

the
healthy
alternative



Nuttelex

nuttelex.com.au

the healthy alternative

Nuttelex

Healthy Alternatives

From Golden Caribbean Butternut Soup to Blueberry Muffins

With no artificial additives, flavours or cholesterol, Nuttelex has always shown its true colours as the healthy alternative since 1932. 100% Australian owned, for decades Nuttelex has been recommended by doctors and dieticians as a cholesterol, lactose, gluten and nut-free option to butter.

Australia's oldest table spread, Nuttelex is also perfect for gourmet cooking. Simply choose from Nuttelex Original, Lite, Olive, Olive Lite or Kosher. Nuttelex makes it so easy to enjoy good health and great tasting dishes such as these.

If you are concerned about your cholesterol, you may also like to try Nuttelex Pulse. Made with natural plant sterols, it can lower your cholesterol by up to 10% in just three weeks.*



Low fat



Gluten free



Egg free



Dairy free



Caribbean Butternut Soup

Front cover: Boiled Fruit and Nut Cake

*For best results enjoy 25g daily as part of a well balanced diet combined with regular exercise.

Caribbean Butternut Soup

Serves 4-6

This is a pumpkin soup with a kick. Use a lime rather than a lemon if you like a more gentle tang and adjust the chilli sauce according to your taste.

Ingredients:

1 tablespoon NUTTELEX
1 large onion, roughly chopped
1 leek, washed well and chopped
3-4 cloves garlic, crushed
1 medium butternut, peeled and chopped
1½ litres chicken stock
juice of 1 lime or lemon
2 tablespoons short grain rice
freshly ground pepper to taste
1 tablespoon medium hot chilli sauce
fresh coriander and lime slices to garnish

Method:

1. Melt NUTTELEX in deep saucepan and cook onion, leek, garlic and butternut over medium heat for 3-5 minutes, stirring well.
2. Add chicken stock, cover pan and simmer until vegetables are very soft.
3. Blend mixture in a food processor or push through a sieve and return to saucepan.
4. Add lime or lemon juice, rice, pepper and chilli sauce. Bring to boil, reduce heat and simmer for 10-12 minutes, stirring occasionally to prevent rice from sticking.
5. Top with thin slices of lime or lemon in each soup bowl and finely chopped coriander.

Water or stock may need to be added if soup is too thick after rice is added.

Smoked Trout & Dill Quick Breads

Makes 12 large or 20 small quick breads

Make these in a mini muffin size pan and serve them spread with NUTTELEX as an appetiser. You can also make them larger and serve draped with smoked trout and a dollop of sour cream as a delicious first course.

Ingredients:

2 cups plain flour OR 2 cups self-raising flour
3½ teaspoons baking powder
¾ cup grated cheddar cheese (use a tasty or vintage variety)
2 tablespoons fresh dill, finely chopped
freshly ground pepper to taste
1 egg
1¾ cups milk
2 tablespoons melted NUTTELEX
½ cup smoked trout, bones removed and flesh finely chopped

Method:

1. Sift flour and baking powder together in a bowl. Add cheese, dill and pepper.
2. Beat egg lightly, add milk and melted NUTTELEX.
3. Add liquid ingredients together with trout to dry ingredients.
4. Mix together with wooden spoon until combined but don't overmix as mixture will toughen.
5. Spoon into greased muffin pans.
6. Cook at 210°C for 10-15 minutes or until quick breads are well risen and golden brown.

Average adults require 800mg calcium each day which can be provided by 250ml milk, 200g yoghurt and 25g cheese.



Sweet and Sour Trevally

Serves 4

Use a firm fleshed fish for this dish. Trevally is a good choice but Snapper or Warehou can be substituted successfully. The sweet and sour combination is subtle using capsicum rather than pineapple for sweetness.

