Health, Ethics, Environment

vegan NEW ZEALAND

Jeffrey Masson & Beasts

Stop Factory Farming

Go Vegan for Lent

Activate your Nuts

Sea Shepherd Saves the Whales

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GIVEAWAY!

Jeff Masson’s “Beasts” Book + Trilogy Rosehip Oil & more!

ISSN 2324-1233
I’m very happy to welcome spring again – longer days, warmer weather, and fresh new growth everywhere. For a vegan, this can lead to very mixed feelings too, as livestock in the fields of New Zealand also produce their precious new babies, and most New Zealanders see this only in terms of sentimental or entertainment value for their own children.

Yet what an amazing winter it has been for the animals through vegan efforts! From major hen rescues to pig farming exposés; from nationwide marches to a fundraising art auction for animal awareness, the media has been running hot with the activity. And the politicians have responded to the people’s outrage for abused animals. As well as our regularly sympathetic parties like the Greens, now historically a major party (Labour) has stopped denigrating the cause and has instead publicly committed to abolishing factory farms… and has set the date. Whatever the outcome, this is a major step, and the hardworking activists can take full credit for the clear fact that politicians have felt the need to take public stances.

We have covered some of these actions in this issue and hope to have even more insider stories in upcoming magazines.

Naturally, not all vegans and activists will agree on the right way forward. There is no one action that will certainly lead us to our important goals, but every action counts and doing nothing will mean that other people are shaping your future.

Voting is one simple action available to all vegan adults, and if all of us who care about other animals go vote in their best interests, we might see a genuinely new season in New Zealand.

Jessica Parsons
Jeffrey Masson

Jeffrey Moussaieff Masson is the bestselling author of 9 books on the emotional life of animals. His book, Dogs Never Lie About Love, has sold over 1 million copies worldwide.

His latest book is Beasts - What Animals Can Teach Us About the Origins of Good and Evil. He kindly took the time to share some of his thoughts with the readers of Vegan New Zealand.

VS: How can animal activists cope psychologically with diverging from the majority of society, which is very stressful at times?

JM: That is a tough one. Not sure. I sometimes despair. Finding like-minded people? Going for long walks with a dog? Sleeping with your cat?

VS: How has your family helped with spreading/living your message?

JM: As I have travelled and have a direct connection to animals often find like-minded people. Going for long walks with a dog? Sometimes I see fun of me. Today, many universities in the US (compared with health or environmental reasons) are great friends of animals, but they are categorically that when it comes to violence, almost all other animals are our superiors and have something to teach us. Orcas, for example, have never been known to kill a member of their species in the wild. Ever. In the 20th century alone, humans have killed more than 200,000,000 of our own kind.

GS: Enter to win a copy of Jeffrey Masson's Beasts with the subject line Beasts by 15 October 2014 (or today, before you forget). Open to Vegan Society members only.
Animal Law Workshop

Dr Michael Morris

The Animal Law Workshop was held on 24 May 2014 at the University of Auckland to discuss the Animal Welfare Act and the changes being proposed by Parliament. While dissecting the legal minutiae of clauses and sub-clauses, arguing more rea and strict liability, and strategies involving parliamentary submissions and legal wrangling with the judiciary would not appeal to everyone, the workshop clearly presented an overview of the basis for the legal protection for animals in this country. They would therefore be useful to anyone interested in furthering the cause of animal rights in New Zealand.

The good

Vernon Tava started the workshop on an upbeat note, reminding us of recent legal victories. Parliament have recently passed a complete ban on testing party pills on animals and in 2010 created a new offence of reckless ill treatment of animals. This led to a lively discussion on whether the link was simply a correlation - those who abuse animals have the same mindset as those abusing humans - or whether there is a causal link.

Some may cynically say that being more concerned with the offender than the victim, and mentioned the now well-established link between animal abuse and abuse of humans. If this link is more widely known, it may encourage the police and other enforcement agencies to treat animal abuse more seriously.

The presentation was well-argued and thought-provoking, but in my mind there is still a difference between stealing someone’s property and grievous bodily harm to a feeling being. Animals may be better served by encouraging the police to become more involved with prosecutions. As one of the audience pointed out, many police officers are not even aware they have the right to do so.

Animals Agenda 2014

Catriona MacLennan next described the Animals Agenda campaign for the 2014 election, promoted by the Auckland SPCA, and mentioned the now well-established link between animal abuse and abuse of humans. This led to a lively discussion on whether the link was simply a correlation - those who abuse animals have the same mindset as those abusing humans - or whether there is a causal link.

While no definite conclusions can be reached on this, there is some evidence to suggest that those who abuse animals or even witness others abusing them can go on to become abusers of humans. If this link is more widely known, it may encourage the police and other enforcement agencies to treat animal abuse more seriously.

Further Links

• Animals Agenda www.animalvoice.co.nz/ agenda
• Party positions on animals www.safe.org.nz/ campaigns/politics-and-animals/

Photo captions

Speakers Danielle Duffield, David Tong, and Vernon Tava presenting at the workshop.
Avril McIntyre, Vice President of AUARG with Laurie himself at the HUHA sanctuary, a Prize Package, including a meet-and-greet sold in the auction along with a Wellington visit. There was also a very special artist named Laurie, a Paul Walsh, Flox and John Pusateri. There were John Darroch, who contributed his art to the auction, along with the diptych Liberated, won by Mojo on the night (below 2).

President Nicola Davies and Vice President Avril McIntyre next to featured artist Paul Walsh’s work, 3D Bunny (left).

From 4 – 8 August, the Auckland University Animal Rights Group hosted a public art exhibition entitled ‘Animal Exploitation and Liberation’ at Te Karanga Gallery. The final night was held on 8 August, and attendees enjoyed wine donated by Matavino and Rockburn Wines, food catered by The Raw Kitchen, and goodie bags filled by Oma Beauty, Matakana Superfoods and Be Good Organics. The main feature of the final night was a charity art auction, which raised over $4000 for HUHA (Helping You Help Animals) and NZAVS. The event was hosted by the amazing auctioneer, Steve Heywood.

Artistic expression
The top two voted artists on the night were John Darroch, who contributed his photographic diptych ‘Liberated’, and Sarah Watters, who created her beautiful brooch ‘The Freedom of Flight’. The artist prize packages worth $500 each were generously donated by Angel Food, Blue Earth, Ceres Organics, Piccadilly Shows, Apotheka, Hectors Restaurant, Trade Aid, Ecozone, Kim liu, Suka, Shampoo’ n Things Sylvia Park, Revive Café, Blue Bird Café, and the New Zealand Anti-Vivisection Society.

