**Kadhi**  
(Serves 4)

**Ingredients:**
- 2 tbsps gram flour / besan
- 3 cups water
- 2 tbsps 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 tbsps lime juice
- 2 tbsps 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, chili 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
- 2 tbsps tamarind pulp
- 3 tbsps coconut oil
- 4 red dry chillies
- 1 tsp cumin seeds
- 2 tbsps coriander seeds
- 10 cloves garlic
- 1 tsp turmeric powder
- 1 tsp mustard seeds
- 1 tsp black split urad dal
- 12 French beans
- ½ cup green peas
- ¼ cauliflower
- 2 carrots
- 100 gms red pumpkin
- 1 tsp turmeric powder
- 1 tsp mustard seeds
- 1 tsp black split urad dal
- 10 curry leaves
- 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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For an assortment of Beauty Without Cruelty’s tested and tasted, healthy and delicious vegan recipes:  
www.bwcindia.org/Recipes/VeganFood.html
Puran poli
(20 polis)

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

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 Rajma (not soaked overnight)
2 tbsp oil
1 tsp red chili 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.
Puree 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
4 mint leaves
1 tsp cumin
Black salt/hala namak 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 tovve
(Serves 4)

Ingredients:
1 cup moong dal
1 cup drumstick leaves without stems
1 tbsp grated coconut
2 tbsp lime juice
Salt

For seasoning:
1 tsp oil
1/2 tsp mustard/rai
1/2 tsp jeera
1/2 tsp urad dal
4-5 green chilies
2 red dry chilies
5 curry patta
1 tsp grated ginger (optional)
1/4 tsp turmeric powder
1/4 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.