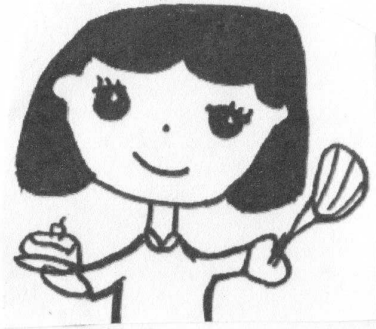


GREAT VICTORIA STREET

★ GIRO'S CAFE

2 LITTLE VICTORIA STREET, BELFAST
BT2 7JH



WETHERSPOONS



LITTLE VICTORIA ST.

★ GIRO'S

BRUCE ST.

BEDFORD ST.

THE LIMELIGHT

ORMEAU AVENUE

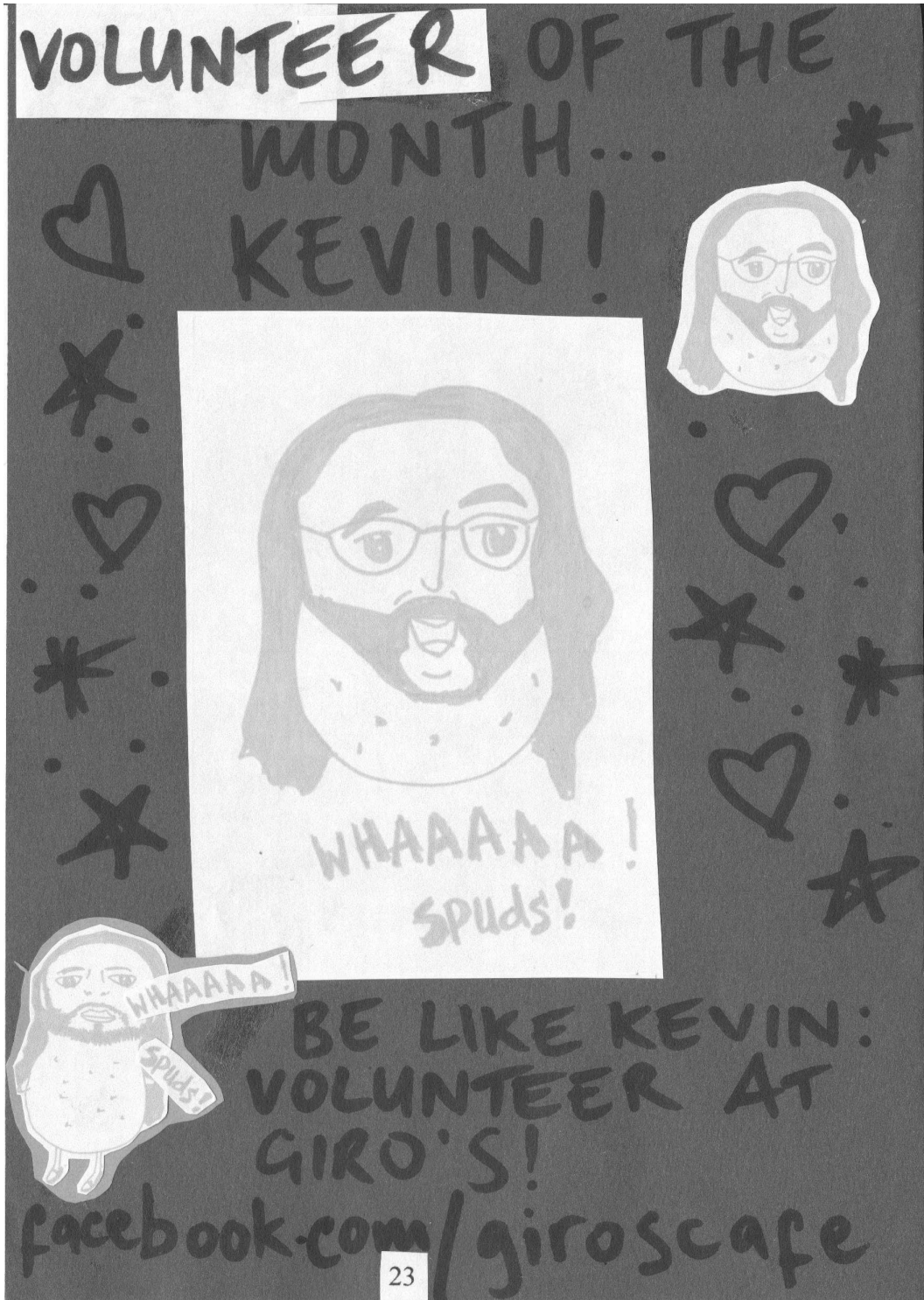
DUBLIN ROAD

MOVIE HOUSE CINEMA



Hello, and welcome to issue one! This zine has been put together rather hurriedly by volunteers and friends of Giro's Café. In here you'll find recipes, a bit of information about cafe and the Warzone Centre, and a few other bits and pieces. It's only issue one, and staunchly DIY, so don't be expecting much.

