



בשול עם שמחה



Leek and Tomato Chickpeas

This quick and easy vegetarian meal was invented one day in a hurry, from what I could find in the fridge and pantry. It's not authentic anything... but I think it owes its rich flavour mix to the cool spicy vegetable side dishes which my Sri Lankan friend Irangani makes to accompany family meals.

It can be made with the usual large fresh leeks, and ordinary tinned chickpeas from the supermarket, but tastes even better if you have small young leeks, and a tin of the Italian organic chickpeas. Leftovers kept in the fridge till next day will taste even better.

Most of the spices are already mixed in the Indian tinned tomatoes. You'll also need a small jar of Greggs chilli

paste, a spoonful of black (dark brown) mustard seeds, and a few whole coriander seeds. (Freshly crushed coriander seeds have an 'orangey' aroma which is essential for this dish, and for many of the curries that I make. The ready-ground coriander powder has other uses but won't substitute here.) If you want to impress dinner guests, you can crush coriander seeds in a stone pestle and mortar... but if you are cooking for yourself, just keep a handful of seeds in a spare pepper grinder, ready for use.

It's hard to go wrong with a flavour base of fresh garlic (maybe with a little shredded fresh ginger), plus a few mustard seeds, fresh-ground coriander, and a touch of chilli paste, all gently fried in a little oil.

Ingredients:

- 1 large tin chickpeas (organic if possible)
- 1 tin Watties Indian-spiced Tomatoes
- 1 to 2 TBS olive oil
- 5 garlic cloves, peeled and chopped finely
- 3 small leeks (or 2 medium ones) *Use white and the paler green parts. Cut each leek in half lengthways, then slice across finely into half-circles and break these up a bit.*
- 1/2 tsp Greggs chilli paste
- 1 tsp fresh ground or crushed coriander seed
- 1/2 tsp dark mustard seed.

Method:

- Drain chickpeas.
- In a heavy-bottom pan, gently fry garlic in oil until it just begins to turn golden. Add leeks and cook on for a few minutes until they soften. Move leeks away from the middle of the pan.
- Put in 1 tsp of oil, chilli paste, and seeds and fry gently for a few moments until the mustard begins to pop. Then mix everything together.
- Stir in the tomatoes and chick peas. Simmer for about 5 minutes until the flavours have blended. Serve with brown basmati rice, cooked with a teaspoon of vegemite in the water.

Beans, whole grains and vegetables... healthy food...

Enjoy.... Simcha bat Sarah

What is Spiritual Direction?

I am in the middle of a Spiritual Directors Formation Programme. A few of you have asked me what exactly is spiritual direction, so I thought I'd put down a few words about it here.

The Talmud tells us that when two people sit and words of Torah pass between them, the Divine Presence rests between them. In spiritual direction, we listen for and become aware of that presence.

This is a time to explore moments of wonder and blessing in our lives. It is a place to talk about the small ways we are surprised or guided as well as extraordinary moments of revelation. It is a place to bring our pain and despair, our frustration. Spiritual Direction has been described as sitting in quiet reflection with another and listening to the story of ones sacred journey.

It's a time to reflect on our inner life.

A story: (from Jewish Spiritual Direction)

Two men fell down a chimney. One emerged filthy, covered with soot; the other emerged clean. Which one

washes his face? The obvious answer is the one with the dirty face, but how would he know his face is dirty? The man with the clean face, on the other hand, sees the man with the dirty face, assumes his own face is dirty and so he washes his face. Once the man with the dirty face sees the other washing his face, he figures his face must also be dirty so he washes too. But even this answer is no better, because no one can fall down a chimney and emerge with a clean face!!

What does this have to do with Spiritual Direction? We need others to see ourselves. And the other person needs us to know themselves. And we are all coming out of the same chimney, we all share the same human condition and need one another.

Finally, some words of wisdom from our prayer book: A man, wandering lost in the forest for several days, finally encountered another. He called out: Brother, show me the way out of this forest! The man replied: Brother, I too am lost...Take my hand, and let us search for the way together.

JoEllen Duckor