



# Good Quick Tukka

## FACILITATOR MANUAL

November 2011



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November 2011

# Section 1

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## Background Information

- Introduction to Good Quick Tukka
- The aim & objectives of Good Quick Tukka
- The 'Pass On' concept
- Benefits of the program

## Introduction

Welcome to the Good Quick Tukka program manual! This manual is designed to provide you with some simple and useful resources that will be helpful to run your Good Quick Tukka program. Resources covered in this manual include:

- Key steps to preparing and running the program
- Some hints and practical tips to promote enjoyable, social and interactive learning
- Quick and nutritious recipes that you could use during the program

This manual also provides you with the background to the Good Quick Tukka program and explains a key element of this program - the 'Pass On' concept.

## The Good Quick Tukka program

Good Quick Tukka is a cooking education program inspired by Jamie Oliver's Ministry of Food, which believes that 'anyone can learn how to cook something - all they have to do is give it a try'. Participants in the program will be able to learn cooking skills and build confidence in their cooking ability.

## The Good Quick Tukka target group

Aboriginal and Torres Strait Islander people who have limited cooking skills or would like to develop more confidence in cooking are the main focus of Good Quick Tukka. Some groups are easier to access including:

- Young people
- Young mums
- Support groups (e.g. Diabetes support group)
- Staff at the workplace

## The aim of Good Quick Tukka

To teach Aboriginal and Torres Strait Islander people basic cooking skills and pass these skills on to others. As a result, the program hopes to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people in Queensland.

## Main objectives of Good Quick Tukka

- To engage Aboriginal and Torres Strait Islander children, young people and adults
- To increase participants' confidence and skills in food preparation and cooking
- To explore cooking techniques and different foods
- To enhance participants' social experiences and enjoyment of food by creating a fun and relaxed environment during the program

## Structure of Good Quick Tukka

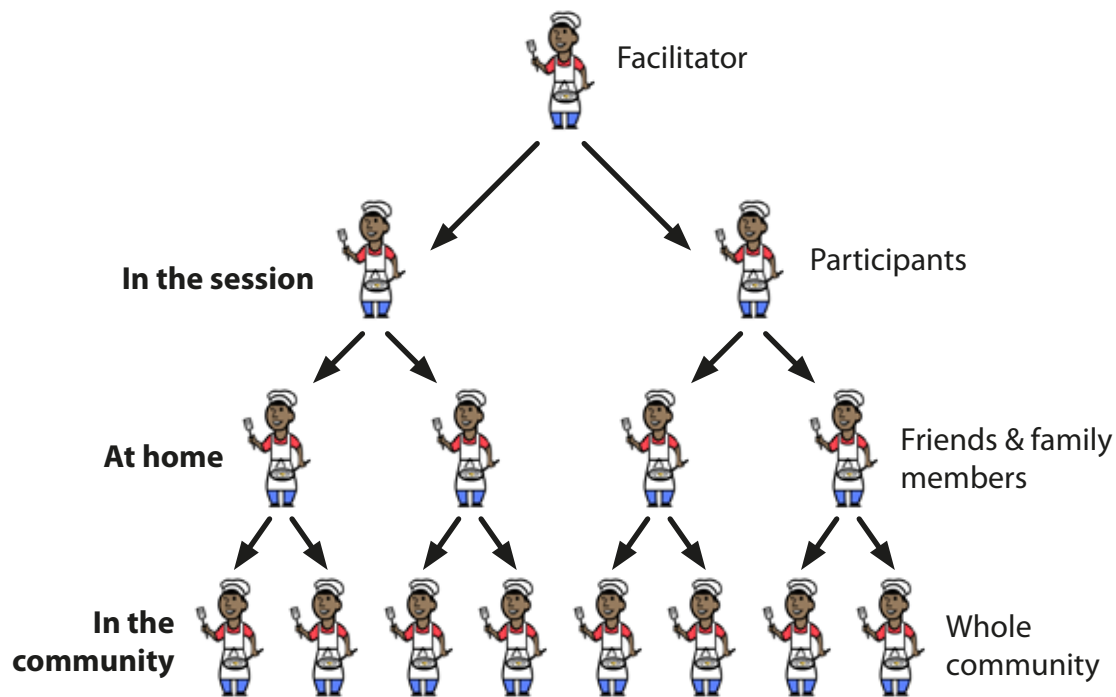
The resources in this manual are designed for a Good Quick Tukka program which has 1 cooking session per week for 10 weeks. It is good to run 1 cooking session per week to help the participants remember the skills. Sometimes this may not be possible, so you may wish to run the program in a different way (e.g. only 5 cooking sessions or 1 cooking session every fortnight) and this is fine.

There is no set number of participants - teaching 1 person to cook is better than nothing! Think about what facilities, resources and equipment you have, and this will help you decide how many participants you would like.

You do not have to run this program alone. You may want to get someone to help facilitate the program with you, in case you cannot make it to a cooking session, or you have a lot of participants.

## The Pass On Concept - What is Pass On?

Pass On is sharing the skills and recipes that participants learn in a session to family and friends. Participants in this program are encouraged to go home from a session and pass the recipes on to two people by cooking the meal in front of them and then sitting down together to eat it. Ideally, these two people will then teach two other people. Pass On doesn't just have to happen at home - you can pass on recipes at work, at community expos, on picnics and even out camping.



## Why Pass On?

The main purpose of Pass On is to actively engage participants and community members in cooking to improve their cooking skills and create a sense of ownership over the program. By encouraging the community to take control of passing on knowledge and recipes, you can inspire more people to be involved in cooking their own meals at home. Sometimes participants may not have the time or money to pass on recipes at home so you may want to discuss with your participants that it is not compulsory to pass on, but encouraged. Also encourage them to have proof of the pass on, e.g taking a photo on their mobile so they can win a prize



## Benefits of implementing Good Quick Tukka

There are many benefits in running Good Quick Tukka in your community. Some of the main benefits include:

- Gets the whole family and the community involved
- The program is flexible, and can be run in a way that suits your organisation
- The program can be adapted to a variety of settings (e.g. Diabetes support groups)
- The program can be incorporated into other programs
- Provides simple, quick and nutritious recipes
- The program is suitable for people on a budget

As with any health-promotion program, you may experience some difficulties while running Good Quick Tukka, such as financial problems, lack of facilities or trouble recruiting participants. This manual is designed to help you overcome these difficulties.

If you have any questions or would like guidance and support to run the Good Quick Tukka program, please contact the Nutrition Coordinator at QAIHC:

Phone: (07) 3328 8500

E-mail: [nutrition@qaihc.com.au](mailto:nutrition@qaihc.com.au)

# Section 2

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## Setting up a Good Quick Tukka Program

- Steps to set up your Good Quick Tukka program
- Frequently Asked Questions

# Steps to set up your Good Quick Tukka Program

There are 4 steps to follow when setting up your Good Quick Tukka program.

**1 Organise a venue** - Find a venue where you can hold cooking classes. Your building may have a room, but if it does not then some community centres and town halls may be available for hire. You will be working with fire and sharp knives, so make sure to ask if there are any rules or safety procedures that you must follow. Your local council may have information on their website.

**2 Organise a cooking session time** - Choose a day of the week and a time that you would like to run your cooking sessions. However many cooking sessions you plan to run, remember that you might need to make adjustments for holidays or work commitments.

**3 Recruit your participants** - You may choose to run this program with a pre-existing group within your community. If you plan to form a new group, now is the time to create some publicity. For example, you may want to write a brief article for a newspaper or newsletter. There are also some flyers provided in this manual that you can put up around your community (Appendix A).

**4 Organise your equipment** - Find out whether all of the cooking equipment you need is available at your venue. If you do not have everything, you may need to buy something, bring some equipment from your home or ask the participants to bring their own equipment from home. A list of cooking equipment required for the suggested recipes is included in this manual (Appendix B).

## Frequently Asked Questions

***Q: Who can be a participant in the Good Quick Tukka program?***

A: Almost anyone can participate in Good Quick Tukka. This includes clients or staff members at Community Controlled Health Centres and pre-existing community groups, such as diabetes, mothers, men's or youth groups. Children and adolescents are also able to participate in Good Quick Tukka.

***Q: Do you have to run Good Quick Tukka in a kitchen?***

A: No, you can run Good Quick Tukka almost anywhere, so long as there is enough space for your participants. Although a kitchen is preferable, the suggested Good Quick Tukka recipes do not require an oven, so if you have access to a portable stove and running water then you can use training rooms or outdoor areas. Wherever you decide to run Good Quick Tukka, remember to consider food safety. See Appendix C for important food safety information.

***Q: Is Good Quick Tukka just about cooking?***

A: No, Good Quick Tukka teaches people the skills to cook healthy, affordable meals at home, but there is more to healthy eating than just knowing how to cook! You also need to know what to eat, so it's a good idea to include nutrition information into the program if you can. Your Community Controlled Health Service may have a Nutritionist or Dietitian, alternatively you may be able to invite one from another organisation who can come along one week to talk to the participants about healthy eating, or you yourself may like to provide some information (refer to Appendix K for useful links). Talk to your participants and see what they already know about nutrition and what they would like to learn - this will help you decide what to talk about if you choose to include nutrition information in your program.

# Section 3

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## Running a Good Quick Tukka Cooking Session

- How to prepare for a cooking session
- Steps to run a Good Quick Tukka cooking session
- Frequently Asked Questions
- Steps to run a Good Quick Tukka community 'Pass On' session

# How to prepare for each cooking session

## ***The day before the cooking session:***

- Contact your participants to confirm that they are able to come
- Work out how many pairs or groups you will have
- Choose 2 recipes to cook - you will need to do this for the first cooking session, but for the rest of the cooking sessions, it is a good idea to let the participants choose. It is recommended to cook the recipe marked \* as it introduces new tastes/cooking methods, etc. You may also like to cook the recipe before the session as a trial run.
- Create a shopping list - each pair or group should cook a recipe which serves 4 to 6 people
- Buy your ingredients and store them safely (Appendix C has food safety information)
- Make sure that there are enough cooking utensils for everyone

## ***The day of the cooking session:***

- Photocopy the recipes so that everyone has a copy for themselves and a spare to give to a friend or family member
- Photocopy evaluation forms for each participant (at their first and last cooking sessions), consent forms for each new participant and an 'Activity Log Sheet' for you to fill out at each session (Appendix E)
- Conduct the Food Safety Audit for facilitators (the form can be found in Appendix D)
- Make sure that all the ingredients and equipment are easily available

# Steps to run a Good Quick Tukka cooking session

## ***Welcome everyone***

Introduce yourself and point out the location of the fire exits, bathrooms etc. You may also want the participants to introduce themselves to break the ice.

## ***Explain the background behind your Good Quick Tukka program***

Explain why you started this program and what you aim to achieve in each cooking session.

## ***Distribute evaluation forms Sheet (see Appendix E for these forms).***

If it is the first cooking session, you must get all of your participants to fill out a brown evaluation form and participant consent form. Make sure any new participants fill out this form at their first cooking session. At the last cooking session all participants must fill in the brown evaluation form.

## ***Remember food safety***

Ensure everyone washes their hands to reinforce the importance of food safety.

## ***Get cooking!***

You may want to demonstrate some common skills to the whole class (e.g. chopping an onion) or simply let the pairs or groups of participants start. Guide your participants through their recipes - they may need your help with certain steps.

## ***Clean as you go***

Encourage your participants to wash up as they go so it's not all left until the end.

## ***Enjoy the meal!***

Once the participants have finished cooking, sit down and eat the 2 different meals together. As the facilitator, complete the Activity Log Sheet.

## ***Finish up***

Congratulate the participants and encourage them to pass on the recipes. Encourage them to document their 'Pass on' on their mobile phone or invite them to be part of the Facebook 'Good Quick Tukka' Group (See Appendix E).

Decide, as a group, the recipes you will make in the next cooking session.

## Frequently Asked Questions

### ***Q: Why should I break my participants into pairs or groups?***

A: Breaking your participants into pairs or groups will encourage them to interact with each other, and will make the session easier for you to manage. It also means that you will need less ingredients and equipment. Make sure that everyone gets to practise each cooking skill (e.g. chopping, grating) during the cooking session.

### ***Q: Can the participants take their meals home?***

A: Participants should eat together at the end of each cooking session so they can try the 2 meals and have a yarn. However, sometimes there will be left-over ingredients and meals which participants can take home (try to ensure appropriate containers and an esky with ice bricks for transport).

### ***Q: How can I encourage my participants to pass the recipes on?***

A: At the end of each cooking session, encourage your participants to pass on the skills and recipes they have learnt to their friends and family at home. If you have money in your budget, offering an incentive may encourage them. Some examples of incentives include cooking equipment, cookbooks, fruit and vegetable baskets and supermarket vouchers. The incentives can be given weekly or at the end of the program. Evidence of the pass on can be a photo on their mobile phone or the Good Quick Tukka Group on Facebook (see Appendix E)

### ***Q: What are all these evaluation forms?***

A: It is important to evaluate your Good Quick Tukka program to see if it was successful and to decide whether you should run the program again. Please read all of the information in Appendix E, as this provides you with specific details about evaluation.

### ***Q: What happens during the final cooking session?***

A: During the final cooking session, each participant should cook a meal for 2 or 3 of their family and friends. By doing this, they can pass on one of the recipes from the program that they liked. Let them know about this cook-up during their first cooking session, so that they have some time to think about who they might like to bring.

# Steps to run a Good Quick Tukka community 'Pass On' session

## ***Choose a recipe***

Choose a recipe that is simple and easy to cook. A quick recipe such as the one cup pancakes or Bush Beef Stir Fry will allow for more people to participate during the session. If there are no cooking facilities, recipes such as Tzatziki dip can be prepared that don't require cooking. (Recipes listed in Section 4)

## ***Set-up ingredients***

Set up enough ingredients for each participant that you expect to cook during the session (see following steps to determine how many participants you expect). It is preferable if each participant has their own workstation and own ingredients for one serve.

