

VegVibe

OCTOBER 2009

Meet the
Muslim-Vegan
NURAISHAH

Also in this issue:

**Taiwan,
Quinoa,
Seal-Culling,
Vegan Childhood,
and celebrating
World Vegetarian Day
at Eight Treasures**

The Chief Veggie Speaks!

Here we are into our third issue and I must say we're quite enjoying our newfound status as the vibe of the vegan/vegetarian community. Thank you to the many helpful souls who readily share information, story ideas and even offer suggestions on whom we should feature!

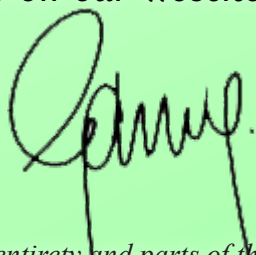
We are also proud to inform that the **VegVibe** blog is now live at <http://vegville.com/blog>, so do visit us regularly to catch follow-up news on articles we feature in the magazine proper as well as other beneficial material that we come across.

Do drop us an email at vision@vegville.com if you feel that you'd like to write for **VegVibe** as we intend to include as many of the good people in the community as possible into this project. Also, special contests are in the pipeline that will enrich both the participants and the readers.

Meanwhile in this issue, we discuss some heavy topics such as the senseless act of seal-culling (Page 6) and consider the difficulties (or ease) of raising vegan children (Page 5).

But lest you think we've gone completely 'hard-news', there are ample pages featuring the glorious food that we can find too - *Out & About* (Page 3) and *Veg Kitchen* (Page 19). Also, we report on a pioneering event that brought vegetarian food bloggers together on World Vegetarian Day (page 10)!

Finally, as ever, please continue to vote for your favourite article(s) in this issue on our website at <http://vegville.com>



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The editor would like to thank Ms Nuraishah Athly for graciously agreeing to be featured in this issue.

Dousing the Thirst for Bottled Water

By Halimah

Recently, the rural Australian town of *Bundanoon* made the news for being the first community in the world to ban bottled water. While the townsfolk voted overwhelmingly in favour of this ban, the local shopkeepers too were equally supportive of this initiative.

Question is - is this a move we can expect in Singapore? Not likely, going by the statistics on Singapore's bottled water consumption. From 1997 to 2004, it was estimated that local bottled water consumption leapt from 57,000 cubic metres to 103,000 cubic metres. (source: *Beverage Marketing Corporation*). But what's the problem with a taste for sparkling mineral water instead of good old tap water anyway?

Multi-Level Problem

Well, for one, the act of bottling the water itself brings about a host of environmental problems. Plastic is the number one choice of manufacturers to contain water, and even after putting aside the issue of non-biodegradability and the fact that not all of these bottles can be recycled, there is the pertinent concern of energy wastage.

Polyethylene Terephthalate or PET which is used to make the plastic bottles is derived from crude oil and, in the US alone, 1.5 million barrels worth of crude oil is used every year to make these disposable water bottles - that's enough to fuel 100,000 cars for a year!

Most of the connoisseurs of *Evian* and *Perrier* water hardly stop to consider where the water they are drinking comes from. As both brands claim to bottle the finest and purest water from France, how much carbon emission does it cost to transport it here?

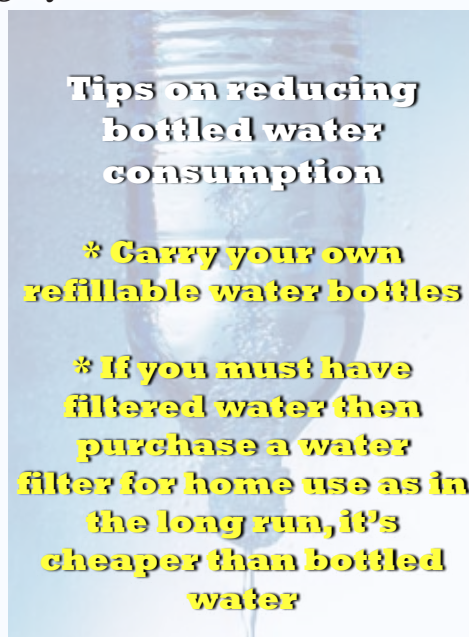


Photo courtesy of Yale Sustainability Blog

Daylight Robbery

In Singapore, most plastic bottles are incinerated, adding to the greenhouse gases but on the global stage bottled water has run up against some serious ethical issues. Some companies like *Coca-Cola* and *Aquafina* have been accused of sourcing water from third-world countries leading to a depletion of underground water reserves.

The alleged pilferage is so drastic that it has led to water shortages for the local population. Particularly in India, wells have run dry in areas that are close to *Coca-Cola* bottling factories, leading to much hardship for the locals living there.

So the next time you reach for that bottled water in the supermarket, just remember that the convenience you enjoy is not only at the expense of the environment but also at the expense of another person somewhere whose only source of water might just be what you are holding in your hands.

