



Meat Free Monday
EVERYWHERE



Introduction

Following its event at COP21 in Paris in December 2015, the global grassroots movement Meat Free Monday/Meatless Monday is delighted to launch this cookbook under the slogan 'Less Meat = Less Heat'.

Research has shown that countries can significantly reduce their greenhouse gas emissions by encouraging their populations to not eat meat at least one day a week. Meat Free Monday campaigners have created this cookbook to show you how to reduce your greenhouse gas emissions while having fun trying out different foods and recipe from around the world.

We would like to thank the campaigners from more than 30 countries around the world, many of whom are volunteers, for sending in their contributions. All recipes reflect the nation's unique culture, customs and cuisine. Some of the recipes are a vegetarian take on a national dish and others are people's favourite meals for you to try and discover how easy and fun it can be to have at least one meat free day every week.

So let's turn down the heat by eating less meat!

Less Meat = Less Heat

"On behalf of Meat Free Monday, we are delighted to be involved with this global cookbook showcasing delicious meat free recipes from Belgium to Brazil, Jamaica to Japan. It's good to see how the meat free movement is growing as people worldwide discover the positive environmental and health impact of skipping meat for at least one day a week."
- Paul, Mary and Stella McCartney

Photo: © Mary McCartney

Meat Free Monday partners from around the world at the People's Climate March in September 2014 in New York City



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ARGENTINEAN VEGETARIAN LOCRO

Locro is a delightful stew that combines flavors of squash, beans and corn. It is a popular and traditional dish around the Andes. Every country has its own take on it and secrets about their own stew dish, but in Argentina, locro is a tradition that celebrates national holidays and the spirit of our country. It has a long history regarding its origin and significance over time.



ARGENTINA

INGREDIENTS (6 Servings)

	U.S.	Metric
White hominy, dry	8 oz	250 g
White beans, cooked	8 oz	250 g
2 Carrots	-	-
2 Celery stalks	-	-
Acorn squash (or similar)	1 lb	½ kg
Butternut squash (or similar)	1 lb	½ kg
1 Garlic clove	-	-
1 Medium-sized leek	-	-
Parsley	3 tbsps	3 tbsps
Thyme	1 tbsp	1 tbsp
Extra virgin olive oil, to taste	-	-
Smoked paprika	4 tbsps	4 tbsps
Cumin	1 tsp	1 tsp
Vegetable stock	6 ½ cups	1 ½ liters
1 Bunch scallions	-	-
Cayenne pepper	2 tbsps	2 tbsps
Salt and pepper, to taste	-	-
Olive oil	¾ cup	100 mL

METHOD

- 1 For the locro**
 - Soak the white hominy and beans in two separate bowls a day ahead. On the next day, rinse, drain, and cook both separately.
 - Chop the leek and cut together with carrot and celery into small cubes.
 - Peel both types of squash and cut them into medium-sized cubes.
 - Mince the garlic and chop the parsley and thyme. Set aside.
 - Meanwhile, put some of the extra virgin olive oil into a large pot and add the chopped leeks, celery and squash. Season with salt and pepper and cook until golden. Add the parsley and thyme and cook for 3 minutes. Add the vegetable broth, bring to the boil and let it cook until the squash becomes very soft. Drain the white hominy and beans and add to the pot.
 - Cover with lid and cook on a medium heat for approximately one hour. Season with 2 tbsps of paprika and the cumin and cover again. Add salt and pepper, to taste.
- 2 For the sauce**

Chop the scallions and cook them in a saucepan together with some of the extra virgin olive oil, salt and pepper. When soft and translucent, add the remaining extra virgin olive oil and 2 tbsps of paprika and remove from heat.
- 3 Assembling the dish**

Serve the locro in a bowl, pour the sauce on top and sprinkle with chopped parsley.

RECIPE PROVIDED BY
Luciana Ambrosi
Lunes Sin Carne Argentina
www.facebook.com/Lunes-Sin-Carne-Argentina-354405277913415/



SWEET POTATO SOUP WITH CRISPY POLONY

Australian cuisine is mostly centered around meat and there isn't one recognised "Aussie Meal" other than "Snags (Sausages) on the Barbie (Barbecue)." That's what we intend to change! Soups are always heart-warming, wholesome and extremely versatile.



AUSTRALIA

INGREDIENTS (8 Servings)

	U.S.	Metric
Vegetarian Bologna-style/Polony-style slicing sausage (such as Fry's), cubed	4 ½ oz	125 g
Red onions, chopped	10 oz	300 g
1 Garlic clove, finely chopped	-	-
Fresh ginger, finely chopped	1 inch	2.5 cm
Olive oil	2 tbsps	2 tbsps
Margarine	1 tbsp	1 tbsp
Dry sherry	3 tbsps	3 tbsps
Brown sugar	1 tbsp	1 tbsp
Water	1 ¼ cups	300 mL
Sweet potatoes, chopped	1 ½ lbs	850 g
Extra sweet potatoes, diced and lightly sautéed for serving	3.5 oz	100 g
Carrots, chopped	1.5 lbs	850 g
Tomato paste	½ tbsp	½ tbsp
Sesame seeds, toasted (keep some aside for serving)	1 tbsp	1 tbsp
Chili flakes	1 tsp	1 tsp
Coconut milk	3 ¾ cups	800 mL
Fresh coriander, chopped	1.5 oz	50 g
Cumin seeds, toasted	1 tbsp	1 tbsp
½ Lemon, squeezed	-	-
Fresh coconut, grated and toasted for serving	-	-

METHOD

- 1 Sweat the onions, garlic and ginger in margarine and two tablespoons of olive oil for about 5 minutes. Add the sherry and sugar and continue cooking until the mixture is thick and sticky, about 5 minutes. Add the water, chopped sweet potatoes, carrots, tomato paste, sesame seeds, chili flakes and coconut milk. Simmer until all the vegetables are soft, about 1 hour. Add more water only if necessary. Purée with a hand blender.
- 2 Fry the cubed Polony in a little oil until crispy and set aside. Add the coriander, cumin seeds and lemon juice.
- 3 Heat a tablespoon of olive oil over a medium heat and sauté the sliced sweet potatoes until tender (about 8-10 minutes).
- 4 Serve soup hot with sesame seeds, coconut, Polony and sautéed sweet potatoes.

RECIPE PROVIDED BY

Tammy Fry Kelly

Meat Free Mondays Australia

www.meatfreemondays.com.au

Note: There are two campaigns in Australia.



GARDEN SEED PATÉ

This is a raw dish inspired by the adventures of 'Food for Life Global's Paul Turner with vegan raw food nutrition. The mission of 'Food for Life Global' is to unite the world through pure food. This paté is loaded with flavour from a diverse set of ingredients that, when blended well, will be the perfect dip or spread for a sandwich or wrap to give your meal a really healthy punch. Making good food is an art and a science and one needs to be adventurous sometimes to discover new culinary experiences.



INGREDIENTS (2 Servings)

	U.S.	Metric
Sunflower seeds, soaked overnight and dried	5 oz	150 g
Pumpkin seeds, soaked overnight and dried	5 oz	150 g
8 Sundried tomatoes	-	-
1 Medium-sized fresh tomato	-	-
Minced parsley	1 ½ oz	40 g
Fresh basil, chopped	1 cup	40 g
1 Whole lemon including pulp (remove seeds)	-	-
Olive oil	4 tbsp	4 tbsp
Flax seed oil	1 tbsp	1 tbsp
Coriander powder	1 tbsp	1 tbsp
Dried Italian herbs	1 tbsp	1 tbsp
Dulse flakes	2 tbsp	2 tbsp
1 Fresh chilli pepper	-	-
Sea salt	¼ tsp	¼ tsp
(Optional) Agave syrup	1 tbsp	1 tbsp

METHOD

- 1 Process all ingredients until a paste.
- 2 Store in fridge.

AUSTRALIA

RECIPE PROVIDED BY
Food for Life Global
www.ftl.org

Note: There are two campaigns in Australia.



LA TARTE AL D'JOTE

The "tarte al d'jote" is a culinary speciality from Nivelles (Nijvel), in the province of Wallonia in Belgium. Traditionally, the main ingredients are chard, cheese and butter. In 1980, the Confrérie del Tarte al D'jote (The Tarte al D'jote Brotherhood) was founded to preserve the cultural, folkloric and gastronomic heritage of Nivelles, including this specialty that can be traced back as far as 1218 AD. Its members meet regularly, using blind tastings and established assessment criteria, to give grades to each producer (from one to five stars). The award's ceremony at the beginning of February is a popular annual event in Nivelles.



BELGIUM

INGREDIENTS (4 Servings)

	U.S.	Metric
Pastry	9 oz or enough for a 9 inch dish	250 g or enough for a 22 cm dish
Strained fromage frais (pasteurised cow's milk and cream)	18 oz or 2.1 cups	500 g
Chard or beetroot leaves	2.2 oz	60 g
Parsley	3 tbsps	3 tbsps
Very soft butter	1 tbsp	1 tbsp
2 Small onions, chopped	-	-
2 Eggs, beaten	-	-
Salt	½ tsp	½ tsp
Pinch of freshly ground pepper	-	-

METHOD

- 1 Wash the beetroot or chard leaves and put in blender with the onions until they become a paste.
- 2 Finely chop the parsley.
- 3 Beat the eggs and add the butter, salt and pepper.
- 4 Put all the ingredients into a mixing bowl and then add the fromage frais. Blend until smooth and creamy. Let it rest for 30 minutes.
- 5 Pre-heat the oven to 200°C (180°C for a fan-assisted oven), 400 °F or gas mark 6. 'Blind' bake the pastry for 10 minutes and then remove from oven and pour the ingredients onto the pastry. Distribute evenly. Cook in the oven for 45-50 minutes.

Bon Appetit! Eet smakelijk!

RECIPE PROVIDED BY
Meat Free Mondays Belgium
www.meatfreemondays.be
Note: There are two campaigns in Belgium.



BELGIAN CARBONNADES

Belgian cuisine is very meat-centered and it's hard to find any typical Belgian dishes without meat or other animal products. So we made a vegan version of a traditional Belgian dish where old brown beer plays a very important role to get a sweet-sour taste. And it tastes great with another Belgian specialty: french fries.



