

Veg @ Lent

Beauty Without Cruelty

An International Educational Charitable Trust for Animal Rights

BWC 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.



Beauty Without Cruelty - India

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“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.”

— The Bible, Genesis 1:29

“Man must never hurt animals, must never ill-treat them nor torture them physically because they are sensitive creatures. If anyone told me that to achieve my purpose it would be sufficient to kill an ant, I would not do it.”

— John, Pope XXIII, Pope 1958-1963

“If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

— St. Francis of Assisi

• *AGAR-AGAR CHIKOO JELLY* •

(Serves 4)

Ingredients:

- 1 pkt/10 grms agar-agar / china grass
- 1 cup water
- 4 chikoos
- 4 tablespoons sugar

Preparation:

Soak agar-agar in 1 cup water for 2 hours. Peel, de-seed and mash chikoos in mixer to a smooth consistency. Stirring continuously, bring agar-agar, chikoos and sugar to boil. Pour into jelly mould, cool and keep in fridge for 2 hours to set. Overturn and serve.



• *ALU CHI PATAL BHAJI* •

(Serves 4)

Ingredients:

- 12 washed and chopped colocasia/taro/alu leaves
- 1 cup chopped white radish
- ¼ cup peanuts, soaked overnight
- ¼ cup split chickpea dal
- ¼ cup cashew nuts
- ¼ cup dry coconut
- 4 tablespoons chickpea flour
- 6 tablespoons oil
- ½ teaspoon mustard seeds
- 4 green slit chillies
- 1 teaspoon chilli powder
- ¼ teaspoon asafoetida
- ½ teaspoon turmeric powder
- ½ teaspoon coriander seeds
- 1 sprig curry leaves
- ¾ cup tamarind-jaggery water
- ¼ cup wet coconut
- 2 tablespoons coriander leaves
- 1 lime
- salt to taste

Preparation:

Chop fine stems of colocasia leaves and, together with leaves, radish, peanuts, chickpea dal, cashew nuts, dry coconut and 4 cups of water, pressure-cook till soft. Whisk the colocasia mixture after removing excess water. Add chickpea flour to the water making a smooth paste. Heat oil, add mustard seeds, chillies, chilli powder, asafoetida, turmeric, coriander seeds and curry leaves. On spluttering, add colocasia mixture, tamarind-jaggery water, salt and boil. Add chickpea paste and stir for 2 minutes. Garnish with wet grated coconut, chopped coriander and sliced lime.

Serve with bhakri or rice.



• *SOYA WITH GREEN PEAS* •

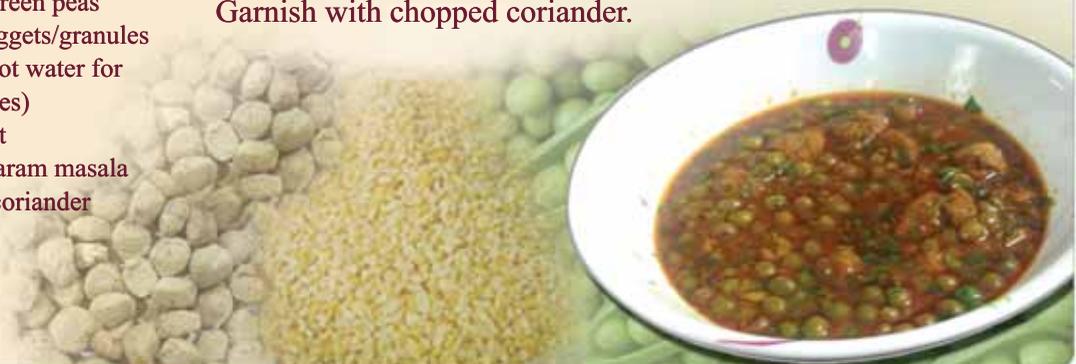
(Serves 4)

Ingredients:

- 4 tablespoons oil
- 1 teaspoon jeera
- a pinch of asafoetida
- 1 tablespoon ginger-garlic paste
- 1 onion
- ¼ teaspoon turmeric
- ¾ tablespoon coriander-cumin powder
- ½ teaspoon chilli powder
- 1 medium sized tomato
- 1 cup boiled green peas
- ½ cup soya nuggets/granules (soaked in hot water for 15-20 minutes)
- ¼ teaspoon salt
- a pinch of garam masala
- 1 tablespoon coriander leaves

Preparation:

Heat oil, add jeera, then asafoetida, ginger-garlic paste and sauté for 2 minutes. Add finely chopped onion and sauté till golden brown. Add turmeric, coriander-cumin and chilli powders. Add finely chopped tomato and fry till the mixture leaves the sides of the pan. Add boiled green peas and soya nuggets/granules. Add salt and sauté for 2 minutes. Add about 1½ cups of water and a pinch of garam masala. Cover and let simmer for 10-15 minutes. Garnish with chopped coriander.



