

Meat-Free Recipes



Mediterranean
Feast

Why Meat Free?

Aside from being delicious meals full of fresh food, meat-free meals have many benefits!

It's good for
your
health

Replacing the meat in your diet with a variety of healthy, fresh produce can help to increase the minerals and vitamins you receive, making you look and feel better.

Further, a reduction in meat consumption can be expected to lead to a decrease in the incidence of heart disease, colorectal cancer, breast cancer and obesity.

It's good for
others

Nearly half of the world's cereals are being used for animal feed. The corn and wheat that we feed to our cattle, sheep and chickens, is food that does not make it onto the international market for people in poorer countries to purchase for themselves.

It's good for
the
planet

Eating less meat is one of the most effective things you can do to reduce your impact on the environment. If all Australians were to reduce their red meat consumption by just one 150 gram serving per week, we would save over six million tonnes of greenhouse gases in a year. This would be the greenhouse gas equivalent of taking an eighth of Australia's cars off the road.

It's good for
animals

The conditions many animals are subject to before they make it to our tables are appalling. Cows, pigs and hens kept in cages so small they can't move around, crowding with so many other animals that they live and breathe in their own excrement. Reducing the amount of meat we eat helps reduce the number of animals forced to live in such conditions.

For more information on these and other benefits of reducing your meat consumption, see www.arrcc.org.au/eat-less-meat

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Best-o Pesto

1

The name 'pesto' comes from the Genoese word pestâ (Italian: pestare), which means to pound/crush, in reference to the original method of preparation with a mortar and pestle. Nowadays, however we can use a food processor!

Preparation time:

Makes about:

Ingredients

- 1 bunch green basil
- 1 large handful rocket
- 150gm cashews
- 100gm parmesan/pecorino
- ½ lemon juiced
- ¼ cup olive oil
- 1 clove garlic
- 1 small red chilli

Method

Combine all ingredients in a food processor and blend until smooth. If it seems too chunky add in a little bit more olive oil.

For a nice zesty alternative substitute the basil for coriander and the lemon for the juice of a whole lime.



Hummus

2

(Devin's Famous "Best Hummus I Have Ever Tasted")

Ok so this recipe is fairly loose in the specified amounts used. I never use any measurements and just go by the taste test to see what it needs; I encourage you to also use this principle to customise the hummus to your specific tastes. The amounts listed should make about 1.5L of amazing hummus...

Chickpea preparation time: 60min **Processing time:**

Makes about:

Ingredients

- 2 cans or 1 cup dried chickpeas
- Juice of 2 medium sized lemons/limes
- Half cup olive oil
- 1 tablespoon tahini
- 2 -4 large cloves of garlic (depending on enjoyment of garlic)
- 2 teaspoons cumin powder
(If preferred dry fry and crush cumin seeds in mortar & pestle for slightly stronger flavour)
- 2 teaspoons smoked paprika
- 1 teaspoon coriander seed powder
- Sprinkling of sea salt and pepper
- Quarter cup of sweet chilli sauce (optional but makes it taste even more awesome)
- Half cup water

Potential ingredients:

- 2-3 boiled beetroots
- Quarter roasted pumpkin
- Large roasted eggplant
- Semi-dried tomatoes
- Chilli

Method

If using dried chickpeas boil for about 60 mins til soft (if doing beetroot boil them at the same time).

Otherwise combine all ingredients except water in a food processor and process for about a minute.

Taste and test consistency if too chunky and thick slowly add a small amount of water or lemon/lime juice.

Process again, taste, and add extra: salt, cumin, sweet chilli or whatever your heart desires to create your own fantastic hummus creation.

Then invite friends around and enjoy with fresh Lebanese or toasted Turkish bread and some delicious red wine.



Stuffed Mushrooms

3

Mushrooms are a good source of B vitamins and essential minerals, while having low levels of fat, carbohydrate and calories. A TV ad describing the nutritional benefits of mushrooms once referred to them as “mushrooms: meat for vegetarians”.

Preparation time:

Baking time: 20min

Makes about:

Ingredients

- 1-2 large flat mushrooms per person stalk removed
- 1 cup breadcrumbs
- Small zucchini grated
- ½ cup grated tasty cheese
- 1 bunch coriander
- 1-2 chillies (add more/less depending on desired level of spice)
- 2-3 cloves garlic
- 1 lime juiced
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- Pinch of salt and pepper

Method

Preheat oven to 180 degrees. Remove stalks from mushrooms and set aside for the use in the stuffing. Then place mushrooms on a baking tray.

If you have a food processor the easiest way is to just chuck everything else in (mushroom stalks included) and blend for 20 seconds or so.

