

Celebrate



VEGANUARY



with

RELIGIONS FOR PEACE INTERFAITH YOUTH CLIMATE FORUM

Recipes from our Interfaith Youth Cooking Webinar

30 JANUARY 2022, 14:00PM SAST, ON ZOOM

Mr. Delwyn Pillay, (*Christian Faith*), Member of **Greenpeace Africa**,
Food Connect Campaign and Recipes for a Healthy Africa Cookbook.



Del's Imifino/Bhaji (Vegan)



Imifino is a traditional KwaZulu Natal dish usually served with phuthu (ground maize meal, another traditional Zulu food). Imifino is a isiZulu collective name given describing most green leafy vegetables, such as spinach and the various species of amaranth.

Bhaji is a South African Indian collective name similarly given describing most green leafy vegetables, such as spinach and the various species of amaranth.

For this recipe the selected Imifino/Bhaji is New Zealand spinach, which can be foraged ~ as it's quite a widespread plant found growing in Durban. Harvest sustainable ~ never pull or uproot a plant. Instead pick individual leaves and tips."

Ingredients: Cooking oil, Onions, Garlic, Sweet potato, New Zealand spinach (or any type of spinach or suitable green leafy vegetable), Dried red chili (Optional) and Salt.



Method:

1. Add oil to pan on low heat until the oil is hot (but not smoking).
2. Add in the chopped onion, then the garlic to soften up.
3. Add the sweet potatoes. Fry for about 15mins or until the sweet potatoes soften up. Continuously stir to avoid burning/sticking.
4. Add the New Zealand spinach with the dried red chilli and a pinch of salt.
5. Once the spinach has wilted down, mix them up with the onion and garlic.
6. Add a little water (between 0.2ml – 0.4ml). Cover the pan with a lid and let cook on low heat for about 15mins.

Images by Delwyn

Serve and enjoy with brown bread or roti (Indian flat bread) or with phuthu (ground maize meal).

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Ms. Nita Makanjee, (BrahmaKumaris), Member of CPT Interfaith Initiative,
S.A. Faith & Family Institute & Western Cape Religious Leaders Forum.



Sweetcorn Fritters & Chocolate Cake (Vegan)

Sweetcorn Fritters

Images by Google



Ingredients: ½ cup cake flour, ½ cup rice flour, 1 tin creamstyle sweetcorn, 1 medium/large grated potato, ¼ teaspoon baking powder, 2 teaspoons salt, 2 teaspoons coriander powder, 1-2 stalks chopped celery, ½ teaspoon cayenne pepper, 1 tablespoon lemon juice (or more), Water as required to make thick batter.

Method: Combine flours, baking powder, salt, coriander & cayenne pepper in a bowl and mix. Add sweetcorn, grated potato and lemon juice. Gradually add water and continue mixing until it becomes a thick batter. Add in chopped celery and mix. Place enough oil in a non-stick frying pan so that the bottom is coated and heat over medium heat. Once oil is hot, spoon tablespoons of batter into pan and flatten them into fritters. Fry them for 3-4 minutes, or until golden brown. Remove and place on absorbent towel. Best served hot with a spicy tomato sauce or chutney.

Chocolate Cake

Images by Google



Ingredients: 3 cups cake flour, 4 teaspoons baking powder, 1 teaspoon bicarbonate of soda, ½ cup cocoa, 2 cups boiling water, ¾ cup vegetable oil, 50ml white grape vinegar, 2 teaspoons vanilla essence

Method: Mix all dry ingredients. Mix all liquid in separate bowl. Add liquid to dry ingredients and mix well. Bake on 180 °C for 30 minutes.

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Ms. Kirtanya Lutchminarayan, (Hindu Faith), Member of SAFCEI,
Religions for Peace S.A. & RfP Interfaith Youth Climate Forum.



Vegan Tacos & Guacamole

Images by Kirtanya



Ingredients:

A pack of tacos,
Can of black beans,
Plant based mince,
Tomatoes,
Tomato paste,
Onions,
Paprika,
Salt,
Pepper,
Lettuce,

Method: Heat oil in a pan with chopped onions and tomatoes. Add tomato paste and black beans / plant based mince and cook through.

Add paprika, salt and pepper.

Heat taco shells for 2 min in an oven or air fryer so they crisp.

Fill taco shells with black bean and or mince filling.

Garnish with shredded lettuce.

Can serve with guacamole (smashed avo) if you're an avo lover.



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Mr. Kurveshan Perumaul, (Hindu Faith), Member of Children and Youth Interfaith Network, RfP S.A. & RfP Interfaith Youth Climate Forum.



Veg Fried Rice & Tomato and Chickpea Salsa

Veg Fried Rice

Images by Google



Ingredients: (The below recipe is for 1-2 serving. You may increase the quantity as needed for more servings). 2 cups of cold cooked rice (Quantity to your preference and can be one day old, stored in the fridge). Olive and Sesame Seed Oil. 1 chopped onion, chopped ginger and garlic and one fresh lemon. 1 cup each of variety of fresh vegetables from your local market. Washed, chopped and selected to your preference. (mushrooms, carrots, greenbeans, cabbage, green and red peppers). Fresh thyme, mixed herb spices, salt and black pepper. Fresh mint, basil and dhania. Soy sauce, black vinegar and sweet chilli sauce. Fermented soybean paste. Fruit, seed and nuts breakfast mix.

