



A Greek Vegan Thanksgiving

Authentic,
Traditional
Recipes

A Greek Vegan Thanksgiving

Pile your table high this Thanksgiving with these delicious, healthy, lovely Greek vegan dishes.

Eleven different, authentic, traditional Greek vegan recipes to take you from appetizers all the way to desert.

I've chosen the following dishes because they work perfectly for a sit down dinner and are just as wonderful for a buffet. However you choose to serve and enjoy them, this good food and your good friends will make for a wonderful day.

And the flavors, colors and spices are those of autumn and will greet your guests with the most welcoming aromas imaginable. No one will ever miss the turkey!

Most of the dishes in this booklet can be made in less than an hour and all can be served warm from the stove or at room temperature so there's no rush from pan to table. Another nice thing, most of these dishes can also be made ahead of time making for a more relaxed day.

Each recipe can be easily scaled to meet the needs of your celebration

Remember to check the links to the blog included with each recipe for extra tips, tricks and techniques.

And feel free to email me at kiki@thegreekvegan.com all the way through Thanksgiving Day with any questions - I'll try to answer as best I can!

We wish you and your loved ones a peaceful and happy Thanksgiving,

Kiki at The Greek Vegan

Menu

Basil and Roasted Garlic Spread En Croute 7

Fresh, bright basil leaves and nutty, buttery roasted garlic spread on toasted bread rounds are perfect to start off with. Easy to hold on a napkin with a glass of wine as you and your guests catch up, these will just whet the appetite.

- Time to prepare: Less than an hour
- Make ahead: Yes, up to 3 days ahead. Keep covered in refrigerator.
- Serve at room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/basil-roasted-garlic-spread/>

Mushroom Pitas 8

Hearty, flavorful bites of mushroom and savory cake that melt in your mouth are also excellent bite sized hors d'oeuvres.

- Time to Prepare/Bake: Just over an hour
- Make ahead: Yes, up to 2 days ahead. Keep covered on countertop.
- Serve warm or at room temperature.

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/mushroom-pita/>

Manestra with Sesame Breadsticks 9

Rich, creamy tomato soup with smoky oregano and delicate orzo pasta is irresistible served in a mug or deep bowl. Pair with sesame breadsticks and there won't be a drop of Manestra left.

- Time to prepare: Less than an hour
- Make ahead: No, it's best to make the day of.
- Serve hot

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/manestra/>

Menu (continued)

Grilled Corn Salad 10

Oven roasted corn and with fresh dill and red onion served alone, in small cucumber cups or roasted squash boats this savory salad could very well have been on the first Thanksgiving table. A light first course for seated dinner and a beautiful, colorful addition to a buffet.

- Time to prepare: Less than an hour
- Make ahead: Yes, up to two days ahead. Keep covered in refrigerator
- Serve at room temperature or chilled

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/grilled-corn-salad/>

Roasted Brussel Sprout and Red Potatoes 11

Crispy, meaty, salty, spicy brussel sprouts roasted with sweet red potatoes are a filling, flavor packed choice for a main dish. Also lovely on a buffet table.

- Time to prepare: Less than an hour
- Make ahead: No, it's best to make the day of
- Serve warm or at room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/roasted-brussel-sprouts/>

Bobota / Traditional Cornbread 12

Rustic, textured corn bread with hints of orange zest is a Thanksgiving table must have. There won't be a crumb left behind.

- Time to prepare: Less than an hour
- Make ahead: Yes, up to 3 days ahead. Keep covered on kitchen counter
- Serve warm or room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/bobota-μπομπότα-cornbread/>

Menu (continued)

Greek Green Beans over Skordalia 13

Tender stewed green beans swimming in a garlic, dill, tomato sauce spooned over a bed of garlic mashed potatoes is another excellent choice for a main course. So filling, it will be hard to have room for desert.

- Time to prepare: Less than an hour
- Make ahead: YES, these are actually better if they have at least a day to sit.
- Serve hot, warm or room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/greek-green-beans/>

Savory Onion Pancakes 14

Light and fluffy, filled with sweet onions and fresh mint, these savory pancakes are the perfect side to every dish. Top with a few fresh chopped scallions for a peppery bite.

