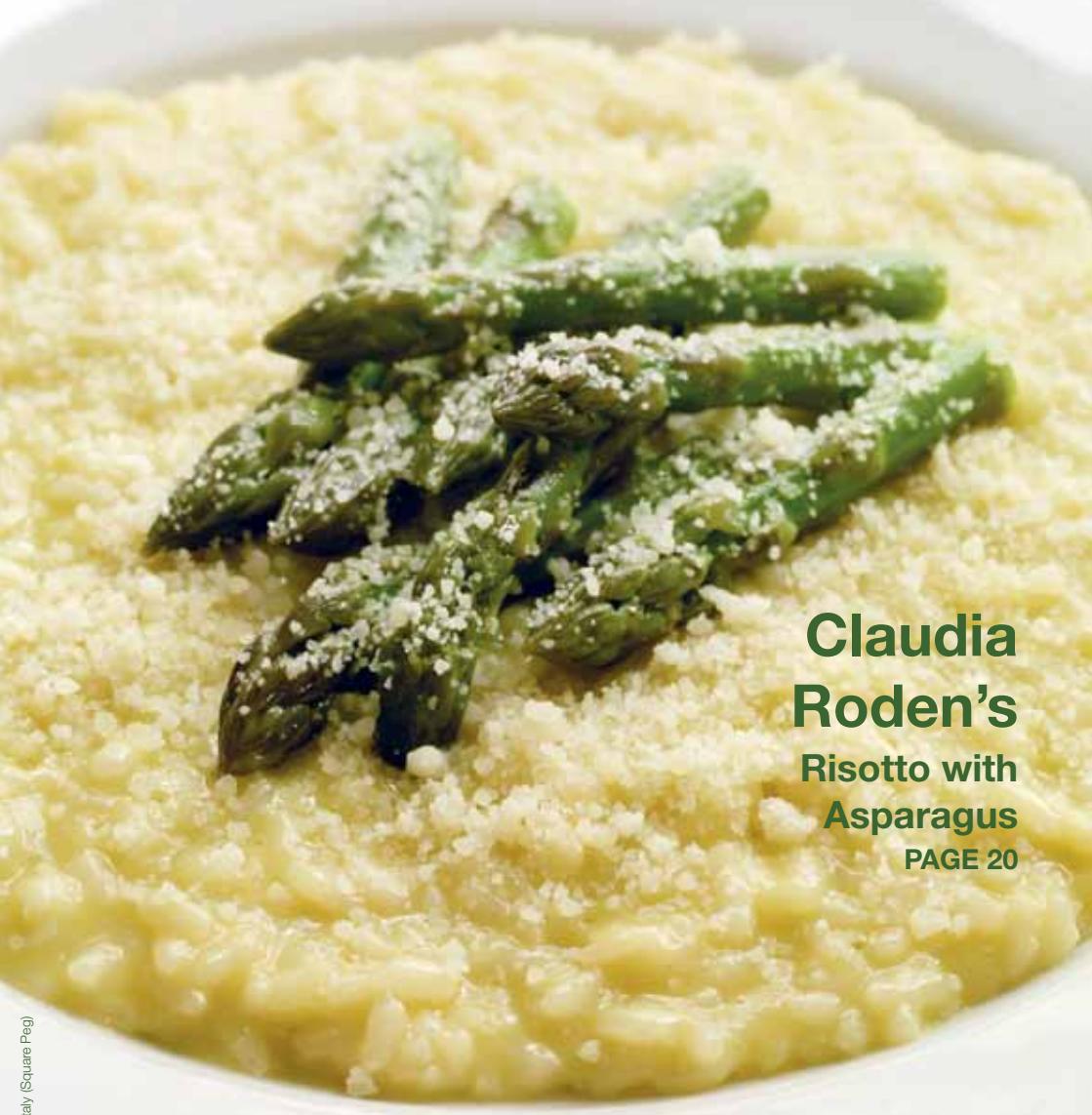


# The Jewish Vegetarian

No. 189 June 2014 Sivan 5774

Quarterly



Claudia  
Roden's  
Risotto with  
Asparagus

PAGE 20

JV's

לא ירעו ולא-ישחיתו בכל הר-קדשי...

“...They shall not hurt nor destroy in all my holy mountain” (Isaiah)

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 ROLSER

## Welcome to the June issue of *The Jewish Vegetarian*

It is a very exciting time at JVS with the recent addition of Dan Jacobs as a new Trustee, record numbers at our 49th AGM and our brand new edible garden taking shape.

Amid a recent ban on kosher and halal slaughter in Denmark, we have a fascinating article entitled, 'A Jewish Vegetarian Response to Efforts to Ban Shechita' by Professor Richard Schwartz.

See page 36 for details of our diverse array of upcoming events, including the launch of our Film Club, a group trip to an animal sanctuary in Kent, and the chance to transform humble fruit and veg from our edible garden in to a sumptuous dinner at our Summer Salad Masterclass. We are very much looking forward to returning to

Gefiltefest: The London Jewish Food Festival in mid-June with a stall full of treats as well as information on the many benefits of moving towards a vegetarian diet.

In this issue's 'JVS Meets...' column, we talk to Demuths Vegetarian Cookery School in Bath. Cookery Corner is full of beautifully fresh and vibrant offerings from Claudia Roden, Rachel Demuth, Emily von Euw and Ori Shavit, who features in the latest "My Life as a Vegan" interview.

Wishing readers a lovely summer.



Shirley Labelda  
Editor

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## News from London

### SHIRLEY LABELDA IS RETIRING

Shirley came to help Philip Pick in 1972 as his secretary. Philip had founded the society, with others, in 1964 and with the help of members, the Society purchased 853 and 855 Finchley Road. As the society structure formed, Shirley was at the heart of this as Philip's secretary and then secretary to the Society.

The early days were ones of huge development for the JVS and Shirley was at the centre of this as Philip established branches worldwide, and developed contacts to give the views of Jewish Vegetarians a voice on both ethical and spiritual matters.

Philip likened himself to an engineer, and said that every engineer had to have an engineer's mate, without whom the day-to-day jobs could not be done. This was Shirley. At the vortex of the Society's work, Shirley has been an integral part of our growth and development over the last 41 years.

A very testing time came in 1992, when sadly Philip died. It seemed touch and go whether the society would survive this, as Philip had a hands-on approach to all of our activities. In particular, he edited and wrote much of the JVS quarterly magazine. At this difficult time, Shirley was not found wanting and competently took over the editorship, a position she has occupied since that time, combining this with her other duties.

Without the tremendous contribution Shirley made then and since, the Society would have found it very difficult, if not impossible to survive. With her authoritative help, we have overcome many challenges and she has always been there when needed. It is



*Shirley and Trustee Michael Freedman, celebrating Shirley's 40th year at the JVS*

with some pride that I can honestly say that the Society is entering a renaissance and upholding the tenets set out at our birth so we look forward with confidence to the next 50 years. Shirley has decided that now is the time for her to retire. She is leaving an organisation in fine shape and this is a tribute to all her years of dedication.

We wish Shirley a very happy and healthy retirement and hope we will continue to see her at our headquarters as often as her busy family life will permit.

We would like to convey on Shirley the title of "Honorary Life Member". I am sure that many friends and members will join with me in these good wishes. Shirley retires at the end of May, having put to press her final magazine. Shirley can be contacted by email: [shirley.labelda@gmail.com](mailto:shirley.labelda@gmail.com).

### WELCOMING A NEW TRUSTEE

We are very pleased to announce that JVS member Dan Jacobs has been appointed as a Trustee of the organisation. A vegetarian for over 20 years, Dan is an active speaker on vegetarianism in the Jewish community. He regularly gives talks on the subject at Limmud and other events. He is especially interested in the intersection of *Halacha* (Jewish Law) and animal welfare issues. In 2012 Dan co-founded *Ruchot*, a pop-up kosher vegetarian restaurant, which, in its first year, ran several successful events around London.

