

ANY MUGS COOK BOOK

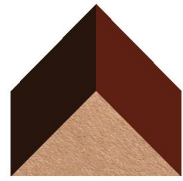
Compiled by
AUST. MEN'S SHED ASSOC.
and
PLENTY VALLEY
COMMUNITY HEALTH



Peter Russell Clarke



Plenty Valley
Community
Health



Australian
Men's Shed
Association
SHOULDER TO SHOULDER



G'day Shedites,

In today's fancy world, cookbooks have become like what knuckle-dusters were when I was a boy - something you had to have on your kitchen table if you wanted respect.

This cookbook doesn't set out to make your coffee table look like an intellectual's collection from Aladdin's Cave. It's basic good commonsense - a collection of basic, good recipes for basic, good blokes to BBQ in their basic, good blokes' sheds.

Cooking has become a national sport in the last little while. Ingredients which would win you a world title in a scrabble competition speckle their pages like trick questions in an entrance exam to Buckingham Palace's back room billiards club. Cooks call themselves chefs and pronounce food ingredients with accents like art dealers pronounce Van Gough - somewhere between someone who has a fish bone lodged in their epiglottis or about to vomit. They use Asian or European words for carrot or peas and mince more than their meat.

This book which the Australian Men's Shed Assoc. and Plenty Valley Community Health have compiled under the name 'Any Mug's Cookbook' complies with the name's sentiments. Its a no-frills, whackers bible to barbecuing.

A handwritten signature in black ink that reads "Peter".

Peter Russell-Clarke

P.S. The only tips I can give to you Shedite BBQers is - Don't fuss and fiddle when you're cooking on the hot plate. And don't, for God's sake, overcook the food. The moisture in food is, in most part, the flavour, so be gentle - don't have your heat so high the moisture (flavour) vanishes. The same can be said for the vitamins and minerals.

To tell if your steak's cooked, put a cut in it and have a look.

"But that lets the flavour out," some squeal. "Cut steak bleeds."

"Yeah," I answer. "But someone has already cut it, haven't they? It's not the whole bloody cow, is it?"

"That's why we sealed it," is the reply.

"Well, seal your inspection cut then!" I snap.

"OK, but it will look messed with."

I sigh and mutter "Turn the bloody thing over so the unsightly cut's hidden."

But, dear Shedder, if you still don't like that thought, try this.

Press the ball of your thumb - that's how an underdone steak should feel if you press it. Press your thumb and index finger together - now test the ball of your thumb, it will be a little firmer - that's medium done. Now press the thumb and your middle finger together and the ball of your thumb will be quite firm - that's well done. OK?

Oh, and before I pull a cork, or unscrew a stelvin cap, all that business about resting your cooked steak. When you take it off the BBQ it's still cooking so take it off just before it's to your liking. Then by the time you mess around getting vegetables or salad onto the plate too, then carrying it to the table, swallow a red, the steak or whatever has just rested. It's probably fallen asleep. Which is what I've done reading the above.

So good night and good luck.

Peter.

Introduction:

In my work in Community Men's Sheds around the country and at BBQs in general I have noticed that the humble sausage sizzle or BBQ is a traditional feature of shed cuisine. Shedders love their BBQ and the yarns that happen there just like all of us. The BBQ "tongmaster" is held in an exalted position for the wonderful sausages, rissoles or steak that they can cook to perfection. They are usually justifiably proud of their efforts.

However it has struck me that often there is a noticeable (or complete) lack of vegetable matter involved (with onion being the notable exception). A sausage slapped onto a piece of dry white bread with some tomato sauce squirted over it dismally fails to meet the recommended healthy eating guidelines.

This book has been put together in an attempt to stimulate our creative (and BBQ?) juices and to provide some simple ideas around having a more balanced meal at the shed that will compliment the flavours of those beautiful pieces of meat. Those of us with chronic health conditions will benefit from these suggested additions to any BBQ - those of us who are yet to develop these conditions might just be able to delay the onset a little longer.