BELGIUM

RECIPE PROVIDED BY
EVA vzw
Thursday Veggieday
www.evarzw.be

Note: There are two campaigns in Belgium.

eva

thursday
Veggie day

INGREDIENTS (4 Servings)

	U.S.	Metric
Margarine	1 tbsp	1 tbsp
2 Onions	-	-
Sesame oil	-	-
Seitan	14 oz	400 g
Red wine vinegar	1 tbsp	1 tbsp
2 Carrots	-	-
1 Clove	-	-
Dried thyme	1 tsp	1 tsp
2 Laurel leaves	-	-
Dark brown beer	1.2 cups	300 mL
2 Vegetable broth cubes	-	-
1 Slice of bread	-	-
Mustard	2 tbsp	2 tbsp
Brown sugar	1-2 tbsp	1-2 tbsp

METHOD

- 1 Put the margarine in a large cooking pot and fry the chopped onions for a couple of minutes till golden brown.
- 2 Cut the seitan in cubes and fry in a pan with sesame oil. Braise with the red wine vinegar and add to the onions.
- 3 Add the chopped carrots, thyme, laurel, clove, the vegetable broth and beer. Put the mustard on the bread and add it to the stew. Let it simmer for at least 45 minutes. Stir frequently and add some water if the stew gets too dry. Season with salt, pepper and brown sugar.
- 4 Serve the stew with french fries or oven baked potatoes.

VEGAN JASHA MAROO



The most distinctive trait of Bhutanese cuisine is spiciness. Chillies are liberally used and treated as if they are vegetables and can't be left out of any dish or Bhutanese people would not enjoy the meal. Red rice is widely cultivated and used as a side dish. The original Jasha Maroo stew is made with chicken, but this vegan version features seitan instead.

INGREDIENTS (4 Servings)

	U.S.	Metric
Seitan strips, diced	1 lb	500 g
Sesame oil	2 tbsps	2 tbsps
1 Medium onion, diced	-	-
4 Garlic cloves	-	-
1 Leek, finely chopped	2 oz	50 g
Ginger, finely grated	2 tbsps	2 tbsps
1 Tomato, diced	-	-
2 Jalapenos, diced	-	-
2 Red chillies, diced	-	-
Water	1 ½ cups	350 mL
Salt, to taste	-	-
Cilantro and chillies, for garnish	-	-

METHOD

- 1 Warm up a wok or skillet, add sesame oil, and sauté seitan pieces together with the garlic, leeks, onion, ginger, red chillies and jalapenos, until soft.
- 2 Add the diced tomatoes and let cook for a minute.
- 3 Add water, stir, cover with a lid and simmer for 30 minutes. Salt to taste and serve. Garnish with cilantro leaves and more chillies.

BHUTAN

RECIPE PROVIDED BY
Jangsem Monday
www.facebook.com/Jangsem-Monday



FEIJOADA

Feijoada is probably the number one typical Brazilian dish. It's based on black beans and usually would have a lot of meat (mainly pork) in it. The vegan version – which can be at least as tasty as the original dish – usually replaces the meat with ingredients like mock meats, tofu and/or various vegetables.



BRAZIL

INGREDIENTS (4-6 Servings)

	U.S.	Metric
Black beans	½ lb	500 g
Vegetable oil	1 tbsp	1 tbsp
1 Onion, chopped	-	-
1 Garlic clove, finely chopped	-	-
1 Tomato, chopped	-	-
Smoked tofu, chopped into small cubes	5 oz	150 g
Cashew nuts	5 oz	150 g
Carrots, cut into slices	1 lb	450 g
Potatoes	6 oz	180 g
Sweet potatoes	6 oz	180 g
1 Dried coconut, sliced and fried until golden brown	-	-
Beetroot	½ cup	100 g
Parsley	2 tbsps	2 tbsps
Coriander	1 tbsp	1 tbsp
Salt, black pepper and cumin, to taste	-	-

METHOD

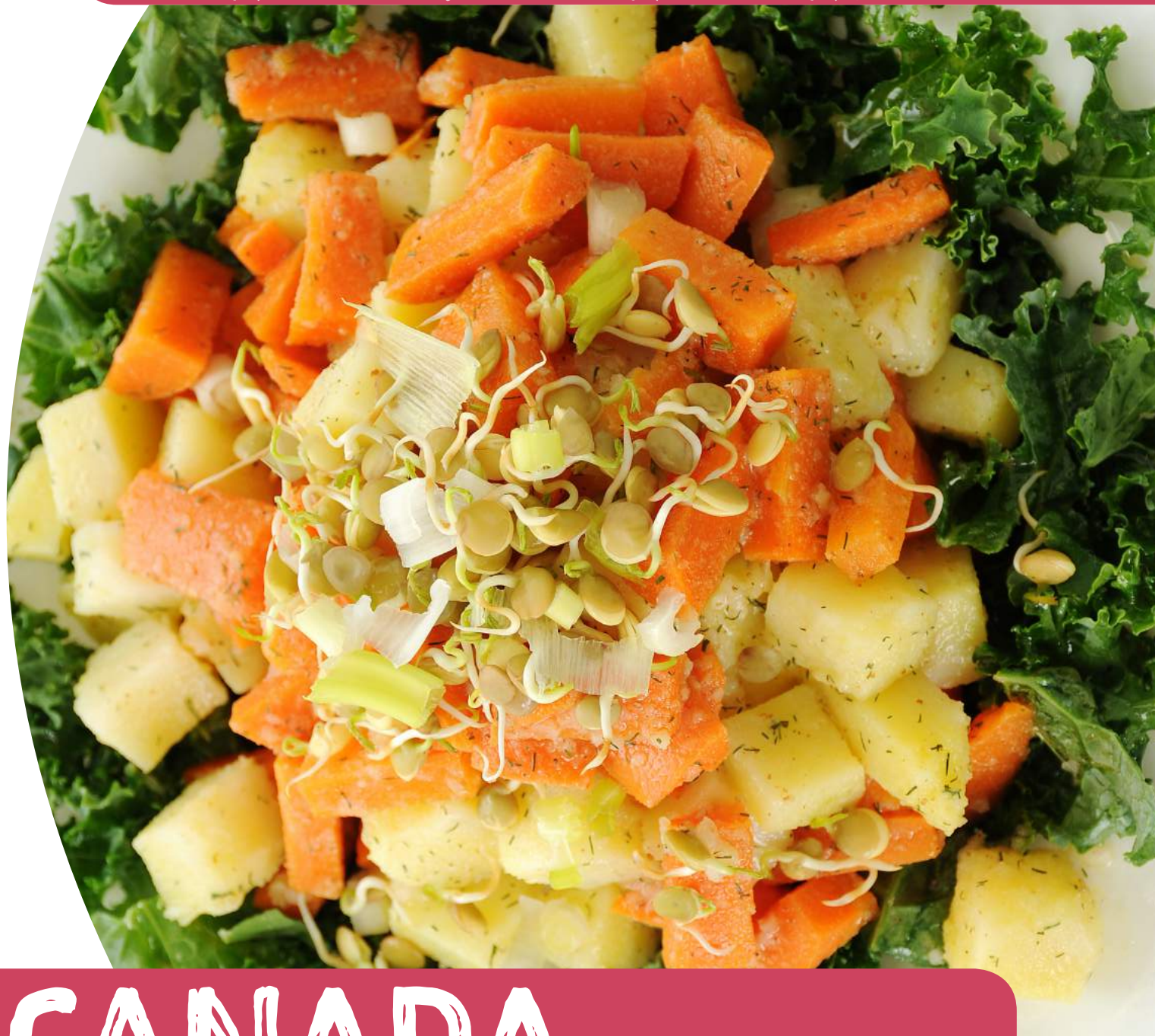
- 1 Soak the beans in water for 8 hours, rinse and then cover with fresh water and cook in a pressure cooker. When the pressure starts, leave it cooking for 15 minutes more.
- 2 While the beans cook, prepare the other ingredients of the feijoada in another pan. Sauté in a small amount of vegetable oil in the following order: tomato, garlic until golden brown, onion until softened, smoked tofu and the cashew nuts. Then put in the potatoes, the carrot and the beetroot.
- 3 Once the ingredients and beans are cooked, add them together and bring to a boil. Then add the salt, fried coconut, pepper, cumin, parsley and coriander.
- 4 Serve with rice, farofa (sautéed manioc flour), orange slices, and collard greens sautéed in garlic.

RECIPE PROVIDED BY
Chef Andre Vieland
Segunda Sem Carne
www.segundasemcarne.com.br



POTATO AND CARROT SALAD WITH GARLIC-MUSTARD DRESSING

The ingredients in this potato and carrot salad are all from hardy plants that grow easily and well in Canada's temperate northern climate. Canada produces significant quantities of potatoes, carrots, kale, lentils and the other ingredients found in this salad. The country even grows a large percentage of the mustard that is used internationally in some familiar mustard brands. This particular recipe was developed by a member of Meatless Monday Canada, Eleanor Boyle, who loves simplicity in meals. It's got familiar and nutritious ingredients, plus a delicious vinaigrette that includes a touch of Canadian maple syrup. Tweak the amounts as you wish and have fun.



CANADA

RECIPE PROVIDED BY
Meatless Monday Canada
www.meatlessmonday.ca
& www.meatlessmondays.ca

Photo: Azad Dhaliwal, Bopomo Pictures



INGREDIENTS (4 Servings)

FOR THE SALAD

	U.S.	Metric
2 Large (or 3-4 small) yellow potatoes, cut into cubes	-	-
2 Large (or a few small) carrots, cut into cubes	-	-
4-5 Green curly kale leaves, cut into small pieces	-	-
Leeks or mild onion, finely chopped	2 tbsps	2 tbsps
Small handful of sprouted lentils (or radish or other colourful veg), for topping	-	-

FOR THE VINAIGRETTE

Olive oil	¼ cup	60 ml
White balsamic vinegar	2 tbsps	2 tbsps
Garlic	1 tbsp	1 tbsp
Mustard, liquid or powdered	1 tbsp	1 tbsp
Lemon juice, freshly squeezed	2 tbsps	2 tbsps
Maple syrup	1 tbsp	1 tbsp
Dill, fresh or dried	1 tsp	1 tsp
(Optional) Salt and pepper, to taste	-	-

METHOD

- 1 Boil the potato cubes until they are soft but still firm. Similarly, boil the carrot cubes until soft but not mushy.
- 2 When the potatoes and carrots are cool, mix them together with the chopped leek.
- 3 Meanwhile, prepare the kale by removing the tough stalk, then tear or cut the leaves into small pieces and arrange as a bed on the serving plate.
- 4 In a separate bowl, make the vinaigrette by mixing all ingredients together and stirring well. Pour about ¾ of the dressing on the potato and carrot salad, mixing gently but thoroughly. Then spoon the salad onto the kale and drizzle the remaining vinaigrette over the entire dish.
- 5 Top with the sprouted lentils or any colourful vegetables for contrast and a finished look.

