

Calorie Burning Recipe Suggestions from Susie Perry

Homemade Pizza

- Made with wholemeal flour, soya flour, water, yeast, tomato sauce, red peppers, mushrooms, mozzarella and herbs
- Burn calories by kneading the dough and rolling out the pizza bases
- Healthy Swap - full fat mozzarella for a lower fat or 'light' mozzarella

This base is low in fat, and contains iron, zinc, niacin, magnesium and vitamin B1.

Each base makes a pizza for four people.

Ingredients:

2 tbsp dried yeast
1 cup lukewarm water
1/2 kg wholemeal flour
28 g soya flour
200ml tomato sauce
1 red pepper
100g mushrooms
100g light mozzarella
½ tsp dried basil or a few fresh basil leaves

Method:

First, mix the yeast with the water.

Next, mix the flours and pour over the yeast mixture. Mix it well and knead for 10 minutes or so, till the dough goes smooth and elastic.

Then place it into a bowl and cover with cling film for about 30 minutes to allow it to raise.

Spread the pizza base with the tomato sauce and top with remaining ingredients. Season to taste and bake in a hot oven till cheese is melted and vegetables are cooked.

Pavlova

- Made with egg whites, caster sugar, cornflour, white wine vinegar, vanilla pod and summer berries
- Burn off calories by hand whisking the egg whites
- Healthy Swap - sugar for a low calorie sweetener like Canderel or Splenda

Serves four people.

Ingredients:

4 egg whites, at room temp
sweetener, equivalent to 1 tsp
1 pinch salt
2 tsp cornflour
1 vanilla pod
1 tsp white wine vinegar
200g mixed summer berries

Method:

In a bowl, beat the egg whites until foamy. Add the sweetener and salt, and continue beating. Beat in the cornflour, vanilla pod and white wine vinegar until soft peaks form. Work quickly, and take care not to overbeat.

Rinse a piece of kitchen (grease proof) parchment with water. Place on a baking pan.

Pile the egg white mixture onto the parchment in a 1 1/2 inch high circle. Bake at 250F for 1 hour or until firm.

Remove from oven and cool in the pan. Invert on a platter and peel off paper. Arrange the summer berries in attractive designs on the pavlova. Cut in four. Serve cold.

Quiche

- Made with flour, butter, lard, eggs, milk, cheese, ham and asparagus
- Burn off calories while rubbing in, mixing and rolling out the shortcrust pastry
- Healthy Swap - high fat lard and butter for a vegetable lard and margarine

Ingredients:

For the pastry:

175g plain flour plus extra for dusting
35g vegetable lard
40g margarine
salt

For the custard:

250g low fat cheese
150 ml milk
2 eggs (1 egg & 1 egg white)

1 heaped tbsp whole-wheat flour
Pinch of mixed herbs black pepper to taste

For the filling:

200g ham
200g asparagus

Method:

To make the pastry, sift the flour together with a pinch of salt in a large bowl. Rub in the butter until you have a soft breadcrumb texture. Add enough cold water to make the crumb mixture come together to form a firm dough, and then rest it in the fridge for 30 minutes.

Roll out the pastry on a light floured surface and line a 22cm/8½inch well-buttered flan dish. Don't cut off the edges of the pastry yet. Chill again for 10 minutes.

Preheat the oven to 190C/375F/Gas 5.

Remove the pastry case from the fridge and line the base of the pastry with baking parchment and then fill it with baking beans. Place on a baking tray and bake blind for 20 minutes. Remove the beans and parchment and return to the oven for another five minutes to cook the base.

Dice the ham and asparagus and sprinkle onto the pastry base, sprinkle cheese over the top.

Place the remaining ingredients in bowl (in order they are given above) & beat well to get rid of any lumps.

Pour mixture over fillings & bake in oven until set (approx 35 mins).

Chicken stir-fry

- Made with chicken, sesame oil, garlic, carrots, spring onions, peppers, celery, bean sprouts, soya sauce, oyster sauce, egg noodles
- Burn off calories chopping all the fresh vegetables and shaking that wok
- Healthy Swap - egg noodles for brown basmati rice

Ingredients (serves two):

1 red pepper
1 green pepper
100g bean sprouts
2 sticks of celery
2 chicken breast fillets (approx 150g each)
1 bunch spring onions
2 medium carrots
1 tbsp olive oil
34g ginger

250g brown basmati rice
2 tbsp soya sauce
2 tbsp oyster sauce

Method:

Bring a large saucepan of water to the boil, add the rice, return to the boil and simmer for 12 minutes (or per pack instructions). Drain and keep warm.

