

*A booklet of..*

*..Recipes and ideas for mealtimes*



*From....*

*Patricia White's Personal  
Home Care*

## About this booklet

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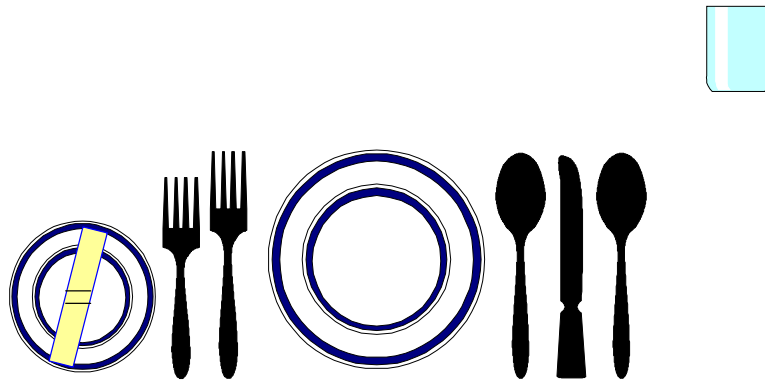
This booklet has been put together to give carers working through Patricia White's Personal Home Care ideas and recipes for meals for older people. Mealtimes will very often be an important part of a clients day and it is also imperative that your clients eat a healthy and balanced diet. Bearing this in mind the significance of being able to produce healthy, tasty and well received meals is clearly evident.

The idea of this booklet is not simply to provide a list of recipes to be followed but also to give techniques and ideas for varying the recipes allowing them to be tailored to what your client prefers or to the ingredients that are available in the house! A large section of techniques is included giving basic methods of cooking meat, vegetables and eggs. This is followed by a recipe section with ideas for breakfast, main meal and pudding recipes.

## Setting the Table

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Setting the table properly is very important, the table should be set as the diagram below shows:



Left to right as above

|  |  |
|--|--|
| Side plate with serviette                  | <b>ALWAYS REMEMBER:<br/>PLACE UTENSILS OUTSIDE TO IN - Eg entrée<br/>fork, dinner fork</b> |
| Entrée fork and dinner fork                |  |
| Dinner plate                               |  |
| Dessert spoon, dinner knife and soup spoon |  |
| Glass                                      |  |

## Food Hygiene

Hygiene in the kitchen is always important but is even more so when you are dealing with the elderly as they are more susceptible to germs. Here are some basic food hygiene tips for a safe kitchen. Keeping the kitchen clean and tidy also ensures that there is a minimal spread of germs.

### Keeping the Kitchen safe

Raw foods, especially chicken and meat, bring unseen germs into the kitchen. **These germs can be spread easily.**

When you touch raw chicken or meat germs get onto your hands – if you don't wash your hands straight away these will be spread to anything else you touch.



Always wash your hand thoroughly with soap and water after you have touched raw chicken or meat and before you touch anything else.



While you are preparing raw meat germs get onto the chopping board and the knife (as well as your hands). **If you cut other food with the same knife without washing it the germs will be spread to that food.**

Always wash chopping boards and knives that have been used with raw chicken or meat before they are used with other foods.

If raw chicken or meat touches food that has been cooked or is ready to eat the germs will get into that food. This can happen very easily on a chopping board or in the fridge.



Never let raw chicken or meat touch other food. Store raw chicken and meat on the bottom shelf of the fridge to prevent it from dripping onto other foods

## Cooking

**Proper cooking kills bacteria.** It is important to cook food right through, particularly chicken. Meat is cooked all the way through when the meat is not pink and the juices run clear when tested with a skewer. When you test with a skewer it should be cleaned each time and used at the thickest part of the meat (eg breast or thigh of chicken)

If you are reusing frozen food ensure that it is thoroughly defrosted before cooking and never re-freeze anything. When re-heating food ensure that it is piping hot all the way through and never reheat food more than once. **Never re-use rice.**

## Planning



It is essential to plan ahead each week. Before going to the grocery store or supermarket plan the meals for the week so as not to let extra food go to waste. **Being organised in the kitchen is also essential.** Make sure before you start cooking, you not only have all the right ingredients but the right utensils as well. Read each recipe carefully and try to estimate how long each preparation and cooking stage will take. Work out what time you need to serve the meal and work backwards so you know when to start each stage.

Planning also involves allowing for defrosting times and preheating ovens. Pots of boiling salted water can be brought to the boil while you are chopping the vegetables or meat.

## Meal Planning

Meal Times:

|                       |                            |  |
|-----------------------|----------------------------|--|
| <b>Breakfast</b>      | <b>8.00am - 9.00am</b>     | <b>May be taken in bed on a tray</b>                     |
| <b>Morning Coffee</b> | <b>10.30 am - 11.00 am</b> | <b>Coffee or Tea, perhaps a biscuit or slice of cake</b> |
| <b>Lunch</b>          | <b>12.30pm - 1.30pm</b>    | <b>The main meal of the day, usually 2 courses</b>       |
| <b>Afternoon Tea</b>  | <b>4.00pm - 5.00pm</b>     | <b>As per morning tea</b>                                |
| <b>Supper/Dinner</b>  | <b>6.30pm - 8.00pm</b>     | <b>Often quite a light meal</b>                          |

The table above provides guidelines for how elderly people may have their meals. Perhaps the main difference you might notice is that older people tend to have their main meal at lunch time where they may well have two courses. It must also be remembered that these are only guidelines and everybody is different with their own routines – and there are always exceptions!

