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Contributors

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PETA RECIPE CARDS

large mushrooms
courgettes
baby onions, parboiled
cherry tomatoes
broccoli florets

Fresh Veggie Kebabs

Trim rough ends from large mushrooms and cut the courgettes into chunks. Thread mushrooms, courgettes, onions, tomatoes and broccoli florets alternately on skewers. Brush with marinade (recipes overleaf) and grill for about 10 minutes, turning often for even cooking.



please turn over...

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Juice of 6 fresh limes
 $\frac{1}{2}$ pint (300 ml) lime cordial
 $\frac{1}{2}$ pint (150 ml) rum (optional)
24 ice cubes

Lime Daiquiris

Combine fresh lime juice, cordial and rum in blender. With blender running, add ice cubes one at a time. Blend until slushy. Garnish with colourful berry!

Add colour to your cocktail! Try tropical punch flavoured frozen concentrate instead of limeade.



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Chili

1 lb (450g) crumbled tofu
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon chili powder
1 $\frac{1}{2}$ teaspoons salt
2 tablespoons oil
1 small diced onion
4 tomatoes, skinned and chopped
1 small red or green pepper, deseeded and diced
1 can 7oz (200g) corn or 8oz (225g) baby corn
1 can 14oz (400g) pinto beans or red kidney beans
1 clove minced garlic

k.d. lang's Chili Con Tofu

Stir together tofu, garlic powder, chili powder and salt. Heat onion and garlic in oil with tomatoes and peppers. Add tofu mixture and sauté until browned. Set aside.



please turn over...

PETA RECIPE CARDS

Serves 4

4 large baking potatoes

Grilling Sauce

$\frac{1}{2}$ pint (300ml) thick tomato sauce
4 tablespoons sugar
2 tablespoons light soy sauce
1 tablespoon molasses
1 tablespoon vegetable oil
1 teaspoon each: dry mustard, paprika, garlic powder, oregano

Potatoes on the Grill

Wash and pierce the skins of 4 large baking potatoes, then microwave them for 10 minutes, or bake in conventional oven for 30 minutes. After potatoes have cooled, slice them into thick rounds, dip them into grilling sauce (recipe below) and place them on the grill. After 4 minutes, turn them over and cook for 4 more minutes. Serve immediately.



please turn over...

Sauce

½ pint (300 ml) tomato sauce
½ pint (300 ml) bean liquid
2 teaspoons salt
1 tablespoon tomato purée
pinch black pepper
1 tablespoon chili powder
1 teaspoon cumin

In saucepan, bring tomato sauce, bean broth, salt, pepper, chili powder and cumin to boil. Stir in tofu mixture, corn and beans and simmer until thoroughly heated.

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For Grilling
Sauce, combine
all ingredients, mix
well and refrigerate
for one hour.

Curry Marinade

2 tablespoons safflower or
vegetable oil
5 tablespoons dry white wine
juice of ½ lemon
1 tablespoon light soy sauce
2 tablespoons minced shallots
2 teaspoons curry powder

Combine all ingredients
and mix well.
Stir
frequently
while
brushing
kebabs.



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Ginger & Orange Marinade

8 tablespoons soy sauce
8 tablespoons orange juice
2 tablespoons cider vinegar
2 tablespoons peanut oil
2 tablespoons sesame oil
2 tablespoons minced fresh ginger

Whisk ingredients
together in small bowl.
Stir frequently while
brushing kebabs.

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