

# Holiday **FEASTING**

## **TOP SIX CORE RECIPES**

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# The Perfect Dairy-Free Cream Cheese



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*This cheese has become a staple in our house. I usually mix up a double batch, then divide in 3 containers and freeze two of them for later. My husband (who loves dairy and can eat whatever he likes) says he prefers this to "regular" cream cheese, since the texture is perfect and the flavor is "more delicate" (he finds regular cream cheese too bland now!).*

## INGREDIENTS

- 1 cup (240 ml) raw cashews, soaked in room temperature water for 12 hours, rinsed and drained well; OR soaked in boiling water for 10 minutes, rinsed and drained well
- 3 Tbsp (45 ml) fresh lemon juice
- 1 tsp (5 ml) apple cider vinegar
- 2 Tbsp (30 ml) water
- 3 drops plain liquid stevia
- 3 Tbsp (45 ml) organic coconut oil
- 1/8 tsp (.5 ml) fine sea salt
- 2 tsp (10 ml) sunflower lecithin (optional, but highly recommended)

## INSTRUCTIONS

Place the cashews, juice, vinegar, water and stevia in the jug of a powerful blender and blend until just smooth. Add the coconut oil, lecithin and salt and continue to blend, scraping down sides and pressing the mixture into the blades as often as necessary, until you have a silky smooth, creamy mixture that's almost the texture of sour cream. It may seem too soft; this is as it should be (it will firm up in the fridge). Taste and adjust salt and stevia, if necessary.

Scrape the cheese into a small container and refrigerate until firm, at least 24 hours. It should be firm yet spreadable at this point. Use as you would cream cheese.

**Variation:** Add 1/2 tsp (2.5 ml) garlic powder and/or 1 Tbsp (15 ml) chopped chives, if desired

*For more information about or to purchase any of the ingredients in this recipe, check out my [Shopping page](#).*

# Coconut Whipped Cream



# Coconut Whipped Cream

*Coconut whipped cream has become a staple in vegan kitchens in recent years. The usual recipe, I've found, produces a cream that's a bit heavier than what I remember dairy whipped cream to be. With this version, I've lightened it up somewhat to re-create more of the traditional texture. And the bonus: There's no need for beaters! This cream also mounds and pipes beautifully if refrigerated first for at least 12 hours before using. Each of the flavor variations is just as delectable; choose according to your recipe.*

## INGREDIENTS

- 1 can (14 oz or 400 ml) full-fat canned coconut milk, preferably organic
- 2 to 3 Tbsp (30 to 45 ml) rice milk or other nondairy milk, or 3 to 4 Tbsp (45 to 60 ml) reserved coconut water from can
- 1 tsp (5 ml) pure vanilla extract
- Pinch fine sea salt
- Scant 1/8 tsp (.5 ml) pure stevia powder or 1/4 tsp (1 ml) pure plain or vanilla stevia
- liquid, or to taste
- 1/2 tsp (2.5 ml) xanthan gum (use only Bob's Red Mill brand if you are concerned about a corn allergy)

## INSTRUCTIONS

Note: At least 24 hours before you make the whipped cream, refrigerate the can of coconut milk.

*Make the whipped cream:*

Remove the coconut milk from the fridge, turn the can upside down, and open it from the bottom. You will see a clear, slightly viscous liquid on top (this is the coconut water that has separated out). Gently pour the coconut water into a bowl or glass and reserve if you wish to use it in the whipped cream (or use for some other recipe – it's very nice in smoothies).

Using a spoon, scoop out the thick white cream left in the can and place it in the bowl of a food processor or blender. If you notice any more coconut water pooled under the cream, add it to the rest of the coconut water.

Add 2 tablespoons (30 ml) of the rice milk or 3 tablespoons (45 ml) of the reserved coconut water to the cream in the processor. Next, add the vanilla, salt, and stevia and blend until smooth. Sprinkle with the xanthan gum and process again until well combined.

## INSTRUCTIONS (CONT'D)

You should have a light and fluffy cream that can be spooned on top of desserts or spread over trifles, pies, etc. If the cream seems too thick, add the additional tablespoon (15 ml) of rice milk or coconut water and process again.

*Chill the whipped cream:*

If you wish to pipe the cream, you will need to cover the bowl with plastic wrap and refrigerate it for an additional 24 hours at this point. After 24 hours, gently spoon the cream into a piping bag and use as desired. Prepared cream will keep, covered, in the refrigerator, for up to 3 more days.

### **Variations:**

**Lemon Whipped Cream:** Add the finely grated zest of 1 lemon, preferably organic, with the coconut milk, rice milk, vanilla, salt, and stevia; replace 1 Tbsp (15 ml) of the rice milk or coconut water with fresh lemon juice; continue as above.

**Chocolate Whipped Cream:** Add 1 Tbsp (15 ml) unsweetened cocoa powder to the mixture in the processor with the coconut milk, rice milk, vanilla, salt, and stevia; increase liquid stevia by 10 drops, or to taste (you can also use 2 Tbsp or 30 ml coconut sugar instead of more stevia). Continue as above.

**Strawberry Whipped Cream:** Use 2/3 cup (150 g) quartered fresh strawberries in place of the liquid in the recipe. Add the finely grated zest of 1 lime, preferably organic, to the mixture in the processor as well, and process as above.

