

Perth Diet Clinic



Merry Christmas

*Best wishes for the festive season
from the
Perth Diet Clinic.
Enjoy and eat with good health.*

The Perth Diet Clinic will be closed
from Monday 22 December 2003
and will reopen on Monday 5 January 2004.

Visit our web site at

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

for nutrition information, health and cooking tips and an abundance of recipes.

HEALTHY COCKTAIL PARTY



Is this possible?

Cocktail parties are a popular type of festive entertaining. It may be a private function, a work party or an end of year wind up. Food served on these occasions is often high fat that is concentrated energy and not the type of food you would choose on a weight reduction or low fat diet. Sometimes it is better to have something light before hand such as a salad and then limit eating to healthy choices. Watch alcohol and high sugar soft drinks. Choose soda water and low joule drinks.

Those responsible for arranging end of year events can choose wisely from what is available.

We can influence the type of food being produced by catering companies. The more we suggest healthy choices, the more they will be produced. When low fat delicious food is served, complement the catering company or hostess. If you are planning on running a cocktail party there are suggestions to follow. Recipes in blue may be found on our web site.

BEST CHOICES

These use lean meats, fish, chicken, fruit, vegetables, rice, bread and low fat sauces.

Open Sandwiches

Finger Sandwiches with Ricotta Leg Ham & Minted Pea

Middle Eastern Chicken Wrapped in Saffron Crepe with Prune Jam

Dolmades

Rock Melon Sticks with Parma Ham

Thinly Sliced Rye Bread Topped with Shaved Turkey & Cranberry Sauce

Bruschetta

Vegetarian Vietnamese Rolls with Soy Dipping Sauce

California Rolls

Celery, Carrot and Broccoli Crudités

Eggplant Wraps

Smoked Salmon on Cucumber Rounds

Rare Beef & Asparagus Rolls

Sushi with Avocado & Prawn or Salmon

Baba Ghanoush with Warm Pita Bread

Spinach Dip

Thai Fish Cakes with Chilli Sauce

Smoked Trout on Toast Rounds with Low Fat Dill Mayonnaise

Medallions of Breast of Chicken with Avocado & Tarragon Mustard on Polenta Rounds

Baked Spring Rolls

Savoury Meat Balls

Bread Cases with Salmon Ricotta Filling

Skin-less Cocktail Chicken Drumsticks

Lamb Koftas with Mint Yoghurt

Spinach Cocktail Bites

Crepe Parcels with Avocado & Leg Ham and Capsicum Jelly

Pikelets Topped with Shaved Turkey & Avocado Cream

Mini Corn Cakes with Shaved Beef & Tarragon Low Fat Mayonnaise

Tiger Prawns with Low Fat Lemon Grass Mayonnaise Wrapped in Rice Paper

Mediterranean Char-Grilled Vegetable Kebabs

Avocado Dip with Raw Vegetables

Stuffed Curried Eggs

Smoked Salmon or Prawn on Dry Toast with Dill Mayonnaise

Profiteroles with Low Fat Salmon or Asparagus Fillings

Fresh Asparagus with Low Fat Hollandaise Sauce on Toast Rounds

Corn Thins with Wasabi Low Fat Mayonnaise, Rare Roast Beef and Pickled Ginger

Marinated Lamb Kebabs with Dipping Sauces

Herb Chicken Rissoles

Vegetarian Baked Pasties.

POOR CHOICES

Poor choices that should be limited or avoided are often deep-fried, or contain high fat pastry or rich dressings. These will include mini quiches or any item with puff pastry and cream, mini pies or sausage rolls, fried Samosas, cream based dips, high fat cheese such as Brie, Camembert, and Blue, Curry Puffs, Sate Chicken Wings, High fat meats such as Salami, Mortadella and sausage in addition to Crisps, nuts and high fat nibbles.

Middle Eastern Chicken Wrapped In Saffron Crepe With Prune Jam



Ingredients	Method
Middle Eastern Chicken ½ tsp ground coriander ½ tsp ground cumin ½ tsp ground cardamom ¼ tsp paprika salt & pepper 2 tabspr pickled (preserved) lemon or 2 tabspr fresh lemon juice and 1 tsp lemon zest 1 tabspr olive oil (20ml) 2 skinned and boned chicken breast (300grams)	<ul style="list-style-type: none"> * Place coriander, cumin and cardamom in an oven proof dish and roast in hot oven for 3 minutes. * Remove and add paprika, salt, pepper, pickled lemon and oil. * Mix to form a paste. * Place chicken breasts in a dish and cover with marinade. * Leave for 1 hour. * Bake in 180°C oven for 25 -30 minutes or in a non-stick fry pan for 10 minutes until just cooked.
Saffron Crepes ¾ cup grams white flour (100g) 1 egg (50g) 1 cup non fat milk (250ml) 1 tabspr chopped chives pinch of saffron or ¼ tsp turmeric 1 tsp fresh finely diced chilli or ¼ tsp dried 1 tabspr olive oil (20g) Salt and pepper	<ul style="list-style-type: none"> * Sift flour, salt and pepper into a bowl. * Make a well in the flour. * Break egg into the middle. * Slowly whisk milk into flour, egg and oil until a smooth batter is formed. * Add Saffron, chilli and chives. * Refrigerate and let stand for 2 to 3 hours. * Heat a crepe pan and spray with oil. * Add a ladle of mixture (about 1/2 cup for large crepes or 1/4 cup for small crepes) to the hot pan and allow mixture to run until the surface is covered. * When it starts to bubble on the surface, run spatula around edge and turn or flip over. * Leave to 15 seconds and then turn out. * Repeat for remaining mixture, making 5 large or 9 small crepes
Prune Jam 2 tabspr water (40 ml) 1 tea bag 2 tabspr sugar (36 grams) 10 medium dried seeded prunes (100 grams) 20 ml brandy	<ul style="list-style-type: none"> * Boil water and infuse tea and sugar. * Add prunes and leave over night. * Add brandy and remove tea bag. * Leave for 2 hours more and then blend until smooth in a food processor.

