



Cooking Demonstration

Noosa Triathlon

Friday 30th October

Session 1 - 11am

Recipes to enhance fitness

Cajun chicken salad with black beans, apples and yoghurt dressing

Serve 6-8

Cajun Spice Blend

Makes about 42g of Cajun Spice. The Cajun Spice Blend may be stored in a tightly sealed jar in a cool, dark place for several months.

- 1 tbsp coriander seed
- 1 tbsp onion flakes
- 1 tsp dried garlic
- 1 tsp mustard seed
- ½ tsp whole white pepper-corns
- 2 tbsp paprika
- 1 tbsp dried parsley flakes
- ½ tsp dried thyme
- ½ tsp celery salt
- ½ tsp chili powder
- ½ tsp ground sage
- ¼ tsp cayenne pepper

1. Dry roast the coriander, white pepper and mustard seeds. Place the roasted spices into a mortar and pestle or spice grinder and grind until fine but not powder. Add in all the other spices and grind again until fine.

For the salad

- 2 chicken breasts, skin removed and sliced in half length ways to make 4 portions
- 2-3 tbsp Cajun spice
- ½ cup finely diced apple and ½ cup grapes halved
- 3 stalks celery finely diced, to make 1 ½ cups
- 1 cup tinned black beans, drained and rinsed
- ¼ cup slivered almonds toasted
- 3 stalks shallots, thinly sliced
- 2 handfuls rocket

Dressing

- ¼ cup real mayonnaise
- ½ cup natural yoghurt
- 1 dsp Cajun spice, extra
- 1 tsp brown sugar
- 1 tsp tahina
- 1 dsp lemon juice

1. Place some of the Cajun spice mix into a shallow bowl and roll the chicken pieces in it to cover, Steam, bake or grill until done and set aside to cool a little. Tear the chicken into shreds and place into a large bowl.
2. Place the mayonnaise, yoghurt, tahina, lemon juice, spice and sugar in a separate bowl and whisk together. Add in the apples grapes, celery, shallots and almonds. Toss through the chicken and rocket, and serve.





Italian Grilled tuna with beans, potatoes and spinach

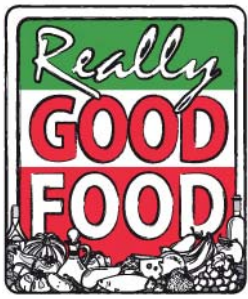
Serves 4

600 g fresh tuna, swordfish or firm fleshed fish, boned and skin removed
3 dsp olive oil
Salt and freshly ground pepper
400g kipfler potatoes or chat potatoes, steamed or boiled, chilled and cut in half
200g green beans, steamed or blanched
50g baby spinach

For the dressing

10 large mint leaves
15 large fresh basil leaves
¼ cup parsley
3 sage leaves, fresh
1 dsp rosemary leaves
2 tbsp capers in vinegar, drained
1 dsp fresh oregano leaves, or 1 tsp dried oregano
1 small red onion, peeled
1 tblsp red wine vinegar
1 ½ tbsp lemon juice
zest of 1 lemon
1/4 cup olive oil
Salt and freshly cracked pepper

1. Place all the herbs, red onion, capers into a food processor and finely grind everything together.
2. Transfer the mix to a bowl and add the vinegar, lemon juice and olive oil and mix well. Season with salt and pepper and set aside in the fridge until ready to dress the salad.
3. Slice the fish into pieces about 5 cm wide and toss with the olive oil and the salt and pepper. Heat a heavy based pan or hot plate and cook the fish until just done or to your liking.
4. Combine the green beans, potatoes and spinach in a bowl and pour over some of the dressing, Toss to coat the vegetables and serve the vegetables topped with a piece of fish and squeeze of lemon.



Spiced fruit salad with mint and cashew cream

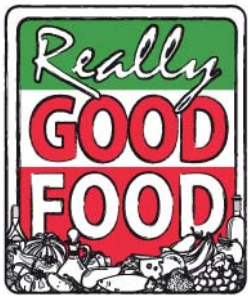
Serves 4-6

1 cup grapes, halved
2 cups pineapple diced
2 cups watermelon, sliced
1 punnet strawberries, halved
1 punnet blue berries, whole
Zest of 1 lime

300ml of water
300g logical, brown or palm sugar
1 stick of cinnamon
1 tbsp fresh ginger, sliced
1 stalk of lemon grass bruised
1 cardamom pod

Hand full of mint leaves
Good handful of roasted cashews, chopped
Natural yoghurt to serve (optional)

1. Place all the fruit and lime zest into a large bowl and set aside in the fridge.
2. Into a small saucepan place the sugar with the water, spices, ginger and lemon grass and bring to a boil. Reduce the heat and simmer for 5 minutes until syrupy. Pour the syrup over the salad and allow to cool.
3. Serve garnished with fresh mint chopped roasted cashews and natural yoghurt.



