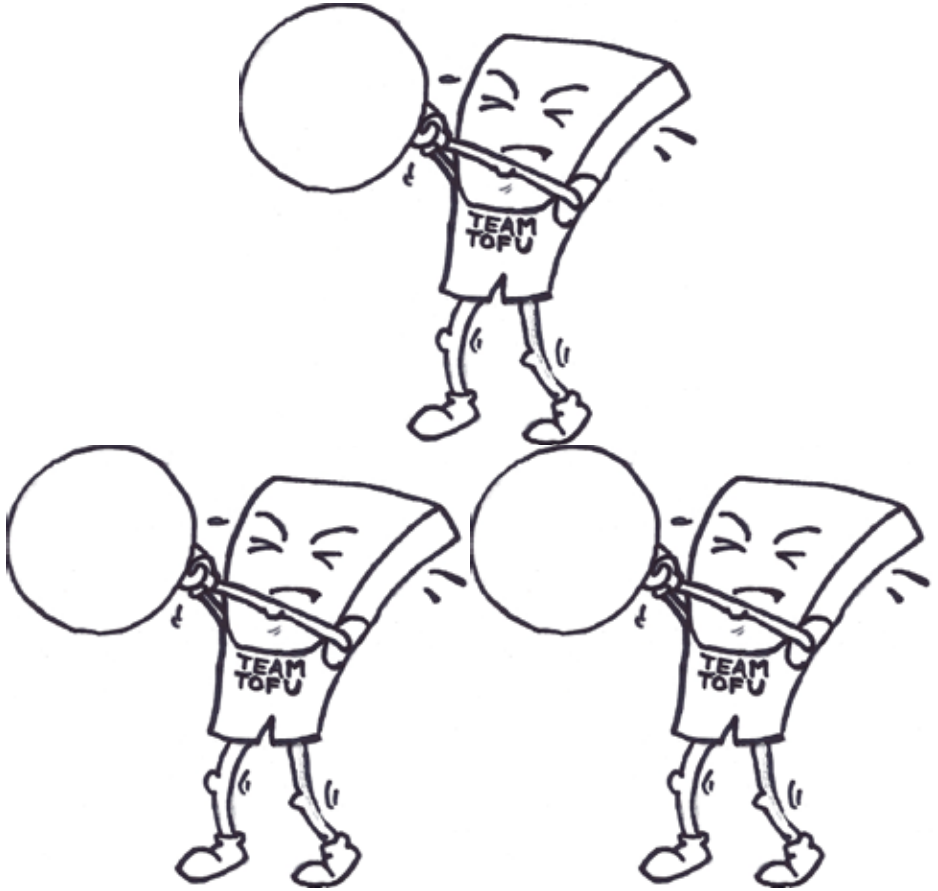


# Happy Birthday



PLANET  
VEGNET  
**2012**

# Some words from the Editor

Danielle Madeley

So here we are again. Another birthday, another picnic. Can you believe its already the 3rd year of VegMel?

What started off as a way for me to lazily read all my potluck-friends' blogs is now this massive thing that even has business cards (that I keep forgetting to take to veggie places). Now when I talk about this little website I run people are like "oh yeah, I read that!"

Last year, on the morning of the picnic, I woke up to find Emily and Steph madly composing a birthday zine. So we decided to do it again. This year it's a little less ad-hoc, but only a little.

It's been a year of change in the Melbourne vego scene. Some



favourite places have gone, some amazing new places have opened. There is still no Lord of the Fries or Eat Pizza in Brunswick.

I was once told that Planet VegMel was a bunch of inner-north elitists, was boring to read and needed to branch out into the rest of the city. Ironically, without planning it, this year's zine has a theme of *not-the-inner-north*. We have the south, the south east, Brisbane and Beijing.

Enjoy.

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The Planet VegMel 3<sup>rd</sup> Birthday zine is brought to you by:

Cindy and Michael of Where's the Beef  
Mel of Veganise This!

