

Vegan Thanksgiving Recipes
by Annie Campbell

SPINACH HAZELNUT DIP

ingredients

2 cups of spinach
½ cup of parsley or basil
½ cup of toasted hazelnuts, toasted
1 cup veganaise or vegan sour cream, optional *
zest of one lemon
½ t. of red pepper flakes
½ cup extra virgin olive oil
salt & pepper to taste

- If not using veganaise or vegan sour cream, substitute ½ cup of extra virgin olive oil.

to toast nuts: Bake nuts on a cookie sheet in a 350 degree oven for 10 minutes, until golden

to make dip: Combine spinach, herbs, hazelnuts, lemon zest and red pepper flakes in a blender or food processor and puree. Add veganaise or vegan sour cream and blend. (Alternatively, add olive oil until desired consistency). Season with salt and pepper, to taste.

tips: Dip can be made 2-3 days in advance and refrigerated, covered.

CARROT TAHINI DIP

ingredients

1 ½ cups roasted carrots
1 shallot, diced
1-2 T. tahini
1 clove of garlic
2 T. lemon juice
¼ cup extra virgin olive oil
salt & pepper

to roast carrots: Peel carrots and roast in a 400 degree oven for 30 minutes

to make dip: Combine carrots, shallots, tahini, garlic and lemon juice in a blender or food processor and puree. Slowly add olive oil until desired consistency. Add a little water or more olive oil, if necessary. Season with salt and pepper, to taste.

tips: Dip can be made 2-3 days in advance and refrigerated, covered

KABOCHA SQUASH & FENNEL SOUP

inspired by Sunday Suppers at Lucques by Suzanne Goin
serves 8

ingredients

3-4 pounds kabocha or butternut squash, 2-3 squashes
4 fennel bulbs, trimmed and sliced
6 T. extra virgin olive oil
2 cups of sliced onion
2 t. fennel seeds
1 T. thyme, sage or rosemary, chopped
1 cup dry white wine
8 cups of vegetable stock or water, more or less depending on desired thickness
1 t. cayenne pepper, optional
toasted pepitas or pumpkin seeds for garnish, optional
fresh herbs for garnish, optional
salt & pepper

to prepare squash: Cut squash in half and scoop out seeds. Place on a cookie sheet, covered with tinfoil, cut side up. Drizzle squash with olive oil and season with salt and pepper. Roast in a 400 degree oven for 35-40 minutes, until tender. Let cool slightly. Once cool enough to handle, peel squash and roughly chop in cubes. Reserve.

to make soup: Heat olive oil in a large stock pot over medium-high heat. Add onion, fennel and fennel seeds. Season with salt and pepper and reduce heat to medium-low. Cook for 10-15 minutes until vegetables are cooked and lightly browning. Add herbs and sauté for a couple of more minutes. Add white wine and bring to a boil. Cook for a couple of minutes, until wine has slightly reduced. Add roasted squash and vegetable stock or water. Stock should cover the vegetables by 2-3 inches. Bring to a boil, cover and reduce to a simmer. Cook for 30 minutes. Blend soup with an immersion blender until smooth, adding more water or stock, if necessary. Season with salt, pepper, cayenne and any other desired spices (e.g. ginger or cumin).

to serve: Ladle soup into bowls and garnish with toasted seeds or nuts and fresh herbs.

tips: Squash can be roasted 1-2 days in advance and refrigerated. Vegetables and herbs can be chopped 1-2 days in advance and refrigerated. Soup can be made 1-2 days in advance and refrigerated. Soup can be frozen 3 months in advance; thaw in refrigerator overnight, or on the countertop. This soup method can be used with any vegetable or bean (e.g. white beans, English peas, tomatoes & more); celery, onion, leeks and garlic can all be used as the aromatic base. This soup also makes a great hors d'oeuvres served in shot glasses or small mason jars.

VEGETABLE STOCK

makes 4 quarts, easily doubles

ingredients

4-6 T. extra virgin olive oil
6 carrots, peeled and diced *
3 onions, roughly diced
4 stalks of celery, chopped
1 bunch of parsley
1 bunch of thyme
1-2 bay leaves
1 T. black peppercorns
optional: mushrooms, leeks, fennel or garlic, chopped
4 quarts of cold water
1 lemon, halved
1-2 cups of dry white wine, optional
1-2 T. salt or to taste

* The finer the dice, the more flavorful the stock.

to make stock: In a large stock pot, heat olive oil over medium-high heat. Add carrots, onions, celery and any other vegetables you prefer or have on hand. Cook until golden. Add herbs, bay leaves, peppercorns, salt and cold water. Bring to a boil. Once boiling add wine, if using, and bring to a simmer and cook for 2-3 hours, skimming as necessary. Season along the way, as necessary. Once broth is rich and well seasoned, strain and discard all solids.

tips: Stock can be made and refrigerated 3 days in advance. Stock can also be frozen in a tightly sealed container for up to 4 months. To use, defrost in the refrigerator overnight or on the counter top at room temperature.

