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RECIPES  
INCLUDED

# ALAWA KITCHEN 2017 RECIPES



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# Soups & Salads

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## Tangy Jicama Slaw

Equipment	Ingredients
Knife	1 jicama, peeled and chopped
Chopping board	¼ cup coriander leaves, minced
Juicer	1 large lime, juiced
Mixing bowl	1 lemon, juiced
	Segments of 7-9 mandarins
	Salt to taste

### Method:

1. Prepare all ingredients
2. Add all ingredients except for the salt into a bowl
3. Mix evenly to coat
4. Let sit in the bowl for at least 10 minutes
5. Season with salt just before serving

## Avocado slaw

Equipment	Ingredients
Grater	1 cup shredded cabbage
Mixing bowl	1 cup shredded carrot
Whisk	1 cup shredded spinach
Chopping board	½ ripe avocado
Measuring cups	1 tbsps honey or maple syrup
	Juice from 1 lemon or lime
	Salt and pepper to taste
	water

### Method:

1. Add avocado, salt, pepper, syrup and juice to a bowl and whisk to combine.
2. Thin with water and mix into a thick sauce
3. Add the cabbage, carrot and spinach and toss to coat in the sauce.
4. Refrigerate until ready to serve.

## Rockmelon Salad

<p>Equipment:</p> <p>Measuring cup</p> <p>Measuring spoon</p> <p>Mixing bowl</p> <p>Chopping board</p> <p>knife</p>	<p>Ingredients:</p> <p>4 cups spinach leaves</p> <p>1 cup cubed rockmelon</p> <p>½ cup capsicum, diced</p> <p>1 clove garlic</p> <p>3 tsp vegetable oil</p> <p>Balsamic vinegar to dress</p> <p>Mint to serve</p>
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### Method:

1. Prepare all ingredients as needed
2. Add spinach, rockmelon, capsicum, garlic and oil to a bowl
3. Toss gently to mix
4. Pour balsamic vinegar over salad
5. Toss to coat
6. Serve with fresh mint on top

## Green Paw Paw Salad

<p>Equipment:</p> <p>Grater</p> <p>Mixing bowl</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Knife</p> <p>Chopping board</p>	<p>Ingredients:</p> <p>1 ½ tbsp palm or brown sugar</p> <p>1 tbsp fish sauce</p> <p>1 tbsp fresh lime juice</p> <p>1 tsp sesame oil</p> <p>1 long red chilli, finely chopped</p> <p>½ green paw paw, grated</p> <p>2 cups beans, trimmed</p> <p>2 tbsp mint, chopped</p> <p>2 tbsp coriander, chopped</p>
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### Method:

1. Add sugar into a bowl
2. Add fish sauce, lime juice, sesame oil and chilli
3. Stir to dissolve sugar
4. Place the paw paw, beans, mint, coriander in a separate bowl.
5. Pour dressing over salad and toss to combine
6. Serve.

## Curried Cauliflower Soup

<p>Equipment:</p> <p>Large pot</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Immersion blender or regular blender</p>	<p>Ingredients:</p> <p>2 tbsp oil</p> <p>2 medium onions, thinly sliced</p> <p>½ tsp salt</p> <p>4 cloves garlic, minced</p> <p>1 large head of cauliflower</p> <p>4 ½ cups water</p> <p>½ tsp ground coriander</p> <p>½ tsp ground turmeric</p> <p>1 ¼ tsp ground cumin</p> <p>1 cup coconut milk</p> <p>Pepper to season</p> <p>Chilli and parsley to garnish (optional)</p>
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### Method:

1. Heat oil in a large pot over medium heat
2. Cook the onion and ¼ teaspoon of salt until soft
3. Reduce heat to low
4. Add garlic and cook for 2 minutes
5. Add cauliflower, water, coriander turmeric, cumin, and the remaining salt
6. Bring to the boil over medium- high heat
7. Reduce heat back to low
8. Simmer for 15 minutes or until the cauliflower is tender
9. Use the immersion blender to blend the soup until smooth  
(Alternatively use a regular blender and blend in batches)
10. Stir in the coconut milk
11. Warm the soup
12. Add salt, pepper or any spices to taste
13. Ladle into bowls to serve



## Pickled Cucumber Salad

<p>Equipment:</p> <p>Small pot</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Wooden spoon</p>	<p>Ingredients:</p> <p>1 medium red onion, thinly sliced</p> <p>½ cup white vinegar</p> <p>1 tsp garlic</p> <p>¼ tsp red chili flakes</p> <p>1 tsp sugar</p> <p>1 tsp salt</p> <p>¼ tsp black pepper</p> <p>2 cucumbers, thinly sliced</p>
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### Method;

1. Add all the ingredients except for the cucumber to a small pot
2. Bring to the boil over low/medium heat
3. Turn off the heat
4. Add the cucumbers and let sit for 1 hour
5. Serve chilled or room temperature

## **Creamy chickpea and cucumber salad**

Equipment	Ingredients
Large bowl	2 x 400g cans chickpeas
Knife	2 cucumbers, finely sliced
Chopping board	4 spring onion, sliced
Measuring cups	½ cup mint leaves
	½ cup Greek yoghurt
	1 small garlic clove, crushed

### Method:

1. Drain and rinse chickpeas
2. Combine chickpeas, cucumber, spring onions and mint into a large bowl
3. Mix the yoghurt and garlic together
4. Season with salt and pepper
5. Mix the yoghurt and the chickpea mixtures together when ready to serve
6. Keep in refrigerator until ready to eat

## Egg Eggplant Salad

Equipment	Ingredients
Saucepan	8 eggs
Frypan	2 cups eggplant or mushroom
Measuring cups	1 cup onion chopped
Measuring spoons	1/3 cup oil
knife	3 tbsp sour cream
	Parsley, salt, pepper to serve

### Method

1. Boil water in saucepan
2. Add eggs and boil for 10 minutes
3. Fry eggplant and onion in the oil
4. Peel and roughly chop eggs
5. Add eggs, eggplant and onion to a bowl
6. Add sour cream, parsley, salt and pepper
7. Mix to combine
8. serve

## Asian Coleslaw

Equipment	Ingredients
Grater	½ wombok
Knife	1 capsicum
Chopping board	1 carrot
Measuring spoons	4 green onions
Mixing bowl	3 tsp lime juice
	3 tsp fish sauce
	3 tsp sweet chilli sauce

### Method

1. Rinse vegetables
2. Shred cabbage leaves finely
3. Slice capsicum into thin strips and remove seeds
4. Peel carrot and slice into thin strips
5. Slice green onion finely
6. Combine vegetables into a bowl
7. Add lime juice, fish sauce and sweet chilli sauce
8. Toss all ingredients together.
9. Serve



## Thai pumpkin soup

Equipment	Ingredients
Chopping board	1 kg pumpkin, cut in 1.5cm cubes
Knife	2 tbsp red curry paste
Large saucepan	270ml coconut cream
Stick blender	¼ cup coriander leaves
Measuring cups	2 cups cold water
Measuring spoons	

### Method:

1. Heat a large saucepan over medium heat
2. Add pumpkin and curry paste
3. Stir and cook for 1 minute
4. Add coconut cream
5. Cook and stir for 1 minute
6. Add 2 cups cold water
7. Bring to the boil
8. Reduce heat and cover
9. Simmer for 20 minutes
10. Set aside for 5 minutes
11. Blend the soup until smooth
12. Top with coriander and serve

## Ripe Paw Paw lettuce cups

Equipment:	Ingredients
Mixing bowl	1 small red chilli, finely chopped
Knife	1 tbsp sweet chilli sauce
Chopping board	2 tsp fish sauce
Measuring cups	1 tbsp vegetable oil
Measuring spoons	Juice of 1 lime
	2 tsp sugar
	1 small paw paw, cut into bite size pieces
	1 tbsp chopped coriander leaves
	4 spring onions, finely slices
	Lettuce leaves for serving

### Method:

1. mix chilli, sweet chilli sauce, fish sauce, oil, lime juice and sugar in a bowl
2. place paw paw, coriander and spring onion in a bowl
3. combine with the sauce
4. fill a lettuce leaf with some mixture and serve

## Paw Paw Salsa

Equipment	Ingredients
Knife	1 cob corn
Chopping board	2/3 cup paw paw, diced
Mixing bowl	1 roasted capsicum, diced
Measuring cups	½ onion, finely chopped
Measuring spoons	1 tomato, diced
frypan	¼ cup basil, roughly chopped
	1 tbsp balsamic vinegar
	Salt and pepper to season

### Method

1. Heat pan over medium- high heat
2. Cook corn until soft
3. Combine paw paw, capsicum, tomato, basil and corn in a bowl
4. Drizzle with oil and vinegar
5. Season with salt and pepper
6. Toss to combine
7. serve

## Paw Paw Salsa 2

Equipment	Ingredients
Mixing bowl	1 medium paw paw, finely sliced
Knife	1 onion thinly sliced
Chopping boards	1 cucumber, diced
Measuring cups	1/2 cup coriander leaves
Measuring spoons	2 tbsp oil
	1 tbsp balsamic vinegar
	2 tbsp lime juice

### Method:

1. Cut and prepare all ingredients to the amounts shown
2. Mix all ingredients into a bowl
3. Serve



## Caprese Salad

<p>Equipment:</p> <p>Knives</p> <p>Chopping boards</p> <p>Serving plates</p> <p>Glad wrap</p>	<p>Ingredients:</p> <p>4 vine ripened tomatoes</p> <p>4 bocconcini, sliced</p> <p>1/4 cup torn basil leaves</p> <p>salt and cracked black pepper</p> <p>extra virgin olive oil, to serve</p> <p>balsamic vinegar, to serve</p>
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### Method:

1. Slice each tomato from top to bottom into 1cm thick slices.
2. Place on a serving plate and top with the bocconcini and basil leaves.  
Sprinkle with salt and pepper.
3. Just before serving, drizzle the salad with oil and vinegar.
4. Cover with glad wrap and put into the fridge ready for serving.

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## Zucchini Muffin

<p>Equipment:</p> <p>Muffin tin</p> <p>Mixing bowl</p> <p>Frypan</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Muffin cases</p>	<p>Ingredients:</p> <p>2 short crust bacon rashers, finely chopped</p> <p>1 large zucchini, grated</p> <p>2 cups self-raising flour</p> <p>½ cup grated parmesan</p> <p>1/3 cup vegetable oil</p> <p>1 cup milk</p> <p>2 eggs, lightly whisked</p>
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### Method:

1. Preheat oven to 180 degrees
2. Line muffin pan with cases
3. Heat the frypan over a medium-high heat
4. Cook the bacon for 3-4 minutes
5. Squeeze excess moisture from zucchini
6. Combine the flour and cheese in a large bowl
7. Add oil, milk, eggs, bacon and zucchini
8. Stir until just combined
9. Spoon mixture evenly among pans
10. Bake for 20 minutes or until golden
11. Serve warm or at room temperature.



## Cumin rice

<p>Equipment:</p> <p>measuring spoons</p> <p>scales</p> <p>medium saucepan</p> <p>measuring jug</p>	<p>Ingredients:</p> <p>2 tbsp Vegetable oil</p> <p>½ tsp Cumin seeds</p> <p>200g Basmati rice</p> <p>400ml Water</p> <p>Salt to taste</p>
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### Method:

1. Heat the oil in a medium saucepan over high heat.
2. Drop in the cumin seeds and cook until they pop. Being careful not to burn the seeds or let them become very dark brown in colour.
3. Add the rice and fry it in the oil for about 1 minute.
4. Add the water and salt and bring to the boil.
5. Once the water boils, reduce the heat to low and cover the saucepan and leave for 5 minutes.
6. Leave the saucepan covered and let it stand for 10 minutes off the heat.
7. Toss with a fork before serving

## Okra mushrooms

Equipment	Ingredients
Chopping board	220g okra (can substitute eggplant)
Medium frying pan	100g mushrooms
Knife	¼ tsp salt
Measuring spoons	1/8 tsp pepper

### Method:

1. Heat olive oil over high heat
2. Reduce heat to medium and sauté the okra for 2 minutes
3. Add mushrooms and sauté for 10 minutes
4. Place into serving bowls and enjoy with a main dish

## Jackfruit Fritters

Equipment	Ingredients
Medium saucepan	2 cups ripe jackfruit
Large mixing bowl	1 cup Shredded coconut
Mortar and pestle	Oil for deep frying
Tongs	Pinch of salt
Chopping board	$\frac{3}{4}$ cup sugar
Knife	1 cup raw rice
Hand towel	$\frac{1}{2}$ tsp cardamom
	2tsp of sesame seeds
	Rice flour as necessary

### Method:

1. Crush and grind the jackfruit pieces and place into large mixing bowl
2. Grind the coconut and sugar and mix with the jackfruit
3. Grind small amounts of rice at a time and mix into the bowl
4. Add cardamom, salt and sesame seeds into the bowl and mix well
5. Heat the oil in a saucepan
6. Make small balls with the mixture. If it's too watery, add rice flour to assist holding the mixture together
7. Drop the balls into the oil and deep fry
8. Stir balls and remove when golden brown
9. Place on a plate with paper towel to absorb excess oil.

