



8
VEGAN
Holiday
RECIPES

FOREWORD



The candles are flickering, the gingerbread is fragrant, and the anticipation of Christmas is building. With family and friends, we come together to celebrate, feast and give each other gifts.

With the following recipes, you can whip up a delicious 3-course Christmas meal that will bring people together around the table - veggie or not.

Have fun cooking!

Your ProVeg Team

RECIPES

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- 06** Celeriac-apple salad
- 07** Baked potato roses

MAIN DISHES

- 10** Vegan roast Wellington
- 13** Vegan goulash with red cabbage and salted potatoes

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- 16** Vegan Xmas vanilla cookies

SAUCES

- 19** Cranberry sauce
- 20** Basic vegan brown sauce (gravy)



STARTERS



Preparation time: 45 minutes
Servings: 4

VELVET ROASTED BEETROOT SOUP

An elegant winter vegetable soup that makes for a perfect starter, the roasted vegetables give a delicious aroma and depth of flavour, while the bright purple colour makes a beautiful presentation, ideal for festive occasions.

Ingredients

250 g	sweet potatoes
500 g	beetroot
125 g	parsnips
4 tbsp	olive oil
½ tsp	flaky salt
	several dashes of fresh ground pepper
1 tbsp	maple syrup (optional)
¼ tsp	fresh rosemary, chopped
1 tsp	sage, dry or 1 tbsp fresh, chopped
½ tsp	lemon rind, chopped or grated
1	garlic clove, crushed
1 l	vegetable stock
200 ml	coconut cream (or oat cream)

Instructions

Preheat the oven to 200°C (top and bottom elements).

Wash, peel, and cut the veggies into chunks. Put them on a baking tray, drizzle with 3 tablespoons olive oil, and add the spices and maple syrup (if using), along with the herbs and lemon rind. Mix well and roast in the oven for 25 minutes.

In a medium pot, heat up the remaining tablespoon of oil and gently fry the garlic in it over a medium heat. Then add the veggies and the vegetable stock and let everything cook for 5-10 minutes, until the veggies are very soft.

Blend the soup with a stick blender until velvety smooth. Serve and top with the remaining coconut (or oat) cream and add more herbs if desired.

Take this salad to the next level by sprinkling some crushed walnuts or pecan nuts on top.



Preparation time: 20 minutes
Servings: 10

CELERIAC-APPLE SALAD

The celery salad is bright and colorful thanks to the apples, carrots, and grapes. It's also fresh and crunchy, and rounded off with a creamy mayonnaise dressing.

Ingredients

For the salad:

500 g	celeriac
250 g	apples
200 g	carrots
30 ml	lemon juice

For the dressing:

80 g	vegan mayonnaise
5 g	salt, more to taste
1 g	white pepper
20 ml	apple cider vinegar
20 g	agave syrup

Additionally:

125 g	red grapes, seedless
125 g	white grapes, seedless

Instructions

For the celeriac salad:

First, wash, peel, and cut the celeriac into thin stripes.

Then wash, core, and cut the apples into thin stripes. Then wash, peel, and thickly grate the carrots.

Put the veggies in a bowl and mix well. Add the lemon juice and mix again.

For the dressing:

In a bowl, mix the mayonnaise, salt, pepper, apple cider vinegar, and agave syrup into a thick dressing.

To serve:

Pour the dressing over the salad and mix well. Wash and cut the grapes in half, mix into the salad, and serve.



Preparation time: 80 minutes

Servings: 16 potato roses

BAKED POTATO ROSES

An original and fabulous way to serve potatoes, ideal for any festive occasion. Serve as a beautiful and impressive side dish.

Ingredients

1400 g	large potatoes
4 tbsp	olive oil
1 tsp	ras-el-hanout (optional)
1 tsp	salt
½ tsp	dried rosemary or 1 tsp fresh, finely chopped
¼ tsp	pink pepper

Instructions

Slice the potatoes about 3–4 mm thin with a mandoline vegetable slicer. Rinse the slices in cold water and lightly dry with a towel. Put the potatoes in a big bowl and add all the other ingredients. Mix well until all potatoes are coated.

Preheat the oven at 170°C (top and bottom elements). Use a muffin baking pan with muffin papers or muffin paper forms in order to shape the potato roses.

More ingredients and instructions on the next page...



Instructions

To make the roses: place the potato slices one by one in each paper form.

Start from the edge and slowly twist toward the centre of the rose, forming a spiral.

As you add the 'petals' use the thinner slices for the inner section as they can be rolled more easily.

