

Healthy Hearts Day

Cookery Demonstration Recipes



5 Vegetable Soup

Heart Health: It can sometimes be difficult to tempt children to eat their five portions of fruit and vegetables. Soup is a tasty and easy way of eating vegetables without even being aware of it. Adding beans or lentils boosts the protein and fibre content.



5 vegetables, e.g. carrots, potatoes, leeks, broccoli, tomatoes*, about 500g (1lb) in weight

1 onion

1 litre (2 pints) water

Dried herbs, pepper, low salt stock cubes or powder

*these can be tinned

Method:

1. Chop/dice all vegetables into small, even-sized pieces. Root vegetables can be grated to speed up the cooking time.
2. Place in a large saucepan with the water, 1 - 2 teaspoons dried herbs and stock cube/powder.
3. Bring to the boil, reduce heat and simmer 15 - 20 minutes until the vegetables are tender. Taste and season with pepper and more stock if needed.
4. The soup can be kept chunky or puréed till smooth using a liquidiser or in a food processor.
5. Serve with crusty bread.

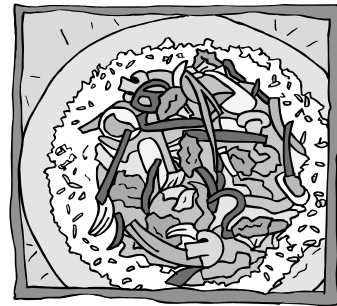
This is a versatile recipe. You can use any combination of vegetables you like. It is a good way to use up any leftover cooked vegetables. Spices can also be used to flavour.

You can add 2 - 3 tablespoons of split lentils and simmer with the vegetables for 30 minutes or add a drained can of beans of your choice towards the end of cooking.

Quick Veg Stir Fry

Heart Health: Another popular way of eating vegetables. The quick cooking preserves the vitamins. Adding chicken, steak or prawns turns this dish into a nutritious low fat main course.

- 500g (1lb) mixed vegetables -
mange tout, baby corn, baby spinach or other green vegetable, bean sprouts and one pepper (de-seeded)
1 small onion or 3 - 4 spring onions
1 clove garlic
Small piece root ginger - peeled and finely chopped (optional)
2 tbsp low salt soy sauce
2 tsp honey
2 tbsp lime or lemon juice
2 tbsp sherry or wine vinegar
2 tsp sesame oil
- 50 - 75g (2 -3 oz) noodles
100g cashew nuts



Method:

1. Shred green vegetables, cut mange tout and corn in half, finely slice pepper
2. Chop onions and crush garlic
3. Cook noodles according to manufacturer's instructions
4. Heat the wok, add 4 tbsp water then add the vegetables starting with the onion, garlic and ginger, stir with spatula, add the remaining vegetables, starting with the thickest and stirring in each time. Add the spinach last (if using).
5. Add the remaining seasoning ingredients
6. Drain noodles, place in wok, and stir in with vegetables. Serve.

NB. Finely cut chicken or steak can be added with the onions, or stir in some prawns with the seasoning.

Fruity Couscous

Couscous is a North African dish, often used to accompany stews where we would use potatoes. This version is colourful and with the fruit and nuts is also delicious with a salad. High in fibre.

200g / 8oz couscous
400ml / 14floz boiling water
(use low salt stock for extra flavour)
100g / 4oz cherry tomatoes
50g / 2oz dried apricots
25g / 1oz pistachios*
25g / 1oz pine nuts*
25g / 1oz chopped parsley*
Handful of basil, torn*
Juice of 1 lemon
Pepper to taste
*You can use any choice of nuts or herbs



Method:

1. Put the couscous in a large heat proof bowl; pour over the boiling water/stock, cover with cling film and leave to soak for 5 minutes (no longer)
2. Chop the nuts and dry fry until golden brown
3. Halve the tomatoes
4. Chop the apricots and herbs
5. After the couscous has soaked for 5 minutes fluff up the grains with a fork. Stir in tomatoes, nuts, apricots, herbs and lemon juice.
6. Season to taste with pepper

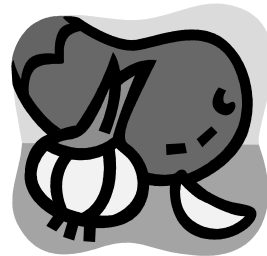
Serve or keep covered in the fridge for a day. It improves with keeping.

