



Blinis with smoked salmon



½ cup plain flour
½ cup wholemeal flour
1 tsp baking powder
Pinch of salt
1 egg, whisked
¾ cup buttermilk
150g cream cheese
1 tsp horseradish (optional)
100g thinly sliced smoked salmon (or thinly sliced roast/corned meat or pastrami)

Method: Serves 10-20

- (1) Combine flours, baking powder and salt in a large bowl. Add egg and buttermilk and whisk mixture until smooth.
- (2) Heat a frying pan and lightly grease with oil or butter. Place spoonfuls of mixture into pan and cook until golden on both sides.
- (3) To serve, top blinis with cream cheese (with horseradish if desired) and salmon or suggested meats.

Tip: Remove any herb garnishes for residents on Texture Modified Diets.

Vegetable frittata squares

1 tbs olive oil
1 small brown onion, diced
2 large cloves garlic, crushed
8 eggs, whisked
450g jar roasted red capsicum, diced
2 cups fresh rocket leaves
1 cup Mozzarella cheese, grated
¼ cup basil pesto
Salt and pepper, to season

Method: Serves 15-20

- (1) Preheat oven to 180°C and spray a 20cm x 30cm slice tin lightly with oil.
- (2) Heat olive oil in a large frying pan and sauté onion and garlic until translucent, remove from heat.
- (3) In a bowl, combine eggs, diced capsicum, rocket, cheese and pesto. Season with salt and pepper. Add the onion mixture.
- (4) Pour mixture into the prepared slice tray and bake for approximately 30-45 minutes or until golden and cooked through (test with a skewer).
- (5) Allow frittata to rest in pan before slicing into squares for serving.

Tip: Add any cooked and chopped vegetables to this recipe – a great way to use up leftovers.





Fish cake bites

2 tbs olive oil
1 brown onion, diced
1 carrot, peeled and grated
1 celery stick, diced
1 clove garlic, crushed
1 tsp fresh ginger, grated
1 tbs plain flour
425g tin tuna or salmon
1 cup mashed potatoes
1 egg, whisked
2 cups breadcrumbs

Method: Serves 10-20

- (1) Heat 1tbs oil in a frying pan, add onion, carrot, celery, garlic and ginger and sauté until softened.
- (2) Remove from heat, add flour, tuna/salmon, potatoes and egg.
- (3) Allow to cool and shape mixture into small balls. Coat each one in breadcrumbs.
- (4) Heat remaining 1tbs oil in frying pan and lightly cook each of the fish cakes until golden brown on each side.

Tip: Add grated parmesan cheese to the breadcrumbs to add flavour as well as protein and calcium.



Polenta and corn muffins



Cooking spray oil
1 ½ cups self-raising flour
1 tbs caster sugar
½ cup polenta
50g thinly sliced ham, diced
2 shallots, thinly sliced
310g tin corn kernels, drained
125g tin creamed corn
125mL milk
100g butter, melted
2 eggs, whisked
½ cup tasty cheese, grated

Method: Makes 24

- (1) Preheat oven to 180°C and lightly spray a 24-hole mini muffin tin with oil.
- (2) In a large bowl, combine flour, sugar, polenta, ham and shallots.
- (3) In a separate bowl, combine corn kernels, creamed corn, milk, melted butter, eggs and cheese.
- (4) Add wet mixture to dry ingredients and stir until just combined, be careful not to over-mix.
- (5) Spoon mixture into prepared muffin tin and bake for approximately 20 minutes or until the muffins are golden and cooked through (test with a skewer).

Tip: These muffins freeze well.



Easy, no-bake mini chocolate cheesecakes



1 packet of chocolate biscuits
e.g. Tim Tams

30g butter, melted and cooled

250g cream cheese, softened

2 tbs icing sugar, sifted

2 tbs chocolate powder
e.g. cocoa, hot chocolate mixture,
chocolate flavoured Sustagen®

Method: Makes 20

- (1) Place mini patty cake cases (or truffle cases) on a plate or tray.
- (2) In a food processor, blend chocolate biscuits and butter until smooth. Press evenly into muffin holes to create a base. Refrigerate for 15 minutes or until firm.
- (3) Beat cream cheese with icing sugar until smooth, stir through chocolate powder until fully combined.
- (4) Top biscuit bases evenly with cream cheese mixture, use a small spoon or knife to spread out.
- (5) Refrigerate to allow the filling to firm up before serving.

Tip: Flavoured chocolate powders or essence can be added if available e.g. mint, orange, strawberry.

Tip: Top with sliced strawberry to serve.

Fruit mince pies

2 cups mixed dried fruit, chopped

1 cup brown sugar

1/3 cup slivered almonds

1 Granny Smith apple, peeled and grated

40g butter, melted

40mL brandy

1 tbs each lemon rind, finely grated & lemon juice

1 tsp each of cinnamon, mixed spice and nutmeg

Cooking spray oil

1 packet of ready-made shortcrust pastry

1-2 eggs, whisked

Method: Makes 24

- (1) In a large bowl, combine dried fruit, brown sugar, almonds, grated apple, butter, brandy, lemon rind and juice and spices. Cover in plastic and refrigerate overnight.
- (2) Remove mixture from fridge and place over a sieve to remove the liquid.
- (3) Preheat oven to 180°C and lightly spray a 24-hole mini muffin tin with oil. On a clean work surface, cut rounds of pastry and place in muffin tin, pressing down gently. Fill pastry cases evenly with fruit mixture.
- (4) Optional: Decorate with pastry shapes (e.g. stars). Lightly brush tops with egg. Bake in oven for approximately 20-30 minutes or until golden brown. Cool in tin for 10 minutes before placing on a wire rack. Serve warm or cooled.

Tip: Dust with icing sugar before serving.





Chocolate strawberries

500g fresh strawberries (or other fruit)

400g milk or white chocolate

Method: Serves 10-20

- (1) Heat chocolate in a double boiler slowly until melted (be careful not to burn the chocolate).
- (2) Dip fresh strawberries, one by one, into the melted chocolate and place on a serving tray. Refrigerate until chocolate is set.

Tip: Cut up other varieties of fruit to dip e.g. ½ banana, mandarin segments, kiwifruit pieces.

Tip: Some residents may be able to be involved and dip their own strawberries in the chocolate.

Tip: If a double boiler isn't available, a bowl placed over a saucepan of water works well to melt the chocolate (see example below).



Coconut Jelly



400mL coconut cream

400mL coconut milk

1 cup water, cold

1 ½ tbs gelatine

1 cup caster sugar

Method: Serves 10-20

- (1) Combine coconut cream and coconut milk in a large saucepan and heat on medium for approximately 5 minutes (do not boil). Remove from heat and pour into a jug, cover to keep warm.
- (2) In another saucepan, add water. Sprinkle gelatine evenly over water. Stir for approximately 5 minutes on medium heat, or until the gelatine has dissolved. Pour in warm coconut cream and milk mixture. Add sugar. Heat and stir for another 3 minutes or until the sugar has dissolved.
- (3) Set mixture aside to cool and then pour into individual ramekins, jelly moulds or cups.
- (4) Refrigerate for at least 4 hours, or until set. Invert jellies into bowls, or serve in ramekins.

Tip: Serve topped with passionfruit pulp or fresh fruit. Top with pureed fruit for residents on Texture Modified Diets.