- Time to prepare: Less than an hour
- Make ahead: No, it's best to make the day of.
- Serve warm or room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/savory-onion-pancakes-kremidotiganites/>

Spanakorizo 15

Spinach, fresh dill and rice - spanakorizo is a satisfying, aromatic main course or side. Serve spanakorizo warm or at room temperature, a good choice for a buffet.

- Time to prepare: Less than an hour
- Make ahead: YES, this dish is best if its had at least a couple of hours to sit, covered off the heat. Also can be made up to 2 days ahead and kept covered in refrigerator
- Serve warm or room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/spanakorizo-spinach-and-rice/>

Menu (continued)

Milopita 15

Sweet, juicy apples, cinnamon and cardamom make this cake a show stopper. Dust with powdered sugar, serve with coffee or tea and this is the perfect way to end an amazing meal.

- Time to prepare: Just over an hour - Can be made in two parts: bake apples ahead of time and keep covered in refrigerator until ready to finish making the cake
- Make ahead: Yes, cake can be baked up to 2 days ahead of time. Keep covered on kitchen counter
- Serve warm or at room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/apple-cake-milopita/>

Wheat Berry Pudding 16

Creamy, nutty chewy goodness packed with golden raisins, walnuts and pomegranate seeds, your guests will fight to finish their meal with this delectable desert. Mold in pudding cups and turn out onto small plates for a sensational single serving presentation.

- Time to prepare: Less than an hour if using parboiled wheat berries. Add extra time if soaking and cooking wheat berries.
- Make ahead: Yes, pudding can be made up to a day ahead and kept covered on kitchen counter. It's best not to refrigerate as pudding can become gummy.
- Serve hot or at room temperature

For additional tips and tricks to this recipe visit
<http://thegreekvegan.com/wheat-berry-pudding/>

Basil and Garlic Spread on Toasted Bread Rounds

Ingredients

- 2 cups fresh basil leaves
- 3/4 cup roasted garlic (4-5 medium heads)
- 1 tsp olive oil
- 1/2 tsp salt

Instructions

Roasted Garlic

Remove all loose outer pieces of papery skin as these can easily burn and smoke up the oven. Then, with a sharp knife, cleanly cut off the top of your head of garlic and brush exposed garlic liberally with olive oil and wrap heads of garlic cut side up in foil paper package.



Bake in a 400 degree oven for approximately 50 minutes until the garlic is soft to the touch and a golden color.

Basil and Garlic Spread

In mortar and pestle, mash salt and fresh basil leaves.

Use only the basil leaves and not the stems. If your basil is coming from the garden or farmer's market, make sure to rinse it well to get rid of any dirt/sand hiding in the folds of the leaves

And pat rinsed basil leaves dry really well. You don't want any water in your spread. The drier your leaves, the smoother your final product will be.

Transfer mashed basil to a bowl or plate and let it sit for 30 minutes to a hour to allow the basil liquid to drain off slightly.

Once you've mashed your desired amount of basil leaves, you can add the roasted garlic and olive oil all together for the final mash/mix.

Toasted Bread Rounds

Slice a loaf of french bread into rounds, brush liberally with olive oil on one side. Place oiled bread rounds on a baking sheet and bake at 375 degrees for 10 minutes or until just golden brown.

Mushroom Pita

Ingredients for mushroom filling

- 1 1/2 lbs mushrooms (6-7 cups chopped)
- 1/2 cup shallots or small sweet onions finely chopped
- 1/3 garlic finely chopped
- 1/2 cup olive oil
- 1 tbsp dried rosemary, well crushed
- 1 tbsp dried thyme, well crushed
- 1 tsp salt
- 1/2 tsp fresh ground pepper

Ingredients / Instructions for pita batter dough

- 2/4 cups self rising flour
- 2/4 cups lukewarm water
- 2/4 tbsp olive oil
- 1/2 tbsp sugar (optional)



Combine flour, sugar and water. Stir until completely combined and smooth. Mix in olive oil and allow dough to rest on the counter top for 30-60 minutes before using.

- The 2 cup measurement gives you enough batter for 6 good sized muffin cups.
- The 4 cup measurement gives you enough batter for a dozen muffin cups

Mushroom Pita Instructions

Sauté onions and garlic in olive oil on low heat until soft.

