



## Dedication

Like recovery from drug use, the writing of this book was not an event but a process. It was not the work of a single person but drew upon the knowledge, skills and experience of many. Some of those people were residents, staff and volunteers of Windana, both past and present. Some were nutritionists, herbalists and cooks.

What we have done is to draw threads from the wisdom and experience already gained at Windana and from many other sources to weave together something of practical use for our needs and which will form another step-off point for the future.

This collection of recipes is based on the simple concept of a balanced and varied diet. How we eat has a deep effect on how we think and feel. In addition to nutritional health, the recipes encourage sharing and eating in groups because the social aspects of eating are so very important.

Most of the recipes are for groups of 5 – 12 but this is easily adapted to lesser numbers. The preparation of meals which can be frozen for later use is also encouraged. It is so handy to have something special in the freezer after a long day or when unexpected guests drop by.

We hope that those who use this book will continue its evolution by adapting the ideas to suit their particular circumstances and by adding their own touches. Experimentation is one of the most exciting and rewarding aspects of cooking.

***Food for Healing** is dedicated to all the residents, staff and volunteers of Windana who have participated in the evolution of these ideas. The recipes contained in this book have been part of the healing process for thousands of people moving away from drug and alcohol dependence.*

# Contents

# The Windana Philosophy

We believe that **change** and **growth** are possible in all individuals as long as they so **choose**.

We acknowledge the **diversity** in the nature of **individuals** and the many **aspects** of their **lives** (physical, psychological, spiritual, religious, social, political, economic etc.).

We therefore will be **holistic** in our **attitudes** and **universal** in our **approach** and provide as many facilities, options and stratagems as possible. We will ensure that not just one aspect of life or one single basis for change will dominate the whole.

We believe that growth is an on-going learning process and that it will be sustained by providing a **safe caring** environment where new **behaviour** and **ideas** can be **freely** experienced in an **open, honest interaction** with the whole Windana Community.

## **Preface to this edition**

*Food for Healing* was originally written as a complete guide to nutrition, meal planning and meal preparation for those recovering from drug use. *Food for Healing* is still highly relevant for those recovering from alcohol and drug problems. This type of eating is not about dieting or fads. It is not a medical or scientifically based but draws on a common sense approach to a balanced diet. The aim is not weight loss, it is wholesome, good food much of which can be prepared easily and on a limited budget.

This edition is intended also as a guide to nutrition for a broader community looking for simple, nutritious and enjoyable eating.

# Health and Nutrition

*"The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."*

Thomas A. Edison

The World Health Organization has defined health as *"...something more than the absence of disease."*

In traditional Chinese thought, health is the feeling of well-being one experiences when there is balance between all the functions of the body as well as a sense of being in tune with nature, society, family and inner self.

For our purposes we will define *health* as

***"... a state of physical, mental and social well-being - in which a person feels a zest for life, mental clarity and a sense of fulfilment."***

**Health** is our natural state. It is not only desirable, but also quite possible.

These menus and guidelines will show that freedom from disease and youthful, vibrant good health are attainable for people even after sustained neglect and abuse.

The bodies of people who have been using heroin, amphetamines, tranquillizers, alcohol, or other substances of addiction have been subjected to many chemical assaults, including irregular and wildly fluctuating blood sugar levels and often some degree of liver or kidney damage. These main organs are responsible for the metabolism (or breaking down) and excretion of all chemical and toxins introduced to the body.

The Windana menus are designed to facilitate healing and the maintenance of good health by providing a balanced variety of nutrients.

## **Windana's Principles of Nutrition**

To implement a nutritionally moderate diet, providing adequate protein, complex carbohydrates, fibre, fluid, vitamins and minerals, which will enhance the body's innate ability to heal itself.

- a)** High in complex carbohydrates and high in natural fibres – with a predominance of fresh fruit and vegetables (preferably grown with minimum pesticides and chemicals).
- b)** High in grains and legumes - brown rice, whole meal pastas, whole meal breads, lentils, peas and beans, dried oats.
- c)** Adequate protein in the form of - eggs (2-3 per week), tofu (soy protein), low fat dairy products, fish (1 weekly), chicken (1 weekly), low fat red meat - lamb or beef (1 weekly).
- d)** Generous quantities of fresh water, freshly made vegetable and fruit juice herbal tea, grain beverages (Caro, Ecco, and Dandelion).

In keeping with its' holistic philosophy, the Diet and Nutrition component of the Windana Withdrawal Program aims to address not only neuro adaptation to a particular drug, but also provide the information and education to 1) minimize the harm of further drug use 2) provide the means to heal any existing damage 3) provide a foundation for continued success.

The disciplined and healthy nature of the diet provides the basis for many of the other components such as, vitamins, exercise, herbals, meditation, acupuncture, reiki as well as the other more traditional approaches, such as counselling, group work and case-management.

### **Special note:**

While the recipes and nutrition ideas in this book are helpful for people recovering from alcohol and drug dependence, they are also just as useful (and enjoyable!) for everyone else.

# Nutrition

The word nutrition comes from a Latin root **nutr-** which means to nurture or nourish. Nourishment is that which sustains life. Nutritional science is the body of knowledge about the nutritional requirements of humans for growth, maintenance, repair, activity and reproduction.

It includes the science of food composition, what happens to the food prior to eating, why certain foods are chosen for eating and the absorption and metabolism of food.

Food is any substance that can be eaten, drunk or administered, to sustain life and health and provide for growth, tissue repair and energy.

## Seven Classes of Nutrients

Nutrients are the necessary components of the diet that are needed for health. They must be supplied by food, as the body is unable to produce them in any appreciable amounts. Some are used to supply the body with energy; some are used to build and maintain tissues and some regulate body functions. Our well-being depends on an adequate intake of each of the seven classes.

### 1. Carbohydrates

### 2. Proteins

### 3. Fats

### 4. Vitamins

### 5. Minerals

### 6. Fibre

### 7. Water

### 1. Carbohydrates

Provide our main source of energy for our muscles, organs and brain. They can be either **simple** carbohydrates like sugar, discussed later in this book or **complex** carbohydrates - the starches found in foods like breads, pastas and potatoes.

Simple carbohydrates require no digestion and so quickly flood the system with glucose, then just as quickly are metabolised and disappear. This leads to a quick boost ("a sugar-high") then a quick let-down with fatigue, hunger and mood changes.

Complex carbohydrates take longer to metabolise and so give a more constant supply of energy over a longer period. Generally the more unrefined the carbohydrates the longer the supply of energy. An optimum diet should supply 45-60% of its calories from complex carbohydrates.

## **Sources Of Complex Carbohydrates**

Using products where the husk is still intact increases nutritional value. For example, brown rice instead of white.

### **Wholegrain breads and cereals**

- Pasta and rice
- Other grains such as barley, rye, burghul (as in tabouli), Millet
- Fruit and vegetables

## **2. Protein**

The body's need for protein varies with growth rate. When maturity is reached, protein needs lessen. This is because adults don't need protein for growth. They need protein only for maintenance and, in the case of injury, for repair of damaged tissues.

The Nutrition Board of the National Research Council of the United States recommends 56 grams of protein per day for the average man, and 44 grams for women. The World Health Organization has advocated 50 grams of protein per day, recognizing that even this amount provides a generous margin for safety. An unrefined diet easily provides this amount or more, even when no animal products are eaten.

The typical Australian diet, which is too high in protein (the average is more than 100 grams a day and many get much more than this), may actually do more harm than good. Excess dietary protein places added burden on the kidneys, thereby contributing to premature loss of kidney function even in healthy people.


Studies have shown that high-protein diets cause animals to grow faster and mature earlier. Unfortunately, those animals also die sooner. The daily required amount of protein can be obtained from either a vegetarian source or animal protein. It is true that animal protein is complete, having the balance of various amino acids that our bodies require to build and repair tissues. As well as red meat animal protein can be found in poultry, fish, eggs or dairy products.

Vegetable protein can be found in legumes, soy products such as tofu, seeds and nuts.

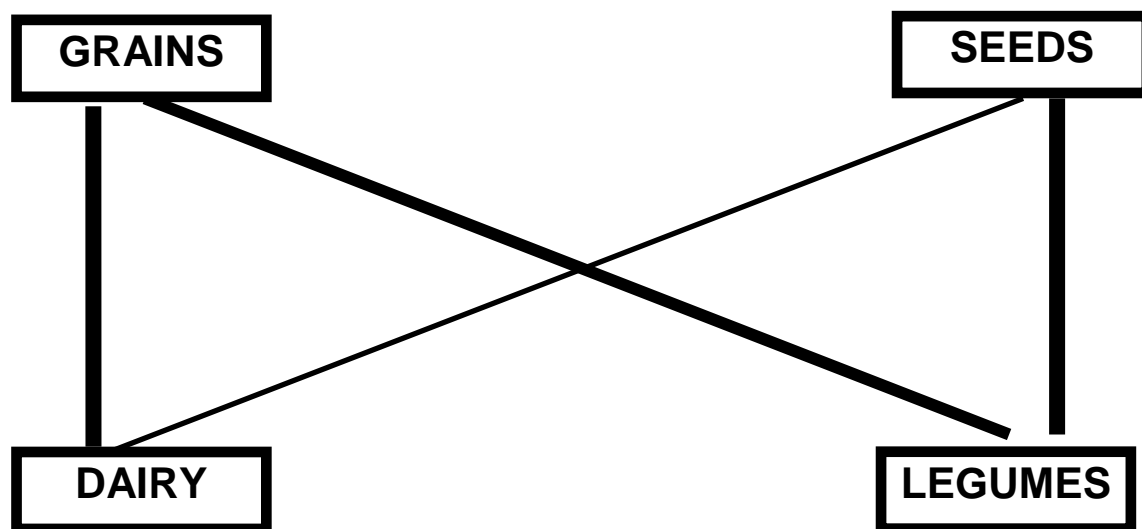


# Protein complementing

Alternatively, we can complement the protein/amino acid content of vegetarian sources by *combining* foods to achieve complete protein.

Good Complementary Relationship 

Fair Complementary Relationship 



## Good combinations are

- ★ Rice + Soy products (tofu, beans, soyflour)
- ★ Rice + Sesame (seeds or tahini)
- ★ Cornmeal + Beans
- ★ Potato + Dairy
- ★ Wheat + Dairy
- ★ Beans + Dairy
- ★ Rice + Beans
- ★ Wheat + Soy
- ★ Rice + Milk

Many of these combinations are used historically and intuitively by other cultures. Chinese relied predominantly on rice, soy and sesame combinations. Native Americans cultures utilized corn and beans - as in tortillas and kidney beans. Westerners have many recipes using potatoes, dairy and wheat with dairy, for example, bread and cheese, breakfast grain cereal with milk. From the Middle East come recipes including chickpeas, beans, tahini and cracked wheat.

To draw on these ideas enriches our own lives and health with a variety of tastes and textures from many cultures.

### 3. Fats

Some fats are essential. They act as carriers for fat soluble vitamins, A, D, E, and K. Fats help to make calcium available to the body tissues, particularly bones and teeth, by aiding in the use of vitamin D. Fats are also important for the conversion of Beta-carotene (in orange and dark green vegetables), to vitamin A. Fat deposits surround, protect and hold in place organs such as the heart, kidneys and liver. A layer of fat insulates these organs from environmental temperature changes and preserves body heat.

Fats prolong the process of digestion by slowing down the body's secretion of hydrochloric acid; therefore a longer lasting sensation of fullness will be felt after a meal.

Fatty acids are the substances that give fats their different flavours, textures and melting points.

**There are 2 types of fatty acids** - *saturated* and *unsaturated*.

**1. Saturated** fat acids are usually hard at room temperature, and come primarily from animal sources with the exception of coconut oils.

**2. Unsaturated** fat acids including polyunsaturated are derived from vegetable, nuts or seeds, e.g., corn, saffron, olive and sunflower.

The unsaturated essential fatty acids are necessary for normal growth and healthy blood, arteries and nerves. They also keep the skin and other tissues youthful and healthy, by preventing dryness and scaliness. These fats also lubricate the joints. Essential fat acids may be necessary for transport and the breakdown of cholesterol.

**Cholesterol** is a fatty substance necessary for the good health of most body tissues - especially the brain, nervous system, liver and blood. It is needed to form sex and adrenal hormones, vitamin D and bile (for digestion of fats) and helps to lubricate the skin. High amounts of it may be stored in the body if too many fats are taken in the diet. Research has shown a link between cholesterol level in blood and storage with arteriosclerosis (hardening of the arteries), strokes and heart disease.

**Stress** also increases cholesterol in response to anxiety and the adrenal "fight and flight" syndrome.

**Lecithin, vitamins A and E** and **dietary fibres** have been shown to lower cholesterol levels, as well as decreased intake of dietary fat.

**Margarine** undergoes a process of "hydrogenation" in which the unsaturated oils are converted to a more solid form of fat, by a very high heating process. This causes a saturation of bonds and the body may have difficulty utilizing this form of fat.

**Fat deficiency** rarely occurs in humans, although it may produce eczema or other skin disorders.

**Excessive fats** in the diet may cause weight gain, obesity and abnormal slow digestion and absorption, resulting in indigestion. There is also a link between slow moving and "sticky" blood and the incidence of clots and congestion in arteries which result in strokes, thrombosis and ischaemic heart disease.

## 4. Vitamins

### Vitamin A

**Uses** Promotes growth of bones, healthy skin, hair, teeth and gums. Helps resistance to disease especially respiratory disease. Aids treatment of many eye conditions e.g. Night blindness and weak eyesight.

**Sources** Leafy green vegetables, carrots, apricots, mint, liver, fish liver oils.

### Vitamin B1- (Thiamine)

**Uses** Promotes healthy function of nervous system, muscles and heart. Helps digestion especially of carbohydrates. Frequently deficient with alcohol use leading to loss of appetite, memory deficits, muscle weakness, nervous irritability, rapid heartbeat and other symptoms.

**Sources** Yeast, whole grains (whole wheat, brown rice, whole oats) nuts, milk, legumes, and liver.

### Vitamin B2 - (Riboflavin)

**Uses** Promotes healthy skin, hair, teeth and nails. Helps resistance to disease especially respiratory disease. Aids eye fatigue and weak eyesight

**Sources** Yeast, whole grains, nuts, milk, legumes, liver, eggs, avocados, and currants.

### Vitamin B3 - (Niacin)

**Uses** Energy production; helps metabolise fats, proteins and carbohydrates. Promotes healthy skin, hair, teeth and nails. Helps lower cholesterol.

**Sources** Yeast, whole grains, almonds, milk, legumes, meat and fish, eggs, sunflower seeds.

### Vitamin B5 - (Pantothenic Acid)

**Uses** Helps metabolise fats and proteins; Promotes healthy skin, hair and nails. Helps with wound healing and fighting infections

**Sources** Yeast, whole grains, nuts, milk, legumes, liver, egg yolk, avocados, leafy green vegetables, oranges, and royal jelly.

