

Jewish Vegetarian



INSIDE: YOUR GUIDE TO
A PLANT-BASED PASSOVER

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

WELCOME TO THE SPRING 2018 ISSUE OF THE JEWISH VEGETARIAN

With Pesach just around the corner, we have a special how-to-guide for the perfect plant-based Passover on page 6, plus a selection of tasty recipes in our cookery section, starting on page 16. Our website jvs.org.uk has plenty more recipes for you to enjoy.

We are delighted to announce that our much-anticipated building project is now well underway, after some severe delays. We are just a few short months away from opening the world's first Jewish vegan and eco hub. See page 4 for more details.

Our joint Rabbinic Statement (tinyurl.com/vegrabbinicstatement) that we produced with US-based Jewish Veg is gathering pace. The Guardian recently wrote a feature (tinyurl.com/veganrabbis) about the growing Rabbinic support for veganism, referencing our statement and one of our Patrons Rabbi David Rosen.

Elsewhere in the Jewish community there has been a very exciting development - the launch of Eco Synagogue, (ecosynagogue.org) which took place last month. Dr Rowan Williams, former Archbishop

of Canterbury, helped set up the Eco Church and was on hand to launch the Eco Synagogue alongside JVS Patron Rabbi Jonathan Wittenberg (see page 10).

There have been so many developments in the vegan movement in the last quarter, it can be hard to keep up, see the latest on page 12. Perhaps the most exciting of all is news of leather, milk and meat being developed in America and Israel without the use of animals. You can read more on our website jvs.org.uk, which is updated daily with news and features.

Wishing all of our readers and supporters a happy and kosher Pesach,

Lara Balsam

Lara Balsam
Director, Jewish Vegetarian Society



THE NEW JVS, P4

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Image credit: Lauren Yolo

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OUR BRAND NEW HUB COMPLETE WITH OPEN-PLAN HALL, PROFESSIONAL KITCHEN & CONFERENCE ROOM OVERLOOKING A BEAUTIFUL OUTDOOR SPACE, SEE UPDATES AT JVS.ORG.UK



YOUR GUIDE TO A VEGAN PASSOVER



Image credit: Lauren Volo

More and more people are on the hunt for alternatives to eggs over Pesach. Whether you are steering clear because of an allergy, intolerance or ethics - mass cruelty is endemic in modern production, here are our Director Lara's top tips for a delicious and hassle-free, egg-free Pesach...

Seder solution:

When it comes to the Seder plate, a common replacement for the egg is a decorative wooden egg. You can go further and use a flower – a symbol of spring and new life. I like to use edible flowers; visit the Royal Horticultural website (tinyurl.com/RHSedibleflowers) for information about the various flavours and how to grow your own. Instead of a shank bone, how about a

Pascal yam? Search online for vegan haggadot, alternatively you can make your own at www.haggadot.com.

Passover picks:

Let veggies take centre stage. I would highly recommend downloading a seasonal vegetable chart for inspiration, and flicking through Ottolenghi's books 'Plenty' and 'Plenty More'. I love baking chunks of sweet potato with cinnamon, paprika, a drizzle of oil and sprinkling of salt. Whole baked cauliflower makes a great centrepiece, see the JVS website for a fantastic Gobi Musallam recipe with using coconut, cashew nuts and spices to transfer the humble cauliflower.

Around the world:

My other go-to dishes are: Asian curries with lots of fresh ginger, garlic, lemongrass and fresh coriander, soups (pea, coconut and mint is a particular favourite), spicy shakshuka with baked portobello mushrooms, chopped fresh sweetcorn (see JVS website for recipe), or roasted aubergines instead of eggs, crunchy salads with exciting dressings.

Keep 'em quinoa (keen-wa):

Quinoa is a fantastic source of protein, and you can buy packets that have been processed with Passover supervision. Did you know it can be used in desserts too? There are many recipes online that use popped quinoa (which you can

make at home) to add crunch. A few years ago JVS hosted a vegan seder at JW3. The most popular dish was the chocolate mousse, Sheryl Crowe's recipe (tinyurl.com/crowmousse), which uses avocado among just a handful of other healthy ingredients.

Five top tips for an egg-free Pesach:

1. Stock up on fresh herbs, and your favourite spices.
2. Make homemade pesto and keep it in a sealed jar in the fridge, ready to drizzle over roasted veggies, soups, warm potato salad and even on matzah.
3. Stock up on nuts - they add texture and are full of goodness — and taste even better once toasted or roasted. Cashew nuts can be quickly transformed into a delicious savoury sauce.
4. When baking, use ¼ cup (65 g) of pureed cooked apple or mashed banana to replace each egg.
5. Recipe swap with friends.



ur favourite websites for quick and tasty pesach recipes:

- jvs.org.uk (of course!)
- jewishfoodhero.com
- vegkitchen.com
- mayihavethatrecipe.com
- toriaavey.com

MAKE AN OMELETTE WITHOUT BREAKING HENS

The Jewish Chronicle newspaper invited our Director to write this article ahead of Pesach.

It is that time of year when boxes of eggs are piled high in Jewish homes, in readiness for a frenzy of Pesach cooking and baking. In getting ready to celebrate the festival of freedom, we ought to give some thought to the way these eggs are produced.