Otherwise dice or grate everything fairly finely and mix it all together in a bowl.

Then just pile it into the mushrooms until they look full enough, it should make quite a bit of stuffing so be generous. Then bake for 20 minutes and serve garnished with fresh coriander and a drizzle of lime juice.



Filo pastry triangles

4

Filo is remarkably adaptable pastry to make pastries of all shapes and sizes with a variety of fillings. Working with filo pastry can be a bit tricky - it dries out quickly, and when it does it loses its softness and ability to fold and be shaped as desired, breaking easily. The key is to keep it in the freezer for as long as possible. When you return home from the supermarket, put the filo in the freezer before emptying out any of the other groceries. When working with it, keep a lightly damp tea-towel over the filo sheets to prevent them from drying.

Preparation time:

Baking time: 20min

Makes about:

Ingredients

- 1 filo pastry from the supermarket freezer
- 1 sweet potato
- 1 leek
- 1 carrot
- 1 parsnip
- Handful of frozen peas
- Onion
- Garlic
- Butter, Olive oil
- Hot chilli, Cumin, Oregano, Pepper
- BBQ sauce
- Vegetable stock
- 1 egg

A classic Greek filo pastry dish is 'tiritotakia' – Cheese and Spinach pies. They are made the same way, though the filling is usually 2/3 ricotta, 1/3 feta, shredded spinach, raw garlic and onion, 1 egg, salt and pepper.



Method

Preparing the filling

Cut up all the vegies in small pieces. (Grate them if you prefer more of a mashed consistency.)

Saute the olive and onion in olive oil in a sauce pan or wok. Add all the cut up vegetable pieces into the mix. Add half a cup of hot water with vegetable stock cube added. Add the peas. Add the spices and bbq sauce, until most of the water has been absorbed or dissolved. Continue to heat, until the veggie mixture is half cooked.

Preparing the filo pastry

Carefully take out one sheet of pastry and lay down on bench. Lightly brush one side of the sheet with melted butter. Place a second filo pastry sheet over the top of the first filo sheet. The melted butter should result in both sheets now sticking to each other.

Using a sharp knife, cut three equal columns down the length of the pastry approximately 10cm wide.

Place a table spoon of the vegetable mixture at the top centre of each column. Fold one corner of the pastry across the mixture forming a triangle fold. Repeat this process until you have worked your way down the column. You should have a compact, tight, triangular pastry.

Place each pastry on a baking tray with baking paper. Brush the top of each pastry with egg. Heat in the oven for about 20 minutes, until the filo pastry looks golden brown.

Fennel & Cauliflower Salad

5

Fennel, a highly aromatic and flavourful herb, features prominently in Mediterranean cuisine. The bulbs, leaves and seeds are used, both raw and cooked, in pastas, vegetable dishes, risottos, side dishes, and, as in this recipe, in salads.

Cooking time:

Preparation time:

Makes about:

Ingredients

- Half head of Cauliflower
- 2 Fennel bulbs (and small dill-like, aniseed flavoured leaves diced)
- 1 large clove of garlic crushed
- Juice 1 lemon
- Tablespoon olive oil
- Salt and pepper to taste

Method

Roughly separate florets from cauliflower and blanch in boiling water for about 5 mins til softened.

Coarsely chop the fennel bulbs and place in large salad bowl.

Pour in olive oil, lemon juice, garlic and finely diced fennel leaves.

Add in cooked cauliflower and mix thoroughly together.

Season with salt and pepper.



Fattoush lebanese salad

6

Fattoush is a delicious and filling Lebanese garden salad. It ideally uses one day old Turkish or Lebanese bread, and is sweetly spiced by the grounded deep purple coloured sumac berries.

Bread toasting time: 20-30min

Preparation time:

Makes about:

Ingredients

Bread and vinaigrette:

- 100g day old Turkish bread
- 90 ml virgin olive oil
- Garlic
- Salt/pepper
- 30ml red wine vinegar
- 2 tablespoon sumac

Salad:

- Small red onion, finely sliced
- 4 ripe sweet tomatoes
- 1 cucumber
- 1 spring onion
- 1 cup parsley leaves (continental)
- 1 cup coriander leaves
- 8 small mint

Method

Break the bread into 2-3cm chunks. Roll in olive oil, and season with salt and pepper. Toast the bread in the oven at 160°C, for 20-30min until dry, golden and crunchy. Rub each piece with cut garlic clove if desired. If in a hurry, can place the chunks of Turkish bread under the grill instead.

Make vinaigrette by combining red wine vinegar, olive oil and ground sumac.