## ***First demonstration***

The facilitator demonstrates how to cook the recipe to 2 participants. These 2 original participants then move to their workstations.

## ***Second demonstration***

Two new participants watch a cooking demonstration from each of the 2 original participants (a total of 4 new participants will be watching). The 4 new participants then move to their workstations.

## ***Third demonstration***

The 4 participants who watched the demonstration by the original 2 participants then hold their own demonstrations. Each participant again shows 2 new participants. At this stage, 2 participants will have finished, 4 participants will be demonstrating and 8 participants will be watching.

## ***Repeat demonstrations***

This process is repeated as many times as possible within the timeframe and resource allocation.

\* Encourage them to share their experiences on Facebook Good Quick Tukka Group



[www.facebook.com/goodquicktukka](https://www.facebook.com/goodquicktukka)



# Section 4

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## Good Quick Tukka Recipes

- Recipe criteria
- Suggested recipe list for Good Quick Tukka

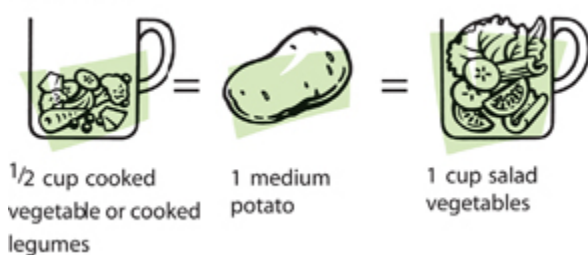
## Recipe Criteria

Any recipe that fits all of the following criteria is suitable to cook in your Good Quick Tukka program.

### ***Each Good Quick Tukka recipe must:***

- Be prepared and ready to eat in under 30 minutes
- Cost less than \$15 for 4-6 serves, preferably less than \$10
- Be prepared with common household equipment and ingredients
- Be low in fat, salt and sugar where possible
- Contain at least 1 serve of vegetables or fruit per serve
- 1 serve of vegetables is equal to half a cup of cooked vegetables, 1 cup of salad vegetables or 1 medium potato.
- 1 serve of fruit is equal to 1 medium piece of fruit, 2 smaller pieces of fruit or 1 cup of chopped or canned fruit.

#### Vegetable



#### Fruit



This manual provides 3 examples of recipes for weeks 1-9 of the Good Quick Tukka program which only require a stove to cook. It is suggested that you choose just 2 recipes to cook each week. You need to make sure that at the end of sessions 1-9, you and your participants decide what to cook the following week so that you have time to buy the ingredients. The recipes marked \* are suggested as they introduce participants to some new tastes and cooking methods but any recipes can be used if they fit the criteria.

Remember it is recommended that participants bring in their own recipes if possible - **make sure that they follow the criteria above!** You may need to modify the recipes to make them fit the criteria. If your Community Controlled Health Service does not have access to a Dietitian or Nutritionist to modify recipes so that they are healthier, you can use the recipe modification table (see Appendix G), use seasonal fruits and vegetables when they are at their best (see Appendix H) and add extra herbs and spices for more flavour (see Appendix I).

# Suggested Recipes for the Good Quick Tukka Program

The recipes marked \* are suggested as they introduce participants to some new tastes and cooking methods but any recipes can be used if they fit the criteria.

## Week 1 - Eggs

- Mushroom, Capsicum & Cheese Omelette
- Curried Egg Sandwich
- \*Poached Eggs & Vegetable Fritters

## Week 2 - Side Dishes & Light Meals

- Fried Rice
- Coleslaw
- Potato & Ham Salad
- \*Three Bean Salad (this can be prepared with the poached chicken in Week 6)

## Week 3 - Soup

- Minestrone Soup
- Pumpkin Soup
- \*Curried Lentil Soup
- Fish Soup

## Week 4 - Pasta

- \*Pasta & Tuna Salad
- Pasta with Simple Tomato Sauce
- Creamy Pasta

## Week 5 - Mince

- Meat & Vegetable Rissoles
- Spaghetti Bolognaise
- Chop Suey

## Week 6 - Fish & Chicken

- Chicken Peanut Satay
- Poached Chicken & Three Bean Salad
- \*Steamed Fish

### **Week 7 - Curries & Stews**

- Beef Mince & Vegetable Curry
- \*Golden Hotpot

### **Week 8 - Stir-Fries**

- Bush Beef Stir-Fry
- Chicken & Vegetable Stir-Fry
- Stir-Fried Vegetables

### **Week 9 - Breakfast & Sweet Treats**

- One Cup pancakes
- \*Creamy Rice
- French Toast with Fruit

### **Week 10 - Group Cook-Up**

- Participants show-case their skills by cooking a meal for family & friends using the recipes previously cooked or new recipes or each person can cook a recipe of their own to share with the group.

### **Recipes to use at Community Days**

This includes Three Bean Salad (Week 2), Bush Beef Stir Fry (Week 8) and One Cup Pancakes (Week 9)

- Tzatziki Dip
- Sushi

The image features a solid lime green background. The top section has a white header area. The main body of the image is decorated with a repeating pattern of white line-art icons representing various kitchen utensils, including knives, forks, spoons, a whisk, a spatula, and scissors, arranged in a scattered, overlapping manner.

# Eggs

# Mushroom, Capsicum & Cheese Omelettes **Serves 4**



## INGREDIENTS

8 eggs  
Salt and pepper  
3 teaspoons of margarine  
1 small red capsicum  
200g mushrooms  
½ cup low-fat cheddar cheese

## EQUIPMENT

Chopping knife  
Chopping board  
Grater  
Large frying pan  
Teaspoon, Tablespoon  
Spatula  
Paper towel  
Small bowl  
Fork  
Cup

## METHOD

1. Slice the capsicum and mushrooms into thin slices. Grate the cheese.
2. Melt half of the margarine in the pan and cook the capsicum and mushrooms until they soften.
3. Drain the vegetables on some paper towel and cover.
4. Crack the eggs into the bowl. Add the salt and pepper. Beat the eggs together with a fork.
5. Melt the rest of the margarine in the pan. When it starts to bubble, pour half of the eggs into the pan and move the pan around to evenly spread out the eggs.
6. When the edges of the omelette start to firm, spoon half of the vegetable mixture onto one half of the omelette and top with half of the cheese.
7. Carefully ease around the edges of the omelette with a spatula and fold the omelette in half. After a minute or so, carefully slide the omelette onto a plate and cut in half.
8. Repeat steps 5 - 7 with the remaining ingredients.
9. Serve each half omelette on a separate plate.



• Low fat cheese makes the dish healthier

# Curried Egg Sandwiches

Serves 4



## INGREDIENTS

3 Eggs  
Salt and pepper  
3 teaspoon Curry Powder  
3 teaspoons of low-fat mayonnaise  
8 slices of bread (wholemeal or multigrain)  
4 cups of salad vegetables of choice (lettuce, cucumber, carrot etc)

## EQUIPMENT

Saucepan  
Teaspoon  
Fork  
Spoon  
Knife  
Chopping Board

## METHOD

1. Fill the saucepan with enough water to cover the eggs.
2. Cover the saucepan and bring the water to boil. Gently lower the eggs into the water.
3. Cook the eggs for about 10 minutes. To test if they are cooked, remove an egg from the water and spin it on the table - if it spins on its tip then it is hard-boiled.
4. Cool the eggs under running water and peel them when cool.
5. Place the eggs into a bowl and mash with a fork. Add the curry powder and mayonnaise (you may want to add extra to your taste).
6. To make the sandwiches, divide the egg mixture and salad vegetables among 4 slices of bread. Top each with a second slice of bread and cut in half to serve.



- Spin eggs to test if they are well-cooked. (Soft eggs spin at a 45 degree angle)
- Choose wholemeal and multigrain bread to eat more fibre

# Poached Eggs & Vegetable Fritters

Serves 4



## INGREDIENTS

4 eggs  
1 large potato  
1 large carrot  
2 large zucchinis  
Salt and pepper  
1 tablespoon of canola oil  
2 teaspoons margarine  
1 tablespoon vinegar

## EQUIPMENT

Cutting Knife	Spoon
Cutting board	Saucepan
Grater	Slotted Spoon
Colander	Foil
2 bowls	
Large frying pan	
Spatula	

## METHOD

1. Fill the saucepan with water (enough to cover the egg) and bring to the boil.
2. Peel the potato and carrot and grate them into a colander. Cut the ends off the zucchini and grate them into the Colander.
3. Push down the vegetable mixture in the colander to squeeze out as much liquid as possible. Return to the bowl and add a pinch of salt and pepper.
4. Heat the oil and margarine in the frying pan and spoon 2 large portions of the vegetable mixture into the pan. Use the back of the spoon to pat the mixture down and cook for a few minutes on each side until crisp.
5. Repeat with the rest of the mixture (should make 8 fritters). Transfer the fritters to a plate covered with foil to keep warm.
6. Crack the egg into the bowl.
7. Into the saucepan add the vinegar and a few pinches of salt into the water. Stir the water to create a whirlpool
8. Slide the egg into the centre of the whirlpool and cook for 2-3 minutes (semi-soft yolk) or 3-4 minutes (firm-set yolk), without stirring.
9. Using a slotted spoon, transfer the egg to some paper towel to drain for a minute. Repeat with the remaining eggs, refreshing the water if necessary.
10. Serve a poached egg on 2 fritters.



- Choose margarine instead of butter
- Poached eggs can be served with salad





# Side Dishes & **Light Meals**



# Fried Rice

Serves 4



## INGREDIENTS

2 ½ cups of long grain rice  
250g (1 ½ cups) lean ham  
250g (1 cup) frozen peas and corn  
1 onion  
1 small red capsicum  
2 raw eggs  
1 carrot  
1 tablespoon soy sauce  
1 tablespoon vegetable oil  
1 tablespoon oyster sauce (optional)

## EQUIPMENT

Chopping board	Large pot
Large Knife	Cup measure
Large bowl	
Frying pan or wok	
Table spoon	
Wooden spoon	

## METHOD

1. Cook the rice with water in a pot by following the directions on the package.
2. Chop vegetables and gather all ingredients
3. Fry onions and garlic in oil with capsicum, carrot, peas and corn
4. Beat eggs together in a bowl and add eggs and ham to the vegetables
5. When eggs cooked, stir through the cooked rice and sauces. Serve.

Acknowledgement Source  
Kukumbat gudwan Daga 'Really Cooking Good Food'



- Add more vegetables including fresh, frozen or canned vegetables
- You can use any other leftover cooked meats or chicken
- A splash of olive oil and lemon juice (fresh or bottled) can be used instead of salad dressing

# Coleslaw

Serves 6



## INGREDIENTS

2 red or green apples  
2 teaspoons lemon juice  
 $\frac{3}{4}$  medium cabbage  
3 medium carrots, peeled  
3 tablespoons low fat mayonnaise  
3 tablespoons low fat milk  
1 teaspoon sugar

## EQUIPMENT

Chopping board  
Large knife  
Large bowl  
Small bowl  
Tablespoon  
Teaspoon  
Mixing spoon  
Vegetable peeler  
Grater

## METHOD

1. Chop apples, grate carrots and shred cabbage.
2. Toss apples in lemon juice to prevent browning.
3. Mix together mayonnaise, milk and sugar to form a dressing.
4. Toss dressing through cabbage, carrots and apples. (Spring onion, red or green capsicum or nuts may be added to vary this basic salad)

Acknowledgement  
Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit

Source  
Adapted from Food Cents Cookbook, Health Department of Western Australia 1997



- Add more vegetables
- Use low fat mayonnaise and low fat milk to make it healthier

# Potato & Ham Salad

Serves 4



## INGREDIENTS

5 (1kg) potatoes  
1 small red capsicum  
250g (1 ½ cups) lean ham  
2 hard boiled eggs  
½ cup mayonnaise (low fat)  
½ tablespoon seeded mustard

## EQUIPMENT

Large pot  
Large knife  
Large bowl  
Large mixing spoon

## METHOD

1. Prepare eggs using the hard boiled method.  
Cool eggs in cold water and remove the shells.
2. Cut eggs into small pieces.
3. Boil the potatoes until they are soft. Cool under running water and then cut into bite size pieces.
4. Dice the ham and capsicum.
5. Gather all ingredients into a bowl with the potatoes and eggs.
6. Add mayonnaise and mustard.
7. Mix all ingredients together and serve.

Acknowledgement Source  
Kukumbat gudwan Daga 'Really Cooking Good Food'



- Add more vegetables
- Use low fat mayonnaise to make the dish healthier

# Three Bean Salad

Serves 6



## INGREDIENTS

1 can (440g) three bean mix  
½ onion, peeled  
½ capsicum, seeds removed  
1 stick celery  
1/4 cup no-oil salad dressing  
black pepper to taste

## EQUIPMENT

Chopping board  
Large knife  
Cup measure  
Mixing spoon  
Salad bowl

## METHOD

1. Chop vegetables.
2. Combine all ingredients and place in a salad bowl.

Acknowledgement  
Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit



- Add more vegetables, cooled pasta or tinned fish to make more of a meal
- A splash of olive oil and lemon juice (fresh or bottled) can be used instead of salad dressing

# Soup





# Minestrone Soup

Serves 10



## INGREDIENTS

2 onions  
2 carrots  
1 bunch of celery  
2 zucchinis  
½ cabbage  
400g (1 can) 4 bean mix  
800g (1 can) chopped tomatoes  
1 tablespoon minced garlic  
500g pasta shells  
1 Litre of water  
1 tablespoon vegetable oil

## EQUIPMENT

Large knife	Tablespoon
Chopping board	Cup measure
Large pot	
Wooden spoon	
Large bowl	

## METHOD

1. Chop vegetables and gather all ingredients.
2. Place in a pot with oil, tomatoes, beans and garlic. Fry until soft.
3. Add water to cover and bring to the boil.
4. Turn heat down to low and add pasta,
5. Simmer until the pasta is soft.
6. Transfer soup into a bowl and serve.