Add herbs, spices and cook for 2-3 minutes before adding chopped mushrooms. Mix mushrooms and garlic/onion/herbs/spices well and cook uncovered on low heat for 10 minutes.

Remove mushrooms from pan and drain off cooking liquid. Set aside.

Mix pita batter dough and fill muffin pan (each) 1/2 full. Add 1/2 cup cooked mushrooms to the center of each. I suggest using muffin or cupcake papers to line pan.

Cook at 375 degrees for approximately 45 minutes or until edges of dough are golden brown. Allow pita to cool in pan and loosen the sides with knife before carefully removing. Serve warm or at room temperature.

Manestra and Sesame Breadsticks

Ingredients for Manestra

- 2 cups whole, peeled tomatoes
- 1 1/2 cups orzo
- 1/3 cup olive oil
- 1 cup chopped onion
- 1 tbsp dried, crushed oregano
- 1 tsp salt /freshly ground pepper
- 4 cups water

Instructions

Saute onions in olive oil over low heat until soft. Add tomatoes, spices and orzo. Stir to combine well. Cook on low heat for 5 minutes.



Add water and cook gently on low heat for approximately 25 minutes. Stir often to make sure your orzo doesn't stick to the bottom of your pot.

To reheat, add a few tablespoons of water to loosen up the soup as the orzo absorbs the soup liquid the longer it sits. Reheat, covered, on low heat with added water.

Sesame Breadsticks / Kritsinia

- 1 lb bag of store made bread/pizza dough
- 1 cup sesame seeds (white and/or black)
- 1 tbsp apricot jam with 3 tbsp warm water

Pull off a small pieces of dough, roll into a smooth ball and then roll between your hands until you have desired length stick. The dough should be approximately 1-2 inches in diameter to bake up nice and crunchy.

Once your sticks are rolled, place them on a baking sheet lined with parchment paper. Lightly brush each stick with a well-combined mixture of apricot jam and water. This will help to keep the seeds on without making them too sweet.

Sprinkle liberally with sea salt and then the sesame seeds. Roll dough sticks over onto seeds that have fallen between the rows so both sides are covered well.

Bake at 350 degrees for 40 minutes or until they're lightly golden brown.

Grilled Corn Salad

Ingredients

- 4 ears of fresh corn (3-3 1/2 cups corn kernels)
- 1 cup chopped bell pepper
- 1/2 cup chopped red onion
- 1/4 cup fresh dill finely chopped
- 1/4 tsp salt and pepper
- 2 tbsp olive oil

Optional Ingredients

- English style cucumber
- small zucchini squash

Instructions

Toss chopped peppers and red onion in 2 tps of olive oil, place in a low sided pan alongside ears of corn directly on oven rack and roast



in 350 degree oven for 30 minutes. Allow the corn to cool slightly before pulling of the husks.

With a sharp knife, carefully cut kernels from the cob. Break up the kernels and mix with chopped roasted veggies and fresh dill.

Add salt, pepper and olive oil. Combine well and serve.

To serve in cucumber rounds, slice 2-3 inch wide slices of cucumber and hull out inside almost to the

bottom. Fill with grilled corn salad.

To serve in roasted zucchini boars, halve zucchini lengthwise, brush with olive oil and roast in a 400 degree oven for 20 minutes. When cool enough to handle, scoop out the seeds and fill with grilled corn salad.

Roasted Brussel Sprouts and Red Potatoes

Ingredients

- 1 lb brussel sprouts
- 1 lb small/medium red potatoes
- 1/3 cup chopped garlic or tsp garlic powder
- 1/2 tsp coriander seeds, ground
- 1/2 tsp black peppercorns, ground
- 1 tsp sea salt
- 1/4 cup olive oil

Garnish with crushed, dried oregano and sprinkle with lemon



Instructions

Clean brussel sprouts, rinse/dry well and cut potatoes in half or quarters depending on size of potato.

Combine all ingredients except sprouts and potatoes. I like to use fresh chopped garlic but feel free to substitute a good quality garlic powder instead.

Mix well and add brussel sprouts and potatoes, covering them completely in oil/spice mixture.

Spread sprouts and potatoes evenly on large baking sheet in a single layer. Bake at 375 for 20 minutes or until they are light to medium brown and both potatoes and sprouts can be pierced through with a fork.