That said, we have already begun work on issue 2. Please get in touch if you'd like to contribute.



BUCKFAST COCKTAIL :

1/3 PART MALIBU
(OR CHEAP COCONUT EQUIVALENT)

1/3 PART BUCKFAST

1/3 LEMONADE

METHOD:

- FUCK IT IN
- ADD ICE
- ADJUST TO TASTE

Buckie

What is Giro's?

Giro's is a volunteer-run vegan cafe that currently operates most Wednesday nights between 5pm-10pm. It's based in the Warzone Centre, an autonomous social centre on Little Victoria Street. (See Warzone Info Sheet on page 9.)

GIROS CAFE

Volunteer run?

The cafe is staffed and run by volunteers. We buy, prepare and cook all the food ourselves.

In keeping with the Warzone Centre's roots in the DIY punk and anarchist scene and its collective ethos, Giro's has no hierarchy; every person who contributes has a voice in how the cafe is organised. Volunteers contribute what they can, when they can - there is no set amount of hours to be worked or schedule to be followed. We believe people can achieve great things by organising themselves.

Is the food expensive?

The cafe is run on donations; we want people to pay what they can afford, and to ensure that those people who can't afford good-quality, healthy food have access to it. We serve a range of vegan food, usually with different themes each week, but we always have water, tea, and coffee available. Better still, you can bring your own drinks into the cafe, although we prefer not to have glass bottles on the premises.

What is the point?

We believe that people should have easy access to good-quality, low-cost food. We also believe that people should make ethical choices about the food they eat. This isn't always easy in today's world, especially in the current economic climate. Giro's is committed to making dining healthy, ethical and social again.

What Giro's offers also ties in with the Warzone Centre's wider ethos: our promotion of veganism and cruelty-free consumption through the simple idea of sharing food works in parallel with the Centre's opposition to discrimination and bigotry of all kinds. Giro's prides itself on providing a warm and welcoming space: racist, sexist, sectarian, homophobic and transphobic behaviours will not be tolerated.

TOP EXCUSES FOR NOT GOING VEGAN...

1. WHAT ABOUT PROTEIN:

THERE ARE PLENTY OF PLANT-BASED FOODS THAT PACK A PROTEIN PUNCH FROM PEANUT BUTTER AND LENTILS TO TOFU AND SEITAN.

2. PLANTS HAVE FEELINGS TOO:

LET'S BREAK THIS DOWN... PLANTS HAVE NO BRAIN OR CENTRAL NERVOUS SYSTEM WHICH MEANS THEY CAN'T FEEL ANYTHING.

3. I'M JUST ONE PERSON. IT WON'T MAKE A DIFFERENCE:

YOU CAN SPARE 404 ANIMALS EACH YEAR. AND WITH MILLIONS OF VEGGIES/VEGANS AROUND THE WORLD THINK OF HOW MANY MORE WE'LL SAVE. STRENGTH IN NUMBERS!

4. I FOCUS MY ENERGY ON HELPING PEOPLE, NOT ANIMALS:

BY CHOOSING TO EAT A HUMANE VEGAN DIET YOU ARE HELPING PEOPLE, TOO. ANIMALS RAISED FOR FOOD REQUIRE MASSIVE AMOUNTS OF FEED THAT COULD BE FED TO THE ONE BILLION STARVING PEOPLE AROUND THE WORLD

5. LIONS KILL IN THE WILD:

WHAT EXACTLY DOES A WILD CARNIVORE THAT EATS MEAT TO SURVIVE HAVE TO DO WITH HUMANS WHO SHOP AT A SUPERMARKET? TRY AGAIN

6. IF WE ALL STOPPED EATING MEAT, FARMED ANIMALS WOULD TAKE OVER THE WORLD:

IF MEAT CONSUMPTION DECLINED, LESS ANIMALS WOULD BE BRED. IT'S THAT SIMPLE.

7. BUT WHAT IF I'M STRANDED ON A DESERT ISLAND:

THE NEXT TIME YOU FIND YOURSELF ON A DESERTED ISLAND YOU CAN REASSESS, BUT UNTIL THEN...

8. CAVEMEN ATE MEAT:

NOT SO SURE WE SHOULD BE MAKING ETHICAL CHOICES BASED ON WHAT PEOPLE MAY HAVE DONE OVER 100,000 YEARS AGO.