Located at the Nanyang Technological University's spanking new *Broadway Food Court*, this vegetarian stall is extremely popular with both vegetarians and non-vegetarians alike.

Serving over 23 vegetable and mock meat dishes, this outlet leaves one spoilt for choice. This is excluding other main staples like fried noodles and three types of rice - white, brown and pineapple rice - that are available daily. To top it off, there are daily specials ranging from 'prawn' noodles and 'chicken' rice to whet the appetite as well.

Popular items include *Asam Pedas Fish* - a sour and slightly sweet gravy spiced delectably with lemongrass and curry leaves that is extremely addictive and teases the taste buds for more.



NTU - Broadway Food Court
76 Nanyang Drive
Blk N2.1 #02-03

*Review with photos
by Halimah*



Lotus Vegetarian Restaurant
201 Balestier Road
Quality Hotel Level 2
Tel: 62540090/62540091



*Photos courtesy of Mr Philip Lim
at <http://singapuradailyphoto.blogspot.com>*

Located inside Quality Hotel, this vegetarian restaurant has made quite a name for its buffet spreads.

Mainly serving steamboat and Asian-style buffets, this establishment offers a wide spread of dishes spanning diverse cuisines.

Lotus Vegetarian Restaurant not only offers staples like *dim-sum* and *sushi*, it also leaves you spoilt for choice with its range of Western-style pot-pie soups and salads as well.

Advanced booking is recommended, especially over weekends and holidays, as it is popular with many a vegetarian foodie.

Review by Halimah



Achieving a Healthy Vegan Childhood

By Halimah



Photo by Parimala Shankar

If you think about it, children actually start off as natural vegetarians. They suckle on their mother's milk, are unable to chew on tough food and they basically love animals. It is only when they grow into young children that parents begin to fuss over nutritional needs, worrying if they are developing on par with other children. So, is it possible to bring up a healthy vegan child?

0 to 12 Months

From birth to about the age of four to six months, the nutritional needs of vegan babies are adequately met by breast milk. However, breastfeeding mothers have to ensure that they are meeting their own daily calorie needs and also have sufficient intake of vitamin B12, iron, calcium and DHA which can easily be obtained from a well-balanced diet or additional supplements.

The iron stores in a baby's body will last until about six months of age, hence, around the age of four months it is important that iron-fortified food such as rice cereals be introduced into the baby's diet. Rice cereal makes for a good first solid food experience as babies are least likely to have an allergic response.

Slowly introducing one new food at a time like oats, corn and other grains also reduces the risk of developing allergies. Nevertheless it is important that breastfeeding continues as babies absorb 50 to 70 percent of iron from this source as compared to the 1 to 7 percent absorption from soy-based formulas.

As the baby matures, more food like fruit juices, mashed fruit and vegetables can be introduced to the child - babies particularly enjoy mashed bananas and applesauce. Additionally, root vegetables such as potatoes, carrots and sweet potatoes can be cooked well and then pureed. At about seven months onwards, protein food like mashed beans, tofu and soy yoghurt can then be initiated.

12 to 24 Months

Children under the age of two are naturally energetic and therefore would require sufficient calorie and fat intake to enjoy optimal physical and mental development. At this stage, calorie-dense food such as nuts, avocado and dried fruits are some of the options that parents can consider.

One typical area of concern is DHA which is important for brain development. Children can obtain this from flaxseed and canola oil as well as from soy products. Another common concern is Vitamin B12 and this can be found in nutritional yeast.

If there are limitations (in terms of diet, taste or accessibility), then the child could be provided vitamin supplements and mineral-fortified food.

Bringing up healthy vegan kids is not an impossible task but it requires much planning and conscientious effort on the part of the parents to ensure that the child has the nutrition to give it the necessary foothold for optimum development.

The Sorrows of Seal-Culling

By Halimah

Namibia is home to picturesque geographical terrain and an astounding array of wildlife, however, its natural beauty masks an ugly truth - the unspeakable cruelty inflicted on seals every year.

Seal-culling which supposedly refers to the reduction of the seal population for various reasons, is conducted over several months in Namibia each year. What will happen is an estimated 85,000 seal pups will be clubbed to death and 6,000 bulls (male seals) will be shot for their genitals - this year alone.

Necessary Evil - Really?

According to Namibia, seal-culling is necessary to protect the livelihood of fisheries as the seals consume more than a third of the fishing industry's catch. Also, the process of culling reportedly offers many locals with some employment.

Though such intentions appear noble, seal-culling promotes the fur and leather trade as well as the bull genitals export trade (Asia continues to perpetuate demand for animal organs in traditional medicine). The biggest controversy that has animal welfare groups up in arms all over the world though is the actual method of culling the seal pups.

Brutal is an Understatement

While international standards dictate one swift blow to the head followed by a quick stab to the heart (yes, you read it right - this is the 'acceptable standard'), the majority of the workers are unskilled and end up brutally clubbing the seal pups to death instead.