Dan fondly remembers eating at the various JVS restaurants as a child, "*My parents used to take us and it was a real treat that we looked forward to*". Dan plans to support the other trustees in ensuring the on-going viability of the Society, "*I'm looking forward to working with the team of trustees and the Director, who between them represent the Society's rich heritage and a vibrancy and determination build on its success*".



Outside of the world of vegetarianism, Dan was Chairman of the London Jewish Male Choir for many years and was credited with revitalising the Choir. Professionally, Dan is an entrepreneur who has founded several technology businesses, and provides consulting to early stage businesses.

Dan is married to Jemma, they live in Hendon with their dog and two cats.

## HAPPY 80TH BIRTHDAY TO RICHARD SCHWARTZ

JVS would like to wish a very special congratulations to Dr Schwartz on his special birthday. Dr Schwartz has for decades been an inspiration and teacher to us. He has been a pioneer in tackling treatment of animals, vegetarianism and the environment from a Jewish perspective. We sincerely hope he will continue to be an eloquent spokesperson for those of us who share his values for many more years to come.



*Richard Schwartz (left) and Rabbi David Rosen, JVS presidents for the US and for Israel, respectively, at the 80th birthday celebration of Richard at the Vegetarian Center (Ginger) in Jerusalem*



Photos by Alexander Dodwell

months. Please get in touch if you'd like to help us maintain and develop the garden.

## COMPOSTABLE DISPOSABLES

We recently started using Vegware plates, cups and cutlery for our events. Vegware is the UK's first and only completely compostable food packaging, which means that there is zero waste. Find out more at [vegware.com](http://vegware.com).

## A PERSIAN PURIM

Guests enjoyed a magnificent Persian feast prepared by professional chef Denise Phillips, which included Tomato and Pomegranate Salad, Spinach and Kidney Bean Stew with Persian Rice and a Poppy Seed, Pistachio and Carrot Cake.



## MYSTERY COOKING

Back by popular demand, our mystery class returned to Moishe House in Willesden Green to teach guests how to make some Purim treats, including Hamantaschen and Baklava.



## SIACH'S SHMITA SUMMIT

Our Director Lara Smallman was one of thirty environmental activists invited to attend a four day conference exploring the theme of *shmita* (also called the sabbatical year, it is the seventh year of the seven-year agricultural cycle mandated by the Torah for the Land of Israel, and still observed in contemporary Judaism). During *shmita*, the land is left to lie fallow and all agricultural activity, including plowing, planting, pruning and harvesting, is forbidden. The summit invited participants (who came from the UK, Europe, Israel and America) to consider what *shmita* means for us today and how it relates to questions of social and environmental justice.

The *shmita* year also stipulates that wild and domesticated animals must have free access to range and food. Lara led a session focusing on what the *shmita* year can teach us about how we can improve our treatment of animals.

The conference culminated in a public debate at JW3 in London with guest speakers Ambassador of Israel Daniel Taub, Nigel Savage (Founder and Director of Hazon), Canon Dr Giles Fraser and Shoshana Boyd Gelfand (Director of JHub). An audience member took the opportunity to ask the panel, 'Should vegetarianism be part of the *shmita* year?' We were impressed with Daniel Taub's reply: "Arguments for not eating

meat are becoming more and more persuasive as we come to realise the true cost of meat. Maybe we can direct our education to encouraging less dependence on meat."

## INTRODUCTION TO MEDITATION EVENING

At the start of April we hosted our first meditation evening, led by our charity officer Steven Altman who is an experienced teacher. Participants learned beautiful techniques to reduce stress and bring greater clarity. The 90-minute class was followed by a light, homemade plant-based meal. We look forward to hosting similar events in the near future. Please see the calendar on our website for the most up-to-date details.

## DONATIONS

**We wish to thank all those who send funds to the Jewish Vegetarian Society. All donations help the JVS promote a kinder society and work towards our long-standing objective – for a vegetarian world.**

### SOCIETY – LONDON HQ

£25 Mr Gerald Coram, Ilford

In memory of his late wife Doreen (See Obituary)

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## FRIENDSHIP HOUSE – ORR SHALOM

Friendship House, the JVS "House Parents" home for deprived and homeless children is in the care of "Orr Shalom" and is situated at Ganir Center, 2 Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067, Israel.

If readers wish to support Orr Shalom, please visit [www.orr-shalom.org.il](http://www.orr-shalom.org.il),  
email [info@orr-shalom.co.il](mailto:info@orr-shalom.co.il) or call 00 972 2 9936900.

## News from The Jerusalem Centre/Ginger

Preparing for our vegan Passover Seder in Ginger we took some pots for *hag'at kelim* in the ultra orthodox neighbourhood of Har-Nof. The person in charge was enthusiastic when he learned that we came from a vegetarian organization. He saw Gary Yourofsky's lecture and was deeply influenced. I will not deny that I was surprised – but truly, I didn't have a reason to be. The notion that religious people are less inclined to vegetarianism is gradually becoming less of a fact and more of a stereotype.

The vegetarian message is slowly but definitely spreading within Jewish orthodox communities in Israel. Recently, a group of young people from the Zionist-religious movement sent a letter to dozens of Rabbis claiming that Jewish teachings require the adoption of a vegan diet under current circumstances. One of the leaders of the group, Bat-Zion Shlomi, coordinates an eco-center in Afula in the north of Israel. Another leader, Moshe Nachmani, is a scholar focusing on the writings of Rabbi Kook. The initiative has already gained support from two Rabbis, and mixed reactions from others.

Shlomi and Nachmani are not alone. In February, Jeremy Gimpel, Deputy Director of the World Mizrachi Movement, published an article in the Jerusalem Post under the title: "Israel Inspired: Is that really kosher?" about the treatment of animals in factory farms. Gimpel, who was close to become a Knesset Member for the "Jewish Home" party, and is a prominent blogger and speaker, is now vegan and a propagator of veganism.

This long-anticipated development comes just as Professor Richard Schwartz is turning 80. His first book "Judaism and Vegetarianism" was published 32 years ago, and since then he has been constantly writing, speaking, propagating and insisting on the profound linkage between the two. And like water on rock – finally there is an effect!

This move needs nourishing – and we will certainly do our best to sustain it. This summer we are planning to publish two booklets on Judaism and veganism and on Judaism and compassion for animals. At our holiday events we put emphasis on accommodating ultra-religious people, who might find the holidays especially difficult in communities that still sanctify the eating of meat on such occasions.

This report is being written a day before the eve of Passover. In the kitchen of Ginger, plenty of plant-ingredients are waiting for me: Cauliflowers and cabbages, carrots and beetroot, courgettes and aubergines, sweet potatoes and peppers, a wide variety of green leaves, brown rice and buckwheat, quinoa and lentils (we adopt the Sephardic tradition of eating *kitniyot*) and a myriad of other delicious vegetables, nuts and spices. So I will end here and get cooking! I hope that by the time you read it, all of you will have had a wonderful, delicious and liberating Seder, and I wish you a beautiful cruelty-free summer.

## Doreen Coram



It is with deep regret and great sadness that we learn of the passing of Doreen Coram. Doreen was one of our earliest members, and was for many years, a JVS Committee Member. She passed away peacefully in her own home aged 75. Her death will leave a deep gap among her immediate family, many friends and acquaintances. She touched so many peoples' lives with her kindness, understanding and great generosity.

Her mother died unfortunately when Doreen was only 15 years old, so she knew heartbreak from a very early age, but was never bitter. In fact it made her even stronger, always definite in all that she believed in, especially vegetarianism and religion.

Although she had a limited education

owing to the fact that her health was always problematic as a child, she had great artistic ability. Some of her drawings were exhibited in the National Portrait Gallery in London. She taught herself to read and write, and became a legal secretary and later, a medical secretary to a Consultant at the Royal London Hospital in Whitechapel, working there for 25 years.

