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COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights

In this Issue:

Non-Animal Hair Paint Brushes

False Fakes of Animal Origin

New Vegan Khol



Cargo to Extinction



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Spring 2020

From my Desk...

Protecting Plants, Protecting Life

The United Nations has declared 2020 as the International Year of Plant Health.



The year gives us an opportunity to raise global awareness on how protecting plant health can help end hunger, reduce poverty, benefit the environment, and boost economic development.

The script of a one-minute video on Plant Health reads: "I am life. I am home to millions and I sustain millions more. My abundance brings prosperity while my scarcity can be deadly. I cover much of the earth, and my influence extends far beyond. I have been around for longer than you can imagine, but my world is threatened. People need to take notice and do more to secure my future because I am worth protecting. Your health relies on my health. Your life relies on mine. I am plants. I am life."

Plants make up 80% of the food we eat, and produce 98% of the oxygen we breathe. It is therefore necessary to protect plants from pests and diseases in environmentally friendly ways. We need to grow, demand and consume

healthy crops without the use of pesticides. Poisonous substances that kill so-called pests also kill pollinators, natural pest enemies, and beneficial organisms. This adversely affects plant health.

Being Vegan

Veganism is a way of life that is as much ethical as healthy.

That a vegan lifestyle is not a fad has at last dawned on the meat, leather and other trades who kill or exploit animals. Lower sales have made them desperate enough to begin planting articles associating meat-eating with celebrations, and surreptitiously sponsoring research that concludes to their advantage that a vegan diet is deficient. Their aim now is to falsely scare people on health grounds.

The fact is that if a person eats an imbalanced diet and takes no nutritional supplements, deficiencies occur even in non-vegetarians.

While a vegan diet is based on not eating anything that is of animal origin, care needs to be taken that healthy food is consumed, not junk foods that contain harmful high quantities of

salt (sodium), fat and sugar. When the intake has unfortunately been nutritionally poor, and people have fallen ill, doctors have blamed their new vegan diets saying they lack in vitamins such as B12, as a result of which some persons have even gone back to their old unhealthy carnivorous habits.

In order to avoid this, one needs to find out and consume different alternate food sources and vegan supplements to make sure that one's vegan diet is nutritionally adequate.

In a study from the University of Southern California that tracked a large sample of adults for nearly two decades, researchers found that those who ate a diet rich in animal protein were four times more likely to die of cancer as compared to those who did not. In short, the mortality risk factor of eating chicken and cheese was comparable to smoking.

Readers may find our website page on Nutrition interesting www.bwcindia.org/Web/Awareness/LearnAbout/Nutrition.html

 **Diana Ratnagar**
Chairperson

BWC Poster Exhibition

The Theosophical Society's annual convention was held in Varanasi, so that's where we set up our BWC stall. The poster exhibition was put up in the Besant School located in the TS campus. As usual the International President, Mr Tim Boyd inaugurated it. The principal and teachers of the school expressed great interest in the issues covered and promised to reach it to the children when they return from the holidays, as also to students of the Besant college.



Cargo to Extinction

India has no dearth of laws concerning its wildlife, but they are usually poorly communicated and just as poorly enforced, says Sarosh Bana

India is at war with its wildlife. Widespread poaching, as also relentless inroads by settlements, industry and farms, are decimating wild animals and their habitats at an alarming pace.

While it was previously believed that habitat loss posed the biggest threat to wildlife in the country, it is now established that a danger even graver is from the clandestine trade in pelts and other animal parts.

Entrenched poaching syndicates are making survival a grim struggle for India's wonderfully diversified wildlife. No less an institution than the Supreme Court has observed that many animals are being driven to the brink of extinction by "ruthless sophisticated operators, some of whom have top level patronage".

Such sentiments are evidently not shared by all the judiciary. Poaching and animal trafficking cases are often dismissed on technicalities or on flimsy grounds. A particularly telling commentary is of the Madhya Pradesh High Court's dismissal some years ago of a plea by non-government organisation (NGO) Prayatna seeking a Central Bureau of Investigation (CBI) inquiry into the disappearance of all the 20 tigers in the state's Panna Tiger Reserve between 2007 and 2009.