Bobota / Traditional Cornbread

Ingredients (for 1 loaf pan – double for 8x8" or 8" round pans)

- 2 cups cornmeal or combination of cornmeal/corn flour
- 3/4 cup water at room temperature
- 1/2 cup fresh squeezed orange juice
- 1/2 tsp cardamom
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/3 cup sugar
- 3 tbsp oil (sesame, light olive or vegetable)
- 2 tbsp of orange zest

Baking Instructions

Combine dry ingredients (except sugar) in large bowl, making sure there are no lumps in the cornmeal or corn flour.

In a separate bowl, whisk the orange juice, water and sugar with a fork until sugar is completely dissolved. Add oil and whisk wet ingredients together well.



Combine wet and dry ingredients and mix gently until there are no lumps. Do not over mix. Fold in the orange zest and pour into pan.

Bake at 350 degrees

- loaf pan, bake for 30-35 minutes
- 8" round pan (remember to double the recipe), bake for 35-40 minutes
- 8x8" brownie pan (remember to double the recipe) bake for 30-35 minutes

As all ovens vary slightly, be careful not to overcook as the bobota will quickly become dry and hard.

Check that the edges of your cake are just golden brown and the center is set. A clean toothpick is not always the best test here so remember to keep an eye on the color.

Greek Green Beans over Skordalia

Ingredients for Greek Green Beans

- 1 lb green beans
- 1 cup vegetable broth (or water)
- 1 1/2 cup crushed tomatoes
- 1/2 cup olive oil
- 1/4 cup of garlic minced fine
- 1/2 cup of onion minced fine
- 2 tbsp tomato paste in 1/4 cup warm water
- 1 teaspoon salt/pepper
- 3 tablespoons fresh dill
- 1 tablespoon dried oregano
- 1/2 tsp cinnamon
- pinch of sugar



Wash and trim off ends of green beans.

Heat olive oil and gently cook onion and garlic in pan. Add vegetable broth, tomatoes, 2 tbsp tomato paste in 1/4 cup warm water and spices, stir well and bring up to a simmer. Add green beans, stir and bring to low simmer.

Cover and cook for 50-60 minutes until beans are soft and tender. Allow the beans to sit for at least 10-15 minutes after removing pan from the heat.

Ingredients for Skordalia (about 5 cups)

- 4 cups boiled/cubed potatoes or about 2 lbs
- 15-20 cloves of roasted garlic (see page)
- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/2 cup reserved potato water
- 1 tsp salt
- 1/2 tsp pepper

Boil potatoes with skins on until they are easily pierced with a fork. Peel and cube. Save 1 cup of potato water and set aside.

Mash roasted garlic cloves in a mortar and pestle. Add garlic mash to large bowl with boiled/cubed potatoes. Mix well using the back of a large wooden spoon. Add olive oil lemon juice, potato water a little at a time, continuing to mix well. Add salt and pepper.

Savory Onion Pancakes

Ingredients

- 3 cups self-rising or all-purpose flour
- 4 cups chopped white onions
- 1/2 cup chopped fresh mint
- 2 3/4 cups sparkling or flat water
- 1/4 cup olive oil
- 1 tsp salt
- 1/2 tsp ground pepper
- oil for frying
- bunch of scallions

Instructions

Heat pan on low and add 1/4 cup olive oil. Add chopped onions, stir well and cook uncovered for 2 minutes. Stir again and cover pan tightly.



On very low heat, cook the onions for 20 minutes until they are soft and translucent.

Remove from the heat and add chopped mint and 1/2 tsp salt and ground pepper. Set aside to cool for at least 15 minutes. You can do this step up to 3 days ahead of time if you'd like.

Mix flour, 1/2 tsp salt and water together in a medium bowl until you get a thick batter. Do not over mix, just stir until ingredients are well combined. Add cooked onion mixture and combine gently.

In a pan on medium low heat, add 1 tsp of olive oil per batch and cook for approximately 2 minutes on each side or until pancakes are a golden brown.

I use about 1/4 to 1/3 of a cup of batter per pancake. This recipe will yield approximately 12-16 3 inch diameter pancakes.

Chop scallions and sprinkle over top of onion pancakes.