## Chinese Fried Rice

<p>Equipment:</p> <p>Wok</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons/ cups</p> <p>Mixing bowl</p> <p>Wooden spoon</p> <p>tongs</p>	<p>Ingredients:</p> <p>1 onion, finely chopped</p> <p>2 ½ tbsp. oil</p> <p>1 egg, lightly beaten (more if desired)</p> <p>3 drops soy sauce</p> <p>3 drops sesame oil</p> <p>300g mushroom or eggplant (or meat of choice), chopped</p> <p>½ cup carrot, finely chopped</p> <p>½ cup peas</p> <p>4 cups cold cooked rice</p> <p>3 spring onions, chopped</p> <p>2 cups sprouts</p> <p>2 tbsp light soy sauce</p>
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### Method:

1. Heat 1 tbsp oil in wok and add onions and stir fry until brown in colour. Then remove the onions
2. Allow wok to cool slightly
3. Mix egg with sesame oil and soy sauce.
4. Add ½ tbsp. oil to wok and add the egg mixture. Swirl the egg until it starts to set. When it starts to puff, flip and cook the other side. Then remove from wok and chop into small pieces.
5. Heat 1tbsp oil in the wok, add mushroom/eggplant along with carrots, peas and onion and stir fry for about 2 minutes
6. Add rice, spring onion, sprouts and mix well. Stir fry for about 3 minutes
7. Add 2 tbsp of soy sauce and chopped egg to the rice mixture and fold in and cook for another 1-2 minutes. Serve



## Stir Fried sticky Teriyaki Silver beet

<p>Equipment:</p> <p>Knife</p> <p>Chopping board</p> <p>Wok/frypan</p> <p>Measuring cups/spoons</p>	<p>Ingredients:</p> <p>1 bunch silver beet</p> <p>1 tbsp peanut oil</p> <p>3 green onions, 5cm lengths</p> <p>2 garlic cloves, sliced</p> <p>3cm ginger, grated</p> <p>150g snow peas</p> <p>¼ cup teriyaki sauce</p> <p>2 tbsp honey</p> <p>1 tsp sesame oil</p> <p>2 tsp sesame seeds</p>
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### Method;

1. Heat peanut oil over high heat, add onion, garlic, ginger and peas. Stir fry for 2 minutes or until fragrant.
2. Add silver beet and stir fry for 4-5 minute or until leaves start to wilt
3. Add teriyaki sauce, honey and sesame oil and stir fry for 1 minute or until combined.
4. Serve with sprinkles sesame seeds.

## Spiced taro cakes

<p>Equipment:</p> <p>Saucepan</p> <p>Mortar and pestle</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons/cups</p> <p>Frypan or wok</p> <p>Steamer</p> <p>Tongs or egg flip</p>	<p>Ingredients:</p> <p>4 medium taro roots,</p> <p>½ cup cooked spinach</p> <p>3 garlic cloves</p> <p>1tbsp coriander</p> <p>1 tbsp cumin</p> <p>½ tbsp. nutmeg</p> <p>2 eggs</p> <p>1 cup whole wheat flour</p> <p>1 chilli</p> <p>Garlic chives</p> <p>Salt</p> <p>1 tbsp basil, chopped</p> <p>1tsp oil (vege, peanut or coconut)</p>
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### Method:

1. Peel and cut taro and boil until soft
2. Grate or pound the garlic and spices in a mortar and pestle
3. Steam spinach until wilted
4. When the taro is cooked, drain it and mash it.
5. Add half the flour, herbs and spices, garlic, chilli and spinach
6. Mix through the eggs and make the taro into small balls. Heat a wok and add the oil
7. Roll the balls in flour and heat in the pan, making them into a patty. Once brown, turn them over and cook the other side
8. Serve with greens or dipping sauce.

## Italian roasted Potato (taro)

<p>Equipment:</p> <p>Chopping board</p> <p>Knife</p> <p>Roasting tray</p> <p>Peeler</p> <p>Measuring spoons</p> <p>Baking paper</p>	<p>Ingredients:</p> <p>900g potato, cut in half</p> <p>¼ cup olive oil</p> <p>4 minced garlic cloves</p> <p>Salt and pepper</p> <p>¼ cup parmesan cheese</p> <p>1 tsp chili powder (optional)</p> <p>Parsley to garnish</p>
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### Method:

1. Preheat oven to 200 degrees
2. Line a baking dish with baking paper or butter
3. Place potatoes in a bowl and toss with 2 tablespoons of oil
4. Toss with seasoning, garlic and 1 teaspoon of salt
5. Toss with ½ teaspoon of pepper and half the cheese.
6. Add the chilli if using
7. Pour onto the baking tray
8. Sprinkle the remaining cheese over the potato and drizzle with oil
9. Bake for 30-35 minutes or until soft
10. Garnish with parsley

## Coconut rice with curry leaves

<p>Equipment:</p> <p>Saucepan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>fork</p>	<p>Ingredients:</p> <p>1 ½ tbsp. vegetable oil</p> <p>1 cup water</p> <p>1 sliced onion</p> <p>2 tsp grated ginger</p> <p>2 crushed garlic cloves</p> <p>½ tsp turmeric</p> <p>10 fresh curry leaves</p> <p>½ cups white long grain rice</p> <p>400ml coconut milk</p> <p>Cucumber and chilli to serve</p>
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### Method:

1. Heat oil in a saucepan over a medium-high heat
2. Cook onion until soft
3. Add ginger, garlic, turmeric and curry leaves and cook for 1 minute
4. Stir in the rice
5. Add coconut milk and 1 cup water
6. Bring to the boil
7. Reduce heat to low, cover and cook for 15 minutes
8. Let rest for 10 minutes covered
9. Use a fork to separate the rice
10. Top with cucumber and chilli

## Cassava Fritters

<p>Equipment:</p> <p>Mixing bowl</p> <p>Knife</p> <p>Grater</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>tablespoon</p>	<p>Ingredients:</p> <p>900g cassava, peeled and grated</p> <p>2 eggs</p> <p>2 tsp salt</p> <p>2 tbsp milk</p> <p>½ tsp garlic</p> <p>1 tbsp sugar</p>
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### Method:

1. Squeeze out starchy water from the grated cassava
2. Mix all the ingredients together in a big bowl
3. Use a tablespoon to make oval shapes from the mixture
4. Fry until both sides are golden brown
5. Serve hot

## Fried breadfruit

<p>Equipment:</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>Frypan</p> <p>Mixing bowl</p>	<p>1 ripe breadfruit, 1cm slices</p> <p>1 tsp vinegar</p> <p>2 tsp turmeric</p> <p>½ tsp chilli powder</p> <p>Pinch salt</p> <p>Pinch pepper</p> <p>2 tbsp crushed garlic</p> <p>2 tbsp oil</p>
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### Method:

1. Place the slices of breadfruit into a mixing bowl
2. Add all the other ingredients to the bowl
3. Mix well the fruit with your hands
4. Let the breadfruit stand to marinate for up to 30 minutes
5. Heat up oil in a pan over medium heat
6. Fry the breadfruit for 5 minutes each side or until golden brown

## Stuffed Eggplant

Equipment: Chopping board Knife Baking tray Baking paper	Ingredients Eggplants Olive oil for brushing
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### Method:

1. Preheat the oven to 220 degrees
2. Slice the eggplant in half lengthways
3. Brush with oil and place on baking tray
4. Cover and bake for 20 minutes
5. Remove eggplant from oven and scoop out flesh



## **Breadfruit chips**

<p>Equipment:</p> <p>Frying pan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>12 breadfruit slices</p> <p>1 tsp chilli powder</p> <p>½ tsp turmeric</p> <p>2 tbsp oil</p> <p>Salt to taste</p>
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### **Method:**

1. Peel the breadfruit
2. Slice the breadfruit as thin as possible
3. Rinse the slices under running water
4. Set aside for 5 minutes
5. Toss the slices of breadfruit with the chilli and turmeric
6. Heat the oil in a frying pan
7. Shallow fry both sides of the slices until golden brown
8. Serve as a side dish

## Banana Leaf Rice

<p><b>Equipment:</b></p> <p>Large saucepan Measuring cups Measuring spoons Frying pan Mixing bowl</p>	<p><b>Ingredients:</b></p> <p>2 cups rice, cooked ¾ cup coconut milk 1 1/3 cups water 2 tbsp oil 2 cloves garlic, crushed 6 curry leaves 1 tsp shrimp paste 2 tsp ground coriander 2 tsp ground cumin ½ tsp turmeric 1 tsp lemon juice 3 tbsp coconut milk Pinch salt and pepper</p>
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### Method:

1. Add the water and ¾ cup of coconut milk to a saucepan
2. Heat over low heat
3. Stir through the rice
4. Set aside to cool as the rice soaks up liquid
5. Add garlic and curry leaves to a frying pan
6. Cook on low heat for 1 minute
7. Add the shrimp paste, coriander and cumin and cook for another minute
8. Stir in the extra coconut milk
9. Add lemon juice, salt and pepper
10. Remove from heat to cool
11. Drain rice and place in bowl
12. Pour sauce over rice and mix
13. Place on banana leaves and wrap into parcel (about 2 tablespoons per parcel)

Steam banana parcels for 15 minutes

## Fried Okra

<p>Equipment:</p> <p>Large pan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>Oil for frying</p> <p>½ cup cornmeal</p> <p>1 cup plain flour</p> <p>1 tsp salt</p> <p>½ tsp pepper</p> <p>½ tsp garlic powder</p> <p>¼ tsp chilli</p> <p>Okra, sliced 3-4cm</p> <p>½ cup buttermilk</p>
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### Method:

1. heat oil in a large pan
2. mix the cornmeal, flour, salt, pepper, chilli and garlic powder
3. dip the okra in the buttermilk
4. coat the okra in the flour mixture
5. carefully add the okra to the oil and fry until golden brown
6. remove from oil and drain
7. serve

## Sesame pumpkin dumplings

<p>Equipment:</p> <p>Steamer</p> <p>saucepan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cup</p> <p>Measuring spoon</p> <p>Baking tray</p> <p>Baking paper</p> <p>spoon</p>	<p>Ingredients:</p> <p>500g pumpkin, diced</p> <p>1 tsp sesame oil</p> <p>1 green onion, finely chopped</p> <p>2 tsp ginger</p> <p>12 gow gee wrappers</p> <p>Pepper to season</p> <p>¼ cup soy sauce to serve</p>
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### Method:

1. Preheat oven to 200 degrees
2. Line baking tray with baking paper
3. Place pumpkin onto tray
4. Drizzle with oil and season with pepper
5. Bake for 25 minutes or until tender
6. Set aside to cool
7. Combine pumpkin, onion and ginger in a bowl
8. Place dumpling wrapper on flat surface
9. Brush wrapper with water
10. Place 2-3 teaspoons of mixture on the wrapper
11. Fold in half and pinch to seal
12. Repeat with remaining mixture
13. Cut slits into baking paper and line steaming basket
14. Place dumplings on the paper (not touching)
15. Place basket over simmering water
16. Steam for 25 minutes

## Okra simmered with tomato

<p>Equipment:</p> <p>Large frypan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>Wooden spoon</p>	<p>Ingredients:</p> <p>2 tbsp oil</p> <p>½ large onion, chopped</p> <p>2 cloves garlic</p> <p>½ green capsicum, chopped</p> <p>400g can chopped tomato</p> <p>½ tsp dried thyme</p> <p>Handful chopped parsley</p> <p>½ tsp cayenne pepper</p> <p>Salt and pepper to taste</p> <p>500g okra, trimmed and sliced</p>
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### Method:

1. Heat the oil in a large frying pan over medium heat
2. Add the onion and garlic
3. Cook until soft
4. Add capsicum and cook until tender
5. Drain the tomato can and keep the juice
6. Add the tomato to the frypan
7. Add thyme, parsley, cayenne pepper, salt and pepper
8. Cook for 5 minutes over medium heat
9. Add the okra and tomato juice
10. Cover and cook for 15 minutes or until okra is tender
11. Serve

## Chilli Cucumber

Equipment	Ingredients
Mixing bowl	150g caster sugar
Measuring cups	250ml vinegar
Measuring spoons	250g onions
Knife	4 cucumbers, diced
Chopping board	4 chillies, finely chopped
frypan	4 garlic cloves, chopped
	4 tsp salt
	1` capsicum, diced
	1 tsp mustard seeds
	½ tsp ground turmeric
	1 tsp cayenne
	2 tbsp cornflour

### Method:

1. Place the cucumbers, capsicum, onions, chillies and garlic in a bowl.
2. Add salt and 200ml water
3. Leave overnight
4. Drain the vegetables
5. Place in a large pan with sugar, vinegar, cayenne and turmeric
6. Bring to the boil and simmer for 10-15 minutes until vegetables are soft
7. Add the cornflour and a little water to the vegetables
8. Cook until thickened
9. Transfer to jars
10. Serve with meat or salad

## Jackfruit chips

Equipment	Ingredients
Knife	2 cups jackfruit
Chopping board	Oil for frying
Oil	Pinch turmeric powder
Mixing bowl	Salt to taste
Large pan	
Wooden spoon	
Paper towel	

### Method

1. Cut up the jackfruit to collect the edible pods (use and adult for this step)
2. Rinse and cut the pods in half
3. Add jackfruit to a mixing bowl
4. Mix in turmeric powder
5. Let sit for 5-10 minutes
6. Heat oil in a large pan over medium heat
7. When the oil is hot, turn down the flame to low
8. Carefully place the jackfruit into the oil
9. Stir immediately so they don't stick together
10. Fry until golden brown
11. Transfer cooked jackfruit to paper towel to soak up excess oil
12. Add salt to taste
13. Serve



## Sage and Pumpkin Mash

<p>Equipment</p> <p>Knife</p> <p>Chopping board</p> <p>Peeler</p> <p>Large saucepan</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Masher</p> <p>Frying pan</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>2kg butternut pumpkin, peeled, chopped</p> <p>1 medium potato, peeled, chopped</p> <p>1/3 cup sour cream</p> <p>40g butter</p> <p>2 garlic cloves</p> <p>¼ cup sage</p>
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### Method:

1. place pumpkin and potato into a large saucepan and cover with cold water
2. bring to the boil over high heat
3. cook for 12-15 minutes
4. drain and return to pan
5. add sour cream
6. mash until smooth
7. place the frying pan over medium heat
8. add butter and cook for 1-3 minutes
9. add garlic and sage
10. cook for another 2-3 minutes
11. remove from heat
12. Spoon mash into a bowl. Top with butter mixture and serve

## Tomato salsa

Equipment	Ingredients
Chopping board	8 tomatoes
Knife	2 jalapeno peppers
Mixing bowl	1 onion
Food processor	Pinch salt
	1 tsp garlic
	Handful coriander
	1 lime, juiced

### Method

1. Cut up 5 of the tomatoes into quarters and save the others for later
2. Slice the jalapeno pepper into small slices
3. Roughly chop half of the onion
4. Add the quartered tomatoes, jalapenos, lime juice, half onion and garlic to a processor
5. Blend until smooth
6. Add the coriander and blend until chopped
7. Slice the remaining tomato into small chunks
8. Finely dice the remaining onion
9. Add the onion and tomato to the blended salsa and stir with a spoon
10. Serve with Mexican dish or chips

