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# EMERGENCY CATERING HANDBOOK

Compiled by Taryn Linning and Linda Gilbert



DEPARTMENT OF CONSERVATION AND LAND MANAGEMENT

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All who contributed recipes and tips to the booklet.

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September 1996

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## ABOUT THIS BOOK

This book is designed to assist those with the task of catering in emergency situations.

The book is divided into two parts,

- a) storage and equipment
- b) menu and recipe tips

The recipes have been contributed from a number of sources. The recipes have been chosen for their ease in preparations, limited equipment requirements and ability to be stretched or reduced depending on meals required. The recipes have been tried and tested in the field.

Some of the recipes contributed are those which have been used in CALM districts, from a combination of ingredients available to them, therefore care and judgement should be used with quantities and proportions available at the time. There is space available to make notes or add any other recipes throughout the book.

Good luck and happy catering.

*Linda & Taryn*

# SECTION ONE

## Catering Guide

## **SWAN Fire Catering Taskforce Motto**

Remember....

*'that firefighters have a right to expect that meals provided at a fire will be fresh, clean, hot when required, filling and nutritious, and be delivered at regular intervals and on time'.*

## EMERGENCY CATERING GUIDELINES

1. Catering officers will aim to supply meals—dinner 6.00 pm, midnight meal, breakfast 6.00 am and lunch 12 noon.
2. Water should be available at all times, with regular cold top-ups
3. Fruit and snack food items should also be made available regularly, particularly during long spells. First meal may be accessed from local shop or catering store or CALM freezer.
4. Frozen and ready made up meals may be used, supplemented by fresh ingredients
5. Caterers and eaters are only human and will endeavour to make meals available on time, if there is an unavoidable delay, water and snacks should be supplied—along with an explanation and approximate time.

### **Food should be;**

- Practical
- Gastronomic
- Economic
- Nutritional

### **The firefighters want;**

- Food on time
- Variety
- Substantial quantity
- Edible food

## FIRE FEEDING REQUIREMENTS FORM

Fire Name / Number : \_\_\_\_\_ Food Ordered: Date \_\_\_\_\_

District : \_\_\_\_\_ Time: \_\_\_\_\_

Sector	Number on sector	Special requirements
1		
2		
3		
4		
5		
Control point		
HQ		
TOTAL		

Meals required at \_\_\_\_\_ hours on the sector / at control point  
(cross out non-applicable location)

Meal type required for this order: Breakfast/Lunch/Dinner/Midnight

Will another meal be required? Yes / No

Ordering officers Name: \_\_\_\_\_ Position: \_\_\_\_\_

**Suggested format:**

**Meal 1**

Freezer / storage  
or External supplier

**Meal 2 onwards**

Freezer / storage  
and /or Fresh ingredients, recipes as described

**Water continuously available**



## FOOD STORAGE

Different foods require different storage methods, the type of food and the way it is stored will effect how long it can be kept. There are 5 basic guidelines for storing food successfully:

1. **Select good food**—Purchase and store only good quality food. Poor quality food deteriorates rapidly and can effect other food.
2. **Clean storage areas**—Clean regularly to reduce contamination and prevent bad odours
3. **Segregate smelly foods**—Foods which omit strong odours, such as skinned onions, some cheese and fish should be stored away from other food likely to absorb the odours. Where this is not possible, the 'smelly' food should be thoroughly wrapped or placed in airtight containers.
4. **Rotate stock**—When new stock is received it should be placed at the back or underneath existing supplies. This prevents the stockpiling of older supplies which can deteriorate if kept beyond their use-by date.
5. **Inspect regularly**—Foods in store should be checked regularly to detect any signs of deteriorations such as mould or pests. Affected food should be removed before widespread spoilage occurs.

### **Dry store 10–20°C**

- Should be well ventilated,
- moderate humidity,
- out of direct sunlight

### **Vegetable stores 7–10°C; cool, dark**

- 13°C Bananas, pineapples, onion, garlic and potatoes

### **Cool room 0–4°C**

- Food should be covered,
- kept for max of 1 week.
- Don't put hot food in fridge
- keep cooked and raw food separate

### **Freezer -18°C**

- Food should be used promptly after thawing.
- Thaw food at temp. around 4°C
- All food should be wrapped and labelled clearly, including food type, quantity and date it was frozen
- freeze with plastic between slices for easy separation

## **A GUIDE TO FROZEN FOOD LIFE**

MEAT	beef, lamb, veal	6 months
	pork	3 months
	hamburger mince, sausage meat	1–2 months
	bacon, ham	1–2 months
POULTRY	chicken, turkey	6 months
FISH	white	3–4 months
	oily	3 months
	crayfish, prawns (cooked)	3 months
	prawns, raw	1 month
BREADS	bread, scones, cake	2 months
	sandwiches	1 month
	pancakes	3–4 months
PIES	baked	3 months
	unbaked	4 months
STEWES	casserole, stock, soup, sauces	2–3 months
FRUIT	vegetables (should be blanched)	6 months
	stewed fruit	6 months
	fruit juice	4–6 months

## **EQUIPMENT**

### **Mobile catering unit**

- hot plates and burners
- large sauce pan
- fry pan
- wok
- BBQ (including grill section)
- hot and cold water
- esky
- egg flip
- tongs
- knives
- cutting boards x 2 (meat and veg)
- dish cloths
- Alfoil / Glad wrap
- can opener
- grater
- fly net
- toaster
- strainer

### **Eating utensils**

- knives
- forks
- spoons
- serviettes
- plates
- bowls
- cups (for hot and cold)

## **RATION BOX (IF USED)**

- Ration boxes should be used for emergency or if food supply has been delayed
- Boxes should be checked and re-stocked after each emergency
- One box per vehicle / truck
- DRINK CONTAINERS are essential on all emergency vehicles

### **Ration box ingredients**

- tea
- coffee
- cups
- condensed milk
- sugar
- dried biscuits
- tinned fruit
- baked beans
- dried fruit
- muesli bars

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## SUPPLIERS

It is recommended that you have ingredients in store or frozen meals to feed 50 firefighters immediately. This may be achieved by keeping frozen, pre-packed meals in the freezer.

- Look at the suppliers available in your area.
- Make prior arrangements about supply, payment, credits—record this information in the appropriate section of the fire control working plan in catering vehicle and headquarters.
- Make arrangements to access local suppliers after hours, phone numbers or keys to access supplies.
- Healthcare Food, are able to supply pre-cooked frozen meals in a variety of types and sizes. Arrangements can be made to have the food delivered. Phone: (09) 346 3555.

Use the following space to outline your suppliers details.

## **TAKEAWAY OPTIONS**

Choice Magazine looked at snack and takeaway choices available. Their conclusion; 'none of the foods tested can be recommended on a nutritional basis for frequent eating. Fast foods tend to be high in fat, high in salt and low in complex carbohydrates'. Be careful with the choices made, consider all factors, not just convenience.

