



VEGANIZED PUERTO RICAN

HOLIDAY EDITION

BY:
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INTRODUCTION

A GIFT FROM ME, TO YOU

Hello! Welcome to my first EBook! My name is Karla Alverio Valle author of The VeggieJeva Blog. I'm a Vegan Recipe Developer, Food Photographer & Content Creator for the Vegan scene internationally.

This EBook is my gift to you, for the Holiday Season. It's a compilation of the four most successful recipes from my Veganized Puerto Rican Holiday Series. Everything you see here are Vegan, Gluten-free & Soy-free recipes, that you can make to bring to all of your Holiday Gatherings.

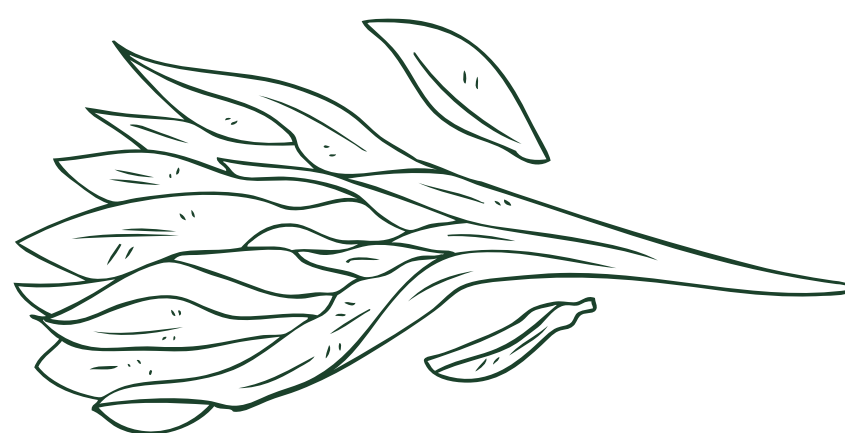
I want to thank you for being part of the incredible support and overwhelming response that my work over at VeggieJeva gets continuously.

To learn & see more about my work head over to:

<https://www.instagram.com/veggiejeva/>

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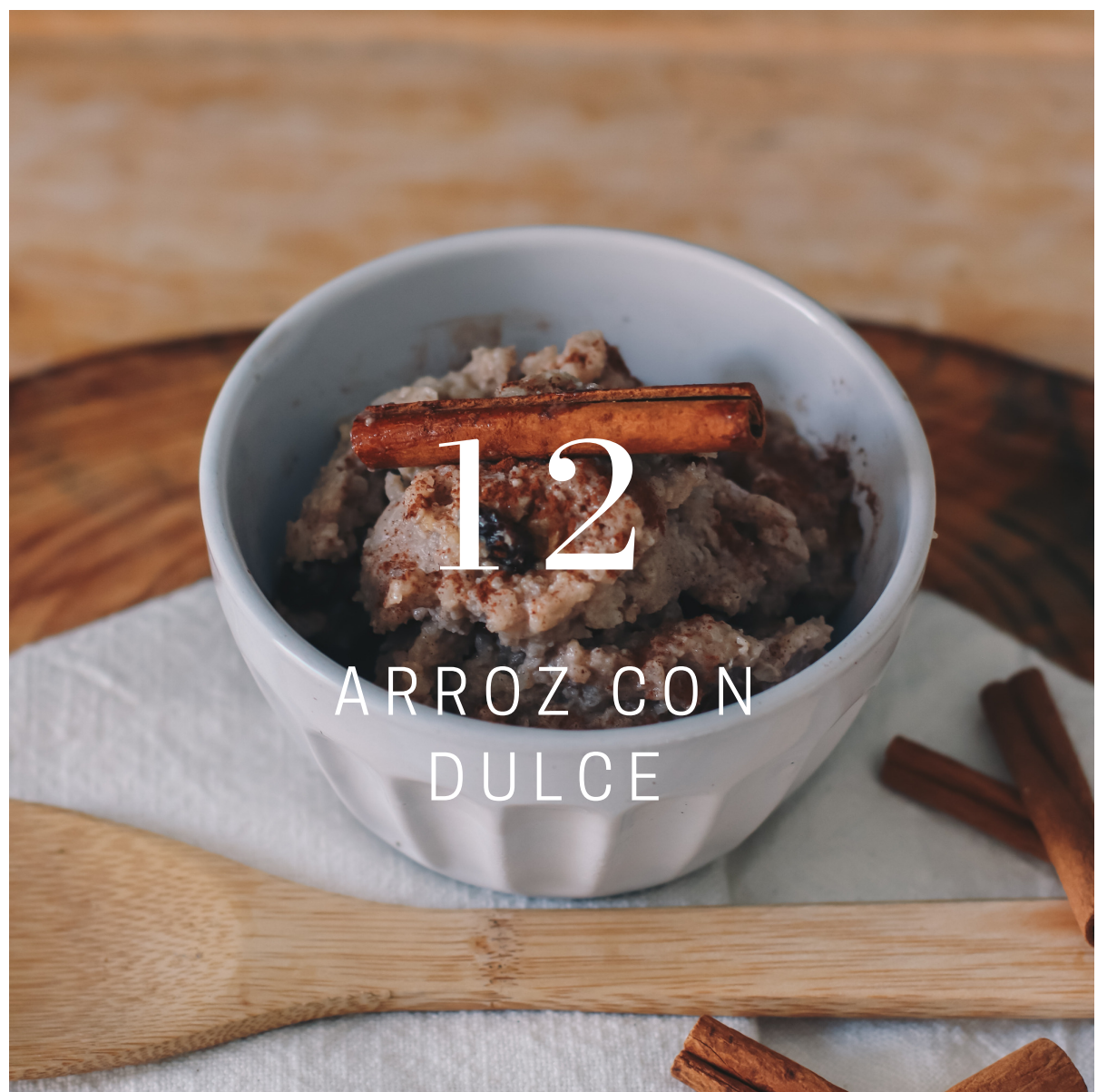
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VEGAN COQUITO

