

Have a very

Vegan Christmas

Recipe Book



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Why vegan?

With such a huge boost in the availability of plant-based options, it is no surprise that more and more people are choosing to ditch animal products.

A traditional Christmas feast needn't be an exception to this, with many vegan recipes and options widely available. So why not ditch the turkey and opt for a vegan alternative?

Why a vegan Christmas dinner?

In the UK alone, an estimated 10 million turkeys are killed for Christmas dinners. These animals are usually reared in intensive, factory farm conditions and slaughtered at around 16 weeks old. In the season of 'peace and good will to all', animals should not be excluded.





Christmas Savoury Strudel

Christmas Savoury Strudel

Ingredients:

- 3 tbsp olive oil
- 2 onions (peeled and chopped)
- 2 garlic cloves (crushed)
- 2 x 400g cans of chopped tomatoes
- 1 tsp dried basil
- 90ml vegan red wine
- 225g button mushrooms (sliced)
- Sea salt and ground black pepper
- 275g ready-to-use vegan filo pastry (available from most supermarkets)
- 100g olive oil (for brushing)
- 90g roast cashew nuts (chopped); you can also use pine or pecan nuts.

Method:

1. Heat the 3 tbsp of olive oil in a large saucepan, add the onions, cover and cook until tender but not browned.
2. Add the garlic, tomatoes, basil and wine. Simmer gently, stirring occasionally, until the

liquid has disappeared. This should take about 20 minutes.

3. Add the mushrooms, cook until tender. Season and allow to cool.

4. Pre-heat the oven to 200°C/400°F/gas mark 6.

5. Brush a baking tray with olive oil, put the first layer of filo pastry on the tray, brush with oil and sprinkle a third of the nuts on; repeat this process three times.

6. Add a fourth layer of filo pastry, brush with oil and put the tomato-mushroom mixture on it and spread out. Roll the whole thing up.

7. Bake for approximately 30 minutes, or until golden brown.

Adapted with kind permission from Rose Elliot's 'Vegetarian Christmas'. ©1992 Rose Elliot. Published by HarperCollins Publishers Ltd.

Stuffed Seitan Roast



Ingredients:

For the seitan dough:

- 1 cup of vital wheat gluten
- 1/3 cup nutritional yeast
- 1/2 tsp ground pepper
- 1/2 tsp paprika
- 1 cup cold vegetable broth/stock
- 1 tsp Dijon mustard
- 1 tbsp soy sauce

For the stuffing:

- 2 tbsp olive oil
- 1 small onion (diced)
- 2 garlic cloves (diced)
- 1 carrot (diced)
- 1 stick of celery (diced)
- 1 1/2 cups firm tofu
- 3/4 cup ground mixed nuts
- 1 tsp salt
- 1/2 tsp ground pepper
- 1 tsp dried sage
- 1 tsp dried parsley
- 1/2 tsp dried oregano

For the glaze:

- 2 tbsp olive oil
- 2 tbsp maple syrup or agave nectar
- 1 tbsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp ground cloves

Method:

1. Pre-heat oven to 200°C.
2. For the seitan dough: Mix together the vital wheat gluten flour, nutritional yeast, pepper and paprika in a bowl. In a separate bowl, whisk together the vegetable stock, mustard and soy sauce and add to the dry ingredients. Mix together with your hands to form a dough, and knead for 4 minutes.
3. Roll out the dough to a rectangle on top of a sheet of greaseproof paper. Lightly grease the top and place a flat baking sheet on top to weigh it down. Leave to one side.
4. For the stuffing: Heat olive oil in a pan and add the onion, garlic, carrot, and celery. Cook until softened.
5. Mash up the tofu in a mixing bowl, and stir in the remaining stuffing ingredients, including the cooked vegetables. Mix well.
6. Take the baking tray off the top of the seitan dough and place the stuffing mixture along the

centre. Pull up the sides of the dough and fold over the stuffing until all stuffing is enclosed inside the dough.

7. For the glaze: Whisk up the glaze ingredients. Make a few slice across the top of the dough and then brush half the glaze on top.

