



# Cooking for Chemo

A cooking and nutrition program  
to help you during treatment

# WELCOME TO THE KITCHEN

Award-winning chef Stephen Lunn and Fiona Rowell oncology dietitian with over 20 years' experience.

For expressions of interest in other Cooking for Chemo events in Tasmania please contact Jane Anderson, on phone: **03 6231 0620** or email **[janderson@leukaemia.org.au](mailto:janderson@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 someone near you.

*Updated June 2018*

# 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
- Paté
- Raw or undercooked fish
- Raw or slightly cooked shellfish
- Unwashed fruits and vegetables
- Fruits and vegetables with mould on them
- 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)
- Foods high in protein (to repair body tissue as 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 food odour)
- Ginger, papaya and apple (for nausea)

## STEPHEN LUNN

**Chef Stephen Lunn has 32 years' experience as a chef and hospitality trainer, having worked at various establishments around the world.**

Stephen was a gold medal winner in the International Culinaire in Belfast, and has won numerous gold medals in Australian Culinary Federation competitions around the country, as well as being awarded Western Australian Chef of the Year in 1999.

He currently works as the VET hospitality trainer at Guilford Young College in Hobart as well as running the Chefaholic Cooking school with his wife and family on their property in Cambridge. Their boutique vineyard and vegetable garden are all used within the cooking school.

Stephen is also the current President of the Australian Culinary Federation, Tasmanian Chapter which involves competitions and education for chefs, cooks, apprentices and culinary students.



## FIONA ROWELL

**Fiona Rowell is an Accredited Practising Dietitian with 23 years' experience of working in the UK and Australia in both the public hospital system and private practice.**

During this time she has worked with patients of all ages and their families, in the management of acute and chronic conditions.

She is currently working with the Royal Hobart Hospital paediatric oncology team and is passionate about finding solutions to eating barriers so that mealtimes continue to be an important relaxing, nurturing and health boosting activity.

She's enthusiastic about demonstrating that a good diet can be simple and help one feel their best, whatever their age. Fiona has spoken at previous Cooking for Chemo events with the Leukaemia Foundation.





## LEMON AND HERB CRUSTED BLUE EYE

### INGREDIENTS

4 slices wholegrains & oats bread  
Chopped herbs: flat-leaf parsley,  
chives, mint, rosemary, oregano or  
your choice  
½ a Lemon (zest)

2 tablespoons olive oil  
Salt and pepper, to taste  
2 x 200g Blue eye fish fillet  
Lemon wedges, to serve

### SALAD

Lettuce (torn)  
Tomato (diced)  
Carrot (sticks)  
Cucumber (sliced)  
Olives (pitted)

### DIRECTIONS

Pre-heat oven to 220°C. In food processor combine bread and herbs until they make a fine breadcrumb. Add lemon zest, olive oil and salt and pepper to taste.

Place fish fillets onto a lightly greased oven tray and evenly coat the fish with the bread crumb mixture.

Bake for 10-15 minutes or until fish is cooked through and crust is golden brown. Serve with lemon wedges and salad.



## TARRAGON CHICKEN WITH BEAN AND BROCCOLI

### INGREDIENTS

Olive oil spray  
2 x 140- 180g boneless, chicken breast, fat trimmed  
1 red onion, cut into wedges  
1 celery stalks, sliced  
1/4 cup dry white wine  
1 teaspoon tarragon leaves, plus extra leaves and flowers to serve

1x 400 (14oz) cans no-added-salt borlotti beans, rinsed and drained  
1/2 cup reduced-fat evaporated milk  
1 cup fresh peas if not available then frozen peas, thawed  
400g broccolini, steamed

### DIRECTIONS

Spray a large heavy-based saucepan with olive oil and place over medium heat.

Cook the chicken for 2 minutes on each side or until browned. Transfer to a plate.

Add the onion wedges and celery to the pan and cook, stirring, for 2 minutes or until the onions have softened. Pour in the wine and stir until combined. Return the chicken to the pan, cover and cook for 15 minutes or until the chicken is cooked through.

Add the tarragon leaves, borlotti beans, evaporated milk and peas to the pan and cook for 5 minutes or until the sauce is thickened and heated through.

Sprinkle the chicken and beans with the extra tarragon and serve with the broccolini.



## BERRY AND APPLE COBBLER

### INGREDIENTS

#### FOR THE FILLING:

½ cup fresh raspberries or frozen  
½ cup fresh blueberries or frozen  
1 cups chopped apples  
2 tablespoons brown sugar  
¼ teaspoon ground cinnamon  
½ teaspoon lemon zest  
1 teaspoons lemon juice

#### FOR THE TOPPING:

Egg white from 1 large egg  
¼ cup soy milk  
Pinch salt  
¼ teaspoon vanilla  
1 tablespoons brown sugar  
¾ cup whole-wheat pastry flour

### DIRECTIONS

Preheat the oven to 180oC.

Lightly coat 4 individual ovenproof ramekins with cooking spray.

In a medium bowl, add the raspberries, blueberries, apples, sugar, cinnamon, lemon zest and lemon juice. Stir to mix evenly. Add the cornstarch and stir until the cornstarch dissolves. Set aside.

In a separate bowl add the egg white and whisk until lightly beaten. Add the soy milk, salt, vanilla, sugar and pastry flour. Stir to mix well.

Divide the berry mixture evenly among the prepared dishes. Pour the topping over each. Arrange the ramekins on a large baking pan and place in oven.

