

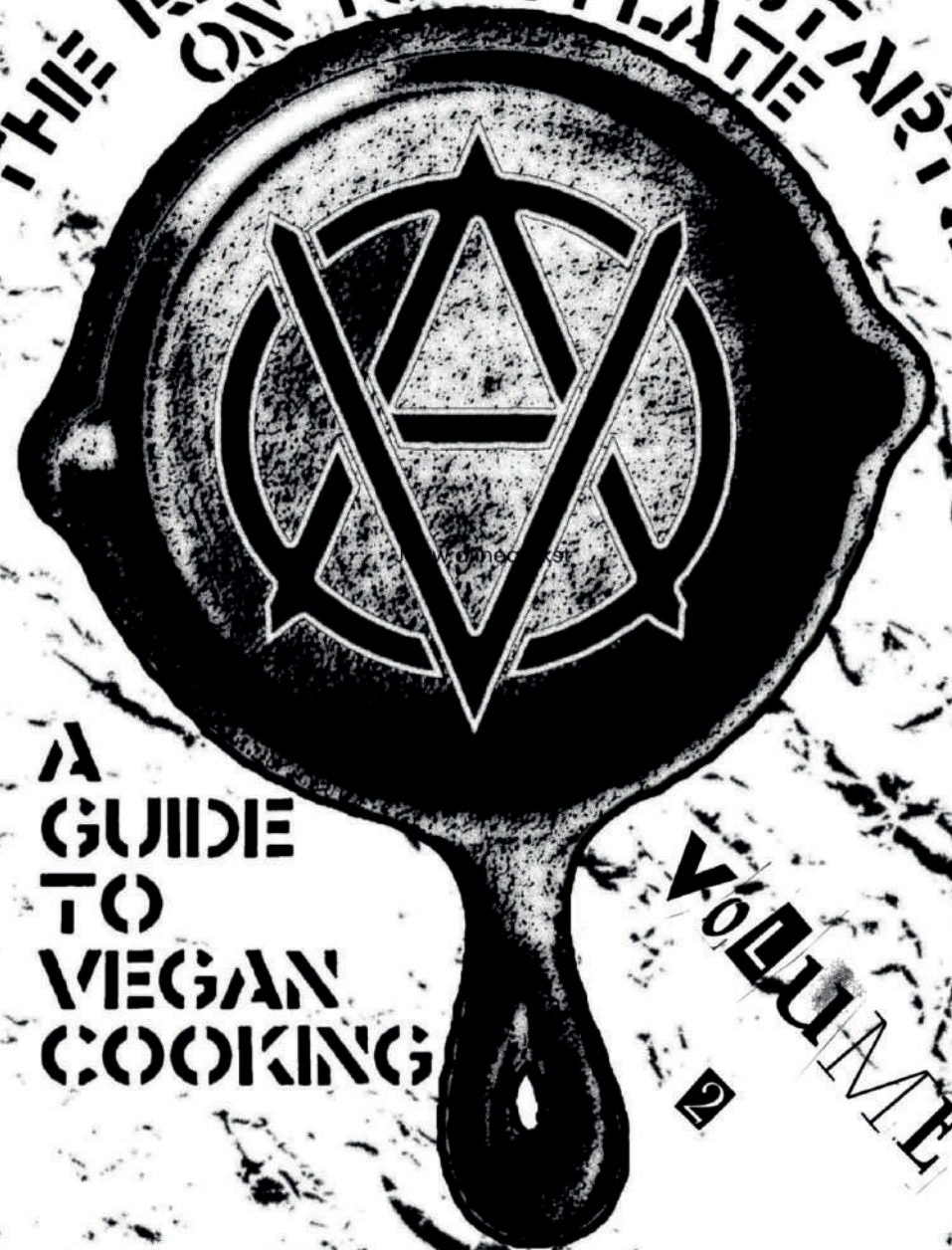
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TINNITUS



PATCHES

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THE REVOLUTION STARTS
ON YOUR PLATE



A
GUIDE
TO
VEGAN
COOKING

VOLUME
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Welcome to the second edition of our vegan cook zine!
We have a lot of new recipes to provide to you and we're stoked to share it with you! All recipes provided in this zine are easy to make and cheap to get.

The reason we provide this zine is to make clear that the vegan diet is more than just a diet; it's an integral part of a revolutionary lifestyle. Because not boycotting the bio-industry negates all points of total liberation. No one is free until all are free, which includes animals as well.

We hope to give you some knowledge how to make good vegan food without paying the highest price or supporting genocide.

Until every cage is empty,
Tinnitus Patches



PRESSUREPRESS 420



Wonder Salad (recipe by Wonderteef)

Ingredients for 4 people:

- 1 large onion in slices
- Garlic by taste
- 1 carrot, chopped
- Can of lentils
- 200gr mushrooms, chopped
- Salt and pepper by taste
- Herbes de provence by taste
- 400gr fusilli
- Olive oil
- Rucola salad
- (Optional: Balsamic oil and sundried tomatoes)

Instructions.

