

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.

## Three Beans Veg Cutlet

6 Cutlets

### Ingredients:

1 cup mixed beans (kabuli channa/chickpeas/  
rajma/chawli), soaked overnight and boiled  
½ cup mixed vegetables (carrot, green beans,  
sweet corn), finely chopped and steamed  
1 potato, boiled  
2 teaspoons garlic & ginger, grated  
1 onion, finely chopped  
2 green chillies, finely chopped  
2 tablespoons coriander leaves, chopped  
2 tablespoons mint leaves, chopped  
1 teaspoon garam masala  
½ teaspoon chilli powder  
¼ cup wheat bread crumbs  
Salt and pepper to taste  
4-5 tablespoons oil,  
for shallow frying or  
much less if using  
air fryer



### Preparation:

After pressure cooking the soaked beans  
completely drain water.

Mix and mash the vegetables, potato and beans  
in a mixing bowl with the help of a masher.

Add ginger, garlic, onions, green chillies,  
coriander leaves, mint leaves and mix well.

Season with garam masala, chilli powder, salt &  
pepper, sprinkle bread crumbs & knead like dough.

Shape cutlets. Keep in the fridge for an hour to  
retain their shape.

Warm a little oil in a pan and fry the cutlets till  
they are crisp on both sides.

## Matki, Palak & Pudina Khichdi

Serves 4

### Ingredients:

¾ cup rice  
4 teaspoons oil  
1 teaspoon cumin seeds  
6 whole peppercorns  
½ teaspoon hing  
1 onion, finely chopped  
1 cup spinach, roughly chopped  
½ cup mint leaves, roughly chopped  
1 cup matki, sprouted  
1 teaspoon garam masala powder  
½ teaspoon black pepper powder  
Salt, to taste  
4 cloves garlic, finely chopped for garnish



### Preparation:

Wash & soak the rice for 10 minutes. Keep aside.

Heat 2 teaspoons of oil in a pressure cooker,  
add cumin seeds, whole peppercorns and  
wait till they crackle.

Add hing, onions & sauté, add spinach &  
mint leaves and sauté again. After draining  
sprouts and rice add them.

Add 4 cups of water, season with salt,  
garam masala and pressure cook the khichdi  
for 3 to 4 whistles.

Heat the remaining oil in tadka pan, add garlic  
and fry. Pour crispy garlic tadka over the khichdi.

Garnish with additional fresh mint leaves.

## Susiyam

10-15 pieces

### Ingredients:

250 grams chickpeas/chana dal  
250 grams jaggery/gur powder  
¼ cup coconut grated  
3 cardamom/elaichi pods, coarsely ground  
½ cup flour/maida or rice flour  
Water  
Oil - for deep frying or air frying



### Preparation:

Soak chana dal overnight.

Pressure cook for 4 whistles till soft.

Add jaggery powder, coconut & cardamom.

Mix well on low flame. Cool.

Make lemon sized balls from dal mixture.

Make a runny batter of the flour and water.

Heat oil.

Dip each dal balls into the batter and fry till  
golden brown.

Serve hot with rice chaklis.

Drain excess oil. Or else use an air fryer.

## Kaju Semolina Cake

10 slices



### Ingredients:

1 tablespoon olive oil  
250 grams fine semolina/sooji/rava  
2 glasses water  
100 grams sugar  
2 tablespoons cardamom/elaichi powder  
5 drops vanilla essence  
50 grams cashews/kaju powder  
50 grams cashews/kaju split in halves

### Preparation:

Heat Oil. Roast sooji till light brown.

Boil water with sugar and after it has melted  
add cardamom powder, vanilla essence and  
kaju powder.

Gradually add sooji and keep stirring so its  
consistency is smooth and semi solid.

Transfer to a glass dish or pan/thali and spread  
evenly on top. Cool.

Garnish with kaju halves.

# Veg @ Lent 2022



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## Beauty Without Cruelty INDIA

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**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**  
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## Curried Apple & Celery Soup

Serves 4

### Ingredients:

1 tablespoon olive oil  
2 stalks celery, roughly chopped  
2 apples, peeled & chopped  
½ cup coconut milk  
1 cup vegetable stock  
½ teaspoon cumin powder  
½ teaspoon cinnamon powder  
Salt and pepper, to taste



### Preparation:

Heat oil in sauce pan. Add celery and apples. Sprinkle some salt and sauté until soft.

