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The Complete Guide to Cooking a Fabulous

VEGETARIAN THANKSGIVING

(You've got this.)

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# READY TO GET STARTED?

Read me first.

Hi!

Thanks for downloading Umami Girl's Vegetarian Thanksgiving guide and for trusting us to help you prepare for T-day. Thanksgiving is my favorite holiday because it has all the food, family and friends without any of the present-buying and/or magical creature drama.

This guide has everything you need to prepare a satisfying, traditional (minus the turkey) vegetarian Thanksgiving dinner for about 12 people (give or take – there will be plenty of food, I promise) with some good leftovers.

I haven't tackled cocktails, wine, beer, or coffee and tea, though I personally find at least two of those options just shy of urgently necessary. You can grab them on your own or consider asking each guest to bring a bottle of wine.

As for dessert, I've created two separate printable menus. One includes you making dessert, and the other assumes you'll delegate and ask a few guests to bring a dessert of their choice, which is a totally sane and reasonable way to go. The shopping list notes what not to buy if you're delegating dessert.

If you have any politely phrased questions, feel free to email me at [carolyn@umamigirl.com](mailto:carolyn@umamigirl.com). I'll respond as quickly as I can. All the best, and a very Happy Thanksgiving to you and yours.

— Carolyn px

# THANKSGIVING MENU

We're thankful you've joined us. Let's eat!

## **Hors d'Oeuvres**

Marinated Fresh Goat Cheese with Crackers

Crudités, Hummus and Olives

## **Salad**

Fall Farmers' Market Salad

## **Main Dish**

Classic Nut Loaf

## **Classic Sides**

Mashed Potatoes

Silver Palate Vegetarian Cornbread + Apple Stuffing

Vegetarian Gravy

Mom's Homemade Applesauce

Green Beans with Shallot Vinaigrette

Cranberry Sauce

## **Desserts**

Simon Hopkinson's Chocolate Tart

Pumpkin Cupcakes with Cream Cheese Frosting

Broiled Figs with Vanilla and Honey

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# YOUR TIMELINE

Here we go!

## The weekend before, or anytime thereafter

1. Shop
2. *(Delegate Wine and Desserts to guests)*
3. Make the gravy
4. Make the nut loaf (bake it too)
5. Make the applesauce
6. Make the cranberry sauce
7. If you bought fresh beets, roast them

## Wednesday

1. Marinate the goat cheese
2. Make the stuffing, but don't bake it, and stick that shiz in the fridge
3. Make and frost the cupcakes. They can stay on the counter, covered, overnight.
4. Make the tart. Cover and keep on the counter overnight.
5. Set the table or assemble your buffet, take out serving platters and utensils

## Thursday Late-Morning

1. Trim the green beans and make their dressing, along with the salad dressing
2. Peel and dice potatoes and leave in the pot of salted water
3. Pull the goat cheese, stuffing, nut loaf, gravy, applesauce and cranberry sauce out of the fridge

## Shortly Before Guests Arrive

1. Assemble the crudité's, hummus and olives platter
2. Put out the goat cheese with some crackers
3. Wine, wine, wine.

## An Hour Before Dinnertime

1. Once guests have arrived, don't be shy about asking for help! Some guests really like to feel useful.
2. Pop the stuffing in the oven. Halfway through, put in the nut loaf to reheat.
3. Make the mashed potatoes
4. Cook and dress the green beans
5. Set the gravy over low heat to reheat
6. Assemble the salad

## Right Before Dinnertime

1. Plate all dishes and bring to the table
2. Toss the salad

## Right Before Dessert

1. Make coffee or tea if you like
2. Assemble and broil the figs
3. Bring all desserts to the table

# SHOPPING LIST

page 1

Notes: If you're delegating dessert, **omit all the italicized ingredients**, and buy the smaller quantities where noted.

