

Healthy Winter Recipes for Southland

ANY VEGETABLE FRITTATA

In a large fry pan sauté one or two onions in butter

Chop finely and add any vegetables you have- (the denser the vegetable the finer you chop) or add the vegetable leftovers from the night before.

Cook very gently adding a little more butter or oil until soft.

Pour over 4 beaten eggs with a little milk and seasoning.

Cook for 2-3 minutes with lid on until egg sets then serve.

SILVER BEET TART

500g Silver beet greens

25g Butter

4 tbsp Flour

300ml Milk

2 Gloves Garlic

3tbs Parmesan cheese

(Or $\frac{1}{2}$ cup grated cheese)

Salt and Pepper

23cm Flan pastry case baked blind

Cook the washed silver beet gently in the water still clinging to its leaves.

Make a smooth sauce with flour, butter and milk.

Add crushed garlic and seasonings. Mix in well chopped silver beet leaves season and pour into prepared

flan base.

Bake in moderate oven for 15-20 minutes.

CASHEW SAUCE

Delicious served over stir fried veges with rice or noodles...

2 cups water

$\frac{1}{2}$ cups cashew pieces

2 tsp arrowroot powder

1 sprig parsley

2 cloves garlic

$\frac{1}{2}$ onion

2 tsp cold pressed oil

1 tsp kelp

1 tsp flaked yeast

1 tsp Soya sauce

Chop finely or put all in blender and blend. Thicken in saucepan over a medium heat. (Approx. 5 minutes). Dilute if necessary.

VEGETABLE BAKE

2 cups grated zucchini

2 cups grated carrot

1 onion finely chopped

1 finely chopped pepper

(Or any other mix of finely processed vegetables)

Mix together and add

2 beaten eggs

1 cup wholemeal flour

1 tsp mixed dry herbs

Mix well and cook in oiled dish at 150 c for 30-40 minutes.

VEGETABLE FRITTERS

Make a batter from:

$\frac{3}{4}$ cup flour

1 tsp baking powder

2 eggs

Salt and pepper

& sufficient milk to get batter consistency.

Add ONE of these:

*1 cup of cooked mashed pumpkin

*2 cups cream style corn

*600g grated potato and finely chopped onion

*500g cooked mashed parsnips & 2 tbsp each chopped parsley and chives

*1 cup cooked lentils with sage or thyme

Fry tablespoons gently on both sides in olive oil.

I always cook one fritter first and then adjust the mixture – adding more flour or milk if necessary so they pour out to stay just approx ½ cm thick in the pan.

ANY VEGETABLE MUFFINS

Savoury muffins can be made even better, and to go further with the addition of 1 cup of any cooked mashed vegetable, or any grated vegetable- be creative (or use up leftovers) great to have with soup.

VEGEATBLE LASAGNE

These are a filling meal in one.

Prepare in 3 parts:

1. Cook a packet of:

Lasagne pasta (in plenty of salted water)

Add 1 tbsp olive oil.

2. Make up a pot full of gently fried vegetables:

2 finely chopped onions

2 cloves crushed garlic

350g each:

tomatoes chopped

mushrooms sliced

courgettes slices

3 tsp dried oregano

Fry in a little oil, seal the flavour:

3. Make a white sauce with:

25g butter melt

1 tbsp flour - stir in

300ml milk

(or 200ml milk and 100ml cream)

Add slowly and cook 5 minutes.

Remove from heat and add:

50g parmesan cheese or $\frac{1}{2}$ cup grated cheese.

NOW TO MAKE UP:

Grease a 2-3 litre casserole dish. Put in a layer of vegetable mix. Cover with a layer of lasagne then a layer of white sauce.

Repeat these layers ending with white sauce on top with extra grated cheese and bake 30-40 mins at 180

C.

WHEAT GERM AND WALNUT LOAF

Look and tastes like a meat loaf. (A good one to make for meat eaters who refuse to put up with vegetarian cooking - see if they notice!)

