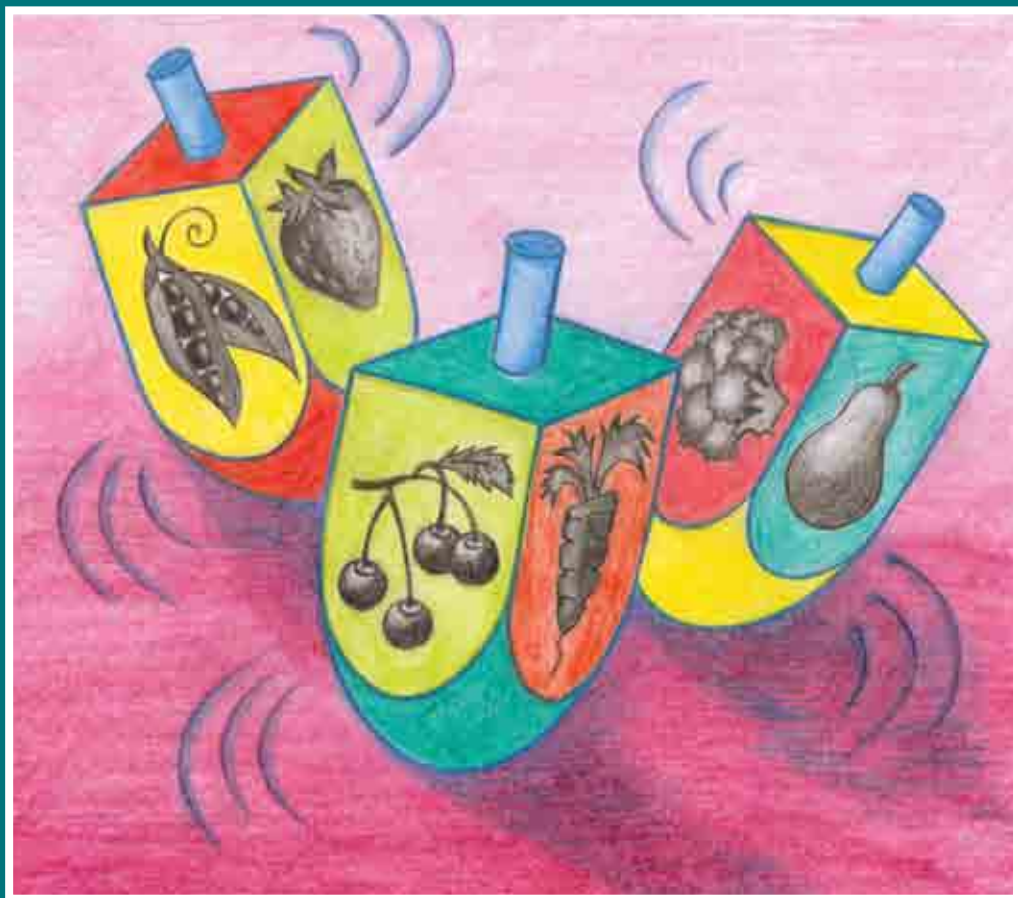


The Jewish Vegetarian

No. 179 December 2011 Kislev 5772 £1.50 Quarterly



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

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WHY A JEWISH VEGETARIAN SOCIETY?

Because 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

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.

SOCIETY – LONDON HQ

£100 Mr. J.W. Bournemouth, Dorset.

BUILDING FUND DONATIONS – LONDON HQ

£15 Mr. R.F. London NW7 in memory of his dear wife Bessie.

£15 Mr. R.F. London NW7 in memory of Julius Frank.



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: info@orr-shalom.co.il

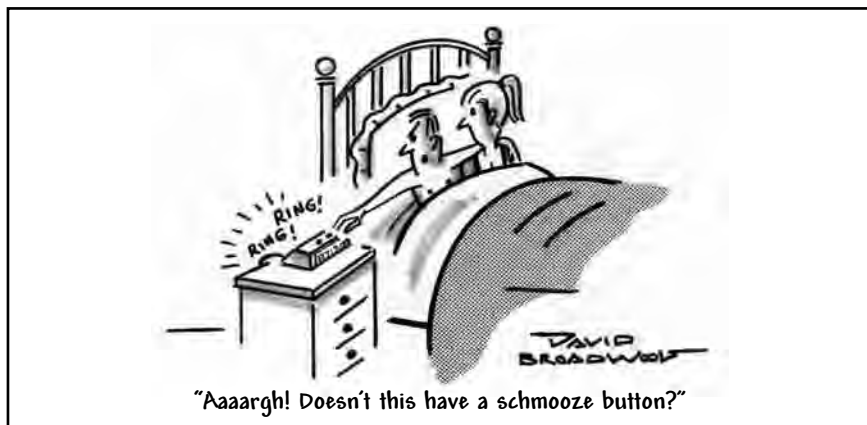
Website: www.orr-shalom.org.il

FRIENDSHIP HOUSE DONATIONS

£20 Ms. S.E. Edgware, Middlesex in gratitude.

\$16 Rabbi S.S. Philadelphia P.A. USA.

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.



SOCIETY NEWS

REPORT FROM THE JERUSALEM CENTRE/GINGER

Some good news from Jerusalem: As some readers may know, the Jewish Vegetarian Society in Jerusalem went into legal complexities a few years ago. For some time, this brought the Society's activities to a halt and the centre had to close down. Thanks to the help of many of you, this process was reversed. By the end of



2008 the centre re-opened, and activities re-started. Just before Sukkoth we received the final OK from the court – the liquidation order has been cancelled, and the Society is again a vital, independent regular legal entity!

With this behind us, we need your help again. During the long period that the society was under liquidation, our financial resources dwindled (membership fees were not collected, donations could not be sought), and at the same time much of the society's paperwork was lost. Consequently, we lost track of many of our members. If you are a life member of the Society or if you wish to renew your membership or register as a member, please contact us, preferably by e-mail, at veginger@gmail.com. Alternatively please write to us at The Jewish Vegetarian Society, 8 Balfour Street, Jerusalem 92002, Israel.

With this positive legal development, the centre is now flourishing! On Rosh Hashanah we had a plant-based holiday meal with over 20 people preferring to celebrate the New Year together, in a community atmosphere, rather than at home. Between Rosh Hashanah and Yom Kippur we participated in spreading information about many prominent Rabbis' opposition of the custom of Kaparot with chickens. We were invited to a popular TV show for what we assumed would be an aggressive debate on the issue, but interestingly it became a very civilized conversation on vegetarianism in Jewish teachings.

Then came October 16th – the International Day of Action Against McDonald's, and again the centre was filled with people. Activists came from the demonstration in front of the corporation's main branch in Jerusalem for some

SOCIETY NEWS



good veggie burgers and to see the movie McLibel (about McDonald's libel case against two British activists).

The next few months will bring with them even more activities. We are continuing our shared project about Judaism and Food Ethics with "Hebrew Nature" and "Bema'aglei Tzedek". This

time, rather than providing a course at the vegetarian centre, we plan to organise symposiums for different religious communities at their own premises.

We are starting a new course named "The Multi-Species Society" – a critical approach to "humanities" – based on the idea of including other animals in the concept of "society".

Finally, please contact us for details of our traditional Tu B'Shevat Seder – to be held at the holiday's eve (February 7th 2012). We are waiting to hear from you!

We welcome you all to the

47th ANNUAL GENERAL MEETING

of the

International Jewish Vegetarian Society

Takes place on Sunday 11TH March 2012 at 2.30pm

Venue: 855 Finchley Road. Golders Green NW11

A tea will follow the meeting – vegan of course!

SOCIETY NEWS

Every Monday: 7.00 – 10.00 pm

Supervised Rubber Bridge

at The Jewish Vegetarian Society
853 Finchley Road. NW11.

£2.50 including refreshments.

Why not come along, just ring the bell marked “Nursery”.

Tel: JVS Office Mon-Fri 10.00-4.00pm or
Laurence – 07933 326 182

**With regard to the article that appeared in the September issue,
“BEES”, there was a slight error.**

Top paragraph Page 17.

This should have read “of 3.000 eggs every day, one in each vacant cell on the frames, most of the eggs laid are to be workers, and these are sterile females. The eggs for these are fertilized. The egg for the Drone bee is unfertilized and laid in a slightly larger cell.”

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

WHAT'S ON DIARY

UPCOMING EVENTS

WINTER WONDERLAND WITH LONDON VEGANS LONDON – 3RD DECEMBER, 2011

The Hyde Park Winter Wonderland illuminations are the most spectacular outside of the world famous Blackpool. It is free to walk around and look at the illuminations. There is a 3 minute film at <http://bit.ly/cewLAP>. Meet at the ticket barrier of Marble Arch tube at 6 pm. If Marble Arch station is closed for any reason we will meet outside the tube station main entrance, on the north side of Oxford Street.

Organiser: London Vegans. Contact: Barry Austin.
Email: lv.outings@londonvegans.org.uk

ANIMAL AID'S CHRISTMAS FAYRE LONDON – 4TH DECEMBER, 2011

Animal Aid's annual Christmas Fayre will be on Sunday 4th December 2011 at Kensington Town Hall, Hornton Street, London W8 7NX, from 10 am until 5 pm. Entry £2, under 11s free. (Nearest tube: High Street Kensington on the Circle and District lines.)

