

Good Eating

Vegetarian recipes for
Diwali and other occasions



TRINIDAD and TOBAGO
NEWSDAY

Supplement

SUNDAY 31 OCTOBER, 2021

PHOTO TAKEN FROM FEASTINGATHOME.COM

Curried Tofu with Ginger and Garlic

Recipe by Wendy Rahamut

Ingredients:

- 1 lb firm tofu, cut into one inch chunks
- 1 tsp good quality curry powder
- 1 tbs fresh lime juice
- 1 tsp sesame oil
- 1 onion, sliced
- 2 tomatoes, cubed
- 1 tbs chopped garlic
- 1 tbs grated ginger
- ½ hot pepper, seeded and chopped
- 2 tbs chopped cilantro or chadon beni
- 2 tbs vegetable oil

Directions:

Dry tofu with a clean towel, toss with curry powder and lime juice.

Heat oil in a sauté pan add ginger, garlic, hot pepper and onion stir and fry until light brown in colour, adding a little water to prevent sticking, cook for about five minutes.

Add tomatoes and stir, add tofu and fry until brownish in colour on all sides.

Add sesame oil and a little water to prevent sticking, season with salt and freshly ground black pepper.

Cover and cook for about 10 minutes more.

Sprinkle with cilantro and serve with rice.

Serves 4



PHOTO TAKEN FROM VEGANRICH.COM



The power behind our great taste tradition

HAPPY
TIME
IS IN EACH
BITE OF
SADA



Lion Brand Roti & Doubles Flour Makes It Easy

Made Specifically for Roti & Doubles
Softer, Silkier Dough
Less Spring Back



Also available in commercial sizes



PHOTO TAKEN FROM ALICASPEPPERPOT.COM

Kitchree

Ingredients:

- 8 oz (½ lb) rice
- 1 medium onion, chopped
- ¼ hot pepper (or more)
- 3-4 leaves chadon beni
- 1 tbsp oil
- 1 carrot, diced in ½-inch pieces (optional)
- 6-8 oz yellow split peas
- 2 cloves garlic, minced
- ½ tsp turmeric
- 1 tsp salt
- 3-3 ¼ cups water
- 2-4 pimientos, chopped

Directions:

Pick over and wash split peas.

Place in a small saucepan with 1 ½ cups of water and ½ tsp salt, and bring to a boil.

Allow to cook for 10-15 minutes, and set aside while you prepare the rice.

Meanwhile, heat oil in heavy saucepan and add onion, garlic, pimientos, pepper and turmeric. Sauté until fragrant. Add rice and cook for five minutes. Add partially cooked split peas with any remaining water, salt and 2 cups of water.

Cover pot and bring to a boil; lower heat and simmer for 15 minutes, or until rice is cooked to your preference.

Serve hot with condiments of your choice.

Recipe courtesy The Culinary Heritage of Trinidad: Our Seasonal and Traditional Foods

Roasted Tomato Choka

.....

Ingredients:

- 10-12 medium very ripe tomatoes
- Hot pepper to taste
- 1 onion, thinly sliced
- 1-2 tbsp oil
- 6-8 cloves garlic
- salt to taste
- 1 medium clove garlic, minced

Directions:

Roast tomatoes over an open flame. The garlic cloves can be roasted together with the tomatoes, enhancing the flavour of the choka.

Peel garlic cloves and mash to a paste with a fork; set aside. Peel tomatoes and mash with a fork or potato masher. Add garlic paste, salt, pepper and onion. Mix well.

To “chounkay,” heat oil with minced garlic in a small saucepan or ladle. Allow to become medium brown. Pour over mixed tomatoes, and stir to incorporate the oil and garlic bits.



PHOTO TAKEN FROM VEGRECIPESOFINDIA.COM

Recipe courtesy *The Culinary Heritage of Trinbago: Our Seasonal and Traditional Foods*



Sada Roti

.....

Recipe by Wendy Rahamut

Ingredients:

- 4 cups all purpose flour
- 4 tsp baking powder
- 1 tsp salt
- 1 tsp ghee or butter
- Water

Directions:

Combine flour with salt and baking powder, rub butter into flour.

Add enough water to make a firm dough.

Turn dough onto a lightly floured table and knead until smooth; about five minutes.

Sada roti made by Kenny's Restaurant, Sangre Grande. PHOTO BY ANGELO MARCELLE

Divide dough into four pieces. Round each piece of dough into a smooth ball.

Cover with a damp towel and let rest for 15 minutes.

Heat a baking stone until hot.

Roll out dough to about ½-inch thickness.

Place on heated baking stone, cook until small bubbles appear on dough.

Turn over roti and continue to cook for about four minutes longer.

Using pot holders or a towel pull the baking stone away from the fire toward you to expose the open flame or heat element.

Push the roti onto the open flame and swiftly turn around so that the roti begins to balloon. Shift the entire roti so that it comes in contact with the flame and balloons.

Remove from heat and wrap in towels.

Repeat for other three rotis.

Makes four sada rotis.



PHOTO TAKEN FROM SOAKEDINSOCA.COM

Baigan (Eggplant) Choka

.....

Ingredients:

- 1 baigan (as straight as possible)
- Hot pepper to taste
- 1 onion, thinly sliced
- 1-2 tbsp oil
- 10-12 small to medium cloves garlic
- Salt to taste
- 1 medium clove garlic, finely minced

Directions:

Wash and dry baigan. Make 10-12 alternate slits along the length of the baigan.

Peel 10-12 cloves of garlic and insert one in each slit.

Roast baigan over an open flame, on a barbecue grill, under the broiler of your stove, or in the toaster oven. Keep the flame medium, and turn occasionally to cook evenly. Baigan is done when it is soft to the touch.

Allow baigan to cool a bit, then remove the skin. First, slit the baigan, then remove the skin in sections, or slit open and scoop the flesh out. When you have all the flesh in a bowl, use a knife to cut across the length of the stringy flesh at intervals.

Mash well, and add salt, pepper and onion. Heat oil with minced garlic in a small saucepan or ladle. Allow to become medium brown – it will continue to brown in the hot oil until you pour it. Pour over mixed baigan, and incorporate the oil and garlic into the choka.

Recipe courtesy *The Culinary Heritage of Trinbago: Our Seasonal and Traditional Foods*

Fried Aloo

.....

Ingredients:

- 1 large onion, chopped
- Hot pepper to taste
- 2 tbsp oil
- 1 lb potatoes
- 4-5 cloves garlic, minced
- ½ - ¾ tsp. salt

Directions:

Wash and peel potatoes; cut in half and slice very thinly. Heat oil, add onion, garlic and pepper. Cook until fragrant – do not allow to get brown. Add potatoes, and turn to coat with oil. Spread evenly in saucepan. Cover saucepan, and cook on medium/low heat for 5-10 minutes.

Turn by slipping a flat turner under potatoes, and spread potatoes again, keeping the browning pieces on top. Maintain low heat throughout the process.

Keep pan covered while you cook the potatoes. This cooks the potatoes by steam instead of oil. The pieces at the bottom will continue to brown nicely, so turn carefully in order to brown and crisp as much as you can. Sprinkle salt on top when potatoes are



PHOTO TAKEN FROM COOKINGWITHRIA.COM

almost cooked, then turn and sprinkle the top with salt again.

Leave the cover off for the last few minutes.

