



the

huey

diet

IAIN HEWITSON

Food photography by Greg Elms

Additional photography by George Krawat

A SUEHINES BOOK

ALLEN & UNWIN

This book is dedicated to my darling Ruth, who said that fat was cool but a little less fat would be even cooler.

First published in 2001

Copyright text © Iain Hewitson 2001

Copyright food photography © Greg Elms 2001

Copyright additional photography © George Krawat 2001

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without prior permission in writing from the publisher. The Australian Copyright Act 1968 (the Act) allows a maximum of one chapter or 10% of this book, whichever is the greater, to be photocopied by any educational institution for its educational purposes provided that the educational institution (or body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under the Act.

Allen & Unwin
83 Alexander Street
Crows Nest NSW 2065
Australia
Phone: (61 2) 8425 0100
Fax: (61 2) 9906 2218
Email: info@allenandunwin.com
Web: www.allenandunwin.com

National Library of Australia
Cataloguing-in-Publication entry:

Hewitson, Iain.
The huey diet.

Includes index.
ISBN 1 86508 559 6.

1. Cookery. 2. Reducing diets. I. Elms, Greg. II. Title.

641.563

Designed by Andrew Cunningham – Studio Pazzo
Food photography by Greg Elms
Additional photography by George Krawat
Food styling by Virginia Dowzer
Edited by Madonna Duffy
Index by Fay Donlevy

Typeset by Pauline Haas
Printed in China by Everbest

10 9 8 7 6 5 4 3 2 1

The author and publisher thank La Vaisselle Blanche for their generous loan of the white plates used in the food photography.



CONTENTS

TWO FAT LADDIES ix

THE DIET ITSELF 1

SETTING UP THE DAY 7

A LIGHT MEAL 33

A BOWL OF SOUP 65

THE MAIN MEAL 103

SEAFOOD 104

CHICKEN 160

RED MEAT 194

PORK 242

AROUND THE WORLD

WITH VEGIES 259

PASTA 297

A LOAF OF BREAD 315

STOCKS 329

CONVERSION TABLES 336

INDEX 337

There is no reason
to eat badly just
because you're
on a diet.





The Two Fat Laddies

First of all, let us face facts. I am, and always have been, a big man. But, then again, there is big and then there is BIG. And sitting at the Tolarno Bar in Melbourne one dreary night in November 1999, my mate Les Twentyman (another rather large fellow) and I looked at each other's ever-expanding waistlines and decided that a diet was long overdue.

Les, in case you don't know, is a renowned Melbourne youth worker who works with street kids. And that night he had also been discussing his 'Back to School' program which provides needy kids with books, etc., enabling them to return to the classroom. So it seemed rather logical (admittedly after one or two) that we should combine both and go on a diet and at the same time raise money for Les' pet project.

Of course, at that time of the night, it seemed like a great idea but, interestingly, in the cold hard light of the day it still seemed not too bad. (Although, it was noticeable that the fellow Tolarno Bar inhabitants who were all offering heaps of sponsorship had by then gone rather cold on the idea.) But we were still enthused and after a few phone calls it seemed that our diet was a viable option, with a real prospect of raising money for the project.

So, on New Year's Day 2000, we began. And for the next three months we ran past takeaways with eyes averted (well, waddled anyway), cut back on our consumption of alcoholic beverages and started doing silly things like pulling the skin off KFC (Les, not me) and not picking at every bread, petit four and cake that came out of the Tolarno ovens (me, not Les).

With such amazing willpower, how could it not work? And, after the three months, Les and I had lost 20 kg each and, thanks to the people at DESA, Bi-Lo, TTFM and a number of other generous friends, we had raised almost \$50,000.

Since then both of us have continued dieting because, let's be honest, we have not only felt a lot better, but we've had our egos constantly massaged by compliments. (God, we must have looked awful before.) Also, as an extra bonus, the diet in conjunction with exercise meant that Les could run as an Olympic torch bearer – a fact which amazed his honorary fitness trainer, Doug Hawkins, who had at one stage announced that the Olympics may have to be put off until 2001 because of Les' inability to make the distance.

And, just to set the record straight, at last count Les and I had both lost almost 30 kg each which, to my mind, is probably enough.

“ The two biggest
sellers in any
bookstore are the
cookbooks and the
diet books. The
cookbooks tell you
how to prepare the
food and the diet
books tell you how
not to eat any of it.”

Andy Rooney

THE DIET ITSELF

Like most fatties, I have tried most diets known to man (or woman). But in almost every case the weight soon reappeared and, in most cases, with interest to boot. So this time I decided to look more to healthy eating than to starvation. And, instead of just cutting out every single thing I liked, I began by looking very carefully at my eating patterns. And, like most chefs, I ate badly. Rarely did I (except when dining out) sit down to a meal. Instead, I mostly ate 'on the run', picking throughout the day from whatever was both tasty and within reach. Also, if I did eat a major meal, it was at the worst time – late at night and just before I went to bed. While, last but not least, little thought was paid to the overall composition of the day's food with me eating whatever I felt like, whenever I felt like it.