Ingredients:

- 400g Trevally fillet (skin removed), cut into bite-size pieces**
- 1 tablespoon cornflour**
- 1 teaspoon grated fresh ginger**
- 1 egg white**
- 2 tablespoons NUTTELEX**
- 4 spring onions, chopped**
- 1 clove garlic, crushed**
- 1 red or yellow capsicum, cut into squares**
- ½ cup broccoli florets, finely chopped**
- ½ bunch spinach, washed and chopped**

Sauce Ingredients:

- 1 teaspoon cornflour**
- 1 teaspoon brown sugar**
- 2 tablespoons white wine vinegar**
- 2 tablespoons low salt light soy sauce**
- 2 teaspoons tomato paste**
- ¼ cup water**

Autumn Harvest Beef Stew

Serves 4-6

Grandmothers (and grandfathers) will be delighted – old fashion stew is back on the menu!

Ingredients:

- 500g blade bone steak**
- ¼ cup flour**
- 2 tablespoons NUTTELEX**
- 2 onions, sliced**
- 1 medium carrot, sliced into rounds**
- 1 stalk celery, sliced**
- 1 small turnip, sliced (optional)**
- freshly ground pepper to taste**
- 1 bay leaf**
- 2 sprigs fresh thyme (or ½ teaspoon, dried)**
- 2 tablespoons tomato paste**
- 125g mushrooms, sliced**

Method:

- Place fish in a bowl, add cornflour, ginger and egg white and mix through. Chill for 20-30 minutes.
- Heat NUTTELEX in a large frypan over moderate heat, add spring onions and garlic and cook 1-2 minutes.
- Add capsicum and broccoli and cook stirring constantly for 2-3 minutes.
- Add fish and cook briefly to seal each side (add a little more NUTTELEX if necessary to prevent sticking).
- Mix sauce ingredients together and add to pan with spinach. Cook over low heat for 3-4 minutes or until fish is cooked but still moist and spinach is softened.

It is important to reduce salt intake as a health measure. During cooking replace salt with herbs or spices to add extra flavour.

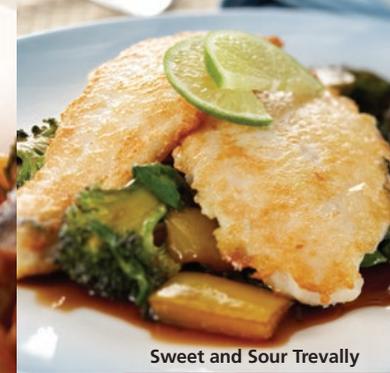
Method:

- Trim fat from meat and cut into 2cm cubes. Toss in flour and shake off excess.
- Heat NUTTELEX in large frypan or saucepan and brown meat well on all sides. (This is the secret of a good stew. Seal the meat well to keep juices in, and get a rich brown colour).
- Add onions, reduce heat and cook for 3-4 minutes or until onion is soft.
- Toss in remaining vegetables and continue cooking for 3-4 minutes, stirring well.
- Add seasoning, herbs and tomato paste. Pour in water to just cover stew. Bring to the boil stirring constantly then reduce heat, cover pan and cook so that the liquid bubbles occasionally (simmer) and cook 1 - 1½ hours, or until meat is tender.
- Add mushrooms 5-10 minutes before serving.

One way to increase your iron level is to eat lean red meat 2-3 times per week.



Autumn Harvest Beef Stew



Sweet and Sour Trevally



Lamb and Walnut Casserole

Lamb and Walnut Casserole

Serves 4

Make this the day before serving for the best flavour. This casserole freezes well so you might decide to double the quantity and freeze half.

Ingredients:

- 500g boned leg of lamb, cut in 2cm cubes**
- 1 tablespoon flour**
- freshly ground pepper to taste**
- 2 tablespoons NUTTELEX**
- 1 large onion, sliced**
- 1 clove garlic, crushed**
- 1 teaspoon curry powder**
- ½ cup tomato puree**
- 1 cup unsweetened pineapple juice**
- 1 tablespoon vinegar (preferably balsamic)**
- 1 tablespoon salt reduced soy sauce**
- 1 tablespoon brown sugar**
- 2 strips lemon peel**
- ½ cup walnut pieces**

Method:

- Toss cubes of lamb in flour and season with pepper.
- Heat NUTTELEX in large frypan over medium heat, add lamb and brown well on all sides.
- Add onion, garlic and curry powder. Reduce heat and cook 2-3 minutes or until onion is softened.
- Pour tomato puree, pineapple juice, vinegar and soy sauce over meat and mix in well.
- Add brown sugar and lemon peel and transfer to ovenproof casserole. Cook 1½ hours at 170°C, or until meat is tender. Stir once or twice to ensure meat is covered by liquid.
- Place walnuts in pan and toast in oven while lamb is cooking, for 15-20 minutes. Serve on top of lamb.

