

*Vegetarian
recipes and reflections*



Australian Student Christian Movement

Dahl (Red lentil curry)

Ingredients

225g red lentils
1½ cups water
½ tsp turmeric powder
2 tbs oil
1 onion, finely sliced
a small sprig of curry leaves
1 green chilli, sliced
½ cup coconut milk
salt, to taste

Method

1. Wash and drain lentils. Place in a saucepan with turmeric and water. Simmer slowly until the lentils are well cooked (soft).
2. In another pan heat the oil and fry the onions, curry leaves and green chilli. When onions turn golden add the cooked lentils and stir through.
3. Add the coconut milk and salt according to individual taste. Cook for a few minutes longer until the curry is thick.

Offered by Sumangi Perera

4. Spread some olive oil on the palms of your hands as if it's a moisturiser. Put the olive oil around the surface of the dough ball.

5. Put the dough ball back in the bigger bowl, and cover tightly with cling wrap. Leave it to rise for AT LEAST one hour, or until doubled in size. Pre-heat oven to a moderate heat.

6. Grease a pizza pan with olive oil. When dough has risen spread it out over the base, put lots of gorgeous vego stuff on it and bake in oven for about 30 minutes.

Other hints:

- For an entrée, spread pizza base with olive oil and top with fresh pesto before baking.
- For a herby base, add 1 tsp of dried oregano (or mixed herbs) when you mix the yeast mixture with the flour.
- Add a clove or two of minced garlic and a teaspoon of mixed Italian herbs to the tomato paste before you spread it on the base.
- Cheapo Australian feta cheese goes very well on pizzas.
- If you put too many wet things on the base, e.g. fresh tomato or tinned pineapple, it will be too soggy to cook properly.

Offered by Sophia Wooldridge

The writing of this recipe book was a national project of the Australian Student Christian Movement and came about as a result of some ASCM members who are vegetarian or 'meat-minimalist' finding that they are often asked why they choose not to eat (much) meat. It is hoped that this collection of their favourite vegetarian recipes together with their reasons for being vegetarian or meat-minimalist will answer that question. Many thanks to those who shared recipes and views to make this book possible.

The views expressed and claims made in these pages are not necessarily those of the Australian Student Christian Movement as a whole.

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Pizza base – tried and true

A chance to throw things and make some noise in the kitchen! The dough needs to rise for at least 1 hour before you can get creative with it. This recipe is enough for 1 large pizza or 2 small ones.

Ingredients

1 sachet dry yeast (about 2½ tbs / 7g)
¼ tsp raw sugar
¾ cup lukewarm water (about skin temperature, or a little cooler)
1¾ cups plain flour
½ tsp salt
olive oil

Method

1. In small bowl, combine water, sugar and yeast. Stir. Leave for 10 minutes, or till frothy on top and starts to smell like a brewery. Stir it again.
2. Sift flour and salt into a bigger bowl. Then add the yeast mixture and form a dough ball.
3. This is the fun bit. Flour a steady surface. Throw the dough ball down as hard as you can 8-9 times in quick succession. Then knead it a few times, adding a little bit of flour if it's sticky. Repeat this throwing-down-and-kneading process until the dough is smooth and not sticky. Sing an Italian opera aria loudly as you do this.

sometimes, which made me question who the hell I thought I was being in solidarity with anyway.

So for the last 4 years I have not been vegetarian. I do eat meat regularly, but I don't plan to eat it. I very rarely buy raw meat or cook with meat at home, and I only do so for special events (last year I cooked meat twice). I try not to ever choose to eat meat (except when I have a craving) but if it is offered to me at someone's home and there are no alternatives I do eat it. All in all, I tend to eat meat about once a month. And surprise surprise, once I decided that it was OK to eat meat occasionally, my cravings for it immediately decreased.

