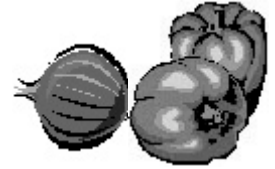




בשול עם שמחה

Low-fat spiced grilled chicken breast, with cool lentil salad.



A delicious, light, healthy meal for a summer's evening.

Nothing here need be expensive or hard to find - except perhaps the organic celery. Commercial celery may carry pesticide residues and I prefer not to use it - I'll put in half an onion for flavour instead. If you can't get to Commonsense Organics or wherever, you could grow your own celery from seedlings .

As one small contribution to Tikkun Olam, I will not buy chicken which has spent its life in a small cage. Prepared organic chicken breasts can be expensive, so for 3-4 people I sometimes buy a whole free-range (but not strictly organic) chicken from our local supermarket and cut it up myself. Boned leg and thigh meat, beaten flat between two sheets of cooking paper will supplement the number of 'breast' pieces available from one chicken. (Anything remaining goes into the soup pot, with a halved onion, a carrot, a few shreds of ginger and lemon rind, and 2-3 whole cloves of garlic.)

First cook the lentils...

- 1/2 cup of common brown/green lentils
- 2 cups water
- 1 bay leaf
- 1 tsp chopped fresh thyme leaves, or 1/4 tsp dried thyme.
- 2 chopped tomatoes (*firm ripe Italian type plum tomatoes, if you can get them*)
- 1/2 cup chopped organic celery (*If I can't get organic celery, I use 1/2 chopped onion instead, cooked with the lentils*)
- 1/2 cup chopped green or yellow bell pepper
- 1/2 tsp Dijon mustard
- 3 TBS low-fat vinaigrette dressing (*or home made version: 1 part water, 2 parts red wine vinegar with a splash of balsamic, 1 part olive oil, and a pinch of Italian dried herbs.*)

Preparation

- Cook lentils in water with bay leaf and thyme. Medium heat, about 25 minutes, stirring occasionally, until tender but still separate.
- In a bowl, mix tomatoes, celery, peppers, dressing, and mustard.
- Drain lentils, add to the bowl of veges and mix gently. Serve cool or at room temperature.

Chicken...

- This quantity is for 3-4 chicken breast pieces.
- 2 garlic cloves, sliced thinly
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1/4 tsp ground turmeric
- 1 pinch of salt and 3 grinds of pepper

Preparation

- Preheat oven grill to about 180 °C
- Remove skin and any obvious fat from chicken. With a sharp knife, make 3 or 4 diagonal slashes in each piece. Stuff slices of garlic in each cut.
- Combine seasonings and spices, and rub about 2/3 of the mix onto the top and bottom of the chicken pieces. Put in a shallow roasting pan.
- Cook about 5 min, then quickly turn pieces over, sprinkle over the rest of the spice mix, put back in the oven and close the door. Turn off the heat and leave for about 10 min while finishing the lentil salad (or pasta with a little olive oil and a pinch of garlic salt).

Enjoy... *Simcha bat Sarah*

Ner Tamid - Thank You... Continued from page 11

the day arrived about 8 am, and after the obligatory coffee and bagel, the next most important task was allocating the day's duties. Top of the list was to appoint a worrier for the day. Once chosen, that person had two important tasks to perform:

The first was - *Would the team be finished before the service was?*

The second...(you've guessed it) - *Would there be enough food?*

That important duty taken care of, the rest of us could now clearly focus on the job in hand.

Here at the temple we have something very precious which is worth treasuring and nourishing, and that is our genuine concern and caring for one another.

This was brought home to us very dramatically last year when Pat and I both went through a rough patch healthwise. Quietly and efficiently, the temple arranged and took responsibility for our evening meal. Dinner either arrived during the day, to be heated up later, or it would arrive at meal time, on plates and hot, or a temple family would turn up early evening to cook all of us a meal, which we shared.

There was also someone on hand to help with those necessary, often basic needs.

This episode demonstrated that special ingredient that temple family is all about and we consider ourselves very fortunate to belong to such a warm caring group of people.

Fred Hirsh, 12 February 2005