

RELISH

Easy Recipes for cooking in the comfort of your own home

First
Edition
2019

A publication of Meals on Wheels NSW Ltd



..... New recipes and helpful hints inside



nswmealsonwheels.org.au   

More
than just
a meal

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Meals on Wheels

New South Wales

Are you eating enough?

Because you don't have much of an appetite, do you

- If you split your Meals on Wheels meal?
- If you save the dessert to have as your evening meal?

If you do either (or both) of these things you may not be eating enough to get the nourishment your body needs SO....

- With the 'half a main meal' have a milky dessert such as instant pudding or creamed rice (canned creamed rice is fine). If you can't manage to eat a dessert, a milk drink would be good especially if you enrich the milk by adding two tablespoons of powdered milk to each cup of milk.

- If you are having only a dessert as your evening meal, hopefully it will be a milky dessert with lots of custard. Custard is easy these days as you can buy 'ready to eat custard'. Remember that Long Life (UHT) custard must be refrigerated once it has been opened.

- If you are just not hungry at meal time, keep milky drinks and desserts in the refrigerator to have throughout the day. Nourishing snacks are really important for people with little or no appetite.

Don't forget that you can order 'MINI MEALS' from Meals on Wheels and these may be just right for your appetite ♥

This magazine is designed to be a resource which will help clients, volunteers, carers and staff increase their knowledge on a range of subjects, including, but not limited to, food safety, nutritious recipes, meal plans, general knowledge and helpful hints.

Navigating the world of good nutrition can be tough, especially when your appetite may be reduced but you still need to assure your nutrient intake is optimal. Meals on Wheels NSW Ltd follows the National Meal Guidelines, therefore we aspire to have a consistent approach.

We welcome your comments, feedback and input on each edition of the Relish magazine, your ideas, suggestions for how we can ensure our focus of keeping people healthy in their homes is improved and continued.

Contact: nswmow@nswmealsonwheels.org.au

Often asked questions

• Should I be drinking 6 – 8 glasses of water a day?

Fluid is essential for the body to function properly. The importance of having enough fluid does not decrease with age. Most older people need 6 – 8 cups of fluid a day (a cup = 250 mL) Fluid is more than just water. Fluids include milk, juice, cordial, soft drink, tea, coffee, jelly, soup and ice cream.

Having enough fluid

- Keeps the kidneys working
- Helps prevent constipation
- Decreases the likelihood of urinary tract infections
- Quenches thirst
- Prevents dehydration. Dehydration can cause confusion .

Having a drink (thirsty or not) when you get up in the morning, at morning and afternoon tea time and at meal times will go a long way toward meeting daily fluid needs.

• Should I be drinking bottled water instead of water from the tap?

Water is a great thirst quencher and tap water is fine. Tap water is cheap, available and safe to drink.

• Is it OK to reheat food in the microwave?

Microwave ovens make reheating food easy but be aware that the food may not heat evenly. This means that food (such as casseroles) may need to be stirred occasionally to heat evenly. Reheating food using a microwave is quick and this means that there is minimal loss of food value. Always use microwave safe food containers. Whatever container you use, there should be some way for steam to escape during the heating process. Always take care when removing the lid or cover from heated food just in case steam has accumulated.

• Can I reheat left over food more than once?

The best advice is NO. Reheating more than once increases the risk of bacterial growth and this could lead to food related illness.

• Can people with diabetes have a little sugar in their diet?

People with diabetes do not have to have a sugar free diet. They can have a little sugar. This means they may have a teaspoon of sugar in tea or coffee; they may have a little jam or honey on toast, they may have a piece of cake and they can have dessert. Small amounts of these foods can be part of a healthy diet. Special 'diabetic' foods are not necessary ♥

(Nutrition Services, Gosford Hospital, CCLHD)

Food safety

Food safety is important for everyone but, it is very important if you are elderly, frail, unwell or recovering from an illness.

Some bacteria (and the toxins they produce) can cause food poisoning.

