



NOURISHING MOUTHFULS



SOUL FOOD, TIPS & SOFT DIET RECIPES

for & from our community



WAKE UP SMILING

For you. When your dental treatment requires a variation to regular meal selections, look here.

Your dentist may ask you to eat soft foods for a time to allow healing after a treatment. It takes 2-4 months for bone to heal around new dental implants. Being careful with your diet is an important factor for success. Here are some inspirations to take you beyond applesauce, mashed potatoes, oatmeal and ice cream.

Recipes progress from super soft to soft chew and easy eating to take you through the days ahead.

This collection has been gathered from our community for you. We hope you enjoy these mouthfulls and know that we are here for you.

"Food is our common ground. A universal experience."

James Beard, famous chef



General Tips for a soft diet:

- Eat it - Enjoy it - But only if a fork can cut it.
- Do Drink plenty of water and clear fluids.
- Do NOT eat dried fruits, nuts, hard chips, bagels, sourdough bread, popcorn, raw vegetables, corn on the cob, steaks or beef jerky.
- Cut your meal into small pieces and use sauces to soften food.
- Keep up your protein with eggs, fish, minced meat, tofu and dairy.



*"Our bodies are our gardens,
to which our wills are gardeners."*

William Shakespeare

With compliments

Like us





Enjoy!



SUPER SOFT

Strawberry and Banana Smoothie	1
Mango Smoothie	2
Soft Scrambled Eggs	3
Pumpkin & Coconut Soup	4



SOFT CHEW

Banana Pancakes	5
Omelette	6
Vegetable Soup	7
Chicken Noodle Soup	8
Split Pea Soup	9
Shakshuka	10
Salmon with Garlic & Tomato	11
Spinach & Swiss Cheese Quiche	12
Sweet Potato Mash	13
Japanese Fish Pancakes	14
Soba, Miso & Tofu	15



EASY EATING

Barley Beef Soup	16
Chicken Adobo	17
Creamy Bacon Fettucini	18
Cheesy Cauliflower Bake	19
Baked Ravioli	20
San Choy Boi	21
Chicken Leek Pie	22
Chickpea Salad	23
Red Lentil & Sausage Stew	24
Shrimp Fried Rice	25
Salad with Parmesan & Capers	26
Spinach & Cheese Damper	27
DIY Sushi Rolls	28



CELEBRATE

Mint Slice Truffle Balls	29
Extra Crumbly Apple Crumble	30
Sticky Date Cake	31



Strawberry & Banana Smoothie

1+ Serve

2 cups fresh or frozen strawberries

1 banana sliced

½ cup of yogurt (Greek or vanilla)

½ cup of ice

Blender

Add all ingredients to blender, blend for 2 minutes or until all combined

Serve in a glass with straw

*"...anything is possible when you have
the right people there to support you."*

Misty Copeland, Ballet Dancer





*"The way I
see it, if you
want the
rainbow, you
gotta put up
with the
rain."*

Dolly Parton, singer

Mango Smoothie

2+ Serves

2 fresh mangoes

1 ½ frozen bananas, can use unfrozen if using frozen mango

½ cup milk, dairy or dairy-free

½ cup yogurt, dairy or dairy-free

1 cup of ice

mix all ingredients in a blender until creamy and smooth

Serve in a glass with straw



Soft Scrambled Eggs

2 Serves

4 large eggs

¼ cup milk

salt & pepper to your taste preference

2 Tbsp of butter

extras to add (cheese, tomato sauce, salsa, sour cream)

Beat eggs & milk in a bowl

Melt butter in pan on medium heat

Pour egg mix into pan

As the eggs begin to set gently pull them across the pan

Continue cooking by pulling, lifting and folding eggs until no liquid is visible & the eggs are thickened

Serving suggestions keeping with a soft diet :

- Smashed avocado- Simply mash avocado add a squeeze of lemon, some salt & pepper to taste, serve along side or mix in
- Feta, Cheddar, or Parmesan cheese melted on top
- Finish with tomato sauce, salsa or sour cream





