



The Cookbook for Carers

DELICIOUS RECIPES
FROM OUR KITCHEN
TO YOURS



An Australian Government Initiative



Back row: Lisa, Kate, Janneke, Karen, Gert, Marlea, Tracey, Maria
Front row: Marguerite, Linda, Kirstin, Rhonda, Rose, Raj

Ballarat Health Services has been supporting carers through its Carer Support Service for more than 24 years.

As a Carer Gateway service provider, we support carers across Central Highlands, Central Grampians and the Wimmera.

Carer Support Service delivers Victorian Support for Carers Program (SCP) in these regions in partnership with Grampians Community Health and the Wimmera Health Care Group.

Our highly experienced team has extensive experience and a great depth of understanding of the needs of carers in our region.

The Carer Support Service team created *The Cookbook for Carers* during National Carers Week in 2021 to acknowledge the outstanding contributions carers make, while also providing our carers with a space to contribute and enjoy recipes from others.

Ballarat Health Services is proud to support more than 700 carers in Ballarat. If you would like to find out more about the support and resources available for carers, email us at carers@bhs.org.au or call on (03) 5333 7104. Alternatively, you can call Carer Gateway on 1800 422 737 or visit www.carergateway.gov.au

Carer Support Service
Ballarat Health Services



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Ballarat Health Services' Carer Support Service is proud to support more than 700 carers in Ballarat through the Carer Gateway program.

Disclaimer - We hope you enjoy the inspired and fun recipes featured in our cookbook. Recipes in this cookbook have not been formally tested by us or for us and we do not provide any assurances nor accept any responsibility or liability with regard to their originality, quality, nutritional value, or safety. Unless otherwise stated, the recipes featured in this cookbook have been received in good faith from our community and are not endorsed by any other companies / organisations. Please review all ingredients prior to trying a recipe in order to be fully aware of the presence of substances which might cause an adverse reaction in some consumers.

SAVOURY

ABODO

Ingredients

1 kg of chicken or pork
3 cloves of garlic
 $\frac{1}{4}$ cup of soy sauce
2 tbsp of raw sugar
 $\frac{1}{4}$ cup white vinegar
2 bay leaves
1 tbsp of black peppercorn
 $\frac{1}{2}$ cup of water

Directions

Place the cut chicken or pork in the pot with all other ingredients and leave to boil for at least 45 minutes until meat is tender (just turning it once in a while).

When the oil comes out from the chicken or pork it's nearly done.

If it's too dry but not ready yet, you can add half a cup of water just until it's cooked.

- Myrna (Carer)

BACON, CORN AND ZUCCHINI FRITTERS

Ingredients

2 cups of corn kernels (drained if using tinned)

2 cups of grated zucchini

1 cup of self-raising flour

1 medium brown onion (finely chopped)

4 rashers of streaky bacon (sliced and diced)

1 large egg (lightly beaten)

125-200mls of milk

2-4 tbsp olive oil (for frying)

Salt and pepper to taste

Optional - chilli flakes

Directions

Fry chopped onion and bacon pieces until slightly browned.

Set aside to cool.

In a large bowl, add all remaining ingredients including onion/bacon mixture once cooled.

Quantity of milk you add depends on the consistency of the mixture you desire. Mix thoroughly.

In a large frying pan, over a moderate heat, heat the olive oil.

Drop large spoonfuls of the mixture into the oil and cook until golden (approx. 3-5 mins) and then turn and cook the other side.

Drain on absorbent paper.

- Marg (Carer)



Marg's bacon, corn and zucchini frittars

FROM ONE OF OUR WONDERFUL CARERS

"Initially I was reluctant to reach out for any kind of support apart from my wonderful family and friends, but as my GP said "..... you absolutely need to look after yourself as you're no good to anyone if you don't.

"She gave me the contact details for Carer Gateway and urged me to register with them. So after some research and deliberation I did just that. It was not long before I was contacted by a local member of Carer Gateway and a home visit occurred. I felt immediately understood, heard and supported.

"What I have found most useful in my dealings with Carer Gateway is their excellent, timely communication about what is available for carers in my local area. They have a 24/7 "hot-line" which is a fantastic 'peace of mind' resource for those carers who find themselves in stressful situations. Luckily, I have not had cause to use it but knowing there's someone with an understanding, empathetic ear a phone call away is of great solace.

"They have put me in contact with a local support group consisting of other carers of dementia sufferers, as well as informing me of relevant dementia research that is occurring. In my mind, the most important messages this organisation conveys are"you are not alone" and "....we are here for you".

"Actions do speak louder than words and they definitely practice what they preach."

- Margaret

BROCCOLI SALAD

Ingredients for salad

3 cups of raw broccoli (chopped into small florets)

400gm of chopped bacon

4 chopped spring onions

2/3 cup of currants

2/3 cup of sunflower kernels

Ingredients for salad

1 cup of mayonnaise

2 tbsp of sugar (optional)

2 tbsp of apple cider vinegar

Directions

Add all salad ingredient into a bowl.

Mix dressing ingredients together and mix through.

Refrigerate until ready to serve.

- Karen (Staff)



MEET OUR STAFF

How long have you been working with Ballarat Health Services' Carer Support Service and what is your position?

I've been working for Carer Support Service for 18 months now as a Case Manager. I also work with all our Young Carers who are aged between 4-25 years of age.

What is the most rewarding aspect of your position?

Carers are such giving souls and when we are able to support them in some shape or form – they are always so grateful and thankful. I truly get a lot of joy from helping others and helping to put a smile on their faces. I'm also very lucky to be working with such an amazing, caring and knowledgeable team who are always willing to share their experiences and words of wisdom.

