

BREAD PUDDING

Preheat oven to 150°C.

Place 9 bread rolls (2-3 days old) on a baking tray and let them dry for an hour or so.

Check the rolls are dry enough by crushing them in your hand. If not dry enough, put back in the oven for a bit longer.

Only use the crust, not the centre of the bread rolls. Let it cool. You need 4 c of crust.

4 c bread crust	1 c sultanas
2¼ c soy milk	¼ c light carob (sifted)
¼ c honey	1 T vanilla essence
1 T brown sugar	½ t ground cardamom
1/3 c roasted almonds	½ t coriander
1 T lemon rind, grated fine	Extra milk if needed
Extra almonds for decoration	

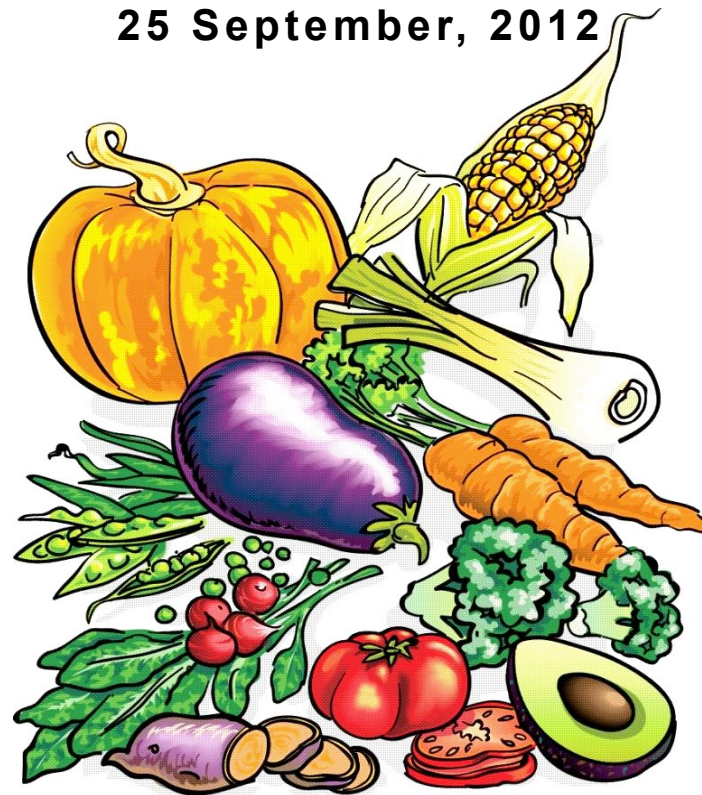
1. Place the crust in a large bowl. Add the milk to soak the crust for at least 5 minutes.
2. Preheat oven to 200°C.
3. Prepare a 20 x 20 cm oiled ovenproof glass dish.
4. Add all the ingredients to the soaked crust in the bowl. Mix well.
5. Add more milk if needed. The mixture should be pliable but not too sloppy.
6. Spread the mixture evenly into the prepared dish.
7. Decorate with some almonds on top. Bake
8. After 30 minutes, check the pudding by poking a knife into the centre. The knife should not be too moist.
9. Continue baking and testing till the pudding is done.



EATING FOR HEALTH

RECIPE CLUB

25 September, 2012



GLUTEN STEAK

GLUTEN STEAK STEW

FENNEL SEED BROTH

BREAD PUDDING

FENNEL SEED BROTH

2 litres water
1 large carrot, cut into 1 cm thick pieces
1 large potato, cut into a cm thick pieces
¼ c fennel seeds
1 small onion, diced
1 t Chicken Style powder
½ t turmeric
½ t salt
1 t tomato paste
1 t vegetable stock powder
1 t cold pressed olive oil

1. In a medium saucepan, add water and fennel seeds. Bring to the boil. Immediately reduce heat to low so the water doesn't evaporate. Cook for ¾ hour.
2. Drain the water into a bowl, straining out the fennel seeds.
3. Return the water to the saucepan. Add all the ingredients.
4. Bring to the boil. Reduce heat to low. Cook until the vegetables are tender.
5. Check for seasoning.

Serves 6



**The next meeting will be held on 30th October 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>

GLUTEN STEAK STEW

4 medium potatoes, cut into quarters
3 medium onions, cut into 1 cm strips
2 large carrots, cut into 1 cm thick pieces
1 large capsicum, cut into 2 cm squares
2½ c gluten broth (see previous page)
3 c gluten steak, cut into 2 cm squares
6 cloves garlic, diced
1½ T olive oil, cold pressed
1 t turmeric
1½ c frozen peas
1 c water
1 t salt
3 T tomato paste

1. In a large shallow saucepan with lid, heat oil. Sauté onion, capsicum, garlic for a few minutes. Reduce heat and cook till vegetables are half done.
2. Remove from saucepan. Set aside.
3. In the same saucepan, add water and gluten broth. Bring to the boil.
4. Add potatoes, carrots, turmeric, tomato paste and salt. Reduce heat to high simmer. Cover and cook till potato is half done.
5. Add peas, gluten steak and the onion mixture. Cook till the potatoes are tender. The time depends on the type of potato used.
6. If the liquid is absorbed, add more gluten broth or boiling water. The stew should be a little runny.
7. Check for seasoning.

Serves 4

*Can be served with rice, pasta or bread.

