

RELISH

Second
Edition
2020

Easy Recipes for cooking in the comfort of your own home

A publication of Meals on Wheels NSW Ltd



..... New recipes and helpful hints inside



Meals on Wheels
New South Wales

nswmealsonwheels.org.au



More
than just
a meal

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My Aged Care

My Aged Care is an Australian Government scheme designed to assist senior Australians on their journey to aged care. My Aged Care gives you the ability to find and connect with any services you may need.

The gateway is available to seniors who have noticed changes in their activity and memory, have been diagnosed with a medical condition or reduced mobility, experienced a change in care arrangements, experienced a recent fall or hospitalisation and are 65 years or older (50 and older for Indigenous peoples).

If you are eligible for My Aged Care, please contact your local Meals on Wheels NSW service.

Commonwealth Home Support Programme (CHSP)

The Commonwealth Home Support Programme (CHSP) is designed to assist senior Australians to access assistance while maintaining their independence and living in their own home.

In order to be eligible for CHSP, you must be 65 years or older (50 years or older for Indigenous citizens) OR 50 years or older (45 years for Indigenous Australians) and on a low income, homeless or at risk of being homeless.

If you are eligible for CHSP, contact your local Meals on Wheels NSW branch to register to receive meals.

Home Care Packages

Commonwealth Home Support Programme (CHSP) services provide entry level supports, whereas Home Care Packages (HCP) provide a higher level of ongoing support in the aged care system. The HCP program tailors services to help older people with more complex needs to continue living independently at home.

Before transitioning from CHSP to HCP talk to your Meals on Wheels NSW service as to how you can continue to purchase meals through your package



Meals on Wheels
New South Wales

Welcome to the second edition of RELISH for 2020

While (working from home) determining the information and recipes to include in this edition of RELISH, I dusted off some of my resources from yesteryear including the 'Advanced Commonsense Cookery Book'. First edition of this book was written in 1948 by the NSW Public School teachers' Association. My copy that I used when in my 'Leaving Certificate' year, was updated in 1958.

This cookery book contains some wonderful information. I decided to share the following 'gems'.

"Ways of serving meals" There are three ways of serving meals, namely

1. At the dining room table: This is family or English type, where the host carves and the hostess serves vegetables and desserts.
2. Kitchen service: Here the food is served on plates carried to the dining room table either by a member of the family or a waitress.
3. Buffet service: This is usually reserved for special functions. The foods are arranged on side tables for the guests to help themselves.

"The ideal waitress"

The maid who waits at table should be neatly dressed, paying particular attention to her hair, hands and nails. She must be quick and light in her movements, but quiet and gentle at the same time, ever on the alert for what is wanted and ready to give her whole attention to the work in hand.

Forethought is another necessary quality- considering beforehand what will be required for the meal and thus preventing unnecessary moving about and waste of time. A waitress should try to cultivate a pleasant and gracious manner, anticipating their needs and being thought for the comfort of those she is serving. She should not appear to take any notice of the conversation of the diners. She should also cultivate a good memory and accustom herself to carrying something in each hand.

"Clearing the table"

To clear the table after the meal, put the dessert plates, spoons and forks, cups and saucers, glasses on a tray and carry them to the kitchen. Remove everything from the table except the cloth. Brush crumbs off the cloth and fold into the original folds, thus avoiding unnecessary creases.

Teapot should be emptied after each meal.

Jam and butter should be removed from the dishes and the dishes, spoons and knives washed. The bread board should be scrubbed '

I hope you enjoyed reading the above. Could be fun to share with your friends, children or grand- children. You may have to explain a few things (if you can).

Carolyn Bunney

Raspberry buns

While walking down memory lane I remember the very first item made in our very first practical Home Science class – Raspberry buns

The recipe makes 12. Basically, it is a scone dough with jam filling. Raspberry buns can be frozen.

Ingredients

2 cups self- raising flour

2 tablespoons butter or margarine

1 egg

4 tablespoons milk

1/4 cup sugar

Raspberry jam (if you don't have raspberry, any other type will do)

Method

1. Preheat oven to moderate (180 – 200) and grease and line (with baking paper) an oven proof tray
2. Rub butter into flour then add sugar
3. Beat egg and milk together then mix gently into flour
4. Tip dough onto a board dusted with flour, flour hands and knead lightly by patting out and folding in half 3 times
5. Use a knife dipped in flour to cut into 12 pieces. Roll each piece into a ball, place on oven tray
6. Press a hollow into the centre of each bun. Place about 1/2 teaspoon of jam into each hollow then pinch edges of hollow together to enclose jam
7. Glaze with a little milk (if you like). Place into oven and bake for 15 minutes.