1. Boil water for the pasta. Cook pasta as instructed on the package. Wash the lentils.
2. Heat a pan with oil. Add the onion, garlic, mushrooms and carrot in it. cook until mushrooms change colour and until carrot is by taste (some like it soft, some a bit harder). Add the salt and pepper and herbes de provence by taste.
3. Add all the veggies and the pasta in a bowl. Add the washed lentils, rucola salad and mix together. Sprinkle some balsamic oil on the salad.
4. Add sundried tomatoes for topping and some extra seasoning on top.
5. Enjoy your easy but tasty salad!



Quinoa Stew (recipe by Ash)

Ingredients for 4 people:

- 2 onions, chopped
- 6 gloves of garlic, minced
- 1 carrot, chopped chunky
- 1 red pepper, sliced
- 2 potatoes, chopped chunky
- 1 bayleaf
- Thyme
- 1 can of tomato puree
- 1 tablespoon harrisa paste
- 750ml vegetable stock
- 1 can of chickpeas
- Handful of spinach (or more)
- 270gr quinoa
- Olive oil

Instructions.

1. Heat up the oil in a large saucepan.
2. Throw all the veggies in for a few minutes.
3. Add harrisa and tomato puree, stir.
4. Add quinoa and stock. Simmer for 17 minutes.
5. Remove bayleaf, add chickpeas and a handful of spinach. Stir well.
6. Enjoy your lovely stew!



Chocolate mousse (recipe by Izzy)

Ingredients.

- 300g silken tofu
- 1 cup chocolate chips, melted
- ¼ cup cocoa powder
- ¼ cup maple syrup (or any other sweet syrup)
- 1 tablespoon vanilla extract
- Pinch of salt

Instructions.

1. Add all ingredients in blender and blend until smooth.
2. Add mixture to a jar or container with a lid. Place it in the fridge to set for a minimum of 2 hours (4 hours ideally).
3. Serve and enjoy!



Cookiezzz (recipe by Ash)

Ingredients

- 250g butter, room temperature.
- 250g flower
- 80g cornstarch
- 125g sugar, fine
- 1 tablespoon vanilla extract
- Pinch of salt.

Instructions.

1. Cut soft butter in chunks, it will be easier to knead.
2. Put in a large bowl with all the ingredients. Knead!
3. Once you have a good ball of dough, split into 4 equally sized balls. Roll these into cylinders and put on a plate in the fridge for half an hour.
4. Preheat the oven on 160 degrees Celsius. Line your bakingtray with baking paper.
5. Cut the dough. 10 slices per cilinder. Put them on the tray.
6. Bake for 17 minutes.
7. Let the cookies cool down completely before touching after baking.

EAT the RICH



Dumpsterdiving food 101

So, you might want to start dumpster diving, huh? There are a few "rules" to keep in mind while doing this. These are not rules rules, but more like guidelines, especially important to know when you start dumpsterdiving food! While I mostly have experience dumpsterdiving in Utrecht surrounding and a village nearby Eindhoven, it could be different in the city you're located at.

The best places to find food is in the bins of Turkish or Moroccan supermarkets, at distribution centers, like Makro or Sligro and small supermarkets. Most of the time if you go to a Turkish supermarket, they don't care about you getting their food out of the dumpster. Makro or Sligro might care and call the cops on you, but it really depends on the location. Big supermarkets like Jumbo and Albert Heijn have their bins inside or when their bins are outside, they're not worth it or supervised. These people are mostly not likely to understand your point of view and will call the cops immediately!

While dumpsterdiving isn't specifically illegal, it is considered stealing by the cops and owners, because you're stealing their trash. Even though they'll throw it away anyway, they tend to have a special relationship to their trash and will not always tolerate you taking it from them. How dare you, you filthy raccoon!

So, you found a dumpster, really nice one, full of veggies and aaahhh... blue bags? **DON'T TOUCH THOSE.** Most of the blue bags are filled with meat and other animal products, such as bones, flesh and blood. No bueno. Leave those.

EAT PUSSY



IT'S VEGAN



Creamy Banana Soup (recipe by Dumpster Diva)

Ingredients for 4 people:

- 2 Tbsp fresh ginger, finely chopped
- ¼ onion, finely chopped makes 1 ½ Tbsp
- 2 Tbsp olive oil
- 2 bananas, chopped, makes 2 cups
- 1 Tbsp fresh lemon juice
- 3 ¼ cup vegetable broth
- 2/3 cup coconut milk
- ½ tsp curry powder
- Salt and ground black pepper to taste
- Grated coconut to garnish

Instructions.

1. In medium sized bowl, fry olive oil, ginger, and onion for 4 minutes.
2. Add banana, lemon juice, broth, coconut milk, curry powder, salt, and ground black pepper. Boil slowly for 15 minutes.
3. Serve immediately garnished with grated coconut to taste.



Always check your veggies for mold before taking them and check on insects, sometimes there is a reason they are in the trash. Don't forget to bring your garden gloves if you don't like it to get moisty hands, easier grip on the trashbags and for better scooping in the dumpster. You sometimes find treasures, you sometimes find trash. That's life, but don't get disappointed when you didn't find treasure the first time.

