

# Measure up



1 cup = 250ml



1/2 cup = 125ml



1/4 cup = 65ml



1 tablespoon = 15ml



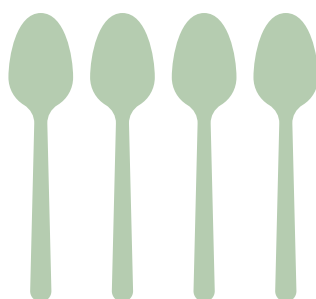
1 teaspoon = 5ml



4 cups = 1 litre



3 teaspoons = 1 tablespoon



1/4 cup = 4 tablespoons

# Oven temperatures

Hot oven

200 – 230°C

Moderate oven

170 – 190°C

Cool oven

150 – 160°C

Very cool oven

110 – 140°C





## Reading & using a recipe

If you are a new cook, recipes may seem like a foreign language – the following tips will help.

1. Sit down and **read the recipe** all the way through before you start.
2. Read it **again** so you are familiar with the order of events, equipment and ingredients.
3. Think about the **order of events** – do you need to preheat an oven, line a tin, etc.
4. Gather your **equipment**.
5. Gather your **ingredients**.
6. Ingredients are listed in the order they are used. Before you begin cooking you may need to **prepare some of your ingredients** e.g. drain a can of pineapple, chop an onion, etc.
7. Measure, measure, measure – a tablespoon or a cup means to use as actual measuring utensil, not spoons that you use for eating and serving. All measurements are level, unless stated otherwise.
8. Double **check the cooking time**. Always check a little before it should be ready.



### Tip

Learn more about measuring with cups or tablespoons on page 5!

## Expiry Dates



### "Best Before"

You can eat food after this date, but it may not be at its best. Use your senses to check if the food is safe to eat. If it looks ok, smells ok and tastes ok then you can eat it.



### "Use By"

Do not eat after this date. In New Zealand you'll mainly find use by dates on meat, seafood, some ready-to-eat chilled foods and infant formula.



## Food safety versus food quality

- Always follow the storage instructions on the packaging, such as "eat within two days of opening".
- To extend the life of food, freeze it before the use by date and defrost and use within 24 hours.
- Do not refreeze thawed food because bacteria multiplies during thawing.

## Tips for scaling down a recipe

- Choose a recipe with quantities that are easy to divide.
- Add seasonings a little at a time – you may need a little more or a little less than what you expect
- Use smaller dishes and pans for smaller quantities.
- To halve three eggs, use two and decrease the liquid by 2 – 3 tablespoons.
- Check to see whether your dish is cooked 5 – 10 minutes before the cooking time suggested in the original recipe.
- Keep notes about what works and what doesn't so you remember for next time.

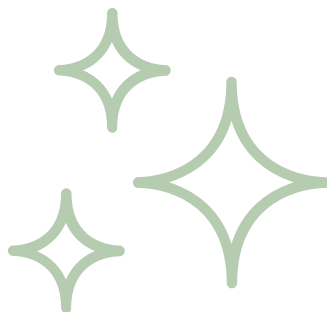
# Clean, cook, chill

Protect yourself and others from foodborne disease.

## Clean

Before you prepare food and after handling raw meat:

- Wash hands, chopping boards, dishes and utensils (like knives) in hot, soapy water.
- Dry them properly. Preferably air dry and not with a tea towel.



## Cook

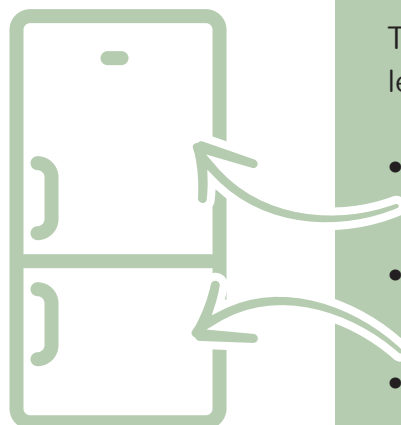
- Cook food (especially chicken and mince) thoroughly all the way through until the juices run clear.
- Reheat until piping hot. Warm does not kill bacteria, hot does.



