

25th April 2018

Cuisle Centre

Health · Hope · Happiness



WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 25th April 2018

GUEST PRESENTER: Gustavo & Catharina

RECIPES: QUINOA SALAD

FEIJOADA/BLACKBEAN STEW

CINNAMON ROLLS

Cuisle Centre
Health · Hope · Happiness

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QUINOA SALAD

Ingredients:

Quinoa
1 Tomato
30g Olives
Salt

½ Red Pepper
1/3 Cucumber
Parsley
2 tbsp Olive Oil

Method:

1. Cook the Quinoa.
2. Chop up red pepper, tomato, olives and cucumber.
3. Allow Quinoa to cool.
4. Mix ingredients together.
5. Serve and enjoy.



Health Fact : With twice the protein content of rice or barley, quinoa is also a very good source of calcium, magnesium and manganese. It also contributes useful levels of several B vitamins, vitamin E and dietary fibre.

FEIJOADA/BLACK BEAN STEW

Ingredients

| | |
|-----------------------------------|--------------------|
| 500g Black Beans | 4 Cloves of Garlic |
| Pack of 6 Linda McCartney Sausage | 2 tbsp Olive Oil |
| 1 Onion | Smoked Paprika |
| Salt | Coriander/Parsley |

Method

1. Leave the beans to soak overnight.
2. Cook the beans with water only, (preferably in a pressure cooker for 15 mins).
3. Oven cook the sausages until slightly brown.
4. Stir fry the chopped onion, then add garlic and stir fry together.
5. Add salt and smoked paprika to the onion and garlic.
6. Once the beans are cooked add the stir fry mixture to them.
7. Let simmer for approx. 5 minutes.
8. Add the sliced sausages and coriander/parsley.
9. Serve hot.



Health Fact: Maintaining a low sodium intake is essential for keeping blood pressure at a normal level. Black beans are naturally low in sodium and contain potassium, calcium, and magnesium, all of which have been found to decrease blood pressure naturally.

CINNAMON ROLLS

Ingredients

| | |
|-------------------|--------------------------|
| 408g Flour | 240g Water (~30 degrees) |
| 7g Dried yeast | 100g Sugar (20g + 80g) |
| 100g Vegan Butter | 3tbs of oil |
| 2g Salt | Cinnamon (per taste) |

Method

1. Mix the flour, yeast, salt and 20g sugar together.
2. Add water and oil to the mixture.
3. Knead until everything is mixed but try not to knead too much otherwise the dough will be hardened.
4. Let it rise until double its size.
5. Stretch dough in a rectangular shape.
6. Spread the melted but cool butter over the dough.
7. Spread the sugar on top of the butter and use cinnamon as you wish.
8. Roll the dough evenly.
9. Cut it, approx. 12 units per recipe.
10. Cover the tray with baking paper and place them on it. Let it rise for 30 mins.
Preheat oven at 180 and bake it for 20-25 mins.
11. Mix 15-30ml of dairy-free milk with 110g of sugar powder.
12. Pour over cinnamon rolls. Enjoy warm.

UP AND COMING EVENTS

| | |
|--------------------------|--|
| Knit and Knatter | 30 th April & 14 th May 10.30am-12pm |
| Seniors Club | 26 th April 2.30pm-4pm |
| Free Health Checks | Tuesdays 11-4pm or book an appointment |
| Community Prayer Meeting | 18th April 7pm-8pm |
| Is Genesis History? | 28 th April 7pm |