### Vitamin B6 - (Pyridoxine)

**Uses** Promotes healthy skin, healthy functioning of nervous system and helps prevent muscle cramps and spasms.

**Sources** Yeast, whole grains, nuts, milk, legumes, meat and fish, eggs, sunflower seeds.

### Vitamin B12

**Uses** Energy production, promotes healthy function of nervous system helps metabolise fats, proteins and carbohydrates; improve concentration and memory, assists in the formation of red blood cells.

**Sources** Milk, cheese, meat and fish, egg yolk.

### Vitamin C

**Uses** Heals wounds, burns and bleeding gums. Helps prevent infections.

**Sources** Citrus fruit, berries, raw cabbage, peppers, tomatoes, potatoes and leafy green vegetables.

### Vitamin D

**Uses** Promotes growth of bones and teeth. Along with Vitamins A and C helps resistance to disease. Aids treatment of some eye conditions.

**Sources** Fish; fish liver oils milk, cheese, egg yolk, sprouted seeds.

## **Vitamin E**

**Uses** Helps protect cells from damage due to pollution and toxins, assists blood circulation, can reduce blood pressure.

**Sources** Wheat germ, almonds, corn, egg yolk, safflower and sunflower seeds.

## **Folic Acid**

**Uses** Promotes healthy skin, hair and nails. Helps with tolerance of pain, assists in the formation of red blood cells, stimulates appetite.

**Sources** Yeast, whole grains, nuts, milk, legumes, liver, eggs, and leafy green vegetables.

## **5. Minerals**

### **Calcium**

**Uses** Maintains healthy bones and teeth, Promotes healthy function of nervous system, muscles and heart. Can alleviate insomnia.

**Sources** Leafy green vegetables, dairy products, beans, fish, nuts, beans, sunflower seeds.

### **Chromium**

**Uses** Regulation of blood sugar and cholesterol.

**Sources** Oysters, shrimps, lobster, whole wheat, pepper, liver, mushrooms, prunes, raisins, nuts, asparagus, grape juice, molasses, cheese, peanuts.

### **Iron**

**Uses** Red blood cell production, prevent fatigue, healthy function of immune system, skin and nail formation

**Sources** Oysters, liver, wheat germ, sunflower seeds, pumpkin seeds, apricots, soybeans, parsley, yeast.

### **Magnesium**

**Uses** Promotes healthy function of nervous system, muscles and heart, regulation of body temperature, vasodilatation of blood vessels.

**Sources** Almonds, cashews, soybeans, parsnips, whole grain cereals, brewers yeast, molasses.

### **Manganese**

**Uses** Helps proper digestion and utilization of food, helps proper function of the nervous system.

**Sources** Sunflower seeds, walnuts, pecans, almonds, coconuts, corn, olives, whole grain, kelp, liver.

### **Potassium**

**Uses** Promotes healthy function of nervous system, muscles and heart.

**Sources** Leafy green vegetables, apricots, bananas, citrus fruits, tomatoes, potatoes, almonds, avocado, dates, sunflower seeds, nuts, milk, fish.

### **Zinc**

**Uses** Wound healing, Promotes healthy function of immune system. Can alleviate insomnia.

**Sources** Oysters, fish, whole grains, sunflower seeds, pumpkin seeds, milk, ginger, yeast.

Other important minerals include **Boron, Copper, Fluorine, Iodine, Molybdenum, Phosphorus, Selenium, Silicon, Sodium, and Vanadium**

## 6. Fibre

Fibre is the term for the structure or supporting part of the plant. It is present in all parts of the plant - leaf, flower, seed, fruit, stem, bulbs and tubes.

Stored grain has been the staple diet nearly of all cultures for centuries. Our intestines have adapted to, and become dependent upon, cereal and vegetable fibre.

The milling process, introduced towards the end of the 19th century, removed most of the bran or husk from the whole grain flour. Bowel diseases have become common since this time. Removal of bran and germ of wheat also means important nutrients such as B vitamins, vitamin E, and iron are lost as well as essential fibre.

Bran is present in whole-meal flour, whole-meal and brown rice and other whole grain. Fibre is not digested or absorbed, therefore it is not nourishing in the usual sense of the word. Fibre is necessary for the proper working of the intestine in the large bowel. It adds bulk to the stool and gives it the correct consistency, by absorbing water, this accelerates its passage through the gut and so helps the body rid itself of toxins. Fibre also lowers cholesterol and helps with its excretion.

The modern Australian diet lacks fibre because we eat little plant food. The plant food that is consumed has normally been processed so that the fibre in the plant is removed or destroyed.

After changing to a high fibre diet it may take a week or two for your body to adapt. The increased fibre will have an effect on your large bowel and symptoms may include flatulence, bloating and irregular bowel movements. This is not unusual. However, your body will adjust and improved digestion and bowel habits will follow.

The first principle of a fibre rich diet is to **avoid white flour** and anything that contains it. Substitute 100% whole-wheat flour for bread, cakes, biscuits and pasta. Breakfast cereals should comprise of whole grains, rolled oats, along with fibre rich muesli. Brown rice should be used in preference to white.

Second principle is to **include plenty of fruit and vegetables**. There is a wide variety available, and when possible should be eaten raw, or steamed lightly.

## 7. Water

Water is the body's most important nutrient. A person can live for weeks without food but only for a few days without water. It is vital for all of the functions of the body, particularly digestion, metabolism and excretion.

A plentiful water intake is essential for the process of detoxification and elimination of wastes.

As a general rule an adult should have 6-8 glasses of water per day, more if they have a fever or are sweating profusely. Many beverages such as tea, coffee and alcohol act as diuretics and so increase the bodies need for water.

The quality of water varies considerably from source to source. In addition to contaminants such as fertilizers, sewerage, pesticides and herbicides from agricultural run-off and seepage, major water supplies may have a number of additives including Alum, Chlorine and Sodium Fluoride.

If you live in an area of poor water quality or have concerns about contaminants or additives, especially if you already want to detoxify your system, a water filter jug or water tap filter can be a simple solution. In the long run a filter would also be cheaper than buying bottled spring or mineral waters.

## **Medicinal Uses for Vegetables**

### **Asparagus**

Mild diuretic, pancreatic and kidney, nerves, glands, prostrate.

### **Brussels Sprout**

Assists with pancreas function.

### **Dandelion**

Cleansing and restoring to the liver.

### **Garlic**

Valuable cleanser, diuretic action, eliminating intestinal parasites, stimulates appetite, assists in gastric juice production, helps dissolve mucous accumulation in bronchus and lungs.

### **Globe Artichoke**

Cleansing and restoring to the liver.

### **Lettuce**

Diuretic, stomach revitaliser, insomnia, catarrh, obesity, nervousness.

### **Parsnips**

Helps brittle nails, a brain food, pneumonia, and emphysema.

Any herb, fruit or vegetable that has a bitter taste to it will stimulate the Liver. Nerves in the tongue will send messages to the Liver to activate it.

## **Vegetable and Fruit Juices**

The very best way to eat most fruits and vegies is in their most natural state (after washing them thoroughly), raw in many cases but steamed if necessary – for potatoes and other root vegetable.

This is too limiting for most of us, though, and the following juices have been included to provide a fun, easy way of getting fruit and vegetables into our systems. Juices can be *part* of a great diet but should not replace whole foods.

Juices and fruit cocktails are also an excellent alternative to drinking alcoholic beverages which we highly recommend.

### **Beetroot Juice**

Contains iron, sodium, calcium, potassium, chlorine, calcium and other vitamins.

Dilute with carrot juice.

Solvent for calcium deposits.

Helps lumbago, gallstones, and constipation. skin affections, constipation. Assists with kidney and bladder functions, anaemia, suppressed menstruation, nervous disorders.

### **Cabbage Juice**

(Combine 13 with Carrot to prevent gastric distress.)

Contains sulphur, chlorine, calcium, and Vitamin A, plus other vitamins.

Body cleanser, helps with obesity, toxaemia.

Good antiseptic helps duodenal ulcers, gum infections.

### **Carrot Juice**

Contains Vitamin A, B1 and B2, C, D, E, and K. Calcium, sodium, potassium, magnesium, iron, iodine and phosphoric acid.

Normalises the system, promotes the appetite, improves and maintains the bone structure of the teeth, solvent for ulcerous conditions, protects all mucous membranes from infection, increases vitality, and protects the nervous system.

Good for intestinal and liver diseases, sterility, dry skin, dermatitis, skin blemishes, blood cleanser.

Helps rheumatism, gallstones, rickets, eyesight, mental power, and bones. Nursing mothers should take the juice 3 months before birth to provide protection from infection.

### **Cucumber Juice**

Contains silicon sulphur, potassium, sodium, calcium, phosphorous and chlorine.

Valuable diuretic, helps high and low blood pressure, teeth and gum affections, split nails and hair loss.

Assists with neuritis, skin eruptions, nervousness, and obesity.

### **Celery Juice**

Contains sodium, potassium, calcium, magnesium, chlorine, iron and sulphur.

Helps rheumatism, gout, dropsy, and all rheumatic disorders. Keeps excess calcium in the system. Excellent solvent, blood cell builder. Helps asthma, haemorrhoids, and indigestion.

Alleviates bronchial and lung trouble.

### **Parsley Juice**

(Combine with carrot or celery)

Contains iron, chlorophyll, sodium and Vitamin. A

(Only one tablespoon to be taken at a time - excess may over stimulate the nervous system.)

Great blood cleanser, natural diuretic, allays fever, effective in dropsy, intensive cleanser of the kidneys and therefore helps liver and gall bladder disorders. High blood pressure. Helps menstrual irregularities. Maintains normality of adrenal and thyroid glands.

### **Spinach Juice**

Contains iron, iodine and Vitamin. A.

Eases pyorrhoea, valuable in duodenal ulcers and ulceration. Pernicious anaemia, convulsions, degeneration of various nerves, efficiency of adrenal and thyroid functions.

Neuritis arthritis, abscesses, rheumatic pains, heart problems, headaches, exhaustion, obesity, digestive disorders. Cleanser and regenerator of entire digestive system.

### **Tomato Juice**

Contains citric acid, malic acid, oxalic acid, calcium, sodium, Vitamin C, potassium, magnesium.

Neutralises acid conditions, skin and blood purifier, and glandular troubles.

## **Play with juice combinations:**

### **If you have a juicer try these.....**

- Apple, pear and ginger
- Beetroot, apple and carrot
- Carrot, spinach and parsley
- Apple, celery and carrot
- Celery and apple and carrot
- Cucumber and carrot – perhaps some parsley
- Orange and pineapple (ginger works with that too)
- Lemon, lime and pineapple

### **If you have a blender .....**

Milk (dairy, soy or skim)

Non fat yoghurt



And any of the following....

Banana

Mango

Strawberry

Canteloupe

Blueberries

Raspberries

Whizz together and sprinkle nutmeg on top

**Extras:**

Honey

Malt

Seeds and nuts

Wheatgerm can go in there too

A slop of flaxseed oil

## **Herbal Teas - for Healthy Living!**

Botany and Medicine came down the ages hand in hand, until the 17th century when there was a "scientific" parting of the ways. From the plant kingdom we have the basis for most of the modern day drugs and medicines. We find the sedative qualities of Valerian produce a natural, restful sleep, as well as safely assisting in the reduction of tension and anxiety. Another useful herb is Black Willow Bark - a source of natural aspirin-like chemicals, which is used successfully in the treatment of arthritis, rheumatism with associated pain, and inflammation.

In this discussion we shall focus on the most commonly available safe herbs as a useful adjunct to nutrition, improved digestion, and nervous function. Herbal teas work slowly and assist the body to return to its normal function. If the problem persists seek advice from a herbalist or medical practitioner. Try these herbs and enjoy their flavours, aromas, and most of all, their healing effects.

### **ALFALFA**

One of the best alkaline teas, because of the deep roots. Alfalfa has plenty of enzymes and minerals. Good for kidney cleansing, endurance and energy. High in chlorophyll, for making iron in the blood.

### **BALM** (Lemonbalm or Melissa Off)

Excellent for the relief of spasms in the digestive tract and gas production. Also has mood lifting properties for use in depression.

### **CHAMOMILE**

A cleanser for those who have used drugs for a long time, helpful in convalescence, strengthens and gives tone to the stomach, expels gas and aids digestion, prevents fermentation in the stomach, helpful for cramps, pre-menstrual tension and heavy periods, colic in infants, sleeplessness and nervous strain, high in calcium and magnesium. A good rinse for blonde hair!!

### **CALIFORNIA POPPY**

A hypnotic, induces sleep, relieves cramping and is supportive in withdrawal from opiates.

### **CATNIP**

Cold and flu remedy useful in feverish conditions, especially in bronchitis. Also eases stomach upsets and dispels gas. Good remedy for diarrhoea in children and also relaxing properties.

### **CINNAMON**

Good for appetite, aids digestion, and diarrhoea, because of mild astringency properties. Can be added to teas or milk or flavouring.

### **DANDELION** Coffee or tea.

A valuable and powerful tonic. Neutralizes acids in system and acts as a diuretic, i.e. stimulates kidney function, has a cleansing effect on liver, useful support for long-term drug use (possible inflammation and congestion of liver and gall bladder).

**ECHINACEA**

Helps restore and stimulate the immune system. Has an anti-viral affect, inhibiting hyaluronides and prevents viruses spreading. It is also has an anti-bacterial action by stimulating phagocytosis (white blood cells eating harmful germs).

**FENNEL**

Helps stomach acid, cramps and colic in infants. Stimulates digestion, good for obesity and assists milk flow of nursing mothers.

**FENUGREEK**

Intestinal lubricant useful for local healing, reduction of inflammation especially in gastritis or ulcers. Also stimulates milk production in nursing mothers. Soak seeds for 10 mins.

**LIQUORICE**

Has a marked effect on glandular system. It provides nutrients for formation of natural steroids in the body. Particularly useful for the adrenal glands, as in the case of long term exposure to stress (i.e. stress on pancreas resulting in low blood sugar problems). Careful with usage over a long period as water retention may result.

**PARSLEY**

High in nutritive value especially in Vitamin C and iron. Works as a diuretic and can stimulate menstrual process. Parsley is helpful in counteracting odours from garlic and other strong herbs. Contraindicated in pregnancy in medicinal dosage.

**PASSIONFLOWER**

Helps with insomnia, regulates sleep patterns and relieves cramping. This is very useful in most drug withdrawals.

**PEPPERMINT** In tea form for all digestive disorders. Useful for itching skins (externally). It helps relieve vomiting in pregnancy and travel sickness, taken with meals, assists digestion. The oil is very useful for the treatment of ulcers and toothache. Very good for the nervous system especially in cases of anxiety and tension.

