





Vegan Galette des Rois, p. 77

FRENCH *twist*

Celebrate Thanksgiving à la française with this menu from an expat in Paris

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Left to right: Seitan Timbales with Chestnut-Champignon Stuffing, p.64; Mediterranean Terrine, p. 64, with Parsley-Garlic Crème, p. 77; Truffled Mashed Potatoes, p. 64

AUTUMN IN PARIS is a lot like every other season in the City of Light: a delicious feast for the senses. But for an American expatriate—even one who’s head over heels in love with her adopted hometown—the same sensory pleasures associated with the shift from summer to fall can unhinge floodgates of nostalgia for home. All it takes is the faintest hint of wood-fire smoke in the nippy air to stir up a hankering for harvest fairs and holiday pies. And then there’s Thanksgiving.

This year, Thanksgiving dinner commences *chez moi*, in a little corner of Paris where the harvest table is always vegetarian. The inspiration for this multi-course feast is utterly American—think mashed potatoes, a savory roast, and traditional stuffing. The dishes themselves are nuanced by French influences and designed to create delicious new traditions to be enjoyed with friends and family, wherever you happen to be in the world.

MENU

- Salad of Shaved Fennel, Oranges, and Candied Pecans
- Spiced Balsamic-Beet Compote
- Truffled Mashed Potatoes
- Seitan Timbales with Chestnut-Champignon Stuffing
- Mediterranean Terrine with Parsley-Garlic Crème
- Vegan Galette des Rois

COUNTDOWN TO A FEAST

Most of the recipes on these pages can be prepared in advance without compromising flavor—simply follow this rundown of what to do when.

1 WEEK AHEAD

1. Prepare bread for stuffing, and store in an airtight container.
2. Purchase wine.

3 to 5 DAYS AHEAD

1. Prepare candied pecans for salad, and refrigerate.
2. Prepare compote; refrigerate.
3. Shop for fresh ingredients (fruits, vegetables, potatoes).
4. Make almond filling for Vegan Galette des Rois.

1 to 2 DAYS AHEAD

1. Assemble terrine, and refrigerate.
2. Prepare Chestnut-Champignon Stuffing, and refrigerate.
3. Make Vegan Galette des Rois.

THANKSGIVING DAY

1. Bake Seitan Timbales.
2. Make Parsley-Garlic Crème.
3. Prepare Truffled Mashed Potatoes.
4. Assemble salad.



Salad of Shaved Fennel, Oranges, and Candied Pecans, p. 62



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Author Aurelia d'Andrea enjoys her home-cooked feast with guests.

Salad of Shaved Fennel, Oranges, and Candied Pecans

SERVES 6 | 30 MINUTES OR FEWER

Fresh fennel is popular in France year-round, but the traditional harvest period begins in November. Here, thin slices of the mildly anise-flavored bulb are tossed with baby arugula, Valencia orange slices, and red onion, and topped with candied pecans for an American touch.

CANDIED PECANS

- ½ cup pecans, halved and quartered
- 1 Tbs. pure maple syrup
- ½ tsp. sugar
- ½ tsp. salt
- 1 pinch cayenne pepper

SALAD

- 3 Tbs. olive oil
- 2 Tbs. white wine vinegar
- 2 medium fennel bulbs, halved and thinly sliced (2½ cups)
- 2 cups baby arugula leaves
- 3 small Valencia oranges, peeled and thinly sliced
- 1 small red onion, halved and thinly sliced (¾ cup)

1. To make Candied Pecans: Preheat oven to 400°F. Toss pecans with maple syrup in small bowl. Add sugar, salt, and cayenne; toss to coat. Spread nuts on small baking sheet, and roast 10 minutes, or until crispy and aromatic. Cool 10 minutes.

2. Meanwhile, to make Salad: Whisk together oil and vinegar in salad bowl. Toss together fennel, arugula, orange slices, and onion in large bowl. Season with salt and pepper, if desired. Add salad mixture to vinaigrette, and toss to coat. Sprinkle with Candied Pecans.

PER ½-CUP SERVING: 176 CAL; 2 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 0 MG CHOL; 216 MG SOD; 4 G FIBER; 9 G SUGARS **V** **GF**

TIP Save the fresh green fronds from the fennel bulb tips to garnish the salad.

