4.071

1. Fish and chips. Fish and chips are usually eaten with salt and vinegar.

2. Chili peppers. These chili peppers are really spicy.

3. Coriander. I always use fresh coriander in my cooking.

4. Mint leaves. Add some mint leaves to make your drink refreshing.

5. Dried spices. Use dried spices to give your food a special flavor.

6. Plain yogurt. Plain yogurt is a healthy food.

7. Tofu. Tofu and other soy products are good for vegetarians.

8. Breakfast cereals. Breakfast cereals are made from grain.

4.072

1. Let's get started. First, chop up the vegetables.

2. Then, heat up some vegetable oil in a frying pan and add in the chopped onions.

3. Once the onions have browned, toss in the vegetables.

4. Now pour in a cup of water and bring it to a boil.

5. Throw in the chicken pieces and give it a good stir.

6. Cook them on high heat for ten minutes, then lower the temperature.

7. Now let it simmer for an hour, but don't forget to stir it from time to time.

8. Finally, sprinkle some fresh coriander onto it.

4.073

Shanti Hello, and welcome to Cooking with Shanti! Today, we're making the most popular dish in England. No, it's not fish and chips, it's curry! Curry, in many styles, is popular around the world. Asia has countless different recipes, each featuring local ingredients. You can play with the ingredients and make your own versions, adding more spices, different vegetables, and your favorite meats and fish. Today, we'll show you how to make an Indian-style chicken curry. It's not difficult! It's fun! Are you ready?

4.074

Shanti Let's get started. We need one large onion, a piece of ginger, and five garlic cloves. Let's chop them up first. Now, heat some vegetable oil in a big frying pan on high heat. Let's wait a bit while the oil heats up … Good. Throw in the chopped onions, ginger and garlic. Now, let's give it a good stir.

4.075

Shanti Once the onions have browned, we can add the dried spices and fry them for a couple of minutes. Then add some fresh tomatoes. I usually use three tomatoes, finely chopped. Now, time to toss in the chicken pieces. For four people, I usually use about a kilo. Next, add the chili peppers – three or more if you like your curry spicier; and fewer if you like it milder.

4.076

Shanti Don't forget to sprinkle some salt to taste. Now, we pour in a cup of water and bring it all to a boil. Then we cover and lower the temperature. Let it simmer for half an hour, but let's not forget to turn the chicken pieces from time to time.

4.077

Shanti OK. Let's have a look now. Mmm, looks good! We'll add a bit of yogurt – not too much! Finally, cook on a high heat for, let's say, seven to eight minutes until the sauce thickens.

4.078

Shanti All done, but let's add in some fresh coriander and mint leaves! Oh! I love that smell. But how does the curry taste! Oh, oh, oh! That's a lot of chilies!

4.079

Woman Er, I can't remember exactly when I became a vegetarian, but I became interested after seeing an interview with a movie star who was saying people don't need to eat meat to get strong and healthy. I agree. Elephants and lots of other animals don't eat meat, and they're super strong. I thought I should try to find out more on the Internet. That was about four years ago. Now I build up my strength with foods like tofu.

4.080

Man It's not that I love vegetables, it's more like I hate eating meat, and I don't like the way it makes me feel. I believe that it's unhealthy to eat meat because it increases the chance of getting ill. If there's something else we can eat, why eat animals? It's not right. Animals have rights, too. Besides, people who have studies animal behavior think humans are not the only beings on this planet with minds and feelings. Animals have minds and feelings just like us!

4.081

Woman I believe in animal rights. Why should we kill animals just because we're hungry, or want to wear parts of them for clothing? It's wrong. I don't wear leather shoes or a leather belt, and my wallet is plastic. Animals feel pain like we do. You should see the way animals are kept before they get to your restaurant table. It's just not right.

4.082

Man I stopped eating meat a few years ago because it's so expensive and wasteful. I looked on the Internet and found out it takes about sixteen kilos of grain to produce one kilo of beef. It also takes twenty thousand liters of water to produce a kilo of beef compared to just two hundred liters to produce a kilo of grain. If people ate more cereals and food

like tofu, there would be more food and water for everyone.

4.083

Example: We need one large onion a piece of ginger and five garlic cloves

1. once the onions have browned

2. toss in the vegetables

3. throw in the chicken pieces

4. and give it a good stir

5. don't forget to sprinkle some salt to taste

6. now let it simmer for an hour

7. but don't forget to stir it from time to time

4.084

According to a recent study by the UN Food and Agriculture Organization, Indians have the lowest rate of meat consumption in the world. The study estimated that 40% of India's 1.2 billion population is vegetarian. For comparison, the same study showed that the populations of the UK, the USA and EU countries all ranged from between 5 and 10% vegetarian.

In India, when people say they are vegetarian, they are actually referring to what is called "lacto vegetarian" in the West. This is essentially a vegetarian diet that includes dairy products such as milk, cheese, yogurt, and butter, but excludes eggs. Eggs are excluded because like meat, they are considered to be a life form. However, the results of the study also showed that 9% of Indian vegetarians admit to eating eggs.

The reason for the large amount of vegetarians in India is due to religion. Although India is a huge country, with a diverse number of religions, the predominant religion is without a doubt Hinduism. According to the 2011 census, a whopping 79.8% of India practices Hinduism, while 14.2% adhere to Islam and the other 6% either follow another religion or are atheists.

Although Hindu religious texts do not explicitly prohibit eating meat, they do strongly recommend Ahimsa, which is a concept of non-violence against all life forms, such as humans and animals. Many Hindus prefer to be vegetarian and use methods of food production that are in harmony with nature. For the Hindus that do eat meat, a quick and painless death is used for the animal being eaten.

As a result of such a high number of vegetarians, most restaurants in India clearly distinguish themselves as either vegetarian or non-vegetarian. In supermarkets, India has devised a system of marking products to help customers. Products are marked with a green dot in a green square if they are vegetarian or a brown dot in a brown square if some animal-based ingredients were used.

4.085

Tim   Hey Sarah, how's it going?

Sarah   Fine, thanks Tim. What have you been up to recently?

Tim   I've been pretty busy. I'm studying for the finals and working my part-time job.

Sarah   I didn't know you had a job. Where do you work?

Tim   At a café near the university. How about you? What's going on in your life?

Sarah   Not much. Studying is going well. Oh, there is something. I'm thinking about going vegetarian.

Tim   Oh really? Why is that?

Sarah   Well one of my classmates – you know Johnny – is a vegetarian and he was telling me about it. I did some research on the Internet about how animals are treated in the production of food and I think I don't want to be a part of that cruelty anymore.

Tim   Yeah, but you are just one person. How can you make a difference?

Sarah   That's the wrong attitude to have, Tim. If everyone thought like that, nothing would ever change.

Tim   Will you still eat eggs? They come from animals too. How about milk, cheese and yogurt?

Sarah   I haven't really decided how far I will go with it yet. I think eggs and dairy products are OK. How about you, Tim? Would you ever consider going vegetarian?

Tim   Me? No way! I love meat. I couldn't live without my steak, bacon and lamb chops. Now I'm hungry; want to grab lunch?

Sarah   OK, fine. But you're buying – last time it was my treat.

Tim   Deal.