

Good Start Kai

Healthy recipes for healthy Maori and Pacific Islander families.





COOK ISLANDER

The circle of fifteen stars, found in the national flag, represent the unity between all fifteen Cook Island nations. These nations are Tongareva, Rakahanga, Manihiki, Pukapuka, Nassau, Suwarrow, Palmerston, Aitutaki, Manuae, Takutea, Aitu, Mitiaro, Mauke, Rarotonga and Mangaia.



FIJIAN

Masi cloths are deeply embedded in Fijian culture. The distinctive floral decorative patterning can help pinpoint exactly where in Fiji the Masi was created. The cloth itself contains the spirit of the land it comes from and the essence of the people who created it.



FIJIAN INDIAN

Indian heritage and Island living come together through intricate Henna (Mehandi) patterning. The rounded 'mango' shape (Ambi) represents Indian origins and is known as the national fruit of India. Mangoes represent abundance, as trees become laden when they come to fruit. Embedded within the Ambi is a shell, representing island life.

The pattern used in this booklet and described below has been developed in consultation with elders and leaders of their respective communities. It is only a symbol of each community and is not a representation of the vast, diverse and rich cultures, languages and values of Maori and Pacific Islander nations.

Throughout this cook book there is reference to Maori and Pacific Islander cultures and languages that represent the Good Start Program. This is to honour our diversity over food, the universal language of all our cultures.

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MAORI

Kowhaiwai patterning is often used to enhance the original creator's story. Inspired by nature, this patterning may be interpreted to represent growth and new beginnings.



PAPUA NEW GUINEAN (PNG)

The distinctive Bird of Paradise features on the PNG flag, representing the country's independence. In full flight, this beautiful bird suggests freedom.



SAMOAN

The Sennit and talking stick bring with them power, wisdom and blessing from all of the high chiefs across Samoa. Only a high chief (Matai) or their appointed orator have the authority to use them when speaking.



TONGAN

The Manulua symbol has many permutations across Tonga. All are abstract symbolisations of either two birds in flight or the frangipani flower. Both are potent natural symbols in Tongan culture.

Contents

About the cook book.....	3
Storing food.....	4
Making food	5
Cooking food	6
What to keep in your pantry	8
What to keep in your kitchen.....	9
Tips for pregnancy	10
Kai for the whanau	12
Stir fries.....	14
Bok choy chicken	16
Beef and veggie stir fry.....	18
Broccoli and fish stir fry.....	20
Tangy bhajee and chickpea stir fry.....	22
Garlic and soy veggie stir fry.....	24
Curries.....	26
Sweet pumpkin curry	28
Pacific chicken curry.....	30
Ika curry.....	32
Soups and stews	34
Boil up	36
Chunky beef and vegetable stew	38
Kakaruk and silverbeet soup	40
Stew it up!	42
Mince supu	44
Famili cook ups.....	46
To'onai' (roast chicken)	48
Tuna and pele	50
Veggie lasagne.....	52
Pork chow mein.....	54
Garlic chicken and veggie pasta	56
Sapa sui	58
Polynaise	60
Power up your plate	62
Potato salad.....	63
Coleslaw	64
Kumara wedges.....	65
Green salad	66
Lemon green beans.....	67
Healthy sweet treats	68
Berry coconut ice-cream	70
Suafai'	71
Blueberry yoghurt stack.....	72
Fruit crumble.....	73
Caramel siaine	74
Pepe food	75
Tips for starting pepe on solid foods	76
Pepe food	78
Mashed banana	79
Stewed pear.....	80
Mashed avocado.....	81
Pumpkin, cauliflower and broccoli puree	82
Stewed apple.....	83
Sweet potato and lamb puree	84
Frozen veggies	85
Beef, tomato and carrot puree	86
Lentils, carrot and pele puree	87
Fish and sweet potato	88
Rice, chicken and spinach puree	89
Tumeke toddlers	90
Tips for toddlers.....	92
Breakfast.....	94
Toast with avocado	95
Fruit porridge	96
Wheat biscuits with peaches	97
Meals	98
Veggie fried rice	100
Tuna bake	102
Rice paper rolls	104
Cheesy broccoli bake	106
Veggie frittata	108
Snacks.....	110
Cucumber rounds.....	112
Avocado dip.....	113
Fruit salad and yoghurt.....	114
Cheese dip.....	115
Sandwich sushi.....	116
Ham and cheese muffins.....	118
Acknowledgements	121