## Abbreviations

|          |                   |           |                        |           |                           |
|----------|-------------------|-----------|------------------------|-----------|---------------------------|
| <b>T</b> | <b>Tablespoon</b> | <b>t</b>  | <b>Teaspoon</b>        | <b>C</b>  | <b>Cup</b>                |
| <b>l</b> | <b>Litre</b>      | <b>ml</b> | <b>Millilitre</b>      | <b>kg</b> | <b>Kilogram</b>           |
| <b>g</b> | <b>Gram</b>       | <b>°C</b> | <b>Degrees Celsius</b> | <b>°F</b> | <b>Degrees Fahrenheit</b> |

## Conversion Tables

|               |               |  |              |                 |
|---------------|---------------|--|--------------|-----------------|
| <b>1 C</b>    | <b>250ml</b>  |  | <b>1 T</b>   | <b>15ml</b>     |
| <b>1 t</b>    | <b>5ml</b>    |  |              |                 |
|               |               |  |              |                 |
| <b>160 °C</b> | <b>325 °F</b> |  | <b>25 g</b>  | <b>1 ounce</b>  |
| <b>180 °C</b> | <b>350 °F</b> |  | <b>125 g</b> | <b>4 ounces</b> |
| <b>190 °C</b> | <b>375 °F</b> |  | <b>225 g</b> | <b>8 ounces</b> |
| <b>200 °C</b> | <b>400 °F</b> |  | <b>500 g</b> | <b>1 pound</b>  |

## Nutrition

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Part of good menu planning is considering the nutritional value of all the foods being served. A well balanced diet consists of proteins (meats, cheeses and nuts), Carbohydrates (Potatoes, breads and pasta), dairy and lots of fruit and vegetables as well as fibre. It is important to always buy fresh foods where possible. **Pre-packaged food that is heated in the microwave is not acceptable as all the nutritional goodness has already been lost.** However it is always important to remember most clients have eaten a certain way for many years so any changes to their eating habits should be a little at a time.



## Presentation

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**When working in private homes the presentation of meals is very important.** Try and make food attractive and always serve small portions.

Tables should be set properly, with cutlery set out and cloth napkins.

Plates should be heated when serving hot food and always ensure any hot serving dishes are placed on a mat or board so as not to damage the table.

Breakfast trays should also be presented neatly with a cloth underneath.

Milk, butter, jam should always be served in suitable dishes or jugs.

## Techniques

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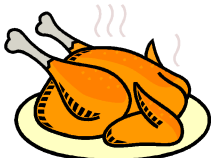
This section of the booklet goes through many popular ingredients and general techniques to prepare and cook them. Specific recipes are not included in this section but will be in the following section. The techniques section should allow you to make basic meals and give you some ideas for easily varying these meals. Once you have been through this section the recipes should be easier to accomplish and need not be as detailed in description as the main techniques will have been explained here!



Look out for our Chefs Tip boxes where you will find ideas and methods to easily adapt recipes and ways to make meal times more interesting!

## Cooking Poultry

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Roasts can include any type of poultry from chicken, turkeys and any game birds including pheasants and ducks.

The following recipe is a basic guideline that can be adapted and added to.

Rinse and dry the bird.

Spread the breast of the bird with butter or olive oil. Sprinkling mixed herbs over the bird or adding garlic to the butter can add flavour.

Extra flavour can also be added by placing fresh herbs and a wedge of lemon, a clove of garlic or stuffing inside the chicken before roasting.

Place the bird in the roasting dish with the breast facing down to help keep the breast moist.

Bake the chicken at 180°C for approximately 25 minutes per 500g plus an additional 20 minutes.

After 30 mins the bird can be basted with the roasted juices ie: spoon the juices from the bottom of the pan over the bird. This helps keep the bird moist.

Turn the bird over for the last 20 – 25 minutes to brown the breast.

Overcooked poultry is dry and tasteless so it is important to know when the bird is done.

The easiest way to test is to pierce the thigh using the tip of a knife. The juices that run out should be clear, not pink. You can also press the breasts, which should be firm but springy.

Transfer the bird to a chopping board and leave to stand for 10–15 mins before serving.

Carve the bird and place the stuffing in a separate dish.

Normal accompaniments are gravy (Page 7), bread sauce (Page 13), fresh vegetables or roasted vegetables.



If there is any of the bird left over it can be carved and stored in the fridge and used in a salad the following day. The carcass of the birds can be boiled for stock and used to make soup. Have a look at Page 14 for some easy soup recipes!

## **Roasting times**

NB: Cooking times are given for unstuffed birds. For stuffed birds, add 20 minutes.

| Weight of bird | Cooking time and temp.  |
|----------------|-------------------------|
| 2.5 – 3lb      | 1 – 1.25 hrs @ 190°C    |
| 3.5 – 4lb      | 1.25 – 1.75 hrs @ 190°C |
| 4.5 – 5lb      | 1.5 – 2 hrs @ 190°C     |
| 5 – 6lb        | 1.75 – 2.5 hrs @ 190°C  |

## **Cooking Meat.**

Most meat bought from butchers or supermarkets are ready for cooking and require no preparation. However some meat should be trimmed of any excess fat.

## **Roasting**

Meat should be thoroughly defrosted and at room temperature. Rub the meat with oil or butter and season with salt and pepper. For extra flavour make little incisions in the meat and insert herbs or slivers of garlic. Place the roast on a rack in a tin to allow it to cook evenly and not stew in its juices.



Cook for the suggested time.

To determine whether meat is cooked insert a long skewer into the thickest part of the cut for 30 sec. Remove the skewer and feel it: If it is warm the meat is rare; if it is hot the meat is well cooked. Remember all cooking times are given as a guideline only. The shape of a cut will affect how long it takes to cook and people also have different preferences.

