

VEGGIE HOLIDAY RECIPES

YORKSHIRE PUDDING - Makes 8 to 10 servings

Yorkshire pudding is a simple, quick pan bread traditionally made for Christmas to catch the drippings from roast beef.

- 1 cup unbleached white flour
- 1 cup whole wheat pastry flour
- 1 teaspoon salt
- 2 egg replacements, beaten
- 1 cup soy milk
- 1 cup very cold water
- 2 tablespoons margarine, melted



Preheat the oven to 425 degrees. In a mixing bowl, combine the flours and salt. Make a well in the center and add the egg replacements. Stir together briefly, and then add the soy milk and water, a bit at a time. Stir until the batter is smooth, but don't over beat.

Swirl the melted margarine around a shallow, 9- by 13-inch baking pan. Pour out any excess and reserve. Pour the batter into the pan and pour any remaining margarine over the top. Bake for 20 minutes, or until golden on top and a knife inserted into the center tests clean. Let cool somewhat, then cut into squares to serve.

SAGE AND ONION STUFFING - Makes 8 to 10 servings

Using an infusion of sage rather than the strong-flavored leaves themselves gives this stuffing that wonderful herbal flavor without overpowering it.

- 3 tablespoons fresh sage leaves, or 1 tablespoon dried
- 1 cup boiling water
- 2 1/2 tablespoons safflower oil
- 1/2 pound onions, very finely chopped
- 4 cups fine fresh bread crumbs
- 1 medium Granny Smith apple, peeled, cored, and finely diced
- juice of 1/2 lemon
- 1 teaspoon grated lemon rind
- 2 egg replacements, beaten
- salt and freshly ground pepper

Preheat the oven to 350 degrees. Combine the sage leaves with the boiling water. Steep for at least 15 minutes, then strain. Discard the sage and reserve the water. Heat the oil in a large skillet. Add the onions and sauté over medium heat, stirring frequently, until they are lightly browned. In a mixing bowl, combine the onions with the bread crumbs and the remaining ingredients. Sprinkle in the sage stock until the ingredients are evenly moistened. Transfer to an oiled, shallow 1 1/2 quart casserole dish (a round glass one works well). Bake for 35 to 40 minutes, or until the outside is golden

brown and crusty.

PEAR AND APPLE CRUMBLE - Makes 8 servings

Though pies are a wonderful finish to winter meals, many now wish to avoid them because the pastry crusts harbor a good bit of fat. Crumbles and crisps are a fine alternative, especially served warm.

- 4 medium Bosc pears, cored and thinly sliced
- 3 Granny Smith apples, peeled, cored, and thinly sliced
- 2 tablespoons light brown sugar
- 1/3 Cup finely chopped almonds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons rum
- 1 teaspoon vanilla extract
- Topping
- 2 1/2 tablespoons margarine, melted
- 1/2 cup whole wheat pastry flour
- 1/2 cup oat bran
- 2 tablespoons light brown sugar
- 1/4 teaspoon cinnamon
- nondairy frozen dessert



Preheat the oven to 350 degrees. In a mixing bowl, combine the fruits with the next 6 ingredients and stir together until evenly coated. Pour into a lightly oiled 9 by 13-inch baking pan. In a small bowl, combine the melted margarine with the remaining topping ingredients and toss to coat. Sprinkle evenly over the fruit mixture. Bake for 40 to 45 minutes or until the fruits are soft and the topping is golden. Serve warm in bowls over nondairy ice cream substitute.

SWEET POTATO BISCUITS - Makes 16

Delightfully moist and slightly sweet, these biscuits are an American classic.

- 1 1/4 cups whole wheat pastry flour
- 1/2 cup unbleached white flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons soy margarine
- 1/3 cup apple juice
- 1 cup well-mashed, cooked sweet potato
- 3 tablespoons honey (or other sweetener)
- 1/2 cup finely chopped walnuts or pecans

Preheat the oven to 425 degrees. In a mixing bowl, sift together the flours, baking powder, and salt. Work the margarine in with a pastry blender or the tines of a fork until the mixture resembles a coarse meal. Add the apple juice, sweet potato, honey, and nuts, and work them in to form a soft dough. Turn the dough out onto a well-floured board and knead in just



enough extra flour to make the dough lose its stickiness. With floured hands, divide the dough into 16 equal parts. Shape into small balls and arrange on a lightly oiled cookie sheet, patting them down a bit to flatten. Bake for 12 to 15 minutes, or until a toothpick inserted into the center of one tests clean. Transfer the biscuits to a plate and serve hot.