Choose trimmed pork, lean beef and lean lamb cuts for lower fat content.



Mesclun Roulade

Mesclun Roulade

Serves 4

Very simple to make and a recipe that lends itself to a number of variations. Try some of the different flavoured dips on the market as a filling (spicy capsicum is good) but always include the lettuce mix (mesclun) to add colour and crunch. Serve the roulade as a light meal or in small slices as an appetiser.

Ingredients:

2 tablespoons NUTTELEX
3 tablespoons plain flour
1 cup milk
½ cup cooked spinach, well drained
½ teaspoon nutmeg (freshly grated if possible)
2 tablespoon grated parmesan cheese
freshly ground pepper to taste
3 eggs, separated

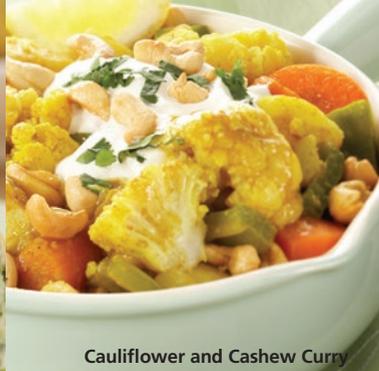
Filling

1 cup ricotta cheese
¼ cup sun dried tomatoes, chopped
3-4 spring onions, finely chopped
½ cup mesclun lettuce, washed and drained

Method:

1. Melt NUTTELEX in saucepan, stir in flour.
2. Add milk slowly, stirring continuously, while bringing to the boil.
3. Remove from heat and blend in cooked spinach, nutmeg, parmesan cheese and pepper (Frozen spinach is excellent for this. Simply microwave or gently heat to defrost).
4. Beat in egg yolks.
5. Beat egg whites until stiff and fold the egg yolk mixture in lightly until blended (use a rubber spatula and folding action to retain air in the mix).
6. Pour into a greased and lined swiss roll tin (28cm x 20cm) and bake at 170°C for 20-25 minutes or until golden and mixture springs back when pressed.
7. Place grease proof paper or a clean tea towel on cake rack and sprinkle with extra parmesan cheese, if desired. Turn roulade onto paper or tea towel, remove lining paper and roll up roulade. Leave rolled up to cool.
8. Make filling as follows: mix ricotta cheese, sun dried tomatoes and spring onions. Unroll roulade and spread with filling. Top with mesclun lettuce and roll up. Cut into slices to serve.

Use eggs at room temperature for greater volume when whipping.



Cauliflower and Cashew Curry



Seafood Risotto

Cauliflower and Cashew Curry

Serves 4

The combination of vegetables in this curry can be varied according to season and taste. Serve with brown rice or Indian bread.

Ingredients:

2 tablespoons NUTTELEX
2 onions, sliced
2 teaspoons ground coriander
1 teaspoon turmeric
1 teaspoon medium hot curry powder
freshly ground pepper to taste
2 teaspoons chopped fresh ginger
2 cloves garlic, crushed
2 medium potatoes, peeled and cut in cubes
1 medium carrot, peeled and sliced
½ green capsicum, sliced
½ small cauliflower, broken into florets
1¼ cups vegetable stock (or water)
3 tablespoons roasted cashew nuts
½ cup natural yoghurt
2 tablespoons fresh coriander, chopped

Seafood Risotto

Serves 4

Ingredients:

750ml (3 cups) fish stock
375ml (2½ cups) hot water
2 tablespoons NUTTELEX
1 brown onion, finely chopped
330g (1½ cups) arborio rice
16 (about 400g) black mussels, debearded
12 (about 300g) cooked prawns, peeled leaving tails intact
2 tablespoons minced garlic
1 red chili, finely chopped
1 lemon, zested and juiced
2 tablespoons Dill leaves, finely chopped
2 tablespoons chopped fresh continental parsley
Salt & freshly ground black pepper
Shredded parmesan to serve

Method

1. Combine the stock and water in a medium saucepan, and bring to the boil over high heat. Reduce heat to low and hold at a gentle simmer.