There will be more than 85 stands promoting ethical living and cruelty-free products – representing campaigning groups, animal sanctuaries, ethical companies and food outlets. Everything on sale will be vegan and non-animal tested, so it's the ideal venue to stock up on seasonal gifts and have an informative and fun day out at the same time. Catch up with friends in one of the vegan cafes, listen to inspiring talks by guest speakers, take part in competitions, or just shop 'til you drop! Check out all the latest animal-friendly products and don't forget to stock up on your supply of cruelty-free chocolates! For children there will be a special workshop and face painting, as well as a crèche to leave you free for an hour or so. Whatever, you do, you can be sure of meeting like-minded people in a congenial atmosphere.

CRUELTY-FREE WINTER FAIR BRISTOL – 10TH DECEMBER, 2011

The Bristol Cruelty-Free Winter Fair will be held at Broadmead Baptist Church,

WHAT'S ON DIARY

1 Whippington Court, Bristol BS1 3HY, from 11 am to 5 pm. Free entry.

There will be delicious vegan food, cooking demos, ethical gifts, talks, campaign stalls, freebies, kids' activities and more!

LONDON VEGANS' XMAS MEAL LONDON – 15TH DECEMBER, 2011

London Vegans' Xmas meal will be returning to the 222 Vegan Restaurant, 222 North End Road, West Kensington, London W14 9NU, where there will be available an A la Carte menu and Christmas options. Book with Brian by Monday 12th December. Please book early to ensure your place, preferably by e-mailing him at the address below with your contact details.

Organiser: London Vegans. Contact Brian Jacobs.

Tel: 07590 421 215 or 0208 7446 3480.

Email : lv.mealbookings@londonvegans.org.uk

SOUTH EAST ANIMAL RIGHTS MEETING CROYDON – 3RD JANUARY, 2012

Meet like-minded people, share ideas and enjoy a cheap bar and free vegan snacks! Campaigning in the South East – working to bring an end to all forms of animal abuse and cruelty by all legitimate forms of protest. First Tuesday of each month.

Organiser: South East Animal Rights, Ruskin House, 23 Coombe Road, Croydon, Surrey CR0 1BD. E-mail info@se-ar.org.uk

VIVA!'S INCREDIBLE VEGGIE ROADSHOW CAMBRIDGE – 4TH FEBRUARY, 2012

VIVA!'s Incredible Veggie Roadshow will take place at Cambridge Guildhall, 3 Parsons Court, Wheeler Street, Cambridge CB2 3QB, from 10.30 am to 4.00 pm.

Enjoy a fantastic day out! You can:

- Taste a whole range of veggie foods from international dishes
- Whiz up at home to ready-to-go convenience foods
- Receive one-to-one nutritional advice
- Pick up free recipes and helpful factsheets
- Sit in on cookery demos and informative talks

WHY I AM A VEGETARIAN

WHY I AM A VEGETARIAN

by *Suzanne Barnard*

Suzanne recently joined the Jewish Vegetarian Society as director. Prior to this she worked in the education department of the People for the Ethical Treatment of Animals (PETA) Foundation. She also currently works for the McCartney family's Meat Free Monday Campaign.



I turned vegetarian at the age of eight, after making the realisation that the “food” on my plate was actual animal flesh. Until that point I had somehow believed that “chicken” (the animal) was different to “chicken” (the food). I thought it was strange that the one word had separate meanings but, as a child, did not question it. It certainly hadn’t crossed my mind, at that young age, that humans would actually eat animals. After all, there were talking cows and ducks in my picture books and my sister’s favourite toy was a cuddly lamb!

I often think how confusing things are in Western society... As children we are taught a separate morality for “food animals” that conflicts with our natural tendency to empathise with all animals. Gradually, we start to distance the animals we eat from those we have an emotional bond with. We learn which animals we are supposed to love and which we are supposed to eat. But this does not make sense to everyone.

I’m not sure exactly how it stopped making sense to me, or when I discovered that meat = animals. Possibly it was whilst on a school trip to one of those “happy” farms with picnic and play areas alongside animals – places with little connection to the reality of animal farming but nevertheless “fun for kids”. Or it might have been because my mother was vegetarian and, inevitably, I asked her why. There was also one incident, which I’ll never forget, on a holiday in Scotland. After days of country walks and excitement at seeing rabbits and other wildlife in the fields near our rented cottage, we happened to walk past a butcher’s shop and I saw in the window a whole, skinned rabbit. I remember feeling shocked and completely appalled.

WHY I AM A VEGETARIAN

My siblings and I, and eventually my father, all became vegetarian. My mother cooked delicious vegetarian food and I learnt to cook by watching her. I began looking more deeply into the issues and when I learnt how animals are kept and killed on factory farms, my vegetarian beliefs were strengthened even further. I wrote to animal rights organisations, read a range of literature and started an animal rights club at my school. In my late teens I became vegan, after my older brother took me to a demonstration against the live exportation of veal calves at Shoreham harbour. Looking into the eyes of those calves through the thin slits of their crates, I knew I wouldn't turn back.

I think we owe a lot to vegetarians of the fifties, sixties and seventies who promoted vegetarianism when it was unpopular, and often even perceived as peculiar. In those days it was drummed into people that good health can only be maintained by the inclusion of meat in one's diet. A meal just wasn't a meal without a piece of animal flesh. Meat and two veg. Yet there were those, like Philip Pick who founded the Jewish Vegetarian Society, who were pioneering in encouraging a kinder society, free of pain and cruelty to other sentient creatures. I am proud to be following in their ways.



PROMOTING 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.

With simple facts and quotes outlining how vegetarianism fits in with Jewish laws and teachings, this is a great way to inspire people's interest and encourage them to consider a vegetarian diet.

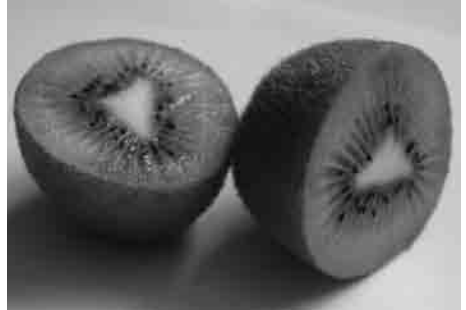
Please go to www.jewishveg.com/jewishvegleaflet3.pdf to view the leaflet. Please consider printing a copy and running off some to distribute.

LITTLE VEGETARIANS

LITTLE VEGETARIANS

By Rifka B

Should children be brought up vegetarian? Can they get everything they need for their growing bodies without meat or fish? These questions spun around in my head even before I got pregnant with my first child. I was relieved to discover that hundreds of sources advocate a vegetarian diet for children, and so far after two and a half years with my daughter and now a baby son, I feel totally confident that they are getting the most nutritious, not to mention varied and delicious, diet possible.



We never wanted to rely on or even use regular vitamin supplements, even though they are now recommended for all children, not just vegetarians. I truly believe that children will be 100% healthy, bright and full of energy just by eating a properly diverse range of vegetarian foods. And making sure they do is turning out to be really good fun!

My own mother taught me everything I know (as the saying goes), when it comes to things culinary. She whips up fantastic meals in minutes and has always been resourceful with ingredients. I remember her inventions during Pesach when we were kids, although matzo pizza and matzo lasagne were never firm favourites! Still I take inspiration from her and try to adapt recipes to suit my children and their changing preferences!



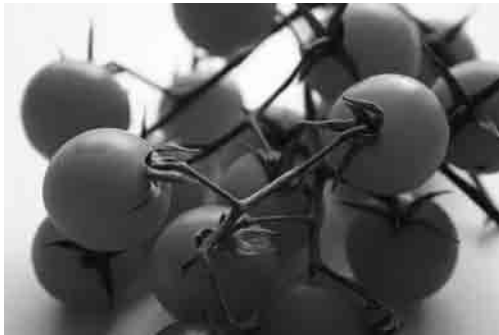
Mainly I try to offer loads of different types of foods from the different food groups. So for example with grains, we eat all types of bread (white, brown, pita, muffins, toast, rolls, crackers, tortillas, bagels, challah, croutons etc.) and all types of rice (white, brown, wild, Arborio, pudding etc.). Then there's pastas and oats and couscous and polenta... we've even branched into the world of quinoa! The important thing,

LITTLE VEGETARIANS

I suppose, is to keep changing it up – don't let them get bored! I guess this theory works for all children (notoriously fussy eaters after all), not just vegetarians. But perhaps by eliminating meat and fish and so limiting your choice of foods, you get to be more adventurous and your children's diet is more considered.



My friends sometimes ask me about protein and whether my children get enough of it without meat. It's not a problem at all, in fact I've discovered it's almost impossible for them not to eat sufficient protein, and that they naturally eat foods which are good sources of it such as beans, cheese and wheat.



I really enjoy making food for my little ones, waiting for their reactions and sharing their amusement discovering new tastes and favourites. Vegetarian children don't have to be consigned to a life of unending carrot sticks and nuts, and I'm certainly not the kind of mother who bans chocolate and ice cream.

My daughter is getting more involved in preparing food with me these days and I really hope she's learning a realistic approach to having a healthy diet. She certainly loved preparing her first salad! I could see the enjoyment in her eyes as she ripped up lettuce and threw it into a bowl. I had to keep an eye out though as she didn't seem to understand she was preparing it for the whole family and she kept nibbling it... I noticed bits of chewed lettuce *almost* being put into the bowl!



MY LIFE AS A VEGETARIAN

MY LIFE AS A VEGETARIAN

Richard Schwartz

My Life as a Vegetarian is a new series in which we ask people a short set of questions about vegetarian living.

Our first guest is Richard Schwartz, Emeritus Professor of Mathematics at the College of Staten Island, New York. Professor Schwartz is President of the Jewish Vegetarians of North America and co-founder and coordinator of the Society of Ethical and Religious Vegetarians.



