



THE ULTIMATE
PLANT-BASED
THANKSGIVING
WITH ROUXBE

INTRODUCTION

It's never too early to start planning your Thanksgiving meal... at least, that is what we believe here at Rouxbe. As arguably the most anticipated meal of the year, a little extra planning is never a bad idea. This is especially true if you are trying new dishes, or if you are cooking for those with dietary restrictions.

While many believe a turkey is the key to the meal, this is far from the truth. There are so many mouth-watering recipes and incredible vegan dishes available that you may want to consider replacing the bird entirely.

Below we've pulled together our ideal plant-based Thanksgiving meal, with recipes from Rouxbe. If you are interested in learning more fundamental cooking techniques, check out some of our offerings -- from [Vegan Desserts](#) to a partnership with [Forks Over Knives](#) to a more intense [Plant-based Certification Course](#).

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A detailed still life photograph of autumn produce and kitchenware. The scene is set on a dark, textured wooden surface. In the upper half, there are several ears of yellow corn with green husks, some partially peeled. To the right, there are green pears and a red apple. In the center, a cluster of bright orange carrots is arranged. To the left of the carrots are two purple eggplants. A large, dark green leaf, possibly a fig leaf, is on the right side. In the lower left, there is a large, shallow, metallic bowl. In the lower right, there is a small pile of pink salt, a wooden spoon, a knife, and a small glass bottle of olive oil. The word "APPETIZERS" is written in a white, serif font across the middle of the image.

APPETIZERS

SEASONED MACADAMIA CHEESE WITH GOLDEN CRISPY CROSTINI

SERVES: **ABOUT 12**

ACTIVE TIME: **60 MIN**

TOTAL TIME: **60 MIN**

DESCRIPTION

This smooth, non-dairy, nut-based cheese is extremely versatile. In this preparation, we roll in a variety of additions such as fresh herbs, peppercorns, or candied walnuts.

Crispy garlic crostini are the perfect accompaniment to a variety of soups and salads.

INGREDIENTS

STEP 1: Mixing in the Flavorings

- 2 tbsp nutritional yeast
- 1 tbsp onion granules
- freshly grated nutmeg
- 1 tsp sea salt
- 1/2 tsp white pepper (optional)

STEP 2: Shaping & Options to Rolling Cheese In

- Choice 1: 1/2 cup fresh herbs, chopped (tarragon & chives)
- Choice 2: 1/2 cup Maple Chipotle Candied Walnuts, chopped
- Choice 3: 3 tbsp crushed pink peppercorns & 1 tbsp coarse sea salt

STEP 3: Making the Crostini

- 1 French baguette
- 4 tbsp extra-virgin olive oil
- 1 clove garlic (optional)
- 1/2 tsp grey salt (optional)

METHOD

STEP 1: Mixing in the Flavorings

Once cultured, add the [Macadamia Cheese Base](#) to a bowl.

If not done so already – mix in the seasonings. Mix to thoroughly combine the ingredients.

STEP 2: Shaping & Options to Rolling Cheese In

To shape the cheese, scoop onto a piece of parchment paper or onto a non-stick dehydrator sheet. Then using your hands, mold the cheese into a log-like shape. Fold the sheet over and roll the cheese to form a nice roll. Cut the cheese in half and set one half aside.

Next, roll the cheese in your choice of ingredients, such as fresh herbs, peppercorns or Maple Chipotle Candied Walnuts. Then simply roll and gently press the cheese into the ingredients used. Carefully, press the ends of the cheese onto the ingredients as well. Carefully roll the cheese one last time, to ensure it is evenly shaped.

Serve these cheeses as part of an appetizer or salad or simply serve as part of a non-dairy cheese platter.

STEP 3: Making the Crostini

To start the crostini, preheat the oven to 375° Fahrenheit. Cut the baguette into 1/2-inch slices and place the pieces onto a parchment-lined baking tray. Brush lightly with olive oil. Bake, oil-side up, for 8 to 10 minutes or until slightly golden.

While the bread is cooking peel the garlic and set aside. Once the bread is ready, lightly rub the oiled side with the raw garlic. While the bread is still warm, sprinkle with a little grey salt.



CRUDITE PLATTER WITH VEGAN RANCH DRESSING

SERVES: **4-5**

ACTIVE TIME: **10 MIN**

TOTAL TIME: **10 MIN**

DESCRIPTION

This egg-free creamy ranch dressing is a delicious addition to any salad, served as a dip or a cooling dressing with the Buffalo Chick'n Wrap.

INGREDIENTS

STEP 1: Making the dressing

- 1/2 cup vegan mayonnaise
- 1 1/2 tbsp rice wine vinegar
- juice of 1/2 lemon
- 1 1/2 tbsp nutritional yeast
- 1 tbsp shallot, minced
- 1/2 tbsp agave or other sweetener of choice
- 1/4 cup soy or almond milk, unsweetened
- 1 1/2 tbsp fresh dill, minced
- 1 tbsp fresh chives, minced

METHOD

STEP 1: Making the dressing

In small mixing bowl, whisk together well all ingredients. Add additional soy or almond milk, as needed, until you reach the desired consistency.

This is a wonderful creamy dressing to add to salads, serve as a dip for crudités, or as a cooling creamy dressing for Buffalo Chick'n Wrap.





