

DATE FILLED TRIANGLES

FILLING

500g stoned dates 1 T brown sugar
1 t aniseed essence 1½ t lemon rind, finely grated
4 T water

Put all the ingredients, except aniseed essence, into a small saucepan.

Stir over low heat till dates are soft. Add aniseed essence. Remove from heat and set aside.

PASTRY

1 c unbleached plain white flour
1 c wholemeal spelt plain flour
2 T fresh lemon juice 2 T water
2T cold pressed olive oil 100 ml water
Good pinch of ground cloves 4 t baking powder
2 t egg replacer

1. Preheat oven to 200°C.
2. In a cup, mix the egg replacer, lemon juice. Then add 2 T water.
3. In a large bowl, mix both flours, baking powder. Add oil and 100 ml water. Mix well. Knead for 3-5 mins.
4. Divide dough in half. Roll out half to the thickness of normal sweet pastry. Spread half the date mixture in the middle of the dough. Fold the pastry over the date mixture.
5. Cut into 6 cm x 6 cm squares, then into triangles. Repeat with the other half of the pastry and date mixture.
6. Bake for 25-30 mins or till golden brown.
7. Glaze with 1 t honey mixed with 2 t hot water.

EATING FOR HEALTH

RECIPE CLUB

29 May, 2012



- **A BUDGET SOUP**
- **CAPONATA**
- **DATE FILLED TRIANGLES**

A BUDGET SOUP

1 large onion	½ bunch spinach
½ small cabbage	500g frozen peas
½ small lettuce	3 t tomato paste
1 stick celery	2 t cold pressed olive oil
½ bunch endives	½ t turmeric
½ small cauliflower	¾ t salt
370 g firm tofu	5 litres water

1. Wash all the vegetables. Chop them into small pieces
2. Place all the ingredients, except the tofu, into a large pot. Bring to the boil for 15 mins.
3. Reduce heat to half and cook for one hour on high simmer.
4. Half way through cooking, mash the tofu and add to the soup.
5. Check for seasonings before serving.

Serves 8



CAPONATA

1 large onion, chopped	4 cloves garlic, diced
1½ kg green capsicum	1 large eggplant
1 large celery stick, finely chopped	3 T capers
¼ c stoned black olives	1 t fresh basil, chopped
1½ t cold pressed olive oil	¾ t turmeric
1 t tomato paste	1-2 t salt

1. Cut capsicum into 1 cm wide strips.
2. Peel and dice eggplant.
3. In a large deep non-stick pan with a good lid, heat the oil. Fry the vegetables. Add all the seasonings and herbs, except the olives and capers.
4. Cover and cook slowly till the vegetables are done.
5. Add the olives and capers towards the end of the cooking time.
6. Serve hot or cold with pasta, bread or rice.

Serves 4-6

The next meeting will be held on 26th June 2012.

Invite your friends. See you then.

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au/hrc>