Leave to rest for 10–15 mins before carving, as meat will continue to cook after being removed. This is important to remember when trying to remove meat while it is still rare.

### Making gravy

Gravy made from roasting juices is very easy and is a traditional accompaniment.



### Thick gravy

Spoon off most of the fat from the roasting dish into a heatproof vessel. Set the tin over moderately high heat on top of the stove.

When the roasting juices begin to sizzle add a tablespoon of flour and stir to combine well. Scrape the bottom of the pan to ensure all the browned bits are mixed in to form a smooth paste. Slowly add a cup of water, stock or even some red wine until the desired consistency is achieved. Bring to the boil. Simmer for 10 mins and add salt and pepper to taste.

### Cooking Fish

Fish is a succulent and nutritious meal but it is important that it is cooked well: As with poultry overcooked fish becomes dry and tasteless. The flesh of raw fish is described as translucent and becomes opaque (not see through) when cooked. When testing a fish to see if it is cooked make a small slit with a sharp knife at the thickest part of the fish and next to the bone. The fish should still be very slightly translucent as it will continue to cook when removed from the heat. When preparing a fish



### Poaching Fish

Whole fish as well as fillets and steaks are excellent poached as they give such succulent results which older people often find easier to eat as well as nutritious and tasty. Poached fish can be served hot or cold and with a variety of sauces also making it a versatile dish to cook. To oven poach smaller whole fish or fillets place them in a buttered flame proof dish and add enough water to 2/3 cover the fish. Any flavourings can be added to this – either from a recipe or personal preference. A buttered piece of greaseproof paper over the top will prevent the fish from drying out. Bring the dish just to the boil on the stove and then transfer to the dish to a 180°C and

poach until the fish is cooked. You can test with the tip of a sharp knife as described above.

## **Baking Fish**

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Most fish are suitable for baking. The best recipes for baked fish are those which involve a sauce, stuffing or coating which keeps the fish from drying out too much. Cooking in foil is fine for most fish and as a guide allow 10 minutes in a 220°C for each 2.5cm of fish (measured at thickest part). Once again it is important that the fish is not overcooked.

## **Steaming**

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Steaming is a simple and good method of cooking fish. Place the fish in a steamer and steam until done, testing as described above.

## **Vegetables**

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Vegetables are healthy, nutritious and an essential part of a diet. Although vegetables should normally be cooked until they are tender many older people do enjoy vegetables which are 'overcooked' and easier to eat. As with all recipes and recipe ideas they should be adapted to the client you are with and their preferences.

## **Carrots**

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Carrots are perhaps one of the most common vegetables and can be used hot and cold as well as cooked and raw. If the carrots you are using are young then they will not need to be peeled just scrubbed well. Larger carrots should be peeled and the top and tail removed. Carrots can be boiled or steamed.



## **Parsnips**

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Excellent in soups or stews, boiled or roasted. To prepare trim the ends and peel, leave smaller ones whole and cut larger ones, remove any woody core.



## **Potatoes**

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Boiling potatoes have a waxy skin and keep their shape when cooked. Baking potatoes are dry and starchy and have a more floury texture when cooked. If the potato skins are to be eaten scrub them well, if not then peel them. To mash potatoes, firstly peel the potatoes then chop them into cubes, cook the cubes in a pan of boiling salty water. When the potatoes are cooked, drain them and allow them to stand for 2 minutes until they have dried off. Mash these

potatoes with a masher adding butter and cream, to make the mash light and fluffy beat the mash with a wooden spoon.

## **Onions**

Onions are a basic ingredient in many dishes and you should always have a good stock of them. To prepare them peel off all the papery skin and then slice or chop as the recipe requires. When frying onions do so over a moderate heat and do not burn them as they will become bitter. The longer and slower onions are cooked the sweeter they become.



## **Leeks**



Excellent in soups or on its own. Trim the root end and the dark green leaves and use as the recipe indicates.

## **Courgettes**

Courgettes are completely edible and do not need to be peeled. Trim the ends before cooking and they can be fried, boiled, steamed or braised.

## **Broccoli**

Broccoli can be eaten hot or cold but as you are cooking for older and more traditional people it will probably be preferred hot and as an accompaniment to a main meal. Cut the florets leaving a little stalk on each and boil or steam or use as the recipe suggests.



## **Cauliflower**



Another popular vegetable amongst older people, particularly with a cheese sauce (Page 12). Prepare by removing all the large green leaves and trim the stalk until it is level with the head. Cut out the core and either leave the head whole or cut into florets depending on your recipe.

## **Cabbage**

Cabbage is a good source of vitamins. Any wilted leaves should be discarded and then the rest should be sliced. Any tough stalk should be cut out and discarded. Boil or steam the sliced leaves.



## **Brussel Sprouts**

Elderly people will normally prefer brussel sprouts to be cooked until quite tender. The stalks should be cut and the outer leaves removed. An 'X' can be cut into the stalk to help them cook at the same rate as the heads.



## **Mushrooms**

Mushrooms should be rinsed or wiped with a damp cloth, not immersed in water as they will absorb it! Smaller mushrooms can be left whole and larger ones sliced, quartered or halved.



## **Asparagus**

If asparagus is young and tender then all that is needed for preparation is to trim the end of the stalks. For larger and older asparagus the tough ends should be cut off and the asparagus can be peeled.



