

Vegan Shabbat at a Meat Eater's House

By Shoshanna Isaacson

Although many people hold that it is a halachic requirement for Shabbat or holiday meals to include meat, there are sources in the Torah that support the option of a vegan meal. It is not the intention of this article to render a halachic opinion on this subject but to inform the reader as to how to prepare foods to fit a vegan lifestyle.

Having a guest for a Shabbat or Yom Tov meal tell you that they have an allergy or a serious issue with one type of food can be nerve-racking for the average host. Having a guest you are planning on hosting tell you that they follow a strict vegan diet can send many a balabusta running for the hills in a state of panic. But in this day and age that should no longer be the case. More and more people are eating plant-based and vegan diets for an array of reasons, and today more than ever there are tasty kosher vegan substitutes for just about any food you can think of, from eggs to sausage. Being able to comfortably host someone who follows one of these diets need not be a reason for anxiety.

Most people today understand that being vegetarian means the person does not eat meat but may eat some animal byproducts such as eggs, dairy and honey. But vegans eat nothing that is animal-based or a byproduct of animals - no eggs, no dairy, no honey, and for someone who doesn't follow this lifestyle it may seem like all they can serve is salad. Rest assured, a full Shabbat meal with a variety of tastes and textures can be prepared easily and fully vegan, if necessary.

There are so many cuisines around the world that lend themselves to being prepared in a vegan way that you could make this a themed meal and get super creative. If you prefer more traditional Eastern European Shabbat fare, that works as well. Planning your menu ahead of time so you can purchase any ingredients you don't have on hand will ensure things go smoothly when you are cooking.

We all know that the two things needed for any Shabbat or Yom Tov meal are wine and challah. To ensure that the wine you purchase is vegan... Wait, you mean wine might not be vegan? Yes, but here is what you need to know. In some manufacturing scenarios there is a process called fining that uses small particles of animal products in the process. The process is different in kosher wine production, so all kosher wines are also vegan. Whew! With challah, we don't get off quite so easily. There are two basic types of challah people make for Shabbat. Egg challah, which is not vegan, and water challah, which usually is. Water challah can be vegan as long as in place of an egg wash for the crust one uses water and oil, or water and sugar. There are plenty of vegan

challah recipes available online, and many of them are just as yummy as the egg challah most of us are familiar with.

With the wine and challah covered, the rest of the vegan meal can be as varied as your imagination and time will allow for. Pleasing everyone at the table with a meal that they can all enjoy makes the life of the cook much easier. After the challah and wine, what is left? Generally, most Shabbat meals include an appetizer and salad course, maybe a soup course, a main course with side dishes and a dessert. Shabbat day meals often have a Crock-Pot entree as the center of that meal (be aware, however, that some extremely strict vegans won't eat food cooked in the same slow cooker crock that meat has been cooked in, so make sure to ask your specific guest).

Before you start cooking, you should familiarize yourself with the ingredients that are from animals that can be hidden in commercially-made condiments and seasonings. A few of these are: albumin, carminic acid, casein, gelatin, dextrose, glycerides, and more. Use of these ingredients often affects the kashrut of an item as well, but some do not and it is good to be familiar with as many of these hidden ingredients as possible. Mayonnaise is traditionally made from eggs and oil so it is not vegan, but there are some commercially-made certified vegan mayonnaise substitutes that are readily available where vegan products are sold, and the taste difference is nearly indiscernible. Some other foods that commonly contain hidden animal ingredients are: gelatins, salad dressings, marshmallows, candy, non-dairy coffee creamers, commercially-made breads and bagels, refined white sugar, snack chips and some flavor extracts. Just being kosher and pareve doesn't always mean the hidden ingredient isn't there. It is best to ask your expected guests if you are having trouble finding a substitute ingredient. They will really appreciate the effort.

Wondering how to pull off a vegan shabbat? Here is an example of a traditional Ashkenazic-style vegan menu that will fill and satisfy even the most diehard of meat eaters:

Friday Evening:

- Challah (recipe below)
- Appetizer - Mock Chopped Liver, Hummus, Pickles, Olives
- Notsa Ball Soup (recipe below)
- Roasted Vegan Loaf (recipe below)
- Mashed Root Veggies
- Roasted Garlic Green Beans & Mushrooms
- Vegan Chocolate Cake

Shabbat Day:

- Challah
- Assorted Dips and Salads
- Large Leafy Green Salad w/ simple vinaigrette
- Hearty Vegan Cholent w/ Vegan Kishka (recipe below)
- A hearty grain like Farro or Wild Rice
- Seitan Schnitzel Bites w/ dipping sauce (recipe below)
- Leftover Chocolate Cake and Cut Fresh Fruit

Shoshana's Water Challah *based on recipe from Rebbetzin Kanievky*

A light fluffy challah with a crunchy crust that will delight all.