BRUSSELS SPROUTS

serves 8

ingredients

2 pounds of brussels sprouts, trimmed of outer leaves
4 T. extra virgin olive oil
juice of 1-2 lemons or 1-2 T. balsamic vinegar *
2 cups of toasted walnuts
1 cup of golden raisins or dried cranberries, optional
Malden salt & freshly cracked pepper

* For a sweeter dish, add 1-2 T. of maple syrup in addition to lemon.

to toast walnuts: Bake nuts in a 350 degree oven for 10 minutes, until golden and nutty. Can be done 2 days in advance.

to prep brussels sprouts: Bring a large pot of salted water to a boil. Blanche the brussels sprouts for 3-4 minutes and drain. Can be done the day before.

to heat & serve brussels sprouts: Heat a large sauté pan over medium-high heat with olive oil. Once hot, add brussels sprouts and cook until golden brown and heated through. Season aggressively with sea salt. As Barefoot Contessa says, think of them like French fries! Add pepper and lemon or vinegar, plus maple syrup if using. Place brussels sprouts in a serving dish and add the toasted walnuts and dried fruit, if using.

tips: Walnuts can be toasted 1-2 days in advance; keep in a tightly sealed container. Brussels sprouts can be blanched a day in advance; keep refrigerated in a tightly sealed container. Brussels sprouts can be prepared on the stove and then kept warm in a baking dish, covered with foil, in a warm oven until ready to be served. Add oil or stock, if necessary.

MUSHROOM & LEEK CORNBREAD STUFFING
GLUTEN-FREE

serves 8

ingredients

10 cups of day-old gluten-free cornbread, or bread of choice, cut into one inch cubes
4 T. extra virgin olive oil or earth balance, more as needed
³/₄ pound of wild mushrooms, sliced
4 leeks, white and light green parts only, cut in half and sliced
1 ¹/₂ cups of sliced celery
1 cup of diced onion
1 cup of diced parsley
2 apples, peeled and diced
1-2 t. fresh thyme, chopped
1 T. fresh sage, chopped
2-3 cups of vegetable stock, more or less depending on texture
salt & pepper

to prepare vegetables: Heat a large sauté pan over medium-high heat and add extra virgin olive oil or earth balance butter. Once hot, add leeks, celery and onion. Season aggressively with salt and pepper. Reduce heat to medium-low and sauté for 10 minutes, until softened. Once vegetables are soft, add mushroom, apples, thyme and sage and cook for an additional 7-8 minutes, until mushrooms are soft. Add olive oil, salt and pepper as needed.

to assemble stuffing: Combine cornbread, cooked vegetables and parsley in a bowl. Add vegetable stock until moistened but not soggy. Place everything in a greased 9x13" baking dish or in a hollowed pumpkin or squash.

to bake stuffing: Bake dish in a 350 degree oven for 25-30 minutes until golden brown, or until desired doneness.

tips: Cornbread can be made 1-2 days in advance. All vegetables and herbs can be chopped 2 days in advance. Vegetables can be sautéed 1 day in advance. Stuffing can be cooked 1 day in advance and reheated in a 350 degree oven, covered with tinfoil, for 20 minutes or until warm.

GLUTEN-FREE CORNBREAD

adapted from chocolatecoveredkatie.com

ingredients

1 cup of rice milk, or milk of choice
1 T. white vinegar
2 cups of gluten-free cornmeal
1 T. baking powder
½ t. baking soda
1 t. salt
2 T. sugar
2 T. brown sugar, more for a sweeter cornbread
1 cup of frozen corn
3 T. oil
¼ cup of applesauce
½ t. cayenne, optional
1 T. fresh rosemary, chopped, optional

to make the batter: Mix the milk with the vinegar and let sit for five minutes. Combine cornmeal, baking powder, baking soda, salt, sugar, brown sugar, cayenne, rosemary and frozen corn in a bowl. Add oil, applesauce and rice milk/vinegar and mix until combined.

to bake: Pour batter into a greased 9x9" baking dish and bake in a 400 degree oven for 25 minutes, until set. A toothpick should come out clean from the center of the cornbread. Serve with earth balance and honey.

tips: Cornbread is best served the day of but if using for stuffing, make 1-2 days in advance.

