

6th June 2018

Cuisle Centre

Health · Hope · Happiness



WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 6th June 2018

GUEST PRESENTER: *Natasha*

RECIPES: Deruny
Garlic & Dill Dip
Vegetarian Patties
Aubergine Dip

Cuisle Centre
Health · Hope · Happiness

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DERUNY

Ingredients:

- 5 medium size potatoes (about 1.5 lb)
- 1 onion
- 1 egg
- 3 Tbsp of all-purpose flour
- 1 tsp of salt and pepper to taste
- oil (for frying)



Method:

GARLIC DIP

Ingredients:

- Yogurt
- 2 gloves of garlic
- Dill

Method:

Crush the garlic.

Add garlic and dill to yogurt.

Garnish with dill.



AUBERGINE DIP

Ingredients

- 2 large aubergines
- 2 cloves garlic, crushed
- 3 tbsp extra virgin olive oil, plus extra to serve
- Juice of 1 1/2 lemons
- 2 tomatoes
- black pepper

Method:

1. Preheat the oven to 230°C/gas 8.
2. Prick the aubergines in a few places with the tip of a knife. Place on a roasting tray and roast for 45 minutes, turning once, until the aubergines feel very soft and the skin has blackened.
3. Remove the skins and put the flesh in a food processor or blender.
4. Cut tomatoes into small pieces and fry it slightly on the frying pan.
5. Add the garlic, olive oil, lemon juice. Season with salt and pepper. Check the seasoning.
6. Turn into a small bowl. When cool drizzle a good splash of olive oil over the surface.



VEGETARIAN PATTIES

Ingredients

- 100g Oat Flakes
- 150g Onion
- 80g Hard Cheese
- 1 Egg
- ½ tsp Salt
- 2-4 Cloves of Garlic
- Vegetable Oil to taste
- 3 stems of Greenery eg Scallions
- Black pepper powder to taste



Method:

UP AND COMING EVENTS

Knit and Knatter

11th June & 25th June 10.30am-12pm

Seniors Club

28th June 2.30pm-4pm

Free Health Checks

Tues 11-4pm or book appointment

Community Prayer Meeting

13th June 7pm-8pm