Pope Francis to ‘every person on Earth’: “Be kind to animals”

“One day, we will see our animals again in the eternity of Christ. Paradise is open to all of God’s creatures.”

“It is contrary to human dignity to cause animals to suffer or die.”

“We must forcefully reject the notion that our being created in God’s image and given dominion over the earth justifies absolute dominion over other creatures.”

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.

### Watermelon Rind Dosa

**Ingredients:**
- 1 cup rice
- ½ cup poha/flattened rice
- 3 cups chopped white part of watermelon rind
- 1 cup fresh coconut milk
- Water for blending
- Oil for applying to the dosa
- Salt to taste

**Preparation:**
Soak rice and poha. After an hour, drain water. Blend all the other ingredients with rice and poha to a smooth but very slightly grainy paste. Add little water if necessary. The batter should be fairly thin for dosas.

Let the batter stand overnight or for 8 hours. Heat a griddle and pour about 1/2 cup of the batter in the center. With a ladle help the batter to create a round.

Let the dosa cook until bubbles appear all over. Spray a few drops of oil around the edges of the dosa to crisp up the edges.

When the bottom is golden brown, flip over and cook for about 30 seconds more.

Serve hot with mint chutney.

### Mushroom Walnut Paté

**Ingredients:**
- 1 pkt mushrooms
- ½ tsp salt
- 1 tsp garlic paste
- 8 pieces walnuts

**Preparation:**

Make into a paste in the mixer.

Then mix mushrooms and walnuts together in the mixer.

Serve as a sandwich/wrap filler.

### Bharva Bhindi Sabzi

**Ingredients:**
- 500 grams okra/bhindi
- 3 tsp powdered channa dal/besan
- 4 tsp coriander/dhania powder
- 1 tsp chilli powder
- 2 tsp fennil/sauf powder
- ½ tsp turmeric/haldi powder
- 1 tbsp oil
- ½ tsp carom seeds/ajwain
- 2 pinch asafoetida/hing
- Salt to taste
- Coriander leaves

**Preparation:**
Wash and pat dry. Cut lengthwise to enable stuffing.
Mix besan with powders and stuff it into the bhindis.
Heat oil, add ajwain, hing and salt as per taste.
Then fry stuffed bhindis. Garnish with chopped coriander leaves.

Serve hot with chapattis.

### Karella

**Ingredients:**
- 250 grams tender karelas
- 2 tbsp mustard/sarson oil
- 2 large onions, chopped
- 1 tsp turmeric powder
- 1 tsp red chilli powder
- 1 tbsp ginger-garlic paste
- 1 tbsp cumin powder
- Salt to taste
- ½ cup tamarind pulp

**Preparation:**
Wash the karelas and pat dry. Slit lengthwise and if desired scoop out centre portion carefully.
Cut into half-inch pieces.
Heat oil and fry onions. Add turmeric and chilli powders followed by ginger-garlic, cumin and salt.

Serve hot with roti.

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Serve hot with roti.
Singhade Ka Achaar
500 grams

Ingredients:
- 500 grams water chestnuts
- 2 tsp turmeric
- 1½ cups basmati rice
- 1½ cup roasting peanuts
- 1 tbsp jaggery
- ¼ cup roasted peanuts, coarsely powdered
- 2 green chillies, finely chopped
- 2 tbsp poppy seeds
- 1 tsp cumin seeds
- 1 tsp salt to taste
- 1 tsp oil
- 1 tsp ajwain
- 1 tsp kalonji
- 1 tsp hing
- 1 tsp methi
- 1 tsp saunf
- 1 tsp asafetida

Preparation:
- Rinse, clean, peel and cut the water chestnuts into half. Rinse, clean, peel and cut the water chestnuts into half.
- Transfer to a glass jar and let stand for 2 to 3 weeks.
- The pickle can be refrigerated after 4 hours and will be good for 2 to 3 weeks.

Red Cabbage With Spinach
Serves 4

Ingredients:
- 1 medium red cabbage, shredded
- 1 medium brinjal, cut into small pieces
- 1 cup plain flour
- 1½ cups maize flour
- 2 tbsp tomato ketchup
- 3 tbsp oil
- 1 teaspoon red chili powder
- 1 cup rice, preferably brown
- ¼ cup roasted peanuts
- 1½ cup basmati rice

Preparation:
- Heat oil. Add cumin seeds, poppy seeds, peanuts, green chilies and jaggery. Saute till brown.
- Add brinjal and potato pieces and mix well. Then add 3 cups of hot water.
- Add rice and salt as per taste after the water boils.
- Cover with a tight-fitting lid, and on a low flame let the rice cook for 15 minutes.
- Turn off the heat and let the pulao stand for 10 minutes before serving.
- Garnish with coriander.

Brinjal Pulao
Serves 6

Ingredients:
- 1 tsp mustard oil
- 1 tsp cumin seeds
- 1 tsp paprika seeds
- 1 tsp whole fennel seeds
- 1 tsp carom seeds
- 1 tsp nigella seeds
- 2 tsp fenugreek seeds
- Pinch of asafetida
- 2 tsp thick and smooth coconut cream
- 1 cup plain flour
- 1½ cups maize flour
- 1 tbsp jaggery
- ½ cup sugar
- 3 tbsp oil

Preparation:
- When cooked, remove from stove, stir in the coconut cream and add well.
- Serve with rotis, phulkas or chappatis.

Tacos With Beans
Serves 8

Ingredients:
- 1 cup rice, preferably brown
- 1½ cups maize flour
- 1 cup plain flour
- 1½ cups maize flour
- 1 tsp salt
- 1 tsp oregano
- 1 tsp chili powder
- 1 cup tomato ketchup

Preparation:
- When cooked, remove from stove, stir in the coconut cream and add well.
- Serve with rotis, phulkas or chappatis.

Pumpkin Rice Pudding
Serves 10

Ingredients:
- 1 cup rice, preferably brown
- 1 cup plain flour
- 1 cup maize flour
- 1½ cup sugar
- 3 tbsp oil

Preparation:
- Heat the pot on medium flame until the almond milk starts to boil. Lower the heat and let the mixture cook, stir in-between for 15 minutes.
- Mix together the pumpkin puree, vanilla essence, jaggery and a little almond milk if needed.
- Add rice along with half sugar and mix well.
- Continue to cook the pudding for 30-45 minutes, stirring frequently, until most of the almond milk has evaporated. Adjust the sweetness by adding more sugar if needed.
- Remove the pudding to a bowl, cover and chill.
- Garnish with toasted almonds.