PASTEL DE CHOCLO

Pastel de choclo, or corn pie, is a typical dish in Chile that has a lot of native ingredients, which gives it a Chilean touch. It is also simple to make and delicious. Some amounts are approximate so tweak them as you wish and enjoy!



CHILE

RECIPE PROVIDED BY
Chef Valentina Uribe
Meatless Monday Chile
www.lunessincarne.net



INGREDIENTS (6-7 Servings)

FOR THE PINO ('MEAT')

	U.S.	Metric
1-2 Onions, chopped into small cubes	-	-
Tofu or seitan, sliced	12 oz	360 g
Salt and pepper, to taste	-	-
Oregano	½ tbsp	½ tbsp
Cumin	½ tbsp	½ tbsp
Paprika	½ tbsp	½ tbsp
(Optional) Raisins, olives, or very small pieces of mushrooms/vegetables	-	-

FOR THE CORN

8 Big ears of corn, fresh or frozen	-	-
Basil	½ cup	20 g
Soy(a) milk	1 cup	230 ml
Vegetable oil, amount depends on size of corn	½-¾ cup	110-170 ml
(Optional) Sugar and/or grated cheese	-	-

METHOD

- 1 For the pino:** Put the onions in a saucepan with the oil for 8-10 mins or until they turn slightly brown. After that, add the tofu/seitan with the salt, pepper, oregano, cumin and paprika. Cook for a further 6 minutes.
- 2 For the corn:** Grind the corn with the soy(a) milk and basil. When it turns into a paste, put it in a saucepan with the oil (you can use more oil for a softer paste) and cook for 10-15 minutes on a low heat. Keep stirring (preferably with a wooden spoon).
- 3** Preheat oven to 350°F/175°C.
- 4** Fill half of (oven-safe) deep individual bowls, or a large serving dish, with the pino. Then fill the other half with the corn mixture. You may optionally place sugar and/or grated cheese on top. Bake for 30-40 minutes or until the top is slightly brown.

ENVUELTO

Envuelto is a classic dish in Colombia. Colombia is a corn country and you can find an amazing variety of corn there. This recipe comes from the mother of Colombia Lunes Sin Carne's founder, Juliana, but with a few changes to turn it into a healthy vegan recipe.



COLOMBIA

INGREDIENTS (4-6 Servings)

	U.S.	Metric
Fresh corn kernels (of five cobs), set aside the corn husks/leaves and cobs	2 lbs	1 kg
Brown sugar	2 tbsps	2 tbsps
Coconut oil	½ cup	125 g
Raisins	1 cup	150 g
Corn leaves for wrapping	-	-

METHOD

- 1 Put all the corn kernels into a blender and blend until smooth and thick. Add the sugar and coconut oil and blend the mixture again. Remove mixture from the blender and mix in raisins.
- 2 Take enough corn leaves to make about 20 envueltos and fill them with the corn mixture. Roll the leaves together so that the filling is enclosed. Then tie it together with string.
- 3 Take a large pot and place the corn cobs on the bottom, laid out evenly, until the bottom is covered.
- 4 Fill with water until it comes halfway up the bed of cobs.
- 5 Place as many envueltos side by side on top of the cobs, creating one layer. Then steam over a medium heat until the envueltos are firm. Remove from pot, remove leaf and enjoy.

RECIPE PROVIDED BY
Clara Rodriguez &
Juliana Castenda Turner
Colombia Lunes Sin Carne
www.lunessincarne.co



ORAHNJAČA

Orahnjača, or walnut roll cake, is a sweet bread made in many countries in Eastern Europe. It represents a taste of the homeland to families from Eastern European countries. Croatian walnut roll cake is believed to have its origins in a small village called Gerovo in Gorski Kotar (central Croatia). In the past, it was also called Povitica and is a traditional Croatian delicacy. It is prepared typically for weddings and holidays such as Easter or Christmas and is a yeasted, twisted sweet roulade with a layer of crushed walnuts.



CROATIA

INGREDIENTS (4-6 Servings)

FOR THE DOUGH

	U.S.	Metric
Semi-whole wheat flour (type 850)	2.2 lbs	1 kg
Fresh yeast	1.4 oz	40 g
Oil	3-4 tbsps	3-4 tbsps
Brown sugar	3 tbsps	3 tbsps
Soy(a) milk	2 cups	½ liter
Pinch of salt and turmeric	-	-

FOR THE FILLING

Ground walnuts	1 ½ lbs	700 g
Brown sugar	10 oz	300 g
Soy(a) milk	½ cup	150 ml
Lemon peel	-	-
(Optional) Raisins soaked in rum	¾ cup	100 g

METHOD

- 1 For the dough:** Mix the fresh yeast with 200 ml or ¾ cup of warm soy milk, 2 tbsps flour and 1 tbsp sugar. Blend well and leave in a warm place to rise. Make the dough out of the rest of the flour, salt, sugar, oil and turmeric. Add soy(a) milk as needed to obtain a smooth, not sticky, dough. Leave to rise again.
- 2 For the filling:** Soak the walnuts in hot soy milk. Add the sugar, raisins and grated lemon peel.
- 3** When the dough has doubled in size, roll it out 2 cm or ¾ inch thick. Spread the filling and roll. Place onto a deep, oiled baking sheet and let it rise again for about 15 minutes.
- 4** Bake for 35-45 minutes at 180°C/360°F.

RECIPE PROVIDED BY
Gordana Hećimović
Animal Friends Croatia
www.prijatelji-zivotinja.hr



FRIKADELLER

The Danish name for meatballs is frikadeller. It is a highly popular dish in both everyday cooking and also as part of a festive buffet. It is traditionally made with meat from a pig and/or calf and held together by eggs. But luckily none of that is necessary for you to enjoy the taste of frikadeller. This recipe mimics meat-based meatballs by combining ingredients that are both high in umami and provide a meaty texture. This makes for a truly satisfying meal for vegans and meat-eaters alike. Serve your frikadeller with a crisp salad, cooked potatoes and generous amounts of dairy-free brown gravy or parsley sauce. In the summertime, serve them with a creamy potato salad. They also work well on top of a stir fry or with a nice tomato sauce and pasta. Velbekomme!



DENMARK

INGREDIENTS (4-6 Servings - Makes 18 Frikadeller)

	U.S.	Metric
Mushrooms (portobello, button, shiitake or a mix)	½ lb	200 g
Firm tofu, drained	½ lb	150 g
Rolled instant/quick oats	⅓ cup + 1 tbsp	40 g
Brown rice, cooked and then chilled	⅔ cup	90 g
Salt	1 tsp	1 tsp
Mustard, Dijon	1 tsp	1 tsp
Soy(a) sauce	2 tsps	2 tsps
Black pepper, freshly ground	¾ tsp	¾ tsp
Psyllium husk powder (or 4 tsp of flax meal or ground chia seeds)	2 tsps	2 tsps
Yellow onion, finely diced	⅔ cup	100 g
2-3 Garlic cloves, minced	-	-
Walnuts, chopped to the size of whole buckwheat or small rice grains	2 oz	50 g

(Optional) A pinch of smoked paprika or liquid smoke, 2-3 tsps of nutritional yeast, and 2 tsps of dried green herbs (add more if using fresh and very finely chopped herbs)

METHOD

- 1 Dice the mushrooms into 1 cm or ⅓ inch pieces and then heat in a non-stick skillet without oil. Stir them occasionally until all the water in the mushrooms has evaporated and they look dry and start to brown. It takes a while but be patient, this step is very important in order for the right flavours to develop.
- 2 Meanwhile, squeeze as much water as possible out of the tofu, using just your hands, and crumble into a big bowl. Add the oats, cooked brown rice, and the spices (salt, mustard, soy sauce, pepper and the optional ones) and sprinkle in the dry psyllium powder. Stir everything together and add the browned mushrooms once they are done.
- 3 Fry the onions in the skillet until translucent, adding a little oil if necessary. Add the garlic to the skillet and let it fry with the onion for a couple of minutes and then add both to the bowl with the rest of the ingredients.
- 4 With an immersion or stick blender, blend the mixture slightly to make it more cohesive. A food processor will also work, but be very careful not to overmix. You don't want it all creamy, so make sure there is still some texture left. Adjust the final texture of the frikadeller by blending less if you want more texture. Test to see if you can easily shape a pattie that stays in shape. If not, shortly run the immersion blender through it again.
- 5 Now mix in the walnuts. Assemble the dough, cover it, and let it rest in the refrigerator for 20 minutes or more. This helps the frikadeller stay in shape when fried.
- 6 Take about 2 tbsps of the mixture at a time and press it firmly into an oval shape with one hand, pressing it tightly together a couple of times. Then pat it flat so it's about 1.5 cm or ⅔ inches thick while tucking in the edges. Make the two surfaces as flat as possible to get more crust.
- 7 Put the frikadeller in a heated skillet with oil. If you are using a regular skillet instead of a non-stick, avoid moving them again for a couple of minutes before you start pushing or flipping them around. This allows for a nice crust to develop, thus helping them stick together. Fry them on both sides until they have a nice dark colour. You can also bake them at 180°C/350°F for 35 minutes, omitting the oil if you prefer.

RECIPE & FOOD PHOTO PROVIDED BY
PlantePusherne for Kødfr Mandag
www.koedfrimandag.dk
www.plantepusherne.dk

Note: There are two campaigns in Denmark.



