



VEGAN CHRISTMAS RECIPE E-BOOK

Have Yourself A Merry Vegan Christmas





Dear readers,

This E-Book was curated to help vegans find their way through Christmas without having to compromise on the classic Christmas dishes. With amazing Vegan recipes created by some of the most famous restaurants and content creators in the UK, this E-Book will show you how to make delicious starters, mains, sides and desserts, to help you make a wonderful Vegan Christmas meal. You are welcome to share this E-Book with your friends and family, to show them that even at Christmas, there are so many great Vegan options.

Happy Christmas!

The Vegan Friendly Team



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STUFFED FIGS

BY LEON



Photo by Stephen Joyce



Prep time: 20 min.

Cook Time: 2 min.

Serves: 16 Figs



Ingredients

100g Walnuts, chopped into small pieces

170g Vegan Cream Cheese

2 tablespoons finely chopped fresh Thyme

1 small clove of Garlic, crushed to a paste

1/2 teaspoon Salt

1/2 teaspoon freshly ground Black Pepper

16 fresh Figs

60ml Maple Syrup



STUFFED FIGS



Preparation

1. Toast the chopped Walnuts in a hot dry frying pan over a high heat for a couple of minutes, tossing frequently, until slightly golden and fragrant. Tip out of the pan and allow to cool.
2. Place the Cream Cheese in a bowl and beat with a wooden spoon until smooth. Tip in half the cooled Walnuts, half the Thyme, the Garlic, Salt and Pepper, and stir to combine.
3. Take a Fig, and using a small sharp knife, slice off the tip, then slice downwards in a cross shape, cutting only three-quarters of the way through to create space to stuff the Fig. Push in a teaspoon of the Cheese mixture. Repeat with remaining Figs and Cheese.
4. When ready to serve, arrange the figs on a platter and drizzle each one with a little Maple Syrup. Scatter over the remaining walnuts and thyme.



Tips

1. These can be served cold or warmed up: to heat, place on a baking tray under a hot grill for 1-2 minutes.
2. There are some excellent Vegan Blue Cheeses available; if you find one you like, swap a quarter of the cream cheese with blue cheese.

Recipe credits: Recipe by Chantal Symons, from LEON Fast Vegan.





HERBY CRUSTED BUTTERNUT SQUASH TENDERLOIN

BY WICKED KITCHEN



Photo by Derek Sarno



Prep time: 15 min.

Cook Time: 1 hour 45 min.

Serves: 4-6 dishes

Cooking Tip: Roasting the squash off the day before cuts down on time and prep.



Ingredients

Whole Butternut Squash (preferably with a long neck), weights vary

4 TBS Olive oil

3 TBS Wicked Kitchen Sage-Onion-Garlic seasoning

2 TBS black Peppercorns, ground

½ TBS smoked Paprika

Salt (optional)



HERBY CRUSTED BUTTERNUT SQUASH TENDERLOIN



Preparation

1. Preheat the oven to 200C/180C fan or 400F/350F convection.
2. On a baking sheet, place the whole Butternut Squash (Skin and all) and roast for 45-60 minutes, until 95% cooked (time will vary depending on size). To check if done, insert a skewer 3 inches from the top stem - when it can penetrate in and out through the width easily, it is done. Remove from the oven and let cool for 30-45 minutes to finish carry-over cooking. Doing this the day before saves time.
3. Top and tail the squash with a sharp knife, cut away the section with the seeds to leave the long neck (tenderloin) for roasting. Stand the squash on one end and carefully peel/cut away the skin. Keep the seeds, tips for using the seeded part are below the recipe.
4. Place peeled Squash in a large bowl of baking sheet, rub with oil to cover and then evenly apply the seasonings to cover the entirety evenly.
5. Heat a large, heavy frying pan (cast-iron preferred) over med-high heat. Add oil and carefully add the Squash and pan fry and turn to get all sides until browned.
6. In the same pan (or transfer to a baking sheet) roast for an additional 20 minutes until done.



