

ROUXBE'S PLANT-BASED

THANKSGIVING COOKBOOK

2ND EDITION



INTRODUCTION

Looking for a little Thanksgiving inspo this year? We've got you covered! There is something for everyone whether you are planning to prepare a full plant-based meal or incorporate some new plant-based recipes into your traditional menu.

For the second year in a row, we've pulled together some of our favorite plant-based recipes to brighten your Thanksgiving table and delight your taste buds. And don't miss the video-based tips and techniques that will make cooking this year that much more efficient and enjoyable.

If you find the tips helpful, join the 600,000+ home cooks and chefs around the world who have learned how to cook better with Rouxbe. Check out our popular plant-based course offerings as well — from [Vegan Desserts](#) to our course in partnership with [Forks Over Knives](#) to a more intense [Plant-based Certification Course](#).

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A still life photograph of a breakfast or brunch spread. In the foreground, a white cup of coffee and a white cup of orange juice are visible. To the left, a black wicker basket is filled with golden-brown pastries. In the center, a white bowl contains sliced tomatoes, cucumbers, olives, and fresh herbs. To the right, a white plate holds a serving of white cheese. In the background, more pastries are in black baskets, and a small bowl of fruit is visible. The entire scene is set on a dark wooden table with a white lace doily under the central bowl.

APPETIZERS



[WATCH THE VIDEO >](#)

WARM MARINATED OLIVES

Served warm, this beautiful mixture of picholine, nicoise, kalamata, green and black olives are marinated in citrus zest, garlic and rosemary.

SERVES: 2 CUPS

ACTIVE TIME: 15 MIN

TOTAL TIME: 15 MIN

INGREDIENTS

STEP 1: Preparing the Marinade & Olives

- 1/2 cup extra-virgin olive oil
- 4 garlic cloves
- 1 orange
- 1 lemon
- 1 sprig fresh rosemary
- 2 small, dried bay leaves
- crushed red pepper flakes
- pinch of ground allspice (optional)
- 2 cups olives (with pits)

METHOD

Note: Any combination of olives can be used for this recipe. We used equal parts of picholine, nicoise, large green and large black olives, as well as kalamata. For the best flavor, we recommend buying the olives with the pits still inside.

To start, peel and lightly crush the garlic. Next, using a peeler, remove four 1" x 3" inch pieces of zest from the lemon and the orange. Trim off any white pith. Break the rosemary down into smaller sprigs by pinching it off of the stem. Gather the remaining ingredients.

In a large pan, heat the oil and garlic over medium-low heat. Cook for about 3 minutes, just until the garlic begins to turn golden. Do not let it burn. Add the strips of zest, rosemary sprigs, bay leaves, red pepper flakes and allspice. Stir and let sizzle for about 2 minutes. Add the olives and toss to coat. Transfer to a bowl and let cool. Cover and

refrigerate, stirring from time to time. The olives will keep for up to one week.

Before serving, place the mixture into a pan and reheat over low until warmed through, about 2 to 3 minutes. Place into a serving bowl and serve warm.

CHEF'S NOTES:

These olives make a lovely host/hostess gift.





[WATCH THE VIDEO >](#)

ZESTY MARINATED MUSHROOMS

Seared crimini mushrooms are infused with white wine, garlic, rosemary and lemon zest. Zesty and full of flavor, these beautiful mushrooms are perfect for an antipasto platter and also make a perfect host/hostess gift.

SERVES: 2 CUPS

ACTIVE TIME: 30 MIN

TOTAL TIME: 30 MIN

INGREDIENTS

STEP 1: Preparing the Marinade & Olives

- 1 1/2 cups dry white wine
- 1/2 cup white wine vinegar
- 3 garlic cloves
- 1 lemon
- 1 large sprig of rosemary
- 2 tsp kosher salt
- 1/2 tsp juniper berries (about 14)
- 1/2 tsp fennel seeds
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp freshly ground black pepper
- 1 pound crimini mushrooms (see note below)
- 3 tbsp grapeseed oil
- 9 tbsp extra-virgin olive oil (for finishing)

METHOD

To prepare the marinade, break the rosemary down into smaller sprigs by pinching it off of the stem. Next, using a peeler, remove two 1" x 4" -inch pieces of zest from the lemon. Trim off any white pith. Peel and lightly crush each clove of garlic. Lightly crush the juniper berries with the side of a knife. Place everything into a bowl, along with the fennel seeds, crushed red pepper flakes, salt, pepper, white wine vinegar and white wine. Mix to combine. Set aside.

First clean the mushrooms and then cut in half

To sear the mushrooms, preheat a large, stainless-steel pan over medium-high heat until very hot. Add the oil, immediately followed by

the mushrooms. Let sit for a minute or so without moving to ensure they brown nicely. Toss a few times until nicely browned on one or two sides. Do not cook the mushrooms all the way through.

Once done, transfer the mushrooms to a plate to cool. Return the pan to the stove and turn the heat down to medium.

Add the marinade to the pan and simmer for approximately 5 minutes to infuse the flavors.

Transfer the mushrooms to a heatproof container and pour the warm marinade over top. Let cool to room temperature. Cover and refrigerate over night.

Drain the liquid from the mushrooms and discard the marinade. Place the mushrooms, along with the aromatics into a jar. Add enough olive oil to cover.