Sophia Wooldridge

Vegetable korma

Serves 4

Ingredients

50g / ¼ cup butter
2 onions, sliced
2 cloves garlic, crushed
2.5cm piece root ginger, grated
1 tsp ground cumin
1 tbs ground coriander
6 cardamom pods
5cm piece cinnamon stick
1 tsp ground turmeric
1 fresh red chilli, seeded and finely chopped
1 potato, chopped into 2.5cm cubes
1 small aubergine (egg-plant), chopped
115g / ½ cups mushrooms, thickly sliced
175ml / ¾ cup water
115g French beans, cut into short lengths
60ml / 4 tbs natural yoghurt
150ml / ⅔ cup cream
1 tsp garam masala
fresh coriander sprigs, to garnish

Method

1. Melt the butter in a heavy-based pan and cook the onions for 5 minutes, until soft. Add the garlic and ginger and cook for 2 minutes, then stir in the cumin, ground coriander, cardamoms, cinnamon stick, turmeric and chilli. Stir fry for 30 seconds.

2. Add the potato, aubergine, mushrooms and water. Cover the pan, bring to the boil, then lower the heat and simmer for 15 minutes. Add the beans and cook, uncovered, for 5 minutes.

3. With a draining spoon, remove the vegetables to a warmed serving dish, and keep hot. Boil the cooking liquid until it reduces a little. Stir in the yoghurt, cream and garam masala. Pour the sauce over the vegetables, and garnish with coriander.

Serve with poppadams and/or rice.

Note: Any combination of vegetables can be used, including carrots, cauliflower, broccoli, peas and chick-peas.

Offered by Claire Vincent

Why I limit my meat intake: Like many ASCMers I've been through many phases in my attitudes to meat eating. I grew up eating meat daily. During my undergrad days I was strictly vego for a few years, mostly because of my contact with ASCMers. The reasons I didn't eat meat back then were along the lines of:

- sheep, pigs and cows are hard-hoofed animals, and Australian dirt is too old and fragile to cope with hard-hoofed animals
- eating seafood is more environmentally dodgy than eating red meat because around the globe oceans are being overfished
- if you consider the *killajoules* of grain food that go into raising a herd animal in Australia, and how little of the animal we Australians actually eat, raising herd animals is not an efficient use of food energy or of farming space. It's mostly countries of the North that can afford to eat meat daily. If we didn't eat so much meat, and the same amount of feeding grains and farming space was devoted to raising more crops, we would have enough food for everyone.

These arguments were all very well, but I found myself craving meat at times. No matter how I adjusted the iron content etc. of my vego diet, to my shame and horror the cravings persisted. I've always disliked the idea of women denying themselves food when food is available. I also went to India after my undergrad years, and saw that the poorest of the poor do indeed eat meat

2. Heat oil in a fairly large saucepan at slightly higher than medium temperature.
3. While the oil is heating, chop the onion fairly finely and crush or chop the garlic.
4. Fry onion and garlic until the onion is soft and beginning to brown.
5. Add all the remaining ingredients, bring to the boil, then turn down the heat and simmer, uncovered, until the lentils are tender – about 1 hour, stirring occasionally.

Serve over cooked pasta, sprinkled with Parmesan cheese if desired. Can be accompanied by cooked green vegetables or a salad.

Notes:

- If you are not used to eating lentils, they may cause wind. This can be avoided by draining the soaking water off the lentils into a container, rinsing them well under running water then adding as much clean water as the volume of soaking water you have collected. Throw the soaking water away.
- I have cooked this sauce for 2 hours without spoiling it, so if you forget to cook the pasta, just let the sauce simmer until the pasta is ready.

Offered by Judy Redman

When people ask why I am a vegetarian, I usually reply ‘I was born that way’. My grandparents became vegetarian for health reasons, at the persuasion of my grandfather’s brother. My parents ate meat for a few years after they were married, but became so disturbed by the hormones and chemicals that were being fed to chickens in England, as well as the exorbitant prices and low quality of English meat, that they decided that vegetarianism was a healthier and safer option for their two small children. I think I’ve eaten the odd frankfurt or party-pie at primary school birthday parties, when I was too young to know what meat was. Apart from that, I’ve never eaten meat. I’m a vegetarian in my own right for environmental and social reasons. Meat is an energy expensive way of feeding people - the energy from the sun must first be stored, via photosynthesis, in plant matter, and then converted to animal fat. By eating vegetarian, we cut out one of these steps, and dramatically increase the efficiency of sustaining ourselves. Land will suffer less degradation, less power will be used in processing, and there will be more food for all the world’s people if we cut down our meat consumption.