1 cup finely ground walnuts

1 cup wheat germ

1 cup grated cheese

$\frac{1}{2}$ cup chopped tomatoes

3 beaten eggs

1 finely chopped onion

1 tsp dried thyme

$\frac{1}{4}$ tsp dried marjoram

Sea salt to taste

Mix everything well in a bowl then tip into a greased oven dish. Bake at 180c for 30 minutes until set. (If using fresh herbs increase quantity). Serve with potatoes and vegetable to add the deception!

Pour the hot vegetable mix into a casserole dish, sprinkle on the crumble topping and bake for 30 minutes at 190c until veges soft.

Serve hot.

SWEET AND SOUR YAMS

Yams and

2 tbsp butter, 1tsp ginger

2 tbsp honey, 1 tbsp vinegar

A nice compliment to a winter meal

500g Yams (Boiled in slated water until soft)

Drain yams and sauté in the butter.

Add honey and ginger and cook for 2 minutes. Add vinegar and cook for 2 more minutes then serve hot.

SPICED SAVOURY CRUMBLE

A warm satisfying meal for a colder evening.... Serve 4.

1. Pre-prepare Vegetables.

Chop up 1kg mixture.

E.g. Pumpkin, Kumara Potatoes, Yams and Carrots.

Along with some of these:

Peas, Celery, Tomatoes, Courgettes, Broccoli, and Cauliflower.

2. Prepare sauce, cut up:

2 onions

2 garlic cloves

2 tbsp of oil

Fry gently in a large fry pan then add

3 tbsp water

2 tsp cumin

2 tsp coriander

1 tsp turmeric

1 tbsp tomato puree

$\frac{1}{2}$ tsp fresh grated ginger, (or a pinch of dried ginger)

Salt and pepper

3. Add the chopped vegetables and boil while you prepare the topping:

CRUMBLE TOPPING:

100g rolled oats

100g whole-wheat flour

50g butter

2 tbsp oil

Pinch salt

Rub butter into the flour. Mix in other ingredients.

4. Put vege/sauce mix into a casserole dish and sprinkle on topping. Bake for 30-40 minutes at 180 C.

MIXED GRAIN LOAF

4 cups cooked mixed grains (millet, brown rice, buckwheat, lentil etc)

Add:

$\frac{1}{2}$ cup ground pumpkin &/or sunflower seeds

1 large onion finely chopped

1 tsp dried ground sage (or lots of chopped fresh sage)

2 tbsp Soya sauce

2 tbsp oil

1 tsp salt &/or kelp

Mix everything together well and place in greased oven dish. Bake at 180c for 30 minutes. Serve with salad or vegetables and a sauce.

LENTIL & VEGGE CURRY

1 $\frac{1}{2}$ cups red or brown lentils	2-3 cups water
2 bay leaves	2tbs oil or butter
2 onions	2 clove garlic
1 tsp turmeric	1 tsp cumin
1 tsp ginger	2-3cups chopped veges
1 tsp salt	1 cup hot water
$\frac{1}{2}$ cup coconut cream	

Cook lentils with bay leaves - red 20-30 mins, brown 40 mins.

Heat oil and add onion, garlic and spices and cook 5 mins.

Cut up veges into even cubes and add to pan then salt and water and cook till barely tender. Add lentils and coconut cream. Thicken if necessary and serve on rice.

KALE CASSEROLLE

Ingredients: Kale, eggs and onion & cheese sauce

1. Steam or simmer gently approx 8 cups chopped Kale.

When soft, line base of a greased casserole dish- the Kale layer should be 3-4 cm thick.

2. Arrange sliced boiled egg slices on top (4 -5 eggs)

3. Make sauce - fry 2 or 3 onions in 30g butter when soft add 1 tbs flour and stir in 300ml milk add slowly and cook 5 mins

4. Take off heat and Stir in one cup of grated cheese.

5. Pour sauce over Kale and cook in medium oven for 15 mins.

(Steamed Kale added to Mashed potatoes is also yummy)

ANY VEGETABLE PASTA

You will find it hard going back to shop pasta once you have tried this.

