



Collingwood Youth Space



Spicy Cooking Program

Our Favourite Recipes Cookbook!



Acknowledgements

North Yarra Community Health would like to thank the organisations that have contributed to the Spicy Cooking Program:

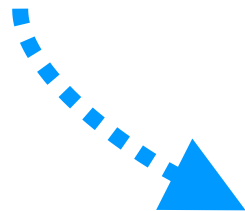
- City of Yarra, Yarra Youth Services
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We have been fortunate to have skilled workers supporting the young people's participation in the program and we thank them for their commitment. Also, the many people who have visited Spicy Cooking to add their experience, skills and knowledge to our discussions and cooking.

We thank the young people who have worked together to produce some fantastic meals and especially those who have shared their recipes with us —some of which are in this book.

We also thank the young people for their ideas and feedback about this book. On behalf of the Spicy Cooking participants, we hope that you enjoy cooking our favourite recipes and know that you will enjoy eating the Spicy Cooking meals.

*Thanks to all the young
people of the Spicy Cooking
Crew!*



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SOUPS

Chicken Noodle Soup

Serves 8 to 10 people
Preparation time 15 minutes
Cooking time 30 minutes

Ingredients

1 kg chicken breasts (or 1 barbequed chicken)
1.5 litre chicken stock
1.5 litre water
2 x 440 g packet Singapore noodles
½ spring onion, chopped
1 tablespoon soy sauce
2 x 420 g tins corn

Equipment

Knife
Red chopping board (for chicken)
White chopping board (for vegetables)
Large pot with lid
Measuring spoons
Wooden spoon
Measuring jug
Ladle for serving

Method

Heat stock. Place stock and water in large pot. Cover with lid and place on high heat on stove to bring to a rolling boil.

Cook chicken. Carefully add whole chicken breasts to boiling stock. Lightly boil for 10 minutes. Use tongs to remove chicken from pot and set aside in a bowl to cool for 5 to 10 minutes.

Add noodles. Rinse noodles in colander under hot water. Break up noodles and add to stock.

Add chicken back to stock. After chicken has cooled slightly, break into shreds with clean hands. If still too hot, you can just slice chicken with a knife.

Stir through soy sauce and vegetables. Rinse and finely slice spring onion and drain tinned corn. Measure 1 tablespoon soy sauce into soup, and then add corn and spring onion.

Serve. Remove soup from heat and serve into bowls using soup ladle.

Tip If there is leftover soup, cool as quickly as possible by sitting the pot in some cold water. The soup will be cool enough to put in the fridge when there is no steam coming from it.



“It means I come together communicating, sharing thoughts, ideas and having fun.”

Pumpkin Soup

Serves 4 people
Preparation time 10 minutes
Cooking time 40 minutes

Ingredients

1 tablespoon vegetable oil
1 kg pumpkin
1 onion
2 garlic cloves
1 carrot
1 litre chicken flavoured stock
Pinch pepper
½ teaspoon rosemary

Equipment

Sharp knife
Cutting board
Large pot with lid
Measuring spoons
Wooden spoon
Measuring jug
Stab mixer or blender (can use masher instead)
Ladle for serving

Method

Prepare vegetables. Remove skin from onion and garlic and finely chop. Peel and chop pumpkin and carrot into large chunks.

Sauté onion and garlic. Place oil in large pot over medium heat and add onion and garlic. Lightly fry until clear.

Add vegetables and stock. Add pumpkin, carrot, rosemary, pepper and stock and turn to full heat until boiling.

Simmer. Reduce heat and simmer for 20 to 25 minutes until vegetables are very tender. Remove from heat, and cool slightly for about 10 minutes.

Puree soup. Starting with just the cooked vegetables, mix/blend soup with blender or masher until smooth. Slowly add in the liquid soup and blend well. Reheat before serving.



SNACKS, LIGHT MEALS

Zucchini and Corn Fritters

Serves 4 to 6 people
Preparation time 10 minutes
Cooking time 20 minutes

Ingredients

¼ cup vegetable oil
1 egg
½ cup milk
2 cups self-raising flour
1 teaspoon baking powder
1 zucchini
270 g tin creamed corn
270 g tin corn kernels
½ cup chopped fresh coriander or parsley
¼ teaspoon paprika
Pinch each salt and pepper
½ cup Greek yoghurt
1 cucumber
1 small clove garlic, crushed
1 tablespoon fresh mint

Equipment

Sharp knife
Cutting board
Measuring cup and spoons
Mixing bowl
Wooden spoon
Can opener
Grater
Large frying pan
Spatula/egg-flip
Baking tray to keep fritters warm

Method

Prepare vegetables. Wash and grate zucchini. Wash and finely chop coriander or parsley. Open creamed corn and corn kernels. Drain corn kernels.

Make batter. Beat egg in mixing bowl, and then stir in milk and oil. Sprinkle flour and baking powder over liquid and stir until smooth. Stir through corn kernels, creamed corn, coriander, parsley, paprika and salt and pepper.

Cook fritters. Place large frying pan over medium heat and let heat up for 2 minutes. Add a few drops of oil and then pour ¼ cup portions of batter into pan. When fritters start to set, and bubbles appear, flip fritters with spatula and cook for a further 2 minutes. Stack cooked fritters on a baking tray and cover with a tea towel, or place in oven to keep hot.

Make the tzatziki. Place yoghurt in a bowl and mixing in the crushed garlic, a small pinch of salt and pepper, finely chopped mint, and ½ the grated cucumber. Or use Greek yoghurt and fresh chopped tomato and cucumber.



Tip If batter is too thick, add water. If it is too runny, add a sprinkle of flour.

“It’s fun learning to cook new things that I wouldn’t have otherwise. Like making things from scratch, knowing what goes into food.”

Tacos

Serves 6 people
Preparation time 20 minutes
Cooking time 20 minutes

Ingredients

Filling

1 packet Taco shells
500 grams grated cheese (low fat)
250 grams sour cream (low fat)
Lettuce
1 tablespoon vegetable oil
2 cloves garlic
1 small onion
1 zucchini
1 carrot
1 x 410 g tin red kidney beans
1 x 800 g tin crushed tomatoes
½ teaspoon dried herbs/oregano
¼ teaspoon salt
¼ teaspoon pepper
½ teaspoon ground cumin
¼ tsp paprika
¼ tsp cayenne pepper (optional)

Guacamole

2 avocados
1 clove garlic
Pinch of salt and pepper
1 lemon

Corn salsa

1 tin corn
1 small cucumber
1 red capsicum
2 tomatoes
2 spring onions
Salt and pepper
Paprika

Equipment

Chopping board
Sharp knife
Can opener
Measuring spoons
Measuring cups
2 large mixing bowls
Serving spoons
Large saucepan with lid
Wooden spoon
Baking trays
Tongs
Tea towels



Method

Prepare vegetables. Wash vegies. Peel and dice onion and garlic and set aside. Grate carrot and zucchini, set aside in separate bowl. Rinse and drain red kidney beans and put into another bowl. Open tinned tomatoes. Into a small bowl, measure dried herbs, salt, pepper, cumin, paprika and cayenne pepper. Place saucepan over medium heat, add vegetable oil and chopped onion and garlic. Lightly fry for 5 minutes, stirring with wooden spoon. Add carrot and zucchini, cover and simmer on medium heat for 5 minutes. Remove lid, stir and add tinned tomatoes. Bring to full heat until boiling, then reduce to low. Add red kidney beans, herbs and spices, simmer for further 10 minutes on low heat (add water if becoming too dry). Remove from heat.