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Coquito is a creamy coconut milk beverage that's made specially for the holidays in Puerto Rico. The whole essence of this drink is coconut and rum, making this rich & creamy, with hints of vanilla and cinnamon. Let's just say the Puerto Rican Holidays aren't the Holidays without a glass of cold coquito.

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VEGAN COQUITO

Ingredients:

3 (13oz) cans of full-fat coconut milk, room temperature
 1 ½ cup maple syrup (or sweetener of choice)
 1 cup white rum
 2 tbsp coconut cream
 2 tsp vanilla extract
 2 tsp nutmeg
 2 tsp cinnamon
 1 tsp cloves
 2 flax eggs (1 egg: 1 tbsp flax seeds, 3 tbsp water mixed together), separated
 Handful of coconut flakes (optional)
 Cinnamon sticks (optional)

Procedure

For condensed milk:

In a medium to large saucepan bring 2 cans coconut milk, 1 flax egg and maple syrup to a boil. Once boiling, reduce heat and simmer for 25 to 30 minutes, stirring constantly.

Add in the vanilla extract, cinnamon, nutmeg and 1 tbsp of the coconut cream. Keep stirring (or whisking), you will notice it reduce and will start to thicken. Keep in mind it will not be super thick, just thicker. Once it cools it'll be way thicker.

After 30 minutes, remove from heat, place in heat-safe container, and store it in the fridge. Allow to completely cool.

For the Coquito:

Now that your coconut condensed milk is completely cool, place in a blender with the other can of coconut milk, the other flax egg, the other tbsp of coconut cream, coconut flakes, followed by the white rum. Blend until it's creamy. Feel free to add more of the spices.

Before placing it in the bottle, I like to add more cloves & cinnamon sticks at the bottom of the bottle.

Place the coquito in an airtight container, and store it in the fridge. I personally love to use glass bottles.

Shake well, served cold, over ice, and enjoy!



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STUFFED TOSTONES CUPS

Mouthwatering Stuffed Plantain Cups (Tostones Rellenos), filled with a five grain salad. Just the perfect amount of crunchy & flavorful, perfect for an appetizer or a side dish at your next party!

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STUFFED TOSTONES CUPS

Ingredients:

2-3 green plantains
1 can black beans
1 can garbanzo beans
1 can cannellini beans
1 can pinto beans
1 can kidney beans
½ onion, chopped
2 cloves of garlic, minced
Juice of 1 lemon (or sub for apple cider vinegar)
Salt & pepper to taste

Procedure:

Heat canola oil in a large pan, to high-med heat.
Peel plantains and slice into wide rounds.
When the oil is ready to fry, reduce the heat to low-med.
Fry plantains in the heated oil until golden and completely cooked, about 8-12 minutes.
While the plantains are cooking, prepare your grain salad.
Drain all of the grains and rinse them well. Place in a large bowl.
To the grains, add olive oil, lemon juice, salt, pepper, minced garlic & chopped onions. Mix well and place in the fridge.
With a tostonera, press the plantains to flatten them into a disk, then shape into a small cup.
If you find that your plantains are still a bit raw, you can return them to the hot oil, and fry for 5 minutes more. Remove from the oil, place on a paper towel and sprinkle with salt. Set aside.
Fill the plantain cups with the grain salad and top with cilantro, and avocado if you have some.
Serve immediately with your favorite side sauce, and enjoy!