TO START

ROASTED SWEET POTATO SALAD W/ ARUGULA & BALSAMIC VINEGAR

SERVES: 4

ACTIVE TIME: 1 HR 15 MINS

TOTAL TIME: 1 HR 15 MINS

DESCRIPTION

This roasted sweet potato salad highlights the no-oil roasting method. While the finished product is a bit drier than it would be with oil, it's refreshed and flavored by a flavorful dressing.

INGREDIENTS

STEP 1: Preparing the Sweet Potatoes

- 2 cups sweet potatoes, peeled and cut in 1-inch cubes
- 2 tbsp white balsamic vinegar
- 1/4 tsp freshly ground black pepper
- 1/4 tsp cinnamon

STEP 2: Preparing the Dressing

- 1/2 cup white balsamic vinegar
- 3 tbsp liquid sweetener
- 1/4 tsp cinnamon
- 2 tbsp fresh chives, minced

STEP 3: Finishing the Dish

- 4 cups baby arugula
- 1 small fennel bulb, thinly shaved on mandolin

METHOD

STEP 1: Preparing the Sweet Potatoes

Preheat oven to 375 °F (or 190°C).

Toss the sweet potatoes with the vinegar, freshly-ground black pepper, and cinnamon.

On a non-stick sheet pan, or one lined with parchment or a silpat, spread out the potatoes evenly. Place in the oven and roast, turning vegetables over once, for 12 to 15 minutes or until tender and slightly browned.

Let the potatoes cool until they are near room temperature.

STEP 2: Preparing the Dressing

Prepare the dressing while the potatoes are roasting.

In a small bowl, whisk together the remaining balsamic vinegar, honey, cinnamon and chives.

STEP 3: Finishing the Dish

To finish the dish, in a large bowl, gently toss together the arugula and shaved fennel. Next, add the potatoes, drizzle with dressing and toss.

To serve, place a large helping of salad on a plate and sprinkle with toasted seeds or nuts for an added crunch.



BUTTERNUT SQUASH BISQUE

SERVES: **4-5**

ACTIVE TIME: **45 MIN**

TOTAL TIME: **45 MIN**

DESCRIPTION

This egg-free creamy ranch dressing is a delicious addition to any salad, served as a dip or a cooling dressing with the Buffalo Chick'n Wrap.

INGREDIENTS

STEP 1: Preparing the Soup

- 1 1/2 tbsp olive oil
- 3 shallots, minced
- 1/4 cup sherry wine
- 2 1/2 cups butternut squash, peeled and steamed or boiled until fork-tender*
- 3 1/2 cups vegetable stock
- 2 tbsp maple syrup or molasses
- 3/4 tsp sea salt
- Toasted pumpkin seed oil to drizzle as garnish (optional)
- Fried sage leaves
- Roasted chestnuts, sliced

Chef's Notes:

*You can substitute other winter squash such as acorn or kuri. Feel free to experiment with different flavor profiles and combinations.

*Another great garnish option is to drizzle a bit of cashew sour cream before serving.

METHOD

STEP 1: Preparing the Soup

First gather and prepare your mise en place.

To prepare the bisque, bring a soup pot to medium-high heat and add the olive oil. Add the shallots and sauté until golden and translucent, then deglaze with the sherry. Allow the wine to evaporate, then add remaining ingredients, bring to a simmer and cook for 10 minutes.

Using a stick blender or counter top blender, combine all remaining ingredients until smooth. Season to taste and serve.

As an option, garnish with a drizzle of pumpkin seed oil, sliced roasted chestnuts and fried sage.



REAL + VIBRANT'S ARUGULA PERSIMMON SALAD

SERVES: **2**

ACTIVE TIME: **10 MINS**

TOTAL TIME: **10 MINS**

DESCRIPTION

A delicious Fall-inspired salad with all the delicious and colorful parts of the season combined into one tasty salad. Refreshing, easy, and full of flavor!

INGREDIENTS

STEP 1: Preparing the Dressing

- 2 tbsps extra virgin olive oil
- 1 tbsp lemon juice
- salt and pepper, to taste

STEP 2: Preparing the Salad

- 4 cups arugula, rinsed and dried
- 1 persimmon, peeled and sliced
- 1/2 cup pomegranate seeds
- 1/4 cup roughly chopped walnuts
- 1/4 cup pepitas (pumpkin seeds)

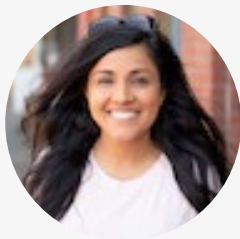
METHOD

STEP 1: Preparing the Dressing

Prepare the dressing. In a small bowl, combine the olive oil, lemon juice, salt, and pepper. Stir and set aside.

STEP 2: Preparing the Salad

In a large bowl, combine the arugula, pomegranate seeds, persimmons, walnuts, and pepita. Drizzle with dressing and toss. Serve.



Enjoy this delectable recipe from Real+Vibrant that will be sure to brighten your table this holiday season. Sapana Chandra, founder and voice behind [Real + Vibrant](#), is a certified health coach, author of cookbook [“Plant Power Bowls”](#), and a graduate of Rouxbe’s [Plant-based Professional Certification](#) course. Join her and “eat real (food) + live well + feel vibrant” — even through the holidays.



A rustic still life photograph featuring fresh vegetables and herbs. In the upper right, a cluster of ripe red cherry tomatoes sits on a wooden surface. To the left, several long, tapered yellow carrots are visible. In the foreground, a piece of weathered, cracked wood serves as a base for a bunch of green herbs, including long green onions and leafy sprigs, along with a single garlic clove. The overall lighting is soft and natural, creating a warm, earthy atmosphere.

