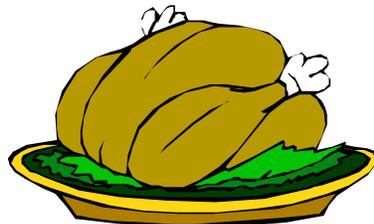




NICE

BUT NOT

NAUGHTY



**QUICK AND EASY LOW FAT
ALTERNATIVES FOR YOUR FAVOURITE
FOODS
CHRISTMAS SUPPLEMENT**

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Prawn Cocktail

Lettuce
Cucumber
Cherry Tomatoes
Fat free yogurt
Fat free Thousand Island dressing
Fresh or frozen prawns/shrimps

Line the bottom of sundae dishes with lettuce leaf torn into pieces
Thinly slice cucumber and arrange around sides, fill with prawns or shrimps mixed in
Thousand Island dressing add chopped tomatoes.
Can be prepared 1-2 hours before serving and place in refrigerator until required.

Strawberry Melon Boats

Honeydew Melon
Strawberries
Ginger
Demerara or Soft Brown sugar

Cut melon into slices, scoop out and discard the seeds.
Cut the fruit from the skin, leave it in place.
Cut the fruit into pieces across the slice.
Cut the strawberries into thin pieces.
Place alternate pieces of the melon and strawberry on the melon skin.
Season with ginger and or sugar. Place in refrigerator for 2 hours before serving.
Can be prepared up to 8 hours in advance.

Spicy Orange Melon

Galia Melon
Satsuma or tinned Mandarin oranges
Ginger
Demerara or Soft Brown Sugar

Cut the melon in half and scoop out the seeds
Cut the flesh into balls and mix in the orange segments.
Sprinkle with sugar and ginger to taste.
Place mixed melon and orange in melon shell and store in refrigerator until required.
Serve with fat free yogurt (optional).

Christmas Quiche

200g Red Salmon
50g prawns
25g of frozen peas and sweetcorn
1 onion sliced and sautéed

Line the bottom of a quiche dish with baking parchment
Mix Salmon, prawns, peas and sweetcorn together
Spread mixture over the bottom of quiche dish
Beat 4 eggs with 200g Quark or cottage cheese.
Pour over salmon and prawns mixture.
Top with slice tomato and bake in the oven until firm.

Christmas Toasties

Fill bread with
1tbsp of Fromage frais
2tbl mixed fruit
¼ oz mixed spice
2 chopped cherries
Mix with small quantity of Rum or Rum essence
Fill bread and cook until golden brown
Serve with low fat yoghurt or very low fat ice cream

Roast Potatoes

Water
Meat or Vegetable Stock Granules
4-5 Medium sized potatoes
Salt & Pepper

Crumble stock cube into the water and mix well.
Pour the stock into a roasting dish.
Cut potatoes into medium sized chunks and put into roasting dish. Baste well.
Place in oven at 180 C /350 F Gas Mark 4 for about 45 minutes or until cooked and brown.
Baste several times during cooking for best results.
Can be put under fast grill to improve browning.

Honey Glazed Carrot and Parsnip

Carrots
Parsnip
15ml Runny honey
10ml Water
1 tsp Herbs (Basil, Fennel optional)

Cook carrots and parsnip until just tender
Heat Honey and water together; thicken until stiff enough to glaze vegetables,
Add herbs if required to glaze and pour over carrot and parsnip, serve.

Chestnut Stuffing

200g Pureed chestnut
200g Breadcrumbs
50g chopped roast or tinned chestnuts
1-2 Chopped shallots
1 egg beaten
Salt & pepper to taste

Mix chestnut puree, chopped chestnuts, shallots and breadcrumbs with enough egg to bind mixture together, season to taste.
Can either be rolled into balls to cook separately for about 30 minutes or used to stuff the neck of the turkey.

Roast Turkey

8-10lb Fresh or thawed frozen Turkey
Orange, lemon or lime slices
Chestnut stuffing (optional)

Remove the skin from the breast of the turkey
Cover with the orange, lemon or lime slices to prevent the meat drying out.
Place the chestnut stuffing in the neck of the turkey.
Place the turkey on a trivet in a roasting tray to catch the fat from the wings and thighs.
Cover with baking foil.
Cook at 180 C /350 F Gas Mark 4 or the recommended time depending upon the size of the turkey.
Remove the foil and fruit slices. Carve and serve

Christmas Cake

115g/4oz Glace cherries
175g/6oz Dark brown sugar
115g/4oz Sultanas
115g/4oz Raisins
115g/4oz Currants
¼ Medium sized apple
1tsp Rum or Brandy essence
65g/2oz Lighter Bake (fat substitute)
300ml/¼ pint cold tea
300g/10oz Sifted self-raising flour
1 Egg

Mix cherries sugar dried fruit and tea in a large bowl.
Leave overnight. Grease and line a 7-inch cake tin.
Add flour, egg, grated apple and rum essence to the fruit and tea.
Beat thoroughly until well mixed and pour the mixture into the cake tin.
Cook for 90 minutes at 180 C /350 F Gas Mark 4 or until cake tester
inserted in center of cake comes out clean.

