

The Jewish Vegetarian

PICTURED: RABBI DR. SHMULY YANKLOWITZ

RABBI CHALLENGES SYNAGOGUES
TO GO VEGAN, PAGE 4

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

WELCOME TO THE JEWISH VEGETARIAN

With Rosh Hashana, the Jewish new year, just around the corner, we've got a very special cookery corner,

packed full of sweet recipes. Find more inspiration on our website jvs.org.uk/recipes. An increasing number of kosher bakeries offer water challot, which contain no eggs or milk. If you are keen to make your own, we recommend JVS member Jemma Jacobs' recipe, see the back page.

In this issue we meet the inspirational Rabbi who is inviting synagogues to try veganism, see page 4 for the full story.

We get a behind the scenes look at what happened on Birthright's first ever vegan trip over on page 26.

Read about the British politicians and celebrities who are joining forces to call for an end to foie gras - a product of immense of cruelty - the liver of a duck or goose fattened by force-feeding corn with a feeding tube, page 6.

We are delighted to once again be working with Limmud Conference, newly renamed Limmud Festival, which attracts over 2,500 people to the week-long winter event. We will be helping to ensure another year of fantastic veggie options.

In the next issue we will have an update

on the renovation of our building, which will become Europe's first Jewish centre dedicated to ethical eating.

From all of us at JVS, we wish you *Shana Tovah U'Metukah*, a very happy new year and sweet New Year.

L Smallman

Lara Smallman
Director, Jewish Vegetarian Society



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RABBI CHALLENGES SYNAGOGUES TO GO VEGAN



Story from VegNews.com

Aclaimed Rabbi Shmuly Yanklowitz recently launched the Synagogue Vegan Challenge, a competition that will award \$25,000 to synagogues that commit to hosting at least one vegan event every month for one year. The program will select five Jewish houses of worship in the United States and or Canada to receive a \$5,000

grant supplied by grant-giving vegan community VegFund.

“There’s not one vegan synagogue in America,” Yanklowitz said. “It’s very hard to make changes, and we to have to make it easier for people. If people see that vegan food can be healthy and tasty, they are more likely to consider a dietary change.

The synagogue should be a place of education, where people can learn about the health benefits of going vegan.”

Yanklowitz, 36, has been vegan for six years and was selected one of America’s top 50 rabbis by Newsweek for two years in a row in 2012 and 2013.

The rabbi, along with vegan actress Mayim Bialik, musician Matisyahu, and author Jana Kohl, launched welfare organization The Shamayim V’Aretz Institute (which means “heaven and earth” in Hebrew) in 2012 as an educational centre that advocates animal-rights within (and on behalf of) the Jewish community.

Look out for an update on which synagogues have taken up the challenge in the next issue of the Jewish Vegetarian magazine.

OBITUARY: LIFELONG JVS MEMBER, IAN RODIN



Written by JVS member Sam Rodin

My father Ian, a supporter of JVS for 50 years, died on 1st January 2017 at the age of 104. He was born in 1912; the family lived in a tiny house in London's East End with the workshop at the back. He left school at 14 to work alongside his father who trained him in the ancient craft of the cooper - barrel making. A man of considerable

intelligence, he took pride in working with his hands and running the business.

He met Sara whilst on leave from the army, very quickly proposed and they were married January 1942. They had a very happy marriage, lasting 61 years until my mother died in 2003. He was utterly devoted to her and was her loving carer for her last years.

When, in his 50's, I introduced him to vegetarianism, he very quickly became converted to the wisdom and justice of vegetarianism and zealously advocated it. He would often say that "eating flesh" as he put it was unethical, contrary to what our Creator intended for our diet, cruel, against Jewish & human values, and a danger to our health and the future of life on our planet.

From his 90's he wrote to successive Prime Ministers and ministers, and even to President-elect Obama in December 2008 before his inauguration, to advise them on the urgency of promoting a vegetarian diet.

He attributed his longevity, good health and youthful looks to his vegetarianism and saw his mission to be an example of how we should eat and live. He has won some converts and certainly made many think about their life-style and values.

He was pretty self-sufficient until the age of 99 and only moved to a care home when coming up to his 100th birthday.

A real mensch, devoted to making the world a better place.

CELEBRITIES & POLITICIANS CALL FOR A FOIE GRAS FREE GB



Joanna Lumley, Peter Egan and Steven Berkoff are backing leading international animal protection organisation Animal Equality in calling for a Government commitment to ban imports of foie gras as soon as we leave the EU. The initiative also has cross-party support from MPs.

Foie gras is a 'delicacy' made from the diseased livers of ducks or geese who have been repeatedly force-fed. It is illegal to produce foie gras in Britain because of the extreme suffering caused by this brutal process, known as 'gavage'.

However, we still import nearly 200 tonnes of foie gras from mainland Europe every year for sale in shops such as Harrods and Fortnum & Mason and the menus of

high-end restaurants.

A YouGov poll conducted recently showed only a tiny minority of Brits consumed foie gras in the past 12 months – only 7%, and an overwhelming majority support an import ban - 77% of those who expressed an opinion.

Dr Toni Shephard, UK Executive Director of Animal Equality, said: "Leaving the EU gives us a unique opportunity to rid Britain of this extraordinarily cruel product. Our national laws rightly declare foie gras production too inhumane to take place on our shores, yet we still allow it to be imported and sold. For the sake of the thousands of ducks and geese still suffering on European foie gras farms, this hypocrisy has got to end."

She added: "Animal Equality has filmed inside more than a dozen foie gras farms in France and Spain and found extreme suffering and death in every single one. We are now asking all British animal lovers to add their name to our petition calling for a foie gras free GB."