### **Convenience foods available**

- cook-in-the-fridge rice
- ready-made sauce
- cereal boxer
- soups, tinned or packet (powder)
- dried fruit, fruit bars, fruit cake
- many stores have fresh salads and fruit

### **Pre-cooked frozen food**

- Healthcare Foods will supply pre-cooked frozen foods in bulk quantities, to be reheated.
- Supermarkets carry frozen meals that may be reheated and served, eg., McCains Healthy Choice—particularly useful for small fires and for office staff.
- Local business or friends may be able to make up meals as required or suitable to freeze.

### **Takeaways**

- Local suppliers (deli, store) may meet requirements.
- Fish and chip stores can grill fish, some have salads.
- Pizza parlours may also supply pasta dishes.
- Takeaway chicken dinners may provide a variety. However, these should be used sparingly. BBQ chicken is full of fat. There should also be carbohydrates available, eg., mash or roast potato, fresh bread, vegetables.

## HEALTHY EATING GUIDE

### **Enjoy a wide variety of foods**

Choose many different foods. Your meals will be tastier and you can take advantage of the in season specials. You will get what your body needs if you choose from each of the following groups every day.

**Eat plenty of** cereal and grain products (bread, breakfast cereal, rice, pasta) vegetables, fruits and legumes (dried peas, beans).

**Eat moderate amounts of** fish, lean meat, skinless chicken, low fat dairy products, eggs and nuts.

**Eat small amounts of** fats, oils, deep fried foods, pastries, cakes.

### **Eat fewer fatty foods**

Easy ways to cut down on fat are to:

- ♥ choose lean meat and poultry cuts, trim off fat, remove skin;
- ♥ eat more fish and vegetarian dishes based on dried peas, beans or lentils;
- ♥ use more low / reduced fat dairy products instead of full-cream varieties;
- ♥ eat fewer high-fat foods, fried foods, takeaways, cakes, biscuits, pastries, chocolates, butter, margarines and oils;
- ♥ look for low / reduced fat products when shopping.

### **Keep to a healthy weight**

Keep an eye on your waist-line. If you need to lose weight or keep it down:

- ♥ keep physically active;
- ♥ eat less oils, margarine and fatty foods;
- ♥ eat less sugar, confectionary, soft drinks and other sugar-containing foods and drinks;
- ♥ keep to two drinks or less of alcohol a day;
- ♥ fill up on plenty of vegetables;
- ♥ avoid fad or crash diets.

### **Eat more bread, cereals, vegetables, fruit**

These foods contain fibre which helps fill you up and keep you regular. High-fibre foods are usually good sources of vegetables and minerals. Eat more:

- ♥ wholemeal breads;
- ♥ wholegrain breakfast cereals;
- ♥ wholewheat flour, corn, oats, barley, brown rice;
- ♥ vegetables;
- ♥ fruits;
- ♥ legumes.

### **Go easy on high-salt foods**

Most of us use more salt than we need. Eating less salt may help us have a healthier blood pressure.

- ♥ Check labels for salt or sodium ingredients.
- ♥ Choose brands containing no added salt low salt, reduced salt.
- ♥ It's best not to add salt to cooking or at the tea table.
- ♥ Go easy on foods such as cured, canned, corned luncheon meats, salami's, sausages, meat pastes, smoked canned fish, takeaway, snack foods.



### **Go easy on alcohol**

Many people enjoy to drink. The problem is, we drink too much. Because alcohol has extra calories and no important nutrients, it can put on weight and also increase your risk of high blood pressure, heart disease, stroke and many other problems.

If you enjoy a drink, stick to one or two a day, and keep them small. When eating out, keep a jug of water on the table and space your drinks.



**NO MORE THAN 2  
STANDARD DRINKS A DAY**

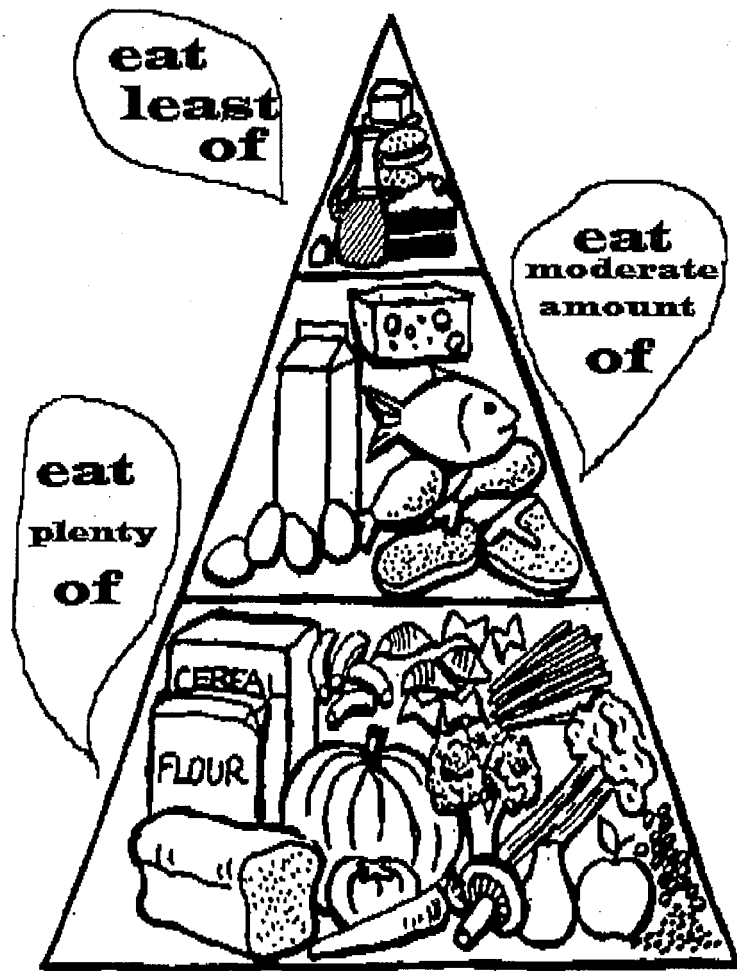


**NO MORE THAN 4  
STANDARD DRINKS A DAY**

### **Diet considerations when working hard**

- ♥ If you are overweight and have a high level of body fat, it is harder to lose body heat
- ♥ Carbohydrates (breads, pasta, rice etc) are essential to provide fuel for energy
- ♥ Excess salt will increase fluid loss and dehydration
- ♥ Fluids intake is essential, to maintain energy, blood flow and concentration

Alcohol will increase fluid loss and if consumed in excess quantities can contribute to problems, reduced concentration etc.



Healthy Diet Pyramid, Health Department WA

## FLUID INTAKE

The evaporation of sweat is the body's natural method of keeping cool. Working in warm conditions the body can lose one to two litres of sweat every hour. The exact amount you lose depends on how hard and for how long you work your body, how warm or how humid it is. The size of your body and level of fitness also play a part.

If this is not replaced, the body begins to dry up and slow down. Once the body loses more than three litres, the body slows down to a virtual crawl. Research demonstrates that blood thickens, reducing the efficiency of the fuel and energy supply. Concentration levels and decision making ability will decrease. Dehydration in extreme cases can lead to heat stroke and death.