So it was pretty obvious that, if I was not to lose face by not actually taking off any weight, some pretty drastic measures were needed.

First of all, I began eating three meals a day and going to the trouble of actually preparing those meals and then sitting down and enjoying same. Next I looked carefully at the balance of my eating and began following the formula of about one third meat, poultry and seafood to two thirds fruit and vegies. And, above all, I began watching the composition of those meals, keeping an eye on things such as excessive fats, etc.

I would love to say it was a breeze. But it is never easy to change one's eating patterns dramatically. But within a very short period I felt better, looked better (if that doesn't sound too big headed) and, most importantly, I was still eating food with flavour and taste. Sure it would be nice to also say that I never fell off the wagon, but the next day I returned to my diet regime, without guilt, and have succeeded in not only losing a decent amount of weight but keeping it off, which can be the most difficult part.

May I also just mention, for your information, that this diet is not an immovable object. Keeping in mind my guidelines, you can vary and experiment with recipes to any degree you like. Just remember that a big knob of butter, a generous slurp of cream or a cup of olive oil is not quite in the spirit of the Huey Diet – even if you do feel that it improves the original recipe.

Breakfast

Three or 4 days a week, a glass of fresh fruit or vegetable juice along with fresh or stewed fruit (without sugar) served either 'au natural' or with a good dollop of low-fat yoghurt. And on the other days, to ensure boredom (the avowed enemy of any diet) is kept away, you can choose from any of my suggested morning dishes (see Setting Up the Day), which are guaranteed to excite even the most jaded of palates.

The Main Meal of the Day

This meal can be served either at lunch or dinnertime – whichever suits. But, most importantly, because this is the day's prime focus, do serve a decent-sized portion. And just to get the taste buds working see page 104 and keep in mind that, in most cases, a slice of fresh or toasted bread can be served alongside. (Although you can forget any ideas of smothering it with butter, margarine or olive oil.)

A Light Meal

This could be a bowl of soup, stirfried or steamed vegies with rice, or even a simple (yet interesting) salad. Aim to do this 3 or 4 days a week. But, once again, to keep boredom at bay for the other days, I have suggested a number of exciting options (see page 34).

Snacks

Try batons (sticks) of celery and carrot, chunks of cucumber, wedges of the best tomatoes, well-washed baby radishes, baby spring (green) onions, topped and tailed green beans and snowpeas, etc. Prepare small quantities of any of these daily and keep them in the fridge.

No-Nos

Junk food/deep fried food/butter/fat on meat/soft drinks/desserts/sweets/cream/beer/excessive oil/indiscriminate snacking and, sadly, too much wine or cheese.

Treats

A very small amount of your pet fancy, but only once a week. For me this is, on most occasions, 1 or 2 Godiva chocolates (my very favourite).

Dining Out

As you know, this diet is about sensible, healthy eating rather than about cutting out every enjoyable foodstuff known to man.

So, eating out is not a no-no, but a little care needs to be taken. First of all, don't polish off the bread basket the minute it arrives at the table. And, secondly, while almost any restaurant can whip up something low in fat at the drop of a hat, with a little advance notice a chef will always go to a lot more trouble and something spectacular could eventuate. So, a phone call before wouldn't go amiss.

However, in either case, don't expect the restaurant to come to a stop in the middle of a busy night and either change the whole menu just for you or even explain the fat and sugar content of each and every dish.

Takeaway

While fat-filled junk, such as burgers, pizzas, souvlakis, fish and chips, and the like are unacceptable, there are some takeaways which are fine. Stick to the Asian establishments, keep it simple (steamed or stirfried) and keep away from the heavier sauces, deep fryers and excessive coconut milk or cream.

Sweets & Desserts

As mentioned before, in the Huey Diet, these are a definite no-no. But a piece or two of fresh, ripe fruit is, to me, a far healthier and more acceptable alternative.

Recipe Portions

Because dieting is such a personal thing, except for soups and breads, in most cases, I have created the recipes for only one or two (one portion for today and one for tomorrow or the next day). But as you will soon see, this is not normal, boring diet food and, who knows, as long as you don't tell the family that it's healthy, maybe they'll want to join in too. In that case, just multiply the quantity to suit yourself, keeping in mind that in a number of cases spices and strong flavours such as soy and chilli should not be multiplied the same number of times (i.e for 4 portions in most cases you would only multiply the spices and strong seasonings by 3).