Method: Brown mushrooms without oil in a hot pan until nicely done. Add in the chopped onions and stir. Add 2 tablespoons of olive oil. Mix well, then add your chopped vegetables (carrots, greenbeans, cabbage, green and red peppers). Mix well and let it cook for a little while. Add chopped fresh ginger and garlic and 2 fresh green chillies. Let it cook for a little, stirring often. Mix in a bowl 1 tablespoon fermented soybean paste, 1 tablespoon soy sauce and sesame seed oil and 1 tablespoon black vinegar and sweet chilli sauce. Add it to the vegetables in the pan and mix well. Add some fresh thyme, 1/2 teaspoon mixed herb spices, some salt and black pepper for taste and mix well and let it cook on low for a little while. Don't overcook your vegetables. Add in the cooked rice and mix well. Add some fresh lemon juice, some chopped mint and dhania. Add some fruit, seed and nuts breakfast mix. Mix well and serve.

Images by Google



Tomato and Chickpea Salsa

Ingredients: 1 can chickpea (save the brine water), four chopped tomatoes, half chopped onion, three fresh chillies, fresh lemon juice, fresh ginger and garlic, fresh thyme, dhania, mint and basil, raw almonds, olive oil and black vinegar.

Method: Blend 1 can of chickpea without the brine water. Add in the chopped tomatoes, half onion, 3 fresh chillies and blend as desired. Add fresh lemon juice, chopped fresh dhania, mint, ginger, garlic and basil, some raw almonds and blend as desired. Add 1 tablespoon olive oil, black vinegar, 2 tablespoons of brine water from the canned chickpea and blend as desired. Serve with the veg fried rice and enjoy!

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Mr. Mark Shaldon Naicker, (Christian Faith), Member of GNRC,
Religions for Peace S.A. & International Youth Development Network.



Chocolate Ice Cream (Vegan)



Images by Mark

This ice cream is a easy vegan alternative to dairy made ice-cream . This ice cream has only 3 ingredients.

Ingredients:

- 400ml coconut cream (Refrigerate the night before)
- 3 Tablespoons sugar
- 3 Tablespoons cocoa powder

Method: Place the coconut cream into a bowl that has been chilled in the fridge overnight.

Add the 2 tablespoons sugar into the coconut cream.

Thereafter add the 2 tablespoons sugar to the mix.

Beat all the ingredients together until stiff.

Put cream mixture into a tin.

Place a piece of wax paper on the top of the mixture and freeze overnight.

Serve as desired.

“One step at a time to save the planet“ Unknown”



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Ms. Merylene Chitharai, (Hindu Faith), Member of Religions for Peace S.A, RfP Interfaith Youth Climate Forum, RfP Youth Media Team & Bhakti Marga.



Homemade Vegan Smoothies

I love making Homemade Vegan Smoothies for breakfast but also to offer at my Puja (Prayer) Altar. I share some of these easy tasty healthy recipes with you. These are my own recipes. All you need is a simple blender. You can get an affordable one at Makro and it is a good investment. I have the Bennett Read On-The-Go Blender. The fruits can be from your local market or from your garden at home. You will be supporting local and fresh organic produce. Enjoy!

Don't forget to read this book, I had mentioned in the webinar. Know the carbon footprint of your consumables. Confessions of an Eco-Sinner: Tracking Down the Sources of My Stuff by Fred Pearce:

<https://www.goodreads.com/book/show/3363947-confessions-of-an-eco-sinner>

Peanut Butter Blast



PEANUT BUTTER, BANANAS, APPLES, DATES & MAPLE SYRUP

HOMEMADE VEGAN SMOOTHIE

Ingredients:

1 Tablespoon Peanut Butter, 1 Banana, 1 Apple, 4 Fresh Dates, 1 Teaspoon Maple Syrup & Filtered Water or Coconut Milk/Cream for Consistency & Thickness.

Method: Add all ingredients in the blender to Blend. Pour & drink. Enjoy!

Fruit Medley Mix



HOMEMADE VEGAN SMOOTHIE

APPLE, LEMON, BANANA, ORANGE

Ingredients:

1 Tablespoon Fresh Lemon Juice, 1 Banana, 1 Apple, 1 Orange, 1 Teaspoon Maple Syrup & Filtered Water or Fruit juice for Consistency & Thickness.

Method: Add all ingredients in the blender to Blend. Pour & drink. Enjoy!

Paw-Paw Frenzy



PAW-PAW, BANANA, APPLE, ORANGE

VEGAN HOMEMADE SMOOTHIE

Ingredients:

1 Tablespoon Fresh Lemon, 1/2 cup Fresh Paw-paw, 1 Apple, 1 Orange, 1 Banana & Filtered Water or Fruit juice for Consistency & Thickness.

Method: Add all ingredients in the blender to Blend. Pour & drink. Enjoy!

Pineapple Delight



TANGY & SOUR! FRESH GINGER & LEMON, APPLE & ORANGE! & Pineapple

VEGAN HOMEMADE SMOOTHIE

KARTIK VIBES!

Ingredients:

2 Tablespoon Fresh Lemon & Ginger Juice, 1/2 cup Fresh Pineapple, 1 Apple, 1 Orange & Filtered Water or Fruit juice for Consistency & Thickness.

Method: Add all ingredients in the blender to Blend. Pour & drink. Enjoy!