

table talk.

Cooking and nutrition information for Senior Chefs

Hello Chefs!

Tēnā koutou, tēnā koutou, tēnā tatou katoa
Nau Mai, Haere Mai



Welcome to our December edition of Table Talk! It is with sadness that we announce the end of an era. Our contract with the CDHB has ended and Senior Chef will finish after term one, 2022.

In its place, Pegasus Health will be offering a new programme, **Puāwai - Kai**. We have taken the very best from Senior Chef and our other community programme, Appetite for Life, and created a new 8-week course. It combines healthy lifestyle information with practical cooking and will be open to all ages in Canterbury. So, while it's an exciting time, it's also tinged with sadness.

We would like to thank all the participants, facilitators and supporters of the programme who have been involved with Senior Chef over the years. From the feedback we receive we know the programme has touched many people in a positive way. Senior Chef has made a difference in people's lives and because of this it has been a privilege for us to work with the programme.

We hope you enjoy what will be the final edition of Table Talk. All of you who receive the newsletter will be transferred to the Puāwai Kai mailing list, so expect news from our team in 2022. Wishing you all a very merry Christmas and a happy New Year. *Wendy, Jane and Eve*

Christmas Celebration

Join us on **Thursday 9 December** for our Christmas celebration and a catch up with fellow Senior Chefs.

Our speaker is **Rebecca Logan** from **Sport Canterbury**.

Rebecca's passion is adaptive and inclusive physical activity. Her role at Sport Canterbury supports older Cantabrians to engage in physical activity with the key message of 'Living Stronger for Longer'.

Thursday 9 December, 10.30—midday
St Albans Uniting Church
36 Nancy Ave, Mairehau

RSVP by calling us on 0800 333 405 or emailing senior.chef@pegasus.org.nz. Those who RSVP go into the draw for a spot prize!

You are welcome to bring your partner or a friend. **Please bring a plate of finger food to share—we love it when you show off your Senior Chef skills!**

**A LONG SLEEP
AND A GOOD
LAUGH ARE THE
TWO BEST CURES
FOR ANYTHING**

Irish proverb

ALL RIGHT?

Mental Health Foundation
Mātauranga Māori, Mātauranga Pākehā

**GETTING
THROUGH
TOGETHER**
Waiāra i tātou te pae tāwhiri



Merry Christmas!

Homemade gifts are the best! It could be a jar of chutney, a bag of bliss balls or a jar of muesli.

Here's our lovely Senior Chef muesli recipe once again (remember week 2?).

For an extra, special Christmas treat we have added 1/2 cup of hazelnuts or pecan nuts and 1/2 cup of raisins or chopped apricots.

Make a batch and portion it into glass jars or cellophane bags with a copy of the recipe.



Senior Chef Toasted Muesli for Christmas

Wholegrain oats, 1 kg
Almonds, sliced OR chopped, 1/2 cup
Hazelnuts OR pecan nuts, 1/2 cup
Sunflower seeds, 1/2 cup
Pumpkin seeds, 1/2 cup
Brown sugar, 1/4 cup
Boiling water, 1 cup
Cinnamon or vanilla, 2 teaspoons
Craisins OR chopped dried apricots, 1/2 cup

1. Preheat oven to 150°C and place oats, almonds and seeds in a large roasting dish.
2. Mix boiling water, sugar and cinnamon or vanilla together in a jug or bowl; stir until sugar is dissolved.
3. Add to oat mixture and stir through.
4. Cook for at least 1 hour, stirring every 10 minutes.
5. Turn off the oven and leave muesli to cool.
6. Remove from the oven. Add dried fruit.
7. Store in an airtight container.

Strawberry salad with poppy seed dressing

This salad is summer on a plate!

This recipe serves four, but you could easily make a single serve with a handful of leaves, a few chopped strawberries, a crumble of feta and a sprinkle of almonds. Finish with a drizzle of dressing. The dressing will keep in your fridge in a screw top jar.

Poppy seed dressing

Sugar, 1 tablespoon
White vinegar, 2 tablespoons
Salt, 1/4 teaspoon
Mustard powder, 1/2 teaspoon
Olive oil, 1/4 cup
Poppy seeds, 1 tablespoon

Salad ingredients

Baby spinach, 1 small bag(120g)
Strawberries, 1 punnet, hulled and sliced
Feta cheese, 50g (about 1/4 of a block), crumbled
Sliced almonds, 2 tablespoons

1. Combine the dressing ingredients in a jar and shake well.
2. Place the baby spinach leaves in a bowl, add strawberries. Add about 4 tablespoons of the dressing.
3. Crumble over the feta cheese and scatter over the almonds.



