

Welcome ...

to our October newsletter. It has been quite a while since the last newsletter for which I apologise.

Well the planned picnic and the event at our house had to get cancelled due to the very bad weather. What is it with me picking dates for alfresco events and the weather being bad? Ho hum better luck next year. Fortunately Hitchcock's has been as good as ever and we have had a number of excellent nights there. The remainder of our nights up to the end of the year are on the newsletter and remember that **the Christmas meal is especially popular so please book early**.

I have just heard that Grain Wholefoods on Newland Avenue, Hull is under new management following the retirement of Peggy. I would like to take this opportunity on behalf of ERVegans to thank Peggy for all the years of support she has given vegans by stocking both the necessities and the nice-to-have goods in her shop. Where would we have been without Grain!!? Even though supermarkets now stock some vegan items it is shops like Grain who have been there from the not-so popular times who have helped us get to where we are today. They continue to stock the more unusual items and will often get stuff on special order for you.

So what will happen to Grain now? I am pleased to say it will stay as a vegetarian outlet and will continue to stock many items for us vegans too. There are future plans to increase the range of goods and there may even be a freezer for you to get your Swedish Glace fix! Good luck to the new owners and once again thank you Peggy.

The Vegan Society have completed their move to Birmingham and I have now updated the contact details at the foot of this newsletter so if you need to contact them please use these new details. They organised a grand opening ceremony which was attended by the Mayor and Benjamin Zephaniah. I am sure you will join me in wishing them well in their new home and who knows we might even be able to organise a visit there. Interestingly (?) the first vegetarian hotel, restaurant and health food shop to open in Birmingham was in 1898!

Speaking of the Vegan Society I have mentioned three articles from the latest magazine in the newsletter. They were (I thought) particularly well written and opened up your mind to thinking about yourself, veganism and the world. If you are not yet members it is well worth considering joining which will give you a magazine four times per year full of interesting articles and news plus discount at loads of places including Hithchcock's.



If you are a vegan and you are in trouble fear not because Wonderpig is not far away! Yes the one and only vegan friendly super-hero was a special guest at the Bristol Vegan Fayre where he gave an great interview to the Vegan Society magazine and delighted vegans both big and small. If you want to catch up with his latest exploits visit <http://stores.ebay.co.uk/Wonderpigshop> where you can order volume one of his extraordinary tales – makes a great present! Now some of use have an idea who he may be under that mask. I am sure I know of someone who can't

say no to a Bourbon Cream. Rumour has it he is sometimes to be seen at Hitchcock's too. So keep an eye out for Wonderpig – to the pig-sty and beyond!

ERVegans Events

Here is a list of our forthcoming events. You do not have to be a strict vegan to attend but you must agree to behave as a vegan at the event and eat only the vegan options. Please book all events with Mark on Hull 471119 or email:

ervegans@merrydowncontrolware.co.uk. If you do email ensure that you are emailed back as confirmation of your booking.

November

Thursday 1st – International night at Hitchcock's

The annual celebration of veganism where Bruce cooks all his favourite dishes from around the world. If you would like to bring non-vegan friends to sample our world this meal is an excellent opportunity for them to try. Remind them they have to eat vegan at our table but I can assure them they will not miss out!

December

Tuesday 4th – Madagascan night at Hitchcock's

Definitely a new one for us and for Hitchcock's – I bet Bruce really likes the themes we choose!

Saturday 22nd – Christmas meal at Hithchcock's

And this years theme will be The British Isles. This definitely seems to be the favourite for our Christmas meal so come along and enjoy a great night out in Hull's best veggie restaurant. **This will be a very popular event so please book as soon as you know you want to come so I can ensure you get a place.**

Also if you know of any allied groups (FoE, Animal Rights groups etc.) why not suggest they have a Christmas meal at Hitchcock's on the same night. One of the objectives we try to do is to fill the place with like-minded people.

News & Events

World Vegan Day website up and running for 2007

November 1st is of course World Vegan Day and the Vegan Society have updated their World Vegan Day website in anticipation of this years activities. The site is at <http://www.worldveganday.org>

Vegan Society Forum up and running (almost!)