GREEN PEA HUMMUS OPEN SANDWICH SPREAD

In Denmark, we eat open sandwich spreads all the time. It's safe to say that it is typical Danish food. However, there is a need for more vegetarian alternatives of open sandwich spreads in Denmark. That's why we chose this recipe, with the goal of making it very cheap, simple and amazingly tasty. We would really like to spread the word of MeatFree Mondays and inspire people to try something new.



INGREDIENTS (4 Servings)

	U.S.	Metric
Green peas	2 cups or 10 oz	300 g
1 Garlic clove, pressed	-	-
Lemon juice	1-2 tbsp	1-2 tbsp
Salt	½ tsp	½ tsp
Fresh red chili pepper	⅓ inch	½-1 cm
(Optional) Extra virgin olive oil	1 tsp	1 tsp
Rye bread, sliced	-	-
Salad	-	-
1 Eggplant (aubergine)	-	-
Oregano	-	-
(Optional) Pesto of choice, chopped hazelnuts or onion sprouts	-	-

METHOD

- 1 Put peas, garlic and optional olive oil in a blender and blend until smooth. Season to taste with salt, lemon juice and chili pepper.
- 2 Cut the eggplant into thick round chunks, add salt, pepper and oregano on both sides and roast in a pan until golden brown.
- 3 Make a tower with the eggplant rounds, generously slathering the pea hummus in between each round of eggplant. Rest on a bed of lettuce. Hazelnuts, onion sprouts and/or pesto can be added as a garnish.
- 4 Serve on a piece of warm rye bread with rye flour and different seeds.

DENMARK

RECIPE PROVIDED BY
Paloma Alves
MeatFree Mondays Denmark
www.meatfreemondays.dk



Note: There are two campaigns in Denmark.

ANDEAN FRITADA

The Andean Fritada is a traditional and exotic Ecuadorian dish, characterized by a mixture of exquisite flavors. It is a dish that is easy to make and is a perfect balance of vegetables, carbohydrates and proteins, as well as is full of color and Latin flavors.



ECUADOR

INGREDIENTS (4 Servings)

FOR THE FILLING

	U.S.	Metric
4 Potatoes (or bag of pre-cooked French fries/chips)	-	-
Fritada (such as from Green Products) or any flavored textured vegetable protein in cubes	8 oz	250 g
Cooked hominy	11 oz	300 g
1 Ripe yellow plantain	-	-
½ Tomato	-	-
½ White onion	-	-
½ Red pepper	-	-
Sugar	½ tsp	½ tsp
Pinch of salt	-	-
Vegetable oil	1 cup	230 ml
Parsley	1 tbsp	1 tbsp
Cilantro	1 tbsp	1 tbsp
Water	½ cup	120 ml
White vinegar	2 tbsps	2 tbsps

FOR THE CORN

Dry giant white corn cobs	5 ½ oz	150 g
Vegetable oil	¼ cup	60 ml
Salt, to taste	-	-

METHOD

1 For the filling:

- Cut the potatoes into sticks (like french fries). Heat ½ cup oil in a skillet and fry them.
- Slice the yellow plantain and fry in a skillet with ¼ cup oil.
- Fry the textured vegetable protein in a skillet with ¼ cup oil until golden brown.
- To prepare the 'agrio' (a healthy and tasty sauce for the textured protein), finely chop the tomato, the onion, the pepper, the cilantro and the parsley. Add water, sugar, salt and vinegar, then add the chopped vegetables.

2 For the corn:

In a skillet, heat the oil on a medium to low heat. Add dry corn when oil is warm and cover with lid as some kernels will pop. Stir occasionally. Fry until golden brown. Sprinkle with salt.

3 Plate the dish with all the ingredients and enjoy!

RECIPE PROVIDED BY
Meatless Monday Ecuador

terranimal
Proyectos Integrales de Protección Animal



SPLIT PEA SOUP

This delicious traditional soup is a full meal on its own! Split peas are actually legumes and are well known for being very high in protein.



FRANCE

INGREDIENTS (4 Servings)

	U.S.	Metric
Split peas	7 oz	250 g
1 Carrot, chopped	-	-
1 Garlic clove, crushed	-	-
1-2 Onions, finely chopped	-	-
1 Bouquet garni / mixed herbs (thyme and bay leaves)	-	-
Salt and pepper, to taste	-	-
(Optional) Parsley	-	-
Nut / colza (rich in omega 3) oil or olive oil, to taste	-	-

METHOD

- 1 Rinse the split peas and cover in a pot with 4-5 times more water.
- 2 In the meantime, fry the vegetables and herbs (except the parsley) in a pan with some oil. Add pepper. Do not salt until the very end of the recipe! (See step 4.)
- 3 Once the onions have turned a golden brown, put the contents of the frying pan in the pot and cook for 1 hour, uncovered.
- 4 After 1 hour, add salt and a fair amount of oil. Remove bouquet garni / mixed herbs, and blend. If the soup is too thick, add some warm water. (Optional) Add some chopped parsley and/or some croûtons.

RECIPE PROVIDED BY
Isabelle Dudouet-Berlegeay
Végé Cook
www.facebook.com/monvegecook

Végé Cook



BAMBARA BEAN STEW

In Ghana, many people call it Aborboi. It is an annual, creeping legume with glabrous, trifoliate leaves. Some sugar is added to taste and it goes with fried mashed ripe plantain spiced with some chilies or ginger. Aborboi is one of Ghana's most loved foods and is consumed all over the country. It makes a good accompaniment to rice, fried plantain, kaklo, tatale, gari, etc.



GHANA

INGREDIENTS (4 Servings)

	U.S.	Metric
Bambara beans	1 cup or 7 oz	200 g
Onions, chopped	1 ¼ cups or 6 ½ oz	180 g
Soy(a) chunks or tofu	½ cup	100 g
1 Garlic clove	-	-
Ground ginger, to taste	-	-
Cayenne pepper (or 1 small green chilli, chopped)	½ tsp	½ tsp
Salt	½ tsp	½ tsp
Sugar	½ tsp	½ tsp

METHOD

- 1 Boil the beans with ¼ cup of the onions, briskly for 2 minutes. Then turn off the heat and let soak for 1 hour, uncovered.
- 2 Return the pot to the heat and simmer the beans until tender (about 1 hour). Remove a portion of the beans and mash them.
- 3 Purée the ground ginger, pepper, garlic and rest of the onions. Then cook and stir over a moderately high heat for about 5 minutes, until most of the liquid in the pan has evaporated.
- 4 Turn the heat down low and add the soy(a) chunks and the mashed bean (to give it some thickness).
- 5 Cook and stir for 5 more minutes, or until beans are heated through.
- 6 Taste and correct seasoning.

RECIPE PROVIDED BY
Meatless Monday Ghana



CASAMIENTO

Hondurans grow up eating casamiento, or rice and beans. Casamiento means marriage in Spanish. The story behind this popular dish is that beans symbolize men and rice, women. When they get 'married,' they both turn the same color; they become one. On the Honduran Caribbean coast, casamiento is made with coconut milk, but the basic recipe varies from place to place, with the addition of different vegetables, herbs and spices. Some people add tomatoes, bell peppers, onions, cilantro, cumin, etc.



HONDURAS

INGREDIENTS (4 Servings)

	U.S.	Metric
Oil, preferably coconut oil	2 tbsps	2 tbsps
Cooked beans (kidney or black)	2 cups or 14 oz	400 g
Cooked white rice	2 cups or 11 oz	320 g
Green peppers, chopped	2 tbsps	2 tbsps
Fresh cilantro, chopped	1 tbsp	1 tbsp
Red onion, finely chopped	¼ cup or 1 oz	30 g
Salt	2 tsp	2 tsp
Cumin	1 tsp	1 tsp
Fresh ground pepper	1 tsp	1 tsp

METHOD

- 1 In a saucepan, combine onions, green pepper, coconut oil, salt, cumin and pepper and cook over a medium heat, until fragrant for about 5 minutes, stirring occasionally.
- 2 Stir in the beans, reduce heat to simmer and cover for 5 more minutes.
- 3 Add rice and cilantro and combine, ensuring that the rice and the beans 'marry.' Once everything is combined, let it cook on a low heat for about 5 minutes.
- 4 Remove pan from heat and let stand for 5 minutes before serving. Serve with warm tortillas and sliced avocado on the side or with *tostones*, which are twice fried green plantains. It also tastes excellent reheated.

RECIPE PROVIDED BY
Meatless Monday Honduras
www.facebook.com/meatlessmondayhonduras

Meatless
Monday
HONDURAS



BEANS MASABHA



ISRAEL

RECIPE PROVIDED BY
Chef Harel Zakaim
Meatless Monday Israel
www.meatlessmonday.co.il
Photo: Dan Haimovich



INGREDIENTS (4 Servings)

	U.S.	Metric
Fava beans (small type)	7 oz	200 g
Butter (lima) beans	3.5 oz	100 g
2 Garlic cloves	-	-
3 Chili peppers	-	-
2 Stems of sage	-	-
Good quality olive oil	1 ¼ cups	300 ml
3 Lemons	-	-
Atlantic sea salt, to taste	-	-

METHOD

- 1 Soak the beans in plenty of water overnight (about 12 hours).
- 2 Place the lima beans and the fava beans in two separate pots. Boil then drain. Reboil. Reduce the heat and skim the foam from the top.
- 3 To each pot, add one clove garlic (cut in half), one chili pepper torn by hand into pieces, and one stem of sage. Cook uncovered for about five hours on a very low heat.
- 4 Meanwhile, prepare the spicy pepper sauce. Dice one chili pepper and place in a small bowl. Squeeze in the juice of one lemon and season with salt. Marinate in the refrigerator.
- 5 Bring the fava beans to a boil again and simmer until the liquid is reduced to a saucy consistency. Squeeze the garlic cloves into the beans and discard the peels. Remove the sage. Grind the fava beans with the juice of 2 lemons and add salt to taste.
- 6 To serve, place the fava bean spread on a plate and make a depression in the centre with the back of a spoon. Place the lima beans in the centre and spoon the spicy sauce on top.

GREEN PEA LASAGNA

Lasagna doesn't really need any introduction, everyone loves it! A vegan twist to a very traditional Italian recipe will make this delicious dish accessible every day of the week, not only for festivities... yes, even on Mondays!



