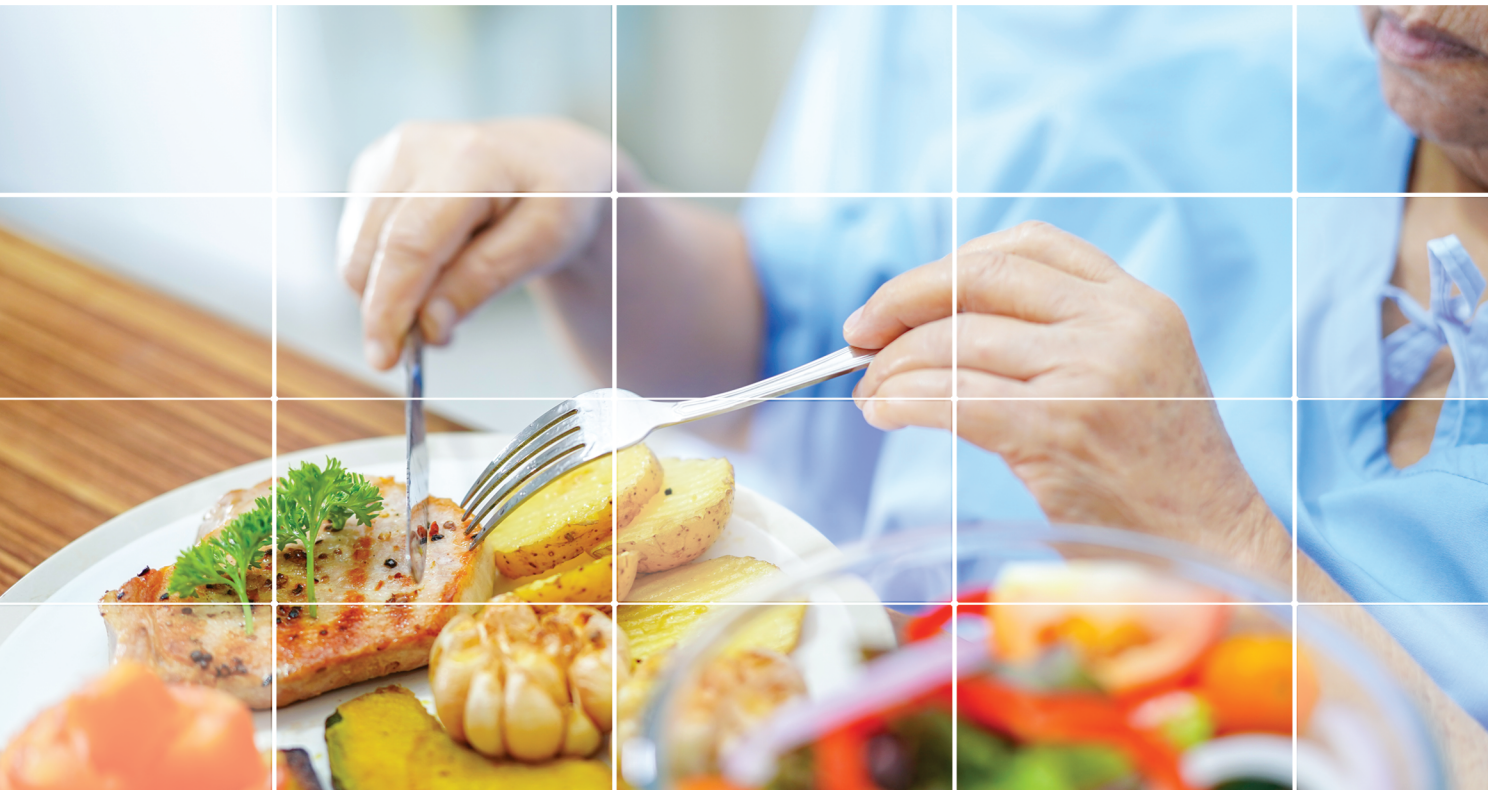


# CARING WITH FOOD

*Enhancing quality of life through social enjoyment of food.*



*Elaine Simpson*

# CARING WITH FOOD

*Enhancing quality of life through social enjoyment of food.*

## FOREWORD

### ***Caring with Food***

#### ***Enhancing the quality of Life through social enjoyment of food***

The motivation for writing this book was born from a distinct passion to provide a vehicle of knowledge, a service and resource to support nutrition for the wellbeing of elderly people in aged care facilities, community centres, in their homes and the aged care population at large. This desire contributed to the development of Caring with Food with an array of about 150 recipes that residents in an aged care facility have enjoyed. The resource aims to provide various residential settings with the opportunity to offer trialled recipes and keep resident choice, decision making and meal satisfaction as a high priority. Caring with Food illustrates correct portion control and crucial elements associated with cost effective recipes while not sacrificing the integrity, quality or nutritional value of the meal.

The journey involved in the compilation of this book has been exciting, enjoyable and most importantly inspirational as it has provided me with the opportunity to offer a book to enhance the dining experience. A group of individuals with specific expertise such as, an Aged Care Quality Assessor (who inspired the title for this cookbook), Computer Graphic Experts, in-house Chefs and Proof Readers were sourced to participate in the compilation of this book. The author, Dr. Elaine Simpson, RN; PhD, is an aged care specialist and winner of the National Federal Minister's Award for Excellence in Care 2009 and also nominated for the Innovative Nursing Award 2010 in the HESTA Australian Nursing Awards.

The recipes were discussed transparently in consultation with residents and their families at Residents and Family meetings, and then further evaluated at scheduled food forums. This gave them a feeling of inclusion as they were involved in choice and decision making that impacted on them. Feedback proved essential for process and to the end users. Staff were also consulted and supported this project especially by conducting surveys which were timely completed and modifications made as required to ensure enjoyable eating.

This book is contemporary and innovative with sections of recipes for gluten free people and for futuristic Baby Boomers. Handy hints are subtly incorporated into sections of the book as useful or practical tips to make things a little easier!