Recipe courtesy *The Culinary Heritage of Trinbago: Our Seasonal and Traditional Foods*

Rosemary Focaccia

Recipes by Wendy Rahamut

Ingredients

- 1 tbsp instant yeast
- 4 ½ cups all-purpose flour
- 1 ¼ tsp salt
- 1 cup hot water (120 F)
- 1 cup hot milk
- ¼ cup olive oil
- 2 tbs chopped rosemary
- 1 tsp dried oregano
- Salt to sprinkle
- Olive oil to sprinkle
- 2 tbsp rosemary to garnish

Direction:

In a work bowl, combine two cups flour, yeast, salt, add hot water, milk and olive oil.

Stir in rosemary.

Mix well with a wooden spoon, add the remaining flour ½ cup at a time until a soft dough that just clears the side of the bowl is formed.

The dough will be sticky and soft.

Oil dough and cover, let rest until it has risen to twice its size, about 45 minutes to 60 minutes.

Preheat oven to 400 F

Oil a baking sheet. and spread dough onto sheet.

Let rest for 10 minutes, then using your fingertips dimple dough all over, drizzle with a little olive oil, sprinkle with oregano rosemary and salt.



PHOTO TAKEN FROM GOODHOUSEKEEPING.COM

Bake for 20 to 25 minutes until golden and bread springs back when pressed.

Remove and cool.

Makes one large focaccia 7 by 11 inches

Vegan Orange French Toast

In France, French toast is known as pain perdu (lost bread) as it is usually made with any bread that is left over or 'lost'. This makes for a decadent breakfast!



PHOTO TAKEN FROM SIMPLE-VEGANISTA.COM

Soak the bread slices in this mixture for 2 minutes per side.

To make the syrup, bring the marmalade, orange juice, and caster sugar to a boil, then reduce heat and simmer for 4 minutes. Remove from heat.

Ingredients

- 3 tbsp cornstarch
- ½ cup non-dairy milk (oat, almond, or coconut)
- 2 tsp honey
- 1 tsp vanilla extract
- ¼ tsp salt
- ½ tsp cinnamon
- ½ tbsp mashed banana
- Juice from one orange
- 2 slices (slightly stale) white bread
- ¼ cup caster sugar
- ½ cup orange marmalade

Directions:

Place the cornstarch into a mixing bowl and slowly add the 'milk' while whisking. Whisk vigorously to eliminate clumps. Add honey, vanilla extract, salt, and banana.

Heat some olive oil or vegan butter in a frying pan and cook the soaked bread for about 2 minutes per side or until golden brown.

Serve with a drizzle of the orange syrup and a dusting of icing sugar.

genie
Bring the family together

GENIE PRESSURE COOKERS

FEATURES:
Four (4) Safety Valves
Light Weight and Durable
Safety Locking Lid

Available in 4L, 7L & 9L

1 Year Warranty. Parts and After Sales Service Available.

AVAILABLE AT LEADING RETAILERS NATIONWIDE.

For Wholesale enquires only, call 674-9191 ext 1250 or 1265

Find BRYDENS HOUSEWARES on Facebook Instagram

Distributed by **BRYDENS** TRINIDAD & TOBAGO



PHOTO TAKEN FROM VEGANVOCALS.COM

Vegan Nutella

Abstaining from dairy doesn't mean you have to miss out on enjoying your favourite treats! Here is a winning recipe for vegan nutella.

Directions:

Place hazelnuts into a food processor and blend until a nut butter has formed.

Add remaining ingredients and continue to process until smooth. Scrape the sides of the bowl as needed.

Add more powdered sugar if you want a sweeter spread. Enjoy on a slice of your favourite bread!

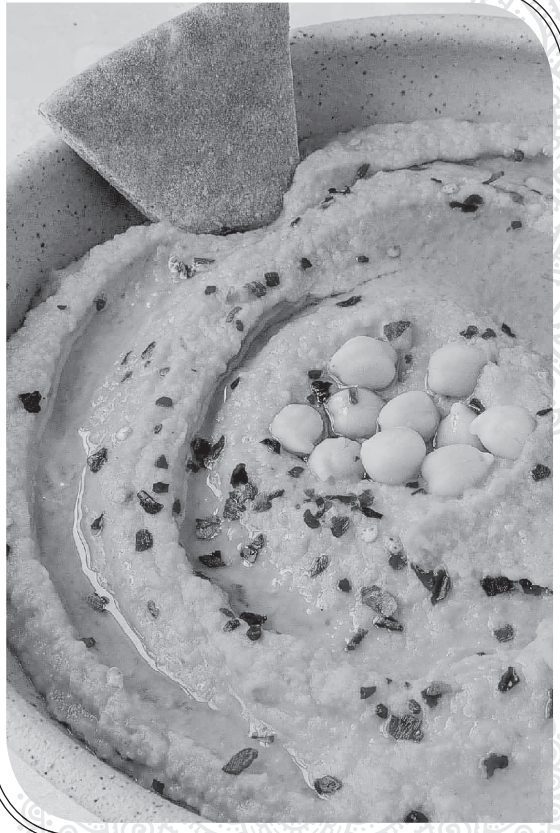
Ingredients

- 1 lb hazelnuts, skins removed
- 3 tbs softened coconut oil
- ½ cup cocoa powder
- ½ cup semi-sweet chocolate chips
- 1 tsp vanilla extract
- ½ cup powdered sugar

Recipe taken from Belanger, Melissa:
<https://www.simplywhisked.com/dairy-free-nutella/>

Roasted Red Pepper Hummus, Sada Roti Toasts

Recipe by
Wendy Rahamut



Red Pepper Hummus

Ingredients

- 2 red bell peppers
- 1 15-oz tin canned channa/chickpeas
- 2 cloves garlic, minced
- 1/3 cup tahini
- Juice of one large lemon
- 1/2 tsp cumin
- 1/2 tsp salt
- 2 tbs finely chopped fresh parsley
- 1 tbs zaatar
- Olive oil to drizzle

Directions:

Wash peppers and place over open flame to roast until black and charred all over.

Remove and cool, gently peel away blackened skin, remove seeds.

Place pepper, channa and into a food processor, process to a paste like consistency.

Add tahini, and process until thick.

Add lemon juice, cumin, salt and incorporate.

Taste, add more lemon juice if needed.

Place hummus onto a serving platter, use the back of a spoon to spread in a circle.

Sprinkle with parsley and zaatar, generously drizzle with hummus.

Serves 6

Sada Roti Toasts

Ingredients

- 2 medium-sized sada roti
- 1/3 cup olive oil
- 1/4 cup sesame seeds

Directions:

Preheat oven to 375F

Split the sada into two, brush inside pieces with olive oil, and sprinkle with seeds.

Then cut into 16 wedges. Place oiled side up on a baking tray and bake until crisp,

About 15 minutes.

Curried Corn

Ingredients

- 1 tbsp coconut oil
- 1 tbsp minced garlic
- 1 hot pepper seeded and chopped
- 1 onion, finely chopped
- 2 tbs curry powder
- 1/4 cup water
- 6 ears of corn, cleaned and cut into 2-3-inch pieces
- 2 cups coconut milk
- 1 cup water
- Salt
- 4-6 blades chadon beni, chopped

Directions:

Heat oil in a medium-sized saucepan, add garlic, pepper and onion, cook until fragrant and onion is almost brown.

