THOSE VEGAN CHEFS

Holiday Cookbook





Contents:

Staples series:

- Caramelized Onions 4
- Farro Sausage 7
- Cashew Cream 8

Classic Gravy 9

Orange Ginger Cranberry Sauce 10

Mashed Potatoes 13

Stacked Potatoes 14

Green Beans with Farro Sausage 17

Maple Glazed Carrots 18

Traditional Stuffing 21

Pumpkin Pie 22

Acknowledgments 24

About the Authors 25

Staples series

Yield:
2 - 3 cups

4 Yellow Onions
2 Tbsp Extra Virgin Olive Oil
2 Tbsp Kosher Salt

Caramelized Onions

1. Peel the onions and cut in half. You can discard the root of the onion. Slice the onions thinly trying to be as uniform and even as possible. This makes a big difference when they cook—take the extra time now as it is worth it in the end.
2. Heat a heavy pot over high heat, the pot should be large enough to hold all of your sliced onions. Once hot, add the sliced onions and stir a couple of times, if not the onions might burn due to how hot the pan is.
3. Add the olive oil and stir to coat. Really give it a good stir.
4. Add the salt, reduce the heat to medium and allow the onions to cook. Stir the onions once every 5 minutes at the start—I prefer to use a wooden spoon as you will need to really scrape the bottom of the pan so the onions do not burn. This is the stage that we need to start paying closer attention to the onions. As the water from the onions starts to reduce the natural sugars will start to cook and slowly caramelize the onions. If you are not stirring the onions and scraping the bottom of the pan the sugars will go from golden brown delicious to burnt and black and we know how I feel about that.
5. The timing here can be challenging, the onions are done when they are a deep rich brown color and have reduced to only about 2 cups. This might take 30-45 minutes. Your patience will be tested here but it is worth it.
6. Once the onions are caramelized, remove them from the pan and place in a bowl, allow to cool at room temperature.
7. Cover and store in the refrigerator, use as needed.

Chefs reflection:
Caramelized onions are one of those cooking techniques that will never let you down and if you are an avid cook it's great to know how to make them. I have been making them my whole career and the memories run deep. I can see a large pot filled with 5 gallons of sliced onions and the smell as they caramelize is as fresh in my mind as if it were yesterday. One of my first tasks as a young chef was to make caramelized onions for all the cooks—hence the 5 gallon memory. One morning the Chef showed up early and caught all of us off guard. That large pot of onions that all the cooks stirred and took care of would take hours to cook properly and if we weren't careful it might burn in certain areas—well that day of course it burned and we never heard the end of it and of course I got the brunt of it as it was ultimately my responsibility. To this day I am still very careful when caramelizing onions not to burn them.
As an ingredient, caramelized onions have the power to elevate a dish from good to great. The caramelized onion is so diverse, it can boost a soup and bring flavor or texture to an endless variety of dishes.
One thing is for sure, there is a great amount of satisfaction when you start with 4 cups of perfectly sliced onions and end up with 2 cups of deep brown, rich, sweet and savory caramelized onions. As with numerous other techniques in a kitchen you need patience with caramelized onions but the end result is worth it.
Lastly, adding a bit of vegetable stock once the onions start to brown will help the onions not burn and will add a beautiful aroma to your kitchen.





Farro Sausage

Yield: 2 ½ Cups

8.8 oz Instant Cook Farro
1 tsp Fennel Seeds, ground
1 tsp Italian Seasoning
⅛ tsp Cayenne Pepper, ground
½ tsp Granulated Garlic
1 tsp Kosher Salt
2 Tbsp Extra Virgin Olive Oil plus more for the pan
2 Tbsp Maple Syrup
1 Tbsp Molasses
2 Tbsp Soy Sauce
2 1/2 cups Vegetable Stock
¼ cup Panko bread Crumbs
¼ cup Oat milk (or any non dairy milk)

1. Place the quick cook farro in a blender, pulse the farro 3-5 times. You are looking to break the farro up into small and medium sized pieces. DO NOT over blend, this will lead to creating farro flour which is not the goal here.