Make salsa and guacamole dip. Guacamole. Mix together, 1 avocado, mashed well, 1 clove garlic (finely chopped), 150 ml lite sour cream, a pinch each salt and pepper, and 1 tablespoon lemon juice. Salsa. Mix together 1 x 270 g (about 1 cup) tinned corn, 1 small cucumber (diced), 1 small red capsicum (diced), 2 tomatoes (diced), 2 stalks spring onion (or some red onion), sliced into rings, 2 tablespoons lemon juice, and a pinch salt, pepper and paprika.

Cook tacos. Turn oven on to 180°C. Place tacos in baking tray and cook for 10 minutes or follow the directions on the box. Remove tacos from oven.

Serve. Fill tacos and serve with sour cream, guacamole, corn salsa and fresh lettuce.

Gourmet Sandwiches

The 3 recipes are just suggestions. Other vegetables, cheeses, dips and meats can be used

Bread

Pita bread, Turkish rolls or good sandwich bread.

Equipment

Sharp knife
Cutting boards (separate one for the cooked meat)
Baking trays
Bowls and plates for preparing fillings and for serving

Sandwich 1 — Chickpea and roast vegetables

Ingredients

1 tin chickpeas
2 carrots
1 small piece (300 g) pumpkin
1 zucchini
½ red onion or brown or spring onion
1 tablespoon oil
2 tablespoons chopped fresh herbs, like basil, mint and parsley
Pinch each salt and pepper

Method

Roast vegies. Preheat oven to 160°C. Chop carrot, pumpkin and zucchini into 2 cm chunks. Mix with 1 tablespoon of oil in a baking tray and put in oven for 30 minutes or until soft. Remove from oven and let cool to room temperature.

Prepare salad. Finely chop onion and fresh herbs and stir through the roasted vegetables. Drain and rinse the chickpeas and add to the roasted vegetables, add a pinch of salt and pepper.

Assemble salad in bread of your choice.

Sandwich 2 — Mediterranean

Ingredients

1 cucumber
2 tomatoes
½ red capsicum
½ red onion (or brown or spring onion)
¼ cup feta cheese, cubed
Handful lettuce or baby spinach leaves
Fresh basil

Method

Wash all the vegetables.

Slice the cucumber, olives, tomatoes and onions, cube the feta, and rip or chop up the basil.

Assemble in bread of choice.

Sandwich 3 — Lamb and tzatziki

Ingredients

500 g lamb
3 tomatoes
1 onion
1 teaspoon dried herbs
½ cup Greek yoghurt
1 cucumber
1 small clove garlic, crushed
1 tablespoon fresh mint
2 cups chopped lettuce

Method

Wash all the vegetables.

Bake lamb. Preheat oven to 180°C. In a bowl, grate 1 tomato and ½ an onion, and mix together with 1 teaspoon of dried herbs and a pinch of salt and pepper. Chop lamb into small chunks, cutting off any fat, and place in baking tray, then cover with the tomato and onion mix. Bake in the oven for 20 minutes, or until the lamb is cooked through.

Make the tzatziki. Place yoghurt in a bowl and mixing in the crushed garlic, a small pinch of salt and pepper, finely chopped mint, and ½ the grated cucumber.

Assemble. Slice the remaining 2 tomatoes and ½ an onion, chop or rip up the lettuce and put the lamb, tzatziki and salad together in bread.



***First day I thought *Free Food! and then ...**

Nori Sushi Rolls

Serves 6 to 8 people
Preparation time 40 minutes

Ingredients

1 kg sushi rice
1-2 packets nori seaweed
Mirin (or white vinegar)
2 carrots
1 large cucumber
1 avocado
1 small tin tuna in spring water
100 ml whole egg mayonnaise
1 teaspoon sesame oil
Soy sauce (or tamari) to serve
Sweet chilli sauce to serve

Equipment

Sharp knife
Cutting board
Extra clean and dry board for making the nori rolls on
Peeler
Large pot for boiling rice
A bowl of warm water for sealing nori rolls
Sushi rolling mats — only if you have them as you can easily make rolls without them

Method

Cook rice. Boil the rice, following the directions on the packet. After you remove from the heat, sprinkle over ¼ cup rice wine vinegar (mirin), or some white vinegar, leave to cool down so it is cool enough to handle.

Clean and chop vegies, drain tuna. Wash carrot, capsicum and cucumber. Slice into very thin matchstick-sized pieces. Open and drain tuna and mix with a tablespoon of mayonnaise. Mix the remaining mayonnaise in a dish with the sesame oil.

Make nori rolls. Following the directions on the nori packet, place the nori sheet on a clean, dry board; spread about half a cup of rice over the sheet (leaving some space at the top to seal it). Place some vegetables or tuna with mayonnaise on the rice lengthways, then carefully roll as per directions on packet. Seal the roll with some warm water sprinkled along the edge of the nori before you finish rolling it.

Cut rolls and serve. Slice the rolls into two or three smaller rolls and serve with soy and/or chilli sauce.



... I realised we could learn to cook food too."

Fried Rice

Serves 4 people
Preparation time 20 minutes
Cooking time 30 minutes

Ingredients

1 cup white rice
1 tablespoon oil
1 teaspoon sesame oil
1 egg
1 tablespoon soy sauce
½ cup peas
1 small tin baby corn
50 g (a handful) mushrooms
1 red capsicum
½ cup bean shoots
1 clove garlic
½ cup spring onion

Equipment

Sharp knives
Grater (for ginger and garlic)
Bowl and whisk
Spatula/egg flip
Measuring spoons
Measuring cup
Wooden spoons
Large serving spoons
Frying pans
Medium saucepan with lid
Large pot with lid
Large serving bowl or platter

Method

Cook rice. Place medium saucepan over high heat. Add 1 tablespoon oil, and then add rice. Stir for 30 seconds, then pour in 1 ¾ cups of cold water — but be careful when you add water to the rice as it will sputter at first. Bring rice to boiling, then cover with lid and turn to the lowest possible heat. Steam rice for exactly ten minutes, then remove from heat but keep the lid on..

Prepare vegetables. Rinse vegetables and wipe mushrooms with a clean cloth. Chop capsicum and mushrooms into ½ cm cubes and place in a bowl with finely grated garlic. Chop spring onion into ½ cm rings and set aside in a bowl with bean shoots and drained baby corn.

