

The Jewish Vegetarian

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581
(Affiliated to the International Vegetarian Union)

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JVS MAGAZINE

Editor: Shirley Labelda

ADVERTISING RATES

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WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

**Support the International Jewish Vegetarian Movement
A Worldwide Fellowship**

**The JVS is an International Movement and
Membership is open to everyone**

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A.** Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B.** Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.
Please state whether 'A' or 'B' (above)

Name (in full – clearly)

Tel. No

Address (clearly)

Occupation Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

£25 Dr. & Mrs. T.B. Guildford, Surrey.

DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all items are appreciated and put to good use.

£25 Dr. & Mrs. T.B. Guildford, Surrey. £15 Mr. R.F. London NW7 in memory of Julius Frank. £12 Dr. A.C.J. Richmond, Surrey.

£8 Mr. W.W. Paignton, Devon.

BUILDING FUND DONATION – LONDON HQ

£25 Dr. & Mrs. T.B. Guildford, Surrey.



Friendship House



The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Ganir Center, 2.Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067. Tel (972) 2 9936900. Fax (972) 2 5337074 email: nfo@orr-shalom.co.il, www.orr-shalom.org.il

Visitors are always welcome. A phone call, email or letter is always advisable to ensure that a member of our friendly staff will be there to welcome you.

Donations Received:

£25 Dr & Mrs T.B. Guildford, Surrey. £8 Mr M.L. Ilford, Essex.
£8 Mrs P.S. Pinner. £25 Mr. L.A. Thatcham, Berkshire in memory of Rachel Sofaer Larsen.

DEAR SIR

DEAR SIR

Hello Friends at the JVS

We are now back in Israel after our trip to UK and Europe and want to thank you for your advice about vegetarian establishments in London and the South of England.

We were delighted with the vegetarian Royal Hotel in Eastbourne and with a restaurant called 'Food for Friends' in Brighton. Brighton is very easy for vegetarians, Bournemouth is very difficult. We passed the JVS on the bus in Golders Green but didn't have enough time to come in for a chat. Maybe next time!

Shabbat Shalom

Rabbi Raymond Apple, Israel

We have received the following from our good friend Rita Bloomberg and thought it would be of interest to our members.

Dear Sir,

Vegetarians and vegans may be put off eating at falafel street cafes in Israel because many now have a lump of sheep meat on a spit, which some people eat, called "schwarma. This often smells bad and attracts flies.

However there are some falafel stalls where eating the traditional falafel, which consists of chickpea balls with a variety of salads and optional tahini sauce made from sesame seeds in an envelope of pitta bread is still an enjoyable experience.

I came upon one such stall in Netanya which is vegetarian and kosher Lemahedrin. The address is: 3 Shar Haemek street. Telephone 054 5 486 483. The stall with outside tables is about 5 minutes walk from the bus station and next to the flower market which is open on Fridays, erev Shabbat.

Good Wishes

Rita Bloomberg

HELP!!!

We are in desperate need of someone to 'man' the office one day a week (day to be arranged) preferably the same day each week, on a voluntary basis.

Computer skills would be an asset.

**Please contact the office on 020 8455 0692
between 10.00am – 4.00pm.**

ISRAEL REPORTING



Message from Orr Shalom

I sit to write this following an evening of orange-coloured delicacies at Ginger – the Vegetarian Community Center in Jerusalem. In honour of autumn we organized an evening based entirely on pumpkin dishes. We found the recipes in the comprehensive recipe bank of the International Vegetarian Union, and the menu was indeed international. We had Thai pumpkin soup with mango juice and peanut butter (decorated with fresh coriander), Colombian pumpkin salad, hot Indian pumpkin curry and Moroccan pumpkin and lentil. For dessert we served pumpkin pie, American style. The richness of vegan foods is so great, and the fruits and vegetables of autumn so varied and tempting, that occasionally I wonder what brings people to put the meat of a slaughtered turkey on their plate. One of our tasks is to expose the public to this amazing richness of plant-based food.

Autumn brought with it not only pumpkins. The Vegetarian Community Center in Jerusalem continues to grow stronger, and the big news of September is that a young woman has begun doing her national service with us. Allow me to present Meital Briar. Meital was an activist at Ginger prior to September. She is vegan, has a deep ecological consciousness and unending energies. She also draws and designs, and is responsible for many of our beautifully designed flyers and invitations. Due to her charismatic presence, her artistic skills and energies, our events are drawing ever larger crowds, and Ginger and its garden are becoming even better cared for. And last but not least, it is now easier to reach us by telephone.



Meital Briar

Toward winter we are focused on two projects which we hope will bring new publics to the idea of vegetarianism. One project is aimed at the Jewish national-religious public. The Jewish tradition is awash with vegetarian voices. The implementation of a series of important Jewish commandments obligates us in these times to move to a plant-based diet. Several of the most

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prominent leaders of the national religious public in Israel (including Rabbi Kook and Rabbi Goren) were vegetarians. Despite this and the idealism characterizing numerous people in this community, the topic of food has remained almost completely outside the moral discussion, and topics such as environmental protection and the prevention of cruelty to animals receive at best a marginal place in this community's current agenda. We hope to bring a change to this unfortunate situation. In cooperation with the *Teva Ivri* ("Hebrew Nature") association, which aims to promote an environmental agenda based on Jewish values, we are initiating a course on food and ethics which is directed at this public. The opening event is planned for Hannukah, after which seven study sessions will be conducted.

Our second project will also be conducted cooperatively, and this time with the Public Committee against Torture in Israel. This project is aimed at the public of human rights activists. This public already has a substantial foothold in values of environmental protection and prevention of cruelty to animals, and has no few vegetarians and vegans. With this, however, there is still room for improvement. The current project will be based on the viewing and discussing of films. Some of the films focus on human rights and others on animals, while others make interesting connections between the two topics.

Noam Mohr, Vice President of the Jewish Vegetarians of North America, recently released statistics which show a decline in the consumption of meat per person in the United States (the data may be found on the internet: <http://animaldeathcount.blogspot.com>). These statistics are most encouraging, and give us hope. However, extensive actions are needed to expand this trend throughout the world and increase it. From cooking evenings to international media campaigns, only the shared efforts of all of us can do this.

Orr Shalom cares for 1300 children at risk who have suffered violence and abuse. You can help change a child's life.

1996 Nati was 13 years old. His father abandoned him when he was born. His step-father beat him when he was a child and his mother committed suicide. Because of his tragic background he is fearful of the world and finds it difficult to cope. But inside he has immense talent and a will to succeed.

2010 Nati is now twenty seven years old. He is a captain in the army and an excellent sportsman and musician. He is about to start university. Nati is extremely confident and contributes greatly to Israeli society.

He is so confident that he has shared his story with you.

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He could not have done it on his own, could not have done it without Orr Shalom and most of all, could not have done it without the kind support of your donations.

Orr Shalom takes children like Nati and helps them to move beyond their tragic pasts. They give them a warm home, a loving family and world-class therapeutic and educational support.

A time for new beginnings and any help you can give other children like Nati to start again, is much appreciated. Please consider making a donation. All funds will go towards the children of Orr Shalom.



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OR COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

NEWS FROM NEAR AND FAR

The following articles were taken from the Australian Natural Health and Vegetarian Life Magazine Spring 2010 originating from various sources.

NICE BROWN RICE

A study by researchers of the Harvard School of Public Health has found that eating five or more servings of white rice per week increases a person's risk for type-2 diabetes. By replacing one-third of a daily serving with brown rice, this would lower the risk by 16% and a substitution in other parts of a diet with whole grains like wheat and barley would reduce the risk by 36%.

Results also showed that eating two or more servings of brown rice a week was also associated with lower risk for developing type-2 diabetes.

This study is the first of its kind because it takes a specific look at white versus brown rice, as well as the nutritional value, benefits and risks of both. The researchers explained that the superiority of brown rice is due to its high fibre and vitamin content. **(Archives of Internal Medicine)**

CUT DOWN ON MEAT TO LOSE WEIGHT

A European study of almost 400,000 adults found that eating meat was linked with weight gain, even in people taking in the same number of calories. The Imperial College London team reported that the strongest association was found with processed meats, such as sausages etc. The study suggests that high-protein diets may not help slimmers in the long run. The findings, published in the American Journal of Clinical Nutrition, also support public health messages advocating cutting down the amount of meat we eat, the researchers said.

The study looked at data from adults taking part in a large project that investigated the link between diet and cancer participants in 10 European countries, including the UK were weighed and measured at the start and then asked to report their weights five years later. Overall, the researchers found that meat consumption was associated with weight gain in both men and women.

The team calculated that in people who ate the same number of calories, an extra 250g of meat a day – equal to a small steak – led to an additional weight gain of 2kg (5lbs) over five years. This counters the theory that diets with high amounts of protein and low amounts of carbohydrate promote weight loss. **(BBC News. July 2010)**

NEWS FROM NEAR AND FAR

UN URGES GLOBAL MOVE TO MEAT-FREE AND DAIRY-FREE DIETS

A global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change, says UN report.

