mix the olive oil, salt, tamari, and powdered spices in a bowl. Peel and wash the carrots and coat them with the mixture. Bake in the oven for 60 minutes, turning halfway through.



ROAST VEGETABLE STUFFING

SERVES 6–8

Try this for a different twist on stuffing—full of flavor, it will go well with any main dish.

2 carrots, peeled and finely chopped
1½ cups pumpkin, peeled and finely chopped
1 medium sweet potato, peeled and finely chopped
2 tablespoons olive oil, divided
1 medium onion, peeled and diced
¾ cup celery, finely chopped
2 cloves garlic
1 bay leaf
4 thick slices sourdough bread, cut into cubes
¼ teaspoon salt
1 teaspoon dried thyme
1 teaspoon dried rosemary
14 ounces liquid vegan chicken stock

Preheat the oven to 390°F. Place the carrots, pumpkin, and sweet potato on a baking tray and coat or spray with 1 tablespoon olive oil. Bake for 40 minutes.

Heat 1 tablespoon of olive oil in a frying pan. Fry the onion, celery, garlic, and bay leaf for 5 minutes, or until onion has softened. Add the cooked vegetables and bread to the pan and stir through. Add the salt, thyme, and rosemary and mix through.

Add the stock a little at a time until it is absorbed. Once you have added all the stock, the stuffing is ready.



BRAISED RED CABBAGE

SERVES 10+

My friends Jess and Sean make this dish every year for Thanksgiving, a recipe passed down from Jess's grandmother. I've modified their recipe slightly. The longer you cook this, the better it tastes.

2 tablespoons vegan butter
1 teaspoon vegan stock powder
1 large red cabbage or 2 small cabbages (2 lb total), shredded
1 onion, sliced
3 small green apples, peeled, cored, and sliced
2 teaspoons caraway seeds
⅓ cup raw sugar
½ cup white wine vinegar
1 cup water

Melt butter and stock in a large saucepan. Add cabbage and stir through.

Add remaining ingredients and cook on medium heat for 1½ hours, stirring occasionally.



FRIED ASIAN GREENS

SERVES 2

A quick and tasty side, these fried Asian greens will be a welcome addition to your table.

2 bunches bok choy
1 tablespoon sesame oil
½ tablespoon mirin
1 tablespoon tamari
1½ tablespoons sesame seeds, toasted

Slice the bok choy into 1-inch-thick pieces. Heat the sesame oil in a frying pan and cook the stalks of the bok choy for 5 to 7 minutes. Add the mirin and tamari, stir through, and add the remaining bok choy leaves. Cook for another minute and turn off the heat.

Add the toasted sesame seeds, toss through, and serve.



SPICY RAMEN NOODLES

SERVES 4

For a quick and easy side dish, try whipping up these noodles! It takes less than 10 minutes to throw this one together.

SAUCE

2 tablespoons tamari
1/8 teaspoon chili powder
1 tablespoon maple syrup
Sprinkle white pepper
1 tablespoon sesame oil
1 tablespoon tomato paste

Mix all the sauce ingredients together in a bowl.

Start cooking the noodles according to the packet instructions. Cook the onion and ginger in the oil for a few minutes. Once the noodles are done, strain them and add to the frying pan. Add the sauce and mix through well.

NOODLES

3 single-serving packets instant noodles
1 small onion, sliced
1/2 tablespoon ginger, grated
1 tablespoon olive oil



SPICY ORANGE GINGER BAKED CAULIFLOWER WINGS

SERVES 8–10

A little bit of time, a whole lot of flavor! I've mainly seen BBQ cauli-wing recipes, so I thought I'd mix it up a bit by making a spicy orange chili ginger sauce.

CAULIFLOWER

1 whole cauliflower

BATTER

1½ cups plain flour

½ teaspoon chili powder

½ teaspoon ginger powder

¼ teaspoon salt

½ teaspoon white pepper

1 cup water, plus extra if needed

ORANGE CHILI GINGER SAUCE

Juice of 2 oranges

¼ teaspoon chili powder

1 teaspoon orange zest

1 tablespoon sugar

1 tablespoon ginger

1 cup plus 2 tablespoons of water, divided

2 tablespoons corn flour

2 tablespoons sesame seeds

DIPPING SAUCE

1 cup cashews

½ cup fresh orange juice

1 clove garlic

1 tablespoon nutritional yeast

Pinch salt

¼ teaspoon mustard powder

Black pepper

½ cup water

Preheat the oven to 350°F. Cut the cauliflower into florets and wash well.

Mix the batter ingredients. Dip each floret of cauliflower into the batter and place on a lined baking tray. Bake for 30 to 40 minutes.

While the cauliflower is cooking, make the orange chili ginger sauce. In a saucepan, add the orange juice, chili powder, orange zest, sugar, ginger, and 1 cup of water, and bring to a boil. Reduce to a simmer. In a small bowl, add the corn flour and 2 tablespoons of water and whisk. Add this to the saucepan and whisk well. The mixture will thicken slightly. Add the sesame seeds and set the mixture aside.

Once the cauliflower has finished cooking, use a fork to pick up each floret and dip it in the orange chili ginger sauce. Return to the oven and bake for a further 35 minutes.

To make the dipping sauce, blend all of the ingredients until smooth. Serve with the cauliflower wings.



GREEN BEAN AND OLIVE DISH

SERVES 6

A green bean dish is always a favorite, especially at Thanksgiving. Serve this one hot or cold.

1 pound green beans, washed and ends trimmed, cut into 1-inch pieces
1 tablespoon vegan butter
1 clove garlic, crushed
½ cup pitted green olives, finely chopped
1 tablespoon fried shallots

Cook the green beans in boiling water for 3 to 4 minutes. Drain and transfer to a bowl of cold water with ice until cool. Drain and pat dry.