Stephanie Lai of Vegan About Town  
Brianna Laugher  
and  
Danielle Madeley

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# Vegan Lunch in the Docklands

Danielle Madeley

I started working in the Docklands this year. After three years of working from home in the Inner North, I was worried what I was going to be able to eat west of Spencer St (Note: all of these places are in fact east of Spencer St). Turns out I didn't have to worry.

*Purple Peanuts* — cnr Spencer St and Collins St

Japanese. I go here a lot. I mean, a lot. Very busy. Favourite options are the vegetarian brown rice sushi; a combination of brown rice salad, bean salad with sesame sauce and the seaweed salad; and the tofu curry (kitchen options have some waiting required).

*Brim CC* — Lt Collins between Spencer St and King St

Japanese again. Also very busy. Focus on organic. Extremely delicious. Recommend the Tokyo curry with tofu salad. If you can't get a table go and eat it in the sun outside The Age building.

*Mad Mex* — Southern Cross Station, Collins St entrance

Recent addition after the renovations at Southern Cross station. Vegetarian burrito with no cheese or sour cream. Surprisingly good. Not convinced by the Spanish greetings.

*Chan House Healthy Vegetarian Option* — Lt Collins west of Queen St

SEA Chinese. This is a bit of a walk and doesn't look like much, located in a pretty suspect looking food court, but I rather enjoy it.

*Ginger Leaf*

Thai. They mark the vegan options on their menu. That's pretty excellent IMO.

*Satay Bar* — cnr Flinders Ln and Customs House Ln

Also a bit of a walk from the Docklands. Good selection of veg\*n options in the form of tofu/vegies on sticks and covered in peanuts. Also salads and rice.

*Kinfolk* — Bourke St east of Spencer St

I first went to Kinfolk the day I interviewed for my job. It's a volunteer run cafe with a mixed board of specials each day. Very busy. Be careful if you require vegan options, I've been accidentally egged. Really good coffee, I often go here after lunch just for coffee.

# Southside staples

Brianna Laugher

When your spiritual home is cnr Brunswick St x Rose St but your actual home is on the other side of the river, it can be easy to feel duded in the varied veg\*n venues department. But it ain't so! Our locales are not as tightly knit, but they're there all right. And for you northsiders — venture south and enjoy a restaurant or three that doesn't have a hipster queue out the door. Amino acid meal matching may have gone out of style, but good food + good fun hasn't, so make your summery southside selections from my suggestions below.

## 1 Tofu Shop + Cinema Como

Start at Bridge Rd in Richmond, stroll down the road and get the 78 tram down Church St to an excellent indie-ish cinema. Just down the road from South Yarra station for the trip home. The most civilised fun you can have on Chapel St.

**Alternate:** South Yarra houses both **Dainty Sichuan** (*yuxiangqiezi* eggplant and tofu & "leek"=best ordering decision ever) and **Oriental Tea House**.

## 2 Mister Nice Guy Cupcakes + Prahran Pool

This is such a winning combo I can't even. You think Fitzroy Pool is the coolest? Wait until you've tried

Prahran. Walking distance from Prahran or Hawksburn station, 72 or 78 trams. Work up your cupcake appetite in the outdoor heated pool with greenery all around, then stroll up the street to the market and take in the fresh food atmosphere with a bit o' sugar.

**Alternate:** **Beangreen Vegetarian Cafe** also at the market offers African cafe lunch fare, and the falafel stand there is alleged to be world-class.

## 3 Talk of the Town + Rosstown Rail Trail

This is one for the casual cyclists. Rosstown Rail Trail is a 8 km off-road shared path (yes converted rail trail in the city!) between Elsternwick and Oakleigh, so the beauty of this combo is you can start at either end. Meanwhile Talk of the Town is a small Lebanese place further up Glen Huntly Rd (Elsternwick) that has been around for 20 years and was the "Cheap Eats Champion" of the Good Food Guide in 2009. Is there enough amazeballs Middle Eastern food in your life? I didn't think so.