How important are carers and the role they play in our community?

Carers often go unnoticed. They give up work or have to change to part time work, they place their life on hold . They often put other's needs in front of their own. Carers are amazing! Thank you to all carers for the time, energy, support, love and often financial contributions you put into the caring for others.

- Karen

BROWN RICE SALAD

Ingredients for rice mixture

1 cup of brown rice (cooked and cooled with running water whilst in strainer)

6 spring onions

1 diced red pepper

½ - 1/3 cup of currants

1 cup of salted crushed cashews, not to powder, just to add crunch

1 cup of sunflower seeds (fresh – not old)

2 tbsp of salt to taste

Mix together

Ingredients for sauce

¾ cup of sunflower oil

4 tbsp of soy sauce

2 tbsp of freshly squeezed lemon juice (no pulp or pips)

1 clove of freshly crushed garlic

½ tsp of salt (more or less to taste)

½ tsp pepper (more or less to taste)

Shake well in an air tight container and refrigerate well. Only add to mixture just before serving.

- Marguerite (Staff)

BUTTER CHICKEN

Ingredients

300g of cubed chicken thigh fillets

6 tbsp of basmati rice (raw)

1 ½ tsp of coconut oil

¾ of an onion (preferably red)

3 minced garlicks

¾ of red chilli, finely chopped

1 tsp of ginger (fresh) finely grated

1 ½ tsp of coriander (ground)

1 ½ tsp of cumin (ground)

¾ tsp of cinnamon (ground)

3 cloves

¾ cup of tomato passata or puree

¾ cup of coconut cream

3 tsp of tomato paste

3 cups of kale or baby spinach

Salt and pepper to taste

For serving

3 tbsp of fresh coriander

3-4 lemon wedges

BUTTER CHICKEN

Directions

Bring a saucepan of water to boil and prepare the rice according to packet instructions.

Meanwhile, cook the oil in a frypan over moderate heat. Add the chopped onion, garlic, chilli and ginger. Stir until starting to soften.

Add spices to the frypan and sauté for a minute.

Add the chicken and stir until starting to brown.

Pour in tomato passata, coconut cream and tomato paste. Stir and allow to simmer with lid on for 15 minutes.

Next, remove lid and add kale or baby spinach. Continue to simmer uncovered for a further five minutes. Season with salt and pepper to your liking.

Once the rice is cooked, serve alongside the chicken.

Top with fresh coriander and drizzle with fresh lemon juice if desired.

- Marlea (Staff)

CHICKEN AND CORN SOUP

Ingredients

2 cans (400g each) of creamed corn

3 cups of chicken stock

2 shallots (whole)

4 eggs separated (optional)

1 chicken thigh per person (or you can use left over roast, or a roast chicken from the supermarket)

Soy sauce (or tamari for gluten free option)

Directions:

Into a large saucepan, empty the creamed corn and stock and bring to a boil on high heat.

Slice the chicken into small strips and add to the hot liquid.

Turn the pot down to medium heat.

Slice the white part of the spring onion finely and add to the pot.

Let the soup simmer until chicken is cooked through, approximately 10 minutes.

To make the egg ribbons, separate the egg whites from the yolks. Slowly drizzle the egg whites into the soup in long ribbons (don't just clump them in all at once). Don't mix yet.

CHICKEN AND CORN SOUP

Leave the egg whites to cook until you see them starting to turn white. Take a spoon and gently stir the soup in a figure eight motion to break up some of the cooked egg whites.

Add all the yolks at once and quickly stir the soup straight away. The yolks will thicken the soup. Keep stirring to disperse the yolks so they do not clump together.

Taste the soup and if you feel it needs more salt, add a dash of soy sauce.

Garnish with finely sliced green section of the shallot.

- Karen (Staff)

CHICKEN NOODLE DISH

Ingredients

1 kg of diced chicken (skin off)

A dash of sesame oil

Singapore style noodles – wok ready

2 tbsp of soy sauce

2 tbsp of sweet chilli sauce

2 packets of Wokka Noodles (Singapore style)

Own choice of vegetables (or you can eat without if you prefer)

Directions:

Noodles to be placed in hot water (not boiling) to soften.

Cook chicken until light brown.

Add in the sauces, stir until combined.

Strain noodles and add noodles to the chicken.

Blend all contents.

Taste test to determine if you need to add further sauces, make the dish to your liking.

Cook for a further – 15 mins approximately – ensure chicken is cooked and noodles are softened further.

Keep stirring during cooking process.

- Maria (Staff)

MEET OUR STAFF

Maria, Case Manager

Maria has recently joined the Carer Support Service team but has been working at Ballarat Health Services for more than 11 years.

Maria joined the team as she fully appreciates the contributions carers make in our community and is looking forward to working alongside carers and supporting them with valuable resources and helping them to achieve their goals.

"The importance of carers is beyond words. The role of a carer is one of the most important roles in the world. Without our many carers, the needs of many would not be met. Carers are the soul of our community."

CORN CHOWDER

Ingredients

400g of creamed corn

400g of tinned corn

2 potatoes

2 ½ cups of water

1 chicken stock cube

1 cup of milk

1 cup of kraft cheese

4 spring onions

Directions

Combine corn, water and stock cube in medium/large saucepan.

Bring to boil.

Simmer without lid for 20 minutes.

While simmering, grate cheese and finely chop spring onions.

Add milk, cheese and spring onion on low heat, stirring until thickened and well combined.

Serve with crusty bread.