These mushrooms can be stored in the refrigerator for up to 1 month.

CHEF'S NOTES:

Any type of mushrooms can be used; however, the cooking time will vary. If using a variety of mushrooms, it is best to cook them separately just until they brown.





ARTICHOKE & MUSHROOM CROSTINI

These crostini are the perfect start to any dinner party. The creamy artichoke purée paired with garlicky mushrooms and finished with freshly grated horseradish really takes these to the next level.

SERVES: 12 CROSTINI

ACTIVE TIME: 30 MIN

TOTAL TIME: 35 MIN

INGREDIENTS

STEP 1: Making the Crostini

- 1 whole-grain baguette*
- 4 tbsp extra-virgin olive oil
- 1 clove garlic (optional)
- sea salt, to taste

STEP 4: Serving the Crostini

- 3-inch fresh horseradish root (for garnish)

STEP 2: Preparing the Artichoke Purée

- 1/2 cup pine nuts (or walnuts)
- 2 cups artichoke hearts (from a jar)
- 2 tbsp lemon zest (to 2 lemons)
- 2 tbsp olive oil
- 3 tbsp chives (1/4 bunch)
- 1/4 tsp sea salt

STEP 3: Preparing the Mushrooms

- 1 1/2 cups wild mushrooms*
- 3 cloves garlic
- 1 1/2 tbsp olive oil
- sea salt, to taste
- freshly ground black pepper, to taste



METHOD

STEP 1: Making the Crostini

Note: Feel free to use your favorite bread here. For a gluten-free option, omit the bread and use gluten-free crackers instead.

To start the crostini, preheat the oven to 350°F (180°C). 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 5 to 7 minutes or until just 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 and sprinkle with a little sea salt.

STEP 2: Preparing the Artichoke Purée

To start, place the walnuts onto a tray and toast in the oven until golden, about 4 to 6 minutes. Once the walnuts are done, set them aside.

Strain and rinse the artichoke hearts and zest the lemon. Finely mince the chives and set aside.

Using a food processor, pulse together the walnuts, artichoke hearts, lemon zest, olive oil, and salt. Place this mixture into a bowl and fold in the minced chives. Taste for seasoning.

STEP 3: Preparing the Mushrooms

Note: while most wild mushrooms would work here, chanterelles work particularly well with this dish.

First, clean the mushrooms. Depending on their size you may need to cut up a few of the bigger ones. Leave some whole or in bigger pieces to give the dish more contrast.

Next, mince the garlic and parsley and set aside.

Heat a fry pan over medium heat and add the olive oil. Once heated, add the mushrooms. Let the mushrooms cook for 3 or 4 minutes or until their liquid has been released and the excess liquid starts to evaporate. When the pan is almost dry, add the garlic and continue to cook for another 30 seconds or so.

Lastly, fold in the parsley and taste for seasoning.

STEP 4: Serving the Crostini

To serve the crostini, place a spoonful of the artichoke purée onto each crostini and then top with a few of the mushrooms.

If using fresh horseradish, peel first and then grate a bit over top of each crostini, using a fine grater, such as a microplane. Serve immediately.



TO START



LEEK & POTATO SOUP

This classic leek and potato soup is so easy to make you may be surprised at how much flavor it has.

SERVES: 6

ACTIVE TIME: 25 MIN

TOTAL TIME: 1 HOUR

INGREDIENTS

STEP 1: Preparing Your Mise en Place

- 3 cloves garlic
- 1 white onion (approx. 12oz or 350g)
- 5 large leeks*

STEP 2: Sweating the Ingredients

- 7 tbsp non-dairy butter
- 1 1/2 tsp sea salt

STEP 3: Cutting the Potatoes

- 2 large baking potatoes* (approx. 14oz or 400g)

STEP 4: Adding the Potatoes & Stock

- 3 to 4 cups HOT stock

STEP 6: Finishing the Soup

- 3 to 4 tbsp Cashew Cream* (optional)
- additional stock, if needed

STEP 7: Serving the Soup

- chives for garnish
 - sea salt, to taste
 - white pepper, to taste
-

METHOD

STEP 1: Preparing Your Mise en Place

Finely slice the onion and emince the garlic. Set aside.

To prepare the leeks, cut off the root end and discard. Then cut off the dark green part (wash it and save it for making stock). For the white and

light green part, cut in half lengthwise and then cut across into fairly thin strips.

Note: 5 large leeks should weigh about 2 1/4 lbs or 1 kg. Once cleaned and sliced, you should have about 700 to 800 grams of leeks (or 1 1/2 to 1 3/4 lbs).

Next, rinse the leeks really well to remove any dirt and/or sand. Then spin dry in a salad spinner to remove the excess water. Set aside.

STEP 2: Sweating the Ingredients

In a large pot or saucepan, add the butter and melt over medium heat.

Once the butter has melted, add the onions and sweat for about 5 minutes until they start to soften. Make sure the onions do not take on any color.

Next, add the garlic and cook for another minute or so. Add the leeks and salt and stir. Cover with a lid and let sweat over medium heat for about 8 minutes or until the leeks soften. Stir occasionally.

Meanwhile, you can go ahead and prepare the potatoes. You may also want to heat up the stock from Step 5.

