



The Jewish Vegetarian



**A BLACK AND WHITE ISSUE: KOSHER
CRUELTY IN WHICH WE SHOULD
WANT NO PART, P6**

No. 199
WINTER 2016
KISLEV 5777



*'They shall not hurt nor destroy
on all my holy mountain' (Isaiah)*





WELCOME TO THE WINTER 2016 ISSUE OF THE JEWISH VEGETARIAN



What a year it has been! Highlights of 2016 include:

- Raising £50,000 for a brand new community centre dedicated to promoting animal welfare. (See page 4 for an update on the building work).
- Marking 50 years of this publication with a special edition in the autumn.
- Running a double stand at this year's Gefiltefest: London Jewish Food Festival.
- Attracting a record number of new membership sign-ups.
- Taking on the Big Green Jewish campaign, more about that on page 5.
- Hosting 400 people over the high holidays, our largest ever pop-up
- Teaming up with Shabbat UK

The movement as a whole has made great strides over the last twelve months:

- Veganism was declared one of the fastest growing lifestyle movements in Britain.
- An All Party Parliamentary Group for Vegetarianism and Veganism has just been created.
- New veggie eateries are popping up everywhere, see page 20 for some of our favourites.
- Supermarket shelves are filling up with more and more kinder alternatives, making it even easier for us to align our actions with our ethics.

In this, our last issue of 2016, read about the 'incredibly disturbing' scenes uncovered in a kosher slaughterhouse in South America on page 6. It proves that we have so much work still to do as a movement.

There's a full news round-up over on page 11, and some wonderfully warming winter recipes on page 21.

With 2017 just around the corner, we are eagerly awaiting the release of the film version of Jonathan Safran Foer's book, 'Eating Animals', which has played a big role in inspiring people to become vegetarian.

As always, we love hearing from you. Please get in touch via info@jvs.org.uk with ideas you have for this magazine, and for our events or campaigns.

L Smallman

Lara Smallman
Director, Jewish Vegetarian Society



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Too sweet to eat!



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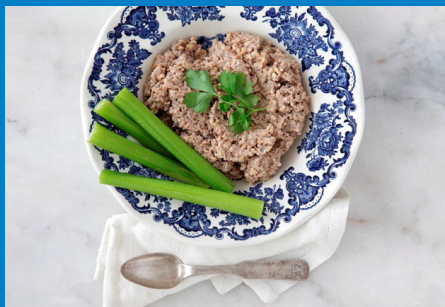
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NEWS FROM JVS



BUILDING PLANS

We are really excited about the opening of our community centre in 2017. The building work has been delayed. We will start sending out regular updates in the new year. Please get in touch with event ideas: info@jvs.org.uk. See: tinyurl.com/jvscentre for details about the build.



SHABBAT UK

JVS provided Shabbat UK with an array of veg recipes for use on their website and on social media, including one for 'Chopped Living' by Kenden Alford (pictured above). We also teamed up with them to create a vegan table at their renowned challah bake, where we distributed copies of Rabbi Ariel Abel's article, 'We can't eat eggs from mistreated chickens'.



LARGEST EVER POP UP AT JVS: GRASSROOTS JEWS

Over the high holidays we welcomed 375+ people from the Grassroots Jews community to our building. Pictured above is the Grassroots marquee, which was used for prayer services. The indoor space was used for alternative parallel programming, including discussion groups and meditation.

Grassroots Jews is a north-west London, non-denominational pop-up minyan, which meets for Rosh Hashana and Yom Kippur. This was their first time at JVS, and we look forward to welcoming them back for future events.



JVS AT INTERFAITH CLIMATE CHANGE SYMPOSIUM

We attended the first ever "Faith for the Climate" event at St John's Church in Waterloo in September. Visit: bit.ly/2dgJ6vX to find out more.

THE BIG GREEN JEWISH WEBSITE

BIG GREEN JEWISH CAMPAIGN FINDS NEW HOME AT JVS

Big Green Jewish (BGJ), the Jewish community's response to climate change has recently become a Jewish Vegetarian Society project.

Ten years after its creation BGJ continues to have a very low profile and very low impact in the Jewish community. JVS decided to take the project on because it is a perfect fit for us - one of the best ways an individual can drastically reduce their carbon footprint is by becoming vegetarian.

With a recent headline warning that 'Climate change may be escalating so fast it could be 'game over', scientists warn', we know there is much work to be done to engage the Jewish community in making greener lifestyle choices. We plan to reinvigorate the



website (biggreenjewish.com), which will continue to be a platform for environmental activities taking place up and down the country.

We recently hosted a workshop at New London Synagogue, inviting suggestions for branding, messaging, future campaigns and events. The event was very well attended and productive. If you'd like to get involved, please get in touch *Stay up to date with all things BGJ:*

Website: biggreenjewish.com

Twitter: @BigGreenJewish

Email: bgj@jvs.org.uk

facebook.com/BigGreenJewish

Sign up to emails: tinyurl.com/bgjemail



CELEBRATING WORLD VEGAN DAY: 1 NOVEMBER

Shambhu's chef Nishma Shah (pictured above), who is a JVS member, wowed guests at JW3 with her cookery demonstration on World Vegan Day.

Guests learned how to prepare the following Indo-Oriental fusion dishes, which are traditionally non-vegan, but for which Nishma developed vegan recipes:

- Chilli tofu (JVS recipe prize winning dish: jvs.org.uk/shabbat-chilli-tofu)
- Massaman curry
- Vegetable manchurian

UNDERCOVER INVESTIGATION REVEALS 'INCREDIBLY DISTURBING' KOSHER SLAUGHTER IN SOUTH AMERICA

Article written by Lilly Maier at the Forward in November 2016. We are very grateful for their permission to reprint this vitally important story:

Over the last decade, scandals involving kosher slaughter have led to dramatic improvements in the industry. But both the U.S. and Israel continue to import beef certified as glatt kosher that is slaughtered in ways that animal welfare experts condemn as inhumane and cruel.

Kosher meat production plants in the South American nations of Uruguay, Paraguay and Argentina use a slaughter method known as “shackle and hoist” whereby the cow is pulled up into the air by one of its hind legs and then dropped onto the ground before its throat is slit.

The method is mostly prohibited in the United States. The Orthodox Union, the country’s largest kosher certification agency, has repeatedly said that it objects to the practice.

But it still considers the meat to be kosher — and certifies it as such.

Undercover video footage taken by the animal rights group People for the Ethical Treatment of Animals revealed the persistence of the practice, which the OU has condemned for years. Their investigation was a joint venture with the Israeli group “Anonymous for Animal Rights.”