To prevent dehydration **aim to drink** at least 1 litre of water per hour, at regular intervals continue to drink large quantities of water after leaving the fire, also keep water levels high during stand-by or during extreme FDI.

Sports drink are beneficial when fluid and energy losses are high and fluids need to be replenished rapidly. Sustained periods of working in hot and humid conditions will diminish energy and fluid levels, therefore firefighters will benefit by drinking sports drink, particularly in preference to soft drinks.

Isotonic sports drinks contain carbohydrates at the same concentration as blood plasma (between 5 and 10 g/100 ml or 5–10% weight per volume w/v) so the body can easily absorb them.

Salt (or sodium) is not added to sports drink to replace lost electrolytes as most people already have enough, they are there to increase the rate the water moves from the stomach to the plasma. It is important the amount of salt and carbohydrate stay within the levels which promote absorption, as soon as they increase beyond these levels, similar to those found in soft drink, the absorption process is inhibited.

Beneficial sports drinks (according to *Choice Magazine*) Drinks are quite expensive, so cost must also be considered. Glucose, glucose polymers and sucrose assist glycogen replenishment (fructose may cause upset stomach) Concentrations above 10% w/v will slow down absorption rates. Sodium levels between 400–1100 mg increase rates of absorption.

### **Drink choices No. 1 option is WATER**

Isosport, Gatorade and Schweppes Sports Plus are the pick of the bunch, with original Lucozade not meeting the standards for fluid replacement. The sugar levels in Coke and other soft drinks reduce the ability of the drink to re-hydrate the body.



## **SPECIAL DIET CONSIDERATIONS**

Dietitian Tanya Mackay says, 'If you or somebody you are supplying meals for have special dietary needs it is important that you discuss these needs with a dietitian and inform catering officers of these requirements.'

**Note:** *Healthcare foods are able to accommodate special diets*

### **Vegetarian**

- Lacto-ovo: eggs and dairy products, no animal flesh
- Vegan: none of above or any other animal product
- Vegans risk becoming deficient in iron and vitamin B12.
- Iron rich foods include dark leafy green vegetables, lentils, nuts and seeds, beans, whole grain breads and cereal, fortified cereals, dried fruit and milo. Plant sources of iron are less bio-available than animal sources, therefore it is important to add a rich source of vitamin C to each meal containing iron to aid absorption, eg., glass of fruit juice.
- Vitamin B12 rich foods include offal—liver, kidneys, foods of animal origin, meat, fish, poultry, eggs, milk and dairy products. Vegans should see a dietitian, as supplements are needed. Note: the vitamin B12 in mushrooms cannot be used by human bodies.

### **Gluten**

- Gluten is a compound of wheat. People who are intolerant of gluten have a disease called 'Coeliac Disease', which is only diagnosable by your doctor.
- You should avoid wheat and wheat products eg, wheat based breakfast cereals, bread, flours, bran, gravy mixes, wheat based cornflour, cakes and biscuits.

### **Lactose intolerance**

- Symptoms include abdominal pain, cramping, bloating, flatulence, diarrhoea.
- Cause: deficiency of 'lactase' the enzyme that digests the sugar in milk, and dairy products.
- Treatment: avoid milk, ice-cream, cream, chocolate, cheese etc. Yogurt is OK.  
Tablets/drops are available that contain the enzyme 'lactase' called 'LACTAID'.

### **Diabetes**

- Risk factors:           over 40 years           family history  
                                  overweight            female
- Signs/Symptoms:   always thirsty           loss of weight  
                                  go to the toilet and urinate lots  
                                  wounds don't heal well
- Action: Very important to see your Doctor to have your blood sugar levels checked and discuss the specifics of your condition and long term maintenance.
- If left untreated complications can occur, eg., heart disease, stroke, sight failure, kidney failure, poor wound healing, gangrene of extremities, which may lead to amputation.
- It is especially important for people with diabetes to maintain a regular intake of carbohydrates eg bread, crackers, fruit and vegetables.

# SECTION TWO

## Recipes

## MENU SUGGESTIONS

- less fat
- less protein
- more variety
- more carbohydrates—like bread, rice, fruit and veg

## BASIC DIETARY NEEDS

DAILY SERVES FOR	1	PROTEIN
GOOD HEALTH	2	FRUIT
	3	DAIRY PRODUCTS
Need more energy?	4	BREAD-n-CEREALS
Enjoy more of 2, 4 + 4	5	VEGETABLES

Plus 1 litre of water per hour minimum.



wok



Oven



Burners



BBQ / Grill



Saucepan / Pot



Time

**Low Fat**  
**High Carbohydrate**



(fair - good - great)



## PORRIDGE

	10	25	50
Skim milk	2.4 L	4.75 L	9 L
Rolled oats	300 g	1.25 kg	2.5 kg
Sultanas	240 g	480 g	900 g
Cinnamon		garnish	

### Method



1. Combine milk, oats and sultanas in pan
2. Slowly bring to boil, and cook gently, stirring (10–15 mins)
3. Serve, sprinkle with cinnamon and low fat milk

### Variation

Substitute for sultanas

- sliced or grated apple
- sliced banana
- canned unsweetened fruit
- grated lemon peel
- other dried fruit

*National Heart Foundation, "Cooking for Plenty"*

	 15 mins	LOW FAT ★★★	HIGH CHO ★★★	
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

## VEGETABLE HASHBROWNS

	10	25	50
Potatoes, grated	4	8	16
Carrot, grated	2	4	8
Zucchini, grated	2	4	8
Eggs, beaten	4	8	16
Pepper to taste			

### Method

1. Place vegetables and eggs in a bowl, mix.
2. Season to taste with pepper.
3. Place spoonfuls of mixture in a hot, oiled pan, flatten slightly.
4. Cook 4–5 minutes each side, until golden brown.

*National Heart Foundation, "Cooking for Plenty"*

		 20 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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## BREAKFAST CEREAL

There are a great variety of breakfast cereals available, some better than others. Breakfast cereals will provide fibre and carbohydrates in a quick easy to supply form. Many brands now have single serve ready to eat packs available, whereby you can use the box as a bowl.

	<b>10</b>	<b>25</b>	<b>50</b>
Individual packs	10	25	50
750 g Boxes	2	4	8
Low fat milk (litres)	2.5	6	12

### Cereal toppers

Bananas

Sultanas

Dried fruit

Stewed fruit

Yogurt

	⌚ 5 mins	LOW FAT ★★	HIGH CHO ★★★	
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## BACON & EGG MUFFIN

	<b>10</b>	<b>25</b>	<b>50</b>
English Muffins	10	25	50
Egg	10	25	50
Shoulder bacon, trim	500 g	1.25 kg	2.5 kg
Tomato	3	7	14



### Method

1. Pan fry or BBQ bacon and eggs, tomato slices
2. Place together in English muffin
3. Note: Poached eggs may also be used if the equipment is available, otherwise use poaching rings on the BBQ to prevent the eggs spreading too far.
4. You will not need to add any fat when frying bacon

### Variations

You may add low fat cheese, mushrooms, or other vegetables as desired.

