

THOUGHTS FROM THE KITCHEN

When life gives you lemons, make lemonade*

Sometimes, a day that starts out like any other can change in the blink of an eye. Anticipation for the day ahead can quickly be replaced by big or small sufferings, as happened to me recently.

Rushing to get to work for a busy day, I went too quickly down the station steps to buy my ticket, landing awkwardly at the bottom and injuring my leg. The pain was agonising but equally

distressing was the fact that I became 'invisible' to everyone else on the crowded platform as I self-consciously limped to try and get a train back home instead of to work. Although the pain was etched on my face, no one wanted to acknowledge that I needed help and I felt so alone in the crowd. My bag was heavy, but I guess it was nothing compared to the weight of the cross and the abandonment that Jesus felt while he was hanging on it. My daughter met

me and took me to the hospital, showing great care and patience, supporting my weight when I had difficulty holding myself up. Upside down again: who was the parent and who was the child?

Recovering now, with the help of crutches, I am learning to accept help, graciously given by my family and friends, instead of being the one helping everyone else, and enjoying seeing the pleasure it gives them. Accepting my limitations, instead of acting as though I am still twenty-one (which was many years ago) and thinking I can rush everywhere, I am able to focus on life moment by moment, otherwise the pain shoots through me again, and in doing so, I feel calmer inside and able to notice so much more around me.

My day turned upside down but has brought some pleasant surprises as a result. One of these is that I have had to take my time cooking and remembered an 'upside down' recipe that I had forgotten about. Instead of 'making lemonade', I made a lemon layer pudding which my family used to love. It magically separates out during cooking and when you cut into it, underneath the sponge hides a layer of delicious lemon custard. Like this light pudding, life is never what it seems to be and often, when we stop rebelling against suffering and accept it as a share of the cross, it changes for the better. 🍋

Helen Hardacre
makes her debut
to this page with
a recipe for a
delicious lemon
layer pudding.

LEMON LAYER PUDDING

Ingredients:

- ▶ Juice and grated rind of one lemon
- ▶ 50g butter
- ▶ 100g sugar
- ▶ 2 eggs, separated
- ▶ 300ml milk
- ▶ 50g self-raising flour

Method

Add the lemon rind to the butter and sugar and cream the mixture until pale and fluffy. Add the egg yolks and flour and beat well. Stir in the milk and 30-45 ml lemon juice. Whisk the egg whites stiffly, fold in and pour the mixture into a fairly large greased oven dish – about 1.3 litre capacity. Stand the dish in a shallow tin of water and cook in the oven at 200C, gas mark 6 for about 45 minutes, or until the top is set and spongy to the touch.



* Elbert Hubbard, an American writer, publisher, artist and philosopher.