The categories in this book include:

- Tea snacks (suitable morning, afternoon tea and supper items)
- Lunch
- Desserts
- Dinner
- Home-made soups
- Gluten-free recipes
- Recipes for Baby-boomers

The consequences of poor nutrition are clearly documented. Inadequate nutrition can result in malnutrition, poor wound healing, falls risk and accelerate/complicate a range of existing health conditions. Eating nutritious food especially those rich in antioxidants can be protective for overall health. Antioxidants help to scavenge and neutralise free radicals which can cause poor eyesight, inflammation of joints, damage nerve cells in the brain which can lead to Parkinson's Disease or Alzheimer's, increase risk of heart disease and trigger some cancers. Of great interest is the study undertaken in 1999 in Health Cares.net (2005), reporting on blueberries and strawberries being the most effective in slowing the ageing process in the brain.

Caring with Food recipes are based on wholesome ingredients such as full cream milk products which reflect the increased needs of the ageing population. Hence, promoting dietary awareness is paramount to enhancing improved levels of nutrition for the aged.

The book provides a variety of more than 150 simple to prepare recipes. They are designed especially to tempt those individuals who have lost the passion to experience the joy associated with eating tasty, nourishing food. Budgetary considerations were considered without compromising the provisions of nutritious recipes. Caring with Food is a user-friendly resource for everyone. Recipe items that "contain" or "may contain" allergens are reported under 'allergen information' and located at the back of the book.

Meracare, Specialists in Aged Care proprietors George Merakis, his wife Lizzie and Julie Comben (Director of Nursing) recognized the potential for supporting the publication of this cookbook for its usefulness, not only for chefs and cooks, but it is senior friendly – easy to read and an essential item in the dining experience in aged care. "Meracare has a desire and passion to help care for the elderly"- about wanting to provide modern quality dietary reference material especially one with a cultural thread through the book, and where eating should be a delightful experience. Caring with Food also adopts this view and aims to contribute to this philosophy by supporting the provision of quality meals. The author was excited to work in partnership with Meracare's commitment to be in the forefront of change.