Heat butter in a saucepan until sizzling, add the garlic and beans, and cook for a few minutes, stirring frequently. Add the green olives and cook for a further few minutes.

Serve topped with fried shallots.



JACKFRUIT “CHICKEN” SALAD

SERVES 4–6

This is something that I created a while ago, and it’s really an amazing dish—fantastic as a side to a main meal, on cold sandwiches or a toasted sandwich, or even on crackers as a snack. You’ll love it.

2 cans jackfruit (net weight 20 oz,
drained weight 10 oz)
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon dried parsley
½ teaspoon onion powder
½ teaspoon garlic powder
1 teaspoon sumac powder
¼ teaspoon black salt
⅛ teaspoon white pepper
½ cup vegan mayonnaise
1 scallion, finely chopped
1 tablespoon fresh lemon juice
Generous sprinkle black pepper
¼ teaspoon Dijon mustard

Preheat the oven to 350°F. Drain the jackfruit and pat dry. Combine with the oregano, thyme, parsley, onion powder, garlic powder, sumac powder, salt, and pepper and bake on a lined baking tray for 30 minutes on each side. Allow to cool.

In a small bowl, add the vegan mayonnaise, scallion, lemon juice, black pepper, and Dijon mustard. Mix well. When the cooked jackfruit is cool, dice into ½-inch pieces. Stir the jackfruit into the mayonnaise mixture. Store in the fridge until ready to use.





SAVORY SNACKS



PESTO PINWHEELS

SERVES 6–8

These festive wheels are great for kids and adults alike! They're super easy to make, and you can get creative with different ingredients.

KALE PESTO

¾ cup pine nuts
2 cups packed kale leaves (2.85 oz)
1 clove garlic
½ lemon, juice and zest
¼ teaspoon salt
¼ teaspoon red pepper flakes
¼ cup olive oil

PINWHEELS

1 to 2 pastry sheets
Plant-based milk or oil, for brushing

Blitz all of the ingredients for the kale pesto except the oil in a food processor. Gradually add in the oil while blending. Scrape down the sides as necessary.

Preheat the oven to 350°F. To assemble the pinwheels, lightly defrost the pastry sheets. Spread half of the pesto mixture onto the pastry sheet, leaving about ½ inch around the side. Baste the edge with some plant-based milk or oil to make it stick. Roll up the pastry sheet and cut into ⅓-inch rounds with a sharp knife.

Place pinwheels on a tray lined with parchment paper. Bake in the oven for 30 to 35 minutes until puffy and golden brown.

TIP

Use any of the pesto recipes on page 118 to make these pinwheels. Pesto can be refrigerated for up to five days or frozen.



WARM LEMON ARTICHOKE DIP

SERVES 6

A lovely addition to a festive platter, this warm artichoke dip goes well with crudités and crackers or on sandwiches.

2 (14-oz) cans whole artichokes
½ teaspoon lemon zest
1 tablespoon lemon juice
2 tablespoons olive oil
Pinch salt
Pinch black pepper
¼ teaspoon paprika
⅓ cup soy milk
2 tablespoons nutritional yeast

Preheat the oven to 350°F. Blend all ingredients in a food processor to a chunky consistency. Pour into a greased ovenproof 5" x 7" container and bake for 25 to 30 minutes until golden brown on top.

Serve warm with crudités or crackers.



BAKED CASHEW CHEESE

SERVES 6

This is one of my favorite recipes. It's hard not to eat it straight out of the oven, but it's best left overnight and eaten the next day. Perfect on a cheese and fruit platter, or just with crackers, this is a crowd-pleaser.

½ cup cashews, soaked
2.5 ounces firm tofu
2 tablespoons fresh lemon juice
¼ teaspoon salt
Sprinkle white pepper
¼ teaspoon garlic powder
1 tablespoon nutritional yeast powder
¼ cup oil
2 teaspoons soy lecithin
⅓ cup water
½ teaspoon agar
Oil, for brushing
Generous sprinkle cracked black pepper

TIP

Try adding 1 teaspoon of dried dill or Italian seasoning into the mix for a more flavorful baked cheese.

Soak the cashews for 6 hours or overnight. If you don't have time to soak them, boil them for 10 minutes and then strain and rinse. Add cashews to a blender with the tofu, lemon juice, salt, white pepper, garlic powder, nutritional yeast, oil, and soy lecithin.

In a small saucepan, mix the water and agar. Bring to a boil and pour into the remaining ingredients. Blend until smooth.

Preheat the oven to 350°F. Brush a 4-inch springform pan with oil to keep the mixture from sticking. Pour the mixture into the pan and smooth the top. Generously sprinkle with cracked black pepper and bake for 30 minutes until golden on top.

Let the cheese cool for 30 minutes before you release the spring. You can eat it warm, although it will harden more as it cools, so it's best to leave it in the fridge overnight and eat the next day. Store in an airtight container.



BUBBLE AND SQUEAK BITES

SERVES 4

This is a fantastic way to use up leftovers after Christmas or Thanksgiving.

1–2 tablespoons vegan butter
4–5 cups leftover vegetables or
steamed vegetables (potatoes,
pumpkin, carrots, onion and peas
are all great)
Generous pinch salt
1 cup panko bread crumbs

Melt butter in a frying pan until
sizzling. Add vegetables and salt and
cook well for 5 to 10 minutes.

Let mixture cool and form into little
patties. Coat with panko bread crumbs
and bake in the oven for 10 minutes
each side at 350°F or in an air fryer for
10 minutes.



LEFTOVER TOASTIES

MAKES 2 SANDWICHES

Nothing better than a quick, easy dinner or lunch thrown together with leftovers! In this recipe, I've used Jackfruit "Chicken" Salad (page 77), but you could use the Gluten-Free Festive Roast (page 53), which would go beautifully with some cranberry sauce, or Baked Cashew Cheese (page 85) paired with Roast Vegetable Stuffing (page 65)—the possibilities are endless!

