

Method:

1. Prepare the tin by lining it with baking paper. An alternative method is to lightly oil the tin, then sprinkle with your choice of semolina, corn meal or flour.
2. Place the flour and salt in a bowl and make a well in the centre then add the starter. Add some of the water and start mixing from the centre, gradually bringing in the flour from the outside. Then gradually add more water until fully mixed and the texture is similar to the starter.
3. Cover mixture and leave stand (to prove) until it has doubled in size. It can be left overnight to prove. When it is ready, mix it again with a wooden spoon and pour it into the prepared bread tin. Sprinkle the top with sesame seeds.
4. Cover the tin (shower cap is good) and leave to prove again until it has doubled in size. (Be careful at this second rising not to bump the tin as the dough will collapse.)
5. Bake at 200°C or 190° C fan forced oven for one hour. When it is cooked take the bread out of the tin and tap with your knuckle on the side of the bread. It will sound hollow when it is cooked.

The size of the bread tin measures 23cm x 10cm x 10cm high approx.

NOTE: It depends on the temperature of the room as to how long the bread takes to rise (prove). It can take from two to five hours. I often leave it overnight for the first rise then it usually takes a couple of hours in the morning to rise after it has been put into the tin.

Our next meeting will be held on Tuesday, August 25th at 7 pm.

Please mark the date in your diary.

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 July, 2015



COOKING WITH SUSAN, SERAH AND PAM

- **APPLE ORCHARD PIE**
- **YUMMY PIE CRUST**
- **TOFU BALLS**
- **SUNNY MAYONNAISE**
- **SOURDOUGH**

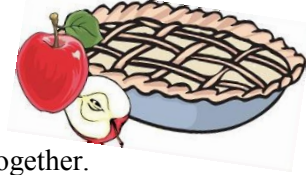
A Community Service of the Seventh Day Adventist Church

Apple Orchard Pie

4 med. Apples, diced or sliced 2 c. Pineapple juice
1/2c. Cornflour 1 t. Coriander powder
1 can crushed pineapple (440g. Can)

Method:

1. Prepare a pre-baked pie crust in a pyrex plate.
2. Put 1/2c. of the juice with the cornflour and stir together.
3. Add the rest of the pineapple juice in a saucepan and bring to boil.
4. Add your apples into the boiling juice and cook for a few minutes, but the apples should be a bit firm, not mushy.
5. Add the remaining ingredients except the cornflour. Mix together and cook for about 1-2 minutes.
6. Add the cornflour and stir until thickened.
7. Pour into the pie crust and put in the fridge to cool down before serving.



Yummy Crust

5 Slices bread (wholemeal) 1/2 c. Desiccated coconut
1/2 c. Dates chopped and steamed 1-2 Tbs fruit juice (of your choice)

Method:

1. Mix all ingredients together
2. Press into a pie plate and bake 180 degrees for 15-20 Minutes until brown.
3. Watch carefully cause it can burn easily.

Sunny Mayonnaise

1 c. Water, hot but not boiling 1 c. Cashews
1 t. Salt (or Massel stock cube) 1 t. onion powder
1 clove garlic 2 T lemon juice
1 t. Honey (opt)

Method:

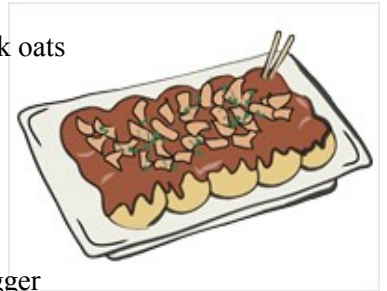
1. Blend cashews with hot water till creamy then add the rest and keep blending until smooth.

Tofu Balls

2 c. Firm tofu (mashed)
1Tbs.tomato paste
1/2 t. Garlic powder
1 c. Walnuts chopped
1/2 oregano
2 Tbs soy sauce
1 c. Bread crumbs (dry)
1/2 t. Salt
2 med onions finely chopped
1/2 t. Sage
3/4c. Quick oats

Method:

1. Mix all ingredients in a bowl
(if too dry add some water)
2. Form into a walnut-size ball but not any bigger
3. Bake in the oven at 180 degrees 25-30 minutes



Sourdough Bread

5 cups flour (I use whole meal spelt) 1 cup starter
2 tbsp. sesame seeds (optional) 3 cups water approx.
1 tbsp. salt

Optional additions:

2 tbsps. Buckwheat 2 tbsps. Quinoa
2 tbsps. Sunflower seeds 2 tbsps. Pepita
1 tbsp. Linseed

Method:

Sourdough starter...

When making the bread do not add the entire sourdough starter to the bread mixture as you will need to add flour to it for the next loaf. Always use a clean spoon for the starter to avoid contamination, especially salt. Top up the starter with a cup of flour and some water and mix it to a paste. The sourdough starter needs to be fed with a couple of tablespoons of flour and a little water every few days to keep it alive. Keep the sourdough starter in the fridge. I have kept this sourdough alive for about 20 years.

