



AGED CARE

HIGH ENERGY HIGH PROTEIN RECIPES

Fortified milk

1 cup (250ml) whole milk

2 tbsp skim milk powder

1. Whisk milk powder into milk until combined.
2. This mixture can be further fortified by the addition of Milo, Ovaltine, Malt, Glucose, cream etc. and flavoured with coffee, cocoa, vanilla, etc.

Thick egg custard (4-6 servings)

2 cups fortified milk

1 egg

1 tbsp custard powder

2 tbsp sugar

Vanilla or lemon rind

2 tbsp cream

1. Warm milk in a saucepan until tepid.
2. Blend custard powder, sugar and egg until smooth. Gradually blend in milk. Stir constantly over medium heat until boiling and simmer 1 minute.
3. Add vanilla to taste. Add cream. Dilute with milk if necessary.
4. For variation, replace vanilla with other flavourings e.g. essences, chocolate.

Hot cereal pudding

600ml fortified milk

2 tbsp sugar

2-3 eggs

Vanilla essence or other flavouring e.g. cinnamon, ginger, cocoa, coffee

60g cereal e.g. rice, barley, tapioca, sago, semolina, macaroni noodles (for a finer consistency 20g arrowroot, custard powder or flaked rice may be used instead).

1. Cook cereal and milk very slowly in a saucepan so the cereal swells and softens gradually.
2. Stir well until the grain is just tender. Remove from heat and cool slightly.
3. Stir in beaten eggs and flavouring. Pour into greased pie dish and sprinkle with nutmeg.
4. Add a few knobs of butter or margarine on top. Bake in moderate oven for ½ hour.
5. Serve with puree fruit and whipped cream.



Cream of vegetable soup (6 serves)

2 cups raw or cooked vegetables e.g. celery, potatoes, onion, peas, spinach, asparagus, sweet corn

1 medium sized sliced onion

2 cups stock

3 cups basic cream sauce

1. Add water or stock to vegetables in a small saucepan and cook until soft.
2. Puree or force vegetables and liquid through a sieve.
3. Combine vegetables with cream sauce.
4. Add more salt and pepper if necessary.

Basic cream sauce

6 tbsp butter or margarine

1 medium onion, sliced

3 tbsp flour

Pinch pepper

3 cups fortified milk

1. Melt butter and onion and cook over low heat for 5 minutes until yellow.
2. Stir in flour and seasonings and when well blended add milk slowly, stirring constantly over low heat until mixture boils.

Mornay sauce

1 cup fortified milk

1 bay leaf

Ground pepper

1 onion, finely chopped

2 tbsp grated sharp cheese

½ cup cream

½ tsp mustard (optional)

1. Heat milk slowly to scalding point with bay leaf, onion and pepper.
2. Remove from heat and infuse for 7-8 minutes.
3. Melt butter in a small saucepan, remove from heat, stir in flour and cook for about one minute then add the strained and lightly cooked milk.
4. Stir over medium heat until boiling.
5. Beat 2 tablespoons grated sharp cheese into the sauce and add ½ teaspoon mustard (if desired) and salt and pepper to taste.
6. Add ½ cup cream to thicken.
7. Use the sauce with mashed fish, vegetables or eggs.