Featured artists included Mary McIntyre, Paul Walsh, Flox and John Pusateri. There was also a very special artist named Laurie, a capuchin monkey who spent 16 years of his life as a circus monkey before being taken in by HUHA. Two of Laurie’s limited edition prints, Hidden Parrot and Rose Garden, were sold in the auction along with a Wellington Prize Package, including a meet-and-greet with Laurie himself at the HUHA sanctuary, a night’s accommodation at the Bolton Hotel, dinner at Chow restaurant, brunch at Olive Café, a movie at the Embassy Theatre and some sweet treats at Midnight Espresso.

HUHA and NZAVS
During the event, HUHA also announced their new campaign in conjunction with NZAVS. “Out of the Labs. Find out more at www.outofthelabs.org.nz, and be sure to sign their very important petition. Through our efforts, we also hoped to raise awareness of our own petition to the University to reduce animal deaths on campus. Last year, 9,669 animals died as a result of research and dissection. You can sign it through the Auckland University Animal Rights Group page on Facebook.”

Jijn Abraham, executive chef of Heritage Auckland, has won the New Zealand Vegetarian Dish Challenge 2014 (dinner category) with his dish of organic tofu and peas stuffed potato cakes, smoked tomato and onions. This is the second win for Abraham, who won the inaugural Vegetarian Dish Challenge in 2012. He has also just been nominated in the best hotel chef category by HM (Hotel Management) magazine. He joins a roll-call of top Australasian chefs on the shortlist of the Australian magazine’s annual award nominees. The winner will be announced in September in Sydney. “Vegetarian dishes are becoming more and more popular and as a chef I am constantly challenging myself to get really creative and develop new ways of delivering vegetarian meals,” says Abraham. Heritage Auckland, a hospitality industry leader in healthy and conscious dining, was the first hotel in New Zealand to offer vegan and vegetarian options in its mainstream menus. The hotel went on to become the first vegetarian accredited restaurant in New Zealand and recently introduced a raw bar alongside its extensive breakfast buffet. Cereals on the raw breakfast bar at the Hectors Restaurant at Heritage Auckland include cranberry and coconut yoghurt museli with pipettes of raw berry coulis, raw granola and protein bars. The preserves to go with the raw cabbage dressed bread include raw fig preserve and raw chia seed and feijoa coulis.

“This is an opportunity to change the perceptions of hotel food,” says Abraham. “We are preparing vegetables, fruit, herbs, beans and nuts in ways that retain their natural flavours and nutritional value. Our raw dishes utilise a number of techniques such as preserving, pickling, compression, dehydation and sprouting to enhance the taste. With every meal, we’re celebrating New Zealand’s vibrant and varied cuisine.”

Hectors Restaurant is open daily from 6.30am until late. For reservations, phone 09 979 7434. Website: www.heritagehotels.co.nz

Chef wins top prize
Tofu and peas stuffed potato cakes
Serves: 8

Ingredients
- 100 gm organic firm tofu, chopped
- 100 gm peas, blanched and fork mashed
- 1 red chilli, sliced
- ½ tsp ginger, chopped
- 2 tsp coriander leaves, chopped
- 10 gm lemongrass, chopped
- 1 tsp ginger, chopped
- 70 gm onion, chopped
- 2 cloves garlic, chopped
- Salt
- 1 kg mashed potato with oil and touch of turmeric
- 100 gm cornflour

Instructions
1. Boil the potatoes and fork mash (does not need to be fine). Season and chill.
2. In a sauce pan, heat oil, then add onion, garlic, chilli, lemongrass and ginger, Sauce to combine well.
3. Add the peas and tofu. Sauce well and then blend all in mixer.
4. Add coriander leaves. Chill the mixture and reserve.
5. Take 50 gm of potato mash and press in the palm of the hand, creating a well in the centre. Put 1 Tbsp of the tofu mixture into the well and close the ball with potato mash. Shape into a patty.
6. Roll the patty in cornflour and pan fry until crispy on both sides.

Caper raisin purée
- 100 gm capers, rinsed and drained
- 100 gm raisins, golden
- 5 red capers
- 1 large brown or red onion with peel
- 1 garlic bulb, whole
- 10 leaves basil
- 10 leaves mint
- 50 ml olive oil
- Sea salt (to taste)
- ½ tsp roasted cumin powder

Instructions
1. Roast the capiscum, garlic and red onion with oil for 40 minutes in oven.
2. Remove the capiscum and garlic. Peel the capiscum and cut into strips. Cut the garlic bulb in half and squeeze out the garlic purée.
3. Roast the onion for another 20 minutes, then remove, peel and cut into strips.
4. Add tomatoes to the warm capiscum and garlic. Mix the sauce with salt and pepper, and serve.

Watercress and tomato salad
Serves: 8

Ingredients
- 5 red capiscum
- 1 large brown or red onion with peel
- 1 garlic bulb, whole
- 100 gm peas, blanched and fork mashed
- 100 gm raisins, golden
- 5 red capers
- 1 large brown or red onion with peel
- 100 gm peas, blanched and fork mashed
- 1 garlic bulb, whole
- 10 leaves basil
- 10 leaves mint
- 50 ml olive oil
- Sea salt (to taste)
- ½ tsp roasted cumin powder

Instructions
1. Roast the capiscum, garlic and red onion with oil for 40 minutes in oven.
2. Remove the capiscum and garlic. Peel the capiscum and cut into strips. Cut the garlic bulb in half and squeeze out the garlic purée.
3. Roast the onion for another 20 minutes, then remove, peel and cut into strips.
4. Add tomatoes to the warm capiscum and garlic. Mix the sauce with salt and pepper, and serve.

Assemble
1. Place the warm roasted pepper mix on the plate
2. Top with stuffed potato cake
3. Top with the salsa and the caper raisin purée
4. Add salad leaves for a final flourish.

Nutrient and dietary needs
- 100 gm capers
- 1 large brown or red onion with peel
- 1 garlic bulb, whole
- 100 gm peas, blanched and fork mashed
- 1 red chilli, sliced
- ½ tsp ginger, chopped
- 2 tsp coriander leaves, chopped
- 10 gm lemongrass, chopped
- 1 tsp ginger, chopped
- 70 gm onion, chopped
- 2 cloves garlic, chopped
- Salt
- 1 kg mashed potato with oil and touch of turmeric
- 100 gm cornflour

Instructions
1. Boil the potatoes and fork mash (does not need to be fine). Season and chill.
2. In a sauce pan, heat oil, then add onion, garlic, chilli, lemongrass and ginger, Sauce to combine well.
3. Add the peas and tofu. Sauce well and then blend all in mixer.
4. Add coriander leaves. Chill the mixture and reserve.
5. Take 50 gm of potato mash and press in the palm of the hand, creating a well in the centre. Put 1 Tbsp of the tofu mixture into the well and close the ball with potato mash. Shape into a patty.
6. Roll the patty in cornflour and pan fry until crispy on both sides.