9. NOT ALL FARMERS ARE MEAN:

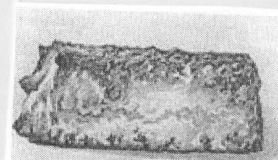
TRUE, BUT FOR THE ANIMALS THE END IS ALWAYS THE SAME: A BLOODY, VIOLENT SLAUGHTER.

10. WE'RE AT THE TOP OF THE FOOD CHAIN:

REALLY? TRY WRESTLING A TIGER AND GET BACK TO ME.

Almond Cookies

These cookies are adapted from the Veganomicon and work really well as a treat with coffee!



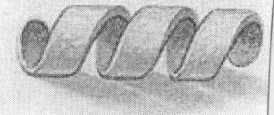
ALMOND FINGER

2 1/2 cups plain flour
1/2 cup ground almonds

1 1/4 tsp baking soda
1/2 tsp salt

1/2 cup vegetable oil
1/4 cup golden syrup

1/4 cup rice or soy milk
1 cup sugar
1 1/2 tsp almond extract
1/2 tsp vanilla extract
1/3 cup sliced blanched almonds (optional!)



ALMOND SHAVING

Preheat oven to 180c and line two baking sheets with paper

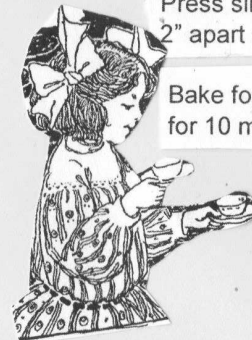
Sift together flour, ground almonds baking soda and salt. In a separate bowl mix the oil, golden syrup, milk, sugar and extracts.

Add the dry mix to the wet and mix until a firm dough forms.

Roll into balls of approx. 2tbsp of dough – press one side of the ball in the sliced almonds and place them almond side up on baking sheet.

Press slightly to flatten until about 1" thick and spaced about 2" apart as they will spread.

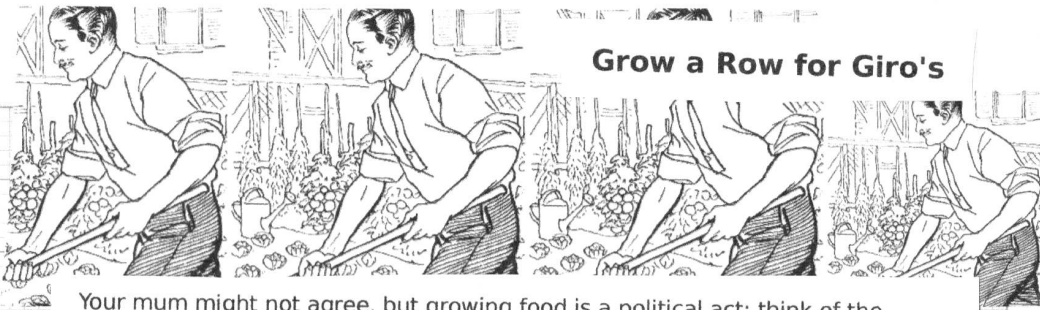
Bake for 12- 15 mins until slightly golden at the edge – cool for 10 mins on sheet then move to wire rack.



ALMOND SLICE

The cookies can be stored in an airtight container for up to 5 days (if you can control yourself)!

Grow a Row for Giro's



Your mum might not agree, but growing food is a political act: think of the Diggers in 17th century England, the punk band Crass, anarchist writer Colin Ward, even Jeremy Corbyn and his allotment... Gardening is more than just a hobby, and whenever you catch the bug, it starts to open up a world of possibilities.



I grow a few things in raised beds built from salvaged wood: peas, beans, strawberries, kale, tomatoes, potatoes, herbs, and more. I don't claim to be very good at it, but I'm getting better, and that's another thing I love about the garden: it's a beautiful learning experience. When I'm 50 I think I'll be a master.

I sometimes bring in produce to use in Giro's. This gets me thinking: with a few more volunteers doing the same, and perhaps the collective taking over a few unused gardening space, we could supply plenty of produce for the café. We want to source our food without directing money into the corporate machine, and this may be the best way. It's hard work, a never-ending struggle against elements and insects, but it's such a pleasurable experience to eat food you've grown from seed. We could bring a special dimension to our café nights with homegrown food.

Some community cafes operate a "grow a row" scheme for amateur gardeners; set aside a patch of land (in your own garden or guerilla-style) for food to be donated to Giro's, and help yourself to as many free meals as you deem fair. This scheme embodies the gift economy that Colin Ward and Charles Eisenstein write about, and I'd like to see it happen in Giro's.