Ratatouille

Late summer and early autumn are probably the best times of year to purchase veg from the roadside. See how many ingredients you can collect to make this a truly local, Guernsey hedge-veg-a-touille!

Heart Health: A Mediterranean dish made from locally grown produce, what could be better? Olive oil is a mono-unsaturated oil. This makes it a healthy choice because it helps to lower the bad (LDL) cholesterol without also lowering the good (HDL) cholesterol. The British Diabetic Association has recommended including 1 tsp olive oil daily either in cooking or salad dressings.

- 4 - 8 tbsp olive oil
- 2 Spanish onions, sliced
- 2 red or yellow peppers, diced
- 1 large aubergine, diced
- 2 courgettes, cut in $\frac{1}{2}$ inch slices
- 4 - 6 tomatoes, peeled, seeded and chopped
- Freshly ground pepper
- 1 tbsp chopped parsley
- Marjoram, oregano or basil as available (fresh if possible)
- 1 large clove garlic



Method:

1. Heat the oil in a large pan, add onion slices and sauté until they are transparent
2. Add the diced peppers and aubergine, and 5 minutes later the courgette and tomatoes. The vegetables should not be fried but stewed in the oil, so simmer gently in a covered pan for 30 minutes.
3. Add pepper to taste, chopped parsley, marjoram, oregano or basil and crushed garlic, then cook uncovered for about 10 to 15 minutes or until the ratatouille is well mixed and has the appearance of a ragoût of vegetables, which it is.

Serve hot from the casserole, or cold as a delicious starter.

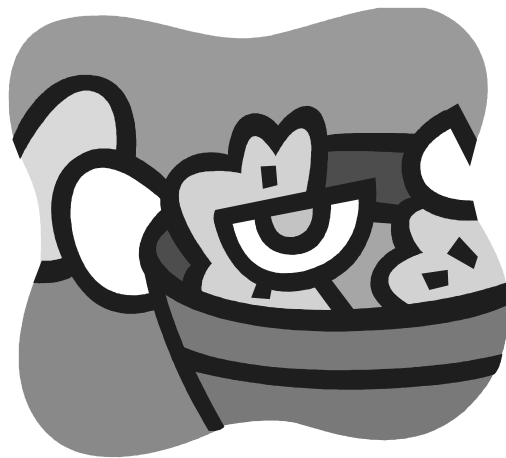
Salade Niçoise

Heart Health: The Mediterranean diet is recommended for a healthy heart and this is a classic Mediterranean dish. An accompaniment of bread turns it into a balanced meal.

2 cloves of garlic
10 shredded basil leaves
6 tbsp olive oil
2 tbsp wine vinegar
Salt and pepper
4 large tomatoes
16 black olives
1 x 200g tin tuna
8 anchovy fillets
Large handful green beans lightly cooked
Lettuce
2 hard-boiled eggs

Method:

1. Make the dressing by mixing the garlic, basil, oil and vinegar, salt and pepper
2. Cut the tomatoes into quarters and toss with the dressing
3. Add the olives, tuna, anchovies, beans and lettuce
4. Arrange the eggs around the dish.



Carottes Râpées / Salade de Tomates

Heart Health: Carrots are rich in beta-carotene. This is an anti-oxidant, which helps keep the coronary arteries healthy. Tomatoes are rich in vitamin C and lycopene, both of which help to maintain healthy blood vessels.

Carrots

Tomatoes

For the vinaigrette dressing:

1 tbsp red or white wine vinegar

3 tbsp olive or sunflower oil

1 tsp French mustard

1 clove garlic, crushed

Salt and pepper

Method:

1. Peel the carrots and grate them finely with a grater or blender
2. Slice the tomatoes
3. In a bowl whisk the vinegar with the mustard or garlic and then add the oil one spoonful at a time, whisking between each spoonful
4. Add salt and pepper
5. Put the carrots in a bowl and the tomatoes in a dish and pour over some vinaigrette
6. Toss the carrots so they are all covered in the dressing.

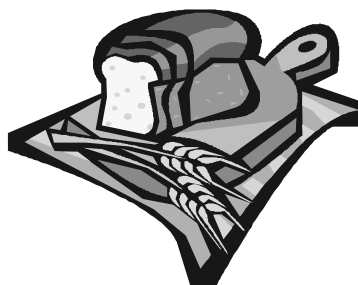


Breadmaker Wholemeal Bread

Homemade bread does not contain any of the preservatives, bread improvers, mould inhibitors and bulking agents found in many commercial breads.

