

detox kitchen

Festive

RECIPE
GUIDE

2022



'TIS THE SEASON

Gone are the days where the meat centerpiece is the star of the show. It's all about the plant showstoppers and the trimmings now! Last year reported 1 in 5 Brits having a meatless Christmas, with numbers increasing each year.

Let's make Christmas a reason to celebrate the rich and vibrant quality of plants, by piling our tables and plates high with impressive, indulgent, and most importantly, delicious plant-based recipes.

We've compiled a collection of [festive recipes](#), including a few traditional favourites, a few new and improved and a few with a bit of a twist ... We can't wait for you to try them!

Lily and the Detox Kitchen team x



RECIPES

ROOT VEG GALETTE

SERVES 4

Name a prettier plant-based centerpiece? This rustic galette provides a nice change to the nut roasts and veggie wellingtons that appear on most Christmas tables. It combines the best of earthy root vegetables with a base of creamy leeks, encased in a crumbly, nutty pastry. You'll be pleased to hear it's a lot easier to make than it looks!

Ingredients:

For the pastry:

200g organic wholegrain or plain flour (gluten-free if preferable)

30g walnuts

30 pistachios

120g Biona sunflower spread

50ml ice water

For the filling:

2 beetroots, cut into wedges

½ small butternut squash, halved and sliced into moons

2 leeks, chopped

100ml coconut milk

50ml oat milk

A handful toasted pine nuts

1 tbsp chopped mint

Salt and cracked black pepper

Method:

1. Place the walnuts and pistachios in a food processor and blitz to a fine crumb. Tip the nuts into a large mixing bowl together with the flour and vegan spread and rub together to form a crumb. Then gradually add in the ice water until a firm dough is formed. Wrap the dough in wax paper or cling film and leave in the fridge for 30 minutes until chilled.

2. Roast the beetroot and squash at 200 degrees celsius for 45 minutes.

3. Add some oil into a pan and sweat the leeks for 3-5 minutes. Add in the coconut milk, oat milk, salt and pepper and leave to simmer for 10-15 minutes until reduced.

4. Roll out the pastry and fill the middle with the leek base, leaving a 1 inch margin to fold the pastry over. Top the leeks with the beetroot and squash. Bake in the oven for 30 minutes at 180 degrees celsius.

5. Take the galette out of the oven once golden and sprinkle the pine nuts and mint and add a drizzle of olive oil. Serve alongside all the trimmings, and a generous dollop of mustard if you like!





VEGAN CAULI CHEESE

SERVES 4

We believe that no roast is complete without a cauliflower cheese. It is that rich, creamy, savouriness that brings everything together. This is a delicious and healthy-ish vegan version, with a creamy cashew white sauce that is a really good alternative.

Ingredients:

1 cauliflower, cut into small florets

Rosemary to top

For the Bechamel sauce:

400ml oat milk

330ml water

250g silken tofu

80g white onion

75g buckwheat flour (we recommend Dove's Farm)

50ml rapeseed oil

2 cloves garlic, crushed

3 tbsp nutritional yeast

1 tsp salt

½ tsp cracked black pepper

Method:

1. Preheat your oven to 180 degrees.
2. Start by sauteing the onion in a frying pan in a little rapeseed oil until softened. Then add the garlic. Add the flour to form a roux. Slowly add the oat milk, stirring constantly to make sure there are no lumps. Add the rest of the ingredients and bring to the boil. When the sauce has thickened, remove from the heat and blend until smooth.
3. Place the cauliflower florets in an ovenproof dish and pour over the sauce so that they are completely covered. Sprinkle with the rosemary and cook in the oven for 20 minutes and then switch it to the grill function and grill for 2-3 minutes until golden on top.

THE ULTIMATE VEGAN GRAVY

SERVES 4

Think it's impossible to make a thick, rich *vegan* gravy? Think again. This gravy has a long cooking time to give it great depth of flavour but don't be put off by this! It's hands-off cooking time and it can be made up to 3 days ahead then reheated on the day.

Ingredients:

1 white onion, roughly chopped

2 sticks celery, roughly chopped

1 carrot, roughly chopped

50g dehydrated mushrooms, roughly chopped

1 tbsp fresh thyme

100g frozen blackberries

2 tbsp rapeseed oil

3 litres vegetable stock

Salt and black pepper

Method:

1. Heat the oil in a large, heavy-based saucepan then add the onion, celery, carrot, mushroom and thyme. Fry on a high heat until the veg is caramelised and beginning to soften.
2. Add the frozen blackberries and continue to cook on a high heat until the liquid is reduced by half.
3. Reduce the heat down to medium then add the stock. Simmer, uncovered, for 4 hours.
4. Pass the mixture through a fine sieve into a large bowl and discard the vegetables. Return the liquid to the saucepan and add the flour slowly, stirring constantly to ensure there are no lumps. Simmer until desired thickness is reached, approximately 10-15 minutes. Season with salt and black pepper to taste before serving.





