



No 42 September

The Vegan Newsletter

for East Riding Vegans

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

Welcome to our Newsletter

Well its been a while since the last newsletter, hopefully you have missed us!

The meals have been booked to the end of the year and hopefully we will see many of you there. Please book early for the Christmas event - it gets very busy.

You may have heard that Heather Mills has been very busy buying vegan companies and setting up vegan businesses. I have included some items in the news section. Hopefully, this is good news for the vegan movement because although Heather has her critics she has always been true to her vegan beliefs. Maybe if anyone visits her new vegan food venture VBites in Hove, Sussex they can let us know what it is like.

I have selected Dr Gill Langley as my inspirational vegan this month. She works tirelessly to end the use of animals in medical research both by showing the folly and by promoting non-animal techniques that are better and often more cost effective. Any suggestions for the next inspirational vegan?

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 follow the vegan principles 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 e-mailed back as confirmation of your booking.

October

Wednesday, 7th October - Syrian Night

Syrian is one of my favourites so I am looking forward to this one. Its a great mix of subtle colours and flavours.

Thursday, 29th October - International Night

To celebrate International Vegan day on 1st November we give Bruce free rein to cook all his favourites from around the world. So expect some interesting concoctions on your plate!

November

Wednesday, 25th November - Malaysian Night

Another one of our popular themes and always very colourful too. Malaysian always gets lots of good comments

December

Tuesday, 22nd December - a British Christmas

The big one! Our last meal of the year and hopefully the one to start a joyous and peaceful holiday time for you all. As usual its a British theme as this is universally what everyone asks for and **as always this is very popular so please book early.**

National suppliers

Ecoture

Ecoture is a new company to me. It is run by a vegan couple and have a range of bags and jewellery with very low environmental impact. See <http://www.ecoture.co.uk> for details

Tesco need vegan input

Following Tesco's roasting by Viva Animal rights for using meat to make electricity (05/08/2009 in the Telegraph) Tesco have asked The Vegan Society what it is that Tesco could do better for their vegan customers as part of a general review. Maybe you have some ideas too. If so contact their customer services via email: customer.service@tesco.co.uk with 'Make it Vegan' in the subject line

News

Heather Mills buys Redwood Foods

For all the fans of Redwood out there (me included!) it has come as a surprise that they have been sold. Fortunately Heather Mills has purchased them so we can be sure the vegan credentials will remain in tact.

Not familiar with the name? Well they produce various items under the brands Cheezly, Vegi-Deli and the Cheatin' range.

This complements Heather's recent opening of a vegan café in Hove, East Sussex called VBites. They have an excellent website with some interesting recipes too. See <http://www.vbites.com>.

Dean Foods buys Alpro

Of more concern is the news that a large USA dairy processing company has bought Alpro. It should be OK though as Alpro is very profitable and the purchase complements their Silk soya milk business in USA. Watch out for more news though and if you hear anything let us know.

Vegan Views online Forum

Vegan Views have jazzed up their website and added a forum for discussion of all things vegan. See www.veganviews.org.uk for details.

Off the Hoof issue 4 - free download available

Issue 4 of the UK's latest veggie lifestyle magazine Off The Hoof is now available to download free - all 100 pages of it. It includes a new veggie friendly directory plus articles about Swine Flu, Punk, Circuses, Freeganism, Foraging, CenterParcs, Living Foods + loads of product reviews. Check the website for the latest competitions, subscription offers and freebies. See www.offthehoof.co.uk/veggie-magazine-online.html.

VeggieSnow's 2010 skiing and boarding trip announced

The world's only exclusively vegan ski holiday is going to Tignes, France in late March 2010. Prediscounted places are limited so book early at www.veggiesnow.org.

Christmas Without Cruelty Fayre, London, England, 6 December 2009

Sunday, 10am-5pm, Kensington Town Hall, Hornton Street, London W8. (opposite High Street Kensington tube station) Admission £1, children under 11 free. Campaign groups, ethical traders, vegan food. 70+ stalls selling Fair Trade crafts and jewellery, cruelty-free cosmetics, recycled goods, environmentally friendly clothing, non-leather boots and shoes, seasonal cards and gifts. Celebrity auction, talks, videos, fun events for all the family. See the Animal Aid website for more details <http://www.animalaid.org.uk>

An inspirational vegan - Dr Gill Langley



Dr Gill Langley is a vegan and a very active campaigner against vivisection. Gill has good academic qualifications to back her stance on vivisection: a degree in physiology, cell biology and zoology from Cambridge University together with a Ph.D in neurochemistry. She has also been a research fellow at Nottingham University specialising in neurophysiology in cell cultures.

She is currently the director of science at Dr Hadwen Trust and has been involved in many campaigns and initiatives to help end vivisection, including representing the anti-vivisection voice for several government studies.

I think she is inspirational because she uses her knowledge to campaign tirelessly against vivisection on a scientific basis, in effect taking on pro-vivisectionists on their own ground. Although she also believes vivisection is wrong for moral reasons too.

But she goes further than just criticism. She presents alternative ways of developing medical treatments that don't use animals and, through her role at Dr Hadwen, helps fund development of alternative practices. Almost always these alternatives are quicker, cheaper and safer for humans. Definitely a win-win situation.

