

“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

During a public audience in 1990, Pope John Paul II reminded listeners that “also the animals possess a soul and men must love and feel solidarity with our smaller brethren,” that they are the “fruit of the creative action of the Holy Spirit and merit respect, and that they are as near to God as men are”.



### 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.

### Baingan/Tomato/Aloo Chokha serves 3

#### Ingredients:

2 large *baingans* or tomatoes or *aloos/potatoes*  
1 cup onions, chopped  
1 teaspoon green chillies, chopped  
1 teaspoon garlic, chopped  
3 tablespoons coriander leaves, chopped  
2 teaspoons mustard oil  
1 teaspoon lemon juice  
Salt to taste



#### Preparation:

For *baingan chokha*: Rinse the *baingans* in water. Hold them directly over the stove and keep turning every 2 minutes on the flame, so that they get evenly roasted. Immerse them in a bowl of water till cool. Then peel and chop. Transfer to a mixing bowl.

For tomato *chokha*: Rinse tomatoes in water. Hold them directly over the stove and keep turning every 2 minutes on the flame, so that they get evenly roasted. Once the tomatoes cool, remove the charred skin and chop them. Transfer to a mixing bowl.

For *aloo chokha*: Boil *aloos* with salt till they are cooked. Peel and mash them. Transfer to a mixing bowl.

Add onions, green chillies, garlic, coriander leaves, mustard oil, lemon juice and salt for all the three individual *chokhas* and mix well.

Serve with *Litti*.

### Black Rice serves 4



#### Ingredients:

1 cup black rice  
3 cups water  
2 cups coconut milk  
2 teaspoons ginger-garlic paste  
2 teaspoons oil  
Salt to taste

#### Preparation:

Rinse black rice well and soak in water for 1 hour. Boil 3 cups water. Add drained rice and salt to it. Cook on medium flame till the rice is done. Heat oil. Sauté ginger-garlic paste. Add coconut milk and cooked rice. Mix well. Wait till the rice absorbs all the coconut milk. Mix in between if necessary. Serve with fresh fruits or *dal*.

### Dry Fruit Ladoos 25 pieces

#### Ingredients:

100 grams each of pistachios, walnuts, almonds and cashews  
20 grams each of *til* and *khus khus*  
¼ teaspoon *methi* seeds  
2 pinch of *elachi* powder  
100 grams deseeded dates  
40 ml date syrup  
50 grams almond powder



#### Preparation:

Roast separately pistachios, walnuts, almonds and cashews for 2 minutes on a slow flame. Then pound coarsely. Roast *til* and *khus khus*. Lastly roast *methi* seeds and grind into a powder. Mix all the above ingredients including *elachi* powder. Mash deseeded dates and date syrup and add to the mixture. Make *ladoos*. Roll each *ladoo* in almond powder.

### Sweet Pumpkin Pooris 30 pooris

#### Ingredients:

2 cups pumpkin, peeled & finely chopped  
3 cups whole wheat flour  
½ cup jaggery, grated  
4 teaspoons *jeera*  
2 teaspoons *til*  
1 pinch baking soda  
2 tablespoons oil  
Salt to taste  
Oil for frying



#### Preparation:

Add 4 cups water to the pumpkin and pressure cook for 3 whistles. Cool. Drain and retain water. Mash pumpkin and jaggery. Add all other ingredients including the drained water if needed and knead. Cover dough with a muslin cloth for 20 minutes. Divide dough into small balls and roll out into thick pooris of 2" diameter. Heat oil and deep fry or air fry.

# Veg @ Lent 2023



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## Beauty Without Cruelty INDIA

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## Beauty Without Cruelty

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on religious, health or ethical grounds

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## Spring Onion Soup

serves 2

### Ingredients:

2 tablespoons olive oil  
2 garlic cloves, peeled & chopped  
5 cups spring onions, chopped  
1 potato, peeled & chopped  
¼ teaspoon black pepper powder  
Salt  
3 cups water (or veg stock)  
½ teaspoon soy sauce (optional)  
¼ teaspoon oregano



### Preparation:

Heat oil. Add garlic and sauté. Add spring onions and sauté for 5 minutes.  
Add potatoes and stir. Season with salt and pepper.  
Add water, cover and heat on low flame till potatoes are cooked.  
Cool. Blend to a smooth thick consistency.  
Add soy sauce and oregano and simmer for 5 minutes. Add water if desired.  
Garnish with 2 tablespoons of spring onion greens.