Cook eggs. Beat 2 eggs with 2 tablespoons water and a pinch of salt. Place frying pan on high heat and add ½ teaspoon sesame oil. Add egg and immediately turn burner to low heat. When firm, flip egg with spatula and remove from heat. Chop into 2 cm squares and set aside.

Cook fried rice. Heat 1 tablespoon of vegetable oil in fry pan and add capsicum, mushroom and garlic. Fry at medium heat for 3 to 5 minutes then add to pot with rice. Place pot with rice over low heat and stir through spring onion, bean shoots and egg. Add remaining ½ teaspoon of sesame oil and 1 tablespoon of soy sauce.

Serve.

Variations You can add many more ingredients to fried rice, including nuts, prawns, chicken, tofu, sweet corn, carrots, green capsicum, tomato, green beans or asparagus.



"It gives you a lot of experience. When you grow up you can cook for yourself."

SALADS

Potato Salad

Serves 8 people as a side dish
Preparation time 20 minutes
Cooking time 15 minutes

Ingredients

6 potatoes
2 spring onion stalks
2 boiled eggs
1 tablespoon chopped mint
1 tablespoon chopped rosemary
1 tablespoon chopped thyme
½ brown onion, finely chopped
1 cup Greek-style yoghurt
½ cup lite sour cream
Pinch each salt and pepper
Tablespoon seeded mustard (optional)

Equipment

Large pot for boiling potatoes
Small pot for boiling eggs
Colander/strainer
Chopping board and knife
Peeler
Measuring cups and spoons
Large mixing bowl
Wooden spoon
Large bowl and spoon for serving



Method

Boil potatoes and eggs. Put both the large and small pots on the stove ½ full with water. Place the eggs in the small pot. Put both pots on high heat and bring to the boil. While you are waiting for the water to boil, wash, peel and chop the potatoes into 3 cm x 3 cm chunks. When the eggs start boiling, check the time and let them boil for 5 minutes before removing from heat and placing in some cold water. Boil the potatoes for 10 to 15 minutes, or until soft but not falling apart. Drain and set aside to cool slightly.

Chop onions and herbs. Wash and finely chop the mint, rosemary, thyme and onion. Slice the spring onion into rings.

Measure and mix in yoghurt and sour cream. In the mixing bowl, measure the yoghurt, sour cream, salt, pepper and mustard. Add the chopped herbs and onion and mix well.

Add eggs and potato. Peel the eggs and rinse so there are no bits of shell left on them. Slice the eggs and add to the mixing bowl. Add the drained potato and mix all the ingredients together well. Serve straight away or cover and refrigerate.

Tip This is a good side dish for a lunch or BBQ.

***"A fun cooking program.
My friends told me to
come and I'm glad I did."***

Caesar Salad with Chicken

Serves 4 to 6 people
Preparation time 15 minutes
Cooking time 30 minutes

Ingredients

1 cos lettuce (or iceberg)
2 tomatoes
2-3 chicken breast fillets
1-2 slices of bread for croutons
½ cup shaved parmesan cheese
4 eggs (soft boiled)
4-6 bacon rashers
2 tablespoons vegetable oil
Low fat salad dressing or lite mayonnaise
Anchovies (optional)
Salt and pepper

Equipment

Sharp knife
Cutting board
Medium saucepan
Slotted spoon
Frying pan
Large serving bowl
Tongs
Paper towel

Method

Prepare salad vegetables. Wash lettuce and tomatoes. Cut lettuce into about 3 cm strips and cut the tomato into wedges. Put into large serving bowl, cover and put into fridge.

Make croutons. Cut crust from bread and slice into 1 cm cubes. Place on a baking tray and lightly sprinkle with 1 teaspoon of vegetable oil, salt and pepper. (You can add a little finely grated parmesan and garlic for extra tasty croutons). Place under grill for 5 minutes or cook in a hot oven for 10 minutes. Remove and cool.

Boil eggs. Place eggs in cold water in saucepan. Cover and bring to boil. Boil uncovered for 5 minutes. Take pot from heat; remove eggs with a slotted spoon and place in cold water. When cool, remove eggshells and slice eggs in half.

Cook bacon. Using separate, clean cutting board, trim fat from bacon and cut into 1 cm strips. Place frying pan on stovetop at medium heat and leave for 2 minutes to warm up. Drop bacon into pan and fry for 10 minutes, and turn with a wooden spoon. Place bacon on paper towel to drain off excess fat and oil. Clean cutting board with hot soapy water.

Cook chicken. Carefully wipe frying pan with paper towel and place back onto the stove at medium heat. Add 1 teaspoon of oil and drop in chicken pieces. Cook for 5 minutes, and then use tongs to turn pieces over. Cook for another 5 minutes, then remove from heat and drain on paper towel. On a clean cutting board, cut chicken into 1 to 2 cm thick strips.

Assemble salad. Sprinkle croutons and shaved parmesan over lettuce and tomato. Add chicken and bacon, and then arrange egg on top.

Tip *Parmesan cheese can be thinly sliced from a block using a vegetable peeler. It can also be replaced with tasty cheese, or another hard cheese like Romano.*



Rainbow Salad

Serves 10 people as a side dish
Preparation time 10 minutes

Ingredients

1 or 2 grated fresh beetroots, grated
4 carrots, grated
1 cucumber chopped into small cubes
200 g tin corn, drained
Fancy lettuce
1 red onion
1 head broccoli
Lemon juice, honey, salt and pepper for dressing

Equipment

Sharp knife
Cutting board
Grater
Peeler
Can opener
Large serving bowl
Tongs for serving

Method

Clean vegetables. Drain and rinse corn. Wash beetroot, carrot, cucumber, lettuce, and broccoli.

Chop and grate vegetables. Peel and grate carrot and beetroot and place in serving bowl. Add tinned corn. Dice cucumber, chop lettuce and add to bowl. Chop broccoli into small flowerets and cook for 2 minutes with a little water in a microwave or on the stovetop. Let broccoli cool, then mix in with the salad.



Tip Other ingredients that go well in this salad are grated cheese, fresh basil, baby spinach, steamed green beans, fetta, avocado and snow peas.



**“I think it’s
fantastic.
It’s like a
community
get
together.”**

PASTA, RISOTTO, PIZZA

Chicken Pesto Pasta

Serves 4 to 6 people
Preparation time 15 minutes
Cooking time 25 minutes

Ingredients

1 kg chicken breast
500 g linguini, penne (or any) pasta
Water for boiling pasta

Pesto

2 cloves garlic
2 bunches basil
½ bunch parsley
1 cup grated parmesan cheese
¼ cup vegetable oil (or olive oil)
¼ teaspoon salt
¼ teaspoon pepper
Juice from half a lemon

Equipment

Sharp knives
Cutting boards (separate ones for meat and vegetables)
Large pot (for boiling pasta)
Frying pan and tongs
Strainer (colander)
Measuring cups and spoons
Tongs
Wooden spoons
Citrus juicer
Large bowl for mixing pesto
Blender for mixing pesto. If you don't have a blender you can chop all ingredients finely or grind them in a mortar and pestle.

