



# Soifua Maloloina Catering Suggestions



Nutrition Promotion Unit  
Metro South Health  
&  
Voice of Samoan People Inc



## Soifua Maloloina key messages

**Swap**  
*big meals for small meals*

**Swap**  
*fatty meats for lean meats*

**Swap**  
*heavy for light*

**Swap**  
*fizzy drinks for water*



## Introduction

Food is an important part of Samoan culture. The food at celebrations, suppers, weddings, church or for sale at community events plays a special role in bringing people together. Food is also very important for your health. Eating bad food can lead to health problems such as diabetes, high blood pressure and heart disease. The purpose of this document is to help you to make healthy decisions when providing food to share. We have provided some recipes to make it a little easier for you too.

## Food safety

No matter what the occasion, when preparing food to share it is important that you take steps to make sure nobody gets sick. Food poisoning can be very serious, especially for children and elders. Here are some simple tips to help you make sure your food is safe:

Food type	Food safety tips
All food	<ul style="list-style-type: none"><li>• Wash your hands before preparing food.</li><li>• Prepare food in a clean kitchen.</li><li>• Cover and store food well. Eg. Cover leftover sapaui in gladwrap and store in the fridge, or put in an air-tight container and store in the fridge.</li></ul>
Meat (including chicken and fish)	<ul style="list-style-type: none"><li>• Store raw meat on the lowest shelf in the fridge, away from other foods.</li><li>• Make sure raw meat is covered properly, so it doesn't touch any other foods.</li><li>• Use separate chopping boards for vegetables and raw meat.</li><li>• After cutting raw meat, wash the board and knife really well.</li><li>• Make sure meat is cooked properly. Don't serve raw meat (fish cooked in lemon is ok).</li></ul>
Vegetables	<ul style="list-style-type: none"><li>• Wash vegetables before using to make sure there is no dirt on them.</li></ul>
Hot food	<ul style="list-style-type: none"><li>• Make sure hot food is served hot. Some examples are curries, rice, cooked meat and sapaui.</li><li>• If hot food is not being served immediately after making it, put it in the fridge and heat it up later.</li><li>• If you make food the day before, store it in the fridge.</li><li>• Make sure rice is kept hot.</li></ul>
Cold food	<ul style="list-style-type: none"><li>• Make sure cold food is kept cold. Some examples are raw meat, milk, cheese, sandwiches and salads with mayonnaise.</li><li>• Transport cold foods in eskies or chilly bins with plenty of ice or ice packs.</li></ul>



## Community Gatherings and Church

This section gives you some ideas for how to make healthy food to share at community events, like church, weddings or gatherings.

Food	How to make healthier
Kale/Curry	<ul style="list-style-type: none"> <li>• Use lite coconut cream or coconut flavoured evaporated milk. Or you can add water.</li> <li>• Add vegies such as potato, carrot, peas, corn and onion. You can use fresh, frozen or tinned vegies.</li> <li>• Use leaner cuts of meat such as chicken thigh or lamb chops with the fat removed.</li> </ul> <p>For a healthy chicken curry recipe, see page 6</p>
Sapasui	<ul style="list-style-type: none"> <li>• Add vegetables such as cabbage, carrots, peas or corn. You can use fresh, frozen or tinned vegies.</li> <li>• Use leaner cuts of meat such as lamb leg or chicken thigh. Avoid using fatty meats like lamb flaps.</li> </ul> <p>For a healthy sapasui recipe, see page 7</p>
Salads – Seafood, potato	<ul style="list-style-type: none"> <li>• Use fat reduced mayonnaise.</li> <li>• Add vegetables such as tomato, capsicum, lettuce, peas and corn.</li> </ul> <p>For a healthy potato salad recipe, see page 8</p>
Bread	<ul style="list-style-type: none"> <li>• Bring brown or multigrain bread.</li> <li>• Avoid serving white bread.</li> </ul>
Meat	<ul style="list-style-type: none"> <li>• Use leaner cuts of meat and trim the fat off the meat.</li> <li>• Remove the skin from chicken.</li> </ul>
Povi Masima/ Pisupo (Corned beef)	<ul style="list-style-type: none"> <li>• Try using corned silverside instead of povi masima or pisupo.</li> <li>• If you use povi masima (corned brisket), cut the fat off before serving it.</li> <li>• Boil vegetables with the meat, they will taste great!</li> </ul> <p>For a healthy corned beef recipe, see page 9</p>
Vegetables	<ul style="list-style-type: none"> <li>• Use as many vegetables as you can! Add them to foods wherever it is possible and try to prepare a salad with every meal.</li> <li>• Frozen and tinned vegies are fine to use.</li> <li>• Try cutting taro into smaller pieces.</li> <li>• Use 'lite' coconut cream to pour on fa'alifu talo.</li> </ul>



Sweets/Desserts	<ul style="list-style-type: none"> <li>• Serve fruit platters. Try watermelon, pineapple, rockmelon and grapes.</li> <li>• You can use frozen or canned fruit too.</li> <li>• Avoid bringing too many heavy sweets, like panepopo. Try fruit salad with reduced fat custard instead.</li> <li>• If bringing panekeke, only bring enough for one per person.</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• Water out of the tap is healthy, clean and free!</li> <li>• Avoid bringing fizzy drink or juice. For special occasions, bring diet/sugar-free varieties of soft drink or cordial.</li> <li>• Serve drinks in small cups.</li> <li>• You can bring along eskies/chilly bins with ice.</li> <li>• A big esky with a tap, filled with water and ice, and plastic cups helps replenish people's thirst.</li> </ul>

### Food for Sale and Fund Raising

This section gives you some ideas for how to make healthy food that you can sell at community events or fund raisers.