Acknowledgement Source  
Kukumbat gudwan Daga 'Really Cooking Good Food'



- Choose whole meal pasta to make the dish healthier
- Choose no added salt canned tomatoes

# Pumpkin Soup

Serves 5



## INGREDIENTS

1 medium brown onion, chopped  
1 teaspoon minced garlic or 1 clove garlic, crushed  
1 tablespoon canola oil  
750g pumpkin, peeled and cubed  
1 large potato, peeled and cubed  
4 cups vegetable or chicken stock  
¼ cup low-fat natural yoghurt

## EQUIPMENT

Chopping board  
Vegetable peeler  
Large knife  
Large pot  
Wooden spoon  
Cup measure  
Potato masher (optional)  
Garlic crusher (optional)

## METHOD

1. Chop the onion. Peel the pumpkin and potato and cut into equal-sized cubes. Crush the garlic with the back of the knife or use a garlic crusher.
2. Heat oil in a large pot and cook the onion and garlic over low heat until onion becomes soft.
3. Add the pumpkin, potato and stock to the pot and bring to the boil.
4. Reduce the heat and simmer the vegetables for 15-20 minutes or until the pumpkin is tender.
5. Remove the pot from heat and season with salt and pepper.
6. Mash the pumpkin and potato until desired texture.
7. Return to heat if desired and add yoghurt to serve

Recipe from Healthy Food Fast © State of Western Australia 2011,  
reproduced with permission.



- If the soup is too thick, add a little low-fat milk to make desired consistency
- Replace yoghurt with ¼ cup low fat coconut milk for added flavour.
- Add one cup of red lentils when adding the vegetables to make a healthier dish



# Curried Lentil Soup

Serves 8



## INGREDIENTS

2 teaspoons vegetable oil  
1 small onion, finely diced  
1 tablespoon grated or finely chopped ginger  
2 cloves of garlic, chopped  
1 teaspoon of ground turmeric  
1 teaspoon of ground coriander  
1 teaspoon of ground cumin  
1 litre of vegetable stock  
1 potato, scrubbed & cut into 1cm pieces  
1 cup red lentils, uncooked  
1 carrot scrubbed & cut into 1cm pieces  
½ cup fresh coriander leaves, finely chopped - optional  
2 tablespoons low fat natural yoghurt - optional

## EQUIPMENT

Large knife	Tablespoon
Chopping board	Teaspoon
Medium saucepan	Cup measure
Wooden spoon	Grater (optional)
Small bowl	

## METHOD

1. Heat oil in saucepan over medium heat
2. Sauté onion, garlic and ginger for 2 minutes or until onion has softened
3. Add spices and cook for another minute
4. Pour in the stock and bring to boil
5. Add the carrot, potato and lentils and simmer for 15 minutes or until lentils are soft
6. Mix the fresh coriander and yoghurt in a separate bowl
7. Serve the soup with a spoon of the coriander yoghurt (optional)



- Use 3 teaspoons of curry powder if you don't have the spices in your cupboard.
- Buy the jars of minced garlic and ginger if you can't buy fresh.
- Use low salt veggie stock cubes if you have no stock.

# Fish Soup

Serves 4



## INGREDIENTS

2 fresh fish fillets cut into chunks  
½ chopped fresh chili (optional)  
1 teaspoon minced garlic or 1 garlic glove, crushed  
1 teaspoon crushed ginger (optional)  
1 chopped onion  
1 peeled and chopped carrot  
1 sticks sliced celery  
1 cup diced sweet potato  
1 cup shredded cabbage  
1 chopped zucchini  
1 can (400g) tin chopped tomato (reduced salt)  
2 cups water, extra water if needed

## EQUIPMENT

Large knife	Teaspoon
Vegetable peeler	Can opener
Chopping board	Cup measure
Wooden spoon	
Large saucepan with lid	

## METHOD

1. Chop fish into chunks. Chop vegetables.
2. In a large sauce pan add all ingredients.
3. Add enough water to cover fish.
4. Cover and cook on low heat until vegetables are soft.
5. Spoon into bowls and serve hot.

Acknowledgement: Source: Living Strong Cookbook, Qld Health 2008



- Have fish twice a week for your heart health
- Add more fish and vegetables for more people

# Pasta



# Pasta & Tuna Salad

Serves 6



## INGREDIENTS

375g macaroni or pasta tubes (penne)  
2 eggs  
2 large tomatoes  
185 g canned tuna, in water  
12 pitted black olives (optional)  
1 green capsicum  
2 teaspoons olive oil or canola oil  
2 teaspoons of vinegar or lemon juice  
1 small bunch basil, chopped (optional)

## EQUIPMENT

Large saucepan	Teaspoon
Small bowl	Large bowl
Fork	Can opener
Large knife	Serving spoons
Chopping board	

## METHOD

1. Prepare eggs using hard boiled method. Allow eggs to cool and remove shells.
2. Cut eggs into quarters.
3. Put pasta into a large pot with plenty of boiling water and boil until soft.
4. Drain tuna and mash with a fork.
5. Chop up vegetables.
6. Drain the pasta and place in a serving bowl. Stir in the olive or canola oil and vinegar or lemon juice.
7. Add vegetables and tuna. Toss.
8. Put the egg slices on top and serve.

Acknowledgement: Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit

Source: Adapted from 101 Festive Food Cents\$ Recipe & Gift ideas, Health Department of Western Australia 1995



- Add more pasta for more people
- Choose canned tuna in water to lower the salt content



# Pasta with Simple Tomato Sauce

Serves 4



## INGREDIENTS

1 tablespoon canola oil  
1 brown onion, chopped  
2 teaspoon minced or 2 garlic cloves, crushed  
1 large can (800g) diced tomatoes  
1 tablespoon tomato paste (low salt)  
½ teaspoon sugar  
Salt & black pepper  
400g dried penne pasta

## EQUIPMENT

Large frying pan	Large saucepan
Large knife	Chopping board
Can opener	Wooden spoon
Teaspoon	Tablespoon
Garlic crasher (optional)	

## METHOD

1. Chop onion.
2. Heat the oil in a large frying pan over medium heat.
3. Add the onion and cook, uncovered, stirring often, for 3 minutes or until it softens slightly.
4. Add the tomatoes and tomato paste. Then increase heat to high and bring to the boil.
5. Reduce heat to medium and simmer, uncovered, stirring often, for 6-7 minutes or until the sauce reduces and thickens slightly.
6. Stir in sugar. Season with salt and pepper.
7. Meanwhile, cook the pasta in a large saucepan of salted boiling water until soft. Drain and return to the pan.
8. Add the sauce to the pasta and combine. Serve immediately.



- Choose low salt or no added salt tomato paste and tinned tomatoes
- Choose wholemeal pasta to make the dish healthier

# Creamy Pasta

Serves 6



## INGREDIENTS

500g dried pasta (penne)  
350g lean ham  
3 sticks of celery, finely chopped  
1 ½ onions, finely chopped  
1 ½ tablespoons canola oil  
1 ½ tablespoons plain flour  
1 ½ cups chicken or vegetable stock  
1 small can creamed corn  
¾ cup evaporated skim milk  
3 teaspoons fresh basil or 1  
teaspoon dried basil (optional)  
Black pepper

## EQUIPMENT

Frying pan	Large pot
Chopping board	Large knife
Can opener	Tablespoon
Teaspoon	Mixing spoon

## METHOD

1. Fill a pot with plenty of water and bring the water to the boil.
2. Add pasta to the boiling water and stir. Allow for 10 minutes for pasta to cook or until tender and drain into a colander.
3. Meanwhile, finely chop lean ham, onion and celery.
4. Put onion and celery in the frying pan and sauté lightly in oil.
5. Add flour and stir for 1 minute. Then gradually add the stock and cook until the sauce boils and thickens.
6. Add chopped ham, creamed corn, skim milk, basil (optional) and black pepper. Heat gently.
7. Toss the sauce through hot pasta and serve.

Acknowledgement: Deadly Tucker Cookbook-Source: Adapted from 101 Festive Food Cents\$ Recipe and Gift Ideas, Health Department of Western Australia 1997



- More vegetables can be added.
- Choosing lean ham makes the dish healthier.
- If you have no evaporated milk, thicken skim milk with some cornflour

# Mince



# Meat & Vegetable Rissoles

Serves 6



## INGREDIENTS

500g low fat mince  
2 potatoes  
2 carrots  
2 onions  
1 small capsicum  
1 egg  
2 tablespoons flour  
1 tablespoon vegetable oil

## EQUIPMENT

Frying pan  
Chopping board  
Grater  
Large knife  
Small bowl  
Cup measure  
Serving spoon  
Tablespoon

## METHOD

1. Peel and grate potatoes, carrots and onions.  
Chop capsicum finely.
2. Mix all ingredients (except the flour) in a bowl,  
so they stick together.
3. Take small handfuls of the meat and vegetables  
and roll into balls.
4. Roll the balls in a little bit of flour.
5. Heat fry pan, put small spoonful of oil in the  
bottom.
6. Cook rissoles until brown on both sides or place  
on the BBQ until brown.

Acknowledgements: Deadly Tucker Cookbook, Source: Adapted from Good Tucker for All Who Care, C'wealth Dept. of Human Services & Health, and Kimberley Public Health Unit, WA 1996. Contributed by Margaret Mippy (Djarindjin Meals on Wheels)



- Add more potatoes, carrots and onions for more people
- Use sweet potatoes instead of potatoes for a more diabetes friendly meal



# Spaghetti Bolognaise

Serves 4



## INGREDIENTS

1 medium onion  
1 teaspoon minced garlic  
2 teaspoons canola oil  
500g lean mince  
440g tin tomatoes  
2 Tablespoons tomato paste  
1 teaspoon basil (optional)  
1 teaspoon parsley (optional)  
Pepper  
400g spaghetti  
2 medium tomatoes  
4 lettuce leaves

## EQUIPMENT

Large knife	Wooden spoon
Chopping board	Can opener
2 large saucepans (1 with lid)	Teaspoon Tablespoon

## METHOD

1. Put a large saucepan of hot water on to boil (rapid bubbles).
2. Place 440g spaghetti in saucepan of boiling water, stir sometimes. Boil for 10 to 15 minutes until tender.
3. Peel and chop onion finely.
4. Cook chopped onion and 1 teaspoon minced garlic in 2 teaspoons of oil for 2 minutes.
5. Add 500g mince, cook and stir to stop from sticking for about 8 minutes till brown.
6. Add to the mince, 1 tin of tomatoes chopped in their tin and the juice, the tomato paste and a sprinkle of pepper. Simmer and stir sometimes until spaghetti is ready.
7. Wash tomatoes and lettuce. Slice tomatoes, and arrange on plates with lettuce.
8. Serve spaghetti and spoon meat sauce on top

Acknowledgements: Source -The Cookbook- Qld Health 1994



- Add more vegetables to make more sauce.
- Add canned kidney beans or lentils for a healthier dish and more fibre
- If lean mince is expensive, then buy the regular one, dry fry, and then drain off the oil

# Chop Suey

Serves 6



## INGREDIENTS

500g low fat mince  
3 table spoons canola oil or margarine  
3 cups water  
¾ packet of chicken noodle soup (salt reduced)  
¾ cup of uncooked rice  
4 ½ cups of cabbage, chopped finely  
3 carrots, peeled and sliced  
1 large onion chopped  
Pepper

## EQUIPMENT

Large pot	Serving spoon
Chopping board	Tablespoon
Large knife	
Cup measure	

## METHOD

1. Fry the mince and onions in the oil or margarine until brown.
2. Add the water, soup mix and rice.
3. Leave to cook while chopping the vegetables.
4. Add the vegetables and pepper.
5. Cook with the lid off until the vegetables are tender, stirring occasionally. You may have to add more water.

Acknowledgement: Deadly Tucker Cookbook, Source: Adapted from Quick Cheap & Healthy Meals, Noarlunga Health Services, SA, 2000.



- If lean mince is expensive, then buy the regular one, dry fry, and then drain off the oil
- Add more vegetables and rice for more people

# Fish & Chicken



# Chicken Peanut Satay

Serves 4



## INGREDIENTS

2 teaspoons vegetable oil  
400g chicken breast  
1 small red capsicum  
1 small onion  
¼ cup satay sauce from a bottle  
2 tablespoons of peanut butter (preferably crunchy)  
Boiling water  
Rice or noodles and broccoli or green beans (to serve)

## EQUIPMENT

2 chopping boards  
2 knives  
Frying Pan  
Mixing Spoon  
Cup measure  
Teaspoon  
Tablespoon  
Foil

## METHOD

1. Chop chicken into strips. Chop capsicum into strips and chop onion into large chunks.
2. Heat 1 teaspoon oil in frying pan. Stir fry chicken until brown.
3. Remove chicken and put into a bowl covered with foil to keep warm.
4. Heat another teaspoon of oil and cook vegetables until onion is soft.
5. Return chicken to pan. Add satay sauce and peanut butter. Add enough boiling water until sauce is smooth and slightly thick. Can add more satay sauce and peanut butter depending on personal preference.
6. Simmer for 5 minutes.
7. Serve with noodles or rice and some green vegetables (broccoli or beans).



