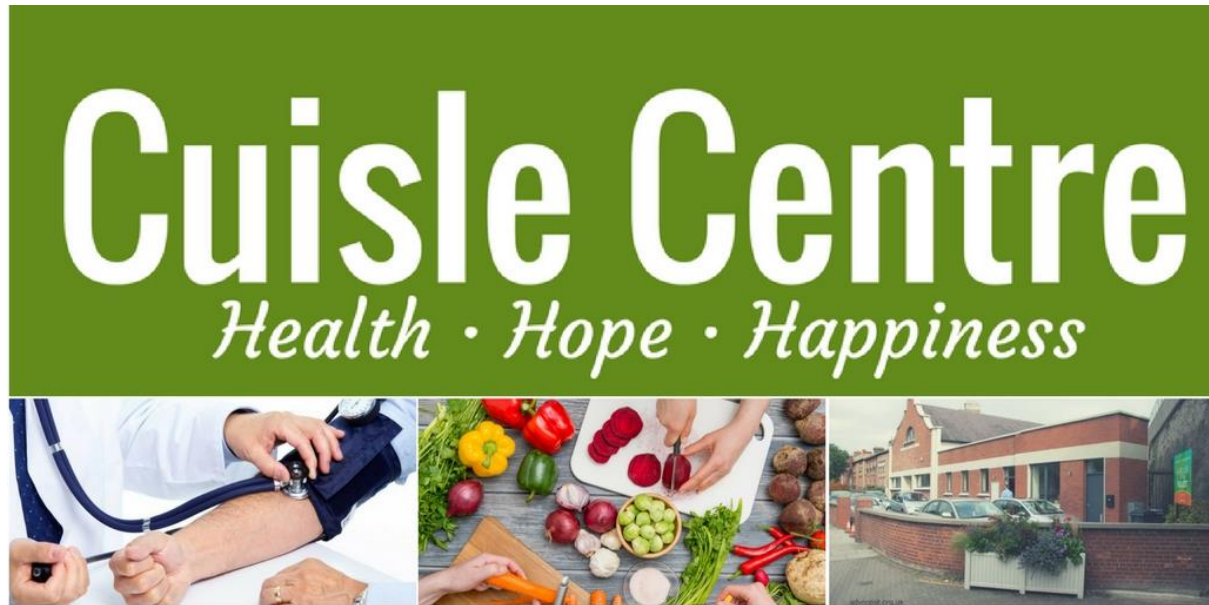


21<sup>st</sup> November 2018



## WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 21st November 2018

GUEST PRESENTER: Elmien

RECIPES:

3 Way Vegetable Fritters

Antibiotic Salad Dressing

Quinoa Salad

Rosemary Roast Potato Salad

Cashew Mayo

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## 3 WAY VEGETABLE FRITTERS

### Ingredients:

- 3 cups cooked peas/ 3 cups cooked sweet corn/ 3 cups cooked green beans- cooled
- 1 1/2 cup selfraising flour
- 10 ml baking powder
- 5 ml curry powder
- Salt
- 2 tblsp corn flour
- 1 small red onion finely chopped and fried
- Little bit of water to mix into a thick batter.
- Oil for frying

### Method

Mix all the ingredients and fry spoonfuls.

Notice the following for sweet corn fritters:

1 red pepper chopped and fried and 1/2 tsp chilli powder

## ANTIBIOTIC SALAD DRESSING

### Ingredients:

Non GMO light soy sauce

Sesame oil light

Grated ginger

Grated garlic

Natural honey

## QUINOA SALAD

### Ingredients:

Cooked quinoa  
Diced peppers  
Chopped carrots  
Chopped spring onions  
Antibiotic dressing  
Rosemary roasted potato salad  
1 bag baby potatoes quartered  
Rosemary  
Olive oil  
Salt

### Method

Roast in the oven at 200oC till golden brown

## CASHEW MAYO

### Ingredients:

- 1 cup cashew
- 1 cup oil
- 1 cup water
- 4 tbsp lemon juice
- Salt

### Method

Blend all in a high power blender till smooth.

Store in the fridge for up to a week.

Mix the potato and the mayo and serve with your quinoa salad and veg fritters.

## UP AND COMING EVENTS

Knit and Knatter	3rd & 17th December 10.30am-12pm
Seniors Club	29 <sup>th</sup> November 2.30pm-4pm
Free Health Checks	Tuesdays 11-1.30pm or book an appointment
Community Prayer Meeting	28 <sup>th</sup> November 7pm-8pm
Vegetarian Cookery Class	5 <sup>th</sup> December 7.15-8.45pm
Mental Health Talks	Every Sunday from 11 <sup>th</sup> Nov- 2 <sup>nd</sup> Dec 6-7.30pm
Community Vegetarian Christmas Dinner	19 <sup>th</sup> December 7.15pm

