

Recipe Adaptation

Bringing a healthy twist to old favourites

Adapting Recipes – the aims

Many favourites will benefit from changes that help to:

- Keep the flavour
- Use ingredients to lower the GI
- Boost the fibre content by using more wholegrains, vegetables and fruit
- Reduce and or modify the fat content
- Reduce the salt
- Decrease the sugar content

The following information includes suggestions to modify preparation techniques and comments on different types of recipes. There are suggestions on alternative ingredients also. A combination of these modifications will help achieve the aims above.

Low Fat Cooking Techniques

How can these methods be changed?

Frying

- Use alternative methods such as steaming, baking, boiling, microwaving, grilling, poaching or barbecuing.
- Use a non-stick pan or baking sheet.
- Use an oil-spray or brush the pan with oil.

Sautéing

- Cook in water or stock.
- Onions can be cooked in microwave until clear.
- Lightly spray the pan with oil.

Browning meats

- Select lean cuts of meat.
- Brown small batches at a time in a heated non-stick pan.
- Even the leanest meat will brown in its juices in a non-stick pan.
- Drain off any excess fat.
- Use a rack when grilling or roasting so that fat is able to drip away.
- Marinate trimmed meat with low fat marinade to produce flavoursome, moist, grilled or barbecued dishes.

Your recipe calls for some of the following ingredients. What could you use instead?

| Ingredient | Substitution |
|---------------------------------------|---|
| Cream | Lite & Creamy Evaporated Milk is a good substitute for liquid cream in pasta sauce or curry recipes. Vanilla & Hazelnut yoghurt is great served with desserts. Use a light aerosol cream for garnishing on special occasions. |
| Sour Cream | Plain unsweetened yoghurt, buttermilk, 98% fat free sour cream or lite sour cream. |
| Milk/Yoghurt | Use reduced fat varieties. |
| Cream Cheese | Use blended low fat cottage cheese. Quark/quarg or ricotta cheese. Lite cream cheese. |
| Cheese | Use smaller amounts of lower fat varieties e.g. cottage cheese or ricotta. Use reduced amounts of lower fat hard cheeses e.g. mozzarella or edam. Add small amounts of parmesan or mustard for flavour. |
| Mayonnaise/ Salad Dressing | Make your own low fat dressings based on plain yoghurt/lemon juice/vinegar with additional herbs. Use a fat reduced variety. |
| Butter/ Margarine | Use smaller amounts of reduced fat margarines. Yoghurt can be used as partial replacements. 1/4 cup yoghurt replaces 60g or 4 tablespoons of butter/margarine. |
| Oil | Aim to use less. Use an oil spray or stock or juices for sautéing. |
| Pastry | Use Filo pastry brushed with milk or sprayed with oil. Use a rice crust or self-crusting recipe for quiche. |
| Sugar | Reduce the amount (aim for 1/4 cup per cup of flour/total dry ingredients). Enhance sweetness by the use of fruit where practical. Add sweetener if necessary. |
| Chocolate | Make a little go a long way. Use a few chocolate chips or finely drizzle melted chocolate for visual appeal. |
| Coconut Cream | Use Lite & Creamy Evaporated Milk with a few drops of coconut essence. Use low fat yoghurt and a little desiccated coconut. Use reduced fat varieties. |
| Homemade Bread | Introduce wholegrains and/or oats to replace part of the white flour. |

What changes could be made to these dishes?

Soups

- Start with a low fat stock.
- Let homemade soups cool until the fat settles on the top. Remove the fat before adding vegetables and reheating.
- To achieve soups with a creamy texture use evaporated skim milk in place of milk or cream. Puree vegetables to provide a smoother texture.
- Include barley/split peas or lentils.
- Enhance flavour with fresh chopped herbs.

Casseroles/Meat Dishes

- 100g lean meat per person is sufficient.
- Trim all visible fat off meat; remove skin and fat from chicken before use.
- Cool overnight and remove fat before reheating and serving.
- Add legumes (canned or cooked, dried beans or lentils).
- Add extra vegetables.

Baking

- Use recommended substitutions for ingredients.
- Use dried or fresh fruits and/or fruit juices to enhance sweetness.
- Include rolled oats or oat bran where appropriate in place of part of the flour.