"The meaning of life is to find your gift. The purpose of life is to give it away" - Pablo Picasso

Tomatoes

Tomatoes are native to South America and were originally grown for their decorative purposes.

Tomatoes are actually fruit but they are considered a vegetable because of their uses. They were known as pommes d'amour by the French, or apples of love. Tomatoes will continue to ripen when stored at room temperature out of direct sunlight. Do not refrigerate unless they are over ripe. Refrigerated tomatoes do not have the full flavour of tomatoes stored at room temperature. Using a small serrated knife to slice tomatoes makes the job effortless.

Pass the platter

Been asked to bring a plate? Create a grazing platter of colourful nibbles.

Keep it healthy with a balance of protein-rich foods (e.g. cheese, salmon, nuts, hummus), fibre-rich grainy crackers, wholegrain pita or grainy toast cut into squares and an assortment of fruit and veggies (e.g. carrot sticks, cucumber rounds or cherry tomatoes).

Tips:

Budget: check what you have in the cupboard. Use up nuts, crackers, dried fruit. Buy seasonal fruit and vegetables.

Keep items bite-sized: whole fruit will likely be left, but slices of fruit will disappear!

Be food safe: be mindful of the temperature, insects and time. Two hours is usually a safe time to leave a platter at room temperature.

Try this simple platter for a colourful and healthy festive hit this summer:

- * 1 punnet of strawberries
- * 1 punnet of blueberries
- * Chocolate coins in gold foil.



Tomato Salad

You may remember from your childhood the traditional kiwi salad of sliced tomato, cucumber and onion with a splash of vinegar!

This is a 2021 version. Using different coloured and sized tomatoes makes it even more interesting! Salting the tomatoes draws out the moisture and concentrates the flavour.

It's a great way to use up tomatoes if you have grown too many or been gifted a bag!



Tomato Salad for Four

6 tomatoes (or use a combination of cherry and large tomatoes)

Salt and ground pepper

Dried oregano, 1/2 teaspoon

Balsamic vinegar, 2 tablespoons

Olive oil, 2 tablespoons

Garlic, 1 clove finely chopped or crushed garlic, 1/2 teaspoon

Method

1. Slice some of the tomatoes in half, some into quarters and others into uneven chunks.
2. Put the tomatoes into a colander and season with a good pinch of salt. Give them a toss and leave them to stand in the sink for about 15 minutes.
3. Transfer the tomatoes to a large bowl and sprinkle over the oregano.
4. Make a dressing by putting the vinegar, oil and garlic in a small jar with a lid. Shake well and drizzle over the tomatoes.

"Summer has a flavour like no other. Always fresh and simmered in sunshine"

Food safety for summer

Summer is the time to be outdoors, perfect for barbeques and picnics. Handling and storing food safely is the key to avoiding sickness from bugs.

Wash your hands properly before touching food.

Precook chicken, meat patties and sausages before cooking on a barbeque.

Don't use the same plate to carry raw and cooked food, and use separate utensils.

Prepare food as close as possible to eating time.

If you are taking food on a trip, keep it cool in a chilli bin.

Don't leave food out of the fridge for too long before eating.

Refrigerate leftovers as soon as possible, and when you reheat, make sure they are steaming all the way through. Remember the 2:2:2 rule, 2 hours on the bench, 2 days in the fridge and 2 months in the freezer.

YOU CAN GO SLOW
AS LONG AS YOU

Just Go



Tell your friends!

Senior Chef will be finishing up in Term 1, 2022. We are still taking registrations for term 1.

Avonhead, starting Tuesday 15 Feb, 10am—1pm

Linwood, starting Wednesday 16 Feb, 10am—1pm.

To join a class people can call or email us with their details: **0800 333 405**

senior.chef@pegasus.org.nz

All those who remain on our waiting list after term 1 will be transferred to the Puāwai—Kai waiting list.



Live Stronger for Longer— prevent falls & fractures

Regular activity improves your strength and balance. Activity can also:

- keep your bones strong
- give you more energy
- help you sleep better
- help control blood pressure & blood sugar levels
- make you feel good about yourself too!

Community Group Strength and Balance classes focus on improving lower body and core strength and balance which will, ultimately, lead to gains in movement confidence.

There will be some 'huff and puff' activities as well as stretching and flexibility exercises. Classes may also include dancing, exercise to music, circuit work, Tai Chi, Zumba or Langi Mai – there will be something for everyone! You'll be in a friendly environment, and will get to meet other people within your community.

You can find a local class at this website:

<https://www.livestronger.org.nz/home/find-class/find-a-class-near-you/>

If you would prefer to receive our Table Talk newsletter via email, or to be removed from our mailing list, please email us: senior.chef@pegasus.org.nz or leave a message on 0800 333 405.