

QUINOA, APRICOT FRUIT PUDDING

½ c quinoa flakes	½ c sultanas
½ c raisins	½ c honey
¼ c citrus peel	1 c dried apricots, chopped
1 c rice flour	¼ t salt
1/3 c orange juice	4 t gluten free baking powder*
2 T olive oil	½ c dates, chopped
1 t vanilla essence	

1. Preheat oven at 175°C.
2. Soak sultanas, raisins and dates in orange juice for 30 minutes. (This step is optional.)
3. In a large bowl, mix quinoa flakes, rice flour, baking powder.
4. Add the other dry ingredients. Mix well again.
5. Add the liquid ingredients (oil, honey, orange juice, vanilla essence). Mix well.
6. Let mixture rest for 5-10 minutes.
7. Bake in oiled medium cake tin for 50-55 mins or till a skewer inserted in the centre comes out clean.
8. Let cool for 5 mins in the tin before gently turning out onto a wire rack to cool completely.
9. Do not cut while hot as the pudding will crumble.

Serve with Easy Cream Custard (Feb 2009 Recipe Club) or Pear Cream Topping:

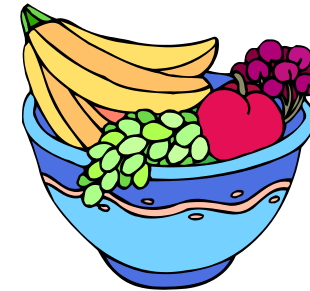
Place the following in a blender:

1 cup raw cashews
2 t vanilla essence
1 x 800g can of pears in its own juice
Pinch of salt

Blend until smooth.



EATING FOR HEALTH



RECIPE CLUB
26 OCTOBER, 2010

LENTIL & VEGETABLE SOUP

CAULIFLOWER, SHALLOT & BLACK OLIVES WITH GLASS NOODLES

QUINOA, APRICOT FRUIT PUDDING

(All the recipes are nut free, gluten and wheat free)

The next meeting will be held on 23 November, 2010.

LENTIL & VEGETABLE SOUP

3½ litres water
2 c brown lentils
1 c celery, chopped (include some leaves)
½ c parsley, chopped
3 large carrots, chopped
1½ T cold pressed olive oil
6 cloves garlic, chopped
1t fresh rosemary, or ½ t dried
½ t each of oregano, mint, basil, turmeric, sweet paprika
1½ T celtic salt
1-2 dashes cayenne pepper
2 T tomato paste
1 large onion, chopped

1. Soak lentils overnight. Drain and rinse.
2. In a large saucepan, add all the ingredients. Bring to the boil.
3. Reduce heat by half and cook for 45 minutes or till lentils are soft.
4. If water evaporates, add more hot water.



CAULIFLOWER, SHALLOT & BLACK OLIVES WITH GLASS NOODLES

3½ c water
1 large bunch shallots
1 medium cauliflower, cut into small florets
½ c kalamata black olives in brine, cut into halves
2 T Massel beef style powder
1 large onion, sliced
1 T cold pressed olive oil
½ t fresh rosemary, or ¼ t dried
¼ t turmeric
1 t sesame oil
3 T sultanas
1 pkt mung bean glass noodles*

1. Remove the ends from the shallots and slice lengthwise into strips.
2. Add oil to a non stick frypan. Sauté onion till just golden brown.
3. Add water, beef powder, turmeric, rosemary and sesame oil. Bring to the boil.
4. Add cauliflower florets, sultanas and black olives. Reduce heat and simmer till cauliflower is just tender but still crunchy.
5. Remove from heat to prevent overcooking cauliflower. Add shallots and mix well.
6. Serve with mung bean glass noodles.

* Mung bean glass noodles are available in the Asian section of the supermarket. Soak the noodles in hot water for 5-10 minutes. Drain.