At roughly what age did you become vegetarian?

43.

What made you become vegetarian?

Learning that 70% of the grain produced in the US and about 40% produced worldwide are fed to animals destined for slaughter, while an estimated 20 million people die from hunger and its effects annually. My commitment was reinforced upon recognizing that animal-based diets and agriculture violate basic Jewish mandates to treat animals with compassion, preserve human health, protect the environment, conserve natural resources, help hungry people, and seek and pursue peace.

What is your favourite vegetarian meal?

A salad with lettuce, tomato, pepper, radishes celery, mushrooms, zucchini, broccoli, cauliflower, onion, scallions, lemon juice, avocado, and humus.

Which is the best vegetarian restaurant you have been to?

Village Green on Yaffa Street in Jerusalem, where you can mix and match various raw and cooked foods to make great combinations.

Where is the most vegetarian-friendly place?

The Jewish Vegetarian Society Center (Ginger) on 8 Balfour Street in

MY LIFE AS A VEGETARIAN

Jerusalem, where they have a wide variety of talks, potlucks, and other vegetarian-related events. I have often spoken there. The Center was established based on a dream of JVS founder and initial president Philip Pick.

What city/country do you find most vegetarian-friendly?

While I am not much of a world traveller, I visit Israel fairly often to visit family, and I find Jerusalem to be the most vegetarian-friendly city, largely because of Village Green and the many other vegetarian restaurants, the many activities at the Jewish Vegetarian Center, and the wide variety of delicious fresh fruits and vegetables and other plant foods at the outdoor shuk and many supermarkets.

What has been your worst experience as a vegetarian?

I do not recall any negative experiences, except being at weddings and bar mitzvahs where large amounts of meat are being served.

Can you recommend any good vegetarian resources (cookbooks/guides/websites/etc.)?

1. The website of Jewish Vegetarians of North America (JewishVeg.com)
2. My book, *Judaism and Vegetarianism*.
3. My website (<http://jewishveg.com/schwartz>) where there are about 150 articles, 25 podcasts and the complete text of my book *Judaism and Vegetarianism*.
4. *Diet for a New America* by John Robbins.
5. *The World Peace Diet* by Will Tuttle.

What is your “signature dish” (and can you give us the recipe)?

The salad that I mentioned above as my favourite vegetarian meal. But I love many additional vegan dishes.



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.

VEGAN RECIPES

LATKES

Latkes are traditionally eaten during Chanukah. The oil for cooking the latkes is reminiscent of the oil that miraculously kept the Second Temple's Ner Tamid lamp lit with its continuously-burning flame.

Some latke recipes use egg but egg is not required in this version as the potato and onion are bound together perfectly with matzo meal alone. This is a tried and tested family recipe!

Serving

Makes approximately 30 latkes.

Ingredients

3 large, or 4 medium-sized potatoes
 1 onion
 100 g medium matzo meal
 50 g fine matzo meal
 1 tsp salt
 1 tsp course ground black pepper
 vegetable oil for frying



Method

1. Peel the potatoes and the onion.
2. Grate the potatoes and the onion into a large bowl, using the large side of a grater.
3. Add the matzo meal so that the mixture becomes sticky but is not too runny. The texture needs to be malleable so you can form the latkes.
4. Add the salt and pepper and mix well.
5. Form the mixture into round flat latkes approximately 6 cm by 6 cm each.
6. Heat some vegetable oil in a deep frying pan. The oil should be an inch or so thick.
7. Put as many latkes as will fit in the pan and fry them on one side, on a medium heat, for approximately 5 – 7 minutes or until they are golden brown.
8. Turn each latke and fry on the other side for approximately 5 minutes until they are golden brown.
9. Remove the latkes from the pan and place in a kitchen paper-covered dish which will soak up the excess oil. This can be placed in a low oven to keep warm while the remaining latkes are cooked.
10. Add a bit more oil and cook your next batch of latkes. Repeat as necessary.

VEGAN RECIPES

11. Serve the latkes with grated apple and grated cheese (Redwood's dairy-free "Super Melting Mozzarella Style Cheezly" is a good vegan option).

CINQUE E CINQUE

This dish is a specialty of Livorno, Tuscany, which is located on the northwest coast of Italy. It's a chickpea pancake which is traditionally cooked in a clay oven and served on oily bread (schiacciatina) with lots of black pepper. Sometimes, cinque e cinque is served with a little fried garlic and aubergine on top. In Nice, south France, a similar dish called socca is served.

Serving

Makes 2 – 4 pancakes, depending on the size of the frying pan.

Ingredients

150 g chickpea flour (gram flour)
430 ml water
1 tbsp. olive oil
Salt
Pepper



Method

1. Mix the ingredients together to make a smooth batter.
2. Heat some oil in a frying pan. Pour in a thin layer of the batter and allow to cook.
3. Either turn the pancake over carefully with a spatula, or if you're feeling adventurous, flip the pancake up in the air!
4. Use the remaining batter to cook more pancakes.
5. Serve warm on bread with freshly ground black pepper.



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.

VEGAN RECIPES

GUACAMOLE

Originally from Mexico, guacamole is a dip made largely from avocados. It dates back to the time of the Aztecs, who referred to guacamole as "ahuaca-mulli" (roughly translated, this means "avocado sauce" or "avocado mixture").

Serving

Makes one small bowl's worth of guacamole.

Ingredients

- 2 ripe avocados
- 1 spring onion
- ½ mild green chilli
- ½ clove garlic
- Juice of ½ lime
- Few drops of hot pepper sauce
- Salt and ground black pepper
- 1 tomato, stem and seeds removed



Method

1. Cut the avocados in half, scoop out the fruit and place it in a mixing bowl.
2. Mash the avocado well with a fork.
3. Chop the spring onions, chilli and garlic and add these to the mixture.
4. Squeeze the juice from the lime and add this to the hot pepper sauce and some salt and pepper.
5. Remove the seeds from the tomato, chop finely and add the tomato to the mixture.
6. Transfer the guacamole to a clean bowl and serve with tortilla chips or sticks of carrot and celery.



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.

NO PASARAN!

Jewish Museum marked the 75th Anniversary of the Battle of Cable Street and the Spanish Civil War with 1936: Radical Roots, with a programme of special events

24 August 2011. The Jewish Museum, London, presented a programme of special events to celebrate the 75th anniversary of the Battle of Cable Street and the formation of the International Brigades in Spain, commemorating the fight against fascism at home and abroad.

Comprising panel discussions, theatre performance, films and historical walks through east London, **1936: Radical Roots** remembered and celebrated the heroic achievements of all those who fought against fascist political oppression that went on to dominate early 20th century Europe.

In 1936, with extensive military support from Nazi Germany and fascist Italy, the Nationalist army, led by General Franco was able to take on large parts of the country. Considering the Spanish Republic as a front line in the war against international fascism, and ignoring their governments' neutrality, almost 40,000 foreign volunteers rallied to the Republic's support. Men and women, representing 53 states, fought with the International Brigades to stop Franco's army and advance a social revolution of workers and peasants. Jewish people made up a considerable portion of the socialist volunteers, estimated at over ten per cent.

In Britain, Oswald Mosley's British Union of Fascists was portraying Jewish people and immigrants as the cause of the country's problems. On 4 October 1936 Mosley planned a provocative march through London's East End, then home to Britain's largest Jewish population. Up to 250,000 people – Jewish and others, including Socialists, Anarchists and trade unionists – gathered to defend the East End under the Spanish revolution slogan 'No Pasaran'. A fierce battle with the police ensued and, with barricades erected on Cable Street, Mosley was forced to abandon his plans.

This exciting and challenging programme of events in Camden's newest Museum explored themes such as the spirit of revolution, the historical context of the inter-community collaboration in the fight against fascism, what we have learned in 75 years and, crucially, what we still have to learn.

This season was made possible thanks to funding from the Barry Amiel & Norman Melburn Trust and in conjunction with partners including Birkbeck University of London and Wilton's Music Hall.

For further information and activities that take place at the Jewish Museum contact their website www.jewishmuseum.org.uk

COOKERY CORNER



CINNAMON AND CARROT LATKES

Chanukah has to be celebrated with latkes. For a change from the traditional potato variety, try this tasty carrot version seasoned with cinnamon and a touch of nutmeg. The secret of the perfect crispy latke is to ensure all surplus liquid has been squeezed out and the oil is piping hot. Then your latkes will not be soggy or greasy. Also latkes need to be well seasoned. If possible buy organic carrots and leave the mixture to rest before frying to allow the gluten in the flour to relax.

Preparation Time: 20 minutes **Cooking Time:** 25 minutes **Makes:** 12

Ingredients

- 6 carrots – (approx 500g) peeled and coarsely grated
- 1 onion –peeled and finely grated
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 eggs
- 1 teaspoon salt
- Freshly ground black pepper – to taste
- 1 teaspoon baking powder
- 150g plain flour or fine matzo meal
- Vegetable oil – for frying



Method

1. Using a food processor, grate the carrots with onion.
2. Remove and, with either kitchen paper or a clean cloth, squeeze out the excess water. You may need to do this several times.
3. Transfer the carrot mixture to a large mixing bowl. Stir in the cinnamon, nutmeg, salt, pepper, baking powder and flour.
4. Add the eggs and mix well.
5. Heat a large frying pan with oil and test the temperature with a cube of bread so when it bubbles on the top, the oil is hot enough.
6. With wet hands or a tablespoon, drop the mixture into the pan. Flatten slightly with the back of the spoon.
7. Pre-heat the oven to 200°C/ 400°F/ Gas mark 6.

