

The Jewish Vegetarian



TEL AVIV CROWNED WORLD'S
VEGAN CAPITAL, PAGE 4

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*'They shall not hurt nor destroy
on all my holy mountain' (Isaiah)*

WELCOME TO THE WINTER 2017 ISSUE OF THE JEWISH VEGETARIAN

With 2018 just around the corner we are eagerly awaiting the release of the film version of Jonathan Safran Foer's book, 'Eating Animals', which has played a big role in inspiring people to move towards a veggie diet.

Richard Branson's recent comment, "In the near future, we'll think it's "archaic" to kill animals for food", has given a great platform to companies developing vegan 'meats', which we anticipate will take supermarkets and restaurants by storm in the coming years, find out more on page 26.

In this, our last issue of 2017, read JVS Patron Rabbi Jonathan Wittenberg's response to the recent British parliamentary vote on animal sentience (page 6).

Further afield, Tel Aviv has been crowned the world's vegan capital. With more vegans per capita than any other country on earth, Israel is fast becoming a veggie paradise, see the full story on page 4.

Speaking of veggie paradise, don't miss the delicious chanukah and all year round recipes over on page 15.

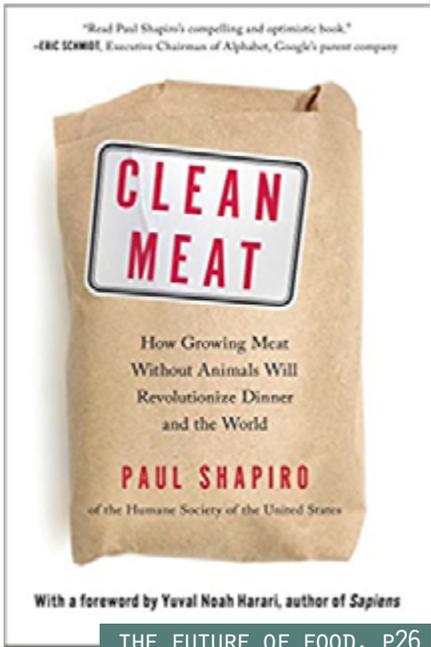
Eagle-eyed readers will notice a change

in my surname - I recently got married, and will be sharing my tips for planning an eco, vegan, fairtrade function/event in the next magazine.

Wishing all of our lovely readers a very happy new year,

Lara Balsam

Lara Balsam
Director, Jewish Vegetarian Society



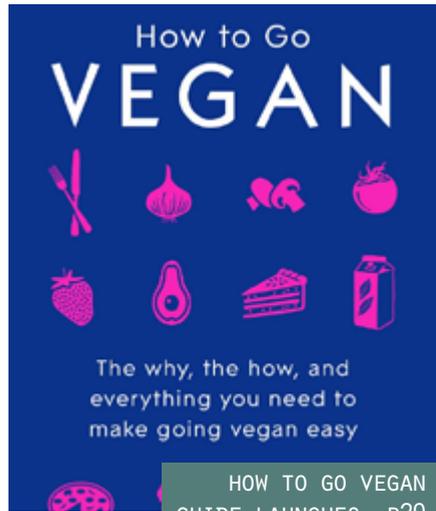
INSIDE THIS ISSUE...



TEL AVIV CROWNED
WORLD'S VEGAN CAPITAL, P4



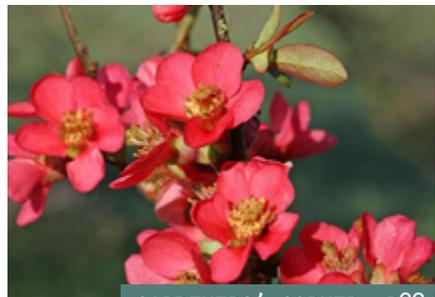
MAYIM BIALIK'S
DOUGHNUT RECIPE, P20



HOW TO GO VEGAN
GUIDE LAUNCHES, P29



ANIMAL SENTIENCE:
A JEWISH PERSPECTIVE, P6



GARDENERS' CORNER, P22

TEL AVIV CROWNED WORLD'S VEGAN CAPITAL



A masterpiece from Bana

Forget the shawarma: These days, Israel is all about plant-based creations...

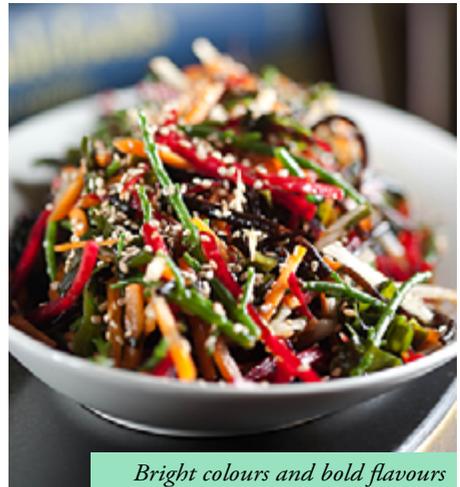
When you think of Israeli cuisine, you're probably thinking grilled meats, fresh fish, and other carnivorous delights. But these days, Israel is going plant-based, and it has a new distinction to prove it: Last week, the Independent crowned Tel Aviv the vegan capital of the world.

"With 400 vegan and vegan-friendly kitchens catering to most of Israel's 200,000 vegans," gushed the venerable newspaper, "going meat-free isn't just

easy, here; it's a chance to sample the best food in town. Thanks to the sun-kissed climate, high quality fruit and veg is never too far – you can see it in the colour, taste it in the flavour and smell it in the aroma of what's on your plate."

Actually, make that 300,000 vegans, according to Vegan Friendly, a local association of happy herbivores celebrating their ascent. The number, they say, has been soaring non-stop since 2012, and shows no sign of stopping, giving Israeli vegans the kind of buying power that prompts entrepreneurs to take notice. There are now more than 3,000 certified vegan products available in Israel, including everything from leather-free shoes to egg-free treats, and more and more of the country's politicians, athletes, and entertainers swear by the plant-based diet.

To celebrate Tel Aviv's crowning achievement, then, and to help vegans plotting their next vacation, here are three of Israel's finest plant-based



Bright colours and bold flavours from Meshek Barzilay

eateries:

- Nanuchka: Once upon a time, Tel Aviv's trendiest gastro-pub took great pride in its owner's Georgian heritage, which meant that meat and cheese were not only on the menu but were, more or less, the menu entire. But then the owner, Nana Schrier, went vegan, and took her kitchen vegan with her. These days, the drinks are still stellar, but the menu shines even brighter, with butternut squash dumplings, panko-crusted artichokes on a bed of whipped beets, or zucchini stuffed with quinoa and cranberries.

