

Kadhi

(Serves 4)

Ingredients:

2 tbsps gram flour / *besan*
3 cups water
2 tsps oil
½ tsp cumin seeds / *jeera*
2 green chillies
2 inch piece ginger, ground to a paste
2 sprigs *curry-patta*
Salt
1 pinch turmeric / *haldi* powder (optional)
1 cup thick, creamy coconut milk (Shred coconut, steep in hot water and strain.)
1 lime

Preparation:

Prepare slurry of *besan* in 3 cups of water.

Fry *jeera* in oil. Upon spluttering, add slit green chillies, ginger paste, and *curry-patta*.

To this seasoning, add the *besan* slurry and salt to taste. If yellow *kadhi* is desired, add a little *haldi* as well. Bring the liquid to a boil.

Reduce heat, add coconut milk and simmer for a minute. (It is extremely important for the flame to be low and to heat the coconut milk for a short while or else it will split.)

Remove from fire, add lime juice.

Serve with rice.



Elote or steamed Mexican corn-on-the-cob

(Serves 4)

Ingredients:

4 ears fresh corn-on-the-cob with husks and corn-silk removed
2 tbsps extra virgin olive oil
4 tsps lime juice
2 tsps red chilli powder
Salt, black pepper and cumin powder to taste

Preparation:

Fill the bottom of the steamer with 2 inches water.

Do not salt the water.

Place corn-on-cobs in steamer basket. Bring to a rapid boil for 5 minutes.

While corn is steaming, mix olive oil, lime juice, salt, pepper, chilli and cumin powders together.

Remove corn from steamer, brush with oil mixture.

Serve immediately.

Mixed vegetables in coconut milk

(Serves 4)

Ingredients:

2 cups	shredded coconut	¼	cauliflower
2 tbsps	tamarind pulp	2	potatoes
3 tbsps	coconut oil	2	carrots
4	red dry chillies	100 gms	red pumpkin
1 tsp	cumin seeds	1 tsp	turmeric powder
2 tsps	coriander seeds	1 tsp	mustard seeds
10	cloves garlic (optional)	1 tsp	black split urad dal
12	French beans	10	curry leaves
½ cup	green peas		Salt

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 and 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, followed by vegetables and thick coconut milk kept aside. Simmer for 2-3 minutes.

Serve with rice/roti/puri.



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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.

For an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes:
www.bwcindia.org/Web/Recipes/VeganFood.html



Puran poli

(20 polis)

Ingredients:

500 gms	chana dal
2.5 litres	water
1 tbsps	sunth/dry ginger powder
1 tbsps	aniseed
2/3	cardamom
1 tbsps	jaiphal/nutmeg powder
350 gms	jaggery
250 gms	wheat
	Salt
	Oil

Preparation:

Pressure cook the *dal* until soft. Drain water completely.

Cook in a thick bottomed vessel the *dal* with *sunth*, aniseed, cardamom, nutmeg and jaggery until the water evaporates completely.

Grind *dal* in a *puran* machine or in a mixer.

Knead the wheat flour with salt and water to form a soft dough. Cover with a thin layer of oil and keep aside for an hour.

Take a little of the kneaded dough, roll it out into 4" diameter rounds, put about 4 tablespoons of the cooked *puran* on it, cover with the help of a little dry flour and roll out gently.

Roast both sides on a hot *tava* with a little oil.

Kidney beans (Rajma)

(Serves 4)

Ingredients:

500 gms	<i>Rajma</i> (not soaked overnight)
2 tbsps	oil
1 tsp	red chilli powder
200 gms	onions, sliced
200 gms	tomatoes, chopped
	Salt

Preparation:

Pressure-cook *rajma* for 6-7 steams.

Heat oil, sauté chilli powder and onions; add tomatoes.

Purée to a fine paste and pour over cooked *rajma*

Add hot water to form desired quantity of gravy.

Pressure-cook for another 6-7 steams, or simmer for over half an hour in covered pan.

Serve with *kesar chawal*.



Guava juice

(Serves 4)

Ingredients:

4	guavas (not over-ripe)
1 tsp	lime juice
10	mint leaves
1 tsp	cumin
	Black salt/ <i>kala namak</i> and pepper to taste

Preparation:

Wash and without peeling, cut guavas in small pieces.

Liquidize together with lime juice and mint leaves.

Lightly roast cumin seeds, grind fine, and add to juice.

Add black salt and pepper to taste.

Stir well and refrigerate.

Serve chilled.

Nuggesoppu torve

(Serves 4)

Ingredients:

1 cup	<i>moong dal</i>
1 cup	drumstick leaves without stems
1 tbsps	grated coconut
2 tbsps	lime juice
	Salt

For seasoning:

1 tsp	oil
½ tsp	mustard/ <i>rai</i>
½ tsp	<i>jeera</i>
½ tsp	<i>urad dal</i>
4-5	green chilies
2	red dry chilies
5	<i>curry patta</i>
1 tsp	grated ginger (optional)
¼ tsp	turmeric powder
¼ tsp	black pepper powder

Preparation:

Dry roast *moong dal* till hot to touch. Pressure cook it with 2 cups water (3 whistles).

Wash drumstick leaves and cook them for 1-2 minutes. Add to *dal*

Add coconut and salt along with 3-4 cups water depending on desired consistency.

Heat oil, sauté seasoning ingredients, and add to *dal* mixture. Mix well.

Bring to boil on medium heat.

Add lime juice.

Serve with rice.