Today's industrial processes bear no resemblance to the quaint local farming of yesteryear. This is a \$10 billion industry that renders chickens mere commodities, to be disposed of once their production slows.

Hens have a natural life expectancy of five years or more. However, egg-laying hens have their lives cut short at little over a year — to maximise profit. No matter where you buy your eggs — high-end or budget shops — and irrespective of the label on the box — free-range or organic — the hens that lay them are killed at between 68 and 72 weeks.

The fate of male chicks is even worse. They are given no chance at life. Seen as an unwanted by-product, they are routinely killed at just a day old, suffocated in a plastic bag or ground up alive. Germany is the only country that has banned this practice, known as “chicken shredding”.

The idea of eating food that

involves thoughtless killing on such an industrial scale is particularly unappetising at the time of year when we reflect upon the killing of the first-born around our Seder tables.

But it is not just the chicks' deaths that are at odds with Jewish values — their “lives” are pitiful from start to finish. I write the word in inverted commas, because they are not really living, merely existing. They will never see their mothers. Hens have their beaks cut off with a hot blade, without anaesthetic, to prevent them from pecking each other. Tens of thousands of birds are confined to warehouses so cramped they may never spread their wings. Accessing the doors to the outside is a luxury only a few are afforded. For most, fresh air and sunlight is something they can only dream of.

There is often confusion over the real meaning of the labels we see on egg boxes and what they tell us about the way animals are treated.

“Free-range” eggs are those produced from birds that may be allowed outdoors. The term may be used differently depending on the country and is often not regulated.

“Organic” refers to the feed given to the hens, who must live in an open space, but that open space can be an overcrowded henhouse.

The production of battery eggs from caged hens confined for their entire lives was banned in the UK six years ago. Up to 11 hens are crammed into tiny wire cages, which are stacked on top of each other, so urine and faeces drop into the lower cages. Conditions are so bad, some chickens die in

their cages and rot, surrounded by live birds. Some British companies (including many household-name kosher shops in Britain) import battery eggs from Europe because they are dirt-cheap. It is alarming to see kosher shops in the UK choosing to stock battery eggs.

When we reflect so deeply on what it means to be free from oppression at this time of year, we ought to give some thought to the lives these chickens lead.

A growing number of rabbis are arguing a strong case that eating kosher should take account of the ethics of the farming methods involved.

Rabbi Ariel Abel wrote a pertinent piece for the JC (tinyurl.com/jcegg) entitled “We can’t eat eggs from mistreated chickens” (pictured, right) — and recently the Jewish Vegetarian Society has collaborated with the charity Jewish Veg, which is based in America, to produce a rabbinic statement (tinyurl.com/rabbinicstatement) signed by more than 100 rabbis worldwide from various denominations, proposing veganism as the diet most compatible with Judaism.

When baking, use a quarter of a cup (65g) of puréed cooked apple or mashed banana to replace each egg. A simple online search for “replacing eggs in baking” will show you other alternatives and the exact quantities to use. For those who eat kitniot, aquafaba, also known as chickpea water, can be whisked for a few minutes and used like egg whites.

We have lots of tasty, nutritious,

quick and easy Pesach recipes online at www.jvs.org.uk.

When it comes to the Seder plate, a common replacement is a decorative wooden egg. Some people like to use a potato, as its shape mimics that of an egg. You can go further and use a flower — a symbol of spring and new life. I like to use edible flowers — visit the Royal Horticultural Society’s website (tinyurl.com/RHSedibleflowers) for information about the various flavours and how to grow your own.

You need not miss out on cherished favourites this Pesach, when there are so many delicious, compassionate alternatives.



ECO SYNAGOGUE LAUNCHES IN THE UK

A new organisation has been formed called Eco Synagogue, stemming from Eco Church. Launched on Tu B'Shevat, it was created to help synagogues become more environmentally friendly, encouraging solar panels; double glazing; switching to green energy suppliers; using Fairtrade tea and coffee; environmentally-friendly, organic foods and any other initiatives that can help improve the environment. The launch was introduced by Rabbi Jeffrey Newman and featured JVS patron Rabbi Jonathan Wittenberg discussing environmental issues with former Archbishop of Canterbury, Dr. Rowan

Williams (*pictured below*).

Any synagogue which joins the scheme gets advice and a certificate. Depending on its activities, it can be awarded either a bronze, silver or gold plaque.

Synagogues could follow Israel's example of solar water heaters on all new roofs, which save energy and reduce greenhouse gases.

A synagogue could plant a tree in its grounds or nearby to absorb carbon dioxide and release oxygen. It could be planted, or at least dedicated, on Tu B'Shevat, with a plaque saying why it was planted.

Another recommendation is to switch to a green energy supplier to offset climate change and its harmful effects. Leviticus chapter 26, verse 3-4 tell us "if you observe my decrees and observe My commandments and perform them, then I will provide your rains in their time and the land will give its produce..." Although it is not only environmental laws we should keep, they are part of the



Dr Rowan Williams, Former Archbishop of Canterbury and Rabbi Jonathan Wittenberg, Senior Rabbi of Masorti Judaism and Senior Rabbi of NNLS, photo by Ian Morris

picture. The rest of chapter 26 gives warnings on what will happen to the environment if we become lax.