Throw all the ingredients together in a salad bowl, adding the vinaigrette only when serving. Enjoy!



Fasoulada

7

(White bean and vegetable soup)

There's nothing like a steaming pot of hot soup to warm you up on a cold winter's day, and this one 'does the trick'. Fasoulada is a full bodied, thick rustic soup of white beans and vegetables. Any white beans are preferred, such as cannellini, black-eyed beans, lima, navy or haircot. You can serve fasoulada as an entree, or you can build a substantial meal around it by adding bread, olives and cheese.

Bean soaking time: 1 hour (cooking) or soaked overnight, **Prep/cooking time:** about 1 hour
Makes about: enough for 6 persons

Ingredients

- 3 cups of cannellini beans
(or white beans of your choice)
- 8 cups water
- teaspoon of olive oil
- ¾ cup diced carrot
- 1 cup chopped celery
- 2 table spoons tomato paste
- ¼ cup chopped parsley
- 3 tablespoons virgin olive oil
- 1 ½ teaspoons salt
- 1 teaspoon hot chilli
- ¼ teaspoon pepper
- Chopped parsley for garnish



Method

Wash and drain the beans. Place them in a 5 litre saucepan along with 8 cups (2 litres) of water, and bring to the boil over full heat. Add just a bit of oil to the water. Allow the beans to boil for two minutes, then remove the saucepan from the heat, cover tightly and set aside for 1 hour, or until the beans double in size. You want the beans to be soft enough that you can bite them, but not yet edible.

Add all the other ingredients to the saucepan of soaked beans, except the salt and garnish. Return the pan to full heat, bring to the boil then reduce the heat to a simmer, and cook, tightly covered, for about 1 hour, or until the beans are soft.

Stir in the salt and the hot hot chilli for a kick. Garnish each bowl of hot steaming soup with some of the reserved parsley. Succulent!

If you prefer, you can blend the veggies (carrot, celery) and add to the bean mixture at step 2 for a different consistency of soup .

Moreish Meatless Mince



I like to make this mince the night before I want to use it in something, as it always gets better the longer you cook it for. My method is to cook it up just before I go to bed and leave it sitting on the stove over night and the residual heat continues the cooking process. This makes for an irresistible flavour the next day when it can be particularly nice on toast with a bit of melted cheese on top. Once made it can be frozen and kept or used in a multitude of dishes (spaghetti bolognese, lasagne, tacos, nachos, on toast...) which would traditionally use a meat-based mince.

Preparation time: 25mins, **Cooking time:** 1+ hours (flavour increases with longer cooking)

Makes about: 3.5L of mince

Ingredients

- 1 brown onion (diced)
- 1 carrot (grated)
- 1 large eggplant (chop into 2cm cubes)
- Tablespoon vegetable oil
- Tablespoon Olive oil
- 3 small red chillies (finely diced)
- 1 ½ cups of dried red lentils
- 7 large ripe tomatoes (diced)
- Tablespoon dried oregano
- 4 cloves garlic (finely diced)
- 300ml red wine
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 2 teaspoons ground coriander seed
- 3 tablespoons tomato paste

Method

Heat vegetable oil on a medium heat in a large saucepan, Dutch-oven or casserole dish, I use cast iron due to its excellent heat conductivity and retention, add in diced onions and grated carrot. Fry up for a few minutes, then add in chilli and the eggplant. Pour olive oil over the mix particularly on the eggplant to expedite the frying process and softening of the eggplant. Rinse the lentils under cold water for about 30 seconds to remove any dirt or unwanted matter. Once drained, add to pan and stir through.

Pour about half the red wine in and stir through. Add in diced tomatoes, oregano and garlic, stir then turn heat to low and put lid on. Allow to cook for about 15 minutes, and then add in remaining red wine, cumin, paprika and coriander. Give it another good stir then put the lid back on and cook for another 15 mins. Stir through the tomato paste, cover again and let simmer for about another 15 – 30 mins depending on how much time you have.

As previously mentioned the flavours improve over the next few days so cooking it before you need it is always good. This makes a really nice spaghetti bolognese or filling for vegetarian lasagne. To make it more of a Mexican style for tacos and nachos, add in about twice as much cumin, coriander and paprika.



Moussaka

(Greek-style eggplant Casserole)

This is a delicious vegetarian counterpart of the famous Greek eggplant-based casserole. In this version, the eggplants are first grilled, then layered in a casserole dish with lentils, topped with tasty cheese sauce, and baked. To save time, grill the eggplants while the lentils are cooking.

