

## Beauty Without Cruelty

AN INTERNATIONAL EDUCATIONAL  
CHARITABLE TRUST  
FOR ANIMAL RIGHTS

# Veg @ Lent

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.



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### Dhansak

(Serves 4)

#### Ingredients:

2 cups mixed dal (tur more than val, red masoor, moong & black urid)  
8 cups water  
½ bunch chopped corriander  
5 chopped green chillies  
2 onions  
200 grams red pumpkin  
2 tomatoes  
2 brinjal  
1 teaspoon turmeric  
ball of tamarind soaked in water  
salt to taste  
1 tablespoon oil  
1 tablespoon readymade dhansak masala  
steamed drumsticks (optional)  
steamed mushrooms (optional)  
2 cups rice  
1 teaspoon of sugar

#### Preparation:

**Dal:** Boil 2 cups of mixed dal with 8 cups of water. As water reduces add more hot water. Add coriander and green chillies. Cut up fairly large pieces of 1 onion, red pumpkin, tomatoes, brinjal and add to mixture. Lastly mix turmeric, tamarind water and salt. After dal mixture is cooked, strain and keep aside. Fry in oil 2 chopped onions. Add dhansak masala. Pour the dal mixture over it and let it simmer till it comes to a boil.

Drumsticks or whole mushrooms after steaming can be added if desired.

**Rice:** Brown the sugar with little water. Add this to the water in which the rice is being cooked so that the rice is not pure white.

Serve with soy kababs, kachumber (chopped raw onions, cucumber, tomatoes, green chillies mixed with little lime juice) and papad.

### Spicy Soy Kababs

(Serves 4)

#### Ingredients:

250 grams soy granules  
4 medium sized potatoes  
3 onions  
1 pod garlic  
½ inch ginger  
4-5 green chillies  
5 tablespoons oil  
½ teaspoon garam masala  
¼ teaspoon turmeric  
½ cup chopped coriander  
salt and pepper to taste  
100 grams rava or bread-crumbs

#### Preparation:

Soak soy granules in water for half an hour. Rinse thrice. Boil potatoes, cool and mash. Keep aside. Grind onion, garlic, ginger and green chillies. Heat 1 tablespoon oil in pan and add ground masala till it turns transparent. Add soy granules. Sauté. Add garam masala, turmeric, coriander, salt and pepper. Sauté. Add potatoes and cook till done. Make into balls, apply rava/bread-crumbs and shallow fry in oil.

### Brinjals in Coconut Milk

(Serves 4)

#### Ingredients:

4 medium sized purple brinjals  
½ teaspoon turmeric  
1 teaspoon red chilli powder  
salt to taste  
2 tablespoons oil  
1 large sliced onion  
1 slit green chilli  
½" cut in thin strips ginger  
1 teaspoon vinegar  
400 ml coconut milk  
½ cup chopped coriander

#### Preparation:

Cut brinjals in rings and apply turmeric and chilli powders and salt. Shallow fry. Keep aside. Mix onion, green chilli and ginger. Add pinch of turmeric and chilli powders, salt and vinegar. Add coconut milk. Mix. Add fried brinjals. Mix. Garnish with coriander.

### Guacamole

(Serves 4)

#### Ingredients:

1 big just-ripe avocado  
⅓ cup chopped spring onions  
1 tablespoon lime juice  
¼ teaspoon Tabasco sauce or 1 finely chopped green chilli  
salt to taste  
¼ cup finely chopped coriander  
1 chopped tomato

#### Preparation:

Mash avocado smooth. Add spring onions. Mix. Add lime juice, Tabasco sauce/chilli and salt followed by coriander and tomato. Mix well.

Serve as a dip with corn chips or carrot sticks, or eat as a spread.

### Chickpea Salad

(Serves 4)

#### Ingredients:

100 grams chickpeas/Kabuli channa  
2 large boiled and cubed potatoes  
1 medium onion  
1 green chilli  
1 large cubed tomato  
1 teaspoon chat powder  
1 tablespoon fresh lime juice  
1 cup chopped coriander  
salt to taste

#### Preparation:

Soak chickpeas overnight in water. Pressure cook and keep aside. Chop onion and add chopped green chilli, chickpeas, potatoes, tomatoes, chat powder, lime juice, coriander, salt and mix.

"Animals are my friends...  
and I do not eat my friends"

.... George Bernard Shaw

"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

"The bountiful earth offers you  
an abundance of pure food  
and provides for meals  
obtainable without  
slaughter and bloodshed. "