**Alternate:** If you're feeling more pedestrian, take a moderate stroll to Rippon Lea Estate and enjoy an afternoon in some extremely civilised shaded gardens.

## 4 Rendao + The Classic

For those who don't like to venture too far from the train network, this winning pair are practically on the doorstep of Elsternwick station (or 67 tram). Rendao is a mock meat Asian restaurant that's been around for a year or two now. The serves are huge and to my mind it has a fresher feel than Enlightened Cuisine. Yep I said it! Bring a group and enjoy

fancy. Polish, Thai, Mexican, Afghani, bagels...

## 5 Elwood General Store + Elwood Beach

For a touch of FoE down south, head to the Elwood General Store, a cosy cafe with a wholemeal feel and a selection of bulk groceries and organic and vegan goods. Satay tempeh wrap is hard to beat. Then



being able to order nearly anything on the menu, before strolling around the corner to The Classic cinema — it's not quite Nova, but have a more interesting selection than your average multiplex.

**Alternate:** Glen Huntly Rd in Elsternwick is totally underrated as a foodie strip IMO, so just keep walking until something takes your

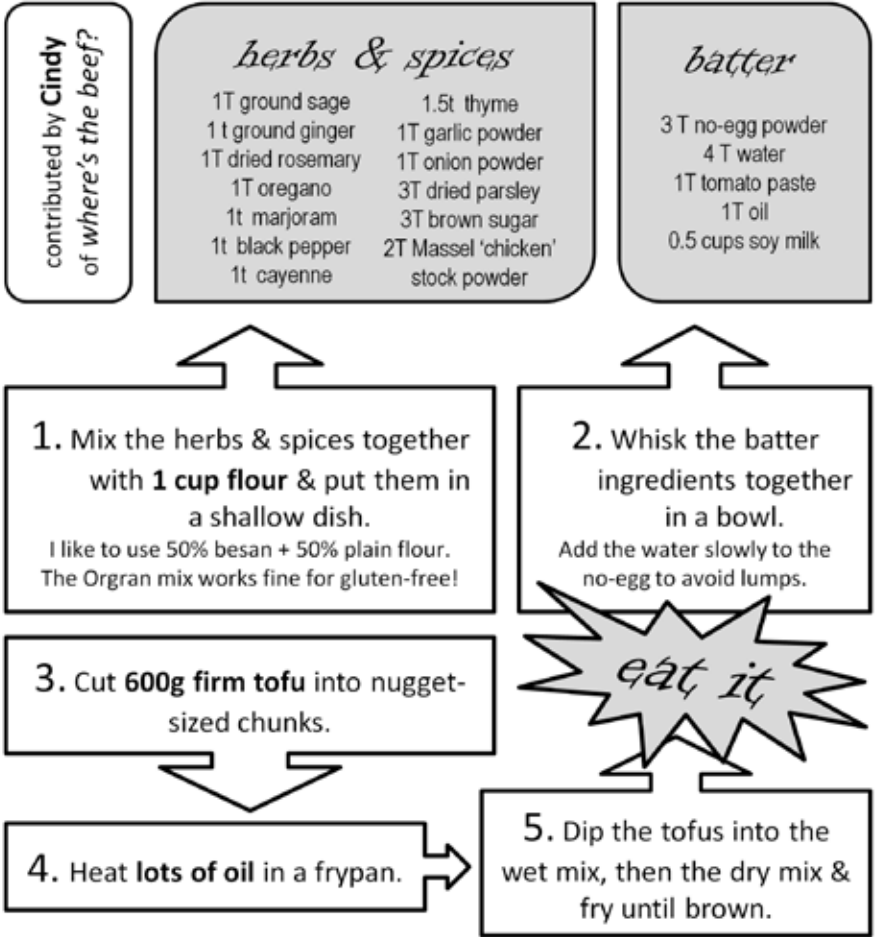
take a stroll along the canal to the sea, via Point Ormond and on to Elwood Beach. It's a bit of a walk from Elsternwick station/67 tram, but pretty convenient with the 246 bus or a gentle cycle along the beach from the city.