A synagogue could install double glazing. This reduces the amount of energy needed for heating, and in so doing reduces the number of damaging greenhouse gases released in to the atmosphere. In Genesis chapter 2, verse 15 it says, “the Lord took the man and put him in the Garden of Eden to work it and take care of it.” Not only would you be taking care of it, but you save money on heating and create a warmer place for those who don’t like the cold.

Another initiative that is being encouraged is choosing to stock Fairtrade tea and coffee, thereby paying a just and fair price to producers in developing countries. As it says in Proverbs chapter 16, verse 8, “better a little through righteousness than much produce without justice.”

A synagogue could increase the number of organic and plant-based foods on its premises at communal events. As it says in Genesis chapter 1, verse 29, our food shall be “all herbage yielding seed that is on the surface of the entire earth and every tree that has seed yielding fruit, it shall be yours for food.” The first kosher diet was a vegan one. Its ecological low carbon footprint has made it even more relevant in today’s much more heavily populated world. For more information, go to www.ecosynagogue.org.

Written by JVS member Jonathan Fitter.

THE BIG VEGAN ACTIVISM VAN:



The Big Vegan Activism Van is a moving activism project by the animal rights organisation Surge. Our mission is to visit as many education establishments in the UK as possible, providing vegan education and outreach to students.

Our day of education consists of a full day of on-campus outreach with an iAnimal virtual reality headset station, followed by an evening screening of our documentary Land of Hope and Glory and a speech by Surge co-founder Ed Winters (aka Earthling Ed). To encourage non-vegans to come to the screening and speech, we will be giving out free vegan pizza to all attendees!

If you want us to come to your university then simply get in touch and we’ll get back to you as soon as possible. Whilst we’re on the road, we want to support as many other activism groups and events as we can! So if we’re in your area let us know if there’s activism that we can support. Find out more at: thebigveganactivismvan.com

JVS AT SHAMAYIM V'ARETZ CONFERENCE



The Shamayim V'aretz Institute is a US-based Jewish animal welfare organisation that educates leaders, trains advocates, and leads campaigns for the ethical treatment of animals. Once a year people from around the world gather at the Shamayim V'aretz national retreat to discuss animal welfare through a Jewish lens. This year I attended with two key aims; building relations with other like-minded organisations and promoting the work of the JVS here in the UK.

This year the retreat took place in the beautiful Simi Valley, just outside of Los Angeles. It was the perfect backdrop to a weekend of debate, discussion and learning. The retreat began with a community candle lighting to bring in Shabbat, welcome introductions and then dinner where we got to meet people from Jewish Veg as well as PETA, Animal Equality, Jewish Initiative for Animals,

and lots more.

On Shabbat morning it was time for me to present my session entitled “Building Vegan Communities”, aimed at anyone who has dreamed of creating a vegan hub / space / group in their area. I showcased our plans to open the world’s first Jewish vegan eco hub (in summer 2018). This was followed by an open discussion about what community means, and how it can be created and sustained.

The discussion was a very lively one with many people talking about what a vegan community could or should look like and how could it be more inviting for non-vegans. There was unanimous agreement that vegan spaces need to be positive, friendly ones, where we encourage people to explore where their food comes from. Another key task is examining how Jewish festivals could be more ethical and environmentally

friendly. Something that came through strongly was the idea of filling a gap in the market in your community, for example a yoga class / book club, and serving vegan food at it, which soon just becomes 'food', ie the norm. People can then slowly be introduced to new ideas at a gentle pace, which is always a great strategy for long term, sustainable change.

Other sessions included: "Kaddish For Cats" run by Rabbi Boris Dolin, this was a fascinating session that explored how we can go about creating ceremonies for the pets - also known as companion animals - that we lose. Rabbi Boris provided a template for people to use so they can create their own rituals. It was really moving to hear everyone's stories of how they honoured their departing pets.

We were very lucky to watch a panel discussion later that day, entitled: "Food as Medicine with LA's best Jewish plant-based medical professionals." They told us about patients who would lose weight, come off medication, reduce their blood pressure and cholesterol levels - all because they had started to follow a wholefood, plant-based diet. It was really inspiring to hear from vegan doctors who are challenging the norms of what is the best diet for us, and championing a way forward without animal exploitation.

That evening "The Invisible Vegan" was screened - a 90-minute independent documentary that explores the problem of unhealthy dietary patterns in the African-American community, focussing on the health and wellness possibilities enabled by plant-based vegan diets.

On the final day there were more great sessions, the first by husband and wife duo, Philip and Hannah Schein from PETA (People for the Ethical Treatment of Animals) who are Director of Policy and Director of Investigations respectively. They gave us an outline of their investigations into animal abuses that have been going on and exposed in kosher food establishments. It was a great reminder that all animal food processes have big welfare issues. Then, we heard from Naomi Davis from Jewish Veg give a talk entitled, "What is the Jewish Perspective on Humane Meat?". A very interesting discussion about the meaning of the word 'humane' followed. The general consensus was that ending the life of a being that does not want to be killed cannot be classed as 'humane'.

To round off the fabulous weekend we heard from the host of the retreat, Dr. Rabbi Shmuly Yanklowitz, founder of the Shamayim V'Atetz Institute, who spoke to us about cultivating compassion in our lives and how veganism can be a spiritually transformative Jewish practice. Rabbi Shmuly spoke very powerfully about how we must live the values we espouse to others.