**RASPBERRY LEAF**

Decreases menstrual flow. Assists in nausea. Used in last 6 weeks of pregnancy to tone and strengthen uterus. As a mouth gargle, eases mouth ulcers, bleeding gums and sore throats.

**ROSEHIP**

High source of Vitamin C helps the body's defences against infections or development of colds. Excellent spring tonic and cleanser. Helps constipation.

**ROSEMARY**

Used to alleviate headaches and depressed moods, especially if associated with upset digestion. Circulatory stimulant. Externally used to increase blood flow to hair follicles, as in premature baldness. Makes a good rinse for dark hair.

**SAGE**

Wounds heal more rapidly if washed with sage, as it has an anti-septic property. Mouthwash for sore throat and gums. It reduces sweating which improves kidney and liver function.

**SPEARMINT**

Similar to peppermint, but milder and sweeter. Good for children.

**VALERIAN**

Very relaxing to the whole system. Relieves cramps and muscular tension, menstrual spasm and associated pain.

Has a tranquillizing effect that induces natural healing sleep in cases of insomnia. Bitter principle also aids in digestion.

**YARROW**

Aids the body in dealing with fevers. It dilates the peripheral vessels, assisting the sweating process. Lowers blood pressure. Used externally, aids in healing of wounds.

**Infusion of the Herb**

1 teaspoon for each person. Pour over boiling water. Let stand for 10-15 mins. Sip slowly and calmly. Herbal Teas, for optimum strength, are best taken between meals, or just before meals, unless the tea is a digestive aid such as peppermint.

# Windana's 10 Dietary Guidelines

1. Choose a nutritious diet from a **variety** of foods
2. Control your **weight**.
3. Avoid eating too much **fat**.
4. Avoid eating too much **sugar**.
5. Eat more **whole-grains** (breads, cereals and legumes).
6. Eat more **vegetables** and **fruits**.
7. Limit **alcohol** consumption.
8. Minimize use of **salt**.
9. Minimize use of processed, preserved foods and food **additives**.
10. Restrict **stimulants** of caffeine and tannins.

*Diet related disease accounts for about 60% of deaths in the Australian population.*

## 1. Choose a Nutritious Diet From a Variety of Foods

We should choose foods that provide the nutrients that we require, along with little of the things we don't require. Many of the eating habits that we have as adults are established in early childhood.

In Australia we have a great variety of foods to choose from, however many people fail to choose a balanced diet with plenty of variety. Australian Diets are often composed largely of processed and refined foods. They usually do not supply the range of nutrients needed.

This guideline is intended to encourage people to choose a more interesting and varied diet. Different combinations of food should be eaten each day. The **five food groups** can be of great assistance in this. Make the most of your meals and snacks by choosing from foods that fit into the five food groups, remembering to have as much variety as possible.

### The Five Food Groups

#### i) Bread and Cereals

Provide energy dietary fibre, protein, some vitamins (especially B complex and vitamin E) and some minerals. Wholegrain or multi grain breads are very nutritious along with other valuable cereal products such as rolled oats, wheat-germ, unsugared muesli, bran cereals, wheat-meal porridge, rice (especially brown), pasta (whole-meal varieties supply more dietary fibre), Bulgar (cracked wheat), buckwheat, rye products, barley and millet.

#### ii) Vegetables and Fruit

Provides vitamins (especially A and C), minerals and dietary fibre. There is a broad variety of fruit and vegetables available in Australia, they are cheap and easy to prepare whilst being highly nutritious.

#### iii) Protein Foods

Include lean meats, fish and other seafood's, poultry, eggs, dried peas, legumes nuts and seeds. They provide protein, minerals and some vitamins. Frequently the animal proteins are also high in fat so it is not wise to eat them in large quantities. Many people only ever choose protein from this group.

#### **iv) Dairy Products**

Are important sources of minerals (especially Calcium), protein and Vitamins. They include milk cheese and yoghurt.

#### **v) Oils and Margarines**

Supply Vitamin A and energy to the diet.

### **2. Control Your Weight**

The most common nutritional problem in Australia today is that of being overweight. Excess weight is caused from consuming more kilojoules of energy from foods and drinks than the body needs for its metabolism, growth and activity.

#### **Weight control involves the food that you eat and your level of physical activity.**

**Exercise** has an effect on balancing the body's appetite control mechanism along with the basal metabolic rate. The sedentary lifestyle (the "couch potato") that we are accustomed to in our modern life hinders this control system. Exercise for at least 20-30 minutes per day 3-4 times per week e.g., swimming, cycling or a brisk walk with a friend.

- ✓ Eat less fat i.e. butter, margarine and fried foods.
- ✓ Reduce your sugar intake. Check labels for hidden sugar in processed foods.
- ✓ Eat less at each meal and use a smaller plate.
- ✓ Have healthy low fat snacks e.g., fruit, vegies and plain whole meal savoury biscuits.
- ✓ Eat breakfast to avoid hunger pangs before lunch.
- ✓ Drink plenty of water.

### **3. Avoid Eating too Much Fat**

This may be the most important guideline because a high fat diet is related to many of our common diseases. The typical Australian diet is one of the highest fat content diets in the world (fat contributes well over 40% of the kilojoules in the average Australian diet). Fats contain 9 calories per Gram. A high fat diet therefore is also a high calorie diet.

Fried and fatty snack foods along with meats contribute a large percentage of fat to the Australian diet. It is the total amount of fat in the diet that should be reduced. Particular attention should also be placed on the saturated fats, which have been linked to rising blood cholesterol levels.

To prevent arterial and heart disease we are well advised to avoid obvious fats in the food we eat, and increase our intake of nuts, seeds, grains and fish. These items have the unsaturated essential fat acids that we require for optimum health.

Cooking methods, such as steaming, poaching (boiling) and baking should have preference over any frying of foods. Fried foods absorb maximum amounts of fat when cooked.

#### **4. Avoid Eating Too Much Sugar**

Sugar, is a natural substance extracted from the juice of a plant, sugar cane. Australians and New Zealanders, on average, consume nearly 1 kg of sugar every week.

We may use a teaspoon of sugar in our hot drinks, sprinkle a bit on our breakfast cereal, and have one or two chocolates during the week. But that's nowhere near a kilogram.

Some 70% of the sugar we consume comes as a 'hidden' ingredient in processed food. But read the ingredient list for common products you buy - such as tomato sauce, canned vegetables, breakfast cereals and muesli bars. The second ingredient listed on the product is almost invariably sugar.

Some breakfast cereals even have names that suggest a healthful product e.g. Nutrigrain. But if you closely examine the ingredients label you'll see sugar levels of 35% to 50%. Perhaps these cereals should be renamed 'sugar snacks' to more truly reflect the ingredients.

Average sugar consumption in Western countries has increased from one to two kilograms a year in the 1600's, to the present unnaturally high consumption of nearly **50 kilograms per person per year**.

Excessive sugar intake can present a nutritional problem by causing dental caries, displacing nutritious foods in the diet (thereby significantly reducing the intake of essential vitamins and minerals) and contributing to overweight and obesity.

#### **Ways to Reduce Your Consumption of Sugar**

1. Reduce the amount of sugar added to foods at the table such as hot drinks and breakfast cereals.
2. Reduce the intake of foods with high sugar content such as confectionery, jams, syrups, pre-sweetened cereals, soft drinks, cordials, cakes, biscuits, pastries and fruits canned in syrup.
3. Read the ingredients label on processed and packaged foods. The largest amount of sugar eaten by Australians and New Zealander's is added to these foods, in many forms such as glucose, dextrose, fructose, etc. The proportion of sugar is indicated by its ranking in the ingredient list.
4. Buy unsweetened processed foods such as cereals and juices so you can control the amount of sugar you are eating.
5. Substitute plain water or unsweetened fruit juices (in moderation) for sweetened drinks.
6. Replace high sugar foods with fresh fruit and vegetables, bread and cereals.
7. Control the kinds of snacks you consume between main meals, or eliminate them altogether.

#### **5. Eat More Whole-Grains (Breads, Cereals and Legumes)**

Breads, cereals, legumes, nuts, seeds, vegetables, and fruit are the major sources of dietary fibre and supply complex carbohydrates along with important minerals, vitamins and in some cases protein. Many people avoid bread thinking that it is fattening, even though in cultures where grains make up the staple diet, obesity heart disease, diabetes, and many other common

diseases are rare. High fibre foods are much more filling making it less likely that you will overeat.

## **6. Eat More Vegetables and Fruits**

We know that the vegetable kingdom is capable of sustaining and providing us with all the basic nutrients our body requires for optimum health.

If we look at a whole plant, we can see it can be divided into different parts - root, stem, leaf, and fruit, which are all edible. Consuming one of each of these groups on a daily basis will provide a balanced nutritious diet.

**ROOTS** Carrots, potatoes, beetroot, yam/sweet potato, parsnip

**STEM** Celery, choy varieties, silverbeet

**LEAF** Parsley, spinach, lettuce, endive, coriander, herbs

**FRUIT** tomato, cucumber, apples, pear, oranges, peas, melons

When preparing a meal, not only should vitamins be given consideration, but also colour should be taken into account.

Usage of orange, green, white, and red foodstuffs, make the meal not only attractive and pleasant to the eye but also provides a range of nutrients. A balanced, attractive meal should have a variety of colours to be appetizing and nutritious.

## **7. Limit Alcohol Intake**

In the middle ages alcohol was considered by alchemists to be the elixir of life and was used to treat practically all diseases. However, in more recent times alcohol has reverted to a social role rather than a therapeutic role.

Alcohol is a Central Nervous System depressant. It first affects those parts of the brain involved in highly integrated functions. As a result, the various processes related to thought occur in a jumbled, disorientated way e.g. discrimination, memory, concentration and insight are dulled and then lost.

Alcohol is a powerful potentiator of drugs that act on the brain. Combining alcohol with other CNS Depressants (e.g. tranquillizers) potentiates (or *multiplies*) the effects of both drugs, depressing respiration often with fatal consequences. Absorption of alcohol is affected by the food content of the stomach. Some writers claim 30% difference in absorption time with food.

The rate of ability of the liver to metabolise the drug is constant. An average adult, of average weight is capable of metabolising in the vicinity of 10 mls per hour, i.e., 4 oz. of whisky or 1.2 litres of beer would require five or six hours to be metabolised. Nothing will significantly increase this rate. That means cold showers, coffee, exercise, vomiting, etc., will not sober you up. Drugs such as benzodiazepines will not only be potentiated by alcohol but will also compete for metabolic enzymes and so slow the rate of metabolism.

Alcohol contributes about 7 calories per gram and with such high alcohol consumption in Australia it is easy to connect this with the high incidence of excess weight. Chronic alcohol intake can result in multiple nutritional



deficiencies, especially Vitamin C and the B group of vitamins, Minerals such as Magnesium and Zinc and essential Amino Acids.

Alcohol is estimated to be responsible for 4.9% of the total disease burden and to generate \$7.6 billion in social costs to the community per annum. Around 4000 deaths per annum are attributed directly to alcohol in Australia – although this figure is considered very conservative by some.

Around 100,000 people are admitted to Australian hospitals each year due to alcohol. Globally, alcohol is estimated to be responsible for 1.8 million deaths per annum worldwide.

More close to home, alcohol plays a key role in relationship breakdown, depression and other mental illness, suicide, child abuse, unemployment and homelessness.

Alcohol affects many systems in the body and is linked with acquired brain injury, high blood pressure, memory loss including forms of dementia, stomach ulcers, impotence, shrinking of testicles, menstrual problems and damage to foetus if pregnant, peripheral polyneuritis, fatty liver and damage to cardiac and skeletal muscle contributing to debilitating illness such as osteoporosis.

Alcohol is the single biggest drug problem in Australia (after tobacco). It poses a range of health and social problems of enormous magnitude. To industry alone the cost of alcohol related issues is estimated to be around \$5.4 billion per annum.

## **8. Use Less Salt**

Most table salts consist mainly of sodium chloride. Humans require some sodium but the average diet provides 2 - 6 grams of sodium a day, which is far in excess of that which is needed. Many foods contain salt whether it occurs naturally or has been added during the manufacturing process.

The taste of salt often develops during infancy when salt is added to baby foods and once the taste develops it is difficult to do without. However people who decrease the amount of salt that they eat soon find salty foods unpalatable.

Excess salt upsets the water/salt balance in the body. The body holds extra water to compensate for the extra salt leading to bloating and oedema, which in turn forces the heart to work harder. Scientific research shows that excess sodium is harmful to health such as causing high blood pressure.

As with sugar a persons salt intake is not determined simply by what they add to their food at the table but is already added to many processed, preserved, frozen and canned foods. Check labels before your buy.

## **9. Minimise Use of Processed, Preserved Foods and Food Additives**

Food additives are usually classified according to the functions they perform

1. **Antimicrobial agents** - Inhibit growth of moulds, yeasts and bacteria
2. **Antioxidants** - increase storage life of food

3. **Bleaching, maturing and dough improvers** - To whiten foods such as flour or to make them easier to work with.
4. **Colours** - Used to make food look more appealing. Can be naturally occurring or synthetic substances. Some such as Tartrazine (E102) may cause allergic reactions in some people.
5. **Emulsifiers, stabilizers and thickeners** - Change the texture, structure and function of foods. May be used to assist mixing ingredients including oil and water together, forming foams and generally thickening foods.
6. **Flavours** - Used to make food taste more appealing. Can be naturally occurring or synthetic substances. Some flavours, for example MSG (621) may cause allergic reactions in some people.
7. **Free-flowing agents** - For example Sodium Alumino Silicate is coated onto salt as a moisture barrier to prevent sticking and assist flow.
8. **Humectants** - Absorb and retain moisture to stop food drying out.
9. **Leavening agents** - React to form gas during cooking making cakes rise for example.
10. **Processing aids** - Lubricants, anti-sticking chemicals such as paraffin used to coat dry fruits to stop them drying out or sticking together.
11. **Sweeteners** - Used to make food taste more appealing. Can be naturally occurring or synthetic substances. Sucrose, Maltose, Sorbitol, Mannitol, Cyclamate and Saccharin are common. There is currently controversy as to whether Cyclamate and Saccharin may cause cancer.
12. **Vitamins and Minerals** - May be added to restore nutrients lost during processing.

## 10. Restrict Stimulants of Caffeine and Tannins

In a 19th century medical text Sir T. Clifford Allbut and Dr. Humphrey Rollerson described the symptoms of a drug user:

*"The sufferer is tremulous and loses his self command; he is subject to fits of agitation and depression. He loses colour and has a haggard appearance... As with other agents a renewed dose of the poison gives temporary relief, but at the cost of future misery."*

### The Drug? ..... Coffee!

**Caffeine** is a commonly consumed drug. It is found in various beverages such as tea, coffee, cola, and flavoured carbonated beverages and in chocolate products. Caffeine is also added to a variety of other carbonated beverages and is an ingredient in a number of non - prescription drugs such as headache, cold, allergy, pain relief, and stay awake pills.

