

## Welcome to The Vegetarian Cookery Class

**Presenters: Csilla**

**Wednesday 4<sup>th</sup> March 2020**

### Courgette garden sauce

#### **Ingredients:**

- 2 pack of fresh courgetti
- 250 ml Cooking cream
- 1 gloves garlic minced
- 1 tablespoon flour
- Fresh dill chopped
- 1 medium head onion minced
- 1-2 tablespoon Sunflower oil
- Salt



#### **Method:**

1. Wash the courgette, peel it and then grate it on the cheese grater in a bowl
2. Heat the oil in a pot and saute the onion and garlic
3. Add the grated courgette, salt and 30-40ml boiled water
4. Stir it and simmer for 10 minutes than add the dill.
5. In a small bowl mix the flour with cooking cream and add this mixture to the courgette.
6. Simmer for 2-3 minutes.

### Apple and Jam Puff Pastry Tart

#### **Ingredients:**

- 1 pack of Puff Pastry
- Strawberry or Raspberry jam
- Gala Apple ( or any sweet apple )
- 1 egg, beaten



#### **Method:**

1. Preheat the oven for 180 C.
2. Roll out the pastry sheet and spread the jam over it.
3. Peel the apples and cut them in half through the stem. Remove the stems and cores with a sharp knife and a melon baler. Slice the apples crosswise in 0.5 cm thick slices.
4. Place overlapping slices of apples over the pastry sheet and brush it with beaten egg.
5. Bake it for 10 - 15 minutes or till the pastry is golden brown.
6. Allow to cool and serve warm or at room temperature.

## Polenta Pizza

### **Ingredients:**

- 3 cups water
- 1 cup polenta
- Tomato sauce
- 1 teaspoon fine salt
- 1 tablespoon extra-virgin olive oil
- Mozzarella cheese



### **Method:**

1. Preheat the oven 180 C.
2. Bring water and salt to the boil in a large saucepan; pour polenta slowly into boiling water, whisking constantly until all polenta is stirred in and there are no lumps.
3. Reduce heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 5-10 minutes, whisking constantly. When polenta is too thick to whisk, stir with a wooden spoon. Polenta is done when texture is creamy, and the individual grains are tender. Remove the polenta from the heat and stir in the olive oil.
4. Pour the polenta into a baking pan and spread evenly. Bake it for 5-8 minutes and after spread with tomato sauce and sprinkle with mozzarella cheese and bake for 10 more minutes.
5. Cut the polenta into pieces.

## Dates for your Diary

Vegetarian Cookery Class 7.15pm	18 <sup>th</sup> March
Knit and Knatter 10.30am-12pm	16 <sup>th</sup> March & 30 <sup>th</sup> March
Senior's Club 2.30-4pm	26 <sup>th</sup> March
Toddler Group 10.30-11.30am	Every Thursday (Term time only)

