



Capsicum and Corn Tikkis

serves 2

Ingredients:

1 cup sweet corn kernels
1 cup capsicum chopped
2 teaspoons finely chopped green chillies
4 tablespoons rice flour
Salt to taste
Oil for frying

Preparation:

Coarsely grind corn kernels without using water.

Transfer to a bowl and add capsicum, chillies, rice flour and salt. Mix well.

If the mixture is soggy or sticky, add more flour.

Make small balls and shape into *tikkis*.

Deep/air fry. Drain on absorbent paper.

Serve with green chutney.

Green Chutney

Ingredients:

2 green chillies
2 cloves garlic
¼ inch ginger
2 cups coriander leaves
1 cup mint leaves
2 tablespoons desiccated coconut
1 tablespoon lemon juice
½ teaspoon cumin powder
Salt to taste
Water as needed.

Preparation:

Blend green chillies, garlic, ginger, coriander, mint, coconut and lemon juice to a fine paste.

Add cumin powder, salt, water & blend again.



Dal Bati

serves 4

Ingredients for Dal:

½ cup *channa dal*
2 tablespoons *urad dal*
½ cup green *moong dal*
½ cup *toor dal*
2 tablespoons *masoor dal*
4 cups water
¼ teaspoon turmeric powder
½ teaspoon *garam masala* powder
1 teaspoon red chilli powder
½ teaspoon coriander powder
1 tablespoon oil
½ teaspoon mustard seeds
½ teaspoon coriander seeds

Preparation:

Dal: To prepare *dal*, first wash all *dals* together, then add 1 cup water and a pinch of turmeric and pressure cook for 2 whistles. Let cool.

Mix the spice powders in ½ cup of water to make a thin paste.

Heat oil in a pan, add cumin, coriander seeds, ginger and then add the thin paste of spice powders and fry for a minute, then add the cooked *dal*. Add the remaining water and stir well till it boils.

Add lemon juice and salt. Garnish with chopped coriander.

Bati: To prepare the *bati*, take a glass bowl and add wheat flour with *rawa*, salt and oil. Using warm water knead a very stiff dough. Shape the dough in the size of ping pong balls.

Heat a gas tandoor and roast the dough balls on low heat for sometime till brown and crusty.

Then, break open from the top and pour a little oil into them.

Serve *Bati* with freshly prepared hot *dal*.

½ teaspoon cumin seeds
½ inch ginger
1 tablespoon lemon juice
Salt to taste
1 tablespoon coriander leaves

Ingredients for Bati:

2 cups wheat flour
1 tablespoon *rawa*
2 pinches salt
2 tablespoons oil
Water as needed

Vegetables in Coconut Milk

serves 4

Ingredients:

2 cups shredded coconut
2 tablespoons tamarind pulp
3 tablespoons coconut oil
4 red dry chillies
1 teaspoon cumin seeds
2 teaspoons coriander seeds
10 cloves garlic
12 french beans
½ cup green peas
¼ cauliflower
2 potatoes
2 carrots
100 grams red pumpkin
1 teaspoon turmeric powder
1 teaspoon mustard seeds
1 teaspoon black split *urad dal*
10 curry leaves/*patta*

Preparation:

Soak 1 cup shredded coconut in 1 cup hot water to extract milk. Keep half aside. Add 2 cups extra water to the other half to make thin coconut milk.

Soak tamarind pulp in ½ cup hot water for half an hour. Strain and keep aside.

Heat 2 tablespoons oil and sauté 2 red chillies, cumin, coriander, garlic and 1 cup shredded coconut. Grind to a fine *masala*.

Cut French beans, shell peas, separate cauliflower florets, peel and dice potatoes, carrots & pumpkin. Boil vegetables in thin coconut milk to which turmeric powder, tamarind extract and salt have been added. When almost done, add *masala* and cook on low flame for 10 minutes.

Heat 1 tablespoon oil and fry 2 broken red chillies, mustard seeds and *urad dal*. Add curry leaves, vegetables and thick coconut milk kept aside.

Simmer for 2-3 minutes.

Serve with rice/*roti/puri*.

Veg@Lent

2025

Giving up Meat for Lent

The most observed tradition

during Lent is not eating meat.

All meals during this 40-day period are prepared without animal products.

Christians observe a meat-free diet for ethical, environmental, nutritional and spiritual reasons.



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Kanji

serves 4

Ragi Chocolate Pudding

4 pieces

Goan Vegetable Xacuti

serves 4

Zarda Rice (Meethe Chawal)

serves 4

Mooli Roti

serves 6

Ingredients:

5 cups water
3 medium sized carrots, peeled
1 small size beetroot, peeled
1 teaspoon red chilli powder
1 tablespoon yellow mustard seeds
Black or pink salt as per taste

Preparation:

Boil water and let it cool to room temperature.

Chop carrots and beetroot into 2 inch long sticks.

In a clean glass jar with a wide mouth, add the carrot and beetroot pieces, chilli powder, mustard seeds, salt and water.

