



No 43 January 2010

The Vegan Newsletter

for East Riding Vegans

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

Ray

In the last month of 2009 we had the very sad news of the tragic death of Ray, one of our earliest members. Ray came to virtually every meal I organised at Hitchcock's (and those at the Zoo) normally being the first one to book.

Although passionate about the protection of animals he was a very gentle person who tried to follow the path of peace in life and sort justice and fairness for those less fortunate. The world would certainly be a better place if there were more like Ray and I shall miss him greatly and I am sure you will all miss him too.

There is a nice photo of Ray behind the bar at Pave on Princes Avenue. Pave was another favourite place so next time you are in there please raise a glass and remember all the good times and fun we shared with Ray.

I understand that there will be an event organised at Hitchcock's in the future to celebrate Ray's life. I will keep you informed.

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.

As you may be aware this years running theme is a selection of countries playing in the world cup plus our traditional Bob Marley night.

Note that the ERVegans price at Hitchcock's has been increased to £12 each for all you can eat plus tea/coffee. This is a slight increase over last year but please remember that Hitchcock's have not increased their prices for us for many years and it is still the best value in Hull.

February

Wednesday, 17th February - Dutch Night

A feast from the country just over the water. Come along and see what delights the Netherlands has to offer.

March

Thursday, 18th March - USA Night

Some parts of the USA have restaurants with some of the most inventive and modern vegan cookery on offer. Let us see what Bruce's take on their cuisine is.

April

Tuesday, 13th April - Algerian Night

It says in Wikipedia that the cuisine of Algeria is a distinct fusion of Middle Eastern and Mediterranean cuisine so this should be a definite treat.

National suppliers

M&S vegan wines

M&S have now started to label their suitable wines as vegan to make it easy for you to select something to go with your vegan meal

News

Vegetarian Society need a new business development officer

The Vegetarian Society have a vacancy for a new business development office for a 2 year fixed-term contract based in Cheshire. Download the job description and person specification from www.vegsoc.org/parkdale/vacancies.html then send a CV and covering letter showing how you meet the person specification for this role to:

Vanessa Brown, The Vegetarian Society, Parkdale, Dunham Road, Altrincham, WA14 4QG.

If you would like more information about this role please ring Vanessa on 0161 925 2000 or email: vanessa@vegsoc.org. **Closing date 19 February**. Interviews 8 March.

Vegan Fayres

There are now many vegan and alternative lifestyle fayres and gatherings around the country. Here are a selection of the bigger ones.

Brighton Eco Veggie Fayre, 20 March

Brighton is a great place for vegans anyway so a vegan fayre there is sure to be a great event. See www.ecoveggiefayre.co.uk for more details.

Bristol Eco Veggie fayre 29th and 30th May

The big one! We went to this a few years ago and can thoroughly recommend it. See www.bristol.ecoveggiefayre.co.uk for more details.

NE Vegan Gatering, Northumberland, 2-9 April

If you fancy a vegan holiday this year with like minded people, the NEVG is on again from 2nd to 9th April near Morpeth, Northumberland. Everyone stays in purpose built comfortable holiday homes set together in 75 acres beautiful parkland. There will be many optional events, shared meals etc., food is all vegan for the week. It is suitable for families, singles, couples, in fact anyone who wants a relaxing break. You can book a whole house or just a room.

See www.vegne.co.uk/vegan-gathering for full details.

The Second Annual Worldwide Vegan Bake Sale

Groups across the globe will hold vegan bake sales during 24 April to 2 May. Participating groups can do *whatever they want* with the proceeds. Compassion for Animals, the sponsor of the event, will leverage the event and its semi-good media connections to get press coverage about the event and veganism in general. The Worldwide Vegan Bake Sale was named "Veg Event of the Year" by VegNews magazine in 2009. More info at www.veganbakesale.org.

If you plan to participate in this one let me know.

March is veggie month

Each March, Animal Aid's Veggie Month provides an opportunity to emphasise the positive benefits of a vegetarian lifestyle and diet and to encourage people to kick the meat habit (actually its vegan but they use the term veggie).

They have produced some great information on their website to help promote our lifestyle and encourage you to use it to help some others make the step.

The London Trip

We recently had a lovely time in the capital and we thought we would share the places at which we had some great vegan food. London seems to get better and better with each visit for us alternative types.

There is a really good guide for vegans in London at <http://www.veganlondon.co.uk> . This lists all the places we mention plus many, many more.

If you visit any places that provide good vegan fayre why not share them with the rest of ERVegans.

Tibits

12 - 14 Heddon Street, London W1B 4DA. Tel 020 7758 4110 (Tube: Piccadilly Circus)

www.tibits.co.uk

Tibits is vegetarian buffet style restaurant where you pay based on the weight of food you buy. It may seem strange but it actually makes great sense if some of your group like small amounts while others need larger plates. It works out quite reasonable especially as the ingredients used are of high quality and the selection for vegans is very, very good. They even do vegan apple turn-overs as a dessert which I can assure you are fantastic.

