

RICHMOND CARES & RICHMOND GIVES  
Richmond Family &  
Friend Caregiver Hub  
列治文家庭及朋友照顾者资源中心



## Cooking and Baking for seniors



烘焙及烹飪

# Foreward

- Welcome to the lunar new year of the Tiger 2022 and our second edition of the cooking program for Richmond Cares and Richmond Gives. Using interactive cooking class method, we have selected recipes that are ; not only fun to prepare, but with ease of preparation . This program focuses on the nutritional values that meets the needs of seniors; providing the basic cooking skills that caregivers can tackle. In this series, we will take you on a journey to the remarkable cuisine of Japan, Korea, Vietnam and Thailand. Hope you enjoy the classes!

# Class 1 & 2 (Both Chinese and English sessions)

- Chicken pho (ga)
- Egg custard tarts

# Chicken pho(pho ga)

Serves 2

## Ingredients

White onion halved	1
Fresh ginger thickly sliced	20g
Chicken broth	900ml
5 spice powder	2 tsp
Chicken thighs, boneless, skinless	2
Palm sugar or brown sugar	2 tsp
Fish sauce	1 TBSP
Salt/pepper	TT
Fresh cilantro, small bunch	
Thai basil	
Flat rice noodles	50g
Bean sprouts	2 large handfuls
Red onions,sliced	1
Hot chili pepper chopped	1
Lime juice	½ lime



## Method:

### Prepare noodles

Soak rice noodles in boiling water for 15 minutes or according to package instructions.

### Prepare chicken and broth.

In a hot frying pan, put in white onions and ginger, stir fry for couple of minutes.

Blanch chicken thighs for 2 minutes .remove and rinse under water.

Pour chicken broth in a sauce pan, add charred onions and ginger and spices and cilantro stems and bring to a boil, Add blanched chicken thighs and cook for 12 minutes , then remove chicken and cut into thin slices. Season broth with salt and pepper.

Strain the broth into a bowl

### Prepare noodles

Soak rice noodles in boiling water for 15 minutes or according to package instructions.

### To serve

Put rice noodles into the bowls and place sliced chicken on top. Pour over hot broth. Garnish with bean sprouts, red onions, cilantro, basil leaves, hot chili and lime juice.

# Egg custard tarts

## Ingredients (filling)

Warm water	1 ½ cup	
Sugar	1 cup	
Evaporated milk	1 cup	
Large eggs	6	
Vanilla	¼ tsp	
Frozen unsweetened tart shells		30

## Method:

1. Beat eggs, strain
2. Melt sugar in warm water, let cool
3. Combine eggs sugar water, evaporated milk
4. Pour egg mixture into a strainer before pouring into tart shells.

## Bake:

375 F 18 minutes, reduce temperature to 325F and bake for another 5-7 minutes until centre of egg custard almost set.



## Class 3 English session

- Caprese muffin tin fritatas
- Salmon poke bowl with multigrain rice



Recipe comes from Health Canada

## Caprese muffin tin fritatas

Recipe: KD: 01.1

### Ingredients: yields 6 muffins

Eggs	6
Skim milk(or plant based beverage)	85ml (1/3 cup)
Salt	2 ml (1/2 tsp)
pepper	2 mi (1/2 tsp)
Tomatoes, chopped finely	2
Dried basil	1 tsp
Low fat mozzarella cheese grated	125ml (1/2 cup)

### Directions:

1. Preheat the oven to 200 °C (400 °F). Lightly spray or paper-line 6 muffin tins.
2. In a large bowl, whisk together eggs, milk, salt and pepper. Add tomatoes and basil and whisk well.
3. Using a 125 mL (. cup) measuring cup, scoop batter into muffin tins until divided evenly. Add 15 mL (1 tbsp) of grated cheese on top of each frittata.
4. Cook frittatas in the oven for about 15 minutes. Use a **digital food thermometer** to check that the eggs have reached an internal temperature of 74 °C (165 °F).
5. Let cool for 3 – 5 minutes before removing from muffin tins.

