

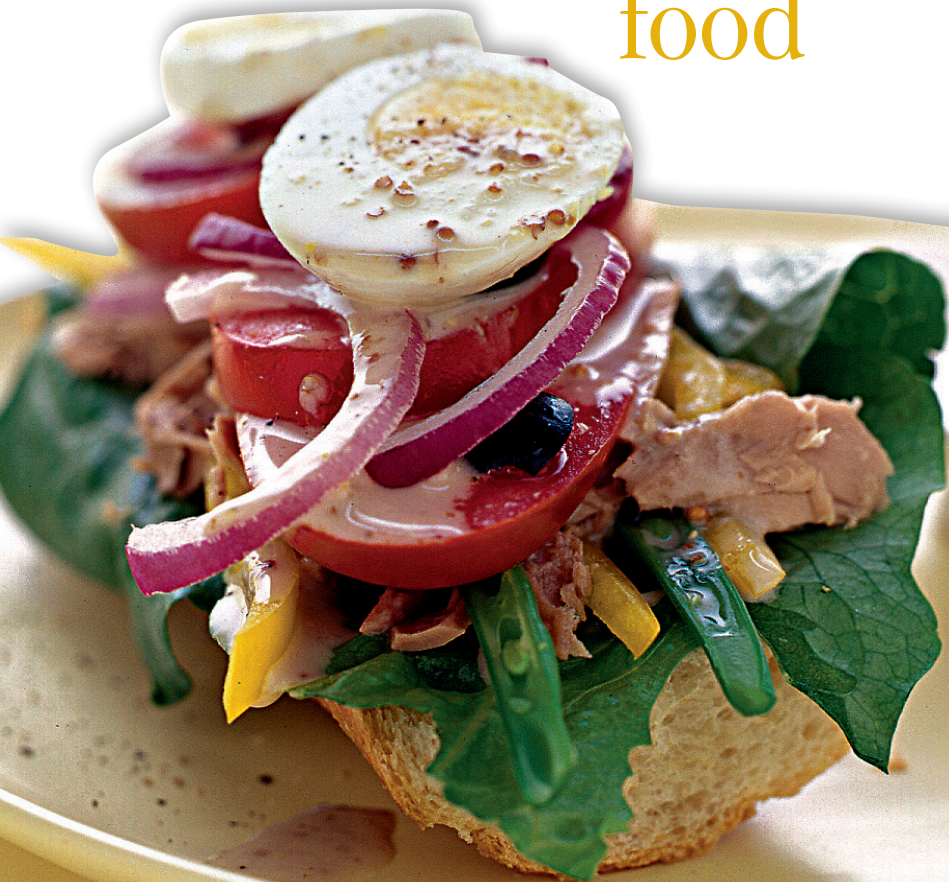
Chef

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fitness food



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fitness food

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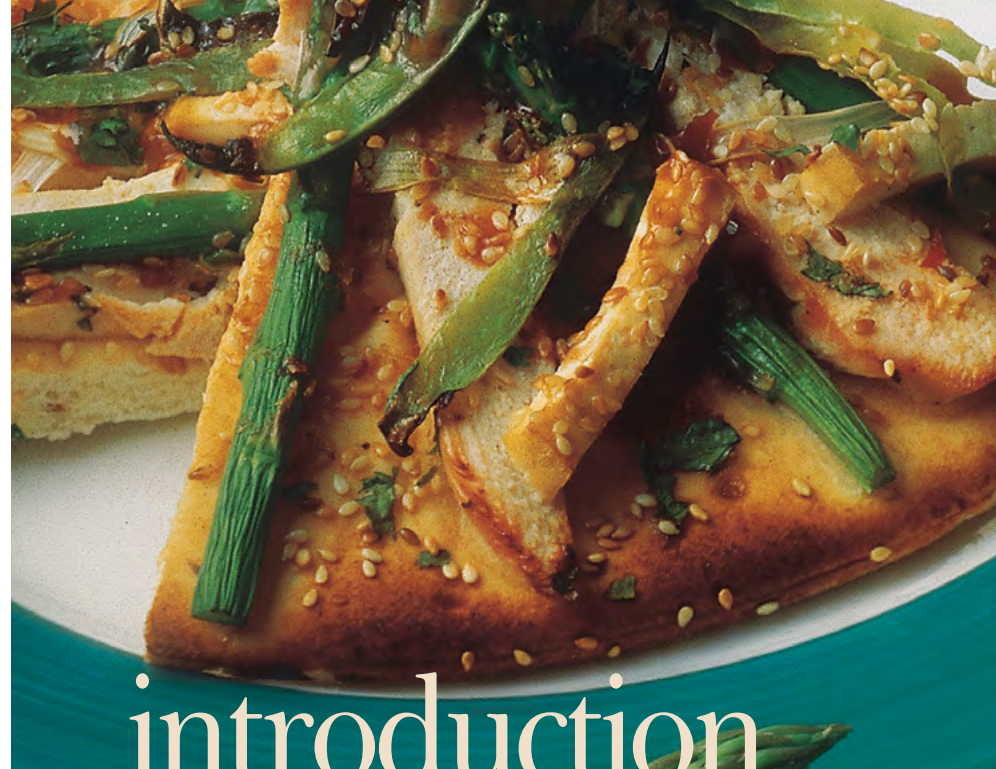
Design and lay out

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introduction

Here you will discover an array of healthy dishes that will help you trim excess fat and facilitate your workouts, without having to deprive yourself from flavorful foods. These meals include varied, wholesome ingredients that will let you maintain a balanced diet, while achieving your wellness goals.



fitness food



The key to eating right is incorporating good habits. Remembering to include a variety of ingredients, such as meat, legumes, vegetables, fruits, cultured dairy, whole grains, nuts and seeds is the best way to supply our bodies with all the necessary nutrients. You should also try to limit the consumption of sugar and refined grains, and opt for fresh produce. Consider these fitness tips:

Tips & Tricks

- Start your day with a healthy breakfast. This way you won't feel tired or lightheaded. If you exercise in the morning, try to eat your breakfast at least one hour before your workout. Opt for a light breakfast, and try to include whole grains, juice, bananas, yogurt or eggs to boost your energy.
- Avoid overeating before exercising. It is recommended to eat large, satiating meals at least three hours before working out. You can have smaller meals and snacks one hour before exercising. Eating too much or too little before a workout can lower your performance.
- Snack smartly. Eating small snacks such as energy bars, bananas, apples, smoothies or



sports drinks right before a workout can provide an added source of energy. You should always have a small snack if you will be exercising for periods longer than an hour, or if many hours have gone by since your last large meal.

- Eat carbs and protein 30 minutes post-workout. Eating a post-workout meal that contains both protein and carbohydrates will help your muscles recover from the exercise. Good choices include yogurt or cheese and fruit, chicken and veggies, omelets, tuna sandwiches, whey protein and salmon. Doing this will promote muscle recovery and ultimately you will be able to build a leaner physique.
- Stay hydrated. Drinking enough fluids before, during and after a workout is the best way to avoid fatigue, dehydration and boost your performance. Drink 3 glasses of water two hours before exercising, $\frac{1}{2}$ a glass fifteen minutes before exercising and 3 or more glasses after the workout. You can opt either for water or sports drinks that help maintain balanced levels of electrolytes in the body.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

quiche rolls

■ □ □ | Cooking time: 25 minutes - Preparation time: 2 hours 15 minutes

ingredients

> 4 wholemeal rolls

tuna filling

- > 220 g/7 oz canned tuna in brine or springwater, drained and flaked
- > 60 g/2 oz canned sweet corn kernels, drained
- > 30 g/1 oz reduced fat Cheddar cheese, grated
- > ½ cup/125 ml/4 fl oz low fat milk
- > 2 eggs, lightly beaten
- > 2 tablespoons snipped fresh chives
- > freshly ground black pepper

method

1. Cut tops from rolls and scoop out center of roll to make a thin shell. Place shells on a baking tray and set aside. Reserve tops and bread from center of rolls for another use.
2. To make filling, place tuna, sweet corn, cheese, milk, eggs, chives and black pepper to taste in a bowl and mix to combine.
3. Carefully pour filling into rolls and bake at 180°C/350°F/Gas 4 for 25 minutes or until filling is set. Serve hot, warm or cold.

