
JULY NEWS 2017

HEALTHY EATING

My Tomatoes and Chillies are all coming on nicely and with over 11 tomato plants I may have a little glut in August! Below are some recipe ideas I refined last year in the event of such a thing! I would never have made them before with shop bought tomatoes and didn't see the point but if you've never had a pickled tomato I suggest you definitely give it a go even if you don't have hundreds of tomatoes growing in your garden!

August Timetable

August 7th to September 3rd 2017 Inclusive Changes to Timetable

Also available in PDF format on the homepage www.thecorestudio.ie

Monday 7th August Closed For Bank holiday

Saturday Matwork: Prenatal 10.00am, Drop in 12.00

Saturday Reformer: 9.00am, 11.00am

Monday Matwork: 9.30am, 6.15pm

Monday Reformer: 10.30 am, 7.15pm

Tuesday Matwork: 9.15am, 7.00pm

Tuesday Reformer: 10.30am, 8.00pm

Wednesday Matwork: 10.30am

Wednesday Reformer: 9.15am, 7pm

Thursday Matwork: 10.15am, 7.15pm

Thursday Reformer: 9.15am, 6.15pm

Friday Matwork: 9.30 am

Please note there will be no circuit training from 7th of August until 4th September. Any expired circuit classes will be extended if as a result of this. Normal online timetable will resume on Monday 4th September.

TOMATO RECIPES

Tomato soup

2 onions peeled and chopped

1 carrot peeled and diced finely 1 clove garlic, peeled and crushed

1 stick celery finely chopped

2 tablespoons olive oil

1lb ripe tomatoes halved

1 litre veg stock

2 tsp. brown sugar

Salt/pepper

Handful fresh basil

Glug of cream/Creme Freche

Method

Heat oil in saucepan and add onions carrot celery and garlic cover and cook gently while stirring until soft

Add sugar, salt, pepper and tomatoes, stir and cook for another 5 mins

Add the stock gradually bring to boil and then simmer lightly for 15 mins or until carrots are soft, break up tomatoes with back of wooden spoon. Add the basil and Use hand blender to liquidize until smooth, turn down the heat and add the cream in to taste – YUM!!

Tomato relish

2 onions diced thinly

2 garlic cloves crushed

2 red chillies or Chille paste

14 oz. chopped tomatoes

1 red pepper - optional

14 fl oz. red wine vinegar

14 oz. brown sugar

Salt/pepper

3 oz. capers in vinegar – rinsed (optional)

3 oz. baby gherkins chopped (optional)

Handful coriander fresh

Method

Heat the oil and fry onion garlic and Chile until soft

Add tomatoes and break up with back of spoon, mix well

Add vinegar, sugar and bring to the boil. Then simmer to reduce 30 mins to 1 hour. Season with salt and pepper. The relish should be consistency of thick jam. Stir in capers and gherkins and coriander if using.

Allow to cool and put into sterilized jars.

Tip:- if you heat the jars the heat will make a vacuum so will keep for longer until opened.

Freeze (not in glass jar!) or store in fridge/cool cupboard.

Sun dried tomatoes

18 ripe washed tomatoes halved

Sea salt

6 cloves garlic crushed

8 tablespoons oregano or basil or half and half

Black pepper

Olive oil

Preheat oven to lowest setting

Mix tomatoes with the olive oil, garlic and seasonings

Cook at 60 degrees for 8-10 hours

Or 140 or 3-4 hours

Leave to cool and pack into sterilized jar, add olive oil to cover.

Pickled tomatoes

20 cherry tomatoes

4 garlic cloves

2 sprigs rosemary

1 bay leaf

1 tsp. coriander seeds

1 tsp. black peppercorns

Little mustard seed (optional)

Dill optional

Method

Put washed tomatoes into sterilized jars

In a pan bring the garlic rosemary bay leaf, coriander seeds peppercorns and mustard seed to the boil for 10 mins with a litre of water.

Allow to cool and fill jars until tomatoes are covered and seal (see tip above)

Nickys' no carb Quiche

Perfect for a light supper or lunch with garden salad.

Lightly grease your quiche dish and pre-heat oven to 180 C

Finely Dice one red onion and peel and crush one garlic clove and sauté in a pan,

In another bowl add 3 large free range eggs and whisk well then add black pepper.

add a pinch of nutmeg to 150ml of low fat super milk and slowly add in the milk to the egg, add a pinch of cayenne pepper. Whisk

Chop up and Spread last nights left over bbq or roast veg to your quiche dish and put the onion and garlic over it. You can add in lean medallion of cooked and chopped bacon in now too if you wish. To the egg mixture add half a block (100g) of chopped feta cheese, and 100 g grated cheddar. Poor the egg mixture over the veg and or bacon, half cherry tomatoes and set around the dish sliced side up, add a sprinkling of parmesan and cook until the egg is lightly browned and set approx 40 mins, leave to cool before slicing and serving with fresh garden salad.

Nickys' Dip

One courgette plant is recommended for a family since I have FOUR I pick them when approx 4 inches long, nice and tender and full of flavour and along with my raw cauliflower florets and baby carrots dip them in this dip for a truly yummy lunch or pre dinner snack.

1 x 400 g tin of chickpeas drained and dried

a good pinch of pounded cumin seeds

1-2 small dried red chillies crumbled

1 peeled clove of garlic crushed

juice of 1 lemon

Freshley ground black pepper

Olive oil

Method

Mash up your chickpeas so they still have texture but resemble a paste, add the garlic, chillies, cumin and mash a little more add in the lemon juice, pepper and lastly olive oil to the consistency you prefer, ensuring its all mixed in well - delish!!

Did you Know?

Pilates matwork and reformer can help prevent injury and also be used to rehabilitate and manage diseases such as osteoporosis, Degenerative Disc Disease, Facet Joint arthritis, Symphysis Pubic Dysfunction, Bladder control, Knee replacements and cartilage thinning and wear and tear in the knee, hip replacement and arthritis, sciatica, piriformis syndrome, tennis/golf elbow and lots lots more! Whether you do or not have any symptoms of any of these you can rest assured that under our expert care you are doing the best 'physio' you can for yourself at any age to aid prevention and or manage any of these debilitating conditions.

TUMMY, TUMMY, TUMMY

As you know we say this a lot!! That's because every single movement you make every day should go through your core. That's not just when you are in class but whether you are picking up a pen to swinging a golf club or tennis racquet, emptying the dishwasher or going for a walk. To make this a habit, pick something you do every day, for example every time you change gear in the car, think am I engaging my core and or pelvic floors; going for a walk, each lamppost you pass think the same. Eventually the aim is it will be automatic and you won't even have to think about!

BUMS, BUMS, BUMS

Weak glutes can be the cause of lower back pain. If your bum is not strong enough your lower back will take the loading and over time become strained or worse. In Pilates, mat, reformer and in the circuit training we aim for muscle balance so that the synergists (the little helper muscles) don't take over the main job of the main muscle for whichever task you are performing. This prevents 'overload' of any muscle. Notice that its harder to do some exercises on one side than on the other for example side leg raises or side bends may be more difficult on your left hand side - our tip, recognise this and start on your weaker side, this is to ensure you do not do more on your stronger side and exponentially exaggerate the difference between left and right!!

Remember any questions you have just ask us!! Always remind or tell us of any niggles, injuries you may have before class and NEVER push through pain, we have lots of alternative exercises we can give our or you are allowed to take a break when you need a break!

Yours in fitness,

Nicky & Karen