Overall, it was a very meaningful and moving weekend and I have taken so much away from it.

Written by Lara Balsam, JVS Director.

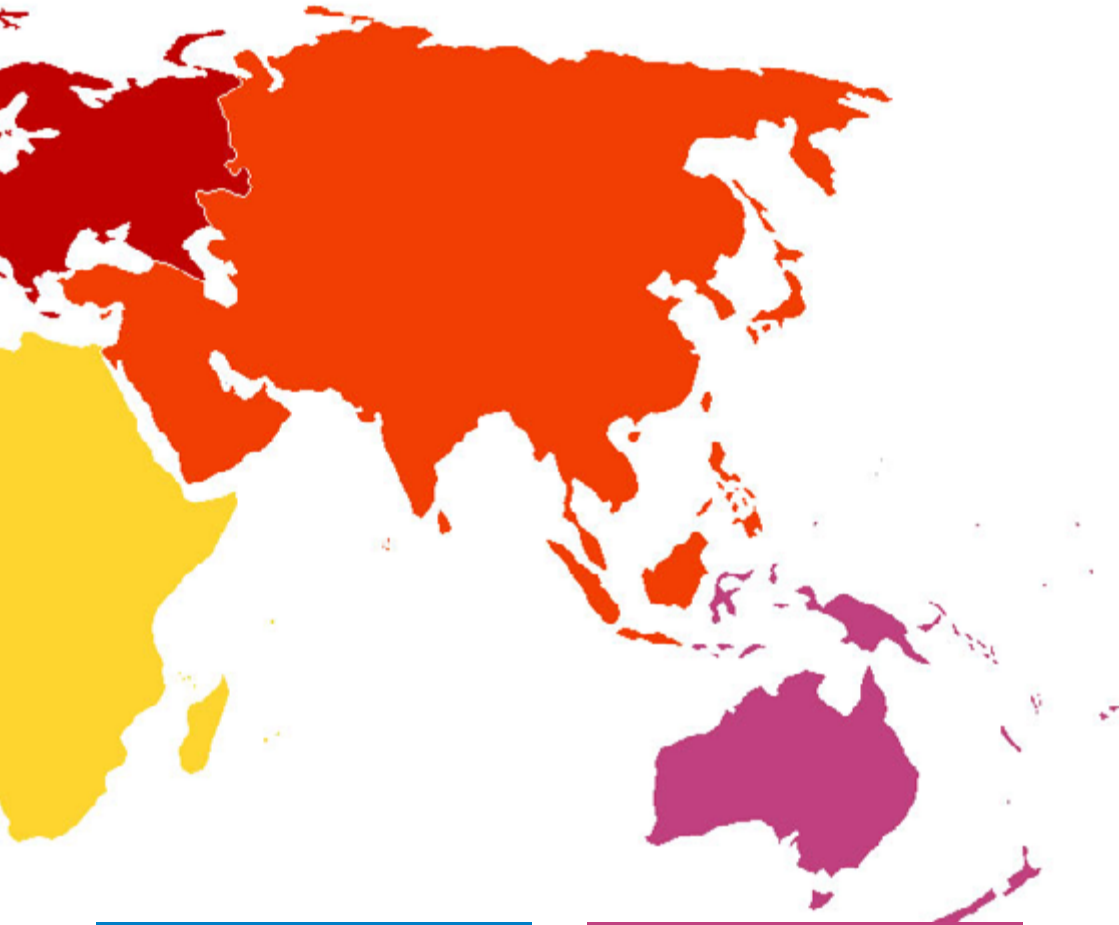
UK:

- More than 10,000 people have signed a petition, started by Animal Aid – one of the UK's largest animal rights groups – calling on all major supermarkets to clearly label their own-brand vegan products
- Greenpeace's latest major campaign calls on the public to eat less meat and more veg
- Beyond Burger from Beyond Meat coming to the UK
- 25% of UK dinners have no meat or fish according to research by Kantar Worldpanel
- London's iconic Camden Market has banned the sale of fur, and a growing number of British celebs are calling for a ban on fur imports
- Data shows hygiene breaches at over half of all UK meat plants
- The UK's National Health Service has approved a study conducted in the US about the prevention of diabetes with a vegan diet
- What the Pita - the UK's first vegan kebab shop and Temple of Seitan which sells vegan fried 'chicken' open additional branches in London
- Such is demand that there is now a 100% vegan online supermarket: ecollective.co.uk
- Pioneering plant-based chef Derek Sarno launches Wicked Kitchen brand exclusive to Tesco
- Vegan burger pioneers, The Vurger Co, announce launch of permanent site in Shoreditch



USA:

- Ahimi sushi, made with tomato that looks and tastes like tuna, has launched in the US, with plans to come to Europe soon
- New Jersey-based startup Modern Meadow is fabricating the animal-free leather of the future
- Start-up Perfect Day is working on creating real milk without cows
- First book on animals in the fashion industry written by Joshua Katcher launching in May



ISRAEL:

- Israel is named the top destination for vegan tourism
- Israeli start-up SuperMeat raises \$3 million to produce “clean meat” without animals
- Israel joins America in offering lower insurance premiums to vegans

AUSTRALIA:

- First vegan hotel in Australia opened last month
- The country is named as the third fastest growing vegan market in the world
- Vegan wine’s growing popularity raises questions about ingredient labelling



RAINBOW ROOT SLAW

This is a fantastic colourful side dish in which the glossy dressing makes the colours really shine. The vegetables can be changed for any you prefer – try kohlrabi or celeriac – and the apple could be swapped for a pear. You can use the dressing for other dishes - the mixture of sweet citrus and earthy thyme makes it particularly good with roasted vegetables or in salads. It's a great dressing for wedges of roast pumpkin or squash, and can be added before or after roasting. It also makes a nice glaze for nuts when added before roasting, especially pecans.