Though 19 of the 20 tigers were reportedly slain by poachers, a division bench of the court rejected the plea, saying, "The CBI has many better things to do; the petition is dismissed." The petition had cited recommendations made by the National Tiger Conservation Authority (NTCA) to the Madhya Pradesh government for handing over the cases of the disappearance of the tigers to the CBI.



Two poachers arrested in Bijnor and 18 kgs of tiger bones and skin seized from them. Photo courtesy: wildlifesos.org

Global Wildlife Trafficking

India, apart from Africa, is a major hub of covert wildlife trade that is estimated by Interpol at upwards of \$20 billion globally yearly. This savagery prevails for meeting a flourishing demand worldwide for animal products, the United States being the biggest market for these voiceless victims.

The problem is serious enough for 65 nations, including the US, to have participated in London's quadrennial 'Illegal Wildlife Trade Conference' of October 2018, where their joint 'Declaration' articulated their commitment "to act together to support and build urgent collective action to tackle the illegal wildlife trade as a serious crime carried out by organised criminals, and to close markets for illegally traded wildlife".

Such well-meaning proposals have been espoused at most such conventions, but the fact remains that wildlife trade progresses alarmingly, regardless. The global trade in animal parts is far too powerful as it enjoys wide collusion from authorities. It holds out enormous lucre, on par with drug-running and

arms trafficking in its treachery and profitability, and also flourishes where laws and policing are not that deterrent.

Worse for India's Wildlife

This blend of circumstances can prove disastrous in a country like India, which is endowed with as many as 350 (or 7.6%) of the world's 4,629 known mammalian species, 1,224 (or 12.6%) of the world's 9,702 avian species, 408 (or 6.2%) of the 6,550 known reptilian species, 197 (or 4.4%) of the world's 4,522 species of amphibians, and 2,546 (or 11.7%) of the 21,760 species of fish.

India has a strong legal and policy framework to regulate and restrict wildlife trade. Article 48A of India's Constitution requires the State to protect and improve the environment and safeguard forests and wildlife. Article 51A (g) obliges every citizen to protect and improve the natural environment, including wildlife. Enacted for this constitutional purpose was the Wildlife (Protection) Act of 1972, its Chapters V and V-A prohibiting "trade or commerce of wild animals, animal articles or trophies". Chapter VI makes violation of the provisions of the Act a criminal offence and, overall, the enactment prohibits trade in over 1,800 species of wild animals, plants and their derivatives. The country is besides a signatory to both the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) and the UN Convention against Transnational Organised Crime (CTOC).

Nothing seems to be sacred anymore in this unholy onslaught. The national animal, the tiger, and the national bird, the peacock, too are under siege. Illicit wildlife trade deals most commonly in tiger and leopard parts and skins, elephant tusks, rhino horn, snakeskin, deer antlers, turtle shells, musk pods, bear bile, mongoose hair, and also live birds such as waterbirds, migratory birds, parakeets, mynas and munias, exotic pets, and marine species like seahorses, shells and coral. Those that are not traded are eaten: a wide spectrum of

birdlife and even jackals, mongoose, porcupine, antelope and deer are prized for their flesh, both by the forest-dwelling communities and those with a taste for the exotic.

Smuggling out of India

Wildlife trafficking in India meets the demand from outside more than from within. There is a booming cross-border trade as China is an enormous consumer of wildlife produce. Traditional Chinese medicine is based largely on flora and fauna in their various forms. Consumption there is also driven by the age-old belief in the aphrodisiacal powers of various animal products, such as tiger penises and rhino horns.

Poachers frequently find support from politicians, conniving forest guards and officials, and local villagers and tribals, who are often good trackers and trappers. A weak criminal case against two villagers accused of killing two 17-month-old tiger cubs led to their acquittal some time ago. This was because the forest authorities 'failed' to file a charge-sheet against the culprits within the mandatory 60 days. The duo had poisoned the cubs on the outskirts of Rajasthan's Ranthambhore Tiger Reserve after they had killed their goats. Though killing a tiger is a non-bailable offence, bail may be granted if the charge-sheet is not filed within the stipulated 60 or 90 days, as the case may be.



