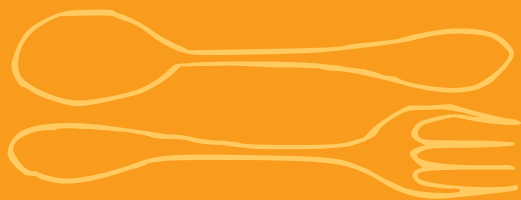




Food suggestions for homebased palliative care

Easy recipes and helpful tips

We eat with our eyes,
so make it appealing.



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Coping with poor appetite

Loss of appetite is normal when you're in palliative care, but there are things you can do to boost your interest in food.

- Eating and drinking with family and friends can lift you emotionally and improve your quality of life.
- Listening to music may help you relax.
- Set the tray or table nicely and arrange food to look attractive on the plate. Add interest with garnishes like chopped herbs.
- Small portions are less daunting. Eat and drink small amounts often. Try to have something for breakfast, morning tea, dinner, afternoon tea, tea and supper, as eating stimulates the gut and helps it work better.
- Don't drink large amounts before or with a meal as you may feel too full too quickly.
- Try eating with a teaspoon rather than a dessert or soup spoon.

Eat what you like, when you feel like it

If you don't feel like eating a particular food, don't eat it just because you think it's 'good for you', try something you like better. If your energy is low, don't wait until evening to have your main meal – eat it at lunchtime or whenever you're least exhausted. Your body will cope better during the night if you keep your evening meal light.

Eat as much energy-rich food as you can

The best source of energy is fat: Butter, cream, condensed and evaporated milk, ice-cream, chocolate, fried foods, oil, coconut cream, smooth peanut butter and avocado.

- Add butter, cream or margarine generously to potatoes and other vegetables. Use butter for frying.
- Add cream or sour cream to soups, sauces, puddings, fruit, potatoes and casseroles.
- Add cheese to salads, vegetables, egg dishes, potatoes. Grate over pasta and mince dishes.

Have some alcohol (check if allowed with your treatment programme)

Alcohol stimulates appetite and provides energy. If you normally enjoy alcohol it will help you feel more 'normal' and relaxed, which can help gut function.

If your mouth is sore or dry

Drink with a straw and eat melt-in-the-mouth food such as soft milky puddings or ice-cream.

- Add gravy or sauces, homemade or bought.
- Cut meat or poultry into tiny pieces and cook with plenty of liquid until very tender.

If you have trouble swallowing

A thickener like Nutrilis by Nutricia mixes easily with drinks, puréed food and nutritional supplements for a texture that makes swallowing easier, without changing the taste.

Avoid foods that are hard to swallow or digest, including:

- Spicy foods; curry, chilli.
- Acidic food and drinks; pineapple, raw tomatoes, citrus fruit, pickles.
- Rough, tough foods; hard toast, chips, dry cooked meat, raw fibrous vegetables (uncooked cabbage and celery, fruit such as grapefruit and tamarillo).
- Very hot or very cold foods.

If you are nauseated or vomiting

- Try small portions often, just a teaspoonful or a sip at a time. Eat and drink slowly.
- Eat cool/cold foods; jelly, cool desserts and ice-cream.
- Drink cool/cold drinks: diluted fruit juice, sport drinks.
- Suck on ice-blocks or ice chips.
- Open a window or turn on a fan to keep the air smelling 'fresher'.
- Rinse your mouth or brush your teeth with a soft brush before and after food to make your mouth feel clean and fresh.

If your taste or smell is altered and/or odours make you nauseated

- Eat foods without a strong smell; cold ham, egg or chicken sandwiches or salads. Ice-cream, jelly, 'dairy-food' and yoghurt.
- Eat meals lukewarm rather than hot, to reduce their aroma.
- Keep away from the kitchen when food is being cooked if the smell puts you off eating.
- Added flavourings may help your appetite: lemon juice, fresh herbs, chutney, cheeses, pepper, flavoured salt, soy sauce, balsamic vinegar.

Ideas for main meals, lunches and light teas

EGGS

- Poached or boiled eggs with toast or bread, and butter.
- Scrambled with cream. Add cheese, chives, parsley, finely sliced mushrooms fried in butter, finely chopped ham or fried bacon.
- Baked with cream and a little salt and pepper. Add cheese or tomato for flavour.
- Omelette. Add cheese, herbs, mushrooms, ham or bacon, tomato.

Avoid - fried eggs.

CHEESE

- Macaroni cheese, cauliflower cheese, pasta with tomato or meat sauce, topped with cheese.

FISH

- Bake, fry, grill, steam or bake, fish fillets or pieces. Try salmon or other higher fat fish.
- Oven bake or pan fry pre-prepared fish pieces. (Look in the supermarket freezer). Serve with parsley, tomato or sweet and sour sauce.
- Look for tinned fish on the supermarket shelves, salmon and tuna came in a variety of flavours. Try them stirred into egg dishes, pasta, or served in a white sauce.

MEAT AND POULTRY

- Cook tender lean meat and poultry with supermarket-bought sauces such as Chicken Tonight.
- Bacon (rinds removed) or ham.
- Meat or fish paste as fillings for sandwiches, pastry or vol au vent cases.
- Pâté or spreads, with crackers, on small sandwiches or as a pasta sauce.

FRUITS

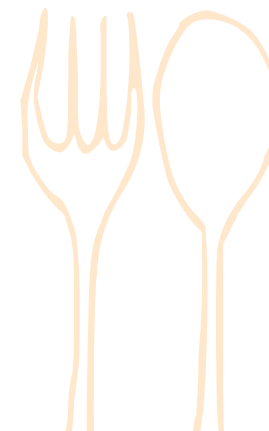
- Raw, cooked or tinned fruit without skins, seeds and pips.
- Make fruit jellies using fruit juice and/or puréed fruits
- Stir puréed fruit through whipped cream, custard or instant pudding.

VEGETABLES

- Peeled potatoes, kumara, pumpkin. Mash with cream and butter or try instant mashed potato. Add grated cheese for extra flavour.
- Choose tender young or frozen vegetables. Purée if necessary to remove tough stalks or seeds.
- Make a vegetable bake by stirring cheese or white sauce through cooked vegetables and baking at 180°C until golden on top (approx 20 minutes).
- Make soups by simmering tender vegetables in water or stock until very soft. Purée and add cream for extra fat and texture.

DESSERTS

- Plain and sponge desserts, milk puddings, custard, mousse, instant puddings.
- Rice pudding. Look in the supermarket for cans of creamed rice and rice pudding in various flavours. Choose full-fat options.
- Jellies and jelly whip.
- Ice-cream and ice-blocks including Eskimo Pies and Toppas. Increase the fat content of lower-fat brands by serving with cream.
- Yoghurt (sieve to remove pips if necessary) and dairy food such as Calci-yum.
- Junket.