Preparation, grilling and cooking time: about 40 minutes, **Baking time:** About 1 hour

Makes about: enough for 6-8 persons

Ingredients

For the lentils:

- 2 cups (500ml) uncooked brown lentils, about 400g
- 2 tablespoons olive oil
- 3 garlic cloves, chopped finely
- 1 can chopped tomatoes, or fresh tomatoes peeled
- 2 tablespoons tomato paste
- 2 teaspoons brown sugar
- 2 teaspoons salt
- ¼ teaspoon black pepper
- 2 table spoons chopped parsley

For the cheese sauce:

- ¼ cup (60ml) butter
- 1/3 cup (85ml) flour
- 2 cups (500ml) milk
- 1/8 teaspoon nutmeg powder
- ¼ cup (60ml) grated parmesan cheese, plus 2 tablespoons for garnish
- ½ teaspoon salt
- ¼ teaspoon pepper.

Method

To prepare the eggplants:

Pre-heat your griller to high. Oil the base of a baking sheet that will fit under the griller. Add a layer of eggplant and brush the surface of the eggplants with oil. Place them under the hot griller, and cook for 5-10 minutes, or until they are lightly golden. Turn the eggplants, brush again with oil, and cook them until lightly golden and soft enough to pierce with a knife point. Remove the cooked eggplants and stack them on a plate. Repeat the grilling until all the batches of eggplants are cooked.

To prepare the lentils:

Place the uncooked lentils in a 5-litre saucepan over full heat along with 3 or 4 litres of boiling unsalted water. Bring to the boil, then reduce the heat slightly and cook the lentils until they are soft enough to squeeze between your thumb and forefinger. Remove and drain the lentils.

Rinse the saucepan, then add the oil and return the saucepan to moderate heat. When the oil is hot, sprinkle in the finely chopped garlic and sauté it momentarily. Add the tomatoes (canned or fresh), increase the heat and cook for about 5 minutes, or until the tomatoes soften and separate from the oil. Stir in the cooked, drained lentils, add the tomato paste, brown sugar, salt, black pepper and parsley. Reduce the heat and, stirring when necessary, cook the mixture for about 10 minutes, or until it is fairly dry.

To prepare the cheese sauce:

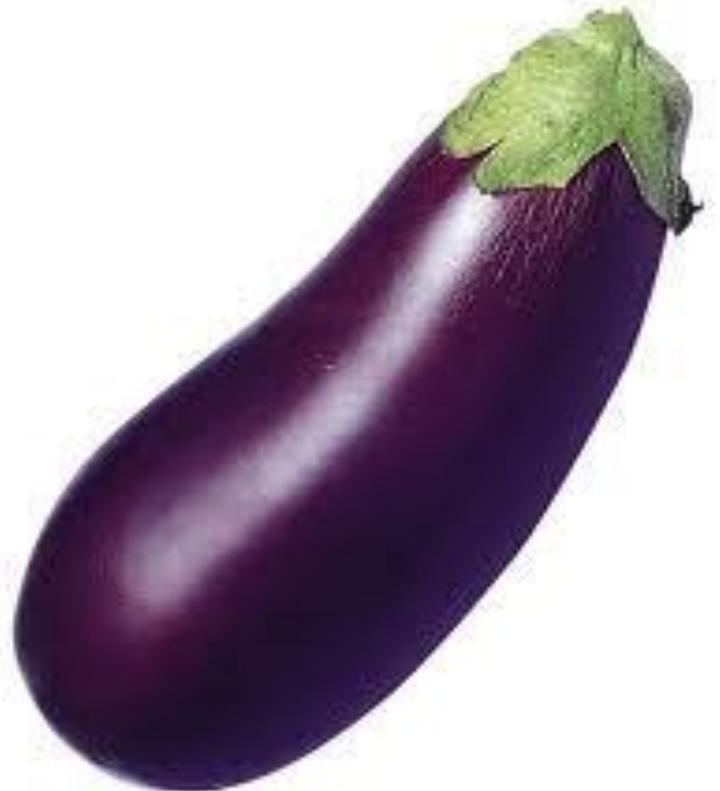
Melt the butter in a 2-litre saucepan over low heat, stir in the flour and cook over gentle heat for 2 minutes, or until the flour changes colour slightly.

Add the milk, increase the heat and bring to the boil while stirring constantly. Let the mixture bubble for about 1 minute, then remove the sauce from the heat, and whisk in the nutmeg, cheese, salt and black pepper. Cover the top of the sauce with battered paper if not using straight away to avoid the formation of a thick skin.

To assemble the dish:

Butter a 32.5cm × 22.5cm × 5 cm oven dish. Place a layer of one-third of the eggplant in the base. Top with half the lentils, then add a second layer of eggplants. Spoon on the second layer of lentils and top with the remaining one-third of eggplants. Spread the cheese sauce on top, and sprinkle with the remaining parmesan cheese.

