

Editorial

7 fool-proof tips for an Epic Winter Bredie

From FOOD24 @BitsofCarey

When I was a kid, my mom cooked a bredie every week; sometimes twice a week. My siblings and I would groan, "Not again!" but once we had a mouthful of fluffy rice, we'd come back for more. We often mopped up our tomato bredie with squished slices of freshly baked 7-Eleven bread with lots of butter. Bliss! My gran served hers with lumpy mash, which was pretty awesome too.

A bredie is a traditional Cape Malay dish that is a South Africa favourite. It's pretty much a mutton or lamb stew slow cooked with a vegetable such as cabbage, tomato, green beans, pumpkin or *waterblommetjies*.

Tips for a good bredie

1. Use meat on the bone, as it has so much more flavour. Lamb knuckles and neck are great for bredies.
2. Always brown the meat before slow-cooking (to seal, to give colour and to add flavour).
3. Braise the onions well until they are completely soft to release all the natural sugars that make bredies so sweet and delicious.
4. The use of spices such as coriander, nutmeg, cinnamon and cardamom is very traditional.
5. Don't cook with too much liquid/stock. It dilutes the flavour, so only add as you need.
6. Cook slowly and gently in a heavy-based casserole pot on the stovetop, in the oven or even a potjie until the meat is tender (usually about 2 hours, but the longer the better). It works well in a pressure cooker too, if you're pressed for time.
7. Use floury potatoes in bredies for the texture.

Here are 3 of my favourite bredie recipes:

Lamb and cabbage bredie – For a twist, I add bacon to mine and serve it with yellow rice and raisins.

Tomato bredie – A combination of tender lamb, sweet tomatoey sauce and soft potatoes.

Waterblommetjie bredie – When waterblommetjies are in season, this bredie is a must-try for every South African.

* *This might have been written by me if I'd actually enjoyed the many Bredies (stews!) we had as children. My brother loved them..... I didn't!! Pam Munday*

WYNPRESS

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Wynberg



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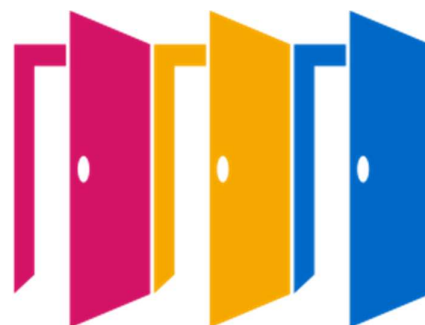
July in Rotary

New Leadership Month

**Wynberg Rotary meet every
Thursday, 6 for 6.30pm,
Palm House, Wynberg.**

For more information about our club, like
us on Facebook or visit our website:

Wynbergrotary.org.za



Rotary Opens Opportunities

Minutes: 2 July 2020

Compiled by Barry Cleveland

'Virtual' Attendance

19 members and 13 guests present

Fellowship

None recorded

From the President's chair

Outgoing President Keela welcomed the large number of attendees – and especially our new AG Peter Sharples.
Keela also congratulated Kelly Blake on her election to President of Interact Club at Wynberg Girls High School.
Candice was awarded a Sapphire Pin for her Paul Harris in acknowledgement of her constant and selfless activity in the field of promotion of Rotary ideals amongst the youth. She has now served 12 years in Rotary; and will be leading a team of young entrepreneurs to Sweden in 2021.
Sharon Statham and Norma Karsten were inducted as members of Wynberg RC. They both expressed their thanks to the club members for inviting them.

Slots

Graham explained how the Swindle works, for the benefit of our guests: The kitty of R1000 may only be won by WRC members and the first draw would be for that. The second draw would be for a bottle of wine.

Entertainment

The evening started with a recital by Beau Soleil student Kezia Dawson on her electric violin. She faultlessly played two pieces for us – setting the tone for the evening.

Over supper we were entertained with a video by Chris Wells from Market Harborough RC, UK, chartered in 2015. He described, to his theme of "Dogoodery" how his inherent early depression years were turned around by his introduction to Rotaract by his mentor, Jim Davis.

Dave and Stacy both confirmed what a fantastic organisation Rotaract is, giving limitless opportunity for the promotion of friendship, and the growth of personal, as well as business relationships.

Presidential Induction

After many photos of activities during her period in office, Keela expressed warm thanks to all club members, the Board and her family for the support she had received.

Mike delivered his (now traditional rap) for both the outgoing president as well as the incoming one (page down for the full version).

On accepting his chain of office, Pres. Justin quipped that to start this Rotary year, we won't be just 'opening doors' (the new logo), but remaining content with contact via 'Windows'!

He welcomes, as Honorary Members, the Presidents of Rotaract (Wynberg): Ryall Conner, and of Steenberg: Topollo Mokhadi.

Justin's acceptance was played out with a video of his past activities in the club.

The final 'One-Liners' competition between Dave and Mike was a draw, with Mike conceding to Dave (*which will likely cost him a beer – Ed*)

Swindle

Justin, on Rob's behalf drew the 6 of hearts (ah shame!)

The attendance prize of one of the bottles of wine went to Lucille, and the other went to Ann.

Dates To Diarise: Zoom Meetings (Guests welcome, by request)

All July	RI Convention July Breakouts: https://convention.rotary.org/en/honolulu/july-breakouts
9 July	Monique on membership and new types of Rotary membership. Let Monique or Justin know beforehand if any aspects on membership need to be included.
16 July	Rotary Goal Setting and its pertinence to WRC
23 July	Val Cleveland: 'Will Democracy last?'

	July				August
Duty Roster	9 Monique on membership	16	23 Val Cleveland on Democracy	30	6
Sergeant	Cleveland	Jackson	Murphy	Overbosch	Schreiber
Wynpress editorial	Murphy	O'Driscoll	Overbosch	Schonegevel J	Schreiber
Minutes	Edwards	Maunder	Cleveland	Edwards	Maunder
Loyal toast	Van Niekerk S	White	Barnard	Bayes	Bird
International toast	Edwards	Gowdy	Jackson	Klotz-Gleave	Maunder

NEW MEMBERS

Sharon Statham	082 9206618	sharondk64@gmail.com
Norma Karsten	082 8233762	nkarsten@wynghs.co.za

NEW HONORARY MEMBERS

Ryall Conner (Wynberg Rotaract Club)	ryall94@hotmail.com
Topollo Mokhadi (Steenberg Rotaract Club)	reformer.mokhathi8@gmail.com

Tailpiece: Mike's 2020 (W)rap

Yo! Lissun up y'all – I jus' wanna say: my first Zoom rap will be A-okay.

We won't let Covid get in our way – so lissun reel good here to what I say.

Pres Keela, she's now on her way, da J-man takes da seat today.

I think before she goes we should say – she's made Wynberg rock in every way.

Every challenge dat came her way – was dealt with great, and on da day!

Even though she's leaving RSA – we'll welcome her back here any day. A word of course for her good man – he's helped her lots just where he can.

Now Justin's got big shoes to fill – and we got no doubt dat he damn well will.

You know what all da folks do say, Rotary is in his blood okay.

Da dude's got ideas and dat is swell – plans to make da needy well.

We need to get behind our guy – to set Wynberg's goals mighty high.

His Board is sorted and dat is good – da team will do just what dey should.

Pres J-man loves da 5 way test – havin' FUN wit' all da rest.

So come on down to da Wynberg 'hood – da new year's gonna be mighty good.

We hope to see you guys quite soon – in da flesh, dough and not on Zoom!!



Club of
Wynberg