7. Remove from the oven, let cool 1 minute before plating and slicing, serve with gravy.



Tips

1. For the seeded bottom part: scoop out seeds, rinse, dry, season and toast for garnish. Use the rest of the squash in soup, add to mashed potatoes or smash with plant-based butter a bit of brown sugar and bake for a treat.
2. Try with different seasonings for different occasions. BBQ rub with BBQ sauce for summer eats, and so on...
3. Serve with Brussels Sprouts and fresh Peas. Before the final roast, quickly add seared Brussels Sprouts and fresh Peas tossed with plant-based butter and a pinch of salt and pepper.



Recipe credits: Recipe by Derek Sarno @ Wicked Kitchen.



CHRISTMAS NUT UNROAST

BY WILD FOOD CAFÉ



Photo by Wild Food Cafe



Prep time: 20 min.

Cook Time: 8 hours

Serves: 5-6 people



Ingredients

25g (1oz/ ¼ cup) Pecans

25g (1oz/generous ¼ cup)

Macadamia nuts

25g (1oz/ ¼ cup) Walnuts

½ tbsp Miso Paste

60ml (2fl oz/ ¼ cup) Tamari

3 Sage leaves

3g (1/8 oz) Garlic

50g (1 ¾oz/ ¼ cup) naturally
cured pitted Olives

40g (1½oz) fresh Shiitake

Mushrooms

50g (1¾oz) Parsnip

25g (1oz) Jerusalem artichoke

20g (¾oz) Celery, chopped

12g (1/3oz) Shallots, chopped

5g (1/8oz) Leeks, chopped

8g (¼ oz/1 tbsp) Chia seeds

25g (1oz/¼ cup) gluten-free Oats

25g (1oz/scant ¼ cup) Cacao nibs

2½ tsp Olive oil

12g (1/3oz/ ¼ cup) Parsley



CHRISTMAS NUT UNROAST



Preparation

1. Put the Pecans, Macadamia nuts and Walnuts into a food processor and pulse to crush, but be careful that it doesn't become too powdery. Put into a bowl and set aside.
2. Add the Miso, Tamari, Sage, Garlic and Olives to the food processor and blend until you get a paste consistency. Put into a bowl and set aside.
3. Add the Mushrooms, Parsnip, Jerusalem artichokes, Celery, Shallots and Leeks to the food processor and pulse until you get chunky pieces. Transfer into a large bowl and mix with the crushed nuts, Miso paste, Chia seeds, Oats, Cacao nibs, Olive oil and Parsley and combine well.
4. Take 100g (3½ oz) of the mixture and press it into a 7cm (2¾-inch) cutting ring, then place on top of a dehydrator sheet. Repeat with the rest of the mixture.
5. Remove the rings and dehydrate at 45°C/113°F for 4 hours. Flip around and dehydrate for another 4 hours or until it is dry on the outside but retains some softness inside.



6. Serve with gravy.

Recipe credits: Recipe by Wild Food Cafe.



CHRISTMAS SPROUTS

BY UNITY DINER



Photo by Better Nature



Prep & Cook Time: 25 min.



Ingredients

500g Brussel Sprouts cut in half
200g Tempeh sliced thinly
(Better Nature's Tempeh Rashers
or any other type)
100g Cashews blended into chunks
50g nutritional Yeast
200g Cherry Tomato halves
1/2 brown Onion sliced


3 segments of Garlic diced
1 tsp smoked liquid
1 tsp Paprika
1/2 tsp Garlic powder
1 tbs Tamari soy sauce
1/2 tbs Tomato paste
2 tbs vegetable oil
100 ml water



CHRISTMAS SPROUTS



Preparation

1. Thinly slice the onion and dice the garlic and add to a medium heat pan with 1 tbs vegetable oil.
2. While the onion and garlic are sauteing in the pan in a bowl add the smoked liquid, paprika, tamari soy sauce, 1 tbsp vegetable oil and the tomato paste. With a spoon mix the ingredients in a bowl until combined and make a thick fragrant paste.
3. Slice the tempeh thinly and generously coat with your fragrant paste set aside for five minutes to incorporate the flavours.
4. The onions and garlic should be transparent in colour by now so add your tempeh and slight brown off in the pan with your onion and garlic.
5. Slice your cherry tomato and Brussel sprouts in half. While you do so turn your heat up to maximum and give your pan a minute or two to get to temperature.
6. Add your sprouts and mix well. 
7. Add 100ml of water and mix through your pan coating your sprouts.
8. Add your cherry tomatoes and turn down your heat to medium.
9. In a blender add your cashews and nutritional yeast and pulse until combined but still chunky.
10. Reduce the sauce in the pan until thick. Don't forget to stir the pan occasionally.
11. Sever your sprouts with a greedy spoonful of your chunky cashew mix.