**Alternate:** If you have a dog or just don't go in for sand, head in the other direction to Elsternwick Park,

In the decade since I last ate KFC, my nostalgia for it has completely overwhelmed my actual memory of its taste. This shallow-fried tofu satisfies my faux craving.



The coating is based on a vegan double-down rip-off that you can find on [vegansaurus.com](http://vegansaurus.com).



which has nice open spaces and a small lake with ducks. If it's the first Saturday of the month, head around the corner to the Elwood Scout Hall for the Little Village Market (a crafty affair).

**Bonus classic combo:** Lentil As Anything + St Kilda Botanical Gardens (EcoCentre) — OK it's not CERES, but it's still a nice afternoon out.

**Bonus hopeful combo:** South Melbourne Commons + Albert Park — I haven't been to the South Melbourne Commons but it does promise to be a genuine touch of FoE. With the park/MSAC nearby, not to mention the South Melbourne Market (o hai Fritz Gelato!), it's all good. \$

# Veg\*n shopping in the South Eastern suburbs

## USA Foods

[www.usafoods.com.au](http://www.usafoods.com.au)

by Mel from [Veganise This!](http://VeganiseThis.com)

110 Cochranes Road, Moorabbin  
9555 0288

When I started reading blogs years ago I loved finding out about interesting veg\*n places around Melbourne to stock up on goodies. The only problem was gems like Radical Grocery, La Panella, Vincent Vegetarian Food etc. were on the opposite side of town for me so it's not often that I pop into these shops. Although there aren't any exclusively veg\*n shops I'm aware of in my area, there are a few stores I visit often to replenish the supplies in my pantry.

USA Foods interests me most for their range of liquid smokes, chipotle chillies in adobo sauce, tomatillos, masa flours and other various types of chillies and hot sauces. A huge proportion of their stock is made up of soft drinks, potato chips and confectionary so I steer clear of these aisles and focus on hunting down items for my next Mexican feast.

Their website indicates when a particular item is out of stock and has email notification for when the item becomes available again. It's handy to check the website before heading out there to avoid disappointment!

## Oasis Bakery

[www.oasisbakery.com.au](http://www.oasisbakery.com.au)

9/993 North Road, Murrumbena  
9570 1122

Oasis Bakery is a very popular Middle Eastern bakery that has been thriving for many years. The name is rather misleading as Oasis isn't limited to selling freshly baked goods; it's also a cafe and a grocery store. I haven't eaten from the cafe for ages but before going vegan I used to love their cheese and spinach triangles and pizzas.

Some of the tasty vegan options available are falafel wraps, zaatar pizzas, spinach and walnut triangles as well as a couple of suitable hot dishes in the bain marie like ful medames and a veg dish of the day.



Image Credit: Oasis Bakery by avlxzy CC2.0 SA-BY

Freshly made dips, salads, falafels, dolmades and harissa can be found in the fridge section. A variety of pizzas and triangles can be purchased fresh or frozen. Vegan sweets aren't as plentiful although I did enjoy some coconut and date rolls recently as well as peppermint chocolate. All products are clearly labelled and a great thing about Oasis is that they do not use palm oil in any of their products. My favourite sections these days are the bean and spice aisles. Every type of dried bean imaginable is available and the variety of spices and spice blends on the shelves is enough to make your head spin.