THE MAIN EVENT

CAULIFLOWER ‘STEAK’ W/ MUSHROOM PEPPERCORN GRAVY

SERVES: **2**

ACTIVE TIME: **35 MINS**

TOTAL TIME: **1 HOUR**

DESCRIPTION

This dish is a plant-based twist on the classic “Steak au Poivre.” Thick cauliflower ‘steaks’ are baked, then pan-seared and served with a rich and flavorful mushroom-peppercorn sauce.

INGREDIENTS

STEP 1: Preparing & Baking the Cauliflower

- 1 head cauliflower, leaves and stem trimmed*
- 4 garlic cloves, peeled and smashed
- 2 cups vegetable stock
- 1 cup vermouth or dry white wine
- 2 bay leaves
- 1/2 tsp sea salt

STEP 1: Pan-Searing the Cauliflower ‘Steaks’

- 2 tbsp black peppercorns, crushed
- 1 tbsp oil
- 1 tbsp non-dairy butter

STEP 2: Preparing the Sauce

- 3/4 lb mushrooms, thinly sliced
- 1/4 cup shallots, minced
- 1/4 cup brandy
- sea salt, to taste
- 2 cups stock
- 1/2 tbsp oil
- 1/2 tbsp non-dairy butter

STEP 2: Finishing the Sauce & Serving the Dish

- 1/3 cup Cashew Cream (optional)
- sea salt, to taste
- 2 tbsp slurry, or as needed

Chef’s Notes:

Much of this dish can be made ahead of time—including the baking of the cauliflower.

METHOD

STEP 1: Preparing & Baking the Cauliflower

To bake the cauliflower, first preheat the oven to 350°F (175°C).

Note: Do NOT core the cauliflower. The stem is needed to keep the ‘steaks’ intact. With the cauliflower sitting on its stem, cut in half through the middle. Trim the outer edge of each half to form a thick steak-like piece of cauliflower. Each piece should be approximately 1 1/2 inch thick.

In a 9×11 baking dish, mix together the garlic, stock, vermouth, bay leaves and salt. *Note: The amount of salt you add will depend on how salty your stock is to begin with. Taste for seasoning and adjust as necessary.

Place the cauliflower into the liquid and cover tightly with foil. Carefully transfer to the oven and let bake for approximately 30 to 45 minutes. Ultimately, the time will depend on how thick the ‘steaks’ are and your oven.

Test the ‘steaks’ periodically. When a knife goes in somewhat easily the cauliflower is done. Note: The cauliflower should be cooked through, but still a bit firm. If it’s too soft, it will fall apart during frying.

Meanwhile, go ahead and prepare the sauce.

STEP 2: Preparing the Sauce

To prepare the sauce, first gather and prepare all of your mise en place.

Next, heat a large stainless steel fry pan over medium-high heat. Once hot, add the oil and butter, followed by the shallots. Let the shallots cook until they just start to brown, about 2 or 3 minutes. Then, add the mushrooms and a pinch of salt. Cook the mushrooms until they start to release their juices and start to brown, about 10 to 15 minutes.

At this point, carefully deglaze with the brandy and let cook for a minute or so, or until most of brandy has evaporated. Next, add the stock, turn down the heat and let simmer while you pan-fry the cauliflower ‘steaks’.

STEP 3: Pan-Searing the Cauliflower ‘Steaks’

Once the cauliflower is ready, carefully remove the foil from the baking dish, making sure you don’t burn yourself from the steam.

At this point, remove the ‘steaks’ from the liquid and place onto a plate lined with paper towel. Blot the top of the cauliflower with paper towel as well. This step helps ensure you get a nice golden crust.

Next, crush the peppercorns on a cutting board—a heavy fry pan works well for this. Then, carefully place the cauliflower into the crushed peppercorns and gently press to ensure some of the peppercorns stick to the cauliflower. Flip and repeat on the other side.

Next, heat a large fry pan—or better yet, a cast iron skillet—over medium heat. Once hot, add the oil and butter, followed by the cauliflower. Let the cauliflower cook for about 4 to 6 minutes, or until golden brown on each side. Try not to fiddle with the pieces too much, otherwise the ‘steaks’ will start to fall apart.

Once done, set aside while you finish the sauce.

STEP 4: Finishing the Sauce & Serving the Dish

To finish the sauce, taste for seasoning, adding salt as needed. Next, add the slurry. For the slurry, either cornstarch or flour can be used. Slowly add the slurry until you reach a nice sauce-like consistency.

If desired add the Cashew Cream. Note that the cashew cream will change the color of the sauce. It will go from a rich dark brown mushroom color to a light brown-beige colored sauce. However, the taste of the sauce with the added cream is delicious!

As an experiment, you could remove some of the sauce from the pan, before you add the cream. Then, taste the sauce with and without the cream, to decide for yourself, which one you prefer the look and taste of.

If you are using the above [Cashew Cream](#), note that you will likely want to add a bit more water to the recipe. For a very neutral flavored cream, you can omit the lemon juice and apple cider from the recipe if desired.

To serve this dish, place a ‘steak’ onto a plate and spoon over the hot sauce—drizzling a bit of the sauce around the plate if desired. Serve with your favorite sides and enjoy!