Tips

* Use 1/2 wholemeal self- raising flour for extra fibre

* If the dough is too difficult to knead, grease and line a loaf tin, place in all the dough and cook as a loaf. Don't worry about the jam, you can spread that on later. If you don't have a suitable loaf tin why not cook on the oven tray damper style. Either way, the cooking time will increase by about 5 - 10 minutes. When cooked, a skewer inserted in centre should come out 'clean', no sticky dough.

* Instead of jam you could use sultanas or currants

(Nutrition Services, Gosford Hospital, CCLHD)

Shepherd's pie

Another old favourite, this recipe will make 4 serves.

Recipe

250 grams mince

½ teaspoon mixed herbs

1 tablespoon plain flour

1 teaspoon stock powder or 1 beef stock cube

4 medium sized potatoes – cook and mash with a little butter and milk

Method

1. Place mince, stock powder (or crushed stock cube) herbs and flour in a saucepan or frying pan along with 2 tablespoons of water
2. Stir over a medium heat for at least 15 minutes. Add a little more water to keep the mince consistency soft and easy to stir
3. Grease a pie dish and spoon in the mince then cover with mashed potato
4. Although not necessary, you could smooth the top with the back of a spoon dipped in milk. Why not sprinkle the top with grated cheese?
5. Place in a moderate oven (180) for to reheat – about 10 minutes

Tips

- * Chop a small onion and add to the mince
- * For a flavour change add 1 teaspoon of curry powder or 1 teaspoon of turmeric. A teaspoon of minced ginger could also be added. If using fresh ginger, chop finely and add about 2 teaspoons
- * If you have cooked mince ready to use, allow about ½ cup per serve.

(Nutrition Services, Gosford Hospital, CCLHD)



The importance of eating enough protein

The risk of being poorly nourished increases with age. Not eating enough of the right foods can lead to poor nutrition, undesirable weight loss and loss of muscle.

Decreased muscle mass means loss of strength and increased frailty. Muscle loss has been linked to diets low in protein. As muscles are continuously being broken down and rebuilt, a poor intake of protein (especially in old age) will mean gradual loss of muscle.

Protein requirements are higher for older people than for younger people.

Foods rich in protein include meat, chicken (and other poultry), eggs, fish (and other seafood), milk cheese, custard, yoghurt, peanut butter, legumes (chick peas, butter beans, baked beans etc.) soy products.

Try to include a protein rich food every main meal time. If you have a small appetite it may be wise to eat the protein part of your meal first. You will need some energy giving food at the same time so that the protein can do the job it is supposed to do. Creamy mashed potato is easy to eat. Desserts also provide energy. Milk based desserts such as creamed rice or fruit and custard are a good choice.

Apricot chicken

Ingredients to make 4 serves

- 4 serve size pieces of chicken (see Tips for more information)
- 1 packet of French onion soup (or any other dry packet soup mix)
- 1 cup (250ml) apricot nectar

Method

1. Preheat a moderate oven (180)
2. Roll chicken pieces in dry onion soup then place in a casserole dish
3. Pour nectar over the chicken, place lid on and bake for 1 hour
4. Serve with rice or vegetables (or both)

Tips

- * Could be cooked in a microwave for 20 minutes on medium heat. Use a microwave suitable container and always check the chicken is cooked completely through (no pink flesh or liquid)
- * If you don't have the apricot nectar, use mashed canned apricot (probably need about 5 apricot halves as along with some of the juice. The result should be about 1 cup or 250 ml.



French Toast – for that special breakfast

Ingredients – to make 1 or 2 serves (depending on appetite)

- 1 large egg
- 1 tablespoons milk
- 2 teaspoons Parmesan cheese
- 2 tablespoons of margarine or butter
- 2 slices of bread

Method

1. Beat eggs, milk and cheese together
2. Dip bread in mixture allowing it to soak through the bread
3. Melt butter in a frying pan then using moderate heat. Fry bread both sides until golden brown
5. Serve immediately

Tips

- If the bread you are using is thickly sliced, you may need to add a second egg plus another tablespoon of milk if you are making 2 serves
- Most types of sliced bread can be used (wholemeal, white, rye, sour dough)
- French toast (with vegetables or salad) could be served as a light midday or evening meal. Complete with a milk based dessert and/or a milk drink for a nutritious and enjoyable meal.

