



*Thursday 28 November, 2019
6.30 - 8.00pm
12a Philip Street, East Fremantle*

FESTIVE ENTERTAINING

CATER + CREATE + CONSULT





FESTIVE ENTERTAINING

Thanks for joining me in my home, for a fun and informative night of festivities!

In this booklet you will find some great plant-based recipes to enjoy over the Festive Season.

Snacks, starters, main courses and summer deserts are all included in this booklet.

Please sit back and relax whilst I take you through some of the recipes, talk all things plantbased and we can try some of the treats along the way!





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SEED CRACKERS

Seed Crackers

*200 grams sunflower seeds
60 grams flax seeds
100 grams sesame seeds
50 grams pumpkin seeds
2 tablespoon psyllium husk
500ml water
1 teaspoon salt*

Mix all ingredients together and let stand for 10 minutes.

Spread thinly over 2 pre lined baking trays. Bake at 160C for about an hour and a quarter. At about 45 minutes, check for crispiness and score with a pizza cutter (if desired) or just break apart when cooked. I like to turn it over and cook the other side until crisp.



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PUMPKIN HUMMUS

Pumpkin Hommus

*1/2 butternut pumpkin, peeled and cut into chunks
1 tablespoon olive oil
2-4 tablespoons lemon juice
1 garlic clove minced
1/4 cup tahini
1/4 teaspoon chilli powder
1/2 teaspoon salt, or more to taste
fresh parsley, coriander
black or white sesame or dukkah*

Heat oven 220C and drizzle pumpkin with olive oil and salt, bake for 30 minutes until soft and slightly caramelised. Transfer pumpkin into a food processor. Add tahini, garlic chilli powder, salt and lemon to taste. I like to add a little cold water at the end of the whiz process to bring the hummus together to make it nice and creamy.

Garnish with sesame seeds / dukkah and fresh herbs and seasonal fruit and vegetables.





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SWEET AND SALTY NUTS

*1 cup raw cashews
1 tablespoon maple syrup
1 teaspoon garlic powder
1 teaspoon smoked paprika*

Preheat oven to 180C. Line a baking tray with baking paper.

In a bowl mix marinad ingredients together, mix in the cashew nuts. Spread the nuts onto the lined tray, leaving the excess juice behind.

Roast in oven for 5-10 minutes until lightly roasted, stiring every few minutes. Cool on tray until crispy.

Other variations:

Other nuts such as macadamias, almonds, walnuts.

Other spices - curry, mexican mix, cumin, cinnamon etc



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AVOCADO WITH PEPITAS

Miso Tahini Dressing

*1/4 cup tahini
1/4 cup water
1 tablespoon miso
1 tablespoon lemon juice
1 tablespoon rice wine vinegar
1 1/2 teaspoon lemon zest
1/4 teaspoon salt*

Blend all ingredients together.

Pepitas

*1/4 cup pepitas
1/2 tablespoon tamari
1 1/2 tablespoon maple syrup
1 teaspoon olive oil
pinch salt*

Combine all ingredients together and marinade for 20 minutes. Put pepitas onto a lined baking tray (without the juice) and bake in oven at 180C for 5-10 minutes. Cool

Assembly

*1 avocado, cut into wedges
1/2 radish
1 small handful sunflower spouts or micro herbs
1/2 sheet nori, cut into thin strips
1/2 teaspoon dulce
handful pepitas*



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ZUCCHINI TARTARE

*1/2 tablespoon lemon juice
1 teaspoon olive oil
1/8 agave
1/2 teaspoon salt
1 cup zucchini (unpeeled, small dice)
1/2 tablespoon miced basil
1/2 tablespoon avocado, thinly sliced or small dice*

Whisk together the lemon juice, oil, agave and salt, then toss with the diced zucchini until well combined and let marinate for 2-3 minutes.

Toss the minced herbs with the marinated zucchini. Gently add the avocado last taking care not to mash it.

Press into a ring mold (if using) to serve. Avocado can be folded in with zucchini dices or layered in as you build in the mold. Garnish with chives, pepper and drizzle with a little olive oil.



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MISO CAULIFLOWER

*1 large cauliflower
1 cup dry sherry
1/4 cup maple syrup
1/4 cup white miso paste
2 tablespoons olive oil
2 garlic cloves minced
1 tablespoon grated ginger
2 teaspoons sesame seeds
1 spring onions, sliced thinly
1 handful coriander*

Pre heat oven to 200C. Place the cauliflower into a large oven proof dish. Pour the sherry into the base of the dish.

Combine maple syrup, miso, olive oil, garlic and ginger and whisk together, pour over the cauliflower and cover with foil. Bake for about 20 minutes.

Uncover and sprinkle cauliflower with sesame seeds. Cook for a further 15 minutes until its lightly caramelised.

To serve, sprinkle with fresh coriander and spring onions.



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VEGETABLE TIAN

This one isn't my recipe, but I love all these flavours for summer! You can substitute the cheese for vegan cheeses or go with what is recommended in this dish. You will need a 20 x 30cm casserole dish, cool the tian before serving to get a nicer slice, you can easily reheat if needed or serve at room temp! This one is plantbased but not vegan or GF!

