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## VEGAN HOLIDAY ROAST WITH STUFFING

### INGREDIENTS

1/3 cup tofu (4 oz)  
2/3 cups milk, soy or almond (unsweetened!)  
4 tablespoons olive oil  
1 tablespoon Braggs Liquid Amino Acids (soy sauce)  
1 cup gluten flour (About 6.5 oz)  
2 tablespoons flour, all-purpose  
3 tablespoons mushrooms, ground  
1 1/2–2 teaspoons (hickory) salt  
3 tablespoons nutritional yeast  
2 teaspoons sage  
1/4 teaspoon savory  
1/4 teaspoon herb de provence

### GLAZE:

1 tablespoon oil  
1 tablespoon Braggs  
1–2 teaspoons maple syrup

### STUFFING:

2 tablespoons oil  
1 onion, finely chopped  
1 garlic glove, minced  
8 oz. Crimini mushrooms, sliced  
1/3 cup chopped walnuts or pecans  
2 cups vegetable stock  
12 oz. of cubed seasoned bread

### INSTRUCTIONS:

In a food processor blend tofu, milk, olive oil and soy sauce until smooth. In a separate bowl, add all remaining ingredients, and blend well. Combine the two together, adding in the dry ingredients a little at a time, to make a soft dough (may not need all the dry ingredients). The dough should be loose, but manageable. (If too loose, add a teaspoon of vita wheat gluten flour. Just add enough to handle the dough.) Knead for a minute or so. Set aside and let dough rest for a few minutes. Roll or press dough into a rectangle. In the middle place a small amount of stuffing. Close. Wrap with one layer of baking paper, string, and finally a layer of foil. If you choose to make the dough more of a round shape, divide the dough in half. Roll the dough into a round shape. Add lots of stuffing to make the round shape. Then roll out the other half of the dough and add as a cover. Wrap in parchment paper and foil. Bake at 350 F for one hour. Let cool slightly before removing parchment paper.

If desired, char roast in frying pan for a few minutes. Turn over and do the same on the other side.

**Glaze:** Serve with mushroom stuffing, blanched Brussel sprouts, cranberries, potatoes and gravy.

**Note:** You may cook mushroom in the glaze above, but if you are adding Brussel sprouts, make sure to cook them for 3-4 minutes, then rinse in cold water, to retain that beautiful green color. Heat up in left over glaze if desired.

**STUFFING:** Saute onion in olive oil until translucent. Add garlic, mushrooms, and nuts, sauté for a few more minutes. Add vegetable stock. Bring to a boil. Set aside, add in seasoned bread cubes. Toss gently. Salt to taste. Let's stand with the lid on to moisten.

Happy Holidays.

<https://chefani.com/vegan-holiday-roast/#tasty-recipes-2420>



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## BLUEBERRY PIE CRISP (VEGAN)

### INGREDIENTS:

#### Crust:

1 1/2 cups flour  
1/2 teaspoon salt  
8 tablespoons coconut oil  
1 teaspoon fresh lemon juice  
Ice water as needed

#### Filling:

1/2 cup frozen 100% apple juice concentrate  
1/3 cup maple syrup  
1 tablespoon lemon juice  
1/4 teaspoon allspice  
1 pinch of salt (optional)  
4 cups frozen blueberries  
2 tablespoons corn starch or tapioca (see note) dissolved  
in 1 tablespoon water

### INSTRUCTIONS:

#### Crust:

In a food processor, add flour and salt, pulse to mix. Next add coconut oil and lemon juice, pulse until mixture resembles crumbs. Add ice water, one tablespoon at a time, until the mixture sticks together when pressed. Should be fairly dry. If the dough gets too wet, harden in fridge for 5-10 minutes. Divide the dough in two. Roll out half the dough and place in the bottom of a pie pan. Use a fork to poke a few holes in the crust, and cover with parchment paper. Add pie weights or baking beans. Bake at 350F for 30 minutes. Remove pie weights and bake an additional 10 minutes. Let pie crust cool slightly. With the second half of the pie dough, roll out and cut into little stars. Bake at 350 for 10 minutes. Let cool. Set aside to be used for decorations.

#### Filling:

In a sauce pan, combine apple juice concentrate, maple syrup, lemon juice, allspice, and a pinch of salt. Bring to a simmer. Add frozen blueberries. Stir to combine. Let simmer for about 2 minutes. Add corn or tapioca starch (dissolved in 1 tablespoon of water). Stir to combine. The mixture should thicken quickly. Pour into prepared pie pan. Let sit to cool for a couple of hours. Decorate with pie crust stars. Serve with vegan whipped cream or ice cream.

### NOTES

Tapioca vs. corn starch: Either of these starches thicken the filling, but the result is slightly different. The tapioca creates a slightly looser texture, which I actually really like in this recipe. If you have both at hand, and feel adventurous, I would recommend you try tapioca first. I do not think you will be disappointed.

<https://chefani.com/blueberry-pie-crisp-vegan/#tasty-recipes-3291>

