T. E. R. A. COOKBOOK RECIPES

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly. - Buddha

TIBETAN EDUCATION & RELIEF ASSOCIATION
INCLUDING HIMALAYAN COMMUNITIES
CHARITY NO: 801974

Our aim is to raise money for our projects whilst hopefully giving you recipes to enjoy!

BUTTERNUT SQUASH, FENNEL & COCONUT MILK SOUP

* Butternut Squash - Medium Size -
Cut & roast (180c) in the oven, sprinkle with cinnamon, olive oil & salt.
* Fennel Bulb - Sprinkle with oil and roast in oven along with the squash
* Garlic - Roast a few segments (or as many as desired), leave skins on.

Dice into small pieces a small celery stick, a small carrot, ginger* (thumb size piece), and chilli if you like (to taste) then saute in a pan. After they have a little colour & have softened, add all the ingredients from the oven. Add a little water (or veg stock), cook for a few minutes before adding the coconut milk (1 tin - 400ml), warm through before using a blender to blend all the ingredients together. (Add more water or veg stock for required thickness). Goes well with fish, meatballs or a nice loaf or see below CHICKPEA FLOUR FLATBREAD.

* stem ginger works well, use only half of a ball sized ginger.

RECIPE SERVES 4 - or there will be enough to freeze for other days if not sharing.

CHICKPEA FLOUR FLATBREAD

* 1/2 cup chickpea flour (besan) - Sift the chickpea flour and salt together into a mixing bowl, using a sifter or a fine mesh strainer. Whisk in 1/3 of the water, to form a thick paste, making sure to eliminate all of the lumps. Whisk in the remainder of the water.

* 1-2 cloves minced garlic
* pinch of salt.
* 2/3 cup water
* 1 handful fresh herbs, of your choice
* pinch of red chilli flakes (optional)

The batter should look and feel like thin pancake batter. Mix in herbs (coriander, parsley or herbs of your choice), garlic & chilli flakes (if adding)

* 2 tablespoons extra virgin olive oil

Heat oil in non-stick frying pan on a high heat then pour the batter into the pan, & spread out across the moving pan to make a 'pancake'. Cook until golden brown - roughly about 3 minutes each side, turning carefully with spatula.

RECIPE SERVES 2

PAISLEY ALMOND CAKES

Grease a dozen muffin tin.
* 2 oz (56g) Maize Flour
* 2 oz (56g) Rice Flour (if difficulty in getting Rice Flour just use 4oz of Maize Flour)
* 1 small teaspoonful Baking powder
* 3 oz (85g) Butter
* 3 oz (85) Caster Sugar
* 1 1/2 oz (42g) Ground Almonds
* 2 Eggs

Sieve the flours and baking powder together. Beat the eggs. Cream the butter and sugar, and beat in the eggs and flour alternately. When white and creamy, stir in the ground almonds lightly, Half fill the tins, and bake in a moderate oven (about 180c/Gas mark 4) for ten-fifteen minutes. Turn out and cool on a wire tray.

* * For alternatives to this recipe add extras like vanilla extract - 1tsp
* * Chopped walnuts/pecans - fill each pattie with half a handful of nuts or as many as is needed
* * Blueberries/Redcurrants - fill each pattie with half a handful of fruit or as many as is needed

With the rise of the cakes you can slice the top off (or half way through the cake), add jam of your choice with a dollop of whipped cream or yoghurt & replace the slice (lid) to the cake.

MASCARPONE CHEESECAKE

* 75g flaked almonds, lightly toasted (or a mix with hazelnut)
* 65g oat biscuits (ginger or chocolate chip)
* 3 tbsp sugar (if using oat biscuits no need for extra sugar)
* 15g unsalted butter, melted
* 2 x (225g) packages cream cheese, room temperature
* 2 x (225g) containers mascarpone cheese, room temperature
* 125g granulated sugar
* 2 tsp fresh lemon juice
* 1 tsp vanilla essence
* 4 large eggs, room temperature
* top with a jelly/jam of choice (not too sweet, needs a little sharpness)

