

WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 20th February 2019

GUEST PRESENTER: Boris

RECIPES:

Red Dragon Tomato Soup

Pasta and Alfredo Vegan Sauce

Vegan Rice Pudding

Cuisle Centre
Health · Hope · Happiness

085 849 7877

www.cuislecentre.ie

info@cuislecentre.ie

facebook.com/cuislecentreranelagh

RED DRAGON TOMATO SOUP

Ingredients:

2 medium onions

500 ml passata

1 tbsp Swiss bullion or vegetable cube

1/2 tbsp Brown sugar

1 tea spoon basil

500mls of hot water

Method

Dice an onion and saute for 10 minutes in a little water, add passata, Swiss bullion, sugar, basil and hot water.

10 Health Benefits of...

Tomatoes

1. Reduce Heart Disease
2. Lowers Risk of Stone Formation
3. Promotes Healthy Skin
4. Lowers Cholesterol
5. Reduces Migraines
6. Anti-Inflammatory
7. Improves Bones
8. Boosts Immunity
9. Prevents Cancer
10. Purifies Blood



Pasta & Alfredo vegan Sauce

Ingredients:

500g of pasta

1 medium cauliflower

$\frac{2}{3}$ cup nutritional yeast

2 cloves garlic, pressed

1 cup plain soymilk, or other non-dairy milk

120g raw cashews (need to soak for 1 hour into hot water for creamy taste if you don't have powerful blender).

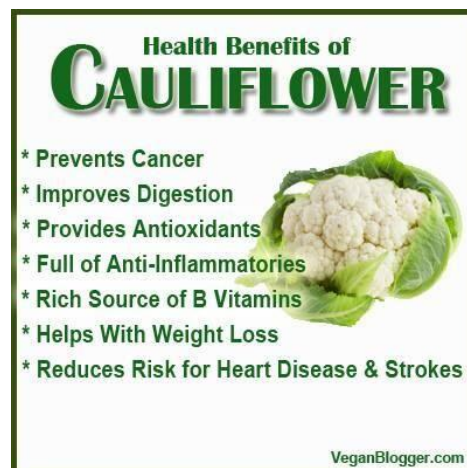
1/2 onion

2 tsp salt

3 Tbsp lemon juice

Method:

- 1 Bring two medium pots of water to a boil over high heat.
- 2 First pot, prepare pasta according to package directions.
- 3 Second pot, add cauliflower and cook until tender, 7-10 minutes.
- 4 Drain the cauliflower and place in a high speed blender along with nutritional yeast, soymilk, garlic, cashews, onion, salt and lemon.
- 5 Purée until smooth and pour over cooked pasta.



Vegan Rice Pudding

Ingredients:

1 cup short grain rice

2 + 1 cup water

pinch of salt

1 tablespoon cornstarch

4 tablespoons brown sugar

cinnamon

Method

Put rice, 2 cups water and a pinch of salt on to boil. When it starts to boil, turn off the stove

Dissolve 1 tablespoon of cornstarch in 1 cup of water, add this to the pot and put on lid, leave on warm stove for at least 20 minutes.

After this time, add sugar, stir and leave covered for a while. If the pudding is too dense, add a little water, but carefully, not to make it too liquidy.

Pour into bowls, sprinkle with cinnamon and serve as desired.

Up and Coming Events

Knit and Knatter

Monday 25th Feb 10.30am-12pm

Senior's Club

Thursday 28th Feb 2.30-4pm

Vegetarian Cookery Class

Wednesday 6th March 7.15-8.45pm

Health Checks

Every Tuesday 12-4pm