

A Vegan Thanksgiving



printed & distributed by

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food co-op

about the class

Taught by Jessica Zerbel, formerly of the Wellness Department and Leon Katona, former Assistant Produce Manager at the Marquette Food Co-op, this class will allow you to create delicious, comforting recipes—that also happen to be vegan and gluten-free.

The harvest and holidays are times to share good company and food, but vegan and gluten-free folk can often feel left out at the dinner table. There are misconceptions that vegan and gluten-free foods are difficult to make, or are of lesser quality than traditional dishes, or both.

This is just not true. Vegan and gluten-free foods can still have great texture and flavor. Dig in to see how!



the replacements

The recipes enclosed have specific ingredients, but sometimes you don't have what you need, or other food restrictions come into play. Here are some substitutions for cooking vegan/gluten-free.

flour (per cup)

Combine an equal parts brown rice flour and garbanzo flour, then store for any gluten-free recipes that come up. Many other flour combinations exist—potato, almond, sorghum, tapioca—but brown rice and garbanzo have consistently worked for us in many recipes. Gluten-free flours should be bought prepackaged, as there's the possibility of gluten contamination when buying in bulk.

- ½ C brown rice flour + ½ C garbanzo bean flour

egg (per egg)

This packet suggests using chia seeds but the ingredients below are also good egg substitutes.

- 1 T ground flax seed + 3 T water; grind (a coffee grinder works great), mix well, then refrigerate 15 min before use
- ½ one mashed banana
- ¼ C unsweetened applesauce

sugar (1 : 1 substitute)

You may be surprised to learn that most go-to white table sugars have been processed through animal bone char, which means they're not vegan.

Use organic cane sugar, turbinado sugar, or sucanat instead. You can also use coconut sugar, as is used in these recipes.

milk (1 : 1 substitute)

Rice and almond milks are on the lighter side (best for light, fluffy goods), while soy milk is richer (best for dense goods).

butter

Earth Balance, vegetable shortening, or coconut oil are your most buttery options (ideal for flaky goods that require 'cutting in' the butter). Canola oil is a good flavorless sub, while olive oil can bring unwanted flavor to more delicate foods—sub oils for about ¾ the amount of butter specified.

cream (1 : 1 substitute)

Whipped coconut milk is a wonderful, silky thickener.

honey (1 : 1 substitute)

Maple syrup, rice syrup, and agave nectar are great sweetening alternatives.

cornbread stuffing (serves 6)

Two recipes in one. You can stop at the first part and eat cornbread, or continue on to make this tasty vegan and gluten-free stuffing.

cornbread

- 2 T ground chia + ½ C water
- 5 T coconut oil
- 1/2 C apple sauce
- 1 T vinegar
- 1 C water
- 1 ½ C medium ground cornmeal
- 1 ½ C almond meal
- 1 ½ t baking soda
- 2 T coconut sugar
- pinch of salt

Grind chia seeds and mix with water. Let sit until it becomes a gel, about 10 minutes.

Preheat oven to 325F. Stir all dry ingredients together in a large bowl. Melt coconut oil, add apple sauce, vinegar, water, and chia gel. Pour wet ingredients over dry and stir until uniform texture is achieved. Do not over mix.

Oil a 9x9 baking dish and coat with a pinch of cornmeal.

Bake for 30 minutes, turn heat up to 350F and bake for additional 30 minutes or until an inserted toothpick comes out cleanly. Take cornbread out of pan and cool on rack.

stuffing

- 3 T olive oil, separated
- 1 T Herbs de Provence
- 2 t poultry seasoning
- 2 cloves garlic
- 1 small red onion
- 1 rib celery
- 1 large carrot
- 1 ½ C vegetable broth

Preheat oven to 350F. Cut cooled cornbread into 1/2" cubes. Coat two cookie sheets with 1T olive oil each, place cubes on sheets and drizzle with additional olive oil. Bake until golden brown. About 12 minutes.

