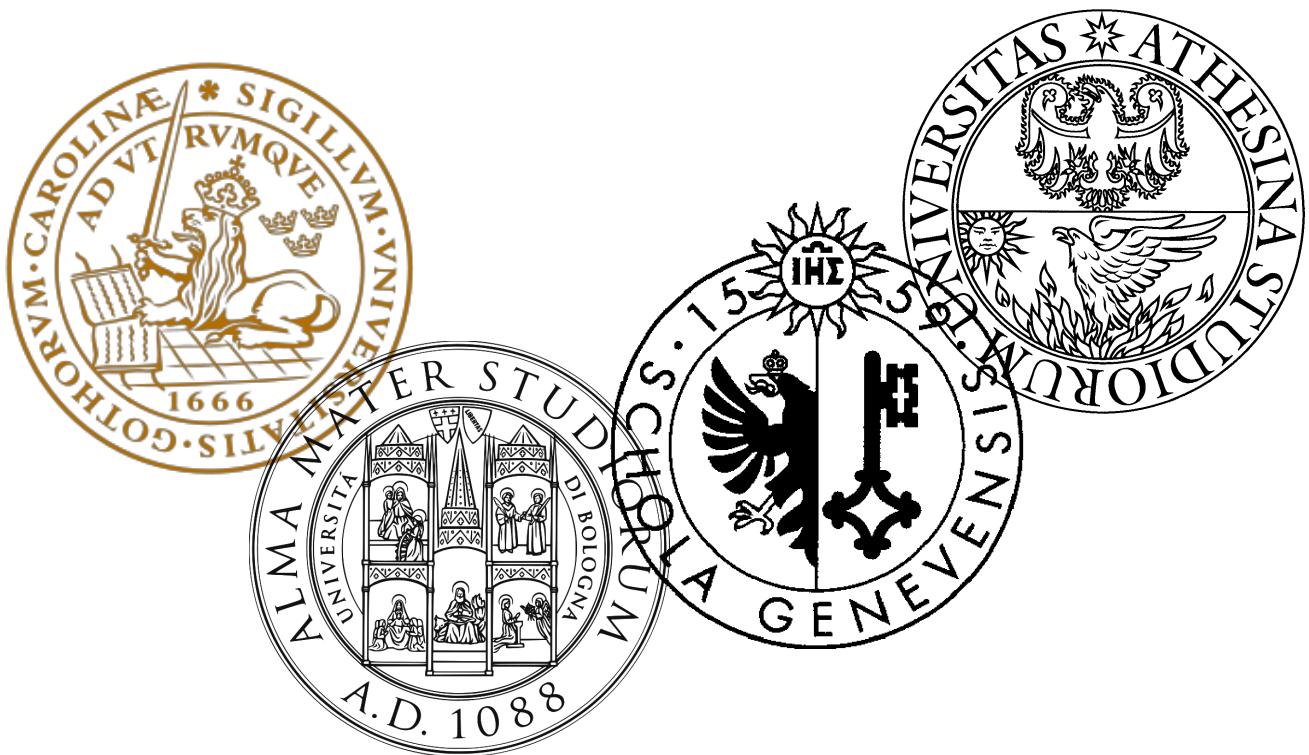




THE UNIVERSITY OF
MELBOURNE

Mum, can you send me some of your recipes...?

Recipes and advice to encourage healthy eating during your University exchange



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“Mum, can you send me some of your recipes...?”

Welcome to your exchange! You are about to enter one of the most exciting periods of your life. You have probably spent the last couple of months in a bit of a spin – obtaining a visa, choosing subjects (then rechoosing subjects!), finding accommodation, dealing with foreign bureaucracy, trying to pack six-months of “stuff” into one suitcase and, most importantly, bidding farewell to all your family and friends.

One element of exchange life, however, that many students don’t even think about, and do little to prepare for, is food: planning it, buying it, cooking it and eating it. If you haven’t had much experience in this area you can very quickly get it wrong.

Whilst on exchange, you may find that the social side of your life takes a larger proportion of your budget than it did back in Melbourne. Exchange offices regularly get urgent emails from students who have run out of money because they don’t know how to budget. Food costs are often the main cause of student overspending.

After you have paid all your bills etc, you may not have much money left for food meaning you’ll be tempted to resort to junk food. Junk food is high in fat, salt and sugar and in the long run is more expensive both for your budget and your health. It is very important that you eat well in order to keep yourself healthy – the last thing you want is to be sick overseas!

You are likely going to be heading to a northern hemisphere country where you’ll experience a winter that is much harsher, colder and darker than those in Melbourne. If you’re rundown, you’ll be more susceptible to simple infections such as colds. It will also take you longer to get over them. There is nothing worse than being sick in a foreign country far from home. Remember, mum is long way away.

This collection of recipes has been written with limited budgets, time and level of cooking ability in mind. Each recipe is designed to be both tasty and nutritional (many recipes include meat as an option for both cost and taste preference reasons).

The recipes have been written for a stovetop and oven only. However, if you do have a microwave, you should easily be able to adapt them to suit.

We hope you will use and enjoy this book and when your mother asks you whether you are eating properly, you can confidently say, “YES, mum”.

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Kitchen essentials

You will need some specialised equipment, but it's surprising how you can cook great meals with just a few basic utensils. Since you don't know what the facilities will be like where you are going, it's a good idea to take a kitchen pack with you. You can carry it in a plastic pencil case and if you colour code the utensils you can quickly identify which are yours when you pack up to return home.

A couple of T-towels with pictures of Melbourne and Australia (tram, Ayers rock, koalas and kangaroos) are also good fun to take with you, and you can leave them behind so the next exchange student has a link to the Aussie chef who came before them.

Kitchen pack to take with you

Measuring spoons and cups
Small Silicon stirring spoon
Small Silicon whisk (optional as you can use a fork)
Flat Grater
Small Tongs
Peeler
Combination can opener and bottle opener

Purchase on arrival

Sieve (for pasta, washing rice and vegetables etc.)
Medium chopping board
20–24cm non-stick saucepan – one that can be used on the stove as a frying pan or saucepan as well as being able to go into the oven

Cooking Terms

Bake: To cook food in an oven. Your oven should be preheated before cooking, which means to turn the oven on to the temperature stated in the recipe and allow to heat up for at least 15 minutes before you put the food in.

Baste: To spoon, brush or drizzle food with butter, sauce, pan juices or other liquid as it cooks to stop the food from drying out and to enhance the colour and flavour of the food. You can use a spoon or pastry brush.

Beat: To mix ingredients quickly until well blended. This can be done with a wooden spoon, hand mixer or food processor.

Blanch: To cook in rapidly boiling water for a 1 to 2 minutes, usually until a vegetable turns a bright colour of itself. Then immerse in cold water to stop the cooking. Food is blanched if we want it to keep its colour (for use in salads).

Boil: to heat water to 100C. Liquids reach a more rapid boil by covering the pot with a lid.

Chop: To cut food into pieces ranging from 6mm to 2.5cm cubes for chunks

Dice: To cut food into small cubes of equal size, usually 3mm to 6mm.

Fold: This means to gently incorporate a light, fluffy mixture such as whipped egg whites into a heavier mixture, such as batter. You do this by lifting from underneath and over with a rubber spatula or metal spoon until completely blended.