*1/2 cup olive oil (125ml)
2 large onions, thinly sliced
6 garlic cloves
1 tablespoon finely chopped thyme
1/2 cup breadcrumbs such as panko or sourdough
4 large zucchini
4-5 ripe tomatoes
2-3 japanese eggplant
1 cup basil, plus extra to serve
1-2 tablespoon grated gruyere or to taste
1-2 tablespoon grated parmigiano or to taste*

Preheat oven to 180C. Place 80ml of oil in pan, fry onion garlic and thyme and cook gently for 20 minutes. Remove from pan, stir in breadcrumbs and remaining olive oil. Increase heat and fry until golden (8 minutes). Remove with slotted spoon and drain on paper towel.

Thinly slice vegetables into 3mm thick rounds. Spread onion in the base of an oiled casserole dish. Then start with zucchini and add rows into the dish, overlapping. Season each row, add some basil between layers.

Drizzle with olive oil, cover with baking paper then foil and bake vegetables for 35-45 minutes. Remove foil and paper, press vegetables down to release juices. Increase oven to 200C and bake vegetables until soft (20 minutes). Sprinkle with cheeses and scatter with reserved breadcrumbs and bake again for further 10 minutes. Serve warm or at room temperature, top with basil and more cheese.



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RAINBOW SALAD

Salad - Serves 8-10 as a Side

*1/2 Red Cabbage, finely shredded
2 zucchini, julienne or spiral
1 carrot, julienne
1 red capsicum, julienne
1 bunch coriander, chopped
1 bunch mint, chopped
2 Avocados*

*2 tablespoon cranberries
1 tablespoon sunflower seeds
1 tablespoon pepita seeds
1 tablespoon black sesame seeds
4 tablespoons tamari almonds*

Tamari Nuts

*1/2 teaspoon tamari
1/2 teaspoon maple syrup*

Mix together and bake 10 minutes

Dressing

*1/4 cup Olive Oil
2 tablespoon Tamari
1 tablepoon Maple Syrup
1 tablespoon lime juice
2cm piece grated ginger
salt and pepper to taste*

Put all salad ingredients into a bowl except for the avocado, seeds and nuts, mix well with hands. Mix dressing ingredients in blender and pour over salad, serve with Avocado and seeds and tamari nuts on top.



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ROASTED KIMCHI POTATOS

Potatoes

1.5 kg potatoes
4 garlic cloves, smashed
1/2 bunch of thyme
3 tablespoons whole black peppercorns
1/2 cup salt
water to cover
vegetable oil

In a large pot place garlic, thyme, peppercorns, salt and fill pot with water to just cover the potatoes. Cook for 20-30 minutes, drain and discard thyme, garlic and peppercorns. cool potatoes on a baking pan and lightly smash by pressing down with heel of your hand. Fry potatoes in oil until golden and crispy (or bake on high in an oven for 30 minutes until crispy)

Kimchi Puree (makes 1.5 cups)

3 garlic cloves
2cm piece ginger, peeled and sliced
1/3 cup agave
1 1/2 teaspoons salt
2 tablespoon tamari
2 tablespoons dulse flakes
4 spring onions sliced
3/4 cup carrot peeled and roughly chopped
1/3 cup gochugaru
1/2 cup water



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ROASTED KIMCHI POTATOS

Blend all ingredients in a high speed blender until smooth. Increase speed and blend for a further 2 minutes. The mix should be bright red, no specks and smooth...refrigerate until needed

Assembly

*Kimchi puree
potatoes
1/4 cup kimchi (optional)
4 tablespoons dulse flakes
1/2 cup micro greens or sliced spring onion*

Drizzle kimchi puree with a spoon at the bottom of the plate. Place potatoes on top of the puree and pile a little kimchi in between the potatoes (optional). Place more puree around the plate or platter and a little on top of the potatoes. Garnish with dulse and micro greens or thinly sliced spring onion.



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BUTTER LETTUCE

Salad

*1/2 head butter lettuce
1 radish, sliced thinly on mandoline
1/2 avocado*

Maple Mustard Vinaigrette

*1/2 cup hemp seeds
3/4 cup water
1/2 cup maple syrup
1/4 cup apple cider vinegar
3 tablespoons dry mustard
10 turns black pepper
1 teaspoon salt
1 tablespoon shallot, minced
1/2 teaspoon turmeric
1/4 cup grapeseed oil*

Combine all ingredients except grapeseed oil and blend until smooth. While blending, gradually pour oil in to emulsify. Keep in jar in fridge until ready. This recipe does make a large quantity so you could halve it!