- Grace (Carer)

CROCKPOT CHICKEN DINNER

Ingredients

1 defrosted raw chicken (size to fit in crockpot)

1 can of apricot nectar

1 pkt of French onion soup

Mixed vegetables

Directions

Put chicken in crockpot, add vegies, pour apricot nectar over.

Sprinkle French onion soup over.

Cook for 8 - 10 hours (depending on size)

- Sue (Carer)

FROM ONE OF OUR WONDERFUL CARERS



"I've been my husband's full-time carer for more than five years. Carer Gateway has been a great help. The most useful advice I can give another carer is, take one day at a time, one foot in front of the other. This "chapter" in your "Book of Life" will change one day. You cannot change the wind, but you can adjust your sails."

- Sue

FARMHOUSE TERRINE

Ingredients

8-10 rashers of rindless bacon slices
2 rashers of diced bacon
1 bunch of English spinach
500gm of pork mince
350gm of chicken mince
6 fresh sage leaves
½ cup of flat leaf parsley
1 tbsp of fresh thyme leaves
½ tsp of all spices
50 ml of brandy or cognac
1 egg lightly beaten
Sour cherries and some greens to serve.

Directions

Preheat oven to 160 degrees.
Lay bacon rashers across 24.5cm x 7cm deep dish (or loaf pan – 5 cup capacity)
Make sure the bacon is overlaying slightly and hanging over the ends.
Place spinach leaves in a bowl and cover with boiling water (blanch) and steam for one minute or until wilted and bright green. Rinse spinach leaves with cold water and squeeze water away – chop leaves. In a large mixing bowl – add

leaves. In a large mixing bowl – add spinach, pork and chicken mince and chopped bacon. Finely chop sage, parsley and thyme and add to spinach mixture. Add allspice, brandy and egg to the mixture. Add tsp of salt and freshly ground black pepper. Mix well until all combined.

Press mixture into bacon lined terrine dish and fold bacon back over the top. Place in a roasting pan and fill pan with hot water until it's half way up the terrine dish.

Reduce heat to 140 degrees and bake for a further 20 mins or until the terrine is cooked through.

** If juices run pink – cook for a bit longer. If juices are clear – the terrine is cooked **
Once terrine is cooked, place foil on top and x2 heavy cans (eg tin of tomatoes) on top of foil to press down.

Allow to cool – refrigerate overnight.

Serve cold in slices with sour cherries (can be purchased at supermarkets) and some greens.

- Kerry (Carer)

GNOCCHI WITH CHEF DONA FROM CARBONIS ITALIAN KITCHEN



Ingredients

800g of room temperature potatoes cooked,
peeled and riced (1kg of raw white potatoes skin on)
250g of “OO” flour, plus some more for kneading and rolling
8g of table salt
2 egg yolks
80g of finely grated grana padano cheese

Directions

Step 1 - Cook the potatoes. Put the unpeeled potatoes in a tray lined with baking paper and cover it with aluminium foil. Place into the oven and bake at 170/180C degrees for about 100/120 minutes or until they are completely tender and easily pierced with a skewer. Let them cool just enough that you can handle them, and then peel them. Cut them in half crosswise and pass them through a ricer into a large bowl while hot. Spread them evenly on a flat tray and let cool down at least at room temperature before Step 2.

Step 2 - Mix the ingredients. First mix flour with salt. Place your crushed potatoes on to a bench and add the egg yolks to the centre, incorporate well then add flour mixture. Mix with your hands until the flour is moistened and the dough starts to clump together; the dough will still be a bit crumbly at this point. Gather the dough together and press it against the bottom of the surface until you have a uniform mass only at this point add the grated Parmesan and mix one last time. Transfer it to a floured working surface and wash your hands.

GNOCCHI WITH CHEF DONA FROM CARBONIS ITALIAN KITCHEN



Directions

Step 3 - Need 4 Knead. Knead gently until the flour is fully incorporated and the dough is soft, smooth, and a little sticky, about one minute. Don't overmix it, or gnocchi will be tough; the dough should feel very delicate. Move the dough to one side, making sure the surface underneath it is well floured and cover it with a clean kitchen towel. Tear off a piece of dough about the size of a large lemon and put the towel back on the rest of it to prevent it to dry out. With the palms of both hands, roll the dough piece on the floured surface into a rope about 1.5 cm in diameter.

Step 4 - Cut and Cook. With a cutter cut the rope crosswise every 2 cm to make beautiful pillow shaped gnocchi. Arrange the gnocchi in a single layer on the bench, making sure they don't touch. Repeat until you run out of dough, re-flouring the work surface as needed. When all gnocchi have been cut and spread out sprinkle them with a little more flour to prevent stickiness. You will need a large pot with about 4/5 litres of boiling water seasoned with about 6/8gr of salt for each litre of water. Once the water is boiling, gently place your gnocchi into the pot avoiding splashing as much as possible. Stir gently once and wait until the gnocchi will float (about one to two minutes). Stir once again and cook for one extra minute. Collect them with a slotted spoon and place into a little oiled tray.

GNOCCHI WITH CHEF DONA FROM CARBONIS ITALIAN KITCHEN



Directions

Step 5 - What's next. Your beautiful batch of fresh gnocchi is now ready to be enjoyed. It's your choice if you are going to serve them straight away or not. If yes, just drain and stir into your favourite sauce and enjoy while hot. If you are preparing them for later, add some oil to prevent stickiness and let them cool down into the tray at room temperature before transferring into a container to be refrigerated. Shelf life will be three days into a fridge and three months into a freezer. When re-heating repeat the cooking step with boiling water using the gnocchi straight from the fridge or freezer.

