

THE ROUGAILLE CONNEXION

Volume 07, Issue 4

August 2014

Your Blood Sugar Level is Very Important

Have you had your blood sugar level tested recently ?

Over 100,000 Australians adults develop diabetes each year. About 1.1 million Australians are currently diagnosed with diabetes. Including undiagnosed Australians, it is estimated that about 1.5 million people in Australia have diabetes. That makes 400,000 undiagnosed diabetics.

Please see your doctor and undergo regular checkups. The young should also do this, if they consume drinks with high sugar content.

For the elderly, this is a must if you want to maintain a healthy lifestyle and not die prematurely.



Many are disregarding the onset of diabetes and risk losing their kidneys and eyesight, in addition to other diseases that can severely affect your quality of life. Diabetes is fast becoming a killer disease that slowly destroys you.

Inside this issue:

Rougaille Corned Beef	2-3
Subscribe to Caripoule	3
Win Dream Holiday	4
Tenderising Octopus	5
Air Mauritius	6-7
Point Frais d'Albion	8
Coronation Club	8-9

Special points of interest:

- Advertising on Mauritius Australia Connection
- Beware of Diabetes
- Air Mauritius Specials
- Visits to www.cjp.net top 4500 daily

KEEP IN TOUCH-SUBSCRIBE TO ROUGAILLE MAILING LIST

The number of daily visits to our web site is now topping 4500 daily and increasing daily. Please do drop in and visit our updated Recipes from Mauritius pages at <http://ile-maurice.tripod.com>

Subscribe to the Mauritius Australia Connection–Rougaille mailing list at www.cjp.net . Click on the link and register your email address to start receiving the latest news, events and other information about the Mauritian Community in Australia. Mauritius Australia Connection mailing lists will give you access to in excess of 3000 subscribers. The lists are of course moderated to filter out spam and other unsuitable postings. You can also unsubscribe at any time. Do join us now at <http://groups.yahoo.com/group/rougaille/join>



Recipes by Madeleine Philippe

<http://ile-maurice.tripod.com>

Rougaille de Corned Beef

Corned Beef in Tomato Sauce

Ingredients:

- 450 grams canned corned beef,
- 1 medium onion finely chopped,
- 1 tablespoon finely chopped thyme leaves,
- 1 tablespoon finely chopped parsley leaves,
- 1 teaspoon crushed garlic,
- 1 teaspoon crushed ginger,
- 425 grams can finely crushed tomatoes,
- Optional: 2 or more red chillies chopped,
- 4 tablespoons vegetable oil,
- cracked black pepper to taste.



Madeleine Philippe

Recipes from
Mauritius

Method:

1. Remove corned beef from can and cut into small cubes. It is advisable that you use lean canned corned beef. Remove any visible extra fatty bits. (Palm corned beef from NZ is recommended).
2. In a saucepan big enough to accommodate the ingredients, put 2 table-spoons of vegetable oil over medium heat. Fry the crushed garlic, crushed ginger, finely chopped onions and thyme until the onions are cooked and become transparent. Add the finely crushed tomatoes, cover and allow to simmer for 15-20 minutes or until the tomatoes are cooked and the sauce is well blended. Stir at intervals. If necessary, add a little hot water at a time to maintain sauce consistency and to prevent burning. Optional: Add the chopped red chillies.
3. Add the corned beef to the tomato sauce. Allow to soften and gently stir in. Lower heat to medium low. Cover and allow to simmer for another 10-15 minutes. You may adjust the sauce consistency to your own preference by either simmering without cover to thicken the sauce or adding a little hot water to create more sauce. Add a pinch of cracked black pepper and the finely chopped parsley. Stir in and allow to simmer for another 2-3 minutes. Taste sauce and season to your preference with salt and pepper. Additional salt is rarely required.
4. Serve hot and makes an excellent appetiser with rice and bouillon brêdes or black lentils. Also good to eat with fresh crusty bread.

Red kidney beans with minced beef



Recipes from Mauritius

by Madeleine & Clancy Philippe

www.caripoule.net

clancy@cip.net

<http://www.facebook.com/TasteOfMauritius>

<http://groups.yahoo.com/group/mauritianrecipes/join> (Join our mailing list)

Ingredients:

1. 375 grams red kidney beans (haricots rouges)
2. 500 grams lean mince beef
3. 1 medium onion finely chopped
4. 1 tablespoon finely chopped thyme
5. 2 tablespoons chopped parsley
6. 1 teaspoon crushed garlic
7. 1 teaspoon crushed ginger
8. 2-3 heaped tablespoons organic tomato paste
9. 500 ml chicken stock
10. 3 tablespoons oil
11. 6-8 cloves
12. salt and pepper to taste
13. Water as required

Note: You can also use Borlotti beans.