Julienne: To cut food, usually vegetables, fruit or cheeses into slender strips of equal size and length. These thin strips are usually called matchsticks.

Marinate: To soak meat, vegetables or fish in a seasoned liquid.

Parboil: This means to partially cook food, usually vegetables, in boiling water. This is usually done with pasta, which is later been used for a pasta bake recipe.

Pinch: A very small amount, usually held between the thumb tip and the forefinger.

Poach: To cook by submerging food in a gently boiling liquid.

Puree: To finely blend, or mash food into a smooth lump-free consistency. This can be done with a blender, hand mixer, food processor or even a fork.

Roasting: A cooking method using high heat in an oven; usually crisping the exterior of food, while cooking the interior.

Sauté: To cook food quickly in a hot pan with a fat; usually oil or butter.

Simmer: To cook a liquid just below boiling point. The bubbles should rise gently to the surface.

Slice: To cut into long, thin pieces.

Steam: This means to cook food, usually vegetables, in a pot or saucepan with a steamer insert placed over water.

Stir-fry: To cook meat & vegetables quickly over high heat. Food is cut up into small, even sized pieces.

Whip: To beat rapidly with a spoon, whisk or hand mixer

Oven Temperature conversion

Depending on which country you are doing your exchange in will depend on which oven temperature to use. Gas Mark is used in England, Ireland and some commonwealth countries. Fahrenheit is used in the United States and Celsius is used everywhere else.

This is an **approximate** conversion chart between gas mark and electric oven and should be accurate enough for all your cooking needs.

Oven temperatures

Celsius (electric)	Celsius (fan forced)	Fahrenheit	Gas
120°	100°	250°	1 very slow
150°	130°	300°	2 slow
160°	140°	325°	3 moderately slow
180°	160°	350°	4 moderate
190°	170°	375°	5 moderately hot
200°	180°	400°	6 hot
230°	210°	450°	7 very hot
250°	230°	500°	9 very hot

Measuring Food and Liquids

Use cup and spoon measures for dry and solid ingredients and a cup or measuring jug for liquid ingredients. When measuring dry or solid ingredients, dip the cup or spoon measure into the food and lift out. Use the edge of a knife to scrape across the surface, removing excess ingredients so the surface is flat. When measuring liquids, place the cup or jug onto a flat surface and bend down to check at eye level.

Metric cup & spoon sizes

Cup	Metric
1/4 cup	60ml
1/3 cup	80ml
1/2 cup	125ml
1 cup	250ml

Spoon	Metric
1/4 teaspoon	1.25ml
1/2 teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoons	10ml
1 tablespoon	20ml

Metric	Cup	Imperial
30ml		1 fl oz
60ml	1/4 cup	2 fl oz
80ml	1/3 cup	3 1/2 fl oz
100ml		2 3/4 fl oz
125ml	1/2 cup	4 fl oz
150ml		5 fl oz
180ml	3/4 cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 3/4 fl oz

Bean recipes

Easy Boston Baked Beans

What do I need?

1 onion, chopped
1 garlic clove, crushed or 1teaspoon bottled garlic puree
Small knob of ginger, peeled but kept whole or 1teaspoon bottled ginger puree
1 rasher bacon, cut thick and into strips
1x400gm can chopped tomatoes
1 teaspoon tomato paste
1 bay leaf
1 thyme sprig or pinch dried thyme
Sprinkle brown sugar
1 tablespoon maple syrup
1 tablespoon Dijon mustard
¼ teaspoon cumin
1 clove
1 cup water
1x400gm can white beans, drained and rinsed

What do I do?

Put all ingredients in a saucepan and simmer for 30 minute
Serve with thick slices of toasted sour dough bread

Bean Chilli

If you want to make it a 100% vegetable chilli omit the meat and add a green pepper, a corn cob or small can of corn and a second can of beans such as lima or butter beans

What do I need?

1 tablespoon oil
1 onion, diced
2 garlic cloves, crushed or 2 teaspoon bottled garlic puree
½ red pepper, diced
1-2 jalapenos or 1 long hot chilli, seeded and finely chopped
1 tablespoon chilli powder
100gm beef mince (optional)
1x400gm can kidney beans
½ tablespoon cumin
½ teaspoon dried oregano
Pinch or two of paprika
Pinch or two of cayenne pepper
1 tablespoon tomato paste
1x400gm can chopped tomatoes
Stock or water

What do I do?

Heat oil and sauté onion, garlic, red pepper, jalapeno and chilli powder.

Add mince and cook until it changes colour.

Add all remaining ingredients and simmer 30 minute.

Serve over rice with grated tasty cheese and corn chips

Spanish Chickpea Stew

What do I need?

1 tablespoon oil

1 rasher bacon or equivalent amount chorizo sausage chopped into cubes

1 red onion, chopped

1 stick Celery, sliced

1 carrot, diced

1 sprig fresh thyme or pinch of dried thyme

Bay leaf

Chestnuts (canned and unsweetened)

1 teaspoon paprika

1x400gm can chickpeas, drained and rinsed

Handful spinach leaves

What do I do?

Heat oil and sauté bacon or chorizo until just beginning to colour.

Add onion, celery, carrot & herbs and continue cooking until vegetables softened

Add chestnuts, breaking up with the back of a wooden spoon

Sprinkle paprika over and stir to combine

Add chickpeas and simmer for 5 minutes (add a touch of water if required)

Add spinach and toss until wilted

Serve over rice or with a slice of crusty bread

Bean filling for Tacos or Enchiladas

What do I need?

Dry ingredients

1 tablespoon cumin

½ teaspoon nutmeg powder

½ teaspoon allspice

½ teaspoon paprika

½ teaspoon cracked pepper

Wet ingredients

1 tablespoon oil

½ onion, diced

100gm mince or 1x400gm can red kidney beans or half quantity of each

½ green pepper diced

½ red pepper diced

1 tomato chopped

2 fresh red chilli chopped

1 teaspoon tomato paste

2 tablespoon water

What do I do?

Heat oil and sauté onion until golden
Add mince or beans and cook until mince has changed colour
Add dry ingredients and cook 2 minutes
Add remaining wet ingredients and simmer for 20-30 minutes until cooked
Serve in taco shells with shredded lettuce, chopped tomato and grated cheese

OR...

Take 2 flour tortillas and place 1/3 of the filling mixture in the middle of the tortillas.
Roll up each tortillas and place in greased baking dish with the fold on the bottom on the dish.
Spoon remaining 1/3 filling mixture over tortillas. Sprinkle with grated cheese
Bake 10-15 minutes until cheese is bubbling

Corn Bread

What do I need?

Dry mixture

½ cup cornmeal (polenta)
¼ cup plain flour
½ tablespoon baking powder

Wet mixture

1 small egg
85ml milk
1 tablespoon oil
½ cup corn
1 tablespoon red pepper, diced
1 tablespoon spring onion, sliced
½ cup cheese grated

What do I do?

