



## Thanksgiving Recipes for Vegetarians

Katherine Cronin, Sophomore  
REPORTER

Thanksgiving is a major holiday in the United States that revolves around food and family, but it can be hard when you only eat certain foods. It's always hard to find things to eat when you're a vegetarian on Thanksgiving, as one of the main courses is based solely on meat. So here are some good vegetarian recipes you can try out on this upcoming Thanksgiving.

### Vegan Stuffing:

Along with being vegetarian, this first recipe is also vegan. This recipe takes out the butter and eggs in stuffing and replaces the chicken stock with vegetable stock, making a healthier and yummiest stuffing.



Food Network

### Ingredients:

4 tablespoons olive oil, plus more for greasing the baking dish  
2 bags green tea  
1 large onion, chopped  
2 stalks celery, chopped  
8 ounces sliced mushrooms  
1 tablespoon finely chopped fresh sage  
1 tablespoon finely chopped fresh thyme  
Kosher salt and freshly ground black pepper  
16 cups stale, 1-inch cubed white bread (about 1 pound)  
1/4 cup chopped fresh parsley

### Directions:

1. Preheat the oven to 375 degrees F. Grease a 9-by-13-inch baking dish with oil.
2. Brew the tea bags in 2 cups of hot water for 5 minutes. Discard the tea bags (don't squeeze them out).
3. Heat 3 tablespoons oil in a large skillet over medium heat. Add the onions and celery and cook, stirring frequently, until just soft, about 6 minutes. Add the mushrooms, sage, thyme, 1 1/2 teaspoon salt and a few grinds of pepper and cook, stirring, until the mushrooms are soft, about 4 minutes. Add the brewed green tea, then bring to a simmer and remove from heat.
4. Put the bread in a large bowl and pour in the green tea-vegetable mixture. Add the parsley and toss until the bread is completely coated. Let rest for 10 minutes so the bread can soak up the liquid. Gently toss again and transfer to the prepared baking dish. Drizzle with the remaining 1 tablespoon oil.
5. Cover with foil and bake for 30 minutes. Uncover and continue to bake until golden brown, about 15 minutes more. Serve hot.



Loving it Vegan

**Vegan Gravy:** For all the gravy lovers out there who don't want to miss out on a key part of Thanksgiving, you don't have to any more. With this recipe, you can now still pour gravy over all your meals on Thanksgiving, or at any other time.

### Ingredients:

1 medium onion, quartered  
2 stalks celery, roughly chopped  
1 medium carrot, roughly chopped

3 cloves garlic, crushed  
4 tablespoons plus 1 teaspoon vegetable oil  
Kosher salt  
1 ounce dried shiitake mushrooms (about 1 heaping cup)  
6 sprigs thyme  
2 sun-dried tomatoes  
2 tablespoons low-sodium soy sauce  
1 dried bay leaf  
6 fresh sage leaves  
1/3 cup all-purpose flour  
1/4 cup chopped fresh parsley  
Freshly ground black pepper

### Directions:

1. Position an oven rack in the highest position, and preheat to 450 degrees F. Toss the onions, celery, carrots and garlic with 1 teaspoon each oil and salt on a rimmed baking sheet. Roast until the vegetables are charred in some places, 25 to 30 minutes.
2. Bring the roasted vegetables, 1 cup water, mushrooms, thyme, sun-dried tomatoes, soy sauce, bay leaf and 1 teaspoon salt to a simmer in a medium saucepan over medium-high heat. Cook, stirring occasionally, until most of the liquid is gone, 8 to 10 minutes. Add 6 cups water and 1/2 teaspoon salt, and bring back to a simmer. Reduce the heat to medium-low, and gently simmer until reduced by about one third, about 45 minutes. Strain the stock through a strainer into a large liquid measuring cup; use the back of a ladle to squeeze all the liquid out of the solids (there should be about 4 cups of stock). If not making gravy right away, let the stock cool to room temperature, then refrigerate for up to 3 days or freeze for up to 1 month.
3. To make the gravy, warm the stock slightly in a medium saucepan if it has been refrigerated. Heat the remaining 4 tablespoons oil in another medium saucepan over medium heat. Add the sage leaves, and cook until fried and crispy, about 2 minutes; remove and set aside. Add the flour to the saucepan, and stir until smooth and lightly golden, about 2 minutes. Slowly pour in the warm stock while whisking constantly until smooth and thick, 8 to 10 minutes.
4. Chop up the fried sage, stir it into the gravy along with the parsley and season to taste with pepper.