These views are shared by some of Britain's best known animal advocates, including MPs, who are lending their support to Animal Equality's campaign.

Joanna Lumley: "Foie gras production was banned in the UK because it is so cruel.

Why then do we still import tonnes of it every year? This must be banned as soon as possible following our exit from the EU."

Peter Egan: "The cruel and horrible way Foie Gras is produced by literally stuffing a poor duck or goose with grain until its liver becomes diseased and swells to bursting is disgusting to contemplate. We banned its production in the UK because it's cruel.

Now lets ban the importation of this cruel product. Make the UK Foie Gras Free!"

Steven Berkoff: "We must ban the importation of foie gras to cut off this disgusting and obscene abuse of birds to satisfy this disgusting and obscene decadence."

Chris Williamson, Labour MP: "We are a nation of animal lovers and have rightly already banned the production of foie gras on our shores because of the extreme suffering it causes to ducks and geese. If exiting the EU will provide us the opportunity to ban the importation of this cruel product then the Government should do so."

Henry Smith, Conservative MP: "The production of foie gras is rightly banned in the UK but, whilst still EU members, unfortunately we can't yet ban its import. A real animal welfare opportunity to impose a ban on this cruel practice when Brexit is complete can be realised and I call on the Government to act at the earliest possible time."

Caroline Lucas, Green MP: "We have rightly already banned the production of foie gras in Britain because of the extreme suffering it causes to ducks and geese. Exiting the EU gives us the opportunity to ban the importation of this cruel product and make Britain foie-gras free - the Government must act now."

Video footage and photos can be found on the petition site, simply visit: animalequality.org.uk/foie-gras.

IN THE NEWS

- First ever World Plant Milk Day announced.
- Virtual abbatoir project iAnimal (by Animal Aid) shortlisted for Raindance award.
- Zizzi, Tesco and Linda McCartney voted vegans' favourite UK companies.
- Argentinian President institutes vegan Mondays for 554 staff for environmental reasons.
- Prince Charles issues his strongest warning yet on the dangers of factory farming.
- A new study in the British Medical Journal found at least nine different causes of death associated with red meat, processed and unprocessed.
- Peta (People for the Ethical Treatment of Animals) awards Ikea, Habitat and Heals for cruelty-free homeware.
- Jonathan Safran Foer's book Eating Animals, which many cite for inspiring a move to vegetarianism is currently being made in to a film.
- Veganism was discussed for 45 minutes on BBC Radio 4's moral maze (listen here: tinyurl.com/moralmazeveg).
- Veganism was also discussed on the BBC's Victoria Derbyshire programme (watch here: tinyurl.com/bbcveg).
- New research says 25% of New Zealanders will cut meat by 2025.
- The Vegan Society launches 'Plate up for the Planet' challenge.

A POST MILK ERA?

This is the advert that catapulted dairy production on to the front pages of major British newspapers. It reads: 'I went vegan the day I visited a dairy. The mothers, still bloody from birth, searched and called frantically for their babies. Their daughters, fresh from their mothers' wombs but separated from them, trembles and cried piously, drinking milk from rubber teats on the wall instead of their mothers' nurturing bodies. All because humans take their milk. Their sons are slaughtered for their flesh and they themselves are slaughtered at 6 years. Their natural lifespan is 25 years. I could no longer participate in that, could you?'

The Advertising Standards Authority approved the language in the advert after an outcry from the dairy industry, leaving Go Vegan World free to place the adverts, and show people the cruelty that is inherent in milk production and show that there is another way.

What follows is an abbreviated version of a letter our Director sent

the following to the Jewish Chronicle: 'Reading of mothers, still bloody from birth, searching and calling frantically for their babies will shock us all.

But as Jews we have historically led the way - with *kashrut* laws designed to minimise pain and commandments to look after our animals. It is time we showed an example when it comes to the horror of dairy, with cows' lives cut down to six miserable years spent in crates, pumped full of antibiotics,

separated from their offspring and forcibly impregnated on loop. The past week's headlines are a victory for dairy cows and a wake-up call for us all. We can no longer say we don't know about the cruelty inherent in the cheese we put in our blintzes or the butter we spread on our bagels. Now is the time to seek out compassionate alternatives in line with our values.'



The first World Plant Milk Day (worldplantmilkday.com) took place on 22nd August 2017, more good news: Current projections suggest that the global plant milk market is exceed \$16 billion in 2018.

A FORAY INTO FORAGING...

Laetiporus Sulphureus, commonly known as Chicken of the Wood is one of the easiest mushrooms to forage for beginners. This is because there is nothing else that looks like this fungus in the wild, so there is no fear of confusing the mushroom for something potentially toxic or unsettling to the stomach.

The best place to look for these mushrooms is on the base of Oak trees and their stumps. However, they can also be found on a number of trees so don't be alarmed if you find a bunch on a different species. The perfect time to find these mushrooms is between spring and autumn.

Chicken of the Wood are bright orange (sometimes yellow) in colour and have no gills. The best way to harvest these is to take the top inch/inch and a half of the mushroom and just cut it straight off. You don't want the base of the mushrooms, just the outer fringe. This is because the base tends to be too tough and very woody tasting.

Once you have collected your mushrooms, you want to take them home and wash them. Once washed, they are extremely simple to cook. Just slice them into small pieces, fry for 3-4 minutes each side with some chopped garlic and oil then salt and pepper to taste. ***Note that you shouldn't eat Chicken of the Wood that you find growing on Yew trees as toxins from the tree can leach into the mushroom.**



VEGAN CHEESE INDUSTRY IS SET TO BE WORTH \$3.5 BILLION BY 2023

Thanks to growing consumer demand for cleaner, environmentally friendly, and animal-free sources of protein, we have seen an increase in the number of plant-based meat substitutes on the market, and apparently, in 2016 there was a 90 percent increase in the number of Google searches for the word “vegan.”