Leg ham may be an alternative to the bacon

	 15 mins	LOW FAT ★	HIGH CHO ★★	
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## SCRAMBLED EGG

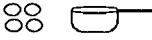

	10	25	50
Egg, beaten	15	40	80
Low fat milk	600 ml	1.5 L	3 L
Butter	½ tbsp	1 tbsp	2 tbsp
Pepper, herbs to taste			
Parsley, chopped	1 tsp	½ tbsp	1 tbsp

### Method

1. Mix egg, milk and optional herbs, pepper, ham, etc.
2. Melt butter in appropriate size saucepans.
3. Add egg mixture.
4. Allow to thicken over gentle heat, stirring continuously.  
Do not over cook.
5. Pile on toast and garnish with parsley.

### Variations

Ham, chopped	200 g	500 g	1 kg
Cheese, grated	200 g	500 g	1 kg




	 25 mins	LOW FAT ★	HIGH CHO ★	
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## BAKED BEANS AND SPAGHETTI ON TOAST

	10	25	50
Tinned baked beans	2 kg	5 kg	10 kg
Tinned spaghetti	2 kg	5 kg	10 kg
Toast, slices	20	50	100

### Method

Heat beans or spaghetti and serve with toast.



		 10 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## SAVOURY OMELETTE

	<b>10</b>	<b>25</b>	<b>50</b>
Egg	20	50	100
Water	400 ml	1 L	2 L
Pepper and herbs		to taste	
Butter		to cover pan	

### Method

1. Prepare omelette flavouring.
2. Beat eggs lightly, add herbs, pepper and water.
3. Melt butter to cover pan.
4. Poor egg mixture in pan and place over low heat, stir with gentle figure-of-eight movements until mixture commences to thicken.
5. Allow to cook until set on top and golden brown underneath.
6. When cooked, tilt pan away from you, loosen around the sides. Place flavouring on the half of the omelette away from the handle, fold the other half over the flavours as you tip the omelette onto a serving plate.

	 25 mins	LOW FAT ★★	HIGH CHO ★★	
---	---	---------------	----------------	--

## **Omelette flavourings/fillings**

There are many variations of omelettes, flavourings should be prepared and if necessary cooked before commencing the cooked omelette. These may be either added to the beaten eggs, sprinkled over the omelette while cooking, placed on one half before the other half is folded over, poured over the cooked omelette or served as an accompaniment.

Bacon	add fried bacon
Cheese	add grated cheese
Chicken	add diced, cooked chicken and chopped parsley
Fine herbs	thyme, marjoram or basil to beaten eggs
Ham	chopped and a smidgen of mustard
Mushrooms	sliced, sauteed
Onion	chopped spring onion or chives
Tomato	diced tomato and pepper
Spanish	as for tomato and add diced onion



## SANDWICHES

	ROUNDS	10	25	50
Bread (loaf)		1	3	6
Margarine		60 g	150 g	300 g
Low fat cream cheese or dip		200 g	550 g	1 k g
Lean beef, pork, lamb		200 g	500 g	1 kg
Cheese		300 g	750 g	1.5 kg
Peanut Butter		100 g	250 g	500 g
Tuna, sardines, salmon		300 g	750 g	1.5 kg
Nuts (eg. pine, pecan)		100 g	250 g	500 g
Sultanas, dates, raisins		300 g	750 g	1.5 kg
Sliced fruit		100 g	250 g	500 g
Sliced tomato		300 g	750 g	1.5 kg
Lettuce leave		50 g	125 g	250 g
Mushroom sliced		50 g	125 g	250 g
Capsicum sliced		100 g	250 g	500 g
Grated carrot		120 g	300 g	600 g
Beetroot sliced		200 g	500 g	1 kg
Ham and cold meat (slices)		10	25	50
Onion, finely sliced		50 g	125 g	250 g
Alfalfa		50 g	125 g	250 g
Fruit chutney		200 g	500 g	1 kg
Mustard, mayo etc		60 g	150 g	300 g

*Cooking for Plenty, National Heart Foundation*

	⌚ 25 mins	LOW FAT ★★	HIGH CHO ★★★	
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## PITA BREAD ROLLS

	<b>10</b>	<b>25</b>	<b>50</b>
Pita bread (or Lebanese)	10	25	50
Sandwich fillings	As required, 2 x sandwich		

### Method

1. Lay ingredients along centre line of pita bread.
2. Roll pita bread around ingredients.
3. Wrap in paper or glad to travel, or eat.

### Variation

Hot meat, lettuce, onion, tomato, mayonnaise and tomato sauce make beautiful 'donna' kebabs.

BBQ 150 g of lean diced meat per person and add to pita or Lebanese bread.

	⌚ 25 mins	LOW FAT ★★	HIGH CHO ★★★	
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## SALAD TRAY

	10	25	50
Lettuce	2	4	8
Cherry tomato	400 g	1 kg	2 kg
Cheese slices	20	50	100
Lean meat slices	20	50	100
Cucumber	2	5	10
Mushrooms	400 g	1 kg	2 kg

### Method

1. Wash salad ingredients.
2. Break up lettuce.
3. Distribute into individual salad packs.

### Variation

Any number of salad vegetables can be used.

Serve with bread roll.

Egg, left over fish patties, cooked chicken breast may also be added.

	⌚ 25 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## SHEPHERD'S PIE



	10	25	50
Low fat mince	500 g	1.25 kg	2.5 kg
Onion	3	7	14
Tomato sauce	250 ml	600 ml	1.2 L
Stock cubes	2	5	10
Water	150 ml	400 ml	800 ml
Potatoes	1 kg	2.5 kg	5 kg

### Method

1. Peel and boil potatoes, drain and mash when cooked.
2. Brown onions and mince, until cooked.
3. Add mixed herbs and tomato sauce.
4. Spoon mince mixture into oven dish, top with mashed potato.
5. Bake at 180 °C for 20 mins, until golden brown.

### Variation

Use quantity of savoury mince as described later instead of plain mince and onion.  
 Add vegetables of your choice to mince, egg grated carrot, peas etc.



	 45 mins	LOW FAT ★ ★	HIGH CHO ★ ★	FREEZE
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## FISH CAKES

	10	25	50
Canned fish	500 g	1.25 g	2.5 g
Potato, mashed	700g	1.5 g	3 g
Parsley, chopped	1 tbsp	2 tbsp	4 tbsp
Herbs and pepper		to taste	
Lemon juice	20ml	50 ml	100 ml
Egg	3	6	12
Milk	60 ml	150 ml	300 ml
Flour	20 g	50 g	100 g
Breadcrumbs (cups)	1	2.5	5

### Method

1. Mix together fish, potato, chopped parsley, lemon juice, pepper, herbs.
2. Shape handfuls of mixture into small patties.
3. Beat egg and milk together.
4. Coat patties in flour, dip in egg and milk mix and coat in breadcrumbs. Press crumbs in firmly.
5. Pan fry in pan or on BBQ hot plate.

