

A Campaign by the European Vegetarian Union:

CHRISTMAS COMPASSION 2003



Often one comes across the expression "feeding frenzy" when watching documentaries about animals. I cannot help thinking that the Christmas binge must be something like the human equivalent of this kind of animal behaviour. The planning of menus, food shopping, preparing and serving is of the highest priority at the end of each year leading to more than one person eating himself into a stupor. As for everything in life, there is no free lunch, not even one at Christmas. There is a price to be paid. And the animals pay it - with their lives. In order to improve this truly awful situation, the European Vegetarian Union has created the Campaign "Christmas Compassion". Last year we proposed two different menus and now we suggest some of the most important ingredients for a cozy winter afternoon with family and friends. All suggested treats are easy to make and a delight to eat: (see also in the Internet: www.veg-r.org)



Vanilla crescents

250 g flour
175 g veg. margarine
100 g ground almonds
80 g castor sugar
1 packet vanilla sugar
a pinch of salt

For the icing:
8 tablespoons castor sugar
2 packets vanilla sugar



Mix the flour, veg. margarine, ground almonds, castor sugar, vanilla sugar and salt. Form thumb-thick rolls and cut into pieces of about 2cm. Roll each piece again until 5 cm long and thinner at the ends. Put on a baking tray in crescent form and bake until a golden colour. Baking: Middle shelf, 210-220C, about 10-12 minutes. For the icing: blend castor and vanilla sugar and brush over the hot crescents in the sugar-mix.

Snowflakes

250 g veg. margarine
100 g castor sugar
1 packet vanilla sugar
250 g cornflour
100 g flour

Blend veg. margarine, castor sugar and vanilla sugar with a mixer. Add cornflour and flour, make a dough and put it in the fridge for half an hour. Divide the dough into rolls. Cut round slices. Place the slices on a baking tray and flatten them with a fork. Baking: in a pre-heated oven, middle shelf, medium heat, about 15 minutes. Take the biscuits from the tray, let them cool and keep in a closed tin. Note: these biscuits should remain white.

Nut Carob Muffins

(24 Muffins of about 6 cm diameter)

400 g ground hazelnuts (or other ground nuts)
200 g flour
300 g whole cane sugar
100 g Carob
1 packet baking powder
1 pinch of salt
400 ml water
200 almond puree



Mix nuts, flour, sugar, carob, baking powder and salt Add water and almond puree, mix well
Put into greased and flour-dusted muffin tins or just put little balls on a baking tin Baking: in a pre-heated oven, 180 C, about 20 minutes Note: The muffins can be prepared without almond puree but then they will turn out darker. However, in order to get the best taste, whole cane sugar should be used. Salt is not absolutely necessary.

Hazelnut Stars

250 g veg. margarine
125 whole cane sugar
375 g flour
130 g ground hazelnuts
1 packet vanilla sugar

Mix margarine, sugar, flour, hazelnuts and vanilla sugar (with cold hands on a working surface is the easiest). Put into the fridge to cool. Roll the cool pastry and cut out starshaped biscuits. Place a hazelnut in the centre of every cookie. Baking: middle shelf, medium heat, for just a few minutes.



Shortbread

Mix the margarine, flour and sugar by hand until smooth Make into a ball; put it on greaseproof paper Roll into a rectangle (about 20cm x 15cm x 0.5cm thick) Prick with a fork and put it on a baking tray Baking: in a pre-heated oven, 180 C, about 15-20 minutes Cut into segments while still hot.

110 g self-raising flour
40 g castor sugar
60 g veg. margarine

Happy Christmas!