## ACKNOWLEDGEMENTS

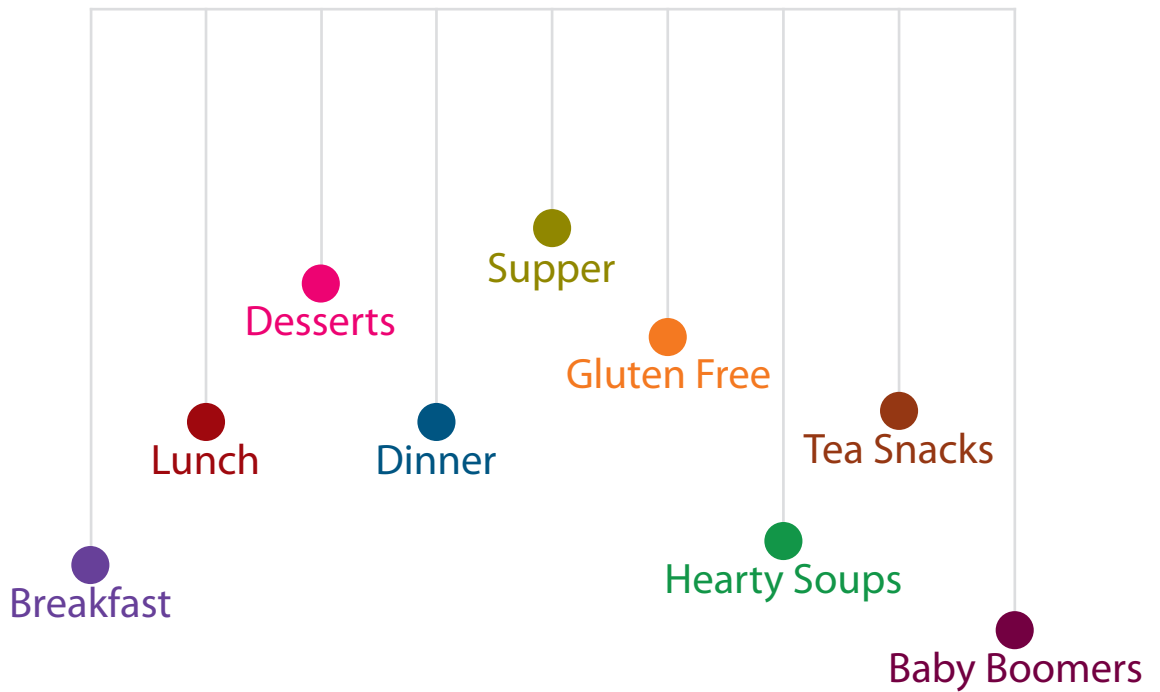
### ***Caring with Food***

#### ***Enhancing quality of Life through social enjoyment of food***

The author wishes to gratefully acknowledge the support of the following individuals and organisation.

- Amrit Adhikari Computer Graphic Designer of Unique Design Solutions for his expertise and creative design, photography in collating this book. Supported by colleague Graphic Designer, Hanuman Das Bataju. A special mention is extended to Amrit's wife, Pratigya for believing and supporting this project.
- Carolyn Trigg, Aged Care Quality Assessor for reviewing the quality aspect of this venture as it relates to aged care, upholding and inspiring the title for this cookbook.
- Lina LaGuardia, Consultant Aged Care Dietitian for her expert advice, support and guidance.
- My family: Son, David. His wife, Meg and children, Sam, Poppy, Lucy, for inspiring me through this aged care cookbook journey to the finish line!
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- Acknowledgements are also extended to Edith Wilson, Savita Singh, Benita McDonough, Open Doors Friends: St. Mark's Church, Camberwell.
- To a dear friend TD, Thurlow Young from Boise, Idaho (USA) who was instrumental from the onset of this project as he did with my other tertiary studies.