Food	How to make healthier
Sausage sizzles/BBQs	<ul style="list-style-type: none"> <li>• If possible, use lean beef sausages.</li> <li>• Grill the onions before the sausages, in a small amount of olive oil (rather than cooking the onions in sausage fat). Try adding some chopped tomato to the onion – they go well together.</li> <li>• Use brown or multigrain bread instead of white bread.</li> <li>• Try this: Put both brown and white bread on the table, but only give white bread to people who ask for it. Don't offer it to people.</li> <li>• Try serving healthy kebabs or burgers instead of sausages.</li> </ul> <p>For some healthy BBQ recipes, see page 10</p>
Kale/Curry	<ul style="list-style-type: none"> <li>• Use lite coconut cream or coconut flavoured evaporated milk. Or you can add water.</li> <li>• Add vegies such as potato, carrot, peas, corn and onion. You can use fresh, frozen or tinned vegies.</li> <li>• Use leaner cuts of meat such as chicken thigh or lamb chops with the fat removed.</li> </ul> <p>For a healthy chicken curry recipe, see page 6</p>



Sapasui	<ul style="list-style-type: none"> <li>• Add vegetables such as carrots, peas or corn. You can use fresh, frozen or tinned vegies.</li> <li>• Use leaner cuts of meat such as lamb leg or chicken thigh. Avoid using fatty meats like lamb flaps.</li> </ul> <p>For a healthy sapasui recipe, see page 7</p>
Salads – Seafood, potato	<ul style="list-style-type: none"> <li>• Use reduced fat mayonnaise.</li> <li>• Add vegetables such as tomato, capsicum, lettuce, peas and corn.</li> </ul> <p>For a healthy potato salad recipe, see page 8</p>
Food packs (combos)	<ul style="list-style-type: none"> <li>• Use smaller containers so the portion size is smaller.</li> <li>• Try and have at least half of the container filled with salad.</li> <li>• Use healthy versions of sapasui and curries as provided above.</li> <li>• Don't make the pack too inexpensive because then people might buy more than one each.</li> </ul>
Sweets/Desserts	<ul style="list-style-type: none"> <li>• Consider selling fruit, either whole pieces or diced into fruit salad and put in containers.</li> <li>• If selling panekeke, sell them in portions of one or two, instead of four or five.</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• Encourage people to buy water instead of fizzy drink or juice.</li> <li>• Bring more water to sell than fizzy drink or juice.</li> <li>• Have diet/sugar-free soft drink available.</li> <li>• Sell soft drinks in cans, not bottles.</li> <li>• Offer drinking straws, this will allow people to drink slower.</li> </ul>





### Recipe Information

**Number of Serves:** 6-8

**Preparation Time:** 10mins

**Cooking Time:** 20mins

## Soifua Maloloina Chicken Curry

### Method

1. Remove any skin or fat from the chicken and chop into 1-2cm cubes.
2. Heat oil in a large pan over a medium-high heat. Fry the onion, garlic and ginger for 4-5 minutes, or until soft.
3. Add the curry powder, stock powder and chicken to the pan. Cook for 5-6 minutes, or until the chicken is cooked all the way through.
4. Add the vegetables and mix through. Cook for a further 2-3 minutes.
5. Add the light coconut cream and stir through. Reduce heat and simmer for 10-15 minutes, or until vegetables are cooked. Serve hot with rice.

### Ingredients

2 tsp olive or canola oil  
1 brown onion, diced  
1 tsp minced garlic  
1 tsp minced ginger  
2 tsp curry powder  
2 tsp powdered chicken stock  
750g chicken thigh fillets  
1kg frozen vegetables  
1 x 375mL tin light coconut cream



Step 1



Step 2



Step 3



Step 4



Step 5

### Swap it tips:

- Swap regular coconut cream for fat-reduced varieties, if you only have regular cream try adding water.
- It will cost you about \$25 to buy all of the ingredients to make enough curry and rice to feed 8 people (if you already have oil in the pantry) which is just over \$3 per person. If you already have curry powder, garlic or ginger in the pantry, then it's even cheaper!