Pumpkin Soup

4+ Serves

- 1Tbsp vegetable oil
- 1 brown onion, chopped
- 4 garlic gloves , crushed
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp ground cardamon
- ½ tsp ground cinnamon
- 750 g pumpkin, peeled, deseeded and roughly chopped
- 2 cups salt reduced chicken stock
- 2 x 40 ml tins coconut cream
- salt & pepper
- 125 g plain yogurt
- coriander leaves (optional)
- 2 Tbsp lime juice



Heat the oil in a large, heavy based saucepan with a lid.
Add the onion, garlic, ginger and spices. Cook stirring constantly, until the onion is soft and the pieces fragrant, about 10 minutes.
Add pumpkin, stock, coconut cream & lime juice, bring to boil. Place lid on saucepan & simmer for 15 minutes, stir occasionally.
Using a handheld blender, blend the soup until smooth.
Season with salt & pepper.
Serve into bowls and top with a dollop of yogurt and garnish with optional coriander.



Banana Pancakes

1 Serve

2 eggs
1 mashed banana
non-stick pan
oil spray

*"Believe you can and
you're halfway there."*

Theodore Roosevelt, President USA

Whisk 2 eggs together
Add mashed banana
Mix until both combined
Lightly spray a non-stick pan
Pour mixture into pan
Cook for 1-2 minutes on each side or until golden brown
Serve with butter and/or maple syrup.



Omelette

1 Serve

2 large eggs

2 Tbsp of water

dash of salt

pepper to taste

3 Tbsp vegetable oil

½ cup of fillings (finely cut ham & cheese or chopped Kale & Ricotta)

"Your body is your most priceless possession. Take care of it."

Jack LaLanne, fitness guru

Beat eggs, water, salt & pepper in a small bowl until blended.

Use oil to coat the pan over medium heat until hot.

Pour egg mixture into pan, edges should set immediately.

Cook until top surface has no liquid visible.

Add fillings to the surface and fold omelette in half.

Serve immediately.

Vegetable Soup



6+ Serves

3 Tbsp olive oil
2 cups chopped onion
3 chopped carrots
2 Tbsp tomato paste
3 Tbsp minced garlic
 $\frac{3}{4}$ tsp cumin seeds
 $\frac{3}{4}$ tsp ground fennel seed
1 tsp ground black pepper
1 tsp fine sea salt, more to taste
 $\frac{1}{4}$ tsp red pepper flakes
1 can diced tomatoes with liquid
6 cups of chicken stock/broth



2 cups chopped potato
1 sweet potato, chopped
1 cup frozen peas
 $\frac{1}{2}$ tsp fresh lemon juice

Heat 2 Tbsp of the olive oil in a stockpot over medium heat. Add onions, carrots, and tomato paste. Cook, stirring often until vegetables have softened and onions are translucent: 8-10 mins.

Add the garlic, fennel seed, cumin, black pepper, teaspoon of salt, & red pepper flakes. Cook, while stirring, for one minute. Pour in the canned tomatoes with juice & add stock/broth.

Add the potatoes & sweet potato. Raise the heat to medium-high & bring the soup to a boil. Partially cover the pot with a lid, then reduce the heat to maintain a low simmer.

Simmer for 20 minutes or until the potatoes & other vegetables are tender. Add the frozen peas & cook for five more minutes.

Remove the pot from the heat. Stir in the lemon juice & the remaining tablespoon of olive oil.

Taste & season with more salt, pepper. Serve.





Chicken Noodle Soup

6+ Serves

4 Tbsp olive oil
1 large onion, chopped
3 large carrots, sliced
4 stalks celery, chopped
½ tsp sea salt,
½ tsp black pepper,
3 cloves garlic, chopped
2 Litres chicken broth
250g egg noodles



4 cups shredded cooked chicken breast
Handful fresh parsley, chopped
Parmesan cheese, shredded, to taste

Heat the olive oil over medium heat in a large soup pot. Add the onion, carrots, celery, and 1 tsp each salt & pepper.

Cook, stirring frequently, until the vegetables are incredibly soft, about 15 minutes. Add the garlic & cook about 1 minute.

Add the stock & bring to a boil.

CAN MAKE AHEAD: Do not add noodles or parsley. Cool & refrigerate the soup in an airtight container for four days, or in the freezer for up to two months.