For the stuffing, I've called for cornbread that you can choose whether to buy or make from any recipe (separate ingredients not included here). I often make my own cornbread in real life but sometimes just buy it from Whole Foods to make this stuffing since cooking a Thanksgiving dinner is already a lot of work. Similarly, for the white bread cubes, you can buy a bag of stuffing cubes or choose to buy a nice quality white bread and toast your own according to the recipe included here. Happy shopping! xx

## VEGETABLES

- 8 cups pea shoots or other seasonal salad greens
- 4 beets (fresh or precooked/vacuum packed)
- 1 bulb garlic
- 1 small red onion
- 3 medium to large yellow onions
- 2 shallots
- 1 pound cremini mushrooms
- 1 bunch celery
- 1 bag baby-cut or other small carrots
- 8 pounds Yukon gold potatoes
- 1 1/2 pounds green beans

## FRUITS

- 3 Granny Smith apples
- 6 pounds Macintosh apples
- 2 oranges
- 4 cups fresh cranberries
- 12 ripe fresh figs

## FRESH HERBS

- 1 bunch thyme
- 1 large bunch flat-leaf parsley
- 1 2-inch piece ginger

## DRIED HERBS + SPICES

- 1 tablespoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried tarragon
- 1 tablespoon dried sage
- Large pinch of red pepper flakes
- Large pinch of Maldon or other flaky sea salt
- 1 tablespoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg*
- 1 teaspoon ground allspice*
- 1/2 vanilla bean pod*
- 2 teaspoons pure vanilla extract*

# SHOPPING LIST

page 2

## PACKAGED GOODS

- 1 container of your favorite hummus
- 1-2 cups of your favorite olives
- 11 cups good vegetable stock
- 1 cup dry brown rice
- 4 1/2 cups crumbled cornbread (make or buy)
- 4 1/2 cups oven-dried white bread cubes or stuffing cubes (make or buy)
- 8 dried shiitake mushrooms
- 1/2 cup all-purpose flour
- 1 cup raisins
- 1 box table water crackers

## CONDIMENTS

- 3/4 cup extra-virgin olive oil
- 1 cup organic sunflower, canola or other neutral-tasting vegetable oil*
- 2 teaspoons grainy mustard
- 1 teaspoon Dijon mustard
- 2 tablespoons sherry or red wine vinegar
- 2 teaspoons balsamic vinegar
- 1 1/2 tablespoons soy sauce
- 1/2 teaspoon Marmite
- Fine sea salt
- Freshly ground black pepper

## EGGS + DAIRY

- 1 8-ounce log fresh goat cheese (chèvre)
- 2 ounces Manchego cheese
- 1 cup cottage cheese (low-fat is fine)
- 6 ounces smoked gouda
- 4 ounces fontina
- 2 ounces parmesan
- 2 cups whole milk
- 2 dozen large eggs\* (*only 1 dozen if no dessert*)
- 8 sticks of butter (4 cups)\*
- 8 ounces cream cheese*

\*You will have butter left over – a lot if you're not making dessert – but not enough to buy only 4 sticks.

## NUTS + SEEDS

- 1/2 cup pine nuts
- 5 cups walnuts
- 1 cup cashews

## WINE

- 1/4 cup dry red wine
- 1 cup dry white wine (optional)

# SHOPPING LIST

page 3

## BAKING SUPPLIES\*

*\*only buy if you're making dessert*

*4 cups all-purpose flour (note additional 1/2 cup flour needed for gravy is listed separately)*

*1 1/2 cups whole wheat flour*

*4 1/2 cups granulated sugar*

*2 cups light brown sugar*

*2 1/3 cups confectioners' sugar*

*1/3 cup pure maple syrup*

*1/4 cup mild-tasting honey*

*2 teaspoons baking soda*

*1 teaspoon baking powder*

*7 ounces bittersweet chocolate*

*1 15-ounce can pumpkin puree*

## SPECIAL EQUIPMENT

### for the main meal

9- or 10-inch loaf pan

food mill

food processor

8 quart or larger pot for applesauce

parchment paper

9x13x2-inch baking dish (or similar)

### for the desserts

*10-inch tart pan*

*dried beans or pie weights*

# MARINATED GOAT CHEESE

served with crackers



## INGREDIENTS

1 8-ounce log fresh goat cheese

1/4 cup extra-virgin olive oil

4 thyme sprigs (2 intact, 2 with leaves picked and stems discarded)

A large pinch of red pepper flakes

A large pinch of Maldon or other flaky sea salt

A few good grinds of fresh black pepper

## INSTRUCTIONS

1. Place the goat cheese in a small, shallow serving dish. Pour the olive oil overtop, and then sprinkle the goat cheese with the whole and picked thyme, red pepper flakes, salt and black pepper.

