



Pope Francis has made it clear that his focus is to embrace the disadvantaged. He chose his papal title in homage to St Francis of Assisi, a renowned advocate for the poor and the patron saint of animals and the environment.

Previous Popes have expressed concern for animals and their well-being too.

Pope John Paul II was a noted animal advocate who declared that "animals are as near to God as men are". He also maintained that animals "possess a soul and men must love and feel solidarity with our smaller brethren".

Pope Benedict XVI said that "animals, too, are God's creatures" and "degrading of living creatures to a commodity seems to me in fact to contradict the relationship of mutuality that comes across in the Bible".

Calabash (Serves 3)



Ingredients:

4 cups water
1 cup whole *tur* dal (peas) soaked overnight
2 cloves garlic
1 cup bottle gourd, diced
1 teaspoon black pepper
salt
1 tablespoon oil
2 stalks onion chives, finely chopped
1 capsicum, finely chopped
1 tomato, diced

Preparation:

Mix together water, *tur*, garlic, bottle gourd, black pepper and salt.
Bring to boil on medium heat till *tur* is tender.
Sauté remaining ingredients for 5 minutes and add to the above mixture and simmer for 15 minutes.
Serve with *Kesar Chawal*.

Kesar Chawal (Not sweet) (Serves 4)



Ingredients:

½ teaspoon saffron
4 cups hot boiling water
2 tablespoons oil
2½ cups Basmati rice, washed
2 teaspoons salt

Preparation:

Steep saffron in 1 cup boiling water.
Heat oil. Add rice and salt. Stirring continuously, cook the rice till it becomes opaque.
Add 3 cups boiling water along with saffron water.
Cover, lower heat, and simmer for 20 minutes till liquid is absorbed.
Serve with Calabash.

Carrot Walnut Cake (Serves 4)



Ingredients:

1¼ cups sugar
2 cups flour
2 teaspoons cinnamon
1 cup walnuts, chopped
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
3 cups carrots, shredded
¾ cup olive oil
½ cup orange juice
1 cup raisins

Preparation:

Pre-heat the oven to 350°F/180°C.
Mix by hand (not mixer): sugar, flour, cinnamon, walnuts, baking powder, baking soda and salt.
Add carrots, oil, orange juice and raisins, mixing well between additions.
Grease cake pan with oil. Put batter in and bake for 45 minutes.

Tilgul Ladoos (25 ladoos)



Ingredients:

500 grams unpolished sesame/*til*
100 grams unsalted peanuts
60 grams dry coconut
40 grams raw cracked wheat/*dalia*
500 grams *jaggery*/Kolhapuri *chikki gur*

Preparation:

Roast sesame.
Roast peanuts. Remove skins. Crush coarsely. Finely grate coconut.
Except *jaggery*, properly mix all the ingredients and keep aside.
Clean and heat *jaggery* till it smokes. Remove scum from the top.
Add mixture and continue stirring and heating till uniformly mixed and cooked.
Quickly roll into small balls while hot.



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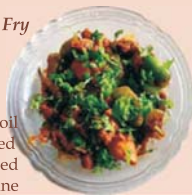
Veg @ Lent 2014

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

For an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes:
www.bwcindia.org/Web/Recipes/VeganFood.html



Pepper Mushroom Fry (Serves 3)



Ingredients:

3 teaspoons sesame oil
¼ inch ginger, minced
3 garlic cloves, minced
2 onions, chopped fine
1 tablespoon curry leaves
1 large tomato, chopped fine
¼ teaspoon coriander/*dhania* powder
¼ teaspoon aniseed/*sauf* powder
a pinch red chilli powder
¼ teaspoon black pepper powder
¼ teaspoon raw mango/*aamchoor* powder
a pinch sugar
salt to taste
200 grams mushrooms, halved
1 large capsicum, sliced
1 tablespoon coriander, chopped

Preparation:

Heat oil in a frying pan and sauté ginger, garlic and onions till brown. Add curry leaves and tomatoes and fry till the tomatoes are cooked.

Add coriander, aniseed, chilli, pepper & mango powders, and sugar & salt to taste. Sauté for a couple of minutes.

Add mushrooms and capsicum. Continue to sauté till mushrooms are cooked and water evaporates.

Garnish with chopped coriander.

Falafel (30 Pieces)



Ingredients:

3 cups chickpeas, soaked overnight
½ teaspoon of baking soda
salt
2 minced onions
minced parsley or coriander leaves
6 green chillies
2 tablespoon of cumin powder
15 minced garlic cloves
½ lemon juice
½ teaspoon black pepper powder
200 grams *maida*
Oil to fry

Preparation:

Drain chickpeas and coarsely grind with all the other ingredients, then add *maida* for binding.

Heat oil in a *kadai* for frying.

Make patties out of the coarse mixture and fry till brown.

Serve *falafel* as an appetizer or as evening snack with *tahini* or tomato sauce.

Sol Kadhi (Serves 2)



Ingredients:

3-4 *kokum/sol/amsul*
3 cups water
¾ cup thick, creamy coconut milk (use more than ½ cup if not very creamy)
5-7 cloves garlic, ground to a paste
2 green chillies, chopped
salt
1 tablespoon coriander, finely chopped leaves/*kuthmir*

Preparation:

Soak *kokum* in 3-4 teaspoons of warm water. Add 3 cups water. Mix well. Discard the *kokum*.

Add coconut milk which will take on the colour of the *kokum* water and turn pinkish-purple.

Add garlic paste, green chillies and salt to taste.

Stir well for a while so that the garlic and chilli flavours merge.

Cool in fridge if desired.

Garnish with chopped *kuthmir* before serving the drink.

Nadur Curry (Serves 3)



Ingredients:

1 tablespoon mustard oil
4 cloves/*lavang*
1 inch cinnamon
pinch of asafoetida/*hing*
½ teaspoon cummin/*jeera* seeds
3 feet lotus stems, peeled and diagonally cut into 1 inch pieces
1 teaspoon coriander/*dhania* powder
1 teaspoon aniseed/*sauf* powder
½ teaspoon cummin/*jeera* powder
¼ teaspoon turmeric powder
¼ teaspoon dry ginger powder
1 teaspoon chilli powder
2 tablespoons tamarind water
1 ½ cups water
1 tablespoon coriander, finely chopped

Preparation:

Heat oil. Sauté cloves, cinnamon, asafoetida and cummin.

Add lotus stem pieces and fry till light brown.

Add all the powders.

Sprinkle some water and stir fry for a couple of minutes.

Add tamarind water as per taste.

Add 1½ cups water and pressure cook for 15 minutes on low flame.

Garnish with coriander.

Ambli Ghashi (Serves 4)



Ingredients:

In ¼ teaspoon oil
roast separately:
6 red chillies
1 ½ teaspoon coriander seeds
1 heaped teaspoon black gram dal
1 teaspoon fenugreek/*methi* seeds
½ coconut, grated
¼ teaspoon turmeric powder
2 green mangoes, peeled and cut into pieces
2 cups water
2 tablespoons jaggery
1 teaspoon cooking oil
6 garlic cloves, crushed with the skin.

Preparation:

Grind the roasted ingredients with the coconut and turmeric powder till fine. Add water when grinding as and when required.

Boil the mango in 2 cups water.

Add jaggery. After mango is cooked, add the ground *masala* and salt to taste. Add water if too thick so as to get the required consistency. Boil.

To season:

Heat oil and sauté garlic till brown and pour over the curry.

Can also season with mustard and curry leaves if not using garlic.

Serve with rice.



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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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