## Spicy black beans

Equipment	Ingredients
Saucepan	1 cans black beans
Chopping board	3 tbsp oil
Knife	½ onion. Diced
Measuring spoons	1 jalapeno pepper, chopped
	1 tsp garlic
	Salt to taste
	Pepper to taste

### Method

1. heat the olive oil in a pot
2. add the onion and jalapeno and cook for 5 minutes
3. add beans and add some water
4. bring to the boil and simmer until beans are tender
5. add salt and pepper
6. serve

## Yellow rice

Equipment	Ingredients
Pot	2 cups rice
Measuring cup	4 cups water
Measuring spoons	1 tsp garlic
Wooden spoon	1 tbsp turmeric
	1 tsp salt

### Method

1. put all the ingredients into the pot
2. stir well
3. bring to the boil over medium-high heat
4. reduce heat and simmer
5. cover and cook over low heat until the water has been absorbed
6. let sit for 5 minutes
7. fluff rice with a fork
8. serve

## Devilled eggs

Equipment	Ingredients
Saucepan	4 hardboiled eggs
Mixing bowl	1 tbsp whole egg mayonnaise
Fork	1 tbsp chives
Measuring spoons	½ tsp Dijon mustard
Knife	
Chopping board	

### Method

1. Hard boil the eggs in the saucepan
2. Once boiled, take the shell off and cut eggs in half
3. Scoop out the yolk into a bowl
4. Add mayonnaise, chives and mustard
5. Mash and combine
6. Spoon the mixture back into the egg halves
7. Serve

## Chilli roasted pumpkin

Equipment	Ingredients
Knife	2kg pumpkin, 3cm pieces
Chopping board	¼ cup oil
Measuring cups	2 tbsp lemon juice
Measuring spoons	1 tbsp rosemary
Baking tray	1 tsp chilli powder
Mixing bowl	1/3 cup pumpkin seeds, toasted
	½ onion, finely diced
	1 tbsp lemon zest

### Method

1. Preheat oven to 200 degrees
2. Toss pumpkin, oil, lemon juice and rosemary in a large bowl
3. Place pumpkin in baking tray and bake for 25 minutes, turning occasionally
4. Add the chilli and cook for another 10 minutes
5. Transfer to a serving plate
6. In a small bowl mix the pumpkin seeds, onion, lemon zest and 1/3 cup oil
7. Drizzle over roasted pumpkin and serve

## Spaghetti squash

<p>Equipment</p> <p>Knife</p> <p>Chopping board</p> <p>spoon</p>	<p>Ingredients</p> <p>Spaghetti squash</p>
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### Method

1. Preheat oven to 200 degrees
2. Cut the squash in half
3. Scrape out stringy bits and seeds (SAVE SEEDS FOR MRS SOARES)
4. Place squash on baking tray
5. Bake for 35-45 minutes
6. Remove from oven.
7. Use a fork to break the squash apart, it should resemble spaghetti

Serve



## Potato Fritter

Equipment	Ingredients
Bowl	2 potatoes, grated
Frying pan	1 onion, grated
Measuring spoons	1 egg
fork	2 tbsp plain flour
	1 pinch salt
	Oil for frying

### Method

1. Combine potatoes and onion with egg in a bowl
2. Add flour slowly until mixture comes together
3. add salt
4. cover base of frypan with oil
5. heat over medium heat
6. add spoonful's of the mixture to the frypan
7. flatten and cook until golden on both sides

## Celebration Rice

Equipment	Ingredients
Large saucepan	3 cups coconut milk
Measuring cups	1 1/2 cups water
Measuring spoons	½ tsp turmeric
Knife	3 cups white rice
Chopping board	1 lemon grass stalk, bruised
	¼ cup coriander
	½ cup fried onion

### Method:

1. Whisk together coconut milk, water and turmeric in a bowl
2. Place rice in a saucepan
3. Pour over the coconut milk mixture
4. Submerge the lemongrass in the rice
5. Place pan over high heat and bring to the boil
6. Reduce heat to low and simmer for 12 minutes, covered
7. Remove pan from the heat and stand for 10 minutes.
8. Fluff the rice with a fork
9. Serve with sprinkled coriander and shallot

## Fried Okra 2

Equipment	Ingredients
Baking tray	1kg okra, sliced
Knife	1 1/4 cups flour
Chopping board	½ tsp salt
Large frypan	1/4 cup oil
Mixing bowl	1 tsp chilli powder (optional)
Wooden spoon	

### Method:

1. Preheat oven to 180 degrees
2. Mix together Okra, flour and salt
3. In a large frypan, heat oil over medium heat
4. Add okra to frypan
5. Cook okra until brown on one side and gently stir
6. Once both sides are browned place into a baking dish
7. Place in oven and bake for 10 minutes or until tender

## Paw paw Corncakes

Equipment	Ingredients
Knife	3 corn cobs
Chopping board	1 egg, separated
Measuring cups	1 ½ cups polenta
Measuring spoons	1/3 cup plain flour
Frypan	1/2 tbsp salt
Mixing bowl	1 tsp bicarb soda
Tongs	2 cups milk
whisk	2 tbsp lemon juice
	40g butter, melted
	1 onion, finely sliced
	Vegetable oil for cooking

### Method:

1. Roughly chop corn kernels
2. Whisk egg white until stiff
3. Combine polenta, flour, salt and bicarb in a mixing bowl
4. Make a well in the centre
5. Add butter and milk, egg yolk and lemon juice
6. Stir until just combined
7. Fold through the onion
8. Fold through the egg white
9. Heat a little oil in a large pan over medium heat
10. Cook mixture in 1/3 cup batches for 2 minutes on each side until all the mixture is cooked
11. serve

## Okra Pakora

Equipment	Ingredients
Mixing bowl	500g okra, cut lengthways
Knife	1 2/3 cups flour
Chopping board	1 tsp cumin
Measuring cups	¼ tsp bicarbonate of soda
Measuring spoons	¼ tsp turmeric
Frypan	¼ tsp chili powder
Tongs	1 tsp thyme
whisk	1 tsp salt
	1 ½ cups water
	Oil for frying

### Method:

1. Mix all the ingredients except for the okra into a bowl
2. Cover and let stand at room temperature for 15 minutes
3. Heat oil in a large frypan over medium heat
4. Place okra into the batter and coat
5. Fry in small batches for 1-2 minutes or until golden
6. Drain on paper towels
7. serve

## Pumpkin Pancakes

Equipment	Ingredients
Mixing bowls	120g plain flour
Knife	80g oats
Chopping board	4 tbsp brown sugar
Frypan	2 tsp baking powder
Measuring cups	¼ tsp ground cinnamon
Measuring spoons	¼ tsp ground cloves
Scales	½ tsp salt
spatula	1 cup milk
	1 egg, beaten
	180g pumpkin puree
	2 tbsp oil

### Method:

1. Stir together flour, oats, brown sugar, baking powder, cinnamon, cloves and salt in a large bowl.
2. In a separate bowl, beat together milk, egg, pumpkin and oil
3. Stir the flour mixture into the pumpkin mixture
4. Heat a frypan with oil over medium heat
5. Add 5 tablespoons of mixture at a time to the pan and cook until golden brown on both sides
6. serve

## Sweet potato Fries

Equipment	Ingredients
Large saucepan	Oil to fry
Tongs	800g sweet potato, peeled
Knife	1 egg white
Chopping board	1 tsp Cajun seasoning
Measuring spoons	

### Method:

1. Cut potato into matchsticks
2. Place in bowl with the egg white and seasoning
3. Toss to coat the potato
4. Heat the oil in a pan over medium heat
5. Fry matchsticks for 1 minute or until golden
6. Drain on paper towel
7. Serve



## Breadfruit Nachos

Equipment	Ingredients
Grater	Breadfruit
Knife	1/2 cup grated cheese
Chopping board	Salsa for topping
Measuring cups	Salt
Frypan	Water
Measuring spoons	2 tbsp butter

### Method:

1. Wash the breadfruit and pat dry
2. Cut into quarters lengthwise
3. Remove the core
4. Fill a pan with about 2cm of salted water and heat over medium heat
5. Place breadfruit skin side down in the pan
6. Boil for 12-15 minutes
7. Remove breadfruit and let it cool
8. Peel the skin and cut into slices
9. Heat the butter in a frypan over medium heat
10. Add the breadfruit slices and fry until slightly golden
11. Melt cheese on the breadfruit in the frypan or use the grill
12. Arrange on a plate and top with desired toppings

## Jackfruit seed pakoras

Equipment	Ingredients
Mixing bowls	25 jackfruit seeds
Measuring cups	½ cup flour
Measuring spoons	½ cup corn flour
Knife	1 egg, beaten
Chopping board	1 onion, finely chopped
Saucepan	1 tsp garlic
Spoon	1-4 chillies, finely chopped
Slotted spoon	¼ tsp turmeric powder
	Pinch of salt
	Oil for frying

### Method:

1. Wash and dry the jackfruit seeds
2. Cut seeds in half
3. Soak the seeds in water for 10 minutes
4. Boil the seeds until tender
5. Grind onion, garlic, chilli into a paste
6. Add the flours, egg, salt and turmeric to the paste
7. Mix until well combined
8. Add a little water to make a thick batter
9. Add the seeds to the batter to coat
10. Heat oil in a pan over medium heat
11. Use a slotted spoon, drop the seeds into the oil
12. Fry until brown
13. Remove and place on paper towel
14. Repeat until all seeds are cooked

## Twice baked potatoes

Equipment	Ingredients
Baking tray	4 large baking potatoes
Baking paper	4 slices of bacon, diced
Knife	1 cup sour cream
Chopping board	½ cup milk
Measuring cups	4 tbsp butter
Measuring spoons	½ tsp salt
Mixing bowl	½ tsp pepper
	1 cup shredded cheese
	1 onion, diced

### Method:

1. Preheat oven to 180 degrees
2. Line baking tray with baking paper
3. Bake potatoes for 1 hour
4. Meanwhile place bacon in a frypan over medium heat and cook until brown
5. Let potatoes cool for 10 minutes
6. Slice potatoes in half lengthwise
7. Scoop the flesh into a large bowl
8. Add sour cream, milk, butter, salt, pepper, 1/2 the cheese and onion to the bowl
9. Mix well
10. Spoon the mixture back into the potato skins
11. Top with remaining cheese and bacon
12. Bake for another 15 minutes
13. Serve

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## Eggplant Curry with Yoghurt

<b>Equipment:</b> Tea towel Chopping board Knife Measuring spoons Small frying pan Wooden spoon Mortar and pestle 2 large frying pans Tongs Small saucepan Serving platters	<b>Ingredients:</b> 2 large eggplants, sliced in .5cm rounds 2tsp turmeric 2tbsp cumin seeds 200g natural yoghurt ½ tsp chili powder 2tbsp olive oil 1 large handful coriander <i>For the sauce:</i> 2tsp coriander seeds 2 tsp cumin seeds 2 cloves garlic, finely chopped 8 medium tomatoes, roughly chopped or 2x 400g tins of peeled tomatoes 1 small handful coriander, finely chopped
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### Method:

1. Sprinkle the turmeric over the eggplant
2. Dry roast the cumin seeds in a small frying pan
3. Grind the cumin seeds in a mortar and pestle, then set aside
4. Dry-fry and grind the coriander seeds for the tomato sauce, then set aside
5. To make the tomato sauce, heat the oil in a large frying pan on medium heat, add garlic and cook for 30 seconds
6. Add the coriander and cumin seeds, along with the tomato and the fresh coriander, simmer on low while you cook the eggplant
7. Heat 2tbsp of oil in a frying pan on medium heat and cook the eggplant until golden on both sides
8. Heat the yoghurt in a saucepan over low heat for 1 minute
9. Add the cumin and chilli powder to the warm yoghurt. Mix through and take off the heat and place into a bowl for serving.
10. Place a large spoonful of tomato sauce on the serving platter
11. Add a layer of the eggplant on top of the tomato sauce
12. Drizzle remaining tomato sauce over the eggplant and add a dollop of the yoghurt on top
13. Sprinkle with coriander before serving

## Spinach Pie

Equipment	Ingredients
Large frying pan	30g butter
Knife	10 slices bread, crusts removed
Grater	1 cup self-raising flour
Chopping board	5 eggs
Measuring cups	1 cup water
Large Mixing bowls	1 cup tasty cheese, grated
	250g spinach
	1 brown onion, finely chopped

### Method:

1. Butter 1 side of each piece of bread.
2. Line base and sides of frying pan with bread, butter-side down, trimming to fit and overlapping where necessary.
3. Sift flour into a large bowl. Make a well in the centre.
4. Whisk eggs and water in a jug with a fork to combine.
5. Slowly stir egg mixture into flour. Add cheese, spinach, onion, and salt and pepper. Mix well to combine.
6. Pour spinach mixture over bread. Use a spatula to smooth top.
7. Partially cover frying pan with a lid. Place over medium-low heat. Cook for 20 minutes or until spinach mixture is almost set.
8. Preheat grill on high heat. Place frying pan under grill for 4 minutes or until set in centre and golden on top. Slice. Serve with salad

## BBQ Jackfruit

Equipment	Ingredients
Large frypan	2 cups jackfruit pieces
2 Mixing bowl	2 tbsp brown sugar
Wooden spoon	1tsp paprika
Measuring spoons and cups	1tsp garlic powder
forks	½ tsp salt
	½ tsp pepper
	½ tsp chilli powder
	¾ cup bbq sauce
	Water
	3 tbsp oil

### Method:

1. Mix the sugar, paprika, garlic powder, salt, pepper, chilli powder in a bowl to make bbq seasoning.
2. Add the jackfruit to a large mixing bowl and coat well with bbq seasoning.
3. Heat the oil in a frypan over medium heat and add the jackfruit. Cook for 2-3 minutes to achieve some colour
4. Add bbq sauce and water to make a thin sauce. Stir and reduce to low heat and cook for 20 minutes
5. When cooked. Add jackfruit to a bowl and shred with 2 forks.
6. Serve with slaw and buns



## Green Paw Paw Curry

<p>Equipment:</p> <p>Knife</p> <p>Large pan</p> <p>Chopping boards</p> <p>Measuring spoons</p> <p>Measuring cups</p>	<p>Ingredients:</p> <p>6 cups paw paw, cubed</p> <p>1 tbsp Vegetable oil</p> <p>1 small onion, diced</p> <p>2 cloves garlic, crushed</p> <p>½ tsp chilli powder (optional)</p> <p>1tbsp curry powder</p> <p>1 tin coconut milk</p>
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### Method:

1. In a large pan over medium heat, add the oil, onion, garlic and chilli. Cook until the onion is soft.
2. Add the curry powder, paw paw, coconut milk and salt. Cover and simmer until the paw paw is tender. About 15 minutes.
3. Serve with naan bread or rice.