COOKERY CORNER

8. Cook for 2-3 minutes on each side or until golden brown. Transfer to a tray lined with baking parchment paper.
9. Oven bake for 15 minutes until cooked in the centre and crispy on the outside.

To serve the stylish way: Dust the plate with cinnamon

ORANGE ISRAELI COUSCOUS

This is a delicious vegetarian dish which can be enhanced with cheese and nuts if desired.

Jaffa, Valencia and Seville oranges all produce great juice and are available in your local supermarkets at this time.

Preparation Time: 10 minutes **Cooking Time:** 35 minutes

Serves: 6 people

Ingredients

- 225g uncooked Israeli couscous
- 150ml orange juice
- 200ml vegetable stock
- 4 sticks celery chopped
- 2 tablespoons olive oil
- 1 onion – peeled and roughly chopped
- 2 tablespoons fresh parsley – coarsely chopped
- Zest of ½ orange
- Salt and pepper – to taste

Garnish: 1 orange – sliced

Method

1. Heat the olive oil in a large frying pan.
2. Add the celery, onion and sauté until slightly golden.
3. Stir in the parsley and vegetable stock, orange juice and zest. Bring to a boil.
4. Add the couscous and reduce to a low flame, cover and simmer until the couscous is tender and the liquids are absorbed. This will take approximately 20 minutes.
5. Taste and adjust seasoning. Fluff up just before serving.

To serve the stylish way: Garnish with slices of oranges



COOKERY CORNER

RUM & RAISIN CHEESE CAKE

You really don't need any reason to make a cheese cake for Chanukah. However there is a specific connection between cheese and the festival of lights! At this time we recall the brave heroine, Judith, who helped save her people by slaying the vicious Greek general, Holofernes, (164 B.C.E.) with the help of a little cheese and alcohol – hence the cheese cake with rum!

Holofernes had brought the Jews of Bethulia to the brink of death by seizing the town's only spring of water. The people grew desperate as they began to weaken from thirst. The beautiful Judith stepped forward and asked to see Holofernes. Taken by Judith's loveliness and charm, Holofernes invited her to an evening banquet intending to seduce her. Judith brought a large wineskin to share with him. Charminglly, she plied him with salty cheeses, then as he grew more and more thirsty, offered him great quantities of wine to slake his thirst.

When Holofernes fell into a drunken stupor, Yehudis took his sword and cut off his head. When Holofernes' soldiers found his body, they were so demoralized that they fled in panic. The town of Bethulia was saved, along with the rest of Israel.

Preparation Time: 15 minutes **Cooking Time:** 1 hour 5minutes
Serves: 8 – 10

Ingredients for the Base

180g digestive biscuits
75g melted margarine

Filling

100g raisins
4 tablespoons rum
900g medium fat cream cheese
100g caster sugar
1 teaspoon vanilla extract
Pinch of salt
3 eggs

Topping

450ml sour cream
3 tablespoons icing sugar
1 tablespoon white or dark rum



COOKERY CORNER

Garnish: Vanilla sugar and a bunch of grapes

Method

1. Pre-heat the oven to 170°C/ 325°F/ Gas mark 3.
2. Put the biscuits in the food processor and whizz into crumbs. (This can also be done by hand – put the biscuits in a plastic bag and bash into crumbs with a rolling pin).
3. Mix the melted margarine into the crumbs until well combined.
4. Press the crumb crust firmly into the base of a loose – bottomed 26cm cake tin. Chill in the refrigerator.
5. Place the raisins in a dish. Pour over the rum and cover with cling film. Put in the microwave for 2 minutes for the flavours to diffuse together.
6. Put the cream cheese, eggs, vanilla extract and salt into the mixer to beat together. Stir in the raisins and rum.
7. Transfer to the prepared cake tin. Bake for 50 minutes or until set.
8. Mix the sour cream and sugar and pour over the cake. Return to the oven for a final 15 minutes.
9. Allow to cool completely with the door slightly ajar.

To serve the stylish way: Dust the plate with some vanilla sugar and a bunch of grapes.

SAVOURY CARROT SOUFFLÉ

Impressive side dishes often just add that little extra finesse to a simple main course. This savoury carrot soufflé can be cooked in advance and reheated just before serving. Cooked in individual ramekins, sliced carrots are fanned on the top to give a stylish appearance. Although I have used the classic orange carrot, yellow, maroon and red are also grown and the organic farmers' markets tend to sell them rather than the supermarkets.

The carrot is the second most popular vegetable in the world after the potato. It is extremely versatile – ideal for cakes, soups, salads, stews, purees and even jams! In terms of nutrition carrots are important for healthy eyes, skin, hair, growth and the immune system. They can lower cholesterol, prevent heart attacks and reduce certain types of cancer.

Preparation Time: 20 minutes **Cooking Time:** 40 minutes

Serves: 8 people **Parev Pesach friendly**

Ingredients

1.5g carrots – sliced at an angle

- 2 eggs
- 2 tablespoons ground coriander
- 1 teaspoon brown sugar
- 55g chopped walnuts
- 2 teaspoons baking powder
- Salt and freshly ground black pepper

Method

1. Pre-heat the oven to 200°C/400°F/ Gas mark 6.
2. Line and grease 8 ramekins.
3. Cook the carrots and drain.
4. Carefully fan the base of each ramekin with overlapping fanned carrots.
5. Purée the remaining carrots in a food processor.
6. Add the sugar, baking powder, ground walnuts, eggs, coriander and season well.
7. Stir in the chopped walnuts.
8. Bake for 30 minutes or until set. Loosen the sides with a knife and gently invert the soufflés onto the serving plate.



To serve the stylish way: Garnish with sprigs of coriander and dust the plate with dried coriander to enhance the overall flavour.



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



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Cost: £65 per class. All materials provided

**Booking: Call Denise Phillips on 01923 836 456
 denise@jewishcooking.com www.jewishcooking.com**

PLEASE NOTE

If you wish to attend any of the above classes, please let Denise know in advance and she will be happy to supply vegetarian ingredients.

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, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

HEALTH

PLANT-BASED LIFESTYLE COULD SAVE THE NHS BILLIONS OF POUNDS

NGO calls upon UK Government to proactively promote and recommend a plant-based diet as a solution to rising healthcare costs and rates of obesity, cardiovascular disease, cancer, and type 2 diabetes.

In a paper distributed to all MPs in the House Magazine entitled **“Plant-Based Diets: A solution to our public health crisis”**, leading physicians reveal that a switch to a diet free of meat and dairy products will dramatically reduce the incidence (and therefore the costs) of the most menacing maladies currently threatening public health, such as obesity, cancer, heart disease and diabetes.

London-based NGO, World Preservation Foundation, stated in a letter to the Prime Minister that the Government can take the international lead in the advocacy and implementation of healthier plant-based policies and incentives, setting a benchmark in healthcare, environmental protection and policy innovation. Acknowledging the challenge of protecting and improving public health, whilst managing escalating costs in the NHS, WPF has set out proposed measures it believes the Government can implement to meet this challenge.

Chronic diseases are skyrocketing in the UK as insufficient consideration is given to dietary choices and the main cause of these diseases.

Current data shows over 60% of the population is overweight or obese. Cardiovascular disease alone kills nearly 200,000 people in the UK every year and costs over £30 billion. The paper details how these chronic diseases can be treated with a simple change in diet.

Leading physician and researcher, **Dr Caldwell Esselstyn**, who directs the cardiovascular prevention and reversal programme in Cleveland Clinic Wellness Institute, USA, stated:

“We are potentially on the cusp of what could be a seismic revolution in health. This will never come about from another pill, another procedure, another operation, or construction of another cardiac cathedral. It will come about when we are able to show the public the lifestyle that will halt and eliminate 75% of these common, chronic killing diseases. The most essential component of this lifestyle is whole food plant-based nutrition.”

HEALTH

Dr Esselstyn's paper states: "I initiated a long term study that treated seriously ill patients with coronary artery disease with plant-based nutrition and succeeded in the arrest and reversal of their disease. Patients lose weight, blood pressure normalizes, and type 2 diabetes improves or resolves, as do angina, erectile dysfunction, and peripheral vascular and carotid disease."

Dr Esselstyn goes on to say: "Sadly, today our adolescents are but a decade or two away from compounding this epidemic. It is time to tell the truth. Family history and genetic background do not cause this illness. It is not the luck of the draw. It is a matter of personal action and responsibility. Genes load the gun, but lifestyle pulls the trigger."

While politicians struggle with mounting NHS costs, a solution to these chronic public health threats is easily at hand. If the Government were to provide public education on the direct link between the disease epidemic and a diet heavy in meat and dairy products, the cost burden would be reduced automatically with lifestyle changes.

Dr Neal Barnard, founder of the Physicians Committee for Responsible Medicine sums it up nicely, "Many people still have no idea that food choices make such an enormous difference. Not only can healthier choices tackle the obesity epidemic; they also help us reverse heart disease, prevent cancer, and reduce the risk of other major health problems. Now is the time to spread the word far and wide."

Also featured in the paper is **Dr Joel Fuhrman**, Director of Research for Nutritional Research Project for the National Health Association, New Jersey, who states that: "The cure for type 2 diabetes is already known – removing the cause can reverse the disease, and the chief cause is excess weight from the Western diet and inactivity. The best and safest "medicine" for a diabetic is a high-nutrient density (HND) diet: focused on low-calorie, nutrient-rich plant foods and exercise.

Weight loss is effective in itself, but the goal of lifestyle intervention must be to improve pancreatic function and lower insulin resistance over and above what could be accomplished with weight loss alone.