STEP 3: Cutting the Potatoes

For the potatoes, try to find types that are high in starch such as russets or Burbank potatoes.

Peel, quarter the potatoes lengthwise and finely

slice. Once done, you should have about 300 to 350 grams (10 to 12 ounces).

Do not rinse the potatoes, as the starch will help to thicken the soup.

STEP 4: Adding the Potatoes & Stock

Once the leeks have softened, add the potatoes and stir to combine.

Next, add approximately 3 cups of hot stock just to cover the ingredients, adding more if necessary, just to cover. It is better to add less stock than too much, as you can always add more at the end to thin down the soup.

Bring the soup to a simmer. Cover and let cook over medium-low heat for about 10 minutes or just until the potatoes have cooked through. If the potatoes are over cooked, they will start to break down, which will make the soup grainy.

STEP 5: Puréeing the Soup

Once the potatoes and leeks are tender, take the soup off of the heat.





Next, carefully puree the soup, using only one or two ladles at a time. Place a clean cloth over the lid to prevent the lid from popping off and the hot soup from burning you. DO NOT walk away with the blender running. Puree the soup on high for at least 1 minute per batch.

STEP 6: Finishing the Soup

For velvety-smooth soup, strain the soup through a fine sieve. This may seem like an unnecessary step, but it is worth it if you want an extremely-smooth texture. Press out the solids, using the back of a ladle or spatula.

Once done, transfer the soup back into a pot.

Adjust the consistency to your liking. If you need to thin the soup out, you can add a bit more hot stock and/or [Cashew Cream](#), if desired.

STEP 7: Serving the Soup

To serve the soup, reheat it slightly to ensure it is nice and hot. Taste the soup and adjust the seasoning as needed. For this soup, you can use white pepper so it doesn't look like there are little black flecks throughout.

Garnish the soup with some finely chopped chives. You may be tempted to skip the chives, but they really do add a nice touch. You may also want to finish with a dollop of [Cashew Sour Cream](#).

CHEF'S NOTES:

Vichyssoise is the French name for this classic soup and is often served cold in the summer. This versatile soup has a clean and delicate flavor and will complement almost anything else you are serving with the meal.



BUTTERNUT SQUASH SALAD WITH CHAMPAGNE VINAIGRETTE

Steamed butternut squash is tossed with toasted cumin seeds, shallots and a champagne vinaigrette.

SERVES: 4

ACTIVE TIME: 30 MIN

TOTAL TIME: 30 MIN

INGREDIENTS

STEP 1: Steaming the Butternut Squash

- 1 medium butternut squash
- pinch sea salt

STEP 2: Preparing Your Mise en Place

- 1/4 tsp cumin seeds
- 1 small shallot
- 2 tbsp cilantro leaves
- 1 tbsp champagne vinegar
- 3 tbsp extra-virgin olive oil
- 1 tbsp agave, to taste
- sea salt, to taste
- freshly ground black pepper, to taste

METHOD

STEP 1: Steaming the Butternut Squash

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Peel the squash and remove the seeds. Cut into even, 1" -inch cubes and place into the steaming basket.

Once the water is simmering, place the basket over the pot and season the squash with a pinch of salt. Cover with a lid. Steam until tender and cooked through, about 10 to 15 minutes or so.

STEP 2: Preparing Your Mise en Place

While the squash is steaming, toast the cumin seeds. Heat a small fry pan over low heat. Add the seeds and cook until fragrant. Once done, remove them from the pan and set aside.

To make the vinaigrette, place the champagne vinegar, honey and olive oil into a small jar. Season with salt and pepper to taste. Shake the vinaigrette to emulsify and taste for seasoning, adding more honey, champagne vinegar, salt and/or pepper to taste. Set aside.

Emince the shallot lengthwise and roughly chop the cilantro leaves. Set aside.

STEP 3: Assembling the Salad

Once the squash is just tender, transfer to a large bowl and let cool to room temperature.

Sprinkle the shallots and cumin seeds over the squash. Shake the vinaigrette again to make sure it is emulsified. Pour it over the squash and toss gently to coat. Transfer the salad to a serving bowl and garnish with the chopped cilantro. Serve.





WARM WHEAT BERRY, MUSHROOM, TOMATO & ARUGULA SALAD

This hearty, warm salad of wheat berries, sautéed mushrooms, oven-dried tomatoes and arugula is full of flavor.

SERVES: 4

ACTIVE TIME: 40 MIN

TOTAL TIME: 2 HOURS

INGREDIENTS

STEP 1: Soaking & Cooking the Wheat Berries

- 1 cup cooked wheat berries

STEP 4: Assembling the Salad

- extra-virgin olive oil (to taste)
- sea salt, to taste
- freshly ground black pepper, to taste
- 10 oz arugula, washed

STEP 2: Slow-Roasting the Tomatoes

- 8 oz baby tomatoes
- 2 tbsp red wine vinegar
- 1 tsp sugar

STEP 3: Sautéing the Mushrooms

- 1 tbsp grapeseed oil
- 1 lb button mushrooms
- sea salt (to taste)
- freshly ground black pepper (to taste)



METHOD

STEP 1: Soaking & Cooking the Wheat Berries

Wheat berries are best soaked before cooking. Simmer the soaked grains by following the instructions in the lesson on How to Cook Grains.

