

High Performance

Winning Recipes



SOUTH AFRICAN
SPORTS COMMISSION

High Performance Winning Recipes

First edition

SASC accredited dieticians

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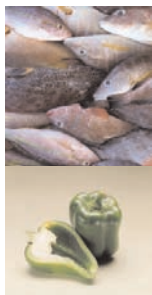
Editing by SASC accredited dietician



WINNING RECIPES

INTRODUCTION

These five recipes have been carefully selected taking into consideration both the nutritional requirements for performance and the practical challenges which athletes in South Africa are faced with daily. These recipes are:



- ❖ nutritious
- ❖ easy-and quick-to-prepare
- ❖ tasty
- ❖ budget-friendly
- ❖ carbohydrate and protein-based
- ❖ a smart combination of a few local ingredients
- ❖ all analyzed with servings as a main or a side-dish

There should be something for everyone. View these recipes as a "starter" and don't stop here. You can easily experiment and vary the flavours by adding other ingredients and you will be surprised at what you can achieve!

For more information on how to include these recipes into your daily performance plan, contact a SASC accredited dietician.

Abbreviations

1 teaspoon	=	tsp	=	5 ml
1 tablespoon	=	tbsp	=	15 ml

VEGETABLE AND LENTIL BAKE (2 - 4 portions)

Preparation time: ± 15 minutes

Cooking time: ± 30 minutes

1 medium onion, chopped
 10 ml (2 tsp) oil / oil spray
 500 ml (2 cups) low fat milk
 50 ml ($\frac{1}{5}$ cup) maizena
 5 ml (1 tsp) salt
 1-2 ml pepper
 6 medium potatoes, cooked and cut into quarters
 250 g (1 cup) carrots, cooked OR 250 g (1 cup)
 green beans, cooked or canned green beans OR 250 g
 (1 cup) mixed vegetables, cooked or canned
 125 ml ($\frac{1}{2}$ cup) whole lentils, cooked OR 125 ml
 ($\frac{1}{2}$ cup) tinned lentils
 30 ml (2 tbsp) breadcrumbs, made with brown bread
 30 ml (2 tbsp) cheese or low-fat cheese, grated



Method

1. Preheat oven to 180°C.
2. Heat the oil in a pan or spray pan with oil and sauté the onion till translucent.
3. To make white sauce, in a separate pot, mix 20 ml of milk with the maizena. Heat the rest of the milk in a saucepan. Add the milk-maizena mixture to the heated milk and stir continuously until thickened and starts to boil. Remove from heat. Add the salt and pepper.
4. Spray a little oil spray in an ovenproof dish or grease the oven proof dish with a small amount of oil using a paper serviette / towel.
5. Transfer the potatoes, carrots, green beans, or mixed vegetables, as well as lentils and onion to the ovenproof dish.
6. Pour white sauce over the vegetables. Mix the breadcrumbs and cheese. Sprinkle over the white sauce. Bake uncovered for 30 minutes. Serve immediately.



WIN WITH FOOD

Useful tips

❖ Lentils do not need to be soaked like beans, but they need to be cooked for about 20 – 35 minutes depending on the type of lentils used. Red lentils are faster cooking (ideal for soups, purées and thickening curries and stews) while green lentils take longer to cook. The first thing to do is to roughly go through the lentils to see if you can see any stones or foreign bits / pieces.

Once you have done this wash them well in cold water and bring them to the boil. Boil them gently for 20 – 35 minutes or until they are soft but not mushy.

❖ The vegetable and lentil bake should preferably be consumed on the day it is prepared.

❖ If you don't have the time to soak lentils ahead of time, use tinned lentils.

To cook lentils:

Use 750 ml (3 cups) of water to 250 ml (1 cup) of lentils.

Yields 2½ cups cooked.

For the vegetable and lentil bake recipe you will need ½ cup (125 ml) cooked lentils.

Shopping list

onion
oil
low fat milk
maizena
salt
pepper
potatoes
(low-fat) cheese
lentils / tinned
brown bread
carrots or
green beans,
or mixed vegetables

Serving suggestions

- ❖ For a main meal serve with rice / samp and a salad.
- ❖ For a side dish, serve with meat / chicken / fish, rice / samp and a salad.