	 30 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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## TUNA & CORN NOODLES

	10	25	50
2-minute noodles	5	12	25
Boiling water	1L	2L	4L
Dolmio Pasta sauce (cups)	1	2.5	5
Sweet corn Kernels	250 g	500 g	1 kg
Tuna in Brine, drained	440 g	880 g	1.76 kg

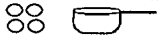

### Method

1. Place noodles in a bowl, cover with boiling water, let stand for 3–4 minutes.
2. Place pasta sauce, corn and tuna in a saucepan, stir until heated through.
3. Drain noodles, combine with sauce.
4. Serve for a warm, light snack.

### Variations

Use other pre-cooked pasta varieties.

*Health Department, Harvest Cookbook*

	 10 mins	LOW FAT ★★	HIGH CHO ★★★	
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## BEEF CHOW MIEN

	10	25	50
Cabbage	½	1	2
Mushrooms	200 g	500 g	1 kg
Capsicum	1	2	4
Celery sticks	3	8	16
Onions	2	4	8
Mince	1 kg	2.5 kg	5 kg
Chicken Noodle Soup Mix (45g packets)	2	4	8
Rice (cups)	½	1	2
Tomato Sauce	4 tbsp	8 tbsp	16 tbsp
Soy Sauce	2 tbsp	4 tbsp	8 tbsp
Curry Powder	1 tsp	2 tsp	4 tsp
Water (cups)	3	8	16

### Method

1. Slice all vegetables thinly.
2. Brown mince and onion.
3. Add water, soup, sauces, rice, curry powder, celery and mushrooms.
4. Cook until rice is tender.
5. Add shredded cabbage, cook for 1 minute.
6. Serve with toast, rice or pasta.

*Taryn Lining, CALM Dwellingup*

	 30 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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## TUNA A LA CALM

	10	25	50
Tuna (cans) in brine	3	7	15
Continental Hot Pot Creamy	3	7	15
Mornay Base (115 g)			
Hot Water (cups)	4	10	20
Broccoli Florets (cups)	2	4	8
Pasta spirals	500g	1.25 kg	2.5 kg

### Method

1. Cook pasta and set aside.
2. Combine Hot Pot and water in large saucepan.
3. Boil and simmer for 25 mins, stirring occasionally.
4. Add broccoli and cook for further 5 mins.
5. Add tuna and drained pasta.
6. Serve with salad and fresh bread.

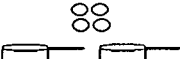

### Variations

Add corn kernels (1 x 400 g tin per 10 serves).

Add garden peas.

Add vegetables of your choice, mushrooms, capsicum.

*Taryn Linning, CALM Dwellingup*

	 30 mins	LOW FAT ★★	HIGH CHO ★★★	
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## SPAGHETTI BOLOGNAISE

	10	25	50
Mince	1.6 kg	4 kg	8 kg
Pasta sauce*	750 ml	2 L	4 L
Onions	2	4	8
Spiral Pasta (500g packs)	1	3	6
Parmesan cheese	sprinkle on top		

\*Leggos basil and oregano

### Method



1. Boil pasta.
2. Cook onions, brown mince in small amount of water.
3. Add spaghetti sauce.
4. Drain pasta and add to meat sauce.
5. Serve with salad, garlic bread and parmesan cheese.

### Variation

Add other vegetables of your choice, eg:

- Mushroom (0.5 kg per 10 serves)
- Capsicum (1 or 2 per 10 serves)

*Taryn Linning, CALM Dwellingup*

	 45 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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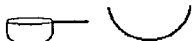

## BEEF CURRY

	10	25	50
Lean beef strips	1.25	3	6
Olive oil	5 tsp	12. tsp	24 tsp
Curry power	2.5 tbsp	6 tbsp	12 tbsp
Crushed Garlic	2.5 tsp	6 tsp	12 tsp
Onion	2	5	10
Sultanas (cups)	1	2.5	5
Brown Sugar	2.5 tbsp	6 tbsp	12 tbsp
Low fat natural yoghurt	500 g	1.25kg	2.5 kg
Rice to serve (cups)	2	5	10
Cold salad vegies on side		various	

### Method

1. Brown small quantities of beef in hot oil for 2–3 mins (remove small batch, add next until complete).
2. Add curry powder, garlic, onion and sultanas. Stir fry 2 minutes.
3. Return meat to pan.
4. Add sugar and yoghurt, allow to heat through for 5 mins.
5. Serve on a bed of rice with a selection of cold salad vegetables, chutney or pickle. eg., tomato, cucumber, banana.

*Australian Meat and Livestock Corporation*

	 25 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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## DAVID'S WOK WORKS

	10	25	50
Chinese stir fry vegies	1.5 kg	3.75 kg	7.5 kg
Raw prawn, chicken or beef	1.5 kg	3.75 kg	7.5 kg
Canola oil		for frying	
Soy sauce	400 ml	1 L	2 L
Sunbrowned rice		accompaniment	



### Method

1. Pre-cook rice.
2. Heat wok with a small amount of Canola oil.
3. Brown meat or prawns (remove from pan).
4. Add stir fry vegies. If not using frozen pack, add vegies cut into bite size pieces.
5. Add soy sauce for taste as the vegies begin to soften.
6. Return meat or prawns to pan.
7. Serve with rice or pasta.

### Variations

1. Add any vegetables available, including carrots, cauliflower, broccoli, onion, baby corn, capsicum, mushrooms.
2. May be served with rice or pasta, chicken savoury rice.
3. Other prawn alternatives include beef strips, chicken bites, diced fish fillets etc.

*David Bastiani, CALM Walpole*

	 30 mins	LOW FAT ★★	HIGH CHO ★★★	
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## BEEF STROGANOFF

	10	25	50
Lean beef strips	1.2 kg	3 kg	7 kg
Polyunsaturated oil	30 ml	60 ml	90 ml
Onions, sliced	2	4	8
Mushrooms, sliced	500 g	1 kg	2kg
Garlic cloves, crushed	1	2	4
Paprika	30 g	60 g	120 g
Tomato paste	3 tbsp	7 tbsp	14 tbsp
Water	250 ml	500 ml	1 L
Beef stock cubes	3	6	12
Cornflour	1 tbsp	2 tbsp	3 tbsp
Pepper to taste			
Natural low-fat yogurt	200 g	400 g	800 g

### Methods

1. Heat oil in large pan and saute onion until golden, and remove.
2. Add meat to pan and cook on high until brown (cook in batches).
3. Return meat and onion to pan, add mushrooms.
4. Add remaining ingredients except yogurt and cornflour, stir to combine. Cook gently for approximately 10 minutes, until meat tender.
5. Mix cornflour and yogurt, add to pan and cook further 5 minutes.
6. Serve with noodles and vegetables.