Balance

I have left this up to you, but don't get overly excited and, for example, start your day with Boston Baked Beans, follow it with Peppered Steak in Red Wine and then Salt-Baked Potatoes in a Claypot with Snowpeas and a Spring Onion Yoghurt. Instead, to get you into the swing of things, here are a few suggestions.



SAMPLE MENU

BREAKFAST

LIGHT MEAL

MAIN MEAL

MON	mango & muesli crunch	the perfect crispy, crunchy boiled vegies with rice	poached fillet of beef on a string
TUE	smoked salmon on sourdough with baby spinach & a poached egg	poached leeks with capers & boiled egg dressing	Moroccan chicken rouge
WED	fresh fruit	Asian sweetcorn soup	poached John Dory with a light vegetable sauce
THUR	toasted oats with soy milk, honey & bananas	a simple warm salad with a Dijon mustard dressing	roast rump of lamb with chilli & garlic on a cauliflower purée
FRI	vanilla yoghurt with fresh berries	steamed vegetable spring rolls	fresh tuna niçoise
SAT	warm plums with orange sauce	stirfried spinach with garlic & sesame seeds with rice	grilled pita bread stuffed with smoked chicken & cucumber pickles
(a good day for some vegie magic) SUN	fresh vegie heart starter	roasted winter vegies with balsamic & thyme	vegetarian 'cottage' pie



SETTING UP THE DAY

This is about the most important meal of the day. Unfortunately, in past years, it was also most probably the meal that began the day's downward spiral. Because a non-fattening breakfast was something that was pretty foreign to most Aussies. Brought up on plates overflowing with the traditional 'fry up', the idea of a bowl of muesli, some fresh or poached fruit or even a low-fat power drink has been pretty foreign territory.

Thankfully all that has changed and even 'real' men and women now realise that such food is not purely for wusses and is, instead, a far healthier and smarter way to start the day.

But just one word of warning – don't be tempted to miss this meal out. In the interest of that all important balanced diet, this is, as I mentioned before, about the most important meal of the day. And, remember, stick to that fresh or simple poached fruit regime 3 or 4 days a week.

BIRCHER MUESLI

MANGO & MUESLI CRUNCH

BAKED STONE FRUIT

PASSIONFRUIT, BANANA & COTTAGE CHEESE PIKELETS

TOASTED OATS WITH SOY MILK, HONEY & BANANAS

SMOKED SALMON ON SOURDOUGH WITH BABY SPINACH & A POACHED EGG

CHIVE SCRAMBLED EGGS WITH SMOKED SALMON

CITRUS YOGHURT WITH BLUEBERRIES & DRIED APRICOTS

VANILLA YOGHURT WITH FRESH BERRIES

POACHED EGG WITH PESTO TOAST & GRILLED TOMATO

FRESH FRUIT WITH RICOTTA & PASSIONFRUIT SAUCE

GRANOLA PARFAIT

WARM PLUMS WITH ORANGE SAUCE

CRUNCHY GRANOLA

EGG ON A PLATE

RISOTTO OF DRIED FRUITS & ORANGE

PEACHES IN A VANILLA & CINNAMON SYRUP

BOSTON VEGETARIAN BAKED BEANS

POTATO PANCAKE WITH A GRILLED FIELD MUSHROOM & TOMATO

FRESH VEGIE HEART STARTER

TROPICAL FRUIT SMOOTHIE

A FRUITY YOGHURT DRINK

A LO-CAL MILKSHAKE

ENERGISER DRINK

SPICY VIRGIN MARY

Bircher Muesli

FOR 2

100 g rolled oats
75 ml water
50 ml unsweetened apple juice

Combine and soak overnight.

1 Granny Smith apple, peeled,
cored & grated
a good squeeze of lemon juice

Combine and mix in.

$\frac{1}{4}$ – $\frac{1}{2}$ small mango, diced
 $\frac{1}{4}$ small banana, diced
1 passionfruit, pulped

Mix in.

low-fat yoghurt
honey

Add, to taste, and put in a bowl or glass.

fresh berries

Sprinkle over the top.

Bircher Muesli was created by Dr Bircher Benner to combat the high protein diets of his richer patients. Unfortunately his claims that grains, nuts, fruit and vegies were an important part of a balanced diet went unheeded and he was struck off the medical register in 1900 because of such views.

Mango & Muesli Crunch

FOR 1

1 medium banana, peeled & sliced
1 medium mango, peeled & cubed
1/2 cup low-fat yoghurt
1/2 tbsp honey
a squeeze of lemon juice

Whiz up half the banana and half the mango with the yoghurt, honey and lemon juice.

toasted muesli

In a tall glass, layer the yoghurt mix, the muesli and the remaining fresh banana and mango, finishing with the yoghurt mix.

You can change the fruit to suit the season and/or your taste.

Baked Stone Fruit

FOR 1

1 ripe plum
1 ripe peach
1–2 ripe apricots
1 ripe nectarine

Preheat oven to 180°C.

