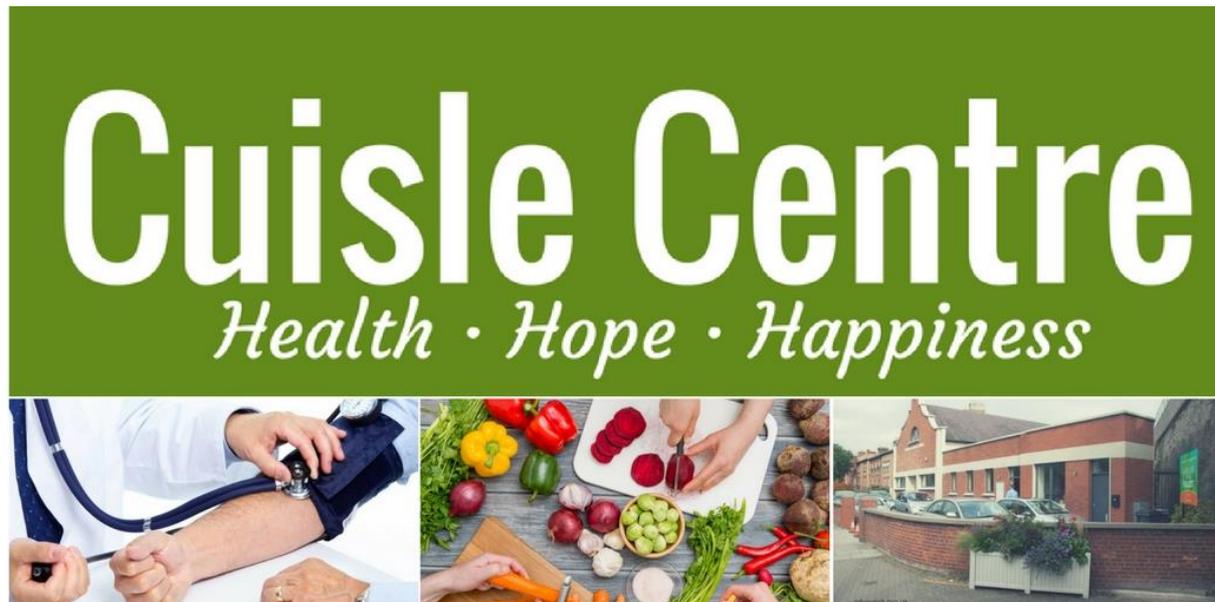


11th July 2018



WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 11th July 2018

GUEST PRESENTER: Cindy Sibanda

RECIPES: Sweet Potatoe and Carrot Patties

Sundried Tomato and Olive Patties

Dill and Avocado Dressing

Coconut and Mushroom Cream

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SWEET POTATO AND CARROT PATTIES

Ingredients:

100g grated Sweet Potato
200g cooked Chickpeas
150g Bread crumbs
1tsp Honey
½ tsp Tumeric
1 tblsp Olive Oil
Plain flour to dust patties

50g grated Carrots
100g fine diced Onion
50g chopped Nuts
1tsp Garlic powder
2tsp Curry powder
Salt to taste

Method:

1. Pre heat oven to 150C
2. Place chickpeas into food processor and process to resemble bread crumbs.
3. Add carrot, olive oil, sweet potato, onion and seasoning in a large skillet over medium heat and cook for 5 minutes.
4. Remove from heat, combine with chickpeas, 50g breadcrumbs and chopped nuts.
5. Shape mixture into patties, dust with flour
6. Dip patties in Egg Replacer
7. Dredge patties in remaining bread crumbs
8. Line a baking tray with parchment paper
9. Place patties on tray and brush with olive oil
10. Bake in the oven 30 mins turning the patties after 15 mins



HEALTH FACT: Sweet potatoes are a rich source of fibre as well as containing a good array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potato is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed.

SUNDRIED TOMATO AND OLIVE PATTIES

Ingredients

50g diced Sundried tomatoes
50g grated Carrots
150g Breadcrumbs
100g fine diced onion
Pinch of flaked chillis
1 tsp Honey
1tblsp Olive Oil

14 Olives diced
200g cooked Chickpeas
50g chopped Nuts
1 tsp garlic
2tsp smoked Paprika
Salt to taste



Method

1. Pre heat oven to 150C
2. Place chickpeas into food processor and process to resemble bread crumbs
3. Add Olive oil, carrots, onion, sundried tomato, olives and seasoning into a skillet over medium heat and cook for 5 mins
4. Remove from heat and combine with chickpeas, 50g of bread crumbs and chopped nuts.
5. Shape mixture into patties, dust with flour
6. Dip patties in Egg Replacer
7. Dredge patties in remaining bread crumbs
8. Line a baking tray with parchment paper
9. Place patties on tray and brush with olive oil
10. Bake in the oven 30 mins turning the patties after 15 mins



DILL AND AVOCADO DRESSING

Ingredients

½ of a ripe Avocado	Juice of ½ an Orange
Juice of ½ a lemon	½ tsp of Salt (to taste)
1 tsp Garlic Powder	1 tsp dried Dill
½ tsp of Honey	2 tblsp of Olive Oil
½ red Bell Pepper diced	½ yellow Pepper diced

Method

1. Combine all ingredients, except for diced peppers, into a food blender and pulse until well combined and smooth, to a desired consistency
2. Add the dressing to a bowl
3. Add red and yellow Peppers
4. Serve as a dressing to a salad or as a dip

COCONUT AND MUSHROOM CREAM

Ingredients

150g of Mushroom sliced	100ml of Milk of your choice
50ml of Coconut Cream	25g butter or 25g Olive Oil
½ tsp of Garlic	1 heaped tsp plain flour
½ tsp Onion powder	1 tsp Lemon juice

Methods

1. Cook Mushrooms in a skillet over medium heat until all water in the mushroom has evaporated
2. Remove from heat and place in a small bowl
3. Add butter and flour to the skillet and cook for 1 minute
4. Add milk and coconut cream, whisk to prevent lumps from forming
5. Season with garlic, onion powder and lemon juice
6. Cook for 5 minutes, stir in the mushrooms and serve at once

UP AND COMING DATES

NEXT COOKERY CLASS 25TH JULY 7.15PM

KNIT AND KNATTER 22ND JULY 10.30AM

SENIORS CLUB 26TH JULY 2.30PM TO 4PM