Undercover footage show bloodied pups writhing in agony and simply left to die slowly with some so distressed that they vomit the mother's milk out.

To compound the problem, the *Cape Fur Seal* species which are the ones being culled in Namibia, are in fact endangered. Also, unlike other seal species, *Cape Fur Seals* are considered 'less evolved' and need a permanent colony on land to mate, rest and give birth. These seals also raise their pups over a 12-month period where pups suckle from the mother, creating an intense bond.

Thus, when the seal-clubbing crew encroaches into the seal colony every day over several months and forcefully round up the seals for culling, a massive disturbance is created for the whole seal colony. This then causes the seals to flee in panic.



Photo by Dan Costa

While some pups might escape the bludgeoning, the mothers would have long since abandoned the colony, thus leaving these pups to slowly starve to death being unable to fend for themselves.



Photo courtesy of The Chum Slick

These annual invasions by the 'sealers' (those commissioned to perform seal-culling) have in fact already caused several seal colonies to collapse with the seals leaving in search of (hopefully) safer and undisturbed locations.

Any End in Sight?

With the European Union's ban on seal products as of May 2009, seal-culling might eventually be stopped due to a lack of demand. Also, many animal welfare groups like *Seal Alert* and Namibia's SPCA have been gaining international momentum against seal-culling in Namibia.

In fact, *Seal Alert* even made an attempt to buy out the Namibian sealing industry altogether in July 2009 in the hopes of ending the practice of seal-culling.

With such international pressure and continued scrutiny there is hope still for the future of the *Cape Fur Seals* in Namibia - and we pray that the liberation comes sooner rather than later.



Photo by Steve Taylor

For more information,
please visit the
Seal Alert SA website at
<http://sealalertsa.wordpress.com>



Nuraishah Athly, 27 Laboratory Support Officer

that was suitable for her, and it helped that she discovered a vegetarian grocer near her home which carried several Halal-certified vegetarian products that could be shared with her family too.

Perhaps the biggest obstacle she has faced was dealing with objections from her family despite explaining her reasons to turn vegetarian. Though they have yet to accept her diet choice completely, she believes that her perseverance will bring them around in time to come. Also, with the increasing number of Halal-certified vegetarian establishments and vegetarian options in regular Halal-certified restaurants, it has become much easier to share a communal meal together.

Turning vegetarian, and then vegan, has helped Aishah find the inner peace that she sought. She also feels lighter and finds it easier to manage her weight; not to mention, her skin condition has improved and the acne problems have since healed. The added advantage clearly has been her transformation into a versatile cook of sorts due to preparing her own meals!

In her free time, Aishah likes to catch up with her friends over coffee or experiment with new recipes, and also enjoys going for runs or to the gym. One of her favourite music performers is the vegan metal band *Earth Crisis* whose music she finds positive

and empowering, in addition to the music of vegan artiste *Moby* whose music she considers uplifting and inspiring.



Perhaps one of the very few vegans in the Muslim community, Aishah cuts an intriguing and effervescent personality who embarked on vegetarianism 3 years ago before 'going vegan' a year later.

Though Aishah had attempted vegetarianism before, it was the euthanasia of one of her feline companions as a result of severe health complications that gave her the conviction to not practise any double standards on the value of animal life.

Her journey in ethical self discovery thus led her to conclude that it was a contradiction to eat animals when she loves them and believes in animal rights. She started practising vegetarianism during the Muslim fasting month of Ramadan that first year and subsequently read up more on the cruelties of factory-farming and the ensuing environmental and social degradation.

She simply could not accept that while children are starving in under-developed countries, the grains which are mostly grown in these countries are fed to livestock that are eaten by people in developed nations. It was at this point that she vowed not to support cruelty towards animals and humans in any way.

Aishah had to do a considerable amount of research to find a diet

Aishah advises those considering a vegetarian lifestyle not to be pressured into changing overnight. She suggests gradually weaning off meat and meeting like-minded people for support and advice first. Also, she highly recommends gaining knowledge through books and online resources about vegetarianism before embarking on any change.

In particular, she feels that Muslims who are planning to become vegetarians have to be mindful of the potential disapproval and hostility within the community as, through no fault of theirs, Islam does not have a term for vegetarianism - which leads to a poor un-

derstanding of this concept amongst the community.

She suggests sharing with family about the health benefits of vegetarianism and the compassionate reasons for shunning factory-farming, and then relating this philosophy to Islamic teaching.



1) What is one veg food that describes you best and why?

A delicious vegetarian dish that is created from a scarcely stocked kitchen - because behind every food presentation is a story of its own and something amazingly good can always be created even out of a dearth of resources.

2) If you were given one wish for the world, what would it be?

I wish that people can see beyond labels, skin colour and species because we all have equal rights to inhabit this planet and we need each other to survive. The sooner people realise that, the sooner we can all heal each other and be on the path to peacefulness.