Spiced Balsamic-Beet Compote

SERVES 6

The rich, red hue of this compote mirrors the color of traditional cranberry sauce, but the subtle spiciness offers something savory and unexpected. Serve like cranberry sauce or as a bread topping for hors d'oeuvres.

- ½ cup golden raisins
- 2 large beets, peeled and finely diced (3 cups)
- 2 Tbs. olive oil
- ½ tsp. garam masala or curry powder
- 2 shallots, halved and thinly sliced (½ cup)
- 2 Tbs. balsamic vinegar
- 2 tsp. sugar
- 1 tsp. salt

1. Cover raisins with boiling water, and let stand 30 minutes. Drain.

2. Meanwhile, cook beets in large pot of boiling water 10 minutes, or until just tender. Drain, and set aside.

3. Heat oil in large skillet over medium heat. Add garam masala, and cook 20 seconds, or until fragrant. Add shallots, and sauté 2 minutes. Stir in beets, raisins, vinegar, sugar, salt, and ½ cup water. Cover, and simmer 20 minutes, or until compote is thickened. Cool.

PER ½-CUP SERVING: 131 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 446 MG SOD; 3 G FIBER; 15 G SUGARS **V** **GF**

TIP To keep hands from turning “beet red,” wear a pair of latex gloves when peeling the root veggies.



Spiced Balsamic-
Beet Compote

Seitan Timbales with Chestnut-Champignon Stuffing

SERVES 6

Baked in elegant individual portions, this delicious main course is easy to assemble. The timbales can be made earlier in the day and reheated just before serving. If you want to try a more elaborate variation on the same recipe—a roulade—go to vegetariantimes.com/seitan_roulade.

SEITAN

- 1 cup vital wheat gluten
- ½ cup nutritional yeast
- 2 tsp. garlic powder
- 1 tsp. herbes de Provence
- 1 tsp. salt
- ½ tsp. red pepper flakes
- 3 cups no-chicken broth or vegetable broth

STUFFING

- 4 cups cubed baguette or French bread
- 2 Tbs. olive oil
- 4 large shallots, finely chopped (2 cups)
- 2 cups chanterelle, oyster, or cremini mushrooms, coarsely chopped
- 3 ribs celery, finely diced (1 cup)
- 2 medium carrots, finely diced (1 cup)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. herbes de Provence
- 1 cup cooked chestnuts, quartered
- 1 cup no-chicken broth or vegetable broth
- ½ cup dry white or red wine
- ½ cup chopped fresh parsley

1. Preheat oven to 350°F. Coat 6 1-cup ramekins or extra-large muffin cups with cooking spray.
2. To make Seitan: Whisk together vital wheat gluten, nutritional yeast, garlic powder, herbes de Provence, salt, and red pepper flakes in large bowl. Stir in 1½ cups broth with fork until loose dough forms. Press heaping ¼ cup dough into each prepared ramekin or muffin cup, then top each with ¼ cup broth. Bake 30 minutes.
3. Meanwhile, to make Stuffing: Spread baguette cubes on baking sheet, and toast in oven 10 minutes, or until lightly browned and crisp. Transfer to bowl.

THE SOMMELIER SUGGESTS ...

At Paris Terroirs, a wine boutique specializing in organic wines, sommelier Sébastien Sayour shares his expertise with an eclectic clientele interested in affordable, sustainable vintages. For this meal, Sayour suggests two grape varietals: Chardonnay and Pinot Noir (from Burgundy). With the salad and the terrine, Sayour says, “You definitely want a *vin blanc*.” He recommends a Cheverny (from the Loire Valley) as “very fruity and crisp.”

For the main course, “Choose something light and elegant, like a Pinot Noir,” advises Sayour; he recommends a vintage between five and 10 years old. “Aromas of aged Pinot Noir go well with mushrooms and truffles.”

4. Heat oil in large skillet over medium heat. Add shallots, mushrooms, celery, and carrots, and sauté 5 minutes. Add garlic and herbes de Provence, and sauté 3 to 5 minutes more. Add chestnuts, and cook 2 minutes more. Add broth and wine, and simmer 1 minute. Remove from heat, and stir in toasted baguette cubes and parsley; season with salt and pepper, if desired.

