



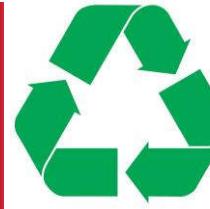
Produced by the Parent Council

Firrhill News

May 2019

"Vegan Leather" pencil case

Stella Thomson, Environment Group member, has made a great little case from bicycle inner tubes. This "vegan leather" case is easy to make and lined with tartan. It has a lovely feel to it and can be put to various uses. Why not try to make one, too?



Stella has lots of inner tubes, so if you would like to make a case from reused inner tubes please contact:
carolyn.hargest@btconnect.com



Carolyn Hargest, Environment Group leader, said "this lovely case is a great way to reuse old inner tubes!"



Healthy Vegan Curry

Ingredients

2 medium onions
2 tins of chopped tomatoes
1 tin creamed coconut
3 garlic cloves, chopped finely
1 inch of root ginger peeled and grated
2 tablespoons of paprika
2 teaspoons coriander
1 teaspoon cumin
1 teaspoon turmeric
3 tablespoons tomato puree
300g green lentils (wash but no need to soak)
1 tin of kidney beans
1 tin of chick peas

Optional spices

1 teaspoon garam masala
1 bay leaf
10 peppercorns
8 cardamom pods
1 teaspoon cumin seeds
½ teaspoon cayenne pepper
½ teaspoon chilli powder, or more!

Method

Fry the onions in olive oil until soft.
Add paprika, the finely grated root ginger and chopped garlic. Stir and fry for a few minutes.
Add the other spices, tomatoes, creamed coconut and lentils, and fast boil for 10 minutes, stirring (so it doesn't stick).
Add drained, rinsed, chick pes and red kidney beans.
Cook the lentils until soft (this varies depending on the freshness of the lentils, but may take 30-40 minutes).
If mixture begins to look too dry add more tomatoes, water or creamed coconut.

Serve

with brown basmati rice. Some wild rice can be added, for texture and colour.
Simply rinse the rice in a sieve, then boil in a pan until cooked, drain and serve.

It is important to think about the journey your food has taken. Try to buy food which is in season and produced locally.

This curry is a great way to enjoy a vegan option – why not eat more meat-free meals for health and environmental reasons!



The recipe is very flexible, so many of the additional spices may be omitted!
Vegetarian option: gradually add 2-4 tablespoons of plain yoghurt.
Meat can also be added: brown first, then add after the onions and cook until tender – check meat is well cooked before serving!

Thanks to Jacqueline Sharland for her authentic curry recipe.