

EATING FOR HEALTH

**RECIPE CLUB
25 MARCH 2014**



**The next meeting will be held on 24th June 2014.
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>

COOKING WITH SARA

- **MILD LENTIL CURRY STEW**
- **SWEET POTATO PIE**

MILD LENTIL CURRY STEW

(serves 6 – 8 and freezes well)

Ingredients

2 T olive oil
1 t cumin seed in a little olive oil
2 medium chopped onions
2 cloves crushed garlic
1 t turmeric
1 t ginger (freshly grated is best.....you can store a whole ginger in freezer)
1 t paprika
1 t cumin
4 medium sized peeled and diced potatoes
3 t sea salt
3 chopped fresh tomatoes or 1 can chopped tomatoes
500 grams or 2 ½ cups of dried lentils. (equivalent to approx 3 cans cooked drained lentils)
Can be brown, green or black lentils.
½ can of coconut cream

Soaking and Cooking of lentils

Lentils to be soaked overnight in a large pot or put on to soak all day. They will release more enzyme inhibitors if you add a T of natural yoghurt to the water. Make sure your lentils are well covered with water to allow for the release of enzyme inhibitors. You will notice bubbles on top of water at the end of soaking. 8- 12 hours is best.
Drain off water by pouring water with lentils into a draining sieve. Rinse. Return to the pot with fresh water. Bring to boil and simmer until lentils soft.
Drain and put lentils aside until ready to add to recipe.
If you are keen, you can soak double the amount and once cooked and drained, you can store the extra half in your freezer for another time.

Method

1. Heat olive oil on low heat
2. Add cumin seeds and then add the other spices.
3. Add chopped onion and cover with lid until soft. (You may need to add a little water if too dry.)
4. When onions are softened, add your diced potatoes and salt.
5. Cover with water and let simmer until soft.
6. Add your can of tomatoes.
7. Add your cooked lentils
8. Lastly add the coconut milk. (If you are finding your mixture has become too watery you can thicken with a little rice flour or corn starch. Make sure you mix it in a small cup with water before adding to your mixture to avoid lumps.)

SWEET POTATO PIE

(serves 8 – 10)

Ingredients

1 medium onion chopped fine
3 medium to large sweet potatoes
1 heaped t turmeric
1 heaped t cumin
1 vegie stock cube (Massel)
3 t sea salt
2 T olive oil
¼ cup water
400 g can of chickpeas
rice flour if needed to thicken
3 sheets of puff pastry

Method

1. On low heat add oil and spices to get an aroma.
2. Add chopped onion and vegie stock cube with a little water to help soften.
3. Add diced peeled sweet potato when onion is completely soft.
4. Add a little water in bottom of pot.
5. Put lid on and allow sweet potato to soften.
6. During softening process, stir and add salt.
7. When almost softened, add 400 g can of drained and rinsed chick peas.
8. Continue to allow water to evaporate.
9. Turn off burner and using a potato masher to gently mash the chickpeas into the sweet potato.
10. Don't mash too much. You don't want to make a sloppy dish.
11. If you find the consistency too soft you can add a little rice flour to thicken. Just sprinkle in and mix with masher.
12. Heat your oven to 200°C while getting your baking tray ready.
13. Lay 1½ sheets of the pastry on the bottom of tray after greasing it with a little oil.
14. When your sweet potato is cooled a little, spread over your bottom layer of pastry.
15. Lay another 1½ sheets on top. Prick with a fork and place in oven for the 30 mins until pastry is golden brown.
16. Can be served hot or cold. Freezes well.