Mix dry ingredients together
Combine wet ingredients then add to dry and stir until just combined
Pour into greased baking dish, muffin tins or muffin paper cups and bake at 180 for 15-20 minute

Cheese recipes

Baked Ricotta Cake Master Recipe

250gm ricotta cheese
1 egg
¼ cup cream or milk

Add filling variation of choice to master recipe ingredients and stir to combine
Pour into greased baking dish and bake at 180 for 20-25 minutes

Filling Variations

#1 Herb & Olive filling

½ cup fresh basil, chopped
¼ cup fresh mint, chopped
¼ cup fresh parsley, chopped
¼ cup grated Parmesan cheese, chopped
6 olives, chopped

#2 Green Vegetable filling

¼ cup fresh or frozen peas
½ cup fresh or frozen broad beans
Handful spinach leaves, blanched and chopped
¼ cup Parmesan cheese

#3 Roasted Red Pepper

1 onion, sliced and sautéed
1 potato, parboiled or sautéed with onion until almost cooked
1 red pepper, roasted and cut into strips or use bottled roasted peppers cut into strips
¼ cup Parmesan cheese

Couscous recipes

Couscous Master Recipe

This quantity will be enough for 2 meals. You can easily freeze or store in fridge for a couple of days e.g. day 1 tagine, day 2 salad

What do I need?

1½ cup couscous
300ml warm water
1½ tablespoon oil

What do I do?

Place couscous and oil in bowl and pour warm water over
Stir and leave 10 minutes
Rub the couscous between your fingers to break up the lumps

Variations (serves 1)

You can change the quantity of vegetables to suit yourself
Fresh coriander & preserved lemon are optional

#1 Artichokes, Potatoes, Peas & Saffron

What do I need?

1 tablespoon oil
½ onion cut in half then sliced
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
½ teaspoon whole coriander seeds (not ground)
¼ teaspoon whole cumin seed (not ground)
1 teaspoon ground turmeric
½ teaspoon dried mint
2 potatoes- cut into quarters
1 preserved artichoke cut into quarters
¼ cup fresh coriander
½ cup fresh or frozen peas
¼ preserved lemon (remove pulp and finely chop rind)

What do I do?

Heat oil and sauté onion
Add garlic, seeds, turmeric & mint
Add potatoes and 100ml chicken stock or water. Cook 10 minutes
Add artichokes & coriander. Cook 5 minutes
Add peas & lemon. Cook 10 minutes, until vegies are cooked and sauce is thick
Serve over couscous, sprinkled with fresh mint

#2 Sweet Potato, Shallots, Carrots & Prunes

What do I need?

1 tablespoon oil
1 teaspoon grated ginger or 1 teaspoon bottle ginger puree
½ cinnamon stick
4 shallots-peeled and kept whole
1 sweet potatoes or pumpkin or yam or potato
1 carrot, cut into bite size chunks
12 prunes
Squeeze honey
Chicken stock or water
¼ cup fresh coriander

What do I do?

Heat oil and sauté ginger & cinnamon for 1 minute
Add shallots and sauté until they begin to colour
Add vegetables. Toss for 2 minutes
Add prunes honey & stock. Simmer for 20-25 minutes
Add coriander, season then cook 2-3 minutes, until sauce is syrupy
Serve over couscous with fresh coriander and mint leaves and whole almonds

#3 Butter Beans, Cherry Tomatoes and Black Olives

What do I need?

1 tablespoon oil
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
1 small onion, ½ then sliced
1 red or green chilli, deseeded and sliced
½ teaspoon coriander seeds
1 tablespoon grated ginger
1 can or punnet of Cherry tomatoes
½ teaspoon dried thyme
1x400gm can butter beans, drained and rinsed
Black olives, chopped
Squeeze lemon juice
Salt/pepper

What do I do?

Heat oil and sauté garlic, onion & chilli until soft
Add coriander seeds & ginger. Sauté 4-5 minutes
Add tomatoes & thyme. Cover and simmer until tomatoes begin to wrinkle
Add beans & olives and simmer until beans are heated
Serve over couscous with a dollop of yoghurt and a sprinkle of parsley

#4 Chickpea and Vegetables

What do I need?

1 tablespoon oil
1 onion, chopped
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
Pinch cayenne pepper
¼ teaspoon paprika
Pinch ginger powder
½ teaspoon turmeric
½ teaspoon ground cumin
½ teaspoon cinnamon or a stick
1x400gm can chopped tomatoes
Raisins (optional)
Various vegetables (carrot, pumpkin, leek, zucchini, green beans, spinach etc.)
1x400gm can chickpeas, drained and rinsed

What do I do?

Heat oil and sauté onion & garlic until soft
Add spices and cook 1-2 minutes
Add tomatoes, raisins and the vegies (e.g. carrot, pumpkin, and leek) that take the longest to cook and simmer until almost cooked
Then add chickpeas and any vegies that take less time to cook (e.g. spinach, zucchini, and green beans) and cook 5 minutes
Serve over couscous with chopped coriander or parsley

Egg recipes

Frittata or Tortilla Master Recipe

What do I need?

3-4 eggs
Dash of milk
Salt/pepper

What do I do?

Mix then pour over chosen filling variation and bake in mod oven for 20-30 min until set.

Filling Variations

#1 Eggplant and Tomato Sauce

What do I need?

1 eggplant cut thickly and grilled until browned or pre-grilled eggplant slices from a delicatessen (use paper towel to remove excess oil)
1 quantity tomato and basil sauce (see basic recipes, pg. 41)
Mozzarella cheese

What do I do?

Layer 1/3 eggplant pieces on base of greased pan.
Spread with 1/2 tomato sauce then with 1/2 the cheese. Add another layer of eggplant, tomato sauce and cheese and top with eggplant.
Pour over egg mixture and bake until set 25-30 minutes

#2 Potato and Red Pepper

What do I need?

1 tablespoon oil
1 potato, peeled and cut into small cubes
1 red pepper, sliced
1/2 cup peas
Parsley, finely chopped

What do I do?

Heat oil and sauté the potatoes until almost cooked.
Add pepper and cook until softened.
Add peas and parsley. Pour over the egg mixture and bake until set 25-30 minutes

3 Sausage and Peppers

What do I need?

- 1 tablespoon oil
- 1 fresh hot sausage, removed from casing and broken into bite-sized pieces
- 1 onion, chopped
- 1 red or green pepper, chopped
- 1 tomato chopped
- 2 tablespoon Parmesan cheese

What do I do?

Heat oil and cook sausage pieces until the meat changes colour.
Add onion and pepper and continue sauté until they go soft.
Add tomato and stir to combine.
Add cheese to egg mixture then pour over sausage mixture and bake until set 25-30 minutes

#4 Mexican

What do I need?

- 1 tablespoon oil
- 1 onion, chopped
- ½ each Red/green pepper, chopped
- Jalapeno chilli, chopped
- 1 cob corn or equivalent canned or frozen
- 1x200gm red kidney beans
- 1 tomato chopped (optional)

What do I do?

Heat oil and sauté onion, peppers & chilli.
Add corn & beans. Combine.
Add tomato to egg mixture, pour over pepper mixture and bake until set 25-30 minutes

#5 Mexican Variation:

What do I do?

Omit tomato and serve with guacamole or tomato salsa instead.

Baked Eggs

What do I need?

1 chorizo or bacon rasher, sliced
½ cup peas or handful spinach
1 quantity tomato sauce (see basic recipes pg. 41)
3 eggs

What do I do?