Mix curry powder with water and add it to the pot, stir until all the water has dried.

Now add the corn, stir well and add the coconut milk and water.

Add salt to taste, bring to a boil, and then simmer until corn is tender, 20-30 mins.

Stir in chadon beni.

Serves 6



PHOTO TAKEN FROM LIMEANDSPOON.COM

Vegetable Samosas

Ingredients

For the pastry:

- 3 cups all-purpose flour
- 1 tsp salt
- 2 tbsp vegetable oil
- 1/2 cup cold water, approx

For the filling:

- 4 medium-sized potatoes, boiled and peeled
- 1 medium onion finely chopped
- 1 clove garlic, minced
- 1 cup green peas, fresh or frozen
- 1 teaspoon salt
- Freshly ground pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground, roasted geera
- 1/2 hot pepper, seeded and minced (more or less to taste)
- 1 tbsp minced fresh ginger
- 2 tbsp lemon juice
- 3 tbsp fresh coriander, finely chopped or 3 tbs fresh chadon beni, finely chopped
- Vegetable oil for frying

Recipe by
Wendy
Rahamut



PHOTO TAKEN FROM EATSMARTER.COM

Directions:

Sift flour and salt into large bowl, add oil to flour and mix until mixture is grainy.

Sprinkle in water, one tbsp at a

time, tossing with a fork until all the flour is moistened.

Gather pastry into a ball, knead on a lightly floured board until smooth. Refrigerate until ready to use.

Dice the potatoes into 1/4-inch pieces.

Heat about four tbsp of oil in a large skillet, add the onions and garlic and cook until the onions are tender, add the peas, ginger and hot pepper. Cover and simmer on low heat until the peas are cooked, adding a small amount of water as needed. Be careful that mixture does not stick.

Add the diced potatoes and stir.

Now add the salt, coriander, geera, freshly ground pepper, and lemon juice, stirring gently to mix all the spices together. Continue cooking gently for a couple of minutes until all the spices are incorporated. Turn off the heat.

Add the chopped coriander or shadow beni.

Taste and adjust salt and pepper.

Cool before use.

To fill the samosas, divide the pastry into fourths, cover with a damp cloth to prevent drying.

Roll each fourth into a twelve inch circle, cut into four four-inch circles.

Cut circles into halves, moisten edges with water. Place one teaspoon of filling on each half circle.

Fold pastry over filling to form a triangle and press edges to seal securely. Repeat until all the pastry is used up.

Heat oil and fry samosas until light brown in colour, turning two or three times. Drain, and serve immediately with chutney.

Makes about 32 samosas

Grilled Vegetable Kebabs

Veggie kebabs always make for an attractive and filling vegetarian option. You can eat these flavourful kebabs as is, or with the dipping sauce of your choice. Store bought chilli-garlic sauce is always a good option and pairs well with the Hoisin sauce in the marinade.

Ingredients:

For marinade:

- 10-12 mint leaves
- 2 garlic cloves, grated or finely chopped
- 1 inch fresh ginger, grated
- 1 hot pepper, finely diced
- 1 tbs honey
- Juice of one lemon
- 2 tbs soy sauce
- 1 tbs Hoisin sauce
- 2 tbs rice wine vinegar

Directions:

Blend all ingredients for the marinade together and then transfer the paste to a large mixing bowl. Chop all vegetables into bite-sized pieces. Place all veggies (excluding the cherry

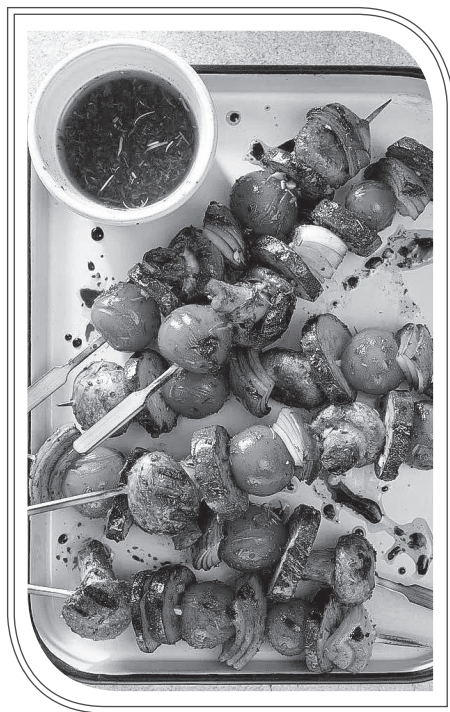


PHOTO TAKEN FROM EATINGWELL.COM

For the kebabs:

- 1 cup broccoli
- ½ cup red bell pepper
- ½ cup green bell pepper
- ½ cup mushrooms
- ½ cup onion
- 10 cherry tomatoes
- 3 tbs olive oil
- Salt and black pepper, to taste

tomatoes) into the marinade and season with salt and black pepper. Cover with cling wrap and place into the fridge for at least one hour. Thread the veggies onto kebab skewers and then place on the grill (low heat) until the veggies are slightly browned.

Babaganoush

Recipe by Wendy Rahamut

Ingredients:

- 2 lbs eggplant
- 2 cloves garlic
- Juice of one medium lemon
- 1/3 cup tahini
- Salt to taste
- ¼ tsp cayenne pepper
- ½ tsp cumin
- 2 tbs chopped fresh parsley
- Olive oil to drizzle

Directions:

Wash eggplant and roast over an open fire until cooked and tender. Remove and let cool. Remove flesh by splitting eggplant into two and spooning the flesh out. Place into a food processor bowl together with garlic, lemon juice, tahini, salt, cayenne and cumin.

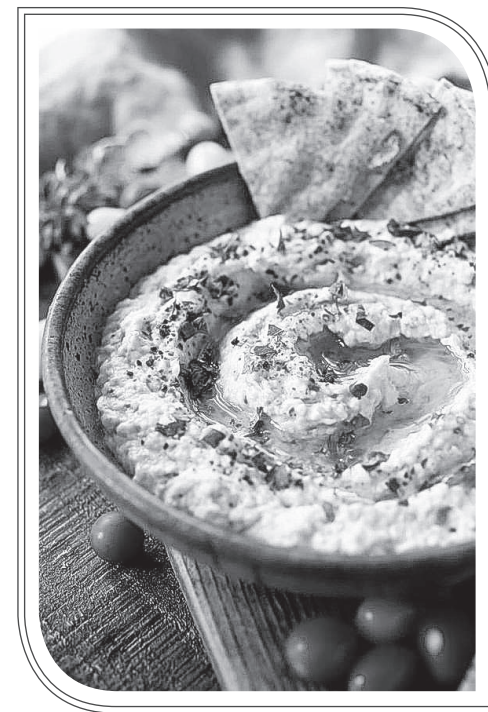


PHOTO TAKEN FROM FEASTINGATHOME.COM

Process until smooth. Remove to a plate or bowl, sprinkle with parsley and drizzle with olive oil. Serves 4



IMAGE TAKEN FROM FORKSOVERKNIVES.COM

Greek Style Stuffed Baked Tomatoes

This is a great recipe for a flavour packed dish of Greek style tomatoes stuffed with rice. Feel free to grate a little cheese on top of the tomatoes to really take this dish to the next level.