The video was shot at the end of July by undercover investigators in Paraguay. A copy of the video was obtained exclusively by the Forward. (Watch the video here: tinyurl.com/shacklehoist)


“What we have here is just incredibly disturbing,” said Hannah Schein, the Associate Director of Undercover Operations at PETA. She said the workers seen in the video used “torturous methods.”



A COW IS SHACKLED AND HOISTED IN TO THE AIR
IMAGE COURTESY OF PETA.

In the video, the animals can be seen hanging from a single leg, struggling in the air and bellowing. Once the animal is put on the ground, it is shown writhing and being restrained with a sharp trident-like device called a “devil’s fork” before the cut.

Immediately after the cut, the animals are hoisted to the rail for processing. The video shows how workers cut into the heads of



animals while they are still conscious and moving.

The workers use a spike called a “puntilla” that is driven into the cow’s spines and paralyzes them. The animals stop moving after that, but that doesn’t mean they can’t feel pain anymore, animal experts say.

“The head can remain conscious after the spine is severed,” said Dr. Temple Grandin, a professor in Animal Sciences at the Colorado State University, in an expert opinion prepared for PETA. “The shackling and hoisting shown in this video is a violation of all industry and international welfare guidelines,” Grandin added.

In kosher slaughter animals are supposed to be conscious when the cut is made, but other than that there aren’t too many specifics. “In properly conducted kosher slaughter, you would ideally have no stress on the cow,” said Hannah Schein, a kosher slaughter expert at PETA. “They would make the cut and just wait. It’s obviously not great, but at least it causes them as little suffering as possible.”

Rabbis have decried the practice, but it persists. In 2000, the Rabbinical Assembly of Conservative Judaism passed a ruling calling the “shackle and hoist” method a “violation of Jewish law.”

Rabbi Morris Allen is the co-founder of the Conservative Movement’s Magen Tzedek, an organization that offers ethical certifications for Kosher food. He criticized the plant’s practices. “According to our understanding of kosher meat slaughter, hoisting and shackling is not to be permitted. Period,” Allen told the Forward. “It violates our understanding of Jewish law.” “It is unfortunate that a company that promotes the strictest interpretation of Jewish dietary laws – as it

relates to the kashrut of the meat – shows little concern for the safety of the workers, the responsibility towards the animal and its commitment to the earth in its production of that food,” Allen told the Forward.

In American kosher slaughterhouses, the Orthodox Union mandates standing slaughter, which it promotes partially for humane reasons.

But it has different standards for South America, although it criticizes shackle and hoist slaughter.

In 2008, Rabbi Menachem Genack, the CEO of O.U.’s Kosher Division, told the Forward, “It’s not the kind of system that we want to have, that we would be proud of.” Three years later, he again said, “It’s not the system we recommend or have been advocating.” But he added that cutting exports from South America “would represent a disruption of supply and inevitably would mean kosher meat would go up higher in price.”

Contacted about the new undercover video by PETA taken in a plant in Paraguay, his only comment was, “The O.U. has never been in that plant and no O.U. production takes place there.”

Shackle and hoist remains popular among kosher producers in South America, because it allows the cow to be upside down when it is slaughtered — as is required by Israel’s chief rabbis, the final authorities on kosher meat entering the Jewish state.

The plant shown in the PETA video is located in Limpio, a city in central Paraguay.

Currently, Paraguay does not export beef to the United States, but 40 percent of the beef consumed in Israel is Paraguayan.

And Americans import millions of tons of beef from countries like Argentina and

Uruguay, where shackle and hoist is the common practice in kosher slaughterhouse.

The video also shows shackle and hoist footage of plants in other South American countries, as well as other inhumane practices like the use of electric prods or spikes stuck into the chins of the cattle.

“We know there is no such thing as



A SHARP NOSE-HOOK IS COMMONLY USED TO RESTRAIN CONSCIOUS, FLAILING COWS BEFORE THEIR THROATS ARE CUT. IMAGE COURTESY OF PETA.

humane slaughter,” said Hila Keren, a spokesperson for Anonymous for Animal Rights, who partnered with PETA in the investigation.

“Killing an animal on an industrial production line always involves enormous pain and suffering. We had expected to see cruelty, but what we saw in South America was unimaginable,” Keren told the Forward.

This is not the first time that PETA went undercover in kosher slaughtering houses in South America, although previous efforts didn't produce such extreme footage.

“After our first investigation in South America into shackle and hoist caused an uproar, the Israeli Chief rabbi promised to end it,” Schein told the Forward.

In 2001, the chief rabbinate again promised to stop imports from plants using shackle and hoists, but so far no progress has been made.

Both PETA and Anonymous for Animal Rights hope that the release of the video footage will lead to action this time.

“We hope that the Ministry of Agriculture prohibits this horrible cruelty, and that the Chief Rabbinate fulfills its commitments to instruct importers to phase out shackle-and-hoist slaughter,” Keren told the Forward.

In response to seeing the recent video the Israeli director of the Veterinary Services told Channel 10: “The laws of Israel and regulations regarding humane treatment of animals do not apply outside the borders of Israel. The Veterinary Services are working to advance slaughtering in restraining devices, as is done in Israel.”

PETA's Schein believes it's ultimately up to the consumer. “Companies are not going to want to decrease their profit margins, until consumers demand it,” she said. “We hope that the video will open consumer's eyes”

There are, however, some signs of progress. PETA pointed to Breeders & Packers in Uruguay (BPU) as a positive example. BPU is the first plant in South America that does upright kosher slaughter, following guidelines for humane ritual slaughter designed by Dr. Temple Grandin.

“It used to be that if you buy kosher meat, if it hasn't been killed in America it was killed in a cruel way,” Schein told the Forward.

“Now there is at least a chance that it's killed in a more acceptable way.”



JVS RESPONSE:

Shortly after the story broke, the Jewish News invited JVS to submit a comment article, an excerpt of which is below, written by JVS' Director:

We ought to be outraged by this flagrant violation of the core Jewish principle of *tza'ar baalei chayim*, the Torah mandate which forbids us from inflicting unnecessary suffering on an animal.

It is this glaring gulf between our sacred ancient teachings around animal welfare and the modern reality of factory farming that is prompting a growing number of leading rabbis to adopt and advocate a vegan diet.

This includes one of our patrons, former chief rabbi of Ireland David Rosen, who stated last year: "Anybody with eyes in their head can see that factory farming is a categorical transgression and desecration of the prohibition on causing cruelty to animals."

While the temptation might be to keep schtum, for fear of threatening shechita, or making Jews look bad – the truth is that the problem is much bigger than SAH. This is just one of many scandals emerging from kosher slaughterhouses in recent years.

