

THE RECIPE RESOURCE

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Meals on Wheels
Queensland

www.qmow.org



ENDORSEMENT

Alison Taafe and Gemma Payton-Skaines have done it again. A beautifully presented collection of recipes providing a great resource with not only visually appealing, full of tasty food but also nutritionally balanced meals and meal combinations. I was privileged to be a scholarship student under Alison a few years ago, I quickly realised that her passion for cooking was matched by her passion for making healthy food look and taste good. We hit it off straight away! Each of the meals in this Recipe Resource are full of colour, variety and, either on their own or as entrées, mains and desserts combined, more than satisfy the Meals on Wheels Guidelines for nutritionally sound food, looking especially at the elderly's requirements for protein, healthy fats, vitamins and minerals (especially vitamins B12, D, and the B group, and minerals calcium and magnesium). From a nutritionist's point of view, having plenty of variety and colour provides the best possible range of vitamins and minerals as well as polyphenols and other phytonutrients, which are so important at the cellular and even genetic level.

As someone who has been surprised by several food intolerances later in life, I certainly appreciate the options given – there are vegetarian, vegan, gluten free and lactose free recipes in the Resource, so later life acquired intolerances are catered for safely and tastefully. The recipes are also easy to follow and already upscaled to cater for 20 people. All the chef, cook, caterer or service provider has to do is the shopping, stocking, cooking, cleaning, and organising – and Alison and Gemma have provided some very handy tips for running a safe, successful, busy and practical kitchen.

I warmly wish Alison, Gemma and ICE all the best, and “happy cooking” to all who use this Resource, because truly, Meals on Wheels is “more than just a meal.”

Lyn Wetzig

B HSc (Nutr Med) ACNM, Adv. Dip. WHM (AIAS), Cert III/IV Fitness, Cert II Hospitality (Kitchen Ops)



*To all the caring, compassionate and devoted ladies
and gentlemen who work tirelessly each day to
provide the very best, nutritious, healthy and delicious
food to all the fabulous Meals on Wheels customers.
For many, the visit from Meals on Wheels is the social
highlight of their day. Thank you all...*



ACKNOWLEDGEMENTS

Firstly, I'd like to thank Gemma Payton-Skaines for agreeing to write this ebook with me. If it weren't for her help, dedication, research and amazing effort and support to me personally, this book would not have been written. She has worked tirelessly over the last few months and I am very proud of my former student and now more importantly, my friend and partner in crime!

A huge thank you must go to Aaron Sammut from Double A Creative. Aaron is a fabulous photographer, graphic designer and he is a total professional. I'm sure you'll all agree that this ebook is stunning and the design work is totally down to him.

Thank you to all the wonderful Meals on Wheels staff we have had the pleasure of meeting and working with while preparing this Recipe Resource. Thank you for welcoming us into your kitchens, providing earnest and honest feedback, and for your enthusiasm to produce a high-quality, user-friendly Recipe Resource.

Thank you to Nathan Hammond for all the resources and assistance you have provided to us throughout the course of this project. I'm sure you'll agree that the hours spent discussing and debating ideas has ultimately shaped the final version of this book, and we are grateful to you for all your efforts and support in helping us get there!

Thank you to both our families for providing taste testers, enthusiasm, recipe ideas, and most of all, thank you for your love and support. Thank you to Gemma's husband Travis for helping with all the costing and calculations to get things right!

They say you'll never work a day in your life if you enjoy the work you're doing, and we can honestly say that's exactly how we feel about all the days we've spent together over the course of this project.

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Australian Government
Department of Health

INTRODUCTION

Allow us to introduce ourselves. We are Alison Taafe and Gemma Payton-Skaines, and we have been asked to write this Recipe Resource to help you to create modern, nutritional, tasty, cost-effective and easy-to-make dishes in your Meals on Wheels kitchens. Our goal with this book is mostly to excite, motivate, educate and assist in the day-to-day activities in your kitchens, whilst helping Meals on Wheels attract new customers as we head into the year 2020 and beyond.

This Recipe Resource includes 50 recipes, along with chapters on basic kitchen organisation, storing food, how to deal with and use leftovers and reheating food safely. There is also a chapter on food and recipe costing, which includes how to write and use a standard recipe card to ensure we give you the right tools to run your kitchens effectively and efficiently. Finally, there is also a chapter focussed on Nutrition, and the importance a nutritional diet plays in the health and wellbeing of us all.

The recipe chapters have been divided up into Soups, Mains and Desserts, with the main dishes further broken down into: Vegetarian, Seafood, Chicken and Meat based options. Consideration has been given to dietary and allergy requirements, with a chapter explaining each consideration in further detail.

The goal of course, is to ensure meals are not only fulfilling and delicious but also healthy and nutritionally sound.

Alison & Gemma



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ROAST PORK
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HOW TO USE THE RECIPE RESOURCE

QUANTITY CALCULATIONS

For consistency, each of the recipes have been created based on 20 serves. At the bottom of each recipe, there is a 'scaling calculator', designed to enable the user to quickly and accurately calculate the ingredient quantities for the number of serves desired. To simplify this, the PDF available from www.qmow.org is interactive, for example, if the user wishes to cook the recipe for 65 people, they simply need to enter 65 into the 'Quantity' box on the bottom left of the page, and the scaling calculator will produce the correct quantities of each ingredient for 65 serves.

ADJUSTMENT CONSIDERATIONS

As each individual Meals on Wheels kitchen is different, in terms of the equipment, utensils and suppliers they have at their disposal, as well as the differing requirements of customers, several considerations will need to be made by the individual teams when using the recipes in this e-book.

COOKING TEMPERATURES

Where baking or roasting is required, the recipes include temperatures for ovens that are both fan-forced or conventional ovens. It should be considered, however, that each make and model of oven will differ slightly from another, and as such kitchen teams should regularly check baked items to ensure the temperature and cooking durations in the recipes do not result in under-cooked or over-cooked dishes in their individual ovens.

It is recommended that baked or roasted dishes be checked with a cooking thermometer, to ensure that internal temperatures, especially for meat dishes, exceed 75°C to ensure food safety (Refer to *Chapter 2: Food Safety and Storage* on page 102 for more detail on safe food cooking practices).

Similarly, temperature settings and cooking durations should be checked on other equipment (such as stove tops, hot plates, salamanders, etc.) and adjusted as required to suit each individual kitchen.

STATE GOVERNMENT LEGISLATION

It is acknowledged that the differing State and Territory Authorities around the country may have different regulations and guidelines regarding food safety and food handling practices. For this reason, some items in this Recipe Resource will need to be modified locally to adhere to these legislative requirements where conflict arises. If in any doubt, contact your local authorities for guidance.

SUBSTITUTIONS

The recipes contained within this resource are intended to be flexible, to account for variances as a result of location, ingredient availability, costing, to enable the use of leftover stock, or simply to modify flavours and textures in the dishes to introduce variety to the menu. Some suggested substitutions include:

- ◆ Substituting starch-based vegetables, such as potatoes, sweet potatoes and pumpkin with each other
- ◆ Substituting non-starch-based vegetables for one another, such as carrot, capsicum, mushroom, broccoli, cauliflower, zucchini, green beans, peas, snow peas, etc
- ◆ Substituting legumes and lentils for one another, such as broad beans, cannellini beans, kidney beans, black beans, lentils, chick peas, etc
- ◆ Alternating various cuts of meat, provided that the alternative meat cut selected suits the method of cookery. For example, substituting beef cheeks for



CHECK OUT THIS RECIPE
BEEF RAGU
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blade steak or gravy beef, or substituting bone-in chicken legs for boneless chicken thighs are suitable, as they all support slow-cooked methods of cookery

- ◆ Substituting grain-based starches for one another, such as rice varieties, quinoa, burghul, cous cous, etc
- ◆ Substituting cooked side vegetables (which are more suitable in winter) for an equivalent quantity of salad vegetables (more suitable in summer) to offer seasonal variety.

DIETARY REQUIREMENTS

Some specific dietary requirements have been considered in the creation of the recipes within this e-book, and are explained in detail in *Chapter 5: Nutrition – The Basics* on pages 124 and 125. These dietary requirements are summarised as follows:

- ◆ **Nut Allergy** – None of the recipes contained within this Recipe Resource contain nuts or nut-based products
- ◆ **Seafood Allergy** – Only the four dishes in the Mains – Seafood section contain any fish or seafood products
- ◆ **Gluten-Free** – Dishes which do not contain any ingredients containing gluten, which are suitable for sufferers of Coeliac Disease or Gluten Intolerance
- ◆ **Lactose-Free** – Dishes which do not contain any dairy products
- ◆ **Vegetarian** – Dishes which do not contain any animal meat, but may still contain eggs, dairy products, etc
- ◆ **Vegan** – Dishes which do not contain any products which originate from an animal, including all meat, eggs, dairy products and honey.

To identify which dishes are suitable for each dietary requirement, the following symbols appear on the recipe if the specific dietary requirements are met:



LACTOSE FREE



GLUTEN FREE



VEGETARIAN



VEGAN

Options for substitution of ingredients to enable other dishes to meet the dietary requirements are included within the 'Handy Tips' section of the individual recipes.

NAVIGATING THE PAGES

The Recipe Resource has been developed with the user and the environment in mind. We are utilising new technology that personal devices, such as tablets and phones offer and we hope that this book is user-friendly.



The pages and elements, depending on your platform (PDF or online ebook through ISSUU) are interactive. You can use the navigation at the top left of every recipe to move quickly to the soups, mains and desserts with ease. The contents pages are also fully interactive and a simple click on a recipe will take you to the page at your request. Users can also navigate via search terms using the magnifying glass icons, can turn pages with a simple click of the left and right arrows on a keyboard, or a swipe and can also zoom in with the + and - icons, as well as using the pinch technique to zoom on mobile devices. Navigation is smooth, tactile and intuitive.

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SWEET POTATO  CARROT SOUP
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SOUPS

A wooden table with several bowls of soup, bread, and chips. In the foreground, a blue plate holds two slices of toasted bread and a pile of yellow chips. A white bowl of orange soup is partially visible on the left. In the background, another white bowl of soup sits on a blue plate with more chips. The scene is lit with warm, natural light.

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PREPARED BY SUE, WENDY AND THEIR TEAM AT MEALS ON WHEELS PINE RIVERS

EASY

BEEF, BARLEY AND VEGETABLE SOUP



SERVINGS 20

PREPARATION 15mins

COOKING 1hr 30mins

INGREDIENTS

- 80ml olive oil
- 1.25kg beef blade steak, excess fat trimmed, cut into 2cm pieces
- 300g brown onion, peeled and finely chopped
- 4 tsp (20g) crushed garlic
- 1 tbsp dried oregano
- 1L water
- 2L chicken stock, hot
- 2 cups pearl barley, rinsed and drained
- 400g potato, peeled and coarsely chopped
- 300g carrots, peeled and coarsely chopped
- 300g celery, trimmed and coarsely chopped
- 1 x 410g cans crushed tomatoes
- Salt and pepper

METHOD

1. Heat half of the oil in a large saucepan over high heat. Add the beef and brown, stirring often, for 2 to 3 minutes. Remove and set aside.
2. Heat the remaining oil in the same pan over medium-high heat. Add the onion and cook, stirring occasionally, for 5 minutes or until soft.
3. Add the garlic and oregano, and cook, stirring, for a further 1 minute.
4. Return the beef to the pot, and add water, stock, barley, potato, carrot and celery. Bring to the boil and skim the surface with a metal spoon to remove any sediment. Reduce heat and simmer, partially covered, for 1 hour or until the beef is tender.
5. Add the tomato and cook for another 5 minutes or until heated through.
6. Season with salt and pepper as required.
7. Reheat to boiling before serving.

HANDY TIPS



Use any beef cuts suitable for slow cooking, such as chuck steak, gravy beef or beef cheeks. If the soup thickens too much during cooking, add water to thin the consistency. Remove the barley and substitute with brown rice or quinoa to make this dish suitable for a Gluten Free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Beef blade steak	Brown onion	Crushed garlic	Dried oregano	Chicken stock	Pearl barley	Potatoes	Carrots	Celery	Crushed tomatoes
1	4ml	62.5g	15g	1g	0.05 tbsp	0.1L	0.1 Cups	20g	15g	15g	20.5g



EASY

CAULIFLOWER AND LEEK SOUP



SERVINGS 20

PREPARATION 20mins

COOKING 50mins

INGREDIENTS

- 80ml olive oil
- 400g onion, peeled and coarsely chopped
- 700g leek, washed and thinly sliced
- 6 tsp (30g) crushed garlic
- 500g mushrooms, sliced thinly
- 2.1kg cauliflower, stalks removed and coarsely chopped
- 2.5L vegetable stock, hot
- 500ml water
- 4 bay leaves
- salt and pepper

METHOD

1. Heat the oil in a large saucepan over medium heat.
2. Add onion, leek and garlic, and cook for 5 minutes until vegetables are soft.
3. Add mushrooms and cauliflower and stir for an additional 2 minutes.
4. Add stock and water and bring to the boil.
5. Reduce heat, add bay leaves, salt and pepper, then cover and simmer gently for approximately 40 minutes stirring occasionally until cauliflower is soft.
6. Remove from heat, remove bay leaves and allow to cool slightly. Blend with a hand mixer or food processor.
7. Season with salt and pepper as required.
8. Reheat to boiling before serving.

HANDY TIP



To best remove dirt from leeks, fill a sink with cold water. Submerge sliced leeks and mix around. Dirt will fall to the bottom, carefully lift leeks out from the top of the sink and drain in a colander.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Onion	Leek	Crushed garlic	Mushrooms	Cauliflower	Vegetable stock	Bay leaves
1	4ml	20g	35g	1.5g	25g	105g	0.125L	0.015g



EASY

CHICKEN AND CREAMED CORN SOUP



SERVINGS 20

PREPARATION 15mins

COOKING 20mins

INGREDIENTS

1kg cooked chicken
 100ml olive oil
 250g onions, peeled and finely chopped
 250g celery, trimmed and finely chopped
 250g leek, washed and finely chopped
 250g carrots, peeled and finely chopped
 4 tsp (20g) crushed garlic
 150g plain flour
 3L chicken stock, hot
 3 x 410g cans creamed corn
 Salt and pepper

METHOD

1. Shred the cooked chicken and set aside.
2. Heat the oil in a large saucepan over medium heat. Add onion, celery, leek, carrot and garlic. Cook for 5 to 7 minutes until softened.
3. Stir in the flour, reduce the heat to low and cook for a further minute, continuing to stir. Be careful not to let this stick or burn at this stage.
4. Gradually stir in the chicken stock, making sure that there are no flour lumps. Bring to the boil.
5. Add the shredded chicken and creamed corn and bring back to the boil. Reduce heat and cook for a further 10 minutes on low heat.
6. Season with salt and pepper to taste.
7. Reheat to boiling before serving.

HANDY TIPS



Garnish with cooked bacon bits, finely chopped parsley or toasted croutons, if desired.

Substitute plain flour with a gluten free flour for this dish to make suitable for a Gluten Free (GF) dietary option. Check to confirm the creamed corn used does not contain gluten.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Cooked chicken	Olive oil	Onions	Celery	Leek	Carrots	Crushed garlic	Plain flour	Chicken stock	Creamed corn
1	50g	5ml	12.5g	12.5g	12.5g	12.5g	1.0g	7.5g	0.15L	61.5g



PREPARED BY SUE, WENDY AND THEIR TEAM AT MEALS ON WHEELS PINE RIVERS

EASY SLOW COOK

PEA AND HAM SOUP



SERVINGS 20

PREPARATION 30mins

COOKING 2hrs - 2hrs 30mins

INGREDIENTS

- 3kg ham hock/bones
- 8L water (enough to cover ham hock in saucepan)
- 500g onions, peeled and diced
- 500g carrots, peeled and diced
- 4 bay leaves
- 2 sticks of celery (200g), trimmed and chopped
- 1.25kg frozen peas
- Ground white pepper
- Crusty bread with butter, to serve

METHOD

- Place the ham in a large saucepan, cover with plenty of water and bring to the boil. Ensure the ham is submerged below the water at all times during cooking.
- Remove from the heat and drain the water away. This will help to remove any lingering salt flavour.
- Re-cover the ham in the saucepan with fresh cold water. Place remaining ingredients (except frozen peas) into the pan and bring to the boil. Reduce to a simmer and cook for 1½ to 2 hours, topping up the water as and when required when it reduces away. When the ham is tender enough to tear into shreds, it is ready.
- Remove the ham, allow to cool until it can be safely handled, then peel off and discard the skin. While the meat is still warm, shred the meat.
- Remove bay leaves and stir in the frozen peas. Simmer for 5 minutes, then blend with a hand-blender until smooth. If the mixture is too thick, add some more warm water until a smooth consistency is achieved.
- Add the ham back into the soup and add some pepper if required.
- Reheat to boiling before serving with crusty bread and butter.

HANDY TIPS



Soup can be made with diced ham in place of the ham hock(s) if preferred.
 Use smaller ham bones if you can so that it will remain submerged under the water throughout cooking.
 The soup does not contain any gluten or dairy products, simply serve without bread and butter to make suitable for both Gluten Free (GF) and Lactose Free (LF) diets.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Ham hock	Onions	Carrots	Bay leaves	Celery	Frozen peas
1	150g	25g	25g	0.2g	10g	62.5g



EASY

PEA AND MINT SOUP



SERVINGS 20

PREPARATION 15mins

COOKING 20mins

INGREDIENTS

- 100ml olive oil
- 700g leek, washed and finely sliced
- 300g brown onions, peeled and finely sliced
- 6 tsp (30g) crushed garlic
- 2 tbsp sea salt
- 2.25L vegetable stock, hot
- 500ml water
- 1kg zucchini, washed and thickly sliced
- 1.5kg frozen peas
- 120g mint leaves
- Salt and pepper to taste

METHOD

1. Heat olive oil in a large saucepan over medium-high heat. Add the leek, onion, garlic and sea salt and cook for approximately 4 minutes, stirring frequently until the leeks soften.
2. Add the vegetable stock and water and bring to the boil. Reduce the heat to a simmer and add the zucchini. Cover the pot with the lid and cook for further 10 minutes.
3. Add the frozen peas and bring the heat back up to medium-high. Cook for another 4 to 5 minutes.
4. Turn off the heat and add the mint leaves. Let the soup cool, uncovered for 8 to 10 minutes.
5. Using a high-speed blender, blend the soup in batches until smooth.
6. Add salt and pepper to taste.
7. Reheat to boiling before serving.

HANDY TIP



To best remove dirt from leeks, fill a sink with cold water. Submerge sliced leeks and mix around. Dirt will fall to the bottom, carefully lift leeks out from the top of the sink and drain in a colander.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Leek	Brown onions	Crushed garlic	Sea salt	Vegetable stock	Zucchini	Frozen peas	Mint leaves
1	5ml	35g	15g	1.5g	0.1 tbsp	112.5ml	50g	75g	6g



PREPARED BY LÜTZ AND HIS TEAM AT MEALS ON WHEELS COOLUM

EASY

ROASTED TOMATO SOUP



SERVINGS 20

PREPARATION 25mins

COOKING 30mins

INGREDIENTS

- 3kg tomatoes, halved
- 150ml olive oil
- 2 tbsp dried thyme
- 500g brown onion, peeled and coarsely chopped
- 6 tsp (30g) crushed garlic
- 2 x 410g cans cannellini beans
- 120g tomato paste
- 50g brown sugar
- 2L vegetable stock, hot
- 500ml water
- Extra thyme leaves, to serve
- Salt and freshly ground black pepper
- Crusty bread and butter, to serve

METHOD

1. Preheat fan-forced oven to 200°C (210°C for conventional oven).
2. Arrange tomatoes on a baking tray, drizzle with half the olive oil, top with dried thyme and season with salt and pepper. Roast in the oven for 15 to 20 minutes or until soft.
3. Meanwhile, heat the remaining olive oil in a large saucepan over medium heat. Add onion and garlic then gently cook, stirring occasionally, for 5 minutes without colouring the onion.
4. Add the cannellini beans, tomato paste and sugar. Stir in the stock and water, bring to the boil, then reduce heat, cover, and simmer for a further 15 minutes.
5. Add tomato to the stock mixture.
6. Using a hand blender, carefully blend the soup until smooth.
7. Reheat to boiling before serving.
8. Sprinkle with fresh thyme leaves to garnish and serve with crusty bread and butter.

HANDY TIP



The soup does not contain any gluten or dairy products, simply serve without bread and butter to make suitable for Gluten Free (GF) and Lactose Free (LF) diets.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Tomatoes	Olive oil	Dried thyme	Brown onion	Crushed garlic	Cannellini beans	Tomato paste	Brown sugar	Vegetable stock
1	150g	7.5ml	0.1 tbsp	25g	1.5g	41g	6.0g	2.5g	100ml



EASY

ROASTED VEGETABLE SOUP



SERVINGS 20

PREPARATION 30mins

COOKING 60mins

INGREDIENTS

1.5kg pumpkin, peeled and diced into 3cm cubes
 1.25kg sweet potato, peeled and diced into 3cm cubes
 500g onions, peeled and diced
 700g carrots, peeled and coarsely chopped
 400g red capsicum, core removed, de-seeded and coarsely chopped
 6 large garlic cloves (approx 20g) unpeeled
 80ml olive oil
 2 tbsp dried mixed herbs
 500ml water
 2.5L vegetable stock, hot
 Salt and pepper
 Crusty bread with butter, to serve

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven). Line a large roasting tray with baking paper.
2. Place the pumpkin, sweet potatoes, onions, carrots, capsicum and garlic on the roasting tray.
3. Drizzle the oil over the vegetables, sprinkle with the herbs and toss thoroughly. Season with salt and pepper.
4. Place vegetables in the oven and bake for 30 to 40 minutes until the vegetables are tender and well browned. Remove from oven and allow to cool slightly. Remove skins from the roasted garlic cloves.
5. In a large saucepan, place the roasted vegetables, water and the hot vegetable stock. Bring to the boil and then simmer for 10 minutes. Remove from heat and allow to cool slightly.
6. Using a hand mixer or food processor, carefully blend the mixture until it is a smooth consistency.
7. Add salt and pepper to taste.
- 8) Re-heat to boiling before serving with crusty bread and butter.

HANDY TIPS



Substitute any of the vegetables for others to use up existing stock or to add more variety of flavours. For example, sweet potato can be replaced by regular potatoes. Onion can be replaced by leek. Capsicum and carrots can be replaced by zucchini, eggplant or cauliflower.

The soup does not contain any gluten or dairy products, simply serve without bread and butter to make suitable for both Gluten Free (GF) and Lactose Free (LF) diets.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Pumpkin	Sweet potato	Onions	Carrots	Red capsicum	Garlic cloves	Olive oil	Dried mixed herbs	Vegetable stock
1	75g	62.5g	25g	35g	20g	1g	4ml	0.1 tbsp	125ml



EASY

SWEET POTATO AND CARROT SOUP



SERVINGS 20

PREPARATION 15mins

COOKING 45mins

INGREDIENTS

2.25kg sweet potatoes, peeled and cut into 2cm cubes

1.25kg carrots, peeled and coarsely chopped into 2cm pieces

100ml olive oil

50g butter

500g onions, peeled and finely chopped

4 tbsp (20g) crushed garlic

1 tbsp dried oregano

3L vegetable stock, hot

750g sour cream

Salt and ground black pepper

Crusty bread with butter, to serve

METHOD

1. Heat fan-forced oven to 200°C (210°C for conventional oven).
2. Place sweet potato and carrots on a large baking tray, and drizzle with the olive oil. Season well with salt and pepper and toss to cover with the oil.
3. Roast the vegetables in the oven for 30 to 40 minutes or until tender and starting to turn golden brown.
4. Meanwhile, heat the butter in a large saucepan on a low heat and cook onions for about 5 minutes until soft (without colouring the onion).
5. Add garlic and oregano and stir for 1 minute and then add the vegetable stock. Bring to the boil, then reduce heat and simmer for 8 to 10 minutes, then set aside.
6. Transfer the roasted vegetables to the saucepan and use a hand blender to process until smooth. Finally, add sour cream and blend through to combine.
7. Add salt and pepper to taste
8. Reheat to boiling before serving.

HANDY TIPS



This soup can be made from other starchy vegetables e.g. pumpkin in place of sweet potato.

The soup does not contain any gluten products, simply serve without bread to make suitable for Gluten Free (GF) diets.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Sweet potatoes	Carrots	Olive oil	Butter	Brown onion	Crushed garlic	Dried oregano	Vegetable stock	Sour cream
1	112.5g	62.5g	5ml	2.5g	25g	1g	0.1 tbsp	150ml	37.5g

CHECK OUT THIS RECIPE
CLASSIC FISH PIE
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MAINS



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EASY

BAKED VEGETABLE PATTIES



SERVINGS 20

PREPARATION 20mins

COOKING 20mins

INGREDIENTS

- 6 x 410g cans red kidney beans (or other beans) – see handy tips
- 70ml olive oil
- 4 cups non-starchy vegetables – see handy tips
- 2.5kg binder vegetable – see handy tips
- 2 cups fresh herbs – see handy tips
- 2 cups sunflower seeds, finely blended in a food processor
- 2 tbsp paprika

METHOD

1. Preheat fan-forced oven to 210°C (220°C for conventional oven).
2. Add beans, olive oil and non-starchy vegetables in a food processor and blend.
3. In a large bowl, add processed mix to the binder vegetables, fresh herbs, sunflower seeds and paprika and mix well to combine.
4. Form the patties with your hands and place them on a non-stick baking tray (or tray lined with baking paper).
5. Bake for 10 to 12 minutes until the patties begin to crisp slightly around the edges. Remove tray from oven, flip over and cook for a further 5 to 10 minutes until the patties are firm in the centre.
6. To meet nutritional requirements, serve with a minimum 125g of cooked seasonal vegetables and 75g of cooked rice.
7. Place a piece of baking paper between cooled patties to store.