5. Remove Seitan from oven. Top each serving with ½ cup Stuffing. Return timbales to oven, and bake 45 to 50 minutes, or until Stuffing is crisp and browned on top. Cool 10 minutes. Serve in ramekins, or transfer to serving plates by running small spatula or knife around edges, and gently lifting timbales from muffin cups.

PER SERVING: 397 CAL; 27 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 61 G CARB; 0 MG CHOL; 953 MG SOD; 8 G FIBER; 7 G SUGARS 

Truffled Mashed Potatoes

SERVES 6 | 30 MINUTES OR FEWER

In France, fresh truffles are sometimes referred to as “black diamonds,” fetching as much as \$500 per pound. Truffle oil provides the same complex flavor at a fraction of the price. (Truffle oils vary in intensity, so start with the smallest amount recommended and adjust according to taste.)

- 2 lb. fingerling or Yukon gold potatoes, peeled and cut into chunks
- 4 large cloves garlic, peeled and halved
- 2–3 Tbs. truffle oil
- 1 Tbs. finely chopped parsley

1. Bring potatoes, garlic, and enough water to cover all by 1 inch to a boil in medium saucepan. Reduce heat to medium, and simmer 20 minutes, or until potatoes are soft when pricked with fork. Drain, and reserve 1 cup cooking liquid.
2. Return potatoes and garlic to saucepan; mash with reserved cooking water until smooth. Stir in truffle oil and parsley, and season with salt and pepper, if desired.

PER ½-CUP SERVING: 170 CAL; 2 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 27 G CARB; 0 MG CHOL; 7 MG SOD; 3 G FIBER; 1 G SUGARS  

Mediterranean Terrine

SERVES 6

This updated version of a classic French terrine brings back the flavors of summer in a way that doesn’t feel out of place on a harvest table. Agar powder, a vegetarian substitute for gelatin, is available at natural-food stores and Asian markets. Garnish with Parsley-Garlic Crème (recipe on p. 77).

CASHEW CHEESE

- ¾ cup raw cashews
- ¼ cup nutritional yeast
- 1 Tbs. lemon juice
- 1 tsp. smooth Dijon mustard
- 1 tsp. salt
- 2 tsp. agar powder
- 1 tsp. garlic powder

TERRINE

- 2 large globe eggplants, sliced ½-inch thick
- 1 tsp. salt
- 5 medium red bell peppers
- ¼ cup olive oil, for brushing
- Flat-leaf (Italian) parsley, for garnish

1. To make Cashew Cheese: Soak cashews 3 hours in large bowl of water. Drain, and return to bowl. Add nutritional yeast, lemon juice, mustard, and salt to bowl; set aside.
2. Whisk agar and garlic powders into 1½ cups water in saucepan, and bring to a boil over medium heat. Simmer 5 minutes, or until liquid thickens and agar dissolves, whisking constantly.
3. Add agar mixture to cashew mixture. Blend with immersion blender until smooth. Pour into terrine mold or loaf pan. Chill 1 hour.
4. To make Terrine: Sprinkle eggplant slices with salt. Let stand 20 minutes to sweat.
5. Preheat oven to broil. Place bell peppers on baking sheet, and roast under broiler 20 minutes, or until soft and blackened on all sides, turning occasionally. Cool.
6. Reduce oven heat to 400°F. Blot eggplant slices with paper towel, brush with oil, and place in single layer in roasting pan. Roast 1 hour, or until soft and brown. Alternatively, grill eggplant slices in grill pan over medium-high heat 10 to 15 minutes, or until grill marks appear and slices are tender, turning once or twice. Cool.
7. Rub skins off of cooled bell peppers, remove stems and seeds, and cut each pepper in half.
8. Unmold Cashew Cheese from terrine mold, and slice in half horizontally so you have 2 long slabs. Rinse out terrine mold, and line with plastic wrap, allowing plastic wrap to hang over sides. Lay a few parsley leaves along bottom of mold, and top with a layer of eggplant, a layer of bell pepper, and a layer of Cashew Cheese. Repeat, ending with a layer of eggplant.
9. Fold ends of plastic wrap over Terrine, and place a weight (such as 2 15-oz. cans) on top. Chill 2 hours or up to 2 days.
10. To serve: Tilt Terrine over sink, and

Continued on p. 77.



