



VEGAN'S GREETINGS

Cruelty-free
recipes to
enjoy with your
loved ones
this Christmas

Photos and recipes courtesy of Jill Strong

PETA



Sautéed Oyster-Mushroom 'Scallops'

(Starter - Gluten-Free)

Preparation time: 2 hours (soaking)

Cooking time: 30 minutes

Ingredients

- 1½ cups/180 g oyster mushrooms
- 1 cup/200 ml vegetable stock
- ¼ cup/50 ml dry white wine
- 1 Tbsp vegan butter
- 2 cloves garlic, finely sliced
- 1 shallot, finely sliced
- 1 Tbsp finely chopped fresh parsley



Method

- Soak the mushrooms in hot water for 2 hours. Drain and cut into bite-sized pieces.
- Put in a frying pan with the vegetable stock and wine. Bring to a gentle boil, then simmer for 10 to 15 minutes, or until the mushrooms have absorbed the liquid.
- Remove from the pan and set aside. In the same pan, melt the vegan butter over medium heat, then fry the garlic and shallot until fragrant. Return the mushrooms to the pan and cook until starting to brown. If all the liquid evaporates, add a little more butter and/or wine and stir well.
- Remove from the heat, sprinkle with parsley, and serve.

Makes 2 servings



*oyster
mushrooms*

Spinach and Chestnut *al Forno* with Vegan Parmesan

(Starter)

Preparation time: 15 minutes

Cooking time: 25 minutes



Ingredients

1 Tbsp olive oil
1 cup/200 g spinach
1 cup/150 g cooked, peeled chestnuts
1 handful pitted black olives, halved
3–4 sun-dried tomatoes, chopped
4 Tbsp vegan butter
2 Tbsp plain flour
 $\frac{3}{4}$ cup/150 ml unsweetened non-dairy milk
Salt, to taste
Pepper, to taste
1 Tbsp breadcrumbs, optional
Vegan Parmesan, to taste (recipe opposite)

Method

- Preheat the oven to 350°F/180°C.
- Heat the oil in a frying pan and sauté the spinach for about 5 minutes, until wilted.
- Divide the spinach, chestnuts, olives, and sun-dried tomatoes between 2 small ovenproof dishes.
- Melt the vegan butter in a pot. Add the flour and cook, stirring constantly, for 1 minute. Pour in the non-dairy milk and continue to stir as the sauce thickens. Bring to a gentle boil for 1 minute, stirring well, then remove from the heat. Season with the salt and pepper.
- Pour into the dishes. Sprinkle with breadcrumbs, if desired, and bake for 20 minutes.
- Top with Vegan Parmesan and serve.

Makes 2 servings



Vegan Parmesan

This looks like the real thing, tastes good, and doesn't smell of sweaty feet. (Topping)

Preparation time: 2 minutes

Cooking time: 0 minutes

Ingredients

1 $\frac{1}{4}$ cups/125 g ground almonds
 $\frac{1}{3}$ cup/20 g nutritional yeast
Salt, to taste

Method

- Mix all the ingredients in a bowl. Store any leftovers in an airtight container in the fridge for up to 3 weeks.



Seitan Stroganoff with Roasted-Onion Cream



(Main Course)

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients

2 Tbsp olive oil	1/2 cup/100 ml red wine
1 clove garlic, thinly sliced	1 Tbsp mustard
1 onion, thinly sliced	1 Tbsp paprika
1 Tbsp dried thyme	2 Tbsp nutritional yeast
1 1/2 cups/200 g mushrooms, thinly sliced	Salt, to taste
2 Tbsp coconut oil	Pepper, to taste
11 oz/300 g seitan, cut into thin strips	7 oz/200 g ribbon-cut pasta, e.g. fettuccine or pappardelle, cooked
3/4 cup/150 ml vegetable stock	Roasted-Onion Cream, to taste (recipe opposite)
1/4 cup/50 ml non-dairy milk	



© Jill Strong

Method

- Heat the oil in a large, deep frying pan and sauté the garlic and onion until translucent.
- Add the thyme and mushrooms and cook until starting to brown. Remove from the pan and set aside.
- In the same pan, melt the coconut oil and fry the seitan strips for about 5 minutes on each side until starting to brown.
- Return the mushroom mixture to the pan and add the vegetable stock, non-dairy milk, wine, mustard, paprika and nutritional yeast. Stir well and season with the salt and pepper. Cover and simmer over low heat for around 50 minutes, or until thickened.
- Serve over the pasta with Roasted-Onion Cream.