CREAMY MASHED POTATOES

SERVES: **3-4**

ACTIVE TIME: **15 MINS**

TOTAL TIME: **45 MINS**

DESCRIPTION

This dish is a plant-based twist on the classic “Steak au Poivre.” Thick cauliflower ‘steaks’ are baked, then pan-seared and served with a rich and flavorful mushroom-peppercorn sauce.

INGREDIENTS

STEP 1: Steaming the Potatoes

- 1 1/2 to 2 lb large red potatoes
- 1 tsp sea salt
- bay leaves (optional)

STEP 3: Mashing the Potatoes

- 6 tbsp non-dairy milk
- 1 to 2 tbsp non-dairy butter or oil
- sea salt, to taste
- white pepper, to taste

METHOD

STEP 1: Steaming the Potatoes

To start, gather a pot and steaming basket. Add about one inch of water to the pot and bring to a boil.

In the meantime, peel and cut the potatoes in half or into even-sized, large chunks.

Once the water comes to a boil, place the potatoes into the steamer basket and place into the pot. If using bay leaves, place them on top of the potatoes. Sprinkle the potatoes with the salt and cover.

Turn the heat to medium and let steam until a knife inserted into the thickest part goes in with ease, about 20 to 30 minutes. The potatoes must be fully cooked or else you will have lumpy potatoes.

Note: You can substitute russets; however, they will not provide the same creamy texture. Yukon Gold potatoes can also be used with good results.

STEP 2: Drying the Potatoes

Once the potatoes are done, remove the steamer basket and drain the water from the pot. Place the potatoes into the pot. Cover the surface of the potatoes with a clean kitchen cloth for a few minutes. This will help to absorb any excess moisture.

STEP 3: Mashing the Potatoes

To mash the potatoes, use an electric hand mixer on low speed to first break up the large chunks of potato. Then add the non-dairy milk and butter and whip the potatoes on high speed until smooth and creamy. Taste for seasoning and serve immediately.



ROASTED GREEN BEANS WITH SESAME SEA SALT

SERVES: 4

ACTIVE TIME: 15 MINS

TOTAL TIME: 20 MINS

DESCRIPTION

Roasted green beans sprinkled with sesame sea salt.

INGREDIENTS

STEP 1: Preparing the Sesame Salt

- 4 tbsp sesame seeds
- 1 tsp sea salt

STEP 2: Roasting the Green Beans

- 1 lb green beans
- 1 to 2 tbsp olive oil

METHOD

STEP 1: Preparing the Sesame Salt

Preheat your oven to 475 degrees Fahrenheit to get it good and hot to roast the veggies.

To prepare the sesame salt, heat a small fry pan over medium heat and add the sesame seeds. Stir or toss often until the seeds become light-golden brown, about 3 to 5 minutes. Once done, remove the seeds from the pan or they will continue to cook. Cool completely.

In a clean spice grinder or mortar and pestle, add the toasted seeds and salt. Pulse and grind into a coarse texture. Set aside.

STEP 2: Roasting the Green Beans

Wash, dry and trim the green beans. Place into a large bowl and toss with the olive oil just to coat. Arrange onto a parchment-lined tray and roast for approximately 5 minutes or until just starting to brown.

STEP 3: Assembling the Dish

As soon as the beans are cooked to your liking, transfer them to a shallow serving dish and sprinkle the with sesame salt to taste. Serve immediately.



PLANT-BASED HOLIDAY STUFFING

SERVES: **5-6**

ACTIVE TIME: **45 MIN**

TOTAL TIME: **1 HOUR 30 MIN**

DESCRIPTION

Ever-so-comforting traditional stuffing — only this “traditional” stuffing also happens to be plant-based.

INGREDIENTS

STEP 1: Gathering & Preparing Your Mise en Place

- 1 loaf French bread* (approx. 6 to 8 cups diced)
- 1 cup onion, small dice
- 1 cup celery, small dice
- 1 cup carrots, small dice
- 10 to 15 fresh sage leaves, finely chopped
- 4 sprigs fresh thyme, finely chopped
- 1 tsp Poultry Seasoning
- 1/2 to 1 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 3 to 4 cups vegetable stock
- 2 tbsp non-dairy butter

METHOD

STEP 1: Gathering & Preparing Your Mise en Place

Note: No matter which ingredients you use just keep in mind this ratio — 1 part vegetables/mirepoix to 2 parts bread.

To prepare the bread, cut it into 1/2” -inch cubes. You can let the bread dry out, uncovered on the counter, for up to 24 hours.

Note: During the holidays, many supermarkets sell bread that has already been cut and dried, so this can be used instead, if you are short on time.

Next, prepare the mirepoix and the fresh herbs. Lastly, gather the remaining ingredients.

Here is a recipe for [Poultry Seasoning](#), in case you don’t have any on hand. Also, note that the amount of poultry seasoning you add will depend on how strong your poultry seasoning is and your personal preference. I personally like my stuffing to have a strong poultry seasoning note to it.

Before you start cooking the stuffing, make sure you oven is on and set to to 350°F (175°C).

STEP 2: Assembling & Baking the Stuffing

To assemble the stuffing, melt the non-dairy butter in a large fry pan over medium-low heat. Add the onions, celery, carrots and fresh herbs and let cook for about 8 to 10 minutes, or until the mirepoix becomes translucent.

Meanwhile, add the bread to a large bowl and set aside.