HANDY TIPS



This recipe is intended to be flexible by combining a plant-based protein with different vegetables. It's great for using up whatever is in season or leftover in the kitchen!

- Other legumes – cooked lentils, butter beans, chickpeas, broad beans, black beans, cannellini beans or soybeans.
- Non-starchy vegetables – eggplant, mushroom, cauliflower, green peas, onion, zucchini, kale, capsicum, spinach etc.
- Binder vegetable – starchy vegetable such as mashed potato, sweet potato or pumpkin.
- Fresh herbs – dill, mint, parsley, basil, chives or coriander.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Four Bean Mix	olive oil	Cauliflower	Peas	Mushrooms	Sweet Potato	Basil Leaves	Paprika	Brown rice	Broccoli	Sunflower Seeds
1	126g	3.5ml	0.05 Cups	0.075 Cups	0.075 Cups	125g	10g	0.1 tbsp	75g	125g	0.1 Cups



EASY

COCONUT MILK CURRY WITH SPRING VEGETABLES



SERVINGS 20

PREPARATION 20mins

COOKING 25mins

INGREDIENTS

100ml olive oil
500g onion, peeled and cut into 2cm dice
4 tsp (20g) crushed garlic
6 tsp (30g) crushed ginger
600g mushrooms, sliced thickly
1kg carrots, peeled and sliced thickly
2kg cauliflower, stalk removed and cut into florets (small pieces)
80g green chilli (mild), seeds removed and finely chopped
750ml vegetable stock
5 x 410ml cans coconut milk
1 tbsp ground cumin
1 tbsp ground coriander
500g red capsicum, core removed, de-seeded and chopped coarsely
750g green beans, ends removed and cut into 2cm pieces
Salt and ground white pepper
2.5kg brown rice, boiled or steamed

METHOD

1. Heat olive oil in a large saucepan over medium heat. Add the onion, garlic, ginger, carrot, cauliflower and a pinch of salt and pepper and stir. Cook, stirring frequently, for 5 minutes or until softened. Then add the mushrooms and cook for 2 more minutes.
2. Add green chilli, vegetable stock, coconut milk, cumin, coriander, extra salt and pepper and stir. Bring to a simmer, then reduce heat slightly and continue cooking for 10 to 15 minutes.
3. Add the capsicum and green beans in the last 5 minutes so they don't overcook.
4. Taste and adjust seasonings as needed.
5. Serve with brown rice.

HANDY TIP



Remove the green chilli or replace with finely diced green capsicum if a less spicy dish is preferred.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Onion	Crushed garlic	Crushed ginger	Mushrooms	Carrots	Cauliflower	Green chilli	Vegetable stock	Coconut milk	Ground cumin	Ground coriander	Red capsicum	Green beans	Brown rice
1	5ml	25g	1g	1.5g	30g	50g	100g	4g	37.5ml	102.5ml	0.05 tbsp	0.05 tbsp	25g	37.5g	125g





SERVE WITH SOURDOUGH,
CIABATTA OR RYE BREAD

EASY

CREAMY CANNELLINI BEANS WITH TOMATO



SERVINGS 20

PREPARATION 15mins

COOKING 60mins

INGREDIENTS

- 100ml olive oil
- 450g red onion, peeled and chopped coarsely
- 750g mushrooms, sliced thickly
- 4 tsp (20g) crushed garlic
- 2 tbsp black pepper
- 4 x 410g cans crushed tomatoes
- ¼ cup brown sugar
- ½ cups coconut milk
- 5 x 410g cans cannellini beans, rinsed and drained
- 2 tbsp dried mixed herbs
- 4 x 250g punnets of cherry tomatoes, halved
- 100g fresh basil leaves, washed and torn into pieces
- 20 thick slices of buttered sourdough bread, to serve

METHOD

1. Preheat a fan-forced oven to 200°C (210°C for conventional oven).
2. Heat ¾ of the olive oil in a large saucepan over medium heat. Add onion, mushrooms, garlic and pepper, then turn the heat down and cook for 6 to 8 minutes, until the onions are soft.
3. Add the tomatoes, sugar, coconut milk, cannellini beans and mixed herbs and simmer for 2 to 3 minutes, then remove from heat.
4. Transfer the mixture to a large baking tray.
5. Scatter over the cherry tomatoes and basil. Drizzle with remaining olive oil and bake in the oven for 30 minutes.
6. Serve with buttered sourdough bread.

HANDY TIPS

Cannellini beans can be substituted for any canned beans the kitchen has in stock, such as kidney beans, broad beans, black beans or butter beans.
Sourdough bread can be substituted for any dense loaf such as ciabatta, rye, etc.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Red onion	Mushrooms	Crushed garlic	Crushed tomatoes	Brown sugar	Coconut milk	Cannellini beans	Dried mixed herbs	Cherry tomatoes	Fresh basil
1	5ml	22.5g	37.5g	1g	82g	0.0125 Cups	0.1 Cups	102.5g	0.1 tbsps	50g	5g



EASY

QUICHE WITH SPINACH, FETA AND SUN-DRIED TOMATO



SERVINGS 20

PREPARATION 30mins

COOKING 45mins

INGREDIENTS

- 10 sheets shortcrust pastry
- 600g sun-dried tomatoes, chopped coarsely
- 600g feta cheese, crumbled
- 750g baby spinach, shredded coarsely
- 75g basil leaves, torn coarsely
- 3 cups cheese, grated
- 15 eggs
- 4 cups milk
- 1½ cups cream
- Salt and freshly ground black pepper

METHOD

1. Preheat fan-forced oven to 170°C (180°C for conventional oven).
2. Prepare a large baking tray by adding a coating of oil to prevent the pastry from sticking while cooking. Line the baking tray with shortcrust pastry sheets.
3. Evenly spread the tomatoes, feta, spinach, basil and grated cheese over the pastry base.
4. In a large bowl, mix together eggs, milk, cream, salt and pepper. Whisk thoroughly to combine, then pour carefully over the ingredients in the lined pastry tray.
5. Bake quiche in the oven for 40 to 50 minutes, until firm in the centre.
6. Allow to cool before cutting into pieces.
7. To meet nutritional requirements, serve with a minimum 80g of seasonal vegetables (in winter) or 80g of a side salad (in summer).

HANDY TIPS



Insert a skewer into the centre of the quiche to check if it has cooked through. If the skewer is removed with no egg-mix stuck to it, the quiche is ready.

Quiche can be prepared and made without the use of the pastry bottom, to provide a gluten free dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Shortcrust pastry	Sun-dried tomatoes	Feta cheese	Baby spinach	Basil leaves	Grated cheese	Eggs	Milk	Cream
1	100g	30g	30g	37.5g	3.75g	0.15 Cups	0.8 Each	0.2 Cups	0.075 Cups



CHEF TIP: QUINOA CAN BE SUBSTITUTED WITH COOKED BROWN RICE, IF DESIRED.

EASY

QUINOA AND SWEETCORN SALAD



SERVINGS 20

PREPARATION 10mins

COOKING 20mins

INGREDIENTS

- 2kg quinoa grains, uncooked
- 100ml olive oil
- 1.5kg frozen peas
- 4 x 410g cans of corn kernels, drained
- 1kg red capsicum, core removed, de-seeded and chopped
- 5 tsp (25g) crushed garlic
- 2 tbsp paprika
- 1½ tbsp dried rosemary
- 200ml lime juice
- 1½ cups sunflower seeds, finely blended in a food processor
- 400g baby spinach leaves, washed
- Salt and pepper, to taste

METHOD

1. Place the quinoa in a fine-mesh strainer. Rinse thoroughly under running water.
2. Place the quinoa in a large pot and cover with cold water. Bring to the boil and cook for 15 minutes. Remove from the heat and let stand, covered, for a further 5 minutes. Set aside.
3. Heat the olive oil in a large saucepan over medium heat and cook the peas, corn and capsicum for 2 minutes.
4. Add the crushed garlic, paprika, rosemary, lime juice, sunflower seeds, salt and pepper and cook for a further 5 to 7 minutes, with a lid on, stirring occasionally.
5. Add the quinoa to the vegetable mix and gently stir to combine.
6. Serve, topped with a handful of baby spinach leaves.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Quinoa grains	Olive oil	Frozen peas	Corn kernels	Red capsicum	Crushed garlic	Paprika	Dried rosemary	Lime juice	Sunflower seeds	Baby spinach
1	100g	5ml	75g	82g	50g	1.25g	0.1tbsp	0.075 tbsp	10ml	0.075 Cups	20g



MODERATE

SPINACH FETTUCINE WITH PUMPKIN AND 'NUT FREE' PESTO



SERVINGS 20

PREPARATION 30mins

COOKING 15mins

INGREDIENTS

NUT FREE PESTO

- 4 tsp (20g) crushed garlic
- 2 cups sunflower seeds
- 100g basil leaves, coarsely chopped
- 250ml olive oil
- 300g parmesan cheese, grated
- Salt and freshly ground black pepper

FETTUCINE

- 1.8kg spinach (green) fettuccine
- 6 tbsp olive oil
- 2.25kg pumpkin, peeled, diced into 2cm cubes and roasted
- 750g flat mushrooms, sliced
- 750g tomatoes, diced
- 300g grated parmesan cheese, to serve

METHOD

NUT FREE PESTO

1. Combine all ingredients in a food processor and blend into a rough paste.
2. Check seasoning and add salt and pepper to taste as required.

FETTUCINE

1. Heat water in a large saucepan and cook fettuccine to the instructions on the packet.
2. Heat oil in a large saucepan over medium heat. Add mushrooms and tomatoes and cook, stirring often, for 5 minutes.
3. Add the roasted pumpkin and pesto mix, reduce heat and cook for a further 5 minutes until the pesto has coated all the vegetables.
4. Drain the pasta and add to the vegetable and pesto mixture. Toss well to combine.
5. Serve with parmesan cheese sprinkled over the top.

HANDY TIPS



600g of cream can be added to this recipe when the pumpkin and pesto is added to the vegetables if desired. This will create a creamy pasta with increased calcium intake.

Previously prepared pesto can be stored in an airtight container for up to 5 days in the fridge.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Crushed garlic	Sunflower seeds	Basil leaves	Olive oil	Spinach fettuccine	Pumpkin	Flat mushrooms	Tomatoes	Parmesan cheese
1	0.2 tsp	0.1 Cups	5g	12.5ml	90g	112.5g	37.5g	37.5g	15g



EASY

SWEET POTATO AND VEGETABLE BAKE



SERVINGS 20

PREPARATION 30mins

COOKING 1hr 45mins

INGREDIENTS

- 2.25kg sweet potatoes, peeled, cut into 2cm cubes
- 60ml olive oil
- 500g onion, peeled and chopped finely
- 750g carrot, peeled and grated
- 500g zucchini, grated
- 400g green capsicum, core removed, de-seeded and chopped
- 300g celery, finely chopped
- 3 x 410g cans of four bean mix
- 8 eggs
- 2 cups (500ml) milk
- Salt and pepper
- 4 cups grated cheese

METHOD

1. Preheat fan-forced oven to 170°C (180°C for conventional oven) and grease a large baking dish.
2. Place sweet potatoes in a large pot and cover with cold water. Bring to the boil and cook for about 10 minutes or until soft.
3. Meanwhile, heat the oil in a large saucepan over a medium heat. Add onions, carrot, zucchini, capsicum, celery and four bean mix. Cook, stirring frequently, for 3 to 4 minutes or until vegetables are soft.
4. Drain the potatoes and place into the baking dish. Cover with layers of the cooked vegetable mixture and some cheese. Repeat layers.
5. In a medium bowl, mix eggs and milk with whisk until well blended. Season with salt and pepper. Pour over ingredients in baking dish.
6. Bake for 35 to 40 minutes or until centre is firm and top is lightly browned.
7. Let it cool for 5 minutes before cutting and serving.

HANDY TIP



Substitute any of the vegetables for others to use up existing stock or to add more variety of flavours. For example, sweet potato can be replaced by pumpkin or regular potatoes. Capsicum and celery can be replaced by broccoli, cauliflower or mushrooms.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Sweet potatoes	Olive oil	Onion	Carrot	Zucchini	Green capsicum	Celery	Four bean mix	Eggs	Milk	Grated cheese
1	112.5g	3ml	25g	37.5g	25g	20g	15.0g	61.5g	0.4 Each	25ml	0.2 Cups



MODERATE

VEGETABLE LASAGNE



SERVINGS 20

PREPARATION 30mins

COOKING 1hr 45mins

INGREDIENTS

1.5kg pumpkin, peeled, cut into thick wedges
 8 large zucchini (1kg), sliced thickly lengthways
 750g cauliflower, stalk removed and cut into florets (small pieces)
 60ml olive oil
 600g onion, peeled and chopped coarsely
 300g celery, chopped coarsely
 500g carrot, peeled and grated
 80ml vegetable stock
 5 x 410g cans crushed tomatoes
 400g red capsicum, core removed, de-seeded and sliced thickly
 2 tbsp dried basil
 1 tbsp dried thyme
 1 tbsp dried oregano
 1 cup (250ml) cold water
 1.5kg ricotta
 375ml milk
 4 cups grated cheese
 4 packets (375g) lasagne sheets
 Salt and pepper

METHOD

1. Preheat fan-forced oven to 200°C (210°C for conventional oven). Line two large oven trays with baking paper.
2. Place pumpkin on one tray, zucchini and cauliflower on the other. Drizzle with ½ of the oil and season with salt and pepper.
3. Place pumpkin in the oven and roast for about 10 minutes until just soft. Add the other tray with zucchini and cauliflower, and roast both trays for a further 30 minutes or until vegetables are tender. Remove and reduce fan-forced oven to 180°C (190°C for conventional oven).
4. Heat remaining oil in a large saucepan over medium heat, and cook onion, celery and carrot, stirring, for 10 minutes or until soft. Add the stock and bring to the boil. Simmer for 5 to 10 minutes or until most of the stock has reduced.
5. Stir in tomatoes, capsicum, herbs and water, then bring to the boil. Reduce heat to low and cook for 20 minutes or until thickened slightly. Season to taste.
6. Process cauliflower in a food processor until smooth. Transfer to a medium bowl and stir in ricotta, milk and 1 cup of the grated cheese. Season with salt and pepper.
7. Spoon 4 tablespoons of the tomato mixture over base of a large baking oven dish. Top with a layer of lasagne sheet, then a layer of pumpkin, zucchini and cauliflower mixture. Repeat with remaining ingredients, finishing with a layer of cauliflower mixture then top with remaining grated cheese.
8. Bake for 45 minutes or until lasagne sheets are tender.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Pumpkin	Zucchini	Cauliflower	Olive oil	Onion	Celery	Carrot	Vegetable stock	Crushed tomatoes	Red capsicum	Dried basil	Dried thyme	Dried oregano	Ricotta	Milk	Grated cheese	Lasagne sheets
1	75g	50g	37.5g	3ml	30g	15g	25g	4ml	102.5g	20g	0.1 tbsp	0.05 tbsp	0.05 tbsp	75g	18.75ml	0.2 Cups	75g



EASY

VEGETABLE MEDLEY STEW



SERVINGS 20

PREPARATION 15mins

COOKING 50mins

INGREDIENTS

- 150ml olive oil
- 400g onion, peeled and cut into medium dice
- 6 tsp (30g) crushed garlic
- 3 tbsp tomato paste
- 1 tbsp dried thyme
- 2.5L vegetable stock, hot
- 1.5kg cauliflower, stalk removed and cut into 2cm pieces
- 600g carrots, peeled and cut into 2cm pieces
- 600g mushrooms, sliced thickly
- 400g red capsicum, core removed, de-seeded and cut to 2cm cubes
- 1.25kg frozen peas
- 5 x 410g cans broad beans
- 5 x 410g cans crushed tomatoes
- Salt and freshly ground black pepper
- 2.3kg brown rice, cooked or steamed

METHOD

1. In a large pot, heat half the olive oil over a medium heat.
2. Add onions, garlic, tomato paste and thyme. Cook, stirring occasionally, until onions are soft.
3. Add in half of the vegetable stock and the cauliflower. Bring to the boil and cook for approximately 5 minutes, until cauliflower is soft.
4. Allow to cool and purée with hand blender until smooth.
5. Heat remaining olive oil in another large pan and add carrots and mushrooms. Cook for 2 minutes, then add capsicum. Cook for a further 5min.
6. Add the carrots, mushrooms and capsicum into the cauliflower purée along with peas, broad beans and crushed tomatoes. Bring to a boil.
7. Add remaining stock and salt and pepper. Return to a boil and reduce to a simmer.
8. Cook for 20 minutes uncovered on a medium heat until stew has thickened.
9. To meet nutritional requirements, serve with a minimum of 115g of brown rice.

HANDY TIP



Broad beans can be substituted for any canned beans the kitchen has in stock, such as kidney beans, cannellini beans, black beans or butter beans.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Onion	Crushed garlic	Tomato paste	Dried thyme	Vegetable stock	Cauliflower	Carrots	Mushrooms	Red capsicum	Frozen peas	Broad beans	Crushed tomatoes	Brown rice
1	7.5ml	20g	1.5g	0.15 tbsp	0.05 tbsp	125ml	75g	30g	30g	20g	62.5g	102.5g	102.5g	115g





EASY

CLASSIC FISH PIE

SERVINGS 20

PREPARATION 40mins

COOKING 50mins

INGREDIENTS

2.5kg boneless white fish fillets
(e.g. sea perch, snapper, barramundi)
2.25L milk
Salt and pepper
180g butter
800g leek, washed and finely chopped
½ cup plain flour
85g parsley, washed and coarsely chopped
800g frozen peas
1.75kg mashed potato
2 cups grated cheese

METHOD

1. Preheat fan-forced oven to 200°C (210°C for conventional oven).
2. Place the fish in a large baking tray and cover with the milk. Season with salt and pepper, cover with foil and bake in the oven for 20 minutes or until the fish is cooked and is ready to fall apart when touched. Set to the side and allow to cool in the milk.
3. In a medium pan, melt 60g of the butter over a medium heat, add the leek and cook for 5 minutes until softened.
4. Once cooled, remove the fish from the milk and flake the fish into bite-sized pieces. Retain the milk into a pouring jug. Return the flaked fish to the baking tray.
5. In a large saucepan, melt the remaining butter over medium heat and slowly add the flour, stirring constantly until you get a smooth paste.
6. Slowly add the milk, in batches and stir continuously, until you get a sauce-like consistency.
7. Add the parsley and stir well. Cook for 5 minutes, constantly stirring.
8. Add the cooked leek, peas and the sauce to the flaked fish and mix gently. Top with the mashed potato and spread evenly. Sprinkle the grated cheese over the potato topping.
9. Place in the oven for 40 minutes, or until the cheese is bubbling and slightly golden brown.
10. Take out of the oven and leave to cool for 5 to 10 minutes before serving.

HANDY TIPS



If possible, prepare the mashed potato the day before, to simplify the process on the day.

To best remove dirt from leeks, fill a sink with cold water. Submerge sliced leeks and mix around. Dirt will fall to the bottom, then remove leeks and drain in a colander.

If the sauce becomes too thick in the saucepan, add extra milk or hot water to achieve the desired consistency.

Use gluten free flour for this dish to make it suitable for a gluten free dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	White fish fillets	Milk	Butter	Leek	Plain flour	Parsley	Frozen peas	Mashed potato	Grated cheese
1	125g	112.5ml	9g	40g	0.025 Cups	4.25g	40.0g	87.5g	0.1 Cups



EASY

SALMON FISH CAKES WITH SWEET POTATO CHIPS

SERVINGS 20

PREPARATION 45mins

COOKING 10mins

INGREDIENTS

1.5kg mashed potato
 4 medium onions (400g), peeled and finely chopped
 4 tsp (20g) crushed garlic
 6 x 420g cans pink salmon, drained, skin and bones discarded
 ½ cup flat-leaf parsley, washed and finely chopped
 2 tbsp Dijon mustard
 Grated zest of 3 lemons
 3 additional lemons, cut into wedges to serve
 4 large sweet potatoes (approx. 1kg), peeled and cut to chip lengths (approx. 6cm long)
 12 eggs
 2½ cups milk
 4 cups plain flour
 1kg breadcrumbs
 120ml vegetable oil (100ml for frying, 20ml for baking)
 1.75kg broccoli, stalk removed, cut into florets (pieces) and steamed or blanched
 Salt and pepper for seasoning

METHOD

1. Heat fan-forced oven to 180°C (190°C for conventional oven).
2. In a large bowl, add salmon, mashed potato, onion, garlic, parsley, Dijon mustard, lemon zest, salt and pepper, and mix to combine.
3. Dust your hands with some flour and then form the mixture into patties approximately 7cm in diameter and 2.5cm thick. Chill in the fridge for 20 minutes to firm up.
4. Arrange sweet potato chips on a baking tray lined with baking paper, drizzle with 20ml of oil and bake for 25 minutes, turning after 15 minutes.
5. Form a crumbing station by seasoning flour with salt and pepper in one bowl, beating eggs and milk together in another bowl, and breadcrumbs in the final bowl. Dip salmon cakes first in the flour, then the egg mixture, and then in breadcrumbs to coat.
6. Heat vegetable oil in a frying pan over medium-high heat. Shallow-fry the fishcakes, in batches, for 3 to 4 minutes, turning once only, until crisp and golden.
7. To ensure nutritional guidelines are met, serve with sweet potato chips and 150g of a seasonal vegetable (such as steamed broccoli). Include lemon wedges if desired.

HANDY TIPS



Flour your hands first when making the patties to stop the mixture sticking to your hands.

Try not to mix up your wet and dry hands when breadcrumbing the cakes, keep one for dry and one for wet.

Fish cakes can be cooked in advance as per step 6, chilled and then reheated all the way through to serve. Refer to *Chapter 2: Food Safety and Storage* for correct procedure for the chilling of cooked seafood.

Replace milk with soy milk to make this dish suitable for Lactose Free (LF) dietary requirements.

Use gluten free flour and breadcrumbs for this dish to make it suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Mashed potato	Onions	Crushed garlic	Salmon	Flat-leaf parsley	Dijon mustard	Lemons	Sweet potatoes	Eggs	Milk	Plain flour	Breadcrumbs	Broccoli	Vegetable oil
1	75g	20g	1g	126g	0.025 Cups	0.1 tbsp	15g	50g	0.6 Each	0.125 Cups	0.2 Cups	50g	87.5g	6ml

TUNA CAN BE REPLACED WITH SALMON AS A VARIATION



EASY

TUNA BAKE

SERVINGS 20

PREPARATION 10mins

COOKING 50mins

INGREDIENTS

- 1.8kg penne pasta
- 2 tbsp olive oil
- 750g onion, peeled and finely diced
- 5 tsp (25g) crushed garlic
- 1kg broccoli, stalk removed and cut into florets (small pieces)
- 5 x 425g cans tuna in spring water (not brine), drained well
- 3 x 410g cans corn kernels, drained well
- 1L cream
- 500g sour cream
- 500g cheddar cheese, grated
- 1/4 cup chopped parsley
- Salt and pepper

METHOD

1. Heat fan-forced oven to 180°C (190°C for conventional oven).
2. In a large pot, bring water to the boil and cook the penne pasta for 2 minutes less than the time stated on the packet. This will keep the pasta slightly undercooked at this stage. Coat with oil to prevent pasta from sticking together.
3. In the meantime, heat the oil in a large pan over medium heat. Add onion and garlic, and cook for 3 minutes or until onion has begun to soften. Add tuna, corn and broccoli, and gently cook for a further 2 minutes.
4. Add cream and sour cream, season and bring to the boil to thicken.
5. Add the drained, cooked pasta and chopped parsley to the tuna and mix through well.
6. Transfer to a large, deep greased baking tray and top with the grated cheese.
7. Bake for 30 to 35 mins until the cheese on top is golden and starting to brown.

HANDY TIPS



If you do not have any sour cream, simply replace with natural yoghurt or an equivalent quantity of thickened cream

Any type of short pasta (i.e. fusilli, conchiglie (shells), farfalle (bow tie), orecchiette or rigatoni) can be used in this bake.

Corn and broccoli can be replaced by any other vegetables you wish to use.

Use gluten free pasta for this dish to make it suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Penne pasta	Olive oil	Onion	Crushed garlic	Broccoli	Tuna	Corn kernels	Cream	Sour cream	Cheddar cheese	Parsley
1	90g	0.1 tbsp	37.5g	1.25g	50g	106.3g	61.5g	50ml	25g	25g	0.0625 Cups



EASY

TUNA NICOISE SALAD



SERVINGS 20

PREPARATION 20mins

COOKING 20mins

INGREDIENTS

- 16 eggs
- 280ml olive oil
- 80ml lemon juice
- 40ml white vinegar
- 1½ tbsp Dijon mustard
- 1½ tbsp dried mixed herbs
- 1.5kg green beans, ends removed and cut into 3cm lengths
- 500g baby spinach leaves, washed
- 400g red onion, peeled and thinly sliced
- 500g red capsicum, core removed, de-seeded and thinly sliced
- 750g cherry tomatoes, washed and halved
- 5 x 425g cans tuna in springwater (not brine), drained well
- 2kg quinoa grains, rinsed and cooked (refer to recipe on page 29 for quinoa cooking method)
- Salt and pepper

METHOD

1. Place the eggs in a large saucepan filled with water and bring to the boil.
2. Cook for 5 to 6 minutes after the water begins to boil.
3. Remove eggs from the saucepan and place in a large bowl filled with iced water to cool. Peel and cut into quarters.
4. Cook the beans either by boiling in a large saucepan or steaming. When just cooked and still green, drain and add beans to ice water to stop them cooking. When cold drain away the water.
5. Make the dressing by combining olive oil, lemon juice, vinegar, mustard, dried herbs and whisking together. Season with salt and pepper.
6. In a large bowl, gently mix together beans, spinach, onion, capsicum, tomatoes and tuna with some of the dressing to coat. Add egg quarters and gently combine.
7. Serve with dressing drizzled over.