3) What misconception about vegetarianism gets your goat?

That vegetarians are physically weak or malnourished when in fact we're not. Vegetarianism is only practiced by certain religions but there are millions of people who become vegetarians without belonging to or believing in those religions.

4) What is your favorite book or show on vegetarianism?

101 Reasons Why I'm A Vegetarian by Pamela Rice. It's a compilation of people's experiences on why they decided to be a vegetarian which is very inspiring and heartwarming to read as it testifies to how much empathy people can feel for others.

5) What would be a 'Quotable Quote' to you?

"Until he extends the circle of his compassion to all living things, man will not himself find peace" - Dr Albert Schweitzer, German-French philosopher



World Vegetarian Day at Eight Treasures

Fine-dining restaurant organises special dinner event for prominent vegetarian food bloggers

World Vegetarian Day 2009 was celebrated with class and panache this year among some of the who's-who of vegetarian food bloggers in Singapore. A special dinner was organised by *Eight Treasures Vegetarian* restaurant on 1st October at their glamorous premises off South Bridge Road to commemorate the special day - and these special individuals.

The celebrations falling on a weekday, the turnout was understandably cosy with notable bloggers such as *Veggie-Bun*, *ChicVegetarianFood* (also known as *CrystalbyMail*), *SheBakesNCooks* and *ILoveMyVeg* (also known as *MavisJan*) gracing the event.

Ms Zenna Ho, whose family runs *Eight Treasures*, personally hosted the event and treated the guests to a feast fit for royalty (vegetarian royalty, that is) that included novel off-the-menu items in addition to the popular dishes that regular customers love.

Altogether, the guests sampled 10 dishes

in all and rightfully, only these experts could pick out the nuances from dish to dish with the 3-hour meal revolving around the animated discussion of the food before them.

There was also a healthy smattering of compliments from one blogger to another with each being a fan of the other, and the ease with which the guests mingled was akin to a group of old friends getting together.

Breathtaking Food

The spread was nothing short of amazing and the guests were appreciative of the extra effort that went into decorating the dishes creatively. Ms Zenna revealed that the 'fat' for the *Honey Sauce Mock Pork* was made from *Konyaku Jelly* and shared that the demand for the high-quality dish has resulted in a 6-month waiting list for customers.



Another dish that wowed the guests was the *Marmite Willow Mushrooms* where the fried mushrooms were coated with *Marmite* sauce (though this dish is not on the menu - yet).

Finally, to top off an incredible meal, the guests were offered a heavenly concoction of *Honeydew Sago and Strawberry with Vanilla Ice-Cream* which left them literally purring with delight!

Tender Loving Care

Whilst the guests were pampered with good service and a welcoming ambience, it was not hard to see that much effort and thought had been put in by the chefs specially recruited by the restaurant.

And although many a tourist have stepped into the restaurant not realising it was a vegetarian establishment, almost no one has stepped out disappointed.

Also, as *Eight Treasures* occupies an elevated space on the second and third floors of a shophouse building, the serenity of having a clear view of the majestic *Buddha Tooth Relic Temple* makes the dining experience that much more surreal.

Care-full Business

What was most telling of *Eight Treasures'*

COMPLIMENTARY VIP MEMBERSHIP EXCLUSIVELY FOR VEGVIBE READERS!

AS A GOODWILL GESTURE, THE **FIRST 50 READERS WHO DINE IN** WILL BE GIVEN VIP MEMBERSHIPS WHICH EACH OFFERS A 12% DISCOUNT ON EVERY DINE-IN EXPERIENCE, UPDATES ON THE LATEST CREATIONS & PROMOTIONS, AND SPECIAL MEMBER PRIVILEGES & BIRTHDAY SPECIALS

ALL YOU HAVE TO DO IS **SNAP A PICTURE OF THIS ARTICLE ON YOUR HANDPHONE** AND SHOW THE IMAGE TO THE STAFF WHEN DINING IN AT

EIGHT TREASURES VEGETARIAN
282A SOUTH BRIDGE ROAD, TEL: 65 347727

business philosophy was the thoughtfulness in honouring World Vegetarian Day with a sizeable discount of 20% on the normal menu prices for all customers. It is something that is hard to witness in Singapore and a fact that was not lost on the bloggers in attendance.

Ms Zenna was also gracious in receiving feedback and assured everyone that the expert opinion of the dinner guests would be forwarded to the chefs for improvement.

The event ended with heartfelt congratulations all around - from host to guests and vice-versa, and requests for more of such meaningful events in future.

It was indeed a special occasion and a first of sorts for the Singapore vegetarian scene. We hope for this to be an annual affair and have no doubt it will become one of the major events on the Vegetarian Calendar to look forward to.



Ms Zenna Ho of Eight Treasures offers her advice and tells us what to expect in the months ahead...

