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WELCOME...

to the Summer newsletter for 2010 with bumper recipe section!!

We've had quite a busy year at the society this year, with picnics, dinners, stalls and other events. I myself attended the Vegan Festivals in Melbourne and Sydney this year and know of others who attended at least one, if not two or even three in November. The last one of the season was in Adelaide. If you haven't been to one, I highly recommend it. It's always a fun-filled day of music, vegan food and products, presentations and being surrounded with like-minded people. It's a truly lovely atmosphere. If you don't make it interstate to one next year, or even if you do, please do come to the Living Green Festival on 16/10/2011, which I am helping to organise. We hope it will be a great success and become a regular event on the festival calendar.

Christmas will soon be upon us. This can be a rough time for us veg*ns, with all the extra sacrifice of non-human life as if there wasn't enough already. Please enjoy the extra-large Recipes section, which contains some special Christmas recipes.

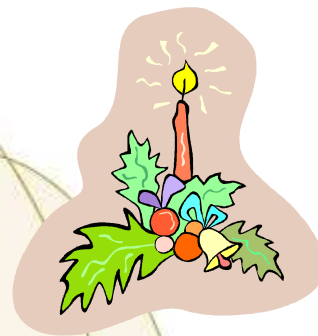
Thank you once again to the people who have sent me contributions for the newsletter. It makes it more fun for you to read and also makes my life a bit easier when trying to fill it. Please continue to send your contributions, letters, ideas and comments to newsletter@vegetariansociety.org.au

Tracey Lofthouse, Ed.



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Coming Events

Please keep your eye on our emails for upcoming events in 2011.

For further information on the above and other coming events, please watch for details in our emails. If you have any ideas or requests for an event send us an email at contact@vegetariansociety.org.au.

Who Said That?
Who was it who said...

"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind"

Answer at the end of this newsletter.

From the President

What an inspiring year it's been for the Vegetarian Society! I'd firstly like to thank the wonderful people who have done so much on the Committee this year: Natasha has been a brilliant Vice President and treasurer as well as doing a myriad of other essential tasks. Thanks to Tracey for putting together our newsletter, it's been really interesting this year. Thanks also to Claire for being such a competent secretary and also for the wonderful hospitality and food generously provided for our committee meetings. Thanks to Juris for his dedicated work on the database, to Karyn for organising the family picnics and being so supportive, to Helen for her willingness and help with stalls and other things, to Sundara for helping us out with IT issues and ideas, and to Sarah for maintaining Facebook. You've been a great team and I'm looking forward to working with most of you again next year.

We've organised a range of activities from talks to walks. We've had a number of restaurant meals, a movie, a bunch of stalls, we've attended a protest and climate change rallies. We started the monthly family picnics which have been very well attended. We've also promoted a number of raw food cooking classes and the ANU Acoustic Soup evenings. As well as all these activities we've been doing a lot of work on how we promote and run the Society so that the management side of things can run more efficiently. We reworked and printed out a mass of pamphlets which are regularly distributed around Canberra. We also created two large and beautiful banners. Thanks to Chris Delforce from the Youth Vegetarian Assoc. for his great artwork. This year we've also put energy into building good communication with a number of other groups and individuals. We've continued to add people regularly to our collective email list and this has proved to be an important information tool.



"Stop the Dolphin slaughter in Taiji, Japan" protest outside Japanese Embassy in Canberra, October 2010.

Our website is undergoing major changes and should be up and running by the New Year. This will become a much more important means of communication and outreach to our members and others around Canberra and further afield. Our database is also having major changes as we move from our old and very labour-

intensive style to an automated system. Thanks to IT expert Ben for stepping forward so willingly to help us with this major work. We will no longer be joining by hand-writing subscription forms and posting via snail-mail. Managing our database has always involved many people and a number of steps and there is always risk of error when we work like this. In future we will all be able to go to our website and join up directly. This will be a big step forwards and an enormous relief to those who have had to tangle with our 'old style' database.

What's in Store for 2011?

The AGM will take place in February and we will be looking forward to another fantastic year. Many of our current committee have indicated they are keen to continue. So thank you again 'team' :). Our current committee has eight members. Ideally we would like to have about 10 or 11 members. This way we can share the work more evenly. This year some of us have had to take on larger roles than we would have wished. A bigger group of dedicated people means we can accomplish even more. We will be continuing social and outreach activities as we've done this year and would also like to organise more cooking classes, talks and discussions. So we need a few more enthusiastic people to join us.

If you are a friendly, willing, cooperative 'team-player' and would like to contribute in an active way in 2011 please contact me. This is a 'working group' and all committee members take on specific roles as well as sharing the organising of activities. All committee members are required to attend our monthly committee meetings. This year we have found that the regular coming to meetings has helped us build a positive working relationship and has come with the added bonus of giving us the chance to really become 'friends'. Working together on collective projects is one of the best ways to really get to know people...

In 2011 we will be continue spreading the principles of vegetarianism and veganism as a healthy, humanitarian and environmentally responsible way of life and assisting those who have recently become vegetarian or vegan, or are considering doing so. We will continue promoting friendship among vegetarians and vegans.

To all of you who have supported the Society by joining - thank you. We wouldn't have a Vegetarian Society without you! Wishing you all the best over the holiday season - and look forward to meeting you in 2011.

Jyoti Dambiec

p.s. Don't forget if you'd like to know more about what being on the committee means email me: president@vegetariansociety.org.au. More information about the various roles will appear in the collective emails before the AGM also.

Our ACT Vegetarian Society is comprised of a big mix of people - many varieties of vegetarians and the whole range of ages, lifestyles and cultures. Vegans, lacto-vegetarians, lacto-ovo, sattvik, Jain, etc. Non-vegetarians who are keen to learn more about vegetarianism also attend our activities. Everyone is welcome.

