



Glengara Care

Residents' Top 10
Favourite Recipes

About Glengara Care

Glengara Care is a premium and positive alternative to aged care located within the existing Glengara Retirement Village in Tumbi Umbi on the NSW Central Coast.

We offer a medium to high level care on your own terms – which means you can move into Glengara Care with your partner. You can even bring a pet!

Your apartment is your own private space, with a separate bedroom, bathroom, lounge, kitchenette, dining area and outdoor space.

With a personalised care plan for each resident, you can live life the way you choose, with the right level of support for your needs.



“A lot of people think of a nursing home when they think of aged care. Here, it’s nothing like a nursing home.”

—PHYLLIS, GLENGARA CARE RESIDENT



To find out more, call our helpful team members on 1800 955 070 or visit glengaracare.com.au

Introducing Executive Chef **Craig Etches**



Executive Chef Craig Etches is a passionate foodie and his paddock-to-plate approach to cooking has certainly gone down well with our residents.

Craig's passion for fresh produce, seasonal flavours and a resident-led menu sets Glengara Care apart.

Craig knows every resident by name and sits down with them each month to get their feedback, tailoring the menu to account for individual preferences and dietary needs.

The produce from Glengara Care's thriving vegetable garden, tended by residents from the broader Glengara Retirement Village, is his magic ingredient.

"I use whatever is in season, whether that's tomatoes, zucchinis, strawberries, rhubarb or any number of different herbs straight from the patch."

"I love it not only because of the richer flavours, but because I get to be creative with whatever crops I have at hand each day."

"Making residents happy is my favourite part of the job," he says. "Seeing their faces as they enjoy my food is the best."

Glengara Care is a genuine alternative to aged care on the Central Coast and, with Craig at the helm of the commercial kitchen, it's helping to flip traditional expectations of aged care cuisine on their head!

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“Living at
Glengara Care has
made a world of difference
to mum’s health. The meals
are wonderful, and I’m
happy because I know
she is eating well.”

- TRUDI, GLENGARA CARE
RESIDENT’S DAUGHTER



Slow Cooked Beef Wellington

Ingredients

1kg beef bolar blade

Mushroom Mix

400g fresh mushrooms finely diced

1 small onion finely chopped

Fresh thyme finely chopped

Fresh sage finely chopped

1 clove garlic finely chopped

Salt and pepper to season

4 puff pastry sheets

1 egg

Serving suggestion

Serve with mashed potato, red wine gravy and seasonal greens.

Serves 4

Method

1. Pre-heat the oven to 140 degrees.
2. Place the beef into a roasting tray and cook until it reaches an internal temperature of 80 degrees. If you don't have a thermometer, as a guide you will be looking at 1 hour for every kilogram of beef.
3. Cook for another 30 minutes.
4. Remove the beef from the oven and allow to cool and rest.
5. Once cooled, shred the beef. This is best done by hand.

Mushroom Mix

1. In a frypan, over a medium heat, sauté the mushrooms, herbs, onion and garlic to release the flavour.
2. Season with salt and pepper and cook down until the liquid evaporates, stirring occasionally. The mix should be quite dry.
3. Remove the mix from the heat and allow to cool.

Method (to combine)

1. In a jug whisk the egg until combined.
2. Place the pastry sheets onto a flat surface and brush with the egg mix.
3. Add the beef and mushroom mix to the pastry sheet.
4. Roll each pastry sheet to form a parcel then brush with the egg mix.
6. Place the parcels into a pre-heated oven at 170 degrees and cook until an internal temperature of 75 degrees is reached and the parcels are golden brown. This should take about 25 minutes.



Roast Pork

Ingredients

Female boned and rolled pork

Olive oil

Salt

Pepper

Method

1. Pre-heat the oven to 160 degrees.
2. Place the pork into an oven safe baking tray and rub with olive oil, salt and pepper.
3. Place the pork into the oven and cook at 160 degrees until it reaches an internal temperature of 75 degrees. This is approximately 1 hour for every kilogram of pork.
4. Then turn up the heat to 190 degrees and cook for about 20 minutes to make the crackling.

Serving suggestion

Serve with roasted garlic potatoes, skin on pumpkin and fresh green beans.

Any leftovers can be used on sandwiches.

"I know every resident by name and sit down with them each month to get their feedback, tailoring the menu to account for individual preferences and dietary needs."

- CRAIG, GLENGARA CARE
EXECUTIVE CHEF

Chef's Tip

I really like one pot dishes. They have lots of flavour and are high in nutritional value.