8. Cover loosely with the greaseproof paper, place on a baking tray and roast the seitan dough for 30 minutes. Remove from the oven, brush on the remaining glaze and return to the oven for another 30 minutes or until golden on top.

9. Remove from the oven and let the seitan sit for 5 minutes before slicing and serving.

Recipe used with the kind permission of Josephine Watmore of The Grumpy Sailor.

Website: www.thegrumpysailor.com

Instagram: [@thegrumpysailorkitchen](https://www.instagram.com/thegrumpysailorkitchen)

Traditional Nut Roast



Ingredients:

- 1 medium sized onion (chopped)
- 3 tbsp olive oil
- 100ml water
- 225g chopped nuts
- 2 tbsp ground almonds
- 100g breadcrumbs
- 1 tbsp sage
- ¼ tsp cayenne pepper
- Salt and pepper

Method:

1. Pre-heat the oven to 180°C/350°F/ Gas mark 4.
2. Sauté the onion in 1 tbsp of olive oil until tender.
3. Combine all of the other ingredients together. Turn into a well-oiled ovenproof dish and bake for 25 – 30 minutes, or until golden brown.



Desserts

Almond Marzipan Cookies



Ingredients:

- 150g marzipan
- 68g margarine
- ¾ tsp vanilla
- ¾ tsp almond Extract
- 113g gluten Free Self-Raising Flour
- 90g ground Almonds
- toasted almonds (to decorate)
- almond glaze (to decorate)

Method:

1. Line a baking tray with parchment paper. Preheat oven to 160°C.
2. In a bowl or a mixer, cream together the marzipan, margarine, vanilla and almond extract.
3. In separate bowl mix the flour and ground almonds together.
4. Add the flour mixture to the marzipan mixture and combine together to form a dough.

5. On a lightly floured surface, roll the dough out to 1cm thickness and cut out shapes using a cookie cutter. We like using a 9cm cutter – but any will do!

While cookies are baking, prepare the glaze:

Almond Glaze

Ingredients:

- 90g icing Sugar
- 1.5 tbsp plant-based milk
- ¼ tsp Vanilla Extract
- ⅛ tsp Almond extract

Method:

1. Combine together!
2. When Cookies are fully baked, cool on the tray and then add toasted sliced almonds and drizzle over glaze.
3. Leave 15 minutes to set.

Recipe used with the kind permission of Ms Cupcake; London's very first all-vegan cake shop. Website: www.ms cupcake.co.uk/ Instagram: @mscupcakeuk



Aaron's Christmas Chocolate Tart

Aaron's Christmas Chocolate Tart

Ingredients

For the crust:

- 150g flour
- 70g vegan butter/spread
- 1 tsp vanilla extract
- 1 tbsp coconut sugar
- 30ml plant milk of your choice
- Generous pinch of Himalayan or sea salt
- 1 tsp baking powder
- ½ tsp cinnamon
- ½ tsp ginger
- Pinch of nutmeg

For the filling:

- A jar of vegan mincemeat (use enough to cover the pastry case but leave room for the chocolate to form a top layer and not spill out)
- 100g vegan 'milk' chocolate
- 100ml coconut cream
- ¼ tsp Himalayan or sea salt
- Vegan white chocolate to decorate
- 1 tsp vanilla extract

Method for the crust:

1. In a large mixing bowl, add all the dry ingredients and mix together. Add the butter, and mix in with a wooden spoon.
2. Once the mix looks like crumbs, use your hands and knead for about 1 minute.
3. Add the milk, and mix in with a spoon; as the mixture forms use your hands to bring the ingredients together, and shape into a ball.
4. On a floured surface, roll out the pastry until it's about ½ cm thick.
5. Using a loose-based tin as a template cut out and fill the tin's base and use the remaining pastry to form a thin crust around the edge.
6. Fork the base several times (to stop it rising) and place in the oven at 200°C.
7. After 15 minutes, remove and allow to cool fully.