Add all the remaining ingredients and blend.

Pour the soup back into the saucepan and adjust salt and pepper.

Bring to a boil and simmer for 5 minutes.

Garnish with chopped apple pieces.

Serve with garlic bread.

## Mushroom 65

Serves 4

### Ingredients:

2 tablespoons cornflour  
2 tablespoons maida  
300 grams button mushrooms, quartered  
4 cloves garlic and 1 inch ginger, grated  
2 green chillies, slit  
2 sprigs curry leaves  
½ teaspoon black pepper powder  
2 teaspoons tandoori masala  
1 teaspoon coriander leaves, finely chopped  
Salt to taste  
Oil for frying - much less if using air fryer



### Preparation:

Make a thick batter by combining cornflour, maida, salt and little water in a mixing bowl.

Then add mushrooms in the batter & keep aside.

Heat oil in a kadai. Add few mushrooms at a time and deep fry them until browned and crisp.

Drain and keep them aside.

In another kadai, heat a tablespoon oil. Add ginger, garlic, green chillies and curry leaves. Sauté.

Add fried mushrooms, black pepper powder and tandoori masala powder. Stir fry until mushrooms get well coated.

Check seasoning and garnish with coriander.

## Idli Manchurian

Serves 4

### Ingredients:

4 tablespoons oil  
5 Idlis cut into 6-7 pieces  
1 onion  
1 capsicum  
1 teaspoon ginger, grated  
2 teaspoons soy sauce  
1 teaspoon red chilli powder  
2 green chillies slit  
Salt, to taste  
1 tablespoon oregano flakes  
1 teaspoon coriander leaves, chopped  
2 teaspoons spring onion greens, chopped



### Preparation:

Heat half the oil in a fry pan. Shallow/Air fry idli pieces for a few minutes till crisp. Keep aside.

Add remaining oil, onions & capsicum. Toss well. Add ginger, soy sauce, red chilli powder & salt. Sauté

Add green chillies and idli pieces, sauté well. Turn off the heat and sprinkle oregano flakes. Mix well.

Garnish with coriander and spring onions.

## Moong Beans & Tofu Salad

Serves 4

### Ingredients:

2 teaspoons oil  
1 cup green moong sprouts  
½ cup tofu, cubed  
1 tablespoon lemon juice  
½ teaspoon each of chaat masala, cumin, coriander and red chilli powder  
½ cup sweet potatoes, boiled and cubed  
¼ cup onions, chopped  
¼ cup cucumber, chopped  
6 cherry tomatoes, quartered  
2 tablespoons coriander leaves, finely chopped  
1 green chilli, finely chopped  
1 tablespoon green chutney  
1 teaspoon sweet chutney  
Salt to taste  
Pomegranate, sev & lettuce for garnish



### Preparation:

Heat little oil, then add moong sprouts & sauté. Keep aside in a bowl.

In the same pan add little oil again and add tofu. Stir fry till brown, turn off the heat and add lime juice and toss.

Combine all masalas in a bowl and then sprinkle some of it on the tofu and toss well.

In a salad bowl add sprouts, tofu, vegetables, green and sweet chutnies, lime juice and again dry masala. Mix well.

Arrange lettuce leaves on a platter and place the salad on them.

Garnish with pomegranate and sev.

## Cauliflower Coconut Milk Curry

Serves 4

### Ingredients:

1 tablespoons besan  
400 ml coconut milk  
1 inch ginger, grated  
1 teaspoon coriander powder  
Red chilli powder, to taste  
Salt, to taste  
3 tablespoons oil  
½ teaspoon cumin seeds  
2 sprigs curry leaves  
3 cloves  
1 inch cinnamon stick  
1 capsicum, deseeded & cubed  
1 cauliflower, cut into florets



### Preparation:

Whisk together, besan, coconut milk, ginger, coriander powder, red chilli powder and salt. Add 2 cups of water, whisk again and keep aside.

Heat oil in a pan, add cumin, curry leaves, cloves, cinnamon, capsicum and cauliflower. Sprinkle some salt and water. Cover the pan.

Roast lightly until cauliflower is tender & cooked.

Add coconut milk mixture and stir well. Keep stirring on medium heat until it thickens. Check the seasoning.

Serve with brown rice.



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.

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