Cook chorizo or bacon until starting to brown and crisp. Remove and set aside
Using the same pan add spinach and quickly toss until wilted. Remove and set aside
Pour tomato sauce over base of pan
Place chorizo or bacon and peas or spinach on top of sauce
Break eggs over the top then bake at 180 until cooked 10-15 minutes

Pasta recipes

Master Macaroni and Cheese Recipe

What do I need?

1 tablespoon butter
1 tablespoon plain flour
1 cup milk
1 cup grated cheese
NB: can use premade béchamel sauce from supermarket

Pasta (boil until half cooked, drain and set aside)

For the topping
½ cup breadcrumbs
1 tablespoon parsley chopped
¼ cup Parmesan

What do I do?

Melt butter in a small saucepan
Add flour and stir to combine with a wooden spoon or whisk then cook 1 minute
Add milk and stir to combine. Bring to boil then reduce to simmer and continue whisking until sauce thickens. Simmer 1 minute
Add cheese and season with pepper
Add pasta and combine
Pour into greased baking dish.
Combine topping ingredients and sprinkle over pasta.
Bake at 180 for 20 minutes.

Variations

#1 Southern Style

What do I need?

½ onion, finely chopped
1 teaspoon mustard
Black pepper
2 pinches nutmeg
1 pinch cayenne pepper
½ cup sour cream
¼ teaspoon Worcestershire sauce

What do I do?

Add onion to step 1 and lightly sauté
Add dry spices in step 2 when adding flour
Add sour cream and Worcestershire sauce when adding cheese

#2 Spicy Style

What do I need?

½ onion, chopped
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
1 jalapeno or other similar chilli
¼ teaspoon coriander
½ teaspoon cumin
1x400gm can chopped tomatoes

What do I do?

Add onion, garlic and chilli to step 1 and lightly sauté
Add dry spices to step 2 when adding flour
Add tomatoes when adding cheese

#3 Variation for Southern and Spicy Style

What do I do?

Add rasher bacon (chopped) to first step
Add chopped ham to third step

#4 Chilli Style

What do I need?

½ onion
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
1 red pepper
1 corncob or equivalent canned or frozen

What do I do?

Add onion, garlic and red pepper to first step and lightly sauté
Add corn when adding cheese

#5 Mushroom

What do I need?

Handful mushrooms, sliced
1 small leek, sliced

What do I do?

Add mushrooms and leek to first step

Spaghetti Bolognaise Sauce

(makes two serves)

What do I need?

2 tablespoon olive oil
1 onion, finely diced
1 medium carrot, finely diced
1 stick celery, finely diced
250 gm beef mince or 50/50 beef and pork or beef and veal
1 clove garlic, crushed or 1 teaspoon bottled garlic puree
Dash red wine (optional)
1x400gm can chopped tomatoes
1 heaped tablespoon tomato paste
½ teaspoon dried oregano

What do I do?

Heat olive oil and add onions, carrot and celery and sauté until soft
Add mince and garlic and cook until the meat changes colour
Add red wine and simmer until it has evaporated
Add remaining ingredients and bring to boil
Reduce to simmer and cook 30 minutes until thick and rich red in colour
Add extra water during cooking if it becomes too dry
Serve over cooked pasta of choice and mix until pasta is coated with sauce
Sprinkle with Parmesan cheese and serve

Risotto recipes

Risotto Master Recipe

This quantity will make 2–3 serves.

You can reheat the leftovers the next day and have a second meal of the risotto or make them into risotto fritters while still hot.

Serve half the risotto for your meal and then to the second half add 1 egg and mix into the rice mixture.

Take ¼ cup amounts and shape into patties.

Coat in breadcrumbs or flour.

Chill overnight then the next day shallow fry until golden brown.

What do I need?

1 tablespoon Oil
1 onion, finely chopped
1 cup rice (Carnaroli if possible, if not, Arborio)
Dash white wine
3 cups stock

What do I do?

Heat oil and sauté onion until soft, then add rice and stir until it's coated in oil

Pour over wine and let it sizzle off

Add stock 1 ladle at a time all the time stirring with a wooden spoon until rice is cooked, approx. 15-20 minutes

Take off heat; add Parmesan cheese, cover and leave to sit for 2-3 minutes

Variations

#1 Italian Sausage filling

What do I need?

1 Italian sausage removed from casing and broken into bite size pieces
Handful Mushrooms, sliced
1 radicchio, sliced

What do I do?

Add sausage & mushroom to step 1

Add radicchio just before end of cooking and stir to combine until it softens

#2 Chicken and Green Vegetables

What do I need?

100gm chicken meat (thigh has best flavour) or you can use leftover roast chicken pieces
Peas or asparagus or spinach or artichoke

What do I do?

Add chicken to step 1 if not cooked.
Add green vegetables and cooked chicken with last ladle of stock

#3 Roasted Pumpkin

What do I do?

Cut pumpkin into small chunks and roast until crisp.
Sprinkle balsamic vinegar over them while still hot. Leave to soak in.
Add to basic recipes with last ladle of stock

#4 Roasted Vegetables

What do I do?

Add small chunks of roasted vegetables (cherry tomatoes, eggplant, capsicum, onion, and zucchini) with the last ladle of stock

#5 Mushroom and Peas

What do I do?

Add 1 handful of sliced mushrooms & 1 slice chopped pancetta to step 1
Add ½ cup peas with last ladle of stock

Salad recipes

Couscous Salad Master Recipe

What do I need?

¾ cup couscous
½ teaspoon cumin, ½ teaspoon ginger, ½ teaspoon paprika, ½ teaspoon chilli flakes
1½ tablespoon oil
150ml warm water
2 tablespoon parsley, 2 tablespoon coriander, 4 tablespoon oil, zest of lemon

What do I do?

Place couscous, oil and spices in a bowl and pour over water
Stir and leave 10 minutes
Rub the couscous between your fingers to up the lumps
Add parsley, coriander, 4 tablespoon oil and lemon zest.
Add any combination of following ingredients to taste

Variations

#1 Mediterranean Flavours

What do I need?

Sundried tomatoes
Artichokes
Red pepper, strips
Red onion chopped
Roasted eggplant/zucchini/fennel
Olives
Fresh parsley
Fresh mozzarella cheese

#2 Middle East Flavours

What do I need?

Red onion, chopped
Roasted carrots/pumpkin/beetroot
Roasted eggplant/zucchini/fennel
Chickpeas
Prunes, quartered or whole raisins
Pistachio or almonds
Fresh coriander
Soft goat's cheese

Roasted Root Vegetable Salad

What do I need?

- 1 potato
- 1 carrot
- 1 parsnip
- 1 turnip
- 1 sweet potato
- 1 small piece pumpkin
- 1 or 2 beetroot

For the dressing...

- 2 tablespoon parsley, chopped
- 1 garlic clove, crushed or 1 teaspoon bottled garlic puree
- Splash balsamic vinegar
- Soft goats cheese broken into bite sized pieces

What do I do?

Cut vegetables into chunks, drizzle with oil and roast until cooked and crisp. Set aside to cool
When cool enough to handle, place vegies in a bowl and toss with dressing
Add cheese and serve with bread

Tuna Nicoise

What do I need?

- 1x160gm can tuna, drained
- 1 potato, boiled and cut into chunky pieces
- 1 tomato, sliced into wedges
- 1 egg, boiled and quartered
- Green beans, cut into 2-3 cm lengths and blanched
- Black olives

What do I do?