Bake until the berries are tender and the topping is golden brown, about 30 minutes. Serve warm.



## GAZPACHO

### INGREDIENTS

8 ripe tomatoes, Roma or round but not Beefsteak  
1 medium cucumber, peeled and seeds scooped out  
1 small red onion, peeled and coarsely chopped  
1 small green pepper, core and seeds out, chopped

1 small red pepper, core and seeds out, chopped  
3 large garlic cloves, peeled  
1 long red chilli, seeds out  
1 cup cold water  
1 cup tomato juice  
 $\frac{3}{4}$  cup olive oil

2 tablespoons apple cider or sherry vinegar  
1 orange, a little zest and juice  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
Garnish with diced cucumbers, red pepper, red onion and more olive oil

### DIRECTIONS

Bring a large saucepan of water to boil. Place tomatoes in boiling water for 20 seconds or until their skins crack. Remove and rinse under cold water. Peel the skin off, cut into quarters and remove the seeds. If you like you leave the seeds in - there is more fibre that way.

Peel the cucumber and cut in half going length-ways. Using a spoon, remove some of the more obvious seeds, if you like, but not essential.

Roughly cut all vegetables.

Process tomatoes, peppers, cucumber, onion, chilli, garlic and zest of 1 orange with water and tomato juice in a food processor or a blender until a fairly smooth consistency. Then add the olive oil, vinegar, orange juice, salt and pepper and process quickly until well incorporated but not over-blended so it starts foaming. Depending on the consistency you prefer, you can add more water or tomato juice. Eat right away or refrigerate for an hour before serving in bowls or glasses.



## GRILLED BLUE EYE WITH TROPICAL SALSA AND SWEET POTATO

### INGREDIENTS

#### FISH

200g blue eye fillet  
1 small sweet potato  
½ teaspoon cumin  
Olive oil  
Salt and pepper

#### SALSA

1 mango  
½ red chilli, diced  
¼ red onion, diced  
1 tomato, diced, no seeds  
¼ continental cucumber, diced  
2 sprigs of coriander  
20 ml olive oil  
20 ml red wine vinegar

### DIRECTIONS

#### SALSA

Finely dice all ingredients and keep cool.

Peel and cut sweet potato into large chips and marinade with cumin, salt and pepper and olive oil and cook in fry pan or on a char grill pan, turning to cook evenly.

Season fish with salt and pepper and a little olive oil, in either a char grill pan or normal pan seal and cook fish as shown.

Arrange sweet potato and fish top with salsa and garnish.



## MEDITERRANEAN CHICKEN AND LEMON COUS COUS

### INGREDIENTS

#### CHICKEN

2 chicken thighs  
½ lemon  
1 sprig of oregano  
1 teaspoon of brown sugar  
50 ml olive oil

#### COUS COUS

250 grams cous cous  
50 grams whole almonds  
¼ teaspoon cumin  
¼ teaspoon nutmeg  
1 clove garlic  
¼ onion diced  
50 grams butter

50ml white wine  
250ml stock  
Salt and pepper  
1 sprig Italian parsley  
1 lemon (zest and juice)  
1 lettuce leaf  
Sliced tomato

### DIRECTIONS

Marinate chicken cleaned chicken thighs for at least 1 hour.

In a fry pan toast spices and almonds until fragrant, add in butter, onion and garlic and cook until onion is clear.

Add in wine and stock, season , bring to the boil

In a place cous cous in a bowl and cover with wine stock and spice mixture, stir and cover with plastic wrap and let sit for 15 minutes. Remove plastic wrap and add in fresh lemon zest, juice and chopped parsley. Taste and season with salt and pepper if needed.

Grill chicken thighs until golden and cooked though.

Serve with fresh lettuce leaves and sliced tomato.



## STRAWBERRY TARTLETS

### INGREDIENTS

1 ½ punnets small strawberries, halved  
2 tablespoons redcurrant jelly

#### SHORTCRUST PASTRY

175 grams plain flour  
100 grams butter, chilled and cubed  
2 tablespoons icing sugar  
1 egg yolk

#### CRÈME PÂTISSÈRE

6 egg yolks  
40 grams plain flour, sifted  
125 grams caster sugar  
2 cups (500ml) milk  
1 vanilla bean - split and seeds scraped

### DIRECTIONS

#### SHORTCRUST PASTRY

Process flour, butter, sugar and pinch of salt in a food processor until resembles fine breadcrumbs.

Add the egg yolk and 1 tablespoon of cold water.

Process until mixture just comes together in a smooth ball. Cover in plastic wrap and refrigerate for 30 minutes.

Preheat the oven to 170°C. Thinly roll out pastry on a floured board and use to line 14 boat-shaped pastry moulds. Prick all over with a fork and refrigerate for 30 minutes.

#### CRÈME PÂTISSÈRE

Meanwhile, for the crème pâtissière, place egg yolks, flour and 2 tablespoons sugar in a bowl and whisk until pale. Combine milk, remaining sugar and split vanilla bean in a saucepan and bring to the boil over medium heat. Strain into egg mixture and discard the vanilla bean. Return to pan and cook over low heat, stirring for 2-3 minutes or until thickened, then cool. Cover surface with plastic wrap to prevent a skin from forming and chill until needed.

Bake tarts for 7-10 minutes until light golden, then cool. Fill with crème pâtissière, reserving remainder for another use, and place strawberries on top.

Heat jelly in a pan over low heat until smooth, brush over berries and serve immediately.

## CONTACT US

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