Caper raisin purée
- 100 gm capers, rinsed and drained
- 100 gm raisins, golden
- 5 red capers
- 1 large brown or red onion with peel
- 1 garlic bulb, whole
- 10 leaves basil
- 10 leaves mint
- 50 ml olive oil
- Sea salt (to taste)
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Instructions
1. Roast the capiscum, garlic and red onion with oil for 40 minutes in oven.
2. Remove the capiscum and garlic. Peel the capiscum and cut into strips. Cut the garlic bulb in half and squeeze out the garlic purée.
3. Roast the onion for another 20 minutes, then remove, peel and cut into strips.
4. Add tomatoes to the warm capiscum and garlic. Mix the sauce with salt and pepper, and serve.

Assemble
1. Place the warm roasted pepper mix on the plate
2. Top with stuffed potato cake
3. Top with the salsa and the caper raisin purée
4. Add salad leaves for a final flourish.
Go Vegan for Lent
or the 40 day Vegan Initiative

Maya Hammersal, Lifestyle Mentor

It has always stuck me as odd that the birth, life and death of one of the world’s greatest prophets, a man utterly dedicated to compassion, love and peace, would generally be celebrated by an orgy of bloodletting at the expense of animals. There is no doubt in my mind that Jesus was at the very least a vegetarian, who would be horrified at the killing that goes on in his name.

Therefore, on Tuesday 4th March 2014 I launched my ‘Go Vegan for Lent’ initiative at the Theosophical Society in Wellington. In the Christian tradition, it was Shrove Tuesday: a day for using up all the rich ingredients, such as butter and eggs, in the form of pancakes, before Ash Wednesday and the austerity of Lent (which is the run up to holy week, the passion and Easter).

At a time when the Christian religion was fundamental to the social structure of Europe, the fasting periods running up to Christmas (Advent) and Easter (Lent) were ways of helping people focus their attention from their everyday life and onto spiritual and personal development. New Agers and psychologists today might say “to live a more conscious life”.

A time for change

Nowadays, if the 40 days of Lent are observed it is usually seen as a time to give something up – for example: smoking, drinking alcohol, or eating chocolate – as a way of making us less unhealthy. Even for those who don’t follow the Christian religion, there is a cultural awareness that Lent, like Christmas and New Year, is a time for new beginnings, making changes and/or resolutions.

There are many reasons why people adopt a plant-based diet - animal rights, health concerns, environmental awareness, religion - to name a few. There are fewer reasons why people don’t. Habitual eating, or not being consciously aware about what you eat, is one of the main ones.

My enthousiasm at the Theosophical Society was for people to give up all animal-based foods for 40 days and to become more conscious about the food choices they habitually make. I was not expecting people to give up anything that they usually eat. Those who signed up to become members of the Go For It Group could still eat cheese, sausages, burgers, mince, yoghurt, or milk as long as these foods were vegetable-based alternatives. As I said in my talk, the only thing you have to give up, when going onto a plant-based diet, is saturated animal fat!

Though it was not widely publicised, at the start I had fifteen people interested in joining the Go For It Group. In fact, I had seven people contact me from around the country asking if they could join.

Based on experience

As an Occupational Therapist and Lifestyle Mentor, I’ve worked with many people coming to terms with, and making, fundamental changes to their lives and lifestyles. In Jersey, Channel Islands, I ran the only vegetarian and vegan boutique hotel. I was vegetarian for twelve years before adopting a totally plant-based diet five years ago and I am currently writing a book on going vegan. So, for this first course of 40 days I decided to be a hands-on mentor and coordinator for the Go For It Group.

Members of the group were encouraged to share why they were taking the initiative as a way of fixing in their minds what they were trying to achieve. Every day I emailed the group with useful information: a vegan recipe, information on vegan lifestyle, hints and tips on where to buy alternative foods. Members of the group would write back asking questions or telling me what they found challenging or exciting. I shared extracts of my response with the group, as often others were dealing with the same issues or found inspiration in what the others were enjoying.

Rewards, changes & progress

Halfway through the initiative, we had a vegan potluck for the members, and most of those in Wellington attended. It was a great chance for the group to experience the joy of not having to explain and justify themselves at a meal.

While the initiative was focused on adopting a totally plant-based diet, I decided any commitment to cut out the beneficial reasons for consuming this type of diet and/or to make even a small adjustment, in regard to being conscious about what was consumed, was okay. A couple of the participants were not able to be fully vegan due to family considerations. However, they made a commitment to give up some aspect of dairy or meat and stuck to this, which was great. Interestingly one member, though swearing they were following a strict plant-only diet, was observed tucking into food that they’d been told was vegetarian at an event. I guess for some it is hard to consciously say no when confronted by a bit of what they fancy!

Those fifteen people were already vegetarians, no meat eaters signed up. It would have been interesting to see how they would have coped going ‘cold turkey.’ After three weeks of solely eating a plant-based diet with us, a meat/dairy eating friend screamed at me, “Your diet is making me fat. I need hard protein!” A compromise with a few quorn sausages seems to have fixed their minds.

40 days only, but for the same reason it was not even as something serious to be continued. At least two people have said, five months on, that they have continued to eat a purely plant-based diet, and several others have converted to plant foods only at home.

In the future...

The Theosophical Society has asked me to return in November to give another public talk and launch the Go Vegan for Advent and have a cruelty-free Christmas initiative. Hopefully, we can prevent turkeys from being consumed this Christmas in celebration of Jesus’ birth!

For further information on going vegan, one of my future initiatives or lifestyle mentoring and the services I offer - please contact me at: functionallivedmac.com

Resources

• Dr Aryan Tavikkoli website: Veg Sense http://www.vegsense.net/articles.html
• For those interested in finding out more about the link between Jesus, health and diet, there’s a fascinating book supposedly dictated by the man himself. Being part of the Essene texts of the Dead Sea Scrolls, it is totally different to anything else traditionally found in the Bible. I call it the JC guide to health and fitness because it needs like a Beverly Hills Health Spa manual with very practical advice on things like: sunbathing for health, colonic irrigation for detoxing and raw food, including how to prepare living bread, amongst many other things we would recognise today.
• The Gospel of Peace of Jesus Christ. ISBN 0 85207 103 5
Using Trilogy’s Certified Organic Rosehip Oil was a very nice reminder of the power of quality in good skincare.

I’ve used rosehip oil before with little result. Admittedly, that was a good 10+ yrs ago and my skin was really quite different. I was up for giving this oil another go and thought I’d just apply it to one side of my face over a month and see what happened.

