



בשול עם שמחה



There's apple tarts... and then there's * Apple Tarts *...

Our friend Angela in Levin made this apple dish for us a few weeks ago. Published as an "apple tart"; I don't think it's a tart, but it's certainly apple and spicy - and so delicious that I asked for the recipe. It comes originally from I. Waldren, in the Southern Star Cookbook.

Angela's version used sultanas instead of the original sticky raisins, and her home-grown walnuts. We enjoyed this served with plain yoghurt, but children might prefer it with Ice Cream or custard.

NZ produces some very good walnuts, but walnut oil becomes stale quite quickly, so prepared nut pieces don't keep well. In the past I have sometimes been sold bags of

whole nuts which were not nice when opened. Organic stores and farmers' markets seem to be the most reliable suppliers, or supermarkets with a fast stock turnover.

Good walnuts, either fresh shelled pieces or crack-your-own, should taste mild, gently nutty and slightly sweet. If there's a strong or slightly bitter aftertaste, they are probably old or badly stored and they'll spoil good baking. If you can't find nice walnuts, substitute chopped pecans or hazelnuts.

Here's the recipe... I thought it was wonderfully spicy, and just about the right sweetness. Some people might like to reduce the sugar a little...

Ingredients

- 3 apples
- 1 cup sugar
- 1-1/2 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp allspice
- 1/2 tsp nutmeg
- 125g butter
- 1 cup chopped walnuts
- 2 eggs
- 1 cup sticky raisins (or sultanas)

Preparation

- ◆ Peel, core and slice apples. Mix in a bowl with sugar and leave to stand.
- ◆ Simmer raisins in water for 5 mins until swollen.
- ◆ In another bowl sift together flour baking soda, spices.
- ◆ Add the walnuts and drained raisins.
- ◆ Melt butter and add (beat in) the eggs.
- ◆ Add butter-egg mix to the dry ingredients, and lastly add apples and sugar.
- ◆ Spread in flan tin and bake at 200c for 45 mins.
- ◆ Dust with icing sugar when cooled.

'Thank you' to I. Waldren, wherever you are...

- *Simcha bat Sarah*

Reuven Young's Harvard Graduation...

Lynda and David were very proud to attend Reuven's Harvard Law School graduation in early June, in Cambridge, which is adjacent to Boston.

Reuven had taken an LL M course over the last year as an international student, a great experience in all aspects. The LL M degree is similar to the law degree that American students do as graduate students. His thesis on definitions of terrorism at international law gained him the prize for best thesis in international law (first equal) - it's no light read but a synopsis could be requested!

Reuven is currently taking the New York bar exam UNTIL late July, AFTER which he will be working in a New York law firm and then transferring to London.

Reuven found Harvard students impressively gifted and highly motivated to succeed in a student-centred, stimulating and competitive academic environment. Harvard was founded in 1636, which is hard to comprehend, as is the economy of this particularly well endowed and resourced institution. It has a tradition of being socialist in its institutional thinking and teaching,

rather surprising for what we hear about the Ivy League, and it has educated a diversity of people who have made significant contributions beyond their Harvard years.

Kofi Anan (UN) was one of the guest speakers, giving a very direct message to the BUSH ADMINISTRATION about its role in Iraq vis a vis international law, and stressing the importance of not casting people into stereotypes: that not all Muslims are terrorists; that disagreements with the policies of an Israeli government are not an excuse for anti-Semitism.

Any visitor to Boston should try to visit Harvard. The physical environment is very distinctive in the New England style, with beautiful trees. It has amazing museums which are not too big, so compared to many American institutions they are on a manageable scale while offering a great diversity of exhibitions. Some are aimed at teaching and others are endowed collections.

As part of this trip we met up with many of the rabbis who have visited Temple Sinai - see next month's Bulletin for the Young's rabbinic report.