*National Heart Foundation, "Cooking for Plenty"*

	 30 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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## SAVOURY MINCE

	10	25	50
Mince	700 g	1.5 kg	3 kg
Onion	2	4	8
Garlic cloves crushed	1	2	4
Capsicum (red + green)	1	3	6
Carrots (thinly sliced)	2	4	8
Potato, cubes	2	4	8
Mushroom, slices	200 g	400 g	800 g
Cauliflower, diced	¼	¼	½
Broccoli, diced (stems)	½	½	1
Zucchini, diced	1	1	2
Dolmino Pasta Sauce (jars)	1	1.5	3



### Method

1. Heat oil in pan and add onion, garlic.
2. Brown mince in pan.
3. Add pasta sauce and mix through.
4. Add potatoes, carrot simmer for approx 25 mins, stirring.
5. Add remaining ingredients, simmer until vegies are soft.  
NOTE: If mince looks dry, add a little water
6. Serve on toast, pasta or potatoes

### Variations

Tinned vegetables may be added, eg., corn kernels, green peas, champignons, dried carrots etc.

*Linda Gilbert, CALM Como*

	 35 mins	LOW FAT ★★	HIGH CHO ★★	FREEZE
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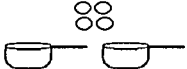

## SALMON SAUCE

	10	25	50
Salmon (450 g tins)	1½	4	8
Mushrooms	200 g	500 g	1 kg
Reduced fat milk	200 ml	500 ml	1 L
Onion	2	4	8
Garlic	1	3	6
Chilli Sauce	1 tsp	2 tsp	4 tsp
Tomato sauce (550g jar)	1	2	4

### Method

1. Brown onion and garlic.
2. Add salmon and tomato, chilli sauces.
3. Cook over moderate heat, stirring occasionally
4. Stir in milk.
5. Serve hot with pasta, salad, bread and vegies.

*John Colquhoun, Health Department, Busselton*

	 25 mins	LOW FAT ★★	HIGH CHO ★★★	FREEZE
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## **BBQ OPTIONS**

- chopped onions
- sliced potato rings
- tomato slices
- cabbage (wrapped in foil, including shredded cabbage, chopped ham, onion, pepper)
- zucchini
- mushrooms, capsicum and onion (mixed)
- egg bread

As well as the traditional sausage and chops, other meats can be cooked on the BBQ. Meat and vegetable kebabs, seafood, chicken to name a few. A BBQ grill will allow fat to run off the plate.

## DEEP SOUTH MEATLOAF

	10	25	50
Non-fat mince	500 g	1.25 kg	2.5 kg
Breadcrumbs or cereal (cups)	1	2½	5
Eggs	2	4	8
Onion chopped	2	5	10
Carrot grated	2	5	10
Capsicum, grated	1	2	4
Cheese, grated (cup)	½	1	2
Corn kernels (cup)	1	2	4
Peas (cup)	1	2	4
Cracked pepper		to taste	
Tomato, sliced	2	5	10
Onion, sliced	1	3	6



### Method

1. Mix all ingredients together.
2. Place in a meatloaf tin one layer of mince, a layer of sliced onion and tomato, a layer of mince and so on. Alternately place loaf in al-foil and mould into shape.
3. Cook in a moderate oven until done (approx 1 hour). May be cooked in a microwave dish, about 20 mins.

### Variation

- Cereal instead of breadcrumbs, Sultana Bran is nice.
- This meatloaf is nice with pineapple slices on top.
- Meatloaf can be frozen whole or sliced in individual serves for quick access in fire emergency, hot or cold.
- The mixture can be made into patties for hamburgers Just imagine 1½ inch thick meat patty, lettuce, tomatoes, cucumber, etc in a fresh bread roll.

*Peta Clarke and Judy Flanagan, CALM Walpole*

	 1.5 hrs	LOW FAT ★★	HIGH CHO ★★	FREEZE
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## SOUTH SEAS TUNA PATTIES

	10	25	50
Tuna in brine or water, tins	2	5	10
Onions, chopped	2	5	10
Peas (cups)	1	2½	5
Corn kernels (cups)	1	2½	5
Mashed potato (cups)	2	5	10
Flour (cups)	½	1	2
Eggs	2	4	8
Breadcrumbs (cups)	½	1	2
Olive oil		for frying	




### Method

1. Mix tuna and vegetables together and roll into balls.
2. Coat patties in flour, egg and breadcrumbs.
3. Gently pan fry or BBQ in olive oil until cooked.

### Variation

Patties can be frozen and defrosted on the BBQ plate.  
May be served hot or cold.

*Peta Clarke and Judy Flanagan, CALM Walpole*

 OR 	 25 mins	LOW FAT ★★	HIGH CHO ★★★	FREEZE
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## HONEY SOY PORK

	10	25	50
Lean pork, thin strips	2 kg	5 kg	10 kg
Honey	50 ml	125 ml	250 ml
Low salt soy sauce	100 ml	250 ml	500 ml
Fresh ginger, grated	2 tsp	5 tsp	10 tsp
Fresh garlic, grated (cloves)	2	5	10
Olive oil			

### Method

Mix honey, soy sauce, ginger and garlic.

Gently but quickly stir fry pork for about 3–5 minutes.

Separate into small batches if you have larger quantities.




Return all meat to pan, add sauce and cook for another 2 minutes, not too long or the meat will go tough.

Serve with freshly cooked vegetables, broccoli, carrot strips and steamed brown rice.

### Variation

Vegetables may be added into mixture as a stir fry dish

*Peta Clarke and Judy Flanagan, CALM Walpole*

 or 	 25 mins	LOW FAT ★ ★	HIGH CHO ★ ★	FREEZE
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
## SPAGHETTI VOG ANAISE

	10	25	50
Spaghetti	500 g	2 kg	4 kg
Broccoli stems	1	2	4
Cauliflower	¼	1	2
Spinach	1	2	4
carrots	2	5	10
Garlic and ginger	1 tsp	3 tsp	6 tsp
Sweet potato	3	7	14
Italian tomato sauce base	500 g	2 kg	4 kg
Olive oil	enough to cover pan bottom		

### Method

1. Saute vegetables in a little olive oil until tender, but crunchy.
2. Mix in tomato sauce.
3. Pour over cooked spaghetti.
4. Serve topped with parmesan cheese.

*Peta Clarke and Judy Flanagan, CALM Walpole*

	 35 mins	LOW FAT ★★★	HIGH CHO ★★★	FREEZE
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## CHICKEN MARINADE

	10	25	50
Diced skinless chicken breast	1.5 kg	3.75 k	7.5 kg
Honey	50 ml	125 ml	250 ml
Low salt soy sauce	100 ml	250 ml	500 ml
Tomato sauce	100 ml	250 ml	500 ml
Mixed herbs	1 tbsp	2 tbsp	4 tbsp

### Method

1. Mix marinade ingredients together.
2. Add diced chicken and mix around.
3. Allow marinade to soak in for 1–24 hours.
4. Can be kept in the freezer.
5. Place chicken and marinade on BBQ hot plate and cook.