Bacteria need food, moisture and time to grow. Some foods are called HIGH RISK foods as bacteria grow very readily on these foods. HIGH RISK FOODS include

- Raw and cooked meat , chicken, fish and other seafood
- Milk and milk products such as soft cheeses, mornays, milky desserts
- Eggs can also be risky so always cook, don't serve them raw as in egg flips
- Processed foods that contain eggs eg. quiche
- Cooked rice and pasta
- Soy bean products

Points to keep food safe include

- Wash and dry hands thoroughly before and after handling food
- Place raw meat, chicken and fish on the bottom shelf of the fridge so their juices cannot drip onto other food
- Do not keep raw meat in the fridge more than three days before cooking
- Do not keep raw fish or chicken in the fridge more than one day before cooking
- Chicken should always be well cooked. Cooked chicken juice should be clear. Check juices in the thickest part and near the bone
- Minced meat should be cooked for at least 20 minutes
- HIGH RISK FOODS should not be left out of the fridge for more than two hours. No more than one hour would be even safer. If high risk food has been out of the fridge for more than two hours, (especially in the hot summer months) throw it away. This may be hard to do but, it is better to waste a little food than to be sick.

Note that boiling the food when it has been out of the fridge for more than two hours will not make it safe to eat. Boiling may kill bacteria but it does not destroy the toxins (poisons) they have produced ♥

(Nutrition Services, Gosford Hospital, CCLHD)

More
than just
a meal

Are you caring for someone with dementia?

Good nutrition can be a challenge for anyone but for people living with dementia there can be special challenges. The challenges involving food and meal time will vary from person to person, from day to day, even from one meal to the next.

The following information is by no means complete but it is a start.

Some of the eating patterns that people with dementia may develop include

- A poor appetite and/or refusal to eat
- A big appetite and always being hungry. Forget they have already eaten
- Wanting to walk around eating
- Eating slowly and becoming too tired to finish the meal

Some ideas that may help improve appetite

- Stronger flavours, extra salt or sugar (even on savoury food) may increase meal appeal
- Serve favourite foods even if it means serving the same food meal after meal
- Serve foods that are easy to eat eg. mornays, mince dishes, milky desserts
- Serve small amounts of food regularly throughout the day
- Leaving food (that won't spoil) out where it can be seen may improve food intake

For someone who always want to eat

- If becoming overweight is likely to be a problem, try to provide reduced fat food and lots of vegetables and salads (if they will be eaten)

For someone who won't sit down to eat

- Finger foods may be the answer. As long as the food is able to be held without falling apart it is a finger food eg cooked whole carrots and beans, whole chat (new) potatoes, pieces of fruit, sausage rolls, chicken legs, meat balls, vegetable slice (eg zucchini slice), small party pies, a chunk of cucumber, cheese and crackers
- Sandwiches can work. Make sure there is not too much filling and the filling will (hopefully) stay in eg. peanut butter, sliced cheese, thinly slice ham, meat and fish paste. Toasted sandwiches and jaffles (toasties) also may be suitable.

For the slow eaters

- Try frequent small meals
- Sit down with 'them' to encourage and prompt

Try to make sure that the person you care for is having enough to fluid.

AND, most importantly, if you are the carer, look after yourself ! ♥

(Nutrition Services, Gosford Hospital, CCLHD)

Oral health/good mouth health

Oral health is important whether you have your own teeth, full dentures, part dentures or just gums!

Poor oral health can mean toothache, loss of teeth, mouth ulcers and gum disease. All can make eating difficult, spoil food enjoyment or put you off eating all together.

Poor oral health could lead to poor nutrition and poor health.

Causes of tooth decay and gum disease include

- **Dry Mouth:** Causes include medication and reduced saliva production (reduction of saliva happens as we age) Dry mouth is uncomfortable. It can impair taste, swallowing and speech. Saliva helps to prevent tooth decay. Talk to your doctor and/or dentist about what to do. Your medication may be able to be changed and products are available to help relieve dry mouth.
- **Food textures:** Firm, crisp foods help to reduce the risk of tooth decay and gum disease by stimulating saliva flow and exercising jaws, tongue and teeth. Try to have a variety of textures. Avoid always eating soft food if you can.
- **Poor cleaning of teeth:** teeth should be brushed at least twice a day using a soft toothbrush and fluoride toothpaste. Dentures should be cleaned once a day using a soft brush, do not use abrasive powders or cleaners. Check with dentist to make sure dentures are fitting correctly. Clean gums under dentures daily using a super soft toothbrush or washcloth.