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ROASTED FIG & RASBERRY TART

Pastry

*3 tablespoons olive oil
2/3 cup almonds, toasted
1/4 cup rolled oats
1/4 teaspoon salt
2/3 cup spelt flour
3 tablespoons maple syrup
1 teaspoon vanilla extract
1/4 teaspoon almond extract*

Filling

*450 grams ripe figs, stemmed and cut in half
2 teaspoons olive oil
2 tablespoons maple syrup
3/4 cup apple juice, plus 1 tablespoon extra
3/4 teaspoon agar flakes
1 teaspoon arrowroot
1/2 teaspoon vanilla extract
2 cups fresh raspberries*

Pastry

Preheat oven 180C. Line a springform tin or pie tin with removable bottom with baking paper and oil lightly.

Grind 1/3 cup almonds, oats and salt in food processor until coarsely ground, transfer to a bowl and stir in flour. Roughly chop remaining almonds, add to bowl and mix well. Drizzle in olive oil and mix with hands. Add maple syrup, vanilla, almond extract, mix until well incorporated. Press the pastry into prepared tin and 1.5 cm up the sides. Prick the bottom of the tart with fork and bake for 18 minutes. Remove from oven and set aside to cool.



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ROASTED FIG & RASBERRY TART

Turn oven temperature up to 200C.

Line a baking tray with baking paper add figs and drizzle with olive oil and 1 tablespoon of maple syrup, toss to coat.

Spread figs out evenly cut side up and roast for 25 minutes until they begin to caramelize and soften. Remove from oven, set aside to cool.

Combine apple juice and agar flakes in a small saucepan and bring to boil over high heat. Whisk, cover pan, reduce heat to low and simmer for 5 minutes or until agar has completely dissolved.

In a bowl dissolve arrowroot with the remaining tablespoon of apple juice and slowly drizzle into hot agar mixture, whisking constantly until mixture returns to a simmer and has thickened slightly. Remove from heat and whisk in remaining maple syrup and vanilla. Set aside for 5 minutes uncovered so mixture thickens slightly but doesn't begin to set.

Place roasted figs in a bowl and pour in warm agar mixture. Stir gently with rubber spatula. Add raspberries and toss gently.

Working quickly transfer mixture to baked tart shell and carefully spread out filling. Refrigerate for 20-30 minutes until filling is set. Serve with Cream of choice.



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CHOC PUDDING WITH BERRIES

Chocolate Pudding (serves 2)

*1 ripe Avocado
1/2 cup almond milk
1/4-1/2 cup maple syrup
1/2 cup cacao powder
1 teaspoon vanilla
pinch of cinnamon
pinch of salt*

Berries, Mint

Using a blender combine avocado, almond milk, maple syrup, cacao, vanilla and salt together until smooth. Taste and adjust seasoning if needed.

Serve in small cups, dishes with fresh berries and mint, vegan coconut yogurt or cream.



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RAW WHITE CHRISTMAS

*1 1/2 cups coconut butter
1 1/4 cups coconut milk
1/2 cup desiccated coconut
1 teaspoon vanilla
1/4 - 1/2 cup maple syrup
1 cup macadamia nuts (or nuts of choice)
1 cup pistacio nuts
1 cup frozen berries*

Using a 20 x 20cm tin, line with baking paper. Heat the coconut butter in a pan until melted, set aside. In a blender, add coconut milk, desiccated coconut, vanilla, maple syrup and blend, slowly pour in the melted coconut butter. Work quickly as the coconut butter can set. Once mixed together stir in nuts and frozen berries. Pour into prepared tray and freeze for a few hours or over night.

They are best stored in the freezer but you can slice them and keep them in the fridge an hour or two before serving!



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MANGO CHEESECAKE

Crust

3 cups raw macadamia nuts (roasted)
3 cups dessicated coconut (lightly roasted)
1 teaspoon salt
3/4 cup maple syrup

In a food processor blend macadamia nuts, coconut and salt until a fine crumble, pour in maple syrup and pulse until incorporated. Spread crust over 20x20 tray, glasses or flan tin.

Freeze.

Mango Cheesecake Filling

1 cups raw cashews, soaked
2 cups frozen mango chunks
3/4 cup agave
3/4 cup mango juice
1/8 cup lime juice
1/2 tablespoon nutritional yeast
pinch salt
1/8 teaspoon tumeric
1/2 cup melted coconut oil
1 teaspoon agar agar powder

Blend all ingredients except oil and agar agar until smooth. Stream in the coconut oil then add the agar agar at low speed. Pour mixture over crust and store in fridge until ready to serve.

Lemon Puree

1 whole lemon, quartered
1/4 cup agave or maple syrup

Blend all ingredients until smooth.

Assembly, Serve Mango Cheese cake with a little lemon puree on this side, fresh blueberries and cream of choice.



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CHEESE PLATTER

After working with plantbased cuisine for sometime, the humble cheese platter always comes out around Christmas. Go for it I say!! but if you want to make it a little more interesting here are a few ideas:

- *Vegan Nut Cheese as an alternative*
- *Nuts, Dried Fruits, seeds*
- *Seed crackers*
- *Fruits - figs, peach, pear, berries*
- *Mustards, Chutney, Olive, Pickled Veg*
- *Play around with the Plating, this plating below can also be for deserts cutting them into smaller servings, shared style*