How can we do this? Well, we just need to get organising. If you're interested, speak to a volunteer or message us on facebook, and we'll see what we can do. It's not even Winter yet. We have plenty of time to get building beds, sourcing soil, and swapping seeds...

Witty vegan comebacks to...



Mmm, Bacon.

If you promise to watch a video of what goes on in a slaughterhouse I'll watch a video of a strawberry harvest.

Q: Why don't you eat meat?

A: Probably the same reasons you don't eat human.

Q: Where do you get your protein?

A: The same place the cows and chickens get it. I just cut out the middle man.

Q: So what do you eat?

A: The other 6,000 foods.

Q: How do you live without bacon?

A: Relax; it's a strip of pig's flesh, not oxygen.

You know Vegetarian is the old Indian term for bad hunter...

Considering all the hunting you do involves the drive-thru at McDonalds ... I'm fine with not being good at that.

Hitler was a vegetarian you know ... you're all like Nazis!

You're right; the Nazis were all about respect, equality and non-violence.

9:00 a.m. & 11:00 a.m.

"GET AFRICAN PEANUT STEW: ME.

Hearty, cheap and really tasty - this easy, quick dish is an all-round winner:

INGREDIENTS

1 Tbsp vegetable oil - 1 cloves garlic - 1 inch fresh ginger- 1 medium sweet potato - 1 medium onion 1 tsp cumin - 1tsp tumeric - ¼ tsp crushed red pepper - 1 can of tomatoes - 3 Tbsp (or more to taste) tomato paste- ½ cup natural style chunky peanut butter - 6 cups vegetable stock - 1 bag of spinach- ¼ bunch coriander & handful of crushed peanuts to garnish (optional)

METHOD:

1. Sauté the ginger and garlic in vegetable oil for 1-2 minutes 2. Add onion, continue to sauté - then add sweet potato to the pot and cook until onion is soft and the sweet potato takes on a darker, slightly translucent appearance. Season with cumin, turmeric and chili flakes 3. Add the tomato paste and peanut butter, then pour in the vegetable broth 4. Place a lid on the pot and turn heat up to high. Once the soup reaches a boil, turn the heat down to low and allow it to simmer without a lid for about 15 minutes, or until the sweet potatoes are very soft. Once soft, smash about half of the sweet potatoes with the back of a wooden spoon 5. Garnish with coriander and crushed peanuts.



Suggested wine pairing: Buckfast cocktail. See page 22!

Red Velvet Cupcakes



Red velvet

200ml soya milk

20g cocoa powder

200g self-raising flour

¼ tsp bicarb

20ml cider vinegar

¼ tsp salt

200g caster sugar

½ tsp baking powder

1 tbsp vanilla essence

80ml oil

½-1 tsp red food colouring paste (Wilton is vegan!)



Preheat the oven to 180°C/350°F/gas mark 4 and line your muffin tray with cases. Mix the soya milk and vinegar together. Set aside for 10 minutes to CURDLE. Yuck. In a large bowl mix the flour, caster sugar, cocoa powder, salt, bicarbonate of soda and baking powder by hand until fully combined. Add the soya milk mixture, oil, vanilla and red food colouring paste to the bowl. Using a metal spoon, quickly mix everything together for about 10 seconds until the ingredients are just combined and the batter is still a bit lumpy. Tap the bowl on to the work surface to halt the raising agents from working too quickly - you will see the bubbles pop. Spoon the batter evenly into each of the muffin cases and tap the filled muffin tray on the work surface to pop the bubbles again. Fuck you, bubbles. Place the tray in the oven and bake for about 15 minutes, cool in the tray for 10 minutes, then transfer the cupcakes in their cases to the wire rack.

Red velvet usually come with a cream cheese style frosting so for authenticity, try this:

125g vegan cream cheese

¼ tsp salt

25g Pure spread/margarine

1 tbsp vanilla extract

30ml soya milk

75g shortening (some supermarket brands are vegan, as is Trex)

750g icing sugar

Using an electric or a hand-held mixer, whip together the margarine, vegetable fat, cream cheese and vanilla until creamy (about 30 seconds). Add half of the icing sugar and 30ml (2tbsp) milk and continue mixing, slowly at first and then bringing up to speed, until combined. Add the rest of the icing sugar and mix for about a minute until you have a smooth consistency. If the icing is too firm, then mix in a bit more milk. If it is too soft, add a bit more icing sugar. This makes a shit tonne of icing, you could halve the amounts if you're not too keen on lots! Pipe loads of the cream cheese buttercream icing on top of your cupcakes. Keep one of the cupcakes aside to crumble over the top as a finishing touch if you're feeling fancy.