Preheat oven to 180°C/ gas mark 4.
Tightly wrap the outside of a 22cm diameter springform pan with 7cm-high sides with 3 layers of heavy-duty foil. Finely grind the almonds/hazelnuts/oat biscuits in a food processor. Add the butter and process until moist crumbs form. Press the almond mixture onto the bottom of the prepared pan (not on the sides of the pan). Bake the crust until it is set and beginning to brown, about 12 minutes. Cool.
Decrease the oven temperature to 160°C/ gas mark 3. Using an electric mixer, beat the cream cheese, mascarpone cheese, and sugar in a large bowl until smooth, occasionally scraping down the sides of the bowl with a rubber spatula. Beat in the lemon juice and vanilla. Add the eggs, one at a time, beating just until blended after each addition. Pour the cheese mixture over the crust in the pan.
Place the springform pan in a large roasting pan. Pour enough hot water into the roasting pan to come halfway up the sides of the springform pan. Bake until the center of the cheese-cake moves slightly when the pan is gently shaken, about 1 hour 5 minutes (the cake will become firm when it is cold). Transfer the cake to a rack; cool for 1 hour. Refrigerate until the cheesecake is cold, at least 8 hours and up to 2 days.
Good for a special occasion.

ALTERNATIVE MOUSSAKA

MADE WITH COURGETTE

* 500g Organic Mince Beef (or Soya)
* Small Onion
* 2-3 Spring Onions
* 3 Garlic Cloves
* 1/2 tsp Nutmeg
* 2 Dashes of Worcestershire Sauce
*Tin of Tomatoes - Whizz up with blender (making a passata) & add 1 teaspoon of sugar, pinch of cinnamon & ground white pepper 1/2 to 1 tsp
2-3 Cups of Milk
*2 Eggs - separate the yolks (for the bechamel sauce) and whites (for the meat) from each other
*4 tbsp (total) of butter & Olive oil
*5 tbsp of Maize Flour
*3-4 Courgettes (or 2 large)
*2 tbsp Olive oil
*Parmesan Cheese
*Parsley (Dried & Fresh, use what you have or both)
Preheat oven to 180C/Gas Mark 4

Slice the courgettes lengthways and add to olive oil in frying pan; fry until brown on both sides then lay on kitchen paper when cooked. Fry off the onion and garlic in the frying pan for a few minutes before adding mince or soya. Add passata, combine together adding Parsley and cook through for a few minutes then add egg whites and continue to cook through until everything has binded fully. For Bechamel sauce - put butter in a pan, and heat gently whilst adding maize flour. When the butter has melted and binded with the flour, add milk while taking care to not burn the flour and butter. Keep stirring and do not leave the pan. Remove from the heat when there is a nice consistency after the mixture has thickened. When cooled add egg yolks, parmesan cheese, and mix together. Layer the courgette, mince and bechamel sauce into a casserole dish, finishing with a top layer of bechamel sauce and a final sprinkling of parmesan cheese. Cook for 40 mins, or until top of moussaka is golden brown.

SAAG PANEER

*500g Fresh spinach, well washed or use a tin of spinach (395g)
*2 tbsp Olive oil
*150g Paneer, cubed (or as an alternative use a firm tofu)
*1 Small onion, very thinly sliced
*4 Fat garlic cloves, very thinly sliced
*4cm ginger, grated
*1 Fresh small green chilli, deseeded and thinly sliced
*1 tsp Garam masala
*½ tsp Turmeric
*½ tsp Salt
*1-2 tsp Black pepper (helps to increase absorption of the turmeric, and therefore enhances its anti-inflammatory benefits)

Bring a large pot of salted water to the boil. Drop in the washed spinach, blanch for 10 seconds, then drain and cool in iced water. Squeeze out well and finely chop – it should be as dry as possible. If using frozen spinach, skip this step, but do roughly chop it; if using tinned spinach, cook it through and add after the onion, garlic…spice etc. When you're ready to cook, lay out all the ingredients within easy reach of the hob. Heat the oil in a large heavy based frying pan on a medium-high heat and fry the paneer cubes (or Tofu) in batches if necessary, until golden and crusted. Set aside on kitchen paper with a slotted spoon and sprinkle lightly with salt, leaving as much olive oil in the pan as possible. Heat until it starts to smoke slightly then add the onion and cook until softened, before adding the garlic, ginger and chilli (if using) to the pan along with the spices and salt. Fry, stirring vigorously until hot - it should catch a little, but watch it doesn't burn. Add all ingredients then warm through. Taste for seasoning & serve.