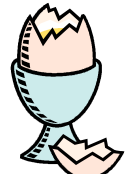
## **Eggs**

Eggs are versatile and often very popular with the elderly however any recipe which uses raw eggs should be avoided when cooking for older people.



## **Hard boiled Eggs**

Bring a pan of salted water to the boil and using a spoon lower the eggs into the water and reduce the heat to a simmer. Cook the eggs for 10 minutes then remove and plunge into cold water which will stop the eggs from developing a grey appearance. When the eggs are cool enough they can be peeled, or if they are not to be used immediately they can be stored in the fridge in their shells.



## **Medium boiled Eggs**

As above but cook for only 6 – 8 minutes

## **Soft boiled Eggs**

Again as above but cooked for only 3 – 5 minutes

## **Scrambled eggs**

Scrambled eggs are a perfect breakfast or with some interesting flavours added can be a good lunch. Beat eggs in a bowl with some salt and pepper, add a dash of milk. Melt some butter in a frying pan (enough to cover the bottom) and pour in the beaten egg mixture. Cook over a low heat, stirring and scraping the eggs constantly with a wooden spoon. The eggs will continue to cook even after they have been removed

from the heat so it is better to undercook them slightly even if they are preferred more firm.



**Some ideas of other flavours** to add to scrambled eggs are – chopped herbs, onions, mushrooms, peppers, ham, cheese, prawns or smoked salmon.

## Fried eggs



Crack eggs into a frying pan of sizzling butter or oil. Fry for 1 – 2 minutes depending on taste and either serve straight away or carefully turn the egg and fry the yolk side of the egg for 15 – 20 seconds.

## Poached eggs

Poached eggs should have a neat oval shape and are perfect on their own on a slice of toast or with vegetables (asparagus, spinach), seafood (salmon) or meat (ham or bacon). Bring a large and deep pan of water to the boil, break eggs and gently slip into the boiling water. Reduce the heat to a low simmer and poach for 3 – 4 minutes, lift the eggs out of the water. To test them press the egg gently – the white should be firm but the yolk still soft. Tidy up the eggs by cutting any strings of white off with a knife and allow the egg to dry briefly on a piece of kitchen towel.

## Omelette



Again omelettes are a versatile and popular dish and can be varied easily as with scrambled eggs. Eggs should be broken into a dish and beaten with a fork and some salt and pepper added. Melt a knob of butter in a frying pan over a moderate heat and ensure that all the sides and bottom are covered with the melted butter. When the butter begins to foam and turn golden add the egg mixture. Rotate the pan to ensure an even covering of egg mixture. Cook for about 10 seconds or until the egg starts to set on the base and then lift the cooked base with a palette knife or small fish slice and tilt the pan to allow the uncooked mixture to run underneath. Continue in this way round the pan until most of the omelette has set but the top is still creamy. To finish cooking the top place the omelette under a hot grill. Loosen the omelette with a palette knife or fish slice and fold it over onto itself.



**You can add** cheese to the top of the omelette before placing under the grill and can fill it with herbs, peppers, ham, mushrooms, asparagus tips or sautéed vegetables.

### White Sauce

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White sauce is a very important part of traditional British cooking and it is inevitable that you will have to make a white or cheese sauce at some point! You need 45g butter, 45g plain flour and 600ml of milk. Melt the butter in a heavy saucepan over a low heat, remove the pan from the heat and add the flour to make a smooth and consistent paste. Add about quarter of the milk, whisking continuously, when it is smooth add the rest of the milk in. Return to a medium/high heat and bring to the boil, still whisking continuously. When the sauce bubbles and starts to thicken, reduce the heat and simmer gently for 5 – 10 minutes.



**White sauce can then be varied in a number of ways:**

**For thin white sauce** to serve with meat or as a base for cream soups use only 30g of flour and butter.

**For Béchamel sauce** heat the milk with a slice of lemon, a bay leaf and some black peppercorns. Remove from the heat and allow to infuse for 30 minutes. Strain the milk and add to the flour and butter as above.

**For cheese sauce** melt in 120g – 130g of grated cheese to white or béchamel sauce and add 1 – 2 teaspoons of mustard. It is best to use a flavoursome cheese that melts easily.

**For mustard sauce** stir 1 tablespoon of Dijon mustard and ½ teaspoon of sugar into white sauce.

**For mushroom sauce** cook 225g sliced mushrooms in butter until soft and the excess liquid has evaporated. Add to white sauce.

### Bread Sauce

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Bread sauce is traditionally served with poultry and game and is often very popular with older people.

#### SERVES 4

300ml milk

1 onion – peeled and studded with 5 cloves

1 bayleaf

5 peppercorns

55g butter

80g fresh white breadcrumbs

150ml single cream

Salt & pepper

1. Put the milk in a saucepan with the onion, bayleaf and peppercorns and bring to the boil. Turn off the heat and infuse for 30 minutes. Take out the bayleaf and peppercorns and stir in the breadcrumbs and butter.
2. Cook on a gentle heat until smooth and thick. Stir in the cream and season with salt and pepper.
3. Serve at once or if made in advance gently reheat – if the sauce becomes too thick add some more milk.

## Recipes

This section of the booklet gives some specific recipes, although following recipes is a good way of obtaining near perfect results you must be aware that some older people **may not have all the ingredients** required for the recipe and **may not be happy with a lots of things being bought simply for one recipe**. If this is the case then use common sense, many items will be able to be replaced with something that is in the kitchen or the recipe may work without that particular ingredient. We have also attempted to give ways of easily varying recipes and applying them to other ingredients so that you can maintain a varied diet.