Language usage is always changing and in the light of this, at our last committee meeting it was decided to add the word 'vegan' to our publicity as a response to the increased usage and understanding of this term within general society. Many vegans these days call themselves 'vegan' rather than 'vegetarian' and clearer terms are often quite a good thing.

(Jyoti - on behalf of the committee)



Here is the beautiful picture designed by 9 year old Jenara Harrison to highlight our collective picnics, thanks Jenara for the artwork, we look forward to seeing more of it in the future.

Recent activities

Talk with International Vegetarian Union Manager 19/10/2010

In October we held a talk at the ANU Food Coop with guest speakers: John Davies, Manager of the International Vegetarian Union; Edgar Crook, author of "The History and Development of Vegetarianism in Australia: and Chris Delforce, President of the Youth Vegetarian Association.

The talk(s) was well-attended, interesting and informative and feedback was that it was enjoyed by all. We hope to have more talks in the future.



John giving his talk



Vegetarian and Vegan Picnic 10/10/10



It was an auspicious day numerically when we gathered at Lake Ginninderra. The weather looked iffy, but it turned out to be just fine. We braved the BBQs and amazingly the one we chose was spotless. Only problem was, the people who got the BBQ next to ours....Anyway, with marinated tofu, shish kebabs, loads of yummy salads and raw food treats a small feast was enjoyed by all. The kids and a couple of adults also enjoyed kayaking on the lake. Thanks to everyone who came.

Karyn



Belconnen Community Festival 13/11/2010

In November we held a stall at the Belconnen Community Festival, which was attended by thousands of people. Thanks to Claire, Maryanne, Tracey and Satyam for their cheerful and willing presence at this stall.

You were all a great help :)

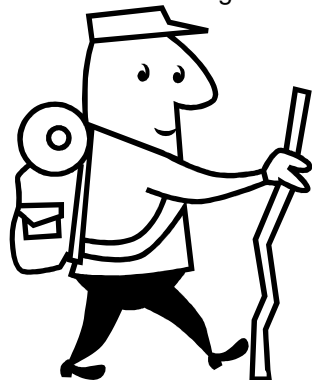
Stalls are always worthwhile and they are our main way to 'reach out' to the general public. We plan on many more next year. We do need more people to help with these as there's a bit of work involved with setting up and it's always best to have a few people on duty at one time. If you're an outgoing person who likes to share and chat to people and would like to be involved next year please contact me on President@vegetariansociety.org.au

Thanks, Jyoti



Walk from Scrivener Pines to Oaks Brasserie, Weston Park and return, 20 Nov 2010

Perfect days are rare in soggy Canberra lately, but we had a mild and sunny morning for our merry band of a dozen or so walkers, including a couple of kiddies to liven up the proceedings. The route traversed Scrivener Dam and followed the bike path high above the Molonglo River until we climbed a rise and cut past the entrance to Government House. Soon we crossed a wooden footbridge over an inlet to Lake Burley Griffin.



We spied sculling on the lake as we peered through the alleyway of trees shading our amble towards the open-air cafe. On reaching the leafy trees surrounding the cafe we sat down to a pre-arranged table for a vegetarian morning snack or three to be remembered.

This was no ordinary walk, no ordinary cafe stop. The company was great and the weather embraced us and smiled broadly upon us. The establishment went to considerable lengths to ensure that we, as a group, were well served for our needs and that our experience was as favourable as possible. After perhaps an hour

and a half of convivial munching, sipping and chatting, we returned whence we came. A light wind and dappled sunlight stirred our souls as our soles stirred us to great heights of enjoyment.

Juris Jakovics
walk organiser on this occasion



SUDOKU

Complete the grid so that every row, every column, and each of the nine 3x3 boxes contains all and only the digits 1 through 9.



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Answer at the end of this newsletter.



News

Plant-based diet may help depression, dementia

http://www.foodconsumer.org/newsite/Nutrition/Diet/plant-based_diet_may_help_both_depression_dementia_06071008_11.html

A new study in the July 6, 2010, issue of *Neurology* suggests that having depression boosts the risk of developing dementia, such as Alzheimer's disease.

The study merely showed an association; the results do not determine whether or not depression causes dementia, or vice versa.

The study involved 949 people at an average age of 79 years, who were free of dementia; however, 125 of them were diagnosed with depression at the beginning of the study.

At the end of the 17-year follow-up, 164 participants developed dementia; of those participants, 136 were diagnosed with Alzheimer's disease.

Jane Sacyynski, PhD, author of the study from the University of Massachusetts Medical School in Worcester, MA and colleagues found that 22 percent of those who had depression at baseline ended up developing dementia at the end of the study, compared to 17 percent of those who were not depressed.

Dr. Sacyynski said that even though depression may not necessarily cause dementia, it is possible that something like inflammation of brain tissue contributes to depression and an increased risk of dementia.

Indeed, that is a possibility. Diet is most assuredly one thing that may affect risk of both depression and dementia.

A study led by Nanri A and colleagues from the National Center for Global Health and Medicine in Tokyo, Japan shows that a plant-based diet protects against depression.

Nanri found a healthy Japanese diet, consisting of high amounts of vegetables, fruit, mushrooms and soy products was associated with fewer depressive symptoms.

Nanri's findings were reported online in the May 19, 2010 edition of the *European Journal of Clinical Nutrition*.

Another study led by Hughes T.F. (and colleagues) from the University of Pittsburgh School of Medicine

suggests that those who consume moderate or high amounts of fruit and vegetables in midlife may help cut their risk of dementia, such as Alzheimer's disease, in later life.

The association was particularly significant among women, especially those with angina pectoris in midlife, according to the study published in the May 2010 issue of the *American Journal of Geriatrics and Psychiatry*.

