

# *An Italian Vegan Country Christmas*

An imaginative menu for a complete festive meal Italian style consisting of

*Antipasto*

*Artichoke Pie*

*Double-crust Layered Pizza*

*Spaghetti Aglio Olio With Sun-dried Tomatoes And Pine Nuts*

*Sautéed Broccoli Rabe*

*Italian Chocolate Nut Cookies*

## **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](mailto:ervegans@merrydowncontrolware.co.uk)
- Going to our website at <http://merrydowncontrolware.co.uk/ervegans>

## Antipasto

Makes 8 servings

### Ingredients:

- ✓ 2 heaping cups cauliflower, cut into bite-sized pieces
- ✓ 2 large celery stalks, trimmed, cut in half lengthways, then into 8-inch lengths
- ✓ 2 medium sweet red bell peppers, cut into long julienne strips
- ✓ 1 medium zucchini, about  $\frac{1}{2}$  pound, quartered lengthways, then cut into approximately  $1\frac{1}{2}$  inch pieces
- ✓  $\frac{1}{2}$  cup cured black olives
- ✓  $\frac{3}{4}$  pound fresh mozzarella soy cheese, cut into approximately 1"- by 2-inch slices
- ✓  $\frac{1}{2}$  pound creamy goat style soy cheese, chilled and cut into  $\frac{1}{2}$ -inch dice
- ✓ curly parsley for garnish
- ✓ Nutty Vinaigrette (recipe follows)

### Method:

1. Steam the cauliflower until just crisp-tender. Rinse under cold running water until cool. Drain well.
2. Group the vegetables in a shallow container and pour the Nutty Vinaigrette (recipe follows) over them. Let stand, covered, for several hours, stirring occasionally to distribute the vinaigrette.
3. Before serving, drain excess vinaigrette from the vegetables. Arrange attractively on a large platter along with the olives and cheeses and garnish with parsley.
4. Serve along with the artichoke pie (recipe follows) as a first course.

### Nutty Vinaigrette

Makes about 1 cup

### Ingredients:

- ✓  $\frac{1}{3}$  cup good nut oil (walnut, hazelnut, or unrefined peanut oil)
- ✓  $\frac{1}{4}$  cup safflower oil
- ✓  $\frac{1}{4}$  cup white wine vinegar
- ✓ juice of  $\frac{1}{2}$  lemon
- ✓ 2 teaspoons Dijon mustard
- ✓ freshly ground black pepper to taste
- ✓ 1 teaspoon mixed dried herbs

### Method:

1. Combine all the ingredients in a cruet and shake well.
2. Shake well before each use.

## Artichoke Pie

Makes 8 servings

### Ingredients:

- ✓ 2 tablespoons olive oil
- ✓  $\frac{1}{2}$  cup chopped onion
- ✓ 2 to 3 cloves garlic, minced
- ✓ 3 egg replacements, beaten
- ✓ 10 ounce package frozen artichoke hearts, thawed and coarsely chopped
- ✓ 2 tablespoons minced fresh parsley
- ✓ 1 teaspoon dried basil
- ✓  $\frac{1}{4}$  cup grated Parmesan style soy cheese
- ✓  $\frac{1}{4}$  cup soy milk
- ✓ salt and freshly ground pepper to taste
- ✓ fine dry bread crumbs or wheat germ

### Method:

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Heat the oil in a small skillet. Add the onion and sauté over moderate heat until translucent. Add the garlic and continue to sauté until the onion is golden.
3. In a mixing bowl, combine the beaten eggs with the onion mixture and all the remaining ingredients except the crumbs or wheat germ. Stir well to combine.
4. Oil a 9- or 10-inch glass pie dish or tart pan. Line the bottom with a sprinkling of crumbs or wheat germ. Pour in the artichoke mixture and top with another sprinkling of crumbs or wheat germ. If desired, sprinkle additional parsley over the top, as well. Bake for 25 to 30 minutes, or until set and lightly golden on top. Let cool to warm or room temperature. Cut into thin wedges to serve.

## Double-crust Layered Pizza

Makes 8 servings

### Pizza dough

#### Ingredients:

- ✓ 2 envelopes active dry yeast
- ✓ 2 cups warm water
- ✓  $\frac{1}{4}$  cup safflower oil
- ✓ 2 tablespoons granulated sugar
- ✓ 3 cups whole wheat flour
- ✓ 2 cups unbleached white flour
- ✓ 1 teaspoon salt
- ✓ cornmeal

Method:

1. Combine the yeast and water. Let stand 10 minutes to dissolve. Stir in the oil and sugar.
2. In a large mixing bowl, combine the flours and salt. Make a well in the centre, and pour in the liquid mixture. Work together, first with a wooden spoon, then with hands, to form a dough. Turn out onto a well-floured board and knead, adding flour until the dough loses its stickiness, for 5 minutes. Place the dough in a floured bowl, covered with a tea towel, in a warm place. Let rise until doubled in bulk, 1 to 1  $\frac{1}{2}$  hours.
3. Punch the dough down and form into two rounds. Roll out and stretch on a well-floured board to fit two 12- or 14-inch round pizza pans. Lightly oil the pans and sprinkle them with cornmeal.