Against all the odds and obvious opposition, Doreen and Gerald made two wonderful vegetarian weddings for their two daughters.

She will be sadly missed by all who were privileged to know and love her, and our thoughts go out to Gerald, Michelle and Helena at this very sad time.

## Our 49th Annual General Meeting

**By Steven Altman**

The Jewish Vegetarian Society hosted its 49th Annual General Meeting on Sunday 23 March with a record attendance. Since our foundation by Philip Pick in 1964 we have been working tirelessly to promote the ethics of a vegetarian diet and illustrate how Jewish values and vegetarianism go hand in hand. Let us not forget that the Torah teaches kindness to all sentient creatures and vegetarianism is a key factor in promoting such *mitzvot* as conserving natural resources and preserving human health. This ethos is reflected in our large range of members, who come from all walks of life.

We outlined how the Society has been developing over the last year, with a wide range of events planned for the rest of this year, which include mystery cooking classes, talks on alternative health and a

stall at the upcoming Gefiltefest Festival on 15 June.

The AGM was followed by insightful speeches from Vanessa Hudson, Leader of the Animal Welfare Party and Dominic Dyer, Chief Executive of the Badger Trust, outlining the importance of reducing meat consumption and taking a proactive approach towards providing compassionate treatment to all animals.

We were also very grateful to have a stall run by the KLBD showcasing the wide range of delicious and healthy kosher food that is open to vegetarians and vegans.

Overall, the AGM was a great success and proved that vegetarianism and an ethical Jewish lifestyle can, and indeed should go hand in hand.



*Delicious cakes donated by Cakes Today. Visit [cakestoday.co.uk](http://cakestoday.co.uk) to see the full range of vegetarian and vegan cakes.*



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## Vegan Bus Travelling Across Israel



At the end of March activists from Vegan Friendly together with Let Animals Live began travelling by bus on a one month country-wide public campaign to enhance public awareness of animal's conditions in factory farming. The bus was equipped with two over-sized screens showing videos on the subject of veganism and

the truth about factory farming. The truck travelled from Kiryat Shmona to Eilat, stopping every day in another city. The public campaign included informational kiosks at every stop, with coverage in the local and national media. In addition, samples of vegan food were given out to the public.

## Giant Plucked 'Goose' at London Pillow Fight



Photograph by: PETA

A massive pillow fight in Trafalgar Square seems harmless enough, but you can bet that for the ducks and geese who were plucked alive to the point of bleeding, down pillow stuffing is anything but fun. That's why to mark International Pillow Fight Day, a PETA member in a giant plucked-goose costume joined in, hoping to persuade pillow fighters to get down on down.

"With all the warm and cosy options

available, compassionate people can sleep easy in the knowledge that there's no excuse for mutilating geese and ducks just to stuff a pillow", says PETA's Kirsty Henderson.

As seen in PETA US' video exposé of the down industry, narrated by Hollywood actor Alicia Silverstone (which you can watch here: [peta.org/features/alicia-silverstone-urges-everyone-go-free/](http://peta.org/features/alicia-silverstone-urges-everyone-go-free/)), birds used for down are tightly restrained as feathers are violently torn from their bodies, often resulting in gaping wounds. The down industry also helps support producers of foie gras – which is made by forcing tubes down the throats of geese and ducks and pumping grain into their stomachs until their livers become enlarged and diseased – as the feathers of many of the birds on foie gras farms are sold for down. For more information, please visit [PETA.org.uk](http://PETA.org.uk).

## Ori Shavit



Photograph by: Revital Topiol

Ori Shavit is a food journalist, blogger and animal rights campaigner. She publishes recipes on her blog [vegansontop.com](http://vegansontop.com), teaches vegan cooking classes and promotes veganism in Israel.

### **At roughly what age did you become vegan?**

I became vegan at 39, much too late...

### **What made you become vegan?**

After many years of eating everything without giving it a thought, a guy I met was patient enough to answer my questions about him being a vegan and opened my eyes to the horrible price other creatures are paying for my selfish habits. I decided to change them for the sake of those pure animals.

### **What is your favorite vegan meal?**

I love food so much so it's a very hard question, but if I have to choose it would be Tofu Patties in Hot Tomato and Pepper Sauce.

### **Which is the best vegan restaurant you have been to?**

In Israel it is definitely Nanuchka, the first restaurant in the world to become vegan over night after serving a Georgian menu full of meat and cheese.

### **Where is the most vegan-friendly place?**

Berlin is one of the most vegan/vegetarian-friendly places I have been to, with many restaurants and a chain of vegan supermarkets. Today I can happily add Tel Aviv to this list with many restaurants serving great vegan menus.

### **What has been your worst experience as a vegan?**

I didn't have any – my life only got better!

### **Can you recommend any good vegan resources (cookbooks/guides/websites/etc.)?**

I would recommend [theveganwoman.com](http://theveganwoman.com) which offers stories, recipes and information from around the world.

### **What's your "signature dish" (and can you give us the recipe)?**

That would be my Lentil Patties that are made easily without eggs, just by grinding the soaked lentils with vegetables and herbs.



You can find a wonderful recipe for this Sweetcorn Shakshouka from Ori on the next page in Cookery Corner.

Recipe courtesy of Ori Shavit who is featured in this issue's 'My Life as a Vegan' interview.

## Sweetcorn Shakshouka

I recently learned how to squeeze fresh corn from the cob, and when I saw the succulent yellow cream oozing from the corn kernels, I couldn't help but think of scrambled eggs. I paired it up with some juicy cherry tomatoes and some scallions, to get a vividly colourful spicy-sweet shakshouka. If you can't find fresh corn you can grind corn grains after defrosting them.

### Serves

2

### Ingredients

- ✓ 5 fresh cobs of corn
- ✓ 3 – 4 small and very ripe tomatoes – diced in to cubes, with juice and seeds (or 2 – 3 handfuls of halved cherry tomatoes)
- ✓ 3 – 4 stalks of scallion, diced
- ✓ 1 chilli pepper, diced (optional)
- ✓ sweet paprika, hot/smoked paprika
- ✓ unrefined sea salt and freshly ground black pepper
- ✓ olive oil

### For garnish

- ✓ Handful of chopped parsley

### Method

1. **"Squeeze" the corn cobs:** Peel the cobs and remove the fibres (see brief tip below). Hold the corn vertically over a cutting board, and use a sharp knife to slice each row of kernels at its centre, from the top and down the entire length. After all the rows have been sliced open, reverse the knife and use the blunt side to press the kernel contents out, starting from the top and all the way down towards the board. This way you leave the shells on the cob, but if a few shells do manage to slip in, no harm done. Do this for all cobs, and gather the creamy corn into a bowl. Set aside.
2. **Heat some olive oil** in a pan and sauté the scallions and chilli for 2 - 3 minutes. Add the tomatoes with their juice and seeds, and continue to sauté for 5 - 7 minutes, stirring occasionally, until the tomatoes soften and the liquids accumulate.
3. **Add the creamy corn to the tomatoes** and stir. The corn is full of starch (we all know corn starch!) so it's best to add some water at this point to soften it up as you stir.
4. **Season with sweet paprika, hot paprika**, and, if you're so inclined – smoked paprika, to add a special kick to the dish. Add salt and pepper to taste. Divide into serving dishes, garnish with some chopped parsley, and serve right away.

This recipe is taken from the new edition of THE FOOD OF ITALY by Claudia Roden, published by Square Peg, and priced at £25.00.

