



בשול עם שמחה



Chilli Pumpkin Fettuccini - serves 3-4

If you like hot spicy food, this dish is delicious, subtle, and not as hot as it looks. Or... if you are not used to hot food but would like to try - then use only 1/2 to 1 level teaspoon of crushed chilli, leave out the fresh green chilli, and make sure the large red one is a mild type such as 'Anaheim' or 'Corno de Toro'...Keep hands away from your eyes while de-seeding and slicing the chillies, and wash hands afterwards. And be warned that Asian crushed chilli may be much hotter than Gregg's!

Ingredients:

- 450 gm Butternut pumpkin
- 4 cloves Garlic
- 1 Onion
- 2 TBS oil plus 50g butter (or half of these, to reduce fat content)
- 2 tsp Gregg's crushed chilli paste (moderately hot and lots of flavour)
- 1 can Italian tomatoes, about 400 gm.
- 1/4 cup strong chicken stock (or 1 Maggi chicken cube in 1/4 cup hot water)
- 2.5 cm piece of long green chilli, plus 1 large mild red chilli - Both chillies *de-seeded* and sliced very fine
- 400 gm packet dry fettuccini pasta
- 1/4 cup chopped parsley
- Salt and fresh-ground pepper to taste

Prepare:

- ✓ Peel pumpkin and cut into 1.5 cm pieces.
- ✓ Peel Garlic and chop into small pieces with a sharp knife (garlic tastes different if crushed).
- ✓ Peel onion and chop finely.
- ✓ Melt butter and oil together in pan, add pumpkin, garlic, onion, and sliced fresh chilli. Cook about 5 min, stirring gently, until onion is soft.
- ✓ Add tomatoes and chop roughly with spoon, then add stock. Put lid on pan; cook with occasional stirring until pumpkin is tender.
- ✓ When nearly ready, add Gregg's chilli, 5 grinds of pepper and salt to taste, and mix well.
- ✓ Cook fettuccini in plenty of lightly salted water to 'al dente' (just chewy in the middle). Drain, pour pumpkin sauce over, and sprinkle parsley. Enjoy! *Simcha*

Re-Evaluation Counselling - we now know what it is!

A group of sixteen met at Ruth and Raoul's for a very interesting evening, ably led by Meliors, who introduced us to "Re-Evaluation Counselling" and had us all in pairs attempting to put aspects of it into practice.

Apart from a number of us having some difficulty with the name (as we thought that something like "interactive communication skills" or "reciprocal peer support" might be more descriptive), we all agreed that it was a very good exercise in helping us to hone up our listening skills and to communicate more effectively and in a totally supportive and non-threatening manner. While this can have benefits in our general interaction with others, we could see that it could be particularly helpful in partner and parent/child/teenager communication.

Re-Evaluation Counselling has also been demonstrated to be effective in conflict resolution and in assisting groups to work more cooperatively and productively. Because of the variety of applications of this technique we had to accept that our suggestions for alternative names didn't quite do it and that we would just have to get used to the name it has gone under internationally for a long time.

Meliors has had extensive experience both here and overseas in Re-Evaluation Counselling and is willing

to make her skills available to any interested person, couple or group.

We all agreed that we all have something to learn; we all have something to contribute; and the evening gave us plenty to think about and aim for!

Meliors is keen to start a Jewish support group using reciprocal listening. There was some interest on the night, but if anyone else would like to join in they would be most welcome and should contact **Meliors** on **384-7826**.

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Around the Board Table...

Issues discussed at last month's Board meeting included:

- UPJ proposal for a visiting resource person to support all congregations in the region, particularly in Education
- Need for more archive storage
- Board to provide a monthly contribution to Sinai Seniors
- Children welcomed at services (page 5)
- Temple Camp (page 8)
- Adult Education course
- Future Quiz & Joke nights
- Extending the Tree of Life

Please talk to any Board member to find out more about these issues or to offer your help or suggestions.