### Breakfast

As has already been mentioned breakfast may simply be a light meal of tea and toast with some marmalade. Cereal may also be eaten at breakfast time. If a more substantial breakfast is required then the Techniques section has methods for making scrambled, poached and fried eggs as well as omelette all of which can be eaten at breakfast time.

### Lunch

As has already been mentioned lunch is often the main meal of the day for an older person. In this section you will firstly find some recipes for some home made soups, excellent for lunch especially in the winter. Following this are some recipes for 'main courses' and finally some puddings and cakes. It can not be stressed enough that everyone is different and some people may prefer their larger meal in the evening – if this is the case then these 'lunchtime' recipes can become 'evening meal recipes'!

### SOUPS

Soups are a good starter for Lunch or as part of a main meal. Obviously soup can be easily bought but home made soup is a healthier and much more satisfying option! Soups are also very good for using up leftovers or vegetables that are perhaps a little passed their best. Remember you can use any bones from poultry to boil up and make stock.

## CHICKEN BROTH

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**SERVES 2**

**2T olive oil**

**1 onion – sliced**

**1 crushed garlic clove**

**1 lemon – zest only**

**55g green beans**

**1 tomato – diced**

**1t sesame seeds**

**425ml chicken stock**

**1 chicken breast –  
finely sliced**

1. Heat the oil in a frying pan and gently fry the onion and garlic until soft
2. Add the lemon zest, green beans, tomato and sesame seeds, stirring for 1 – 2 minutes
3. Pour in the chicken stock, reduce the heat and simmer gently. Add the chicken and simmer for a further 15 minutes until the chicken is cooked



The chicken stock can either be from a stock cube or boiled from a chicken carcass

## VEGETABLE SOUP

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**SERVES 2**

**1T olive oil**

**1 onion – chopped**

**½ leek chopped**

**2 garlic cloves –  
peeled & chopped**

**1 carrot – peeled &  
chopped**

**200g broccoli cut into  
florets**

**400ml veg. Stock**

**Salt & pepper**

1. Heat the olive oil in a large saucepan
2. Fry the onion and leeks for 2 – 3 minutes
3. Stir in the garlic, carrot and broccoli
4. Pour in the stock and bring to the boil. Boil until the vegetables are tender
5. Allow the soup to cool slightly and blend in a liquidiser.
6. Season to taste



If you don't have a blender you could force the soup through a sieve or use a masher

## MUSHROOM SOUP

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**SERVES 2 – 3**

**½ onion chopped**

**2 lge flat mushrooms  
chopped**

**1T olive oil**

**300ml veg stock**

**Splash white wine**

**3 slices chunky bread  
broken into pieces**

**110ml cream**

**Salt & pepper**

1. Heat the oil in a saucepan and fry the onions and mushrooms for 2 – 3 minutes
2. Add the stock and wine and bring the soup to the boil
3. Transfer the soup to a blender and add the bread and blend until smooth
4. Add the cream and season
5. Return to pan and heat through – do not boil

## CARROT SOUP

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### SERVES 1

30g butter

1 carrot peeled & sliced

½ potato peeled & diced

1 garlic clove chopped

290ml veg stock

1 orange - zest & juice only

150ml double cream

1. Melt the butter in a saucepan and add the potato and carrot and fry for 2 minutes
2. Add the garlic and fry for 2 minutes
3. Pour in the vegetable stock and add the orange zest and juice and leave to simmer for 5 minutes
4. Pour the soup into a blender and blend until smooth
5. Return the pan to the heat and add the cream
6. Heat for a further minute

## LEEK & POTATO SOUP

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### SERVES 1

Thick potato peelings

Outer leaves of leek

1 chicken stock cube

3 cloves garlic

250ml water

50ml double cream

Salt & pepper

1. Wash the potato peelings and put in a pan with the garlic cloves, chicken stock cube and water. Bring to the boil and simmer
2. Wash the leek. Roughly chop and add to the pan. Simmer for 5 – 6 minutes
3. Place the soup in a processor with the cream and blend until smooth
4. Season to taste

## FRENCH ONION SOUP

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### SERVES 1

1T Olive oil

1 onion finely chopped

2 garlic cloves finely chopped

3 – 4 sprigs thyme

85ml red wine

85ml water

½ beef stock cube

1. Heat the oil in a pan and fry the onion and garlic for 5 – 6 minutes until brown
2. Stir in the sprigs of thyme and cook for a further 1 – 2 minutes
3. Pour the red wine into the pan and reduce for 5 minutes
4. Stir in the water and crumble in the stock cube. Simmer gently for 5 minutes

## 'MAIN COURSES'

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In this section are a selection of main courses, ideal for lunch or supper depending on the preference of the client.

### FISH PIE SUPREME

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|   |
|---|
| <u>SERVES 4-6</u>   |
| <u>25g butter</u>   |
| <u>1T Butter</u>  |
| <u>1T milk</u>  |
| <u>3C mashed potato</u>   |
| <u>¾ t salt</u>   |
| <u>Black pepper</u>   |
| <u>1C Milk</u>  |
| <u>500g smoked fish (flaked) or 425g canned tuna (drained and flaked)</u> |
| <u>1T chopped parsley</u>   |
| <u>2 Hard boiled eggs - chopped (optional)</u>                            |
| <u>1T flour</u>   |

1. Mix the 25g of butter and 1 T of milk into the potatoes, beating with a fork to combine
2. Season with salt and pepper to taste
3. Spoon half the potatoes in to the bottom of a medium dish and set the other half aside.
4. Heat the T of butter in a saucepan and stir in flour, cook until frothy
5. Gradually add cup of milk, stirring constantly until sauce boils and thickens
6. Remove from heat and add fish, parsley and eggs (optional)
7. Pour mixture on top of potatoes in the dish and top with the remaining potato
8. Cook in a pre-heated oven at 190°C for 20 minutes or until pale golden brown.