1 tablespoon pesto (page 118)
½ cup Jackfruit "Chicken" Salad
(page 77)
2 slices vegan cheese
4 slices bread
Plant-based butter, for spreading
(optional)

Assemble each sandwich with half the pesto, half the Jackfruit "Chicken" Salad, and 1 slice of vegan cheese. Butter the outside of the sandwich (optional).

Toast in an air fryer or sandwich press.



COB LOAF SPINACH DIP

SERVES 8–10

This loaf dip is perfect for sharing. Take it to a party or gathering and wow your guests with how great it looks and tastes.

1 small brown onion, diced
2 cloves garlic, minced
1 tablespoon olive oil
1 bunch fresh spinach, washed
1 block (10-oz) silken tofu
¼ teaspoon black salt or Himalayan sea salt
¼ teaspoon white pepper
2 tablespoons nutritional yeast flakes
Pinch nutmeg
1 wedge preserved lemon, chopped
1 medium cob loaf

Cook onion and garlic in a frying pan in olive oil for 5 minutes. Add the spinach and cook until wilted.

Add this mixture to a food processor with the silken tofu, salt, white pepper, nutritional yeast, nutmeg, and preserved lemon. Blend until well incorporated.

Cut the top out of a cob loaf with a bread knife and pull the insides out, creating a hole for the dip. Fill the hole with the spinach dip. Cut the remaining bread into bite-size pieces to use for dipping (toast if desired).



MACADAMIA DILL CHEESE

SERVES 4–6

Make your own plant-based cheese with only five ingredients! If you can't get hold of macadamia nuts, try this with cashews; it works just as well. Store in the fridge and use when needed. Perfect in salads or as a spread. Try it on bagels—it's delicious!

1 cup macadamia nuts
¼ cup fresh lemon juice
¼ cup coconut oil, melted
½ teaspoon Himalayan salt
1 tablespoon fresh dill

Soak macadamia nuts for at least 2 hours and strain.

Blend with the remaining ingredients. Add water 1 tablespoon at a time as needed until the mixture is thick and smooth.

Line a 5" x 7" container with parchment paper, scoop the mixture into it, and flatten out the top. Set in the refrigerator for a few hours.



PUMPKIN AND DATE BISCUITS

MAKES 8 BISCUITS

Mashed pumpkin gives these biscuits their great color and a hint of flavor. I added dates, but you could also add cinnamon or other sweet spices. Or, try a savory version with chives or scallions.

1 cup self-rising flour
Pinch salt
2 tablespoons sugar
½ cup mashed pumpkin
2 tablespoons coconut cream
¼ cup soda water
2 tablespoons dates, chopped

Preheat the oven to 350°F.

Put self-rising flour, salt, and sugar in a mixing bowl and mix well. In a separate bowl, stir pumpkin and coconut cream until well mixed, then add the soda water.

Add this wet mixture to the dry ingredients until it forms a dough (add more flour if too sticky). Add dates and mix through. On a floured surface, press out the dough to 1-inch thickness and cut into rounds with a cookie cutter.

Place on a tray lined with parchment paper and bake for 20 minutes.

Serve with vegan cream or butter.



CASHEW DIP

SERVES 4–6

This cashew dip is simple and tasty just as it is—or you could use it as a base and add other ingredients to make it more flavorful, such as fresh herbs: try dill, coriander, or oregano. You can even try blending some pesto through for a flavor hit.

1 cup cashews
¼ teaspoon salt
1 scallion
1 clove garlic
2 tablespoons fresh lemon juice
¼ cup water

Add all ingredients into a blender and blend until smooth. Add more water if it is too thick. Pour into a ramekin and serve with crackers or vegetables.





SWEET SNACKS



NUTMEG COOKIES

MAKES 12 COOKIES

It's always handy to have a stash of cookies at the ready for any drop-in guests or late-night snack attacks! These have a shortbread-like consistency, are super tasty, and are perfect to leave out for Santa—with a glass of rice milk!

½ cup vegan butter
¼ cup brown sugar
¼ cup white sugar
¼ teaspoon vanilla extract
½ tablespoon molasses
1⅓ cups plain flour
⅓ cup rice flour
½ cup almond flour
⅛ teaspoon nutmeg
⅛ teaspoon ginger
¼ teaspoon cinnamon
Pinch salt
1 teaspoon orange zest

Preheat the oven to 350°F.

Beat the butter and sugars in a standing mixer or with a hand mixer until mixed well. Add the vanilla extract and molasses and beat that in.

In a separate bowl, add the flours, spices, and salt. Mix well. Scoop spoonfuls of this mixture into the butter mixture and beat it in gradually. Mix in the orange zest.

Line a baking tray with parchment paper. Roll out dough and cut with a cookie cutter. Place cookies on baking tray and bake for 12 minutes until golden brown. Let cool before eating.



CHAI SPICED NUTS

MAKES 4 CUPS

These nuts are totally addictive and so incredibly tasty that you'll want them on hand all the time for a festive snack! Try making a batch of these and gifting them to your loved ones.

Mixture of nuts (approx. 14 oz nuts total)

1 cup pecans

1 cup macadamia nuts

1 cup cashews

1 cup walnuts

3 tablespoons maple syrup

1 teaspoon cinnamon powder

1 teaspoon cardamom powder

¼ teaspoon nutmeg powder

½ teaspoon ginger powder

¼ teaspoon clove powder

1 teaspoon orange zest

Preheat the oven to 350°F.

Mix all of the nuts in a bowl. Drizzle over the maple syrup and mix through.