An average cup of instant coffee contains about 65 mg, while percolated coffee contains 110 mg per cup. Tea and most caffeinated soft drinks contain about 30 -65 mg per serving. Hot chocolate beverages contain about 5 mg caffeine / per cup while chocolate may contain between 10 and 40 mg per 56 grams bar.

The body readily absorbs caffeine with blood levels peaking about 30 minutes after ingestion. Smoking appears to increase the rate at which caffeine is cleared from the body. So caffeine should be greatly reduced or eliminated by people trying to quit smoking. This is to prevent increased caffeine levels in the blood and the possible increased craving for nicotine.

### **Effects of Caffeine May Include**

- ◆ Elevated blood sugar (gives the feeling of an energy surge)
- ◆ Elevated blood fats
- ◆ Increased blood pressure
- ◆ Stimulated central nervous system (may cause one to override the body's call for rest)
- ◆ Irregular heart beat
- ◆ Increased urinary calcium and magnesium losses (may impact on long term bone health)
- ◆ Increased stomach acid secretion (aggravates a stomach ulcer)
- ◆ Tremors, irritability and nervousness
- ◆ Insomnia and disruption of sleep patterns
- ◆ Anxiety and depression
- ◆ Heightened symptoms of premenstrual syndrome (PMS)

In animals, very high doses of caffeine lead to aggressiveness, psychotic behaviour and death. In humans, levels of 650 - 1000 mg / day results in the "caffeinism syndrome", a condition indistinguishable from anxiety neurosis. Lancet, the British medical journal, reported a strong relationship between coffee consumption and cancers of the bladder and lower urinary tract.

### **Is Caffeine Addictive?**

Many regular users are surprised by the difficulty they experience when they try to quit using caffeine. Dependence, as evidenced by withdrawal symptoms, may occur after only 6-15 days of intake of 600 mg or more daily.

Individuals addicted to caffeine could expect withdrawal symptoms to begin 12 - 24 hours after cessation of caffeine intake. These vary in severity with individuals but usually include headache, fatigue apathy and possibly anxiety. Withdrawal symptoms usually peak at 36 hours and will be gone at the end of one week. Caffeine is an addictive drug and regular use can lead to dependency with unknown long -term effects.

**Tip: Choose cereal coffees and herb teas rather than caffeinated coffee, teas, and other caffeine-containing beverages.**

# Food ~ Not Only For Eating

## Food ~ A Sensation

Food is not simply to nourish our bodies. It should delight all of our senses. There is nothing like the smell of freshly baked bread, the satisfying crunch of a hot taco shell, the silken smooth texture of pate or the riot of rich colours found in a fruit salad. When preparing and serving meals consider their appeal not only to the taste buds but also to all of the other senses. Contrast different textures, crunchy and smooth. Use different shapes and colours including yellow, red and orange vegetables, along with your greens. You can even include flowers such as nasturtiums and calendula in salads or rose petals and violets to garnish desserts.

## Food ~ Social Cement

In the Caucasus Mountains it is common for Abkasians to live for over a hundred years. The oldest recorded Abkasian died in 1973 at 161 years old. Researchers studying their diet were told that it was not just *what* the Abkasians but *how* they ate that was important.

At meal times the purging of unpleasantness is achieved by a system of toasts. It is obligatory for each of those present to find something profoundly nice to say about those who are dining with them, or about their families. While toasting is important, drunkenness at the Abkasian table is not tolerated.

To cook for others is to care for them. To serve them is to share something of yourself. Eating a meal together creates social cement. It helps communication and encourages bonding whether that meal is the family dinner or with friends, lovers, workmates or your community. Some American researchers say that families sharing fewer meals together is a contributing factor to what they describe as "increasing delinquency" and "the breakdown of the family unit" in the USA.



## Food ~ Communion

Meal times can also be times people feel close to their God, their ancestors, the Tao, or the abundance of the earth, which nurtures them. It is a time to give thanks for this nurturing. This may be in a pray, a quiet acknowledgment of bounty or simply an air of gratitude for all of those factors which came together to put food on the table. It is also important to acknowledge that regardless of how you may feel about yourself at the time that you are worthwhile enough and loved enough that all of these factors come together everyday to nurture you.

# Nutrition on a Low Budget

## Planning Meals

- Plan menus ahead for several days to save time and money and avoid confusion. However be flexible to allow for unexpected events and the use of leftovers.
- Nutritional needs must be taken into account. Use Windana's 10 Dietary Guidelines.
- It is important to take into account other factors that may be relevant to the individual such as budget, cooking facilities, storage space, time available for preparation and cooking abilities, special occasions, nationality, and special diet requirements .

## Shopping for Meals on a Low Budget

Shopping for meals on a low budget requires skills such as, the ability to discriminate between brands, grades and qualities. There are many effective ways of reducing food costs. Here are some tips.

1. Make a shopping list before you go shopping and stick to it.
2. Don't shop when you are hungry. You will be tempted to buy more expensive "snack" foods.
3. Look at packaging. Less packaging often means less expense.
4. Take a calculator when shopping to help you set and stick to a your budget.
5. Buy "specials".
6. Use cheaper cuts of meat.
7. Use meat alternatives.
8. Use powdered milk.
9. Larger cans and packs give better value than smaller quantities.
10. Shop at the end of the day when you can buy price reduced items.
11. Buy foods in season. They will be cheaper and better quality.
12. Pool resources with friends and buy in bulk.
13. Don't buy groceries on credit card as you may pay extra in credit charges.
14. Grow vegetables in your garden or sprouts in the kitchen.
15. Adapt recipes to suit the ingredients you already have.
16. Take a little time to prepare food yourself. Buying prepared food such as pre-cut stir-fry vegetables is more expensive.
17. Develop your cooking skills. You will rely less on prepared or fast food and learn your own short cuts and savings.

## Shopping for Meals on a Low Budget

**Protein foods** can be expensive. All meat has about the same food value but cheaper, less tender cuts are less expensive per gram of protein. These can be marinated, casseroled, braised or pressure cooked and used with extenders such as rice, pasta, breadcrumbs and vegetables. Herbs, seasoning and spices can add flavour and interest.

Remember that you can also use high protein meat alternatives like eggs, cheese, nuts, lima, haricot and soy beans, the pulses, split peas, lentils, etc.

**Fruit and vegetables** should be brought when in season. They deteriorate rapidly so they should also be brought often. It is important to consider nutrient losses in preparing them e.g., dicing into small portions (increases surface area and loss of nutrients), over cooking alters the texture and colour while reducing the nutrient value. Certain fruits and vegetables go brown on exposure to air (oxidation); this can be prevented with orange or lemon juice.

**Flour, bread and cereals** make a valuable contribution to the vitamin, mineral and fibre content of the diet. The highly refined and packaged products such as cakes, biscuits, pastries, breakfast cereals etc., have high quantities of sugar and fats which add little nutritional value to the diet, are expensive and are linked to dental caries, obesity and heart disease. Cereals that require cooking are often very nutritious and very inexpensive.

**Milk and milk products** such as full-cream powdered milk and canned evaporated milk can be substituted for fresh whole cream milk to reduce costs. Yoghurt has a similar food value to that of milk but can be expensive. Ice cream is an expensive milk product with 10% milk fat and sucrose contributing one third of total energy.

Cheese varies in price and is a suitable substitute for milk.

**Egg** colour and size do not indicate their food value- i.e., the brown ones are not healthier than the white ones. However Free Range eggs are better for you and better for the chooks.

Take care with cracked eggs because they may be contaminated with *Salmonella* and should only be used in foods that are cooked thoroughly.

**Butter and table margarine** depends on preference - cost should not be a large issue because the quantity in the diet should be limited.

**Convenience foods** can range from being very expensive to comparable to home made or fresh products depending on the amount of processing and packaging. Always check food labels for fat, sugar, salt or additives.

# Breakfast

Breakfast is the most important *and* most often neglected meal of the day.

Throughout the day your body uses up the kilojoules you ate for breakfast, expending them as energy. By eating breakfast, you increase your metabolic rate so that expend more energy. Some people skip breakfast, hoping that the morning rush will carry them through and that they'll get away with lowering their total food intake. But studies have shown that when you miss breakfast, your body's metabolic rate will remain low for the entire day.

Two widely quoted studies in the 1960's - the *Iowa Breakfast Studies* and the *Swedish Breakfast Studies of School Children* - suggest that people who have an inadequate breakfast may also face such things as headaches, tiring more quickly, weariness, lack of concentration, and more accidents.

## Breakfast Ideas

### Selection of the Following

(Refer to the Juices and Teas sections of this book.)

Freshly squeezed or juiced oranges, apples, carrots and celery

Selection of herbal teas - chamomile, peppermint, Formosa, dandelion coffee, Rosehip, spearmint.

A great start to the day is a good squeeze of lemon in boiled water with honey. Kick start the kidney, revive and know you are alive!

### Cereals

Muesli – including oats, millet, linseed, lecithin, and dried fruits

Oatmeal porridge

Vitabrits/Weetbix with low fat milk/yoghurt (No sugar)

Whole-grain toast with butter - rye, sourdough, multigrain breads etc.

Selection of Vegemite, sugar free jams, honey

Fresh fruit selection - bananas, apples, oranges, pears, grapes, melon.

Any fruit in season.

Try – Tahini, banana and honey on toasted rye or fruit piled on a plate with a dollop of good quality yoghurt (not confection pretend) topped with toasted muesli and a drizzle of honey.

# Lunch Ideas

## Selection of the following:

Wholegrain and sourdough breads  
Selection of low fat ricotta or cottage cheese  
Crackers whole grain (perhaps served with cheese and apple)  
Pitta breads stuffed with your choice of filling  
Mountain bread wraps  
A protein source – fish, ham, tofu burgers, lentil balls, omelette

## Salads

( Refer to Salad Section )

Green leafy, with tomato, basil, olives, onion, spring onions and cheese.

Carrot, grated with currants and sunflower seeds, lemon, oil and garlic dressing.

Tabouleh with parsley, tomato, cracked wheat, lemon juice and garlic.

Cucumber Salad, Beetroot, Grated fresh beetroot and orange juice, Alfalfa, Mung, fenugreek or radish sprouts.

## Spreads including

Tahini, mustards, chutneys

Home made Hommos

This may be used as bread spread or as an addition to meals. Soak chickpeas overnight or use a tinned variety which require no soaking. Puree the prepared chickpeas in a blender and mix with any combination of the following: olive oil, tahini, lecithin, cayenne, finely chopped parsley, good squeeze of fresh lemon, a dash of kelp herbs or spices. Top with a drizzle of olive oil and a sprinkle of parsley. Keep refrigerated.

Cottage and ricotta cheeses – blend in your own selection of herbs

Eggs: boiled and mashed with curry powder; boiled and mixed with chopped parsley, salt and pepper or whizzed together and scrambled or made into an omelette with tomatoes, basil and a sprinkle of parmesan to finish. Easy, versatile, fast and highly nutritious as well as delicious!



# Lip smacken' Chicken

# Marinated Chicken Wings, Potatoes Baked In Jackets And Garlic-Tomato-Beans

## **Ingredients**

12 medium potatoes (1 per person)  
2-3 chicken wings per person  
1 kg green beans + 3 cloves of garlic  
2 x 400g can tomatoes or 12 finely chopped Fresh tomatoes  
1 cup of fresh Basil  
6 cloves garlic (or more)  
½ - 1 cup natural soy sauce (Tamari)  
2 tablespoons olive oil  
4 tablespoons honey  
3 tablespoons grated ginger  
Lemon juice  
Salt and pepper to taste

## **Method**

**Marinate** Mix together honey, ginger, lemon, garlic, oil and tamari

**Chicken Wings** Marinate chicken in refrigerator overnight, or several hours prior to cooking. Turn at least once. Cook either in oven or grill until cooked through and tender.

**Potatoes** Wash potatoes thoroughly. Lightly salt, place on racks in oven, ensuring no dirt remains on skin. Cook until tender.

**Beans** Steam beans until tender. In a frying pan or large pot, add garlic, undrained tomatoes, mash with fork to reduce to puree. Add crushed basil, pepper, salt and a dash of tamari. Simmer for 2 minutes, add steamed beans and stir to heat through.

Serves 12

# Chicken Cacciatore

## Ingredients

24 chicken pieces  
3 onions, chopped  
6 garlic cloves, chopped  
3 x 400g tinned tomatoes  
½ cup tomato puree  
350ml water  
3 chicken stock cubes (dissolved in water)  
500g mushrooms  
½ cup freshly squeezed orange juice  
Olive oil  
Salt and pepper  
1 ½ plain flour  
½ 400g jar pitted black olives  
2 small packets macaroni

## Method

Place chicken pieces in a plastic bag with flour, toss to coat, shake off excess as you remove them from bag. Heat a small amount of olive oil in a large fry pan. Add the chicken and fry until crisp and golden all over. Remove from the pan and keep hot. Add the onion and garlic to the pan and fry gently until pale gold. Stir in the tomatoes, tomato puree, water with dissolved stock cubes and season with salt and pepper. Bring to the boil, and then replace the chicken. Reduce the heat, cover the pan and simmer slowly for 30 – 45 minutes. Add the mushrooms, orange juice and continue to cook for 10 – 15 minutes.

Serve with pasta cooked according to packet instructions

Serves 12

**A flavoursome and much loved standard –  
you can make it better than or favourite  
restaurant.**

# **French Herbed Chicken Baked Potatoes Pumpkin And Steamed Broccoli**

## **Ingredients**

30 chicken pieces  
4 tablespoons chopped parsley  
6 finely chopped shallots  
2 teaspoons French mustard  
1-teaspoon tarragon  
Salt and pepper to taste  
2 chicken stock cubes  
Olive oil  
Potatoes, pumpkin and broccoli

## **Method**

Brush chicken with olive oil  
Combine parsley, shallots, mustard, tarragon and salt and pepper. Place chicken pieces in baking tray/s. Spread herb mixture over chicken.  
Combine chicken stock cubes with 1-½ cups of water. Bake uncovered in a moderate oven, basting frequently with juices for approx 1 ½ hours or until cooked.  
Remove from dish – retain juices.

Quarter potatoes, cut pumpkin in similar sized pieces. Lightly brush with olive oil and place in baking tray. Bake in oven with chicken for similar amount of time.

Note: Baking trays may need to be rotated to allow for chicken and vegetables to be cooked at the same time.

## **Gravy (optional)**

Place juices from chicken in a pot and bring to the boil on stove top, boil for two minutes. Stir in 1 tablespoon of corn flour, return to heat, stir until sauce boils and thickens. Serve over chicken.

