

GF Friendly

Fun with Food

Presentation of food is fun with some imagination

For those who are slaves to the kitchen, preparing food and making meals is a necessary daily chore, but it can also be fun. Even the humble beans on toast lends itself to a bit of creativity as seen in the photo.

Most of the ingredients are pretty obvious, except for the face which was made up with cottage cheese, two cherry tomatoes and a slice of mushroom.

Arranging stuff on the plate in a decorative way takes no more time than just whacking it on; and even the kids might like to help out, adding their own touch of youthful genius.



When homemade, one popular dish is often the product of the cook's choice of ingredients and how to arrange them. I'm talking about pizza.



We make our own bread using a bread-maker, but only for the dough which is then cut and kneaded usually for two loaves, sometimes some rolls. Occasionally we take off enough to roll out and put on a lined baking tray for the pizza. This is spread thinly with a mix of tomato ketchup, barbecue sauce and half a teaspoon of chilli powder, sometimes oregano. Then comes the topping – chopped onion, capsicum, mushroom, halved stuffed olives and bacon cut in small squares. I finished off with some blobs of cottage cheese before sprinkling on some ground parmesan. Baking is simply 15-20 minutes on 162°C fan-forced (180°C conventional). Believe it or not, you can also have fruit pizzas.

Tip: pizza bases can be expensive, but good substitutes are pita and other flatbreads; and even wraps and tortillas would suffice.

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