2. Leave to rest, covered with tented plastic wrap (use toothpicks to tent) in the refrigerator for at least 1/2 hour or up to a couple of days. Let sit at room temperature for 1/2 hour or more before serving as a spread for crackers or toasted slices of baguette.

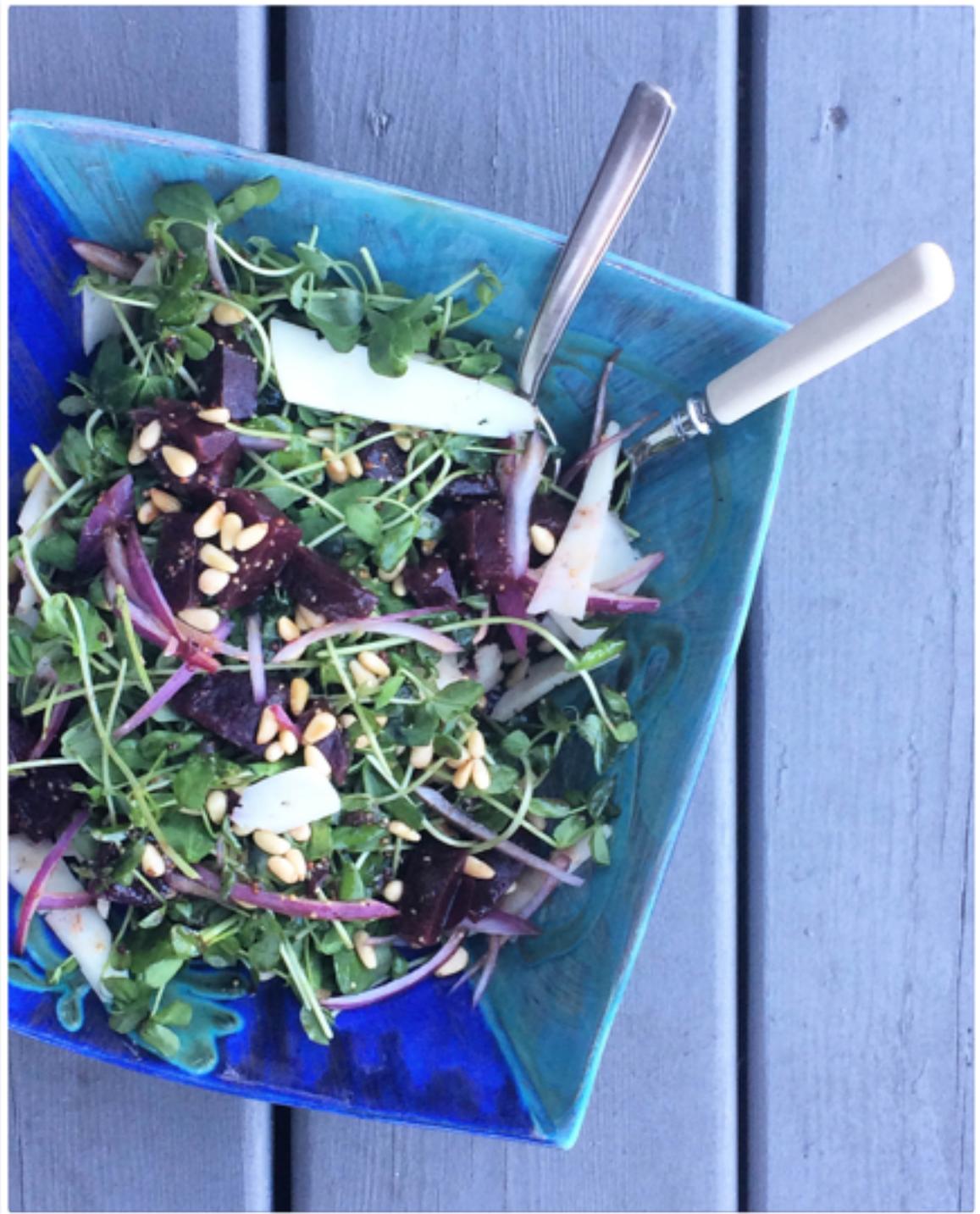
# CRUDITÉS, HUMMUS + OLIVES

arrange baby carrots, celery sticks, hummus + olives on a platter

don't forget a little bowl for olive pits. done and done.