# Contents



Breakfast

Breakfast

## Breakfast

A variety of items are offered, including but not limited to:

Yoghurt

Bran

Weetbix

Porridge

Rice Bubbles

Corn Flakes

Wholemeal, multigrain and white bread (plain or toasted)

Baked Beans

Eggs your way

Pancakes

Hash-browns

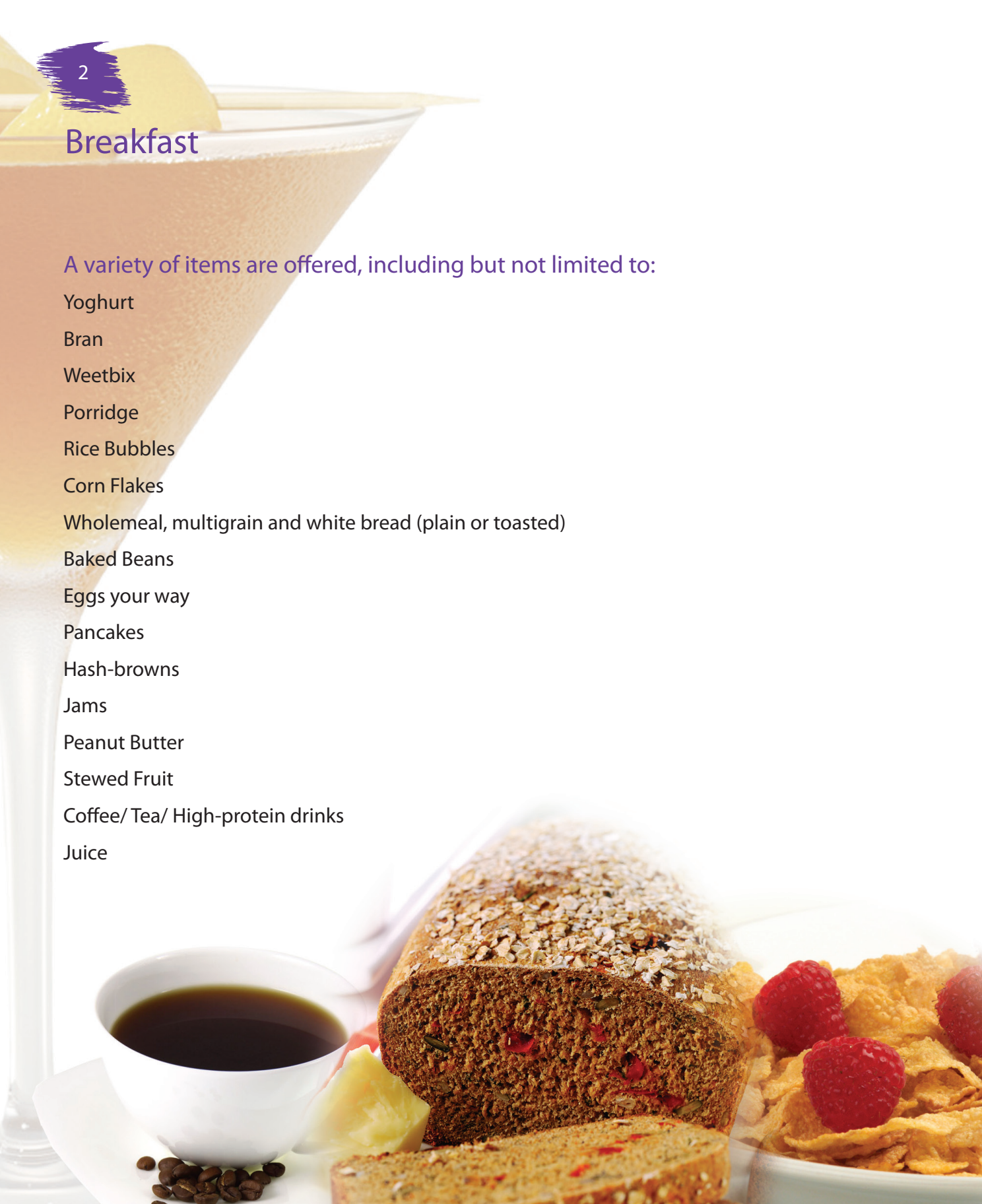
Jams

Peanut Butter

Stewed Fruit

Coffee/ Tea/ High-protein drinks

Juice





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# Lunch

## Beef Chow Farn (Beef fried rice)

Ingredients	For 10	For 30
Mince meat	900g	2.7kg
Rice	5 cups	15 cups
Carrots (sliced thinly)	1	3
Celery (bunch), sliced thinly	½	1½
Capsicum (sliced)	1	3
Peas (frozen)	150g	450g
Cabbage (small) finely sliced	1/3	1
Onion (medium)	1	3
Garlic (minced)	1 tablespoon	3 tablespoons
Stock cube	½	1½
'Tamari' Soy sauce (gluten-free)	3 tablespoons	9 tablespoons
Cornflour (to thicken)	1 tablespoon	3 tablespoons
Oil	2 tablespoons	6 tablespoons

### Method

Cook rice traditionally.

Spread rice in large tray and fork through, to remove lumps.

Saute onions and garlic in hot oil, add meat and brown. Add in stock cube (mixed in a little water). Combine well.

Add in carrots and celery. Simmer until tender – about 10-15 minutes.

Add cabbage, peas and capsicum (may need more water).

Add soy sauce. Thicken with cornflour.

Add rice, combine all ingredients well. Season to taste with salt and pepper. (More soy sauce may be added if desired)



NB: Any vegetable can be used.

“ “Ants: How often do you notice these creatures in your kitchen? If you have this problem, try and sprinkle the ant tracks with Talcum powder, Borax powder or Alum, because ants are not keen on walking over powder!” ”

## Roast Chicken

Ingredients	For 10	For 30
Chicken, whole (large)	2	6
Stock cube, chicken or vegetable	1	3
Garlic (minced)	1 teaspoon	3 teaspoons
Water	½ cup	1½ cups
Oil, sufficient for rubbing onto chicken		
Pepper & salt to taste		

### Method

Preheat oven to moderate temperature.

