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Contributors

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Fresh Veggie Kebabs

Trim rough ends from large mushrooms and cut the courgettes into chunks. Thread mushrooms, courgettes, onions, tomatoes and broccoli florets alternately on skewers. Brush with marinade (recipes overleaf) and grill for about 10 minutes, turning often for even cooking.

please turn over...

PCTA RECIPE CARDS

Juice of 6 fresh limes ½ pint (300 ml) lime cordial ½ pint (150 ml) rum (optional) 24 ice cubes Combine fresh lime juice, cordial and rum in blender. With blender running, add ice cubes one at a time. Blend until slushy. Garnish with colourful berry!

Add colour to your cocktail! Try tropical punch flavoured frozen concentrate instead of limeade.





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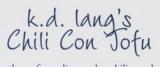
11b (450g) crumbled tofu ½ teaspoon garlic powder ½ teaspoon chili powder 1½ teaspoons salt 2 tablespoons oil 1 small diced onion 4 tomatees, skinned and chopped 1 small red or green pepper, deseeded and diced 1 can 7oz (200g) corn or 8 oz (225g) baby corn 1 can 14oz (400g) pinto beans or red kidney beans 1 clove minced garlic

PCTA RECIPE CARDS

Serves 4 4 large baking potatoes

Grilling Sauce 4 pint (300ml) thick tomato sauce

4 tablespoons sugar 2 tablespoons light soy sauce 1 tablespoon molasses 1 tablespoon vegetable oil 1 teaspoon each: dry mustard, paprika, garlic powder, oregano



Stir together tofu, garlic powder, chili powder and salt. Heat onion and garlic in oil with tomatoes and peppers. Add tofu mixture and sauté until browned. Set aside.

Potatoes on the Grill

Wash and pierce the skins of 4 large baking potatoes, then microwave them for 10 minutes, or bake in conventional oven for 30

minutes. After potatoes have cooled, slice them into thick rounds, dip them into grilling sauce (recipe below) and place them on the grill. After 4 minutes, turn them over and cook for 4 more minutes. Serve immediately.

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Sauce

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4pint (300 ml) tomato sauce ½ pint (300 ml) bean liquid 2 teaspoons salt 1 tablespoon tomato purée pinch black pepper 1 tablespoon chili powder 1 teaspoon cumin

In saucepan, bring tomato sauce, bean broth, salt, pepper, chili powder and cumin to boil. Stir in tofu mixture, corn and beans and simmer until thoroughly heated.

For Grilling Sauce, combine all ingredients, mix well and refrigerate for one hour.

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Curry Marinade 2 tablespoons safflower or

Combine all ingredients and mix well. Stir

brushing kebabs.

Ginger & Orange Marinade

8 tablespoons soy sauce 8 tablespoons orange juice 2 tablespoons cider vinegar 2 tablespoons peanut oil 2 tablespoons sesame oil

vegetable oil

5 tablespoons dry white wine

juice of ½ lemon

1 tablespoon light soy sauce

2 tablespoons minced shallots

2 teaspoons curry powder

2 tablespoons minced fresh ginger

frequently while



Whisk ingredients together in small bowl. Stir frequently while brushing kebabs.

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