# FALL SALAD

inspired by a trip to the farmers' market



# FALL SALAD

inspired by a trip to the farmers' market

## INGREDIENTS

### for the salad

8 big handfuls pea shoots (about 8 cups, but no stress)

4 cooked beets, peeled and diced

1/4 small red onion, very thinly sliced

2 ounces Manchego cheese, shaved with a vegetable peeler

1/2 cup toasted pine nuts (set pine nuts over low heat in a dry pan until lightly brown)

### for the dressing

2 teaspoons grainy mustard

1 tablespoon red wine or sherry vinegar

2 teaspoons balsamic vinegar

2 tablespoons extra virgin olive oil

Good pinch of fine sea salt

Freshly ground black pepper, to taste

## INSTRUCTIONS

Assemble all salad ingredients in a large bowl. Whisk the dressing ingredients together in a small bowl. Pour the dressing over the salad and give it a gentle toss. Serve right away with some good bread.

# CLASSIC NUT LOAF

a savory and satisfying vegetarian main dish

## INGREDIENTS

- 1 yellow onion, diced small
- 2 tablespoons olive oil
- 1 1/2 teaspoons fine sea salt, divided
- 1 pound cremini mushrooms, minced\*
- 4 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried tarragon
- 1 teaspoon dried sage
- 1/4 cup dry red wine
- 2 cups cooked brown rice\*\*
- 2 cups walnuts, minced\*
- 1 cup cashews, minced\*
- 5 large free-range eggs
- 1 cup cottage cheese
- 6 ounces smoked gouda, shredded\*
- 4 ounces fontina, shredded\*
- 2 ounces Parmesan, grated
- 1/4 cup minced flat-leaf parsley
- A few good grinds black pepper



## NOTES

\* You can make good use of a food processor here for chopping the mushrooms, walnuts and cashews with the blade and shredding the gouda and fontina with the shredding disk.

\*\* To make 2 cups cooked brown rice, cook one cup brown rice in 2 cups water and a pinch of salt until water is absorbed and rice is tender.



# CLASSIC NUT LOAF

a savory and satisfying vegetarian main dish

## INSTRUCTIONS

1. Preheat oven to 350°F with a rack in the center. Spray a 9- or 10-inch loaf pan with cooking spray and line with parchment that overhangs slightly on two sides.
2. Heat oil in a large skillet over medium-high heat. Add the onion and a sprinkle of the salt and cook, stirring occasionally, until softened, about 5 minutes. Add the minced mushrooms and another sprinkle of the salt, raise heat to high, and cook until they have released their juices and reabsorbed them, about 7 minutes. Add garlic, thyme, oregano, basil, tarragon and sage and cook 2 minutes more. Deglaze the pan with the wine, scraping up any browned bits, and cook until liquid is absorbed, about 1 minute.
3. In a medium mixing bowl, beat together the eggs and cottage cheese.
4. In a large mixing bowl, toss together the brown rice, walnuts and cashews. Stir in the egg mixture, then add the mushroom mixture, cheeses, parsley, remaining salt and pepper. Mix well.
5. Spoon mixture into loaf pan and smooth top. If desired, decorate with a few mushroom slices or walnut halves. Place loaf pan on a rimmed baking sheet.
6. Bake until firm, about 60 minutes. Let cool in the pan for 10 minutes before removing to a platter to serve.