Repeat for each potato rose until you have used up all potato slices. Brush the top with the remaining oil from the bottom of the bowl.

Put in the oven and bake for about 45 minutes, until the roses are golden brown at the edges.

Let the potato roses cool down a bit and carefully remove them from the muffin forms before serving.



MAIN DISHES

Fresh herbs
are more
aromatic than
dried ones.

Preparation time: 75 minutes
Servings: 8

VEGAN ROAST WELLINGTON

Puff pastry dough-wrapped roast with a hearty tofu, mushroom, pine nut, and chestnut filling, served with gravy, potato roses, and cranberry sauce or fresh berries.

Ingredients

50 g	pine nuts
5 tbsp	olive oil
1	large onion
3	garlic cloves
400 g	regular tofu
350 g	smoked tofu
1 tbsp	thyme, dried or fresh
1 tsp	rosemary, dried or fresh
	pinch of ground coriander
1 tsp	paprika (sweet or smoked)
4	dashes fresh black pepper

Instructions

First, put the pine nuts in a frying pan and roast them over a low to medium heat for a few minutes. Once they are lightly browned and fragrant, remove from the pan and set aside.

Add 3–4 tablespoons of the olive oil to a large deep pan and place on medium heat.

Finely chop the onion and fry for 3–4 minutes. Then finely chop or press the garlic and add to the pan. Stir and saute for another 2 minutes.

In the meantime, using a food processor, process the tofu into thick crumbles and then add to the pan.

Stir and add the thyme, rosemary (finely chopped if using fresh), and spices.

More ingredients and
instructions on the next page...



Ingredients

3 tbsp	soya sauce
2 tbsp	Worcestershire sauce
	salt, to taste
200 g	shiitake mushrooms
200 g	chestnuts (cooked and peeled)
4 tbsp	cornstarch

Instructions

Let the mixture cook for about 5 minutes, stirring frequently, before adding the soya and Worcestershire sauce.

Mix well, adjust salt and pepper to taste, cook for another minute and remove from heat.

In a medium pan, heat 1–2 tablespoons of olive oil and add the shiitake mushrooms, roughly chopped. Roast the mushrooms for 3–4 minutes over a medium heat. Once nicely browned and very fragrant, add to the tofu mixture in the big pan.

Roughly chop the chestnuts (just enough to not have big chunks, don't crumble them completely) and add them to the tofu mixture.

Wrap the roasted pine nuts in a kitchen towel and using a kitchen hammer or other heavy object, crush them and add to the mixture in the pan.

Mix everything very well, fold in the cornstarch, and mix again thoroughly. Let stand another 10 minutes to cool.

More ingredients and instructions on the next page...



Ingredients

270 g	vegan puff pastry
1 tsp	mustard
1 tsp	agave syrup
1 tsp	soya yoghurt

Instructions

Preheat your oven to 180°C (top and bottom elements).

Roll out the puff pastry onto a sheet of baking paper. Carefully place the filling mixture in the middle, running lengthwise, and press firmly with your hands to compact the filling as much as possible. Then wrap the dough around the filling on the one side and roll it to wrap completely around it. Twist the edges of the open sides with your fingers in order to close the whole roll like a candy wrapper. Carefully transfer the loaf with the baking paper on to a baking tray.

In a small bowl, mix together the mustard, agave syrup, and soya yoghurt, and brush the loaf with it generously.

Place in the middle rack of the oven and bake for about 25–30 minutes or until golden brown.

Let cool slightly before slicing.

Serve your roast Wellington with gravy, potatoes, and cranberry sauce (or berries). Enjoy!



Preparation time: 75 minutes
Servings: 10

VEGAN GOULASH WITH RED CABBAGE AND SALTED POTATOES

A delicious and warming dish for the cold winter days, this hearty soya goulash is perfectly complemented by the salted potatoes and the slightly sweet red cabbage.

Ingredients

For the salt potatoes:

1 kg potatoes
1 tsp salt

For the goulash:

500 g soya chunks or small medallions
1 L vegetable stock
salt, to taste
pepper, to taste
400 g onions
400 g bell peppers
10 g garlic cloves

Instructions

For the salt potatoes:

Peel the potatoes, put them in a pot, and cover with cold water. Add the salt, turn the heat on, and boil for about 20 minutes with the lid on. Once the potatoes are soft, drain the water and set them aside.

For the goulash:

Soak the soya chunks in hot vegetable stock for 5-10 minutes. Then drain the water, press the moisture out of them, and add salt and pepper.

Peel the onions, wash the bell pepper, and cut them all into strips. Peel and mince the garlic.

More ingredients and instructions on the next page...



