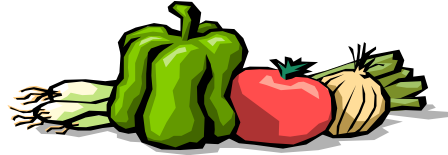


# WHOLE BUCKWHEAT SAVOURY STEW

2 c buckwheat  
2½ litres water  
2 t vegetable stock powder



## To prepare buckwheat

1. Wash buckwheat.
2. Place in a medium saucepan with the water and stock powder.
3. Cook for about 20 minutes.
4. Drain. Save about ½ c of the water.

## To make the stew

1 red capsicum, chopped	¾ t cumin
1 green capsicum, chopped	1 t turmeric
1 large onion, chopped	1/3 c fresh coriander, chopped
4 cloves garlic, diced	3 t vegetable stock powder
1½ c tomatoes, chopped	1 dash cayenne pepper
2 T parsley, chopped roughly	1½ T cold pressed olive oil
2 t ginger, grated	4 bay leaves
1½ c frozen peas	½ c of the buckwheat cooking water

1. In a large frypan, heat oil. Sauté the capsicum for one minute.
2. Add garlic, onion. Continue to stir. Cook for another minute.
3. Add cumin, ginger, turmeric, cayenne pepper, 3 T stock powder, bay leaves. Cook for another minute.
4. Add tomatoes, coriander, parsley, peas.
5. Add ¼ c of the water from cooking the buckwheat. If still dry, add the rest of the water.
6. Cook for 3 minutes. Fold in the cooked buckwheat.
7. Serve with salad.

Serves 6.

**The next meeting will be held on 28th August, 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  
31 JULY, 2012**

- **TOMATO SEMOLINA SOUP**
- **TREACLE RINGS**
- **WHOLE BUCKWHEAT SAVOURY STEW**

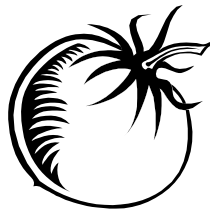
# TOMATO SEMOLINA SOUP

4 cloves garlic, diced  
3 T tomato paste  
½ t Hungarian style sweet paprika  
½ t turmeric  
1 kilo tomatoes, peeled, seeded, finely chopped\*  
4 bay leaves  
1 T cold pressed olive oil  
A dash of cayenne pepper  
1 t sugar  
2 t salt  
1½ litres hot water  
¼ c semolina

1. In a medium saucepan, heat oil. Add garlic. Stir for a few seconds. Add tomato paste, turmeric, paprika, cayenne pepper. Cook for a few seconds.
2. Add tomatoes, bay leaves. Continue stirring. Add sugar and salt.
3. Fry till the tomatoes start breaking up. Add hot water. Bring to the boil. Remove from heat. Sprinkle in semolina in small quantities, stirring all the time to prevent clumping. Add more semolina for a thicker soup.
4. Put back on the stove. Bring to the boil again. Lower heat to half. Cook for 10 minutes.
5. Remove bay leaves. Blend with stick blender.
6. Check seasonings.

Serves 6

\*To peel the tomatoes, put them in a glass or stainless steel bowl. Add boiling water. Leave for 5-10 minutes and peel.



# TREACLE RINGS

## Treacle Filling

1 c treacle  
1 c water  
½ choney  
2½ T lemon rind, finely grated  
2½ T orange rind, finely grated  
1½ c semolina, + a bit more  
2 good pinches ground cloves (1/8 t)



## To Prepare Filling

1. Place all the ingredients into a saucepan except the semolina.
2. Bring to the boil. Lower heat to half.
3. Add semolina gradually, stirring all the time till the mixture is thickened.
4. If the mixture is too sloppy, add a little more semolina, a little at a time.
5. The filling should be pliable and can be managed with your hands.
6. Take it off the heat. Place in a bowl to cool.

## Pastry

3 T cold pressed olive oil	1 t vanilla
4 t egg replacer	½ c whole meal plain flour
¼ c lemon juice	1½ c unbleached white plain flour
100 ml water	4 t baking powder

1. In a cup, mix egg replacer with a little lemon juice. Add the rest of the juice
2. In a large bowl, place the flours and baking powder. Mix well.
3. Add the other ingredients, adding the water gradually.
4. Knead for 3 minutes, like bread dough. Let it rest for another 3 minutes.
5. Divide the pastry into 16 pieces. Roll out each piece into a 8 x 15 cm rectangle. Make sure the pastry is not too thick.
6. Take a dessert spoon of filling. Shape it into a sausage about as thick as your index finger and the length of the pastry. Sprinkle some semolina on the board to prevent sticking. Place it in the centre of the pastry.
7. Wrap pastry around the filling. Roll it a little to seal. Bring the ends together to form a ring.
8. Place the ring on a baking tray that has been oiled and dusted with semolina. Slash the top of the ring in 5 places (each about 1.5 cm long) to reveal the treacle filling.
9. Bake in moderate oven till pastry is coloured.

Makes 16 rings.