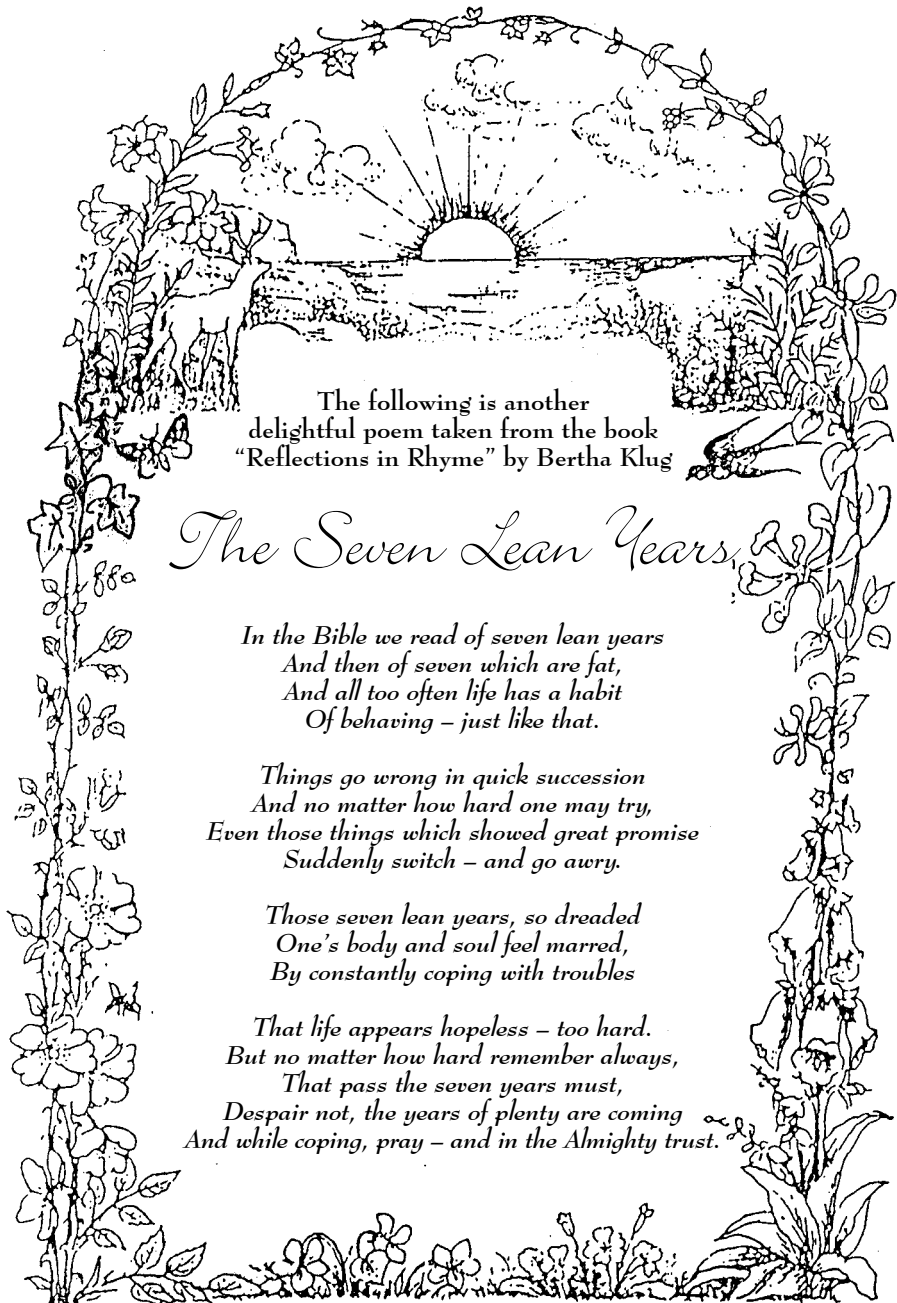
As the global populations surges towards a predicted 9.1 billion people by 2050, Western tastes for diets rich in meat and dairy products are unsustainable, says the report from United Nations. Environment Programme's (UNEP) international panel of sustainable resource management. It says, "Impacts from agriculture are expected to increase substantially due to population growth increasing consumption of animal products. Unlike fossil fuels, it is difficult to look for alternatives, people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from animal products."

The panel of expert ranked products resources, economic activities and transport according to their environmental impacts. Agriculture was on a par with fossil fuel consumption because both rise rapidly with increased economic growth, they said. Both energy and agriculture need to be "decoupled" from economic growth because environmental impacts rise roughly 80% with a doubling of income, the report found.

The panel which drew on numerous studies including the Millennium ecosystem assessment, cites the following pressures on the environment as priorities for governments around the world – climate change, habitat change, wasteful use of nitrogen and phosphorus in fertilisers, over-exploitation of fisheries, forests and other resources, invasive species unsafe drinking water and sanitation, lead exposure urban air pollution and occupational exposure to particulate matter. Agriculture – particularly meat and dairy products – accounts for 70% of global freshwater consumption, 38% of total land use and 19% of the world's greenhouse gas emissions, says the report.

Last year the UN Food and Agriculture Organisation said that global food productions would have to increase by 70% by 2050 to feed the world's surging population. The panel says that efficiency gains in agriculture will be overwhelmed by the expected population growth. **(The Guardian (UK) June 2010)**

POEM



The following is another
delightful poem taken from the book
"Reflections in Rhyme" by Bertha Klug

The Seven Lean Years

*In the Bible we read of seven lean years
And then of seven which are fat,
And all too often life has a habit
Of behaving – just like that.*

*Things go wrong in quick succession
And no matter how hard one may try,
Even those things which showed great promise
Suddenly switch – and go awry.*

*Those seven lean years, so dreaded
One's body and soul feel marred,
By constantly coping with troubles*

*That life appears hopeless – too hard.
But no matter how hard remember always,
That pass the seven years must,
Despair not, the years of plenty are coming
And while coping, pray – and in the Almighty trust.*

CONSUMER CORNER

QUORN AND CAULDRON HAVE JUST RELEASED SOME EXCITING NEW PRODUCTS FOR AUTUMN/WINTER 2010

Quorn: *The new range includes Sweet and Sour Bites, Quorn Fillets in Tomato and Olive Sauce, the Quorn Sausage Lattice, the Quorn Steak and Mushroom Pie and Quorn Tikka Pieces.*

Cauldron: *The new Cauldron Vegetable Jalfrezi and the Cauldron Dhansak are both packed with tasty vegetables, green chillies and fragrant spices.*



With winter just around the corner and many of you turning your attention to winter warmers and comfort food, we thought we would tell you of some of the brand new autumn products from **Quorn™**.

Curry has fast become the nation's favourite food and now it is possible to enjoy the flavours of India without having to visit your local curry house. Ready to eat straight from the pack, the new **Quorn™ Tikka Pieces** use an authentic and tasty Tikka marinade. Eat as a snack, or what could be easier than simply adding some chopped vegetables, crème fraîche and serving with rice or naan bread for a delicious and very quick Indian meal?

A combination of delicious **Quorn™** Steak style pieces and mushroom in a rich sauce, topped with puff pastry, the new **Quorn™ Steak and Mushroom pie** is perfect autumn fare. From fridge to table in just over 20 minutes, this hearty and wholesome pie is an easy meal for one.

The new **Quorn™ Sweet and Sour Bites** contain the most popular flavour of the Orient. Oven ready in just 14 minutes, the bite-sized pieces are coated in a crispy batter and accompanied by a tangy sauce. These tasty morsels are the perfect addition to your party platter.

New **Quorn™ Fillets in Tomato and Olive Sauce** make for a hearty yet healthy meal. Simply oven bake and serve with sweet potato mash and some crunchy greens. The fillets also come in an oven-ready tray, which makes cooking even simpler and leaves you with less washing up!

After the roaring success of the Quorn™ sausage relaunch in the spring, we've created the **Quorn™ Sausage Lattice** – delicious sausages with an onion and herb filling, wrapped in a light and crispy puff pastry.

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As with all Quorn products, they are low in saturated fat and high in protein. They also contain money off coupons that can be used against the new range as well as the 'old' favourites.



AUTHENTIC INDIAN DELIGHTS FROM CAULDRON

May we introduce to you two tempting new additions to the Cauldron family. Now call us pessimists, but summer time in Britain can often be short-lived and we do like to plan ahead. And so, to spice up your autumn/winter meal repertoire, we give you the **Cauldron Vegetable Jalfrezi** and the **Cauldron Dhansak**.

Cauldron Vegetable Jalfrezi – a blend of vegetables with spicy Indian favourites such as turmeric, cumin, black onion and fennel seeds. It's pretty hot with sliced green chillies, all in a delicious tomato and onion sauce.

Cauldron Dhansak – tender red lentils, vegetables and green chillies cooked with a special blend of Bengali spices.

Each 350g curry is perfect with your favourite rice dish or naan bread. Or get both and make your own Indian banquet with pilau rice, vegetable pakora, samsosas and carrot salad.

All Quorn and Cauldron products are available in most Supermarkets, so why not give them a try, you will not be disappointed.



Black Garlic is teaming up with New Product Development departments across the UK and Europe to add a whole new flavour to sauces and now, it appears, chocolate.

The people at Black Garlic have been sampling NPD departments with their wares for the last year. The soft black cloves add a molasses-balsamic sweetness to Tomato based pasta, sauces, stocks etc., but it's versatility has led it to be requested by the makers of supermarket branded Quiches, Pies, Salads and Ready meals. Trials have taken place with an independent chocolate house, and Black Garlic, due to it's fruit like jelly texture and sweetness, has made the perfect partner for dark chocolate.

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Is it possible that we have come across the healthiest sweet you'll eat? An answer to the prayers of Chocoholics across the globe? Dark chocolate is well known for its antioxidants and garlic is one of the most widely used herbs for health so we may have done just that. The products are due to be unveiled for commercial trials at this year's Christmas markets and will hopefully make chocolate something for the healthy to indulge in regularly and knock the 'no choc' rule off the New Years' resolutions list.

Black Garlic Ltd have advocated its use with chocolate from day one with a "Black Garlic and Ginger Dark Chocolate Torte" being just one of the dessert dishes on their recipe section at www.blackgarlic.co.uk

Katy Heath from Black Garlic claims that "Black Garlic has been well received as a sweet snack to be eaten straight from the bulb, we have given out tens of thousands of samples and found the main responses to be that people were shocked, loved the sweet flavour and could not believe it was just aged white Garlic. When asked whether they would eat it as a snack, an overwhelming majority said yes and when tested on the under 10's, more than half happily accepted the product as a jelly sweet. We are very excited about the trials of Dark Chocolate Black Garlic, the product is a great sweet and has all the goodness of white garlic and then some, as the ageing process increases, it's natural antioxidant count, by 100%".