## Soifua Maloloina Sapasuey

### Method

1. Soften noodles in cold water for 15 minutes, or until transparent.
2. Chop capsicum, onion and carrot into small pieces.
3. Heat oil in a large pan over a medium-high heat. Fry the onion, garlic and ginger for 4-5 minutes, or until soft.
4. Add meat and allow it to brown before adding the remaining frozen vegetables.
5. After a further 4-5 minutes the vegetables and meat should be almost cooked. Stir through soy sauce and noodles in pan and cook for 1-2 minutes. Serve.

### Recipe Information

**Number of Serves:** 6

**Preparation Time:** 15mins

**Cooking Time:** 15mins

### Ingredients

- 300g vermicelli noodles
- 1 brown onion
- 1 carrot
- 1 red capsicum
- 1 tbsp olive oil
- 1 garlic clove, roughly chopped
- 2 tsp ginger, roughly chopped
- 500g lean meat (chicken, pork or beef), cut into strips
- 500g frozen vegetables
- 2 tbsp dark soy sauce



Step 1



Step 2



Step 3



Step 4



Step 5

### Swap it tips:

- Swap turkey tails (si'u si'u pipi) or mutton flaps (mamoe) for lean meat such beef stir-fry strips or lamb chops with the fat removed
- Fresh, frozen or tinned vegetables can be used in this recipe. Using more vegetables will stretch the meal even further.
- Swap regular soy sauce for salt reduced soy sauce – it still tastes great!





## Soifua Maloloina Potato Salad

### Method

1. Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over high heat. Turn heat to medium and cook potatoes, uncovered, for 5 minutes or until tender when pierced with a skewer. Drain. Transfer to a bowl.
2. Combine 99% fat free mayonnaise, lemon juice and mustard in a small bowl. Pour the dressing over the warm potato (potato will absorb flavour while still warm). Stir gently with a plastic spatula (this prevents potato from breaking up) to coat.
3. Add the celery, peas, corn and capsicum and stir gently to combine. Sprinkle over the spring onions and cover with plastic wrap and set aside to cool.

### Recipe Information

**Number of Serves:** 6-8

**Preparation Time:** 15mins

**Cooking Time:** 20mins

### Ingredients

- 1-1.5kg potatoes, cut into cubes
- 2 celery stalks, finely chopped
- 200g frozen peas and corn, thawed
- 1 large red capsicum, chopped
- 3 spring onions, finely chopped
- 2/3 cup 99% fat free mayonnaise
- 1-2 tsp mustard
- Juice from half a lemon

### Swap it tips:

- You can use any other vegetables – fresh, frozen or tinned.
- Always choose fat-reduced mayonnaise
- Try a combination with boiled egg, tomato and red onion



## Soifua Maloloina Corned Beef

### Method

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4. Place silverside, onion, vinegar/lemon juice, cloves and pepper into a large saucepan and cover with cold water. Bring to the boil over medium-high heat. Turn heat to low and cook uncovered for 1 hour.
5. Add potatoes and carrot and continue cooking for 30 minutes, until vegetables are cooked and the meat is tender.
6. Drain and set the meat aside. Throw away the cloves.

### Recipe Information

**Number of Serves:** 6-8

**Preparation Time:** 15mins

**Cooking Time:** 1.5-2hrs

### Ingredients

- 1.5kg corned silverside
- 1 large brown onion, quartered
- 2 tbs vinegar or lemon juice
- 4-5 cloves
- 1 tsp pepper
- 1kg potatoes, diced
- 2 carrots, chopped

### Swap it tips:

- You can use any other vegetables – fresh, frozen or tinned. Try cabbage or frozen mixed vegies
- Silverside goes great on sandwiches the next day.
- Corned silverside is available at supermarkets. It costs about \$6.00/kg compared to pisupo, which can cost up to \$20/kg.

## Soifua Maloloina BBQ recipes

### Method

1. Cut the chicken into 2cm cubes. In a large bowl, mix chicken, soy sauce, honey, garlic and ginger. Marinate in the fridge for at least 1 hour.
2. Cut onion and capsicums into 2cm squares.
3. Soak bamboo skewers in water for about 20 minutes, this will stop them from burning.
4. Thread the chicken and vegetables onto the skewers, alternating between chicken and vegies (chicken, capsicum, onion, chicken, capsicum, etc.).
5. BBQ for about 5 minutes on each side, or until the chicken is cooked through.

### Healthy Kebabs

#### Ingredients

500g chicken thigh fillets, fat removed  
2 tbs soy sauce  
2 tbs honey  
1tsp crushed garlic  
1tsp crush ginger  
1 onion  
1 red capsicum  
1 green capsicum

### Healthy Burgers

#### Ingredients

1kg lean beef mince  
1 onion, finely diced  
1tsp crushed garlic  
1tsp pepper  
1 egg

### Method

1. In a large bowl, mix together all of the ingredients thoroughly.
2. Using your hands, roll the mixture into small balls and flatten to form patties. Cover and store in the fridge until you are ready to cook.
3. Cook on a medium-hot BBQ for about 5 minutes per side, until cooked all the way through. Serve on wholemeal rolls with lettuce, tomato and cucumber.

