



## Welcome to The Vegetarian Cookery Class

**Presenters: Natasha and Viktoria**

**Wednesday 19<sup>th</sup> February 2020**

### Mushroom Salad

#### *Ingredients:*

1 green Cabbage

1 can of Mushrooms – marinated

1 baguette – cut into cubes and baked

1 can of Sweetcorn

Mayonnaise

#### NOTES:



### Vegetable Rice

#### Ingredients:

4 Medium sized carrots

1 kg Rice

450g Mushrooms

Dill

1 Onion

1 small head of Garlic

2 Tablespoon Sunflower Oil

#### NOTES:

## Apple Cake

### *Ingredients:*

5 eggs

1 cup of Sugar

2.5-3 cups flour

Cinnamon

500mls Milk

1 cup Sunflower Oil

Raising Powder

4-5 green Apples

### NOTES



### Dates for your Diary

Vegetarian Cookery Class 7.15pm

Knit and Knatter 10.30am-12pm

Senior's Club 2.30-4pm

Toddler Group 10.30-11.30am

4<sup>th</sup> March & 18<sup>th</sup> March

2<sup>nd</sup> March, 16<sup>th</sup> March & 30<sup>th</sup> March

27<sup>th</sup> February & 26<sup>th</sup> March

Every Thursday (Term time only)