

News

Top French chef takes meat of the menu (well almost!)

Alain Passard who runs a very exclusive restaurant in Paris (it received the ultimate Michelin accolade in 1996) is removing meat (except poultry) from his menu and will be serving vegetable dishes with the odd bit of poultry. The reasons for his concern being food safety and also the treatment of animals. OK this is not "all the way" but if a top French chef in Paris is starting to do cooking with mostly vegetables it must mean that things are really starting to move. As Alain said "I can no longer stand the idea that we humans have turned herbivore ruminants into carnivores. But also I can't get excited about a lump of barbecue meat. Vegetables are so much more colourful, more perfumed. You can play the harmony of colours, everything is luminous."

Vegan Bears (like Jelly Babies)

Grain whole foods now sell vegan bears for all the little and big vegan kids out there. They are very nice, organic and even gluten free. They are not that cheap though at £1.26 for a 100g box.

Mike's Shop (Hull Foods) Opening

As we go to press Mike's shop should be opening on Tuesday (January 30th). He has temporarily relocated to a greengrocers shop near Jacksons on Princess Avenue.

Vegetarian Society Awards 2001

Nominations for the Vegetarian Society awards for 2001 are now being accepted. Apart from a trophy, award winners will receive honorary approval from The Vegetarian Society for 12 months and a free license to use our International V Symbol Trademark in conjunction with their products, company or establishment.

There are 12 categories covering products, eating establishments, accommodation and achievements. Presentation to winners will take place during National Vegetarian Week (25th June - 1st July) at a special ceremony which you can attend if you want to. Voting is via the internet (www.vegsoc.org/news/2001/nvw/awards.html). If you don't have access but would like to vote please get in touch with Mark or Carol and we will sort something out.

Local Vegan Suppliers

Arthur Street Trading 23 Arthur Street, Hull. Tel 212871

Home or work delivery of organic produce and collection of your separated recyclable goods.

Hemp Union 24 Anlaby Road, Hull. Tel 225328

e-mail: sales@hemp-union.karoo.co.uk internet: www.hemp-union.karoo.net

The UK's biggest selection of ethically produced, environmental products, made from cannabis hemp the worlds most valuable & versatile crop.

Hitchcocks Vegetarian Restaurant 1 Bishops Lane, Hull. Tel 320233

Great Vegetarian restaurant but with a strong Vegan offering. Cost is £8 waged / £7 unwaged for our get togethers (£10 and £9 normally).

Hull Foods (aka Mike's Shop) Princes Avenue, Hull

** Temporarily Closed - Watch this space for details of the grand re-opening **

Grain Whole Foods Newland Avenue, Hull

Veggie and Vegan foods, supplements and remedies.

Zebra Shop Princes Avenue, Hull and 87 Paragon Street, Hull

Alternative gift shop selling lots of interesting items! If you're stuck for a pressie try Zebra's..

**Paul at Zebras now offers a gardening service -- enquire within the shop **

The Zoo 80b Newland Avenue. Hull

A café offering a great range of vegetarian and vegan food. Open from 10am to 6pm Mon to Sat and 11am to 4pm on Sunday. Great to pop into after browsing the shops!

ER Vegans Contact Information

Mark Evans and Carol Nicholson

140 Victoria Avenue, Hull, HU5 3DT. Tel 471119

ER Vegans membership, the news letter, Vegan Society info, Animal Rights info etc.

Maggie Tel 444435

Anything to do with gardening.

Vegan Society Donald Watson House, 7 Battle Road, St Leonards-on-Sea, East Sussex, TN37 7AA. Tel 01424 427393

Welcome

Welcome to our January issue. The new year is now well on its way and we hope to bring you a very eventful 2001 with lots of activities and plenty of ideas and information to assist you in your vegan quest. A new feature will be a cartoon on each issue from an internet site we have found because we want to show the world that we enjoy a good laugh too (especially when it is at the expense of companies like Macdonalds!).

Since our last news letter we have despatched a donation of £40 to the Vegan Society from the ERVegan coffers for which they are very grateful. Hopefully we will have a successful year at the various fairs we do and be able to give another donation. If you have any bric-a-brac you would like to donate to us please get in touch. We can collect if necessary. So when you start your spring clean think before you throw things away, somebody might want to buy it from ERVegans!

Peoples thoughts are turning to what to do when the nice weather comes along so we have included a special feature on holidays. This can be a particularly tricky area for vegans and we have only been able to provide some seeds of ideas here. Remember that we are always willing to help you find out about anything vegan so if there is something please ask. In return if you have had a vegan experience then we would love to hear about it, good or bad, so that we can share it with others. In particular we would like to hear from people who have been on one of the national vegan events such as the Vegan Summer Gathering or the Vegan Camp.

We would also like to draw your attention to the Soiree at the Zoo event. We need 12 people to say they will come to get the booking confirmed. Of course once we get confirmation we can accept more people but we need a core to make it happen. So if you would like to come please let us know soon. This will be the third time we have organised such an event and they have always been popular in the past so hopefully this will be no different.