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Serves 4

tip from the chef

The bread from the center of the rolls can be made into breadcrumbs. Salmon makes a tasty alternative to the tuna in this recipe.



vegetable strudel



a



b



c

■ □ □ | Cooking time: 40 minutes - Preparation time: 15 minutes

method

1. Steam or microwave broccoli and cauliflower until just tender, drain.
2. Heat oil in a saucepan, cook onion for 5 minutes. Add combined cornflour, milk and nutmeg. Cook until sauce boils and thickens. Remove from heat, stir in mozzarella cheese. Add cooked broccoli and cauliflower (a), mix well.
3. Layer filo pastry sheets on top of each other. Brush lightly with extra oil between each sheet (b).
4. Place filling down the long edge of pastry, leaving a 5 cm/2 in border on sides and front. Fold sides in and roll up (c).
5. Brush strudel with oil. Place onto oiled oven tray. Bake in moderately hot oven for 30 minutes. Serve cut into thick slices.

ingredients

- > 3 cups broccoli flowerets
- > 3 cups cauliflower flowerets
- > 1 teaspoon olive oil
- > 1 onion, finely chopped
- > 1 tablespoon cornflour
- > 1 cup skim milk
- > pinch ground nutmeg
- > 60 g/2 oz low fat mozzarella cheese, grated
- > 8 sheets filo pastry
- > 2 tablespoons olive oil, extra

.....
Serves 4

tip from the chef

Cauliflower and broccoli belong to the cruciferous family, vegetables rich in fibers and in antioxidants (vitamin C and betacarotenes).



chicken and pepper salad

■ ■ □ | Cooking time: 7 minutes - Preparation time: 10 minutes

ingredients

- > 1 teaspoon sesame oil
- > 1 teaspoon chili oil
- > 1 stalk fresh lemon grass, chopped, or ½ teaspoon dried lemon grass, soaked
- > 315 g/10 oz lean chicken mince
- > 185 g/6 oz water chestnuts, chopped
- > 1 tablespoon soy sauce
- > 1 each red and green pepper, thinly sliced
- > 60 g/2 oz bean sprouts
- > ½ cup/45 g/1½ oz shredded coconut, toasted
- > assorted lettuce leaves

mint dressing

- > 3 tablespoons chopped fresh mint
- > 1 clove garlic, crushed
- > 1 tablespoon brown sugar
- > ¼ cup/60 ml/2 fl oz water
- > 1 tablespoon fish sauce
- > 1 tablespoon lime juice

method

1. Heat sesame and chili oils together in a wok over a medium heat, add lemon grass and stir-fry for 2 minutes or until golden.
2. Add chicken, water chestnuts and soy sauce and stir-fry for 5 minutes or until chicken is tender. Transfer to a bowl and cool slightly.
3. Add red pepper, green pepper, bean sprouts and coconut and toss to combine. Arrange mixture on a large platter, over lettuce leaves.
4. To make dressing, place mint, garlic, sugar, water, fish sauce and lime juice in a bowl and mix to combine. Spoon over salad and serve.

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Serves 4



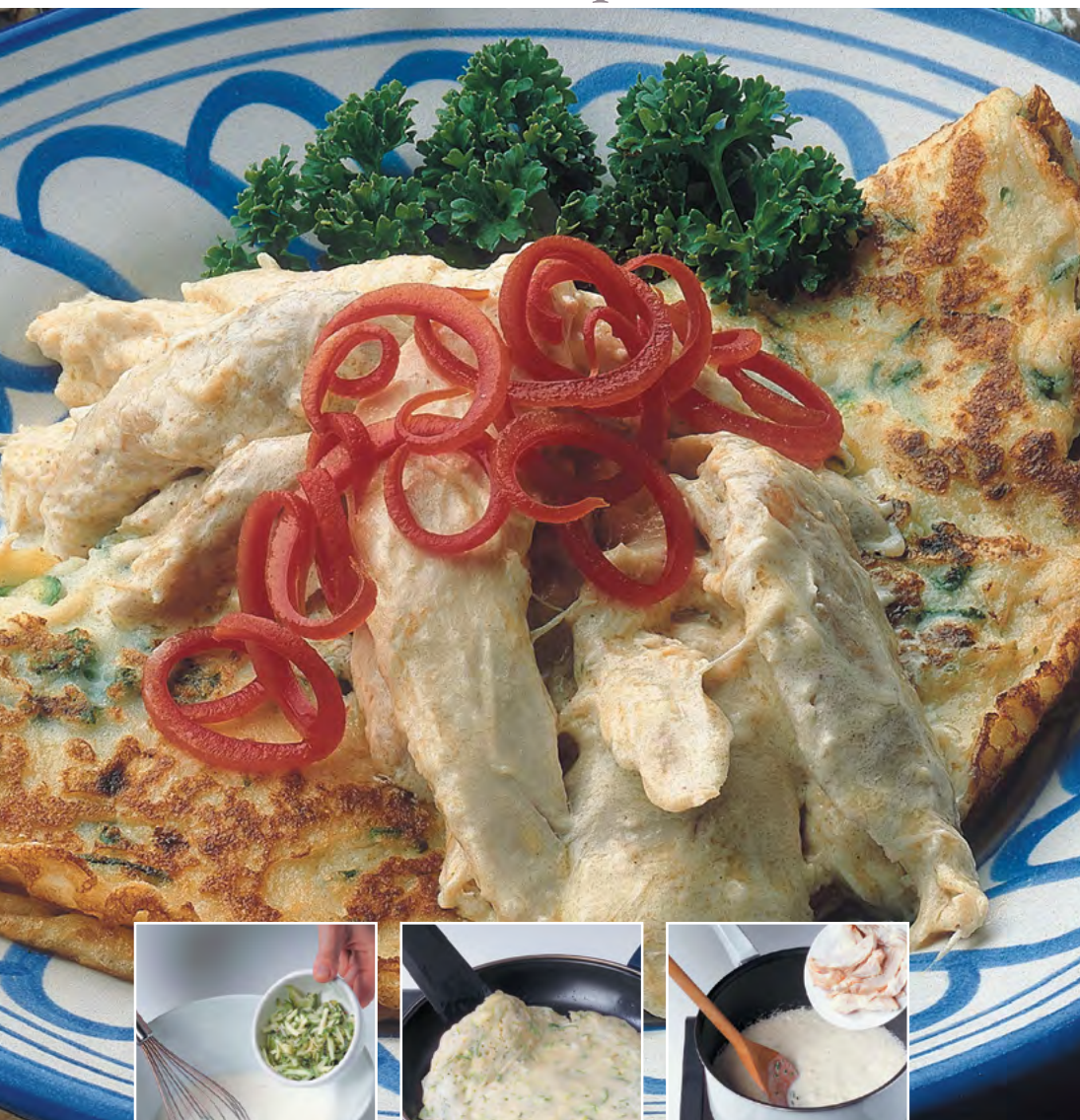
tip from the chef

Fish sauce is a pungent Oriental ingredient that is extensively used in Thai cooking. It is available from Oriental food shops and some supermarkets.



zucchini

and chicken pancakes



■ □ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Blend or process flour with egg and milk until smooth. Stir in zucchini and parsley (a) and let mixture stand for 15 minutes.
2. Heat butter in a frying pan over a moderate heat. Pour about 4 tablespoons of mixture into pan and cook until golden on both sides (b). Repeat with remaining mixture.
3. Heat cream in a medium saucepan over moderate heat. Add nutmeg and wine and simmer mixture until sauce thickens slightly. Stir in chicken and chives (c), serve over pancakes.

