

Healthy & Tasty
Challenge Recipe
Competition

the
Cook Book

Samoaan

Samoaan Recipe Competition Judging Day

Dietitian

Jane Lam
*Bilingual Health Promotion Officer
Multicultural Health Unit SESIAHS*

Chef

Diane Temple
Home Economist & Author

Community Judges

Sitaua Malifa
Claudias Mariner
June Teaurima
Theresa Toleafoa
Sina Winterstein
Daniel Webber

Finalists & Recipes

Talia McKinlay
(Winner), *Salmon in Coconut Milk with Avocado
Papaya & Rockmelon Salad*
Represented by Kesa Gollan

Tepora Porter
Sweet Potato Salad and Mango Chicken
Represented by Quini Luau

Pricilla Mariner
Gluten Lamb with Stuffing

Alofa Togafau
Stir Fry

Sala Folasa-Tuioti
Meatballs and Taro Salad

Partner Community Organisation

Samoaan Council Sydney
Coordinated by Bonita Toleafoa and Freddy Soola

Salmon in Coconut Milk with Sweet Potato, Avocado, Papaya* and Rockmelon Salad

20 mins Preparation + 30 mins Cooking

Ingredients:

500g salmon fillets
1 onion, sliced
2 cloves garlic, finely chopped
400g tin of light coconut cream
(or coconut flavoured evaporated milk)
2 tbsp flour | Pepper to taste
1 tbsp olive oil

Salad:

400g sweet potatoes, cooked and diced
2 papayas, sliced | 1 avocado, sliced
½ rockmelon, sliced | 2 cups mixed green leaves

Method:

Mix flour, salt and pepper. Coat fish in flour mixture. Heat oil in a pan, when hot, place fish in pan and fry (can also be baked). Remove fish from pan. Remove oil from pan. Add onion, garlic in and sauté. Add coconut milk. Return fish to pan and cook for a few more minutes.

Salad:

Mix cooled sweet potatoes with sliced avocado, papaya, rock melon and mix with mixed green salad leaves.



Fai'ai Samani i Pe'epe'e ma Pateta Suamalie, Salati Avoka, Esi ma Meleni malo

20 minute tapenaga + 30 minute kuka ai

Mea e faia ai:

500kalama 'a'ano samani
1 aniani tipi mafolafola
2 aniani Saina tipi malu
400kalama pe'epe'e lelelo
(poo suasusu faa-feleiva pe'epe'e)
2 sipuni 'ai falaoa mata
Pepa tala feagai ma le tofo
1 sipuni suau'u olive

Salati:

400kalama pateta suamalie, faavela ma tipitipi
2 esi, tipi mafolafola
1 avoka, tipi mafolafola
½ meleni malo, tipi mafolafola
2 ipu lau fuala'au 'aina meamata

Metotia/Auala:

Palu faatasi falaoa mata, masima ma le pepa. Nini fasi i'a i le paluga falaoa. Faavevela le suau'u i se falai, a vevela loa tu'u iai fasi i'a ma falai (e mafai fo'i ona tao). Ave'ese fasi i'a mai le falai. Ave'ese le suau'u mai le falai. Faaopoopo iai aniani, aniani Saina ma falai. Faaopoopo iai le pe'epe'e. Toe tu'u iai fasi i'a i le falai ma kuka mo nai minute.

Salati:

Tu'u faatasi pateta suamalie, fasi avoka, esi, meleni malo, ma sa'eu faatasi ma lau fuala'au 'aina meamata.

Salmon is a good source of omega 3 oils. To lower the fat content use coconut flavoured light evaporated milk

*Papaya Also known as pawpaw. Oval, thin smooth green or yellow skin, inedible black seeds. Eaten fresh, in fruit salads and platters, savoury salads, chutney and relishes.



Sweet Potato Salad and Mango Chicken

30 mins Preparation + 30 mins Cooking

Ingredients:

Sweet Potato Salad:

3 sweet potatoes, peeled and cubed
100g feta cheese
Pinch of cumin powder
2 cups baby spinach leaves
1 small Spanish onion, chopped
1/3 cup pine nuts

Mango Chicken:

500g skinless chicken thighs, thinly sliced
Flour for coating chicken
Pinch of salt and pepper | 2 mangoes
Pinch of chilli powder | 1 tbsp of oil
Juice of 1 lime (or lemon)

Method:

Sweet Potato Salad:

Steam sweet potatoes. When ready, put in a lightly oiled baking pan and cook for 5 minutes at 180 degrees. Set aside to cool. In a bowl, place feta cheese, add cumin to taste, mix with baby spinach then add onion. Toast pine nuts in oven at 180 degrees for 10 minutes then add to feta cheese mixture. Mix cooled sweet potato and serve.

