



בשול עם שמחה



Budget Bean Salad and Hot Sauce for Falafels or Bean Burgers

1. Budget Bean Salad

To accompany BBQ meat or chicken, or good just on its own, with some crusty bread. Enough for a crowd with a BBQ, or for 2-3 people as a light vegetarian meal.

Salad ingredients

- 1 tin chickpeas
- 2 tins mixed beans
- 1 small tin canned corn (or young sweet corn sliced off the husk)
- 3 spring onions
- 1 red capsicum
- 2 celery sticks
- 4-5 gherkins
- 1/4 cup mint
- 1/4 cup parsley (*last 6 ingredients finely sliced*)

For the dressing

- 3/4 cup lemon juice OR 1/2 cup white wine vinegar
- 1/2 cup oil
- 1 heaped TBS Dijon mustard
- 1 tsp sea salt
- 1 tsp coarse ground or cracked black pepper
- 1 or 2 large garlic cloves, peeled and crushed

Preparation

Drain and rinse beans, chickpeas and corn. Pour them into a large bowl, add all remaining ingredients. Combine dressing ingredients in a jar and shake well. Chill salad in fridge for 2-3 hours if possible, then pour on dressing just before serving.

2. Hot Sauce

- 1 cup vegetable broth
 - 6 TBS Tomato paste
 - 2 tsp red chilli paste (milder kind, such as Greggs)
 - 1 TBS fresh lemon juice
 - 1/2 tsp ground cumin
 - 1 TBS fresh parsley - minced
 - 1 TBS fresh coriander leaf - minced
- Don't add salt - concentrated vegetable stock or powder usually has enough.

Preparation

Simmer all ingredients together on medium heat, about 5 minutes until slightly thickened. Keeps in refrigerator for a few days.

Enjoy... Simcha bat Sarah

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The second area discussed was adult literacy/assistance with language and reading programmes for immigrants and refugees. We already have Temple members who are volunteer tutors with refugees in their own homes. WEA and the Migrant and Refugees Association are among those who deliver such services, including tutor training.

The issue is whether just to encourage members not involved in this to consider undertaking it, or whether to organise something as a Temple activity (or with other Jewish organisations) through the Social Action group. The latter would make the Temple more visible in a positive light, of helping outside our own community, and could involve developing a roster of Temple members interested in participating.

The inclusion of Beit Midrash students in a social action programme was also suggested. Already there is a weekly Tzedakah collection, accompanied by discussions on the needs and roles of the different organisations to which this collection is distributed.

Visiting older people was suggested, perhaps pairing a student with a senior member for regular visits. It was suggested that JoEllen, with her Care of the Aged and Temple Sinai roles, might be a good person to advance this idea. Group visits are another possibility, with not all young people perhaps confident about individual visiting.

Participants also suggested environmental initiatives, such as joining a beach clean-up; the need for a Jewish representative on the Wellington Ethnic Affairs Council (which Hilary Phillips had done for several years) and more Jewish participation in the Food Safety Authority.

Ideas for other actions, and volunteers for those already suggested, are very welcome. If you are interested, please contact Prue on 463-5285 (work - with an answer phone) or email Prue.Hyman@vuw.ac.nz.