(Continued overleaf)

Aaron's Christmas Chocolate Tart (cont'd)

Method for the filling:

1. Add the chocolate, salt and vanilla to a bain marie (saucepan with hot water and a glass bowl on top) on a medium heat and stir until the chocolate has melted.
2. Add the cream, and whisk to combine while still on the hob.
3. Once combined, turn off the heat and remove the pastry crust from the tin.
4. On a plate, spread an even layer of mincemeat in the base of the tart (roughly 4-5 tbsp) and press down gently (be careful not to break the crust).
5. Wipe any water off bottom of the glass bowl with the chocolate in and pour evenly over the tart, filling it to the edges. You may have to use a spatula to get an even layer.
6. Grate over the white chocolate over the top.

Best served at room temperature with vanilla ice cream or a little oat/soya cream

Recipe used with kind permission of Aaron Calder.
Instagram: @aaroncaldervegan



Christmas Crumble

Ingredients:

- 175g plain flour
- 75g ground almonds
- 120g vegan butter/spread
- 75g caster sugar
- 400g vegan mince meat
- 2 large cooking apples (stewed)
- 50g flaked almonds
- 1 tsp of ground cinnamon.

Method:

1. Pre-heat the oven to 200°C
2. Rub the vegan butter and flour together until combined; it should look like breadcrumbs.
3. Mix in the ground almonds and sugar.
4. In a heatproof dish, spoon in the mince meat, top with the apple and sprinkle the crumble mixture on top.

5. Top with the flaked almonds and cinnamon, and bake until golden on top.



Other Stuff...

Vegan Cheese Boards:

Asda
VioLife

Vegan Cheese

Violife
Vegusto
Koko Dairy Free

Some supermarkets have their own-brand vegan cheeses, including: Sainsbury's, Asda and Tesco

Vegan port

Some widely available varieties include:

- Taylor's Vintage Port (2012)
- Waitrose own-brand Late Bottled Vintage Port
- Cockburn's Vintage Port

Want to check if your booze is vegan? Head over to Barnivore (www.barnivore.com) and search away!



Sides

Of course, it goes without saying that all vegetables are suitable for vegans. But what about things like roast potatoes, that are often cooked in animal fats at Christmas time?

Roast potatoes

Simply leave out the animal fat and replace with vegetable oil.

Roast vegetables

Cook with vegetable oil. And instead of using honey for glazing, go for maple syrup or agave nectar.

Gravy

Bisto beef and onion flavours are both suitable for vegans, and you will find that the majority of vegetable gravies are too (just check the ingredients for milk!).

Cranberry sauce

The majority of cranberry sauces in jars are vegan.

For everything else, please see our **Compassionate Christmas Guide!**

Check out our Compassionate Christmas Guide for gift ideas, and to find out how you can help animals this festival season, by visiting:

www.animalaid.org.uk/CompassionateChristmas

Top five tips for a Compassionate Christmas:

1. Spare the turkey and opt for a meat-free option instead.
2. Make sure the only animals you give away are toy ones; never buy real animals as presents.
3. Support Animal Aid by purchasing from our ethical, vegan store: **www.animalaidshop.org.uk**
4. Make sure you only donate to medical charities that do not fund or conduct animal experiments. You can find a list of 'goodies' and 'baddies' on our Victims of Charity website: **www.victimsofcharity.org**
5. Never visit events that are using live animals, such as reindeer or penguins. Such events are cruel and cause the animals stress.



About Animal Aid

Animal Aid campaigns peacefully against all form of animal abuse and promotes a cruelty-free lifestyle.

Our campaigns include:

- Exposing the plight of animals through undercover investigations into factory farms, slaughterhouses and 'game' bird farms.
- Encouraging and supporting people in ending their animal product consumption through our information packs and annual Summer Vegan Pledge. Visit **www.govegan.org.uk** for more information.
- Political lobbying to ensure animals have a voice in the corridors of power.
- Working with companies to increase the number of plant-based options available on restaurant menus and beyond.
- Sponsoring and supporting vegan fairs all over the country. We are proud to help local groups put on cruelty-free events. To find out about vegan events in your area, visit: **www.animalaid.org.uk/events**

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