Ingredients (serves 4 - 6):

400 g (14 oz) red cabbage,
tough outer leaves removed
½ fennel bulb, trimmed
and cored
1 red-skinned dessert apple
(such as Red Pippin)
2 parsnips, peeled
1 beetroot, peeled
2 carrots, peeled
40 g (1½oz) currants

for the dressing:

2 garlic cloves, peeled
2 sprigs of thyme leaves, picked
grated zest of ½ orange
125 ml olive oil
100 ml orange juice
50 ml maple syrup
salt and pepper

Method:

Start by making the dressing.

Blend all of the ingredients in a blender, or in a measuring jug with a stick blender until smooth and glossy.

Transfer to a clean large airtight jar or bottle. (You can store this in the fridge for up to 2 weeks).

Very finely shred the cabbage and fennel, then put in a large bowl. Grate the apple, parsnips, beetroot and carrots on the largeholed side of a box grater. Add to the bowl and mix together. Add enough dressing to the vegetables and apple to coat them but not make them soggy.

Crush the vegetables with your hands a little so that they break down slightly.

Finally, add the currants and mix through the slaw.

The recipe on this page and the following page are from the recently released 'Mildred's Vegan Cookbook' by Dan Acevedo and Sarah Wasserman, published by Mitchell, photography by Matt Russell. See page 31 for more information about this wonderful new book and other new titles.

This dish has lots of components and so takes a little time to prepare, it is full of flavour, spiked with a typical Middle Eastern blend of spices.

Ingredients (serves 4 - 6):

1 cauliflower (about 700 g/ 1lb 9oz), some inner leaves retained, cut into 4 wedges

For the Levant spice mix:

2 tbsp light olive oil
1 large garlic clove, crushed
1 tsp sumac
Seeds from 3 green cardamom pods, ground
½ tsp ground cumin
¼ tsp ground cinnamon
¼ tsp ground allspice
1/8 tsp ground nutmeg
30 g (1 oz) vegan margarine
¼ tsp salt
juice of ½ lemon

For the tahini sauce:

2 tbsp tahini
juice of 1 lemon
¼ tsp salt
½ garlic clove, crushed
100 ml (3½fl oz) warm water

To garnish:

30 g (1 oz) pine nuts, toasted
1 tbsp dried rose petals
seeds from ¼ pomegranate
10 g (¼oz) flat leaf parsley, chopped
pinch of sea salt flakes

2 tbsp olive oil
1 tbsp pomegranate molasses

Method:

Bring a large saucepan of water to the boil, add the cauliflower wedges and cook for about 3 – 4 minutes until about 75% cooked but still firm and holding their shape. Drain and leave to cool under cold running water.

Drain and pat dry, then cut into 8 smaller wedges. Put in a bowl and set aside.

To make the spice mix, heat the oil in a small saucepan, add the garlic and spices and cook gently for a couple of minutes, stirring, until the spices release their aroma. Add the margarine with the salt and melt over a low heat, then remove from the heat and stir in the lemon juice.

Pour the spice mix over the cauliflower and use your hands to rub the mixture into the cauliflower wedges, coating them evenly.

Cover and leave to marinate in the fridge preferably overnight or for at least a few hours. To make the tahini sauce, put all the ingredients in a bowl and whisk together with a balloon whisk until smooth. Leave to cool – as it does so, the tahini will set and the sauce will thicken slightly. If the sauce thickens too much, whisk in another splash of water to thin it out until it has a pouring consistency.

To finish the cauliflower, cook on a hot barbecue or griddle pan on the hob for a few minutes on each side until the wedges are nicely chargrill marked. Serve scattered with the pine nuts, rose petals, pomegranate seeds, parsley and sea salt, and drizzled with the oil, tahini sauce and pomegranate molasses.



LEVANT-SPICED BARBECUE CAULIFLOWER



SA'LATA SHOOENDAR

Beetroot salad with pomegranate molasses, made by reducing and concentrating the juice of pomegranates, adds a delicious, slightly tart flavour to savoury stews and salad dressings. It's available in most Middle Eastern stores, but comes in various densities, so the exact amount needed will depend on the thickness of your molasses. This salad will keep for up to 3 days in the refrigerator. Recipe from the recently released book *Hazana: Jewish Vegetarian Cooking* by Paola Gavin (Quadrille, £20.00) pictured right. Photography by Mowie Kay.

Ingredients (serves 4):

4 medium beetroots (about 675 g)
1 small red onion, finely chopped
a handful of finely chopped flat-leaf parsley
3 tbsp extra virgin olive oil
juice of ½ lemon
1 garlic clove, crushed
1 – 2 tsp pomegranate molasses
salt and freshly ground black pepper
2 tbsp toasted sesame seeds

Method:

Wash the beetroots well and trim the ends. Place in a saucepan of cold water and bring to the boil. Cover and simmer for about 1 hour or until tender, then drain and set aside until cool enough to handle. Peel and slice. Place in a salad bowl, together with the onion and parsley.