2. Heat a large sauce pan over medium heat, add 1 Tbsp extra virgin olive oil. Add the farro into the olive oli. We are looking to toast the farro just a little, when you can smell a light nuttiness that's the time to start adding the soy sauce, molasses and maple syrup. Continue to cook stirring for another 3 minutes to combine.

3. Add the vegetable stock, spices and salt. Stir to combine, reduce the heat to low. Cover and cook for 15-20 minutes.

4. Preheat the oven to 400 degrees. Spread the cooked farro in a thin layer on a baking sheet. Place in the oven for 15 minutes. Baking the farro reduces some of the moisture and creates a nice texture with some crispy bits.

5. Place the baked farro into a large bowl, its ok to let it cool enough so that you can handle it with your hands. Add the panko breadcrumbs, 1 Tbsp extra virgin olive oil and oat milk. You'll need to adjust the moisture level here if you're making patties or crumble. Patties may need more plant milk to bind together.

6. Heat a sauté pan over medium high heat, add enough olive oil to lightly cover the bottom of the pan, add your sausage patty or crumble, cooking until golden brown delicious also known as GBD. Enjoy!

Chefs reflections:

This recipe has been a long time in the making. The first time I had farro sausage was in New York at a vegan pizza restaurant named Zero Zero, it is a beautiful Matthew Kenney restaurant. It was one of the first up scale vegan pizza places in the country. All of the food we ate that day really hit the mark and honestly set the bar for what vegan pizza can be. We must have had 4 or 5 pizzas, we just had to try them all. The one pizza that really stuck out for me was a white sauce pizza with farro sausage, I fell completely in love with the farro sausage. In the following weeks and months, I couldn't stop thinking about how they made the sausage and how I was going to start making it myself. The first thing I did was to start working backwards on this recipe. You need to get the texture right, after that you need the fat, sweetness, salt and smoke. Of course the ever important umami must be BIG and I mean BIG. The sausage has a balance of texture, creamy and enough umami and smoke to bring you back to the memory of what sausage tastes like. The power of memory is enough to bring an emotional response to the surface with each bite.

Yield:
2 cups

Cashew Cream

2 cups Cashews, soaked
1 1/2 Tbsp Light Miso Paste
1 tsp Kosher Salt
1/2 cup Plant Milk

1. Bring a pot of water to a boil and add the cashews, cook for 5 minutes. Remove the cashews from the boiling water and place in cold water and soak over night.
2. Drain cashews from the soaking water. Place the cashews, plant milk, salt and miso into a blender (high speed blender is preferred) and puree until very smooth.

Chefs reflections:

This Cashew Cream recipe is a great replacement for heavy cream, sour cream or any other dairy based product that requires a full fat component. This recipe is a building block for other recipes and you can adjust the thickness, sweetness and savory aspect of this recipe easily. I love having cashew puree around to add to other recipes to really give it an extra flavor pop as well as richness and texture.



Yield:
Approx. 5 cups

Classic Gravy

½ cup Farro Sausage (see Staples Recipe)
¼ cup Caramelized Onion (see Staples Recipe)
1 tsp Fennel Seed, ground
¼ tsp Poultry Seasoning
1 Tbsp Garlic, sliced
½ tsp Italian Seasoning
½ cup Flour, All Purpose
3-4 cups Vegetable Broth
¼ cup Soy Sauce
½ tsp Salt
3 Tbsp Extra Virgin Olive Oil
2 Tbsp Parsley, chopped
4-5 Thyme sprigs
1 Bay Leaf