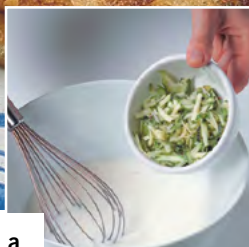
ingredients

- > 1 cup plain flour
- > 1 egg
- > 1½ cups milk
- > 1 cup grated zucchini
- > 2 tablespoons chopped parsley
- > 2 tablespoons butter
- > 1 cup cream
- > ¼ teaspoon ground nutmeg
- > ¼ cup white wine
- > 1 cup cooked chicken pieces
- > 1 tablespoon chopped chives

.....
Serves 4

tip from the chef

If you wish to serve these pancakes as appetizers, cook them in a small frying pan and use only 2 spoonfuls of mixture for each one. For a touch of color, add cherry tomatoes to the chicken.



a

b

c

barley

and vegetable curry

■ ■ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- > 1½ cup pearl barley
- > 1 tablespoon oil
- > 4 leeks, white part only, sliced
- > 2 cloves garlic, crushed
- > 2 teaspoons curry powder
- > ½ teaspoon garam masala
- > 2 large potatoes, cut into 2 cm¾ in cubes
- > 375 g¾ lb pumpkin, cut into 2 cm¾ in cubes
- > 4 cups water
- > 250 g½ lb broccoli flowerets

method

1. Rinse barley under cold running water until water runs clear, drain.
2. Heat oil in a frying pan, add leeks, stir until tender. Add garlic, curry powder and garam masala, stir for 1 minute.
3. Add barley, potatoes, pumpkin and water, cover, bring to a boil, reduce heat, simmer for 10 minutes.
4. Add broccoli, simmer for 10 minutes longer or until vegetables and barley are tender.

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Serves 4

tip from the chef

Recent studies have shown that barley can lower cholesterol. Beta-glucan, a type of fiber which blends with cholesterol and helps with its removal from the body, is thought to be the ingredient responsible for this.





broccoli and cashew fritters

■ □ □ | Cooking time: 5 minutes - Preparation time: 20 minutes

method

1. Sift flour, garam masala, cumin, ground coriander and curry, baking and chili powders together into a bowl. Stir in water and oil and mix to make a smooth batter. Add cashews, spring onions and fresh coriander and mix to combine.
2. Heat oil in a large saucepan over a high heat until a cube of bread dropped in browns in 50 seconds. Dip broccoli into batter and deep-fry, in batches, for 3-5 minutes or until golden. Drain on absorbent kitchen paper.
3. To make chutney, place onion, chilies, mint leaves, ginger, chutney and lemon juice in a food processor and process to combine. Serve with fritters.

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Serves 6

ingredients

- > 1 cup/125 g/4 oz chickpea flour
- > 1 teaspoon garam masala
- > 1 teaspoon ground cumin
- > 1 teaspoon ground coriander
- > 1 teaspoon curry powder
- > ½ teaspoon baking powder
- > ½ teaspoon chili powder
- > 1 cup/250 ml/8 fl oz water
- > 2 tablespoons vegetable oil
- > 125 g/4 oz cashews, chopped
- > 4 spring onions, finely chopped
- > 3 tablespoons chopped fresh coriander
- > vegetable oil for deep-frying
- > 1 kg/2 lb broccoli florets

mango mint chutney

- > 1 onion, chopped
- > 3 fresh green chillies, chopped
- > 1 bunch fresh mint
- > 1 tablespoon finely grated fresh ginger
- > ½ ½ cup/155 g/5 oz mango chutney
- > 2 tablespoons lemon juice

tip from the chef

Chickpea flour is used extensively in Indian cooking and is available from Oriental food stores and some supermarkets. Alternatively, you can make your own by lightly roasting uncooked chickpeas, then using a food processor or blender, grind them to make a flour.



chicken cassoulet

■ ■ □ | Cooking time: 100 minutes - Preparation time: 20 minutes

ingredients

- > 750 g/1½ lb dried haricot or borlotti beans
- > 2 tablespoons olive oil
- > 1 kg/2 lb chicken thigh or breast fillets, cut into 2 cm¾ in cubes
- > 2 cloves garlic, thinly sliced
- > 2 onions, chopped
- > 2 leeks, sliced
- > 250 g/8 oz salami, chopped
- > 2 x 440 g/14 oz canned tomatoes, undrained and mashed
- > ½ cup/125 ml/4 fl oz dry white wine
- > 1 bouquet garni
- > freshly ground black pepper
- > 2 cups/125 g/4 oz wholemeal breadcrumbs, made from stale bread

method

1. Place beans in a large bowl, cover with water and set aside to soak overnight, then drain. Place beans in a large saucepan with enough water to cover and bring to the boil. Boil for 10 minutes, then reduce heat and simmer for 1 hour or until beans are tender. Drain and set aside.
2. Heat oil in a large saucepan over a medium heat, add chicken and cook, stirring, for 10 minutes or until chicken is brown on all sides. Remove from pan and drain on absorbent kitchen paper.
3. Add garlic, onions and leeks to pan and cook, stirring, for 5 minutes or until onions are golden. Add salami, tomatoes, wine and bouquet garni and bring to the boil. Reduce heat and simmer for 10 minutes. Return chicken to pan, cover and simmer for 30 minutes or until chicken is tender. Season to taste with black pepper.
4. Spoon half the chicken mixture into a large casserole dish and top with half the beans. Repeat with remaining chicken mixture and beans to use all ingredients. Sprinkle with breadcrumbs and bake at 200°C/400°F/ Gas 6, uncovered, for 30 minutes or until hot and bubbling and top is golden.

.....
Serves 6





vegetable risotto

■ ■ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

method

1. Heat oil in a saucepan over a medium heat, add onion, carrots and mushrooms and cook, stirring, for 3-4 minutes or until onion is soft. Add rice, zucchini and red or green pepper or peas and cook, stirring, for 2 minutes longer.
2. Stir tomato or vegetable juice and stock into mixture and bring to the boil. Reduce heat, cover and simmer for 12-15 minutes or until rice is tender and liquid is absorbed. Sprinkle with cheese and pine nuts or sesame seeds and serve.

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Serves 4

ingredients

- > 1 tablespoon vegetable oil
- > 1 small onion, chopped
- > 125 g/4 oz carrots, finely diced or grated
- > 60 g/2 oz button mushrooms, sliced
- > ¾ cup/170 g/5½ oz short-grain rice
- > 90 g/3 oz zucchini, sliced
- > ¼ red or green pepper, sliced or 30 g/1 oz frozen peas
- > 1 cup/250 ml/8 fl oz tomato or vegetable juice
- > ½ cup/125 ml/4 fl oz vegetable or chicken stock
- > 45 g/1½ oz grated tasty cheese (mature Cheddar)
- > toasted pine nuts or sesame seeds

tip from the chef

Risotto is a typical Italian dish. It can be very nutritious when it includes a variety of ingredients, as in this case.



buckwheat noodles putanesca

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > ½ cup canned Italian peeled tomatoes, and juice
- > 10 green stuffed olives, sliced
- > 1 tablespoon chopped basil
- > 1 tablespoon chopped spring onions
- > 10 capers, drained
- > 185 g/6 oz dry buckwheat noodles
- > fresh basil sprig for garnish

method

1. In a medium saucepan, place tomatoes, olives, basil, spring onions and capers. Bring mixture to the boil over moderate heat.
2. Bring a large saucepan of water to the boil, add noodles and cook until tender, about 5 minutes, drain.
3. Arrange noodles on each serving plate and top with tomato sauce, serve immediately. Garnish with fresh basil sprig if desired.