Ingredients

For the goulash:

4 tbsp	rapeseed oil
200 g	tomato paste
100 ml	rapeseed oil
90 g	whole grain flour

For the red cabbage:

100 g	onions
3 tbsp	rapeseed oil
800 g	red cabbage
200 g	apples
350 ml	vegetable stock
3-4	laurel leaves, or to taste
	pinch of ground cloves, more to taste
	salt, to taste
	pepper, to taste
30 g	cornstarch

Instructions

For the goulash:

In a pot, heat up a bit of rapeseed oil and saute the soya chunks with the onions. Add peppers, garlic, and tomato paste and mix. Pour the vegetable stock over them and let the food simmer for about 30 minutes.

In a small pot, heat up the rapeseed oil and slowly add the flour while stirring. Add the thick paste (or roux, to use the correct cooking term) to the goulash and mix well.

For the red cabbage:

Peel the onions, cut into cubes, and fry in oil until translucent.

Wash the cabbage and apples and cut into strips and small pieces, respectively. Add them to the onions, pour vegetable stock over everything, add the spices, and gently cook for 30-40 minutes.

Finally, add the cornstarch, diluted with 1-2 tablespoons of water, to the vegetables and mix well to bind.

To serve:

Serve the vegan goulash with salted potatoes and red cabbage.

DESSERT

Instead of almonds, you can use walnuts or hazelnuts.

Preparation time: 100 minutes
Servings: 50 cookies

VEGAN XMAS VANILLA COOKIES

These vanilla Xmas cookies are popular in many European countries and go by various traditional names, such as Vanillekipferl in Austria, Vaniljekranse in Denmark, and Qurabiya in Greece. This recipe shows you how to make easy and delicious vanilla cookies without eggs or butter.

Ingredients

200 g	margarine
60 g	sugar
250 g	all-purpose flour
	pinch of salt
100 g	ground almonds
¼ tsp	vanilla powder
100 g	powdered sugar
24 g	vanilla sugar

Instructions

Warm up the margarine until melted and then mix with the sugar.

In a bowl, mix the flour, salt, ground almonds, and vanilla powder. Add the margarine-sugar mix and combine using a hand mixer for about 3 minutes.

Wrap the pastry in plastic foil and put in the fridge for at least 1 hour.

Preheat the oven at 180 °C (top and bottom elements).

More ingredients and instructions on the next page...



Instructions

Take the pastry out of the fridge and roll it out onto a lightly floured surface in a 4-cm thick layer. Cut out half-moon shapes with a cookie cutter or cut into 1-cm wide stripes and shape them into half moons.

Put the half- moon cookies on a baking tray that is lightly oiled or covered with baking paper .

Put the vegan vanillekipferl into the oven and bake for 10-12 minutes until golden.

In the meantime, mix the vanilla sugar with the powdered sugar.

Take the vanillekipferl out of the oven and dust the sugar mixture over them while still hot. Allow to cool and remove from the tray.

SAUCES



Preparation time: 20 minutes
Servings: 8

CRANBERRY SAUCE

A delicious and easy-to-make cranberry sauce, this is a wonderful addition to festive dishes such as vegan Wellington or nut roast, and is ready in only 20 minutes.

Ingredients

250 g	cranberries
	juice of 1 orange
150 ml	water
80 g	brown sugar
	pinch of salt
¼ tsp	pumpkin pie spice (or clove powder)
¼ tsp	orange zest
1 shot	orange liqueur (optional)

Instructions

Wash the cranberries and put them in a small pot, along with all the other ingredients.

Cook on a medium heat, covered, for 15 minutes. If using liquor, add after cooking, and stir well. Remove from heat and let cool to room temperature before serving.

If you don't have a spice or herb infuser, you can use a small piece of cheesecloth instead to strain the spices.

Preparation time: 80 minutes
Servings: 8

BASIC VEGAN BROWN SAUCE (GRAVY)