Suitable choices for low fibre diets

BREAD

- White or fine wholemeal bread or toast. Remove hard crusts.
Avoid - very fresh bread, coarse wholegrain bread or bread with nuts, seeds or kibbled wheat.

CEREALS

- Instant oats or strained cooked rolled oats. Try Uncle Toby's Oat Temptations or Oat Mores.
- Rice bubbles, cornflakes.
- White flour, cornflour and arrowroot.
- Pasta, including spaghetti, macaroni, lasagne etc.
Avoid - bran, muesli, All Bran, bran cereals, wholemeal flour, wholemeal pasta, brown rice.

CAKES AND BISCUITS

- Plain biscuits (Round and vanilla wafers, Nice, Malt etc).
- Plain sponge or Madeira cake, shortbread or plain crackers (Snax, water crackers).
Avoid - wholemeal or bran biscuits, cakes and biscuits with nuts, dried fruit or coconut.

FRUITS

- Raw, cooked or tinned fruit without skins seeds and pips.
- Apples, bananas, peaches, apricots, plums and nectarines.
- Fruit juices, fruit purées and fruit jellies.
- Smooth jams or marmalade.
Avoid - fruit with seeds, pips and skins, dried fruit, citrus fruit pith and membrane.

VEGETABLES

All desserts listed in the previous section (Ideas for main meals, lunches and light teas) are suitable for low fibre diets.

Avoid - corn, baked beans, peas, seeds, skins, pips, strings, any coarse stalks, mushrooms.

NUTS AND SEEDS

- Smooth peanut butter.
- Finely ground almonds.
Avoid - nuts (whole or chopped), sesame seeds, sunflower seeds, pumpkin seeds.

MEAT, FISH AND POULTRY

- Tender lean meat, fish and poultry – without chewy skin or gristle.
- Bacon (rinds removed) or ham.
- Meat or fish paste.
- Smooth pâté or spreads.
Avoid - tough gristly meat, chewy skin or strips of fat, highly seasoned meats, curry.

FATS

- Butter, margarine, cream, oils, salad dressing, coconut cream, avocados and their oil.
Avoid - Highly seasoned dressings, tough batters.

DAIRY PRODUCTS

- Mild and soft cheeses; cottage cheese, cream cheese, quark, Camembert, Brie.
- Yoghurt, dairy food, milk (use blue top for higher fat content) and cream, soy milk.
Avoid - cheeses with seeds or nuts, fruit yoghurts with seeds or skins.

EGGS

- Boiled, poached, scrambled, baked in cream, and as omelettes.
Avoid - fried eggs.

DESSERTS

All desserts listed in the previous section (Ideas for main meals, lunches and light teas) are suitable for low fibre diets.

Avoid - any puddings with seeds, pips or skins, coconut, nuts, or dried fruit.

French Toast - sweet

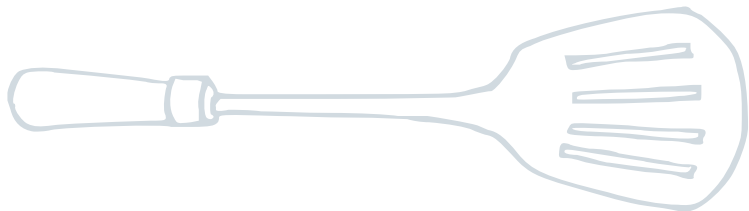
2 eggs
 1 tablespoon of milk
 1 tablespoon of cream
 1 tablespoon of sugar
 4 slices of toast bread (crusts removed if preferred)
 Butter

- Lightly beat the eggs, milk, cream and sugar together.
- Cut the slices of bread into fingers, squares or triangles.
- Heat the butter in a frying pan over a medium heat.
- Dip the bread into the egg mixture then place into frying pan and cook until the underneath is golden brown.
- Turn and cook the other side.
- Serve with maple or golden syrup or puréed fruit.

Egg in a Hole

1 slice of toast bread (crusts removed if preferred)
 1 egg
 Salt and pepper to taste
 Butter

- Butter the bread on both sides and sprinkle with a little salt and pepper.
- Cut a hole out of the centre, big enough to hold an egg.
- Heat a frying pan over medium heat and place the bread into the pan.
- Break the egg into the hole and cook until the egg is just firm and the bottom side of the bread is golden then flip and cook the other side.



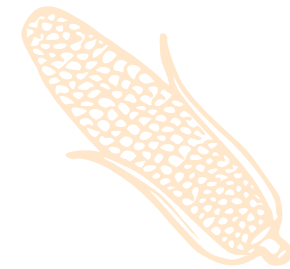
Mousetraps

4 slices of toast bread (crusts removed if preferred)
 1 cup grated cheese
 1 onion, peeled and grated (optional)
 2 tablespoons of chutney
 Salt and pepper

- Toast the bread on one side only.
- Combine the cheese, onion (if using) and salt and pepper.
- Spread the untoasted side of the bread with chutney and top with cheese mixture.
- Place mousetraps on an oven tray and grill until golden.

Sweet Corn Fritters

1 can (410g) creamed corn
 Pinch of pepper
 ½ teaspoon of salt
 1 egg, separated
 ¾ cup standard flour
 1 teaspoon of baking powder
 Oil for shallow frying



- In a bowl mix together corn, salt, pepper and egg yolk.
- Sieve in the flour and baking powder and mix well.
- Whisk egg white until stiff and gently fold into the batter.
- Heat the oil in a frying pan and fry spoonfuls of the mixture until golden brown then turn and fry the other side (2-3 minutes per side.) Drain on kitchen paper.

Serve hot with Tomato or Thai sweet chilli sauce or chutney for dipping. These fritters freeze well. Wrap separately or separate with baking paper so you can remove just a few at a time. Reheat thoroughly.

Variations for flavour

Add 1 tablespoon of finely chopped parsley, 1 tablespoon of Worcestershire sauce, Thai sweet chilli sauce, sweet fruit chutney or Branston Pickle to the mixture before frying.

CONVENIENCE SOUPS

There is a wide range of soups available in the supermarket.

- Look on the shelves and in the chiller cabinet for creamy, rich or chunky varieties.
- Purée if preferred.
- Once a pack has been opened, transfer the rest to small containers, label and freeze as single servings.
- Reheat thoroughly.
- Stir extra cream into packet or tinned soup or add grated cheese for extra fat and flavour.

STOCK FOR SOUPS

You can buy well flavoured stocks on the supermarket shelves.

- Look for Campbell's (in a box) or supermarket own brands such as Pam's (in a foil pack). Flavours include; beef, chicken, vegetable, fish.
- Other stocks are in the meat chiller at the supermarket. These cannot be stored for as long as the boxed stocks but have a very good natural flavour.
- Stock cubes (Oxo brand) or stock powders (Maggi brand) are mixed with water for use as stock.
- Some brands, especially the powders, can be very salty. Taste the soup before adding salt.

