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CHRISTMAS STARS'

EatKind Festive Guide



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Happy Holidays

Have you ever wondered what your favourite celebrities cook at Christmas? In our Christmas recipe guide compassionate celebs such as Joanna Lumley, Ricky Gervais and Evanna Lynch show you how to create their favourite plant-based Christmas recipes in the hope that you will join them in celebrating animals this season.

As well as six delicious recipes that can be combined to create a show-stopping roast, the guide also features more than thirty of HSI's favourite 'free-from' products available in high street shops and supermarkets, or online.

These are just a few of our tips and recommendations, and there are so many more delicious products to try. Most big supermarket chains can provide a list of animal-free foods on request, and several supermarkets are now marking their own-brand products as vegetarian or vegan.

It's easy to make compassionate eating choices by following the Three Rs: "reducing" consumption of animal products or "replacing" them with plant-based alternatives, and "refining" your diet by avoiding products from the worst intensive farming practices.

By exploring new and exciting recipes or finding animal-free versions of traditional favourites, you'll be able to satisfy your tastebuds and be part of a growing movement of consumers making more compassionate choices to help protect animals.

From all of us at Humane Society International UK, we wish you a very merry Christmas!

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www.HSI.org/eatkindchristmas

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Lucy Watson's Merry Mushroom Pâté

Mushroom is one of those 'meatier' vegetables and mixed with the right flavours makes a delicious pâté. Great served as a starter with bread.

Prep time:
5 mins

Cook time:
15 mins

Serves:
4

Ingredients

3 tbsp non-dairy butter
1 small onion, finely chopped
2 garlic cloves, sliced
400g chestnut mushrooms, quartered
180g cooked chestnuts
1 tsp thyme leaves
40ml Pedro Ximenez wine
2 tbsp soy sauce
2 tbsp porcini mushroom paste
1 tbsp red wine vinegar
2 tbsp flat-leaf parsley leaves
4 thyme sprigs
100g non-dairy butter, melted (optional)
Sea salt and freshly ground black pepper
Sourdough toast, to serve

Method

Heat the butter in a large saucepan over a high heat.

Add the onion and the garlic, and cook for 3-4 minutes or until the onion is softened and translucent.

Add the mushrooms, chestnuts and thyme leaves, and cook for 6-8 minutes until the mushrooms have browned well. Season with salt and pepper.

Pour in the Pedro Ximenez and stir well until the liquid has completely evaporated. Then add the soy sauce and porcini paste. Stir well and cook for another 2 minutes.

Remove the pan from the heat and stir in the vinegar and parsley. Leave to cool for a few minutes.

Tip the mixture into a food processor and pulse until you have a smoother consistency, but not too smooth – you want to have a little bit of texture in the pâté.

Transfer to one large or two small serving bowls and put in the fridge to cool completely.

If you would like to serve the pâté at a later date, put a thyme sprig on the top of each pâté and pour a thin layer of melted butter over the top, then put in the fridge to set until needed.

The pâté will keep for 4-5 days. Serve with thin slices of sourdough toast.



Ricky Gervais's Tempting Tofurky and Roasted Veg

A Tofurky Roast is a delicious meat-free centrepiece, and so simple to cook. Why not make yours even more festive by whipping up a flavourful baste and adding some roast veg.

Prep time:
40 mins

Cook time:
1 hour 25 mins

Serves:
4

Ingredients

Main
Tofurky Roast

Baste
3 tbsp soy sauce
2 tbsp olive or sesame oil
1 tbsp apricot jam
1/2 tsp thyme
1/2 tsp oregano
1/2 tsp rosemary
2 tbsp water

Roast Veg
1 large sweet potato
4 carrots
4 parsnips
4 garlic cloves
A bunch of fresh rosemary
1 tsp sugar
Salt and pepper to taste

Method

Thaw the Tofurky roast in the fridge for 24 hours.

Preheat the oven to 350°F.

