



THE ROTARY CLUB OF TAMWORTH - FIRST LIGHT

2011-2012



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A Letter from Louise

www.tamworthfirstlight.org.au Wednesday 30th November 2011
Meeting 1089

Quote of the Week:

“Don’t assume that all things will go to plan as sometimes plans go astray and out the door when you really really need them to go your way, like when the meeting venue changes and all goes from bad to worse, which really like sucks big time, but there is always 15 year old single malt to smooth out life’s speed bumps”

- Louise via a phone hack

RCTFL....CHANGE OF PLAN.....

As most would be aware our scheduled Vocational Visit, 30th Nov, to V Guy Kable Building is **CANCELLED**,

PLAN B....

at Sanctuary Inn...also **CANCELLED**,
(due to another booking)

PLAN C....

CASCADA

502 Goonoo Goonoo Rd
(behind service station near Equine Centre)

HOWEVER
we have to

RSVP

by 8pm Monday 28th Nov

Louise lmjew@bigpond.com 0420 743083
Or Jim 0411 737345

UPDATES/ NEWS / DIARY DATES

- **Can I have some more recipes please – font is getting bigger**
- AGM will be held on 14 December, nominations to the Secretary, signed by the nominator, seconder and nominee.
- Salvation Army Christmas Appeal again this year. Please bring non-perishable food and toys from 7 December. Please make a really big effort this year so we can farewell Stuart and Paula on a big note.
- Chris Watson – 100 Club raffle doing the rounds to raise funds for Ronald McDonald House.



The following was developed as a mental age assessment by the School of Psychiatry at Harvard University ..

Take your time and see if you can read each line aloud without a mistake.

The average person over 45 years of age cannot do it!

1.This is this cat.

2. This is is cat.

3. This is how cat.

4. This is to cat.

5. This is keep cat.

6. This is an cat.

7. This is old cat.

8. This is fart cat.

9. This is busy cat.

10. This is for cat.

11. This is forty cat.

12. This is seconds cat.

Now go back and read the third word in each line from the top down.

Rotary Club of Tamworth First Light

Masterchef page

Port and green peppercorn glazed ham with roast onions



Preparation Time

40 minutes

Cooking Time

180 minutes

Ingredients (serves 23)

- *12 small (about 1.2kg) red onions, topped, peeled*
- *200g (1 cup, firmly packed) brown sugar*
- *60g (3 tbs) butter, melted*
- *2 tbs red wine vinegar*
- *2 tbs balsamic vinegar*
- *4 dried bay leaves*
- *Salt & freshly ground black pepper*
- *2 bunches (12 bulbs) spring onions, roots trimmed, stems trimmed to 8cm*
- *1 8kg leg of ham, on the bone*
- *1 480g jar ginger marmalade*
- *125ml (1/2 cup) port*
- *Cloves, to decorate*
- *2 tbs drained green peppercorns*

Method

- 1. Preheat oven to 180°C. Place an oven shelf in the lowest position and remove the other shelves.*
- 2. Place red onions in an ovenproof dish. Combine sugar, butter, red wine vinegar, balsamic vinegar and bay leaves in a heatproof jug. Season with salt and pepper. Pour over the red onions and toss to coat. Cover with foil. Roast in*

preheated oven for 30 minutes. Add spring onions and cook, covered, for a further 30 minutes. Remove foil and cook, for a further 30 minutes or until onions are tender. Cover with foil and set aside until required.