To make a dressing for the salad, combine the olive oil, lemon juice, crushed garlic and pomegranate molasses in a small glass jar. Season with salt and pepper and shake well. Pour over the beetroot and toss lightly, then garnish with sesame seeds and serve cold.



Paola explains that she chose the name *Hazana* because “it means nourishment in Hebrew. I think it also expresses a feeling of joy that goes well with Jewish hospitality.”

Although she has been writing vegetarian cookery books since 1987, this is her first specifically Jewish book. “I have been collecting Jewish recipes for years — in fact I found so many delicious, traditional Jewish vegetarian recipes, I realised I had to put them all in a new book.”

Read the full Jewish Chronicle interview with Paola Gavin via the link below: [tinyurl.com/paolagavinjc](https://www.tinyurl.com/paolagavinjc)

This is a vegan chocoholic's dream - it is rich and creamy, and yet there's no dairy in it. This is the favourite tart of the most cheerful customer we have at the bakery, so we'll often make it just to thank her for brightening our day when she comes in. It can be made up to a week in advance, and kept in the fridge. This makes 1 x 24cm round tart.

Ginger is thought to be one of the healthiest spices on the planet and experimental studies have shown that ginger inhibits the inflammation process.

Recipe from 'Modern Baker: A New Way To Bake' by Melissa Sharp with Lindsay Stark (Ebury Press, RRP £26) and Modern Baker's range of healthy baked goods are available in Selfridges (London, Birmingham, Manchester Trafford and Manchester Exchange), Planet Organic and their Oxford based cafe-bakery at 214 Banbury Road, OX2 7BY.

Ingredients:

175 g almonds
175 g pitted dates
50 g almond butter
2 tbsp coconut oil

For the filling:

375 g almond milk
2 tbsp cornflour
1 tsp vanilla extract

20 g fresh ginger, peeled and grated
285 g raw chocolate / coconut sugar-sweetened chocolate
2 tbsp coconut oil

Method:

Grease and line the base of a 24 cm tart tin. To make the base, blitz the almonds in a food processor until they resemble coarse sand. Add the dates, almond butter and coconut oil and continue to blend until the mixture comes together as a smooth mass. Press it into the base of the prepared tin, smooth it over carefully and put it in the freezer while you make the chocolate filling.

In a small pan heat the almond milk with the cornflour, vanilla and fresh ginger. By adding the ginger here you infuse the milk with it, which spreads the flavour evenly through the filling. Bring the milk to the boil, whisking occasionally to prevent the cornflour from forming clumps and burning on the base of the pan. As soon as the mixture comes to a boil and has slightly thickened, take it off the heat.

Put the chocolate chips in a heatproof bowl with the coconut oil. Pour the boiling milk mixture over the chocolate and leave to stand for 2 minutes to melt the chocolate, then mix well into one homogeneous mass.

Pour the filling over the tart base and leave to chill in the fridge overnight. Turn it out of the tin onto a plate just before you are ready to serve it.



CHOCOLATE & GINGER TART



This Spring I would like to concentrate on a few practical aspects of our gardens when it comes to growing our own food. This advice will also apply to allotment holders.

The trend is towards growing your own. Potatoes have been a main staple food for centuries and as my mum used to say, “if you have got a potato, you have got a meal”

Seed potatoes are in the garden centres now. The number you will need to buy depends what on your space available, be it a small area at home or larger one on an allotment. Basically potatoes should be planted 15 to 18 inches apart in the row and 27 inches between rows. So a plot 10 feet wide and 15 feet long would accommodate up to 7 rows with 8 seed potatoes in each row.

So one needs to buy the right quantity to fill this bed. A good plan is to have one row of early potatoes and a good variety is Arran Pilot, a first early. Another is Red Duke of York. For

GARDENER'S CORNER

Our regular despatch from our green-fingered columnist

second early crop Charlotte and Nicola are both good in taste and texture. For the main crop, Picasso and Desiree are hard to beat. Finally another main crop is Pink Salad Firs a special salad potato. So on the plot above you could grow a row of each or more or less according to space.

Buy your seed potatoes as early as you can. They appear in the garden centres from early January but it is by no means too late to get some now. Before planting comes chitting. This involves exposing the potatoes to the light by standing them on end in a suitable tray. When you look at the seed, you will notice small buds or eyes at one end and these need to be pointing up.

Plan to plant in succession to get a long harvest. The early ones can go into the ground during March and can be

harvested 12 weeks later at the end of June. The seconds go in two weeks later and will be ready by the end of July, while the main crop can go in at the end of April and will be ready from August onwards.

Prepare the bed by digging to open up the soil. At this time if you have home made compost this is the time to incorporate it. Mark out the bed for distances and plant by using a dibber, this could be the old handle of a spade or fork, but custom made ones are available. Plant each tuber approximately 9 inches deep and follow the spacing above. Do not over plant as this will limit the results significantly.

Once planted begin the process of earthing up. Use a hoe to draw up the soil from in between the rows to the centre. As the shoots appear keep on with the hoeing to cover them against any late frosts. This is referred to as ridging. If you are unable to do this and frost is forecast then cover with horticultural fleece weighed down with stones.

