

From Chaviva's Kitchen...



Verde (Green Forever)

Before tomatoes and capsicums entered the Italian household, the cuisine was spectacularly green.

Ingredients

(Recipe stolen from Antonio Carluccio)

For each diner take...

One potato *cut into bite sized cubes*

One portion of savoy cabbage *chopped roughly*

One handful of green beans *cut into bite-sized pieces*

In season, one handful of asparagus *cut into bite-sized pieces reserving the spears aside*

One handful of pasta

General

About 50 gms of Fontina cheese (if available) or Havarti

50 gms of butter

A good handful of chopped sage or rosemary and salt to taste

Preparation

- 1) Put the vegetables and pasta (except for the asparagus spears) into a large saucepan with cold water to cover & plenty of salt. Bring the pot to the boil and cook until the pasta reaches the al dente (biting without being too soft) stage. Add the asparagus spears.
- 2) In the meantime cut the cheese into fine dice.
- 3) Place the butter into a small saucepan on medium heat and melt until frothy but not coloured. Add the rosemary or sage and allow to fry gently.
- 4) Drain the vegetables and pasta into a colander and place them into a large, warmed serving dish. Sprinkle the cheese over and fold it through. Add more cheese if you wish.
- 5) Pour the butter and herbs over the dish and toss through. Eat immediately sprinkled with freshly ground pepper.

Bon Appetito! Trishia

US visitors feel right at home...

The Strouse family from the Finger Lakes area in upstate New York were recently in New Zealand, and happened to be in Wellington on the weekend of Jess Freeland's bat mitzvah. Here is a brief extract from the report Wayne Strouse sent back to their Beth El congregational newsletter 'Temple Topics'.

'Well, we finally planned everything right. After visiting Dunedin and Christchurch, but getting nothing more than a picture of their respective synagogues, we last weekend visited Wellington, the capital of New Zealand, with a population of 340,000 (about the size the St. Louis).

Kelsey and I made it to Temple Sinai, finally! What a lovely congregation. We felt very much at home! The congregation is very similar to ours in the US! We could participate in nearly the entire service...they even use the same melodies for the prayers.

Wellington has an Orthodox congregation, as well as a Progressive congregation, Temple Sinai. We attended the Saturday morning service at Temple Sinai and when we arrived we learned that there was a Bat Mitzvah that morning. This was a relatively rare event for Temple Sinai, much as it is for Temple Beth El. They typically have about five Bar/Bat Mitzvah services per year.

The family of the Bat Mitzvah welcomed us warmly, and in short order, I met one of the Board members, who handed me a membership packet! Does any of this sound familiar to any of you?! The similarities between Temple Sinai and Temple Beth El continued. The synagogue was formerly a residence which had been converted to a Temple. It is within walking distance from the centre of the city. The sanctuary is perhaps a little smaller than ours — somewhat wider, but shorter. After services, a curtain was drawn across the

bimah, chairs were moved to the side by the congregation members, and tables were placed (brimming with wonderful food) in the sanctuary space. The congregants were of mixed ages, young and old, in about equal proportions.

The synagogue had no rabbi; two women who were 'lay cantors' led the service. The congregation used the 1975 version of 'Gates of Prayer'. Most of the service was sung in Hebrew, with interspersed English readings, many of them responsive readings. The melodies had some minor variations on those we sing at Temple Beth El, but I daresay that Kelsey and I could participate in close to 90% of the service. For those few hours, it almost felt like we were 'beamed' to Geneva, New York! We immediately felt we were amongst friends.

We found amazing kinship to this congregation 15,000+ miles from home. I had always told Kelsey that part of the 'specialness' of being Jewish is that no matter how far away you travelled from home, there would always be a place to go where you would be welcomed in 'like family'. This was her first chance to feel that kind of welcome... and we weren't disappointed. On the contrary, we were amazed at how much we shared with this small congregation literally on the other side of the world. We shared a common culture and heritage, **two** common languages, and a sense of family.

We also shared the added 'bonuses' of a congregation that is small and friendly like ours, uses a similar prayer book, and even uses the same melodies in their prayers! I have seen more variations travelling a few hundred miles in the United States than I saw travelling many thousands of miles to New Zealand. And we both saw that our Jewish 'home' covers a large area indeed.'