HANDY TIPS



When making the dressing you could add all the ingredients to a washed-out milk bottle or jam jar, place on the lid and just shake to mix.

To save on food cost, replace quinoa with brown rice, if preferred.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Eggs	Olive oil	Lemon juice	White vinegar	Dijon mustard	Dried mixed herbs	Green beans	Baby spinach	Red onion	Red capsicum	Cherry tomatoes	Tuna	Quinoa grains
1	0.8 Each	14 ml	4ml	2ml	0.075 tbsp	0.075 tbsp	75g	25g	20g	25g	37.5g	106g	100g



SUBSTITUTE CHICKEN DRUMSTICKS WITH CHICKEN THIGHS, IF PREFERRED

MODERATE

APRICOT CHICKEN



SERVINGS 20

PREPARATION 15mins

COOKING 50mins

INGREDIENTS

- 3 x 825ml cans apricot halves, in juice
- 5 tsp (25g) crushed garlic
- 3 tsp paprika
- 3 tsp onion powder
- 2 tsp cinnamon
- 160ml olive oil
- 3.75kg chicken drumsticks
- 500g brown onions, peeled and chopped
- 1L chicken stock, hot
- 2 x 250g punnets cherry tomatoes
- 3 tsp dried thyme
- 100g cornflour
- ½ cup cold water
- ¼ cup chopped parsley
- Salt and freshly ground black pepper to taste
- 2.25kg potatoes, peeled, boiled and mashed

METHOD

1. In a large bowl, mix the apricots (with juice), garlic, paprika, onion powder and cinnamon together. Set aside.
2. Heat half the oil in a large saucepan over medium-high heat. Cook the chicken in batches for 7 to 8 minutes until just brown on all sides. Remove chicken pieces and set aside.
3. Heat the remaining oil in the pan. Add the onions and cook for 4 minutes until they begin to soften, then add the chicken stock and lower the heat to medium.
4. Add the apricot mix to the pan and then stir in the tomatoes and thyme.
5. Mix the cornflour with the cold water and gradually add to the pan.
6. Stirring well, bring the sauce to the boil, then lower the heat and gently simmer for 15 to 20 minutes. Add salt and pepper to taste.
7. Before serving, return the chicken back to the pan and simmer gently for a further 10 to 15 minutes, or until the chicken is cooked through.
8. Sprinkle with chopped parsley and serve with mashed potato.

HANDY TIPS



Serve with 90g portions of white or brown rice as an alternative to the mashed potatoes. Substitute cornflour for rice flour to make this dish suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Apricot	Crushed garlic	Paprika	Onion powder	Cinnamon	Olive oil	Chicken drumsticks	Brown onions	Chicken stock	Cherry tomatoes	Dried thyme	Cornflour	Parsley	Potatoes
1	123.75g	1.25g	0.15 tsp	0.15 tsp	0.1 tsp	8ml	187.5g	25g	50ml	25g	0.15 tsp	5g	0.0125 Cups	112.5g



MODERATE

BAKED CHICKEN PARMA WITH SWEET POTATO MASH



SERVINGS 20

PREPARATION 25mins

COOKING 20mins

INGREDIENTS

- 4 x 410g cans crushed tomatoes
- 10 large chicken breasts (3.25kg) trimmed of fat
- 2 cups basil leaves
- 750g flat mushrooms, sliced
- 500g red capsicums, core removed, de-seeded and sliced
- 400g baby spinach leaves
- 1.4kg grated mozzarella cheese
- 2.5kg sweet potato, peeled and chopped into 2cm cubes
- 1/4 cup milk
- Fresh basil leaves, extra to serve
- Salt and pepper for seasoning

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. Evenly spread half the crushed tomatoes in the base of a large oven tray.
3. Halve chicken breasts lengthways to form 20 x thin breast steaks. Place the chicken between 2 sheets of plastic wrap and then, using a rolling pin/meat mallet, pound chicken steaks until they are about 5mm thick.
4. Arrange chicken on the tomatoes in the base of each tray. Top with basil leaves, mushroom and capsicum slices.
5. Spread spinach over the top and then spoon over remaining crushed tomatoes. Sprinkle with mozzarella and bake for 15 to 20 minutes until chicken is cooked and cheese has begun to brown on top.
6. Place sweet potato in a large saucepan, cover with cold water and boil for 10 to 15 minutes until tender. Drain thoroughly and return to the saucepan.
7. Mash with a potato masher, adding milk in small batches until the consistency is smooth. Add more milk if required for desired consistency. Add seasoning to taste.
8. Serve by placing the sweet potato mash on the bottom of the plate and place the chicken on top. Garnish with fresh basil if desired.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Crushed tomatoes	Chicken breasts	Fresh Basil	Flat mushrooms	Red capsicum	Baby spinach	Mozzarella cheese	Sweet potato	Milk
1	82g	162.5g	20g	37.5g	25g	20g	70g	125g	0.0625 Cups



MODERATE

BUTTER CHICKEN WITH BROWN RICE



SERVINGS 20

PREPARATION 20mins

COOKING 30mins

INGREDIENTS

500g natural yoghurt
2 lemons, juice only
4 tsp turmeric
6 tsp garam masala
3 tsp ground cumin
3 tsp (15g) crushed ginger
4 tsp (20g) crushed garlic
3.5kg skinless, boneless chicken thighs, cut into 2cm cubes
150ml vegetable oil
400g brown onions, peeled and finely chopped
3 cinnamon sticks
20 curry leaves
6 tsp paprika
4 x 410g cans tomatoes, crushed
600ml chicken stock, hot
3 x 410g cans butter beans, drained
600ml thickened cream
Fresh coriander to garnish
2kg brown rice, cooked or steamed

METHOD

1. Combine yoghurt, lemon juice, turmeric, garam masala, cumin, ginger and garlic in a large bowl. Add chicken and stir well. Cover and refrigerate overnight.
2. Heat the oil in a large pan over medium heat. Add the onion, cinnamon and curry leaves and cook for 3 minutes until the onion starts to soften.
3. Reduce heat to low, and then add the marinated chicken, paprika, tomatoes and hot stock. Simmer for 15 minutes.
4. Add butter beans and stir in cream and cook for a further 10 minutes on a very low heat. Remove cinnamon sticks prior to serving.
5. Garnish with chopped coriander and serve with brown rice.

HANDY TIPS



Plan to prepare the marinated chicken the day before so that the flavours develop through the chicken, and so there is less work to do on the day of service.

If fresh coriander is unavailable, substitute with mint, basil, baby spinach, chives or any other fresh green herbs.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Natural yoghurt	Lemons	Turmeric	Garam masala	Ground cumin	Crushed ginger	Crushed garlic	Chicken	Vegetable oil	Brown onions	Cinnamon sticks	Curry leaves	Paprika	Crushed tomatoes	Chicken stock	Butter beans	Thickened cream	Brown rice
1	25g	5g	0.2 tsp	0.3tsp	0.15 tsp	0.75g	1.0g	175g	7.5ml	20g	0.45g	0.05g	0.3 tsp	82g	30ml	61.5g	30ml	100g



EASY

CHICKEN CHASSEUR



SERVINGS 20

PREPARATION 20mins

COOKING 45mins

INGREDIENTS

3.75kg drumsticks or chicken thighs (bone in)
100ml vegetable oil
600g onions, peeled and coarsely chopped
800g mushrooms, thickly sliced
5 tsp (25g) crushed garlic
1 tbsp dried thyme
2 tbsp dried tarragon
1L chicken stock, hot
5 x 410g cans crushed tomatoes
Salt and freshly ground black pepper, to taste
2kg long-grain white, basmati or brown rice,
cooked or steamed

METHOD

1. Season chicken with salt and pepper.
2. Heat $\frac{3}{4}$ of the oil in a large, heavy based saucepan, over moderately high heat. Add chicken and fry until just brown, then set aside and cover. Complete in several batches.
3. Heat remaining oil in the pan on low heat. Add onions and cook, stirring occasionally, until onion is soft with no colour (approximately 4 minutes).
4. Add mushrooms, garlic, thyme and tarragon. Continue to gently cook for another 3 minutes.
5. Add stock and tomatoes and bring to the boil. Add chicken pieces back into the vegetable mix and any accumulated juices. Add salt and pepper seasoning to taste.
6. Reduce heat and either simmer on the stove top covered with a lid, or place in a moderate pre-heated oven (180°C fan-forced, 190°C for conventional oven) for 25 minutes, or until chicken is cooked through i.e. is not pink around the bone area.
7. Serve with cooked rice.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Chicken (bone in)	Vegetable oil	Onions	Mushrooms	Crushed garlic	Dried thyme	Dried tarragon	Chicken stock	Crushed tomatoes	Rice
1	187.5g	5ml	30g	40g	1.25g	0.05 tbsp	0.1 tbsp	50ml	102.5g	100g



EASY

CHICKEN, TOMATO AND BASIL PASTA

SERVINGS 20

PREPARATION 20mins

COOKING 15mins

INGREDIENTS

- 2kg penne pasta
- 200ml olive oil (100ml for cooked pasta and 100ml for cooking)
- 3.25kg skinless chicken breast, thinly sliced
- 600g brown onions, peeled and thinly sliced
- 6 tsp (30g) crushed garlic
- 600g button mushrooms, sliced
- 5 x 410g cans crushed tomatoes
- 30g brown sugar
- ¾ cup fresh basil leaves, torn into pieces
- Salt and freshly ground black pepper, to taste
- 300g grated parmesan cheese

METHOD

1. Bring to the boil a large saucepan of salted water. Add penne pasta and cook, following packet directions, until tender. Drain and mix through half of the olive oil (100mls) to prevent pasta from sticking together.
2. Meanwhile, heat the half of the remaining oil (50ml) in a large, heavy based saucepan over medium heat. Add half of the chicken, and cook for approximately 2 minutes, until pink colour has changed to white. Set aside and repeat with remaining chicken.
3. Heat the remaining oil in the same pan over medium heat. Add onion and garlic, and cook for 3 minutes or until onion has softened. Add mushrooms and cook for a further 2 minutes.
4. Add crushed tomatoes and sugar. Bring to a simmer and stir occasionally for 5 minutes or until slightly thickened.
5. Add cooked chicken and continue to simmer for a further 3 minutes.
6. Finally, add cooked pasta and basil leaves (torn into pieces) to the tomato mixture and toss to combine.
- 7) Season with salt and pepper. Serve with parmesan cheese.

HANDY TIPS



You could use different types of pasta with this sauce such as shells, macaroni, fettuccine, etc. You could also serve with salad leaves (with a dressing) and crusty bread. Choose a gluten free pasta for this dish to make suitable for a gluten free dietary option. Serve without the parmesan cheese to make this dish suitable as a lactose free dietary option. Simply replace the chicken with tofu to make this recipe suitable for Vegetarian (v) and Vegan (vg) diets.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Penne pasta	Olive oil	Chicken breast	Brown onions	Crushed garlic	Button mushrooms	Cans crushed tomatoes	Brown sugar	Basil leaves	Grated parmesan
1	100g	10ml	162.5g	30g	1.5g	30g	102.5g	1.5g	0.0375 Cups	15g



REPLACE THE CHICKEN WITH TOFU
TO MAKE THIS RECIPE SUITABLE
FOR VEGETARIANS AND VEGANS.



EASY

HONEY SOY CHICKEN STIR-FRY WITH CAULIFLOWER RICE



SERVINGS 20

PREPARATION 45mins

COOKING 15mins

INGREDIENTS

- 6 tsp (30g) crushed garlic
- 4 tsp (20g) crushed ginger
- 150ml soy sauce
- 3.5kg skinless chicken breast, cut into thin strips
- Freshly ground black pepper
- 3 large heads of cauliflower (approximately 2.1kg), stalk removed and cut into small florets (pieces)
- 175ml olive oil
- 1.25kg broccoli, stalk removed and cut into small florets (pieces)
- 200ml honey
- 160ml hoisin sauce
- 40ml water
- 750g green beans, ends removed and cut in half
- 750g red capsicum, core removed, de-seeded and finely sliced
- 300g spring onion (shallots), finely sliced
- 1 cup sunflower seeds, finely blended in a food processor

METHOD

1. Combine garlic, ginger, soy sauce, chicken and pepper in a large bowl, cover with plastic wrap and set aside in refrigerator to marinate for at least 30 minutes.
2. Chop cauliflower very finely or process in food processor with blade attachment until it looks like couscous or very small grains of rice.
3. Transfer to a large microwave safe bowl and cook on HIGH (100%) for 3 to 4 minutes. Keep covered and set aside.
4. Heat half of the oil in a non-stick wok or large fry pan over high heat. And add a quarter of the marinated chicken and stir-fry for 2 minutes until just cooked through (i.e. all pink colour turned to white). Set aside and repeat with remaining chicken.
5. Wipe out the pan and heat the remaining oil, then add broccoli and stir-fry for 2 minutes, until just tender.
6. Add honey, hoisin sauce and water to pan, along with green beans, capsicum, spring onions, sunflower seeds and cooked chicken (including any juices). Stir-fry for another 3 minutes until thoroughly heated through.
7. Place chicken stir-fry on top of cauliflower rice to serve.

HANDY TIP



Simply replace the chicken with tofu to make this recipe suitable for Vegetarian (v) and Vegan (vg) diets.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Crushed garlic	Crushed ginger	Soy sauce	Chicken breast	Cauliflower	Olive oil	Broccoli	Honey	Hoisin sauce	Green beans	Red capsicum	Spring onion	Sunflower seeds
1	1.5g	1g	7.5ml	175g	105g	8.75ml	62.5g	10ml	8ml	37.5g	37.5g	15g	0.05 Cups





EASY

LEMON AND HERB BAKED CHICKEN



SERVINGS 20

PREPARATION 20mins

COOKING 30mins

INGREDIENTS

20 x 180g, skinless chicken breasts
3kg potatoes, washed, peeled, and cut into 2cm cubes
2.5kg broccoli, stalk removed and cut into florets (small pieces)
1kg snow peas, ends removed, cut diagonally in half
½ cups milk

MARINADE

300ml olive oil
5 lemons, rind removed with potato peeler, juice reserved
10 cloves garlic, peeled and crushed
120g fresh thyme, coarsely chopped
150g fresh rosemary, coarsely chopped
3 tbsp dried mixed herbs
1 tsp freshly ground black pepper
Salt and freshly ground black pepper to taste

METHOD

1. Preheat fan-forced oven to 185°C (195°C for conventional oven).
2. Place chicken breasts in a large bowl. Mix ingredients for the marinade and pour over chicken. Using clean hands or plastic gloves, massage marinade into chicken, then cover with plastic wrap and place in the fridge to marinate overnight or a minimum of 2 hours.
3. In a large saucepan, add potato pieces and then cover with cold water. Bring to the boil and cook the potatoes until soft all the way through.
4. Place chicken and marinade into a large baking dish or tray and sprinkle with salt. Cover with foil, then bake in the oven for 15 minutes (until reasonably firm to the touch).
5. After 15mins, remove the chicken from the oven, remove the foil and baste the chicken with the cooking juices. Place back in the oven (without the foil) for approximately 10 minutes until fully cooked to above 75°C (and with a little colour on the chicken).
6. While the chicken is cooking, drain and mash the potatoes, adding milk in small batches until the consistency is smooth. Add seasoning and more milk if required for desired consistency.
7. In a separate pot, bring water to the boil and cook the broccoli for approximately 2 minutes (until just soft, but still green). Alternatively, broccoli can be steamed for 5 to 6 minutes.
8. Using a steamer, steam snow peas over a pot of boiling water for 1-2 minutes.
9. Use a thermometer to check that internal chicken temperature has reached at least 75°C. If not, or if the flesh is pink in colour when checked with a knife, further cooking is required. Chicken should be white all the way through and firm to the touch.
10. Allow chicken to rest for 5 minutes in a warm place to keep it moist and tender and then serve with mashed potato and vegetables.

HANDY TIPS



You can use mashed sweet potato or pumpkin instead of white potatoes and other vegetables such as carrots, cauliflower or green beans.

Where possible, plan to prepare the marinated chicken the day before so that the flavours will develop more through the chicken, and so there is less work to do on the day of service.

Use soy milk for the potato mash, or substitute the mash for a different vegetable to make this dish suitable as a lactose free dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Chicken breasts	Potato	Broccoli	Snow peas	Milk	Olive oil	Lemons	Garlic	Thyme	Rosemary	Dried mixed herbs
1	180g	150g	125g	50g	0.075 Cups	15ml	12.5g	2.5g	6g	7.5g	0.15 tbsp



PREPARED BY LUTZ AND
HIS TEAM AT MEALS ON
WHEELS COOLUM

MODERATE

OVEN-ROASTED CHICKEN AND VEGETABLES



SERVINGS 20

PREPARATION 20mins

COOKING 50mins

INGREDIENTS

1.6kg potatoes, washed, peeled and cut into 3cm pieces
800g pumpkin, peeled and cut into 3cm pieces
1.5kg sweet potato, peeled and cut into 3cm pieces
2.4kg carrots, peeled and cut into 3cm pieces
600g brown onions, peeled and quartered
125ml olive oil
6 teaspoons (30g) crushed garlic
4 tsp salt
4 tsp dried rosemary
2 tsp dried thyme
3 tsp ground black pepper
2 tsp paprika
4.2kg bone-in chicken pieces, skin on
1.75kg green beans, ends removed and cut in half
1L gravy, prepared and heated

METHOD

1. Preheat fan-forced oven to 215°C (225°C for conventional oven).
2. Line a large baking tray with baking paper. Combine potatoes, pumpkin, sweet potato, carrots, onion, oil, garlic, 2 teaspoons of salt, 2 teaspoons of rosemary and 1 teaspoon of pepper; toss to completely coat all vegetables.
3. In a separate bowl, mix paprika and the remaining salt, rosemary, thyme and pepper. Sprinkle chicken with paprika mixture, then arrange over the top of the vegetables on the baking tray.
4. Place in the oven and bake until a thermometer inserted in the chicken reads at least 75°C and vegetables are just tender (approximately 40 minutes).
5. Remove tray from the oven and remove chicken to a side plate and keep covered. Spread spinach over the top of the vegetables.
6. In a separate pot, bring water to the boil and cook the beans for approximately 1 minute (until just soft, but still green). Alternatively, beans can be steamed for 2 to 3 minutes.
7. Serve vegetables alongside the chicken and top with gravy to ensure nutritional requirements are met.

HANDY TIPS



Prepare and season the chicken with paprika mix the day before and leave to refrigerate overnight. This helps to deeply flavour the chicken and will save preparation time on the day of service. If you prefer a richer dish, use skin-on chicken. If you prefer a lighter dish, use bone in skinless breast. Substitute bone-in chicken pieces with chicken thighs, if preferred. Be sure to cook chicken pieces to 75° C, but not greater than 80° C, as leaner meat can become dry at higher temperatures.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Potato	Pumpkin	Sweet potato	Carrots	Brown onions	Olive oil	Crushed garlic	Dried rosemary	Dried thyme	Paprika	Chicken	Green beans
1	80g	40g	75g	120g	30g	6.25ml	1.5g	0.2tsp	0.1 tsp	0.1 tsp	210g	87.5g



MODERATE

THAI CHICKEN AND VEGETABLE CURRY



SERVINGS 20

PREPARATION 20mins

COOKING 30mins

INGREDIENTS

120ml vegetable oil
3.25kg skinless chicken breast, cut into 2cm cubes
500g onion, peeled and chopped coarsely
750g carrot, peeled and chopped coarsely
500g mushrooms, sliced
100g green chilli (mild), seeds removed, finely chopped
4 tsp (20g) crushed garlic
3 tsp (15g) crushed ginger
6 tsp (30g) Thai curry paste (green, red or yellow)
3 x 410ml cans coconut cream
3 x 410ml cans coconut milk
120g fresh coriander leaves, washed and chopped
Salt and ground white pepper
4 tbsp cornflour
½ cup cold water
650g green beans, ends removed and cut into 2cm pieces
800g broccoli, stalk removed and cut into florets (small pieces)
2kg white Jasmine or Basmati rice, boiled or steamed

METHOD

1. Heat half the oil in a large saucepan over medium heat and cook the chicken in batches for 3 to 4 minutes until just brown on all sides. Remove chicken pieces and set aside.
2. In a large pan, heat the remaining oil over a medium heat, and cook the onion, carrot, mushrooms, chilli, garlic and ginger for 3 to 4 minutes until vegetables have softened.
3. Add the curry paste, coconut cream, coconut milk, coriander, salt and pepper. Bring to the boil, then reduce heat and simmer for 15 minutes.
4. Add the cooked chicken, broccoli and green beans. Cook for a further 5 minutes until the vegetables are soft and the chicken is thoroughly heated through.
5. If the curry is too thin, mix the cornflour with the cold water and add to the mixture. Bring to the boil and simmer while stirring continuously to avoid lumps forming.
6. Serve with cooked rice.

HANDY TIPS



Remove the green chilli or replace with finely diced green capsicum if preferred.

Substitute vegetables to modify the flavour or to use up existing stock. Capsicum, zucchini, cauliflower, frozen peas, etc. can all be used here.

Substitute cornflour for rice flour to make this dish suitable for a gluten free (GF) dietary option.

To ensure allergy requirements are maintained, check that store-bought Thai curry paste does not contain any traces of nuts or seafood (shrimp paste, fish sauce, etc.)

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Vegetable oil	Chicken breast	Onion	Carrot	Mushrooms	Green chilli	Crushed garlic	Crushed ginger	Curry paste	Coconut cream	Coconut milk	Coriander leaves	Cornflour	Green beans	Broccoli	Rice
1	6ml	162.5g	25g	37.5g	25g	5g	1.0g	0.75g	1.5g	61.5ml	61.5ml	6g	0.2 tbsp	32.5g	40g	100g



EASY SLOW COOK

BEEF RAGU WITH PENNE PASTA

SERVINGS 20

PREPARATION 15mins

COOKING 3hrs

INGREDIENTS

- 100ml olive oil
- 3kg beef cheeks
- 500g brown onion, peeled and roughly diced
- 400g mushrooms, sliced thickly
- 400g carrots, peeled and chopped roughly
- 6 tsp (30g) crushed garlic
- 2 tbsp tomato paste
- 3 tbsp paprika
- 4 x 410g cans crushed tomatoes
- ¼ cup brown sugar
- 1.75L beef stock
- 2 tbsp dried thyme
- 6 bay leaves
- 2kg penne pasta
- Extra olive oil for cooked pasta
- 300g grated parmesan
- 250g parsley for garnishing
- Salt and pepper

METHOD

1. In a large saucepan (which has a lid), heat ¼ of the olive oil over medium-high heat. In batches, brown beef for 3 to 4 minutes, adding more oil as needed. Remove and set aside.
2. In the same saucepan, add remaining oil and cook onion and carrots for 4 to 5 minutes, until softened. Add garlic and mushrooms and cook for a further minute.
3. Stir in tomato paste and paprika. Add crushed tomatoes, brown sugar, beef stock, thyme and bay leaves, then bring to a boil.
4. Return sealed beef to the mix, then reduce heat to low, cover with the lid, and simmer for 2½ hours, stirring occasionally. This can be done in a moderate pre-heated oven (fan-forced 180°C, 190°C for conventional oven) too. Check often to ensure the meat is always covered with sauce and isn't cooking too quickly.
5. Meanwhile, bring to the boil a large saucepan of water. Add penne pasta and cook, following packet directions, until tender. Drain and mix through some olive oil to prevent pasta from sticking together.
6. Using a pair of forks, shred the beef into shreds within the mix. Continue to simmer uncovered for additional 30 minutes to thicken.
7. Taste the ragu mix and adjust seasoning to taste. Ladle over pasta and serve with parmesan cheese and parsley.

HANDY TIP



The longer the beef can cook for, the more tender it will become. If possible, plan to prepare the mix the day before so that the meat can braise for longer on the day it is cooked and served. You could use blade steak (cut into 4cm cubes) in place of beef cheeks if too expensive or unavailable.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Beef cheeks	Brown onion	Mushrooms	Carrots	Crushed garlic	Tomato paste	Paprika	Crushed tomatoes	Brown sugar	Beef stock	Dried thyme	Bay leaves	Penne pasta	Grated parmesan
1	5ml	150g	25g	20g	20g	1.5g	0.1 tbsp	0.15 tbsp	82g	0.0125 Cups	87.5ml	0.1 tbsp	0.025g	100g	15g



EASY SLOW COOK

BEEF AND VEGETABLE CASSEROLE



SERVINGS 20

PREPARATION 15mins

COOKING 2hrs 30mins

INGREDIENTS

- 3.75kg blade steak, trimmed of fat and cut into 2cm cubes
- 125g plain flour
- 2 tbsp paprika
- Salt and pepper
- 100ml olive oil
- 400g brown onions, peeled and coarsely chopped
- 200g celery, coarsely chopped
- 400g carrots, peeled and coarsely chopped
- 4 tsp (20g) crushed garlic
- 200g red capsicum, core removed, de-seeded and coarsely chopped
- 1.5kg potatoes, washed, peeled and cut into 3cm cubes
- 3 x 410g can crushed tomatoes
- 1.5L vegetable stock, heated to boiling point
- 3kg broccoli, stalk removed, cut into florets (pieces) and steamed or blanched
- 2kg brown rice, cooked, boiled or steamed

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. Dust steak with flour, paprika, salt and pepper. Heat 1 tbsp of oil in a large frying pan over medium-high heat, add steak and fry until just brown on all sides. Repeat in batches until all the meat is browned. Remove and set aside.
3. In the same frying pan, heat additional oil and cook onion, celery and carrots for 5 minutes, until all vegetables have softened. Add the crushed garlic and cook for a further 30 seconds. Set aside.
4. Transfer meat into a large saucepan (which has a tight-fitting lid), add hot stock, tomatoes and seasoning and then cover the saucepan with the lid. Place in the oven and cook for 1 ½ hours. Check to make sure it is not cooking too quickly or browning on the sides of the pan. Lower heat if necessary and add a touch more stock if required.
5. Add the capsicum and potato and continue cooking for a further 1 hour without lifting the lid too many times.
6. Check for seasoning and the tenderness of the meat, return to the oven if more cooking time is required (e.g. the meat is still tough).
7. To ensure nutritional guidelines are met, serve with 150g of a seasonal vegetable (such as steamed broccoli) and 100g of brown rice.

