

“And God said, ‘Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.’”

... The Bible, Genesis 1:29

“Man must never hurt animals, must never ill-treat them nor torture them physically because they are sensitive creatures. If anyone told me that to achieve my purpose it would be sufficient to kill an ant, I would not do it.”

... John, Pope XXIII, Pope 1958-1963

“If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

... St. Francis of Assisi

“The bountiful earth offers you an abundance of pure food and provides for meals obtainable without slaughter and bloodshed.”

... Pythagoras

“Animals are my friends... And I do not eat my friends”

... George Bernard Shaw

Malaysian Indian Dalcha

(Serves 4)

Ingredients:

- 2 tablespoons chopped raw cashew nuts
- 2 tablespoons chopped and blanced almonds
- 5 garlic cloves, peeled and chopped
- 3 inch piece ginger, peeled and chopped
- 1 tablespoon whole coriander seeds
- 1 teaspoon whole cumin seeds
- 1/4 teaspoon fennel seeds
- 1 tablespoon whole white peppercorns
- 350 grams tuvar dal
- 150 grams chana dal
- 1/2 teaspoon turmeric powder
- 3 tablespoons peanut oil
- 1 stick cinnamon
- 6 green cardamon pods, slightly crushed
- 6 cloves/lavang
- 250 grams onions, thinly sliced
- 50 grams mint/pudina
- 1 large brinjal, peeled and cut into chunks
- 500 grams potatoes, peeled and cut into chunks
- 200 grams kaddu/pumpkin, cut into chunks
- 200 ml coconut milk
- 1-2 teaspoon salt
- 1 tomato, chopped
- 2 tablespoons thick tamarind paste
- 1-3 green chillies slit diagonally

Preparation:

Soak nuts in 200 ml water overnight. Blend in liquidiser till smooth. Keep aside. Similarly blend garlic and ginger with 2 tablespoons of water and keep aside. Grind coriander, cumin and fennel finely. Keep aside. Thoroughly wash dals together and drain. Bring to boil with 7 cups of water skimming off scum. Add turmeric, stir. Partially cover, reduce heat and simmer till done and keep aside. Heat oil. Add cinnamon, cardamom and cloves. Stir. Add sliced onion, saute till brown. Add mint. Stir. Add kaddu, brinjal and potato and stir for 2 minutes. Add garlic and ginger paste and stir for 1 minute. Add cooked dal, coconut milk, 2 cups water, ground spices and salt and simmer with partially covered lid for 30 minutes. Add nut paste, tomato, tamarind paste and chillies and simmer uncovered for 10 minutes. The final consistency should be quite thick. Serve with rice.

Thai Fried Rice

(Serves 4)

Ingredients:

- 2 cups rice
- 1 onion
- 1 tomato
- 7 cloves finely chopped garlic
- 1 tablespoon soya sauce
- 2 teaspoons vinegar
- 1 teaspoon sugar
- 1 teaspoon red chilli powder
- 2 tablespoons oil
- 2 cups chopped into large pieces carrots and cabbage (if preparing rice without curry include French beans and cauliflower)
- 1 cucumber sliced into 2 inch pieces
- lemon wedges

Preparation:

Cook rice with a little oil in the water and throw away the water so the grains are separate. Heat oil on a high flame, add garlic and stir fry. Add onions, fry for a minute. Add tomato. Add the mixed vegetables and salt. Keep on stirring till the vegetables are done. Add rice, soya sauce, vinegar, sugar and chilli powder. Garnish it with cucumber and lemon.

Thai Red Curry

(Serves 4)

Ingredients:

- 7 baby corn, cut lengthwise
- 2 sliced brinjals
- 1/2 cup sliced mushrooms
- 1 cup broccoli or cauliflower florets
- 100 grams sliced French beans
- 3 tablespoon oil
- 1 tablespoon soya sauce
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 5 red Kashmiri chillies soaked in 1/2 cup water
- 1 chopped onion
- 9 cloves garlic
- 3 leaves basil/ tulsi
- 1/2 teaspoon garam masala
- salt
- black pepper powder

Preparation:

Grind chillies, onion, garlic, tulsi and garam masala into a fine paste. Heat oil. Add red paste and stir for 2 minutes. Add chopped vegetables, 1 cup water and let it cook for 7 to 8 minutes while stirring continuously. Add soya sauce, vinegar, salt and sugar. Cook for 5 minutes.

Serve hot with Thai friend rice.

Beauty Without Cruelty

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BWC is happy to present a small selection of tasty and easy to make recipes for the benefit of non-vegetarians who some times do not wish to consume flesh on religious, health or ethical grounds.

