

## Welcome

to our May newsletter.

Firstly a thank you to Jeff who wrote an excellent review of El Piano in York. Carol and I had visited there several years ago and we were not that impressed however Jeff's review persuaded Carol to try it again and I am pleased to say it was every bit as good as Jeff's review made out. So if you have a comment about an eating place, good or bad, please share it with us.

Great praise too from Observer Food Monthly for Hitchcock's (see article inside). Bruce and Jane achieved a high recommendation in these prestigious awards. Why not have a look at the full list and see how many places you have been too or use it to plan your next trip.

There are lots of vegan fayres coming up around the country. Many of the larger events are well worth travelling too. Not only will you meet lots of vegans and get to see all the latest vegan items you will also be inspired by the number and sheer diversity of vegans in UK today.

## 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](mailto:ervegans@merrydowncontrolware.co.uk). If you do email ensure that you are e-mailed back as confirmation of your booking.

This year we have asked for vegan favourites and we have a vary varied itinerary for you. We will be slipping in other events; picnics, parties, other places so look out in future newsletters.

### May

#### Wednesday 14<sup>th</sup> – Bob Marley night at Hitchcock's

Believe it or not this will be our 9<sup>th</sup> Bob Marley night. It is a night of great food, good music and friendly company. If you want to come please book extra early for this one as it can fill up quickly.

### June

#### Thursday 19<sup>th</sup> – Sri Lankan night at Hitchcock's

Sri Lankan is also a night we have done a few times but it is always enjoyed by all. Sri Lankan cooking is rather unique in style and is full of colours, fragrance and subtlety.

### July

#### Wednesday 16<sup>th</sup> – Roman night at Hitchcock's

A few years ago we had an ancient cultures theme and the Roman was obviously popular because we have been asked to do it again. So get your togas out and we will see you at Hitchcock's.

### August

#### Sunday 24<sup>th</sup> – Picnic in the park

The picnics over the last 3 years have all been cancelled due to the weather so here's hoping for 4<sup>th</sup> time lucky!

Full details in our next newsletter nearer the time but provisionally it will be 1pm near the Victoria Monument in Pearson Park.

## News & Events

### Observer Food Monthly awards for Vegetarian Restaurants

Each month The Observer presents an award to the best restaurant in the UK in that month's category and March was vegetarian restaurants. The winner was terre-à-terre in Brighton which I know I have mentioned once or twice as being rather good and I can well understand why it won. But the OFM also lists the best of the rest. Some notable places on the list are;

Food for Thought - London, Carnevale - London, Food for Friends - Brighton, Wild Ginger - Harrogate, Hansa's - Leeds, Dandelion & Burdock - Sowerby Bridge, **Hitchcock's** (of course!) - Hull, Henderson's - Edinburgh, Ann Purna - Edinburgh.

For Hitchcock's OFM said "What fun! The first person to book for the evening picks the theme of the food - always vegetarian but a different country each night."

For the full list with comments for each go to <http://observer.guardian.co.uk/foodawards> and scroll down to best vegetarian restaurant.

### Vegetarian Society 2008 Awards

You can also nominate your favourite vegan place to eat in the up-and-coming Vegetarian Society awards at <http://www.vegsoc.org/awards/2008/indievote.html>.

This award is actually for an independent venue that caters best for vegetarians but obviously vegan places fall into that category too. You need to nominate by 30<sup>th</sup> June.

### IVU World Vegetarian Congresses

The 100th anniversary IVU World Vegetarian Congress will be held between 27 Jul-3 Aug in Dresden, Germany. They have about 400 people registered so far, but the venue in Dresden's beautiful historic square is big enough for twice that many. This is a unique event: the centenary of IVU and World Vegetarian Congresses. See <http://www.ivu.org/congress/2008> for full details.

### North East Vegan Gathering

Spotted recently on the Vegan Village notice board...