About the cook book

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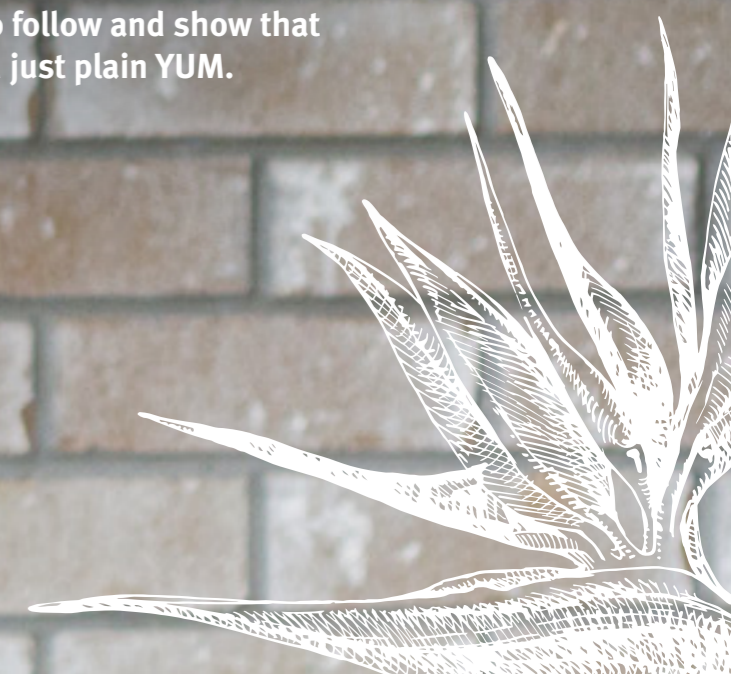
Welcome to Good Start Kai, a book full of healthy, easy, cheap and delicious recipes for the whole famili (family) to enjoy!

Nutritious food is important for tamariki (children) to grow healthy bodies and minds. Healthy food helps pepe (baby) right from the beginning when they first start growing in mum's puku (tummy) all the way through to when they are crawling and running so fast you can't catch them! As they grow they need nutrients from healthy food to grow into healthy kids and healthy adults.

In this cookbook you will find handy tips on storing and making food, and ideas on what to keep in your pantry and kitchen. There are some tips for introducing solid foods to your pepe and some helpful hints for fussy eating once they reach the tumeke (too much) toddler age.

The recipes in this cookbook are easy to follow and show that cooking can be fun, simple, healthy and just plain YUM.

Kana (let's eat)!



Storing Food

It is important for the whole family to store food properly. It can be tricky sometimes to know what foods go in the fridge or pantry. Here are some tips to help the family.

Breads and cereals

- Keep bread covered. If bread is kept for longer than 2-3 days then freeze it.
- Store flour, rice, pasta and breakfast cereals in sealed containers.



Milk and milk products (dairy)

- Keep milk cold in the fridge and cover it with a lid. Don't mix old and fresh milk.
- Store canned or longlife milk (U.H.T) in the fridge once it has been opened.
- Keep cheese in an airtight container and store it in the fridge.
- Once a yoghurt container has been opened, keep it covered and store it in the fridge.



Veggies

- Potatoes and onions can be stored in a cool, dry and dark place in the pantry.
- Unwashed potatoes store the longest.
- Store all other veggies in the fridge.

Meats

- Store meat, chicken, duck or turkey (poultry) covered in the fridge. Freeze the meat or poultry if you are keeping it for longer than 2 days before cooking.
- Store fresh fish covered in the fridge. Fresh fish should be cooked the day it is bought or caught. Freeze the fish if you are keeping it for longer than 24 hours before cooking.
- Store meat, seafood and poultry in a part of the fridge away from other foods.
- Lentils can be stored in an airtight container.



