Pope Francis has made it clear that his focus is to embrace the disadvantaged. He chose his papal title in homage to St Francis of Assisi, a renowned advocate for the poor and the patron saint of animals and the environment.

Previous Popes have expressed concern for animals and their well-being too.

Pope John Paul II was a noted animal advocate who declared that “animals are as near to God as men are”. He also maintained that animals “possess a soul and men must love and feel solidarity with our smaller brethren”.

Pope Benedict XVI said that “animals, too, are God’s creatures” and “degrading it in any way goes against the original creation of God’s creatures according to the plan of God”.

### Calabash
(Serves 3)

**Ingredients:**
- 4 cups water
- 1 cup whole tur dal (pigeon peas) soaked overnight
- 2 cloves garlic
- 1 cup bottle gourd, diced
- 1 teaspoon black pepper
- 1 tablespoon oil
- 2 stalks onion chives, finely chopped
- 1 cup carrot, diced
- 1 cup tomato, diced

**Preparation:**
Mix together water, tur, garlic, bottle gourd, black pepper and salt. Bring to boil on medium heat till tur is tender. Stirring constantly, add the above mixture and simmer for 15 minutes. Serve with Kesar Chawal.

### Kesar Chawal
(Not sweet)
(Serves 4)

**Ingredients:**
- 1/2 teaspoon saffron
- 4 cups hot boiling water
- 2 tablespoons oil
- 1/2 cup Basmati rice, washed
- 2 teaspoons salt

**Preparation:**
Stir into saffron in 1 cup boiling water. Heat oil. Add rice and salt. Stirring continuously, cook the rice till it becomes opaque. Add 3 cups boiling water along with saffron water. Cover, lower heat, and simmer for 20 minutes till liquid is absorbed. Serve with Calabash.

### Carrot Walnut Cake
(Serves 4)

**Ingredients:**
- 11/4 cups sugar
- 2 cups flour
- 4 teaspoons cinnamon
- 1 cup walnuts, chopped
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 cups carrots, shredded
- 1/4 cup olive oil
- 1/4 cup orange juice
- 1 cup raisins

**Preparation:**
Pre-heat the oven to 350°F/180°C. Mix by hand (not mixer): sugar, flour, cinnamon, walnuts, baking powder, baking soda and salt. Add carrots, oil, orange juice and raisins, mixing well between additions. Grease cake pan with oil. Put batter in and bake for 45 minutes.

### Tilgul Ladoso
(25 ladoso)

**Ingredients:**
- 500 grams unpolished sesame/til
- 100 grams unsalted peanuts
- 60 grams dry coconut
- 40 grams raw cracked wheat/dalia
- 500 grams jaggery/Khajapuri chikki gur

**Preparation:**
Roast sesame. Roast peanuts. Remove skins. Crush coarsely. Finely grate coconut. Except jaggery, properly mix all the ingredients and keep aside. Clean and heat jaggery till it smokes. Remove scum from the top. Add mixture and continue stirring and heating till uniformly mixed and cooked. Quickly roll into small balls while hot.
Pepper Mushroom Fry  
(Serves 3)

Ingredients:
3 teaspoons sesame oil  
¼ inch ginger, minced  
3 garlic cloves, minced  
2 onions, chopped fine  
1 tablespoon caraway seeds  
1 large tomato, chopped fine  
¼ teaspoon coriander/dhania powder  
¼ teaspoon turmeric powder  
a pinch red chilli powder  
¼ teaspoon black pepper powder  
¼ teaspoon raw mango/sambhar powder  
a pinch sugar  
salt to taste  
200 grams mushrooms, halved  
1 large capsicum, sliced  
1 tablespoon coriander, chopped  

Preparation:
Heat oil in a frying pan and sauté ginger, garlic and onions till brown. Add curry leaves and tomatoes and fry till the tomatoes are cooked. Add coriander, onion, turmeric, pepper & mango powders, and sugar & salt to taste. Sauté for a couple of minutes. Add mushrooms and capsicum. Continue to sauté till mushrooms are cooked and water evaporates. Garnish with chopped coriander.

Falafel  
(50 Pieces)

Ingredients:
3 cups chickpeas, soaked overnight  
½ teaspoon of baking soda  
salt  
2 minced onions  
mixed parsley or coriander leaves  
6 green chillies  
2 tablespoons of lemon juice  
15 minced garlic cloves  
6 quarter teaspoon black pepper powder  
200 grams maada  
Oil to fry  

Preparation:
Drain chick peas and coarsely grind with all the other ingredients, then add maada for binding. Heat oil in a kadai for frying. Make patties out of the coarse mixture and fry till brown. Serve falafel as an appetizer or as evening snack with tahini or tomato sauce.

Sol Kadhi  
(Serves 2)

Ingredients:
3-4 kokum/faldus  
3 cups water  
¼ cup thick, creamy coconut milk  
(use more than ½ cup if not very creamy)  
5-7 cloves garlic, ground to a paste  
2 green chillies, chopped  
salt  
1 tablespoon coriander, finely chopped leaves/kasuri  

Preparation:
Soak kokum in 3-4 teaspoons of warm water. Add 3 cups water. Mix well. Discard the kokum. Add coconut milk which will take on the colour of the kokum water and turn pinkish-purple.  
Add garlic paste, green chillies and salt to taste. Stir well for a while so that the garlic and chilli flavours merge. Cool in fridge if desired. Garnish with chopped kasuri before serving the drink.

Nadar Curry  
(Serves 3)

Ingredients:
1 tablespoon mustard oil  
4 cloves/lauung  
1 inch cinnamon  
pinch of asafoetida/hing  
½ teaspoon cumin/jeera powder  
3 feet lotus stems, peeled and diagonally cut into 1 inch pieces  
1 teaspoon coriander/dhania powder  
1 teaspoon turmeric powder  
½ teaspoon dry ginger powder  
1 teaspoon chilli powder  
2 tablespoons tamarind water  
1 ½ cups water  
1 tablespoon coriander, finely chopped  

Preparation:
Grind the roasted ingredients with the coconut and turmeric powder till fine. Add water when grinding and when required. Boil the mango in 2 cups water. Add jaggery. After mango is cooked, add the ground masala and salt to taste. Add water if too thick so as to get the required consistency.  
Boil.  
To season:  
Heat oil and sauté garlic till brown and pour over the curry. Garnish with chopped coriander.

Ambli Ghashi  
(Serves 4)

Ingredients:
In ¼ teaspoon oil  
roast separately:
6 red chillies  
1 ½ teaspoon coriander seeds  
1 heaped teaspoon black gram dal  
1 teaspoon fenugreek/methi seeds  
½ coconut, grated  
¼ teaspoon turmeric powder  
2 green mangoes, peeled and cut into pieces  
2 cups water  
2 tablespoons jaggery  
1 teaspoon cooking oil  
6 garlic cloves, crushed with the skin.  

Preparation:
Grind the roasted ingredients with the coconut and turmeric powder till fine. Add water when grinding and when required. Boil the mango in 2 cups water. Add jaggery. After mango is cooked, add the ground masala and salt to taste. Add water if too thick so as to get the required consistency.  
Boil.  
To season:  
Heat oil and sauté garlic till brown and pour over the curry. 
Serve with rice.

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