



VEGAN CHRISTMAS DINNER MENU WITH TIMELINE & SHOPPING LIST

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Cranberry Pecan Brussels Sprout Salad

This Cranberry Pecan Brussels Sprout Salad is fresh & absolutely packed with flavour & interesting textures. It's also hearty & warming thanks to the orangey cinnamon dressing. Just perfect for all of your fall & winter entertaining!

Prep Time	Total Time
15 mins	15 mins

Course: Salad, Side Dish Cuisine: gluten-free, oil-free, vegan
 Servings: 4 servings Calories: 285kcal Author: Melanie McDonald



5 from 3 votes

Ingredients

Salad

- 600g / 5 heaping cups Brussels sprouts
- 90g / ¾ slightly heaping cup pecan nuts , walnuts make a good sub.
- 120g / 1 cup dried cranberries
- 1 pomegranate , optional

Dressing

- 1 large orange , zest and juice
- 1 shallot , or a small chunk of sweet onion
- 2 tablespoons maple syrup
- 2 tablespoons apple cider vinegar , or white wine vinegar
- 5 pecan nuts , walnuts make a good sub. For a nut-free option see recipe notes.
- ¼ teaspoon ground cinnamon
- salt , to taste
- black pepper , to taste

Instructions

1. Wash the Brussels sprouts, removing any old leaves and the stubby bit of stalk.
2. Shred the Brussels sprouts as finely as you can and put them into a large bowl. Chop the nuts into small pieces and add them too along with the dried cranberries.
3. Blend the dressing ingredients together until completely smooth. If you prefer a slightly thinner dressing just add a few drops of water until you get to the consistency you like.
4. Pour the dressing over the salad and toss to distribute evenly. Sprinkle with a few extra cranberries and pecans if you wish and also some optional pomegranate arils too if you have them.

Notes

I don't recommend you buy pre-sliced Brussel's sprouts for this salad. They are generally cut quite thickly and having thin slices really makes a difference to flavour and eatability. Pre-chopped veggies also are often a bit dry and withered around the edges. Fresh is best and will pay dividends in flavour, texture and appearance.

This salad will keep well for a couple of days in the fridge once dressed. The sliced sprouts don't go slimy like lettuce does. If you are storing it though I would advise leaving the chopped nuts out until just before you serve to keep them nice and crunchy.

This salad can easily be made nut-free. Just omit the nuts from the dressing. It is still really good without them. And in the salad you can either omit the nuts completely or use some pumpkin seeds or sunflower seeds instead.

Nutrition

Serving: 1 serving | Calories: 285kcal | Carbohydrates: 47g | Protein: 7g | Fat: 10g | Sodium: 39mg | Fiber: 9g | Sugar: 29g | Vitamin A: 24% | Vitamin C: 231% | Calcium: 9% | Iron: 14%

Mushroom Lentil Loaf with Cranberries

A fresh take on a Vegan Lentil Loaf for you! It's made with a delicious blend of lentils, mushrooms and walnuts and has a beautifully festive cranberry topping. Those pops of juicy cranberry in every bite are so good, plus they make it look pretty impressive. It would make a great centrepiece on your holiday table!

Prep Time	Cook Time	Total Time
25 mins	1 hr	1 hr 25 mins

Course: Entree Cuisine: Gluten-free option, oil-free, vegan

Servings: 8 thick slices Calories: 289kcal

Author: Melanie McDonald



5 from 4 votes

Ingredients

- 1 small onion , chopped finely
- 2 cloves garlic ,chopped finely
- 198g / 1 cup cooked red lentils , weighed after cooking
- 198g / 1 cup cooked green lentils , I like to use French green lentils but any will work (weighed after cooking)
- 226g / 3 cups finely chopped mushrooms
- 62g / ½ cup walnut pieces
- 8 tablespoons / ½ cup ground flax seed , it must be ground not whole
- 45g / ½ cup flour , all purpose, oat, rice, spelt or wholewheat
- 75g / 1 very packed cup breadcrumbs (use gluten-free breadcrumbs if necessary). You can use store bought breadcrumbs, or let some bread go stale at home and either put it in a food processor or blender to turn it into crumbs. Leftover crumbs can be put in a bag or container in the freezer and used straight from frozen for other recipes.
- 70g / ½ cup dried cranberries
- ½ large apple , grated (no need to peel)
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 tablespoon tamari , or soy sauce, or coconut aminos