Lightly steam broccoli flowerettes

Serves 15

**The best of both worlds - sophisticated comfort food - great to share with friends.**

# Teriyaki Chicken

## **Ingredients**

Chicken pieces (according to number to be served)

1 cup of Soy Sauce

1/2 cup Worcestershire Sauce

1 lemon, juice and fine slices of peel

2 tablespoons oil

1/2 cup of honey

4 cloves of garlic

1 teaspoon of fresh grated ginger

Salt and pepper to taste

## **Method**

Place chicken pieces in baking dish.

Mix all other ingredients in bowl.

Pour over chicken

Bake for 1/2 hour at 190 c

Turn the chicken and cook for a further 20 – 40 minutes depending on size of chicken pieces

Serve with rice, vegetables or salad.

# Chicken In Apricot Sauce

## **Ingredients**

1 roasting chicken or 10 chicken pieces  
1 large can of Apricot Nectar  
1 packet of dried French Onion Soup  
1 onion

## **Method**

Dice onion and place in bottom of baking tray  
Place chicken in baking dish.  
Pour Apricot Nectar over chicken.  
Sprinkle French Onion Soup mix over chicken.  
Bake in a moderate oven for 1 – 1 ½ Hours

Serves 5 (For 15 people x ingredients by 3)

# Fabulously funky Fish

# **Fish Milanese With Potato Wedges And Salad**

## **Ingredients**

White fish fillets (1 per person)  
4 small onions  
4 tablespoons lemon juice  
½ cup olive oil  
Salt and pepper to taste  
6 eggs  
3 tablespoons milk  
2 packets of dry breadcrumbs  
60 gm butter  
3 clove garlic  
6 teaspoons chopped parsley  
12 medium potatoes  
1 tablespoon Cajun spices + 2 tablespoons olive oil  
Salad Vegetables

## **Method**

Wash and dry potatoes leaving skin intact. Cut into thick chips. In a plastic bag place Cajun spices and olive oil. Toss to coat chips. Place in a pre-heated moderate to high oven and cook for approximately 45 minutes.

Prepare Green Salad

Remove any skin and bones from fillets.

Combine peeled and finely chopped onion, garlic, parsley, lemon juice, salt and pepper in a large plate, mix well.

Add fillets, spoon mixture over fillets to coat thoroughly.

Allow fillets to marinate 1 hour.

Turn occasionally.

Remove fillets from marinate, coat lightly with flour.

Dip in combined beaten milk and eggs, then into breadcrumbs, pressing firmly. Heat extra oil, and butter in large frying pan.

Add fillets; cook gently both sides until golden brown. Approximately 3 minutes. Drain.

Serves 12



# **Baked Fish (With Garlic, Dill) and Vegetables**

## **Ingredients**

Your choice of fish  
4 cloves of garlic  
1/2 cup chopped fresh dill  
2 medium onions  
2 medium carrots  
250 grams green beans  
3 tomatoes  
3 medium potatoes  
3 tablespoons tomato paste  
2 zucchinis  
100 grams butter

## **Method**

Finely chop dill and garlic  
Slice thinly Onions  
Carrots  
Potatoes  
Zucchini  
Tomatoes

Clean and cut beans in half.  
Lay fish on bottom of baking dish.  
Melt butter  
Dissolve tomato paste in glass of hot water and pour into butter.  
Sprinkle garlic and dill over fish.  
Pour butter and tomato paste over fish.  
Steam potatoes, carrots and beans until firm.  
Lay vegetables over fish.  
Bake in oven on 180 degrees C. for 30 minutes.  
Serves 5. (For 15 people x ingredients by 3)

# Marinated Fish, Potato and Yoghurt With Spinach

## Ingredients

### Marinade

Soy sauce, finely sliced shallot (cut on an angle), grated or chopped ginger, crushed lemongrass and crushed garlic

Required number of fish fillets (soaked in marinade)

1 ½ kilos small new potatoes boiled and peeled	¾ cup water
¾ teaspoon ground cloves	¾ teaspoon grated ginger
½ teaspoon cinnamon	3 cups non-fat yoghurt
2 bay leaves crumbled	

6 bunches spinach

### Method

Bar-B-Q or pan fry marinated fish fillets

Brown boiled potatoes slightly under griller. Add cloves, cinnamon, bay leaves and water to frypan. Stir in ginger and yoghurt. Add potatoes to heat through, but do not boil.

Lightly steam cleaned spinach.

Serves 12

# Lemon and Thyme Fish With Baked Vegetables

## Ingredients

White fish fillets (number required)  
Garlic chopped  
Thyme, fresh or dried  
Lemons  
Butter  
Olive oil  
Potatoes  
Pumpkin  
Onions

Green vegetable of choice or Spinach Salad (See added recipe section)

## Method

Place fish fillets on tin foil. Sprinkle fillets with garlic, lemon juice, thyme and a small dab of butter. Wrap fish and place parcels into a pre-heated moderate oven on a baking tray. Bake for 25 minutes or until fish is cooked through.

Quarter potatoes and cut pumpkin into similar sized pieces. Place a small amount of olive oil into a plastic bag. Place potatoes and pumpkin into bag and toss until vegetables have a thin coating of olive oil. Place potatoes, pumpkin and onions into a moderate oven and cook for approximately 1 ¼ hours or until cooked.

Note: Fish should be placed in oven approximately 40 minutes after vegetables.

Serve with your choice of steamed green vegetables or Spinach salad.

**Lemon and thyme gives a tangy edge to make this fish dish special.**

# Whole Fish With Shallots

Bar-B-Q

## **Ingredients**

1 whole fish

Lemon

Shallots

Parsley

Oil

Foil

## **Method**

Cut 5 cm. strips across the fish and gently ease open. Squeeze lemon juice into each slit, and place two cleaned and peeled shallots in each slit. Sprinkle with fresh parsley and one cup of apple juice. Seal and place on a barbecue.

## **Salads**

Green salad

Potato salad

Coleslaw salad (see Salad Section).

# **Cajun Fish, Baked Potato And Salad**

## **Ingredients**

White fish fillets (1 per person)

Note sliced firm tofu could be substituted for vegetarians

Cajun spices

Tamari

2-3 lemons

Olive oil

Potatoes (1 small per person)

Salad ingredients lettuce, tomatoes, cucumber, onion, etc

## **Method**

Fish fillets can be marinated for an hour or so in enough tamari sauce to cover them (optional).

Pre-heat oven, med-high. Cut washed potatoes in half. Coat lightly in olive oil – either in a plastic bag or by placing a small amount in the bottom of a baking tray and rolling potatoes.

Cook for 1-1 ½ hours.

Prepare green salad

Place fish fillets in a plastic bag. Sprinkle in enough olive oil and Cajun spices to coat the fish (pour in a small amount at a time as more can always be added. The intention is to use only enough olive oil to assist spices to stick).

Cook fish in a hot fry pan or bar-b-q. 2-3 minutes each side is generally enough is fillets are thin.

Serve

**An excellent home-cooking favourite.**

# Ripper Red Meat

# Spaghetti Bolognese

## ***Shopping List...***

2 cloves of garlic  
1 medium onions  
1 small green peppers  
200g mushrooms  
½ Teaspoon oregano  
¼ Teaspoon mixed herbs  
¼ cup fresh parsley  
1 bay leaves  
Pinch basil  
50 ml tomato paste  
1 x 410g tin of tomatoes or tomato puree  
400g topside mince  
200g Spaghetti

## ***To cook...***

Chop onions, garlic and fry lightly in a pan until clear.  
Add mince steak  
Add tomato paste.  
Add tinned tomatoes  
Add peppers and mushrooms.  
Add remaining ingredients.

Boil water and add spaghetti - cook approx. 10 -20 mins. The key to cooking pasta is to use large pots with plenty of water. When adding spaghetti to boiling water replace lid until water returns to the boil

Serves 2.

**Spag Bol, a much loved classic.**

# BAR-B-Q

## ***Shopping List...***

Sausages, chops or hamburgers  
Tofu and large pieces of assorted vegetables for vegetarians  
Sliced potato  
Onion rings  
Garlic  
Bread, bread rolls,  
Sauce  
and 1 fine day

## **Salads**

Green salad  
Potato salad  
Coleslaw salad (see salad section).

A B-B-Q does not have to be restricted to the traditional chops and sausages. Be adventurous! Try chicken breast, fish steaks, prawns, mushrooms, Veggie burgers or Lentil burgers or even B-B-Q corn-on-the-cob.



# Chilli Bolognese

## ***Shopping List...***

400g mince  
1 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
1 x 410g can tomatoes  
½ cups tomato puree  
½ teaspoon dried oregano leaves  
¼ teaspoon chilli powder  
½ of 410g can red kidney beans, drained  
100 grams baby mushrooms, sliced  
200g pasta

## ***To cook...***

Heat oil in pan, add onions and garlic, cook, stirring until onions are soft.

Add mince, cook, stirring, until meat is well browned.

Add undrained tomatoes, tomato puree, oregano and chilli powder.

Bring to the boil, reduce heat, simmer uncovered for 45 minutes or until sauce is thick.

Add beans and mushrooms, heat thoroughly, and serve over cooked pasta.

Serves 2

**A classic family favourite with a twist.**

Vibrant  
va va voom!  
Vegetarian

# Vegetarian Green Curry

## Ingredients

5-6 Kaffir (lime) leaves  
Rind of one lemon or two stalks of lemon grass  
4-5 cloves of garlic  
2 medium sized onions roughly chopped  
Olive oil  
2 x 400 ml cans of coconut milk

5 large potatoes cubed

Equal quantity of

Carrot strips

Zucchini cut into 3 cm lengths  
strips

Celery cut diagonally

Green beans cut into 3 cm lengths

Cauliflower rosettes

Red and green pepper

½ cup of shallots

1 Egg plant (optional)

## Method

Combine kaffir leaves, onion, garlic and lemon rind/grass in a hot, oiled wok. Toss until onions and garlic are cooked through. Add potatoes and sauté, add all other vegetables and toss occasionally until cooked. Just prior to serving add coconut milk.

Serves 12 - 16

# Vegetarian Pizza

## **Ingredients**

Lebanese/Pita Bread for the base

Tomato paste

Green red or yellow peppers – all can be roasted first

Mushrooms - lightly sauteed first intensifies flavour

Tomatoes diced – either very ripe fresh or tinned for richer flavour

Onion a light fry in olive oil to transparency alters flavour (and prevents pongy breath)

Parsley, finely chopped

Garlic, again can be cooked with onion beforehand

Grated cheese – mixture of mozzarella and tasty

Any other ingredient that you may desire.

## **Method**

Spread tomato paste on Lebanese bread.

Top with all the other ingredients.

Sprinkle with grated cheese.

Bake in a hot oven for 15-20 minutes.

**Go gourmet and roast some vegies first in a moderate oven with a drizzle of olive oil and a few twists of the black pepper grinder.**

**Use a pesto sauce for the base instead of basic tomato.**

**Use real fresh parmesan finely grated with Italian food – it's worth it.**

# Golden Rice Bake

## **Ingredients**

3 cups cooked and cooled brown rice  
1 capsicum, seeded and chopped  
1 onion, chopped  
2 small zucchini, chopped  
2 medium carrots, scrubbed and grated  
3 ripe tomatoes, chopped  
1 and 1/2 cups grated tasty cheese  
Vegetable salt and freshly ground black pepper to taste  
Handful fresh parsley, chopped  
Wheat germ to mix  
2 eggs  
Small amount of milk

**Serves 6 – double or treble ingredients according to numbers**

## **Method**

Mix rice with all the other ingredients, adding eggs and enough wheat germ to 'hold the mixture together'. If mixture is too dry add a small amount of milk.

Place mixture in greased baking tray/s.

Cover the top with a thin layer of grated cheese

Cook on 190 degrees C. for 35 minutes or until cheese has browned.

Serve with salad.

# Indian Spiced Lentils, Vegetables and Rice

## Ingredients

1½ cups brown lentils  
90g (3 oz) butter  
3 onions, finely chopped  
2 cloves, garlic crushed  
3 teaspoons ground coriander  
1½ teaspoons finely chopped green ginger  
¾ teaspoon crushed red chilli pepper  
¾ teaspoon turmeric  
3½ cups water

**Serves 6 – increase amounts according to numbers**

## Method

Pick over the lentils and rinse well. Melt the butter in a large saucepan, add the onions and cook until golden. Stir in the garlic, coriander, green ginger, crushed red chilli and turmeric. Cook over a gentle heat for 1 minute. Add the lentils and sauté for 5 minutes, shaking the pan at intervals. Add the water and bring to the boil over a moderately high heat. Reduce the heat and simmer the mixture, covered, for 45 minutes, or until the lentils are soft and most of the moisture has evaporated. Mash the lentils and season with salt.

**Indian meals are extra fun with a range of condiments and side dishes.**

**This meal may be served with rice, green salad, mango chutney (supermarkets have great selections), pappadums or baked pita bread and raita ...**

## Raita

**Grate 2 cucumbers and soak in salt for 1 hour. Squeeze liquid from the cucumber and add to 2 cups of plain yoghurt. Add 3 teaspoons of finely chopped fresh mint.**

# Lentil and Vegetable Curry

## **Ingredients**

2 tablespoons oil  
2 large onions  
4 cloves garlic  
3 cups red lentils  
4 cups of chopped assorted vegetables  
4 cups water  
1 vegetable stock cube  
2 tablespoons plain whole meal flour  
and  
2 tablespoons curry **or** 2 teaspoons chilli powder  
2 chopped apples  
1/2-cup sultanas  
1/2 lemon, squeezed

## **Method**

Fry onions, garlic curry and flour.  
Add 2 cups of water and lentils.  
Boil 10 - 15 minutes or until lentils are soft.  
Add vegetables and another 2 cups water, simmer 10 -15 minutes.  
Add sultanas, lemon juice and apples.  
Cook for 5 minutes.  
Serve with rice.

Serves 4 (For 16 people x ingredients by 4).

**Lentils are cheap, versatile, ever so good for you and – in this recipe – they are also very yummy.**

# Fettuccine Al Funghi

## **Ingredients**

1 1/2 packets of Fettuccine  
5 tablespoons olive oil  
1 medium onion chopped  
400gms (14 ozs) field or button mushrooms, cleaned, finely sliced  
Salt and freshly ground pepper  
600 mls (1 pint) milk  
100 gms (4 ozs) tasty cheese, grated  
2 tablespoons of parmesan cheese, grated

**Serves 6 – increase amounts according to numbers**

## **Method**

Heat the oil in a large frying pan. Add the onion and gently fry until translucent. Add the mushrooms, cover and cook on a medium to low heat for about 5 to 10 minutes so that they release their juices. Stir thoroughly every now and then.