Once the vegetables are cooked, add them to the bread and toss to combine. Next, pour the stock over the bread mixture, a bit at a time. Toss and continue to add the liquid until the bread mixture is quite wet. The amount of stock needed will just depend on how much bread you had and the amount of vegetables.

Note: If desired, you can add a bit of flax egg to help bind the stuffing, but we generally don't bother.

Next, place the stuffing into a greased casserole dish. Cover and bake the stuffing for 30 minutes. Then remove the lid and bake uncovered for an additional 20 to 30 minutes.

Once the stuffing is golden brown, remove from the oven and let cool slightly before serving.

Chef's Notes:

Add your own flair and favorite flavors to this simple stuffing by incorporating items such as chestnuts, mushrooms, and different vegetables. Just make sure the ratio is about 1 part vegetables/mirepoix to 2 parts bread.



BAKED MACARONI & CHEEZE

SERVES: **2-4**

ACTIVE TIME: **30 MINS**

TOTAL TIME: **45 MINS**

DESCRIPTION

Smoked gooda cheeze sauce, sautéed onions and butternut squash form the base for this comforting plant-based macaroni and cheeze.

INGREDIENTS

STEP 1: Making the Cheeze Sauce

- 1/2 cup roasted cashew nuts
- 1/4 cup nutritional yeast
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1 tbsp flour
- 1 tbsp light miso paste
- 1/4 cup beer
- 1/2 cup plain, unsweetened non-dairy milk

STEP 2: Making & Assembling the Macaroni & Cheeze

- 16 oz cooked pasta (cavatappi or noodle of choice)
- 1 cup shredded butternut squash (approx 1/2 butternut squash)*
- sea salt, to taste
- freshly ground black pepper, to taste
- 1 small white onion (or 3 shallots), finely diced
- 1 tbsp non-dairy butter, or oil

STEP 3: Baking & Serving the Dish

- 3/4 cup plain breadcrumbs
- 2 tbsp non-dairy butter, melted

METHOD

STEP 1: Making the Cheeze Sauce

To make the cheeze sauce, using a high speed blender, blend together the roasted cashews, nutritional yeast, onion and garlic powder, flour, miso paste, beer and non-dairy milk until you reach a smooth consistency.

Alternatively, if you do not have a high speed blender, process the cashew nuts and nutritional yeast until you reach a paste-like consistency, then add the remaining ingredients and blend until smooth. Note that this method will not likely produce as smooth of consistency.

STEP 2: Making & Assembling the Macaroni & Cheeze

If you have not already, cook the pasta — making sure it is cooked [al dente](#).

*For the squash, peel the squash and then using a food processor shred the squash using the course grater attachment. Alternatively, you can use the large holes on a box grater.

Next, heat a large non-stick fry pan over medium heat. Once hot, add the butter, followed by the onions. Cook for a minute or so, and then add the grated squash.

Let cook for 5 minutes or so, or until the squash and onions have fully cooked through.

At this point, add the pasta to a large bowl and pour in the cheeze sauce. Add the onion and squash and gently stir to evenly distribute the ingredients. Taste for seasoning.

Note: Depending on how creamy you like your macaroni and cheeze, you may want to add a touch more non-dairy milk (or save some of the pasta water), to thin the sauce out a bit. The recipe as it stands now, is meant to be a somewhat of a drier macaroni and cheeze.

STEP 3: Baking & Serving the Dish

Preheat the oven to 400°F (205°C)

Next, place the macaroni mixture into a greased casserole dish, or a cast iron fry pan.

Add the melted butter to the breadcrumbs and toss to coat the crumbs in the butter. Top the macaroni with the breadcrumbs and bake for 15 to 20 minutes, or until the pasta has heated through and the breadcrumbs have formed a nice golden crust.

Let cool for 5 to 10 minutes before serving.

Chef's Notes:

Cavatappi pasta is basically just longer, fancier macaroni noodles.



CASSIS CRANBERRY SAUCE

SERVES: **10-12**

ACTIVE TIME: **15 MIN**

TOTAL TIME: **1 HOUR**

DESCRIPTION

Crème de cassis gives this traditional cranberry sauce a little twist.

INGREDIENTS

STEP 1: Making the sauce

- 1 cup sugar (or sweetener of choice)
- 1 cup water
- 1 bag fresh cranberries (14 oz)
- 1/2 large orange
- 1/4 cup Crème de cassis (black current liqueur or concentrate such as Ribena)

Chef's Notes:

This cranberry sauce gets substantially thicker as it cools and can be made up to a week in advance. For the most flavor, it is best served at room temperature, so be sure to take it out at least an hour before dinner.

METHOD

STEP 1: Making the sauce

To make the sauce, place the sugar and water into a medium pot and bring to a boil. Once the sugar dissolves, add the cranberries, squeeze in the juice from the orange and bring the mixture back to a boil.

Turn down the heat and let simmer for about 10 to 15 minutes. The amount of time will depend on how thick you want the cranberry sauce to be. Add the cassis and stir to combine. Once you reach the proper consistency, turn off the heat. The sauce will thicken considerably as it cools. Serve at room temperature.



ROASTED BRUSSELS SPROUTS WITH LEMON BREADCRUMBS

SERVES: **4-6**

ACTIVE TIME: **20 MINS**

TOTAL TIME: **40 MINS**

DESCRIPTION

Delicious roasted Brussels sprouts are sprinkled with crunchy lemon breadcrumbs.