1. Heat a sauce pan over medium heat, add the extra virgin olive oil, and the sliced garlic, cooking for 3 minutes. We are looking for a small amount of color, do not cook to a deep brown as this will add a bitterness to the gravy. Add the ground fennel seed, poultry seasoning, Italian seasoning and then add the flour. Continue to cook over medium heat stirring the flour and scraping the pan making sure the flour dœs not burn. Cook for another 3 minutes.
2. Slowly whisk the vegetable stock into the flour mixture also know as a roux, making sure to incorporate all of the vegetable stock. Take care that there are no lumps of flour. Next add the soy sauce, caramelized onions, Bay leaf, Thyme Sprigs and kosher salt. Cook over low heat until thick, about 30 minutes. Make sure to stir and scrape the bottom of the pan as the starches tend to settle at the bottom of the pan. If left unattended, it will start to caramelize and burn. So take time to stir your gravy with a wooden spoon.
3. Place the gravy into a blender (remove the bay leaf & thyme) and puree on high until very smooth, I mean very smooth, just when you want to turn it off because it's loud and getting on your nerves let it run a little longer. Add the pureed gravy back to the pot and add the farro sausage, cook over low heat. If the gravy is too thick add a dash of plant milk to reach that perfect creamy rich smooth level of perfection.
4. Finish the gravy with chopped parsley and adjust the salt to taste and add a few cracks of black pepper.



Chefs reflections:

Gravy to me is like Curry in India or Tomato Sauce and Meatballs in Italy, the list gœs on and on everyone has the best version of their family dish and they'll go tœ to tœ with anyone to prove that their culinary skills are the best and that they are right. Gravy slips right into the octagon of food feuds. The passionate person that I am I can confidently say this is the best vegan gravy that I have made and tasted, hands down! Growing up in my house my mom did not do a lot of cooking, it tended to be foods of convenience, which is fine, no judgment here. However my mom took great pride in making gravy and mashed potatœs. Her gravy was your classic style gravy made from the pan drippings, sausage, sautéed onions, toasted flour, as well as the sausage bits in the gravy. After turning vegan it has been my goal to recreate this gravy. Not only am I proud of this gravy but it gets the stamp of approval from my mom.

Yield:
Approx. 2 cups

Orange Ginger Cranberry Sauce

1 bag fresh Cranberries
1 Whole Orange
¾ cup Water
⅓ cup Cane Sugar
2 Tbsp Maple Syrup
1 Cinnamon Stick
⅛ tsp All Spice, ground
¼ tsp fresh Ginger, grated

1. Place the cranberries, cane sugar, water, maple syrup, cinnamon stick, ground all spice in a medium sized pot. Using a microplane grater to zest the orange, then squeeze the juice of the orange into the pot. Using the microplane grater, grate the ginger. Stir to combine.

2. Cook on low heat for about 25 minutes. The sauce should be thick and most of the cranberries should have burst.Remove Cinnamon stick before serving.

This is simple to make but complex tasting cranberry sauce that is full of aromatic notes. If you want to make this cranberry sauce in advance, it gets better with time so go head and make it a few days before.

Chefs reflections:

I have cooked so many Thanksgiving dinners, both as a chef and at home for family. I have cooked for a 1,000 people where we had to make 50 gallons of gravy and of course I most likely had to make the same amount of Cranberry sauce. It really did not matter to me if I was at home cooking for 10 people or at the restaurant cooking for 1,000 I never really liked cranberry sauce. Cranberry Sauce just never made sense to me. Why add a gloppy tart sauce onto a plate of savory, big, bold, full of umami decadent plate full of love. The hypocrisy is not lost on me at this point, in every dish that I cook I'm always using acid as my secret weapon to bring balance between flavor or textures. Acid is such a powerful ingredient in cooking and has the power to shine a bright light, making an average dish into a magical dish. So are you asking yourself the question what took Stephen so long to see the value of cranberry sauce? It is the one thing that gives our palate room to breath and take a break, it makes the richer sides taste that much richer, it also makes you wanting to keep taking that next bite of food long after you are stuffed. Honestly I think what changed my mind is the addition of fresh grated ginger in the cranberry sauce, the perfume, that little kick, it adds a layer of freshness to the cranberry sauce that really stole my heart. After we tested the recipe the first time I knew I was a complete convert to the cranberry side loving side at Thanksgiving.





Chefs reflections:

Growing up in my house mashed potatoes were a very common side, my mom loved making them and she was very good at making mashed potato that were creamy, smooth and well seasoned. It was during my first few months at California Culinary Academy that I learned about a chef named Jœl Robuchon. It was Jœl Robuchon that opened my eyes to what a mashed potatoes could be or should I say Puree de Pommes could be. The level of detail that goes into this puree is off the chart. The potatoes are treated with great care from the very first step, such as cooking the potatoes with their skin to insure that they potatoes do not become water logged, t the last step of making sure the butter is perfectly emulsified. It really is a work of art.