While cornbread toasts chop garlic, onion, celery, and carrots. Heat remaining 1T of olive oil in saute pan, add chopped vegetables. Saute until onion is translucent. Add vegetable broth, Herbs de Provence, and poultry seasoning. Simmer for 5-10 minutes. Add toasted cornbread, stir to combine.

rustic white beans and mushrooms (serves 8)

We had to share this recipe from the classic vegan cookbook the *Veganomicon* by Isa Chandra Moskowitz & Terry Hope Romero.

- 2 C dried white beans, soaked for 8+ hours
- 1 small onion, peeled & sliced in half
- 1 stalk celery, cut in two pieces
- 1 small carrot, cut in half lengthwise
- 1 t dried thyme
- 2 t dried tarragon, or 2T fresh
- ¼ C olive oil
- 2 large cloves minced garlic
- 1 large leek, sliced thinly
- ½ pound mushrooms, your choice, rinsed & sliced thinly
- 1 ½ t salt, or to taste
- freshly ground pepper

Drain & rinse the beans and transfer them to a big pot. Add 4 cups of cold water and bring to a boil for about 3 minutes. Skim off white foam from the top. Lower the heat to medium, & add the onion, celery, carrot, thyme, & tarragon. Cover & simmer for 45-50 minutes, until beans are very tender.

Remove onion, carrot, & celery. Discard or save it for a veggie broth. Lower heat to low and continue simmering while you prepare the other vegetables. The beans should be thick like a stew, not soupy.

About 10 minutes before the beans are done, place the garlic & 2 T olive oil in a cold skillet, and heat over medium, allowing the garlic to sizzle for 30 seconds. Add the chopped leek & saute until it's soft, a couple minutes. Add the cooked leeks to the beans. Add the remaining 2 T of oil (or a little less), and add the mushrooms. Sprinkle them lightly with 1/2 t salt and saute until most of the mushroom liquid is gone, between 8 and 12 minutes. Add the mushrooms to the beans when most of the liquid is evaporated. Turn off the heat & season with remaining salt & pepper. Let the beans stand for a few minutes before serving.

Can serve with your grain of choice.

wild mushroom gravy (makes 4 C)

Rich and savory, this gravy will find its way onto everyone's plate during dinner. And breakfast.

- 3 T extra virgin olive oil
- 2 C onion, peeled and finely chopped
- 2 C finely chopped mushrooms (shiitake, crimini, Portobello)
- 1 C brown rice flour
- ½ C shoyu or tamari soy sauce
- 1½ t dried sage
- 1½ t dried rosemary
- 1½ t dried tarragon

Heat 1½ T olive oil in a large skillet. Sauté the onion and mushrooms until softened, about 10 min, and set aside.

In a medium saucepan, heat 1½ T olive oil, then gradually stir in the rice flour over low heat to until a thick paste—or *roux*—forms. Stir in 2 C water, shoyu/tamari sauce, and spices, and mix well. Bring to a boil over medium heat, then simmer 10 minutes, or until the gravy is thick and smooth.

Stir in the mushroom-onion mix and cook over low heat until warmed through. If gravy is too thick, add water or broth by the tablespoon to achieve desired consistency. Broth will be the more flavorful choice.

Serve immediately.

harvest squash loaf

Delicata is a popular variety squash variety to grow around Marquette, with an intense and sweet flavor. The squash skin is also soft and edible, which makes cooking and eating this squash low maintenance.

- 5 small Delicata squash, cut in half lengthwise & seeds removed
- 1 C green or brown lentils
- 2 small leeks, tops removed & thinly sliced
- ¾ C dried black mission figs, chopped
- 3 cloves strong garlic (local's best!)
- ¾ C walnuts, crushed
- 2 sprigs fresh sage & oregano, crushed on stalk
- 2 T garbanzo bean flour
- 1 C vegetable stock
- salt, to taste
- 1 T olive oil + olive oil for coating squash
- maple syrup for coating squash (use about ⅓ C each syrup + olive oil for coating)

Bring 1.5 C water to a boil, add lentils. Simmer boiling lentils for 10 minutes, then add garlic and leeks. Cook five minutes more. Finally, add the garbanzo bean flour to thicken. No cooking water should remain.