- Meshek Barzilay: This beloved staple of Tel Aviv's Neveh Tzedek neighborhood started life on an organic farm, and moving to the big city did little to impact the organic, earthy vibe. Everything here is intensely fresh and wonderfully delicious, with an eclectic menu that brings together different vegan-friendly cuisines, from gnocchi with olives and walnut pâté to hearty

Indian dosas.

- Bana: By far Tel Aviv's hottest new restaurant, Bana looks like it belongs right on Venice Beach, with an airy California decor and a menu that believes vegetables are good enough in their own right and shouldn't have to pretend that they're cheese just to pass muster. From papaya avocado salad with watercress and cacao nibs to steamed spinach with cacao butter over toasted whole spelt baguette smeared with maple butter and ground brazil nut, the menu here is everything a top notch restaurant in a top notch eating town should be.

To our plant-based friends, *be'teavon*. To the rest of you, what are you waiting for?

This story originally appeared in Tablet magazine, at tabletmag.com, and is reprinted with permission.

Written By Liel Leibovitz, Liel is a senior writer for Tablet Magazine.



A bountiful feast at Nanuchka

ANIMAL SENTIENCE: A JEWISH PERSPECTIVE



On 5 November the British Parliament voted by 313 votes to 295 not to transfer European protocol on animal sentience into UK law.

It is argued that this was merely a procedural matter; the government considered the issue sufficiently covered under pre-existing British legislation. It is certainly fair to say that this was not a vote in support of the notion that animals are unfeeling, or that they may be treated as such.

Nevertheless, the result is a missed opportunity, arguably more on the philosophical than the legal level. As the actor and animal-activist Peter Egan said, fifty billion animals are killed each year so that humans can have a burger, steak or sandwich. Most of them live, and die, in appalling conditions across the world.

Though British law is among the best in the world, it still falls short in many respects. An affirmative decision would have been a vote against complacency and consequent cruelty.

Jewish law has long acknowledged that animals feel, and suffer. The Talmudic phrase *ts'ar ba'alei chayim* means just that, 'the suffering of animals'. Whereas the exact application of the prohibition in specific instances remains debatable, it certainly forbids the inflicting of both physical and emotional pain. The response to Jeremy Bentham's much quoted dictum that "The question is not 'Can they reason?' Nor 'Can they talk?' But 'Can they suffer?'" was evident six centuries earlier to Maimonides, who wrote in his *Guide for the Perplexed*: (3:48) For in these cases (of exposure to the suffering and death of its young) animals feel very great pain, there being no difference regarding this pain between man and the other animals.

He regarded the emotional faculties, unlike the rational and intellectual, as similar in animals and humans.

Rabbi Ezekiel Landau of Prague (1713 – 1793) was asked if it was permitted for a Jew to go hunting. After weighing different aspects of the issue (what if a person has no other way of making a living? Is entering the abode of wild animals putting one's life gratuitously at risk?) he concludes that the only hunters in the Torah are Nimrod and Esau, famous for their brutality, and certainly not role models for a Jew, or, for that matter, any compassionate human being.

The wider question, though, is our relationship to nature as a whole, and to the other forms of life with which

we share this planet. Firmly rejecting the critique that it is the very Bible which tells us that man has unlimited dominion over the earth, Jewish and Christian environmentalists have rightly argued that, on the contrary, we are stewards and trustees of creation. What 'dominion' really means is acting with due regard for this all-encompassing responsibility. The issue is both urgent and critical. In a televised debate following the publication of *Silent Spring*, a seminal book which helped found the science of ecology, Rachel Carson made the profound observation that we're challenged as mankind has never been challenged before to prove our maturity and our mastery not of nature, but of ourselves.

To anyone who spends time with animals and who witnesses their response to brutality on the one hand, or careful husbandry and affection on the other, it is obvious that animals have feeling. They suffer; they love; they sometimes seem to comprehend dimensions of feeling of which the humans around them are unaware; they even often forgive. They are not things, mere cells in the form of a sheep or cow, to be stuffed and transported to slaughter.

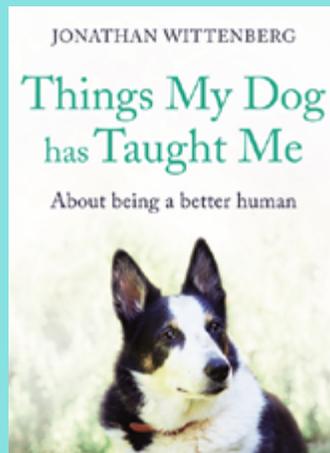
While our treatment of animals obviously affects them first and foremost, it is also a profound and disturbing reflection on ourselves, and the results, if we do not change many of our practices, will prove physically, emotionally and spiritually corrosive for us too.

To quote Peter Egan again, 'We are waging war with every other species on the planet. It has to stop. If we don't establish a more aware, compassionate,

and considerably less exploitative relationship with both domestic and wild animals, we will end up devouring every living thing, including, eventually, ourselves.'

A vote affirming animal sentience would at least have been an acknowledgement of the direction in which we must urgently travel. *Article written by JVS Patron Rabbi Jonathan Wittenberg, who is Senior Rabbi of Masorti Judaism UK.

Jonathan has recently released 'Things My Dog Has Taught Me About being a better human' - he says his dogs have taught him -- more than anything else -- how to appreciate the wonderful world in which we live -- and how to develop better relationships with his friends and families. In this wonderful, warm account of one man and his dog, Jonathan brings all the big themes of friendship, faithfulness, kindness, cruelty, grief, prayer and spiritual companionship to the fore, and shows us how we can learn so much from a dog's approach to life.



LOOK OUT FOR FIRST VEGAN CINEMA ADVERT...

The UK's first ever vegan cinema adverts are out now! Thanks to the generosity of 1400 supporters, including vegan businesses, Viva!'s ground-breaking crowdfunding campaign, Bring Hope to Millions, exceeded its initial fundraising target of £100,000.

Europe's largest vegan campaigning charity, Viva! regularly campaigns to bring the truth about factory farming to new audiences. This is their most ambitious campaign ever.