Mango Chicken:

Season flour with pepper and salt. Dip chicken in flour mixture. Spread small amount of oil in a frying pan. Place baking paper on top of the oil in pan. Place chicken on the baking paper and cook. Slice one mango lengthwise. Cut the other mango, puree, add lime juice and pinch of chilli. Place cooked chicken in pureed mango for a few minutes. Serve with sliced mango on top.



Salati Pateta Suamalie ma Moa Feleiva i le Mago

30 minute tapenaga + 30 minute kuka ai

Mea e faia ai:

Salati Pateta Suamalie:

3 pateta suamalie, fisi ma tipi kuata
100kalama sisi feta
Sina tama'i pauta kumini
2 ipu laumoe pele
1 tama'i aniani Sepania, tipitipi
1/3 ipu fatu paina

Moa Feleiva i le Mago:

500kalama alaga moa sae le pa'u, tipitipi
Falaoa mata e nini ai fasimoa
Tama'i 'ini o le masima ma le pepa
2 mago | Tama'i 'ini o le pauta polo feu
1 sipuni 'ai suau'u
Sua o se tipolo meamata (po'o se tipolo)

Metotia/Auala:

Salati Pateta Suamalie:

Saka pateta suamalie. A vela loa, tu'u i se 'apa tao mea'ai ua uma ona ufi i le suau'u ma kuka mo se 5 minute i le 180 tikeri. Tu'u 'ese e faama'alili. I se 'apa fafano, tu'u iai le sisi feta, ma le kumini e talafeagai ma le tofo, laumoe pele, ma le aniani. Tao fatu paina i le ogaumu i le 180 tikeri mo se 10 minute, ona faaopoopo lea o le sisi feta i le paluga. Sa'eu faatasi ma pateta suamalie ua ma'alili ma laulau.

Moa Feleiva i le Mago:

Palu faatasi le falaoa mata, pepa ma le masima. Faatofu moa i le paluga. Salu sina suau'u la'ititi i se 'apa falai. Tu'u se pepa tao mea'ai i luga o le suau'u i le 'apa tao mea'ai. Tu'u fasimoa i luga o le pepa tao mea'ai ma kuka. Taisi se mago mai luga i lalo. Tipi leisi mago, Palu faamalu, faaopoopo iai le sua o le tipolo meamata ma se 'ini o le polo feu. Tu'u fasimoa ua vela i le faapaluga mago mo nai minute. Laulau ae tu'u ai le mago taisi i luga.



Can be served with crusty grain bread. Good source of vitamin C

Gluten Lamb with Stuffing

25 mins Preparation + 30 mins Cooking

Ingredients:

Gluten Lamb:

2 eggs | 1 tbsp salt reduced soy sauce
½ tbsp garlic powder
2 tbsp olive oil
1 ½ cup low fat soy milk
½ tsp mixed herbs
1 cup gluten flour

Stuffing:

1 large onion, finely chopped
1 tsp mixed herbs
2 cups fresh bread crumbs | 1 egg

Broth:

1 ½ cup hot water
2 tsp marmite or onion gravy
2 bay leaves | 2 cloves garlic
6 mint leaves

Method:

Gluten Lamb:

Beat eggs. Mix all ingredients thoroughly except gluten flour. Add gluten flour a little at a time. Once all gluten flour is added, let mixture stand for 10 minutes.

Stuffing:

Mix all ingredients together, set aside. Heat oil in frying pan. Pour the gluten mixture in, cook gently till set. Spread stuffing over gluten mixture, and then fold in half. Make broth. Place gluten mixture in broth and simmer gently for 20 minutes, turning once.

This recipe is high in salt. Use low salt alternatives if possible. Serve with vegetables or a side salad.



Mamoe le masoaina i le lauvai

25 minute tapenaga + 30 minute e kuka ai

Mea e faia ai:

Mamoe le masoaina:

2 fuamoa
1 sipuni 'ai sosi soi mama le masima
½ sipuni pauta aniani Saina
2 sipuni 'ai suau'u olive
1½ ipu suasusu soi lelololo
½ sipuni ti laula'au faamanogi mea'ai
1 ipu falaoa mata le masoaina

Lavai:

1 aniani lapo'a tipitipi malu
1 sipuni ti laula'au faamanogi mea'ai
2 ipu penu falaoa fou | 1 fuamoa

Kaleve/Sua:

1½ ipu vai vevela
2 sipuni ti mamaiti poo le kaleve aniani
2 lau pe | 2 aniani Saina
6 laupele manogi

Metotia/Auala:

Mamoe le Masoaina:

Vili fuamoa. Palu ia tau vaega uma vagana le falaoa mata le masoaina. Faaopoopo ta'i vaega itiiti iai le falaoa le masoaina. A uma ona faaopoopo iai le falaoa le masoaina, ona faatali lea mo se 10 minute.

