

## RECIPES:

Autumn is here and those who grow their own fruit and veg will now be reaping their harvest. Local green grocers and supermarkets should also be getting all those delicious goodies in to feast on. Here are just a few recipes for you to try:

### **Caldo Verde (Green Soup):** (Submitted by Barbara Tomkinson)

This recipe comes from Madhur Jaffrey's, 'Eastern Vegetarian Cooking', although this particular soup comes from the former Portuguese colony of Goa. I work with a Portuguese gentleman who raves about this soup – even though he loathes cruciferous vegetables! It isn't for the faint-hearted but it's a fabulous winter warmer with the added benefit that kale, being dark green, is full of antioxidants. It also has more iron than beef, more calcium than milk and 10% more vitamin C than spinach.

4 medium-sized potatoes, peeled and chopped into 2cm dice  
1 medium-sized onion, peeled and coarsely chopped  
3oz (85g) coarsely chopped kale leaves  
12 cloves of garlic, peeled (less if you think this over the top)  
1¼ tsps salt (preferably grey salt)  
1tbs fruity olive oil  
Freshly ground black pepper

### METHOD:

In a large pot, combine the potatoes, onion, kale, garlic and salt. Add 1½ litres (2½ pts) of water and bring to the boil. Cover, lower heat and simmer very gently for 1 hour and 15 minutes, or until the kale is quite tender.

Blend in batches until you have a smooth texture. Pour the soup back into the pot and taste for seasoning. Add more water if the soup seems too thick. Just before serving, add the olive oil and black pepper.

Serve with some lovely rye bread and butter.



## Spanish Stuffed Marrow (Submitted by Gill Smith)

- 1 marrow
- 1 tbsp olive oil
- 1 onion, diced
- 1 garlic clove, crushed
- 100g kidney beans
- 100g red pepper, diced
- 50g sweetcorn
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp dried oregano
- ½ tsp dried thyme
- 2 x 400g cans chopped tomatoes
- 85g fresh breadcrumbs
- 100g cheese, grated (Manchego is good)

Heat oven to 200C. Cut the marrow in half lengthways and scoop out the middle (save for another time - try adding it to mashed potato or . Put the halves, cut-side up, in a large roasting tin, rub with a little oil and season. Bake for 30 mins.

Fry the onion on a low heat until soft then add the garlic, peppers, herbs and spices and cook for a few mins. Add the tomatoes, beans and sweetcorn and simmer for 10 mins.

Spoon the mix into the marrow halves, cover with foil and bake for 30 mins. Uncover, sprinkle the breadcrumbs and cheese over the top and bake for another 10 mins until golden.



## **Pasta with Aubergine Sauce** (submitted by Barbara Tomkinson)

I don't know where this recipe originated from but it sounds delicious. Pureed aubergine also makes a fabulous soup base.

4 shallots or 1 onion  
2 cloves garlic  
2tbls olive oil  
1 medium aubergine, cut into small cubes  
1tsp mixed herbs  
3oz sundried tomatoes in oil, sliced  
1-2 fresh chilli or 1tsp of lazy chilli  
7 fl oz crème fraiche or single cream  
Grey salt  
Grated cheese (cheddar is good)  
12oz pasta of your choice



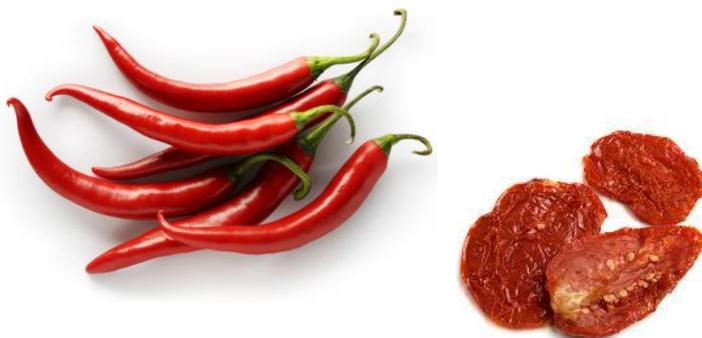
### **METHOD:**

Cook onion and garlic, covered for 5 – 6 minutes until soft. Stir in the aubergine and cook for 2 – 3 minutes. Add the herbs, tomatoes and chillies and stir well to mix. Turn down the heat to very low, cover again and cook for 10 minutes, stirring occasionally. Add the crème fraiche or cream and heat through gently for 5 minutes.

Meanwhile cook the pasta.

Puree the aubergine mix in a blender or mash to a paste and season.

Toss the sauce with the pasta and transfer to a serving dish. Sprinkle with cheese and brown quickly under the grill, (or just serve with the cheese sprinkled over the top allowing the warmth of the pasta to melt the cheese slightly). Serve with a fresh salad of your choice.