INGREDIENTS

STEP 1: Making the Breadcrumbs

- 2 to 3 slices white bread
- 1 tbsp extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 tsp fresh lemon zest

STEP 2: Roasting the Brussels Sprouts

- 1 lb Brussels sprouts
- 1 to 2 tbsp olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

STEP 3: Assembling the Dish

- 1/3 cup Plant-Based Parmesan

METHOD

STEP 1: Making the Breadcrumbs

Preheat your oven to 350°F (175°C).

Remove the crust from the bread and place into a food processor. Pulse until you reach a coarse texture. Place the breadcrumbs into a bowl and toss with the olive oil. Season to taste with salt and pepper. Place onto a parchment-lined baking tray and bake until golden, tossing from time to time, about 10 minutes. Once done, zest the lemon over top. Toss to combine and set aside to cool.

Increase the oven temperature to 475°F (250°C).

STEP 2: Roasting the Brussels Sprouts

Wash, dry and trim the Brussels sprouts. Cut in half lengthwise. Place into a bowl and toss with the olive oil and salt and pepper to taste. Arrange cut-side down on a parchment-lined baking tray. Place into the oven and roast for 8 to 12 minutes or until golden, turning once, if necessary.

STEP 3: Assembling the Dish

Once the Brussels sprouts are cooked to your liking, remove them from the oven. Place into a shallow serving dish and sprinkle the breadcrumbs over top. If desired, garnish with some [Plant-Based Parmesan](#) as well. Serve immediately.



CORNBREAD

SERVES: **8-12**

ACTIVE TIME: **20 MIN**

TOTAL TIME: **50 MIN**

DESCRIPTION

This corn bread's versatility stretches from sweet to savory applications. This recipe can be made in a corn bread pan, as muffins or even thinned out for delicious corn pancakes.

INGREDIENTS

STEP 1: Preparing & Baking the Cornbread

- 1 cup fine grind cornmeal
- 1/2 cup whole wheat pastry flour
- 1/2 cup all-purpose flour
- 4 1/2 tsp baking powder
- 1/4 tsp fine sea salt
- 1 cup plus 2 tbsp any non-dairy milk
- 3 tbsp pure maple syrup, Grade A Dark
- 2 tbsp neutral vegetable oil
- 1/2 tsp pure vanilla extract

METHOD

STEP 1: Preparing & Baking the Cornbread

Preheat oven to 425°F (220°C).

Oil a 9 × 9-inch baking pan or a pan of equivalent volume. If using a cast iron pan, oil it and preheat in the oven before pouring in the batter. This will yield the crispest exterior.

Whisk, measure and sift together the dry ingredients.

Whisk the non-dairy milk, maple syrup, oil and vanilla in a small bowl until well blended. Pour into the dry mixture and whisk only until the batter is barely smooth. The batter should drop off a spoon like heavy pancake batter. Pour into the prepared pan and smooth the top.

Place in the preheated oven and bake for 15 to 18 minutes or until golden brown and a tester inserted into the center comes out clean or with a few moist crumbs.

Cool the pan on a wire rack for 10 minutes before cutting.

Serve with vegan butter, jam or a non-dairy cream. This cornbread makes a good plated 'shortcake.' Simply layer with fresh fruit and your choice of cream and fruit sauce.

Chef's Notes:

Variations:

- Sweet Cornbread: Brush with maple syrup while it is cooling.
- Blueberry Cornbread: Mix 1 cup blueberries into the batter
- Savory Cornbread: Mix 1 cup corn kernels, sautéed peppers or onions into the batter. Reduce the maple syrup to 2 tbsp and add an additional tbsp of non-dairy milk.

Skillet Cornbread:

- Oil a cast-iron pan. Preheat the pan in the oven before adding the batter, and bake as directed.
- The sides and bottom of the cornbread will be dark and crusty.

Corn Muffins:

- Makes 10 to 12
- Position a rack in upper third of the oven and preheat to 400°F (200°C). Oil 10 muffin cups or a cornstick pan. Fill each cup 3/4's full. If there are any empty cups, pour water into them to insure even cooking. Bake for 15 to 20 minutes or until the batter is set, the muffins have risen and a tester inserted in center comes out clean or has just a few crumbs attached.





DESSERT

CHOCOLATE CREAM PIE

SERVES: **6-8**

ACTIVE TIME: **45 MINS**

TOTAL TIME: **45 MINS**

DESCRIPTION

Impress your guests with this extremely delicious, but very easy to prepare chocolate dessert.

INGREDIENTS

STEP 1: Preparing the Crust

- 2 cups raw pecans
- 1/4 cup date sugar or maple sugar
- 1 1/2 tbsp coconut oil
- 1/2 tsp sea salt
- 1/4 tsp chipotle powder (optional)

STEP 2: Preparing the Filling

- 2 1/2 cups vegan dark chocolate chips (or more if you want the pie sweeter)
- 2 packages organic firm silken (260g pkgs)*
- 1 tsp vanilla extract or 1 vanilla bean, scraped
- pinch of sea salt

METHOD

STEP 1: Preparing the Crust

To prepare the crust, combine the pecans and sugar in a food processor fitted with the metal blade. Process until the mixture resembles a fine meal. Add the coconut oil, salt and optional chipotle powder and pulse to combine well.

Transfer the mixture to an 8- or 9-inch pie pan. Press and shape the mixture into the bottom and sides of the pan to make a pie shell.

STEP 2: Preparing the Filling

Preheat the oven to 350°F (175°C). Alternatively, the chocolate can be melted using a double boiler.