# SILVER PALATE

## vegetarian cornbread + apple stuffing



### INGREDIENTS

- 12 Tablespoons (1 1/2 sticks) butter, divided
- 2 medium yellow onions, finely chopped
- 3 stalks celery, finely chopped
- 3 Granny Smith apples, skin on, cored and diced
- 4 1/2 cups diced or coarsely crumbled cornbread
- 4 1/2 cups oven-dried bread cubes\*
- 1 cup finely chopped walnuts
- 1/2 cup finely chopped fresh flat-leaf parsley
- 2 teaspoons dried thyme
- 2 teaspoons dried sage
- 2 eggs, lightly beaten
- 3 cups homemade vegetable stock
- Salt and pepper

# SILVER PALATE

## vegetarian cornbread + apple stuffing

### \*NOTE

To dry your own bread cubes, preheat the oven to 250°F with one rack near the top and one near the bottom. Cut the bread into 1/2-inch dice. Spread it in a single layer on a couple of sheet pans. Bake the bread until it is completely dry, about an hour. Every 15 minutes, stir the bread and rotate the pans from front to back. Halfway through the cooking time, also move the top sheet pan to the bottom and the bottom one to the top. It's also fine to buy pre-dried bread, as long as it's good-quality bread without extra seasoning. Whole Foods sells a good house brand of "stuffing cubes" in a plain plastic bag at this time of year.

### INSTRUCTIONS

1. Preheat the oven to 325°F with a rack in the middle. Melt half the butter in a 12-inch skillet over medium-high heat. Add the onions and celery along with a generous sprinkle of salt and pepper and cook, stirring occasionally, until softened but not browned, 10 to 15 minutes. If necessary, reduce the heat to prevent browning. Transfer all the contents of the skillet to a large bowl.

2. In the same skillet, melt the remaining butter. Add the diced apples and raise the heat to high. Cook, stirring occasionally, until the apples are browned in spots but not mushy, 5 to 10 minutes. Add all the contents of the skillet to the mixing bowl with the onion mixture.

3. Add the cornbread, bread cubes, nuts, parsley, thyme, sage, and a generous sprinkle of salt and pepper to the bowl. Mix gently but well with your hands. Pour the beaten eggs and the stock over the contents of the bowl, and mix again with your hands to moisten all the bread.

4. Spoon the stuffing into a 9x13x2-inch baking dish. Bake, uncovered, for 45 minutes. Serve hot.

# MASHED POTATOES

And The Best Vegetarian Gravy



# MASHED POTATOES

they're creamy and dreamy

## INGREDIENTS

8 pounds Yukon gold potatoes, peeled and cut into 1-inch chunks

2 cups whole milk

1/2 cup (1 stick) unsalted butter, softened

Fine sea salt and freshly ground pepper, to taste

## INSTRUCTIONS

1. Fill a large pot halfway with cold water and a tablespoon of salt. Place potato pieces into the pot as you peel and chop them.
2. Bring to a boil over high heat, then reduce heat and simmer until tender, about 10 minutes. Drain potatoes in a colander.
3. Heat the milk in a small pot over medium-low heat. Either press the potatoes through a ricer or food mill or use a masher until smooth. Pour in warm milk in a slow stream, stirring constantly. Then stir in butter and season with salt and pepper.

# VEGETARIAN GRAVY

it's seriously the best

## INGREDIENTS

8 cups good vegetable stock (or 7 cups stock and 1 cup good, dry white wine)

8 dried shiitake mushrooms

1/2 cup butter

1 minced shallot, optional

1/2 cup all-purpose flour

1 1/2 tablespoons soy sauce

1/2 teaspoon Marmite

Salt and ground black pepper, to taste

## INSTRUCTIONS

1. Pour the vegetable stock into a medium pot and drop in the shiitakes. Bring stock to a boil over high heat, then remove from heat and let mushrooms steep for 30 minutes. Pour stock and mushrooms into large spouted measuring cup or bowl, and wipe out the pot with a paper towel.
2. Add the butter to the empty pot and melt over medium-high heat. If using the shallot, add and cook for a minute or so, whisking once or twice. Add the flour and cook, whisking, until it turns very lightly golden, about two minutes. Pour in the stock with the mushrooms in a stream, whisking the whole time. Add soy sauce, marmite, and a few grinds of pepper.
3. Bring stock back to a boil, then reduce heat and simmer, uncovered, until gravy is reduced by almost half, about 20 minutes. Taste for seasoning and add salt and additional pepper if desired. Remove mushrooms before serving.

