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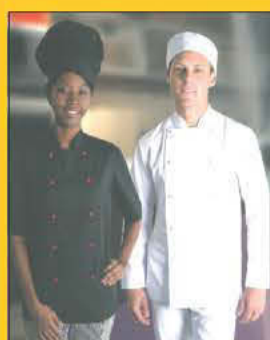
Life Health Mount Edgecombe at Cornubia Mall



Life HealthCare's Mount Edgecombe was at the grand opening of the Cornubia mall last week. Life HealthCare's caring hands embarked on a initiative to drive a screening programme, for early detection and preventative medicine. This programme was championed by unit manager Sr Mala Naidoo, and her team of dedicated and compassionate practitioners from the F Ward. With the support of their PRO Miss Shireen Kisten the programme was co ordinated and well driven. Patrons from all walks of life, were invited for a free screening of Blood pressure monitoring, and glucometer testing.



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SAPS eThekweni Outer North Cluster celebrate Heritage Month



The eThekweni Outer North Cluster hosted a Heritage Day event on 27 September 2017 at the Mountview Civic Centre in Verulam.

The programme began with a prayer that was said in isiZulu, Tamil, English and Islam. There were talks given about Heritage Day, and dance items were rendered. SAPS members were dressed in traditional attire. Each station's members had to render an item.



The Verulam Station Commander, Brigadier Dlodla, who was in attendance, also gave a talk on Heritage Day and its significance.



SAPS Verulam ladies won the competition for the best dance group, SAPS Phoenix won the best layout of meals prepared, SAPS Durban North won best dressed in traditional in the ladies' category and SAPS Verulam also won best dressed traditional in the male category.

The Rising Sun ★★★★★ Chef

Hey guys...Try out this amazing vegetarian snack. It's tangy and should go with a dipping sauce of your choice.

Potato and cheese croquettes

Ingredients :

- 3 potatoes
- 1 teaspoon salt
- 1/2 cup grated cheese
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon smoked paprika
- 1/4 cup parsley, chopped
- 4 and 1/4 cups vegetable oil (for frying)
- 1/2 milk
- 1/2 cup corn flour
- 1 cup corn meal (mealie meal)



Method:

Firstly, peel all of your potatoes and then chop them into quarters. Place them in a saucepan and cover them with water until the potatoes are completely submerged with a pinch of salt. Bring them to a light boil and cook them for 20-30 minutes, they should be soft to pierce all the way through the potato. Drain the potatoes and mash them until no lumps remain. Then add the cheese, garlic powder, pepper, paprika and parsley to the potatoes and stir them thoroughly. When the potatoes are cool enough, take a gold ball sized bit of mashed potato and roll into a plump, short croquette. Repeat this until all has the dough been used. Separate the milk, corn flour in separate bowls.

Firstly dredge the croquette in cornflour, then the milk, then roll it in the cornmeal. Set this aside and repeat the process with each croquette. In the meantime, begin heating the oil. Toss a small bit of the mashed potato in the oil - it should sizzle and rise to the top of the oil. In batches, drop the croquettes into the oil and turn after 3-4 minutes. They should be golden brown and hot through. Once they are all cooked, serve them immediately with a dipping sauce of your choice.



Chef-Keegan Malstry