Remove the plastic wrapping using a knife or scissors. Peel and chop sweet potatoes, parsnips and carrots into large chunks.

Make a baste by mixing together soy sauce, oil, jam, herbs and water in a bowl.

Put the Tofurky Roast in a roasting dish and place the chopped veg around it, sprinkle the veg with the sugar, rosemary, salt and pepper.

Pour half your baste sauce over the roast and veg. Wrap the whole roasting dish in aluminium foil and place on the middle shelf of the preheated oven. Cook for 1 hour 15 minutes. [Note: if cooking from frozen, cook for 2 hours 20 minutes covered, and then 15 minutes uncovered] After 1 hour 15 min, uncover the roast and pour the remaining baste over it.

Cook the uncovered roast for a further 10 minutes.

Carve the Tofurky Roast into slices with a serrated bread knife.

Serve with roast veg, gravy and all the trimmings!

TOP TIP: Boxing Day cold Tofurky sandwiches with mustard or pickle are the best!



Tiffany Watson's Spicy Soy Sprouts

Crispy, healthy, full of flavour and just a little bit spicy, this is an exciting and different take on traditional sprout recipes which will go well with your roast or make a great Boxing Day addition to use up those leftovers!

Prep time:
15 mins

Cook time:
15 mins

Serves:
4

Ingredients

500g Brussel sprouts, sliced
3 tbsp olive oil
4 cloves garlic, minced
2 glugs soy sauce
1 tsp Sirachia sauce (you can add more to increase the spice)
A thumb size portion of ginger, finely chopped
1 fresh red chili, finely chopped (optional)
Sea salt and black pepper to taste

Method

Using a wok or large pan on a high heat, warm up the olive oil.

Once the oil is heated add in the chopped sprouts Stir the sprouts continuously to prevent burning and cook for 3 minutes.

Turn down the heat to medium and add in the minced garlic, ginger, chili and 2 generous glugs of soy sauce, cook for a further 2 minutes or until the garlic starts to brown.

Take off the heat and mix in the sirachia sauce and salt and pepper to taste.

Transfer into a serving dish and serve immediately whilst piping hot.



Joanna Lumley's Rich Red Wine and Onion Gravy

This rich gravy is sure to make your Christmas merry! It takes a while to make but is worth it, you'll have people begging you for the recipe!

Prep time:
15 mins

Cook time:
1 hour 15 mins

Serves:
6

Ingredients

25g non-dairy butter
1 tbsp olive oil
4 large red onions, peeled, and chopped into long slices
1 tsp sugar
A few sprigs rosemary
2 cloves garlic, crushed
2 tbsp mustard (ideally whole-grain but any will do)
1 tbsp tomato puree
2 tsp flour
200ml red wine
500ml vegetable stock (make your own or use a stock cube)
Salt and black pepper

Method

Heat the non-dairy butter and oil in a large heavy-bottomed saucepan. Add the onions.

Put the heat up and stir for a few minutes. Turn the heat to low, and cover the pan. You should now leave the onions to cook gently for about 40 minutes, checking and stirring occasionally to prevent sticking. Add small amounts of water if the onions start to stick.

You're aiming for the onions to be very soft and translucent.

Remove the lid, turn-up the heat and sprinkle the onions with sugar. Stir and allow the onions to caramelize for 2 minutes until lightly browned.

Next, add the crushed garlic, rosemary, mustard and tomato puree. When you've added them to the pan stir everything together with a splash of water. Turn the heat to low, stir in the flour and cook for a few minutes, stirring occasionally.

Pour in the red wine, give everything a stir and then put the heat up so the gravy starts to simmer. Leave it for 10 minutes before adding the stock, then cook for a further 20 minutes to reduce and thicken the sauce to your liking. Add salt and pepper for your taste.

If the sauce gets too thick add a little water to thin it out.

Et Voila! You have your gravy.



James McVey's Ultimate Nut Roast

Nut roasts are best served simple! This ultimate nut roast recipe is sure to impress your friends and family, decorate with a few sprigs of thyme to make it the centrepiece of your Christmas dinner.