To be honest, I thought there was not much to expect. I put it down to a month’s test being too short as this is a quality product of an oil renowned throughout history for its anti-aging effects.

Then I had one doozy of a night. Up all hours, eating way too much rich and decadent food. I woke up looking rough - all hours, eating way too much rich and decadent food. I woke up looking rough -

I was up for giving this oil another go and thought I’d just apply it to one side of my face over a month and see what happened. Admittedly, that was a good 10+ yrs ago and my skin was really quite different. I was up for giving this oil another go and thought I’d just apply it to one side of my face over a month and see what happened.

One shot of this saved the day twice: once when something I’d eaten disagreed with me, and the other after a full on bodywork session prompting a spontaneous liver detox. This is well worth having in your fridge if you suffer from indigestion or just have a delicate stomach.

**GIVEAWAY!**

1. Enter to win Trilogy’s Certified Organic Rosehip Oil (20mL) by emailing Amanda@ vegansociety.co.nz with the subject line Trilogy and/or

2. Enter to win Lifestream’s Biogenic Aloe Mint (500mL) by emailing Amanda@ vegansociety.co.nz with the subject line Lifestream by 15 October 2014 (or today, before you forget). Open to Vegan Society members only.

**Winner!**

Congratulations to the winner of the Radiance MediJubes, Paula D and of the Weleda Citrus Hydrating Body Lotion, Margaret HS!

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**Essential Bees**

Matt Dowd

Our recent visit to the South Island to see old friends just wouldn’t be complete without a visit to a pick-your-own berry farm...

This type of farm is becoming increasingly rare around the Auckland region, but I knew I’d be able to find one there. Sure enough, just north of Christchurch we found one on Marshland Rd. Being the end of March and therefore the close of summer, we were just in time to catch the end of the raspberry season (my absolute favourite being fresh boysenberries picked right off the vine).

The bees were in full hustle, these unwavering workaholics who buzz from plant to plant, flower to flower, doing a service that would be frankly impossible for humans to complete, and a service that is vital to our food industry. While we sip our morning coffee, drop our children at school, sit in rush hour traffic - in fact all day long - they tirelessly roam across our fields, transferring pollen between flowers ensuring effective reproduction and growth of our fruit and flora.

**Bee facts**

It’s a little-known fact that bees create an electrical field in flight and when landing on a plant, they ‘ground’ themselves, causing pollen to attract to that plant.

Almost 100 years ago, European scientists noticed at the physical impossibility of a bumblebee flying, given its huge body mass and tiny wings. Not until a phenomenon known as dynamic stall was discovered did it make sense that these jumbo sized insects could take to the air. The wings beat 200 times a second due to muscles on the body that vibrate like a guitar string, and that produces the distinctive resonating buzz. It’s not the wings that create the buzz, as a bumblebee must vibrate these muscles to warm itself up in colder weather before it can even fly, and they can be decoupled from the wings to achieve this.

**Saving the bees**

Bees are a most essential part of our environment and are under threat from natural predators including the varroa mite, which, left unchecked, can decimate entire colonies, as well as from oversuse of chemicals and pesticides in farming practice.

A recent Oxford University study found that organic farms produced 34% more wildlife than non-organic farms. (http://www.co.or.uk/media/news_stories/2014/140204.htm)

Conversely, a major decline in bee populations in the Rhine district of Germany is being blamed on the use of a chemical called clothianidin being sprayed to control outbreaks of corn rootworm. The death of the bees coincided with the start of the corn season and the spraying of the corn seedlings. (www.spiegel.de/international/germany/bees-emergency-unexplained-mass-die-off-hits-german-bee-queen-a-552556.html)

It makes sense that if we need bees to propagate our farms, then we also need to keep our farms bee friendly, and the best way to do that is to use organic and environmentally friendly means to control pests and diseases.
I began volunteering something to stop the slaughter, and that led my research, found out about who was doing harpooned, I was shocked. Those images growing up, I was always Tim Watters: whaling. How did you get involved with long and colourful history fighting illegal Vegan New Zealand. the Japanese Prime Minister’s visit to New Zealand waters has been prominent in recent news, with the International Court of Justice decision against the whaling and whilst that may sound weird, I think it’s most successful and well-planned animal rights campaigns in the world. Each year we go down aiming to ensure that the illegal Japanese Whaling Fleet kills as few of their 1035 whale quota as possible, and each year over the last 10 years we have become more and more successful in doing so. In the last 10 years, Sea Shepherd has saved the lives of over 5000 whales, and that’s an incredible result in my mind. Other campaigns are trickier. With a lot of issues nowadays, governments worldwide are involved in the destruction of our oceans, and it’s extremely difficult to figure out how best to interfere and tackle the issue without getting shut down or arrested. Times are changing, and it’s important for Sea Shepherd - and any other environmental or animal rights group - to think long and hard about what strategies are best to help our planet and the animals.

Sea Shepherd

Saves the Whales

Vegan Society: The Sea Shepherd has a long and colourful history fighting illegal whaling. How did you get involved with the Sea Shepherd?

Tim Watters: Growing up, I was always interested and fascinated by whales, and when I first saw photos of whales being harpooned, I was shocked. Those images stayed with me as I grew, and eventually I did my research, found out about who was doing something to stop the slaughter, and that led me to Sea Shepherd. I began volunteering in 2008.

What skills and experience do you have/need?

TW: That was my fear when I began volunteering - what can I offer? It turned out that the passion that I had was enough, and I quickly learnt the skills that I needed to help out on the ships. As well as helping on the ships, I also began helping out at educational stalls, and that’s something that anyone can do.

When and how did you become vegan?

TW: In 2008, when I began volunteering with Sea Shepherd, I was a vegetarian. Many of the people I met on the ships were vegan, and at first, I must admit, taking that final step seemed pretty scary. I completely agreed and related to the philosophy, but something was standing in my way. A lack of acceptance and understanding from those around me, I suppose. Over time though, as is often the case, the idea felt more and more right, and I took the plunge in 2009.

I understand all the Sea Shepherd crews are vegan; is that a requirement or just common ground?

TW: All Sea Shepherd ships serve vegan food only, however, not all crewmembers or volunteers have to be vegan to help out. Sea Shepherd is a marine conservation organisation, not a vegan organisation, and whilst that may sound weird, I think it’s fantastic that an organisation as large as Sea Shepherd, which operates globally, is able to promote a vegan lifestyle through leading by example. I’ve definitely had some of the most amazing meals of my life aboard these ships, and those who join who aren’t vegan generally leave vegan!

How many operations have you participated in? How much time do you spend preparing for and being involved in missions?

