

Veg @ Lent

Beauty Without Cruelty

I N D I A

An International Educational Charitable Trust for Animal Rights



www.bwcindia.org

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.

Kaju Chikki

Ingredients:

250 grams unsalted cashew nuts
200 grams jaggery/gur
1 tablespoon oil



Preparation:

Break cashew nuts in to small pieces. Roast on medium flame for a couple of minutes. Keep aside. On a low flame stirring continuously, heat jaggery in a non-stick pan for 15-20 minutes. When the jaggery liquid begins to harden, add cashew nuts and mix well. Apply a little oil to the kitchen top and on a rolling pin. Spread the mixture on the kitchen top and roll a thin layer with the rolling pin. Cut into pieces.

“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

“Animals are my friends...
And I do not eat my friends”

— George Bernard Shaw

Go to www.bwcindia.org/Web/Recipes/VeganFood.html for an assortment of Beauty Without Cruelty’s tested and tasted, healthy and delicious vegan recipes.

Beauty Without Cruelty

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Cabbage & Carrot Rice

(Serves 4)

Ingredients:

2 cups rice
2 tablespoons oil
1 teaspoon cumin seeds
1 teaspoon garlic, crushed
150 grams cabbage, grated
150 grams carrots, grated
½ teaspoon pepper powder
salt

Preparation:

Cook rice in water to which a little oil and salt have been added. Throw away the water so the grains separate. Keep aside. Heat oil. Add cumin and garlic. Sauté. Add cabbage and carrots. Sauté till tender. Add a little water if needed and cover with a lid. Add the rice, pepper and salt. Mix well. Cook on low flame till moisture evaporates.

Serve with Moong Dal Palak, pickle and papad.



Moong Dal Palak

(Serves 4)

Ingredients:

1½ cups moong dal
2 tablespoons oil
1 teaspoon cumin seeds
1 teaspoon ajwain
1 teaspoon garlic, crushed
1 teaspoon ginger paste
2 teaspoons red chili powder
½ teaspoon turmeric powder
2 teaspoons coriander powder
1 tomato, chopped
½ bunch fresh spinach
½ lime, juiced
salt

Preparation:

Wash and pressure-cook moong dal. Keep aside. Heat oil in a deep pot. Add cumin and ajwain. When they crackle, add garlic and ginger, then red chili, turmeric and coriander powders, followed by the tomato, and sauté. Add moong dal, along with the water in which it was cooked. If thick, add some more water. Add salt, and let the dal simmer. Add washed and chopped spinach. Mix well. Add lime juice. Cover and let the dal simmer further, stirring occasionally, for a few minutes till the spinach is tender.

Serve with Cabbage & Carrot Rice, pickle and papad.



Tomato Soup

(Serves 4)

Ingredients:

6 large tomatoes
mint leaves
1 tablespoon corn flour
sugar
salt
pepper

Preparation:

Put tomatoes into boiling water. Peel skin. Blend in mixer. Boil with mint leaves. Add corn flour dissolved in water. Strain to discard seeds. Add sugar, salt and pepper to taste.

Serve hot with bread croutons.



Hummus

(Serves 2)

Ingredients:

125 grams chickpeas/Bengal gram/Kabuli chana, soaked overnight in water
1 teaspoon salt
2-3 tablespoons olive oil
1 teaspoon garlic paste
2 limes, juiced
2 tablespoons Tahini (sesame seeds/til and olive oil blended into a smooth paste with a little water)
paprika

Preparation:

Boil chickpeas in a minimum of water with 1 teaspoon salt till soft. Do not discard water. Sauté garlic paste in oil. Blend all the ingredients, adding water if necessary to obtain a smooth, creamy and thick consistency. Drizzle with olive oil and sprinkle paprika, if desired.

This Middle Eastern dish is served with black olives and pita bread, but plain Indian khakra may be substituted.



Baba Ghanoush

(Serves 2)

Ingredients:

1 big aubergine/brinjal
2-3 tablespoons olive oil
2 teaspoons garlic paste
4 tablespoons Tahini (sesame seeds/til and olive oil blended into a smooth paste with a little water)
pinch cumin powder
2 limes, juiced
salt
parsley

Preparation:

Prick aubergine with fork in several places and grill over an open flame turning frequently till it blackens and blisters, feels soft and has a smoky flavour. Peel skin and mash to a smooth paste. Sauté garlic paste in oil. Add tahini and cumin, add lime juice and mix well. Drizzle with olive oil and sprinkle with parsley.

This Middle Eastern dish is served with black olives and pita bread, but plain Indian khakra may be substituted.



Green Pea & Pistachio Spread

(Serves 2)

Ingredients:

1½ cups green peas
½ cup shelled, unsalted pistachios
1 level teaspoon curry powder
¼ teaspoon chili powder
2 tablespoons olive oil
½ cup water
1 tablespoon lime juice
salt

Preparation:

Purée all ingredients to a smooth paste in mixer. Heat on low flame till cooked.

Serve on toast or use as a sandwich/wrap filler.



Red Mushroom Curry

(Serves 2)

Ingredients:

1 tablespoon oil
1 tablespoon cumin
8 dry red chilies
½ bulb garlic
1 coconut
200 grams mushrooms
1 tablespoon tamarind
salt

Preparation:

Heat oil and sauté paste of ground cumin, chilies and garlic. Add coconut milk. (Shred coconut, steep in hot water, and strain to extract 1½ to 2 cups coconut milk.) Add whole, steamed mushrooms. Add tamarind water. (Steep tamarind in half-cup hot water and strain.) Add salt and let simmer till mushrooms are fully cooked.

Serve with khichdi and papad.



Moringa Dal

(Serves 4)

Ingredients:

2 tablespoons oil
1 onion, chopped
8 cloves garlic, crushed
½ teaspoon cumin powder
1 teaspoon chili powder
4 cups moringa/drumstick
tender leaves without stems
1 cup tur dal, soaked overnight
salt

Preparation:

Heat oil and sauté onion, garlic, cumin and chili powders. Add washed leaves. Stir for 5 minutes. Add dal with 1 cup water. Cook covered, on low flame. Add salt to taste.

Serve with chapati.



Soy Ras Chawal

(Serves 4)

Ingredients:

1 cup soy chunks
2 tablespoons oil
3 big onions, finely chopped
1 tablespoon ginger-garlic paste
1 teaspoon garam masala
½ teaspoon turmeric powder
½ teaspoon red chili powder
1 teaspoon coriander powder
1 teaspoon cumin powder
2 tablespoons desiccated
coconut
2 big tomatoes, finely chopped
3 big potatoes, cubed
salt

Preparation:

Soak soy chunks in hot salted water for 5 minutes and squeeze dry. Heat oil and fry onions lightly. Add ginger-garlic paste and sauté for 2-3 minutes. Add garam masala, turmeric, chili, coriander and cumin powders, and coconut along with tomatoes and fry well for another 5 minutes till oil separates and turns into a gravy. Add soy chunks, potatoes and continue frying for about 7 minutes. Add a glass of water and pressure cook for two steams and 15 minutes on a low flame. Mix well.

Serve with boiled rice, kachumber and lime.