At Agriprocessors in the US, investigators found workers with injuries so severe they demanded amputations, staff given virtually no safety training and the employment of child workers.

Israel's largest slaughterhouse, Dabba, was ordered to close by the government

in 2015 because of gross animal abuse, including dragging animals along the ground by their heads.

From our chopped liver to our cheesecake, there is animal abuse at every turn. For our meat, cows are being branded, castrated, and their horns removed using searing-hot irons, caustic chemicals or hand saws, all without anaesthetic. Often overlooked, there is vast cruelty in the dairy industry too - cows are caged, artificially impregnated on loop, mechanically milked until they can give nothing more, and killed aged five. Their natural lifespan would be 25 years.

It is no coincidence that Israel is leading the way, with the highest number of vegans per capita anywhere in the world. These pioneers are fulfilling the moral responsibility we all have as Jews, to call out this industry for exactly what it is - calculated cruelty in which we should want no part.

YOU CAN READ THE FULL PIECE ON OUR WEBSITE. SINCE THE ARTICLE WAS PUBLISHED, JVS HAS RECEIVED REQUESTS TO SPEAK IN SYNAGOGUES ABOUT HOW JUDAISM & VEGETARIANISM RELATE TO EACH OTHER.



MPs SHOCKED BY REALITY OF BRITISH FARMS

Politicians step inside British farms via virtual reality. Animal Equality, the charity behind the project explains the impact the technology is having:

During the autumn, we were at the Labour party conference, and the Liberal Democrat conference the week before, inviting politicians and delegates to experience what life is like for pigs and chickens on the majority of British farms. Everyone who watched our virtual reality film was shocked and disappointed by the miserable lives most farmed animals endure in this nation of animal lovers. We received support for our work to end factory farming from politicians at all levels of government and many pledged to help prioritise this issue in their party's manifesto. We were even voted Best NGO Stand by the Liberal Democrats and featured on the BBC's Daily Politics.

Our investigations have revealed that 'buying British' does not mean 'high welfare'; most animals farmed in Britain spend their lives inside crowded, filthy sheds and suffer painful mutilations and genetic abnormalities. Millions of animals die in these harsh conditions and are simply thrown in the rubbish. Through our iAnimal virtual reality project we are educating people everywhere, at all levels of society, about this cruelty and empowering personal and political change.

You can help by watching and sharing our new 360° film of British pig and chicken farms: ianimal.uk.



JOHN MCDONNELL MP & TONI SHEPARD,
DIRECTOR OF ANIMAL EQUALITY



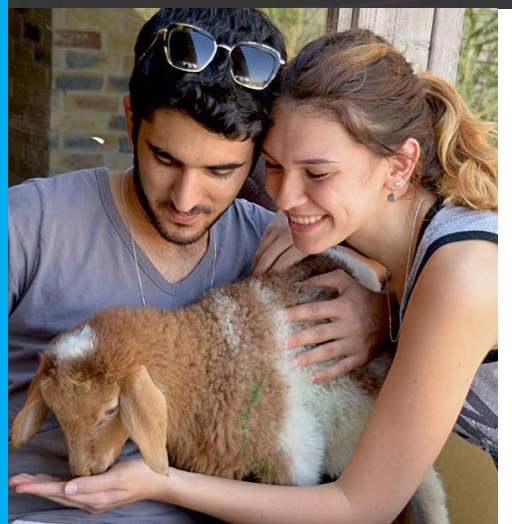
TIM FARRON MP, LEADER OF
THE LIBERAL DEMOCRATS



A GUEST TRIES ON THE
VIRTUAL REALITY HEADSET

IN OTHER NEWS...

- The Vegan Society announce formation of Parliamentary Group on Vegetarianism & Veganism
- Vegetarian and vegan diets good for kids and adults, say group of leading nutritionists...
- Israeli Agriculture Ministry introduces campaign against 'kaparot' ritual
- Virtual reality is being used by Animal Equality to put viewers inside a factory farm
- Walmart and others are being asked to stop selling as much meat
- Can religion trump the climate change deniers? Meet the inter-faith environmentalists (bit.ly/2dgJ6vX)
- France bans plastic cups, plates & cutlery
- The UK's first food waste supermarket opens near Leeds
- New animal sanctuary opening in Israel
- Veganuary raises £24,000 via crowdfunding to run adverts on the London underground throughout December (see page 14)
- Climate change may be escalating so fast it could be 'game over', scientists warn
- Tofurky launches range of sandwiches in UK and USA
- UK Supermarket Sainsbury's launches vegan cheese range
- Two in three chickens sold in British supermarkets are 'infected with E.coli superbug'
- Gross abuse of human rights in meat industry exposed again: (www.slate.me/2fK8FWG)
- London gets its first vegan 'fried chicken' shop- Temple of Seitan



VEGANUARY 2017 LAUNCHES IN STYLE!



Veganuary, the celebrity-backed campaign that encourages people to try vegan in January, has launched its 2017 campaign with 2,000 eye-catching adverts on the London Underground.

The final design of the striking adverts, which were crowdfunded by the vegan community, is being kept under wraps until they go live on 19 December, but Veganuary has revealed that they feature three animals – Rocky the calf, a chick called Little Eric and a naughty but very loveable piglet named Ernie.

The ads urge passengers to read their stories and to join thousands of others around the world who choose to eat no animal products at all in January. Last year, 23,000 people took part in Veganuary, including fashion designer Vivienne Westwood, writer and activist, Jack Monroe

and Downton Abbey actor Peter Egan.

The rise in veganism has been extraordinary - a 360% increase in the number of vegans in Britain over the past ten years according to research commissioned by The Vegan Society.

Now, there are more than half a million vegans, and the high streets are reflecting that change.

Las Iguanas, Zizzi, Pizza Express, The Handmade Burger Company, YO! Sushi and many other restaurants have added vegan options to their menus, while Pret this year opened its first fully meat- and fish-free outlet, and is expected to open more. Supermarkets are also reflecting the move to animal-free foods and have gone way beyond stocking the basics – dairy-free milks, cheese and yoghurts, for example – to sell vegan lasagnes, salted caramel ice cream and croissants.

Says Clea Grady, Marketing Manager at Veganuary: ‘The rise in veganism may be influenced by celebrities but the number one reason that people give for taking part in Veganuary is to protect animals.

Farming is a brutal business. Male chicks are killed at a day old because they aren’t able to lay eggs, unwanted calves are shot, and pigs are locked in crates and treated like breeding machines.

Our London Underground adverts remind people of this unnecessary suffering and ask them to try vegan for one month, and discover a new way to eat that is better for them, better for the planet and – of course – better for animals like Rocky, Ernie and Little Eric.’