Pumpkin Soup

2 cups pumpkin, peeled and cut into chunks
1 potato, peeled and cut into chunks
1 carrot peeled and sliced
1 onion peeled and chopped
4 cups (1 litre) of chicken or vegetable stock
(or 2 teaspoons of stock powder in 4 cups of water)
Salt and pepper to taste
Cream to serve

- Put all the ingredients except the cream into a large pot and bring to boiling point.
- Turn the heat to low and cook, for about 25 minutes until all the vegetables are soft.
- Purée in a blender, rub through a sieve or mash with a potato masher until smooth.
- Taste and adjust salt and pepper if necessary.
- Reheat to serve.
- Add cream and mix well or add lightly whipped cream to serving bowl, to increase the fat content.

Cover, cool quickly. Pack in suitable quantities, label. This soup freezes well (without the cream) and can be reheated in the microwave

Variation for flavour

Replace half (or all) the pumpkin with peeled and chopped kumara. Add ¼ teaspoon of nutmeg.



Leek and Potato Soup

50g butter

2 – 3 leeks tough outer leaves removed, washed thoroughly and finely sliced

1 onion peeled and chopped

2 – 3 potatoes, peeled and cut into chunks (about 400 g)

4 cups (1 litre) of chicken or vegetable stock (or 2 teaspoons of stock powder in 4 cups of water)

Salt and pepper to taste

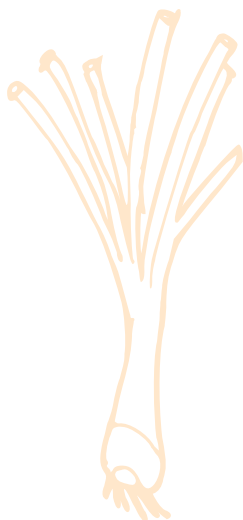
Cream to serve

- Melt the butter in a large pot over medium heat.
- Add the leeks and onion and cook gently for 10 minutes, stirring frequently. Do not allow to brown.
- Add the potatoes and stock and bring to boiling point, then turn the heat to low and cook for about 15 minutes until all the vegetables are soft.
- Purée in a blender, rub through a sieve or mash with a potato masher until smooth.
- Taste and adjust the salt and pepper if necessary. Reheat to serve.
- Add cream and mix well or add lightly whipped cream to serving bowl to increase the fat content.

Cover, cool quickly.
Pack in suitable quantities, label. This soup freezes well (without the cream) and can be reheated in the microwave.

Variation for flavour

Add chopped fried bacon or ham for extra flavour.



Mushroom Soup

3 tablespoons of butter

1 onion, peeled and chopped finely (or grated if preferred)

500g mushrooms, washed and sliced or chopped

2 tablespoons of plain flour

4 cups of vegetable or chicken stock (or 2 teaspoons of stock powder in 4 cups of water)

2 tablespoons of chopped parsley

Salt and pepper to taste

- Melt the butter in a large pot over medium heat.
- Add the onion and mushrooms and cook gently for about 10 minutes, stirring frequently, until the onion is clear.
- Add the flour, cook for a further 2 minutes, stirring constantly.
- Add the rest of the ingredients and bring to boiling point.
- Turn the heat to low and cook for about 30 minutes until all the vegetables are soft.
- Taste and adjust the salt and pepper if necessary. Purée if preferred.

Cover, cool quickly. Pack in suitable quantities, label.
This soup freezes well and can be reheated in the microwave.



Vegetable Soup – chunky

1 onion, peeled and chopped
1 potato, peeled and chopped
250g pumpkin, peeled and chopped
1 carrot, peeled and sliced
4 cups of vegetable or chicken stock (or 2 teaspoons of stock powder in 4 cups of water)
2 tablespoons of tomato purée
Add other peeled and chopped vegetables if you like.
(any of these are good; swede, parsnip, tomato, celery, leek, mushrooms)
2 tablespoons of chopped parsley (or 2 teaspoons of dried mixed herbs)
Salt and pepper to taste

- Put all the ingredients into a large pot and bring to boiling point.
- Turn the heat to low and cook for about 30 minutes until all the vegetables are soft.
- Taste and adjust salt and pepper if necessary.

Cover, cool quickly. Pack in suitable quantities, label.

Vegetable Soup - easy to eat or smooth

Make soup exactly as Vegetable Soup - chunky, then;

Easy to eat

Grate all the vegetables instead of chopping them.

Smooth

- Purée in a blender, rub through a sieve or mash with a potato masher until smooth.
- Taste and adjust the salt and pepper if necessary.
- Reheat thoroughly to serve.
- Add cream and mix well to increase the fat content.



Beef Stroganoff

750g rump steak, thinly sliced
 1 tablespoon oil
 1 onion, peeled and very finely chopped
 (or grated if preferred)
 1 teaspoon crushed garlic (optional)
 3 teaspoons paprika
 1 teaspoon salt
 300g mushrooms, finely sliced
 ½ cup of beef stock (use boxed stock e.g. Campbell's or ½
 cup of water and ½ a stock cube or powder)
 1 tablespoon cornflour
 Sour cream
 Fresh parsley, finely chopped

- Heat the oil in a frying pan. Add the onion, garlic if using, and paprika and fry for 2 – 3 minutes.
- Add the meat and brown quickly.
- Add the mushrooms and continue to fry for 1 minute.
- Add the stock or water and stock powder and simmer for 30 minutes.
- Thicken with cornflour mixed with a little cold water.
- Just before serving stir through some sour cream and chopped parsley.

Cover and cool quickly. Pack for storage and label.
 May be frozen in small quantities.
 Reheat thoroughly before serving.

Roast Beef

Generally beef roasted in the oven in the usual way is too tough for palliative care patients. Try cooking the joint with a little liquid (stock, wine, or water mixed with stock powder or a stock cube) in a Crock-pot or slow cooker following the manufacturer's instructions.

Variations for flavour

Tomato purée or paste, fresh or dried herbs, chopped or grated vegetables.



Beef Casserole

500g stewing beef (try blade or chuck) fat removed and cut into cubes
 2 tablespoons of plain flour
 2 tablespoons oil
 1 large onion, peeled and chopped (or grated if preferred)
 1 large carrot, peeled and chopped (or grated if preferred)
 2 cups of beef stock (use boxed stock e.g. Campbell's or 2 cups of water and stock powder or cubes)
 Salt and pepper
 Herbs (either 1 tablespoon fresh; thyme, parsley and bay leaf or 1 teaspoon of mixed dried herbs)

- Preheat the oven to 160°C.
- Heat the oil in a heavy bottomed frying pan, add the onion and cook until golden. Remove from the pan with a slotted spoon and place into an ovenproof casserole dish.
- Toss the meat with the flour until well coated.
- Add half the meat and quickly brown on all sides. Transfer to the casserole dish. Repeat with the rest of the meat.
- Add stock to the frying pan a little at a time, stirring well.
- Add the carrots, herbs and salt and pepper. When boiling transfer to the casserole dish.
- Cover and cook in the preheated oven for 1½ hours or until the meat is tender. Alternatively transfer the ingredients to a Crock-pot or slow cooker and cook following the manufacturer's instructions.

