

SESAME RINGS

¼ c wholemeal flour
¾ c unbleached white plain flour
2½ T brown sugar
3 t baking powder*
2 T honey
½ t vanilla
1 t grated lemon rind
2 T cold pressed olive oil
2 t egg replacer
1 lemon, juiced (approx ¼ c juice)
4 T water
Sesame seeds for topping



Preheat oven at 200°C.

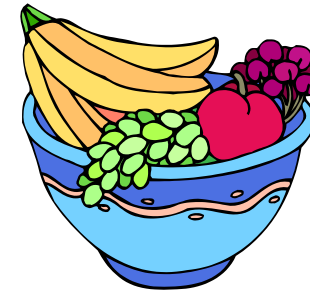
1. Mix egg replacer with one Tablespoon water. Add the rest of the water.
2. Warm the honey and sugar to dissolve the sugar.
3. In a medium bowl, place both kinds of flour and baking powder. Mix well.
4. Add all the other ingredients except the lemon juice.
5. Gradually mix in the lemon juice. Make sure the dough is not too sloppy.
6. Take the mixture out and knead (like bread dough) for 3 minutes. Let it rest for 2 minutes.
7. Form the mixture into a sausage shape 4 cm thick. Cut into 4 cm lengths.
8. Roll each piece into a sausage about 17 cm long. Form into a ring.
9. Dip the rings in sesame seeds.
10. Bake for 20-25 mins or till golden brown.
11. Glaze with a mixture of 2 t honey and 2 t hot water, using a pastry brush.

Makes 12

**The next meeting will be held on 29th May, 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
24 APRIL, 2012**

- **JERUSALEM ARTICHOKE SOUP**
- **JERUSALEM ARTICHOKE SAVOURY**
- **SESAME RINGS**

JERUSALEM ARTICHOKE SOUP

2 t cold pressed olive oil
3 large cloves garlic, minced
½ c onions, chopped
¼ t turmeric
½ c potatoes, diced
2½ c Jerusalem artichokes*, diced
½ c celery, chopped
2 t tomato paste
1 T packed parsley, chopped
1 T celery leaves, chopped
¾ t salt
1.5 litres of water

* To prepare the artichokes, wash off the soil. Clean the skin by scraping with a knife or a steel or copper scourer. Rinse.

1. Put all the ingredients in a medium cooking pot.
2. Bring to the boil.
3. Lower heat to half. Cook for 15 minutes.
4. Simmer for another 15 minutes. Check for the seasoning.
5. Blend the soup with an electric stick blender to a creamy consistency.

Serves 8



JERUSALEM ARTICHOKE SAVOURY

1 litre water
2 kg Jerusalem artichokes*, chopped into chunks
1 kg potatoes, chopped into chunks
2 T cold pressed olive oil
½ to 1 t salt
6 large cloves garlic, minced
2 t tomato paste
¼ t turmeric
1 large onion, diced
2 t parsley, chopped

* To prepare the artichokes, wash off the soil. Clean the skin by scraping with a knife or a steel or copper scourer. Rinse.

1. In a large cooking pot, put all the ingredients, except the parsley.
2. Bring to the boil. Cook for 5 minutes, stirring occasionally.
3. Turn heat down to high simmer. Simmer for 30 minutes or till vegetables are tender.
4. Add parsley 5 minutes before the dish is ready.

Serves 4

