



Male
Partners
PROGRAM

Our Table

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A collection of recipes from the
Male Partners Support Group at
Ovarian Cancer Australia



Fried Rice

According to Ted

By Ted

INGREDIENTS

500 gm of mince
5/6 spring onions
3 Eggs
2 rashers of bacon
2/3carrots
Minced garlic
Minced ginger
Cup of cooked basmati rice
Soy sauce

OPTIONAL:

Tin of water chestnuts
Tin of prawns
Bean shoots
Celery couple of stems

DIRECTIONS

1. Prepare all vegetables slicing and dicing or use your chopper thing!
2. Start by heating your wok, add some oil then add your mince with onions and a spoonful of garlic and the same of ginger. Stir this around until mince is thoroughly browned and other ingredients thoroughly mixed through.
3. Remove this from the pan to be returned later.
4. Add more oil to the pan bring up to heat break eggs into pan and stir them around breaking yolks to make like an omelette. This can also be removed.
5. Cook your rice in boiling water for 12 minutes. I use a cup but adjust if more people.
6. Next cook the bacon and this can be cut up before or after cooking (depending whether you are hungry or not!!!!)
7. Now I return to the wok some oil and the mince, followed by the vegetables, stirring vigorously. Then add the bacon and the egg and the rice. Finally, the other items if you have them mixing and stirring as you go.
8. The soy sauce can be added to the mix or put on by the individual.

NOTES

I use my Wok when making this but fry pan or electric frypan is good

Vicki's Pavlova



Ingredients & method

1. 6 egg whites (whipped in a blender so they form peaks)
2. 1½ cup of caster sugar
3. Pinch of salt
4. Add the castor sugar and salt slowly
5. 1 dessert spoon of corn flour
6. ¼ teaspoon of cream of tartar
7. 1 tablespoon of vinegar
8. Gently fold together with a spatula.
9. Spread onto baking paper on a tray so that it is a round mound, cook in the middle of a low oven (150) for 1 ½ hours, leave to cool in the oven.
10. 300ml bottle of thickened cream
11. Whip cream until thick, spread on top, add fruit (banana's, strawberries, passionfruit), (Mango and passionfruit), (crumbled mint slice)

Enjoy a delicious pavlova

By Vicki

Fashion

By Tom

INGREDIENTS

1kg Skirt Steak -
Finely slice the skirt
steak with grain.
Discard any sinew;
and skin.
1 or 2 onions – finely
sliced
1 head of garlic (or as
much as you can
handle) – finely sliced
1 Cabbage – finely
sliced
1 cup Worcestershire
sauce
1 tablespoon Soy
Sauce
Water

DIRECTIONS

1. Heat a small amount of oil in a pot –
The pot needs to have a lid and be big
enough to fit meat and cabbage.
2. Add onion – cook until transparent
3. Add skirt – brown off
4. Add garlic – cook until fragrant
5. Pour Worcestershire and Soy Sauce
over
6. Add enough water to cover meat – this
is to help steam the cabbage
7. Place cabbage on top. Add lid and
steam until cabbage is cooked.
8. There should be some juice, but not
soupy.

Pat's Chicken Surprise



Ingredients	Method
<p>2x chicken breast 250mls bbq sauce (can be gluten free) 1x tablespoon honey 1x tablespoon dijon mustard 1x tablespoon wholegrain mustard 50grams butter allow to soften</p>	<ol style="list-style-type: none">1. Cut chicken breast into slices and put aside.2. Mix all other ingredients together in bowl to make a sauce.3. Pour half of sauce on sliced chicken and mix together.4. Place pan on high heat, once hot put strips on pan and cook until golden brown, put in warm serving bowl.5. After all pieces are cooked and in bowl, put rest of sauce in hot pan and stir until all bubbly then pour over chicken slices. serve with either salad or vegetables.

*Wife, kids and grandchildren love it & request it
often.*

By Pat

Cashew and coconut lamb curry

BY ANDREW

INGREDIENTS

Olive oil for frying
800gm diced lamb leg
(cut into 3cm chunks)
1 ½ onions
3cm piece fresh ginger
peeled
5 cloves garlic
3 green chillies
deseeded (less if you
don't like too hot)
1 teaspoon ground
cinnamon
1 teaspoon ground
turmeric
½ teaspoon ground
coriander
½ teaspoon ground
cloves
10 cardamon pods
½ teaspoon salt
400ml tin coconut
milk
1 cup vegetable stock
200 grams raw
cashews

DIRECTIONS

Preheat the oven to 160 c

Curry

1. Heat some olive oil in a large, heavy – based saucepan over a medium heat, in batches, add the lamb, brown on all sides, then set aside
2. In a food processor, blitz together the onion, ginger, garlic and chillies until smooth paste forms.
3. Pour the paste into the saucepan and fry for 2 minutes or until aromatic.
4. Add the spices and fry for a further 3 minutes. Return the lamb to the pan and add the salt, coconut milk and stock. Bring to a simmer, cover, and place in the oven for 2 hours
5. In a food processor, blitz the cashews until finely ground. Add to the curry and cook for a further 10 minutes.

To serve

Serve the curry with jasmine rice, cucumber, raita, fresh coriander, and poppadum's.

