

# Cooking with Compassion

## *Creative Vegan Cooking*

### Introduction to eating Plant-based



We hosted a cooking workshop at Global Cooperation House in London on Saturday the 25th of November 2023. With about 80 attendees at the venue and 32 online. The Theme was "Cooking with Compassion", which was demonstrated by all speakers and cooks.





## Cooking with compassion

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There was a beautiful display in the front of the hall which showcased some of the ingredients used in the recipes that were being cooked for the show. We also had a display of recipe books that are carried in the shop.



### Gilda

Gilda who was the main chef showcased 3 recipes Baba Ganoush(Dip), Tabouleh Salad and Energy Balls. The audience were amazed by the quick and easy method of creating these tasty dishes.



### Bhanuben

Bhanuben showed how to make the Easy Seeded Crackers which can go with any dip. Rolling it and creating various shapes of crackers. She shared the many options of flour and seeds that can be used to make these crackers.



## Host

The host of the show was Paramjit who brought life to the show sharing his love for food.

## Quiz

Biru and Rithwick had curated a quiz getting the audience to participate and tested their knowledge on some unique ingredients.



Guilda invited two volunteers to help make the final recipe. The energy balls.



## Talks

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Ami spoke about her experience in passion and compassion for cooking. Stating how we need to be conscious of what we are thinking whilst we are cooking and tips on putting the right values into the food as “we are what we eat”. She also explained on how food is affected by high and low vibrations.

There was a 15 minute Q & A session which included questions on why we should not eat Garlic and Onions. Guilda shared information on how it is vital to reduce consuming inflammatory foods and its effects on health.



Jayminiben, spoke about the importance of offering food to the divine and how this changes the quality of the food we are consuming. How we can make our food we cook and eat sacred.



Sudeshdidi had come into to observe and we took the opportunity to share with audience on her take on the topic. She explained how the walls also absorb vibrations which go into our food where it is stored, so it is important to purify the food from these vibrations with our thoughts and by connecting to the divine. She mentioned how our water also needs to be cleansed to bring sweetness in our words.





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We ended the session with a minute of Silence and Sudeshdidi together with Jayminiben offering the tastings for the food that was cooked in the session, a gift, recipe card and blessing for each one. The audience were then guided to the shop for an opportunity to get the signed copy of The Veganeast cook book by Guilda.



Gift and Blessings



Tastings



# The recipes

## BABA GANOUSH

### Aubergine Dip



#### Ingredients:

4 Aubergines  
1/4 cup tahini  
Pinch of turmeric  
1/2 tsp sea salt & black pepper  
Juice from 1/2 lemon  
1/4 tsp cumin powder

Prep Time : 10 minutes  
Cook Time : 30 minutes  
Servings : 4- 8 as a dip



#### Method:

Wash aubergine, cut off top & tail  
Pre-heat oven to 180c. On baking sheet, cover with baking paper and bake for 30 minutes, until soft  
Once cooked, remove the flesh into a bowl with all other ingredients and mix. For fine blend, mix in a blender.  
Top with a sprinkling of smoked paprika and a drizzle of oil.  
Enjoy with warm bread or crackers.



## ENERGY BALLS

### Date & Energy Treats



#### Ingredients:

1 cup pitted dates  
1 cup walnuts  
Juice from 1/2 lemon  
Pinch of cardamom powder  
\*Add 2 tbsp cocoa powder with juice from 1/2 orange to make a delicious 'Chocolate & Orange' treat

Prep Time : 20 minutes  
Cook Time : 0 minutes  
Servings : 10-12 balls

#### Method:

In a food processor add the walnuts first and mix until it becomes like a crumb  
Then add all the other ingredients until the mixture comes together  
Empty into a bowl and wearing gloves (it makes it easier and less sticky when it comes to rolling) roll into 10-12 balls  
For added flavour and crunch, you can roll the balls in crushed nuts of choice, desiccated coconut, freeze-dried fruit powders etc.



## TABOULEH

### Herby Cauliflower Salad



#### Ingredients:

1 head of cauliflower  
1/2 cup fresh parsley  
1/4 cup fresh coriander  
2 vine tomatoes  
Juice from 1 lemon  
2 tbsp extra virgin olive oil  
Salt & pepper to taste

Prep Time : 10 minutes  
Cook Time : 0 minutes  
Servings : 4 as a main or 8 as a side



#### Method:

Cut the cauliflower into florets  
Add all the ingredients, except tomatoes, to a food processor and mix until you have fine crumb like texture  
Finely dice the tomatoes, add to a salad bowl with the other ingredients  
Taste and add additional flavourings as required  
Enjoy with warm bread or crackers.



## Vegan Seeded Crackers

#### Ingredients:

350g Plain Flour  
100g Trex or Vegan Butter  
1 tsp Salt  
2 tsp Baking Powder  
3 tbsp Linseed  
3 tbsp Chia Seeds  
3 tbsp Sesame Seeds  
3 tbsp Poppy Seeds  
120ml Water



#### Method:

1. Sift flour, salt and baking powder into a bowl
2. Rub in Trex until the mixture resembles fine breadcrumbs. Add in all the seeds and mix until combined
3. Add water and mix to form a dough
4. Knead dough on a floured surface until smooth. Roll out very thinly and prick with a fork. Cut into squares or desired shape and place onto a baking tray.
5. Bake at 160C in the oven for 15-20 minutes until well cooked and only slightly browned. Remove to a wire rack to cool.