Prep time:
20 mins

Cook time:
35 mins

Serves:
4

Ingredients

200g chopped mixed nuts (don't chop too finely)
1 small red onion, finely chopped
1 small leek, finely chopped
1 red pepper, chopped
1 carrot, grated
50g sliced button and shitake mushrooms
50g wholemeal breadcrumbs
25g plain flour
125ml vegetable stock
1 tbsp mixed herbs
1 tbsp sage
Pinch cayenne pepper
1 tbsp vegetable oil

Method

Preheat the oven to Gas Mark 5 / 180C.

Fry the onion and leek in vegetable oil on a low heat for 5 minutes until they start to look translucent.

Mix in the pepper and mushrooms and grated carrot and fry for 3 minutes.

Remove the pan from the heat, and stir in the flour.

Add in the sage, vegetable stock, nuts, breadcrumbs, mixed herbs, cayenne pepper and salt and pepper to taste.

Put the mixture into an oiled oven proof dish.
Bake for around 35 minutes until golden brown.



James McVey's Chocolatey Christmas Log

This rich yule log perfectly caps off a Christmas dinner, enjoy with a coffee and if possible in front of a roaring fire!

Prep time:
20 mins

Cook time:
10 mins

Serves:
6

Ingredients

- 170g of self-raising flour
- 2 tbsp good quality cocoa powder
- 1 heaped tsp baking powder
- Pinch fine salt
- 85g soft brown sugar
- Pinch cinnamon powder
- 3 tbsp rapeseed or coconut oil
- 115g your favorite plant milk
- 2 tbsp apple sauce
- 1 tsp vanilla essence

Dairy free Chocolate Frosting

- 275g dairy free butter
- 1 tsp vanilla essence
- 1/4 tsp cinnamon powder
- 1/4 tsp fine salt
- 4 tbsp good quality cocoa powder
- 320g icing sugar

Decorations

- Baking paper for rolling cake
- 1 tbsp cocoa, extra
- 1 tbsp icing sugar, extra
- Fondant Snowman, Santa, leaves or berries for decorating.

Method

Begin by preheating your oven to 180C (160C for fan ovens). Line a 9" by 9" square baking pan with baking paper and grease the paper with dairy-free butter.

In a large mixing bowl sift together the flour, cocoa, baking powder, cinnamon and salt. Once combined stir in the brown sugar making sure there are no lumps. In a separate bowl or measuring jug combine the oil, plant milk, vanilla and apple sauce, mixing well. Mix the wet ingredients with the dry ingredients, until you have a smooth mixture.

Pour the mixture into the pan you prepared earlier and bake for 6 to 7 minutes or until firm and the edges of the cake will start to come away from the sides of the pan. Remove from oven and allow to cool for around 5 minutes. Once cool enough to handle turn out carefully onto a piece of baking paper and leave to cool.

Whilst this is cooling begin making the frosting. Start by creaming the dairy free spread, sugar and cocoa until light and fluffy then add in the vanilla essence, cinnamon and salt.

With the back of a spoon or pallet knife spread an even layer of frosting. If you want a more decadent filling you could add a layer of cherry jam or smooth peanut butter.

Once you have added your filling you are ready to roll your yule log. Gently lift the short end of the cake under the baking paper and slowly roll it forwards with both hands, trying not to trap the paper inside. Roll gently until it resembles a Swiss roll.

Spread the remaining frosting all over the outside of the cake and score lengthways. Combine the remaining icing sugar and cocoa together and sift over the cake and decorate!

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Evanna Lynch's Magical Mince Pies

For a perfect Christmas combination, enjoy these mince pies with a dollop of whipped coconut cream and a glass of warm spiced mulled wine. Don't forget to leave some out for Santa!