## Fermented Rice Balls

15 pieces

### Ingredients:

200 grams *urad dal*  
½ teaspoon *methi* seeds  
500 grams rice  
2 small onions  
4 green chillies  
20 *curry patta*  
Water as required  
Salt as required  
4 teaspoons refined oil  
½ teaspoon *rai*  
½ teaspoon *jeera*



### Preparation:

Mix *urad dal*, *methi* seeds and rice along with a little salt.

Soak in water and leave overnight to ferment.

Next morning drain the excess water and grind well.

Add a teaspoon of water to form a smooth batter and transfer to a bowl.

Heat oil and add finely chopped *curry patta*, onions, green chillies; also add *jeera* and *rai* and sauté. Pour into bowl and mix.

Grease the holes of a *paniyaram/appam* pan with oil over a medium flame.

Pour the batter into the holes and drizzle oil over the edges.

Cover with lid and allow to cook for 5-7 minutes.

When the balls have risen and have turned fluffy, turn off the flame. Scoop out the balls and transfer them to a serving dish.

Serve with coconut or mint chutney.

## Kela Ki Sabji

serves 3

### Ingredients:

2 tablespoons oil  
1 teaspoon *jeera*  
½ teaspoon *hing*  
2 green chilli, minced  
Pinch of *haldi*  
4 ripe bananas, peeled & sliced ½ inch thick  
1 teaspoon ginger, finely chopped  
½ teaspoon mango powder/*amchoor*  
4 tablespoons water  
Salt to taste  
2 tablespoons coriander leaves, chopped



### Preparation:

Heat oil.

Add *jeera* then add *hing*, green chilli and *haldi*. Sauté.

Add bananas, ginger, mango powder and water.

Stir gently and cook for 1 minute only.

(Don't overcook otherwise banana will become mushy and watery.)

Turn off the heat and add salt.

Garnish with coriander leaves.

## Cabbage Kootu

serves 4

### Ingredients:

½ cup *moong dal*  
3 cups chopped cabbage  
¼ teaspoon *haldi*  
3 cups water  
¼ cup grated coconut  
2 green chillies  
1 teaspoon *jeera*  
3 tablespoons water  
Salt  
1 tablespoon oil  
½ teaspoon *rai*  
½ teaspoon *urad dal*  
1 pinch *hing*  
10 *curry patta*  
2 tablespoons chopped coriander leaves for garnish



### Preparation:

In a thick bottomed pot mix *moong dal*, cabbage, *haldi* and water, cover and cook on a low flame till *dal* is fully cooked. Mash thoroughly.

Add ground coconut, chillies, *jeera* and water paste and salt.

Cook for another 5 minutes stirring in between and if needed add some water.

For tadka fry *rai*, *urad dal*, *hing* and *curry patta* in oil.

Pour over the cabbage *kootu* and cover for 5 minutes.

Garnish with coriander leaves and serve with steamed rice.

## Tomato Chutney

2 bowls

### Ingredients:

1 teaspoon *rai*  
1 teaspoon *jeera*  
1 tablespoon red *til*  
1 teaspoon coriander seeds  
½ teaspoon *methi* seeds  
2 pinches of *hing*  
6 dried red chillies  
250 grams tomatoes, chopped  
½ teaspoon *haldi*  
1 bowl coriander leaves, chopped  
Salt to taste  
½ teaspoon *urad* & *chana dals*  
1 sprig *curry patta*



### Preparation:

Heat oil. Add *rai* and let it splutter followed by *jeera*, red *til*, coriander seeds, *methi* seeds, *hing* and dried red chillies

In another pan heat oil and tomatoes till mushy. Add *haldi*. Cool.

Blend the two along with chopped coriander leaves. Add salt.

Temper with *rai*, *urad* and *chana dal*, *hing* and *curry patta*.

Note: The red variety of *til* and *jeera* makes the chutney high in iron and tomato aids in its absorption.



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