This book has taken a lot of effort and time to come together. Thanks must go to:

- Angela Robinson (Plenty Valley Community Health – Melbourne) who has been an inspiration and the driving force to make this happen.
- Luke Neill and Ju-Lin Lee (Dieticians – Plenty Valley Community Health) for providing nutrition advice and ideas regarding the recipes.
- Vivian Bland (Plenty Valley Community Health Volunteer and Home Economics expert), for providing advice around converting recipes to be Men's Sheds' size servings
- Debbie Leslie (Plenty Valley Community Health and City of Whittlesea) for being a food stylist and some great food photos.
- Catuscia Biuso and the other team members at the National Heart Foundation who have provided valuable advice as to the 'healthiness' of the recipes included.

We hope that you enjoy value adding to your BBQs through some of the ideas contained within the book and I look forward to sampling of your work at your BBQ next time we meet. Don't forget to use your imagination. Happy BBQing!

Gary Green
Community Engagement Coordinator
Australian Men's Shed Association

Note: All the recipes in this book are low GI, diabetic-friendly and cholesterol and weight friendly – in other words a healthy cookbook for everyone!

Better barbecuing: Rethink the sausage sizzle

Sausage sizzles are an essential part of Aussie life and with a little imagination you can make them healthier too. The Heart Foundation advises us to:

- Add plenty of vegetables such as corn-on-the-cob and mushrooms to the barbeque (see pages 7 to 9 for recipes). Feel free to use your imagination!
- Look for the Heart Foundation Tick approved sausages and burgers.
- Remove the excess fat from meat before you cook it and pierce sausages when they are partly cooked so that the fat runs out.
- Serve interesting salads. Visit www.heartfoundation.org.au/recipes for recipes or find one in this cookbook (see pages 10 to 12 for recipes).
- Serve with a variety of breads and rolls such as wholemeal and wholegrain.
- Serve with a variety of low salt sauces or use condiments such as chutney, mustard or horseradish.
- Serve water.

Drop the salt

Did you know that high intakes of salt can increase your blood pressure and your risk of cardiovascular disease?

Try keeping the salt shaker off the table and don't add salt to your cooking.

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Barbequed Vegetables

Vegetables and fruit are an important part of what you eat every day. They are naturally good for you because they contain vitamins and minerals that help to keep you healthy. Vegetables and fruit also contain antioxidants which help protect the body against heart disease, diabetes and some cancers. There are many different types of fruit and vegetables available. Eat five kinds of vegetables and two kinds of fruit every day for good health. About 75 grams (1/2 cup) is a serve of vegetables and a piece of fruit is one serve of fruit. Eating vegetables at most meals gives people a greater chance to eat the recommended amount (5 serves of vegetables and 2 serves of fruit per day). Here are some quick recipes for cooking vegetables on the barbeque:



Cherry Tomatoes

For 1 Punnet of
Cherry Tomatoes

Serving Size: 4

Preparation:

Thread onto
skewers

Seasoning: Brush
with 2 teaspoons oil

Cooking Time: 5 to 7 minutes, turning several
times

Use Healthy Oils

Use polyunsaturated oils (such as sunflower, corn, soybean, grapeseed oils) and monounsaturated oils (such as canola, olive, macadamia, peanut oils) in your cooking. Choose Heart Foundation Tick approved oils and margarines.

White Mushrooms

For 250g of Large White Mushrooms

Serving Size: 4

Preparation: Trim and thread onto skewers

Seasoning: Brush with 2 teaspoons oil

Cooking Time: 20 minutes, turning several times



Eggplant

For 700g Eggplant

Serving Size: 4

Preparation: Cut crosswise into 1 cm thick slices

Seasoning: Brush to cover with oil

Cooking Time: 11 to 13 minutes per side

Alternate Seasoning Idea: After cooking, add 1
tablespoon balsamic vinegar and chopped fresh mint



Portobello Mushrooms

For 4 Large Portobello Mushrooms (About 500g)

Serving Size: 4

Preparation: Remove stems

Cooking Time: 15 minutes per side, cooking face down first

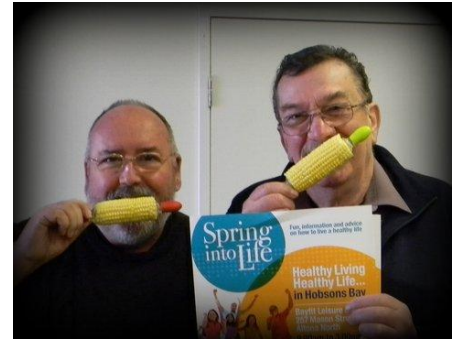
Corn on the Cob

For 4 Ears of Corn

Serving Size: 4

Preparation: Soak 15 minutes

Cooking Time: 20 minutes turning occasionally cooking.