**GOODY
GOOD
STUFF**
**Giving
sweets a good name!**

Goody Good Stuff – a new range of supreme tasting gummy sweets has arrived in UK shops – and has set its sights on giving sweets a good name.

Offering something unique to the sweet world, the range is made using the highest quality ingredients including fruit and vegetable extracts and a special plant based gelling agent to provide a delicious tasting treat which can be enjoyed by all.

Perfect for all food allergy sufferers, vegetarians and those who follow a kosher or halal diet, the range lacks nothing in the taste department and is the perfect choice – sweet lovers with specific dietary requirements and

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parents looking for allergen free treats to reward their kids.

With all 8 varieties approved by the Vegetarian Society and 4 approved by the Vegan Society, the **Goody Good Stuff** range contains no artificial E numbers or FDC colours and is nut, egg, soy, fat, dairy and gluten free meaning no one needs to miss out on a terrifically tasty delight!

Available in 8 funky flavours including Cheery Cherries, Strawberry and Cream, Cola Breeze, Sour Fruit Salad, Tropical Fruit, Koala Gummy Bears, Summer Peaches and Sour Mix and Match, the range is available in Holland & Barrett, Boots Supermarkets and Planet Organic in 100g snack packs with an RRP of between £0.99 – 1.99.

Goody Good Stuff Director Melissa Burton comments: “Up to this point, there has been a real lack of choice for sweet treats which are suitable for the vegetarian, kosher, halal and food intolerant consumer. With the launch of **Goody Good Stuff**, there is now a “naturally delicious” alternative which caters for these specialty diets and tastes great. We are delighted to be able to offer something that can be shared by everyone. You can give our product to a classroom of children and **NO ONE** will be forced to miss out!”



SMART SNACKING WITH NEW NO-NO MEDITERRANEAN STYLE SUNDRIED TOMATO & BASIL FLAVOUR FLATBREADS

Snacking in between meals is a good way to keep energy levels up, however many healthy, fat-free options lack the flavour required to tickle the taste buds – say “NO” to boring snacks with the new NO-NO Mediterranean Style Sundried Tomato & Basil Flavour Flatbreads. With only 35 calories and less than 1g of fat per flatbread, this Italian-inspired flavour wheat cracker proves it is possible to enjoy a healthy snack.

With no added sugar, preservatives or additives new NO-NO Mediterranean Style Sundried Tomato & Basil Flavour Flatbreads make the perfect, guilt-free snack that can be eaten on its own, with dips and toppings, with a delicious soup or as part of a main meal.

The NO-NO range of American style flatbreads, made in New York State using the finest ingredients and traditional recipes, are available in a selection of savoury flavours including Sesame Seed Topped, Mixed Seed Topped,

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Italian Herb Topped and Hot 'N' Spicy Topped flavours. The range have an RRP of £1.99 for a 130g pack containing approximately 15 flatbreads per pack and are available in the savoury biscuit sections of Asda, Sainsbury's, Tesco and Waitrose stores.



SUMMER HAS GONE BUT TRUST FRAE TO HEAT THINGS UP AGAIN WITH ITS NEW HOT WINTER TOPPINGS.

To celebrate the season change, **FRAE** has added a selection of hot winter toppings to complement its frozen yogurt and take the edge of those chilly London days! **Available from early November**, the menu includes **rhubarb crumble**, **apple crumble**, **cherry pie**, **stewed cinnamon apple** and **blueberry compote**.

FRAE Notting Hill opened in July this year, a welcome addition to its other branch in Islington. Both stores have built a loyal following and **FRAE'S 100% fat free organic frozen yogurt** continues to appeal to those looking for a healthy, low calorie snack.

Swirled in its simplest, healthiest and most natural form, **FRAE** comes in three flavours: Natural, Green Tea and a Seasonal Special. The yogurt comes fresh from the farm, and no additional additives or preservatives are added. A small **FRAE** contains just 83 calories and the yogurt is packed full of live pro-biotics and active cultures. **FRAE** also offers a full range of blended frozen yogurt smoothies and organic, fair-trade coffee.

With their carefully selected music playlists, vintage Tom Dixon furniture and Original BTC lighting, **FRAE stores have a unique atmosphere which has attracted a large celebrity following, including Sienna Miller, Reggie Yates and Ruby Wax.**

FRAE Islington – 11am till 10pm, 7 days a week

FRAE Notting Hill – 11am till Midnight, 7 days a week

www.frae.co.uk

FRAE Notting Hill: Nearest tube: Notting Hill Gate

47 Notting Hill Gate

Notting Hill, W11 3JS

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FRAE Islington: Nearest tube: Angel

27 Camden Passage
Angel, Islington, N1 8EA

About FRAE

FRAE means "from" in old Scots, which attests to the fact that **FRAE** cares about origins and where food comes from. It cares about the grass roots of the product and what goes into it before being served to its customers.

FRAE's yogurt is delivered fresh to its stores and nothing is added to it along the way: it is quite simply frozen and swirled.

As a company, **FRAE** embraces eco-friendly practices and try's to do its bit by using bio-degradable packaging and spoons. It also re-cycles as much waste as possible.

HAND-MADE AUSTRALIAN CHRISTMAS PUDDINGS FROM PUDDING LANE



From an inherited prize-winning family recipe, **Pudding Lane** award-winning Christmas puddings are proudly hand-made in Australia with the finest quality fruit selected from Australia's pasturelands and well sourced fresh ingredients; fresh free range eggs, fresh butter, fresh breadcrumbs (crumbed by hand), flour, sugar from Australia's tropical north, spices and the finest brandy, matured in American Oak, from the world famous Barossa Valley wine region of South Australia.



The following are three delicious puddings:

(1) Classic Christmas – Australia's finest handmade prize-winning Christmas pudding – £10.35 for 500g, £16.88 for 1kg

(2) Date & Toffee Log – a delicious sticky date texture with luxurious toffee liqueur – £10.35 for 500g, £12.40 for 1kg

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(3) Australian Macadamia Nuts and Barossa Valley Brandy

– Organic Macadamia Nuts, finest matured in oak Brandy and some gourmet magic – £10.80 for 500g, £17.10 for 1kg

Food miles and the environment

To quote Michael Pudding – Pudding Lane:

‘In Australia we talk about “paddock to plate”, (field to fork) but the meaning is the same, no matter where in the world you are, most people want to know what food companies like Pudding Lane are doing to help and minimize their impact on the natural Environment.

Pudding Lane has a unique handmade method that has been unchanged for 100 years or more. Unlike most other pudding manufacturers, who ship all their many ingredients from the corners of the world, we use only locally sourced ingredients, and so, even though our puddings come from Australia, ours create far fewer food miles and energy waste than a pudding that is made in the UK.

We have based our reputation for quality on the “boiled-in-the-cloth” method. That is, we select the finest ingredients, local, combine these ingredients by hand, including fresh bread (from a local bakery that we hand-crumb) add the “wet-mix” of fresh butter, fresh Free Range eggs (hand cracked), Brandy and then hand-mix the mixture. This pudding mixture is then hand-weighed with spoons into lined boiling cloths. The cloths are actually “squares” of unbleached calico and are reused over and over to make many hundreds of puddings. If the calico square develops a small hole, then we cut it down neatly to make another (smaller) size of pudding and so the process continues. The puddings are hand-tied with twine, then cooked (boiled) in (gas fired) “coppers” before being hung, again by hand, individually on a line to age and mature in advance for Christmas. When the puddings have been hung and dried we then take them off the line, cut them out of the cloth, dress them in plain cotton fabric to sell and the only disposable part of our pudding making process is a short piece of cotton twine used to tie the pudding cloth up with prior to cooking. The puddings are packaged in cartons made from 100% recycled material and dispatched.

In this way, we do not use any automated processes, no production lines, no electric steam ovens (in fact we don’t even have a conventional oven in our pudding kitchen), we do not use plastic basins, plastic bowls or moulds

CONSUMER CORNER

to shape the puddings, each and every pudding is different, only the same supreme moist taste is the same – but each and every pudding is unique!

Many people who know our method and also who visit our pudding kitchen are amazed at the level of detail, at the hand-made method, the hard work, but also that we can make many many tonnes of puddings every year – but each and every one, without ever changing the method and almost no machinery whatsoever, is made individually by hand.

These days however, we are less accidental in our philosophy of the environment. We have a practical commitment to community involvement and make sure that our ingredients are; fresh and local. We just make traditional Christmas puddings in the old-fashioned (environmental) way.'

Michael Pudding. Pudding Lane.



WHAT'S ON DIARY

LONDON VEGANS' DIARY

The following events may be of interest to vegans and sympathizers in the London area, and where known, the organizer is indicated in the bottom let of each entry.

5TH DECEMBER 2010

Kensington Town Hall. Hornton St. Kensington W8 7NX

Animal Aid's 18th Christmas Fayre is in central London and is packed with gifts to buy and delicious food, plus talks by well-known speakers and a children's play area. The huge range of cruelty-free items on offer means that you can do all your shopping in one place, and banish your hunger with many vegan campaign caterers, probably including Veggies.

Organiser: Animal Aid (Contact Colin) E-Mail: colin@animalaid.org.uk

WHAT'S ON DIARY

12th DECEMBER 2010

TIBITS

**12-14. Heddon Street.
Off Regent Street. W1B 4DA**

London Vegans '2nd Sunday' lunch: Tibits vegetarian restaurant. NO NEED TO BOOK. All welcome. Reserved seating for 15 people downstairs on the left hand side. Please be on time or you may need to sit elsewhere, as reserved seating can only be held for a short time. Tibits is a buffet restaurant where you pay according to the weight of the food on your place. PLEASE ENSURE YOU ONLY CHOOSE THE VEGAN OPTION as we are a vegan group.

Organiser: London Vegans (Jointly with Veg-London group) Contact Brian. E-mail lv.bookings@londonvegans.org.uk

17th DECEMBER 2010

London Vegans Xmas Meal.

