AN INTERNATIONAL EDUCATIONAL CHARITABLE TRUST FOR ANIMAL RIGHTS

Dhansak (Serves 4)

Ingredients:
- 2 cups mixed dal (tur more than v al, red masoor, moong & black urid)
- 8 cups water
- ½ bunch chopped corriander
- 5 chopped green chillies
- 2 onions
- 200 grams red pumpkin
- 2 tomatoes
- 2 brinjal
- 1 teaspoon turmeric
- 2 brinjal
- 1 cup chopped coriander
- 200 grams rava or bread-crumbs
- 100 grams chickpeas/Kabuli channa
- 5 tablespoons oil
- 1 chopped tomato
- 1 big just-ripe avocado
- 1 medium onion
- 2 large boiled and cubed potatoes
- 100 grams soy granules
- 1 pod garlic
- ¼ inch ginger
- 4-5 green chillies
- 1 chopped tomato
- 1 chopped green chilli
- 2 tablespoons lime juice
- 1 chopped tomato
- 2 tablespoons Tabasco sauce or 1 finely chopped red chilli
- 1 large cubed tomato
- 1 teaspoon chat powder
- 1 tablespoon fresh lime juice
- 1 cup chopped coriander
- Salt to taste
- Tabasco sauce/chilli
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Preparation:
- Soak soy granules in water for half an hour.
- Rinse twice. Boil potatoes, cool and mash.
- Add chickpeas and potatoes, green chillies mix ed with little lime juice)
- Add soy granules. Sauled. Add
- Mix onion, green chilli and ginger add
- Pinch of turmeric and chilli powders, salt and
- Vinegar. Add coconut milk. Mix. Add fried
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- Pinch of turmeri...
Oush-e-brench (Serves 6)

Ingredients:
250 grams chana dal
250 grams green moong
250 grams small size black eyed beans/chilli
3 table spoons oil
4 chopped medium onions
½ bunch chopped spinach leaves/palak bhaji
1 bunch chopped ambat-chukka bhaji
2 bunches chopped dill/sepu bhaji
1 cup washed and soaked rice
1 bunch chopped ambat-chukka bhaji
2 bunches chopped dill/sepu bhaji
1 cup washed and soaked rice
½ teaspoon turmeric
2 teaspoons black pepper
salt to taste
2 teaspoons black pepper

Preparation:
Pressure-cook the dal, moong and beans along tomato puree, soup cube, and salt. Cook on slow flame till it reaches a broth consistency but the dal, moong and beans remain whole.

Serve piping hot with lime to be squeezed and black pepper powder if desired.

Grilled Tofu

(Serves 5)

Ingredients:
10 cleaned whole spring onions placed in a baking dish. Garnish with sliced tomatoes and black pepper powder if desired.

Preparation:
Marinate tofu for an hour with half of the ginger-garlic, soy sauce and water. Drain and keep aside. Heat oil in a saucepan, sauté the vegetables separately till tender. Keep aside. Heat oil again and fry balance ginger-garlic, mushrooms and a little salt till water evaporates. Add tomato puree and basil and half the marinated liquid kept aside. Boil. Then simmer for 10 minutes. Add sautéed mushrooms, pepper and soup. Cook on low flame. In a separate vessel bring soy sauce to a boil. In another vessel fry the maidsa in a little oil for 2 minutes. Gradually add the soya milk and mix continuously to avoid lump forming till it becomes creamy in consistency. Add boiled macaroni, mushrooms, parsley and mustard paste, mix well and pour into baking dish. Garnish with sliced tomatoes and capicum cut in rings and bake at 375°F for 15 minutes.

Tikha-Mitha Sauce

(2 litres)

Put half the sugar on the stove and caramelize it. Grind the Kashmiri chillies, sultanas, dates, garlic and ginger in half the vinegar. Melt (not on stove) the other half of the sugar in the other half of the vinegar and put it into the melted burnt sugar on stove (it will splutter) and keep stirring with a wooden spoon on a low flame until it thickens like a sauce. Remove from fire, cool and bottle. Keep in fridge.

Preparation:
Heat oil. Add chilli flakes till they splutter. Add onion and capicums and sauté for 5 minutes. Add rice and sauté again for 5 minutes. Add chickpeas, brinjals, and green beans along tomato puree, soup cube, saffron and 2 cups water. Mid-way add mushrooms and salt. Cook till done.

Serve with chilli flakes and spring onions.