Arrange ingredients onto a plate and serve with crusty bread

Cajun Chicken Salad

What do I need?

- 1 chicken breast
- 1-2 tablespoon Cajun spice mix (refer to basic recipe pg. 42)
- 1 tablespoon olive oil
- 1 corn cob or 1x200gm can corn niblets drained
- 1 tomato, chopped
- 1x400gm can black beans or black-eyed beans or pinto beans, drained
- ½ red pepper, chopped
- 1 avocado, peeled and chopped
- ¼ cup coriander, chopped and juice of 1 lime or lemon

What do I do?

Slice the chicken breast into 6- 8 even sized strips
Coat chicken pieces with Cajun spice mixture
Drizzle olive oil over chicken and grill or bake until cooked and outside is slightly crisp
Remove from heat and set aside on a dinner plate
Combine remaining ingredients together on a plate
Place chicken slices over the salsa and serve

Tuna and White Bean Salad

What do I need?

1x200gm can tuna (either in oil or spring water) drained
1x440gm can white beans, drained
1 small red onion, finely diced
1 tomato chopped
½ green pepper, chopped
¼ parsley, finely chopped
Lemon juice to taste

What do I do?

Combine all ingredients except lemon juice together and gently toss to combine
Season with lemon juice and salt/pepper to taste

End of the week salad

This is made from whatever vegetables you have leftover at the end of the week. Prepare vegetables and combine with a protein food such as cold left over roast meat or two boiled eggs or a can of chickpeas.

Cooked vegetables- cut to size then blanch

Broccoli, cut into small flowerettes, cut the stem into diagonal slices
Asparagus, cut into 2-3 cm lengths
Green beans, cut into 2-3cm lengths
Cauliflower, cut into small flowerettes

Uncooked vegetables-cut to size

Carrots, peeled into long strips
Tomatoes cut into eight wedges
Celery, cut into thin diagonal slices
Spring onions, cut into thin diagonal slices
Red or green capsicums, cut into thin strips
Mushrooms, cut into thin slices

Soup recipes

Lentil & Italian sausage

What do I need?

- 1 Italian sausage
- 1 tablespoon oil
- 1 onion, chopped
- 1 carrot, diced
- 1 celery rib, finely sliced
- 1 garlic clove, crushed or 1 teaspoon bottled garlic puree
- 1 bay leaf
- ½ cup lentils
- 1 tablespoon tomato paste
- Handful spinach

What do I do?

Break sausage into small pieces and sauté in heated oil until it changes colour
Add onion, carrot, celery and sauté until onion softens.
Add garlic and bay leaf. Cook 1 minutes
Add lentils and enough water (with tomato paste) to cover.
Bring to boil then simmer 10-15 minutes until lentils are cooked.
Add spinach and stir until wilted.
Pour over a dash of red wine vinegar and serve with a slice of crusty bread

Corn Chowder

What do I need?

- 1 red onion, diced
- 1 slice bacon, diced
- 1 carrot, diced
- 1 stick celery, sliced
- 1 red or green pepper or ½ and ½
- 1 potato, cubed
- 1 corncob or equivalent frozen or canned corn pieces

What do I do?

Fry onion and bacon together until onion is softened
Add carrot, celery and pepper and sauté 5 minutes
Add potato and enough water to cover. Bring to boil then simmer 5 minutes.
Add corn and simmer 5 more minutes or until potato is cooked
Serve sprinkled with chopped parsley

Chicken, Couscous and Vegetable Soup

What do I need?

1 tablespoon oil
1 onion, chopped
1 carrot, chopped
Chicken (either chicken wings or 1 thigh-approx. 100gm) or you can use leftover roast chicken pieces
1 cinnamon stick
½ teaspoon paprika
Pinch chilli powder
½x400gm can chopped tomatoes
1 zucchini, chopped
2 small squashes, quartered
¼ cup couscous

What do I do?

Heat oil and sauté onion and carrot until softened
Add chicken and sauté 5 minutes
Add spices and cook until fragrant
Add tomatoes and enough water to cover. Simmer 10 minutes
Add remaining vegetables and simmer 10 minutes
Add couscous and cook, stirring for 5 minutes
Remove cinnamon stick and serve garnished with chopped coriander

Cuban Bean Soup

What do I need?

1 tablespoon oil
1 onion, chopped
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
½ green pepper, chopped
½ red pepper, chopped
Sprinkle of chilli flakes
¼ teaspoon cumin
Bacon bones or 1 chorizo sausage or 100gm chicken pieces (you can use leftover roast chicken pieces)
1 tomato, chopped
1x400gm can of black or red kidney beans, drained

What do I do?

Heat oil and sauté onion, garlic, peppers, spices and meat until vegies have softened and meat has changed colour
Add tomato and beans and add water until covered.
Bring to boil and simmer for 10-15 minutes or 30 minutes if using bacon bones

Soup Tips

Choose a protein (meat or beans or pulses) and the vegetables to go with them. Small pasta shapes and a handful of rice can be used to thicken and also add protein. If you use cheap meat (shanks or ham hocks) it will take approximately an hour to cook. If this is the case, cook meat and base vegies (onion, carrot, celery) with water or stock until it is cooked and coming off the bones. Remove bones, then add the rest of the ingredients and simmer until cooked. Soup is a good way to use up left over vegies or vegies that have seen better days. You can start with a can of beef or chicken consommé or a packet of stock cubes and add the vegetables, cook until done. Always serve with thick crusty bread.

Soup styles and ingredients:

Italian soups:

Onion
Garlic
Celery
Carrot
Tomatoes (paste and/or canned),
Zucchini
Peas/beans
Potatoes
Pancetta
Small pasta
Parmesan rind

Middle-Eastern soups:

Lamb (shank)
Onion
Garlic
Cumin
Paprika
Tomato paste
Canned tomatoes
Chickpeas

Pastry recipes

Quiche Master Recipe

What do I need?

1 quantity short crust pastry (see basic recipes pg.42) or 1 sheet of frozen pastry, thawed
3 eggs
¾ cup milk
¼ cup grated cheese
Filling mixture (variations below)

What do I do?

Roll out pastry and line greased flan pan
Combine egg, milk, cheese and filling mixture. Pour into pastry shell
Bake at 180 for 25-30 minutes

Filling variations

#1 Quiche Lorraine

What do I need?

1 rasher bacon, chopped
2 spring onions finely sliced

#2 Spinach

What do I need?

Couple handfuls spinach, blanched, squeezed and chopped
Pinch nutmeg

#3 Asparagus

What do I need?

1 bunch asparagus, cut into 2-3cm pieces- add to egg/milk mixture
1 tomato, sliced (place on top of quiche mixture)

#4 Leek and Bacon

What do I need?

1 leek, (sliced)
1 bacon rasher, chopped
Sauté leek and bacon together until soft then add to egg/milk mixture

Cornish Pasties

(makes two)

What do I need?

1 quantity short crust pastry (refer to basic recipes pg.42) or 2 sheets of frozen pastry, thawed
½ onion, finely chopped
½ large potato, chopped
¼ carrot, chopped
1 tablespoon fresh or frozen peas
1 tablespoon fresh or frozen corn
50gm mince
Parsley, chopped
Pepper

What do I do?

