

WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 23rd January 2019

GUEST PRESENTER: Natasha

RECIPES:

Walnut Paste

Avocado and Walnut Paste

Buckwheat with sauce

Beetroot Salad

Cuisle Centre
Health · Hope · Happiness

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Paste from Walnuts

Ingredients:

200g of Walnuts

1 table spoon of Olive oil

4 cloves of garlic

Water

2 table spoons of milk

1 table spoon of basil



Preparation:

Put all ingredients into the blender add some olive oil and blend until smooth.

Paste from Avocado and Walnuts

Ingredients:

200 gm of Walnuts

1 table spoon of Olive oil

4 cloves of garlic

Water

2 table spoons of milk

1 table spoon of basil

1 avocado

300 gm of spinach



Preparation:

Put all ingredients into the blender add some olive oil and blend until smooth.

Buckwheat with sauce

Ingredients:

200g of Buckwheat

Water

Sauce:

100g Soya piece

100g of mushrooms

1 onion

2 table spoons of sour cream

1 table spoon of flour

1 glass of milk

50g of butter



Preparation:

Take the sauce pan put buckwheat into it and add water covering it and above for 5 cm. Boil until ready (10 minutes approximately)

On the frying pan add oil, soya and mushrooms, fry for 10 minutes and chopped onion and sour cream, cook it for 5 minutes.

Into the glass put the flour and milk, steer well and ad it into the frying pan slowly mixing constantly, add butter in the end.

Beetroot Salad

Ingredients:

6 pieces of Beetroot
5 pieces of Potatoes
1-2 Pickles
500g Green Peas
4 pieces of Carrots
1 Onion
Olive oil
taste 1 teaspoon salt
Ground black pepper



Preparation:

Boil all vegetables in skins until cooked. Let them cool down, peel them and chop finely in squares.

Mix them together in the bowl, add Pickles and salt and pepper to taste, oil.

Up and Coming Events

Knit and Knatter

Monday 27th Jan 10.30am-12pm

Senior's Club

Thursday 31st Jan 2.30-4pm

Vegetarian Cookery Class

Wednesday 6th Feb 7.15-8.45pm

Health Checks

Every Tuesday 12-4pm