

# Eating with Friends

Newsletter Autumn 2015

Welcome to the EWF Autumn newsletter.

Thank you to all the groups that returned the **annual survey**. It provides an invaluable source of information about the groups and helps to demonstrate just how different they all are.

Here is a quick snapshot of information gathered from the 26 surveys that were returned:

- There are approximately 770 EWF participants.
- There are approximately 132 adult volunteers involved in organising and running EWF groups, with 31 school students also involved.
- Twenty three groups eat in-house, with 3 groups eating out in their local areas.

All returned surveys went in the draw to win 1 of 2 **Sally Wise cook books** - and the lucky winners were the **Deloraine and Derwent Valley EWF groups**.

Many of you completed the 'Paint a Picture' section at the end of the survey form and shared a story about your group. Thank you for these lovely snapshots which reflect the very personal aspects of EWF. I will put my thinking-cap on to come up with some ideas on how to best share them with you all.

The **small capacity building grants** will be available again this year. Yeah! The request form for these grants is included in this mailout. Please **complete and return** it to the EWF Project by **3rd June** so the grants can be sent out before the end of the financial year.

To the few groups yet to return their **annual surveys** - it would be great if you could **return them** with the **micro grant request form**.

We look forward to being able to support the capacity building of EWF groups and hope the grants help to acknowledge the wonderful work you all do.

I recently visited the EWF group at **Primrose Sands** that meets monthly on a Sunday at the Primrose Sands Hall. A band of very dedicated volunteers cooked up a lovely 3 course meal for everyone.

They sadly lost the main driver of the group to illness late last year and were doubtful of continuing on without her. The volunteers decided to band together and 'try to keep her fantastic efforts going.' And they are indeed doing a wonderful job for which I am sure their local community is very grateful and appreciative. Well done!



(Primrose Sands EWF)



I also visited the **Goodwood EWF** group that meets fortnightly on a Thursday at the Goodwood Community Centre. While chatting over the meal I was told by those sharing my table that Allan, the chef for the group, makes THE BEST bread and butter pudding.



(Goodwood EWF)

I spoke with Allan afterwards and told him about the high praise. He was more than happy to share it with me to put in the newsletter to share with the network. It is a recipe of large proportions and is included over-leaf!

The EWF Project has ordered a recipe book from the Queensland Meals on Wheels, which is jam packed with cooking ideas. I look forward to sharing some of them with EWF groups in the next few newsletters.

Enjoy the changing colours of the season!

Cheers

Karen

EWF Project Coordinator

# Bread & Butter Pudding

(serves 45)

## Ingredients:

- ◆ Milk 4.5 litres
- ◆ Cream 1.8 litres
- ◆ Bread 2 loaves
- ◆ Butter 350g
- ◆ Sugar 450g
- ◆ Sultanas 375g
- ◆ Eggs 2 dozen
- ◆ Vanilla essence 1 Tablespoon
- ◆ Apples 5



## Method:

1. You will need 2 baking dishes, greased lightly with butter
2. Turn oven on to 160 degrees
3. Butter the bread
4. Lay the first layer of buttered bread in the baking dishes
5. Add the next layer of buttered bread on top
6. Break the eggs in a bowl
7. Add the sugar and vanilla essence
8. Whisk the mixture gently
9. Add milk and cream into egg mixture, whisk gently until combined
10. Peel and quarter the apples, removing the cores
11. Add the thinly sliced apples to the top of the bread
12. Sprinkle lightly with some sugar
13. Place the dish in a tray of water and cook for 1 hour until golden brown
14. Serve with whipped cream or ice cream



Enjoy!



Allan Badalassi is the chef for the Goodwood EWF group which meets fortnightly at the Goodwood Community Centre.

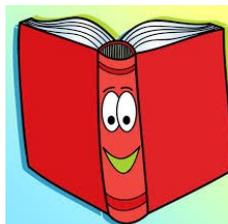
In the picture above he is serving up a treat for participants. A crew of volunteers enthusiastically support Alan in the kitchen and front of house. Lucky Goodwood!

Allan shares a few thoughts with us....

*"Flavour is important to me, and I believe the best way to get a good flavour is to use real ingredients. I love the opportunity to use fresh produce, as all the regular guests at Goodwood EWF love their vegies! I use fresh veg whenever possible, making use of the produce at the community garden at the Goodwood Centre. I make my own chicken or beef stocks, which are used in the soups and sauces. Because of my Italian heritage, I like to add some Italian flavour to the meals. For instance we have had homemade lasagne. I make everything including the pasta, the ragu and the béchamel sauce. My bread and butter pudding has been very popular at Goodwood and so I am sharing the recipe. The not-so-secret ingredient is sliced apples. You could also add any other fresh fruit in season, such as pears or berries."*

The lucky winners of the Sally Wise cookbooks are the Deloraine and Derwent Valley EWF groups.

Congratulations to both groups and happy cooking!!!



## EWF Contact Details

For more information please contact

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**Pamphlets, posters and badges are available to help you promote your group, along with Action Kits for new groups.**