Well, our menu was expanded in 2008 and now offers 121 dishes to choose from. We also maintain a strict 'No MSG' policy for the food that our chefs prepare and only deal with suppliers who are reliable and consistent in providing quality ingredients.

We always welcome requests for customisation of our dishes (though this is dependent on the chef's availability) and I would recommend our signature dish of *Fragrant Crispy vegetarian Chicken with Fresh Fruit Salad* which is hand-made using potato filling. I would also advise diners who do not like to wait to be seated to visit us on weekdays instead when the crowds are smaller.

Our cosy facilities are perfect for hosting intimate wedding receptions and can accommodate up to 200 guests. Similarly, we offer a catering option that starts from \$12/pax for those who want the *Eight Treasures* dining experience at their personal events. Our CNY reunion dinner menu will be ready by November and I would recommend booking early to avoid disappointment.

In the meanwhile, diners can enjoy our sumptuous set-course meals that start from \$99 at anytime, but please secure your reservations early for weekends, public holidays and for the 1st and 15th days of the lunar calendar. Finally, our website will be going live soon [[updates on VegVibe blog](#)] and in addition to the privileges that our 1,000 VIP members enjoy, UOB cardholders will be heartened to learn that they will enjoy a 10% discount as well.



INTERNATIONAL DAY OF CLIMATE ACTION

brought to you by

*Vegetarian
Society
(Singapore)*

acres

Animal Concerns Research & Education Society

Sat 24 Oct 2009, 8am to 3pm

Start Point: Padang

End Point : Singapore Management University

Cost : Free (donations welcomed)

350



<http://www.350sg.com>

Aerial Photograph • Padang • 8 - 10am

Wacky Walk • Padang to SMU • 10 - 11am

Prizes, Food and More Fun • SMU • 11am - 3pm

First grown by the Incas over 5,000 years ago, Quinoa (pronounced 'Keen-Wah') was revered as the 'mother grain' of the civilisation and it was customary for the emperor to sow the first seeds during the planting season.

However, during the Spanish colonisation of South America, Quinoa was scorned by the colonisers who duly destroyed the Quinoa fields in favour of wheat and barley. Though Quinoa continued to grow in the wild the world over, it was pretty much forgotten until a revival of interest in the 1970s brought it back into mainstream culture.

Nutritional Benefit

Keen on Quinoa

By Halimah

Commonly thought to be a grain, Quinoa is actually a seed of the *Goosefoot* plant, and is valued for its high nutritional value where it provides elevated levels of protein that are comparable to that of meat. Also, the protein itself is considered a complete protein as it contains essential amino acids.

In addition, Quinoa contains the amino acid *lysine* which is necessary for tissue growth and repair, and is also rich in calcium, iron, magnesium and several 'B' vitamins. Quinoa is attributed to a host of health benefits that include cardiovascular health and antioxidant protection.

Selection & Storage

Quinoa is mostly available as a pre-packaged item and so can be found in health stores and major supermarkets around the island. It is usually pale-yellow in colour but can come in different colours as well. It is important to ensure that the packaging does not contain moisture and after opening the package, Quinoa should be stored in an airtight container and kept in a cool, dark place. It does keep well in refrigeration and can last for about six months.

Preparing Quinoa

Quinoa has a natural coating of bitter-tasting *saponins* though much of these are removed commercially before packaging. Nevertheless, it is still advisable to soak the seeds for about an hour and rub them gently before rinsing. To ensure that the saponins have been completely removed, it might be a good idea to taste a few seeds.

Quinoa should be cooked at a rate of one part to two parts liquid and using vegetable stock instead of water will enhance the taste. Quinoa should be boiled and then left covered to simmer for about 10 to 15 minutes. The seeds will nearly triple in size and become translucent, and the germ will separate from the outer coating.

Quinoa's mildly nutty flavour has been found to be a good substitute for rice and it works well for salads too.



Photo courtesy of
Women's Body Conditioning Blog

TANTALISING TAIWAN

By **Cassandra Tan**
with photos

I have long heard about Taiwan being one of the most vegetarian friendly countries in the world. As a country with a predominantly Chinese population that mainly practises Buddhism, it is no surprise that they have quite a big vegetarian population - one finding in 2007 suggests there are 1.4 million committed vegetarians in Taiwan.

It is thus very convenient to be a vegetarian in Taiwan with almost everyone able to grasp the concept of vegetarianism very well. For example, at a non-vegetarian place, a request for vegetarian food will be followed by clarification on whether you are a lacto-ovo vegetarian or a vegan so that the appropriate food can be prepared. This really puts one's mind at ease eating anywhere.

For the Nocturnal Creature

Night markets are a big part of Taiwan's culture which are also a big draw for tourists. You can find night markets in every part of Taiwan and unlike local night markets here, Taiwanese night markets offer a wide array of food for vegetarians - from Smelly



Beancurd to Braised Mock Intestines and even their famous Vegetarian Oyster Omelette. The food at these night markets is always carefully labelled so there is never a need to ask if its suitable for vegetarians.