"This is a new project that will take place on 16th May 2008 for 3 nights, at Haggerston Castle caravan park, Berwick-upon-Tweed. We have some comfortable 8 berth caravans available, food will be all-vegan for the weekend, prices at time of writing are £150 per caravan, early booking essential as prices might go up nearer the time depending on availability. It is possible to book just a bed for £25 for 3 nights, or double or twin room for £50. Email [fj.flanagan@btinternet.com](mailto:fj.flanagan@btinternet.com)."

### Vegan Society Catering Pack now available

The Vegan Society have a bright and funky looking new catering pack available for free download. If you know of any caterers that are unsure about providing vegan choices point them in the direction of <http://www.vegansociety.com/images/VeganCateringForAll.pdf> and let them see it's not that hard.

### Vegetarian B&B to open on Skye

A luxury vegetarian B&B is to open on the Isle of Skye this May. The website states that the catering for vegans will be good and I have heard that it's in a beautiful part of the country. See their website for more details: <http://www.vegetarianskye.co.uk>.

### Arthur Street at Hull's Global Food Festival

The Global Food Festival is on 22<sup>nd</sup> - 24<sup>th</sup> August in Hull city centre. Although not normally of relevance to us vegan types this year Arthur Street Trading Company will be one of the exhibitors so you will be able to pick up some vegan goodies. And if you are brave why not challenge Ainsley Harriot to whisk up a vegan dish or two?

Arthur Street website: <http://www.arthursorganics.com>

Global food festival website: <http://www.hullglobalfoodfest.co.uk>

## Vegan fayres and festivities – a brief list!

Here is a brief list of some of the notable vegan fayres and festivals;

24th May: The Great North Vegetarian Festival, University of Northumbria Students Union,

31st May - 1st June: Bristol Vegan Fayre

5th July : The Incredible Veggie Roadshow, The Council House, Old Market Square, Nottingham

25th Oct : A Very Veggie Autumn Fair, Christchurch Hall, 105a Clarendon Park Road, Leicester

13th Dec: East Midlands Vegan Festival, The Council House, Old Market Square, Nottingham

For full details plus a comprehensive list see <http://www.viva.org.uk/events.php>.

## BVF 08 - Stewards required

Speaking of the Bristol Vegan Fayre. If you fancy working for a bit of the day you can get rewarded for it. There are 4 shifts available - 10am - 4pm and 4pm - 10pm both days, and all stewards will get paid, get fed, get thanked, get a free BVF 08 hemp t shirt, get a free invite to the after hours party on Saturday and get free entry both days. You will get full training and support for the duties required which include helping the public and the stall-holders enjoy the worlds biggest vegan event in style!! Please contact Yaoh on 0117 9239053 or email [info@yaoh.co.uk](mailto:info@yaoh.co.uk) for more details.

## Veggie and Vegan walking holidays

Lupin Adventure is a workers co-op and they are running week long veggie and vegan walking holidays in July and August 2008 in Scotland. The destinations are Glen Coe, Skye, the extreme North West Highlands and the Cairngorms. Take a look at their website for dates and more information [www.lupineadventure.co.uk](http://www.lupineadventure.co.uk).

## Local Supplier News

### Pulsin' Bombs available at Grain

Plusin' bombs are now available at Grain. They cost £1.69 and you get two bombs in a packet. There are three types; Bliss Bombs to beat stress, Goji Bursts for a fruity detox and Energy Bombs to help you focus and perform. They are all raw, vegan and gluten free. In addition the company that makes them have strong environmental credentials. For more information about what the bombs can do for you see their website at [www.pulsin.co.uk](http://www.pulsin.co.uk).

## National Supplier News

### Secret Society of Vegans update

The SSOVs have announced they will be at the Bristol Vegan Fayre (May31<sup>st</sup> / June 1<sup>st</sup>) and they have updated their website to include some new items. One item that caught my eye was their herbivore magazine. Issue no 14 is a travel guide. To quote the site “[This one is a whopper coming in at 208 pages. There are articles on such far flung locations as Portland, New Orleans, Seattle, Tanzania, Japan, Chicago, Germany, Milwaukee, Thailand, San Francisco, Cambodia, Prague, Mexico and New York City](#)”.

