

Meat-Free Recipes



Celebration
of Summer

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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Moroccan Tomato and Cucumber Salad



This is quite a simple salad, made interesting by the smoky flavor of dry roasted cumin.

Serves 4 (recipe from Feast Bizarre, Barry Vera)

Ingredients

- 6 roma (plum) tomatoes, seeded and diced
- 1 long cucumber, seeded and diced
- 1 red onion, finely diced
- 1 green capsicum, seeded and finely diced
- 1 handful chopped flat leaf (Italian) parsley
- 1 teaspoon cumin seeds, dry roasted
- 4 tablespoons lemon juice
- 100ml olive oil
- sea salt and freshly ground pepper

Method

1. Place the tomato, cucumber, onion and capsicum in a large mixing bowl.
2. In a smaller bowl, combine the parsley, cumin, lemon juice and olive oil and stir thoroughly.
3. Pour the dressing over the vegetables and toss thoroughly to coat. Season to taste.

Fattoush Salad

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The 'magic' ingredient to this salad is the sumac. Sumac is a grounded red berry used in Middle Eastern & Mediterranean cuisine, which adds a delicious fresh tangy citrus flavour.

(Recipe from old edition of Good Weekend)

Ingredients

- 100g day old Turkish Bread
- 90ml olive oil
- salt/pepper
- 2 cloves of garlic
- 30ml red wine vinegar
- ½ red onion, finely sliced
- 3 ripe sweet tomatoes
- 1 avocado
- 1 cucumber
- 1 spring onion
- 1 cup flat parsley leaves
- 1 cup coriander leaves
- 8 small mint
- 1 tsp sumac

Ingredients

1. Roughly break the bread into 2-3 cm chunks. Roll in a bit of olive oil, season with salt and pepper in 160 degrees Celsius for 20-30 min until dry, golden and crunchy. A quicker option is to lightly toast the bread under a grill. If you like the flavour of garlic, you can rub each piece with a garlic clove if desired.
2. Make the vinaigrette by combining red wine vinegar, olive oil and sumac.
3. Soak the sliced red onion in cold water to help release some of the acid.
4. Mix the salad all in together.

Rocket, Fennel and Lentil Salad

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(Recipe from *River Cottage Veg Everyday*, Hugh Fearnley-Whittingstall)

Ingredients

- 125g lentils
- 1 bay leaf
- ½ small onion
- A few parsley stalks (optional)
- 1 large or two small fennel bulbs
- About 75g rocket (or rocket mixed in with other leaves such as baby spinach)

For the dressing

- 2 tsp Dijon mustard (optional)
- Finely grated zest of one lemon
- 2 tablespoons lemon juice
- 120 ml olive oil
- sea salt and freshly ground pepper

Method

1. Put the lentils in a saucepan and add plenty of water. Bring to the boil and simmer for a minute only, then drain. Return the lentils to the pan and pour on just enough water to cover them. Add the bay leaf, onion and parsley stalks. Bring back to a very gentle simmer, and cook slowly for about half an hour, until tender but not mushy.
2. To make the dressing mix all the dressing ingredients together.
3. When the lentils are done, drain them well and discard the herbs and onion. While still warm, combine with a good half of the dressing. Leave until cooled, then taste and adjust the seasoning; you could add a little more salt, sugar, pepper or lemon juice if needed.
4. Trim the fennel, removing the tough outer layer (unless they are young and fresh). Halve the bulb(s) vertically, then slice as thinly as you can, tip to base.
5. Mix it all together to make the salad.

Zucchini, Mint and Feta Tart



The lemon rind, zucchini and mint combination, gives this tart a fresh summery flavour.

Serves 4 (Recipe from Salads and Vegetables, Donna Hay)

Ingredients

- 1 or two sheets of puff pastry.
- 4 zucchini, thinly sliced
- 1 tablespoon finely grated lemon rind
- 1 tablespoon olive oil
- sea salt and cracked pepper
- 150g feta, crumbled
- ½ cup mint leaves
- 1 egg lightly beaten (optional)

Method

1. Preheat the oven to 200 degrees Celsius.
2. Allow the pastry to defrost enough to be able to fold it along the sides of a baking tray. Place the pastry on a baking tray lined with non-stick baking paper. Score a 1cm border around the edge of the pastry with a sharp knife.
3. Place the zucchini, lemon rind, oil, salt and pepper in a medium bowl and toss to coat.
4. Layer the zucchini mixture on the pastry and brush the edges with egg.
5. Bake for 30-35 minutes or until the pastry is puffed and golden and the zucchini is cooked.
6. Top with the feta and mint.