In Taipei, I had a good time eating at both the famous Shih-Lin and Rao He night markets. Rao He Market has a famous smelly beancurd stall which offers a vegetarian option (above) - although I have no idea what the non-vegetarian option has that makes it non-vegetarian!

I also had a very different type of Vegetarian Oyster Omelette at Shih Lin Night Market (left) where the flour was fried with egg and the omelette was eaten with gravy (I am a lacto-ovo vegetarian).

Vegetarian Food Paradise

In stark contrast to Singapore where the most common vegetarian food sold is our humble economical Bee Hoon and mixed-rice, most vegetarian shops in Taipei offer one-dish fare such as Vegetarian Braised Noodles, Miso Noodles, Curry Noodles and steamboat dishes. Most shops also offer vegetarian dumplings in the soup or lightly-fried form.



Generally, the vegetarian food in Taiwan seems to be healthier as compared to Singapore with most being soupy or steamed. One shop in particular near the Guting Subway Station (above) serves the most delicious braised noodles.

Vegetarian Food Paradise

One thing I love to do when travelling is to visit the local supermarkets, and in Taiwan, a wide range of vegetarian fare awaits the shopper. For example, the vegetarian instant noodles come in every imaginable flavour such as Vegetarian Pork Ribs and Miso & Mixed Vegetables.

A must-buy at the local supermarkets in Taiwan is the 'Braised Bittergourd' which comes in small bottles and is not available in Singapore. And like the night markets there, the food products from biscuits to canned food are similarly carefully labelled so that the customer can tell at one glance if the item is suitable for the vegetarian diet.

This conscientious labelling might be due to the system in place where it is mandatory that vegetarian food is tested and graded - a real boon to all vegetarians.

It is really a pleasure to travel to Taiwan as there is no need to print any food guides before going with vegetarian food easily accessible at most places and the locals more than happy to direct the hungry vegetarian traveller to the nearest vegetarian food outlet in the vicinity.

Thus, unlike countries such as Japan and Korea where people have not yet grasped the concept of vegetarianism, Taiwan presents itself as a safe haven for vegetarians.



Identifying Vegetarian Food in Taiwan

Look out for restaurants with the Chinese characters representing 'sùshí' (which means vegetarian) or the swastika symbol - these restaurants will exclusively serve vegetarian food

www.taiwanderful.net/guides/vegetarian-food-taiwan

What's Delicious in Taipei?



*Braised Noodles at vegetarian shop
near Guting Station*



*Spicy Noodles at vegetarian shop
near Guting Station*



Western Hotplate Set



Lightly-Fried Dumpling (Guo Tie)



*Vegetarian Hotpot at
night market in Taoyuan*





www.vitahealth.com.sg

Made in Australia, VitaHealth Flaxseed Oil is ideal for those who want the benefit of ome-

ga fatty acids without endangering marine life. Made with patented capsules that are completely free of animal-derivatives or genetically-modified components, this is a convenient way to ensure optimal omega fatty acid intake for those on the go.

Each *softgel* contains 1,000mg of flaxseed oil providing 575mg of omega-3's, 175mg of omega-6's and 175mg of omega-9's.

VitaHealth Flaxseed Oil is available at major pharmacies islandwide and retails at \$23.05 for 90 softgels or \$38 for 300 softgels.

Need a snack to go with the soccer game on TV? Well, just reach for *Freedom Food Chick-Pea Chips* - a nutritious snack low in salt and made from legumes.

These chips have a low GI value which means they help to sustain energy levels for longer. Suitable not only for vegans, these delicious chips are also free from wheat and gluten making it an ideal party snack for almost anyone and can be served on its own or with an accompanying dip.

Freedom Food Chick-Pea Chips is available at most Coldstorage supermarkets and retails at \$6.90 for a 250g pack.



Organic Bloom Cleanse and Nourish Body Wash is imported by Kanga Organics and retails online at \$15.90 for a 150ml bottle. It is also available off the shelf at Oasis Organic located at Shaw Tower #01-49.

Registered with the Vegan Society, Skin Blossom's *Organic Bloom Cleanse and Nourish Body Wash* is one organic product that certainly does not burn a hole in your pocket.

This wholesome wash creates a fine lather to gently cleanse the skin and contains nourishing Vitamin E, hydrating Aloe Vera and soothing Sweet Orange that combine to leave you feeling refreshed and revitalised.

Made with 74% organic ingredients and certified with the Soil Association, this body wash is suitable for all skin types.

www.kangaorganics.com



If you would like to 'Talk Shop' about any product or provide further information on those featured in this column, please drop us an email at vision@vegville.com

www.freedomfoods.com.au

Print & Film

Ever wondered how life could change in thirteen short minutes?

