

# Plant-based Thanksgiving Dinner



Many people celebrate this feast day by dividing up the cooking duties. Splitting up the essential elements of the Thanksgiving dinner will make final dinner preparations simpler, so feel free to assign different participants portions of the meal. Sweet potatoes, mashed potatoes or extras like cranberries, rolls, relish trays or desserts are good to suggest to others. There also may be dinner guests who feel most comfortable working on the clean-up crew after dinner. It's good to get kitchen clean-up organized as well. Remember, you made the dressing last night so you only need to rewarm it today. Just to clarify, this is the plant-based version with marinated portobello mushrooms as the feature.

**Preparation time: 4-1/2 hours Serves: 4**

## Prep the Ingredients

### Notes on Organizing

Prep and organize ingredients so they're easy to add when needed. Prep a total of 2-1/4 C. of chopped onion: 1/4 C. for Marinated Mushrooms and 2 C. for the mushroom gravy. Prep a total of 6 cloves of garlic: 1 chopped for the Marinated Mushrooms, 1 chopped for the Mushroom Gravy and 4 whole peeled cloves for the mashed potatoes. Prep each dish as it appears in the timeline.

### Marinated Portobello Mushrooms

#### Mushroom Marinade

- 2 tsp. olive oil
- 2 tsp. dried basil leaves
- 1 clove garlic (smashed and chopped)
- 1/4 C. yellow onion (finely-chopped)
- 1 tsp. low-sodium soy sauce
- 3 T. Balsamic vinegar
- 1/2 tsp. prepared mustard
- 2/3 C. low-sodium vegetable broth
- 4 Portobello mushrooms
- 2 tsp. blue cheese crumbles

### Mashed Potatoes

- 10-12 medium russet potatoes - 3 lbs. - (peeled and cut into 2" pieces and covered with cold water until ready to cook)
- 2 C. water
- 4 cloves garlic (whole/peeled)
- 1/2 tsp. salt
- 2 T. butter
- 1/3 C. nonfat milk

### Brussels Sprouts

- 1 lb. Brussels Sprouts (washed, halved and kept in cold water until ready to cook)
- 1 T. olive oil
- pinch of salt
- 1/3 C. dried cranberries
- 1/2 C. roasted pecan pieces
- 1/4 C. low-sodium vegetable broth
- 1/2 tsp. honey
- 2 tsp. lemon juice

### Mushroom Gravy

- 1 tsp. olive oil
- 1 lb. crimini mushrooms (sliced)
- 2 C. yellow onion (chopped)
- 1 clove garlic (smashed and chopped)
- 1 stalk celery (chopped)
- 1 bay leaf
- 1 C. white wine
- 2-1/2 C. low-sodium vegetable broth
- Spice packet for gravy: (Cilia/Malitta paper tea filters work well - or a tea ball)
- 1 tsp. dried sage leaves
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1/2 tsp. dried rosemary
- 1/2 tsp. dried thyme leaves
- flour roux:
- 1/3 C. all purpose flour
- shaken with -
- 3/4 C. nonfat milk
- 2 tsp. butter, salt and pepper to taste
- reserved potato cooking water

### Yams

- 1 tsp. butter
- 1 tart apple (cored and coarsely chopped)
- 1 tsp. ground cinnamon
- 3-4 large yams (peeled and cut into 2" pieces and kept in cold water)
- 1 T. packed brown sugar
- 1/2 tsp. salt
- 1/4 C. low-sodium vegetable broth

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**Cranberries/Optional Relish Tray/Rolls**

two 15 oz. cans cranberries (whole berries or jelly)

Optional:

Relish plate

whole-grain rolls

*Let's Prepare, Cook, and Plate This!*

**Basic Assembly Instructions**

Start 4-1/2 hours before dining by making the mushroom marinade. Combine marinade ingredients in a medium-size bowl. Cook marinade 3 minutes in the microwave. Allow to cool for 20 minutes. Clean mushrooms with a damp cloth.

