



Festive Flavours

The Vegetarian Society
Christmas Recipe
Collection

www.vegsoc.org/christmas


Vegetarian
SOCIETY



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Please note: the nutritional analysis of recipes in this booklet is provided using Nutritics software. All figures are approximate and are provided for guidance only. Figures shown are per serving, unless otherwise stated.



Welcome to Festive Flavours. Christmas is the perfect time to enjoy great food – whether you are treating yourself or sharing with friends, family or neighbours.

We have created a host of brand new festive recipes for you this year. To make sure everyone can join in and try something tasty, these recipes cater for both vegetarians and vegans. Some are gluten-free, and there's also a delicious dessert that is vegan and raw. You're sure to find something you'll love.

If you'd prefer to hang up your apron and take the weight off your feet for some of the Christmas holidays, then look no further than our website. There you will find some favourite store-bought Christmas goodies – as chosen by our marvellous supporters – and a few brilliant restaurant menus with outstanding vegetarian options.

The Vegetarian Society team have had a wonderful time tasting and developing the recipes in this booklet, and then road-testing them in our kitchens at home. They are all fabulous, and if you're anything like me, the hardest bit will be choosing which one to cook next!

Merry Christmas and Happy New Year!

Lynne Elliot
Chief Executive of the Vegetarian Society

Our supporters say...

We asked supporters of the Vegetarian Society for their tips on cooking at Christmas. This is what they said:

“Choose to eat food that you really love on Christmas Day.”

- Susan, Chester

“Don’t get overwhelmed. A simple vegetarian Christmas is not that different to any other Christmas. All you need is a meal plan.”

- Jo, Reading

“Make as much as possible yourself, and if you’re cooking for omnivores as well as veggies, be sure to make plenty of veggie food because they will snaffle most of it! Above all, enjoy the company of family and friends.”

- Denise, Cambridge

“Have great snacks such as homemade spicy nuts and veggie rolls to have with drinks whilst it’s all cooking.”

- Vegetarian Society supporter

“Veggies can have much of the traditional fare, such as roast potatoes, mince pies and even ‘pigs in blankets’. Some simply need tweaking. Prepare everything in advance, so if you’re sharing a kitchen with meat-eaters you can make sure your food is separate and uncontaminated, as well as definitely yummy!”

- Vegetarian Society supporter

“Rather than buying it all in one go, get bits and pieces with your weekly food shop, starting with non-perishables in the months running up to Christmas.”

- Francis, Manchester

“Cook and freeze things in advance where possible; soup starters are good for this.”

- Fay, Sale



Ingredients

For the soup:

- 1 onion, chopped
- 1 tbsp olive oil
- 3 cloves garlic, chopped
- 1 small potato (around 130g), peeled and chopped
- 1250ml vegetable stock*
- 100g frozen peas
- 150g frozen spinach
- Salt and pepper

For the beetroot swirl:

- 1 cooked beetroot
- 1 tsp balsamic vinegar
- ½ tsp smoked paprika
- 1 tbsp olive oil
- 2 tbsp water

To garnish:

- Soya cream (optional)

Pea and Spinach Soup with Beetroot Swirl

A silky, goodness-packed soup that looks really festive.

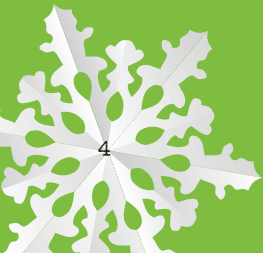
Method

1. In a large pan, gently fry the onion in the oil for 5 minutes, then add the garlic and potato. Continue to cook for another 5 minutes.
2. Add the stock to the pan and simmer for 15 minutes, or until the potatoes are cooked. While the soup cooks, put the ingredients for the beetroot swirl into a blender and blend until smooth. Set the finished swirl aside and rinse the jug of the blender thoroughly.
3. Add the peas and spinach to the pan and simmer for 5 minutes. Let the soup cool for a few moments, then blend until smooth. Season to taste, reheat if necessary and serve in warm bowls with a swirl of the beetroot mixture and soya cream if desired.

Note: Will keep for three days in the fridge. Can be frozen for up to three months.

