



Thai-spiced Salmon burgers (wheat-free)

This is one of those recipes which ‘just happened’. Alys likes Thai flavours, Uncle Colin gave her a Kaffir lime from his tree, and the local supermarket had large cut-price tins of nice salmon. I’m trying to avoid wheat products in cooking, so I used rolled oats to thicken the patties instead of breadcrumbs.



These fish patties are tasty, quick to make, and not critical about quantities or spices.

If you don’t want to fry them, you can roll them in your hands with a little oil and then bake them in the oven.

Ingredients (for 2-3 servings)

- 1 x 410 gm tin of pink salmon (*drain off most of the liquid*)
- 2-3 handfuls (*approx*) of ‘Milk Oaties’
- 1 level tsp each, of dried dill and dried basil
- 2 shallots and 2 cloves of garlic, finely chopped
- 1 tsp (*approx*) freshly ground or crushed coriander seeds &
- 1 tsp (*approx*) ground cumin (*both spices to taste*)
- 1 TBS oil, plus more oil for frying
- 1/3 of the outer rind of a small Kaffir Lime (*approx*) *finely grated* (**or** trimmed white part of one small lemongrass, *finely sliced*.) If you don’t have either of these, use about 1/2 tsp grated rind from an organic NZ lime.
- 1 Pinch of chilli powder and / or about 3 shakes of Tabasco sauce - to taste.

Preparation

- ◆ Cook the shallots and garlic gently in 1 TBS oil until transparent or just golden.
- ◆ About half way through, stir in the coriander and cumin.
- ◆ While they are cooking, break up the salmon with a fork and combine with dill, basil and lime. Mix in rolled oats, a handful at a time, until the mixture would be stiff enough to form into small patties.
- ◆ Add the cooked onions and garlic, with a little chilli or Tobasco sauce to taste, and a little paprika or any other spices you prefer, and mix together thoroughly with your fingers or a wooden spoon.
- ◆ Form into small flattened patties, and fry or oven bake.
- ◆ Serve with moist veges, such as steamed broccoli and a simple stew of lightly browned leek and onion, a tin of tomatoes and a tin of sweetcorn.

Sue’s News...



Welcome to **Rabbi Marty and Barbara Wiener**, arriving at the end of the month for a month. We are delighted to have them with us.

Welcome Home to **JoEllen** after an apparently magical trip to the US. We will benefit from her learning, for sure.

Kate Frykberg has just started a new job as Executive Director of the Todd Foundation, whose mission it is to “provide financial support to charitable organisations dedicated to improving the lives of New Zealanders”.

Jeremy Moskovitz has recently started broadcasting with the School of Rock Radio on Mondays 3-5pm on MUNT-FM (88.5), the Massey University radio station. If you’re out of range, they also do a live stream - just point your browser at: <<http://bizkit.actrix.co.nz/muntfm>>

Refuah shlemah to **Marvin Rothman**, who is making great progress following an angioplasty.

Welcome home for Yomtov to **Rebekah Esterman**.

Mazel Tov to **Lissa Chong** on her recent appointment to the Waitangi Tribunal as a Research Officer.

Mazel Tov to **Ami Rothman**, just graduated, who is on her way to Europe via the US to see Julia.

Mazel Tov to **Jess Mortlock** on celebrating her 21st birthday this month and for passing her first four papers towards her Bachelor of Nursing degree

Mazel Tov to **Jeannine & Mike Leibowitz** on the recent engagement of Vicki and Daniel.

Deborah East was in Melbourne lately for the Ozzie rules international, where her son-in-law was a

competitor. She managed to get to Temple Beth Israel not once but twice – great going Deborah.

Tadhg Cleary has a starring role in the upcoming (September) production of Joseph and the Amazing Technicolor Dreamcoat at Scots College – see Jenny or Sue for booking opportunities.

It was great to catch up with **David, Libby, Jen and Rebecca Liebschutz** in August, as they made a return trip to NZ after 6 years back home in Albany, NY (where JoEllen’s brother is a member of their shul). Small world.

Klezmer Rebs are playing a test gig at Cabaret on Thursday 8 September (page 5). Please come and support us – if we go well, it could be a regular spot!! Groupies required, all welcome.

Mazel Tov to **Dafna Cohen** who has won first prize in the Royal Society’s “genETHICS” secondary school competition in Wellington on 23 August.

Entrants must prepare an essay of no more than 1500 words that considers the science underlying a given scenario and the ethical issues that arise from it. Following essay assessment, five students are selected to present their views at the final.

Dafna’s excellent presentation was creative and humorous and she delivered it with maturity and composure. She was accurate in the science part, thoughtful and clear in the ethics part. As well as her own winner’s certificate and \$350 cash prize, Dafna also won \$225 of book vouchers for her school, Hutt Valley High.