Gill is also not afraid to risk criticism from anti-vivisection campaigners for participation in government initiatives on the subject of vivisection. These initiatives contain people representing both sides of the argument and the outcome is not always a clean sweep of recommendations for the anti-vivisection camp. However, she continues to try to educate and persuade that animal experiments are wrong morally and scientifically.

She has come in for particular criticism from some anti-vivisection campaigners because of a statement she made; "I would never claim that all animal experiments are without scientific value". Which has been interpreted as a tacit acceptance that some animal experiments are needed. This is definitely not what she meant as she believes that both the scientific and moral evidence is enough that animal experiments should be immediately stopped. What I think she was try to convey is that the science that has been derived from animal experiments is science but not good science and is actually holding advancement back and that non-animal based approach would lead to a much stronger scientific basis for development of treatments.

To support her campaigning she has written several books including a report titled "Next of Kin" written for BUAV, "Animal Experimentation: The Consensus Changes" and "Faith, hope and charity" which is a comprehensive report on which charities do and which don't experiment on animals. In addition to these she has written an excellent book on vegan nutrition entitled "Vegan Nutrition" (of course!).

Who are Dr Hadwen?

The Dr Hadwen Trust (to give it's full title) is a campaigning and fund-raising organisation that fund projects that replace animals in medical research. They work tirelessly and have achieved several advances in medical research for us humans without inflicting pain on animals. They have several celebrity backers; Joanna Lumley, Ricky Gervais, Martin Shaw, Rory Bremner and excellent medical resources such as Dr Gill Langley as mentioned in the previous article.

To read more about their excellent work see <http://www.drhadwentrust.org> .

But who was Dr Hadwen?

Walter Hadwen was born in 1854 and after starting out as a pharmaceutical chemist before training as a doctor at Bristol University became a GP in Gloucester. He was later recruited by the founder of BUAV, Frances Power Cobbe, to aid their work and eventually became the president of BUAV.

This was the beginning of his exhaustive research into the history of medicine in relation to experiments on animals, the same kind of studies that the famous surgeon Lawson Tait had carried

out in the field of surgery. For both the answer was the same, namely that vivisection had “done nothing whatever for the amelioration or the cure of any human disease.” Having reached this conclusion he was ready to throw himself heart and soul into the anti-vivisection crusade.

The Dr Hadwen Trust, founded in 1970, was the brainchild of Sidney Hicks. Sidney was the General Secretary of the BUAV at that time, and named the new organisation after Dr Hadwen – what better choice could there have been?

Recipe - Rick Stein's veganised “Macher jhol”

This recipe was in Rick Steins recent television series “Far Eastern Odyssey”. It is a Bangladesh staple and obviously it is the veganised version you see below but it is very close to the one Rick demonstrated (I have only changed 1 ingredient - can you tell which one!). It is nothing like a “traditional British Curry”.

The recipe uses Panch Phoran which you can buy from the Indian and Continental store on Princes Avenue or Newland Avenue (I am sure there are other places that sell it too). You can make it yourself though. Just mix 1 tablespoon of each of brown or black mustard seeds, nigella seeds (kalonji), cumin seeds, fennel seeds and fenugreek seeds in a jar or other suitable container. If you keep it in a dark, cool and dry place it will keep for at least one year.

- Block of tofu
- 2 tsp turmeric powder
- 3 tbsp vegetable oil
- 200g/7oz small waxy potatoes, such as Charlotte, peeled and cut into 1cm/½in-thick slices
- 100g/3½oz moong dal (mung beans; available in some supermarkets and Asian grocers)
- 1 tsp panch phoran (see recipe above)
- 1 tsp ground ginger
- 1 tsp Kashmiri chilli powder
- 1 tsp freshly ground cumin seeds
- 1 tsp freshly ground coriander seeds
- 900ml/1½ pints water (use less if not using dried moong dal)
- 150g/5oz aubergine, cut into 1cm/½in-thick pieces
- 4-6 green cayenne chillies, halved lengthways
- 4 tbsp roughly chopped fresh coriander

1. Cut tofu into largish cubes and coat with some of the turmeric. Give a quick fry in a small amount of oil until starting to brown (or fry for longer if you prefer the texture). Remove from the oil and set aside.
2. Add the potato slices to the pan and fry for 2-3 minutes on both sides, or until golden-brown (you may need to add some oil for this). Lift out and set aside on a plate.
3. Add the moong dal to the oil left in the pan and leave to sizzle for a few seconds.
4. Add the panch phoran, the remaining turmeric powder, the ground ginger, chilli powder, ground cumin seeds and ground coriander seeds and cook for a few seconds, or until aromatic.
5. Add the water, the fried potatoes, aubergine, green cayenne chillies and the remaining teaspoon of salt and bring to the boil. Cover the pan with a lid and simmer for ten minutes, or until the potatoes are tender.
6. To serve, add the pieces of fried tofu and simmer for 2-3 minutes, or until the tofu is cooked through.
7. Stir in the fresh coriander and serve (good with plain basmati rice).

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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