



# בשול עם שמחה



## Tauranga Vege Lasagne

Hello, this is Alys, Simcha's partner here and I have asked Simcha to let me write the introduction to this recipe. This recipe was conceived over a period of 24 hours by Simcha whilst we were visiting a friend of mine in Tauranga. My friend is currently undergoing a strict eating regime which forbids many types of food, including a surprisingly large amount of vegetables, on the premise that they are incompatible with her blood type.

Being mostly vegetarian, Simcha suggested Aubergine as a basis and during the course of a day although she was with us in body I could see the spirit was elsewhere as she debated the merits of various ingredients (It was quite fascinating to watch a 'foodie' in full-fledged cognitive reasoning.) The end result was, quite frankly, superb - one of the yummiest meals I have ever had. While it wasn't quick to prepare, it was well worth the effort and wait, and I strongly recommend it.

### Ingredients:

- 1 large Aubergine - cut into 1 cm slices (keep 1 slice for topping)
- 1 medium onion & 2-3 cloves garlic - peel and chop fine
- Olive oil
- Masterfoods 'All Purpose' seasoning
- 3/4 packet instant lasagne sheets (might be better to cook a bag of wide frilly-edge lasagne pieces till just softened, and drain.)
- 1 large jar Dolmio 'Tomato & Spinach' Traditional Bolognese sauce
- About 2/3 of small tin of Edgells 'Four-Bean' mix
- 2 to 3 TBS pine nuts
- About 70 gm shaved parmesan - (Ornelle, from supermarket chiller)
- Large handful of Summer Harvest 'mixed seeds with miso' - (Pack & Save, No. 7345)

### Prepare:

- ✓ Season slices of Aubergine with 'All Purpose' and fry gently in batches in a little olive oil, until golden to medium brown on both sides. As each batch is done, remove and drain on layers of kitchen tissue or brown paper. (This takes a while, but it tastes better if cooked slowly.)
  - ✓ Cook onion and garlic in about 2 tsp oil, until golden, then add pine nuts and a little more seasoning and cook till nuts are just coloured. Put aside in pan.
  - ✓ Pour hot water over instant lasagne (or take pre-cooked lasagne). Oil an oven-proof dish. Put in one layer of pasta. Then a layer of Aubergine slices over base and sides. Then some beans and some sauce.
  - ✓ Put in another layer of pasta, then more aubergine and more beans and sauce, and some flaked cheese.
  - ✓ Put in another layer of pasta. Spread the onions, garlic and nuts evenly over it, and then some flaked cheese and sauce.
  - ✓ Put on the last layer of pasta, spread with remaining sauce, place reserved slice of Aubergine in the centre, sprinkle on remaining flaked cheese and the miso seeds.
  - ✓ Bake at 170 Deg C in a fan oven for about 35-40 min.
- Serves 4 with salad. Yummy.... Simcha bat Sarah



### To our Wonderful Congregation - Many Thanks

What can I say, after the wonderful surprise given us on the occasion of our Golden Wedding and my birthday all in the same week. I am still trying to work out how so many people kept this surprise to themselves.

We were really blown away and not knowing how many people were involved in the way the Kiddush room was decorated and the way the table was also so beautifully done, with gold trimmings, gold

balloons, gold hearts and gold bells dangling around the table edge, and to cap it all even chocolate hearts amongst the sweets! All the goodies on the table to eat were truly lovely and seeing I still do not know who to thank personally, both Joe and myself thank everyone who even came to the Temple to share with us that lovely day and also thank Temple for the lovely flowers presented to me.

Shalom to all, Kit & Joe Harris