Mix the cinnamon, cardamom, nutmeg, ginger, and clove powders in a small bowl. Add these to the nuts and mix through. Add the orange zest and stir.

Spread the nuts on a baking tray lined with parchment paper. Make sure they are spread out well and not clumping. Bake for 10 to 12 minutes, making sure not to burn them. Let the nuts cool completely before eating them.



WHITE RUM BALLS

MAKES 16

What's a Christmas without you-can't-have-just-one rum balls? This is a take on the traditional chocolate rum balls, but they're just as tasty.

1 (7-oz) packet vegan arrowroot cookies

1½ cups desiccated coconut

½ cup vegan condensed coconut milk

½ teaspoon salt

½ teaspoon vanilla extract

1–2 tablespoons rum or whiskey

Process the cookies to make a fine crumb, then add coconut and process some more. Add remaining ingredients and process until mixture is combined.

Form into balls and roll in desiccated coconut. Store in the refrigerator. They taste better the next day!



THE MOST EPIC VEGAN ROCKY ROAD

SERVES 4–6

Take ordinary rocky road to the next level with this recipe—it's got everything: honeycomb, marshmallows, nuts, and more. Definitely a hit with everyone!

½ cup macadamia nuts
½ cup hazelnuts
¾ cup vegan honeycomb, roughly chopped
½ cup vegan white chocolate, roughly chopped
1 cup vegan mini marshmallows
½ cup desiccated coconut
8 ounces vegan dark chocolate, melted

Preheat the oven to 350°F. Place the macadamia nuts and hazelnuts on a baking tray and bake for about 10 minutes, until slightly brown. Be careful not to burn them. Let cool.

Put the honeycomb, white chocolate, marshmallows, and cooled macadamia nuts and hazelnuts into a bowl and mix well.

After melting the dark chocolate, let it cool slightly so it doesn't melt the vegan white chocolate when you add them together. Pour into the mixture and mix well.

Line a 7" x 5" baking pan or container with parchment paper. Pour in the rocky road mixture and even it out. Put in the refrigerator for at least 1 hour.



ALMOND CARDAMOM FUDGE

SERVES 4–6

This fudge is the perfect decadent sweet treat to take to a Christmas or Thanksgiving party! Keep this one in the freezer until the last minute, as it has a low melting point.

½ cup blanched almonds, toasted
1 cup ABC nut butter
½ cup coconut oil, melted
¼ cup maple syrup
½–1 tablespoon cardamom powder
Pinch Himalayan sea salt
¼ teaspoon vanilla extract

Preheat the oven to 350°F. Toast the almonds for 7 to 10 minutes, being careful not to burn them. Let cool.

Mix all of the ingredients in a bowl. Line a 5" x 8" container with parchment paper. Pour in the mixture and let set in the freezer for 30 minutes to 1 hour. This fudge is best kept in the freezer until you want to eat it.

TIP

Try this with other nuts, such as walnuts, cashews, or pecans! Note: ABC nut butter is made from almonds, Brazil nuts, and cashew nuts. This recipe would also work just as well with almond butter.



PEPITA, DATE, AND SPIRULINA BALLS

MAKES 12 BALLS

With only four ingredients, these are a good healthy treat for your holiday table. Plus, the green is the perfect color for Christmas!

1 cup pepitas, soaked for 6 hours or overnight
½ cup Medjool dates, pitted
½ cup shredded coconut
½ tablespoon spirulina powder

Drain the pepitas well, then blend them in a food processor for a few minutes until crumbly. Add the dates and process until well incorporated. Next add the coconut and do the same. Add the spirulina powder and blend until mixed in well.

Form into balls and store in the refrigerator.



CHOCOLATE CRACKLES

MAKES 12

Quick and easy to throw together, these crispy, chocolatey treats are one of my childhood favorites. They're perfect for kids, who would enjoy helping to make and eating them.

2 cups Rice Krispies/puffed rice
2/3 cup shredded coconut
3/4 cup vegan candied cherries,
chopped
7 ounces vegan dark chocolate,
melted
1/3 cup vegan white chocolate, melted

Place muffin liners in a muffin tin. Combine the Rice Krispies, shredded coconut, and candied cherries (reserve 2 tablespoons for garnish) in a large bowl. Pour the melted dark chocolate into the bowl, and mix well. Scoop the mixture evenly into the muffin liners and let set in the refrigerator for 1 hour or more.

Once set, remove from the muffin liners. Drizzle the melted white chocolate over the top. Decorate with the reserved candied cherries.



OIL-FREE, SUGAR-FREE BLUEBERRY AND LEMON MUFFINS

MAKES 12 MUFFINS

It's great to have some sugar-free options at the holiday table, too . . . for when you're all sugared out!

2 cups self-rising flour
1 teaspoon cinnamon
Pinch salt
1 cup dates, soaked in water for
1–2 hours
1 teaspoon vanilla extract
1 tablespoon applesauce
1 teaspoon lemon zest
 $\frac{3}{4}$ cup sparkling mineral water
1 cup frozen blueberries

Preheat the oven to 390°F.

Combine the self-rising flour, cinnamon, and salt in a large mixing bowl. Strain the dates, reserving $\frac{1}{2}$ cup of date water. Blend the dates with $\frac{1}{2}$ cup of date water and add to the mixing bowl. Add the vanilla extract, applesauce, and lemon zest. Add in the sparkling water and mix well. Add the blueberries and mix gently.

Fill a muffin pan with muffin liners. Spoon the mixture evenly between the pans. Bake for 20 to 25 minutes.





COMPANION DISHES

PESTO THREE WAYS

Pesto is a great staple to have on hand. Here are three amazing pesto recipes that will rock your world. I'm especially fond of the mushroom one—toss through some pasta with coconut milk and you have a beautiful, creamy mushroom dish. Pestos are so versatile—use in Pesto Pinwheels (page 81), in a soup, on Leftover Toasties (page 89), or in pasta.

