

Vegi-licious

The Karma of Being Vegetarian



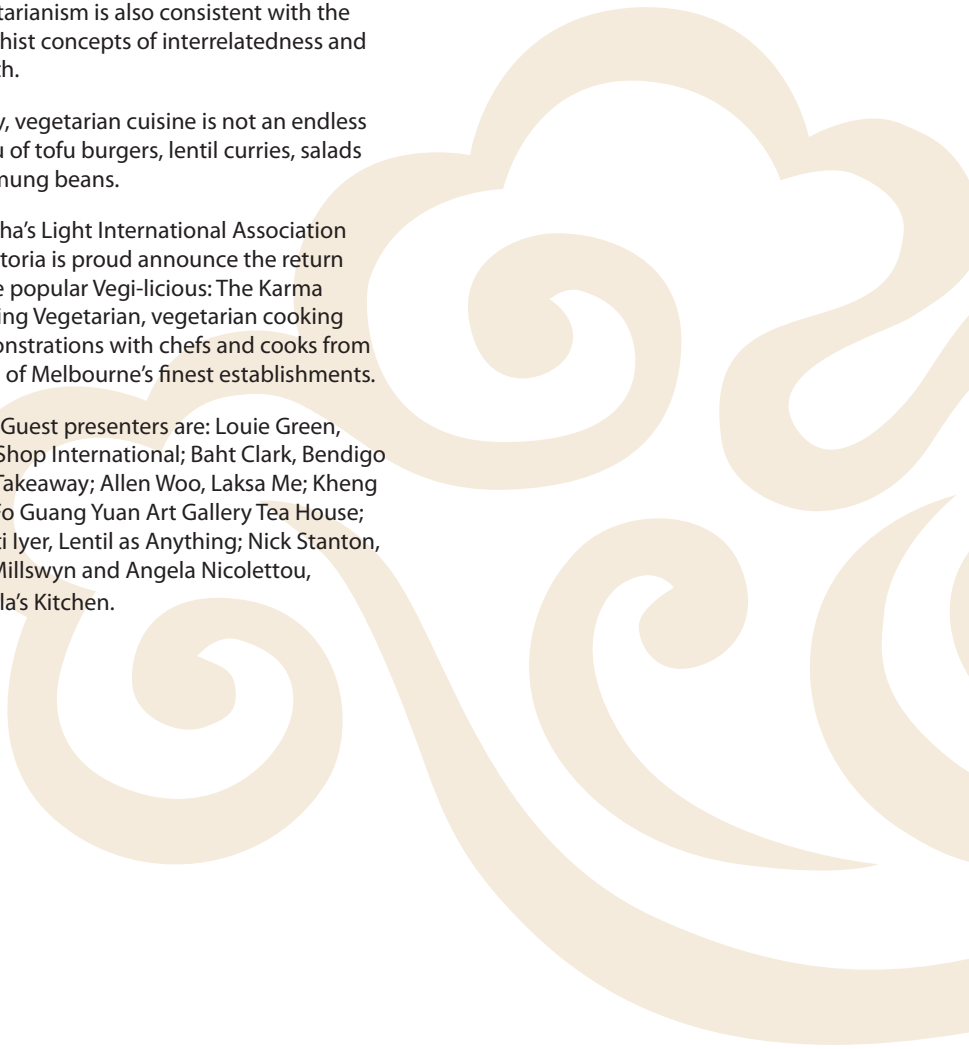
Some Buddhists choose to become vegetarian out of respect for all life and the First Buddhist precept of non-violence and killing. Becoming a vegetarian also allows Buddhists to cultivate compassion.

Vegetarianism is also consistent with the Buddhist concepts of interrelatedness and rebirth.

Today, vegetarian cuisine is not an endless menu of tofu burgers, lentil curries, salads and mung beans.

Buddha's Light International Association of Victoria is proud announce the return of the popular Vegi-licious: The Karma of Being Vegetarian, vegetarian cooking demonstrations with chefs and cooks from some of Melbourne's finest establishments.

2011 Guest presenters are: Louie Green, Tofu Shop International; Baht Clark, Bendigo Thai Takeaway; Allen Woo, Laksa Me; Kheng Hui, Fo Guang Yuan Art Gallery Tea House; Shakti Iyer, Lentil as Anything; Nick Stanton, The Millswyn and Angela Nicolettou, Angela's Kitchen.