Claire Vincent

Potato cakes

Serves at least 5

Preparation/Cooking Time: At least 30 minutes

Ingredients

$\frac{3}{4}$ kg potatoes

3 onions

2-3 cloves garlic (may be ground)

1 egg

1½-2 tbls of potato-flour

salt

pepper

curry-powder

oil

Method

1. Wash, peel and grate potatoes and onions, add garlic (chopped into very small pieces), flour, egg and spices, stir well.

2. Heat some oil in a frying-pan. Put the “dough” into the oil using a tablespoon to form small round cakes and fry till they are golden brown.

Best eaten warm with yoghurt, chopped garlic and dill.

Offered by Ania Pogorzelska

Lentil pasta sauce

This recipe requires a little forward planning, but my son who otherwise only eats grilled or baked meat actually asks for this on a regular basis! It has the added advantage of being cheap.

Serves 4-5

Can be frozen

Ingredients

1-2 tbls oil

1 onion

2 cloves garlic

1 cup lentils (preferably green or brown)

2 cups hot water

1x425g can tomatoes

1x185g can tomato paste (or about $\frac{1}{3}$ x500g jar)

1-2 beef stock cubes (optional)

1 tsp dried basil

1 tsp dried oregano

1 tbls vinegar

1 tbls sugar

pepper, to taste

Method

1. Wash lentils, drain, place in container, pour over hot water and soak, preferably overnight, but at least ten hours.

Fried bean sprouts

Very quick, very good. Side-dish, or serve with jasmine rice as main meal for 2.

Ingredients

200g bean sprouts
1 can straw mushrooms or 250g fresh button mushrooms, thinly sliced
1 tbs chopped garlic
4 tbs vegetable oil
2 spring onions, finely sliced
1 tbs sugar (raw or white)
2-3 tbs soy sauce
fresh ground black pepper, to taste

Method

1. Wash sprouts. Drain well. Place on large plate and sprinkle with sugar, soy sauce and pepper.
2. Heat oil in frying-pan till very hot. Fry garlic till brown. Add mushrooms. Stir fry for about 1½ minutes, maybe a bit longer for fresh mushrooms.
3. Add bean sprouts. Fry for about 30 seconds.
4. Add spring onions and stir thoroughly for a few seconds. Serve immediately.

Offered by Sophia Wooldridge

Jitendra's chick-peas

Jitendra is the name of my brother who invented this dish when he was (and he still is) the chief executive chef at home! This is definitely a vegetarian dish because Jitendra and myself are vegetarians at home.

Serves 3-4

Preparation/Cooking time: About 45 minutes

Ingredients

1½ cups chick-peas
2 small tomatoes, chopped finely and drained of excess water
1 tsp basil leaves
½ tsp sugar (or to taste)
1 tsp salt (or to taste, and preferably organic)
3 tsp olive oil
1 pinch cumin seeds (optional, but it makes the dish more delicious)
1 tsp curry-powder (or to taste)
1 small stalk fresh Chinese parsley (optional)

Method

1. Cook the chick-peas in a pressure-cooker (this is the best way to cook chick-peas as it gives the peas a very soft texture) for 20 minutes. Turn off the heat and let the pressure go down on it's own. This will take another 10 minutes. Drain the water. Do not throw away the water as this could be used for making a soup or other things.

2. Sauté the cumin seeds in the olive oil. Add the chopped tomatoes and sauté until they are quite well cooked.

3. Add the basil leaves, salt, sugar and curry-powder and stir well.

4. Throw in the chick-peas and stir everything well. Turn off the heat.

5. For its aroma and colour, sprinkle the chopped Chinese parsley over the dish.

Enjoy this dish with steamed rice.

Offered by Yock Leng

I am cynical enough to think that the removal of one average American from the face of the earth frees up enough food resources to feed an entire Third World village for years! It is not simply the physical volume of food. It is also the huge volume of quality grain, arable land and fuel resources that go into feeding the First World's demand for "premium meat". The overall impact of a main course of meat is a whole order of magnitude larger than a yummy serve of mixed-veg bhaji on rice! Gone are the hunter-gatherer days where meat protein was crucial to survival. Considering our usual work and exercise patterns, and given the amazing variety of fresh produce in our shops, it should be EASY to get all the necessary nutrients and calories we need from non-meat sources.

