



**EDGAR'S
MISSION**
Our Mission is Kindness



Recipes for a Kind Mother's Day





Clarabelle
& Valentine

*"A mother's love for her child is like
nothing else in the world."*

— Agatha Christie



Harry
& Alicia

A happy Mother's Day for one and for all...

Mothers come in all shapes, sizes and species, yet when it comes to their babies, they are the same in all the ways that matter.

Love, patience, affection, protection - these are traits that all mothers share, from humans to farmed animals. Yet for the latter, sadly these strong bonds are broken all too frequently due to outdated practices and laws, impacting millions of animals every year.

When Harry the lamb was rescued due to a serious congenital condition, he was torn away from his mum Alicia. Knowing Harry would need his mother more than ever following his life-saving surgery, Alicia's own rescue was soon negotiated and she too was bound for Edgar's Mission.

After many days apart, we wondered whether terrified Alicia would recognise him. But in a heart-warming reunion, as soon as their eyes met, they ran to each other and she began nursing him once more. Years later, their bond is still stronger than ever and the two are inseparable.

By choosing to cook and eat kindly this Mother's Day, you are helping to create a kinder world for families without a voice, just like Harry and Alicia. So thank ewe from the bottom of our hearts and hooves. We trust you'll enjoy these delicious recipes!

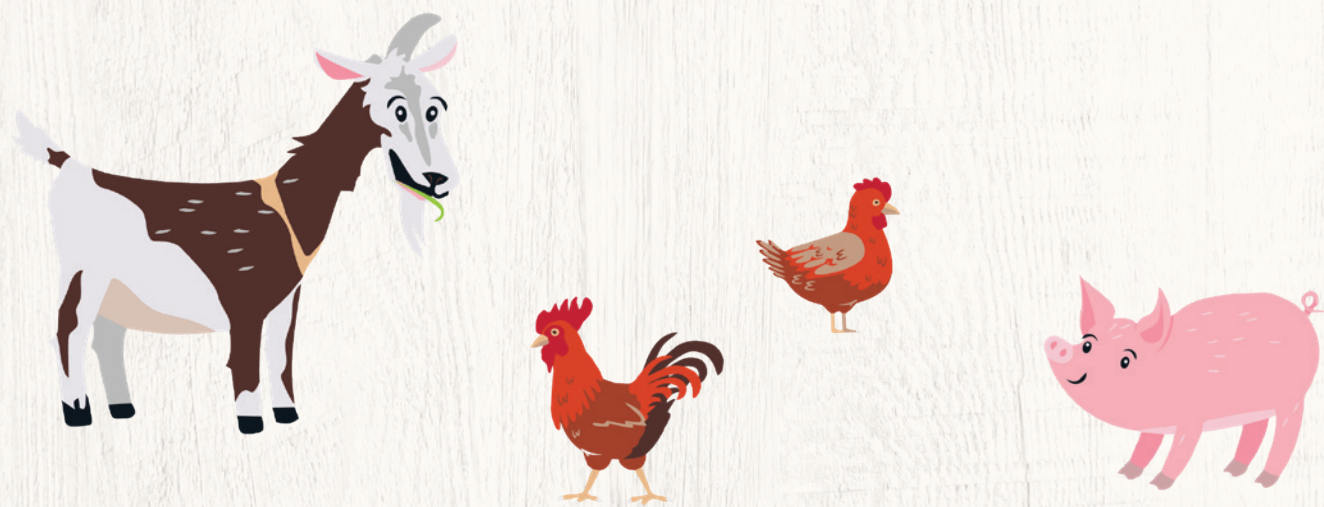
Yours in Kindness,

Pam Ahern
Founder & Director of Edgar's Mission

*"If we could
live happy and
healthy lives without
harming others,
why wouldn't we?"*

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Breakfast in Bed





Perfect Pancake Recipe

Recipe by The Kind Cook | @thekindcook



Ingredients

SERVES 2

1 cup of self raising flour

1 cup of Bonsoy milk

1 teaspoon of egg replacer

1 pinch of salt

1 tablespoon of sugar

Maple syrup

Method

1. Place the milk in a large bowl.
2. Sift the flour into another bowl. Add the salt, egg replacer powder and sugar and stir to combine. Add the flour mixture (carefully) to the milk and fold together *gently*.
3. Set the batter aside for 5 to 10 minutes.
4. Heat a non stick pan on a medium heat (add a spray of oil if you wish) and add a ladle of batter to it.
5. Turn the heat down a little and wait for the entire pancake to bubble across the surface and start to rise.
6. Flip and cook other side until golden brown.
7. Serve with maple syrup.



