

Pulses of Life Cooking Class

Alex Hill and Jenny O'Shea

Butter Bean and Tomato Dish

INGREDIENTS

- ▶ 3 onions
- ▶ 1 bulb of garlic (or 3 cloves if you prefer less garlic)
- ▶ 680g passata
- ▶ 200g tomato puree
- ▶ 3-5 tablespoons olive oil
- ▶ 3x 400gram cans of butter beans
- ▶ 1 teaspoon salt (or to taste)
- ▶ 1 teaspoon sugar (or honey etc) (if desired)

INSTRUCTIONS

1. Sauté onions and garlic in olive oil until nicely softened and light brown.
2. Add all the other ingredients and cook at a low heat for 1 hour.
3. Can be served hot with rice or pasta or cold with salads or at a barbecue.

Apple Crumble

INGREDIENTS

- ▶ 4 Bramley apples, chopped
- ▶ Half teaspoon cinnamon
- ▶ 1 tablespoon sweetener of choice

TOPPING

- ▶ 1 cup porridge oats
- ▶ quarter cup desiccated coconut
- ▶ 1 level teaspoon cinnamon
- ▶ quarter to half cup honey or maple syrup
- ▶ quarter cup sunflower oil or rape seed oil
- ▶ quarter cup sunflower seeds and any other seeds you fancy (e.g. poppy seeds or sesame seeds)

INSTRUCTIONS

1. If still very dry add lukewarm water
2. Stew apples (peel and cut into pieces and place in saucepan with 2 inches of water.
3. Add cinnamon and sweetener
4. Place into the bottom of a casserole dish.
5. Pour the put topping on the apples
6. Cook in oven at 170°C for half hour or until light brown on top.
7. Serve on its own or with yoghurt or ice-cream. (Why not try a dairy-free option).

Breakfast Green Juice

INGREDIENTS

- ▶ 1 apple
- ▶ 1 cucumber
- ▶ the juice of one lime
- ▶ 1 stalk of celery

INSTRUCTIONS

Process the above through a masticating juicer. Best enjoyed when drunk immediately.

Tasty Salad Dressing

Combine the following oils to taste (1-2 tablespoons of each). Use unrefined, extra-virgin oils as available.

- ▶ Olive Oil
- ▶ Sesame seed oil
- ▶ Grapeseed oil
- ▶ Rapeseed oil

For seasoning mix in the following to the oils , adjust to taste.

- ▶ 1 teaspoon Bragg's Liquid Aminos
- ▶ 1 teaspoon soy sauce
- ▶ 1-2 cloves crushed garlic

Pour the dressing over your favourite salad vegetables and greens.

Bon Appétit!

DATES FOR YOUR DIARY

NEXT COOKING CLASS: MONDAY 10 APRIL 2017, 7.15PM

MONDAY 27 MARCH, 10.30AM TO 12.00PM

Knit and Knatter

TUESDAY 28 MARCH, 7.15PM TO 8.30PM

Depression, the Way Out Seminar: information session

WEDNESDAY 29 MARCH, 7.15PM TO 8.45PM

Ranelagh Community Prayer Service

SATURDAY 1 APRIL, 3.15PM TO 4.45PM

CREATION Health Workshop

Topic: Environment

The Selkirk Grace - Robert Burns:

Some hae meat and canna eat,
And some would eat that want it;
But we hae meat, and we can eat,
Sae let the Lord be thankit.