

## **Eating for Shearing**

*Shearing is high intensity work and the demands of shearing increase your energy and fluid requirements. The following are a few simple tips to get the best out of yourself when you are shearing.*

Drink plenty of water. If you can't have a bottle on hand to drink from while you are working, make sure you have a decent drink on your breaks (3-4 glasses of water). During summer, when it is hotter and you are sweating more, you may find drinking a sports drink, such as Gatorade or Powerade, quenches your thirst more effectively.

Ideally, have small, frequent meals while you are working. Have a decent breakfast, then the three smaller meals (morning tea, lunch, afternoon tea), then dinner.

Eat simple foods that are easier to digest, such as breads, cakes, scones, pasta, rice, fruit and dry biscuits.

Make sure you eat plenty of energy foods in the days leading up to shearing – including rice, pasta, breads, cereals, fruit, vegetables and meat, and drink plenty of water for two days before hand.

Try to avoid alcohol in the few days before shearing as it will decrease your body's water stores.

If you do start to feel tired while working, keep a handful of jelly beans or lollies in your pocket as a pick up; then have a decent snack on your next break.

Don't overeat – overeating will slow your body down and make digestion harder, causing stomach cramps and nausea. Three smaller snacks are best.

Avoid eating high fat foods while you are working. These foods sit in your stomach for longer, increasing the time it takes for your body to get the energy from the food.

### **Good Foods for Shearing:**

#### **The day before -**

Breakfast cereal

Bread

Muffins

Rice

Pasta

Fruit

Dry Biscuits

Potato

Sandwiches

Vegetables

Meat (not too much i.e. two rissoles)

Crumpets

Raisin Toast

Muesli

Scones

**On the day -**

Low fat scones with jam or honey

Bananas

Bread

Pasta

Rice

Raisin Toast

Muffins

Muesli Bars

Fruit Juice

Cordial

Small handful lollies

# Recipes for Shearers

## Banana & Raisin Muffins

(Makes 12)

### **Ingredients**

2 cups self raising flour  
2 tsp baking powder  
1 tsp bicarbonate of soda  
½ cup oat bran  
1 cup apple sauce  
1 egg lightly beaten  
½ cup skim milk  
1/3 cup maple syrup  
1 cup mashed banana  
½ cup raisins  
1 tbsp canola oil

### **Method**

Preheat oven to moderate (180 degrees Celsius).

Prepare a 12-hole muffin tin with muffin papers.

Sift flour, baking powder and soda in a medium bowl. Stir through oat bran. Make well in centre.

Using a large table fork, stir in combined apple sauce, oil, egg, skim milk, maple syrup, banana and raisins until the mixture is just combined.

Spoon mixture into prepared tin, bake 25-30 minutes until golden brown and cooked through (use the toothpick test).

Stand 15 minutes before turning muffins onto wire rack to cool.

## **Pumpkin Scones**

(Makes 16)

### **Ingredients**

1 tbsp margarine  
½ cup sugar  
1 tbsp hot water  
1 egg  
1 cold sieved pumpkin  
1 cup wholemeal self raising flour  
1 cup self raising flour

### **Method**

Preheat oven to 180 degrees Celsius.

Blend margarine and sugar with hot water.  
Beat in egg, pumpkin. Stir in flour and mix until no dry areas are left.

Using two spoons drop mixture onto a greased biscuit tray.

Bake in moderate oven for 10 to 12 minutes.

### **Microwave Directions**

Prepare as directed but place 4 at a time on paper towel on a microwave dish at least 1 cm apart.

Bake on High for 1 ½ to 2 minutes or until dry and puffy, rotate every 30 seconds.

Remove and cool on wire rack.

## **Spaghetti Bolognese**

(Serves 4)

### **Ingredients**

500g lean mince  
1 onion, finely chopped  
1 tsp garlic  
¼ tomato paste  
400g can tomatoes  
1 tsp sugar  
250g spaghetti

### **Method**

Lightly spray a large deep frying pan with cooking spray and heat on high. Fry onion and garlic for 1-2 minutes.

Add mince stirring constantly until well browned. Note: mince should be well cooked until no longer pink.

Stir in remaining ingredients except spaghetti. When boiling reduce to low heat, cover and simmer (cooking gently at a level where tin bubbles rise to the surface) for 20m minutes, stir occasionally.

Meanwhile cook spaghetti according to packet directions. Drain.

Divide cooked spaghetti between four plats and top with sauce.

## **Chicken & Spinach Risotto**

(Serves 4)

### **Ingredients**

1 onion, finely chopped  
2 cloves garlic, crushed  
6 cups of boiling chicken stock, salt reduced  
2 cups Arborio rice  
1 bunch of English spinach, washed, trimmed and chopped  
2 cups chopped cooked chicken  
1 tbsp grated parmesan cheese  
1 tsp cumin

### **Method**

Combine onion, garlic, cumin and a little stock in a large pan. Cook until onion and garlic are soft. Add rice, stir well

Add a cup of stock at a time, stirring constantly until the rice is cooked and creamy. This will take about 15-20 minutes. Halfway through cooking, add the spinach.

Fold in cooked chicken. Cook until heated through. Serve in bowls, sprinkled with parmesan cheese.

## **Danish Apple Pudding**

(Serves 4)

### **Ingredients**

1 can (400g) bakers apples  
50g castor sugar  
50g butter low fat  
1 tsp vanilla essence  
50g almond meal  
1 medium egg, well beaten

### **Method**

Preheat the oven to 180 degrees Celsius. Lightly spray a casserole dish with cooking spray.

Drain the apples and spread them evenly over the bottom of the dish.

Beat the butter, sugar and vanilla until light and creamy with mixer.  
Add the almond meal and beat until well combined. Gently spoon the pudding mixture over the apples.

Place the pudding in the oven for approximately 30 minutes or until light golden and cooked when tested.

Serve hot with low fat ice-cream or sweetened natural yoghurt.