.....
Serves 4



tip from the chef

Capers are the closed buds of a Mediterranean bush. They are hand picked, and this laborious harvest raises this product's price.





spiced

spinach pastries

■ □ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

method

1. To make filling, heat oil in a frying pan over a medium heat, add onion, mustard seeds and curry paste and cook, stirring, for 3 minutes or until onion is soft.
2. Add spinach to pan and cook for 8 minutes longer or until liquid from spinach evaporates. Stir in cottage cheese and peas. Remove pan from heat and set aside to cool.
3. Roll out pastry to 3 mm/1/8 in thick and using a 10 cm/4 in cutter, cut out rounds. Place a spoonful of filling in the center of each pastry round. Brush edges lightly with water, fold pastry over filling and press edges together to seal.
4. Place pastries on greased baking trays and bake at 180°C/350°F/Gas 4 for 12 minutes or until pastry is puffed and golden. Serve warm with mango chutney.

ingredients

- > 375 g/12 oz puff pastry
- > mango chutney

spinach filling

- > 2 teaspoons vegetable oil
- > 1 onion, chopped
- > 1 tablespoon black mustard seeds
- > 2 teaspoons curry paste
- > 10 large spinach leaves, chopped
- > 125 g/4 oz cottage cheese
- > 60 g/2 oz frozen peas

.....
Makes 25

tip from the chef

Substitute any leftover cooked peas for the frozen quantity in this recipe. If fresh spinach is unavailable, frozen spinach, thawed and drained on absorbent kitchen paper, may be used instead.



beef

and broccoli curry

■ ■ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- > 1 tablespoon peanut oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 1 tablespoon finely grated fresh ginger
- > 1 tablespoon red curry paste
- > 500 g/1 lb rump steak, trimmed of all visible fat, cut into thin strips
- > 250 g/8 oz broccoli, cut into small pieces
- > 1 red pepper, chopped
- > 1 tablespoon brown sugar
- > 1 teaspoon finely grated lime rind
- > 1½ cups/375 ml/12 fl oz coconut milk
- > 1 tablespoon fish sauce
- > 155 g/5 oz peanuts, roasted

method

1. Heat oil in a wok over a medium heat, add onion, garlic and ginger and stir-fry for 3 minutes or until golden. Add curry paste and stir-fry for 2 minutes or until fragrant. Increase heat to high, add beef and stir-fry for 5 minutes or until brown.
2. Add broccoli and red pepper and stir-fry for 3 minutes or until just tender. Stir in sugar, lime rind, coconut milk and fish sauce and simmer for 5 minutes or until sauce is heated. Scatter with peanuts and serve.

.....
Serves 4

tip from the chef

To roast peanuts, spread nuts out evenly on a baking tray and bake at 180°C/350°F/Gas 4 for 5-10 minutes or until lightly and evenly browned. Toss back and forth occasionally with a spoon to ensure even browning. Alternatively, roast nuts under a preheated medium grill.



lettuce roll-ups

■□□ | Cooking time: 0 minutes - Preparation time: 35 minutes

method

1. Tear lettuce leaves in half lengthways. Toss together sprouts, mangoes, water chestnuts, ginger and mint.
2. Combine mayonnaise and yogurt. Fold through mango mixture.
3. Place a spoonful of mixture on each lettuce leaf. Roll up tightly and secure with a toothpick

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Serves 6

ingredients

- > 6 large lettuce leaves
- > 1 cup/60 g bean sprouts
- > 2 mangoes, peeled and chopped
- > 260 g/9 oz canned sliced water chestnuts, drained
- > 2 teaspoons finely chopped preserved ginger
- > 2 teaspoons finely chopped mint leaves
- > 3 tablespoons low fat mayonnaise
- > 1 tablespoon low fat unflavored yogurt

tip from the chef

These rolls can also be made with blanched cabbage leaves, and stuffed with mashed carrots and tofu, seasoned with sesame oil and chopped chives.



vegetable pilau

■ □ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

ingredients

- > 500 g/1 lb mixed vegetables such as peas, diced potatoes, sliced beans, diced zucchini, diced carrot and cauliflower flowerets
- > 2 tablespoons vegetable oil
- > 1 onion, sliced
- > 1 bay leaf
- > 1 cinnamon stick
- > ½ teaspoon fennel seeds
- > ½ teaspoon cumin seeds
- > ½ teaspoon black mustard seeds
- > ½ teaspoon yellow mustard seeds
- > ¼ teaspoon fenugreek seeds
- > 2 teaspoons finely chopped fresh ginger
- > 2 fresh red or green chillies, finely chopped
- > 2 cups/440 g/14 oz rice
- > 5 cups/1.2 litres/2 pt hot water
- > 2 hard-boiled eggs, sliced
- > 2 tomatoes, sliced
- > 60 g/2 oz salted cashews, roughly chopped
- > 90 g/3 oz sultanas

method

1. Boil, steam or microwave vegetables until partially cooked. Drain and set aside.
2. Heat oil in a large saucepan, add onion, bay leaf, cinnamon stick, fennel, cumin, mustard and fenugreek seeds, ginger and chillies and cook over a medium heat for 1 minute.
3. Stir in rice and mix well to combine. Add mixed vegetables and cook for 2 minutes. Stir in hot water and transfer rice mixture to a casserole dish. Cover and bake at 180°C/350°F/Gas 4 for 20-30 minutes or until rice is cooked.
4. Place rice mixture on a large serving platter. Decorate border with alternate slices of egg and tomato, then sprinkle with cashews and sultanas.

.....
Serves 4



tip from the chef

The decorative garnish is optional, but it makes for an attractive presentation.





pad thai noodles

■ ■ □ | Cooking time: 6 minutes - Preparation time: 12 minutes

method

1. Place eggs and soy and chili sauces in a bowl and whisk to combine. Set aside.
2. Heat oil in a wok over a medium heat, add spring onions, garlic and lemon grass and stir-fry for 2 minutes. Add noodles, broccoli, beans and red pepper and gently stir-fry for 3 minutes.
3. Add basil and toss to combine. Pour egg mixture into wok and cook, stirring, for 1 minute or until egg just sets. Serve immediately.

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Serves 4

ingredients

- > 2 eggs, lightly beaten
- > 2 tablespoons soy sauce
- > 2 tablespoons sweet chili sauce
- > 2 teaspoons sesame oil
- > 4 spring onions, chopped
- > 1 clove garlic, crushed
- > 1 stalk fresh lemon grass, chopped, or ½ teaspoon dried lemon grass, soaked
- > 500 g/1 lb fresh rice noodles
- > 125 g/4 oz broccoli, chopped
- > 125 g/4 oz green beans, trimmed and chopped
- > 1 red pepper, chopped
- > 2 tablespoons chopped fresh basil

tip from the chef

Lemon grass is an aromatic herb, native of India. It is widely used in Thai and Vietnamese cooking.



spinach roulade

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 250 g/8 oz frozen spinach, thawed
- > 1 tablespoon flour
- > 5 eggs, separated
- > 15 g/½ oz butter
- > 1 teaspoon ground nutmeg
- > freshly ground black pepper
- > 2 tablespoons grated Parmesan cheese

mushroom filling

- > 30 g/1 oz butter
- > 125 g/4 oz button mushrooms, sliced
- > 3 spring onions, chopped
- > 440 g/14 oz canned tomatoes, drained and mashed
- > 1 teaspoon chopped fresh oregano or ½ teaspoon dried oregano
- > 2 teaspoons chopped fresh basil or ½ teaspoon dried basil
- > freshly ground black pepper

method

1. Place spinach, flour, egg yolks, butter, nutmeg and black pepper to taste in a food processor or blender and process until combined. Transfer to a bowl.
2. Place egg whites in a bowl and beat until stiff peaks form, then mix 2 tablespoons of egg whites into spinach mixture (a). Fold remaining egg whites into spinach mixture. Spoon into a greased and lined 25 x 30 cm/10 x 12 in Swiss roll tin (b) and bake at 200°C/400°F/Gas 6 for 12 minutes or until firm.
3. To make filling, melt butter in a frying pan and cook mushrooms over a medium heat for 1 minute. Add spring onions, tomatoes, oregano, basil and black pepper to taste, and cook for 3 minutes longer.
4. Turn roulade onto a tea-towel, sprinkle with Parmesan cheese and roll up. Allow to stand for 1 minute. Unroll and spread with filling. Reroll (c) and serve immediately.