STEP 2: Slow-Roasting the Tomatoes

Preheat your oven to 250 degrees Fahrenheit (120 degrees Celsius).

Cut the tomatoes in half and place into a bowl. Gently toss the tomatoes with the red wine vinegar and sugar. Line a tray with parchment and arrange the tomatoes cut-side up.

Transfer to the oven and slow roast for approximately 2 hours or until the tomatoes have just started to brown, shrivel and concentrate.

STEP 3: Sautéing the Mushrooms

Clean, trim and slice the mushrooms. Start to cook the mushrooms once the grains are just about done.

Pre-heat a stainless-steel pan over high heat. Once hot, but not smoking, add the oil, followed by the mushrooms. Sprinkle with a touch of salt and pepper to taste. Let the mushrooms cook over high heat until they release their moisture and turn golden brown. Toss the mushrooms from time to time so they color evenly. Once the mushrooms are golden brown, season to taste and transfer to a plate. Set aside.

STEP 4: Assembling the Salad

If the grains are pre-cooked, steam them to reheat them (refer to the grains lesson).

Place the arugula into a large bowl and pour the warm grains and sautéed mushrooms over top. Drizzle with a touch of olive oil and toss. Season to taste.

Plate the salads and top with the roasted tomatoes and serve.

A close-up photograph of fresh ingredients on a wooden surface. In the background, several whole, light-brown potatoes are visible. In the middle ground, a head of purple garlic sits prominently. In the foreground, there are fresh green cilantro leaves and a single star anise pod. The lighting is warm and natural, highlighting the textures of the ingredients.

THE MAIN EVENT



MUSHROOM-SEED LOAF

KETO, LOW-CARB & VEGAN-FRIENDLY

Made with a variety of healthy vegetables and seeds, this delicious loaf is well worth any effort it takes to put together.

SERVES: 8 TO 10

ACTIVE TIME: 40 MIN

TOTAL TIME: 1.25 HOURS

INGREDIENTS

STEP 1: Preparing Your Mise en Place

- 4 tbsp flax meal + 6 tbsp water
- 2 cups diced onion
- 2 cups diced mushrooms
- 1 cup brunoise carrot
- 1 cup brunoise celery
- 1 cup cauliflower rice*
- 2 tbsp minced garlic
- 1/2 cup sunflower seeds
- 3/4 cup hemp seeds
- 1/2 cup almond flour
- 2 tbsp finely chopped herbs (such as thyme, rosemary)
- 1 to 2 tsp Poultry Seasoning, optional*
- 1/2 tsp dried sage

- 1/4 tsp cayenne
- 2 tbsp Dijon mustard
- 2 tbsp soy sauce

STEP 2: Steaming the Butternut Squash

- 1 to 2 tbsp cooking oil
- sea salt, to taste
- freshly ground black pepper, to taste

METHOD

STEP 1: Preparing Your Mise en Place

To start, combine together the flax meal and water and then set aside while you prepare the rest of your mise en place.

Note: To make cauliflower rice, place pieces of cauliflower into a food processor and pulse until you reach a rice-like texture. For the best results, use the large grater attachment on your food processor and feed the pieces of cauliflower through the top — this produces a more rice-like texture.

Note that the amounts here do not have to be exact. Also, feel free to experiment with other flavorings. For example, we often make this loaf with added ingredients like Kalamata olives, sun-dried tomatoes, toasted fennel seeds, chili flakes, onion powder, nutritional yeast, and balsamic vinegar.

In regards to the [poultry seasoning](#), we typically add it to the recipe but just know that it does add the sort of classic holiday taste to the loaf — which we love.

STEP 2: Starting the Loaf

To start the loaf, preheat the oven to 350°F (175°C) and spray one large loaf pan (or 2 smaller) with cooking spray.

Next, heat a large fry-pan over medium-high heat and then add a bit of oil, followed by the mushrooms, as well as a pinch of salt and pepper.

Sauté the mushrooms until all of the moisture has evaporated and they have started to brown. Just before finishing, add the garlic and let cook for approximately 30 seconds and then remove from the pan and set aside.

Next, re-heat the frypan to medium heat and then add a bit more oil, followed by the onions, carrots, celery and a bit more salt and pepper. Once the vegetables are almost done, add the cauliflower. Once the vegetables are soft and translucent, turn off the heat and let sit while you prepare the seed mixture.





RECIPE VIA SWICH

Swich, Rouxbe's newest plant-based learning experience, helps you develop cooking skills tailored to your health goals, skill level, and food preferences. Learn to cook for free, at your own pace, with the support of a like-minded community. [Learn more.](#)

In a food processor, add the sunflower and pulse until they are similar in size to the hemp seeds. At this point, add the hemp seeds, almond flour, spices, and seasoning. Pulse a few times to gently combine the ingredients.

Transfer this seed mixture to a large bowl and set aside.

Next, add the mushrooms and onion mixture to the food processor and pulse once or twice, just to combine the ingredients and break them down slightly.

Transfer the vegetable mixture to the seed mixture and then add the flax eggs, Dijon and soy sauce and mix to combine the ingredients. Taste the mixture for seasoning, adding more salt and/or freshly ground black pepper as needed.

