

Our next meeting will be held on Tuesday 27th October at 7 pm.

Please mark the date in your diary.

Pastor Justin Bone will be doing the cooking demonstration as well as the health lecture.

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



The Family Who Eats Together Stays Together

When was the last time your family enjoyed a meal together?

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

29th September, 2015



COOKING WITH SIBILLA

- **RAINFOREST TOFU SALAD**
- **CHERRY, DATE & APRICOT LOAF**
- **BLUEBERRY TOPPING**

A Community Service of the Seventh Day Adventist Church

RAINFOREST TOFU SALAD

Serves 8

Make a marinade of the following ingredients:

2 tsp honey melted in 2 tbsp hot water	¼ cup lemon juice
¼ tsp sweet basil	1 tbsp sesame oil
¼ cup soy sauce	1 tbsp olive oil
1 clove garlic crushed	

Method:

Then take 500 g of firm tofu, cut into 1 cm cubes or smaller. Spread in single or double layer in a shallow container. Pour marinade over, cover and refrigerate several hours or overnight.

Turn the container over every couple of hours.

Prepare the following vegetables:

½ a lettuce
1 large carrot, small julienne sized pieces
2 stalks celery, small julienne sized pieces
1 cup finely chopped cabbage
½ cup chopped parsley
1 cup alfalfa sprouts



Method:

Gently toss these vegetables together.

DRESSING

Ingredients:

2 tsp sesame oil	2 tsp soy sauce
1 ½ tsp lemon juice	1 tsp soft honey

Method:

Mix dressing ingredients and add just before serving. Drain tofu, combine with vegetables and serve. Delicious!

CHERRY, DATE AND APRICOT LOAF

Makes 18 serves

Ingredients:

1 ½ cups dates, cut in half
½ cup glace cherries, leave whole
¾ cup dried apricots, chopped coarsely
½ tsp cinnamon
½ tsp nutmeg
1 cup water
1 ½ cups SR wholemeal flour
¾ cup of pecans or walnuts, chopped
¾ cup water extra, or a little more if necessary



Method:

1. Place dates, cherries and apricots and spices in 1 cup of water.
2. Boil for 5 minutes.
3. Cool for 30 minutes.
4. Mix in the flour and the nuts, add extra water, needs to be moist, not wet.
5. Line loaf tin with baking paper.
6. Place mixture in tin.
7. Bake at 180° C for 20 minutes, then reduce heat to 150° C and finish cooking, about another 30 minutes.

NOTE: Nice served with Blue Berry Topping and a little bit of yoghurt.

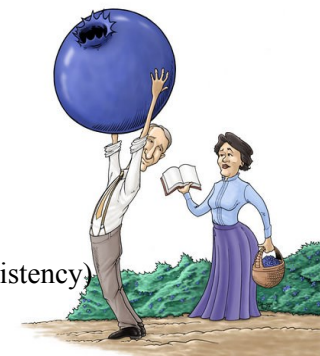
BLUEBERRY TOPPING

Ingredients:

2 cups grape juice
2 tbsp cornflour
Extra juice to mix with cornflour
300g blueberries, fresh or frozen

Method:

1. Bring juice to the boil
2. Mix cornflour with extra juice (to paste consistency)
3. Add to the juice and stir until thickened
4. Allow to cool
5. Add blueberries
6. Pour into dishes to serve as a dessert, or place a spoonful on a slice of Cherry Date and Apricot loaf, delicious!



NOTE: Will keep in the fridge for 5 days, does not freeze very well.