Serves 6



tip from the chef

Eggs have always been a symbol of new life and prosperity. It is said that if you dream about eggs then the future will bring riches and good luck. However, beware if the eggs you dream about are broken or cracked, as this indicates you will quarrel with your lover.





beef

tostada cups

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Heat oil in a saucepan until a cube of bread dropped in browns in 50 seconds. Deep-fry tortillas, one at a time pressed between two metal ladles, for 1 minute or until crisp and golden. Drain on absorbent kitchen paper.
2. To make filling, place chili powder, cumin and lime juice in a glass or ceramic dish and mix to combine. Add steak, turn to coat and marinate for 5 minutes. Drain steak and cook on a preheated barbecue or under a grill for 2-3 minutes each side or until cooked to your liking. Rest steak for 2 minutes, then cut into strips and place in a bowl. Add onions and coriander leaves and toss to combine.
3. To serve, divide filling between tostada cups and serve immediately.

ingredients

- > vegetable oil for deep-frying
- > 8 corn tortillas

beef filling

- > 2 teaspoons mild chili powder
- > 1 teaspoon ground cumin
- > ¼ cup/60 ml/2 fl oz lime juice
- > 500 g/1 lb rump steak, trimmed of visible fat
- > 2 red onions, sliced
- > ½ bunch coriander

.....
Makes 8

tip from the chef

Serve these tasty snacks with salsas of your choice and lime wedges.



italian

chicken salad

■ □ □ | Cooking time: 12 minutes - Preparation time: 25 minutes

ingredients

- > 2 boneless chicken breast fillets, all visible fat and skin removed
- > olive oil spray
- > 125 g/4 oz baby English spinach leaves
- > 125 g/4 oz green beans, blanched
- > 1 red onion, thinly sliced
- > 2 tablespoons small capers, drained

vinegar and prune dressing

- > 8 pitted prunes
- > 1 tablespoon fresh oregano leaves
- > shredded rind of 1 lemon
- > 1 teaspoon sugar
- > ½ cup/125 ml/4 fl oz red wine vinegar

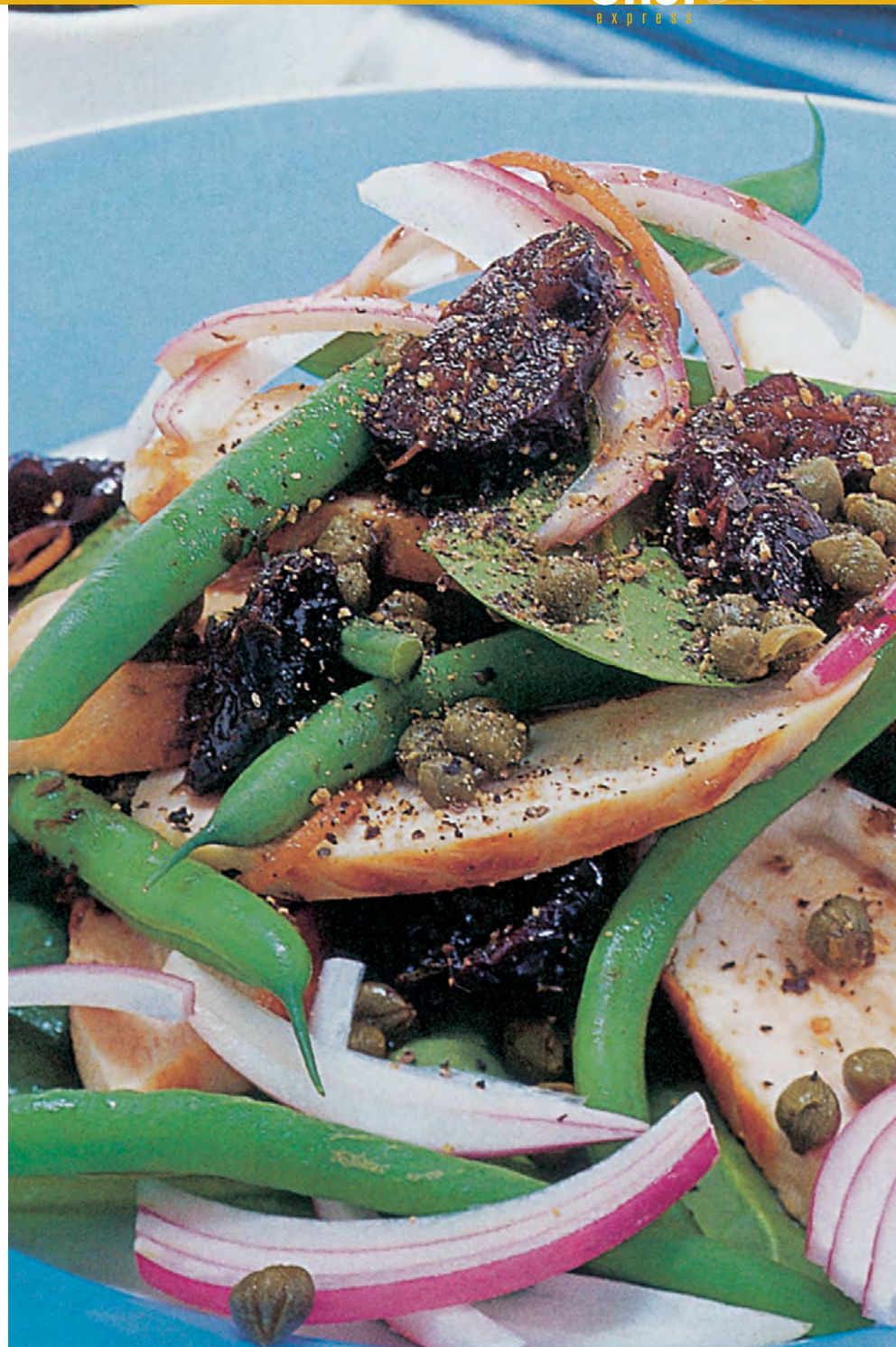
method

1. Heat a nonstick char-grill or frying pan over a high heat. Lightly spray chicken with olive oil, add to pan and cook for 2-3 minutes each side or until tender. Remove from pan and set aside to cool.
2. To make dressing, place prunes, oregano, lemon rind, sugar and vinegar in a saucepan over a low heat, bring to simmering and simmer for 5 minutes.
3. To assemble salad, cut chicken breasts into thin slices. Arrange spinach, beans, onion, chicken and capers attractively on serving plates. Drizzle a little warm dressing over the salad and serve immediately. Serve any remaining dressing separately.

.....
Serves 4

tip from the chef

Breast is the leanest part of the chicken.





oriental

chicken pizza

■□□ | Cooking time: 30 minutes - Preparation time: 5 minutes

method

1. Place pizza base on a lightly greased baking tray.
2. Spread base with teriyaki sauce and top with chicken, snow peas, spring onions, tofu and asparagus. Sprinkle with coriander and sesame seeds. Drizzle chili sauce over pizza.
3. Bake at 200°C/400°F/Gas 6 for 30 minutes or until base is golden and crisp.