# MOM'S APPLESAUCE

a simple, lightly sweet family tradition



## INGREDIENTS

3/4 cup water

Pinch of salt

6 pounds Macintosh apples, scrubbed, quartered, and core removed

3/4 cup granulated sugar

1 teaspoon ground cinnamon

## INSTRUCTIONS

1. Bring the water to a boil in a large (8 quart) POT and add the salt and the apples. Cover and reduce the heat. The apples will start to release their moisture and the heat should be regulated to keep the liquid at a simmer. Cook the apples, stirring frequently, until the apple quarters have lost their shape and are extremely soft, and the skins have separated. Let the mixture sit for a while to cool before proceeding.

2. Set a food mill over a large pot or bowl and begin by pouring some of the apple mixture into the top of the mill. The liquid will flow through first, then begin turning the handle of the food mill clockwise to force the pulp through the holes. Reverse the direction of the blade occasionally to clear the mill. Continue adding apples and rotating the blade until all the apples have gone through and only the peel remains in the top portion of the mill.

3. Add the sugar and cinnamon and stir thoroughly. When cool, divide into storage containers and refrigerate or freeze as desired.

# GREEN BEANS

with shallot vinaigrette

## INGREDIENTS

- 1 1/2 pounds green beans
- 1 shallot, minced
- 1 tablespoon sherry vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon fine sea salt
- A few good grinds black pepper
- 2 tablespoons extra virgin olive oil

## INSTRUCTIONS

1. Trim the coarse end from each green bean.
2. Meanwhile, fill a wide, lidded pot or pan with 1 inch of water and bring to a boil over high heat. Add the trimmed beans, replace lid and cook until just tender, about 5 minutes. Remove beans to a serving platter.
3. Place the minced shallot in a small bowl and pour in the vinegar. Stir to combine. Wait five minutes for the vinegar to take the bite out of the shallots. Then whisk in the mustard, salt, pepper and olive oil until well combined.
4. Drizzle dressing over green beans and serve warm.

# SPLICED CRANBERRY SAUCE

adapted from williams-sonoma



## INGREDIENTS

- 2 cups water
- 3 cups sugar
- 2 peeled oranges, diced, seeded, and finely chopped in a blender or food processor
- 2-inch piece ginger, peeled + thinly sliced
- 4 cups fresh cranberries
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 cup raisins

## INSTRUCTIONS

1. In a medium pot with a heavy bottom, combine the water and sugar and bring to a boil, stirring occasionally. Add the oranges and ginger and reduce the heat. Simmer, uncovered, for 20 minutes.
2. Add the cranberries, cinnamon and cloves and simmer, uncovered, for about 15 minutes, until thickened. Add the raisins and cook for about 7 minutes more, until big bubbles appear in the sauce. Cool in a bowl before serving, or refrigerate for up to a week.

# CHOCOLATE TART

adapted from Simon Hopkinson



## INGREDIENTS

### for the dough

12 tablespoons butter  
2/3 cup confectioners' sugar  
2 egg yolks  
2 cups all-purpose flour

### for the filling

2 eggs  
3 egg yolks  
5 tablespoons sugar  
10 tablespoons butter  
7 ounces bittersweet chocolate, roughly  
chopped

# CHOCOLATE TART

adapted from Simon Hopkinson

## INSTRUCTIONS

### for the dough

1. Put the butter, confectioners' sugar and egg yolks in the bowl of a food processor fitted with the blade. Pulse until thoroughly combined. Add the flour and run the machine until the dough becomes a homogeneous paste. Pat the dough into a ball and wrap in plastic wrap. Chill for one hour.
2. Preheat the oven to 350°F. Remove the dough from the fridge and let it rest on the counter for 15 minutes. Sprinkle a bit of flour on your work surface, and roll out the dough with a rolling pin to an approximately 11-inch circle. Transfer the dough very carefully to a 10-inch tart pan, pressing on the dough lightly so it sits snugly against the bottom and sides of the pan. (If this becomes a total disaster, you can also abort the rolling and just press the dough into the pan with your fingers.) Place a piece of parchment paper over the shell, making sure to cover the edges. Spread some dried beans or pie weights over the parchment, covering the whole bottom of the tart shell. Bake for 15 minutes.
3. Remove shell from oven and take off the parchment and beans. Prick the bottom of the tart shell all over with the tines of a fork to release any trapped air, and return the shell to the oven naked for an additional 10 minutes. Remove from the oven and set aside.