## Risotto With Asparagus (*Risotto Con Gli Asparagi*)

### Serves

6

### Ingredients

- ✓ 1 kg asparagus
- ✓ 1.25 litres vegetable stock
- ✓ salt
- ✓ 1 onion, chopped
- ✓ 60g unsalted butter / vegan alternative
- ✓ 2 tablespoons olive oil
- ✓ 350 g risotto rice
- ✓ 1 bottle (750 ml) dry white wine
- ✓ freshly ground black pepper

### To Serve

- ✓ Grated hard cheese / vegan alternative

### Method

1. Trim the asparagus. Cut off about 7.5 cm of tips and set them aside.
2. Cut the stalks into pieces and boil them in the stock until very tender.
3. Lift them out and put them through a food processor with a ladle of the stock.
4. In another saucepan, cook the asparagus tips in salted water for a few minutes only until just tender.
5. In a large saucepan, fry the onion in half the butter and the oil over a low heat for about 8 minutes, stirring occasionally, until soft and translucent.
6. Add the rice and stir to coat the grains well with the fat.
7. Pour the wine, bring to the boil, add salt and pepper, and simmer gently, stirring. Add the stock containing the pureed asparagus gradually as it becomes absorbed, stirring often. Continue adding stock as required – you may only need as much as 600 ml – until creamy and the grain is al dente. Stir in the rest of the butter and serve garnished with the heated asparagus tips. Pass the cheese around.



**Recipe by Rachel Demuth [demuths.co.uk]**  
who features in this issue's JVS Meets... on page 34.

## Summer Paella

**A few tips:** Paella is traditionally made in a very wide Paella pan (like a wide frying pan with handles) and cooked over coals so the entire pan is heated at the same time. Presuming you don't have a wide gas hob you will need to move the pan around often to distribute the heat. Over-stirring of the Paella makes the rice go sticky. Don't worry if you get a crispy layer at the bottom. In Spain this is regarded as the best bit! Don't rinse the rice before cooking. Vary the vegetables to suit the season and your tastes. Use asparagus when in season and wild mushrooms, although mushrooms are best cooked separately and added towards the end of cooking. Samphire is a great addition to Paella. It is often available in supermarkets and grocers or can be foraged from the seaside.

### Ingredients

- 1 large onion, finely chopped
- 1 red pepper, chopped into 1 cm pieces
- 250 g tomatoes, de-cored, deseeded and chopped
- 300 g fennel, sliced
- 2 garlic cloves, crushed
- 1 tsp smoked paprika
- a pinch of saffron, soaked in boiling



Photograph by: Rob Wicks Eat Photography

### Serves

6 (or more as a tapas)

- water for at least ½ hour
- 1 tbsp thyme leaves
- 2 bay leaves
- 100 ml dry sherry
- 500 ml hot home-made stock
- 200 g Paella rice
- 100 g French beans (topped and tailed)
- a handful of samphire (optional)
- 1 bunch asparagus

- 100 g frozen garden peas or podded broad beans
- 100 g marinated artichokes (in a tin or in oil)
- salt and pepper
- olive oil

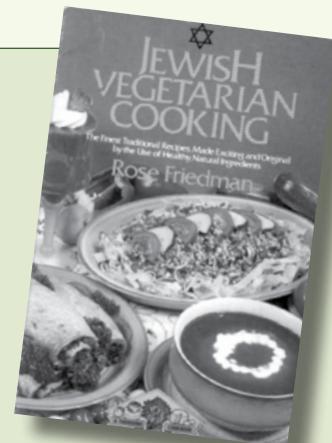
### Method

1. In the widest frying pan you have, fry the onion in the olive oil until it is really soft, and then add the garlic, peppers, tomatoes and fennel. Add the saffron (in its water), paprika, thyme and bay leaf and gently simmer until it cooks down to a sauce consistency. This is called "sofrito".
2. Add the rice and fry gently for 5 minutes to absorb the flavours. Add about half of the sherry and cook until this has been absorbed, then add nearly all of the stock and the rest of the sherry, keeping a little stock back in case the Paella is too dry later. Leave to simmer on a low heat until the rice has soaked up the liquid and is soft, you need to taste it. Do not stir!
3. About 10 minutes into the cooking add green beans and fold them into the paella without stirring too much. It should take about 20 minutes to completely cook.
4. When the rice is almost cooked, sprinkle on the asparagus, artichokes, peas and samphire (if using) and a little more stock if needed, stir once and

### To serve:

Chopped fresh flat-leaf parsley and lemon wedges to serve

leave to cook for about 5 minutes until the rice is tender and the vegetables are cooked (but not soggy!). Season to taste and serve with a swirl of extra virgin olive oil, freshly chopped flat-leaf parsley and lemon wedges.



### HALF PRICE BOOK SALE

Jewish Vegetarian  
Cooking  
by Rose Friedman  
– First Edition –  
£2.50 including P&P

Thank you to Emily von Euw, author of the brand new book 'Rawsome Vegan Baking', for this spectacular recipe. Her website [thisrawsomeveganlife.com](http://thisrawsomeveganlife.com) is full of inspiration and ideas – so much so, it was hard to choose just one to feature.

## Strawberry And Chocolate Buttercream Tart

This buttercream was accidental. I was making some date syrup to photograph for my cookbook, and then I decided to turn it into a fudgy pudding type thing so I threw in some cacao, coconut oil, maple syrup, cashew butter, and other stuff. It tasted great but I had changed my mind – I wasn't hungry anymore. I put it in the fridge...

The next day my heart was set on creating strawberry chocolate cream tarts using the chocolate mixture I had made the previous night, along with a simple tart crust and fresh strawberries from our garden. Everything was set to go; I finally took out the chocolate mixture and tasted it. It had evolved into chocolate buttercream overnight. Obviously it will taste great with anything, especially if that anything is strawberries.

**Make this ASAP**

### Ingredients

#### Crust:

- ✓ 1 cup almonds
- ✓ 1 cup dates

#### Chocolate buttercream:

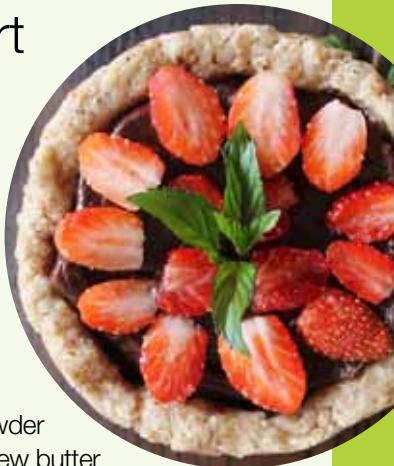
- ✓ 1 cup dates
- ✓ 3/4 cup water
- ✓ juice from 1 lemon
- ✓ 1/4 cup cacao powder
- ✓ 2 tablespoon cashew butter
- ✓ 2 tablespoons coconut oil
- ✓ 2 tablespoons maple syrup
- ✓ 1 teaspoon vanilla extract
- ✓ pinch of salt

#### Topping:

- ✓ sliced strawberries
- ✓ mint leaves

#### Method

1. To make the crust: pulse the almonds into flour in a food processor. Add the dates and process until they stick together. Press into the bottom and up the side of a lined spring form pan or tart moulds.
2. To make the buttercream: blend all the ingredients until smooth. Refrigerate overnight so it can develop those magical flavours, then spread evenly into your crust. Top off with strawberries and mint. Enjoy!



## The New Vegetable & Herb Expert

By Dr. D.G. Hessayon

Published by Expert Books a division of Transworld Publishers. Paperback. Price £8.99.

This new book is one of a series of 21 'Expert' gardening books by Dr Hessayon and has sold a staggering 52 million copies since the first one was published in 1959. The full colour, revised edition of this book is now available in bookshops and garden centres, as well as available to pre order online.

Expert Books are the world's best selling gardening advice books, and are sold in more than 30 countries across the world.

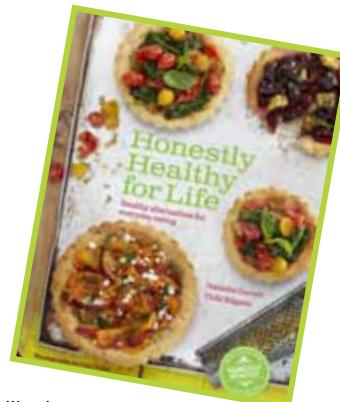
The contents vary from Chapter 1, which is an introduction to getting started, sowing seeds indoors and outdoors, digging, crop rotation and preparing the seed bed - to Chapter 9, which outlines the various vegetable troubles that can be dealt with before they start or as soon as possible.

