

Health Bones

Dietitian Cooking Group – Picabeen August 2013

Smoothie

Traditional smoothies can be made with ice, yoghurt & milk with a fruit of your choice. Ice, frozen fruit (and especially bananas) tend to make the smoothie a creamier texture. There are many variations on a smoothie including adding herbs like mint, spice like cinnamon, nutmeg, vanilla, other protein rich contents like nuts, seeds, oats/cereal mix and nut butters.



Dip & crackers

3 dips made today were all made on Greek yoghurt which provides a thicker, creamier texture. One was made with pureed(blended) beetroot with a splash of balsamic vinegar, lemon juice and salt. The salmon-dip was made using a large tin of pink salmon with bones, dill, lemon and salt. Naturally yoghurt/spice-mix was made using a spice company mix – often people use pickles or relish, curry powder, etc. added with fresh zing products like finely chopped spring onions or red onion. Thin the dressing with lemon juice/oil/liquid to make it into a dressing.

Mushroom soup

Sautee (fry) a small amount of garlic in oil of your choosing. Next add chopped/diced mushrooms until brown. Add herbs and stir before adding stock (vegetable cube was used in water. Once reduced by half, add approximately the same volume in milk. Reduce by half again and add evaporated milk. Bring to the boil, removed from heat and serve. If wanting a creamier soup, don't add the milk and add the evaporated milk bringing to the boil to thicken. Serve with crackers or bread.



Yoghurt bread (great as a pizza base also)

Mix equal amounts of Self-raising flour with natural yoghurt. Add ½ teaspoon of salt. Mix with a spoon or your hands until soft into a ball. Knead onto a floured surface, adding a little more flour as required. Divide into small balls and flatten into small round “flat bread” using

a rolling pin. Grill on the hotplate or fry in oil. For extra flavour, add a small amount of herbs or spice to the middle of the bread, fold edges in a roll flat again so the “filling” is flattened and through the bread. Grill again.

Marinated chicken

4-24 hours prior to use, place chicken breasts/strips into a pyrex dish in the fridge. Marinate in buttermilk. Flavour buttermilk as desired – we used grated garlic and ginger but any root/spice & herb would do. When ready to cook, remove each strip from the butter milk and dip into breadcrumbs. We used parmesan grated into panko (Japanese crumbs) and fried in canola oil. We could have also sprayed with oil and cooked in a moderate oven for 15-25 mins on a rack. Yoghurt dip would be delicious with this. Flavours are endless – rosemary and garlic go well in the butter milk, as will whole chicken breasts – stuffed with herbs, mushrooms, onion & dried pear or apricot.

Bread & Butter Pudding with Spiced Pear



Butter bread (we used Raisin toast) and cut into triangles. Layer flat into a well greased glass or pottery dish. Alternate with extra dried fruit or tinned fruit that has been drained. Sprinkle with nutmeg and cinnamon sugar as desired. An egg/custard mixture needs to be poured over the bread to set in the bread when cooked. Egg mixture can be made using 1 egg to 100-200ml milk ratio. Usually 6-8 eggs would do a pudding lined with about 10 slices of bread. Cook in a moderate oven (160-180C) for 20+ mins until puffed up. Serve with

custard and / or icecream. Orange/lemon/lime zest grated into the mix is beautiful too. I’ve also seen jam and marmalade added to the bread for extra sweetness. If doing that cover lightly with foil so the sugar doesn’t burn with direct heat from oven cooking.