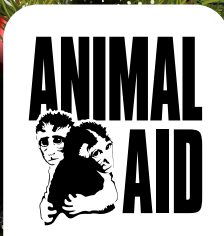


Have a very

Vegan Christmas





Contents

Why Vegan?.....	page 2
‘Turkey’ and Cranberry Slices.....	page 4
Mushroom Wellington.....	page 6
Traditional Nut Roast.....	page 8
Joyful Christmas Chocolate Star Bread.....	page 10
Aaron's Christmas Chocolate Tart.....	page 12
Yule Log	page 15
Other Stuff.....	page 18
Compassionate Christmas Guide.....	page 20
About Animal Aid.....	page 22

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.



Mains



"Turkey" and cranberry slices

'Turkey' and cranberry slices

Ingredients:

- 130g chickpeas - drained
- 70g cashews - soaked overnight or in just boiled water for 15 minutes. Drain off water.
- 100g oat flour (you can make your own by blending 100g of oats into a fine flour)
- 50g cranberries
- 150ml plant milk (unsweetened)
- 120g vital wheat gluten
- 4 tbsp olive oil
- 4 tbsp nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp salt
- Black pepper to season

Method:

1) To a blender/food processor add the milk, chickpeas, oil and cashews. Blend until you have a creamy liquid. A few small fine lumps are fine, these add to the texture. Add the vital wheat gluten, oat flour, onion & garlic powder, salt, pepper, seasoning and nutritional yeast.

2) Blend until the mixture turns to dough. Keep blending for 2-3 minutes. If the mixture is too wet add a little more vital wheat gluten.

3) In a large bowl add the cranberries and dough. Knead the dough so that all the cranberries are combined into the dough. Shape into a small loaf/joint and wrap in parchment paper and then foil.

4) Place in a steamer and steam for 1 hour and ten minutes. Serve immediately with lots of gravy.



Mushroom Wellington



Ingredients:

- 1 roll of vegan puff pastry
- 4 large flat or portobello mushrooms (remove the stalks, and slice)
- 1 tbsp of Dijon mustard
- 1 tsp rosemary
- 1 tsp thyme
- 1 medium sized onion
- Handful of spinach
- Oil for frying
- Salt and pepper
- Soya milk for glazing

1. Place a frying pan on a medium heat and heat up some oil. Add the onion, season with salt and pepper and fry until browned.
2. Increase the heat to high and add the sliced mushrooms, you may need to add a little more oil.

3. Once the mushrooms have browned, add the thyme, rosemary, more salt and pepper if you wish, and add the spinach.
4. Once the spinach has wilted, give everything a good mix and remove the pan from the heat, and allow the mixture to cool. You may wish to transfer it to a dish and place in the fridge.
5. Pre heat your oven to 200oc and roll out the pastry onto a baking tray, with greaseproof paper.
6. Spread the Dijon mustard onto the puff pastry, season well with salt and pepper, and then spoon the mushroom mixture on top.
7. Carefully roll the pastry over the mushroom mixture until you have a log. Seal the edges with a fork to ensure it stays together when it cooks.
8. Glaze the top with some soya milk, or any unsweetened plant milk of your choosing.
9. Place the tray into the oven and cook for 30 – 35 minutes, or until golden brown.

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

Joyful Christmas Chocolate Star Bread



Ingredients:

- 1 packet of Jus Rol pastry sheet (320g)
- 200g vegan chocolate spread (try M&S Plant Kitchen; or Mr Organic vegan choc spread; or Nature's Store hazelnut spread)
- Unsweetened plant milk (soya, oat, almond) of your choice, for glazing

Method

1. Pre-heat your oven to 180C.
2. Unroll your pastry sheet and place a large bowl on it.
3. Cut round it and repeat twice more so that you have 3 pastry circles.
4. Place the unopened jar of choc spread in a bowl of warm water to soften the spread.
5. Cover a baking tray with parchment paper and place the first pastry circle on middle of the sheet and spread choc spread on it, leaving approximately 1cm gap at the edge.

6. Cover with the 2nd pastry circle, and repeat with the chocolate spread on sheet 2.
7. Finally place the 3rd pastry circle on top.
8. Place a mason jar or cup in the centre of the top pastry circle to serve as a marker and cut the pastry into quarters radiating from the jar.
9. Then cut it into eighths, and then in sixteenths.
10. Remove the jar or cup from the centre of the pastry; carefully lift 2 of the 16ths at a time and twist over, one clockwise and one anti-clockwise. Repeat on all other pieces.
11. Finally, carefully fold over the outer edges of each piece so that they are sealed.
12. Glaze with plant milk and bake for 15-20 minutes.
13. Once cooked and cooled, dust with icing sugar, if desired, to make it more festive – and enjoy!

