

MERCURY TIMES

The MERC newsletter - all material supplied by MERC students

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JANUARY ISSUE 2006

WELCOME BACK !

Hope everyone enjoyed the break and that any New Years Resolutions have survived the first month of the year. Just a short Newsletter this month, partly due to time and partly due to a lack of material. So now is your chance - do you have an amusing story? Would you like to let people know about an event? Its YOUR newsletter so make sure you have your say

Write a Rhyme

So you want to write a rhyme,
Just sit down, take your time.
Think of what you want to say,
It could take a minute, it could take all day.

Think of good things, think of bad,
Think of happy, think of sad.
Think of things that mean something to you,
Of what you did, how you got through.

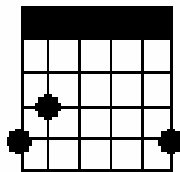
Think of things that make you smile,
Take your time, take a while.
Think of things you want to say,
Get on with it, don't take all day.

By ALAN

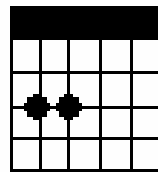
Stand By Me

Here's a song well known by most people so it makes a good sing-a-long - the chords are the same all the way through

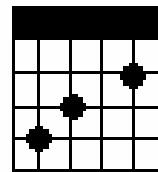
G



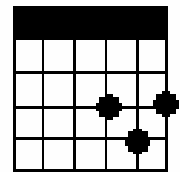
Em



C



D



G (x8)

Em (x8)

When the night has come, and the land is dark,

C (x4)

D (x4)

G (x8) ... Repeat ...

And the moon is the only light we'll see.

No I won't be afraid, No I won't be afraid,

Just as long as you stand, stand by me.

So darlin' darlin'

Stand by me, oh stand by me

Oh stand now, stand by me, stand by me

If the sky that we look upon should tumble and fall,

Or the mountain crumble to the sea.

I won't cry, I won't cry, no I won't shed a tear,

Just as long as you stand, stand by me.

Want to learn how to play guitar ?

Why not join the Beginner's Guitar Class

Mondays at 3pm

Whenever you're in trouble won't you

Stand by me, oh stand by me

Oh stand now, stand by me, stand by me.

By Ben E. King

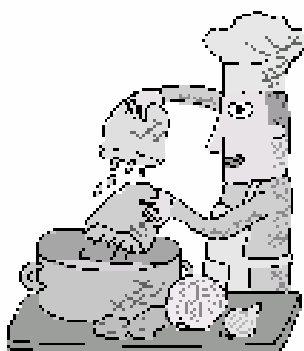
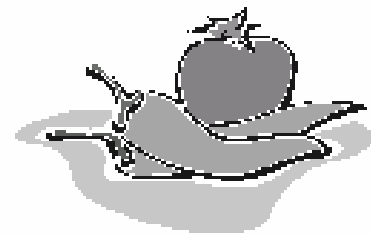
Recipe of the Month

VEGETARIAN CHILLI

Due to popular demand here is the recipe for the Veggie Chilli we had at the 2005 Christmas party. There should be enough to feed 4 people - its tasty and good for you too - **so what are you waiting for? LET'S GET COOKING**

Ingredients...

- 1 pack of Quorn vegetarian mince
- 1 large onion
- 1 medium sized red pepper
- 1 medium sized green pepper
- 1 or 2 chilli peppers
- 6 medium sized mushroom
- Pinch of salt and pepper
- 1 teaspoon of Chilli powder
- Ginger (fresh or ground both are OK)
- 1 or 2 cloves of garlic
- 1 tin of chopped tomatoes
- 1 tin of red kidney beans
- 2 tablespoons of cooking oil.
- 2 medium size cupfuls of rice (not big mugs)



Equipment you will need...

- A chopping knife
- 1 medium and 1 large saucepan
- 1 stirring spoon, ideally wooden
- 1 sieve (not essential)

How to cook... (FIRST WASH YOUR HANDS !)

1. Chop the onion and heat the oil in a saucepan over a medium heat, after a few minutes, when the oil is hot, add the chopped onion to the pan. Stir every so often to stop them from sticking.
2. Chop the peppers and chilli pepper into chunks removing any seeds and add them to the pan.

THEN WASH YOUR HANDS

chilli can burn if it gets into your eyes

3. Peel the garlic, chop as finely as you can, add to the pan
4. Chop the mushrooms into quarters and add to the pan
5. Add the salt, pepper, chilli powder (not too much at first you can add more later) and the chopped or ground ginger.
6. Add the packet of Quorn mince and stir all the ingredients for a few minutes to mix thoroughly.
7. Add the tomatoes and kidney beans
8. Stir well let the whole thing boil then turn the heat down quite low to just allow the chilli to simmer.



The rice...

1. If possible rinse the rice with cold water using a sieve.
2. Place rice in a saucepan and add 4 cupfuls of water.
3. Bring to the boil, then turn heat down to simmer
4. The rice will soak up the water, check that the pan does not boil dry.
5. Rice is cooked when it is tender to bite - not 'chewy'
6. If possible rinse the rice with hot water before serving.