EASY-PEASY ONE BOWL CHOCOLATE CAKE



What do you mean you can't bake without eggs? Wait until you try this no-fail (and incredibly yummy) chocolate cake)

INGREDIENTS

1 1/2 cups almond milk - 2 tsp white vinegar - 1 1/4 cups - unsweetened applesauce - 1/2 cup strong brewed coffee - 2/3 cup melted coconut oil - 2 tsp pure vanilla extracts - 2 cups + 2 Tbsp flour - 1 1/3 cups sugar - 1 cup (vegan) cocoa powder - 2 tsp baking soda - 1 tsp baking powder - 1/4 tsp salt

FROSTING

1 cup vegan butter - 2 1/2 - 3 cups powdered sugar - 2/3 cup cocoa powder - 1/4 cup dairy-free semisweet chocolate, melted and slightly cooled - 2 tsp pure vanilla extract - 1/4 cup almond milk

METHOD

1. Preheat oven to 180°C (176 C) and grease 2 8-inch round cake pans - Mix the almond milk and vinegar in a large mixing bowl, and let set for a few minutes to activate. Add the oil, coffee, vanilla extract, and applesauce and beat until foamy. 2 Add the flour, sugar, cocoa powder, baking soda, baking powder, and salt to a sifter and slowly sift over the wet ingredients while mixing with a hand-held or standing mixer.. Beat until no large lumps remain. 3. Pour batter into cake pans 4. Bake 25 mins 5. While cooling, prepare frosting by beating together all ingredients 6. Once the cake is cooled, frost generously.

Vegan Mac n Cheese

Because most of us grew up omnivorous, it's understandable that we vegans feel the need for recreating the comfort foods we used to eat. We tried this mac 'n' cheese at the café and it went down a storm. It's so easy, even scaling it up for 20 people was a cheesy breeze, and no cows were violated or calves separated from their mothers in the process.

500g macaroni
3 Tbsp (heaped) vegan butter
4 Tbsp (heaped) plain flour
2C almond milk
1/3C nutritional yeast
1tsp garlic powder
1tsp onion powder
1C (heaped) grated vegan cheese*
breadcrumbs
Salt to taste



Serves about 4 on its own. Recipe adapted from Veganomicon.

1. Cook the macaroni as per packet instructions. It's going back in the oven so stay on the undercooked side.
2. Meanwhile, melt the butter and add the flour, stirring with a wooden spoon until a thick paste forms.
3. Add the milk bit by bit, stirring the whole time, until your white sauce is smooth.
4. Add the rest of the ingredients apart from half the cheese and all the breadcrumbs, mix well.
5. Mix sauce into the macaroni and put in a casserole dish or similar. Top with the rest of the cheese and then breadcrumbs.
6. Drizzle with oil and bake in the oven (180 degrees) until it's beginning to brown.

* Suggested wine pairing: Buckfast cocktail. See page 22!



Vegan Mini-Quiche

These quiches are inspired by a Wallflower Kitchen recipe and can really be adapted for anything you'd like to chop up and pop in them. We like sundried tomato, pepper, onion or spinach. They can be frozen, served hot or cold and are gluten free!

1 cup chickpea/gram flour (you can get this in health food stores, Asian supermarket or Tesco)

$\frac{3}{4}$ cup (I guesstimate this, really) water

3 tbsp nutritional yeast

A pinch of kala namak/black salt (optional, but tasty! I get it in the Nutmeg)

1 tbsp chopped herbs (fresh or dry of whatever you like)

8 sundried tomatoes, finely chopped

1 small onion, finely chopped

2 cloves garlic, minced



Preheat oven to 220c

Whisk together chickpea flour, water, nutritional yeast, salt, herbs and sundried tomatoes.

Fry your onion and garlic until soft – add to bowl. Salt and pepper to taste.

To bake, I use reusable silicone muffin cases in a muffin tray but if you don't have those just really oil your muffin tray so the quiches don't stick. They will come away from the sides once they're ready.

Pour your mix into muffin tray and fill to the top. They won't rise much and the mix should be quite liquid but fear not – they will firm up!

Bake for 15-20 mins and cool a little before popping out of cases/tray. Eat immediately if you like or store for packed lunch – these are very filling and protein rich!



★ Suggested wine pairing: Buckfast cocktail. See page 22!