THE PERFECT ROASTIES

SERVES 4

There's always one who claims they make the best roast potatoes. The key is in the fluffing.

Ingredients:

1kg Maris Piper potatoes, peeled and cut into quarters

4 tbsp rapeseed oil

Salt and freshly cracked black pepper

Method:

1. Preheat the oven to 200 degrees.
2. Bring a large pan of water to the boil, then add your potatoes and simmer for 10-15 minutes. When parboiled, drain in a sieve and shake the sieve vigorously to 'fluff' the potatoes.
3. Add to a baking tray and coat with the rapeseed oil, and a generous season of salt and pepper. Use a spatula to make sure the potatoes are evenly coated.
4. Pop in the oven and roast for 15 minutes. Remove and shake the pan, fluffing the potatoes more and making sure they are turned, adding a little more oil if needed. Roast for a further 10 minutes until golden and crispy.

ROAST PARSNIPS

SERVES 4

Crispy parsnips are certainly up there with roast potatoes for us. Garnish with fresh herbs if you like and serve on a large platter so that everyone can dig in at the table.

Ingredients:

400g parsnips, peeled and cut into chunky batons

2 sprigs rosemary, tough stalks removed

1 tbsp honey or agave nectar

2 tbsp olive oil

Salt and freshly cracked black pepper

A handful of parsley, chopped (optional)

Method:

1. Preheat the oven to 200 degrees.
2. Place the parsnips on a baking tray then drizzle with 2 tbsp olive oil and honey. Add the rosemary and season with a pinch of salt and black pepper. Toss until the vegetables are well coated in the oil.
3. Place the tray in the oven and roast for 30-40 minutes until the vegetables are well browned and tender.





SPEEDY SAUTÉED RED CABBAGE

SERVES 4

Sometimes you forget or simply run out of time to simmer the red cabbage overnight. Cue a speedy red cabbage dish that is just as good, if not better.

Ingredients:

1 red cabbage, quartered, cored and shredded

1 tbsp rapeseed oil

1 knob fresh ginger, crushed

1 tsp ground allspice

1 tsp cinnamon

1 tbsp mustard seeds

1 tbsp coconut sugar

1 tbsp red wine vinegar

Method:

1. Add the oil, ginger, spices and mustard seeds to a pan and sauté for a few minutes. Add the cabbage and sauté for 5 minutes. Add the coconut sugar, vinegar, and a splash of water. Stir and leave for 5 minutes on low heat. Stir again and serve or cook for a further 5 minutes if wanting the cabbage to be a little more softened.

CAVOLO NERO WITH GARLIC AND LEMON

SERVES 4

A quick, easy and delicious side to get some extra greens on your Christmas plate

Ingredients:

150g cavolo nero

2 cloves garlic, crushed

Juice and zest of 1 lemon

Pinch Maldon salt

Method:

1. Add a little oil to a pan and add the garlic. Sauté for 3 minutes until golden. Add in the chopped cavolo nero and sauté for a further 3-5 minutes until slightly softened but still al-dente. Add a squeeze of lemon and the lemon zest, as well as a pinch of salt and you're ready to go!

SPROUTS 3 WAYS

There are so many things you can do with the humble sprout. This is where we dare you to get a little experimental for your Christmas table. Bye-bye boiled sprouts, hello roasted sprouts, raw sprouts and wok-fried sprouts! We bring you sprouts in 3 ways ...

ROASTED SPROUTS WITH CHESTNUTS AND GARLIC

Ingredients:

400g sprouts

180g chestnuts, cooked

1 bulb garlic

1 tbsp rapeseed oil

Salt and pepper

Method:

1. Preheat your oven to 180 degrees celsius.
2. Add all your ingredients to a pan, breaking the garlic bulb into individual cloves. Drizzle your oil over and sprinkle some salt and pepper over too. Give it a mix.
3. Roast your sprouts for 25 minutes until crispy.