Lastly, place the mixture into the prepared loaf pan(s) and place it into the oven.

STEP 3: Baking & Serving the Loaf

Bake the loaf for 45 minutes to 1 hour and 15 minutes, or until it is somewhat firm to the touch when pressed and/or until a fork comes out clean.

Once done, remove the loaf from the oven and let sit for at least 30 minutes before removing it from the pan. When ready, run a knife along the edge of the pan and then carefully remove the loaf from the pan before slicing.

Serve this loaf with your favorite vegetables. This loaf goes particularly well with with steamed green beans, [Cauliflower Mash](#) and a sauce made from equal parts red wine and a reduced version of this [Simple Mushroom Stock](#). For the mushroom stock, simply reduce it down until you reach a thick sauce-like consistency.

CHEF'S NOTES:

To make individual loaves, either use a pan designed for that purpose or use a muffin tin.

Any leftovers will keep for several days in the refrigerator, or they can be frozen.



PLANT-BASED HOLIDAY STUFFING

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

SERVES: 5 TO 6

ACTIVE TIME: 45 MIN

TOTAL TIME: 1.5 HOURS

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 your oven is on and set 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.





STUFFING-ED SWEET POTATOES

These scrumptious stuffed sweet potatoes are worthy of center stage on a holiday table. Cremini mushrooms and chickpeas add lusciousness to a classic bread stuffing that is loaded with traditional flavor. This recipe requires only about 30 minutes of active prep time.

SERVES: 8 HALVES

ACTIVE TIME: 30 MIN

TOTAL TIME: 1.75 HOURS

INGREDIENTS

- 4 large sweet potatoes, scrubbed and patted dry (about 3 lb.)
- 1½ cups chopped fresh cremini mushrooms (4 oz.)
- ½ cup chopped onion
- 2 stalks celery, sliced (½ cup)
- 2 cloves garlic, minced
- 2 15-oz. cans no-salt-added chickpeas, rinsed and drained
- 2 cups ½-inch whole wheat bread cubes, dried (see tip in intro)
- ½ cup chopped fresh parsley
- 1½ teaspoon poultry seasoning
- Sea salt and freshly ground black pepper, to taste
- ¼ to ⅓ cup low-sodium vegetable broth

METHOD

STEP 1: Preheat oven to 400°F. Prick sweet potatoes all over with a fork. Place in a 3-qt. rectangular baking dish. Bake about 45 minutes or until just tender when pierced with a knife. Let stand until cool enough to handle.

STEP 2: Meanwhile, for stuffing, in a large nonstick skillet cook mushrooms, onion, celery, and garlic over medium 5 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.

STEP 3: In a food processor combine mushroom mixture and chickpeas; pulse until chopped. Transfer to a bowl. Add bread cubes, parsley, poultry seasoning, salt, and pepper. Drizzle with broth, tossing just until moistened.

STEP 4: Cut sweet potatoes in half lengthwise. Using a sharp knife, score around potato flesh, leaving a ¼-inch shell and being careful not to cut through skin. Score in a crisscross to make ½-inch cubes. Gently scoop cubes out with a spoon. If necessary, cut any large pieces in half to make smaller cubes. Add cubes to stuffing mixture in bowl; gently fold to combine.

STEP 5: Arrange potato skin shells in the baking dish. Spoon stuffing into shells. Bake, uncovered, about 20 minutes or until browned and heated through. To transport, place baking dish in an insulated carrier with a hot pack.

CHEF'S NOTES:

To dry bread cubes, spread them in a single layer in a baking pan. Let stand, uncovered, overnight. Or bake in a 300°F oven 10 to 15 minutes or until golden, stirring once or twice.



RECIPE VIA FORKS OVER KNIVES

Focused on cooking whole food, plant-based meals and led by world-renowned chefs and educators, the Forks Over Knives Cooking Course has taught thousands how to cook 100+ delicious recipes and master a wide variety of culinary techniques from the comfort of your home [Learn more](#).



Swick^{beta}

CAULIFLOWER MASH

These scrumptious stuffed sweet potatoes are worthy of center stage on a holiday table. Cremini mushrooms and chickpeas add lusciousness to a classic bread stuffing that is loaded with traditional flavor. This recipe requires only about 30 minutes of active prep time.

SERVES: 3 CUPS

ACTIVE TIME: 15 MIN

TOTAL TIME: 30 MIN

INGREDIENTS

STEP 1: Preparing the Cauliflower

- 1 head cauliflower

STEP 2: Steaming the Cauliflower

- 1 to 2 bay leaves
- sea salt

STEP 3: Finishing the Cauliflower

- 2 tbsp non-dairy butter
- 1/4 tsp freshly ground nutmeg, or to taste
- 1/2 tsp sea salt, or to taste
- 1/4 tsp white pepper, or to taste

METHOD

STEP 2: Preparing the Cauliflower

To prepare the cauliflower, remove the outer leaves and then slice the cauliflower into even-sized slices/pieces — slicing the cauliflower-like this is done to ensure the pieces cook evenly.

STEP 2: Steaming the Cauliflower

To steam, the cauliflower, place it into a steamer basket and add the bay leaves as well as a good pinch of salt. Cook the cauliflower until it is just tender — approximately 5 to 8 minutes. The



cooking time will ultimately depend on your stovetop and how thick the cauliflower was cut.