Thank you to Chef Dona for participating in our National Carers Week 2021 celebrations for our wonderful carers and sharing this great recipe.



HOMEMADE MINISTRONE SOUP

Ingredients

2 cans (410g) of diced tomatoes

2 tbsp of tomato paste

¼ cup of sun-dried tomato pesto(homemade or store bought)

1 parmesan rind

4 cups of vegetable stock

2 cups of water

1 cup of diced carrot

1 ¼ cup of diced celery

1 ½ cup of diced white onion

4-5 cloves of minced garlic

1tsp of dried oregano

1 sprig of rosemary (or ½ tsp dried)

2 bay leaves

1 ½ cups Tubular (ditalini) pasta

1 can (425g) of red kidney beans (drained and rinsed)

1 can (425g) of great northern (or cannellini) beans (drained and rinsed)

1 ½ cups of diced zucchini

1 cup of frozen green beans

2 ½ cups of chopped baby spinach

Salt and pepper to taste

Parmesan cheese for serving

HOMEMADE MINISTRONE SOUP

Directions

Add the diced tomatoes, tomato paste, tomato pesto, parmesan rind, vegetable stock, water, carrots, celery, onions, garlic, oregano, rosemary, and bay leaves to a slow cooker. Season with salt and pepper to taste and cook on low heat 6-8 hours or high 3-4 hours. Add in red kidney beans, great northern beans, zucchini, and pasta and cook on high heat for an additional 20- 25 minutes until pasta is tender. Stir in the spinach and green beans and cook for an additional five minutes until heated through. Serve warm topped with parmesan cheese and garlic toasts.

<https://littlespicejar.com/>

- Lisa (Staff)

PACIFIC TUNA PIE

Ingredients

250g of pasta (also works with GF pasta)

420g of tinned corn

400g of frozen peas

400g of tinned tomatoes

420g of cream of chicken or asparagus

420g of tinned tuna

Pepper

Chili flakes

Mixed herbs

150g of your favourite cheese

Directions

Cook pasta according to packet instructions.

Put corn, tomatoes, peas, cream of chicken/asparagus and tuna into a large oven proof dish.

Stir until just combined.

Season with pepper, chili flakes and herbs to your personal preference.

Grate cheese.

Drain the cooked pasta and fold through the mixture.

Sprinkle grated cheese on top.

Bake at 180 degrees until cheese is golden and beginning to crisp.

- Grace (Carer)

POTATO GNOCCHI WITH SAGE BUTTER SAUCE

Gnocchi ingredients

500 grams of russet potatoes

Rock salt

100 grams of 'OO' flour

1 egg yolk

Salt & pepper

Sage butter ingredients

Handful of sage leaves

50 grams of butter

Grana Padano

Directions for gnocchi

Preheat oven to 200C and line a baking tray with enough rock salt to cover the base.

Run a knife around the diameter of your potatoes, just deep enough to cut the skin.

Then prick them all over with a fork. This does two things, one it makes them easy to split in half once cooked and two in combination with the salt, draws out as much moisture as possible out of the potato.

Place the potatoes on top of the salt and bake for 1 hour and 15 minutes. Check your potatoes are cooked though by easily passing a knife through the centre on the potato. Allow the potatoes to cool slightly for 15 mins.

Split the potatoes in half and scoop out the insides, placing into a potato ricer (we tried other methods this way was by far the easiest and most cost-effective method).

Rice the potatoes onto a floured work surface. Don't over-fill the ricer if you need to do it in batches do so.

POTATO GNOCCHI WITH SAGE BUTTER SAUCE

Season the potatoes with salt and pepper, add the egg yolk and some more flour. Using a dough scraper or your hands, incorporate the ingredients together, adding more flour as you go. The dough should be soft, tender, and not sticky. Cut dough into quarters and on a floured surface roll out into logs about 2 cm thick. Cut the logs into 2cm pieces and place to the side. At this point you could form your gnocchi into different shapes, this is entirely up to you, we liked the simple shape! Just like a little pillow. Bring a pot of salted water to a gentle boil and cook the gnocchi in batches. Using a slotted spoon carefully remove the gnocchi to a colander when they float to the top.

Directions for sage butter

Bring a frying pan up to medium heat. Add the butter to the pan and cook until bubbling and the butter begins to turn into a lovely nutty caramelised colour. Add the sage to the butter to crisp up and infuse.

When the butter is caramelised and the sage is crisp remove from the heat and add your gnocchi, toss to combine.

- Josita (Carer)

(Recipe courtesy of Josita's nephew at Pink Wall Kitchen. *Thank you Pink Wall Kitchen for allowing us to share*)

PRAWN AND PORK SPRING ROLLS

Ingredients

1 kg of pork mince

½ kg raw prawns

3 cloves of garlic

1 medium chopped onion

1 diced carrot

½ bunch of chopped celery

2 tbsp of chicken powder

1 egg

1 tsp of raw sugar

2 pkts of small spring roll wrappers (50 piece per pkt)

Sesame oil (optional)

Salt and pepper to taste

Directions

In a bowl, mix everything together except the roll wrappers and be sure it is very well mixed until it becomes sticky and ready to wrap.

Peel the roll wrappers one by one and put at least 2 tbsp in each wrapper or choose the amount you desire.

In the frying pan preheat oil around 180 degrees and then fry until golden brown

- Myrna (Carer)

ROBYN'S CURRY DIP

Ingredients

1½ tbsp of oil

1 large chopped red capsicum

1 large granny smith apple (peeled, cored,
chopped)

1 chopped onion

2 tsp of fresh ginger

1½ tbsp of curry powder

1½ tsp ground cumin

½ - 1 small chopped red chilli

1 cup of sour cream

1/3 cup of plain yoghurt

Lemon juice (to taste)

Salt and pepper (to taste)



ROBYN'S CURRY DIP

Directions

Place oil in pan on medium heat.

