

The Family Who Eats Together Stays Together

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

*Our next meeting will be held on **Wednesday April 23rd 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.

Contact Serah via email for more information and bookings at bookings at seraharob02@gmail.com.

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://seventhdayresourcecentre.org/sdrc/recipe-club/starters.htm>

Live Smart, Live Well RECIPE CLUB

26th March, 2019



COOKING WITH SERAH

- SWEET POTATO DAHL
- HOME-MADE CURRY POWDER

Sweet Potato Dahl

Preparation time: 10 minutes

Cooking time: 5-10 minutes

Serves: 4

Note: 1 metric tablespoon = 20 ml or 4 tsp.



Ingredients:

1 onion diced	3 garlic cloves, crushed
4 c. water	2 T curry powder
1 T onion powder	2 t. salt
1 sweet potato peeled and diced	4 carrots peeled and diced
1 c. red lentils	2 400g. diced tomato
1/4 c. tahini	1 t honey or to taste

Method:

1. Sauté onion and garlic in oil until clear for around 5 minutes.
2. Add all remaining ingredients except the tahini and honey.
3. Bring all to a boil and simmer until carrots and sweet potato are tender.
4. Mix in the tahini and honey.

Homemade Curry Powder

Preparation time: 5 minutes

Cooking time: None

Serves: Variable

Note: 1 metric tablespoon = 20 ml or 4 tsp



Ingredients:

3 parts cumin powder	3 parts coriander powder
3 parts onion powder	3 parts garlic powder
2 parts paprika	2 parts ginger powder
1 part turmeric	1 part cardamom

Method:

1. Mix all ingredients in an airtight container
2. Shake well until thoroughly mixed.