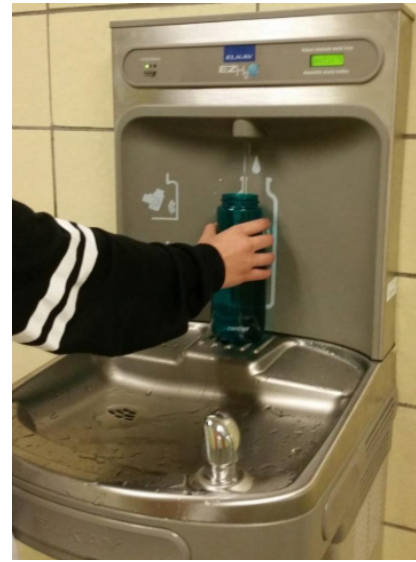
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## Hot Take: MHS Water Fountains

Eliot Piper and Sean McLean, Juniors  
REPORTERS

So basically, some water fountains are poor, some water fountains are epic, others are mediocre, and a few are jokes. Ok, ok, we know what you're thinking: "Seriously, these guys are writing an article about the school water fountains? No wonder no one reads this paper!" Now, we can't guarantee that you're wrong about that last point, but you know we'll be writing about the school's various fountains in excruciating detail. We'll be discussing our opinions and stating some facts about each and every water fountain on school grounds. So, let's just jump right into it.

Starting off on the first floor, there is the double water fountain near the stairwell. The tall one is honestly pitiful as it doesn't even work, so there isn't much to say about it, and the shorter one has almost no water pressure. Next is the water fountain in the lunchroom; this one is pretty good, though not exceptional. The water has decent pressure and a water bottle filling station, however the water itself is slightly colder than room temperature. After that is the water fountain next to the entrance to the gym. It is reliable and very useful after exercising, and it also is decently cold, which makes it good even if you aren't exhausted from exercising.



Next is the water fountain next to the exit in the gym; this is a double water fountain, and while the taller one is nothing to write home about, the shorter one is fantastic, providing perfectly cold water.

Before we forget, how about we pay our respects to the third floor water fountain. The fountain on the third floor has been the king of the fountains for a while, but in recent weeks, that is beginning to turn untrue. The third floor fountain used to be excellent for filling water bottles and magnificent for long, between-class drinks. Nowadays, it takes you forever to fill your bottle, and then lines form full of folks trying to take a quick sip of water. This makes you conscious of how long you're taking to fill the water bottle, so you just leave even when you're bottle is not full and awkwardly mumble something like, "I don't know why its taking so long..." or "Sorry guys." And if you are trying to take a long drink from the spout, the water shoots out at full power and then droops over the fountain. However, the high rank of the third floor fountain has been taken over by the second floor fountain, as it has made a name for itself as a fast place to fill up your water bottle. And if you want to take a swig of water, the stream is consistent and cool.

Anyway, that about wraps it up, a hot take on all the schools's water fountains.

## Peter/Wendy: A Review

Lily Morgan, Senior  
NEWS EDITOR

Last Friday and Saturday, Marblehead High School's Drama Club performed *Peter/Wendy*, an adaptation of J.M. Barrie's *Peter Pan* written by Jeremy Bloom, whose interpretation explores some of the darker themes of the original story, while staying true to the well-known plot.

In February, the MHS Drama Club will take *Peter/Wendy* to Dramafest. Every year, the Massachusetts Educational Theater Guild brings the Performing Arts departments from high schools all over Massachusetts together to perform forty-minute long plays. Each round of the competition hosts a different number of schools to spend an entire Saturday performing, and the top plays move on. This weekend's performance of *Peter/Wendy* gave the cast and crew an opportunity to present the play to an audience prior to bringing it to Dramafest.

Through creative manipulations of tech and acting, the cast and crew of *Peter/Wendy* brought the whimsical magic of *Peter Pan* to life.



In order to capture the essence of *Neverland*, actors rehearsed fight and flight. Choreographer Maia Williamson was tasked with teaching Peter (Will Ricker), Wendy (Lily Morgan), and Tinker Bell (Lola Williamson) how to fly, which she accomplished by drawing inspiration from the Frantic Assembly theater company's instructional flight-videos. Characters Hook (Dan Howells), Smee (Ian Wanger), and Peter learned and rehearsed an intricate sword fight, with ensemble members stage-fighting in the background. The creative visions of director Ashley Skeffington enhanced the story of *Peter Pan* and made for a captivating performance.

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