Assemble Crepes

- * Lay crepes on bench, spread evenly with prune jam.
- * Slice chicken and place in strip on bottom half of crepe, dividing chicken between crepes.
- * Roll up firmly and place in refrigerator for ½ hour to set.
- * Slice on an angle into 5 to 10 cocktail bites depending on size of crepes. Discard ends.
- * Serve garnished with fresh coriander sprigs and julienne of red, green and yellow capsicum.

Makes 50.

Nutrients per Serve :
 KJ 191, Calories 46,
 Carbohydrates (grams) 3.4,
 Fat (grams) 1



Handy Hints for Christmas:

Food Poisoning:

Be sure to adequately refrigerate mayonnaise based salads. Meat and poultry with seasonings are more prone to food poisoning if not adequately cooked. All fresh food should be stored at less than 5° C. Check the temperature of your refrigerator.

Soak a ham bag with a little vinegar and wrap the ham in it. This will keep it fresh.



Low Fat Christmas Cake

Make little cakes and give as a gift to elderly people who only want a little. I make little baskets of goodies for older friends and relatives. These are so attractive that when combined with almond bread, mince meat tarts and stain glass window cake, it makes a beautiful gift. All my Christmas recipes are healthy. They will still have fairly high kilojoules as dried fruit is very concentrated energy. The key is to have small amounts.

Ingredients

3 cups mixed dried fruit (you may vary the proportion of fruit to suit your preference e.g. include dried apricots, figs, dates etc.) (500 grams)
 1 cup orange juice (250 ml)
 1 tabsp honey (25 grams)
 1 teaspoon bi-carbonate of soda (2 grams)
 2 tabsp brandy (50 ml)
 1 cup mixed chopped nuts, walnuts, pecans or almonds (120 grams)
 2 large eggs (120 grams)
 1 cup cold mashed pumpkin (170 grams)
 1 cup white self-raising flour (130 grams)
 1 teaspoon mixed spice
 1 cup wholemeal self- raising flour (140 grams)



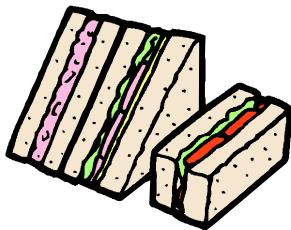
Method

- Place dried fruit, orange juice and honey in a saucepan and bring to the boil.
- Remove from heat and add bi-carbonate of soda, brandy and nuts.
- Cool and then add beaten eggs and mashed pumpkin.
- Sift white flour with mixed spice and then add wholemeal.
- Fold in sifted flour and mixed spice.
- Grease or line a 20cm round tin or place in 8 Texas size- greased muffin tins.
- Fill tins and decorate with nuts and dried fruit or use royal icing when cooked.
- Heat oven to 165°C and bake for 1 to 1 ¼ hours for individual ones or 1 ¼ to 1- 1/2 hours for large ones.
- Pour a little brandy over cakes while hot and then wrap in foil.
- Freezes well.
- To decorate, dust a commercial royal icing with a little icing sugar and roll out until 3mm thick. Cut into stars or other Chri stmas shapes. Place on cakes and garnish with silver balls. Analysis doesn't include icing

Serves : 8 Quantity per Serve : small cakes

Nutrients per Serve : KJ 1734, Calories 415, Carbohydrates(grams) 70, Fat(grams) 10.5, Protein(grams) 8.3

Fare Go For Luscious, Lazy Lunches



The Christmas break is a time for easy interesting lunches that take minimum preparation time and incorporate left over Christmas fare. Sandwiches can be made into a variety of shapes, sizes and fillings. Take them to the beach, eat them around the pool or in a shady area in a park. If packing to go, some fillings are best left separate so the sandwich doesn't go soggy. Always keep well chilled to minimise the chance of food poisoning.

Use different types of bread and be creative with the toppings—you can mix and match breads, meats, cheeses, fruits, vegetables, sauces, spreads and condiments. Reduce the fat by using cottage or ricotta as a spread instead of butter or margarine. The sandwich idea below should get you started but what you can create from your own cupboard and refrigerator will probably be even better.

Christmas Club Sandwich

Spread one slice of bread with avocado, top with turkey and lettuce and then another bread. Spread second bread with a mixture of grain mustard and light cream cheese. Top with Christmas ham and sliced Roma tomatoes. Spread the final top slice with light cream cheese. Alternate white and grain or brown bread. Cut into quarters and hold together with toothpicks.