There is a possibility of a new venue for this year's Xmas meal.

Contact Brian in November for venue and to book your place. E-mail lv.bookings@londonvegans.org.uk

LONDON VEGANS OFFICE

7 DEANSBROOK ROAD, EDGWARE. MIDDX. HA8 9BE

London Vegans Quarterly Mailing Session (Edgware Middx)

Please help to get the London Vegan mailing out, by collating, stapling, stuffing and sticking, and various other office jobs. Refreshments provided and out-of-pocket expenses can be reclaimed. Stay for as long or as short a time as you wish within the time frame. However, please phone/email to let us know when you are coming. (1st Sunday of every calendar quarter)

Organiser: London Vegans Contact Peter Despard. Tel: 07968 804658. E-mail lv.subscriptions@londonvegans.org.uk

WHAT'S ON DIARY

A HANUKKAH PROJECT: DANIEL LIBESKIND'S LINE OF FIRE

Opens at The Jewish Museum New York on November 19

New York, NY – The Jewish Museum will present *A Hanukkah Project: Daniel Libeskind's Line of Fire* from November 19, 2010 through January 30, 2011. Daniel Libeskind, an international figure in architecture and urban design, has created a bold and dramatic installation featuring 40 Hanukkah lamps from the Museum's renowned collection.

Focused on the central ritual of Hanukkah – the kindling of flames in commemoration of an ancient victory for religious freedom – Libeskind's design interprets Hanukkah through an evocative metaphor for the spiritual power of fire. The Line of Fire, a jagged structure in brilliant red that diagonally bisects the gallery, serves as a pedestal for the Hanukkah lamps, and symbolizes the flames of the lamps lit on the holiday. The irregular lines and angles of the Line of Fire are a recurring feature in Libeskind's work, where they often signify the continuity of Jewish existence through sudden changes in circumstances, some of them catastrophic. *A Hanukkah Project: Daniel Libeskind's Line of Fire* also includes five quotations by poets and philosophers such as Emily Dickinson and Jacques Derrida.

The selection of Hanukkah lamps exemplifies the diversity of the Museum's collection, from an 18th century work made from the helmet shield of a Hessian soldier who fought in the American Revolution, to a 19th century East European silver menorah that was lit by President George W. Bush at the White House, to Karim Rashid's 2004 *Menoramorph*, made from neon green silicon. Also on view is a 1985 Hanukkah lamp by noted architect Richard Meier, who fashioned each candleholder into an architectural representation from significant moments of persecution in Jewish history. Lamps from Austria, Germany, Iraq, Israel, Italy, Morocco, Netherlands, Poland, Russia, Ukraine, and the United States are included ranging from the 17th to the 21st century.

Daniel Libeskind is one of the most important architects working today, celebrated for his ability to infuse innovative design with a strong sense of memory and history. He has designed a multitude of structures, from museums and concert halls to convention centers and universities. His projects include the Jewish museums in Berlin, San Francisco and Denmark, as well as the master plan for the World Trade Center.

WHAT'S ON DIARY

Mr. Libeskind worked with Jewish Museum Curator of Archaeology and Judaica, Susan L. Braunstein, a leading authority on Hanukkah lamps, to create the exhibition. *A Hanukkah Project: Daniel Libeskind's Line of Fire* is presented as part of *Light x Eight: Hanukkah 2010 at The Jewish Museum*, a new, annual, eight-day celebration of the holiday featuring eclectic music, family festivities, provocative talk and more. More information about *Light x Eight* may be obtained by visiting the Museum's web site at <http://www.TheJewishMuseum.org/Hanukkah2010>.

The festival of Hanukkah commemorates an ancient victory for religious freedom – the liberation and reestablishment of Jewish worship in the Temple in Jerusalem in 164 BCE. According to legend, a miracle occurred as the Jews gave thanks for divine intervention. A one-day supply of consecrated oil necessary for worship burned for the entire eight-day celebration. One of the most popular and beloved Jewish ceremonial objects, the Hanukkah lamp has evolved over the centuries for the kindling of lights during the eight nights of Hanukkah. The Jewish Museum's collection of Hanukkah lamps reflects the multitude of places where Jews have lived and flourished, as they often incorporate local styles and motifs. The design and history of each lamp speak to a complex interaction of political events, Jewish law, artistic expression, and personal experience. The millennia-old tradition of kindling the festival lights on a winter's evening continues to have profound meaning around the world as a celebration of freedom and miracles.

Hanukkah begins at sundown on Wednesday, December 1, and continues until sundown on Thursday, December 9, 2010.

This exhibition has been made possible by the Barbara S. Horowitz Contemporary Art Fund.

Widely admired for its exhibitions and educational programme that inspire people of all backgrounds, The Jewish Museum is the preeminent United States institution exploring the intersection of 4,000 years of art and Jewish culture. The Jewish Museum was established in 1904, when Judge Mayer Sulzberger donated 26 ceremonial art objects to The Jewish Theological Seminary of America as the core of a museum collection. Today, the Museum maintains an important collection of 26,000 objects—paintings, sculpture, works on paper, photographs, archaeological artifacts, ceremonial objects, and broadcast media.

WHAT'S ON DIARY

General Information

Museum hours are Saturday, Sunday, Monday, and Tuesday, 11am to 5:45pm; Thursday, 11am to 8pm; and Friday, 11am to 4pm. Museum admission is \$12.00 for adults, \$10.00 for senior citizens, \$7.50 for students, free for children under 12 and Jewish Museum members. Admission is free on Saturdays. For general information on The Jewish Museum, the public may visit the Museum's website at <http://www.thejewishmuseum.org> or call 212.423.3200. The Jewish Museum is located at 1109 Fifth Avenue at 92nd Street, Manhattan.



IMPORTANT – AMERICAN & CANADIAN MEMBERS

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.



We have a number of Badges and Rubber Stamps with the 'V' sign – available at £1 for the pair, which includes postage.

Contact the office regarding payment.



This is the Universal Symbol for Vegetarianism.

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

A TERRIBLE HANGOVER

A TERRIBLE HANGOVER

By Derrick Cohen

The church was full to capacity, the sounds from the organ echoing through the air. It should have been the happiest day of his life, but Billy was a miserable as sin. His bride was now 1 hour late and to top it all the best man had failed to turn up. Even the guests were getting impatient and were muttering to each other. For Billy this was his last chance! Tracey had threatened to kill him if he let her down again. After 15 years of being engaged and being jilted three times at the alter she had laid the law down. "If you don't turn up" she cried "it will be your lot, we are finished!" But all this waiting was getting on Billy's wick and what with him having to do the best man's duties he was ready to throw in the towel. Why get married at all? He was quite happy to carry on in the same way for another 15 years! Then he snapped and rushed over to the vicar, telling him that he would be found at the café across the road, having a sandwich and a cup of tea and would they call him when his darling bride arrived.

With that he stormed out of the church to the knowing looks of all the guests. Sitting in the corner of the restaurant dressed in his finery with all eyes on him, he clearly reflected on this day that had gone completely cuckoo. He had awakened in half drunken stupor, his head feeling as if it was relentlessly pounded by a battering ram. The hands on his bedroom clock appeared to say 10 to 6 it was much too early to get up so he turned over and went back to sleep. Minutes later he was in a panic. It was never this light at 6.00am in the middle of winter, and then he realized it was actually 10.30 am and the alarm bells had started ringing. Today he was getting married and the best man should have been round at 9.00am. He had tried to focus on the day ahead but his mind was full of the night before or as much as he could remember. That really had been some stag night. He and his mates had certainly painted the town red. Goodness knows how many drinks they had consumed. He could hardly remember the watering holes they had visited or how he had finished up in bed.

He had tried to collect his thoughts as he showered wondering where the devil his best man was. Time was running out and there were all those duties to attend to. Then he remembered Tom had sauntered off with some girl for the night, goodness knows when he would turn up. Just then the phone rang, he half expected it to be Tracey reminding him of his fate, but it was Tom phoning from the hospital. He had gone back to the girl's flat and just

A TERRIBLE HANGOVER

when they were getting to know each other better, her boyfriend had caught them and smashed his face in. He would do his best to be at the wedding, but definitely wasn't fit enough for duties. Now Billy was in trouble. He tried phoning a few other mates, but none had sobered up. There was only one thing to be done, he has to be his own best man and attend to all those duties.

This then had been his perfect day! No wonder he was so miserable. He finished his sandwich and made to leave the café. Better to get it over and done with! He could hear the sound of fire engines and rushed out to find the church burning down and he was suddenly screaming "Don't let the church burn down I'm getting married – Tracey will murder me if I don't turn up."

Then he stopped. Hey I am not Billy I'm Chaim and the chuppah is in the synagogue, what am I doing in a Catholic Church? Suddenly a little voice could be heard saying "Chaim, time to get up it is your wedding day today. The best man will soon be around, you'll have to go to shul for morning prayers, then to the MIKVAH to purify yourself and confess your sins". Chaim looked up at his mother and said "Mum I had only one drink at the aufruf yesterday and I can't tell you what a hangover it has given me, have I got a headache and I have had the most terrible dream! I almost married a Catholic!"

Billy-Chaim whoever you are, try taking aspirins, and Mazeltov on your big day!



VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.

Please go to www.jewishveg.com/jewishvegleaflet3.pdf and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

NATIONAL ANTI-VIVISECTION SOCIETY



THE NATIONAL ANTI-VIVISECTION SOCIETY UNCOVERS FIGURES THAT SHOW THE UK IS THE BIGGEST USER OF PRIMATES IN THE EU.

The National Anti-Vivisection Society (NAVS) has welcomed the recent publication by the European Commission of its Sixth Statistical Report on the numbers of animals used in EU laboratories in 2008, the purpose of which ultimately allows analysis of trends in animal experiments and a direct comparison of the efforts of individual Member States to replace animal testing.

