

Corn bread – by Izzy

Serves 10

Ingredients:

- 750g sweetcorn
- 450ml unsweetened plant milk
- 150 ml olive oil
- 1Tbsp apple cider vinegar
- 25g chopped coriander
- 1 Tbsp sea salt
- Pinch of cayenne pepper

Dry ingredients:

- 90g gluten-free flour
- 400g polenta flour (maize meal)
- 1 Tbsp cornflour
- 1 tsp baking powder
- 2tsp bicarbonate of soda

Method:

1. Preheat the oven to 200 C. Line a deep rectangle 35x25 cm baking tin with baking paper.
2. Place 3/4 of the sweet corn in a food processor and process until smooth. Mix with the rest of the sweetcorn.
3. Sieve all the dry ingredients into a large mixing bowl. Add the milk, oil and vinegar and mix well.
Add coriander, beans, salt, cayenne and sweetcorn, stir well.
4. Pour into the baking tin and bake 50-55min until golden and cooked through.

Onion Bhajis – by Norma

Servings: 12-14 Bhajis.

Prep 10min Cook 15min Total 25mins

Ingredients

- 2 white onions, sliced or spiralised using the flat noodle blade
- ¾ cup | 105 grams gram flour/chickpea flour
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 1 green chili, deseeded and finely chopped
- 2 tablespoon lemon juice
- 5-6 tablespoons water
- Coconut oil for frying

Method

1. Place the flour, baking powder, salt, cumin, turmeric, chili, cilantro (coriander), and lemon juice in a large bowl and whisk to combine. Add in the water.
2. Once you've got a thick batter, add the onion slices and stir to coat with the batter. This step is easiest if you just mix with your hands.
3. Heat a large wok on the stove top on a medium heat and melt enough coconut oil so that you've got about a half inch layer of oil.
4. Carefully drop tablespoons of the batter into the hot oil cooking about 3-4 bhajis at a time. Fry for about a minute on each side and then flip the bhajis to get the other side until golden. Remove each bhaji with a slotted spoon and place on a plate lined with a paper towel to drain the excess oil. Continue until all of your batter is gone.
5. Serve these hot, on their own, or with a cucumber mint raita and enjoy!

Bean chilli – By Izzy

Serves 4

Ingredients:

- 1 onion, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, chopped
- 1 red chilli, descended and chopped
- 1tsp dried rosemary
- 1tsp dried thyme
- 3 Tbsp tomato purée
- 1 tin of mixed beans
- 1 tin of black beans
- 1 tin of chopped tomatoes
- 2 small squares of pure dark chocolate
- Cayenne pepper
- Handful of sliced green onions, to serve

Method

1. Fry the onion, celery and garlic until soft.
2. Add the chilli, rosemary, thyme and tomato purée, cook 5minutes.
3. Add the beans, tomatoes, 150ml of water, chocolate and cayenne and brig to the boil, then lower the heat ad leave to simmer 25-30 minutes, at which point it should have a thick consistency.

Health Corner

Garlic - This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a great source of Calcium, Phosphorus and Selenium, and a very good source of Vitamin C, Vitamin B6 and Manganese.

Garlic helps the body to maintain a healthy nervous system, to make hemoglobin that carries oxygen in red blood cells throughout the body, to provide energy from the food that we eat, to balance blood sugar levels, to act as a natural pain treatment, to boost mood, and also to create antibodies that our immune system uses to protect us. Read More <https://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2446/2#ixzz5RuJKS8HE>

Welcome to Vegetarian



Healthy Recipes and Good Nutrition

Seventh-day Adventist Church
Off-London Road, Saxon Road
Pakefield, Lowestoft
NR33 7BT

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Errol & Beth Victorio 07877408835 / Mark Borrett 07729 997699

<http://lowestoft.adventistchurch.org.uk> Or

<https://lowestoft-adventistchurch-org-uk.adventist.eu>