Ginger Beer Cupcakes



- 350g plain flour
- 225g sugar (use soft dark brown for colour and flavour but any would work)
- 100g cooking oil
- 1 tsp ground ginger (adjust according to taste and fierceness of the ginger beer)
- 1tsp baking powder
- $\frac{1}{2}$ – 1 tsp ground cinnamon
- $\frac{1}{2}$ – 1 tsp ground allspice
- $\frac{1}{2}$ tsp bicarbonate of soda
- Pinch salt
- 200ml ginger beer
- 50ml water
- About 60g treacle (or golden syrup at a pinch, we're after the stickiness)

Preheat oven to 180c

Combine all wet and dry ingredients separately then slowly add wet to dry. I do this with just a whisk and a bit of elbow grease but you could use an electric whisk or food processor if you have one.

Fill cases about $\frac{2}{3}$ full and bake for around 14-16mins. Cool in tin for 5 mins, then place on rack to completely cool and ice! Makes approx. 18 cupcakes.

To make some sweet vanilla butter cream you follow a simple ratio:

100g vegan butter (I like Pure) to 250g icing sugar with 1tsp vanilla essence. If you need to loosen it at all, add a tiny amount of soy milk. Whisk until stiff and spread/pipe on to cooled cupcakes. Alternatively, be really lazy and use the accidentally vegan Betty Crocker icing!



SEITAN

sei-tan | say-tahn |

- Recipe from The Post Punk Kitchen
- 1 cup vital wheat gluten flour
 - 3 tablespoons nutritional yeast flakes
 - 1/2 cup cold vegetable broth
 - 1/4 cup soy sauce
 - 2 tablespoons fresh lemon juice
 - 1 tablespoon olive oil
 - 2 cloves garlic, pressed or grated on a microplane grater (or lots of garlic powder)
 - 4 cups vegetable broth
 - 4 cups water
 - 1/4 cup soy sauce (add some vegan Worcestershire if you're feeling fancy)
 - Salt & pepper, cayenne, whatever spices you'd like to spice up your life



Fill a stock pot with the broth, water and soy sauce, cover and bring to a boil.

In the meantime, in a large bowl mix together gluten and yeast. In a smaller bowl mix together broth, soy sauce, lemon juice, olive oil and garlic. Pour the wet into the dry and combine with a wooden spoon until most of the moisture has absorbed. Use your hands and knead for about 3 minutes, until it's an elastic dough. Divide into 3 equal pieces with a knife and then knead those pieces in your hand just to stretch them out a bit. Let rest until the broth has come to a full boil.

It will look gross, and a bit like brains, it will seem like it will never stretch, but just knead it until it gives a little. It will also double in size when cooking so be mindful of this when picking your stock pot!

Once boiling, lower the heat to a simmer. Add the gluten pieces and partially cover pot so that steam can escape. Let simmer for 45 minutes, turning occasionally, do not let the water boil. Turn the heat off and take the lid off, let sit for 15 minutes.

Remove from broth and place in a strainer until it is cool enough to handle. Slice and use as desired. Treat it like tofu - it is a sponge that will absorb lots of flavour and can be fried, baked, breaded etc.



WHEN FRIENDS
DROP IN—OR ANY TIME
YOU WANT A MEAL THAT'S
A LITTLE OUT OF THE
ORDINARY—AND QUICK
TO FIX, TOO...



Suggested wine pairing: Buckfast cocktail. See page 22!

What is the Warzone Centre?

"The Centre" is an autonomous social centre in Belfast. It was founded in 1984, and since 2011 it has been based in Little Victoria Street in the city centre. The space is used for gigs and other events of an alternative/radical nature, and is run entirely by volunteers as a non-profit collective.

What is an autonomous social centre?

An autonomous social centre is a space for the community that is run directly by the people involved. As such, the space can be used for a variety of purposes which may not have a venue otherwise, such as a meeting space for activist groups, workshops, films or talks, as well as hosting alternative arts and cultural events, and serving vegan food at Giro's café events.

What are the benefits of volunteering?

Volunteering at the Centre can be rewarding as it gives people an opportunity to contribute to alternative arts and culture in Belfast. As a volunteer you will have a direct say in the running of the space, and working with others to organise events can be a useful experience. Volunteers gain free entry to gigs after working at three events.

What does volunteering require?

You can volunteer in a variety of ways - working at gigs, promoting events, cooking, cleaning and decorating the space, repairing and maintaining equipment - anything you might expect from the running of a social centre would come in handy.

How do I get involved?

Contact us via facebook or email, or talk to a volunteer in the Centre.

warzonecollective@gmail.com

facebook.com/warzonecollective



Falafel



Reputed to be invented by Coptic Christians in Egypt, adapted by Jews and then Arabs, and enjoyed by both Prods and Taigs in Giro's Cafe: Falafel really is a truly cross-community munch. It's protein-rich, tasty, and works out really cheap. Use dried chickpeas, soaked overnight. Shallow-frying is the tastiest, but in the cafe we oven-roast the falafels, and sometimes make burger patties.