On closer inspection however, it has become apparent that the UK can claim the dubious title of the biggest user of primates in Europe.

Jan Creamer, Chief Executive of the NAVS said: "On publication of animal testing results we carefully analyse the data. Having researched the statistics we find it disgraceful that while the rest of Europe decreases its primate testing, the UK carries on regardless, and in some instances is even increasing species use."

In the UK, the use of primates has increased by 7.6% (from 3115 to 3354) between 2005 – 2008, while it has dropped overall in the rest of Europe by 8.4%, as other member states have decreased their use.

The NAVS has analysed the 2009 UK figures separately and established that 2815 primates were used so there has been a slight reduction. However, the use of marmosets and tamarins increased from 262 in 2008 to 498 in 2009, so almost double the previous year's figure.

"These UK statistics are a national disgrace and shocking indictment of the animal testing industry in the UK," Jan said "They clearly show that the UK does not compare well with the rest of Europe, and that our so-called "strict regulation" has not protected animals.

"Countries such as Belgium, Holland, Austria and even France, previously one of the worst offenders, have all dramatically decreased their use of primates, some by as much as 100 per cent, while the UK continues to buck the trend."

The figures show that it remains far too easy to kill animals in painful tests in the UK, including shocking abuse of non-human primates who have a capacity to suffer very similar to humans.

NATIONAL ANTI-VIVISECTION SOCIETY

As part of its investigation, The National Anti-Vivisection Society also established that some of the EU statistics contained within the report did not add up, prior to discovering that the European Commission has now removed the report from the website while it attempts to remedy the situation.

For instance, the Commission declared that the use of New World monkeys had decreased by a huge 73%. However, the numbers actually indicated that their use had only dropped by 42% (from 1564 in 2005 to 904 in 2008).

According to the original Report, a jump from 677 animals in 2005 to 1261 animals in 2008 was a mere 46% increase, but it was in fact an 86% increase, therefore almost twice as much as stated.

In addition, the use of animals in the category 'other carnivores' was said to have decreased by an astonishing 205%, which was a mathematically impossible statistic since the maximum possible percentage decrease was 100%. The actual decrease was in fact a more modest 67.25% (from 8711 animals in 2005 to 2853 animals in 2008).

"We found it deeply worrying that some of the other Commission figures on the use of living animals were so poor, considering the severity of the suffering caused to animals, and the importance of this kind of data to control animal use," Jan said "For the sake of all animals that are currently suffering within laboratories throughout Europe, we sincerely hope that the Commission is working hard to correct these inaccuracies, as this report directly hold individual EU Member States accountable for every single animal that they use, so its contents are of paramount importance."

The Home Office will have the next couple of years to transpose the new Directive 2010/63/EU on the use of animals in experiments. This provides the new Coalition Government with the ideal opportunity to fulfil their pre-election commitment to decrease the use of animals, and show a determination to replace animal use with advanced, non-animal techniques.

Article 54 of the Directive will oblige Member States to report annually to the Commission, as opposed to biannually, which will permit a more precise monitoring of the trends at a European level. In light of the lackadaisical approach to the statistics, the NAVS feel that this factor is clearly an improvement.

NATIONAL ANTI-VIVISECTION SOCIETY

The National Anti-Vivisection Society (NAVS), founded in 1875, is the world's premier group campaigning for an end to cruel and futile experiments on animals. Through its department, the Lord Dowding Fund for Humane Research, NAVS sponsors non-animal scientific and medical research; annual grants awarded are in the region of £300,000 per annum.

In 2005, Belgium used 449 primates, in 2008 they used 41, so a 90% decrease in use. In 2005, France, previously one of the worst offenders used 3789 primates. In 2008 they used 2748, so a 27% decrease. In 2005 Holland used 327 primates, in 2008 they used 155, so a decrease of 53%. In 2005 Austria used 56 primates, in 2008 they used zero, so a decrease of 100%. In 2005, the UK used 3115 primates, in 2008 they used 3354, so an increase of nearly 8% and bucking the trend.

The second highest primate testing EU country was France with 2748 animals, followed by Germany with 2263.

The old directive on animal testing (Directive 86/609/EEC, being replaced by Directive 2010/63/EU), says that the Commission must produce a statistical report "at intervals not exceeding three years", therefore the Commission usually publishes a report every couple of years. The new directive will make these reports annual.



VEGA

The following three recipes were sent to us and created by Rita Bloomberg.

FRUIT CAKE *Makes 1 large cake*

Ingredients

1lb plain flour (8oz wholemeal, 8oz white) 6 tsp baking powder; 7oz walnuts, ground or chopped; 14oz raisins; 7oz olive oil; 14fl oz water; 3 tbsps molasses

Preparation

Mix flour, baking powder, walnuts, water and oil thoroughly. Add raisins and molasses and mix well. Spoon into a greased and lined large round cake tin. Bake for approximately 1 hour at 160°C.

VEGA

FESTIVE ROAST

Serves 4

Ingredients

225g/8oz finely ground cashew nuts; 115g/4oz wholemeal breadcrumbs; 1 medium onion, finely chopped; 2 cloves garlic, finely chopped; 1 tbsp vegetable or olive oil; 2 tbsp soya flour mixed with a little water; 1 tsp mixed herbs; 1 tsp reduced-sodium yeast extract, Vecon or Marmite, dissolved in 120ml/¼ pint of boiling water; reduced-sodium salt and freshly ground black pepper

Preparation

Fry onion and garlic in the oil until soft. Place all ingredients in a large bowl and mix well. Grease or line a 1lb loaf tin with greaseproof paper and spoon in the mixture. Cover with foil and bake at Gas Mark 4/350°F/180°C for 1 hour. This loaf can be prepared in advance and frozen uncooked. Thaw overnight in the fridge. For a special occasion the roast could contain layers of mushrooms and chopped cooked spinach

VEGETABLE & LENTIL SOUP/RAGOUT/STEW

Serves 6

Ingredients

3 tbsp olive oil; 2 medium onions, chopped; 1 leek, sliced and washed; 3-4 potatoes, peeled and chopped; 3 carrots, sliced; broccoli, about 10 florets; seaweed, eg: nori – 1cm strip cut up into pieces; 200g/7oz red lentils, rinsed; 100g/3½oz pot barley; 1 tsp of vegetarian stock powder; ½ tsp cumin; ½ tsp coriander; 1 tin of chopped tomatoes; 1 rounded tsp reduced-sodium yeast extract (e.g. Marmite);

Preparation

Warm olive oil on base of large saucepan. Add ground cumin and coriander to olive oil and cook for 1 minute. Add vegetables to olive oil and sauté for 2-3 minutes. Put 1 teaspoonful of stock powder in a jug and add 1 litre of boiling water. Add red lentils, pot barley and seaweed to contents of pan. Pour stock powder and water onto contents of pan and cook for 20 minutes, stirring to prevent red lentils sticking. Dissolve 1 rounded teaspoon yeast extract into the soup. Shredded green cabbage may be added after the mixture has been cooking for 10 minutes if required.

COOKERY CORNER



Denise Phillips

Delicious Chanukah Recipes from Denise

CHEESE PANCAKES

In my family we tend to get together for Chanukah tea, light the candles and exchange gifts and these cheese pancakes are perfect with a cup of tea. They make a pleasant change from latkes. Chanukah re tells the story of the miracle of the oil in the Temple during the times of the Greek /Syrian empire.

The oil miraculously lasted 8 days instead of one and fried food has subsequently become symbolic at this festival.

Lighting the Chanukah Menorah also acts as a symbol and message of the triumph of freedom over oppression, of spirit over matter, of light over darkness.

These sweet cheese pancakes taste delicious with apple sauce, honey or sour cream.

Preparation Time: 15 minutes Cooking Time: 15 minutes

Makes: 20

Ingredients:

3 eggs

100ml milk

225g cottage cheese

150g plain flour

1 teaspoon baking powder

½ teaspoon salt

2 tablespoons sugar

1 teaspoon vanilla essence

4 tablespoons vegetable oil – for frying



Method

1. Place all the ingredients except oil together in a food mixer and whiz together until smooth.

COOKERY CORNER

2. Heat 2 tablespoons of oil in a large frying pan. Using a large spoon, drop the batter into the hot oil. Fry 2 to 3 minutes on each side, until lightly browned. Continue until batter is used up, adding oil when necessary.
3. Place the cooked pancakes on absorbent kitchen paper to soak up any excess oil.
4. Heat the oven to 200 C/400F/ Gas mark 6. Place the cheese pancake on a tray lined with baking parchment paper. Re heat in the oven for a maximum of 10 minutes before serving.

To serve the stylish way: Top with sour cream, applesauce, honey or maple syrup.

CRUNCHY LEEK AND POTATO GRATIN **Served with a fennel and orange salad**

I love the combination of this delicious vegetarian dish; leeks, red onion and spinach with a sliced potato and walnut topping. It is also ideal for those on a gluten free diet. Served with the orange and fennel salad it makes a complete meal.

When preparing leeks, ensure that you trim the root end and coarse top. The easiest way to clean leeks is to slit them lengthways and rinse under cold running water to remove any grit.

I used the food processor to slice the potatoes which certainly put some speed into its creation and if time is of the essence you can cook it in advance and reheat later. The salad brings both colour and texture to the dish and requires no last minute adjustments so that serving is a breeze!

This recipe is perfect for lunch or supper and will freeze.