**Vegan and gluten-free stock is available in most supermarkets.*

Energy: **146 kcal**s Protein: **4.9g** Carbohydrate: **16g** Of which sugars: **8.6g**
Fat: **5.4g** Of which saturates: **0.8g** Fibre: **5.7g** Salt: **2g**





Serves: 4
Preparation: 5 mins
Cooking: 30 mins
Vegan
Gluten-free
Wheat-free
Nut-free



Ingredients

For the pancakes:

- 100g buckwheat flour*
- 300ml milk or soya milk
- ½ tsp paprika
- 1 tbsp vegetable oil (and some extra for frying)

For the filling:

- 1 tbsp vegetable oil
- 300g mushrooms, sliced
- 2 cloves garlic, chopped
- 40g walnuts, chopped
- 100g vegetarian or vegan cream cheese
- 100ml single cream or soya cream
- 1 tsp Dijon mustard
- 1 tsp fresh thyme leaves, chopped
- Salt and pepper

To serve:

- 100g vegetarian Cheshire cheese or vegan cheese, crumbled or grated
- Mango chutney and/or cranberry sauce
- Small side salad (optional)

Christmas Galette

These filled buckwheat pancakes make a luxurious starter.

Method

1. To make the pancake batter, whisk the buckwheat flour, milk or soya milk, paprika and vegetable oil together and set to one side. Preheat the oven on its lowest setting.
2. To prepare the filling, fry the mushrooms in the oil for 5 minutes, then add the remaining filling ingredients and cook for another 5 minutes. Season to taste and keep warm.
3. To make the pancakes, heat a little oil in a medium non-stick frying pan. Add a quarter of the batter and cook the pancake for around 2 minutes on each side, until set and lightly golden brown. Slide the pancake out of the pan and fold the edges in to create a square shape with the centre exposed. Place the pancake on a baking sheet, cover with foil or greaseproof paper, and keep warm in the oven. Repeat with the rest of the batter.
4. To serve, place each pancake on a warm plate. Unfold the edges, place a quarter of the filling in the centre, then refold. Sprinkle with the extra cheese and add a dollop of mango chutney or cranberry sauce, and a side salad if you like.

**Gluten-free buckwheat flour is available in most supermarkets.*

Energy: 587 kcal Protein: **20g** Carbohydrate: **40g** Of which sugars: **21g**
Fat: 37g Of which saturates: **13.5g** Fibre: **7.5g** Salt: **1.4g**





Serves: 4
Preparation: 10 mins
Cooking: 25 mins
Can be vegan
Gluten-free
Wheat-free



Ingredients

For the dressing:

- 1 tbsp olive oil
- 1 tbsp sweet chilli sauce
- ½ tsp soy sauce*
- 1 lime, juiced

For the salad:

- 100g of your favourite salad leaves (we like lamb's lettuce, rocket or chicory)
- 160g Cauldron marinated tofu pieces
- 1 apple, cored and diced
- 1 pear, cored and diced
- 1 carrot, cut into ribbons or fine strips
- ¼ red onion, sliced very thinly
- ½ cucumber, halved lengthways, watery centre discarded, peeled into ribbons
- 50g mixed seeds (such as pumpkin or sunflower)
- 50g mixed nuts (such as cashews or peanuts), roughly chopped

To garnish:

- A few fresh coriander leaves, roughly chopped

Fruit and Nut Salad with Chilli and Lime

A vibrant, crunchy salad that's light enough to start a festive meal.

Method

1. To make the salad dressing, combine all the dressing ingredients in a bowl and whisk together using a fork. Whisk again just before serving.
2. To serve, divide the leaves between four plates, top with the tofu and add the rest of the salad ingredients, finishing with the seeds and nuts.
3. Just before serving, drizzle a little dressing over each salad and scatter with the coriander.

**Gluten-free soy sauce is available in most supermarkets.*

Energy: **328 kcal**s Protein: **14g** Carbohydrate: **15.2g** Of which sugars: **12.2g**
Fat: **22g** Of which saturates: **3.4g** Fibre: **4g** Salt: **0.8g**





Serves: 4
Preparation: 10 mins
Vegan
Gluten-free
Wheat-free



Ingredients

For the lattice top:

- 500g vegetarian or vegan puff pastry, in a block
- Flour, for rolling out

For the filling:

- 500g leeks, washed and finely sliced
- 1 tbsp olive oil
- 1 tsp paprika
- 3 cloves garlic, crushed
- 1 tsp plain flour
- 200ml milk or soya milk
- 100g vegetarian or vegan cheese, grated
- 100g vegetarian or vegan cream cheese
- 400g vegetarian or vegan Quorn pieces*
- 50g sun-dried tomatoes, drained and diced
- 1 tsp fresh thyme or parsley, finely chopped
- 50g frozen peas
- Salt and pepper

For the glaze:

- 1 free-range egg, beaten, or 1 tsp flour and 3 tbsp soya milk, mixed

Cheesy Lattice Pie

An indulgent centrepiece, great served with fresh winter greens.