• *SINDHI CURRY* •

(Serves 4)

Ingredients:

- 1 tablespoon tamarind pulp
- 1 tablespoon jaggery
- 2 cups chana dal flour/besan
- 50 grms chickpeas
- 50 grms ginger
- 50 grms green chillies
- 4 tablespoons oil
- 2 potatoes
- 100 grms cauliflower
- 50 grms ladies fingers
- 1 tablespoon methi seeds
- 3 whole red chillies
- 1 sprig curry leaves
- 1 teaspoon turmeric powder
- 1 white radish
- 1 carrot
- 2 tablespoons coriander salt to taste

Preparation:

Soak tamarind and jaggery in water. Mix besan and water to make a paste. Boil chickpeas with salt and keep aside. Grind ginger and green chillies into a paste. Heat oil. Fry separately cubed potatoes, cauliflower florets and slit ladies fingers and keep aside. Heat oil, add methi seeds, whole red chillies and curry leaves till it splutters. Add ginger-chilli paste, turmeric, besan paste and 3 glasses of water. Just before it boils, add diced white radish, carrots and chickpeas. After 10 minutes, add other fried vegetables. Boil further. Add tamarind and jaggery pulp and salt as per taste. Garnish with chopped coriander leaves. Serve with boiled rice and Sindhi papad.



• *KASHMIRI MODHUR PULAO* •

(Serves 4)

Ingredients:

- 3 cups basmati rice
- 50 grms raisins
- 10 almonds
- 10 cashew nuts
- 4 strands saffron
- 2 tablespoons oil
- 1 inch cinnamon
- 4 cardamoms
- 4 cloves
- 2 bay leaves
- 50 grms dry coconut
- 1½ cups sugar

Preparation:

Wash rice and soak in 6 cups water. Soak raisins in warm water. Also soak, remove skins of almonds and sliver them and cashew nuts. Soak saffron in a little warm water. Keep aside. Heat oil and fry cinnamon, cardamoms, cloves, dried fruits, bay leaves and chopped coconut till light brown. Add rice, 1 cup water and cook on low flame till partially done. Meanwhile, make a sugar syrup by boiling it in 3 cups water. Add it to the rice along with saffron and simmer on slow flame till fully cooked. Serve hot.



• *MOONG DAL DOSA WITH TOMATO CHUTNEY* •

(Makes around 8 medium sized dosas and a bowl of chutney)

Ingredients:

- 2 cups soaked whole green moong dal / moong dal sprouts
- 1 tablespoon garlic and green chilli paste
- 1 tablespoon jeera
- ½ teaspoon salt
- oil

Preparation:

Grind coarsely all the ingredients with ½ cup water. Smear a hot tava with oil. Ladle dosa batter on to it. Brown on both sides. Serve hot with tomato chutney.

Ingredients:

- 2 tablespoons oil
- 1 onion
- 1 teaspoon garlic and green chilli paste
- ¼ teaspoon turmeric powder
- 2 tomatoes
- ½ teaspoon salt

Preparation:

Heat oil. Add finely chopped onion. Fry for 2 minutes. Add garlic and green chilli paste and turmeric powder. Then finely chopped tomatoes and cook till soft. Add salt.



• *VEG SHEPHERD'S PIE* •

(Serves 4)

Ingredients:

- 1 cup mixed lentils
- 1 tablespoon olive oil
- 1 onion
- 2 green chillies
- 3 cloves garlic
- 3 tomatoes
- 1 green capsicum
- 200 grms mushrooms
- 1 carrot
- 1 teaspoon mixed herbs
- 500 grms potatoes
- white pepper and salt to taste
- parsley and paprika (optional)

Preparation:

Pressure cook lentils. Keep aside. Heat oil. Fry finely chopped onion, green chillies and garlic. Add chopped tomatoes. Sauté. Add thinly sliced capsicum, mushrooms and carrot. (If desired crumbled tofu and other vegetables such as spinach, peas and green beans can also be added.) Then add lentils, mixed herbs and salt to taste. Cook. Transfer to baking dish. Boil potatoes, peel, mash; add salt and white pepper. Roll out ½ inch thick and spread on top. Bake in preheated oven at 180° C for about 30 minutes. Garnish with parsley and paprika.