In addition to Nanri's dietary findings, the Mediterranean diet may also help those with dementia.

Peart C. and colleagues from Université Victor Ségalen Bordeaux 2 in Bordeaux, France wrote in their report "A high adherence to the Mediterranean diet has been associated with slower cognitive decline, with reduced risk of mild cognitive impairment conversion to Alzheimer's disease and with reduced risk of Alzheimer's disease."

"Mild cognitive impairment" is a prestage of Alzheimer's.

The study was published in the *Current Opinion in Clinical Nutrition and Metabolic Care*.

Additionally, the Mediterranean diet may also stave off depression.

A new study reported in the October 2009 issue of *Archives of General Psychiatry* suggests that eating a Mediterranean style diet may reduce risk of depression.

Almudena Sánchez-Villegas, B. Pharm., Ph.D. and colleagues

surveyed 10,094 healthy Spanish men and women between 1999 and 2005 for their consumption of various foods including fat, alcohol, dairy products, meat, legumes, fruit, nuts, cereals, vegetables and fish, which are commonly used in Mediterranean diet.

After the 4.4-year follow-up, the researchers identified 480 new cases of depression, including 156 in men and 324 in women and they found those who most closely adhered to the Mediterranean diet had a greater than 30 percent reduction in the risk of depression than those who least adhered to the diet.

In a word, both depression and dementia may share the same cause(s). A healthy lifestyle, which includes a healthy diet, could be extremely important in preventing these disorders.

By David Liu and editing by Rachel Stockton



RECIPES

SIDES

Roasted Asparagus

from Natasha Glover
thanks Natasha

2-4 serves

Ingredients:

- 1-2 bunches asparagus
- 1 tbs pine nuts
- Olive Oil
- Lemon juice (fresh or in the bottle)
- Salt and Pepper

Method:

- Preheat the oven to 200C
- Wash the asparagus and snap off the woody bits (bend the asparagus with your hands, it will naturally snap where it needs to)
- Place the tips on a baking tray and drizzle with olive oil, salt, pepper and the pine nuts
- Roast for 10-15 mins
- Remove from oven and drizzle with the lemon juice

Roasting asparagus brings out a whole new flavour.

MAINS

Tofurky

from Natasha Glover
thanks Natasha

This recipe is long and involved but so worth it!

Equipment needed:

Food processor
Round colander or something similar
Tins of food that are fairly heavy - beans etc.
Regular tea towels + 1 thin one or a pudding cloth
Warning - lots of pre-prep required



Stage 1 - the outer casing Ingredients

- 1.2kg approx of hard firm tofu
- 1 stock cube - chicken (vegan chicken style) or vegetable - *leave out for onion/garlic free and sub with 1/2 tsp celery powder if you have it handy*
- 1/2 packed cup of fresh herbs such as rosemary, sage, basil, thyme, basil - any combination will work
- Black pepper

Method

- Press all the tofu - unwrap and place on a chopping board wrapped in a clean towel and place something heavy on top for a couple of hours, such as some books
- Place the tofu in a food processor and blend until smooth - it will go really smooth and quite mushy
- Add the fresh herbs, pepper and stock cube/celery powder and blend until incorporated - leave some nice green flecks
- Place a thin tea towel/pudding cloth in your colander and sit the colander inside a large bowl
- Press the tofu mixture HARD into the cloth/tea towel until you have a big half circle dome shape - the top part facing you should be flat and smooth - you will get messy hands
- Fold the edges of cloth/tea towel over the top over the tofu mix and sit some heavy cans on top
- Place in the fridge with the cans for about 3 hours (minimum)
- Remove from the fridge and leave the tofu mix inside the cloth and colander
- Scoop tofu out of the dome shape until you have a half circle that is about 3cm thick all the way around - be careful or it will break, use a spoon gently - sit the removed tofu to one side
- Place in fridge while you make the stuffing

Stage 2 - the stuffing

Ingredients

- 1 onion diced fine - *leave out for onion/garlic free and add an extra celery stick*
- 1 clove garlic crushed/finely chopped - *leave out for onion/garlic free*
- 1 granny smith apple grated (leave the skin on)
- 1 carrot diced very small
- 2 - 3 celery sticks diced small
- 1/4 cup of fresh herbs as used in the tofu mix above
- 1/2 cup dried cranberries (craisins)
- 1/4 cup heaped of chopped nuts - macadamias, pecans, walnuts, cashews - take your pick or use a combo, whatever is on hand - raw or unsalted
- 1/2 cup veg/chicken style stock - *leave out for onion/garlic free and use water instead*
- 2.5 cups homemade breadcrumbs - freeze your bread and blitz in the food processor - don't use premade it won't taste very nice due to the quantity - *use gluten free bread for a gluten free version*
- Olive oil

Method

- Preheat oven to 180C
- Fry the onion until clear with the garlic
- Add the celery and carrot and fry until just tender - a few minutes
- Add the apple, nuts, cranberries, herbs and breadcrumbs and mix well
- Add the stock/water and cook until evaporated
- Press the stuffing into the tofu scooped out half circle
- Using the tofu sat aside press over the stuffing (press HARD) and join to the sides to remake your dome - a thick layer of tofu won't hurt too much here if you don't want wastage - you can turn any leftover tofu into scrambled tofu if you like by adding some seeded mustard, curry powder and turmeric and frying in olive oil.
- Very CAREFULLY turn the tofu dome out onto a greased baking tray - the best way is to either turn the colander upside down over the tray then peel the cloth off or pull the cloth up by its edges and turn upside down over the tray and peel off - cross your fingers! - repair any cracks with the tofu leftovers

- **Stage 3 - the Marinade**

Ingredients

- 1/2 cup red wine - *Substitute water if alcohol free needed*
- 3 tbs balsamic vinegar
- 1/4 cup fresh herbs as used above
- 1/4 tsp chilli powder or paprika
- 1 tbs seeded mustard - *leave out for onion/garlic free or substitute with mustard seeds/powder*
- Salt and pepper

Method

- Mix all ingredients in a bowl/jug
- Brush all over the tofu dome - saturate it well at this stage
- Place in oven for 1.5 hours - remove every 30 mins and drown in more marinade
- Slice and serve with cranberry sauce and gravy and roasted vegies with all the trimmings!

