

Sago Cream

Ingredients:

1 1/2 C sago	1 t coriander
1 L soy milk	1 tin coconut cream
1 t vanilla	3 C soy milk
4 T honey or to taste	

Method:

1. Soak sago in 1 L of soy milk over night.
 2. Place in saucepan with coconut cream, vanilla, coriander and one of the extra cups of soy milk.
 3. Simmer over low heat, stirring constantly.
 4. Add honey and continue stirring until mixture is thick, creamy and sago is cooked. Turn off heat and add the remaining soy milk.
 5. Refrigerate and serve plain or with stewed or tinned fruit.
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Location

Seventh-day Adventist
Church Hall
Richmond & Russell Streets
Tumut

Tumut

Vegetarian Recipe Club

Rocket & Chick Pea Pesto Pasta

Two Lentil Patties

Tomato Basil Salad

Sago Cream

Fig Balls

Rocket & Chick Pea Pesto Pasta

Ingredients:

2 cloves garlic	1 t salt
1/4 C macadamia nuts	2 t vegetable stock powder
100g baby rocket leaves	1/4 C water to make stock
2 T extra virgin olive oil	400 g dried wholemeal pasta
3 T lemon juice	1 1/2 C cooked chick peas
1 T lemon rind	2 C halved cherry tomatoes

Method:

1. To make pesto: place garlic, macadamia nuts, oil, lemon juice and rind, salt, stock into blender until smooth.
2. Slowly add rocket leaves until you have a bright green sauce.
3. Cook pasta according to directions on packet.
4. Return pasta to pan along with 2 Tablespoons of reserved cooking liquid.
5. Add pesto, chick peas and tomato.
6. Toss over a low heat until heated through and well combined.

Fig Balls

Ingredients:

1 packet soft, ready to eat figs
375 g raisins
200 g walnuts
Coconut

Method:

1. Place all ingredients into food processor except coconut and process until smooth.
2. Roll into balls and coconut and refrigerate or freeze.

Two Lentil Patties

Ingredients:

1 C brown/green lentils	1 C grated carrot
1 C red lentils	1 large onion finely chopped
5 C water	1/2 C ground almonds
1 T Massel stock powder	1 1/2 C quick oats
	2 t salt

Method:

1. Cook the red lentils in 2 C water and brown lentils in 3 C water until tender.
2. Add remaining ingredients and mix to form patties.
3. Lightly fry in oil until browned both sides.

Tomato Basil Salad

Ingredients:

ripe tomatoes
finely chopped basil leaves
(can used dried)
1/2 red onion, diced finely
or fresh chopped chives
salt to taste

Method:

1. Slice or dice tomatoes.
2. Layer tomatoes with basil, onion or chives, and sprinkle with salt.
3. Refrigerate. Mix lightly before serving.