

Eight Great Flavour Boosters (Minus the Kilojules!)

The idea that foods which taste good are “bad for us” is entirely unfounded. It is possible to add plenty of flavour to your meals each day without having to sacrifice all the fat and sugar from your recipes. By following these great ideas, you’ll be able to serve the whole family nutritious and delicious meals and have them coming back for more.

1. Roasted Vegies

Instead of roasting vegies in the same pan as meats, cook them in a separate dish. This prevents the vegies from being cooked in the saturated fat which comes from the meat. Try adding the following to about six cups of vegies (enough for about four people):

- 2 tablespoons each of balsamic vinegar, olive oil and honey
- 2 cloves garlic, crushed
- Herbs, fresh or dried of your choice e.g. rosemary, oregan

2. Mashed Potato

Instead of adding butter to your mash, try boiling the potato in a beef or vegetable stock. Mash with skim milk, a little light sour cream and plenty of fresh ground pepper.

3. Salads

Adding a handful of rocket to any of your salads can create an intense peppery zip flavour.

4. Dressings

Make a delicious dressing by mixing three parts vinegar to one part olive oil. Use well-flavoured vinegar, such as balsamic. You can further boost the dressing by including garlic and mustard.

5. Gravy

Instead of using the fat laden juices from your roasting pan, make richly flavoured gravy with chicken or beef stock. Enhance gravy for beef with red wine, mustard or horseradish; or for lamb add mint jelly or fresh rosemary.

6. Sandwiches

Try swapping the butter on your bread with low fat tasty spreads, such as light mayonnaise, chutney, hummus, or mustard. This will cut out the extra kilojoules without compromising the taste. Avocado

7. Spices & Herbs

There are dozens upon dozens of herbs and spices. They range from commonplace black pepper to the more exotic turmeric and cardamom. They are caloric free for the most part and are a sensational way to add a zing to your meal. Perhaps you could start a herb garden! Add spices at the beginning of cooking with onion and garlic. Stir for a few minutes over heat so the spices can release their flavours.

8. Nuts and seeds

These protein-rich snack foods are also great additions to fortify the flavour and texture of your favourite soups and salads. Try toasting your favourites to bring out their rich flavour; pine nuts and pumpkin seeds work really well.

Flavour Essentials for your Pantry!

Liquids, sauces and pastes	Herbs and spices	Others
<ul style="list-style-type: none"> • Balsamic vinegar • Thai curry paste • Fish sauce • Hoi sin sauce • Rice wine • Oyster sauce • Salt reduces soy sauce • Sweet chilli sauce • Tandoori paste • Tomato sauce • Worcestershire sauce 	<ul style="list-style-type: none"> • Curry powder • Chilli flakes • Dried herbs and spices • Fresh chilli • Fresh coriander • Fresh ginger • Fresh rosemary • Garlic • wasabi 	<ul style="list-style-type: none"> • Citrus juice • Feta cheese • Flavoured canned tomatoes e.g. Italian tomatoes • Citrus rind • Horseradish • Mustard • Olives • Parmesan cheese • Pesto • Tomato paste