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Serves 4

ingredients

- > 1 x 30 cm/12 in pizza base, homemade or purchased
- > ¼ cup/60 ml/2 fl oz thick teriyaki sauce
- > 2 boneless chicken breast fillets, cooked and sliced
- > 125 g/4 oz snow peas, thinly sliced
- > 4 spring onions, sliced
- > 155 g/5 oz tofu, chopped
- > 6 asparagus spears, cut into 5 cm/2 in pieces
- > 3 tablespoons chopped fresh coriander
- > 3 tablespoons sesame seeds, toasted
- > 2 tablespoons sweet chili sauce

tip from the chef

Sweet soy sauce known as kechap manis can be used instead of teriyaki in this recipe if you wish.



feta

spinach filo logs

■ □ □ | Cooking time: 25 minutes - Preparation time: 20 minutes

ingredients

- > 30 ml/1 fl oz oil
- > 1 onion, chopped
- > 12 leaves spinach, chopped
- > 2 eggs, lightly beaten
- > 120 g/4 oz low-fat feta cheese (12% fat content), crumbled
- > 30 g/1 oz grated Parmesan cheese
- > ¼ cup chopped parsley
- > 12 sheets/240 g/8 oz filo pastry
- > 90 g/3 oz butter, melted

method

1. Heat oil in a frying pan, add onion, stir over heat until tender, remove onion. Add spinach to remaining oil, cover, cook until softened, drain, squeeze out excess liquid. Combine onion, spinach, eggs, feta cheese, Parmesan cheese and parsley in a bowl (a).
2. Brush a sheet of filo pastry with a Little melted butter, top with another sheet of pastry, brush with butter (b); continue until you have 4 sheets of pastry. Using a pair of scissors, cut crossways into 4 rectangles.
3. Place a heaped tablespoon of spinach mixture along the long side of one rectangle. Roll up, tucking in edges as you roll (c). Repeat with remaining pastry and spinach mixture to make 12 rolls.
4. Place onto a greased baking tray, brush with butter, bake in moderate oven for 20 minutes or until golden brown.

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Makes 12

tip from the chef

When using filo pastry, it's important to work quickly, otherwise it will get dry.



teppanyaki

sesame tofu with soba



■■■ | Cooking time: 10 minutes - Preparation time: 20 minutes

method

1. Heat a large flat frying or char-grill pan to very hot.
2. Meanwhile, place sesame oil and 1 tablespoon of teriyaki sauce in a small bowl. Mix to combine. Brush over both sides of tofu. Sprinkle one side of each piece of tofu with half the sesame seeds. Combine remaining teriyaki sauce, mirin and soy sauce. Set aside.
3. Brush pan with a little of olive oil. Add tofu, seed side down. Cook for 2 minutes. Sprinkle remaining sesame seeds over tofu. Turn over. Cook for 2 minutes longer or until crisp. Remove tofu from pan. Keep warm.
4. Brush pan with a little more oil. Add carrot, snow peas, bean sprouts and green onion batons. Stir-fry for 2-3 minutes or until tender crisp.
5. Add reserved soy sauce mixture. Stir-fry for 1 minute longer.
6. To serve, divide hot noodles between serving bowls. Top with watercress. Spoon over vegetables and top with tofu. Garnish with shredded green onion tops.

ingredients

- > 1 teaspoon sesame oil
- > 2 tablespoons teriyaki sauce
- > 410 g/13 oz firm tofu, cut into 4 thick slices
- > 2 tablespoons sesame seeds
- > 1 tablespoon mirin
- > 2 teaspoons reduced-salt soy sauce
- > 1 tablespoon extra virgin olive oil
- > 1 carrot, cut into thin strips
- > 16 snow peas or snake (yard long) beans
- > 1 cup bean sprouts
- > 2 green onions, white parts cut into 5 cm/2 in batons and green tops shredded
- > 2 cups watercress, broken into sprigs
- > 250 g/8 oz soba noodles or rice noodles, cooked according to packet directions

tip from the chef

Tofu (soy cheese) contains fitoestrogens. Fitoestrogens grant many health benefits such as improving the menopause symptoms, and reducing cholesterol, the loss of calcium from the bones and the risk of some kinds of cancer.

Serves 4



mediterranean bruschetta

■ □ □ | Cooking time: 20 minutes – Cooking time: 10 minutes

ingredients

vinaigrette

- > ½ cup/120 ml/4 fl. oz. olive oil
- > ¼ cup/60 ml/2 fl. oz. white wine vinegar
- > 3 tablespoons lemon juice
- > 2 tablespoons fresh dill
- > 1 tablespoon Dijon mustard
- > ½ teaspoon salt
- > ¼ teaspoon pepper

bruschetta

- > 12 slices baguette French bread
- > 3 tablespoons olive oil
- > 1 cup/30 g/1 oz. spinach leaves
- > ½ cup/60 g/2 oz. finely chopped yellow bell pepper
- > 2 cans (360 g/12 oz.) albacore tuna in water, drained
- > ½ cup/60g/2 oz. sugar snap peas, halved diagonally, blanched
- > 4 medium tomatoes, sliced
- > ¼ cup/ 45 g/1.5 oz. finely chopped pitted kalamata olives
- > ½ cup/60 g/2 oz. thinly sliced red onions
- > 4 hard boiled eggs, sliced
- > 2 tablespoons red pepper flakes

method

1. In a small bowl, whisk the vinaigrette ingredients until well combined.
2. Preheat oven to 200°C/400°F/Gas 6. Place bread slices on pan, drizzle with olive oil. Toast bread for 5 minutes or until toasted along the edges.
3. Remove bruschetta from oven and stack spinach leaves, bell peppers, tuna, snap peas, tomatoes, olives, and red onions over each toast. Pour vinaigrette over bruschetta and top with egg slices and red pepper flakes. Serve immediately.

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Serves 6-8

tip from the chef

For another version of this appetizer, substitute tuna with crabmeat.





pickled vegetable omelette

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

method

1. Heat 1 tablespoon oil in a frying pan and stir-fry beef mince, vegetables, honey, soy sauce and spring onions for 3-4 minutes or until cooked. Remove from pan, set aside and keep warm.
2. Heat remaining oil in a clean frying pan, pour in $\frac{1}{4}$ of the beaten eggs. Swirl pan to make a thin omelette. Spoon $\frac{1}{4}$ of the meat mixture into the center of the omelette and fold over the edges.
3. Remove omelette from pan, set aside and keep warm. Repeat with remaining eggs and meat mixture. Cut omelettes into slices and serve immediately.

ingredients

- > 12 tablespoons peanut oil
- > 250 g/8 oz lean beef mince
- > 2 tablespoons Chinese pickled vegetables (tung chai), drained and chopped
- > 1 teaspoon honey
- > 2 tablespoons soy sauce
- > 6 spring onions, finely chopped
- > 6 eggs, lightly beaten

.....
Serves 4

tip from the chef

The Chinese mixed vegetables used as the filling for this omelette are available from most Oriental supermarkets.



spiced

shredded beef

■ ■ □ | Cooking time: 110 minutes - Preparation time: 15 minutes

ingredients

- > 750 g/1½ lb boneless beef chuck, blade or brisket, trimmed of visible fat
- > 1 onion, halved
- > 2 cloves garlic, peeled
- > 1 clove
- > 2 teaspoons cumin seeds
- > 8 cups/2 liters/3½ pt water