Spanakorizo / Spinach and Rice

Ingredients

- 2-3 pounds spinach, cleaned and rinsed
- 1/4 cup olive oil
- 1 medium white onion, 1 c diced
- 1/4 cup fresh chopped dill
- 8 cloves of garlic, 1/3 cup diced
- 1 cup white rice (short grain)
- 3 cups water
- 1 tsp salt / pepper
- 1/2 cup tomato paste dissolved in 1/2 cup warm water or 1 cup roasted tomatoes



Instructions

Sauté onions and garlic gently in olive oil over low heat. Add salt, pepper and dill.

Mix tomato paste in 1/2 cup of warm water. Add to pot. Mix ingredients well.

Add rice and cook for 5 minutes stirring often.

Add spinach and 3 cups water to pot, mix well and bring to a low boil.

Once you've reached a low boil, lower to a very gentle simmer and cover. Cook for 20-25 minutes. Check the rice for doneness at 20 minutes. It may need an additional 5 minutes or so.

When rice is completely cooked, remove from the heat, mix ingredients well, cover and set aside for at least 15 minutes before serving. This recipe serves 4-6.

Milopita

Ingredients

- 2 cups mashed cooked apples (4-5 medium apples)
- 2/3 cup apple cider
- 3 1/2 cups flour
- 1 1/3 cups sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 1/2 cup veg oil
- 1 tsp fresh ground cardamom (15 pods)
- 1 tsp ground nutmeg
- 1 tsp cinnamon
- 1/2 tsp ground cloves
- 1 cup walnuts and/or golden raisins (optional)



Baking Instructions

To bake your apples, just peel, core, thinly slice and layer in a baking pan. Cover tightly with aluminum foil and bake for 15 minutes at 400 degrees.

You can do this step ahead and keep your baked apples covered, refrigerated for 3-4 days.

In medium bowl, combine flour, baking powder, baking soda and salt.

In larger bowl, mix sugar, apple cider, vegetable oil and spices until well blended.

In third small bowl, gently mash cooked, sliced apples.

Add apples to liquid ingredients, mix well. Add dry ingredients to wet approximately 1 cup at a time. Stir to combine well.

If you're adding walnuts and/or golden raisins mix them in at this time.

Spread batter evenly in parchment lined 9x13" baking pan. Bake for 40 minutes at 350 degrees. You can either cool your cake right in the pan or allow cake to rest for 10-15 minutes and then remove from pan to finish cooling.

Allow milopita cool completely before cutting. Dust with powdered sugar.

Wheat Berry Pudding

Ingredients

- 1 cup dried wheat berries
- 6 cups water
- 1 vanilla bean (slit lengthwise)
- 6 cloves
- 1 tsp honey or agave nectar
- 2 tbsp white sugar
- 1 tsp cinnamon
- 1/3 cup almond flour
- 1 tbsp all purpose flour (optional)
- any combination of the following:
golden raisins, pomegranate seeds, walnuts, pistachios, dried currants



Instructions

I prefer to use dried parboiled wheat berries as I can skip the soaking and cooking needed for ordinary dried wheat berries. If you can't find dried parboiled, go ahead and used ordinary dried wheat berries, just soak over night and cook according to package directions before beginning the recipe below.

In 3 qt. saucepan, add wheat berries (either dried parboiled or dried soaked/cooked) and water. Bring to a boil.

Add vanilla bean and cloves wrapped in piece of cheesecloth or reusable tea bag so you can easily remove then later. Turn down the heat and cook uncovered on very low simmer for about 30-35 minutes until wheat is tender and chewy.

Once the wheat is cooked, remove the vanilla bean/cloves and add the honey or agave nectar, sugar and cinnamon. Stir well.

Mix the almond flour with equal parts water and stir into wheat.

Increase heat, bringing wheat up to a slow boil. Stir constantly for the next 6-8 minutes until almost all the cooking liquid has been absorbed. If you'd like, you can mix in 1 tbsp of all purpose flour if you feel there is still too much liquid left.

Cook for another 2 minutes, stirring constantly and remove from the heat.

Garnish with or mix in your favorite fruits and nuts, suggestions above.

Happy Thanksgiving!!

And feel free to email me at

kiki@thegreekvegan.com

all the way through

Thanksgiving Day with any
questions – I'll try to answer as
best I can!