

# table talk.

Cooking and nutrition information for Senior Chefs

## Hello Chefs!

Welcome to our Christmas edition of Table Talk. I am writing this on a beautiful Canterbury day with a view of the Port Hills from our office—I can't wait until Christmas! This term we welcome 46 Senior Chefs to our fold. 2018 is looking very busy with seven courses running in term 1. 2018 will see us mark 2000 Senior Chefs—woohoo!

Thank-you to all those who attended our Spring celebration. We had over 60 Senior Chefs join us, with entertainment by the Kaiapoi Invisible Choir. I hope you have had a chance to make pea pesto with our wrap crisps.

This newsletter is focussed on Summer recipes, keeping Christmas simple and healthy fats.

Please join us for a Christmas get-together in December. This will be chance to catch up with your class mates and meet other Senior Chefs. In the spirit of Christmas, why not offer a ride to a classmate and come together.

*Wishing you a very happy Christmas and healthy 2018!*

*Wendy  
& Jane*



## You're invited!

Join us for our Christmas celebration,  
**Thursday 7 December, 10.30-midday**  
**Holy Trinity Parish Hall,**  
**108 Jeffreys Road, Bryndwr.**

## Individual Berry Trifles

Summer isn't summer without berries! Strawberries and orange is a match made in heaven. Make this dessert in individual glasses for a wow factor.

*Makes 2*

### Ingredients

- Mixed berries, 1 cup
- Strawberries, 8
- Sugar, 1 tablespoon
- Orange juice, 2T (about 1 orange squeezed)
- Unfilled sponge\*, 1 small
- Vanilla custard or vanilla yoghurt, 1 1/4 cups
- Slivered almonds, toasted gently in a dry frypan, 2 tablespoons

\*Freeze any leftover unfilled sponge.

### Method

1. Use a fork to lightly mash the mixed berries.
2. Leave one strawberry for the top of each trifle. Slice the remaining strawberries and add to the mashed berries.
3. Add sugar & juice to the berries and mix well.
4. Cut sponge horizontally in half to make it thinner. Use a pastry cutter or glass to cut two circles of sponge to fit a tall glass.
5. Place 1/3 of the berry mixture in the bottom of a glass.
6. Top with a layer of sponge, press down firmly.
7. Spoon 1/3 of the berries over the sponge.
8. Pour 1/2 the custard or yoghurt over the berries.
9. Top with a second layer of sponge.
10. Spoon remaining berries over the sponge.
11. Pour over remaining custard or yoghurt.
12. Garnish with remaining strawberry and almonds.
13. Cover glass with plastic wrap and chill for a least 1 hour.



# Keeping Christmas Simple

Decide how you would like to celebrate Christmas this year.

*Have a family discussion* about making Christmas more manageable. Include the wider family as well (they'll probably be relieved you brought it up) – about making Christmas manageable for you all. *Plan and agree with family* members and friends where you will go, what presents you will buy and what sort of food you will have.

*Avoid Christmas crowds and turn off the TV ads* until after Christmas. Throw away the junk mail. Keep spending in proportion. Resist credit. You do not need to start the New Year worrying about debt.

## Have fun

Remember it doesn't have to be perfect. Try not to put pressure on yourself to keep everyone happy. Christmas is for everyone and that includes you.

## Brainstorm gifts

- A voucher you make giving special time to family & friends
- Make something – baking or craft and wrap nicely
- Put together some family recipes in a book for your grandchildren
- Make a photo album of memories
- Gift a piece of jewellery or china.
- Put everyone's names in a hat and draw out a name – just buy for that one person

## Don't be lonely

- Get help with any problems now. Don't wait until Christmas when most services are shut
- The Christchurch City Mission holds a wonderful Christmas dinner open to all
- Find community activities and get together events in your local area

The build up to Christmas can be stressful. Be aware of your stress – prioritise, expect a bit less of yourself – and let things go.

Bring Christmas down to size. Keep it simple and enjoy!

Maybe CHRISTMAS,  
he thought.  
doesn't come  
FROM A STORE.  
Maybe CHRISTMAS,  
perhaps, means  
A LITTLE BIT MORE.  
~ The Grinch ~

# Fats that are helpful omega-3s

Omega 3 fats help to protect the body against inflammation. They protect against heart disease by helping the heart to beat more regularly, decreasing the stickiness of the blood making it less likely to clot, and through protecting the arteries from damage.

Good sources of omega 3 fatty acids are oily fish, walnuts, linseed, flaxseed, canola, soy, or walnut oil.

Fish is a great alternative to meat, and oily fish has the benefit of providing more heart-healthy omega-3 fats. The oiliest fish are mackerel, sardines, salmon, kahawai, warehou, pilchards and herring. Canned fish can be a good source of omega-3 (choose fish canned in spring water rather than brine). To care for your heart, eat fish twice a week, preferably oily fish.

Due to its appearance, with the shell shaped like a human skull and the kernel resembling a brain, walnuts have always been regarded as "brain food." Recent studies have proven that they do promote brain function because of their Omega-3 fatty acid content. It is hailed as the most heart-friendly nut, also because of its high level of omega-3s.

If you want to preserve the taste of a walnut, do not shell it. Oxygen in the atmosphere will turn the oils in the nut rancid and spoil it.

The black walnut is the tallest variety of walnut tree and can grow to a height of more than 30 metres!

Walnut trees can live up to 250 years.