Preparation Time: 25 minutes **Cooking Time:** 50 minutes

Serves: 6

Ingredients

- 3 leeks – trimmed and sliced
- 1 red onion – peeled and sliced
- 250g leaf spinach – cooked and well drained
- 900g potatoes – finely sliced
- 3 cloves garlic – peeled and finely chopped

COOKERY CORNER

2cm root ginger – peeled and finely chopped
 100ml vegetable stock
 50ml double cream
 Salt and freshly ground black pepper

For the topping

25g Parmesan cheese – grated
 50g walnuts – roughly chopped

For the Salad

4 oranges – peeled and cut into segments
 1 orange pepper – roughly chopped
 2 fennel bulbs – roughly chopped
 4 tablespoons olive oil
 1 teaspoon honey
 Salt and freshly ground black pepper



Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Place half of the sliced leeks and half of the sliced potato into a large casserole dish. Add onion, cooked spinach and season with the garlic, ginger and salt and freshly ground black pepper.
- 3) Layer another row of the sliced leek and sliced potato so that the potato is on top.
- 4) Pour over the vegetable stock and cream. Season again and bake in the pre-heated oven for 40 minutes.
- 5) Remove the gratin from the oven and sprinkle over the grated Parmesan and chopped walnuts.
- 6) Return the dish to the oven for a final 10 minutes or until the potato is cooked.
- 7) Mix the olive oil and honey together. Place the orange segments, orange pepper and fennel in a salad bowl.
- 8) Dress the salad just before serving.

To serve the stylish way: Slice a portion of gratin onto a large plate with a portion of orange and fennel salad to the side.

COOKERY CORNER

PARTY TIME!

I prefer a selection of canapés handed round or displayed ‘buffet style’ to a sit down meal any time as it is more sociable and allows you to mingle with the crowd far more freely. Drink parties / gatherings can often be a last minute event so I have put together some quick and easy canapés that will give you plenty of time to enjoy the occasion. The supermarket shelves are full ready made canapés so my recipes are designed to compliment your bought assortment.

I suggest you heat up a large pan of mulled wine – it always goes down a treat and makes serving a pleasure! You can buy sachets of mulled wine spices (Schwartz) and all you have to do is add red wine, Brandy, sugar and fruit juice.

When making canapés try and make them simple, small dainty and neat creations that is one –bite size. If possible try and colour co-ordinate them with matching plates. Little touches like flowers and candles in the room and on the plates with enhance the atmosphere of the party. As a useful guide, for a canapés served in place of a meal, allow 14 pieces per guest and choose either 7 or 14 different variety of canapé.

MELTED CAMEMBERT WITH NUTS

If you want to add a twist to your cheese board this is the recipe for you! It will also work well with Brie.

Ingredients

- 1 large Camembert – wrapper removed
- 40g mixed chopped nuts – A selection of pistachio, almonds, pine nuts pecans or walnuts.
- 1 loaf of ciabatta bread or flavoured bread of your choice – warmed and cut into strips
- 100g asparagus spears – cooked
- 100g sugar snaps – trimmed
- 1 apple – cut into wedges



COOKERY CORNER

Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Mixed the nuts together and place on top of the whole cheese. Put the cheese on a lined baking tray.
- 3) Bake for 5 minutes or until the cheese starts to melt and the nuts to roast.

To serve the stylish way: Place the semi-melted cheese on to a large serving plate surrounded by strips of bread, apple, asparagus and sugar snaps.

RUM AND RAISIN FRITTERS

Chanukah would not be the same without a latkes and donuts. This recipe is a really good addition. The mixture is made with flour, yeast and raisins and deep fried like a donut. It is flavoured with orange and lemon zest and a little brandy and finally dipped into caster sugar to create something that is absolutely divine and a must for all donut lovers. The brandy not only enhances the flavour but helps to reduce the amount of oil absorbed during cooking.

These are just perfect to enjoy after lighting the Chanukah candles when the whole family are around. There is a delightful custom for women that they should not do any form of work for the half an hour while the candles are burning. A custom well- worth remembering!

Preparation Time: 35 minutes plus 1 hour to rise Cooking Time: 20 minutes Makes: 35 Parev Will Freeze

Ingredients

- 600g plain flour
- 2 sachets dried yeast
- 2 eggs – lightly beaten
- 40g caster sugar
- 50 ml rum
- 50g raisins soaked in the rum
- 2 teaspoons zest of lemon and orange
- Pinch of nutmeg
- Pinch of salt
- 1 teaspoon vanilla sugar



COOKERY CORNER

1 tablespoon vegetable oil – to grease bowl
Vegetable oil – for frying
Caster sugar – for dusting

Method

1. Mix the beaten eggs, sugar, rum, lemon and orange zest, rum, nutmeg and vanilla sugar and blend well.
2. Add the flour, yeast, raisins soaked in rum, pinch of salt and mix well so the dough has a medium thick texture. Add a little warm water if the mixture is too stiff.
3. Using a dough hook attachment for the mixer or a wooden spoon by hand, mix the dough until it becomes smooth and glossy.
4. Grease a bowl with vegetable oil and transfer dough. Cover with cling film and leave to rise in a warm place for 1 hour.
5. Using a deep –fat fryer or a deep frying pan, heat the vegetable oil so that it is hot.
6. With wet hands, take a tablespoon size amount of dough and roll into a ball. Carefully drop the dough into the hot oil. Do not put too many in at once as it reduces the heat temperature.
7. Turn the fritters after 3 minutes. Transfer to a plate lined with kitchen paper. Either eat immediately or to keep hot, place in the oven on 180 C/200°F/ Gas mark 6 for a maximum of 10 minutes.

To serve the stylish way: *Serve hot sprinkled with caster sugar.*

TUSCAN BEAN SOUP

There are lots of versions of this wonderful Italian soup with garlic crostini and my recipes uses cannellini beans, leeks, cabbage and good olive oil. It is a thick soup with a delicious mix of both fresh vegetables and beans. Should you make it in advance slightly undercook the vegetables so that they retain the bright colour and al dente texture.

Top with the garlic crostini for a truly Italian final touch.

Preparation Time: 20 minutes **Cooking Time:** 35 minutes

Serves: 6 people

COOKERY CORNER

Ingredients

- 4 tablespoons olive oil
- 2 onions – peeled and roughly chopped
- 3 leeks – roughly chopped
- 1 large potato – peeled and cubed
- 4 cloves garlic – peeled and finely chopped
- 1.5 litres vegetable stock
- 2 tins cannellini beans – drained but reserve the liquid
- 175g Savoy cabbage – shredded
- 4 tablespoons flat parsley – chopped
- 3 tablespoons fresh oregano – chopped
- 75g Parmesan cheese – shaved
- Salt and freshly ground black pepper

Parmesan Crostini

- 2-3 tablespoons extra virgin olive oil
- 6 rounds of thick bread
- 2 garlic cloves – peeled and crushed
- 150g Parmesan Cheese – grated



Method

- 1) Heat the olive oil in a large saucepan and sauté the onions, leeks, potato and garlic for 5 minutes.
- 2) Pour in the stock and reserved bean liquid. Cover and simmer for 15 minutes.
- 3) Stir in the cabbage and beans and half of the herbs.
- 4) Season with salt and freshly ground black pepper and cook for a further 10 minutes.
- 5) Spoon about one third of the soup into a liquidiser or blender and process until fairly smooth. Return to the pan and heat through. Check seasoning.
- 6) Pre-heat the oven to 200 C/ 400 F/ Gas mark 6.
- 7) Drizzle a little oil on each round of crostini. Rub both sides with garlic and sprinkle over Parmesan cheese. Bake until brown. This will take about 10 minutes.

To serve the stylish way: Ladle the soup into bowls and sprinkle with the remaining herbs and the Parmesan shavings. Drizzle with a little extra virgin olive oil and serve with the garlic crostini.

COOKERY CORNER



LEARN TO COOK – THE STYLISH WAY



Book a date in your diary and make time for yourself. These comprehensive “hands-on” classes, presented in my trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make. So go and benefit from some great new food ideas. Choose from:

Sunday 5th December
Wednesday 8th December
Thursday 9th December

Winter Entertaining
Sephardi Favourites
Vegetarian Mediterranean

Wed 26th January
Thur 27th or Sun 30th Jan

Creative Baking
Shabbat Lunch

Venue: 2 The Broadwalk, Northwood, Middlesex HA6 2XD

Time: 10.00am – 1.30pm: Weekday/Sunday 6.00pm – 10.00pm

Cost: £60 per class. All materials provided

Booking: Call Denise Phillips on 01923 836 456



New IJVS

E-mail Address

jewishvegetarian@onetel.com

HEALTH

FAINTING!

At a United States convention of neurologists from all over the world, one of the main topics was the phenomenon of people fainting upon getting up from bed.

One of the speakers was Professor Linda McMaron of Great Britain who gave a lengthy speech regarding her study on this issue. She elaborated that after many years of study and investigation on this subject, she came to the conclusion that the fainting is caused by the sharp transfer between laying down and standing up. Professor McMaron said it takes 12 seconds for the blood to flow from the feet to the brain, but when a person quickly stands up upon waking up, the blood gets 'thrown' to the brain too quickly and the result is fainting. She suggested that each person, even one that does not have a tendency to faint, upon waking up should sit on the bed and count slowly till 12 to avoid dizziness, weakness and/or fainting.

Her speech was rewarded with loud applause and enthusiastic feedbacks.

Another Professor, a Jewish religious man, asked permission to speak.

He said: "By us, the Jews, there is an old tradition, thousands of years old, to say a prayer of thanks to the Creator of the World for meriting us to wake up healthy and whole. The prayer is said immediately upon waking up, while one is still on the bed and sitting down. There are 12 words in this prayer and if one regulates himself to say it slowly with concentration, it takes exactly 12 seconds to say it ... 12 words in 12 seconds.

He said the prayer slowly in Hebrew:

Mode Ani Lefanecha Melech Chai VeKayam. Shehechezarta Bi Nishmati Bechemla Raba Emunatecha.

"I thank Thee O living and eternal King because Thou hast graciously restored my soul to me, great is Thy faithfulness."

The audience burst into a standing applause that roared throughout the auditorium. This time it was for the Creator of the World.