The other chef that changed my view of mashed potatoes was Joyce Goldstein, I had the opportunity to spend a few nights working in her kitchen Square One while is was attending the California Culinary Academy. One of the jobs I had was helping one of the PM line cooks make mashed potatoes, that night forever changed my view on potatoes and what you can do with it. That night we boiled baby red potatoes with the skin on whole, we drained the potatoes put them in a huge stand up mixer with a whip, we add milk, roasted garlic puree and this is part that made stop and rethink everything, we started adding extra virgin olive oil. What, who puts EVOO in mashed potatoes that's just crazy. Well those potatoes were amazing, the roasted garlic with the creamy potatoes and bright, peppery, nutty flavor of the EVOO. So it the combination of those two chefs and my mom that helped form my mashed potatoes. We have the miso cooking with the potatoes creating a layer of umami and depth, a couple garlic cloves to bring earthy notes. The use of the ricer to create a smooth puree and of course the extra virgin olive oil hitting those floral, nutty notes all colliding together making a wonderful bowl of mashed potatoes.

Serves 6-8
As a side

Creamy Mashed Potatoes

4 lbs Yellow Potatoes, peeled
2 Garlic Cloves
1 Tbsp Yellow Miso Paste
1 Cup Plant Milk
2 Tbsp Vegan Butter
2 Tbsp Extra Virgin Olive oil
1 Tbsp Kosher Salt, plus some to season the potato water

1. Cut the potatoes into 6th's or 4th's depending on the size.
2. Place the potatoes in a large pot and cover with cold water.
3. Add the kosher salt, miso paste and the cloves of garlic to the potatoes.
4. On high heat, bring the potatoes to a boil then reduce the heat to a low simmer. Cook the potatoes until tender.
5. Heat a small pan over low heat to melt the vegan butter and the plant milk.
6. Drain the potatoes. While still hot, pass all of the potatoes through a ricer into a large bowl.
7. Add about half of the warm milk and butter liquid to the potatoes, stir to combine. Continue to add the milk until creamy and smooth. Add salt to taste.
8. Serve or place back in the pot, cover and keep warm until ready to serve.

Notes:

- Cut the peeled potatoes into equal sizes. Maintaining consistency in the potato sizes is key here. If you have different sizes of potatoes you will end up with over cooked and under cooked pieces of potato—this will be a problem later in the recipe.
- Always start your potatoes in cold water. The Cold water allows the potatoes to cook evenly, if you start with boiling water the potatoes will cook on the outside faster that the inside leaving you with over cooked on the outside and under cooked on the inside.
- Using hot milk and butter will help the liquid absorb quicker into the potato helping to limit the starches being released into the puree, the more you mash or whip the more starch is released and the mashed potatoes can become gummy.
- Ricing the potatoes is secret to perfect mashed potatoes.. Ricing the potatoes is a fast way to create a smooth, creamy and airy potato puree.
- Now sit back with a smile on your face knowing everyone is freaking out about the smooth, creamy and airy mashed potatoes and it's because you nailed a few simple steps.

Serves 6-8
As a side

Crispy Potato Stacks

6 Yellow Potatoes, medium sized
1 cup caramelized onions (see Staples Recipes)
4 Cloves Garlic, peeled and sliced thinly
½ cup Parsley, chopped
¼ cup Chives, chopped
2-3 Tbsp Thyme, chopped
½ Tbsp Kosher Salt
1 cup Vegan Parmesan, grated
4 Tbsp Extra Virgin Olive Oil