(ALL RECIPIES
SERVES 4)

RAW SPROUT SALAD WITH A CREAMY LEMON-CASHEW DRESSING

Ingredients:

400g sprouts

2 tbsp dried cranberries

Handful of parsley, chopped finely

Zest of half a lemon

2 tbsp extra virgin olive oil

Salt and pepper

For the lemon-cashew dressing:

100g cashews, soaked in boiling water for 10 minutes and drained

½ lemon

1 bulb garlic, peeled

50 ml water

2 tbsp nutritional yeast

1/2 tsp Malden salt

Pinch cracked black pepper

Method:

1. Slice your sprouts as thinly as possible, so they are almost shredded. Otherwise, use a shredder to get them as fine as possible.
2. Transfer to a mixing bowl and use your hands to massage the sprouts with the oil for 5 minutes, until softened.
3. Make your dressing by blitzing all the ingredients together in a blender until smooth.
4. Transfer to a dish and drizzle over your creamy dressing. Add the cranberries and chopped parsley and finish with a last drizzle of olive oil and pinch of salt and pepper.
5. Serve as it is, or mix together to combine!



'JAZZY SPROUTS' WITH GINGER, CHILLI, GARLIC AND A TAMARI DRESSING

Ingredients:

400g sprouts, halved

2 chillies, deseeded and sliced

1 knob ginger, sliced horizontally and then vertically into strips

2 cloves of garlic, peeled and sliced horizontally

1 tbsp sesame seeds

Handful of almonds, chopped roughly

For the Tamari dressing:

MAKES 1 LARGE POT (ABOUT 3-4 PORTIONS)

3 tbsp sesame oil

6 tbsp tamari

6 tbsp water

3 tbsp rice vinegar

3 tbsp tahini

150g sultanas

Juice of 2 limes

Pinch cracked black pepper

Method:

1. Boil a pan of water and blanch the sprouts for 4-5 minutes. Drain.
2. Drizzle some oil into a wok or pan and sauté the garlic, chilli and ginger until slightly softened. Add the sprouts and sauté for another 5 minutes, until they start to crisp up and look a little golden.
3. Meanwhile, make your tamari dressing by blitzing all the ingredients in a blender until smooth.
4. Transfer the sprout, chilli, garlic, ginger mix to a serving plate and drizzle over your tamari dressing. Finish with a sprinkling of sesame seeds and chopped almonds.





CRANBERRY SAUCE

SERVES 4

This tart cranberry sauce not only adds a pop of vibrancy to the table, but also cuts the richness of the meal perfectly. If you prefer your cranberry sauce a bit sweeter, add an extra spoon of coconut sugar or honey to taste.

Ingredients:

200g cranberries

1 tsp cinnamon

1 tsp mixed spice

1 tbsp coconut sugar

Method:

1. Place all of the ingredients in a saucepan and gently simmer for 10-15 minutes until the cranberries have softened.

VEGAN CHRISTMAS STICKY TOFFEE PUDDING

SERVES 4

Maybe not your traditional Christmas pudding, but certainly one of the nation's favourite winter desserts. So, we decided to not only veganise it for you, but Christmas-ify it too! A rich, nutty and sticky sponge, covered in the most delicious of toffee sauces, with notes of spices and caramel from the dates. Paired perfectly with a generous dollop of Oatly's greek yoghurt or sour cream.

Ingredients:

For the base:

200g medjool dates

120g boiling water

1 tsp baking soda

125g cashew butter

1 tsp vanilla extract

1 tbsp lemon juice

40g coconut flour

40g gluten free self-raising flour

1/4 tsp salt

For the sauce:

100g cup medjool dates

225g full-fat coconut milk

1/2 tsp salt

1 tsp vanilla extract

Method:

1. Pour the boiling water or coffee over the pitted dates. Add baking soda. Stir, then soak for 30 minutes.
2. Preheat the oven to 180 degrees celsius.
3. Transfer the dates, water, and baking soda mixture to a blender. Add the cashew butter, lemon juice, and vanilla. Blend for a little, leaving the mixture a little chunky.
4. Add the coconut flour, self-rasing flour, and salt to the mixture. Blend until combined. Add a splash of plant-based milk if needed to loosen.

It should be a thick but wet mixture.

5. Transfer to a lined baking dish and bake for 30 minutes or until the center feels firm to the touch.
6. Remove from the oven. Cool for 10-15 minutes before flipping onto a cooling rack.
7. Combine the sauce ingredients in a blender. Blend until smooth. Adjust with more milk if necessary to loosen.
8. Pour the sauce over the sponge and serve straight away or at a later stage after heating. Enjoy!





CANAPÉS

ROASTED CARROT, CELERIAC AND ALMOND DIP

What better than a big bowl of creamy dip, with a platter of crudités and crackers to scoop it up with? This roasted carrot & celeriac dip with almonds and cumin seeds is our favourite seasonal dip to serve with some festive tipples. You can whip it up in minutes and it's also a great one for leftover roasted carrots and celeriac post-Christmas dinner.