Onion Tart

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Serves 4

Ingredients

- One or two sheets of puff pastry
- 3-4 medium tomatoes
- Small knob of butter or oil
- 1-2 tablespoons of balsamic vinegar
- 125g feta (preferably Dedoni feta)
- 100g beetroot marmalade (preferably Bills)

Method

1. Preheat the oven to 200 degrees Celsius. Allow the pastry to defrost enough to be able to fold it along the sides of a baking tray. Place the pastry on a baking tray lined with non-stick baking paper. Score a 1cm border around the edge of the pastry with a sharp knife.
2. Peel the onions and place each one into 6 or 8 wedges, keeping them attached at the root end. Heat the butter and/ or oil in a frying pan over medium heat. Add the onions, arranging them roughly in a concentric pattern. Sprinkle with salt and pepper and cook for about 15-20 minutes, turning once or twice, until they are fairly tender, and starting to caramelize around the edges.
3. Trickle the balsamic vinegar over the onions and cook for a couple of minutes more, so the vinegar reduces a little. Remove from the heat and make sure the onions are fairly evenly spread around the pan.
4. Arrange the onions flatly on the puff pastry.
5. Cook in the oven for 30-35 minutes. When pastry is golden remove from the oven.
6. Add dollops of beetroot marmalade around the onions. Sprinkle crumbled feta over the dish.

Savory Pancakes



There are endless combination of savory pancakes that can be made using different combinations of grated vegetables and sauces. Below is the recipe for 2 kinds, Potato and Carrot, and Carrot and Beetroot.

Ingredients

- Carrot and potato, grated
- Carrot and beetroot, grated
- Flour – 2/3 Bessan (chick pea) flour, 1/3 plain flour
- Water
- Spices – any combination you wish, but for simplicity we will use a Garra Massala (Indian Curry spice)

Topping:

- Sou mayonnaise
- Beetroot marmalade
- Alfalfa

Method

1. Grate your combination of vegetables. Can use either food processor, or just as easy to use a grater. Opt for the least finest grating option.
2. To make the pancake batter, add roughly ½ cup Bessan flour and ¼ cup Plain flour into a bowl, and add water. Mix, until you have a consistence that roughly has the texture of hummus. Add your selection of grated vegetables. Mix thoroughly. Add a teaspoon of spice. Mix.
3. Pour oil on a medium size frying pan so that it evenly covers the surface area of the pan. Spread the batter thinly on the frying pan. Heat on either side for around 10 minutes, till crispy and slightly burnt. These pancakes are best when they are thin and crispy. Don't make them to thick as will likely be soggy in the middle.
4. For toppings, generously spread the soy mayonnaise over the pancake. Cut in wedges. Add a generous dollop of alfalfa on each wedge.

Rice Paper Rolls...

Rice paper rolls are a staple of Vietnamese food; light and delicious with intense flavours and texture. They are a great way to share food, as everyone can make their own being creative with what is put into them. These rice paper rolls are easy to make and are a great side, starter or finger food for guests at a party; we eat them at home for dinner too :) Serve them with dipping sauce and experiment with your favourite vegetables. You could also add shredded tofu or shredded egg omelette (obviously not for vegans) for something a little different.

Preparation time: 30 minutes Serves 4-6

(Adapted from excellent vegetarian webpage www.veggienumnum.com)

Ingredients

- 125g (4 oz) vermicelli (thin rice noodles)
- Marinated Japanese tofu, thinly sliced
- 1 avocado, thinly sliced
- 1 cucumber, thinly sliced
- ½ cup bean sprouts
- 1 red capsicum (bell pepper), sliced thinly
- ½ cup fresh mint leaves, chopped finely
- ½ cup fresh coriander (cilantro), chopped finely
- 15-20 rice paper sheets

We will be having them with satay sauce (see next page), but they also work with a soy or sweet chilli sauce.