(Nutrition Services, Gosford Hospital, CCLHD)



Tacos

Tacos are easy to make and a great idea for a meal if you have visitors (of any age)

Ingredients – to make 2 serves

- 1 cup shredded lettuce
- 1 tomato, chopped
- 4 tablespoons of grated cheese
- 4 taco shells
- Mince filling
- 120 grams mince
- 1 small onion, chopped
- 1 teaspoon minced garlic (optional)
- 2 tablespoons tomato paste

Method

1. Preheat oven to moderate (150- 180)
2. Place meat and onion in a frying pan or saucepan, cook for about 15 minutes (moderate heat)
3. Add garlic and tomato paste and cook for another 5 minutes
4. Heat taco shells in oven for 5 – 10 minutes
5. Divide meat into the 4 taco shells, top with tomato and lettuce, sprinkle with cheese. Enjoy!

People may like to fill their own taco shell – part of the fun of eating Tacos

Tips

- * 1 tablespoon of tomato sauce could replace tomato paste
- * About one tablespoon of chutney could replace tomato paste. Add more if required
- * 2 teaspoons of finely chopped fresh ginger or 1 teaspoon of crushed ginger could be added
- * If there is a pouch of taco seasoning with taco shells, other flavourings may not be needed
- * To save turning on the oven, soft bread wraps could be used instead of taco shells.

(Nutrition Services, Gosford Hospital, CCLHD)



Milk and other dairy foods

Dairy foods are nutritious. Try to include dairy foods at both main meals and snack time. Dairy foods include milk, cheese, yoghurt and custard. These foods supply protein, fat, minerals (especially calcium) vitamins and carbohydrate.

Milk includes fresh, powdered, long life (U H T), evaporated and condensed milk. Full fat or fat reduced varieties of these milks are usually available.

Last year, National Heart Foundation stated that research found that full cream milk was neutral on cholesterol levels. So, what does this mean? It would seem that for older people, who like to drink full cream milk, can do so without a detrimental effect on their cholesterol levels. For frail older people this is good news as full cream milk provides more calories than fat reduced milk. If you have been advised by your doctor to have fat reduced or skim milk and you would like to have full cream milk, always check with your doctor first.

What are milk alternatives?

These include soy, coconut, oat almond and rice 'milk'. These beverages do not contain calcium unless it has been added. For calcium levels to equate to the amount of calcium in dairy milk they must contain at least 100 mg of calcium in every 100mls.

Even if these non-dairy alternatives have been fortified with an appropriate amount of calcium, few are nutritionally equivalent to milk. There is more to milk than just calcium.

Fortified soy beverage would be the closest to milk in the nutrients it contains. As well as calcium, soy is fortified with vitamins A, B1, B2 and B12.

Many of the other milk alternatives are low in protein, fat and calories and don't contain the vitamins and minerals found in cow's milk. If you are having these beverages instead of cow's milk or soy milk it would be a good idea to ask your doctor for advice (people with medically diagnosed cow's milk allergies may need to have milk alternatives).

How much dairy food is recommended for you to have each day?

Try to have at least 3 (preferably 4) serves of dairy food each day. A serve is 1 cup (250ml) of milk or a small tub of yoghurt or 2 slices of cheese or 1 cup of custard.

If it is hard for you to have at least 3 serves a day, why not have 2 serves in one. Just add 2 – 3 tablespoons of powdered milk to a cup of milk and you have 2 serves of dairy. Powdered milk stirs in easily. It can be added to any custard (home-made or ready to eat) canned creamed rice, fruit smoothies, hot milk drinks or soups (add to soups just before serving).

Milk drinks such as milkshakes, smoothies, hot chocolate, milk coffee, flavoured milk and drinking yoghurt – all excellent ways to have your daily dairy serves.

(Nutrition Services, Gosford Hospital, CCLHD)



Blancmange from ‘The Commonsense Cookery Book’ metric edition 1974

As this edition of ‘Relish’ refers to ideas and recipes of times past, some of you may remember the following milk dessert.

Ingredients – to make 2 serves

- 1 ¼ cups of milk
- 2 tablespoons of cornflour
- 1 tablespoon sugar
- 3 drops of vanilla essence (optional)
- grated zest of 1 lemon

Method

1. Blend cornflour with some of the cold milk making it smooth and able to be poured
2. In a small saucepan heat the remainder of milk plus sugar and lemon zest
3. When nearly boiling, remove from heat and stir in the blended cornflour
4. Return to moderate heat stirring all the time until it comes to the boil
5. Turn heat down but continue to boil for a 2 minutes, stirring all the time
6. Stir in vanilla essence then pour blancmange into a bowl, cool then refrigerate
7. Serve with fruit

(Note that the method has been simplified)

Tips

- * Any milk is suitable. Full cream milk makes a creamy blancmange
- * ¼ cup dried fruit could be added. Large pieces will need to be chopped up
- * Lemon zest could be left out
- * Blancmange will keep in the refrigerator for up to 3 days
- * Instant pudding is a ‘modern’ version of blancmange. For a creamy result, make on full cream milk.

