

# Food skills

## Pisupo/canned corned beef

Pisupo or canned corned beef is a favourite with many Pacific families, but it contains a lot of unhealthy fat (saturated) and salt, that can damage our hearts. The good news is that with a little preparation, the pisupo can be made into a delicious heart-healthy recipe that the whole family will enjoy.

### How to drain the fat from pisupo

When using canned corned beef, it is a good idea to get into the habit of draining the fat before you use it in your cooking. You can try either of these methods.

#### Oven method



1 Open can and heat oven to high (180°C).



2 Place opened can on a tray and leave for 15 minutes.



3 Drain off the fat and throw away.

**Tip:** If you put the warm, runny fat down the sink, it can harden and block the pipes which can be bad for the plumbing. To prevent any damage to the pipes (and expensive repairs) let the drained fat cool and harden then scrape it into the rubbish bin.

#### Microwave method



1 Open can and empty into microwave bowl.



2 Microwave for 3 minutes or until fat melted.



3 Drain off the fat and throw away.



Before and after

One quarter of a cup (60g) of fat can be drained from a 450g can of corned beef. This reduces the fat content of corned beef by more than 50%.





# Pisupo

(serves 6)

## Ingredients

1x340g can **corned beef**

1x400g can **chopped tomatoes**

1 **onion**, chopped

1 clove **garlic**, crushed

1 tsp grated **ginger**

3 cups **mixed vegetables** (fresh or frozen)

3 cups **finely chopped cabbage**

If you don't have fresh ginger or garlic, you can swap for crushed jar varieties.

## Method



Drain the fat from the canned corned beef as shown on previous page.



Place tomatoes in a large pot and add garlic, onion and ginger. Cook on a medium heat for 5 mins.



Add mixed vegetables, stirring occasionally.



When vegetables are heated through, add drained corned beef and chopped cabbage. Cook for 5-10 minutes on medium heat until cabbage is cooked.

**Serving suggestion:** serve with brown rice, green banana or taro.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)