The adverts will run on the London Underground from December 19th to January 2nd.

Find out more at veganuary.com

#HIDDEN BOURNEMOUTH

*Seaside resort uncovers very
vegan vibe...*



This may come as a surprise to many - Bournemouth is giving even the likes of Brighton a run for its money when it comes to its vegan offering – with a number of speciality restaurants and dishes on the menu throughout the town.

As part of a new campaign to uncover the gems of hidden Bournemouth, the South Coast resort is promoting a very vegan vibe. Veganism has gone crazy in Bournemouth with over 30 restaurants, cafés and eateries having menus and options devoted to their vegan customers. There are also three 100% vegan restaurants/cafés: Mad Cucumber, Amala Conscious Food and Sweet Greens, and a 100% vegan food store in the town centre, Sunrise Organics. This means that even the most dedicated of vegans can enjoy a trip to Bournemouth without the worry of finding some delicious and interesting food, and could even dine out every night for a whole month without having to visit

the same eatery twice!

In recent months there has been a swathe of new venues opening in Bournemouth that incorporate a great vegan range, even putting larger cities to shame, which is great for those with eco-diets looking for staycations within the UK. Since the beginning of summer 2016 alone six new places with eclectic vegan offerings have opened: Ojo Rojo (Mexican), Steam (cream teas), Skinny Kitchen (fitness inspired healthy eating), Velo Domestique (cycle café), Yo Sushi (sushi) and The Stable (Pizzeria).

Beth Buckle, Assistant Manager of The Stable, Bournemouth said: “Our vegan offering is going down a real treat in Bournemouth – and Lizzie from Dorset Vegan organises monthly meet-ups at our restaurant, which is growing very popular very quickly.

“As a long-term vegan I am very proud to offer starters, nibbles and mains to vegan customers. We also supply soy milk so our vegan diners can finish off with a coffee or hot chocolate! Our head chef and our vegan chef are experimenting with vegan desserts because of the number of vegan clients we have here.”

And what sort of seaside resort would Bournemouth be if it couldn't offer a range of scrumptious ice creams? We have two ice cream parlours with speciality vegan ice creams and shakes, Giggi Gelateria and Lollipop, and for 'milkshakes', Shakeaway.

So, for those enjoying a vegan lifestyle (or keen to accommodate any friends and family who are) and looking for a winterstaycation or booking a relaxing break by the sea next summer, rest safe in the knowledge that there's always somewhere fantastic to eat in Bournemouth.

VEGAN ACTRESS MAYIM BIALIK AT LIMMUD UK

(WE'LL BE THERE TOO!)



We are delighted to share the fantastic news that this year Limmud UK conference will feature an array of international speakers on animal welfare and vegetarianism, including actress Mayim Bialik (pictured, right).

Mayim kindly lent her support to a JVS campaign a few years ago, calling for Jews to consider going veggie ahead of Rosh Hashana. You can read more about that here: tinyurl.com/mayimJVS.

Our Director recently travelled to Manchester to meet Celia Clyne, who will be catering for the 3,000 attendees at this year's Limmud conference, which takes place in Birmingham, to plan the vegetarian and vegan options and sample Celia's new dishes, which were all delicious. Approximately 12% of people attending Limmud requested veggie meals in 2015.



JVS SESSIONS AT LIMMUD:

We will be participating in a panel discussion alongside Sir David King (pictured above), the UK Government's Special Representative for Climate Change.

JVS will also be teaming up with Jewish Initiative for Animals [www.jewishinitiativeforanimals.org] to present a history of Jewish vegetarianism and showcase current trends. Look out for us in the pop-up area, with tastings of ethical olive oil and free magazines.

ONES TO WATCH:

- Sarah Chandler (Jewish Initiative for Animals)
- Rabbi Yedidya Sinclair (Jewish Climate Initiative & Hazon)
- Sarah Sumekh (Swipe out Hunger)
- Dr. Aaron Gross (Farm Forward)
- Rabbi Gabriel Botnick
- Screening of 'The True Cost'
- The Sadeh - the UK's first Jewish farm



“There is a strong emphasis in Judaism on humane maintenance and use of animals. We respect other creatures and, of course, Adam and Eve were vegetarian before the Fall and exile from Eden... Tikkun Olam lends itself to us using our body and lifestyle to do our part to repair the world. For me, veganism is very consistent with that.”

- Mayim Bialik



There are many ways to be Jewish.



Food.

Attitude.

Family.



Ritual.



Humor.



Culture.



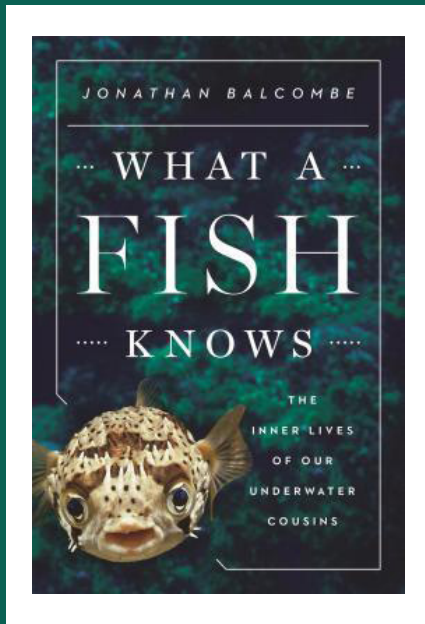
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Forward

Ask Why.

NEW BOOK: WHAT A FISH KNOWS



A New York Times bestseller, Jonathan Balcombe's 'What a Fish Knows: The Inner Lives of Our Underwater Cousins' is a New York Times bestseller

Do fishes think? Do they really have three-second memories? And can they recognize the humans who peer back at them from above the surface of the water? In *What a Fish Knows*, the myth-busting ethologist Jonathan Balcombe addresses these questions and more, taking us under the sea, through streams and estuaries, and to the other side of the aquarium glass to reveal the surprising capabilities of fishes.

Although there are more than thirty thousand species of fish more than all mammals, birds, reptiles, and amphibians combined we rarely consider how

individual fishes think, feel, and behave. Balcombe upends our assumptions about fishes, portraying them not as unfeeling, dead-eyed feeding machines but as sentient, aware, social, and even Machiavellian in other words, much like us.

What a Fish Knows draws on the latest science to present a fresh look at these remarkable creatures in all their breathtaking diversity and beauty. Fishes conduct elaborate courtship rituals and develop lifelong bonds with shoalmates.

They also plan, hunt cooperatively, use tools, curry favor, deceive one another, and punish wrongdoers. We may imagine that fishes lead simple, fleeting lives a mode of existence that boils down to a place on the food chain, rote spawning, and lots of aimless swimming. But, as Balcombe demonstrates, the truth is far richer and more complex, worthy of the grandest social novel.