Welcome to Vegi-licious: The Karma of Being Vegetarian

as part of the 16th annual Buddha's
Day and Multicultural Festival at
Federation Square

For Buddhists the sharing of food is an important part of the expression of compassion for others. Buddha also taught that all sentient beings are equal and therefore the taking of life is to be avoided. Thus vegetarian cooking is an important part of the Buddhist lifestyle.

Our aim through the Vegi-licious: The Karma of Being Vegetarian program is to give people a better appreciation of the flavours, textures and diverse cooking styles that are possible within a vegetarian or vegetarian weighted diet.

We are greatly indebted to the cooks and chefs that have made themselves available this weekend, as they share their passion for food with you.

We are sure that you will enjoy watching their demonstrations and go away with many recipes and ideas to put in practice.

Ultimately, we hope this enhances your enjoyment of vegetarian food and makes you keen to share this food with others.

Enjoy cooking with compassion

The Vegi-licious team



Vegi-licious: The Karma of Being Vegetarian

Buddha's Day Festival River Terrace, as part of the Buddha's Day and Multicultural Festival at Federation Square

Program of Events

Saturday 14th May

11.30 Louie Green

Tofu Shop International

- Gamo
- Pan-fried Tofu with Nori

12.45 Baht Clark

Bendigo Thai Takeaway

- Asian Ratatouille
- Lychee Crispy Wantons with Vermicelli Noodle Salad Stack

14.00 Allen Woo

Laksa Me

• Pasembor

• Vegetarian Nasi Kerabu/
Nasi Ulam

15.15 Kheng Tan

Fo Guang Yuan Art
Gallery Tea House, Melbourne

- Happiness Parcel
- Dry Fried Green Beans

Program of Events

Sunday 15th May

12.15 Shakti Iyer
Head Chef, Lentil As
Anything

- Steamed Couscous in Fig Leaf
- Vegetable, Chickpea Tajin

13.15 Nick Stanton
Sous-Chef, The Millswyn

- Superfood Salad
- Fricassee of Wild Mushrooms and Goats Curd

14.15 Angela Nicolettou
Angela's Kitchen

- Kolokithokeftedes – zucchini fritters

- Saffron Pilaf
- Celeriac, walnut & yoghurt salad

15.15 Kheng Tan
Fo Guang Yuan Art
Gallery Tea House, Melbourne

- Braised Chinese Cabbage with Shiitake Mushroom
- Yin Yang Tofu

Vegetarian diets are becoming more popular and people are showing an increased interest in varying their diet with more vegetables and using meat in a more considered manner.

Why is this so?

People choose to become vegetarian because of environmental, health, ethical or religious reasons. Whatever the reasons, if we choose to become a vegetarian, we need to eat a good and well-balanced diet to be healthy.

As our society becomes more urbanised our children are raised without exposure to the rural understanding of animals being raised in order to bring food to our plates. Young people find it hard to accept this practice when they later discover the reality.

Society is more aware of the environment and the impact of our lifestyle on the world in which we live. The production of beef and lamb leads to the destruction of enormous swathes of virgin forest; in addition grazing cattle are substantial producers of green house gases.

Being vegetarian can also reduce the risk of some common health conditions such as stroke, heart disease, high blood pressure, diabetes and bowel disorders.

The concept of food miles (a measure of the transport expended bringing food to your table) has favoured increased interest in fruit and vegetable products. These products can be produced close to our cities without wasting land for which there is great demand.



Different kinds of common vegetarian diets



Lacto vegetarian: A vegetarian who eats all dairy products but no eggs.

Semi vegetarian: Eats less meat than average person.

Demi vegetarian: A person who eats no or little meat but may eat fish.

Vegan: Does not eat anything derived from animals and does not use any animal-derived products.

Lacto-ovo: Permits drinking milk, eating eggs and cheese as these can be produced without killing animals. In some cases, for health reasons, lacto-ovo vegetarians will only eat non-fat forms of dairy products.

Non dairy: A vegetarian who does not consume milk fat in their diet.

Fruitarian: A vegetarian who only eats foods that don't kill the plant (apples & oranges can be picked without killing the plant, carrots and potatoes cannot) and consumes mainly raw fruit, grains and nuts.

Pesci: Permits the eating of fish and seafood, but no meat from land-based animals or birds, since these forms do not affect land-based environmental issues (though there are other issues related to pollution of the seas and depletion of fishing sources).

Su vegetarianism (such as in Buddhism): excludes all animal products as well as vegetables in the allium family (which have the characteristic scent of onion and garlic): onion, garlic, scallions, leeks, or shallots.