.... Pythagoras

"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

Oush-e-brench		Grilled Tofu with Mushroom Sauce		Magic Macaroni		Vegetable Paella		Corn Chowder			
(Serves 6)		(Serves 5)		(Serves 6)		(Serves 4)		(Serves 4)			
<p><b>Ingredients:</b></p> <p>250 grams chana dal  250 grams green moong  250 grams small size black eyed beans/choili  3 table spoons oil  4 chopped medium onions  ½ bunch chopped spinach leaves/palak bhaji  1 bunch chopped ambat-chukka bhaji  2 bunches chopped dill/sepu bhaji  1 cup washed and soaked rice  ½ teaspoon turmeric  2 teaspoons black pepper  salt to taste  sliced limes and pepper to taste</p> <p><b>Preparation:</b></p> <p>Pressure-cook the dal, moong and beans together. Keep aside. Heat 2 tablespoon oil in a large vessel and fry chopped onions till golden brown. Add greens. Mix well. Add the soaked rice, turmeric and black pepper. Stir and let cook. Mid-way add cooked dals, 1 tablespoon oil and salt to taste. Stir and let cook on slow flame till it reaches a broth consistency but the dal, moong and beans remain whole.</p> <p>Serve piping hot with lime to be squeezed and black pepper powder if desired.</p>		<p><b>Ingredients:</b></p> <p>5 pieces 100 grams each tofu  3 tablespoons chopped ginger-garlic  50 ml soya sauce  10 tablespoons oil  3 medium grated carrots  5 medium sliced capsicums  100 grams sliced cabbage  200 grams sliced mushrooms  10 pureed tomatoes  10-15 basil leaves  3 tablespoons corn flour  300 grams maida  salt and pepper to taste</p> <p><b>Preparation:</b></p> <p>Marinate tofu for an hour with half of the ginger-garlic, soya sauce and water. Drain and keep aside. Heat some oil in a saucepan, sauté the vegetables separately till tender. Keep aside. Heat oil again and fry balance ginger-garlic, mushrooms and a little salt till water evaporates. Add tomato puree and basil and half the marinated liquid kept aside. Boil. Then simmer for 10 minutes. Add sautéed vegetables. Mix a little corn flour in water and add to the sauce. Stir sauce continuously till it reaches a creamy consistency. Keep aside. Mix little salt and pepper to maida. Dip the tofu in it, apply oil and grill in oven or on tava till brown. Pour the mushroom sauce on top of each piece of the tofu.</p>		<p><b>Ingredients:</b></p> <p>250 grams macaroni  2 vegetable soup cubes  1½ tablespoon olive oil  2 large onions  1 pod garlic  400 grams mushrooms  ½ teaspoon pepper  750 ml natural unsweetened soya milk  4 tablespoons maida  ½ cup chopped parsley (optional)  1 teaspoon yellow mustard powder  2 tomatoes  2 green capsicums</p> <p><b>Preparation:</b></p> <p>Boil macaroni in water with salt and 1 teaspoon oil. Drain and keep aside. Dissolve soup cubes in little water. Keep aside. Finely chop onions and garlic and fry in oil till transparent. Add sliced mushrooms, pepper and soup. Cook on low flame. In a separate vessel bring soya milk to a boil. In another vessel fry the maida in a little oil for 2 minutes. Gradually add the soya milk and mix continuously to avoid lumps forming till it becomes creamy in consistency. Add boiled macaroni, mushrooms, parsley and mustard paste, mix well and pour into baking dish. Garnish with sliced tomatoes and capsicum cut in rings and bake at 375°F for 15 minutes.</p>		<p><b>Ingredients:</b></p> <p>1 tablespoon olive oil  1 tablespoon chilli flakes  1 finely chopped onion  1 large yellow capsicum  1 large red capsicum  1 cup rice  100 grams chickpeas soaked overnight in water and boiled  1 big or 2 small cubed brinjals  200 grams green beans cut into 1" pieces  ½ cup tomato puree  1 vegetable soup cube  1 teaspoon saffron soaked in a little hot water  200 grams sliced mushrooms  salt to taste  10 cleaned whole spring onions placed in a glass of water</p> <p><b>Preparation:</b></p> <p>Heat oil. Add chilli flakes till they splutter. Add onion and capsicums and sauté for 5 minutes. Add rice and sauté again for 5 minutes. Add chickpeas, brinjals, and green beans along tomato puree, soup cube, saffron and 2 cups water. Mid-way add mushrooms and salt. Cook till done.</p> <p>Serve with chilli flakes and spring onions.</p>		<p><b>Ingredients:</b></p> <p>1 tablespoon oil  3 big onions cut in rings  5 cloves finely chopped garlic  3 cups boiled sweet corn kernels  1 cup tomato puree  3 cubed potatoes  1 cup green peas  1 tablespoon corn flour  pepper, yellow mustard paste and salt to taste</p> <p><b>Preparation:</b></p> <p>Sauté onion and garlic in oil; add corn, tomato puree, potatoes, green peas, salt and 3 cups water and let it cook till done. To thicken add corn flour mixed with a little water. Add pepper and mustard paste and salt.</p>		<p><b>Preparation:</b></p> <p>Put half the sugar on the stove and caramelize it. Grind the Kashmiri chillies, sultanas, dates, garlic and ginger in half the vinegar. Melt (not on stove) the other half of the sugar in the other half of the vinegar and put it into the melted burnt sugar on stove (it will splutter) and keep stirring with a wooden spoon on a low flame until it thickens like a sauce. Remove from fire, cool and bottle. Keep in fridge.</p>	
								<p><b>Chocolate Cake</b></p> <p>(Serves 12)</p> <p><b>Ingredients:</b></p> <p>4 cups flour  2 cups sugar  2 teaspoons baking soda  1½ teaspoons salt  ½ cup cocoa  1 cup oil  2 teaspoons vanilla  2 cups cold water</p> <p><b>Preparation:</b></p> <p>Pre-heat oven to 325°F. Mix dry ingredients. Gradually pour in the oil followed by cold water. Mix batter on low mixer speed till smooth. Pour batter in baking pan which has been greased and floured. Bake for 1 hour.</p>			
								<p><b>Tikha-Mitha Sauce</b></p> <p>(2 litres)</p> <p><b>Ingredients:</b></p> <p>1 litre vinegar  750 grams sugar  50 grams of each of the following cleaned:  Kashmiri chillies  sultanas  dates  garlic  ginger</p>			