## Chargrilled vegetable pizza

<p>Equipment</p> <p>Knife</p> <p>Chopping board</p> <p>Baking tray</p> <p>Baking paper</p> <p>Spoon</p> <p>Measuring cups</p>	<p>Ingredients:</p> <p>1 large eggplant, Sliced</p> <p>4 medium zucchini, sliced</p> <p>12 mushrooms, sliced</p> <p>1 capsicum, quartered</p> <p>4 pita bread</p> <p>½ cup tomato pizza sauce</p> <p>1 cup feta or cottage cheese</p> <p>Basil leaves to serve</p>
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### Method:

1. Slice vegetables and place on a lined tray under the grill.
2. Grill until tender
3. Remove skin from blackened capsicum and cut into strips
4. Spread the pita breads with tomato sauce.
5. Top with grilled vegetables and dollop with cottage cheese
6. Bake at 200 degrees for 15-20 minutes or until base is crisp
7. Serve topped with basil leaves.

## Pasta with roast vegetables

<p>Equipment:</p> <p>Baking tray</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Juicer</p> <p>saucepan</p>	<p>Ingredients:</p> <p>¼ butternut pumpkin, cut into wedges</p> <p>1 small onion, cut into wedges</p> <p>1 eggplant, cubes</p> <p>1 capsicum, sliced</p> <p>Olive oil spray</p> <p>1 packet of pasta</p> <p>70g feta cheese</p> <p>2tbsp olive oil</p> <p>1 tbsp lemon juice</p> <p>1/tsp salt</p>
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### Method:

1. Place pumpkin on baking tray with eggplant, onion and capsicum
2. Spray lightly with oil
3. Cover and bake for 10 minutes, remove foil and bake for another 10-15 minutes
4. Meanwhile cook pasta in boiling water
5. Drain and return to saucepan.
6. Add vegetables, cheese, oil and lemon juice.
7. Toss over low heat until combined
8. Season with salt and serve

## Pumpkin, spinach and chickpea curry

<p>Equipment:</p> <p>Saucepan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients:</p> <p>2 tsp vegetable oil</p> <p>1 onion thinly sliced</p> <p>500g pumpkin in 3cm cubes</p> <p>100ml chilli cooking sauce or sauce of choice</p> <p><math>\frac{3}{4}</math> cup coconut milk</p> <p><math>\frac{1}{4}</math> cup water</p> <p>400g chickpeas</p> <p>1 bunch spinach, washed</p> <p>2 tbsp coriander leaves</p>
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### Method:

1. Heat the oil in a saucepan over medium-high heat
2. Add the onion and cook until soft
3. Add the pumpkin, sauce, coconut milk and water
4. Bring to the boil
5. Reduce the heat to low and cover
6. Cook for 15 minutes or until tender, stirring occasionally
7. Add the chickpeas and spinach
8. Cook for another 3-4 minutes
9. Spoon into serving bowls and sprinkle with coriander

## Sushi Rice

<p>Equipment:</p> <p>Sieve</p> <p>Large saucepan</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Mixing bowls</p>	<p>Ingredients:</p> <p>3 cups sushi rice</p> <p>3 cups water</p> <p>½ cup rice vinegar</p> <p>2 tbsp caster sugar</p> <p>½ tsp salt</p>
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### Method:

1. Place rice in a large sieve
2. Rinse under cold water, stirring occasionally with your hand
3. Rinse until water runs clear
4. Place the rice and water in a large frypan and bring to the boil while covered
5. Reduce heat to low and cook for 12 minutes or until the water is absorbed.
6. Remove from heat and set aside for 10 minutes. Keep covered
7. Combine the vinegar, sugar and salt in a bowl
8. Place the rice in a large bowl
9. Break up the rice while gradually adding the vinegar mixture, gently folding to combine
10. Continue to fold and fan the rice until cool

## Hawaiian Pancake Melts

<p>Equipment:</p> <p>Mixing bowl</p> <p>Measuring cups</p> <p>Scales</p> <p>Measuring spoons</p> <p>Foil</p> <p>Frying pan</p> <p>Jug</p> <p>Whisk</p> <p>Brush</p> <p>Baking tray</p>	<p>Ingredients:</p> <p>1 <math>\frac{3}{4}</math> cups plain flour</p> <p>1 <math>\frac{1}{2}</math> cups milk</p> <p>2 eggs</p> <p>20g butter, melted</p> <p>1 cup grated mozzarella</p> <p>150g shredded ham</p> <p>Can of pineapple pieces</p> <p>Pinch of salt</p>
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### Method:

1. Combine flour and a pinch of salt into a bowl
2. Make a well in the centre
3. Whisk milk and eggs in a jug
4. Pour milk mixture into flour and whisk until smooth
5. Heat a frying pan over medium heat and brush with butter
6. Pour some of the batter into the pan and swirl to cover the base
7. Cook for 2 to 3 minutes or until bubbles appear
8. Turn and cook for another 1 to 2 minutes. Take off the heat and cover with foil
9. Repeat with the rest of the mixture
10. Preheat the grill to medium-high
11. On a lined baking tray place the pancakes and top with cheese, ham and pineapple. You may choose to make a stack or have them individually
12. Grill for 5 minutes or until the cheese is golden.

## Eggplant Parmigiana

<p>Equipment:</p> <p>Baking dish</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Saucepan</p> <p>Colander</p> <p>Frying pan</p>	<p>Ingredients:</p> <p>2 medium eggplants, 1cm slices</p> <p>2 tsp olive oil</p> <p>1 brown onion, finely chopped</p> <p>2 garlic cloves</p> <p>½ cup tomato paste</p> <p>2 tins diced tomatoes</p> <p>½ cup basil</p> <p>Olive oil for frying</p> <p>125g grated cheese</p> <p>Fresh basil to serve</p>
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### Method:

1. Preheat oven to 160 degrees
2. Place eggplant in colander and sprinkle with salt and sit for 10 minutes
3. Rinse the eggplant with cold water
4. Meanwhile heat oil in a medium saucepan over medium heat
5. Add the onion and garlic and cook until soft (about 5 minutes)
6. Add the tomato paste, tins of tomato, basil and ½ cup cold water
7. Stir well and bring to a simmer and cook for 5 minutes
8. Add oil to a frying pan to cover the base
9. Heat over medium-high heat
10. Cook the eggplant in batches in the frying pan then drain on a paper towel
11. Spoon ½ cup of the tomato mixture over the base of the baking dish.
12. Arrange 1/3 of the eggplant on top
13. Sprinkle with cheese
14. Continue to layer until all ingredients are used
15. Bake for 15-20 minutes or until cheese is golden and melted
16. Serve with basil leaves

## Spicy Banana Curry

<p>Equipment</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Knife</p> <p>Chopping board</p> <p>Large saucepan</p>	<p>Ingredients:</p> <p>1/3 cup oil</p> <p>2 onions, diced</p> <p>¼ cup curry powder</p> <p>1 ½ tbsp. ground cumin</p> <p>4 tsp turmeric</p> <p>1 ¼ tsp salt</p> <p>1 tsp white sugar</p> <p>1 tbsp ground ginger</p> <p>1 tsp chilli powder</p> <p>1 ¼ tsp cinnamon</p> <p>1 tsp pepper</p> <p>8 garlic cloves</p> <p>2 bananas, diced</p> <p>1 tin tomatoes</p> <p>2/3 cup plain yoghurt</p> <p>¼ cup coconut</p> <p>3 tomatoes, diced</p>
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### Method:

1. Heat the oil in a large saucepan
2. Stir in the onions and cook until soft (about 5 minutes)
3. Sprinkle in the curry powder, cumin, turmeric, salt, sugar, ginger, chilli powder, cinnamon and pepper and cook for 1 minute
4. Stir in the garlic and cook for 1 minute
5. Pour in the tomato tin and yoghurt and bring to a simmer
6. Stir in the banana and cook for 3 minutes
7. Mix in the chopped tomatoes and coconut flakes
8. Serve warm



## Basic Omelette

<p>Equipment:</p> <p>Frypan</p> <p>Mixing bowl</p> <p>Whisk</p>	<p>Ingredients:</p> <p>4 eggs</p> <p>Butter</p> <p>Rocket leaves to serve (or vegetables of choice)</p> <p>Salt and pepper to season</p>
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### Method:

1. Preheat the grill to high
2. Beat eggs and 2 tablespoons of cold water until combined
3. Heat medium frypan over medium- high heat and melt butter
4. Pour eggs into pan and tilt so it covers the base
5. Use a wooden spoon to drag the eggs from the edge to the centre to ensure all the egg is cooked
6. Once cooked, place pan under grill until lightly browned
7. Serve topped with rocket leaves

## Jackfruit Curry

<p><b>Equipment:</b></p> <p>Large saucepan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>Measuring cups</p>	<p><b>Ingredients:</b></p> <p>1 tsp oil</p> <p>½ tsp cumin (seeds or ground)</p> <p>1 tsp chilli powder</p> <p>1 small onion, chopped</p> <p>5 cloves garlic, chopped</p> <p>1 tsp ground ginger</p> <p>1 tsp turmeric</p> <p>¼ tsp black pepper</p> <p>1 can tomatoes</p> <p>500g green jackfruit</p> <p>1 ½ cup water</p> <p>Pinch of salt</p>
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### Method:

1. Heat oil in saucepan over medium heat
2. Add cumin and sizzle for 1 minute
3. Add chilli, onion, garlic and ginger
4. Cook until onion is soft
5. Add coriander, turmeric, pepper and mix well
6. Add tomatoes, salt and jackfruit and cook for 15 minutes
7. Add water
8. Cover and cook for 15 minutes
9. Serve with fresh parsley

## Bean and Rice Burrito Filling

<p>Equipment:</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Knife</p> <p>Chopping board</p> <p>Saucepan</p>	<p>Ingredients:</p> <p>½ cup water</p> <p>1 ½ cups brown rice</p> <p>1 medium capsicum, diced</p> <p>1 onion, diced</p> <p>1 tsp olive oil</p> <p>1 tsp minced garlic</p> <p>1 tsp chilli powder</p> <p>1 tsp cumin</p> <p>1 can black beans</p> <p>1 cup salsa</p>
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### Method:

1. Add rice and water together in a bowl
2. Add oil to a saucepan and heat over medium heat
3. Sauté the capsicum and onion until soft
4. Add garlic to frypan
5. Stir in the chilli powder, cumin until combined
6. Add the beans and rice to the saucepan
7. Cook for 4-6 minutes
8. Serve on tortillas with salsa and cheese if desired

## Spinach Pie

<p><b>Equipment:</b></p> <p>Large frying pan Chopping board Knife Measuring cups Measuring spoons Mixing bowl</p>	<p><b>Ingredients:</b></p> <p>1 ½ tbsp oil 1 bunch spinach, shredded 1 onion, chopped 2 garlic cloves 200g grated cheese Pinch nutmeg 4 eggs, lightly whisked 2 sheets puff pastry</p>
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### Method:

1. Preheat oven to 210 degrees
2. Heat 1 tablespoon oil in a large frypan over medium heat
3. Add the spinach, onion and garlic
4. Cook and stir until onion is soft
5. transfer to a bowl
6. stir in nutmeg and cheese to the spinach mixture
7. add all but 1 tablespoon of the egg mixture to the spinach and stir
8. line a rectangular 8 cup baking pan with pastry (base and 2 long sides)
9. spread the mixture evenly over the base
10. Top with pastry to enclose pie.
11. Brush with the remaining egg
12. Bake for 30 minutes or until golden.

## Jackfruit burger

<p>Equipment:</p> <p>Saucepan</p> <p>Mixing bowl</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Food processor</p> <p>Frypan</p> <p>Paper towel</p>	<p>Ingredients:</p> <p>420g green jackfruit</p> <p>1/3 cup flour</p> <p>¼ cup onions</p> <p>1 tsp ginger</p> <p>¼ cup parsley</p> <p>1 tsp curry powder</p> <p>1 tsp paprika (or chilli powder)</p> <p>Salt and pepper to taste</p> <p>1 tbsp oil</p> <p>Extra oil to fry</p>
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### Method:

1. Boil the green jackfruit until tender
2. Drain the jackfruit
3. Place in a food processor with onion, flour, ginger, parsley, curry powder, paprika, salt, pepper and oil
4. Blend until all ingredients come together
5. Take the mixture out and place in a bowl
6. Add more flour if the mix is too sticky
7. Shape into patties and chill in the freezer for 5-10 minutes
8. Heat oil in a pan
9. Fry the patties for 2-3 minutes on each side
10. Place on paper towel to drain excess oil
11. Serve on a bun with salad

## BBQ Jackfruit 2

<p>Equipment:</p> <p>Large frypan</p> <p>Mixing bowl</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients:</p> <p>1kg green jackfruit</p> <p>2 tbsp brown sugar</p> <p>1 tsp paprika</p> <p>1 tsp garlic powder</p> <p>½ tsp salt</p> <p>½ tsp pepper</p> <p>½ tsp chilli powder</p> <p>¾ cup bbq sauce</p>
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### Method:

1. boil jackfruit until tender
2. drain and dry jackfruit
3. mix together brown sugar, paprika, garlic powder, salt, pepper and chilli powder
4. add the jackfruit and coat with seasoning
5. add jackfruit to a pan and cook for 2-3 minutes over medium heat
6. add bbq sauce and some water to achieve a sauce
7. cook over medium heat for 15-20 minutes
8. stir occasionally
9. remove from heat and serve on buns

## Noodle stir fry

Equipment	Ingredients
Knife	200g egg noodles
Chopping board	110ml oil
Measuring cups	1 onion, finely chopped
Measuring spoons	1 garlic clove, crushed
Scales	1 red chilli, finely sliced
Large saucepan or wok	8 baby eggplants, sliced diagonally
	2 tbsp brown sugar
	4 tbsp light soy sauce
	1 tsp sesame oil
	1 tbsp fish sauce
	2 spring onions, finely chopped

### Method

1. Cook noodle according to packet instructions
2. Toss with 1 tsp oil to prevent sticking
3. Set aside
4. Heat 1 tablespoon oil in a frypan or wok over medium heat
5. Add the onion, garlic and chilli and stir fry for 2-3 minutes
6. Remove ingredients from pan and set aside
7. Heat 2 tablespoons of oil over high heat
8. Stir fry the eggplant in batches for 2-3 minutes or until golden brown
9. Remove ingredients from pan and set aside
10. Add the remaining oil to the pan
11. Add brown sugar and cook for 2-3 minutes
12. Add soy sauce, sesame oil and fish sauce and stir until heated
13. Add noodles, onion mixture, eggplant and toss to coat with the sauce
14. Serve with a sprinkle of spring onion.