Chapter 10 is a complete Vegetable and Herb index and contains a wealth of information. It covers everything you would wish to know and provides an up-to-date guide to Britain's favourite outdoor activity.

## Honestly Healthy For Life

By Natasha Corrett and Vicki Edgson

Jacqui Small Publishing is  
Quarto Publishing Group UK  
Hardback £25.00.



This new collection of over 100 super-tasty and nutritious recipes created by gourmet vegetarian chef Natasha Corrett and backed up with the nutritional know-how of Vicki Edgson provides an easy route to great health and wellbeing.

The book is split into two main parts – advice and information upfront, followed by inspirational recipes. The first section explains the principles behind the *Honestly*

*Healthy* way of eating and shows you how much better your body and mind can function when given the right nutrients. Whether you want to modulate your blood sugar levels, improve your mood, boost energy or banish bloating, you will find information on which foods supply just what your body needs.

In the second part you will find inspiring and delicious recipes that showcase the *Honestly Healthy* lifestyle. Whether it is snacks to take while travelling to work, weekday suppers such as Pumpkin and Orange Risotto, lazy weekends and breakfast in bed, delicious cakes and treats such as Melt-in-the-mouth doughnuts and Sticky Toffee Pudding, crowd-pleasing dishes for celebratory meals or great nights in with friends, you will find something delicious to fit the bill.



- Carrot and Courgette Patties
- Baked Spiced Aubergine
- Almond Berry Cake

## Vegan Finger Foods

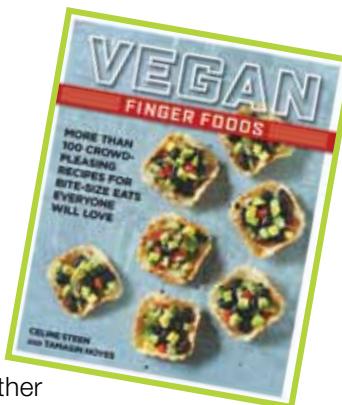
By Celine Steen & Tamasin Noyes

Published by Fair Winds Press an imprint of the Quayside Publishing Group. Paperback.  
Price £14.99.

**VEGAN FINGER FOODS** features more than 100 recipes for appetizers, small plates/entrees, snacks and treats that don't require a fork or any other utensils-other than your fingers.

Sometimes called "tapas" or small plates" these recipes are perfect for entertaining, or for light meals and snacks, just make a few and you will have a stunning meat-free and dairy-free buffet. Recipes include ingredients that can be found at almost any grocery store or farmer's market. There are even low-fat, soy-free and gluten-free recipes.

These finger foods span all cuisines, so whether you are looking for a simple dish or an international treat, you will find it here, with such recipes as Falafel Fritters with Spicy Tahini Sauce, Mini Tacos, Tiny Tomato Pies, Mediterranean Meatless Balls, Mini Lemon Cupcakes or Chocolate Chunk Cookies.



- Eggplant Stackers
- Almond Crescents

## Isa Does It

By Isa Chandra Moskowitz

Published by Little, Brown Book Group,  
Hardback. Price £20.

Whether you are a skilled vegan chef, new to the vegan pantry, or just looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make your time in the kitchen as fun and productive as possible.



This new book by Isa contains nearly 200 recipes for the busy home cook to make healthy everyday meals. Planning ahead is such an important part of weeknight cooking. There are simple things you can do which take very little time, such as soaking beans and grains, and cooking and freezing the grains. Most of the recipes in the book have cooking times of 30 minutes or less.



- Sunflower Mac
- Tofu-Mushroom Stroganoff
- Lemon-Blueberry Loaf

## • • • COMPETITION • • •

We have one copy of 'Isa Does It' to give away. To be in with a chance of winning, simply email your name to [info@jvs.org.uk](mailto:info@jvs.org.uk) by 31 July 2014. Prize must be collected from JVS Office.

## Bequest to The Society

Any gift that you decide to leave, no matter how large or small, will make a big difference to the work that we do in promoting vegetarianism.

- The Society's full legal name is The Jewish Vegetarian and Ecological Society.
- Our registered address is 855 Finchley Road, London NW11 8LX.
- Our registered charity number is 258581 (registered in England and Wales).

If you would like more information about leaving a gift to The Jewish Vegetarian Society in your Will, we would be happy to discuss it with you. Please phone **020 8455 0692** or email [info@jvs.org.uk](mailto:info@jvs.org.uk).

## Alas Poor Marius, I Knew Him...

*Reprinted with permission from MyJewishLearning.com  
and the Rabbis Without Borders blog*

**By Laura Duhan Kaplan**

In February the Copenhagen Zoo in Denmark killed a healthy two year-old giraffe named Marius. Zoo staff dissected Marius's body in front of visitors, calling it "an educational programme." They stored Marius's meat to be fed to large carnivorous mammals.

Without a context, this story is horrifying. In fact, zoo staff members have received death threats.

But there is a context, important in the world of zoos. Zookeepers responsibly try to prevent overpopulating a zoo or inbreeding a small herd. In the U.S., zoos rely on contraceptives, rarely killing healthy animals. European zoos, however, criticize American practice as unnatural and unhealthy in the long term. Thus, in Europe, the average professionally run zoo kills five large mammals per year.

From a Jewish perspective, should this context quell your horror? Not necessarily.

Giraffes, you may be surprised to learn, are kosher animals. Giraffes meet the Torah's criteria for kosher mammals: they have split hooves and chew their cud. Many scholars say they are listed



explicitly in Deuteronomy (14:5) by the Hebrew name *zemer*. To be fit for eating, a kosher animal must be killed with a cut to the neck; the giraffe's long neck makes it very easy.

However, it's just not socially acceptable in Jewish circles to eat this beautiful, exotic animal. When the ancient Israelites built their *mishkan* (portable desert sanctuary), they covered it with skins of an animal called in Hebrew the *tachash*. The exact meaning of this rare Hebrew word has confused scholars. Some say it is a mythical animal; others say it is a dugong from the Red Sea; still others say it is an African giraffe. The Talmud describes the *tachash* as a large, kosher,

non-domesticated animal, with beautiful skin and a horn on its head.

Kosher animals ought to be treated with great respect – though often, in our world of factory farms, they are not. Our Torah's account of the Exodus includes explicit mention of the sheep and cows who walked to freedom. In the book of Jonah, God asks the prophet, "Shouldn't I care about a city with 120,000 people, and also many cattle?" Anthropologist Mary Douglas points out that only kosher animals were allowed to enter the Temple precincts; thus, they were in some sense part of a covenant of holiness. From an anthropological perspective, one particular kosher animal – the sheep – seems to emerge as Judaism's totem animal. Our ancestors were shepherds; we still blow the *shofar*, a ram's horn, to announce the New Year; observant Jews wear a *talit* and with *tzitzit* – woollen fringes.

Contrary to these values, people often treat food animals horribly. With a little interspecies imagination, an industrial farm looks like an overcrowded detention camp. You know the shocked question, "How could people treat one another like this???" Some animal activists answer, "We practiced on animals, and transferred the skills."

Perhaps you remember the animated DreamWorks movie *Chicken Run*. Spoiler alert: a group of chickens escapes from a factory farm. The farm looks very much like your worst nightmare of a secret maximum-security military prison. If you

have not seen the movie, do try to watch it. It's actually funny and inspirational, not gruesome at all – but it does make you think twice about human-animal relations.

So, yes, be horrified. Be very horrified.