Method

1. Prepare the vermicelli according to packet instructions; insure to drain and rinse well and then chop the noodles roughly.
 2. Soak individual rice paper sheets in a large bowl of hot water until just soft; depending on the brand 15 – 30 seconds; pat dry on a clean tea towel or absorbent paper.
 3. Arrange 2 tablespoons of the vermicelli into the centre of the rice paper sheet.
 4. Then add filling of your choice. Be careful not to add too much, otherwise the roll will be too thick and difficult to roll up. Fold in the edges and then roll up firmly. The edges should seal neatly.
 5. Repeat; soaking and filling each sheet one at a time; for the remaining mixture.
 6. Serve the rice paper rolls with dipping sauce when entertaining guests or enjoy at home as a light and healthy meal.
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...with Satay Sauce



Ingredients

- 1 tsp olive oil
- ½ brown onion, finely chopped
- 1 garlic clove
- 1 small red chilli, seeded and finely chopped
- 70g natural crunchy peanut butter (preferably Sanitarium brand)
- 125ml water
- 1 tbs lemon juice
- ½ tsp balsamic vinegar
- ½ brown sugar or honey
- 1 tbs soy sauce

Method

1. Heat oil in a saucepan over medium heat.
2. Add onion, mixing for 5 minutes, then add garlic and chilli, mixing for 1 minute
3. Remove from heat
4. Add peanut butter and to combine. Place on low heat.
5. Add water, mixing and topping up until you have the consistency you wish. (I like my satay sauce pretty thick – hummus texture)
6. Add lemon juice, vinegar, soy and sugar/ honey
7. Cook stirring for 3 minutes until sauce thickens

Tempura Asparagus



All kinds of vegetables are excellent deep fried with a crisp, light coating of tempura batter. My favorite is Tempura cauliflower, in a Garam Massala spiced batter. For this dish, we will use asparagus, and I think you will find it a brilliant way of serving asparagus.

(Recipe from River Cottage Veg Everyday, Hugh Fearnley-Whittingstall)

Ingredients

- 2 bunches of asparagus
- Sunflower oil, for deep frying
- Sweet chilli dipping sauce

Batter:

- 100g plain flour
- 40g corn flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 200ml water

Method

1. Make the batter first. Sift the flour, cornflour, baking powder and salt into a bowl. Begin whisking in the water, until you have a batter the thickness of hummus. Be careful not to over mix and don't worry if there are a few lumps.
2. While you prepare the batter, heat about 5cm depth of oil in a large, deep, heavy based saucepan.
3. You will need to fry the prepared veg in batches. Begin dipping them in the batter, one piece at a time, transferring them to the hot oil as soon as they are coated; don't overcrowd then pan. Fry until they are crisp and a light golden colour.
4. Remove carefully with tongs or a slotted spoon. Drain on kitchen paper and serve (preferably immediately) with the chilli dipping sauce.

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 in 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.





About ARRCC

ARRCC is a multi-faith, member-based network committed to taking action on climate change. As an organisation we engage with faith communities, run campaigns, produce resources, and undertake research and advocacy to fulfil our mission and realise our vision.

Our Vision

We envisage our nation embracing a sustainable future, one which is based on a more ethical understanding of human prosperity and the flourishing of all.

To help achieve this vision, ARRCC hopes to see religious communities of all kinds, and all across Australia, actively reflecting religious values in their lifestyle choices.

Our Mission

- 1. To promote ethical, sustainable, healthy and contented lifestyles which respect the Earth's precious natural resources.*

To advocate from a faith perspective for public policies which contribute to climate justice.

Our Values

Compassion

We are challenged by our compassion towards the other people and beings with whom we share this Earth.

Respect

We show respect for people regardless of their views – treating them with kindness and gentleness.

Truth-telling

Though we recognise that people find it difficult to hear our messages, we maintain a commitment to truth-telling.

A focus on what really matters

We believe happiness comes from a focus on those aspects of life that really matter: relationships and mutual caring, a sense of purpose, and connectedness with the natural environment.

With thanks to:
George Vlamakis

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