Chickpea Cutlets*from Veganomicon*

Servings 4

Ingredients:

- 1 cup cooked chickpeas
2 tablespoons olive oil
- 1/2 cup vital wheat gluten
 - 1/2 cup plain breadcrumbs
 - 1/4 cup vegetable broth or water
 - 2 tablespoons soy sauce
 - 2 cloves garlic, pressed or grated with a Microplane grater
 - 1/2 teaspoon lemon zest
 - 1/2 teaspoon dried thyme
 - 1/2 teaspoon Hungarian paprika
 - 1/4 teaspoon dried rubbed sage
 - Olive oil for pan frying

Method:

- In a mixing bowl, mash the chickpeas together with the oil until no chickpeas are left. Add the remaining ingredients and knead together for about 3 minutes, until strings of gluten have formed
- Preheat a large heavy-bottomed nonstick or cast iron skillet over medium heat. Meanwhile, divide the cutlet dough into 4 equal pieces. To form cutlets, knead each piece in your hand for a few moments and then flatten and stretch each one into a roughly 6 by 4 inch rectangular cutlet shape. The easiest way to do this is to form a rectangle shape in your hands and then place the cutlets on a clean surface to flatten and stretch them.
- Add a moderately thin layer of olive oil to the bottom of the pan. Place the cutlets in the pan and cook on each side for 6 to 7 minutes. Add more oil, if needed, when you flip the cutlets. They are ready when lightly browned and firm to the touch.

Cranberry Quinoa Stuffing*from 'Meatout Mondays'*recipes@meatoutmondays.orgwww.MeatoutMondays.org

Here's a deliciously healthy dish your guests will gobble up! If you're looking to replace simple carbs with good-for-you

grains, forget the white-breadcrumb stuffing and add this to your menu. Quinoa, the seed from the plant related to spinach, is

gluten-free and high in protein. Looking for something to eat it with? Try stuffing it inside these savory [Chickpea Cutlets](#) (recipe above)

**Ingredients:**

- 2 sheets 1/2 oz. dried oyster mushrooms
- 1 tsp. vegetable oil
- 1 small onion, diced
- 1/2 tsp. salt
- 1/2 tsp. oregano
- 2 tsp. thyme
- black pepper (to taste)
- 1/2 cup cashew pieces
- 1/3 cup cranberries
- 1/2 cup [quinoa](#), uncooked
- 1 cup vegetable broth

Method:

- Rinse quinoa, then in a pot over the stove, add quinoa and 1 cup of broth and bring to a boil

- Cover when boiling and reduce to a simmer; cook for 12-15 minutes or until the germ separates from the seed (the cooked germ looks like a tiny curl).
- Put dried mushrooms in a separate bowl of hot water and set aside.
- In a large skillet, heat oil and then sauté onion over medium heat.
- Add salt and let onion cook a few minutes until they've sweated a bit.
- Add herbs, pepper, and cashew pieces and continue to cook for about 5 minutes.
- While that's happening, drain mushrooms and chop them up, then add to pan; add cranberries and quinoa and stir.

Creamy Pasta

from *Natasha Glover*
- thanks *Natasha*

Ingredients:

- 250g dries pasta (penne works best)
- 1 block of silken firm tofu
- 1 clove garlic
- 1 small onion
- 3-4tbs sun/semi dried tomatoes (check the labels, some contain 270 - lactic acid)
- 1-2 tbs pine nuts
- Very large handful baby spinach leaves
- 1tbs capers (optional)
- salt and pepper to taste

Method:

- Boil pasta to packet direction
- Dice the onion and fry until clear with the garlic in a little oil
- In a food processor blend the tofu, add onion and garlic mix and blend
- Add sun dried tomatoes and capers and blend
- Toast the pine nuts in the oven at 180 until golden brown
- Place the tofu mix in the fry pan you used for the onions to heat up and stir through the spinach, add salt and pepper
- Stir sauce through the drained pasta and sprinkle the top with salt and cracked black pepper and the pine nuts

Spinach Triangle Pastries

from *Miranda Bone*
- thanks *Miranda*

Makes 12 triangles (about 2 large main course servings)

Ingredients:

- 250g frozen Spinach, thawed
- 1 cups Brown rice, ready cooked
- 100 g Tofu, crumbled
- 1/4 cup sunflower seeds or pine nuts
- 1/2 Lemon, Juice
- 1 Tblsp soy sauce
- 1/4 tsp Nutmeg

- 3 sheets Puff Pastry ("Pampas" brand is vegan)
- 1/4 cup soymilk, for brushing
- sesame seeds, for garnish

Method:

- Preheat oven to 210C (non-fan-forced). Put pastry out to Thaw. Grease and line 2 cookie sheets
- In a large mixing bowl, combine brown rice, tofu, sunflower seeds, lemon juice, soy sauce, and nutmeg
- Add thawed spinach, and mix well
- When pastry is thawed, make up the triangles (4 per sheet of pastry, about 1 Tbsp mixture per triangle). Seal the edges by pressing with a fork. Brush triangles with soy milk and sprinkle with sesame seeds. Bake ~ 40 minutes, or until pastry is a pale gold on top
- Serve with tomato sauce and salad