Enjoy Andrew's Cashew and Coconut
Lamb Curry

Cream of pumpkin soup

BY ANDREW

Ingredients

Butter 120g

Flour 120g

Milk 500ml

Pumpkin stock (see method) 2 ½ Litres

Puree pumpkin 1 Kg

Cream 200ml

Directions

1. Cut pumpkin into small pieces and boil. add salt and pepper (pumpkin stock)
2. Prepare a roux with the butter and flour, gradually using a wooden spoon and avoiding lumps add the milk.
3. Slowly add the puree pumpkin and rest of the pumpkin stock.
4. Bring to the boil skim, season and then simmer gently for about 45 mins.
5. To serve add cream. Adjust the consistency and seasoning.

Enjoy Andrew's delicious pumpkin soup

Pete's Shanks

Ingredients

- 2 x medium sized lamb shanks
- 1 x Tin of diced tomatoes
- 1 x Tin of tomato puree OR 1 cup of beef stock
- (both of the above if cooking more than two shanks)
- 2 x carrots (large chopped pieces)
- 1 x celery stalk (sliced portions)
- 1 x onion (peeled and cut into quarters, keeping your emotions in check)
- 3 x garlic gloves (smashed)
- Generous slosh of shiraz (in the cooking!!)
- Cracked salt and pepper to taste
- Roll of baking paper

Directions

- 1.·Dry and lightly coat the shanks with olive oil
- 2.·Brown the shanks in a large shallow pan
- 3.·Place shanks in large baking dish (make sure it has a matching lid)
- 4.·Mix the diced tomatoes, tomato puree and beef stock in a jug
- 5.·Pour mixture over the shanks & season with salt & pepper
- 6.·Cover whole dish with baking paper and seal with the lid (this will keep the juices flowing)
- 7.·Slow cook for 3 hrs. @ 150C
- 8.·Serve with mashed potatoes and peas (along with the rest of the shiraz)

Enjoy Pete's delicious lamb shanks

Kim's Lemon Slice



Ingredients

Biscuit base:

- 125 grams Margarine (or butter)
- Half a cup of sugar
- 1 cup desiccated coconut
- 1 cup self raising flour
 - Pinch of salt
- 1 cup of chopped dates
- 2 x TBL spoons of Golden Syrup

Icing Mixture:

- 1 cup of icing sugar
- 1 dessert spoon of butter
- 1 dessert spoon of lemon
- 1 Teaspoon of vanilla essence
- Splash of water

Method

Base Method:

- Mix dry ingredients in a bowl
- Melt the butter and syrup and gently add to the mixture
- Press into a shallow baking tin and cook for 30mins in a slow 150C oven

Icing:

- Slightly melt the butter and add to a mixing bowl
- Add icing sugar, cocoa and vanilla
- Mix well and add very small amount of water to make a smooth paste mixture
- Spread evenly over a still warm slice mixture

Enjoy Kim's luscious lemon slice!

Carrot Cake

By Angela



Ingredients

2 medium carrots, finely grated
1 cup of plain flour
1 teaspoon of bicarbonate of soda
1 teaspoon cinnamon
1 cup of sultanas
2/3 cup of raw sugar
2 eggs
3/4 cup of vegetable oil

Cream cheese icing:

2 tablespoons of cream cheese
1 tablespoon of softened butter
Mix so this is soft
Add 1 cup of icing sugar, add more
as needed so that this is a thick
icing
Add a little milk so that this remains
thick
Spread over cooled cake, sprinkle
sultanas and cinnamon sugar on
top.

Method

Sift flour, soda and cinnamon into a bowl, add sultanas, carrots and sugar, mix well. Beat eggs and oil together with fork, add to the centre of dry ingredients, mix well. Should be a thick cake mix. Spread mixture into a well-greased and lined medium tin (round or heart shape) and cook in a moderate oven for 40 minutes or until cooked (check the middle with a skewer to ensure it is cooked).

Enjoy! This is a family favourite and delicious moist carrot cake

Guacamole

By Peter

SERVINGS: 4 (AS A SIDE)

INGREDIENTS

2 tablespoons pepitas
1 tablespoon sesame seeds
2 large ripe avocado
¼ cup yoghurt, Greek or natural
1 handful of coriander, washed and finely diced, plus more to garnish
1 lime, juiced
1 teaspoon flaky salt
¼ teaspoon freshly ground black pepper
1-2 tablespoon extra-virgin olive oil
Pinch chilli flakes
1 packet (200g) corn chips

DIRECTIONS

Place a medium frying pan over medium heat. Add the pepitas and toast, tossing for 1-2 minutes until they're very lightly golden. Add in the sesame seeds and continue cooking, tossing for another 45 seconds-ish. Keep an eye on these and continue tossing until lightly golden brown. Remove from the heat and set aside.

Add the avocado, yoghurt, coriander, lime juice, salt and pepper into a bowl. Rough mash with a fork until combined, mostly smooth but still has some chunks of avocado through it. Give it a taste and add more salt and more lime if you need. I love my guac quite citrus-y and I feel guac can take a lot of salt. Smooth over the top nicely... or if you want to present neater, scoop into a serving bowl and then smooth over the top.

Spoon over the toasted seeds and drizzle the olive oil over the top. Garnish with chili flakes and more coriander leaves. Serve with the corn chips.

This original recipe is from food author, Meg Yonson

Thank you to everyone for your contributions to our exciting recipe booklet. This booklet idea began through conversations in our Male Partners Support Group at Ovarian Cancer Australia. Participants of this group discussed learning new roles, juggling household demands, sharing their interests in cooking for their partners and connections that have been made within this supportive group.

We hope that our recipe book continues as the Male Partners Support Group at Ovarian Cancer Australia continues to grow and change. Food does evoke our emotions and it is a time to relax but can also be a time for quiet reflection. So, whatever it may be for you, please enjoy.



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