Peacock found dead in DDA Park, New Delhi – cause unknown. Photo courtesy: indiatimes.com

Project Tiger

There had been over 40,000 tigers in India a century ago, but widespread trophy and sport hunting by the maharajas and British colonialists exterminated many of them. The first ever all India tiger census conducted in 1972 revealed the survival of only 1,827, prompting the government to launch 'Project Tiger' in 1973-74 in a concerted effort to salvage the situation. The scheme has seen the establishment of 39 Project Tiger reserves covering a combined area of 32,137 sq km.

The effort did help increase the tiger population to around 3,500 in the '90s. Subsequent censuses, however, reflected the grim incidence of unbridled poaching and habitat destruction, with the two tiger reserves of Sariska, in Alwar, Rajasthan, and Panna seeing their last tigers being wiped out in 2005 and 2008 respectively.

The latest quadrennial tiger census figures, released in July, showed the tiger population to have risen from 2,226 in 2014 to 2,967 in 2018. While this was hailed as a major conservation success, there was also skepticism that the tally might have been overestimated. The figures have been contested on methodology, as independent studies showed a lower increase and tiger poaching too has been alarmingly widespread.

From Tigers to Butterflies

At the other end of the spectrum, even the butterfly is not spared. These exquisite insects are laminated onto lampshades even as they are alive, which are then sold clandestinely as home decorations.

Cruelty and brutality are part of the work profile of those whose livelihood is from the blood of animals. Undercover agents have witnessed that after snaring many of the animals in traps that can maim and cripple, these culprits often begin to skin them while they are still alive and struggling desperately. They stamp down the necks and heads of animals that struggle too

hard, and the bloodied bodies are heaped with others while they are still alive, and breathing in ragged gasps and blinking slowly. Hearts of some animals are known to beat five to 10 minutes after they are skinned.

Sloth bears are poached for their gall bladders and bile that are mistakenly believed to cure cancer, chronic pain and asthma. But poaching them for consuming their penises as aphrodisiac was notorious poacher, Yarlen, who also killed tigers. He was arrested on 19 October after almost a dozen failed attempts by the Madhya Pradesh Forest Department's Special Task Force (STF). Caught in 2014, he was let off on bail by the Mumbai High Court. He jumped bail and vanished into Gujarat where he was traced to a hamlet on the Vadodara highway. He moved from village to village to evade arrest and bribed village sarpanches with wild boars he hunted for them.

A major supplier in the international black market, Yarlen hunted wild animals since he was 15, and poached on tigers, sloth bears, wild boars and peacocks. He even conducted hunting safaris for businessmen.

With wildlife trade transcending borders, there are many wildlife trafficking syndicates that draw criminals from neighbouring countries like Nepal, Tibet and Bhutan, while Czech poachers too have been arrested. Armed rebel militias both in India and abroad are also being increasingly drawn to this trade. The internet facilitates cross-border wildlife trade, with deals struck and orders placed on the web, often in code, and online payments made for surrogate products.



Senseless beauty - butterflies preserved in the base of a lamp. Photo courtesy: pinterest.com

Nomadic can be Criminal

Indian poachers are frequently forest-dwelling tribals whose familiarity with their surroundings is exploited by the higher operatives. The Pardhi tribe was officially declared the 'number one threat' to wildlife after some of them poached eight lions in the Gir forests of Gujarat in 2007. A little over 400 Asiatic lions inhabit this 1,412 sq km reserve, which is their last remaining natural habitat.

Innumerable lion and tiger deaths have been attributed to these tribesmen, who are traditional hunters and trackers and are active across the country. They poach cruelly. Once they had set four steel-traps in Gir in the afternoon and by evening they had snared three lions. The Pardhis had been branded a 'criminal tribe' in 1871 by the British colonialists for their hunting and poaching activities, but were denotified as 'criminal' and named a nomadic tribe in 1952.

Such tribal poachers are the first link in a wider criminal set-up. They meet the orders placed by an urban trader who then arranges for the items to be smuggled to his counterpart overseas, until they reach the end consumer.