HANDY TIPS



Sprinkle with chopped parsley to garnish if desired.

Any pasta can be served with this recipe, or mashed potatoes, sweet potatoes or pumpkin.

Occasionally shake the saucepan (without lifting the lid) during the cooking time in the oven. This will help to make sure the mix doesn't stick to the bottom of the pan.

Any cut of beef such as beef cheek, chuck steak, gravy beef, etc. can be used for this recipe

Substitute plain flour for gluten free flour to make this dish suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Blade steak	Plain flour	Paprika	Olive oil	Brown onions	Celery	Carrots	Crushed garlic	Red capsicum	Potatoes	Crushed tomatoes	Vegetable stock	Broccoli	Brown rice
1	187.5g	6.25g	0.1 tbsp	5ml	20g	10g	20g	1g	10g	75g	61.5g	75ml	150g	100g



EASY SLOW COOK

BRAISED STEAK AND ONION

SERVINGS 20

PREPARATION 25mins

COOKING 2hrs 20mins

INGREDIENTS

- 3.5kg oyster blade steak, trimmed and cut into thick steaks (around 2cm thick)
- ½ cup plain flour
- 100ml olive oil
- 180g butter
- 600g onions, thickly sliced
- 750g carrots, peeled and chopped coarsely
- 3 tbsp tomato paste
- 3 tbsp Worcestershire sauce
- 3 tbsp BBQ sauce
- 1 cup water
- 1.5L beef stock
- 2.5kg pumpkin, peeled, chopped into 2cm cubes
- 2 cups milk
- 2kg broccoli, stalk removed, cut into florets (pieces) and steamed or blanched
- Salt and pepper

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. Add salt and pepper to flour and then dust steak lightly with seasoned flour.
3. Heat oil in a frying pan over medium-high heat and brown steak on each side. Remove and set aside. Repeat with remaining steaks.
4. Heat a large saucepan (with a lid) over medium heat, add butter, and cook onion and carrots until onions are soft. Stir in remaining flour and cook for 2 minutes.
5. Add tomato paste, Worcestershire sauce, BBQ sauce, stock and water, stir until sauce boils and begins to thicken.
6. Place steaks into the sauce mix, cover and simmer for 2 hours on the stove or in a moderate pre-heated oven. Check regularly to make sure the meat is always covered with sauce and isn't cooking too quickly.
7. In a large saucepan with plenty of water, boil pumpkin for 10 to 12 minutes until tender. Drain and return to heat to steam for 1 to 2 minutes.
8. Remove pumpkin from heat and mash with a potato masher, adding milk in small batches until the consistency is smooth. Add more milk if required for desired consistency. Add seasoning to taste.
9. Serve steaks sitting on top of the pumpkin mash and ladle over the sauce mix. To meet nutritional requirements, serve with 100g broccoli or other seasonal vegetables and serve.

HANDY TIPS



Any cut of beef such as beef cheek, chuck steak, gravy beef, etc. can be used for this recipe. Replace beef stock with chicken or vegetable stock to produce a lighter flavoured sauce. Substitute plain flour for gluten free flour to make this dish suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Oyster blade steak	Plain flour	Olive oil	Butter	Brown onions	Carrots	Tomato paste	W'shire sauce	BBQ sauce	Beef stock	Pumpkin	Milk	Broccoli
1	175g	0.025 Cups	5ml	9g	30g	37.5g	0.2 tbsp	0.15 tbsp	0.15 tbsp	75ml	125g	0.1 Cups	100g



EASY

CLASSIC STEAK AND KIDNEY PIE



SERVINGS 20

PREPARATION 20mins

COOKING 1hr 30mins

INGREDIENTS

100ml olive oil
 450g onion, peeled and finely diced
 400g carrot, peeled and finely diced
 300g button mushrooms, quartered
 1 cup plain flour
 2kg gravy beef, diced in 3cm cubes
 750g lamb kidney (or beef kidney), diced into 2cm cubes
 85g tomato paste
 2 tbsp paprika
 1.5L beef stock
 6 bay leaves
 3½ cups water
 Salt and pepper
 6 puff-pastry sheets, thawed
 4 egg yolks, lightly beaten
 2kg seasonal vegetables, steamed or blanched

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven). Grease a large baking tray with cooking spray.
2. Heat half of the olive oil in a large saucepan over medium heat. Add onion and carrot and gently cook, stirring, for 3 to 4 minutes, or until softened (try not to colour too much).
3. Add mushrooms and cook for a further 3 minutes. Remove vegetable mixture and set aside.
4. Season flour with salt and pepper, then dust beef and kidneys with the flour.
5. Add remaining oil to the pan and cook beef and kidneys for 3 to 5 minutes, so that meat is sealed, and no juices are flowing.
6. Return the vegetable mixture to the pan along with remaining flour and stir for 1 minute.
7. Add tomato paste, paprika, beef stock, bay leaves, water, some more salt and pepper, stir and bring to the boil. Cover, reduce heat to low and simmer for 1 hour, stirring occasionally.
8. Uncover and simmer for a further 30 minutes, or until sauce is thick. Remove and let cool to room temperature.
9. Spoon meat into the baking tray and lay the pastry sheets over the top, ensuring all the meat mixture is covered. Trim the edges, and seal edges to the rim with a fork.
10. Using a knife, make some shallow incisions in top (halfway through the pastry) and brush with beaten egg yolk. Bake for 25 to 30 minutes or until golden.
11. To meet nutritional requirements, serve pie with 100g of steamed seasonal vegetables such as broccoli, beans, cauliflower or asparagus.

HANDY TIPS



Use wholemeal pastry as an alternative.

Replace the kidney with extra beef to make offal-free beef pies.

It is possible to pre-cut and bake the pastry sheets to the size of the serving container, and place on top of the meat mixture at the end prior to serving.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Onion	Carrot	Button mushrooms	Plain flour	Gravy beef	Lamb kidney	Tomato paste	Paprika	Beef stock	Bay leaves	Puff-pastry	Eggs	Vegetables
1	5ml	22.5g	20g	15g	0.05 Cups	100g	37.5g	4.25g	0.1 tbsp	75ml	0.06g	60g	0.2 Each	100g



EASY-MODERATE

SLOW COOK

CORNE SILVERSIDE WITH WHITE SAUCE AND VEGETABLES

SERVINGS 20

PREPARATION 30mins

COOKING 2hrs

INGREDIENTS

3.75kg corned silverside (corned beef)
 500g brown onions, peeled and quartered
 200g celery, chopped into 5cm lengths
 500g carrots, peeled, halved and quartered
 4 bay leaves
 100g brown sugar
 ¾ cup malt vinegar
 1kg cauliflower, stalk removed and cut into florets (pieces) and steamed, to serve
 2.2kg pumpkin, peeled, cut into wedges and roasted, to serve
 1.25kg zucchini, halved and quartered, roasted, to serve

WHITE SAUCE

375g butter
 1½ cup plain flour
 5 cups milk
 175g grated cheese

METHOD

1. Rinse the corned silverside in cold water to remove any surface brine. Place the silverside in a large heavy based pot, large enough for the meat to be completely submersed in water.
2. Add water until the silverside is completely covered. Place over a low heat and bring to just a simmer. Remove any foam that rises to the surface.
3. Add onion, celery, carrot, bay leaves, brown sugar and vinegar. Partially cover the pot and continue to simmer.
4. Cook until the silverside is tender, for approximately 2 hours. Test with a fork – the meat is tender when the fork can easily penetrate the centre of the meat.
5. While the silverside is simmering, prepare the white sauce. Melt butter in a saucepan over medium heat. Add flour and cook, stirring with a wooden spoon for 1 minute.
6. Slowly add milk, continuing to stir until all the milk is combined and sauce is smooth. Continue to cook, stirring, until sauce comes to the boil and thickens, approximately 2 to 3 minutes.
7. Add cheese and stir until it's melted in to the sauce. Season to taste with salt and pepper.
8. Slice silverside against the grain. Serve with the roasted pumpkin, zucchini and the steamed cauliflower and drizzle with the white sauce.

HANDY TIPS



Chopped fresh chives can be added to add flavour variety to the white sauce.

Substitute plain flour for gluten free flour to make this dish suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Corned silverside	Onions	Celery	Carrots	Bay leaves	Brown sugar	Malt vinegar	Cauliflower	Pumpkin	Zucchini	Butter	Plain flour	Milk	Grated cheese
1	187.5g	25g	10g	25g	0.015g	5g	8.9ml	50g	110g	62.5g	18.75g	0.075 Cups	0.25 Cups	8.75g



EASY

IRENE'S COUNTRY COTTAGE PIE

SERVINGS 20

PREPARATION 25mins

COOKING 1hr 30mins

INGREDIENTS

- 100ml olive oil
- 400g onion, peeled and finely diced
- 750g carrot, peeled and finely diced
- 4 tsp (20g) crushed garlic
- 3kg lean beef mince
- 80g tomato paste
- 60ml Worcestershire sauce
- 1L beef stock
- 100g cornflour
- 2 cups water
- 750g frozen peas
- 2kg mashed potato
- 60ml milk
- Salt and pepper to taste

METHOD

1. Preheat fan-forced oven to 185°C (195°C for conventional oven).
2. Heat the oil in a deep saucepan over high heat, and gently fry onion, carrot and garlic without colouring too much. Cook until soft.
3. Add the mince and cook through until you can no longer see any pink colour in the mince. Add a good pinch of salt and pepper.
4. Mix cornflour and water, and add along with the remaining ingredients (except peas) and mix well, then reduce to low heat and simmer for 30 minutes.
5. Remove from heat and mix frozen peas though prior to baking.
6. When cooled slightly, spoon mixture into a large baking tray, and top with mashed potato.
7. Brush the top with milk and bake for approximately 40 minutes or until potato has browned.

This recipe is dedicate to my beautiful mummy Irene, who I sadly lost last year. I used to make most of the dishes in the book especially for her, and this recipe was her 'absolute' favourite. My poor mum suffered from MS and found it difficult swallowing and also she had a weak heart so nutrition and heart health was prevalent in all the food I cooked lovingly for her. I hope you enjoy this one especially...

ALISON

HANDY TIPS



As a variation, mashed potato can be substituted with mashed sweet potato or pumpkin.

Other leftover vegetables such as corn or capsicum can be added if desired.

Substitute cornflour for arrowroot powder or rice flour to make this dish suitable for a gluten free (GF) dietary option.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Onion	Carrot	Crushed garlic	Lean beef mince	Tomato paste	W'shire sauce	Beef stock	Cornflour	Frozen peas	Mashed potato	Milk
1	5ml	20g	37.5g	1g	150g	4g	3ml	50ml	5g	37.5g	100g	3ml



PREPARED BY SUE, WENDY
AND THEIR TEAM AT MEALS
ON WHEELS PINE RIVERS

EASY

ROAST LAMB AND VEGETABLES WITH MINT JELLY



SERVINGS 20

PREPARATION 20mins

COOKING 1hr 15mins

INGREDIENTS

- 130ml olive oil, plus 3 tbsp extra
- 2 tbsp rosemary, finely chopped
- 2 tbsp thyme, finely chopped
- 6 tsp (30g) crushed garlic
- 3.5kg boneless leg or shoulder of lamb
- 6 to 8 brown onions, sliced (to act as trivet, see handy tips)
- 2.5kg potatoes, washed, peeled and halved
- 2.25kg carrots, peeled and cut into pieces (similar size to potatoes)
- 500g mint jelly
- 125g brown sugar
- 100g Dijon mustard
- 3 tbsp sea salt
- 1.5kg green beans, ends removed, cut in half and steamed

METHOD

1. Preheat fan-forced oven to 200°C (210°C for conventional oven).
2. In a bowl, mix the 120ml oil, rosemary, thyme and garlic.
3. Using a sharp knife, score the surface of the lamb. Rub the oil, rosemary, thyme and garlic mix into the cuts and brush over the remainder of the lamb surface.
4. Grease a large baking dish, and place sliced onions in a pile on the bottom. Place the lamb on the onions and bake in the oven for 20 minutes.
5. Reduce fan-forced oven heat to 175°C (185°C for conventional oven) and cook for another 25 minutes.
6. Toss potatoes and carrots in the remaining oil, sprinkle with sea salt, and add to the baking dish 45 minutes before end of cooking time. Use a separate baking dish/tray if they don't fit with the meat.
7. Meanwhile, combine the mint jelly, sugar and mustard in a saucepan over medium heat. Cook, stirring, for 2 minutes or until the mint jelly melts and the mixture is smooth.
8. After the lamb has cooked for a total of 1hr 30 minutes, remove from the oven, cover loosely with foil and rest for 20 minutes before carving.
9. Serve lamb with roasted potatoes, carrots and beans, topped with the mint jelly.

HANDY TIPS



Placing the sliced onions under the lamb in the baking dish lifts it off the base and allows the meat to cook evenly and stops it sticking to the base. This is known as a trivet.

Different sizes and shapes of leg or shoulder roast may result in shorter or longer cooking time. Be sure to check the meat occasionally and adjust total cooking time to suit.

This dish can also be served with gravy, if desired.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Olive oil	Rosemary	Thyme	Crushed garlic	Lamb	Brown onion	Potatoes	Carrots	Mint jelly	Brown sugar	Dijon mustard	Green beans
1	6.5ml	0.1 tbsp	0.1 tbsp	1.5g	175g	50g	125g	112.5g	25g	6.25g	5g	75g



EASY-MODERATE

SLOW COOK

ROAST PORK WITH APPLE SAUCE AND GRAVY

SERVINGS 20

PREPARATION 30mins

COOKING 2hrs

INGREDIENTS

3.5kg pork, boneless leg roast
 2 tbsp olive oil
 1 tbsp sea salt flakes
 2.2kg pumpkin, peeled and cut into wedges
 2kg cooked peas, to serve

APPLE SAUCE

1.5kg granny smith apples, peeled, cored and coarsely chopped
 ½ cup water
 ½ cup caster sugar
 60ml vinegar
 100g butter

GRAVY

¼ cup plain flour
 1.25L vegetable stock

1. Preheat fan-forced oven to 230°C (240°C for conventional oven). Place pork in a large, greased roasting pan.
2. Score the pork rind with a sharp knife, then rub the oil and salt over skin and into the cuts.
3. Roast, uncovered, for 25 to 30 minutes until the skin begins to crisp.
4. Reduce fan-forced oven to 180°C (190°C for conventional oven). Roast for a further 1 hour 30 minutes or until pork is cooked through to a core temperature of at least 75°C.
5. Add pumpkin wedges to the tray for the last 50 minutes to roast with the pork.
6. Once cooked, remove from the oven, cover with foil, and rest for 15 minutes.
7. Meanwhile, make the sauce. Place the apples in a pan with the water. Bring to the boil then reduce to medium, add vinegar and sugar, cover and cook for 6 to 8 minutes, until the apples are completely soft.
8. Reduce heat, add butter and using a fork or potato masher, mash the apples into a smooth paste. Continue to cook gently, stirring until the sauce thickens slightly, then transfer into a serving bowl.
9. To make the gravy, spoon off as much surface fat from the pan juices as you can. Transfer the cooking juices to a large saucepan, and heat through. Stir in the flour then cook gently for 2 minutes, before gradually adding the stock, stirring all the time until it thickens. Simmer for 5 minutes, then taste and season if necessary.
10. Using a sharp carving knife, remove the crackling from the pork, place on a board and cut into pieces. Then thinly slice the pork and serve each portion with some crackling, pumpkin, peas, gravy and a serving of apple sauce.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Pork	Olive oil	Sea salt flakes	Pumpkin	Peas	Apples	Caster sugar	Vinegar	Butter	Plain flour	Vegetable stock
1	175g	0.1 tbsp	0.05 tbsp	110g	100g	75g	.025 Cups	3ml	5g	0.0125 Cups	62.5ml



EASY

VINTAGE MEATLOAF BAKED WITH BBQ SAUCE



SERVINGS 20

PREPARATION 20mins

COOKING 1hr 15mins

INGREDIENTS

- 3.5kg beef mince
- 750g onion, peeled and finely diced
- 20g curry powder
- ½ cup parsley, finely chopped
- 5 eggs
- 450ml milk
- 300ml water
- 80ml lemon juice
- 180g brown sugar
- 3 tsp instant coffee
- 60g butter
- 2.5kg broccoli, stalk removed and cut into florets (pieces), steamed, to serve
- 2.5kg pumpkin, peeled, chopped, boiled and mashed

METHOD

1. Preheat fan-forced oven to 175°C (185°C for conventional oven). Grease three standard loaf tins.
2. Combine all meatloaf base ingredients in a large bowl and mix thoroughly. Use your hands (with plastic food gloves) for the best result.
3. Transfer base mix to loaf tins and bake for 30 minutes.
4. Meanwhile, heat a large saucepan over medium heat. Combine all the sauce ingredients and bring slowly to the boil, stirring, then reduce heat and simmer for a further 5 minutes.
5. After 30 minutes, remove the meatloaf loaves from the oven and using a fork, pierce holes in the top surface of the loaves. Check that the juices that appear are clear.
6. Pour BBQ sauce evenly over the loaves, and return to the oven for a further 45 minutes. This will glaze the meatloaves really well.
7. To meet nutritional requirements, serve with 125g of steamed broccoli and 125g of mashed pumpkin.

BBQ SAUCE

- 350ml water
- 350ml tomato sauce
- 85ml Worcestershire sauce
- 100ml malt vinegar

HANDY TIP



Serve with any seasonal vegetables the kitchen has in stock. Substitute broccoli for carrots, cauliflower, green beans, peas, etc. Substitute pumpkin for mashed potato or sweet potato.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Beef mince	Onion	Curry powder	Parsley	Eggs	Milk	Lemon juice	Brown sugar	Instant coffee	Butter	Tomato sauce	W'shire sauce	Malt vinegar	Broccoli	Pumpkin
1	175g	37.5g	1g	0.025 Cups	0.25 Each	22.5ml	4ml	9g	0.15 tbsps	3g	17.5ml	4.25ml	5ml	125g	125g



DESSERTS



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CHECK OUT THIS RECIPE
BOILED FRUIT CAKE WITH CUSTARD
PAGE 84





EASY

APPLE AND RHUBARB CRUMBLE



SERVINGS 20

PREPARATION 20mins

COOKING 60mins

INGREDIENTS

- 50g butter
- 1kg rhubarb, trimmed and cut into 2cm long pieces
- 2 cups caster sugar
- 1kg granny-smith apples, peeled, cored and cut into 2cm cubes
- 1L double cream

CRUMBLE

- 3 cups plain flour
- 1½ cups rolled oats
- ¾ cup brown sugar
- ¾ cup coconut
- 300g unsalted butter

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. Heat 50g butter in a large saucepan over low heat. (Be careful not to colour the butter).
3. Add rhubarb, apples and sugar and cook for approximately 15 minutes, stirring frequently until all fruit is soft.
4. Spoon mixture into a lightly greased baking tray or pan.
5. To make the crumble, combine flour with 300g butter and use your fingertips to form a breadcrumb like mixture.
6. Then add sugar, coconut and oats and stir to combine.
7. Place crumble mix over the top of the fruit and bake at 180°C (fan-forced, 190°C for conventional oven) for approximately 25 minutes.
8. Serve with double cream (50ml per serve).

HANDY TIPS



Chef's Alternate - Apple & Rhubarb Tarts: As an alternate, spoon mixture into store-bought tartlet cases. Sprinkle the crumble mix over each tart and bake for 15 to 20 minutes or until crumble is golden brown on top.

Serve with either double cream or custard.

You can use canned diced apple and mixed frozen berries in place of the rhubarb and apples to cut down on preparation time.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Butter	Rhubarb	Caster sugar	Apples	Plain flour	Rollled oats	Brown sugar	Coconut	Unsalted butter	Double cream
1	2.5g	50g	0.1 Cups	50g	125g	0.075 Cups	0.0375 Cups	0.0375 Cups	17.5g	50ml





EASY

BAKED RICE PUDDING



SERVINGS 20

PREPARATION 10mins

COOKING 1hr 30mins

INGREDIENTS

- 1 1/4 cups medium grain white rice
- 3L milk
- 3 tsp vanilla essence
- 1/2 cup caster sugar
- 75g butter, chopped
- 3 tbsp caster sugar, extra
- 1.25L thickened cream, to serve

METHOD

1. Preheat fan-forced oven to 160°C (170°C for conventional oven).
2. Place the rice in a large ovenproof dish.
3. In a large bowl, combine the milk, vanilla essence, and sugar. Pour over the rice and stir to combine.
4. Cover with aluminium foil and bake for 1 hour. Remove the foil and stir, then continue to bake, uncovered for a further 20 minutes.
5. Top with the butter, sprinkle with the extra sugar and bake for 10 minutes or until the top is golden.
6. Serve with cream, if desired.

HANDY TIP



Replace the 1/2 cup caster sugar for 1/4 cup caster sugar and 1/4 cup cocoa powder to make a chocolate flavoured rice pudding.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	White rice	Milk	Vanilla essence	Caster sugar	Thickened cream	Butter
1	0.0875 Cups	150ml	0.15 tsp	0.025 Cups	62.5ml	3.75g





EASY

BANANA CAKE



SERVINGS 20

PREPARATION 15mins

COOKING 45mins

INGREDIENTS

- 250g butter
- 650g brown sugar
- 2 tsp cinnamon
- 2 tsp vanilla essence
- 8 large ripe bananas, mashed
- 6 eggs
- 3 cups self-raising flour, sifted
- ½ cup milk
- 1.25L thickened cream, to serve

METHOD

1. Preheat fan-forced oven to 170°C (180°C for conventional oven).
2. In a large saucepan over medium heat, melt the butter and sugar, and add cinnamon and vanilla essence. Remove from heat.
3. Add mashed bananas and stir through until combined.
4. Add eggs and mix well. Stir in the sifted flour, and gently fold in the milk.
5. Transfer the mix to a large, greased baking tray and bake for approximately 45 minutes.
6. Check the cake is cooked by using a skewer or tooth pick. When inserted it should come out clean. If it's sticky it needs more cooking time.
7. Serve with cream, and seasonal berries if desired.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Butter	Brown sugar	Cinnamon	Vanilla essence	Bananas	Eggs	Self-raising flour	Milk	Thickened cream
1	12.5g	32.5g	0.1 tsp	0.1 tsp	45g	0.3 Each	0.2 Cups	0.025 Cups	62.5ml





EASY

BOILED FRUIT CAKE WITH CUSTARD



SERVINGS 20

PREPARATION 20mins

COOKING 60mins

INGREDIENTS

- 3 cups mixed dried fruit
- 3 cups (750ml) water (for boiling the fruit)
- 185ml vegetable oil
- 325ml cold water
- 720g caster sugar
- 1.25kg plain flour
- 1½ tsp ground cinnamon
- 1 tsp ground cloves
- 1 tsp ground nutmeg
- 1½ tsp bicarbonate of soda
- 1 tsp salt
- Icing sugar for dusting
- 1.6L custard

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. In a large pot, add dried fruit and 750ml water and then boil for 15 minutes. Remove from heat.
3. Add vegetable oil and extra cold water to the dried fruit and mix well.
4. Mix sugar, flour, spices, bicarbonate of soda and salt in a large bowl.
5. Add the dried fruit mixture and stir until just mixed.
6. Pour into a greased and floured cake tray and bake for 1 hour. Check cooking progress with a toothpick after 45 minutes. It is done if the toothpick comes out clean.
7. Remove from oven and cool on a cooling tray.
8. Once cool, dust with icing sugar. Serve portions with custard (100ml each portion).

HANDY TIPS



Serve without custard to make this dish suitable for Lactose Free (LF) and Vegan (Vg) dietary requirements.