Michael Sutherland & Graham Weightman from Hobsons Bay Men's Shed

Bell Peppers/Capsicums (any color)

For 4 Red, Orange, or Yellow Peppers



Serving Size: 4

Preparation: Cut lengthwise into quarters and use knife to remove seeds.

Cooking Time: 10 to 12 minutes per side

Seasoning: After cooking, toss with 1 tablespoon balsamic vinegar and 1 tablespoon capers.

Tomato

For 4 Medium Tomatoes (250g each)

Serving Size: 4

Preparation: Cut crosswise in half

Cooking Time: 14 to 17 minutes per side

Alternate Seasoning Idea: After cooking, add 2 teaspoons finely chopped coriander and 2 teaspoons thinly sliced red / spring onion.



Zucchini

For 4 Medium Zucchini or Yellow Squash (250g each)

Serving Size: 4

Preparation: Cut lengthwise into 5mm thick slices

Seasoning: Brush with oil to thinly cover

Cooking Time: 5 minutes per side

Alternate Seasoning Idea: After cooking, sprinkle with 1 teaspoon grated orange peel.

Green Beans

For 250g Green Beans

Serving Size: 4

Preparation: Trim, then wrap in double layer of heavy-duty foil and seal edges tightly

Seasoning: 1 clove chopped garlic and 1/4 teaspoon black pepper

Cooking Time: 8 to 10 minutes per side



Red Baby Potatoes

For 500g of Potatoes

Serving Size: 4

Preparation: Cut in half, then wrap in a double layer of heavy-duty foil and seal edges tightly

Cooking Time: 15 minutes per side

Seasoning: After cooking, toss with 3 tablespoons grated Parmesan cheese and 2 tablespoons finely chopped parsley.



Sliced Potato or Sweet Potato

Cut potatoes into 5cm slices and cook on the hotplate with a little healthy cooking oil until soft when pierced. Can also be used for parsnip, carrot etc.

Salads

Bean Salad

A tasty salad can be made by mixing the following ingredients in a bowl:

Ingredients

Can of salt-reduced or no-added-salt red kidney beans or three bean mix, drained and rinsed

Diced tomato

Stalk of sliced celery

vinegar

Australian extra virgin olive oil (use lemon juice for a lower calorie version)

Herbs, parsley and pepper

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
220 g	440 g	2 X 440 g
1	2	3
1 stalk	2 stalks	3 stalks
1 tsp	3 tsp	6 tsp
1 tsp	3 tsp	6 tsp
To taste	To taste	To taste

Simple Green Salad

Ingredients

Small/medium gourmet lettuce

Avocado

Chopped basil

Garlic cloves

Australian extra virgin olive oil

Balsamic vinegar

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
1/2	1	2
1/2	1	2
1/4 cup	1/2 cup	1 cup
1	2	3
1 tbs	2 tbs	4 tbs
1/2 tbs	1 tbs	2 tbs

Method:

1. Wash the leaves, ensure the harder stems are removed. Tear lettuce leaves into large bite-sized pieces and add to a salad bowl.
2. Skin and de-seed avocados, slice into small cubes and add to bowl.
3. Add chopped basil, crushed garlic, vinegar and olive oil.
4. Toss well and serve.

You could also consider adding half-slices of cucumber to this salad.

Salad Dressing

Easy and quick to make and goes with nearly any combination of salad ingredients (vegetables and fruit – try some mango in your salad!)

Juice of 1 lemon

Crushed garlic (1 clove)

Extra virgin olive oil (2 tablespoons)

Combine by shaking all ingredients in a small screw top jar (Vegemite jars are perfect). Pour over the salad just before serving.