### for the filling

1. Raise the oven temperature to 375°F. Put the eggs, yolks and sugar in a large bowl, or the bowl of a standing mixer, and beat for about five minutes on medium-high speed, until thick and fluffy. Put the butter and chocolate in a microwave-safe bowl and microwave on high for one minute. Stir to combine thoroughly – the residual heat should completely melt both the butter and the chocolate as you stir. (If not, continue to microwave in short bursts until you can stir the mixture to a complete melt.) Pour the chocolate and butter mixture, which should be just warm, into the bowl with the sugar and egg mixture, and mix until well combined.
2. Pour the filling into the tart shell and bake for five minutes. Let cool before serving.

# PUMPKIN CUPCAKES

with cream cheese frosting



# PUMPKIN CUPCAKES

with cream cheese frosting

## INGREDIENTS

2 cups all-purpose flour	1 teaspoon ground cinnamon
1 1/2 cups whole wheat flour	1 teaspoon ground allspice
2 cups gently packed light brown sugar	1/2 teaspoon ground cloves
1/3 cup granulated sugar	1 15-ounce can pumpkin puree
2 teaspoons baking soda	1 cup organic sunflower or other neutral vegetable oil
1 teaspoon baking powder	1/3 cup maple syrup
1 teaspoon salt	1/3 cup water
1 teaspoon ground nutmeg	1 cup chopped walnuts

## INSTRUCTIONS

1. Preheat oven to 375° F with one rack about 1/3 of the way up from the oven's bottom and another about 1/3 of the way down from the oven's top. Place 24 paper muffin cups in two standard 12-muffin tins.
2. In a large bowl, whisk together the all-purpose flour, whole wheat flour, brown sugar, granulated sugar, baking soda, baking powder, salt, nutmeg, cinnamon, allspice, and cloves.
3. In a medium bowl, whisk together the pumpkin puree, oil, maple syrup, and water.
4. Add the wet ingredients to the dry ingredients and use a spatula to fold the ingredients together. Fold just until there are no pockets of flour that haven't been incorporated into the batter, and then stop. Fold in the chopped walnuts.
5. Use a medium ice cream scoop to fill each muffin cup a little more than halfway. Bake for 15 minutes with one muffin tin on each oven rack. Then switch the positions of the tins and bake for about 10 minutes more, until a tester inserted in the center of a muffin comes out clean. Cool muffins in tins on a wire rack for about 20 minutes, then remove muffins from tins and cool completely. Frost with cream cheese frosting.

# CREAM CHEESE FROSTING

a little sweet, a little tangy, a lot to be thankful for

## INGREDIENTS

5 tablespoons butter, at room temperature

8 ounces cream cheese

2 teaspoons vanilla extract

1 1/2 cups confectioners' sugar, sifted

## INSTRUCTIONS

Combine the butter, cream cheese, and vanilla in a large bowl. Beat with an electric mixer until smooth and creamy. Add the confectioners' sugar and beat again until smooth and creamy. Spread onto cooled pumpkin muffins.

# BROILED FIGS

with vanilla + honey



## INGREDIENTS

8 perfectly ripe fresh figs  
1/2 vanilla bean pod  
1/4 cup honey, for drizzling

## INSTRUCTIONS

1. Preheat the broiler with the top rack about six inches below the heat source. Cut each fig in half from stem end to base and place cut-side-up on a baking sheet.
2. Slice open the vanilla bean with a paring knife and scrape out the seeds. Spread a bit of seeds on the cut side of each fig.
3. Drizzle the cut side of each fig half lightly with honey. Place the pan on the top rack of the oven and broil for a few minutes, until the tops of the figs are bubbly and very lightly browned.