By Halimah

Well, watch *Meet Your Meat*, a production by PETA which documents the routine practices of the farming industry and the ensuing harsh lives of factory-farmed animals to find out!

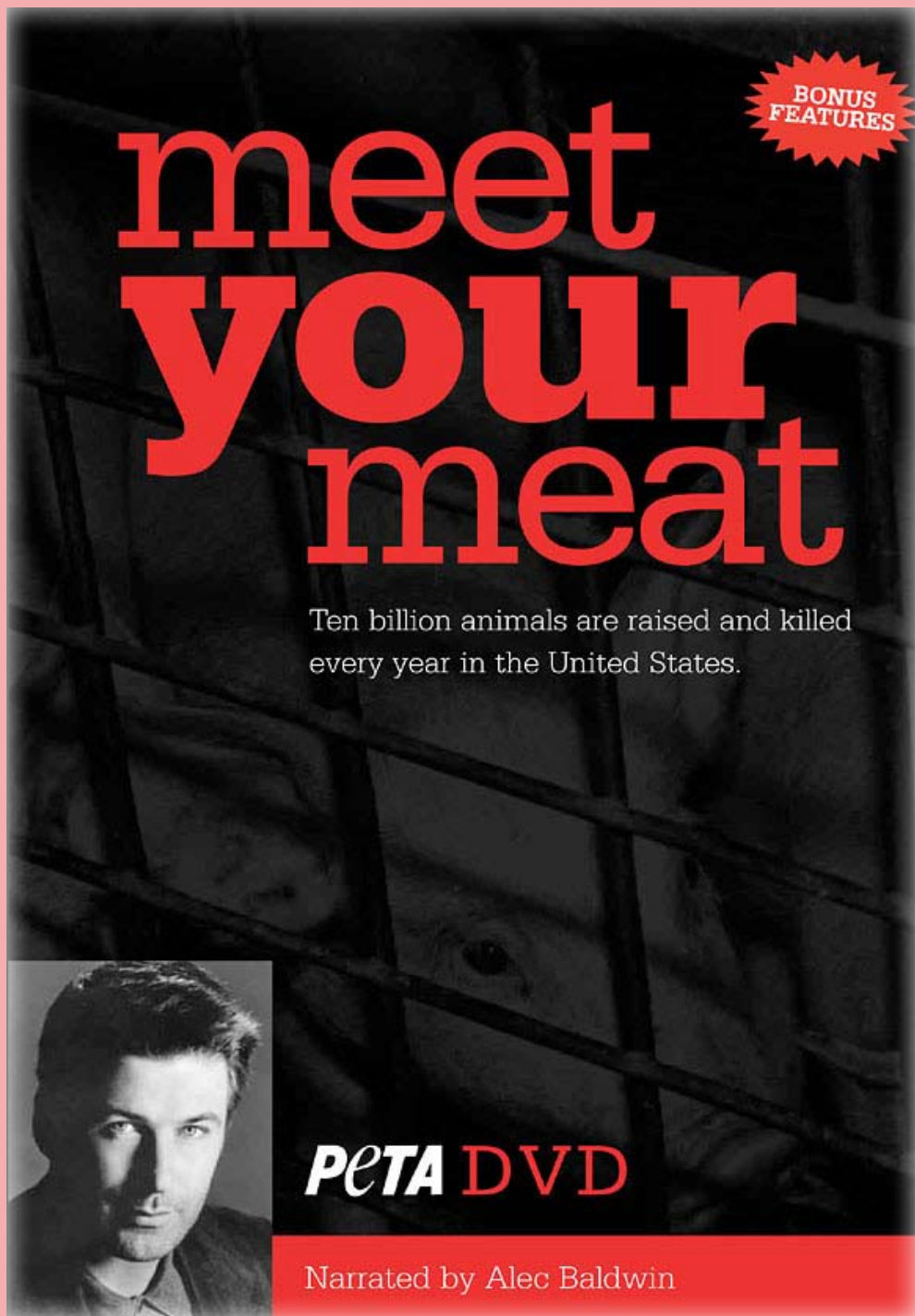
Covering the miserable lives of four groups of factory-farmed animals – poultry, egg-laying hens, cattle and pigs – this film aims to promote vegetarianism as an alternative choice to the cruelty inflicted by an industry that thrives on human decadence.

Narrated by actor *Alec Baldwin*, this film makes no apologies for its raw and uncensored style of imagery featuring undercover footage and recordings obtained through investigations at U.S. factory-farms and slaughterhouses in recent times.

Exposing the true extent of factory-farming practices, this film certainly makes a compelling case that the meat industry is preoccupied with only the bottomline and that every creature is simply a 'product' that must be squeezed to produce the maximum yield with the minimum investment of money, time and effort.

Such an insensitive mindset naturally leads

to irresponsible and often-times brutal treatment - such as searing off the beaks of egg-laying hens and subjecting animals to unimaginably horrendous housing conditions that goes against their natural behaviour.



