



Cooking for Chemo

A cooking and nutrition program
to help you during treatment

WELCOME TO THE KITCHEN

Chef Nick Holloway, Nu Nu Restaurant

Dietitian Lorinda Stutterd, Health Management Dietitians.

Leukaemia Foundation support staff are available to help you with educational, emotional and practical support. Contact Donna Vrancken on **07 4051 3355** or email dvrانcken@leukaemia.org.au.

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
- Soft whip ice-cream
- Soft unpasteurised cheese (e.g. brie, camembert and feta)
- Blue-veined cheeses
- Raw or only slightly cooked eggs
- 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 vegetables
- 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)
- Foods 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) and ginger, papaya and apple (for nausea)



Nick Holloway is the chef and co-owner of Nu Nu Restaurant, The Rising Sun Bar and Bistro and Numi Ice Cream and Pantry in Palm Cove, Tropical North Queensland.

Since its opening in 2004, Nu Nu has gained the attention of the national media for its exuberant food, professional service and luscious tropical setting.

Nick leads a young, energetic and passionate team of chefs who are dedicated to showcasing the best produce the region has to offer in both new and innovative ways.

Nick started his apprenticeship at Stella in Melbourne. He then had the opportunity to work at Blake's, under Andrew Blake before opening Pearl Restaurant in Richmond, Victoria.

Nick stayed at Pearl for four years before getting the urge to make a significant sea change. He purchased a one-way ticket to Cairns and the Nu Nu story began in 2004.

Nick's talents have seen him featured as a guest presenter at many high profile events including the Noosa Food and Wine Festival, Delectable Queensland, Brisbane Masterclass and The Melbourne Food and Wine Festival. He was also featured as a guest chef on Channel 10's 2015 and 2016 series of Masterchef.

Nu Nu has won numerous awards over the years including "Best breakfast" in Queensland, "Regional Restaurant of the Year" nationwide and "Restaurant of the Year" for Queensland.

Nu Nu was recently recognised as Brisbane Times Good Food Guide Regional Restaurant of the Year for 2016.



MANGO, TURMERIC AND DRAGONFRUIT SMOOTHIE

MAKES 1 FULL BLENDER

INGREDIENTS

300 gm mango, frozen
2 bananas
20 gm fresh turmeric root
200 gm red dragonfruit flesh
1 tbsp rainforest honey
4 tbsp yoghurt
1 lime, juiced

DIRECTIONS

Place all ingredients in a blender and puree on high until silky smooth.

DASHI BROTH, SALMON, BRAISED SHIITAKE & SOBA NOODLES

SERVES 4

INGREDIENTS

1 piece konbu (dried kelp)
400 gm shiitake mushrooms, fresh
50 gm bonito flakes
4 tbsp thin soy sauce (Healthy Boy brand is best)
2-3 tbsp mirin
4 x 160 gm salmon steaks
1 packet soba noodles
8 spring onion stalks
4 tsp vegetable oil
sea salt

DIRECTIONS

BROTH

Place 3 litres of cold water in a pot with the shiitake mushrooms and the konbu and heat to 70C and keep at this temperature for 30 minutes.

Take out the shiitake mushrooms and trim off the stalks and throw these back in the pot with the konbu; reserve the mushroom caps for the finished dish.

Add the bonito flakes to the hot pot and then remove from the heat. Allow the flakes to infuse and settle to the bottom of the pot, this will take about an hour.

Strain the dashi broth through a fine sieve and then season with the mirin and soy. The resulting broth will taste rich, exotic, lightly sweet and salty and just like the sea.

SALMON

Brush the salmon steaks with half of the vegetable oil and a little sea salt and roast in the oven at 150C for about 9-10 minutes, until it flakes easily and is just cooked.

ASSEMBLING THE DISH

Slice the spring onion greens into rounds and put aside for the final assembly. Fry the lengths of spring onion whites with the remaining oil and some sea salt in a smoking hot skillet until heavily browned, perfumed and softened.

Follow the instructions on the packet for cooking the noodles and divide amongst the 4 bowls. Top each nest of noodles with a salmon steak, a share of the mushrooms, some spring onion greens and 2 each of the onion stems. Reheat the dashi stock and pour a hot ladle or two into each bowl and devour whilst hot.

CINNAMON ROASTED LAMB SHOULDER, GREEN WHEAT FREEKAH SALAD & GREENS

SERVES 4-6

INGREDIENTS

1 lamb shoulder, bone in
1 tsp cinnamon, freshly ground
2 tbsp salt flakes
1 brown onion, sliced
1 carrot, coarsely chopped
2 celery sticks, roughly chopped
½ garlic head, roughly chopped
2 bay leaves
½ bunch lemon thyme
750ml tomato passata
500ml red wine

2 cups green wheat freekah, cracked
250 gm snow peas, trimmed
250 gm broccoli, trimmed into small pieces
250 gm green beans, trimmed into lengths
½ bunch flat leaf parsley, sliced
½ bunch mint, sliced
1-2 lemons, juiced
100 ml extra virgin olive oil
salt & pepper
200gm almond flakes, toasted

DIRECTIONS

LAMB

Massage the cinnamon and salt into the lamb shoulder and leave to marinate for 1 hour.

Preheat the oven to 160C.

Seal the shoulder in a big heavy skillet or on the BBQ until golden brown and caramelized all over.

Put the shoulder into a snug casserole dish with the onion, carrot, celery, garlic, bay leaves, lemon thyme, passata and wine and cover with baking paper and then the lid or double layer tinfoil.

Cook for 2.5 hours at 160C. Carefully lift the lid and paper and check for doneness. It should be highly fragrant and come easily from the bone.

FREEKAH SALAD

Leave the shoulder to cool in the pot whilst you prepare the freekah.

For best results cook the freekah with the absorption method described on the packet. While it's cooking, blanch the greens in plenty of lightly salted, boiling water and then drain well and stir into the cooked freekah with the herbs, oil and sufficient lemon juice and seasoning to achieve a tangy and delicious salad. Scatter over the almonds when serving.

TO SERVE

Lift the shoulder carefully from the pot to a serving dish and then strain any leftover juices into a clean pot and boil down until a rich sauce is achieved. Season as required and serve in a jug separately.

Share the meal in a "kings table" format in the middle of the table.

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