### COQ AU VIN

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|                                 |
|---------------------------------|
| <u>SERVES 2</u>                 |
| <u>25g Butter</u>               |
| <u>1 rasher bacon - chopped</u> |
| <u>4 chicken pieces</u>         |
| <u>6 small onions</u>           |
| <u>50g button mushrooms</u>     |
| <u>¾ cup red wine</u>           |
| <u>1 t dried mixed herbs</u>    |
| <u>1 clove garlic - crushed</u> |
| <u>½ T tomato paste</u>         |
| <u>1 T flour</u>                |
| <u>Salt and pepper</u>          |

1. Melt half the butter in a flameproof casserole dish or large saucepan
2. Add bacon and cook for 4 minutes
3. Remove from pan
4. Add chicken to pan and cook until browned all over
5. Remove from pan
6. Add onions to pan and cook until golden
7. Return bacon and chicken to pan and add in the mushrooms and stir in wine, garlic, tomato paste and mixed herbs.
8. Bring to the boil, cover pan with lid
9. Reduce heat and allow the ingredients to simmer for 45 minutes or until the chicken is tender
10. Season with a little salt and pepper

11. Cream the remaining butter and flour into a small paste and whisk gradually into the casserole, cooking gently to thicken the sauce.

## RATATOUILLE

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### **SERVES 6**

**¼ C olive oil**

**6 medium tomatoes –  
blanched and  
chopped**

**½ t salt**

**Black pepper**

**¼ t sugar**

**1 large onion, sliced**

**2 cloves garlic –  
crushed**

**1 green pepper –  
sliced**

**250g courgettes –  
sliced**

**1 eggplant or  
aubergine – chopped**

**Salt and pepper**

1. Heat half the oil in a small saucepan and add the tomatoes, salt, pepper and sugar to taste
2. Cook for 10 minutes, stirring frequently and set aside
3. Heat the remaining oil in a large frying pan or saucepan
4. Add onion and garlic and cook until the onion is clear
5. Add the green pepper, courgettes and eggplant/aubergine, cover and cook over a low heat until the vegetables are tender, stirring frequently
6. Add the tomato mixture to the vegetable, stir to combine and serve hot.



You can add other vegetables to ratatouille – red or yellow peppers, broccoli or mushrooms for example. Also add some herbs if it is tasting a little bland.

## CHICKEN CASSEROLE

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### **SERVES 1 – 2**

**4 rashers bacon –  
chopped**

**1 leek – chopped**

**2 garlic cloves –  
crushed**

**½ potato – cubed**

**1 chicken breast –  
skinned and cubed**

**1 bay leaf**

**150ml white wine**

**150ml chicken stock**

**30g Dijon mustard**

**85ml cream**

**30g basil – chopped  
(optional)**

1. Fry bacon in a large saucepan for 2 – 3 minutes
2. Add the leeks and garlic and fry for a further 2 – 3 minutes
3. Add the potato and chicken and cook until the chicken has browned
4. Add the bay leaf
5. Add the wine and stock and increase heat to boil and reduce the liquid
6. Add the cream and Dijon mustard, lower the heat and simmer for 4 minutes
7. Add the basil and remove from heat



You can also add some thyme or herbs to this recipe. Serve with some rice, mashed potato or bread.

## MEATLOAF WITH MUSHROOM STUFFING

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**SERVES 1 – 2**

**225g mushroom,  
coarsely chopped**

**1 Small onion, finely  
chopped**

**30g butter**

**130g Fresh  
breadcrumbs**

**3t Fresh parsley**

**1t dried thyme**

**Salt and pepper**

**900g minced beef**

**5T tomato ketchup**

**2 eggs, beaten**

1. Preheat oven to 190°C/Gas mark 5
2. Cook the mushrooms and onion in the butter over moderate heat until soft.
3. Put the mixture into a bowl and add the breadcrumbs, parsley, thyme, brown sauce, salt and pepper. Mix well.
4. In another bowl, mix the meat with the tomato ketchup and eggs.
5. Pack half the meat mixture into a large loaf tin, pressing it into an even layer
6. Pack the mushroom mixture on top and then cover with the rest of the meat. Bake for 1 ¼ hours.
7. Remove from the oven and leave to stand for 15 minutes.

8. Pour off the juices and turn the meat loaf onto a serving plate. Serve hot.



For extra flavour – before placing the meat in the loaf tin, line it with rashers of bacon. Once cooked, turn out the meat and place the loaf under the grill until the bacon is crispy.

## COTTAGE/SHEPHERDS PIE

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**SERVES 4**

**1 T oil**

**1 onion, chopped**

**500g lean beef mince**

**2 T flour**

**1 T tomato sauce**

**1 T chutney / relish**

**¾ C beef stock**

**3 potatoes, chopped**

**¼ C chopped parsley**

**1 T butter**

**1T finely chopped  
onion**

**½C grated tasty  
cheese + salt &  
pepper**

1. Heat oil in a large frying pan, add onion and cook until clear.
2. Add mince and brown well, stirring constantly.
3. Drain off excess fat. Stir in flour and cook for 1 minute.
4. Add tomato sauce, chutney / relish and beef stock and bring to the boil.
5. Reduce heat and simmer for 5 minutes. Set aside.
6. Cook potatoes in boiling salted water until tender and drain thoroughly.
7. Mash the potatoes with the butter, onion and half the cheese until smooth and creamy. Season with salt and pepper.
8. Transfer mince into a baking dish and top with the potato. Sprinkle with remaining cheese and bake at 190°C for 20 minutes or until golden and heated through.