Combine salt, pepper, garlic and sufficient oil to be able to rub all over chicken(s), inside and outside. Marinate chickens and let stand for at least 10 minutes.

Dissolve stock cubes in a little hot water, when dissolved add water and pour into baking pan. Place chickens in baking pan and roast in preheated oven.

Roast chicken(s). Brush chicken with pan juices. Add extra water if it appears to have evaporated. Brush chicken frequently. Continue cooking until chicken is tender and when tested with a skewer the juices run out clear and chicken skin begins to shrink. Use pan juices to make gravy.



NB: Allow about 1½ hours for 1.5 kg. If an oriental flavour is desired, use soy sauce and sesame oil to marinate chicken, and extra when making gravy.

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# Desserts

## Lemon Sour Cream Cake

Ingredients	For 10	For 30
Self-raising flour	2 cups	6 cups
Castor sugar	2 cups	6 cups
Butter or margarine	250g	750g
Eggs	6	18
Sour cream	$\frac{3}{4}$ cup	2 $\frac{1}{4}$ cups
Lemon rind, grated	2 teaspoons	6 teaspoons

### Method

Preheat oven to moderate temperature.

Lightly grease baking tin and set aside.

Cream butter, sugar and lemon rind together until light and creamy.

Gradually add eggs one at a time, beating in each one.

Fold in sifted flour alternating with sour cream.

Spread mixture into baking tin (about 23cm deep). Bake for 1 $\frac{1}{2}$  to 1 $\frac{3}{4}$  hours, or until skewer is clear when tested.

Decorate with lemon zest or make lemon icing.



## Raisin, Date, Lemon Rice Pudding

Ingredients	For 10	For 30
Rice, short grain	1½ cups	4½ cups
Milk	2 litre	6 litres
Dates, chopped	½ cup	1½ cups
Raisins	1 cup	3 cups
Lemon rind	1 tablespoon	3 tablespoons
Honey	50g	150g
Nutmeg or cinnamon, sprinkle		

### Method

Preheat oven to a moderate temperature.

Grease shallow baking tray using spray-on oil.

Combine milk, rice, honey, lemon rind and fruit in tray and sprinkle over with nutmeg or cinnamon or a combination of both spices.