TW: My time with Sea Shepherd has taken me to the Galapagos Islands, the world’s largest Humpback Whale Nursery off the West Coast of Australia, and on two journeys to Antarctica. I’ve been living aboard the Steve Irwin for the last 2 years, and it’s safe to say that I’ve spent more time on this ship over the last 3 years than on land. Preparations for our Antarctic Whale Defence campaigns essentially begin as the last one ends, as it takes a lot of work and organising to send 3 or 4 old vessels into the most hostile seas imaginable for up to 5 months at a time.

How many operations are successful for your own definition?

TW: I believe that Sea Shepherd’s Antarctic Whale Defence campaigns are one of the most successful and well-planned animal rights campaigns in the world. Each year we go down aiming to ensure that the illegal Japanese Whaling Fleet kills as few of their 1035 whale quota as possible, and each year over the last 10 years we have become more and more successful in doing so. In the last 10 years, Sea Shepherd has saved the lives of over 5000 whales, and that’s an incredible result in my mind.

Other campaigns are trickier. With a lot of issues nowadays, governments worldwide are involved in the destruction of our oceans, and it’s extremely difficult to figure out how best to interfere and tackle the issue without getting shut down or arrested. Times are changing, and it’s important for Sea Shepherd - and any other environmental or animal rights group - to think long and hard about what strategies are best to help our planet and the animals.

Can you describe one mission in particular in detail?

TW: ‘Operation Zero Tolerance’ - our 9th Antarctic Whale Defence campaign - was insane. I sailed for 135 days on the Steve Irwin, which was joined down south in the Southern Ocean Whale Sanctuary by the Bob Barker, the Sam Simon, and the Brigitte Bardot - our other vessels. Once we found the whaling fleet, we realised they were low on fuel. If we could find their re-fuelling vessel and prevent them from re-fuelling, they would need to head home early.

We found the refuelling vessel. Over 5 days we used our 500 - 900 tonne vessels to block their 8000 tonne factory vessel, the Nisshin Maru, from re-fuelling. Doing so meant that all of our large vessels were rammed, and the Bob Barker was seconds away from being tipped over. It was extremely dangerous, and we were really risking our lives, but all of the 100+ crew were so dedicated to seeing the campaign through no matter what we needed to do.

Have you done anything illegal in a mission or been arrested?

TW: I haven’t run into any issues with the law with my work for Sea Shepherd.

How do you carry on to another mission, after a disappointing or dangerous result? Are there support networks within this community?

TW: Sea Shepherd is essentially a community within itself - once you become a part of it, you never really leave. We tend to push the envelope when it comes to dangerous missions at sea, so there’s not really anyone else to turn to except for ourselves. Also, when you’re at sea for over 100 days with the same 30 people, you all lean on each other for support.

How do you feel about the current conflicts with the Japanese ‘scientific’ whaling, including the legal decision by the International Court of Justice against them and the very recent call by their Prime Minister to resume whaling for research into ‘sustainable whaling’?

TW: The result at the International Court of Justice was fantastic, but we could see the writing on the wall quite early on, in terms of where the issue of whaling stands now. It’s a very difficult issue to pull ourselves away from, but it’s important that we do.

The result at the International Court of Justice was a victory for humanity, and for the rights of animals. It’s a win for everyone involved in the fight against whaling, and it’s important for Sea Shepherd to keep fighting. We’re not going to give up, and we’re not going to stop.

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Ed Note: Japanese whaling in New Zealand waters has been prominent in recent news, with the International Court of Justice decision against the whaling and the Japanese Prime Minister’s visit to New Zealand. Tim Watters from Media Productions for Sea Shepherd Australia took the time to answer some questions for the readers of Vegan New Zealand.

Vegan Society: The Sea Shepherd has a long and colourful history fighting illegal whaling. How did you get involved with the Sea Shepherd?

Tim Watters: Growing up, I was always interested and fascinated by whales, and when I first saw photos of whales being harpooned, I was shocked. Those images stayed with me as I grew, and eventually I did my research, found out about who was doing something to stop the slaughter, and that led me to Sea Shepherd. I began volunteering in 2008.

What skills and experience do you have/need?

TW: That was my fear when I began volunteering - what can I offer? It turned out that the passion that I had was enough, and I quickly learnt the skills that I needed to help out on the ships. As well as helping on the ships, I also began helping out at educational stalls, and that’s something that anyone can do.

When and how did you become vegan?

TW: In 2008, when I began volunteering with Sea Shepherd, I was a vegetarian. Many of the people I met on the ships were vegan, and at first, I must admit, taking that final step seemed pretty scary. I completely agreed and related to the philosophy, but something was standing in my way. A lack of acceptance and understanding from those around me, I suppose. Over time though, as is often the case, the idea felt more and more right, and I took the plunge in 2009.

I understand all the Sea Shepherd crews are vegan; is that a requirement or just common ground?

TW: All Sea Shepherd ships serve vegan food only, however, not all crewmembers or volunteers have to be vegan to help out. Sea Shepherd is a marine conservation organisation, not a vegan organisation, and whilst that may sound weird, I think it’s fantastic that an organisation as large as Sea Shepherd, which operates globally, is able to promote a vegan lifestyle through leading by example. I’ve definitely had some of the most amazing meals of my life aboard these ships, and those who join who aren’t vegan generally leave vegan!

How many operations have you participated in? How much time do you spend preparing for and being involved in missions?

TW: My time with Sea Shepherd has taken me to the Galapagos Islands, the world’s largest Humpback Whale Nursery off the West Coast of Australia, and on two
VS: Does the relationship between the Sea Shepherd and Greenpeace still cause friction?
TW: As with most groups, there are always disagreements as to how something is best done. Sea Shepherd and Greenpeace have a long history between them, as Paul Watson - the founder of Sea Shepherd - was one of the founding members of Greenpeace, but left them in order to start up Sea Shepherd in 1977. In terms of any ‘friction’ between the two? Well, I think that unfortunately, you’ll often find silly gossip and bickering between all animal rights and environmental groups. It’s something that I think really holds this movement back and everyone needs to work to move away from, for the sake of the animals. It’s always disappointing to see negative human traits affecting the efficiency of the liberation of animals.

VS: What would you say to others who are interested in helping animals this way?
TW: The big change for me in my life came when I realised that I could actually do the things that I fantasised about doing. I knew quite early on in my life that I wanted to help animals - I just didn’t know how. So, logically, I decided I needed to figure out how. That led me to Sea Shepherd, but I have also done a lot of other work with various groups, as well as starting my own organisation; Fair Projects, in order to fight for the animals in a way in which I wanted to, but no one was doing it, then do it yourself. In the end, you don’t need to take up this fight under any banner, logo, or flag - the most important thing is that you fight. Photo credit: Tim Watters

Doris was used to breed dogs for testing in New Zealand, luckily she ended up in a loving home. Thousands of animals never do, they’re killed when they’re no longer being used.