## BASIC BEEF CASSEROLE PIE

### SERVES 3-4

500g chuck or blade  
steak

1 heaped T flour

2 T oil

2 C beef stock

1 t dried mixed herbs

1 medium onion,  
chopped

1 carrot, sliced

Salt and pepper

1. Trim all fat off meat, cut into 5cm cubes and coat in flour
2. Heat oil in a heavy based saucepan, add onion and cook until golden.
3. Using a slotted spoon, remove the onion and place in a casserole dish.
4. Add half the meat to the pan and quickly brown on all sides.
5. Remove from pan and place in dish with onions. Repeat with remaining meat.
6. Gradually add stock to pan and bring to the boil, stirring.
7. Add carrots, salt and pepper to taste and the mixed herbs.
8. Pour liquid over meat and onions in casserole dish, cover and cook in a preheated oven at 160°C for about an hour or until meat is tender.



This basic recipe can be varied in the following ways:

**Beef & Mushroom casserole** – Replace half the beef stock with red wine and add 1 heaped T tomato puree and ½ C sliced mushrooms.

**Beef & Pepper casserole** – Add 1 chopped red or green pepper when cooking onions.

**Beef & Mustard casserole** – At end of cooking time, stir in ½ T wholegrain mustard.

## POACHED CHICKEN IN PARSLEY SAUCE

### SERVES 2

1 Small chicken

50g butter

50g flour

4 Carrots

1 onion

1 Parsnip

1 bunch of parsley,  
chopped finely

Salt and pepper

Cream to taste

1. Peel and chop the vegetables into chunky sizes.
2. Place the chicken and vegetable into a large pan and cover with water.
3. Bring to the boil and then reduce the heat and cover the pan. Allow the ingredients to simmer for 45 mins.
4. Let the chicken stand in the stock until completely cold. Remove the chicken from the stock, and strip off the flesh and cut the meat into small bite size pieces.
5. Place the chicken bones and carcass back into the pan and simmer for a further hour.
6. Leave to stand until cold, skim the fat from the surface and strain the stock through a sieve.

### **To make the parsley sauce:**

Melt 50g butter in a small saucepan and blend in the flour.

1. Stir constantly and gradually whisk in half a pint of the chicken stock.
2. Stir until smooth and add the chopped parsley.
3. Season with salt and pepper and add a little cream.
4. Pour the sauce over the chicken and reheat in the oven.

## CHICKEN IN TARRAGON SAUCE

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### SERVES 2

2 chicken breasts,  
skin removed and cut  
into small pieces

½ red onion, sliced

50g butter

2T dry white wine

2 T fresh or dried  
tarragon

4 T Crème Fraiche or  
low fat cream cheese

2 t lemon juice

1 T chopped parsley

Salt and Pepper

1. Melt the butter and gently cook the onion until soft and add the chicken. Simmer for 5–10 mins
2. Add the wine, tarragon and crème fraiche and season to taste.
3. Bring to simmering point.
4. Remove from heat and add the lemon juice to taste.
5. Sprinkle with chopped parsley.



This is a great basic recipe, which can be used with many different herbs or spices eg: substituting the tarragon with basil, oregano some garlic or even curry powder.

## BEEF STROGANOFF

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### SERVES 2

450g rump or fillet  
steak

1 T flour

1 onion finely  
chopped

50g Butter

225g button  
mushrooms

150ml sour cream

Salt & pepper

1. Trim the meat and cut into thin strips. Roll the meat in the flour.
2. Gently cook the onion in butter and add the meat. Simmer for 30 – 45 mins and until the meat is very tender.
3. Add mushroom and sour cream and reheat until piping hot. Do not allow to boil.

## PORK IN A WHITE WINE SAUCE

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### SERVES 2

450g tenderloin of  
pork, thinly sliced

25g butter

1 onion, finely  
chopped

150ml white wine

2 cloves crushed  
garlic

175g Mange tout

4 T single cream

1 T chopped parsley

Salt & Pepper

1. Heat butter until foaming and gently cook the pork and onion for 3–5 mins.
2. Add the wine and garlic and simmer for a further 5 mins.
3. Add the Mange tout and simmer again for 5 mins.
4. Season to taste.
5. Remove from the heat; add cream and sprinkle with parsley.



Both the garlic and cream are optional. A beaten egg can be substituted for cream BUT do not add the egg to a hot mixture, as it will scramble.

## FISH CAKES

### SERVES 2

2 boneless cod or haddock fillets

275ml milk

50g butter

1 onion, sliced

100g cooked mashed potato

100g white bread

1 beaten egg

1 T chopped parsley

Salt & pepper

1. Skin fish and remove bones. Put fish in saucepan, cover with milk and bring to the boil.
2. Remove saucepan from the heat and leave fish to cool in the milk.
3. Heat butters in cook the onions until soft.
4. Mash potatoes using a little milk from the fish, keeping the mash reasonably dry.
5. Put bread in food processor and make into breadcrumbs.
6. Remove fish from the milk and flake into small pieces.
7. Mix together fish, potato, onion, egg and parsley and shape the mixture in small cakes 2 inches in diameter and roll in the breadcrumbs.
8. Heat remaining butter and cook the fish cakes for a minute on each side until heated through and are crisp and golden.