Divide pastry into 2 equal pieces and roll each to a circle of approx. 20cm diameter.
Combine remaining ingredients, divide into two equal amounts and place on one half of each of the two circles (leaving a boarder of blank pastry around the edge)
Brush milk around edge of pastry
Lift up pastry side of circle and pull over filling. Press edges together
Glaze with milk, prick top with a fork and bake at 180 for 20-30 minutes

Calzone

(makes two)

What do I need?

1 quantity short crust pastry (refer to basic recipes pg. 42) or 2 sheets of frozen pastry, thawed
1 quantity of selected filling variation

What do I do?

Divide pastry into 2 equal pieces and roll each to a circle of approx. 20cm diameter
Combine ingredients of filling variation, divide into two equal amounts and place on one half of each of the two circles (leaving a boarder of blank pastry around the edge)
Brush milk around edge of pastry
Lift up pastry side of circle and pull over filling. Press edges together
Glaze with milk, prick top with a fork and bake at 180 for 20-30 minutes

Filling variations

#1 Sausage and Roasted Pepper

What do I need?

1 Italian pork sausage, remove casing and break into bite size pieces
½ cup ricotta cheese
¼ cup mozzarella cheese
1 egg
1 tablespoon pine nuts
½ roasted red pepper, sliced

#2 Spinach and Cheese

What do I need?

¼ onion sauté onion and garlic together
Handful spinach add to onion mixture and wilt
½ cup ricotta cheese
¼ cup mozzarella cheese
1 egg
Pinch nutmeg

Egg and Bacon pie

What do I need?

1 quantity short crust pastry (refer to basic recipes pg. 42) or 2 sheets of frozen pastry, thawed
2 rashers bacon, sliced
2-3 eggs
Dash milk
Parsley
Pepper

What do I do?

Roll out pastry to be twice the size of pie dish. Line greased pie dish with excess pastry hanging over edges
Place bacon pieces over base of pastry
Break eggs over bacon then pour over milk and drag it through the eggs with a knife. Season.
Carefully pull up hanging pastry and bring together in the middle. Pinch edges over the centre of the pie. It doesn't matter if it looks chunky or messy, but make sure there are no gaps or the egg/milk mixture will leak out.
Bake at 180 for 30–40mins.

Sausage Rolls

(makes two serves)

What do I need?

300gm pork or beef mince, twice minced
1 onion, finely chopped
1 carrot, grated
¼ cup parsley, finely chopped
1 dash tomato sauce
1 egg
½ cup breadcrumbs
1 quantity shortcrust pastry recipe (refer to basic recipes pg.42) or 2 sheets frozen pastry, thawed
2 tablespoon milk

What do I do?

Combine all ingredients - except pastry and milk - together in a bowl
Roll pastry into a rectangle shape approximately 32cm by 20cm
Cut into 4 equal sized strips (approx. 8cm wide and 20 cm long)
Divide meat mixture into 4 equal sized pieces and roll each into a sausage shape same length as the pastry
Lay each sausage along the middle of each pastry strip
Dip your finger into the milk and run along one edge of the pastry
Bring both edges of pastry together. Using the back of a fork press both edges firmly together.
Repeat for other strips and place on baking tray.
Using your finger lightly brush pastry with milk then press a dinner knife into the top of the pastry making 3 even indentations (5cm apart). Do not cut through the pastry.
Using a fork press prongs once in each section to make vent holes
Place tray in oven and bake at 180 for 30 minutes

Rice recipes

Pilaf

(makes two serves)

What do I need?

1 tablespoon oil
½ onion, sliced
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
1cm piece ginger, peeled and finely chopped or 1 teaspoon bottled ginger puree.
6 cardamom pods
4 cloves
½ stick cinnamon
100gm chicken meat e.g. thigh, cut into bite size pieces
1 carrot, grated
¾ cup basmati rice
250 chicken stock or water
¼ cup fresh or frozen peas
1 tablespoon almonds
Garam masala

What do I do?

Heat oil and sauté onion and garlic in oil until softened
Add ginger and whole spices. Cook 1 minute
Add chicken and carrot and cook for 2-3 minutes
Wash rice and drain well. Add to pot with stock or water and bring to boil
Reduce to simmer. Cover with foil and then place the lid on top to make a tight seal
Cook for 5 minutes then add peas and cook for 5 more minutes. Turn off heat and let rest for 5 minutes
Serve with almonds on top and a sprinkle of garam masala and yoghurt

Mexican Red Rice

What do I need?

1 tablespoon oil
½ onion, diced
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
1 chilli, chopped
½ cup rice
½ can tomato puree
1 carrot, diced
¼ cup fresh or frozen peas
¼ cup fresh or frozen corn
1 cup water

What do I do?

Heat oil and sauté onion, garlic and chilli until soft
Add rice and vegetables and stir to combine
Add water and bring to boil. Reduce to simmer and cook until rice is tender, approx. 10-12 minutes
Remove from heat, cover and sit 5 minutes
Serve garnished with fresh coriander

Southern Red Beans and Rice

What do I need?

1 tablespoon oil
1 onion, chopped
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
50–100gm Polish sausage sliced (optional)
1 stick celery, sliced
½ green pepper, chopped
½ cup rice
1 can kidney beans
Bay leaf
¼ teaspoon oregano

What do I do?

Heat oil and sauté onion, garlic and sausage until coloured
Add celery and pepper and sauté until softened
Add rice, bean, herbs and cover with water and bring to boil
Reduce heat, cover and simmer until rice is cooked

Fried Rice

What do I need?

1 tablespoon oil
1 garlic clove, crushed or 1 teaspoon bottled garlic puree
Carrot, thin batons
Celery, diagonal sliced
Snow peas, diagonal sliced
Red pepper, sliced
Bok Choy diagonal sliced
Bean Shoots
Mushrooms, sliced
1 cup cooked rice
Oil
Soy sauce

What do I do?

Heat oil and sauté vegetables, remove from pan
Add more oil to pan then add rice and toss
Return vegetables to pan. Add soy sauce and stir through
Serve garnished with spring onions

Variation:

Add a two-egg omelette (cut into shreds) to mixture at step 3

Add 100 gm Chinese roasted pork to mixture at step 3

Vegetable recipes

Stuffed Vegetables

Zucchini: Cut in half length-wise and remove inside flesh with a teaspoon (leaving an outside edge so it still keeps its shape and can be stuffed). Set flesh aside for stuffing.

Eggplant: As above.

Capsicum: Cut top off. Clean out inside membrane and replace top.

Tomatoes: Slice off top and keep. Scoop out flesh with a spoon. Keep flesh aside for stuffing.

What do I do?

Choose a filling variation and spoon into hollowed out vegetable of choice (for Capsicum and Tomato, replace tops).

Place stuffed vegetable onto the bottom of greased baking dish and pour over one quantity of Basic Tomato Sauce (see pg. 41).

Cover with a lid or aluminium foil and bake at 180° C for 30 to 40 minutes.

Variations

#1 Greek Style

What do I need?

½ onion, chopped
2 tablespoon oil
50 gm mince lamb or beef
1 cup cooked rice (you can use leftover cooked rice)
1 tomato chopped and/or chopped pulp from vegetable being stuffed
1 tablespoon parsley, chopped
Pinch cinnamon

#2 Moroccan Style

What do I need?