- 3. Unwrap ham, rinse briefly under cold water and pat dry with paper towel.*
- 4. Use a small sharp knife to cut around ham shank in a zigzag pattern, about 10cm from end. Carefully run knife under rind around edge of ham. Gently lift rind in 1 piece, running your fingers between rind and fat where still joined. Lift rind off in 1 piece, wrap in a damp tea towel and place in the fridge. Use for storing leftover ham (see note).*
- 5. Trim excess fat from ham, leaving a 1cm-thick covering all over. Use a knife to score fat in a diamond pattern, 5mm deep. Pour a small amount of water in a roasting pan. Place ham on a wire rack in the pan. Wrap overhanging shank in foil to prevent juices dripping into oven.*
- 6. To make the glaze, heat the marmalade in a saucepan over medium heat for 5-7 minutes or until melted and just beginning to bubble. Add port and mix until combined. Pour half the glaze over ham, using a spatula to spread evenly over surface. Stud each diamond with a clove. Add peppercorns to remaining glaze. Bake ham in preheated oven for 1 hour.*
- 7. Remove from oven. Increase heat to 220°C. Pour remaining glaze over ham and spread evenly. Turn pan 180°, bake for a further 20 minutes or until well browned. Remove from oven. Rest for 15 minutes before carving.*
- 8. Meanwhile, return roast onions to oven and cook, covered, for 15 minutes or until heated through.*
- 9. Carve the ham (see note) and serve with the roast onions.*

Notes

- You can use a 6kg easy-carve boneless leg ham in this recipe. Reduce the baking time in step 6 to 40 minutes, and continue from step 7. Variation: Sticky capsicum glaze: Replace the port with 125ml (1/2 cup) extra balsamic vinegar. Preheat grill on high. Place 2 small quartered and deseeded red capsicums and 2 small quartered and deseeded green capsicums skin-side up on a baking tray lined with foil. Cook under preheated grill for 15 minutes or until charred and blistered. Transfer to a heatproof bowl, cover with a plate or foil and set aside for 5 minutes. Peel and cut flesh into thin strips. Use in place of green peppercorns. How to carve it: Cut a thin slice from underneath the ham so the leg sits flat. Place the ham on a board and hold the ham shank with a clean tea towel. Use a sharp knife to make a vertical cut towards the bone, about 10cm from the shank. Make a second cut, at an angle to the first, and remove the wedge of ham. Cut several thin slices of ham parallel to the second cut. Carve along the bone to remove slices. How to store it: Cover the cut ham with the reserved rind. Wash a clean tea towel, calico bag or clean new pillowcase in a solution of 2 cups water and 1 tbs white vinegar, then wring out. Place the ham in the bag or pillowcase, or wrap in the tea towel. Place on a tray in the coldest part of the fridge for up to 3 weeks. Rinse the bag in the water and vinegar solution every 2-3 days to help keep the ham fresh & moist. Ham can also be frozen for later use. Cut the meat from the bone, wrap in plastic wrap and place in an airtight container. Label & date, then freeze for up to 1 month. Thaw in the fridge overnight.*

ROSTER	30 November 2011	7 December 2011
Guest Speaker	TBA	Mick Daniels
Topic	TBA	Petrol Pricing
Door Team	Phil Lyon & Vicki Cooper	Barry Biffin & Tim Coates
Meeter & Greeter	Patricia Varley	Dennis Johnson
Welcome	Peter Ryan	David Hinwood
President Assist	John Fogarty	Steve Massey
Visitor Assist	Graham Dooley	Max May
Corporal Assist	Ian Howle	Michael O'Connor
Introduction	Diane Ford	Peter Hyde
Vote of Thanks	Phil Heffernan	Ross Lobsey

CORPORALS for **December: Julian Smith & Brian Thompson**
January: Michael Smith & Paul Stevenson

BIRTHDAYS, ANNIVERSARIES AND INDUCTIONS	
Members Birthdays	
Partners Birthdays	Hellen Allen 4/12 – partner of Ron, Carolyn Murphy 8/12 – partner of Barry
Anniversaries	David & Helen Hinwood 5/12 – 36 years
Induction into Club	Ross Lobsey 4/12 – 20 years
Attendance	Hopefully lots at Christmas Party
Make Ups	Not advised
Visiting Rotarians	Nil
Visitors	Probably partners at Christmas Party
Head and Tails	Nil
Raffle	Nil

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