The Vegan Society forum is almost up and running. It promises to be a well regulated forum for subjects relating to veganism. In addition you will be able to read minutes of meetings. You will need to register but all the instructions are at <http://www.vegansociety.com/forum>.

Vegan wine checker

As you will probably know I like the odd glass of vegan wine and while searching I came across an excellent website. The great thing about this site is how it classifies the wines. There are the usual ways but they also include by establishment including by restaurant chain too. Its still an on-going project but it impressed me. See <http://www.veggiewines.co.uk/index.htm> for details.

The Incredible Veggie Roadshow, Leeds, England, 24 November 2007

Saturday 10am-4pm. Leeds Marriott Hotel, Trevelyan Square, Leeds (Thomas Ambler Suite). Organised by Viva! Free entry. Everything you ever wanted to know about going, being or staying veggie/vegan. A brilliant family day out. Food tastings, cookery demonstrations, talks, free diet and health advice, stalls, competitions, vegan fashion and footwear, beauty products, books, vegan food products, information and campaign news. www.viva.org.uk/roadshows07/leeds.html.

Dairy free cookery courses

Dairy Free and Delicious is a fascinating [and vegan! Ed.] workshop from the Cordon Vert cookery school. It's ideal for anyone following, or needing to cook for, a dairy free diet. Recipes are a mixture of both simple and gourmet, ranging from Crème Patisserie Tarts with Fresh Fruit to Almond Burritos with an Avocado Salsa to Tofu Mayonnaise. There are also no eggs included on this course, which makes it ideal for any vegan students. Find out more about the course by calling 0161 925 2000 or by visiting the Cordon Vert web site [note all other courses are non-vegan Ed.]

The course includes making savoury coulis, vegan hollandaise sauce, polenta pastry, deep fried garnish, vegan cake making and mock béarnaise sauce.

Dairy Free and Delicious is [Sun 28 Oct. 2007 and Sun 2 Dec. 2007] ... Cordon Vert, The Vegetarian Society's cookery school, celebrates its twenty-fifth anniversary this year. For more information please contact Su in the Press Office on 0161 925 2012 or 07973 108 165/ 7 or email su@vegsoc.org.

Viva Christmas meal in Bath – December 15th

Viva are hosting their fund-raising Christmas meal in Bath again this year after a successful event last year. It is a three-course meal in the beautiful surroundings of the Guildhall's banqueting suite. The cost is £65 per ticket. Contact Viva! on 0117 944 1000 (Mon-Fri) or via email angie@viva.org.uk for details.

Local Supplier News

Hull Libraries

Did you know that there are 15 books with the word vegan in the title available for free from Hull Libraries? Why not check out some of the titles in the coming months. In addition they stock a range of magazines including the Vegetarian Society – why not encourage them to stock the Vegan Society magazine?

Vegan food in Scarborough

Seen on Vegan Village notice board – anybody tried Mojo's?

Anyone visiting Scarborough should visit Mojo's music cafe 01723 351983. It is a mainstream and vegetarian establishment but is happy to cater for vegans. They have soya milk and will do fantastic salads and vegan pizzas and they are really friendly people. Just call before you go and they will cater for you. They are on the main road just before the Police Station.

Soya Milk at Dazal (Newland Avenue Café)

You can now get soya milk at Dazal Café on Newland Avenue (almost opposite Grain Whole Foods – why not pop in after a shop!). Carol tried a cappuccino which was great. They are also experimenting with vegan food options – we will let you know when they are generally available.

New Salad bar on Newland Avenue – Mange Tout

A vegetarian friend mentioned that there is a new salad bar towards the Cottingham Road end of Newland Avenue that does a good selection of salads which she thinks are vegan. It certainly looked interesting through the window. If anybody has tried it please let us know how good it is for us.

National Supplier News

Help Sainsbury's to label their food

Sainsbury's have told the vegan organisation to send in the bar codes of any of their products that are vegan but are not yet labelled. Sainsbury's will then sort it out. So if you want to help send the bar code and product name to the Vegan Society.

