

# 12 DAYS OF VEGAN *Christmas*



*Mr. Fitzpatrick's*

@thecleantribe



# *A quick preface ...*

When we were looking to do something special for all our Vegan followers, it was important to us that all of the delicious recipes that also appealed to both vegans and non vegans.

There is no doubting that more and more people have turned to veganism, not as a fad but as a way of life. But, there are also growing numbers of people who, not wanting to commit to the lifestyle full time, do want to try to limit their consumption of animal products but don't want to compromise on taste!

There is a myth that all vegan food is dull and tasteless and that's why we wanted to bring you a wonderful range of Xmas treats that have been tested on humans - vegan and non vegans!

We have had the absolute pleasure of collaborating with Samantha Keating aka @thecleantribe. She has worked tirelessly to create these wonderful 12 recipes using 5 of our cordials and we hope you enjoy each and everyone!

Plum, Pear & Mixed Spices  
Ginger  
Cranberry & Pomegranate  
Orange, Clementine & Bergamot  
Sour Cherry, Red Grape & Hibiscus

All recipes are available to download to your mobile device at  
[www.mrfitzpatrick.com/recipes](http://www.mrfitzpatrick.com/recipes)

## *But who is @thecleantribe?*

Hello, I'm Samantha, wife and mother to a "free-spirited" little boy. I have always been passionate about food and cooking, and after becoming a mother I made the decision that the evidence supporting the benefits of a plant-based lifestyle for my family couldn't and shouldn't be ignored. The more I cooked and experimented with a plant-based and vegan diet, the more people asked me about my food and recipes, and voila The Clean Tribe was born. Two years on and I am honing my skills as a vegan recipe developer, content creator and food photographer, in the belief that vegan good can be easy to make as well as mouth-wateringly delicious.



A collection of various baking tools and ingredients arranged in a triangular shape, resembling a Christmas tree. The items include wooden spoons, cinnamon sticks, star-shaped cookie cutters, a rolling pin, a sieve, a whisk, a heart-shaped cookie cutter, a small bowl of red berries, a slice of orange, a red Christmas ornament, a star-shaped cookie, a small bowl of nuts, a small bowl of red berries, a small bowl of orange slices, a small bowl of cinnamon sticks, a small bowl of star-shaped cookies, a small bowl of heart-shaped cookies, a small bowl of star-shaped cookies, a small bowl of heart-shaped cookies, a small bowl of star-shaped cookies, a small bowl of heart-shaped cookies, a small bowl of star-shaped cookies, a small bowl of heart-shaped cookies, a small bowl of star-shaped cookies, a small bowl of heart-shaped cookies. The background is a dark, textured surface.

*On the first day of  
Christmas my true love  
gave to me ...*





# *Ginger & Carrot Spiced Muffins*

Prep time: 15 minutes

Cook time: 15 minutes

Servings:12

## **Ingredients**

2 Tbsp ground flaxseed

1/3 cup Mr Fitzpatrick's Ginger cordial

2 cups plain flour

1 cup rolled oats + 2 tablespoons for topping

2 tsp baking powder

1/2 tsp salt

2 tsp ground cinnamon

1/2 tsp ground nutmeg

½ tsp mixed spice

1/2 cup coconut oil

2 cups grated carrots (about 2 large carrots)

1 cup oat milk

3/4 cup packed brown sugar

1. Preheat oven to Gas mark 5 or 190c and grease a 12-cup muffin tin.
2. Add the flaxseed and cordial to a small bowl, stir to combine and set aside.
3. In a large bowl whisk together the flour, oats, baking powder, salt, cinnamon, mixed spice and nutmeg
4. Gently melt the coconut oil either over a low heat on the hob or in the microwave.
5. Mix the carrots, milk, brown sugar and melted coconut oil together before adding the flaxseed mixture, stir to combine.
6. Add the wet ingredients to the dry ingredients and stir with a wooden spoon until just combined.
7. Divide the batter between muffin tins and with a sprinkle of oats.
8. Bake the muffins for about 12 -15 minutes, until the tops bounce back when lightly poked and a skewer comes out clean. Let the muffins cool in the pan for 5 minutes before removing to finish calling on a wire rack.





*On the second day of  
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# *Ginger Bread Bites*

Prep time: 50 minutes including chill time

Cook time: 10-12 minutes

Servings: 20

## **Ingredients**

380 g plain flour

110 g dairy free spread

100 g soft brown sugar

160 g golden syrup

2 tsp of cinnamon

1 tsp all spice

1 ½ Tbsp Mr Fitzpatrick's Ginger or Spiced Plum & Pear cordial.