1. Scrub the yellow potatœs vigorously, set aside to dry.
2. Place the parsley, chives, and thyme into a large bowl, add the garlic and salt. Mix in the olive oil. The mixture should be thick, like a herb and garlic pesto.
3. Using a mandolin slicer, being careful to use the guard to protect your fingers. Slice the potato about an **⅛** of an inch thick. Slice the potatœs right into the bowl with olive oil and herbs. It takes about **¾** of a potato to make one stack. Toss the potatœs with the olive oil and herbs, coating all of the potato slices evenly.
4. Preheat the oven to 425° degrees. Lightly coat the inside of a muffin pan with olive oil. Cut out a small circles of parchment paper that are just little bigger than the bottom of the muffin pan. Place the paper circle down first. Assembly: start with 3 potato rounds down first, then add a dab of caramelized onions, then just one slice of potato then a sprinkle of vegan Parmesan cheese, then another potato or 2 because as you move up the muffin cup it becomes wider so you might need to use 2 to covert the layer. Continue alternating between caramelized onion and vegan Parmesan cheese until you are ¼ inch above the top of the muffin cup.
5. Place in the oven cooking for 20-30 minutes. The stacks should be golden brown and tender in the middle when pierced with a knife.
6. Allow the stacks to rest for 5 minutes, using a knife gently cut around the muffin cup and gently slide the knife under the stack and slowly lift up to remove. Remove the parchment paper and serve.

Chefs reflections:

Before going vegan one of the most ordered side dish from our catering company was scalloped potatœs. Not only was this the most ordered side dishes during the holidays but it was popular year round. I honestly enjoyed making this dish a lot, I loved the detail that I would put into all of the steps. It was almost a meditative thing for me. It know, its crazy but I have a few task in the kitchen that evoke that feeling, but I digress. Back to the scalloped potatœs. For me, It's slicing the potatœs ever so thin, layering the potatœs in a dish just perfectly overlapping the potatœs even though I know that no-one could tell the difference because it was in the middle of the dish. I love how beautiful the potatœs look all lined. I would take extra pride in the top layer looking like a piece of art so that when the potatœs, tender gold brown on top, would make you pause just a second before you dug a huge spoonful out. I really have not spent much time trying to recreate scalloped potatœs as a vegan dish, I am not sure why, but I had an idea for a simpler version that hit the notes as a bite sized version of scalloped potatœs. We have caramelized onions, a nice vegan Parmesan cheese, olive oil, robust herbs and yellow potatœs all baked until golden brown and crisp. And it's still just as fun and rewarding as making scalloped potatœs.





Green Beans with Farro Sausage

Serves 6-8
As a side

4 pounds Green Beans
1 cup Caramelized Onions (see Staples)
½ cup Farro Sausage (see Staples)
2 Tbsp Dijon Mustard
2 Tbsp Extra Virgin Olive Oil
2 Tbsp Red Wine Vinegar
⅓ Cup Parsley, chopped
⅓ Cup Chives, chopped
2-3 Tbsp Thyme, chopped
1 tsp Kosher Salt
Cashew Cream (optional)

1. Bring a large pot of water to a boil. Season the water with a big pinch or two of kosher salt, this will help season the green beans as they are cooking. Add the green beans and cook, approx. 3-5 minutes. Once the beans are just starting to turn tender, you check this by taking a bean and start pulling it apart if it starts pulling apart easily they are cooked and ready to be strained. Once strained rinse under cooled water to stop the beans from cooking. Set the beans aside.
2. Combine the Dijon mustard and olive oil together in a bowl whisk to combine, add the red wine vinegar. Add the chopped herbs and salt. Set aside.
3. Preheat oven to 400° F. Add the cooked green beans and caramelized onion to the herb vinaigrette, toss to coat evenly.
4. Assembly of the green bean dish. Place the green beans & onion mixture into the baking dish, next add the farro sausage over the top, pushing the farro into the beans to help distribute.
5. Optional creamy step: For those of you that really like the creamy style of green beans here is what we can do. Spread a thick layer of cashew cream on top of the green beans, season with salt and pepper and then add a few more caramelized onions to the top.
6. Place into the oven, covered and bake for 20 minutes or until hot.

Chefs reflections:
Most of us have had some version of that green bean dish that is made with cream of mushroom soup and fried onions on top. I'm not hating on that dish because I have had more than one serving of over the years. I honestly found that you don't need another heavy, cream based side at Thanksgiving, we already have enough sides that check off that box. Sometimes you need a simple classic green bean dish. This is that dish. We have added fresh herb vinaigrette and farro sausage to build a robust side dish. As always we have added a few little aspect to this dish that make it seem simple when looking at it, but looks can be deceiving because this dish is packed with flavor. The addition of Dijon mustard and vinegar paired with fresh herbs and the sweet, rich caramelized onions creates a really nice balance.