Ingredients:

5 cups warm water
1 ¼ cups sugar
4 tablespoons dry yeast
1 ¼ cups oil
1 ½ tablespoons salt
5 pounds of unbleached bread flour
For wash:
½ cup warm water w/ 1 tablespoon of sugar
OR
½ cup oil of choice

Step-by-Step Instructions:

1. Place the 5 cups warm water, 1¼ cups sugar and yeast into a large bowl. Whisk well and let sit for 5 to 7 minutes.
2. When the liquid has become bubbly, whisk in the 1¼ cups oil and salt.
3. Add the flour one cup at a time, mixing with a wooden spoon and then by hand until a shaggy dough is formed.
4. Remove the dough from the bowl and knead, adding flour until a smooth elastic dough is formed.
5. Place the dough into a well-oiled bowl, turning to coat on all sides.

6. Cover with a damp towel and leave in a warm location for an hour.
7. Take challah at this point and make a bracha.
8. Punch down dough and divide into six to eight pieces of equal weight. Divide each of those into the number of coils you prefer to braid.
9. Oil or line loaf pans.
10. Place braided dough into the loaf pans cover and let rise for an additional hour.
11. Preheat oven to 350F
12. Brush the loaves lightly with either the water and sugar wash or with oil and bake for about 45 minutes until golden brown and hollow sounding when you knock on the loaves.

Notsa Ball Soup

This recipe makes a full 8 quarts of rich, flavorful golden soup

Ingredients:

Soup:

Olive oil for sauteing
1 large white or yellow onion, diced
2 large carrots, peeled and cut into chunks
3 to 4 stalks of celery, cut into chunks
2 parsnips, peeled and cut into chunks
1 red bell pepper, cored and cut into chunks
1 medium turnip, peeled and cubed
1 small or ½ large rutabaga, peeled and cubed
1 medium celeriac root peeled and cubed
1 medium zucchini, cut into chunks
1 yellow crookneck squash, cut into chunks
4 quarts of prepared vegetable stock
4 quarts of water (the actual amount used may be a little less or a little more)
1 bulb garlic, the top end cut off exposing the garlic
1 tablespoon chopped fresh sage
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh rosemary
1 bunch fresh dill
1 to 2 teaspoons turmeric
Salt & pepper to taste

Notsa balls: *makes about 2 dozen walnut-sized balls*

8 teaspoons egg replacer
1 ½ cups warm water
2 cups matzah meal
1 teaspoon kosher salt
½ teaspoon onion powder
½ teaspoon garlic powder
4 tablespoons fresh chopped dill (you can use less if you prefer or fresh chopped parsley if that is more to your personal taste)
4 tablespoons oil
2 ⅔ cups unflavored seltzer water
Salted water for boiling

Step-by-Step Instructions:

Soup:

1. Place the bulb of garlic into a square of aluminum foil and drizzle a little olive oil over the cut end. Seal and roast in a 350F oven for about 30 to 40 minutes.
2. While the garlic is roasting, place a few tablespoons of oil into the bottom of a deep stock pot. Saute the diced onion until it starts to caramelize, not burn (the caramelization will add color to the finished soup).
3. Add the carrots, celery and parsnips. Saute for a few minutes.
4. Add the remaining cubed and chopped vegetables, herbs and spices. Stir to mix well
5. Add the vegetable stock and enough water to fill the pot to the 8 quart line.
6. Bring to a boil. Reduce to a low flame and let simmer for 1 hour covered.
7. Taste and adjust seasoning.

While the soup is simmering, make the **'notsa' balls**.

1. Mix the egg replacer with the warm water and set aside for 5 minutes.
2. Mix the dry ingredients in a large bowl.
3. Add the wet ingredients, including the egg replacer and mix well.
4. The batter should be on the thicker side, but if you need to add additional liquid add more seltzer a small amount at a time.
5. Cover the bowl with plastic wrap and refrigerate for at least a half an hour, a bit longer is better.
6. Bring a pot of well-salted water to a boil.
7. Remove the bowl of batter from the refrigerator and using wet or well-oiled hands form small walnut-sized balls.

8. Drop gently into the boiling water and cook until they begin to puff and float to the surface. About 15 to 20 minutes.
9. Using a slotted spoon remove from the salty water and let sit in a pan until ready to serve the soup. Place one or two notsa balls into each bowl and top with hot soup.

Roasted Vegan Loaf *based on a recipe from connoisseurusveg.com*

Serves approximately 8

Ingredients:

For the Chickpea Meatloaf:

- 2-14 oz. cans or 3 1/3 cups cooked chickpeas, drained and rinsed
- 1 onion, diced
- 2 celery stalks, chopped
- 2 carrots, diced
- 2 teaspoons minced garlic
- 2 cups panko breadcrumbs
- 1/2 cup oat milk
- 2 tablespoon tamari
- 2 tablespoon olive oil
- 2 tablespoon ground flax seeds
- 2 tablespoon tomato paste
- 1 teaspoon liquid smoke
- 1/4 teaspoon black pepper

For the Maple Glaze:

- 1/4 cup tomato paste
- 2 tablespoon maple syrup
- 2 tablespoon apple cider vinegar

