

A British Vegan Country Christmas

An imaginative menu for a complete festive meal British style consisting of:

Cauliflower-Cheddar Soup

Yorkshire Pudding

Cranberry Sauce

*Lentil and Mushroom Loaf with Savoury Potato
Filling*

Sage And Onion Stuffing

Brussels Sprouts With Chestnuts

Trifle

East Riding Vegans

This recipe menu has been reproduced by East Riding Vegans from material obtained from the website of Vegsource (<http://www.vegsource.com>). This is an excellent source of vegan information of any kind.

East Riding Vegans are a very informal group of vegans who organise vegan events for the people of Hull and the surrounding area. To find out more about what we do;

- Calling Mark on 01482 471119
- Sending an e-mail to ervegans@merrydowncontrolware.co.uk
- Going to our website at <http://merrydowncontrolware.co.uk/ervegans>

Cauliflower-Cheddar Soup

Makes 8 to 10 servings

For anyone coming in from the cold, this is a *soothing* treat.

Ingredients:

- ✓ 2 tablespoons margarine
- ✓ 1 cup finely chopped onion
- ✓ 2 medium celery stalks, diced
- ✓ 4 medium potatoes, peeled and cut into $\frac{1}{2}$ -inch dice
- ✓ 1 medium head cauliflower, finely chopped
- ✓ water
- ✓ 1 teaspoon curry powder
- ✓ 1 teaspoon dry mustard
- ✓ 1 to 1 $\frac{1}{2}$ cups soya milk, or as needed
- ✓ 2 cups loosely packed grated Cheddar soya cheese
- ✓ 1 $\frac{1}{2}$ cups thawed frozen peas
- ✓ 2 tablespoons minced fresh dill, or 2 teaspoons dried dill
- ✓ $\frac{1}{4}$ teaspoon dried rosemary
- ✓ salt and freshly ground pepper to taste

Method:

1. Heat the margarine in a large soup pot. Add the onion and celery and sauté over moderate heat until the onion is golden.
2. Add the potatoes, cauliflower, and enough water to barely cover. Stir in the curry and mustard. Bring to a boil, then cover and simmer until all the vegetables are tender, about 20 to 25 minutes. Remove from the heat.
3. With a slotted spoon, transfer half of the solid ingredients to the container of a food processor. Process until smoothly pureed. Stir back into the soup pot with the remaining soup.
4. Add just enough soya milk to achieve a slightly thick consistency. Return to low heat and bring to a gentle simmer.
5. Sprinkle the soya cheese in a bit at a time, stirring in each batch until thoroughly melted.
6. Stir in the peas and dill and simmer over low heat for 10 minutes, stirring occasionally.
7. Adjust the consistency with more soya milk if necessary and season to taste with salt and pepper.
8. Let stand several hours, then heat through before serving.

Yorkshire Pudding

Makes 8 to 10 servings

Yorkshire pudding is a simple, quick pan bread traditionally made for Christmas to catch the drippings from roast beef. For this meal, use it to accompany the Cauliflower-Cheddar Soup.

Ingredients:

- ✓ 1 cup unbleached white flour
- ✓ 1 cup whole wheat pastry flour
- ✓ 1 teaspoon salt
- ✓ 2 egg replacements, beaten
- ✓ 1 cup soya milk
- ✓ 1 cup very cold water
- ✓ 2 tablespoons margarine, melted

Method:

1. Preheat the oven to 220°C / 425°F / Gas Mark 7.
2. In a mixing bowl, combine the flours and salt. Make a well in the centre and add the egg replacements. Stir together briefly, then add the soya milk and water, a bit at a time. Stir until the batter is smooth, but don't over-beat.
3. Swirl the melted margarine around a shallow, 9- by 13-inch baking pan. Pour out any excess and reserve.
4. Pour the batter into the pan and pour any remaining margarine over the top. Bake for 20 minutes, or until golden on top and a knife inserted into the centre tests clean.
5. Let cool somewhat, then cut into squares to serve.

Cranberry Sauce

Makes 8 to 10 servings

A simple recipe for traditional cranberry sauce -- its English character comes from the port or sherry.