Thai Yellow Bean Prawn Curry

Ingredients

300ml chicken stock
2 potatoes diced
250ml coconut cream
Fish sauce
200g green beans
500g prawns (approximately 16-20 prawns)
100g brown sugar
1 carrot diced
1 onion diced
½ bunch fresh coriander
Salt and pepper
Olive oil

Curry Paste

4tbs mild curry powder
½ bunch shallots sliced
50g fresh ginger grated
2 garlic cloves grated
1tbs turmeric
1 stick of lemon grass crushed
2 lime leaves

Method

1. Heat the oil in a large saucepan on a low heat, then add the ingredients for the curry paste. Heat slowly, stirring often to release the flavour. This takes approximately 3-5 minutes.
2. Add the chicken stock, coconut cream, brown sugar, and fish sauce to taste, stir until combined.
3. Add the potatoes, carrot and onion. Bring them to the boil and simmer for about 20 minutes.
4. In a separate pan, sauté the prawns and beans with salt and pepper, until cooked.
5. Fold the prawns and beans through the curry with some fresh coriander.

Serving suggestion

Serve with long-grain white rice and flatbread.

Serves 4



Lemon Thyme Barramundi

Ingredients

400g barramundi
cut into 100g
portions

2 lemons zested
and juiced

20g fresh thyme

200g flour

250g butter melted

Salt and pepper

Method

1. Pre-heat the oven to 180 degrees.
2. In a bowl, add the flour and season with salt and pepper.
3. In a separate bowl, combine the fresh thyme, lemon zest, lemon juice and melted butter.
4. Cover the barramundi portions in the flour, dip them into the butter mix, then place them on a lined baking tray.
5. Bake the barramundi in the oven at 180 degrees for approximately 12 minutes or until cooked.

Serving suggestion

Serve with roasted seasoned potatoes and fresh green beans.

Serves 4

“There is always
a good variety of
meals. They are always
fresh and well prepared.”

- JOE, GLENGARA CARE
RESIDENT



Honey Chicken

Ingredients

600g diced chicken breast

20g sesame seeds

3 shallots finely sliced

7tbs honey

Vegetable oil for frying

Batter

100g potato starch

250g plain flour

2 pinches of salt

250g soda water chilled

Method

1. In a bowl add the batter ingredients and whisk until combined.
2. Add the diced chicken to the batter and coat evenly.
3. Add the vegetable oil to a fry pan and heat on a medium to high heat.
4. Once the oil is hot, fry the chicken in small batches until cooked and golden brown.
5. Place the cooked chicken on paper towel to drain.
6. Combine the shallots, sesame seeds and honey in a bowl.
7. Add the cooked chicken to the honey mix and coat.

Serving suggestion

Serve with jasmine rice, steamed Asian greens and prawn crackers.

Serves 4

Chef's Tip

All our fresh produce is sourced from the village community garden. It doesn't come any fresher than that.



Tuna Fish Cakes

Ingredients

500g mashed potatoes
400g tinned tuna
3 shallots sliced
1 lemon zested
30g fresh parsley
30g fresh dill
2 egg yolks
3 eggs
200g bread crumbs
Olive oil for shallow frying
20g horseradish cream
Pinch of salt and pepper

Method

1. In a bowl, mix the mashed potato, tuna, shallots, lemon zest, dill, egg yolks, horseradish cream, parsley and a pinch of salt and pepper.
2. Then divide the mix into 4 small patty shapes.
3. In a bowl whisk the 3 eggs until combined.
4. Dip the tuna cakes in the egg mix and then press them firmly into the bread crumbs.
5. Place the crumbed tuna cakes onto a tray and allow them to cool in the fridge.
6. Heat the olive oil in a frypan and add the cold tuna cakes. Fry each side for about 2 minutes until lightly golden.

Serving suggestion

Serve with a wedge of lemon and salad.

Serves 4

“We’re passionate about making our menus stand out from traditional aged care facilities on the Central Coast.”

- SUZANNE, GLENGARA CARE CARE MANAGER

Chef's Tip

Risotto is a great choice if you are looking for something light and nutritious.



Roast Pumpkin Risotto

Ingredients

1 onion
1L chicken stock
200ml white wine
2 garlic cloves
Olive oils: anchovy oil, basil oil, chili oil and garlic oil (or use plain olive oil as a substitute)
1 celery stick diced
Shaved parmesan cheese
2tsp butter
400g risotto rice
300g chicken thigh skin off
Fresh sprigs of thyme, sage
1 bay leaf
400g pumpkin diced
Salt and pepper

Method

1. Sear the chicken breast in a pan over a moderate heat with the olive oils, salt and pepper.
2. Transfer the chicken to an oven safe dish and bake at 120 degrees for 45 minutes.
3. Once the chicken is cooked, shred it with a fork and set it aside.
4. Warm the oils in a pan over a moderate heat and slowly cook the diced pumpkin until it is tender, then set aside.
5. Heat the oil in a pan and sauté the onions, celery and garlic until soft.
6. Add the rice and cook lightly until the rice turns translucent.
7. Add the butter and the wine then cook until the liquid has reduced by half.
8. Once reduced, add the chicken stock, thyme, sage and bay leaf. Bring it to the boil then turn off and cover with a lid.
9. Stir after six minutes, add more liquid if required, then return lid.
10. Allow to sit for another 10 minutes or until the rice is just tender.
11. Carefully fold through the pumpkin.
12. Place the risotto onto a plate and top with the shredded chicken and shaved parmesan cheese.