MUSHROOM HAZELNUT PESTO

4 cups cremini mushrooms, chopped
1 tablespoon fresh thyme
Small handful parsley
½ cup hazelnuts, toasted and skin removed as much as possible
1 cup cashews, raw
2 tablespoons olive oil
¼ teaspoon salt

In a frying pan, cook mushrooms, thyme, and parsley in a splash of water for 10 minutes. Let cool.

Blend in a food processor with the remaining ingredients, scraping down the sides as necessary.

Store in an airtight container in the fridge.

TIP

Use a lemon or truffle oil instead of olive oil for extra flavor.

KALE PESTO

¾ cup pine nuts, toasted
2 cups packed kale leaves
1 clove garlic
½ lemon, juice and zest
¼ teaspoon salt
¼ teaspoon red pepper flakes
¼ cup olive oil

Blend all the ingredients except for the oil in a food processor. Add the oil gradually and process until well combined. You may need to scrape down the sides a few times.

TIP

Use basil in place of kale to make a more traditional pesto.



SUN-DRIED TOMATO AND WALNUT PESTO

1 cup walnuts, soaked for 2–4 hours

½ cup sun-dried tomatoes

¼ cup olives

3–4 dates, chopped

1 tablespoon nutritional yeast

1 clove garlic

2 tablespoons olive oil

Salt and pepper to taste

Add ingredients to the food processor and blend until well combined, scraping down the sides as required.



MARSHMALLOW FLUFF

SERVES 8–10

Aquafaba (the brine from chickpeas) is a fantastic ingredient to work with. You'll be amazed at this marshmallow fluff that can be used as a meringue topping in hot chocolate or in trifles, or to jazz up a fruit salad.

½ cup aquafaba
1¼ cups powdered sugar
½ teaspoon vanilla extract
¼ teaspoon cream of tartar

Mix the aquafaba in a standing mixer for 10 minutes. Add the powdered sugar (1 tablespoon at a time), the vanilla, and the cream of tartar, until it is thick and stiff peaks form.

TIP

Use this marshmallow fluff for the Pumpkin Pie Meringue Cheesecake (page 139) or the Hot Chocolate with Marshmallow Fluff (page 155).



GREEN TOMATO AND APPLE RELISH

MAKES APPROXIMATELY 3 JARS

Great as a gift, and wonderful paired with the Pecan and Mushroom Wellington (page 47) or Gluten-Free Festive Roast (page 53), this chutney is easy to make—and tasty, too.

2.2 pounds green apples, peeled,
cored, and diced

2.2 pounds green tomatoes, washed
and diced

1 large brown onion

1 cinnamon stick

1 star anise pod

2 bay leaves

1 teaspoon yellow mustard seeds

½ cup sultanas (raisins)

1 teaspoon salt

1 teaspoon grated ginger

½ lemon

⅓ cup white wine vinegar

½ cup brown sugar

¼ cup raw sugar

½ cup water

Put all the ingredients into a large
saucepan. Cook on medium heat
for 1 hour and 40 minutes, stirring
occasionally.

Let cool and then store in sterilized jars.



ROAST EGGPLANT

SERVES 4–6

Sometimes you need a few quick and easy recipes to have on hand, and this is one of those. Great as a side or in a toasted sandwich, you'll want this eggplant around anytime.

2 large eggplants (17 oz total)
Salt, for sprinkling
1 tablespoon olive oil
¼ teaspoon sweet paprika
½ teaspoon dried oregano

Cut eggplant into rounds and put in a large bowl. Sprinkle salt over the eggplant and leave for 30 minutes. Rinse the salted eggplant and pat dry.

Preheat the oven to 350°F. Line a tray with parchment paper and brush with olive oil. Lay the eggplant on the paper and brush again with olive oil. Then sprinkle paprika, dried oregano, and more salt on top.

Place eggplant on the middle tray in the oven. Bake for 5 to 7 minutes on each side, being careful not to burn.



ROAST TOMATOES

SERVES 8–10

Perfect for risottos, pasta dishes, on toast, or just as a side, these are a delightful burst of flavor.

2.5 pounds tomatoes, halved
Generous pinch salt
1 teaspoon Italian seasoning
Sprigs rosemary or thyme, or both
Generous drizzle olive oil

Preheat the oven to 350°F. Place the tomatoes faceup on a lined baking tray. Sprinkle over the salt and Italian seasoning, and place the herb sprigs on top.

Bake in the oven for 2 hours, rotating the tray every 30 minutes.

TIP

Use a flavored salt, such as garlic or rosemary salt, for more flavor on these tomatoes.



HOMEMADE CREAM

SERVES 8

Sometimes vegan cream can be hard to come by, so why not make your own with these simple ingredients? Useful to have on hand for all your festive needs!

½ cup cashews
1 (14-oz) can coconut cream
2 tablespoons corn flour
2 tablespoons maple syrup
½ tablespoon vanilla

Blend all ingredients for 1 minute. Pour mixture into a saucepan and cook on medium heat, whisking continuously, for 2 to 3 minutes until thick.

Pour mixture into a separate bowl, let cool, and store in the refrigerator.



HOMEMADE CUSTARD

SERVES 6

Serve this custard cold or warm with your favorite dessert. Easy to make, it can be stored in the refrigerator for a few days.

½ cup cashews
½ cup coconut cream
⅛ teaspoon turmeric
1 tablespoon corn flour
½ tablespoon vanilla extract
1 tablespoon maple syrup
½ cup water

Blend all ingredients in a high-powered blender for 1 minute until smooth. Pour into a saucepan and cook on medium heat for 3 to 4 minutes until thickened.

Store in the refrigerator until ready to use.