Making food

Hand washing

- It is important for everyone to wash their hands before making, touching or eating food.



Step 1: Wet hands with water and cover with soap.



Step 2: Rub hands and interlock fingers together for a thorough clean.



Step 3: Rinse hands with water.



Step 4: Dry hands thoroughly with a paper towel.

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Making and eating meals with the family can be easy, fun and healthy! It's important for the whole family to know how to make meals safely to protect the family from getting sick.
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What to keep in your pantry!

Cooking and eating healthy meals is easy when you keep certain foods in your pantry. The recipes in this cookbook have used basic ingredients that many of our Maori and Pacific Islander families keep in their pantries. These foods are affordable and can be bought in most supermarkets.

- Rice – try brown or basmati rice
- Wholemeal flour
- Tinned tomatoes
- Vermicelli noodles
- Lentils
- Pasta
- Oats
- Tinned tuna in spring water
- Tinned fruit in natural juice
- Baking soda
- Baking powder
- Wholegrain cereal
- Tinned beans
- U.H.T. milk



- Cumin
- Curry powder
- Mixed herbs
- Ginger
- Garlic
- Reduced salt soy sauce
- Reduced salt stock cubes
- Olive oil.

What to keep in your kitchen!

Cooking is easier, quicker and more enjoyable when you have a set of basic kitchen utensils. The following utensils were used for the recipes in this cookbook:

- Sharp knife
- Wooden spoons
- Masher
- Mixing bowls
- Can opener
- Measuring bowl
- Vegetable peeler
- Large saucepan
- Whisk
- Large pot (crockpot)
- Measuring spoons
- Grater
- Large colander
- Solid chopping board
- Measuring cups
- Sieve
- Blender (must have for pureeing baby food)
- Slow cooker.



Tips for pregnancy

Healthy foods for mum

Food is important for mum and pepe to grow healthy together. Everything mum eats and drinks will affect how pepe grows. It is important mum eats healthy meals and gains a healthy amount of weight for pepe.

Eating healthy foods from the taro leaf gives mum most of the nutrients she needs to have a healthy pregnancy and healthy pepe. The good thing is that the foods on the Taro Leaf are healthy for the rest of the family too!



Top tips for families:

- Eat lots of different coloured veggies.
- Choose grainy breads and cereals.
- Try cutting down on sugary drinks and junk foods.
- Choose lean meat if you can or cut off the fatty parts.
- Drink lots of water.

It is important to protect mum from food that can make her sick and hurt pepe. There are some foods that mum should not eat when she is pregnant. This is because these foods can have germs in them that can hurt pepe too.



The foods mum shouldn't eat:

- Ready-to-eat cold foods bought from a shop like salads, cold meats and cold chicken.
- Soft cheeses like brie, camembert and feta.
- Raw or undercooked eggs.
- Raw seafood.

When mum is pregnant, she needs extra vitamins and minerals to help pepe grow healthy and strong!

Iron

- Iron is a mineral that helps mum and pepe have strong blood.
- Foods that have iron:
 - Cooked beef, lamb, pork
 - Cooked fish (no bones)
 - Cooked chicken (no skin)
 - Green leafy veggies
 - Baked beans
 - Eggs
 - Peanut butter.
- If mum has low iron, it is important to talk to the doctor because mum might need to take an iron tablet.



Folate

- Folate is a vitamin that helps pepe's spinal cord and brain grow.
- Foods that have folate:
 - Green leafy veggies
 - Breads and cereals (with folate added)
 - Broccoli and avocado
 - Oranges, pawpaw and bananas.
- It is best for mum to get extra folate at least one month before falling pregnant and through the first 12 weeks of pregnancy. Speak to the doctor about folate tablets.



Iodine

- Iodine is a mineral that helps pepe's brain develop and body grow to full term.
- Foods that have iodine:
 - Cooked seafood
 - Bread
 - Cheddar cheese
 - Cooked eggs (not runny).
- It is best for mum to get extra iodine before falling pregnant and during pregnancy. Speak to the doctor about iodine tablets.
- If mum has problems with her thyroid it is important to see the doctor. This is because the thyroid helps to maintain her iodine levels.