Why Buddhists are vegetarian?

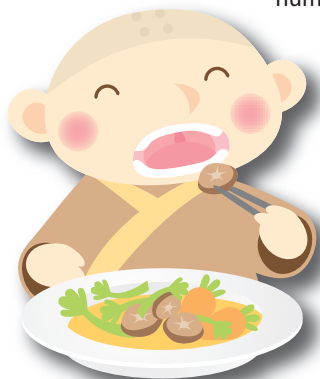
Why do many Buddhists become vegetarian? The main reason is “mercy”, we prefer not to eat the flesh of living creatures. Karma tells us that we must eventually suffer the consequences of our evil actions. We also believe that a vegetarian diet better enables one to keep a pure body and mind which is important for self-cultivation.

One must have mercy and compassion to be a true Buddhist. This will show up in daily life; but the simplest is to be vegetarian. Think of the pain of stepping on a nail. Now think of live lobster being cooked in boiling water. Their desperate efforts to crawl or jump out betray the unbearable pain.

When a scholar named Chou Yu was cooking some eel to eat, he noticed one of the eels bending in its body such that its head and tail were still in the boiling point liquid, but its body arched upward above the soup. It did not fall completely in until finally dying. Chou Yu pulled out the dead eel, and cut it open. He found thousands of eggs inside. The eel had arched its belly out of the hot soup to protect its offspring. This story tells us that living creatures are not without feeling and intelligence.

The Surangama Sutra tells us that “if we eat the flesh of living creatures, we are destroying the seeds of compassion.” That is, if we do not eat the flesh of living creatures, we are cultivating a compassionate heart. Another reason is to “purify body and mind.” Animals are not always healthy themselves, and before death, they secrete toxic substances. When we eat the flesh of animals, we also ingest those toxins.

According to the Encyclopedia Britannica, bodies contain uric acid and other toxic waste products which turn up in blood and body tissues. Compared to the 65% impure moisture content of beef, protein obtained from nuts, beans and legumes is markedly purer. There are numerous meat substitutes available and one hardly notices the lack of meat, however a person who habitually eats vegetarian keeps the body and mind in a pure state.



Colin Gunther, Buddha's Light International
Association of Victoria Member

Buddhism and Vegetarianism

I have been officially a Buddhist for a number of years and have wanted to turn Vegetarian for the past two years. It is only recently that I finally have some progress in becoming a vegetarian.

Vegetarian is a personal choice.

Some Buddhist becomes vegetarian as a mean of cultivating and practicing compassion. Though the habit: eating meat can be hard to break, I am glad that slowly I am walking the path of becoming Vegetarian.

For me, becoming vegetarian is a good change because it made me more conscious of how my action can contribute to lessen the suffering of other living beings; it made me treasure more of the things in my life for nothing come easily without the right condition.

The turning point for me to finally act on becoming a vegetarian is a comment I head once: "You don't know what/ whose flesh you are feeding on".

For many, the notion of reincarnation sounds ridiculous.

But for me, the thought of feeding on one's flesh that could just be someone I know in my past lives is pretty scary. So whether it's out of fear and/or out of wanting to cultivate compassion and elevate my spirituality, I am heading down the path of Vegetarianism without turning back.

Gina Yang, Buddha's Light International Association of Victoria – Young Adult Division Member



“Avoid Evil, Do good, Purify the mind” – Dhammapada

The reasons for vegetarianism in Buddhism are three-fold, in accordance with the above reasons:

1) Avoid Evil:

The central teaching of Buddhism is the awareness of cause and effect, aka karma. In the event of killing a living being, we have created suffering to that living being. The effect is death to the living being, and to us, the retribution of having harmed a living being. Therefore, to be a vegetarian, means that we are harming less living beings, and creating fewer causes for bad effects to happen.

2) Do good:

On another level, there is awareness that killing animals for our own consumption creates suffering and pain to these animals. This triggers a sense of compassion in us. We start to feel the pain that we are causing to those that can feel pain too. With ongoing reluctance to cause pain to other beings, we cease our consumption of meat and develop our compassionate hearts.

3) Purify the mind:

In the second noble truth, the cause of our sufferings is craving. Many a time, our 5 senses crave for external gratifications. Our sense of smell and taste crave for that crispy fried chicken or roast beef. If we do not get that chicken or beef right then, we get upset or feel dissatisfied. Vegetarianism is one method of practice that we can carry out in our daily lives - we watch our cravings for meat arise, and then understand how our senses feed into our cravings and dissatisfaction. With reflection and understanding, we can further train our minds to reduce such cravings.