## SOME ACCOMPANIMENTS FOR MAIN COURSE

### SCALLOPED POTATOES

#### Serves 4

4 medium potatoes, thinly sliced

1 small onion, finely sliced

1 C grated cheese

Salt

Pepper

1 C Milk

1. Place a layer of potatoes in a casserole dish measuring approx. 20cm
2. Sprinkle with some cheese, onion, salt and pepper to taste
3. Repeat layering until all ingredients are used, ending with a layer of cheese
4. Pour milk over potato mixture
5. Cover and cook at 180° for 30 minutes
6. Remove lid and cook for a further 10–15 minutes until potatoes are cooked.

### CAULIFLOWER CHEESE

#### Serves 4

1 Small cauliflower, cut into pieces

Salt and pepper

1 T plain flour

1/3 C grated cheddar cheese

1 T butter

75ml milk

½ T dry breadcrumbs

¼ t mustard powder (Optional)

1. Cook cauliflower in boiling, salted water until tender, drain and transfer to a warmed oven dish. Set aside
2. Melt the butter in a saucepan, add flour and cook for 1 minute, stirring continuously
3. Gradually blend in the milk and heat, stirring until thickened
4. Add the cheese and stir until melted
5. Add the mustard powder, salt and pepper to taste
6. Pour the sauce over the cauliflower, top with breadcrumbs and place under a preheated medium grill until the topping is golden.

## PUDDINGS

A selection of puddings and deserts, perfect for rounding off a meal or having in stock for tea time!

### FRUIT CRUMBLE

#### SERVES 2-3

1 C stewed fruit eg:  
apples, apricots,  
nectarines and plums

1 T brown sugar

½ C plain flour

25g butter

½ t baking powder

25g Sugar

1. Place stewed fruit in bottom of an ovenproof dish and sprinkle with brown sugar, set aside.
2. Sift flour and baking powder into a bowl.
3. Cut in butter until it resembles coarse breadcrumbs.
4. Stir in sugar.
5. Spoon mixture over fruit and bake at 190° for 30 minutes or until pale golden.
6. For extra flavour add in some ground ginger, cinnamon, coconut or mixed spice into the dry ingredients.



Fruit crumble freezes well and is very handy to have as a standby pudding. Freeze it uncooked in a foil container and then bake from frozen 180°C/Gas mark 4 for 45 mins.

### BREAD & BUTTER PUDDING

#### SERVES 4-6

4 slices toast - cut  
into triangles

2 T currants

¼ C sugar

2 t grated lemon rind

3 Eggs

2 C milk

1. Layer bread triangles, currants, sugar and lemon in an oven proof dish
2. Beat eggs and milk together and pour over bread
3. Leave to stand for 15 mins
4. Bake at 108°C for 30 mins or until golden and set
5. Dust with icing sugar and serve.

### RICE PUDDING

#### Serves 4

5 T short grain rice

2 T sugar

2 C milk

2-3 drop vanilla  
essence

1 t butter

¼ t ground nutmeg

1. Place rice and sugar in bottom of ovenproof dish
2. Add milk and vanilla, mix well and add butter
3. Sprinkle nutmeg over surface
4. Bake at 150°C for 2 hours, stirring 2 or 3 times in the first hour.

## BANANA LOAF

---

1 ¾ C Self raising flour

¾ t baking soda

¼ t salt

½ C sugar

2 eggs

¼ C milk

75g butter, melted

1 C mashed banana

1. Sift flour, baking soda and salt into a bowl and mix in sugar
2. In another bowl beat the eggs then stir in milk, butter and banana
3. Mix quickly into dry ingredients and stir until ingredients are just combined
4. Pour into a greased loaf tin and bake at 180°C for 45/55 minutes
5. Leave in tin for 10 mins before turning out onto a cooling rack.

## SHORTBREAD

---

1 ¾ C Self raising flour

¾ t baking soda

¼ t salt

½ C sugar

2 eggs

¼ C milk

75g butter, melted

1. Cream butter and sugar until light and fluffy
2. Sift cornflour and flour together and mix into creamed mixture
3. Knead well and on a lightly floured board roll out into 1.5cm thickness
4. Shape as desired and place on a greased oven tray
5. Bake at 150 °C for 30 minutes or until pale golden



Shortbread is excellent to have a store of – it can be used as a pudding or with a cup of coffee mid morning or cup of tea in the evening!

## CHOCOLATE CAKE

---

175g Butter, softened

1 C Sugar

3 T cocoa

2 C plain flour

1 t baking powder

½ C boiling water

3 eggs

1. Cream butter and sugar until light and fluffy
2. Add eggs one at a time, mixing well after each addition
3. Dissolve cocoa in boiling water
4. Sift flour and baking powder together and add to cream mixture alternately with cocoa mixture
5. Pour mixture into a greased cake tin and bake at 180 °C for ~ 45 minutes, until cake springs back when lightly touched

FOR THE ICING:

2 C icing sugar

¼ t butter

1 T cocoa

2 T water,

approximately

1. Sift icing sugar and cocoa into a bowl
2. Add butter and sufficient water to mix to a spreadable consistency

## And finally.....

Adaptability is very important. Remember as an agency we look after elderly people. Not all of our clients will have the most up to date, modern equipment. For example, many do not have microwaves, blenders, electric whisks etc.

As a carer you need to use your initiative and improvise with the equipment and ingredients you have at hand.

Cooking can be an enjoyable part of your daily routine. Not only will your clients benefit from your culinary skills, you as a carer can gain satisfaction knowing you are providing delicious and nutritious meals for both your client and yourself.



*We hope you feel that this booklet is of benefit to you and your clients and remember:*

*Enjoy your cooking!*