Method

Basil, parsley and garlic. Wash basil and parsley and chop as finely as possible. Also chop garlic as finely as possible.

Mix pesto. In a container suitable for blending, add basil, parsley and garlic. Blend. Then add oil, parmesan, salt and pepper. Mix in the lemon juice.

Boil pasta. Place the large pot ½ to ¾ full of water on high heat and bring to a boil. Add the pasta and cook for about 15 to 20 minutes, stirring occasionally so the pasta does not stick together. Drain pasta into colander and let cool for 5 to 10 minutes while cooking chicken.

Cook chicken. Chop chicken into thin slices. Place frying pan over medium heat and add 1 tablespoon of olive oil, then add chicken. Cook chicken until it is a light golden brown and there is no pink left when you cut open the meat.

Serve. In the empty large pot, mix the pasta, pesto and chicken and serve while still warm.



Tip This recipe can easily be made vegetarian by replacing the chicken with baby spinach, cherry tomatoes, or any other of your favourite vegetables.



Lasagne

Serves 8 people
Preparation time 30 minutes
Cooking time 60 minutes

Ingredients

1 x 250 g packet instant lasagne sheets
500 g lean beef mince
1 x 810 g tin crushed tomatoes
2 tablespoon tomato paste
1 onion
2 garlic cloves
2 large carrots
1 zucchini
1 tablespoon vegetable oil
2 tablespoons chopped fresh oregano
and basil (or 2 teaspoons dried herbs)
¼ teaspoon each salt and pepper

Béchamel sauce

1 tablespoons plain flour
1 tablespoons oil
1½ cups milk (preferably low fat)
¼ cup parmesan cheese
Nutmeg, salt and pepper to taste
1 cup grated low fat tasty cheese

Method

Prepare vegetables. Rinse carrot and zucchini, then grate them. Remove skin from garlic and onion. Chop onion and finely chop garlic. If using fresh herbs, finely chop and set aside for later. Open tinned tomatoes and measure tomato paste.

Cook beef, vegetables and tomatoes. Place medium saucepan on stove at half heat. Add oil to saucepan, followed by onion and garlic. Stir with wooden spoon and lightly fry (sauté) the onion and garlic for 5 minutes.

Equipment

Chopping board
Sharp knife
Peeler
Grater
Can opener
Measuring spoons
Large cooking pot with lid
Medium saucepan
Wooden spoon
Large baking tray
Spatula for serving
Tea towels
Plates, knives and forks for serving



Add beef mince and cook until brown, stirring with wooden spoon, then add grated carrot and zucchini and cook for a further 5 minutes. Add tomatoes, tomato paste, a cup of water, herbs and cook at low-medium heat until bubbling. Turn heat down to low and simmer for 20 minutes, stirring occasionally.

Make béchamel sauce. Place 1 tablespoon of oil in medium saucepan and put on stove at medium heat for 1 minute. Remove from heat and carefully stir in 1 tablespoon of flour. Gradually add 1½ cups of milk, a tablespoon at a time, mixing until smooth. Return saucepan to the stovetop at medium heat and stir slowly and constantly until sauce thickens and begins to bubble around the edges (5 to 10 minutes). Add parmesan cheese, stir through and remove saucepan from heat.

Preheat oven to 180°C.

Assemble and bake lasagne. Place a layer of lasagne sheets in baking tray and cover with one third of the beef mince. Repeat so that all of the mince is used and there is a layer of lasagne sheets on top. Carefully pour béchamel sauce evenly over top — spread with a knife if needed. Sprinkle the grated cheese on top. Put lasagne in middle of oven and bake for 30 to 40 mins.

Serve. Allow to cool for 10 to 15 minutes before cutting into squares and serving with spatula.

Variation This meal can be made vegetarian by replacing the meat with extra vegetables such as pumpkin, spinach and lentils. Lasagne can be made simpler by skipping the béchamel sauce layer, and topping the mince with some cheese, like ricotta.

Bolognaise Pasta Bake

Serves 4 people
Preparation time 10 minutes
Cooking time 40 minutes

Ingredients

2 cups penne pasta
1 tablespoon oil
1 brown onion
2 garlic cloves, crushed
1 head broccoli
1 zucchini
1 carrot
1 small piece (300 g) pumpkin
2 cups (1 large jar) tomato passata or bolognaise sauce
½ cup fresh parsley, chopped
1½ cups low fat cheese, grated

Equipment

Sharp knife
Cutting board
Medium saucepan
Large saucepan
Colander (strainer)
Measuring cups and spoons
Grater
Wooden spoon
Large baking dish
Spatula or spoons for serving

Method

Prepare vegetables. Wash vegetables. Chop onion and crush or finely chop garlic. Cut broccoli into small flowerets and peel and chop up the stalk. Cut the zucchini and carrot into 1 cm chunks. Cut the pumpkin into 2 cm chunks. Put medium saucepan over half heat, add oil and onion and lightly fry for 5 minutes, then add zucchini, carrot and pumpkin and cook for a further 5 minutes. Add passata or pasta sauce, with ½ cup water and bring the vegetables to a simmer. Simmer for 10 minutes, then add the broccoli and simmer for another 5 minutes. Remove from heat.

Boil pasta. Place large saucepan on the stove half full of water. Bring to a boil, then add the penne pasta and boil for 15 minutes. Drain the pasta and place it in the large baking dish.

Preheat oven to 180°C

Cook pasta bake. Pour the tomato and vegetable mix over the pasta into the baking dish and sprinkle with grated cheese. Cook the pasta bake for 20 to 30 minutes, or until it is lightly browned. Let the bake cool for about 10 to 15 minutes before serving.

Tip This recipe is vegetarian but can be cooked with 500 g beef mince.



"I've learnt about cooking and how to communicate with others. I didn't usually do it before but I have since I've come here. I also hardly have fun and I do here."