CRANBERRY SAUCE

SERVES 8–10

Another must for the holiday table! Cranberry sauce with a zesty orange flavor—a great accompaniment to many main dishes.

2 cups dried cranberries
1 orange, zest and juice
1 cinnamon stick
2 pods star anise
1 cup water

Put all the ingredients in a saucepan and boil for 20 minutes on medium heat. For smoother consistency, blend in a food processor.

Store in the refrigerator until ready to eat. To serve warm, add water while heating in a saucepan over low heat.





DESSERTS



PECAN COCONUT CARAMEL PIE

SERVES 8–12

This is one of the tastiest things I've ever made! Don't be daunted at the list of ingredients; it isn't too difficult to throw together, and your guests will love it. Many people have tried this recipe—and they all love it. Someone even requested me to make it for them last Christmas!

CRUST

1¼ cups flour
½ cup coconut sugar
½ cup vegan butter
Pinch salt
2 tablespoons rice malt syrup
½ cup almond meal
⅓ cup coconut flour
1 tablespoon water
Vegan butter, for the baking tin

FILLING

2 cups desiccated coconut
1 (11.25-oz) can condensed coconut milk
1 cup almond butter
⅓ cup coconut oil
1 tablespoon vanilla extract
Pinch salt
½ cup coconut sugar

TOPPING

1¼ cup pecans
¾ cup desiccated coconut
¼ cup coconut sugar
2 tablespoons rice malt syrup

Preheat the oven to 350°F. Add all ingredients for the crust except the water and butter into a food processor and process. You may need to scrape down the sides a few times. Add the water and it should come together into a dough.

Grease a 10-inch flan or tart pan with butter. Roll out the dough and press into the baking pan. Pierce with a fork a few times and bake for 12 minutes. Let cool.

To make the filling, blend the coconut in the food processor until fine. Place the remaining ingredients in a saucepan and mix well on medium heat until well incorporated. Add the coconut, mix well, and pour this mixture into the baked piecrust.

Mix all the ingredients for the topping in a bowl and place on top of the pie. Bake for 25 minutes.



PUMPKIN PIE MERINGUE CHEESECAKE

SERVES 8–12

This cheesecake takes the traditional pumpkin pie to the next level by adding a marshmallow meringue layer on top.

CRUST

1¼ cups plain flour
1¾ cups almond flour
Pinch salt
¼ cup vegan butter
¼ cup rice malt syrup
1 tablespoon ice cold water

FILLING

1 cup mashed pumpkin
14 ounces vegan cream cheese
7 ounces silken tofu
¾ cup sugar
½ teaspoon cinnamon
⅓ cup corn flour
1 teaspoon pumpkin pie spice

Marshmallow Fluff (page 121)

Preheat the oven to 350°F. Process the ingredients for the crust in a food processor until it comes together. Press into a 10-inch pie pan. Pierce with a fork a few times and bake for 10 minutes. Let cool.

Blend the ingredients for the filling in a food processor until smooth. Scoop into the baked crust. Bake for 40 minutes. Let the pie cool down completely before topping with marshmallow fluff.

For the marshmallow topping, mix the aquafaba in a standing mixer for 10 minutes. Add the powdered sugar 1 tablespoon at a time, the vanilla extract, and the cream of tartar, until it is thick and stiff peaks form. Pipe the marshmallow fluff onto the pie with a wide nozzle piping tip. Brown the edges with a cooking torch, or alternatively broil in the oven for up to 1 minute, being careful not to burn it.



MINI RAW OR COOKED APPLE PIES

MAKES 12–15 MINI PIES

For a lighter dessert, give these mini apple pies a go. You can cook the base or leave it raw, but either way, they're a cute little treat—and gluten-free!

BASE

1½ cups raw cashews
½ cup almond meal
¼ teaspoon cinnamon
Pinch salt
2 tablespoons maple syrup
1 tablespoon coconut oil

To make the base, blitz the cashews until fine. Add the remaining ingredients until the mixture forms a dough. Roll a small amount of mixture into a ball in your palm, flatten out, and press into the base of a well-greased mini muffin pan. Repeat with the remainder of the mixture.

FILLING

3 green apples, cored, peeled and grated
Zest of 1 lemon
2 tablespoons fresh lemon juice
½ teaspoon vanilla extract
⅛ teaspoon cinnamon

At this stage you can bake the shells for 7 to 8 minutes at 350°F, or leave raw. If you leave them raw, put them in the refrigerator to harden up. If you bake them, let them cool. Remove the bases from the pan using a knife if necessary.

For the filling, add the grated apples in a bowl with the remaining ingredients and mix well. Scoop this filling into the shells. Store in the refrigerator until ready to eat.



GLUTEN-FREE FUNFETTI CAKE

SERVES 10–14

This is a fabulous, fun cake that has a distinct vanilla taste—and your guests won't even know it's gluten-free!

¾ cup plant-based butter
¾ cup sugar
½ cup coconut flour
⅓ cup rice flour
½ cup buckwheat flour
1 cup almond flour
2 tablespoons tapioca flour
½ tablespoon baking powder
Pinch salt
¾ cup soy milk
1 teaspoon apple cider vinegar
1 teaspoon vanilla extract
1 tablespoon applesauce
4 tablespoons vegan sprinkles,
divided

Preheat the oven to 350°F.

Mix the butter and sugar in a standing mixer or hand mixer until well combined. Mix the rest of the dry ingredients—the flours, baking powder, and salt—in a bowl.

Mix the wet ingredients—the soy milk, apple cider vinegar, vanilla extract, and applesauce—together in a separate bowl. Gradually add a bit of each dry and wet mixture to the butter mixture while mixing, until it forms a batter.

Add 2 tablespoons of the sprinkles into the batter and gently stir through. Pour batter into a lined 8" x 8" baking dish and bake for 25 to 30 minutes. Once baked, add the remaining sprinkles over the top. Let cool.