Variations for flavour

Beef and Mushroom Casserole - Replace half the stock with red wine or port. Add ½ cup of tomato purée and ½ cup of mushrooms (or a tin of mushrooms in sauce).

Beef and Mustard Casserole - Add ½ - 1 tablespoon of wholegrain mustard (according to taste).

Beef and Tomato Casserole - Replace ½ the stock with ½ cup of red wine or port. Add ½ tin of tomatoes, diced or chopped.

Beef and Capsicum Casserole - Add 1 peeled (use your ordinary potato peeler) and sliced capsicum (seeds removed) when cooking the onion.

Cooked Chicken and Chicken Broth

1 whole chicken, washed (remove any obvious lumps of fat)
 1 onion peeled
 1 carrot peeled and chopped into 3 pieces
 1 stick of celery, chopped into 3 pieces
 1 bay leaf and 1 sprig of thyme or ½ teaspoon dried thyme
 4 parsley stalks (not the green leaves)
 6 peppercorns Salt to taste
 Cold water (about 1½ litres)

- Put all the ingredients into a large pot. Cover with cold water and bring to the boil.
- Turn the heat to low and simmer very gently for about 1 - 1½ hours.
- Skim scum from surface occasionally with a large spoon.

It is cooked when the juices from the thickest part of the leg run clear. Cover and cool the chicken quickly in the liquid.

For convenience

Put everything in a Crock-pot or slow cooker, follow the instructions for your cooker and forget about it until you are ready to eat.

Cooked chicken meat

Pull all the meat off the bones, cover, cool quickly and pack into suitable containers, label and store in the fridge or freezer. Serve cold or use in sandwiches. For easy swallowing, try mince or finely chop the cooked meat and moisten with mayonnaise.

Reheat thoroughly and serve with a sauce for a hot meal. Try ready-made pasta sauces, white sauce or mushroom sauce.

Chicken Broth - strain the liquid. Discard the vegetables. Cover and cool quickly. Remove any fat from the surface. Pack into suitable containers and store in the fridge or freezer. Reheat thoroughly before serving.

Vary the flavour of the broth before serving by adding;

Tomato purée and/or tinned chopped tomatoes and chopped parsley or basil.

A tin of mushrooms in sauce, or finely sliced mushrooms gently fried in a little butter.

Left over mashed potato, pumpkin or kumara.

Add cream to increase the fat content.

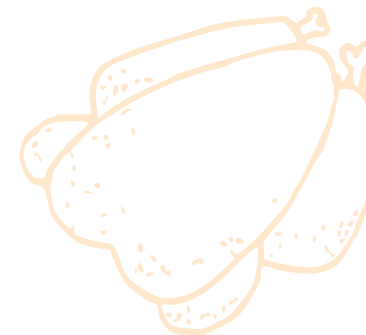
Chicken or Turkey Croquettes

175g cooked chicken or turkey
 25g butter
 25g plain flour
 125ml milk
 Salt and pepper to taste
 1 egg
 50g fresh breadcrumbs
 Oil for frying

- Chop the chicken or turkey finely. Remove any skin, bones or gristle.
- Melt the butter in a pan over medium heat.
- Add the flour and cook for 1 minute stirring all the time.
- Remove from the heat and stir in the milk gradually.
- Return the pan to the heat and bring to the boil, still stirring. Add salt and pepper to taste.
- Stir in the chopped meat. Cover and cool quickly.
- Take spoonfuls of the cold mixture and form into small cakes or croquettes.
- Lightly beat the egg.
- Dip each croquette in the egg then in the breadcrumbs.
- Shake off the excess.
- Heat the oil until a cube of bread turns brown in 1 minute.
- Fry the croquettes a few at a time for 3 minutes on each side or until golden brown

Serve with vegetables as a meal or with a dipping sauce as a snack.

Cover and cool quickly.
 Pack for storage and label.
 May be frozen in small quantities.
 Reheat thoroughly before serving.



Mild Chicken Curry

1 chicken breast
1 cup of milk
½ cup cream
30g butter
1 onion, peeled and grated
Mild curry powder (try 1 teaspoon – 1 tablespoon to taste)
1 tablespoon of flour
Salt and pepper
1 tablespoon of sultanas, softened by soaking in a little boiling water and chopped (optional)
½ apple, peeled and grated

- Preheat the oven to 180°C.
- Place the chicken, milk and cream in a lightly greased ovenproof dish and bake in the preheated oven until cooked through (approximately 25 minutes).
- Cover and cool quickly in the liquid.
- Melt the butter in a pan over a medium heat.
- Add the onion and curry powder and cook for 1-2 minutes, stirring all the time.
- Add the flour and cook for 1 minute.
- Remove from the heat and add the milk gradually, stirring continuously.
- Return the pan to the heat, bring to the boil.
- Add the softened sultanas (if using) and the grated apple.
- Turn the heat to low and simmer gently until thickened.
- Cut the chicken into cubes or chop very finely if preferred and add to the sauce.

Cover and cool quickly. Pack for storage and label.
 May be frozen in small quantities.
 Reheat thoroughly before serving.

Serve with

Rice and/or vegetables.

Fill pancakes and roll up. These can be frozen and reheated individually.

Fill bread or pastry cases or vol au vent cases (from the supermarket shelves).

Continental Chicken Tonight

– try Golden Honey Mustard

500g skinless, boneless, chicken breast, cut into cubes or chopped very finely
1 jar (490g) of Chicken Tonight sauce

- Bring the sauce to a gentle simmer over a medium heat.
- Add the chicken and stir gently through the sauce.
- Bring back to a gentle simmer then turn the heat to low and cook for 15 minutes or until the chicken is cooked.
- Cover and cool quickly. Pack for storage and label.
- May be frozen in small quantities. Reheat thoroughly before serving.

Leggo's Chicken and Pasta Bake

– try Creamy Sundried Tomato and Garlic

150g (2 cups) of any short pasta (rigatoni, macaroni etc)
2 cups of shredded cooked chicken
1 jar (575g) Leggo's Pasta Bake sauce
1 cup grated cheese (try mozzarella)

- Cook the pasta as the packet instructions until tender.
- Drain well.
- Line an oven-proof dish with baking paper (to make it easy to remove the finished dish).
- Place the pasta and chicken in the lined dish. Add the sauce and mix well.
- Sprinkle the grated cheese over the top and bake for 15 minutes approx, or until the top is golden brown.

Cover, cool quickly. Cut into serving sized portions, wrap individually, label and freeze.
 Reheat thoroughly before serving.