## Chill

To stop bacteria contaminating or growing in your food:

- Cover and put in the fridge.
- Keep cooked and raw food separate.
- Don't leave food out. Refrigerate within two hours.
- Throw out food if left out longer.



## Using Leftovers

- Refrigerate your leftovers.
- If you don't think you are going to eat your leftovers within two days, freeze them! This will build up a supply of meals for when you are feeling tired or have been too busy to cook.
- Label your leftovers: WHAT IT IS and WHEN YOU COOKED IT.
- Reheat your leftovers until they are piping hot. Don't reheat more than once.

## Remember

The 2-2-2 rule for leftovers:

- 2 hours to get it in the fridge
- 2 days in the fridge
- 2 months in the freezer



# Breakfast

**A good  
breakfast sets  
you up for a  
good day!**

Eating breakfast gets the body going in the morning and helps prevent mid-morning dips in energy and mood. A healthy breakfast gives you a head start on the nutrients you need each day. Always include a protein-rich food such as milk, yoghurt or eggs at breakfast. It does not have to happen immediately when you get up, but having it at a similar time each morning is a good aim.





# Porridge

## Ingredients

	1 Serve	2 Serves
Rolled oats	½ cup	1 cup
Liquid (water or trim milk)	1 cup	2 cups

## Tip

Add yoghurt or milk – it helps maintain bone and muscle mass.

## Method

### Saucepan

1. Put oats and liquid in a small saucepan and bring to the boil.
2. Reduce heat and simmer for a few minutes until the oats are soft and creamy.
3. Pour into a bowl and serve.

### Microwave

1. Place oats and water in a deep sided microwave-safe dish.
2. Cook, uncovered on high power for 2 minutes.
3. Stir well.

## Posh it up!

- Add grated apple or chopped banana, dried fruit or cinnamon to the oats before cooking.
- Add toppings – chopped banana, chopped nuts, seeds, stewed prunes or other stewed fruit, wheat germ or LSA (ground linseed, sunflower and almond).
- Sweeten – with a little honey, maple syrup or brown sugar.





### Tips

Use as a sprinkle over fruit and yoghurt/custard for a yummy dessert, or use as a fruit crumble topping.

Gift it – fill attractive jars and give away as presents. Don't forget to include the recipe!

### Posh it up!

Add dried fruit, other seeds or nuts and/or coconut flakes or thread.

## Toasted Muesli

### Ingredients

Wholegrain oats  
Almonds, chopped  
Sunflower seeds  
Pumpkin seeds  
Brown sugar  
Boiling water  
Cinnamon or vanilla

### 1 Batch

1 kg  
½ cup  
½ cup  
½ cup  
¼ cup  
1 cup  
2 teaspoons

### Storage

This makes a large quantity, but it has a long storage life!

### Method

1. Preheat oven to 150°C and place oats, almonds and seeds in a large roasting dish.
2. Mix boiling water, sugar and cinnamon/vanilla together in a jug or bowl; stir until sugar is dissolved.
3. Add to oat mixture and stir through.
4. Cook for at least 1 hour, stirring every 10 minutes.
5. Turn oven off and leave muesli to cool in oven.
6. Store in an airtight container and serve with fresh or stewed fruit, milk and/or yoghurt.



# Overnight Oats

## Ingredients

	1 Serve	2 Serves
Rolled oats	½ cup	1 cup
Trim milk	½ cup	1 cup
Natural yoghurt	½ cup	1 cup

## Method

1. Place oats, milk and yoghurt into a container with a lid.
2. Stir well and refrigerate overnight.
3. In the morning stir and add any of the ingredients listed to the right.



## Fact

Greek yoghurt has more protein than regular yoghurt as it has been strained and concentrated. As we age we need 25% more protein than younger people, to maintain muscle mass and body functions.

