

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."



Giving up Meat for Lent

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 10 dosas

Ingredients:

1 cup rice
½ cup *poha*/flattened rice
3 cups chopped white part of watermelon rind
½ 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 ½ 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 100 grams or small bowl

Ingredients:

1 pkt mushrooms
¼ tsp salt
1 tsp garlic paste
8 pieces walnuts



Preparation:

Clean mushrooms. Slice. Sprinkle salt.

Warm in a pan with garlic till the
water evaporates. Cool.

Make into a paste in the mixer.

First powder the walnuts separately in the mixer.

Then mix mushrooms and walnuts together
in the mixer.

Serve paté as a sandwich/wrap filler.

Bharva Bhindi Sabzi Serves 4

Ingredients:

500 grams okra/*bhindi*
3 tsps powdered *channa dall/besan*
4 tsps coriander/*dhania* powder
1 tsp chilli powder
2 tsps fennel/*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 the *bhindi* 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*.

Karela North Indian Style Serves 4

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.

Then add *karelas* and cook on low flame.

When almost cooked, add tamarind pulp, salt
if needed and simmer for a few more minutes.

Serve hot with *roti*.



www.bwcindia.org

Beauty Without Cruelty INDIA

An International Educational Charitable Trust For Animal Rights

4 Prince of Wales Drive, Wanowrie, Pune 411 040.

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

admin@bwcindia.org

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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

For an assortment of

Beauty Without Cruelty's

tested and tasted, healthy

and delicious vegan recipes:

www.bwcindia.org/Web/Recipes/VeganFood.html

Singhade Ka Achaar

500 grams

Ingredients:

500 grams water chestnuts/*singhade*
2 tsp turmeric/*haldi* powder
2 tbsp yellow mustard powder
2 tbsp mustard oil
Pinch of asafetida/*hing*
2 tsp fenugreek seeds/*methi*
1 tsp nigella seeds/*kalonji*
1 tbsp whole fennel seeds/*saunf*
1 tsp carom seeds/*ajwain*
2 tsp red chilli powder
Salt to taste



Preparation:

Rinse, clean, peel and cut each water chestnut into half.

Boil enough water with salt. Soak in the water chestnuts in it for 2 minutes. Drain water.

Sprinkle a little salt on the chestnuts. Add turmeric and mustard powder and toss. Keep aside in a bowl.

Heat mustard oil. Add asafoetida, fenugreek and nigella seeds one after another. After the spices sizzle, add fennel and carom seeds together. Switch off the gas.

Add chilli powder and pour the spice mixture over the water chestnuts. Mix well so that they get fully coated.

Transfer to a glass jar and let stand for 2-3 hours before consumption.

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 tbsp coconut oil
½ to 1 tsp chilli powder
1 small onion, sliced (optional)
1 medium red cabbage, shredded
1 bunch spinach / *palak bhaji*, shredded
2 tbsp thick and smooth coconut cream
Salt to taste



Preparation:

Heat oil and sauté chilli powder, followed by onion for a couple of minutes.

Add cabbage and when it begins to soften, add spinach.

Heat 2 teaspoons oil. Add ginger & garlic. Sauté.

When cooked, remove from stove, stir in the coconut cream and add salt.

Serve with *rotis*, *phulkas* or *chappatis*.

Brinjal Pulao

Serves 6

Ingredients:

1 tsp oil
1 tsp cumin seeds
2 tbsp poppy seeds
2 green chillies, finely chopped
1 tbsp jaggery
¼ cup roasted peanuts, coarsely powdered
1 medium brinjal, cut into small pieces
1 potato, cut into small pieces
3 cups hot water
1½ cup basmati rice, soaked in water for about 30 minutes
Salt to taste
Coriander for garnish



Preparation:

Heat oil. Add cumin seeds, poppy seeds, peanuts, green chillies and jaggery. Sauté 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.

Tacos With Beans

Serves 8

Tacos

Ingredients:

1½ cups maize flo
1 cup plain flour/*m*
3 tbsp oil
¾ tsp salt
Oil for deep frying
Oregano



Preparation:

Mix the flours. Add oil and salt. Knead into dough with water.

Roll out into a thin sheet. Cut into small rounds and prick lightly with fork.

Deep fry till golden brown.

While hot gently bend each taco into a U shape.

Beans

Ingredients:

1 cup *rajma*, soaked overnight
4 tablespoons tomato ketchup
1 teaspoon red chili powder
Salt to taste

Preparation:

Pressure cook *rajma*, drain and grind.

Add tomato ketchup and salt. Mix.

Cook for a few minutes. Crush lightly.

Serve beans on tacos.

Pumpkin Rice Pudding

Serves 10

Ingredients:

1 cup rice, preferably brown
1½ cup of pumpkin puree (roast pumpkin pieces first)
5 cups almond milk
1 tsp cinnamon, ground
¾ cup sugar
1 tsp vanilla essence
1 tbsp jaggery
¼ cup cashew pieces soaked in
¼ cup almond milk for 30 minutes, then blended into a smooth cream
Few toasted almonds



Preparation:

Wash and cook the rice in a microwave for 10 minutes after covering it with water. Let it stand in the hot water for at least 2 hours.

Remove the excess water and place rice in a large pot with the almond milk.

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 to 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.



Beauty Without Cruelty
is a way of life
which causes no creature of
land, sea or air
terror, torture or death

BWC believes
humans have no right, whatever the end,
to exploit or kill creatures (big and small)
in the name of
food, science, service, exhibition,
fashion, religion, entertainment
or for any other reason:
reverence for all life
must be considered fundamentally right.
No killing, exploiting, abusing, harming,
using, adorning, or eating any creature.

Our aims and history
of success are worth exploring.

Do visit our
Beauty Without Cruelty - India website
www.bwcindia.org

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in furthering our cause
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