

# בשול עם שמחה



Someone asked about last month's recipe for fried red bean patties – "If you are on a low-fat diet, can they be baked instead of fried?" Yes they can - you need a little oil to make the crunchy coating, so oil your hands while you are shaping the patties, then oven-bake them on non-stick paper on a flat tray. I'd guess about 180 deg C and ready when the outside is just crisp. They should be moist inside. **This month's recipe:**

## Easy Tomato and Olive Pizza \* (Milchig) Serves 2-3 adults - or 1 teenager

I don't usually bother with commercial pizza bases. When I have time, I make my own crisp pizza dough. When I'm too busy, or too tired, I've found that large 'Alfresco' brand white pita breads (dinner plate size) make a nice alternative. It's not exactly pizza, but with the right toppings and some fresh coleslaw, it makes a good quick supper, and everyone in our house likes it. **Here's our favourite topping...**

√ Mix 2 TBS olive oil with 2 TBS french mustard and spread on the base or pita. (If you are on a diet you can put just one /teaspoon/ of oil with the mustard.)

√ Finely slice 3 large onions, and cook in about 15g of butter or oil, until soft.

√ Add 1 tin of Italian tomatoes and chop up roughly in the pan. (If the tin has a lot of liquid, drain some off first. Keep this in reserve, in case the sauce becomes too thick and dry during cooking.)

√ Cook on for about 5 min. Stir in a little salt and some fresh ground pepper, to taste. Spoon this mixture over the base. →

√ Preheat oven to 210 deg C.

√ Mix together : 1 level tsp sugar, 2 TBS chopped fresh or frozen Basil leaf, and about 3/4 of a small tin of black Spanish Olives, roughly chopped. Sprinkle this mixture over the tomato sauce on the base.

√ Top with 1 cup of grated Edam or similar lower-fat cheese. Bake for about 20 min, or until the bare edges of the dough base are pale golden-brown.

That's all there is to it.... Finely shred some cabbage for coleslaw with a simple sharp dressing.... Enjoy.

*b'Shalom, Simcha*

---

## Meet our Members... Clare Winter

### Continued from page 10

of the huge Broadcasting complex on Valhalla Avenue. The house nearby is now a restaurant and its name is Kallhagen's. My only consolation is that it is a very expensive place.

'Gosta captivated everybody. Otto told me years later how he too had a close relationship with the Big Friendly Swede. Those two most important men in my life had long almost intimate conversations whenever Gosta went to see Otto, his doctor. Rozsi and I were also Otto's patients and we trusted him absolutely.

'The years that followed were a tremendous change for me. The life of a member of the Orchestra in those days was one long "good time": wherever we gave concerts around the country, we were feted. We were the nearest thing to today's pop stars. It was the in-thing for hostesses to open their houses for "après-concert" dinner parties (we never ate before the performance, of course). I have met everybody who was anybody in all walks of life and I made some life-long friends amongst people I would not otherwise have met. With Gosta, I was invited to the Swedish Embassy parties and the Swedish community took me to their hearts. This life-style was in such stark contrast to my previous experiences that sometimes, such as when dancing with an Ambassador during a diplomatic ball, dressed in a beautiful gown

created by Rozsi, I had to pinch myself to make sure that I was not dreaming.

'Rozsi and I never spoke of the terrible past. I told Gosta the outline of my life of course, and he held me and comforted me when I had nightmares and when I called out in my dreams. He knew that it was better not to ask. It took 30 years for me to dare to think of my mother and even then it was almost unendurable. It was the same with regard to my brother. I still don't know whether he was gassed that first day in Auschwitz or whether he survived and was taken to Russia. He was an athletic boy of 14, not at all Jewish-looking, with blond/brown hair and grey eyes. A few of his classmates survived, but nobody has ever seen him. My private nightmare is that he is somewhere and I don't know about it.'

*Rozsi worked in clothing design. Her health was irrevocably damaged by her wartime suffering and she died relatively young, at the age of 54.*

*Clare played in the New Zealand Symphony Orchestra for 34 years and made life-long friends with a number of wonderful, world-famous soloists, most of them Jewish, which was that invisible thread that bound them together.*

*Clare's life story has been recorded on film by the Spielberg Foundation and on audiotape for the Turnbull library in Wellington.*