



בשול עם שמחה



Dragonbreath Pate

A wonderful but pungent savoury spread, especially for this season of coughs and colds. Assuming you like garlic, this vege spread is both delicious and medicinal. As far as I know, none of the common 'bugs' have acquired any resistance to raw garlic.

Ingredients

- 2 slices "mixed grain and sesame" Vogel bread, *moistened in water and squeezed out.*
- 2-3 large cloves garlic, *chopped*
- 1 handful of sunflower seeds
- 1 pinch sea salt & 1 full tsp of garlic stock powder
- 2-3 TBS DYC or similar white *wine* vinegar (*not white vinegar*)
- 2-3 TBS Olive oil (*plus these three optional - any or all of...*)
 - 2 grinds Masterfoods lemon pepper seasoning
 - 1-2 shakes Masterfoods all purpose seasoning
 - 2 shakes Masterfoods salad herbs seasoning

Preparation

- Whizz garlic and seeds and salts in a food processor till it reaches coarse bread-crumbs stage.
 - Add wet bread broken in small pieces, vinegar, and seasonings, and whizz again.
 - Add oil slowly (1 spoonful at a time) and whizz briefly until combined.
- Spread on warm toast and enjoy...*

Simcha bat Sarah

Irene Taub McKenna *Continued from page 10*

quite a long period when every Shabbat after the morning service we went out to lunch and had some kind of outing together. Sometimes we went on a train, sometimes we drove, sometimes we just ate, but we always had fun. I once found a birthday card to send her that said something like "It's great to have a friend like you to share things with."

One thing I didn't understand for a long time was that wherever we went she shlepped an overnight bag. It went to the service with her, and after the service it went with us in the car. When it wore out she bought another one. I must confess I sometimes found it irritating. Then one day I read that some people who have had bad experiences in life are always packed and ready to leave, and after that I made no more comments about the overnight bag.

As her health deteriorated our outings became less satisfactory and less enjoyable. However, one time I went to collect her at the airport after a trip to Melbourne and she came off the plane in a wheelchair. This was on a Thursday and we had planned to go to the Martinborough Fair on the Saturday and she had been really looking forward to it. I thought this was one trip we wouldn't be making, but she insisted on going, and she did have a good time. I think she bought up half the fair and I had to carry it all, but none of it was for her, it was all for other people, planning ahead for birthdays and other occasions.

Because our birthdays were in the same month we used to plan a shared celebration. Unfortunately, the last time we did this things were not going well for her health-wise and she was hard to please. We went from café to café, but never found one that suited her. I realise now that what she was looking for was her old enjoyment of

such occasions, and she wasn't going to find that anywhere that day, however much we looked.

But I want to end on a note of laughter, because that was one of the things we shared. One Shabbat afternoon neither of us was feeling our best and in fact we were both rather tired. However, we decided to go and explore the Maritime Museum, which is now known as the City and Sea. After looking around for a while, we arrived in the old Harbour Board meeting room. The comfortable chairs that had been provided for the board members looked inviting, so we both sat down for a minute. Twenty minutes later we woke up and looked at each other and burst out laughing, wondering how many people had walked past and seen us sleeping peacefully. Yes, we did have fun together and I'll never forget those times with Irene.

Judith Clearwater

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