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VEGAN SANDWICHES DE MEZCLA

The vegan version of Sandwichitos de Mezcla, which are the most famous Puerto Rican finger food ever! VeggieJeva's version on this classic appetizer is clean, healthy & just as addictive as the original recipe. With ingredients like white beans, cashews and red bell peppers, who's not gonna love them?

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VEGAN SANDWICHES DE MEZCLA

Ingredients:

½ cup cashews or walnuts, softened
1 (10 oz.) can white beans
1 red bell pepper, chopped (about ½ cup)
Splash of plant-based milk of choice
1-2 cloves of garlic
Salt & pepper, to taste
Dash of turmeric
Splash of white vinegar or lemon juice
1-2 bags of sliced bread of choice

Procedure:

Smooth Texture: Add softened cashews, white beans, bell pepper, cloves of garlic & a splash of plant-based milk to a food processor, blender or bullet. Blend until smooth, but make sure to make some stops along the way to see if more milk is needed. You want the consistency to be thick & creamy, not at all runny. When you reach the desired creaminess, add salt, pepper, dash of turmeric (for color), and splash of white vinegar, and blend again.

Chunky Texture: Add softened cashews, bell pepper, cloves of garlic & a splash of plant-based milk to a food processor, blender or bullet. Blend until smooth, but make sure to make some stops along the way to see if more milk is needed. You want the consistency to be thick & creamy, not at all runny. When you reach the desired creaminess, add the white beans, salt, pepper, dash of turmeric (for color), and splash of white vinegar, and blend again.

Pair up your sliced bread, and remove the edges. Spread on the mixture into each of the pairs to make sandwiches. Cut each sandwich into fours to make the Sandwichitos de Mezcla.

Serve and enjoy!



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VEGAN ARROZ CON DULCE

I don't know about you, but one of my favorite things of the holidays is all the yummy food! I love trying out new dessert recipes that friends and family members share and also challenge myself to Veganize Puerto Rican recipes. First up is: Vegan Arroz con Dulce!

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VEGAN ARROZ CON DULCE

Ingredients:

1 ½ cup short or medium grain rice
5 cups full fat coconut milk
1 cup water
1 ½ cup sugar of choice, or to taste (I used brown sugar)
1 piece of ginger
10 cloves
5 cinnamon sticks
Dash of salt
⅓ cup raisins, or to taste
2 tbsp non-dairy butter
Ground cinnamon
Optional: a dash of ground flaxseed

Procedure:

Soak rice in water for about 6-12 hours, leave covered. This is best if you leave it overnight.

In a boiling pot, add the 1 cup of water, crushed ginger, cloves & cinnamon. Boil to make tea for about 15 minutes. When ready strain to separate the tea, place aside. Save cinnamon sticks for later.

Strain your soaked rice and place aside.

To a rice cooking pot, add the tea, 4 cups of the coconut milk and dash of salt. Turn on the heat to high.

When the tea-milk mixture is boiling, add the rice and lower the heat to medium. Cook uncovered for 15 minutes, stirring occasionally.

Cover and allow to cook for 10 minutes.

Uncover, add ½ cup of coconut milk, stir in the sugar and dash of ground flaxseed. Cook to low heat for another 15 minutes, stirring occasionally.

Then add the other ½ cup of coconut milk and the non-dairy butter.

When completely combined, add the raisins & take away from the heat.

Place in a heat-safe container, top with dashes of ground cinnamon and allow to cool completely before storing in the fridge, covered.

Optional: If you saved the cinnamon sticks from the tea, you can add them to the container to.





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THANK YOU

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**Disclaimers:**

Nutrition: I'm not a registered nutritionist, so I'm not comfortable providing nutritional information for my recipes. If you're worried about this or have specific questions, talk to a nutritionist who specializes in vegetarian and vegan lifestyles. They can help with your meals and check that everything is in balance.

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