Maple Glazed Carrots

Serves 6-8
As a side

2 pounds Carrots, medium sized & multi colored
2 Tbsp Extra Virgin Olive Oil
2 Tbsp Vegan Butter
3 Tbsp Maple Syrup
2 Tbsp Brown Sugar
1 Tbsp Apple Cider Vinegar
½ tsp Cinnamon, ground
¼ tsp Ginger, ground
1 tsp Kosher Salt
¼ tsp Red Chili Flake
Chopped Chives as a garnish

1. Preheat the oven to 400° F. Remove the top of the carrots, scrub the carrots well, no need to peel the carrots.
2. Cut the carrots into 3 inch pieces on a bias cut, for the thick part of the carrot closer to the top you need to cut those sections in half length wise, then into a bias cut. We are looking for a uniform size. In a large bowl mix the carrots with the cinnamon, ginger, salt, red chili flakes and 1 Tbsp of extra virgin olive oil.
3. Heat a large sauce pan over medium high heat. Add 1 Tbsp of extra virgin olive oil, add seasoned carrots, spread the carrots out in a single layer so that the carrots can get some color and start roasting. If you do not have a large enough pan you can do this in batches. Once the carrots have started to get some color add the vegan butter if you cooked the carrots in batches combine all of the carrots. Add the maple syrup and brown sugar, stir to combine.
4. Place the carrots in the oven cooking for about 25 -30 minutes, the maple syrup should be reduced and coating the carrots. Add the apple cider vinegar, toss to coat. Season to taste if needed and finish with chopped chive.

Chefs reflections:

I have been making these carrots for years, for the most part the recipe has not changed at all. It is a solid recipe that people love. It was not until I started testing the maple carrot recipe that I realized that it need to be updated. Looking at the recipe the first memory that sprang to mind was a conversation I had with Chef/ Owner George Morrone at the restaurant Aqua in San Francisco. Chef was testing a new dish for an upcoming new menu and I was a young cook working lunch. I was always excited to see what chef was working on always ready to jump at any opportunity to see what the line cooks were making at dinner service. Chef was working on a sauce and to my great delight he asked me taste the sauce, which I was so excited to try but at the same time scared to death because I knew he was going to ask me questions about the sauce and I did not want to make any mistakes. The one topic of that conversation that stuck with me that day was the use of chili in a sauce and how that can really add another dimension to a dish. The heat of a chili makes the partnering flavors more pronounced and vibrant, the chili has the power to elevate each bite. Who knew adding chilies to a dish could create such a dramatic effect.

The first thing that I realized I need to add to the carrots was a hit of acid, the carrots are sweet we have the maple syrup and brown sugar, all three ingredients bring a different level of sweetness to the dish which helps build complexity to the dish, and some umami. However a splash of apple cider vinegar will bring a layer of earthy notes and a counter balance to the sweetness. The next area that needed to be addressed is building a bridge of flavors that help tie all of the sides together. In this case we are adding ginger which is also in the cranberry sauce. The last little change is adding the red chili flakes, this is the secret ingredient in this dish, the spicy heat helps draw the flavors all together as counter balance to all of the sweet, salty, umami, all colliding together making you take another bite followed with another bite.





Chefs reflections:

I LOVE STUFFING!!! It's that simple and I always eat more than my share. It's pretty fitting that its named stuffing because I truly stuff myself beyond what any normal person would do. What makes it so addictive for me? At the heart of it is the croutons. The secret is using enough Olive Oil to really have it soak into the bread plus seasoning the crouton well. A crouton that has a good amount of fat will create structure to retain a nice texture once vegetable stock is add and baked in the oven. The other element is the farro sausage and roasted apple. The farro brings texture and a smoky umami note. The Granny Smith apple adds sweetness and tartness. The final element, which is my personal favorite, is the crispy top bits. I love picking the out the croutons stuck to the side of the baking dish.