This has been taken from toriavey.com – loads of great authentic veggie stuff on there.

- about 2 cups dry chickpeas
- 1 small onion, roughly chopped
- 1/4 cup chopped fresh parsley
- 3-5 cloves garlic (pre-roasted)
- 1 1/2 tsp flour
- 1 3/4 tsp salt
- 2 tsp cumin
- 1 tsp ground coriander
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- Vegetable oil for frying



Drain and rinse the chickpeas, and place in a food processor with all the other ingredients. Pulse, and process until you have a fine mixture. Add flour or water if it's too wet or dry. The mixture should hold together if squeezed into a ball. Mess about with the quantities, make it spicier if preferred. No need to be exact.

Make golf-ball sized balls, and either fry in oil or roast in the oven until they go brown, turning once. Serve with pitta, cucumber, tomatoes, lettuce, and a shit load of garlic and chilli sauce.



Suggested wine pairing: Buckfast cocktail. See page 22!



DEFENSIVE OMNIVORE BINGO

"If God didn't want us to eat animals, then why did he make them out of meat?"	Begins to wax sentimental over some variety of meat they could never give up.	Asks where you get your protein.	Brings up PETA.	"I didn't climb to the top of the food chain to eat plants."
Explains how they tried vegetarianism once and it didn't work out.	Argues that humans are different than other animals, and therefore eating them is morally justified.	Argues that humans are no different than other animals, and therefore eating them ... Lions eat zebras, right?	Asks what would happen to the cows if we didn't eat them. Feigns concern.	Expresses concern for plant suffering.
Preaches to you about how preachy vegans are.	Wonders how we'd grow enough food to feed us all if everyone went vegetarian overnight.	●	Asks why you care more about animals than human beings.	Describes some extremely unlikely hypothetical scenario in which you'd be forced to eat meat to survive.
Points out that some object you own contains some infinitesimal amount of animal product.	"Do you eat fish?"	Tells you all about the vegan somewhere who once did something wrong. Concludes all vegans are hypocrites.	Mentions canine teeth.	"Vegetarian: Indian word for 'bad hunter'"
Describes the happy farm animal they once saw somewhere.	Expresses a completely unrelated concern for starving children somewhere.	Something irrelevant about cavemen.	Wonders why you don't make better use of all that time you waste not eating animals.	Describes a vegan they knew once who suffered from some random ailment. Concludes it was caused by lack of meat.

Caribbean "Sunshine Stew"



This dish was served at the Jamaican Giro's Café in May. This version of the recipe makes 5 large portions. This vegetable stew is spicy, packed full of vegetables, and yet pretty inexpensive. To top it all off it makes the kitchen smell glorious. As a dish it's pretty versatile it can be eaten on its own served with rice (brown basmati is ideal) or even some cooked plantain.

Ingredients:

2 Tsp of whole Spices (peppercorns, pimento, coriander, cumin and mustard) -
1 Tbls of ground turmeric - 1 Tbls of cinnamon - 1 Tbls of dark brown (muscovado) sugar or molasses - 1 Tbls coconut oil - 100g of desiccated coconut or a can of coconut milk - 1 tin of Kidney beans - 1 large (~1kg) butternut squash cut into small chunks - 2 bell peppers cut into strips - 1 scotch bonnet chilli chopped finely - 1 onion diced - 4 garlic cloves peeled and grated - 5cm ginger root grated - 200g of green beans sliced into pieces - 200g spinach - 300g of fresh tomatoes diced or can of chopped tomatoes - 250ml stock - Cayenne pepper and salt can be added to suit personal taste

Method:

1. Grind up all the whole spices in a mortar and pestle until coarsely ground. Alternatively place spices in a sandwich bag and crush with a rolling pin. Mix with cinnamon and turmeric.
2. Heat oil in a deep pan and cook onion over a low heat until soft, then add the garlic, chilli and ginger and cook for a further few minutes before adding the ground spices.
3. While stirring, add the coconut, sugar, stock and squash to the pan, cover and simmer for 10 minutes.
4. Add remaining ingredients to the pan and cook for a further 10 minutes. Cook on a low heat until the desired consistency has been achieved.

Papa's noodles

I've heard that recipe being called Seitan-style noodles. This may be true but as I know nothing of this I will simply transmit this recipe as I have learned it from my dad, after eating it every week for months during one of his mono-maniac cooking frenzy.