ITALY

RECIPE PROVIDED BY
Veggie-ssima La Green Chef,
Francesca Molica Colella
Lunedì No Meat
www.lunedinomeat.it



INGREDIENTS (4 Servings)

FOR THE GREEN PEA BOLOGNAISE SAUCE

	U.S.	Metric
Green peas	1 lb	500 g
1 Medium carrot, minced	-	-
½ Celery stalk, minced	-	-
1 Medium onion, minced	-	-
Tomato paste	2 tbsps	2 tbsps
Tomato puree	3 ½ cups	750 ml
Extra virgin olive oil	½ cup	100 ml
Salt and pepper, to taste	-	-
Water	2 cups	400 ml
Lasagna sheets	1 lb	500 g

FOR THE WHITE SAUCE

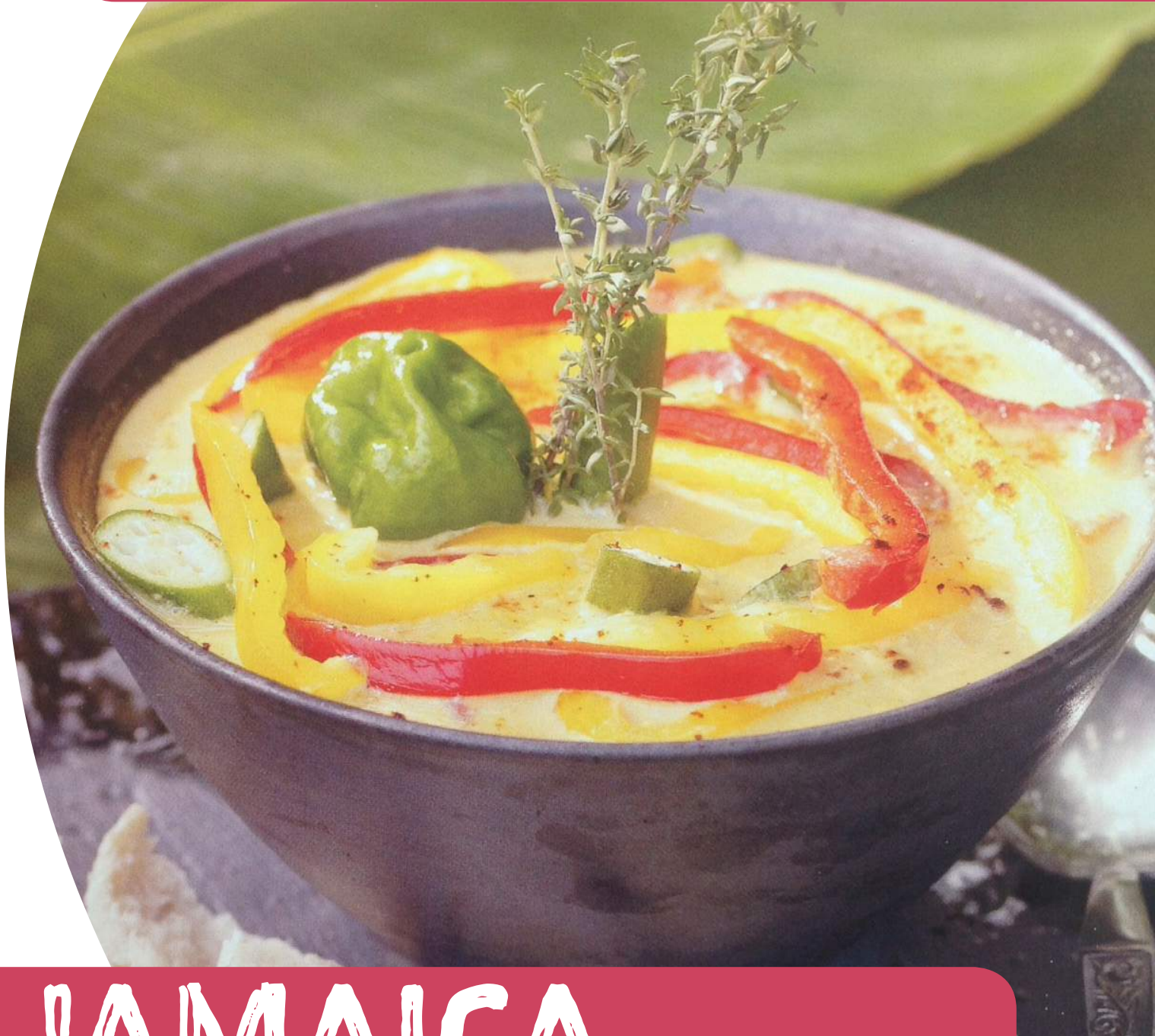
Soy(a) milk	4 cups	1 l
Whole wheat flour	3 ½ oz	100 g
Extra virgin olive oil	4 tbsps	4 tbsps
Salt and pepper, to taste	-	-

METHOD

- 1 For the green pea bolognese sauce:** Add the extra virgin olive oil to a pot and sweat carrot, celery and onion until soft. Add green peas (fresh or frozen) and sauté for 5 minutes, then add the tomato paste and stir to coat peas with it. Cook for a couple of minutes then pour in the tomato puree and 2 cups of water. Season with salt and pepper and let cook for 45 minutes to an hour, until the peas are soft and all the water has evaporated.
- 2 For the white sauce:** In a saucepan whisk together flour and oil and let cook for two minutes, still whisking. Start adding warm soy milk a little bit at a time until the flour and oil mixture are thin and free of lumps. Then add the rest of the milk and let it cook for 20 minutes, at which point the sauce should be smooth and quite thick.
- 3** Cook the lasagna sheets and then start layering in a baking pan following this order:
1 layer: white sauce, pasta sheet, white sauce, bolognese sauce
2/3 layer: pasta sheet, white sauce, bolognese sauce
4 layer: pasta sheet, white sauce (more), red sauce (less)
- 4** Bake in a pre-heated oven for approximately 20 minutes at 180°C/360°F.

JUICYCHEF'S VEGETARIAN RUN DOWN

In Jamaica, 'run down' is a traditional style of cooking with a coconut milk base most often used with pickled or salted fish, such as mackerel or cod. The sauce is cooked until it has a thick creamy consistency. This is JuicyChef's original vegan version, which was first published for *Air Jamaica Skywritings* magazine and has since been updated. Although the list of ingredients seems long outside of prep time, it takes about 25 to 30 minutes to cook. This dish can be served with roasted breadfruit slices and boiled green bananas or white or brown rice. Alternatively, it is quite nice served simply with Jamaican hard dough bread.



JAMAICA

RECIPE PROVIDED BY
"JuicyChef" Jacqui Sinclair
Meatless Monday Jamaica
www.meatlessmondayja.org

MEATLESS MONDAY  JAMAICA



INGREDIENTS (4-6 Servings)

	U.S.	Metric
Coconut milk	4 cups	1 l
Annatto seeds	1 tsp	1 tsp
1 Large carrot, peeled and cut into sticks (julienned)	-	-
2 Large Irish potatoes*, peeled and cubed	-	-
Pumpkin wedge (or butternut squash), peeled and deseeded, cut into cubes	1 lb	450 g
1 Large yellow onion, finely diced	-	-
2 Scallion or spring onion stalks, finely sliced	-	-
1 Large tomato, diced	-	-
2 Garlic cloves, crushed	-	-
1 Scotch bonnet pepper**, whole	-	-
Pimento seeds or allspice, crushed	1 tsp	1 tsp
1 Fat sprig of fresh thyme	-	-
Sea salt	1 tsp	1 tsp
(Optional) 6 Okras, sliced	-	-
Red kidney beans, drained and rinsed	15 oz	450 g
1 Yellow sweet pepper, deseeded and thinly sliced	-	-
1 Red sweet pepper, deseeded and thinly sliced	-	-

*Regular potatoes but in Jamaica it's the name of the variety. We call them Irish potatoes to note their origin.

**Scotch bonnet is the authentic chilli of Jamaica and is very distinct in flavour. Leave it whole to infuse the spice without being too hot, but for more heat we sometimes burst it at the end before removing it. It can be substituted with a habanero pepper or 1 tsp of Jamaican hot pepper sauce.

METHOD

- 1 In a large frying pan, pour in the coconut milk and bring to a boil over a high heat. Once boiled, remove ½ cup/100 mL and lower the heat to medium. Add carrots, potatoes and pumpkin cubes and cook in the coconut milk until they are tender (roughly 15 minutes).
- 2 During this time, add annatto seeds to ½ cup/100 mL of the reserved hot coconut milk and let it infuse for 5 minutes or more until orange-red in colour. Drain and pour back into the pot. Discard annatto seeds.
- 3 Next, add the onion, scallion, tomato, garlic, thyme, whole scotch bonnet, crushed pimento seeds/allspice and salt to the pot. By this time, the coconut milk should have reduced by half and is beginning to be creamy. Turn down to a medium low heat and cook for 5 more minutes. Add the okra, red kidney beans and peppers and cook for a further 5 minutes. At this stage, you can burst the scotch bonnet pepper for more spicy heat and remove it.
- 4 Serve immediately with your preferred starches as suggested above in the recipe introduction.

GYOZA

With the fragrance of miso and meaty texture of koya tofu, this simple-to-make vegan tapas is great for any occasion!



JAPAN

INGREDIENTS (4-6 Servings or 40 Pieces)

	U.S.	Metric
2 Blocks of koya tofu (freeze-dried tofu)	-	-
1 Garlic clove	-	-
1 Knob/small ginger	-	-
1 Cabbage leaf	-	-
Nira (chives) or negi (welsh onion), finely chopped	½ cup or 1 oz	25 g
3 Shiitake mushrooms	-	-
Miso	1 ½ tbsps	1 ½ tbsps
Soy(a) sauce	½ tbsp	½ tbsp
Ground sesame	½ tbsp	½ tbsp
Sesame oil	½ tbsp	½ tbsp
Potato starch	1.5 oz	40 g
40+ Gyoza wraps	-	-
Water	¼ cup	60 ml

METHOD

- 1 Soak koya tofu in water until soft. Alternatively, freeze & unfreeze firm tofu and mix with soaked soy meat.
- 2 Chop garlic (to taste) and ginger into small pieces. Cut cabbage, mushrooms, nira (or negi) and koya tofu into pieces. Mix and press all the ingredients together in a bowl.
- 3 Wrap them with gyoza wraps (these can be found in Chinese or Japanese grocery stores).
- 4 Pour sesame oil in the pan (medium heat) and add the gyoza. After about a minute, pour in water and cover the pan. Wait until popping sound stops. Add soy(a) sauce, vinegar and/or chili oil to taste.