TVP burgers

from *Natasha Glover*
- thanks *Natasha*

Makes 6-8 patties. These were awesome

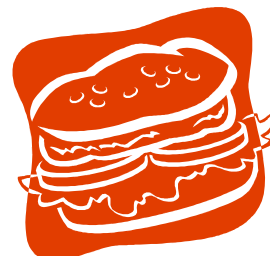
Ingredients:

- 1 onion
- 1 cup dried TVP
- 1 onion
- 1 cup boiling water
- 1/3 cup rolled oats
- 1 tbs soy sauce
- 2 tbs tomato sauce
- Decent squirt of dijon mustard
- 2-3 tbs self raising flour
- a little more Salt and pepper to taste
- Olive oil

Method:

- Soak the TVP in the boiling water for about 20 mins
- Mince the onion and add to TVP mix
- Add remaining ingredients and mix well - add enough flour to keep the mix sticking together
- Form the mixture into patties
- Place patties in fridge to firm up for at least 4 hours
- Roll patties in flour and shallow fry in olive oil until golden brown/slightly black on each side

Very nice on a hamburger roll with some cheezley, tomato sauce and pickles, almost like a "cheeseburger"



Sundara's Salad

from Sundara De Silva
- thanks Sundara

Serves 8-10 as a side salad or 3-6 as a main

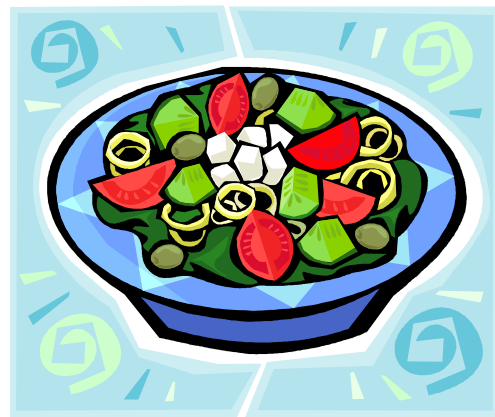
I don't know the quantities as when I make stuff I rarely measure so quantities are to taste. This was awesome. The quantities below are guesses only since I don't know them

Ingredients:

- 1 x Grated Apple
- 1 x Medium Grated Carrot
- 1 x Small Grated Sweet Potato
- 1 x Small Grated Cucumber
- 1 x Small Grated Zucchini
- Half x Medium Grated Beetroot
- 1 x Chopped fresh banana
- 100g x Chopped dried apricots
- 100g Chopped dried figs
- 100g Chopped dried banana
- Two handfuls Chopped snow peas
- 200g macadamias
- 400g chick peas (from tin drained)

basic dressing Orange Juice & passionfruit - freshly squeezed

extra dressing Orange Juice & passionfruit - freshly squeezed + a little olive oil + hot english mustard + coconut treacle



Sweet Potato Latkes

from Meatout Mondays
recipes@meatoutmondays.org

Sweet potatoes offer a nutritiously delicious alternative to everyday potatoes. According to the Center for Science in the Public Interest, sweet potatoes are number one in nutrition over all other veggies. Why? Dietary fiber, naturally occurring sugars, complex carbohydrates, protein, vitamins A and C, iron and calcium (American spelling courtesy of the email list - ed).

Ingredients:

- 2 firmly packed cups of grated sweet potato
- 2 Tbs. grated onion, drained of excess juice
- 1 Tbs. dried parsley

- 3 Tbs. cornstarch
- pinch garlic powder
- pinch onion powder
- salt & pepper (to taste)
- canola oil (for frying)
- Garnish with vegan sour cream, sprinkling of paprika, and snipped chives or parsley (optional)

Method:

- Preheat oven to warm (250°)*
- Place potato shreds in a large bowl; sprinkle with remaining ingredients, evenly disperse cornstarch; mix together all ingredients until well combined, keeping potato shreds separated
- In a large skillet over medium-high, heat a thin layer of canola oil to shimmering
- Place approximately 1/4 cup size mounds of the mixture into skillet and press firmly with a spatula so latkes hold together
- After about a minute (enough time for crisp surface to develop), gently loosen bottom of latkes from skillet by sliding a spatula under each one. If latkes appear to want to fall apart, remove spatula, press again from the top and cook for another 30 seconds. Total cook time is approximately 4 minutes on the first side, pressing frequently, to ensure crispness and checking to make sure latkes are not sticking to skillet
- Carefully flip and cook for another 4 or so minutes on reverse side
- Place on paper towel-lined plate and keep warm in oven while preparing remaining latkes; serve with garnish suggestions above

BBQ vegetable salad

from Helen Price
- thanks Helen

Serves 6. Preparation 15 mins. Cooking 15-20 mins.

Ingredients:

- 2 tablespoons oil
- 2 zucchinis, sliced thinly
- 3 Lebanese eggplants, sliced
- 1 red capsicum, cut into chunks
- 1 yellow capsicum, cut into chunks
- 2 small red onions, cut into quarters
- 250g penne, cooked, drained and cooled
- 1/2 cup chopped continental parsley
- dressing of choice

Method:

- Heat the BBQ grill and char-grill the lightly oiled vegetables in batches for 3-5 minutes or until cooked through. Cool
- Toss the cooked vegetables through the pasta with the parsley and the dressing

Lebanese eggplants are the small long ones - Ed

DESSERTS**Caramel Slice**

from *Natasha Glover*
- thanks *Natasha*

Ingredients:**Base**

- 1 cup plain flour
- 90g Nuttelex
- 3 tbs caster sugar

Filling

- 1 can Soymilke condensed milk (may need to order online)
- 1.5 tbs golden syrup
- 30g Nuttelex

Top

- 1 pack Sweet William choc chips (or 150g vegan-friendly plain chocolate)

Method:

- Preheat oven to 180 C.
- Grease and line a square cake tin.
- Mix base ingredients in a food processor until crumbly - press into tin and bake for approx 15 mins (until lightly brown)
- Mix the filling ingredients over low heat and stir for 10 mins - pour on base - return to oven for approx 15 mins (will bubble up everywhere) - allow to cool - doesn't look real pretty at this point but trust me!
- Melt choc chips over double boiler - pour over cooled caramel
- Set in fridge for couple of hours
- The caramel in this is quite runny compared to a traditional caramel slice but it does hold and the flavour is great.