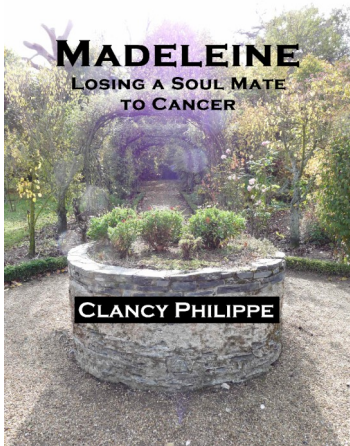


Please note that all spoonful measures are flush spoonfuls.



Subscribe to www.caripoule.net

for accessing and printing your Mauritian recipe collection



Losing a Soul Mate to Cancer



"She was a most delightful, positive, determined and courageous lady who coped remarkably well with a terrible illness. It was a privilege to have known Madeleine and been able to help care for her." Assoc. Prof. Ian Haines

Proceeds from the sale of this book will go to the Madeleine Philippe Cancer Foundation (Aus)
www.mpcfaus.org

The first Australian Print Edition has been sold out. Next print run for Australia will be around Jan 2015.

Meanwhile, you can order the US Print Edition at
<http://www.fastpencil.com/publications/4377-Madeleine?tid=bookbuy>

eBook Australian Edition in colour (various formats) can be downloaded from

<http://www.smashwords.com/books/view/224500>

You can also sample the book online on this website.



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Tenderising Octopus



Stories abound telling you how to prepare your octopus so that you don't finish with your octopus feeling like rubber or worse still wasting this delicious and valuable seafood.

One of our friends in Queensland after two unsuccessful attempts to cook an octopus curry, tried Madeleine Philippe's recipe for Octopus Curry. "Eureka!" he said and his octopus turned out very tender and he could enjoy his octopus curry with friends.

So what did Madeleine do that made the octopus tender. I went back to her recipe to double check and searched the internet for tips from Greek, Italian and other cooks who have had a lifetime of traditional methods to ensure that their octopus stayed tender.

The Greeks throw the octopus on hard surfaces until you can see the tentacles retract and let go. They say that this traditional method ensures that your octopus will cook and stay tender. The Spanish cook will dip it into boiling water three times in separate pots, then cook it in a copper pot - only copper will do. An Italian might cook it with two corks. The Japanese will rub it all over with salt, or knead it with grated daikon, then slice the meat at different angles, with varying strokes.

Others suggest that the octopus be frozen for 2-3 days before cooking. The freezing would burst the collagen layers within the octopus arms and in doing so, tenderise the octopus. Some like the Spanish recommend the repeated dipping of the octopus into boiling water to shock the muscles into action and create tears within the muscular layers. Boiling within a pressure cooker under controlled conditions also does the trick.

Madeleine Philippe prepared her octopus in two steps. First, carefully remove the sac and beak. Then, clean the octopus with white flour in your sink. The flour will absorb all the slime and you can then wash your octopus in cold water. Her second step is to heat up a thick bottom saucepan large enough to contain the octopus. Over high heat and when the saucepan is hot, place the octopus in and move it around until the whole octopus turns pink. It will release its own juice. She also sprinkled some ground black pepper and ground cloves over the octopus. Continue for around 15-20 mins for a 1 kg octopus. Check the octopus with a sharp knife to ensure that it is tender before you turn off the heat. This normally does the trick through shocking the octopus muscles into action.

Bon Appétit.



WINTER ESCAPE SPECIAL PERTH TO MAURITIUS RETURN: \$1,339* per person

CONDITIONS:

- Travel Departure: From 25 June to 30 November 2014, subject to seat availability. Waitlist is not permitted
- For sale / ticketing period: Immediately up to 30 September 2014
- Minimum Stay: NIL | Maximum Stay: 2 Months
- Applicable flights: Valid on Air Mauritius flights only
- *Airfare includes taxes and surcharges correct as at 16 June 2014, subject to change
- Combination: Mixed booking class fares may be combined in the same cabin on a half round trip basis to form a return journey
- Cancellations: Ticket is not refundable

For more information contact your Travel Agent or Air Mauritius on
Reservations Australiawide: 1800 AIR MAURITIUS (1800 247 628)
Travel Trade Enquiries: 1300 332 077
www.airmauritius.com

Bringing together in Mauritius, all Aliphons who are descendants of Pierre L'Esperance Aliphon. All the Aliphons are related and are all almost always descendants of Pierre Aliphon. The Aliphon families in South Africa, Australia, England, Europe etc are also from Mauritius. Unique family name spelling.

