



Baked Kumara and Lentil Patties

served with salad and za'atar dressing



Patties

- 1) Precook one or two kumara, either roast or boiled.
- 2) Simmer a big handful of brown or green lentils with half an onion, a few bits of carrot and a bay leaf, in enough water to cover, until the lentils are tender to bite but not mushy. Drain the lentils, discard the bay leaf, and roughly chop the onion and carrot.

Ingredients:

- 1 cup mashed kumara
- 1 cup drained cooked lentils, plus the chopped carrot and onion
- 1 TBS red curry paste,
- 1 TBS tomato paste,
- 3 TBS coconut cream,
- 1/2 tsp salt,
- 1/2 cup flour.
- 1 egg and some breadcrumbs or oatmeal to cover the patties.

Preparation

- Mix together everything except the egg & breadcrumbs
- Lightly beat the egg and spread the breadcrumbs on a plate
- Shape 1/4 cupfuls of mixture into patties, dip in egg and then roll in the crumbs
- Refrigerate until ready to cook
- Spray a baking tray lightly with oil and bake patties at 200 deg C. Cook for 10 minutes, then turn over and cook 10 minutes on the other side.

First day of kindergarten

A young Jewish mother walks her son to the school bus corner on his first day of kindergarten.

"Behave, my bubaleh", she says.

"Take good care of yourself and think about your mother, tataleh!"

"And come right back home on the bus, schein kindaleh."

"Your Mummy loves you a lot, my ketsaleh!"

At the end of the school day the bus comes back and she runs to her son and hugs him.

"So what did my pupaleh learn on his first day of school?"

The boy answers, "I learned that my name is David".

Za'atar Salad

Peel and de-seed a cucumber and cut into cubes in a salad bowl.

Add roughly the same amounts of chopped fresh tomatoes and bell peppers, plus 1/3 cup of diced red onions (if you like raw onion in salads).

Stir in:

- 1 TBS minced fresh thyme, *stripped from its stems*
 - 1 TBS sesame seeds - *toasted on a baking tray for 2-3 minutes at 150 deg C until golden brown*
 - 1 TBS extra-virgin olive oil
 - 2 TBS lemon juice
 - 1/2 tsp salt
 - 1 tsp powdered sumac
- Add a grind or three of black pepper to taste

Sumac powder is a common ingredient in Za'atar spice mix. It is made from the berries of a middle-eastern tree and has a sour, citrusy taste.

A small packet will last a very long time if sealed in a jar. (Try Commonsense Organics in Wellington)

Za'atar mixtures of dried thyme, sumac and other spices are also sprinkled on Lebanese flatbreads.

Enjoy... Simcha

Around the Board table

Matters discussed at the 12 October Board meeting included:

- Database upgrade to use UPJ software for membership / contact details with regular updates; Members may be phoned to verify current details
- Web site being updated - some of Rabbi Hershenson's drashot will be available to download
- Favourable feedback received from High Holyday phone calls to members - appreciative of the initiative, of Temple Sinai's activities and of Rabbi Hershenson. Two matters arose:
 1. To avoid doing Temple Sinai 'work' after service on Shabbat where ever possible;
 2. The desirability of involving more men in leading services, in addition to the splendid few who do and the many excellent women.
- Library being reluctantly culled to make room for new books - those no longer required are available to good homes
- Report on Keshet volunteers group meeting with 10 people present. The involvement of so many welcomed, drawing on Betty Watkins' invaluable experience as consultant.