### Variation

May be served with rice, stir fry vegetables, or in lebanese bread with salad and sauces.

Other meats may be used, eg., lean beef.

Ask the butcher to dice the meat.

*Linda Gilbert, CALM, Como*

	 Mar 1 hr Cook 15 min	LOW FAT ★	HIGH CHO ★	FREEZE
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## VEGETABLE COOKING TIMES

	Cooking time (minutes)		
	Boiling	Steaming	Baking
Beans, green, fresh	5		
Beans, green, frozen	4	3	
Broccoli, fresh	4	5	
Bursal sprouts, fresh	7	7	
Cabbage, shredded, fresh	5	5	
Carrots, fresh	8	8	
Cauliflower, fresh	5	5	
Mixed vegetables, frozen	7	5	
Peas, frozen	4	3	
Potatoes, fresh	15	15	45
Pumpkin, fresh	12	7	35
Spinach, fresh	4	6	
Zucchini, fresh	3	3	20



Note: Age, size, condition and quantity of vegetables will influence cooking time.

*National Heart Foundation, "Cooking For Plenty"*

## JACKET POTATO

Boil, bake or BBQ potato in foil until soft.  
Fill with a variety of stuffing.

- baked beans
- creamed corn
- tomato supreme
- bacon chips and natural yogurt
- curry
- tuna
- coleslaw
- mince

	 45 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## PIZZA



	<b>10</b>	<b>25</b>	<b>50</b>
Pitta Bread (or Lebanese)	10	25	50
Tomato paste (cups)	2	5	10
Cheese, reduced fat	400 g	1 kg	2 kg
Capsicum	3	7	14
Mushrooms	200 g	500 g	1 kg
Pineapple pieces	400 g	1 kg	2 kg
Ham	400 g	1 kg	2 kg

### Method

1. Spread tomato paste on pita bread.
2. Scatter chopped vegetables and ham.
3. Cover with grated cheese.
4. Heat in oven or under grill until cheese has melted.
5. Serve either hot or cold.

### Variation

Add any of your favourite pizza toppings, olives, anchovies, spring onion etc.

	 35 mins	LOW FAT ★★	HIGH CHO ★★	
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## SAVOURY RICE

	10	25	50
Onions, sliced	3	6	9
Olive Oil	1 tbsp	2½ tbsp	5 tbsp
Garlic, crushed	3	7	14
Broccoli	500 g	1 kg	2 kg
Cauliflower	500 g	1 kg	2 kg
Mushrooms	500 g	1 kg	2 kg
Capsicum	2	5	10
Rice, cooked (cups)	5	8	16

### Method




1. Cook onion and garlic in hot oil for 3 mins or until soft.
2. Add chopped vegetables (bite size pieces) and cook for 4–5 mins.
3. Stir in cooked rice, cook 5 mins until hot.

### Variations

Add any of the following:

peas, corn kernels, cashew nuts, sultanas, pineapple pieces, celery, carrot

*John Colquhoun, Health Department, Busselton*

 or 	 25 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## OMELETTE



	<b>10</b>	<b>25</b>	<b>50</b>
Eggs	15	40	80
Grated carrot (cups)	2	5	10
Chopped capsicum	1	3	6
Potato, cooked, chopped	3	7	14
Mushrooms, chopped	500 g	1 kg	2 kg
Ham	500 g	1 kg	2 kg
Cheese, reduced fat	500 g	1 kg	2 kg
Milk	250 ml	500 ml	1 L
Pepper		to taste	

### Method

1. Line a flat baking dish with ham slices.
2. Beat eggs, milk and pepper in a bowl.
3. Mix in vegetables and cheese.
4. Pour mixture over ham.
5. Cook in oven until set and brown on top (25 min).
6. Cut into wedges and serve hot or cold at any time.

### Variation

Add any vegetables, eg broccoli, spinach, asparagus.  
Instead of ham on the base, use pita bread or toast.

	 25 mins	LOW FAT ★★	HIGH CHO ★★	
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## **SOUPS & DRINKS**

**Soups** see following pages

**Cold drinks** 1 litre per hour

In order of preference  
continuously  
available

Water  
Diluted cordial  
Sports drinks  
(see guidelines p 17)  
Diet soft drinks  
Fruit juice  
Soft drinks

### **Hot drinks**

Tea / coffee / milo  
Milk



## LEEK & ZUCCHINI SOUP

	10	25	50
Leek, chopped	1	2	4
Onion, chopped	1	2	4
Garlic, crushed (or paste)	2 tsp	4 tsp	8 tsp
Potato, chopped with skin	3	6	10
Zucchini, chopped, with skin	1	2	4
Water	600 ml	1.5 L	3 L
Chicken stock powder	2 tbsp	5 tbsp	10 tsp
Pepper		to taste	
Skim Milk	400 ml	800 ml	1.6 L

### Method

1. Combine water, stock powder and vegetables.
2. Bring to boil and simmer for 45 minutes.
3. Puree until smooth.
4. Add milk and pepper to taste.

*John Colquhoun, Health Department, Busselton*

	 50 mins	LOW FAT ★★	HIGH CHO ★★★	FREEZE
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## EXTRA QUICK SOUP




	<b>10</b>	<b>25</b>	<b>50</b>
Cup-a-soup (serves)	10	25	50
Cook-in-the-fridge rice*	200 g	500 g	1 kg
Hot water (litres)	3	7	14

\* Rice will take 1 hour - can be cooked en route

### Method

1. Add equal proportion of hot water to rice and allow to cook while travelling to fire (about 1 hour).
2. Make up cup-a-soup, add 3 tbsp of rice.
3. Stir and serve.

*John Colquhoun, Health Department, Busselton*

 	 2 mins*	LOW FAT ★★	HIGH CHO ★★	
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## PUMPKIN SOUP

	10	25	50
Water (cups)	4	8	16
Chicken stock cubes	3	6	12
Pumpkin, chopped	750 g	1.5 kg	3 kg
Potato	250 g	500 g	1 kg
Onion	2	4	8
Skim milk (cups)	1	2	4
Pasta shells, cooked	250 g	500 g	1 kg
Pepper to taste			

### Method

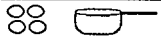

1. Peel pumpkin and cut into small pieces.
2. Put cut pumpkin, onion, potato, water and stock cubes into large pan.
3. Boil and then simmer for 25 minutes.
4. Mash vegetables until smooth.
5. Add milk and cooked pasta.

### Variations

Add other red or white vegetables for taste, eg., corn kernels, leek, celery, carrot.

Add a touch of herbs, spice or curry for variety.

