



# בשול עם שמחה

Alys says, "This one is really yummy!!"



## Gluten Free Almond and Orange Cake

Here's a good dinner party cake, with delicate texture but no gluten. Unlike many gluten free recipes which I have tried, the finished result is neither dry nor soggy. *Recent production of Edmonds baking powder is gluten free - old stock may not be. You will need to look for a packet that lists maize flour not wheat flour as an ingredient.*

### Ingredients

#### Cake

- 1 cup Meadowlea original margarine
- 1 cup caster sugar
- 210 gm (3 x 70 gm packets) ground almonds
- 1 tsp vanilla extract
- 3 eggs (1 large, 2 small)
- Grated zest of 2 oranges (organic if possible)
- Juice of one orange
- 1 cup fine polenta
- 1 tsp gluten-free baking powder
- Pinch of salt

#### Glaze

- Juice of 1 orange
- icing sugar
- 1/2 tsp citric acid
- 1 tbsp cointreau (optional)

#### Glaze Preparation

Mix the juice with enough icing sugar until syrupy and dissolved. Add the citric acid until the mix tastes pleasantly sharp. Stir in the cointreau.

### Cake Preparation

- Preheat oven to 170.
- Butter and flour a 9-inch spring-form cake tin and line the bottom with baking paper.
- Beat the margarine until it becomes pale and soft, add sugar and beat until light and creamy.
- Stir in the ground almonds and the vanilla.
- Add the eggs, one at a time, beating thoroughly before you add the next one.
- Fold in the orange zest, orange juice, polenta, baking powder and salt.
- Spoon into the buttered cake tin and bake for 35-40 mins, rotating after 20 mins, or until a deep golden brown and still a little wobbly in the centre. (Fan bake for the first 5 mins then just bake).
- Cool the cake in the pan for about 20 mins then loosen the sides and prick the top with a skewer all over and spoon over the warm glaze.

*Enjoy... Simcha bat Sarah*



**Habo weekly meetings**  
**Come along and meet with us on**  
**Sundays, 12.30 to 2.30pm.**  
 Call Asher on 021 166 7365  
**wellington@hdnz.org**

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### Meet our Members - Murray Benson

It was during his year in office that he died very tragically and suddenly. It was a great shock to us, which we still mourn, amid happy memories of his life with us.

During most of my working life, Judaism took a back seat but rekindled itself after Bruce became active in the Jewish faith. I eventually joined Temple Sinai where I enjoy the friendship and worship with my friends and co-religionists at the Temple. I am constantly amazed at the high standard of the services and the very talented people who form the membership of the "Temple Family". I am particularly impressed by the kindness and courtesy which the members have extended to me and my predominantly non-Jewish family.

With these few words and this brief summary of my life, I wish you all - as we approach the High Holidays -

*L'Shana Tova.*

### "Albert Speer" at Bats Theatre

If you missed the Myers Hall performance of scenes from David Edgar's play, Albert Speer (based on Gitta Sereny's biography *Albert Speer: His Battle With Truth*) the season runs at Bats Theatre from 1-16 October. Albert Speer described himself as Hitler's second in command. Did he know about the final solution?

### Letters...

Dear Editor

It is with a great deal of gratitude that I reflect on the Yamim Noraim on this morning following Yom Kippur.

The organisers and leaders of all the Services have put such a huge commitment into making these days so meaningful for everyone who attended. They deserve our grateful thanks. So too, do the security team who stood outside, providing a friendly welcome to members and friends, and allowing us all to feel secure and focused on the true meaning of these days. To all of you, and to the childcare volunteers, the providers of the biscuits and drinks to break the fast and everyone else who helped to make these special days so meaningful – THANK YOU.

**Betty Mortimer**