1 tsp bicarbonate soda

1. In a bowl, beat together the sugar and spread until light and creamy.
2. Add the golden syrup, and sift in the cinnamon, ginger, bicarbonate of soda, and food colouring.
3. Mix until a rough crumb begins to form, then work the mixture into a smooth dough using your hands.
4. Cover with cling film and chill for 30 minutes. Meanwhile, pre-heat your oven to 180 degrees (adjust accordingly for fan ovens).
5. Lightly dust your work surface and roll the dough until about 6 mm thick. Be sure to work quickly in a room that is not too hot, or the dough will become sticky.
6. Cut your shapes and transfer on to baking trays, bake in the oven for 10-12 minutes until golden brown. Leave to cool for the most part on the trays, before removing to racks. Leave to cool completely before icing.

NOTE: These biscuits can stick ever so slightly to baking paper, so I would recommend using either silicone sheets or a straight up baking tray for this recipe.





*On the third day of  
Christmas my true love  
gave to me ...*





# *Crunchy Piccalilli*

Prep time: 24 hours  
Cook time: 15 minutes  
Servings: 4 x 500ml jars

## **Ingredients**

300g cauliflower florets  
150g French beans  
250g shallots or small pickling onions  
250g courgette  
75g sea salt  
4 Tbsp plain flour  
75g light muscovado sugar  
1 tsp turmeric  
1 Tbsp mustard powder  
½ Tbsp yellow mustard seeds  
2 cloves of crushed garlic  
1 deseeded and finely sliced red chilli  
3 Tbs Mr Fitzpatrick's Ginger cordial  
500ml malt vinegar

1. Break the cauliflower into small florets, cut the beans into short lengths. Peel and quarter the shallots and cut the courgettes into half or quarters lengthways then thickly slice.
2. Layer the vegetables in a bowl sprinkling with the salt as you layer them. Toss together to coat with the salt. Cover and allow to stand for 24 hours.
3. Drain the vegetables and rinse well in cold water. Drain and allow to dry.
4. Mix the flour, sugar, mustard powder, mustard seeds turmeric and ginger together in a pan with a little of the vinegar to form a smooth paste. Make sure that you get the mixture lump free at this stage.
5. Gradually stir in the remaining vinegar and add the garlic and chilli. Cook over a low heat stirring until the mixture comes to the boil and thickens.
6. Add the vegetables and cook gently for 3 minutes. Spoon into hot sterilised jars and seal.



A collection of various Christmas-themed baking tools and ingredients is arranged in a triangular shape on a dark, textured background. The items include two large metal spoons forming the sides of the triangle, a red ribbon bow at the top, star-shaped cookie cutters, cinnamon sticks, orange slices, red Christmas ornaments, a rolling pin, a sifter, a whisk, and various other small baking accessories. The text is overlaid in the center of the arrangement.

*On the fourth day of  
Christmas my true love  
gave to me ...*





# *Scrumptious Mince Pies*

Prep time: 35 Minutes  
Cook time: 20-25 Minutes  
Servings: 12

## **Ingredients**

For the filing;

- 1 lemon
- 2 small clementine's
- 75g dried apricots
- 50g dried cranberries
- 100g raisins
- 100g light muscovado sugar
- 1 apple
- 2 Tbsp Mr Fitzpatrick's Cranberry and Pomegranate cordial
- 1 tsp cinnamon
- 1 tsp mixed spice
- 2 Tbsp ground flaxseed
- Good pinch of sea salt

For the pies

- 100g plain flour
- 50g Cold vegan Margarine
- 30g brown granulated sugar
- 2 sheets of pre-rolled vegan sweet shortcrust pastry

1. Pre-heat the oven to Gas mark 4 or 180c (adjust accordingly for fan ovens) and grease a 12-hole cake tin.
2. Zest the lemon and roughly chop all the dried fruit and add to a large mixing bowl.
3. Grate the apple, add to the bowl along with the juice of the lemon and clementine's, stir through the sugar, salt, spices, cordial and ground flaxseed.
4. Cut the pastry into discs using a cutter or upturned glass that is a little bigger than the muffin tray hollows. Carefully lift the discs into the muffin tray and push down with your fingers.
5. Then dollop 1 small Tbsp of mincemeat into each pastry case 2/3 full), and chill in the fridge for 15 minutes.
6. While these are chilling, make your crumble topping. Rub together the cold margarine and flour till it forms a large breadcrumb consistency and toss through the sugar.
7. Remove the pies from the fridge, top with the crumble and bake in the centre of the oven for 20-25 minutes, or until golden brown. Remove from the oven and allow to cool 10 minutes before serving