• Can add more vegetables for more people



# Poached Chicken & Three Bean Salad

**Serves 4**



## INGREDIENTS

3 chicken breast fillets (without skin and bone)  
2 cups of chicken stock (low fat and reduced salt) or water  
2 teaspoons dried herb mixture (optional)

## EQUIPMENT

Large knife  
Chopping board  
Large pot with lid  
Cup measure  
Teaspoon  
Slotted spoon

## METHOD

1. Add two cups of chicken stock or water in a large pot.
2. Put chicken breast fillets in the pot and bring to boil.
3. Quickly reduce to low heat, partly cover and simmer the chicken breast for 10 minutes.
4. Turn off heat and allow chicken to remain in hot water for 15 minutes.
5. Meanwhile prepare the three bean salad (recipe can be seen in salad section).
6. Slice chicken and serve with salad.



- Poached chicken can be served with any salads
- If using chicken stock, choose the low fat and low salt stock

# Steamed Fish

Serves 4



## INGREDIENTS

750g fish fillets, cut into 4 pieces  
1 teaspoon crushed ginger or 1 slice fresh ginger cut into sticks lengthways  
2 carrots, peeled and cut into sticks lengthways  
1 cup of green beans or snow peas, sliced  
½ red capsicum, sliced  
2 tablespoon soy sauce  
2 tablespoons white wine (optional)

## EQUIPMENT

Large knife  
Chopping board  
Tablespoon  
Vegetable peeler  
Large bowl  
Large pot with lid (can put the bowl in)

## METHOD

1. Cut fish fillet into 4 pieces. Slice carrots, snow peas / beans, fresh ginger and red capsicum.
2. Put fish in a large bowl; pour soy sauce and wine (optional) over fish. Top with ginger and carrot.
3. Fill large pot with water to a depth of 2-2.5 cm.
4. Put the bowl of fish into pot, cover and cook on high heat until water boiled. Then turn to medium heat.
5. Cook fish for 10 minutes, add beans/snow peas and capsicum to the fish, cover and continue to cook for 5-6 minutes or until fish flakes and vegetables are tender.
6. Remove bowl from pot, can be served with other salad or cooked vegetables and rice.



• Have fish twice a week for your heart health

# Curries & Stews



# Beef Mince and Vegetable Curry

Serves 6



## INGREDIENTS

500 grams beef mince  
1 onion  
2 carrots  
2 potatoes  
500g (1 packet) frozen vegetables  
2 teaspoons minced garlic or 2 garlic gloves, crushed  
2 teaspoons crushed ginger or fresh ginger (optional)  
2-3 teaspoons curry powder  
2 teaspoons corn flour  
1 table spoon vegetable oil (optional)

## EQUIPMENT

Large knife  
Chopping board  
Large pot or frying pan  
Wooden spoon  
Cup measure  
Teaspoon  
Table spoon  
Large bowls

## METHOD

1. Chop vegetables and gather all ingredients into a large bowl.
2. Dry fry (do not add oil) the beef mince in the pot or frying pan until brown.
3. Transfer beef mince to large bowl, leave meat juice in the pot or frying pan.
4. Add onion, carrots, and potatoes in the pot and stir until soft.
5. Add browned beef mince and frozen vegetables in the pot.
6. Add garlic, ginger (optional) and curry powder and stir.
7. Add some water just to cover the top of the beef and bring to boil. Stir through corn flour and then turn heat down low and simmer for 10 minutes.
8. Serve with rice, pasta or bread.

Acknowledgement Source:  
Kukumbat gudwan Daga 'Really Cooking Good Food'



- Dry fry the mince so you do not need extra cooking oil
- Plain flour can be used instead of corn flour
- Add a can of kidney beans or 3 bean mix to make it healthier



# Golden Hotpot

Serves 6



## INGREDIENTS

1 ½ onions  
½ capsicum  
2 carrots, peeled  
3 sticks celery  
1 can (420g) baked beans  
1 can (420g) corn kernels  
1 can (440g) tomatoes, mashed  
¼ teaspoon chili powder  
3 packets low-fat 2 minute noodles  
½ cup chopped parsley (optional)

## EQUIPMENT

Large pot  
Large pan  
Chopping board  
Large knife  
Can opener  
Cup measure  
Teaspoon  
Wooden spoon  
Vegetable peeler

## METHOD

1. Chop vegetables.
2. Cook (microwave, steam or boil) onion, carrot, capsicum and celery until tender. Drain.
3. Add chopped lean ham, corn, baked beans, tomato and chili powder. Combine well and heat through. Add parsley just before serving (optional).
4. Add noodles to a large pan of boiling water. Cook for 2 minutes. Drain and serve with vegetables and ham.

Acknowledgement Deadly Tucker Cookbook Nth Metro Area Health Service

Public Health Unit, Dept of Health, WA 2009

Source: Adapted from Food Cents\$ Cookbook, Health Dept WA 1997



- Can add more tomatoes and canned beans
- Can use pasta noodles instead of 2 minutes noodles

# Stir-Fries



# Bush Beef Stir Fry

Serves 6



## INGREDIENTS

Canola oil spray  
1 onion, diced  
1 teaspoon minced garlic or 1 crushed garlic clove  
1 Tablespoon of crushed ginger  
750g lean beef cut into strips  
1 sliced red capsicum  
1 sliced green capsicum  
1 bunch broccoli  
2 large peeled and sliced carrots  
1 cup sliced mushrooms  
1 cup of snow peas or green beans  
1 sliced zucchini  
2 tablespoons water  
1 tablespoon corn flour  
1 teaspoon sugar or honey  
1 tablespoon sweet chili sauce  
3 Tablespoons salt reduced soy sauce  
Steamed rice or noodles to serve with

## EQUIPMENT

1 fry pan or wok	Teaspoon
Large knife	Cup measure
Chopping board	Wooden spoon
Vegetable peeler	1 large bowl
Tablespoon	

## METHOD

1. Lightly spray pan or wok with oil and cook onion, ginger and garlic on medium heat for 2 minutes.
2. Add beef strips and cook until slightly brown all over.
3. Add red capsicum, green capsicum, broccoli, carrot, mushroom, snow peas and zucchini and cook for 3 minutes.
4. In a bowl mix water, cornflour, soy sauce, sugar or honey and sweet chilli sauce.
5. Pour this mixture over the meat and vegetables. Stir and simmer for 5 minutes.
6. Serve with rice or noodles.

Acknowledgement: Source  
Living Strong Cookbook 2008 - Qld Health



- Can use frozen or tinned vegetables if fresh vegetables are not available
- Other types of meat such as chicken (skin removed) or kangaroo can be used instead of beef

# Chicken & Vegetable Stir Fry

Serves 6



## INGREDIENTS

1 tablespoon canola oil  
2 tablespoons minced garlic or crushed garlic cloves  
1 large onion, finely chopped  
500g chicken fillets  
¼ cabbage  
1 large carrot  
½ red capsicum  
2 tablespoons salt reduced soy sauce  
2 cups cooked rice

## EQUIPMENT

Large knife	Serving spoon
Chopping board	Cup measure
Garlic crusher	
Tablespoon	
Wooden spoon	
Large pot, wok or fry pan	

## METHOD

1. Chop up vegetables into stir-fry sized pieces. Crush garlic using the back of the knife or use a garlic crusher.
2. Heat oil in pan and brown garlic and onion.
3. Chop chicken into strips. Add chicken into pan and brown.
4. Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm.
5. Serve with rice.

Acknowledgement Deadly Tucker Cookbook Nth Metro Area Health Service

Public Health Unit, Dept of Health, WA 2009, Source: Adapted from Fruit & Veg Cookbook, Mid Nth Coast Aboriginal Health Partnership, NSW 2001



- Remove the skin from chicken before cooking
- Choose salt reduced soy sauce to make the dish healthier



# Stir-Fried Vegetables

Serves 4



## INGREDIENTS

150g broccoli, chopped  
1 onion, diced  
2 teaspoons minced garlic or 2 garlic cloves, crushed  
1 green capsicum, seeded and sliced  
1 red capsicum, seeded and sliced  
½ tablespoon canola or vegetable oil  
1 teaspoon salt or salt reduced soy sauce

## EQUIPMENT

Large fry pan or wok  
Wooden spoon  
Tablespoon  
Teaspoon  
Large knife  
Chopping board  
Garlic crusher (optional)  
Large bowl

## METHOD

1. Heat oil in a large frying pan or a wok over medium high heat.
2. Stir fry broccoli and garlic for 2-3 minutes.
3. Stir in onion, red and green capsicum and cook about 3 minutes until the capsicum is tender but still crisp.
4. Serve (can serve with steamed rice or noodles).



- Add more vegetables for more people
- Make sure there is plenty of rice

# Breakfast & **Sweet Treats**



# One Cup Pancakes

Serves 4



## INGREDIENTS

1 egg  
1 cup of low fat milk  
1 cup of self-raising flour  
Margarine/oil  
2 bananas, sliced  
250grams of yoghurt

## EQUIPMENT

One large bowl  
Large knife  
Chopping board  
Non-stick frypan  
Whisk/Fork  
Ladle  
Teaspoon  
Cup measure (any cup can be used as long as it is the same cup used for the flour and milk)

## METHOD

1. Crack your egg into a large bowl.
2. Add the flour and milk
3. Beat everything together until the batter is smooth.
4. Heat oil/margarine in a non-stick pan over medium heat.
5. Pour one ladle of batter into the pan, flip when bubbles appear in the centre of the pancake and cook until golden brown.
6. Serve with banana and yoghurt.

Acknowledgements: Source - Jamie Oliver's Ministry of Food



- ¼ cup of sultanas can be added to the dry mixture to make more flavours
- Use ½ wholemeal and ½ white flour to add more fibre
- Plain flour can be used to make crepe style thin pancakes

# Creamy Rice

Serves 4



## INGREDIENTS

1 cup dry rice  
1 ¼ cups milk powder  
¼ cup sugar  
4 cups water  
2 teaspoons vanilla essence

## EQUIPMENT

Cup measure  
Teaspoon  
Mixing spoon  
Large saucepan

## METHOD

1. Combine all ingredients in a saucepan.
2. Bring to the boil stirring occasionally.
3. Reduce heat and simmer gently for half hour stirring occasionally.
4. Serve hot or cold with fresh or tinned fruit.

Acknowledgement: Deadly Tucker Cookbook

Nth Metro Area Health Service, Public Health Unit, Dept of Health WA 2009.

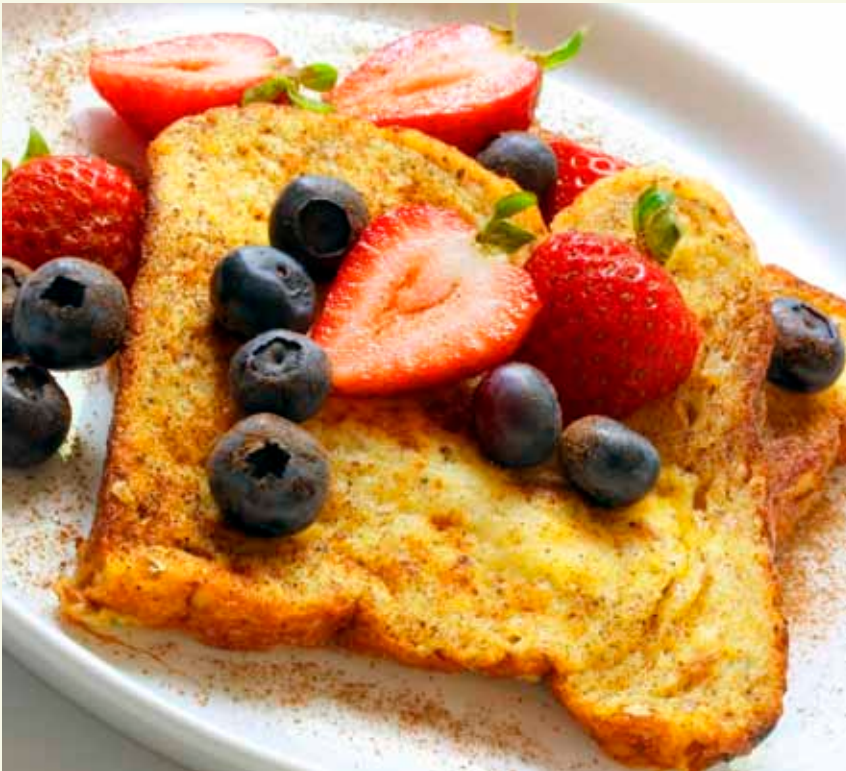


- Add more rice for more people
- Use skim milk powder to lower the fat content
- If using fresh milk, use 1 ¼ cups of skim milk and no water



# French Toast with Fruit

Serves 1



## INGREDIENTS

1 large egg  
¼ cup milk (low fat)  
2 slices of bread (multigrain or wholemeal), halved  
Cooking oil spray  
Fresh or Canned Fruit to serve

## EQUIPMENT

Small bowl  
Fork  
Tongs  
Small frying pan

## METHOD

1. Beat the egg and milk together in the bowl.
2. Heat the frying pan over a medium heat.
3. Dip 1 piece of bread at a time in the egg mixture to evenly coat.
4. Lightly spray the pan with oil, then add the bread and cook in batches for 2-3 minutes on each side, or until golden.
5. Transfer to a plate and serve with fresh or canned fruits.



- Use low fat milk to make the dish healthier
- Buy fruits in season and canned fruits are good alternatives for the fresh ones

The background of the entire page is a solid light green color. Overlaid on this background are various white line-art illustrations of kitchen utensils. These include a whisk, a spatula, a fork, a spoon, a knife, a pair of scissors, a grater, and a rolling pin. The utensils are scattered across the page in different orientations and sizes, creating a subtle, thematic pattern.