Forthcoming Events

February

Thai Night - Hitchcocks Wednesday 6th 8pm

February 6th is Andy's birthday and he asked us could we have a Thai Night at Hitchcocks so here it is. Please call Mark/Carol to book a place and if you would like a ERVegan Birthday bash let us know.

March

St Davids Day (Welsh / Patagonian Night)- Hitchcocks Thursday 1st 8pm

To celebrate St Davids day ER Vegans will be having a Welsh and Patagonian Night at Hitchcocks. St David was a vegetarian and a proponent of animal rights and of course he is Welsh like yours truly. Please phone Mark/Carol to book a place.

April

Soiree at the Zoo - Friday 6th 7:30pm

The zoo is a vegetarian café on Newland Avenue. Normally it doesn't open during the evening but if you ask nicely they will. The evening will be a very relaxed affair with the whole café to ourselves. The meal will consist of 3 courses with coffee or tea to follow and you can bring your own wine at no extra cost. The cost of the meal will be £15 per person and you will need to choose in advance from a specially prepared menu which will have a choice of 3 starters, 3 main courses and 3 deserts.

We need at least 12 people for this event to take place so if your are interested please get in touch with Mark /Carol soon and we will send a menu.

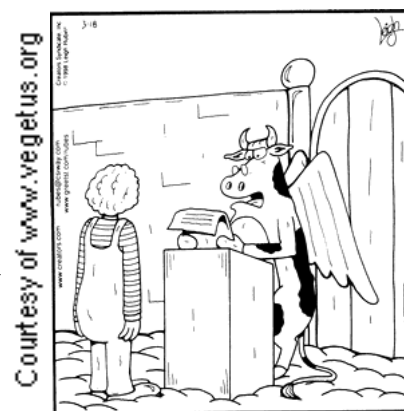
May

Bob Marley Day-Hitchcocks Friday 11th 8pm

Bob Marley day is now established as an ER Vegan regular event. A very popular event so please book early.

In the Distance...

At least 1 picnic! At least 1 barbecue!



"We usually admit people that dedicate their lives to others, but I'm afraid that in your case, 'Billions and billions served' isn't quite what we had in mind."

Holidays

One of the subjects we are often asked about is the holidays. We thought that since it is that time of year when a lot of people are thinking about where to go when the sun does eventually come out we would do a bit of a special on it. So here is a selection of holiday related stuff!

Specialist Companies

HF Holidays

Guided walking and special interest holidays at 19 locations throughout Britain. Stay at country house hotels with full board accommodation. Caters for vegans and other diets. Locations include; Loch Leven, Pitlochry, Arran, Alnmouth, Derwentwater, Conistonwater, Sedbergh, Whitby, Malhamdale, Conwy, Dovedale, Brecon, Bourton on the Water, Selworthy, St Ives, Lyme Regis, Thurlestone Sands, Freshwater Bay and Abingworth. For details contact: HF Holidays, Imperial House, Edgware Road, London, NW9 5AL. Tel 0181 905 9558.

VegiVentures

Probably the best known company in this field VegiVentures operates holidays in Britain and abroad for vegetarians and vegans. Groups are small and friendly and the holidays are environment orientated. Current holidays on offer are:

- Creativity Weekends, Derbyshire 22 - 25 March 2001 & Surrey 21 - 24 June 2001, - availability good.
- Lake District, Hill Walking Holiday, 1 - 8 & 8 - 15 September 2001, - availability good.
- Turkey, "Aegean Summer Holiday", 2 - 9 July & 9 - 16 July 2001, - availability good.
- Turkey, "Autumn in the Aegean", 8 - 15 & 15 - 22 October 2001, - availability good.

For details contact:

Nigel and Jacky Walker, VegiVentures, Castle Cottage, Castle Acre, Norfolk, PE32 2AJ.

Tel & Fax: (0)1760 755888 email: holidays@vegiventures.com

Events

An alternative to a "conventional" holiday is to go to one of the vegetarian and vegan events. Often these are camps and can be great value for money plus you are sure to meet lots of interesting like minded people. Remember that most of these events allow you to attend for part or all of the time. The most popular ones are:

Vegan Camp

An annual event held somewhere in Britain sometime during the summer (varies each year). Its a camp but in addition to the campers there are food tents, food deliveries and a camp shop. Sometimes local restaurants join in too by offering vegan friendly food. This camp is intended primarily for families (compare with the Vegan summer gathering) and lots of activities which you can join in if you want to and there are communal meals organised a couple of times during the fortnight. Everyone prepares something which you all then share. For more information contact (2001 dates not yet known):

John Strettle, 30 Dinsdale Avenue, Wallsend, Tyne & Wear, NE28 9JD.

Vegan Summer Gathering

An annual event traditionally held at Exmouth on the east Devon coast during late August / early September. Intended mainly for adults accommodation consists of 3 large houses converted to flats with single, double and twin bedded rooms. Many events are organised on all sorts of vegan related subjects. The event lasts a week and costs about £70 excluding food. For more information contact (2001 dates not yet known):

Malcolm Home, 10B Windsor Square, Exmouth, E8 1JU.