RECIPE PROVIDED BY
Hiromi
Veggie Monday Japan
www.veggie monday.japanteam.net
www.vegeplus.org/vegan_chef02.htm



SWEET POTATO DUMPLINGS WITH JUJUBE-GINGER TEA

This is a recipe for people with a sweet tooth. It can also help people control a carbohydrate addiction while also enjoying this sweet snack made of sweet potatoes! Jujubes (Chinese dates) help stabilize the nervous system, and sweet potatoes are highly nutritious and high in dietary fiber. If you have hyperorexia, you can help control it when you eat jujubes and sweet potatoes together. The ginger helps with digestion, blood circulation and appetite control.



KOREA

INGREDIENTS (4 Servings)

FOR THE SWEET POTATO DUMPLINGS

	U.S.	Metric
2 Medium-sized sweet potatoes, steamed	-	-
Oat flour	3 tbsps	3 tbsps
2 Jujubes, sliced	-	-
Sesame seeds	1 tbsp	1 tbsp
Broccoli powder	1 tsp	1 tsp
Pinch of salt	-	-

FOR THE JUJUBE-GINGER TEA

30 Dried jujubes	-	-
3 Knobs of ginger	-	-
1 Cinnamon stick	-	-
Water	6 pints	3 liters

METHOD

FOR THE SWEET POTATO DUMPLINGS

- 1 Mash the steamed sweet potatoes.
- 2 Mix sweet potatoes and oatmeal flour with a pinch of salt then make the round dumplings.
- 3 Sprinkle the other ingredients beginning with the sesame seeds, then the sliced jujubes and finally broccoli powder over the round dumplings.
- 4 Close the dumplings sealing them properly.

FOR THE JUJUBE-GINGER TEA

- 1 Soak dried jujubes in water for about 10 minutes then separate the pulp from the seeds.
- 2 Put jujubes, ginger and cinnamon into a pot and boil in 3 liters of water. Once it boils, lower the heat and let it simmer for another hour.
- 3 If you don't like pulp, you can filter it using gauze. It can be stored in a refrigerator for about a week.

RECIPE & PHOTO PROVIDED BY

Hyunjoon Lee
Meat Free Monday Korea
www.meatfreemonday.co.kr

Meat Free Monday
고기 없는 월요일



MUMAWASH

Mumawash is a very traditional Kuwaiti recipe that is especially popular in the winter. It is mostly made with dried shrimps. The vegetarian version of the dish was known to be the food of the poor back in the olden days because it is pretty much made of just rice and lentils, which are affordable ingredients. It is served warm with tamarind tomato sauce and a side of leafy vegetables. In the summer, people tend to eat it with yogurt to cool off the dish. Mumawash remains a very popular dish in modern day Kuwait and is definitely a crowd favorite.



KUWAIT

RECIPE PROVIDED BY
Meatless Monday Kuwait
www.instagram.com/meatlessmondaykw



INGREDIENTS (4 Servings)

FOR THE MUMAWASH

	U.S.	Metric
Rice, washed and soaked in water	1 lb or 2 ½ cups	500 g
Split green lentils, washed and soaked in water	7 oz or 1 cup	200 g
Vegetable cooking oil	2 tbsps	2 tbsps
1 Medium-sized onion, chopped	-	-
3 Garlic cloves, minced	-	-
Coriander, chopped	3 tbsps	3 tbsps
Cardamom powder	1 tsp	1 tsp
Coriander powder	2 tsp	2 tsp
Cumin powder	1 tsp	1 tsp
1 Dried lime	-	-
Salt and pepper, to taste	-	-

FOR THE TAMARIND TOMATO SAUCE

Vegetable cooking oil	1 tbsp	1 tbsp
Tamarind paste	2 tbsps	2 tbsps
Tomato paste	2 tbsps	2 tbsps
Water	1 cup	240 ml
3 Garlic cloves, minced	-	-

METHOD

FOR THE MUMAWASH

- 1 Put the onion in a pot with some cooking oil and fry until light brown. Keep stirring. Add the garlic, chopped coriander and dried lime and season with the spices, salt and pepper.
- 2 Drain the green lentils and add to the pot. Add boiling water to cover the surface of the lentils. Leave to boil for about 10 minutes. Drain the rice and add to the pot mixing it with the lentils, and add more boiling water to cover the surface by half an inch/1 ½ cm.
- 3 Cover the pot and let it simmer on a low heat for about 10 minutes until the water evaporates.

FOR THE TAMARIND TOMATO SAUCE

- 1 Stir the garlic in cooking oil in a small saucepan. Add the tamarind paste and tomato paste. Add water and let it simmer on a low heat for 10 minutes. Serve with the mumawash.

CHEESE KNIDDELEN

Kniddelen are traditional dumplings from Luxembourg. They date back to the country's olden times when Kniddelen were known as the poor man's meal because all that's needed to make them is flour, eggs and milk. Traditionally, Kniddelen are served with smoked bacon lardons and sometimes a bit of sour cream. These days, Kniddelen have a bit of a nostalgic image, but young Luxembourgers still enjoy the occasional good bowl of Kniddelen. This is a vegetarian take on the classic, replacing the bacon with melting onions and adding cheese for protein. Even though this recipe is super simple to make, you'll need to plan your time, as the Kniddelen need to be cooked in batches. It is best to cook the Kniddelen in advance, or using left-over Kniddelen, frying them off and sticking them in the oven for half an hour before you plan to eat them. This is a recipe from Anne's Kitchen: Barcelona, Istanbul, Berlin: <http://anneskitchen.co.uk/the-book-2>.



LUXEMBOURG

RECIPE PROVIDED BY

Chef Anne Faber

Meatfree Monday Luxembourg

<https://www.facebook.com/Meat-Free-Monday-Luxembourg-463186217171366>

MEAT FREE
MONDAY



INGREDIENTS (6-8 Servings)

	U.S.	Metric
6 Onions	-	-
Butter	3 tbsps	3 tbsps
Extra butter for frying	2 ½ tbsps	2 ½ tbsps
1 Star anise	-	-
Flour	28 oz or 6 ½ cups	800 g
Salt	1 tsp	1 tsp
Fresh parsley, chopped	4 tbsps	4 tbsps
6 Eggs	-	-
Milk	2 cups	450 ml
Gruyère or Emmental cheese, grated	8 oz or 2 cups	200 g

METHOD

- 1 Peel and halve the onions, then cut into thin slices.
- 2 Melt 2 ½ tbsps butter in a frying pan, add the sliced onions, star anise and a pinch of salt and gently cook for 20 minutes until meltingly soft and brown, stirring regularly. Remove the star anise and set aside when done.
- 3 Meanwhile, prepare the dumpling batter. Put the flour into a large bowl, add the salt, parsley and eggs and knead with an electric whisk fitted with a kneading attachment. Gradually add the milk, whisking between each addition. Knead until you get a sticky, shiny batter.
- 4 Fill a large saucepan with boiling water and add a generous pinch of salt. Grab a portion of batter with the help of two teaspoons, shaping a little dumpling, and dip the teaspoons into the boiling water so the dumpling slides off into the saucepan. Repeat until the bottom of the saucepan is covered with dumplings. Keep boiling until the dumplings float to the surface – that's when they're ready. Remove from the water with a slotted spoon and put into a bowl. Repeat the process until all the batter is used up.
- 5 Preheat the oven to 220°C/430°F.
- 6 Meanwhile, you can start frying off the cooked dumplings in batches. Melt a tablespoon of butter per portion and fry each portion of dumplings until golden brown and crispy.
- 7 Put a layer of fried dumplings into an oven-proof dish, top with onions and cheese, then repeat with a second layer, topping it again with onions and cheese. Bake the dumplings for 5 minutes until the cheese has melted and turned golden.
- 8 Serve with a green salad.

PAP EN VLEIS

STIFF PORRIDGE (OSHIFIMA) & FAKE BARBEQUED MEAT (KAPANA)



NAMIBIA

RECIPE PROVIDED BY
Meatless Monday Namibia



Maize meal is definitely one of the most staple foods in traditional Namibian home cooking. It is traditionally prepared over an open fire in a heavy cauldron-type pot and then served with a selection of meats and sauce. This recipe is a 'veganised' version using vegan plant-based meat substitutes and the result is a mouth-watering blend of flavours.

INGREDIENTS (4 Servings)

FOR THE OSHIFIMA OR PAP (PORRIDGE)

	U.S.	Metric
White maize meal	7 oz or 1 ¼ cups	200 g
Cassava milk	1 cup	230 ml
Water	1 cup	230 ml

FOR THE KAPANA OR VLEIS (MEAT)

1 Large onion, cut into thin strips	-	-
Vegetable or olive oil	1-2 tbsp	1-2 tbsp
Vegetable textured protein, cut into chunky strips	14 oz	380 g
Meat-free traditional sausages	14 oz	380 g
Savoury seasoning	1 tsp	1 tsp
Cajun spice	1 tsp	1 tsp
Sweet paprika powder	½ tsp	½ tsp
4-5 Medium-sized tomatoes, minced (discard skin)	-	-
Organic Tamari or soy(a) sauce	3 tbsps	3 tbsps

METHOD

FOR THE OSHIFIMA OR PAP (PORRIDGE)

- 1 Boil a cup of water in a medium-sized saucepan. Meanwhile, in a bowl gradually add ¾ cup of the maize meal to the cassava milk and whisk to make a smooth paste. Add this mixture to the boiling water, stirring constantly. Cook for 4 or 5 minutes while adding the remaining maize meal. When the mixture begins to pull away from the sides of the pot and stick together, add another ¼ to ½ cup of milk or water, mix in well and cover saucepan with the lid and leave on the lowest heat to steam for about 5 to 10 minutes.
- 2 Put oshifima in a bowl that has been lightly greased with oil. With damp hands, shape it into a smooth ball, turning in the bowl to help smooth it. Serve immediately on a communal platter with saucy grilled 'meats.' To eat in the traditional manner, tear off a piece of oshifima and make an indentation in it with your thumb. Use this hollow to scoop up the saucy grilled 'meats' from the communal bowl.

