

# Q&A

Yvonne Maffei serves up another informative Q&A session this September.

*I want to eat healthier by making more 'green' drinks in the morning, but I'm always in a rush. How can I make this easier for myself?*

A great way to get ahead of the game when it comes to eating healthy is to plan, plan and plan some more. If you have a favourite combination of foods used in your green drinks or other types of smoothies, set up a little bit of time each week or every fortnight to decide what you want for the next couple of weeks and then set about to shop for those ingredients. At home, assemble the ingredient combination for single servings into small freezer bags and label each one according to what's in it and what needs to be added fresh. Arrange neatly in your refrigerator so that you can quickly and easily pull one out each morning with the perfect amount needed to throw into the blender and add what can only be used fresh (i.e. milk, yoghurt, water, etc.). This is also a great way to get everyone else at home to start off each day with a healthy drink, no excuses!



*I've got a leg of lamb that I'm interested in cooking but I'm a little afraid of drying it out. I don't want it to fall apart either. What should I do?*

Any large piece of meat needs to be cooked for a long time; however, in doing that you do run the risk of it drying out and ruining the whole recipe. The best way to tackle this is to begin the cooking process by searing the meat in oil first. You can also add onions, tomatoes and

any preferred spices at this time. Once the meat is browned all over, add some liquid such as water or broth - about 10% of the volume of meat that's already in the pan. In other words, you're not making a soup, but just adding enough liquid to sit at the bottom of the pan and help steam the dish once it's covered. Bring the liquid to a boil, then cover the pot and let it cook on low for a very long time, checking it every once in a while to see whether or not it needs a little more liquid. This will hydrate the

meat, won't let it burn and you can control the amount of liquid by only adding when necessary.

**Do you have any cooking-related questions for Sister Yvonne? Email her on [info@myhalalkitchen.com](mailto:info@myhalalkitchen.com) with 'SISTERS Column Q&A' in the subject line.**