Their advert is in cinemas until January 2018. The advert compares the difference between the life of Hope, a sow who was rescued by Viva! with her six piglets, and the lives of factory farmed pigs.

Ninety per cent of pigs are intensively farmed, enduring a life of overcrowding, filth, confinement and mutilations. The

advert asks viewers to try vegan, with a link to tasty vegan recipes: viva.org.uk/easyvegan. You can watch the cinema advert here: viva.org.uk/bring-hope-to-millions.

Juliet Gellatley, Founder and Director of Viva! says: "The contrast between Hope's freedom and the terrible conditions on factory farms is our most powerful message yet. This advert has the potential to bring about real change by showing brand new audiences the reality of factory farming.

We chose cinema adverts because we know that they are one of the best ways to reach an emotionally engaged audience and we are so grateful to all of the people who have been part of this campaign and helped to make it such a success."

The fundraising campaign ran for four weeks with the hashtag #bringhopetomillions and had thousands more shares and likes on social media.

The success of this campaign heralds a new era in which the power of community can rival even the biggest meat-industry giants.

Viva!

**BE PART OF THE
UK'S FIRST EVER VEGAN
CINEMA ADVERT!**

#bringhopetomillions

WWW.VIVA.ORG.UK/BRING-HOPE-TO-MILLIONS

BRING HOPE TO MILLIONS

UK'S MOST VEGAN-FRIENDLY CITIES ANNOUNCED



Manchester has come out top, with the Scottish capital city Edinburgh in second place in a recent piece of research from Holidu, the leading global search engine for holiday lettings, determining the best place to live as a vegan.

Holidu's latest research puts an end to ongoing speculation by calculating the number of restaurants which are suitable for vegans in relation to the size of a city's population. This method has led to some surprising results, leaving London trailing behind. The capital city does not have many vegan restaurants, considering its large population, it pales when compared to other cities. Following Edinburgh is Leicester, Bristol in fourth place, Glasgow, Cardiff, Liverpool, Leeds, London in 9th place and in tenth place, Birmingham, which is home to The Vegan Society. **Story from VegNews.*

IN THE NEWS:

- Ireland bans wild animals in circuses
- The UK's first ever vegan 'Mylk Man' service comes to London
- Vegan Women In Leadership Conference to launch in Australia
- Carluccio's launches veggie pop-up
- Wagamama launches new vegan menu, with 29 options
- Google's Executive Chairman Eric Schmidt predicts: "Vegan revolution is coming"
- Supermarket Sainsburys launches dairy-free cheeseboard by Violife
- Gucci commits to going fur-free
- BBC's The Food Programme dedicated an entire show to the rise of veganism: tinyurl.com/bbcvegan
- Plant-based sales triple according to recent market research
- Vegan company Project Jackfruit wins Virgin Media Business Voom Pitch competition
- 'Meat eaters are destroying the planet', says new report launched at the Extinction and Livestock Conference
- Filmmaker Morgan Spurlock is back with Super Size Me 2, this time focussing on the chicken industry
- Veganism presents rapidly growing opportunity for UK retailers, says GlobalData research
- The eagerly awaited film Eating Animals, based on the book of the same title, written by Jonathan Safran Foer has finally hit the big screen, narrated and co-produced by Jewish vegan Natalie Portman

EVERYTHING YOU NEED TO KNOW ABOUT VITAMIN B12

**Information kindly provided by the Vegan Society (vegansociety.com).*



Everybody needs regular, reliable sources of vitamin B12. Reputable vitamin B12 supplements or fortified foods (see reference) are needed by all vegans, and also by everyone over the age of 50, no matter their diet. Vitamin B12 deficiency can cause nasty side effects such as anaemia, nerve damage, heart disease or pregnancy complications - so it's not worth taking any chances!

Remember, vegans using adequate amounts of fortified foods or B12 supplements are much less likely to suffer from B12 deficiency than the typical older meat eater.

VEGAN SOURCES OF VITAMIN B12

Look for plant milks, yoghurts, breakfast cereals, spreads, yeast extracts and nutritional yeast products that are fortified with vitamin B12. For example, taking 300 ml of a fortified plant milk plus 30 g of a fortified breakfast cereal is a good meal to supply vitamin B12 (1.5 micrograms). Or try fortified yeast extract with fortified spread on wholewheat toast, or macaroni with fortified nutritional yeast 'cheezy sauce'.

SMART SUPPLEMENTS

Alternatively, chew a reliable vitamin B12 supplement to enable you to absorb as much as possible. All vitamin B12 is produced by micro-organisms. The only reliable sources of vitamin B12 on a plant-based diet are fortified foods and supplements.

The less often you get vitamin B12, the more you need to take. Your body prefers a little vitamin B12 taken often - yet if that is a challenge for you, a weekly generous vitamin B12 supplement can also protect your health. If you're worried you may be missing out, your doctor can check your blood homocysteine levels to see if you're obtaining enough vitamin B12.

There's a lot of misinformation out there about B12 so stay smart. While B12 used to be found in the soil, it is not a healthy or reliable supply, which is why farmed animals are given B12 supplements of their own. By supplementing with B12 you're merely bypassing the poor non-humans, and taking it directly.

Still not sure?

To enjoy the full benefit of your vegan diet, either:

- Eat fortified foods with every meal, to obtain 3 micrograms of vitamin B12 each day or take one supplement containing at least 10 micrograms of vitamin B12 every day. The Vegan Society's VEG 1 supplement has been specifically formulated for vegans or take one supplement containing at least 2000 micrograms of vitamin B12 every week.

Check food nutrition labels and supplement details to see how many micrograms (also written μg or mcg) of vitamin B12 you are receiving. Make sure B12 is on your radar!

Want to know the technical details? Read this open letter on vitamin B12 from health professionals and vegan organisations: tinyurl.com/b12moreinfo

COULD HYPNOSIS HELP PEOPLE TO GO VEGAN?

Some people woo their friends with tasty veggie food, some focus on the ethical and environmental benefits. Meet JVS member Brian Jacobs, who has an altogether different way of winning people over...



I became a vegan almost 30 years ago, for ethical reasons. I had been involved with the local animal rights group for quite some time, and had been vegetarian for a few years. In those days veganism seemed a bit extreme and we thought it meant being self-sufficient!

I attended a talk by the London Vegans group (they were guest speakers at an event held at the JVS) and I decided to give veganism a try, and

found it fairly easy.

