

## NIGHT OUT TO RAISE MONEY FOR WOMENS CANCER

Two amazing FitnessNRG members, Jenny Prowse and Lindsey Buick have started a fundraiser to raise money and awareness for the "Weekend to End Women's Cancer" Lindsey knows only too well the effects of cancer having gone through her own battle just recently. They have teamed up with two other girls calling themselves "The Pink Smurfettes". Come along to the Mt Dandenong Hotel to support these ladies and hear some tunes played out by three of our FitnessNRG boys. Trevor will have his band "Swamp Donkey" performing with Craig jumping in to sing a song on the night. Jack is performing solo at 8pm with his guitar. There are prizes to win, great music and dancing. Hope to see you there.

**WHEN :** Sat 16<sup>TH</sup> Nov

**TIME :** 8pm – Midnight

**WHERE :** Mt Dandenong Hotel. 1451 Mt Dandenong Tourist Rd. Olinda

### DATES TO REMEMBER

MON 11<sup>TH</sup> NOV NOV/DEC BOOTCAMP RESUMES

SAT 7<sup>TH</sup> DEC LAST BOOTCAMP SESSION

MON 9<sup>TH</sup> DEC LAST 5PM CIRCUIT FOR TERM 4

TUES 10<sup>TH</sup> DEC LAST 5PM POWERBAR AND 7PM CORE CLASSES FOR TERM 4

WED 11<sup>TH</sup> DEC LAST 9.30AM STEP CLASS FOR TERM 4

THURS 12<sup>TH</sup> DEC LAST 7PM POWERBAR CLASS FOR TERM 4

**FRI 13<sup>TH</sup> DEC FITNESSNRG XMAS PARTY.**

**THEME IS "SCARY"**

**WINNER OF BIG LOSER 8 WEEK CHALLENGE IS ANNOUNCED PLUS OTHER AWARDS ON THE NIGHT**

## RECIPE CAROL'S DRY CHICKEN CURRY

**Paste:** whizz this together with a blender or in a mortar and pestle

10 Cloves Garlic

1-2 inches ginger (the more ginger the thicker the consistency)

5-6 Green Chillies (but to your taste; the heat lingers but doesn't burn like red ones)

½ Bunch Coriander – include stems and all (wash well)

### **Dry spices:**

1tbspn of dry curry powder of your choice

1-2 Bay leaves

3-4 Cardamom pods; squashed (this just helps release the flavour a little)

2-3 Cloves (we had none so I used Star Anise)

4-5 Peppercorns

### **Cooking:**

Fry the dry spices in oil until they are fragrant

Add 1kg of diced chicken (thighs are always good for tender chicken) and paste, at the same time

Leave the lid on until the juices come out of the chicken and add some sliced / cubed potato part way through, if you like.

Once the liquid has come out of the chicken, leave the lid off and stir regularly until the curry is quite dry. Then it is ready. I have found that using a flatter, wider pot aids this a lot better and then the chicken doesn't become too stringy. A narrow pot takes too long to cook off the liquid.

Add a bit of Soy Sauce for colour; some vinegar for sourness; if you want it a bit runnier you can add water but be careful; salt if you still need it.

Serve with naan, or rice, or wilted silverbeet.