For the cranberry topping

- 200g / 2 cup cranberries , fresh or frozen
- 4 tablespoons sugar , not brown sugar or coconut sugar

Instructions

1. Preheat oven to 375°F
2. Add all of the ingredients (except the fresh/frozen cranberries and sugar) to a very large bowl and stir really well until combined. I find it easier to use clean hands to scrunch it all together and mix it.
3. Put the cranberries and the sugar in a small pan over a medium heat and just cook until the sugar is mostly dissolved and some juice is appearing in the bottom of the pan. It only takes 5 - 6 minutes.

Then remove from the heat.

4. Grease a loaf pan and line it with a strip of baking parchment going along the middle. (See my picture above). Leave some paper overhanging as it will make turning it out easier.
5. Spoon in the cranberries (you don't have to wait for them to cool down but be careful as the sugary liquid will be very hot) and even them out a bit with a spoon.
6. Pack the lentil loaf mixture on the top. Really push it down all over and make sure it is even on the top.
7. Place the loaf pan on a baking tray (just in case the cranberry liquid spills over) and bake for 1 hr - 1 hr 10 minutes. It should be golden and crusty looking on the top and coming away from the edges. There will probably be a little jammy red liquid oozing over the edge too.
8. Once done, leave to rest in the pan for 15-30 minutes (it will stay warm for up to an hour if you wrap it in some tin foil) before turning out and slicing.

To turn it out, put a plate or board on top of it then flip it over so the plate/board ends up on the bottom. It will slide out really easily but if you do have any trouble you can give a little tug on the parchment paper to ease it out. Once it's out, gently peel back the parchment paper to reveal the pretty cranberry top.

Notes

Tips for cooking lentils:

- Don't soak them prior to cooking.
- Rinse in a sieve with fresh water to remove any dust or debris.
- Cook on a stovetop, using 3 cups of liquid (water, stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
- Bring to a boil, cover tightly, reduce heat to low and simmer until they are tender.
- For whole lentils, cook time is usually about 15-20 minutes.
- For split red lentils, cook time is typically only about 5 minutes.
- Spoon a couple out and taste them to check done-ness periodically and as soon as they are ready, drain and leave to cool.

Any leftover cooked lentils will keep for 5-6 days in a sealed container in the fridge and they also freeze really well.

If you want to make the Lentil Loaf ahead of time, follow the instructions up to packing it into the pan, then wrap it well and refrigerate for up to 3 days. It will need an extra 10 - 15 minutes in the oven to compensate for it starting off very cold.

If you cook the loaf then for some reason don't get around to eating it, it will keep in the fridge for up to one week and can be reheated in the pan in the oven. It will take about 30 minutes (or until piping hot) on 375°F.

Lentil Loaf leftovers can be stored in the fridge for up to 1 week. Wrap in tin foil and oven bake to reheat, or pan fry individual slices. When pan-fried it develops the most gorgeous crust and it's so good!

DID YOU MAKE THIS RECIPE? If you did, be a ☆ and let me know what you think by rating it and commenting below. Tag me on Instagram too. I am @avirtualvegan and my hashtag is [#avirtualvegan](https://www.instagram.com/avirtualvegan)

Nutrition

Serving: 1serving | Calories: 289kcal | Carbohydrates: 45g | Protein: 12g | Fat: 8g | Sodium: 370mg | Fiber: 11g | Sugar: 12g | Vitamin A: 2% | Vitamin C: 10% | Calcium: 6% | Iron: 19%

Vegan Green Bean Casserole

A made-from-scratch Vegan Green Bean Casserole with tender green beans baked up in a deliciously creamy mushroom sauce, and topped with crispy, golden, buttery breadcrumbs and tangles of caramelized onions. This really is the ultimate way to eat green beans!