Reheat on stove. Add the noodles & cook 6 minutes, then add the chicken & cook about 2 minutes more, until the noodles are cooked through & the chicken is warmed through.

Season to taste with salt and pepper, then stir in the parsley. Serve topped with Parmesan.





Split Pea Soup

6 Serves

200 g bacon, in small pieces
1 cup chopped yellow onion
2 cloves garlic, finely chopped
½ tsp dried oregano
2 tsp salt
1 tsp black pepper
4 diced carrots
3 diced red potatoes
450 g split green peas
8 cups chicken stock

*"Nothing is
impossible.
The word
itself says
'I'm possible'."*

Audrey Hepburn, actress

Cook bacon in a stock pot, then add onions, garlic, oregano, salt and pepper. Sauté until onions are translucent. Add carrots, potatoes, 225g split peas & chicken stock. Bring to a boil & simmer 40 min uncovered. Remove any foam formed from cooking. Add remaining split peas & continue to simmer for additional 40 min or until all peas are soft. **Stir frequently to keep from burning on the bottom. Serve warm.



Shakshuka

4 Serves

1 Tbsp olive oil
2 red chilies, chopped
2 garlic cloves, chopped
1 brown onion, chopped
½ red bell pepper
1 tsp ground cumin
1 tsp smoked paprika
2 x 400g tins of chopped tomatoes
1 Tbsp sugar
2 tsp salt
4 eggs
1 small bunch fresh parsley, chopped
ground black pepper to taste



Heat the oil in a frying pan over medium heat.
Add chilies, garlic, onion & bell pepper, stir until soft & translucent.
Add the cumin & paprika. Stir for a further minute.
Add the tomatoes, sugar & salt. Simmer for 10 minutes. The sauce will be thickened & the flavours intense.
Carefully crack the eggs into the sauce, spacing them evenly apart. Partially cover with a lid & simmer for a further 5 minutes or until the eggs are cooked to your liking.
Remove from the heat, sprinkle with parsley & season with salt & pepper.





Salmon

with garlic & tomato sauce

3 Serves

3 chopped cloves of garlic & 1 sliced bulb of fennel

1 punnet cherry tomato

1 lemon

5 Tbsp olive oil

3 salmon fillets, skin on, scaled and boned

a handful of fresh mint

a handful of fresh dill

Chop garlic & slice fennel, then squash the tomatoes.

Halve the lemon, then slice finely.

Add 3 Tbsp oil to a hot frying pan & fry the garlic until it caramelises. Add the tomatoes & cook till soft.

In another pan, heat 2 Tbsp oil on a medium-high heat.

Season the salmon & cook, skin-side down, for 3 minutes.

Turn, add lemon slices to the pan, & cook for 2 minutes, or till the salmon is to your liking.

Pick, finely chop & stir the mint & dill through the sauce, then tip over the salmon fillets & serve.





Spinach & Swiss Cheese Quiche

4 Serves

250 g (1Pkt) frozen Spinach
100 g Rindless Bacon
30 butter
1 onion, finely chopped
4 eggs, beaten

1 cup thickened cream
2 Tbsp grated Parmesan cheese
60 g Swiss cheese slices
1 large ripe tomato
salt & pepper

Set moderate oven - 180C

Place spinach in saucepan over low heat or defrost in microwave.
Squeeze out excess juice from spinach.

Cut bacon rashers into strips & fry in dry pan until crisp.

Meanwhile butter flan dish.

Cut Swiss cheese slices diagonally & put as a layer into flan.

Save 5 slices of cheese and slice tomato to use for decoration.

Drain fat from bacon onto paper towel.

Add butter & onion to bacon pan. Sauté to soften, not brown.

Return bacon to the pan & add spinach, beaten eggs, cream & Parmesan cheese. Add a little salt & pepper.

Fork all ingredients together & pour into flan, arrange cheese & tomato on top and bake for 20-30 minutes

Leave to stand for 5 minutes before cutting to serve.



Sweet Potato Mash



4+ Serves

2 large sweet potatoes, peeled & chopped
50 g fresh ginger, peeled and finely chopped
1 Tbsp finely chopped thyme, plus leaves for garnish
1 Tbsp salted butter
Salt & pepper to taste
Dress with sour cream if desired

Boil the sweet potato in salted water until tender.
Drain & mash sweet potatoes with the ginger, thyme & butter.
Salt & pepper to taste and garnish with thyme leaves.
Optional dressing of sour cream.