BANANA BREAD

* 2 eggs
* 2 Cups of Rice flour (or Maize flour)
* 1 tsp Baking Powder
* 1/4 tsp Salt
* 1/2 tsp Baking Soda (Optional)
* 1/2 tsp Ground Nutmeg
* 1 1/2 Cups of Mashed Ripe Bananas
* 1 cup of Vanilla Sugar or 1/2 cup of honey or maple syrup with vanilla extract (1/2 tsp) or 1/4 vanilla pod
* 1/2 Cup Canola Oil (Olive Oil)

You can add extras like walnuts, pecans or berries as alternatives.

Combine dry ingredients in a large bowl, make a well in the centre then add eggs, banana, sugar & oil to centre and mix well. Put into a baking/loaf tin. Cook on 180C/350C fan/gas 4 for 1 hour or until toothpick comes out clean. Cool on wire rack.

VEGETARIAN THUKPA BHATHUK- TIBETAN DISH

WWW.YOWANGDU.COM/TIBETAN-FOOD/GUTHUK-RECIPE.HTML

* 2 cloves garlic, minced
* 1 tablespoon ginger, minced
* 1/3 medium red onion
* 5 medium shiitake mushrooms
* 1 tomato, chopped
* 2 stalks of celery, chopped
* 3 tsps soy sauce
* 3 cups water (first cooking) + 3 cups of water (second cooking)
* 1/3 cup raw sugar snap peas, without shells (or use petit pois/garden peas)
* 2/3 of a large daikon (Japenese radish), cut into narrow strips
* 5 cups spinach (measure before chopping), roughly chopped with stems or a tin of spinach
* 1 stalk spring onion, chopped
* 1 cup coriander, chopped
* Bhatsa - these are the normally little gnocchi-like scoops of noodle, but for ease of cooking use ribbon rice noodles cut into small thumbnail pieces.

Mince the garlic and ginger, chop the onion celery, mushrooms, and tomato. Lightly brown the ginger, garlic and onion on medium high, about 3 minutes. Add celery, mushrooms, tomato, soy sauce and cook on high for about 7 minutes. Add 3 cups of water, keeping heat on high, and bring to a boil. When the broth starts to boil, turn down to low and simmer for 10 minutes. After the broth has simmered for 10 minutes, add 3 more cups of water, and bring broth to a boil. After the broth begins to boil, add the daikon and peas. Heat remains on high. After 5 minutes, add the bhatsa or rice noodles. Heat remains on high. When cooked the bhatsa will pop up to the surface of the soup. When most of them are popped up to the surface, turn off the heat. Rice noodles just need to cook through. Stir in spinach, corriander, and spring onion and serve right away. (These final ingredients do not really need to cook, and look nicer if they are fresh looking. Although if using tinned spinach add this a few minutes before adding corriander & spring onion) Serve immediately.

CHILLI TOMATO RELISH

* 1 Chilli
* 5-6 cloves of Garlic
* 1 Small/Medium tomato
* 1/2 tsp Salt

In a pestle & mortar, add salt, tomato (cut into pieces), garlic & chilli (seeds can be removed if wanting a little less heat). Using pestle & mortar break down ingredients until no chunks remain. It will last for at least a week in an airtight container in the fridge. Good addition to Thukpa Bhathuk, or any dish you wish to add a little kick to.

Maize Flour Pancakes

* 1 Egg
* 1 Mug of cows milk (or almond)
* 1 Mug of maize flour
* 1 tsp Vanilla Essence/Extract/Pod
* Olive Oil (enough for frying off pancakes)

Sieve flour, and whisk egg, milk & vanilla extract in a container that is easy to pour from. Add flour into wet mixture in batches, making sure you have a smooth mixture that looks like double cream when all combined.
Make sure you whisk before each pouring, then fry off the pancakes (makes 4 or 5 small, or 2 to 3 large).
Add a topping of your choice, eat & enjoy whilst hot!

Chilli, Garlic & Ginger Relish

* 1 Chilli
* 4 cloves of Garlic
* Ginger 2 cm piece
* 2 Sun dried tomatoes
* Olive oil (small amount)
* 1/2 tsp Salt

Add the salt, tomato, ginger, garlic & chilli to a pestle & mortar.
Break down ingredients until no chunks remain. (If needed, add a little Olive oil to make it easier to grind).
Stored in a container, this will last for at least one to two weeks in the fridge.
Adds a little kick to any dish you wish!