Directions:

Bring 1 cup of water to a boil. Pour in the rice, stir, and cook for about minutes or until the rice is soft but still a bit crunchy. Drain and set aside. Cut a ¼ inch slice off the stem ends of the tomatoes and set aside. With a spoon, hollow out the tomatoes, remove the inner pulp and discard the seeds. Chop the pulp and set it aside. Sprinkle the salt into the space in the tomatoes, and turn them upside down on paper towels to drain. Heat the oil in a heavy skillet. Add the onions, and stirring frequently, cook for five minute, or until they are transparent but not brown. Stir in the rice, ½ cup of the canned tomatoes, parsley, mint, garlic, oregano, a bit of salt and a little bit of black pepper. Cook until most of the liquid in the pan has evaporated.

Ingredients:

- 1 ¼ cups water
- ½ cups uncooked rice
- 6 firm, ripe tomatoes (about 3 inches in diameter)
- 2 tsp salt
- 6 tsp olive oil
- ½ cup finely chopped onions
- ¾ cup canned tomatoes (diced)
- ½ cup parsley, finely chopped
- 2 tbs mint, finely chopped
- 2 tsp garlic, chopped
- ¼ tsp dried oregano
- Black pepper

Arrange the tomatoes in a baking dish cut side up. Fill the tomatoes with the stuffing and cover each tomato with its top. Combine the remaining ¼ cups of water and canned tomatoes and pour the mixture around the tomatoes. Bake uncovered in the middle of a 350 degree oven for 20 minutes. Cool to room temperature and serve.

Mango Pico de Gallo

Pico de gallo is a traditional Mexican salsa that goes great with tortillas or nacho chips. The chopped mango adds a delicious hint of sweetness to the dish.

Ingredients:

- 1 lb tomatoes, diced
- ½ medium onion, chopped
- 1 jalapeño pepper, seeded and finely minced
- ½ cup cilantro, chopped
- Juice from one lime
- ½ tsp salt
- 1/8 tsp black pepper
- ½ cup semi-ripe mango, chopped

Directions:

In a medium bowl, and diced tomatoes, onion, mango, jalapeño pepper, and chopped cilantro.

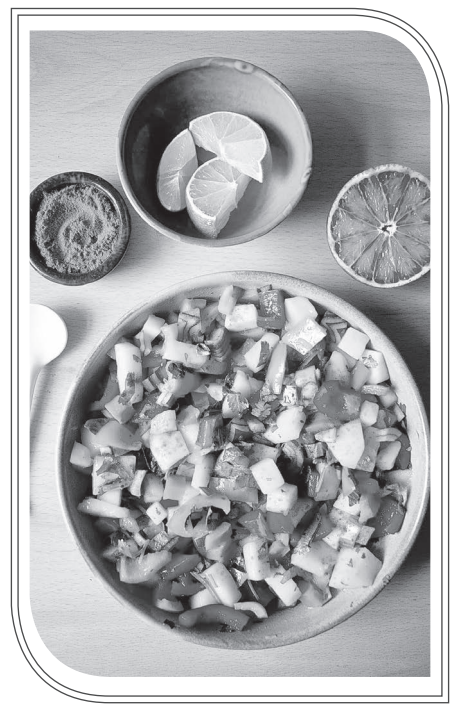


PHOTO TAKEN FROM NIKIBAKES.UK

Stir in lime juice, and season with the salt and black pepper. Allow to marinate for at least one hour in the fridge.

Recipe adapted from Kravchuk, Natasha, *Natasha's Kitchen*: <https://natashaskitchen.com/pico-de-gallo>



PHOTO TAKEN FROM COOKINGWITHTRIA.COM

Mango/ Pommecythere Chutney

.....

Ingredients:

- 5 green mangoes/pommycethere
- 5-6 large cloves garlic, chopped
- 2 tbsp sugar (optional)
- 5-6 crushed curry leaves
- 1 tsp curry powder (optional)
- 2-3 cups water
- 4-6 leaves chadon beni
- 1 hot pepper
- 2 tsp. turmeric powder
- 1 ½ tsp salt

Directions:

Wash fruit well, and cut into 1-1 ½-inch pieces (retain skin and seeds). Place in medium saucepan, and add the rest of ingredients. Bring to the boil, and cook for as long as it takes for the flesh to fall off the seeds. Keep the pepper whole while boiling – it can then be taken out and crushed and a portion added to the chutney; in this manner the amount of pepper can be controlled, but the flavour is retained.

The amount of salt and sugar added, as well as water, will depend on both the size of the fruit and the acidity of it. Adjust these ingredients to get a well-balanced taste – just a bit on the sweet side, but tart.

The chutney should have a thick sauce, with the skin almost melting, and the seed adding "bite". Serve with pholourie.

Recipe courtesy The Culinary Heritage of Trinbago: Our Seasonal and Traditional Foods

Phulourie

.....

Ingredients:

- 2 cups white flour
- 1 tsp salt
- ½ tsp yeast
- ½ tsp turmeric power
- Oil for deep frying
- 2 oz split pea powder (optional)
- 2 tps baking powder
- 2 tps curry powder
- 1 cup water

Directions:

Mix dry ingredients together in medium bowl. Add enough water to get a batter that can be moulded into a ball with the fingers. Allow to rest for 20-30 minutes, which will give the split peas time to absorb water and stay moist in the mixture. If at this stage the batter seems too thick, add a little more water to get a dropping consistency.



PHOTO TAKEN FROM FOOD52.COM

Heat oil in deep fryer. Test the heat by dropping a bit of batter into the hot oil. It should float and get nicely brown. Remove the test piece and continue by moulding the batter to a ball in your fingers, then dropping the ball into the hot oil. You may fill the pot with the batter balls, turning as they float to get a light brown colour. Keep turning to get an even colour. Drain on paper towels.

Serve with chutney of your choice.

Recipe courtesy The Culinary Heritage of Trinbago: Our Seasonal and Traditional Foods

YOU CAN MAKE EVERYONE HAPPY MAKE ROTI

Made Specifically for Roti & Doubles •
Softer, Silkier Dough •
Less Spring Back •
Available in 2kg, 10kg and 45kg •

PARATHA

What You'll Need

- 4 cups Lion Brand roti & doubles flour
- 4 teaspoons Lion Brand baking powder
- ½ teaspoon salt
- 6 tablespoons ghee
- 2 tablespoons oil
- 1 ¾ cups water

How to Make It

- 1 Sift and mix the flour, baking powder and salt. Add enough water to make a dough.
- 2 Knead to a soft dough and form four loyas or balls and leave to "rest" for about 15 - 30 minutes.
- 3 Roll out the dough after "resting" to form a circle about ¼ inch thick.
- 4 Spread butter or ghee and sprinkle sparingly with flour.
- 5 Make a cut from the centre out to the edge and roll making a cone.
- 6 Press the peak and flatten the centre of the cone. Leave to "rest" about 15 - 30 minutes.
- 7 Afterward, roll out on a floured board.
- 8 Using the flat side of a cup or other utensil, dip into butter or ghee and coat an already hot tawah.
- 9 Place the dough onto the tawah.
- 10 Spread the ghee or butter on one side using the flat edge of the cup, then turn over onto the other side to cook.
- 11 Spread butter or ghee on the other side the same way.
- 12 When cooked on both sides use a dabla to break up the roti to give the ripped up, flaky appearance.
- 13 You can alternatively, wrap the roti in a clean cloth and beat with your hands or bilna.