Banana Scones

Impress your mum with these banana scones from Vegan Easy. Serve with berry jam and vegan cream. Check out their 30 Day Challenge and helpful resources at www.veganeasy.org



Ingredients

SERVES 12

2 medium ripe bananas
 1/2 cup soy milk
 1 tsp apple cider vinegar
 1 tsp vanilla extract
 2 1/2 cups plain flour
 2 tsp baking powder
 1/2 tsp bicarbonate soda
 1 1/2 tsp ground cinnamon
 1/8 tsp ground nutmeg
 pinch of salt
 1/3 cup raw caster sugar
 1/2 cup vegan butter/
 margarine, cold and cubed
 1/2 cup sultanas or raisins
 soy milk for brushing
 some raw sugar for sprinkling

Method

1. In a medium bowl, mash the bananas well then add the soy milk, vinegar and vanilla extract. Mix well and set aside.
2. Sift the flour, baking powder, bicarb soda, cinnamon, nutmeg in a large bowl then mix in the salt and sugar. Combine well.
3. Add the cold, vegan butter/margarine and using your fingertips rub into the dry mix. The mixture should resemble fine breadcrumbs.
4. Add the sultanas (or raisins). Combine well.
5. Stir in about a quarter of the wet mix to the dry to moisten the flour then gradually add the rest in three goes to form a soft, slightly sticky dough.
6. Divide the dough into two and pat each into a rough ball.
7. On a well-floured surface, use your hands to gently flatten each ball into a disc (one at a time) to about a 3cm/1in height.
8. Use a floured knife to slice each disc into 6 wedges, so that you have 12 wedges when done.
9. Position them apart on a baking sheet lined with baking paper then place the baking sheet in the refrigerator for about 20 minutes. This will allow the butter/margarine to harden up a little to give the scones a fluffier texture.
10. About 10 minutes before removing the scones from the fridge, preheat the oven to 220°C/425°F.
11. Brush the tops of the scones with soy milk and sprinkle with raw sugar.
12. Bake for about 20 minutes until well risen and golden. Then transfer to a wire rack and allow to cool before serving.



Berry Good Muffins

These flavoursome, simple mixed berry muffins are from our friends at Vegan Easy. Check out their 30 Day Challenge and helpful resources at www.veganeasy.org



Ingredients

SERVES 12

1 cup soy milk
1 tsp apple cider vinegar
2 cups plain flour
2 1/2 tsp baking powder
1/4 tsp bicarb soda
3/4 cup raw caster sugar
1/4 tsp salt
1/4 cup sunflower oil
1 tsp vanilla extract
1 1/2 cup fresh or frozen mixed berries