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Stop Factory Farming

By Claire Insley

Where were you on 27th July, 2014? If you were in Auckland, Hamilton, Wellington, Christchurch or Dunedin, you may have been at one of the Stop Factory Farming rallies that were held in those cities.

Out of town
I live in Cromwell, some 2.5 hours from Dunedin, so it was not really practical for me to journey to Dunedin for an hour of protesting. However, I do have a radio show on Local Radio Central and Local Radio Cromwell every Sunday from 6 – 9pm, where I talk about whatever I want. I present good news stories for the environment and the animals. The second hour is usually dedicated to the animals, and I always give a vegan recipe on air. You do not have to live in Alexandra or Cromwell to listen; you are welcome to listen online at www.classicgold.co.nz and ring 03 445 1911 to comment.

On the air
This was the second interview I had been able to do on air and in the new studio in Cromwell too, so it was quite exciting. I asked Carl for some background for the rally – why were they there? The issue of factory-farmed pigs had been in the media recently with the release of footage shot by Farmwatch showing the terrible conditions for pigs on pig farms. Acting upon the media interest, a nationwide rally was organised in order to keep pressure on the government to do something and to show that most people in New Zealand are concerned about animal welfare. Even if they eat animals, most Kiwis care about this issue and so many people care about this issue and so many people care about this issue. Carl was one of the people who filmed some video footage and was able to speak about his experiences of looking into a mother pig’s eyes and seeing her pain and suffering. I believe that when we allow ourselves to connect with another being, there is no way we can continue to allow suffering for that creature. I hope seeing the footage and hearing Carl’s story will have helped some of my listeners make that vital connection. Allow compassion to flow and you cannot allow this to continue.

Carl was one of the people who filmed some video footage and was able to speak about his experiences of looking into a mother pig’s eyes and seeing her pain and suffering. I believe that when we allow ourselves to connect with another being, there is no way we can continue to allow suffering for that creature. I hope seeing the footage and hearing Carl’s story will have helped some of my listeners make that vital connection. Allow compassion to flow and you cannot allow this to continue.

We need huge numbers of people to be concerned about the welfare of animals and they are, but are currently unaware of the reality of life for most animals who are farmed. Let’s hope their eyes have been opened and they will do what they can. I asked Carl what an individual can do to support the cause. He suggested that people can avoid buying pork products and to be more aware of labelling, asking what it really means. Some of it is pretty meaningless – as has recently been in the news with one farmer being prosecuted for selling caged hen eggs as free-range. There is no way to tell from looking at an egg if it is free range or not, just as you cannot tell from looking at a piece of animal in the supermarket whether it was treated well in its life or not.

It is truly heartening to see that so many people care about this issue and so many political parties are pledging better standards for animals in the future.

Factory Farming Debate
On 3rd September, Wellington hosts the Great Debate with a number of parties invited to talk about their Party stance on animal issues. I think it’s very important to keep the issue in the limelight and NZ could get a first for the animals, which would be amazing! I know we all want a vegan world, but at least a country where there’s no factory farming would be a step along this path.

What can you do? Have you written to your current MP to let them know that this is an issue you care about? If they don’t get any feedback, then they do not know what is happening. You can also use your ballot paper on 20th September to ensure a party gets in who will support this issue; use your Party vote wisely.

Photos: (SAFE) Brett Garrick and Sonya Urban (Bench) Metiria Turei, Brian Dixon and keen Green supporter (pink sign) Gathering at the Octagon, Dunedin. Photos by Heather Moore
Meet Your Vegan Society Board Member

David Tong

I am a community lawyer at the Auckland Community Law Centre, which provides free legal advice to people who can’t afford it. I have a background in both civil litigation and criminal law, and I have worked as a litigation solicitor and a judges’ clerk.

I am also working on my Master’s thesis in law, writing on the failure of the United Nations Framework Convention on Climate Change mechanisms to implement the principle of common but differentiated responsibility and so protect developing states’ interests. I have been heavily involved in the international youth climate movement, most recently as a Fellow of the Adopt a State’s negotiators at the UN Climate Change Negotiator Project, tracking New Zealand’s role in the discussions.

I have a background in both civil litigation and criminal law, and I have worked as a litigation solicitor and a judges’ clerk.

I am one of two founding co-chairs of the Aotearoa New Zealand Human Rights Lawyers Association, which aims to build a thriving network of lawyers with an interest in human rights, with a view to encouraging meaningful discourse about human rights in New Zealand.

I am also a founding trustee and now chair of P3 Foundation, which is dedicated to empowering young New Zealanders to help end extreme poverty in the Asia Pacific region. P3 Foundation has raised over $200,000 for development work in India, Tonga, Burma, and Indonesia since its founding in December 2009, and currently has over 130 active volunteers.

In his capacity as P3 Foundation chair, I co-created the Aotearoa Youth Leadership Institute with 2012 Young New Zealander of the Year Sam Johnson. The Youth Leadership Institute exists to give young New Zealanders opportunities to attend international summits and conferences, so they can better contribute to New Zealand society through volunteer work.

I am also the founding chair of the New Zealand Centre for Gifted Education Limited and am passionate about helping outstanding young New Zealanders reach their full potential.

When I became vegan

I read Eric Schlosser’s Fast Food Nation when it came out in 2001. At the time I was 15 years old and definitely overweight, so my parents gave it to me in the hope that reading it would improve my eating habits. I was horrified by the chapters on the animal industry and American slaughterhouses, and swore to go vegan. I made excuses for three years, putting it off, before becoming vegetarian in August 2004, then going vegan a week later – which I guess means that I should be planning a celebration for my tenth veganiversary!

My path to the Vegan Society

I used to volunteer for SAFE in the mid-2000s and knew Amanda Sorrenson through that and my work on animal welfare law. I had been a member of the Vegan Society on and off for a few years, supporting it in concept but never really engaging. Then, last year, Amanda approached me and asked me to join the board, which I saw as a chance to help give back to the vegan community.

What I do as a board member

With my background in law and NGO governance, I am focusing on improving the Society’s governance structures, from the trust deed on down. I am an organisational structure guy, and I have consulted for a few other charities and NGOs to help them build coherent and functional national structures to support their services on the ground.

About 10 years ago, a friend of mine who now works at Xero told me that a charity’s executive was nothing more than an administrative support tool. That has stuck with me and inspired an ethic of service-based leadership. A charity’s leadership, in board and executive, exists to support the staff or volunteers who actually make things happen – and to keep a gentle hand on the tiller to make sure the right things are happening.

My hopes for the future of the Vegan Society

I have short- and long-term goals. In the immediate future, I want to see our trust deed updated to be more modern and comprehensible, then see the Society develop a suite of policies and procedures to make it easier for people to get things done.