Bake, uncovered for about 1½ hours. After half hour, check to ensure that rice is not drying out. If so, then add more milk. Do this periodically until cooked.



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# Dinner

## Vegetable Pancakes

Ingredients	For 10	For 30
Pumpkin, peeled and chopped	200g	600g
Potato, peeled and chopped	200g	600g
Self-raising flour	1 cup	3 cups
Eggs (large) beaten	2	6
Oil, sufficient for cooking		
Spring onions or chives (optional)	1 sprig	3 sprigs
Salt and pepper		

### Method

Process potato and pumpkin in food processor until fine.

Place mixture in a bowl and remove excess water by pressing down on the mixture.

Add beaten egg, mix well. Mix in flour until it becomes paste-like. Season to taste.

Heat oil in pan.

Drop in spoonfuls of mixture onto pan and fry each side until golden brown.

*NB: Substitute pumpkin for another ingredient for variety. For example, zucchini, carrot .*



Supper

## Supper

A variety of items are offered, including but not limited to:

Biscuits & Cake

Bananas

Cheese

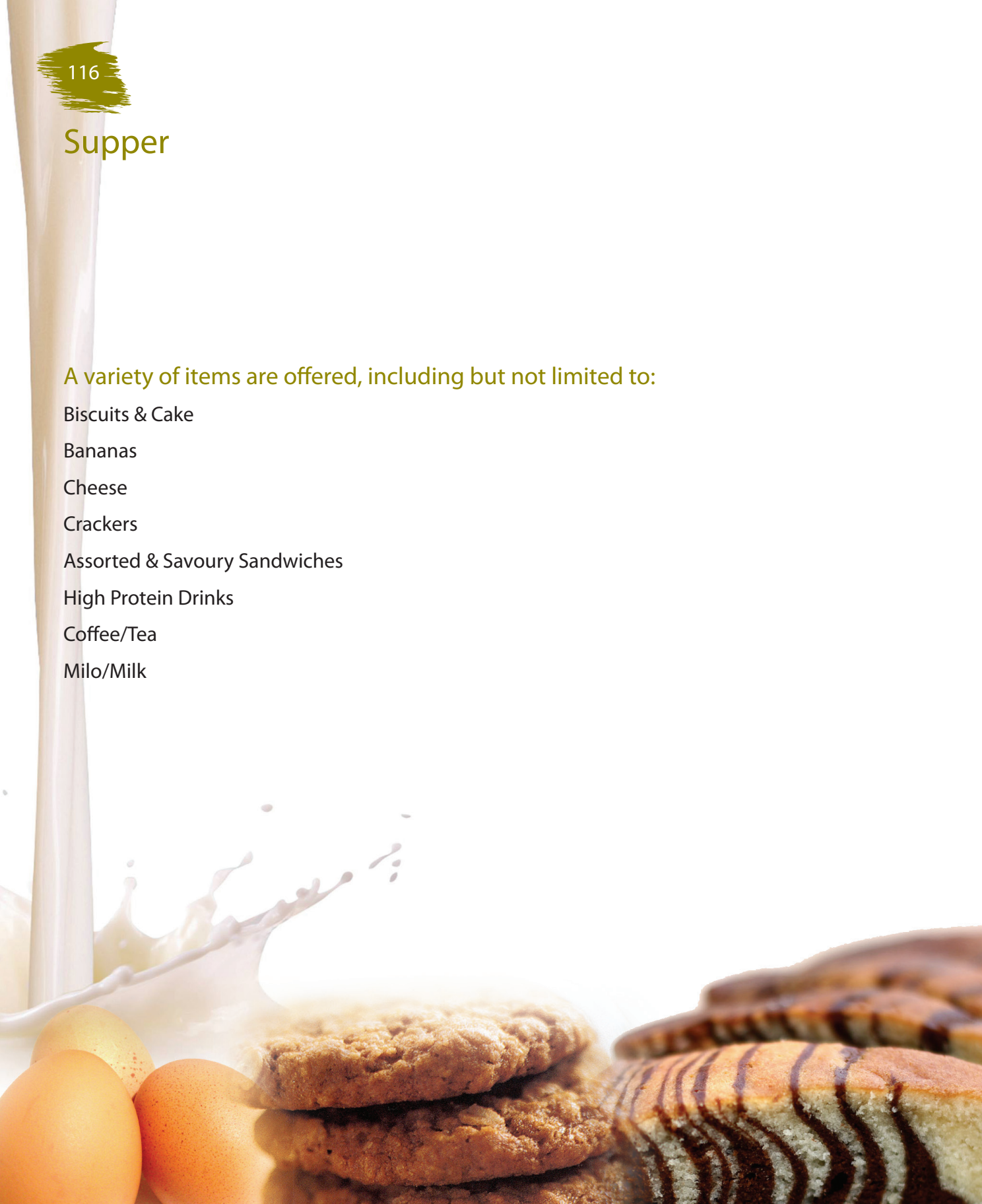
Crackers

Assorted & Savoury Sandwiches

High Protein Drinks

Coffee/Tea

Milo/Milk





Gluten-free

Gluten-free

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# Gluten-fr

## Almond, Ginger and Coconut Slice

Ingredients	For 10	For 30
Desiccated coconut	2¼ cups	6¾ cups
Chocolate, dark	220g	660g
Sugar, castor	1 cup	3 cups
Eggs (medium)	3	9
Almonds, slivered	90g	270g
Ginger, in syrup or crystallised	180g	540g
Vanilla	1 teaspoon	3 teaspoons

### Method

Preheat oven to 180 C. Remove ginger from syrup and cut up.

Line baking trays or oven-proof dishes with foil and set aside.

Melt chocolate in double steamer until free of lumps.

Spread chocolate onto the foiled prepared dishes or trays and refrigerate.

Beat eggs well and then add all other ingredients. Pour this mixture over evenly onto the chocolate and bake for about 30 minutes. Turn off oven and leave slice for a further 30 minutes. Cut into pieces when cooled.



“ Dried Fruit: To keep the weevils out, add a twist of lemon peel to a jar of dried fruit. It also helps to keep the fruit plump and fresh! ”