Makes 2 servings

Roasted-Onion Cream

This is a tasty alternative to soy cream, inspired by ChefSteps.com.
(Topping)

Preparation time: 10 minutes

Cooking time: 50 minutes

Ingredients

3 large onions, peeled
1 Tbsp olive oil, plus more for brushing
1 Tbsp lemon juice
Salt, to taste

Method

- Preheat the oven to 400°F/200°C.
- Brush the onions with oil and place on a baking tray. Roast in the oven for about 50 minutes, or until the outsides have darkened.
- Remove and let cool. Peel off the outermost skin and roughly chop the insides. Place in a food processor or blender with the oil, lemon juice, and salt and blend until completely smooth.



onions



Orange and Christmas-Spice Polenta Cake

(Dessert)

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients

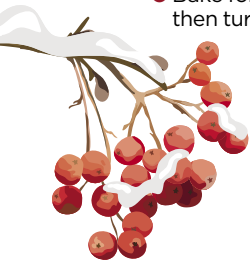
1 1/8 cups/250 g golden confectioner's sugar
1 1/4 cups/280 g vegan butter
5 oz/140 g fine cornmeal
1 2/3 cups/200 g plain flour
1 tsp cinnamon
1 pinch ground nutmeg
1 pinch ground cloves
1 pinch ground ginger
3 oranges (or 12 clementines)
3/4 cup/170 ml aquafaba (the liquid from a
14 oz/400 g tin of cooked garbanzo beans)
1 pinch cream of tartar, optional
2 tsp baking powder
1 1/8 cups/250 g confectioner's sugar for icing, sifted



Method

- Preheat the oven to 300°F/150°C and line a 9 in/23 cm round cake tin with parchment paper.
- In a large bowl, cream together the confectioner's sugar and 1 1/4 cups/280 grams of the vegan butter. Add the cornmeal, flour, cinnamon, nutmeg, cloves, and ginger and mix well.
- Juice and zest 2 of the oranges (or 10 of the clementines) into the bowl and stir.
- In a second bowl, beat the aquafaba with an electric whisk for 2 minutes, or until a mousse forms. Stir in the cream of tartar, if using.
- Fold into the cornmeal mixture. Add the baking powder, mix well, then pour into the tin.
- Bake for 45 minutes, or until a skewer comes out clean. Let cool for 5 minutes then turn out onto a wire rack to cool fully.
- Zest and juice the remaining orange (or clementines). Combine the confectioner's sugar for the icing, the remaining butter, and 2 tablespoonsful of the juice. Add more juice if needed. Spread over the top of the cake and sprinkle with the zest.

Makes 6 servings





Chocolate Truffles



(Dessert - Gluten-Free)

Preparation time: 10 minutes, plus 8 hours for chilling **Cooking time:** 5 minutes

Ingredients

- 7 fl oz/200 ml thick coconut cream
- 2 Tbsp vegan butter
- 7 oz/200 g good-quality dark chocolate, broken into pieces
- 1 capful rum, optional
- 1 pinch salt
- 2 Tbsp cocoa powder, optional
- ¼ cup/25 g toasted, crushed nuts of choice
- ¼ cup/25 g desiccated coconut, optional
- 2 Tbsp vegan chocolate sprinkles, optional

Method

- Warm the coconut cream and vegan butter in a small pot until the butter has melted. Don't allow to boil.
- Remove from the heat and add the chocolate, rum (if using), and salt. Stir until the chocolate has completely melted.
- Let cool to room temperature, then refrigerate for at least 8 hours.
- Scoop out a heaped teaspoonful of the mixture. Roll between dry hands to form into a ball, then roll in the cocoa powder, coconut, crushed nuts or chocolate sprinkles, if desired. Repeat until all the mixture has been used.
- Chill before serving.

Makes 15 truffles



dark chocolate





If you'd like more information on going cruelty-free, please visit **PETA.org**.

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