Courgette, Lentil & Mushroom

*2 Large (or 3 medium) courgettes (diced/sliced)
*2 tbsp Olive oil OR 1/3 tbsp Coconut Oil
**150g Mushrooms - a mix of shiitake and chestnut
Use a 'meaty' mushroom for added flavour
*1 Small onion, very thinly sliced OR half an onion
2 - 3 Spring onions
*3 Fat garlic cloves, very thinly sliced
*4oz Red lentils
*1 Fresh, small green chilli, deseeded and thinly sliced
*1/2 tsp Salt
*1-2 tsp Black pepper
*120ml Vegetable/Chicken Stock (add more stock if required for more liquid consistency)

Cook the onion in a small amount of olive oil or coconut oil for a few minutes. Add courgettes and fry for a few minutes, then add mushrooms, garlic, spring onion & chilli, & fry for a few minutes. Add red lentils to the pan, mix & fry for a few minutes before adding stock.

Leave it to cook and reduce, stirring occasionally so mixture does not stick to the pan (add more stock if needed). Within 25 - 30 minutes the red lentils will begin to swell up with stock and the courgette will begin to break down - the mixture should thicken up and be ready to eat. Goes well with a nice, toasty bread or rice, if not too liquid a mixture.

MOMO - TIBETAN DUMPLING

RECIPE KINDLY GIVEN BY
YOWANGDU TIBETAN CULTURE:
WWW.YOWANGDU.COM/TIBETAN-FOOD/MOMOS.HTML

The Filling

In Tibet, they often use yak meat - we usually use beef, or just vegetables for our vegetarian friends.

For vegetable momo filling: Chop all the following ingredients into very, very small pieces:

* Two onions
* Two inches fresh ginger
* Two or three cloves of garlic
* A bunch of cilantro/coriander
* 450g approx. cabbage
* 450g approx. of tofu*
* 180g of dark brown mushrooms (buy them dried from Asian markets)*
* Two tablespoons of soy sauce
* One teaspoon of chicken, beef or vegetable bouillon or equivalent stock cube

*Don't use these if you are making meat momos

For meat momo filling, add:

450g ground/minced beef: (This beef replaces the mushrooms and tofu in the vegetable recipe).

If you have enough time, you can use un-ground beef and chop the meat into very small pieces. For both kinds of momos, put all of the ingredients in a pot or big bowl, then add a teaspoon of bouillon and two tablespoons of soy sauce. Mix everything together very well.

The Dough.

If you want to make momo dough for four people, use about 2 cups of wheat flour (we don't use whole wheat, but rather, we use white, all-purpose flour - and somewhere between 3 - 4 cups), and 1 cup of water. The amount will depend on your particular flour. (You don't have to be very exact about these measurements — Tibetans never are!). Mix the flour and water very well by hand and keep adding water until you make a pretty smooth ball of dough.

Then, knead the dough very well until it is flexible.

Now leave your dough in the pot with the lid on while you prepare the rest of the ingredients.

You should not let the dough dry out, or it will be hard to work with.

(If you are making meat momos with ground/minced beef, you may need to use your hands to mix it up.)

Shaping the Momos

When your dough and filling are both ready, it is time for the tricky part of making the dumpling shapes. For this, place the dough on a chopping board and use a rolling pin to roll it out quite thinly. It should not be so thin that you can see through it when you pick it up, nor should it be quite as thick as a floppy disk for a computer (remember those? :-). Somewhere between those two should work out. After you have rolled out the dough, you will need to cut it into little circles for each momo. The easiest way to do this is to turn a small cup or glass upside down to cut out circles about the size of the palm of your hand. That way, you don't have to worry about making good circles of dough because each one will be the same size and shape. Now that you have a small, flat, circular piece of dough, you are ready to add the filling and make the momo shapes.

There are many, different choices for momo shapes, & two of the most common are, the basic round momo, and the half-moon shape. (Of these two, the half-moon shape is easier.)



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MOMO - TIBETAN DUMPLING

RECIPE KINDLY GIVEN BY
YOWANGDU TIBETAN CULTURE:
WWW.YOWANGDU.COM/TIBETAN-FOOD/MOMOS.HTML

CONTINUED FROM PAGE 6

For this style, you begin the same as for the round momo style, holding the flat circular dough in your left hand and putting a tablespoon of filling in the middle of the dough. Then, you have to fold your circle of dough in half, covering over the filling. Now, press together the two edges of the half circle so that there is no open edge and the filling is completely enclosed in the dough. You will now have the basic half-moon shape, and you can make your momo pretty by pinching and folding along the curved edge of the half circle. Start at one tip of the half-moon, and fold over a very small piece of dough, pinching it down. Continue folding and pinching from the starting point, moving along the edge until you reach the other tip of the half-moon. You can experiment with different folds and pinches to find the way that is easiest and nicest for you. As you are making your momos, you will need to have a non-stick surface and a damp cloth or lid handy to stop the momos you've made from drying out while you're finishing the others. You can lay the momos in the lightly-greased steamer and keep the lid on them, or you can lay them on wax paper and cover them with the damp cloth.