Spaghetti with Napoli and Vegetables

Serves 4 people
Preparation time 10 minutes
Cooking time 30 minutes

Ingredients

½ packet spaghetti (250 g)
1 x 400 g can diced tomatoes
2 garlic cloves
1 onion
1 large carrot
5 mushrooms
1 tablespoon vegetable oil
2 tablespoons chopped fresh oregano and basil
(or 1 teaspoon dried herbs/oregano)
¼ teaspoon salt
¼ teaspoon pepper
Parmesan cheese to taste

Equipment

Chopping board
Sharp knife
Peeler
Can opener
Measuring spoons
Large cooking pot with lid
Medium saucepan
Wooden spoon
Tongs or pasta scoop
Large serving spoon
Colander/strainer
Tea towels

Method

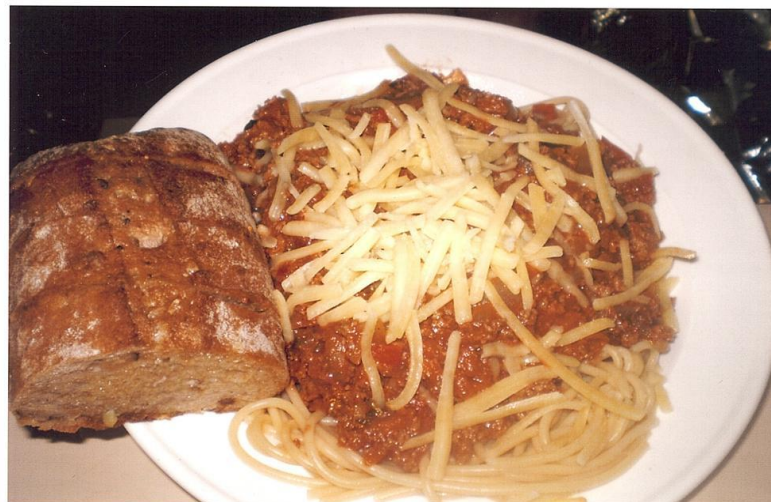
Prepare vegetables. Rinse and peel carrot and wipe mushrooms. Remove skin from garlic and onion. Chop onion and finely chop garlic. Cut carrot into small pieces. Slice mushrooms. If using fresh herbs, finely chop and set aside for later. Open can of tomatoes.

Cook Napoli sauce with vegetables. Place medium saucepan on stove at half heat. Add oil to saucepan, followed by onion and garlic. Stir with wooden spoon and lightly fry (sauté) the onion and garlic until they become clear (this will take about 3 minutes). Add carrot.

Fry for a further 3 minutes, stirring a few times. Add mushrooms and cook for another 2 minutes. Stir in can diced tomatoes and add the salt and pepper. Turn the saucepan to full heat, stirring. Add up to ½ cup water if you want a thinner sauce. Once sauce is bubbling, turn heat to low and add herbs. Simmer for 10 minutes, stirring a few times. Turn off heat.

Cook and drain spaghetti. Place 1½ litres water in large pot, cover with lid and place on full heat. When boiling add spaghetti and check time. From when it boils, the pasta should take 15 to 20 minutes to cook. If water is not boiling, replace lid and check again in a few minutes. Check to see if the pasta is ready, use tongs to lift out a piece of pasta, rinse it under cold water, and break it apart or bite into it. The spaghetti should be cooked all the way through, but still firm. When pasta is cooked, turn off heat and use tea towel to carefully pick up pot and pour pasta into colander, then sit colander on top of pot to drain further.

Serve. Use the pasta scoop/tongs to place about 1 cup of spaghetti onto plates. Spoon vegetable napoli onto pasta. Serve with parmesan cheese sprinkled on top.



Chicken and Corn Risotto

Serves 4 people
Preparation time 20 minutes
Cooking time 35 minutes

Ingredients

500 g chicken breasts
1 cob or 200 g tin corn
1 cup arborio rice
2 tablespoons vegetable oil
1 clove garlic
1 small onion
3 cups chicken stock
1 tablespoon chopped fresh oregano or basil
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon parmesan cheese
2-3 tablespoons toasted pine nuts

Equipment

Chopping board
Sharp knife
Measuring spoons and cups
Large cooking pot with lid
Medium saucepan
Wooden spoon
Ladle
Tongs
Tea towels



Method

Heat stock, cook chicken. Put stock in a covered medium saucepan on stovetop and bring to boil. Drop in chicken breasts and boil lightly for 15 minutes. Remove chicken with tongs and set aside to cool for 5 to 10 minutes.

Prepare vegetables. Dice onion and finely chop garlic. Strain and rinse corn. Set aside. Rinse and finely chop fresh herbs and set aside.

Sauté onion and garlic. Place large cooking pot on stove on low heat. Measure 2 tablespoons of oil into pot and add onion and garlic. Cook onion and garlic over low heat for 5 minutes, until it starts to turn clear.

Add rice, break up chicken. Add rice to the large pot with the onion and garlic and stir. Pull apart (or chop) chicken into small pieces and cover.

Add ½ the stock and simmer. Ladle in around half the boiling hot stock, stir with wooden spoon and simmer for 20 minutes. Add chicken pieces.

Add corn and more stock and cook further. Ladle in most (but not all) of remaining stock, increase heat to medium and cook for a further 5 to 10 minutes, stirring regularly. Add corn and stir. Add the last of the stock and stir.

Add the remaining ingredients. Stir through parmesan cheese, pine nuts and fresh herbs. Remove from heat and serve into pasta bowls.

Tip At the end of cooking, the risotto should still contain liquid.

Variations This recipe can be adapted to a tomato flavour by replacing some of the stock with tinned diced tomatoes. Cooked mushroom, bacon or seafood may be added at the last cooking stage. Carrot, celery, capsicum and fresh chilli all go well in risotto. Add softer vegetables such as asparagus, zucchini, squash and snow peas 10 minutes before the end of cooking.

“It’s pretty fun but at the same time we learn stuff.”

Pizza

Serves 6 people
Preparation time 20 minutes
Cooking time 10 to 15 minutes



Ingredients for the base

3 Large pizza bases

Pizza can be made with bread rolls, Turkish bread, pita breads, or on homemade pizza dough or scone base. They usually have tomato sauce on the base and cheese on top, but you can really put whatever you like on them.

Equipment

Chopping boards
Sharp knives
Peeler
Grater
Can opener
Measuring spoons
Small bowls for toppings
Large metal spoon
Flat baking trays
Spatula or pie lifter for serving
Tea towels

Ingredients for the topping

250 g grated low-fat cheese (cheddar or mozzarella)

- tomato sauce. 400 g tin crushed tomatoes (or jar tomato based pasta sauce), 3 tablespoons tomato paste, 2 tablespoons tomato sauce (ketchup), 1 clove garlic, and ½ teaspoon fresh or dried oregano.
- Hawaiian pizza: Chopped ham, small tin pineapple pieces (drained)
- Margherita pizza: 1 fresh tomato, fresh basil
- Gourmet vegetarian pizza: Roasted pumpkin slices, capsicum, fetta, olives, zucchini.

Method

Prepare tomato sauce for base. Finely chop garlic and oregano (if fresh). Put tinned tomatoes (or pasta sauce), tomato paste, and tomato sauce in a small bowl.

Preheat oven to 210°C.

Prepare topping ingredients. Use a separate cutting board for meats. Chop chosen ingredients from the list above and put in separate bowls.

Assemble pizzas. Put the pizza base (pita bread or Turkish bread or pizza dough) on baking trays. Use the large metal serving spoon to scoop tomato sauce onto bread and spread evenly with back of spoon. Put on chosen topping ingredients with a handful grated of cheese on top.

Bake pizzas in oven for 10 to 15 minutes. Use a tea towel to get trays from the oven.

