

ENCOUNTERS WITH MISS EMILY- Term 4 Week 5

Greetings everyone, Thankyou to the parents who joined me for a cuppa on Tuesday morning at Café for Ewe. I really enjoyed the time we spent together chatting. It's really important for us as parents to take a moment and spend some quality time on ourselves, doing the things we love, whether it's a cup of coffee with friends, doing some craft or just enjoying a walk in nature. These simple things rejuvenates ones wellbeing tank. So go spoil yourself, you deserve it.

Last week we enjoyed the company of the CWA ladies joining us for International Day. Their focus country was Spain. We ate some Spanish cuisine for lunch, Janet shared memories of her holiday from years ago and we watched a video of Flamenco dancers. I have attached the Spanish recipes below for you to enjoy.

Looking forward to seeing you soon, Emily.

SPANISH CHICKEN

1 chicken, cooked	1 tin tomato soup
1 large onion	1 tin diced tomato
1 teaspoons allspice	2 teaspoons Worcestershire sauce
1 table spoons margarine	1 teaspoons mustard
pepper to taste	

Cook onion until transparent, add all ingredients. Simmer gently for 15 minutes. Serve with rice.

QUESADA PASIEGA

70 g Butter & 1 cup Sugar
Cream together, then add
2 Eggs & 1 tsp vanilla essence
200g cream cheese
2 cups of milk

And combine then add 1 cup of flour and 2tsp zest of a lemon.

Beat altogether and Bake in a 9' x13' baking dish @180° C for 35 to 45 mins or until slightly brown on top and a skewer comes out clean. Cool for 15 minutes before slicing.

Serves 8 people.