"Food and wine and friendship matter more than almost anything I can think of. Together they involve skill and craft and patience, and understanding of difference, and appreciation, and the desire to bring happiness to others."

Stephanie Alexander, cook & food educator



Japanese Fish Pancakes

6 Serves

500 g boneless, skinless white fish fillets
1 egg, beaten
¼ cup corn flour
1Tbsp fish sauce
1 Tbsp red curry paste
2 Tbsp chopped coriander and stems
4 shallots, sliced
peanut oil for frying
½ tsp lime juice

*"Be happy not
because
everything is
good, but because
you can see the
good side of
everything."*

Dale Partridge, Writer

Process the fish in a food processor until almost smooth, then transfer to a bowl. Add the egg, cornflour, fish sauce, curry paste, coriander, lime juice, & shallots. Mix well.

Take level tablespoons of the mixture & form into small flattened balls. Heat about 1cm of peanut oil in a frying pan. Cook in batches over medium heat for about 1-2 minutes each side, until golden brown. Drain on paper towels. Serve with Japanese Kewpie mayo & BBQ sauce.



Soba, Miso & Tofu

2+ Serves

2 Litres vegetable stock
¼ cup white miso paste
1 small piece of ginger
1 garlic clove, chopped in quarters
2 Tbsp sesame oil
100 g firm tofu, drained & cubed
4 nori snack sheets, shredded
4 ounces dried soba noodles

Soba Noodles:

Cook in pot of boiling salted water, stirring occasionally, until al dente, about 6 minutes. Drain, rinse under cold water to stop them from cooking & drain again. Divide noodles among bowls.

Gently heat the stock, miso, ginger & garlic in a pot. Simmer for 5 minutes. Heat a frying pan over medium heat. Toss the tofu & sesame oil, & fry for 4-5 minutes until crisp. (Tofu can be baked if not fried).

Discard the garlic from the stock pot, pour over soba noodles in bowls, & add nori & crispy tofu to each bowl.

NOTE: Tofu should be drained, then set on paper towel with weighted plate to remove moisture. Then, if desired: marinate cubed tofu in soy sauce, rice vinegar, or seasoning like curry powder, chili powder, tandori, other spice. After 20 min marinating, fry in oil or bake in oven 20 min at 180C, flip over & bake 20 min more or until crisp. ~~~

*"The truth is, of course,
that what one regards
as interruptions are
precisely one's life."*

CS Lewis, author



Barley Beef Soup

4+ Serves

Slow Cooker

1 kg lean beef mince
1 onion, chopped
1 garlic clove, minced
 $\frac{2}{3}$ cup pearl barley
4 medium carrots, sliced
2 stalks celery, sliced
1 can tomatoes
4 cups beef broth
1 cup water
1 can tomato soup
 $\frac{1}{4}$ cup parsley, minced
Salt & pepper to taste

"One of the happiest moments in life is when you find the courage to let go of what you can't change."

unknown

Brown beef mince, onion & garlic in a skillet. Drain well. Put mixture in a slow cooker & add barley & remaining ingredients. Cover & cook on high for 2 hours, then on low for 5-6 hours.
Enjoy!



"The biggest adventure you can ever take is to live the life of your dreams."

Oprah Winfrey



Chicken Adobo

4+ Serves

2 chicken breast, small cubes

6 chicken drumsticks with skin

14 garlic cloves, crushed

½ cup soy sauce

½ cup white wine vinegar

⅓ cup Worcestershire sauce

5 bay leaves

chopped coriander if desired for garnish



Put all ingredients into a pot & simmer uncovered for about 45 min or until chicken is tender & cooked. Stir to cook evenly. Served with rice & veggies of choice.

*Good made the day before. Remove the fat before reheating.