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# Hearty So

## Carrot and Orange

Ingredients	For 10	For 30
Carrot, sliced thin	400g	1.2kg
Onion, cut thin	1	3
Potato, cut thin	2	6
Soup Mix, vegetable or chicken	150g	450g
Water	1½ litres	4½ litres
Orange juice	1 cup	3 cups
Orange zest, grated	2 teaspoons	6 teaspoons
Cornflour to thicken if desired		

### Method

To a large saucepan add in all vegetables, water together with Soup Mix. Cook for ½ hour.

Add in orange juice and zest. Cook until it reaches the boil. Reduce heat.

Thicken with cornflour mixed with a little water if desired.

Season to taste. Blend as desired.

*Option: Soup mix can be substituted for meat or vegetable stock.*



NB: Some examples of Soup Mix brands are: "Majestic"; "Maggi".

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# Tea Snacks

## Pikelets

Ingredients	For 10	For 30
Self-raising flour	1 cup	3 cups
Sugar (castor)	½ cup	1½ cups
Egg, large	1	3
Milk	½ cup	1½ cups
Vanilla	½ teaspoon	1½ teaspoons

### Method

Beat together eggs and sugar, then add in all other ingredients mixing thoroughly.

Allow mixture to rest for 10–15 minutes.

This will allow time to heat a non-stick frypan.

Use a tablespoon to scoop mixture and drop into frypan.

When little bubbles rise, flip over. Cook for another minute or so.

Remove and keep warm. Serve with sprinkling of castor sugar, jam, fruit etc.



Baby Boomer

Baby Boomer

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# Baby Boo

## General Delicious Beef Casserole

Ingredients	For 10	For 30
Blade beef, cut into small cubes	1kg	3kg
Mushrooms, sliced	175g	525g
Bacon rashers, finely diced	1	3
Medium red onions, sliced	2	6
Worcestershire sauce	2 tablespoons	6 tablespoons
Brown sugar	1 teaspoon	3 teaspoons
French mustard	2 teaspoons	6 teaspoons
Vinegar	1½ teaspoons	4½ teaspoons
Tomato paste (heaped)	1 tablespoons	3 tablespoons
Plain flour	1 tablespoon	3 tablespoons
Beef stock, dissolved in water	1 cup	3 cups
Cooking oil	1½ tablespoons	4½ tablespoons

### Method

Preheat oven to moderate temperature.