Prep Time	Cook Time	Total Time
20 mins	25 mins	45 mins

Course: Side Dish

Cuisine: Gluten-free option, oil-free option, vegan

Servings: 4 servings Calories: 288kcal

Author: Melanie McDonald



Ingredients

- 1lb / 16 oz fresh green beans , not frozen, with ends trimmed
- 3 tablespoon vegan butter , or olive oil (optional - you can omit the butter to make the recipe oil free)
- 1 large onion , peeled and cut into half moon thin slices
- 5 oz / 140 g / 2 thick slices of stale bread
- 3 cloves garlic , divided - 1 clove left whole, the other 2 chopped finely
- 6 tablespoon nutritional yeast , divided
- 6 oz / 170 g / about 2 heaping cups sliced cremini (brown) mushrooms
- 4 large sprigs fresh thyme
- 2 tablespoons all purpose flour , or cornstarch (corn flour in the UK)
- ¾ cup / 180 ml vegetable or mushroom broth
- ½ cup unsweetened non-dairy milk , soy milk works best
- ½ teaspoon salt , divided - plus more to taste
- ¼ teaspoon freshly ground black pepper , divided - plus more to taste

Instructions

1. Fill a kettle and boil it. Put the trimmed green beans into a large saucepan and pour over the boiling water. Turn the heat to high and wait for them to come to a rolling boil then turn off the heat, drain them in a colander, and immediately rinse them with cold water. Leave in the sink to drain.
2. In a medium skillet over a MEDIUM heat, add 1 tablespoon of the butter (use a few tablespoons of water to sauté with to keep the recipe oil-free). Once melted and the pan hot, add the onion and cook, stirring frequently for about 15 minutes, until the onion is really golden brown. Set aside while you prepare the breadcrumbs.
3. Break the slices of bread into smaller pieces with your hands and add to the bowl of a food processor along with 1 tablespoon of butter (omit for oil-free), 1 whole clove of garlic and 2 tablespoons of nutritional yeast. Process until fine crumbs. Remove the blade and stir through the sautéed onions. Set aside. Preheat the oven to 400 °F (200 °C).
4. Warm the same skillet you cooked the onions in over a medium heat and add the last tablespoon of butter or oil (or water for oil free). Add the sliced mushrooms, the sprigs of thyme and a pinch of salt and pepper, then sauté until the mushrooms are golden on both sides. Add the garlic, cook for a minute more, then turn the heat down to low, remove the thyme sprigs and discard, then add the flour. Stir to coat the mushrooms and continue to cook for 1 minute to remove the raw flour taste. Pour in about half a cup of the vegetable broth, stirring well as you go to work out any lumps, then add the

remaining ¼ cup, stir again then add the non-dairy milk, the remaining 4 tablespoons of nutritional yeast and the remaining salt and pepper. Keep stirring until it is starting to thicken. Turn off the heat, taste and add more seasoning if necessary, then add the green beans to the sauce and stir to coat them. Flatten them down as best you can, then spoon over the oniony breadcrumb mixture. Don't compact it. Just leave it loose and rough looking. Alternatively, you can transfer the saucy green beans to an ovenproof dish, then add the breadcrumb topping. Bake for 25 minutes or until the bread crumbs are golden and the sauce is bubbling around the edges.

Notes

This recipe is also great with broccoli or cauliflower instead of green beans.

If you want to make this recipe in advance see my section in the post above for tips.

Nutrition

Serving: 1 serving (330 g) | Calories: 288kcal | Carbohydrates: 38g | Protein: 13g | Fat: 10.4g | Saturated Fat: 2.6g | Sodium: 668mg | Fiber: 7g | Sugar: 8g | Vitamin A: 17% | Vitamin C: 30% | Calcium: 12% | Iron: 21%



Healthy No Oil Crispy Roasted Potatoes

Golden Crispy Roasted Potatoes without a single drop of oil. Easy, healthy, low calorie and virtually fat-free!



5 from 6 votes

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Side Dish Cuisine: gluten-free, oil-free, vegan Servings: 4
Calories: 185kcal Author: Melanie McDonald

Ingredients

- 900g / 2 lbs potatoes , see notes
- 80mls / ⅓ cup aquafaba , the liquid from a can of chickpeas
- 3 tablespoons semolina , cornmeal can also be used but make sure it isn't too course. Semolina is not gluten-free so be sure to use the cornmeal option if you need to keep this recipe gluten-free
- Salt
- Pepper