Session 2 – 1pm Foods to heal and improve life's vitality

Steamed Mussels with warm saffron and fennel salsa

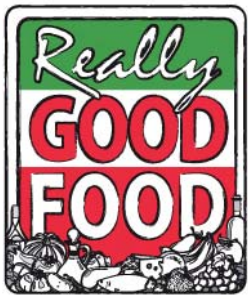
Serves 4

When purchasing mussels make sure you buy those with their shells closed and discard any that do not open during cooking

2 tblsp olive oil
1 onion, diced
1 medium fennel bulb, diced
2 leeks, split lengthwise and finely diced
2 cloves garlic, minced
1 good pinch saffron threads
1 cup fish stock
1 cup diced ripe tomatoes
¼ cup orange juice
1 dsp orange zest
1 dsp fresh thyme, chopped
1 dsp orange blossom water
Salt and pepper

1 kg mussels
¼ cup chopped parsley

1. In a heavy based fry pan heat the olive oil and sauté off the onion, fennel and leeks for 5-7 minutes.
2. Add in the garlic and the saffron and cook for a further 2 minutes until the vegetables have started to soften but not brown. Add in the fish stock, diced tomatoes, orange zest, juice, chopped thyme and blossom water and simmer for 5 – 10 minutes. Season with salt and pepper.
3. Add in the mussels and cover for 3-4 minutes ensuring that the mussels are evenly dispersed. Remove the lid, shake the pan and remove cooked mussels as they open. Keep warm until most are opened and discard any unopened mussels. Garnish with fresh parsley and serve with crusty bread.



Chick pea and coriander salad

Serves 4

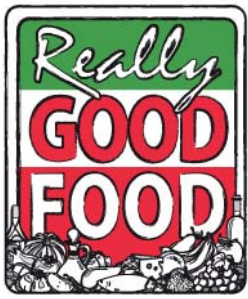
2 tblsp ghee
2 tsp yellow mustard seeds
1 tblsp lemon juice
1 tsp coriander seeds, crushed
½ tsp cumin seeds
2 cloves garlic, minced
3 cups cooked chickpeas
2 tblsp tomato paste
¼ cup vegetable stock
1 tsp salt
½ tsp turmeric
1 tsp garam masala
½ tsp black pepper
2 tblsp coriander pesto

Heat the ghee in a fry pan and add in the mustard seeds, cumin and coriander. Cook until the seeds start to pop. Add in the garlic, chickpeas, tomato paste, spices and vegetable stock and simmer for 4 minutes until most of the liquid has reduced but not dry. Stir through the coriander pesto and cook for 2 minutes. Adjust the seasoning and serve hot or cold.

Coriander pesto

2 garlic cloves
1 green chili, deseeded and chopped
½ bunch mint, leaves picked
1 tsp salt
2 tblsp of ginger, minced
2 bch coriander
Juice of one lemon
2 dsp olive oil

Peel the garlic and ginger. Wash the coriander and mint and blend all the ingredients together in a food processor until smooth. Add a little oil and stir through the lemon juice. This paste can be added to yoghurt to make quick chutney, to dips, soups, casseroles and stews. You can substitute the coriander and mint leaves for fresh basil, dill, fennel or tarragon and capsicum can be substituted for chillies if less heat is required.



Steamed lemon cloud pudding

Serves 4

30g soft butter
¾ cup caster sugar
¼ cup self-raising flour
1 teaspoon finely grated lemon rind
¼ cup lemon juice
2 eggs, separated
150ml milk
Icing sugar

1. Cream butter and sugar, blend in the flour, lemon rind and juice. Mix well.
2. Whisk in the egg yolks and milk.
3. Whisk egg whites until soft peaks form. Gently fold egg whites into the lemon mixture.
4. Spoon mixture into 4 X ¾ cup lightly greased ramekins. Cover the ramekins tightly with foil and place ramekins into perforated tray of a steamer. Steam 100°C for 10. minutes. Sprinkle with icing sugar and serve immediately.

or

5. Lightly grease and line the bases of 4 x ¾-cup metal moulds or ramekins. Place one piece of lemon in the base of each mould.
6. Divide pudding mixture evenly between moulds. Cover tightly with greased, pleated foil. Tie with kitchen string to seal.
7. Place in a large saucepan. Pour in enough boiling water to come halfway up the sides of the moulds. Cover the saucepan with a tight-fitting lid.
8. Bring to the boil on high. Reduce heat to low and simmer for 40 minutes. Remove from pan.
9. Remove string and foil from puddings. Turn onto serving plates and serve with custard, ice cream or thick natural yoghurt and extra lemon slices.