Analysis per serve	2 as a main	4 as a side
Energy (kJ)	2759	1379
Carbohydrates (g)	115	58
Proteins (g)	27	14
Fat (g)	14	7

PILCHARD KEDGEREE (2 - 4 portions)

Preparation time: $\pm$ 10 minutes

Cooking time: $\pm$ 5 minutes

425 g (1 large can) pilchards in tomato sauce OR

chilli pilchards in tomato sauce

1 000 ml (4 cups) rice OR brown rice, cooked

250 ml hot water

Salt and pepper to taste

60 ml (4 tbsp) fresh lemon juice OR 40 ml (8 tsp) lemon juice in a bottle

2 hard boiled eggs, chopped



Method

1. Remove the pilchards from the can, but keep the tomato sauce. Cut the pilchards into smaller pieces.
2. Put the rice in a saucepan. Add the pilchards and tomato sauce to the rice.
3. Add the water, salt and pepper to the rice mixture. Slowly heat the mixture on a medium heat.
4. Add the lemon juice and the tomato sauce to the pilchard and rice mixture.
5. Transfer to a serving dish. Garnish with eggs.

Shopping list

pilchards

salt

lemon juice

rice

pepper

eggs



WIN WITH FOOD



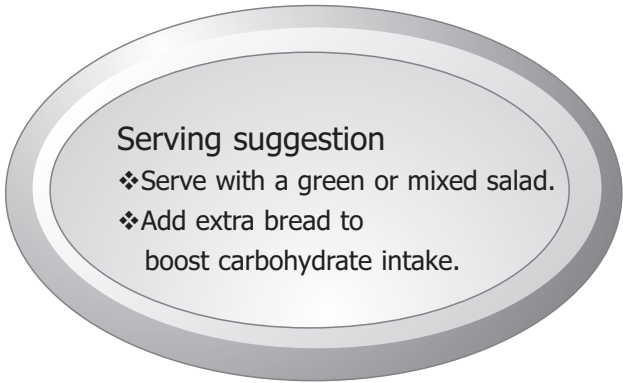
Useful tips

❖ To cook brown rice, add 375 ml ($1\frac{1}{2}$ cup) of rice and 8 ml ($1\frac{1}{2}$ tsp) of salt to 940 ml ($3\frac{3}{4}$ cups) boiling water and cook on medium heat for 35 - 40 minutes until soft. Yields 4 cups cooked.

❖ To cook white rice, add 375 ml ($1\frac{1}{2}$ cup) of rice and 8 ml ($1\frac{1}{2}$ tsp) of salt to 1500 ml (6 cups) boiling water and cook on medium heat for ± 30 minutes till soft. Yields 4 cups cooked.

❖ To cook rice in the microwave, put 375 ml ($1\frac{1}{2}$ cup) of rice, 8 ml ($1\frac{1}{2}$ tsp) of salt and 940 ml ($3\frac{3}{4}$ cups) boiling water in a microwave-safe dish. Do not cover the dish or the water will boil over. Microwave on medium-high for 20 – 25 minutes. Remove from the microwave and let it stand until all the water has been absorbed (± 5 minutes). Yields 4 cups cooked.

❖ This dish can be refrigerated and served cold.



Serving suggestion

- ❖ Serve with a green or mixed salad.
- ❖ Add extra bread to boost carbohydrate intake.

Analysis per serve	2 as a main	4 as a side
Energy (kJ)	2745	1372
Carbohydrates (g)	68	34
Proteins (g)	53	27
Fat (g)	19	9

CHICKEN PILAF

(2 - 4 portions)

Preparation time: ± 20 minutes

Cooking time: ±15 minutes

- 10 ml (2 tsp) oil OR oil spray
- 1 medium onion, chopped
- 1 clove of garlic, chopped
- 2 medium carrots, cut into julienne-strips
- 1 green pepper, cut into strips
- 500 ml (2 cups) rice, cooked
- 500 ml (2 cups) chicken, cooked and chopped (about 4 - 6 pieces/450g skinless breast / thighs)
- 125 ml ($\frac{1}{2}$ cup) chicken stock
- 15 ml (1 tbsp) soy sauce
- 50 ml white wine OR chicken stock
- 1 slice Feta cheese, crumbled *(optional)



Method

1. Heat the oil in a pan or spray a little oil spray in a pan and sauté the onion and garlic till translucent.
2. Add the carrot strips and sauté for another minute.
3. Add the green pepper and sauté until soft, but still firm.
4. Add the rice.
5. Combine the chicken, soy sauce and white wine / chicken stock. Add to the vegetable and rice mixture and heat through. Remove from heat.
6. Gently mix in the Feta cheese just before serving.

