

KRIPALU THANKSGIVING MENU & RECIPES
2020

Spiced Squash Ginger Bisque
Mushroom Nut Pate
Gluten-Free Vegan Gravy
Black Cherry and Cranberry Chutney
Braised Kale and Apple Slaw
Celery Root and Parsnip Puree
Caramelized Brussels Sprouts with Kimchi Sauce
Pumpkin Pie with Cardamom Whipped Cream

RECIPES

Spiced Squash Ginger Bisque

1/4 cup pumpkin seeds
2 tablespoons olive oil
1/2 cup onions, small diced
5 cups butternut squash, peeled and large diced
1/2 teaspoon cinnamon
1/4 teaspoon allspice
1 1/2 tablespoons ginger
4 cups vegetable stock or water
1 teaspoon cider vinegar
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup coconut milk or non-dairy alternative or just straight up cream!
2 tablespoons maple syrup

Place pumpkin seeds in a small sauté pan on the stovetop. Turn heat to medium and toast lightly until the aroma is released, set aside to cool and reserve.

In a medium-sized saucepot with a lid place olive oil and onions with a pinch of salt. Place lid on the pan and let cook on low for 3–4 minutes or until onions are translucent. Mix in squash and place lid back on the pan. Continue to sweat stirring periodically for 5–7 minutes or until the pumpkin is cooked through and begins to lightly brown. Next, remove the lid and add cinnamon, allspice, and ginger and turn heat to medium. Allow spices to “bloom” for 2 minutes stirring frequently.

Next mix in the ginger and cook for 1 minute or until the fragrance is released. Add 1 cup of the stock and scrape and caramelization from the bottom of the pan. Add the rest of the stock and let simmer for 5–7 minutes. Remove from heat and puree using a tabletop blender or immersion blender. Mix in vinegar, salt, pepper, and milk. Adjust seasonings as needed.

Divided soup into bowls and sprinkle roughly 1–2 teaspoons of toasted pumpkin seeds on top with a drizzle of maple syrup for garnish.

Mushroom Nut Pâté

Makes 4 to 6 cups.

1 tablespoon olive oil

2 1/2 cups sliced button mushrooms

1 cup diced onions

3 cloves garlic, chopped

1 1/2 cups walnuts

1 cup raw sunflower seeds

2 tablespoons tamari

1 1/2 tablespoons fresh lemon juice

1/2 tablespoon tahini

1 tablespoon fresh oregano leaves

1 teaspoon fresh thyme leaves

Preheat the oven to 350°F.

Pour the oil onto a sheet pan (18 x 13 inch) and then add the mushrooms, onions, and garlic. Use your hands to rub the oil all over the vegetables, coating them thoroughly. Spread the vegetables in a single layer and roast in the oven until the onions are lightly browned and the mushrooms lose most of their liquid, 10 to 12 minutes.

Remove from the oven and let cool on the pan.

Meanwhile, put the walnuts and sunflower seeds in a small food processor and puree until smooth. If the nuts and seeds are too big, the pate will not hold together, so make sure everything is chopped fine. Add the cooled mushroom mixture, tamari, lemon juice, tahini, oregano, thyme, salt, and 1/2 cup of water. Continue to puree until very smooth, periodically scraping down the sides of the bowl. Taste the mixture and add salt. Press the pate into twelve 2-ounce patties, each about 3 inches in diameter and 1/2 inch thick. Let chill overnight.

To serve, preheat the oven to 375°F. Bake on an oiled sheet pan until heated through and crusty on the outside yet tender in the center, 10 to 15 minutes. Serve with vegan gravy.

Gluten-Free Vegan Gravy

Makes about 2 cups

2 tablespoons olive oil
1 1/4 cups chopped onions
3/4 cups sliced mushrooms
1/4 teaspoon dried tarragon
1/4 teaspoon dried thyme
2 tablespoons brown rice flour
1 1/2 cups unsalted Vegetable Stock (page 000) or store-bought
2 1/2 teaspoons soy sauce or Bragg's liquid aminos
1 teaspoon nutritional yeast
1/2 teaspoon fine sea salt
1 teaspoon chopped fresh parsley

Heat a medium saucepan over medium heat. Add the oil, onions, and mushrooms, shaking the pan to coat the vegetables. Reduce the heat to low, cover and sweat the vegetables until they are soft and the mushrooms release their liquid, 3 to 4 minutes. Uncover, turn the heat to medium, and cook until the vegetables are lightly caramelized and browned, 5 to 7 minutes, stirring now and then.