What are 'tooth friendly' foods?

Tooth friendly foods include milk, cheese, yoghurt and custard. Milk and milk products contain casein and this helps prevent tooth decay. Try to finish mealtimes with a milk drink or a milky dessert. A piece of cheese would also be good.

What about fruit juice?

Fruit juice contains acid. Acid is not so good for teeth. One glass of juice a day should be enough and try to have it with a meal. If you have teeth problems, try drinking juice through a straw.

And water?

Water is great for quenching thirst and for rinsing out your mouth after eating (if you are not brushing). Water does not contain anything to harm teeth. Fluoride in tap water is good for teeth.

Picking at food all through the day: is one of the biggest causes of tooth decay as it doesn't give tooth enamel time to 'recover' after eating. Try to leave about 2 hours between meals and mid meals.

Dental 'check ups': are so important. Try to have regular 'check ups' to identify issues before they become a problem.

Teeth, mouth and swallowing problems have a high impact on ability to eat and enjoy food.



Potatoes

Did you know the Inca Indians of Peru were the first to cultivate potatoes about 8000 BC to 5000 BC

In 1536 the Spanish Conquistadors conquered Peru, discovered the flavour of potatoes and carried them to Europe.

Sir Walter Raleigh introduced potatoes to Ireland in 1589

Potato is now a staple crop in many countries.

Potatoes can be an important part of your diet. They are available all year round and there are lots of different varieties to choose from. They are versatile in the way they can be prepared and they are easy to eat (especially if mashed!). Potatoes contain vitamins including C and B6. They contain potassium, carbohydrate for energy and a little fibre (especially if the skins are left on). Potatoes contain no fat or sodium (salt). When cooking, leave skin on if possible on to reduce loss of nutrients.

IMPORTANT:

- Do not buy potatoes that have green colouring anywhere on the skin as this indicates there is solanine present. This is a toxin and even in small amounts, can make you sick
- When buying potatoes check for green skin. If you buy a bag of unbrushed potatoes(that look fine) and when using find some (or all) have green skin, you are entitled to return them
- Store potatoes in a cool, dark place with good air circulation. Lack of light will help prevent potatoes developing green skin
- If potatoes have green on the skin, peeling thickly won't reduce the solanine by much – not enough to make them safe to eat
- Cooking does not make potatoes with green skins safe to eat
- Potatoes with green skins should not be eaten. Best to throw them away if you can't return them.

Now you know about solanine don't be put off eating potatoes. They are a good staple food, just choose and store carefully.

In the following pages of "RELISH" are some potato recipes you may like to try. ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Potato scones

The following recipe makes about 12 scones. Potato scones have a soft cake like texture

Ingredients

2 cups self raising flour

3 tablespoons margarine

¾ cup milk

1 medium potato (enough to make 1 cup mashed potato)

Method

1. Wash, cook and mash potato
2. Add margarine (or butter) and milk to mashed potato
3. Place flour into a large bowl
4. Pour potato mix into flour, stirring all the time
5. Mix gently but thoroughly to make a soft dough
6. Turn onto a floured board, knead lightly
7. Pat dough out to about 1½ centimetres thick
8. Using a scone cutter or sharp knife dipped in flour, cut into scones
9. Place in a moderate oven (180), bake for about 15 minutes (they may not go brown and they don't rise a great deal)

Tips

- If the dough is too soft to knead, place into a greased, lined loaf tin and bake in moderate oven for about 25 minutes. A skewer or knife blade placed into the centre should come out clean if cooked. Tip out of loaf tin and allow to cool before cutting
- Instead of cutting into scones you could place about 2 tablespoons of dough into greased muffin tins or patty papers
- Potato scones can be served with meat and vegetables, with a salad and go great with soup. They also make a tasty snack (taste good with butter and jam!)
- Keep in fridge for a couple of days. If wanting to keep for longer, freeze.
- Potato scones can be eaten cold but can be easily reheated in the microwave
- For extra flavour add ¼ cup chopped chives or ½ cup grated parmesan cheese (or both) to the mixture ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Easy creamy potato soup