Move forward 30 years, and I run a website - VeganLondon.co.uk, which provides resources for vegans in London, including where to eat out, where to buy cakes, where to find vegan jobs, and much much more. I'm also the administrator for the London Vegans Facebook Group, which has over 10,000 members.

I'm a Hypnotherapist as well as a Hypnotherapy Trainer. For the last 17 years I've been helping people make positive changes in their lives, whether it be stopping smoking, controlling weight, overcoming fears and phobias, or reducing anxiety. Some years ago I had the idea of combining my two passions, hypnotherapy and veganism, and created a self-hypnosis recording that people could listen to, to help them break the addiction to dairy products. This audio track: "Overcome addiction to dairy products: Ditch The Dairy" is now freely available on YouTube or via the videos page on VeganLondon.co.uk.

More recently, the idea of offering free hypnosis sessions to help people go vegan started from a discussion that was taking place on the London Vegans Facebook Group. I am very supportive of the Vegan Society's '30 Day Vegan Pledge', Animal Aid's 'Great Vegan Challenge' and, of course, Veganuary. These are all great initiatives to help people go vegan. They each provide support in different ways (for example email support, recipes, mentoring etc).

But sometimes people find it hard making the psychological move to

veganism. This could be because they fear that their family or friends might not be happy when they tell them they are going vegan, or perhaps because they have difficulty breaking the addiction to, say, cheese - often the last thing vegetarians give up before going vegan!

Hypnosis can't make you do something you don't want to do. But if you do want to go vegan, whether it be for ethical reasons, for environmental reasons, or for your health, then hypnosis could help you increase your motivation and make meat and dairy less palatable.

Sessions are available during the day at my Finchley Central office in north London. For those who have difficulty attending there is the option of having a session by Skype.

Initially this was offered for World Vegan Month (November) and Veganuary (January) but this offer has been extended to include December and will continue on into 2018.

For an appointment or for more information call 0208 446 8061 or email Brian via his website: hypnoticsolutions.co.uk/go-vegan.html

RESTAURANT REVIEW



JVS member Shana Boltin paid a visit to Camden's newest vegan haunt, Young Vegans, on a dark and dreary Monday night in November...

It feels like 10pm, but in fact it's only 5.30pm and the cobbled stones of Camden Lock take you to the back corner where Young Vegans has a pop-up shop for the next few months.

I first learnt of Young Vegans at the Kerb Vegan Street Food competition in August this year. Eight street food vendors turned veg and laid out bite-sized morsels of their usual creations. Where everyone else had mains – from jackfruit buffalo wings to Korean BBQ Bahn Mi – Young Vegans provided the only dessert; a choc peanut butter mud pie. They came third. To my horror, the team that won were not actually a vegan street food vendor the rest of the year. I felt cheated.

But back to Young Vegans. The small shop has a definite pop-up vibe, and the

menu gets straight to the point. Pie and mash. About five different pie options, including a gluten free one. Their vision is clear and filling. I opted for the 'all day breakfast' pie with tofu scramble, sausage and smoky beans. It came recommended from the lady behind the counter and was accompanied by a generous portion of mash, with gravy (yum), crispy onions (yum yum) and a handful of token greens (who are we kidding?). We opted for the meal deal – for £10 you get the pie, mash, a drink and a dessert. The desserts were essentially the same – a mud pie with a pretzel on top or a mud pie with a peanut butter swirl.

Come hungry because this meal deal definitely fills!

60 Camden Lock Place, London NW1 8AF

Nearest tube: Camden Town / Chalk Farm, youngvegans.co.uk



NEW VEG EATERIES

* RECOMMENDED BY YOU!



*Vegan delights at the newly-opened
Happy Friday Kitchen in Oxford*



Harmonium Bar & Kitchen, Edinburgh



*Vegan. gluten free & organic
meal delivery from Fu Bear, Guildford*



*Order your vegan roast
from Moodley Manor, Ireland*



In celebration of World Vegan Month, Japanese food company Yukata has created a recipe allowing you to make vegan Katsu Curry at home!

Ingredients:

For the sauce:

1 large onion, finely diced
 1 tbs vegetable oil
 800 ml water
 100 g Yutaka Japanese-Style Curry Cube

For the curry:

1 large aubergine, cut in to 0.5cm pieces
 1 sweet potato, cut in to 0,5 cm pieces
 100 g plain flour
 Salt & pepper
 50 g cornflour, mixed with water
 200 g Yutaka Panko breadcrumbs
 Olive oil

Method:

Start by making the sauce: Add a little oil to the pan and gently fry the chopped onions on low heat until lightly browned. Add 800 ml of cold water and bring to a boil. Turn the heat to medium and simmer for 7 minutes. Then let the sauce cool down for a few minutes. Add 100 g of Yutaka Curry into the sauce. Stir until fully dissolved. Simmer on low heat and stir until sauce thickens.

To make the curry: Season the vegetables with salt and pepper. Dredge in flour then dip into the cornflour mixture and coat with Yutaka Panko. Add oil to pan and once hot, cook the slices on each side for a couple of minutes or until golden brown. Leave to drain on a paper towel. Serve with boiled rice and add the sauce. *You can also make this using Yutaka Tofu instead of the veggies.



GOBI MUSALLAM

Gobi Musallam (cauliflower that has been roasted whole) is a fantastic centerpiece for any occasion. The whole cauliflower head is lightly blanched then drenched with the luscious Mughlai-inspired makhani sauce and baked. The makhani sauce is decadent, creamy, buttery, and fantastic. You can serve the cauliflower as is, or sliced with some sauce on the side, or with naan or other flatbread, salads, rice, or quinoa.

For a quicker cook time, cook cauliflower florets and the blended sauce in a skillet over medium heat for 15 to 20 minutes. To make nut-free: Use 3 tablespoons coarsely ground pumpkin or sunflower seeds. Or use 1/4 cup coconut cream mixed with 2 teaspoons cornstarch.

Recipes and photos from Vegan Richa's Indian Kitchen, copyright © 2015 by Richa Hingle. Used by permission from Vegan Heritage Press, LLC (see page 31).