Remove the lid and cook for another 3 to 4 minutes, stirring frequently until the mushrooms re-absorb their liquid. Season with salt and pepper. Stir in the milk and cheese and heat through gently until the cheese melts.

Meanwhile, bring water to the boil in a large pot, add salt and cook the fettuccine until al dente. Drain well and return to the pot. Add the mushrooms and cream. Add parsley and gently stir through.

Serve with salad and fresh bread

**You can use all sorts of mushrooms for this recipe, there are many fabulous varieties with distinctive, rich flavours and textures.  
Add dash of sour cream to make more luxury of the sauce.**



# Vegetable Fried Rice

## **Ingredients**

10 cups cooked cold brown rice  
3 small green peppers finely chopped  
2 large onions or 12 spring onions chopped  
500 grams mushrooms sliced finely  
2 large carrots grated  
2 cups bean shoots  
1 cup of peas  
2 cups finely shredded cabbage  
Black pepper to taste  
½ teaspoon chilli powder  
5 eggs  
Chopped fresh parsley

## **Method**

Grease base of frying pan or wok.  
Slowly cook eggs when well set chop.  
Add rice and vegetables.  
Cook on low heat for 10 minutes.  
Keep moving ingredients so rice and vegetables do not stick. Stir through parsley just prior to serving.

Serves 12

**Cooking the rice a day earlier and leaving covered in the fridge guarantees best consistency for frying.**

# Soyaroni Bake

## **Ingredients**

2 packets of Soyaroni  
¼ cup of olive oil  
3 onions  
5 cloves of garlic  
2 diced capsicums  
5 sliced carrots  
3 sliced zucchinis  
1 bunch of spinach  
10 tomatoes finely chopped  
1 teaspoon of oregano  
500g tasty cheese - grated

## **Method**

Fry onions and garlic in oil until golden  
Add the oregano  
Add capsicum, carrots, zucchini and spinach and cook for 5 minutes  
Add soyaroni to a large pot of boiling water and cook for approximately 15 minutes  
Combine vegetables and soyaroni and pour into casserole dishes  
Sprinkle with grated cheese and bake at 200 degrees until the cheese is browned.

Serves 10 -12

**This is a delicious meal in itself – great also as the centrepiece for a warming feast with friends.**

# Leek And Onion Pie

## **Ingredients**

1 recipe of your favourite pie crust or commercial puff pastry (in frozen sheets from the supermarket)  
4 Leeks (3 if large), well cleaned and chopped in ½ cm slices  
2 Onions, chopped into moon shapes  
1 cup Water  
2 tablespoons kudzu root powder or cornstarch  
1 ½ tablespoon soy Sauce or tamari  
Dash cider vinegar  
Dash salt and black pepper

## **Method**

Line a pie dish with the crust. Do not flute edges. Preheat oven to 350c  
Sauté the leeks and onion for 8-10 minutes in a wok or large skillet. Use butter or olive oil  
Dissolve the Kidzu root or cornstarch in water with the soy sauce and add to the onion/leek mixture, stirring until it thickens.  
Add a dash of salt, pepper, and vinegar and pour into the waiting pie shell.  
Roll out a top crust; lay it over the top, fluting edges nicely.  
Prick top to allow steam to escape and bake 30 - 45 minutes until crust is browned.  
Serve after 15 - 20 minutes of cooling time.

Serves 5

**Great dinner party centrepiece but so easy you can make it anytime.**

# Vegetable Lasagne

## **Method**

### **Vegetable Sauce**

1 onion finely chopped  
3 tablespoons tomato paste  
3 Granny Smith apples grated  
2 medium carrots grated  
2 x 450 grams tins whole tomatoes, chopped  
1-cup skim milk  
1 cup finely chopped celery  
½ cup finely chopped red pepper  
2 cloves crushed garlic  
1-teaspoon oregano  
½ teaspoon basil  
½ teaspoon rosemary  
Pepper

Mix all prepared ingredients in a frying pan with a little melted butter, cook gently.

### **Cheese Sauce**

60 grams butter  
500ml milk  
250 gm grated cheese

Melt butter in saucepan.

Add milk slowly to melted butter.

Add cheese to mixture, stirring constantly.

To thicken sauce, mix 2 tablespoons of cornflour in a cup with a little water, stir until thick. Remove sauce from heat, add thickening, whisking constantly until sauce thickens.

In an oblong baking tray, beginning with lasagne sheets, alternately layer cheese sauce, vegetable sauce and pasta. Finish with lasagne. Then sprinkle with grated cheese. Bake in moderately hot oven 20 minutes or until cheese has melted and is golden brown.

**Serve with a green salad and fresh crusty bread**

# Pumpkin, Eggplant And Chickpea Stew

## **Ingredients**

4 tablespoons olive oil  
3 large brown onions chopped  
2 kilos butternut pumpkin  
6 eggplant  
5 garlic cloves  
4 teaspoons ground cumin  
2 teaspoons ground ginger  
1 teaspoon cayenne pepper  
3 x 400g can Italian diced tomatoes  
3 x 400g cans chickpeas (or equivalent dried soaked overnight)  
3 cups vegetable stock  
6 cups couscous  
½ cup fresh continental parsley leaves, torn

## **Method**

Heat the oil in a large saucepan over medium-high heat. Add the onion and cook, uncovered, stirring occasionally, for 5 minutes or until golden.

Meanwhile, halve, peel and deseed the pumpkin and cut into 1.5 cm pieces. Cut the eggplant into 1.5 cm thick slices.

Reduce heat to low, add the garlic, cumin, ginger and cayenne to the onion and cook, stirring, for 30 seconds or until aromatic. Add pumpkin, eggplant, tomatoes, chickpeas and stock, and stir to combine. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 15 minutes or until vegetables are tender.

Prepare the couscous following packet directions. Serve the stew with the couscous and sprinkle with the parsley.

Serves 15

**A great meal and even better heated the next day with salad for lunch.**

# Stir Fry Vegies and Tofu in Peanut Sauce and Rice

## Ingredients

### **Peanut Sauce**

2 tablespoons olive oil  
2 teaspoons curry powder -  
6 cloves garlic, crushed  
4 teaspoon chopped fresh ginger  
1 cup peanut butter  
1 cup tahini  
2 cups water  
1 teaspoon honey  
½ teaspoon Tabasco sauce  
2 packets firm tofu

### **Stir Fry Vegetables**

Any combination of vegetables can he used. Plan for approx. 2 ½ cups of cut, raw vegetables per serve. Cut vegetables into bite sized, thin pieces. They will cook quickly this way and retain colour, crispness and nutrients. Separate into 3 groups

**1)** onions **2)** Harder vegetables (carrots, celery, cabbage, cauliflower, and green beans) **3)** Softer vegetables (zucchini, mushrooms, and peppers).

## Method

Heat oil in pan. Add curry powder, garlic, and ginger. Stir over heat 2 minutes. Stir in peanut butter, tahini, water, honey and Tabasco sauce. Stir over heat until smooth. (Makes 2-3 cups).

Heat in a wok a little oil; add onions, pinch of salt and herbs. Firstly cook onions, then the harder vegetables and lastly the softer ones. Sauté until onions are soft. Keep on medium heat, stir as you sauté, add a little water if too dry. Cover with lid. In last couple of minutes of cooking add prepared tofu and peanut sauce.

**Rice** Prepare rice before cooking stir-fry. 3 cups of raw rice feeds 6 people.

Boil 6-8 cups of water, add rice, bring to boil and then simmer for approximately 20 minutes until water is absorbed.

**Tofu** may be cut into cubes or fingers. Marinate in natural soy sauce (optional) for approximately 1 hour. Additions of ginger garlic, honey and vinegar may also be added.

# Hunza Pie With Sautéed Honey Carrots

## Ingredients

3 cups brown rice  
3 bunches spinach  
3 large onions  
6 cloves garlic  
½ cup sunflower seeds  
1 teaspoon salt  
9 eggs  
2 cups milk  
3 tomatoes  
½ cup grated cheese  
1 tablespoon caraway seeds

## Method

Cover rice well with water. Cook in a covered saucepan for at least 30 minutes allowing rice grains to burst. Check regularly to ensure there is enough water. Drain and set aside.

Wash spinach well, steam lightly and set aside.

Chop onions and garlic finely and combine with rice and spinach. Add sunflower seeds, rosemary and salt.

Place everything in a baking dish/es and cover with sliced tomatoes and grated cheese. Sprinkle with caraway seeds. Bake in a moderate oven until cheese is golden brown.

Serves 10

**Hearty hunza pie – great for beating the mid winter blues – serve with steamed greens sprinkled with sesame seeds and a lick of soy or tamari.**

# Vegetarian Spaghetti

## **Ingredients**

½ butternut pumpkin cut into small pieces  
4 carrots, grated  
3 onions cut finely  
2 green peppers, finely sliced  
3 zucchini, grated  
2 x 810 gm tins whole tomatoes  
6 cloves garlic crushed, 3 teaspoons sweet basil, 3 bay leaves, and 3  
teaspoons cumin  
Tamari to taste  
½ jar tomato paste  
Freshly grated parmesan cheese  
3 x 375ml packets spaghetti

## **Method**

Cut pumpkin, cook in a little water until soft, mash and set aside.  
Heat oil in pan; add garlic, onions, basil, bay leaves, and cumin.  
Stir until onions until soft. Add tomatoes, tomato paste, tamari, and  
mashed pumpkin and water if needed. Stir well. Simmer on low heat  
for 15-20 minutes. Add carrots, zucchinis and peppers.  
Cover and simmer over low heat until vegetables are cooked.

Cook spaghetti according to packet instructions. Cover with sauce and  
top with Parmesan cheese.

Serve with a green salad if desired

Serves 12

**Spice it up with chill or go more Italian with fresh basil. Mop up the sauce  
with some good bread.**

**To drink: sparkling mineral water lifted with a dash of fresh lemon or lime.  
Try a dash of cranberry cordial for extra voom.**



# Brown Lentil Burgers

## **Ingredients**

2/3 cup of brown lentils  
2 medium onions  
2 eggs  
½ cup flour  
½ cup wholemeal bread crumbs  
2 cloves garlic  
1 tablespoon oil  
1 tablespoon parsley  
1 tablespoon marjoram  
1 tablespoon tomato paste  
2 teaspoon soy sauce  
1 teaspoon salt  
¼ teaspoon thyme  
1 bay leaf  
Black pepper to taste

## **Method**

Cook the lentils with the bay leaf until they are tender. For quick cooking, soak lentils over night. Remove them from the heat, drain and remove bay leaf. Finely chop the onions and garlic and sauté in the oil until the onion is soft and clear. Add the herbs, salt and pepper.

Tip the cooked drained lentils into a large bowl, add the onions and garlic, and then mix the remaining ingredients. Divide the mixture into 10 evenly sized portions. Shape each portion into 0-12 cm patties, wetting your hands with cold water to prevent the mixture sticking. If the mixture will not hold its shape, add a few more bread crumbs or a little more flour until it does. Cook in a little oil (on B-B-Q) until lightly browned on each side and firm when pressed in the middle.

Serves 5 - makes 10 burgers

**Get these on at a bar-b-q, great with a tomato chutney or topped with blob of natural yoghurt and a drizzle of sweet chilli sauce.**

# Ratatouille with Couscous

## **Ingredients**

2 cups of vegetable stock  
4 red onions chopped, 4 cloves garlic crushed  
4 medium red capsicums, 3 medium green capsicums, deseeded, cut into 2cm pieces  
4 medium eggplants cut into 3 cm pieces  
4 x 400g cans whole peeled tomatoes  
½ cup tomato paste  
6 zucchini quartered, cut into 2cm pieces  
2 cups roughly chopped fresh basil leaves, or, 3 teaspoons dried  
1 teaspoon cumin, 1 teaspoon cayenne  
Salt and freshly ground black pepper

## **Method**

Bring the stock to the boil in a large saucepan over high heat. Reduce heat to medium, add onions and garlic, and cook, stirring, for 2 minutes or until the onions soften slightly.

Add capsicums and eggplant, and cook, stirring, for 2 minutes. Stir in the tomatoes and tomato paste. Cover and cook over low heat for 40 minutes.

Stir in zucchini. Cook, cover, for 20 minutes or until vegetables are soft. Remove from heat, stir in basil. Taste and season with salt and pepper.

Serve with couscous cooked according to packet instructions.

May be served with a green salad.

Serves 12

**Ratatouille rocks. Great served with chunks of fresh crusty bread and a side serve of potatoes baked with rosemary.....**

# **Vegetable Curry, Rice, Yoghurt and Cucumber Salad**

## **Ingredients**

9 large potatoes, diced  
1 butternut pumpkin  
3 onions  
6 cloves garlic  
Diced beans  
Chopped carrots  
Sliced cauliflower flowerets  
2 teaspoons chopped ginger  
1 tablespoon curry powder (according to taste)  
2-3 teaspoons cumin  
2-3 teaspoons coriander  
Chilli to taste  
Fresh mint if available  
1 can coconut milk  
Rice

## **Method**

Heat oil in large pan, add onions, crushed garlic, ginger, curry powder, cumin, coriander. Stir well. Add potatoes pumpkin. Cover with water. Let simmer until soft. Add beans, carrots and cauliflower. Simmer until cooked. Stir in coconut milk. Add salt and pepper to taste. Cook rice according to packet instructions.

## **Yoghurt and Cucumber Salad**

Yoghurt  
Cucumber peeled and sliced Fresh mint, chopped.  
Add all ingredients together.

Serves 12

**Freeze vegetable curry in lunch boxes. Take one out before you go to work. When you get home, it's ready to heat and all you need is rice. Easy!**

# Vegetable Stew and Noodles

## **Ingredients**

2 cups raw kidney beans (soaked overnight, then cooked in boiling water for 1 ½ hours - 2 hours and drained) or 1 x 400g tin  
7 ½ tablespoons olive oil  
10 medium cloves crushed garlic  
4½ cups chopped onion  
1 ¼ teaspoons salt  
2½ cups thinly sliced potatoes  
2½ teaspoons cinnamon  
2½ teaspoons ground cumin  
Fresh ground black pepper  
Crushed red hot pepper to taste  
Juice from 3 large lemons  
6 large carrots, sliced  
2 small cauliflowers, florets  
10 medium fresh ripe tomatoes, cubed  
5 teaspoons honey  
2 packets Vegeroni noodles

## **Method**

In large skillet, sauté the onions and garlic in olive oil, with salt, for 5 minutes or until onion soft and translucent.

Add potatoes, spices and lemon juice. Cover and cook 8 -10 minutes stirring occasionally. (Add small amounts of water if it appears to be sticking).

Add remaining ingredients, except beans. Cover, and let it stew over medium heat for approximately 30 minutes, stir occasionally.