For more information see their website at <http://www.secretsofvegans.co.uk>.

## Bourgeois Boheme Opens London's First Vegan Fashion & Accessories Shop!

On Saturday 17<sup>th</sup> May Bourgeois Boheme will open the first vegan fashion and accessories shop in London. The shop is located at Hydrex House, Garden Road, Richmond TW9 4NR, London. Note this first day is a special and you need to email BB to book a place ([kate@bboheme.com](mailto:kate@bboheme.com)), after that it should be normal hours but check with their website first. <http://www.bboheme.com>.

## Majik Blankit – new vegan online cosmetic shop

Yet another place for you to buy your vegan creams and potions to make you look beautiful. This one is 100% vegan and has quite a good range of products. See their website for details <http://cart.majikblankit.co.uk>.

If anybody uses Majik Blankit please could they let me know their thoughts good or bad.

## Review – El Piano, York

By Jeffery Tallerman

My son and I recently had lunch at El Piano. The food is **now entirely vegan** and gluten-free, though cows milk is available for drinks.

We skipped the starters (£2.95 each) and the soup (£3.95).

There are 24 main courses, including salads, at £3.95 each. These are not that large so we ordered 7 different selections and shared, but 5 would have been adequate! The wide choice included spicy tofu, falafels and bhajis. Dave and I then had a sweet at £3.95 each. We were very impressed with the range of flavours and textures and our smallish upstairs room was more relaxed than the ground floor.

The staff were delightful but although we were happy to be in there about 2 hours, if you were in a hurry it should perhaps be stated at the outset.

El Piano is at 15/17 Grape Lane, York, YO1 7HU. <http://www.el-piano.com> . Tel 01904 610676.

Thank you for that great review Jeffrey. Why not write a review about a place you have been to recently and send it to me for inclusion in the next newsletter.

## The ERVegans Survey Project - Update

Again not much progress but I am planning on surveying Princess Avenue this month.

## Recipe – Mark's sticky sausages

Now here is a recipe that I have veganised from one of Nigella's. It's based on her easy to make party food and I can thoroughly recommend the vegan version. They are very morish.

Nigella's version used honey and obviously meat sausages. Generally you should be able to use maple syrup in place of honey for all cooked dishes and I have found that the Holland & Barret vegan sausages (frozen) are very good in this sort of recipe because they hold together well. In addition they are quite nice and are a good price.

If there is a recipe you would like help in veganising then get in touch and if you have any veganising tips or recipes send them to ERVegans to share.

### Method

1. Preheat oven to 220°C
2. If necessary, defrost the sausages and cut up into bite-sized pieces.
3. Place sausages in a suitable baking tray and add enough maple syrup to ensure they are all lightly coated.
4. Add a good dash of sesame oil and soy sauce and give them a good agitation / mix.
5. Cook for 25-30 minutes. Check half way through and agitate the tray to ensure even heating.

### Ingredients

- ➡ Vegan sausages (Holland & Barret ones work well or any that hold together eg Fry's)
- ➡ Maple syrup – enough to lightly coat sausages
- ➡ Sesame oil – a good dash
- ➡ Soy sauce – a dash

## East Riding Vegans (ERVegans)

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

Run by Mark Evans

140 Victoria Avenue, Hull, HU5 3DT.

Tel 01482 471119

e-mail: [ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk)

web: <http://www.merrydowncontrolware.co.uk/ervegans>

## Vegan Society

Donald Watson House, 21 Hylton Street, Hockley, Birmingham, B18 6HJ.

Tel 0121 523 1730

e-mail: [info@vegansociety.com](mailto:info@vegansociety.com)

web: <http://www.vegansociety.com>

"I don't hold animals superior or even equal to humans. The whole case for behaving decently to animals rests on the fact that we are the superior species. We are the species uniquely capable of imagination, rationality, and moral choice - and that is precisely why we are under an obligation to recognize and respect the rights of animals."

**Isaac Bashevis Singer**

winner of 1978 Nobel Prize for Literature.