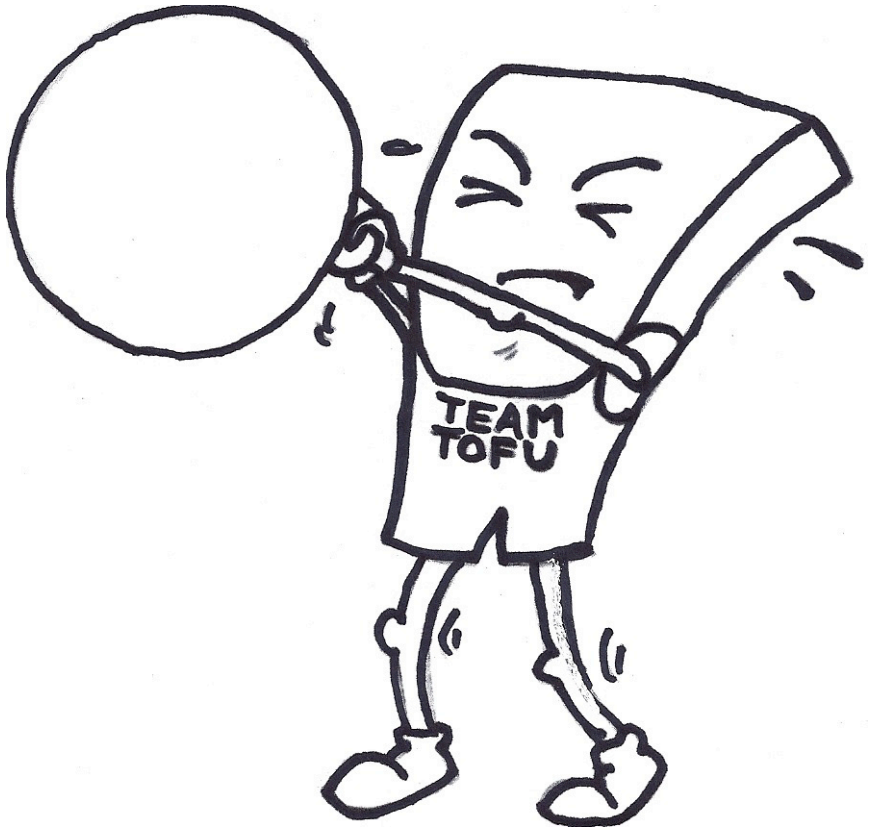


Happy Birthday



VEGMEL

Planet VeGMeL is two!

september 2011

zine by: Stephanie, Emily, Danni,
Em, K, Cindy & Michael

birthday cake: Em
amazing tofu: Cindy & Michael
hats: Stephanie

www.VeGMeL.com





A history of Planet VegMel

At my second ever Melbourne potluck (the first once I lived in Melbourne), Rachel's housewarming, I got talking about how it's tricky to find and follow Melbourne vego blogs. Some people linked to each other, but there was no central place to go to find and read new blogs.

Planets were something I was familiar with from my day job. We used them to collate the blogs of people working on a single project/problem.

So I decided we should have a planet of our own. Local to Melbourne.

So Monday over lunch, I registered the vegmel.com domain. The name vegmel was inspired by the letters VGML, the code used to indicate vegan meals on plane flights (don't ask me why I thought of this). I installed Planet Planet and threw together some artwork. The VegMel logo was made by writing VGML on a piece of paper, folding it over and scanning it.

Originally the internal site files called the site veganmel (actually, the internal files were still called this until a couple of months ago, when I moved the site to its new server).

VegMel originally launched with six blogs: Steph's, K and Toby's, Pip's, Rachel's, Cindy and Michael's and Lisa's. Today it syndicates 47!

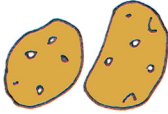
Happy 2nd birthday, Planet VegMel!

Danni is the editor of Planet VegMel.

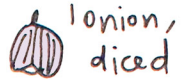
ASSAM⁶⁶ FISH⁹⁹ CURRY

an unblogged recipe!

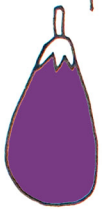
2 potatoes,
chunks



mock fish,
quartered &
pan-fried



1 onion,
diced



1 eggplant,
sliced
lengthwise



x1

(a) fry onion in oil
until translucent.



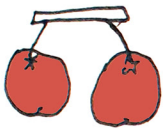
10 ladies'
fingers,
sliced diagonally

(b) fry assam paste until fragrant

(c) add potatoes & water
↓
simmer for 5 minutes according to instructions

(d) add "fish" & eggplant,
simmer another 5

(e) add ladies' fingers & tomatoes,
simmer 3 minutes.



2 tomatoes,
quartered

Serve with
rice
and/or



pratha!