Substitute plain flour with gluten free flour to make this dish suitable for Gluten Free (GF) dietary requirements.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Mixed dried fruit	Vegetable oil	Caster sugar	Plain flour	Ground cinnamon	Ground cloves	Ground nutmeg	Bicarbonate of soda	Salt	Custard
1	0.15 Cups	0.15 Cups	36g	62.5g	0.075 tsp	0.05 tsp	0.1 tsp	0.075 tsp	0.1 tbsps	80ml



PREPARED BY SUE, WENDY AND THEIR TEAM AT MEALS ON WHEELS PINE RIVERS

EASY

BREAD AND BUTTER PUDDING



SERVINGS 20

PREPARATION 30mins

COOKING 1hr 30mins

INGREDIENTS

- 10 eggs
- 500ml pouring cream
- 1.5L milk
- ½ cup caster sugar
- Grated zest of 2 oranges
- 2 tsp vanilla essence
- 2 tsp cinnamon
- 20 slices (approximately 1kg) of day-old bread (or let them dry out for an hour) with crusts cut off
- 150g unsalted butter
- 150g sultanas
- 1.6L custard or 1.25L cream to serve

METHOD

1. Preheat fan-forced oven to 160°C (170°C for conventional oven).
2. Lightly grease a large baking tray.
3. Combine eggs, cream, milk, caster sugar, orange zest, vanilla essence and cinnamon in a large bowl. Whisk vigorously to combine and set aside.
4. Butter the slices of bread on both sides, remove crusts and cut into large triangles. Place in the base of the baking tray (ensure the base is fully covered).
5. Scatter some of the sultanas over the bread slices, then repeat in layers until all the bread has been used.
6. Then pour the milk mixture evenly over the bread.
7. Bake for 60 to 80 minutes, until cooked through and gently browned on top.
8. Remove from the oven and let stand for 10 minutes. Serve with custard or cream.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Eggs	Pouring cream	Milk	Caster sugar	Orange zest	Vanilla essence	Cinnamon	Bread	Unsalted butter	Sultanas	Custard or cream
1	0.5 Each	25ml	75ml	0.025 Cups	12.5g	0.1 tsp	0.1 tsp	50g	7.5g	7.5g	80ml



MODERATE

CLASSIC BAKED CHEESECAKE



SERVINGS 20

PREPARATION 30mins

COOKING 1hr 30mins

COOLING 4hrs

INGREDIENTS

CHEESECAKE BISCUIT BASE

600g arrowroot biscuits
250g unsalted butter, melted

CHEESECAKE FILLING

1kg cream cheese, softened
4 tbsp plain flour
2 tsp vanilla extract
350g sour cream
650g caster sugar
Zest of 2 lemons
6 eggs, at room temperature

TOPPINGS

500g seasonal berries (strawberries, raspberries, blueberries, etc.) to serve
Icing sugar, for dusting

METHOD

1. Preheat a fan forced oven to 140°C (150°C for regular oven). Butter and line the base and sides of a baking tray with baking paper.
2. Roughly break up biscuits by hand and place in a food processor.
3. Blitz until the biscuits have reduced to fine crumbs. Add butter and blitz in short bursts until well blended (when mixture resembles a wet sand texture). Alternatively, if you don't have a food processor, you could add the biscuits to a strong plastic bag, hold the top firmly together and smash the biscuits with a rolling pin the old-fashioned way.
4. Pour into the prepared baking tray. Use a spatula to spread and press the mix firmly over the base and up the walls of the tray.
5. Using a mixer or beater, beat the cream cheese for 30 to 45 seconds until smooth.
6. Add flour and beat further until just combined (10 to 15 seconds).
7. Add vanilla, sour cream, sugar and lemon zest. Beat until just combined (10 to 15 seconds).
8. Add eggs one at a time, and beat for 5 to 10 seconds each. Take care not to over mix.
9. Pour the filling mixture into biscuit base. Bake in the oven for 60 minutes. The top of the cheesecake should be a light golden brown, not cracked, and be perfectly flat.
10. Turn oven off. Leave the cheesecake in the oven, with the door slightly ajar, for approximately 20 minutes until cooled completely (this will prevent the cake from cracking). Remove from the oven and when cold, refrigerate for at least 4 hours to set.
11. Cut the cheesecake into slices and remove from the tray. Dust with icing sugar and serve with cream and seasonal berries.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Arrowroot biscuits	Unsalted butter	Cream cheese	Plain flour	Vanilla extract	Sour cream	Caster sugar	Lemons	Eggs	Icing sugar	Berries
1	30g	12.5g	50g	0.2 tbsp	0.1 tbsp	17.5g	32.5g	9g	0.3 Each	7.5g	25g





EASY

LEMON SAUCE PUDDING



SERVINGS 20

PREPARATION 15mins

COOKING 40mins

INGREDIENTS

- 3½ cups self-raising flour
- 2½ cups caster sugar
- 3 eggs
- 150g melted butter
- 1½ cups milk
- 5 lemons, juiced, and zests grated
- 3 tbsp cornflour
- 2 tsp vanilla essence
- 3 cups boiling water
- Icing sugar for dusting
- 1.25L thickened cream, to serve

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. In a large bowl, mix flour and 1½ cups of the caster sugar in a bowl.
3. Add egg, butter, milk and lemon zest and mix gently to combine.
4. Pour mixture into a large oven-proof baking dish.
5. Combine cornflour, vanilla essence and the remaining cup of caster sugar and sprinkle over top of pudding mix.
6. Combine lemon juice with boiling water and gently pour over pudding mix.
7. Bake pudding for 40 minutes or until puffed and golden.
8. Dust with icing sugar and serve with cream or custard.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Self-raising flour	Caster sugar	Eggs	Butter	Milk	Lemons	Cornflour	Vanilla essence	Icing sugar	Thickened cream
1	0.175 Cups	0.125 Cups	0.15 Each	7.5g	0.075 Cups	22.5g	0.2 tbsp	0.1 tsp	5g	62.5ml



EASY

PEACH CAN BE SUBSTITUTED WITH ANY OTHER CANNED FRUIT SUCH AS APPLES, PEARS OR APRICOTS

PEACH CRUMBLE WITH CUSTARD



SERVINGS 20

PREPARATION 15mins

COOKING 35mins

INGREDIENTS

- 3 x 825g cans sliced peaches
- ¾ cup brown sugar
- Juice of 1 lemon
- 2 tsp ground cinnamon

CRUMBLE

- 1½ cups plain flour
- 1½ cups brown sugar
- 2 tbsp ground cinnamon
- 250g softened butter
- 2 cups rolled oats
- 1.6L custard, for serving

METHOD

1. Preheat fan-forced oven to 180°C (190°C for conventional oven).
2. In a large bowl, combine peaches, sugar, lemon juice and cinnamon.
3. In a separate bowl, combine flour, brown sugar and cinnamon. Add butter and using fingertips, rub mixture until it resembles fine breadcrumbs. Lastly fold in the rolled oats.
4. Place peaches and juices into a large baking dish. Sprinkle crumble topping evenly over the peaches and press down slightly.
5. Bake for 30 to 35 minutes until topping is golden.
6. Serve warm with custard.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Peaches	Brown sugar	Lemons	Ground cinnamon	Plain flour	Brown sugar	Butter	Rolled oats	Custard
1	123.75g	0.0375 Cups	1	0.1 tbsp	0.075 Cups	0.1 Cups	12.5g	0.1 Cups	80ml



EASY

PEAR, SULTANA AND CUSTARD TARTS



SERVINGS 20

PREPARATION 20mins

COOKING 25mins

INGREDIENTS

- 6 medium-size, ripe pears (approximately 800g), cored, halved and thinly sliced
- 3 tbsp lemon juice
- 200ml maple syrup
- 500ml thickened custard
- 200g wholemeal flour
- 10 sheets puff pastry
- 160g sultanas
- 1.25L cream, to serve

METHOD

1. Preheat fan-forced oven to 220°C (230°C for conventional oven). Line a large baking tray with baking paper.
2. Arrange the thin pear slices out on a separate tray.
3. Mix the lemon juice with half of the maple syrup and pour the lemon-maple mix evenly over the pear slices. Set aside.
4. In a bowl, combine the custard and flour. Set aside.
5. Slice each pastry sheet in half and place one half on top of the other to form a double layer.
6. Using a 12cm diameter cutter, cut out two circles from each pastry stack and place on the lined tray. Completely cut through both layers and discard the excess pastry.
7. Using a 9cm diameter cutter, carefully cut into each pastry circle, through the top layer only, to remove the inner top layer.
8. Spoon the custard evenly into the inner circle of each pastry round. Layer with the pear slices and sprinkle sultanas around the pear slices.
9. Bake for 20 minutes or until the pastry has puffed and is golden brown in colour.
10. Serve with cream and the remaining maple syrup.

HANDY TIP



Use Corella or Packham pears if possible (or tinned pears if short on time).

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Pears	Lemon juice	Maple syrup	Thickened custard	Wholemeal flour	Puff pastry	Sultanas	Cream
1	40g	0.15 tbsp	10ml	25ml	10g	100g	8g	62.5ml





MODERATE

STICKY DATE PUDDING WITH CARAMEL SAUCE



SERVINGS 20

PREPARATION 15mins

COOKING 35mins

INGREDIENTS

- 1kg dates, pitted and chopped
- 4 tsp bicarbonate of soda
- 1L boiling water
- 180g softened butter
- 550g brown sugar
- 8 eggs
- 1½ tsp vanilla essence
- 1kg self-raising flour, sifted

SAUCE

- 300g butter
- 750g brown sugar
- 750ml pouring cream

METHOD

1. Preheat fan-forced oven to 170°C (180°C for conventional oven).
2. Place the dates and bicarbonate soda in a bowl. Pour over the boiling water and leave to stand for 15 minutes (or until the remaining ingredients are ready).
3. In a food processor, cream the butter and the sugar. Add eggs and vanilla essence and mix to combine for a few seconds.
4. Fold sifted flour into the egg and sugar mix.
5. Add the dates to the mix and process until the mixture is smooth.
6. Pour into a large, greased baking tray.
7. Cook for 30 to 40 minutes or until firm when touched in the centre. Check centre of the pudding by inserting a skewer, if it comes out clean it is cooked.
8. While the base is baking, place the butter and sugar in a large saucepan over high heat and stir until the sugar has dissolved. Gradually add the cream, stirring to combine. Bring to the boil and cook for 6 to 8 minutes or until thickened slightly. Remove from the heat and allow to cool.
9. Slice the sticky date pudding into squares and serve warm with the caramel sauce.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Pitted dates	Baking soda	Butter	Brown sugar	Eggs	Vanilla essence	Self-raising flour	Butter	Brown sugar	Pouring cream
1	50g	0.2 tsp	9g	27.5g	0.4 Each	0.075 tsp	100g	15g	37.5g	37.5ml





PREPARED BY SUE, WENDY AND THEIR TEAM AT MEALS ON WHEELS PINE RIVERS

EASY

UPSIDE-DOWN CAKE



SERVINGS 20

PREPARATION 20mins

COOKING 60mins

INGREDIENTS

- 350g unsalted butter, cubed
- 2¼ cups caster sugar
- 2 tsp vanilla essence
- 6 large eggs
- 3½ cups self-raising flour
- 500ml milk

TOPPING

- 200g unsalted butter
- 1½ cups caster sugar
- 3 x 420g cans sliced or chopped fruit, drained well
- 1.6L custard to serve

METHOD

1. Preheat fan-forced oven to 165°C (175°C for conventional oven).
2. Grease a baking tray and line base and sides with baking paper.
3. Using an electric mixer, beat butter, sugar and vanilla until light and fluffy.
4. Add eggs, 1 at a time, beating after each addition. Add flour and milk and stir until combined to a smooth texture. Set aside.
5. To make the topping mix, place butter into a saucepan over medium heat. As the butter melts, add sugar and stir gently to combine until all sugar has fully dissolved.
6. Pour into the prepared tray, and arrange fruit over the caramel mixture, pressing the fruit down into caramel.
7. Spoon the cake mixture over the fruit, and smooth over the top surface.
8. Bake for 50 minutes or until a skewer inserted into the centre of cake comes out clean. Stand in pan for 10 minutes. Turn out onto a wire rack to cool.
9. Serve with custard.

HANDY TIP



This recipe can be changed by using whichever type of tinned fruit is preferred, or available. Suggested fruit types include pineapple, apricot, peaches or apples.

SCALING THE RECIPE INSTRUCTIONS ON PAGE 8

Quantity	Unsalted butter	Caster sugar	Vanilla essence	Eggs	Self-raising flour	Milk	Sliced or chopped fruit	Custard
1	27.5g	0.2125 Cups	0.1 tsp	0.3 Each	0.175 Cups	25ml	63g	80ml

CHAPTER 1

GUIDE

BASIC KITCHEN ORGANISATION

'MISE EN PLACE'

This is the French phrase used by professional chefs, meaning 'Everything in its place'. This literally means that you have organised, cut, prepared, pre-cooked and portioned all food that you require for each service.

To simplify:

- ♦ Plan out all of the kitchen preparation items required to be carried out before the day's cooking begins
- ♦ Paying careful attention to preparation tasks in your daily routine is the vital first step to being organised and efficient
- ♦ It covers everything required for the day, including:
 - Equipment, food preparation, recipes, serving equipment and dishes
 - Labels, packaging and pricing
- ♦ When it comes time to do the actual cooking, the team's efforts can be focussed on producing quality products with maximum efficiency and minimal stress
- ♦ Tasks left incomplete or food poorly prepared, can easily lead to panic and errors in the kitchen at the critical time of service.

Each kitchen will have different requirements. The mise en place for each location will depend on the following:

- ♦ The type of kitchen and its equipment;
- ♦ The current menu cycle;
- ♦ The number of customers you are catering for; and
- ♦ What needs to be done in the work day. For example:
 - Recipe preparations e.g. some dishes require a lot of early preparation to ensure they can later be completed on time
 - Knife handling: peeling, cutting, chopping, slicing, shredding, grating, etc.
 - Preparing a range of sandwiches in advance and packaging them for transport
 - Making soups
 - Cooking stews or braised dishes such as casseroles, which take a long time
 - Cutting vegetables and fruit
 - Cooking rice and pasta for main dishes
 - Roasting vegetables
 - Making up desserts like panna cotta or mousses, which need to be set.

WORK FLOW PLANS

One of the techniques taught to all chefs is to write a work flow plan or a prep list, so that it can be followed during the preparation time before service. It's kind of like a shopping list or following directions on a map. The work flow plan acts as your guide and it is a tool for improving kitchen efficiency and alleviates stress within the team.

The aim of the work flow plan is to help achieve:

- ♦ completing the task in minimal time;
- ♦ to the highest standard;
- ♦ with the least amount of effort; and
- ♦ to finish everything in the correct order and on time.

Working in a kitchen environment, which is often hot and stressful, requires the kitchen team to form the habit of working in such a way that energy is not wasted. Following a well-prepared work flow plan can help to prevent staff from feeling worn out or lacking in motivation.

Before preparing the work flow plan, you should read the recipes prior to writing the plan, so you know what needs to be done. It's a good idea to know your menu cycle and the dishes for that day or week too.

The plan should include:

- ♦ The number of portions required
- ♦ The ingredients required for the number of portions
- ♦ The method of the recipes.

Then:

- ♦ Plan and list out the order in which tasks should be done, and allow an approximate amount of time for each task or job
- ♦ Don't leave all the difficult or challenging tasks to the end of the time plan. Put these jobs near the top of the plan as they will take you more time to do and you will have more energy early on in the day to complete them!

HERE'S AN EXAMPLE OF A SIMPLE WORK FLOW PLAN:

WORKPLAN			
HRS	PREPARATION	EQUIPMENT REQUIRED	CHECK OFF WHEN COMPLETE
7.00am	Turn on all pilots and light ovens etc. Put away all food deliveries	Ovens, deep fryers etc. Check fridges and freezers, temperatures and cleanliness etc.	
7.15am	Start prep for soups and sandwiches: Grate / chop / slice vegetables, grate cheese	Knives, mandolins or slicers, graters, plastic prep containers, chopping boards	
7.35am	Commence cooking of soups	Saucepans, wooden spoons, ladles	
7.45am	Prepare meat for main dish of the day (e.g. trim, cut to portions, marinate)	Knives, chopping boards, plastic prep containers	
7.55am	Prepare recipe ingredients for main and dessert dishes on menu today	Knives, chopping boards, bowls etc.	
8.20am	Cook main meat items e.g. : Roast, braise, or stew	Oven dish, or roasting tray	
8.40am	Prep for salads for the day. Cook any proteins/ starches for mains and salads e.g. chicken, sweet potato, pasta, potato, rice etc.	Knives, chopping boards, saucepans, wooden spoon, plastic containers	
9.00am	Prepare and make desserts	Mixing machine, bowl, wooden spoons, whisk, baking or cake tins, metal spoon	
9.20am	Prepare sandwiches and package them	Serrated edge and butter knives, packaging	
9:45am	Assemble salads in packaging for delivery	Salad containers and dressing tubs	
10:00am	Assemble soups, mains and desserts into packaging for delivery	Delivery package containers, utensils for serving	
10.30am	Check food packaging and load transport vehicles for delivery	Make sure all food is packaged correctly, labelled and priced	

At the start of each day, it is important to correctly set up your work bench with everything you require before commencing food preparation. Firstly, arrange your chopping board (using the correct colour where appropriate. Refer to the colour-coding of chopping boards in Chapter 2 on Food Storage and Safety and make sure they are thoroughly clean too).

Use some non-slip matting, such as some wet-down kitchen towel or hand towel, and place it under the chopping board to make sure it cannot slip. This way your board is secure and not likely to slide around while in use, which can be dangerous. Then, ensure you have a bin nearby for disposal of excess rubbish and scraps. Alternatively, use a large bowl on your work bench to collect small unusable scraps and rubbish.

It's also a good practice to have a clean, wet kitchen cloth handy to be able to wipe down the bench, the board and knives as you work, when safe to do so. This will get you into the habit of working cleanly. If the knife or board have been used to cut raw meat or chicken, wiping over with a kitchen cloth is not safe practice. You must always wash the knife, or any other equipment, thoroughly in hot soapy water above 77°C and then rinse in equally hot water to kill off any bacteria or microorganisms.

Being prepared and organised in your kitchen will

help you feel more in control, enable your team to work more effectively and efficiently, and feel less stressed. Consider the workstation below.

What a mess! The potential for injury to the person preparing the food, and the risk of food cross-contamination is significantly increased.

An example of a well-prepared workstation is shown in the picture below.

See the difference that can be achieved by taking some care when organising the workstation? And it probably only took an extra minute to set up neatly before commencing.

Always use preparation trays for food that is to be prepared (i.e. to be cut, peeled, or crushed) or, food that has been prepared (chopped onions, crushed garlic, peeled carrots etc.). Arrange what is required for a complete recipe so that if it's a stir fry, you have everything you need to go over to the pan and cook the dish within minutes.

Be in the habit of cleaning as you go too, as it will keep the kitchen from becoming cluttered and save time later in the day. It may feel as though you are stopping and starting, however if you leave it all until the end the kitchen will be unorganised and will make utensils more susceptible to cross-contamination. It is also likely to raise the stress levels of staff.



BASIC KNIFE USE AND SAFETY

The most common injuries in the kitchen are typically cuts, burns and scalds. Many cuts occur due to a lack in concentration, however if a few simple safety rules are always followed, many of these cuts should be able to be eliminated or minimised.

These rules are:

1. Always use the appropriate knife for the task
2. Make sure knife edges are always sharp
3. Use a safe cutting action
4. Always chop or slice onto a board, which has been made stable
5. Always carry a knife pointed down and close to your body when walking around the kitchen. If you're passing a knife to a colleague, pass it handle first
6. Keep all knives in a safe place when you are not using them. Use knife guards or tool boxes where possible
7. Never put knives randomly in draws in the kitchen
8. Always be aware of where knives are, when you

are using them

9. Never leave knives unattended in a sink full of water when washing up
10. Never attempt to catch a falling knife if it falls from the bench. Let it fall and step back so your feet are out of the way.

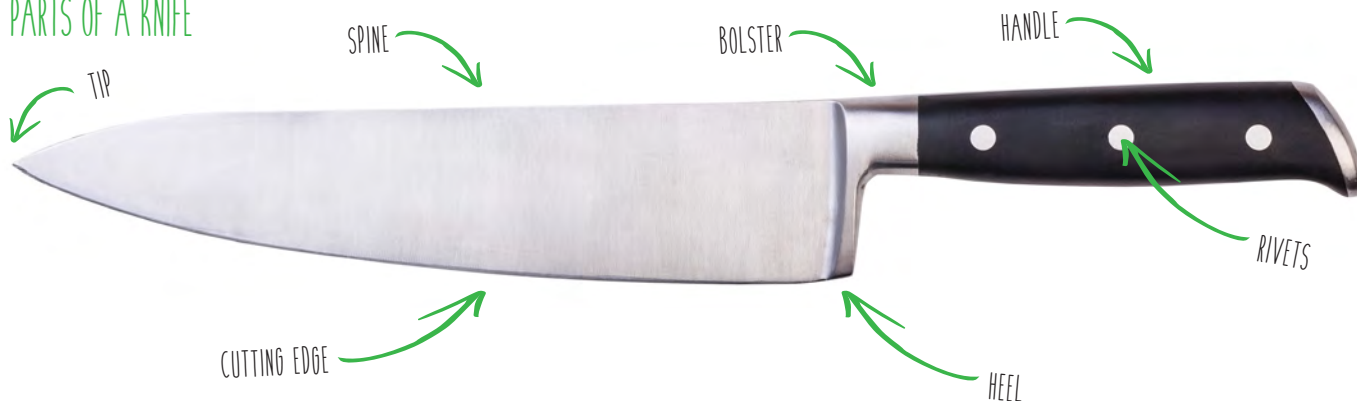
Using the appropriate knife for the task is one of the most important things.

This includes:

- ♦ The types of knives available in your kitchen
- ♦ Knives which are made for a special purpose
- ♦ Using knives safely and skilfully (including sharpening)
- ♦ How to clean and store knives correctly.

The different types of knives used for specific tasks in the kitchen include: bread knife, cooks knife, carving knife, boning knife, cleaver, utility knife and pairing knife.

PARTS OF A KNIFE



TYPES OF KNIVES

BREAD KNIFE



COOKS KNIFE



CARVING KNIFE



BONING KNIFE



CLEAVER



UTILITY



PAIRING KNIFE



SCISSORS



SHARPENING AND CUTTING

Using a sharp knife is also another very important factor for knife safety.

- ♦ To sharpen or maintain the edge of a knife you can use:
 - A stone
 - A steel
- ♦ Lubricate the stone with water, oil or detergent
- ♦ Sharpen at a 15° angle to the stone
- ♦ Keep knives razor sharp.

Sharp knives need less pressure applied to achieve the cut, therefore control is better maintained and you reduce the risk of cutting yourself. Blunt knives are more likely to cause cuts in the kitchen than a sharp one, as the item you are cutting is more likely to remain stable as it is cut if the knife is sharp.

Cutting Techniques

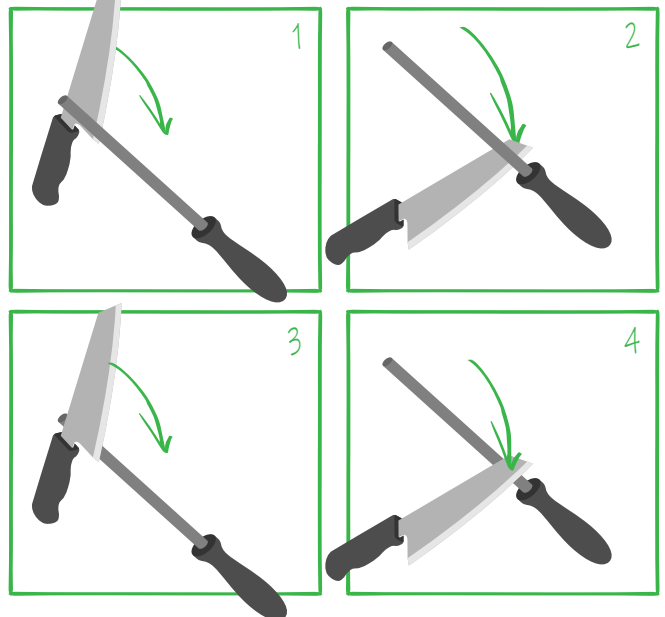
- ♦ Firmly hold the knife handle, with fingers together
- ♦ Fingers should grasp the food, and be tucked in while the thumb sits behind the food
- ♦ Only the knuckles of your fingers should be visible from above
- ♦ Knuckles should help to guide the knife through the cutting motion
- ♦ Make sure you have a large enough chopping board to keep the point of the knife on the board.

When you have finished using your knives remember to:

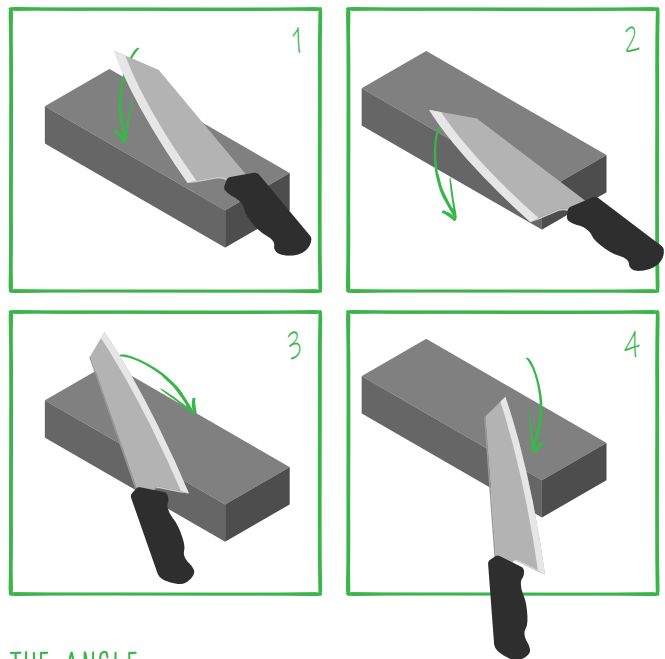
- ♦ Wash carefully by hand, especially where the handle joins blade
- ♦ Don't place knives in a dishwasher or leave unattended in a sink of water
- ♦ Dry thoroughly with the blade pointing away from your hand
- ♦ Dry with a thick tea towel (or fold to become thick), to minimise the likelihood of a hand cut
- ♦ Store in a wrap, wallet or tool box. Don't wrap in a tea towel or put in the drawer without a guard or cover on it.

Despite our best efforts in planning and organising a safe kitchen, at the end of the day it remains a work environment in which hazards from sharp and hot objects remain. As such, it is important to always keep a first aid kit on the premises, and include a check to ensure it is well-stocked as part of your daily routine.