Remove from heat. Add spices, olive oil, walnuts, figs & salt to taste. Lentils should be almost done, but still a little crunchy.

Cut small slits in the Delicata squash halves using a knife. Alternately, prick them with a fork. Rub with mixed olive oil and maple syrup. Arrange in baking dish. Fill squash with desired amount of filling (pack it down & mound it slightly.)

Add the vegetable stock to the bottom of the baking dish. Bake at 375°F for 40 minutes, or until a fork can pierce the flesh of the squash with ease.

kale & green apple tahini slaw

(serves 8-10)

This salad's bright, fresh flavors provide a welcome counterpoint to the heaviness of most Thanksgiving dishes, vegan or not.

- ½ large red onion, cut into half moons
- 3 C shredded cabbage
- 1 bunch of kale
- 2 granny smith apples, cut into bit size pieces

dressing:

- 3 T tahini
- ½ C orange juice
- zest of one orange
- 3 T cider vinegar
- 1 T olive oil
- 1 inch piece of ginger, grated
- ½ t salt

If the onion seems strong, soak in cold water for at least a half an hour, then drain before mixing into the salad.

Combine all dressing ingredients and set aside.

Pull ribs from kale, chop leaves into thin ribbons, add to large bowl. Pour dressing over kale and massage, breaking down fibers of kale. Add onion, cabbage, and apples. Stir to combine. Serve cold.

pear & cranberry cornbread muffins

 (makes approx 18)

Amazing muffins! The combination of tart whole cranberries with the sweet pear is incredible.

- 2 T ground chia + ½ C water
- zest of 1 lemon
- 1 inch knob ginger, grated
- 5 T melted coconut oil
- ½ C applesauce
- 3 T lemon juice
- 1 C water
- ½ C coconut sugar
- 1 ½ C medium ground cornmeal
- 1 ½ C almond meal
- 1 ½ t baking soda
- ½ t cinnamon
- pinch of salt
- 2 slightly under ripe pears, chopped
- 1 C cranberries

Grind chia seeds and mix with water. Let sit until it becomes a gel, about 10 minutes.

Preheat oven to 350F.

Combine dry ingredients in a large bowl.

Combine wet ingredients, ginger, lemon zest, and chia gel. Pour wet ingredients over dry and stir until uniform texture is achieved. Add pears and cranberries, mix thoroughly.

Line muffin tins and pour batter to top of liner. Makes approx. 18 muffins. Cook until toothpick comes out clean, about 20-25 minutes.

peanut butter cookies

(makes 20-24)

Molasses and quality salt give these more depth than your standard peanut butter cookies. For something truly special, top with chopped dark chocolate.

- 1 C raw cane sugar
- ½ C peanut butter
- ½ C vegetable shortening
- ¼ C unsweetened applesauce
- 2 T molasses
- 2 T rice milk
- 1½ C flour mix
- 3 T cornstarch
- ¾ t baking soda
- ½ t sea salt
- ½ t xanthan gum
- coarse finishing salt, to taste
(fleur de sel is my go-to)

Preheat oven to 375°F.

Whisk the flour, cornstarch, baking soda, xanthan, and salt together.

In a separate bowl, with a mixer or whisk, blend the sugar and molasses. Add peanut butter, shortening, and milk, blending all the while. Beat in the applesauce until well-incorporated. Add the dry ingredients to wet, ½ C at a time, beating well after each addition.

Scoop the dough and roll into 1-inch balls. Consistency should be pliable but moist—if it sticks to your hands, add flour mix by the T until ideal consistency.

Place about 1 inch apart on an ungreased cookie sheet, and flatten gently with a fork to achieve the classic peanut butter cookie crisscross. Sprinkle with finishing salt.

Bake 9-11 min, until light golden brown. Remove from baking sheet immediately, cool, and enjoy.

notes

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