An HND diet can accomplish this; by emphasizing micronutrient adequacy, cholesterol, triglycerides, and blood pressure are lowered as weight is lost and blood glucose drops. We have extensive experience treating overweight diabetics with superior nutrition and the results are impressive. The majority

HEALTH

are able to restore their glucose levels to the normal range without any further need for medications. They have essentially become non-diabetic again."

Dr Fuhrman highlighted: "New dietary guidelines emphasizing nutrient-rich plant foods can enable modern populations to dramatically improve their health, dramatically reduce healthcare costs, while at the same time save millions of needless deaths from heart disease, strokes, cancer and diabetes. It is time for an evolution in healthcare where prevention via proper diet, not drugs, becomes the foundation of modern healthcare."

World Preservation Foundation is calling for more than just mild suggestions to eat more fruits and vegetables. With definitive evidence that a plant-based diet can be a direct and cost effective solution to chronic disease, WPF is asking the Government to lead by example and to initiate nationwide incentives and campaigns for a societal shift towards more plant-based nutrition.

According to **Gerard Wedderburn-Bishop**, WPF Executive Director, "Advanced nutrition science has provided us with the simple and cost effective solution of a wholesome plant-based diet for preventing and even reversing these diet related diseases. People can make an informed choice when they know the full facts and that needless suffering and loss of loved ones can be avoided to a large extent."

He added "**Bill Clinton made the change to a plant-based diet after having stent surgery**. He knew about the advantages of plant-based diets, but made the change for his daughter Chelsea's wedding – he wanted to be alive and healthy for his grandchildren."

Further information can be obtained via email from kian@worldpreservationfoundation.org



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**

RHANEE THE ELEPHANT DIES



RHANEE THE EX-CHIPPERFIELD CIRCUS ELEPHANT DIES

After four years at Wroclaw Zoo in Poland, Rhanee, the elephant that caught the heart of the nation during the cruelty trial of Mary Chipperfield, her husband Roger Cawley and their elephant keeper Michael (Steve) Gills, has passed away.



The zoo reports that 41-year-old Rhanee has been euthanized due to liver failure. Torn from the wild in Thailand as a baby, savagely beaten, and passed from one establishment to another, Rhanee's tragic life highlights the suffering of captive elephants and the need for change.

During the 1999 trial that saw the convictions the Mary Chipperfield and her husband Roger Cawley for cruelty, the plight of Rhanee captured the public's imagination as people saw the video filmed by Animal Defenders International (ADI) of the vicious beatings she and the other elephants endured.

Celebrities including Sir Paul McCartney, Stella McCartney, Brian Blessed, Alexi Sayle, and stars of The Bill and Eastenders backed an ADI campaign calling for Rhanee to be retired to a specialist sanctuary. Sadly, Rhanee left the circus for a zoo in Spain, where pleas to retire her fell on deaf ears.

Suffering from severe arthritis, she was passed on to Wroclaw Zoo in Poland in 2007 where she ended her days, living in an unsuitable climate in the barest of facilities. During her life she had been kept in eight different zoos and an unknown number of circuses.

Jan Creamer, ADI Chief Executive: "It is heart-breaking that Rhanee has died, her life is one of such sadness it is almost beyond comprehension. She suffered so much and the zoo industry was repeatedly offered the opportunity to do the right thing but clung onto their exhibit. We must ask how much longer can these things be allowed to continue!"

ANIMAL CRUELTY



REVEALED: CIGARETTES STUBBED OUT ON SLAUGHTER PIGS' FACES BUT DEFRA REFUSES TO PROSECUTE!

Cigarettes stubbed out on pigs' faces; one animal punched in the head; another goaded in the face; regular blows and kicks; seriously injured pigs forced to drag themselves to slaughter... **All these abuses in one UK slaughterhouse and Defra still won't prosecute.**

Animal Aid has released footage shot secretly at Elmkirk Ltd (Cheale Meats), an Essex-based, family-run slaughterhouse that kills up to 6,000 pigs a week and whose website proclaims: "Be proud of higher welfare, buy British pork."

The film – which was recorded on a number of secretly installed cameras over a period of four days – shows three different workers stubbing their cigarettes out on the faces of pigs, while one of the men landed a violent punch on the face of a pig walking by.

In addition, three seriously injured pigs were forced to crawl from the lairage, through the race and into the stun pen. Animal Aid's cameras followed them as they were pushed, dragged by their ears and kicked along. Such treatment breaches the welfare laws multiple times.

Animal Aid filmed many examples of incompetence. Pigs are stunned using electrified tongs, which should span their brains and render them immediately insensible. However, three of the four workers filmed stunning pigs showed a callous indifference to the suffering of the animals, many of whom were not stunned correctly. Some were subjected to painful electric shocks from the tongs, and fell to the ground screaming.

It is legal to use electric goads on the muscles of the hindquarters of pigs, but only for brief periods and only when there is space ahead of the animal in which to move. At Cheale Meats, the electric goad was used in the face of one pig and on the anus of another.

ANIMAL CRUELTY

An additional worrying episode showed an apparently dead pig being dragged into the stun pen by a pole in her mouth. She was not stunned but she was shackled, hoisted and had her throat cut on the slaughter line. How this animal died, what she had been suffering from and where her meat ended up remains unknown.

Cheale Meats is the ninth UK slaughterhouse to be secretly filmed by Animal Aid in the past two-and-a-half years. The national campaign group has identified legal breaches in seven of the previous eight – some of them so serious that one slaughterhouse was forced to close down. Cases were built for the prosecution of nine men and four slaughterhouse operators before a change of government brought a change of heart, and all the cases were dropped. Defra, under the coalition government, said that, unlike its Labour predecessor, it could not proceed because the evidence was obtained without the permission of the slaughterhouses. Animal Aid believes that this is a politically motivated excuse and cites the recent *Panorama* programme, which secretly filmed care home workers without the permission of the owners, and whose film is being used to prosecute.

Animal Aid sent the Cheale Meats evidence to the Food Standards Agency (FSA). This is the body that supplies vets to slaughterhouses and investigates breaches of the welfare and hygiene law before passing the cases to Defra, which is the prosecuting body. The FSA replied on 14 June saying: “Defra is not prepared to commence prosecution proceedings where the initial allegation is based on CCTV footage gained without the consent of the relevant Food Business Operator.”

Kate Fowler, Head of Campaigns at Animal Aid says:

“Since we first began investigating English slaughterhouses, we have been pressing everyone involved – regulators, industry bodies and the government – to act decisively to end the cruelty. At first, they appeared contrite and promised action but now their words ring hollow. If Defra won’t prosecute these flagrant breaches of the law; if the vets can’t or won’t act to stop the cruelties; and if the slaughterhouse owners look the other way, who is there to stop animals from being abused at the most vulnerable time of their lives? It seems that all involved are content to keep quiet and to allow these cruelties to continue. So much for the UK having the best welfare standards in the world!”

Animal Aid’s undercover footage can be seen at Animal Aid’s Channel on YouTube.

NEWS

THE CONSUMPTION OF ANIMAL PRODUCTS IS MADE COMPULSORY IN FRENCH SCHOOLS

Six million schoolchildren have effectively been banned from following a vegetarian diet with the introduction of new legal nutrition requirements in school canteens in France.

On 2nd October, 2011, the French Government published decrees outlining precisely what must be contained within children's canteen meals.

Though the new rules do not explicitly ban vegetarian food, they make it clear that the state believes all sources of protein should come from animal, rather than plant-based, products. This is in spite of existing nutritional knowledge, such as the American Dietetic Foundation's position that "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases".

The new legal nutrition requirements mean that in a 20-meal cycle, a minimum of four meals must include meat, four must contain fish, and on other days egg, cheese or offal must be the main dishes. Vegetarians eating in French school canteens now face extreme difficulties, and for vegans, it is impossible.

The Government's decrees attack the basic freedoms of pupils and the basic freedoms of parents who wish for their children to eat more healthily and in a way which demonstrates interdependence and respect for animals and the environment.

These measures are all the more questionable given that a growing number of French people are making the personal decision to reduce meat consumption, and given that recent scientific studies actually warn public authorities about the health risks associated with meat consumption.

Many of the references quoted in the new bylaws are obsolete as they were founded on recommendations published in May, 2007, by the Groupe d'Étude des Marchés de Restauration Collective et de Nutrition (GEMRCN), and this same organisation updated their recommendations in June, 2011, with the express recognition of the nutritional value of vegetable protein.

The Vegetarian Association of France and other organisations are currently looking into taking legal action, and the Vegetarian Association of France

NEWS

is drawing people's attention to law '2010-874' of July, 2010, which states: "Public food policy aims to allow every individual the ability to choose what they wish to eat, in concordance with their beliefs, constraints and nutritional needs, and for their optimal health and well-being."

For more information, or to sign an online petition against the decrees, please visit <http://petition.icdv.info/en>

RESPECT FOR ANIMALS NEW STUDENT FASHION AND FILM COMPETITION LAUNCHED

Design Against Fur Fashion 2011 (DAFF) – a competition with compassion. Respect for Animals – the UK's leading anti-fur organisation – has launched a new student competition to produce either a garment (including t-shirt) or short film that spells out the cruelty to animals associated with the fur trade.

This new competition builds upon the success of the Design Against Fur poster competition that, for over 9 years, has received more than 4,000 entries in the UK alone.

More than 100 course leaders from colleges the length and breadth of the United Kingdom have been contacted to invite their students to take part in the competition.

