

PARSNIP BROTH

2 litres water
500g parsnip, cut into 1 cm thick pieces
½ c carrot, cut into 1 cm thick pieces
½ c potato, cut into a cm thick pieces
¼ t fresh rosemary, chopped fine or a pinch of dry rosemary
1 T chopped parsley
2 T vegetable stock powder (Massels)
½ c onion, diced
½ t turmeric
¼ t ground coriander
¼ t ground cardamom
Dash of cayenne pepper
1 t soy sauce
2 T tomato paste
1 t extra virgin olive oil

1. Place all the ingredients in a medium saucepan. Bring to the boil
2. Reduce heat to half. Cook for 25-30 minutes or till vegetables are tender.
3. Check for seasoning.

Serves 10



**The next meeting will be held on 27 November, 2012.
This will be our year end party where we will each bring a dish and share.
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
30 OCTOBER, 2012**



- **CRUMBLLED WALNUT WRAPPERS**
- **CABBAGE ROLLS**
- **PARNIP BROTH**

CRUMBLED WALNUT WRAPPERS

125g crumbled walnuts
1½ t ground coriander
3 T honey
¼ t ground cloves
1½ t ground cardamom

3 T vanilla essence
2 T fresh orange juice
4 sheets filo pastry
honey for coating

Heat oven to 200°C.

Place the walnuts in a zip lock plastic bag. Lay bag on a flat surface and roll with a rolling pin till walnuts become more crumbled.

Place walnuts and the rest of the ingredients in a medium bowl. Mix well and set aside for at least 5 minutes, or till you are ready to make the wrappers.

Grease a 30 x 25 cm baking tray and dust with flour. Remove any excess flour.

Cut each of the filo pastry sheets into 4 strips, 11 cm wide each.

Place one heaped teaspoon of walnut filling on the pastry strip, 6 cm from the top edge. Fold in half. Bring the sides to the middle.

Place the walnut wrappers on the baking tray with the folds underneath.

Make the other wrappers in the same way. Coat the wrappers with plenty of honey. Bake for 20 minutes or till golden brown.

Remove from tray while hot. Cool on a rack. Do not let the wrappers cool down on the baking tray.



CABBAGE ROLLS WITH GLUTEN STEAK AND BROWN RICE

Half a large green cabbage
1 c uncooked brown rice
1 medium onion, diced
1 medium capsicum, diced
1 T chopped parsley
4 cloves garlic, diced
½ t Hungarian sweet paprika
1/3 t salt

½ t turmeric
½ t ground ginger
3 t extra virgin olive oil
¼ c tomato paste
1½ c gluten steak, diced
2-3 c gluten steak broth (for the sauce)
½ c gluten steak broth (to mix with the rice)

1. Prepare gluten steaks. See recipe from September 2012 meeting.
2. Rinse and cook brown rice with 2 c water according to packet instructions. Brown rice takes more than 30 minutes to cook.
3. Remove most of the core of the cabbage. Place it cut side down in a large saucepan with 3 cm water. Bring to the boil. Then simmer with lid on till cabbage is soft. Drain and carefully separate the leaves. Set aside to cool.
4. Prepare the sauce: Put 3 c of the gluten steak broth, with tomato paste and salt. Mix. If short of broth, make up to 3 cups with boiling water. Check for seasoning.
5. Prepare the filling: In a medium saucepan, heat oil. Sauté onion, capsicum, garlic till lightly brown. In a large bowl, place cooked rice, the onion mixture and all other ingredients, except the sauce (in Step 4).
6. Oil a large glass baking dish. Pour a little sauce into the bottom of the dish.
7. To make the cabbage rolls: Place 1-2 T of the filling in the middle of a cabbage leave and roll up from the bottom, bringing the sides together as you roll. Place each roll, fold underneath, in the baking dish.
8. Repeat to make more cabbage rolls. If there is any rice mixture left, place it in the dish between the rolls.
9. Pour the sauce over the rolls. Cover with aluminium foil.
10. Bake at 200°C for 45 minutes.

(Gluten steak freezes well.)