Method

1. Preheat the oven to 180°C/gas mark 4. Roll out the pastry on a lightly floured surface to 40cm square, or large enough to cover a pie dish with a 10cm overhang on all sides. With a sharp knife, cut the pastry into strips 3cm wide.
2. Make the lattice top. Lay two strips of pastry on the work surface at right angles, with the ends overlapping. Add new strips one by one, alternating vertical and horizontal strips and weaving them over and under each other to make a pastry lattice sheet. Don't leave any gaps between the strips. Put the sheet on a baking tray, cover and refrigerate.
3. To make the filling, gently fry the leeks in the oil for 5 minutes, then add the paprika and garlic. Stir constantly while you add the flour, then the milk a little at a time. Add the grated cheese, cream cheese, Quorn, sun-dried tomatoes, herbs and peas. Cook for 5 minutes, stirring often. Season to taste.
4. Place the filling in a 25cm square pie dish and allow to cool. Carefully lift the pastry lattice onto the pie dish and press around the edges with a fork to seal. Trim off any excess pastry. Brush the pastry with the glaze and bake for 45 minutes or until golden.

Note: Can be chilled for up to three days, or frozen for up to three months.

**As an alternative, use other chicken-style pieces or pressed tofu.*





Serves: 4-6
Preparation: 1 hour 15 mins
including cooling
Cooking: 1 hour

Can be vegan
Nut-free

Energy: 629 kcal Protein: 26g Carbohydrate: 42g Of which sugars: 6.5g
Fat: 37g Of which saturates: 16.4g Fibre: 10.5g Salt: 2g (based on 6 servings)



Ingredients

- 200g red lentils
- 1 onion, finely sliced
- 50g sun-dried tomatoes (oil reserved) drained and chopped
- 2 cloves garlic, crushed
- 50g dried apricots, chopped
- 200g mixed nuts, chopped
- 50g mixed seeds
- 1½ tsp dried mixed herbs
- 1 tsp soy sauce*
- 1 carrot, grated
- 1 tsp turmeric powder
- Salt and pepper

Nut Roast

Easy to make and delicious hot or cold, nut roast is the classic main course for a veggie Christmas.

Method

1. Preheat the oven to 180°C/gas mark 4. Cook the lentils in plenty of water for 15 minutes, then drain using a fine sieve. While the lentils cook, heat a little of the sun-dried tomato oil in your largest frying pan and gently fry the onion for 5 minutes.
2. Add all the other ingredients, except the seasoning, to the pan. Stir really well, add the cooked lentils and stir again, seasoning to taste.
3. Line a loaf tin (approximately 20cm x 10cm) with non-stick baking paper and spoon in the mixture. Bake for 50 minutes and allow to cool slightly before removing and cutting into thick slices.

Note: This can be made ahead of time and frozen for up to three months, or chilled for up to three days and reheated.

**Gluten-free soy sauce is available in most supermarkets.*



Energy: 353 kcal Protein: **11.3g** Carbohydrate: **17.8g** Of which sugars: **9.6g**
Fat: **24g** Of which saturates: **2.9g** Fibre: **8g** Salt: **0.4g** (based on 6 servings)



Serves: 4-6
Preparation: 15 mins
Cooking: 1 hour 10 mins

Vegan
Gluten-free
Wheat-free



Ingredients

For the pastry:

- 500g vegan puff or shortcrust pastry, in a block
- Flour, for rolling out

For the inner filling:

- 50g sun-dried tomatoes (oil reserved) drained and chopped
- 1 onion, chopped
- 300g cooked chestnuts, mashed
- 400g tin butter beans, drained and mashed
- 2 tsp fresh thyme leaves, chopped
- 50g ready-to-eat prunes, chopped
- 1 tsp mild curry powder
- 100g mixed nuts, chopped
- Salt and pepper

For the outer filling:

- 400g mixed mushrooms, chopped
- 2 cloves garlic, finely chopped
- 2 tsp soy sauce
- 200g frozen spinach
- 1 lemon, juice and ½ zest only

To glaze:

- 2 tbsp soya milk

Chestnut and Butter Bean Wellington

Wrapped in golden pastry, this vegan bake is packed with flavour.

