



בשול עם שמחה



Microwave Gefilte Fish

One of the recipes shown by Kaye Clark at a recent Jewish Academy class.

This innovative version of traditional gefilte fish is quick and simple to make. Kaye also suggests that it can be a tasty and nutritious main-meal option for dieters.

Ingredients:

- 700g of fish (preferably at least 2 different types - and it must be fresh!)
- 2 eggs
- 2 tsp salt
- 2 tsp sugar
- 50 gm matzo meal
- 25 gm ground almonds
- 1 large onion
- 2 TBS cold water (makes the finished texture lighter)
- 1 TBS oil
- Herbs e.g. dill or flat-leaf parsley
- Options:** grated lemon rind, nutmeg, saffron, garlic, or use some smoked fish in the mix. →

Preparation:

- ✓ Mince onion (or process - just to small shreds, not mush)
- ✓ Mince/chop fish in food processor (process each kind of fish separately, unless they have similar texture. Process only until fish is shredded and the mix looks slightly fuzzy on the outside: don't whiz it to slush.)
- ✓ Mix in rest of ingredients, preferably by hand, so mixture doesn't become too sloppy.
- ✓ Cook in a large (non-metal!) ring mould, in microwave at full power for 5 minutes, and then a further 8 minutes on half-power.
- ✓ Can be eaten warm (especially with chraime.... mmm!). But preferably leave to cool, turn out fish ring onto a plate, and drizzle over with beetroot chraime.

Thank you Kaye.... *Simcha bat Sarah*

Members on the Move...



It was great to catch up with **Mona**, on a brief visit home from the Middle East – great also for Mona to catch up with Rosie, Ewan and Rewa, and Sheba.

We say l'hitraot to **Oren and Shlomit Agmon** – they have been such a great influence for Habonim, and a real benefit to the NZ Jewish community. They return to Israel, and we wish them an easy re-settling into kibbutz life on Ein Gedi. (Habo farewell page 13)

We look forward to the return of **Peter and Lois Manes**, who are coming for another extended stay in Wellington. They recently hosted **Reuven Young** at their home in Williamsburg.

Welcome home to **Prue Hyman** after a short trip to Chile and to **JoEllen** just back from New York.

A huge mazal tov to **Kate Frykberg, Dave Moskovitz, Jeremy and Benjamin** on the safe arrival of Daniel Moshe.

A belated welcome back (did you realise she had gone?) to **Hettie Lewis** who made a trip to her old stamping grounds in England.

And a very warm welcome to the latest arrivals to Wellington, the **Spears/Stutz family** and children who arrive on 30 August. Jonathan Dunn has been

instrumental in promoting Wellington to them, and we are delighted that they are now here.

I am sure there are many others whizzing around, but that's all I can recall at the moment. Please do keep me posted with happenings in your family!

Last but definitely not least, our deepest sympathy to **Win Gilbert** and her family, and to Sacha, on the death of Win's son and Sacha's husband Paul Scheffer. *Sue. My apology for not spotting the computer error & missing lines in last month's "Members on the Move" column. Ed.*

Country News...

It has been fairly quiet in the regions (apart from the Pahiatua earthquake which at 5.4 gave us all a midnight jolt. Leon continues his Hebrew classes at Wanganui (attracting students from afar). Liz & Stuart Schwartz spoke to a Massey religious studies class. The friendly hospitality of the Temple is appreciated when members and visitors come down to services - Shabbat 9 August had a great turn out from Palmerston North. Keep an eye open during the High Holidays to welcome country members from many parts who hope to get to Wellington.