## Sunnybrook Health Store

[www.glutenfreeshop.com.au](http://www.glutenfreeshop.com.au)

553 North Road, Ormond  
9578 6400

Sunnybrook is my local health food shop; it has a big focus on gluten free foods although it is not 100% gluten free. I've been shopping here for years to pick up items like nutritional yeast, unusual/uncommon types of flours, Sweet William cooking chocolate, Soymilke condensed milk, Cheezly, smoked tofu, the occasional Tofutti product and ironically gluten flour. Sunnybrook also has a small section of organic fruit and vegetables and stocks personal care and household products. \$

# Brisbane

by Michael  
from Where's the Beef?

## Interstate Special Feature

When Cindy and I arrived in Melbourne from Brisbane, we were overwhelmed by the array of vegetarian and vegan restaurants on offer down here. Everywhere we turned there seemed to be somewhere exciting and veg-friendly to eat, and we were quickly disparaging our old home town as a veg\*n wasteland in comparison. But while it's true that Brisvegans have fewer options than their Melbourne equivalents, Brisbane isn't quite the veg-desert you might imagine.

We almost never make a visit north of the border without stopping in at Australia's best mock-meat restaurant: Kuan Yin Teahouse in the Valley. If you can manage to coordinate your visit with their unreliable opening times, then grab one of the \$10 combo boxes and savour it. If you do find it closed, you can always duck across the street to Tea Master. Another highlight of any visit that spans a weekend is a trip to the West End Markets on a Saturday morning – particularly (but not only) for the fantastic vegan pies and dagwood dogs at Ykillamooocow. These two places (along with the reliable but relatively uninspiring Forest on Boundary St) have been Brisbane vego stalwarts since the time we lived there, but it turns out that there are loads of new and exciting places that have started up in the past six years.

First and foremost, is the Green Edge cafe and vegan grocery, well worth the trip out Enoggera way for either the wonderful burgers and sweets or the comprehensive range of vegan goodies to take home with you. It's a revelation to me that Brisbane can support a place like this – it's a gem. Restaurant-wise, there are lots of other new options: Sanitarium and Vege Rama provide new lunch options in the CBD to compete with the old-school Govinda's, while a bunch of mock-meat places have popped out around Mt Gravatt, with Loving Hut and Su Life the most feted.

Things are looking up in Brisbane — we're excited to go back these days so we can keep up with all the new places opening up.

Brisbane blogs worth checking out:

<http://www.jamesandmatt.com.au/> and <http://fatvegetarian.net/>

And a directory of veg\*n restaurants:

[http://www.vegsoc.org.au/restaurants\\_category.asp?RestaurantsCategory=Brisbane&vegetarian=False](http://www.vegsoc.org.au/restaurants_category.asp?RestaurantsCategory=Brisbane&vegetarian=False)

# Ten Steps to Being an Australian Veg\*n in China

*Stephanie has just spent ten months living and working in Beijing and desperately craving a flat white.*

Stephanie Lai  
(vegan about town)

**1** Accept that at some point, someone is going to feed you an animal product. I'm sorry. If you're in China for more than a week or so, this will happen. Even if your Mandarin is perfect. Even if you are really specific. There is hidden animals in everything. Think about how you're going to deal with that.

**2** 我是素吃着 / I'm a vegetarian. 我不吃肉 / I don't eat meat. 我不吃鸡蛋 / I don't eat eggs. 有肉吗? / Does this have meat?

**3** Prepare to spend more money in order to get great vego food. Chinese vegetarian restaurants are amazing but more expensive than non-vego restaurants, but there are so many there should be one nearby no matter where you are. Even smaller cities will have one or two. Check out Happy Cow (and my blog!) for suggestions, and visit as many as you can. They are often attached to temples, and don't be surprised to see a monk checking his iPhone at the table behind you.

**4** Try the mock meats! Even if you are a veg\*n who isn't in to mock meats, give them a go if you

can because they are amazing. See: point 3.

**5** Try the cheaper chains if you want to try hotpot. (Trust me. You want to try hot pot. It's a pot of water and flavours that you cook things in. It's the best) They're too cheap to use animal stocks, and just use water, salt, and hunks of vegetables and onions and sometimes goji berries.