## Jackfruit Pad Thai

Equipment	Ingredients
Measuring cups	1 packet rice noodles
Measuring spoons	2 tbsp vegetable oil
Knife	4 garlic cloves, minced
Chopping board	5 green onions, sliced
Large frypan or wok	1 cup bean sprouts
Wooden spoon	300g jackfruit pieces
Large bowl	1/3 cup soy sauce
	1/3 cup brown sugar
	3-4 tsp chilli sauce (optional)
	Juice of 2 limes
	2 tbsp tamarind

### Method

1. Soak noodles in a large bowl of hot water for 30 minutes or until soft
2. Mix together lime juice, soy sauce, brown sugar, chilli sauce and tamarind into a bowl
3. Heat the oil in a large wok and stir fry the noodles for 2 minutes
4. Add the garlic, green onions and jackfruit
5. Stir in the sauce and cook for 4-5 minutes
6. Add the bean sprouts in the last minute
7. serve



## Jackfruit Taco Filling

<p>Equipment:</p> <p>Mixing bowl</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Large frypan or skillet</p> <p>Wooden spoon</p> <p>Knife</p> <p>Chopping board</p>	<p>Ingredients:</p> <p>1 kg green jackfruit, cooked and chopped</p> <p>1 tbsp oil</p> <p>1 onion, slices</p> <p>4 cloves garlic</p> <p>½ cup water</p> <p>½ lime, juiced</p> <p>2 tsp chilli powder</p> <p>1 tsp cumin</p> <p>1 tsp paprika</p> <p>¼ tsp salt</p>
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### Method:

1. Boil the jackfruit until cooked
2. Cut into strips
3. Heat the oil in a large saucepan over medium-high heat
4. Add the onions and cook for 5 minutes or until soft
5. Add the chopped jackfruit, water, lime juice and all the spices
6. Cook until about half the liquid is absorbed, about 5 minutes
7. Use a potato masher to gently smash the jackfruit into a shredded texture
8. Serve with tacos or tortillas

## Eggs and potato bravas

<p>Equipment</p> <p>Baking tray</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>saucepan</p>	<p>Equipment</p> <p>1 kg potatoes, roughly chopped</p> <p>Oil to cover potatoes</p> <p>1 tbsp extra oil, separate</p> <p>1 onion, finely chopped</p> <p>2 tsp garlic</p> <p>¼ tsp chilli flakes</p> <p>1 tsp paprika</p> <p>1 tsp oregano</p> <p>1 tin diced tomatoes</p> <p>4 eggs</p>
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### Method

1. Preheat oven to 180 degrees
2. Place potatoes in a roasting pan
3. Lightly Cover potatoes with oil
4. Roast for 40 minutes
5. Heat the extra oil in a saucepan over medium heat
6. Add the onion and cook for 5 minutes
7. Add garlic, chilli, paprika and oregano
8. Cook for 1 minute
9. Add tomato
10. Bring to the boil
11. Simmer for about 5 minutes or until thickened
12. Reduce oven temperature to 160 degrees
13. Add tomato mixture to the potatoes and toss to combine
14. Crack the 4 eggs into an indent in the mixture
15. Bake for another 18-20 minutes or until the egg whites are set
16. Sprinkle with parsley and serve

## Paw paw curry

Equipment	Ingredients
Knife	6 cups cubed paw paw
Chopping board	Vegetable oil
Large saucepan	1 small onion, chopped
Measuring cups	2 cloves garlic
Measuring spoons	1 tsp Chilli powder (optional) or 2-3
Wooden spoon	Birdseye chillies
	1 tbsp curry powder
	1 can coconut milk
	Pinch salt

### Method:

1. Heat oil in a large pan over medium heat
2. Add the onion and garlic
3. Cook until the onion is soft
4. Add the curry powder, paw paw, coconut milk, chilli and salt
5. Cover and simmer until the paw paw is tender (about 15 minutes)
6. Serve with rice

## Sri Lankan Jackfruit Curry

Equipment	Ingredients
Measuring cups	2 ½ cups jackfruit
Measuring spoons	1 medium onion
Medium saucepan	2 cloves garlic
Knife	1 chili
Chopping board	2 tbsp oil
Wooden spoon	1 tsp curry powder
	½ tsp ground cumin
	½ tsp ground coriander
	¼ tsp black pepper
	1/2 tsp fenugreek seeds
	½ tsp mustard seeds
	½ tsp chili powder
	¾ tsp turmeric
	½ tsp cinnamon
	6-8 curry leaves
	2 pandan or bay leaves
	1 cup coconut milk
	½ cup water
	1-2 tbsp lime or lemon juice
	¾ tsp salt
	1 tbsp sugar

### Method

1. Heat oil in a medium pot on medium heat
2. Add onion, garlic, chili, curry powder cumin, coriander, pepper, fenugreek seeds, mustard seeds, chili powder, turmeric, cinnamon, curry leaves and pandan leaves
3. Fry until the onion goes soft
4. Add jackfruit, lime or lemon juice, sugar and salt
5. Cook for another 5 minutes
6. Add coconut milk and bring to the boil
7. Reduce heat and simmer for 12-15 minutes
8. Gradually stir in water if a thinner curry is desired
9. Serve with rice

## BBQ jackfruit pizza

Equipment	Ingredients
Mixing bowls	550g jackfruit
Knife	1 tbsp brown sugar
Chopping board	1 tbsp chili powder
Whisk	½ tsp garlic powder
Frypan	¼ tsp cumin
Measuring cups	½ cup bbq sauce
Measuring spoons	¼ cup water

### Method:

1. preheat oven to 180 degrees
2. cut jackfruit into small segments
3. whisk together brown sugar, chili powder, garlic powder and cumin
4. add the jackfruit flesh and toss to coat
5. heat a large frypan over medium heat
6. add the jackfruit and sauté for 3-5 minutes
7. whisk together bbq sauce and water
8. pour bbq sauce mixture over the jackfruit
9. cover, reduce heat and simmer for 15 minutes, stirring occasionally
10. remove the lid
11. if needed, shred the jackfruit with two forks
12. cook for another 5 minutes or until bbq sauce is reduced
13. Use jackfruit as a topping on homemade pizzas

## Steak Cornish pasty

Equipment	Ingredients
Mixing bowls	350g steak, diced
Baking tray	1 carrot, diced
Baking paper	1 onion, diced
Knife	4 sheets shortcrust pastry
Chopping board	1 egg, beaten
Scales	1 turnip, diced
brush	

### Method:

1. preheat oven to 180 degrees
2. line a baking tray with paper
3. combine beef, onion, carrot and turnip in a bowl
4. cut 2x14cm circles from each sheet of pastry
5. place 1/4 of the beef mixture into the centre of each circle
6. brush the edges with water
7. press and seal the edges together
8. form frills in the pastry
9. stand upright on the baking tray
10. brush the pasties with the egg
11. baked for 50-60 minutes or until golden
12. serve

## Paw paw/ pumpkin Cornish pasty

Equipment	Ingredients
Mixing bowls	350g roast paw paw, mashed
Baking tray	1 carrot, diced
Baking paper	1 onion, diced
Knife	4 sheets shortcrust pastry
Chopping board	1 egg, beaten
Scales	1 ½ cups corn kernels
brush	

### Method:

1. preheat oven to 180 degrees
2. line a baking tray with paper
3. combine paw paw, onion, carrot and corn in a bowl
4. cut 2x14cm circles from each sheet of pastry
5. place 1/4 of the mixture into the centre of each circle
6. brush the edges with water
7. press and seal the edges together
8. form frills in the pastry
9. stand upright on the baking tray
10. brush the pasties with the egg
11. baked for 50-60 minutes or until golden
12. serve

## Sweet potato and cheese sausage rolls

Equipment	Ingredients
Mixing bowl	1 kg sweet potato, cut into 2cm pieces
Knife	1 brown onion, finely chopped
Chopping board	200g cheese
Baking trays	Pinch of cinnamon
Grater	½ tsp rosemary
Measuring spoons	2 sheets puff pastry
fork	1 egg, lightly whisked

### Method:

1. Preheat oven to 160 degrees
2. Line baking trays with paper
3. Arrange sweet potato and onion separately on the trays
4. Bake for 30-40 minutes or until softened
5. Remove the potato and onion and increase oven heat to 180 degrees
6. Place the potato in a large bowl and mash with a fork
7. Add onion, cheese, rosemary and cinnamon
8. Mix until evenly combined
9. Place the mixture evenly along one long edge of the pastry
10. Roll into a log
11. Place seam side down on the baking tray
12. Brush with egg
13. Bake for 25 minutes



## Sweet potato patties

Equipment	Ingredients
Knife	1 kg sweet potato
Chopping board	1 tsp ground ginger
Measuring cups	½ cup coriander leaves
Measuring spoons	½ tsp chilli flakes
Mixing bowls	2 tsp ground cumin
Fork	½ cup plain flour
Frypan	1 1/2 tsp curry powder
plate	2 cups breadcrumbs
	1/3 cup oil

### Method:

1. Preheat oven to 200 degrees
2. Peel and cut potatoes into small cubes.
3. Bake potato for 1 hour or until soft
4. Transfer potato to a bowl and mash well
5. Add ginger, coriander, chilli, cumin, flour and curry powder
6. Mix to combine
7. Place the breadcrumbs onto a plate
8. Spoon 1/4 cup of mixture at a time onto the breadcrumbs
9. Shape into patties
10. Repeat for the remainder of the mixture
11. Place patties in the fridge for 1 hour
12. Heat oil in a frypan over medium heat
13. Cook patties for 2-3 minutes on each side or until golden

## **Breakfast egg cups**

Equipment	Ingredients
Muffin tin	Bacon
Knife	Eggs
Chopping board	Herbs of your choice

### Method

1. Preheat oven to 180 degrees
2. Place bacon in the muffin tin to create a cup to hold the egg mixture
3. Crack eggs into bacon cup
4. Place any extra ingredients in with the egg
5. Place in oven and cook until egg is cooked (about 10 minutes).

# Pasta and breads

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## Honey Oat Bread

<p>Equipment:</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing bowls</p> <p>Loaf tin</p>	<p>Ingredients:</p> <p>2 tbsp +1 cup rolled oats</p> <p>1 1/3 cup whole wheat flour- (self raising)</p> <p>1 cup plain flour</p> <p>2 ¼ tsp baking powder</p> <p>¼ tsp baking soda</p> <p>1 ¼ tsp salt</p> <p>1 cup plain yoghurt</p> <p>1 large egg</p> <p>¼ cup oil</p> <p>¼ cup honey</p> <p>¾ cup milk</p>
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### Method:

1. Preheat the oven to 190 degrees
2. Coat loaf pan with oil and sprinkle 1 tablespoon of oats to coat the bottom
3. Stir together wheat flour, plain flour, baking powder, baking soda and salt in a large bowl
4. Beat the oats, yoghurt, egg, oil and honey in a separate bowl until blended
5. Stir in the yoghurt mixture to the flour mixture until combined, being careful not to overmix
6. Scrape the batter into the pan and sprinkle 1 tablespoon of oats on top
7. Bake for 40-50 minutes
8. Let cool on a wire rack

## 30 minute dinner rolls

Equipment	Ingredients
Large mixing bowl	1 cup warm water
Fork	1/3 cup oil
Baking tray	¼ cup sugar
Baking paper	2 tablespoons active dry yeast
Measuring cups	½ tsp salt
	1 egg
	3 ½ cups plain flour

### Method:

1. Preheat oven to 200 degrees
2. Combine water, oil, yeast and sugar in a bowl. Allow the mixture to rest for 15 minutes
3. Mix 2 cups of the flour, salt and egg into the yeast mixture and mix well.
4. Add the remaining flour ½ cup at a time and mix well
5. Shape dough into 10-12 balls, place on baking tray and let rest for 10 minutes
6. Bake for 10 minutes or until tops are golden brown.