Add cooked beans, stir, and cover and let simmer for additional 10 minutes.

Serve with hot cooked noodles.

Serves 10

# Vegetarian Rissoles, Mashed Potatoes And Vegetables

## **Ingredients**

1 ½ cups red lentils, soaked overnight, cooked and drained  
3 large onions, finely chopped  
3 celery stalks, finely chopped  
4 small carrots, grated  
3 cups green beans, cooked and finely chopped  
3 cups dry breadcrumbs  
3 cups fresh breadcrumbs (made by drying bread in oven and crumbling)  
8 eggs  
1 ½ teaspoons salt  
1 ½ teaspoons black pepper  
3 teaspoons dried mixed herbs  
Olive oil to lightly fry

8 medium potatoes, quartered  
Green vegetable of choice  
Small amount of butter and milk

Serves 12

## **Method**

Place the lentils, onions, celery, carrots, beans, fresh breadcrumbs, 5 eggs, salt, pepper, and mixed herbs into a mixing bowl. Using a wooden spoon, mix well until the ingredients are thoroughly combined. Set the mixture aside at room temperature for 30 minutes.

Using your hands, shape the mixture into equal sized balls and flatten the balls between the palms of your hands to make small cakes. Set aside.

Using a fork beat the remaining eggs in a shallow dish. Place the dry breadcrumbs on a plate. Dip each rissole first in the egg and then into the breadcrumbs, coating the rissoles thoroughly and shaking off any excess crumbs.

In a frying pan, heat the oil over moderate heat. When the oil is hot, add the rissoles and fry them for 10 minutes on each side or until they are golden brown. Place cooked rissoles on paper towelling and drain.

While rissoles are cooking boil potatoes until soft. Add small amount of milk, butter, salt and pepper and mash, adding extra milk if necessary until a creamy texture is reached.

Lightly steam green vegetables.

# Moussaka

## **Ingredients**

2 kilos mince meat  
6 Eggplants  
3 large onions finely chopped  
400 g cheddar cheese, grated  
1 ½ packets dry breadcrumbs  
4 cloves garlic crushed  
Olive oil  
3 x 400g tinned tomatoes  
1 teaspoon nutmeg  
1 teaspoon cayenne pepper  
1 cup sliced mushrooms  
90 gm butter for white sauce  
½ cup of plain flour

## **Method**

Cut eggplant into 1cm slices. Arrange on tray. Sprinkle with salt and stand for 25 minutes. Rinse under cold running water and pat dry. Add a small amount of olive oil to a large fry pan. Brown mince quickly. Drain of fat and set aside.

Heat fry pan and add onions and garlic, sauté until soft. Add mushrooms and quickly heat through. Add undrained tomatoes, salt, pepper, and meat. Simmer gently, uncovered until meat is tender and nearly all the liquid has evaporated.

Shallow fry eggplant slices until golden brown. Drain well, arrange in the base of a lightly greased baking tray. Combine grated cheese and breadcrumbs. Sprinkle 1/3 of this over eggplant.

Spoon meat sauce over this, and then layer with white sauce. Evenly spread remaining cheese mixture over the top. Bake in a hot oven for 25 minutes or until topping is golden brown.

Cut into squares and serve with choice of salad.

## **White Sauce**

Melt 90g butter and remove from heat. Stir in ½ cup flour, nutmeg, salt and pepper. Stir over low heat for 1 minute. Add 2 cups of milk, stir until sauce boils and thickens. Reduce heat, cook for a further minute.

Serves 12

# Spinach And Fetta Pie With Carrot And Orange Salad

## **Ingredients**

Filo Pastry Sheets (16)  
3 large bunches of spinach  
3 onions  
1 block Fetta cheese  
4 cloves garlic, chopped  
2 teaspoons basil  
2 teaspoons cumin  
1 Heaped teaspoon nutmeg  
Carrots  
Currants  
Oranges  
Tamari

## **Method**

**Spinach and Fetta Pie** Wash spinach, cook in a little water until soft. Fry finely chopped onions with garlic, basil and cumin. Chop cooked spinach and mix with chopped Fetta cheese, onion mixture and nutmeg.

## **Pastry**

Brush each sheet with a little melted butter or oil. Place 8 sheets on bottom of greased baking dish, add mixture, cover with another 8 pastry sheets. (Sprinkle with sesame seeds if available). Bake in moderate oven until golden brown.

## **Carrot and Orange Salad**

Grate carrots; add currants, freshly squeezed orange juice and Tamari to taste. Season with pepper.

Note this makes 1 baking tray or approx 6 serves.

**Eat your spinach and enjoy it too.  
Bonus: the kids won't even know it's there!**

# Spiced Vegetables With Coconut

## **Ingredients**

3 red chillies  
6 large carrots  
12 stalks celery  
3 tablespoons fresh chopped coriander  
6 tablespoons grapeseed oil  
5 cm piece ginger root, peeled and grated  
3 cloves garlic, crushed  
9 spring onions, sliced  
3 x 400ml can coconut milk  
Salt and freshly ground black pepper  
Coriander sprigs to garnish  
Olive oil as needed  
Jasmine rice

## **Method**

Halve, seed and finely chop the chilli. Wear rubber gloves to protect your hands.

Slice the carrot on the diagonal. Slice the celery on the diagonal.

Heat a wok, then add small amount of olive oil. When the oil is hot, add the ginger, garlic, chilli, carrots, celery and spring onions. Stir-fry for 2 – 3 minutes.

Stir in the coconut milk with a large spoon and bring to the boil.

Stir in the coriander and salt and pepper.

Cook jasmine rice.

Serve with fresh wholegrain bread for mopping up the delicious coconut milk.

Serves 12

**Makes your tastebuds come alive – tastes good, is good.**



# Snappy Salads

# Spinach Salad

## **Ingredients**

2 bunches of spinach (can utilize tired/wilted spinach)  
3 tablespoons tahini  
½ cup sesame seeds  
2 tablespoons honey  
Good dash of tamari or soy sauce

## **Method**

Thoroughly wash spinach. Lightly cook and drain in cold water.  
Mix tahini, tamari, honey and sesame seeds in a bowl.  
Add to spinach and voila!

# Oriental Slaw

## **Ingredients**

½ cabbage, finely sliced  
4 carrots, grated  
½ cup sesame seeds  
½ cup sesame seeds  
3 tablespoons honey  
Dash of soy sauce or tamari  
Lots of garlic and ginger!  
Sesame oil (optional)

## **Method**

In a large saucepan cook the seeds with no oil, until lightly brown and set aside. In sesame oil lightly cook ginger, garlic and soy, adding honey last. Turn off heat, add cabbage and carrot. Stir well and add toasted seeds.

# Avocado Salad

## **Ingredients**

Avocado sliced  
Finely chopped lettuce  
Chopped shallots  
Tomato

## **Dressing**

Olive oil  
Lemon juice  
Salt

## **Method**

Line bowl with lettuce. Toss remaining ingredients.

# Coleslaw

## **Ingredients**

2 cabbages  
3 carrots  
250ml Mayonnaise

## **Method**

Finely shred cabbages and grate carrots. Combine all ingredients thoroughly in a bowl.  
Chill before serving.

**Optional** Add 2 seeded coarsely chopped capsicums and 100 grams of chopped walnuts.

# Italian Salad

## **Ingredients**

½ avocado sliced  
Lettuce endive  
Spring onions  
Radish  
Capsicum, red and green  
Alfalfa sprouts  
Parsley  
Tomato  
Cucumber

## **Method**

Mix all ingredients and toss

# Rice Salad

## **Ingredients**

5 cups of cooked rice  
1 diced apple  
½ cup raw pumpkin seeds  
4 sprigs of finely  
Chopped sage  
Pineapple pieces

## **Method**

Mix together and refrigerate

# Pine Salad

## **Ingredients**

5 cups of cooked rice  
1 diced apple  
Finely chopped fresh pineapple  
Corn kernels sliced from the cobs (cooked)  
Green peas (cooked)  
Red and green peppers  
Finely chopped spring onions or a salad onion  
Grated carrot  
Celery finely sliced  
Nuts or seeds

## **Method**

Mix all ingredients well with a oil and lemon dressing

Serves 15

# Potato Salad

## **Ingredients**

2 kg Potatoes, peeled and cut into 2 cm cubes  
2 medium onions, finely chopped  
2 hard boiled eggs, shelled and finely grated  
2 cups mayonnaise  
2 tablespoons milk  
1 teaspoon dried herbs  
2 pinches black pepper  
Water

Optional 2 cups frozen peas

## **Method**

1. Place potatoes in a large saucepan with the water. Bring to boil over a medium heat. The potatoes should be cooked but still firm (approximately 10 minutes).
2. Drain and allow to cool. Place in a large salad bowl.
3. Add the onion and blend carefully with a wooden spoon. Optional Steam frozen peas for 1 minute and add to potatoes.
4. Shake Mayonnaise, herbs, milk and black pepper together in a screw top jar. Pour over potatoes and onions. Mix in carefully making sure all potatoes are coated.
5. Sprinkle with a little black pepper, then top with the grated egg. Allow to stand for at least 3 hours before serving. This will allow flavours to blend.

Serves 12

# Nepalese Aloo Achar

## **Ingredients**

4 medium potatoes  
4 tablespoons sesame seeds (ground and roasted)  
3 tablespoons lemon juice  
1 teaspoon salt  
1-4 fresh chillies finely chopped  
3 tablespoons fresh coriander or parsley finely chopped  
2 tablespoons finely chopped capsicum  
4 tablespoons sesame oil  
2 teaspoons olive oil  
8-10 fenugreek seeds

## **Method**

Boil potatoes.

Combine sesame seeds, lemon juice, salt and chillies in a bowl.

Add sesame oil a few drops at a time and beat in with a fork or whisk.

Heat olive oil in metal ladle. When very hot, put in fenugreek seeds.

As soon as fenugreek seeds begin to darken, pour oil and spices into dressing. Mix well. Add coriander or parsley.

When potatoes are cooked drain and peel while still hot.

Dice hot potatoes into 2cm cubes and place in bowl with dressing. Mix gently.

Cover and refrigerate until ready to serve.

This tasty salad may be eaten cold or at room temperature.

# Dreamy Dressings

## Cucumber Dressing

### **Ingredients**

1 small seeded cucumber grated 2 tablespoon  
Chopped parsley  
2 tablespoon chopped chives  
1 tablespoon lemon juice  
1 tablespoon apple juice

### **Method**

Combine all ingredients and chill.

## French Dressing

### **Ingredients**

½ cup lemon juice  
2 tablespoon, fresh basil or 1 teaspoon dry basil  
2 tablespoon chopped parsley  
½ teaspoon black pepper  
Olive oil

### **Method**

Combine all ingredients in a sealed jar. Shake well and refrigerate.

## Italian Dressing

### **Ingredients**

Juice of ½ lemon  
Chopped oregano  
1 clove of garlic  
Fresh ground black pepper  
1 tablespoon olive oil

### **Method**

Peel and chop garlic very finely.  
Place lemon in a small bowl and stir in oregano, garlic and a little pepper.  
Slowly stir in oil until all ingredients are well mixed.  
Pour dressing over salad and toss to coat ingredients.



## Lemon And Mint Dressing

### **Ingredients**

Juice of one lemon  
Fresh ground black pepper  
1 tablespoon, olive oil  
6 mint leaves, chopped

### **Method**

Place in a small bowl. Mix lemon juice with salt, pepper and oil.  
Lastly stir in chopped mint.

## Mayonnaise Dressing

### **Ingredients**

1 block of silken tofu  
2 teaspoon lemon juice  
1 teaspoon dry mustard  
½ teaspoon paprika  
Freshly ground black pepper  
Mix all ingredients together in blender.

## Tahini Dressing

### **Ingredients**

1 tablespoon tahini  
2 tablespoons water  
Juice of one lemon  
Freshly ground black pepper

### **Method**

Mix tahini with water and lemon juice. Season with pepper just before serving.  
Add extra water if it is too thick

# Bite me!

# Baking

# Pear Cake

## **Ingredients**

250g Nuttelex (1/2 tub)  
2 cups honey  
1 teaspoon vanilla  
4 large pears, peeled and cored  
1 x cup desiccated coconut (optional)  
½ teaspoon bicarbonate soda  
2 ½ cups plain flour  
Water or soy milk to moisten  
4 x eggs

## **Method**

Cream Nuttelex, honey and vanilla. Add eggs and mix. Add flour, bicarb and coconut. Add liquid if very thick. Add pears and mix until smooth.

Grease and flour tins. Cook for approximately 45 minutes or until skewer comes out clean.

Will make 2 large bar cakes.

# Basic Roll Recipe

## **Ingredients**

6 cups whole-wheat flour  
2 teaspoons dried yeast  
1 teaspoon sea salt  
4 tablespoons oil  
½ cup warm water  
1 teaspoon maple syrup, honey or grain syrup  
1 extra tablespoon flour  
2-3 cups apple juice / water

Serves approx. 20 rolls

## **Method**

Mix yeast into warm water with syrup or honey and 1 tablespoon of flour.

Cover with a cloth and leave in a warm place until risen (approximately 10 minutes).

In a big bowl put flour and salt.

When yeast mix is ready add to oil and then to flour, mix well, add apple juice or water gradually.

The dough needs to be wetter than pastry dough but firm enough to handle.

Slight stick to work surface is OK.

Flour work surface and hands.

Knead dough for about 10 minutes until dough is elastic.

Form balls the size of apricot, place on an oiled tray and set aside for 1 hour in a warm place covered with a cloth.

When risen brush with glaze of beaten egg and 1 tablespoon water.

Bake in a hot oven 190-200 C for 15-20 minutes.

**And some variations .....**

## **Currant Buns**

### **Ingredients**

In addition to the ingredients for Basic Roll Recipe (above)

- 1 cup of currants
- 1 cup sultanas
- 1 teaspoon cinnamon
- ½ teaspoon of ground cloves

### **Method**

Mix with dry ingredients, may need a little extra fluid to mix. Proceed as above.

## **Spicy Rolls**

### **Ingredients**

In addition to the ingredients for Basic Roll Recipe

- 1 teaspoon ground star anise (seeds only) 2 teaspoons freshly grated nutmeg
- 1 ½ teaspoons cinnamon
- 2 teaspoons freshly grated ginger
- 2 teaspoons freshly grated orange rind.
- 1 teaspoon ground cloves

### **Method**

Mix with dry ingredients and proceed as above. This one makes a fantastic aroma!

## **Herb Rolls**

### **Ingredients**

In addition to the ingredients for Basic Roll Recipe

Use any mixture of herbs, fresh or dried ½ -1 cup, added to flour then proceed as above. Great with soup!