But do not lose hope. Instead, take action. Keep in mind a famous principle from the Talmud: "Whoever saves a single [human] life, it is as if they have saved a whole world." When you save a life, you give life to a person's future generations. You make it possible for the living person to help others. One life is connected to other lives in a great network, and one saved life means more than you can imagine.

Keep using interspecies imagination: Whoever saves one animal life, it is as if they have saved an entire world. When you adopt an animal from a shelter, choose vegetarian for a single meal, or sign a petition, you are a node in a network that changes the world. You help save one animal life; you demonstrate a more respectful way of living with other species; you undercut lessons of dehumanization; you influence human behaviour. Torah teaches that animals and humans are intertwined, practically and psychologically. Think about how you can make use of that teaching.

Traditional Jewish memorial prayers say: in honour of the one I remember today, I pledge *tzedakah* – righteous deeds and charitable donations. If you are one of Marius' many mourners, what action will you take?

## A Jewish Vegetarian Response to Efforts to Ban Shechita

By Richard H. Schwartz

As President Emeritus of Jewish Vegetarians of North America, I would like to address the many recent efforts in several countries to ban *shechita* (Jewish ritual slaughter).

First, although JVNA believes that every person should be a vegan and that there should be NO slaughter of animals at all, we also oppose efforts to single out *shechita* for special criticism. There are many factors in the *shechita* process designed to minimize pain. Animals are to be killed by a *shochet* (ritual slaughterer), a religious Jew who is especially trained and certified. He ideally kills the animal with a single stroke, using a very sharp knife that is inspected frequently to make sure there are no imperfections.

Unfortunately, as in non-kosher slaughterhouses, *shechita* is not always carried out perfectly under current mass production conditions. The horrible treatment of animals several years ago at the largest kosher slaughterhouse in Postville, Iowa, revealed by undercover videos, is one example. However, such violations should be addressed through better regulations and more diligent inspection, rather than by banning *shechita*.

Those who argue that *shechita* should

be banned are ignoring the many problems related to stunning, their preferred approach to slaughter. These are thoroughly covered in the book, *Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry*, by Gail Eisnitz. Through many interviews with slaughterhouse workers and USDA inspectors, she carefully documents in gut wrenching, chilling detail the widespread, unspeakable torture and death at U.S. slaughterhouses where animals are stunned prior to slaughter.

The book discusses cases where animals are dismembered while still alive when the stunning is not properly performed, which frequently happened under the frenzied slaughterhouse conditions. Here is the testimony of one worker, on cow slaughter: "A lot of times the Skinner finds a cow is still conscious when he slices the side of its head and it starts kicking wildly. If that happens ... the Skinner shoves a knife into the back of its head to cut the spinal cord." (This paralyzes the animal, but doesn't stop the pain of being skinned alive.)

And of another worker, on calf slaughter: "To get done with them faster, we'd put eight or nine of them in the knocking box



at a time... You start shooting [with the stunning gun], the calves are jumping, they're all piling up on top of each other. You don't know which ones got shot and which didn't... They're hung anyway, and down the line they go, wriggling and yelling" (to be slaughtered while fully conscious).

Many workers admit to becoming sadistic and cruel under the horrible conditions of their daily efforts.

Eisnitz's closing comment, "Now you know, and you can help end these atrocities," is still applicable today. While her research involved only U.S. slaughterhouses, it is likely in today's highly competitive markets that conditions in other country's slaughterhouses are not very different.

While concern for animal welfare during the final minutes prior to slaughter is commendable, efforts to ban *shechita* ignore the many abuses that occur for

months on factory farms. Just a few examples: (1) Male chicks at egg-laying hatcheries are killed almost immediately after birth, since they can't lay eggs and have not been genetically programmed to produce much flesh. (2) Dairy cows are artificially impregnated annually on what the dairy industry calls "rape racks," so that they will be able to continue 'giving' milk, and (3) their babies are taken away almost immediately, often to be raised as veal under very cruel conditions.

If governments really want to improve conditions for as many animals as possible, as they should, they should take steps to reduce the consumption of meat and other animal products.

Rather than focusing on banning *shechita*, governments have the opportunity to do far more that not only would be very beneficial to defenseless animals, but would also help produce a healthier, environmentally sustainable world.

## Gallery Cafe

★★★★★

**St. Margarets House Settlement, 21 Old Ford Rd,  
Bethnal Green, London E2 9PL  
[stmargaretshouse.org.uk/gallery-cafe](http://stmargaretshouse.org.uk/gallery-cafe)**

If you fancy a healthy and homely meal – that is vegetarian or vegan – pop down to Bethnal Green.

The Gallery Cafe is part of the St Margaret's House Settlement independent charity, which receives all of the profits. So not only can you enjoy a great meat-free meal, you can dine in the knowledge that you're helping the local community.

Most of the cafe's suppliers are based within a couple of miles and their bread is even delivered on a bike.

Once greeted and seated by friendly staff, we ordered two delicious fruit juices to accompany our mains: Tofush and Chips – a rare vegan treat – and the Homemade Vegan Burger, which was served in a sourdough bun with salad, tomato relish and vegan mayo, chunky chips and a salad.

Other options include a falafel wrap, halloumi wrap, pizzas, jacket potatoes and soups – and almost every dish is available has a vegan option. The food is homely, more-ish and very reasonably



priced, with main courses ranging in price from £3.95 to £7.50.

The dessert menu has several vegan and vegetarian choices, and the flapjacks come highly recommended.

The cafe is a hive for creatives – one man is currently using it as a base to write his novel. It also lives up to its name by holding monthly art exhibitions as well as a roster of music poetry and film events.

We loved the laid back, cosy atmosphere and are looking forward to returning for an event very soon.

Reviewer: **Lara Smallman**

## Hermans

★★★★★

**Stadsdel: Katarina / Sofia, Fjällgatan 23B,  
116 28 Stockholm  
[hermans.se](http://hermans.se)**

My husband and I visited Stockholm with friends to see our friend's new baby, and sneaked in a trip to the famous Hermans. Hermans is poised on top of a cliff overlooking Stockholm's scenic Djurgården island, with views over Gamla Stan, the old town of Stockholm.

On the night we visited, the terrace with its amazing views was full, with a buzzy atmosphere. We opted for a quieter table indoors. The ambience inside is calming, with wooden furniture from the East giving a peaceful style. We instantly felt at home. We opted for the all you can eat buffet, which cost just under £20. For Stockholm, this is reasonably priced, especially for such a great buffet!

We filled our plates for round one – highlights included a wonderful lasagne, some great curries and delicious homemade pizza and bread. They also have an extensive range of salads. I was the eating winner, with an extra two trips to the buffet, while my husband and friend only managed one more plate. Perhaps there was wisdom in their



moderation though.

The quality of the food is beyond the standard fare, it's flavoursome and inventive, with something for everyone, and it's great to be greeted by such a range of tastes and colours. Another favourite feature is their tea cupboard, where there is a drawer with different teas, which are included in the buffet. We didn't have room left for cake, but were tempted, so we took some away for the next day. They have a good raw selection in addition to other cakes. Overall, highly recommended.

Reviewer: **Jemma Jacobs**

## Summer 2014

The humble primrose epitomises spring. It grows throughout the countryside, cladding banks and meadows with its cheerful presence. Clumps adorn many roadside verges and are easy to see and bring joy to the passing traveller. Go a little further into woodland and rural walks, and it is accompanied by the lovely dog violet, the wild member of the pansy family, which bring so much to our gardens, with their pretty faces peeping out from the garden border.

For many years, we have grown a member of the primrose family, the auricula. These have been a source of fascination to horticulturalist for centuries and are



*Our auricula theatre*



*Pansies*

so special, that they are displayed in 'theatres', so dramatic are their blossoms. Some plant breeders have devoted their lives to developing these flowers so that all colours are available.

We grew all of ours from seed, sown in the autumn in pots, overwintered in the greenhouse. In the spring, the little seedlings are singled out into individual pots and grow easily and well, just requiring the usual watering every few days.