Tuna & Potato Bake

2 large potatoes
 1 can (310g) tuna, drained (Choose tuna in oil. Try Sealord or supermarket own brands, e.g. Pam's)
 ½ cup milk
 ½ cup cream
 1 medium onion, finely chopped (or grated if required)
 2 eggs
 Salt and pepper to taste

- Preheat oven to 170°C.
- Grease an ovenproof casserole dish with a little oil or butter.
- Slice the potatoes thinly and line the bottom of the dish.
- In a bowl, mix the eggs, milk and cream together.
- Add grated onion, drained tuna and salt and pepper and pour the mixture over the potatoes.
- Bake until potatoes are cooked and the mixture is set. (approx 1 to 1½ hours.)



Smoked Fish and Rice Casserole

½ cup of rice
 1 tin (310g) of fish fillets (try Sealord Smoked Fish Fillets)
 1 small onion, peeled finely chopped (or grated if required)
 50 g butter
 2 tablespoons of plain flour
 1½ cups of milk
 ½ cup of cream
 Chopped parsley

- Preheat the oven to 180°C.
- Cook rice in boiling salted water until tender. (Follow instructions on packet, approx 13 – 18 minutes.) Drain well.
- Melt the butter in a pan over medium heat. Add the grated onion and cook, stirring for 2 minutes.
- Add the flour. Stir until frothy then add the milk and cream and heat, still stirring, until thick and creamy.
- Spoon the rice into 1 large or several small, greased, oven proof dishes.
- Add the fish fillets and chopped parsley. Mix to combine well.
- Pour over the sauce and gently mix through.
- Bake in the preheated oven until the top is golden brown (approx 15 minutes).

This dish freezes well. Cover, cool quickly and freeze. Reheat in the microwave.

Variations for flavour

Add ½ to 1 teaspoon of paprika to the sauce.

Add sliced hardboiled egg to the fish and rice mixture, before adding the sauce.

Baked Fillet of Fish (#1)

Fillet of skinned and boned white fish (try snapper, tarakihi, lemon fish or gurnard)

¼ cup of milk

1 teaspoon salt

1 tablespoon melted butter

Juice of ½ a lemon

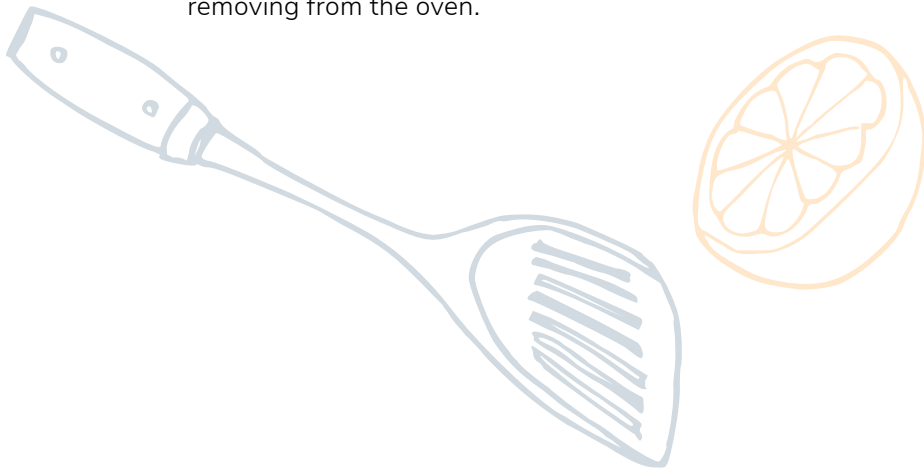
¼ teaspoon of lemon zest (optional)

Fresh breadcrumbs (made by grating 1 slice of day-old bread)

- Preheat oven to 230°C.
- Soak fish fillet in the milk with the salt for 3 minutes.
- Remove from the liquid and drain well. Place into a greased ovenproof dish.
- Mix the breadcrumbs with the melted butter and lemon juice and zest (if using).
- Cover fillet with the breadcrumb mixture, pressing on well.
- Bake in the middle of the preheated oven for 15 minutes or until the topping is golden.
- Serve immediately accompanied by lemon segments to squeeze.

Variation for flavour

Sprinkle with 1 tablespoon of grated cheese just before removing from the oven.



Baked Fillet of Fish (#2)

Fillet of skinned and boned white fish (try snapper, tarakihi, lemon fish or gurnard)

1 teaspoon of butter

½ a lemon

Salt and pepper to taste

- Preheat the oven to 180°C.
- Brush the fish fillet with the melted butter and season with salt and pepper.
- Place the fish onto a piece of aluminium foil and squeeze over the juice of ½ a lemon.
- Fold the foil over the fish to form a sealed parcel.
- Bake in preheated oven for 15 - 20 minutes or until the fish is tender.
- Serve immediately, sprinkled with chopped parsley or chives if liked.

Variations for flavour

1 teaspoon light soy sauce

¼ teaspoon grated ginger

1 tablespoon dry white wine

½ teaspoon honey or grated onion

Variation for convenience

- Place the fish in a shallow ovenproof dish and add the selected ingredients.
- Cover with cling film and microwave for 1 minute per 100 grams on high power.
- Stand for 1 – 2 minutes before serving. Remove cling film carefully to avoid hot steam.

Summer Lamb Roll

500g lamb mince
 75g bacon slices, rinds removed, chopped finely
 ½ a red onion, peeled and chopped finely (or grated if preferred)
 ½ cup of fresh breadcrumbs
 Fresh herbs (try oregano, thyme and mint) chopped finely
 ½ an egg, lightly beaten
 70g tomato paste
 4 slices of bacon, rinds removed

- Preheat the oven to 200°C
- Place all the ingredients, except the last 4 slices of bacon, in a large bowl and mix well.
- Form into a long roll (cylinder shape).
- Wrap with the 4 bacon slices and then in aluminium foil.
- Bake in the preheated oven for 45 minutes.
- Open the parcel and cook for a further 15 minutes until the top is well browned.

This can be eaten hot or cold.

Roast Lamb

Generally lamb or hogget roasted in the oven in the usual way is too tough for palliative care patients.

Try cooking the joint with a little liquid (stock, wine, or water mixed with stock powder or a stock cube) in a Crock pot or slow cooker following the manufacturer's instructions.

Variations for flavour

Add fresh or dried herbs, chopped or grated vegetables, tomato purée or paste.

Irish Lamb Stew

500g of lamb (try shoulder chops, shoulder or forequarter, fat removed, boned and diced)
 3 potatoes, peeled and sliced or cut into cubes or grated, if preferred
 1½ onions, peeled and sliced or grated if preferred
 1½ carrots, peeled and sliced or grated if preferred
 1 cup of beef stock (use boxed stock e.g. Campbell's or 1 cup of water and a stock cube or powder)
 Salt and pepper to taste
 1 tablespoon chopped parsley

- Place lamb, potatoes, onions, carrots, half the parsley, salt and pepper and stock into a suitable pan and bring to a gentle simmer.
- Reduce the heat to low and cook for 1½ hours or until the meat is tender.
- Adjust salt and pepper.
- Add the rest of the chopped parsley.