Serve. Slice pizzas with a clean sharp knife and serve onto plates with spatula or pie lifter.

Nutrition Pizza is nutritious if you use the right ingredients. Use lots of vegies — the more colourful you make it, the better it is for you.

Variations Other pizza topping ingredients — sliced salami or pepperoni, cooked chicken and barbeque sauce, onion, capsicum, olives, anchovies, egg, bacon, mushrooms.

*"It's like school but more fun.
Cooking became a hobby and I try
stuff at home."*

MEAT DISHES

Chicken Curry with Rice and Peas

Serves 4 to 6 people
Preparation time 15 minutes
Cooking time 25 minutes

Ingredients

Chicken curry

1 tablespoon vegetable oil
500 g to 1 kg chicken
1 potato
1 cup green beans
1 carrot
1 small onion
1 clove garlic
2 tablespoons curry powder
420 g tinned tomatoes

Rice and peas

1 cup basmati rice (or long grain white rice)
2½ cups chicken stock
2 tablespoons coconut
1 onion
2 cloves garlic
3-4 tablespoons fresh thyme
420 g tin red kidney beans (or ½ cup dried beans soaked overnight and boiled for 40mins)



Equipment

Sharp knife
Cutting board
Peeler
Can opener
Measuring spoons
Medium saucepan with lid
Large saucepan with lid
Tongs
Wooden spoons
2 large serving spoons

Method

Prepare vegetables. Wash beans and peel carrot and potato. Chop potato and carrot into 2 cm cubes. Rinse thyme (if fresh), and chop finely. Remove skin from onion and garlic and chop roughly (keep separate amounts for curry and rice). Cut beans into 3 cm lengths and set aside in a small bowl.

Cook rice and peas. Measure 2 ½ cups chicken stock into medium saucepan and put on stovetop at high heat. Bring to boil. Add rice, coconut, onion and garlic and stir with wooden spoon. Cover and simmer on lowest heat for 10 minutes. (Use this time to cook chicken and curry.) Add drained red kidney beans and thyme and stir. Cover and simmer on lowest heat for another 10 minutes. Remove from heat and keep covered.

Slice and cook chicken. Cut chicken into thick strips ½ cm thick and 5 cm long. Place large pot over medium heat and leave for 1 minute to heat up. Add 1 tablespoon oil and place in chicken strips. Cook chicken for 5 to 10 minutes until chicken is white and juices in the pan are clear, turning with tongs. Remove from heat and put cooked chicken into a clean bowl.

Cook curry. Put the same large pot back onto stovetop at medium heat. Add ½ tablespoon oil and onion and garlic. Cook for 5 minutes, stirring with wooden spoon. Add potato, carrot and curry powder and stir until vegetables are well covered in curry. Add tinned tomatoes and 1½ cups water. Turn heat up and bring to a boil, stirring with wooden spoon. Boil for 5 minutes, then turn heat down to low.

Add chicken to curry. Put chicken pieces into curry, cover and simmer for 15 minutes. Stir curry a few times to make sure that it does not burn on the bottom. Add beans and cook for 5 more minutes.

Serve about ½ cup rice and peas onto plates using large serving spoon, then spoon about 1 cup chicken curry on top.

Moroccan Stew

Serves 4 to 6 people
Preparation time 30 minutes
Cooking time 30 minutes

Ingredients

1 tin green lentils, drained
2 garlic cloves, chopped
2 tablespoons (60 ml) olive oil
1 teaspoon thyme leaves
1 teaspoon hot chilli flakes
½ teaspoon cinnamon
1 teaspoon ground cumin
½ teaspoon ground coriander
1 onion, chopped
1 cup chopped celery
1 cup chopped zucchini
½ a red capsicum, diced
1 small piece pumpkin, cut into 2 cm cubes
1 x 800 g tin crushed tomatoes
1 x 400 g tin chickpeas, drained
4 cups (1.5-2 litres) vegetable stock
1 cup chopped fresh flat-leaf parsley

Yoghurt dip — mix together

Mix 1 cup plain yoghurt, 1 tablespoon chopped fresh mint, and a pinch cayenne pepper.

Method

Chop vegies and measure spices. Clean and chop the garlic, onion, celery, zucchini, capsicum, pumpkin and parsley. Drain and rinse the lentils and chickpeas. Measure the chilli, cinnamon, cumin and coriander into a small bowl.

Heat spices. Heat the olive oil in a large pot over medium heat. Stir in the small bowl of spices and stir for 1 minute. Add garlic, onion, celery, zucchini, red capsicum and pumpkin. Cook for 3 or 4 minutes.

Cook stew. Mix in the thyme, lentils, tomatoes, chickpeas and vegetable stock. Raise heat to medium-high until stew just begins to boil; reduce heat to low and cover. Simmer until pumpkin is tender, about 20 minutes, stirring once or twice. Add the chopped parsley.

Serve. Ladle into serving bowls and garnish with a dollop of yoghurt dip, some chopped mint and a pinch cayenne pepper.

Serve with sliced cucumber, rice or couscous, and flat bread.

Equipment

Sharp knife
Chopping board
Large pot
Wooden spoon
Small bowls
Serving spoon



**"Show everyone new foods from
different cultures. Also to make new
friends."**

Beef Burgers

Serves 4 to 6 people
Preparation time 15 minutes
Cooking time 25 minutes

Ingredients

500 g lean beef mince
1 clove garlic
1 small onion
1 zucchini
1 red capsicum
1 egg
½ teaspoon dried herbs or oregano
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon parmesan cheese
½ cup bread crumbs
¼ cup plain flour
2 tablespoons oil for frying
Salad and bread rolls

Equipment

Chopping board
Sharp knife
Grater
Measuring spoons
Measuring cups
Large mixing bowl
Large frying pan
Wooden spoon
Large metal spoon
Spatula
Tea towels
Plates for serving

Method

Prepare vegetables. Remove skin from onion and garlic and wash capsicum and zucchini. Grate zucchini, capsicum, onion and garlic. Place in large mixing bowl.

Mix in mince and egg. Add to vegetables, lean mince and egg and stir with a wooden spoon. Add dry ingredients. Put dried herbs, salt, pepper, parmesan cheese and breadcrumbs in with mince and vegetables and mix well.

Make patties. Pour ¼ cup flour onto a plate or a flat bowl. Use large metal spoon to scoop out enough mixture to fit inside your hand. With clean hands, lightly squeeze mixture into discs. Pat both sides in flour and pile burger patties onto a plate.

If you are not going to cook straight away, cover patties and put them in the fridge.

Pan fry burgers. Place pan over medium heat, allowing a minute or two for it to heat. Add to pan a small amount of oil, and then place patties into pan. You can cook around 4 or 5 burgers at a time, depending on size of pan. Cook for around 5 minutes and turn with a spatula/egg flip. Cook another 5 minutes. Thicker patties will take longer to cook.