Method

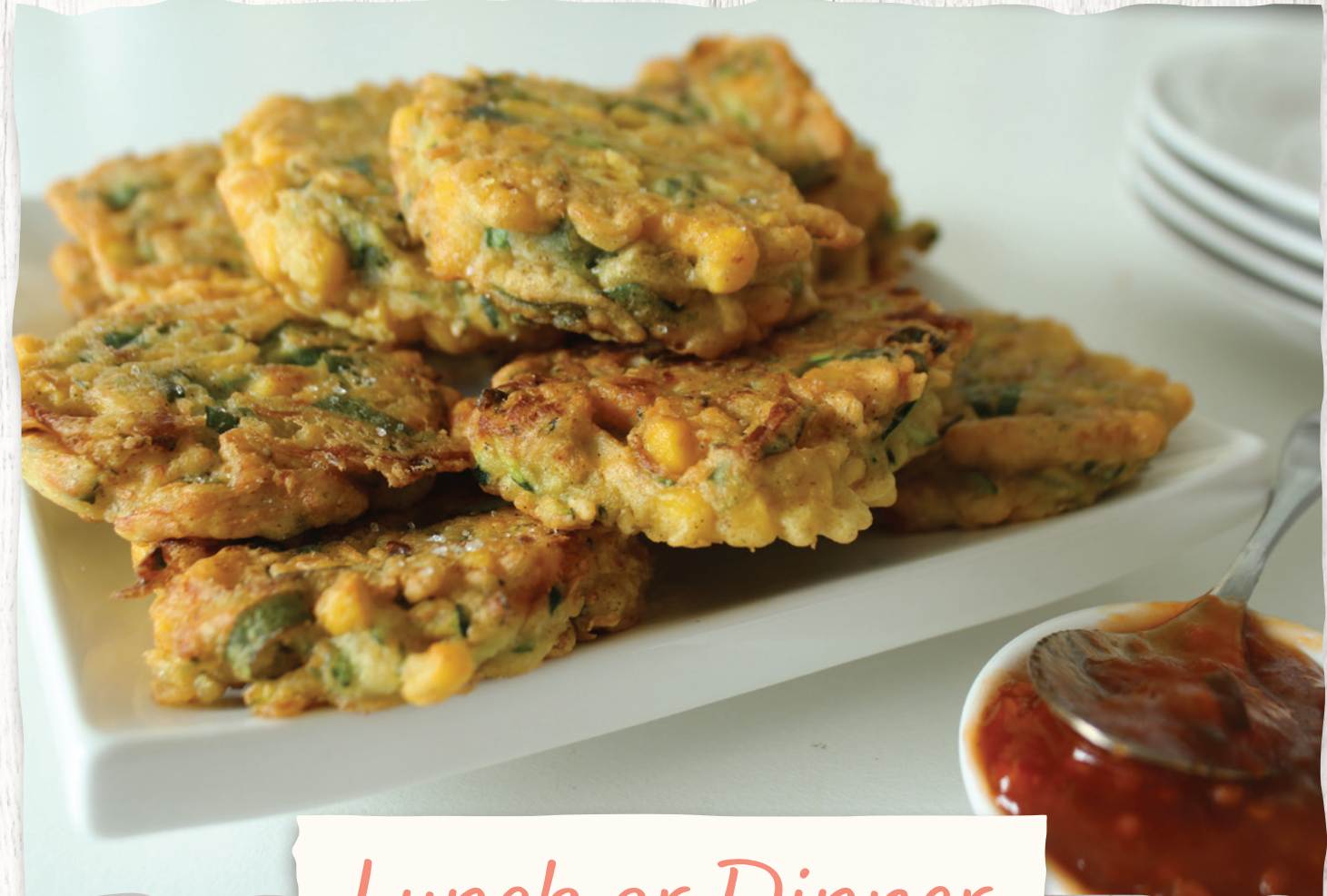
1. In a bowl whisk the soy milk and apple cider vinegar (ACV) then set aside.
2. Preheat oven to 200C/392F. Line muffin tray with paper baking cups.
3. In another bowl mix all the dry ingredients (flour, baking powder, bicarb soda, caster sugar, salt)
4. Add the oil and vanilla extract into the soy milk and ACV and whisk together.
5. Then add the wet mix into the dry in three goes, mixing after each time.
6. Fold the berries into the batter.
7. Spoon the batter into each muffin cup about 3/4 full.
8. Bake for 25-30 minutes, depending on your oven, or until golden brown.
9. Let the muffins cool on a cooling rack before serving.



