

~~Beit Midrash ...~~

~~The term is well and truly underway with lots of plans being considered.~~

~~We'll have an End of Term family day on 27 June with creativity and art the theme. All parents and siblings are strongly encouraged to attend a day of fun and flair.~~

~~We'll also be scheduling sessions of cooking, singing, dancing, Shaaharit services, outside Temple activities, etc. at least once each term.~~

~~Parents who have offered to help from time to time will be contacted to take up that offer so that we have someone to help support the teachers each week and provide a back up in case of illness.~~

~~Paul will be sending out forms to update our database for all students, in particular details of emergency contact and medical conditions and allergies of which we should be aware.~~

~~*Don Hollander*~~

~~Morning Teas Term 2~~

~~30 May Moskowitz family
6 June No Beit Midrash (Queen's birthday)
13 June Sive family
20 June Smith family
27 June (Family Day) Anna Verritt~~

~~On your day, unless otherwise advised, please bring nutritious morning tea for up to 25 kids and 10 adults, to be ready by 10.45 including milk for tea and coffee. Morning tea duty includes cleaning up in the kitchen afterwards, and if possible, being on hand to help teachers with tidying after activities in the class-rooms and Temple if necessary.~~

~~If the costs of providing morning tea are onerous, please let Paul know; we don't want this to be an impediment to families helping with the task. **Paul**~~

Guest Recipes...

This month we have two vegetarian recipes from guest presenters: Balbier, a friend of the Ratnam family gives us the recipe for Vadai which many commented on at the Minyan; Lynn Jenner shares her recipe for the Borscht she brought to a Palmerston North community lunch to meet the Lipman family. Both delicious!

Vadai (Lentil patties)



Ingredients

2 mugs yellow lentils or (Pams split peas)
2 big onions (chopped finely)
4 dry chillies chopped (or according to taste)
4 tbsp fennel seeds
1 inch fresh ginger (chopped)
Curry leaves (about 2 stalks - chopped) optional
Salt to taste.

Preparation

Soak the lentils for about 3 to 4 hrs in cold water. Then drain the water and blend it in a food processor - **not** the liquidiser. The mixture should not be too smooth or watery. You can blend in the food processor without water. Then mix all the other ingredients to this mixture. Take some mixture and make into a ball and slightly flatten it and then fry in oil on medium heat until done. It is a good snack - enjoy.

Happy trying and eating, Balbier

Borscht (Vegetarian style)

Hello Fellow Soup Lovers - To make Borscht vegetarian style, this is what you need; 4-5 servings, about 1 hour to prepare

Ingredients

2 tbsp butter
1 1/2 cups chopped onion
1 1/2 cups sliced potato
1 cup sliced beetroot
1 large sliced carrot
1 stalk chopped celery
3 cups chopped cabbage
1 scant tsp caraway seeds
4 cups water or stock
2 tsp salt
black pepper
1/4 tsp dill weed
1tbsp and 1tsp cider vinegar
1 tbsp and 1 tsp honey
1 cup tomato puree

Preparation

1. Place potatoes, beetroot and water in a saucepan and cook till everything is tender. Save the water.
2. Begin cooking the onions in the butter in a large pot. Add caraway seeds and salt. Cook till onions are translucent, then add celery, carrots, and cabbage. Add water from the beets and potatoes and cook covered until all the vegetables are tender. Add potatoes, beets, and all remaining ingredients.
3. Cover and simmer slowly for at least 30 minutes. Taste to correct seasonings.
4. Serve topped with sour cream, extra dill and chopped fresh tomatoes.

Recipe courtesy of the Moosewood Cookbook.

I used leeks instead of celery. I found water fine because the potatoes and beets make great stock themselves.

The caraway is the secret thing that really makes it interesting. I also added some lemon zest. It is supposed to have a sort of sweet and sour taste. And the colour, well that's the best part of all.

Lynn