

14TH March 2018

Cuisle Centre

Health · Hope · Happiness



WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 14th MARCH 2018

GUEST PRESENTER: CSILLA

RECIPES: CAULIFLOWER RICE WITH PEAS AND ASPARAGUS

CHICKPEA-CUCUMBER SALAD WITH LEMON AND DILL
DRESSING

CRASH HOT POTATOES

HUNGARIAN MUSHROOM STEW

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CAULIFLOWER RICE WITH PEAS AND ASPARGUS

Ingredients:

2 tablespoon sunflower oil Half sliced red onion
2 minced cloves garlic Coarse salt
1 cup frozen petite peas 1 bunch of asparagus
1/4 cup low-sodium vegetable broth

Method:

Pulse cauliflower florets in a food processor until chopped

Clean the asparagus and cut 1/3 off the end and keep the rest.

Heat 2 tablespoon sunflower oil in a large skillet over medium heat.

Add 1/2 sliced red onion and two minced cloves garlic, asparagus, petite peas and cook, stirring, until tender, about six minutes.

Add cauliflower and season with coarse salt. Stir in vegetable broth and steam, covered, until broth has evaporated and cauliflower is tender, about six minutes.

Transfer to a bowl and cover.

CHICKPEA-CUCUMBER SALAD WITH LEMON AND DILL DRESSING

Ingredients:

2 cups cooked chickpeas 1 thin-skinned cucumber,
8 small tomatoes 1 tsp Dijon mustard
1/4 cup extra-virgin olive oil 1/2 tsp honey
1/4 cup fresh lemon juice (1 large lemon)
1/4 cup coarsely chopped fresh dill (feathery fronds and tender stems only)
Salt and fresh ground black pepper

Method:

Open, drain and rinse the chickpeas, and then add to a large bowl.

Cut the cucumbers into quarters, lengthwise, and then chop into bite-size chunks. Cut the tomatoes into small wedges. Add the cucumbers and tomatoes to the chickpeas.

In a medium bowl or glass jar, make the dressing. Whisk lemon juice, olive oil, mustard, honey, and the fresh dill together then season with salt and pepper, to taste. Pour the dressing over the salad and toss.

CRASH HOT POTATOES

Ingredients

12 whole baby potatoes (1kg) 3 Tablespoons Olive Oil
Salt To Taste Black Pepper To Taste
Herbs Of Choice To Taste (paprika, garlic, onion powder, mixed herbs)

Method

Preheat the oven to 220 C.

Bring a pot of salted water to a boil. Add in as many potatoes as you wish to make and cook them until they are fork-tender.

Drizzle a sheet pan with olive oil.

Place tender potatoes on the sheet pan, leaving plenty of room between each potato.

With a potato masher, gently press down each potato until it slightly mashed, then push the excess out of the masher back on top of the potatoes.

Rotate the potato masher 90 degrees and mash again, pushing out the excess.

Drizzle the tops of each crushed potato generously with more olive oil.

In a small bowl combine the salt, fresh ground black pepper, fresh chopped or dried herbs with 3 tablespoons olive oil and with a brush apply the mixture the tops of each crushed potato generously with.

Bake in 200 C oven for 20-25 minutes until golden brown and sizzling.

HUNGARIAN MUSHROOM STEW

Ingredients

500 kg closed cup or chestnut mushroom	100 gr. (1 medium) onion, chopped
1,5 tbsp vegetable oil	1 tsp (heaping) red paprika powder
1 veg stock cube in 1,5-2 cups water	freshly ground black pepper, to taste.
1 tsp salt (optional if the stock is not salty)	

Method

Clean the mushrooms and slices them. The smaller can be left whole. Heat the oil over medium heat in a heavy-bottomed pot and fry the chopped onions gently, without browning.

When they get soft and translucent, turn off the heat, sprinkle the paprika over and mix well before adding the mushrooms. Add water to cover and stock if you aim for a "richer" taste. Bring slowly to the boil then simmer over low heat, with the lid ajar, until the mushrooms are cooked through (10-15 mins).

Switch the heat to high and keep cooking uncovered, stirring from time to time, until the broth has reduced to your desired consistency (more or less 5 mins). Season with pepper, check taste and add more salt if needed before serving.

Some chili paste can be added too if you like your dishes hot!

UP AND COMING EVENTS

Kids Knit and Knatter	26 th March 11am-1pm
Seniors Club	29 th March 2.30pm-4pm
Free Health Checks	Tuesdays 11-4pm or book an appointment
Community Prayer Meeting	21 st March 7pm-8pm