Warm lentil salad with beet and ricotta

Serves 2

Many thanks to Vivian Bland for this recipe.



Ingredients

- 1 tbs balsamic vinegar
- 1 tbs Australian extra virgin olive oil
- 400g can tinned lentils
- 2 handfuls flat leaf parsley (leaves picked)
- 400 g can of baby beets
- ½ cup reduced-fat ricotta

Method:

1. In a medium bowl, mix together balsamic vinegar and oil.
2. Pour boiling water through lentils in a strainer. Drain and add to the bowl.
3. Toss through dressing.
4. Stir through parsley leaves.
5. Top with drained baby beets and a generous dollop of ricotta.

Vegetables (that even meat eaters like)

Falafels



Ingredients

Salt-reduced or no-added salt canned chickpeas
Boiled potato(es)
Onion
Garlic cloves
Green chillies
Plain flour
Pepper

<u>Amount for 2 serves</u>	<u>Amount for 6-8 serves</u>
240 g	840 g
1 small	2 medium
1 small	1 large
1	3-4
1	3-4
2 tbs	2 tbs
Pinch	1 tsp

Method:

1. Put all the ingredients except the flour into a food processor. Blend the mixture.
2. Remove the mixture from the processor, then add flour and mix.
3. Shape the mixture into small patties and leave in the fridge for one hour.
4. Place on the BBQ and cook until slightly browned and warmed through.
5. Serve in wholemeal pita bread topped with tomato chutney.

Grilled Veggie Sliders

Ingredients

Roma tomatoes, sliced

Small zucchini, sliced

Sliced green pepper

Small onion

Balsamic vinegar

Low fat cheese, shredded

Wholegrain rolls

<u>Amount for 2 serves</u>	<u>Amount for 10 serves</u>
2	7
1	3
½	1 ½
1	2
1 tbs	½ cup
2 tbs	10 tbs
2	10

Method:

- 1.** Place the tomatoes, zucchini, pepper and onion into a large bowl. Add ½ the balsamic vinegar and toss to coat.
 - 2.** Lightly oil the barbecue plate and place vegetables onto it.
 - 3.** Cook the vegetables for 15 minutes or until tender, turning them over once halfway through cooking time. Remove the vegetables to a bowl. Add the remaining balsamic vinegar and toss to coat. Stir in the cheese.
 - 4.** Split the rolls and put the insides on the barbecue plate until toasted. Divide the vegetable mixture among the buns.
-

Vegie Parcels (works best over open flame or grill)

Thanks to Gary Green for contributing this recipe.

Grab any vegies that you have in the fridge or in the cupboard (potatoes, sweet potatoes, zucchinis, eggplant, carrots, mushrooms, onions, spring onions, beans, broccoli, cauliflower, anything – use your imagination!) and cut them up into slices or bits. When cut up place them all in a bowl and toss with a little poly or monounsaturated oil (canola or olive works great or a bit of margarine based on these).

Grab some aluminium foil about 900mm (3ft) long and place all the vegies on one half of the foil. Fold the other foil half over the vegies and seal well all the edges by folding carefully over and over. Do the same with a second layer of foil and seal this as well.

Whack this over the grill section (open flame) of the BBQ. It will cook in its own juices in about 20 mins or so turning a few times and is almost impossible to stuff up. If sealed well it will puff up like a pillow (and usually spring a 'steam' leak) after turning.

And Voila! A great, easy as and flavoursome way of getting the vegies cooked. Serve with whatever takes your fancy – for example, you can add pepper, curry powder, mixed herbs etc.

Breakfast fare

Egg Muffins

Ingredients

Large eggs

Multi grain English muffins

Slices of lean short cut bacon (or use lean ham for a lower calorie version)

Slices of low fat cheese

Sliced onion (optional)

Baby spinach leaves

Pepper

<u>Amount for 2 serves</u>	<u>Amount for 12 serves</u>
2	12
2	12
2	12
2	12
1	6
½ cup	3 cups
Pinch	1 tsp

Method:

1. Preheat the BBQ on medium heat and lightly oil the grill.
2. Place bacon and onion on barbecue plate.
3. Coat a muffin pan with cooking spray and crack eggs into the openings. Place on the BBQ grill.
4. Sprinkle pepper over eggs if desired.
5. Cook all the food until done.
6. After 5 minutes split open muffins and place insides onto barbecue.
7. Take one side of the muffins off the barbecue and place a slice of cheese, a bacon slice, some onion and baby spinach if desired and an egg. Cover with second side of muffin.