Ingredients:

- ✓ 12-ounce bag fresh cranberries
- ✓ $\frac{1}{2}$ cup firmly packed light brown sugar, or to taste
- ✓ $\frac{1}{4}$ cup port or sherry, more or less to taste

Method:

1. Combine the ingredients in a large saucepan. Cook over low heat, covered, until the cranberries have burst and the mixture thickens, about 20 to 25 minutes.
2. Let cool, then refrigerate until needed.
3. Serve cold or at room temperature.

Lentil and Mushroom Loaf with Savoury Potato Filling

Makes 8 to 10 servings

Meat pies are a long tradition for English Christmases, so this was devised to be not necessarily imitative of meat but with a sort of stick-to-the ribs quality characteristic of English foods. This flavourful loaf contains the pleasant surprise of a nicely seasoned potato filling in the centre.

Ingredients--Loaf:

- ✓ 1 cup raw lentils
- ✓ 1 tablespoon safflower oil
- ✓ 2 cloves garlic, minced
- ✓ 6 ounces white mushrooms
- ✓ 5 ounces (1/2 package) thawed frozen spinach
- ✓ 1 tablespoon natural soy sauce
- ✓ 2 tablespoons wheat germ
- ✓ freshly ground pepper to taste
- ✓ dash nutmeg
- ✓ 1 cup firmly packed grated Stilton or Gruyere soya cheese

Ingredients--Filling:

- ✓ 1 tablespoon safflower oil
- ✓ 1 cup chopped onion
- ✓ ¼ cup dry bread crumbs
- ✓ 1 cup coarsely mashed potato (from about 1 medium cooked and peeled potato)
- ✓ ½ teaspoon each: seasoned salt, dried thyme, and dried basil
- ✓ freshly ground pepper to taste
- ✓ curly parsley for garnish

Method:

1. Rinse and sort the lentils. Combine in a heavy saucepan with 4 cups water. Bring to a boil, then lower the heat and simmer, covered, until the lentils are tender, about 45 minutes. Drain.
2. Preheat the oven to 180°C / 350°F / Gas Mark 4.
3. Heat the oil in a large skillet. Add the garlic and mushrooms and sauté over medium heat, stirring, until the mushrooms are wilted.
4. Stir in the spinach, lentils, soy sauce, and wheat germ.
5. Grind in some pepper and add the nutmeg. Cook, stirring, until the mixture is heated through, then stir in the soya cheese.

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6. Lightly oil a 9- by 5- by 3 inch loaf pan, preferably glass. Pour in about $\frac{2}{3}$ Of the lentil mixture. Press some of the mixture up the sides of the pan to create a shell about $\frac{1}{2}$ inch thick. Transfer the remaining lentil mixture to a small bowl and reserve until needed.
7. Rinse the skillet and heat the oil. Add the onion and sauté until golden brown.
8. Add the remaining filling ingredients and sauté, stirring occasionally, for 5 minutes.
9. Transfer into the shell created by the lentil mixture, then cover the top with the reserved lentil mixture. Bake for 40 to 45 minutes, or until the top is crusty.
10. Remove from the oven and let the loaf stand for 10 to 15 minutes.
11. Slide a spatula or knife around the edges to loosen it. Cut slices and arrange them on an oblong dish. Garnish with parsley and serve.

Sage And Onion Stuffing

Makes 8 to 10 servings

Using an infusion of sage rather than the strong-flavoured leaves themselves gives this stuffing that wonderful herbal flavour without overpowering it.

Ingredients:

- ✓ 3 tablespoons fresh sage leaves, or 1 tablespoon dried
- ✓ 1 cup boiling water
- ✓ 2 ½ tablespoons safflower oil
- ✓ ½ pound onions, very finely chopped
- ✓ 4 cups fine fresh bread crumbs
- ✓ 1 medium Granny Smith apple, peeled, cored, and finely diced
- ✓ juice of ½ lemon
- ✓ 1 teaspoon grated lemon rind
- ✓ 2 egg replacements, beaten
- ✓ salt and freshly ground pepper

Method:

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Combine the sage leaves with the boiling water. Steep for at least 15 minutes, then strain. Discard the sage and reserve the water.
3. Heat the oil in a large skillet. Add the onions and sauté over medium heat, stirring frequently, until they are lightly browned.
4. In a mixing bowl, combine the onions with the bread crumbs and the remaining ingredients.
5. Sprinkle in the sage stock until the ingredients are evenly moistened. Transfer to an oiled, shallow 1 ½ quart casserole dish (a round glass one works well).
6. Bake for 35 to 40 minutes, or until the outside is golden brown and crusty.

