



# Live Vegan for Less

this festive season

The festive season is upon us and is arguably the most expensive time of the year.

At The Vegan Society, we're on a mission to help you create a delicious festive feast that doesn't break the bank, costing around £22.18 for up to six people. Enjoy!

# Carrot soup

Starter, serves 4-6

**Carrot soup is a winter classic – not only is it delicious, but it's healthy, hassle-free and will help you save on money!**

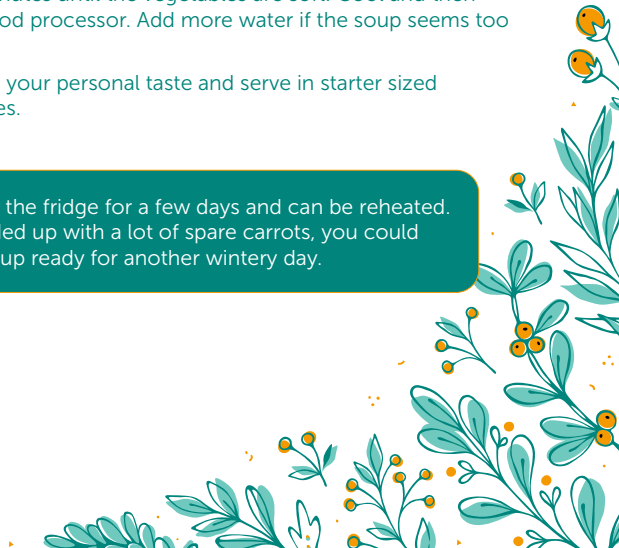
- Fresh sage leaves – 2 or 3 per bowl
- 1 medium onion (around 75-100g)
- 4-5 medium carrots (around 400g)
- 1 medium potato (around 150g)
- 2 cloves garlic
- 1 tsp turmeric
- 1 tsp ground ginger or 1 tsp grated fresh ginger root
- 1 litre of vegan stock
- Salt and pepper to taste
- 2 tbsp oil for frying



## Method:

- To make the crispy sage leaves, warm the oil in a large saucepan. Fry the sage leaves briefly, then transfer onto a clean dry kitchen towel to drain and crisp up. Leave the sage-infused oil in the pan.
- Peel and roughly chop the onions and fry in the oil for 2 minutes.
- Peel and chop the carrots and potato into small pieces (1-2cm), add to the pan, stir well and fry gently for 5 minutes.
- Peel and roughly chop the garlic, then add ginger and/or turmeric to the pan if using. Stir to mix well, cook for a further minute, then pour over the vegan stock. Bring to the boil, then turn the heat to low and simmer for 15-20 minutes until the vegetables are soft. Cool and then liquidise with a stick blender or using a food processor. Add more water if the soup seems too thick.
- Season with salt and pepper according to your personal taste and serve in starter sized portions, decorated with crispy sage leaves.

**TOP TIP:** Any leftover soup will keep in the fridge for a few days and can be reheated. It can also be frozen. In fact, if you've ended up with a lot of spare carrots, you could double the quantities and freeze some soup ready for another wintery day.



# Nut patties with cranberry orange sauce & festive mixed roast vegetables

Main course, serves 4-6

Nut patties and cranberry sauce go hand in hand, and with some vegetables taking longer to roast than others, sticking to dense root vegetables means everything should come together at the same time – winner!



## For the nut patties:

- 1 red onion
- 2 cloves garlic\*
- 2 tbsp oil for frying
- 200g mixed nuts
- 50g ground almonds
- 3 tsp peanut butter
- Salt and pepper
- 1 tsp finely chopped fresh rosemary, or herbs of choice

- 200ml vegan stock, cooled
- 130g fresh bread crumbs
- Zest of one large orange

## For the sauce:

- Juice of 1 large orange
- A small jar of ready-made cranberry sauce

## For the festive mixed roast vegetables:\*\*

- 100g brussels sprouts
- 150g butternut squash
- 70g of red onion
- 160g of potatoes

\*Optional ingredients

\*\*Serves 2, to serve 4 multiply by two and to serve 6 multiply by three



# Nut patties with cranberry orange sauce & festive mixed roast vegetables

Main course, serves 4-6

## Method:

- Preheat the oven to 190C.
- Peel and finely chop the onion and the garlic. Fry the onion and garlic gently in the oil for a couple of minutes, until soft and translucent.
- Use a food processor or a pestle and mortar to grind the nuts to a sandy consistency.
- In a large bowl, mix all the ingredients, using your hands to squash everything together into a firm ball. Cut the ball in half, then do it again, and again, to make 16 more-or-less equal-sized pieces. Shape each piece into a small disc and arrange on a baking tray lined with baking parchment. Bake for 30 minutes, turning halfway through the time.
- Serve immediately, garnished with the fruity sauce.

## For the cranberry orange sauce:

- Shop-bought cranberry sauce is quite thick and firm if you use it straight from the jar. Loosen it into a pourable and glossy sauce by warming the juice of one large orange in a small saucepan.
- Add the cranberry sauce, spoon by spoon, stirring well, until you have enough sauce to decorate every serving of nut patties.
- Remove from the heat and serve warm.