The main pest is the slug. So it pays to buy some nematodes that will devour the slugs and when watered on in late April or May, will do the job for six weeks. At the end of June, with a garden fork, prepare to lift the first of your harvest. Take care not to spear them. There is nothing like homegrown potatoes and the flavour will exceed anything bought from a shop and the satisfaction will be immense. Serve them with a liberal amount of mint and with a knob of margarine and you will have heaven on a plate.

There will be enough for a family until late into the autumn. Finally in August,



Chitting potatoes



Potatoes ripening



Picasso potatoes



when the tops are beginning to die back a little and the plants have flowered, dig the rest of the crop. Leave them to ripen on the soil which on a dry day will take just a few hours, and then store in a large purpose made paper sack, to exclude the light, and prevent them going green and becoming inedible. Do not put the green tops on the compost heap as this would encourage any spores of potato blight to persist. This blight comes from July onwards, often following a prolonged wet few weeks. It is a growers scourge.



The growing of potatoes will prepare the ground for other crops and help suppress any weeds. As the ground is cleared by harvesting, follow on with cabbage or spinach, onions or leeks to keep the productivity going and get the best out of the land.

In the following year move the potato plot to another area and only replant the same land after every third year to keep down diseases.

Here's to happy and successful growing.

NEW VEG EATERIES

* RECOMMENDED BY YOU!



*Endless delights at Gúd in Altrincham,
Greater Manchester*



*Arancini Brothers' branches are all going
vegan: Old Street, Dalston, Kentish Town*



*Black Cat Café Hackney has just
reopened, hurrah!*



*The UK's first vegan kebab brand 'What
The Pitta' has just opened a flagship store
in Camden Town*

REPORTING FROM ISRAEL

In recent months our centre Ginger here in Jerusalem, has started publishing weekly commentaries, written by Amnon Jonas, on the weekly Torah portion. Commentaries on the weekly Torah portion have traditionally been a tool to highlight current issues, express views and spread ideas. Writing such commentaries can be a joyful and witty form of veggie activism. The commentaries on Ginger's facebook page are published in Hebrew and I have translated two of them:

“Drought at the time of Pharaoh and nowadays. The dream of Pharaoh is realised and after seven good years, seven years of drought arrive. We have been witnessing more droughts in Israel and worldwide. This time it is probably not only an act of G-d, but a man-made phenomenon. In recent years governments around the world have been trying to reduce greenhouse gas emissions in order to slow down global warming. Investments are being made in green energy, electric and hybrid cars and public transportation. But the most significant source of emissions, more than all the world transport, is the animal-based food industry, that is responsible, according to different calculations, for 18% to 51% of all emissions.

The effects of drought, which we also witness today, are illustrated in the Biblical story. Drought encourages

immigration. Yaacov and his family immigrated to Egypt. Abraham, too, immigrated to Egypt because of hunger, and in the book of Ruth we are told of Elimelech and his family, who left to Moav. Nowadays we witness immigration from Africa. Both Israel and Europe are the destination of many refugees.

Drought is detrimental to the weak for the long term too. The Bible tells us how the starving Egyptians sold Pharaoh all their property, including their agricultural lands, and thus became dependent on him for the rest of their lives. Today, as well, starving farmers sell their farms to corporations and become dependent.

The struggle for the shrinking sources of food and water has been a common cause of war since ancient times. The war in Sudan started after a desertification process that caused an invasion of nomad shepherds to agricultural land. The war in Syria started after three years of drought.

A key to slowing global warming down, and to the prevention of the accompanying phenomena of drought, hunger, poverty, exile and wars, is the change to a plant-based diet. This can be seen also in the prophecy of Hosea, who links the ending of harm to animals to the ending of wars: “In that day I will make a covenant for them with the beasts of the field, the birds in the sky and the creatures that move along the ground. Bow and sword and battle I will abolish from the land, so that all may lie down in safety” (Hosea 2, 18)”.

“How did multicultural agriculture save Egypt from the plagues?

Pharaoh refuses to free the sons of Israel, and Egypt is punished with the ten plagues, one after the other. The hail destroys a big portion of Egypt's harvest, but not all of

it. After Pharaoh persists with his refusal, comes the locust that destroys the rest. The Bible tells us how part of the harvest survived: “The flax and barley were destroyed, since the barley was in the ear and the flax was in bloom. The wheat and spelt, however, were not destroyed, because they ripen later.” (Exodus 9, 31-32). The flax and barley were destroyed because they were in a later stage of their growth. The wheat and spelt, which are late-growers, were still young and were not harmed by the hail. This incident highlights the importance of varying crops. When there is diversity, a natural hazard that harms one crop, does not harm another. The durability to natural hazards is stronger, hence food security. A multicultural approach is typical to traditional farming, based on small family farms. Today however, monoculture is common - a farm is based on a single crop over huge areas of land. Thus, you can find huge areas of coffee and tea plantations in the tropics, and the corn belt in the US, where corn covers whole states.

Monoculture was spread by colonial governments. The change to one crop worsened the dependence on the government. Locals could not live on their local crops but had to trade with the colonial government to buy their needs that were grown in faraway areas in the empire, in exchange with the single crop they grew.