Drain and serve. Place burgers onto a plate covered with some absorbent paper to drain off any excess fat and oil. If you need to keep the burgers warm, place them in a tray in the oven on low heat (around 150°C). Put burgers on slices of bread or bread rolls with cheese, salad and sauce.

Tip The burgers are cooked when they are no longer pink and when you can squeeze them and clear juice comes out.

Variation You can make these patties vegetarian by leaving out the mince, and adding cooked lentils instead. They can be made spicy by adding some dried chilli or cayenne pepper. This recipe can also be used with other kinds of mince like lamb.



“Come
together as
one; cook and
eat.”

Shepherd's Pie

Serves 4 people
Preparation time 20 minutes
Cooking time 20 minutes

Ingredients

1 tablespoon olive oil
1 brown onion, finely chopped
1 carrot, finely chopped
2 celery sticks, finely chopped
1 cup frozen peas
500 g lamb mince
2 tablespoons plain flour
500 ml (2 cups) beef stock
1 tablespoon Worcestershire sauce
2 tablespoons tomato paste
Pinch each salt and pepper
4 potatoes, peeled, chopped
1 teaspoon butter
½ cup low-fat milk
½ cup grated low fat cheese

Equipment

Cutting board
Knife
Measuring cups and spoons
Fork or potato masher
2 large saucepans
Colander
Large oven dish
Knife and spatula or spoon for serving.



Method

Wash and chop vegies. Wash carrot, celery and potatoes. Peel and finely chop onion and carrot. Finely chop celery. Peel and chop potatoes into 3 cm chunks.

Boil and mash potatoes. Place a large saucepan, half full of water, on high heat. When water is boiling, carefully add chopped potato and boil for around 20 minutes or until potatoes are well-cooked. Drain potatoes, place back in the saucepan and mash with a fork or potato masher. When smooth, stir in milk, butter, and a pinch salt and pepper.

Cook mince. Place the other large saucepan over medium heat and add oil. Add onion, carrot and celery and cook for 5 minutes. Add lamb mince and cook, stirring to break up lumps, until lamb turns brown. Mix in the flour, then add stock, Worcestershire sauce and tomato paste. Bring to a simmer and cook for about 20 minutes, stirring to make sure nothing burns or sticks. Add the frozen peas right at the end, just before you turn it off. Add pinches of salt and pepper to taste.

Preheat oven to 200°C.

Assemble and bake the pie. Spoon the cooked lamb mince into the large oven dish, then carefully spoon the mashed potato over the lamb. Smooth the potato over so that the lamb mince is totally covered. Lightly sprinkle with the grated cheese. Bake the pie for 20 minutes or until cheese starts to turn light brown. After removing from the oven, let pie sit for 10 to 15 minutes to cool a bit before serving.

Tip Although traditionally made with lamb, some people prefer shepherd's pie made with beef. You can also make a vegetarian shepherd's pie by replacing the mince with green or brown lentils. Try adding a tablespoon curry powder if you want a more intense flavour.

“It means a free meal!”

Beef Stir-fry with Noodles

Serves 4 to 6 people
Preparation time 15 to 20 minutes
Cooking time 20 minutes

Ingredients

200-300 g beef
200-300 g Singapore noodles (or other soft egg noodles)
1 onion
1 clove garlic
½ teaspoon ginger
1 carrot
1 capsicum
1 head broccoli
1 bunch bok choy
½ cup snow peas
½ cup bean shoots
1 tablespoon vegetable oil
½ tablespoon sesame oil
1 tablespoon lemon juice
3 tablespoons oyster sauce mixed into ¼ cup water

Equipment

Chopping boards (including a red one for meat)
Sharp knives
Grater (for ginger and garlic)
Citrus juicer
Bowl and whisk
Spatula (egg flip)
Measuring spoons
Measuring cup
Wooden spoons
Tongs and serving spoons
Colander (strainer)
Large frying pans
Saucepan with lid
Large pot with lid
Large serving bowl

Method

Slice beef. Cut beef steak into ½ cm thick strips about 5 cm long. Put in a clean, sealed container in the fridge until time to cook.

Heat water for noodles. Place ½ litre water in a large pot with lid and put over full heat on stovetop.

Wash and chop vegetables and set aside. Wash carrots, capsicum, broccoli, bok choy, snow peas and bean shoots. Peel carrots and slice on an angle. Remove seeds from capsicum and cut into diagonal strips. Cut broccoli on an angle, include the stalks cut into strips. Remove string from snow peas and cut into diagonal strips. Halve onions and cut into slices. Finely grate garlic and ginger. Juice lemon.

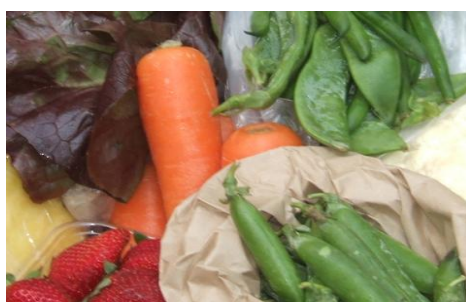
Cook noodles. When water in large pot is boiling, drop noodles in and boil for 2 to 5 minutes (according to instructions on packet). Carefully remove pot from heat and tip noodles into colander over the sink or another large pot. Cover and set aside.

Cook beef. Heat oil in fry pan. Add beef and cook, stirring until brown. Remove meat and place in oven at 150°C to keep warm.

Cook stir-fry. Add sesame oil, carrot and onion to pan (or a wok) and stir-fry for 5 minutes. Add broccoli and cook for further 2 minutes. Add garlic, capsicum and snow peas and stir-fry for 2 minutes more. Stir through oyster sauce and half water and bring to a simmer, stirring. Simmer rapidly for 5 minutes, adding in the beef towards the end. Remove from heat and stir through bean shoots and lemon juice.

Serve. Add beef and noodles to pan (or wok), stir well and serve in bowls with chopsticks or forks.

Tip This recipe can be made with chicken, lamb, pork or fish, or can be made vegetarian by skipping the meat and adding some fried tofu, etc. Use whatever vegetables you like. Good stir fry vegies include beans, tomato, sweet corn or baby corn, cabbage, cauliflower and eggplant.



DESSERTS, SWEET THINGS

Apple Strudel

Serves 4 people
Preparation time 10 minutes
Cooking time 40 minutes

Ingredients

½ packet filo pastry
1 tablespoon butter
1 tablespoon honey
1 teaspoon lemon zest
1 teaspoon cinnamon
1 teaspoon sugar
5 large green apples (or any colour apples)
Greek yoghurt for serving

Equipment

Sharp knife
Peeler
Cutting board
Measuring cups and spoons
Medium saucepan
Small-medium baking tray
Knife, spatula or spoon for serving

Method

Preheat oven to 160°C.

Cook apples. Wash and peel apples. Cut apples in half, cut the seedy core from centre, then slice the apples. Finely chop or grate lemon rind. Place the apples in the saucepan with ½ cup water, 1 tablespoon honey, 1 teaspoon lemon zest, 1 teaspoon cinnamon and a teaspoon sugar. Cook the apples on medium heat until the apples are soft (5 to 10 minutes). Set the apples aside to cool slightly.

