

The Blokes' Kitchen Newsletter

July 2024



It was great to meet up for a new series of cooking sessions at the start of our Rotary Year 2024-25. The NPSP Council have again donated the use of the kitchen and adjacent meeting room at the Payneham Community Centre for our use on the third Wednesday of the month. We are very grateful for this recognition and support.

This first session was to welcome any new blokes and supporters, and we are pleased to welcome new volunteer Wendy into the fold, replacing Barbie who is now supporting her Church Shop on Wednesdays. Welcome back Angela and Jane.

After losing Alan to health problems and a possible move to Queensland, we were looking forward to meeting two new blokes Tilman and Dave.

Apparently Tilman set out, drove around for ages, but unfortunately couldn't find us. He has been given clearer directions for next time. Dave had a nasty turn, falling over last week and we decided his safety in the kitchen could be a problem. We missed another member of our group on caring duties for his partner. He will be with us next time.

We made fantastic sausage rolls and coleslaw which made good eating and contributed well to the round table chat, along with biscuits and a hot drink.

Before



After





A taster



Unfortunately, washing up is compulsory

Sharing personal experiences about making the food was interesting and there was much teasing across the table between the blokes, and this was enjoyed by us all. The mega effort using a vegetarian meat substitute was an amazing outcome after John and Wendy finally got it all together.

All the recipes we use are basic and economical and can be modified in many ways according to taste or creativity. It was suggested we could have added vegetables to the sausage mix to encourage kids to eat vegies (I don't think this applies to our group?) Someone said they used sausages, removed the skin and made them into sausage rolls. Our efforts today incorporated garlic, tomato and Worcester sauces making the sausage rolls really tasty. One bloke suggested we make Eccles cakes with the leftover puff pastry. A great idea which will be picked up later. Thanks for this Darien.

The last laugh was when one of the blokes went home taking only his salad. All the sausage rolls had been wrapped up and taken home before he had collected his! You have to be quick.....

No session in August as our leaders are on holiday. Next session on Wednesday September 18th at 10am.