## Variations

Mix in or top with:

- Mashed/chopped banana
- Grated apple/pear
- Stewed fruit
- Fresh or frozen berries
- Raisins or other dried fruit
- Pumpkin or sunflower seeds
- Chopped nuts
- Cinnamon
- Lemon rind or juice





### Tips

Sweeten, if necessary, with a little honey or maple syrup. Alternatively, use a sweetened yoghurt.

Use cold milk and frozen berries or bananas for a thicker, colder smoothie. Alternatively, add a little crushed ice to mix before blending or serve over ice.

## Fruit Smoothie

### Ingredients

	1 Serve	2 Serves
Trim milk	100ml	200ml
Yoghurt, plain or flavoured	¼ cup	½ cup
Fruit – banana, fresh or frozen berries, canned or stewed fruit	¼ cup	½ cup

### Method

Blend all ingredients together using a blender or food processor; serve chilled.

### Tip

Delicious on top of your breakfast cereal or as a dessert with yoghurt, custard or ice cream.

### Help dem bones...

Studies show eating 5 – 6 prunes a day supports bone health by slowing bone loss.

## Easy Stewed Prunes

### Method

Place prunes (e.g. 1 packet) in a jar or plastic container with a lid. Cover with boiling water, seal container, then leave to cool a little before storing in refrigerator. It thickens up nicely after a few hours. For extra zing, add some lemon juice and/or grated lemon rind.





# Eggs

Full of protein and easy to cook, eggs are a great base for a meal.

## Fried egg

1. Heat a little oil in a small fry pan on a medium heat. Alternatively, heat a non-stick pan, using a little oil spray if necessary.
2. Break egg(s) into the pan, if your pan has a lid, put it on to help cook the top of the egg(s).
3. Cook until the white is set and the yolk has your preferred consistency. Serve immediately.

## Boiled egg

1. Put egg(s) in a saucepan with a fitted lid, cover with cold water, put lid on, place on the element and heat until the water starts to boil.
2. Remove the pot from the element. Do not lift the lid.
3. Set the stove timer and leave until the egg(s) are just the way you like them:
  - 3 – 4 minutes for runny eggs
  - 5 – 6 minutes for soft eggs
  - 8 – 10 minutes for hard boiled eggs

## Poached egg

1. Bring a pot of water to boil.
2. When water begins to boil, add 2 teaspoons of white vinegar.
3. Lower water temperature to a simmer, carefully crack egg directly into water (or into a ladle or teacup) and gently lower into the water.
4. Allow the egg to set around the yolk like a white pillow. The egg should float to the top when the white is set. Simmer for 4 minutes if you like your yolks a little runny.





### Posh it up!

Add other ingredients such as chopped parsley or other fresh herbs, fried onion, grated cheese, chopped tomato, fried mushroom slices, cooked vegetables (frozen vegetables are fine).

### Serving suggestions

- On toast (wholegrain is best) or toasted breakfast muffin
- On cooked spinach or silver beet
- With grilled tomatoes and mushrooms

## Scrambled Eggs

### Ingredients

	1 Serve	2 Serves
Eggs	2	4
Trim milk	2 tablespoons	¼ cup
Salt and pepper	To taste	To taste
Butter or margarine	1 teaspoon	2 teaspoons

### Method

1. Whisk the eggs, milk, salt and pepper together in a bowl or jug.
2. Melt butter/margarine in a fry pan or small saucepan; pour in egg mixture.
3. Cook over low heat, lifting and turning the mixture at intervals with a spoon, keeping it in large soft masses.
4. Serve immediately.





- Weet-Bix with fruit
- Baked beans on toast
- Banana on toast
- Oat pancakes with fruit and yoghurt

## Other Breakfast Ideas

- Grainy toast with cottage cheese and sliced tomato
- Leftover rice and vegetables from the night before
- Tomato and avocado on toast
- Omelette (recipe on page 81)
- Sardines on toast