Alternatively once the liquid is simmering, transfer the pan to an oven preheated to 170°C for 1½ hours.



Very Easy Mince (or if you're short of time)

500g lean beef mince
1 packet of Maggi Oxtail Soup
1 cup of water

- Fry the mince in a little oil over a high heat until brown.
- Add the packet of oxtail soup and mix well.
- Add the water and stir until well combined and gently simmering.
- Turn the heat to low and cook for about thirty minutes (or transfer the hot mixture to an ovenproof dish and bake at 180°C for 1 hour).

This dish freezes well. Cover, label and cool quickly. Reheat thoroughly in the microwave or oven.

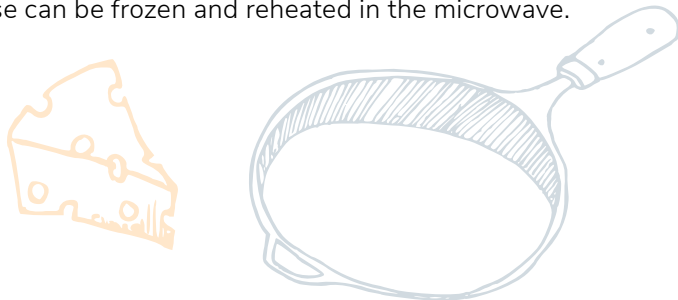
Savoury mince

Thicken with a little cornflour mixed with cold water and serve on buttered toast or with vegetables as a meal.

Cottage pie

- Add 1 – 2 tablespoons of sweet fruit chutney if liked.
- Thicken with a little cornflour mixed with cold water.
- Spoon into 1 large, or several small greased dishes.
- Top with potatoes or kumara mashed with cream and butter.
- Sprinkle with grated cheese if wished.
- Bake at 180°C until golden (approx 10 – 15 minutes).

These can be frozen and reheated in the microwave.



Classic Mince

If you're feeling more adventurous, or have more time

500g lean beef mince (or try chicken or lamb mince)
1 onion peeled and very finely chopped (or grated if preferred)
1 carrot peeled and very finely chopped (or grated if preferred)
1 – 2 sticks of celery, strings removed and very finely chopped (optional)
¼ cup port or wine (optional)
1 (420g) can of chopped tomatoes in juice (or passata)
¼ cup of tomato paste
1 tablespoon of finely chopped parsley
1½ cups of beef stock (or 1½ cups water with 1 tablespoon of stock powder)

- Fry the onion and carrot (and celery if using), in a little oil over medium heat until the vegetables are soft and the onion is clear (approx 5 minutes). Remove from the pan with a slotted spoon. Increase the heat and quickly fry the meat until brown.
- Return the onion and carrot mixture to the pan, add port or wine if using, and continue to cook until the pan is almost dry. Add all the rest of the ingredients and bring to a simmer.
- Turn heat to low and cook for about an hour until thick.

Use as a sauce, or add a little cornflour mixed with cold water to thicken. Cover, cool quickly and pack in small quantities, label. This freezes well. Reheat thoroughly in the microwave or oven.

Variations for flavour

Add sliced fresh mushrooms sautéed in butter or a tin of mushrooms in sauce. Add any extra, tender vegetable(s) you like. Try sliced carrot, peas, chopped pumpkin or potato.

To serve with pasta

Add chopped basil and/or oregano. Serve tossed through cooked pasta; spaghetti, rigatoni etc. Top with grated cheese.

Lasagne

Use instant lasagne sheets (try Zafarelli brand) or cook lasagne sheets as per packet instructions.

Classic Mince

Recipe on pg 28

Cheese sauce

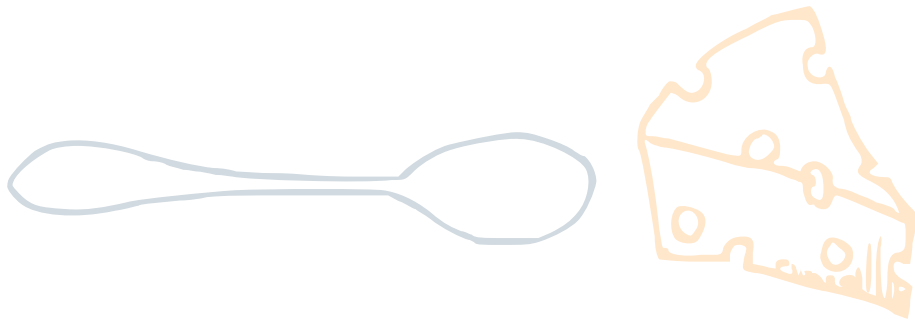
Follow the instructions on Lasagne pack, or;

- Melt 2 tablespoons of butter in a pan.
- Add 2 tablespoons of plain flour and cook, stirring continuously, until frothy.
- Gradually add ½ cup of milk, ½ cup of cream and salt and pepper.
- Stir constantly until the mixture thickens and boils.
- Remove from the heat, stir in ½ cup of grated cheese.

To assemble

- Place a layer of lasagne sheets into a greased ovenproof dish, spread with ½ cup of meat sauce and one third of the cheese sauce. Repeat the layers.
- Top with the last third of the cheese sauce and a little more grated cheese.
- Bake in the preheated oven until golden brown and cooked through.

Cut into small servings. Cover, cool quickly and freeze separated by baking paper, well wrapped. Reheat thoroughly to serve.



Pork Pie

750g lean pork, cubed

1 tablespoon paprika

1 onion chopped finely (or grated if preferred)

1 cup of chicken stock (use boxed stock e.g. Campbell's or 1 cup of water and stock cube or powder)

Salt and pepper to taste

1 – 2 teaspoons of cornflour

500g peeled, chopped potatoes

1 egg

Milk or cream

1 – 2 tablespoons of chopped parsley

1 tablespoon of butter

- Place the pork, paprika, onion, stock and salt and pepper into an ovenproof casserole dish.
- Cover and cook in the preheated oven for 1½ hours or until the meat is tender.
- Thicken with the cornflour mixed with a little cold water.
- Boil the potatoes in lightly salted water until soft.
- Drain thoroughly, add the milk or cream and mash well until smooth.
- Add the lightly beaten egg and chopped parsley, and mix well.
- Cover the cooked meat mixture with the mashed potato and dot with the butter.
- Return the dish to the oven until golden brown.

This dish freezes well. Cover and label, cool quickly and freeze. Reheat thoroughly before serving.