Ingredients (serves 4-5):

1 medium head cauliflower (leaves and tough stem removed)
2 tsp salt
1/2 tsp turmeric
1/2 tsp cayenne (optional)

For the sauce:

2 tsp neutral oil
3/4 cup red onion, chopped
1 inch knob of ginger, chopped
6 cloves garlic, chopped
1 dried red chilli or 1/2 teaspoon red pepper flakes
1 tsp garam masala
1/2 tsp ground cumin
1/2 tsp ground coriander
1/2 tsp ground turmeric
3 medium tomatoes, chopped
3/4 tsp salt, or to taste
1/4 tsp raw sugar or 1/2 teaspoon maple syrup
1 tbsp dried fenugreek leaves or 1/4 tsp fenugreek seeds
3/4 cup coconut milk
1/3 cup cashews, soaked for 30 mins

Method:

1. Cauliflower: Bring a large pot of water to a boil. Use enough water so the entire cauliflower can be immersed in it. Add salt, turmeric and cayenne (if using) to the water. Place the cauliflower in the boiling water. Cover and cook for 3 minutes, then flip and cook for 3 minutes. Blanching ensures that the center of the cauliflower

gets cooked through during roasting.

2. Make the sauce: Heat the oil in a large skillet over medium heat. Add the onion and cook until golden, 6 to 7 minutes. Add the ginger, garlic, and chile and cook for 2 minutes. Stir in the garam masala, cumin, coriander, and turmeric and mix. Add the tomatoes, salt, sugar, and fenugreek leaves. Mix well, then cover and cook until saucy, stirring occasionally, 8 to 9 minutes. Mash the larger tomato pieces.

3. Cool slightly, and then transfer to a blender. Add the coconut milk and cashews and blend into a smooth thick puree. Add a few tablespoons of water if the sauce is too thick. Taste and adjust the salt and spices, if needed, and set aside. Preheat the oven to 400°F.

4. Oil a baking dish, if desired. Place the blanched cauliflower in the baking dish. Pour some puree between the florets by separating the florets with your hands and letting the sauce flow in. Slowly pour the thick purée on top to cover the entire head of the cauliflower. Some sauce will fall on the side. Keep about a third or a quarter of the sauce to serve on the side later.

5. Bake for 30 minutes, then turn the dish around, drizzle some more sauce on the cauliflower and bake another 15 minutes. Bake until the cauliflower is dry to touch, a toothpick goes through easily, and the sauce on the side thickens a bit.

6. Heat the remaining sauce over medium heat to just about a boil and serve on the side. To serve, slice a large chunk of the cauliflower. Dress with sauce.

SWEET & SAVOURY MINI LATKES



These sweet and savoury latkes are mini-sized and baked, making them cute and crispy. They are oil-free so they are healthier for our bodies. Serve with applesauce for a sweet latke and/or with the sour “cream” for a savoury latke. Make 2 batches of this recipe so you do not run out! Extras can be re-heated or eaten cold the next day. These latkes are light, crunchy, not at all greasy, and are a delicious and healthier plant-based version of a traditional Jewish recipe.

Ingredients (serves 4 -6):

1 large sweet potato (or yam), coarsely grated
1 parsnip, peeled and coarsely grated
¼ cup all-purpose flour or gluten free all-purpose flour
¼ tsp baking soda
½ tsp sea salt
¼ tsp black pepper
2 tbsps cooked sweet potato (or yam), mashed
1 tbsps low fat non-dairy milk or water
Cooking oil spray

Method:

1. In a large mixing bowl, place grated raw sweet potato and parsnip.
2. Add flour, baking soda, sea salt, and black pepper and three tablespoons of the mashed sweet potato.

3. Stir to combine.
4. Add the non-dairy milk or water.
5. Line the baking sheet with parchment paper, and spray it lightly with cooking oil spray (so the latkes do not stick).
6. Scoop up a rounded tablespoon of the latke mixture and form it into a ball with your hands.
7. Flatten slightly to create a little patty. Place on a baking sheet lined with parchment paper. Repeat with remaining mixture.
8. Bake for 25 minutes, or until golden on one side.
9. Flip the latkes gently, and bake for another 15 minutes, or until golden brown.
10. Serve warm, topped with either tofu sour cream and chives or apple sauce.



Recipe by jewish food hero creator Kenden Alford, jewishfoodhero.com

MAYIM BIALIK'S DOUGHNUTS





A tasty, easy and fun to make treat for Chanukah! These doughnuts are best when served immediately, but they can be stored in an airtight container overnight.

Ingredients (makes 14 doughnuts):

One sachet of active dry yeast
1/2 cup sugar
1 cup plus 2 tbsp. warm (about 110°F) soy, rice, or almond milk
3 1/2 cups all-purpose flour, plus more for dusting
1 1/4 tsp. coarse salt
Egg replacer, equivalent of 2 eggs
3 tbsp unsalted margarine, melted & cooled
Nonstick cooking spray
6 cups vegetable oil, for frying
Icing sugar, for sprinkling
About 2 cups raspberry jam (optional)

Method:

Combine the yeast, sugar, and 1 cup of the warm nondairy milk in a small bowl and let stand until foamy, about 8 minutes. Whisk together the flour and salt in a bowl.

Add the yeast mixture, egg replacer, and margarine, and beat until the dough is soft but not sticky, about 3 minutes. On a lightly floured surface, knead the dough until smooth and elastic, 3 to 4 minutes.

Transfer the dough to a medium bowl coated with nonstick cooking spray, and cover loosely with plastic wrap. Let rise in a warm, draft-free place until doubled in size, about 1.5 hours.

Punch down the dough. On a lightly floured surface, knead the dough a few times, and roll out to 1/4-inch thick.

Cover with a clean dish towel, and let rest for 5 minutes. Using a 2-inch-diameter cookie cutter, cut out rounds and transfer to a lightly floured baking sheet. Re-roll the scraps, and cut out the remaining dough. Cover the rounds with a clean dish towel and let rise in a warm, draft-free place for 20 minutes.

Meanwhile, heat the oil in a large, heavy-bottomed pot until it reaches 375°F. Place a wire rack on top of parchment paper or on a baking sheet, and line with paper towels or brown paper bags. Working in batches of four or five, add the doughnuts to the hot oil and fry, turning once, until golden and puffed, about 1 minute per side. Using a slotted spoon, place the doughnuts on the paper towels to cool. Sprinkle with icing sugar.

* Variation: For jam-filled doughnuts, spoon jam into a pastry bag fitted with a plain 3/8-inch tip. Pierce a hole in the side of a doughnut with the tip, and squeeze in jam to fill (the filled doughnut will feel heavy). Note: Be sure to drain well before serving.