Ingredients:

150g carrot, roughly chopped

150g celeriac, roughly chopped

1 tsp cumin seeds

70g almonds

125g chickpeas

2 cloves garlic

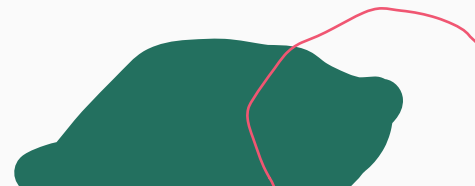
Juice of 1 lemon

2 1/2 tbsp olive oil

Salt and cracked black pepper

Method:

1. Preheat the oven to 180 degrees. Drizzle the carrot and celeriac with 1/2 tbsp olive oil, cumin seeds and a pinch of salt. Roast in the oven for 30 minutes. Then add the garlic (in the skin) and almonds and roast for a further 5 minutes.
2. Put the carrots, celeriac, almonds, garlic (squeezed out of the skin), chickpeas, and lemon juice in a food processor. Pulse the mixture whilst drizzling in the olive oil until you reach your desired consistency. Season to taste.
3. Transfer to a serving dish and top with another drizzle of olive oil and some cumin seeds, if you like.



BEETROOT CARPACCIO BITES

These delicate little toasts are an impressive-looking vegan appetizer, yet so easy to make. The key is to not cut your toast into too big a bite - the combination of sharp balsamic-marinated beetroot with creamy vegan yoghurt, mustard and horseradish makes for the perfect fuss-free mouthful.

Ingredients:

250g beetroot, sliced thinly with a mandolin

2 tbsp balsamic vinegar

1 tsp coconut sugar

½ tsp Maldon salt

100g vegan yoghurt (we recommend Oatly Natural Greek or coconut)

1 tbsp dijon mustard

1 tsp horseradish

Juice of 1 lemon

Salt and cracked black pepper

3-4 pieces gluten-free rye bread

A handful fresh mint, roughly chopped

Method:

1. Place the sliced beetroot in a shallow dish and cover with the balsamic vinegar, coconut sugar and salt. Give it a stir and leave to marinate for 10-15 minutes.
2. Mix the yoghurt, mustard, horseradish and lemon juice with a pinch of salt and pepper.
3. Toast the bread and then cut into little squares.
4. Build your canapés by adding a dollop of the yoghurt mix, then a couple of slices of marinated beetroot, topped with some fresh mint. Sprinkle some extra salt and pepper over when finished and serve!





A PENTIRE CHRISTMAS COCKTAIL SPECIAL

SERVES 1

Pentire's signature Seaward spirit forms the base of this aromatic, alcohol-free cocktail. We love pairing it with some bitters and orange to create a festive, citrusy tippie.

Ingredients:

50ml Pentire Seaward Spirit

200ml Fever Tree's clementine tonic water

Non-alcoholic bitters

Squeeze of clementine/fresh orange

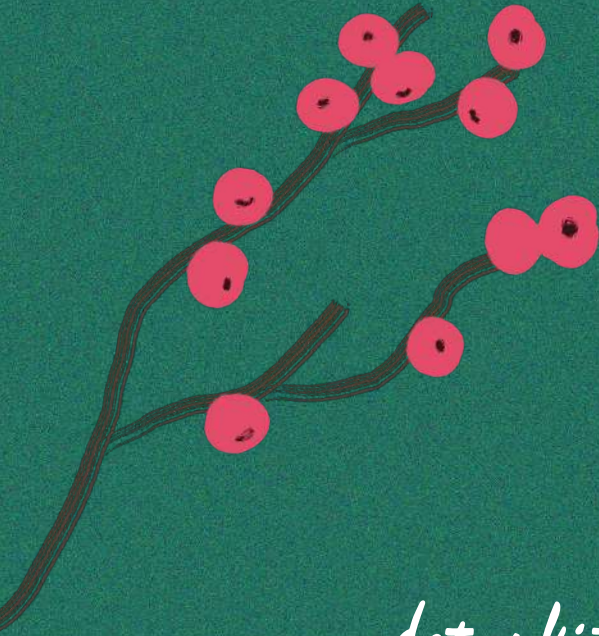
Orange rind

4 cubes of ice

Method:

1. Pour the Seedlip over the ice then add the tonic water, orange and bitters. Give it a stir, then add the orange zest on top to infuse the drink as you sip.

HAPPY
festive
COOKING!



detox kitchen