FOR THE KAPANA OR VLEIS (MEAT)

- 1 Heat the oil in a heavy-based cast iron type pan with lid. Add the onion and gently stir-fry until nicely golden. Add the vegetable textured protein and braise/grill over a high heat while continuously stir-frying until the 'meats' are nicely browned. Do this for at least 5 to 10 minutes. Now add all of the spices and sauté a further minute or so. Combine the minced tomato with the tamari or soy(a) sauce and add to the 'meats' and blend well and stir-fry for another few minutes. Cover with a lid and allow cooking through for a further minute or so.
- 2 Serve these grilled saucy 'meats' together with the oshifima on a communal platter. Traditionally, we sit together around the communal platter and scoop up bits of the saucy 'meats' and oshifima using the tips of our fingers.

OGBONO SOUP

Ogbono soup is a very delicious delicacy, rich in protein, and is one of the most favoured soups eaten by almost all Nigerians. It is a 'must serve' dish on special occasions like traditional weddings, anniversaries and festivals. The ogbono seed comes from the inside of the bush mango. The Ijaws call this mango, ogbin. The botanical name is ' Irvingia gabonensis.' This tree grows in great abundance in the Niger Delta area of Nigeria and in some areas of West Africa. Legend has it that the Agbere people of the Ijaw tribe, of Bayelsa State in Nigeria, love this soup so much, that once, when their heavily laden trade boat capsized, the occupants in the boat only rushed to rescue and save the large pot of ogbono soup. It was carried on their heads above the water leaving the rest of their goods to sink into the River Niger.

INGREDIENTS (2 Servings)

	U.S.	Metric
Ground ogbono (African mango seeds)	2 lbs	1 kg
Vegetable oil	2 tbsps	2 tbsps
Salt	½ tbsp	½ tbsp
1 Medium-sized onion, sliced	-	-
Ground arigogo (African nutmeg)	½ tsp	½ tsp
Marinated soy(a) chunks	1 ½ lbs	750 g
Soy(a), minced	1 lb	½ kg
Marinated bean curd (tofu)	1 lb	½ kg
Smoked tofu	1 lb	½ kg
Smoked champignon mushrooms	1 lb	½ kg
Pumpkin leaves (Ugu), finely chopped	1 lb	½ kg
1 Vegetable bouillon to taste	-	-

METHOD

- 1 Put 2 cups (400 ml) of water into a pot and place on heat for 2 minutes.
- 2 Pour 1 kg ground ogbono into the pot and add ground dry or fresh pepper, ground arigogo, onion and salt.
- 3 Stir soup gently, leave for 2 to 4 minutes, then leave to boil. Add 2 tbsps of vegetable oil.
- 4 Stir briskly to even out the soup at intervals of 2 minutes for 10 minutes. Then leave to boil for another 5 minutes.
- 5 Pour in the marinated soy(a) chunks, tofu, minced soy(a) and mushrooms.
- 6 Add ½ cup of water, stir and leave to boil for 3 minutes. Add Ugu leaves, stir and leave to boil for a further 5 minutes. Add a little water if necessary.
- 7 Stir again. Leave to cook on a low heat for 5 minutes and then serve.

NIGERIA

RECIPE PROVIDED BY
Meatless Monday Nigeria



SEITAN À PORTUGUESA

This dish is traditionally cooked in Portugal using pork meat, but we have transformed the recipe into a vegan version by substituting the meat with homemade seitan. It is much appreciated by the Portuguese population due to its intense flavours and the very well cooked and tasty roast potatoes with coriander herbs. It's a perfect dish for anytime of the year, and you can enjoy it together with a wonderful fresh drink like a mint-lemonade!



PORTUGAL

INGREDIENTS (4 Servings)

	U.S.	Metric
Seitan	11-18 oz	300-500 g
4 Garlic cloves, thinly sliced	-	-
1 Bay leaf	-	-
Soy(a) sauce	2 tbsps	2 tbsps
Mustard	1 tbsp	1 tbsp
Paprika	1 tbsp	1 tbsp
1 Glass of white wine	-	-
4 Large potatoes	-	-
Some fresh coriander leaves, sliced	-	-
Salt and pepper, to taste	-	-
Olive oil	-	-

METHOD

- 1 Start by cutting the seitan into small cubes (1 cm per 1 cm) and put into a bowl. Add the bay leaf and sliced garlic.
- 2 Make a marinade with the soy(a) sauce, a pinch of salt and pepper, mustard, paprika and the glass of white wine. Mix very well and drizzle over the seitan. Leave to marinate for 30 minutes.
- 3 Meanwhile, peel the 4 large potatoes and slice them into cubes (1 cm per 1 cm). Transfer them onto a board and season with salt and olive oil. Put them into the oven for 30-40 mins at 180°C/360°F.
- 4 Fry the seitan in olive oil. When it has coloured, add the marinade and the sliced coriander leaves, leaving the alcohol to evaporate and the sauce to reduce.
- 5 Before it's ready, slice more coriander leaves and add everything to the seitan. Take the potatoes from the oven and serve together.

RECIPE PROVIDED BY
Segundas Sem Carne Portugal
www.facebook.com/2SemCarne



GIBANICA

Gibanica is a well-known Slovenian speciality from the northwest part of Slovenia. It is a very rich dessert composed of four types of filling (cottage cheese, poppy seeds, apples and nuts).



SLOVENIA

RECIPE PROVIDED BY
Meatless Monday Slovenia
www.vegeponedeljek.si



INGREDIENTS (8-10 Servings)

	U.S.	Metric
Filo pastry	1 lb	500 g
Cottage cheese	2 cups	500 g
Poppy seeds	3.5 oz	100 g
Walnuts (or other nuts)	1 cup	100 g
Grated apples	3 ½ cups	500 g
Sour cream	½ cup	100 ml
Soy(a) milk	¼-½ cup	50-100 ml
Olive oil	3 tbsps	3 tbsps
Sugar	½ cup	100 g

METHOD

- 1 Heat the oven to 180°C/360°F.
- 2 Prepare the following ingredients in their own bowl:
 - Grated apples and some sugar
 - Cottage cheese/curd and some sugar
 - Poppy seeds and some sugar
 - Nuts and some sugar
 - 3 tbsps of sour cream and soy(a) milk, mixed (needs to be like a liquid, as it is used to moisten each layer of the dough)
- 3 Begin by greasing a baking tin and adding a layer of filo pastry. Sprinkle with some oil and then add another layer of pastry.
- 4 Before adding any mixtures, remember to moisten the filo pastry with the sour cream and milk mixture. Always keep two layers of filo pastry between different mixtures. For the fillings, first add the poppy mix, then the cottage cheese/curd mix, then the nut mix and lastly the grated apples mix (repeat all layers twice). Sprinkle with some sour cream on top and prick some holes.
- 5 Put in the oven at 180°C/360°F and bake for about 1 hour.

BUNNY CHOW

Bunny chow, also known as a bunny, is a South African dish of curry inside a hollowed out loaf of bread. It originated in the Durban Indian community. Indian food is well known for being vegetarian (and delicious). Bunnies are normally eaten by hand so get your fingers stuck in!



SOUTH AFRICA

INGREDIENTS (4 Servings)

	U.S.	Metric
Chicken-style or thick cut strips of textured vegetable protein strips (or two cans of drained broad beans)	28 oz	760 g
2 Large onions, peeled and chopped	-	-
4 Garlic cloves, peeled and finely grated	-	-
1 Small piece of ginger, peeled and finely grated	-	-
Tomato paste	4 oz	115 g
Whole peeled tomatoes	14 oz	400 g
6 Fresh tomatoes, chopped	-	-
Curry powder	2 tbsps	2 tbsps
Sugar, to taste	-	-
Salt and pepper, to taste	-	-
2 Loaves of white bread, cut in half	-	-
Oil for frying	-	-
1 Bunch coriander, washed	-	-

METHOD

- 1 Fry the onions, garlic and ginger until softened and golden. Add the curry powder and combine. Add the tomato paste, whole peeled tomatoes and fresh tomatoes. Add 1 cup of water and season. Allow the mixture to simmer for half an hour or more for the fresh tomatoes to soften. The sauce should have reduced to a runny porridge consistency. Check the seasoning and add sugar to remove the tartness of the tomato.
- 2 Fry the chicken-style or chunky strips in a little oil for 6-8 minutes and add to the sauce.
- 3 Prepare the bread by hollowing out the middle and fill it with the curry. Garnish with chopped coriander.
- 4 Serve with condiments of your choice.

RECIPE PROVIDED BY
Meat Free Mondays South Africa
www.supportmfm.co.za



CHINESE TOON AND TARO PORRIDGE

This Chinese toon and taro porridge is a low calorie, nutritious, delicious and traditional breakfast in Taiwan. It is easy to prepare and suitable for people of all ages.



TAIWAN

INGREDIENTS (2-3 Servings)

	U.S.	Metric
6 Small dried shiitake mushrooms	-	-
½ Big organic taro, peeled	-	-
⅓ Organic carrot	-	-
4 Ears of baby corns, cut into pieces	-	-
3-4 Organic cabbage leaves	-	-
Organic white rice	½ cup	50 g (use the 180 ml rice measuring cup)
Filtered water	6 cups	1 kg
Organic mushroom powder	¼ tsp	¼ tsp
Rock Salt	½ tsp	½ tsp
4 Baby bok choy (spoon cabbages), cut into pieces	-	-
Chinese toon sauce (a blend of vegetable oil with raw Chinese toon buds)	1-2 tbsps	1-2 tbsps

METHOD

- 1 Wash the dried shiitake mushrooms and soak them in hot filtered water until softened, and then cut into halves. Cut the peeled taro into big cubes and the carrot in small dices. Slice the cabbage leaves lengthwise into 1-inch-wide strips. Put the mushroom pieces, taro cubes, carrot dices, baby corns and cabbage strips into a cast iron pot.
- 2 Pour the 6 cups of filtered water and the ½ cup of rice into the pot, and cover the pot with lid. Cook it on the stove over a medium-low heat.
- 3 When the pot comes to a boil, remove lid. Add the salt, mushroom powder and the baby bok choy leaves to the pot and stir slightly. Then cover the pot again and reduce heat to a low simmer.
- 4 Keep the pot simmering for 20-30 minutes. Stir it occasionally to prevent the porridge from burning and sticking to the bottom.
- 5 When the taro cubes and rice are softened, add the mushroom powder, rock salt and baby bok choy pieces into the pot. Put the lid on again and braise the baby bok choy for a while until cooked. Then turn off the heat.
- 6 Lastly, add the Chinese toon sauce to the porridge, stir it evenly and firmly, and the dish is ready to serve!