Long term, I want us to become the first point of call for new vegans in New Zealand – and vegan visitors from overseas, providing useful resources and materials. I don’t believe that being vegan is hard. It’s not. Going vegan is hard because any lifestyle change is hard – so I want to see us supporting people through that transition and fostering a welcoming community.

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T-shirt design winner!
The winner of our Vegan Society T-shirt design competition is Jana Kaestner of Kerikeri! She has a design company called Graphic Cookie graphiccookie.com and you can also find her at facebook.com/graphiccookie. Jana wins the set of 3 Revive Café cookbooks – thanks very much again to Revive for offering this prize.

Get your amazing Vegan Society T-shirt today from https://vegansociety.printmighty.co.nz/

Green Living Show
The Vegan Society appeared again at this fantastic show at the ASB Showgrounds. Vegan cupcakes and Fry’s goodies rule! Shazim and Shakul Kachwalla from HighCarbVegans gave a well-received talk on “Creating a Healthy Internal Environment.”

Invercargill
(From Jordan Wyatt)
Our August Invercargill Vegan Society political potluck included ALL candidates for the Invercargill electorate. Sarah Dowie (National) spoke of cat rescue, Lesley Soper (Labour) of saving elephants. Stephnie de Ruyter (Democrats for Social Credit) is mostly vegetarian and respects many animals, the tall from a respectful distance! Dave Kennedy (Green Party) has been a vegetarian animal lover for thirty years, while Ria Bond (NZ First) is proud of her vegan family members.

We also met Kim Dotcom during the Internet-Mara roadshow. He posed with our “go vegan for all the animals” sign and told us “you smell GREAT!” We joked it was “eau de vegan”, the natural smug aroma of vegans. But we soon came clean; we’d been cooking earlier with pungent herb fenugreek! Check out the INVSOC potluck photos and candidate videos online: http://www.invsoc.org.nz/august2014/

Auckland
Vegan 101
This event attracted almost 40 people keen to learn about vegan nutrition, meal ideas, tofu, socialising, sports nutrition, and many other questions.

Second Saturday Potluck
The Auckland potlucks continue to draw a good crowd and tables full of delicious vegan food. Check out the Events on the Vegan Society Facebook page for the next one.

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MEMBERSHIP FORM

The Vegan Society offers business outlets and retailers the opportunity to display Vegan New Zealand magazine in-store for their customers at an affordable rate. We offer two magazines for the price of one as a special offer to business members.

The Vegan Society of New Zealand aims to raise the profile of veganism, as well as support new and existing vegans. We facilitate a vegan lifestyle and plant-based eating by creating vibrant, visible, and influential community, and by providing information and resources.

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Are your nuts activated?

By Eerainuh

You may have looked at the shelves of your local supermarket or organic shop and wondered what the deal is with those (expensive) nuts that say they are ‘activated’. It is safe to assume these nuts haven’t been involved in sports or politics, so what does ‘activated’ mean? Not only that, but why should you pick these?

First of all, most nuts are seeds and are only called nuts for culinary purposes. For example, almonds, pecans and pistachios are the seeds of a stone fruit (drupe). Pine nuts are seeds, and peanuts are legumes, which are seeds - and grains of course are seeds too.

Introducing phytic acid

Without turning this article into a science class, the key word is phytic acid. Phytic acid (or phytate, when it’s bound to a mineral), is the storage form of phosphorus for plants. The skins and bran layers of seeds contain phytic acid. It is also a gorgeous and clever invention by Mother Nature to prevent seeds from germinating under the wrong conditions; nothing should go to waste and seeds, nuts and legumes in water and allowing them daylight, we trigger the phytase and a whole array of reactions takes place that in nature would lead to sprouting.

Raw soaked and sprouted seeds provide heaps of enzymes that help our digestive system. Nuts and seeds that are not activated can be harder to digest because the enzymes that help us digest them have not been activated. Heating nuts and seeds will also reduce the amount of phytic acid, which is destroyed at 55°C in moisture, and at 85°C in steam. However, at temperatures over 46°C you will also kill any helpful digestive enzymes. Another way is to ferment them, but this does take more time. So activation (soaking) is the easiest way to reduce phytic acid while retaining the benefits of the digestive enzymes.

Activating your nuts

Soaking times vary for different types of nuts, but in general, overnight covers it well. Cashews do not need more than 4 hours and buckwheat only 15 minutes. Adding a bit of lemon juice or vinegar helps reduce phytate even more. We can also choose whether to simply activate the nuts and not let them germinate or let them have fun and sprout, and eat the sprouts. We can only activate raw nuts. Not all raw nuts will sprout, and that may be because they have been irradiated or pasteurized. They will, however, still be activated. But if you buy your raw cashews at the supermarket, I wouldn’t have high hopes to grow a cashew tree. You can then either eat them immediately or keep them for a few days in the fridge in a container. If you want to store them for a longer time, you can dehydrate them (dehydrated nuts can be deliciously crisp). If you leave legumes to sprout (like lentils, mung beans, alfalfa, buckwheat), they are tasty and a great addition to any meal.

To soak or not to soak?

There’s no definite answer. Research is finding positive features of phytate too; it acts as an anti-oxidant that can help reduce risk in a number of diseases. Positive results are found in studies concerning Alzheimer’s, colon cancer cells, blood sugar levels and more.

If you eat a diverse diet with lots of minerals, your stomach is happy with nuts that haven’t been soaked, plus you don’t have any mineral deficiencies (like iron), then there may be no need to change. If you eat a lot of nuts on a daily basis, then it’s probably a good idea to soak them anyway to prevent trouble. If you want to save money and do the soaking and dehydrating yourself, you could invest in a dehydrator and dehydrate the goodies at a maximum of 46°C until they are dry and crisp, let them cool down completely and store them in containers. When you’re cooking it’s nice to have them on hand.

Making nut milk

Another thing you can do with soaked nuts is to make nut milk. Homemade nut milks are so easy to make and can be dear to buy. You can flavoured the milk with a tiny pinch of Himalayan rock salt and a tiny bit of sweetener, or just leave as is until you need it. Eerainuh is a cooking enthusiast who creates healthy simple vegan recipes, resources, and discussion at Eerainuh’s website http://eerainuh.com/

Mixed Nut Milk Recipe

(Makes 3 to 4 cups of nut milk - depending on how thick you want it. A basic guideline is 1-1.5 cup of any single nut or a combination of nuts to 4 cups of water to make the nut milk).