**6** Learn some dishes that are always or usually veg\*n. Every homestyle hole in the wall restaurant will be able to provide you with something. Classic northern or Beijing dishes that are automatically veg\*n are shredded sour and spicy potatoes (算拉土豆丝), sour and spicy cabbage (算拉白菜), and the three earth treasures (地三鲜), which contains eggplant, capsicum and potato.



**7** Check out the cold dishes. The cold dishes are often (though not always) already veg\*n. And the textures might surprise you as being unfamiliar, but they're pretty awesome once you get past that.

**8** Do not trust the pictures. When you're ordering in a non-vegetarian restaurant, don't just assume it has no meat just because the picture looks meat-free. Several of my favourite dishes always look like they've got no meat, up until you go poking around and you notice it's been flavoured with tiny bits of pork or something.

**9** Do not order the pasta. I'm sorry, but no matter how much you want it, you're probably not going to find a good pasta.

**10** Coffee is a trap. Drink it black, or get a coffee flavoured beverage from Starbucks (they use a Sanitarium soy). If you're in Beijing you can also visit the super awesome Serk in Beixinqiao (run by an ex-Melbunnie who is thinking of importing Bonsoy just for Melbunnies looking for a soy hit), but after that you're out of luck.

Do not be fooled by other chains advertising soy — they will use fresh Chinese soy milk in your coffee, and sugar syrup, and then you will be sad. §

Check out Steph's Chinese adventures at [travellingpenguin.tumblr.com](http://travellingpenguin.tumblr.com) and [veganabouttown.blogspot.com.au/search/label/china](http://veganabouttown.blogspot.com.au/search/label/china)

## Melbourne Hot Chip Review



There are some great hot chips on offer for Melbourne's vegan seagulls. Here are some of my favourites:

### Lord of the Fries

All my mates at Flinders St love the Lord. The chips remain high quality, but I wish they had more vegan sauces of the month. The hotdogs are a trap. Don't fall for them.

### Trippy Taco

TT's has gotten bigger but you still can't get a table. At least not if you're a seagull.

### Gasometer

I can't really work out what the fuss is. I mean, they're good and I like the vegan sauces. Maybe I'm just easy when it comes to chips...

### Salsas

They're a lot like Trippy's chips, except crinkle cut, in a food court in the suburbs and there's somewhere to sit.

### Nandos

Order them with Peri-Peri salt.

### Grill'd

Recent entrant in the vegan hot chip category. I enjoy the combination of herbs but they can sometimes be a bit soggy.

# “OMG these are amazing! What’s the recipe?”

Before you ask, the famous sausage roll recipe...

Preheat oven to 200°C.

Mix finely chopped pecans and onion (consider the food processor). Whizz tofu into a smooth mush, add along with crushed stock cube and other filling ingredients.

Thaw out puff pastry. Lightly grease baking tray. Cut pastry sheet in half to make 2 rectangles. Spoon filling along lengthways centre 3<sup>rd</sup>, lightly brush another 3<sup>rd</sup> with soy milk and roll the pastry, starting from the empty 3<sup>rd</sup> and tucking it into the brushed 3<sup>rd</sup>. Slice roll into appropriate lengths and place on tray.

Make a couple of diagonal cuts in the top and brush with more soy milk, sprinkle with sesame seeds. Bake for 20 minutes until golden brown and flakey.

## Ingredients

- 125g pecans
- ½ cup breadcrumbs
- 1 onion
- 300g silken tofu
- 1 cup rolled oats
- 1 Massel beef-style stock cube
- 1 teaspoon garlic powder
- 3 tablespoons soy sauce
- ground pepper, to taste
- 3-4 frozen puff pastry sheets (~1' square)
- soy milk for brushing pastry
- sesame or poppy seeds

*As featured at many a picnic and in Where's the Beef*