Steaming, rather than boiling the cauliflower, helps to reduce the amount of liquid/water in the final dish.

STEP 3: Finishing the Cauliflower

To finish the mash, place the steamed cauliflower into a food processor and blend until smooth.

Next, add the non-dairy butter, nutmeg, salt, pepper and blend again. Note that unlike mashed potatoes, which can become gummy if over blended, there is no real risk of over blending the cauliflower.

Serve this mash with any number of dishes. It goes particularly well with either this [Country-Fried Tofu](#) or this [Gluten-Free Country-Fried Tofu](#).

CHEF'S NOTES:

A good drizzle of truffle oil also goes really well with this cauliflower mash.



[WATCH THE VIDEO >](#)

WILD MUSHROOM GRAVY

This savory rich gravy pairs perfectly with any holiday meal or as a base brown sauce for various other applications.

SERVES: 4 TO 5

ACTIVE TIME: 1 HOUR

TOTAL TIME: 1 HOUR

INGREDIENTS

STEP 1: Starting the Gravy

- 1 small red or white onion, diced
- 3 cloves garlic, minced
- 3 cups wild mushrooms of choice such as shimeji, trumpets, chanterelles or enoki, cleaned and sliced or diced, if needed
- 3 tbsp dried mushroom powder (dried mushrooms ground in spice grinder)
- 1 tbsp fresh rosemary, minced

- 1 1/2 tbsp fresh thyme, minced
- 1 1/2 cups madeira or marsala wine
- 2 cups vegetable stock
- 1 1/2 tbsp apple cider vinegar
- 2 1/2 tbsp tamari (wheat-free preferred for gluten-free recipe)
- 3 tbsp nutritional yeast
- freshly ground black pepper, to taste

STEP 2: Preparing the Slurry and Finishing the Gravy

- 3 tbsp Gluten-Free Flour
- 1/2 cup vegetable stock

STEP 1: Starting the Gravy

First, prepare your mise en place.

To start the gravy, bring a fry pan to medium–high heat. Add the onions, stirring occasionally. When the onions begin to become translucent and stick, add the garlic and fresh herbs. Cook for 30 seconds or so and add the mushrooms. Stir well for 2 minutes until mixture begins to stick.

Next, add the wine, pouring evenly around the pan and deglaze. Cook for another 4 to 5 minutes until the liquid is reduced by half. Follow by adding the vegetable stock, dried mushroom powder, tamari, vinegar, freshly–ground black pepper and nutritional yeast.

Bring to a simmer and lower heat to medium–low. Allow to simmer an additional 4 minutes before adding the slurry.

STEP 2: Preparing the Slurry and Finishing the Gravy

[Make a Slurry](#) by mixing together the [Gluten-Free Flour](#) and the vegetable stock. While stirring the hot gravy with a fork or a whisk, slowly add the slurry. This will help prevent lumps.

Simmer an additional 2 minutes, stirring occasionally and then remove from heat.





CREAMED GREENS

This simple recipe is a great use for cashew white sauce and a wonderful side dish highlighting nutrient-dense dark greens.

SERVES: 2

ACTIVE TIME: 45 MIN

TOTAL TIME: 45 MIN

INGREDIENTS

STEP 1: Preparing the Dish

- 4 cups dark greens of choice, stemmed and ripped or chopped
- 1/2 cup vegetable stock
- 1/2 cup of Basic White Sauce
- pinch of freshly ground black pepper
- flaked sea salt for finishing (optional)

METHOD

STEP 1: Preparing the Dish

First, gather and prepare your mise en place.

To prepare the dish, bring a fry pan to medium heat. Add the dark greens and sauté for a few minutes, stirring frequently. Add the vegetable stock and continue to stir the greens as they begin to steam. Add the [Cashew White Sauce](#) and combine to coat the greens well.

When the greens are wilted and the white sauce has thickened remove from heat.

Serve as a side dish or over brown rice for a nice light meal.



[WATCH THE VIDEO >](#)

SAUTÉED FRENCH GREEN BEANS

Tender green beans sautéed with shallots and minced garlic.

SERVES: 8

ACTIVE TIME: 15 MIN

TOTAL TIME: 25 MIN

INGREDIENTS

STEP 1: Preparing the Beans

- salt (1 tsp per L/qt of water)
- 5 large shallots
- 4 large garlic cloves
- 8 large handfuls small, French beans
- 1 tbsp butter*
- 1 tbsp olive oil
- 1/2 tsp sea salt (for finishing)
- 1/4 tsp freshly ground black pepper

METHOD

STEP 1: Preparing the Beans

Bring a large pot of water to a boil and add the salt.

Prepare the beans by cutting off the stem (if necessary). If the beans are large, French the beans or cut them diagonally into bite-sized pieces.

Add the beans to the boiling water and blanch for about 2 to 3 minutes, or until the beans are still a little bit crunchy. Strain the beans.



Heat a large sauté pan and heat over medium-high heat. Add the butter and oil. *Note: If desired, omit the butter or use a non-dairy butter. If omitting the butter, add a touch more oil instead.