According to some estimates, the plant-based meat market is set to reach \$5.2 billion by 2020 and could make up one-third of the market by 2050. And now we have more exciting news to share...

Not to be outdone by animal-free sources of protein, the global non-dairy cheese industry wants in on the fun. The industry is set to be worth \$3.5 billion by 2023, according to a new report compiled by Market Research Future (MRF). Here's

PETA's (People for the Ethical Treatment of Animals) ultimate rundown of vegan cheeses available in the UK. Whether you're looking for cream cheese, sandwich slices or pizza cheese that melts, you'll be able to find a vegan cheese for every occasion':

· **Best for bagels – Tofutti Original**

Creamy Smooth. This is a classic “cream cheese” with a lovely smooth, spreadable texture. You'd never guess that it's made from tofu!

· **Best for sandwiches – Violife Cheddar**

Flavour Slices. These slices are not only tasty but also ultra-convenient. They go perfectly between two slices of bread with some crisp lettuce and a splash of vegan mayo. They're available at Holland & Barrett, independent health-food stores and at some branches of ASDA and Tesco.

· **Best to add to a salad – Vegusto No-**

Moo Herb. This is a firm vegan cheese, delicately flavoured with parsley, chives and basil. Toss it with some mixed leaves, sundried tomatoes and a splash of olive oil for a sophisticated light meal.



• **Best for “cheese” and crackers – Tesco Free From Rich Soya Smoked.** The smoky flavour is what sets this “cheese” apart. We love it on crackers or oatcakes, possibly with a little dab of chutney. Delicious!

• **Best for pizza – Veganic Vegan Pizza Cheese.** This dairy-free cheese does exactly what it says on the tin – namely, goes all lovely and gooey when sprinkled on top of a pizza alongside your favourite vegan toppings.

• **Best for sauces – VBites Cheezly Edam Style (melting).** This cheese is wonderful in a homemade sauce, creating just the right texture and a great cheesy taste. Your vegan lasagne will never be the same again!

• **Best for melting – MozzaRisella.** Made out of rice milk, this Italian “cheese” is a vegan version of – you guessed it – mozzarella. With its mild flavour and soft texture, we can’t get enough of it melted on top of pizza, pasta or anything else you might fancy.

• **Best “blue cheese” – The Blue Sheese.** If you’re craving a cheese that’s slightly more piquant, this vegan blue cheese is just the thing. And, as opposed to dairy-based blue cheeses, you won’t be eating mould!

• **Best for dipping – Sweet Chilli Creamy Sheese.** Warning: this vegan cream cheese is seriously addictive. It has a satisfying kick and tastes great with tortilla chips or breadsticks.



• **Best for impressing your friends – homemade vegan cheese.** Whipping up a batch of homemade vegan cheese is unexpectedly easy. There are many mouth-watering recipes out there that include everything from sunflower seeds to aubergine and coconut to cannellini beans, but this is one of the simplest (although it does involve some soaking time, so be sure to plan ahead):

Ingredients (makes 1.25 cups)

1 1/2 cups raw cashews
Cold water sufficient to cover the cashews by 2 inches
1/3 cup water
2 tsp fresh lemon juice
2 cloves garlic
1/2 tsp sea salt

- Place the cashews in a medium bowl. Add the cold water and let soak for 2 hours.
- Drain.
- Combine the cashews, 1/3 cup of water, lemon juice, garlic and sea salt in a food processor and blend, scraping down the sides occasionally, for 5 minutes, or until very smooth.
- Transfer to a small bowl. Cover and let stand at room temperature for at least 1 day and up to 2 days. Refrigerate until ready to use or for up to 5 days.

EVERYTHING YOU NEED TO KNOW ABOUT VITAMIN B12

**Information kindly provided by the Vegan Society (vegansociety.com).*



Everybody needs regular, reliable sources of vitamin B12. Reputable vitamin B12 supplements or fortified foods (see reference) are needed by all vegans, and also by everyone over the age of 50, no matter their diet. Vitamin B12 deficiency can cause nasty side effects such as anaemia, nerve damage, heart disease or pregnancy complications - so it's not worth taking any chances!

Remember, vegans using adequate amounts of fortified foods or B12 supplements are much less likely to suffer from B12 deficiency than the typical older meat eater.

VEGAN SOURCES OF VITAMIN B12

Look for plant milks, yoghurts, breakfast cereals, spreads, yeast extracts and nutritional yeast products that are fortified with vitamin B12. For example, taking 300 ml of a fortified plant milk plus 30 g of a fortified breakfast cereal is a good meal to supply vitamin B12 (1.5 micrograms). Or try fortified yeast extract with fortified spread on wholewheat toast, or macaroni with fortified nutritional yeast 'cheezy sauce'.

SMART SUPPLEMENTS

Alternatively, chew a reliable vitamin B12 supplement to enable you to absorb as much as possible. All vitamin B12 is produced by micro-organisms. The only reliable sources of vitamin B12 on a plant-based diet are fortified foods and supplements.

The less often you get vitamin B12, the more you need to take. Your body prefers a little vitamin B12 taken often - yet if that is a challenge for you, a weekly generous vitamin B12 supplement can also protect your health. If you're worried you may be missing out, your doctor can check your blood homocysteine levels to see if you're obtaining enough vitamin B12.

There's a lot of misinformation out there about B12 so stay smart. While B12 used to be found in the soil, it is not a healthy or reliable supply, which is why farmed animals are given B12 supplements of their own. By supplementing with B12 you're merely bypassing the poor non-humans, and taking it directly.

Still not sure?

