

Real Food for Cats and Dogs

These recipes were created by Julia Geljon and published in New Zealand Growing Today, August 1997, who own the copyright. I have not been able to find a version published on the internet but if someone can advise me of the correct URL I will replace this file with the link.

My dog loves the dog loaf and prefers it to commercially made food. I have made the cat loaf with tuna and fresh fish and my cats gobbled both versions. I have also made it with chicken livers but that was rejected by my cats so ended up with the dog as well. I agree with Julia that dogs do not smell so "doggy" if they are eating the home-made loaf as their main food.

The point of these loaves is that they shouldn't be any hassle. Use whatever vegetables or meat you have on hand plus any leftovers.

Tiko's Cat Loaf

- 1 litre of water
- 1 cup brown rice
- 1 potato chopped
- 1 cup chopped pumpkin
- 1 clove of garlic, finely chopped
- 1 cup of oatmeal
- 1 egg
- 1/2 cup pasta
- 1 to 1 & half cups of flour
- 2 leaves of silverbeet
- 1 comfrey leaf
- 2-3 sprigs fennel or dill
- 1 tin of tuna (about 400gm)
- 1/2 tsp salt
- 1/2 tsp kelp
- 2 tbsp of oil

Place the rice in the water in a large saucepan, boil for 10-15 minutes

Meanwhile, coarsely chop all vegetables, leaving the skin on where possible. Add the vegetables, garlic, kelp, salt and pasta to the rice.

Cook for a further 10mins.

Take the pot off the heat and leave to cool for 10-15mins. Now add the tuna, oatmeal, chopped herbs, 1 cup of flour, oil and the egg. Mix it all together.

Add more flour if needed to form a fairly solid mixture (it will hold together better once cooked if not too sloppy to begin with)

Spoon into an oiled and floured loaf tin.

Bake for approximately 1 hour at 180C or until done.

Remove from the oven, leave for 5 minutes then turn out. Return to oven for 5-10mins until firm.

NOTE - you can substitute the tuna with 400gm fresh fish, beef mince or liver if your cat likes.

Ellie's Dog Loaf

- 2 litres of water
- 500gm brown rice
- 2 large potatoes
- 2 large carrots
- 500gm pumpkin
- 1 large onion
- 2-3 cloves of garlic
- 6-8 leaves of silverbeet or cabbage
- 250gm pasta (preferably wholemeal)
- 2 cups of rolled oats
- 2 cups wholemeal flour
- 3 eggs
- 500gm beef mince or liver
- 1tsp kelp or 1/2 tsp salt
- 1 comfrey leaf
- handful of fresh herbs (parsley, sorrel, fennel or chives etc), chopped

Place the rice in the water in a large saucepan, boil for 10-15 minutes

Meanwhile, coarsely chop all vegetables, leaving the skin on where possible. Add the vegetables, garlic, kelp, salt and pasta to the rice.

Cook for a further 10mins.

Take the pot off the heat and leave to cool for 10-15mins. Now add the mince, rolled oats, chopped herbs, flour and eggs. Mix it all together.

Add more flour if needed to form a fairly solid mixture (it will hold together better once cooked if not too sloppy to begin with and moist vegetables will need more flour)

Spoon into oiled and floured loaf tins.

Bake for approximately 1 hour at 180C or until done.

Remove from the oven, leave for 5 minutes then turn out. Return to oven for 5-10mins until firm.

USA conversions

1 litre is about 4 US cups, 400gm is about 14oz, 500gm is about 17oz and 180C is about 350F

see www.metric-conversions.org for more accurate conversions if you wish.