Heart Health: Wholemeal flour contains all the goodness of the wheat including the wheatgerm and bran. Vitamin E and Folic acid are found in the germ and these are anti-oxidants. The bran maintains a healthy gut thereby avoiding an excess of "bad" cholesterol being absorbed into the bloodstream.

1 sachet yeast
500g/1 lb wholemeal flour
125g/5 oz *Granary* or mixed grain flour
1 tbsp runny honey
2 tbsp olive oil
 $\frac{1}{2}$ tsp salt
4 tbsp skimmed milk powder
350 - 400ml water



Follow manufacturer's instructions for a wholemeal loaf.

Breadmaker Seed Loaf

Heart Health: Linseeds are rich in Omega-3 fatty acids, making them a useful source for those who do not eat oily fish.

2 tbsp linseeds. Put into a measuring jug and cover with boiling water
1 sachet dried yeast
500g/1 lb wholemeal flour
125g/5 oz *Granary* flour or rye flour
2 tbsp olive oil
1 tbsp runny honey
 $\frac{1}{2}$ tsp salt
4 tbsp skimmed milk powder
2 - 3 tsp pumpkin seeds
2 - 3 tsp sunflower seeds
Make up soaked linseeds to 350 - 400ml with cold water

Follow manufacturer's instructions for a wholemeal loaf

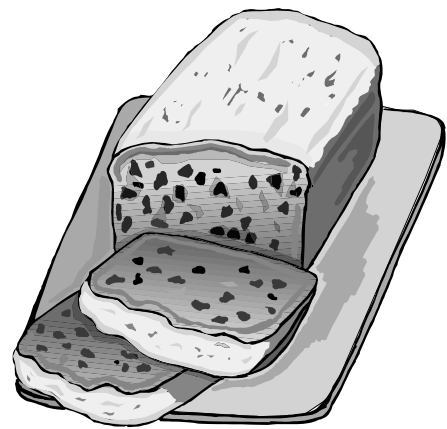
Homemade Cakes

These recipes are so easy and if cooked in the breadmaker, avoid the expense of heating the oven.

Heart Health: Wholemeal flour has been used in all the recipes and the fat and sugar content has been reduced. This makes the cakes a better choice than commercially produced cakes and biscuits, which tend to be high in sugar content and made from saturated fats and refined flour.

Boil and Bake Fruit and Walnut Cake

500g/1 lb mixed dried fruit
100g/4 oz chopped dates
75g/3 oz low fat or polyunsaturated spread
300ml/½ pint water
1 tsp mixed spice
100g/ 4 oz chopped walnuts
300g/ 12 oz wholemeal flour
1 tsp bicarbonate of soda
2 eggs



Method:

1. Bring mixed fruit, dates, spread, water and spice to the boil
2. Leave to cool
3. Add chopped nuts, flour, sodium bicarbonate and eggs, mix well
4. Put into a greased and bottom-lined tin, e.g. 20cm/8" square
5. Bake in a moderate oven (160° C/325° F/Gas 3) for one hour or until a skewer comes out clean.

Breadmaker Guidelines:

55 mins on "Bake" + 10 mins in the tin before emptying.
Check manufacturer's instructions as settings vary.

Breadmaker Gâche

1 sachet dried yeast
500g/1lb 2oz wholemeal bread flour
1 tsp golden granulated sugar
4 tbsp/4oz polyunsaturated spread
1½ tsp skimmed milk powder
½ tsp salt
320ml water (this may vary as flours absorb different amounts)

250g/10oz sultanas or currants, remove any stalks and soak in boiling water for 10 minutes. Strain and add spices.

1 pinch ground ginger
¼ tsp grated nutmeg

Method:

1. Add all ingredients except fruit and spices to the breadmaker, set on Raisin Bake for 4 hours (Basic + Raisin Bake + L), switch on.
2. Add drained fruit and spices when the breadmaker beeps, approximately 45 minutes after the start.

Check manufacturer's instructions as settings vary.