Meanwhile slice the chicken breasts into 1" chunks, dice the celery and peppers and peel the ginger and cut into matchsticks. Trim and diagonally slice the spring onions and peel the carrots and cut into matchsticks.

Heat ½ tbsp oil in the wok until smoking then add the chicken and stir-fry for 7-8 minutes (or until golden). Transfer to a plate and keep warm.

Heat the remaining oil in pan and add the ginger, spring onions and carrots, peppers and celery and stir-fry for 2 minutes.

Return the chicken to the pan, add the soya sauce and the oyster sauce. Stir to coat and heat through.

Serve with the rice.

Lasagna

- Made with minced beef, plum tomatoes, tomato puree, onions, garlic, mushrooms, pasta sheet, milk, cheddar, butter, flour
- Burn off calories and improve co-ordination while multi tasking your way through this 3 stage dish.
- Healthy Swap - minced beef for lean minced turkey and low fat cheese

Ingredients:

450g whole-wheat lasagna sheets
425g cheddar cheese
50g grated parmesan cheese
175ml milk
50g whole-wheat flour
50g butter
1 egg, beaten
parsley, to taste
ground pepper, to taste

For meat sauce:

1-2 tbsp olive oil
1 large onion, diced
2-3 cloves garlic, crushed
1 lb. lean minced turkey
1 heaped tbsp of tomato puree

425g plum tomatoes
100g mushrooms
1/2 cup vegetable stock
1 bay leaf
oregano, to taste
basil, to taste
parsley, to taste
salt (a tsp or so, to taste) and pepper

Method:

Preheat oven to 180C/350F/Gas mark 4

For the white sauce:

Melt butter in a saucepan.

In a small mixing bowl, mix together milk, parmesan cheese, beaten egg, black pepper and parsley.

Add butter to mixture and stir in flour.

For meat sauce:

In a large saute pan, heat the oil. Add the onion and cook until translucent. Add the garlic and saute until fragrant.

Add the turkey crumbling and browning. Drain.

Add the remaining ingredients. Bring to a boil, then reduce to a simmer.

Simmer covered (or uncovered, for a slightly thicker sauce) for an hour or longer.

Next spray a little oil over a large baking dish. Spread a thin layer of meat sauce over the bottom and then layer the lasagna as desired, alternating pasta, white sauce and meat sauce. End with a thin layer of white sauce and cover with grated cheese. Be sparing with the cheese to save calories.

Bake in preheated oven for 45 minutes.

Home made pasta and sauce

- Homemade pasta made with eggs and plain white flour, cream, garlic, mushrooms, egg and bacon
- Burn off calories by mixing up the pasta ingredients and turning the handle of the pasta machine
- Healthy Swap - creamy based carbonara sauce for a fresh tomatoes and olives sauce.

Ingredients:

Homemade pasta:

200g plain white flour
2 eggs
45ml water

Sauce:

175g bacon
2 tbsp extra virgin olive oil
3 garlic cloves, finely chopped
handful flatleaf parsley leaves, finely chopped
100g mushrooms
100g fresh olives
200g fresh tomatoes
salt and freshly ground black pepper, to taste

Method:

To make the pasta:

Whisk the eggs and combine with the plain flour. Mix vigorously and add water to form a dough.

Create spaghetti by feeding through a pasta machine.

Sauce:

Cut the bacon into lardons (short little strips), about 6mm/1¼in wide.

Heat a large, deep frying pan over a medium-high heat, add the oil and the bacon and fry until lightly golden. Add the garlic and parsley and cook for a few seconds, then remove from the heat and set aside.

Drain the pasta well, tip into the frying pan with the bacon, garlic and parsley, add the tomatoes, mushrooms and olives and toss together well.

Season to taste with a little salt and black pepper.

Pea and Ham Risotto

- Made with Arborio rice, peas, ham, stock, and parmesan
- Burn off calories by mixing up the risotto to a creamy smooth consistence
- Healthy Swap – swap the ham for fresh salmon to top up on omega-3 good fats.

Ingredients:

Two shallots or one onion
250g of fresh salmon, chopped
300g Arborio rice
1l vegetable stock
100g frozen peas

Method:

Finely chop the onion or shallots.

Heat 2 tablespoons of olive oil and a knob of butter in a pan, add the onions and fry until lightly browned.

Add the salmon.

Add the rice and cook for a couple of minutes until it has absorbed all of the moisture in the pan.

Add one ladle of stock – stir well.

Keep adding a ladle of stock and stirring well until the liquid has been absorbed and the rice is tender.

When the rice is almost done stir in the peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked.

Serve with grated parmesan on top, season with salt and pepper and add a big rocket salad on the side.