Shopping list

- | | |
|---------------------------|------------------|
| oil / oil spray | onion |
| garlic | carrots |
| green pepper | rice |
| chicken pieces (skinless) | chicken stock or |
| soy sauce | white wine |
| Feta cheese*(optional) | |



WIN WITH FOOD

Useful tips

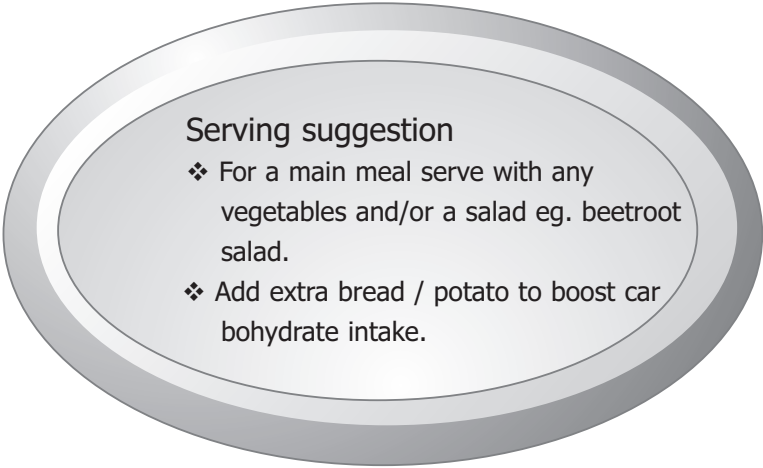
❖ Left over chicken can be used.

❖ To cook the chicken, spray a pan with oil and heat. Sauté a small chopped onion in a pan until translucent. Add 4 - 6 / 500 g chicken breasts / thighs and cook for 5 minutes on high heat, or until brown. Add 250 ml boiling water or chicken stock. Cook on medium heat until cooked for about 40 - 45 minutes, stirring regularly. If you only use water add 5 ml (1 tsp) salt and a pinch of pepper to the chicken. Yields approximately 450 g of chicken.

❖ Cook the chicken the previous day and refrigerate or freeze any left over chicken to use in this dish.

❖ Rice can be cooked in advance and refrigerated or frozen. Add 5 ml (1 tsp) salt and 250 ml (1 cup) of rice to 2½ cups of boiling water and cook until soft.

❖ See Pilchard kedgerree recipe for microwave cooking of rice.



Serving suggestion

- ❖ For a main meal serve with any vegetables and/or a salad eg. beetroot salad.
- ❖ Add extra bread / potato to boost carbohydrate intake.

Analysis per serve	2 as a main	4 as a side
Energy (kJ)	3021	1510
Carbohydrates (g)	48	24
Proteins (g)	79	39
Fat (g)	23	12

MACARONI WITH TUNA (2 – 3 portions)

Preparation time: ± 10 minutes

Cooking time: ± 20 minutes

500 ml (2 cups) water
 5 ml (1 tsp) salt
 5 ml (1 tsp) oil (to add to macaroni when cooking)
 250 ml (1 cup) macaroni
 10 ml (2 tsp) oil / oil spray
 1 large onion, chopped
 1 clove of garlic, crushed
 125 ml ($\frac{1}{2}$ cup) / 100 g green peas, frozen or canned
 125 ml ($\frac{1}{2}$ cup) canned whole kernel corn, well drained OR frozen sweet cut corn (mealies), defrosted
 salt and pepper to taste
 500 ml (2 cups) low fat milk
 50 ml ($\frac{1}{2}$ cup) maizena
 5 ml (1 tsp) salt
 1-2 ml pepper
 180 g tuna (1 can) tuna in brine, drained
 15 ml (1 tbsp) fresh parsley, chopped OR 5 ml (1 tsp) dried parsley