Method:

1. Heat NUTTELEX in a large frypan. Add onions and cook over moderate heat until soft but not brown.
 2. Add spices, ginger and garlic and cook for 1-2 minutes, stirring well.
 3. Mix through vegetables, add stock or water. Cover and simmer for 15-20 minutes or until vegetables are tender.
 4. Stir in cashew nuts and yoghurt. Do not boil.
 5. Garnish with chopped fresh coriander and serve.
- Grate fresh ginger with skin on for speed, flavour and fibre.

2. Meanwhile, heat NUTTELEX in a large shallow frying pan over medium heat. Add onion and cook, stirring, for 2 minutes or until soft. Add rice and cook for 30 seconds or until grains appear slightly clear. Increase heat to high.
3. Add 1¼ cups (310ml) of simmering stock mixture to rice, stirring with a wooden spoon, and cook for 1-2 minutes or until liquid is absorbed. Continue to add stock mixture, 1¼ cups at a time, stirring. Allow all liquid to be absorbed before adding more. Add mussels to pan with last portion of stock mixture. Cook for 2 minutes then add prawns, garlic and chilli. Cook for 2 minutes or until mussels have opened and rice is tender yet firm to the bite. (The rice will take about 15 minutes to cook.)
4. Remove from heat, discard any unopened mussels. Stir in lemon, dill and parsley. Season with salt and pepper. Serve sprinkled with Shredded Parmesan.

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Boiled Fruit and Nut Cake

Both Mr McNally senior, founder of NUTTELEX Food Products, and his son Ian agree that this cake is one of their favourites.

Ingredients:

- ½ cup NUTTELEX
- ½ cup sultanas
- ¾ cup sugar
- ½ cup raisins, roughly chopped
- ½ cup walnuts, chopped
- ¾ cup water
- ½ cup self-raising flour
- ½ cup plain flour
- 1 teaspoon cinnamon
- ½ teaspoon each of mixed spice and nutmeg
- 1 teaspoon bicarbonate of soda
- 2 eggs, well beaten

Method:

1. Place NUTTELEX, sultanas, sugar, raisins, walnuts and water in a saucepan and bring to boil, stirring well. Remove from heat and cool.
2. Sift flour and spices together and put to one side.
3. Add bicarbonate of soda to fruit mixture and stir.
4. Mix in beaten eggs then flour and spices.
5. Pour into greased and lined 20cm cake tin and bake at 170°C for 30-40 minutes, or until an inserted skewer comes out clean.
6. Cool in tin for 5 minutes before turning out on a cake rack.

Grate **whole** nutmeg on the finest section of a grater for a fresh flavour.

Raisin Loaf

Thanks to Di who contributed this recipe. She says that its simplicity means you can whip it up at a moment's notice. Slice and spread the loaf with NUTTELEX of course.

Ingredients:

- 1 cup water
- 1 cup sugar
- 1 cup seeded raisins
- 1 tablespoon NUTTELEX
- 1 teaspoon bicarbonate of soda
- 1 teaspoon of mixed spice (optional)
- 2 cups self-raising flour
- 1 egg, beaten

Method:

1. Place first 6 ingredients in saucepan (or in bowl in microwave oven) and heat until NUTTELEX is melted.
2. Sift in self-raising flour, then beat in egg. Mix with a wooden spoon until combined.
3. Grease and line a 22cm x 14cm loaf tin and bake for 40-45 minutes at 160°C. The loaf is cooked when an inserted knife or skewer comes out clean.

Variations: Try using wholemeal self-raising flour for a nutty flavour and add grated rind of 1 lemon.

Exercise can increase your basal metabolic rate (BMR) for approximately 24 hours after exercise is completed – a real help in weight reduction.

Sultana Spice Cake

This cake is simple to make and delicious.