Trudy Cheng, Buddha's Light International Association
of Victoria, Young Adult Division Member





Forbidden Plants in the Buddhist Diet

Why are onion, garlic and related “pungent” plants (such as scallions, leeks and chives) excluded from a Chinese “pure” vegetarian diet?

The Shurangama Sutra, Volume 7, Part One, discusses the process of overcoming the basic cause of random thoughts that fill the mind and eliminate attentiveness

According to the Sutra, if these five are eaten cooked, they increase one’s sexual desire; if they are eaten raw, they increase one’s anger.

Therefore, even if people in this world who eat pungent plants can expound the twelve divisions of the Sutra canon, the gods and immortals of the ten directions will stay far away from them because they smell so bad.

It is said, after they eat these things the hungry ghosts will hover around and kiss their lips. Being always in the presence of ghosts, their blessings and virtue will dissolve as the days go by, and they will experience no lasting benefit.

Tofu Shop International

Louie Green, Tofu Shop International

Established in 1982, Tofu shop international is a well-known landmark in Melbourne. They serve clean, healthy vegetarian dishes with hand-made tofu daily.

As son of the owner, Louie Green was born into tofu. Full of passion for food, He has been working at the shop for 12 years.

Tofu Shop International
78 Bridge Road
Richmond VIC 3121
Ph: 9429 6204

Gamo

Ingredients
Okara
Black Pepper
Carrot
Shiitake Mushroom
Spring Onion
Japanese Light Soy
Dashi Seaweed
Mirin

Pan Fried Tofu with Nori

Ingredients
Seaweed Sheet (Nori)
Tofu
Shiro Miso
Mirin
Japanese Light Soy
Black Pepper
Pickled Ginger
Spring Onion



Baht Clark

Baht has been working as a chef for 10 years specializing in a fusion of western and asian food. Currently he has been helping his family with the launch of a thai take away store located in country Victoria, Castlemaine and Bendigo Thai takaway specialises in carting special events and markets and it is known for its mix of vegetarian and non vegetarian food.

Asian Ratatouille

Ingredients

- 300ml Vegetable Stock
- 3tbs Chinese Rice Wine
- 3tbs Vegetarian Oyster Sauce
- 1tbs Hoisin Sauce
- 1tbs Soy Sauce
- 3tbs Tomato Sauce (Ketchup)
- 3 tsp Sesame Oil
- 1 Eggplant, cut into 2 cm cubes
- 250g tofu cut into cubes
- 1 red capsicum, roughly chopped
- 100g Fresh Shiitake Mushrooms, sliced
- 230g Can Bamboo Shoots, drained
- 100g Unsalted Cashew Nuts
- 1cup Coriander Leaves (garnish)

Method

1. Combine the vegetable stock, wine and sauces in a bowl, and then set aside

2. Heat the sesame oil in a wok over medium-high heat. When hot, add tofu, capsicum and stir-fry for 3-4 minutes until starting to soften
3. Add Eggplant, and stir-fry for a further 1 minute
4. Then mushrooms, bamboo shoots and sauce mixture, and cook for 2-3 minutes until vegetables are tender and sauce is thick and syrupy. Serve warm or cold
5. Garnish with Coriander Leaves and top with cashew nuts.

Lychee Crispy Wantons with Vermicelli Noodle Salad Stack

Ingredients

- 4 Wonton Sheets
- 100 g Sesame Seeds
- 1 Carrot, thinly sliced
- 1cup Coriander leaves
- 1cup Mint Leaves
- 125g Vermicelli Noodles
- 1 Avocado Fan
- 150g Wonbok, thinly sliced
- Balsamic Reduction

Dressing

- 5tbsp Light Soy Sauce
- 2 Limes Juice
- 5tbsp Olive Oil
- 2tbsp Sweet Chilli
- 2tbsp Rice Wine Vinegar
- 1 Bird Eye Chilli

Method

1. Place vermicelli noodles in a large heatproof bowl. Cover with boiling water and set aside for 5 minutes to soften. Drain
2. Cook the wonton wrappers in batches over high heat for 30 seconds, or until light and crispy turning often. Drain on paper towel
3. Cook the sesame seeds in a large non-stick frying pan for 5 minutes or until toasted. Transfer to a plate.
4. whisk soy sauce, lime juices, olive oil, sweet chill and rice wine vinegar in bowl
5. In a bowl add carrot, coriander mint, vermicelli noodles sesame seeds lychee and wonbok.
6. Add dressing to salad mix well
7. To serve: Swirl a balsamic reduction around the plate