You can serve with tomato relish.

Handy hint: For less washing-up you can cook your eggs in an “egg ring” that is made from a slice of capsicum cut horizontally to make a circle. See picture below:

Scrambled Eggs

Ingredients

Pepper

Eggs

Olive Oil

Low-fat or skim milk

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
To taste	To taste	To taste
4	10	16
2 tsps	3 tsps	5 tsps
1 tbs	2 ½ tbs	4 tbs

Method:

1. Place a heavy-based frying pan over the lowest heat possible on the barbecue. Add olive oil.
2. Break eggs into a bowl and season with pepper. Add the milk and whisk with a fork.
3. Pour the eggs into the heated frying pan and wait for about one minute until eggs start cooking. Using a wooden spoon, keep the egg moving and turning in the pan so nothing has contact with the hot surface for more than a few seconds.
4. When the egg mixture begins to firm but is still slightly runny, remove from the heat. The residual heat will cook the eggs through.
5. Serve on wholemeal, multigrain or rye bread.

Fish

Grilled Fish

Ingredients

Fresh fish fillets

Parsley (for garnish)

Fresh lemon, cut into wedges

MARINADE/SAUCE:

Cloves of garlic, minced

Lemon juice

Olive oil

shredded basil leaves

Freshly ground pepper

<u>Amount for 2 serves</u>	<u>Amount for 4 serves</u>	<u>Amount for 10 serves</u>
2	4	10
1 handful	2 handful	5 handful
1	3	5

2	4	6
1/8 cup	1/4 cup	1/2 cup
1/8 cup	1/4 cup	1/2 cup
1/8 cup	1/4 cup	1/2 cup
To taste	To taste	To taste

Method:

1. Stir all the marinade ingredients together
2. Place fish fillets in a flat-bottomed bowl and pour the sauce over.
3. Allow fish to marinate for at least 10 minutes while you warm up the BBQ, or up to 24 hours in advance covered in the fridge.
4. Lightly brush the BBQ with a little cooking oil, wrap the fish in foil with the dull side of the foil against the fish. Poke some holes into the foil for ventilation.
5. Cook the fish for 5-10 minutes on each side, or until the fish flakes easily and the inner flesh is no longer translucent.
6. Serve the fish with salad and lemon wedges

Chicken

Chicken Burgers

Ingredients

Lean chicken mince

Onion, finely chopped

Celery stalk, finely chopped

Carrot, grated

Wholegrain rolls

Medium tomatoes

Low fat mayonnaise

Sweet chilli sauce

<u>Amount for 2 serves</u>	<u>Amount for 5 serves</u>	<u>Amount for 10 serves</u>
200 g	500 g	1 kg
1 tbs	2 tbs	½ cup
1 tbs	2 tbs	½ cup
1 tbs	2 tbs	½ cup
2	5	10
1	2	3
To taste	To taste	To taste
To taste	To taste	To taste

Method:

1. In a bowl, combine the chicken, onion, celery and carrot. Form into 2, 5 or 10 patties according to serves required and refrigerate for one hour.
2. Cook for about 5 minutes each side.
3. Put the burgers together on the bun in the following order: lettuce, mayonnaise, tomato, chicken patties and sweet chilli sauce.

Chicken Kebabs

Thank you to the Heart Foundation for this recipe.