*For more information about or to purchase any of the ingredients in this recipe, check out my [Shopping page](#).*

# Milk Chocolate



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*This looks like the real thing and tastes amazing. If you wish to serve it as chocolate, refrigerate until ready to serve. Or melt and use in truffles or fudge.*

## INGREDIENTS

- 3/4 cup (160 ml) coconut butter (NOT oil)
- 1 cup (240 ml) sugar-free chocolate chips (I use Lilys)
- 2 Tbsp (30 ml) cacao butter (I grate it on a fine grater and measure after grating)
- 1/4 cup (60 ml) xylitol, or less, to taste
- Tiny pinch salt

## INSTRUCTIONS

Line a small loaf pan or rectangular container (about 6 x 4 inches or 15 x 10 cm) with 2 layers of plastic wrap (this will help to remove the chocolate more easily once hardened. One layer tends to stick to the container).

Melt the coconut butter in a small pot over low heat. To a high-speed blender, add the melted coconut butter, chips, cacao butter, xylitol and salt. Blend on low until the chips have broken up and begin to melt, then increase speed to high until mixture is liquefied. Pour into the container and refrigerate until firm, about an hour. Remove from the container and peel off the plastic. Cut into squares or chunks. Store in a covered container in the refrigerator until ready to eat. Makes about 12 servings.

*For more information about or to purchase any of the ingredients in this recipe, check out my [Shopping page](#).*

# Aquafaba “Meringue”



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*Aquafaba is the liquid from a can of chickpeas (seriously!)--and it's magical. When refrigerated and beaten with electric beaters, it turns into, well, meringue. If using canned aquafaba, I pour it into a small pot and simmer until it's about 2/3 the original volume, which ensures that it's thick enough to beat properly. Then pour into a container and refrigerate until very cold, at least 2-3 hours, before beating.*

## INGREDIENTS

- 1/2 cup (120 ml) aquafaba
- 2/3 cup (160 ml) xylitol, ground to a powder in a coffee grinder or blender (in batches, if necessary)
- 1/4 tsp (1 ml) cream of tartar or xanthan gum
- Pinch fine sea salt
- 2 tsp (10 ml) pure vanilla extract

## INSTRUCTIONS

Refrigerate the aquafaba in a glass or metal bowl with the beaters until everything is VERY cold (alternately, freeze the bowl and beaters for 30 minutes and then add the aquafaba).

Add the aquafaba and other ingredients to a deep bowl and beat on low speed until foamy. Continue beating at high speed, scraping down sides frequently, until the mixture looks white and glossy and holds soft peaks. Aquafaba takes about 3-4x longer to peak than egg whites, so keep going! Once you think it's sufficiently beaten, continue to beat for at least another 2 minutes (you cannot overbeat aquafaba!).

Use atop lemon meringue pie, to make meringue cookies, for a mousse base, or on its own as a marshmallow fluff. Will keep, covered in the refrigerator, for up to 24 hours.

*For more information about or to purchase any of the ingredients in this recipe, check out my [Shopping page](#).*

# Ricki's All-Purpose Grain-Free Flour Mix

*If you eat gluten-free, you may already be using [my all-purpose GF mix](#). This grain-free mix allows you to remain entirely grain-free even when baking and can be used one-for-one instead of regular all-purpose flour in recipes. I usually mix up a double (or even triple!) batch and store in the freezer so I have it whenever I need it.*

## INGREDIENTS

- 1 cup (340 g) raw pumpkin seeds (can be soaked and dehydrated)
- 1/4 cup (60 ml) potato starch
- 1/3 cup (80 ml) coconut flour
- 1/4 cup (60 ml) chickpea or garfava flour

## INSTRUCTIONS

Place ingredients in the jug of a high-powered blender (like a Vitamix). Blend until everything is powdered (you might need to stop and redistribute once or twice). Alternately, grind small batches in a coffee or spice grinder until everything is powdered (be sure to mix the seeds with some of the flours before grinding so it doesn't turn into seed butter).

Pass the mixture through a fine sieve to remove any large pieces of seeds that are left. If you have a lot of seeds left, return those pieces to the blender with some of the flour and blend again, then press through the sieve again.

Mix everything in a bowl with a whisk or silicone spatula until very well blended and everything is evenly distributed. Store in an airtight container in the freezer or refrigerator. Makes about 2 cups (480 ml).

*For more information about or to purchase any of the ingredients in this recipe, check out my [Shopping page](#).*

# Ricki's All-Purpose Gluten-Free Flour Mix

*This is a great basic all-purpose gluten free flour mix that you can use anywhere you'd use all-purpose wheat flour, in the same proportion. For recipes that require pastry or bread flour, you might like to play around with the ratios or even use other flours instead of one of the ones listed here. I haven't added xanthan gum since some people avoid it, but I generally include ½ to ¾ tsp (2.5 to 3.5 ml) xanthan per cup when I bake with this flour.*

## INGREDIENTS

- 2 cups (270 g) millet flour
- 2/3 cup (100 g) garfava flour (you can use chickpea instead)
- 2/3 cup (120 g) potato starch
- 2/3 cup (90 g) arrowroot starch or powder (or substitute tapioca or cornstarch)

## INSTRUCTIONS

Place all ingredients in a large bowl and stir with a whisk until the flour is evenly blended. Store in an airtight container in the refrigerator if you won't be using it within a week or 10 days (will keep up to 6 weeks in the fridge). Measure as you would wheat-based all-purpose flour. Makes 4 cups.

*For more information about or to purchase any of the ingredients in this recipe, check out my [Shopping page](#).*