*On the fifth day of  
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# *Vegan Festive Trifle*

Prep Time: 20 minutes

Servings: 4

## **Ingredients**

1 large ripe avocado

4 medium bananas, sliced and frozen

4 Tbsp cocoa powder

2 dates, pitted

1/4 teaspoon cinnamon

1 can full-fat coconut milk, refrigerated overnight

1/2 teaspoon vanilla extract

1 tablespoon maple syrup

1 cup Spiced cherry compote (alternatively macerate 1 ½ cups of black cherries in 2 Tbsp of Mr Fitzpatrick's Sour Cherry cordial and ½ tsp of cinnamon).

Pinch of sea salt

Dark chocolate and hazelnuts for garnish.

1. In a blender, add avocados, frozen bananas, cocoa powder, dates, and cinnamon and blend until smooth and creamy.
2. Open the can of coconut milk and separate out the top layer of thick cream from liquid. In a chilled small mixing bowl, blend coconut cream for roughly 3 minutes before adding vanilla and maple syrup. Whip for an additional 1-2 minutes, or until stiff peaks form.
3. In a serving glass, layer mousse, compote, and cream and garnish with dark chocolate and hazelnuts.



*On the sixth day of  
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# *Dairy Free Fudge*


Cook Time: 40 minutes, plus set time  
ServingsL 16-20 pieces.

## **Ingredients**

450g light brown sugar  
250g carton oat cream, or another dairy-free cream substitute, such as coconut cream  
150ml oat milk  
50g vegan margarine  
1 tbsp glucose syrup  
1.5 Tbsp Mr Fitzpatrick's Spiced Plum and Pear cordial  
200g Dark chocolate  
Pinch of salt

1. Line an 18 x 18cm tin with baking parchment. Tip the sugar, oat cream, milk, margarine and glucose syrup into a large saucepan. Heat to dissolve the sugar and melt the margarine, stirring now and again.
2. Once dissolved, increase the heat and bring the syrup to a steady boil. Keep bubbling, stirring occasionally to stop the sugar from catching, until the mixture reaches the soft ball stage. (116c if your using a sugar thermometer, or the mixture should form a "soft ball" when dropped into cold water").
3. Remove the pan from the heat and leave to sit, undisturbed, for 5 mins, until the temperature drops. Stir in the cordial and a good pinch of salt.
4. Begin beating the mixture vigorously with a wooden spoon until the temperature cools. By this time the fudge will be thick and will have lost its glossy shine (think stiff peanut butter). This process is very important when making fudge, as it creates small sugar crystals, which give the fudge its lovely smooth and creamy texture.
5. Before it sets completely, quickly pour the fudge into your prepared tin and smooth over the surface.
6. Melt the dark chocolate and pour over the top of the fudge, spread out evenly and leave to cool at room temperature overnight – don't put the fudge in the fridge as it will become sticky and won't set properly. Cut into bite-sized pieces.





*On the seventh day of  
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# *Spiced Cherry Compote*

Prep time: 5 minutes  
Cook time: 30 minutes  
Yield: 0.5 litre

## **Ingredients**

500g frozen black cherries  
500g frozen blackberries  
1/3 cup Mr Fitzpatrick's Sour Cherry, Red Grape & Hibiscus cordial  
1 tsp of cinnamon  
1 tsp mixed spice  
½ tsp of salt  
½ cup soft brown sugar

1. Add the fruit, cordial, spices and salt to a medium pan.
2. Reduce over a low boil for 20 minutes, stirring regularly.
3. Add the sugar and reduce to a simmer.
4. Cook for a further 10 minutes or until the mixture starts to thicken.
5. Remove from the heat and leave to cool slightly.
6. Eat straight away or pour into a jar, and store in the fridge for up to 2 weeks.



