

Recipes for Dan Marek's Vegan Holiday

From Rouxbe:

[Wild Mushroom Gravy no-oil](#)

[Maple Glazed Yams](#)

Wine Glazed Brussels Sprouts

(serves 6)

Ingredients:

½ yellow onion, diced

½ red pepper, diced

10 oz of shaved Brussels Sprouts

½ tsp salt

½ tsp black pepper

1/3 cup of white wine

Method:

Put an empty sauté pan over medium-high heat and add the onions. Stir them regularly for 2 minutes until they begin to brown a bit on the ends then add the red pepper and cook for another 2 minutes. Add the shaved brussels sprouts and toss until mixed. Let the mixture stay still for about 3 seconds, then toss again and let it sit for another 45 seconds. Add the salt and pepper, toss again, then deglaze the pan with the white wine. Continue to cook and stir until the wine disappears and serve immediately.

Potato Latkes:

(makes 4)

Ingredients:

2 cups of grated and drained potatoes

1/3 cup of flour

4 Tbsp of sliced green onion

3 Tbsp of unsweetened almond milk

1 Tbls cornstarch

1 tsp salt

½ baking powder

1 tsp freshly ground nutmeg

1 tsp black pepper

Vegetable oil for frying (you should cover the bottom of the pan with about 1/8 inch of oil of your choice)

Method:

Once you grate the potatoes, squeeze out the extra moisture with a towel, then put the dried potatoes in a large bowl. Combine the potatoes with the flour, green onion, almond milk, cornstarch, salt, baking powder, nutmeg, and black pepper, then kneed the mixture for about 2 minutes by hand. Heat the oil in a frying pan on medium heat, then spoon in 1/3 cup of the mixture into the fry pan leaving space between them. Squish them down to about ¼ inch tall with the bottom of a spatula and cook until the bottom browns, then flip. Once the other side browns, remove them from the pan and place on a paper towel to remove excess oil. Serve with apple sauce or vegan sour cream and enjoy!

Mushroom Wellington:

(serves 8)

Ingredients:

- 1 large onion, diced
- 3 cups of mixed mushrooms, diced
- 2 cups of vegetable stock, 1 reserved
- 1 cup of packed, wilted spinach (can be frozen, you just need to thaw it first)
- 3 large portabella mushrooms, trimmed and degilled
- 2 sheets of vegan puff pastry
- 1 Tbls thyme
- 1 Tbls rosemary
- 1 tsp salt
- 2 tsp black pepper
- 1 Tbls aquafaba (chickpea water)
- 1 Tbls unsweetened almond milk
- 1 tsp olive oil
- ½ tsp maple syrup

Method:

Start by sauteing the onion in a pan over medium high heat stirring so they do not stick for about 1 minute. Add the mushrooms and continue to cook until the mixture begins to stick a little and deglaze the mixture with vegetable stock as needed. Place the mixture in a bowl to cool and use the same sauté pan to cook the portobellas. Cook for about 2 minutes with the tops down and pour about ½ a cup of vegetable stock in so they do not stick. Then flip them over and cook another 4 minutes adding stock if it disappears. Lay out your puff pastry on parchment paper (the type I use comes in smaller sheets that need to be pinched together in the center to form one sheet about 15 inches long by 6-8 inches across). Spoon half of the spinach mixture down the center leaving the last two inches clear, then add about ¼ of the mushroom mixture to the top of the spinach. Place the portobello mushrooms top side down, then season with thyme, rosemary, salt and pepper. Pack the inside of the portobellos with spinach, then use the rest to pack around the sides of the portobellos. Spoon out the rest of the mushroom mix into the portobellos, then pack around the base of the portobellos. Neatly fold up the puff pastry into a burrito looking shape, then use the parchment paper to flip the entire dish over so the seam side is down. Score the top with a knife making sure not to go too deep.

Mix the aquafaba, almond milk, olive oil and maple syrup and paint on the top of the wellington with a brush. Place the wellington in an oven at 350 degrees for 40-50 minutes turning the pan half way through.