Four Decades Massacring Big Cats

India's deadliest poacher doubtlessly had been Sansar Chand, who incidentally was not a Pardhi but a thug from Delhi. In his life of 56 years till his death in 2014 of tumors in his lungs, brain and spinal cord, he had massacred more tigers and leopards than any other poacher and had single-handedly wiped out all the tigers from the Sariska Tiger Reserve. He had been lodged in Alwar central jail, but spent his last days at Jaipur's SMS hospital.

The outlaw had become involved with wildlife crime in 1974 when, as a 16-year old, he was



Left: A tiger killed by a jaw trap in Sariska Tiger Reserve, Rajasthan. Photo courtesy: walkthroughindia.org Right: Professional tribal tiger hunters display the traditional tools of their trade. Members of these communities have been hunting in India's jungles for hundreds of years. Photo courtesy: wti.org.in

arrested for possessing 680 skins, including those of tigers and leopards. He and his partners in crime, many of them family members, had as many as 57 cases filed against them, but shoddy investigations and official apathy or collusion gained him acquittal in 10 cases and often premature release on technicalities.

The fugitive had established a smuggling network that could supply any wildlife product on call. He had acknowledged selling 470 tiger skins and 2,130 leopard skins to just four clients from Nepal and Tibet, and had decimated 5,000 otters, 20,000 wild cats and 20,000 wild foxes, apart from the critically endangered snow leopards and clouded leopards. He had termed his poachings "uncountable" and had harboured no remorse, having amassed enormous wealth and properties through his bloodletting. He had intended to hunt India's endangered wildlife to extinction so as to subsequently gain a windfall from the hoards he would have built up.

Ultimately, it is demand that sustains this bloodbath and such demand arises from a glaring insensitivity for – and an unwillingness to recognise - this massacre.



Sarosh Bana is the Executive Editor of *Business India*, but he also writes for specialised journals and newspapers and think tanks worldwide. He writes on Environment & Conservation, International Affairs, Development, Politics, Policy, Power, and Defence & Security. He can be reached at sarosh.bana@gmail.com

Free Non-Animal for Schools



Rosary High School,
Rajkot



Rupa Rahul Bajaj Centre
for Environment and Art, Pune



J D Chaware Vidyamandir,
Karanja



This non-animal hair brush comes to you with the compliments of Beauty Without Cruelty an organisation that guides people to make lifestyle changes that benefit themselves and animals.



We request you not to use natural paint brushes which are made of stiff bristle or soft hair of animals such as mongoose, pig and squirrel because they are tortured and killed.

Educational institutional members containing a non-animal (with explanatory leaflet containing stickers and bookmarks)

Animal Hair Brushes for Students



Please visit www.bwcindia.org to know about our aims, activities and achievements.



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Prabodhan Vidyaniketan School, Mumbai



STS Mission English High School, Mumbai



Suyash Central School, Solapur

Teachers can request for free packets of animal hair paint brush (containing list of different brushes), for their students.

False Fakes of Animal Origin

Not observing that a product is of animal origin is bad enough, but choosing to overlook the facts put forward in this article would be unpardonable for those who profess a lifestyle that inflicts no harm to any living creature says Khurshid Bhathena

When we hear of fake fur we immediately think of non-animal fur – a material that looks and feels like fur, but consisting of no animal hair or skin.

Being totally free of animal origin is no longer the bottom line for artificial products that are so easily produced in a laboratory. From pearls to skins, to meat, alternatives can contain animal substances that are a result of torture, and this torture is almost as bad, if not worse, than that inflicted upon those poor creatures for the original products.

Pearls

Whether natural, cultured, artificial, or what ever else the pearls are named, the background of each and every pearl irrespective of type or colour, is pain, suffering and killing.



Natural pearls are called Conch, Melo Melo, Abalone and Scallop, commonly available from Iraq (Basra), Venezuela and Australia.

Cultured pearls are called Saltwater, Akoya/Classic, Freshwater/Biwaco/Baroque/South Sea/Tahitian/Chinese, Cortez, and Keshi/Seed.