Sticky Date Pudding

from *Jyoti Dambiec*
- thanks *Jyoti*

Vegan option - replace cream with vegan cream and butter with vegan margarine. This can also be served without the cream sauce and with ice-cream.

This is a delicious pudding. You can use a mix of wholemeal and white flour and it's still light.

Ingredients:**Sauce**

- 200grams brown sugar
- 50 grams butter
- 1 cup (250 mls) cream or vegan cream
- 1 teas. vanilla essence
-

Method:

Combine all ingredients in a saucepan, bring to the boil, then simmer for 1-2 mins

Ingredients:**Pudding**

- 200 grams dates (pitted & chopped)
- 1.5 teas. baking soda (bicarb. soda)
- 1.5 cups water
- 125 grams butter or vegan margarine
- 125 grams sugar
- 1 3/4 cups self-raising flour

Method:

Put the dates in a saucepan, add water, butter & sugar. Bring to boil. Stir it and then let stand for 20 minutes. Sift flour and baking soda in a bowl. Mix the date mixture and the flour together until a smooth batter. Pour into a well-greased baking dish. Bake for 30 mins @ 190deg C

When pudding is ready, remove from the oven and coat the top lightly with enough sauce to produce a sticky glaze. Return to the oven for 2 minutes. While serving pour additional sauce over each serving.

Baked apples with sauce

from *Helen Price*
- thanks *Helen*

Serves 4

Ingredients:

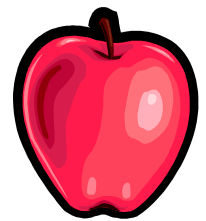
- 4 red apples
- 100g raisins
- 100g apricots, chopped
- 100g almonds or walnuts, chopped
- pinch of cinnamon
- 30g oats
- 250ml pineapple juice

Mango sauce

- 200g mango [fresh or frozen]
- 40ml pineapple juice
- juice of 1 lime

Method:

- Preheat oven to 180c. Core apples, leaving them unpeeled. Slice off some of the top of the apple to form a lid
- Combine raisins, apricots, nuts, cinnamon and oats in a bowl. Stuff each apple with mixture. Place apples into a baking dish and pour pineapple juice over apples
- Bake for about 30 minutes or until tender and caramelised
- Check pineapple hasn't evaporated or apples may burn. Add more juice if needed
- Blend mango, pineapple and lime juice in a small bowl until smooth
- To serve, pour a little sauce on to serving plates or bowls and place roasted apple on top



EXTRAS**Gomaggio**

from Karyn Fearnside
- thanks Karyn

Ingredients:

- 1/3 cup of sesame seeds
- 1 tsp of sea salt
- ¼ cup of savoury yeast flakes
- 1 tsp of dried parsley
- 1 tsp of kelp or equivalent powder

Method:

- Heat the sesame seeds and salt in a heavy-based pan until just browning, remove and place in a bowl (stops them from overcooking).
- Grind them up, I use a mortar and pestle one spoon at a time.
- Mix with all the other ingredients and store in an airtight container.

Adjust the ingredients to suit your taste! We use it wherever you would use salt, great with eggs and tomatoes.

Hummus

from Miranda Bone
- thanks Miranda

Makes ~2 cups

Ingredients:

- can Chickpeas, drained
- 40 ml Tahini
- 40 ml Lemon, juice of
- 40 ml Olive Oil
- 1 clove Garlic, peeled
- 60 ml water, or as needed
- 1/2 tsp salt, (to taste)

Method:

- Add all ingredients (except water) to blender or food processor
- Blend until smooth, adding water as necessary
- Serve with vegetable sticks or Turkish bread (or both)

You can never have too many hummus recipes IMO – Ed ©

Shortbread

from Jyoti Dambic
- thanks Jyoti

Ingredients:

- 225 g margarine or butter
- 1 cup icing sugar
- 2 cups plain white flour
- 1/2 cup cornflour

Method:

- Preheat oven to 180 C and grease one large baking tray
- Cream together margarine/butter and sugar. Add the flour and cornstarch and mix well to

form a dough. The dough should hold together enough to be able to be rolled out flat. If a little dry add tiny bit of soya milk, milk or water to get right consistency

- Roll out the dough until about 1 cm thick, and cut into fingers or shapes with biscuit cutters. You can make them more fancy by stamping on some patterns
- Place biscuits on baking tray and bake for about 20 minutes, until lightly golden

Comments - this is a fairly 'classic' shortbread recipe and makes a delicious biscuit. It would be a good one to play around with a variety of flours like some rice flour and that sort of thing. Have fun with it! It's also a nice biscuit to give to friends at Xmas time.

Choc Raspberry Truffles

from Natasha Glover
- thanks Natasha

Makes approx 20

Ingredients:

- 180g sweet william milk style chocolate
- 2 tbs raspberry jam
- Cocoa powder for rolling truffles

Method:

- Melt chocolate with jam over a double boiler
- Set aside to cool enough to roll into balls
- Roll into small balls, roll in cocoa powder and store in fridge

Green Smoothie

from Miranda Bone
- thanks Miranda

Makes 500 ml

Ingredients:

- 1 Banana, fresh or frozen
- 1 handful Baby spinach, washed
- 1 Tbsp Chia Seeds

Method:

- Break banana in chunks and add it to blender with spinach and chia seeds
- Add 1 cup water
- Blend and enjoy

Note: to freeze bananas, peel them, and place them in an airtight container in the freezer. Using a frozen banana creates a pleasantly chilled smoothie.

