

Introduction



Welcome to Ethical Eats! I'm not your average recipe book. I can help you make simple, tasty changes to your everyday meals that'll help you reduce your impact on the environment!

Agriculture is a significant contributor to many of the biggest environmental problems such as climate change, deforestation, food and water scarcity. Raising livestock is responsible for up to **24%** of the global greenhouse gas emissions. To put this in perspective, the transport sector is responsible for just **14%** in comparison. Around **800 million tonnes** of greenhouse gases are released into the atmosphere each year from agriculture which causes heat to be trapped and is enhancing the effects of global warming. This is causing a whole host of problems for the planet as well for as ourselves such as melting of sea ice, flooding, extreme weather events and drought.

Animal agriculture consumes **34-76 trillion** gallons of water annually and **24%** of the crops we grow is being fed to livestock. If this water and food was consumed directly by humans, we could quench the thirst of the **2.5 billion** thirsty people on the planet and feed an additional **4 billion people**!

Not only is agriculture detrimental to humans, it regularly compromises animal welfare, leaving animals in intense states of suffering. To fulfil the world's meat and dairy demand, farms have become intensive operations to maximise efficiency. This has resulted in cruel practices including disposal of male chicks who have no use in egg laying and early dairy calf separation.

But there is so much we as individuals can do about this! By making simple ingredient switches to some classic recipes you can reduce your impact significantly. For example, widespread adoption of a vegan diet would reduce emissions by up to **70% in 2050!** Replacing your fast-food chain beef burger would save water equivalent to **two months' showers!** And a plant-based diet would use **18 times less land** than a meat-based one, leaving more of the Earth's surface for wildlife to occupy.

This book will provide you with innovative and tasty ideas on adapting your meals to reduce your environmental impact, whilst exploring new and exciting flavours! Each recipe will show you by how much you have reduced your environmental impact, and with a little added satisfaction, it's going to taste even better!

Spagh'ethic'i Bolognese

Ethical spaghetti bolognese! A protein-packed alternative to the classic beef bolognese. The global cattle population produces 150 billion gallons of methane per day which is 86 times more damaging than CO₂. However, methane only remains in the atmosphere for ~12 years so reducing our beef consumption can have a fast-acting effect on reducing greenhouse gases in the atmosphere.



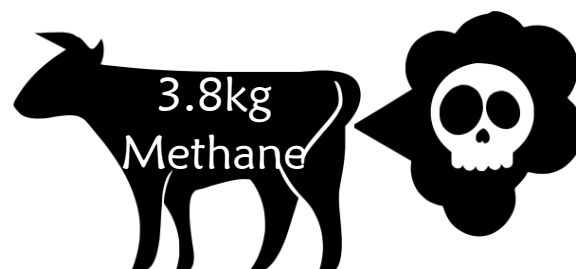
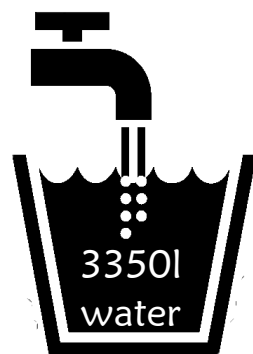
Ingredients:

300g spaghetti
2 tsp Olive Oil
1 Onion
1 carrot
1 garlic clove
1 tbsp tomato puree
250g tinned lentils (puy or green)
2 (400g) tins of chopped tomatoes
500ml vegetable stock
1/2 tsp dried thyme
1 tsp mixed herbs
Salt & Pepper

Method:

1. Finely chop the onion, garlic and carrot.
2. Add the oil to a large saucepan, put on medium heat.
3. Add the onion and garlic to the saucepan and lightly brown.
4. Add the tinned tomatoes and tomato puree.
5. Add the vegetable stock, carrot and lentils.
6. Add the dried thyme, mixed herbs, salt and pepper.
7. Simmer for 20-30 minutes, until lentils and carrot are tender, adding more water if the mixture begins to dry out.
8. Boil the spaghetti for 15 minutes whilst sauce is simmering and serve, enjoy!

By replacing beef with lentils, you save...



Tu' nah' Sandwich

There's nothing fishy about this sandwich! 90 million tonnes of fish are removed from the oceans each year, resulting in 3 out of 4 of the world's fisheries being over-exploited. It is projected that fisheries will have reached irreversible collapse by as soon as 2048 if we carry on consuming fish at our current rate.



