



# Cooking for Chemo

A cooking and nutrition program  
to help you during treatment

# WELCOME TO THE KITCHEN

Renowned Italian chef Joseph Vargetto and

Lauren Atkins senior dietitian from Peter MacCallum Cancer Centre.

For expressions of interest in other Cooking for Chemo events please contact:  
Camille Williams Blood Cancer Support Coordinator Phone: 03 9949 5817  
Email [cwilliams@leukaemia.org.au](mailto:cwilliams@leukaemia.org.au)

Our support staff are available to help you with educational, emotional and practical support. Contact us on 1800 620 420 to speak to a Blood Cancer Support Coordinator near you.

## FOOD SAFETY

Ensure you always follow appropriate food safety guidelines when preparing, cooking, serving, and storing food. Food should always be cooked all the way through, and if reheating, it should be piping hot. Patients who have lower platelet counts or who are neutropenic should be especially careful with certain foods and food storage: consult your doctor for further information.

### **Foods to avoid while having chemotherapy**

- All unpasteurised dairy products
- Live or probiotic yoghurts
- Soft whip ice-cream
- Soft unpasteurised cheese (e.g. brie, camembert and feta)
- Blue-veined cheeses
- Raw or only slightly cooked eggs
- All types of mushrooms
- Raw or undercooked meat/poultry
- Ready cooked chickens from the supermarket
- Smoked and cured meats
- Pate
- Raw or undercooked fish
- Raw or slightly cooked shellfish
- Unwashed fruit and vegetable
- Fruit and vegetables with mould on it
- Unwashed lettuce leaves or spinach
- Salads from salad bars
- Reduce spicy foods (can make nausea and diarrhoea worse)

### **Foods to eat while having treatment for blood cancer**

- Good carbohydrates (great source of energy)
- High in protein (to repair body tissue, chemotherapy can deplete protein)
- Foods high in unsaturated fats, plant or fish based (great for immune system function)
- Cold foods if you have nausea (to limit odour) Ginger, papaya and apple (for nausea)



**JOSEPH  
VARGETTO**

Italian Chef Joseph Vargetto is the owner of restaurants Mister Bianco, Massi, and the newly opened, Fondata 1872. Vargetto aims to provide patrons happiness through his authentic Italian cooking and is excited to be a hosting Cooking for Chemo.

Joseph is intrinsically connected to his Sicilian heritage, with his own sense of modern Italian cooking mixed with traditional technique, with a touch of quirky understated humor. He has a contagious zest for kitchen life and cleverly transfers that to his presentations and events.

He has traveled and appeared internationally many times for various tourism and hospitality groups including Tourism Australia and The Sheraton Group, to destinations spanning the United States, Beijing, South East Asia and Indonesia.

Joseph's background includes Melbourne's iconic Florentino Restaurant, Gaultiero Marchesi's Michelin Starred restaurant in Northern Italy, the award winning Langton's Restaurant with Philippe Mouchel, and Number 8 restaurant at Crown before going on to own his own award winning restaurants.

Joe's first food memory is of making sausages with his godfather at his farm in Gippsland: "it was from pig to barbecue." Days off are best spent enjoying good food and wine with his wife and sons, preferably in the Melbourne sunshine. A favourite restaurant is Ristorante San Domenico in Italy's Imola, where a friendship with the owner, who is always forward looking and doing greater things, inspires him. Another source of inspiration is chef Alain Chapel (although he has passed away, the greatness of his food lives on). Joe's words of advice for us cooks at home: "Do things that you feel comfortable with and enjoy making. Ask questions when you can and read as much as possible."



## **HAND ROLLED LINGUINE, MEATBALLS (NONNA STYLE), PEAS & PARMESAN**

**SERVES 4-6 PEOPLE**

### **INGREDIENTS**

#### **MEATBALLS**

300gm pork mince  
200gm beef mince  
2 cloves of garlic minced  
1 onion diced  
10gm paprika smokey  
1 bunch of parsley chopped  
80gm grated parmesan  
80gm breadcrumbs  
2 eggs  
5gm of salt  
Olive oil to cook

#### **PASTA**

300gm '00' flour  
60gm semolina + 200gm for rolling and  
dusting  
180gm whole eggs  
10gm olive oil

#### **TO FINISH**

150ml white wine  
100gm peas podded  
100gm shaved parmesan  
200gm crushed tomatoes

## **DIRECTIONS**

### **PASTA**

Using a kitchenaid, place all ingredients with a dough hook detachment and start setting number 4. mix it until it looks like breadcrumbs. Tip mixture onto a board or clean bench, work the flour mix until it becomes one dough. Knead the dough until it becomes smooth and silky. Cover the dough with cling wrap and let it rest for 30minutes.

Get your pasta machine ready and semolina for dusting.

Make sure it's clamped firmly to a clean work surface before you start and use the longest available work surface you have.

Dust your work surface with some semolina, take a small lump of pasta dough the size of an orange and press it out flat with your fingertips. Set the pasta machine at its widest setting - and roll the lump of pasta dough through it. Lightly dust the pasta with semolina if it sticks at all. Click the machine down a setting and roll the pasta dough through again. Fold the pasta in half, click the pasta machine back up to the widest setting and roll the dough through again. Repeat this process five or six times. It might seem like you're getting nowhere, but in fact you're working the dough, and once you've folded it and fed it through the rollers a few times, you'll feel the difference.