½ onion, chopped
2 tablespoon oil
1 cup cooked rice (you can use leftover cooked rice)
1 tablespoon pine nuts
1 tablespoon currants or raisins
1 tomato chopped and/or chopped pulp from vegetable being stuffed
Pinch cinnamon
½ teaspoon dried mint
Squeeze lemon juice

Vegetable Lasagne

What do I need?

Use any combination of the following vegetables. It will be cheaper to grill or sauté your own vegetables but you can use bought grilled vegetable slices from the supermarket.

- 1 Eggplant, sliced and grilled
- 1 Zucchini, sliced and grilled
- 1 Roasted red capsicum slices
- 1 handful mushrooms, cut thickly and sautéed
- 1 medium Potato, sliced and grilled
- 1 palm sized piece pumpkin, thinly sliced and grilled
- 1 handful spinach, steamed and chopped
- 1 quantity Basic Tomato Sauce recipe (see pg. 41) or a bottle of Neapolitan sauce
- Mozzarella cheese

What do I do?

Grease a baking dish and layer vegetables, pouring a small amount of tomato sauce between each layer.

Finish with sauce then top with cheese.

Bake until hot and cheese has melted.

Take a can of Tuna...

Tuna Pasta

What do I need?

1x160gm can tuna (drain but keep oil)
½ onion, chopped
Garlic, crushed
Handful mushrooms, sliced
Red pepper, chopped
1 can chopped tomatoes
½ cup peas
Pasta

What do I do?

Heat oil from tuna can and sauté onion and garlic in oil until soft.
Add mushrooms, red pepper and continue to sauté for 5 minutes
Add tomatoes and simmer for 5-10 minutes until mixture has thickened
Add peas and tuna and cook for 1-2 minutes
Serve sauce over cooked pasta

Variation:

Add chopped zucchini and/or black olives

Tuna Bake

What do I need?

1x160gm can tuna
½ onion
1 cup white sauce (use basic recipe from pg. 41 or premade béchamel sauce from supermarket)
1 lemon, juiced
Pasta, (boil until half cooked)
Breadcrumb, Parmesan and parsley topping

What do I do?

Heat oil from tuna can and sauté onion in oil until soft. Remove from the heat
Add tuna, white sauce and lemon juice
Add to pasta and combine. Pour into greased baking dish
Cover with breadcrumb topping and bake at 180 for 15-25 minutes

Variations:

Add handful chopped mushrooms to step 1
Add ½ peas to step 2

Tuna Patties

What do I need?

1x160gm can tuna
½ cup leftover mashed potato
1 egg
1 tablespoon parsley, chopped
Squeeze lemon juice
Breadcrumbs

What do I do?

Drain tuna and place in mixing bowl
Add remaining ingredients except breadcrumbs and mix to combine
Shape into patties and coat with breadcrumbs
Chill in refrigerator for 30 minutes
Fry gently in oil until golden brown
Serve with a green salad

Take 500gm of mince...

Divide into 3 equal amounts and make

Spaghetti Bolognese sauce (see pg. 19)

Moroccan meatballs (mix together 1 onion, grated, ½teaspoon dried mint, 1 teaspoon ras el hanout, pinch cayenne, handful chopped parsley)

Hamburger

OR...

Bean chilli (see pg. 7)

Bean filling for taco or enchiladas (see pg. 8)

Stuffed vegetable filling (see pg. 35)

Variation:

Mix 250gm each of beef and pork mince or 250gm each of pork and veal mince

Divide into 3 equal amounts and make

Meatloaf (mix together 1 onion (chopped), 1 carrot (grated), 1 tablespoon parsley (chopped) , handful of breadcrumbs, 1 egg, 1 dash tomato sauce, 1 rasher bacon, (chopped)). Shape into a loaf and place in baking dish. Bake at 180 for 25-30 minutes

Meatballs (mix together 1 onion (chopped) , 1 tablespoon parsley (chopped) , 1 tablespoon pine nuts, 1 tablespoon parmesan cheese, 1 handful of breadcrumbs and 1 egg). Make into small balls the size a walnut then sauté in 1 tablespoon oil. Add 1 quantity Basic Tomato Sauce (see pg. 41) and simmer for 15 minutes. Serve with pasta

Spaghetti Bolognese sauce (see pg. 19)

Take a roast chicken...

Depending on the size of the chicken it should make at least 4 meals (approx. 200gm. of meat per serve). You can buy a cooked rotisserie chicken or cook it yourself. Then, while it is still hot, pull off all meat. Divide into approximately 4 equal amounts (depending upon the weight of the chicken). Have one portion as hot roast dinner and freeze the rest to use later. Because the chicken is cooked these recipes are basically putting the ingredients together.

Roast

Chicken enchilada: Make a Basic Tomato Sauce quantity. Add a pinch of chilli and chopped cooked chicken. Fill a tortilla. Place in baking tray. Pour some of the tomato sauce over the top. Sprinkle grated cheese on top and bake

Stir-fry: Quickly fry cooked chicken shreds to brown. Remove then sauté vegetables (toss in cooked chicken pieces at the end). Have with noodles or rice

Chicken pie: Fry 1 rasher of bacon (chopped) with a handful of mushrooms (sliced). Add 1 carrot (Chopped) and stir. Sprinkle 1 tablespoon flour over and cook until lightly browned, stirring continuously. Slowly pour in 1 cup white wine or milk and stir until thickened. Add peas and chicken pieces. Pour into greased baking dish and top with either pastry, mashed potatoes or dumplings and cook at 180 for 30 min

Chicken pasta: 1 onion (chopped), 1 handful mushrooms (sliced), 1 cup frozen peas, 100gm cooked chicken pieces, ¼ cup cream

Indian pilaf: Fry ½ an onion (chopped) in 1 tablespoon oil until soft. Add 1 clove garlic (crushed), ½ cm ginger (grated), 3 cardamom pods, and ¼ cinnamon stick. Cook 2 min. Add carrot batons and cook 2 min. Add ½ cup washed basmati rice and 1 cup water. Bring to boil, reduce to simmer, put some foil over top of saucepan and then fit lid. Simmer 5 min then add peas and chicken. Cover and simmer 5 more min. Turn off and let rest. Add 1tablespoon almonds and a pinch garam masala. Serve with yoghurt

Jambalaya: Sauté together (1 thick slice of ham (chopped), 1 onion (chopped), 1 clove garlic (crushed), 1 green pepper (chopped) and 1stick celery (sliced) for 3-5mins. Add 1 teaspoon Cajun spice mix and ½ cup rice. Stir to coat the rice. Add 1x440gm. tin chopped tomatoes, ½ cup of water and dash of hot sauce (e.g. Tabasco). Bring to the boil, cover, then simmer for 20min. Add chicken pieces and cook for 5-10 more minutes until rice is done.

Cajun chicken pizza: Toss chicken pieces in Cajun spice mix. Make pizza as per usual (tomato sauce and cheese) then add black/red kidney bean, corn and chicken. Bake at 200 for 25-30 min. Serve with guacamole.

Basic recipes

White Sauce

What do I need?

1 tablespoon plain flour
1 tablespoon butter
1 cup milk
1 cup grated cheese (optional)
Pepper

What do I do?