Ingredients:

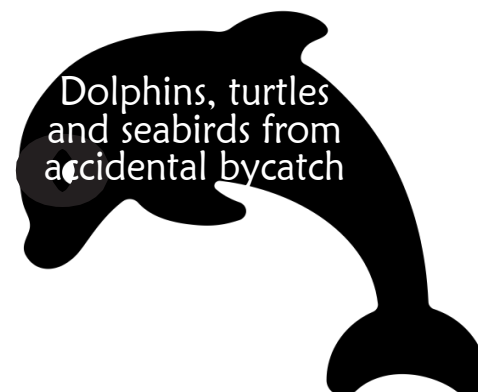
200g tinned chickpeas
1/8 cup vegan mayonnaise
1/2 tbsp dijon mustard
1 tsp capers with oil
1 rib finely chopped celery
1/2 tbsp lemon juice
Salt and pepper
1/2 red onion
1/4 lettuce
2 slices of wholegrain bread

Method:

1. Drain chickpeas and mash with a fork.
2. Add the mayonnaise, mustard, capers, celery, red onion, lemon juice, salt and pepper and mix together.
3. Arrange lettuce on the bread the top with the 'tuna' mix.

Alternatively, serve on a bed of lettuce with cucumber as a gluten free option!

By replacing tuna with chickpeas, you save...



Ethical 6 Eats



Ethical 7 Eats

'Moral' can Tagine

A dish spiced with great morals! Lamb has the largest carbon footprint of any food. Eating 1kg of lamb is equivalent to driving 90 miles! Lamb also has some serious airmiles, up to 50% can be imported in the US and UK.



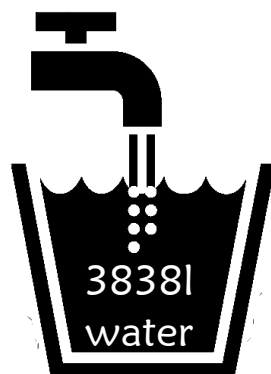
Ingredients:

1 (400g) tin of chopped tomatoes
290g Tomato and herb sauce
4 tsp harissa paste
28g fresh, chopped parsley
1 (400g) tin of chickpeas
200g falafel
225g mixture of carrots, peas and beans
1 tsp cumin
1 tsp tumeric
50g sultanas
200g couscous

Method:

1. Add the tomato and herb sauce to a large saucepan along with the chopped tomatoes, harissa paste, and half of the chopped parsley.
2. Simmer on a low heat for 5 minutes.
3. Add falafel and chickpeas and simmer.
4. Spice with the cumin and tumeric and combine.
5. Meanwhile chop the carrots into small pieces, add the them to the saucepan, along with the peas and beans.
6. Stir through the remaining chopped parsley and simmer for another 20 minutes, adding water if it begins to dry out.
7. Whilst simmering, put the couscous in a bowl, cover with 275ml of boiling water and leave for 10 minutes.
8. Serve the tagine over the couscous and sprinkle with sultanas to finish.

By replacing lamb with chickpeas, you save...



Ethical 8 *Eats*



Ethical 9 *Eats*

Ma'care'roni Cheese

Be caring towards cattle. In industrial dairy farms, cows are kept in continuous pregnancy to produce milk and the calves become the by-product. Separated from their mothers near birth, they are shipped off to slaughter all before 6 months of age. Dairy also increases your risk of prostate and breast cancer due to insulin-like growth factor and estrogen in the milk.



Ingredients:

250g Macaroni
660ml soya milk
70g dairy-free butter
60g plain flour
1 flat tsp English mustard
1 tbsp nutritional yeast
60g grated vegan cheese
Salt and pepper
30g breadcrumbs

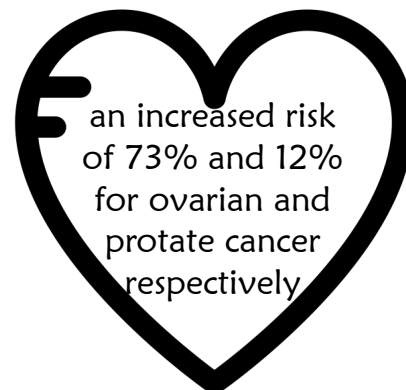
Method:

1. Boil the macaroni for 15-20 minutes in a large saucepan of water.
2. Meanwhile, put the milk in another saucepan and slowly bring to the boil. Then remove from the heat.
3. Melt the butter in another saucepan over medium heat and add the flour. Stir continuously so it forms a paste.
4. Gradually add the warm milk, whisking continuously until smooth.
5. Bring to the boil and simmer for 10 minutes or until thickened.
6. Add the mustard, nutritional yeast and cheese then season with salt and pepper.
7. Drain and add the macaroni to the sauce.
8. Sprinkle with breadcrumbs and bake in the oven for 20 minutes.

By replacing dairy with dairy-free alternatives, you save...