GINGERED ORANGE CRANBERRY SAUCE

serves 8

ingredients

1 (12 oz.) bag of cranberries, fresh or frozen
1 cup of sugar*
¼ cup of water
1-2 T. fresh ginger, peeled and finely diced
2 navel oranges, peeled & segments, reserving juice

* agave syrup, maple syrup or honey could be substituted for white sugar

to make cranberry sauce: Combine cranberries, sugar, ginger and water and bring to a boil. Reduce heat to low and simmer until the cranberries have popped and released their juices, about 10 minutes. Remove from heat and add orange segments and any reserved juice. Let cool and refrigerate.

tips: Cranberry sauce can be made and refrigerated in an airtight container 1-3 days in advance.

PUMPKIN PRALINE PIE

inspired by my Great Grandmother Francis' pie recipe which won honorable mention at the first Pillsbury bake-off at the Waldorf-Astoria, Grand Ballroom, in New York in 1933

*ingredients**pumpkin custard filling*

1 – 15 oz can of organic pumpkin
1 ½ cups of rice milk, or milk of choice
¼ cup of corn starch
½ cup of brown sugar
1 T. molasses
1 t. vanilla
1 t. cinnamon
¾ t. ground ginger
½ t. ground clove

praline layer

4 T. earth balance butter, softened
½ cup of pecans, finely chopped
½ cup of brown sugar, packed

1 vegan pie crust

to make the pie: Press or roll pie crust into a 9” pie dish. To make the praline layer, combine earth balance butter, pecans and ½ cup of brown sugar in a bowl. Gently press the praline combination into the bottom of the prepared pie shell. Bake in a 450 degree oven for 10 minutes. Cool at least 2 minutes.

Once you remove the prepared pie shell from the oven, reduce the oven temperature to 350 degrees!!

Meanwhile, prepare the Pumpkin Custard Filling.

to make the pumpkin filling: Combine the rice milk and cornstarch in a medium bowl and beat until the cornstarch is blended without lumps. Add ½ cup of brown sugar, molasses, vanilla, cinnamon, ground ginger and cloves. Once well blended, add the pumpkin and mix well.

Pour the Pumpkin Custard Filling into the slightly cooled prepared pie shell and bake in a 350 degree oven for 50-55 minutes, until just set in the center. The pie shouldn't jiggle if slightly nudged. Cool and refrigerate overnight. Serve with maple whipped topping.

tips: Pie can be made up to two days in advance and refrigerated.

VEGAN PIE CRUST

ingredients

1 ½ cups flour*

3 T. sugar

¼ cup of vegetable oil

¼ cup organic applesauce

* For a gluten-free pie crust, substitute ¾ cup of almond flour and ¾ cup of brown rice flour

to make pie crust: Combine flour and sugar and add oil and applesauce. Gently mix with a fork and press into a 9" pie dish. Gently press crust up the sides of the dish.

if the pie recipe calls for a pre-baked crust: Bake crust for 10 minutes in a 400 degree oven.

THANKSGIVING TIMELINE

Up to one month in advance:

- make vegetable stock and freeze
- make kabocha squash and fennel soup and freeze
- plan menu & organize all recipes

One to two weeks in advance:

- make grocery lists and shop for any non-perishable items, including wine & spices
- make placecards, plan table setting and check dishes & glassware

Sunday before Thanksgiving:

- shop for vegetables, herbs and flowers at the farmers market and shop for all other perishables

Three days in advance, Monday:

- make cranberry sauce

Two days in advance, Tuesday:

- make cornbread
- wash and shop all vegetables and any thyme or rosemary
- trim brussels sprouts
- arrange flowers and centerpieces
- make dips for appetizers
- make soup, if not already frozen

One day in advance, Wednesday

- defrost stock and soup, if frozen
- prep stuffing
- blanche brussels sprouts

- wash and trim crudités
- make salad dressing, if serving
- bake pumpkin pie and refrigerate
- set the table & set up bar
- chill white wines & sparkling

Thanksgiving Day

- assemble and bake stuffing
- assemble crudité platter, embellishing with warm nuts and olives
- saute brussels sprouts
- toss salad, if serving
- enjoy Thanksgiving feast and go around the table and have each guest say something that they are grateful for