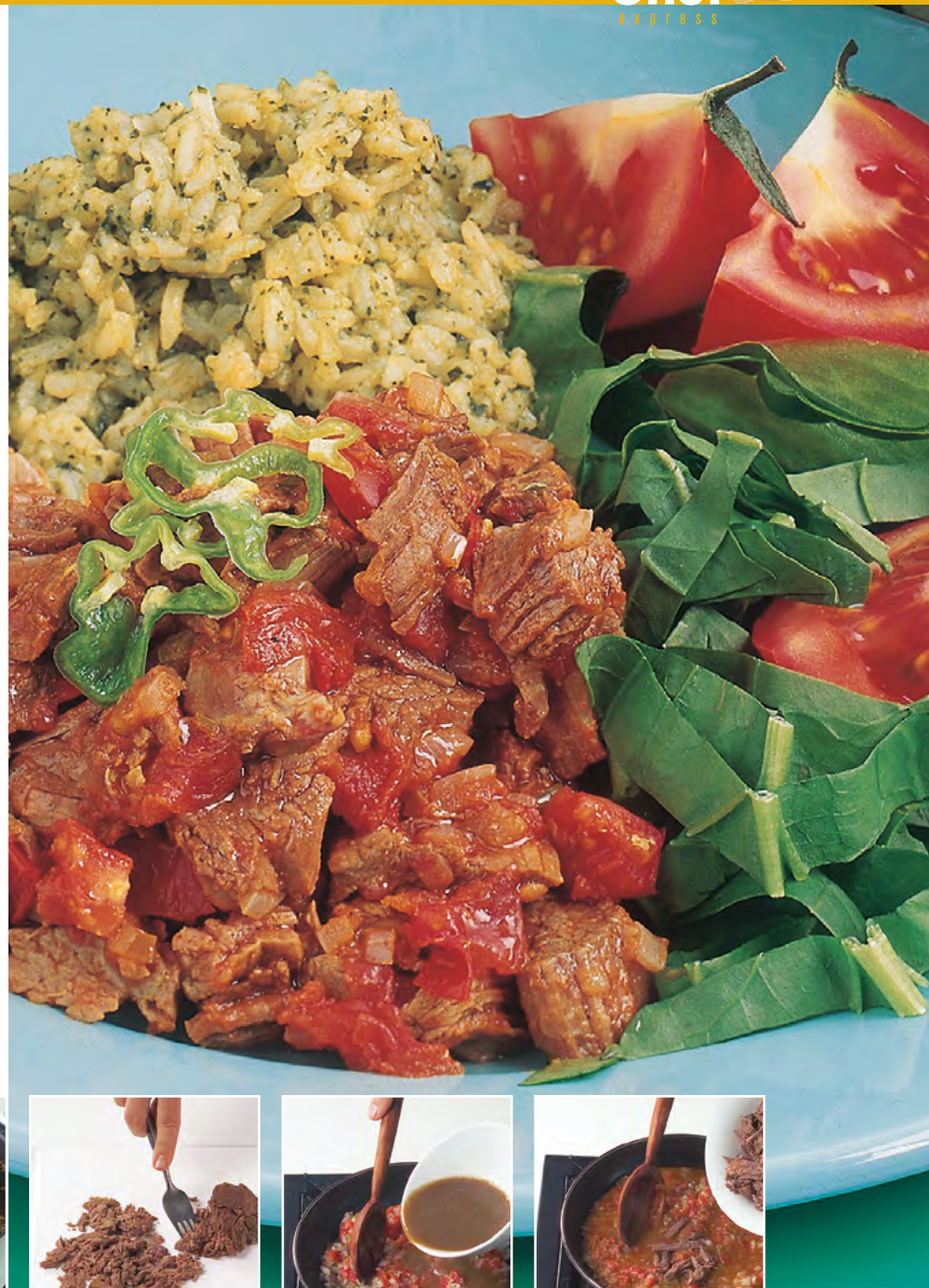
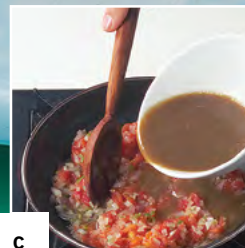
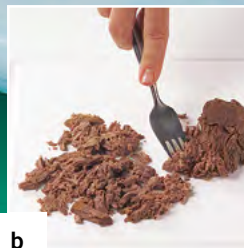
green chili and tomato sauce

- > 2 teaspoons vegetable oil
- > 1 onion, chopped
- > 2 hot green chilies, chopped
- > 440 g/14 oz canned tomatoes, undrained and chopped

method

1. Place beef, onion, garlic, clove, cumin seeds and water in a saucepan (a) over a medium heat, bring to simmering and simmer, skimming the top occasionally, for 1½ hours or until beef is very tender. Remove pan from heat and cool beef in liquid. Skim fat from surface as it cools. Remove beef from liquid and shred with a fork (b). Reserve cooking liquid for making sauce.
2. To make sauce, heat oil in a frying pan over a high heat, add onion and chilies and cook, stirring, for 3 minutes or until tender. Stir in tomatoes and 1 cup/250 ml/8 fl oz of the reserved cooking liquid (c), bring to simmering and simmer for 10 minutes.
3. Add shredded beef to sauce (d) and simmer for 5 minutes or until heated through.

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Serves 6



broccoli

and rice soufflé



■ ■ □ | Cooking time: 35 minutes - Preparation time: 15 minutes

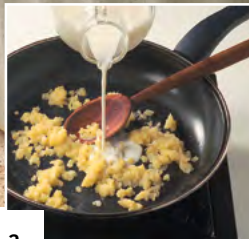
method

1. In a small saucepan, heat butter over medium heat until bubbly, add onion and sauté for 2 minutes. Reduce heat to low, add flour and cook, stirring constantly, for 2 minutes.
2. Gradually whisk in milk (a), add salt, pepper and nutmeg. Stir until sauce thickens. Remove from heat. Add cheese, rice, broccoli and egg yolks (b), mix well.
3. In a large bowl, beat egg whites until soft peaks form. Fold $\frac{1}{4}$ of the beaten egg whites into broccoli mixture (c), then fold in the remaining whites.
4. Lightly grease four $\frac{3}{4}$ -cup capacity soufflé dishes and divide mixture between each dish (d). Bake in a moderate oven for 25 minutes. Serve immediately.

ingredients

- > 1 tablespoon butter
- > $\frac{1}{2}$ onion, finely chopped
- > 2 tablespoons plain flour
- > 1 cup skim milk, heated
- > pinch salt
- > pinch pepper
- > $\frac{1}{4}$ teaspoon ground nutmeg
- > $\frac{1}{2}$ cup grated low-fat cheese
- > 1 cup cooked rice
- > 1 cup blanched broccoli flowerets
- > 3 eggs, separated

.....
Serves 4



a



b



c



d

tip from the chef

For the soufflé not to flatten, it is important not to open the oven door while it is being cooked and to serve it as soon as it is taken out of it.



curry

vegetable pancakes

■ □ □ | Cooking time: 55 minutes - Preparation time: 45 minutes

ingredients

- > 1 tablespoon vegetable oil
- > 1 leek, cut into thin strips
- > 1 carrot, cut into thin strips
- > 250 g/8 oz broccoli florets
- > 315 g/10 oz canned butter beans, rinsed and drained

pasta and polenta pancakes

- > 75 g/2½ oz tiny dried pasta shapes, such as risoni or orzo, anellini, ditalini or conchigliette
- > ½ cup/90 g/3 oz polenta
- > ¾ cup/185 ml/6 fl oz boiling water
- > ½ cup/125 ml/4 fl oz milk
- > 1 egg, lightly beaten
- > ¾ cup/90 g/3 oz flour
- > butter

coconut curry sauce

- > 15 g/½ oz butter
- > 1 tablespoon curry powder or curry paste
- > 1 teaspoon finely grated fresh ginger
- > ¼ teaspoon ground turmeric
- > 1½ cups/375 ml/12 fl oz coconut cream
- > 1 tablespoon chopped fresh coriander

method

1. To make pancakes, cook pasta in boiling water in a large saucepan following packet directions. Drain and rinse under cold running water. Drain again and set aside. Place polenta in a large bowl and stir in boiling water. Cover and set aside for 15 minutes.
2. Add milk, egg, flour and pasta to polenta mixture and mix well to combine. Melt a little butter in a frying pan over a low heat and when butter starts to foam, pour ¼ cup/60 ml/2 fl oz batter into pan and cook for 2 minutes or until golden, turn over and cook for 2 minutes longer. Remove pancake, set aside and keep warm. Repeat with remaining batter.
3. To make sauce, heat butter in a frying pan over a medium heat, add curry powder or paste, ginger and turmeric and cook, stirring, for 2 minutes. Stir in coconut cream and coriander, bring to simmering and simmer for 1-2 minutes.
4. Heat oil in a wok or frying pan over a medium heat, add leek and stir-fry for 1-2 minutes or until just tender. Add carrot and broccoli and stir-fry for 4-5 minutes longer or until vegetables are just tender. Add beans and cook for 1-2 minutes or until heated through.
5. To assemble, place a pancake on each serving plate, top with vegetable mixture, then with a second pancake. Spoon over sauce and serve immediately.