To enjoy the full benefit of your vegan diet, either:

- Eat fortified foods with every meal, to obtain 3 micrograms of vitamin B12 each day or take one supplement containing at least 10 micrograms of vitamin B12 every day. The Vegan Society's VEG 1 supplement has been specifically formulated for vegans or take one supplement containing at least 2000 micrograms of vitamin B12 every week.

Check food nutrition labels and supplement details to see how many micrograms (also written μg or mcg) of vitamin B12 you are receiving. Make sure B12 is on your radar!

Want to know the technical details? Read this open letter on vitamin B12 from health professionals and vegan organisations: tinyurl.com/b12moreinfo

RESTAURANT REVIEW: FARMACY



farmacylondon.com

020 7221 0705

74 Westbourne Grove, London, W2 5SH

Nearest tube: Bayswater

Entering Farmacy is like stepping into a 1950s Art Deco green house. With tables and booths positioned around a wooden and copper bar, you can forgive yourself for thinking you were in Miami or Los Angeles.

Farmacy doesn't take bookings (contact them for group of 10 or more) but arriving at 7.30pm, there was no wait for a table for two.

The restaurant was lively and had a good buzz, with a constant stream of people either having dinner or drinks and nibbles at the bar. The staff were friendly and attentive. Water flowed freely.

The menu has choice, but is not overwhelming. For starters we ordered the artichoke pizzetta. Made on sourdough with olives, capers and spinach, it was full of flavour and perfect for sharing.

For mains they have Earth Bowls and Farmacy Classics. The burger comes recommended but we both opted for the Mexican Bowl. With coriander rice, guacamole (avocado), frijoles (beans) and purple potato mash, the main was filling without being heavy.

For dessert we ordered and shared a raw chocolate tart. All desserts are made without refined sugars. The people next to us had what looked like fun parfaits. Our dessert, which also came with coconut ice cream (because everything is coconut nowadays) and some sort of crumb, was tasty, but personally I could have done without it and just had a Nakd bar.

The meal for two, including a shared dessert and one drink came to about £60. On the pricey side, but a lovely vibe and place for a special occasion.

I'll definitely be going back, and quite likely be ordering the same items.

Written by JVS member Shana Boltin.



NEW VEG EATERIES

* RECOMMENDED BY YOU!



*Vegan street food by Hutch:
Boiler House Market, London*



*Mooshies Vegan Burger Bar,
Brick Lane, London*



*Event catering from CafeSoVegan
cafesovegan.com*



*Doughnuts & coffee from Dough Society
doughsocietyldn.com*



MATZO BALL SOUP

A few simple tweaks transform this much-loved recipe in to a vegan delight for all to enjoy. All recipes in this issue are from the brand new book *Vegan The Cookbook* by Jean-Christian Jury, published in hardback by Phaidon, RRP £29.95, more about the book on page 23.

Ingredients (serves 4):

For the matzo balls:

500 g silken tofu
4 tbsp olive oil
250 g matzo meal
2 tbsp nutritional yeast
1 tsp baking powder
1 tsp garlic powder
1 tsp celery seeds
salt and freshly ground black pepper

For the soup:

2 tbsp olive oil
1 onion, chopped
2 carrots, sliced
2 celery stalks, chopped
2 tbsp chopped dill
6.5 cups vegetable stock (broth)
salt and freshly ground black pepper
2 tbsp fresh lemon juice
2 tbsp chopped parsley, to garnish

Method:

To make the matzo ball dough using a food processor or high-speed blender, blend the tofu and olive oil. Transfer the mixture to a large bowl and stir in

the matzo meal, nutritional yeast, baking powder, onion powder, garlic powder and celery seeds. Season to taste with salt and freshly ground black pepper and stir well. Put the dough into an airtight container and refrigerate overnight.

Heat the olive oil in a large stockpot over medium heat, add the onion, carrots, and celery and sauté for 5 - 6 minutes, until the onion is soft. Add the dill and stock and bring to a boil, then immediately reduce the heat to low and maintain a simmer.

Using your hands or a soup spoon, shape the dough into 2-inch (5cm) balls. Carefully drop the dumplings into the soup, trying not to break them. Cover the pot and cook the soup at a low simmer for 40 minutes.

Remove the pot from the heat, season the soup to taste with salt and freshly ground black pepper, and stir in the lemon juice.

Garnish with the parsley and serve immediately.



Fancy trying something different this Rosh Hashanah? This high protein recipe is sure to wow your guests.

To garnish:

2 tbsp chopped coriander (cilantro)
cooked long-grain rice to serve

Prep time: 25 mins

Cooking time: 30 mins

Ingredients (serves 4):

270 g chopped pineapple
500 g diced tofu, fried
1 clove garlic, finely chopped
2 tbsp tamari / soy sauce
1 tbsp superfine (caster) sugar
2 spring onions (scallions), sliced
salt and freshly ground black pepper

Put the pineapple, tofu, garlic, tamari or soy sauce, and 1/2 cup (120 ml water) into a Dutch oven (casserole). Add the sugar, spring onion (scallions) and season with salt and freshly ground black pepper. Stir well.

Set the Dutch oven over medium heat and cook for about 30 minutes, until the liquid has reduced by half.

Transfer the stew to a serving dish, garnish with the coriander (cilantro), and serve over hot rice.





Another sumptuously sweet dish, perfect for celebrating the Jewish New Year. Transform a few store cupboard ingredients into a very special centrepiece dish.

Prep time: 30 mins

Cooking time: 20 mins

Ingredients (serves 4):

- 2 tbsp vegetable oil
- 2.5 cups (350 g) peeled, cored and chopped tart apples such as Granny Smith
- 1 cup (140 g) yellow onion, chopped
- 2 tsp curry powder
- 1.5 cups (120 g) raisins
- 1.5 cups (120 g) dried apricots, chopped

0.5 cup (60 g) roasted peanuts
salt and freshly ground black pepper
sticky, Arborio, or Carnaroli rice cooked in coconut milk, to serve.