## Easy no yeast naan

<p>Equipment:</p> <p>Mixing bowls</p> <p>Small saucepan</p> <p>Spoon</p> <p>Rolling pin</p> <p>Frying pan</p>	<p>Ingredients:</p> <p>1 ¼ cups plain flour</p> <p>1/2tsp baking powder</p> <p>1/3 tsp sugar</p> <p>½ tsp salt</p> <p>50ml milk</p> <p>2 tbsp butter</p> <p>¼ cup plain yoghurt</p> <p>Optional- melted butter, garlic, chilli</p>
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### Method:

1. Mix flour, baking powder, sugar and salt in a bowl
2. In a small saucepan heat milk together with butter (in small pieces), until butter has melted. Then let the milk cool down slightly.
3. In a big bowl add yoghurt and stir in warm (not hot!) milk until smooth. Then add to the flour mixture.
4. Gradually, add the dry ingredients and stir with a spoon, until the ingredients come together.
5. Knead ingredients into a smooth dough. This should be done in the bowl first, and then on a lightly floured surface
6. Cover the dough and let rest for 30 minutes
7. Split the dough into 4 balls and roll out flat, if the dough is too sticky, sprinkle with flour. Roll until the dough is 3-5mm thick
8. Heat the frying pan with no oil over medium-high heat
9. Add the naan bread and cook until bubbles form on the top and the bottom gets lightly coloured. Flip and cook until done, about 1 minute.
10. For butter naan, brush with melted butter. For garlic naan, rub with garlic halves and then brush with butter. For chilli naan, add chilli powder and brush with butter

## Crostoli pasta

<p>Equipment:</p> <p>Mixing bowl</p> <p>Measuring cup</p> <p>Measuring spoon</p> <p>Sieve</p> <p>frypan</p> <p>knife</p> <p>rolling pin</p>	<p>Ingredients:</p> <p>1 1/3 cup plain flour</p> <p>¼ tsp salt</p> <p>50g butter</p> <p>1 tbsp sugar</p> <p>1 egg, lightly beaten</p> <p>½ tsp vanilla extract</p> <p>Vegetable oil for frying</p> <p>Icing sugar to serve</p>
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### Method:

1. Place flour, salt and butter in a large bowl
2. Use fingertips to rub the butter into the flour until it resembles bread crumbs
3. Stir in the sugar
4. Make a well in the centre
5. Add egg and vanilla
6. Mix until a dough starts to form
7. Knead on a lightly floured surface until a soft dough forms
8. Place in a bowl, cover and set aside for 20 minutes
9. Use a rolling pin to roll dough into a 3mm thick rectangle
10. Cut into strips 3-4cm wide and 10 cm long
11. Cut a 7cm slit along the middle
12. Loop 1 end of the strip through the slit to twist
13. Add enough oil in a frying pan to cover
14. Heat over medium heat
15. Cook crostoli in batches for 1-2 minutes or until golden and crisp
16. Drain on a rack and let cool
17. Dust with icing sugar just before serving

## Handmade Pasta

<p>Equipment:</p> <p>1 clean bench top</p> <p>Pasta machine</p> <p>1 medium saucepan</p>	<p>Ingredients:</p> <p>200grams of flour + extra for dusting</p> <p>1 Tablespoon of olive oil</p> <p>2 eggs</p> <p>Some water</p> <p>Salt water for boiling the pasta</p>
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### Method:

1. Sift the flour onto the bench.
2. Make a well in the centre of your flour.
3. Crack both eggs into the middle of your well.
4. Add the olive oil.
5. Gently run your fingers through the yolks to break them.
6. Fold the flour into the well and mix with your hands until it forms a dough.
7. Knead the dough until it comes together.
8. Roll the dough through a pasta machine until the right shape is formed.
9. Roll through the cutter to make pasta ribbons.
10. Leave sitting in flour until ready to cook.
11. Pour water into the saucepan and add salt.
12. Bring to a fast boil and add pasta.
13. Cook until just soft.
14. Serve with sauce.



## Homemade Tortilla

<p>Equipment:</p> <p>Frypan</p> <p>Mixing bowl</p> <p>Rolling pin</p> <p>Measuring spoons</p> <p>Measuring cup</p>	<p>Ingredients:</p> <p>2 cups plain flour</p> <p>½ tsp salt</p> <p>¾ cup water</p> <p>3 tbsp olive oil</p>
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### Method:

1. Combine salt and flour in a large bowl
2. Stir in water and oil
3. Mix until combined
4. Place dough on a floured surface
5. Knead 10-12 times or until the dough is smooth (add more flour if needed)
6. Let the dough rest for 10 minutes
7. Divide into 8 portions
8. Roll each portion on a floured surface until a 15cm circle is made
9. Heat the frypan over a medium heat (use spray oil if desired)
10. Cook tortillas for 1 minute on each side or until lightly browned
11. Keep warm until serving

## Soft flatbread

<p>Equipment:</p> <p>Frypan</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Saucepan</p>	<p>Ingredients:</p> <p>2 cups plain flour</p> <p>¼ cup flour kept separate</p> <p>½ tsp salt</p> <p>50g butter</p> <p>¾ cup milk</p> <p>½ tbsp oil</p>
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### Method:

1. Combine butter and milk in a saucepan
2. Heat until butter is just melted
3. Add 2 cups flour and salt to the butter mixture
4. Sprinkle left over flour on work surface
5. Knead for a few minutes until smooth
6. Cover and let sit for 15 minutes
7. Cut dough into balls
8. Roll balls out on bench
9. Heat oil in a frypan over medium heat
10. Place flatbread in the pan and cook for 1-2 minutes each side
11. When cooked stack the completed bread and cover with a towel

## Pumpkin Scones

Equipment	Ingredients
Measuring spoons	2 1/3 cups plain flour
Measuring cups	¼ cup caster sugar
Baking tray	1 ½ tsp baking powder
Grater	½ tsp bicarbonate of soda
Mixing bowl	½ tsp salt
sieve	120g butter, grated
	1 ½ cups grated pumpkin
	1 tsp ginger
	¾ cup thickened cream

### Method:

1. Preheat oven to 200 degrees
2. Line a baking tray with paper
3. Mix flour, sugar, baking powder, bicarbonate of soda and salt until combined
4. Rub the butter into the mixture with fingertips
5. Mix in pumpkin and ginger
6. Add cream and gently stir until a moist dough forms
7. Place dough onto floured surface
8. Pat dough into a rectangle
9. Cut dough into small pieces and arrange on the baking tray
10. Refrigerate dough for 20 minutes
11. Brush the tops of the scones with cream
12. Bake for 25 minutes
13. Let cool on tray for 10 minutes
14. Serve warm

## Pumpkin loaf

Equipment	Ingredients
Loaf tin	650g pumpkin
Knife	100g butter, soft
Chopping board	1 ½ cups brown sugar
Measuring spoons	2 eggs
Measuring cups	2 cups self-raisin flour
Mixing bowl	½ tsp bicarbonate of soda
	1 tsp ground cinnamon
	½ tsp ground nutmeg
	½ tsp ground ginger
	¼ tsp ground cloves

### Method:

1. Preheat oven to 180 degrees
2. Grease base and sides of loaf tin
3. Wash and cut pumpkin into 4 cm pieces
4. Bake or microwave pumpkin until tender
5. Let pumpkin cool and process until smooth
6. Cream the butter and sugar until fluffy
7. Add eggs and beat until combined
8. Stir in the pumpkin
9. Sift flour, bicarb soda, cinnamon, nutmeg, ginger and cloves over the pumpkin mixture
10. Stir to combine
11. Spoon into the prepared tin
12. Smooth the surface
13. Bake for 50- 55 minutes
14. Let stand in pan for 10 minutes
15. Serve warm or cold

## Herb and Garlic Damper

Equipment	Ingredients
Mixing bowl	2 cups self-raising flour
Measuring spoons	60g butter
Measuring cups	1 tsp garlic
Scales	1 tsp mixed herbs
Knife	1 cup milk
Baking tray	
Baking paper	

### Method:

1. Preheat oven to 180 degrees
2. Line baking tray with paper
3. Place flour into a mixing bowl
4. Add butter and rub into flour
5. Mix in garlic and mixed herbs
6. Pour in 1 cup of milk and mix until dough forms
7. Knead until smooth
8. Form the dough into a round
9. Cut a cross in the top
10. Bake for 30 minutes or until cooked (will sound hollow when tapped)

## Tomato and cheese cornbread

Equipment	Ingredients
Measuring cups	2 tbsp butter
Measuring spoons	1 ½ cups polenta
Mixing bowls	½ cup flour
Frypan	1 tsp baking powder
Baking dish	½ tsp baking soda
Baking paper	1 ½ tsp salt
Knife	½ tsp pepper
Chopping board	¼ tsp cayenne
Whisk	2 large eggs
tongs	1 ¼ cup milk
	½ tsp honey
	¾ cup grated cheese
	2 medium tomatoes, sliced

### Method:

1. Preheat oven to 190 degrees
2. Butter or line baking dish
3. Whisk polenta, flour, baking powder, baking soda, 1 ¼ tsp salt, pepper and cayenne in a bowl
4. In a separate bowl, whisk eggs, milk and honey until combined
5. Pour the milk mixture into the polenta mixture
6. stir until nearly combined
7. fold in cheese
8. spread batter into baking dish
9. add tomatoes to a frypan over medium heat
10. add salt and pepper if desired
11. cook for 1-2 minutes until they start to soften
12. turn and cook for another minute
13. add tomato slices to the top of the batter
14. pour any juices from frypan over tomatoes
15. bake for 30 minutes or until skewer comes out clean
16. let cool for 10 minutes before serving

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## Pomelo- Mint Sorbet

Equipment	Ingredients
Medium Saucepan	2 cups sugar
Measuring spoons/ cups	2 cups fresh mint leaves
Chopping board	2 cups water
Juicer	4 cups strained pomelo juice (about 6 pomelos)
Zester	2tbs. fresh lemon juice
Sieve	6tbs. pomelo zest (2-3 pomelos)
Wooden spoon	
Ice cream scoop	

### Method:

1. Heat a small saucepan over high heat
2. Combine the sugar, mint leaves and water.
3. Bring to a boil, stirring to dissolve the sugar
4. Reduce the heat to medium-low and simmer, uncovered, stirring constantly, until a thin syrup forms, about 5 minutes.
5. Remove from the heat and let stand for 10 minutes.
6. Add the pomelo and lemon juices, then cover and refrigerate for at least 6 hours or up to overnight.
7. Strain the mixture through a fine-mesh sieve to remove the mint leaves
8. Stir in the minced zest. Transfer to an ice cream maker and freeze according to the manufacturer's instructions.
9. To serve, spoon the sorbet into individual bowls and garnish with mint sprigs.

## Honey Toffee Mandarin Skewers

Equipment	Ingredients
Skewers	1L iced water
Measuring cup	3 mandarins, peeled, segmented
Saucepan	1/3 cup honey
Measuring spoons	1 cup caster sugar
Baking tray	½ cup water
Cup for serving	2 tsp vegetable oil

### Method:

1. Place the iced water in a large bowl. Line a baking tray with non-stick baking paper.
2. Thread the mandarin segments onto the skewers
3. Combine the honey, sugar, ½ cup water and oil in a large non-stick frypan. Bring to the boil.
4. Reduce heat to low and simmer for 10-12 minutes or until golden brown. Remove from heat
5. Use metal tongs to coat the mandarin skewers in the toffee mixture. Then place in the bowl of ice water to set. Stand skewers in a large cup and serve immediately

## Mandarin syrup cake

Equipment	Ingredients
Mixing bowls	125g butter
Whisk	1 cup caster sugar
Measuring cups	1 tbsp grated mandarin rind
Measuring spoons	½ tsp cinnamon
Serrated knife	½ tsp cardamom
Baking pan	2 eggs
Saucepan	1 cup plain flour
Electric mixer (optional)	1 cup self-raising flour
	½ cup Greek yoghurt
	For the poached mandarins-
	½ cup mandarin juice
	½ cup caster sugar
	4 mandarins, zested, peeled

Method:

1. Preheat oven to 180 degrees. Grease pan and lightly dust the inside with flour
2. In a large bowl, mix the butter, sugar, mandarin rind, cinnamon and cardamom until pale and creamy.
3. Add the eggs one at a time, beating well after each addition.
4. Add the combined flour and yoghurt and combine. Spoon into pan.
5. Bake for 35-40 minutes or until a skewer inserted in the centre comes out clean. After baking set aside to cool on a wire rack
6. Meanwhile to make the poached mandarins, combine the mandarin juice and sugar in a pan over low heat. Cook and stir for 5 minutes or until sugar dissolves.
7. Increase heat to medium and bring to the boil. Cook for 3 minutes or until the syrup thickens. Remove from heat.
8. Use the serrated knife to cut 2 the mandarins in half and segment them. Place the mandarin segments and zest in a bowl and pour the syrup over them
9. To serve, pour the hot syrup over the warm cake. Top cake with mandarin pieces. Serve with Greek style yoghurt

## Lemon Curd Angel Cupcakes

Equipment-	Ingredients-
Muffin pan	1 cup self-raising flour
Mixing bowl	½ cup caster sugar
Electric mixer (optional)	60g butter, softened
Knife	2 eggs, lightly beaten
Measuring cups	¼ cup milk
Measuring spoon	1 tsp vanilla essence
Paper cupcake cases	¾ cup lemon curd
	Icing sugar to serve

### Method:

1. Preheat oven to 180 degrees. Line pan with paper cases.
2. Combine flour and sugar in a bowl. Add butter, eggs, milk and vanilla. Using an electric hand mixer, beat for 2 to 3 minutes or until well combined and pale in colour
3. Spoon heaped tablespoons of the mixture into the paper cases
4. Bake for 12-15 minutes or until a skewer comes out clean. Transfer to a wire rack to cool.
5. Using a small, sharp knife, cut a shallow disc from centre of each cake, 1cm from edges and 1 ½ cm deep. Cut discs in half to form butterfly wings.
6. Fill the cavity with lemon curd and arrange the wings. Sprinkle with icing sugar before serving.