Allen Woo, Laksa Me

1/16 Liverpool Street
Melbourne VIC 3000
Ph: 9639 9885

Malaysian Vegetarian Nasi Kerabu/Nasi Ulam

A Nyonya Origin (a vegetarian version) steamed rice tossed with plenty of herbs

Ingredients

1bowl	Steamed Rice
2stalks	Fresh mint leaves, finely cut
2stalks	Vietnamese Hot Mint, finely cut
1/2	Small red chilli, cut into rings
1leaf	Ginger Flower, finely cut
1/2stalks	Fresh lemongrass, finely cut
5stalks	Fresh Coriander Leaves, finely cut
2leaves	Fresh Kaffir Lime Leaves, finely cut
1segment	Pomelo, break to small
1tbsp	Roasted desiccated coconut
1leaf	La-lot leaf (wild peppercorn leaf)
1	French Bean, finely cut

Seasoning

table salt to taste
2tbsp Lemon juice

Note:

when pomelo is n/a, use pineapple instead, all herbs are available in most Asian grocery shops along Victoria Street, Richmond

Method

Place rice at the centre of a plate,
Arrange prepared fresh herbs clockwise,

Place seasoning on Chinese spoons next to herbs,
Mix all the ingredients together to create the Nasi
Kerabu/Nasi Ulam.

Pasembor, a Malaysian Indian community's salad

Ingredients

a)
80g Cooked Sweet Potato, mashed
40g Palm sugar
200ml Tamarind Puree
1/2cup Water
b)
2tbsp Tapioca flour, mixed with 3tbsp of water

Note:

Place (a) into a pot and slowly bring to boil, cook
until palm sugar dissolves;

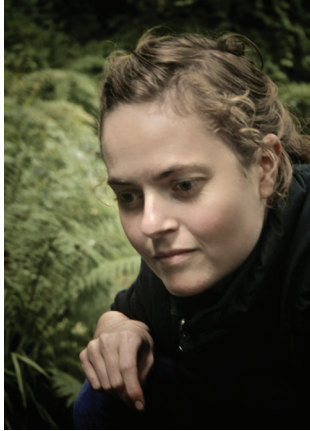
Add in (b), stir sauce until thicken, remove from
stove and is ready to serve with salad.

Salad

50g, shredded	Yam Bean
50g, shredded	Cucumber
50g, shredded	Nashi Pear
50g, shredded	Green Apple
50g, shredded	Red Apple
50g	Beansprout
50g, shredded	Carrot
50g, shredded	Beetroot
50g, shredded	Bean
60g	Tofu Tempeh, sliced then deepfried
40g	Walnuts

Note:

Put all the above into a noodle bowl, place crispy
Tofu Tempeh and walnuts on top of salad, pour
sauce on top and is ready to serve



Shakti Iyer, Head Chef - Lentil As Anything

Steamed Couscous in Fig Leaf

Ingredient (serves 4)

- 3 large fig leaves
- 1 cup couscous
- 4tbsp butter
- water for steaming

Method

Line a steamer basket with the fig leaves. Rinse the couscous in cold water, strain and put in the lined steamer. Bring a pot of water to the boil and place the steamer basket on top. Allow the couscous to cook for 10 minutes. Tip the couscous into a bowl or tray and add ¼ cup cold water. Work it through with your hands, braking the couscous up as you do so. Return to the steamer basket and steam for another 10 minutes. Remove from the heat and tip into the bowl again. Add half the butter, a little salt and work through again. Return to the basket and steam for a further 10 minutes. Remove from the heat and rub in the rest of the butter and salt to taste. Steaming in this way makes couscous incredibly light and fluffy and the fig imparts a beautiful aroma and delicate taste to it.