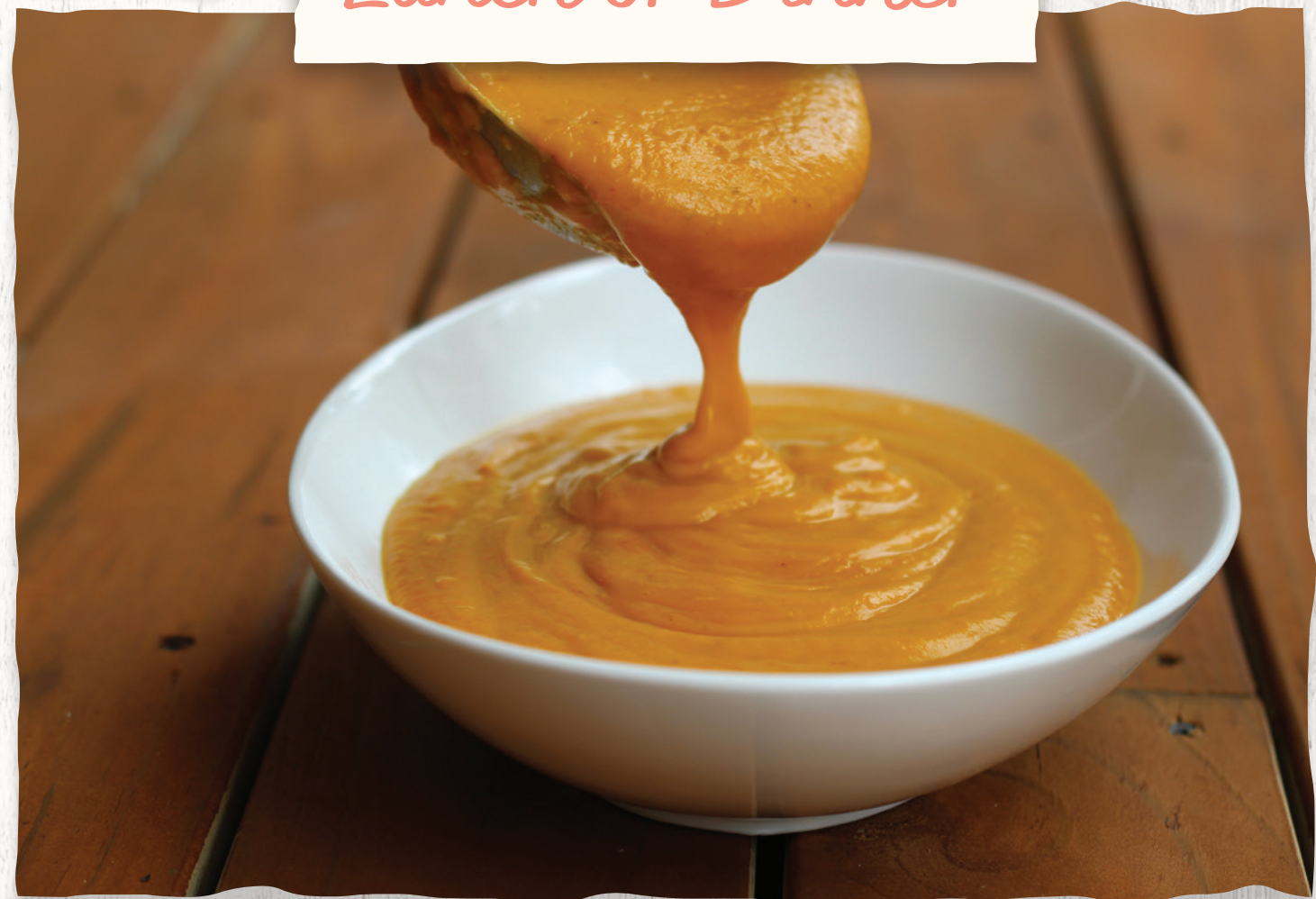
Carol
with Cookie,
Candy & Kris
Kringle

"Sometimes the strength of motherhood
is greater than natural laws."