(Nutrition Services, Gosford Hospital, CCLHS)

Easy creamy potato soup for two

Cream style soups are yet another way of increasing your dairy food intake. Early last year an edition of Relish included the recipe for 'Easy creamy potato soup'. Just in case you missed that recipe and, as it is winter, it is being included again along with some different 'variation' ideas.

Ingredients

2 medium potatoes
375ml can evaporated milk
2 tablespoons butter or margarine
2 teaspoons of chicken stock powdered
1/2 cup milk
salt and pepper to taste

Method

1. Wash and peel potatoes. No need to peel smooth skin potatoes just wash thoroughly
2. Cut potato into chunks and cook until soft (boil, steam or microwave)
3. Drain potatoes, add butter and mash well
4. Add the 1/2 cup milk and evaporated milk
5. Reheat stirring from time to time.

Tips

- * 2 crushed stock cubes can be used instead of stock powder. One teaspoon of Vegemite™ could be used instead of stock.
- * Sweet potato or pumpkin could be used instead of potato (or use a combination of both)
- * For extra protein, calcium and calories, add 2 tablespoons of skim or full cream powdered milk
- * Keep in fridge for 2 days. To keep for longer, freeze. Always defrost safely – in the fridge, not on the kitchen bench
- * Before serving, reheat slowly using moderate heat
- * Before reheating, make a complete meal by adding a small can of salmon or tuna
- * Add undiluted evaporated milk to any thick soup make a cream soup (possibly not tomato as it may curdle)

(Nutrition Services, Gosford, CCLHD)



Vanilla slice

This is a quick and easy to make vanilla slice using vanilla instant pudding, cream and lattice biscuits. Good to make if you are having people over or, if you are visiting and need to 'take a plate'

Ingredients

100g packet of vanilla instant pudding

300mls pure cream (not thickened cream)

300g packet of Lattice biscuits

Method

1. Using a sharp knife, cut each biscuits in half. This is a bit difficult as they can easily break. If this is happening, they can be left whole. The individual vanilla slices will just be larger
2. Lay 1/2 the biscuits side by side on a tray (or similar flat dish). Leave the same number of biscuits to make the top layer of the slice
3. Pour cream into a bowl, sprinkle all instant pudding powder onto cream and beat. The pudding will start to thicken quickly but that is OK
4. Using a couple of spoons, 'plop' dollops of pudding over biscuits then, using the back of a spoon or a scraper, lightly spread as evenly as possible
5. Time to put on the top layer of biscuits. Do this making sure you line up the top layer with the bottom biscuit layer so the result can be cut into individual vanilla slices. Refrigerate for about an hour
6. Enjoy !!

Tips

- * Instead of using all cream, you could use half cream – half milk
- * Morning coffee biscuits could be used and they are small enough not to need cutting in half
- * You don't have to use biscuits, puff pastry sheets or filo pastry could be used. Cut into individual serve sizes before baking. Once cooked, cool completely then arrange (just as if they were biscuits)
- * You could leave out the biscuits/pastry all together and spoon the rich and creamy pudding into individual dessert dishes. Sprinkle with toasted muesli for some 'crunch'

(Nutrition Services, Gosford Hospital, CCLHD)



Nanna's tea cake

Why not make this tea cake to have with hot chocolate or milk coffee (It really is my Nanna's recipe)

Ingredients

- 1/2 cup sugar
- 2 tablespoons margarine or butter
- 1 egg, beaten
- 1/2 cup milk
- 1 1/2 cups self- raising (SR) flour
- 1/2 cup sultanas or chopped dates

Method

1. Cream the butter and sugar
2. Beat in the egg a small amount at a time
3. Add fruit and milk
4. Add flour and fold through gently
5. Pour batter into a greased baking tin with baking or grease proof paper lining bottom of tin
6. Bake in moderate oven (160 – 80) 30 – 35 minutes. Skewer inserted in centre should come out clean

Tips

- * Try using 1/2 wholemeal SR flour for extra fibre. You could use all wholemeal SR flour
- * Brown sugar can be used instead of white sugar
- * When first taken out of the oven spread tea cake lightly with butter or margarine and sprinkle with sugar. Caster sugar is best.

(Carolyn Bunney, Nutrition Services, Gosford Hospital, CCLHD)



Finally in this edition of 'Relish', a little bit of trivia

Did you know

Cloves consist of dried flower buds of *Eugenia Caryophyllata*. They are imported from Penang and Zanzibar and derive their name from the French word 'clou' because of their resemblance to a nail.

Source: Advanced Commonsense Cookery Book, edition 1958, first published in 1948

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Meals on Wheels



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