Highlighting breakthrough discoveries from fish enthusiasts and scientists around the world and pondering his own encounters with fishes, Balcombe examines the fascinating means by which fishes gain knowledge of the places they inhabit, from shallow tide pools to the deepest reaches of the ocean.

Teeming with insights and exciting discoveries, *What a Fish Knows* offers a thoughtful appraisal of our relationships with fishes and inspires us to take a more enlightened view of the planet's increasingly imperiled marine life. *What a Fish Knows* will forever change how we see our aquatic cousins the pet goldfish included.



JACKFRUIT: THE VEGAN SUPERFOOD

Meat alternatives are increasingly cropping up in restaurants and street food markets throughout London - and the newest on the scene is jackfruit, writes Joanna Freedman...

Hailed the “ultra-adaptable wunder ingredient” by *The Evening Standard*, Jackfruit is fast becoming the trendiest new staple in all the edgy London eateries, but what exactly is it, and why all the hype?

Well, don't let its name deceive you. Much like plantain, which has taken the world by storm over the past few years, Jackfruit tastes tropical and fruity, but also strangely savoury. Often found in dishes such as burgers, tacos and curries, it has a chewy, fleshy texture, which makes it the ideal meat substitute. In fact, it's such a convincing alternative that some people even mistake it for pulled pork when they

eat it. But it would be doing this superfruit an injustice to say that it's purely a veggie alternative. In fact, it's one of the most versatile ingredients on the market, changing with whatever spices you cook it with. This means that you can find it in just about any cuisine nowadays, from Mexican (covered in chilli), to American (slathered in BBQ sauce).

In London, you can barely go a week without seeing this pop up on a menu, and it's often not the veggies that pick it out, but the adventurous foodies who fancy trying something new and different.

Originating in the Indian rainforest, it is now found in South-America and Asia too, and can grow up to a whopping 35 pounds (aka the weight of a small child!) Plus, it has even been dubbed a possible cure for world hunger by many – seeing as it's often able to survive droughts, and climates with very little water.

Far more than just a new food fad, it seems like the Jackfruit isn't going away any time soon. So what are you waiting for? Find Jackfruit right on your doorstep. Here are the best places to grab it in central London:
– The Blacksmith and the Toffee Maker

JACKFRUIT BURRITO
PHOTO: @STIRITUPMAG



JACKFRUIT GYROS
PHOTO: @ZESTYVEGETARIAN



JACKFRUIT BURGER
PHOTO @THEJACKFRUITCO



Angel, Islington. This pub does a magnificent BBQ pulled Jackfruit burger with dill pickle and slaw.

– Club Mexicana, found at: Kerb market (Camden, The Gherkin, Paddington and Kings Cross), and at Hawker House (Canada Water). They serve pulled jackfruit tacos that will blow your mind.

– Vegbar – Brixton. At this fully vegan restaurant in South London, you can feast on a Jackfruit sandwich with all the trimmings.

– Spicebox, found at Kerb market (Camden, The Gherkin, Paddington, Kings Cross). Grab yourself a rather unusual (but super delicious Jackfruit Jalfrezi. We told you it was versatile!

– Vegan Hippo – Soho. This vegan restaurant is renowned for its Jackfruit burger, with avocado, red pepper and kale chips. Yum. (You can find jackfruit in tins in international grocery shops.)



Joanna, 22, an MA magazine journalism student at City University has a passion for good food and a keen eye for upcoming trends in the foodie world.

She has been vegetarian her whole life, and is particularly passionate about animal rights, and the environmental arguments behind living a meat free life.

NEW VEG EATERIES

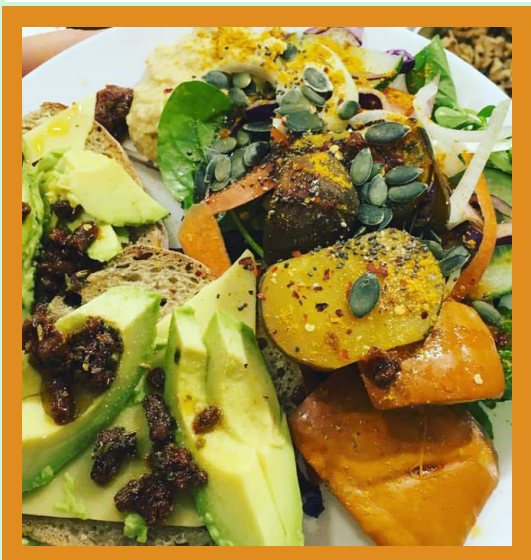
* RECOMMENDED BY YOU!



Paradise Unbakery recently opened its doors at 59 Chamberlayne Road, Kensal Rise NW10 3ND (paradiseunbakery.com)



Offbeat in Hampshire offers 100% vegan and gluten free cuisine: (offbeatfood.com)



Feel Good Cafe in Chingford (facebook.com/TheFeelGoodCafeChingford/)



Selection of plant-based burgers from new eatery 'Vegan Burgers by Mooshies' at 104 Brick Lane (veganburger.org)

CAST IRON TOFU



A lot of people find the texture of tofu to be too mushy or soft. This cooking method creates crispy, lightly flavored tofu that works well in a variety of dishes and may just win over the tofu haters in your life. I purposely kept the flavour of this tofu light, so that it can take on the flavours in any dish that you add it to. Try it as an easy protein source in my Soba Noodle Salad (on the next page). The recipe is designed for a cast-iron skillet, as it will intensify the crispy shell of the tofu. If you don't have a cast-iron skillet, you can use a regular frying pan, just note that the tofu won't get quite as crispy.

Recipe from 'Oh She Glows Every Day' by Angela Liddon - published by Michael Joseph, £18.99.

PREPARATION TIME: 10 MINS
COOK TIME: 8 - 12 MINS
PRESS TIME: 30 MINS / OVERNIGHT

INGREDIENTS (SERVES 4)

1 block firm or extra-firm tofu
3 tsp avocado oil / grapeseed

oil / olive oil
1 tsp garlic powder
1/4 tsp fine sea salt
1/4 tsp onion powder (optional)

METHOD

1. Press the tofu overnight, or for at least 30 minutes.
2. Slice the pressed tofu into 9 or 10 rectangles 1cm thick and then slice each rectangle into 6 squares, to make a total of 54 to 60 tofu pieces.
3. Heat a large cast-iron (or non-stick) frying pan over medium-high heat for several minutes.
4. In a large bowl, combine the tofu with 1.5 teaspoons of the oil. Gently stir until all the tofu is coated. Stir in the garlic powder, salt, and onion powder (if using).
5. When a drop of water gently sizzles on the frying pan, it is hot enough. Carefully add the remaining 1.5 teaspoons oil and tilt the pan to coat it evenly with the oil. Add the tofu to the pan in a single layer (be careful, as the oil might splatter—use a splatter guard, if desired), making sure all the pieces lay flat. If yours is too small to cook all the tofu at once, work in batches.
6. Cook the tofu on one side for 4 to 7 minutes, until you have a golden crust with some speckled brown spots (the crust should be about 1.5mm in thickness). With a fork, flip each piece (yes, this step is a bit arduous) and cook for 4 to 5 minutes more, until golden. Serve immediately; the tofu crust will soften as it cools.