Wash, halve and stone the fruit, leaving skin on. (Use a teaspoon to remove stone.) Put fruit, cut side up, in a baking dish.

1 tbsp honey, melted
a good squeeze of orange juice
1/2 vanilla bean

Sprinkle fruit with honey and orange juice and add vanilla bean. Cook for 45 mins, adding more orange juice as necessary and occasionally basting.

low-fat yoghurt

Serve warm or cold with a dollop of yoghurt.

Passionfruit, Banana & Cottage Cheese Pikelets

FOR 2

1/2 cup flour
1/2 tspn baking powder
a pinch of baking soda
1/2 tbsp sugar

Put in a bowl and mix well.

1 small egg yolk
80 ml low-fat milk
1 tbsp melted butter
2 tbsp low-fat cottage cheese

Combine, make a well in the centre of above and mix in with a wooden spoon.

1 egg white

Whisk in a clean bowl until soft peaks form. Then gently fold into batter.

1/2 small banana, thinly sliced
1 large passionfruit, pulped

Mix in gently.

canola oil spray

Heat a non-stick pan a little and spray with oil. Add a tablespoon of batter for each pikelet and cook over a moderate heat until bubbles form. Turn over and cook until golden.

low-fat yoghurt
passionfruit pulp

Serve with a dollop of yoghurt, passionfruit pulp and some sliced fruit if you like.

There are really only 3 rules for
the Huey Diet:

1. Sit down at the table
2. Turn off the TV
3. Eat slowly

“ Which contemptible
scoundrel stole
the cork from my
breakfast? ”

W.C.Fields

Toasted Oats with Soy Milk, Honey & Bananas

FOR 2

ARNI SLEEMAN – chef/restaurateur, Melbourne

Arni, who was until recently the chef/proprietor of Punch Lane restaurant in Melbourne, served his apprenticeship with me at Fleurie. Most of the time we got on rather well, except for the day he turned up with bright yellow and blue hair. Fortunately, for him, he agreed to change his hair colour to something a little more presentable, which may have had something to do with my offer of a head shave with my largest kitchen knife.

140 g organic porridge oats

Place in a saucepan and cook, stirring continually over a low heat for about 2 mins, to toast lightly. It will give off a lovely toasty aroma when ready. Put in a bowl and allow to cool.

250 ml cold water

2 pinches of salt

50 ml apple juice

250 ml soy milk

Add water, salt and apple juice to the oats and return to pan. Bring to the boil and then add soy milk and cook gently for 5 mins.

liquid honey

sliced bananas

Add honey to taste, along with sliced bananas. Mix well.

Smoked Salmon on Sourdough with Baby Spinach & a Poached Egg

FOR 1

a splash of white vinegar
1 large free-range egg

Bring a deep pan of water to a simmer. Add vinegar, break egg into a cup, swirl water with a spoon and float egg into liquid. Poach until just set and then drain well.

1 thick slice sourdough or country-style bread
2-3 slices Tasmanian smoked salmon
4-6 baby spinach leaves, washed & dried

While egg is cooking, toast bread and then top with salmon, spinach and egg.

Another even simpler way to poach an egg – bring the pan of water and vinegar to a simmer, float in the egg, simmer for exactly 1 min, cover, turn off heat and leave for exactly 10 mins. Don't worry, as well as being perfectly cooked, it will still be hot.

- [read *Civilizing the Museum: The Collected Writings of Elaine Heumann Gurian*](#)
- [download *Blood Medicine: Blowing the Whistle on One of the Deadliest Prescription Drugs Ever*](#)
- [click *A Tale of Two Cities \(Wordsworth Classics\)* pdf](#)
- [The Bellmaker \(Redwall, Book 7\) here](#)
- [download Jos Saramago en sus palabras book](#)
- [read *Booky Wook 2: This Time It's Personal* pdf, azw \(kindle\)](#)

- <http://hasanetmekci.com/ebooks/Civilizing-the-Museum--The-Collected-Writings-of-Elaine-Heumann-Gurian.pdf>
- <http://unpluggedtv.com/lib/Blood-Medicine--Blowing-the-Whistle-on-One-of-the-Deadliest-Prescription-Drugs-Ever.pdf>
- <http://www.gateaerospaceforum.com/?library/52-Weekend-Decorating-Projects--A-Guide-to-Adding-Personal-Style-to-Your-Home.pdf>
- <http://www.uverp.it/library/Kingdom-Come--The-Final-Victory--Left-Behind--Book-16-.pdf>
- <http://www.rap-wallpapers.com/?library/Fundamentals-of-Sustainable-Neighbourhoods.pdf>
- <http://hasanetmekci.com/ebooks/Land-Matters--Landscape-Photography--Culture-and-Identity--International-Library-of-Cultural-Studies-.pdf>