Place the chocolate chips in a baking tray or shallow pan, Transfer to the preheated oven and heat for 3 to 4 minutes or just until melted. Watch carefully as the chocolate can burn quickly. Remove from the oven.

While the chocolate is melting, combine the tofu, vanilla and salt in a food processor fitted with the metal blade. Add the melted chocolate and blend until very smooth.

Note: For the tofu, if you cannot find firm silken tofu, soft block tofu can be used instead. In this case, the tofu often comes in 150 gr or 300 gr packages — we have tested this recipe using 2 x's 300 grs (600 grs total) and the end result was delicious.

Pour the mixture into the reserved pie shell, smooth the top with an offset spatula and refrigerate for at least 20 minutes or until firm. When firm, slice and serve..

Chef's Notes:

Note that soft, medium or firm silken tofu can be used in this recipe, but for a final product that is a bit more dense, firm is recommended.

For more information, here is an article called "[A Guide to Tofu Types & What to Do w/ Them.](#)"



RAW CARROT SPICE CAKE WITH MAPLE VANILLA FROSTING

SERVES: 6

ACTIVE TIME: 1 HOUR

TOTAL TIME: 2 HOURS

DESCRIPTION

This light, tropical raw cake is the perfect base for a dessert canape. Topped with decadent frostings. Made from a base of coconut or nut butter, a sweetener and spice, this will make all your cakes nice.

INGREDIENTS

STEP 1: Preparing the Cake

- 1 cup dates
- 2 cups carrots, freshly shredded
- 1 1/2 cups dried apple, minced by hand or in a food processor
- 1 1/2 cups raw cashews or pecans, ground into a fine meal
- 1 1/2 cup dried shredded coconut
- 1/2 tbsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp sea salt
- 1/2 cup rum, apple juice or water

STEP 2: Preparing the Frosting

- 1 cup raw cashews, soaked in water for 3 to 4 hours to soften and drained
- 1/2 cup coconut butter
- 1/2 cup maple syrup
- 1/4 cup water, as needed
- 1 vanilla bean scraped, or minced if using high speed blender
- 1/4 tsp sea salt

METHOD

STEP 1: Preparing the Cake

Place the dates in a small bowl. Add the rum or juice and allow to soak for approximately 1 hour or until very soft. When soft, finely mince the dates.

Place the minced dates in a medium mixing bowl. Add the carrots, apple, nuts, coconut, cinnamon, nutmeg and salt and gently, but thoroughly combine. When done, the mixture should form a ball, but not be too wet. If the mixture is too wet, add a bit more shredded coconut or ground cashews.

Transfer the date mixture to an 8-inch springform pan, pressing and molding the dough to form it neatly into the pan. Note that smaller, individual-sized spring form pans would also work.

STEP 2: Preparing the Frosting

To prepare the frosting, in a high-speed blender or food processor, blend all of the ingredients, except water, until smooth. Adjust the consistency with water, as desired.

If using a food processor, you will likely need to stop and scrape down the sides to ensure a nice smooth frosting. — scraping down the sides of the food processor, as needed to achieve a really smooth frosting.

STEP 3: Frosting the Carrot Cake

To finish, evenly frost the carrot cake with this delicious Maple Vanilla Frosting. C Transfer to the refrigerator to chill thoroughly before serving. Cut into slices for service.

Chef's Notes:

To mix up the color, add fruit or vegetable powder, or a splash of concentrated juice. If you're using extracts or juices with strong flavor profiles, such as herbs or beets, stick to small amounts.



FRAN COSTIGAN'S VEGAN PUMPKIN PIE

SERVES: **8-10**

ACTIVE TIME: **1 HOUR**

TOTAL TIME: **6 HOURS**

DESCRIPTION

Here is a vegan pumpkin pie with a difference—both dense and creamy, and spiced just right, although it is made without cream or eggs.

INGREDIENTS

STEP 1: Preparing the Pie

- [Tender Olive Oil Pastry Crust](#), fitted into a 9-inch pie pan and refrigerated
- 1 12.5 ounce aseptic box of firm silken tofu (Mori Nu or Morenga)
- 2 cups pumpkin puree or 1 (15-ounce) can organic pumpkin purée
- 1/4 cup dark whole cane sugar (Sucanat or coconut sugar)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/4 cup pure maple syrup, grade B or dark amber, divided
- 1 tablespoon arrowroot
- 2 teaspoons vanilla extract

STEP 2: Preparing Candied Pecans

- 1/4 cup pure maple syrup, grade B or dark amber
- 2 teaspoons molasses, barley malt or coconut nectar
- 1 1/2 cups raw pecan halves
- 2 tablespoons dark whole cane sugar (Sucanat) or coconut sugar

METHOD

STEP 1: Preparing the Pie

Position a rack in the lowest section of the oven and another rack in the middle, and preheat to 375 degrees.

To make the filling, tip the water out of the box of tofu. Add the tofu and pumpkin to a food processor and process until creamy.

Clean the sides of the processor bowl with a spatula, and add the sugar, spices, salt, 2 tablespoons of the maple syrup and the vanilla. Process a minute until thoroughly mixed..

Combine the arrowroot and remaining 2 tablespoons of maple syrup in a small bowl. Stir with a fork until the arrowroot is dissolved. Add to pumpkin mixture and process about a minute.