- ½ cup almonds
- ¼ cup walnuts
- ½ cup hazelnuts
- ¼ cup pecan nuts
- ½ cup pumpkin seeds
- cup sunflower seeds
- 4 cups of water

1. Add all ingredients to your blender.
2. Blend for about 30 seconds.
3. Place a nut bag in a jug and pour the milk in it then squeeze as much water out as you can.
4. You can flavour the milk with a tiny pinch of Himalayan rock salt and a tiny bit of sweetener, or just leave as is until you need it.

Eerainuh is a cooking enthusiast who creates healthy simple vegan recipes to support her health and the animals. You can find more vegan recipes, resources, and discussion at Eerainuh’s website http://eerainuh.com/
Veganissimo - Beautiful Vegan Food

By Leigh Drew; reviewed by Melissa Pfanz

Is vegan cooking too restrictive? Recently a French chef I know complained that a new Italian restaurant did not make authentic Italian food. In his opinion, they were being too many liberties with Italian recipes. I think it is too restrictive to limit chefs to adhere to strict principles that define a certain cultural cuisine. It reminded me to appreciate the freedom and diversity of vegan cooking even more.

The author of the new cookbook Veganissimo, Leigh Drew, agrees: “Vegan cooking is true ‘fusione’ – it borrows flavours, ingredients, and techniques from around the world, and adapts them to vegan recipes.” The very name of the cookbook is, appropriately, a fusion of English and Italian words. Vegan cookery is not as restrictive as some might think; it is actually freeing. If it excludes animal ingredients, it’s vegan, simple as that.

About the book

I loved Veganissimo at first sight, an attractive cover and title, beautiful food photography (although I wish there were more pictures, colourful pages to separate the sections, and a dazzling array of recipes from around the world), some that I’d never heard of and I consider myself to be a bit of a well-travelled foodie. I was especially excited to see the section called “Charming Cheeses, Pâtés, Dips and Spreads.”

The first two chapters contain a treasure trove of information on vegan nutritional concerns, kitchen equipment, stocking the pantry, tips for cooking grains and beans, and egg substitutions. Clever colour-coded sections as well as information and recipes for dairy substitutes. Splendid Sagalakas, Soups, and Side Dishes, Peas, and the Chive and Cashew Crème Cheese, anyone? There are so many ideas in this book! It contains the recipes that I have already included in the end result.

The Tostada Tofu Rancheros sound amazing but I just can’t contemplate all of the separate components. Some recipes seem unnecessarily complicated to me. The Pikielote recipe involves a food processor to blend the banana and apple sauce, among other things; where a potato masher or even a fork would suffice. Both the Pikielote and the Farinata (chickpea flour flatbread) recipes suggest chilling or resting the batter for one hour but I know from experience that this is not necessary for my family’s taste. I don’t believe brushing the tops of the Cheesy Onion Biscuits with coconut milk added anything to them because I make baking powder biscuits all the time.

To make the Most Meat and Chocolate Cake, Drew has you wrap the beets in foil and roast them for 45 minutes as well as both adding melted chocolate and cocoa powder to the recipe. I’ve made beetroot chocolate cakes with better results and far fewer steps.

Leigh Drew is obviously a fantastic chef with an impressive repertoire but I think she needs to simplify and fine tune some of her recipes.

Recommendation

When all is said and done, I still love this book. I love the creativity and inspiration it contains. I can’t wait to try the Macaroni and Cheese Stuffed Butternut Squash or the Gingered Cheesecake Bars. I have yet to make a batch of the Mozarella that you can freeze and grate as needed. The Farinata and the Chive and Cashew Crème Cheese have already become my go-to dinner party appetizers. I really recommend the Mixed Mushroom and Walnut Pâté, the Sundried Tomato Tapenade, and the Savoury Zucchini Muffins. The Lemon Self-Saucing Pudding is lovely.

There are many others like myself who will truly appreciate the easy reference icons to locate the recipes that are low-fat, gluten-free, or soy-free. I recommend this book to everyone who loves to try new things and to cooks who are not afraid to tweak a recipe to make it their own. There are so many ideas in Veganissimo to impress all of your non-vegan and omnivore friends alike. Sweet Cheese Borek with Rum Soaked Raisins anyone?

Lemon Self-saucing Pudding (p 189)

Serves 6–8; Soy Free

Preparation time 5 minutes; cooking time 35 minutes.

Ingredients

• 1 cup (4 oz/120 g) all-purpose flour
• 2 tablespoons cornstarch (cornflour)
• 3 teaspoons (1 ½ oz/45 g) gluten-free baking powder
• ½ cup (2 oz/70 g) raw sugar
• 1 tablespoon flaxseed meal
• 2 teaspoons grated lemon rind
• 3 tablespoons vegan soy-free or soy margarine, melted
• ½ cup (10 fl oz/300 ml) soy-free or soy non-dairy milk
• 2 tablespoons water
• ½ teaspoon vanilla extract

Preparation

1. Preheat the oven to 400°F (200°C). Grease a deep-sided, 8-in (20-cm) square casserole dish.

2. Grease a deep-sided, 8-in (20-cm) square casserole dish.

3. In a large bowl, mix together the chickpea (garbanzo bean) flour, salt, and ground pepper.

4. In a medium bowl, mix together the warm water and olive oil.

5. Beat the wet ingredients into the dry ingredients until a batter of medium thickness is formed. Cover the bowl, and set the batter aside to rest for 1 hour at room temperature.

6. Pour half of the batter into each tin, ensuring that the batter covers the base.

7. Bake the two farinata for 25–40 minutes or until they are dry and the edges are golden.

Chive and Cashew Crème Cheese (p 107)

Makes 2 cups; Gluten Free

Preparation Time: 5 minutes, plus overnight soaking

Cooking Time: None; some chilling time

Ingredients

• 1 ½ cups (6 oz/185 g) raw cashews, soaked overnight and drained
• 1 tablespoon rice syrup
• ½ tablespoon miso
• 1 tablespoon umeshu (ume plum wine)
• 2 tablespoons lemon juice
• 1 teaspoon salt
• 2 tablespoons nutritional yeast
• 2 tablespoons water
• 1 cup (1 ½ oz/30 g) finely chopped chives

Instructions

1. Place the cashews, rice syrup, miso, umeshu (ume plum wine), lemon juice, salt, and nutritional yeast into a food processor. Blend the ingredients until the cashews have broken down and formed a paste. Add water a tablespoon at a time until the cashew mixture has reached a smooth, thick, yet spoonable consistency.

2. Place the cashew mixture into a bowl, and stir through the finely chopped chives.

3. Spoon the cashew mixture into two 1-cup-sized serving dishes, and chill them in the refrigerator until you are ready to serve them. Serve with crackers, cracker, and/or flatbread.

Recipes and photos from Veganissimo by Leigh Drew, photography by Andrea Martin, reprint permission by Alton Publishing, distributed in New Zealand by New Holland, $49.99

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