· FOOD CULTURE COMMUNITY

Vegetable & Chickpea Tajine

Ingredients (serves 4)

- 2tsp powdered coriander
- 1halftsp powdered cumin
- 1half powdered cinnamon
- ½ tsp turmeric powder
- 1½ tsp paprika
- ½ tsp chilli powder
- 1½ cup dried eggplant (fresh if unavailable)
- 1½ cup white potatoes cut into cubes
- ½ cup zucchinis cut into cubes
- ½ cup red capsicum sliced
- handful green beans cut into 1 inch pieces
- 6 or 7 sulphur free dried apricots
- Juice from half and orange
- 2 cup diced tomatoes (canned or fresh)
- 1 large cup chick peas (cooked or canned)
- fresh coriander for garnishing

Method

In a tajine pot or heavy based pan add a good splash of olive oil. On low heat sauté the spices. Add the capsicums, potatoes, eggplant, tomatoes, apricots, orange juice and a cup of water, stir to combine, cover and cook for 15 minutes on low heat until the potatoes begin to just soften. Add the zucchinis and cook until the vegetables are just tender but not too soft. Add the chickpeas and blanched beans, season with salt, sugar and lemon juice. Garnish with fresh coriander and serve on top of the couscous with a dash of harissa on the side if desire.

NOTE: To blanch the green beans cook in boiling slated water until just soft. Remove form the water and plunge into iced water. This stopes them from over cooking and preserves their colour.



Kheng Tan
Fo Guang Yuan Art Gallery Tea House

Kheng Tan has been volunteering as a cook at Fo Guang Yuan Art Gallery and Fo Guang Shan Temple in Yarraville over the past 8 years. Under the guidance of several chefs from the Fo Guang Shan temple, he was fortunate to be exposed to different vegetarian culinary skills. Originally from Malaysia and with a Chinese background, Kheng specialised in Chinese Malaysian vegetarian cuisine. With his insatiably appetite to experiment and willingness to serve the community and promote vegetarianism, he will be sharing some of his favorite dishes and recipes during the Buddha's Day festival.

141 Queen Street
Melbourne VIC 3000

Happiness Parcel

Ingredient

9 Shiitake mushroom, soaked and drained, remove edge so it comes out as a square
1 carrot, cut into same shape as shiitake mushroom (9pieces, thickness 1 cm)
1 japanese radish, cut similar as shiitake mushroom (9 pieces, thickness 2 cm)
1 Baiye Tofu (a product made by a stack of folded tofu skin), , cut similar as shiitake mushroom (9 pieces, thickness 2 cm)
1 vegetarian mock meat, , cut similar as shiitake mushroom (9 pieces, thickness 2 cm)

Stack a piece of all these ingredients together and tie them up with a string. You can tie them like how you prepare your X'mas present. Make sure it is tight and secure for the following stewing process.

Sauce

50ml Vegetarian Oyster sauce
20g Ginger, cut into thin slices
1pack pre-made stewing packet
500ml vegetable stock
soya sauce, sugar, pepper, sesame oil for seasoning

Method

- 1) Heat 5 tablespoons of oil in a pan and stir-fry the ginger under low heat till golden brown.
- 2) Add vegetarian oyster sauce and cook until fragrant.
- 3) Add vegetable stock
- 4) Gentle insert all the parcels
- 5) Close the lid and stew for 20 mins- occasionally turn the parcels so that they are stewed evenly every side.
- 6) Season accordingly with soya sauce, sugar, pepper and sesame oil

Dry Fried Green Beans

Ingredient

30 green beans, rinsed, trimmed , and de-stringed, cut or broken into pieces about 2" long.
30g Sichuan preserved vegetable chopped
Carrot- cut into stripes
2 pieces dried tofu-cut into stripes
10 tsp vegetarian oyster sauce
4 tsp spicy bean sauce
1 tsp Sesame Oil
5 tsp Peanut Oil
Salt, if necessary.

Method

- 1 - Heat your wok until it smokes.
- 2 - Add peanut oil, and turn heat down to medium.
- 3 - Add dried tofu, green beans and carrot and stir-fry over medium

- 4 - Remove the green beans to a plate lined with paper towels to absorb excessive oil.
- 5 - Add oyster sauce and vegetarian sauce and stir-fry cook until fragrant.
- 6 - Add preserved vegetable, and stir-fry until the vegetable is heated.
- 8 - Toss the beans back into the wok and combine.
- 9 - Taste, and adjust flavoring. Add salt if desired (you probably won't need to).
- 9 - Remove from heat and add sesame oil.