The overarching disadvantages of monoculture are the susceptibility to weather hazards and to price-fluctuation in the global market. A notorious example is the Irish potato famine. Ireland relied almost exclusively on growing potatoes. Everyone chose the same strain, which

was the most profitable and easy to grow. When hit by potato blight, all potatoes were destroyed, Ireland was left without food, and almost one million people died of hunger.

Let's return via a long journey from Ireland to ancient Egypt – with the flax, barley, wheat and spelt. Wheat is used mostly for flour. Barley can be ground to flour, too, but is usually familiar to us as pearl barley. The flax is used for clothes, and its seeds are very nutritious and contain the vital fatty acid omega 3. Flax seeds are also used in cooking as a binding agent, a plant-based substitute to eggs.

The Biblical spelt might be, according to different interpretations, the spelt that we know today or different species of wild wheat, including the emmer or einkorn, a one-grained strain of wheat that was probably the first to be domesticated. Wild wheat is also known as the Mother Wheat. It was found in the Land of Israel by the botanist Aharon Aaronson, the head of the Nily underground.

The original commentary included a recipe for spelt bread, that combines all the four plants.

And now it is your turn – write down your commentaries and spread them in your communities!

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.



HERBS

by Judith Hann

Hardback RRP £25.00

Published by Nourish Books

Join Judith Hann on this seasonal journey around a year of culinary herbs. Packed with recipes, beautiful photography and practical information on both cooking and growing herbs, this book is the quintessential guide to transforming your food using herbs you can grow in your very own garden. Each seasonal chapter is filled with delicious ideas for simple suppers, desserts, preserves and more. Drawing on her time as President of the Herb Society, her successful cookery school, and a lifelong passion for herbs, Judith Hann unlocks the key to growing and cooking with these evocative and versatile ingredients.



COOK SHARE EAT VEGAN

by Áine Carlin

Hardback RRP £20.00

Published by Mitchell Beazley

In *Cook Share Eat Vegan*, Áine Carlin, the UK's best-selling vegan cookery author, has created the ultimate vegan bible, with more than 125 recipes that prove there's a place for plant-based food at every table – including Spicy Mushroom-Stuffed Calzone, Polenta Pizza, 'Chip-Shop' Vegetable Curry, Celeriac Steaks with a Mushroom Stroganoff sauce and All-out Chocolate Honeycomb Loaf. With an emphasis on great flavours and fresh, seasonal dishes that don't rely on substitutes or hard-to-source ingredients, Áine's style of cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then.



VEGAN 100

by Gaz Oakley

Hardback, RRP £20.00

Quadrille Publishing

Tempted to try your hand at vegan food but don't know where to start? Or even just to make meat-free Monday a regular thing? Long gone are the days of vegan food being dull and worthy. Vegan 100 is bold, vibrant and gorgeous. Going vegan was the best decision Gaz Oakley ever made. The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on flavour. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse Cake, it's all incredible-tasting food that just happens to be vegan. Delectable, beautiful and packed with dishes that are good for you, this is like no other vegan cookbook.



MILDREDS VEGAN COOKBOOK

by Dan Acevedo, Sarah Wasserman & Mildreds

Hardback, RRP: £25.00

Published by Mitchell Beazley

Bursting with clever ideas for feasts with family and friends, as well as for delicious, simple everyday meals, Mildreds Vegan Cookbook brings you punchy flavours, satisfying dishes, a dash of urban cool and a refreshing take on the conventional stereotype of vegan food. There are plenty of dishes to wow a crowd, whether it's Walnut, Date & Cinnamon Rolls, Memphis Bourbon Barbecue Skewers, and an I-can't-believe-it's-vegan Espresso Crème Caramel for a celebration dinner. A vegan diet the Mildreds way, will bring joy and surprise to your life, and ensure your taste buds are well and truly alive and kicking. Sit back and enjoy fantastic-tasting food for everyone.



AQUAFABA MAYO

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For the uninitiated, aquafaba (the Latin for bean-water!) is something of a revelation. Simply put, it's the water drained from a can of chickpeas (or the by-product from the cooking of legumes) which most of us wouldn't think to reuse, but which mimics the effect of egg whites. Its unique mix of starches, proteins, and other soluble plant solids gives aquafaba a wide spectrum of emulsifying, foaming, binding, gelatinising and thickening properties. Rubies in the Rubble use it to create delicious vegan mayonnaise, with all the satisfying creaminess and sultry texture of regular mayo! They come in two flavours; plain or chipotle, RRP £3.50 per 210 g jar. Also in the range are ketchups and relishes made from surplus fruit and veg.



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FROM EQUINOX
 equinoxkombucha.com

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FROM NATURE'S ALCHEMIST
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Studies have found that the average woman unknowingly puts up to 515 synthetic chemicals on her body every day. So, Natures Alchemist have taken the best of the earth's ingredients from all over the world, without all the hidden nasties, to ensure your body is naturally nourished. From avocado to lingonberry their Hydration, Balancing and Nourishing ranges are bursting with calming probiotics and essential superfoods.

SKINNY PUDDINGS
FROM PUDOLOGY
 dairyandglutenfreedesserts.co.uk

These delicious desserts are only 60 calories a pot, and are free from gluten, dairy and refined sugar thanks to a clever potato protein. They come in two new flavours; chocolate & raspberry, and lemon & yuzu. Find them in Sainsbury's, Waitrose and Holland & Barrett.



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