*"Food is symbolic
of love when words
are inadequate."*

Alan D Wolfelt, counsellor

Creamy Bacon & Mushroom Fettuccine

4 Serves

1 packet dried fettuccine
6 bacon rashers, rind removed, cut into small pieces
200 g mushrooms, finely sliced
2 garlic cloves, crushed
2 Tbsp Dijon mustard
½ tsp ground white pepper
300 ml thickened cream

Cook the fettuccine in a large saucepan of salted boiling water. Before draining fettuccine, reserve ½ cup of the pasta water. Meanwhile, preheat a non-stick frypan, sauté the bacon over medium heat until starting to brown. Add the mushrooms & cook for a further 3-4 minutes. Add garlic & cook until it is soft. Add the reserved pasta water to the bacon mixture & follow with the mustard & ground white pepper. Add the cream & simmer for 3-4 minutes until the sauce thickens. Taste, add salt if required. Stir the drained pasta through the sauce. Serve with grated parmesan.



Cheesy Cauliflower Bake

6 Serves

2 medium heads of cauliflower or 2 bags frozen cauliflower

1 cup cream cheese

½ cup of butter

1 ½ cups shredded cheddar cheese

6 slices cooked bacon, chopped finely

1 Tbsp chopped spring onions

½ tsp salt & pepper

Cook cauliflower in lightly salted water until softened.

Cook bacon until crispy & chop into small pieces.

Drain water from cauliflower, return to pot.

Add cream cheese, butter, and mash until creamy.

Pour into a baking dish.

Top with shredded cheese, chopped spring onions & bacon.

Bake in oven at 200C for 20-30minutes.

*"Peace begins
with a smile."*

Mother Teresa



Baked Ravioli

4 serves

1 jar of Pasta Sauce (your favourite type)

400 g can diced tomatoes with liquid

½ cup of water

1 packet of 4 serves ravioli

2 cups of mozzarella cheese, shredded

1 cup of Parmesan cheese, shredded

2 Tbsp parsley, chopped Well

Preheat oven to 200C. Grease a casserole dish.

In a separate bowl mix water, diced tomatoes & pasta sauce together, place ½ of mixture on bottom of the dish.

Place one layer of ravioli on top of the tomato mix, then one cup of mozzarella cheese on top of the ravioli.

Repeat the layers.

Cover with foil and bake for 30 minutes, then take cover off and sprinkle Parmesan on top. Cook for another 10 min.

Serve with parsley as garnish.



San Choy Bow

8+ Serves

¼ cup (60ml) rice bran oil
1 eggplant, cut into 3cm pieces
500g chicken breast chopped
4 spring onions, trimmed, chopped
1 bunch snake beans, trimmed, chopped
¼ cup (60ml) Chinese spicy black bean sauce
8 small inner Savoy lettuce leaves
1 cup coriander leaves (optional)
sweet chili sauce to serve

Heat oil in a large wok or non-stick frying pan over medium-high heat. Add the eggplant & cook, stirring occasionally, for 10-12 minutes until golden & cooked through.

Remove eggplant from the pan & increase heat to high. Add the chicken, spring onion & snake bean & cook for 8-10 minutes until browned. Return eggplant to the pan & add the black bean sauce.

Carefully stir to coat & cook until eggplant is heated through.

Place chicken & eggplant mixture in lettuce & top with coriander leaves. Serve with sweet chilli sauce.



Chicken & Leek Pie

Serves 8-12

1 chicken stock pot
4 chicken breast, diced
2 leeks
10 g butter
1 egg, whisked
short crust pastry

Béchamel sauce :
500 mL semi skim milk
25 g flour
25 g butter
1 chicken/ vegetable stock pot

Pre heat oven to 180C.

Béchamel sauce: melt butter in saucepan. Add flour, cook for 1-2 minutes. Gradually stir in milk. Add chicken stock pot. Bring to the boil for 4-5 minutes until mixture thickens.

Fry leeks in butter, add chicken & stock pot.

Cook for 10 minutes.

Combine chicken mixture & béchamel sauce & place into a casserole dish.

Place pastry on top brushing with the whisked egg.

Bake for 1 hour in oven at 180 or until pastry is golden brown.

"We think too much and feel too little."