Braised Chinese Cabbage with Shiitake Mushroom

Ingredient

- 50ml Oyster sauce
 - 500g Chinese cabbage. Blanch
 - 1 Carrot- cut into thin slices. Blanch
 - 10 dried shiitake mushroom. Soak and drain. Cut into half.
 - 20g ginger - cut into thin slices or stripes
 - 1 pack Glass noodle (20g) - Soak and drain.
- soya sauce, sugar, pepper - for seasoning
Optional: Deep fried tofu/ deep fried bean-curd skin
Coriander (to garnish).Chop

Method

- 1) Heat 5 tablespoons of oil in a pan and stir fry the ginger under low heat till golden brown.
- 2) Add 50 ml of vegetarian oyster sauce followed by shiitake mushroom and cook until fragrant.
- 3) Add blanched white cabbage and carrot.
- 4) Close the lid and braise for 10 mins
- 5) Add glass noodles/ deep fried tofu/ deep fried bean curd skin
- 6) Close the lid and braise for 10 mins
- 7) Season with soya sauce, sugar and pepper
- 8) Thicken with corn flour mixture
- 9) Add a few drops of sesame oil and coriander.

Yin Yang tofu is made up by deep fried tofu prepared using 2 different sauces

Ingredient

- a) Plum Sauce b)Vegetarian Oyster sauce
- 100ml Plum sauce
- 1/2 Ginger flower-Cut into thin slices
- 50ml Oyster sauce
- 10 Basil leaf
- 20g ginger - cut into thin slices or stripes
- 2 fresh chilli. Chop

Coriander (to garnish).Chop

For the tofu with Plum sauce:

- 1) Heat 5 tablespoons of oil in a pan and stir fry the ginger under low heat till golden brown.2) Add in plum sauce and cook until the sauce thickens.3) Add deep fried tofu and coat the tofu with the sauce4) Turn off the heat and add in the ginger flower and toss

For the tofu with oyster sauce:

- 1) Heat 5 tablespoons of oil in a pan and stir fry the ginger under low heat till golden brown.2) Add in oyster sauce and cook until the sauce thickens.3) Add in basil leaf and cook until fragrant.4) Add deep fried tofu and coat the tofu with the sauce

Serve these tofu's side by side. Add chopped chilli and coriander to garnish.

Yin Yang Tofu



Angela Nicolettou, Angela's Kitchen

Good food and cooking have always been at the centre of Angela Nicolettou's life. From her early years cooking traditional food in Greece and Cyprus, Angela has more recently worked as a cook at Melbourne's Journal Canteen and at Annie Smithers Bistro in Kyneton. After numerous visits to Greece and Cyprus to research and refine traditional recipes, Angela has added Spain to her travel destinations bringing with her the inspiration to add these flavours to her cooking. Angela's cooking class website 'Angela's Kitchen' has links to her classes at venues like the CBD's Centre for Adult Education and North Fitzroy's The Green Grocer, as well as possibilities for classes in 'your home'. As an experienced teacher of adults, Angela's philosophy of learning by doing is a key feature of her classes, with plenty of opportunities for hands-on practice and fun.

Angela's Kitchen
cook@angelaskitchen.com.au
www.angelaskitchen.com.au

The Centre for Adult Education
253 Flinders Lane & 21 Degraves St, Melbourne
Ph: 03 9652 0611
www.cae.edu.au

The Green Grocer
217 St Georges Road, Fitzroy North
Ph: 03 9489 1747
www.thegreengrocer.com.au

Kolokithokeftedes – zucchini fritters

Ingredients

4 medium zucchini, grated
1 medium onion, diced
3 spring onions, chopped
1/2 cup each of parsley, dill, mint, chopped
1/2 cup grated parmesan or pecorino cheese
200g feta cheese, crumbled

2 eggs
1 cup self raising flour
extra virgin olive oil for frying

Method

Grate zucchini and let strain in a colander. In a frypan, lightly fry the onions in 1 tablespoon of oil. Add the spring onions and cool. In a large bowl, add the zucchini (having first squeezed all excess water from the flesh), cheeses, herbs, onions and eggs. Mix well and season with black pepper. Add the flour and mix through. Let the mixture rest for 30 minutes. Heat a heavy based non-stick fry pan with a bit of olive oil, so the base is just covered. Using a tablespoon, add dollops of mixture and cook until golden. Turn over until cooked. Remove and place on kitchen paper to drain. Continue with remaining mixture. Serve warm or cold with a squeeze of lemon juice and some Greek style yoghurt.