Winter is the time of little light and cold dark, often damp days. Many friends feel depressed at this and long for the coming spring and lengthening days. However it need not be like this. With a little planning these short days can be as exciting and surprising as spring or summer.

Daphnes are one of the most rewarding of winter flowering subjects. They have the most amazing lovely scent, even in the depth of winter. They are fully hardy and there are varieties, from dwarf for a container garden to those that grow to ten or twelve feet high depending on space available. Flowering is followed by bright scarlet berries which are prized by birds. They will also grow well from the seed contained within the berry although these need “stratification “ a process where they are subjected to a period of cold, this could be a few weeks in the fridge before planting in seed

GARDENER'S CORNER

Our regular despatch from our green-fingered columnist

compost, kept outdoors but with a glass cover, not kept out in direct sunlight and not over wet. When the seedlings emerge and are viable, gently pot on in compost with a fair amount of grit added to improve drainage.

Hamamelis (pictured above) is another must for the winter garden. It's common name is witch hazel. 40 years ago, I was given one as a moving in present. Each year in the second half of December we are ever thrilled by its opulent display of bright feathery yellow blooms. The shrub is completely covered in these and sun or no sun they are a lift to the spirits by there seemingly unexpected reappearance. This is a slow growing shrub, which does not need pruning and will flower, even with frost laden blooms. There are several varieties from sulphur yellow through to orange and finally red.

Hellebores niger, often referred to the Christmas rose, can be planted in any shady position, such as a north facing wall and will look unobtrusive with its low growing dark green foliage and then in winter's depth, astonishing white flowers with white petals framing a bright yellow rosette centre. Once established, they produce seeds which will germinate where they fall and can be further planted out. It is always a moment of excitement when we trek to our plants in the seasonal holiday to find a mass of blooms arriving like clockwork. They demand little or no care so are rewarding in every way.

Hardy cyclamen, with their ballerina tutu flowers in striking pink shades, will happily grow in the shade under a tree canopy and will not only flower in December and January, even with the snow on the ground, but will also reward with a second flowering in the late summer. The flower heads last for a good few weeks and eventually produce seeds contained in nice ball shaped seed head. When ripe, these can be harvested and sown immediately into a seed compost and the seedlings singled into small pots for further planting out. They just love areas that other light loving plant would not tolerate.

Following on from these, the Spring flowering bulbs, winter aconite, snowdrops (pictured right) and crocus will be there under the first covering of winter snow, which serves to insulate them from the deepest cold and will make an appearance at the turn of the year. Again, once planted, these will need little or no attention





and will hearten the soul, and be welcome to pollen gathering insects.

Cornus, or the Dogwood, have bright flame coloured stems throughout the winter months, almost making their own sunshine. In the early summer they produce magical looking flowers, creamy white with a touch of pink. In the late summer, best to prune out some of the old wood to encourage more of the young brilliant red stems to grow each year.

Another fine winter subject is the chaenomeles or quince. These are ideal for growing on a north facing wall. At this time of year, they bear masses of blossom, very similar to apple, which would never survive the frost when

in bloom. There are many varieties from blood red, to blush pink and bridal white. After flowering, they go on to produce fruits which look just like apples but are hard and not edible as apples are but which can make the most delicious quince jelly which will keep for years in tightly sealed jars.

Well with all of the above in your garden, it will be a colourful and exciting winter, to cheer one through the short days through to spring.

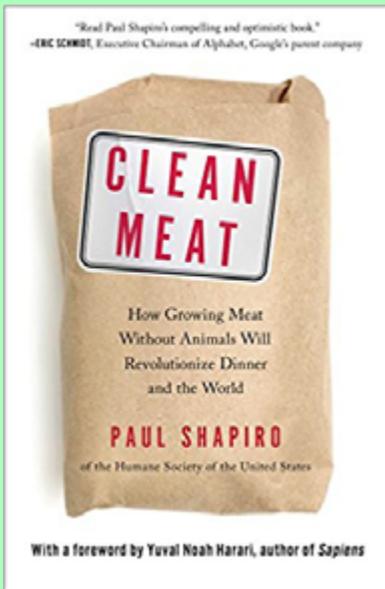
Spring will soon be here, so plan for this with flowers and vegetables, to have a both beautiful and productive garden.



Tablet

THE DAILY ONLINE MAGAZINE OF
JEWISH NEWS, IDEAS, AND CULTURE.

TABLETMAG.COM



CLEAN MEAT

by Paul Shapiro, foreword by Yuval Noah Harari

Hardback, RRP: £19.39

Published by Gallery books

Paul Shapiro gives you a front-row seat for the wild story of the race to create and commercialise cleaner, safer, sustainable meat, real meat, without the animals. From the entrepreneurial visionaries to the scientists' workshops to the big business board-rooms, Shapiro details that quest for clean meat and other animal products and examines the debate raging around it.

Since the dawn of Homo sapiens some quarter million years ago, animals have satiated our species' desire for meat. But with a growing global population and demand for meat, eggs, dairy, leather,

and more, raising such massive numbers of farm animals is woefully inefficient and takes an enormous toll on the planet, public health, and certainly the animals themselves.

But what if we could have our meat and eat it, too? The next great scientific revolution is underway, discovering new ways to create enough food for the world's ever-growing, ever-hungry population.

Enter clean meat, real, actual meat grown (or brewed!) from animal cells, as well as other clean foods that ditch animal cells altogether and are simply built from the molecule up. Whereas our ancestors domesticated wild animals into livestock, today we're beginning to domesticate their cells, leaving the animals out of the equation. From one single cell of a cow, you could feed an entire village.

REPORTING FROM ISRAEL

I haven't yet tried the new soy cheeses released by Tnuvah, but their vanilla flavoured soya milk is a regular in my fridge. Tnuvah is Israel's leading dairy company, and they also operate one of the biggest slaughterhouses for cows and calves. The economic difficulties that the company has been experiencing in the last few years are probably not down to the increase in the number of vegans in Israel, at least not as a major cause. Tnuvah has been losing market share to other dairy companies and to imported dairy products. But it is telling that one

of the products in which Tnuvah showed rocketing growth in a time of economic slow-down is the soy-based equivalents of dairy products.