Once hot, add the minced shallots and sauté for about 2 minutes or until translucent and they start to brown slightly. Add the crushed garlic and cook

for another 30 seconds, being careful not to burn the garlic. Add the cooked beans to the pan and sauté for about 1 to 2 minutes, stirring to combine all of the ingredients. Season with salt and freshly ground black pepper. Cook until the beans are warmed through. Serve immediately.

CHEF'S NOTES:

This is a great dish that can be fully prepared in advance except for a last minute sauté that will take 2 minutes prior to serving.

Pre-washed and pre-trimmed baby French beans are perfect for this dish because they are very tender and also look very nice on the plate.

The beans can be prepared and blanched a few hours in advance. Use an ice bath to stop the cooking process. Just before serving, all you have to do is quickly heat them up and season.



[WATCH THE VIDEO >](#)

CASSIS CRANBERRY SAUCE

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

SERVES: 10 TO 12

ACTIVE TIME: 15 MIN

TOTAL TIME: 1 HOUR

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.



SAUTÉED BRUSSELS SPROUTS & SHALLOTS

This hearty, warm salad of wheat berries, sauteed mushrooms, oven-dried tomatoes and arugula is full of flavor.

SERVES: 4 TO 6

ACTIVE TIME: 30 MIN

TOTAL TIME: 45 MIN

INGREDIENTS

STEP 1: Cutting the Vegetables

- 2 to 2 1/2 lb Brussels sprouts
- 1 lb shallots (about 10 to 12)

STEP 2: Cooking the Shallots

- 2 tbsp grapeseed or canola oil
- 1/2 tsp sea salt

STEP 3: Sautéing the Brussels Sprouts

- 2 tsp grapeseed or canola oil
- 2 tsp non-dairy butter

STEP 4: Finishing the Dish

- sea salt, to taste
- freshly ground black pepper, to taste



METHOD

STEP 1: Cutting the Vegetables

Peel and clean the Brussels sprouts and then cut into wedges. Make sure to keep the core so the sprouts stay intact once cut.

Next émincé the shallots.

STEP 2: Cooking the Shallots

To cook the shallots heat a fry pan over medium heat. Once hot, add the oil and shallots and toss to coat. Sprinkle with the salt. Cook, stirring occasionally, until the shallots have browned and caramelized nicely. Set aside while you cook the sprouts.

STEP 3: Sautéing the Brussels Sprouts

To cook the Brussels sprouts, use the same pan. Add the oil and non-dairy butter, followed by the sprouts and toss to combine. Let cook, tossing occasionally, until cooked through and golden brown on the edges.

STEP 4: Finishing the Dish

To finish the dish, fold the shallots into the Brussels sprouts. Check for seasoning and serve immediately.

CHEF'S NOTES:

Brussels sprouts can be cut ahead of time. The shallots can also be cut and even fried ahead and then just tossed in last minute.



DESSERTS

BY FRAN COSTIGAN



VEGAN PUMPKIN PIE WITH CANDIED WALNUTS

My favorite pumpkin pie recipe was published in *More Great Good Dairy Free Desserts Naturally* in 2006. It is still a keeper but over time, I tweaked it some. This is the first time I am sharing the updated recipe. It's even better!

SERVES: 8 TO 10

ACTIVE TIME: 1 HOUR

TOTAL TIME: 6 HOURS

INGREDIENTS

Crust

- Tender Olive Oil Pastry Crust, fitted into a 9-inch pie pan and refrigerated

Candied Pecans

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

Filling

- 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 A or dark amber, divided
- 1 tablespoon arrowroot
- 2 teaspoons vanilla extract

METHOD

STEP 1: Preparation

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: Make the Candied Nuts

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 made 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 top., as many or as few as you like. Or serve the pie without nuts and pass a bowl of nuts around the table



SUPER STUFFED BAKED APPLES

Top a warm baked apple with a small scoop of your favorite dairy-free yogurt and have dessert for breakfast. It's a decadent tasting but perfectly delicious way to begin the day.

SERVES: 4

ACTIVE TIME: 15 MIN

TOTAL TIME: 45 MIN

INGREDIENTS

- 4 sweet apples
- 2 cups apple juice
- 4 tablespoons raisins
- 4 tablespoons chopped toasted nuts
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/3 cup apple butter

METHOD

Position a rack in the middle of the oven and preheat to 350 degrees. Lightly oil an 8 x 8-inch baking dish or other baking dish large enough to hold four apples.

Core the apples from the top, stopping 1 inch from the bottom. Peel the top quarter section of each apple. Put the apples in the baking dish, and pour the juice over them.

Mix the raisins, nuts, cinnamon, and nutmeg in a small bowl. Spoon the mixture into the apples and sprinkle any leftover filling in the bottom of the baking dish.

Cover the apples with a sheet of parchment paper and over-wrap with aluminum foil. Bake for 25 minutes. Uncover the dish and baste the apples with the pan juices. Bake 5 to 10 minutes longer, or until the apples are tender but not mushy. The total baking time will depend on the variety of apple.

Remove the baking dish from the oven. Brush the warm apples with the apple butter, and stir the remaining apple butter into the pan juices. Serve the apples warm, spooning some of the pan juice over each.



CHOCOLATE GANACHE TORTE

If you fear rich, decadent, intense desserts then you may want to skip this one. But for chocolate lovers this is bliss. To cut through the richness of the torte, pair it with berries, sauce or compote with an acidic bite.