This is basically noodles and a sauce so you will need:

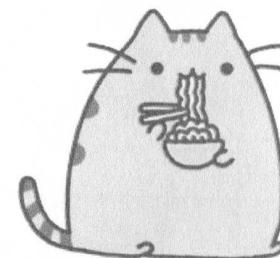


Suggested wine pairing: Buckfast cocktail. See page 22!

- Noodles

And ingredients for the sauce:

- Sesame oil
- Soy sauce
- Limes or lemons
- Peanuts - preferably, or peanut butter
- Chillies
- Coriander - fresh



Mix some sesame oil, soy sauce and lime juice in a bowl with a fork or whisk. Add more or less a similar amount of oil and soy sauce and a bit less lime juice - go easy at first, taste and adjust as you go along.

Slice your chillies - choose the quantity depending on your taste and tolerance for spicy food. I usually use the bird eyes ones but you can use any type of chillies you like. You can even use dry flakes if you really have to.

Crush your peanuts - I use a coffee grinder. This is super practical but not available in every household. Try your blender if you have one. Try a mortar, a good knife, whatever you can think of. Worse for worse you can use peanut butter - just know it is not ideal as it is quite oily and doesn't give the sauce it's ideal texture combined with the other oils. So get crushing.

Mix all that to the oils, taste, adjust. Pour the sauce onto your noodles. Add chopped coriander. Mix the lot.

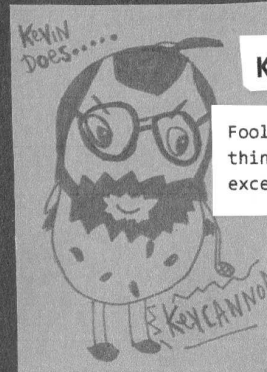
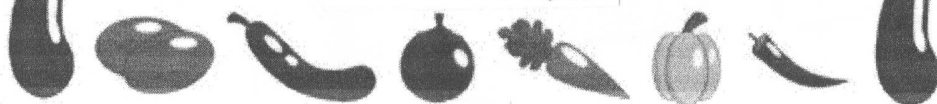


LET'S TALK POSITIVELY!

Want to convince someone to try a plant-based diet? Try not to be overly critical or lecturing. Here's a few ways to get your friends thinking differently:

- 1. Use active listening strategies to draw the other person into actual dialogue**
LISTEN and reflect back what they say, without judgment or commentary.
- 2. Empathise with their experiences**
Very few of us were brought up on a plant-based diet – remember what it was like for you and the challenges you faced - you probably had similar worries and doubts when you started.
- 3. Find common ground to agree on**
There's always going to be something ... Like, yes – I totally agree, it matters how farm animals are treated
- 4. Whenever possible, set up opportunities to be asked for your thoughts**
People are automatically more receptive to information they've asked about.
- 5. Use 'I' language**
'It looks to me like...' 'I found out that...' 'I don't want to participate in...' 'I watched...' 'I read...' 'I don't need...' 'I feel like...' Own it! Not only will it make your ideas more accessible to (defensive) listeners, it's harder to argue with: no one can tell you that you don't think or feel something.

Remember where the defensiveness comes from – it's not about you!



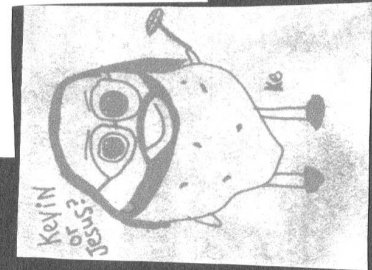
Kevcannon with kale and cabbage

Foolproof. Spudly. Salty and rich but also entailing a fair bit of green things, so you can experience that rare combination of smugness and exceptional fullness. Perfect.

Serves about 4 (or 1 in Kev Towers)



- 500g potatoes (any type), peeled and cut into chunks or discs for quick boiling
- 200g cabbage, roughly chopped
- 150g kale, stems cut out (unless you're a masochist)
- Salt and pepper to taste
- 200ml or so of vegan milk, any kind
- Lots of knobs (teehee) of vegan butter, any kind



How to do the thing with the cooking

1. Boil spuds in a big pot for about 20mins till soft. Drain.
2. Mash the spuds, throwing in some salt and pepper and 3-4 tbsps of butter.
3. Add another 3-4 knobs of the butter (seriously, you really can't overdo it on the butter) to a good sized pan and start to saute the cabbage.
4. After 3 mins or when the cabbage is starting to look buttery, add the kale.
5. When the kale is looking softer, dump the contents of the pan on top of the mash, and stir through thoroughly.
6. Lace with salt and pepper, and chuck in some more butter. Sure why not. You've earned it.