HEALTH



NEW VEGAN OMEGA-3 BRAND ECHIOMEGA IS 5 TIMES MORE EFFECTIVE THAN FLAXSEED

The recent launch of the food supplement Echiomega, containing the novel food ingredient Echium oil from the Echium plant, will make it easier for vegetarians to get their daily dose of omega-3 fatty acids, providing the ‘good’ fats we need in our diets.

Ensuring we consume the right amount of long-chain omega fatty acids is crucial for the health of every living cell in our bodies. These ‘good’ fats are especially important for our brains, which are made up of 60% fat! Delivering superior health benefits compared with the commonly available flaxseed vegetarian omega supplements, Echiomega helps to support cardiovascular and eye health, brain function, concentration, immunity, mood and joint flexibility.

For vegetarians and vegans, it can be difficult to supply the body with sufficient levels of long-chain fatty acids, such as eicosapentaenoic acid (EPA), given that these are typically found in oily fish. Indeed many vegetarians and vegans tend to have low levels of these crucial nutrients. Most readily available vegetarian omega oils contain the short-chain fatty acid alpha linolenic acid (ALA, such as found in flaxseed), which must first be converted by the body into long-chain fats before it offers benefits such as regulating inflammation, immunity and cardiovascular health. The new supplement Echiomega, approved by the Vegetarian society, however, contains the omega-3 stearidonic acid (SDA) from Echium plant oil, which is a closer relative to EPA than ALA, with research suggesting that SDA produces up to 5 times more EPA than flaxseed.

Due to changes in the modern diet and lifestyle we are also exposed to several inhibiting factors – including caffeine, alcohol, deficiencies of vitamins and minerals, viruses and stress – which means that these enzyme conversions do not function well in many people. Only about 4% of ALA is converted into the important long-chain fats such as EPA and DHA, making it problematic for vegetarians and vegans to maintain sufficient amounts of the beneficial long-chain omega-3s in their diets.

According to nutrition scientist Dr Nina Bailey, “Vegetarians, and particularly

HEALTH

vegans, have low levels of EPA and DHA in comparison to fish eating populations. Whilst supplementing with ALA [found in flaxseed oil] increases plasma EPA to a degree, levels of EPA and DHA are still significantly lower than that of fish eaters. The recent approval of refined echium oil as a novel food ingredient is going to be of particular significance to those individuals who choose to avoid consuming fish or fish oil supplements”.

Derived from the *Echium plantagineum* plant, echium oil contains the omega-3 fatty acid stearidonic acid (SDA), which is a closer relative to EPA than ALA, and is converted to EPA in amounts up to 5 times greater than other vegetarian omega-3 oils containing just ALA.¹ SDA is further down the chain of conversions and bypasses the rate-limiting enzyme which can hinder the conversion process, which explains why echium oil offers greater health benefits than other plant-based omega-3 oils.

Echium oil also contains other beneficial fatty acids including the potent anti-inflammatory omega-6 gamma linolenic acid (GLA) as well as the omega-9 oleic acid, known for its cardio-protective properties. Research indicates that SDA in combination with GLA raises red blood cell EPA levels more efficiently than SDA alone, suggesting that Echiomega is therefore the ideal nutritional supplement for those who are vegetarian, vegan or allergic to fish, to help boost the levels of important omega-3s in the diet. Echiomega is priced at £11.70 for 60 softgel capsules. Echiomega is the first supplement in the UK to offer the benefits of stearidonic acid from echium oil.

DRINK TART CHERRY JUICE TO KEEP ALL THE FAMILY FIT AND WELL



The UK’s fastest growing new juice drink contains tart cherries which can help to keep the whole family fit and well.

Cherrygood, the UK’s only ready to drink cherry juice, contains Montmorency cherries which research has shown are packed with health benefits.

The Montmorency cherry, grown in the U.S. has the highest antioxidant level of any fruit with 17 different antioxidant compounds present. One glass of the super fruit juice carries the equivalent health benefits of around 20 portions of fruit and vegetables. Other benefits include:

HEALTH

- Anti-inflammatory properties – tart cherries have been shown to significantly reduce muscle pain following rigorous exercise
- Sleep benefits – tart cherries are one of the very few known food sources of melatonin, crucial to the maintenance of regular sleep patterns
- Skin booster – cherry juice is rich in vitamin A and its antibacterial properties remove toxins from the blood and fight bacteria trapped under the skin
- Reduce gout – cherry juice is well known for its ability to help lower blood uric-acid levels and reduce gout pain
- Heart friendly – emerging studies suggest tart Montmorency cherries may also offer protection against heart disease.

Cherrygood is available as Original Cherry, Cherry & Berry and new low sugar version Original Cherry Light. Original Cherry contains Montmorency tart cherry juice, Cherry & Berry blends the added flavour of berries for a fruity mixed berry taste. Both one litre variants are available in all major supermarkets, recommended retail price: £1.39.

Cherrygood juices contain tart Montmorency cherries, grown and harvested in Michigan, USA and can be found in major supermarkets including: ASDA, Waitrose, Sainsbury's, Tesco and Morrisons. www.cherrygood.com

Other facts on Montmorency cherries

- A glass of tart cherry juice contains more antioxidants than five portions of banana, tomatoes, watermelon, peas and carrots. Antioxidants are vital to helping the body to fight free radicals.
- Cherries contain 19 times more beta-carotene than blueberries or strawberries along with Vitamin C, potassium, magnesium, iron and foliate.
- Maintaining antioxidant levels boosts the cardiovascular system and the immune system as well as helping to slow the ageing process.



HALF PRICE BOOK SALE

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

HOW FAR IS TOO FAR?

HOW FAR IS TOO FAR...?



What constitutes legitimate campaigning? How much should the public be jolted in the name of generating an important debate about morals?

These questions came up at Animal Aid as they developed a new initiative that exposes the public's double-think on the question of different animal species: cows are for eating, cats are for stroking; we slaughter pigs but cuddle and teach dogs tricks. To make that point, Animal Aid has embarked upon a nationwide tour, during which we offer to the public not dog meat but 'meat from dogs'. Among the selection – all of it 'ethically reared'; so no need for consciences to be troubled – will be dachshund sausages, beagle chops and labrador steaks.

DOG MEAT NOW PROMOTED AT BIRMINGHAM FARMERS MARKET

Labrador steaks, leg of Greyhound, Afghan burgers, Dachshund sausages, Beagle chops, Chihuahua poppers...these are just some of the exotic meats being promoted at the new organic and free-range dog meat catering trailer that will set up shop at the edge of Birmingham's biweekly farmers market.

Featuring pictures of happy healthy dogs running through fields, chasing balls and swimming in streams, and the words 'organic' and 'free-range', the trailer will be offering dog meat to the public, with the assurance that all the animals were loved and well cared for before being butchered.

... And that's when the unpleasant truth lying behind Animal Aid's initiative is spelt out.

Whether organic, free-range, corn-fed or rested on the finest mattresses, at the end of the day it's all the same for these animals. They all end up in the same slaughterhouses, they are all alone and terrified, they are all hung upside down by their hind legs and all end up bleeding to death.

Animal Aid has documented routine abuse at slaughterhouses throughout the country with animals being kicked, stamped on and improperly stunned before having their throats slit.* The dog meat stall will attempt to engage the public in a discussion about the way animals raised for food are killed and why certain animals are deemed unworthy of our compassion while

HOW FAR IS TOO FAR?

others are treated as part of the family. Stall visitors will also be given free background literature.

Says campaigner Andrew Butler, who will be manning the dog meat stall: 'Most people eat different parts of various animals every day, without thinking too deeply about what those animals' last moments were like. We hope that this will get people to confront the fact that at the end of the line all of these animals died with the smell of blood and fear in their nostrils and terror in their eyes, and yet they are no different from the millions of dogs who we as a nation dote on.'

The dog meat trailer is making its way around the country, stopping at markets in 12 cities, as part of Animal Aid's annual Vegan Month promotion.

*Last year Animal Aid conducted an investigation in to seven randomly chosen slaughterhouses throughout the UK. The secret filming revealed animals being kicked, slapped, stamped on, and picked up by fleeces and ears and thrown into stunning pens. Animals were also recorded being improperly stunned and going to the knife while still conscious.

Full details can be found at: <http://www.animalaid.org.uk/go/cruelty>



RESTAURANT IN CRUELTY CLEAN-UP



**WORTHING RESTAURANT IS
THE FIRST IN THE UK TO
'CLEAN UP CRUELTY'**

BUAV welcomes the very first restaurant to sign up to its '**Clean Up Cruelty**' pledge. Green Cuisine of Worthing will now only use cleaning products approved under the BUAV Humane Household Product Standard – the only standard to guarantee a cruelty-free clean!

BUAV's Clean Up Cruelty campaign seeks to end the cruel use of animals to test household products. We ask companies to pledge to use only cleaning products which have been approved by the BUAV's Humane

RESTAURANT IN CRUELTY CLEAN-UP

Household Product Standard (HPS), symbolised by the internationally recognised Leaping Bunny Logo. This is the absolute gold standard in cruelty-free products. It symbolises an extensive independent audit process and guarantees that no animal testing has occurred in any part of the product or its ingredients after a fixed cut-off date. A fixed cut-off date is a date after which a company will not accept animal testing of any of its ingredients for cleaning purposes. All household products made by the Co-operative and Marks and Spencer have been approved under the HPS. This clearly illustrates that it is unnecessary to test on animals to manufacture and sell safe and effective household products.

The BUAV's long-running campaign to end these animal tests recently won Government support with an announcement by the Home Office Minister that the government is "committed to ending the testing of household products on animals."

Michelle Thew, Chief Executive of BUAV stated, "I am delighted to welcome Green Cuisine as the first restaurant to sign up to our **Clean up Cruelty** campaign. We urge other companies to take this small step to help eliminate the cruel and unnecessary use of animals to test household products."

