



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".

Mushroom Pulao

Serves 4

Ingredients:

2 cups rice
1 onion
2 green chillies
2 potatoes
2 tomatoes
200 grams button mushrooms
2 tablespoons vegetable oil
2 cardamoms
3 cloves
5 black peppercorns
2 inches cinnamon (broken in to 4 pieces)
1 tablespoon ginger-garlic paste
4 cups water
Salt
Lime

Preparation:

Soak rice for 20 minutes.

Chop onion and green chillies. Cut potatoes and tomatoes into cubes. Cut mushrooms in half.

Fry whole cardamoms, cloves, peppercorns and cinnamon in hot oil on a low flame till they pop. Add onion. Add ginger-garlic paste and fry for 2 minutes. Add tomatoes, potatoes and mushrooms and continue stirring.

Add rice, green chillies, water and salt. Pressure-cook for 3 minutes.

Serve with lime.



Ingredients:

1½ cups flour
1 cup brown (Demerara) sugar, powdered
1¼ cup white oats (Quaker oats)
¾ cup solid coconut oil
¾ cup raspberry jam

Preparation:

Mix flour, sugar and oats. Work in the coconut oil until the mixture is crumbly.

Press half mixture evenly into bottom of a greased 8x8 inch baking pan. Spread with jam. Press remaining mixture over jam covering it completely.

Bake in oven 325°F for 40 to 45 minutes until golden brown.

Cut into squares.



Raspberry Oat Squares

9 Pieces

Nut/Seed Milk



Ingredients:

1 cup shelled raw nuts/seeds such as cashews, almonds, peanuts, pumpkin, sesame, hemp or sunflower
3 cups pure water
Optional: Sweeteners such as brown sugar, jaggery and date syrup
Vanilla essence

Preparation:

Soak nuts or seeds covered in water for at least 8 hours. Drain and rinse.

Using a mixer, blend the nuts/seeds with water. The water should be carefully added in small quantities or else the milk will turn out too thin.

Strain the uniformly blended slurry through a fine sieve, pressing and squeezing the solids to extract maximum liquid. This milk (first pressing) is thick and creamy.

The remaining fibrous solids may be mixed with water again and more milk extracted in the same manner, but it will turn out thinner with each pressing.

If desired, sweeteners like brown sugar, jaggery or date syrup with or without vanilla essence can be added.

Ingredients:

1 cup thick unsweetened cashew milk
Date-palm syrup as per taste
1 packet/10 grms agar-agar/china grass
1 cup water

Preparation:

See Nut/Seed Milk recipe to make cashew milk.

Soak agar-agar in 1 cup water for 2 hours.

Mix cashew milk, date-palm syrup (to taste) and agar-agar.

Stirring continuously on low flame, bring to boil.

Pour into jelly mould, cool and keep in fridge for 2 hours to set.



Cashew Pudding

Serves 4

Veg @ Lent

2015

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



www.bwcindia.org

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Ingredients:

4 big red carrots, grated
 2 teaspoons oil
 1 onion, sliced fine
 2 teaspoons curry powder
 2 teaspoons cornflour mixed in ½ cup water
 ¼ cups fresh coconut milk
 Salt and pepper to taste

Preparation:

Heat the oil, then sauté onion with
 curry powder for 3 minutes.
 Add carrots and sauté for 6 minutes.
 Add 9 cups water. Let simmer for 30 minutes.
 Cool, strain, and reheat.
 While simmering, add cornflour.
 Cool slightly, then add coconut milk,
 and salt & pepper to taste.
 Serve immediately with soup sticks.



Carrot Soup
 Serves 4

Corn Cutlets
 15 Pieces

**Ingredients:**

8-10 ears of tender corn
 5-6 raw plantains
 Bread pieces
 400 gms corn flour
 4 green chillies
 Coriander leaves
 Salt
 Raw/*amchur* mango powder
 Oil for frying

Preparation:

Mash corn kernels in a mixer.
 Boil plantains. Mash. Mix with corn and
 bread.
 Mix in finely cut chillies, coriander and
amchur powder. Shape into cutlets.
 Coat with corn flour and deep fry in hot oil
 till crisp and golden on both sides.
 Serve hot with coriander & mint chutney.

Ingredients:

1 head green cabbage
 1 green capsicum
 1 tablespoon mustard oil
 Salt as per taste

Preparation:

Cut the cabbage into quarter inch slices and
 discard the hard core. Wait for 5 minutes to
 enhance its health-promoting benefits
 before cooking.
 Slice capsicum and mix with raw cabbage.
 Heat oil, sauté cabbage and capsicum as
 crisp or soft as desired.
 Sprinkle with salt.
 Serve as a side dish.



Capsicum Flavoured Cabbage
 Serves 4

Palak Chole
 Serves 4

**Ingredients:**

1 cup chickpeas/*Kabuli channa*
 2 bunches spinach/*palak*
 2 tablespoons oil
 2 tablespoons ginger-green chilli paste
 1 teaspoon cumin/*jeera* powder
 1 teaspoon red chilli powder
 1 teaspoon *garam masala*
 1 cup tomato purée.
 Salt

Preparation:

Soak chickpeas overnight. Drain.
 Add 3 cups water and pressure-cook.
 Drain and set aside.
 Wash and blanch spinach leaves in boiling
 water for 1 minute. Drain water and purée.
 Heat oil, then sauté spices followed by
 tomato purée.
 Add spinach purée and chickpeas.
 Cover and simmer for 5 minutes.
 Serve with *chapattis*.

Ingredients:

2 cups lotus seed/*makhana*
 1 small coconut
 1 large onion, chopped
 2 tomatoes, puréed
 1 teaspoon *garam masala*
 1 tablespoon ginger-garlic paste
 1 teaspoon chilli powder
 1 tablespoon coriander/*dhania* powder
 ¼ teaspoon turmeric/*haldi* powder
 1 cup green peas, shelled
 Salt
 2 teaspoons lemon juice or vinegar
 2 tablespoons coriander leaves

Preparation:

Soak lotus seed in hot water and while the
 water is still warm, drain.
 Shred coconut, steep in hot water & strain to
 extract ½ cup thick coconut milk. Keep aside.
 Heat the oil. Sauté onion and tomatoes
 followed by *garam masala*, ginger-garlic
 paste, chilli, coriander and turmeric powders.
 Stir in coconut milk. Then add green peas.
 Add 2 or 3 cups water, cover and let simmer
 till green peas are cooked. Add lotus seed &
 cook further. If necessary add more water.
 When done, remove from fire and mix in
 lemon juice or vinegar.
 Garnish with coriander leaves.
 Serve with rice.



Makhana Curry
 Serves 4



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 is a way of life
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 land, sea or air
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 humans have no right, whatever the end,
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