Orange Flavoured Pork Casserole

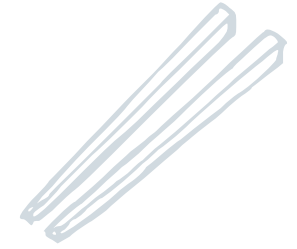
500g pork pieces
 2 tablespoons of butter or oil
 1 onion, finely chopped (or grated if preferred)
 ½ cup of chicken stock (use boxed stock e.g. Campbell's or
 ½ cup of water and stock cube or powder)
 1 carrot, peeled and sliced (or grated if preferred)
 2 teaspoons of honey
 ¾ cup of orange juice
 Finely grated zest of ½ an orange
 Salt and pepper to taste
 1 medium kumara, peeled and cubed
 1 – 2 teaspoons of cornflour

- Preheat the oven to 160°C.
- Heat the butter or oil in a heavy bottomed frying pan.
- Add the onion and cook until golden. Remove from the pan with a slotted spoon and place in an ovenproof casserole dish.
- Add half the meat and quickly brown on all sides. Transfer to the casserole dish.
- Repeat with the rest of the meat.
- Add the stock to the frying pan a little at a time, stirring well.
- Add the carrot, honey, orange juice and zest and salt and pepper.
- When boiling transfer to the casserole dish and add the kumara.
- Cover and cook in the middle of the preheated oven for 1½ hours or until the meat is tender.

Alternatively transfer the ingredients to a Crock-pot or slow cooker and cook following the manufacturer's instructions. Thicken before serving with cornflour mixed with a little cold water.

Sweet and Sour Pork

500g pork pieces
 2 tablespoons of butter or oil
 1 onion, finely chopped (or grated if preferred)
 1 bottle of Kantong Sweet and Sour Sauce mix



- Preheat the oven to 160°C.
- Heat the butter or oil in a heavy bottomed frying pan.
- Add the onion and cook until golden. Remove from the pan with a slotted spoon and place in an ovenproof casserole dish.
- Add half the meat and quickly brown on all sides. Transfer to the casserole dish.
- Repeat with the rest of the meat.
- Add the sauce mix to the pan. When boiling transfer to the casserole dish.
- Cover and cook in the middle of the preheated oven for 1½ hours or until the meat is tender.

Alternatively transfer the ingredients to a Crock-pot or slow cooker and cook following the manufacturer's instructions.

Roast Pork

Generally pork roasted in the oven in the usual way is too tough for palliative care patients.

Try cooking the joint with a little liquid (stock, wine, or water mixed with stock powder or a stock cube) in a Crock pot or slow cooker following the manufacturer's instructions.

Variations for flavour

Fresh or dried herbs, chopped or grated vegetables, tomato purée or paste.

IN THE SUPERMARKET CHILLED SECTION

- Bonta Divina Tiramisu and Crème Caramel – 2 portions per pack.
- Fresh n Fruity custard and fruit – 6x150g portions per pack.
- Look for individual servings of cheesecake. These small portion packs are very convenient. They are a little more expensive than the bigger packs but may work out cheaper in the long run as there is no waste.

IN THE SUPERMARKET FREEZER

- Look for small or individual servings or buy the large size and cut smaller pieces while still frozen.
- Desserts (Kiwicrush dessert singles, Crofters).
- Cheesecake (Crofters).
- Mini chocolate éclairs, profiteroles and cream puffs, (Signature, Pam's).
- Danish and fruit pies (Nanna's, Sara Lee, but not 'lite').
- Gelato and sorbet (Minoo and Movenpick).
- Puddings (Sara Lee).
- Waffles (Nanna's).
- Frozen Yoghurt.
- Ice-blocks, ice-cream in tubs, on sticks or in cones.

JELLIES

- Make up packet jellies as the instructions on the packet, but replace ½ the water with lemonade.
- Stir finely chopped or puréed fruit into the jelly before setting.
- Look for individual servings of fruit or fruit in jelly on the supermarket shelves next to the tinned fruit. Brands include:
 - Goulburn - Lots of flavours including: apple purée, apple and strawberry purée.
 - Dole Cream Parfait Fruit Snacks. Lots of flavours including: apple, peach and pineapple.
 - SPC Fruit Snacks, lots of flavours including peach and mango.

BOUGHT MERINGUE NESTS

- Fill with a scoop of ice-cream, custard or prepared cheesecake filling or try readymade fillings from the supermarket chiller cabinet.
- Add cooked or tinned fruit, (puréed, strained and sieved if required).
- Top with chocolate, butterscotch, caramel or fruit coulis.

BOUGHT PASTRY CASES OR VOL AU VENT CASES

- Fill with fruit, (sieved if required) and ice-cream or custard.
- Try Delish apple pie filling with a little mixed spice or cinnamon stirred through it.

Other fillings to try from Alison Holst.

Cream Cheese filling

Beat a tub of cream cheese with icing sugar and 1 teaspoon of vanilla. Add brandy or liqueur to taste.

Lemon Cloud filling

Mix together ½ cup of cream lightly whipped and ¼ cup of (bought) lemon honey.

Passion fruit filling

Mix together ½ cup lightly whipped cream and ¼ cup of bottled passion fruit in syrup (strained and sieved if required). Try Tasti brand.

Boysenberry (or any berry fruit) filling

Mix ½ cup of lightly whipped cream with ½ cup of tinned or fresh berries, (strained and sieved if required). Add icing sugar to taste.

BOUGHT MERINGUES

Cut bought meringues into chunks. Gently combine with ½ cup of cream lightly whipped with ½ teaspoon of vanilla essence. Stir through crushed or sieved berries, (fresh, tinned or frozen and thawed) until just combined. Spoon into small bowls, store covered in the refrigerator.

Meringues, Pastry Cases and Vol Au Vents Cases are on the supermarket shelves usually near the bread and baked goods.

Edmonds Custard

2 tablespoons of Edmonds custard powder

1 tablespoon of sugar

2 cups of milk (or 1½ cups of milk and ½ cup of cream)

- Combine the custard powder and sugar.
- Mix in ¼ of a cup of the milk to make a smooth paste.
- Bring rest of the milk (or milk/cream) almost to the boil in a saucepan or microwave safe bowl. Pour half the heated milk onto the custard powder mixture, mix until smooth then return to the saucepan or bowl, stirring constantly until thick.
- Pour into small bowls or dishes, cover, cool quickly, label and store in the refrigerator.

Variations for convenience or flavour

From the chilled section of the supermarket: Use prepared cartons of custard. Brands include: Meadowfresh, Swissmaid and supermarket own brands like Homebrand. Reheat as required by following the instructions on the packet. These are quite thick so can be thinned down a little with cream to add extra fat.

Banana - Stir through thinly sliced or mashed bananas. Add a tablespoon of golden syrup dissolved in a tablespoon of boiling water.

Caramel - Replace the sugar with 3- 4 tablespoons of dark brown sugar.

Chocolate 1 - Add 2 – 3 tablespoons of cocoa powder and 1 tablespoon of sugar. Mix together with two tablespoons of boiling water if adding to bought custard.

Chocolate 2 - Stir through grated chocolate.

Melrose Cream - 1 packet of jelly crystals (try orange or strawberry) made as per packet instructions but using only 1 cup of water and cooled, covered. Speed up by standing the bowl in a sink of cold water and ice if you have it. Combine with two cups of custard, cover and set in the fridge.