Stir in the tarragon and thyme and cook for 1 minute. Stir in the rice flour and then gradually stir in the stock and simmer until the mixture is smooth and slightly thickened. Stir in the soy sauce, nutritional yeast, and salt. Simmer gently for 5 minutes.

Puree the mixture with an immersion blender or in an upright blender. If using an upright blender, avoid a blowout by slightly cooling the mixture and partially removing the center lid of the blender. Puree until the gravy is smooth.

Stir in the parsley and serve hot. Or refrigerate the gravy in an airtight container for up to 3 days and reheat before serving.

Black Cherry and Cranberry Chutney

2 cups fresh or frozen cranberries
2 cups dried cherries
1/2 cup maple syrup
1/2 cup apple cider vinegar
1 1/2 cups water
1 tablespoon coriander
2 tablespoons ginger grated
1 teaspoon cinnamon
Pinch Himalayan salt
Zest and juice of 1 orange

In a medium heavy-bottomed pot, combine all the ingredients and bring to a simmer. Cook for 10–15 until the cranberries begin to burst and the liquid becomes syrupy.

Using an immersion blender or food processor lightly chop until a chunky but jam like consistency is reached. Chill and serve.

Celery Root and Parsnip Puree

2 1/2 cups celery root, peeled and roughly chopped into 1-inch cubes

2 1/2 cups parsnips, peeled and cut into roughly 1-inch pieces

4 tablespoons butter, ghee, olive oil, or vegan butter alternative

1 teaspoon salt

1/4 cup milk or dairy-free milk (optional)

2 tablespoons parsley, chopped

In a large saucepan add celery root and parsnips and just enough water to cover the vegetables. Add a pinch of salt, cover, and bring to a boil. Once boiling, remove the lid and reduce to a simmer. Continue to cook for 10–15 minutes or until the vegetables are fork-tender.

Once cooked, remove from the stovetop and—using a lid to hold veggies in the pot—drain out as much of the cooking liquid as you can and reserve for later use. Place the vegetables in a colander in the sink to drain completely.

Place the saucepan onto the stovetop and add butter/olive oil, salt, and milk (if using milk turn burner on to low to warm.) Place vegetable into the saucepan with a 1/2 cup of the reserved cooking liquid and then mash using a masher or firm whisk until smooth. Add more liquid until the puree's consistency is firm yet almost creamy like risotto. Mix in parsley, adjust seasoning with salt if needed, and serve.

Braised Kale and Apple Slaw

Serves 4 to 6

1 tablespoon olive oil

1 cup thinly sliced red cabbage

6 cups lightly packed shredded lacinato kale (from about 1 bunch or 8 ounces)

1/2 cup grated carrots

1/2 cup small-diced red apples with skin

1 teaspoon minced fresh ginger

1 tablespoon apple cider vinegar

1/2 teaspoon fine sea salt

1/4 teaspoon ground black pepper

Heat a large sauté pan over medium heat. When hot, add the oil and cabbage, shaking the pan to coat the cabbage. Cook until a bit softened but not browned, 2–3 minutes. Stir in the kale and cook for 2–3 minutes, tossing now and then.

Stir in the carrots, apples, and ginger, and cook until the carrots are still crisp-tender about 1 minute. Stir in the cider vinegar and one tablespoon water and cook until most of the liquid evaporates. Season with salt and pepper and serve.

Caramelized Brussels Sprouts with Kimchi Sauce

Serves 4 to 6

1½ pounds Brussels sprouts, trimmed and halved lengthwise
3 tablespoons toasted sesame oil
Sea salt and freshly ground black pepper
¼ cup minced shallots
2 tablespoons minced fresh ginger
1 cup drained and coarsely chopped kimchi
3 tablespoons extra-virgin olive oil
2 tablespoons pure maple syrup
2 tablespoons unsweetened brown rice vinegar
Pinch of crushed red pepper flakes
½ teaspoon toasted sesame seeds

Preheat the oven to 350 degrees.