SOBA NOODLE SALAD



This salad can be served warm or cold, making it a great option for any season. If you'd like to experiment with different textures, you can use spiral or bow-tie pasta or even spiralized carrot or courgette 'pasta' in lieu of the soba noodles. To make it gluten free, use 100% buckwheat soba noodles. Recipe from 'Oh She Glows Every Day' by Angela Liddon - published by Michael Joseph, £18.99.

PREP TIME: 20 MINUTES

COOK TIME: 30 MINUTES

INGREDIENTS (SERVES 6)

For the dressing:

60ml toasted or untoasted sesame oil
3 to 4 tbsp rice vinegar, to taste
25ml tahini
1 tbsp pure maple syrup
1 tbsp low-sodium tamari
2 cloves garlic, grated

For the salad:

225g pack soba noodles
1 medium red bell pepper, diced
1 medium yellow bell pepper, diced
3 to 4 onions, finely chopped
50g coriander leaves, minced
1 batch cast-iron tofu (page 21)
1 tablespoon sesame seeds (garnish)
Fresh lime juice, for serving (optional)
Sriracha, for serving

METHOD

1. Prepare the 'Cast-Iron Tofu'.
2. Make the dressing In a small bowl, whisk together the dressing ingredients until smooth. Cover and refrigerate to thicken slightly.
3. Make the salad Bring a pot of water to a boil. Cook the noodles according to the package directions. Drain and place in a large bowl.
4. Add the bell peppers, spring onions and coriander to the bowl with the noodles. Add the dressing and toss to coat. Add half the tofu cubes and toss again. Taste and season with sea salt if necessary.
5. Top the salad with the remaining tofu, sesame seeds, and coriander scattered on top. You can also add a squeeze of lime juice on top of each bowl just before serving or simply serve with a lime wedge. The salad can be stored in an airtight container in the fridge for up to 3 days. The tofu will soften as it sits, but it's still very tasty!



BIG COMFY SWEET POTATOES





Dressed up with a cornucopia of yumminess: black beans, avocado, sprouts and my Red Blanket Sauce that will knock your woolen socks off, this is the Big Comfy Sweet Potato. It's simple, delicious and I reckon just the kind of thing that will make you feel pretty comfy too. (Recipe by My New Roots.)

INGREDIENTS (SERVES 4)

4 medium-large sweet potatoes (organic, if possible)

1 ½ cups black beans (equivalent to 1 can)

1 ripe avocado

Optional toppings:

cilantro

green onion

sprouts

lime wedges

crushed chilli flakes

For the Red Blanket sauce:

1 tsp of coconut oil

1 medium onion

3 cloves garlic

1 can whole, organic tomatoes

1 tsp ground cumin

½ tsp ground cinnamon

½ tsp dried thyme

¼ tsp ground chipotle

pinch of cayenne, if desired

1-3 dates (depending on size and your taste)

2 tbsp raw cacao powder

1 tbsp nut butter or tahini

4 tbsp water, divided

1½ tbsp lime juice

METHOD

- In a medium saucepan over medium heat, melt oil and add all spices. Cook, stirring frequently, until fragrant, about a minute. Add onions, a couple pinches of salt and cook until softened, about 5 minutes. Add garlic and cook another couple minutes. If the pot gets dry at any point, add a little of the tomato juice from the can.

- Pour canned tomatoes into the pot and cook for 5 minutes. Season to taste.

- Carefully transfer the tomato mixture to a blender. Add pitted dates, cacao powder, nut butter, lime juice and a couple tablespoons of the water.

- Blend on high, adding water to thin as needed, until desired consistency is reached. Season to taste.



GARDENER'S CORNER

Our regular despatch from our green-fingered columnist, this time reporting from down under..

We paid a visit to Dunkeld which is in the state of Victoria and is in the Grampian National Park.

It is a mountainous region with extinct volcanos. Dunkeld is a sleepy little town of about 450 souls, one of whom made good and became a QC as well as making a vast fortune by buying a Polish beer company. He is Allan Myers. He has an estate here with a garden of ethnic plants and the largest organic vegetable garden in Australia. At this time it is our Autumn, but their spring, so the seasons are reversed.

Surrounding the house, which is lavishly laid out, are borders of wonderful flowering shrubs, typified by the Banksias (pictured above), which come in a number of varieties large and small. They have a brush like flower spike which is much visited by nectar feeding birds and of course bees. A grand pergola is smothered in wisteria with purple

flower-drops in perfect bloom. Another smaller pergola is similarly blossoming but this one is white.

A lake is central which also serves to irrigate the beds in the hot summer days and of course the kitchen garden. Framing all are some really ancient eucalyptus trees of magnificent proportion and shape.

These eucalypts are endemic to the country and of the many varieties, twelve are food trees for the koalas who loll about in them munching the leaves which to other animals are toxic, but to these special creatures are just the job and provide both food and water for their sustenance.

The vegetable garden is bounded by a fence to lessen the effect of the searing hot dry winds that summer here brings. It is not designed for commercial use, but to





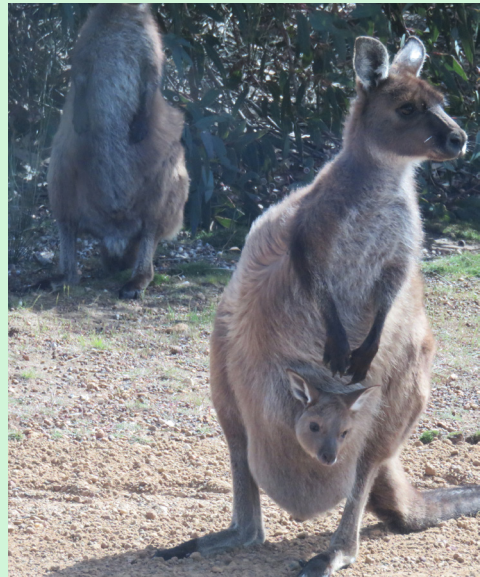
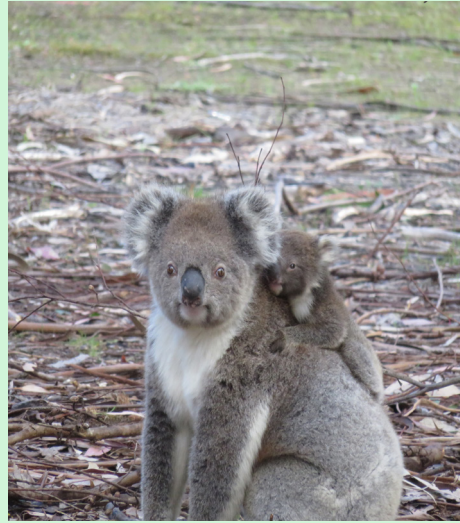
supply the only hotel in Dunkeld (which is also owned by Myers) with fruit and vegetables. There are a number of poly tunnels which at present have tomatoes at the stage ours would have been in April.