Ingredients

Chicken breast skin removed

Green or red capsicum

Onion

Slices of pineapple, fresh or canned in unsweetened juice

Olive oil

Reduced salt barbecue sauce

Bamboo skewers

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
1 small	1 large	2 large
¼	½	1
½	1	2
1	2	4
1 tsp	1 tsp	1 tbs
1 tsp	1 tbs	3 tbs
2	6	10

Method:

- 1.** Soak the bamboos skewers in water for about an hour before using. This will stop them burning on the barbecue.
- 2.** Cut the chicken into small bite-size pieces.
- 3.** Wash the capsicum and pat dry with paper towels. Remove the seeds from the capsicum and cut into small squares.
- 4.** Peel the onion and chop into quarters. Separate the onion into segments.
- 5.** Cut the pineapple into bite-size pieces.
- 6.** Thread the chicken, onion, pineapple and capsicum onto the bamboo skewers, until all the ingredients are used.
- 7.** Heat the barbecue hotplate to medium-high. Lightly brush the hotplate with olive oil.
- 8.** Place the kebabs on the hotplate and brush lightly with barbecue sauce.
- 9.** Turn the chicken frequently until it is cooked – about 10 minutes.

You can use lean beef or lamb instead of chicken, or add vegetables such as mushrooms, zucchini or cherry tomatoes

Thai Chicken

Ingredients

Skinless chicken breasts

MARINADE:

Sticks of lemon grass

Cloves of garlic

Ground turmeric

Coriander seeds

Coriander roots

Peppercorns

Brown sugar

fat free natural yoghurt

<u>Amount for 2 serves</u>	<u>Amount for 5 serves</u>	<u>Amount for 10 serves</u>
2	5	10

1	2	3
1	5	5
½ tsp	1 tsp	2 tsp
½ tsp	1 tsp	2 tsp
½ bunch	1 bunch	1 bunch
1 tsp	1 ½ tsp	3 tsp
1 tsp	1 ½ tsp	1 tbs
½ cup	1 cup	2 cups

Method:

- 1.** Use a food process to process all the marinade ingredients with 2 tablespoons of the yoghurt until smooth.
- 2.** Add the rest of the yoghurt and process briefly until just combined. Pour over the chicken in a bowl, mix well, making sure the chicken is well covered.
- 3.** Marinate for 2 hours.
- 4.** Cook on a lightly-oiled barbecue.
- 5.** Serve with rice and vegetables or salad.

Tandoori Chicken Wrap



Ingredients

Tandoori spices

Natural fat-free yoghurt

Skinless chicken thigh fillets

Slices of flat bread

Mixed lettuce leaves

Grated carrot

<u>Amount for 2 serves</u>	<u>Amount for 5 serves</u>	<u>Amount for 10 serves</u>
1 tsp	2 tsp	3 tsp
$\frac{3}{4}$ cup	1½ cups	2 cups
100 g	250 g	500 g
2	5	10
40 g	100 g	200 g
1 small	2 small	5 small

Method:

1. Combine tandoori spices and yoghurt. Reserve half the mixture and refrigerate in a clean bowl to use in step 3. Use the other half of this mix to marinate the chicken for fifteen minutes.
2. Barbecue the chicken and slice.
3. Spread the remaining yoghurt mix onto flatbread, add lettuce leaves and chicken and roll up.

Beef

Beef & Sweet Potato Burgers

Thank you to the Heart Foundation for this recipe.

Ingredients

Orange sweet potato, peeled, cut into 2 cm pieces

Cloves of garlic, crushed

Lean beef mince

Chopped flat leaf parsley

Zucchini, grated and excess water squeezed out

Lightly beaten egg

Olive oil

Mixed grain rolls

Avocado, sliced

<u>Amount for 2 serves</u>	<u>Amount for 4 serves</u>	<u>Amount for 10 serves</u>
170 g	350 g	800 g
½	1	2
200 g	400 g	800 g
1 tsp	2 tsp	1 ½ tbs
½	1	2
½	1	1
1 tbs	2 tbs	4 tbs
2	4	10
½	1	2

Method:

1. Steam or boil sweet potato until tender. Mash. Combine with garlic, beef mince, parsley, zucchini and egg. Form into 2, 4 or 10 patties according to number of serves.
2. Cook patties over medium heat on the barbecue for 4-5 minutes on each side or until cooked. Keep warm.
3. Halve the rolls and place on barbecue until toasted. Top one half with lettuce, burgers, onion and tomato. Top other half with sliced avocado.