Tip: Using a cast iron pot with steam circulation design can help shorten the cooking time and reduce the loss of water from evaporation. If the water was evaporated too much while cooking, you may add some more water to avoid it from drying up.

RECIPE PROVIDED BY
Meatfree Monday Taiwan
www.meatfree.org.tw



TABBOULEH WITH A TWIST

Middle Eastern cuisine is naturally abundant in fresh, whole food, plant-based dishes. Tabbouleh (tab-oo-lee) is traditionally made with bulgur wheat, but we've given it a new twist! This dish is delicious, quick and easy to make, using ingredients that should be easily accessible in most countries in order to limit the overall environmental footprint. The vibrant green herbs with splashes of ripe red tomato will liven up any table.

INGREDIENTS (4 Servings)

	U.S.	Metric
Pine nuts (or almonds, hazelnuts, pistachio nuts)	5 oz	150 g
2 Bunches flat leaf parsley, leaves only, finely chopped	7 oz	200 g
1 Bunch mint, finely shredded	3.5 oz	100 g
1 Large red onion, finely chopped	8 oz	225 g
4 Medium-ripe tomatoes, finely diced	6 oz	170 g
2 Lemons, juiced	6-8 tbsps	6-8 tbsps
Pinch of ground cinnamon	-	-
Pinch of sea salt	-	-
Pinch of ground black pepper	-	-
Olive oil	3 tbsps	3 tbsps
(Optional) Lemon wedge, to serve	-	-

METHOD

- 1 Heat a large pan, add the pine nuts and lightly toast them until they are a pale golden brown. Remove from the heat and set aside.
- 2 Create the salad by placing the parsley, mint, onions and tomatoes in a bowl and gently stir until they are mixed.
- 3 Remove a third of the pine nuts and set to one side – these will be used for decoration later. Roughly chop the remaining two-thirds into small pieces. Alternatively, you can use a pestle and mortar. Add the chopped nuts to the green salad mix.
- 4 Add the olive oil, lemon juice, cinnamon, salt and pepper to a Mason jar. Tighten the lid and shake until combined. Pour the oil mix over the salad mixture and gently blend the ingredients together with your hands.
- 5 Mould the tabbouleh into a mound on a serving dish and arrange the pine nuts around the base.
- 6 Top with a small lemon wedge.

UNITED ARAB EMIRATES

RECIPE PROVIDED BY
Meat-Free Monday UAE
www.meatfreemondaysae.com



MEAT FREE COTTAGE PIE

A meat free twist on a British classic, this hearty cottage pie gets its meatiness from the fusion of brown lentils and shiitake mushrooms.



UNITED KINGDOM

RECIPE PROVIDED BY
Meat Free Monday
www.meatfreemondays.com



INGREDIENTS (4-6 Servings)

FOR THE FILLING

	U.S.	Metric
1 Medium onion, finely chopped	-	-
2 Medium carrots, diced	-	-
2 Garlic cloves, minced or finely chopped	-	-
Uncooked brown lentils, rinsed and drained	9 oz or 1 ¼ cups	250 g
Vegetable stock/bouillon	3 ¾ cups	900 ml
Fresh thyme (or 1 tsp of dried thyme)	2 tsps	2 tsps
Freshly ground black pepper, to taste	-	-
(Optional) Red wine	2 tbsps	2 tbsps
Rapeseed or olive oil	2 tbsps	2 tbsps
Shiitake mushrooms, cleaned and quartered (other mushrooms are fine)	7 oz or 2 cups	200 g

FOR THE TOPPING

Potatoes, peeled and quartered	35 oz or 5 ¾ cups	1 kg
Plant-based margarine or olive oil	1 dsp	1 dsp
Unsweetened plant-based milk	4-5 tbsps	4-5 tbsps
Salt and pepper, to taste	-	-

METHOD

- 1 Heat 1 tbsp oil in a large saucepan and sauté the onions and garlic until lightly browned – approx. 5 mins. Add the lentils, stock and thyme, then stir. Bring to a boil, then reduce heat to a simmer. Continue cooking until lentils are tender (approx. 45 minutes). In the last 20 minutes of cooking, add the chopped carrots, salt, pepper and wine (if using). Add extra water, if needed, to ensure the lentils don't stick to the pan. Stir and cover to allow the flavours to blend.
- 2 After you have started cooking the filling, get the potatoes going by placing them in a large pan filled with water until they are just covered. Bring to a low boil on a high heat then reduce the heat to medium. Add salt, cover and cook for about 25 minutes or until they feel soft when prodded with a fork. Once the potatoes are cooked, drain away the water and then add them back to the pan ready to mash. Use a masher or large fork to mash until smooth. Add the margarine or oil and milk, and season with salt to taste. Set aside until needed.
- 3 While the lentils and potatoes are cooking, heat 1 tbsp of oil in a small frying pan and add the mushrooms. Lower the heat and cook for approx. 5 mins. Set aside.
- 4 Once the lentil mixture is cooked, add the cooked mushrooms and then transfer the filling to a large lightly greased oven-proof dish. Put the mashed potato on top of the filling, in the centre, and smooth across with a fork so it covers the filling completely. Use the fork to create a criss-cross pattern.
- 5 Cook the cottage pie in the oven at 180°C/350°F/gas mark 4 for 10-15 mins, or until it gets brown on top.
- 6 Allow to cool briefly before serving. Serve with steamed broccoli, peas or a green salad.

LENTIL BURGERS

These burgers are great on the grill and are so hearty even the most devout carnivores will be singing the praises of the mighty lentil. The recipe features brown lentil patties spiced with red chili and thyme, topped with alfalfa sprouts and served on a seeded bun. This recipe comes to us from Trudy of Veggienumnum.com.

INGREDIENTS (4-6 Servings)

FOR THE LENTIL BURGER PATTIES

	U.S.	Metric
Brown lentils, rinsed and pricked through	1 ½ cups	300 g
Low sodium vegetable stock	6 cups	¼ l
4 Garlic cloves, smashed	-	-
1 Red chili, diced	-	-
¼ Red onion, diced	-	-
5 Sprigs fresh thyme, roughly chopped	-	-
2 Slices whole wheat bread, roughly diced (or 1 ½ cups/135 grams of breadcrumbs)	-	-
Salt and pepper, to taste	-	-
2 Eggs	-	-
Whole wheat flour	1-2 tbsp	1-2 tbsp

FOR THE TOPPINGS

Sliced cheese (dairy or non-dairy)	-	-
Sweet sandwich pickles	-	-
Relish	-	-
Baby lettuce	-	-
Alfalfa sprouts	-	-
Avocado	-	-
8 Buns, toasted	-	-

METHOD

- 1 Place the lentils in a large saucepan with the stock and smashed garlic. Bring to a boil over medium-high heat. Simmer uncovered for 20-25 mins or until the lentils are tender. Drain off any excess liquid and set aside to cool.
- 2 Combine the chili, red onion, thyme and breadcrumbs in a large bowl. Add the cooked lentils and stir to mix. Season with salt and pepper to taste. Add the whisked eggs. Stir until thoroughly combined, adding enough flour to bring the mixture together. Form the mixture into large patties with your hands.
- 3 Prepare a large frying pan or barbecue grill pan with a light coating of vegetable oil or cooking spray. Try using a sheet of lightly oiled tin foil on the grill if you don't have a grill pan. Cook the lentil burger patties on the prepared pan for 4-5 mins on each side or until both sides are golden and cooked through. If using cheese, top the cooked burger patty with 1 slice of cheese and place under a medium grill or broiler for 2-3 minutes or until the cheese has melted.
- 4 Build your burger by spreading the bun with relish topping with a patty, then pickles, lettuce, alfalfa sprouts and avocado. Close the burger with the top bun and repeat the process with the remaining burgers.

UNITED STATES

RECIPE PROVIDED BY
Meatless Monday USA
www.meatlessmonday.com



History of the Movement

Going meatless every Monday is not a new idea. During World War I, the United States Food Administration urged families to reduce consumption of key staples to aid the war effort. "Food Will Win the War," the government proclaimed, and "Meatless Tuesday" and "Wheatless Wednesday" were introduced to encourage Americans to do their part. The campaign returned during World War II when U.S. President Franklin D. Roosevelt relaunched it to conserve resources on the home front. In the immediate post-war years, U.S. President Harry S. Truman continued the campaign to help feed war-ravaged Europe.

The concept of a meatless day was revived in 2003 by former ad man turned health advocate Sid Lerner. In association with the Johns Hopkins Center for a Livable Future, Mr. Lerner updated the campaign to reflect current science in behavior change and best practices in advertising and marketing, ultimately renaming it "Meatless Monday." It received a big boost in 2009 when the United Nations Food and Agriculture Organization's (FAO) 'Livestock Long Shadow' report called for a one day a week reduction in meat consumption and the Chair of the Intergovernmental Panel on Climate Change declared that:

"Changes in lifestyle and behaviour patterns can contribute to climate change mitigation across all sectors. Individuals can make a difference in this regard by altering their diets through consuming less meat - say by giving up meat at least one day a week. Reducing meat consumption in this manner will make individuals healthier, as well as the planet."

This statement inspired Paul McCartney to start the Meat Free Monday campaign in the United Kingdom. Since 2003, the concept of going meatless once a week has grown into a global movement powered by a network of participating individuals, hospitals, schools, worksites and restaurants around the world. The movement can now be found in more than 40 countries around the world and continues to expand as people begin to understand the connection between what we eat, our health, and the health of the planet.

One day a week can make a world full of difference!

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