Method

1. Preheat the oven to 180°C/gas mark 4. Roll out the pastry on a lightly floured surface to a rectangle measuring 40cm x 30cm. Cover and refrigerate until needed.
2. To make the inner filling, heat a little of the sun-dried tomato oil (save some for later) in your largest frying pan and gently fry the onion for 5 minutes. Add the remaining inner filling ingredients, except the seasoning, and cook for another 10 minutes over a low heat, stirring often. The mixture should be fairly dry and hold together. Season to taste and set aside to cool.
3. To make the outer filling, use the rest of the tomato oil to fry the mushrooms and garlic for 5 minutes. Add the soy sauce, spinach, the lemon zest and juice. Cook for 10 minutes, or until all of the moisture has evaporated. Allow to cool.
4. To assemble the Wellington, line a baking sheet with greaseproof paper and transfer the pastry to it. With the long edge facing you, use the back of a table knife to lightly mark the pastry in half horizontally, giving two long rectangles. Place the inner filling in the top rectangle, leaving a 3cm border around the edges, and form it into a sausage shape. Cover the inner filling sausage shape with the mushroom and spinach mixture to form the outer filling.
5. Brush the pastry borders with a little water. Fold the lower half of the pastry over to enclose all the fillings and press all around to seal, then crimp the ends with a fork. Brush with the soya milk and bake for 45 minutes or until golden.

Note: This can be baked and chilled for up to three days or frozen for up to three months. If frozen, allow to thaw and then thoroughly reheat.

Energy: 725 kcal Protein: **15.1g** Carbohydrate: **58g** Of which sugars: **10.1g**
Fat: 45g Of which saturates: **13.4g** Fibre: **12.8g** Salt: **1.1g** (based on 6 servings)



Serves: 4-6
Preparation: 25 mins
Cooking: 1 hour 15 mins
Vegan



Ingredients

- 1 onion, finely chopped
- 1 tbsp olive oil
- 1 tsp mustard seeds
- 2 cloves garlic, chopped
- 1 stick celery, chopped
- 5 cherry tomatoes
- 600ml vegan vegetable stock*
- 2 tsp cranberry sauce
- 3 tbsp vegan red wine
- 1 tsp dried mixed herbs
- Salt and pepper

Christmas Gravy

This smooth, rich gravy is easy to make in advance.

Method

1. Gently fry the onion in the oil in a large, deep pan for 5 minutes. Add the mustard seeds, garlic, celery and tomatoes and cook for another 5 minutes, stirring occasionally.
2. Add the stock, cranberry sauce, wine and herbs, season and simmer for 15 minutes. Purée with a stick blender until smooth.

Note: Will keep for up to three days in the fridge. Can be frozen for up to three months.

**Gluten-free stock is available in most supermarkets.*

Energy: 52 kcal Protein: **1.1g** Carbohydrate: **5.8g** Of which sugars: **5.2g**
Fat: **0.9g** Of which saturates: **0.1g** Fibre: **1.6g** Salt: **1.2g**





Serves: 4
Preparation: 5 mins
Cooking: 25 mins

Vegan
Gluten-free
Wheat-free
Nut-free



Ingredients

- 70g cashew nuts
- ¼ tsp mixed spice
- 4 blood oranges
- 2 tsp vanilla extract
- 10 ready-to-eat prunes
- 2 tbsp cacao powder
- 3 tbsp date syrup
- 400g frozen summer fruits, thawed and drained

Note: Can be stored in the fridge (without the compote and nuts) for 24 hours.

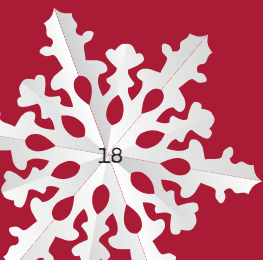
Fruity Trifle with Cashew Cream

These individual desserts are creamy, fruity, crunchy, vegan and raw.