Mix meat with sliced onion, worcestershire and tomato paste, brown sugar, vinegar, plain flour and a little pepper and salt. Marinate for ½ to 1 hour.

Heat oil in pan and lightly sauté diced bacon. Add marinated meat, stirring all the time until lightly sealed. Add in mustard and stir well. Add in beef stock and combine well. Stir in mushrooms and mix well. Season to taste.

Pour into oven dish, cover and cook for approximately 1-1/4 hours. Check occasionally. May need to add a little more water. Consistency should be fairly thick. Garnish with chopped parsley if desired.



## ALLERGENS INFORMATION

**Menu/recipe items “contain” or “may contain” the following allergens:**

### **BREAKFAST**

Yoghurt: (dairy)

Cereals: Bran, Weet-bix, Porridge, Rice bubbles & Corn-flakes (wheat, barley, oats, rye, spelt, tree-nuts, may contain gluten, peanuts, soy, lupin).

Breads - Wholemeal, Multigrain, White, Fruit: (wheat- barley, dairy, rye, oats, spelt, gluten, soy, sulphites, whey/dextrose, may contain lupin).

Baked Beans: (sulphite, legumes/pulses).

Eggs: (egg)

Pancakes: (wheat, corn, gluten, dairy, eggs).

Hash-browns: (gluten, wheat, milk).

Jam: (sulphites, pectin (gelling agent found in jams and jellies)).

Peanut Butter: (peanuts)

Stewed Fruit:

Coffee/Tea:

High-protein drinks: (dairy, egg)

Juice: (sulphites).

### **LUNCH**

1. Apricot and Orange Fish (Page 6): Fish (e.g. basa, cod, hoki); Dairy, Apricot jam (sulphites, pectin).
2. Apricot Chicken (Page 7): French onion soup (sulphites. May be made on equipment that also processes products containing wheat, milk, soybean, peanut, egg, sesame, fish, crustaceans); Tinned Apricot Nectar (sulphites, pectin); Dairy, Wheat, Corn, Margarine (may contain lactose).
3. Asparagus Pork Style Casserole (Page 8): Cream of asparagus soup (sulphites soy, dairy, corn, cereals, gluten); 3-Bean mix (sulphites, legumes/pulses allergy – green bean, haricot bean, red kidney bean); Bacon (sulphites).
4. Bacon and Macaroni Bake (Page 9): Bacon (sulphites); Maggi tomato soup mix (wheat, corn, gluten, xanthum, may contain soy); Macaroni (wheat, may contain traces of soy, egg, lupin); Dairy.
5. Beef Chow Farn (Beef Fried Rice) (Page 10): Preservatives' (such as Sulphur Dioxide may be present in minced meats, controlled by Food Standards Code); Celery, Peas (legumes/pulses); Stock cube (sulphites, wheat, corn, celery); Tamari gluten-free soy (sulphites, soy, may contain wheat, alcohol); Cornflour (corn, may contain sulphites).
6. Butter Chicken (Page 12): Tandoori-mix (sulphites, xanthum, mustard, celery, wheat); Dairy, Margarine (may contain lactose).
7. Cheese and Tuna Noodle Casserole (Page 13): Tinned Tuna (sulphites, fish); Dairy, Macaroni (wheat, may contain traces of soy, egg, lupin); Breadcrumbs (wheat- barley, dairy, rye, oats, spelt, gluten, soy, sulphites, whey/dextrose, may contain lupin).
8. Chicken Casserole (Page 14): Bacon (sulphites); Condensed cream of chicken soup (sulphites, soy, dairy, corn, celery, cereals, gluten); Celery.

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Supported by:

meracare aged care



Designed by:

**Amrit Adhikari**

**Unique**  
*design solutions*