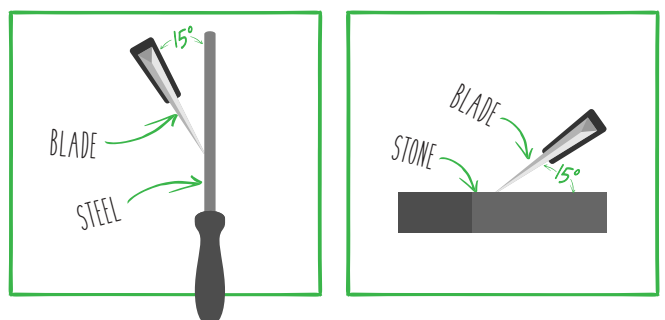
USING STEEL



USING STONE



THE ANGLE



CHAPTER 2

GUIDE

FOOD SAFETY AND STORAGE

Professional and commercial kitchens around Australia and New Zealand must be deemed Food Safe by Food Standards Australia and New Zealand (FSANZ). FSANZ is the government legislation that controls and monitors food safety standards to keep our kitchens clean, safe and efficient. It is based on the internationally accepted principle that food is best kept safe by controlling the hazards that can arise during the storing, production, manufacturing, handling and serving of food. Other requirements of the legislation are the skills and knowledge required of food handlers and supervisors that work in commercial kitchens. It also requires that the cleaning, sanitising and maintenance of the food premises and equipment within the kitchen, and the health and hygiene of food handlers, be kept to a very high standard.

Food spoilage occurs when food is no longer acceptable to eat due to a change in colour, appearance, smell, flavour, taste or ageing. This can be caused by a number of reasons, however the most common of these are listed below:

- ◆ Physical spoilage - bruised fruits and vegetables, damaged foods, foods suffering from freezer burn
- ◆ Enzymic spoilage - over-ripe fruits and vegetables, browning of fruits, unpleasant flavours
- ◆ Chemical spoilage - due to oxidation in fats and oils, over used cooking oils, stale peanuts and beer
- ◆ Microbial spoilage - due to growth of bacteria, yeasts and moulds.

There are many ways to identify when your food has gone 'off'. When bacteria growth is the reason for food spoiling, some of the things to can look out for include:

- ◆ Soft and mushy texture e.g. soft vegetables from being left too long in cool room
- ◆ Sour taste e.g. curdled milk
- ◆ Putrid smell or sour odour e.g. sour dairy products such as cream, yoghurt, milk
- ◆ Slimy or sticky texture e.g. processed meats
- ◆ Discolouration e.g. green-tinged colouring on meats.

When presented with the right conditions, bacteria can rapidly grow. Like humans, bacteria need food, water, oxygen and a comfortable temperature to survive. Simply removing one of these elements for a long time should be enough to restrict bacteria growth, or kill it off completely. It is important to be aware that the following things are what bacteria need to thrive:

- ◆ Food - nutritious protein foods
- ◆ Moisture - 'available water'

- ◆ pH - (acid/alkali) pH 5-7 (too much vinegar or lemon juice and it's under 5 and an acidic environment or too much salt or sugar and it's over 7 and an alkaline environment)
- ◆ Oxygen to breathe
- ◆ Temperature - Danger Zone for bacteria growth is between 5°C and 60°C
- ◆ Time - can double in number every 20 minutes if conditions are favourable.

When considering how food has been preserved and stored over the centuries, it is evident that humans have in fact just been slowing down bacteria growth or killing the bacteria completely. Some examples of this include:

- ◆ Salting fish and meat
- ◆ Drying or dehydrating foods
- ◆ Canning and vacuum packing foods
- ◆ Placing in cold areas such as freezers, fridges or ice boxes (or simply below ground in cellars before the invention of refrigeration)
- ◆ Pickling vegetables or bottling fruit in sugar syrup.

Each of these techniques in some way restrict the growing conditions for bacteria, so food life is prolonged and stays safe for longer. Remember though that keeping food in the fridge / freezer or preserving it will only slow bacteria growth down or make it become dormant. It will become active again when we open a can, a jar or bottle, rehydrate or defrost food, etc. Hence, food storage is vitally important for the safe management of a kitchen.

Other reasons food may go off is when it becomes over fermented and yeast causes the food to go 'off'.

You can tell this has happened when:

- ◆ Food flavours change
- ◆ Musty odours
- ◆ Cloudy liquids e.g. in juices
- ◆ Decrease in sweetness & increase in sourness
- ◆ Production of carbon dioxide e.g. gassy/fizzy.

Or when mould is produced and causes the food to go off it's recognised by:

- ◆ Growth on the surface of foods e.g. cheeses
- ◆ Mildew smell (musty odour)
- ◆ Soft and mushy texture of foods.

A GOOD MANTRA TO FOLLOW: WHEN IN DOUBT, THROW IT OUT!

The ramification of serving or eating food that has spoiled is food poisoning, which results in getting sick after eating or drinking contaminated food. Some of the symptoms of food poisoning include: stomach pains, nausea, headaches, cramps, high temperatures, diarrhoea, vomiting, kidney damage, miscarriage, paralysis and even death. Such severe outcomes emphasise the need for maintaining kitchen safety standards at all times.

Another challenge for Meals on Wheels kitchens is that food is being prepared for higher-risk groups of the community, in this case, the elderly. Other high-risk groups include young children, those who are sick or immune compromised and pregnant women. Some Meals on Wheels kitchens may, for example, include staff that are currently pregnant.

It is also concerning that some food poisoning is very difficult to detect. It can't be seen, smelt or tasted.

Types of food poisoning include:

CHEMICAL

Toxic contaminants in the food:

- ♦ Pesticides, insecticides, cleaning agents,
- ♦ Contamination from packaging materials
- ♦ Food additives e.g. sulphites.

Make sure chemicals, cleaning fluids and other toxic materials are stored away from any food items and preparation areas. Make sure they are all clearly labelled and never re-use food containers such as jars, bottles or milk containers to store hazardous items in.

PHYSICAL

Where external items have contaminated the food:

- ♦ Glass
- ♦ Metal shavings, coins, machine parts, plastic, wood
- ♦ Stones, seed pieces, hard shell fragments
- ♦ Loose hair follicles
- ♦ Plastic shards from takeaway containers
- ♦ Jewellery e.g. lost earrings
- ♦ Band aids (that's why kitchens use blue ones, so they can easily be seen)
- ♦ False or acrylic nails
- ♦ Kitchen cloths or remnants from metal scourers.

BIOLOGICAL

Where food contains the presence of live organisms:

- ♦ Natural toxins in the food e.g. some mushrooms, bush foods, seafoods, green potatoes, rhubarb leaves
- ♦ Microorganism contamination in the food:

- Bacteria
- Moulds
- Viruses.

It is therefore vitally important to make sure that all kitchen areas are kept clean, including:

- ♦ Equipment
- ♦ Fridges
- ♦ Freezers
- ♦ Dry store areas
- ♦ Ceilings
- ♦ Garbage areas
- ♦ Benches
- ♦ Fans and vents.

Did you know that there are 6 stages to washing a bench?

- ♦ Pre-clean
- ♦ Wash
- ♦ Rinse
- ♦ Sanitise
- ♦ Final rinse
- ♦ Dry in air.

Additionally, when you are cleaning equipment the temperature of the water should be at least 77°C and items should be washed for a minimum of 30 seconds each.

Pest control in the kitchen and storerooms is also a key element to maintaining kitchen hygiene and safety. All kitchens are susceptible to pests, especially in Australia's generally warm (and often humid) climate compared to other areas in the world. The best advice when dealing with pests is to:

- ♦ Build them out
- ♦ Starve them out
- ♦ Chase them out.

And always engage a licensed professional to carry out regular inspections and maintenance, and to respond to any problems that do occur with pests in your kitchen.

The presence of pests can be prevented by making sure food is always stored in correct containers such as:

- ♦ Plastic containers with air-tight lids
- ♦ Stainless steel bowls and pots with lids or covers
- ♦ Sterilised containers.

Keeping to the rules will help to keep kitchens and food safe for customers and staff. Everyone involved in the food preparation and handling process has a responsibility to keep the premises clean and to maintain their own personal hygiene.

Also another big factor is the food handlers themselves. They should always make sure that their personal hygiene practices minimise the risk of food contamination. There are some basic rules to follow to keep your body clean, fresh and safe.

Listed below are some things to consider when introducing new staff or even refreshing the skills of existing staff:

- ◆ Bathe or shower at least daily
- ◆ Wear clean, pressed clothing
- ◆ Keep fingernails short, clean and without nail polish or false nails
- ◆ Clean and neat hair, covered or contained
- ◆ Minimise jewellery (only rings without gems or stones, no bracelets or watches)
- ◆ Always wear closed, clean footwear
- ◆ Do not use perfumes or deodorants with strong odours.

WHEN ENGAGING IN ANY FOOD HANDLING OPERATION A FOOD HANDLER MUST:

- ◆ Never eat over unprotected food or food contact surfaces
- ◆ Not sneeze, blow their nose or cough over unprotected food or food contact surfaces
- ◆ Avoid sneezing into hands, then touching food or utensils
- ◆ Never spit, smoke or use tobacco or similar products where food is handled or prepared
- ◆ They should be careful not to contaminate foods. For example, the transfer of microorganisms from:
 - Contaminated foods and work areas to cooked or prepared foods
 - Raw foods to be cooked or ready to eat foods
 - Contaminated utensils to clean utensils
 - Handling cooked or ready to eat foods after raw foods
- ◆ Use different cleaning cloths across different work surfaces or utensils
- ◆ Never placing eating or serving utensils in a uniform pocket.

COLOUR CODING TO PREVENT CROSS-CONTAMINATION

Preventing cross-contamination of food is of vital importance to any professional kitchen. As such, the industry typically adopts a colour-coding system for the use of chopping boards which, if strictly followed, minimises the chance of cross-contamination occurring between various food types. This chopping board colour-coding is as follows:

- ◆ Blue: fish and seafood (clean or substitute for a new board between use for raw and cooked)

- ◆ Yellow: raw poultry
- ◆ Red: raw red-meat
- ◆ Green: fruit and vegetables
- ◆ Brown: cooked meats (poultry or red-meat) or cured meats
- ◆ White: breads and baked goods.

Where multiple chopping boards are in use at the same time during preparation, it is good practice to dedicate specific items (such as knife, cleaning cloth, etc.) to a particular board. Even better is to clean boards and equipment immediately after food preparation is complete.

WHEN TO WASH HANDS:

- ◆ Before starting work in a food preparation or handling workspace
- ◆ Immediately before working with ready to eat foods after handling raw foods
- ◆ Immediately after using the toilet
- ◆ Before starting to handle food or returning to handle food after other work
- ◆ Immediately after smoking, coughing, sneezing, using a handkerchief or disposable tissue, eating, or drinking
- ◆ After touching hair, scalp or body opening.
- ◆ After touching face, sores, rashes or cuts
- ◆ After handling garbage or chemicals
- ◆ After scraping plates and loading the dishwasher
- ◆ After cleaning or handling potentially infectious material
- ◆ After handling money
- ◆ Before putting on clean gloves.

There is even a standard procedure for washing one's hands:

- ◆ Always use the hand washing facilities provided
- ◆ Use warm running water and apply liquid soap
- ◆ Lather well and rub hands vigorously together for at least 15 – 20 seconds outside the stream of water
- ◆ Scrub all surfaces including back of hands, wrists, between the fingers and under nails
- ◆ Use nail brush for under and around each nail
- ◆ Rinse thoroughly under warm running water
- ◆ Dry hands thoroughly on a single use towel
Apply alcohol-based sanitiser, rub hands together until dry.

In summary, the following general points should be applied to ensure a safe and hygienic work place:

- ♦ Work in a clean, sanitised and tidy work area
- ♦ Keep uniforms clean and laundered regularly
- ♦ Keep personal hygiene to a very high standard
- ♦ Be aware of food left out of the fridge
- ♦ Store and label all food items correctly, within the correct temperature range and for the correct amount of time
- ♦ Always be professional and aware within a commercial kitchen.

THE USE OF LEFTOVERS

Most kitchens end up with leftover food that has been prepared during the day. The big question of course, is how long do these leftovers last? Leftovers have a shelf life even when refrigerated, and this shelf life needs to be respected to avoid food spoilage.

Generally, refrigerated leftovers should be used within two to three days after their initial cooking. You should only reheat food once and make sure it is hot all the way to the centre, especially if using a microwave. The leftovers of a reheated meal should always be discarded and not reheated a second time.

'Don't use leftover, leftovers!'

The general two to three-day rule applies to soups, stews, cooked meat and meat dishes, cooked poultry dishes, fried chicken and casseroles. Seafood dishes should be used up the next day and rice should not be stored for longer than 2 days, as this does go off quite quickly. Pasta, potatoes and vegetables are more forgiving and can last up to 4 days.

If there is no immediate plan to re-use the leftovers from your kitchen, they should be frozen to extend the shelf life. Some things don't lend themselves to freezing well, like pasta, potatoes and rice. Freeze in portion sizes that match the likely future serving, so you don't defrost it all and then have to waste half of it. Also remember to label clearly with a description of what it is, when it was cooked and when it was frozen. Throw away food that you either don't recognise, is freezer burnt or has no label on it.

When you do have food leftover from your kitchen, make sure it is cooled down to room temperature quickly before being packaged up and covered. Keep in mind, if foods are stored while still hot or warm, growing conditions for food spoilage bacteria is at an ideal state and they can reproduce by thousands per second. It will also increase the temperature of your fridge, which will ultimately put the other foods

already stored there, at risk. Label the containers either with a "use by date" or "today's date."

The next key item is reheating. Foods should be reheated thoroughly above a temperature of 75°C. This means all liquids like soups and gravies should be brought to a boil and then simmered to thoroughly heat right through. Food should steam throughout, not just at the edges. Always be sure to check before continuing to use it.

COOLING FOOD FOR STORAGE

Cooling hot food too slowly can allow bacteria to multiply and cause food poisoning. To avoid this, high-risk food must be cooled from 60°C to 20°C within the first 2 hours and then further cooled to 5°C or colder within the next 4 hours. The following can help achieve these targets:

- ♦ Remove cooked food from the heat source and allow it to stand until the temperature drops to approximately 60°C
- ♦ Swap food from the saucepans you cooked in, to colder bowls or containers
- ♦ Spread food out to cool it faster or divide food into smaller batches in shallow containers (less than 10 cm deep)
- ♦ Use a blast chiller, if you have access to one, to chill hot foods quickly and safely
- ♦ Stir hot liquid while it is being chilled
- ♦ Place containers of hot food in cold water or an ice bath. The cold water or ice bath makes the containers' contents cool more quickly. Move hot food to a cooler area where it will cool more quickly
- ♦ Use a clean and sanitised thermometer to check the temperature at the centre of food
- ♦ Do not put hot food straight from the oven or stove into the refrigerator, cool room or freezer because it can raise the temperature of other food and allow bacteria to grow.

SAFETY TIPS FOR STORING FOOD AND USING LEFTOVERS

- ♦ Always store food correctly. Ensure it is well wrapped or in a container with a tight-fitting lid. The goal is to achieve an air-tight seal
- ♦ Always label and date leftovers, especially if you are freezing them. Adding the date the product was placed in the freezer also identifies how long it's been there
- ♦ Use a refrigerator thermometer to ensure food is stored safely at below 4°C and make sure to rotate food i.e. use up food in the order that it goes in the fridge. This is known as FIFO (first in, first out)
- ♦ Do not overload your fridge with lots of food
- ♦ Always check 'use by' and 'best before' dates, as food may spoil long before it looks, smells

- or tastes bad
- 'Use by' dates are to be adhered to, as the manufacturer of the product is unsure of its safety after this date
- 'Best before' should be considered as a guide to the quality and taste of the food. It is not dangerous to eat these foods after this date, but they will likely lose flavour, and properties are compromised (e.g. self-raising flour won't rise fully)
- When reheating leftovers, especially meat and chicken, use a probe thermometer to check that it has reached the safe zone of over 75°C. Always make sure it's hot and steaming, especially if using a microwave or oven. Don't serve or eat food that is cold on the inside, or failed to heat through during the reheating process, as this could make customers seriously ill
- When refrigerating leftover food, always allow it to cool down first at room temperature (for

no longer than 2 hours), before covering it and putting in the fridge. This way the food isn't hot when it goes in the fridge. If it is hot when it goes in it will speed up food spoilage and bacteria growth. It also increases the temperature of the fridge where other foods are, and thus increasing the risk of food spoilage for those items as well

- Another good tip is to separate large amounts of leftovers into smaller portions when cooling and storing. This will help it to cool down more quickly
- There is a major difference between being sensible to avoid the cost of food wastage and being unsafe with food
- Consume leftovers within two to four days, and within one day for seafood and poultry.

With all this in mind, the following table can be used as quick reference for storage for many of the food items contained in this book.

SAFE FOOD STORAGE TABLE

DAIRY & EGGS				
	ROOM TEMPERATURE	REFRIGERATOR (2 TO 4°C)	FREEZER (MINUS 10 TO 20°C)	COMMENTS
DAIRY				
Cheese, Hard (such as Cheddar, Swiss)	Not recommended for any cheese in Australian climate	6 months, unopened 3 to 4 weeks, opened	6 months	Wrap well. Best used in cooking; will crumble when sliced; thaw in refrigerator to minimise crumbling
Cheese, parmesan, grated		6 months unopened, 3 to 4 weeks opened	6 months	Repackage in freezer bags and seal well
Cream-Whipped	Not recommended	2 days	Doesn't freeze well	If you decide to freeze, then freeze small mounds of lightly sweetened whipped cream on flat tray; freeze individually, then repackage so the mounds won't be crushed; thaw in refrigerator or serve frozen
EGGS AND EGG-BASED PRODUCTS				
Hard cooked eggs	Not recommended	1 week	Don't freeze well	Whites become rubbery; water separates
Mayonnaise (commercial), refrigerate after opening	Not recommended unless unopened in jar or bottle	3 months	Doesn't freeze well	Texture will completely change. Not recommended

SAFE FOOD STORAGE TABLE

MEATS				
	ROOM TEMPERATURE	REFRIGERATOR (2 TO 4°C)	FREEZER (MINUS 10 TO 20°C)	COMMENTS
CURED & LUNCHEON MEATS				
Sliced meats - opened package	Not recommended	3 to 5 days	1 to 2 months	These lose flavour quickly; wrap tightly
Sliced meats - unopened package		1-2 weeks	1 to 2 months	These lose flavour quickly; wrap tightly
BACON & SAUSAGE				
Bacon and pancetta	Not recommended in Australia climate	5 days	1 month	Leave unopened in original wrapping; over wrap well
Sausage, fresh; raw from chicken, turkey, pork, beef	Not recommended in Australia climate	1 to 2 days	1 to 2 months	Wrap packages very well and they tend to get waterlogged and freezer burn
Salami sausage - pepperoni etc.	Not recommended in Australian climate	2 to 3 weeks	1 to 2 months	Keep in original packaging; wrap well
HAM				
Ham, fully cooked vacuum sealed, unopened	Not recommended in Australian climate	2 weeks or "use by date" on package	1 to 2 months	Freezes but becomes watery when defrosted Only freeze for 2 months if necessary
Ham, fully cooked, whole	Not recommended in Australian climate	7 days, preferably in calico bag rinsed in vinegar every 2-3 days	1 to 2 months	As above
Ham, fully cooked, half	Not recommended in Australian climate	3 to 5 days	1 to 2 months	As above
Ham, fully cooked, slices	Not recommended in Australian climate	3 to 4 days	1 to 2 months	As above
FRESH BEEF, VEAL, LAMB, PORK				
Steaks, raw	Not recommended in Australian climate	2 to 3 days	3 to 4 months	Keep well sealed in zip lock freezer bags
Chops, pork, lamb or veal	Not recommended in Australian climate	2 to 3 days	3 to 4 months	Keep well sealed in zip lock freezer bags
Roast joints	Not recommended in Australian climate	3 to 4 days But not pork or chicken (2 days)	3 to 4 months	Keep well sealed in zip lock freezer bags

MEATS				
	ROOM TEMPERATURE	REFRIGERATOR (2 TO 4°C)	FREEZER (MINUS 10 TO 20°C)	COMMENTS
SOUP & STEWS				
Chicken or turkey soup or any meat based soup	Not recommended in Australian climate	3 to 4 days	4 to 6 months	Freeze in containers with tight fitting lids Soups containing meat and poultry freeze better than those containing beans and pasta, which can break down & become mushy
Soups, broth-based	Not recommended in Australian climate	3 to 4 days	4 months	Freeze in containers with tight fitting lids in usable amounts or individual servings
Soups, cream-based, such as chowders	Not recommended in Australian climate	2 days	Do not freeze well	Can curdle and separate
Stock: beef, chicken, fish	Not recommended in Australian climate	4 to 5 days	4 to 6 months	Freeze in usable amounts in containers with tight fitting lids
Stews	Not recommended in Australian climate	3 to 4 days	4 to 6 months	Freeze in usable amounts in containers with tight fitting lids
MEAT LEFTOVERS, COOKED				
Cooked meat and meat casseroles	Not recommended in Australian climate	3 to 4 days	2 to 3 months	Always make sure they are in sealed containers when frozen and freeze in individual servings or portions
Gravy and meat broth	Not recommended in Australian climate	3 to 4 days	2 to 3 months	Always make sure they are covered well when frozen and freeze in individual or small amounts
Sausages, cooked	Not recommended in Australian climate	3 to 4 days	2 to 3 months	As above
FRESH POULTRY				
Chicken, turkey, or duck, whole	Not recommended in Australian climate	2 to 3 days	6 months	Always make sure they are covered well when frozen
Chicken or turkey, pieces	Not recommended in Australian climate	2 to 3 days	6 months	Always make sure they are covered well when frozen and freeze in individual or small amounts
COOKED POULTRY				
Fried chicken	Not recommended in Australian climate	3 to 4 days	4 months	Always make sure they are covered well when frozen and freeze in individual or small amounts
Cooked poultry casseroles	Not recommended in Australian climate	3 to 4 days	4 to 6 months	Always make sure they are covered well when frozen and freeze in individual or small amounts
Poultry pieces, plain	Not recommended in Australian climate	3 to 4 days	4 months	Always make sure they are covered well when frozen and freeze in individual or small amounts
Poultry pieces covered with sauce or gravy	Not recommended in Australian climate	3 to 4 days	6 months	Always make sure they are covered well when frozen and freeze in individual or small amounts

SAFE FOOD STORAGE TABLE

SEAFOOD AND FISH				
	ROOM TEMPERATURE	REFRIGERATOR (2 TO 4°C)	FREEZER (MINUS 10 TO 20°C)	COMMENTS
FISH				
Cooked fish	Not recommended in Australian climate	3 to 4 days	4 to 6 months	Texture becomes mushy. Make sure you cover well
Smoked fish	Not recommended in Australian climate	14 days or date on vacuum package	2 months in vacuum package	Vacuum package as the smell with permeate through the freezer
SHELLFISH				
Cooked shellfish	Not recommended in Australian climate	3 to 4 days	3 months	If in shell, leave in shell; dip in water and freeze to form thin ice glaze to prevent drying out and becoming stringy; then repackage well
Prawns, cooked	Not recommended in Australian climate	1 to 2 days	Don't freeze	Texture becomes mushy
VEGETABLES, FRUIT, RICE AND PASTA				
VEGETABLES				
Roasted vegetables	Not recommended in Australian climate	3 to 5 days	Not recommended	They become watery and lose their flavour
Steamed Vegetables	Not recommended in Australian climate	2 to 3 days	6 months	Place in zip lock bags
Potatoes, roasted	Not recommended in Australian climate	3 to 5 days	Not recommended	They become watery and lose their flavour
Potatoes, boiled or mashed	Not recommended in Australian climate	2 to 3 days	Not recommended	They become watery and lose their flavour and texture
Legumes and pulses	Not recommended in Australian climate	3 to 5 days	1 to 2 months	Wash well before freezing, preferably in a zip-lock bag
Rice, steamed	Not recommended in Australian climate	1 to 2 days	Not recommended	It becomes watery, hard and loses its flavour
Rice, fried or risotto	Not recommended in Australian climate	1 to 2 days	Not recommended	It becomes watery, hard and loses its flavour
Pasta, boiled	Not recommended in Australian climate	2 to 3 days	Not recommended	It becomes watery, and mushy and loses its flavour
FRUIT				
Fruit salad and prepared fruit	Only unprepared fruit that is not too ripe	2 days	Use as quickly as possible fresh or cooked or pureed then freeze	Not recommended

BAKED GOODS

BREADS

Bread, fresh	Store at room temperature. Use the date as a guide or use within 3 to 5 days.	Note: Storing in the refrigerator promotes staling and isn't always the best thing to do	6 months	Wrap well to prevent drying out; thaw at room temperature
Tortillas, corn or flour	Room temperature for 1 day	1 week	3 months	Wrap well thaw at room temperature

CAKES

Sponge cakes	2 days (if no dairy)	3 days	4 to 6 months	Wrap well or they will become soggy
Fruit cakes	2 months in an airtight container	For up to 6 months	1 year	Wrap well

PIES

Meat pies	Not recommended	1 to 3 days	6 months	Wrap well; thaw at room temperature; heat in 185°C oven about 30 to 40 minutes
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STORING DELIVERIES

- ◆ Be sure to clean up any loose or spilled foods to avoid attracting insects & vermin
- ◆ Keep store rooms clean & tidy
- ◆ Rotate stock to ensure older food is at the front for next use (FIFO)
- ◆ Do not use containers normally used for other purposes to hold food (and vice versa):
 - Garbage bags for bread rolls
 - Old food bottles to store detergent, bleach or other cleaning products
 - Old supermarket bags for fresh food.

GOOD FOOD STORAGE SPACE REQUIRES THE FOLLOWING

- ◆ Clean sanitation and hygiene
- ◆ Correct temperature
- ◆ Good ventilation
- ◆ Security to avoid theft and loss of goods
- ◆ Never store anything directly on floor
- ◆ Clean shelving and all surfaces e.g. Walls, ceilings, floors to be free from cracks, paint flakes, food spills etc.
- ◆ Dry surfaces, to both prevent build-up of moisture and to keep floors from becoming slippery
- ◆ Stainless steel shelving or racks in cool room

kept clean at all times

- ◆ Seals around doors kept clean & free from dirt build up
- ◆ Active steps to deter insects & vermin, such as traps, screens and regular Pest Control inspections
- ◆ Regular cleaning program should be in place.