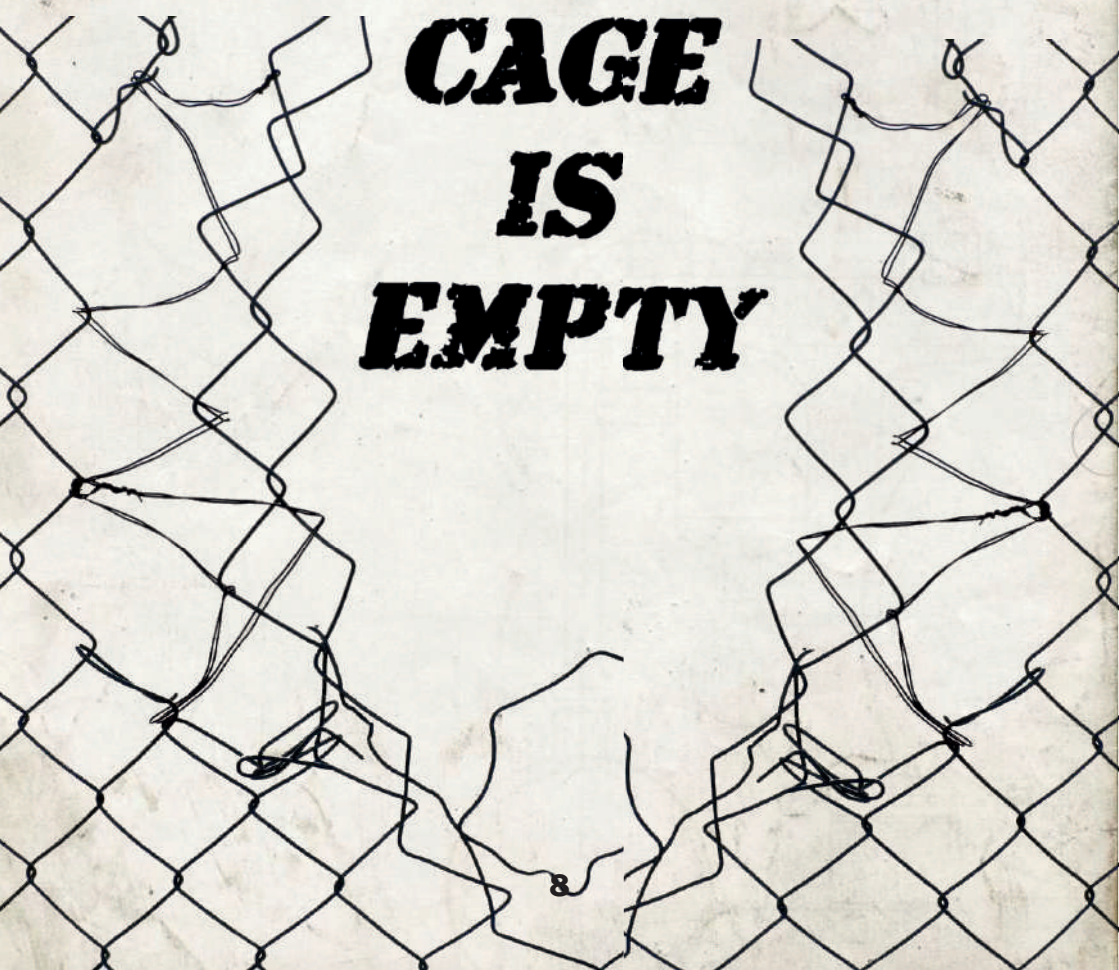
When leaving, please keep the place nice. There are several old spots in Utrecht where they brought their bins back inside due to people making a big mess. Be nice to the workers; most of them also disagree with the waste of food. And if you know, or think, that the place where you go skipping (dumpsterdiving) is used by more people; leave some for others. Times are hard, stuff is expensive and food is apparently a luxury.

For more questions, never be afraid to ask us.
Xxx Dumpster Diva





**UNTIL
EVERY
CAGE
IS
EMPTY**



SUper Duper fast Bami (recipe by Wonderteef) (SU means Suriname, inspired by Surinamese kitchen)

Ingredients for 4 people:

- 500 grams spaghetti
- 2 spoons of vegan broth powder
- oljfolie
- 1 big onion, minched
- 2 gloves of garlic, minched
- 300 grams vegan chicken pieces
- 1/2 teaspoon black pepper
- 1/2 teaspoon 5 herbs powder (you can get this at the TOKO)
- 1 spoon tomatopuree
- 5 spoons salty ketjap (asin)
- 1 spoon sweet ketjap (manis)

Instructions.

1. Boil water and add the vegan broth powder. When boiling, add the spaghetti as instructed on the package. When done, put spaghetti seperate.
2. Heat some oliveoil in a pan you prefer and bake the onion and garlic in it, until they are a bit see through. Bake the vegan chicken with it until it changed colour. Add the black pepper and the 5 herbs powder and bake it together with a little bit of water.
3. Add the tomato purree and mix it well together. Add the spaghetti and mix this as well.
4. Add both the ketjap and mix this.
5. Enjoy!