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Serves 4-6



passion fruit mousse

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Place ricotta cheese, cream and icing sugar in a food processor or blender and process until smooth. Stir in gelatin mixture and passion fruit pulp. Mix well.
2. Beat egg whites until soft peaks form, fold into passion fruit mixture. Spoon mixture into 6 individual 125 ml/4 fl oz capacity rinsed molds. Refrigerate until set.
3. To make sauce, combine orange juice, apple juice and sugar in a saucepan and cook over a low heat, stirring frequently, until sugar dissolves. Bring to the boil, then reduce heat and simmer for 3 minutes. Stir in cornflour mixture and cook over a medium heat, stirring frequently, until sauce boils and thickens. Remove from heat and set aside to cool. Refrigerate until well chilled. Turn out mousses and serve with sauce.

ingredients

- > 200 g/6½ oz low fat ricotta cheese
- > 125 ml/4 fl oz reduced fat cream
- > 2 tablespoons icing sugar
- > 1 tablespoon gelatin dissolved in 2 tablespoons hot water
- > 60 ml/2 fl oz passion fruit pulp
- > 3 egg whites

orange sauce

- > 200 ml/6½ fl oz fresh orange juice, strained
- > 100 ml/3½ fl oz apple juice
- > 2 tablespoons sugar
- > 2 teaspoons cornflour blended with 2 tablespoons water

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Serves 6

tip from the chef

Low fat ricotta cheese and reduced fat cream make this a “not-so-wicked” dessert for the health conscious. Orange sauce is a perfect alternative to cream.



gingerbread

apricot cake

■ ■ □ | Cooking time: 40 minutes - Preparation time: 10 minutes

ingredients

- > ¼ cup butter, softened
- > ½ cup/100 g/3½ oz brown sugar
- > 4 tablespoons chopped pecans
- > ½ cup dried apricots, soaked

gingerbread

- > 1 cup/125 g/4 oz plain flour, sifted
- > ½ cup/60 g/2 oz self-rising flour, sifted
- > ½ teaspoon baking powder, sifted
- > 3 teaspoons ground ginger
- > ½ teaspoon ground nutmeg
- > ½ cup/100 g/ 3½ oz brown sugar
- > ½ cup golden syrup
- > ½ cup water
- > ½ cup butter

method

1. Combine butter and sugar in small bowl, mix until smooth. Spread mixture into a greased and lined 23 cm/9 in tube tin. Sprinkle with pecans and top with apricots.
2. To make gingerbread, place flours, baking powder, ginger, nutmeg and sugar in a large bowl. Combine golden syrup, water and butter in saucepan, stir over low heat until butter is melted. Cool slightly and pour into dry ingredients. Mix until well combined.
3. Spoon gingerbread into prepared tin. Bake at 180°C/350°F/Gas 4 for 35-40 minutes. Stand 15 minutes before turning out onto a wire rack to cool.

.....
Serves 10

tip from the chef

If pecans are unavailable, you can use walnuts instead.



frozen banana nut iceblocks

■ □ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

ingredients

- > 5 just-ripe bananas
- > 10 paddle pop sticks
- > 100 g/3½ oz dark chocolate
- > 15 g/½ oz copha, melted, or hydrogenated vegetable oil
- > 1 cup finely chopped peanuts

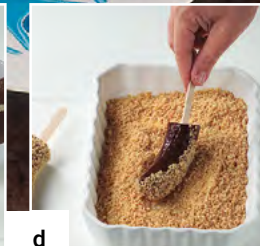
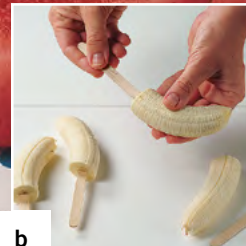
method

1. Peel bananas and cut in half (a). Insert wooden paddle pop sticks into each half (b).
2. Melt chocolate in a heatproof bowl over hot water. Remove from heat, add copha; mix well.
3. Brush each banana with chocolate mixture (c). Roll in chopped nuts (d), cover and freeze until serving.

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Serves 6

tip from the chef

Paddle pop sticks will look very nice if dyed with edible food colorants of different tones. It is highly suggested to roast peanuts if you wish to make them more crunchy.



yogurt fruit whiz

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

ingredients

- > 1 piece soft fruit of your choice such as a banana, peach, apricot, mango, or 125 g/4 oz strawberries or other berries of your choice
- > 2 ice cubes
- > 1 cup/200 g/6½ oz fruit-flavored yogurt of your choice
- > 1-2 tablespoons honey, or according to taste

method

1. Remove stones or pits from fruit if you need to.
2. Peel fruit if you need to.
3. Place ice cubes in plastic food bag. Wrap in newspaper. Hit several times with hammer or rolling pin to crush.
4. Place fruit, crushed ice, yogurt and honey in food processor or blender. Process until thick and smooth. Pour into glass.

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Serves 6



tip from the chef

If fresh fruit is not available, this drink is just as good made with canned fruit. Remember to drain canned fruit well before using.





ricotta ring

with fresh berries sauce

■ □ □ | Cooking time: 3 minutes - Preparation time: 15 minutes

method

1. In a small saucepan, combine gelatin with orange liqueur. Stir over low heat until gelatin is dissolved, set aside and cool slightly.
2. In a large bowl, beat ricotta cheese until smooth with an electric mixer. Add cream, icing sugar, essence, yogurt and milk, beat further 1 minute.
3. Stir in gelatin mixture, mix well. Pour mixture into a lightly oiled, 4-cup capacity ring tin and refrigerate for 3 hours or until firm.
4. In a blender or food processor, blend strawberries, raspberries and jam until smooth, pour mixture through sieve.
5. Unmold ricotta ring onto serving plate, fill center with extra strawberries and raspberries and serve with sauce.

ingredients

- > 1½ tablespoons gelatin
- > 4 tablespoons orange liqueur
- > 500 g/1 lb ricotta cheese
- > 1 cup thickened cream
- > ½ cup icing sugar
- > 1 teaspoon vanilla essence
- > ¾ cup natural yogurt
- > ½ cup milk
- > 1 small box strawberries, hulled
- > ½ cup raspberries
- > ¼ cup raspberry jam
- > ¼ cup strawberries, sliced, extra
- > ¼ cup raspberries, extra

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Serves 6

tip from the chef

With the same recipe, individual desserts can be made.



index

| | |
|---|----|
| Quiche Rolls | 6 |
| Vegetable Strudel | 8 |
| Chicken and Pepper Salad | 10 |
| Zucchini and Chicken Pancakes | 12 |
| Barley and Vegetable Curry | 14 |
| Broccoli and Cashew Fritters | 16 |
| Chicken Cassoulet | 18 |
| Vegetable Risotto | 20 |
| Buckwheat Noodles Putanesca | 22 |
| Spiced Spinach Pastries | 24 |
| Beef and Broccoli Curry | 26 |
| Lettuce Roll-Ups | 28 |
| Vegetable Pilau | 30 |
| Pad Thai Noodles | 32 |
| Spinach Roulade | 34 |
| Beef Tostada Cups | 36 |
| Italian Chicken Salad | 38 |
| Oriental Chicken Pizza | 40 |
| Feta Spinach Filo Logs | 42 |
| Teppanyaki Sesame Tofu with Soba | 44 |
| Mediterranean Bruschetta | 46 |
| Pickled Vegetable Omelet | 48 |
| Spiced Shredded Beef | 50 |
| Broccoli and Rice Soufflé | 52 |
| Curry Vegetable Pancakes | 54 |
| Passion Fruit Mousse | 56 |
| Gingerbread Apricot Cake | 58 |
| Frozen Banana Nut Iceblocks | 60 |
| Yogurt Fruit Whiz | 62 |
| Ricotta Ring with Fresh Berries Sauce | 64 |



fitness food