Serves 4

“What I like most about the meals at Glengara Care is that someone else does the cooking for me.”

- THOMAS, GLENGARA CARE RESIDENT



Spaghetti Bolognaise

Ingredients

500g beef mince

Tomato Sauce

3 cloves of garlic
crushed

1 carrot diced

½ celery stalk diced

1 onion diced

1L chicken stock

100g fresh sage

100g fresh parsley

3tbs extra virgin
olive oil

½ bunch fresh basil

Salt and pepper

1kg ripe tomatoes
diced

100g tomato paste


Method

1. Heat a thick based pot on the stove over a medium heat. Add half the olive oil and sauté the carrot, celery, garlic onion and herbs for approximately 5 minutes or until soft, then add the tomato paste.
2. Add the tomatoes and the chicken stock to the pot.
3. Bring it to a boil and then simmer for about 4 hours.
4. Adjust the seasoning if required.
5. Once cooked, blend the mix using a stick mixer.
6. In another thick based pot, add the remaining olive oil and sauté the beef mince over a medium heat until it is cooked.
7. Add the tomato mix to the beef mince, bring it to the boil and then simmer for another hour.

Serving suggestion

Serve with your pasta of choice and top with shaved parmesan cheese.

Serves 4



“Brian requested this dish to be on the winter menu and he absolutely loves it! He regularly requests any left overs to be placed on his sandwich at night.”

- CRAIG, GLENGARA CARE
EXECUTIVE CHEF

Lamb Shanks

Ingredients

4 lamb shanks
3tsp olive oil
1 onion diced
1kg whole peeled tomato
1 carrot diced
1 celery stalk diced
3 garlic cloves
Fresh rosemary
Fresh thyme
Fresh sage
1 bay leaf
1L beef stock
300ml red wine
Salt and pepper to season

Method

1. Pre-heat the oven to 180 degrees.
2. Season the lamb shanks with salt and pepper. Place them in an ovenproof dish and roast until they are golden brown, for approximately 30 minutes.
3. In a deep set saucepan, on a medium heat, add the olive oil and sauté the diced vegetables (onion, carrot, celery), garlic and herbs (rosemary, thyme, sage) until caramelised.
4. When the vegetables have browned, add the wine and reduce the liquid by half. Then add the stock, tomatoes, bay leaf and lamb shanks.
5. Bring it to the boil and then simmer for 3 hours or until soft.
6. Remove the lamb shanks out of the liquid. Blend the liquid to create a sauce and further reduce until the sauce thickens.

Serving suggestion

Serve with mashed potatoes, topped with the blended shank sauce, steamed green beans and fresh parsley.

Serves 4

Chef's Tip

I like using secondary cuts of meat and slow roasting dishes. There is so much flavour, they just melt in your mouth.



Moroccan Spiced Lamb Pizzas

Ingredients

Pizza Dough

375ml warm water

Pinch of salt

Pinch of sugar

4tsp of yeast

600g plain flour

Lamb Mix

30g fresh ginger
grated

30g fresh garlic
grated

2 cooked lamb
shanks and sauce
(see recipe on
[page 22](#))

Moroccan spice
to liking

100g fresh
coriander

Olive oil

400g grated
mozzarella cheese

Cucumber Raita

Small cucumber
deseeded and
finely chopped

1 cup of Greek
yoghurt

Fresh mint leaves
finely chopped

Salt and pepper

Method

Pizza Dough

1. Sieve the flour and salt into a bowl.
2. In a jug, mix the yeast, sugar and water.
3. Make a well in the flour and add the liquid. Using an electric mixer combine the ingredients until they form a ball.
4. Place the dough in a warm area and wait for it to rise. This will take approximately an hour.
5. On a floured surface, knock back the dough by hand and place back in a warm area to rise further.
6. For the best results, repeat this another two times before rolling out the dough. Ideally you want the dough to have doubled in size.
7. Roll the pizza bases to size and brush with olive oil.

If you are short on time you can buy pre-made pizza bases.

Lamb Mix

1. Using the cooked lamb shanks and sauce, strip the meat from the shank and season with moroccan spice, fresh coriander, grated ginger and garlic.
2. Place the lamb mix onto the pizza base and top with cheese.
3. Pre-heat oven to 180 degrees.
4. Place the pizza into the oven and cook for about 12 minutes or until cooked on top and the base is golden brown.
5. Top the pizza with the raita and fresh coriander.

Cucumber Raita

1. Combine the cucumber, yoghurt and mint leaves in a bowl and season to taste.

Serves 4

Glengara Care

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glengaracare.com.au



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New South Wales and South Australia.

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