# Recipes to use at **Community Days**

Suggestions include the:  
Three Bean Salad  
Bush Beef Stir Fry and  
One Cup Pancakes

# Tzatziki Dip

Serves 4



## INGREDIENTS

1 Lebanese Cucumber  
1 cup of low fat yoghurt  
2 cloves of garlic crushed or 2  
teaspoons of minced garlic  
4 teaspoons of chopped mint or 2  
teaspoons of dried mint

## EQUIPMENT

Bowl  
Teaspoon  
Knife  
Chopping board  
Grater (optional)  
Cup  
Paper towel

## METHOD

1. Cut off the ends of the cucumber and grate or dice finely
2. Squeeze out excess liquid from the cucumber with paper towels.
3. Mix yoghurt, garlic and mint into a small bowl.
4. Stir in cucumber into the yoghurt mixture.
5. Serve with some cut up carrot and celery sticks or wholegrain crackers

Recipe from Healthy Food Fast © State of Western Australia 2011,  
reproduced with permission.



- Tzatziki can be used as a dip with curry, just remove the garlic
- It can be used as a sauce or salad dressing
- It can be stored in the fridge for 2 days



## INGREDIENTS

1 Cucumber  
1 Carrot  
Low fat mayonnaise  
2 cups of cooked rice  
Tinned salmon or tuna  
4 nori sheets

## EQUIPMENT

Sushi mats  
Chopping board  
Knife  
Spoon

## METHOD

1. Cut the cucumber and carrots into thin strips
2. Lay the nori sheet, rough side facing upwards on the sushi mat
3. Take a handful of cooked rice and spread it thinly onto the nori sheet with your hands and leave a 2cm strip at the top, clear of rice
4. Place some fish, carrot and cucumber strips across the edge on the rice closest to you.
5. Wet edges of the nori roll with water and starting at the end closest to you, use the mat to roll sushi, pressing tightly as you go.
6. Cut the roll up into 6-8 pieces.

Further information can be found at:  
<http://makemysushi.com/index.php/How-to-make-sushi/classic-roll.html>



- Serve with low salt soy sauce
- Great to eat when you have leftovers of rice
- Any fillings can be used

# Section 5

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## Appendix

- A: Promotional flyers
- B: Suggested Equipment List
- C: Food safety essentials
- D: Food safety audit for facilitators
- E: Evaluation tools
- F: Certificate of Participation
- G: How to make recipes healthier
- H: Seasonal fruit and vegetable guide
- I: Herb and Spice Chart
- J: Cutting Techniques
- K: Useful Web links

## Appendix A: Template for Promotional Flyers

If you are planning on recruiting new participants to your Good Quick Tukka program, you may like to place some promotional flyers in highly visible areas (e.g. the waiting room at your local health service, at the local shop) to promote the program and encourage people to attend.

On the next 2 pages are templates for promotional flyers. Simply photocopy the page in the size that you would like and add your own information and logo in the 'For more information:' box.

If you would like to make changes to this flyer, you can access the file on the attached Good Quick Tukka facilitator manual CD. If you no longer have this CD, you can contact [nutrition@qaihc.com.au](mailto:nutrition@qaihc.com.au) for a copy.





COOK IT, PLATE IT, SHARE IT  
**GOOD QUICK TUKKA**

# Cook for your family

- *An enjoyable cooking class*
- *Learn new skills*
- *Make new friends*
- *Share with your families and friends:  
‘Cook it up, Pass it on’*
- *Celebrate in your community:  
Tasty foods and a healthy lifestyle*

For more information:



## Appendix B:

Suggested Equipment list for a Good Quick Tukka Program with 10 participants.

- 10 Knives for chopping- such as the Scanpan Spectrum Soft touch Santoku Knives and / or Plastic Lettuce Knives if cooking with young children
- 10 Chopping Boards (colored ones are good for food safety/hygiene)
- 10 Small Bowls
- 10 Large Bowls
- 10 Forks
- 10 Knives
- 5 Graters
- 5 Large Frying pans/Woks
- 5 Large Saucepans
- 5 Small Saucepans
- 5 Teaspoons
- 5 Tablespoons
- 5 sets of Measuring cups or 5 one litre Measuring Jugs
- 5 Spatulas
- 5 Wooden Spoons ( for stirring)
- 5 Colanders
- 5 Slotted Spoons
- 5 Potato Mashers
- 5 Soup ladles
- 5 Vegetable Peelers
- 5 Can openers
- 5 sets of Tongs
- 5 Garlic Crushers (optional)
- 5 Portable Gas Cookers and Gas Canisters
- First Aid Kit

## Appendix C: Food Safety Essentials

Food safety is essential - you and your participants must take care when purchasing, storing and preparing foods to prevent food poisoning. Below are some simple, but important tips that you need to remember when running Good Quick Tukka. When conducting community Pass On cooking sessions, make sure you contact your local council to see if there are any food safety regulations that you must also follow.

### ***Food purchasing***

- Purchase foods and ingredients from a reliable supplier.
- Do not purchase foods in dented cans or broken packaging (e.g. broken seals).

### ***Food storage***

- Store raw and cooked foods separately.
- Put raw meat, fish and chicken into covered containers and store them on the lowest shelves in the fridge. This will prevent them from dripping onto other foods and contaminating them.
- Put leftover cooked foods in covered containers and store them in the fridge or freezer.
- Thaw frozen foods in the fridge for 24 hours. Do not thaw foods on the kitchen bench or in water. If a fridge is not available, use an esky with ice. Some microwaves can also be used.
- Cover foods to keep insects and pests off them.
- Never re-freeze foods that have already been frozen once.

### ***Shelf life of foods***

- **'Use By' Date:** Do not eat this food after this date, as it will not be safe to eat.
- **'Best Before' Date:** You can eat the food after this date; however it will have lost some of its taste and nutrients.
- Bread will show a 'baked on' date if it should be eaten within 1 week of baking.
- Foods that have a shelf life of two or more years (e.g. canned soup) do not have to show a 'best before' date. However, it is best to eat these foods within 2 years of buying them.

### ***Keep the kitchen clean:***

- Keep clean all surfaces and equipment that comes into contact with food.
- Prevent pests and animals coming into the kitchen.

### ***Food preparation***

- Avoid cooking if unwell, and remember to cover cuts and infections on hands.
- Keep hands clean: Wash hands and nails thoroughly with warm running water and soap. Dry hands thoroughly.
- Wash your hands after preparing raw meat, sneezing, coughing, going to the toilet, handling rubbish or touching animals.
- Wash fruit and vegetables to be eaten raw under running water.

- Keep uncooked food separate from cooked food and food to be eaten raw.
- Use clean equipment: this includes chopping boards, it is a good idea to get a different coloured chopping board for different foods (eg. red for red meat, blue for chicken, green for vegetables).
- If only one chopping board is available, make sure it is cleaned well with hot soapy water between preparing different foods.
- Keep animals and pests away from the cooking and storage areas.
- Put food scraps into a covered bin which is emptied regularly.

### ***Food cooking***

- **Keep hot food hot:** serve hot food as soon as possible. It should be kept at, or above 60°C. Reheat food as quickly as possible until steaming hot.
- **Keep cold food cold:** keep food in the refrigerator at 5°C or less as much as possible.
- Refrigerate or freeze food that is to be prepared well in advance.

### ***Cook high risk foods thoroughly***

- Cook thoroughly foods such as :mince, burger patties, sausages, seafood and chicken.

There are some quick simple food safety videos that can viewed at  
<http://www.foodstandards.gov.au/scienceandeducation/learningcentre/>

## Appendix D: Food Safety Audit for Facilitators

It is recommended that facilitators conduct this audit before, during, and after running a GQT session.

Facilitator: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Purchasing</b>	<b>Yes</b>	<b>No</b>
<ul style="list-style-type: none"> <li>• Are foods and ingredients purchased from a reliable supplier?</li> <li>• Are high risk foods transported to the session at an appropriate temperature?</li> </ul>		
<b>Personal Hygiene</b>		
<ul style="list-style-type: none"> <li>• Are hands thoroughly washed and dried before cooking?</li> <li>• Are paper towels and a bin provided at the hand basin?</li> <li>• Are all cuts or scratches on hands covered?</li> <li>• Are unwell food handlers advised not to handle any food?</li> </ul>		
<b>Food handling and storage</b>		
<ul style="list-style-type: none"> <li>• Are all cold high-risk foods kept in a fridge (below 5°C) or in an esky with ice bricks?</li> <li>• Are all hot high risk foods kept hot (above 60°C) until serving?</li> <li>• Are all utensils cleaned between preparing different foods (especially raw and cooked foods)?</li> <li>• Are all raw foods stored below cooked foods in the fridge or in an esky?</li> <li>• Are all prepared foods eaten immediately?</li> </ul>		
<b>Cleaning and sanitising</b>		
<ul style="list-style-type: none"> <li>• Are all utensils cleaned thoroughly and stored appropriately?</li> <li>• Are benches and stoves cleaned after use?</li> <li>• Is the food preparation area protected from pests entering?</li> </ul>		

## Appendix E: Evaluation Tools

The aim of Good Quick Tukka is to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people in Queensland. It is important to evaluate your sessions, to see if you have been successful in achieving this aim.

There are two official evaluation tools for the Good Quick Tukka program. Copies of these evaluation forms can be found over the next few pages. Simply photocopy the amount that you require.

- 1 **Pre and Post Program Evaluation Forms** (7 pages): These forms should be completed by participants in the first week and the last week of the program.
- 2 **Activity log sheet** (2 pages): This form should be completed by the facilitator during each session. Some of the information can be collected from the answers on the participants' evaluation form. It may be helpful to fill this form out while the participants are cooking and eating, as some of the questions ask for examples of verbal comments.

Participants must also fill out a consent form and given a copy of the Participant Information Sheet at the beginning of their first session. Copies of these forms can also be found on the next few pages.

- 3 **Facebook Page:** Encourage everyone to become a member of the 'Good Quick Tukka' group on Facebook so they pass on their recipes and experiences.

Find us on Facebook, [www.facebook.com/goodquicktukka](http://www.facebook.com/goodquicktukka) and encourage everyone to post a message

- 4 **Mobile Phone Photos:** Encourage everyone to take a photo of a Good Quick Tukka meal cooked at home so they can show everyone the next week.



## Good Quick Tukka: Cook it, Plate it, Share it Project

### Participant Information Sheet

Thank you for your or your child's interest in participating in this project. If you have any questions while reading this information sheet please do not hesitate to get in touch with one of the contacts listed below.

This project is being conducted in collaboration with the Queensland Aboriginal and Islander Health Council (QAIHC) - Preventative Health Team, health services and organisations such as:

Brisbane Aboriginal & Torres Strait Islander Community Health Service (Ph: 3240 8900)

Inala Indigenous Health Service (Ph: 3275 5333)

Kalwun Health Service (Ph: 5526 1112)

Yulu Burri Ba Health Service (Ph: 3409 9596)

Goolburri Health Advancement Corporation (Ph: 4632 0338)

Dunwich State School and Secondary Department. (Primary Ph: 3409 6333, Secondary 3409 6344)

Kambu Medical Service (Ph: 3202 2222)

#### **Project Contacts**

Dr Katie Panaretto, Population Health Medical Officer, QAIHC (Ph: 3328 8500)

Lynette Anderson, Chronic Disease Coordinator, QAIHC (Ph: 4755 2522)

Debbie Chen, Nutrition Coordinator, QAIHC (Ph: 3328 8500)

#### **What is the aim of the Good Quick Tukka Project?**

The aim of the project is to increase the number of meals being prepared at home, which incorporate vegetables or fruit, among Aboriginal and/ or Torres Strait Islander people.

#### **Why is it being done?**

The QAIHC Preventative Health Team has been set up to help promote healthy lifestyles in Aboriginal and Torres Strait Islander populations in Queensland. The philosophy of the project is to have fun gathering, preparing and consuming nutritious meals whilst reigniting the passion of food and getting people cooking. It is hoped the skills learnt or developed will be transferred into the home environment so people increase the amount of meals being prepared which incorporate vegetables and fruit.

#### **How will this be done?**

QAIHC representatives and project advocates in each of the health services listed above will hold cooking classes with staff and other interested community members. Participants attending the cooking classes will each be encouraged to practice making the recipe so they are comfortable enough to facilitate their own cooking class with other staff and/or interested community members. The learnt skills and knowledge is passed on and so the chain continues.

There are incentives to reward efforts and encourage further participation. The more people that confirm you have demonstrated cooking skills to, the greater the reward.

Evidence based messages and evaluation will be built into the project at various stages. Recipes will include fruit and vegetables, with the menus to reflect the Australian Dietary Guidelines. Safe handling of food techniques and encouragement of other national and state social marketing campaigns such as the Australian Governments 'Measure up' campaign will be integrated into the project.

### ***Your involvement***

The time you or your child invests in this project can vary. Examples are listed below. Completing a questionnaire in writing before and after the project (or given time of 12 months from beginning of project).

- Voluntarily 'blog' on to web site and download resources
- Participating in the cooking workshops to 'Pass Along' the knowledge and skills
- Making comments to the project team, and detailing to whom you have passed the knowledge and skills
- Participating in interviews at the end of project to investigate the success of the project
- Potentially have photos/ video images used in the recording process of the project
- Document participation in project in a visitor's book
- If desired and where possible, build and/or acquire skills and knowledge by working with the project team

### ***Key anticipated benefits of this project include the following:***

- Enhance food preparation skills
- Increased confidence and willingness to try new vegetables and fruit
- Increase knowledge of Dietary Guidelines for Australians
- Community engagement
- Strengthen organisational networks and partnerships outside the health sector and between QAIHC, its member services and the community to conduct health promotion activities
- Increased ability to prepare and cook food which incorporates vegetables and fruit in the home
- Increase skills and access to sourcing healthy food items
- Increase the amount of serves of vegetables and fruit being consumed by Aboriginal and/or Torres Strait Islander people
- Increase the data that exists for food security issues for Aboriginal and/or Torres Strait Islander communities
- And the longer- term benefits may contribute to a decline in burden of disease through sustained healthy lifestyle behaviour

### ***Risks***

Risks in the project are minimal. Blogs on the internet site are voluntary as confidentiality can not be guaranteed due to information being able to be viewed by the general public. Adopting safe behaviour practices in preparing, cooking and storing food will minimise any physical risk. By participating in this project, you are aware that procedures to protect your confidentiality have been put in place. This ensures that in any external reporting on the project findings, specific names will not be identified. Results and debriefing are not likely to occur on an individual basis, but through organisational or group feedback and/or information sessions.

