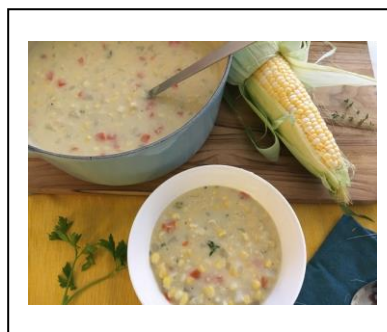


Pulses of Life Cookery Class

Corn Chowder

Ingredients

- 1 small onion
- sea salt
- freshly ground black pepper
- 6 cloves garlic
- 6-7 cups low-sodium vegetable stock
- 6 cups corn
- 1 large russet potato
- 1 red bell pepper
- 1 tsp fresh parsley
- 1 tsp fresh thyme
- 1/3 cup almond flour



Method

Combine the onions, garlic, and 1 1/2 cups of the vegetable stock in a large stockpot or Dutch oven. Cover the pot and bring to a boil over high heat. Reduce the heat to low, cover, and simmer until the onions are translucent, about 10 minutes.

Add the corn, potatoes, and 4 1/2 cups of the remaining stock. Bring to a boil over medium heat. Reduce the heat to low and simmer until the potato is soft, 10 to 15 minutes.

Transfer half of the mixture to a blender with a tight-fitting lid covered with a towel, and puree until smooth. Return to the pot. Add up to 1 cup stock if needed to reach desired consistency.

Add the bell peppers, parsley, and thyme. Bring to a simmer and cook until the flavors have blended and the pepper is tender, about 10 minutes more.

Meanwhile, clean the blender. Place the flour and 1/3 cup water in the clean blender and puree until smooth. Stir the almond cream into the chowder. Season with salt and pepper to taste. Serve hot.

Caponata

Ingredients

- 1 onion
- 1 shallot
- 1 celery sticks
- 2 garlic
- 300ml of olive oil
- 4 Aubergine,
- 300 ml Tomato sauce
- 30g of green olive split en half
- 30g of baby caper
- 200ml of apple cider
- 230g of sugar

Method

Sweat off the onion, shallot, celery and garlic for about 3 minutes. Mid way; cut the Aubergines in half, half of them dice roughly and the other half oven-roast them for about 15 minutes

Then add the Tomato sauce, green olive split en half, baby caper.

Make a syrup with the apple cider & the sugar and add it to the caponata mix.
Serve hot or cold on toast as you like.



Almond and Pear Cake

Almond and Pear cake

Ingredients

- 240g of butter or coconut butter
- 236 ml of water
- 480g flour
- 480g sugar
- 5g baking soda
- 1 vanilla pod
- 1 tsp of cinnamon
- 1 lime zest
- 2 eggs / eggs replacement for vegan
- (120g of sour cream for non vegan)
- 35 ml of Almonds essence/extract
- 2 tins of pear

Method

Melt the butter with the water

Mid way put all the dry ingredients together: flour, sugar, cinnamon, baking soda and lime zest. Then when the butter & water fuse pour it to the dry mix and mix well. Then add the reminded ingredients: eggs, (sour cream), vanilla, almond extract & the pears. Mix well then bake at 190* for 15 minutes.

Upcoming Events:

Cooking Class: 20th September 2017, 7.15pm to 8.45pm

Senior's Club: Thursday 28th September, 2.30pm-4pm

A Table Blessing

God is great and God is Good,
And we thank God for our food;
By God's hand we must be fed,
Give us Lord, our daily bread. Amen.