

PLANT-BASED HOLIDAY MENU

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BEVERAGE

Ginger Turmeric Latte

MAIN

Eggplant Moussaka

SIDE

Maple Roasted Parsnips and Pears

DESSERT

Butterscotch Squash Cake

*Recipes courtesy of Chef Amy Symington
Photos by Darren Kemper & Christine Hotz*



GINGER TURMERIC LATTE

Serves: 6

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 1.5 tsp (7 mL) coconut oil
- 1 tbsp (6 g) ground turmeric
- 1.5 tsp (3 g) ground ginger (or grated fresh ginger)
- 1/4 tsp cardamom
- 1/4 tsp black pepper
- 6 cups (1.5 L) almond milk
- 4 tsp (20 mL) maple syrup

Directions

1. In a medium sauce pan over medium heat, add coconut oil.
2. Once melted, whisk in turmeric, ginger, cardamom, and pepper. Toast until fragrant, about one minute.
3. Next, whisk in almond milk. Bring to a simmer, about 3 minutes. Allow to simmer for an additional 3 minutes.
4. Sweeten with maple syrup and enjoy!



EGGPLANT MOUSSAKA

Serves: 6

Preparation Time: 20 minutes

Soaking Time: 1 hour

Cooking Time: 1 hour

Ingredients

- 1/2 eggplant (250 g), sliced into 1/4" thick disks
- 3/4 tsp (3 g) sea salt, divided
- 1 x 400 mL can diced tomatoes, liquid drained and reserved
- 1/2 cup (103 g) dry brown lentils
- 1 1/2 tsp (8 ml) extra virgin olive oil, divided
- 1/2 onion, diced
- 1 tbsp dried oregano
- 1/4 tsp black pepper
- 175 g firm tofu, crumbled
- 1/3 cup (55 g) unsalted blanched almonds or cashews, soaked in hot water for 1 hour, water discarded
- 1/2 cup (125 ml) water
- 3-4 cloves (20 g) garlic, skins removed
- 2 1/2 tbsp (40 ml) fresh lemon juice
- 1 (1 g) sprigs parsley, finely chopped

EGGPLANT MOUSSAKA CON'T

Directions

1. Preheat oven to 375°F (190°C) and line baking sheet(s) with parchment paper.
2. Lay eggplants flat on a clean and sanitized counter. Sprinkle slices of eggplant with 1/4 tsp of salt. Allow to sit for 5 minutes then pat dry with a towel. Arrange eggplant in a single layer on prepared baking sheet(s) and brush tops with 1/2 tsp oil. Place in oven for 10 minutes or until slightly brown. Flip and bake for another 10 minutes.
3. Using the reserved tomato juice, cook lentils according to package directions, using additional water if needed. The lentils should cook to approximately 1 1/4 cups (310 g).
4. In a large sauté pan over medium heat, add remaining oil. Add onions and sauté until translucent, about 3-5 minutes.
5. Next, add cooked lentils and oregano. Sauté until fragrant, about 3 minutes.
6. Next, add tomatoes to the lentil mixture. Sauté until liquid has evaporated, about 5-7 minutes. Season with remaining salt and pepper.
7. Meanwhile, in a food processor add tofu, soaked nuts, water, garlic, lemon zest and juice, and remaining salt. Blend until completely smooth. Set aside.
8. To assemble: in a 9"x 13" baking dish, evenly distribute and spread the lentil mixture. Next, layer the eggplant and then top with the almond mixture. Cover with foil and bake for 15 minutes. Remove foil and bake for another 30 to 35 minutes or until the topping starts to golden. Garnish with fresh parsley.

Tips:

1. Alternatively, you can use canned lentils that have been drained and rinsed instead of cooking from dry. Cook onions as directed. Stir in lentils, oregano, and canned tomatoes with their juices. Continue to cook over medium heat until the majority of the liquid has evaporated, about 12-15 minutes. Season with remaining salt and pepper.