— Barbara Kingsolver



Lunch or Dinner





Zucchini, Corn & Mint Fritters

Recipe by The Kind Cook | @thekindcook



Ingredients

SERVES 4

1 cup of grated zucchini

1 cup besan flour (also known as chickpea or garbanzo flour, found in most health food and Indian grocers)

1 cup (2 cobs) corn kernels, cooked

3/4 cup of water

1 cup fresh mint leaves, washed and pat dried with a tea towel

3/4 cup spring onion (also known as scallions), finely sliced

1 teaspoon salt

Extra salt for dusting

Pepper to taste

Method

1. Strain all the excess of water out of the grated zucchini using a nut bag, chux or tea towel. Discard the water that comes out of the zucchini and set the zucchini aside.
2. Sift the besan flour into a large bowl and whisk the 3/4 cup of water into it until you have a smooth batter.
3. Add the remaining ingredients, including your zucchini into the batter and stir well to combine.
4. Heat a pan with a little bit of oil and cook in batches. Drop a generous tablespoon of the batter into the pan. Cook until browned and turn to brown the other side - try having the heat slightly higher at the start so you get a nice colour and the fritters don't soak up a lot of oil, and then once both sides are nicely browned, turn the heat down and cook a bit further, so that the insides are cooked through.
5. Drain on a clean tea towel. Lightly sprinkle a little salt over each fritter, while they are still piping hot.
6. Serve warm with salad and chutney.

Notes

Do not use canned corn. You get a much more plump and sweet corn kernel if you cook a couple of cobs and cut off the kernels. Also be careful when cooking your fritters as the corn can pop!



Coconut Pumpkin Korma Soup

Recipe by The Kind Cook | @thekindcook



Ingredients

SERVES 4

1kg of pumpkin that has been peeled, seeded & cut into small chunks (I used Kent pumpkin)

250ml coconut cream

750ml of water

3 teaspoons of Massel vegetable stock

6 teaspoons of korma paste

Method

1. Put the water and stock into a large pot. Whisk to combine and start to bring to the boil.
2. Add the pumpkin to the stock as soon as it is chopped up.
3. Bring to boil and turn it down to a simmer, cooking until the pumpkin is tender.
4. Add the coconut cream and korma paste and blend.
5. Enjoy! It's delicious.



Mushroom Mac & Cheese

Deliciously creamy and thick, this recipe from Vegan Easy could be the tastiest Mac'n'Cheese recipe ever! Check out their 30 Day Challenge and helpful resources at www.veganeasy.org



Ingredients

SERVES 4 SIDE DISHES

- 500g macaroni
- 2 Tbsp Nuttelex (or vegan butter of choice)
- 1 Tbsp plain flour
- 1 cup nutritional yeast
- 2 cups soy milk
- 1 Tbsp stock powder
- 500g sliced brown mushrooms
- 1 Tbsp oil

Method

1. In a fry pan, on medium heat, add oil and mushrooms. Cook until brown and set aside.
2. Cook macaroni according to packet instructions. Drain and put back in saucepan.
3. In saucepan of macaroni add milk, Nuttelex, nutritional yeast, and flour. Simmer on very low heat.
4. Continually stir until macaroni becomes sticky, more or less milk may be needed to gain desired consistency.
5. Add mushrooms to macaroni and stir through dry stock powder.
6. Sprinkle with extra nutritional yeast, Enjoy!



Creamy Mushroom Pasta

An amazingly simple creamy sauce laced with spinach and sliced mushrooms from Vegan Easy. Check out their 30 Day Challenge and helpful resources at www.veganeasy.org



Ingredients

SERVES 1

2/3 cup wholemeal spiral pasta

1 1/2 cups button mushrooms, sliced

1 cup baby spinach leaves

1/2 tsp Massel salt-reduced stock powder

Creamy Sauce

1/2 red onion, diced

1 small tomato, diced

1 cup fortified soy milk

1/4 cup fresh basil

1 tsp crushed garlic

1 tsp seeded mustard

1 Tbsp tahini

1 Tbsp plain wholemeal flour

Method

1. Boil water and cook the pasta as per packet instructions, while you make the rest of the dish.
2. For the sauce, blend all the ingredients together. (A mini blender is ideal for this.) Set aside.
3. Fry the mushrooms in a little water with the stock powder.
4. When the mushrooms have softened add the spinach, then pour the sauce in and mix through.
5. Bring to the boil and stir for a minute or so, then lower heat and simmer for another minute or two. Keep stirring to avoid sticking.
6. When the pasta is 'al dente', drain and serve on a plate with the creamy mushroom sauce on top.