Melt butter in a saucepan
Add flour and stir to combine then cook 1 minute
Add milk and using a whisk combine. Bring to boil then reduce to simmer and continue whisking until sauce thickens. Simmer 1 minute
Remove from heat and add cheese and season if required

Basic Tomato Sauce

What do I need?

Olive oil
1 onion, chopped
1 garlic clove, crushed or 1teaspoon bottled garlic puree
1 can crushed tomatoes
½ teaspoon dried oregano or 2-4 fresh basil leaves shredded or sprig of rosemary
1 tablespoon tomato paste

What do I do?

Heat oil and sauté onion and garlic until softened
Add remaining ingredients and 1 cup water and gentle simmer until desired consistency

Variation:

Add 1 hot chilli for heat.

Short Crust Pastry

(for pie or quiche)

What do I need?

1 cup plain flour
½ teaspoon baking powder
60 gm butter or margarine
¼ cup water

What do I do?

Sift flour and baking powder together
Add butter and rub in using fingertips until mixture resembles breadcrumbs
Add water using a knife cut into flour and mix until a dough is formed, leaving the bowl clean
Wrap in glad wrap and chill for 1 hour
Sprinkle bench with flour and roll out to desired shape

(Note: if making a pie, cut dough into 2 pieces before rolling out)

Cajun Spice Mix

What do I need?

3 tablespoon paprika
1 ½ tablespoon black pepper
1/3 tablespoon cayenne
½ tablespoon garlic powder
½ tablespoon onion powder

What do I do?

Combine all ingredients in a glass jar and shake to combine. Will keep for several months before losing strength

Dumplings

What do I need?

½ cup SR flour or plain flour + ¼ teaspoon baking powder
¼ cup grated tasty cheese
1 tablespoon Parmesan cheese
1 tablespoon parsley chopped (optional)
1 tablespoon butter
¼ cup milk

What do I do?

Sift flour into bowl. Rub in butter until resembles breadcrumbs. Add cheeses, parsley add milk and stir until dough forms. Drop spoonfuls onto chicken pie filling, leaving space between them

Healthy eating for adults

EAT FOR HEALTH AND WELLBEING



WHAT ARE THE DIETARY GUIDELINES?

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The *Australian Dietary Guidelines* of most relevance to adults are included below:

GUIDELINE 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2:

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

And drink plenty of water.



GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Limit intake of foods and drinks containing added salt.
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4:

Encourage, support and promote breastfeeding.

GUIDELINE 5:

Care for your food; prepare and store it safely.

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Want more information about healthy eating?

www.eatforhealth.gov.au

FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks, fruit drinks and sports drinks
- Alcoholic drinks



TIPS FOR CHOOSING NUTRITIOUS FOODS AND DRINKS

Eating for health and wellbeing is about choosing foods from the Five Food Groups every day, while limiting foods that are not essential to our health.

- Plan ahead and stock up on basic nutritious foods like wholegrain cereals and other grain foods, reduced fat milk, lentils or other legumes, eggs, and frozen or canned foods without added sugars or added salt – this way you can eat at home more often and cook meals yourself by adding fresh ingredients.
- Choose a variety of types and colours of fresh vegetables and fruits that are in season.
- Try new ways of cooking with vegetables like roasting, baking, barbecuing and stir-frying. Add extra vegetables and legumes to your recipes.
- Use fruit for snacks and desserts.
- Lean red meats are important, but a maximum of 455g a week is recommended.
- Include at least 1 or 2 meat-free meals each week – include eggs, legumes such as beans and tofu, and nuts and seeds.
- Choose reduced-fat varieties of milk, yoghurt and cheese.
- Include small amounts of foods rich in unsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Drink plenty of water instead of drinks with added sugars or alcohol.
- Choose carefully when eating out- limit creamy, commercially baked or fried foods.
- Store unused cooked food in the fridge.
- Older people who have trouble with their teeth, may prefer softer textured or cooked vegetables and fruit, finely milled wholegrain cereal foods and dishes like soups, casseroles or stews.



The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing.

For more information visit:

www.eatforhealth.gov.au

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Australian Government
National Health and Medical Research Council
Department of Health and Ageing

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SERVE SIZES



Vegetables and legumes/beans

Serves per day

	19-50 years	51-70 years	70+ years
Men	6	5½	5
Women	5	5	5

A standard serve of vegetables* is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

*with canned varieties, choose those with no added salt



Fruit

Serves per day

	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Serves per day

	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ¾ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste

*weekly limit of 455g



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Serves per day

	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

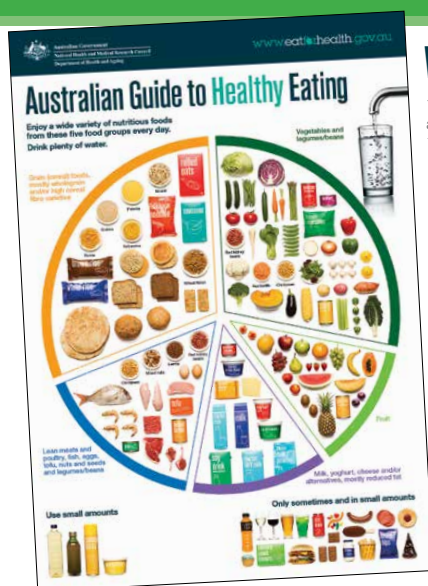
- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed only by those adults who are taller or more active, but not overweight.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 28-40g per day for men less than 70 years of age, and 14-20g per day for women and older men.

- For meal ideas and advice on how to apply the serve sizes go to:

www.eatforhealth.gov.au

FOR FURTHER INFORMATION GO TO www.eatforhealth.gov.au



WHICH FOODS SHOULD I EAT AND HOW MUCH?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By eating the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, you get enough of the nutrients essential for good health. You may reduce your risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. You may also feel better, look better, enjoy life more and live longer!

The amount of food you will need from the Five Food Groups depends on your age, gender, height, weight and physical activity levels, and also whether you are pregnant or breastfeeding. For example, a 43-year-old man should aim for 6 serves of vegetables a day, whereas a 43-year-old woman should aim for 5 serves a day. A 61-year-old man should aim for 6 serves of grain (cereal) foods a day, and a 61-year-old woman should aim for 4 serves a day. Those who are taller or more physically active (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to www.eatforhealth.gov.au.

HOW MUCH IS A SERVE?

It's helpful to get to know the recommended serving sizes and serves per day so that you eat and drink the right amount of the nutritious foods you need for health – as shown in the tables above. We've given you the serve size in grams too, so you can weigh foods to get an idea of what a serve looks like.

The 'serve size' is a set amount that doesn't change. It is used along with the 'serves per day', to work out the total amount of food required from each of the Five Food Groups. 'Portion size' is the amount you actually eat and this will depend on what your energy needs are. Some people's portion sizes are smaller than the 'serve size' and some are larger. This means some people may need to eat from the Five Food Groups more often than others.

HOW MANY SERVES A DAY?

Few people eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of your portion sizes should end up being similar to the number of serves you need each day.

If you eat portions that are smaller than the 'serve size' you will need to eat from the Food Groups more often. If your portion size is larger than the 'serve size', then you will need to eat from the Food Groups less often.