Now it's time to roll the dough out, working it through all the settings on the machine, from the widest down to around the narrowest. Lightly dust both sides of the pasta with a little semolina every time you run it through. When you've got down to the narrowest setting, to give yourself a tidy sheet of pasta, fold the pasta in half lengthways, then in half again, then in half again once more until you've got a square-ish piece of dough. Turn it 90 degrees and feed it through the machine at the widest setting. As you roll it down through the settings for the last time, you should end up with a lovely rectangular silky sheet of dough with straight sides - just like a real pro! If your dough is a little cracked at the edges, fold it in half just once, click the machine back two settings and feed it through again. That should sort things out. Whether you're rolling by hand or by machine you'll need to know when to stop. If you're making pasta like tagliatelle, lasagne or stracchi you'll need to roll the pasta down to between the thickness of a beer mat and a playing card; if you're making a stuffed pasta like ravioli or tortellini, you'll need to roll it down slightly thinner or to the point where you can clearly see your hand or lines of newsprint through it.

Cut the pasta and keep it aside until needed. Liberal dusting of semolina on the cut pasta is a must.

### **MEATBALLS**

add all the ingredients in an appropriate sized bowl. Work the mixture until all combined.

Roll out the meatballs into 30gm balls (the size of golf balls).

Using a deep and thick pot on a medium to high heat, add olive oil to coat the bottom of the pot. Start sealing the meatballs in batches until golden brown. Once all meatballs are sealed, deglaze the pot with white wine, let it reduced for 5 minutes then add the crushed tomatoes. Keep it on low heat and add the meatballs and simmer for 15 minutes, stirring every 5 minutes.

### **TO FINISH**

Using a tall deep pot, fill and boil water with lots of salt. Should taste like sea water. Once the water is rapidly boiling. Blanch the pasta and stir constantly, takes about a minute and half. Drain the water and add to the meatball mix, add peas and let it simmer with the sauce for the next minute. The dish is ready for the plate and topped with shaved parmesan.



# SFINCI “SICILIAN DONUTS” WITH RHUBARB COMPOTE

**SERVES 4**

## INGREDIENTS

### DONUTS

300gm plain flour  
220 warm milk  
100gm soft butter  
7gm dry yeast  
2 eggs whole  
35gm sugar

### RHUBARB COMPOTE

1 bunch of rhubarb  
washed, peeled and cut  
into 1 inch batons  
80gm honey  
1 vanilla bean, scrape the  
seeds and set aside  
100ml of orange juice

### DONUT SUGAR

200 gm caster sugar  
2 tsp cinnamon  
  
Cottonseed oil 5lt for  
frying

## DIRECTIONS

### DONUTS

Using a kitchen aide with the k beater attachment, add all the donut ingredients and mix on speed 6 until fully combined.

Store on a deep storage container and wrapped tightly with cling film. Prove for atleast 30 minutes on a warm place. Set aside until needed.

### RHUBARB COMPOTE

Using a shallow pot, add honey, vanilla beans and orange juice and let it simmer for 5 minutes.

Add the rhubarb cover with lid and simmer on low heat for 30 minutes or until the rhubarb has a jam consistency. Set aside until needed.

### TO COOK THE DONUTS

Pre heat a deep fryer or a deep and wide pot with cottonseed oil to 180 degrees.

Using a spoon, drop the little dough one at a time. Be careful of hot oil.

Watch the dough puff and turns golden brown, transfer straight away to the donut sugar.

Transfer the coated donuts to a plate along with the rhubarb compote and if you like, add double cream or an ice cream.

# CIDER BRAISED LAMB SHANKS WITH LEMON POTATOES, CARROTS & ROSEMARY

SERVES 4



## INGREDIENTS

4 lamb shanks at 250gm each  
¾ tbs salt  
200gr flour for dusting  
½ tsp black pepper  
1 onion sliced thinly  
1 stick celery thinly sliced  
4 cloves garlic roughly chopped  
3 medium sized carrots peeled and cut into 1 inch cylinders

4 potatoes washed and peeled cut into chunks  
2 lemons cut into wedges  
2 granny smith apples cored and cut into wedges  
3 sprigs of rosemary chopped  
800ml apple cider  
200gm crushed tomatoes  
olive oil cooking frying

## DIRECTIONS

Pre heat the oven to 180 degrees.

Place a pan that is large enough to fit in the oven on high heat.

Season the lamb shanks with salt and pepper.

Liberalily coat the shanks with flour.

Slowly place the shanks on the preheated pan and proceed to seal all sides. Set aside and wipe of the pan of excess oil.

Place new olive oil (same amount of oil) onto the pan and Sautee on medium heat carrots, onion, garlic and celery. Cook until fragrant about 2 minutes.

Deglaze the pan with cider and a crushed tomatoes.

Arrange the lamb shanks and apples. Submerging half of the lamb shanks in the liquid.

Place in the pre heated oven, covered for 1½ hour. Turn the shanks submerging the other side in the cooking liquor. Add a little water if required.

Add chopped rosemary and cook the meat for a further 30 minutes uncovered or until it's nearly falling off the bone. Once the desired softness is achieved cover with foil and let it rest for the next ten minutes.

On a separate pot, cover the potatoes with water, sliced lemon and 10 gm of salt. Boil then simmer until the potatoes are soft. Drain and set aside until the lamb shank is soft and tender.

Arrange the potatoes, carrots and shanks on a preferred bowl.



## CONTACT US

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