Instructions

1. Preheat oven to 450°F
2. Peel the potatoes and cut into chunks. Timings here are based on a medium potato being cut into about 5 pieces. Make sure all pieces are pretty even.
3. Place the potatoes in a pan, cover with water and bring to a boil. Once boiling the should take about 5 - 6 minutes to become just fork tender. As soon as they do, drain through a colander then leave for a few minutes to steam dry before returning to the pan.
4. Line a baking tray or roaster with parchment paper or a [Silpat](#). This is essential because no oil is used.
5. Add the aquafaba and semolina to the potatoes, put the lid on the pan and shake vigorously a good few times to rough up the potatoes, then dig in with a spoon and stir them around a bit to get the potatoes slurry that has settled on the bottom to coat them thoroughly.
6. Tip the potatoes onto the lined tray and spread them out so they are not touching each other then season with a generous amount of salt and freshly ground pepper.
7. Place in the hot oven and cook for 25 minutes. Remove, flip them all over then return to the oven and cook for around another 20 minutes or until a lovely golden brown. The time will vary a little depending on your oven and the type of pan you are cooking them in.
8. Serve immediately.

Notes

Using the right kind of potato is really important when it comes to great roast potatoes. A high starch content is necessary to get a lovely fluffy inside and a crusty exterior. Russet potatoes are ideal or Maris Piper in the UK. And even though they aren't really classed as a high starch potato, Yukon Gold work well too.

Nutrition

Serving: 1 serving | Calories: 185kcal | Carbohydrates: 42g | Protein: 5g | Fat: 0.3g | Sodium: 37mg | Fiber: 6g
| Sugar: 2g | Vitamin C: 34% | Calcium: 2% | Iron: 8%



Red Wine Vegan Gravy

Extra tasty, rich & flavoursome red wine vegan gravy, infused with onion & fresh herb flavour and perfect for serving with your holiday feast!

Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

Course: Condiment, Side Cuisine: Gluten-free option, vegan
 Servings: 3 cups Calories: 48kcal Author: Melanie McDonald

Ingredients

- 1 teaspoon olive oil
- 2 medium onions , chopped
- 1 medium carrot , chopped
- 1 stick celery , chopped
- 1 clove garlic chopped , chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons all purpose flour , or cornstarch or arrowroot for a gluten-free option
- 240mls | 1 cup red wine
- 480mls | 2 cups broth / stock (I used Pacific Organic Mushroom Broth but veggie broth/stock is fine too)
- 2 teaspoons sugar
- 2 tablespoons Tamari (you can sub soy sauce) (see recipe note)
- Optional - A few sprigs of fresh herbs (stalks are fine - thyme and sage are good, and a bay leaf if you have one)
- Optional - 2 tablespoons cranberry sauce (see recipe note)

Instructions

1. Warm the olive oil in a pan over a medium heat.
2. Add the onion, carrot, celery and herbs and sauté slowly, stirring often, for about 10 minutes until golden brown and caramelized.
3. Add the garlic and cook for another 5 minutes.
4. Turn down the heat to low, add the flour and stir very well. It will be clumpy and weird looking but that's fine. Cook the flour for about one minute.
5. Remove from the heat and very gradually add the red wine a few tablespoons at a time, stirring very well in between to work out any lumps (don't worry too about them as you will be straining it later anyway).
6. Once all the red wine has been added, pour in the broth/stock, salt, pepper, sugar and Tamari and cranberry sauce if you are using them.
7. Turn the heat back up to medium and bring to a gentle simmer.
8. Stir constantly until thickened (about 10 minutes).
9. Strain through a sieve, mashing all the veggies and herbs down with a spoon to get maximum flavour from them.
10. Serve right away or cool and warm just before serving. It can also be stored in a sealed container in the fridge or freezer until needed.



5 from 4 votes

Notes

Tamari adds a little more depth to the gravy but isn't essential. It still tastes good without it so don't buy it especially for this. If you have it use it, if you don't then don't worry about it.

The gravy is great without the herbs & cranberry sauce but if it is Christmas or Thanksgiving and you have some lying around then add them for an extra pop of flavour and to make it even more special.