By April, the flowers will appear. They are quite exotic, with zoned rosettes of red, yellow and even green. Rarer are striped flowers and some very dark shades, but all are easy to maintain. At the end of the

flowering season, small offsets appear and these can be separated from the mother plant and so increase your stock of favourite specimens.

Once established they do not require heat and so are completely hardy and can be planted out as well as kept as specimen pot plants. These can be brought into

the house or placed in your own 'auricula theatre'.

We have saved our plants from year to year, periodically adding some interesting additions from seed, however they can be bought from garden nurseries as plant as well as seed and make a rewarding garden theme.

## Nature's Garden in the Land of Israel

### A Visit to Mitzpe Ramon and the Carmel

This Negev has very little rain and is officially desert. That is because it receives fewer than 8 inches a year. The days are hot and dry and the nights are cold as the heat escapes into the atmosphere. The basin is criss-crossed by dry rivers, that can be torrents when it rainfalls, but soon they dry out as the waters sink into the sand.

However all is not as it seems, for under the surface, at certain depths, water is always present. Here along the track of the river, or Wadi, life is abundant. I noticed a thorny shrub, with purple flowers. Pretty insignificant at a passing glance, but then you see that it is attracting hundreds of bees. We saw at least three species. A small black bee, the most prevalent, darting from flower

to flower gathering both nectar and pollen. Also what appeared to be a hive bee, common in more lush parts of this land, probably from a wild nest of Apis Mellifera. A few bumble bees worked on this bush, as did a lone hornet.

On either side of the course, stately acacia trees grew gracefully each claiming a space where their roots could spread out and down exclusively, possibly as much as one hundred feet in search of the subterranean life source.

**The desert is really teeming with life, both flora and fauna, to the observer.**

Here and there, shrubs of broom flourished, gently swaying in the desert wind, with a mass of white flowers just opening.

Tamarisk trees also were at home in this arid looking place. Not yet in blossom, but providing welcome

shade in the day, and shelter in the night-time.

Looking down, small insects scurried to and fro. These were the scavengers of the desert, such as small ants that clear up whatever is laying on the ground and can be carried to their nests. A quick flash of movement revealed a small lizard, which will dine off a passing fly or other insect.

Bird life is omnipresent. With the pretty desert lark, quite unconcerned by human presence. A colony of brown backed crows had gathered nearby, and may have been scavenging on carrion.

The ibex sure-footed and fearless of height and narrow steep paths,



*Ibex at Mitzpe Ramon*

acrobatically pass by and graze where they find green shoots, on the ground or in the lower branches of trees, which they can easily climb.

Although we did not see them, there are foxes, gerbils, and we were told that leopards occasionally patrol here, as they cover huge areas of their territory.

This desert is really teeming with life both flora and fauna to the observer.

In contrast, from here we journeyed some 180 miles north, to our beloved Mount Carmel. I last wrote about this for the JVS two years ago, when the terrible, life claiming fire had raged through the mountain forest. Then, only a few weeks after the destruction, there were clear



*Anemones on the Carmel*

signs of regeneration emerging from the scorched and blackened earth. What a difference two years can make. The mountain is growing new young trees from the scattered seeds from pine cones and acorns. The regional Hawthorne was in full bloom. Gradually fresh shrubs are creating a new canopy with climbers making use of the fire dead remains of former trees.

All around the forest floor is a profusion of wild flowers. Most striking and evident are the anemones and cyclamen. The former with their black eyes peering out of blood red rosettes, the latter poised like ballerinas with petals gracefully arched back. These grow out of small crevices in the limestone rocks and tumble down the mountainside. The colours seemed more vivid than ever, possibly benefitting from the potash mixed with the decaying organic matter, which soaked into the earth from the blaze.

A little off the beaten track, we were delighted to see several species of orchid with rich opulent stems of purple and pink. Miniature blue irises were adding to the show. These together with more common flowers of the meadow spread out like a magic carpet.

This area is served by rain in season and heavy dews from the hill mists.

Nature is safely and competently undertaking the regeneration of this sad scene two year's past, with a riot of new growth and an artist's pallet of floral magnificence.

Nature is safely and competently undertaking the regeneration ... with an artist's pallet of floral magnificence.



*Cyclamen on Mount Carmel*

## Demuths Vegetarian Cookery School

*Interview with Rachel Demuth, a chef, author, columnist, Bath Businesswoman of the year 2010 and owner of The Vegetarian Cookery School in Bath.*



Rachel Demuth



Demuths Cookery School

### Tell us about Demuths

I learnt the chef's trade at Neal's Yard Bakery in London. This was a vegetarian bakery in the Cranks mould. It was a very exciting, inspiring place to work that taught me how to cook and more importantly, how to run a business.

I wanted to move out of London and open a vegetarian bakery. I chose Bath because it's a beautiful small city with a thriving tourist trade. Broad Street Bakery opened in 1984 and Demuths Restaurant started in 1987 as an expansion from the bakery. Demuths started with a shop in the front and sold organic breads, cakes and savouries with a café selling quick healthy meals. In 1991 I sold the bakery to concentrate on Demuths Restaurant and expanded into opening 7 days a week from 10am

to 10pm. In 2013, after 26 years, I sold Demuths Restaurant.

### What inspired you to set up Demuths Cookery School?

The cookery school started in 2000 after customers from the restaurant who had bought our cookery books, asked us to teach them how to make the 'Demuths' style of food.

The cookery school is situated in centre of Bath in a wonderful, airy, light space with fantastic views of the Bath Abbey and Parade Gardens

### What are your favourite memories from the past 30 years?

Opening Demuths in 1987 was a highlight and remembering standing outside with my mother on opening day.

Yotam Ottolenghi teaching a master class at Demuths Cookery School was a great honour.

Winning awards and accolades over 30 years as a 100% vegetarian bakery, restaurant and cookery school.

### Can you tell us a bit about your upcoming events?

We are best known for our day courses where you can come and get a taste for Middle Eastern cooking, Southern Indian Thali, Vietnamese and other world vegetarian cuisines. You can get to grips with unusual ingredients, learn where to source them, what they taste like, how to prepare and cook them.

Our evening classes are popular and very relaxed, we make at least three dishes with some hands-on experience and then sit down together and enjoy what we have made with a glass of wine. It's like going out to dinner with a little learning and a pack of recipes to go home with at the end!

New courses go up regularly, such as



Rachel and mum outside Demuths

our creative molecular cooking, where you learn how to work with spherification, smoke tofu, salt bake beetroot and how to make restaurant-style, beautiful looking, as well as tasting, food.

Guest chefs feature; in past years we have been lucky enough to have Yotam Ottolenghi, Tom Herbert and Rose Elliot.

There is a growth in plant based eating, be it vegan or raw, and our longer 4 day vegan courses fill up

fast. Wheat free and gluten free cooking is also far more popular. We can adapt classes to suit and we run specialist diet classes like gluten free baking.

For those wanting to work professionally or take their skills to the next level, we run our popular Demuths Diploma course three times a year. All of our longer courses attract people from outside the UK, including Europe, USA and Japan. Visit [vegetariancookeryschool.com](http://vegetariancookeryschool.com) for a full list of courses.

When we are not running courses, we host corporate team building events, private dining and hen parties.

### We'd like to offer readers of the Jewish Vegetarian magazine a couple of special offers:

- 20% discount on any cookery course in 2014 quoting 'JVC20'. Please phone the school to book.
- Buy a day class gift voucher and receive a FREE copy of Rachel's Green Seasons Cookbook (whilst stocks last) quoting 'JVCOFFER' when ordering.

## JVS EVENTS

To book for a JVS event, please make a payment to [info@jvs.org.uk](mailto:info@jvs.org.uk) via Paypal or post us a cheque, mentioning the event you would like to book for.