Happy Diwali

Thank you for making us your choice



\$Value

Your Pocket Friendly Supermarket
Plenty more for Plenty Less!

 <p>COW BRAND GHEE 400g - \$65.95</p>  <p>COW BRAND GHEE 900g - \$135.95</p>	<p>Nutrimix Flour 2kg banded with 1/2lb Raisins</p>  <p>\$11.50</p>	<p>Clay Deyas</p>  <p>\$8.50 Per Doz</p>	<p>Eastern Coconut Oil</p>  <p>\$19.95</p>	
<p>Carrots</p>  <p>5 PKs \$19.95</p>	<p>MP Channa</p>  <p>3 Tins \$17.95</p>	<p>Mabel Red Beans</p>  <p>440g 3 Tins \$19.95</p>	<p>MP Processed Green Peas</p>  <p>3 Tins \$19.95</p>	<p>Mabel Tomato Ketchup spouch 750ML</p>  <p>3 PKs \$19.95</p>
<p>Mabel Green Seasoning</p>  <p>330g 3 For \$17.95</p>	<p>Snuggle Paper Napkins</p>  <p>100s 4 PKs \$19.95</p>	<p>Mama's Soya Chunks</p>  <p>227g 2 for \$15.95</p>	<p>Mama's Cream of Wheat</p>  <p>340g 3 for \$19.95</p>	<p>Muzzi White Rice</p>  <p>800g \$7.95 2kg \$16.95</p>
<p>Lion Baking Powder</p>  <p>225g \$5.95</p>	<p>Soft & Silky Liquid Soap</p>  <p>3 For \$19.95</p>	<p>Nestle Choc Nut</p>  <p>5 PKs \$19.95</p>	<p>Nestle Peanut Punch</p>  <p>5 PKs \$19.95</p>	<p>Dairy Dairy Full Cream Milk Powder</p>  <p>350g \$19.95</p>
<p>Mabel Mauby</p>  <p>300ml 3 btls \$19.95</p>	<p>Imperial Margarine</p>  <p>227g 3 for \$17.95</p>	<p>Naisa Condensed Milk</p>  <p>2 Tins \$13.95</p>	<p>Green Butterfly Evap. Milk</p>  <p>250ml 2 pks \$10.95</p>	<p>Sheik Split Peas Powder</p>  <p>400g 2 PKs \$10.95</p>
<p>Country Grain Loose Brown Rice</p>  <p>1 LB \$3.75</p>	<p>Country Pride Loose Flour</p>  <p>2lb \$4.80</p>	<p>Split Peas</p>  <p>1/2 lb \$2.25 1 lb \$4.50</p>	<p>Red Beans</p>  <p>1/2 lb \$5.50 1 lb \$11.00</p>	<p>Lentil Peas</p>  <p>1/2 lb \$2.95 1 lb \$5.95</p>
<p>Black Eye Peas</p>  <p>1/2 lb \$3.75 1 lb \$7.50</p>	<p>Channa</p>  <p>1/2 lb \$3.50 1 lb \$6.95</p>	<p>Loose Brown Sugar</p>  <p>1 lb \$4.95 2 lb \$9.95</p>	<p>Don't want 2, 3 or 4 of the same item? Then buy your SINGLE items (1 only) and still save big at \$Value</p> 	

Happy Divali \$Value

Thank you for making us your choice **Your Pocket Friendly Supermarket**
Plenty more for Plenty Less!

Mabel Whole Kernel Corn  \$8.95	Mabel Tomato Ketchup Flex pk  \$5.95	Nestle 1ltr Recon Milk Full Cream  \$11.95	Nestle Swt Condensed Milk 395g  \$10.95	Cole Cold Soft Drink 2lt  3 For \$19.95
Hibiscus Flour 2lb  \$5.50	Bess Coconut Milk Powder  5 For \$19.95	Super Cow Milk Powder 350g  \$17.25	Aqua Pur Water 500ml 5 Cases  \$99.95	Jo Sing Noodles 200g  3 Pks \$9.95
Fay Toilet Tissues 12 Pack  \$19.95	Orchard Juices 1ltr Assorted  \$9.95	Juse 1ltr  4 for \$19.95	Fay Mega Hand Towel 250 sheets Twin Pack  \$19.95	Blossom Paper Towels 3 Pack  \$14.95
Premier Hand D/Wash 5ltr  \$19.95	Premier Liq/L Detergent 5ltr  \$19.95	Premier Fab/Softner 5ltr  \$19.95	Premier Liq H/Soap 5ltr  \$19.95	Premier Multi Cleaner 5ltr  \$19.95

Visit our New Household Department



FREE DELIVERY FROM OUR GASPARILLO BRANCH
WE ACCEPT TT CARD, PUBLIC ASSISTANCE PENSION & DISABILITY CHEQUES

\$Value
 Your Pocket Friendly Supermarket

**MONTROSE MAIN ROAD
 CHAGUANAS
 PHONE 665-7306**

\$Value
 Your Pocket Friendly Supermarket

**35 BONNE AVENTURE
 ROAD GASPARILLO
 PHONE 650-3456**



PHOTO TAKEN TAMARINDNTHYME.COM

Vegan Fried Rice

Ingredients:

- 1 cup extra firm tofu
- 1 cup long- or short-grain brown rice, rinsed thoroughly
- 4 cloves garlic, minced
- 1 cup chopped green onion
- 1/2 cup peas
- 1/2 cup carrots, finely diced

Sauce

- 3 tbsp tamari or soy sauce
- 1 tbsp peanut butter
- 2-3 tbsp organic brown sugar
- 1 clove garlic, minced
- 1-2 tsp chilli garlic sauce
- 1 tsp toasted sesame oil (optional)

Directions:

Preheat oven to 400 degrees F (204 C) and line a baking sheet with parchment paper (or lightly grease with non-stick spray).

In the meantime wrap tofu in a clean, absorbent towel and set something heavy on top (such as a cast iron skillet) to press out the liquid.

Once the oven is preheated, dice tofu into 1/4-inch cubes and arrange on baking sheet. Bake for 26-30 minutes.

Set aside.

While the tofu bakes prepare your rice by bringing 12 cups of water to a boil in a large pot. Once boiling, add rice and stir. Boil on high uncovered for 30 minutes, then strain

for 10 seconds and return to pot removed from the heat. Cover with a lid and let steam for 10 minutes.

While rice and tofu are cooking, prepare sauce by adding all ingredients to a medium-size mixing bowl and whisking to combine. Taste and adjust flavour as needed, adding more tamari or soy sauce for saltiness, peanut butter for creaminess, brown sugar for sweetness, or chilli garlic sauce for heat.

Once the tofu is done baking, add directly to the sauce and marinate for five minutes, stirring occasionally.

Heat a large metal or cast iron skillet over medium heat. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for three to four minutes, stirring occasionally, until deep golden brown on all sides. Lower heat if browning too quickly. Remove from pan and set aside.

Add garlic, green onion, peas and carrots to the still hot pan. Sauté for 3-4 minutes, stirring occasionally, and season with 1 tbsp tamari or soy sauce.

Add cooked rice, tofu, and remaining sauce and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.

Serve immediately with extra chilli garlic sauce or sriracha for heat (optional).

Crushed salted, roasted peanuts or cashews make a lovely additional garnish. Leftovers keep well in the refrigerator for 3-4 days, though best when fresh.