Nutrition

Serving: 1 serving | Calories: 48kcal | Carbohydrates: 6.5g | Protein: 0.7g | Fat: 0.1g | Fiber: 0.7g | Sugar: 2.4g
| Vitamin A: 23% | Vitamin C: 4% | Calcium: 1% | Iron: 2%



Easy No Knead Focaccia Bread with Rosemary & Sea Salt

Wait! What? Focaccia you don't need to knead? Yes! This super Easy No Knead Focaccia with Rosemary & Sea Salt is virtually fool proof. As long as you are able to stir some ingredients together in a bowl & turn on the oven you can do it. And nothing, and I mean nothing, can beat the smell & taste of fresh focaccia straight from the oven! ♥



5 from 29 votes

Prep Time 10 mins	Cook Time 37 mins	Hands off rising time 7 hrs	Total Time 47 mins
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Course: Any Cuisine: vegan Servings: 9 servings

Calories: 239kcal Author: Mel | A Virtual Vegan

Ingredients

- 500 g | 3¾ cups plus 4 ½ teaspoons all purpose flour or bread flour cups measured by spooning the flour into the cups and levelling off with the back of a knife - do not scoop and do not compact the flour down by pressing on it as you fill the cup (in the UK use strong bread flour)
- 10 g | 1 very full tablespoon instant yeast or quick rise yeast . NOT regular active yeast
- 10 g | 2 teaspoons salt
- 1 tablespoon olive oil (see the recipe notes if you limit your oil intake)
- 450 mls | 1¾ cup plus 2 tablespoons | 15.2 U.S oz COLD water not warm water
- 60 mls | 4 tablespoons good olive oil for drizzling Just drizzle as much as you feel comfortable with on top - I like a bit more ;O
- 2 tablespoons fresh or dried rosemary
- sea salt flakes or crystals for scattering

Instructions

1. In a large mixing bowl combine the flour, yeast and salt then add 1 tablespoon of olive oil.
2. Add the water and mix well until you can see no more dry flour and you have a wet, slightly lumpy looking mess. Make sure to scrape right into the bottom of the bowl. (See my picture in the collage near the top of my post above for reference).
3. Cover with cling wrap or a clean shower cap and leave on the kitchen counter for a minimum of 7 hours and a maximum of 9 hours. Do not refrigerate and do not leave anywhere really warm. Just normal room temperature is fine.
4. About 20 minutes before the time is up preheat your oven to 400°F and line an **8 x 8 square pan** (a cake tin or brownie pan) with parchment paper. See recipe notes for tin alternatives.
5. When the oven is at temperature, scrape the dough out of the bowl and into the pan. I use a dough scraper but a silicone spatula or spoon will be fine. It will be clingy and sticky but that is normal.
6. Once it's all in the pan, flatten it out so it's as even as you can get it all over, then using a finger dipped in olive oil, make dimples all over the top.
7. Drizzle over the olive oil (be as generous as you feel comfortable with) and sprinkle on the rosemary and salt.
8. Place in the preheated oven and bake for about 37 - 40 minutes.

9. When done it will be starting to go golden brown in places on the top. If you want it a little crustier you can bake it for another 5 minutes but no longer as otherwise it will become dry.
10. Remove from the oven, lift out using the paper as handles and place on a cooling rack.
11. Leave to cool for at least 15 minutes before cutting.

Notes

I have included amounts in cups as well as weights but I would highly recommend using the weight measurements for the very best results. Cup measurements are too variable & there is a chance they could affect your results. [Digital kitchen scales](#) can be purchased really cheaply for around \$10-\$15 & they really do make all the difference for baked goods where accuracy is key to good results).

If you don't have an [8 x 8 square tin](#) then you can use a 9 inch round pan instead. You could also use a slightly bigger pan but the bread will end up thinner so will need a bit less time to bake. 8 x 8 or 9 inch round are the optimum sizes for a decent depth and finish though.

If you limit your oil intake and the amount in this recipe puts you off, you can safely omit the olive oil from the dough when you mix it up, and drizzle or spray the top sparingly with oil rather than using the suggested 4 tablespoons.

Nutrition

Serving: 1 serving | Calories: 239kcal | Carbohydrates: 41g | Protein: 6g | Fat: 6g | Fiber: 1g | Sugar: 2g | Iron: 12%



Cranberry Apple Pear Crumble

It's hard to beat a good crumble, and this Cranberry Apple Pear Crumble is really something special! We're talking tart cranberries & Granny Smith apples, sweet, soft pear & a crumbly, nutty, buttery topping, all baked to golden perfection. It's an absolute crowd pleaser & so easy to make!



