

From: The Core Studio Limited info@thecorestudio.ie
Subject: EASTER NEWS 2018 - THE CORE STUDIO LTD
Date: 29 March 2018 17:50
To: nicky van der Lee nickyvanderlee@gmail.com



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EASTER NEWS 2018

Happy Easter!

A very happy easter to you all, we hope you enjoy the break and come back refreshed and renewed! Despite the cold weather Spring and longer evenings are upon us. If you were thinking of growing a few veg or salads now is the time to get sowing indoors! You don't need a huge amount of space, many things can be grown in pots outside with some support such as tomatoes, cucumbers, chillies and peppers, dwarf beans and dwarf peas. All delicious! You can also sow lettuce, spinach, beetroot, calabrese, peas directly in a pot or trough altogether (do not worry about spacing for this method) and when they are a few inches high cut them down to one inch stubbs, use in your salads and they will grow again. Easy!! Organic!! Healthy!! A ready made mixed salad bowl with no chemicals!

What's New

All classes are now available for online booking if that is your preferred method, as are vouchers for classes and physical therapy. If you have a particular combination of classes in mind that is not currently available please let Nicky know and she will put it up available for you to purchase for yourself or someone else as a gift.

Karen is running **Post-natal Mother and Baby** classes on Wednesdays at 11.30. This is proving to be very successful and enjoyed by all who attend. Should there be another mat class you would like to attend solo, you may use mother and baby class there instead.

Pre-natal classes are on Saturdays at 10.00 am if you've just had the good news or know of a friend who has!

Two additional **circuit training** classes will be on in the main studio at 7.30 pm on Tuesday 10th and 17th April if you wanted to add in a little extra, just text Nicky. There are also circuit training classes on Mondays 8pm, Wednesday 6pm and Thursdays 8.15pm. They are suitable for all levels of fitness and a good start to the beach wear season.

It is Not Summer yet! Here are a few of Nickys Low Carb, Gluten Free, Low Fat, Wheat Free Winter/Spring recipes to try!

Scallops with Prosciutto Ham and Pea and Butternut squash Puree Served on Butternut Squash Discs-

Ok Hands up this one is actually Roddys and it's gone down a treat as either a light lunch with a salad or an excellent starter. All except the scallops can be prepared in advance. The left over puree can be frozen for a later date or used to make soup the next day. While there is cream in this you are only using a drizzle of decorative puree.

12 scallops (serves 4 for lunch or 6 for dinner or vary it as you like depending on numbers, we've done it for 17!)

8 Slices chopped Prosciutto

250g butternut squash, Peeled and sliced and cut into round discs approx 6mm thick

100 - 150 ml of double cream

bunch of water cress or above mentioned pea shoots to garnish

1 bag petit pois peas - or your own!

1 knob of butter

seasoning (salt & pepper)

2 tsp olive oil

Method

Peel the butternut squash deseed and cut 12 discs from the barrel end of the squash (the puree will be made from the rest of the trimmings and bulbous end obviously use two if doing for more), Cook the discs in a flat pan just covered with water, seasoning and a good knob of butter.

Puree

Lightly cook trimmings and cook in lightly salted water until very soft, drain the water from the pan and return the pan to the heat to evaporate the remaining water. add 50 ml of the double cream to

the pan and bring to the boil, reduce slightly to thicken it, blend, pass through a sieve and season.

Do the same with the peas, add more cream if too thick. Leave to cool and pour into two squeeze jars.

Pan fry the chopped slices of prosciutto and set aside till later if doing in advance or keep warm.

When ready to serve, warm up your butternut squash discs on a lightly sprayed baking tray in the oven and both purees (microwave). Pan fry the scallops in 2 teaspoons of olive oil until golden on each side, a minute or two each side, set on top of the discs on your serving plate and scatter the prosciutto delicately over each one, decorate with left over pea shoots or watercress and a little of both puree on each plate. Enjoy!!

Nickys' Glazed Lamb With Sweet Potato Mash

Serves 4

800 g Sweet Potato Peeled and cut into chunks

1/4 cup low fat coconut milk

1 teaspoon grated ginger

1/4 tsp cinnamon

2/3 lean lamb backstraps or loin

1 tsp sesame oil

1 tablespoon wheat free tamari soy sauce

4 tablespoons Mirin

4 tablespoons water

Steam the sweet potato chunks until tender and drain well, mash with the coconut milk, ginger and cinnamon until smooth, season to taste. Rub the lamb with the sesame oil and cook in a hot non-stick pan until golden and still pink in the centre (if that's how you like it). Add the soy mirin and water to the pan and simmer until syrupy. Remove from heat and cut the lamb diagonally, serve on top of a dollop of mash, garnish with a spring onion and serve with a large garden salad.

Nickys' Warm Prawn Salad (serves 2)

in a large bowl Combine 4 oranges segmented and cut in half, 1 large handful bean shoots, 1 handful bean sprouts, 2 cups of chopped pineapple, mango or papaya, 1/2 cup of fresh chopped coriander, 1/4 cup fresh chopped mint, 2 sliced spring onions, 1/2 red onion chopped or 'ringed' 1/2 yellow pepper sliced. For the Dressing combine, juice from 4 oranges, 1/4 cup of lime, 1 tablespoon honey, 2 tablespoons fish sauce, 2 cloves of garlic crushed, 1 red chilli chopped finely and mix well in a jam jar. Then funnel into your reusable salad dressing pourer.

Heat 1 teaspoon of sesame oil in a hot non-stick pan and sauté 12 prawns for a minute until just cooked and golden, season to taste. Serve with the salad lightly dressed or on the side topped with the prawns.

Revisions to Timetable April 20th to May 6th Inclusive. May 7th Bank Holiday.

Monday Matwork

8pm Circuit Training

Monday Reformer

08.00 am 9.15 am, 10.15 am, 6.00 pm, 7.00 pm

Tuesday Matwork

9.15am, 6.00 pm, 7.30 pm

Tuesday Reformer

1030 am, 8.30 pm

Wednesday Matwork

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6.00 pm Circuit Training

11.30 Mother and Baby

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08.00am, 6.15 pm

Friday Reformer (No matwork)

9.15 am, 10.15 am

Saturday Matwork

10.00 am - Prenatal

12.00 Drop in

Saturday Reformer

09.00 am, 11.00 am

Timetable as usual From Tuesday May 8th

Yours in fitness,

Nicky & Karen

087-6338994/087-6211797



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4 tablespoons Mirin

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