



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 of living creatures to a commodity seems to me in fact to contradict the relationship of mutuality that comes across in the Bible".

Methi Pulao

Serves 4

Ingredients:

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1 cup basmati rice
2 cups fenugreek/*methi* leaves, chopped
2 onions, sliced
½ cup carrot, chopped
½ cup green peas, shelled
2 tablespoons ginger, garlic and green chillies paste
½ teaspoon cumin seeds/*jeera*
50 grams of whole *garam* masala
¼ teaspoon turmeric/*haldi* powder
½ teaspoon coriander powder
½ teaspoon chilli powder
2 cups water
2 tablespoons oil
Salt



Preparation:

Soak rice for 30 minutes.

Sprinkle some salt on methi leaves to reduce the bitterness and allow to stand for 15 to 20 minutes, then squeeze and keep aside.

Sauté cumin seeds, and whole *garam* masala in a pressure cooker then add sliced onions. Add ginger, garlic and green chilli paste and fry for 2 minutes. Add methi leaves, sauté for 3 to 4 minutes on a low flame.

Add veggies and stir. Add turmeric, red chilli, coriander powder. Add rice, water and salt. Pressure cook on medium flame for 2-3 whistles.

Serve with *dal*.

Kulfa Dal

Serves 4

Ingredients:

1 cup *tur dal*
1 tomato
3 sprigs *curry-patta*
1½ teaspoons chilli powder
¼ teaspoon turmeric powder
3 cups plucked and washed *kulfa* leaves
¼ cup tamarind steeped in water
1 tablespoon oil
2 teaspoons cumin
2 dried red chillies
2 garlic pods, finely chopped (optional)

Preparation:

Wash *dal*. Pressure-cook along with chopped tomato, 1 sprig *curry-patta*, chilli and turmeric powders.

Add 4 cups water and pressure cook again till mushy.

Mash smooth, mix in the *kulfa* and tamarind, and simmer.

Heat oil and fry cumin, broken red chillies, balance of the *curry-patta* and garlic, and pour over *dal* mixture.

Continue simmering for 10 minutes.

Serve with rice.



Imarti

10 Pieces

Ingredients:

1 cup split black Bengal gram/*urad dal* without skin
¼ cup rice
Orange/red colouring
5 cups sugar
1 pinch saffron
6 drops rose essence
1 teaspoon cardamom powder
Oil for frying



Preparation:

Soak dal and rice for an hour.

Drain and grind together with 1 cup water and add colour.

Boil sugar with 2½ cups water.

Add saffron, rose essence and cardamom powder to hot syrup and keep ready.

Heat oil and fry batter pressing through an *imarti* press.

Soak *imartis* in sugar syrup till they puff up.

Serve hot.

Aam ka Panna

Serves 6

Ingredients:

3 large unripe green mangoes
200 grams jaggery
5 cups water
3 cardamoms, powdered
1 teaspoon cumin powder
5 black pepper corns, powdered
2 teaspoons rock salt

Preparation:

Grate mangoes.

Boil in water along with jaggery.

Flavour with cardamom, cumin, pepper and salt.

Strain.

Add ice and serve.



Veg @ Lent 2016

Beauty Without Cruelty
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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www.bwcindia.org/Web/Recipes/VeganFood.html



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Carrot Ginger Soup

Serves 4

Ingredients:

1 teaspoon cumin seeds/*jeera*
½ teaspoon carom seeds/*ajwain*
1 pinch asafetida/*hing*
3 cups carrots, peeled and sliced
1 cup celery, sliced
1/3 cup ginger, peeled and cut
2 tablespoons oil
2 teaspoons sugar
¼ teaspoon black pepper
2 teaspoons lemon juice
Salt

Preparation:

Heat the oil, add the cumin, carom seeds and asafetida. As seeds crackle, add carrots, celery, and ginger. Sauté for about 12 minutes until carrots are done.

Puree in blender with 2 cups of water, on high speed. Add water as needed to puree.

Pour the soup in the pan, add salt and sugar. Bring the soup to boil on medium heat. Add more water if needed.

When the soup boils, turn the heat to low and let it simmer for ten minutes.

Add black pepper and lemon juice just before serving.



Eggless Omelette

Serves 2

Ingredients:

¾ cup gram flour/*besan*
½ teaspoon cumin seeds/*jeera*
1 teaspoon black pepper
Salt
½ cup water
1 green chilli
½ cup tomato
½ cup spinach
½ cup bell pepper
2 tablespoons oil



Preparation:

Mix *besan*, cumin seeds, black pepper and salt together. Add water slowly to make a smooth batter. Add finely chopped green chillies, tomato, spinach and bell pepper. Mix well.

Heat a non-stick skillet. Pour ½ cup of the batter mixture on the skillet and spread with the back of a spoon. Starting from the center, spiral the batter outward evenly to form a circle about 7" in diameter.

When the batter starts to dry, gently spread about two teaspoons of oil over it. Wait about 30 seconds, flip the omelette using a flat spatula. Press it lightly all around with the spatula to make it cook evenly.

Turn the omelette 3 or 4 times until well cooked and golden brown on both sides.

Serve with mint chutney or pickle.

Chickpea & Spinach Hummus

Serves 4

Ingredients:

200 grams chickpeas/*kabuli channa*
2 tablespoons roasted sesame seeds/*til*
1 cup spinach leaves without the stems
Salt
2 green chillies, chopped
2 tablespoons lemon juice
2 tablespoons olive oil

Preparation:

Soak the chickpeas overnight, wash well and drain the water. Put them in a food processor with sesame seeds, spinach leaves, green chillies and lemon juice, blend it to make smooth paste.

Add oil and mix again.

Serve with crackers, chips, or with fresh veggies, on toast or as a sandwich/wrap filler.



Papaya Sambharo

Serves 4



Ingredients:

1 cup raw papaya
1 tablespoon oil
½ teaspoon mustard seeds/*rai*
½ teaspoon asafetida/*hing*
1 tablespoon green chilli, chopped
½ teaspoon turmeric powder
½ teaspoon lime juice
Salt
½ teaspoon coriander, chopped

Preparation:

Wash raw papaya, peel the skin, grate it and keep it aside.

Heat oil and add mustard seeds. Add asafetida and grated papaya. Sauté for 3-4 minutes till the papaya is tender.

Add green chillies, turmeric powder, lime juice, salt and coriander leaves.

After mixing remove from stove.

Serve as a side dish.

Amrood Ki Sabzi

Serves 4

Ingredients:

5 over-ripe guavas
3 teaspoons oil
½ teaspoon red chilli powder
2 pinches *amchoor*/mango powder
1 teaspoon *garam* masala powder
1 teaspoon cumin
2 teaspoons coriander

Preparation:

Wash, peel and cut guavas into wedges.

Heat oil, add powders and sauté.

Add guava pieces and mix well.

Cover pan and cook on low flame till guavas turn soft.

Serve with *chapattis* or *paranths*.



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