4.75 from 4 votes

Prep Time	Cook Time	Total Time
20 mins	50 mins	1 hr 10 mins

Course: Dessert Cuisine: vegan Servings: 8 servings

Calories: 445kcal

Ingredients

For the crumble topping

- 200g / 1½ cups all purpose flour
- 110 g / ½ packed cup vegan butter , hard and cold
- 120g / ½ heaping cup sugar , either cane sugar or turbinado, not brown sugar or coconut sugar
- 100g / ¾ cup almonds , skin on almonds are fine and actually look good (omit to make nut free)
- 70g / ¾ cup rolled oats
- ½ teaspoon salt

For the filling

- 600g / 3 very large Granny Smith apples
- 400g / 2 very large pears , nice ripe ones are best
- 100g / 1 cup cranberries , fresh or frozen (no need to defrost)
- 80g / ⅓ heaping cup sugar , either cane sugar or turbinado, not brown sugar or coconut sugar
- 2 teaspoons vanilla extract
- 1 tablespoon all purpose flour
- 1 teaspoon ground cinnamon
- 60 mls / ¼ cup water

Instructions

For the crumble topping

1. Put all of the crumble topping ingredients, except the oats, into a food processor and pulse until the flour looks like coarse breadcrumbs and the almonds are in chunky pieces.

If you don't have a food processor you can rub the butter into the flour, sugar and salt with your finger tips then chop the almonds into small chunky pieces then combine the two.

2. Mix the oats into the crumble topping and then for best results place it in the freezer for 30 mins. There is no need to cover it if it's only for 30 minutes but if it's going to be in there longer be sure to have it in a sealed container or freezer bag. You don't *have* to freeze it. It's perfectly good if you don't, but better if you do.

For the filling

1. Peel the apples and cut them in half, then into quarters. Remove the core then cut each quarter into thickish wedges.
2. Peel the pears, cut in half, scoop out the small core with a spoon then cut the stalk and the little end piece off before cutting into wedges.

3. Place the apples and pears in a large bowl and sprinkle over the sugar, cinnamon and flour then stir to distribute.
4. Pour the apple mixture into a baking dish (I used a 9 x 9, 3 inch deep dish and it was a really tight squeeze but I got it all in. Don't use anything smaller than this. Flatten them out evenly then sprinkle over the cranberries and pour over the water.
5. Take the topping out of the freezer and spoon evenly over the top. It's best for goldenness and texture not to flatten it out. Just leave it rustic looking!
6. Place in a pre-heated oven at 400°F and bake for 45 - 50 minutes until golden. Some bubbling around the edges is normal so if your dish is very full, place it on a baking sheet in the oven to catch any overflow.
7. Remove from the oven and leave to rest for 10 minutes before serving.

Notes

Serve warm.

Leftovers will keep in the fridge for 4 - 5 days and reheat well.

Crumble topping can be made many weeks ahead and stored in a sealed container or freezer bag in the freezer.

DID YOU MAKE THIS RECIPE? If you did, be a ☆ and let me know what you think by rating it and commenting below. Tag me on Instagram too. I am @avirtualvegan and my hashtag is [#avirtualvegan](https://www.instagram.com/avirtualvegan)

Nutrition

Serving: 1 of 8 servings | Calories: 445kcal | Carbohydrates: 73g | Protein: 7g | Fat: 15g | Sodium: 225mg | Fiber: 8g | Sugar: 38g | Vitamin A: 2% | Vitamin C: 7% | Calcium: 5% | Iron: 13%





SHOPPING LIST

PRODUCE

- 600 g / 3 very large Granny Smith apples
- 1 medium apple , any variety
- 400 g / 2 very large pears , ripe but not too soft and ripe
- 300 g / 3 cups cranberries , fresh or frozen
- 4 medium onions
- 1 shallot , or small sweet onion
- 1 medium carrot
- 1 rib celery
- 1 head garlic
- 900g / 2 lb potatoes , I love Yukon Gold, but any variety suitable for roasting are ok
- 1 lb / 16 oz / 453 g fresh green beans , not frozen
- 400g / 14 oz / 5 heaping cups cremini (brown) mushrooms
- 600 g / 5 heaping cups fresh Brussels sprouts
- 1 pomegranate , optional, don't worry if it's hard to find
- 1 large orange
- 2 vegetables of choice (for sides) , to be steamed - peas, Brussels sprouts, beans, carrots, broccoli, cabbage (red cabbage looks particularly festive), kale, rapini. Just whatever you fancy and whatever everyone likes