So that's one reason why I am 'meat-minimalist'.

Half a cow on tonight's dinner table is not only unnecessary - it is also more expensive to buy, takes longer to prepare and consumes so much more than our fair share of resources. But I still find that a few strips of meat in the weekly stir-fry is a very good balance!

Good luck with your own food plan!

Leonard Wee

Method

1. Heat oil over moderate heat. Fry the mustard seeds until they crackle.
2. Add ginger, chillies and other powdered spices. Fry for a few seconds.
3. Add canned tomatoes, water, chick-peas and sugar.
4. Cover and simmer for 10 minutes.
5. Add frozen peas, fresh herbs and fried tofu/tempeh/curd.
6. Cook uncovered for 10 minutes.
7. Stir in tomato paste, lemon juice and salt.

Offered by Leonard Wee

Minestrone

I love this recipe because it's great when you are trying to get rid of vegetables in your fridge! It also lasts for ages so when I cook it I cook heaps of it and eat it for days. I also like it because it's vego and I am vego.

Ingredients

- 2 tbs olive oil
- 2 large onions, chopped
- 5 cloves garlic
- 1 tsp salt
- 1 stalk celery, minced
- 1 carrot, diced
- 1 zucchini, diced
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 capsicum (any colour)
- 3-4 cups water
- 1 tin puréed tomato pieces
- 1 cup kidney beans (pre-cooked)
- 1 cup dry pasta

Method

1. Heat olive oil and add onion, garlic and salt. Cook for about 5 minutes.
2. Add celery, carrot and herbs. Cover and cook over a low heat for 10 minutes, stirring it every now and then.

3. Add capsicum, zucchini, water and tomato pieces. Cover and simmer for 15 minutes.

4. Add beans. Simmer for 5 more minutes and then bring to the boil. Add pasta and cook until pasta is ready.

You then have perfectly perfect minestrone soup!

You can pop some parsley or Parmesan into it, cook up some yummy bread to accompany it or have it as is.

Offered by Edwina Hunter

Minty tomato and peas

Serves 4-6

Preparation/Cooking Time: About 30 minutes

Ingredients

2 tbs oil

½ tsp mustard seeds

5 tsp cumin powder

1 tsp curry-powder

3 tsp minced ginger

1-2 minced chillies

1 can diced tomatoes

1 can chick-peas

1 tbs ground coriander

1 tsp turmeric

½ tsp fennel

½ tsp garam masala

1 tsp brown sugar

1 cup frozen peas

1 cup water

2 tbs tomato paste

3 tbs chopped fresh coriander leaves

1 tbs chopped fresh mint leaves

salt, to taste

a squeeze of lemon juice

fried tofu, tempeh pieces or curd cheese for extra substance

4. Add pepper and coconut. Cook for 1 minute.
5. Add peas and sugar and cook for another minute.
6. Remove from heat and carefully stir in cooked rice.

Offered by Trudi Bennett

Why am I a vego? Well it started as a teen angst thing at the end of year 8. At the time it was about being a rebel, about being different and about being affected by the ads on TV about the harp-seals getting bludgeoned to death. I haven't eaten meat since but my reasons for staying vego are different to my reasons for becoming vego. My reasons for staying vego are several. One is that as a Westerner I have so many privileges and I need to recognise that meat is a privilege, but in somewhere like Australia we take meat as a right. It's not, and because I want to question the privilege I experience every day I want to live in a more simple way. This includes recycling, cycling to work, not using plastic bags, composting etc.. It also includes choosing to be vego. Another is that in this post-modern and post-capitalist world that we find ourselves in there is no connection between the means of production and the finished product. *Nike* trainers that cost \$150 in a shop are made by mainly women who are paid sometimes 28 cents an hour. The meat you see under fluoro-lighting at Coles or Woolies likewise has been similarly manipulated: the animal that gave its flesh to be put there was probably owned by a massive agribusiness, was bred to die, was probably pumped full of hormones to make it grow quicker, have redder meat, and was slaughtered on a production line. I have no problem with people who grow their own meat, treat the animal well and then kill it with respect. But this kind of

connection between the product and where it comes from is no longer a reality. I can't abide by animals being treated in the way that agribusiness does, I also don't want to support a system where

I eat food that I have no connection and responsibility towards. I don't want to live in a post-modern, post-capitalist world where food is put on my table and I have no idea where it came from or how it got there. This includes GM food too. But because I don't feel in myself that I could ever kill an animal I don't think I have the right to eat one. Because I think I could kill a fish then I allow myself that privilege every now and then when I am feeling run down or I am menstruating etc. but that's the extent of my meat eating.

