

THE COOK'S CORNER

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Sow the benefits of oats

PORRIDGE (rolled oats) is a filling, comforting breakfast to start the day with.

But, walking through the supermarket, there are so many varieties and types to choose from. So which is best for you?

For a start, all oats provide worthy amounts of carbs, B vitamins, soluble fibre and beta-glucan, which helps lower cholesterol.

Rolled oats are produced by removing the outer husk, then steaming and rolling.

These are a healthy option to choose as cooked, rolled oats are low GI (Glycaemic Index), meaning they keep you feeling fuller for longer.

Rolled oats require around 5 minutes of cooking. As an added bonus, they are also cheap.

Instant or quick cook oats are also cheap and undergo the same preparation method as rolled oats, but they are then chopped finely for a faster cooking time (only 1-2 minutes).

Unfortunately, this also raises the GI (because these oats are quickly digested, as the grains are smaller).

A new player in the Australian oat game is steel-cut oats.

These have the outer layer removed and each grain is cut into pieces, resulting in a stronger, nutty flavour and coarser texture.

These have a similar GI to rolled oats, although they do take much longer (around 20 minutes) to cook.

Comparing the three above varieties, rolled oats tick the most boxes for being low GI, inexpensive and having a reasonable cooking time.

Next week we will take a look at the flavoured and other porridges on the supermarket shelves.

It can be confusing to work out which is the best and healthiest so watch this space and we will remove some of the confusion.

In the meantime, try this easy, tasty porridge recipe with banana and honey for a tasty, healthy start to the day.

You can swap bananas for your fruit of choice, and try substituting the honey with vanilla or cinnamon.

Grab a pizza the new action in Nightcliff



Ploy Boonprawat with a freshly made Seafood Deluxe pizza from the newest kid on the pizza block. Below: preparing the masterpiece

Picture: JUSTIN KENNEDY

NIGHTCLIFF now has its own permanent pizza shop.

NT Pizza Co serves up freshly made traditional Italian-topped pizzas and those with a modern twist.

The takeaway and restaurant has been open for about a month and has proven popular among food fans in the area.

Owner Lachlan McCrea said after three months of renovations on the shop it was great to be open and to have a positive response from the community. "The first two weeks we were open, we had people come back seven or eight times in two weeks," he said. "We are still getting those people coming back over and over again, they just love it."

Mr McCrea said he decided to open up the restaurant be-



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cause he needed a sea change after working in insurance for the last 20 years.

"It's something I've always wanted to do," he said.

He isn't shy around a pizza oven, having worked at an Italian cafe and pizza shop growing up in South Australia.

He said the menu is designed to satisfy anyone's tastebuds — and budget.

"I wanted to try and stick to the traditional Italian-type pizza without being a full-on traditionalist and going down

the crispy cafe wood oven-type thing," he said.

"I still want people to have a decent feed and I want people to have a variety of fresh toppings and so forth. So on my menu you'll see I've staggered different price ranges for different pizzas.

That way, anyone can walk out with a decent feed for \$15, or spend \$28 and get a seafood special."

The menu also offers gluten-free pizza bases, and pizzas including BBQ Chicken, Chilli

Chicken, Chilli Seafood, Garlic Prawn, The Italian, Military, and Feta and Artichoke.

"What we aim to do is offer everything fresh and real, everything is fresh and full of flavour," Mr McCrea said.

He said his favourite was The Italian pizza, which consists of tomato sauce, mozza-

rella cheese, ham, olives, mushroom and salami.

Both the dough and pizza sauce are made fresh daily.

NT Pizza Co is at the Nightcliff Shopping Centre on Dick Ward Drive. It is open seven days a week from 5pm to 10pm, and on Friday, Saturday and Sunday for lunch.



Cinnamon and banana porridge

INGREDIENTS

1 ½ cups (150g) rolled oats
3 cups (750ml) skim milk
3 small just-ripe bananas, thinly sliced
1 tsp ground cinnamon
Sliced banana, extra, to serve
Honey, to serve
Milk, extra, to serve

METHOD

1 Combine the oats, milk, ba-

nana and cinnamon in a medium, heavy-based saucepan over high heat.

2 Bring to the boil. Reduce the heat to low and simmer, stirring constantly, for 5-7 minutes or until oats are tender.

3 Divide among serving bowls. Top with extra banana and drizzle with honey. Serve with milk.

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