# Date Delight

## **Ingredients**

In addition to the ingredients for Basic Roll Recipe 1 cup dried dates  
3 cups of water  
2 star anise (whole)  
3 cloves  
2 cinnamon sticks  
2 teaspoons finely grated ginger root squeeze lemon juice

## **Method**

Cook all above ingredients in a saucepan over low heat until dates are very soft, remove spices, strain any excess liquid (use in bun mix as part of fluid allowance)

Puree dates, add 1 teaspoon of finely grated orange rind and spread over dough that has been rolled into a long rectangle 15 cms wide. Roll rectangle and slice with a sharp knife dipped in hot water every 4 cms.

Stand on end on lightly oiled tray and proceed as above.  
Allow your taste buds to be absolutely delighted!

# Anzac Biscuits

## **3/4 cup flour**

3/4 cup sugar  
1 cup coconut  
1 cup rolled oats  
1/2 cup butter  
1 tablespoon golden syrup  
1/2 tablespoon baking soda  
2 tablespoons boiling water

Mix together flour, sugar, coconut and rolled oats. Melt butter and golden syrup.

Dissolve baking soda in the boiling water and add to butter and golden syrup. Make a well in the centre of flour and stir in liquid. Place spoonfuls on a greased tray.

Bake 15-20 minutes at 180° celsius or 350° fahrenheit.

**So simple but so very yummy.  
Few things smell better than freshly baked biscuits.**

## Perfect Rice Pudding

3 cups of milk, 1 cup of cream and the finely grated rind of 1 orange in a saucepan.

Take the seeds from one cardamom pod and crush them using the flat of a knife. Sprinkle into milk.

Bring to boil over medium heat.

Reduce heat to low and add ½ cup short grain, pudding or risotto rice and ½ cup caster sugar.

Stir well until sugar dissolved.

Simmer stirring frequently for 20-25 minutes or until rice is soft and creamy. The mixture should have thickened. Make sure you stir right to the edges to stop the rice from sticking. Remove from heat and set aside – with lid on – for 15 minutes.

Spoon into large serving dish or individual dishes. Sprinkle with cinnamon or nutmeg.

Serve warm or cold with cream or ice cream..... or both!



# Basic Muffin Recipe

## Ingredients

½ cup cold pressed oil  
1 cup barley flakes  
½ cup unprocessed bran  
1 egg  
2 cups SR wholemeal flour soymilk, skim milk or juice to mix

Add any of the following

3-4 spring onions finely sliced ½ cup grated tasty cheese

OR ¾ cup of fruit fresh or dried (sultanas, dates, blueberries, strawberries, apricots, etc)  
¼ cup brown sugar or 1 tablespoon of honey

OR ½ cup carob  
¼ cup brown sugar or 1 tablespoon honey

OR ½ cup chopped dates  
½ cup chopped walnuts  
2 tablespoons maple syrup

## Method

Mix barley, bran, egg, oil, together with choice of other ingredients, then add flour and enough fluid to make a consistency a little dryer than cake mix.

Spoon into a 12 cup muffin pan and bake at 180C for approx. 20 minutes.

# Golden Damper

## **Ingredients**

3 Cups of Unbleached (or wholemeal) Self Raising Flour  
2 and ½ Cups of cooked pumpkin puree  
1 and ½ Cups of Sultanas  
½ Cup of pumpkin Seeds (shelled)  
1 Cup of drained water from cooked pumpkin (add more as required)  
½ Cup of Sunflower Seeds (shelled)  
3 tablespoons of Honey  
½ teaspoon of Ground Cinnamon  
1 small pinch of Ground Cloves

## **Method**

Place all ingredients together in a large mixing bowl.  
Mix to a dough consistency.  
Place on a well floured oven tray.  
Bake in a moderate oven for 40-45 minutes.

# More information about food and health

## Food Safety

The most serious hazard with food comes from pathogenic micro-organisms. Natural components of food as well as additives or contaminants also have the potential to cause harm. Whether a substance creates a hazard for human health depends on many factors, such as its concentration in food, the amount consumed, individual susceptibility and interactions between particular substances.

Potential carcinogenic and other damaging effects can be caused by **all** components of food, whether natural, additives or contaminants. Contamination may occur during the growing, processing, storage, distribution, preparation, and serving stages of food production.

### Micro-Organisms

Microorganisms are widely occurring in our environment and inside our bodies. The microorganisms that inhabit the human body, under normal circumstances, cause no harm and are often beneficial. In many areas of the body some microorganisms play an important part in preventing infection by stopping pathogenic ("bad") microorganisms from establishing themselves in the body.

Some bacteria are sources of nutrients that are essential for normal body function. The micro-organism responsible for food-borne illness can be a bacterial, fungal, viral, or parasitic organism.

Food poisoning can be due to either infection (Illness caused by ingestion of pathogenic organisms) or an intoxication (Illness caused by the ingestion of a toxin - toxic substance) and can be classified as follows

1. **Bacterial** - contamination of food that may not appear spoiled, it is the most common cause (e.g.. Staphylococci, Clostridium Botulinus, Salmonellae).
2. **Mycotoxins** - Produced by fungi. The food appears mouldy or spoiled (e.g. aflatoxin B<sub>1</sub> from Aspergillus flavus).
3. **Inherent** - caused by substances naturally present in foods and affects everyone if they eat enough of them (e.g. Some cheeses contain tyramine, which raises blood pressure, and nitrosamines, which can cause cancer; Green potatoes contain solanine, which causes gastrointestinal upset).
4. **Chemical** - Unintentional - fungicides on grains, insecticides on fruit, antibiotics or hormones given to animals.  
Pollution      Mercury, cadmium, radioactive fallout.  
Additives      May cause adverse reactions in sensitive individuals (e.g. colouring, flavourings and preservatives).

## Measures to Safeguard Food

To safeguard a food supply remember that:

1. Appearance, taste and smell are not always reliable indicators that a food is safe for consumption.
2. Any unusual change in colour, consistency or odour or the production of gas in food means that the food should be discarded **without being eaten.**
3. Dishes, platters, cutlery, can openers, utensils, cutting, kitchen counters, and any equipment used to prepare, serve and store food must be cleaned thoroughly.
4. Hands that prepare, serve and store food should be clean. Wash your hands in hot soapy water for at least 30 seconds. Preferably wear gloves. Food should be handled as little as possible.
5. Foods served raw should be washed carefully. Do not place cooked meat back on a plate that has held raw meat. Use one chopping board for meat and another for fruit and vegetables.
6. Bacteria grow fastest in the temperature range of 5 – 60 degrees
  - i. Hot food should be kept hot – above 60 degrees.
  - ii. Cold food should be kept cold – below 5 degrees. All dairy foods should be refrigerated.
  - iii. Cooked food that is refrigerated should be cooled quickly and refrigerated promptly. If it is going to be kept for more than a few days it should be frozen.
  - iv. Perishable foods should be kept chilled if taken on a trip or picnic. Foods may spoil easily if exposed to a warmer temperature for more than ½ hour before they are eaten.
  - v. Extra care should be taken with foods easily contaminated by micro-organisms meats, poultry, stuffing, gravy, salads, eggs, custard and cream pies.
8. Tea towels can provide a breeding ground for micro-organisms so wash them regularly. Do not use them to wipe spills from floors or benches.
9. Feeding dishes, bedding, or toys used by pets should be kept out of the kitchen and away from items in contact with the family's food.

## Preserving Nutritional Value

A major loss of vitamins may occur in the final preparation, ascorbic acid and the B-complex vitamins especially Thiamine are easily destroyed by the cooking process. When cooking meat, longer cooking times at lower temperatures result in lower losses of the B Vitamins. The reheating of meats or meat alternatives that have been stored in the refrigerator or freezer results in the minimal loss of amino acids, riboflavin and pyridoxine.

Cooking vegetables for maximum nutritional retention can be achieved by the following means.

1. Minimize trimming, cutting, slicing, washing, soaking, and cook unpeeled where possible. (Note: fat should be trimmed from meat however).
2. Cook with steam or microwave, use the smallest amount of cooking water practicable.
3. When boiling add the raw food to the boiling water rather than cold water.
4. Do not use sodium bicarbonate in cooking vegetables as it increases the loss of vitamin C.
5. Keep the cooking time as short as possible.

6. Utilize rather than discard the cooking water if possible.
7. Serve food as soon as possible after cooking.
8. Avoid storing cooked foods for lengthy periods.
9. Do not use copper utensils as it increases the loss of vitamin C.

Cereal and flour products that are baked can have high nutrient losses i.e. up to 20% of the Thiamine. If chemical leavening is used losses increase to 84%. Cooking rice in a lot of water can lead to Thiamine losses of 35 %.

### **Cooking Food**

Involves the application of heat to food; there are two main categories; dry heat and moist heat, but there are many variations possible

1. Dry heat without fat baking, barbecuing, grilling, toasting.
2. Dry heat with hot fat frying, roasting.
3. Moist heat with pressure pressure-cooking.
4. Moist heat stewing, braising, and boiling.
5. Microwave.

### **Nutritional Deficiency Diseases**

May be classified as

**Primary** - directly resulting from a dietary lack of specific essential nutrients. i.e. scurvy-Vitamin C.

**Secondary** - resulting from an inability of the body to utilize the nutrients once they are consumed because of

- a) Failure to absorb the nutrient from the gastro-intestinal tract.
- b) Failure to metabolise the nutrient once it has been absorbed.

### **Malnutrition**

Simply put, malnutrition is an inadequate supply of nutrients to the cell. It however often results from a complex web of factors personal, social, cultural, psychological, economic, political and educational. If these variables are only temporary malnutrition may be acute and alleviated rapidly, leaving no long-standing harm. Permanent harm may occur if malnutrition is prolonged.

Many factors work together to produce malnutrition, it may exist in many varieties, degrees and combinations. People may exist in marginal nutritional states, which stress can push over the threshold. This is often seen in heavy users of alcohol and other drugs. A relationship exists between malnutrition and infection - each compounds the other. Malnutrition is often complicated by other diseases such as TB, Intestinal parasites etc.

### **Degree of Malnutrition Weight for Age**

First degree Mild: 75% to 90% of standard

Second degree Moderate: 60% to 75% of standard

Third degree Severe: Less than 60%.

Some of the conditions associated with malnutrition seen in heavy or chronic users of alcohol and other drugs may include

1. Protein calorie malnutrition i.e.. Kwashiorkor and Marasmus.
2. Nutritional Anaemia's.

3. Xerophthalmia (vitamin A deficiency)
4. Beri Beri
5. Pellagra
6. Scurvy
7. Osteomalacia and Osteoporosis

### **Micro-Nutrients in Drug Withdrawal**

Malnutrition is common in heavy users of alcohol and other drugs. Drugs affect food intake by changing appetite or altering the sense of taste and smell. They may hasten excretion, may hinder absorption, or may alter transport, use, and storage of nutrients. Due to a drug using lifestyle, poverty, and altered states of consciousness from drug use food may simply not be a priority for the user.

### **Stimulants**

Stimulants such as amphetamines depress the appetite.

If food intake is low for a prolonged period this may lead to ketosis.

Ketosis occurs when a person's diet is so low in carbohydrates that their fat stores are broken down for energy faster than the body can use them. This can lead to an acid and alkaline imbalance in the body. Chronic amphetamine use may eventually lead to wasting away of body protein found in muscles and organs.

### **Marijuana**

Marijuana can stimulate the appetite and produce a "sweet tooth", leading to cravings for junk food, colloquially known as "getting the munchies". Marijuana users tend to have a diet high in simple carbohydrates but low in nutritional value.

### **Heroin**

Heavy heroin use reduces appetite and often induces nausea, vomiting and constipation.

Users are therefore prone to weight loss and malnutrition and often have low levels of B vitamins, especially B1 and B2 and folic acid. The use of drugs of all types results in an immediate lowering of blood sugar. Heroin users typically consume a diet high in refined sugars, possibly leading to hypoglycaemia.

### **Alcohol**

Heavy alcohol use can lead to multiple nutritional deficiencies especially Vitamins A, B1, B6, B12, C, folate, magnesium, zinc, iron and calcium.

Alcohol increases the body's requirement for B1. Magnesium and zinc decreases absorption of Vitamins B1, B12, folate and zinc; as well as increasing the excretion of magnesium and zinc.

The breakdown of alcohol uses up vitamins. Frequent dependence on alcohol may initiate or aggravate existing liver disease.

Alcohol replaces foods as a source of calories for the body - 1 gram of alcohol supplies 7 calories. However, these are 'empty' calories, high in sugar. Heavy alcohol users often also have varying degrees of hypoglycaemia.

## **Lifestyle**

A chaotic lifestyle is not conducive to good eating habits.

When money is limited it may be used to buy drugs rather than food. Foods are often chosen for their low cost, ready availability and their fast preparation time. Common to all drug classes, poor nutrition leads to foods being chosen for 'quick energy' which are often highly refined and high in sugar – with resulting problems such as hypoglycaemia and malnutrition.

## **Liver Care**

Liver disease due to drug use or acute and chronic hepatitis may cause loss of appetite, nausea and taste changes as well as poor liver storage of vitamins.

Any drug use puts increased demands on the liver. Long-term heavy use of alcohol or other drugs can injure the liver, sometimes very seriously.

There is also a high prevalence of Hepatitis A, B and C among drug users. It is essential that attention be paid to care of the liver when considering diet and nutrition for drug users.

Diet and nutrition play a vital role in restoration, regeneration and cleansing of the liver.

## **Foods**

Include lots of fresh fruit and vegetables, particularly green vegetables, as they aid in detoxifying the liver - Alfalfa, Lettuce, Spinach, Broccoli, Celery, Artichokes, Beans, Sprouts, Silver beet, Bok Choy, Parsley and Globe Artichoke.

## **Water**

Cleanses and flushes the liver. Aids in the process of metabolism by enabling the liver to break down toxic substances such as fats etc.

## **Vitamins**

Choline and Inositol are part of the B Vitamin Group. Aid in fat metabolism and help to take the load off the Liver. Vitamin C helps strengthen the Immune System.

Assists the detoxification of the liver and protects from Cancer.

## **Herbs**

Any herb, fruit or vegetable that has a bitter taste to it will stimulate the liver. Nerves in the tongue will send messages to the liver to activate it.

Dandelion is cleansing and restoring to the liver.

Globe Artichoke is also cleansing and restoring to the Liver.

## **AVOID**

- × Fats in general
- × Fatty Foods - fried foods
- × Drugs - in general, including over the counter. Paracetamol can be especially harmful
- × Alcohol



A very special thank you to Andrea Travers, who worked tirelessly with dedication and love to edit this version of the cookbook. Along with the staff at Windana, Andrea has a strong belief that our clients and residents can heal, recover and move on with their lives. Cooking good quality, nutritious food is a new beginning for many people.

This little book is a gift to our clients, who light the way and show us that life can be filled with hope and possibilities.....