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Mulligatawny Soup

(Serves 4)

Ingredients:

- 2 cups vegetable stock
- 1½ cups water
- 1 cup lentils (*tuvar/arhar* or *masoor dals*)
- 1 cups fresh coconut milk
- ½ cup oil
- ¾ cup finely chopped onion
- 4 tablespoons ginger paste
- 1 tablespoons garlic paste
- 2 teaspoons curry powder
- ½ teaspoons crushed green chilli
- 3 crushed peppercorns
- 2 bay leaves
- 1 spring curry leaves salt and white pepper powder to taste

Preparation:

Boil and puree the lentils. In a stockpot, heat oil, crackle bay leaves, peppercorns and curry leaves. Add onion, ginger, garlic and green chilli. Cook for 2 minutes. Then add curry powder and cook further. Add pureed lentils and vegetable stock. Bring to boil. Simmer for 10 minutes. Strain. Boil mixture again with a little more vegetable stock. Add coconut milk, season and blend. Serve with boiled rice. Optional: squeezed lime, diced apple and additional pepper.

Ghugni

(Serves 4)

Ingredients:

- 100 grams yellow peas
- 1 sliced onion
- 2 bay leaves
- ¼ tablespoon salt
- 2 sliced tomatoes
- ¼ tablespoon wheat flour
- 3 tablespoons oil
- 1 teaspoon turmeric powder
- ¼ tablespoon ginger
- ¼ tablespoon garlic
- 3 red chillies
- ¼ tablespoon coriander/dhania
- ¼ tablespoon cumin/jeera

Preparation:

Soak the yellow peas overnight. Pressure cook it with sliced onion, bay leaves and salt. Grind ginger, garlic, chillies, coriander and cumin into a masala. Heat oil, add masala, turmeric powder, sliced tomatoes and wheat flour and fry for some time. When oil separates, add cooked yellow peas and salt. Cook till done.

Serve hot with parathas.

Scrambled Tofu with Spinach and Mushrooms

(Serves 4)

Ingredients:

- 2 tablespoons olive oil
- ¾ cup sliced fresh mushrooms
- 2 tomatoes
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 bunch spinach, rinsed and chopped
- 500 grams firm or extra firm tofu, well pressed and crumbled
- ½ teaspoon soy sauce
- 1 teaspoon lemon juice
- Salt and pepper to taste

Preparation:

Sautee tomatoes, garlic, onions and mushrooms in olive oil for 2 to 3 minutes. Reduce heat to medium low and add spinach, crumbled tofu, soy sauce and lemon juice. Cover and cook for 5 to 7 minutes, stirring occasionally. Sprinkle with a dash of salt and pepper before serving.

Serve with toast.

Jackfruit vegetable

(Serves 4)

Ingredients:

- 1 small raw jackfruit
- 2 potatoes, cut and boiled
- 1 teaspoon coriander
- 2 teaspoons cumin
- 2 teaspoons khus-khus
- 6 red chillies
- 1 piece ginger
- 6 cloves garlic
- 1 bay leaf
- 1 cup shredded coconut (optional)
- 1 teaspoon turmeric
- 2 onions
- 3 tablespoons of oil
- salt to taste

Preparation:

Cut up a very raw jackfruit. The knife must be frequently dipped in oil. Salt the jackfruit and put in a pan with just enough water to cover it. Boil it until three-quarter done. Grind together coriander, cumin, khus-khus, red chillies, ginger and garlic with or without coconut. Chop one onion and fry in heated oil till brown. Add the ground masala and turmeric. The jackfruit and potatoes and cook it till ready.

Serve with rotis.

Kaju Katli

(15 pieces)

Ingredients:

- 100 grams cashew nuts
- ½ cup sugar
- ¼ cup water
- pinch of green cardamom powder
- 2 drops rose essence

Preparation:

Grind cashew nuts to a fine powder. Heat water. Add sugar and cardamom powder. Boil till sugar dilutes. Add cashew nut powder and stir continuously (to avoid lumps) till thick in consistency. Remove from fire. Add rose essence and mix. On cooling slightly, roll out a ¼ inch thick sheet and refrigerate to set. Cut into diamond-shaped pieces.

Piccalilli

Ingredients:

- ½ litre dark vinegar
- ½ litre white vinegar
- ½ kg small pickling onions
- ½ kg marrow/doodhi cut into chunks
- 2 cauliflowers split into florets (Other vegetables such as carrots, cucumbers and green beans could also be used.)
- 5 whole red dried chillies
- 1 tablespoon cornflour
- 2 tablespoons yellow mustard powder
- 1 tablespoon turmeric
- 125 grams castor sugar
- 150 grams kitchen salt

Preparation:

Wash vegetables. Wipe dry. Sprinkle salt and put under weight for 24 hours to remove water. Mix the two vinegars. Bring over ¾ litre vinegar to boil. Add vegetables and boil for 10 minutes. Mix remaining vinegar with cornflour, mustard, turmeric and sugar and add. Stir well and continue cooking until almost done. Cool and store in jars for a month before consuming.