Last Step: Steaming the Momos

Finally, you should boil water in a large steamer. (Tibetans often use double or even huge triple-decker steamers, to make many momos at one time.) Oil the steamer surface lightly before putting the momos in, so that they won't stick to the metal, then place in as many as you can without them touching each other.

Once the water is boiling, add the momos.
Steam the momos for about 10 minutes, then serve them hot, with soy sauce or hot sauce of your choice to dip them in.

Tibetan hot sauce, sepen, is perfect for momos, (or try the Garlic, Chilli & Ginger relish recipe).

Be careful when you take the first bite of the hot momos since the juice is very, very hot, and can burn you easily.

Momos are very good for your social life.
When we are making momos, we chat and have a lot of fun. And they taste great!

For the Round Momo

For both shapes, you will need to put one circle of dough in your left hand, and add a tablespoonful of filling in the centre of the dough. (Or reverse all of these instructions if you are left-handed :-) With your right hand, begin to pinch the edge of the dough together.You don't need to pinch much dough in the first pinch — just enough to make a small fold between your thumb and forefinger. Now you will have a little piece of dough pinched together, and you should continue pinching around the circle little by little, keeping your thumb in place, and continuing along the edge of the circle with your forefinger, grabbing the next little piece of dough, and folding and pinching it down into the original fold/pinch being held by your thumb. Basically, you will be pinching the whole edge of the circle into one spot. Continue folding and pinching all around the edge of the circle until you come back around to where you started, and then close the hole with a final pinch. Make sure you close the hole on the top of the momo. That way you don't lose the juicy part of the momo.

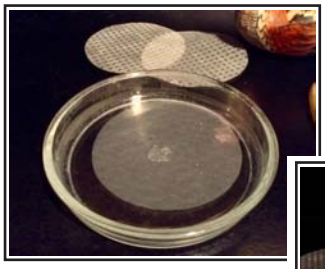


MOMO - TIBETAN DUMPLING -
GLUTEN-FREE MADE WITH THAI RICE PAPER

Use this recipe kindly given by YoWangdu Tibetan Culture for the filling - Page 6
OR
*Vietnamese Rice Paper 16cm
*200g Left-over cooked Brisket
*50g Brussel Sprouts leaves, or cabbage
*1 Tbsp chopped coriander & parsley
*1 Garlic clove
*1/2 small red onion
*1 1/2 - 2 Tbsp Soy Sauce, Tamari or Liquid Aminos
* A teaspoon of olive oil



1. Combine all ingredients in a bowl after dicing & chopping into small pieces.



2. In a dish with hot/warm water, soak the rice paper to make it pliable.



3. Place the rice paper into a ramekin, being careful not to tear the rice paper.



4. Place 1 Tbsp of the filling into the rice paper.

Once you have carefully brought all the edges together into a round Momo, cut off any excess rice paper. (You can also leave the excess to use as a means of holding the Momo, & then discard it).







6. Momo after cutting the top off. Press the edges together.

7. As can be seen above, 14 Momos were made from the filling described above

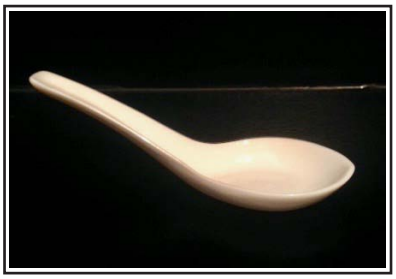
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MOMO - TIBETAN DUMPLING -
(GLUTEN-FREE, MADE WITH THAI RICE PAPER)

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8. Place Momos in a steamer for 8 minutes.They are easy to tear when removing from the steamer, so be careful. (N.B. lightly oil steamer to stop tearing, or place Momo on a 'Chinese' spoon in order to steam just a bite-sized piece).

Goes well with Chilli Tomato relish (page 4), Chilli Garlic & Ginger relish (page 5), and Sepen Tibetan Hot Sauce - Find recipe at www.yowangdu.com or alternatively, place Momos in a bowl & eat with some stock. Would go well with Butternut Squash, Fennel & Coconut Milk Soup (Page 1) for a hearty meal.