Method

1. To cook the macaroni:
 Bring the water in a saucepan to the boil.
 Add the salt and oil to the water. Add macaroni and cook for 15 minutes until soft, but firm ('al dente'). Drain off any excess water.
2. To make the white sauce, mix 20 ml of milk with the maizena.
 Heat the rest of the milk in a saucepan. Add the milk-maizena mixture to the heated milk and stir continuously until thickened and starts to boil. Remove from the heat. Add the salt and pepper. Add the tuna and heat through.
3. Heat the oil in a pan or spray a little oil spray in a pan and sauté the onion and garlic until translucent. Add the peas and corn (mealies) to the onion and garlic.



WIN WITH FOOD

4. Season with salt and pepper.
Add vegetable mixture to white sauce and serve on macaroni.
Sprinkle with parsley.

Shopping list

salt	oil
macaroni	oil spray
onion	garlic
green peas	corn (mealies)
pepper	low fat milk
maizena	tuna in brine
fresh or dried parsley	

Useful tips

- ❖ Use cooked chicken instead of tuna
- ❖ For a vegetarian option, add mushrooms and grated low fat yellow cheese instead of tuna
- ❖ A tomato-based sauce can replace the white sauce

Serving suggestion

- ❖ Serve with bread and a green / mixed salad.

Analysis per serve	2 as a main	4 as a side
Energy (kJ)	3386	2259
Carbohydrates (g)	124	82
Proteins (g)	50	33
Fat (g)	17	11

SAMP BOBOTIE (2 - 4 portions)

Preparation time: ± 10 minutes

Cooking time: ± 25 minutes

2 medium onions, chopped
1 medium apple, chopped
15 ml (1 tbsp) oil
250 ml (1 cup) / 230 g lean mince, cooked
500 ml (2 cups) samp, cooked
50 ml sultanas / raisins
5 ml (1 tsp) salt
pinch of pepper
15 ml (1 tbsp) sugar
50 ml ($\frac{1}{5}$ cup) vinegar
20 ml (4 tsp) curry powder
1 bay leaf
1 egg
125 ml ($\frac{1}{2}$ cup) low fat milk



Method

1. Preheat oven to 180° C.
2. Heat the oil in a pan or spray a little oil spray in a pan and sauté the onion and apple until translucent.
3. Mix all the remaining ingredients in a separate bowl except the egg and milk.
4. Spray an ovenproof dish with oil spray or grease the ovenproof dish with a small amount of oil using a paper serviette / towel.
5. Transfer the meat mixture to the ovenproof dish. Stick the bay leaf into the mixture. Bake for 20 minutes.
6. Beat the egg and add the milk. Pour this mixture over the meat and bake for another 5 minutes until milk mixture is cooked.



WIN WITH FOOD



Useful tips

❖ Soak 250 ml (1 cup) of samp overnight in cold water. Rinse the samp. Add the samp and 5 ml (1 tsp) salt to 1,25 liter (5 cups) of boiling water. Cook the samp on MEDIUM HEAT for ± 2 – 3 hours until soft.

❖ To cook the mince, spray a pan with oil and heat. Sauté a small chopped onion in a pan until translucent. Add 250 g mince and cook for 5 minutes on high heat, or until brown. Add a chopped tomato and 250 ml boiling water or meat stock. Cook on medium heat until cooked for about 20 minutes, stirring regularly. If you only use water add 5 ml (1 tsp) salt and a pinch of pepper to the mince. Yields approximately 230 g cooked mince.

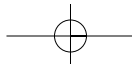
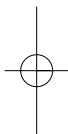
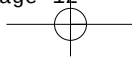
Shopping list

onion	apple
oil	lean mince
samp	sultanas / raisins
salt	pepper
sugar	vinegar
bay leaf	oil spray / oil
egg	low fat milk

Serving suggestion

- ❖ Carbohydrates can be boosted further by serving this dish with rice.
- ❖ Serve with chopped tomato, cucumber and onion. AND/OR
- ❖ Serve with chopped banana and/or pawpaw cubes and chutney.

Analysis per serve	2	4
	as a main	as a side
Energy (kJ)	5555	2777
Carbohydrates (g)	226	113
Proteins (g)	42	21
Fat (g)	22	11



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