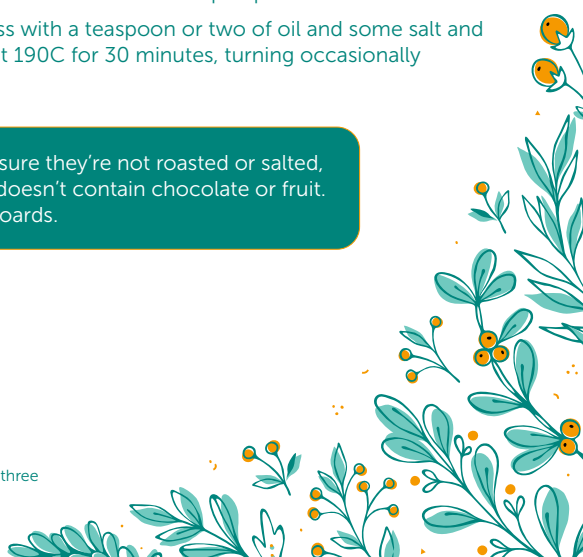
## For the festive mixed roast vegetables:

- Prep the vegetables by peeling, scrubbing or cleaning them as appropriate, and cut them into pieces around 2cm at the longest edge – it's important not to have some pieces much bigger than others. If you are using an onion, cut it into chunky wedges rather than slicing or dicing it. If you can achieve some variety in the colours and shapes, this will make for a more attractive dish. Brussel sprouts could be left whole, potatoes cubed, red onions cut into wedges and the natural curve of the butternut squash can be used to make fan-shaped pieces.
- Put the prepped veg into a large bowl and toss with a teaspoon or two of oil and some salt and pepper. Transfer to a roasting tray and roast at 190C for 30 minutes, turning occasionally

**TOP TIP:** Buy a bag of mixed nuts – make sure they're not roasted or salted, or otherwise flavoured, and that the mixture doesn't contain chocolate or fruit. You can also use up whatever is in your cupboards.

\*Optional ingredients

\*\*Serves 2, to serve 4 multiply by two and to serve 6 multiply by three



# Mincemeat Baklava

Dessert, makes 20 pieces

**Christmas puddings can be expensive to buy, and a rather heavy prospect at the end of a festive meal. A tray of baklava is a suitably sweet and sticky treat, and there's no pressure to eat it straight after your main course!**

## For the syrup:

- 250g granulated or caster sugar
- A pinch of salt
- 150ml water

## For the rest:

- 1 jar of vegan mincemeat (about 320g)

- 1 pack of vegan filo pastry (defrosted if frozen)
- A handful of chopped nuts for decoration\*



## Method:

- Spread the sugar, and the pinch of salt, evenly across the bottom of a large saucepan. Gently pour the water over the sugar, taking care not to allow any sugar crystals to jump up and stick to the walls of the pan. Make sure the sugar is completely covered by the water. Bring the mixture to a boil over a medium-high heat but do not stir it! It will start to bubble around the edges, and then the whole thing will start to boil – let it do this for 90 seconds, and you should be able to see all the sugar dissolving. Now, cover the pan with a lid and turn the heat to low. Cook for 2 more minutes, then turn off the heat and leave it to cool to room temperature. Once this has been achieved, move the pan into the fridge and chill the syrup for an hour or more.
- Preheat the oven to 190C. Prepare a small bowl with your oil and find a pastry brush. Line a baking tray (around 25 x 35cm, and 2cm deep) with baking parchment. Allow the paper to overhang the tray – this will make it easy to lift out the baklava once it has been baked.
- Open the packet of pastry and unfold the filo sheets – now you can see if the sheets fit your prepared tray. If necessary, use scissors to trim the filo sheets to fit – you can cut through several at once. From this point on, work quickly as the filo sheets will dry out fast. You shouldn't need to bother with draping a damp tea towel over the pastry, though, as this doesn't take long. If the pastry does start to get dry, press on – it will be fine, even if it breaks up a bit.
- Brush the parchment paper on the baking tray with oil and cover it with a sheet of filo. Brush the pastry with oil and put another sheet of pastry on top. Brush the pastry with oil again and add another layer of pastry. Now spoon the mincemeat onto the pastry and gently spread it out. Cover with another layer of filo, brush with oil, and repeat this process two more times.
- Use a sharp knife to mark the top of the baklava into small diamonds – the best way to do this is to make a series of parallel cuts diagonally starting at one corner, then add another series of parallel cuts, straight down from one long edge of the baking tray to the other.

\*Optional ingredients



# Mincemeat Baklava

Dessert, makes 20 pieces

- Bake the baklava for 30 minutes, then move it to a heat-proof surface and carefully pour all the sugar syrup over it. Set aside to cool to room temperature, then use the overhanging parchment paper to lift the baklava onto a cutting board and cut into diamonds to serve.

**TOP TIPS:** Check the ingredients of the mincemeat – not every brand is suitable for vegans, and depending on your dietary preferences, you may prefer to avoid brands that contain nuts or alcohol.

A fairly tasteless, light oil is best here. Don't be tempted to use melted margarine, as this may contain water that will make your pastry soggy



From everyone at The Vegan Society, we wish you a warm, safe and happy festive season.

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