*On the eighth day of  
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# *Rum & Raisin Nice Cream*

Prep Time: 20 minutes

## **Ingredients**

3 large ripe bananas, chopped into chunks and frozen

¼ cup spiced rum

¼ cup raisins

¼ cup almond butter

2 Tbsp Mr Fitzpatrick's Ginger Cordial

1. Gently heat the rum and cordial together before adding the raisins and leaving to soak for 15 minutes.
2. Remove the soaked raisins from the liquid and set aside.
3. Place the frozen banana chunks in a food processor with the almond butter and the rum and cordial mixture, blitz until smooth.
4. Stir in the raisins and serve, or place into an airtight container and freeze.





*On the ninth day of  
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# *Chocolate Orange Loaf*

Prep time: 20 minutes

Cook time: 50 minutes

Servings: 8

## **Ingredients**

280ml oat milk (or any non-dairy milk)

4 tbsp Mr Fitzpatrick's Orange, Clementine and Bergamot cordial

150g non-dairy margarine

3 tbsp golden syrup

275g self-raising flour

175g caster sugar

4 tbsp cocoa powder

½ tsp of salt

1 tsp bicarbonate of soda

1. Preheat the oven to Gas mark 4 or 180°C and line a 2lb loaf tin.
2. Whisk the cordial and oat milk together and set aside.
3. In a pan over a medium heat, gently melt the margarine and golden syrup. Once melted take off the heat and allow to cool slightly.
4. Sift the flour, cocoa powder, sugar, salt and bicarbonate of soda together in a bowl before adding the milk and margarine mixtures. Stir well until the batter is smooth.
5. Add the mixture to the loaf tin and level it out. If your feeling fancy, slice a few thin slices of orange and lay on the top. Bake in the oven for 50 minutes or until a skewer comes out clean.
6. Allow to cool slightly in the tin before turning out onto a wire rack and leaving to cool completely.





*On the tenth day of  
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# *Red Wine, Spiced Poached Pears*

Prep time: 15 minutes

Cook time: 25 minutes

Servings: 3-6

## **Ingredients**

½ cup sugar

1 large piece of orange peel

6 whole cloves

1 stick cinnamon

1 star anise

2 cups of Merlot

½ cup orange or clementine juice

1 tsp vanilla extract

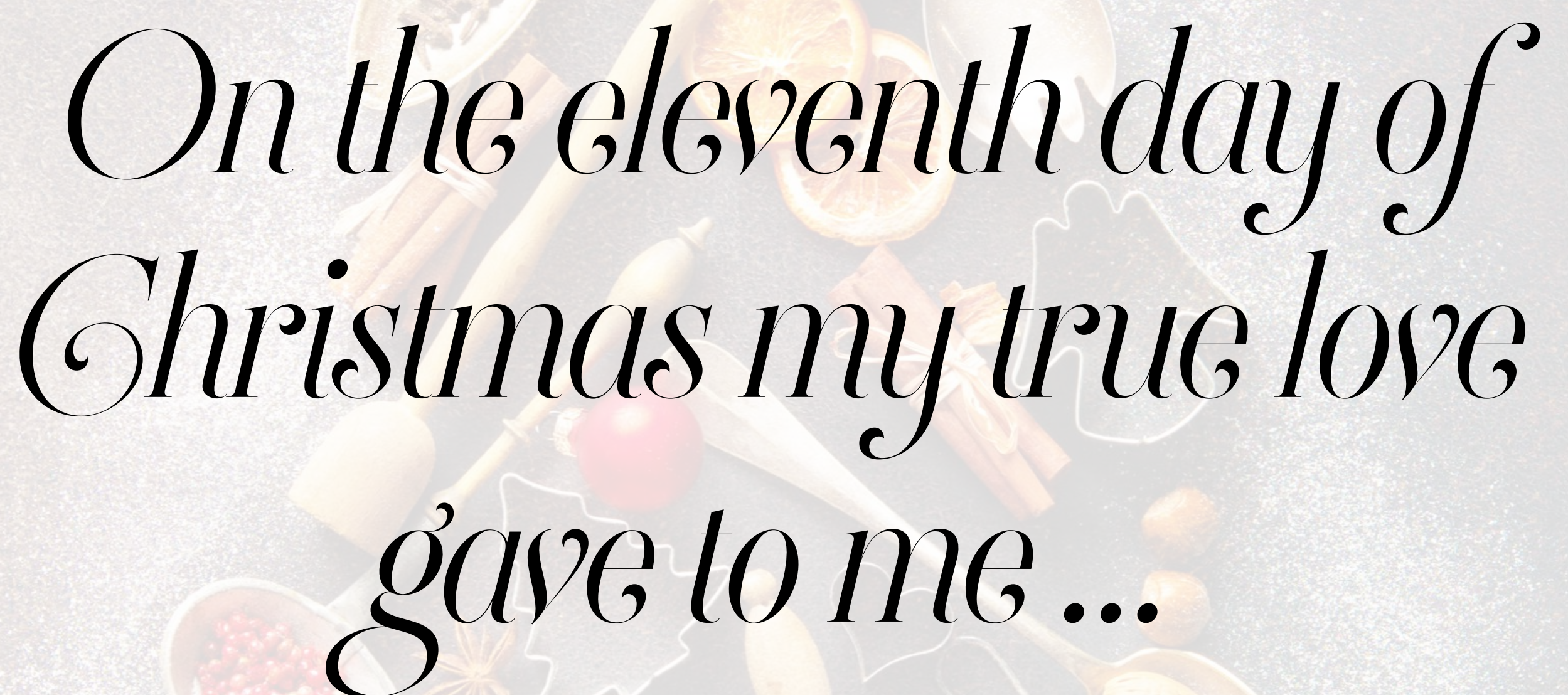
3 Tbsp Mr Fitzpatrick's spiced plum and pear cordial