### ***Withdrawal***

Your participation or your child's participation in this project is voluntary. You, or your child, are at any time able to withdraw from the project if you choose to, without retribution. Should you or your child wish to withdraw from the project any information that has been collected about you or your child will not be used.

### ***Feedback***

This study has been cleared by one of the human ethics committees of the University of Queensland in accordance with the National Health and Medical Research Council's guidelines. You are of course, free to discuss your participation or your child's participation in this study with project staff (contactable on 07- 3328 8500 or 07- 4721 0744). If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 3365 3924.





## Good Quick Tukka: Cook it, Plate it, Share it Project

### *Participant consent form*

I consent to participate in the "Good Quick Tukka: Cook it, Plate it, Share it" Project undertaken and lead by Dr Katie Panaretto, Lynette Anderson & Debbie Chen from the QAIHC Preventative Health Team. The particulars of which, including details of the potential to have surveys, photographic images, interviews and group session at a later date has been explained to me and also outlined in the participant information sheet.

I \_\_\_\_\_ (print your name),  
understand that by signing this form I agree to take part in this project and that:

- I have read and understood the contents of the 'Participant Information Sheet'
- The project staff have given me a full explanation of the procedures and risks involved
- I have been given the opportunity to ask questions about the project and these have been answered to my satisfaction
- Every attempt has been made to limit risk to my involvement in this project
- All the information I provide is completely confidential. Any information relating to this project will be stored in locked filing cabinets and in password protected documents
- I can stop participating in the project at any time, for any reason without consequence, and any information I have provided prior to this will not be used
- The results of the project will be made available to me in an information session, and I may not receive any individual feedback

I agree to take part in this project and give my consent of my own free will.

**Participant signature:**

\_\_\_\_\_

Print Name:

\_\_\_\_\_

**Witness signature:**

\_\_\_\_\_

Print Name:

\_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



## Good Quick Tukka: Cook it, Plate it, Share it Project

### ***Student Participation Consent Form***

I consent to my child/children participating in the "Good Quick Tukka: Cook it, Plate it, Share it" Project undertaken and lead by Dr Katie Panaretto, Lynette Anderson & Debbie Chen from the QAIHC Preventative Health Team. The particulars of which, including details of the potential to have surveys, photographic images, interviews and group session at a later date has been explained to me and also outlined in the participant information sheet.

I \_\_\_\_\_ (students name),

understand that by signing this form I agree to take part in this project.

I \_\_\_\_\_ (guardian name),

understand that as legal guardian/parent of child/children under 18yrs of age I have given signed consent for my child to participate in the Good Quick Tukka project and that:

- I have read and understood the contents of the 'Participant Information Sheet'
- The project staff have given me a full explanation of the procedures and risks involved
- I have been given the opportunity to ask questions about the project and these have been answered to my satisfaction
- Every attempt has been made to limit risk to my involvement in this project
- All the information I provide is completely confidential. Any information relating to this project will be stored in locked filing cabinets and in password protected documents
- I can stop participating in the project at any time, for any reason without consequence, and any information I have provided prior to this will not be used
- The results of the project will be made available to me in an information session, and I may not receive any individual feedback

I agree for my child/children's participation in this project.

***Student's signature:***

\_\_\_\_\_

Students Name:

\_\_\_\_\_

Date: \_\_\_\_\_

***Parent/Guardian signature:***

\_\_\_\_\_

Parent/Guardian Name:

\_\_\_\_\_

Date: \_\_\_\_\_

# Good Quick Tukka pre program evaluation form

This survey is being conducted to gain information with regard to the Good Quick Tucker cooking program. Your honest response is important to us. This information will contribute to continuous quality improvement of the program and potentially contribute to support program recognition and future funding.

Your responses are confidential and will remain anonymous.

## 1. Your name:

## 2. What is your age in years?

## 3. What is your postcode?

## 4. Gender:

☐ Male☐ Female

## 5. How many persons (including yourself) in each of the following age ranges live in your household?

0-4 years	<input type="text"/>
5-14 years	<input type="text"/>
15-18 years	<input type="text"/>
18-24 years	<input type="text"/>
25-34 years	<input type="text"/>
35-44 years	<input type="text"/>
45-54 years	<input type="text"/>
55-64 years	<input type="text"/>
65+ years	<input type="text"/>

## 6. Do you consider yourself a single parent?

☐ Yes☐ No

## 7. Were you born in Australia?

☐ Yes☐ No

If no, in which country were you born?

## Good Quick Tukka pre program evaluation form

### 8. Do you identify as Aboriginal or Torres Strait islander?

☐

Yes, Aboriginal

☐

Yes, Torres Strait Islander

☐

Yes, Aboriginal and Torres Strait  
Islander

Other (please specify)

### 9. Do you speak a language other than English at home?

☐

Yes

☐

No, English only.

If yes, please specify

### 10. Have you been diagnosed with a chronic disease or have any associated risk factors such as (please indicate which are relevant):

☐

Diabetes

☐

Heart problems

☐

High blood sugar levels

☐

High blood cholesterol

☐

High blood pressure

Other (please specify)

### 11. How did you hear about the program?

### 12. What is the main reason for you enrolling in this program?

### 13. How confident do you feel about following a basic recipe?

☐

Not at all confident

☐

Somewhat confident (I might need some help)

☐

Confident (I can do this on my own)

☐

Extremely confident (I could teach someone else)

## Good Quick Tukka pre program evaluation form

**14. How confident do you feel about preparing a dish from a recipe which you have not tried before?**

- ☐ Not at all confident
- ☐ Somewhat confident (I might need some help)
- ☐ Confident (I can do this on my own)
- ☐ Extremely confident (I could teach someone else)

**15. In a normal week, how often do you prepare a meal from basic ingredients?**

- ☐ Daily ☐ 2-3 times a week ☐ Less than once a week
- ☐ 4-6 times a week ☐ Once a week ☐ Never

**16. Do you like preparing food that is good for you?**

- ☐ I enjoy it a lot
- ☐ I enjoy it a little
- ☐ Unsure
- ☐ I do not enjoy it at all

**17. Do you believe it is difficult to prepare meals that are good for you?**

- ☐ Yes
- ☐ Sometimes
- ☐ No

If yes or sometimes what are the difficulties? (eg. time, cost, know how, motivation)

**18. Do you intend to change your eating habits over the next 6 months?**

- ☐ No - I am not at all intending to change my eating habits.
- ☐ Maybe - I am considering making some changes to my eating habits.
- ☐ Yes - I intend to make some changes my eating habits.
- ☐ Yes - I have already made positive changes to my eating habits and I intend to maintain these changes.

If yes or maybe, what do you intend to change?

## Good Quick Tukka pre program evaluation form

**19. How many serves of vegetables do you USUALLY eat each day? This includes fresh, frozen and tinned vegetables. A 'serve' is half a cup of cooked vegetables or 1 cup of salad vegetables.**

- |  |                                    |  |
|--|------------------------------------|--|
| <input type="radio"/> I don't eat vegetables | <input type="radio"/> 3 serves/day | <input type="radio"/> 6 or more serves/day |
| <input type="radio"/> 1 serve or less/day    | <input type="radio"/> 4 serves/day | <input type="radio"/> Don't know           |
| <input type="radio"/> 2 serves/day           | <input type="radio"/> 5 serves/day | <input type="radio"/> Refuse to answer     |

**20. How many serves of fruit do you USUALLY eat each day? This includes fresh, dried, frozen and tinned fruit. A 'serve' is 1 medium piece or 2 small pieces of fruit, or a cup of diced pieces. For dried fruit consider the equivalent amount of reconstituted fruit e.g. a serve is 4 apricot halves or 1.5 tablespoons of sultanas.**

- |   |  |  |
|---|--|--|
| <input type="radio"/> I don't eat fruit   | <input type="radio"/> 3 serves/day         | <input type="radio"/> Refuse to answer |
| <input type="radio"/> 1 serve or less/day | <input type="radio"/> 4 serves or more/day |  |
| <input type="radio"/> 2 serves/day        | <input type="radio"/> Don't know           |  |

**21. How often, on average do you eat take-away or 'fast foods' (such as fish and chips, hamburgers, fried chicken, pizza, sausage rolls, meat pies)?**

- |  |  |  |
|--|--|--|
| <input type="radio"/> Never                    | <input type="radio"/> Once a week      | <input type="radio"/> 5-7 times a week |
| <input type="radio"/> Once a fortnight or less | <input type="radio"/> 2-4 times a week | <input type="radio"/> Refuse to answer |

**22. How often do you eat ready prepared meals bought from the supermarket that you just have to heat up and eat?**

- |  |  |  |
|--|--|--|
| <input type="radio"/> Never                    | <input type="radio"/> Once a week      | <input type="radio"/> 5-7 times a week |
| <input type="radio"/> Once a fortnight or less | <input type="radio"/> 2-4 times a week | <input type="radio"/> Refuse to answer |





# Good Quick Tukka post program evaluation form

This survey is being conducted to gain information with regard to the Good Quick Tucker cooking program. Your honest response is important to us. This information will contribute to continuous quality improvement of the program and potentially contribute to support program recognition and future funding.

## 1. Your name:

## 2. How confident do you feel about following a basic recipe?

- ☐ Not at all confident
- ☐ Somewhat confident (I might need some help)
- ☐ Confident (I can do this on my own)
- ☐ Extremely confident (I could teach someone else)

## 3. How confident do you feel about preparing a dish from a recipe which you have not tried before?

- ☐ Not at all confident
- ☐ Somewhat confident (I might need some help)
- ☐ Confident (I can do this on my own)
- ☐ Extremely confident (I could teach someone else)

## 4. In the last week, how often did you prepare a meal from basic ingredients?

- |  |  |   |
|--|--|---|
| <input type="radio"/> Daily            | <input type="radio"/> 2-3 times a week | <input type="radio"/> Less than once a week |
| <input type="radio"/> 4-6 times a week | <input type="radio"/> Once a week      | <input type="radio"/> Never                 |

## 5. Do you like preparing food that is good for you?

- ☐ I enjoy it a lot
- ☐ I enjoy it a little
- ☐ Unsure
- ☐ I do not enjoy it at all

## Good Quick Tukka post program evaluation form

### 6. Do you believe it is difficult to prepare meals that are good for you?

- ☐ Yes
- ☐ Sometimes
- ☐ No

If yes or sometimes what are the difficulties? (eg. time, cost, know how, motivation)

### 7. What part of the program has helped you the most?

### 8. Is there anything that you feel should be improved if the program ran again?

### 9. Overall, how did you enjoy the program?

- ☐ I enjoyed it a lot
- ☐ I enjoyed it a little
- ☐ Unsure
- ☐ Did not enjoy it

Any further comments welcome:

## Good Quick Tukka post program evaluation form

### 10. Do you intend to change your eating habits over the next 6 months?

- ☐ No - I am not at all intending to change my eating habits.
- ☐ Maybe - I am considering making some changes to my eating habits.
- ☐ Yes - I intend to make some changes my eating habits.
- ☐ Yes - I have already made positive changes to my eating habits and I intend to maintain these changes.

If yes or maybe, what do you intend to change?

### 11. How many serves of vegetables do you USUALLY eat each day? This includes fresh, frozen and tinned vegetables. A 'serve' is half a cup of cooked vegetables or 1 cup of salad vegetables.

- |  |                                    |  |
|--|------------------------------------|--|
| <input type="radio"/> I don't eat vegetables | <input type="radio"/> 3 serves/day | <input type="radio"/> 6 or more serves/day |
| <input type="radio"/> 1 serve or less/day    | <input type="radio"/> 4 serves/day | <input type="radio"/> Don't know           |
| <input type="radio"/> 2 serves/day           | <input type="radio"/> 5 serves/day | <input type="radio"/> Refuse to answer     |

### 12. How many serves of fruit do you USUALLY eat each day? This includes fresh, dried, frozen and tinned fruit. A 'serve' is 1 medium piece or 2 small pieces of fruit, or a cup of diced pieces. For dried fruit consider the equivalent amount of reconstituted fruit e.g. a serve is 4 apricot halves or 1.5 tablespoons of sultanas.

- |   |  |  |
|---|--|--|
| <input type="radio"/> I don't eat fruit   | <input type="radio"/> 3 serves/day         | <input type="radio"/> Refuse to answer |
| <input type="radio"/> 1 serve or less/day | <input type="radio"/> 4 serves or more/day |  |
| <input type="radio"/> 2 serves/day        | <input type="radio"/> Don't know           |  |

### 13. How often, on average do you eat take-away or 'fast foods' (such as fish and chips, hamburgers, fried chicken, pizza, sausage rolls, meat pies)?

