

BITTER ALMOND PASTE BONBONS

400g ground almond
½ c ground oats
¼ c wholemeal flour
½ c brown sugar
½ c white flour
3 t baking powder*

1 c fresh orange juice
1 t almond essence
1 T honey

Preheat oven at 180°C.

1. Mix all the dry ingredients. Add the orange juice, almond essence and honey.
2. Mix well. Form into balls of about 2 cm diameter. Flatten the edges with a small fork to form a disc, leaving the centre raised, (like a flying saucer).
3. Bake on greased tray at 180°C for 25-30 minutes till golden.
4. Glaze with 2 t honey thinned with a little hot water.

Makes 25

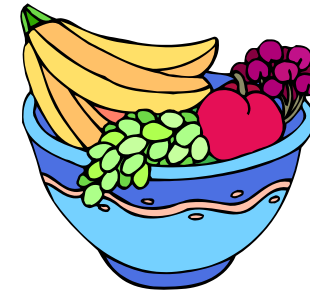
* Paul uses a baking powder that is gluten, sodium and aluminium free.



**The next meeting will be held on 24th April, 2012.
Invite your friends. See you then.**

To access past recipes, please go to our church website:
<http://hamilton.adventist.org.au>

EATING FOR HEALTH



**RECIPE CLUB
27 MARCH, 2012**

- **CREAMY HERBY CARROT SOUP**
- **EGGPLANT WITH A MUSHROOM, ONION & CAPSICUM TOPPING**
- **BITTER ALMOND PASTE BONBONS**

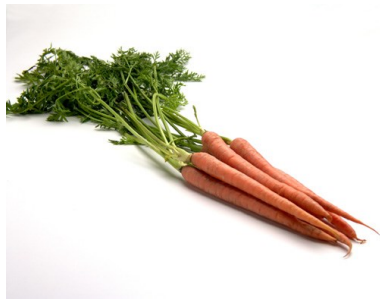
CREAMY HERBY CARROT SOUP

1 T olive oil
3 cloves garlic, minced
1½ c onions, chopped
½ t ground ginger
¼ t ground cumin
½ t turmeric
2 c sweet potatoes, diced
2 c potatoes, diced
4½ c carrots, diced

Dissolve 1½ T Massel Chicken Style Stock Powder in 1.5 litres of hot water.

1. In a large pan on medium heat, add oil. Add onions and garlic. Sauté till brown, stirring continually.
2. Add ginger, cumin and turmeric. Stir for 30 seconds.
3. Add the vegetables. Cook for 5 more minutes.
4. Add the stock. Simmer till vegetables are tender, approx 30 minutes.
5. Blend with stick blender till smooth.
6. Check seasonings.
7. Garnish with fresh baby spinach leaves and sweet corn kernels.

Serves 8



EGGPLANT WITH MUSHROOM, ONION & CAPSICUM TOPPING

4 medium eggplants, sliced lengthwise into 1 cm thick slices. Leave skin on.
1½ T olive oil (cold pressed)
2 large onions, sliced
5 cloves garlic, minced
1 large plus 1 medium red capsicum, cut into 4 cm x 2 cm pieces
1 large green capsicum, cut into 4 cm x 2 cm pieces
4 T corn kernels, cut from the cob
1 t turmeric
1 t ginger
2 t Massel Chicken Stock Powder
375g sliced mushrooms, washed
Salt
Garlic powder
Extra oil

Mix 2 T Massel Gravy Mix Supreme with 1¼ c water.*

1. Lay eggplant slices on a large tray. Sprinkle with salt on both sides of each slice. Let stand for 23-30 mins till bitterness is absorbed. Rinse salt from the eggplant.
2. Wipe eggplant slices lightly with paper towel. Brush oil on both sides of each slice. Sprinkle with garlic powder. Grill till soft.
3. In a large frypan on high heat, add oil. Fry onions, garlic, red and green capsicum. Stir till they are brown.
4. Turn heat down to medium. Add corn, turmeric, ginger, stock powder and mushrooms. Cook for 5 mins.
5. Add gravy mix. Cook for another 5 minutes.
6. To plate up, arrange 3 slices of eggplant on each plate. Place some topping on the middle slice.
7. Garnish with baby spinach leaves and bean shoots.

Serves 4

* This gravy mix is available at Safeway Supermarket.