Ingredients:

- ½ cup NUTTELEX
- ¼ cup sugar
- 1¼ cups water
- 2 teaspoon cinnamon
- 1 teaspoon mixed spice
- 1 cup sultanas
- 2 cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda

Method:

1. Place NUTTELEX, sugar, water, spices and sultanas in a saucepan and bring to the boil stirring well.
2. Reduce heat and simmer for 5 minutes. Remove pan from heat, pour contents into a mixing bowl and cool.
3. Sift in flour, baking powder and bicarbonate of soda.
4. Pour into a 20cm square greased and lined cake tin and back at 180°C for 35-40 minutes or until inserted skewer comes out clean.
5. Turn out onto a cake cooler and leave until cold.



Sultana Spice Cake



Raisin Loaf

Ginger Sponge

Ginger Sponge

An impressive looking sponge with good flavour – a recipe that you will be glad to have in your repertoire.

Ingredients:

- 4 eggs, separated
- ½ cup caster sugar
- 2 teaspoons golden syrup
- ½ cup arrowroot
- 2 tablespoons soy flour
- 1 teaspoon cocoa
- 2 teaspoons ground ginger
- 1 teaspoon cream of tartar
- ½ teaspoon bicarbonate of soda

Frosting

- 3 tablespoons NUTTELEX
- 2 teaspoons cocoa
- 1 cup icing sugar
- 2-3 teaspoons hot water
- ½ teaspoon vanilla essence
- ¼ cup chopped crystallised ginger.

Method:

1. Beat egg whites until stiff but not dry.
2. Gradually beat in sugar, then yolks and finally golden syrup.
3. Sift all remaining ingredients on top of egg mixture. Fold through using a metal spoon or spatula with a cutting action to keep the air in the mixture.
4. Divide mixture equally between 2 x 20cm sandwich tins, greased and lined.
5. Bake at 180°C for 15-20 minutes or until centre springs back when lightly pressed. Cool for 5 minutes in tin before turning out on a cooling rack.
6. Make frosting by beating NUTTELEX with sifted icing sugar and cocoa. Add hot water and vanilla to make a spreading consistency. Finally beat in ginger.
7. Fill cake with a little of the frosting and spread the remainder on the top.

To combine NUTTELEX with sugar efficiently and quickly use your hand (well washed of course!) for beating.

Scones  

Makes 12

This recipe should take the mystique out of scone making. Ensure the oven is hot, the NUTTELEX well chilled and don't overhandle the dough.

Ingredients:**1 tablespoon NUTTELEX****(take straight from the refrigerator)****2 cups self-raising flour (suggest you try a cream of tartar raised flour)****¾ cup milk****Method:**

1. Place flour in bowl, add NUTTELEX and rub into flour using fingertips. (Mixture should look like bread crumbs).
2. Add all of the milk at once and mix lightly to form a soft dough.
3. Turn onto a lightly floured board and knead with fingertips until smooth (approx. 10-15 times).

4. Roll out 2cm thick and cut into 12 pieces using a cutter or knife.
5. Brush tops of scones with extra milk. Place on an ungreased baking tray and bake at 220°C for 10-15 minutes, or until sides of scones are set and tops are golden brown.

Variations:

Wholemeal scones – Follow the basic recipe substituting wholemeal self-raising for white flour and increase milk to 1 cup.

Date scones – Add ½ cup chopped dates and 1 tablespoon caster sugar to plain or wholemeal scones mixture.

Cheese scones – Follow the basic recipe substitute water for the milk and add 2/3 cup of grated tasty cheese to flour. Sprinkle a little paprika on top before baking.

Ginger Bread  

This ginger bread is very light and tender serve spread with NUTTELEX.

Ingredients:**½ cup NUTTELEX****½ cup brown sugar****2 teaspoons ground ginger****1 tablespoon golden syrup****1¼ cups self-raising flour****½ teaspoon bicarbonate of soda****½ cup warm water****Method:**

1. Beat NUTTELEX and sugar until well combined.
2. Add ginger and golden syrup and beat again.
3. Sift in flour and bicarbonate of soda and mix well.
4. Blend in water to make a soft batter.
5. Pour into a greased and lined log tin and bake at 170°C for 30-35 minutes, or until inserted skewer comes out clean.
6. Cool in tin for 10 minutes before turning out.

Honey Oat Bars  

Makes 15 bars

Good for an energy pick up and the lunch box.

