

COOKING DEMONSTRATION

London, 22 March 2015

RECIPE N°1: "ZUCCHINI PASTA WITH MARINARA SAUCE"

INGREDIENTS:

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| ✓ 6 zucchinis (2 zucchinis/person) | ✓ 1 clove garlic crushed |
| ✓ 1 cup chopped tomatoes | ✓ ½ cup olive oil |
| ✓ 1 cup chopped red bell pepper | ✓ Basil, oregano, salt |
| ✓ 1 cup sun dried tomatoes | ✓ Cayenne pepper |

PREPARATION:

For the preparation of this recipe you will need either a vegetable peeler or a Spiro slicer machine to make the pasta out of zucchini.

- Peel the zucchini and give the shape you prefer. If you want to give the fettuccini shape, use a vegetable peeler; for spaghetti use a Spiro slicer and create the desired shape.

For the Marinara sauce:

- Put in a food processor the chopped tomatoes, the chopped red bell peppers, the sun dried tomatoes (preferably packed in olive oil; if they are just dried - soak them first in water for a few hours before use), the crushed garlic, olive oil, basil, oregano, salt, cayenne pepper. Process all ingredients well until you reach the preferred texture.

- Mix it with the already prepared pasta and garnish with fresh basil.

RECIPE N°2: "STUFFED PEPPERS"

INGREDIENTS:

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| ✓ 1 cup of quinoa | ✓ 1/2 onion |
| ✓ 3 - 4 peppers | ✓ 1/2 cup of crushed tomatoes |
| ✓ 5 - 6 table spoons olive oil | ✓ 1 ½ cups of vegetable stock |
| ✓ 3 - 4 cloves garlic | |

PREPARATION:

- Place 2 tblsp of the olive oil to fry in a saucepan at a medium heat for 5 min.

- Rinse the quinoa and add it in the pan, cook for about 1min.

- Add the vegetable stock and the crushed tomatoes, cover the saucepan and simmer for 15min. or until the broth evaporates and the quinoa is al dente (soft but still slightly firm).

- Preheat the oven at 200°C

- Clean the peppers from seeds, grease them with olive oil and bake for 10-12min., remove from the oven.

- Once the quinoa is ready and the broth is evaporated, stuff the peppers in with it. Then put them in the oven again for 10-12 min. Remove from the oven, leave to cool down and they are ready to serve.

RECIPE N°3: "TOFU WITH TOMATOES"

INGREDIENTS:

- ✓ 500-800gr. tofu
- ✓ 2 tomatoes
- ✓ 1 tsp salt
- ✓ 2 tsp oil
- ✓ 1 spring onion

PREPARATION:

- Cut the tofu into cuboids
- Put the oil in a pan, warm slightly up (be careful not to heat it too much) and add the tofu in.
- Stir-fry the tofu for 3 minutes then leave it in the pan.
- Wash the tomatoes and cut them into large pieces, then put them in the pan (on one side)
- Mix the tofu and the tomatoes; keep stir-frying until the tofu becomes more elastic.
- Add salt and spring onion (cut into small slides), mix all together for another minute.
- Remove from the hob, place everything into a plate and it's ready to serve.

RECIPE N°4: "VEGAN BURGER"

INGREDIENTS:

- ✓ 4 onions with the size of an egg
- ✓ 4 tblsp of rice
- ✓ 2 tblsp of oats
- ✓ 1 pinch of salt
- ✓ ½ cup of walnuts
- ✓ 1 pinch of allspice
- ✓ 4 tblsp potato starch
- ✓ Bread crumbs
- ✓ 1 pinch of sweet red pepper
- ✓ Coconut oil

PREPARATION:

- Cut the onion into small pieces and put it in a pan with a cup of water;
- Add the rice, the oat flakes and some salt.
- Leave everything to boil for awhile.
- After few minutes of boiling, leave the mixture to cool down and after it has cooled add the rest of the ingredients, including 2 spoons of bread crumbs.
- Mix everything together with a spoon, try if there is a need of more salt and then start rolling it into shape of little balls.
- Put some water to boil in a separate pot, add a pinch of salt and place the balls inside.
- Boil for 5 min.
- After 5 min. remove the pot from the hob and leave to cool down, then take the balls out.
- Mix the sweet red pepper with some oil and roll the balls in that mixture.
- Put on a tray some bread crumbs and place on the top of it the balls.
- Place in the oven and bake for 20 min. on 180o C.

RECIPE N°5: "AVOCADO DRESSING FOR SALADS"

INGREDIENTS:

- ✓ 1 avocado
- ✓ ½ cup water
- ✓ 1 pinch salt
- ✓ Juice from ½ lime or lemon
- ✓ Fresh minced herbs (dill for ex.)

PREPARATION:

- Peel the avocado.
- Mash it and put it in the blender.
- Add the water, the salt and mix.
- Add the lime juice and the herbs, mix again.

The dressing is ready to be poured on a salad.

We hope you enjoy these delicious recipes!

"God is as truly the author of physical laws as He is author of the moral law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man.

The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God". *Counsels on Diet and Food, 17.1*

For more information: Tel: 07927289470, britain@sdarm.org – www.sdarmuk.org

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