Serves 8-10
As a side

Traditional Stuffing

Croutons
12 cups Sourdough Bread, large bite-sized dice
1 Tbsp Granulated Garlic
1 Tbsp Italian Seasoning
1 tsp Kosher Salt
2-4 Tbsp Extra Virgin Olive Oil

Stuffing Mixture
1 tsp Poultry Seasoning
5 Garlic cloves, minced
2 Cups Celery, diced
1 Yellow Onion, diced
2 Granny Smith Apples, diced
3/4 cup Walnuts
1 cup Farro Sausage (see Staples recipe)
1 Tbsp Rosemary, chopped
2-4 Tbsp Extra Virgin Olive Oil plus more to drizzle
2 Tbsp Vegan Butter
1/4 tsp Liquid Smoke
1/2 cup flat leaf Parsley, chopped
3-4 cups Vegetable Broth

1. Preheat oven to 375° F.
2. Cut the sourdough bread into medium bite sized pieces. In a large bowl toss the diced bread with 4 Tbsp olive oil, Italian seasoning, granulated garlic and kosher salt. Place the croutons in the oven, cooking until golden brown about 15 minutes. Set aside.
3. Heat a large sauté pan with olive oil over medium-low heat, add the walnut pieces, we are looking to lightly toast the walnuts without burning the walnuts or the oil, low and slow is better than fast and burnt. Once the walnuts are lightly toasted remove from the pan and set aside. In the same pan add vegan butter, onion, celery and garlic. Cook until you have a light caramelization of the vegetables. Now add the poultry seasoning, the farro sausage, chopped parsley, the liquid smoke, chopped rosemary and the Kosher salt. Cook for another 5 minutes over medium heat. Place the vegetable mixture into a bowl, allow too cool.
4. Heat a heavy cast iron pan over high heat. Add the apple to the hot pan. The apple should start to char on the outside a little, leave the heat on high for the first 5 minutes. The apples should be starting to char a lot at this point, lightly season the apples with salt, reduce the heat to medium and cook until the apples are just starting to become tender about another 5-8 minutes. Once cooked add the apples to the bowl with the vegetables.
5. Mixing with your hands is the secret to perfect stuffing. Using your hands allows you to really feel the croutons and how much moisture they are absorbing, plus you are rubbing the herbs and vegetables into the croutons. If you don't have a bowl large enough, you can mix in batches. Place the croutons in the bowl along with the vegetable mixture, pour 1 1/2 cups of vegetable stock over the croutons, massage the croutons with the vegetable mixture, we are looking to coat the croutons with the fat and the vegetables, once you have mixed everything the croutons should feel moist and juicy. Place the stuffing into a casserole dish, make sure to distribute the vegetable mixture evenly. Cover and place in oven, cooking for 40 minutes.
6. Turn up the oven to 425° F and remove the cover from the stuffing. Add another 1 to 1 ½ cups of vegetable stock, you want to pour the stock all over the stuffing, almost as if you are trying to drizzle a sauce over the stuffing. Then drizzle olive oil over the top of the stuffing. Place the stuffing back in the oven uncovered for another 20 minutes. This is going to create that amazing crispy crust to the stuffing with a creamy custard like filling below creating that beautiful balance of crispy yet creamy.

1 Pie
9 inch

Pumpkin Pie

Crust:
1 ¼ cups all-purpose flour
½ tsp salt
1 Tbsp Sugar
6 Tbsp Vegan Butter, cold unsalted, cut into 1/4-inch slices
¼ cup chilled solid Vegetable Shortening, cut into 4 pieces
⅛ cup Vodka, cold
⅛ cup Water, cold

Filling:
1 Can (15 oz.) Pumpkin Puree
1 ¼ Cup Coconut Milk
1 Cup Sugar
6 Tbsp Cornstarch
2 tsp Vanilla
1/2 tsp Salt
1 tsp Cinnamon, ground
¼ tsp Nutmeg, ground
¼ tsp Cloves, ground

- Crust:

1. Process ¾ cups flour, salt, and sugar in stand up mixer until combined. Add butter and shortening and process until homogeneous dough just starts to collect in uneven clumps, about 15 seconds (dough will resemble cottage-cheese curds, and there should be no uncoated flour). Scrape bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining flour and mix until dough is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into a bowl.
2. Sprinkle vodka and water over mixture. Mix until dough is slightly tacky and sticks together. Mold into a ball and flatten into a disk. Wrap in plastic wrap and refrigerate at least 45 minutes or up to 2 days.