REFRIGERATED/FROZEN ITEMS

- 165 g / $\frac{3}{4}$ cup vegan butter
- 120 ml / $\frac{1}{2}$ cup unsweetened non-dairy milk , soy gives the best flavour
- 1 tub of dairy-free vanilla ice cream , or vegan whipped cream

NUTS, SEEDS & DRIED FRUIT

- 100 g / $\frac{3}{4}$ cup raw almonds , skin on or skin off
- 62 g / $\frac{1}{2}$ cup walnut pieces
- 100 g / $\frac{3}{4}$ very heaping cup pecans , or more walnuts - pieces are generally cheaper than whole ones and are fine to use
- 82 g / 8 tablespoons / $\frac{1}{2}$ cup ground flax seed , it must be ground not whole
- 210 g / $1\frac{1}{2}$ cup dried cranberries

CANNED/JAR/PACKET GOODS

- 10 g / 1 very full tablespoon instant, fast or quick rise , NOT active yeast
- 1 can chickpeas , you just need to harvest $\frac{1}{3}$ cup (80 mls) of aquafaba (the juice) from these. Freeze the drained chickpeas until you need them for another meal
- 1 jar good quality cranberry sauce



SHOPPING LIST

HERBS & SPICES

- 1¼ teaspoon ground cinnamon
- sea salt flakes or crystals , for sprinkling on the top of the focaccia bread
- fine salt
- freshly ground black pepper
- a small handful sage leaves , optional
- 1 small bunch fresh thyme
- 1 bay leaf
- 1 teaspoon dried sage
- 2½ tablespoons fresh or dried rosemary
- 1 teaspoon dried thyme

PANTRY ITEMS

- 812 g / 6½ cups all purpose flour
- 300 g / 1½ cup sugar , cane or turbinado
- 70 g / ¾ cup rolled oats
- 90 ml / 6 tablespoons olive oil
- 660 ml / 2¾ cup broth , veggie or mushroom
- 3 tablespoons tamari , or soy sauce
- 3 tablespoons semolina or fine cornmeal

PANTRY ITEMS CONTINUED

- 8 oz / 220 g / 3 very thick slices bread , to make breadcrumbs - stale is best
- 6 tablespoons nutritional yeast
- 100 g / ½ cup dried green lentils , or 198 g / 1 cup cooked green lentils
- 100 g / ½ cup dried red lentils , or 198 g / 1 cup cooked red lentils
- 30 ml / 2 tablespoons maple syrup
- 30 ml / 2 tablespoons apple cider vinegar , or white wine vinegar
- 2 teaspoons vanilla extract

ALCOHOL

- 240 ml / 1 cup red wine , use a wine you would drink and not a cheap cooking wine (plus more for drinking!)



SHOPPING LIST

Empty so you can add any extras that you need!



UP TO 1 MONTH BEFORE

- They are not part of the Christmas menu, but if you are planning to include my Yorkshire Puddings which I tagged on as a suggestion under the menu, make them now, allow them to cool completely on a wire rack then freeze them in a tight sealing freezer bag or container. Pack them loosely so they don't get squashed. Also make sure nothing squashes them while they are in the freezer, as they are really fragile.

3 DAYS BEFORE

- If you are going to be making your own breadcrumbs for the meatloaf and green bean casserole rather than buying them ready made, make sure you have some bread going stale now, ready to turn into crumbs at a later stage.
- Make the Red Wine Gravy and store it in a sealed container in the fridge. You can even make it as much as a couple of weeks before if you freeze it, then remember to take it out to defrost the night before you need it.
- Cook the lentils for the meatloaf, drain them, then store them in a container in the fridge.
- Make the crumble topping for the Cranberry, Apple Pear Crumble and then transfer it to a sealed container or bag and put it in the freezer.

2 DAYS BEFORE

- Prepare the meatloaf, pack it all into the pan as directed, then wrap it up well in cling wrap or foil and store in the fridge ready to cook on the day.
- Make the topping for the Green Bean Casserole and store it in a sealed container or bag in the fridge. You won't be putting the topping on the casserole until just before you are going to cook it on the day.
- Make the salad dressing and store in a sealed container in the fridge.