Steak Sandwich with Onions

Ingredients

Salt-reduced barbecue sauce

Balsamic vinegar

Brown sugar

Thyme leaves

Ground pepper

Lean round steak, fat trimmed

Salad onion, sliced into thick slices

Sourdough bread

Tomatoes, sliced

Baby rocket

<u>Amount for 2 serves</u>	<u>Amount for 5 serves</u>	<u>Amount for 10 serves</u>
2 tbs	¼ cup	½ cup
2 tbs	¼ cup	½ cup
2 tsp	1 tbs	2 tbs
½ tsp	1 tsp	2 tsp
Pinch	¼ tsp	½ tsp
150 g	650 g	1125 g
½	1	2
4 slices	10	20
1 small	2 medium	4 medium
½ cup	1 cup	3 cups

Method:

- 1.** In a container with a lid, mix soy sauce, vinegar, sugar, thyme and pepper. Add steak to marinade, turning to coat. Cover with lid and refrigerate for one hour, turning over several times.
- 2.** Insert a metal skewer horizontally through onion slices, set aside. Preheat barbecue to medium.
- 3.** Remove steak from marinade, pour marinade into saucepan. Heat marinade over high heat to boiling; boil for 2 minutes
- 4.** Place steak and onions on the heated barbecue. Cook steak and onions for 12 to 15 minutes or until steak is medium-rare, brushing them with marinade occasionally and turning them over once. Transfer steak to a cutting board, separate onion into rings.
- 5.** Thinly slice the steak diagonally across the grain. Arrange onion rings and steak on half of the slices of bread; spoon any meat juices from the board over onion and steaks. Top with tomatoes, arugula and top with another slice of bread.

Lamb

Garlic Lemon Rosemary Lamb Fillet

Ingredients

Lamb fillet

Olive oil

Garlic clove

Fresh rosemary leaves

Lemon juice

<u>Amount for 2 serves</u>	<u>Amount for 5 serves</u>	<u>Amount for 10 serves</u>
250 g	600 g	1.2 kg
1 tsp	2 tsp	1 tbsp
½	1	2
½ tsp	1 tsp	2 tsp
1 tbsp	2 tbsp	3 tbsp

Method:

1. Combine all the ingredients in a shallow dish, allow to marinate for at least 30 minutes.
2. Lightly oil the barbecue and heat to high heat. Cook lamb for 3 minutes on each side for medium doneness.
3. Remove from heat and rest for 5 minutes.
4. Serve with a salad.

Greek Lamb Skewers

Thank you to Heart Foundation for this recipe.

Ingredients

Diced lean lamb
 Australian extra virgin olive oil
 Garlic cloves, crushed
 Dried oregano
 Lemons, rind finely grated, juiced
 Cherry tomatoes
 Olive oil cooking spray
 Cos lettuce leaves, shredded
 Lebanese cucumbers, halved, chopped

<u>Amount for 2 serves</u>	<u>Amount for 5 serves</u>	<u>Amount for 10 serves</u>
250 g	600 g	1.2 kg
3 tsp	1 ½ tbs	2 ½ tbs
1	2	3
1 tsp	2 tsp	3 tsp
1	2	3
200 g	500 g	1 kg
4	10	20
½	1	2

Method:

- 1.** Preheat barbecue plat on medium-high and a fan forced oven to 200 degrees C.
- 2.** Thread lamb onto (4, 10 or 20) skewers. Place in a shallow ceramic dish.
- 3.** Combine the oil, garlic, oregano, lemon rind and half the lemon juice in a bowl. Season with freshly ground black pepper. Pour over the lamb skewers and turn to coat evenly. Cover and refrigerate for 15 minutes if time permits
- 4.** Place the tomatoes onto an oven tray and spray lightly with oil, season with freshly ground black pepper. Roast 8-10 minutes or until light golden and tender.
- 5.** Remove the lamb from the marinade. Barbecue 2-3 minutes each side basting with marinade for medium, or until cooked to your liking.
- 6.** Combine lettuce, cucumber and remaining lemon juice in a bowl, toss gently to combine. Service with lamb skewers and roasted tomatoes.