SPINACH AND CHEESE (CHURA) MOMOS

RECIPE KINDLY GIVEN BY
YOWANGDU TIBETAN CULTURE:
WWW.YOWANGDU.COM/TIBETAN-FOOD/MOMOS.HTML

* One cup of cooked spinach (squeezed dry of water), chopped small
* 4 cloves of garlic, minced
* 1 medium red onion, chopped small
* 2 Tbsp Coriander, chopped small
*Approx. 157g Grated Parmesan cheese
* A little oil for steamer

Follow instructions for making momos from previous recipe (Page 6) whilst using the filling above. Makes about 55 momos. Wilt the spinach by briefly placing in a pot of boiling water. Grate your Parmesan cheese. (We used 157g, but you can use more or less, as you like). In a bowl combine the spinach, Parmesan, garlic and onion along with 1/2 Tbsp salt, and mix well.

All momos will be very hot when first cooked, especially the filling. Please be careful!

OVEN BAKED EGG

* 2 eggs (Organic or Free Range)
* 2 Ramekin dishes or equivalent
* Approx. 2 Tbsp Cream or Creme Freche
* Few drops of Garlic Juice
* 30g Goats cheese
(or cheese of choice - not Blue cheese)
* 1/3 tsp Lemon Thyme or Parsley for each ramekin
* Twist of black pepper for each ramekin
* Olive Oil or butter - enough to coat ramekins

Rub on just enough Olive Oil or butter to coat the inside of the ramekins. Break one egg into each ramekin, adding enough cream or Creme Freche to cover the top of each egg. Add grated or sliced cheese to cover each egg.

Cook in a pre-heated oven 180°C/gas mark 4 for approx. 10 minutes (dependent on your oven) for a cooked yolky egg. Really nice for lunch or a quick evening meal with salad & a nice loaf.

MELTING MOMENTS

* 225g Cornflour (Maize Flour)
* 1 teaspoonful Baking powder
* 170g Butter
* 85g Castor Sugar
* Grated Lemon Rind
* 2 Eggs

Grease a dozen patty-tins. Cream the butter and sugar, and add a flavouring of grated lemon rind (or lime). Beat the eggs, & add them alternately with the cornflour, to the butter & sugar, mixing the baking-powder with the last spoonful of cornflour. Put a teaspoonful of the mixture into each patty-pan/tin and bake in a good oven for ten-twelve minutes (about 180c/Gas mark 4). Turn out and cool on a wire tray. Delicious afternoon tea-cakes.

Tip: Check with a toothpick in centre of cake to see if cooked, it should come away clean.

QUICK RAMEN DISH

* 150g Rice Noodles or
* Amoy Rice Noodles - use one of the packets (sold with 2 packets)
* 1 Organic Chicken or Vegetable Boullion (stock cube)
* 400ml Hot Water
* 1 Spring Onion
* 2 Mushrooms
* 1/2 tsp Seaweed (e.g. Nori Flakes), or alternatively, add chopped watercress after cooking, or Parsley
* Small tomato
* 1/4 tsp black pepper or a few twists of a Pepper Mill.
* A Couple of Splashes of Soy Sauce or Fish Sauce
* Few drops of chilli sauce or add made relish (Page 4) after cooking

Slice vegetables thinly and dice tomatoe. Add all ingredients into a pan (including the hot water), & cook on a medium heat. (5 minutes for Amoy Rice Noodles, 10 minutes approx. for Rice Noodles)
Add as much as is needed of Tuna (canned) or any cooked meat to make a more filling meal.

If you have a microwave, for an even quicker meal, put all ingredients into a container (micowaveable) & heat on full power for 3 minutes with Amoy Noodles or 5 minutes for Rice Noodles, & enjoy.

ANGELS DANCING ON YOUR TONGUE

When having first tried this recipe for lunch, this is how a friend described the recipe which seemed an appropriate title to use.

* A Couple of slices of bread (your choice)
* Brie - enough to cover your slices of bread
* Honey - a drizzle
* Tbsp Sliced or Chopped Almonds

Toast bread slices lightly, then add Brie to cover each of the toasted bread slices. Drizzle honey over the Brie, and return to the grill. Toast until Brie begins to melt, then sprinkle almonds over the toasted Brie and grill for 1 minute. Enjoy!

T.E.R.A. would like to wish you well, & hope you enjoy these recipes - either for yourself, or to share with friends & loved ones.