### Pizza Fillings

#### Ingredients--First layer of filling:

- ✓ 1 pound part-skim ricotta style soy cheese
- ✓ 10-ounce package frozen chopped spinach, thawed and squeezed
- ✓  $\frac{1}{4}$  cup grated Parmesan style soy cheese
- ✓ 2 tablespoons chopped fresh parsley
- ✓ 1 teaspoon dried oregano
- ✓ dash nutmeg
- ✓ salt and freshly ground pepper to taste

#### Ingredients--Second layer of filling

- ✓ 2 tablespoons olive oil
- ✓ 1 cup chopped onion

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- ✓ 2 cloves garlic, minced
- ✓ 14 ½-ounce can imported plum tomatoes, drained and chopped
- ✓ ¼ cup chopped black olives
- ✓ dash cayenne or hot pepper flakes
- ✓ salt and freshly ground pepper to taste

### Method:

1. Prepare the dough as directed in the recipe.
2. Place one circle of dough as directed on a 12- to 14-inch round pizza pan, and reserve the other.
3. Preheat the oven to 220°C/425°C/Gas Mark 7.
4. Combine the ingredients for first layer of filling in a mixing bowl and stir until thoroughly combined.
5. Heat the oil in a skillet. Add the onion and sauté: until translucent. Add the garlic and sauté until the onion is golden brown. Remove from the heat.
6. Stir in the remaining ingredients.
7. Spread the first layer of filling over the pizza dough on the pan. Arrange the second layer of filling over it. Top with the second circle of dough. Pinch the outer edges shut.
8. Bake for 12 to 15 minutes, or until the dough is golden.
9. Let the pizza stand for 10 minutes, then cut into narrow wedges to serve.

# Spaghetti Aglia Olio With Sun-dried Tomatoes And Pine Nuts

Makes 8 servings

## Ingredients:

- ✓ ½ cup extra-virgin olive oil
- ✓ 8 to 10 cloves garlic, finely minced
- ✓ ½ cup pine nuts
- ✓ 1 pound spaghetti, broken in half
- ✓ 2 to 4 ounces, to taste, oil-cured sun-dried tomatoes, finely chopped
- ✓ ⅔ cup finely chopped fresh parsley
- ✓ ½ cup grated Parmesan style soy cheese
- ✓ salt and freshly ground pepper to taste

## Method:

1. Heat about 3 tablespoons of the olive oil in a small skillet and reserve the rest. Add the garlic and sauté over moderate heat, stirring frequently, for about 1 minute, or until golden. Remove from heat.
2. Toast the pine nuts in a small, dry skillet, tossing frequently until golden.
3. Cook the pasta al dente in plenty of rapidly simmering water. Drain and transfer to a serving bowl.
4. Add the garlic, tomatoes, parsley, pine nuts, Parmesan cheese, and remaining olive oil. Toss together.
5. Season to taste with salt and pepper (taste first--you may not need salt because of the Parmesan cheese).

## Sautéed Broccoli Rabe

Makes 8 servings

### Ingredients:

- ✓ 2 tablespoons olive oil
- ✓ 2 to 3 cloves garlic, minced
- ✓ 1 tablespoon margarine
- ✓ 2 tablespoons dry white wine
- ✓ 1 ½ pounds broccoli rabe or broccoli, trimmed and cut into large bite-sized pieces
- ✓ salt and freshly ground pepper to taste

### Method:

1. Heat the oil in an extra-large skillet or a wok. Add the garlic and sauté over moderate heat for 1 minute, or until golden.
2. Add the margarine and wine.
3. Stir the broccoli rabe or broccoli in quickly. Sauté, covered, lifting the lid to stir frequently, until bright green and tender but still firm.
4. Season to taste with salt and pepper.

## Italian Chocolate Nut Cookies

Makes about 4 dozen

### Ingredients:

- ✓ ½ cup (1 stick) margarine, cut into several pieces
- ✓ ⅔ cup dry unsweetened cocoa
- ✓ 2 cups firmly packed light brown sugar
- ✓ ½ cup water
- ✓ 2 ½ cups whole wheat pastry flour
- ✓ 1 ½ teaspoons baking powder
- ✓ 2 teaspoons cinnamon
- ✓ 1 teaspoon ground cloves or allspice
- ✓ 1 cup finely chopped almonds
- ✓ 1 cup raisins or currants

### Method:

1. Preheat the oven to 180°C /350°F / Gas Mark 4.
2. Combine the first four ingredients in a saucepan. Heat slowly, stirring, until the mixture resembles a smooth syrup. Remove from heat and let cool to room temperature.
3. In a large mixing bowl, combine the flour with the baking powder and spices. Make a well in the centre and pour in the chocolate syrup. Work together, first with a spoon, then with clean hands, to make a stiff batter. Add the almonds and raisins or currants and work in.
4. Form into balls no larger than 1 inch and arrange on cookie sheets. Bake for 12 to 15 minutes, or until a toothpick inserted into the centre of a cookie tests clean.