Charlie Chaplin



Chickpea Salad

4 Serves

1 clove garlic, minced
1 Tbsp tahini
2 Tbsp fresh lemon juice
1 tsp honey
1 Tbsp olive oil
1 Tbsp water
1 can chickpeas, drained & rinsed
1 cup red onion, diced
1 cup parsley, chopped
150 g Feta cheese, cubed
salt & black pepper to taste

*"A warm
smile is the
universal
language of
kindness."*

William Arthur Ward, writer

In the bottom of a mixing bowl whisk together the garlic, tahini, lemon juice and honey. Add the olive oil & continue whisking until combined, then add the water.

Toss in chickpeas, red onion, parsley & feta & toss to coat. Season with salt and pepper. Serve immediately or refrigerate.



Red Lentil & Spicy Sausage Stew

6 Serves

- | | |
|---|--------------------------|
| 2 Tbsp olive oil | 2 red capsicum chopped |
| 1 Tbsp sweet paprika | 4 cups of chicken stock |
| 3 garlic gloves, finely chopped | 6 roma tomatos, cut |
| 1 chorizo sausage,
cut into small chunks | 1 ¼ cups red lentils |
| 1 onion cut finely | 2 Tbsp chopped coriander |
| | 2 Tbsp chopped parsley |

Heat oil in a large heavy-based saucepan over medium heat.

Add paprika & garlic and cook for 30 seconds.

Add sausage, onion and capsicum, & cook for 2-3 minutes until sausage begins to sizzle.

Add stock, tomatos & lentils, then bring to the boil. Reduce heat to low & simmer for 1 hour, adding cups of water if stew is too thick.

Season to taste.

Ladle stew among bowls & sprinkle with herbs.

Serve immediately.

*"Logic will get you from A to Z;
imagination will take you everywhere."*

Albert Einstein



Shrimp



Fried Rice



4-6 Serves

250 g small raw shrimp
3 Tbsp rice bran oil
2 eggs, whisked
2 medium carrots, diced
1 white onion, diced
3 cloves garlic, minced
½ cup frozen peas

4 cups cooked & chilled rice
2 green onions, thinly sliced
3 Tbsp soy sauce
2 tsp oyster sauce
½ tsp toasted sesame oil
salt & pepper to taste

Heat ½ Tbsp oil in a large sauté pan over medium-high heat. Add eggs, scramble. Remove eggs to a separate plate.

Turn to high heat then add ½ tablespoon of oil & sear shrimp on both sides. Remove to a separate plate. Add an additional 1 Tbsp oil to pan on medium heat. Add carrots, onion, peas & garlic. Season with generous pinch of salt & pepper. Sauté for about 5 minutes or until the onion & carrots are soft. Increase heat to high, add in the remaining 1 ½ tablespoons of oil.

Add the rice, green onions, soy sauce & oyster sauce. Stir until combined. Continue stirring for an additional 3 minutes to fry the rice. Then add in the eggs & shrimp. Stir to combine. Remove from heat & stir in the sesame oil. Taste & season with extra soy sauce, if needed. Serve immediately, or refrigerate in a sealed container for up to 3 days.



Salad + Parmesan & Fried Capers

4 Serves

- 1 Cos Lettuce, cut into 5 cm pieces
- 10 kale leaves, no stems & leaves shredded
- 1 avocado, diced
- ½ cup Parmesan cheese, grated
- 5 Tbsp baby capers, drained on a paper towel
- 1 Tbsp oil for frying

Dressing:

- ½ cup extra virgin olive oil
- 2 tsp sesame oil
- 1 Tbsp lemon juice
- 1 tsp tahini
- 1 small garlic clove, finely chopped
- salt & pepper to taste

Whisk dressing ingredients together. Set aside.

Place chopped kale into bowl & pour ½ of the dressing over the leaves. Massage the dressing into the kale with your hands, breaking down the toughness of the kale.

Add lettuce, onion & avocado. Gently toss.

Heat frying pan & add a Tbsp of oil.

Place dried capers into the pan & fry 5-7 min or until crispy.

Add remaining dressing to salad & top with Parmesan & crispy fried capers.



Spinach & Cheese Damper

4 Serves

1 $\frac{3}{4}$ cups self-raising flour

25 g salted Butter

30 g baby Spinach

$\frac{1}{2}$ cup milk, plus extra for brushing

$\frac{3}{4}$ cup cheddar cheese, grated, + extra for topping

$\frac{1}{2}$ tsp salt

*"We look up at the
same stars, and see
such different
things."*

George RR Martin, author

Preheat oven to 180 C.