There are also some outdoors with each plant protected by a triangular plastic shield. Again to provide protection to the small plants at this stage, but also to keep the resident ducks off. The ducks had already helped themselves to most of the early planted peas, they have been supplemented by more with duck proof shields.

The broad beans are already six foot tall, but due to the cool and wet weather so far this spring though, there are plenty of flowers, the beans are yet to swell up. These magnificent plants will fruit exceptionally when the warmth comes.

In the poly tunnels are raised beds planted with potatoes to obtain fresh new tubers before the shops have these. There is also an olive tree grove supplying both oil and deli olives to the hotel. There are immaculately trained cordon apple trees now in flower and boysenberries, currants and gooseberries just now in flower.

The garden is supplying the kitchen with carrots, parsnips, lettuces, broccoli, kale and cabbage and much besides. In all it is a labour of love, which has been enabled by the owners commercial and professional success and which helps to make this small place well worth a visit if one is lucky enough to be in the vicinity.



CROWDS MARCH FOR THE ANIMALS IN JERUSALEM



Yossi Wolfson is a long-time vegan and animal liberation activist, born in Jerusalem. He was one of the founders of Anonymous for Animal Rights. He works as a lawyer and coordinator for animals in agriculture at Let the Animals Live.

It was an exciting moment on October 6th at 8pm, when, set against the backdrop of the lit walls of the old city of Jerusalem, the first march for animals in Jerusalem set off. The march was held in the middle of the High Holidays under the title “Aliya LeTzedek” – roughly meaning “pilgrimage for justice”. It started outside Jaffa Gate and made its way – drumming, chanting, leafleting – among the busy crowds filling Jaffa Road and Ben Yehuda

Street. It ended with a rally at the Menorah Garden in the City Center of Jerusalem.

As is becoming ever more popular in this era, the march was live-streamed on Facebook, and the speeches have been available on YouTube.

An estimated 200 people participated in the march, among them Professor Richard Schwartz who has recently made *aliya* and now resides in Israel.

Rabbi David Rosen, whom readers of this magazine know very well, was one of the key speakers at the rally. “It is a big paradox”, he said, “that as much as our world progressed in a technological sense, and maybe also in the recognition of basic human rights, the treatment of animals has become more barbaric and cruel, especially because of the demand to industrially satisfy the lust for meat and for animal-based products. Our sages said that “the descendants of Avraham, our father, are merciful sons of merciful people, and that someone who does not act with mercy and compassion cannot be deemed a true Jew.”

Rabbi David Rosen described the opinions of 20th century Rabbis who ruled against the consumption of veal and foie gras (fatty goose liver) because of the cruelty involved in their production, and commented: “However, today the entire animal-based food industry is cruel. Merciful sons of merciful people must avoid eating all these products, which cannot be deemed kosher”.

Rabbi Rosen then moved to describe the health hazards of animal-based products, the huge environmental damage caused by the livestock industry and the loss of food that could have fed so many humans

who are currently starving to death. He concluded by calling for “the promotion of changes in lifestyles, the abandonment of behaviour that violates so many prohibitions, and the encouragement of a vegan lifestyle, which is, especially today, the diet that most fits the sublime and pure values of our heritage and our accountability to all creation”.

Other speakers stressed the tension between the spirituality of Jerusalem and the cruelty hidden in every corner – embodied in the meat in restaurants, practiced in laboratories behind closed doors, suffered by animals living in the streets or in the shrinking natural habitats within the city and around it.

The complexity of the city was acknowledged – poverty, conflicts, polarisation. Within this complexity there is room for the cause of compassion which is universal. And there is room for the vegan diet, which is economically more accessible just as it is healthier and more ethical.

Another issue that was emphasized at the rally was the ability of each one of us to act and have an impact. The event itself attests to this. The idea of having a rally

came from a young person, rather new to the movement, who promoted the idea through Facebook and in a whatsapp group of Jerusalemite animal-activists.

The organising meetings were held in Ginger – the Vegetarian Community Center in Jerusalem, and attracted local grassroots activists. All of this was coordinated by volunteers, with some support from the more established animal protection groups ‘Let the Animals Live’ and ‘Anonymous’.

The timing of the march, between Rosh HaShanah and Yom Kipur, is significant. It is a time of individual and social self-examination. There is so much that we need to do in the coming year for the sake of this planet and its inhabitants.

Let’s hope that with this opening-step, the new Jewish year will be blessed with progress, change and justice.

Below, activists carry placards with images of vulnerable, caged cows and chickens, accompanied by quotes from the Bible and Mahatma Gandhi which read, “From Zion there shall be compassion,” and “Violence begins with the fork,”



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COST: The programme fee is £300—this includes round-trip airfare to Budapest, accommodation and monthly seminars. Fellows will need to pay for some meals on the trip themselves. Payable upon acceptance.

DEPOSIT: Fellows are required to pay a deposit equivalent to the programme fee (£300) upon acceptance. Exceptions are available in instances of demonstrated financial need and monthly instalments are possible.



The René Cassin Fellowship Programme (RCFP)

Recruitment is now open for the 2017 René Cassin Fellowship Programme

The RCFP explores Jewish visions for a just society and provides individuals with the knowledge, skills and contacts needed to enhance their activism in the areas of social justice and international human rights.

The RCFP brings together a cohort of exceptional young professionals to explore human rights issues through a uniquely Jewish lens.

The ten month Fellowship Programme has three main components. Firstly, knowledge based sessions concentrating on current issues such as slavery, human rights protections and asylum. This process will be facilitated by leading human rights lawyers, academics, activists, and communal leaders.

Secondly, in May, Fellows will participate in a five day study tour to Budapest where you will learn about the human rights situation in Hungary and meet and learn from Jewish and Romani activists.