Others called Hyderabad, Mandapam, Mikimoto of Japan, even Majorica pearls of Spain termed “man-made pearls” and some other imitations like Shell pearls and those called artificial, fake or simulated pearls, all use fish scales and/or lustre/dust from cultured pearls in their making.

Fake Eggs



Fake eggs can not only be non-veg but poisonous. They are made in China and consist

of calcium carbonate, starch, resin, gelatine, alum and other chemical substances. They look exactly like eggs in a fragile shell, and can even be fried.

Rhino Horns

Fake rhino horns are made from tail hair of horses that has been bundled together with a matrix of regenerated silk.



The wonky idea behind this development is to flood the illegal trade network with fake rhino horns and trick buyers into believing they are real rhino horns. Apart from exploiting poor horses and killing silkworms, it is foolish to think that these horns will save rhinos from being poached. The demand for real rhino horns will not be replaced with fake ones because the horns are powdered and used as an ingredient in Chinese medicine and fake ones would not serve the purpose.

Ivory



Ivory is often replaced by camel or cattle bones and horns, or even mother-of-pearl for inlay work. That it is not elephant ivory, is the sales pitch.

Some sellers say that the camel bones used are from naturally dead camels. Our objection should be to bone, not which animal's bone, tusk or horn.

Reptile Skin

Products made from calf leather embossed and finished in different ways to resemble reptile skins like those of crocodiles, alligator, snake, python and monitor lizard are sold as fake reptile skin items in place of genuine ones.



These look-alike products, apart from utilising skins of animals, are responsible for increasing the snob value for the real or genuine reptile skin items thus fuelling a bigger demand for them.

Moreover, what difference does it make whether it is reptile or bovine skin? All life is precious.

Lab Meat



Lab Meat is promoted as Cultured Meat, Clean Meat, Lab-grown Meat, Shmeat, Cell-based Meat, Vat-grown Meat,

Test-tube Meat, Hydroponic Meat, In-vitro Meat, Vitro Meat, Victimless Meat, Synthetic Meat, Slaughter-free Meat, and so on...

All are 100% real meat. Via a biopsy flesh taken from living animals such as cows, bulls, chickens, fish, pigs, sheep, goats, is grown in petri-dishes using fetal calf serum (blood extracted by puncturing the heart of unborn calf in a pregnant cow) and is falsely marked as clean and vegan to attract vegetarians.

Even when the protein is derived from fermented plants, the basic ingredient utilised is genetically modified yeast made by inserting DNA of heme protein from soy roots. Iron salt is used as flavouring and egg albumin as a binding agent. This so-called meat is also tested on animals.

Zari

Even artificial *zari* can contain silk because the terms real, imitation/tested and plastic refer to the wire and not the yarn used.



There are three types of *zari*: real, imitation (in recent times known as "tested" *zari*) and plastic.

Real *zari* is a flat silver wire which has been electroplated with gold. Imitation/tested *zari* is made from copper wire electroplated with silver and then gold plated. Plastic *zari* is produced from chemically-coloured metallic yarn.

Zari wire is wrapped around silk/polyester yarn and electroplated with gold for pure *zari* and with chemicals in case of artificial *zari*. However, caution needs to be taken with regard to *zari* because the yarn used for this can be silk or polyester. For real/pure gold *zari*, silk yarn is almost always used, the standard specification for which is 24% silk, 55-57% silver, and 0.6% gold.

Guilty No More

Now that readers know, they can be cautious and when in doubt, better to totally avoid.

Not observing that a product is of animal origin is bad enough, but choosing to overlook the facts put forward in this article would be unpardonable for all those who profess a lifestyle that inflicts no harm to any living creature.

The answer lies in being alert all the time. Not buying, not using, and not accepting products of animal origin. Let others know that contrary to what is declared or what they presume, certain so-called alternatives are also of animal origin. The specie involved matters as much because a life is a life.



Khurshid Bhatena is a Trustee
and Honorary Secretary of BWC-India

A New Vegan *Khol*

Dr K Varadarangan's third percussion instrument sans leather and wood



Left head



Vegan *Khol*

Photos courtesy: Dr K Varadarangan



Right head

The *Khol* is a two sided Indian drum popular in the northern and eastern parts of India. It is generally used for devotional music especially by the devotees of the Hare Krishna movement.