Gluten Free desserts in Melbs

K is a gluten-free vegan and she finds this can be difficult, but has always managed to find plenty of desserts to eat around Melbourne, so she never misses out. Here are some of her favourites:

French Toast at Monk Bodhi Dharma: Technically it's not dessert but it's much more dessert than breakfast and is well worth crossing the Yarra for. I'm so grateful that they can substitute gluten-free toast for the French baguette and actually prefer it since it's a bit softer and there are no issues with cutting into it. I love the poached pair, vegan cream cheese, and lovely super sweet syrup. Best breakfast and best dessert in my opinion, yes a winner in two categories!

Raw cheesecake at Yong Green Food: They have chocolate, green tea and berry varieties but I can't choose one flavour above the others because they are all perfect and it just depends what I am in the mood for. These little desserts are jam packed with nuts and healthy stuff which kind of makes me feel a little better about indulging in them. Just remember not to leave them in a hot car or in the sun for too long as they melt.

Veggie Bar Chocolate Cake: It is best served warm, when my favourite part, the ganache, becomes quite gooey. But be warned sometimes it is awesome and other times kind of average.

Funky Brownies: Technically they are from Sydney but you can generally find them at Radical Grocery store in Brunswick. These are slightly greasy and so so so so bad for you but seriously a life saver when you are having a bad day.

Leda Mintons: I love these and they are so convenient to get from Coles; I have shared them at work meetings and everyone has enjoyed them. Very similar to mint slice biscuits, except without the gluten or dairy.

Whittakers mint chocolate blocks: You can find these blocks in Big W or Brunswick IGA. These are my crack and possibly the best thing to come out of New Zealand. With its wonderful runny mint centre and rich dark chocolate coating they are super addictive and so sweet. They do not last long at work or home. They aren't the cheapest block of chocolate to buy particularly from IGA where they cost over \$6 but Big W occasionally has two for \$5 sales, so keep your eye out!

K blogs at in the mood for noodles.

**want some badges? cut these out and
take em to sticky next weekend.
they'll charge you 50 cents each.**

TEMPLATE FOR 29MM (1 1/4") BADGE:

- >design needs to be 29mm
- >allow an additional 12mm bleed
- ...totalling 41mm across



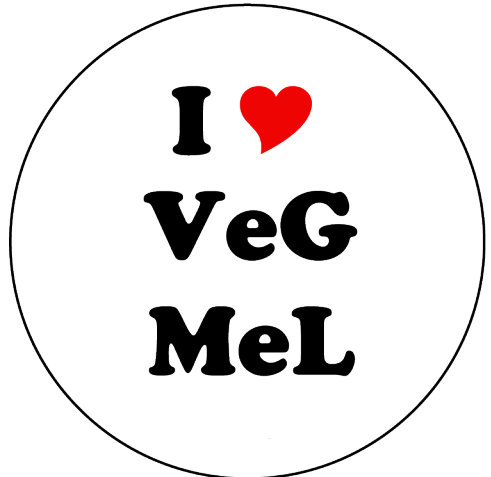
TEMPLATE FOR 25MM (1") BADGE:

- >design needs to be 25mm
- >allow an additional 3mm bleed
- ...totalling 30mm across



TEMPLATE FOR 53 MM (2 1/4") BADGE:

- >design needs to be 53mm
- >allow an additional 13mm bleed
- ...totalling 66mm across





It's meat,
on a bun,
with nothing.

Burgers!

Oh, Ron. Outside of Pawnee, a burger can be so much more than that. And at the same time, a little less - it doesn't even need the meat. Melbourne's restaurants, cafes and takeaways have some doozies, including but not limited to:

Mock beef burgers

Lord of the Fries is an impressive Maccas imitator and has fooled the odd late-night reveller in the city. By contrast Yong Green Food's BBQ burger uses seasoned sliced 'beef', coleslaw and three kinds of sauce.

Mock chicken burgers

Again, Lord of the Fries and Yong Green Food can fix you up. The East Brunswick Club has a big, greasy burger with lip-smackin' lime mayo, and the Gasometer Hotel goes Southern-fried style for the reformed KFC tragics (yeah, that's me).

For realz

Beatbox Kitchen will veganise their Shroom Burger on request, and it's well worth requesting! They keep it simple, with a portabello mushroom playing patty. The Tramway Hotel prefers a ground mushroom patty, but their quinoa and hummus burger might be even better. The Mercy Seat mix mushroom chunks up with tofu to great effect.

For maximum protein power, we recommend the five-bean patty at the Union Club Hotel.

In ur kitchen

Radical Grocery can fix you up with something easy, and it's no harder to grill a big flat mushroom with garlic & balsamic vinegar. DIY patties make awesome day-after sandwiches as well as damn fine dinners - our favourite recipes are based on chickpeas, broccoli (really), and textured vegetable protein.

A hot chip tip

Trippy Taco clearly has the best chips in Melbourne. Other contenders have to be Nandos, and obviously Lord of the Fries. The chips at Grill'd are recently 100% vegan, too, but I haven't tested them yet—Danni

happy

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