## AND A YUMMY PUDDING FOR THOSE OF US WITH A SWEET TOOTH

### Autumn Pudding (courtesy of the BBC)

400g/14oz English pears, peeled and cut into quarters  
300g/10oz cooking apples, peeled and cut into quarters  
500g/17oz ripe plums, halved and stoned  
450g/1lb fresh blackberries (or blueberries or a mixture of both)  
200g/7oz caster sugar (or rapadura)  
15g/1oz butter  
Olive oil for greasing  
10 thick slices of white bread, crusts removed



**Method:** Place the fruit, sugar and butter into a saucepan and cook on a medium heat for 15 minutes, or until softened. (Don't stir too often as the fruit will become mushy).

Remove the pan from the heat and pour the contents into a colander set over a large bowl. Leave to stand for 8-10 minutes, stirring once or twice, so as to release the juice. You should end up with 600ml/20 fl oz.

Pour the fruit juice back into the saucepan, bring to a simmer and cook for 10-15 minutes, or until the volume of the liquid has reduced by half. Remove the pan from the heat and set aside to cool for 20-30 minutes.

Lightly oil a 1.5ltr/2 pint pudding basin and line with clingfilm, leaving plenty overhanging the edge. Cut a slice of bread using a round cutter and dip it quickly into the fruit juice. Place in the base of the pudding basin.

Cut the other bread slices in half and dip one at a time into the juice. Arrange in slightly overlapping vertical pieces around the inside of the basin, making sure they are soaked in juice without being soggy.

Once all the sides of the basin are lined with bread, pour half of the remaining fruit juice over the drained fruit and stir very lightly until it looks plump and glossy. Spoon the mixture into the pudding basin.

Dip the remaining slices of bread in the fruit juice and place over the top of the pudding, trimming the bread where necessary to give a neat finish. Reserve any remaining juice in a small bowl.

Place the pudding onto a dinner plate. Cover the top of the pudding with the cling film, place a plate on the top (make sure it fits inside the basin) and weigh down with a couple of tins (or something fairly heavy), Chill in the fridge overnight. When ready to serve, remove the weights and plate and open the cling film. Place a serving dish on top of the pudding and invert. Remove the basin and peel off the cling film. Brush any gaps where white bread is showing with the reserved juice.

Serve with fresh double cream or vanilla ice cream (or both ...) – delicious!

## **A DATE FOR YOUR DIARY WITH JO BENNETT:**

If you are looking for events to complete your CPD requirements, try this day with Jo on Sunday 29 November. Also check out our website [www.yoga-teacher-training.org.uk](http://www.yoga-teacher-training.org.uk) for other non-CYF yoga events.

Sunday November 29th

### **Yoga for mind and body**

**Yin & Yang postures/Meditation/Yoga breathing/relaxation**

**10am – 1pm**

**Crabwall Manor, Mollington**

£20

Bookings and enquiries from 1st November

Jo Bennett 07815531794

rayjo@btinternet.com



Yoga inspired by the Buddha's teaching

(Submitted by Alison Lawson)

SEE MORE IDEAS TO HELP YOU COMPLETE YOUR  
CPD, ON THE  
'NON-CYF EVENTS' PAGE OF OUR WEBSITE

[www.yoga-teacher-training.org.uk](http://www.yoga-teacher-training.org.uk)

## **USEFUL INFORMATION**

### **CYF COMMITTEE MEMBERS:**

**Chairman:** Phil McAree

**Vice Chairman:** Emma Nelson

**Secretary:** Claudia Maranhao

**Treasurer:** Gill Smith

**Education Co-ordinator (Training Days):** Deb Jackson

**Education Course and Tutoring Co-ordinator:** Angela McAree

**Seminar/Events Co-ordinator:** Kathleen Higgins

**Newsletter Co-ordinator:** Sam Wiltshire

**Liaison & Catering:** Alison Lawson

**Web Co-ordinator and Newsletter Editor:** Barbara Tomkinson

### **EVENTS OVER ONE YEAR (2016)**

**SEMINAR DAYS FOR 2016** (members: cost covered by membership fees. Non-members £10 for the day).

Acton Parish Hall will be open from 9.45am for early arrivals. The morning hatha session begins at 10.30am. Tea and other hot drinks will be available on arrival. Please bring your own lunch, yoga mats, props etc. The day will end at 4pm.

**Sunday 7 February, 2016:**

**Sunday 5 June, 2016:**

**Sunday 2 October, 2016:**

**EXTRA SEMINAR DAY: A WELCOME RETURN FROM SWAMI PETE.** This day is **FREE** to members of the CYF. **Sunday 3 July 2016. Non-Members £25.**

### **REMAINING TRAINING AND WORKSHOP DAYS FOR 2015**

Training and workshop days begin at 10am and finish at 4.00pm. The hall will be open from 9.30am for early arrivals. Please try to arrive on time to benefit from the full programme.

**The remaining programme for 2015 is as follows:**

**Sunday 1 November:** Training Day (Balancing postures)

**Sunday 6 December:** Workshop Day (bandhas, mudras and kriyas)

**Watch the websites for up-to-date information on 2016 training and workshop dates**