Tnuvah is not the only company to identify vegan products as a life-line. Zoglovek is a leading sausage company, established in 1937. Some of us remember it from the horrific scenes videotaped in its slaughterhouse in 2013 and again in 2015. The declaration of the World Health Organization, that processed meat is a cause of cancer, had a devastating impact on its sales. Since then, the company has announced that in 2018 it will start marketing a new line of meat-substitutes, suitable for vegans. The company has also shown interest in breakthrough food technologies and was involved in a recent conference, held in Haifa in the north of Israel, on cultured meat.

But let's get back to cheese! Probably the lust for cheese is the strongest, most common and most long-lasting challenge when it comes to adopting a vegan diet. It sure was for me. I still remember visiting New York City back in the nineties and celebrating a vegan cream cheese in a certain bagel place.

For many years, a packet of vegan cheese that really melts (really? Well, kind of...) was the best present to a vegan friend when coming back from a trip abroad. Workshops on home-made vegan cheeses have probably been the most attended at our centre Ginger in Jerusalem. When Amnon Jonas, maybe the best in Israel at innovative home-made vegan cheeses, held one, the room

was so full that people were peeking through the windows.

And now we will have Tnuvah's vegan cheeses in every supermarket, joining a number of other brands that are already on the shelves. The number of companies that market vegan cheeses has been growing, together with the quality of the products. On the website veg.co.il they list eight companies that market different vegan cheeses. Smaller producers market specialty cheeses such as vegan camembert and Roquefort. Pizzerias have no problem sourcing plant-based cheese for their vegan pizzas, and cafés find no difficulty sourcing vegan cheese for their sandwiches. If you crave labaneh or knafeh – you can find various vegan ones. And while there is no match to Amnon's workshops, one can find plenty of recipes for vegan cheeses online.

I am a real fan of vegan diets based on traditional staple foods; wheat and rice dishes, lentils, beans, fruit and veggies. Give me some hummous, a good kasha dish, burghul salad or pea-soup, and I will be content. I don't usually feel at ease among the commercial equivalents of animal-based foods. But I respect the importance (and am secretly enjoying the taste) of accessible quality vegan cheeses, which make veganism so much easier for so many of us.

Written by Yossi Wolfson. Yossi is a long-time vegan and animal liberation activist, born in Jerusalem.

He was one of the founders of Anonymous for Animal Rights. He works as a lawyer and co-ordinator for animals in agriculture at Let the Animals Live.

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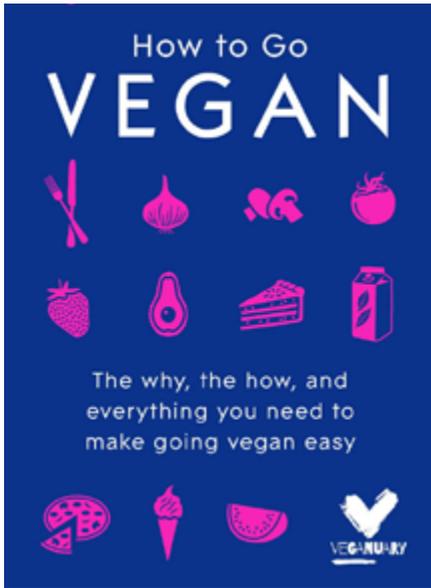
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VEGANUARY ANNOUNCES BOOK PUBLICATION!



Veganuary, together with publisher Hodder & Stoughton have recently announced that ‘How to Go Vegan: the why, the how, and everything you need to make going vegan easy’ will be published at the end of the month, and is now available for pre-order at Waterstones and Amazon.

In this fun, easy-to-follow and informative guide, the team behind the charity Veganuary shares their experience from helping tens of thousands of people to go vegan, offering advice, tips and valuable information for anyone thinking about making the switch, whether for a month, a year or for the rest of their lives.

With a foreword by Harry Potter actress Evanna Lynch, the book begins - in Veganuary’s trademark welcoming and non-judgmental way - by making a compelling case for trying a plant-based diet: for animals, for the environment, to ease world hunger, and for the health of individuals and society as a whole. But this isn’t a book that lectures or points fingers. Even when describing some of the more disturbing outcomes of animal agriculture, the charity holds the reader’s hand and guides them through the issues with sympathy and care. And once those reasons for going vegan are explained, the book gets down to the practicalities - the nuts, bolts and beans of how to make the change to a plant-based diet. Starting, of course, with breakfast.

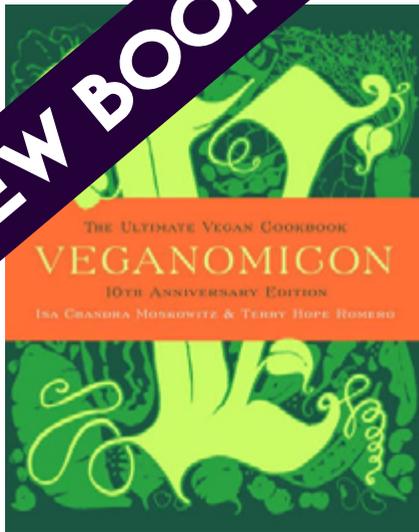
There are chapters on surprisingly vegan foods, label-reading, essential ingredients and how to veganise popular dishes. The book sets out meal plans for a fortnight, using some of the most popular recipes on the Veganuary website, and offers a motivational list of books and films that are regularly cited by Veganuary participants as being influential and life-changing.

It covers eating out, how to be well fed while on holiday and - of course - gives nutritional information, which has been verified and approved by an expert medical practitioner. The book doesn’t neglect the wider impact of a person’s food choices, examining the practical issues around being the only vegan in a household, ‘coming out’ to family and friends and eating at family gatherings.

‘How to Go Vegan’ is an information-packed resource, written in an inclusive, supportive, light-hearted way.

You can sign up to take part in Veganuary at Veganuary.com.

NEW BOOKS



VEGANOMICON

by Isa Chandra Moskowitz & Terry Hope Romero

Hardback RRP £30.00

Published by Da Capo Lifelong Books

Who knew vegetables could taste so good? Vegan powerhouses Isa Chandra Moskowitz and Terry Romero bring a brand new edition of this beloved vegan cookbook to celebrate its 10th anniversary. You'll find 25 new dishes and updates throughout for more than 250 recipes (everything from basics to desserts), stunning colour photos, and tips for making your kitchen a vegan paradise. All the recipes in Veganomicon have been thoroughly kitchen-tested to ensure user-friendliness and amazing results. Veganomicon also includes meals for all occasions and soy-free, gluten-free, and low-fat options, plus quick recipes that make dinner a snap.



