

3rd October 2018

Cuisle Centre

Health · Hope · Happiness



WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 3rd October 2018

GUEST PRESENTER: Jeason and Lydia

RECIPES:

Pilua Rice

Cuisle Centre
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PILUA RICE

Ingredients:

- 1 cup long grain rice or basmati rice
- 1 cinnamon stick
- 1 tbsp clove
- 4 black cardamom
- 2 Bay leaf
- 2 onions sliced thin
- 2 tbsp ginger/garlic paste
- 2 cups of chopped vegetables (equal portion of carrots, beans, peas, broccoli, bell pepper and cauliflower)
- 4 tbsp chopped mint
- 2 tbsp olive oil
- 1.5 cup of boiling water
- 1 tbsp of salt
- Pinch of Cumin seeds
- Pinch of fennel
- Pinch of whole black pepper

Method

1. Put 2 small amount of olive oil in the pan, heat it up, add cloves, cardamom, broken cinnamon sticks, cumin seeds and pinch of fennel. Then add a pinch of the whole black pepper.
2. Fry ingredients and then add the onion, continue to fry.
3. Add the ginger/garlic paste, make sure it cooks well.
4. Add half of chopped mint and continue to fry ingredients.
5. Add mixed vegetables, continue to fry ingredients for a couple of minutes.
6. Soak rice in warm water prior to starting, clean and rinse rice 4 times.
7. Put salt and boiled water into pot or rice cooker, then add rice.
8. Add fried ingredients and let it cook.
9. Serve when rice is cooked.
10. Eat with salad, curry or on its own.

UP AND COMING EVENTS

Knit and Knatter	8 th & 2nd October 10.30am-12pm
Seniors Club	25 th October 2.30pm-4pm
Free Health Checks	Tuesdays 11-1.30pm or book an appointment
Community Prayer Meeting	10 th October 7pm-8pm
Vegetarian Cookery Class	17 th October 7.15-8.45pm
Mental Health Talks	Every Sunday from 11 th Nov- 2 nd Dec 6-7.30pm