Reheat in a skillet over medium heat or in the microwave.

(simplerecipes.com)

Vegetable Biryani

Ingredients:

- 2 tablespoons ghee (clarified butter), or olive oil
- 1 red onion, cut into 1/2-inch dice
- 1/2 teaspoon cumin seed
- 1 (1 inch) piece cinnamon stick
- 7 peppercorns
- 1 tablespoon ginger garlic paste
- 1 tomato, diced
- 1/2 cup water
- 1/2 cup peas
- 1/2 cup diced carrot
- 1/2 cup diced potato
- 1 cube chicken bouillon
- 1 teaspoon salt
- 1/4 teaspoon ground red chilli pepper
- 1/4 teaspoon black pepper
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 4 cups water
- 2 cups basmati rice, rinsed and drained

Directions:

Melt ghee in a large Dutch oven over medium heat. Add onion, and cook until softened, about three minutes. Stir in cumin seed, cinnamon stick, and peppercorns; cook until the spices are fragrant, and the cumin seeds begin to pop, about three minutes.

Stir in ginger garlic paste, tomatoes, and 1/2 cup water. Bring to a simmer, and cook until the water has evaporated, about five minutes. Stir in peas, carrot, and potato. Season with chicken bouillon, salt, red chile, black pepper, garam masala, and turmeric. Stir well, then cover, and cook for 3 minutes.

Pour in four cups water and bring to a boil over high heat. Once boiling, stir in basmati rice, reduce heat to medium, recover, and simmer for 10 minutes. Reduce heat to low and continue to cook until the rice has softened, 10 to 15 minutes more.

(allrecipes.com)



PHOTO TAKEN FROM THEFEEDFEED.COM

Mushroom Meatballs

These mushroom meatballs are so meaty that you might forget that that are meatless! The secret to unleashing the “meaty” flavour of the mushrooms is to make sure to cook them until they are well browned.



PHOTO TAKEN FROM THEFIRSTMESS.COM

Ingredients

- 1 tbs olive oil
- 1 lb fresh mushrooms, finely chopped
- 1 pinch salt
- 1 tbs butter
- ½ cup onion, finely chopped
- 4 cloves garlic, minced
- ½ cup quick-cooking oats
- 1 cup finely grated cheese
- ¼ cup parsley, chopped
- 6 tbs plain yogurt

Directions:

Heat olive oil in a skillet over medium-high heat. Add mushrooms to the hot oil, sprinkle with salt, and cook and stir until liquid from mushrooms has evaporated. Stir butter into mushrooms, reduce heat to medium, and cook and stir mushrooms until golden brown, about five minutes.

Stir onion into mushrooms and cook, stirring often, until onion is translucent. Remove skillet from heat and stir garlic into mushroom mixture until fragrant, about one minute. Transfer mixture to a mixing bowl.

Mix oats into mushroom mixture until thoroughly combined. Gently stir 1 cup cheese into mixture. Add

bread crumbs, ¼ cup parsley, and 3 tbs plain yogurt; season with salt, black pepper, cayenne pepper, and oregano. Mix together with a fork until crumbly. Stir in remaining yogurt. The mixture should hold together when pressed.

Cover bowl with plastic wrap and refrigerate at least four hours.

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper.

Form mixture into small meatballs using a tablespoon. Roll meatballs lightly between your hands until smooth, if desired; arrange meatballs on prepared baking sheet. Bake in

the preheated oven until meatballs are lightly golden brown, 12 to 15 minutes. Serve over pasta with a good tomato-based pasta sauce.

Recipe adapted from: <https://www.allrecipes.com/recipe/232908/chef-johns-meatless-meatballs/>

Yogurt, Vegetable and Herb Dip



PHOTO TAKEN FROM CULTURESFORHEALTH.COM

This is a refreshing Persian dip that goes wonderfully with pita bread or any kind of crunchy chip.

Ingredients

- 1 cucumber
- 1 small green bell pepper, chopped
- 2 tbs chive, finely chopped
- 2 tbs tarragon, finely chopped
- 1 tbs dill, finely chopped
- ½ tsp lemon juice
- ¼ tsp salt
- 1 cup plain yogurt

Directions:

Peel the cucumber and slice it lengthways into halves. Scoop out the seeds by running the tip of a tablespoon down the centre of each half. Chop the cucumber finely and place it in a deep bowl.

Add the bell pepper, chive, tarragon, dill, lemon juice and salt and mix well.

Add the yogurt and turn the vegetables and herbs about with a spoon until they are well coated. Cover tightly with foil or plastic wrap and chill in the refrigerator before serving.

Mayo-Free Potato Salad

Who ever said potato salad needed dairy products to be delicious?

Ingredients

- 8-10 red potatoes
- ¼ cup chive, chopped
- 2 stalks celery, chopped
- 1 tbs chadon beni, chopped
- 1 tsp smoked paprika
- ¼ cup olive oil
- 1/8 cup white wine vinegar
- 1 tbs Dijon mustard
- ¼ tsp salt

Directions:

Bring a pot of salted water to a boil and add in the potatoes. Cook for 20 minutes or until tender, then drain and cut in half. Allow potatoes to cool.

In a bowl whisk together the olive oil, vinegar, and Dijon mustard. Set aside.

Put the potatoes in a large bowl and add all ingredients aside from the olive oil mixture. Mix well. Then, drizzle the oil mixture over the salad and until well combined. Garnish with a sprinkling of paprika and some more chive.



PHOTO TAKEN FROM THEMOM100.COM

Ratatouille

.....



PHOTO TAKEN FROM THEFORKEDSPOON.COM

Ratatouille is home-style French vegetarian cooking at its best. You can serve it as a side dish, or even as a main course with some good bread or freshly cooked rice.

Ingredients

- 1 large christophine (or zucchini, if available)
- 1 green bell pepper
- 1 red bell pepper
- 3 tomatoes
- 1 eggplant
- 1 small onion
- 5 sprigs fresh thyme
- 2 bay leaves
- 2 cloves garlic, chopped
- Olive Oil
- Salt
- Pepper

Directions:

First, let's prepare the veggies. Cut the tomatoes into quarters, mince the onion, and cut the rest the veggies into bite sized cubes.

In a frying pan, cook the vegetables one at a time. Have a sauce pan nearby to put the cooked veggies into. Cook each veggie for about 5 minutes in a little olive oil, and then place into the saucepan. Cook the tomatoes last together with the onions and the garlic.

When all of the veggies have been sautéed and are in the large sauce pan, add the thyme and bay leaf, and then season to taste with salt and black pepper.

Allow the ratatouille to simmer on low heat for 30 mins. Enjoy!

Marinated Roasted Pepper Pasta

.....

These delicious marinated peppers are the perfect addition to any veggie based pasta (spinach, mung bean, sweet potato etc)



Ingredients

- 1 lb red and yellow peppers
- 1 tbs olive oil
- ¼ cup golden raisins
- ¼ cup toasted pine nuts
- ½ tbs parsley, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste.

Directions:

First, prepare the roasted peppers. Cut the peppers into quarters. Remove the seeds and the membranes. Roast the peppers until the skin blisters and turns black. Remove from oven, cover with a towel and allow to cool. The skins should peel away off of the peppers easily when cooled.

Cut the roasted peppers into ¼ inch slices and drain in a colander.

Combine the peppers with the olive oil, raisins, pine nuts, parsley, garlic, salt, and pepper.