- Filling

1. Preheat oven to 350° F
2. Add all ingredients to a blender and process until smooth.

- Assembly

1. Roll out dough into a pie plate and crimp edges.
2. Pour pumpkin pie filling into the shell and cook for 60 minutes. Keep an eye on the crust edges, if they become too brown, cover with foil.
3. Allow to cool before serving.



Acknowledgments

This collection of recipes have been made year after year for 6 years now. Our son's favorite meal is Thanksgiving which we end up making for birthdays or just when he comes to visit. Pie is preferred to cake. The gravy is used for brunch items like biscuits and gravy or Swedish tofu balls, the farro sausage is used weekly as a meat replacement in tacos, pasta and so much more.

We want to thank Carson Janke for being an integral part of the team. As video editor, music creator, logo designer, and purveyor of good taste, we couldn't have done it without you or at least as well.

Patrick Coston has been a lifelong sounding board for recipes, food ideas and just a damn good friend.

To all of our parents, Jeanie, Paul J., Lynne, Paul V., and Lisa, we appreciate your support, friendship, feedback and unconditional love.

The "Cheeky half" gang; Liz, Pete, DJ and Sue we appreciate the reprieve from the grind of daily life, good humor and friendship over a pint (or two). Eamon for being a fantastic coach and friend, without my training I would be a complete wreck. All of our friends, both near and far, we appricate and love you.

Finally, we thank the chefs that trained us, vegan or not, who have taken the time to hone the craft of cooking, sharing their knowledge and wisdom. I wouldn't be the chef I am today without your guidance.

Stephen and Julie



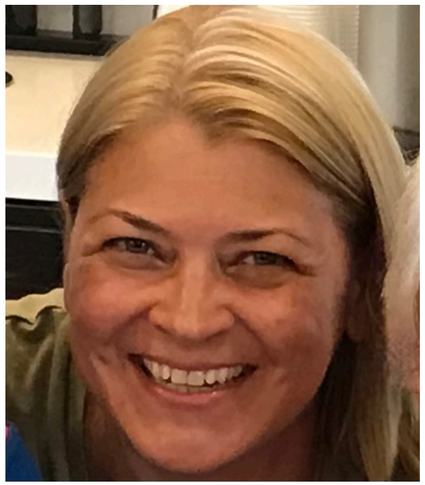
About the Authors



Stephen Janke is passionate about living in a healthy and sustainable lifestyle. As a trained chef, he has a love of good food, and a wealth of experience from working as a Chef in high end restaurants, running his own restaurant and catering company, R & D Chef at a CPG company and running his own successful CPG company.

Stephen offers honest and practical advice on plant-based product development, restaurant menu and recipe development, as well as a scaling up. He is particularly passionate about plant-based recipes that elevates what was once an afterthought in most kitchens. Whether that be for the home cook through his recipes and videos or advising the hospitality sector on improving their offerings to consumers who are increasingly demanding better choices.

Stephen is pleased to be launching Those Vegan Chefs with partner and wife, Julie. Sharing good food and good health with as many people as possible has always been the goal.



Julie Van Dam started working in the food industry early in her life. Mostly as a quick and easy way of making money, it eventually turned into a career. After working in and running some of the top fine dining restaurants in San Francisco, Julie took a much needed break to raise a family. Soon she was pulled into the family catering business, running it for more that 10 years.

In 2014 after being diagnosed with Stage 4 colo-rectal cancer, Julie and the whole family switched to a plant based lifestyle. With partner and husband Stephen, they soon opened and ran a successful CPG company. Now the couple is excited with the launch of Those Vegan Chefs cooking videos and sharing recipes to help others interested in healthy living.



ThoseVeganChefs.com

THOSE VEGAN CHEFS