Add capsicum, onion, apple. Cook for 15 minutes, stirring occasionally.

Add ginger, curry powder, cumin and chilli. Stir well.

Continue to cook, stirring now and again, until vegetables are very soft and spices are aromatic for about another 15 minutes. Remove and cool.

Transfer mixture in food processor and puree until nearly smooth.

Beat sour cream until thickened, stir in the vegetable puree and the yoghurt.

Lemon juice, salt and pepper to taste.

Serve with papadums.

- Janneke (Staff)

MEET OUR STAFF

Janneke, Team Leader

How long have you been working with the Carer Support Service team at Ballarat Health Services?

I started in January 2003 which makes that almost 18 years. Wow, that is a long time!

What is the most rewarding aspect of your role as a Team Leader?

I used to be a young carer myself and have always thoroughly enjoyed working with carers. I work with carers across different areas and this offers variety in the work that I do. Carers often feel overlooked and I am grateful that, as a service, we can work with the carer and the person they care for in a holistic way.

How important are carers and the role they play in our community?

Carers are extremely important and I hope the awareness for carers and their situation will increase in the community. There are husbands, wives, daughters, sons, friends and neighbours dealing with things at home that they may not speak about, they are busy, stressed and often burdened by the amount of advocating they have to do for the person needing their care. A carer could be someone you're working with, or a person that serves you in the supermarket. Let's be kind and considerate and ask about the carer as well as the person they are caring for.

SATAY SAUCE

Ingredients

500gm of peanut butter

3 tbsp of brown sugar (add more to reduce spiciness if required)

A dash of vegetable, sunflower or peanut oil

1 tbsp of butter

5-6 bulbs of French shallots (add more if bulbs are small)

2 medium red chillies (diced - seeds removed)

2 tbsp of ginger (freshly grated)

2 - 3 limes (as garnish)

3 tbsp of soy sauce (a dash more can be required to bring out the flavours when you taste sauce, to check the textures with the desired outcome for your liking)

1 can of coconut cream

A dash of water will be required to rinse the coconut can into the sauce - where the water quickly evaporates - without altering the sauce textures

Optional

Coriander - chopped finely as a garnish.

Directions

The aim is to create a wonderful, tasty, Peanut Satay Sauce that will begin as a loose, more liquid, sauce.

Later the sauce thickens when cooked further; as your choice of chicken or alternative meat is added, then cooked together, over stove-top heat, bringing the satay sauce into the main flavour of the cuisine.

SATAY SAUCE

Directions

Start by preparing the ingredients, ready to cook.

Peel the French shallots and slice finely. Brunoise style, as a French description, which is simply, chopping smallest pieces.

Dice the chillies as a similar size.

Grate the fresh ginger. If you wish, the more ginger added, the better the taste. The ginger dissolves, leaving a delicate aroma.

Set out the sugar - ready to scoop, as required.

Open coconut cream and the peanut butter.

Note: It is recommended to have a 'back-up' can of coconut cream in case you want to dilute the flavours to suit your personal taste.

Place non-stick fry pan over medium heat. As the pan is heating, add a dash of oil, then butter. As the butter combines with the oil, start mixing quickly with a wooden spoon.

Tip: Always use a wooden or non-metal spoon or heat-resistant spatula, in the pan, to avoid scratching the non-stick surface coating.

As the butter develops to a light froth - signaling it's heating well - now is the time to add the shallots. Stir the combined butter over the shallots. As the golden colour appears, gently add the ginger and add the chilli, combining well.

Mix in the pan the peanut butter with brown sugar.

Taste the sauce to check if you wish more sweetness or more levels of spice. Adjust accordingly.

SATAY SAUCE

Directions

At this point, the peanut butter mixture will be making a firm consistency. Now is the time to add the liquid ingredients.

Pour into the pan the coconut cream. Continue to stir gently. Add a splash of water, that is used to clear out the stubborn, remains of coconut cream that has settled in the tin.

Add a squeeze of fresh lime juice.

Add remnants of watery cream, into the pan. By continuing to gently combine until flavour is perfectly peanut satay sauce, you will have created your own spice of Asia in Australia.

Additions of chicken tenderloins - slowly, cooked by pre-baking the chicken tenderloins in the oven - gently.

At this point, simmer together before service to bring both the meat and sauce, to desired enjoyment temperature.

Sprinkle, in a snow-fall style, from above, the finely chopped coriander - as the complimentary garnish.

Fresh cuts of lime with the coriander can be set on the table for your diners to select; as their personal palate - tastes may desire.

Bringing you the Josita's Peanut Satay Sauce; from my Kitchen to your Home.

SHREDDED BEEF

Ingredients

2 kg of boneless roast beef

1 cup of beef stock

2 tbsp of worcestershire sauce

2 tbsp of freshly ground pink Himalayan salt

1 tbsp of freshly ground black pepper

1 tsp of garlic granules

Directions

Place beef in slow cooker.

Add beef broth around the edges.

Pour worcestershire sauce over the top of the roast.

Add salt, pepper and garlic granules.

Slow cook for seven hours on low.

Remove from slow cooker and shred with a fork.

Add back to slow cooker & leave on low for one hour.