Edwina Hunter

Pushpanna – Bengali rice

Serves 6

Ingredients

1½ cups rice
1 tsp turmeric powder
3 cups water
2 tsp salt
3 tsp ground nutmeg
2 tbs butter
¼ cup crushed nuts
1 tsp fennel seeds
1 cinnamon stick
1 tsp cumin
6 cardamom pods (bruised)
6 cloves
1 tsp black pepper
½ tsp cayenne pepper
2 tbs fresh shredded coconut
¼ cup frozen peas
¼ cup brown sugar

Method

1. Cook the rice with turmeric and nutmeg.
2. Heat butter in pan and fry nuts until brown. Remove with a slotted spoon.
3. Stir fry fennel seeds, cinnamon stick, cumin, cardamom, and cloves for 1 minute.

I call myself ‘meat-minimalist’, as I am not totally vegetarian but choose to eat only a small amount of meat. I base being meat-minimalist on what I call the *village model*. If I was living in a village and growing all my own food, then I would mainly eat grains and vegetables. A chook or pig would probably be killed for a celebration where the whole village would take part. In this way, I cook vegetarian food at home (with the exception of the occasional fish balls or prawns - fishing villages would eat more meat) and try to only eat meat on special occasions. This is generally when I go out celebrating with friends and family and tends to be once every couple of weeks. I believe that a village model attitude is a more sustainable way of thinking for the environment and people of the world.

Trudi Bennett

Rice pie

Serves 5-6

Preparation/Cooking Time: About 60 minutes

Ingredients

1 cup rice
1 cup water
1 cup milk
1 tbls butter
 $\frac{3}{4}$ -1kg apples
 $\frac{3}{4}$ cup sugar
ground cinnamon
2 eggs

Method

1. Boil rice in water and milk, add $\frac{1}{2}$ of the butter and leave till it's cold. Add eggs and stir.
2. Wash, peel and grate apples, add sugar and cinnamon. Put half of the rice into a greased baking tin (round would be best), then put apple mixture on top of the rice and cover with the rest of the rice. Put some butter on it.
3. Bake in a pre-heated oven for about 30 minutes (till it's golden). Serve immediately with whipped cream or yoghurt. Also tasty when cold.

Offered by Ania Pogorzelska

Dahl in soy sauce

Serves 2

Preparation/Cooking time: Maximum 30 minutes

Ingredients

1 cup dahl (or yellow split peas)
1½ tbs soy sauce (or to taste, and preferably organic as it has a richer texture)
2½ cups water

Method

Add water to a pot and boil the dahl (add more water if it is not enough). Be very careful because boiled dahl produces a lot of foam. When it is foaming, turn the heat to low. Scoop up the foam and DO NOT cover the pot because the foam will overflow and you will be gassed to death while cooking dahl! Keep a careful watch while the dahl cooks and keep stirring to avoid the dahl sticking to the pot. Dahl is thoroughly cooked when its texture has become thick and paste-like. Turn off the heat when cooked. Add the soy sauce and stir well.

Best served with steamed rice or chapati (a type of unleavened bread).

Offered by Yock Leng

Mushroom and egg-plant stew

Serves 4

From Ghana

Ingredients

1 egg-plant, diced
225g mushrooms, sliced
2 tomatoes, chopped
1 onion, finely sliced
¼ tsp chopped fresh seeded chillies/chilli powder
oil
salt

Method

1. Boil egg-plant in water for 5-10 minutes until soft. Drain and keep liquid. Mash egg-plant coarsely.
2. Fry onions in oil for 5-8 minutes until soft. Add mushrooms, tomatoes, chilli and salt. Fry gently until tomatoes and mushrooms are soft.
3. Stir in mashed egg-plant and ½ cup of reserved egg-plant water. Simmer for 10 minutes, stirring occasionally.

Serve with rice, couscous or bread.

Offered by Trudi Bennett