Date Cake

250g/10 oz dates
Pinch salt
1 tsp sodium bicarbonate
1 breakfast cup boiling water
100g/ 4 oz low fat spread
100g/ 4 oz soft brown sugar
1 egg
Few drops vanilla essence
300g/ 12 oz plain wholemeal flour
100ml/ 3 - 4 oz skimmed milk

Method:

1. Pour water over the chopped dates, salt and sodium bicarbonate and leave to soak.
2. Mix all other ingredients together to a soft consistency and beat lightly.
3. Stir in date mixture
4. Pour into 9" square or 8½" x 12" baking tin and bake in a moderate oven (about 160°C) for 35 minutes

Breadmaker guidelines:

Takes approx. 40 - 45 mins on "Bake". Remove from the bread maker when still slightly sticky and allow to stand for 10 mins before removing from the tin.

Check manufacturer's instructions as setting vary.



Chocolate Chip Marble Cake

2 heaped tbsp cocoa powder

4 tbsp boiling water

150g/6 oz polyunsaturated spread

150g/6 oz golden granulated sugar

4 medium eggs

150g/6 oz brown flour

150g/6 oz white flour

2 tsp baking powder

3 tbsp natural yoghurt

100g plain chocolate chips

$\frac{1}{2}$ tsp Vanilla Essence

100g white chocolate chips

Method:

1. Remove kneading blade from breadmaker pan. Lightly grease pan and line with baking parchment
2. In a mixing bowl combine the cocoa powder and boiling water
3. In a second mixing bowl combine all the other ingredients except the chocolate chips and vanilla essence. The mixture should be fairly dry at this stage
4. Stir half of the cake mixture into the chocolate and add the plain chocolate chips
5. To the white cake mixture, add the vanilla essence and white chocolate chips and thin with 1-2 tbsp water to make the same consistency as the chocolate mix
6. Place alternate spoonfuls of the cake mixes into the breadmaker pan, taking care to keep them inside the paper lining. Swirl lightly with a fork to "marble" the cake

Variation: try adding the plain chocolate chips to the white mix and vice versa for an interesting contrast!

Breadmaker guidelines:

Put the pan into the breadmaker and set on "Bake" for $1\frac{1}{4}$ hours. Remove and leave in the pan for 10 minutes to finish cooking before turning out and removing the paper.

Check with your own breadmaker instructions as settings vary.

Dips

Accompanied by raw vegetables, bread or toast, these are good as informal starters or snack foods and can be used as sandwich fillings.

Hummus

Heart Health: Traditionally hummus contains a lot of olive oil, but the calories can be reduced by substituting some or all of the oil with natural yoghurt.

1 x 400g tin chick peas or 90g/3½ oz dried chick peas
1 - 2 cloves garlic, crushed
2 - 3 tbsp olive oil or low fat natural yoghurt
2 tbsp Tahini (sesame seed paste)
Juice of ½ - 1 lemon
Freshly ground black pepper

Method:

1. Soak dried peas overnight. Strain, rinse and bring to the boil in fresh water, simmer for an hour or more until tender
2. Drain tinned or cooked chick peas and reserve liquid
3. Put the peas, garlic, yoghurt, Tahini and lemon juice into liquidiser or food processor and blend until smooth. Adjust consistency with some of the reserved liquid. Season to taste.

Sardine Pâté

Heart Health: Oily fish is rich in Omega-3 fatty acids, which help to keep our coronary arteries clear. It is recommended that we eat oily fish twice a week.

1 can (120g) Sardines in Tomato Sauce
½ carton (100g) low fat soft cheese
Parsley, finely chopped
Freshly ground black pepper

Method:

Mix all the ingredients together with a fork.

Tomato and Cucumber Salsa

Heart Health: Claims have been made that garlic protects against heart disease. Eating some raw vegetables daily is also recommended.

- 1 large tomato, skinned and finely diced
- $\frac{1}{2}$ cucumber, finely diced
- 1 small green chilli pepper, chopped OR $\frac{1}{4}$ tsp crushed chillies
- 2 tbsp onion, finely chopped
- 1 tbsp wine vinegar
- 1 tbsp fresh, chopped coriander (optional)
- $\frac{1}{2}$ clove crushed or chopped garlic

Method:

1. Combine all ingredients in a bowl
2. Transfer about half of the mixture to a liquidiser or food processor and purée. Return mixture to the bowl.
3. Serve at room temperature as a dip or with tacos or burritos.

Use within 3 hours or cover and store for up to 3 days in the fridge.



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