½ cup blackberries

3 - 6 medium sized pears

1. Place all the ingredients, except the pears in a saucepan. Make sure the saucepan is large enough for the pears to fit snugly in there.
2. Bring to a simmer while stirring to dissolve the sugar.
3. Peel the pears and gently place them into the poaching liquid.
4. Let the pears poach in the liquid on medium-low heat for 25 minutes, turning the pears every 5 minutes to ensure they poach evenly on all sides, including the tops.
5. When the pears have been poached, keep them upright in the poaching liquid, and remove the saucepan from the heat and allow the pears to cool down slightly in the poaching liquid.
6. Remove the pears and strain the poaching liquor, returning to the heat for a few minutes until the liquid starts to thicken slightly.
7. Serve the pears, pouring a little syrup over each individual one.





*On the eleventh day of  
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# *Nutty, Fruity Vegan Flapjack*

Prep time: 15 minutes

Bake time: 20 minutes

Servings: 9-12

## **Ingredients**

90g vegan butter

80g golden syrup

2 Tbsp of Mr Fitzpatrick Cranberry & Pomegranate cordial

90g light muscovado sugar

150g oats

50g chopped hazelnuts

25g sunflower seeds

75g dried cherries, chopped

75g dark chocolate chips

1. Preheat the oven to gas mark 4, 180°C, adjust accordingly for a fan oven.
2. Line a 20cm square baking tin with baking paper.
3. To a medium pan add butter, golden syrup, cordial and sugar. Heat gently over a low heat, stirring occasionally, until the sugar has dissolved. Remove from the heat and leave to cool slightly, to avoid melting the chocolate when added to the mix.
4. In a bowl add oats, hazelnuts, sunflower seeds, cherries and chocolate chips, mix well. Add the wet ingredients to the dry and stir to coat.
5. Press the mixture into the tin. Cook for 20 mins until golden brown. Cool slightly, then gently turn the flapjack out onto a chopping board. Cut into squares and leave to cool completely.

## **NOTES:**

Do not over work the mix once the warm wet ingredients have been added, to avoid melting the chocolate.

The flapjacks will be soft to the touch when removed from the oven, these will firm up once cooled



*On the twelfth day of  
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# *Clementine & Gingerbread Parfait*

Serves 4

Prep time: 20 minutes

## **Ingredients**

8 clementine's

3 Tbsp Mr Fitzpatrick's Clementine, Orange and Bergamot cordial

1 can full-fat coconut milk, refrigerated overnight so the cream firms and separates

2 tsp brandy

120g vegan gingerbread.

Dark chocolate and hazelnuts for garnish

1. Peel, separate and trim any pith from the clementine's, before cutting in half, taking care to remove any pips. Add to a bowl before pouring over the cordial, coating evenly.
2. Crush the gingerbread to a rough crumb.
3. Open the can of coconut milk and separate out the top layer of thick cream from liquid. In a small chilled mixing bowl, blend coconut cream for roughly 3 minutes before adding the brandy. Whip for an additional 1-2 minutes, or until stiff peaks form.
4. In a serving glass, layer mousse, compote, and cream and garnish with dark chocolate and hazelnuts.





*Merry Christmas  
&  
Happy New Year*

