

## In this newsletter:

- ✓ Welcome
- ✓ IG Update
- ✓ Book review: *Cooked* by M. Pollan
- ✓ From the journals
- ✓ In the media
- ✓ Recipe of the month: The Frittata

## IG Contacts:

- ✓ Newsletter Editor – Carling Chan  
[carlingchan@gmail.com](mailto:carlingchan@gmail.com)
- ✓ IG Chairperson – Kate Marsh  
[drkatemarsh@gmail.com](mailto:drkatemarsh@gmail.com)
- ✓ IG Secretary - Carol Zeuschner  
[Carol.Zeuschner@sah.org.au](mailto:Carol.Zeuschner@sah.org.au)



## Welcome!

Happy New Year! We hope everyone had a fantastic festive season.

A BIG Thank You to all our volunteers from 2013, without you this newsletter wouldn't exist!

If you would like to contribute to the e-newsletter, or have any ideas or feedback, please email me at [carlingchan@gmail.com](mailto:carlingchan@gmail.com).

I am always looking for volunteers for the following sections:

- Feature articles
- Book or movie reviews
- Product reviews
- The 'In the media' section is a compilation or short summary of interesting articles, websites, blogs, workshops/cookshops, restaurants etc. so many people can contribute one or many things to this section.
- And, remember, if you find or create a recipe you would love to share with the IG, there is the 'Recipe of the Month' section.

Missed an edition? New to the IG and want to read more? Newsletters will be uploaded onto the Vegetarian Interest Group page on the DAA website soon. Enjoy!

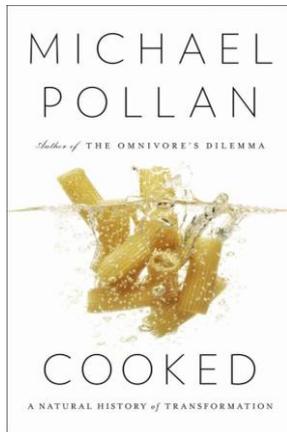
## Veg IG Update

- ✓ **Nutrition manual:** The IG was approached to review the Vegetarian section of the Nutrition Manual – this was submitted in November.
- ✓ **DAA Role statement:** The IG plans to put together a role statement for APD's working in the area of vegetarian nutrition.
- ✓ **Case-study discussion:** The case-study discussion was very successful with many members indicating that they found it interesting and a great learning tool. We had around 40-50 members who responded to the case study questions.  
We will be planning another case soon so stay tuned!
- ✓ **Veg IG Meetings:** The Veg IG meetings are held bi-monthly and will be conducted via teleconference. All members are welcome to attend. For details on future meetings contact Carol on [Carol.Zeuschner@sah.org.au](mailto:Carol.Zeuschner@sah.org.au).

The Vegetarian IG e-newsletter is a publication of the Dietitians Association of Australia Vegetarian Interest Group. Its aim is to keep all IG members informed of what we are doing as a group, to share information about new resources and upcoming events and to highlight the latest research relevant to vegetarian nutrition.

## Book Review: *Cooked* by Michael Pollan

Reviewed by Rachel Dickens, Registered Dietitian (RD), [www.theconsciousdietitian.com](http://www.theconsciousdietitian.com)



In 2006 Michael Pollan offered the world *The Omnivore's Dilemma* and helped open our eyes to the failings of our current food system. "When you can eat just about anything nature has to offer, deciding what you should eat will inevitably stir anxiety." What Pollan diagnosis as a "national eating disorder," is the basis of

which his journey takes us on. From industrialized, corn-riddled fast food meals to a "hunter-gatherer" feast, his journeys always ended with a finished meal.

So his next journey begins and in his newest book *Cooked* Pollan takes a difference stance. Instead of telling us what is wrong with our food system, Pollan invests in finding a solution to several questions that have occupied him throughout his career. We find that the answer to these questions surrounding family, health, self-sufficiency and a sustainable food may be something as simple as... Cook!

The book is divided into 4 sections, or instead four classical elements - fire, water, air and earth. In each section we witness Pollan's journey into his kitchen, though not alone. Pollan apprentices himself out to a succession of culinary masters and with their wisdom attempts to master a single classic recipe for each classic element.

In Fire, a North Carolina barbeque pit master tutors him in the primal magic of fire. Here we have 94 pages on the topic of whole-hog barbecued over a wood fire. Vegetarians may be tempted to skip a few pages but Pollan's ability to weave the practice of roasting meat over a fire into community and culture is an important starting point for the book.

In Water, Pollan is mentored by a Chez Panisse-trained cook in the art of pot cookery, including braises and casseroles. The journey this time takes us through Pollan's perfection of slow-cooked dishes which he advises are best eaten slowly as well.

Air may be a book highlight for anyone who has ever attempted to make bread. Pollan seeks out a celebrated baker to show him the ways of sourdough. Pollan embarks on a mission of perfecting the traditional sourdough combined with the goodness of whole grains, a task not to be taken lightly.

Finally Earth takes us to another world of sauerkraut gurus, cheese masters and craft beer connoisseurs. We learn with Pollan how fermented foods are made through the culturing of bacteria and the importance of this for our own body's microbial flora.

The answer to the questions posed at the beginning of the book is gently unwrapped for us throughout the four sections. While the simple answer to all of them is to cook, we can begin to appreciate that we still have a lot to learn from our own culture and food history. By trying to progress too quickly, maybe we may have left some vital components in the kitchen behind.

