

COOKIES LA CUCINA

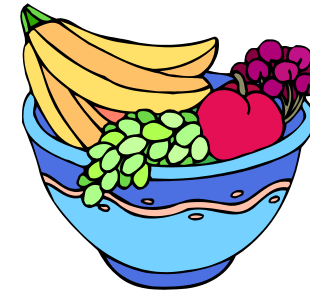
1 c oatmeal	½ c brown sugar
1 c almond meal	2 t vanilla
½ c raisins	½ c tahini
½ c dates, chopped	2 c rice flakes
1 c sultanas	½ c lemon & orange peel
1 c coconut	1 c wholemeal flour
1 t carob powder	½ c white flour
1½ T baking powder	½ c honey
Soy milk	

1. Preheat oven at 180°C.
2. In a saucepan, soak the dried fruits in 1 c boiling water for 15-20 mins, with the lid on.
3. In a large bowl, mix all the dry ingredients.
4. Add sugar, honey, vanilla and tahini. Mix well again.
5. Drain the fruit. Save the water. Add the fruit to the mixture.
6. Add enough soy milk to the saved water to make 1 cup.
7. If the mixture is too dry, add more soy milk.
8. Shape into cookies with hands, or use piping bag.
9. Bake on oiled baking tray dusted with flour. Bake till golden brown, approx 25 mins.

Makes 30-35 cookies



EATING FOR HEALTH



RECIPE CLUB
29 MARCH, 2011

CREAMY CAULIFLOWER SOUP

TASTY EGGPLANT WITH RICE

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The next meeting will be held on 24 May 2011.

A Community Service of the Seventh Day Adventist Church

CREAMY CAULIFLOWER SOUP

1 large cauliflower
3 cloves garlic
4 large potatoes
1 large onion
¼ t cumin
1 T cold pressed olive oil
½ t rosemary
½ t coriander
1½ t celtic salt
2 t Massel chicken style powder
3 litres water

1. Fill large saucepan with 3 litres water.
2. Chop all the vegetables. Add to the saucepan.
3. Add all the other ingredients.
4. Bring to boil, then turn heat down to half.
5. Cook till the vegetables are very soft, approx 45 mins.
6. Blend the vegetables.
7. Garnish with chopped fresh chives and croutons.

Serves 12



TASTY EGGPLANT WITH RICE

3 large onions, sliced
2 large eggplants, cut into cubes with skin on
½ c parsley, chopped
2 dashes of cayenne pepper (optional)
1 t turmeric
1 large red capsicum, cut into cubes
1 t Patak's Original Korma Paste, mild
6 cloves garlic, chopped
Good pinch of basil
Good pinch of mint
1 T tomato paste
2 t Massel chicken style powder
1½ T cold pressed olive oil
¼ t cumin
½ t ground coriander
Salt to taste
2 cups of rice

1. Place eggplants with 2 t salt in a large bowl. Cover with water. Leave for 15-20 mins. Drain.
2. Cook the 2 cups of rice.
3. In a large saucepan, add oil, onion and garlic. Fry a little, stirring continually on high heat.
4. Add eggplants, capsicum and other ingredients. Continue stirring. Cook till vegetables have lost their firmness.
5. Drop heat to half, add a little water and simmer for 10 mins.
6. Serve the vegetables mixed with the rice.

Serves 8