- Tracey (Staff)

SPINACH OMELETTE

Ingredients

6-8 eggs

400grams pf spinach

1 garlic clove

Dash of salt and pepper to taste

Dash oil for the pan

Directions

Heat the pan and gently fry crushed garlic, add spinach leaves to wilt. Season to taste.

Process usually takes about five minutes.

While that is cooking, crack the eggs into a bowl and whisk until combined.

Pour the eggs mixture into spinach/garlic mix; use a bit more oil or butter if you need to.

Combine them and let them cook for about a minute. Flip to set the other side, then serve.

- Marilyn (Carer)



Rita's pot she made during a pottery class hosted by Ballarat Health Services' Carer Support Service.

POTTERY CLASSES FOR OUR CARERS

During National Carers Week 2021, Ballarat Health Services' Carer Support Service held a range of online activities for carers to enjoy including pottery classes, mosaic lessons and mindfulness meditation - acknowledging their outstanding contributions.

Rita, who cares for her husband, was one of our wonderful carers who participated in the pottery class.

"I enjoyed the pottery class immensely. Although I will never be a potter, the class provided welcome respite by being engaged in something else other than caring.

"My time with Carer Support Service has only been a relatively short one even though I have been caring for my husband for the last 20 years. My caring has been more intense lately so I've really appreciated all the help provided to me by Carer Support Service through Carer Gateway.

"Being a carer is a constant learning curve and connecting with other carers has been very helpful. The work of caring can be exhausting but also rewarding when you know that you have made a difference in someone else's life. The support from an organisation like Carer Support Service and Carer Gateway is much appreciated.

SWEETS

BAKED LEMON TART

Ingredients for pastry

1 $\frac{3}{4}$ cup of plain flour
 $\frac{1}{2}$ cup of almond meal
 $\frac{1}{3}$ cup of icing sugar
175g of chopped butter
2 eggs yolks
2 tbsp of chilled water

Ingredients for lemon filling

5 lightly beaten eggs
 $\frac{3}{4}$ cup of caster sugar
300 ml of double thick cream
2 tsp of lemon rind
 $\frac{1}{2}$ cup of lemon juice (about 3 lemons)

Directions

Place flour, almond meal, icing sugar and butter in food processor (process until mixture resembles breadcrumbs). Add egg yolks and water until dough comes together.

Turn onto lightly floured surface and knead. Shape into disk, cover with wrap and refrigerate for 30 minutes. Preheat oven to 200 degrees / 180 fan forced. Grease a cake base (tart). Roll out pastry until 3mm thick. Line tin with pastry. Refrigerate for 15 minutes. Line pastry case with baking paper. Fill with ceramic pie weights or rice. Bake for 10 minutes. Remove rice and weights. Bake for another 10 minutes (or until lightly golden)

Cool pastry case and reduce the oven temperature to 180/150 degrees. Make lemon filling by whisking eggs, sugar, cream, lemon rind, and juice in a bowl stand five minutes. Pour mixture into pastry case. Bake for 30 min to 35 min or until filling has set. Refrigerate overnight.

- Gert (Staff)

NANA'S BANANA BREAD

Ingredients

3 mashed bananas
1/3 cup of sugar
2 eggs
2 tbsp of butter
1 tsp of vanilla essence
3/4 cup of unprocessed bran
1/2 to 3/4 cup of self-raising flour
2 tbsp of milk
1 tsp of bicarbonate of soda

Directions

Pre-heat the oven, moderate oven at 180 degrees.

Beat mashed bananas, sugar, eggs, butter and vanilla essence together.

Mix 2 tbsp of milk with 1 tsp of bicarbonate of soda until smooth and then add the liquid to the bran, self-raising flour and mix lightly to a smooth batter.

Grease metal loaf tin with a good layer of butter to avoid sticking.

Pour the batter into the tin

Place the tin on the middle shelf in your oven. Bake for 35 minutes or until the loaf is firm to the touch and a skewer comes out clean from the middle of the loaf. Allow to cool in the tin for 15 minutes and then tip out onto a cooling rack. Leave to cool before slicing like bread.

- Joy (Carer)

CARAMEL MACADAMIA TART

Ingredients

1 cup of plain flour
¼ cup of icing sugar mixture
100g of chopped butter
1 egg yolk
1 tbsp of water
40g of golden syrup
40g of chopped of butter
395gm sweetened condensed milk
½ cup chopped macadamia nuts
Extra icing sugar mixture to dust

Directions

Preheat oven to 180°C. Grease a 19cm loose-bottomed fluted tart tin with cooking oil spray and line base with baking paper. Line an oven tray with baking paper and set aside.

Put flour, icing sugar and chilled butter in the bowl of a food processor and pulse until mixture resembles fine crumbs. Add egg yolk and water, pulsing until mixture forms a soft dough.

Shape dough into a disc and wrap in plastic wrap. Refrigerate for 30 minutes. Roll out dough between two sheets of baking paper to form a disc about 30cm wide and 4mm thick. Line prepared tin with dough, trimming excess, and refrigerate for 30 minutes. Prick base all over with a fork. Roll pastry trimmings into a ball and roll out again until 5mm thick.

CARAMEL MACADAMIA TART

Use a 5cm-tall tree-shaped cookie cutter to cut six trees.

Arrange trees on prepared tray, cover with plastic wrap and refrigerate.

Line dough in tin with baking paper. Fill with uncooked rice or baking weights, then bake for 10 minutes. Remove baking weights and paper and cook for a further eight minutes or until light golden.

Set aside to cool.

Meanwhile, put golden syrup and butter in a medium saucepan over a medium heat.

Once butter melts, add condensed milk and cook, stirring constantly, for eight minutes or until mixture is thick and light golden.