*Taryn Linning, CALM, Dwellingup*



	 30 mins	LOW FAT ★★★	HIGH CHO ★★★	FREEZE
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## MINISTRONE SOUP

	10	25	50
Bacon	400 g	1 kg	2 kg
Onion	4	10	20
Carrot	2	5	10
Stock cubes	2	5	10
Water	2.5 L	5.5 L	11 L
Celery sticks	4	10	20
Red kidney beans	400 g	1 kg	2 kg
Potato	4	10	20
Tomato	3	7	14
Peas	100 g	250 g	500 g
Tomato paste	5 tbsp	13 tbsp	25 tbsp
Pepper and herbs		to taste	
Small shell pasta	500 g	1.25 kg	2.5 kg

### Method

1. Fry bacon and onion.
2. Add water and stock.
3. Add diced vegetables.
4. Add tomato paste and herbs.
5. Cook until vegetables are soft (approx 40 mins).
6. Add pasta, cook a further 15 mins.
7. Serve hot with parmesan cheese and fresh bread.

	 50 mins	LOW FAT ★★	HIGH CHO ★★★	FREEZE
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## GARDEN SALAD

	10	25	50
Lettuce	1	2	4
Celery, sticks	2	5	10
Cucumber, circles	1	2	4
capsicum, circles	2	5	10
Tomato, wedges	2	5	10
Orange, circles	2	5	10
Carrot	2	4	8
Pineapple, slices	200 g	500 g	1 kg

### Method

1. Cut and toss salad ingredients in large bowl(s)
2. Cover and keep cool until ready to serve

### Variation

The variations are endless, include salad, fruit or vegetables in season or available.

- Mushrooms
- Cherry tomatoes
- Cheese
- Spring or white onion
- Radish
- broccoli pieces

	⌚ 15 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## COLESLAW

	10	25	50
Cabbage, shredded	½	1	2
Carrot, grated	3	4	8
Onion, finely diced	2	5	10
Cucumber, finely diced	1	3	6
Celery sticks, finely diced	2	5	10
Low Fat mayonnaise (cups)	1	2.5	5
Paprika	½ tsp	1 tsp	2 tsp
Mustard	2 tsp	1 tbsp	2 tbsp

### Method

Combine vegetables and mix in remaining ingredients.  
Serve as a side salad, in roll, pita bread or on potatoes.

### Variation

Add your choice of vegetables.  
Nuts will add taste (eg., pine, sesame or sunflower).

	⌚ 25 mins	LOW FAT ★	HIGH CHO ★★★	
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## POTATO SALAD

	10	25	50
Potato	1 kg	2.5 kg	5 kg
Ham, or bacon	400 g	1 kg	2 kg
Onion	2	5	10
Reduced fat mayonnaise (cups)	¾	2	4
Eggs	4	10	20
Chives, chopped	1 tbsp	2 tbsp	5 tbsp
Olive oil		enough to cover pan	

### Method

1. Chop clean potatoes (bite size pieces) leave skin on.
2. Boil potatoes until cooked (do not over cook).
3. Pan fry chopped onion and bacon, allow to drain on paper kitchen towel.
4. Hard boil eggs and cut into rings.
5. Mix mayonnaise, onion, bacon and eggs into potatoes.

### Variation

May add corn kernels



Use ham instead of bacon, will not need frying, and spring onion, instead of fried onion

Add skim milk and chives to mayonnaise to spread further

Can be served hot or cold as a snack or accompaniment

Will keep in the fridge for a couple of days

*Linda Gilbert, CALM Como*

	 25 mins	LOW FAT ★	HIGH CHO ★★★	
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## FRUIT SALAD COMBO

	10	25	50
Fruit, canned, unsweetened	850 g	2 kg	4 kg
Apples, diced	2	5	10
Oranges, segmented	3	8	15
Bananas, sliced	3	7	15
lemon (peel only) grated	1	2	4
Fruit juice, unsweetened	250 ml	625 ml	1.25 L

### Method

1. Dice the canned fruit.
2. Sprinkle bananas with lemon peel.
3. Combine fruit with fruit juice.
4. Serve with low-fat yogurt or ice-cream.

### Variation

Add any fruit.

*National Heart Foundation, "Cooking for Plenty"*

	⌚ 15 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## RICE PUDDING



	10	25	50
Rice	200 g	500 g	1 kg
Skim milk powder	240 g	600 g	1.2 kg
Water	1.8 L	4.5 L	9 L
Sugar	35 g	80 g	160 g
Sultanas / raisins	100 g	250 g	500 g
Nutmeg / cinnamon		garnish	

### Method

1. Wash rice.
2. Mix milk powder, water and sugar, add rice and stir.
3. Place mixture in a baking dish.
4. Bake at 160°C oven until half cooked, 45 mins.
5. Stir in dried fruit and return to oven.
6. Stir every 15–20 mins to prevent sticking until cooked (about 45 mins).
7. Serve hot or cold garnished with nutmeg or cinnamon.

### Variation

Add other fruit (eg. bananas).

	 60 mins	LOW FAT ★★	HIGH CHO ★★★	
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## STEWED FRUIT

	<b>10</b>	<b>25</b>	<b>50</b>
Fruit	1.5 kg	4 kg	8 kg
Cloves	10	25	50
Water	300 ml	750 ml	1.5 L

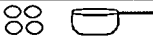

### Method

1. Prepare fruit (ie., peel apples, grate lemon rind etc.).
2. Cook fruit and cloves in water until soft.
3. Remove cloves and mash fruit.
4. Serve as required.

### Variation

Many fruits can be used (eg. apple, apricot, rhubarb, pear).

Dried fruit may be added to hot water to get similar desert.

	 20 mins	LOW FAT ★★★	HIGH CHO ★★★	
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## APPLE CRUMBLE

	10	25	50
Cooking apples	1 kg	2.5 kg	5 kg
Sultanas	250 g	750 g	1.25 kg
Water	100 ml	250 ml	500 ml
Sugar	1 tbsp	3 tbsp	6 tbsp
Cloves	4	10	20
Self raising flour (cups)	½	1	2
Oats (cups)	½	1	2
Brown sugar (cups)	¼	¾	1½
Coconut (cups)	¼	¾	1½
Butter (cups)	¼	¾	1½



### Met hod

1. Pre-heat oven.
2. Peel, core and slice apples and place in pie dish(s) with water, cloves, sugar and sultanas.
3. Rub butter into flour until mixture is crumbly, add brown sugar, oats and coconut. Mix well and sprinkle over apples.
4. Bake at 190 °C for 30–45 min. Cooking time varies with depth of fruit and crumble.
5. Serve with custard.

### Variation

Other fruit and dried fruit may be used.

If stewed fruit is being used cooking time will be reduced.

	 50 mins	LOW FAT ★★	HIGH CHO ★★★	
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## FRESH FRUIT / FRUIT TOPPINGS

Select in season fruits. Two piece of fruit per person.

	10	25	50
<b>STRAWBERRY DIP</b>			
Vanilla fromage frais	500 ml	1.25 L	2.5 L
Strawberries	500 g	1.25 kg	2.5 kg
<b>RICOTTA WHIP</b>			
Ricotta cheese	500 g	1.25 g	2.5 g
Honey	2 tbsp	5 tbsp	10 tbsp

### Method

Mix ingredients together (strawberry dip may need to be blended).

Serve beside fresh fruit.

	⌚ 10 mins	LOW FAT ★★	HIGH CHO ★★★	
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