Ethical **10** *Eats*



Ethical **11** *Eats*



Sweet po'tasty' burger

An average beefburger requires 660 gallons of water to produce. That's the equivalent of 2 months' showers! Huge monocultures of crops are devoted to feeding cattle in order to produce meat. If we all ate the crops directly, we could feed 4 billion more people!



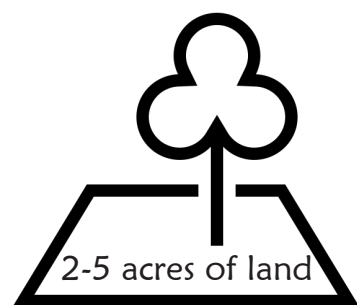
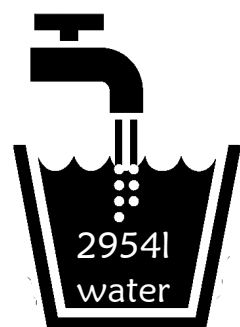
Ingredients:

3 large sweet potatoes
1 tsp olive oil
1 red onion, finely chopped
1 red chilli, finely chopped
1/2 tbsp ground cumin
1/2 tbsp ground coriander
340g tin of sweetcorn
Small bunch of coriander, chopped
200g polenta
Bread rolls, salad, avocado and salsa

Method:

1. Pierce the skin of the potatoes and microwave for 5 minutes. Then place in the oven for 20-30 minutes.
2. When the potatoes are done, set aside to cool and heat the oil. Add the onion and chilli, cook for 8-10 minutes.
3. Peel the potatoes and add the flesh to a bowl with the cooked chilli and onion.
4. Add the ground cumin and coriander and mash together.
5. Using your hands, mix in the sweetcorn, fresh coriander and half the polenta.
6. Shape the mixture into 5 burgers and carefully dip each one into the remaining polenta.
7. Place burgers on an oiled baking tray and chill for 30 minutes.
8. Cook in the oven for 15-20 minutes at 190C.
9. Serve in a bun and top with salad, avocado and salsa.

By replacing beef with sweet potato, you save...



Ethical **12** *Eats*



Ethical **13** *Eats*

No Less Eggsquisite Chocolate Cake

Eggs don't need to be the star ingredient in baking! Chickens on egg farms produce large amounts of waste which contaminate rivers and groundwater, upsetting the balance of freshwater communities. The poultry industry is also incredibly cruel, disposing of male chicks like waste as they are not economically viable to raise.



Ingredients:

300g plain flour
50g cocoa powder
1 tsp baking powder
1 tsp bicarbonate of soda
1/2 tsp salt
300g granulated sugar
375ml soya milk
125ml rapeseed oil
7 tbsp apricot jam
1 tsp vanilla extract

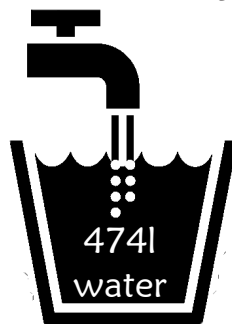
For the icing:

40ml soya milk
85g vegan dark chocolate
60g icing sugar
1 tbsp maple syrup
Zest of 1 orange

Method:

1. Sift the flour, cocoa, baking powder and bicarbonate of soda into a large mixing bowl and stir in the salt and sugar.
2. Pour the soya milk into a medium saucepan and add the oil, apricot jam and vanilla extract. Place over a medium heat and whisk to combine.
3. Now preheat the oven to 180C and grease a 23cm cake tin and transfer the mixture to the tin.
4. Stir the milk mixture into the dry ingredients and mix thoroughly.
5. Transfer to the prepared cake tin and bake in the preheated oven for 45 minutes, or until a skewer inserted into the centre comes out clean. Leave to cool on a wire rack.
6. To make the icing, heat the soya milk in a small saucepan until boiling. Stir in the chocolate until melted.
7. Remove from heat and whisk in the icing sugar and maple syrup.
8. Once the cake is cool, pour the icing over the top and finish with grated orange zest.

By replacing 2 eggs with alternatives, you save....



Ethical **14** *Eats*



Ethical **15** *Eats*



Further Information

For more information on how the agricultural industry affects the environment, animal welfare and your health please visit the sources below:

Food and Agricultural Organisation: <http://www.fao.org/home/en/>

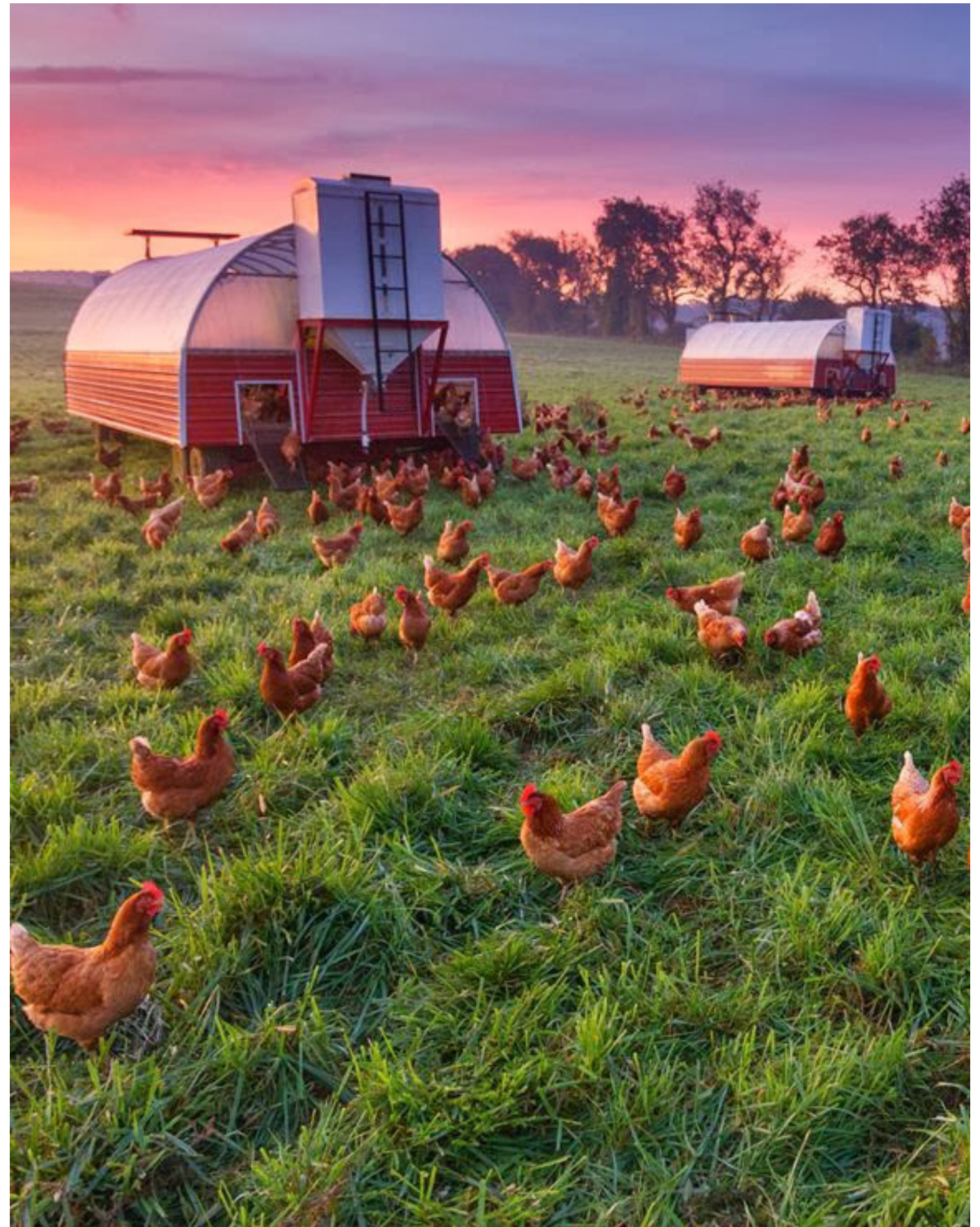
Environmental Working Group Meat Eaters Guide: <https://www.ewg.org/successes/2011/meat-eaters-guide-climate-change-health#.Wqka8kx2tPY>

Green Eatz: <http://www.greeneatz.com/foods-carbon-footprint.html>

Friends of the Earth Impact of Factory Farming: https://friendsoftheearth.uk/sites/default/files/downloads/factory_farming.pdf

Cowspiracy Documentary Information: <http://www.cowspiracy.com/>

Water Footprint Network product water usage guide: <http://waterfootprint.org/en/resources/interactive-tools/product-gallery/>





Meat CO2 Grain Tree Live Animal People FOOD Planet Feed Food COW Methane Egg Chicken
Lamb H2O HEALTHY Tuna Milk PIG CO2 Environment Planet Fish Eggs Farm EMISSIONS
Waste Food Fish EGG PLANET Nitrous Oxide Vegetables PLANET
Crops Ethical Dairy Farm Planet CHICKEN
Land Egg Animal Food Beans HEATHY Food Industry Health Waste Milk Grain Fish
Tuna Milk BEEF Planet Chickens CHEESE ATMOSPHERE
Nitrous Oxide GREENHOUSE GASES
Environment PIG Chickpeas Legume Lentils LIFE Food COW
Ethical Farm Vegetables Crop Factory Animal Feed Eggs Ethics HABITAT Grass
EAT

Ethical Eats

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