

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](http://www.bwcindia.org)

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## Veg @ Lent 2020

### 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](http://www.bwcindia.org/Web/Recipes/VeganFood.html)

## Singhade Ka Achaar

500 grams

### Ingredients:

500 grams water chestnuts/*singhade*  
2 tsp turmeric/*haldi* powder  
2 tsp yellow mustard powder  
2 tsp mustard oil  
Pinch of asafetida/*hing*  
2 tsp fenugreek seeds/*methi*  
1 tsp nigella seeds/*kalonji*  
1 tsp 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 tsp 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.

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