Visit <http://aliphpar.tripod.com/> "My great dream is to have a Grand Aliphon Family Reunion in Mauritius. So please enlist all members of your family and relatives at <https://www.facebook.com/groups/57447020465/> The challenge is out and I am counting on your help and assistance." Clancy Philippe



**VISIT LONDON SPECIAL
PERTH TO LONDON RETURN:
\$1,753* per person
FREE** Stopover in Mauritius – Up to 2 nights**

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- Travel Departure: From 25 June to 30 November 2014, subject to seat availability. Waitlist is not permitted
- For sale / ticketing period: Immediately up to 30 September 2014
- Minimum Stay: NIL | Maximum Stay: 2 Months
- Applicable flights: Valid on Air Mauritius flights only
- *Airfare includes taxes and surcharges correct as at 16 June 2014, subject to change
- **Stopover (STPC): Up to two nights complimentary accommodation in Mauritius granted either inbound or outbound if there is no same day flight connection. Includes breakfast, dinner and transfers where applicable. STPC can only be requested up to 48hrs prior to departure. Contact your local MK office to book
- Combination: Mixed booking class fares may be combined in the same cabin on a half round trip basis to form a return journey
- Cancellations: Ticket is not refundable

**For more information contact your Travel Agent or Air Mauritius on
Reservations Australiawide: 1800 AIR MAURITIUS (1800 247 628)
Travel Trade Enquiries: 1300 332 077
www.airmauritius.com**

Melbourne:

mkmelbourne@airmauritius.com

Perth:

mkperth@airmauritius.com

Sydney:

mksydney@airmauritius.com



Pendant votre séjour à Maurice, Martine et Alain Aliphon vous invitent au Point Frais d'Albion - Riviere Noire, où un accueil chaleureux vous attend. Sept sur Sept.

[Advertise on the Mauritius Australia Connection Newsletter.](#)

Access the Mauritian Community in Australia, with worldwide connections.
Unique in its presence within the Mauritian Community.

Email Clancy clancy@cjp.net



**Mauritian
Program by
Ignace & Gisele
Ducasse
8.00–9.00 PM
Mondays
in Melbourne**



MAURITIAN FATHERS DAY LUNCH

SUNDAY 7th SEPTEMBER 2014 - TIME: (12pm-4pm)

Menu

ARRIVAL SNACKS

Gateaux Piment - Wonton Boeuf
Veg. Samosa - Calamar Croustillant

MAIN (Buffet style)

Mauritian Chicken Biryani (Briani Poulet Mauricien)
Fish curry des L'iles (Curry de Poisson)
Beef & Vegetables Stir Fry (Saute de Boeuf et Legumes)
Veg. fried noddles (Mine frite vegetarian)
(Salt Cod Puree) (Gratin de Morue)
Aloo baingan curry (Curry d'aubergines et de pommes de terre)
Watercress Salad, Cucumber Salad, Basmatic Rice
Assorted condiments (sauce d'ail, tomato chutney, chilli paste)

DESSERT

Gateau Napolitaine or Tarte Banane
Dessert will be served alternately

KIDS MENU

Kid's chicken Schnitzel or Yummy Fish & Chips
Dessert: 2 scoops of creamy vanilla ice cream

*Live entertainment by
Flement Family
& Sega show*

Price \$40 per person/ \$10 kids menu

BOOKINGS ESSENTIAL Tel: (02) 9747 1117 (before 1st Sept)

86 Burwood Road, BURWOOD, SYDNEY, NSW 2134, AUSTRALIA

PH/FAX + 61 (02) 9747 1117 Email: crownrestaurantv@gmail.com

OPEN 7 DAYS – LUNCH (12noon – 2.30pm)

& DINNER (5.30pm – 10pm)

MAURITIUS AUSTRALIA CONNECTION

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Published by Mauritius Australia Connection © 2010

*Linking the Mauritian Community in Australia www.cj.net
This newsletter is published in good faith. Please bring
to our attention any inaccuracies and we will take due
note. Write to clancy@cj.net with your feedback.*

CJP

Access our web site at
www.cj.net

3ZZZ Mauritian Radio 92.3 FM Saturday 12.00 noon to 2.00 pm
transmitting from Melbourne, Victoria, Australia.

www.mauritian-3zzz.com email: mauritian.3zzz@gmail.com

Recorded program also available online weekly through
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<http://www.cj.net/melb.htm>



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