Add flour, butter, & salt into food processor. Mix for 20 sec or until like fine breadcrumbs.

Add spinach, milk & cheese & process until mixture comes together. If sticky, add more flour.

On a floured surface, divide dough into 8 & knead each piece until smooth.

Shape into balls & brush with milk, sprinkle with cheese.

Bake for 12-14 minutes.

Serve with butter while warm.



DIY Sushi

Rice: Sushi rice, cooked as directed on packet
Mix 1/3 cup seasoned rice vinegar or 1/3 cup of vinegar seasoned with 1 tsp of sugar & ½ tsp of salt.
Pour over your rice, fluff with a fork, and taste.
Adjust salt/sugar as desired.

Filling: Cut into thin strips, your choice of: cucumber, avocado, asparagus, green onion, carrots, sprouts, lettuce, bell peppers, spring onion, radish, sweet potato, tofu, canned tuna fish, pineapple, mango, apple, pear, cooked shrimp, raw sashimi grade salmon or tuna, smoked salmon, cream cheese.

Nori seaweed: the type for sushi rolls, not thin for snacking.

Toppings: roe, soy sauce, pickled ginger, & wasabi



Use a bamboo sushi roll mat with a layer of Gladwrap over it (to keep the mat clean). Lay a sheet of nori on top. Use a spoon to spread a thin layer of rice on the seaweed sheet. Place your toppings near one end, in a pile. Roll it up tightly. Slice with a sharp knife. Remove Gladwrap and enjoy with your choice of topping.



Mint Slice Truffle Balls

4+ Serves

1 double package of Mint Slice

250g of cream cheese, room temperature

400g chocolate chips

150 g white chocolate, optional for decoration

Line two large baking sheets with baking paper, set aside in freezer to get cold.

Place Mint Slice in food processor & blend until crumbled.

Add cream cheese & process until no white traces of cream cheese.

Roll into walnut size balls with hands & place on baking sheets.

If mixture becomes too soft, place it in refrigerator to harden.

Placed balls on baking sheets into refrigerator for 45 min.

After 45 min....Melt chocolate chips in microwave (use glass bowl & microwave to 30 seconds on medium, stir & repeat.

Dip the balls in chocolate & set on baking paper to set.

Melt white chocolate & drizzle over the top.

Store in refrigerator but let soften before eating.



Extra Crumbly Apple Crumble

6 Serves

Filling:

6 granny smith apples, peeled & seed

1 cup of water

1 Tbsp sugar

200 g rhubarb

Preheat oven to 180C

Cook apples with water, rhubarb & sugar until soft & fluffy, over medium heat.

Pour into pie plate.

Crumble:

200 g butter

1 cup brown sugar

1 cup self raising flour

1 cup rolled oats

"Too often we enjoy the comfort of opinion without the discomfort of thought."

John F. Kennedy

Rub butter into flour with fingers & add brown sugar & oats.

Mix evenly with hands (or this can be done in a food processor on slow).

Place mixture over apple in small heaps.

Bake in moderate oven for 30 minutes.

Serve with ice cream (encouraged by Dr. Tan)





Sticky Date Cake with Butterscotch Sauce

8+ Serves

60 g butter
1 cup brown sugar
¼ cup golden syrup
2 eggs
1 ¾ cups of self-rising flour
200 g dates, pitted
300ml boiling water
1 tsp bicarbonate of soda

Butterscotch sauce
150 ml thickened cream
60 g butter
¼ brown sugar
¼ golden syrup
½ tsp vanilla exact

Preheat oven to 200C & grease a 20cm round cake tin.
Using electric beater, cream the butter & sugar in a large bowl until light. Beat in the golden syrup & eggs.
Add the flour a little at a time & beat until combined.
Place dates & boiling water into processor & blitz to a puree.
Add the bicarb soda & immediately add to the batter.
Pour into the tin & bake for 30 minutes, or until golden brown & lightly springy in the middle. Turn out onto a wire rack.

For the butterscotch sauce, place all ingredients into a saucepan & bring to the boil. Boil for 3 minutes then transfer to serving jug. Serve the cake warm, with the butterscotch drizzled over.