Serve immediately on top of the veggie pasta of your choice.

Butternut Squash and Sweet Potato Soup

.....

This warm and comforting soup can be made in a pinch and calls for very few ingredients. Feel free to tinker with the seasonings and add in whatever herbs or spices you think would be good; however, the recipe is also very good as is!

Ingredients

- 1 cup butternut squash, diced
- 1 cup sweet potato, diced
- 2 ½ cups vegetable stock
- ¼ tsp ground cinnamon
- ¼ tsp allspice
- 4 tsp butter milk (you can mix one tbs of vinegar to a cup of milk to make the buttermilk)
- Salt and pepper, to taste
- Chopped parsley, for garnish

Directions:

Heat the veggie stock in a saucepan and then add in the diced butternut and sweet potato cubes.



PHOTO TAKEN FROM CREATEKIDSLUB.COM

Bring to a boil and simmer for 15 minutes, or until the vegetables are tender. Add salt and pepper to taste.

Purée the soup in a blender. Pour the blended soup into two bowls, and garnish each bowl

for a swirl of the buttermilk and a sprinkling of chopped parsley.

Recipe adapted from Lawson, Nigella, Nigella Express. Chatto & Windus. 2007



PHOTO TAKEN FROM HEALTHIERSTEPS.COM

Stuffed Eggplant

Recipe by Wendy Rahamut

Ingredients

- 2 medium-sized eggplants
- ¼ cup olive oil
- 3 tomatoes, diced
- 2 onions, thinly sliced
- 4 cloves garlic, minced
- ½ cup chopped fresh mint
- 1/3 cup chopped fresh parsley
- ½ tsp dried oregano
- ¼ cup currants
- ½ tsp ground allspice
- ½ tsp cinnamon
- 1 tsp honey
- 2 tbsp lime or lemon juice
- Salt and freshly ground black pepper to taste

Directions:

Cut the eggplants lengthwise, heat about 3 tbs oil in a large sauté pan and place eggplants cut side down into pan.

Sauté the eggplant on all sides, until golden and cooked through, about eight to 10 minutes.

Remove eggplant and remove flesh leaving the shells intact.

Chop eggplant flesh and set aside.

Heat two tbsp oil in a sauté pan and add onions, sauté until tender over low heat about 10 to 15 minutes.

Add garlic and cook for another five minutes.

Add tomatoes, ¼-cup parsley and oregano.

Simmer until almost dry.

Add currants, allspice, cinnamon, salt, freshly ground black pepper.

Add the eggplant and mix well.

Taste and adjust seasonings.

Place eggplant shells in a baking dish.

Fill with stuffing mixture. Pour a little water into the bottom of the dish.

Combine the remaining oil, with the honey and lime juice, drizzle over eggplant.

Cover and bake for about 15 minutes. Sprinkle with remaining parsley before serving.

Serves six to eight.

GET HOME READY TO CELEBRATE *Diwali!*

Before & After

KITCHEN • BATHROOM • TILES • BRASS
• COOKWARE • GRANITE • STAINLESS STEEL

FIND BAR KEEPERS FRIEND AT THE FOLLOWING LOCATIONS:

<p>ALL BRANCHES JTA Supermarkets Ltd Massy Stores (Trinidad) Reliable Appliances & Parts Tru Valu Supermarkets T&T Police Service Credit Union Xtra Foods Supermarket</p>	<p>EAST Amazon Art & Craft Better Deal Supermarket Ltd Metro Plumbing & Hardware Ltd</p> <p>CENTRAL Build to Last Hardware & Roof Croisee Chasemart Dindial General Hardware Home and Hardware Supplies Ltd Pariagh's Hardware Ltd. Price Club Supermarket Ramesh & Sons Home Furnishings Ramlagan's Superstore Limited Sew Rite Variety Stackhouse Co. Ltd</p>	<p>SOUTH B Ramkissoon Hardware Ltd Dahlia Trading G.N. Foodcentre Ltd High Street Plaza Persad's Home Improvement Pran Maharaj Store Samlalsingh's Business Centre U & T Electrical & Plumbing</p>
--	--	---

For Wholesale enquires only, call 674-9191 ext 1250 or 1265

Find BRYDENS HOUSEWARES on Facebook Instagram

Distributed by

Cream of Wheat Parsad

.....

Ingredients:

- 1 cup cream of wheat
- 1/3 cup ghee
- 1/2 cup granulated sugar
- 2 cups evaporated milk
- 1 tsp ground cardamom seeds
- 1/2 cup raisins
- 1/4 cup slivered almonds

Directions:

Heat a medium sized skillet, add ghee and then the cream of wheat, parch to a golden brown.
 Combine sugar and milk in a small saucepan and bring to a simmer, remove from heat.
 Pour into parched cream of wheat and cook stirring well until cream of wheat becomes fluffy and milk is completely absorbed.
 Add cardamom, raisins and almonds. Stir and remove to glass serving bowl.

Serves 10

Recipe by Wendy Rahamut



Indian Sweet Rice (Kheer)

.....

Ingredients:

- 1/2 cup rice
- 2/3 cup water
- 7 1/2 cups milk
- 3/4 cup sugar
- 2 cardamom pods
- 1 tablespoons toasted almonds, coarsely chopped
- 1/3 cup raisins

Directions:

Soak the rice in 1/2 cup water for 30 minutes. Then boil the rice in the water until all the water dries up. Remove pot from the heat.



PHOTO TAKEN FROM BIGOVEN.COM

Add the milk and cardamom pods to the rice and stir well. Simmer on low heat for 1 1/2 hours, stirring occasionally to ensure rice does not stick to the bottom and sides of the pan. At this point the rice will be of a creamy consistency.

Now add the sugar stirring constantly over low heat until the sugar is dissolved and the rice is creamy.

Remove from the heat, remove the cardamom pods. Serve in individual bowls garnished with toasted almonds and raisins.

(Serves 8).

Recipe by Wendy Rahamut



FILE PHOTO/SUREASH CHOLAI

Kurma

.....

Ingredients:

- 4 cups all-purpose flour
- 1 tsp ginger powder
- 1 tsp cinnamon
- 1/2 cup butter
- 4 tbs condensed milk
- Oil for frying

Sugar syrup:

- 2 cups granulated sugar
- 1 cup water

Directions:

Place flour with spices into a bowl, add butter and rub into flour.
 Add milk and bring the dough together, add enough water to knead to a firm dough. Divide into two pieces.
 Roll dough to desired thickness and cut into strips or squares.
 Heat oil in a deep pot or wok and deep fry kurma to a golden brown colour, drain.
 Boil sugar in water until thick, and very bubbly. When sugar spins a thread boil for another two minutes.
 Drain the kurma and coat with sugar syrup turning to coat until sugar crystallises.

Recipe by Wendy Rahamut



PHOTO BY SUREASH CHOLAI

Goolab Jamoon

.....

Ingredients:

- 4 cups all-purpose flour
- 1 tsp cinnamon
- 1 tsp ground cardamom
- 1 cup butter
- 1/2 cup evaporated milk
- 1 14-oz can condensed milk
- Oil for frying

Sugar syrup:

- 2 cups granulated sugar
- 1 cup water

Directions:

Place flour and spices into a bowl, add butter and rub into flour, add both milks and knead to a smooth and stiff dough.
 Pinch off about two inch pieces of dough and roll to a ball, taper the ends until you have an oblong shape, then roll the ends further almost to a point.
 Heat oil in a deep pot or wok and carefully deep fry until dark golden brown, use a medium heat here or your dough will burn.
 Boil sugar in water until thick, and very bubbly. When sugar spins a thread boil for another two minutes.
 Drain the goolab jamoon and coat with sugar syrup turning to coat until sugar crystallises.