Method:

Heat the vegetable oil in a large frying pan over medium heat. Add the apple and onion and sauté, stirring frequently for 6 - 7 minutes, until the onion is translucent. Add the curry powder, 2 tbsp water, the raisins, apricots and peanuts, and season to taste with salt and freshly ground black pepper. Stir well to blend the ingredients together, then bring the mixture to a low simmer and cook for 12 minutes. Serve warm or cold with sticky rice.



SALTY CARAMEL CAKE

An exciting alternative to honey cake, this indulgent dessert is the perfect way to round off your Rosh Hashanah meal.

Prep time: 20 mins

Cooking time: 30 mins, plus 25 mins cooling

Ingredients (makes 1 x 23cm cake):

vegetable margarine, for greasing
1/2 cup (65 g) plus 1 tbsp wholemeal flour
6 tbsp unsweetened cocoa powder
2 tbsp baking powder
3 tbsp vegetable oil
3 tbsp maple syrup
1 tbsp vanilla extract
6 tbsp almond butter
1/4 tsp salt
1 cup (240 ml) almond milk
3 tbsp dark chocolate chips

Method:

Preheat the oven to 350°F / 180°C / Gas Mark 4. Grease a 9-inch (23cm) round cake tin with vegetable margarine.

Mix the flour, cocoa powder, baking powder in a bowl. Set aside.

To make the caramel, combine the oil, maple syrup, vanilla extract, almond butter, and salt in a saucepan. Heat over medium heat, stirring constantly, for 6 - 7 minutes until the caramel is bubbling and smooth. Set aside for 10 minutes.

Mix half the almond butter mixture with the flour mixture. Add the almond milk and dark chocolate chips and stir to combine. Pour the batter in to the prepared cake tin. Drizzle the remaining almond butter mixture over the top. Bake for about 25 minutes or until a skewer inserted in the centre of the cake comes out clean. Set aside to cool on a wire rack for 15 minutes before serving.

VEGAN THE COOKBOOK

by Jean Christian-Jury
Hardback, RRP £29.95
Published by Phaidon

With nearly 500 vegetable-driven recipes, *Vegan: The Cookbook*, inspired by cuisines around the world, brings vegan home cooking to new levels of deliciousness. Featuring dishes from countries ranging from Albania to Zambia, it showcases the culinary diversity of vegan cuisine, highlighting regional fruits and vegetables, traditional cooking techniques, and universally delectable flavours. Home cooks will discover sweet and savoury starters, soups, salads, mains, and desserts for all to enjoy, accompanied by straightforward instructions and gorgeous colour photography.



Courgette flower



Honey bee on a campanula

In the winter we emptied the contents of our compost bins on to the vegetable garden. The compost was 6 inches deep. We dug the beds to expose the soil to the late winter frosts. This also exposed any pests to our best friends the birds. Robin redbreast and blackbird keenly picked over it with sharp eyes and ears. After the main heavy frosts, which we get in February we were able to cultivate the rough clods to a fine tilth for seed sowing. As the days grew longer in March we sowed carrots, beetroot, parsnips, salsify and leeks. We also planted our onion sets and we grew eight varieties of potatoes. It sounds like we have a lot of land but we just grew eight tubers (seed potatoes) of each variety to enjoy the wonderful succession of flavour that is unique to freshly dug new potatoes. From the end of June we were harvesting with fresh garden produce cooked within hours of coming out of the ground. The taste is

incomparable to shop produce however good the quality on the supermarket shelves is.

In the greenhouse, we sowed lettuce, cabbages and cauliflowers as well as an old variety of onion, Bedfordshire Champion as seed grown onions will make larger plants. This is because onion sets are produced the year before and so become mature more quickly to a certain size, whereas those from seed will keep growing into autumn and can make really large specimens. These can be of good flavour too. By May we sowed peas, dwarf beans, climbing French beans and scarlet runner beans, which are the king of beans. We also sowed sweetcorn in individual cells so as not to disturb their roots when planting out. We put out four courgette plants, two green fruited and two golden ones which when served up

GARDENER'S CORNER

Our regular despatch from our green-fingered columnist

add colour as well as taste. Courgettes also have beautiful flowers which can be picked, battered and fried, either stuffed or on their own.

Lettuces mature quickly but then run to seed, so every few weeks we sowed more to keep the supply going. A lettuce which has gone to seed and courgettes make the ingredients for a really delicious soup.

On the greenhouse having grown our bedding plants and made space, we prepared this for tomatoes, cucumbers, melons and aubergines. All of these are planted in twelve inch terracotta pots. As the tomatoes grow, they are supported by canes, being loosely tied every 6 inches and side shoots removed. For the cues and melons we make a framework of canes as they will branch out. Although they cling on with powerful tendrils, they still need tying in to the frame as they will get heavy with fruit.

Last year our melons failed, but we have some good sized water melons

and cantaloupes this year. With the aubergines they need plenty of light as, if shaded they hardly fruit. We put these pots on the bench so they get the most of the light. We have been repaid with a bumper crop of superb flavour and ample quantity.

As autumn approaches we need to keep the leaves collected from the lawn as they will weaken the grass. Do not wait till all have fallen as the damage will have been done. Once collected they will make a useful ingredient to the compost bins together with all the vegetables tops and bean stalks. We never put our potato or tomato plants into the bins as they might harbour spores of blight, so it is the bonfire for these and then the ash adds potash as another soil enricher.

Soon winter will come on and we will reflect on a year of plenty and the joy of growing our own produce and sharing this with our friends.



