



Original post: <http://viajerosreverdes.com/luke-un-ang-mo-en-singapur/>

WHY?

- How long have you lived on a plant-based diet and how did you come to that decision? What encouraged you to make the switch? There was any period of transition?

I've lived as a vegetarian since the age of 11. Even as a very young child, I've always felt intense compassion towards animals, and didn't want to kill/eat them. However, as both my parents were meat eaters, it was only at the age of 11 that I made a stand and refused to continue eating meat. At the age of 25 I switched to an entirely vegan diet. Converting to vegan was a bigger challenge, as I had a great deal of emotional attachment to ingredients such as cheese and egg. Slowly but surely I've managed to stick to 100% vegan, unless I'm travelling in countries where vegan food is almost impossible to get.

- What are the main benefits you have personally experienced in following this lifestyle?

Definitely when I switched to a vegan diet, I noticed a significant improvement in my running/jogging ability. I found that I was able to run for much longer and at a greater pace. Additionally, once I stopped eating dairy, I also noticed that I have less mucus and I have a greater level of vitality and energy.

- When people ask you why you 'went green' what is your usual response?
My usual response will be 'why haven't you?' - Meat and dairy is toxic for your health, incredibly damaging for the environment and inexplicably cruel. I've never heard a sensible argument in favour of eating them.

A LITTLE DEEPER

- If you could go back in time about 10 years, what would you say to yourself?
Don't worry, it's going to get easier.

- Is it easy to travel as vegan? Can you share with us any tip for keeping healthy while abroad? What do you bring always with you?
Difficulty being a vegan depends totally on the country. Visiting somewhere like Singapore or India, I believe it will be pretty easy for vegans to find food. However, try visiting somewhere like Mainland China or Mongolia and it will be impossible at times. One thing I always bring with me, which ever traveller should bring, is an open mind.

- You wake up to discover you are stranded on a desert island with no hope of escape. Pick 3 things you'd want there with you.
My girlfriend, my dog and a laptop with internet so that I could continue writing my blog!

- One book, one film, one country, one quote of wisdom or life tip.
A film I recommend any traveller watches is 'Into the Wild', this film perfectly captures the essence of what true travel and exploration is all about. In terms of quotes, I've always loved Quentn Crisp's morbidly accurate assesment of human existance - "You fall out of your mother's womb, you crawl across open country under fire, and drop into your grave".

A VEGAN IN SINGAPORE

- What do you think about Singapore: is easy to be/become vegan?

It is incredibly easy to be a vegetarian. Being a vegan is slightly more challenging, but still perfectly possible.

Being a vegetarian is incredibly easy in Singapore. Due to the dominant religion being Buddhism (as well as Hinduism to a lesser extent) it means you will find vegetarian eateries literally everywhere in Singapore. My estimation would be that there are over 600 vegetarian establishments in the small island of Singapore. Vegan is a slightly more difficult task – Having said that, most Chinese food is naturally vegan, you just need to be a little more careful, and always ask if you're unsure of what is inside.

- Does the society/people understand your way of life?

Unfortunatly educating an entire population is an incredibly slow and frustrating task. Even in 2014, people still believe that they need to eat meat and dairy in order to meet certain nutritional requirements. This is not helped by doctors/teachers/parents informing people to do so, when we know clearly that meat/dairy is attributing to a multitude of serious ailments. People still don't understand, but I can only hope in the future that these people can be educated somehow.

- What kind of ingredients or products have you discovered that you simply couldn't live without?

I love nutritional yeast as a substitute to cheese, I think that is one ingredient that I would really miss if I couldn't use it anymore.

- What restaurant or place do you recommend in Singapore for a vegan traveller who wants to enjoy the local food in a vegan style?

The best vegetarian restaurant in Singapore is unquestionably Gokul Vegetarian Restaurant. You can indulge in Chinese, Indian, Malay and Western cuisine at this remarkable restaurant. If you want try authentic Singaporean hawker food, then I recommend visiting Tanaka Vegetarian Food, in the West of Singapore.

TIME TO COOK!

- Is there any culinary style/inspiration that has influenced to you to create healthy recipes?

I'm not sure about 'healthy', but my biggest culinary inspiration and hero is Sanjay Thumma (also known as the 'vah chef'), an Indian chef. He is not a vegetarian or vegan, but I adore his style of Indian cooking. So I will take his original recipe, and then adapt it to make it vegan and healthier.

- You have a dinner tonight with non vegetarian friends. What would be the snack, meal, food or drink to surprise them all?

I almost never eat with non-vegetarians. But if I did, I would bring along a vegan Indian curry made by myself.

- What is your recipe for a happy life?

I still haven't perfected that recipe yet myself. But I would encourage everyone to not get bogged down in the repetition of rat race existence. Travel, explore, and be curious every day. Instead of striving for things that will fill your garage, your wallet, or your cupboard - Aim to achieve goals that will fill your heart.