- |  |  |  |
|--|--|--|
| <input type="radio"/> Never                    | <input type="radio"/> Once a week      | <input type="radio"/> 5-7 times a week |
| <input type="radio"/> Once a fortnight or less | <input type="radio"/> 2-4 times a week | <input type="radio"/> Refuse to answer |

### 14. How often do you eat ready prepared meals bought from the supermarket that you just have to heat up and eat?

- |  |  |  |
|--|--|--|
| <input type="radio"/> Never                    | <input type="radio"/> Once a week      | <input type="radio"/> 5-7 times a week |
| <input type="radio"/> Once a fortnight or less | <input type="radio"/> 2-4 times a week | <input type="radio"/> Refuse to answer |

# Activity Log Sheet



Date: \_\_\_\_\_ Facilitator's Name: \_\_\_\_\_

Number of people who attended:

Males: \_\_\_\_\_ Females: \_\_\_\_\_

Name of Participant who cooked last week's recipe	Number of people in the past week that the participant gave or cooked the recipe to, or gave cooking advice to.	Evidence of this (e.g photo on mobile, facebook)

Participants aged:	Number:
19 years of less	
20-29 years	
30-39 years	
40-49 years	
50-59 years	
60-69 years	
70 years or older	

Number of Participants who are:

Aboriginal	Torres Strait Islander	Aboriginal and Torres Strait Islander	Non Indigenous

What was cooked today? \_\_\_\_\_

Where was this held? \_\_\_\_\_

**What comments did the participants say about today's session? Please document examples of verbal comments.**

---

What were the new foods they tried today? \_\_\_\_\_

What food did they like and why? \_\_\_\_\_

What food didn't they like and why? \_\_\_\_\_

Did they try new cooking techniques?

What? \_\_\_\_\_

Other comments by participants? \_\_\_\_\_

**Facilitator comments**

What worked well? \_\_\_\_\_

What didn't work well \_\_\_\_\_

What would you do differently next time? \_\_\_\_\_

Other comments by facilitators \_\_\_\_\_



## Appendix F: Template for Certificate of Participation

At the end of your final session of the program, you should give certificates to each of the participants to acknowledge their involvement in Good Quick Tukka.

On the next page is a template for a certificate of participation. Simply photocopy the page for each participant and write:

- The participant's name
- The location where the program took place
- The date of the final session
- Your signature

If you would like to make changes to this certificate, you can access the file on the attached Good Quick Tukka facilitator manual CD. If you no longer have this CD, you can contact [nutrition@qaihc.com.au](mailto:nutrition@qaihc.com.au) for a copy.

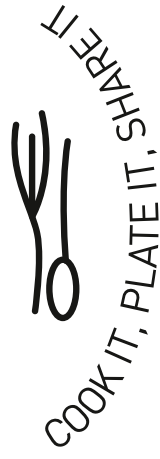
# Certificate of Participation

This certificate is awarded to

\_\_\_\_\_

for participating in the *Good Quick Tukka* Program at

\_\_\_\_\_



**GOOD QUICK TUKKA**



\_\_\_\_\_

Date

\_\_\_\_\_

Facilitator

## Appendix G: How to Make Recipes Healthier

Source: Adapted from the Living Strong Facilitators Manual, Ways to Reduce fat, sugar and salt in recipes, Queensland Health, 2008

Replace this:	With this:
Butter, shortening, margarine or oil when frying to stop food from sticking	<ul style="list-style-type: none"> <li>• Use spray oil for baking or use non-stick pans</li> <li>• Lightly coat meat in oil rather than putting oil in the pan</li> </ul>
Shortening, butter, margarine or solid fat in baking	<ul style="list-style-type: none"> <li>• Use fruit puree (e.g. apple sauce or mashed banana) to replace half of the butter or other fat</li> </ul>
Regular mayonnaise or salad dressing	<ul style="list-style-type: none"> <li>• Use reduced-fat or 100% fat-free dressing</li> <li>• Use avocado as a spread</li> </ul>
Cream	<ul style="list-style-type: none"> <li>• Use evaporated skim milk, yoghurt, light cream cheese or low fat whipping cream</li> </ul>
Full-cream milk	<ul style="list-style-type: none"> <li>• Use skim milk, evaporated skim milk, fat free or plain soy milk with calcium</li> </ul>
Full-cream cheese	<ul style="list-style-type: none"> <li>• Use reduced-fat cheese</li> </ul>
Full-cream yoghurt	<ul style="list-style-type: none"> <li>• Use low-fat yoghurt</li> </ul>
Fatty cuts of meat	<ul style="list-style-type: none"> <li>• Buy less meat or buy leaner cuts of meat</li> <li>• Pan-fry mince and scoop out melted fat</li> </ul>
Meat	<ul style="list-style-type: none"> <li>• Add legumes and lentils to meat dishes</li> <li>• Try adding lentils to your spaghetti sauce or red kidney beans to your mince</li> </ul>
Salt	<ul style="list-style-type: none"> <li>• Cook foods without salt, taste and only add salt if needed</li> <li>• Go easy on soy sauce</li> </ul>
Seasoning salt or spice mixes with salt	<ul style="list-style-type: none"> <li>• Use salt-free seasoning and spice mixes</li> <li>• Use herbs, spices, chilli, lemon juice, or vinegar to flavour food instead of salt</li> </ul>
Sugar	<ul style="list-style-type: none"> <li>• Cinnamon, vanilla and almond extract can be added to give the impression of sweetness.</li> <li>• Replace sugar with an artificial sweetener</li> <li>• Use dried fruit, which is naturally sweet</li> <li>• Most muffin and cakes work well using just half of the sugar in the recipe</li> </ul>
Fruit in syrup	<ul style="list-style-type: none"> <li>• Use fruit in natural juice</li> <li>• Rinse fruit in syrup before eating</li> </ul>
Vegetables and fruit	<ul style="list-style-type: none"> <li>• Add extra vegetables and fruit to recipes such as adding carrots to spaghetti sauce</li> <li>• Leave the skin and peel on where you can</li> </ul>
Frozen or canned vegetables	<ul style="list-style-type: none"> <li>• Choose frozen vegetables without sauces</li> <li>• Choose 'no added salt' or 'reduced salt' canned goods</li> </ul>
White flour	<ul style="list-style-type: none"> <li>• Replace half of the white flour with wholemeal flour</li> </ul>
White bread	<ul style="list-style-type: none"> <li>• Use multigrain, wholegrain or wholemeal bread</li> </ul>

## Appendix H: Seasonal Fruit & Vegetable Guide

Source: Adapted from Vegetarian Victoria, Seasonal Foods in Australia, [www.vegetarianvictoria.org.au](http://www.vegetarianvictoria.org.au)

	Summer			Autumn			Winter			Spring			
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	
Orchard Fruits			Apple (Jonathon, Gala, Bonza)				Apple (Lady Will. Sundowner)						
			Apple (Golden/Red Delicious, Granny Smith, Fuji)										
		Pear (red Sensation, Williams)				Pear (Beume Bosc, Packham)							
		Cherry										Cherry	
Citrus Fruits				Lemon & Yellow Grapefruit									
				Lime									
							Mandarin (Ellendale, Imperial)		Mandarin (Ellen., Murcot)				
	Orange (Valencia)						Orange (Navel)			Orange (Valencia)			
Berries	Strawberry									Strawberry			
	Blueberry									Blueberry			
	Blackcurrant, Redcurrant												
	Blackberry												
	Raspberry												
Tropical Fruit	Pineapple						Pineapple						
	Pap/Paw									Papaya/Pawpaw			
	Mango									Mango			
	Banana									Banana			
	Passionfruit												
Other Fruit	Rhubarb												
	Melon (Watermelon, Rockmelon, Honeydew)												Melon
		Grapes											
		Kiwifruit											

	Summer			Autumn			Winter			Spring		
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Brassicas and Leafy Greens							Broccoli, Cauliflower					
				Red Cabbage			White Cabbage, Brussels sprouts			Savoy Cabbage		
				Lettuce								
				Spinach, Silverbeet								
Pods	Green Beans									Green Beans		
	Runner & Snake Beans											
		Okra										
	Peas							Peas				
Fruiting Vegetables	Sweet Corn									Sweet Corn		
	Choko			Pumpkin						Choko		
	Cucumber									Cucumber		
	Tomato											
	Squash											
Roots and Tubers				Carrot, Parsnip								
				Potato, Sweet Potato								
							Turnip, Swede					
							Beetroot					
Other Veg			Brown Onion									
			Celery									
				Mushroom								

This is a general guide only. For more detailed information go to:

<http://www.brisbanemarkets.com.au/cms/fresh-tastes-seasonal-guides/view-category.html>

# Herb & Spice Chart

Herbs & Spices	Appetizers	Soups	Salads & Dressings	Vegetables	Egg & Cheese	Meat & Sauces	Poultry and Fish	Fruit Desserts Baked Goods
<b>All Spice</b> (Ground) Resembles a peppery compound of cloves, cinnamon and nutmeg..	Cocktail Meatballs	Asparagus, Carrot, Chicken, Minestrone, Pea, Spinach, Tomato	Fruit Salads, Spinach, French Dressing	Beetroot, Carrots, Spinach, Squash, Chutneys, Pickles	Pickled Eggs, Cottage Cheese, Cream Cheese, Spreads, Cheese Sauces	Baked Ham and Veal, Meat Loaf, Pot Roast, Barbecue Sauce, Marinades	Fruity Chicken Casserole, Poached or Steamed fish, Shellfish and Curries	Apple Pie, Cheese Cake, Biscuit Bases, Fruit Cakes, Plum Pudding, Fruit Salads
<b>Basil</b> (Leaves) Aroma similar to cloves with a mild aniseed flavour.	Mini Pizzas Pasta Dishes	Minestrone, Tomato, Zucchini	Potato, Tomato, Italian Dressing, Oil and Vinegar Dressings for Green Salads	Capiscums, Eggplant, Peas, Potatoes, Tomatoes, Zucchini	Omelettes, Scrambled Eggs, Cheese Spreads, Cheese Sauces	Beef Casserole, Lamb Chops, Pork and Veal Stuffings, Tomato and Pasta Sauces	Chicken Casseroles (e.g. Chicken Cacciatore) Fish Stuffings, Marinara Dishes	Bread, Croustons
<b>Black Pepper</b> (Cracked, Ground, Coarse, Peppercorns)	Dips, Vegetable Juices	Most Soups especially Lentil	Tossed Salads, Salad Dressings	Most Vegetables especially Potatoes and Steamed Vegetables, Fried Rice, Pasta, Pickles.	Most Egg Dishes, Cottage Cheese	All Meats especially Casseroles, Most Sauces, Marinades	Most Chicken and Fish Dishes especially Poached Fish	
<b>Cayenne Pepper</b> (Red Pepper) Hot and fiery. Add a pinch at a time.	Dips Tomato Juice Cocktail	Chowders, Gumbos, Tomato	Kidney Bean, Seafood	Corn, Stuffed Green Capsicums, Pickles, Chutney	Devilled Eggs, Omelettes, Cheese Souffle, Macaroni Cheese	Chilli con Carne, Curries, Pot Roast, Barbecue Sauce, Spaghetti Sauce	Fish Patties, A dash on Grilled Prawns or Scallops, Paella, Seafood	
<b>Chives</b> (Chopped) Delicate peppery onion flavour. Excellent garnish.	Dips, Spreads	Lentil, Minestrone, Tomato	Green Potato, Mushroom, Tomato, Macaroni, Coleslaw, Yoghurt Dressings	Baked Potato, Mashed Potato, Rice, Vegetable Casseroles	All Egg Dishes, Cottage Cheese, Greek Fetta Cheese Triangles	All Meats especially Pale Dishes to improve appearance, Hollandaise Sauce	Chicken Casseroles, Fish Casseroles	
<b>Cinnamon</b> (Ground) Sweet, mildly pungent and spicy.	Grilled Grapefruit, spiced Nuts	Chicken	Waldorf Salad, Fruit Salads	Carrots, Pumpkin, Spinach, Squash, Sweet Potatoes, Indian Rice, Vegetable Curries	French Toast, Cinnamon Toast	Beef Casserole, Boiled and Baked Ham, Sweet and Sour Sauce	Chicken Curry, Savoury Chicken Pie	Apple Dishes, Grilled Bananas, Chocolate & Fruit Cakes, Scones, Doughnuts, Rice Pudding
<b>Cloves</b> (Ground and Whole) Strong, pungent and sweet – almost hot.	Tomato Juice, Spiced Nuts, Hot or Iced Tea, Mulled Wine, Fruit Punch	Seafood	Tomato, Pineapple	Baked Beans, Carrots, Red Cabbage, Spinach, Squash, Sweet Potatoes, Pickles & Chutneys, Chinese Rice	Devilled Eggs, Cream Cheese Spreads	Add Onion stuffed with whole Cloves to Beef Casseroles and Pot Roasts, Studded Ham, Roast Pork	Chicken or Turkey Pies, Roast Duck, Pickled Herrings, Baked Fish	Apple Dishes, Fruit Pies, Plum Pudding, Fruit and Coffee Cakes, Ginger Bread, Meringues
<b>Coriander</b> (Ground) Mild, minty, sweet, slightly lemon flavour.	Punches, Dips, Spreads	Curried Pea, Lentil	Chicken, Pasta, Potato, and Thai Salads, Mayonnaise Dressing	Carrots, Corn on the Cob, Curried Vegetables, Rice	Cheese Dishes, Cottage Cheese, Cream Cheese	Meat Curries, Spare Ribs, Hamburgers, Curry Sauces	Chicken Curries, Fish Curries, Poached, Grilled or Baked Fish	Stewed Fruits, Apple Sauce, Ginger Bread, Some Cakes
<b>Cumin</b> (Ground) Strong, pungent, Eastern-style flavour.	Curried Dips, Indian Pastries, Satays	Chowders, Lentil, Curried	Bean, Coleslaw, Rice, Kidney Bean, Salad Dressings, Add to Mayonnaise	Cabbage, Vegetable Curries, Rice, Chutney, Pickles	Curried Eggs, Scrambled Eggs, Cream Cheese Dips	Lamb & Beef Marinades, Lamb Kebabs, Meat Curries, Chilli con Carne, Other Mexican & Thai Dishes	Chicken Casseroles, Fried Chicken, Croquettes, Curries, Add to Flour before coating Fish	Some Cakes and Breads
<b>Dill Weed</b> Sweet, anise flavour.	Fish Dips, Potted Shrimps, Smoked Trout, Tomato Juice	Pea, Tomato	Cucumber and Potato Salad, Salad Dressings, Mayonnaise, Yoghurt Dressing	Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Sauerkraut, Spinach	Souffle, Cottage Cheese, Macaroni Cheese	All Meat especially Pork, Veal, Lamb and Ham	Add to Bread crumbs before coating Chicken, Poached Fish, Salmon Souffle, Fish Stock	Breads
<b>Garlic</b> (Minced, Powdered and Salt) Very pungent to taste with a distinctive aroma.	Pates, Dips	Most Soups especially Tomato	Tomato, Salad Dressings	Capiscums, Green Beans, Potatoes, Zucchini	Stuffed Eggs, Cheese Dishes	Beef and Lamb Casseroles, Sprinkle over Meats before roasting, Marinades, Italian Sauces	Sauteed Prawns, Stuffings, Marinades for Baked Fish	Garlic Bread
<b>Ginger</b> (Ground) Hot, sweet and spicy with a lemon/citrus taste.	Grilled Grapefruit, Ginger Beer	Carrot, Chicken, Onion, Fish Chowder	Asian style Dressings	Beetroot, Carrots, Sweet Potatoes, Stir Fry, Oriental Rice, Chutney, Pickles	French Toast, Cream Cheese Spreads and Dips	Spare Ribs, Baked Ham with Ginger and Honey Glaze, Beef Curries, Barbecue Sauce	Oriental Dishes, Ginger & Sherry Marinade for whole Fish, then BBQ or bake	Apple Dishes, Baked or Stewed Fruit, Fruit Pies, Fruit Salads, Cakes, Ginger Bread
<b>Marjoram Leaves</b> Sweet, fragrant flavour, similar to, but milder than, oregano.	Cocktail Meatballs, Terrines, Mini Pizzas	Onion, Pea, Vegetable, Scotch Broth, Minestrone, Seafood Chowder	Cucumber and Yoghurt Salad, Tossed Green Salad, Herb Dressings	Brussel Sprouts, Carrots, Cauliflower, Green Beans, Mushrooms, Zucchini, Spinach, Water Chestnuts	Scrambled Eggs, Pasta Dishes	Beef Casseroles, Burgers, Pork or Veal, Offal, Veal and Pork Stuffings	Chicken Casserole, Roast Chicken based with butter and Marjoram. Baked, Poached or Grilled Fish	Damper, Herb Bread
<b>Mint Flakes</b> Sweet flavour with cold after-taste.	Fruit Punches, Pineapple and Grapefruit Cocktails, Dolmades, Samosas	Split Pea	Cucumber and Yoghurt Salad, Cucumber, Tomato, Potato, Rice Salad, Tabouleh	Eggplant with Yoghurt, Carrots, Peas, Tomato, Potatoes	Quiches, Cottage Cheese	All Lamb Dishes especially Casseroles and Roasts, Mint Sauce, Mint Jelly	Poached Fish	Fruit Salads, Cantaloupe, Chocolate Desserts
<b>Mixed Herbs</b> A mixture of mild and sweet herbs	Most Dips Spreads	Most Soups	Chicken, Coleslaw, Macaroni, Potato	Asparagus, Cauliflower, Onions	Omelettes, Scrambled Eggs, Stuffed Eggs, Cheese Sauce, Souffles, Welsh Rarebit	Beef, Game, Lamb, Pork, Veal, Barbecue and Tomato Sauces	Chicken, Duck, Goose, Turkey, Most fish and Seafood	Biscuits, Breads, Herb Scones

