

**WELCOME TO THE VEGETARIAN COOKERY CLASS**

WEDNESDAY 19th September 2018

**GUEST PRESENTER: Marissia**

RECIPES: Jamaican Rice and Peas

Brown Stew Mince

Cornmeal Pudding



# **jamaican rice and peas**

**Ingredients:**

1 onion chopped

1 scallion chopped

1 clove garlic

¼ teaspoon salt

¼ teaspoon allspice

2 string fresh thyme/ 1 teaspoon dried thyme

1 scotch bonnet pepper

2 cups brown basmati rice

½ cup kidney beans (soak overnight)

1 tin coconut milk

**Method:**

1. Soak kidney beans overnight or minimum 3-4 hours.

2. Pressure bean in 5 cups of water, for 20 minutes or cook in a pot with 6 cups of water for 45-50 minutes until beans are soft.

3. Add chopped onion, garlic, scallion, allspice, pinch black pepper and scotch bonnet pepper whole. Simmer for 5 mins.

4. Add coconut milk then simmer for 10 minutes.

5. Add washed rice and stir.

6. Bring to boil, then turn the fire to the lowest heat. Cover tightly and allow water to dry out.

# Brown stew mince

**Ingredients:**

400g Quorn mince 1 tbsp sunflower oil

2 tbsp soya sauce 1 tbsp honey

3 tbsp ketchup 1 ½ onion chopped

3 cloves garlic chopped ¼ tsp ginger

1 vegetable stock cube 1 tsp thyme

Pinch of scotch bonnet pepper 1 tsp basil

1 tsp garlic powder 1 tsp allspice

**Method:**

1. In a frying pan add 1 tbsp oil to heat.

2. Add mince, stir fry for 5 minutes.

3. Add chopped onion, garlic, and ginger.

4. Add stock cube, stir until dissolved.

5. Add all herbs and spices.

6. Add vegetables of choice.

7. Add together ¼ cup of water, soy sauce, honey, ketchup and pinch of pepper. Add to stew and simmer for 6 min.

# cornmeal pudding

**Ingredients:**

2 cups cornmeal ½ cup plain flour

2 tsp cinnamon 1 tsp nutmeg

¼ tsp salt 1 cup dark sugar

2 cups water 1 pack of walnuts

3 Tin of coconut milk

**Method:**

1. In a bowl combine all the dry ingredients.

2. Mix together all the liquid ingredients in a separate bowl, except ½ tin of coconut milk which will be used for the topping.

3. Gradually add the dry mixture to the wet, stirring vigorously until thick and creamy.

4. Pour mixture into a greased baking tray and bake at 180℃ for 1hr.

Topping:

5. Sweeten leftover coconut milk with a tbsp sugar, vanilla, cinnamon and nutmeg

6. Add on top of pudding after it the pudding has baked for 45 mins.

***Prayer:*** IN a world where so many are hungry,

may we eat this food with humble hearts;

in a world where so many are lonely,

may we share this friendship with joyful hearts

**UP AND COMING EVENTS**

Knit and Knatter 24th Sept & 8th Oct 10.30am-12pm

Seniors Club 27th Sept 2.30pm-4pm

Free Health Checks Tuesdays 11-4pm or book an appointment

Community Prayer Meeting 26th Sept 7pm-8pm