- 1 tablespoon tamari
- 1 teaspoon smoked paprika

Step-by-Step Instructions:

1. Preheat the oven to 375°. Lightly oil a 9 inch loaf pan and arrange a strip of parchment paper width-wise along the center, with just a bit hanging over the sides.
2. Working in batches if needed, place all meatloaf ingredients into a food processor bowl and pulse until chickpeas are broken up and ingredients are well mixed, stopping to scrape down sides of bowl as needed. Do not overblend. If working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand.
3. Press mixture into prepared loaf pan and bake for 30 minutes.
4. While the meatloaf bakes, stir glaze ingredients together in a small bowl.
5. Remove loaf from the oven after 30 minutes and spoon glaze over the top of the loaf. Bake for another 20-25 minutes. Remove from the oven and allow to cool at least 10 minutes before cutting.

Hearty Vegan Cholent w/ Vegan Kishka

This recipe makes a full 6 to 8 quart Crock-Pot and will feed a crowd.

Ingredients:

For the Kishka:

- 2 stalks of celery, chopped roughly
- 2 large carrots, peeled and roughly chopped
- 1 large white or yellow onion, peeled and roughly chopped
- 1 ½ cups flour of choice
- 1 ½ teaspoons kosher salt
- 1 teaspoon paprika
- Pepper to taste
- ½ cup to ¾ cup oil

Cholent:

- 2 sweet potatoes, peeled and cubed

2 turnips, peeled and cubed
2 or 3 large carrots, peeled and cut into chunks
1 large onion, peeled and chopped
2 or 3 Yukon Gold potatoes, cubed
1 medium acorn squash, peeled and cubed
1 15.5 oz. can chickpeas
1 15.5 oz. can any other bean of choice, drained
½ to 1 cup barley or grain of choice
1 cup tomato sauce **OR** BBQ sauce **OR** ketchup (or any combination of the three)
Salt & pepper to taste
1 tablespoon (or more) minced garlic or whole cloves
1 tablespoon cumin
1 tablespoon paprika
Chili powder to taste (optional)
Dried or fresh herbs of choice
Enough of any of the following liquids to come to the top of the above ingredients:
Beer, vegetable broth, water, wine, or any combination of these liquids

Step-by-Step Instructions:

1. Cut and prepare all of the vegetables as directed in ingredients.
2. Place the vegetables into the crock of your slow cooker.
3. Add the spices and the grain. Mix well.
4. Prepare the kishka. Place the ingredients into the bowl of a food processor and pulse to chop and blend the ingredients. Slowly drizzle in the oil until a soft dough forms. Remove from the food processor and form into a log shape (This recipe makes about two logs, one can be frozen for future use). Wrap this log of dough in aluminum foil or parchment paper and place on top of the vegetables in your slow cooker.
5. Add enough of the liquid/liquids of your choice to come up to the top of the contents of your crock.
6. Cook covered on low overnight or until ready to serve.
7. Remove the kishka from the wrapping and slice on a separate plate to serve alongside the cholent.

* Note - you can get creative with this recipe and include any root vegetable of your liking and use the seasonings you prefer. Add a jalapeño pepper or two if you like it spicy.

Seitan Schnitzel Bites w/ Dipping Sauce

This recipe is super versatile and can be made in a frying pan or baked in the oven. You can determine how many bites to make as you need them and they can be frozen once cooked and reheated easily. Great option for children.

Ingredients:

One batch of Easy Peasy Homemade Seitan (recipe can be found in the What's Hot in Food & Cooking Column) / purchased packaged seitan
Flour
Veganise
Aquafaba (liquid from canned beans)
Panko breadcrumbs
Salt & pepper
[The Out of Town Cook BBQ Spice Rub / Tikka Tikka Bollywood Rub](#)
Oil for pan frying or oil spray for baking

Step by Step Instructions:

1. Slice the seitan into ¼ thick by one inch squares (or any shape you like using a cookie cutter).
2. Dredge each piece in seasoned flour.
3. Mix two parts veganise to one part aquafaba.
4. Dip the dredged pieces of seitan into the veganise aquafaba mix.
5. Dip back into the flour mix.
6. Back into the veganise mix.
7. Season the panko crumbs with either the BBQ rub or the Tikka Tikka Bollywood rub.
8. Dredge the coated pieces in the seasoned panko crumbs.
9. Lay the coated pieces on a parchment-lined baking sheet.
10. They can be sprayed generously with spray oil at this point and baked in an oven preheated to 350F for about 15 to 20 minutes or until golden and crispy on both sides **OR** the coated pieces can be fried in a pan with a little oil until golden and crispy on both sides.

Dipping Sauces:

You can really use any sauce you or your children like to dip things into. Two of the sauces that are personal favorites are:

Maple Mustard: Equal parts maple syrup and mustard of your choice mixed together well.

Zingy Sauce: Equal parts apricot preserves and vegan ketchup mixed together with a dash of Sriracha or a pinch of red pepper flakes.