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.”

“We must forcefully reject the notion that we are prepared without animal products. Our being created in God’s image and given dominion over the earth justifies absolute dominion over other creatures.”

All meals during this 40-day period are prepared without animal products, on religious, health or ethical grounds.

“The most observed tradition during Lent is not eating meat. Giving up Meat for Lent is to cause animals to suffer or die.”

Be kind to animals.

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.

Goru Chikkudu Kaya Kura

Serves 4

Preparation:
Soak channa dal for 2 hours. Rinse & drain water. Keep aside.

Ingredients:
- 300 grams channa dal
- 8 green chillies, chopped fine
- ½ inch ginger
- 500 grams cluster beans/gavaar phalee
- 3 tablespoons oil
- 1 teaspoon cumin/jeera
- 1 teaspoon urad dal
- 4 curry leaves/patta
- ½ teaspoon mustard seeds/rai
- 2 dried red chillies
- 1 large onion, chopped

Preparation:
Make two clean cuts on either side of the mango flesh, then cross-cut in each slice of mango, and slide off the skin with the help of a spoon. Grind together coconut milk, ½ cup of the mango flesh, chilies and ½ teaspoon mustard seeds. Keep aside.

Ingredients:
- 3 ripe mangoes
- 2 cups thick coconut milk
- 3 tablespoons flaxmeal
- Powdered flaxseeds whisked together with 9 tablespoons water
- ½ cup apple juice
- 1-2 green chillies, sliced in half
- 1 red onion, finely chopped
- 1½ teaspoons mustard seeds/rai
- 2 teaspoons pav bhaji masala
- ½ cup green capsicum, chopped
- 2 tablespoons chopped coriander
- Salt to taste

Preparation:
Heat oil, add cumin seeds and let sizzle. Add ginger garlic paste, sliced green chillies. Sauté for 2-3 minutes. Then add onion followed by tomato and continue to sauté. Add salt, pav bhaji masala and mix. Add also carrot and green peas. Cook the tawa masala for 4-5 minutes till tomatoes are well cooked. Add rice to the tawa masala and mix well till it is well coated with the masala. Then add capsicum and cook for another 1-2 minutes. Squeeze in some fresh lemon juice, mix and garnish with coriander before serving.

Ingredients:
- 4 cups rice, cooked
- 3 tablespoons oil
- 1 teaspoon cumin seeds
- 2 teaspoons ginger-garlic paste
- 2 green chillies, sliced in half
- 1 red onion, finely chopped
- 1 tomato, chopped
- ½ cup green peas, shelled
- ¼ cup carrot, cubed
- 1-2 tablespoons pav bhaji masala
- Salt to taste

Preparation:
Whisk the dry ingredients together in a bowl. Keep aside. Mix the wet ingredients in a bigger bowl. Add the dry ingredients to the wet & mix together. Pour the batter into a cake pan, smooth on top and decorate with cashews.

Ingredients:
- 4 cups whole wheat flour
- 1 cup rice flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons powdered cardamom

Preparation:
Heat oil, add cumin seeds and fry. Add green chillies, ginger and a little water. Mix and stir-fry for 2 minutes. Add chopped onion and fry for 2 minutes. Add 2 red chillies, 1 large onion, chopped & 4 cups rice, cooked. Stir-fry for 2 minutes. Add 1 cup rice flour, 1 cup wheat flour, 1 teaspoon salt. Mix all together. Add steamed rice or chapati. Serve hot with rice.

Ingredients:
- 4 cups pure mangoes
- 2 cups thick coconut milk
- 3 sweet ripe mangoes
- 2 teaspoons mustard seeds/rai
- 1 tablespoon oil
- 1 sprig curry leaves
- ½ teaspoon turmeric

Preparation:
Grind together coconut milk, ½ cup of the mango flesh, chilies and ½ teaspoon mustard seeds. Keep aside.

Ingredients:
- 1 cup chopped onion
- 2 red Kashmiri chillies
- 1½ teaspoons pav bhaji masala
- 1 cup green capsicum, chopped
- 1 cup cucumber peeled, deseeded & grated
- Salt to taste

Preparation:
Whisk the dry ingredients together in a bowl. Keep aside. Mix the wet ingredients in a bigger bowl. Add the dry ingredients to the wet & mix together. Pour the batter into a cake pan, smooth on top and decorate with cashews. Bake in a preheated oven at 350 degrees for 45 minutes, check by pricking a toothpick in the center so it comes out clean. Remove from the oven & unmold after 10 minutes. Wait till it cools thoroughly before cutting.

Cucumber Cake (Indian-Style)

Serves 24

Preparation:
Pour the batter into a cake pan, smooth on top and decorate with cashews. Bake in a preheated oven at 350 degrees for 45 minutes, check by pricking a toothpick in the center so it comes out clean. Remove from the oven & unmold after 10 minutes. Wait till it cools thoroughly before cutting.

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- 2 teaspoons pav bhaji masala
- ½ cup green capsicum, chopped
- 2 tablespoons chopped coriander
- Lemon
- Salt to taste

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Stand tomatoes in boiling water, skin and chop. Immediately add tomatoes and simmer for long till the volume reduces by half. Add jaggery and continue simmering till it melts. Heat oil & add bay leaves, garlic, turmeric and chilli powders making sure they do not burn. Add salt. Mix in the coriander. Stir. Serve hot with khichri or as an accompaniment to moong dal and rice. It also tastes good as a spread on bread, or could be eaten with chapati as a subzi.

Ingredients:
- 2 kgs red ripe tomatoes
- 1 tablespoon oil
- 2 bay leaves
- 1 pod garlic, minced
- ½ teaspoon turmeric powder
- 2 teaspoons red chilli powder
- 1 cup jaggery, crumbled
- 1 bunch coriander, chopped
- Salt

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Ingredients:
- 500 grams karela peeled & cut into thin slices
- 3 tablespoons oil
- ½ teaspoon cumin powder
- ¾ teaspoon coriander powder
- ¾ teaspoon raw mango/amchur powder
- ¼ teaspoon red chilli powder
- ¼ teaspoon turmeric powder
- Salt to taste
- 2 tablespoons jaggery powder
- Coriander to garnish

Preparation:
- Add oil to the sliced karela & toss. Add all the powders, salt and jaggery. Toss again so the karela slices are well coated with the spices. Set aside for 20 minutes. Pre-heat the oven to 200 degrees. Transfer the karela slices in a single layer onto a large aluminium foil baking sheet that has been greased with oil. Bake at 250 degrees for 23 minutes. If you want it to be crispy and extra brown, spray oil on it and reheat for 1-2 minutes. Be careful it may burn quickly. Garnish with coriander. Serve with dal and rice or roti.