Bake the casserole in a moderate oven, 180°C, for one hour or until the sauce is slightly golden brown. Allow the moussaka to stand for 10 minutes before cutting into squares and serving.



Baked penne

10

(with dolcelatte cheese and radicchio)

This is a delicious and easy to prepare pasta bake, combining really interesting rich flavours. Radicchio is an underappreciated leaf vegetable, which looks striking in any meal with its rich red leaves. It has a bitter and spicy taste, which mellows when it is grilled or roasted. Dolcelatte is a blue veined Italian soft cheese and has a sweet taste, milder than classic Italian blue veined cheese (Gorgonzola). Mixed with sage, cashews, capsicum and mushrooms, it creates a sensational way of cooking pasta.

Preparation time: 15 minutes, **Cooking time:** 12-15 minutes

Makes about: enough for 4 persons

Ingredients

- 50g butter, plus extra for greasing
- 250g dried penne rigate (small tube shaped pasta)
- 250g button mushrooms, sliced
- 1 red capsicum, sliced
- 2 garlic cloves, finely chopped
- 80g dry roasted cashews
- 2 tbsp finely chopped sage
- 1 small head of radicchio, cored and finely shredded
- 250ml double cream
- 50g Parmesan cheese, grated
- 175g Dolcelatte cheese, cubed
- Salt and pepper
- Fresh sage leaves, to garnish



Method

Put a large saucepan of water on to boil. Preheat the oven to 220° C. Butter a large oven proof dish and set aside. When the water has come to a boil add the pasta and cook until it is al dente, according to instructions on the pack.

Melt the butter in a large frying pan meanwhile, and fry the mushrooms, capsicum, and garlic for about five minutes until softened. Stir in the sage and radicchio and remove the pan from the heat.

Roast the cashews, on a small dry frying pan, for a few minutes. Add to the mushroom radicchio pan.

Combine the cream, Parmesan, and Dolcelatte together in a very large bowl and set aside. When the pasta has cooked drain it thoroughly. Add the mushroom mixture and the cooked pasta to the cheese mixture and stir to combine. Taste and adjust the seasoning.

Transfer the mixture to the ovenproof dish and bake in the oven for 12-15 minutes, or until the top is browned and bubbly. Garnish with the fresh sage leaves to serve.

Can modify the dish by varying the cheese used. For a different flavour, try it with the salty Greek cheese, kefolagravia.

*Recipe adapted from The Fairtrade Everyday Cookbook.
Contributed by Steve Redgrave*

About ARRCC

ARRCC is a multi-faith, member-based organisation of people from around Australia who are committed to taking action on climate change. Our members represent a variety of religious traditions. We believe that as people dedicated to the common good, inspired by our beliefs and energized by our spirituality, people of all faiths can and should be at the forefront of creating a safe climate. While celebrating the uniqueness of our different traditions, we stand together in working for an ecologically and socially sustainable future.

ARRCC's Vision

ARRCC envisages our nation embracing a sustainable future, one which is based on an ethical understanding of human prosperity and the flourishing of all living beings. To help create this, ARRCC aspires to influence all faith communities across Australia to actively engage with the challenge of climate change in their daily living.

ARRCC's Mission

Our mission is twofold, (1) to promote ethical, environmentally sustainable, healthy and contented lifestyles which respect the Earth's precious natural resources, and (2) to advocate for public policies which contribute to climate justice.

About Meat Free Day

Meat consumption connects with issues concerning global justice in relation to food, the compassionate treatment of animals, nonviolence, and health. All of the world religions, from their various perspectives, encourage protection of the environment, serving the needs of the poor, kindness towards animals and healthy living. ARRCC believes that people of faith, in their efforts to tackle climate change and create a sustainable way of living based on a more ethical understanding of human prosperity and the flourishing of all, should consider a reduction in meat consumption as part of a choice for a more ethical lifestyle.

Is this a vegetarian campaign?

The aim of the Meat-Free Day is simply to encourage people to reduce their overall meat consumption. Some people may consider becoming vegetarian, but even a small reduction meat consumption by a large number of people will greatly reduce the stress on our planet.

What about the farmers?

Advocating that we moderate meat consumption is not about shutting down livestock farming, nor is it a judgment on the lives and often hardships faced by farmers. We recognise that farmers' vocation is indispensable, as is their role in stewarding the land.

ARRCC's stated policy position is therefore, that farmers should be given incentives to reduce their emissions, and be offered training and resources to create alternative forms of income generation on their land, that do not have the same detrimental impacts.

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