TEMPERATURES FOR STORING ALL FOODS

- ◆ Correct temperatures for different food groups
- ◆ Correct humidity levels
- ◆ Dry store = 12 to 15°C and well ventilated and lit
- ◆ Cool room
 - Meat and Seafood = 1° to 3°C
 - Dairy, fruit & vegetables = 3° to 4°C
- ◆ Freezer = -18°C
- ◆ Temperatures need to be monitored regularly.

FOOD CONTAINER STORAGE

- ◆ Dry goods should be stored in containers with tight-fitting lids with low moisture content
- ◆ Grains, flours, rice etc. will attract rodents, weevils & other insects if not stored correctly
- ◆ All food placed in containers or bags for freezing must be clearly labelled.

CHAPTER 3

GUIDE

BASIC FOOD AND RECIPE COSTING

To plan the cost of any dish that you intend to sell to customers, you must first calculate the actual food cost of each item. To correctly cost a dish or food item that you are preparing, a standard recipe costing card (see below) should be used to determine the food percentage required to achieve the desired target.

STANDARD RECIPE COSTING CARD

It is important to use a standard recipe costing card because:

- It helps you calculate how much food is required to be ordered first
- It allows the correct food cost percentage
- It maintains consistency of portions and maintains the quality of the dish
- Helps you to write your work flow plan.

STANDARD RECIPE COSTING CARD				
SPINACH FETTUCINE				SERVES: 20
INGREDIENTS	PURCHASE QTY	RECIPE QTY	UNIT PRICE	ITEM COST
Dried spinach fettucine pasta	500g bag	800g	\$1.95	\$3.12
Olive oil	4 Litre can	340ml	\$25.00	\$2.13
Pumpkin	Kg (1000g)	2Kg	\$1.25	\$2.50
Mushrooms (flat)	Kg (1000g)	6 in number 360g approx.	\$10.00	\$3.60
Tomatoes	10Kg box	1Kg	\$35.00	\$3.50
Grated Parmesan Cheese	500g bag	640g	\$9.80	\$12.54
Garlic - Crushed	1Kg Jar (1000g)	4 tsp (20g)	\$9.50	\$0.19
Sunflower Seeds	1.5Kg bag	2 Cups 680g approx.	\$6.30	\$2.86
Basil Leaves	Bunch (200g)	1 Cup 340g approx.	\$2.50	\$4.25
TOTAL COST				\$34.69
COST PER SERVE ($\$34.69 \div 20$)				\$1.73

BASIC FOOD AND RECIPE COSTING

HERE'S A SIMPLE WAY OF EXPLAINING HOW SOME OF THE INGREDIENT COSTS ARE CALCULATED:

The pumpkin is simple to calculate:

- ♦ The recipe asks for 2kg
- ♦ Price per kg is \$1.25
- ♦ $\$1.25 \times 2 = \2.50 .

Dried spinach fettucine pasta costs \$1.95 per 500g bag

- ♦ The recipe asks for 800g
- ♦ You can simply take $\$1.95 \times (800 \div 500) = \3.12
- ♦ Another way of doing it:
- ♦ $\$1.95 \div 500 =$ price per gram: \$0.0039
- ♦ $0.0039 \times 800\text{gm}$ (what the recipe requires) = \$3.12.

A more difficult one is the mushrooms:

- ♦ The price is per kg but the recipe asks you for 6 individual large flat mushrooms.
- ♦ In this instance, you must estimate the weight of one mushroom or simply weigh one yourself. That way you have grams instead of a number of mushrooms for costing purposes.
- ♦ 1 mushroom weighs approximately 60g
- ♦ 6 mushrooms weight $6 \times 60\text{g} = 360\text{g}$

- ♦ Price is per kg: \$10.00
- ♦ So you take $\$10.00 \div 1000$ (grams) = price per gram: \$0.001
 - $\times 360\text{grams}$ (what the recipe requires) = \$3.60.

MARKING UP FOOD FOR SALE TO ACHIEVE BUDGETED TARGETS

Generally, when pricing up a product or dish for sale, the hospitality industry sets its pricing on this rule:
30% Raw Food Cost + 30% Labour Cost + 30% Overheads + 10% Net Margin = Selling Price

Overheads are generally defined as expenses for rent, electricity, gas, water, marketing etc. The labour cost refers to staff wages, though the use of volunteers in many Meals on Wheels kitchens may help minimise these.

For the purpose of this chapter, the focus will be on food cost % to determine selling price, as follows:
Raw Food Cost (as calculated by your standard recipe) \div Food Cost 30% (30 / 100) = Selling Price.

EXAMPLE

SPINACH FETTUCINE WITH PUMPKIN AND 'NUT FREE' PESTO

$$\$1.73 \text{ RAW FOOD COST (RFC)} \div 0.30 = \$5.77$$

If you feel that \$5.77 per serve is too expensive to charge your customers, there are ways to consider a lower sell price. For example, the presence of volunteers in the kitchen possibly results in reduced staff costs, which may allow you to lower the sale price.

In this example, a reduction to \$4.80 per serve is applied. The following calculation can be used to check the revised Food Cost percentage, and then see if you are achieving targets from this reduced price.

$$\text{RFC } (\$1.73) \div \text{Selling Price } (\$4.80) \times 100 = \text{Food Cost \%} = 36.04\%$$

You are still able to achieve a margin, as 36.04% RFC + Reduced Labour cost at 25% + Overhead cost at 30% will still allow you to make an 8.96% margin. In real money terms: \$0.43 ($\4.80×0.0896) margin per serve for the Pumpkin and Spinach Fettucine.

Now, if you charged the correct \$5.77 per serve, and still applying the lower 25% Labour cost, you would make:

$$\text{RFC } (1.73) \div \text{Selling Price } (\$5.77) \times 100 = \text{Food Cost \% or 30\%}$$

Your margin is now increased, as 30% RFC + Labour cost at 25% + Overhead cost at 30% will result in a 15% margin or in real money terms: \$0.87 ($\5.77×0.15)

Therefore, by raising your selling price and keeping your food cost percentage the same, you can improve the margin. **Also, if you use lower cost items or make substitutions to your recipes to save on raw food cost, you can further increase your margin.**



← CHECK OUT THIS
RECIPE ON PAGE 30

THE RECIPE RESOURCE

COSTING			
RECIPE DESCRIPTION	RECIPE SERVING SIZE	TOTAL RECIPE COST	COST PER SERVE
SOUPS			
Beef, Barley and Vegetable Soup	20	\$29.21	\$1.46
Cauliflower and Leek Soup	20	\$32.15	\$1.61
Chicken and Creamed Corn Soup	20	\$22.44	\$1.12
Green Pea and Mint	20	\$24.16	\$1.21
Pea and Ham Soup	20	\$48.85	\$2.44
Roasted Tomato Soup	20	\$35.40	\$1.77
Roasted Vegetable Soup	20	\$22.39	\$1.12
Sweet Potato and Carrot Soup	20	\$30.42	\$1.52
MAIN - VEGETARIAN			
Baked Vegetable Patties	20	\$37.35	\$1.87
Coconut Milk Curry with Spring Vegetables	20	\$54.30	\$2.72
Creamy Cannellini Beans with Tomato	20	\$54.82	\$2.74
Quiche with Spinach, Feta and Sun-dried Tomato	20	\$58.15	\$2.91
Quinoa and Sweetcorn Salad	20	\$49.57	\$2.48
Spinach Fettuccine with Pumpkin and Nut-Free Pesto	20	\$41.28	\$2.06
Vegetable Bake	20	\$32.52	\$1.63
Vegetable Lasagne	20	\$70.76	\$3.54
Vegetable Medley Stew	20	\$49.35	\$2.47
MAIN - SEAFOOD			
Classic Fish Pie	20	\$78.73	\$3.94
Salmon Fish Cakes with Sweet Potato Chips	20	\$45.71	\$2.29
Tuna Bake	20	\$45.41	\$2.27
Tuna Nicoise Salad	20	\$75.55	\$3.78
MAIN - CHICKEN			
Apricot Chicken	20	\$45.27	\$2.26
Baked Chicken Parma with Sweet Potato Mash	20	\$72.02	\$3.60
Butter Chicken with Brown Rice	20	\$57.51	\$2.88
Chicken Chasseur	20	\$56.64	\$2.83

COSTING SUMMARY

COSTING			
RECIPE DESCRIPTION	RECIPE SERVING SIZE	TOTAL RECIPE COST	COST PER SERVE
MAIN - CHICKEN			
Chicken, Tomato and Basil Pasta	20	\$61.53	\$3.08
Honey Soy Chicken Stir-fry with Cauliflower Rice	20	\$68.72	\$3.44
Lemon and Herb Baked Chicken	20	\$67.99	\$3.40
Oven-Roasted Chicken and Vegetables	20	\$58.10	\$2.90
Thai Chicken and Vegetable Curry	20	\$66.93	\$3.35
MAIN - MEAT			
Beef Ragù with Penne Pasta	20	\$76.42	\$3.82
Beef and Vegetable Casserole	20	\$63.14	\$3.16
Braised Steak and Onion	20	\$67.01	\$3.35
Classic Steak and Kidney Pie	20	\$51.41	\$2.57
Corned Silverside with White Sauce and Vegetables	20	\$69.75	\$3.49
Irene's Country Cottage Pie	20	\$38.75	\$1.94
Roast Lamb and Vegetables and Mint Jelly	20	\$75.95	\$3.80
Roast Pork with Apple Sauce and Gravy	20	\$61.17	\$3.06
Vintage Meatloaf Baked with BBQ sauce	20	\$57.68	\$2.88
DESSERTS			
Apple and Rhubarb Crumble	20	\$31.17	\$1.56
Baked Rice Pudding	20	\$12.07	\$0.60
Banana Cake	20	\$17.32	\$0.87
Boiled Fruit Cake with Custard	20	\$12.47	\$0.62
Bread and Butter Pudding	20	\$19.16	\$0.96
Classic Baked Cheesecake	20	\$30.87	\$1.54
Lemon Sauce Pudding	20	\$13.24	\$0.66
Peach Crumble with Custard	20	\$23.58	\$1.18
Pear, Sultana and Custard Tarts	20	\$27.49	\$1.37
Sticky Date Pudding with Caramel Sauce	20	\$21.07	\$1.05
Upside-Down Cake	20	\$23.25	\$1.16

Please note that the per serve recipe costing is accurate at the time of publication. It is acknowledged, however, that these costs are subject to change based on location, availability, seasonal price fluctuation, etc., and should therefore be used as a guide only.

CHAPTER 4

GUIDE

FOOD ORDERING *AND* FOOD DELIVERIES

Usually in professional kitchens, the task of food ordering is often done by the supervisor or manager. To be done correctly, it needs to be done by someone who understands the menu cycle, the recipes, the stock levels of food you already have and what the budget is to spend on raw food cost. The key questions to ask when tasked with this role are:

- ♦ What items are on the menu and what is required?
- ♦ What are the current stock levels?
 - e.g. the minimum & maximum stock levels of food you already have
- ♦ What is the frequency of deliveries from various suppliers?
- ♦ How much of each product is expected to be used?
- ♦ What is the optimum shelf life of the products?

An efficient purchasing system is one that minimises expenses and maximises product.

Make sure that you advise suppliers of:

- ♦ Who is ordering
- ♦ Where it is to be delivered
- ♦ Date of delivery
- ♦ Time of delivery
- ♦ Product required (purchase specification)
- ♦ Cost of product (to ensure the same price is on the invoice).

Delivery time should be convenient for the workplace. For example, don't accept that a particular supplier can only deliver at 5:00am in the morning when you don't arrive at work until 7:00am. The products would be left at your door for 2 hours which is not acceptable. When a delivery arrives at your kitchen you should consider the following things:

- ♦ Identify which staff are authorised to receive goods
- ♦ Items and quantities must match original food order
- ♦ Food is fresh and of an acceptable quality, size, weight, etc.
- ♦ Packaging is in its original state and not damaged or open
- ♦ 'Use by' and 'Best Before' dates have not elapsed
- ♦ Temperature of food e.g. frozen is frozen hard and meat products are within safe range
- ♦ Never sign a delivery docket or invoice if there are discrepancies with the original order
- ♦ Check that invoices or dockets contain the following information:
 - Supplier's name
 - Docket or invoice number
 - Date
 - Credit or changes to order
 - Prices

- Total price
- All items correct in quantity, weight, etc.
- Acceptable quality
- Signature required when accepting goods.
- ♦ Any discrepancies can be reported by:
 - Amending it on the docket
 - Requesting that the delivery driver witness & initial the amendment
 - Notifying the supplier immediately
 - Requesting a prompt replacement or credit note
 - Returning the goods with the driver immediately where possible.

When all items have been delivered correctly, they must be put away in the correct place. Do not leave the delivery out in the busy kitchen all day. Items must be stored immediately to ensure safe temperatures zones are maintained.

Safe lifting procedures for goods when they arrive:

- ♦ If it looks too heavy, don't lift it – get help
- ♦ Never bend from the waist only
- ♦ Keep your back straight and bend your knees
- ♦ Never lift heavy objects higher than your waist
- ♦ Avoid carrying awkward and/or unbalanced loads
- ♦ Hold heavy objects close to the body
- ♦ Where possible use mechanical tools such as a hydraulic lifter or low trolley
- ♦ Never climb up shelves, use a ladder.

Other safe delivery practices include:

- ♦ Ensuring store rooms are well lit and free from clutter
- ♦ Store heavier items on low shelves
- ♦ If goods are delivered in packing cases, remove & safely dispose of nails, staples & other sharp metallic objects which may cause injuries
- ♦ Use correct tools to open boxes or other containers, such as box cutters (do not use your newly sharpened and clean kitchen knife!)
- ♦ Ensure all containers are covered to keep out dust, insects and vermin.

When you are breaking down bulk items such as a 5kg bag of sugar into smaller containers remember to always label everything for the following reasons:

- ♦ Later identification of food items (in fridges and freezers especially)
- ♦ Help to assist with stock rotation (Using the First In First Out method)
- ♦ Maintain control of perishable items
- ♦ Maintain quality of perishable items.

CHAPTER 5

GUIDE

NUTRITION: THE BASICS

The whole process of nutrition is rather complicated, and includes several organs working in perfect unison. Simply put, humans need to eat food. Nutrition is the process by which the human body receives the nutrients required to grow and thrive. Our bodies break down the nutrients in the food, which are then absorbed into the body.

When food is eaten, the mind subconsciously decides when to chew and swallow. When the chewing of the food is completed – and with the assistance of saliva, which helps moisten it – the salivary glands release an enzyme. At this stage it begins converting starch to glucose, which is the sugar bodies need for energy and growth. The food is then swallowed with the help of the tongue and epiglottis. Once swallowed, the chewed food enters the oesophagus, where involuntary muscle contractions move it along through the gastroesophageal sphincter and into the stomach.

In the stomach, the food is mechanically churned, and a mixture of hydrochloric acid, peptic acid and mucous helps break it down further. From the stomach, food enters the small intestine: a coiled tube, up to six metres long. Here, the final digestion of proteins and carbohydrates occurs. Sugars and essential amino acids enter the blood stream via the villi, which are small, hair-like structures in the small intestine. Glycerol and fatty acids are then absorbed into the lymphatic system. The liver sends bile to the small intestines, which help break down fats, while the pancreas releases pancreatic juice, which helps neutralise the digested food. The pancreas is also responsible for sending insulin into the blood stream. Insulin signals cells to take up glucose in the blood stream – something that fails in diabetics and consequently leads to their problems. That's why Type 1 diabetics require regular insulin shots to help flush the glucose out of the blood stream and into the cells and muscles.

The hypothalamus in the brain sends signals to the body regulating both hunger and satiety. At the same time several other hormones aid digestion. Finally, the remaining liquid and undigested solids pass through the large intestine and leave the body.

WHAT OUR BODIES NEED

To be perfectly healthy and in perfect balance, the human body requires a balance of nutrients: carbohydrates, proteins, fats, vitamins, minerals, fibre and water. However, most people prefer to live to eat and not eat to live, and thus flavour, texture and appearance are often given priority when selecting a meal to eat. When considering the predominantly older client base of Meals on Wheels, you are faced with a likelihood that many customers will either only

eat the food they like the flavour/texture of or will simply eat what is cooked for them. Nutrition is likely one of the furthest things from their minds when they order from the menu.

Most people are aware that we should be eating in moderation and not consuming fats and sugars in excess. This is the real challenge of meal cycle planning, and the process of finding the correct nutritional balance for the meals being served.

THE DANGER OF MALNUTRITION

Malnutrition is defined as a lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat. Amongst older Australians, malnutrition represents a serious health risk, often due to social and environmental factors which can include isolation, difficulty in travelling to purchase healthy food or an inability to prepare healthy food.

The recipes contained within this resource have been compiled in accordance with the nutritional requirements published in the Meals on Wheels Australia – National Meal Guidelines, which was developed in 2016. These National Meal Guidelines have informed the nutritional make-up and meal portion sizes adopted for this Recipe Resource, with specific attention paid to the nutritional requirements of adults aged 70 years and older, which includes an increase in the consumption of protein, calcium, vitamin B and vitamin D.

SOME GENERAL INFORMATION REGARDING NUTRIENTS:

Carbohydrates include sugars and starches, and their job is to provide energy for the body. Carbohydrates are naturally occurring in fruits in the form of fructose, in milk in the form of lactose, and in starches from flour, vegetables and wholegrains. They are also found in refined or processed sugars, such as white sugar in the form of sucrose, high-fructose corn syrup and honey. Potatoes, white rice, processed foods high in sugar and white flour breaks down very quickly, causing a surge in blood sugar levels. If these foods are consumed frequently, they could eventually contribute to insulin resistance or diabetes, especially if the person leads a sedentary lifestyle and has a genetic predisposition to hyperglycemia. These foods are considered as high GI (glycemic index) foods, and should typically be avoided as much as possible, or replaced by healthier alternatives (such as using sweet potatoes instead of white potatoes, brown rice instead of white, brown or multigrain bread instead of white varieties and changing pasta and flour to wholemeal varieties). In many cases, simple substitutions can result in a massive difference to those susceptible or vulnerable to high GI food types.

NUTRITION: THE BASICS

Proteins build and repair muscles and tissues and create immune compounds which help to fight infection. This is important to everyone, however especially so for the elderly. Lean protein sources such as poultry, fish, eggs, legumes and soy products are considered healthier than red meats and other animal products as these can be high in saturated fat, which can lead to other dietary concerns such as heart disease. Chicken or turkey meat or mince can be used as alternative to fatty meats like lamb, pork, sausages and processed salami etc. Where red meat is used, it should be lean and not high in fat content. It is important to consider the total protein consumption when constructing meal cycles and meal plans, especially for older Australians who are more vulnerable to the lowering of protein intake in their diet.

Plant-based proteins are considered by many to be incomplete proteins or second-class proteins. However, some of them such as nuts*, legumes, seeds, kernels (such as pepitas and sunflower kernels) and grains for example, contain all nine essential amino acids and should be included where possible. Try using quinoa, barley or chickpeas in dishes as an alternative to pasta or rice. Also, legumes and lentils offer a high-protein vegetarian option for salads, soups or stews.

* Nuts obviously come with their own potentially serious allergy concerns, and as such have not been included in any of the recipes contained within this Recipe Resource.

Fats were thought of as the enemy for many years, however human bodies actually need some fat to regulate blood pressure, coagulation of blood for the healing of wounds, produce neurotransmitters and hormones, protect and insulate vital organs, help transport fat soluble vitamins such as A, D, E and K around the body, modulate the immune system and even help to lose weight. However, not all fats produce the same results. The key to eating fats wisely is to select monounsaturated and polyunsaturated fats which are found in olive oil, avocados, almonds, walnuts, hemp seeds, chia seeds and flax seeds, whilst avoiding the saturated fats found in animal fats, meat, dripping and lard. The positive is that many of these saturated fats can be simply substituted for their 'good' fat alternatives listed above. These saturated fats can also be found in milk, cheese, cream, butter and other dairy products.

Omega 3 fatty acids, found primarily in fish and flax seeds, are also essential for good health and should be included frequently in the diet. The amount of saturated fats, found in animal and dairy products, and trans fats found in commercially baked goods and snack items, should be limited.

Vitamins and minerals are essential nutrients that must be supplied through diet and preferably not by synthetic supplements. Vitamins and minerals assist the body in the prevention of chronic disease, convert into energy, and contribute to maintaining a healthy body in many ways. Below is a list of some of the essential vitamins and minerals and their benefits.

VITAMINS



Vitamin A: For vision; growth; healthy skin, teeth and bones; strong immune system.

FOOD SOURCES

Oily fish, liver, eggs, full cream dairy products, carrots, pumpkin, broccoli, asparagus, spinach, kale, spirulina, pulses, kelp, alfalfa sprouts, bok choy, parsley, coriander, sweet potatoes, red capsicum, squash, turnip greens, watercress, cayenne pepper, apricots, mango, rockmelon, pawpaw and peaches.

Vitamin B1 (Thiamin): For healthy nerves, muscles, heart and digestive system; Processing carbohydrates to energy; Control of cholesterol.

FOOD SOURCES

Fish, legumes, tree nuts, peanuts, rice bran, brown rice, wholegrains, nutritional yeast, peas, spirulina, asparagus, broccoli, brussels sprouts, kelp, pulses, oats, plums, raisins and prunes, nuts and seeds.

Vitamin B2 (Riboflavin): For good vision, energy and healthy red blood cells. Tissue growth and repair including skin and eyes

FOOD SOURCES

Eggs, dairy products, meat, soy, legumes, nuts, spinach, wholegrains, avocado, broccoli, asparagus, mushrooms and green leafy vegetables.

Vitamin B3 (Niacin): Processing foods to energy; nervous system; digestive system; healthy skin.

FOOD SOURCES

Fish, poultry, meat, liver, eggs, mushrooms, asparagus, leafy green vegetables, dates, peanuts, wheat germ, whole wheat, parsley and corn.

Vitamin B6 (Pyridoxine): Making red blood cells; processing proteins and carbohydrates; brain function; nerves and muscles; immune system.

FOOD SOURCES

Fish, poultry, meat, eggs, legumes, nutritional yeast,

seeds, grains, leafy vegetables, carrots, peas, potatoes, avocado, beans, broccoli, garlic, soy, tempeh, sunflower seeds, walnuts, rice bran, brown rice, rock melon and bananas.

Vitamin B12: Processing fats and carbohydrates; creating red blood cells; creating nerve cells.

FOOD SOURCES

Fish, poultry, meat, eggs, dairy products, fortified soy products, tempeh, seaweed and alfalfa.

Folate (Vitamin B9): For healthy red blood cells; healthy nervous system; protection from cancer and cognitive decline.

FOOD SOURCES

Liver, lentils, legumes, seeds, fatty fish, wholegrains, brown rice, spinach, asparagus, mushrooms, peas, leafy greens, potatoes, sweet potatoes, carrots, citrus fruit and dates.



Vitamin C: For healthy bones, teeth and gums; iron absorption; boost to the immune system; antioxidant; metabolising protein.

FOOD SOURCES

Citrus fruits, rock melon, strawberries, blueberries, apples, pineapple, pawpaw, mangoes, black currants, goji berries, kiwi fruit, capsicums, leafy green vegetables, pulses, cruciferous vegetables (cauliflower, cabbage, kale, garden cress, bok choy, broccoli, brussels sprouts), garlic, onions, radishes, tomatoes and persimmons.

Vitamin D: For healthy bones and teeth; immunity and blood pressure; metabolising calcium; intestine, liver and kidney function.

FOOD SOURCES

Dairy products, eggs, oily fish (such as tuna, salmon and mackerel), beef liver, soy products, mushrooms, oats, sweet potatoes and vegetable oils.

Vitamin E: Antioxidant for immune function; healthy cell membranes.

FOOD SOURCES

Liver, nuts, seeds, grains, avocados, leafy green vegetables, polyunsaturated oils (such as sunflower oil), soy, wheat germ, brown rice, eggs, pulse, soy and legumes.

Vitamin K: Assists the ability for the coagulation of blood to heal wounds.

FOOD SOURCES

Cruciferous vegetables (cauliflower, cabbage, kale, garden cress, bok choy, broccoli, brussels sprouts), leafy green vegetables, dairy products.

MINERALS



Calcium: For healthy bones and teeth; muscle and nerve function; controlling blood pressure; reduction of risk of colon cancer; and assisting with coagulation of blood to heal wounds.

FOOD SOURCES

Dairy products, oily fish, tofu, green leafy vegetables, seaweed, okra, peas, legumes, fruit (especially citrus), sesame seeds, soy/soy products, nuts, pumpkin and sesame seeds.

Iodine: For normal growth; brain function; thyroid gland function.

FOOD SOURCES

Fish/seafood, bread, eggs, cheese, seaweed, potatoes, prunes, cranberries, bananas, strawberries and iodised table salt.

Iron: For red blood cell function; transportation of oxygen around the body; healthy muscles; energy production; cell function and enzyme formation.

FOOD SOURCES

Organ meats, red meat, poultry, tinned salmon/tuna, shellfish, legumes/lentils, cruciferous vegetables, tofu and eggs.

Magnesium: Bone health; energy production; nerve impulse conduction, muscle contraction, and normal heart rhythm.

FOOD SOURCES

Nuts, spinach, soy/soy products, oily fish, poultry, meat, legumes/lentils, brown rice, avocado, raisins/sultanas and bananas.

Potassium: Supports blood pressure; cardiovascular health; bone strength; muscle strength.

FOOD SOURCES

Legumes/lentils, sweet potatoes, potatoes, beets, mushrooms, peas, zucchini, eggplant, pumpkin, bananas, citrus fruits, prunes, dates, raisins and sultanas, spinach, rock melon and honeydew melon.