Cook any vege you have on hand and mash or blend it until smooth. (E.g. 2 cups)

Put equal amounts of flour (e.g. 2 cups) in a separate bowl and make 'a well' one beaten egg per total cups (e.g. 4 eggs) and mix by shifting the flour inwards until it is well blended. Mix in the vegetables. Mix until it is one nice smooth lump.

Roll out on floured board and slice thinly or make small shapes!

Cook in large pot boiling salted water by dropping them in a handful at a time - being careful they don't stick together. Ready when soft to bite, about 10 minutes.

Try zucchini, beetroot or silver beet leaf pasta enjoy the colours and textures.

GRANDMAS SOUP

Boil 1 cup soup mix- (blend of split lentils, split peas and barley) in a large pot in several cups of salted water or stock. When grains are starting to soften add any vegetables you have chopped up small or grated.

Cook until soft - take off season with salt pepper. Stir in a generous amount of fresh chopped parsley on serving.

CREAM OF _____ SOUP

Any vegetable can be made in to a creamy soup.

The basic recipe is the same and adds the herbs or spices that are typically used with those veges.

E.g. Carrot and Coriander

leek and potato

Pumpkin and ginger

Boil until soft and Blend

Stir in 1 cup milk or cream if desired and reheat to make it extra special

For visitors add a tsp of sour cream and a sprig of parsley in each plate.

E.g. PARSNIP SOUP

2 tbsp olive oil

1kg approx parsnips

curry powder (to taste)

Yoghurt or sour cream

Vegetable stock (1-1½ pints)

Clean parsnips and chop. Gently heat olive oil. Add parsnips to oil and fry until soft and brown. Add vegetable stock and simmer, gradually add curry powder. Blend in food processor. Serve with sour cream stirred through.

Carla's Vegetable Casserole with herb dumplings

1 tbs Olive oil

1 large onion

2 cloves garlic, crushed

1 large potato

1 large carrot

400g can tomatoes

2 cups vegetable stock

250g orange sweet potato

250g pumpkin

150g broccoli

2 courgettes

1 ½ cups self raising flour

30g chilled butter

4 tsp fresh herbs mixed

$\frac{1}{2}$ cup milk

2 tbs sour cream

Heat oil in pan and cook onion over low heat until soft. Add garlic and cook for 1 min.

Add chopped potato, carrot, tomato and stock to pan. Bring to boil and simmer on low heat for 10 mins.

Add chopped sweet potato, pumpkin, broccoli and courgettes and simmer for a further 10 mins. Pre heat oven to 200 o C / Gas 6/400oF

To make dumplings

Sift flour into bowl and rub in butter with fingers until it resembles bread crumbs. Stir in the herbs and make a well in the centre. Add milk and mix with flat-bladed knife. Divide and shape into 8 or 10 balls.

Add sour cream to veges and transfer to a 2 litre ovenproof dish and top with dumplings.

Bake for 20 mins or until dumplings are golden and skewer comes out clean.

SPINACH LASAGNA

1 onion

1 tbs oil

2 cloves garlic

1 1/4lbs tomatoes

$\frac{1}{2}$ green pepper

1 bay leaf

400G spinach/ silver beet

250-300g cottage cheese

2 eggs beaten

1 tsp parsley

Pkt lasagne

100g grated cheese

pinch oregano/basil

salt & pepper

Fry onion and garlic till cooked. Add chopped tomatoes, pepper, herbs and seasoning and simmer 30 minutes.

Chop spinach and mix with cottage cheese, eggs, parsley.

Cook lasagne by instructions.

Arrange layers of lasagne, spinach mixture and tomato sauce.

Bake 40 minutes covered and then uncover and cook a further 10 - 15 minutes.

CARROT PUDDING

3-4 large carrots grated

2 tbsp golden syrup

100gms raisins

50gm almonds

$\frac{1}{4}$ pint milk

Sour cream or Ice-Cream to serve.

Place carrots, raisins and almonds into a baking dish. Heat milk gently and add golden syrup. Pour over carrots mixture. Bake slowly until carrots soft and pudding juicy. Serve with Sour cream.