UK'S FIRST 100% PLANT-BASED RECIPE BOXES LAUNCH



PlantCurious co-founder Woj Gawor

A family's passion for healthy, wholesome and nutritious food has given birth to an innovative and unique business.

UK residents can now order PlantCurious, the first exclusively plant-based recipe box, directly to their homes.

The boxes, which have been designed to make it easy for people to make delicious wholesome plant-based meals, have been curated by the innovative new plant-

based business PlantCurious.

The seeds of the idea for the business were planted when co-founder Angela's father Richard was diagnosed with cancer. Determined to improve his health, he stunned the family by rejecting conventional medicine, embarking on a plant-based diet, and starting to juice.

Richard lived considerably longer than doctors could have expected, sadly passing last year, but not before inspiring his family to follow in his dietary footsteps.

The incredible health changes in their collective health - as well as the delicious food the family ate - became the foundation of the PlantCurious mission: to help people eat great food and live healthier lives.

Excitement is already building as earlier this month 60 of the UK's top plant-based foodies gathered for two PlantCurious pre-launch events at plant-based venue 10 Cable Street. The invited influencers tried PlantCurious dishes and went home with recipe cards and products to make a delicious ratatouille roulade at home.

PlantCurious co-Founder Woj Gawor said: "We are from such traditionally non-vegan backgrounds, both my grandparents and parents are Polish and my wife Angela's family are Peruvian. We never thought we would become plant-based entrepreneurs, but after witnessing the positive impact switching to a plant-based diet had on our family's health, we just knew this was something we had

to do. “Our focus is simple - to help people to discover new flavours, and experiment with new ways of cooking through eating more plants, and at the same time educate our customers on the variety, sustainability, ecology and beauty of a plant-based diet.”

Angela adds, “We kept trying recipe boxes and none of them got the the concept of plant-based.

We became fed up with receiving recipe cards telling us to just leave out ingredients.

One supplier even sent us cheese and yogurt wrapped in sheep’s skin. Plant-based food isn’t about leaving stuff out, it’s about embracing all the amazing vegetables out there and making them the centrepiece, not the side dish.”

The boxes contain 100 percent organic vegetables - many of which are sourced from veganic (farmed without the use of animal products or by-products) or stock-free farms.

All boxes come with recipe cards and special products from partners to help customers make simple delicious and healthy plant-based meals.

Stock-free or veganic fruits and vegetables are grown using green manures, crop rotations, vegetable composts and mulches. Avoiding all artificial chemicals and sprays, livestock manures and animal remains from slaughter houses which are commonly used on non-organic and even organic produce.

Woj Gawor says: “PlantCurious boxes are for anyone who enjoys delicious

food. Our kids - who are 7 and 10 - love eating and helping cook our recipes, nothing makes it into our boxes without their seal of approval.

Cooking and eating together as a family has been lost, yet it is one of the single strongest forces in keeping a family happy, healthy and together.

Our hope is that we can play a part in helping other families find health and wellness through plant-based cooking”.

Boxes can be delivered across the UK, see: plantcurious.co.uk for more information.



FIRST VEGAN BIRTHRIGHT TRIP

This August, US charity Jewish Veg partnered with Mayanot Israel to create the historic first-ever vegan Birthright trip. 30 American Jews and 10 Israeli Jews came together to travel all over Israel and explore their Jewish identities and the connection between Judaism and veganism.

Even though Israel boasts the highest number of vegans, per capita, in the world, Birthright had never before showcased the vegan movement on any of its tens of thousands of trips.

On each day of the 10-day trip, there was something uniquely vegan. For instance, rather than riding camels, which is an element of most other Birthright trips, participants visited Freedom Farm Sanctuary - and for many of them it was their first time meeting animals who have been abused by the agriculture industry. Gidi Mark, the CEO of Birthright International, joined in on the visit and met the group as well as the animals.

Participants had a cooking workshop with TedX speaker Ori Shavit; met the Hebrew Israelite community of Dimona, an all-vegan community who popularized tofu in Israel; and got to taste some of the most delicious vegan food in Tel Aviv.

Vegan Rabbi Eli Soiefer, a member of Jewish Veg's Rabbinic Council, was on the trip to answer questions and teach

participants about the Jewish ideal of a plant-based diet. Jewish Veg Programme Manager Naomi Davis designed the trip's itinerary with Mayanot Israel, and created workshops for participants about how to advocate for animals.

There was vegan food at every hotel, and a completely veg staff to lead the trip, including the medic. Ten of the participants became Bar or Bat Mitzvah on the trip itself, each of them reading passages from the Torah and Talmud that relate to animals.

Leah Mass, a participant from New Jersey said, "This trip was absolutely amazing. I was able to explore my Jewish identity and tie in my passion for animal rights with 39 like-minded people. I made lifelong friends, learned about my heritage and roots, and came back home with a whole new perspective on veganism and how it relates to Judaism."

If you know someone American or Canadian, aged between 18 and 26, who would be interested in being part of the winter Jewish Veg Mayanot Vegan Birthright trip, please contact Naomi Davis at ndavis@jewishveg.org.

JVS is looking at organising a British trip in the spring / summer of 2018. If you are interesting in taking part, and are aged between 18 and 26, have never been on an organised trip to Israel, are vegan, please get in touch by email: lara@jvs.org.uk



Above, participants enjoy a feast prepared with the help of TedX speaker and activist Ori Shavit. *Right*, one participant makes a new friend at the Freedom Farm Sanctuary, and *left*, falafel aplenty!