Remove from heat and stir in macadamia nuts.

Pour into pastry shell, smoothing surface with the back of a spoon.

Arrange chilled trees in a ring on top of caramel filling, with tree trunks towards tart edge. Bake for 10 minutes or until trees are cooked then transfer to a wire rack to cool.

Refrigerate overnight or for at least two hours until chilled.

Serve lightly dusted with extra icing sugar.

- Bernie (Carer)

CARER'S CUPPA

Ingredients

1 cup of chamomile tea (tea bag or loose leaf)
A couple of drops of vanilla
1 tsp of orange juice
Coconut flakes to garnish

Directions

Grab you favourite teacup or mug.
Make your cup of chamomile tea to taste.
Add vanilla, orange juice and coconut flakes.
Let sit for 1-2 minutes.

- Kirstin (Staff)



Kirstin's carer's cuppa.

MEET OUR STAFF

Kirstin, Case Manager - Intake and Response

What is the most rewarding aspect of your position?

Caring can be one of the most significant and important roles a person can take on and its challenges are not to be underestimated. Caring without the right information and support can be difficult. The most rewarding part of my job is being there and guiding carers to a place where they can get the support and information they need to make the caring role a little easier and maybe achieve a personal goal or two along the way.

How important are carers and the role they play in our community?

Carers are an integral part of our community and an essential contributor to our community's wellbeing. Carers face the complexities and challenges of the caring role with love, patience and loyalty day after day. I am in awe of how they accomplish so much every day with very little recognition for what they do.

CHRISTMAS ICE-CREAM TREAT

Ingredients

1 litre of your favourite vanilla ice cream

2 crunchie bars

2 flake bars

2 cherry ripe bars

2 peppermint bars

145g of mini M&M's

You can add others and can also choose your own favourite bars.

Directions

Take ice cream out of freezer and allow to soften – to the stage you can stir in above items – do not fully defrost.

Crunchy, flake, cherry ripe & peppermint bars – crush these with a rolling pin – better to have small bits (not too big or they are too hard to eat).

Put all ingredients into a bowl along with the Mini M&M's stir together. Slowly stir into ice cream until all mixed.

Can return ice cream to the original container or use one out of your cupboard.

Place glad rap over the top (as the lid may not fit) put back into the freezer to re-freeze and enjoy.

You can have this on Christmas day or any time you like!

If you choose to make a bigger patch just double the above amounts.

- Maria (staff)

DANISH APPLE CAKE

Ingredients

115g of butter

115g of sugar

1 egg egg

230g of self-raising flour

Pinch of salt

½ tsp of vanilla

5-6 (or 1kg) of sliced cooking apples

1 tsp of powdered ginger

Handful of sultanas

2 tbsp of brown sugar

2 tbsp chopped almonds

Directions

Melt butter and sugar and then add a beaten egg.

Add self-raising flour, salt and vanilla and mix to a dough.

Use 2/3 mixture on bottom and sides of spring form tin.

Cover with apples and sultanas.

Make small balls with remainder of dough and place over apples.

Sprinkle top with almonds, brown sugar and ginger.

Bake at 180 degrees for 45 minutes.

Serve with double cream.

- Kerry (Carer)

EASY APPLE CAKE

Ingredients

115g of butter

115g of sugar

2 eggs

230g of self-raising flour (sifted)

8 tbsp of milk

2-3 Granny Smith apples

Cinnamon sugar

Pinch salt

Directions

Preheat oven to 180 degrees.

Using an electric mixer, cream butter and sugar until light and creamy, add eggs, beat well.

Add sieved flour, gradually, alternating with milk. Mix well.

Pour mixture into well-greased and lined cake tin (round, square or oblong).

Peel, core and slice apples.

Arrange slices on top of cake mix, pressing core edge well into mixture until cake is covered. Sprinkle liberally with cinnamon sugar (combination of ground cinnamon and caster sugar).

Place on centre rack of oven. Bake until skewer comes out clean and cake is golden.

- Carol (Carer)

LEMON FLAKY PASTRY FINGERS

Ingredients

1 packet of frozen puff pastry sheets

Lemon butter or curd

Whipped cream

Directions

Preheat oven to at least 220C.

Cut pastry sheet in half, then cut each half into four.

Place strips of pastry onto an oven tray that is covered with baking paper.

Baste with milk and place in oven for 10 minutes.

Remove from oven and cool. Slice each pastry finger in half so you have a top and a bottom.

Filling

Lemon butter or curd

Whipped cream

Spread each bottom with lemon butter or curd and then spread with whipped cream. Place the top half on top of cream. Make some lemon icing and put this on top or dust with icing sugar.

- Cheryl (Carer)

MEET OUR STAFF

Raj, Manager of Carer Support Service

What is the most rewarding aspect of your position?

The privilege of working with an extraordinary team of clinical and administrative professionals who are some of the most compassionate, respectful, sincere and hardworking people I have ever worked with, who give their all to support carers in our community. I feel truly blessed to be a part of this amazing team.

How important are carers and the role they play in our community?

No words can do justice to highlight the importance of carers in our community, who look after their loved ones so passionately, who enrich the lives of their loved ones with their understanding, empathy and compassion, who keep on giving their all so selflessly... day after day after day...