SPICED PUMPKIN CUPCAKES

MAKES 12

Cupcakes! The feeling of biting into the delicate flavorsome delights is like no other. These cupcakes are sure to disappear quickly.

2 cups plain flour
1 teaspoon baking soda
Pinch salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
⅛ teaspoon clove powder
½ cup white sugar
½ cup mashed pumpkin
½ cup olive oil
½ teaspoon vanilla extract
1 cup soda water

ICING

¼ cup vegan butter
1 tablespoon coconut cream
¼ cup mashed pumpkin
1½ cups powdered sugar, sifted

Mix all the dry ingredients—flour, baking soda, salt, cinnamon, nutmeg, clove powder, and sugar—in a bowl.

Mix mashed pumpkin, olive oil, and vanilla together. Add this to the dry ingredients, then slowly add the soda water until well incorporated.

Divide the mixture into 12 muffin liners in a muffin pan and bake at 350°F for 25 minutes or until a skewer comes out clean.

For the icing, in a standing mixer or hand mixer, mix the butter first and add the coconut cream, then the mashed pumpkin. Add the powdered sugar, 1 tablespoon at a time, until well incorporated.

Pipe this icing onto the cooled cupcakes and store in the refrigerator until ready to serve.



RHUBARB AND CUSTARD ROLLS

MAKES 10 ROLLS

A little bit more time goes into making these rolls, but with a lot of reward! Homemade rolls are some of the tastiest treats you can make.

RHUBARB

2½–3 cups rhubarb, washed and cut into 1-inch pieces
4 tablespoons water
½ cup sugar
1 teaspoon vanilla extract

CUSTARD

½ cup cashews
½ cup coconut cream
⅛ teaspoon turmeric
1 tablespoon corn flour
½ tablespoon vanilla extract
1 tablespoon maple syrup
½ cup water

ROLLS

1 cup soy milk, warmed
2 tablespoons coconut oil, plus extra for brushing
2 teaspoons yeast
3 cups plain flour
Pinch salt
1 tablespoon sugar

ICING

¼ cup powdered sugar
4 teaspoons soy milk
Drop food coloring

Add all the ingredients for the rhubarb into a small saucepan and cook on medium-low heat for about 10 to 12 minutes or until rhubarb is soft enough to put a fork through.

Blend all the ingredients for the custard in a high-powered blender for 1 minute until smooth. Pour into a saucepan and cook on medium heat for 3 to 4 minutes until thickened. Pour into a separate bowl and let cool.

To make the rolls, put the warmed milk in a bowl and add the coconut oil. Add the yeast, stir, and let sit for 10 minutes. Add the flour, salt, and sugar gradually, forming into a dough.

Place the dough in a bowl brushed with extra coconut oil and let sit with a cover over it for 1 or 2 hours, until it has doubled in size. Once the dough has risen, knead a few more times. Sprinkle a working surface with flour and roll out the dough into a large rectangular shape.

Spread the custard on the dough in a thin layer, and then dollop the rhubarb mixture onto that and spread out evenly. Starting from the long edge, roll the dough into a cylindrical shape, then cut into rounds a couple of inches long. Place the rounds faceup in an 8" x 8" ovenproof dish. Let rest for about 15 minutes. Preheat the oven to 350°F. Brush the rolls with coconut oil and bake for 25 minutes. Let cool before adding the icing.

To make the icing, sift the powdered sugar into a bowl. Add the soy milk gradually until it becomes a smooth consistency. Add a couple of drops of food coloring of your choice. A pink color goes nicely with rhubarb. Drizzle over the rolls.



COLORFUL TRIFLES

SERVES 2–4

This recipe is so easy once you have everything prepared—just layer it up! I used individual glasses for this, but you could use a big glass dish if you want to make a big one; just increase the amount of ingredients to suit.

½ cup cookies, processed into crumbs
½ cup canned peaches
1 cup Simply Delish Jel Dessert
1 cup vegan custard
¾ cup vegan cream

Using large glasses, start by spooning 2 to 3 tablespoons of cookie crumbs in the bottom of each glass. Add 2 to 3 slices of peach in each glass. On top of that, layer a few spoons of Jel Dessert, a couple of spoons of custard, and some cream.

Repeat this layer again and, voilà, you have a trifle!

TIP

Use the custard recipe (page 131) and the cream recipe (page 129). You can use chocolate or ginger cookies to mix up the flavor, and you can use any type of canned fruit.





DRINKS



MULLED APPLE CIDER

SERVES 6–8

This flavorsome cider will be sure to please all your guests with its warm spices and fruity overtones.

3 (12-oz) bottles hard apple cider
1 orange, cut into rounds
2 cinnamon sticks
½ lemon, cut into rounds
2 cardamom pods, smashed
2 cloves
½ apple, cored and sliced
1 mandarin, peeled and segmented
2 pods star anise

Combine all the ingredients in a large saucepan and slowly heat on medium heat for 15 minutes.

Serve warm.

TIP

Use blood oranges for a great taste and color.



HOT CHOCOLATE WITH MARSHMALLOW FLUFF

SERVES 2

A decadent drink sure to warm your bodies and hearts, this is perfect for relaxing before or after all the festivities.

Marshmallow Fluff (page 121)

HOT CHOCOLATE

1/3 cup dark vegan chocolate, broken
into pieces

1/2 teaspoon vanilla extract

1/4 teaspoon cinnamon powder

2 tablespoons coconut cream

1 1/2 cups soy milk

To make the hot chocolate, add chocolate, vanilla, cinnamon, and coconut cream to a pan and whisk until chocolate has melted. Add milk gradually and whisk until all the milk is added and the consistency is smooth.