Get It: A MOVEABLE FEAST

Want instant access to this Thanksgiving menu while shopping or cooking? Scan this code with your smartphone to get all the recipes in the palm of your hand. See p. 32 for details.

scan it ▶



FRENCH TWIST

Continued from p. 65.

pour off any liquid. Invert Terrine onto platter to unmold, and slice into 1-inch-thick slices.

PER SERVING: 259 CAL; 9 G PROT; 16 G TOTAL FAT (2 G SAT FAT); 26 G CARB; 0 MG CHOL; 691 MG SOD; 11 G FIBER; 9 G SUGARS (V) (GF)

Parsley-Garlic Crème

SERVES 6 (MAKES 2/3 CUP) | 30 MINUTES OR FEWER

Dollop this sauce atop Mediterranean Terrine slices, or pass it around the table in a small bowl so guests can serve themselves.

- 2 cups flat-leaf parsley leaves
- 1/4 cup olive oil
- 2 Tbs. red wine vinegar
- 1 large clove garlic, peeled
- 1 tsp. salt
- 1 pinch red pepper flakes

Blend all ingredients in blender or food processor until creamy.

PER 2-TBS. SERVING: 89 CAL; <1 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 2 G CARB; 0 MG CHOL; 400 MG SOD; <1 G FIBER; <1 G SUGARS (V) (GF)

Vegan Galette des Rois

SERVES 12

Galette des Rois, or kings' cake, makes its appearance in French *pâtisseries* around Christmas, but it is a delicious dessert option anytime.

- 4 oz. vegan margarine, softened (1/2 cup)
- 4 oz. crumbled firm tofu (1/2 cup)
- 1 cup sugar, divided, plus more for sprinkling, optional
- 1/2 tsp. almond extract
- 1 tsp. Kirsch brandy, optional
- 1 cup almond flour
- 1/4 cup all-purpose flour
- 2 Tbs. flaxseed meal
- 2 tsp. baking powder
- 1 17.3-oz. pkg. puff pastry, thawed (2 sheets)

1. Beat margarine and tofu with electric mixer until creamy. Add 1/2 cup sugar, and beat 2 minutes, or until sugar is

dissolved (mixture will look grainy). Beat in almond extract and Kirsch, if using. Add almond flour, all-purpose flour, flaxseed meal, and baking powder; beat 3 minutes, or until mixture is smooth and light in color. Chill batter 2 hours, or overnight.

2. Line baking sheet with parchment paper. Unroll puff pastry sheets onto lightly floured work surface. Cut each puff pastry sheet into largest circle possible. Discard scraps.

3. Transfer 1 puff pastry sheet to prepared baking sheet. Spread almond mixture in circle in center of pastry, leaving a 1-inch border all around. Brush border with water, and top galette with remaining puff pastry sheet. Press edges well to seal. Chill 1 hour, or overnight.

4. Preheat oven to 425°F. Draw circle with tip of knife on top of galette around almond filling. Score curved lines to create pinwheel inside of circle with tip of knife, making sure puff pastry is slashed but not completely cut through. Score edges outside circle with diagonal lines. To crimp edges of galette, slide back of knife under galette, and gently lift upward and inward to create scallop effect, cutting into dough a bit.

5. Bake 15 minutes. Reduce oven to 350°F, and bake 45 minutes more, or until galette is brown on top and bottom.

6. Meanwhile, bring remaining 1/2 cup sugar and 1/4 cup water to a boil in small saucepan. Cook 1 minute, or until sugar is completely dissolved.

7. Remove galette from oven, and brush sugar syrup all over top. Sprinkle with additional sugar, if using. Cool completely before serving.

PER SLICE: 379 CAL; 6 G PROT; 24 G TOTAL FAT (6 G SAT FAT); 36 G CARB; 0 MG CHOL; 345 MG SOD; 2 G FIBER; 18 G SUGARS (V) (GF)

When Aurelia d'Andrea swapped San Francisco for the City of Light in 2010, she wasn't surprised to suffer acute burrito withdrawal. But what really threw her for a loop was the nostalgia for more traditional American comfort foods.

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