

Our next meeting will be held on Tuesday 26th May at 7 pm.

Please mark the date in your diary.

Sibilla Johnson, nutritionist from Melbourne, will be presenting the cooking demonstration and the health talk.

If you have enjoyed the program tonight, do invite your family and friends to our next meeting.

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>

EATING for HEALTH

RECIPE CLUB

28th April, 2015



COOKING WITH JUSTIN BONE

- **TOFU STEAKS**
- **APPLE ROSES**

A Community Service of the Seventh Day Adventist Church

TOFU STEAKS

Ingredients:

Firm Tofu
Corn flour
Soy sauce
Sweet chilli sauce
Sesame seeds
Egg



Marinade:

Use 1 teaspoon of sweet chilli for every cup of soy in your marinade.
You can make it to cover the soy or marinade one side at a time.

Method:

1. Slice the tofu into slices approx. 1cm thick or to taste.
2. Marinade for minimum 15 minutes. Longer gives more flavour.
3. Dip in egg then coat with a one to one mixture of sesame seeds and cornflour.
4. Fry in a hot pan with a little oil until brown on both sides

APPLE ROSES

Ingredients:

Red apples
Lemon juice
Puff pastry
Apricot jam
Honey
Water



Method:

1. Core and halve apples - do not peel them!
2. Slice the apple very thinly and place in a pot of water with a dash of lemon in it to prevent discolouration.
3. Blanch the apples just a little so the slices are bendy.
4. Take a long rectangle of puff pastry and spread some apricot jam in the middle of it - Try watering the jam down a little to make it easier to spread.
5. Place the apple slices along one side, peel out, and then fold the puff pastry over.
6. Slowly and carefully roll the pastry up into a rose.
7. Place it in a muffin tray for baking.
8. Bake at 180 - 190 degrees for 45 minutes or until the pastry is cooked through.