Vegan Society statement about Ecover

The Vegan Society have issued a statement about the methods of testing used by Ecover in their product development. It is a necessarily long statement as it needs to convey quite a bit of information and its important to read it in full. I won't reproduce it here but you can find it on the Vegan Society website by searching for Ecover (should be the first item) or clicking on the following link (sorry for this length)

http://www.vegansociety.com/phpws/index.php?module=announce&ANN_user_op=view&ANN_id=112 . If anybody without internet access wants the statement please let me know and I will get them a copy.

M&S to start using BUAV mark

You should start to see the BUAV mark on M&S cosmetics and toiletries soon which is your guarantee that the products meet the strict criteria of BUAV animal testing policy. Doesn't mean they are vegan though – you will still need to check ingredients

The ERVegans 2007 Project - Update

I have managed to survey most of Newland Avenue and will start on Princess Avenue soon. So far the response has been that about 50% of establishments will help us by filling out the questionnaire.

One particular promising outcome is that Dazal on Newland Avenue (opposite Grain Whole Foods) now can supply soya milk for drinks and are looking into increasing their vegan offering.

Vegans and the environment

The environment seems to be very near the top of most parties political agenda these days and most days I will hear strangers comment on doing this or that for environmental reasons but until recently I have not heard environment linked to veganism outside of our circle of friends and media. However, there have been a number of articles recently highlighting the merits to the environment of adopting a vegan lifestyle. No less a publication than The Lancet recently noted reducing meat consumption in the UK by 50% and worldwide by 10% would be a major boost to the environment (ref 1). It also added that there would be health benefits too. Even our Government have stated that “Production of meat and dairy has a much bigger effect on climate change and other environmental impacts than that of most grains, pulses and outdoor fruit and vegetables” (ref 2). In addition there have been articles in the Guardian and the Independent that clearly promote that a vegan diet has a much lower environmental impact than an animal based diet.

So could this lead to a generation of vegans who are “doing it for the environment”? I certainly hope so and I would welcome them into the vegan lifestyle. My reason for being vegan is first and foremost for the animals but I quickly came to realise that it was much better for people and the environment too. So much so I thought myself a bit stupid for not realising it was a win-win-win (for people, animals and the environment) situation earlier in my life. I must say that I particularly appreciated the vegan society campaign that used the phrase “for people, animals and the environment” as I think this is a very succinct way of putting it. I like the PAE approach as it allows people to join our movement for one particular reason which may be important to them but they soon see the other benefits and often promote those more vociferously than the original reason. At the very least I think this environmental angle will lead to more vegan choices in more places which can only be a good thing. Who knows we might even reach the stage where the waiter doesn't bat an eye when you tell him you are a vegan! Even in my relatively short span as a vegan (about 16 years if you are interested) I have seen an enormous increase in both places to eat and vegan choices in shops. The environmental argument helps build momentum and helps to make it easier both to become vegan and for existing vegans.

So don't forget the environmental argument the next time someone challenges you about being a vegan.

1. http://www.thelancet.com/online/focus/energy_health
2. http://www.direct.gov.uk/en/Environmentandgreenerliving/Greenerfoodanddrink/DG_064434

Interesting articles in the Vegan magazine

There are a number of interesting articles in this quarter's Vegan Society magazine. I found them refreshing in their subject matter and well presented and I thought I would mention them to you. If you would like to read the full article please get in touch. We get a spare copy which we give to the Zoo Café on Newland Avenue so why not pop in for a coffee and a read.

So you think you are vegan?!

This is an article by John Davis looking at various definitions of vegans and what that means in the real world we live in for an ethical vegan. It explores several issues that I have been asked about over the years and the author gives his considered opinion which he presents not as a dictate but to show you his thoughts. He sums up the article;

“...the root of veganism lies not in avoiding animal products: that is simply a result of veganism. The essence of veganism is the attempt to 'reduce the exploitation of, and cruelty to, animals'. That is what is important.”