Recipe kindly donated by Joyful Kitchen: @joyfulkitchenkent





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



Gule Log

Ingredients

Sponge

- 200g self-raising flour
- ½ tbsp ground flax/chia seeds
- 1 tbsp cocoa powder
- ¼ tsp baking soda
- 1/8 tsp xanthan gum
- 1 tsp vanilla extract
- 270ml soya milk
- 75g melted dairy-free spread
- 115g caster sugar

Method

Sponge

1. Pre-heat your oven to 170oC. Mix all the dry ingredients in a large bowl.
2. Add the vanilla, milk, spread and mix again until all the ingredients are combined.

3. Line a rectangular baking tray (approx. 30cm x 25cm) with parchment paper. Pour in the cake mix and spread evenly.

4. Bake for 12-14 minutes. Carefully remove from the oven and allow to cool on a wire rack for 5 minutes.

5. Lay out a clean tea towel and sprinkle with cocoa powder. Gently tip out the sponge and peel off the paper. Cut off the sides and top (about ½ CM) to make sure you have a perfect rectangle.

6. Sprinkle a little more cocoa powder over the top, this helps it not to stick to the towel. Fold over a little of the towel onto the sponge then using both hands tightly roll the sponge (with the towel separating each layer). Set aside and allow to cool for 2 hours.

Ingredients

Buttercream

- 90g dairy-free butter (use a block not a soft spread)
- 200g icing sugar
- 1-2 tbsp plant milk
- 2 tsp vanilla extract

Method

1. Allow the butter to soften slightly at room temperature.
2. Add all the ingredients to a large bowl and cream together with a spoon.
3. Gently unroll the cooled sponge (if you get a split don't panic, you can cover with the buttercream). Spread the buttercream evenly over the sponge. Make sure you spread to the sides. Using the towel roll into a log. Set the towel aside and carefully place the cake on a plate or serving block.

Ingredients

Chocolate Ganache

- 300g dark chocolate
- 150ml plant milk

Method

1. Gently and slowly melt the chocolate with the milk. It should be fairly thick, but not too thick that it won't spread easily over the cake. If it's too thick add a little more milk.
2. Allow to cool for 5 minutes then transfer into piping bag with a star nozzle. Start at the end of the cake and pipe lines down the log until it's covered. Then swirl to cover each end. Alternatively, you can use a spatula to cover the cake and then use a fork to get a log effect.
3. Pop in the fridge to set for an hour and it's ready to serve. Before serving decorate with a sprinkle of icing sugar. Best served at room temperature not straight from the fridge.



Other Stuff...

Vegan Cheese Boards:

Asda
VioLife

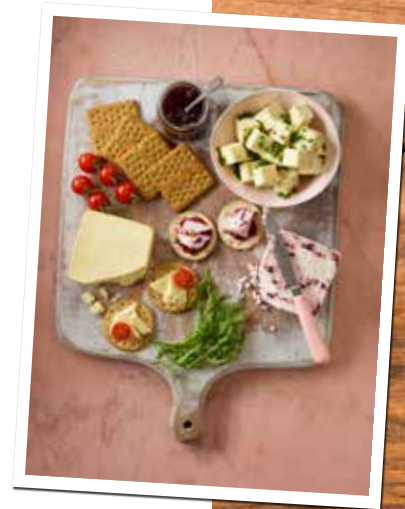
Vegan Cheese

VioLife
Cathedral City Plant-Based
Koko Dairy Free
Applewood's Vegan
Bute Island/Sheese

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

Alcohol

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 most instant vegetable gravies are too (just check the ingredients for milk!).

Cranberry sauce

The majority of cranberry sauces in jars are vegan just check the ingredients.



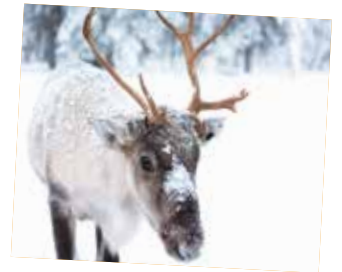
For everything else, please see our **Compassionate Christmas Guide!**

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 vegan 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.







Animal Aid's animal-friendly shop

Animal Aid stocks a range of animal-friendly goods...

... including delicious **vegan chocolates** and **snacks, cards, books**, organic **beer, cider** and **wine**, cruelty-free **cosmetics** and **toiletries, household products, clothing, footwear** and **more**.

To request a free catalogue:



Call **01732 364546** ext **222**

or visit



www.animalaidshop.org.uk

Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW.

Tel: 01732 364546 | **Email:** info@animalaid.org.uk



AnimalAid



@AnimalAid



@animalaid_uk



animalaid.org.uk