Winning students will receive cash prizes and certificates and their work will be featured in the media. The deadline for entering the competition is 27 April 2012

Respect for Animals' Campaigns Director, Mark Glover said: "We are very excited about this new competition. We are asking all the leading fashion and film colleges to get involved. In recent years the commercial fur trade has been targeting fashion students offering them inducements to use fur in their work. This cannot be right as fur is cruel and unnecessary and all the fur trade's money will never make it right".

For more information please phone 01159 525 440 or email info@respectforanimals.org

THIS OUTRAGEOUS WORLD

“THIS OUTRAGEOUS WORLD”

(A Look at Life Today) by Derrick Cohen

Today we are living in a world of violence. Witness the recent upsurge of anarchy and rioting in recent weeks. Man now lives in a world gone mad, people no longer tolerate each other, all respect has disappeared, everybody in Society is directly or indirectly affected by these vicious acts that have become part of everyday life.

One section that appears to be caught up most in this unfortunate cross behavior is the motorist and as 90% of Joe Public drives it is you and I. We the motorist, are the most maledicted and frustrated group in this country. Not only do we have to put up with road rage from imbecile drivers and drunken lunatics, we are also paying through the nose for our petrol and our cars are the most expensive in the world. We travel on inferior motorways and subject to long delays and snarl ups at every junction. Our car can be stolen or vandalized at any time and if this is not enough, we are now to be asked to pay a toll to enter large cities in order to relieve congestion. Driving is no longer a pleasure. No wonder we are always on a short fuse.

The car has become like a lethal weapon in the hands of many. Then we have car park rage. Finding a place to park can sometimes be very irksome but eventually we are successful. But have you really noticed what does go on in a supermarket or shopping centre car park? You crawl in slowly eyes peering anxiously in all directions looking for that little space to fit your car, suddenly in the mirror you see someone vacating a spot. Full throttle you race for that space fully aware that there is a Mercedes revving up at the same time and the race is on. Who is going to get there first? You or the Mercedes? The winner is all smiles, relieved of the tensions of his tedious journey. He has outsmarted someone! The loser, continuous in a snarkling rage, eyes frantic until finally finding something. By this time he is more than ready for “The Battle of the Supermarket Trolleys.”

Crash bang wallop as trolleys collide in anger, near misses and scowls all round as trolleys whizz down the aisles. The angry motorist has become the frustrated shopper. Next come the hold ups at the check-out counter as you stand watching all those goods moving slowly along the conveyor belt, much like waiting for your luggage at the airport on return from holiday! At least then you are sporting a tip top suntan! It seems everybody is shopping as if there is a famine in the land.

THIS OUTRAGEOUS WORLD

Then when you get back to your car you find this it is either blocked in on both sides or you have a parking ticket for overstaying your time! By the time you reach home you have become a nervous wreck and the blood pressure sky high! Perhaps it would be better to use the non-existent public transport – maybe there is not so much hassle. So after waiting ages and ages along comes your bus or train and the stampede begins (the charge of the light brigade). What was just an ordinary queue is transformed into a mass surge leading to more rage.

Even as pedestrians we can be subject to violence and muggings. At least with the car we have a weapon to defend ourselves with!

So do we really have to put up with all this? Do we have to take everything that goes on. Of course not, we can just sit at home. We can even work from home. We have our computer. Our well equipped houses are fully air-conditioned, all the fresh air we need. We can buy a modern up to date gym and walk for miles on the treadmill (even take Fido walkies!) Our daily shopping can be done on the internet and be delivered to us. Our clothing, furniture and other goods can be requested by mail-order. The internet can give us our friendships and social life with umpteen websites to choose from. We can even get hitched on line from chat ups and the latest digital television brings the whole world to us.

“Yes Siree” that’s what we are going to do, sit back have everything at our fingertips. No more hassle, no more frustrations. Relax in peace and watch all the violence the digital screen brings to us! Or perhaps we can exist in a virtual world and create a computer image of ourselves that is known as “An Avatar” living a life of imagination enjoying ourselves in Cyberspace.

Wow that would be smashing! Isn’t life Grand! Dream on! As Hillel famously said “If I am not for myself, who is for me?”



HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

– First Edition –

£2.50 including P&P

CONSUMER CORNER

LINDA MCCARTNEY LAUNCHES NEW PRODUCTS FOR THE WINTER MONTHS

Linda McCartney Foods has four new products available this winter - **Special Edition Cranberry & Camembert ¼ Pounder Burgers**, **Special Edition Rosemary & Red Onion Sausages**, **Mini Snack Vegetarian Sausages** and (re-launched) **Vegetarian Roast**.



The new **Special Edition Cranberry & Camembert ¼ Pounder Burgers** are full of seasonal flavours. Try them alongside tomato bruschetta or a beetroot and potato rosti.

If you're a fan of the wintry aromatic herb rosemary and are partial to sweet red onion, you're bound to enjoy the new **Special Edition Rosemary & Red Onion Sausages**. Special Edition Rosemary & Red Onion Sausages are suitable for vegans.



The new **Mini Snack Vegetarian Sausages** are a smaller version of the regular Linda McCartney sausages and are extremely versatile. They're great as bite sized nibbles for parties and are handy for children's lunchboxes. Mini Snack Vegetarian Sausages are suitable for vegans.

The **Vegetarian Roast** makes a great centerpiece for occasions like Shabbat dinners or birthday lunches. Try serving with golden roast potatoes, seasonal vegetables and a generous amount of gravy. And if by chance you have leftovers, the roast makes for a tasty sandwich the next day too.



For more information about Linda McCartney Foods and "The Search for the UK's Tastiest Meat Free Dish" visit www.lindamccartneyfoods.co.uk

CONSUMER CORNER



QUORN® LOOKS TO REEL IN NEW CONSUMERS WITH FISH-LESS FINGERS TV CAMPAIGN

With consumer concern rising over the sustainability of fish stocks and increasing media coverage of over-fishing and discards, Quorn Foods recently launched a TV campaign to highlight their new fish-style range – ‘Fish without the Fish-In’.

New national TV advertising for the UK’s leading meat-free brand supported the Quorn® Fish-less Fingers, focusing on the sustainable values of Quorn foods.

Quorn Foods has significant and long-established credentials in this area, as it was developed as a response to the threat of global food shortages in the 1960s. Research was commissioned to find a sustainable and healthy form of protein and the result was mycoprotein, the foundation of all Quorn products.

The new ad was called “No Catch”, and highlighted the Quorn fish-style range as a sustainable answer to growing consumer concern regarding over-fishing. Awareness of the situation is higher than ever as a result of politicians, environmental groups and celebrity chefs alike highlighting the issue.

Chris Wragg, marketing director of Quorn Foods, says: “Just as with other foods in the portfolio, these Quorn products can now offer a delicious, healthy, sustainable alternative to those consumers who have chosen not to eat fish. As a result of consistent and effective advertising support, investing over £4 million this year alone, the Quorn brand is growing strongly at +8%. Coupled with a strong and incremental innovation programme, we look forward to the brand’s growth accelerating even further this year and into 2012.”

Quorn® is a top 50 UK grocery brand worth over £118m Retail Sales Value. The ad was the first creative produced for the brand by Quorum, the newly founded agency which was appointed by Quorn Foods in June. The ad ran from August across multiple channels.

Quorn Fish-less Fingers are part of a new Quorn range of fish-style products which include Quorn Salmon Style & Dill Fishbakes, Quorn Tuna Style Melts and Quorn Ocean Pie. These are stocked nationally in all major supermarkets.

CONSUMER CORNER



HEART UK ALPRO SOYA DRINKING TO OUR HEART'S CONTENT

ALPRO's 3-IN-1 CHOLESTEROL-BUSTING DRINK IS HERE!

Diets are NO FUN – Agreed. So, what if there was a new product on the market, which could replace one you already use and provides three elements proven to benefit health?

Alpro soya plus is the new soya drink promising to help lower cholesterol and is the ideal partner for the newly-launched Ultimate Cholesterol Lowering Plan (UCLP) – the revolutionary cholesterol-busting plan from **HEART UK – The Cholesterol Charity** – and sponsored by Alpro soya UK.

Two-thirds of us need to lower our cholesterol levels – a significant risk factor for heart disease – UK's number 1 killer.

The UCLP is an innovative approach to reducing cholesterol by up to a third, without compromising on taste or demanding major lifestyle changes. The UCLP is all about foods we can eat rather than shouldn't eat. In addition to providing solutions to lower saturated fat intake without having to forgo treats, the UCLP offers a pick 'n' mix choice of four cholesterol-lowering foods to add to the diet: soya; products with plant sterols/stanols; nuts; and/or soluble fibre from oats, whole grains and beans and pulses.

Alpro soya, the leading European manufacturer of soya alternatives have launched **Alpro soya plus** to fit perfectly into the UCLP as it provides **three of the cholesterol-busting UCLP elements:**

- *plant sterols*
- *naturally low in saturated fat*
- *a natural source of soya protein*

Just two 250ml glasses of Alpro soya plus a day provides the effective dose for cholesterol-lowering. Alpro soya plus is easy to incorporate into anyone's daily routine; it makes great smoothies, custard, sauces and produces a super-creamy soyaccinno!

By **swapping 250ml semi-skimmed dairy milk** (2.8g saturated fat) **to Alpro soya plus milk alternative** (0.8g saturated fat) for your next

CONSUMER CORNER

soyaccinno you will be on your way to healthier cholesterol levels:

- 75% less saturated fat
- Half-way to meeting your daily cholesterol-lowering dose of plant sterols and soya protein

Just substituting dairy milk for Alpro soya plus is an easy, tasty, accessible and affordable way to lower cholesterol for adults.