If we all slow roasted our meat, maybe we would stop, take our time, and eat less? If we all mastered the art of pot cooking, would the slow food movement rival the current fast food movement? If we all had an appreciation for a good loaf of sourdough and the potential health benefits, would we forgo the highly refined, long-lived loaves on the supermarket shelves? If we fully comprehended the history of fermented foods and the role they played in our cultures history, would health professionals be better equipped in dealing with the microbial flora and all its complexities?

It is not a new revelation that diminishing our reliance on corporations to process our food and instead preparing home-cooked meals ourselves will reduce our intake of unnecessary fat, sugar and salt. Though the link cooking has on our relationship to family and friends, to the natural world and to a more sustainable food system may be. Although the message may be simple – cook! – now the challenge is to get the message out there.

By Rachel Dickens, Registered Dietitian (RD),  
[www.theconsciousdietitian.com](http://www.theconsciousdietitian.com)

## In The Media: Healthy Soy Cooking



[www.healthsoycooking.com](http://www.healthsoycooking.com)

Run by a former employee of world famous chef Tetsuya Wakuda, Yoshiko; Healthy Soy Cooking is overflowing with a selection of different cooking classes, from 4-hour workshops in Sydney to a 14-day culinary tour of Japan. There is even a cookbook to match.

## From the Journals: Compiled by Bonnie Lau & Carling Chan

Alexander D. **No association between meat intake and mortality in Asian countries.** *American Journal Of Clinical Nutrition.* October 2013;98(4):65-66.

Camilleri G, Verger E, Huneau J, Carpentier F, Dubuisson C, Mariotti F. **Plant and Animal Protein Intakes Are Differently Associated with Nutrient Adequacy of the Diet of French Adults.** *Journal Of Nutrition.* September 2013;143(9):1466-1473.

Gilting AM, Weijenberg MP, Goldbohm RA, Dagnelie PC, van den Brandt PA, Schouten LJ. **The Netherlands Cohort Study-Meat Investigation Cohort; a population-based cohort over-represented with vegetarians, pescetarians and low meat consumers.** *Nutr J.* November 2013;12:156.

Gnagnarella P, Maisonneuve P, Veronesi G, et al. **Red meat, Mediterranean diet and lung cancer risk among heavy smokers in the COSMOS screening study.** *Annals Of Oncology.* October 2013;24(10):2606-2611.

Jiao L, Kramer J, El-Serag H, et al. **Dietary consumption of meat, fat, animal products and advanced glycation end-products and the risk of Barrett's oesophagus.** *Alimentary Pharmacology & Therapeutics.* October 2013;38(7):817-824.

Muntoni S, Mereu R, Muntoni S, et al. **High meat consumption is associated with type 1 diabetes mellitus in a Sardinian case-control study.** *Acta Diabetologica.* October 2013;50(5):713-719.

Turner-McGrievy GM, Davidson CR, Wilcox S. **Does the type of weight loss diet affect who participates in a behavioral weight loss intervention? A comparison of participants for a plant-based diet versus a standard diet trial.** *Appetite* February 2013;73:156-162

Turner-McGrievy GM, Hales SB, Baum AC. **Transitioning to new child-care nutrition policies: nutrient content of preschool menus differs by presence of vegetarian main entrée.** *J Acad Nutr Diet.* January 2014: 114(1):117-23

Zahradka P, Wright B, Taylor C, et al. **Daily non-soy legume consumption reverses vascular impairment due to peripheral artery disease.** *Atherosclerosis.* October 2013;230(2):310-314.

Zeng F, Fan F, Chen Y, et al. **The association of red meat, poultry, and egg consumption with risk of hip fractures in elderly Chinese: A case-control study.** *Bone.* October 2013;56(2):242-248.

## Recipe of the Month: The Frittata

*Based on Frittata with Summer Veg and Goats's Cheese*

*From River Cottage Veg Everyday! by Hugh Fearnley-Whittingstall (Bloomsbury Publishing)*

This recipe is so adaptable and a great way to use up any veggies you have sitting around. It's ideal for picnics and perfect for the lunchbox. For a little extra colour, I added a small beetroot (cooked and chopped into small chunks) and threw some cherry tomatoes (halved) on the top. It was a colourful addition to our Christmas lunch feast.

### Ingredients

400g new potatoes

About 300g mixed summer veggies such as asparagus, green beans, shelled broad beans, freshly shelled or frozen peas (defrosted), broccoli etc.

2 Tbsp canola or olive oil

2 bunches of spring onions, trimmed and roughly chopped

Good handful of chives and/or parsley, chopped

7-8 large eggs

20g Parmesan, hard goat's cheese or other well-flavoured hard cheese, grated

Salt and pepper



### Method

1. Preheat the oven to 180°C
2. Cut the new potatoes into 5mm slices. Put them into a large saucepan, cover with plenty of water, and bring to a boil. Meanwhile, if using green beans and asparagus, cut them into 4cm lengths; if using broccoli, cut it into small florets.
3. When the potatoes come to a boil, add the green vegetables. Once the water has returned to a boil, lower the heat and simmer for 3 or 4 minutes, by which time all the vegetables should be just tender. Drain well.
4. Toss the potatoes, green veg and spring onion into a baking dish, about 23 cm square, with the oil and some salt and pepper.
5. Beat the eggs together with the chopped herbs and add to the green veg and potatoes. Scatter the parmesan cheese over the surface of the frittata, then transfer to the oven and cook for 15-20 minutes, until the egg is all set and the top is starting to color.
6. Leave to cool slightly, then slide the frittata out onto a plate or board. Serve warm or cold, cut into wedges.