

a thanksgiving dinner for everyone

new york times best-selling author, [chef tal](#) ronnen, has created something special for meat-lovers and vegans to enjoy together this coming thanksgiving.

main course:

sage and pumpkin seed encrusted gardein™ with cranberry cabernet sauce

sides:

wild mushroom stuffed cakes
green beans with fresh cranberries
creamy chive mashed potatoes
sweet potato biscuits

dessert:

apple bavarian torte

happy thanksgiving from all at gardein™!

sage and pumpkin seed encrusted gardein™ with cranberry cabernet sauce

ingredients

...for the cranberry cabernet sauce

extra virgin olive oil	3 tbsp.
large shallot	1
sprigs of thyme	4
dried cranberries	¼ cup
cabernet	1 cup
faux chicken stock or vegetable broth	1 cup
arrowroot	1 tbsp.
water	2 tbsp.
'earth balance' butter	3 tbsp.
salt and pepper	to taste

...for the cutlets

gardein™ chick'n scallopini (frozen) or gardein™ chick'n filets (fresh)	12 (3 pkgs.) 12 (3 pkgs.)
minced fresh sage	1 tbsp.
toasted pumpkin seeds (without shells)	1 cup
paprika	1 tsp.
panko breadcrumbs	1 cup
nutritional yeast flakes	2 tbsp.
unbleached white flour	
unsweetened soy milk	2 cups
olive oil for sautéing	
salt and pepper	to taste

instructions

...for the cranberry cabernet sauce

heat the oil in a sauté pan. add the shallots and sauté for 3 mins. add the thyme and cranberries and sauté for 2 minutes. season with salt and pepper. add the cabernet and scrape the bottom of the pan, then reduce the liquid by half.

add the stock and reduce by half. mix the arrowroot with the water and add to the pan. stir well and continue to cook for 2 mins. turn heat off and whisk in the vegan butter 1 tbsp. at a time. remove thyme stems.

...for the cutlets

in a food processor, process the sage, seeds, paprika, bread crumbs, yeast, salt, and pepper until well incorporated. (thaw the frozen gardein™ scaloppini) dredge each gardein™ cutlet in flour, then dip into the soy milk and then into the panko breadcrumbs. sauté on each side until browned and crisp.

6 servings
20 min prep
40 min cook

wild mushroom stuffed cakes

ingredients

'earth balance' vegan butter	½ cup
finely diced onion	2 cups
finely diced celery	1 ½ cups
assorted wild mushrooms, thinly sliced (try shiitake and oyster)	4 oz.
faux chicken stock or vegetable broth	1 cup
sage	2 tsp.
dried thyme	1 tsp.
dried rosemary	1 tsp.
fresh bread, cut into ½ “ cubes and toasted in a 300°f oven to dry out	1 loaf
salt and pepper	to taste

instructions

in a large sauté pan, heat the vegan butter and sauté the onions and celery for 3 minutes. add the mushrooms and dried herbs and continue to cook for 5 mins.

add the cubed bread and turn off the heat. add the stock and gently toss. let sit off the heat until most of the liquid has been absorbed by the bread.

fill a muffin pan with the stuffing, packing each section tightly, and bake in a 350°f oven for 15 mins.

6 servings

15 min prep

25 min cook

green beans with fresh cranberries

ingredients

fresh green beans, trimmed and cut on the diagonal	¾ lbs
margarine	2 tbsp.
cranberries	1 cup
garlic, minced and pressed	1 clove
fresh parsley, chopped	2 tbsp.
fresh tarragon, chopped	1 tbsp.
sea salt and freshly ground black pepper	to taste

instructions

bring a pot of salted water to a boil. add the beans and cook for 3 to 4 mins. drain the beans in a colander and hold under cold running water to stop the cooking process.

blot the beans with a paper towel to remove the excess water. put the beans into a dry skillet and heat over medium heat until the remaining moisture on the beans evaporates. stir in the margarine, cranberries, garlic, parsley, tarragon, salt, and pepper. toss to coat well. cook until heated through.

6 servings
15 min prep
15 min cook

creamy chive mashed potatoes

pre-prep tip! need to soak raw cashews overnight! (or , if you're short on time, use soy milk instead)

ingredients

large potatoes, diced	6
cashew cream (recipe follows)	1 cup
'earth balance' vegan butter	3 tbsp.
chopped fresh chives	¼ cup
salt and pepper	to taste

instructions

...for cashew cream

soak 2 cups of raw cashews overnight.

add the soaked cashews to a blender and fill with water sufficient to cover the cashews by 1". blend on high for 2 mins.

tip: if not using a professional high-speed blender, you might need to strain the cream through a fine-mesh strainer or cheesecloth. can substitute soy milk for cashew cream if needed.

...for the mashed potatoes

place the potatoes in a large pot and cover with water. bring to a boil and cook for 20 mins.

drain the potatoes, place in a bowl with the remaining ingredients, and mix until smooth.

serve hot.

makes 6 servings

20 min prep

20 min cook

sweet potato biscuits

ingredients

unbleached white flour	1 cup
baking powder	1 tbsp.
salt	1 tsp.
'earth balance' vegan butter, chilled	2 tbsp.
agave nectar	1 tsp.
mashed sweet potatoes, cooled	$\frac{3}{4}$ cup
unsweetened soy milk	$\frac{1}{4}$ cup

instructions

sift together the flour, baking powder and salt in a mixing bowl. cut in the margarine until well incorporated. add the agave nectar, sweet potatoes, and soy milk and combine, forming a soft dough. roll the dough out on a floured work surface to $\frac{1}{2}$ " thickness.

cut out biscuits of desired size. bake in a preheated 400°f oven on a greased baking sheet for 12 to 15 mins.

8 biscuits
20 min prep
20 min cook

apple bavarian torte

ingredients

'earth balance' vegan butter, chilled	½ cup + 1 tbsp.
apples, peeled, cored, cut in half and thinly sliced	3
brown sugar	1/3 cup
ground cinnamon	½ tsp.
white sugar, chilled	1/3 cup + ¼ cup
vanilla extract	¼ tsp. + ½ tsp.
flour, chilled	1 cup
non-dairy cream cheese (try 'follow your heart')	1 8oz pkg.
fresh lemon juice	1 tbsp.
cornstarch	1 tbsp.
sliced almonds	¼ cup

instructions

preheat the oven to 400°f.

oil a 9" springform pan.

in a skillet over medium heat, melt 1 tbsp. of vegan butter. toss the apples with the brown sugar and cinnamon and sauté for 2 to 3 mins. drain off and reserve the liquid.

cream together a ½ cup margarine, 1/3 cup white sugar, ¼ tsp. vanilla, and the flour. press the crust mixture into the bottom of the springform pan. set aside.

in a food processor, blend together the non-dairy cream cheese, lemon juice, ½ tsp. vanilla, cornstarch, and the remaining ¼ cup sugar. pour this mixture over the crust and spread the apples on top.

bake for 10 mins. drizzle with a couple spoonfuls of the reserved apple liquid, avoiding the edges of the pan, and continue baking for 25 mins.

sprinkle almonds over the top of the torte. continue baking until lightly browned. cool before removing from the pan.

6 to 8 servings

20 min prep

25 min cook