For more information about the Alpro soya plus milk alternative, the UCLP, images or recipe suggestions please contact Tanya Haffner or Elphee Medici on 020 8455 2126 or press@nutrilicious.co.uk

HEART UK – The Cholesterol Charity is the specialist advisor on issues related to cholesterol and lipid conditions. They campaign for better identification, treatment and cutting edge clinical practice/treatment of raised cholesterol and related conditions www.heartuk.org.uk and 01628 777046.

Alpro Soya UK – the leading European manufacturer of soya alternatives. For further information visit www.alprosoya.co.uk or www.alproplus.com

WAITROSE REVITALISES ITS 'FREE FROM' AISLES WITH KENT & FRASER'S DELICIOUS, GLUTEN-FREE COOKIES, BISCUITS AND SHORTBREAD

As of September 2011, selected Waitrose stores across the UK started stocking Kent & Fraser 100% natural, deliciously irresistible gluten-free biscuits, cookies and shortbread.

Championing three of Kent & Fraser's award-winning range, Waitrose now sell the classic Chocolate Chip Cookie, Lemon Butter Shortbread and Spicy Ginger Crunch.

Kent & Fraser are setting new and higher standards in the world of 'free-from' baked goods in their mission to ensure that everyone from foodies to those with food allergies are able to enjoy their delicious biscuits, cookies and shortbread.

CONSUMER CORNER

Kent & Fraser Waitrose product range:



Chocolate Chip Cookies – a delicious mix of butter, muscovado sugar and a very generous smattering of rich, delicious chocolate chips. Contains no eggs, wheat or gluten.

Lemon Butter Shortbread – this melt-in-your-mouth crumbly shortbread is a flavour sensation of rich sweetness and sharp lemon. Free from eggs, soya, wheat or gluten.

Spicy Ginger Crunch – a crunchy combination of sugar and spice and made with real stem ginger. Sweetest of all, these biscuits have no eggs, dairy, soya, wheat or gluten.

Dedicated to using real ingredients for real flavour, Kent & Fraser’s gluten-free range has won prestigious awards since launching in 2009. Big on taste and quality, there is a clear passion behind combining good old-fashioned recipes with surprising contemporary twists and the results speak for themselves in a range of irresistible cookies, biscuits and shortbread that are naturally delicious, gluten free, wheat free, soya free and egg free. Mixing the science of blending ingredients and the art of baking has resulted in a range that is free from lots of things but most certainly not free from taste. These indulgently delicious shortbread, biscuits, cookies are absolutely worth seeking out and will have you coming back for more.

Further information can be obtained from www.kentandfraser.com



NATURE’S PATH LAUNCHES ORGANIC GLUTEN-FREE CEREALS

For a gluten-free breakfast that is not disappointingly dull, organic cereal expert Nature’s Path has brought **“Maple Sunrise”** to the UK.

“Maple Sunrise” is North America’s No. 1 “free-from” cereal and contains wholegrain corn flakes, brown rice puffs and a bold taste of delicious maple syrup – all combined with the extra flavours and textures of flax, quinoa, buckwheat and amaranth.

CONSUMER CORNER

As well as texture and taste, these “ancient grains” can also provide nutritional benefits. Amaranth seeds are rich in minerals, such as calcium and magnesium. Quinoa is also a good source of energy, protein and B Vitamins.

The cereal’s “feel good” factor is boosted with the use of classic Canadian maple syrup, itself rich in antioxidants and potential health benefits. **“Maple Sunrise”** has a delicious, naturally sweet taste proving that gluten-free need not be taste-free, or be just for those wanting “free-from” products.

As well as **“Maple Sunrise”**, Nature’s Path has launched **“Os”** a gluten-free cereal aimed at children. “Os” have the colourful look and feel of more mainstream style cereals, with tasty, crunchy O-shaped pieces, which are also wheat and gluten-free.

“Maple Sunrise” and **“Os”** are available from all good supermarkets, so why not give them a try!

HOT FAVOURITES!

Whether you love timeless flavour combinations or prefer something a little different, there’s something for everyone in the new seven-strong range of chutneys from The English Provender Co. Each one brims with home-made flavour thanks to natural ingredients and traditional open pan cooking methods

The delicious new range features much loved classics with a modern twist, such as the versatile Apple, Pear & Fig, which perfectly complements anything from vegetarian sausages and samosas to late night cheese and biscuits. Or try Ploughman’s Plum, a fruit packed treat which just cries out to be paired with your favourite lunchbox nibbles. For sandwiches you will be spoilt for choice as Sweet Tomato & Chilli and Caramelised Red Onion goes with just about anything!

But if you fancy something a bit different look no further than Hot Chilli and Red Pepper, Moroccan Spiced and Damson and Port – each will bring a tongue-tingling burst of flavour to the dinner table, buffet or picnic.

We think the new range goes perfectly with the foods below:

Caramelised red onion – Naturally delicious with just about everything! It’s gorgeous with quiches.

CONSUMER CORNER



Ploughman's plum – Naturally delicious with the great British picnic and a must-have addition to the classic doorstep sandwich.

Sweet tomato & chilli – Naturally delicious with almost anything.

Apple, pear & fig – Naturally delicious and extremely versatile, it's brilliant with spicy foods.

Damson & port – Naturally delicious for when something special is called for.

Moroccan spiced – Naturally delicious for adding a touch of the exotic. Perfect with couscous, or mix with crème fraiche for a dip with a difference.

Look out for The English Provender Co. trademark square-shaped jars in selected supermarkets. The new chutneys are available for around £1.98.

FRESHWATER SPRINGS FOUND

DEAD SEA RESEARCHERS DISCOVER FRESHWATER SPRINGS AND NUMEROUS MICRO-ORGANISMS

In the first-ever Dead Sea diving expedition, the researchers also found new types of micro-organisms growing around fissures in the sea floor as part of a collaboration with the Max Planck Institute of Marine Microbiology scientists in Germany.

Diving expeditions have been, up to now, too dangerous to undertake in the saltiest body of water on earth. Using highly skilled divers and high-tech equipment, BGU sent the team to study the springs they had previously detected, but were unable to see from the surface.

The Dead Sea has been rapidly evaporating approximately three feet (one meter) per year, as its main source of fresh water, the Jordan River, has been siphoned off just below the Sea of Galilee for drinking by Israelis, Palestinians and Jordanians.

These Israeli and German scientists have been researching groundwater

FRESHWATER SPRINGS FOUND

springs which discharge from the sea floor to understand the impact of this process on the unique Dead Sea ecosystem.

BGU Prof. Jonathan Laronne and research student Yaniv Munwes in BGU's Department of Geography and Environmental Development, working with divers, devised the first system to directly measure spring discharge and study the structure of the upward jet-like, plume flow.

Their study reveals complex springs hundreds of feet long and as deep as 90 feet (30 meters). The springs appear from the sea floor through craters as large as 45 feet (15 meters) in diameter and 60 feet (20 meters) deep -- with steep, finely laminated walls and alternating layers of sediment and minerals.

"By developing a measurement system for these springs, we will be able to determine more accurately how much water is actually entering the Dead Sea," Prof. Laronne says.

"While researchers have known for decades that the 'Dead' Sea was a misnomer, the rich variety of life as evidenced in the vicinity of the springs was unexpected," says Dr Danny Ionescu of the Microsensor Group, Max Planck Institute for Marine Microbiology, Bremen, Germany who is leading the study of the micro-organisms.

"While there are no fish present, carpets of micro-organisms that cover large seafloor areas contain considerable richness of species," he says. Ionescu has shown that some had been previously unknown to live in such highly saline environments while others were newly discovered species.

"The micro-organisms in the Dead Sea water mainly belong to the domain *Archaea* and they number around 1,000 to 10,000 per ml, much lower than regular sea water," according to Ionescu. "Never before have microbial mats/ biofilms been found in the Dead Sea and not much is known about sediment micro-organisms in the Dead Sea."

American Associates, Ben-Gurion University of the Negev

American Associates, Ben-Gurion University of the Negev plays a vital role in sustaining David Ben-Gurion's vision, creating a world-class institution of education and research in the Israeli desert, nurturing the Negev community and sharing the University's expertise locally and around the globe. With some 20,000 students on campuses in Beer-Sheva, Sede Boqer and Eilat in Israel's southern desert, BGU is a university with a conscience, where the highest academic standards are integrated with community involvement, committed to sustainable development of the Negev. For more information, please visit www.aabgu.org

GARDENER'S CORNER

The days have shortened and the sun lies low in the sky. As the North wind brings with it snow and ice, the trees have shed their summer glory and stand bare as stark sentinels against the grey backdrop.

This is the time to reflect on the past seasons' successes or failures and to make plans for the year ahead in the



A section of the border



Violas planted for the winter

garden, a time to enjoy the summer produce which we harvested and stored. A time also to clean our garden tools and keep them in good order for the next year's use.

In the year past, we have made good use of our greenhouse and cold frames.

plants to over winter them. These included geraniums from which we had made cuttings, similarly marguerites. These were to go on to make a magnificent show throughout the summer. Several old orchids began to bloom profusely. This is a plant that does well in low light, as it comes originally from the rain forests where the canopy keeps out the glare of the sun.

At first we had stored all the tender



Geranium and Marguerite cuttings.



Fruit on a lemon tree

Our orange and lemon trees ripened fruit and bore new blossom, filling the air with their sweet scent. Our much loved tender fuchsias gladly continued flowering. Under the benches we had stored our begonia corms and dahlia tubers to spring back into life and vigour when the spring approached. We have had some of the old begonia

GARDENER'S CORNER



Aubergines

corms for 10 years or more and each year they grow larger and measure as much as eight inches in diameter. Each year they throw up more stems for flowering with even more splendour.