For variation ideas, see [Green Smoothie Challenge](#)

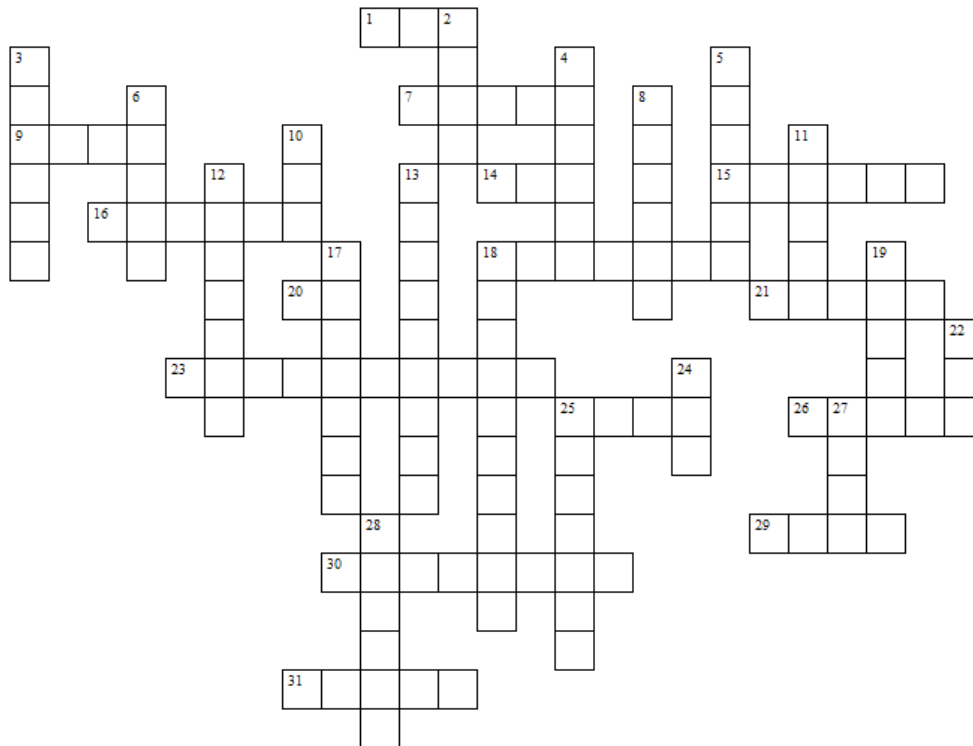
Children!

Whether you're a chef, a cook or a danger in the kitchen, if you have a favourite vegetarian recipe why not share it with the rest of us?

All offerings gratefully received and acknowledged.



Crossword



ACROSS

- 1 Part 2 of 2 parts: Vegetarian restaurant in Canberra
- 7 A mistake
- 9 Staple Grain
- 14 Not in
- 15 Small, hot vegetable
- 16 Yellow fruit containing Potassium
- 18 What you need to have in your diet in order to fulfil your nutritional needs
- 20 Part 1 of 2 parts: Vegetarian restaurant in Canberra
- 21 Most bread is made of this flour
- 23 What you're currently reading
- 25 Food used widely in vegetarian dishes
- 26 Good source of protein for veg*ns
- 29 Traditional Christmas decoration made from sugar
- 30 Our town
- 31 Firstname of the Society's President

DOWN

- 2 Yellow vegetable that grows in ears
- 3 A place to grow your food
- 4 Implement for shredding food
- 5 Firstname of newsletter editor
- 6 One who eschews all animal products
- 8 Last season of the year in Southern hemisphere
- 10 Small round green Vegetable
- 11 Date in December of Society's Christmas picnic
- 12 Surname of the Society's President
- 13 A special time in December
- 17 Another vegetarian Christmas dish
- 18 Put this in a bun
- 19 He brings the presents
- 22 Form of public transport
- 24 A spirit for drinking and cooking
- 25 Vegetarian Christmas meal
- 27 Flat and level
- 28 Long, usually orange, vegetable

Ask the Nutritionist

With Miranda Bone

Miranda is a Nutritionist, with a Bachelor of Human Nutrition from the University of Canberra. She is especially interested in Veg*n nutrition, preventative health care and whole foods.

Send your questions to vegnutrition@gmail.com

Thriving on Raw and Living Food

"Why would I want to live on salad?" you ask yourself. And "wouldn't I get sick if I tried it?" Well, Raw and Living foods are much more than just salad. Going Raw can be fantastically healthy, too, and that is why most people get interested in it. It can help with weight loss; with controlling and even reversing cardiovascular disease and diabetes; and possibly in the prevention and treatment of cancer. Additionally, Raw foodists often report increased energy and clarity of mind, better skin, and increased flexibility. Because cooking food decreases levels of heat sensitive nutrients, such as Vitamin C, many phytochemicals, and omega 3 fats,

and also breaks down some kinds of fibre. Raw foods are higher in these nutrients than cooked foods. They also avoid the toxins that cooking can create in foods, and reduce the glycaemic load of the diet by displacing starchy foods. Most importantly, a Raw and Living foods diet is a diet of minimally processed, nutrient dense foods. However, it does have a few pitfalls for the unwary, and it is not a miracle cure.