Lamb Burgers

Ingredients

PATTY:

Lean lamb mince

Rosemary sprig

Lemon zest

Garlic cloves, roughly chopped

Red onion

MINT-YOGURT SAUCE:

Garlic cloves, minced finely

No-fat natural yoghurt

Mint leaves, chopped roughly

Lebanese cucumbers, sliced lengthways

Lettuce, washed and trimmed

Wholegrain rolls or Lebanese wraps

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
300 g	700 g	1.2 kg
Small sprig	1 sprig	2 sprigs
Of 1/2 lemon	Of 1 lemon	Of 1 1/2 lemons
1	2	3
1/4	1/2	1

1	2	5
1/2 cup	1 1/2 cups	2 cups
2 tbsp	1/3 cup	2/3 cup
1	2	3

1/2	1	1 1/2
2	6	10

Method:

1. In a large bowl, combine all the patty ingredients until completely combined. Shape into 2, 6 or 10 patties according to servings required.
2. Bring the barbecue to a medium heat and place the patties on cooking surface. Cook for 5 minutes each side, or until cooked through.
3. While the patties are cooking, whisk together all the yoghurt sauce ingredients and chill.
4. Serve each patty in a roll or wrap with cucumber, lettuce, tomato slices and mint-yoghurt sauce.

Dessert

Spiced-fruit parcels

Thank you to the Heart Foundation for this recipe.

This easy, healthy recipe makes the perfect dessert, simply cook on a preheated barbeque while you are eating main course. Serve with yoghurt for a perfect end to a meal or a healthy snack. An easy alternative dessert is fruit canned in natural juice served with yoghurt.

Ingredients

Pineapple, peeled, cored and cut into 2 cm pieces (pineapple tinned in juice can also be used)

Banana

Passionfruit pulp

Honey

Mixed spice

Natural yoghurt to serve

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
250 g	750 g	1250 g
2 small	5 small	8 small
40 ml	120 ml	200 ml
2 tsp	6 tsp	10 tsp
1/8 tsps	3/8 tsp	5/8 tsp

Method

1. Preheat the barbeque to high. Reduce the heat to medium.
2. Place the pineapple, bananas, passionfruit, orange juice, honey and mixed spice in a large bowl. Toss well to combine.
3. Cut as many pieces of 30 X 40 cm pieces of non-stick baking paper or foil as you are making servings and place on a clean surface. Divide the fruit mixture among the pieces of paper. Fold in the sides and take the ends underneath to enclose the filling (be careful not to spill any liquid).
4. Place the parcels on the preheated grill and cook for 5-6 minutes or until fruit is heated through. (Carefully open a parcel to check.) Carefully open the parcels and transfer the fruit to serving plates and drizzle any remaining sauce over the top. Serve immediately with yoghurt.

Frozen Berry Yoghurt

Ingredients

Fresh or frozen mixed berries

Low fat vanilla yoghurt

Egg whites

Honey

<u>Amount for 2 serves</u>	<u>Amount for 6 serves</u>	<u>Amount for 10 serves</u>
100 g	250 g	500 g
1 X 200 g tub	3 X 200 g tubs	1 kg tub
1	2	3
1 tbs	2 tbs	3 tbs

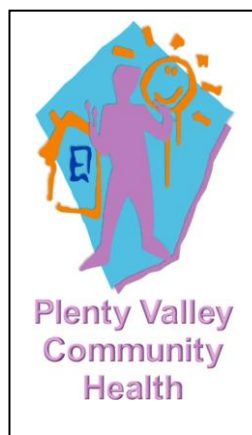
Method

- 1.** Place the berries and yoghurt in a food processor and blend until smooth. Transfer to a bowl and set aside.
- 2.** Whisk the egg whites in a clean, dry bowl until stiff peaks form. Add the honey one tablespoon at a time, whisking well after each addition until thick and glossy. Fold into the berry yoghurt mixture until just combined.
- 3.** Pour the mixture into an airtight container and place in the freezer for 4 hours or until frozen. Use a metal spoon to break the yoghurt into chunks. Blend again in a food processor until smooth. Return to the airtight container and refreeze for 3 hours or until frozen. Serve in scoops.

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Note: All the recipes in this book are low GI, diabetic-friendly and cholesterol and weight friendly – in other words a healthy cookbook for everyone!



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