The conventional *Khol* consists mostly of clay or terracotta shell and the drumheads are made of cow skin. *Khols* with wooden shells are also available, and in recent times they have also been made from other materials such as brass. What is described here is a vegan *Khol* developed indigenously by Dr K Varadarangan of Karunya Musicals, Bengaluru, on the lines of the vegan percussion instruments Mridangam and Tabla developed by him previously. (See articles in *Compassionate Friend* Monsoon 2017 and Monsoon 2018 issues.)

Although a synthetic *Khol* had already been developed by Sri Ishan Das of International Society for Krishna Consciousness (ISKCON) and is currently available in the market, the *Khol* recently developed at Karunya Musicals beautifully replicates the authentic sound of the original clay *Khol* with animal skin. The drum head incorporates a special design which produces a high pitched sharp, cutting tone which a traditional *Khol* produces. Another important feature of this new vegan *Khol* is that

it is easily tunable since there is access to the tuning screws from outside the instrument.

Beauty Without Cruelty had an important role to play in the creation of this vegan *Khol*. When Sri Bharat Chandra Dasa (Author and Ex-National Co-ordinator for ISKCON, Ministry of Sustainable Development) wrote to BWC seeking guidance in developing an alternative to the traditional *Khol* made from animal skin, BWC immediately put him in touch with Dr Varadarangan who had successfully researched and produced the vegan Mridangam and Tabla instruments.

Sri Bharatji promptly approached Dr Varadarangan and discussed the possibility of him developing a *Khol* without animal skin.

A few months later, the new vegan *Khol* was born!

Sri Bharatji provided the logistics support required to develop the vegan *Khol*. He obtained the required shells for developing the prototype and arranged meetings with experts to test the product. The research, development and complete design including all the component parts were done at Karunya Musicals, whereas Sri Bharatji took the instrument to several places and showed it to experts.

Features of the SRI *Khol*/Madhura Mridanga

Conventional clay-leather <i>Khol</i>	Vegan <i>Khol</i>	Advantages of the Vegan <i>Khol</i>
The drumheads use skins of cows	No animal skins are used	No killing of animals
Shells are made of clay	Shells are made of fibreglass	Shells are very sturdy unlike the clay shell which is very fragile
Tonal quality varies from instrument to instrument	Excellent tonal clarity and resonance	Consistent tonal quality across samples
No tuning arrangement	Can be tuned easily	This is a very important value added feature
Re-heading the shell has to be done only by a Mridanga craftsman	Heads are detachable and replaceable	Heads can be replaced by the users themselves
Pitch of the instrument shows large seasonal variations and fluctuates with changing temperature and humidity	Pitch does not change with seasons and remains stable even under changing temperature and humidity	Avoids frequent retuning and adjustments
Heads cannot be cleaned easily	Heads can be cleaned with a moist cloth	Heads can be cleaned with a moist cloth, which is unthinkable in the case of the animal skin heads

The initial feedback was quite encouraging but the sound was still not up to the mark. However, after a lot of experimentation, the head improved dramatically and the tonal quality came very close to, and possibly exceeded certain aspects of the tone of the traditional clay *Khol*.

This SRI *Khol* or Madhura Mridanga has a fibreglass body with synthetic drum heads. The right side head is very high pitched and produces a sharp, cutting, melodic tone. There are 10 tuning screws that can be used to adjust the pitch of the instrument to the desired level. Tuning is not possible in a traditional *Khol* because it simply lacks a tuning mechanism. With this tuning capability, the SRI *Khol* gets elevated to the status of a

classical music instrument rather than being just a folk or bhajan instrument. Tuning can be accomplished with the help of a spanner supplied with the instrument.

The left head which is much larger than the right head produces a base pitch that compliments the high pitch of the right head. The left head can also be tuned to a specific pitch within its range and has 12 tuning screws.

The SRI *Khol* or Madhura Mridanga is manufactured and marketed on a large scale by Tamaltree Enterprises Pvt Ltd under an arrangement with Karunya Musicals.