Recipe by Wendy Rahamut

Cinnamon Bun Ice Cream

.....

Cinnamon buns are like a big warm hug from the inside. There is no better comfort food than this ice cream when you are in need of some extra care and tenderness. Serves 2.

Ingredients:

- ¼ cup (60ml) almonds
- ¼ cup (60ml) pecans
- 1 tsp cinnamon
- ½ tsp cardamom
- 5 fresh pitted dates, divided
- ¼ cup (60ml) water
- 3 frozen bananas
- 3 tbsp coconut milk
- 1 tsp vanilla extract

Directions:

Put the almonds, pecans, cinnamon and cardamom into a blender and blend until they form a fine crust. Add one date and blend until the mixture is still dry but just beginning to form clumps. Scoop half the mixture into a bowl and set aside.

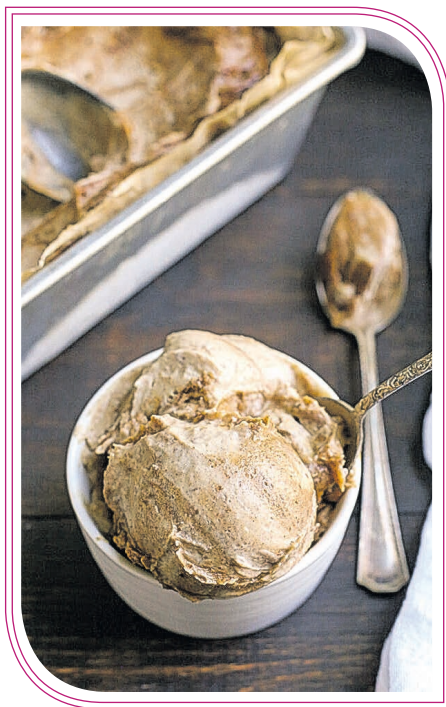


PHOTO TAKEN FROM REALFOODWITHJESSICA.COM

Add the remaining dates and the water to the blender and blend to a smooth paste. Scoop the cinnamon paste into a second bowl and set aside.

Wash and dry the blender. Combine the frozen bananas, coconut milk, and vanilla in the blender and blend until smooth.

Scoop the ice cream into a bowl. Stir in some of the cinnamon paste.

Divide the ice cream between serving bowl and top with chunks of the flaky cinnamon crumbs.

Serve and enjoy!

Vegan Cheesecake Bars

.....

Ingredients:

- 1 ½ cups raw cashews
- 1 ¼ cups raw almonds
- 1 ¼ cups pitted dates
- ¼ tsp sea salt
- 1 (13.5-oz) can coconut cream
- ¾ cup organic granulated sugar
- ¼ cup melted and cooled coconut oil
- Zest and juice of 1 lemon
- Dairy-free whipped topping (optional)
- Fresh fruit for garnish (optional)

Directions:

Add the cashews to a saucepan and cover with 2 inches water. Bring to a boil, reduce heat and simmer until softened, about 20 to 25 minutes. Drain, rinse with cold water, and set aside to dry.

Line an 11x7 inch baking pan with parchment paper. Add almonds, dates, and salt to a food processor. Blend for one to two minutes, until the mixture is well combined. Empty the almond-date mixture into the prepared pan and press to evenly coat the bottom. Wipe the food processor clean.



PHOTO TAKEN FROM DISHINGOUTHEALTH.COM

Combine the softened cashews, coconut cream, sugar, coconut oil, lemon zest and juice in the food processor. Blend until smooth. Pour the cashew mixture over the almond-date crust and freeze until set, about five hours.

Once cheesecake is firm to the touch, add desired toppings and garnish.

Recipe taken from dishingouthealth.com

Mango Sorbet

.....

Ingredients:

- 1 cup sugar
- 1 cup water
- 3 ripe mangos (about 2 ½ pounds)
- 3 tablespoons lime juice
- Pinch salt
- 2 tablespoons light corn syrup

Directions:

Make simple syrup. Heat the sugar, salt, and water in a medium saucepan until the sugar and salt have completely dissolved. Set aside to cool.

Prep mango: Peel the mangoes and cut the flesh away from the seed. Discard the seed and peel. Rough chop the mango flesh. You should have about 3 ½ to four cups of chopped mango.



PHOTO TAKEN FROM FOODSOFOURLIVES.COM

Blend mango, simple syrup, lime juice in a blender until completely smooth.

Pour into a medium bowl, cover with plastic wrap, and refrigerate until completely chilled.

(simplerecipes.com)

Vegan Lemon Cake

.....

Ingredients:

For the cake:

- 2 ⅔ cups all purpose flour
- 1 ½ cups white granulated sugar
- 1 ½ tsp baking soda
- ¼ tsp salt
- ½ cups soy milk (360ml) or other non-dairy milk
- ½ cup canola oil or vegetable oil
- 1 tbsp distilled white vinegar or apple cider vinegar
- 1 tsp vanilla extract
- 3 tsp lemon extract
- 2 tbsp lemon zest

For the lemon buttercream frosting:

- 4 ½ cups powdered sugar
- ½ cup vegan butter (112g)
- 2 tsp lemon extract
- 3 ½ tbsp lemon juice

For decoration:

- lemon zest

Directions:

Preheat the oven to 350°F (180°C). Spray two eight-inch cake pans with non-stick spray and line the bottoms with parchment



PHOTO TAKEN FROM LOVINGITVEGAN.COM

paper. Set aside.

Sift the all purpose flour into a mixing bowl and add the sugar, baking soda and salt. Then add the soy milk, oil, vinegar, vanilla, lemon extract and lemon zest. Whisk with a hand whisk briefly until nicely combined and no big lumps remain. Don't overmix, tiny lumps are okay.

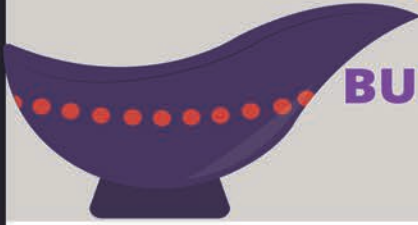
Divide the batter between the two cake pans and place into the oven to bake for 30 minutes or until a toothpick inserted into the centre of one of the cakes comes out clean.

Remove the cakes from the pans and place onto a wire cooling rack to cool completely before frosting.

Prepare your frosting by placing the powdered sugar, vegan butter and lemon extract and lemon juice* into the bowl of an electric mixer. Start off at slow speed, gradually increasing speed until thick and smooth.

Frost the cooled cakes and decorate with lemon zest.

Recipe taken from lovingitvegan.com



Shubh Diwali From the Management & Staff of BUILD TO LAST HARDWARE & ROOF MANUFACTURING LTD. Ip#6 Southern Main Rd. St. Mary's Junction, Freeport Tel: 355-7704

From Nature to Furniture, Natural Edge Wood.

lourl

LIVE EDGE TECHNOLOGY



**Hot like a Chulha!
Chulha on Wheels
\$1,900 Full set up**