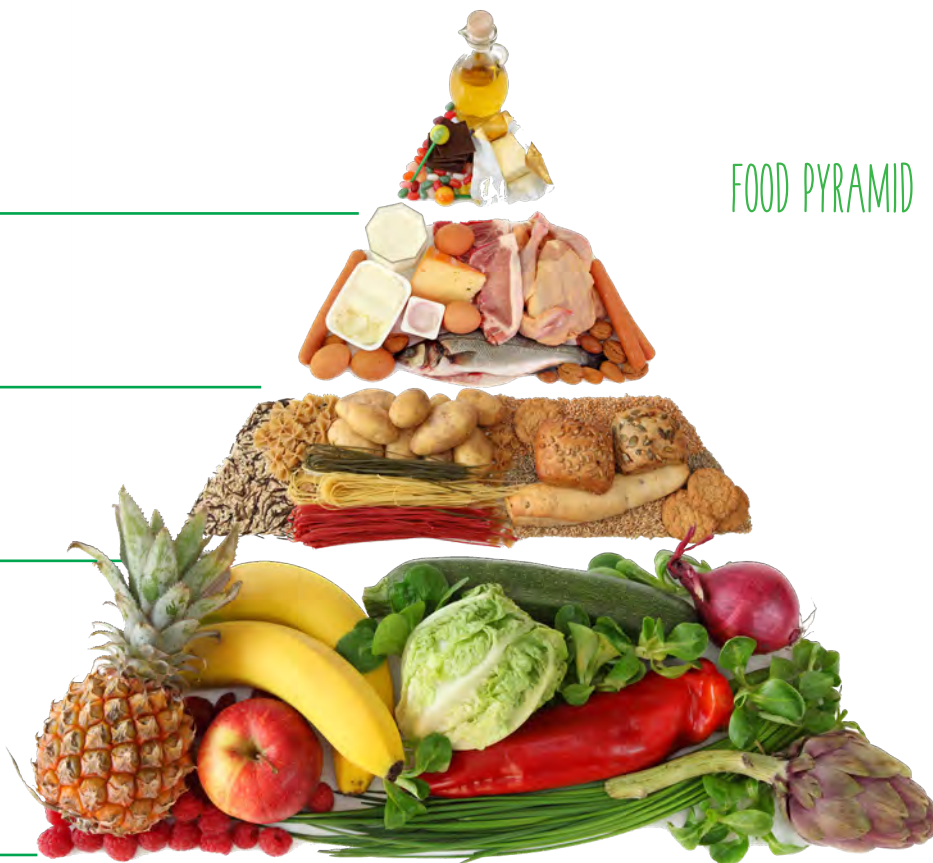
NUTRITION: THE BASICS

HEALTHY FATS AND SUGARS

MILK, YOGHURT, CHEESE AND ALTERNATIVES
MEATS, POULTRY, FISH, EGGS, NUTS AND SEEDS

BREADS AND GRAINS

FRUITS, VEGETABLES AND LEGUMES



FOOD PYRAMID

Zinc: Boosts immunity; tissue repair; wound healing.

FOOD SOURCES

Shellfish, Fish, organ meats, red meat, poultry, brown rice, nuts/seeds, legumes/lentils, yoghurt, spinach, garlic and bananas.

Not only is it essential to consume the correct foods, it is equally important to eat a suitable amount of them each day and in the right balance. The best way to represent this visually is the traditional 'food pyramid' diagram. Food types which should be eaten regularly and in greater quantities are found towards the bottom of the pyramid, whereas foods that should be used more sparingly are shown at the top of the pyramid.

You might find it helpful when studying your own diet and nutrition.

DIETARY RESTRICTIONS DUE TO CULTURAL, RELIGIOUS OR ALLERGY REQUIREMENTS

Many Australians have dietary restrictions based on cultural, religious, or allergy requirements. Cultural requirements may include foods specific to a particular region, or foods eaten at a specific date/time of the year. They may also include restrictions based on ethical choice such as Vegetarian or Vegan diets. Religious requirements often include restrictions on the types of food eaten, either temporarily or permanently, as practiced by various religions including Christianity, Judaism, Islam, Hinduism and Buddhism. Food allergies result from an immune system reaction to the consumption of a certain

food type. There are many different types of allergic reactions to food, and the effects can also be wide ranging, from minor skin irritation to severe allergic reaction (anaphylaxis) leading to death.

As it would be near impossible to create a recipe list to suit the many and varying types of dietary restrictions practiced by many Australians, this Recipe Resource has chosen to focus on six of the most commonly practiced dietary requirements, as follows:

Nut Allergy – Due to the often-severe reaction to nuts and nut products by those who suffer from nut allergy, the use of nuts has been specifically avoided in the recipes.

Seafood Allergy – Similar to nut allergy, the reactions suffered by people who are allergic to fish or seafood can be severe, and thus should be avoided altogether. This Recipe Resource only contains four dishes which contain seafood and are clearly defined within their own section of the eBook. These dishes should be avoided by customers with a seafood allergy.



Lactose Intolerance – Lactose intolerance is the term given to the inability to digest lactose, a component of milk and other dairy products. Dishes within this Recipe Resource which are lactose free have been labelled with LF. Some other recipes contain substitution options in the 'Handy Tips' section which offer alternative ingredients to allow the dish to be prepared without the inclusion of ingredients containing lactose.



Gluten Intolerance and Coeliac Disease

– Gluten is the general name for proteins found in wheat, rye, barley, oats and other products made from these items. In people who suffer from Coeliac Disease, an auto-immune disease, the immune system reacts abnormally to gluten, causing small bowel damage. This damage can lead to a reduction in surface area of the bowel available for nutrient absorption, which in turn can lead to various gastrointestinal and malabsorptive symptoms. It is important for people diagnosed with Coeliac Disease to completely remove gluten sources from their diet. Non-Coeliac Gluten Sensitivity (sometimes referred to as Gluten Intolerance) sufferers have a similar hypersensitivity to gluten-based products, however in some cases can still tolerate small amounts of gluten in their diet. Despite having milder effects from the consumption of gluten than Coeliac Disease, Non-Coeliac Gluten Sensitivity can still lead to a difficulty in digesting food and can cause other health problems.

The diet practiced by people with Coeliac Disease or Non-Coeliac Gluten Sensitivity is often referred to as 'Gluten Free'. As such, dishes within this Recipe Resource which are gluten free have been labelled with GF. Some other recipes contain substitution options in the 'Chef's Tips' section which offer alternative ingredients to allow the dish to be gluten free.

It is important for commercial kitchens preparing Gluten Free dishes to note that there are many commonly used products which contain unexpected sources of 'hidden gluten'. These sources often occur in processed and store-bought products such as stock and soup bases, flavoured coffees and teas, salad dressings, sauces, marinades, gravy mixes, sausages and other processed meats, seasonings, and confectionary including chocolates and liquorice. It is of the utmost importance to check the labels of packaged ingredients to ensure there are none of these 'hidden gluten' sources present. For further information on Coeliac Disease and Gluten-Free diets, please refer to the Coeliac Australia website at www.coeliac.org.au.



Vegetarian – There are many different types of vegetarian diets, practiced by people for many different reasons. For simplicity, the

term 'Vegetarian' in this Recipe Resource refers to a dish which is free of animal meat. These dishes have been labelled with V.



Vegan – The term 'Vegan' generally applies to a person who does not consume or use any product which originates from an animal. This applies not only to meat, but also includes eggs, dairy products (such as milk and cheese) and honey. These dishes have been labelled with Vg.

Additionally, given the older members of the community within the Meals on Wheels customer base, consideration has also been given to the symptoms of Dysphagia. Dysphagia is the medical term used to describe a difficulty in swallowing, due to abnormal nerve or muscle control. It can be common in people who have experienced, for example, a stroke. Many of the dishes included in this Recipe Resource have been designed as 'wet' dishes such as soups, stews, casseroles, curries, pastas and puddings. The preparation and cooking methods for these types of dishes often result in 'softer' foods, which can be more easily chewed and swallowed. Many of these dishes can also be pureed in a food processor or with a hand mixer to further assist people who have difficulty swallowing. If available, the use of food moulds can be used to shape the purees to look like the original item and improve the visual appeal of texture modified food. For further information please refer to the International Dysphagia Diet Standardisation Initiative website at www.iddsi.org.

Finally, it is also worth noting some food types such as berries, leafy green vegetables such as kale, fish high in omega 3 such as salmon/tuna, are believed to assist with reducing the risk of cognitive decline associated with dementia. Dementia describes a collection of symptoms, including Alzheimer's Disease, that are caused by disorders affecting the brain. Dementia affects thinking, behaviour and the ability to perform everyday tasks, affecting brain function enough to interfere with the person's normal social or working life. For further information please refer to the Dementia Australia website at www.dementia.org.au.

When considering a person's dietary requirements, it is of the utmost importance to have consultation with medical professionals such as doctors, dietitians, speech pathologists, etc. Restrictive diets are not recommended for older people except in extenuating circumstances e.g. food allergies, intolerances or texture modified requirements due to the reduction of certain types of foods and nutrients. It is therefore important to know the difference between likes/dislikes and allergies/intolerances, knowing this variance could be the difference between life and death.

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- 38 Salmon Fish Cakes With Sweet Potato Chips
- 41 Tuna Nicoise Salad
- 70 Roast Lamb & Vegetables With Mint Jelly

Nutmeg, Ground

- 84 Boiled Fruit Cake With Custard

O

Onion, Brown

- 12 Beef, Barley & Vegetable Soup
- 13 Cauliflower & Leek Soup
- 14 Chicken & Creamed Corn Soup
- 15 Pea & Ham Soup
- 17 Roasted Tomato Soup
- 18 Roasted Vegetable Soup
- 19 Sweet Potato & Carrot Soup
- 24 Coconut Milk Curry With Spring Vegetables
- 31 Sweet Potato & Vegetable Bake
- 32 Vegetable Lasagne
- 34 Vegetable Medley Stew
- 38 Salmon Fish Cakes With Sweet Potato Chips
- 40 Tuna Bake
- 42 Apricot Chicken
- 44 Butter Chicken With Brown Rice
- 46 Chicken Chasseur
- 48 Chicken, Tomato & Basil Pasta
- 54 Oven-Roasted Chicken & Vegetables
- 56 Thai Chicken & Vegetable Curry
- 58 Beef Ragu With Penne Pasta
- 60 Beef & Vegetable Casserole
- 62 Braised Steak & Onion
- 64 Classic Steak & Kidney Pie
- 66 Corned Silverside With White Sauce & Vegetables
- 68 Cottage Pie
- 74 Vintage Meatloaf Baked With Bbq Sauce

Onion, Red

- 41 Tuna Nicoise Salad
- 26 Creamy Cannellini Beans With Tomato

Onion, Spring

- 50 Honey Soy Chicken Stir-Fry With Cauliflower Rice

Oregano

- 19 Sweet Potato & Carrot Soup

Oregano, Dried

- 32 Vegetable Lasagne

P

Paprika

- 22 Baked Vegetable Patties
- 29 Quinoa & Sweetcorn Salad
- 42 Apricot Chicken

- 44 Butter Chicken With Brown Rice
- 54 Oven-Roasted Chicken & Vegetables
- 58 Beef Ragu With Penne Pasta
- 60 Beef & Vegetable Casserole
- 64 Classic Steak & Kidney Pie

Parsley

- 36 Classic Fish Pie
- 38 Salmon Fish Cakes With Sweet Potato Chips
- 40 Tuna Bake
- 42 Apricot Chicken
- 58 Beef Ragu With Penne Pasta
- 74 Vintage Meatloaf Baked With Bbq Sauce

Pasta, Fettuccine

- 30 Spinach Fettucine With Pumpkin & 'Nut Free' Pesto

Pasta, Lasagne Sheets

- 32 Vegetable Lasagne

Pasta, Penne

- 48 Chicken, Tomato & Basil Pasta
- 58 Beef Ragu With Penne Pasta
- 40 Tuna Bake

Peaches

- 90 Peach Crumble With Custard

Pearl Barley

- 12 Beef, Barley & Vegetable Soup

Pears

- 91 Pear, Sultana & Custard Tarts

Peas

- 72 Roast Pork With Apple Sauce & Gravy

Peas, Frozen

- 15 Pea & Ham Soup
- 16 Pea & Mint Soup
- 29 Quinoa & Sweetcorn Salad
- 34 Vegetable Medley Stew
- 36 Classic Fish Pie
- 68 Cottage Pie

Peas, Snow

- 52 Lemon & Herb Baked Chicken

Pie

- 68 Cottage Pie
- 64 Classic Steak & Kidney Pie

Pork

- 72 Roast Pork With Apple Sauce & Gravy

Potato

- 12 Beef, Barley & Vegetable Soup
- 42 Apricot Chicken
- 52 Lemon & Herb Baked Chicken
- 54 Oven-Roasted Chicken & Vegetables
- 60 Beef & Vegetable Casserole
- 70 Roast Lamb & Vegetables With Mint Jelly

Potato, Mashed

- 36 Classic Fish Pie
- 38 Salmon Fish Cakes With Sweet Potato Chips
- 68 Cottage Pie

Puff Pastry

- 64 Classic Steak & Kidney Pie
- 91 Pear, Sultana & Custard Tarts

Pumpkin

- 18 Roasted Vegetable Soup
- 30 Spinach Fettucine With Pumpkin & 'Nut Free' Pesto

- 32 Vegetable Lasagne
- 54 Oven-Roasted Chicken & Vegetables
- 62 Braised Steak & Onion
- 66 Corned Silverside With White Sauce & Vegetables
- 72 Roast Pork With Apple Sauce & Gravy
- 74 Vintage Meatloaf Baked With Bbq Sauce

Q

Quinoa

- 29 Quinoa & Sweetcorn Salad
- 41 Tuna Nicoise Salad

R

Raspberries

- 87 Classic Baked Cheesecake

Rhubarb

- 78 Apple & Rhubarb Crumble

Rice, Basmati

- 46 Chicken Chasseur
- 56 Thai Chicken & Vegetable Curry

Rice, Brown

- 24 Coconut Milk Curry With Spring Vegetables
- 34 Vegetable Medley Stew
- 44 Butter Chicken With Brown Rice
- 46 Chicken Chasseur
- 60 Beef & Vegetable Casserole

Rice, Jasmine

- 56 Thai Chicken & Vegetable Curry

Rice, Long-Grain

- 46 Chicken Chasseur

Rice, Medium Grain

- 80 Baked Rice Pudding

Rolled Oats

- 78 Apple & Rhubarb Crumble
- 90 Peach Crumble With Custard

Rosemary

- 29 Quinoa & Sweetcorn Salad
- 52 Lemon & Herb Baked Chicken
- 54 Oven-Roasted Chicken & Vegetables
- 70 Roast Lamb & Vegetables With Mint Jelly

S

Salmon

- 38 Salmon Fish Cakes With Sweet Potato Chips

Sauce, BBQ

- 62 Braised Steak & Onion

Sauce, Hoisin

- 50 Honey Soy Chicken Stir-Fry With Cauliflower Rice

Sauce, Soy

- 50 Honey Soy Chicken Stir-Fry With Cauliflower Rice

Sauce, Tomato

- 74 Vintage Meatloaf Baked With Bbq Sauce

Sauce, Worcestershire

- 62 Braised Steak & Onion
- 68 Cottage Pie
- 74 Vintage Meatloaf Baked With Bbq Sauce

Seeds, Sunflower

- 22 Baked Vegetable Patties
- 29 Quinoa & Sweetcorn Salad

30 Spinach Fettucine With Pumpkin & 'Nut Free' Pesto
50 Honey Soy Chicken Stir-Fry With Cauliflower Rice

Shallots

50 Honey Soy Chicken Stir-Fry With Cauliflower Rice

Shortcrust Pastry

28 Quiche With Spinach, Feta & Sun-Dried Tomato

Silverside

66 Corned Silverside With White Sauce & Vegetables

Stock, Beef

58 Beef Ragù With Penne Pasta
62 Braised Steak & Onion
64 Classic Steak & Kidney Pie
68 Cottage Pie

Stock, Chicken

12 Beef, Barley & Vegetable Soup
44 Butter Chicken With Brown Rice
46 Chicken Chasseur
42 Apricot Chicken
14 Chicken & Creamed Corn Soup

Stock, Vegetable

13 Cauliflower & Leek Soup
16 Pea & Mint Soup
17 Roasted Tomato Soup
18 Roasted Vegetable Soup
19 Sweet Potato & Carrot Soup
24 Coconut Milk Curry With Spring Vegetables
32 Vegetable Lasagne
34 Vegetable Medley Stew
60 Beef & Vegetable Casserole
72 Roast Pork With Apple Sauce & Gravy

Strawberries

87 Classic Baked Cheesecake

Sugar, Brown

17 Roasted Tomato Soup
26 Creamy Cannellini Beans With Tomato
66 Corned Silverside With White Sauce & Vegetables
48 Chicken, Tomato & Basil Pasta
58 Beef Ragù With Penne Pasta
70 Roast Lamb & Vegetables With Mint Jelly
74 Vintage Meatloaf Baked With Bbq Sauce
78 Apple & Rhubarb Crumble
82 Banana Cake
90 Peach Crumble With Custard
92 Sticky Date Pudding With Caramel Sauce

Sugar, Caster

87 Classic Baked Cheesecake
80 Baked Rice Pudding
72 Roast Pork With Apple Sauce & Gravy
78 Apple & Rhubarb Crumble
84 Boiled Fruit Cake With Custard
88 Lemon Sauce Pudding
94 Upside-Down Cake

Sugar, Icing

84 Boiled Fruit Cake With Custard
87 Classic Baked Cheesecake
88 Lemon Sauce Pudding

Sultanas

91 Pear, Sultana & Custard Tarts

Sweet Potato

18 Roasted Vegetable Soup
19 Sweet Potato & Carrot Soup
31 Sweet Potato & Vegetable Bake
38 Salmon Fish Cakes With Sweet Potato Chips
43 Baked Chicken Parma With Sweet Potato Mash

54 Oven-Roasted Chicken & Vegetables

T

Tarragon, Dried

46 Chicken Chasseur

Thyme

17 Roasted Tomato Soup
52 Lemon & Herb Baked Chicken
70 Roast Lamb & Vegetables With Mint Jelly

Thyme, Dried

17 Roasted Tomato Soup
32 Vegetable Lasagne
34 Vegetable Medley Stew
46 Chicken Chasseur
58 Beef Ragù With Penne Pasta
42 Apricot Chicken
54 Oven-Roasted Chicken & Vegetables

Tomato

17 Roasted Tomato Soup
30 Spinach Fettucine With Pumpkin & 'Nut Free' Pesto
32 Vegetable Lasagne
26 Creamy Cannellini Beans With Tomato

Tomato, Crushed

12 Beef, Barley & Vegetable Soup

Tomato, Paste

34 Vegetable Medley Stew
17 Roasted Tomato Soup
58 Beef Ragù With Penne Pasta
62 Braised Steak & Onion
64 Classic Steak & Kidney Pie
68 Cottage Pie

Tomato, Cherry

26 Creamy Cannellini Beans With Tomato
41 Tuna Nicoise Salad
42 Apricot Chicken

Tomato, Crushed

48 Chicken, Tomato & Basil Pasta
58 Beef Ragù With Penne Pasta
60 Beef & Vegetable Casserole
34 Vegetable Medley Stew
43 Baked Chicken Parma With Sweet Potato Mash
44 Butter Chicken With Brown Rice
46 Chicken Chasseur

Tomato, Sun-Dried

28 Quiche With Spinach, Feta & Sun-Dried Tomato

Tuna

40 Tuna Bake
41 Tuna Nicoise Salad

Turmeric

44 Butter Chicken With Brown Rice

V

Vanilla, Essence

80 Baked Rice Pudding
82 Banana Cake
88 Lemon Sauce Pudding
92 Sticky Date Pudding With Caramel Sauce
94 Upside-Down Cake

Vanilla, Extract

87 Classic Baked Cheesecake

Vegan

13 Cauliflower & Leek Soup
16 Pea & Mint Soup

17 Roasted Tomato Soup
18 Roasted Vegetable Soup
19 Sweet Potato & Carrot Soup
22 Baked Vegetable Patties
24 Coconut Milk Curry With Spring Vegetables
26 Creamy Cannellini Beans With Tomato
29 Quinoa & Sweetcorn Salad
31 Sweet Potato & Vegetable Bake
34 Vegetable Medley Stew

Vegetarian

13 Cauliflower & Leek Soup
16 Pea & Mint Soup
17 Roasted Tomato Soup
18 Roasted Vegetable Soup
19 Sweet Potato & Carrot Soup
22 Baked Vegetable Patties
24 Coconut Milk Curry With Spring Vegetables
26 Creamy Cannellini Beans With Tomato
28 Quiche With Spinach, Feta & Sun-Dried Tomato
29 Quinoa & Sweetcorn Salad
30 Spinach Fettucine With Pumpkin & 'Nut Free' Pesto
31 Sweet Potato & Vegetable Bake
32 Vegetable Lasagne
34 Vegetable Medley Stew
78 Apple & Rhubarb Crumble
80 Baked Rice Pudding
82 Banana Cake
84 Boiled Fruit Cake With Custard
86 Bread & Butter Pudding
87 Classic Baked Cheesecake
88 Lemon Sauce Pudding
90 Peach Crumble With Custard
91 Pear, Sultana & Custard Tarts
92 Sticky Date Pudding With Caramel Sauce
94 Upside-Down Cake

Vinegar

72 Roast Pork With Apple Sauce & Gravy

Vinegar, Malt

66 Corned Silverside With White Sauce & Vegetables
74 Vintage Meatloaf Baked With Bbq Sauce

Y

Yoghurt, Natural

44 Butter Chicken With Brown Rice

Z

Zucchini

16 Pea & Mint Soup
31 Sweet Potato & Vegetable Bake
32 Vegetable Lasagne
66 Corned Silverside With White Sauce & Vegetables

ABOUT THE AUTHORS

Alison Taafe is a renowned international professional chef who has been cooking her way around the globe for over 35 years. She attributes much of her success to the 3 years of vigorous training she received at the world-famous culinary school, Westminster Hotel School in London, which boasts other celebrity ex-students such as Jamie Oliver.

After training she landed her first Head Chef position at the age of 21 in London at JP Morgan Investments. Her culinary career exploded from there with offers from all over the world including the playgrounds of the rich and famous in the USA, France and Australia. This has resulted in her cooking for film and pop stars, sporting greats, 2 US presidents and royalty including Queen Elizabeth.

She came to Australia in 1988, and was appointed as Chef for the VIP Lounge of the Australian Pavilion at World Expo 88, where she incidentally met and fell in love with her husband, Steve.

Alison and Steve ran a successful gourmet catering business in Brisbane for five years. She was then drawn into the world of teaching the budding chefs of the future.

In 2004, Alison was the first ever chef to win a prestigious Churchill Fellowship and, later that year Alison claimed a further award: Outstanding Educator for Culinary Arts.

In 2008, she released her first cookbook, Fun, Fast and Fabulous Food –which was a roaring success.

She has since released 3 other cookbooks, all very successful, but her favourite book is her labour of love 'Eat for your Life' where she took readers on the powerful journey of her beloved sister Laura's fight to beat secondary, terminal breast cancer. In this book she shared with everyone her vast knowledge of food and nutrition and information on healthy diets that she believes can literally reverse some illnesses. Through Laura's story, Alison showed us how, from a complete change of diet, 'eating for your life' along with other supplements and regimes, saw her sister recover and remarkably, Laura has now been in full remission for 7 years. Alison is devoted to her family and 'Eat for your Life' was written in honour of them all.

She now owns and runs a professional cookery training school: The Institute of Culinary Excellence (ICE), which won the award as 'Best Small Training Provider' in 2018 and was named 'Best Culinary School' in Australia by the National Minister for Training. ICE is also in the top three schools in Queensland for 2019 too, which Alison is very proud of. She says 'I'm an educator and I was born to teach' and she continues to enjoy her life teaching and inspiring everyone around her.

Gemma Payton-Skaines developed her passion for the hospitality industry whilst completing her apprenticeship as a chef at the 5-star Park Hyatt hotel in Melbourne. After qualifying in 2000, she used the knowledge she had gained to work and travel through Europe and the UK, where she continued to learn under world-class chefs in diverse, multicultural environments, and honed her passion for food styling and presentation.

In 2003, whilst working as a head chef in London, she met her future husband Travis, and soon after they returned to Australia. Highlights in her career as a chef include cooking for celebrities such as David Beckham and Richard Branson, and catering the set of a music video shoot for ARIA award-winning musician Sarah Blasko.

2006 proved to be a turning point in Gemma's career. A freak accident resulting in a broken ankle meant standing on her feet all day in a professional kitchen was off the cards for a while. Gemma used this time to complete her Certificate IV in Training and Assessment, and commenced a new role as a chef teacher, where she enjoyed the fulfilment of helping others achieve their goals. 2006 was also the year Gemma first met Alison at a hospitality conference, and the two soon bonded over their shared passion for excellence in the hospitality industry. In 2008, Gemma was one of the first students to complete Alison's Graduate Diploma in Culinary Arts and Kitchen Management course, and has since collaborated with Alison on numerous occasions, including as a food stylist for Alison's previously published books.

Today Gemma continues to work as a chef teacher, whilst also undertaking food styling and event management projects. All whilst balancing life as Mum to her beautiful sons, Zachary and Xavier.

As someone who follows dietary restrictions for her own health reasons, Gemma is passionate about finding and creating delicious and healthy food which can be enjoyed by all.

Alison & Gemma

ALISON TAAFE & GEMMA PAYTON-SKAINES



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ALISON TAAFE

About the publisher

Queensland Meals On Wheels deliver healthy meals to clients' homes to not only ensure their nutritional requirements are being met, but to provide regular social contact and a friendly 'check in' to see all is well. Every day, a friendly smile, a chat about the weather, a nutritious meal and knowing someone will drop by to say hello changes the lives of many Australians. It's not just the clients who value this contact, ask any of the 15,000 Queensland volunteers and they will tell you that reaching out and making a difference in somebody's day, makes their day too.

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