Method

1. To make the cashew cream, finely chop 20g of the cashews with the mixed spice in a food processor and set aside. Juice one of the oranges and pulse the juice with the remaining nuts and 1 tsp of the vanilla extract until smooth. If it's too thick, add a little extra juice. Set the cashew cream aside.
2. For the chocolate sauce, blend 3 prunes, the cacao powder, the remaining vanilla extract, the juice of one orange and 2 tbsp of the date syrup in a food processor until smooth. Set aside.
3. Pick 12 whole fruits from the summer fruits and set aside. Split the rest of the summer fruits into two portions. Blend one portion of the fruit in the food processor with the remaining prunes and 1 tbsp date syrup. Set aside.
4. To make the compote, simply push the other portion of the summer fruits through a sieve and retain the juice, discarding the pulp in the sieve.
5. Peel and segment the remaining two oranges with a sharp knife.
6. Assemble the trifles by dividing the whole summer fruits between four serving glasses. Gently layer the cashew cream, chocolate sauce, orange segments and fruit purée on top, until the glasses are full. Finish with chopped nuts and a drizzle of compote.

Energy: 377 kcal Protein: **10g** Carbohydrate: **50g** Of which sugars: **45g**
Fat: **10.7g** Of which saturates: **2.8g** Fibre: **15.7g** Salt: **0.03g**





Serves: 4
Preparation: 40 mins

Vegan
Gluten-free
Wheat-free
Raw





Our Trademark

Make sure the food, drink and gifts you buy over the festive season are suitable for vegetarians by looking out for our Vegetarian Society Approved trademark.

Only products that meet our strict set of criteria can display the trademark, which means you can buy with confidence. Thousands of products worldwide, as well as many restaurants and cafés, proudly display our trademark.

To be licensed to carry the Vegetarian Society Approved trademark, a product must fulfil all our stringent criteria:

1. Be free from animal flesh (meat, fowl, fish or shellfish), meat or bone stock, animal or carcass fats, gelatine, aspic or any other ingredients resulting from slaughter, including animal rennet.
2. Contain only free-range eggs, where eggs are used.
3. There must be no cross-contamination with non-vegetarian ingredients during the production process.
4. Be cruelty-free – no animal testing is permitted on cosmetics or household products.
5. Free from genetically modified organisms (GMOs).

For a full list of products that carry our trademark, please visit:

www.vegsoc.org/approved



The Vegetarian Cookery School

We offer hundreds of cookery courses each year to teach both professionals and home cooks how to make great vegetarian and vegan food. We also offer free courses to charities and community groups, to provide life skills to those who often may not have the opportunity to learn to cook and enjoy vegetarian food.

For more information, and for a full list of courses available, please visit our website:

www.vegsoccookeryschool.org

Gift Shop

If you're looking for great Christmas presents for the vegetarians in your life, you'll find a range of gorgeous gifts that they'll love and that also support our work. This helps us spread the word about the benefits of a vegetarian diet to even more people. From clothing and bags to colourful kitchen kits, not to mention recipe books bursting with great foodie ideas, we've got every veggie covered.

Visit the Vegetarian Society online gift shop at:

www.vegsoc.org/shop



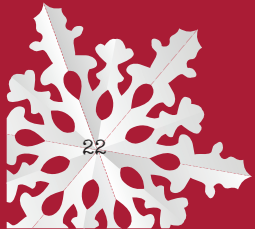
For more inspiration

If the recipes in this booklet have brought out your inner Christmas cook, there are plenty more to enjoy. At the Vegetarian Society we love good food and have a wide range of ideas for eating veggie throughout the holidays and beyond.

Here's how to find them:

Our online recipe collection at www.vegsoc.org/recipes includes nearly 200 festive recipes which can be filtered by meal type, dietary preference, cuisine and ease of preparation. With over 750 recipes in total there's a wealth of other ideas there too.

You can also download our free recipe app, available from Google Play, Apple and Amazon app stores. It'll bring a great selection of Vegetarian Society recipes straight to your smartphone or tablet. You can even save your favourite recipes for instant reference when you are entertaining or just looking for inspiration for a home-cooked meal.



You can become part of it

IT MAKES
ME
HAPPY ☺

TOGETHER
OUR VOICE
IS STRONGER

FOOD
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Be part of the change you want. Join the Vegetarian Society.
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