Top with Marshmallow Fluff.



LYCHEE MINT MOCKTAILS

SERVES 2–4

I first made this delicious mocktail with my friend Doris at a dumpling party. It's such a refreshing and tasty drink, perfect to kick off any celebration.

3–4 cups ice
1 (4-oz) can lychees in juice
Handful fresh mint
1–2 tablespoons fresh lime juice
1 tablespoon elderflower cordial
Lemonade, to top up

Add the ice, lychees (reserve some for decoration), lychee juice, mint (reserve some for decoration), lime juice, and elderflower cordial into a blender and blend until it achieves a slushy consistency.

In each cocktail glass, place one of the reserved lychees. Fill three-quarters of each glass with the lychee drink. Top up with lemonade. Decorate with mint leaves.

TIP

For a less sweet version, try replacing the lemonade with soda water.



GOLDEN TURMERIC MILK

SERVES 2

This deliciously creamy golden turmeric milk will warm you inside and out. Not only that, it's jam-packed with nutrients to boost your immune system.

1 cup water
1 tablespoon fresh turmeric, grated
1 teaspoon fresh ginger, grated
1½ cups rice milk
2 pods star anise
½ teaspoon cardamom powder
1 teaspoon cinnamon powder
1 teaspoon ground turmeric powder
¼ teaspoon grated nutmeg
2 grinds black pepper
½ cup coconut milk
1 teaspoon coconut oil
1 tablespoon coconut sugar

Add water to a medium saucepan on medium heat. Add the fresh turmeric and ginger. Add the rice milk. Add the star anise, cardamom, cinnamon, turmeric powder, nutmeg, and ground black pepper. Add the coconut milk, coconut oil, and coconut sugar.

Bring to a slow boil, pour into mugs, and enjoy.



IRISH DREAM LIQUEUR

SERVES 6–8

Try making your own creamy and delicious liqueur at home! It's an easy recipe, and great to share. It is also a perfect homemade gift to give to loved ones.

1 cup Jameson Irish whiskey
½ cup coconut sugar
1 teaspoon instant coffee (optional)
14 ounces boiling water
28 ounces coconut cream
1 tablespoon chocolate vincotto (or rich chocolate sauce)

Pour the whiskey into a large bowl (preferably one with a pouring lip). Put the coconut sugar and instant coffee, if using, in a measuring cup; pour in the boiling water and stir to dissolve. Pour this in with the whiskey.

Add the coconut cream to the bowl. Whisk out any lumps that may be present from the coconut cream. Add the chocolate vincotto and whisk that in.

Pour the mixture into a clean and sterilized glass bottle (using a funnel may be best!) and store in the refrigerator, where it will last for about a week.



CHERRY ORANGE PUNCH

SERVES 6–8

You can double or triple this recipe, which is perfect if you're wanting to make a drink in large quantities. This definitely has a festive vibe going on with its flavors!

½ cup canned cherries
¼ cup cherry syrup from the canned cherries
1 cup orange juice
2 cups lemonade

Pour the cherries and cherry syrup into a 16-ounce carafe. Gently pour the orange juice in. You should see a really cool layer effect! Top off with lemonade.

Double or triple this recipe if using a larger carafe or a punch bowl.



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ABOUT THE AUTHOR



Katie Culpin has had a passion for plant-based food for over ten years. She is the co-founder and chief recipe developer for the successful blog *Delightful Vegans*. Katie and her partner, Josh, created *Delightful Vegans* nearly five years ago and it now has many mouthwatering plant-based recipes as well as the odd travel adventure thrown in! As well as working in many vegan restaurants and helping with menu plans and development, Katie's recipes have also been featured in *Vegan Food and Living Magazine* and on numerous other blogger websites. She has performed cooking demonstrations at the World Vegan Day and the Buddha's Day & Multicultural Festival in Melbourne. Katie and Josh live on the Gold Coast in Australia with their three cats.

CONVERSION CHARTS

METRIC AND IMPERIAL CONVERSIONS

(These conversions are rounded for convenience)

Ingredient	Cups/Tablespons/ Teaspoons	Ounces	Grams/Milliliters
Butter	1 cup/ 16 tablespoons/ 2 sticks	8 ounces	230 grams
Cheese, shredded	1 cup	4 ounces	110 grams
Cornstarch	1 tablespoon	0.3 ounce	8 grams
Cream cheese	1 tablespoon	0.5 ounce	14.5 grams
Flour, all-purpose	1 cup/1 tablespoon	4.5 ounces/0.3 ounce	125 grams/8 grams
Flour, whole wheat	1 cup	4 ounces	120 grams
Fruit, dried	1 cup	4 ounces	120 grams
Fruits or veggies, chopped	1 cup	5 to 7 ounces	145 to 200 grams
Fruits or veggies, pureed	1 cup	8.5 ounces	245 grams
Liquids: cream, milk, water, or juice	1 cup	8 fluid ounces	240 milliliters
Maple syrup or corn syrup	1 tablespoon	0.75 ounce	20 grams
Oats	1 cup	5.5 ounces	150 grams
Salt	1 teaspoon	0.2 ounce	6 grams
Spices: cinnamon, cloves, ginger, or nutmeg (ground)	1 teaspoon	0.2 ounce	5 milliliters
Sugar, brown, firmly packed	1 cup	7 ounces	200 grams
Sugar, white	1 cup/1 tablespoon	7 ounces/0.5 ounce	200 grams/12.5 grams
Vanilla extract	1 teaspoon	0.2 ounce	4 grams

OVEN TEMPERATURES

Fahrenheit	Celsius	Gas Mark
225°	110°	¼
250°	120°	½
275°	140°	1
300°	150°	2
325°	160°	3
350°	180°	4
375°	190°	5
400°	200°	6
425°	220°	7
450°	230°	8

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