RAJ MAHAL CHAI

Ingredients

2 tsp full of tea leaves (I prefer Brooke Bond Taj Mahal tea)
1 tsp of cinnamon stick flakes
2 pods of fresh crushed/ground cardamom pods
1 tsp full of fresh ground ginger
1 tsp full of fennel seeds
2/3 cup of milk
2 tsp of raw sugar

Directions

Put all ingredients (except milk) into a saucepan.
Add 1 and 1/3 cups of boiling water into the saucepan.
Stir for 15 seconds and let the mixture sit for 1½ to 2 mins.
Add 2/3 cup of milk.
Put the saucepan on a cooking range, light it, and bring the mixture to a slow boil.
Pour into two cups, using a tea strainer.
Enjoy the cuppa and the company!

- Raj (Staff)

SPONGE

Ingredients

5 eggs

½ cup of caster sugar

1 ¼ cup gluten free corn flour

½ tsp gluten free baking powder

Directions

Pre-heat oven to 180 degrees.

Grease 2 x 20cm round cake tins lined with baking paper.

Using an electric beater, beat eggs for 8-10 minutes. (Do not try to cut this time short as it really does affect the quality of the sponge.)

The eggs will become very thick and creamy, add sugar one table spoon at a time and beat until the sugar dissolves.

Sift corn flour and baking powder together and sift again.

SPONGE

Add to egg mixture slowly folding to combine. Do not use the beater for this as a spatula is best although a wooden spoon will do fine.

Divide mixture into the two cake pans.

Bake for 20 -22 minutes or until sponge springs back when touched.

Line a wire rack with baking paper and turn out sponges on to racks to cool.

Add your favourite filling.

Raspberry jam and whipped cream in the middle with icing sugar sprinkled on top is a traditional filling.

Lemon curd, whipped cream and passionfruit icing on top is a favourite in my home.

Fresh berries and whipped cream is great and nutella and whipped cream with chocolate icing is a favourite in our house too.

- Kirstin (Carer)



Kirstin's sponge.

TIRAMISU

Ingredients

4-5 cups of espresso coffee

½ cup of sugar

½ cup of marsala wine

6 large egg yolks

1/3 cup of coffee liqueur (Kahlua)

500gms of mascarpone

500mls of thickened cream (whipped)

1 large packet (500 gms) of savoiardi biscuits

4 tbsp of Dutch cocoa

Directions

Pour the cold espresso into a large bowl and add one cup of sugar and 75mls of the Marsala. Stir well so that the sugar dissolves. Set aside.

In a heat-proof bowl placed over a pot of simmering water, add the egg yolks, half a cup of sugar and the remaining 50mls of Marsala. Whisk continuously and vigorously until the mixture starts to thicken. Take off the heat immediately and allow to cool.

Whisk the coffee liqueur into the mascarpone until smooth. Fold in the whipped cream and then gradually add in the egg mixture, taking care not to over-mix.

Take a large deep glass or ceramic dish and line with a layer of the savoiardi biscuits which have been quickly dipped in the cold coffee mixture.

Pour in a thick layer of the cream mixture and spread evenly to coat the biscuits. Repeat with another layer of coffee-soaked biscuits, cream mixture and so on. Finish with the cream mixture.

Refrigerate overnight or longer.

When ready to serve, dust the top heavily with cocoa.

- Marg (Carer)



Marg's Tiramisu.

WATERMELON AND FETA SALAD

Ingredients for dressing

¼ of a red onion

1 sprig of fresh parsley (leaves only)

2 sprigs of fresh mint (leaves only)

100g of light extra virgin olive oil

2 tbsp of lemon juice

2 tbsp of brown sugar

Sea salt to taste

Black pepper to taste

Ingredients for salad

500g of cubed watermelon

250g of cubed feta

120g of chopped roasted walnuts

Directions

Dressing

Place all the ingredients in a bowl and blend them with blender or chop very fine.

Salad

Combine watermelon, feta, walnuts in a salad bowl and drizzle with reserve dressing and serve.

- Johanna (Staff)

YO YO BISCUITS

Ingredients for biscuits

185g of butter

1/3 cup of icing sugar

1 ½ cups of plain flour

1/3 cup of custard powder

Ingredients for filling

½ cup of icing sugar

2 tbsp of butter

2 tsp of custard powder

½ tsp of vanilla

*To make chocolate Yo Yos,
add ¼ cup of cocoa to the dry ingredients
and a heaped tablespoon to the filling
mixture.*

Directions

Cream butter and icing sugar (blender, mixer or by hand).

Add all other sifted ingredients.

Form into balls about the size of a walnut.

Place on greased biscuit tray 3cm apart.

Press slightly down on each biscuit with a floured fork.

Bake in moderate oven for 15 minutes. Pull out before they brown.

When the biscuits are cold, mix all the filling ingredients together and join the biscuits.

- Kate (Staff)

YOGHURT AND STRAWBERRY JELLY

Ingredients

200g of ripe strawberries
(plus extra for topping if desired)
200g of plain yoghurt
¼ cup of caster sugar
1 tbsp of unflavoured gelatin
1/3 cup of hot water

Directions

Mash strawberries.

In a medium bowl, mix yoghurt, sugar and strawberry purée together.

Stir gelatin and hot water together separately to dissolve gelatin then add to strawberry mixture.

Pour mixture into glass bowl or whatever container you like and refrigerate for around four hours.

Decorate as desired.

(Found the recipe in Lee Gold book on Hormone Health) and it was a favourite with mum.

- Marilyn(Carer)

Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, our Carer Support Service through Carer Gateway can help you.

Ballarat Health Services' Carer Support Service
(03) 5333 7104
carers@bhs.org.au

Carer Gateway
1800 422 737
carergateway.gov.au

Carer Gateway provides in-person, phone and online services and support to Australia's 2.65 million unpaid carers, including coaching, counselling, respite care, support networks, online skills courses and financial support.



Ballarat **Health** Services