Thanksgiving 2020

Welcome to TVS Thanksgiving #tvsThanksgiving! For those who have come in the past, you will know that this has been the country’s largest vegetarian (all vegan) Thanksgiving starting in 2004; we usually have over 600 guests just at Café Parizade on Thanksgiving Day. Today we’re sold out with our takeout capacity of 400. I’m sorry that we can’t have our normal glorious spread of food and all the great energy, but I’m thankful that Café Parizade has kindly worked with us to arrange a tasty, beautiful takeout.

Thanks to General Manager Igor Gacina, Executive Chef Jason Lawless, Pastry Chef Lou Mincey, Catering Manager Jennifer Kessing, and all of the staff at Café Parizade for making the event happen at their usual high degree of quality and professionalism. A big thanks to Ken Guttman, our webmaster, who always puts together an excellent reservation system and experience.

We hope that you will enjoy your meal. The menu, subject to change, is:

Cafe Parizade – 2020 Tentative Menu (Subject to Change)

(SF = soy free, GF = gluten free, NAF = no added fats)

- Shepherd’s Pie with roasted root vegetables and mushrooms, encrusted by potato; with seitan (SF) or, for GF option, with cannellini beans (GF, SF)
- Dillip’s Lime Marinated Jerk Seitan (SF) or, for GF option, substitute black bean cakes for seitan (GF, SF)
- Sautéed Asian Miso Ginger "Hempeh" tempeh with tangerine glaze, grilled sweet onion, roasted red bell pepper, and spinach (GF)
- Dillip’s Fava Bean with Sweet Potato and Plantain (SF, GF, NAF)
- Roasted garlic olive oil mashed potatoes with chives, mushroom gravy, apple-pecan stuffing, and fresh raspberry-cranberry relish (SF, GF)
- Roasted Brussels sprouts with lemon tahini and roasted garlic (SF, GF)
- Baked vegan macaroni and "cheese" with vegetables
- Roasted exotic mushrooms with edamame, quinoa, green chickpeas, and kale (GF)

Desserts:
- Pumpkin Pie (GF)
- Petit Fours (GF)
- Blueberry Crisp with Organic Blueberries (GF)

All dishes are fully vegan with no animal, egg or dairy products. No honey or white sugar are used (the only sugars used are evaporated cane, turbinado, maple syrup, agave syrup, and/or brown rice syrup).
I wanted to thank our outreach coordinator Brian Donlon. Normally at Thanksgiving he has an extensive set of literature about the many benefits of plant-based eating, whether for longevity, good health, the environment, and/or not wanting to hurt and kill animals. Though we aren’t sharing all of that this year, I am including a few pieces of literature with your meal, including recent ones that my friend Brenda Davis, RD, created about Thanksgiving. Please let me know if you need literature on health, environment, or ethics as relates to plant-based eating.

This year Brian encouraged us to offer “green” takeout containers. We hope that you will enjoy the premium packaging that we purchased for you. The clear tops should be recyclable. The containers are made with plants like sugarcane. They can be composted commercially (you can toss them in your home compost and they will eventually break down but it will take time; try tearing them first). Please don’t put these in recycling – regular garbage would be fine, and it helps to speed up the process if the paper-type containers are torn into smaller pieces, but this isn’t necessary. These containers are designed to biodegrade over time and will not break down into microplastics since they are not made from petroleum-based plastic.

Thank you for being a part of TVS Thanksgiving. Please join us and spread the word; here are some ways:

- With the pandemic, we aren’t hosting many events right now but please keep an eye on trianglevegsociety.org and facebook @trianglevegsociety. Consider joining TVS as a member.
- If you post about our event, please use tag #tvsThanksgiving. I tweet @dbarman about math (which I teach) and plant-based eating.
- I’ve started a monthly whole food plant-based vegan cooking and nutrition show; our next show is on holiday desserts on Saturday, December 5. You can find us at somanycooks.com and on facebook @somanycooks. Check out our Thanksgiving recipes at bit.ly/soManyThanksgivingDishesRecipes.
- Let us know if your company / organization / neighborhood / school wants a speaker or any help in promoting plant-based eating. I can arrange a screening of my film, Code Blue about healthcare and lifestyle medicine (codebluedoc.com)!

Happy Thanksgiving!

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