Recipe to make two serves

Ingredients

- 2 medium potatoes
- 375 mL can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste
- 2 teaspoons of chicken stock powder
- ½ cup milk
- Chopped fresh parsley (if you have any)



Method

1. Wash potatoes (or scrub if needed) There is no need to peel smooth skinned potatoes or other potato types as long as they have been thoroughly scrubbed
2. Cut potatoes into chunks and cook until soft (boil or microwave)
3. Drain and mash well
4. Add butter and stock powder
5. Add evaporated milk plus ½ cup milk
6. Reheat soup over a low heat. Stir form time to time

Tips

- Best potato to use for mashing is probably Coliban potato. Coliban potatoes are oval like in shape, have a smooth, light coloured skin and white flesh and there is no need to peel. If you can't get Coliban, Desiree are good. Waxy potatoes do not mash well
- Two stock cubes can be used instead of stock powder. Crush the cubes before adding
- A small chopped onion or one thinly sliced shallot could be added for extra flavour. Lightly fry in the butter, add stock powder then stir through the potato
- A small can of salmon could be added before serving. Reheat gently
- Sweet potato or pumpkin could be used instead of potato
- Once served why not sprinkle with grated cheese (parmesan is good but any cheese will do)
- For extra protein and calories add three tablespoons of powdered milk (skim or full cream)
- This soup will keep in fridge for two days. It can be frozen
- To help prevent boiling over when reheating, reheat slowly
- If reheating in a microwave don't put a lid on as this may cause soup to boil over and don't have the container too full ♥

(Nutrition Services, Gosford Hospital, CCLHD)

Cheesy potato and sweet potato bake

This recipe makes 2 serves. Bake in one casserole dish or individual ramekin dishes.

Ingredients

1 medium potato

1 small to medium sweet potato (about 5 inches long)

1/4 - 1/2 cup of tomato or barbeque or sweet chilli sauce (or a combination of all 3)

3/4 cup grated Swiss cheese

Method

1. Scrub potatoes and sweet potato, cut in half. There is no need to peel the potatoes unless you want to. Skin can also be left on the sweet potato as long as it has been well scrubbed
2. Boil the potatoes and the sweet potatoes until they are just tender
3. Drain then cut into slices about 1/2 centimetre thick
4. Arrange slices in a greased casserole dish, sprinkle with salt and pepper (if you like)
5. Drizzle sauce over potatoes
6. Sprinkle cheese over the top then place into a moderate oven(160 – 180) for 10 - 15 minutes

Tips

- You could use all sweet potato if you like
- If you don't want to turn the oven on, once the cheese is sprinkled on top, place in a microwave oven on moderate heat for 3 – 5 minutes (or enough time to heat through)
- Tasty cheese can be used instead of Swiss cheese ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Tuna, sweet potato and pasta casserole

A complete meal in itself, this dish is easy to make. The recipe makes 2 serves

Ingredients

- 125g (about 1 cup) uncooked pasta shells
- 1 medium sweet potato (orange colour)
- 2 x 95g cans tuna in spring water, drained
- 100g sour cream
- ½ cup grated cheese
- 1 cup frozen green beans or frozen peas

Method

1. Preheat oven to 180
2. Boil pasta in a large saucepan of water, lid off until tender (15 – 20 minutes)
3. Scrub and peel sweet potato. Cut into chunks. Cook until tender by boiling or steaming or in the microwave
4. Mix together the drained pasta, cooked sweet potato, drained tuna, frozen beans (or peas), the sour cream and ½ of the grated cheese
5. Spoon this mix into a casserole dish, sprinkle with the rest of the cheese then place into the oven for about 10 minutes

Tips

- Pumpkin could be used instead of sweet potato. Jap pumpkin can be easier to cut and peel than other types. Best to 'chop' skin off rather holding pumpkin in your hand to peel. There may be a little waste of the pumpkin flesh but, that is better than cutting your own flesh!
- Pumpkin can be purchased already cut up and no skin
- Use any small pasta shapes. Wholemeal macaroni is good. It cooks in 10 minutes
- Salmon could be used instead of tuna
- Cut up cooked chicken could be used instead of tuna
- 1 cup of frozen corn could replace peas or be added along with the peas.