## Recipe 01.3 Salmon poke Bowl with multigrain rice yields 1 portion

### **Ingredients:**

Shracha mayo seasoned salmon filet, poached.

Sauce “YUZU Ponzu” ( refer to recipe \_\_\_)

Wasabi mayo (optional)

### **Vegetables:**

purple cabbage

Edamame

Avocado, cut in halves, remove seed, scoop out with a stainless steel soup spoon

Carrots, thinly sliced and cut julienne

Corns, ( frozen kernels)

Seasonal vegetables(cucumbers,etc)

### **GARNISHING:**

Radish(5 slice for garnishing)

Sesame seed

Nori slices

Unagi sauce (store bought)

### **RICE OR SALAD BASE**

Brown mix with wild rice



### **Instructions:**

1. Prepare multigrain rice base
2. Season the rice with YuZU soy sauce
3. Evenly distributed vegetables around the base
4. Drizzled wasabi mayo
5. Put the fish on top and centre
6. Drizzled with unagi sauce
7. Garnishing with radish, sesame seeds, nori slices and touch a bit microgreen

## Class 4 Chinese & English session

- Thai grilled chicken with multigrain rice potsu
- Baked bananas with plant based custard

# Thai grilled chicken & multigrain rice

Serves 4

## Ingredients:

Multigrain rice	150g
Chicken thighs boneless, skinless	160g
Olive oil	1 tsp
Carrot, large, cut into sticks	1
Red pepper, sliced	1
Green beans	100g
Snow peas	100g
Brown mushrooms, sliced	100g
Spinach	100g
Bean sprouts	100g
Salt & pepper	TT
Thai sauce, see attached	

Calories	300
Saturated fat	3.8g



## Method:

1. Rinse the rice, let soak for 30 minutes. Cook in rice cooker or stove top, water to rice ratio should be 1 to 1.
2. Heat up frying pan or griddle , cook chicken thigh for a total of about 10 minutes, turning over half way . Season with salt and pepper
3. Heat up a pot with water and blanch all the vegetables( except bean sprouts and spinach, which will be added just before the end of cooking time)
4. Plate up cooked rice with grilled chicken on top, garnished with cooked vegetables.
5. Heat up Thai sauce and ladle over the chicken generously. Garnished with cilantro.

# Thai sauce

Serves 4

## Ingredients:

Coconut milk	4 TBSP
Tomato sauce(passata)	1 tsp
Lime leaves, finely chopped	4-5 pieces
Lemon grass, finely chopped	½ lemon grass
Fresh ginger roots	10g
Garlic cloves, crushed	1
Shallot, finely chopped	1
Cumin ground	2 tsp
Lemon juice	2 tsp
Fish sauce	1 tsp
Red chili, chopped	1 tsp
Sugar	1 tsp
Tamarind paste	1 tsp
Corn flour	1 tsp
Salt	1 tsp
Water	150 ml
Cilantro leaves,chopped, garnish	1 TBSP

## Method:

1. Put all the ingredients (except water and citantro) into a blender or food processor to whisk to a fine texture.
2. Put the sauce into a sauce pan or pot and add water, turn heat to medium and slowly bring to a boil. Reduce heat and simmer for about 5 minutes.
3. Use the sauce immediately or store in a mason jar and keep it refrigerated for up to 1 week.

# Baked bananas with plant based custard

Serves 4

## Ingredients:

Ripe bananas	4
Orange juice and zest	1
Brown sugar	2 TBSP
Soft tofu	200g
Sugar	100g

## Nutritional facts:

	% Daily value
100g banana	
Potassium 358mg	10%
Magnesium	6%
Vitamin B6	20%



## Method:

1. Pre heat oven to 220C ( 425F)
2. Slice bananas in halves lengthwise and place in a baking dish. Sprinkle with orange zest, juice and brown sugar. Bake for 20 min.
3. Whisk tofu to a smooth paste.
4. Put remaining sugar in a sauce pan with 2 TBSP of water, bring to a boil, continue to boil until it turns to amber colour, do not stir. Pour into tofu and whisk well to combine.
5. Serve baked bananas with caramel tofu.