

Delibones Barkery

HEALTHY DOG TREATS

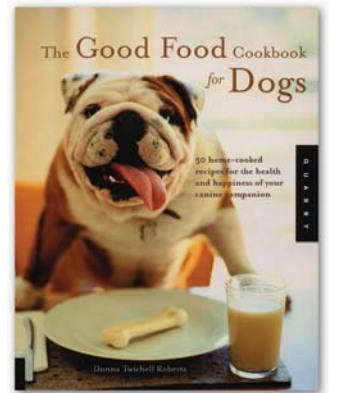


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Cuisine de Critters



"The Good Food Cookbook for Dogs" by Donna Twichell Roberts

By Phil Tripp (Pet Chef)

In our constant research into pet nutrition and fun treats for pets, we keep coming across new books that emulate human cookbooks but with a twist—they're for pets. If you love to cook and you love dogs, you soon find yourself combining the two loves and a new book has come our way with recipes that have even tempted me to try a few dishes.

"The Good Food Cookbook for Dogs" by Donna Twichell Roberts features 50 home cooked recipes for the health and happiness of your canine companion. Published by Quarry Publishing and distributed by Tower Books, it's a pricey \$34.95 but full colour glossy throughout and packed with fun recipes, funny commentary and gorgeous photography.

Donna started out fifteen years ago with a recipe for 'dog stew' that had come from a vet and this has evolved into a variety of soups that she cooks up and outlines which are suitable for freezing. She wisely starts with nutritional guidelines including what and how much to feed, which is dependent of course on size, age, weight and activity level. She also addresses special needs diets including allergies and a tummy upset dish.

From stews and casseroles, Donna invented gravies and sauces, created savoury snacks and even sweet treats. She has party and holiday food and of course, ethnic specialties like potato latkes for Jewish princesses and Weinerschnitzel for German princes. But these recipes aren't going to

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compete with a high quality commercial dog food diet nor replace the excellent range of doggie treats that are available from animal artisans locally. They're more a fun break to share with your favourite dog and maybe stayover company, the occasional different treat and something to share, particularly if you, like our extended family, has fur and feather guests and their companions for the holidays.

The festive season is fast approaching so we thought we would include a recipe that you can enjoy with your dogs and dog walk mates. This is a delicious and easy recipe for Gingerbread cookies that you can make up for friends and family as a gift giving idea. It's been in Lisa's family for years and is always a favourite for Christmas time. For many years Lisa madly set about finding the right cookie cutters and decoration ideas. She loves old fashioned, fat Gingerbread Men with happy smiles and the smell of them cooking fills the kitchen with a delicious, spicy aroma.

Finding good quality cookie cutter shapes at your local homeware store can prove to be quite a mission, especially animal or dog bone shapes. We've found an excellent selection at the Essential Ingredient which is on Parramatta Road in Camperdown. They have cutters in the shape of bones, chickens, cats, cows and the ubiquitous Gingerbread man.

Because the consistency of the dough changes through re-rolling, it's best to roll it just once, cut out your cookies and cook them. But that leaves you with excess dough and to me this seemed like a waste. So we had a little brain wave one year and decided that my friends' dogs wouldn't care about the change in consistency. So we re-roll the dough and have a cookie cutter shaped like an angel-after all dogs are our four-footed angels. In the week leading up to Christmas we deliver little bags of dog cookies to dog walking friends. It's an economic and sweet gift that I'm sure will be well received by all your friends-human and doggy.

Gingerbread Cookies

Ingredients:

- 1/4 cup golden syrup
- 1/4 cup sugar
- 3 Tablespoons butter
- 1 Tablespoon milk
- 2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon powdered clove
- 1/2 teaspoon ginger

Method:

In a medium pot, heat the golden syrup to boiling point then add sugar, butter and milk and mix thoroughly. Sift all dry ingredients and add the sifted mix into the pot and mix all ingredients well until it forms a dough-like consistency. Wrap the dough in plastic wrap and chill in the fridge until it's firm.

Heat oven to 190°C

On a lightly floured surface, roll the dough out to about 1/2 cm in thickness. Cut cookie shapes and carefully place on baking tray. Bake for approximately eight (8) minutes and allow cookies to cool before decorating.

Now on to our three treats for pussies, pups and psitticines...

Fabulous Fishy Dinner

This is a fresh and delicious recipe for the kitty in your life. Take a trip to your local fish shop or, our favourite, the Sydney Fishmarket and pick up dinner for yourself and your puss.

Ingredients:

- 5 fillets of fresh sardines or small whiting
- 2 Tablespoons parsley, chopped
- Water (see method)
- 1 Tablespoon butter or margarine
- 1 Tablespoon flour
- 1/2 cup milk
- 1/4 cup grated cheddar cheese
- 2 Tablespoons chopped liver
- 1/2 teaspoon salt
- 2/3 cup cooked rice

Method:

Place fish in a small, greased baking dish. Sprinkle with the parsley. Add enough water to just cover the bottom of the dish. Bake in a preheated 230°C oven for 10 minutes. Cool then and shred with a fork.

Melt margarine in a small saucepan. Stir in flour and heat until bubbly. Gradually stir in milk and cook, stirring constantly, until mixture thickens. Remove from heat and add cheese, liver, and salt, stirring until cheese has melted.

Add the flaked fish and rice to cheese sauce and stir well. Cool then store in an airtight container in the refrigerator.

Thrilling Tortillas

A nutritious treat that's quick to make and also fun for your feathered friend to shred.

Ingredients:

- 3 or 4 small corn or flour tortillas
- 1 jar chunky green and or yellow baby food (organic brands can be found in your Supermarket)
- 1 small carrot finely chopped
- grated cheese (can use tasty or cheddar) but only a small amount

Method:

Place each tortilla flat in frying pan over medium heat. Mix baby food and carrots. Spread cheese over heated tortillas so that it melts. Spoon veggie mixture on top and roll up tortillas. Cut into small (about 2 cms) pieces after tortillas are cool. Freeze in daily portions in zip lock bags.

Hot Tip! Birds love hot peppers and fiery spicy sauces so you can use them as a bird salsa on these treats. Birds do not feel the heat of peppers due to no pain receptors for capsaicin on their tongues, but they do smell and taste the flavour!

The Pupsicle

And since we're heading into the warmer months we thought we would include this icy delight to cool down hot dogs. This was sent into us from one of our readers, John Brustolin from Callicoma Kelpies. Every dog has its day and for those dog day afternoons where it's hot, hot, hot, best to cool down with an icy treat that's healthy and soothing.

Ingredients:

- 32 oz Vanilla flavoured low fat yoghurt
- 1 ripe banana, mashed
- 1 Tablespoons honey
- 1 Tablespoons peanut butter

Method:

Put all ingredients into a blender and blend thoroughly. Pour into ice-cube tray and freeze. Serve up on a hot day

*"It's better to feed one cat than many mice."
- Norwegian Proverb*

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