Assemble strudel. Grease the baking tray with a small amount of butter. Open up the filo pastry and place on the baking tray, letting the pastry overlap over the edges. Put the apple in the middle of the pastry and roll into a big sausage-like roll. Melt the last tablespoon butter and brush over the top of the pastry.

Bake strudel for 15 to 20 minutes, or until the pastry begins to turn brown on top. Remove from oven and let cool for 10 minutes before serving. You may like to sprinkle to top lightly with icing sugar.

Serve with Greek yoghurt.



"A good learning habit."

Chocolate Zucchini Cake

Serves 10 people
Preparation time 15 minutes
Cooking time 50 minutes

Ingredients

2 cups self-raising flour
2 cups grated zucchini
½ cup cocoa powder
½ cup white sugar
1 teaspoon ground cinnamon
2 eggs
½ cup vegetable oil
½ cup milk

Equipment

Measuring cups and spoons
Wooden spoon
Large mixing bowl
Grater
Bowl and fork for mixing egg
Baking pan or cake tin

Method

Preheat oven to 170°C. Grease and flour a large baking pan.

Measure and mix ingredients. Grate and measure 2 cups zucchini. In a medium bowl, stir together the flour, sugar, cocoa, and cinnamon. Add the eggs, milk and oil, mix well. Stir through the zucchini. Pour into the prepared baking pan.

Bake cake. Put cake in the oven for 50 minutes or until you can stick a fork in the middle and comes out clean without any wet batter on it. Cool cake completely before dusting lightly with icing sugar and serving.



“The program is fun and ...

Strawberry Frozen Yoghurt

Serves 6 to 8 people
Preparation time 10 minutes
Freezing time 3 to 4 hours

Ingredients

1 kg low fat plain yoghurt
¼ cup sugar
1 punnet strawberries (or other type of berry like raspberries, blueberries, or 2 mangoes)

Equipment

Cutting board
Sharp knife
Blunt (butter) knife
Food processor. A milkshake mixer, like a bar mix, can also be used. A whisk is enough to beat yoghurt until fluffy

Method

Prepare fruit. Wash and remove stalks from strawberries. Chop into quarters.

Beat yoghurt and sugar. Using a whisk or food processor, beat 1 kg yoghurt and ¼ cup sugar for 5 to 10 minutes (until light and fluffy).

Add fruit. Add strawberries to yoghurt mixture and stir.

Freeze. Pour mixture into a clean, empty icecream container or back into the yoghurt container and freeze for 2 hours.

Beat frozen yoghurt. After at least 2 hours, remove yoghurt from freezer and break apart with blunt knife. Put back in food processor (or use whisk) to mix yoghurt until smooth. Repeat once or twice if you have the time (the more the mixture is mixed, the smoother the frozen yoghurt will be).

Serve. Serve scoops of frozen yoghurt with fresh berries or other chopped fresh fruit.

Tip If the yoghurt ends up too hard, serve it into bowls and refrigerate for an hour or so to let it soften up before serving.

Variation Frozen yoghurt can also be made with other berries, or plain without fruit. Add ¼ teaspoon vanilla essence for a creamy vanilla flavour.



Raspberry yoghurt

... you learn how to cook."

Choc-orange Muffins

Makes 24 small muffins
Preparation time 20 minutes
Cooking time 25 minutes

Ingredients

2 large oranges (scrubbed clean)
100 g dark or milk chocolate drops
½ cup sugar
½ cup vegetable oil
2 eggs
½ cup milk or plain yoghurt
¼ teaspoon bicarbonate of soda
2 cups wholemeal flour

Equipment

Chopping board
Sharp knife
Grater
Citrus juicer & small bowl
Measuring cups and spoons
Mixing bowl
Wooden spoon
Muffin pans
Tea towels

Method

Pre heat oven to 190°C. Make sure that rack is in centre of oven before it gets hot.

Grease muffin pans. With butter, vegetable oil or margarine.

Prepare oranges. Carefully wash and dry oranges and grate off the rind using the smallest holes on grater. Cut oranges in half and juice into small bowl.

Beat sugar and oil. In mixing bowl, measure sugar and oil and beat with wooden spoon until pale and frothy.

Add eggs one at a time. Break each egg into a separate cup to check that it is fresh, and then transfer to mixing bowl. Beat well after adding each egg.

Mix in yoghurt, orange and bicarbonate of soda. Add the orange rind, ½ cup orange juice, ½ cup yoghurt (or milk) and ¼ teaspoon bicarbonate of soda. Stir until well mixed.

Add flour and chocolate. Sprinkle in flour and gently fold the batter until just mixed. Gently fold through chocolate.

Bake muffins. Spoon the mixture into muffin pan, to just below the edges. Place pan in middle of oven and bake for 10 to 15 minutes. Check after 10 minutes. Muffins should spring back when lightly touched and be slightly golden on top. Let cool for at least 5 minutes before trying to remove from pan.

Variations Try replacing orange and chocolate with lemon and poppy seeds, or add your favourite nuts or seeds, muesli, sultanas, raisins or chopped dates. Berries, coconut or white chocolate also make tasty muffins, and so do mashed ripe banana or apple and cinnamon.



Muesli Bars

Serves 4 people
Preparation time 10 minutes
Cooking time 40 minutes

Ingredients

4 cups muesli (or rolled oats mixed with favourite nuts, seeds and dried fruits)
5 tablespoons vegetable oil
5 tablespoons honey
1 egg
¼ teaspoon cinnamon (optional)

Equipment

Large bowl
Wooden spoon
Measuring cups
Measuring spoons
Large baking tray
Tea towels
Sharp knife

Method

Preheat oven to 160°C.

Mix ingredients. Measure muesli, oil and honey into large bowl. Add cinnamon. Mix well with wooden spoon.

Press muesli into baking tray. Lightly grease tray with a very small amount of oil (½ teaspoon), or line tray with baking paper. Pour muesli mixture into tray and press firmly with clean hands. Use knife to lightly mark out bars.

Bake muesli bars. Put tray in centre of oven and bake (at 160°C) for 30 to 35 minutes, or until golden brown. (Check after about 20 minutes to make sure muesli is not getting too brown.) Remove from oven and cool completely before trying to get bars out of tray.

Serve. Cut along the lines already marked out and remove muesli bars from tray. Can be eaten straight away or stored in an airtight container for about a week.



*"I come here to learn how to cook
and to have fun. I also come here
to meet new friends."*

26 favourite recipes	300+ participants	5000+ servings
0 cases of food poisoning	250 meals cooked	0 food fights



3 packets of bandaids	2 food processors worn out	12,000+ dishes washed
participated at harvest festival 7 times	600+ interesting discussions	21 outing to restaurants
225 participants tried new foods		

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