REPORTING FROM ISRAEL



As these lines are being written, we are still preparing for the Animal March in Tel Aviv in September 9th. Will it be largest march for animals in the history of the modern animal protection movement, as the organisers are hoping? In 2013 we had 4,000 participants in the march in Tel Aviv. In 2014, 6,000 came to demonstrate. 15,000 people joined in 2015 (*pictured above, and right - images by Revital Topiol*). Will this year's march outnumber the legendary Animal March in Washington in 1990, which attracted 25,000 demonstrators?

But the bigger question remains: how do we increase the number of participants in such protests?

For the organisers of the Animal March, one answer to the question of how to increase the number of participants is seeking common ground. While the

hardcore of the organisers is composed of abolitionist vegan activists, they attempt to attract people who are not of the same position to the event, but are touched by the suffering of animals and feel an urge to position themselves against abuse. These may include cat and dog lovers; people who are horrified by certain experiments on animals but are not willing to adopt an abolitionist position against all vivisection; people who are revolted by common practices in the animal-based food industries, but feel that they cannot go all the way to become vegans. A lot of the advertising of the event is targeted at such people. A lot of emphasis, for example, is put on the lack of law enforcement in cases of horrendous abuse of cats and dogs, lack of budget to confront their overpopulation, etc.

According to this philosophy, it is important to categorize these people as part of the movement, to emphasise the common beliefs and feelings, to let them feel wanted, at home and in ownership of the animal protection movement – at least to a degree that will motivate them to take part in activities and give their time, energies, skills and resources. For a struggle to progress there is an advantage to emphasising the principle we share with wider sections of the population. This way, the political strength of the movement grows, and the exploitative industries become isolated.

Accommodating people who are not in line with all the objectives of animal liberation is not just a matter of head-counting. Participating in action can be a transformative experience. At its best, it

empowers individuals; it strengthens the engagement in the cause; it creates social ties between like-minded individuals; it opens the mind to new ideas and gives opportunities to gain more knowledge. Letting people participate in action is one of the best ways to educate them.

Gaining allies matters too, and its importance is growing within the movement, as an antithesis to a tendency towards isolation and purism that could be found in some sections of the movement for years.

When adopting this more open and inclusive strategy, we need to be aware to its risks. The clearest risk is that in order to include more people and win more battles, we will water down our messaging and chose easier and less important battles. “Lower hanging fruit” are easy to pick – but not always worthy picking. The strength of movements who seek justice is their *satyagraha* – their insistence on truth, their loyalty to principles. If money and copy-righters were the key to social change, we would have no chance of winning over

multi-national corporations. But loyalty to clear and just truths can go a long way. In seeking common grounds we should not fall into the trap of concealing our beliefs or blurring our commitment. Another risk is that we lose momentum.

As mentioned, it is important we we accommodate people in our activities who are not like-minded. This is how we create a process of constant movement towards more animal protection – both in quantity of supporters and in the quality of their support.

If we focus on things that are within the social consensus we might fall into stagnation. The golden route between these two strategies is not easy to find, as the organisers of the Animal March can attest. Every now and again they had to face short-term dramas of cat-lovers complaining that they feel unwanted; vegans threatening to boycott the event if there are messages that take the exploitation of animals for granted, etc.

I certainly don’t know the perfect solution. It may be that a mix of attitudes, from different groups and in different circumstances, is part of the answer. The Animal March may be seen as an testing ground for different strategies. Up to now, the organisers seem to have successfully overcome each crisis. Let’s hope that we all find the best way to move forward.

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





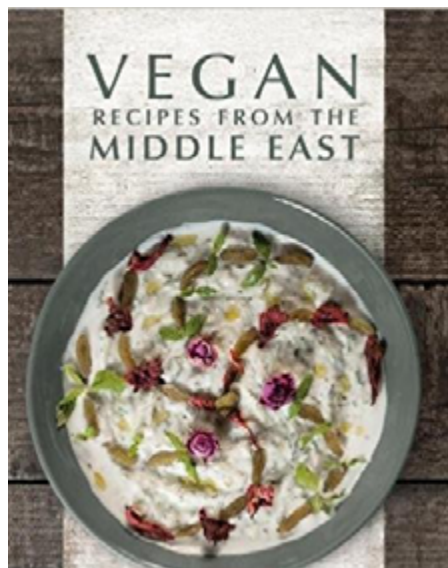
VEGAN BBQ

by Nadine Horn & Jorg Mayer

Hardback RRP £18.99

Published by Grub Street

If preparing a meat-free BBQ seems a challenge then look no further than the host of recipes in this gorgeous, mouthwatering collection. The beautifully illustrated recipes include Quinoa and Chickpea Burgers, Portobello Mushroom Paninis, Aubergine Gyros, Grilled Onigiri, Peppered Tofu Steaks, Cauliflower Cutlets, Celeriac Steaks, Zucchini Parcels, Stuffed Peppers, Grilled Onions with Romesco Sauce, Crispy Potato Skins with Guacamole, Braised Radishes in Black Pepper Butter, as well as Dips, Sauces, Salads, Salsas, Pickles, and Breads. These startling original recipe ideas will surely convince you that not having meat or fish is no hardship when it comes to throwing a successful BBQ.



VEGAN RECIPES FROM THE MIDDLE EAST

by Parvin Razavi

Hardback, RRP £18.99

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Parvin Razavi has taken the fresh and varied cuisines of Iran, Armenia, Syria, Lebanon, Jordan, Egypt, Morocco and Turkey to create a beautiful vegan cookbook. Whether as a main course or for the traditional mezze, this book contains dishes that blend natural culinary delights from the various food cultures and combines them with contemporary approaches. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes and pastries. The varied cuisines of the Middle East provide a wealth of vegan recipes.



THE VEGAN COOKBOOK

by Adele McConnell

Paperback, RRP £9.99

Published by Nourish Books

Renowned blogger Adele McConnell proves there's no need to sacrifice flavour to eat animal-free.

