

WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 29th NOVEMBER 2017

GUEST PRESENTER: Elmien Gbessia

RECIPES: Veggie Burger Patties

Pie Pastries

Vanilla Chia Parfiat

Cuisle Centre
Health · Hope · Happiness

085 849 7877

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VEGGIE BURGER PATTIES

Ingredients:

1. 2 CUPS OF WATER
2. 2 TSP ONION POWDER
3. ½ CUP FINELY GROUND WALNUTS
4. ¼ CUP BRAGG'S LIQUID AMINOS
5. 1 TSP OF DRIED PARSLEY
6. 2 CUP QUICK OATS NOT ROLLED OATS FOR THIS RECIPE
7. 1 TBSP OF OLIVE OIL
8. ½ TSP GARLIC POWDER
9. 1 TBSP HONEY
10. 1 TBSP ENGEVITA

Method:

BRING THE WATER, BRAGGS, OIL, HONEY, ONION POWDER, GARLIC POWDER, PARSLEY AND ENGEVITA TO A BOIL.

ADD THE WALNUTS AND THE OATS AND COOK IT LIKE YOU WOULD COOK YOUR PORRIDGE IN THE MORNING. IT MUST BE NICE AND THICK WITH THE WATER ALL SOAKED UP.

TURN IT OUT INTO A DISH AND LET IT COOK.

SHAPE IT INTO PATTIES.

BRUSH A BAKING TRAY WITH OLIVE OIL. PLACE THE PATTIES ON TOP AND BRUSH LIGHTLY WITH OIL AGAIN AND LET IT BAKE FOR 10 MIN AT 220 OC, TURN IT AND BAKE IT FOR ANOTHER 10 MINUTES TILL NICE AND BROWN.

PIE PASTRY

Ingredients:

- | | |
|-------------------------------------|---------------------|
| 2 CUPS OF ORGANIC WHITE SPELT FLOUR | ¼ CUP OF ORGANIC |
| WHOLEWHEAT SPELT FLOUR | ½ CUP SUNFLOWER OIL |
| ½ CUP OF BOILING WATER | ¼ CUP OLIVE OIL |

Method:

COMBINE AND ROLL BETWEEN TWO PIECES OF BAKING PAPER.

VANILLA CHIA PARFAIT

PREPARE CHIA PUDDING DAY BEFORE:

Ingredients

3 TBSP OF WHOLE CHIA SEED
1 CUP SWEETENED ALMOND MILK
2 TBSP OF ALPRO SOYA YOGHURT (VANILLA FLAVOUR)

1/2 TSP VANILLA
2 TBSP OF MAPLE SYRUP

Method

POUR CHIA SEEDS IN A BIG ENOUGH BOWL, KEEPING IN MIND THAT IT WILL SWELL.

ADD THE CUP OF MILK WHILE STIRRING CONTINUOUSLY TO AVOID LUMPS.

NOW ADD THE REST OF THE INGREDIENTS, COVER IT AND LET IT SET.

MAPLE ROASTED HAZELNUT

Ingredients

1 PACK OF WHOLE HAZELNUTS
MAPLE SYRUP

Method

LIGHTLY COAT NUTS AND ROAST IN A PRE-HEATED OVEN AT 180oC TILL LIGHTLY BROWN. THE NUTS MUST BE DRY.

LEAVE TO COOL AND THEN CHOP

NOW LAYER THE PARFAIT IN A BEAUTIFUL TALL GLASS:

CHIA PUDDING, STRAWBERRIES, MANGO, CHIA PUDDING, STRAWBERRY, MANGO AND TOP WITH MAPLE ROASTED HAZELNUTS. YOU COULD ADD BANANAS IF YOU WERE GOING TO SERVE IT STRAIGHT AWAY.

UP AND COMING EVENTS

Knit and Knatter is on Monday 4th December 10.30am – 12pm – Come along and enjoy some crafting and socialising over a hot cuppa and a biscuit.

Seniors Club on Thursday 30th November 2.30pm to 4pm – We will be doing a Christmas Activity.

Next Vegetarian Cookery Class – Wednesday 13th December 7.15pm to 8.45pm

Free Health Checks on Tuesdays 11-4pm (Can sometimes be swapped to a Thursday so please check website or facebook page to see if any changes to the day).



The Cuisle Centre presents a
COMMUNITY CAROL SERVICE
Wednesday 20th December 2017
7.15pm
Come and enjoy some Christmas Carols, Readings, Choirs and Refreshments

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SOUP KITCHEN
Saturday Evenings 5-7pm
in November & December at the
Cuisle Centre, Ranelagh
Call in for a hot cup of
homemade soup and a
chat.



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E. info@cuislecentre.ie



**Knit & Knatter,
Stitch &
Chatter**

9th October	4th December
23rd October	18th December
6th November	8th January, 2018
20th November	22nd January, 2018



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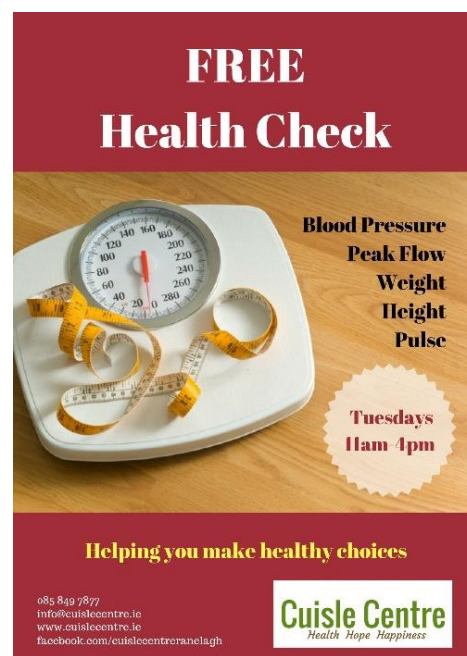


SENIOR'S CLUB
LAST THURSDAY OF THE MONTH
2.30pm-4pm




We offer a range of activities intended to enrich the lives of senior citizens including games, keep fit, fellowship, workshops and more. Drinks and refreshments provided.

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FREE Health Check



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