Clare McIvor, Chef Director of Green Cuisine commented, "Green Cuisine Restaurant is delighted to support the BUAV, Europe's leading animal welfare group. BUAV pioneered the 'cruelty-free' approval scheme for cosmetics and household products which operates under a strict, well monitored standard. At Green Cuisine we will only use cleaning products approved by the BUAV as then we are certain there has been no animal testing involved in the production. Green Cuisine would like to wish the BUAV all the best in its vital campaigning work on behalf of animals in laboratories."

For further information on Clean Up Cruelty and the BUAV's Household Product Standard, please contact Fleur Dawes at fleur.dawes@buav.org For more information about the BUAV campaigns, please visit; www.buav.org

For more information about the BUAV campaigns, please visit: www.buav.org Green Cuisine is located at 37. Rowlands Road. Worthing. BN11 3JJ

GARDENER'S CORNER

Gardener's Corner **WINTER 2010**

There is a certain sadness when the summer bedding plants have to come out. They have given months of colour and joy and some have survived the early hard frosts of October and

still brighten up the beds. It is only for a few more weeks until winter sets in properly and the weather finishes off the stragglers. So, clear the flower beds is the order of the day. This will enable the beds to be prepared for winter planting.



This consists of subjects such as pansies and violas, bellis daisies, primroses and primula and of course wall flowers. There are others but these make it through the winter

and will provide pleasure in early spring together with the early bulbs and corms such as snowdrops and winter aconites. These permanent friends stay in the ground from year to year and are quite happy in the shady places when the absence of leaves will let more light through.



When preparing the beds for replanting, spread compost from your bins which has been rotting over the summer, and refill the bins with all the finished bedding plants.

The compost needs only to be lightly

spread as the worms will help to incorporate the material into the soil and so keep it in good heart.

We had a good year in our new greenhouse. Plenty of tomatoes, cucumbers, peppers and some nice aubergines. The last of the tomatoes were picked green and are slowly ripening in the house, while we are still enjoying pickled cucumbers (see attached recipe) which add zest to our meals and remind us of the heady summer days when they fruited in profusion.

With the aubergines, we planted some in the greenhouse earth. They grew

GARDENER'S CORNER

well but fruited little. Others were grown in pots on the bench and these did really well with luscious fruit, we think for two reasons. Firstly, they got more light as they were raised up and secondly, they were happier with the extra drainage a pot provides.

Now we have put the tender plants from the garden into the greenhouse to protect against the frosts. These include fuschias, geraniums, marguerites and some potted lemon trees which also fruited well. Although late in the season, it is possible to take cuttings of all of these and over-winter them under glass. Some, if not all, will take and will make nice fresh plants in the spring.



Dahlias should be lifted and the tubers cleaned and the tops cut back to about 4 inches (this is where the new shoots will come from next year) then they are best stored upside down over winter in trays under the greenhouse bench. This helps to prevent them rotting as the tops decay further. Begonias did wonderfully this year, both in pots and in the beds. Some we grew from seed with exceptional colours. These have made nice corms for replanting next year. Again these are laid down to dry off and for the dying tops to return goodness to the corm. Later we will detach the fleshy top growth and store the corms for starting off again in March/April, knowing that each will flower again next year reminding us of those special tones and shades we enjoyed this year.

We are eating potatoes which we stored in sacks, onions and shallots which we harvested and from the vegetable bed leeks and parsnips as well as winter greens. We also have some hardy lettuce to freshen up our salads.

As we prepare for winter, we have wrapped our Bramley seedling apples in newspaper and stored them in trays for apple stews and baked apple which we enjoy with soya cream or custard.

We picked a record crop of quinces from our tree and made quince jelly again from some of these.

So the garden takes an effort and in turn gives us pleasure and produce.

GARDENER'S CORNER

HOMEMADE PICKLED CUCUMBERS (excellent for using up a glut of cucumbers)

You will need:-

1 large kilner jar (about 4 pints) **or** 2 smaller jars when you will have to divide the ingredients

Ingredients:-

6 medium sized cucumbers (approximately)
2 pints of water
1 level tablespoon of sea salt
1½ tablespoons of wine vinegar
A bunch of fresh dill
4 peeled garlic cloves
1 teaspoon of pickling spice
Small piece of dried red chilli



Method:-

1. Wash cucumbers and cut into 4 lengths, then cut each length into 2 to 3 pieces.
2. Boil water and salt together until salt has dissolved. The water must cool completely before use.
3. Put the vinegar, dill, garlic, pickling spice and chilli into the jar.
4. Pack the cucumbers into the jar and finally pour over the cooled salt water.
5. Seal well and store in a cool dry place for about 4 days, then transfer to the fridge.
6. The cucumbers are ready to eat in about 10 days.



DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

BOOK REVIEWS



SKINNY BITCH

Ultimate Everyday Cookbook

By Kim Barnouin

Hundreds of people were inspired to get real about the food they eat after reading the bestselling ***Skinny Bitch***. Since that book's publication, co-author Kim Barnouin has grown as a cook and a nutritionist, and now she delivers the ultimate vegan cookbook for everyone seeking a healthier, greener way to feed themselves, their families and their friends.

Kim's emphasis is all about making food easy, affordable and most important fun, as well as re-stocking her kitchen with healthy store-cupboard ingredients. Her 150 plus recipes focus on seasonal produce and provide a versatility of tastes and cuisines from Asian-inspired to Mediterranean, to California-fresh. From energy boosting breakfasts through simple soups and salads, to delicious dinners, sides, sauces and luscious desserts, she includes dishes for every occasion, all accompanied by nutritional breakdowns, full-colour photos and suggestions for quick variations.

Whether readers are looking to simply reduce the number of meat and dairy-free meals in their diets, or wanting to go all-out vegan, ***Skinny Bitch Ultimate Everyday Cookbook*** is the indispensable book for you.

Published by The Perseus Books Group, Price £18.99 plus P&P £5.00. Available from JVS.



FOOD FOR FRIENDS

Modern Vegetarian Cooking at Home

By Ramin and Jane Mostowfi

Food for Friends is an exciting cookbook from one of Britain's landmark meat-free restaurants. Based on the restaurant's seasonal menus and daily specials, ***Food for Friends*** is an inspiring and practical approach to cooking meals that are meat-free or that cater for special dietary requirements such as dairy or gluten-free diets.

BOOK REVIEWS

Jane and Ramin Mostowfi and their team cook delicious, meat-free gourmet meals using the freshest, finest and wherever possible, locally sourced ingredients. The recipes reflect their love of Middle Eastern, North African and Mediterranean food which is by nature primarily vegetarian and easy to adapt to dairy and gluten free cooking.

Over seventy per cent of **Food for Friends** customers are not vegetarians. They simply enjoy vegetarian food as an independent style of cooking. The 1200 or so recipes in this stunning collection encapsulate Jane and Ramin's meticulous style.

Beautifully illustrated with easy to follow recipes this book would make an excellent gift and look good in the kitchen.

Published by Littlehampton Book Services Ltd. West Sussex. Hardback. Price £16. 99. Plus P&P £4. 00. Available from JVS.

We received the following book for review from our good friend Ann Priestner who thought our readers would like to be aware of this.

HUNTING AND COUNTRY GIRL AND OTHER STORIES

By Dorrina A. Frank

The daughter of a farmer, Josephine was brought up in the country as a true country lass. That lifestyle gave her an insight into the plight of some animals. After finding out about those that are treated cruelly during live export, and about foxes being chased and torn apart during hunts, Josephine soon realises that being a vegan is the best thing for her.

Hunting and Country Girl and Other Stories tells the story not only of Josephine and her father, living in the countryside, but also those around them. In anecdotal style, we find out about the lives of many around Josephine and beyond, from animal-rights activists to psychics, even learning about Jack the Ripper's mysterious murders on the way. But at the heart of the stories is always an enduring love for the countryside and all it has to offer us, and a reminder that we should protect it and nurture it as it nurtures us in return.

Published by Athena Press, Twickenham. U.K. Paperback. Price £10. 99. plus P&P £3.00.

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To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

HOLIDAYS

BLACKPOOL WILDLIFE HOTEL, 100% Vegetarian and Vegan. Special diets catered for (non-meat). No Smoking. All rooms en-suite. Two minutes Promenade and amenities. Good food and cleanliness assured. For further details please phone Audrey, **Tel: 01253 346143.**

AMIRIM VEGETARIAN VILLAGE IN THE GALILEE ISRAEL. Self-catering guestrooms, vegetarian restaurants etc. Open-air swimming-pool in the summer months. For further information please contact Phillip Campbell Tel: 00972 6989045

Email: alitamirim@hotmail.com

NORTH DEVON. Award winning exclusively vegetarian/vegan guest house. En-suite, non-smoking rooms. Cordon Vert host. 01769 550339. www.ferntor.co.uk

CORNWALL. MICHAEL HOUSE Vegetarian and vegan guest house, near Tintagel, beach and coastpath nearby, lovely scenery and views, great sunsets. Evening meals, relaxing atmosphere, friendly and welcoming, open all year. Special Christmas breaks and spring and autumn offers. Children and pets welcome. Email: info@michael-house.co.uk Tel: 01840 770 592 www.michael-house.co.uk

VEGAN LADY. Orthodox. Living in London. Would like to meet Orthodox Vegetarian/Vegan Life Partner 55+. Please reply with phone number to **Box No. 100, JVS, 855 Finchley Road, London NW11 8LX**

VEGAN COMMUNITY

New venture. Needs people any age with energy, vision and humour. Spacious garden with land (live in or nearby). Business possibilities. Write to: Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792 442.

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020 8455 1317

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On-line giving
www.charitychoice.co.uk/vegfam
Please visit our website: www.vegfamcharity.org.uk

BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from the Society's Honorary Solicitors Communications to Headquarters "Bet Teva", 855 Finchley Road London NW11 8LX
Tel: 020 8455 0692

ADVERTS

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or visit: www.claridgehousequaker.org.uk**

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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

£175

Israel Life Membership

\$275

American Life Membership

\$275

or 5 annual payments of
£40 (\$60)

EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations.

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