For further information visit:

www.karunyamusicals.com

<https://madhuramridanga.com>

Vegan Recipe *Mango*

Mango or *Aam* is the king of fruits. Both ripe and unripe mangos are beneficial, but raw mangoes should be consumed in moderation – no more than one or two a day. The pectin in the raw mango diminishes as the stone or seed within it develops.

Eating mangos prevents cancer, lowers cholesterol, clears skin, promotes brain health, improves digestion and boosts the immune system. Ripe mangos are high in Vitamin A and benefit eyes, whereas raw mangos have more vitamin C than ripe ones. They also contain the B Vitamins that are responsible for maintaining good health.

Aam papad (a sweet) is made from ripe mango pulp blended with sugar and salt, and spread on mats to dry in the sun.

Amchur (a seasoning) is made from unripe mangoes and imparts a tang. Mangoes are cut into strips and dried in the sun for a few days till brittle and can be easily ground to a fine powder.

It should be noted that artificially ripened fruit look good but do not carry their typical aroma. To wash off possible chemicals, mangoes should be held under running water for a few minutes.

Ambli Ghashi (serves 4)

Ingredients

In ¼ teaspoon oil roast separately:
 6 red chillies
 1 ½ teaspoon coriander seeds
 1 heaped teaspoon black gram dal
 1 teaspoon fenugreek/*methi* seeds
 ½ coconut, grated
 ¼ teaspoon turmeric powder
 2 green mangoes, peeled and cut into pieces
 2 cups water
 2 tablespoons jaggery
 1 teaspoon cooking oil
 6 garlic cloves, crushed with skin or
 1/2 teaspoon mustard seeds
 8 curry leaves



Preparation

Grind the 4 roasted ingredients with the coconut and turmeric powder till fine. Add water when grinding as and when required.

Boil the mango in 2 cups water.

Add jaggery. After mango is cooked, add the ground masala and salt to taste. Add water if too thick so as to get the required consistency. Boil.

To season: Heat oil and sauté garlic till brown and pour over the curry. Can also season with mustard seeds and curry leaves instead of garlic.

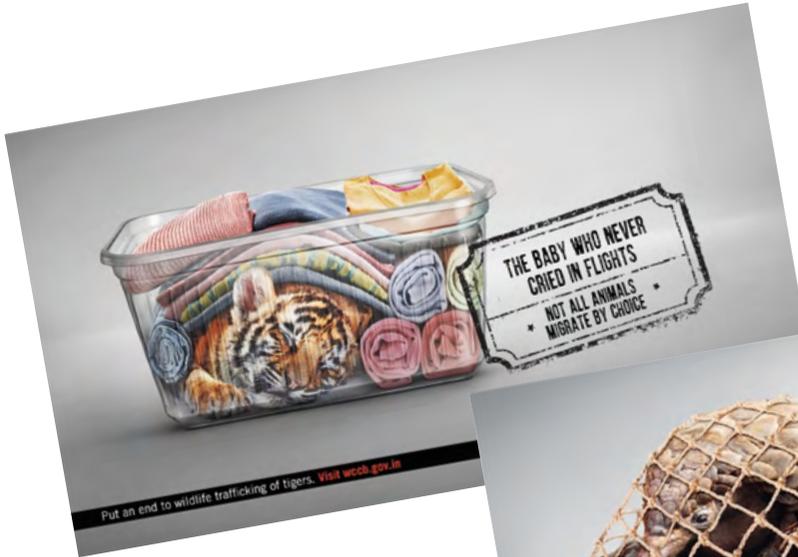
Serve with rice.

Do visit www.bwcindia.org/Web/Recipes/Recipesindex.html for an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes.

Not all Animals Migrate by Choice

Campaign launched in 2019 to raise awareness on illegal wildlife trade by Wildlife Crime Control Bureau of India and UN Environment aimed at airports across India.

Tiger, Pangolin, Star Tortoise and Tokay Gecko are featured in the campaign





**Consumer Demand
Monetary Greed
KILLS
Wildlife**



All photos courtesy: commons.wikimedia.org



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