For the Brussels sprouts, heat two large ovenproof sauté pans over medium-high heat. When hot, divide the sesame oil and Brussels sprouts between the pans, season the sprouts with salt and pepper, and toss to coat evenly.

Use tongs or your hands to place the sprouts cut sides down, then cook until the sprouts are lightly browned on the bottoms, about 5 minutes.

Place the pans in the hot oven and roast until the sprouts are golden brown on the bottoms, 5 to 8 minutes more.

Remove from the oven and stir in the shallots and ginger.

For the kimchi sauce, combine everything except the sesame seeds in a blender or food processor and blend or pulse until slightly chunky, 10 to 15 seconds. You should still see bits of cabbage in the mixture. Taste the sauce and season it with more salt if needed.

Pour the sauce over the bottom of a serving platter or 4 to 6 individual plates. Spoon the sprouts over the sauce and garnish with the sesame seeds.

Pumpkin Pie with Cardamom Whipped

Makes one 9-inch pie.

For pecan crust:

½ cup pecan meal

¾ cup gluten-free oat flour

¼ cup buckwheat flour

½ teaspoon cinnamon

⅛ teaspoon baking powder

⅛ teaspoon salt

¼ cup sunflower oil

¼ cup maple syrup ½ teaspoon vanilla extract

For pumpkin filling:

¼ cup arrowroot powder

1 teaspoon cinnamon

1 teaspoon cardamom

½ teaspoon salt

2 cups pumpkin purée

1¼ cups soy milk

¾ cup maple syrup

1 teaspoon vanilla

Cardamom Whipped Cream

Makes 2 cups.

1 cup heavy cream

1 tablespoon maple syrup

⅛ to ¼ teaspoon cardamom

Dash of vanilla extract

Preheat oven to 350 degrees. Brush the inside of a 9-inch pie plate with palm shortening or sunflower oil, and coat with a light sprinkling of flour.

To make the pecan crust, mix dry ingredients together in a bowl. Mix wet ingredients separately. Make a well in the dry ingredients and pour in the wet ingredients; mix together.

When thoroughly combined, press mixture onto bottom and sides of pan by covering dough with a piece of wax paper or plastic wrap and pressing and smoothing until evenly spread. Refrigerate or freeze until set.

Place a round of wax paper or parchment paper over crust, including the rim, and weight bottom and sides with dried beans. Bake until crust starts to firm, about 15 minutes. Remove paper and beans. Place pan over a square of aluminum foil; bring foil up over crust edges to keep crust from browning too much. Continue baking for another 6 to 8 minutes until bottom of crust starts to brown.

For pie filling, mix all dry ingredients in a bowl. Add the pumpkin purée, milk, sugar, and vanilla, and stir to combine. Pour filling into crust and bake until filling is set and starting to puff around the edges, about 45 minutes.

Combine ingredients for Cardamom Whipped Cream, and beat until soft peaks form. Serve alongside pie, or on top of each slice.

PREP FLOW

Monday

Make Chutney

Tuesday

Make and ready pie crust to bake

Make kimchi sauce

Prep squash for soup

Clean mushrooms for gravy and pate

Prep Brussels Sprouts

Wednesday

Bake pie crust first thing in the morning/ make filling/ fill and bake in afternoon

Make pate mix/ form into patties/ chill

Make vegan gravy/chill/ store

Prep celery root and parsnips/ store in water in frig

Prep Kale and Cabbage for slaw

Make soup chill

Thursday: Thanksgiving Day (Begin 2 hours Prior to Mealtime)

Pre-heat oven to 400.

Remove pate from oven and let come up to room temp

Remove chutney from frig. Let warm and adjust thickness with water if needed.

Drain of liquid of celery root/parsnip puree, make as directed and hold. (leave out parsley/add right before you serve.

Roast sprouts fully (these can be cooked hours before eating and just reheated and crisped in the oven right before serving and adding the sauce.

Warm soup

Warm gravy

Bake pate

Whip cream

Crisp sprouts/ toss with sauce or maybe leave some sauce on side)

Make Kale Slaw (this is done last and everything else is ready)