At the end of March we began the seed sowing of flowers and vegetables. These were sown in six inch pots and as the seedlings

developed were singled out into plastic trays. As the worst of the frosts were over, the trays were placed into the cold frames for hardening off the young plants and the benches mainly removed so that we had space for tomatoes, cucumbers, peppers and aubergines.

We had found that aubergines need more light and space than the other plants as they produce luxuriant foliage with large leaves to soak up the sun's rays. Fearing potato blight which has been prevalent, we grew these plants in organic grow bags with just two aubergines per bag while the tomatoes and cucumbers we planted three in each.



Tomatoes – 'Golden Sunrise'

We enjoyed great success with the very best crop of aubergines and the usual good crop of cucumbers, tomatoes and peppers. A few spare tomato plants were planted in grow bags on the terrace, and these thrived at first with plenty of fruit but then succumbed to the blight and had to be burned. We were terrified it might spread to the greenhouse but we were spared this.



French marigold – 'Tomato Grower's Secret'

As a defence against white fly, we grew a variety of French marigold called Tomato Grower's Secret which we also planted in the greenhouse among the plants. These brought extra colour to the scene and although we saw the odd white fly, they completely failed to establish themselves, so we were able to keep

GARDENER'S CORNER

this pest under full control without resorting to chemicals or yellow sticky strips which also trap beneficial hover flies and beautiful butterflies.

We pickled some of the cucumbers but with only moderate success but we will keep trying to improve on these. Surplus tomatoes were skinned and put into bags and frozen to provide soups and sauces till the next crop comes along in the year to come.

In the vegetable garden, the potatoes were planted in April and we commenced eating the earlies in June, with the main crop being harvested in August and put into triple ply paper sacks in a corner of the garage.

Carrot and onion fly can be a scourge. By inter-planting rows of carrots with onions (grown from seed), we were able to confuse these two pests and enjoyed excellent undamaged crops of both.

The flower beds, pots and containers were all a riot of colour with the Indian summer prolonging the show right through October as an extra reward.

Our water butt system collected every drop of rain that fell on our greenhouse roof and kept a submerged tank in the greenhouse itself filled with filtered water at room temperature to water seedlings and mix up feed for the fruiting plants.

As our Cordon apples and pears have been so easy to grow and pick the fruit, without stretching up or pulling at the branches we are planning to do something similar with fan trained plum trees also supported on wires. These are grown on a dwarf root stock to help keep the plants compact.

The changing seasons give us fresh hope to improve on our poorer experiences and develop our successes further. We look forward to a bumper 2012 of enjoyment and plenty in the garden and wish all our readers and friends the same.



New IJVS

E-mail Address

jewishvegetarian@onetel.com

BOOK REVIEWS



THE VEGETARIAN SHABBAT COOKBOOK

By Roberta Kalechofsky and Roberta Schiff
Published by Micah Publications, Inc,
priced \$26

This new book by Roberta Kalechofsky and Roberta Schiff (sometimes known as the two Robertas) combines the great tradition of the Sabbath with vegan cooking – Jewish history and food as in the tradition of their first cookbook **“The Jewish Vegetarian Year Cookbook”**. Vegetarian and vegan meals are a natural for the Sabbath, because most of the recipes require very little cooking and because vegan food keeps very well at room temperature.

This cookbook is delightful to read, with historic notes, information about ingredients, fun to look at with whimsical illustrations, and bound in lay flat binding so that it will stay open on the kitchen counter for the comfort of the cook.

More and more communities are opting to eat vegetarian at least one day a week. Even on this level, the impact on global warming and the environment is considerable. We suggest that this new movement be anchored in already established traditions, that the past keeps the new in meaningful bond.

“The Vegetarian Shabbat Cookbook” contains over 150 delicious Vegan recipes for Shabbat with recipes that have no animal products and are adapted to the tradition of cooking early on Friday, or the day before, with food that can be used for lunch the next day. Suggestions for summer/spring out-door Shabbat dinners, or outdoor Saturday lunch spread, recipes for a large crowd or dinner for two or four.

Available at www.micahbooks.com and Amazon.



MEAT FREE MONDAY COOKBOOK

With a foreword by Paul, Stella
and Mary McCartney
Published by Kyle Books, priced £19.99

2009 saw the launch of the Meat Free Monday campaign – which encourages people to go meat free for one day a week, in order to reduce their environmental

BOOK REVIEWS

impact and live a healthier life. The campaign now enjoys over half a million supporters around the world. The *Meat Free Monday Cookbook* is a beautiful collection of recipes designed to inspire people to make their meals each Monday meat-free. For those people already leading a vegetarian lifestyle, the cookbook provides an array of refreshing and creative new ideas!

There are 312 recipes in total, including contributions from top celebrities and chefs such as Kevin Spacey, José Pizarro, Tom Aikens, Twiggy, Giorgio Locatelli, Bryn Williams, Yotam Ottolenghi – not forgetting the McCartneys, themselves passionately vegetarian.

Recipes are divided into seasons to make meal planning and shopping easier and the book beautifully brings to life the contributors' love of all things *legumes*:

Breakfasts include Roasted Mushrooms with Tomatoes, Berry Muffins and Porridge with Blueberries

Packed Lunch recipes include Cannellini Bean and Watercress Salad and Red and Yellow Pepper Salad

Lunches are as diverse as Fresh Tomato & Basil Soup, Fatoush Salad with Grilled Halloumi and Spiced Wholewheat Couscous with Sweet Potato and Pumpkin Seeds...

...whilst **Dinner** ideas will surprise and delight, with Roasted Butternut Squash and Marrow, Thai Vegetable Curry and Leek and Ricotta Tart

Desserts are just as tantalising, with recipes for Plum Crumble, Chocolate and Chestnut Cake and Christmas Pudding Trifle all getting some airtime.

The idea behind the Meat Free Monday campaign is that by joining together in having one meat-free day each week we'll be making great steps towards reducing the environmental problems associated with the meat industry. Home cooks will also give their own health a boost and with the added benefit that vegetables cost less than meat, having one meat-free day each week means it's good for the bank balance too.

Key facts:

There are a growing number of people who want to cut down on meat – whether for eco, health or economic reasons.

This book is perfect for those hoping to increase the amount of seasonal

BOOK REVIEWS

fruit and vegetables in their diet. The huge variety in this book offers loads of new ideas for every meal of the day and for all times of the year.

Royalties from *The Meat Free Monday Cookbook* directly finance the campaign.

Meat Free Monday's message is "One day a week can make a world of difference". The campaign demonstrates how giving up meat for one day each week can help us reduce our environmental impact and live a healthier life.

Available at www.meatfreemondays.com and Amazon.



RIVER COTTAGE VEG EVERYDAY!

**By Hugh Fearnley-Whittingstall
Published by Bloomsbury Publishing PLC,
priced £25**

Hugh Fearnley-Whittingstall's *River Cottage Veg Everyday!*, described as a "vegetable cookbook", was published in September.

Though not vegetarian himself, Hugh Fearnley-Whittingstall makes it clear he believes people should eat a lot more vegetables and a lot less meat.

The book contains over 200 delicious recipes including a warm salad of grilled courgettes, lemon, garlic, mint and mozzarella, a winter giant couscous salad with herbs and walnuts, radishes with butter and salt, lemony guacamole, linguine with mint and almond pesto and cherry tomatoes, baby carrot risotto, new potato gnocchi, a summer stir-fry with green veg, ginger, garlic and sesame, a winter stir-fry with Brussels sprouts, shiitake mushrooms and five-spice, a cheesy tomato tart, a spring onion galette, roast jacket chips with merguez spices and spiced yoghurt, curried bubble and squeak, scrambled eggs and asparagus with lemon, tomato gazpacho, pea and parsley soup, roast squash wedges, baba ganoush, beetroot houmous, spinach pasties and barbecued corn on the cob.

With vibrant photography from Simon Wheeler, *River Cottage Veg Every Day!* is perfect for those of us who want to liven up our greens!

Available at www.bloomsbury.com and Amazon.

BOOK REVIEWS

NEW GUIDE TO GOING VEGGIE OR VEGAN... AND IT'S FREE!

Going veggie or vegan is simple with Animal Aid's new 36-page booklet. Beautifully illustrated with a mouth-watering chocolate cake on the cover, the new guide contains simple veggie and vegan recipes including some of your favourite meals: lasagne, quiche, sausage and bean casserole and, of course, some indulgent desserts. With nutritional advice, products to buy in the shops and tips for eating out, this is a comprehensive guide for anyone wishing to try a veggie or vegan diet.

"Going veggie or vegan could be the best decision you ever made," says Animal Aid's Campaigns Officer, Kelly Slade. "It's certainly the best one for the billions of animals who are needlessly farmed and killed every year. Not only will you be helping to save animals' lives, but you'll feel healthier too."

Veggies and vegans have a lower risk of obesity, heart disease, diabetes and some cancers than meat-eaters. Non-meat eaters will also be helping to protect the planet, as animal farming uses much more land, energy and water than plant-based agriculture and generates more global warming gases.

Kelly Slade continues: "Anyone can go meat-free and it's a lot easier than you might think. The number of veggies and vegans in the UK is increasing and with it, the number of choices, from new cafes, bakeries, restaurants, and businesses to animal-free products in supermarkets and high street shops. In fact, being veggie or vegan opens your eyes to a variety of foods that you might never have discovered."

Animal Aid's new guide is ideal for anyone who would like to eat more compassionately and it is available free of charge from www.govegan.org.uk



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JVS LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

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JVS 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.