The cake will only keep for 2-3 weeks, as it has no fat or alcohol in it.

Mincemeat

375g/13oz Mixed fruit
50g/2oz Chopped glace fruit or cherries
1tsp Ground cinnamon
2tsp Grated orange rind
1tsp Grated lemon rind
1 Small bramley apple
1tsp Rum/brandy essence (optional)
1tsp Clear honey
50g/2oz Chopped tinned chestnuts

Place mixed fruit, glace fruit and chestnuts in a saucepan.
Sprinkle with ground cinnamon, grated orange and lemon rind
Peel and core cooking apple. Grate into bowl.
Mix ingredients together thoroughly.
Heat gently for 15 minutes.
Allow to cool.
Put into container and store in a cool place or refrigerator

Mince Pies

Filo pastry
Low fat mincemeat
Egg white

Cut Filo pastry into 4inch squares and place squares into a shallow bun tray.
Brush pastry with beaten egg white.
Place another layer of pastry on top. Fill with mincemeat.
Cover with two layers of Filo pastry brushed in between with egg white.
Sprinkle with caster sugar.
Cook for 10-15 minutes at 190C/375F Gas Mark 4.

Chocolate Cake

300g/10¹/₂oz Plain flour
1tsp Bicarbonate of soda
¼tsp Salt
1oz Cocoa powder
2 Medium eggs
75g/2oz Lighter bake
125g/4oz Soft light brown sugar
125g/4oz syrup
1Tbsp Chocolate essence
150ml/¼ pint milk

Pre-heat oven to 170C/325F Gas Mark 3
Grease and base-line a 20cm(8 inch) square tin.
Sift flour, bicarbonate of soda, salt and cocoa powder into a large bowl.
Make a well in the center. Beat eggs in a separate bowl.
Place lighter bake, sugar, syrup and milk in a saucepan and heat gently
Stirring until melted. Remove from heat.
Pour into the dry ingredients with eggs, beating well with a wooden spoon to make a smooth batter.
Pour into baking tin and cook until firm. Cool slightly before turning out.

Frozen Christmas Pudding

1 Tub Virtually Fat Free Ice Cream (Too Good to be True)
125g/4oz Mincemeat (see recipe)
1Tsp Rum/Brandy essence

Remove ice cream from freezer and allow to stand for 10 minutes.
Empty out into a large mixing bowl. Mix all the ingredients together.
Put into suitable container and refreeze.
Can be prepared well in advance.

Christmas Pudding

175g/6oz Dark brown sugar
65g/3oz Lighter Bake
2 eggs
2 Tbsp Syrup
2 Tbsp Black Treacle
175g /6oz Bread crumbs
1Tsp Mixed Spice
450g/1lb Mixed fruit
Grated rind and juice of 1 lemon
75g/3oz Self-raising wholemeal flour
2 tsp Orange juice
1tsp Rum essence
50g/2oz Chopped cooked chestnuts

Beat Lighter bake and sugar together in a large bowl.
Add beaten eggs a little at a time and beat in. Beat in syrup and treacle.
Stir in bread crumbs, spices, lemon rind, orange and lemon juice.
Add mixed fruit, chestnuts, rum essence and flour. Mix to a soft consistency.
Line 6 individual pudding basins with lightly greased baking parchment.
Pour mixture into basins, cover with baking parchment and tie down with string.
Steam for 2-2½ hours.
To lightly grease baking parchment, moisten cotton wool pad with cooking oil and wipe it over the baking parchment.

Chocolate Strawberry Trifle

Chocolate Cake
Strawberries
Angel Delight
Skimmed Milk
Fat Free yogurt

Cut thin slices of chocolate cake (see recipe), and use to line the bottom of sundae dishes.
Slice strawberries and place them on top of the cake.
Make up the Angel Delight with skimmed milk.
Pour over the strawberries, place in the refrigerator over night.
Serve with a large dollop of fat free yogurt.

Black Forest Gateau

Chocolate Cake
Morrello Cherries
Brandy Essence
Chocolate Angel Delight
Skimmed Milk
Fat Free Yogurt

Make as Strawberry Trifle replacing the strawberries with the morrello cherries.
Dilute 1tsp of brandy essence with 1 tsp of water sprinkle over cherries and cake .
Make up chocolate Angel Delight and pour over. Place in refrigerator over night.
Serve with Fat Free yogurt and place a cherry on top.