Mix all the ingredients with a wooden spoon. Cover with a lid and tie a muslin cloth on the top of the jar.

Keep the jar in the sun for 3 to 4 days depending on the sunlight in the area.

Stir with a wooden spoon or shake the jar every day.

Do ensure that the *kanji* drink is well fermented and it tastes sour.

Serve with few ice cubes or refrigerate.

Ingredients:

1 cup coconut milk
³/₄ cup water
4 tablespoons *nachni* (*ragi*) flour
1 tablespoon dark cocoa powder,
2 tablespoons sugar
1 tablespoon nuts, chopped

Preparation:

Combine the coconut milk and water in a vessel and set aside as wet mixture.

In a pan whisk well *nachni* flour, cocoa powder and sugar. This is the dry mixture.

Then gradually whisk in the wet mixture.

Keep the pan on the lowest flame and continue whisking the mixture for about 10-12 minutes till it starts to thicken and is fully cooked. Add some water if necessary.

Lightly coat an unbreakable serving bowl with water.

Pour the pudding mixture in it, cover and refrigerate till firm.

When serving, garnish with nuts and serve chilled.

Ingredients:

4 teaspoons coconut oil
2 dry red chillies
1 tablespoon coriander seeds
¹/₂ teaspoon cumin seeds
¹/₂ teaspoon fenugreek seeds
¹/₂ teaspoon caraway seeds/*shahi jeera*
3 green cardamoms
3 cloves
¹/₂ inch cinnamon
¹/₂ teaspoon black pepper
1 teaspoon poppy seeds
2 tablespoons raw cashews
1 medium onion, sliced

Preparation:

Heat coconut oil in a large saucepan. Add red chillies, coriander seeds, cumin, fenugreek, caraway, cardamom, cloves, cinnamon and black pepper. Sauté for 2 to 3 minutes.

Add poppy seeds, cashews, onion, ginger and garlic. Continue to sauté until the onion start to caramelize.

Blend the sautéed ingredients. Then add turmeric, paprika, vinegar and tamarind made into a smooth paste with ¹/₂ cup of water.

Heat the oil again in the same saucepan. Add paste and mix well.

Cover the pan with a tight lid and let the paste cook for 20 minutes. Stir occasionally. Add a little water if needed.

Add mushrooms, potatoes, red peppers, salt and sugar. Cover again and let it cook for another 15 minutes.

If the stew looks thick, add vegetable stock or water.

Add coconut milk and garnish with coriander.

Serve hot with rice.

¹/₂ inch ginger, chopped
4 garlic cloves, smashed
¹/₂ teaspoon turmeric powder
1 teaspoon paprika (optional)
1 tablespoon apple cider vinegar
1 teaspoon tamarind pulp
12 mushrooms, cut into half
3 medium potatoes, cut into cubes
1 red bell pepper, diced
Salt to taste
2 teaspoons sugar
1 cup coconut milk
Coriander leaves

Ingredients:

1 cup basmati rice
2 cloves
1 black cardamom
¹/₄ teaspoon saffron, soaked in little water
2 cups water
¹/₂ cup sugar
¹/₂ teaspoon green cardamom seed powder
1 teaspoon rose water
2 tablespoons golden raisins
3 tablespoons almonds, chopped
3 tablespoons pistachios, chopped
10 slices of dry coconut

Preparation:

Wash and soak the rice for 15-20 minutes.

Heat oil on medium flame; then add cloves and black cardamom, sauté for a minute.

Add soaked rice and saffron, mix and sauté for 1 more minute. Add water.

After the water starts to boil, cover pan and lower the heat. Cook for 7-8 minutes or till rice is half done.

Mix in the sugar, cover and cook for 15 minutes.

Lastly add rose water, cardamom powder, raisins, coconut and chopped nuts.

Fluff up the rice and mix.

Garnish with more chopped nuts before serving.

Ingredients:

2 cups white radish, peeled & grated
1 carrot, grated
¹/₂ onion, finely chopped
2 green chillies, finely chopped
2 tablespoons coriander, chopped
¹/₄ teaspoon turmeric powder
¹/₂ teaspoon chilli powder
¹/₂ teaspoon cumin powder
¹/₂ teaspoon *garam masala*
2 tablespoons sesame
2 tablespoons *kasuri methi*
Salt as per taste
¹/₂ cup jowar flour
¹/₂ cup ragi flour
¹/₄ cup besan
Oil for roasting

Preparation:

In a bowl mix radish, carrot, onion, chillies, coriander, turmeric, chilli and cumin powders, *garam masala*, sesame, *kasuri methi* and salt.

Add jowar flour, ragi flour and besan. Mix well and prepare a soft dough. Let the dough rest for 10 minutes.

Using a wet hand, make dough into balls and flatten gently on greased hot tawa. Pat to get a round shape with even thickness.

Spread oil from the sides, cover and cook on medium flame, flip over and spread oil again on the other side and roast both sides.

Mooli roti tastes good with tomato ketchup or pickle.