CRANBERRY CHUTNEY - Makes 8 servings

If your primary experience with cranberries has been in sweet, jelled sauces, this spicy chutney will provide a welcome change of pace for your grown-up palate!

12 ounces fresh cranberries
1 cup peeled, diced apple
1 cup orange juice
1/2 cup chopped dried apricots
1 teaspoon freshly grated ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
3 to 4 tablespoons honey, to taste



Place the first 7 ingredients in a deep, heavy saucepan and bring to a simmer. Cook over low heat with the Lid slightly ajar for 20 to 25 minutes, or until the liquid is mostly absorbed. Add honey to taste and simmer uncovered for another 5 to 10 minutes until thick. Let the chutney cool to room temperature, then store in a sterilized jar, tightly covered but not sealed. Refrigerate until needed. Before serving, bring to room temperature.

MAPLE AND TARRAGON SWEET POTATOES

Makes 8 to 10 servings

Maple syrup and tarragon, a sweet herb, are wonderful enhancements for the flavor of sweet potatoes.

4 pounds sweet potatoes, peeled and sliced 1/4-inch thick
1/3 cup maple syrup
1/4 cup soy margarine, melted
1/4 cup orange juice
1/4 teaspoon cinnamon
1/2 teaspoon salt
2 teaspoons dried tarragon

Preheat the oven to 350 degrees. Arrange the sweet potato slices in overlapping rows in an oiled shallow 2-quart casserole. In a small bowl, combine the syrup, margarine, juice, cinnamon, and salt. Pour evenly over the potatoes. Sprinkle the tarragon over the top. Cover with lid or foil and bake, covered, for 25 to 30 minutes, or until readily pierced with a fork but still firm. Bake another 20 to 25 minutes uncovered, or until glazed and golden around the edges.

WALNUT-APPLE STUFFING

Makes 6 to 8 servings

6 cups firmly packed diced whole grain bread

2 1/2 tablespoons margarine
1 1/2 cups chopped red onion
1 1/2 cups peeled, diced tart apple
3 bunches scallions, minced
2 tablespoons chopped fresh parsley
1/2 teaspoon each: dried thyme, savory
3/4 teaspoon seasoned salt, more or less to taste
3 tablespoons currants
freshly ground pepper to taste
1 1/2 cups Light apple juice
Preheat the oven to 350 degrees.



Place the diced bread on a baking sheet. Bake 10 to 12 minutes, or until dry and lightly browned. Heat the margarine in a large skillet. Add the red onion and saute over moderate heat until golden. Add the apple and saute for another 5 minutes.

In a mixing bowl, combine the bread cubes with the onion and apple mixture. Add all the remaining ingredients except the apple juice and toss together. Sprinkle in the apple juice slowly, stirring at the same time to moisten the ingredients evenly. Transfer the mixture to an oiled shallow 1 1/2-quart baking pan.

Bake 25 to 30 minutes, or until browned and still slightly moist. Stir once during the baking time.

PUMPKIN STREUSEL PIE - Makes 1 9-inch pie

Guests often bring additional desserts to Thanksgiving dinner, but if you've had no such offers, you might want to double this recipe and make two pies.

1 2/3 cup pureed pumpkin
1 egg substitute, beaten (comparable to one egg in amount)
1/2 to 2/3 cup light brown sugar, to taste
3/4 cup applesauce
1 teaspoon cinnamon
1/2 teaspoon each: ground ginger, allspice
9-inch pastry crust
Streusel topping
1/2 cup whole wheat pastry flour
1/4 cup wheat germ
1/4 cup finely chopped almonds or pecans
1/4 cup light brown sugar
1/4 teaspoon each: cinnamon and nutmeg
2 tablespoons soy margarine, melted

Preheat the oven to 350 degrees.

Place the pumpkin, egg substitute, sugar, applesauce, and spices in the container of a food processor or blender. Process until very smoothly pureed. Pour into the pie crust. In a small bowl, stir the streusel ingredients together and quickly stir in the margarine until all the dry ingredients are lightly coated. Sprinkle evenly over the pumpkin filling. Bake for 45 minutes, or until the crust is golden and the filling is set. Let cool. Serve at room temperature.