Recipe credits: Recipe by Unity Diner.





INDIVIDUAL CHRISTMAS PUDDING WITH BRANDY SAUCE

BY LOUI BLAKE



Photo by Loui Blake



Prep time: 30 min.

Cook Time: 1 hour



Ingredients

800g Mixed Fruit

(Currants, Raisins, Sultanas, Mixed Peel, etc)

60ml Brandy

225g Vegan Suet

170g Demerara Sugar

225g Self Raising Flour, sieve

225g Breadcrumbs

55g Ground Almonds

½ tsp Mixed Spice

½ tsp Ground Cinnamon



¼ tsp Grated Nutmeg

½ tsp Salt

1 Lemon, zest & juice

1 Orange, zest & juice

1 Cooking Apple, peeled, cored
& grated

100g Apple Sauce

2 tbsp Ground Flaxseed

5 tbsp Water

180g Plant-Based Milk



INDIVIDUAL CHRISTMAS PUDDING WITH BRANDY SAUCE



Preparation

1. Place the mixed fruit into a bowl with the brandy, cover & leave to soak for 12-24 hours (the longer the better). Mix the fruit every few hours to ensure they soak up the alcohol.

2. Grease the small tins. To do this, melt 1 tbsp of butter. Using a brush, coat the inside of each tin with a thin layer of butter. Cut & place a small disc of greaseproof paper to sit in the bottom of the tin.

3. Place all of the dry ingredients together in a bowl and whisk to combine.



4. Mix all of the wet ingredients together into a jug. Once combined, pour the wet mix into the dry mix and whisk until both mixtures are fully incorporated.

5. Fold in the soaked fruit mixture until the fruit is evenly distributed (adjust the mixture if needed with more milk if it's too dry).

6. Spoon the mixture neatly into the individual tins. Leaving a cm gap before the rim.

7. Cut out circles of greaseproof paper & grease them each by brushing on melted butter on the side that will face down onto the pudding mix. Place on top of each tin and then individually wrap each one with foil. Tuck the foil round the sides of the tins to keep them secure.

8. Place the tins into a deep tray and pour in boiling water to reach halfway up the sides.



9. Carefully place in the oven at 160C and cook for 1 hour (check often to see if the water needs topping up), until the puddings are deep brown in colour.

10. Test the middle of one with a thin skewer to make sure they aren't gooey. If the skewer doesn't come out clean, leave them in for another 5-10 minutes and check again.

11. Remove from the oven & leave to cool slightly before removing the foil wraps.



INDIVIDUAL CHRISTMAS PUDDING WITH BRANDY SAUCE



Photo by Loui Blake



Brandy Sauce Ingredients

- 1 tbsp Brandy
- 2 tbsp Icing Sugar
- 200g Vegan Cream (Yogurt also works well)
- 1 tsp Vanilla Extract



Brandy Sauce Preparation

1. Whisk the icing sugar & brandy together to make a smooth paste.
2. Whisk all ingredients together in a bowl. Taste, adjust the flavour to your preference (more brandy or sweetness?)



To serve

Simply microwave each pudding for a few minutes, until they are piping hot.
Spoon brandy on top & set alight for the wow factor!
Once the flame has gone out you are good to go with the brandy sauce, enjoy!

Recipe credits: Recipe by Loui Blake.



CHOCOLATE CHERRY BANANA LOAF

BY ROBBIE LOCKIE



Photo by Robbie Lockie



Prep time: 10 min.

Cook Time: 50 min.