Place mushrooms in the marinade in a 9X13 cooking pan. Marinate for 1 hour per side.

**2 hours before you wish to dine**

**Mushroom Gravy**

1. Toss crimini mushrooms, onion, garlic and celery in oil in a large sauté pan until well browned.
2. Add bay leaf and wine, cover and cook 30 minutes. Let cool slightly, remove bay leaf and blend mushroom/onion mixture in food processor until totally smooth.
3. Return to pan. Add broth and spice packet, cover and cook over low heat another 30 minutes.
4. Slowly stir in flour roux (flour/milk mixture) to thicken and bind gravy. Simmer for 10 minutes.
5. Just before serving, stir in butter and reserved potato cooking water to achieve desired consistency. Season with salt and pepper. Discard spice packet before serving.

**1-1/2 hours before you wish to dine**

**Mashed Potatoes**

**Preheat oven to 375°.**

1. Before cooking potatoes, pour off the cold water.
2. Add 2 C. water, garlic and salt and boil potatoes on stovetop for 20 minutes, or until tender.
3. Remove from heat and save remaining potato cooking water in a separate bowl. Set aside.
4. Mash potatoes with butter in cooking pan or a large bowl. Add milk and whip well. Cover and set in warming oven.

**While potatoes cook...**

**Yams**

1. Melt 1 tsp. butter and use it to coat a 9X9 baking dish.
2. Arrange apple pieces over butter. Sprinkle apples with cinnamon. Layer drained yam pieces over apples. Sprinkle brown sugar and salt over them. Pour broth over all ingredients. Cover and bake in preheated 375° for 35 minutes. Remove from oven and set aside in warming oven.

**About 40 minutes before dinner... Marinated Portobello Mushrooms/ Re-warm Dressing**

1. Lift Marinated Mushrooms from the marinade and place them stem-side-up in oiled baking dish. Spoon 1 T. marinade over each mushroom. Set aside. You'll eventually cook them (uncovered) for 35 minutes. Don't worry about setting a timer for the mushrooms. The cooking time is worked out with the Brussel's sprouts so that everything's done at the same time.
2. Rewarm Dressing: Warm 1 pan at a time. Pour 1/4 C. water over cooked dressing, re-cover with foil and place in oven with Mushrooms. Wait to place in oven with Brussels Sprouts.

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### **Brussel's Sprouts**

1. Drain and place halved Brussel's Sprouts flat-side-down on an oiled baking tray. Drizzle sprouts with oil and sprinkle with salt. Place in the 375° oven with mushrooms and 1 pan of dressing. Set timer for 15 minutes. (You'll need to use the second rack in the oven.)
2. Turn sprouts after timer sounds and reset timer for 5 minutes.
3. When the timer sounds, sprinkle sprouts with dried cranberries and pecans and pour mixture of broth, honey and lemon juice over sprouts. Set the timer for 5 more minutes.
4. When the timer sounds, remove sprouts and dressing from the oven. Leave mushrooms for another 10 minutes. (When you remove the mushrooms, place the second pan of dressing in to warm. Set a timer for 25 minutes.

### **Rewarm Gravy/Cranberries/Optional Relish Tray/Rolls**

#### Gravy

While items finish cooking in the oven, rewarm gravy. Add butter and reserved potato cooking water to thin to desired consistency.

#### Cranberries/Optional Relish Tray/Rolls

Spoon canned cranberries of choice into a serving bowl and stir to remove the shape of the can. Prepare relish trays and set aside.

If you're serving rolls with the meal, this would be the time to warm them.

### **Serve**

Place Marinated Mushrooms on a warmed serving platter and sprinkle lightly with blue cheese crumbles. Transfer all other items to warmed bowls and call diners to the table.

Let us know what you think and ask questions you may have. [chezdon@plate6.com](mailto:chezdon@plate6.com)