Activity Holidays

Why not learn something and have a holiday at the same time. Here are some vegan related activities you could do:

The Vegan Society

The Vegans Society often need ad hoc help so when not take a holiday in the area and do a bit of voluntary work. Contact the Vegan Society if you are interested.

The Cordon Vert (Vegetarian Society) Cookery School

Vegans are made welcome at the Vegetarian Society's own school. The training received is internationally recognised and if you want to (and you work hard!) you can eventually earn a diploma from the Cordon Vert Cookery School. Courses are run throughout the year and you can stay at the school. Carol has been on the courses there (so has Heather from the Zoo Café) if you want to ask about what its like.

The Cordon Vert Cookery School, The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire, WA14 4QG. Tel 0161 925 2014

www.vegsoc.org/cordonvert e-mail: Maureen@vegsoc.org

The Vegetarian Cookery School

Not the one run by the Vegetarian Society!

You can learn to cook vegan food at this school in Bath where they offer day and weekend courses. They do hands on teaching in small groups in a relaxed atmosphere which is informative and fun. More information:

30 Belgrave Crescent, Bath, BA1 5JU. Tel 01225 789682. www.vegetariancookeryschool.com

General Information

For general information about vegan holidays try one of the following resources:

The Vegan Magazine

This has lots of small ads for accommodation and holidays both in the UK and abroad. Some examples of recent advertisements are; Vegan cookery course in Andalucia (Spain), a vegan's paradise in Kerala (South India), a very relaxing guest house in Saint-Claud (France), peaceful self catering apartments in County Cork (Ireland), the 100% vegan wildlife hotel in Blackpool, renewable energy farmhouse for 8 vegans in Snowdonia (Wales).

The Vegan Travel Guide

An essential resource for anyone travelling in the UK or Ireland. Very clear information on accommodation and eating places with details of charges and opening hours. Costs £4.95.

The Internet

The internet has thousands of useful pages for vegan holidays. Finding them can be a bit of problem though. Amongst the best we have found are:

<http://catless.ncl.ac.uk/Vegetarian/>

A list of restaurants and accommodation all over the world. Simple listing format with minimal information but very comprehensive.

www.veggieheaven.com

Very well presented guide to vegetarian and vegan restaurants in the UK.

<http://www.veganvillage.co.uk/accommod.htm>

Several links to other websites with excellent information on. In particular there is a vegan guide to Greece and another for Italy (although that is part in Italian!).

ER Vegans

We are always pleased to help you find somewhere so don't be afraid to ask. Also if you have some experience of a holiday either good or bad we would welcome your views.

Reviews

Rainbows and Wellies -- The Taigh na Mara Cookbook

A great cookbook to give as a present or as a treat for yourself. Rainbows and Wellies is very different from conventional cookbooks. Instead of a list of recipes the book consists of 14 menus of the type they serve at the Taigh na Mara guesthouse plus a collection of bits and bobs (such as Highland shortbread, Breakfast na Mara etc) The menus all look delicious (plenty of colour photographs in the book) and are well presented with clear descriptions and precise ingredient lists (see the Orgasmic Chocolate Mouse for an example).

The style of recipes can be best conveyed by an extract from the introduction written by Tony Weston:

"The slogan of Taigh Na Mara is 'Out of the way--Out of the ordinary'. Our food reflects this -- apart from kiddies teas, we never do pasta, and you'll never get hummus, curry, chilli or quiche. Our philosophy is based on the discovery of three sets of taste buds on your tongue and the logical conclusion that having successfully titillated all of them at once, the resulting salivary oral climax will leave you addicted to the 'wee sensation'."

Some examples of recipes are; Pea & Mint Paté in Vols au Vent, Slabhagen Strudel (a delicious filling of oyster mushrooms, apricots and nuts in a flaky filo pastry), Toffee Apples with Brambles, Crofters' Crumpets (bubbly vegan pancakes stuffed with leeks, wild mushrooms and smoked almonds in a creamy whisky and lime sauce), Butterscotch Cream Gateau, Elderflower & Courgette Salad, Fannich Faggots.

ISBN 189917170-3 Rainbows and Wellies -- The Taigh Na Mara Cookbook by Jackie Redding & Tony Weston

Price £14.95

Recipes

Orgasmic Chocolate Mouse

I got a very nice cookery book for Christmas and everyone that has seen it has asked for the following recipe. Recently we got around to trying it for ourselves and it is really good (or really bad in modern parlance!). So here is that recipe courtesy of **Rainbows and Wellies** (For a review of Rainbows and Wellies see this issue):



Ingredients

- ◇ Chocolate (plain) x 6 oz
- ◇ Orange Juice x 2 fl oz
- ◇ Firm Silken Tofu x 8 oz
- ◇ Muscovado Sugar x 2 oz
- ◇ Vegan Margarine x 4 oz
- ◇ Dates or Apricots x 1 oz
- ◇ Whisky x 1 fl oz
- ◇ Cointreau x 1 shot

Instructions

1. Melt the chocolate in the orange juice, either in a microwave or for 2 minutes in a saucepan on medium heat.
2. Mix all other ingredients together in a blender, then add the melted chocolate whilst blending.
3. Chill for at least 3 hours or overnight.