MAPLE ROASTED PARSNIPS AND PEARS

Serves: 10

Preparation Time: 16 minutes

Cooking Time: 25 minutes

Ingredients

- 1 lb (908 g) parsnips
- 4 large pears
- 1/4 cup (60ml) olive oil
- 2 tbsp (30 ml) maple syrup
- 1 tbsp (10 ml) white vinegar
- 1 tsp (10 g) smoked paprika
- 1 tsp (10 g) sage
- 1 tsp (5 g) salt
- 1 tsp (5 g) pepper

Directions

1. Preheat oven to 425F (220C) and line a baking sheet with parchment paper.
2. Peel parsnips and cut them into 1-inch pieces.
3. Trim and core the pears then cut them into 1-inch pieces.
4. Toss the parsnips and pears with the oil, maple syrup and vinegar, then add spices and seasoning and toss again.
5. Roast in the oven until golden brown, approximately 25 minutes.



BUTTERSCOTCH SQUASH CAKE

Serves: 12

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Ingredients

- 1/2 tsp coconut oil

Dry Ingredients:

- 2 cups (230 g) whole grain spelt flour
- 3 tbsp (15 g) ground flax seed
- 2 tsp (5 g) ground cinnamon
- 2 tsp (8 g) baking powder
- 1 tsp (5 g) baking soda
- 1/4 tsp nutmeg
- 1/4 tsp (1 g) salt
- 1/4 cup (33 g) pecans, chopped

Wet ingredients:

- 1 1/4 cups (300 g) buttercup squash puree
- 1/2 cup (125 ml) grapeseed oil
- 1/2 cup (125 ml) maple syrup
- 1/3 cup (80 ml) water
- 1 tbsp (15 ml) apple cider vinegar
- 1 tbsp (10 g) freshly grated ginger
- 1 tsp (5 ml) vanilla extract

Butterscotch Glaze:

- 1/4 cup (60 ml) coconut oil
- 1/2 cup (125 ml) coconut milk
- 1/4 cup (60 ml) maple syrup
- 1 tbsp (16 g) buttercup squash puree
- 1 tsp (5 ml) vanilla extract

Garnish:

- 3 tbsp (30 g) toasted pecans, chopped

BUTTERSCOTCH SQUASH CAKE CON'T

Directions

1. Preheat oven to 350°F (175°C) and grease one 9-inch bundt cake pan using 1/2 tsp (3 ml) of coconut oil.
2. In a large mixing bowl, add dry ingredients and thoroughly combine. Make sure the pecans are nicely coated to prevent them from falling into the bottom of the pan.
3. In a small mixing bowl, add wet ingredients and thoroughly whisk.
4. Add the wet to the dry ingredients and mix until combined. Do not overmix.
5. Evenly distribute mix into greased bundt cake pan. Bake for 45 to 50 minutes or until the cake passes the toothpick test. Remove from oven and allow cake to cool completely in pan on a cooling rack.
6. Meanwhile, make the butterscotch sauce. In a medium sauce pan, over medium heat, add the coconut oil.
7. Once melted, whisk in the remaining sauce ingredients and allow to simmer for 3-5 minutes. Occasionally whisk the sauce to ensure it is not sticking to the sides or the bottom. Set aside and allow to cool, about 10 minutes.
8. Once the cake and sauce have completely cooled, flip the cake pan over on to a cake plate. Drizzle with the butterscotch sauce and sprinkle with toasted pecans. Slice and serve!

Tips

1. If buttercup squash is out of season and difficult to source, feel free to replace it with butternut squash, at a 1:1 ratio. Other varieties such as kabocha will make the cake too dry.
2. If bundt cake pans are not available use one 9-inch cake pan. For best results, ensure to line the bottom of the cake pans with a piece of parchment paper and reduce baking times to 30 minutes.
3. It is important that the cakes cool completely before removing them from their pans, or else the cake may fall apart.