## Mystery Cooking Workshop

**Wednesday 25 June, 8 – 9.30pm  
£8, pre-booking essential, places are limited.**

**Moishe House London, Willesden Green – the address will be provided upon booking / you can contact us for the address in advance.**

Learn how to make one savoury and one sweet dish, which you can take home at the end of the class or enjoy on the spot if you just can't wait to have a taste! No skills necessary. Moishe House London runs an exciting range of events for people aged 22-30.

## Pop-up Pizza

**Sunday 6 July, 2 – 5pm**

**Tickets are £8 per person in advance and £10 on the door, with a £2 discount for members. Please note that places are limited.**

**Hendon – the address will be provided upon booking / you can contact us for the address in advance.**

Introducing our first pop-up café. JVS members Jemma and Dan will be opening up their beautiful home and outdoor pizza oven to us for a delicious lunch. Ticket price includes food and drink. Please get in touch if you'd like to be a part of the pizza making / help set up the event.

## Film Club: The End of the Line & Losing Nemo

**Wednesday 9th July, Doors open at 6.00pm, event will run from 6.15 - 9.00 pm  
£10 in advance / £12 on the door, £2 discount for members.  
Includes a buffet supper.**

**JHub, Haskell House, 152 West End Lane**

In 'The End of the Line' documentary filmmaker Rupert Murray examines the devastating effect that overfishing has had on the world's fish populations and argues that drastic action must be taken to reverse these trends.

We'll be joined by Charlee Bennett from The Black Fish, an international marine conservation organisation on a mission to change attitudes towards our precious oceans and to work on protecting the unique life within them. 'Losing Nemo' is a six-minute animation about industrial overfishing, which seeks to explain why the oceans will be empty by 2048.

## Animal Sanctuary Visit at F.R.I.E.N.D in Kent

**Sunday 17 August, meet at 10am prompt at JVS car park.  
£10, to cover petrol costs.**

We are looking for a few volunteer drivers, please get in touch if you are able to drive from NW London to Kent and back.

Please bring items of vegan food for a group picnic (the site is 100% vegan), comfortable walking shoes and waterproof clothing with you. F.R.I.E.N.D. was established in the early 90's to give a permanent home to abused, unwanted and orphaned farmed animals, so they can live peacefully for the rest of their lives. 150 animals are currently being looked after.

# Master Class: Summer Salads

**Thursday 28 August, 6pm at JVS**

**Tickets are £12 per person in advance and £15 on the door, with a £2 discount for members. To book, please make a payment to info@jvs.org.uk via Paypal / post us a cheque.**

Learn how to get the most out of the wonderful produce that's currently in season. We'll pick fresh herbs, fruit and vegetables from our edible garden and then rustle up some sumptuous salad dressings. Weather permitting, we'll enjoy dinner al fresco in the JVS garden with some wine and freshly baked bread.

## Have Your Say – Got a point to make?

Want to comment on an article in this magazine?

Wish to notify other readers about something veggie-related?

Send a letter for potential publication in *The Jewish Vegetarian*. Letters should be posted to **The Jewish Vegetarian Society, 855 Finchley Road, London NW11 8LX**. Alternatively please email [info@jvs.org.uk](mailto:info@jvs.org.uk) marking your message "Letter to the editor".



## JVS LIFE MEMBERS

Life Members are the pillars of the Society.

Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

### UK Life Membership

£200 or 5 annual payments of £50

### Israel Life Membership

\$320 or 5 annual payments of \$80

### America Life Membership

\$320 or 5 annual payments of \$80

**Visit our website**  
JVS.org.uk



## JVS BUILDING FUND

The Society's Headquarters in London are in need of repair and renovation. A Building Fund has been set up for donations.

Please help. Any donations, large or small will be much appreciated.

**Visit our website**  
JVS.org.uk

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The Society spreads awareness of the benefits of rejecting cruelty to animals and the extension of this to an improved society where mankind is not cruel to fellow beings, both human and animals. These sentiments are expressed in the Torah, which teaches kindness to all sentient creatures and in the Talmud where it is stated that "the earth is the L-rd's" and that we are to be partners with G-d in preserving the world.

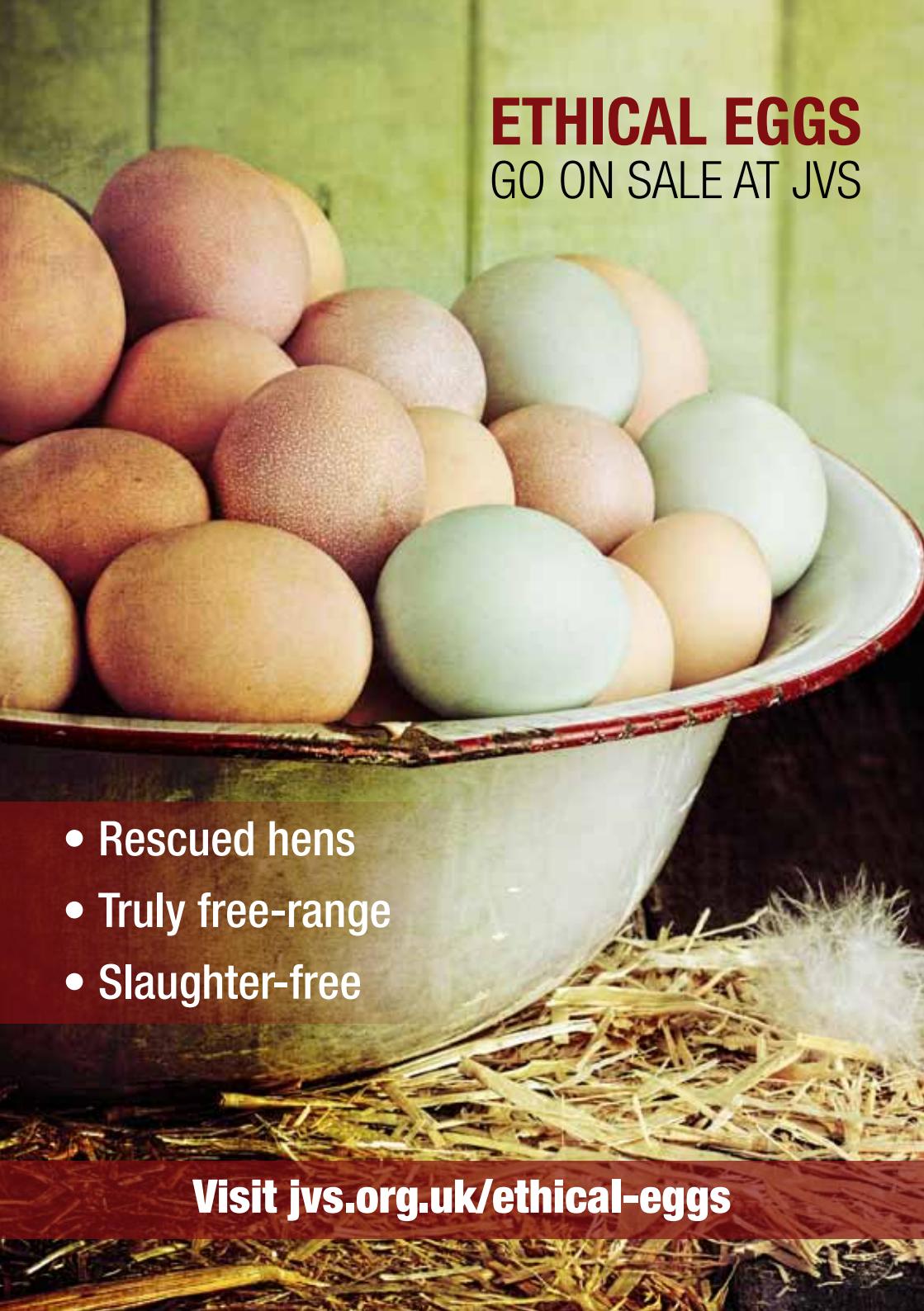
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