Bake the pie: Remove the pie dough (fitted into the pan) from the refrigerator and place the pie pan on a sheet pan. Pour the filling into the crust.

Bake on the lower rack for 20 minutes. Reduce the oven temperature to 350 degrees. Move the pie to the upper rack and bake for 30 to 35 minutes, until the filling looks darker and has a sheen. The filling will have cracked

and the center will jiggle when the pie is moved. A knife inserted into a crack near the center will come out almost clean and feel hot. The filling will firm as the pie cools.

Cool the pie to room temperature on a footed wire rack. Cover with parchment paper and refrigerate for 5 to 6 hours.

STEP 2: Preparing Candied Pecans

Position a rack in the middle of the oven and preheat to 350 degrees. Line a baking sheet with parchment paper.

Mix the maple syrup and molasses in a medium bowl. Add the pecans and toss until well coated. Spread the pecans on the prepared sheet in an even layer and bake for 10 minutes.

Remove from the oven and sprinkle with the dark whole cane or coconut sugar. Bake 4 minutes and stir. Bake 3 or 4 minutes longer, until the sugar is melted and bubbling. an

Set the baking sheet on a rack and allow the nuts to cool to room temperature. Store the nuts until they are needed for the pie, in a tightly covered container, at room temperature. They can be make 2 to 3 days ahead.

STEP 3: Assemble and Serve

Remove the pie from the refrigerator a hour ahead of serving to allow it to return to room temperature. When you are ready to serve the pie, or up to 15 minutes before serving, place the nuts decoratively on topts., as many or as few as you like. Or serve the pie without nuts and pass a bowl of nu



*Fran Costigan the “Queen of Vegan Desserts,” is the director of Vegan Baking and Pastry and chef instructor at [Rouxbe Culinary School](https://www.rouxbe.com). The recipes in her bestselling cookbooks, *More Great Good Dairy-Free Desserts Naturally* and *Vegan Chocolate: Unapologetically Luscious and Decadent Dairy-Free Desserts*, from retro desserts to elegant vegan versions of classics, produce excellent results every time.*



A close-up photograph of a glass filled with a thick, creamy, light-colored beverage. A single cinnamon stick is placed vertically in the center of the drink. The surface of the drink is dusted with a fine, brown powder, likely cinnamon. The glass is set on a dark, textured surface, possibly a wooden table, with a plaid cloth and some greenery visible in the background. The word "DRINKS" is overlaid in white, serif capital letters across the middle of the image.

DRINKS

DAIRY & EGG-FREE EGGNOG

SERVES: 7 CUPS

ACTIVE TIME: 10 MIN

TOTAL TIME: 40 MIN

DESCRIPTION

Crème de cassis gives this traditional cranberry sauce a little twist.

INGREDIENTS

STEP 1: Making the “Eggnog”

- 8 medjool dates, pitted
- 2 cups water
- 1 - 15 oz. can of full-fat coconut milk
- 1 cup raw cashews
- 1 tsp pure vanilla extract
- 1 tsp freshly grated nutmeg*
- 1/2 tsp sea salt
- 1/4 tsp xanthan gum (optional, but recommended)*



METHOD

STEP 1: Making the “Eggnog”

Place the dates and cashews into two separate small bowls. Add 1 cup of water (or enough water to cover) and set aside to soak at least 8 hours or overnight. If pressed for time, you can speed the process by covering with boiling water. The cashews should only take about 30 minutes to soften.

Drain and rinse the cashews. Transfer to a high-speed blender. Drain the dates and add them to the blender along with the coconut milk, vanilla, nutmeg, salt, and xanthan gum, if using. Process for about 2 minutes or until very smooth. Transfer to a clean container. Cover and refrigerate for at least 1 hour or until well-chilled. Stir before serving. If desired, add a bit of spiced rum.

The eggnog, will last, covered and refrigerated, for 2 to 3 days.

Note: Do not use pre-ground nutmeg, as the end result will be nowhere near as good freshly ground.

Xanthan gum will give the eggnog that traditional eggnog-like consistency.



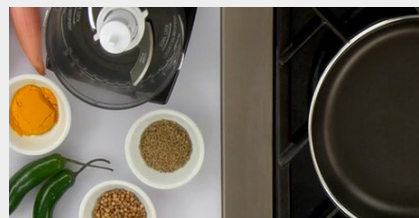
TIPS & TECHNIQUES

TIPS & TECHNIQUES

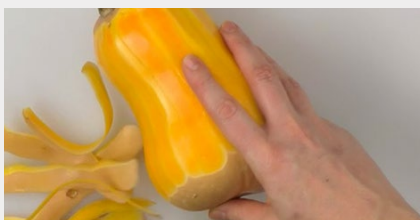
We've also included some tips & techniques to help you get through the holiday festivities stress-free.



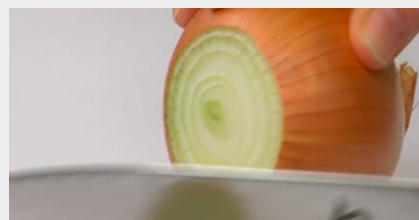
HONING YOUR KNIFE



WHAT IS MISE EN PLACE



HOW TO CUT A SQUASH SAFELY



HOW TO SLICE AN ONION



MINCING, DICING, AND CUTTING ONIONS



HOW TO SLICE POTATOES



KITCHEN TOOLS:
MASHERS AND RICERS



HOW TO BUY & CUT
CAULIFLOWER

ROUXBE