Raw food is any food that has not been heated to more than 48°C at any stage of its processing, though some adherents recommend lower temperatures than this. Living foods are Raw foods that have been soaked, sprouted or fermented to increase the bio-availability of their minerals, and to make them easier to digest. You can make Raw 'nut-milk', smoothies, soups, and sauces in a blender; Raw dips, pates, pies, burgers, 'rice' and cheezecakes with a food processor; Raw pasta with a mandoline or saladacco; Raw flatbreads, pancakes, crackers, chips and biscuits with a dehydrator. You can even make fermented nut 'cheezes' and fizzy drinks. Whatever the food, someone has made a Raw version of it, and there is a reference to the recipe on a raw food forum somewhere.

So going Raw can offer many benefits – but there is a catch. It is a very restrictive diet, and a style of eating that is quite different from what most of us are used to, so it can be difficult to balance a Raw diet and get all the nutrients. In addition, a raw vegan diet accentuates some of the challenges of a cooked vegan diet – it doesn't supply B12 reliably, it has no dietary vitamin D, and it can be tricky to get enough calcium and iron. However, these challenges can be met with planning, and repeated planning will be incorporated into daily eating habits with time. Brenda Davis and Vesanto Melina, authors of "Becoming Raw" offer 10 tips for optimum health on Raw Diet – here's a summery:

1. **Variety:** Eat greens, peas and green beans, other vegies, seeds, nuts, and fruit daily, and consider sprouting grains, lentils and mung beans for extra calories, especially if you are eating 100% Raw.
2. **Greens:** Eat calcium rich, low oxalate¹ greens (such as broccoli, bok choy, dandelion greens, kale, mustard greens, napa cabbage, turnip greens, and watercress) twice every day, eating about 600 g total most days. 600 g of greens, in a bag, is about the size of a football – it is a lot!
3. **Other vegetables:** Enjoy them in all colours – vegetables are the most nutrient-dense foods around!
4. **Fruits:** Enjoy them and include them, but don't let them push other more protein and mineral-rich foods off your plate. Fruits are high in sugar which can affect your teeth, so remember to brush regularly.
5. **Seeds and Nuts:** Good source of protein, minerals, and energy – eat ½ - 2/3 cup of these daily. Include 10 ml ground flaxseeds, or 30 g walnuts, or 5 mL of flaxseed oil, to top up your omega 3 intake. Ideally, eat these at the same

meal as veggies (or greens) as their fat helps you to absorb minerals and the fat-soluble vitamins from the veggies

6. **Sprouted or Cooked Legumes.** Lentils and mung beans can be sprouted to make them edible raw – they help to keep your blood sugar level between meals. If you include cooked food, make it legumes, as they are a good source of protein, iron, and zinc, and are low in fat.
7. **Sprouted Grains:** grains, and buckwheat and quinoa (which aren't grains) can be sprouted too. These can be used to replace breakfast cereals or cooked grains.
8. **B12:** Take a supplement! There is no reliable source in a 100% vegan diet, so play it safe and supplement, or use fortified foods (like nutritional yeast).
9. **Vitamin D:** Get in the sun (avoiding both sunscreen and sunburn) or take a supplement. (See the winter newsletter for detail.)
10. **Iodine:** Use iodised table salt, plenty of sea vegetables (seaweeds), or pick a supplement that includes iodine.

It all looks a bit complex – and it can be. In fact, if you are thinking of going 100% Raw, or very high Raw, I recommend you do some research of your own to avoid running into problems. "[Becoming Raw](#)" is a great guide, and there are many [books](#) and [articles](#) available. But luckily, you don't need to ditch cooked food entirely to benefit from eating more fresh food. Try a big salad, full of leafy green goodness, vegies, and seeds, with a side dish of pasta. Or an 'unstirfry' with brown rice or quinoa. Raw cheezecake is tastier than any tofu-based cheezecake I have ever eaten. Try a breakfast of fruit, nuts, and green smoothie. Get hold of a Raw cook book, ([Ani's Raw Food Essentials](#) is a good one, or [this](#) is free) and play with the recipes. Keep in mind that many of the benefits of a raw diet come from wholefoods, so you don't need to spend hours in the kitchen to reap benefits, nor buy premade Raw products.

Miranda Bone, B. Nutr.



1 Oxalate binds calcium and prevents absorption.

CONTACT US

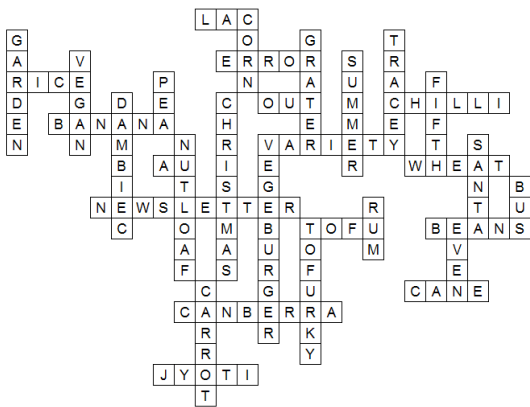
Email: contact@vegetariansociety.org.au
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 Canberra, ACT 2601



Sudoku Solution:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 5 | 6 | 4 | 7 | 1 | 8 | 3 |
| 8 | 3 | 7 | 9 | 5 | 1 | 2 | 6 | 4 |
| 1 | 4 | 6 | 2 | 8 | 3 | 5 | 9 | 7 |
| 3 | 6 | 2 | 7 | 1 | 9 | 4 | 5 | 8 |
| 4 | 7 | 8 | 5 | 2 | 6 | 9 | 3 | 1 |
| 5 | 1 | 9 | 8 | 3 | 4 | 7 | 2 | 6 |
| 9 | 5 | 4 | 1 | 6 | 8 | 3 | 7 | 2 |
| 6 | 2 | 1 | 3 | 7 | 5 | 8 | 4 | 9 |
| 7 | 8 | 3 | 4 | 9 | 2 | 6 | 1 | 5 |

Crossword Solution:



Answer to "Who Said That?"

"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind"

—Albert Einstein

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