Missy
Higgins
& Mariah
Carey

*“Motherhood:
All love begins and ends there.”
— Robert Browning*



Dessert





Sticky Date Pudding with Golden Syrup Caramel

Recipe by The Kind Cook | @thekindcook



Ingredients

SERVES 4

Pudding

3 teaspoons of egg replacer

6 tablespoons of water

200 grams of pitted dates,
chopped into small pieces

185 grams of sugar

½ cup of tasteless coconut
oil (you can use Nuttalex but I
prefer not to)

1 1/2 cups of water

1 teaspoon of bi carb soda

1 1/2 cups of self raising flour

Sauce

4 tablespoons golden syrup

1/2 cup of sugar

2 tablespoons of organic
coconut oil

1/2 cup of soy milk

3 teaspoons of cornflour

Method

1. Preheat your oven to 175°C and line a cake tin with baking paper.
2. Whisk the 3 teaspoons of egg replacer into the 6 tablespoons of water.
3. Put the dates, sugar, coconut oil and water into a medium pot and slowly bring to the boil, then turn off the heat.
4. Add the bicarb and gently stir the mixture. It will bubble up at this point.
5. Add the egg replacer mixture into the pot and also stir to combine. Finally add the flour and pour the mixture into the cake tin.
6. Cook for 35 to 45 minutes. Pierce with a bamboo skewer, if it comes out clean the pudding is ready.
7. While the pudding is cooking, place the golden syrup, 1/2 cup of sugar and 2 tablespoons of coconut oil into a small pan and gently heat until all the ingredients start to melt. Then simmer very gently until all the sugar is dissolved and a caramel starts to form.
8. Once the sugar is dissolved, add the soy milk to the caramel and whisk to combine.
9. Place the cornflour into a small container and add just enough water to make a paste. Add the cornflour paste to the caramel and whisk until all ingredients are well combined and simmer for another minute or two. Turn the heat off and set aside until your pudding is ready.
10. Once the pudding is cooked, carefully remove from the oven. Let it cool for about 15 minutes, then gently remove from the cake tin. Serve warm with caramel sauce and coconut ice-cream.
11. If you are not serving straight away, remove from the cake tin and let it stand on a cake rack to cool.

Anzac Biscuits

These tasty vegan biscuits are a perfect sweet treat on Mother's Day! Recipe by Jo Osborne, shared by Vegan Easy. Check out their 30 Day Challenge and helpful resources at www.veganeasy.org



Ingredients

SERVES 12

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup desiccated coconut
- 3/4 cup sugar
- 2/3 cup vegan margarine (eg. Nuttelex)
- 2 Tbsp golden syrup
- 1 tsp bicarbonate of soda
- 1 Tbsp boiling water

Method

1. Heat oven to 180C / 355F. Grease 2 baking trays.
2. In a large bowl mix together the oats, flour, coconut and sugar.
3. Melt the margarine and golden syrup in a saucepan over a low heat.
4. Place the bicarbonate of soda into a small bowl and mix with the boiling water. Add this mixture to the melted margarine and syrup.
5. Pour the wet mixture into the dry ingredients and mix well.
6. Roll the mixture into balls (slightly smaller than golf ball size). Place on baking trays and flatten slightly.
7. Bake in oven for approximately 15 minutes, until the biscuits are golden brown.
8. They will still be very soft when you remove them from the oven so let them cool slightly on the tray first before placing on a cooling rack.



About Edgar's Mission

Edgar's Mission is a not-for-profit sanctuary for over 450 rescued farmed animals, with a vision of a humane and just world for all.

Our mission is kindness. From humble beginnings in 2003, over 5000 farmed animals in urgent need have found sanctuary through our farm gates.

In addition to rescue, care and sanctuary, our outreach, education, advocacy, community enrichment and sanctuary tours encourage people to expand their circle of compassion to include all animals.

You'll find us on 153 peaceable acres in Lancefield, Victoria, Australia.

"If we could live happy and healthy lives without harming others, why wouldn't we?"

Visit edgarsmission.org.au
or follow us @edgarsmission



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