Ingredients:**1 cup rolled oats****½ cup wholemeal self-raising flour****½ cup coconut****1 cup sultanas****½ cup raw sugar****¾ cup NUTTELEX, melted****1 tablespoon honey****Method:**

1. Place all dry ingredients in a mixing bowl.
2. Add melted NUTTELEX and honey and mix well.
3. Press evenly into a well greased 28cm x 18cm lamington tin.
4. Bake at 170°C for 15-20 minutes or until golden.
5. Cut into bars while hot but allow to cool completely in the tin before turning out.

Wholemeal Blueberry Muffins

Makes 10-12 muffins (depending on muffin pan size). Moist and full of flavour, perfect for brunch.

Ingredients:**1 cup plain flour****¾ cup plain wholemeal flour****2 teaspoons baking powder****¼ cup sugar****2 tablespoons NUTTELEX****½ teaspoon cinnamon****¼ teaspoon nutmeg****1 tablespoon golden syrup****grated rind of 1 lemon****1 egg****¾ cup milk****1 cup blueberries (if frozen do not thaw)****Method:**

1. Combine dry ingredients.
2. Melt NUTTELEX and golden syrup together and add to dry ingredients with egg and milk.
3. Mix only enough to combined, fold through blueberries, and spoon into well greased muffin pans.
4. Bake at 200°C for 10-12 minutes of until well risen and golden brown. Serve warm.

Use half wholemeal and half plain flour in baked goods for extra fibre and flavour - you may need to add more liquid.



Wholemeal Blueberry Muffins

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Orange Chocolate Chip Cookies

Makes 24 cookies

This recipe produces light and tender cookies with a delightful flavour. To ensure the recipe is totally milk free carefully read the ingredients label on the chocolate you buy. There are cooking chocolates available which are free of dairy products.

Ingredients:

½ cup NUTTELEX
½ cup caster sugar
1 egg
grated rind of 1 orange
½ cup soy flour
½ cup cornflour
¼ teaspoon baking powder
100g cooking chocolate

Method:

1. Beat NUTTELEX and sugar together until well combined.
2. Mix in egg and orange rind.
3. Blend in flours and baking powder.
4. Crush chocolate into small pieces with a rolling pin or in the food processor. Add to mixture and stir well.
5. Place teaspoons of mixture on ungreased baking tray and bake at 180°C for 10-12 minutes or until cookies are golden brown.
6. Remove from tray while hot and cool on cake rack. Store in an airtight tin when cold to retain crisp texture.

Apricot Loaf

Ingredients:

¾ cup dried apricots
½ cup hot water
3 tablespoons NUTTELEX
¾ cup caster sugar
grated rind of 1 orange
1 egg
½ cup orange juice
¼ teaspoon bicarbonate of soda
2 cups self-raising flour

Method:

1. Soak dried apricots in ½ cup hot water for 10-15 minutes.
2. Beat NUTTELEX and sugar with orange rind, then add egg and continue mixing.
3. Thoroughly drain apricots and add water to orange juice to make up to ¾ cup. Chop apricots finely.
4. Stir bicarbonate of soda into orange juice and water, then add to NUTTELEX mixture, alternately with flour.
5. Blend in apricots and place in well grease loaf pan. Cook at 170°C for 30 minutes or until mixture is golden brown and skewer when inserted comes out clean.

Dried apricots are a good source of iron.

Honey Walnut Drops

Makes 24

A delicate biscuit with a nutty flavour.

Ingredients:

½ cup NUTTELEX
½ cup brown sugar
1 egg
1 tablespoon honey
½ cup soy flour
¾ cup rice flour
1 teaspoon baking powder
½ cup walnuts, chopped roughly

Method:

1. Beat NUTTELEX and sugar until well combined.
2. Beat in egg and honey.
3. Sift in flours and baking powder, add walnuts and mix well.
4. Place teaspoons of mixture onto lightly greased oven trays.
5. Bake at 170°C for 10-12 minutes or until golden.
6. Remove from tray while still warm and cool on a cooling rack.



Wholemeal Blueberry Muffins



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Nuttelex Food Products Pty Ltd. 2 Millennium Court, Knoxfield, VIC 3180
www.nuttelex.com.au