



## Summer time recipes

Following on from the theme of Summer parties from last month's recipe, I would like to add two more of our favourite Summer time dishes and my salad dressing which we use on just about every salad we make. Happy holidays and many fun meals in the sun.



### Watercress and carrot salad

#### Ingredients

- 1 bunch of watercress
- 4 medium (not woody) carrots
- Salad dressing

#### Preparation

Wash watercress and tear coarsely. Grate carrots. Combine all ingredients. Eat immediately

### Rosemary scented white bean puree

This is wonderful spread on toast and drizzled with a little good quality olive oil.

#### Ingredients

- 3 Tbsp extra virgin olive oil
- 3 cloves garlic
- 2 sprigs Rosemary
- 2 cups white beans (such as cannelloni or haricot)
- Reserve the liquid in the tins*
- salt and pepper
- juice of one lemon

#### Preparation

- Combine the oil, garlic and rosemary and saute for 5 minutes.
- Add the beans, plenty of salt and pepper and stir.
- Cook for 10 mins, adding some of the bean liquid if the mixture tends to dry out.
- When slightly cooled mash the beans to a rough puree.
- Taste and add lemon juice and extra salt and pepper as required

### Deb Filler - one night only

Auckland - Thursday 9 February - 8 pm



at the **Maidment Theatre**, to benefit Kadimah College.

"Don't get me started" is a one-off new show in NZ and is part of the inaugural Jewish Arts Festival. Bookings at:

Maidment - 09 308 2388 or Kadimah - 09 373 3072

*Photograph courtesy of Marti Friedlander*

### Simcha's salad dressing

This dressing needs just a touch of sweetening to balance the vinegars. I use Xylitol, which is a natural sweetener from plums and has a very low G.I. rating, but liquid honey is also nice.

I measure everything in finger widths up the side of the jar - shown as 'parts' in the recipe.

#### Ingredients

*In a screw-top jam jar combine:*

- 1 part extra-virgin olive oil
- 1 part supermarket balsamic vinegar
- 1 part red wine vinegar (or malt if you don't have red wine vinegar)
- 1 part cold water
- 1/4 tsp salt
- 1/2 tsp dry mustard mixed with a little vinegar (or 1 tsp prepared Dijon)
- 1/2 tsp xylitol or liquid honey
- 1 tsp of any combination of mixed herbs, basil, marjoram, thyme
- 1/2 tsp Magic Gardens 'Yeast Herb Salt' (from Commonsense Organics) *optional*
- 6 large leaves mint shredded finely, or 2 or 3 grinds of "Chilli bite" seasoning (Ontrays store, Petone)

#### Preparation

Put the lid on the jam jar and shake well.

Taste and adjust sweetness and seasonings.

This dressing will last in the fridge for quite a few days - but allow the chilled oil to re-melt and then give the dressing a shake before attempting to pour it on the salad!

*Enjoy... Simcha*

### Social Action

Individually and collectively we can do our bit towards Tikkun Olam. Saving the world starts with gestures like helping at the hospice, delivering meals on Xmas day (page 7) or putting something in the Food Bank via our basket each time we come to the Temple.

Small actions count just as much as big ones. It may not seem much to us, but for the person or family receiving help or a food parcel, it is a big thing, especially at this time of the year. As well as providing for their immediate needs, it tells them there's someone out there who cares.