



VEGAN THANKSGIVING

12 NOVEMBER 2013

FAUX TURKEY-STYLE ROAST

1-1 2-oz can garbanzo beans, rinsed & drained
2 c vegan poultry-style gravy or vegan herbed
gravy 3 c vital wheat gluten flour

In a food processor, combine garbanzo beans and
gravy. Pulse until smooth. Add vital wheat gluten
flour and pulse again until a soft, stretchy, slightly
shiny dough forms. Remove from food processor and
knead for 3-5 minutes or until smoothed out. Cover,
and allow to rest 30 minutes. Meanwhile, start a pot
of water to boil or set up a steamer. Wrap tightly in
foil and steam seitan for 1 hour and 15 minutes.
Carefully remove foil packet from steam, unwrap
and allow to cool slightly before slicing and serving

MASHED POTATOES

4-6 potatoes
Plain, unsweetened non-dairy milk
Vegan margarine or extra virgin olive oil
Garlic, salt & pepper, to taste
pinch of baking soda

Fill a large pot with cold, salted water and add
potatoes with the skins still on (either whole or
cubed). Boil potatoes until tender and drain. Place
boiled potatoes in a large bowl. Peel off the skin from
the potatoes (if desired). If you have one, use a
potato ricer for added fluffiness, otherwise use a
potato masher, fork, electric hand mixer or stand
mixer. Absolutely avoid using a food processor at all
costs unless you need spackle for an upcoming home
improvement project...

Add warmed nondairy milk and vegan margarine (at
room temperature). Adding a pinch of baking soda
aids in adding extra fluffiness to your mashed
potatoes (not too much though-it will be noticed if
more than a pinch is added). Season with garlic and
salt & pepper, if desired.

VEGAN HERBED GRAVY

2 TBSP vegan margarine or extra virgin olive oil
1/2 c fresh or dried herbs of choice: Rosemary,
oregano, thyme, sage, etc
1 vegan bouillon cube dissolved in 1 c water
3 c plain unsweetened almond or other nondairy milk
4 TBSP corn starch, tapioca starch, or flour
1 tsp celery seeds
1 tsp garlic powder or granules
1 tsp onion powder salt & pepper, to taste

Melt margarine/heat oil in a saucepan on low heat.
Add minced herbs. Dissolve corn starch/tapioca
starch/flour in 3 c cold, plain, unsweetened almond
or other nondairy milk. Add to saucepan, along with
vegan bouillon cube dissolved in water, celery seeds,
garlic, onion powder & salt & pepper, if desired. Stir
continuously on medium heat until gravy thickens,

WILD RICE STUFFING

Cooking spray or oil
1 c chopped celery
1 c chopped onion
2 c uncooked wild rice
2 garlic cloves, minced
4 c vegetable broth
1 TBSP poultry seasoning
1 c dried cranberries
1 c chopped pecans, toasted
Salt & pepper, to taste

Heat a heavy pot over medium-high heat. Coat pan
with cooking spray or a little bit of oil. Add celery,
onion, wild rice, and garlic to pan; sauté 3 minutes.
Stir in broth and poultry seasoning; bring to a boil.
Cover, reduce heat, and simmer 25 minutes. Cover,
reduce heat, and cook for 30 minutes or until liquid
is absorbed. Remove from heat; let stand, covered,
10 minutes. Stir in cranberries and remaining
ingredients.

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BUTTERFAKE ROLLS

1 TBSP yeast + 1/8 c warm water
Equivalent of 1 egg (1-1/2 tsp Ener-G + 2 TBSP water)
1/6 c sugar, agave or other sweetener of choice
1/2 tsp salt
1/2 c + 2 TBSP unsweetened, plain nondairy milk
1/2 c hot water
1/2 c vegan margarine at room temperature
2 1/2 - 3 c unbleached all-purpose flour

Preheat oven to 400°F.

In a small dish, mix yeast in warm water until dissolved. Set aside.

In a mixing bowl, mix together 1-1/2 tsp Ener-G Egg Replacer with 2 TBSP water until well incorporated.

Add sweetener and salt to egg replacer. Beat in nondairy milk and hot water until well-mixed. Add dissolved yeast and mix well.

Using a wooden spoon, mix in about 2-1/2 cups of flour, adding more (up to 3 cups) as necessary to make a soft dough. Knead dough a few times.

Roll out dough to 1/2 inch thickness and spread with a thin layer of vegan margarine. Cut into 1x1 inch squares, and place 3-4 squares upright in each non-stick sprayed muffin tin. Let rise about 45-60 minutes, or until well risen.

Bake in middle rack at 400° F for 15 minutes or until golden brown.

FESTIVE CRANBERRY NUT RELISH

1 c whole cranberries (Frozen)
1 c nuts of choice (pecans, almonds, walnuts, etc)
1 apple (Fuji, Honeycrisp or Granny Smith)
1-2 satsuma tangerines
up to 1/2 c sweetener of choice, if desired

In a food processor, start with 1 c whole cranberries (Frozen), 1 c nuts of choice (pecans, almonds, walnuts or combination of the three), 1 apple, seeded and roughly cut (Fuji, Honeycrisp or Granny Smith are all good choices) and up to 1/2 c sweetener of choice, if desired and/or needed.

Quickly pulse all ingredients until all ingredients are chopped roughly and combined. Transfer to a bowl and add satsumas (if you add them to the food processor, they will disintegrate completely, so if you want to actually get pieces, cut into small pieces and add at the end-just stir them in).

PUMPKIN PIE

Filling: 1-15 oz can of pureed pumpkin
OR Home-Cooked pumpkin (well drained)
1/4 tsp ground allspice or cloves
1/2 tsp EACH: ground ginger, nutmeg, salt
1 tsp ground cinnamon

1 c nondairy milk (soy, nut, rice, oat, hemp, etc)
3/4 c brown sugar or granulated unbleached sugar
3-4 TBSP cornstarch, tapioca starch, or arrowroot powder
1 TBSP molasses, blackstrap molasses or maple syrup
1 tsp pure vanilla extract

Preheat oven to 350°F.

In a bowl, combine nondairy milk, cornstarch, sugar, molasses/syrup and vanilla extract. Blend until well incorporated, then add pumpkin puree and mix again. Pour the filling into the pastry (will be thin) and bake 60 minutes, covering the edges with foil if they begin to brown too quickly. Cool on a rack, then refrigerate overnight before serving. (Best, but generally set up enough after 2 hours of being in the fridge)

PERFECT PIE CRUST

2 sticks (1 c) of vegan margarine, cut into small cubes
1/2 tsp salt
2-1/4 c unbleached pastry flour (chilling optional) + extra for rolling out dough
1/4-1/2 c ice cold water

Begin making a pie crust at least 2 hours before you will need it to make your pie. Place vegan margarine (chopped into cubes) in the refrigerator for at least a half hour to chill before using. If you remember, chill your flour as well (for best results). If you own a food processor, pulse together flour & salt.

Add vegan margarine in stages; the end result will be a semi-dry mixture that resembles something similar to pea gravel. With the motor running, gradually add in the chilled water. This will bind the dough together to form a solid smooth ball. If it feels a little wet still, it's OK- add in small amounts of flour to get it to the right consistency.

Break into two small balls, wrap in plastic and chill for at least 60 minutes to help it set up a bit (overnight is OK). Once chilled, roll out dough and transfer into a pie tin or plate. The dough is soft enough to mold however you like, so if it doesn't transfer nicely, it is easily fixed.