

WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 6th February 2019

GUEST PRESENTER: Joan

RECIPES:

Sweet Potatoe Falafel Cakes

Protein Balls

Build your own Smoothie

Natasha's extra recipes from January

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Vegetarian Cookery Class

Sweet Potato Falafel Cakes

Ingredients

- 500g diced sweet potatoes
- 2 tins of chickpeas (800g) rinsed
- 1 small bunch fresh parsley (approx. 15g)
- 1 small bunch of fresh coriander (approx. 15g)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp salt
- ½ tsp black pepper
- ½ tsp cayenne
- 1 tsp paprika
- 3 tsp cumin seeds
- 2 tbsp Braggs liquid aminos/Soya Sauce
- 4 tbsp of chickpea/gram flour
- 1 bunch of spring onions
- 1 small red onion
- Juice of 1 lemon
- 3 garlic cloves – finely diced
- 2 tbsp of sesame seeds

Method

1. Preheat oven to 180C, bake sweet potato for 30 mins until soft.
2. Mix together chickpeas, sweet potato, garlic, braggs/soya sauce, lemon juice, cumin, coriander, paprika, cayenne, salt and black pepper.
3. Blitz together ensuring everything is thoroughly mixed together and that there are no lumps.
4. Add spring onions, red onion, fresh herbs and cumin seeds and mix together.
5. Stir in chickpea flour.
6. Make burger/patty shapes with mixture.
7. Coat with sesame seeds, approx. ½ tbsp per burger.
8. Place burgers on baking tray and bake for 15-20mins at 180C. Flip half way through.

Energy Balls

Ingredients

For the coating

- 30g sunflower seeds
- 25g oats

For the filling

- 170g pitted dates – chopped up small
- 100g oat flakes
- 60g raisins
- 125mls apple juice
- 60g sunflower seeds
- 2 tbsp cocoa powder
- Zest 1 orange

Method

1. Blend all the ingredients for the coating together and put aside
2. Blend all the filling ingredients together, roll into little balls and cover with the coating.

Build your own Smoothie

Ingredients

Any fruits – mango, banana, berries and papaya work well. ½ cupful of fruit or slightly more for sweetness.

Any nuts or seeds – flax seeds, chia seeds, pumpkin seeds, almonds, walnuts, pecan nuts and brazil nuts. Use approx. 2 tbsp. Alternatively nut or seed butter can be used.

Use a dairy replacement rather than milk – almond milk, coconut milk, oat milk, organic soya milk or yogurt. Use as much as needed to get desired consistency.

Add a handful of raw spinach. Alternatively add cooked beetroot or grated courgette.

(All the recipes adapted from Bear Grylls cook book)

Natasha's Recipes from 23rd Jan

BEETROOT SALAD

Ingredients

- 1 Boiled Beetroot
- 20 Prunes without stones
- 10 Walnuts
- Sour Cream

Method

1. Grate the boiled beetroot into a bowl.
2. Chop the walnuts into small pieces.
3. Chop the prunes into quarters.
4. Mix altogether with Sour Cream

FAKE CHICKEN BURGERS

Ingredients

- 1g Oats
- 1 Onion
- 2 eggs
- Salt for taste
- 1 cup of cheese

- Hot Water
- 3 cloves of Garlic
- 2 tbsp of Mayonnaise
- ½ tbsp Sunflower Oil

1. Cover the oats with boiled water, enough to completely soak the oats but not overflow them. Cover bowl with a lid and let sit while preparing other ingredients.
2. Grate the garlic and onion on small side of grater or blend, add to oats and mix.
3. Add salt to taste.
4. Add mayonnaise and cheese and mix.
5. Whisk eggs and add to mixture, also add oil and mix.
6. Make into burger shapes and fry in sunflower oil.

Up and Coming Events

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| Knit and Knatter | 11 th February 10.30am-12pm |
| Vegetarian Cookery Class | 20 th February 7.15-8.45pm |
| Senior's Club | 28 th February 2.30-4pm |