Brussels Sprouts With Chestnuts

Makes 8 to 10 servings

Ingredients:

- ✓ 1 pound chestnuts
- ✓ 1 ½ pounds Brussels sprouts
- ✓ 2 cups water plus 1 vegetable bouillon cube
- ✓ 2 ½ tablespoons margarine
- ✓ 2 to 3 tablespoons minced fresh parsley
- ✓ salt and freshly ground pepper to taste

Preheat the oven to 190oC / 375oF / Gas Mark 5.

Method:

1. Cut an X into the domed side of each chestnut. Arrange on a large baking sheet. Cover with foil. Bake for 45 minutes.
2. Remove the foil and let the chestnuts cool until they can be handled. While still warm, peel them and chop them into quarters.
3. Trim the Brussels sprouts and cut an X into the base, about ¼ inch deep. Combine them in a large, heavy saucepan with the stock or water plus bouillon cube and bring to a simmer. Cover and simmer until they are tender but not overdone.
4. Drain any excess liquid, then toss with the margarine and add the chestnuts.
5. Sprinkle in the parsley and season with salt and pepper to taste.
6. Transfer to a covered serving container.

Trifle

Makes 8 to 10 servings

After steamed puddings, trifle is the most traditional of English Christmas desserts. The cake base uses only egg white substitutes, while the custard eliminates eggs completely.

Ingredients--Cake base

- ✓ 3 egg white substitutes
- ✓ $\frac{1}{2}$ cup granulated sugar
- ✓ $\frac{1}{4}$ cup soya milk
- ✓ 2 teaspoons lemon juice
- ✓ 1 cup whole wheat pastry flour
- ✓ 1 teaspoon baking powder
- ✓ $\frac{1}{4}$ teaspoon salt
- ✓ Ingredients--Eggless custard
- ✓ $\frac{1}{3}$ cup cornstarch
- ✓ $\frac{1}{2}$ cup granulated sugar
- ✓ 2 cups soya milk
- ✓ 2 teaspoons vanilla extract
- ✓ 2 teaspoons lemon juice
- ✓ good-quality raspberry preserves
- ✓ $\frac{1}{3}$ cup sweet sherry or port
- ✓ 1 medium pear, cored and thinly sliced
- ✓ $\frac{1}{4}$ cup sliced almonds

Method:

1. Preheat the oven to 180°C / 350°F / Gas Mark 4..
2. Beat the egg white substitutes until stiff with an electric mixer.
3. Fold in the sugar, milk, and lemon juice and beat again.
4. Combine the flour, baking powder, and salt in a small mixing bowl. Sprinkle into the egg white mixture, a bit at a time, beating in each time with the mixer until velvety smooth.
5. Pour into a lightly oiled, 9- by 13-inch baking pan. Bake for 25 minutes, or until the top is golden and a knife inserted into the centre tests clean. This cake may be made well ahead of time; let it cool completely, then store in an airtight container or proceed with the remaining steps.
6. For the custard, combine the cornstarch and sugar in a heavy saucepan. Pour in enough soya milk to dissolve them.
7. Whisk in the remaining milk.

8. Place over moderate heat and bring to a simmer, whisking almost continuously, so that the cornstarch does not lump on the bottom.
9. Let the mixture simmer gently, whisking frequently, until thick.
10. Remove from the heat. Stir in the vanilla and lemon juice.
11. Let the custard cool to room temperature.
12. Before assembling the trifle, cut the cake base into 4 to 6 sections, then carefully split the sections in half through the centre so that they are half the thickness. Spread the bottom halves with the raspberry preserves, then cover with the tops. Cut the sandwiched cake into approximately 1- by 2-inch fingers.
13. Assemble the trifle in a trifle dish or a 10-inch round, preferably clear-glass casserole dish at least 3 to 4 inches deep: half the cake fingers, sprinkled with half of the sherry or port, half of the custard, the pear slices, the remaining cake fingers, the remaining sherry or port, the remaining custard.
14. Sprinkle the top with the sliced almonds and decorate with small dots of raspberry jam, either in an irregular or regular pattern.
15. Chill thoroughly before serving.