Tibits is great at any time of day. It has a breakfast selection until around 11am and then has more conventional fayre. In addition they do takeaway food including some really tasty and filling sandwiches. I must also mention that the service is really good.

Note Tibits can be difficult to find at first. Look out for the L'Occitane shop on Regents Street and its down the alley by the side.

Sagar

31 Catherine Street, Covent garden, London WC2B 5JS. Tel: 020 7836 6377 (Tube: Covent Garden).

Sagar is a vegetarian Indian restaurant right in the heart of theatre land. It has a separate vegan menu which contains plenty of delicious items that are nicely different from your conventional vegetable curry offering and are very inventive. All that and reasonable prices too!

Vegan Routes

NCP Car Park, Brewer Street, London W1F 0LA. Tel: 0845 602 3133 (tube: Piccadilly Circus).

www.veganroutes.org

Our find of the weekend! This is a converted double-decker bus that serves a variety of vegan meals. It has only been open a few months but appears to be very popular. Very reasonable prices. Just down the street at 69-75 Brewer Street is **Fresh and Wild an organic supermarket**. Although not vegan (it sells meat and dairy products) it has a very large vegan range.

Note: Please be aware that some of the establishments around this part of London are of an adult nature and you might want to check the area before taking your family or friends there.

Vita Organic

74 Wardour Street, Soho, London W1F 0TE. Tel: 020 7734 8986 (tube: Tottenham Ct Rd, Leicester Square). www.vitaorganic.co.uk

A vegan food café with many raw options. It has changed a bit since we were there a few years ago but has plenty of variety on offer and some great cakes.

Mrs Marengos

53 Lexington Street London W1F 9AS. Tel.020 7287 2544 (tube: Piccadilly Circus).

www.mrsmarengos.co.uk.

A vegetarian café and takeaway run by the same people who own Mildred's vegetarian restaurant which is a few doors up. Great for breakfasts and cakes!

Wagamama

Wagamama is a chain of Japanese noodle bars with many establishments all over London. They are bustling, vibrant places that serve great food made from good ingredients. It is an experience to go there and they have some good vegan options just ask their staff who are vegan aware and always very helpful. See <http://www.wagamama.com> for details of their restaurants and their menus.

Recipe - Madhur Jaffrey's veganised Shahjahani Tofu

Here is a recipe from Madhur Jeffrey's Indian Cookery book that I have veganised. It is a mild dish that is not at all like the ubiquitous "tofu curry" recipes that are everywhere.

It is very suitable for entertaining when served with other Indian dishes. Alternatively serve with a plain basmati rice dish for a special treat for yourself.

- Block of tofu cut into bite sized cubes
- 2.5 cm cube of fresh ginger, peeled and coarsely chopped.
- Garlic cloves, peeled (recipe calls for lots add at least a couple, more if you like garlic!)
- 4 tblsp chopped almonds
- 4 tblsp water
- Vegetable oil
- 5-8 cardamom pods
- 2.5 cm stick of cinnamon
- 2 bay leaves
- 3 whole cloves
- 1 large onion, peeled and finely chopped
- 1 tsp cumin ground seeds
- Pinch of cayenne pepper
- 4 tblsp plain soya yoghurt
- 1 tsp salt
- 150 ml soya cream
- a handful of sultanas
- 1/4 tsp garam masala

1. Whizz the ginger, garlic, most of the chopped almonds and the water to a paste (alternatively just chop finely and add in when instructed below together with the water - you can use ground almonds with this approach).
2. Heat the oil and add the cardamom, cinnamon, bay leaves and cloves and stir for a few seconds.
3. Add the onions and fry for around 3-4 minutes, stirring occasionally.
4. Add the paste from step 1 (or the finely chopped ingredients), the cumin and cayenne. If you like your tofu lightly fried you can add it at this stage. Stir fry for 2-3 minutes.
5. Now carefully add in 1 tblsp batches the soya yoghurt. Stir well and allow to heat through for 30 seconds before adding the next lot of soya yoghurt.
6. Add your tofu if you have not already done so.
7. Add the soya cream and salt and stir well. Allow to cook for 5-10 minutes so that the tofu is heated through. If it looks like its drying out add some more soya cream or a small amount of water.
8. Add the sultanas and any remaining chopped almonds plus the garam masala.
9. Stir well and heat for 2-3 more minutes before serving.

"As long as there is conscious life on Earth, there will be suffering. The question becomes what to do with the existence each of us is given. We can choose to add our own fury and misery to the rest, or we can set an example by simultaneously working constructively to alleviate suffering while leading joyous, meaningful, fulfilled lives. Being a vegan isn't about deprivation or anger. It's about being fully aware so as to be fully alive."

Matt Ball, Vegan Outreach

Vegan Society

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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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