Thirdly, the sessions after the trip will focus on 'skilling up' the participants with tools on how to create change. Using a community organising model you will look at how to achieve change through strategy, tactics and more. Fellows will also create their own social justice

campaigns to lead on.

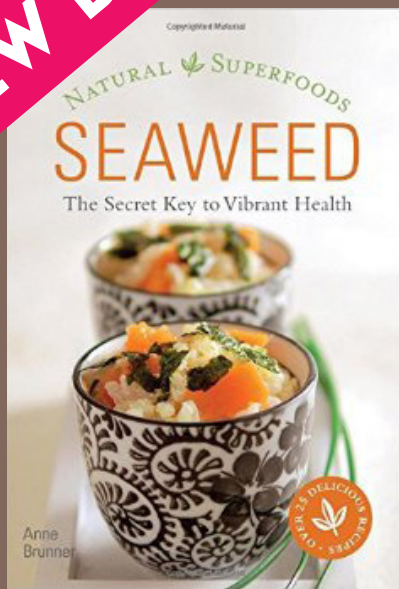
The RCFP is perfect for young professionals interested in increasing their knowledge of human rights and Jewish visions of a just society. You will emerge equipped with the skills, knowledge, passion and contacts to become a leader with René Cassin in the human rights or social justice arena.

"The quality of the participants was of an extremely high standard; this made for hours upon hours of thought-provoking questions and discussions. Every participant came from a different background (nationality, religious persuasion, academic or vocational experience) – which in turn provided a kaleidoscope of perspectives and knowledge on every issue"
- 2014 Fellow

If you are interested in learning more about the RCFP or obtaining an application form, please visit www.renecassin.org or email us at info@renecassin.org. Applications are due by 31st December. Interviews will be on the 12th and 13th January with the programme beginning on the 31st January.



NEW BOOKS



SEAWEED: NATURAL SUPERFOODS

by Anne Brunner
Hardback, RRP £9.99
Published by Modern Books

Seaweed is not only delicious in its own right but has amazing health properties. As well as being packed with nutrients, including high levels of vitamins A, B-12, C, and calcium, it is also rich in iodine, potassium, selenium, iron, and magnesium.

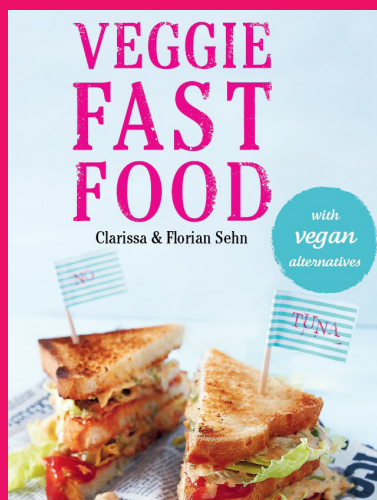
The recipes in this book are delicious, diverse and easy-to follow and suitable if you have never cooked with seaweed before. Anne Brunner is the author of several titles specialising in healthy and organic eating and family nutrition.

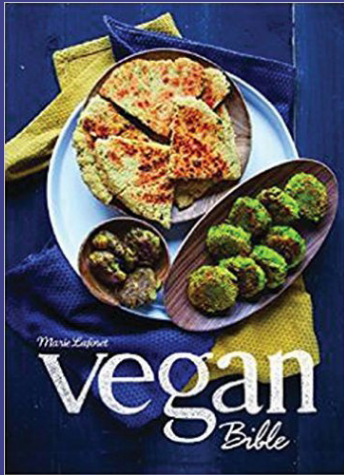
VEGGIE FAST FOOD

by Florian Sehn & Clarissa Sehn
Paperback, RRP £12.99
Grub Street Publishing

This exciting new cookbook offers more than 80 quick and easy veggie recipes from Manchego quesadillas and TexMex burgers to tomato-cinnamon fries and No Tuna Sandwich.

This is the book of vegetarian food for those in a hurry, and the handy vegan traffic light indicators red for vegetarian; yellow for vegan adaptation and green for vegan make it easy to find vegan options just as quickly. The authors Clarissa and Florian Sehn, discovered their love of vegetarian and vegan cuisine together. Soon, however, they ran out of creative ideas they needed a new recipe book. So they decided to develop recipes themselves and this is the result. Their first cookbook is dedicated to vegetarian fast food, which they consider has always received short shrift until now.





VEGAN BIBLE

by Marie Laforêt

Hardcover, RRP £25.00

Grub Street Publishing

The demand for vegan cookbooks is growing a pace as more and more people stop eating animal products for ethical or health reasons - Vegan Bible containing more than 500 recipes and fully illustrated with pictures on every spread is the most comprehensive vegan cookbook on the market. Published in 2014 in French, it has become the no.1 best-selling vegan cookbook in France ever. You will discover the richness and the diversity of vegan gastronomy and how cooking can still be truly creative even without eggs, meat, fish or dairy products. Learn how to make your own vegan cheeses, how to cook astonishing egg-free, dairy-free desserts, and how to prepare 100% vegan versions of some of the great classic dishes. As well as recipes for breakfasts, lunches, suppers and baby foods there are recipes for every occasion.

VEGAN CHOCOHOLIC

by Philip Hochuli

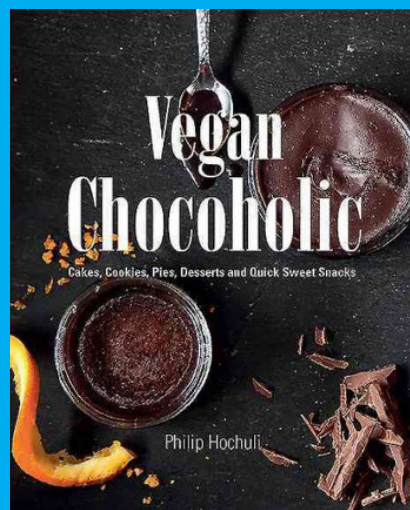
Hardcover, RRP £15.00

Grub Street Publishing

This book offers uncomplicated recipes for delicious desserts, pies, and biscuits and shows how chocolate can be used in a multitude of dishes. After the introduction which lists what ingredients you need to make chocolate, it explains how chocolate is produced and processed correctly. Then follow the recipes where you will find cookies, cupcakes, and brownies, and a separate chapter on cakes, pies and cheesecakes including chocolate spreads and vegan Nutella (heavenly).

There is also a great chapter for chocoholics with marzipan chocolate bars and a chocolate foccacia with rosemary and sea salt.

For each recipe there are icons that tell at a glance whether the recipe it is gluten-free, sugar-free or soy free. The recipes use tasty and inexpensive ingredients.





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