## Oily Fish

### Fish is so versatile...

- Sardines on grainy toast with sliced tomato
- Salmon fish cakes served with a salad
- Tuna or salmon sushi
- Smoked fish pie with a kumara mash topping
- Canned salmon sandwiches or salmon dip served with crackers or vegetables sticks
- Smoked fish chowder
- Smoked salmon salad

## Walnuts

### Using walnuts...

Most people eat fresh or roasted walnuts as a snack but there are other creative ways to add them to your diet.



- Chopped walnuts can be added to salads to provide more crunch
- Add half a cup to a crumble topping or your favourite date loaf recipe
- Walnuts, along with fresh fruit, will make your breakfast yoghurt not only more delicious but a whole lot healthier.
- Use ground walnuts for breadcrumbs when cooking fish and chicken fillets

WHEN I'M WORRIED  
AND CANNOT SLEEP  
I COUNT MY  
BLESSINGS  
INSTEAD OF SHEEP

BING CROSBY

([www.routledge.com](http://www.routledge.com))

## Salmon & lemon dip

This dip is so easy —you can use it as a sandwich spread, a dip with crackers or as the base on a home-made pizza. For a lovely plate to take, cut 0.5cm rounds of cucumber and place a teaspoon of dip on top, sprinkle with some finely chopped parsley.



### Ingredients

1 x 210g canned salmon, drained and mashed  
1 x 250g pottle, Philadelphia extra light cream cheese (has a light blue lid)  
Zest and juice of 1 lemon  
1/4 cup, chopped parsley  
1 clove or 1 teaspoon of crushed garlic  
Salt and pepper to taste  
Combine all ingredients until well blended. Keep refrigerated until use.

## Salmon Cakes

Great with a salad on a summer evening.  
Makes 6-8 cakes. You can freeze leftovers.

### Ingredients

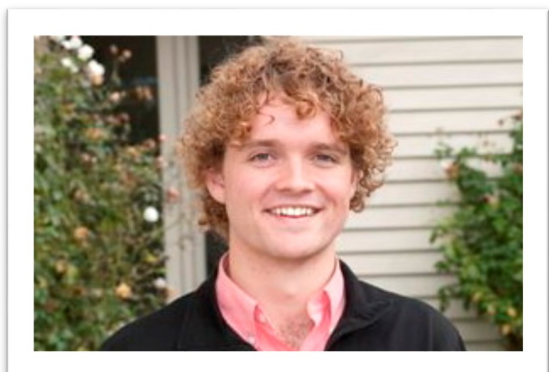
1 x 185g canned salmon  
2 cups cold mashed potato  
1 small onion, finely chopped  
1 tablespoon, parsley, chopped  
salt and pepper  
1/4 cup flour  
1 egg + 1 tablespoon water  
1 1/2 cups breadcrumbs + 2 teaspoons oil

1. Drain tinned fish and flake.
2. Place in bowl with potato, onion, parsley, salt and pepper. Mix well to combine.
3. Shape the mixture into small balls and gently roll in flour. Flatten into rounds.
4. Lightly beat egg and water together.
5. Dip each fish cake in egg mixture.
6. Pour the polenta/breadcrumbs onto a plate and roll each fish cake to coat.
7. Lightly oil and heat fry pan. Add fish cakes and cook until golden on both sides.



# Senior Chef Christmas Party

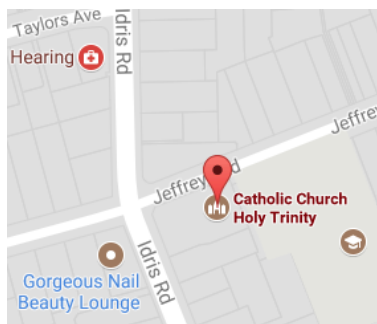
Let's get together this Christmas to enjoy a catch up with fellow Senior Chef graduates.



Social Entrepreneur, Sam Johnson, founder of the Student Volunteer Army and 2012 Young New Zealander of the Year, will be joining us to talk about his exciting new ventures.

**Thursday 7 December 2017, 10.30-midday**  
**Holy Trinity Parish Hall, 108 Jeffreys Road,**  
**Bryndwr, behind the church.**

There is car parking on-site. You are welcome to bring your partner or friend. **Please bring a plate of finger food to share.**



# Green Prescription

## Do you want to be more active in 2018?

Come along to an 8 week programme (\$3 per week) and try a range of low intensity exercise options. For more information or to register, contact Anna:

Phone: (03) 373 5045

Email: [anna.wilson@sportcanterbury.org.nz](mailto:anna.wilson@sportcanterbury.org.nz)

Website: [www.sportcanterbury.co.nz](http://www.sportcanterbury.co.nz)

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

# Explore Christchurch this summer

There is so much to see and do in Christchurch. Pack yourself some lunch and a drink bottle, bring a friend and explore...



- Jenny Gillies' Enchanted Garden Exhibition, Christchurch Botanic Garden Kiosk.
- Neighbourhood Week until March 2018.
- Wednesday Lunchtime Concerts at St Mary's Pro-Cathedral until 20 December.
- Petanque in the Park. Each Sunday until 25 March 2018.
- World Buskers Festival—18 January—28 January 2018.
- Kite Day 2018 at New Brighton Beach, 20 January.

For more events check out:-

<https://ccc.govt.nz/news-and-events>

# Find your movement

Active Canterbury's website has a large directory of group activities in Canterbury. Visit its website to find the right kind of active movement class for you! [www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)

You can search for all activities in your local area, for what you like doing, or just browse to find out more.



**active**  
CANTERBURY