Prep time:
30 mins

Cook time:
20 mins

Serves:
16 mince pies

Ingredients

- 260g plain flour
- 100g refrigerated coconut oil
- 80g sugar
- Pinch salt
- 7-10 tbsp ice cold water
- 280g vegan mincemeat
- A tbsp of your favorite plant-based milk for brushing the pastry
- Icing sugar (you can add cinnamon as well) for dusting

Method

Using plant based butter grease the sides of a shallow muffin or mince pie tin and place in the fridge to chill. You can also use individual foil cases if you prefer. You need a total of 16 holes or foil tins to bake this recipe in one batch. Add the flour, salt, sugar and coconut oil into a food processor and blend together until the mixture resembles breadcrumbs.

Add the water slowly, one tablespoon at a time until the mixture starts to form a ball of dough. Once it's a firm pliable dough, wrap the dough in cling film and chill for 20-30 minutes in the fridge.

Roll out on a floured surface into a 2-3mm thick rectangle. Using a cookie cutter, cut 16 circles big enough to go in each hole or foil casing and come up the sides and prick the bottom of each mince pie with a fork. Spoon in a generous amount of mincemeat to each once, it should come 2-3 mm below the top.

Combine the remaining pastry together and roll out evenly until 2-3 mm thick.

Cut out the lids, either round or star shaped. Brush the top of each pie with a little plant-based milk then press down all the way around the lid to seal it. Place the mince pies into the fridge while the oven warms up to 220C (200C for fan ovens), Cook for 20-25 minutes, by which time the filling should be bubbling and the pastry should be a golden brown colour.

Once removed from the oven take pies out of the baking tin and place then onto a cooling rack. Once cooled, dust the tops of the mince pies with icing sugar, add a pinch of cinnamon to the sugar for an additional festive touch!

Meat free roasts

If you haven't got time to cook an elaborate meal, there are some delicious ready-made roasts that make the perfect festive centrepiece. Here are a few staff picks!

Packed full of plant-powered goodness, Fry's Family Foods Soy and Quinoa Country Roast and V Bites Seed Loaf are both healthy and tasty. Tesco stocks an ever-so easy-peasy to cook nut roast and we had a very merry time with Iceland's luxury parsnip and chestnut roast with mulled wine sauce!

If you're looking for something with a more meaty texture, Tofurky and V Bites offer vegetarian turkey-style roasts, which can be carved, served and enjoyed with all the trimmings.



Dairy-free cheese board

You'll go crackers when you see the variety of delicious dairy-free cheeses that's now available!

Indulge in some of the wonderful artisan nut cheeses produced in small batches by craft producers using traditional cheese-making techniques. They have a rich, creamy texture and come in different strengths and flavours, for example Brie and Camembert styles. Produced in small batches, they can be ordered direct from the producers (if we haven't bought all their stock already!)

Tesco and Sainsbury's both also stock their own ranges of dairy-free cheeses, including:

Sainsbury's Free From Wensleydale-style with cranberries

Tesco Free From strong Cheddar-style

Violife produces a range of cheddar- and mozzarella-style cheeses, and Vegusto produces eight different types, including a 'piquant' and a 'blue'.



Sweets and treats

Whether you're looking for budget-friendly or luxury mince pies and Christmas puddings, you don't have to look hard to find ones that are free from animal ingredients. Look at this fantastic assortment, which shows just a few of the many different dairy- and egg-free puddings and pies that are available from the major supermarkets. There are also gluten-free as well as alcohol-free varieties.



Why not add a dollop of dairy-free ice cream to your dessert? We are big fans of the Swedish Glace range, as well as Booja Booja's six deliciously-decadent coconut-based flavours.

For some extra indulgence, there's also a huge assortment of treats to satisfy the sweetest of teeth. Your local health food shop, or the 'free from' section in the main supermarket chains, are a great place to look. High street chain Hotel Chocolat stocks some gorgeous dairy-free truffles and bars (also available from hotelchocolat.com).

A festive favourite in our office are these truly scrumptious chocolate and hazelnut churros from Tesco.



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