Lavai:

Palu faatasi uma vaega ma tu'u 'ese. Faavevela le suau'u i se falai. Sasa'a iai le paluga o le falaoa le masoaina, kuka lemu se'ia tau. Fola le lavai i luga o le falaoa le masoaina, ma ta'ai faa'afa. Kuka le kaleve. Tu'u le paluga falaoa le masoaina i le kaleve ma saka lemu mo se 20 minute, faatasi ona liliu.



Beef and Vegetable Stir Fry

20 mins Preparation + 40 mins Cooking

Ingredients:

2 tbsp olive oil
3 tbsp salt reduced soy sauce
2 tbsp sesame oil
2 tbsp oyster sauce
500g snow peas
5 large carrots, sliced
½ whole cabbage, chopped
2 red or green capsicums, sliced
1 large onion, sliced
1 kg of lean beef, sliced into strips
1 clove garlic, crushed
½ cup of water
½ cup coriander, chopped
Pepper to taste

Method:

Heat oil in a wok. Add onions and garlic, sauté, then add meat and stir until meat is brown. Add vegetables, except cabbage and stir fry for 2 minutes. Mix through all sauces with the water then add to cooked vegetables. Add cabbage. Add pepper. Cook for one minute and garnish with coriander.



Falai Povi ma Fuala'au 'aina

20 minute tapenaga + 40 minute kuka ai

Mea e faia ai:

2 sipuni 'ai suau'u olive
3 sipuni 'ai sosi soi - mama le masima
2 sipuni 'ai suau'u sesami
2 sipuni 'ai sosi oisita
500 kalama pi lapotopoto
5 karoti lapopo'a tipi mafolafola
½ kapisu lapotopoto tipitipi
2 kapisuma, mumu pe meamata,
tipi mafolafola
1 aniani lapo'a, tipi mafolafola
1 kilo faspovi lelololo,
tipi faala mafolafola
1 aniani Saina, tu'i faamalu
½ ipu suavai
½ ipu koriana, tipitipi
Pepa talafeagai ma le tofo

Metotia/Auala:

Faavevela le suau'u i le falai Saina (wok). Faaopoopo iai le aniani ma aniani Saina, falai, faaopoopo iai faspovi ma sa'eu se'ia 'ena'ena le faspovi. Faaopoopo iai fuala'au 'aina, vagana le kapisu, ma falai mo se 2 minute. Palu faatasi sosi uma ma le suavai ma faaopoopo i fuala'au 'aina o loo kukaina. Tu'u iai le kapisu. Tu'u iai le pepa. Kuka mo se minute a tasi ma faala'ei i le koriana.



Serve with steamed basmati rice. This recipe is high in salt. Use low salt alternatives where possible. Good source of fibre.

Meatballs and Taro Salad

25 mins Preparation + 45 mins Cooking

Ingredients:

500g lean beef mince
1 egg
½ cup breadcrumbs
1 medium cooked and peeled taro
2 tbsp olive oil
½ cup light coconut cream
(or coconut flavoured
evaporated milk)
3 tbsp water
Pepper to taste
250g punnet cherry tomatoes, halved
310g canned corn kernels, drained
4 green spring onions, thinly sliced

Method:

Mix beef, egg, bread crumbs and pepper in a large bowl. Scoop mixture into small balls. Place in a large baking dish, add chopped pieces of the taro with remaining seasoning. Cook in hot oven (200 degrees C) turning half way through, for 45 minutes. Place coconut cream and water in a bowl stir until smooth, season with pepper. Pour into baking dish. Add tomatoes, corn and spring onions and cook for 5 minutes.



Salati Talo ma Polo Povi Vili

25 minute tapenaga + 45 minute e kuka ai

Mea e faia ai:

500kalama povi vili lelololo (mince)
1 fuamoa
½ ipu penu falaoa
1 talo vavalu le vela lelei
2 sipuni 'ai suau'u olive
½ ipu pe'epe'e le lololo
(poo le suasusu faa-feleiva
i le pe'epe'e)
3 sipuni 'ai suavai
Pepa talafeagai ma le tofo
250kalama tamato nini'i, tipi 'afa'afa
310kalama 'apa sana, sasa'a 'ese le vai
4 lau aniani meamata, tipi manifi

Metotia/Auala:

Palu faatasi povi vili, fuamoa, penu falaoa, ma le pepa i se 'apa fafano. Faa'ofu'ofu le paluga i ni tama'i polo. Tu'u i se ipu tao mea'ai tele, faaopoopo iai fasi talo ua tipitipi ma isi vaega mana'omia mo le tofo. Kuka i se ogaumu vevela (200 tikeri C) sa'eu i le 'afa, mo le 45 minute. Sasa'a le pe'epe'e ma le suavai i le 'apa fafano, sa'eu se'ia tau ma tu'u iai le pepa. Sasa'a i le ipu tao mea'ai. Faaopoopo iai tamato, sana, lau aniani meamata ma kuka mo seisi 5 minute.