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From Mushroom & Roasted Beetroot Polenta Nests to Chinese Spring Onion Pancakes with Ginger Dipping Sauce, you'll find dishes that will tempt both part-time and fully-committed vegans alike.



ARE WE SMART ENOUGH TO KNOW HOW SMART ANIMALS ARE?

by Frans de Waal

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Published by Granta Books

Claims of human superiority have been eroded by a revolution in the study of animal cognition in recent years. Based on research on a range of animals Frans de Waal explores the scope and depth of animal intelligence, revealing how we have grossly underestimated non-human brains. He overturns the view of animals as stimulus-response beings and opens our eyes to their complex and intricate minds. With astonishing stories of animal cognition, *Are We Smart Enough to Know How Smart Animals Are?* challenges everything you thought you knew about animal - and human - intelligence.

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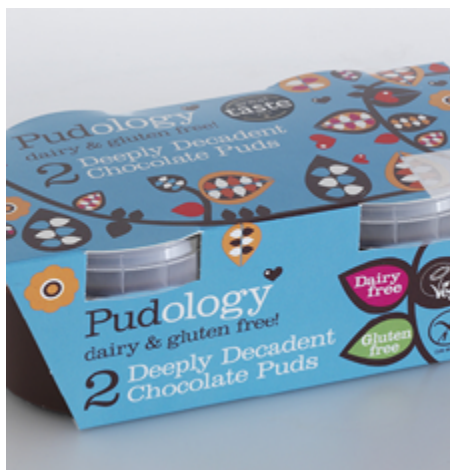


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PUDOLOGY

NOW IN SAINSBURY'S

dairyandglutenfreedesserts.co.uk

The dairy & gluten-free desserts are available in 227 stores nationwide. The selection includes the following desserts: Deeply Decadent

Chocolate Pud, Smooth Chocolate Orange Pud and the delightful Simply Sumptuous Millionaire's Pud. Staying true to their core values, the desserts are free from gluten, dairy, eggs and nuts.

However, with ingredients like Brazilian orange oil, Madagascar vanilla extract and rich Belgian chocolate, they are definitely not free from taste!

A mouth-watering palate-pleaser for any occasion, Pudology desserts are sure to impress. The popular twin packs (2x85g) usually retail for £2.99 and make the perfect addition to the basket of any dessert-loving Sainsbury's shopper - including those who follow vegan, coeliac and kosher diets.



LIVIA'S KITCHEN ON THE GO NATURAL SNACKS

liviasKitchen.co.uk

Livia's Kitchen launches Bicky Boms Impulse range. Each pack contains two delicious biscuity bites of crumbly oat covered in smooth chocolately cacao with a gooey date centre. Available in three indulgent flavours; chocolate, ginger, and salted maca caramel. Buy the Impulse range (Bicky Bombs and Raw Millionaire Bites) from: Wholefoods, Planet Organic, Selfridges and the Livia's Kitchen website, RRP: £1.79

ON A ROLL UNVEIL THEIR FIRST VEGAN SANDWICH

onarollsandwich.co.uk

Based in the North-East of England, sandwich manufacturer On a Roll create sandwiches for colleges, hospitals and shops across the UK. Look out for their Fajita Falafel, spicy falafels served on tomato and olive bread.



MIIRO RAW CHOCOLATE COATED CREAMY ICE LOLLIES WITH ADDED PROTEIN!

miiro.co.uk

MiIRO are launching three delectable vegan ice cream pops (think dairy free 'better for you' Magnums). Made with frozen coconut milk, nutritionally bolstered by tasty nuts, sweetened with coconut sugar and Italian grapes, balanced by Himalayan pink salt and fortified with pea protein, each luxurious Magnum-shaped treat is coated in a thick layer of nutrient-dense raw cacao and contains no refined sugar, no preservatives or artificial flavourings and they're gluten free to boot. Available in three inviting and flavour combinations, Salted Caramel, Peanut Butter and Chocolate Hazelnut RRP £2.49 for an individual bar, £6.49 per 3x70ml portioned pack.



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A quick and easy recipe from JVS member Gemma Jacobs that is sure to wow your guests. This makes two challot.

Ingredients:

440 g strong flour
500 g all-purpose flour
4 tbsp brown sugar
10 g salt
14 g fast-action dried yeast
600 ml almond milk + a little extra for bread glazing
2 tbsp olive oil + a little extra for bread and pan glazing

Method:

Mix the flour, salt, and sugar in a large mixing bowl.

Pour in the lukewarm (not cold!) almond milk and stir everything together with a large wooden spoon. Then add the olive oil and combine.

When the mixture has mostly stuck together turn the mixture out on to a work surface or bread board. Knead the mixture by holding one end of the dough in one hand and stretching it out with the other hand. Re-form the dough, turn it 90 degrees and start again. Repeat this for 10 minutes. When the dough is shiny and smooth, put it in a large mixing bowl, coat in a thin layer of olive oil and cover the bowl with a tea towel. Leave it in a warm place (but not too warm – ie not next to



an open fire!) for 1 - 2 hours (until it has doubled in size).

Empty the dough out on to a work surface and push the air out with your fingertips.

Split the dough in half and then set one of the halves aside. Split this half into three for plaiting.

Repeat step 6 for the second half of the dough. Leave the finished challah, covered with a kitchen towel, to prove again for another hour. Before the hour is up, preheat the oven to Gas Mark 4 / 180° C / 350° F. Coat the challah with olive oil (this gives it a golden colour). Place it in the oven to bake for 25-30 minutes or until golden brown.

Glaze the still warm challah with a mixture that is 50% almond milk and 50% olive oil. This gives it an extra shine.