Saffron Pilaf

Ingredients

1 cup basmati rice, rinsed
1 onion, diced
1 handful thin pasta noodles, crushed
1/4 tsp saffron threads, soaked in 2tbs hot water
2 tbs extra virgin olive oil
salt & pepper

Method

Heat oil in a heavy based saucepan and add onion. Cook until translucent and add the rice and pasta. Stir until it begins to brown. Add 2 cups of hot water, the saffron and season with salt and pepper. Simmer on low with the lid on until the rice is cooked and all the water has been absorbed (about 10 – 15 minutes). Place a clean tea towel between the saucepan and lid and let it stand for 10 minutes before serving.

angela's
kitchen

www.angelaskitchen.com.au



The Millswyn

131-133 Domain Road, South Yarra

VIC, 3141

Ph: 9866 5627

<http://www.themillswyn.com.au/>

Superfood Salad

Serves four

Ingredients

400 ml veg stock
100g quinoa
1/2 tsp ground cumin
100g feta cheese
1/2 lebanese cucumber
1 head broccoli
2 avocados
1 1/2 tsp spoon of mixed black and white sesame seeds
1 1/2 tbsp pumpkin seeds
100g peas
1tbsp chopped mint
1tbsp chopped parsley
40ml olive oil
15 ml white wine vinegar
salt to taste

Method

*in a saucepan lightly roast off the cumin for 1 minute
*place the quinoa in the saucepan mix in well with the spices then slowly add veg stock(similar to cooking a risotto, when cooked put on a tray and cool in the fridge)
*cook the broccoli in a pot of salted boiling water until 1/2 cooked(still slightly crunchy,put on tray and cool in the fridge)
*on a tray toast off the sesame seeds and pumpkin seeds at 200 degrees for 3 minutes
*for the dressing place the olive oil and chardonney vinegar in a mixing bowl and mix together with a whisk, season to taste
*cut the cucumber, avocado, feta cheese(leave

40g of feta aside) into nice bite size pieces

* to serve, in a bowl mix the quinoa, pumpkin and sesame seeds, chopped mint and parsley,crumble 40g of feta and the peas,mix all gently together with dressing and season to taste

*place the place your superfood mix on the plate first then scatter on the cucumber, avocado, broccoli, feta, finish off with good quality extra virgin olive oil

Fricassee of wild mushrooms and goats curd

Ingredients

100g Portobello mushrooms
50g flat field mushrooms
100g swiss brown mushrooms
50g pine mushrooms
100g button mushrooms
1tbsp chopped parsley
50g butter
sprig of thyme and rosemary
100g woodside goats curd
20g toasted pine nuts
4 slices brioche bread
seasoning
watercress to garnish

Method

*in a non stick pan cook off the mushrooms with olive oil and a pinch of salt, when the mushrooms start to sweat add the butter,thyme and rosemary and cook for another 2 minutes then add chopped parsley
*toast pine nuts in oven at 180 degrees for 3 minutes
*toast the brioche
*to serve, place the mushrooms neatly on and around the brioche with a few dollops of goats curd and sprinkle the pine nuts on top,garnish with watercress

The annual Buddha's Day and Multicultural Festival aims to promote an inclusive, peaceful and harmonious society.

The founding goals of the festival are two-fold:

- to promote harmony, respect, peace and cultural awareness in our culturally diverse society; and
- to share joy and happiness within the community and among families.

The Buddha's Day and Multicultural Festival celebrates its fourteenth festival, its seventh consecutive year at Federation Square. It contributes to the arts, civic culture and cultural dimensions of this great public space.

Since 2001, the Buddha's Day and Multicultural Festival has also been proudly supported by the City of Melbourne and Federation Square in 2003. In 2006, they were joined by the Victorian Multicultural Commission.

In 2008, City West Water joined as a Community Partner and Miele Australia as a Segment Partner.

Fo Guang Shan Melbourne and Buddha's Light International Association of Victoria acknowledges the continued generous support of the City of Melbourne, Federation Square, the

Buddha's Light International Association of Victoria

89 Somerville Road, Yarraville VIC 3013
ph 03 9314 5147
info@bliav.org.au
www.bliav.org.au

Fo Guang Shan Melbourne
89 Somerville Road, Yarraville VIC 3013
ph 03 9314 5147
ibcv@fgs.org.au
www.ibcv.org.au

Fo Guang Yuan Art Gallery and Tea House
141 Queens Street, Melbourne VIC 3000
ph 03 9642 2388

Fo Guang Yuan Box Hill
24A Rutland Road, Box Hill VIC 3128
ph 03 9890 8188

www.buddhaday.org.au



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