Serves: 1 Loaf



Ingredients

6 very ripe bananas
1 tsp cinnamon powder
2 tsp baking powder
1/2 cup of chopped glace cherries,
dark ones if you can
1/2 cup of organic cacao powder
1/2 cup chopped dates



1/2 cup chopped walnuts
1 1/2 cups whole wheat flour
1/2 cup coconut sugar
or unrefined cane sugar
1/2 cup melted coconut oil
2 tsp vanilla extract



CHOCOLATE CHERRY BANANA LOAF



Preparation

1. Make sure to preheat the oven to 180C degrees.
2. If you are not using a nonstick tin, prepare your tins with nonstick baking paper or grease them with some coconut oil.
3. In a large mixing bowl place 5 of the bananas with the coconut sugar and mash together using a masher. You can also blend the mixture together in your blender.
4. Add the vanilla, cinnamon and coconut oil to the banana and mix well.
5. Sieve the flour and baking powder into the banana mixture and use a spatula to fold the mixture together.
6. Add the dates, walnuts, chocolate and cherries and fold into the mixture.
7. Pour the bread mixture into the bread tin and use the spatula to spread evenly.
8. Slice the remaining banana in half, lengthways, and position the halves on top of the bread mixture. Use your fingers to push the banana slightly into the mixture.
9. Bake for 40-50 minutes or until a knife inserted into the bread comes out clean.
10. Allow the banana bread on the bench or on a cooling rack to cool.
11. Serve with peanut butter and maple syrup or even some dairy-free ice cream! And a cup of nice hot tea too!



Recipe credits: by Robbie Lockie.





Supporting Charities

We have decided to dedicate this E-Book to a cause we find highly important – supporting Charities who continuously work towards making the UK a better place and support our communities. This year, they need our help more than ever to keep doing the wonderful and essential work they do. We have carefully picked 6 charities from different fields of operation, and we encourage you to donate or find any other way to support one or more of these Charities that you'd like to support.

The Humane League

The Humane League UK is a charity which exists to end the abuse of animals raised for food.

Focusing on the major food businesses that profit from animal cruelty, the organisation exposes the reality of how animals are treated, and applies public pressure to secure change. Since it began operating in the UK in 2016, it has secured over 80 commitments to improve the lives of chickens reared for meat and 100 commitments to end the use of cages for hens, impacting the lives of millions of animals. **Find out more and donate at www.thehumaneleague.org.uk**

Surge

Surge was founded in 2016 as a grassroots animal rights organisation determined to spread awareness of non-human animal suffering through campaigns, online content, educational programmes and investigative work. Our vision is a world in which all animals are free from human-inflicted oppression and violence, so Surge focuses on promoting veganism to end the oppression of non-human animals. By shedding light on animal suffering and through our many educational projects and operations, our mission is to push animal rights forward into mainstream public thinking.

Find out more and donate at <https://www.surgeactivism.org/>

FareShare

FareShare is the UK's national network of charitable food redistributors, made up of 18 independent organisations. Together, we take good quality surplus food from right across the food industry and get it to almost 11,000 frontline charities and community groups. The food we redistribute is nutritious, in-date and good to eat. It reaches charities across the UK, including school breakfast clubs, older people's lunch clubs, homeless shelters, and community cafes. Every week we provide enough food to create over a million meals for vulnerable people.

Find out more and donate at <https://fareshare.org.uk/>

Mermaids

Mermaids is a UK-wide charity working to support transgender, non-binary and gender-diverse children, young people, and their families. Our goal is to create a world where gender-diverse children and young people can be themselves and thrive. Mermaids promotes education and awareness, and offers information, support, friendship, and shared experiences to those in need. The charity's primary services include a helpline, web chat and online forums for parents and young people, as well as face to face meet-ups for peer support. **Find out more and donate at <https://mermaidsuk.org.uk>**

Wen (Women's Environmental Network)

Wen fights global problems around gender, health, equality and the environment by taking action on issues affecting our bodies, homes and neighbourhoods. We create collaborative partnerships to launch projects and campaigns focusing on: Air Equality, Sustainable Food, Toxic Free Living, Women's Climate Action, Nature for Wellbeing and Environmentalism aiming to end plastic pollution from period products. **Find out more and donate at <https://www.wen.org.uk/>**

The Amos Bursary

The Amos Bursary helps Britain's talented young men of African and Caribbean heritage fulfil their academic potential, attend top universities, secure good professional jobs in which they can excel and give back to society. British men of African Caribbean heritage are still the most unrepresented in key positions throughout the UK. We provide the personal professional development and connections needed to give these young men the confidence and opportunity to excel.

Find out more and donate at <https://www.amosbursary.org.uk/>

Enjoy Your Vegan Christmas!

The Vegan Friendly Team.