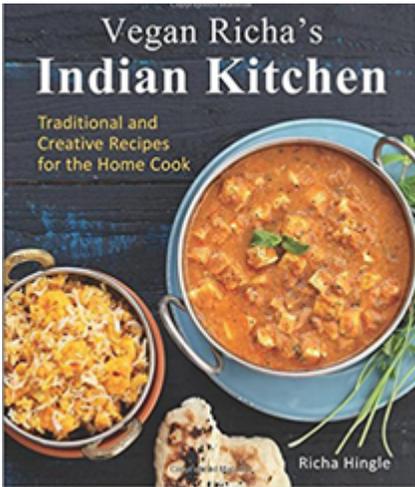
MUCH MORE VEG

by Hugh Fearnley-Whittingstall

Hardback, RRP £26.00

Published by Bloomsbury Publishing

Hugh's River Cottage Veg Every Day! became the UK's best-selling vegetable cookbook, persuading us through sheer temptation to make vegetables the mainstay of our daily cooking. In this much-anticipated follow-up, Hugh delivers more irresistible recipes, and this time, takes things one step further. Fuelled by his passionate belief that plant foods should be the dominant force in our kitchens, Hugh has put cheese, butter, cream, eggs, and refined flour and sugar firmly to one side. Instead, he uses veg, fruit, wholegrains, nuts, seeds, spices and cold-pressed oils to explore the length and breadth of what can be achieved with natural, unprocessed plant foods.



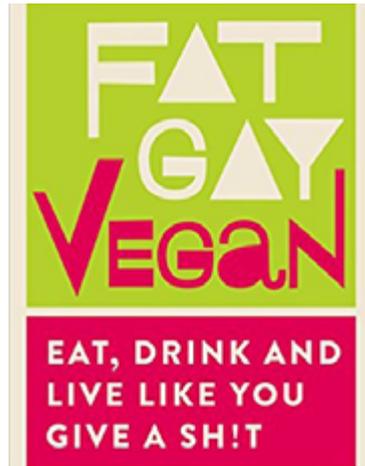
VEGAN RICHA'S INDIAN KITCHEN

by Richa Hingle

Paperback, RRP £14.99

Published by Vegan Heritage Press

Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and new Indian flavours that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favourites.



EAT LIKE YOU GIVE A SH*T

by Sarah Corbett

Hardback, RRP: £12.99

Published by Unbound

For the last seven years, Fat Gay Vegan has been a voice that cuts through the fuss and the fads. Now, he brings together his story and those of others in the vegan community to answer to the questions both vegans and non-vegans alike might have: Why should I be vegan in the first place? Does not being vegan mean I'm a bad person? What should my friends and family do? Can I still eat junk food if I'm vegan? (answer: definitely yes!) In Sean's own words: When a wave of realisation swamps you and you come to learn how incredibly simple and sensible choosing veganism is, you'll have me sitting up there in your head like a friendly, fat uncle whispering, "I knew you could do it."

NEW PRODUCTS



RAW HALO **RAW ARTISAN CHOCOLATES**

rawhalo.com

Raw Halo was founded in 2015 by Meg Hagggar. Having given up refined sugar in 2012, the inspiration came from Meg's search for a good quality raw chocolate product that wasn't loaded with additives or nasty sugar alternatives. Instead, Raw Halo combines superfoods with rich Peruvian cacao to create six 'Mylk' and six Dark healthy twists on your favourite chocolate combinations; think Dark Chocolate & Mint, Mylk & Crispiers (made from buckwheat) and Dark + Sweet Orange (RRP £2.79 per 35g bar). For more adventurous tastes, there's Dark & Lemon and Pink Himalayan Salt, superfood enriched Mylk & Goji Berries and Vanilla and the Dark & Ginger and Pecan.



OOOMEGA **FLAXSEED DRINK**

ooomega.eu

All the ooo without the moo! The first of its kind, a plant-based flaxseed drink, rich in Omega 3. Combining a delicious, creamy taste with the health benefits of flaxseeds, calcium, vitamin K, B12 and D2, Ooomega brings you a unique plant-based flax drink - the very first of its kind to reach the UK! Whether you prefer refreshing Original, or something a little sweeter, the Ooomega range has flavours to suit all tastes, choose from; Original, Original Sweetened and Macchiato.

ORGANIC **BUCKWHEAT PASTA** **FROM CLEARSPRING**

clearspring.co.uk

This new gluten free buckwheat pasta is a protein-packed alternative to durum wheat pasta. Despite the name, buckwheat is not a relative of wheat at all. It's an ancient grain that's full of fibre, and is a source of complex carbohydrates, protein and B vitamins. Buckwheat has a nutty flavour, and is a popular choice for making gluten-free noodles and pasta.



GLUTEN FREE CRISPS BY FOOD SHOULD TASTE GOOD

foodshouldtastegood.com

The range is free from preservatives, artificial flavours and colouring, and each tortilla chip is baked in a high oleic sunflower oil, which contains healthier unsaturated fats. These vegan crisps come in three flavours: Blue Corn, Multigrain and Sweet Potato.

NEW FLAVOURS FROM SEED & BEAN

seedandbean.co.uk

Look out for 14 dark bars, all suitable for vegans, as well as vegan hampers and vegan gift boxes from UK's most ethical chocolate brand. Seed and Bean has won multiple awards for its 100% organic, natural, Fairtrade, handmade British chocolate bars.



HEAT HOLDERS VEGAN THERMAL PRODUCTS

heatholders.co.uk

On the lookout for animal free clothing to keep you warm this winter? Look no further! Heat Holders offer a large vegan range of adult and childrenswear, from socks, to blankets, leggings, and thermal underwear, gloves, tights and hats. *Please note that not all products are animal-free.

MOMA FOODS ON THE GO INSTANT PORRIDGE

liviaskitchen.co.uk

MOMA unveils brand-new Almond Butter & Salted Caramel porridge. The perfect combination of two of the nation's favourites – nut butters & salted caramel. Gluten free, dairy free and Vegan Society approved, the porridge is high in fibre to aid gut health and high in beta-glucan to help maintain normal cholesterol level.

Other members of the MOMA family launching are: Apple & Cinnamon Instant Porridge Pot, and Coconut & Chia sachet multipack (x5). Just add hot water pot for added convenience – perfect for breakfast al desko!





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