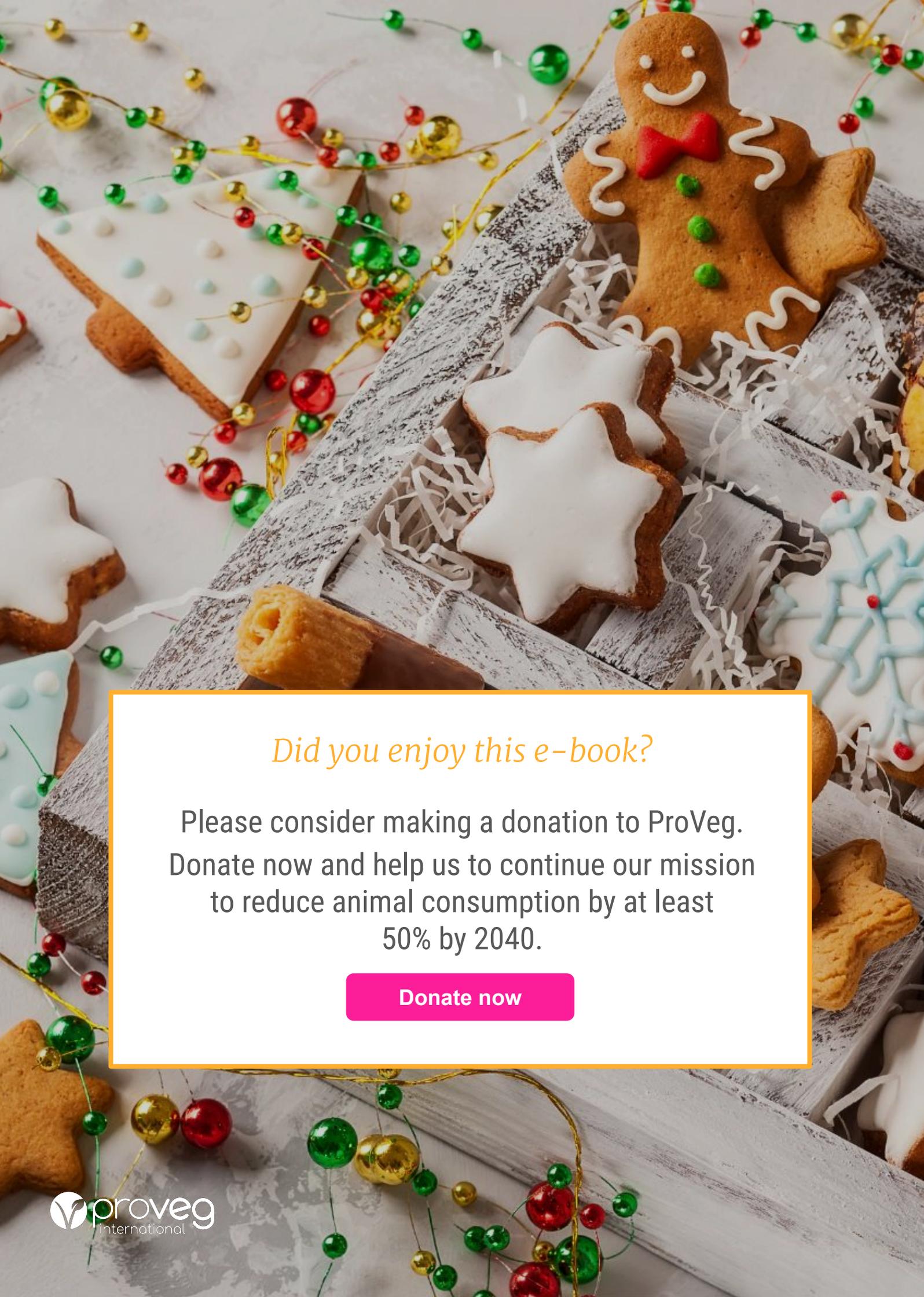
This homemade vegan brown sauce, made with roasted fresh vegetables and infused with spices, can be used as a base for other sauces or served as a gravy as is.

Ingredients

200 g	carrots
½	leek
150 g	celeriac
1	red onion
1	white turnip
3 tbsp	rapeseed oil
2 tbsp	wine vinegar
1 tbsp	tomato paste, more if needed
100 ml	red wine
1 l	vegetable broth
2	bay leaves
8	juniper berries
½ tsp	caraway seeds
4	allspice berries
	salt and pepper, to taste

Instructions

- Wash, peel, and roughly chop the vegetables. Place them on a baking tray covered with baking paper and mix them with the oil. Spray lightly with vinegar. The vinegar will evaporate during roasting, giving an intensive vegetable aroma.
- Roast the veggies at 220°C for about 25-30 minutes (top and bottom elements).
- Remove from the oven and place the vegetables in a pot. Add the tomato paste and cook on a high heat for approximately 3 minutes. Deglaze with the wine and mix to evaporate the alcohol. Then add the vegetable stock.
- Put the bay leaves, juniper berries, caraway seeds, and allspice berries into a spice infuser and add to the pot. Simmer for about 40 minutes.
- Then let the mixture cool down, remove the spice infuser, and blend the mixture into a creamy sauce. Season with salt and pepper, warm up when needed, and serve.



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