# Herb & Spice Chart

Herbs & Spices	Appetizers	Soups	Salads & Dressings	Vegetables	Egg & Cheese	Meat & Sauces	Poultry and Fish	Fruit Desserts Baked Goods
<b>Mixed Spice A</b> blend of sweet spices	Grilled Grapefruit			Carrots, Rice, Chutneys	Some cheese Dishes	Some Meats especially Lamb and Pork	Chicken Casseroles, Sweet and Sour, Some Fish Dishes	Stewed Fruit, Preserves, Biscuits, Cakes especially Fruit Cakes, Custards
<b>Nutmeg</b> (Ground) Sweet, warm and quite aromatic with a distinctive flavour	Mixed with butter use on Corn on the Cob, Meat-balls, Liver Pate, Egg Nog	Any Cream Soup especially Pumpkin	Fruit Salads, Waldorf Salad	Carrots, Cauliflower, Mashed Potatoes, Zucchini	Egg Custard, Cheese Fondue, Cheese Sauces	Beef Sirganotti, Moussaka, Stuffings for Cannelloni, Ravioli and Tortellini, Osso Buco, White Sauces	Most Chicken Dishes, Stuffing for Chicken and Turkey, Tuna	Pumpkin Pie, Custard Tarts, Chocolate & Fruit Cakes or Puddings, Pancake Batter
<b>Onion</b> (Minced, Powder & Salt)		Chicken, French Onion, Tomato, Vegetable	Salad Dressings	Rice and Pasta Dishes	All Egg and Cheese Dishes	All Meat Dishes to replace Fresh Onions, Stuffings and Gravies, Onion Sauce	All Chicken and Fish Dishes	
<b>Oregano</b> (Leaves & Ground) Strong and aromatic with a pleasant slightly bitter undertone.	Mini Pizzas, Pates, Vegetable Juices especially Tomato	Lentil, Minestrone, Tomato	Egg, Seafood, Tomato, Herb Dressings	Green Beans, Peas, Potatoes, especially Roast, Spinach, Tomatoes, Zucchini	Most Egg Dishes especially Omelettes, Most Cheese Dishes	Chilli con Carne, Lamb, Pork, Veal, Parmigiano, Stuffings, Barbecue, Pasta and Tomato Sauces	Chicken Casseroles, Roast chicken, Fish Casserole especially Tuna, Grilled or Stir Fry Prawns	Herb Bread
<b>Paprika</b> (Spanish Style) Mild and slightly sweet, aromatic and bright red in colour	Sprinkle on Garlic Bread, As a Garnish	Chowder, Minestrone, Tomato	Seafood, Rice and Pasta Salads, As a Garnish	Eggplant, Spanish Rice, As a Garnish	Spanish Omelettes, Cheese Sauces	Meat Loaf, Gives colour to Sweet and Sour & Oriental Pork Dishes, Barbecue Sauces	Stuffings, Most Chicken Dishes, Paella	Browning Agent in Microwave Cooking
<b>Paprika</b> (Hungarian Style) Stronger in colour, more pungent in flavour and aroma	Canapés	Cream Soups, Chowder, Tomato	Kidney Bean, French and Russian Dressings, As a garnish	Potatoes especially Fried, Zucchini, Rice	All Egg Dishes, As a Garnish to Egg Sauces	Goulash, Veal Paprika	Chicken Casseroles, Tandoori Chicken, Any Sautéed chicken or Fish to add colour	Browning Agent in Microwave Cooking, Savoury Scones
<b>Parsley</b> (Flakes) Agreeable taste and a pleasant, mild odour. Excellent Garnish.	Cheese Dips/Spreads	Most Soups	Most Salads, Especially Pasta, Potato and Tomato, Tabbouleh, Most Dressings	Mashed, Stuffed, Au Gratin and Scalloped Potatoes, Rice	Omelettes, Scrambled Eggs, Cottage Cheese, Cream Cheese	Meatballs, Hamburgers & Patties, Most Meats, Stuffings, Italian Sauces	Sprinkle Parsley over Baked, grilled or Microwave Chicken, Kedgeeree	Garlic and Herb Bread, Dumplings, Savoury Scones and Biscuits
<b>Rosemary</b> (Leaves) Distinctive pine-woody aroma with a fresh sweet flavour.	Mini Pizzas	Vegetable	Tomato, Herb Dressings	Cauliflower, Mushrooms, Potatoes, Spinach, Turnips, Zucchini	Omelettes	Lamb Dishes, Sprinkle over BBQ coals for added flavour, Pasta Sauces, Marinades, Stuffings	Chicken Casseroles, Creamy Chicken, Roast Chicken and Turkey, Baked or Poached Fish	Dumplings, Herb Bread
<b>Sage</b> (Rubbed) Very aromatic and slightly bitter, use sparingly	Cheese Spreads, Meatballs	Chowder, Minestrone	Green Salads, Herb Vinegar	Brussel Sprouts, Lentils, Squash, Tomatoes, Onions	Omelettes, Scotch Eggs, Cottage and Cream Cheese Dishes	Pork and Veal Dishes, Gravies, making Sausages, Stuffings	Duck, Game, Some Baked Fish, Stuffings	Herb Bread
<b>Sesame Seed</b> Mild nut-like flavour	Canapés, Cheese Spreads and Dips, Coating Cheese Balls	As a Garnish on Tomato	Toast and Sprinkle over Green Salads	Stir Fry Vegetables		Roasts, Sprinkle over Meat Pie Pastry Crusts, Spare Ribs, Steak Sauce	As a coating for frying Chicken and Fish, Chinese Cooking, Prawns	Pecan Pie Filling, Sprinkle over Bread, Buns, Biscuits before baking
<b>Tarragon</b> (Leaves) Strong distinctive fresh anise flavour, use sparingly	Terrines	Chicken, Seafood, Tomato	Carrot and Green Salads, Shrimp, Prawn or Tuna Salads, Tarragon, Vinegar, Vinaigrette Dressings	Carrots, Mushrooms, Peas, Spinach, Baked Stuffed Tomatoes	Egg Dishes, especially Omelettes, cheese Soufflé	Beef, Lamb, Veal Casseroles, mix with Olive Oil, brush, then grill Steaks or Chops, Béarnaise & White Sauces	Tarragon Butter, Chicken Dishes, Duck, Poached Fish, Seafood Sauces	Herb Bread
<b>Thyme</b> (Leaves) Distinctive warm, aromatic, slightly pungent flavour	Liver Pate, Terrines, Vegetable Juices	Chowder, Vegetable, Tomato	Tomato, Potato, Salad Dressings	Capisiums, Green Beans, Onions, Potatoes, Tomatoes, Zucchini	Egg and Cheese Dishes	Rub on Lamb or Pork before Roasting, Meat Casseroles, Pasta, Stuffings, Marinades	Chicken Casseroles, Roast Chicken, Baked or Grilled Fish, Seafood, Stuffings.	Dumplings, Herb Bread
<b>Turmeric</b> Golden Colour, an earthy and pungent aroma, flavour resembles a mix of ginger and pepper, used as a substitute for saffron	Indian Pastries	Gives Colour to Soups	Egg, Mustard and Salad Dressings, Sour Cream Dressings	Indian Style Cauliflower, Dhali, Pickles, Flavour & Colour to Rice Dishes	Scrambled Eggs, Stuffed Eggs	All Meats, especially Curries and Light Coloured dishes, Cream and White Sauces	Indian Chicken Dishes, Fish Curries, Shrimp & Scallop Dishes, Kedgeree	
<b>White Pepper</b> (Ground) Milder in flavour than Black Pepper, has a slightly musty flavour.	Dips, Vegetable Juices	Most Soups, especially where dark specks of Black Pepper would not enhance the appearance	Tossed Salad, Tuna, Salad Dressings	Most Vegetables, especially Steamed and Stir Fry, Mashed Potatoes	Stuffed or Scrambled Eggs, Omelettes	Most Meat Dishes, Oriental Dishes, Marinades, Light Coloured Sauces	Add to Coatings for Chicken & Fish Dishes	



## Appendix J: Vegetable cutting techniques

1. **Slicing vegetables:** Slice vegetable with knife held at a 45 degree angle during slicing.



Getting a grip



Slicing



2. **Chopped vegetables (relatively large pieces)**



**3. Julienned vegetables: cut vegetables into lengthwise strips**



**4. Grated vegetables: use a grater**



**5. Shredded cabbage**



**6. Crushing (e.g. ginger or garlic)**



## Appendix K

Useful Web links.

### **The Aboriginal and Torres Strait Islander Guide to Healthy Eating.**

<http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?lid=14911>

### **Go for 2 fruit and 5 veg campaign**

<http://www.gofor2and5.com.au/>

### **Good Quick Tukka**

[www.facebook.com/goodquicktukka](http://www.facebook.com/goodquicktukka)

### **Deadly Tucker Cookbook- Public Health Unit (North Metropolitan Area Health Service**

[http://www.healthyfuture.health.wa.gov.au/Health\\_topics/ASTI-FOOD/ASTI\\_FC-order.pdf](http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf)

### **Kukumbat gudwan daga 'Really cooking good food' The Fred Hollow Foundation**

<http://batchelorpress.com/books/kukumbat-gudwan-daga>

### **Living Strong Cookbook- Queensland Health**

<http://www.gofor2and5.com.au/DataStore/files/pdf/QLD/QLD-ATSI%20Cookbook-Feb09.pdf>

### **Healthy Food Fast**

<http://www.health.gov.au/internet/abhi/publishing.nsf/content/cookbook>

### **Food Cent\$**

<http://www.foodcentsprogram.com.au/>

### **Jamie Oliver's Ministry of Food**

<http://www.jamieoliver.com/>

### **The Flour Drum Cookbook**

[http://www.ethicalnutrition.com.au/Flour-Drum\\_Stove.htm](http://www.ethicalnutrition.com.au/Flour-Drum_Stove.htm)

### **IBIS healthy lifestyle guide**

<http://www.ibis-ti.org/files/nutrition/A%20Healthy%20Life.pdf>