Note: Left over sour cream can be kept in the refrigerator for at least one week beyond the date that is printed on the container. It can be frozen but will then only be good for cooking as freezing causes it to separate. If you have frozen sour cream, thaw by standing in hot water, stir from time to time ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Apple and Sultana Bread Pudding

This recipe is a variation on Bread and Butter Custard and makes 2 serves

Ingredients

- 4 slices wholemeal sultana bread
- 1 apple, peeled, cored and thinly sliced
- 2 eggs
- 2 teaspoons sugar
- 1 teaspoon vanilla
- 1 ½ cups milk
- Ground nutmeg
- Margarine or butter to spread on bread

Method

1. Preheat oven to 180
2. Remove crusts from the bread
3. Spread bread with butter or margarine
4. Arrange layers of the bread and sliced apple in an ovenproof dish
5. In a bowl, beat together the egg, sugar, milk and vanilla
6. Pour this over apple and bread
7. Sprinkle top with nutmeg
8. Stand in a water bath before placing in oven as this will help prevent custard curdling
9. Bake 40 minutes or until set
10. Once custard is set take out of the water bath (to prevent over cooking)

Tips

- Any fruit bread can be used
- Plain bread could be used and about 3 tablespoons of sultanas added in with the layers of bread and apple
- Any type of apple can be used. Skin could be left on. Pear could be used instead of apple
- Soy milk could be used instead of dairy milk
- A water bath is an ovenproof dish with sides and large enough for the pudding dish to fit into. Enough water is put in the water bath to come about ½ way up the side of pudding dish
- Test if custard is set by placing a knife into centre, pulling it slightly to the side. If there is no runny milky custard, pudding is ready to come out of the oven ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Banana Bread

Ingredients

1 1/2 cups self-raising flour
1/2 cup plain flour
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
2/3 cup, firmly packed brown sugar
2 overripe medium bananas, mashed
2 eggs, lightly whisked
1/2 cup milk
50g butter, melted, cooled



Method

Preheat oven to 180°C. Lightly grease a 11 x 21cm loaf pan. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.

Sift the combined flours, cinnamon and ginger into a large bowl. Stir in the sugar and make a well in the centre. Mash bananas in a medium bowl. Add the eggs, milk, and melted butter, and stir until well combined. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.

Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely. Cut into slices to serve.

Tips

The banana bread can be sliced and put in individual freezer bags and frozen for other occasions.

Bananas that are overripe can be mashed and frozen. Thaw frozen bananas when you want to use them to make the banana bread.

More
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Anzac Slice

Ingredients

1 cup rolled oats
1 cup firmly packed brown sugar
3/4 cup dessicated coconut
1/2 cup plain flour
1/2 cup self-raising flour
125g butter
2 tblsp golden syrup

Method

Preheat oven to 180°C. Lightly grease an 18cm x 28cm slice pan. In a large bowl, combine oats, sugar, coconut and sifted flours.

Heat butter and golden syrup in a small saucepan on low heat for 1-2 minutes, until butter has melted and mixture is well combined.

Make a well in centre of dry ingredients. Add butter mixture and combine well.

Press firmly into prepared pan using base of a glass. Sprinkle with coconut.

Bake for 20-25 minutes, until golden. Sprinkle with coconut.

Cool completely in pan. Cut into squares to serve.

TIP

Half cup of dried fruit can be added, if desired



WHILST OLDER ADULTS MAY
CONSUME LESS FOOD COMPARED TO WHEN THEY
WERE YOUNGER, THEIR NEED FOR CERTAIN
NUTRIENTS IS OFTEN HIGHER