SERVES: 8

ACTIVE TIME: 1 HOUR

TOTAL TIME: 2 HOURS

INGREDIENTS

STEP 1: Preparing the Crust

- 1 1/2 cups raw pecans
- 3 tbsp maple sugar
- 1/2 tsp sea salt
- 1/2 tbsp cinnamon
- 1/4 tsp chipotle powder
- 1 tbsp coconut butter (optional)*

STEP 1: Preparing the Filling & Assembling the Tart

- 1/2 cup raw almond butter
- 1/2 cup Date Paste
- 1/4 cup agave nectar (or substitute maple syrup)
- 4 tbsp coconut butter*

- 1 1/2 tbsp tamari
- 1 vanilla bean, scraped
- 1 cup raw cacao powder
- 1/2 to 1 cup filtered water

METHOD

STEP 1: Preparing the Crust

Combine the pecans, maple sugar, salt, cinnamon and chipotle powder in a food processor fitted with the metal blade. Process to just blend. Add the coconut butter, if using, and process until the mixture is finely minced, but not a paste. The consistency should resemble a graham cracker crust.

Scrape the mixture into a 9-inch fluted tart pan.

Using your hands, press the crust into the pan, taking care that the crust is in an even, firm layer over the bottom and up the sides of the pan. Set aside.

Note: The coconut butter and/or coconut oil can be used to help bind the crust a bit.

STEP 2: Preparing the Filling & Assembling the Tart

Place the almond butter, date paste, agave, coconut butter, tamari, and vanilla bean in a high-speed blender or food processor fitted with the metal blade. Process to just blend. Add the cacao powder and about half of the water and process until smooth, adding water as needed. The final mixture should still be quite thick, so do not add too much water — less is more. This will ensure the torte sets nicely. The amount of water you will need will depend on how thick your date paste was and the type of blender or machine you used.

Here is a recipe for making your own [Date Paste](#).

If using a high-speed blender, fold the mixture occasionally with a rubber spatula to avoid overheating and for optimum smoothness. This will insure that you do not wear out the blender engine. If it's very difficult to blend, add a touch more liquid.

Pour the chocolate filling into the tart crust.

Transfer to the freezer and chill for about about 20

minutes to firm up or, refrigerate for about 1 hour or until fully set.

Note: To make this filling into a pudding rather than a torte, use only 3 tbsp of coconut butter and add a bit more water. Serve in small bowls, chill and then garnish with your favorite topping.

STEP 3: Serving the Torte

To serve the torte, dust a plate with cocoa powder, if desired, and place a slice of the torte in the center of the plate.

Note: The best way to slice the torte is to fill up a tall jug with really hot water. Place your slicing knife into the hot water for a few seconds and then remove the knife, wipe away the water and then make a cut into the torte with the hot knife. Repeat this step for every cut you make — this will ensure a much cleaner cut.

If desired, serve with a scoop of [Black Cherry & Black Pepper Sorbet](#), or drizzle with some [Cashew Cream](#) and top with shaved chocolate.

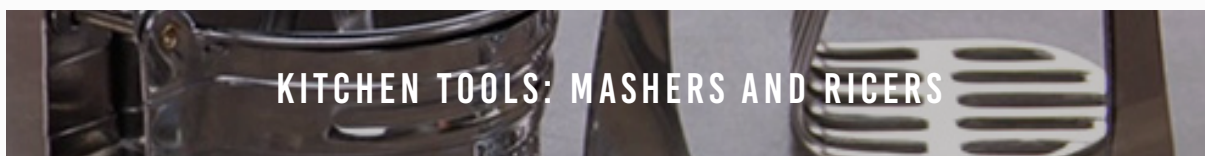
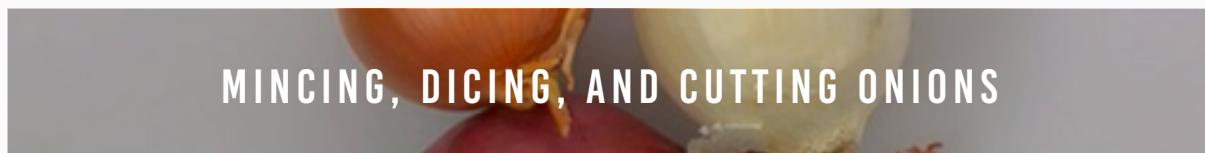
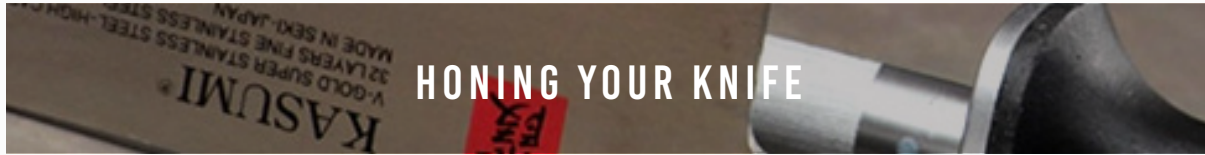


DESSERTS BY FRAN COSTIGAN

Fran Costigan the “Queen of Vegan Desserts,” is the director of Vegan Baking and Pastry and chef instructor at Rouxbe Culinary School. 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.

TIPS & TECHNIQUES

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



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