Sherry - Stir through sherry (1-3 tablespoons or to taste) and a tablespoon of melted butter.

Trifle - Cut a bought plain sponge into cubes. Arrange in several small or one large bowl. Drizzle with the syrup from a tin of drained peaches or other fruit and/or sherry to taste. Top with jam. Use plum or apricot or sieve raspberry or other fruit jam to remove pips. Cover with a layer of custard and top with whipped cream (and grated chocolate if liked). Cover, label and set in the refrigerator.

Easy Trifle

1 trifle sponge, cut into cubes

1 can (400g) of peaches, fruit salad or other fruit

1 raspberry or strawberry instant pudding

Milk

300 ml cream, whipped

Chocolate, grated or chocolate hail

- Place the sponge cubes into 1 large or several small (glass) bowls.
- Chop the fruit and pour over the sponge cubes.
- Make up the instant pudding with milk, as the packet instructions, and immediately pour over the fruit.
- Allow pudding to set, for about 5 – 10 minutes, then cover the top with the whipped cream and decorate with grated chocolate or chocolate hail.

Caleb's Dessert

1 packet of jelly crystals (orange or pineapple)

1 cup of boiling water

1 cup of fruit salad (puréed if required)

300g ice-cream

- Dissolve the jelly crystals in the boiling water.
- Add the fruit (or puréed fruit) and ice-cream. Stir until the ice-cream has dissolved.
- Pour into 1 large or several small bowls. Cover and set in the fridge.
- Decorate with whipped cream and/or grated chocolate or chocolate chips if you wish.

Variations for flavour

Boysenberry jelly - with canned boysenberries (sieved to remove pips if required).

Pineapple jelly - with tinned crushed pineapple.

Strawberry or raspberry jelly - with fresh strawberries or raspberries (puréed and sieved if required).

Orange jelly - with tinned mandarins (puréed if required).



Bread and Butter Pudding

- 4 slices of toast bread, buttered, cut into triangles (crusts removed)
- ¼ cup sugar
- 2 teaspoons of grated lemon rind
- 3 eggs
- 1 cup of cream
- 1 cup of milk

- Preheat the oven to 180°C.
- Layer the bread triangles into a lightly greased ovenproof dish.
- Beat the eggs, cream, milk, lemon rind and sugar together.
- Pour the egg mixture over the bread. Leave to stand for a few minutes.
- Bake in the centre of the oven for 30 minutes or until golden and set.

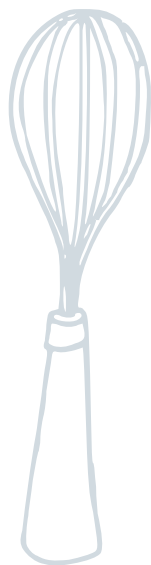
Variations for flavour

Banana - Replace the milk with 1 cup of banana flavoured milk e.g. Primo or Nippy's. Add a sliced (or mashed) banana with the bread.

Chocolate - Add 100 g of chopped dark or milk chocolate.

Dried fruit - Add 2 tablespoons of currants or sultanas and 1 teaspoon of cinnamon to the egg mixture.

Strawberry - Replace the milk with 1 cup of strawberry flavoured milk e.g. Primo or Nippy's and add berries. Use fresh, frozen or tinned berries. Strain and sieve if required.



Little Puddings

- 4 tablespoons of jam (try strawberry, plum, or apricot. Sieve to remove pips if required).
- 50 g butter
- ¼ cup sugar
- 1 egg
- 1 cup of plain flour
- 1 teaspoon of baking powder
- ½ cup of milk

- Lightly grease 4 straight-sided mugs.
- Put 1 tablespoon of jam in the bottom of each mug.
- Melt the butter in a microwavable bowl on high power for 60 seconds.
- Add the sugar and egg, whisk well.
- Sift in the flour and baking powder and mix well.
- Pour the mixture evenly into the mugs on top of the jam.
- Cook in the microwave on high power for 3½ – 4 minutes then allow to stand for 1 minute.
- Run a knife around the edge and tip out onto a serving plate.
- Serve with cream, custard or ice-cream to add extra fat.

Variations for flavour

Chocolate - Leave out the jam. Replace 2 tablespoons of the flour with cocoa. Add 2 - 3 tablespoons of grated chocolate to the mixture.

Chocolate surprise - Push a square or two of chocolate into the centre of the mixture in each mug before cooking.

Golden syrup - Replace the jam with golden syrup.

Variations for convenience

Aunt Betty's brand microwaveable steamed puddings – 2 x 100g per pack. These come in a variety of flavours including chocolate, caramel and sticky date. Don't choose the 'lite' version.

Chocolate sauce

½ cup cream
1 small bar of chocolate, chopped, or 3 tablespoons of chocolate melts.

- Heat the cream in a microwaveable bowl for 60 - 75 seconds on medium/high power.
- Add the chocolate, whisk well until smooth. Serve over fruit or ice-cream.
- Store covered in the refrigerator. Reheat small amounts in the microwave on medium power.

Variations for flavour

Add 1 teaspoon of vanilla essence.
 Add 1 tablespoon of brandy, rum, whisky or your favourite liqueur to taste.

Caramel Sauce

25g butter
½ cup dark brown or regular soft brown sugar
¼ cup golden syrup
¼ cup water
Pinch of salt
400g (1 tin) of sweetened condensed milk
1 tsp vanilla essence

- Melt the butter in a pot over medium heat.
- Add the brown sugar, golden syrup, water and salt. Bring to the boil and cook until the sugar dissolves.
- Lower the heat and add the condensed milk and vanilla.
- Stir until well mixed.
- Serve hot, warm or cold.

Cover, cool, label and store in the refrigerator.
 Reheat small amounts in the microwave.
 Thin with hot water if required.

Butterscotch Sauce

100g butter
200g brown sugar
½ cup cream
1 teaspoon of vanilla essence

- Combine all the ingredients in a pot over medium heat.
- Bring to the boil stirring continuously.
- Reduce heat and simmer for five minutes.
- Cover, cool, label, and store in the refrigerator.
- Reheat small amounts in the microwave.

Fruit Sauce (Coulis)

½ cup jam, (try apricot, plum or berry)
½ cup water
Squeeze of lemon juice



- Heat the jam and water together until boiling.
- Rub through a sieve to remove pips etc.
- Return to the heat and boil over low heat until thick.
- Add a squeeze of lemon juice and mix well.
- Cover, cool, label and store in the refrigerator.
- Reheat small quantities in the microwave if required.
- Thin with a little hot water if required.
- Serve hot, warm or cold with ice-cream, fruit or sponge puddings.

ON THE SUPERMARKET SHELVES

- Look for squeezable bottles of ice-cream topping or sauce: Hershey's, Cottles and Hard Top and supermarket own brands like Signature or Pams.
- Try maple syrup and golden syrup.