Though *Meet Your Meat* hopes to extol vegetarianism through this exposé of sorts, it does briefly urge the viewer to consider how our action and choices can impact not only the lives of these innocuous animals but also the environment and our health.

Spiced Pumpkin with Seaweed Soup

60g cashew
480g pumpkin
50g onion
3 cloves garlic
1/2 tbsp olive oil
350ml water

1/2 portion vegetable stock cube
1/4 tsp nutmeg
2 tsp soy sauce
Salt and pepper to taste
Shredded seaweed as required



Method

1) Soak cashew in water for a half-hour and slice pumpkin, coat with olive oil and roast at 190 degrees Celsius in an oven for 20 minutes until tender (alternatively, microwave pumpkin until soft) before scraping pumpkin flesh from skin
2) Slice onion and garlic, and heat olive oil in a deep pot before adding and sautéing until fragrant, then add cashews and pumpkin flesh and sauté for another minute
3) Add 350ml of water, stock cube, nutmeg, soy and pepper, and bring to a

boil before removing mixture from heat
4) Using a handheld blender, puree mixture until it resembles a creamy soup (alternatively, use a food processor or blender to puree mixture)
5) Pour soup back into pot, adjust salt and seasoning to taste, bring to a simmer and remove from heat
6) To serve, spoon soup into bowls and top with shredded seaweed

Tip: The flavour of this soup develops over a few hours and thus can be prepared ahead

2 Russet potatoes
65g broccoli florets
1 1/2 tbsp vegan mayonnaise
30ml water
1/4 tsp onion powder
1/2 tsp garlic powder
1/2 tsp salt or to taste
Pepper to taste

Broccoli-Stuffed Potatoes



Method

- 1) Wash and scrub Russet potatoes to remove dirt, then cut in half lengthwise before coating with olive oil
- 2) Bake potatoes in oven at 200 degrees Celsius until tender (alternatively, microwave potatoes until soft)
- 3) Steam broccoli florets until soft and mash together in bowl
- 4) Use spoon to gently scoop out 'flesh' of potato and leave skin behind
- 5) Add potato 'flesh' and mayonnaise to broccoli and mash together
- 6) Dissolve salt in 30ml of water and add to mixture
- 7) Add onion powder, garlic powder and pepper to taste and mix well until incorporated
- 8) Scoop mixture into potato skins, overstuffing them (use only 2 skins)

Tip: Using a serrated edged spoon (e.g. grapefruit spoon) makes scooping easier

280g ripe mango flesh
30g organic sugar
1 small lime juiced
1 tbsp of strawberry preserves/jam

Method

- 1) Blend mango, lime juice and sugar

Option A:

- 2) Freeze according to ice cream maker's instruction and towards end of cycle, add strawberry preserves/jam

Option B:

- 2) Place mango mixture in bowl and allow to freeze until semi-solid, then blend together well before placing in freezer

- 3) Repeat step (2) two times before adding strawberry preserves/jam and stirring gently
- 4) Freeze mixture completely
- 5) To serve, remove sorbet earlier to soften slightly, then scoop into individual bowls

Mango-Strawberry Sorbet



400g sweet potatoes
1/2 tsp cinnamon powder
80g non-dairy semi-sweet chocolate
30ml of soymilk

dip sweet potato balls in chocolate before placing on plate
6) Refrigerate until chocolate sets - best served chilled

Method

- 1) Steam sweet potatoes until soft and cooked before removing skin
- 2) Add sweet potatoes and cinnamon powder to bowl, mash together until thick paste-like dough is formed
- 3) Roll mixture into 1-inch balls and keep in fridge
- 4) Melt chocolate with soymilk in microwave oven using 10-second intervals (alternatively, in bowl of hot water)
- 5) Line plate with parchment paper, then

Sweet Potato Surprise



Method

- 1) Cut spring-roll wrappers into four squares
- 2) Grease muffin pan with olive oil, place cut spring-roll wrapper in muffin hole, brush some oil on wrapper before placing second layer of wrapper and brushing with olive oil again
- 3) Bake wrappers at 190 degrees Celsius for 10 mins until brown
- 4) Mince onion and garlic, and slice mushroom and spinach finely before adding olive oil in a wok and sautéing until fragrant, then add mushroom and sauté until wilted
- 5) Add spinach, salt and pepper, and sauté until cooked
- 6) Place spoonfuls of the mixture into prepared tarts



Spinach-Mushroom Tart

4 large spring-roll wrappers
60g onion
4 cloves garlic
1/2 tbsp olive oil
100g Shitake mushroom
180g baby spinach
Salt and pepper to taste

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VegVibe

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Our first issue saw over 300 direct downloads and a subscription rate of almost 100 readers which has now grown to 150. The second issue meanwhile has been downloaded 500 times since its release in September - all this is without including the countless email forwards that we estimate would further add between 100 and 200 to this figure.

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