1 DAY BEFORE

- If you froze the gravy remember to take it out of the freezer and put it in the fridge to defrost.
- Peel the potatoes for the roasted potatoes, cut them into chunks and leave them in a pan covered with water on the stove top ready to par-boil as per the directions tomorrow.
- Make the green bean and sauce part of the Green Bean Casserole. Combine them and leave in the skillet to cool, or transfer it to whatever oven proof container you want to serve it in tomorrow then cover in cling-wrap and refrigerate.
- Make the Cranberry Apple Pear Crumble as per the recipe directions. Once the filling part of it is in the dish, remove the crumble topping from the freezer. It should still be quite loose but if it's got any big hard lumps, break them with your fingers or bash them gently through the bag with a rolling pin to break them up. Top it and cook as directed, then let it cool, then cover it. It will be fine left out on the counter top until tomorrow if you don't have room in the fridge. If you need your counter space, something I often do is store things like this in the microwave so they are out of the way.
- Set the dining table ready for tomorrow.
- In the evening, just before you go to bed, mix up the focaccia dough (it will only take 5 mins) and leave it covered on the countertop overnight.

ON THE DAY

- When you wake up, preheat the oven to 400 °F (200 °C) and carry on with the Focaccia as per the directions so that it's baked and you have the oven freed up. It will take you no time at all to get it in the oven. Once it's done, transfer it to a cooling tray and leave it until dinner time.
- Take the meatloaf out of the fridge in the morning and leave it come to room temperature. If you forget this step, don't worry, just cook it for 5 minutes longer.



ON THE DAY CONTINUED

- Make the Cranberry Pecan Brussels Sprout Salad sometime in the morning (reserving the nuts to add when serving to retain the crunch). Use your food processor to shred the Brussels sprouts. It makes it so easy. You can even dress it now (the dressing is all ready in the fridge remember!). Have it in the salad bowl you plan on serving it in and cover it with cling wrap. If you can, put it in the fridge, but if there is no room it will be ok on the counter top for a few hours.
- Clean and prepare the vegetables that you will be serving on the side and have them ready in your steamer or in a pan for later.
- About 1 hour 50 minutes before you want to serve up, preheat the oven to 375°F (190 °C). Once it's to temperature unwrap the meatloaf and bake it for about 1 hour as directed in the recipe.
- After the meatloaf has been in the oven for about 30 minutes, parboil the potatoes as per the roasted potato directions, then coat with aquafaba and semolina and tip out onto a lined tray and spread them out so they don't touch each other.
- Remove the meatloaf from the oven, cover the whole thing in some foil, pressing it tightly around it whilst wearing oven gloves, so that all the heat stays in, and leave it resting on a trivet or cutting board on the counter. Don't be tempted to peek because we want to keep the heat in. Turn the oven up to 450°F (230 °C).
- Roast the potatoes in the hot oven on the top shelf. The potato directions say to roast for 25 minutes, flip them, then roast for 20 minutes more, but today I want you to roast them for 30 minutes, then turn the oven down to 400°F (200°), flip them all over then put them back in the oven.
- Right after flipping the potatoes, sprinkle the Green Bean Casserole topping over the filling and put it in the oven with the roast potatoes. Cook them both for a further 25 minutes.



ON THE DAY CONTINUED

- Make sure the cranberry sauce and focaccia bread are on the dining table. Give the salad a quick toss, sprinkle it with the nuts and a few dried cranberries and pomegranate arils (if using), and put it on the table too.
- Steam or boil the vegetables you will be serving on the side about 10 to 15 minutes before the potatoes and Green Bean Casserole will be done, and put the gravy in a small pan and warm it through gently on the stovetop.
- If you did make the Yorkshire Puddings and freeze them, as soon as the potatoes and Green Bean Casserole are removed from the oven, turn the oven up to the hottest setting. Put the frozen puddings (straight from the freezer) on a baking tray and cook them for 6 to 8 minutes while you get everything else on the table.
- Serve everything up, (not forgetting the Yorkshire Puddings still in the oven if you included them) but before you go off to enjoy your feast, set the oven to 350°F (175 °C) and quickly pop the Cranberry Apple Pear Crumble in the oven to warm through while you eat. It will take about 30 minutes.
- Don't forget to take the ice cream out of the freezer about 5 minutes before you want to eat the crumble so it has a chance to soften.
- **You did it! Relax and enjoy your dinner with a big glass of wine or 3!**



YOUR NOTES