Nature tells us nothing about veganism

Stephen Fenwick-Paul has written this excellent article which looks at the arguments from a nature perspective for and against veganism that people have used over the years. It is very clearly written and if you (like I have) get dragged into arguments

about our biological make-up and whether it means we should or shouldn't be vegan this is the article for you. Again there is a great final line; *"The justification for veganism is not that of diet but is to be found in our minds."*

Questions

This edition I pose a question to you – **would you eat lab-grown meat**? Actually this comes from yet another good article in this quarters Vegan Society magazine although I have had a similar conversation with other people previously. The basis is that in the future it may well be possible to grow meat without the use of animals. This wouldn't be the same thing as the substitutes we use today as it would be identical to meat and if you tasted it you and your body wouldn't be able to tell the difference. Of course lab-grown meat wouldn't come from a living creature and it could possibly be produced without cruelty. But would you eat it?

I guess your answer will depend on your reason for being a vegan. I suspect most people originally became vegan for one of the three reasons; people / health, animal welfare or the environment but they went on to embrace the the other two reasons as well. As I noted in one of the other articles in this newsletter I became vegan for animal reasons but have gone on to realise the benefits to people and the environment too. So I don't think I would eat such a product even if it could be guaranteed to be cruelty free (there is some debate about this part in the article). But would you?

Recipe – Mulled cider

Here is a recipe lifted from Waitrose's magazine and veganised...

To serve 4 people with a warming and aromatic drink pour 1 litre of cider into a large pan and add 6 whole cloves, 2 cinnamon sticks (halved) and 1 star anise. Heat gently and simmer, without boiling for 10 minutes. Uncore (but don't peel) 1 apple and thinly slice. Add this to the pan and heat gently until the apple is soft.

You will need to sweeten this as per your taste and your choice of cider and apples. Either use sugar or a syrup and add a little, stir in well then taste and add more if required.

There are several ciders that you could use for this but I would recommend a reasonable quality one with a good taste that is not too gassy. Westons do several ciders that would be very good as do Thatchers. Sainsbury's, Co-op and Waitrose have some vegan, own branded ciders. A good choice is to select a single apple cider and use the same type to make the slices from.

Veganising guide – egg replacing

Following on from the general article on veganising in the last newsletter here is some guidance on how to replace eggs in your favourite non-vegan recipes.

Eggs are used in cooking for two reasons; binding and to add "lightness" by introducing air. Veganising a recipe where eggs are used as binding agents is generally simpler and more successful although there are techniques to create a light and airy effect without using eggs.

There are two main ways to replace eggs in a recipe when the egg is being used for binding purposes. This is typical in cakes and baking recipes. One method is to use a commercial egg replacer and the other is to use a cooks "trick". There are several commercial egg replacers available at health food shops and some supermarkets. We have used one by Allergycare called Vegan Whole Egg which is based on soya and another called No Egg which is based on potato starch and tapioca flour. Both give good results when used for baking and No Egg also claims to be good for making batters, custards and fillings although we have not tried this. They are very simple to use. You just mix a measured amount with water and add to your recipe in place of an egg. We have had most success when a recipe calls for one egg. When more than one egg is required in a recipe the eggs tend to be doing a bit more than binding and the egg replacers haven't work as well. The results have still been OK however just not quite right though.

Cooks "tricks" can also be used to replace eggs when used as a binder. 50g of silken tofu blended with the recipe liquid, ½ large mashed banana, 1 table-spoon of soya flour, or a sweet white sauce (a mixture of soya milk, vegan margarine, sugar and cornflour) can all be used instead of eggs. You need to pick the trick most appropriate to your recipe since the tricks will affect the final taste slightly.

East Riding Vegans (ERVegans)

a local group organising events and providing support for vegans and supporters in Hull and the surrounding area.

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When eggs are used as raising agents there are several cooks tricks that can be used. Most of these stem from the second world war out of necessity. A very successful replacement trick we have used is to use ¾ tsp of bicarbonate of soda and 1 dessert spoon of cider vinegar. Believe it or not this works great in chocolate cake recipes (we have a great chocolate cake recipe – ask us for a copy if you need one).

If you veganise a recipe by replacing eggs or have any tips on replacing eggs in recipes let me know and I will add them to our website.

For more replacement techniques go to our website and then to the links page. There under replacement are several links giving you more ideas.

Vegan Society

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