# Mango and yoghurt swirl macadamia tartlets

Equipment	Ingredients
Muffin tin	1 ½ cups sliced mango flesh
Measuring spoons	2 tsp lime juice
Baking tray	2 tsp grated lime rind
Baking paper	1tbsp coconut sugar
Measuring cups	1 cup natural Greek yoghurt
Food processor or mixer	
Mixing bowl	<i>For the tart shell</i>
	½ cup raw unsalted macadamias
	¼ cup shredded coconut
	½ cup almond meal
	1 tbsp maple syrup
	1 tbsp coconut sugar
	1tbsp coconut oil
	1 egg yolk

## Method

1. Preheat oven to 160 degrees.
2. To make the tart shell, place the macadamias on a small oven tray and cook for 5 minutes or until golden. Then allow to cool.
3. Place the cooled macadamias, shredded coconut, almond meal, maple syrup, sugar, oil and egg yolk into a mixer and process until smooth
4. Spoon mixture into a lightly greased muffin tin, pressing the mixture into the sides and base.
5. Prick the base with a fork and cook for 8-10 minutes or until golden brown and cooked through.
6. Allow to cool in the tin for 5 minutes and then transfer to a wire rack to cool completely
7. While the tart shells are cooling, place the mango, lime juice, lime rind, sugar and 1 tablespoon of the yoghurt in a bowl and mix until smooth
8. Divide the mixture among the tart shells. Top with yoghurt and sprinkle extra lemon rind to serve

## Banana Maple Syrup Muffins

<p>Equipment:</p> <p>Muffin tin</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing bowl</p> <p>Knife</p> <p>Chopping board</p>	<p>Ingredient:</p> <p>2 cups self-raising flour</p> <p>½ tsp cinnamon</p> <p>½ cup sugar</p> <p>300g sour cream</p> <p>1 egg</p> <p>3 tbsp maple syrup</p> <p>3 tbsp vegetable oil</p> <p>3 bananas, chopped</p>
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### Method:

1. Preheat oven to 200 degrees
2. Place flour, cinnamon and sugar in a bowl and mix to combine
3. In a separate bowl place sour cream, egg, maple syrup, oil and bananas in a bowl and whisk to combine
4. Add the banana mixture to the dry ingredients and mix until just combined.
5. Spoon the mixture into muffin tins and bake for 25-30 minutes or until muffins are cooked. Test with a skewer.
6. Serve with extra maple syrup

## Lemon Cake with Syrup

<p>Equipment:</p> <p>Loaf tin</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Mixing bowls</p> <p>Electric mixer (optional)</p> <p>Knife</p> <p>Zester</p> <p>Juicer</p> <p>Baking paper</p>	<p>Ingredients:</p> <p>125g butter</p> <p>185g sugar</p> <p>185g self-raising flour</p> <p>4 tbsp milk</p> <p>2 large eggs</p> <p>2 lemons, zested</p> <p><i>For the syrup</i></p> <p>6 tbsp lemon juice</p> <p>6 tbsp icing sugar</p>
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### Method:

1. Preheat oven to 160 degrees
2. Grease and line tin with baking paper
3. Add the butter and sugar to a bowl and mix until creamed with electric mixer
4. Add the flour, lemon rind, eggs and milk to the bowl and mix well
5. Pour the mixture into the tin and smooth the top
6. Place tin into oven for 30-40 minutes or until cooked
7. To make the syrup, add lemon juice and caster sugar in a bowl and mix until combined
8. When the cake is removed from the oven. Prick the top with a skewer and pour the syrup over the cake while it is still hot. Remove from the pan once cooled fully.



## Chinese Almond Biscuits

<p>Equipment:</p> <p>Baking Tray</p> <p>Baking paper</p> <p>Electric mixer</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Sieve</p> <p>Large mixing bowl</p>	<p>Ingredients:</p> <p>125g unsalted butter, room temp</p> <p>½ cup caster sugar</p> <p>2 tsp finely grated orange rind</p> <p>½ tsp almond essence</p> <p>1 egg</p> <p>1 ½ cups plain flour</p> <p>½ tsp baking powder</p> <p>30 blanched almonds</p>
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### Method:

1. Preheat oven to 180 degrees, line baking tray with non-stick baking paper
2. In a large bowl beat butter, sugar, orange rind and almond essence in a large bowl until pale and creamy.
3. Add the egg and beat until just combined
4. Sift in the flour and baking powder and use a spoon to stir until combined
5. Roll approx. 2 teaspoons of mixture into a ball and place on the prepared tray. Use the palm of your hand to flatten slightly. Do this with the rest of the mixture to make 30 biscuits.
6. Place an almond in the centre of each biscuit and bake for 15-20 minutes or until golden.
7. Allow biscuits to cool slightly before transferring to a wire rack to cool completely

## Lemon Crinkle Cookie

<p>Equipment</p> <p>Mixing bowl</p> <p>Electric mixer</p> <p>Large spoon or scraper</p> <p>Large plate</p> <p>Measuring spoons</p> <p>Baking tray</p> <p>Measuring cup</p>	<p>Ingredients:</p> <p>½ cup butter, softened</p> <p>1 cup sugar</p> <p>½ tsp vanilla extract</p> <p>1 egg</p> <p>1 tsp lemon zest</p> <p>1 tbsp lemon juice</p> <p>1 ½ cups plain flour</p> <p>¼ tsp salt</p> <p>¼ tsp baking powder</p> <p>½ cup icing sugar</p>
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### Method:

1. Preheat oven to 170 degrees and line baking tray
2. In a large bowl, cream the butter and sugar until light and fluffy
3. Whip in vanilla, egg, lemon zest and juice
4. Stir in the flour, salt, baking powder and baking soda being careful not to over mix
5. Pour the icing sugar onto a plate
6. Roll a heaped teaspoon of the dough into a ball and roll in the icing sugar
7. Place on a baking sheet and repeat for the rest of the dough
8. Bake for 9-11 minutes or until the bottom of the cookies begin to just brown
9. Remove from oven, let sit for 3 minutes
10. Transfer to a cooling rack

## Carrot cake blondies

<p>Equipment:</p> <p>Mixing bowl</p> <p>Baking tin</p> <p>Grater</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Mixer</p> <p>Baking paper</p>	<p>Ingredients:</p> <p>230g butter, melted</p> <p>1 ½ cups brown sugar</p> <p>2 tsp vanilla extract</p> <p>1 large egg</p> <p>1 egg yolk</p> <p>1 cup carrots, finely grated</p> <p>1 ½ cups plain flour</p> <p>½ tsp ground ginger</p> <p>½ tsp cinnamon</p> <p>½ tsp salt</p> <p><i>For the frosting</i></p> <p>115g butter, soft</p> <p>230g cream cheese frosting</p> <p>1 tsp vanilla</p> <p>2 cups icing sugar</p> <p>½ cup chopped pecans (if desired)</p>
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### Method:

1. Preheat the oven to 170 degrees and line a baking tin with paper
2. In a large bowl, combine the melted butter, brown sugar and vanilla
3. Whisk until smooth
4. Beat in the egg and egg yolk
5. Fold in the carrots
6. Add the flour, ginger, cinnamon and salt and mix until just combined (careful not to over mix)
7. Pour batter into pan and smooth the top
8. Place in oven and bake for 32-35 minutes. The edges will be brown and the centre set.
9. Let cool completely in the pan before removing
10. Meanwhile in a bowl mix the cream cheese and butter and beat until smooth
11. Add the vanilla and beat again
12. Gradually add the icing sugar and whisk until smooth
13. Frost the carrot cake when it is cooled and cut into squares,
14. Sprinkle with pecans if using

## Grapefruit popsicles

<p>Equipment:</p> <p>Medium Saucepan</p> <p>Zester</p> <p>Juicer</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Ice block molds</p>	<p>Ingredients:</p> <p>1 cup sugar</p> <p>1 cup water</p> <p>1 tsp grapefruit zest</p> <p>2 cups grapefruit juice</p> <p>2 tbsp lemon juice</p>
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### Method:

1. Add sugar, water and zest to a saucepan
2. Bring to the boil over a medium-high heat
3. Stir until the sugar dissolves
4. Remove from the burner and let cool for a few minutes
5. Stir in the grapefruit and lemon juice
6. Strain through a sieve and let cool
7. Put the mixture into the molds and freeze until solid

## Ripe Paw Paw Popsicles

<b>Equipment:</b> Blender Knife Chopping board Measuring cups Measuring spoons Ice block molds	<b>Ingredients:</b> ½ large paw paw, diced 1/3 cup cream or coconut cream Juice of 1 lime 1 tsp vanilla extract 1-2 tbsp raw honey
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### Method:

1. Place all ingredients in a blender
2. Blend until smooth
3. Place mixture into popsicle mold and freeze
4. Serve once firm (at least 3-5 hours)

## Giant hot cross bun

<p>Equipment:</p> <p>Baking tray</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Mixing bowls</p> <p>Plastic wrap</p> <p>Mixing spoon</p> <p>sieve</p>	<p>Ingredients:</p> <p>7g dry yeast</p> <p>2 tsp caster sugar</p> <p>1 cup warm water</p> <p>3 cups plain flour</p> <p>1 tsp salt</p> <p>1 tbs olive oil</p> <p>1 tsp cinnamon</p> <p>½ tsp mixed spice</p> <p>¾ cup sultanas</p> <p>¼ mixed peel</p> <p>Butter or jam to serve</p> <p><i>Flour paste</i></p> <p>2 tbs plain flour</p> <p>1 tsp caster sugar</p> <p>1 ½ tbs. cold water</p>
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### Method:

1. Place yeast, sugar and warm water in a jug and whisk with a fork until yeast has dissolved.
2. Stand in a warm place for 10 minutes or until foamy
3. Sift flour into a large bowl and make a well
4. Add salt, yeast mixture and oil
5. Mix to form a soft dough. Knead for 5 minutes or until smooth and elastic
6. Place in a large bowl, cover and place in a warm area for up to an hour or until doubled in size
7. Knead the dough on a floured surface until smooth
8. Knead in the cinnamon, mixed spice, sultanas and peel
9. Place dough in a warm place, covered for 30 minutes
10. Preheat oven to 180 degrees
11. Make the flour paste by combining ingredients until smooth

## Easter Egg caramel Slice

<p>Equipment:</p> <p>Slice pan</p> <p>Knife</p> <p>Chopping board</p> <p>Food processor (optional)</p> <p>Baking paper</p> <p>Spoon</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>Melted butter to grease pan</p> <p>200g plain chocolate biscuits</p> <p>80g butter, melted</p> <p>400g dark chocolate, coarsely chopped</p> <p>300ml thickened cream</p> <p>2x 125g packets Cadbury caramello eggs</p>
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### Method:

1. Brush a 26cmx16cm slice pan with melted butter and line the sides with baking paper
2. Process the biscuits until finely crushed
3. Add the butter to the biscuits and process until combined
4. Press the biscuit mixture firmly into the base of the pan
5. Place in the fridge for 30 minutes to chill
6. Meanwhile stir the chocolate and cream in a saucepan over low heat for 5 minutes or until smooth
7. Set the chocolate and cream aside for 10 minutes to cool slightly
8. Spread ½ cup of the chocolate mixture over the biscuit base
9. Arrange the eggs over the chocolate
10. Drizzle the remaining chocolate mixture over the eggs
11. Gently shake the pan to coat
12. Cover the pan with plastic wrap and place in the fridge for 4 hours or overnight
13. Cut into squares and serve

## Lemon and raspberry cake

<b>Equipment:</b> Cake pan Electric beater Measuring cups Mixing bowls Measuring spoons Juicer Baking paper	<b>Ingredients:</b> 4 eggs, separated 1 1/3 cup icing sugar 2 tsp lemon rind 2 tbsp lemon juice 2/3 cup plain flour 120g cooled melted butter 600ml warm milk 1 tbsp caster sugar 125g raspberries Double cream to serve (optional)
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### Method:

1. Preheat the oven to 160 degrees
2. Grease a 21cm cake pan and line with baking paper
3. Use electric beaters to beat the egg yolks and icing sugar in a large bowl
4. Beat until pale, then beat in the lemon rind and juice
5. Beat in the flour until combined
6. Pour in the butter and continue to beat
7. Have the beater on low speed and slowly add the milk until all combined
8. Whisk the egg whites separately in a bowl until firm peaks form
9. Beat in caster sugar to the egg whites
10. Use a large spoon, spoon 1/3 of the egg whites into the flour mixture
11. Repeat until all the egg whites are used. Fold until just combined (may have some lumps)
12. Pour the mixture into the pan and sprinkle with raspberries
13. Bake for 1 hour or until the cake is set
14. Let cool completely in the pan before serving.
15. Cut into squares and dust with icing sugar



## Hummingbird cupcakes

<p>Equipment:</p> <p>Muffin pan</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Sieve</p> <p>Mixing bowls</p> <p>Whisk</p> <p>Cupcake cases</p>	<p>Ingredients:</p> <p>2 cups plain flour</p> <p>1 cup self raising flour</p> <p>½ tsp mixed spice</p> <p>1 tsp bicarb soda</p> <p>1 cup firmly packed brown sugar</p> <p>½ cup desiccated coconut</p> <p>3 eggs, lightly beaten</p> <p>1 cup vegetable oil</p> <p>1 tsp vanilla essence</p> <p>450g tin crushed pineapple, drained</p> <p>½ cup mashed banana</p> <p>Icing sugar for dusting</p>
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### Method:

1. Preheat oven to 160 degrees. Line muffin tin with paper cases
2. Sift flours, mixed spice and bicarb soda into a bowl
3. Stir in the sugar and coconut
4. Combine eggs, oil, vanilla, pineapple and banana in a separate bowl
5. Add egg mixture to flour mixture and stir to combine
6. Spoon the mixture into prepared pans
7. Bake for 20-25 minutes or until a skewer comes out clean
8. Stand in the pan for 5 minutes
9. Transfer to a wire rack to cool
10. Serve with a dusting of icing sugar

## Banana fritters

<p>Equipment:</p> <p>Large frypan</p> <p>Knife</p> <p>Mixing bowl</p> <p>Sieve</p> <p>Chopping board</p>	<p>Ingredients:</p> <p><math>\frac{3}{4}</math> cup plain flour</p> <p><math>\frac{1}{4}</math> tsp ground cinnamon</p> <p><math>\frac{1}{4}</math> cup caster sugar</p> <p>1 egg, lightly beaten</p> <p><math>\frac{1}{3}</math> cup chilled soda water</p> <p>Oil for shallow frying</p> <p>3 large bananas, cut diagonally into 6 slices</p> <p>Caramel topping (optional)</p> <p>Ice cream to serve (optional)</p>
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### Method:

1. Sift flour and cinnamon together into a large bowl
2. Make a well in the centre and add egg and soda water
3. Whisk until smooth. Cover and place in refrigerator for up to 30 minutes
4. Pour oil into a large frying pan and heat over medium heat
5. Dip 1 piece of banana at a time into the batter
6. Allow excess batter to drain
7. Cook in batches for 1-2 minutes or until golden and cooked through
8. Keep warm in the oven if required

## **Crumbed Banana Fritters**

<b>Equipment:</b> Plate Knife Chopping board Large frypan Tongs Measuring cups	<b>Ingredients:</b> 1 cup bread crumbs 2 tbsp brown sugar 1 ½ tsp ground cinnamon 4 bananas, peeled 1 tbsp butter 2 tsp oil
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### Method:

1. Combine breadcrumbs, sugar and cinnamon on a large plate
2. Cut the bananas in half lengthways
3. Toss the banana pieces in the breadcrumb mixture, gently press the crumbs to coat
4. Heat half of the butter and oil in a large frying pan over medium heat
5. Add the banana pieces and cook until golden brown on each side
6. Transfer to a baking tray and keep warm in the oven if desired
7. Repeat until all bananas are used
8. Serve warm

## Banana, Cinnamon, Honey Icy pops

Equipment	Ingredients:
Food processor	4 ripe bananas, Chopped
Measuring spoons	1 tbsp cinnamon sugar
Knife	$\frac{3}{4}$ cup vanilla yoghurt
Measuring cups	$\frac{1}{2}$ cup milk
Chopping board	2 tbsp honey

### Method:

1. Process all the ingredients in a food processor until smooth
2. Divide the mixture into ice block moulds
3. Freeze for 4 hours or until firm

## Banana Bread

Equipment	Ingredients:
Measuring spoons	1 2/4 cups self raising flour
Measuring cups	¼ cup plain flour
Knife	1 tsp ground cinnamon
Fork	2/3 cup brown sugar
Mixing bowl	2 medium bananas, mashed
Loaf tin	2 eggs, lightly whisked
Baking paper	½ cup milk
whisk	50g melted butter, cooled

### Method:

1. Preheat oven to 180 degrees
2. Line loaf tin with baking paper
3. Sift the flours and cinnamon into a large bowl
4. Stir in the sugar and make a well in the centre
5. Mash bananas in a separate bowl
6. Add the eggs, milk, melted butter and stir into the bananas
7. Add the banana mixture to the flour mixture and stir until just combined
8. Spoon the mixture into the prepared pan and smooth the surface
9. Bake in the oven for 45-50 minutes or until a skewer comes out clean
10. Remove from oven and let cool for 5 minutes
11. Remove from pan and let cool on a rack completely
12. Slice and serve

## Banana tarts

Equipment	Ingredients
Plate	1/4 cup brown sugar
Measuring spoons	1 banana, cut into diagonal slices
Measuring cups	4 shortcrust pastry cases
Baking tray	2 tsp butter
Knife	1 tbsp shredded coconut
Chopping board	2 tbsp thickened cream

### Method:

1. Preheat oven to 220 degrees
2. Place brown sugar on a plate
3. Coat the banana slices in the brown sugar
4. Place the pastry cases on a baking tray
5. Divide the banana slices among the pastry cases
6. Dollop 1/2 teaspoon of butter onto each
7. Sprinkle each with coconut
8. Bake in oven for 10-12 minutes or until banana is golden
9. Remove from oven and let cool slightly
10. Serve with cream if desired

## Mandarin Curd tarts

Equipment:	Ingredients
Tartlet pan	1 sheet shortcrust pastry
Juicer	1tsp cornflour
Chopping board	150ml mandarin juice
Knife	Rind of 4 mandarins
Mixing bowl	2 eggs
Saucepan	½ cup caster sugar
Measuring spoons	50g butter, chopped
Measuring cups	

### Method

1. Preheat oven to 220 degrees
2. Cut pastry and place into tartlet pan. Prick the bases with a fork
3. Bake for 8-10 minutes, place on a cooling rack to cool
4. Bring a saucepan half full of water to the boil
5. In a mixing bowl. Blend the cornflour with a little juice until smooth
6. Whisk in the remaining juice, rind, eggs and sugar.
7. Reduce the heat to a simmer
8. Place the bowl over the saucepan. Making sure the bottom doesn't touch the water
9. Whisk constantly while slowly adding the butter until the curd is thick (about 5 minutes)
10. Let cool before serving in cases

## Lemon loaf

Equipment	Ingredients:
Loaf tin	125g butter, softened
Knife	1 ½ cups caster sugar
Zester	Rind and juice from 1 lemon
Juicer	2 eggs
Chopping board	1 ½ cups self-raising flour
Sieve	½ cup milk
Mixing bowl	
Electric mixer	
Measuring cups	
Measuring spoons	

### Method:

1. Preheat oven to 180 degrees and grease a loaf pan
2. Using a mixer, cream butter and 1 cup of the sugar until light and fluffy
3. Add 1 egg at a time and beat well after each addition
4. Add half the flour and half the milk to the egg mixture
5. Gently stir before adding the rest of the milk and flour. Fold until combined
6. Spoon the mixture into the loaf pan and bake for 45-50 minutes
7. Combine the remaining sugar and juice
8. Pour over the hot loaf while still in the pan.
9. Let cool in the pan before serving



## Vanilla Bean Gelato

Equipment	Ingredients
Measuring cups	5 Large Egg Yolks At Room Temperature
Measuring spoon	3/4 Cup Of Granulated Sugar
Mixing bowls	2 1/2 Cups Whole Milk
Saucepan	1 Cup Heavy Cream
Sieve	1/2 Vanilla Pod, Sliced Lengthwise
whisk	or ½ teaspoon of vanilla bean paste.
Ice cream maker	Pinch of Salt

### Method

1. In a large bowl, beat together the egg yolks and sugar until light and thick.
2. Heat the milk, cream, vanilla pod, and salt in a heavy saucepan and heat over medium heat until bubbles begin to form around the edges.
3. Remove from the heat, and take 1/2 cup of the hot milk mixture, and slowly whisk it into the beaten eggs.
4. Next whisk the egg mixture into the saucepan, and cook over low heat stirring continuously until the mixture thickens, about 8 to 10 minutes.
5. Strain the mixture through a fine mesh sieve into a metal bowl and refrigerate until cold.
6. Once the custard mixture is cold, transfer it into an ice cream maker and churn following the manufacturer's instructions.
7. Serve immediately, or freeze in an airtight container until you are ready to use.

## Watermelon Ice Blocks

<b>Equipment:</b> Blender Ice block moulds Funnel Measuring spoons	<b>Ingredients:</b> Watermelon 2 tbsp caster sugar 2 tbsp lime juice
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### Method:

1. Cut the watermelon into chunks
2. Blend the watermelon until smooth
3. Add lime juice and sugar
4. Blend until combined
5. Pour into moulds
6. Freeze until set

# Chocolate Chip Cookie Dough Truffles

<p>Equipment</p> <p>Mixing bowl</p> <p>Electric mixer</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing spoon</p>	<p>Ingredients:</p> <p>2 ½ cups plain flour</p> <p>1 tsp salt</p> <p>1 cup butter</p> <p>¾ cup sugar</p> <p>¾ cup brown sugar</p> <p>1tsp vanilla</p> <p>1/3 cup milk or cream</p> <p>1 cup mini chocolate chips</p> <p>Dark chocolate for coating</p>
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## Method:

1. Beat the butter and sugar in a large bowl until light and fluffy
2. Add cream and vanilla
3. Stir in flour and salt and mix on low speed until combined
4. Stir in chocolate chips
5. Cover dough and chill for 1 hour
6. Remove dough from fridge when firm enough to handle
7. Form tablespoon sized balls and place on a baking tray lined with baking paper
8. Repeat until all dough is used
9. Place in the freezer for 30 minutes
10. Remove from freezer
11. Melt chocolate on stove or in microwave
12. Use a fork to dip the balls in the chocolate to coat
13. Return to the baking tray

Place in the fridge until set

## Pandan Sponge Cake

<p>Equipment:</p> <p>Electric mixer</p> <p>Mixing bowls</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Scales</p>	<p>Ingredients:</p> <p>6 eggs, separated</p> <p>70g vegetable oil</p> <p>100g plain flour</p> <p>Pinch of salt</p> <p>50g pandan juice</p> <p>50g coconut milk</p> <p>100g sugar</p>
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### Method:

1. Put oil in a saucepan and heat over the lowest heat until warm (70 degrees if using a thermometer)
2. Remove the oil from the heat and quickly stir in the flour until smooth
3. Stir in the coconut milk and pandan juice (Batter will become thick and lumpy)
4. Add in the egg yolks and whisk until smooth again
5. Beat the egg whites in a separate bowl until foamy
6. Add the sugar gradually and beat until firm peaks form
7. Add 1/3 of the meringue to the yolk batter and whisk to combine
8. Repeat another 2 times until all the egg whites are in the batter
9. Use a spatula to pour the mixture into a round pan
10. Bake at 190 degrees for 15 minutes
11. Reduce heat to 145 degrees and cook for another 60 minutes or until cake bounces back when pressed
12. Remove from oven and let cool for 10 minutes before removing from pan

## Custard cake

<p>Equipment</p> <p>Mixing bowl</p> <p>Cake pan</p> <p>Electric mixer</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients:</p> <p>2 cups self raising flour</p> <p>250g butter</p> <p>2 tsp vanilla essence</p> <p><math>\frac{3}{4}</math> cup custard powder</p> <p>1 cup milk</p>
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### Method:

1. Preheat oven to 160 degrees
2. Place all the ingredients in a large mixing bowl
3. Mix with an electric mixer until just combined
4. Pour into cake tin
5. Bake for 1 hour
6. Use a skewer to check when the cake is finished

## Frozen watermelon with coconut skewers

<p>Equipment</p> <p>Ice cream scoop</p> <p>Tray or platter</p> <p>Skewers</p> <p>brush</p>	<p>Ingredients:</p> <p>½ watermelon</p> <p>½ cup jam</p> <p>200g desiccated coconut</p>
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### Method:

1. Scoop the watermelon into balls
2. Brush the watermelon with the jam
3. Sprinkle with coconut
4. Place balls on a skewer
5. Place on a tray and freeze overnight

## Melon jellies with fruit

<p>Equipment</p> <p>Spoon</p> <p>Knife</p> <p>Chopping board</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>1 small rockmelon or watermelon</p> <p>2 packets of jelly crystals</p> <p>2 ½ cups fresh fruit</p>
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### Method:

1. Scoop out the flesh of the melons
2. Pour jelly into mixing bowl and make per instructions
3. Pour the jelly into the half melon
4. Add fruit into the jelly mixture
5. Place in fridge and let set
6. When set, cut into slices and serve

## Easy Choc Chip Cookies

<p>Equipment:</p> <p>Mixing bowl</p> <p>Spoon</p> <p>Baking tray</p> <p>Baking paper</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients:</p> <p>½ cup plain flour</p> <p>1 large egg</p> <p>2 tbsp sugar</p> <p>1 cup Nutella (used chocolate and caramel filling instead)</p> <p>½ cup chocolate chips</p>
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### Method:

1. Preheat oven to 180 degrees
2. Mix together flour, egg and Nutella (or substitute)
3. Stir in the chocolate chips
4. Drop the dough by the spoonful onto the baking tray
5. Leave about 3 cm between each cookie
6. Bake for 8-10 minutes
7. Let cool and serve



## Lemon and coconut cake

<p>Equipment:</p> <p>Baking tin</p> <p>Mixing bowl</p> <p>Measuring cups</p> <p>Measuring spoon</p> <p>Grater</p> <p>Baking paper</p>	<p>Ingredients:</p> <p>125g butter, room temperature</p> <p>1 cup sugar</p> <p>Rind of 1 lemon</p> <p>2 eggs</p> <p>½ cup coconut</p> <p>1 ¾ cups self-raising flour</p> <p>1 cup milk</p>
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### Method:

1. Preheat oven to 160 degrees
2. Line baking tray with paper
3. Mix butter sugar and eggs in a bowl with an electric mixer
4. Add coconut, flour and milk
5. Mix for about 5 seconds until just combined. DON'T OVERMIX
6. Place in prepared tin
7. Bake for 40-50 minutes, Check at 40 minutes
8. Let stand for 5 minutes before turning out
9. Drizzle with icing when cooled

## Rippled mandarin curd ice cream

<p>Equipment:</p> <p>Zester</p> <p>Juicer</p> <p>Measuring cup</p> <p>Measuring spoon</p> <p>saucepan</p>	<p>Ingredients:</p> <p>6 mandarins</p> <p>6 egg yolks</p> <p><math>\frac{3}{4}</math> cup sugar</p> <p>80g butter</p> <p>1L vanilla ice cream</p>
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### Method:

1. Finely grate 1 tablespoon of rind from the mandarins
2. Juice mandarins to get  $\frac{1}{3}$  cup
3. Whisk the egg yolks and sugar together in a saucepan
4. Add the butter, mandarin rind and juice
5. Stir over medium-high heat until mixture begins to thicken (about 8 minutes)
6. Remove from heat and stir for 30 seconds
7. Place curd in a bowl and refrigerate until cold
8. Remove ice cream from freezer and set aside to soften slightly
9. Add alternating scoops of ice cream and curd into a large dish
10. Create swirls with a knife
11. Cover with wrap and place in the freezer for 3 hrs or until firm
12. Serve in cones or on biscuits

## Basic biscuit

<p>Equipment:</p> <p>Baking tray</p> <p>Baking paper</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Scales</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>125g butter, softened</p> <p>½ cup caster sugar</p> <p>½ tsp vanilla extract</p> <p>1 egg</p> <p>2 cups plain flour</p> <p>1 tsp baking powder</p> <p>1 tbsp milk</p>
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### Method:

1. Preheat oven to 180 degrees
2. Beat sugar, butter and vanilla in a mixing bowl
3. Add egg and mix well
4. Sift in flour and baking powder over mixture
5. Add milk and stir until just combines
6. Place a table spoon of mixture on the tray and use the heel of your hand to flatten
7. Repeat with remaining mixture
8. Bake for 15 minutes or until golden
9. Allow biscuits to cool
10. Serve

## Carrot Cake

<p>Equipment:</p> <p>Mixing bowl</p> <p>Baking tray</p> <p>Measuring cup</p> <p>Measuring spoons</p> <p>whisk</p>	<p>Ingredients:</p> <p>300g carrots, grated</p> <p>2 eggs</p> <p>1 cup sugar</p> <p><math>\frac{3}{4}</math> cup oil</p> <p>1 tsp vanilla essence</p> <p>1 tsp ground cinnamon</p> <p><math>\frac{1}{2}</math> tsp salt</p> <p>1 cup plain flour</p> <p>1 tsp baking powder</p>
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### Method:

1. Preheat oven to 180 degrees
2. Line baking tin with baking paper
3. Combine eggs, sugar, oil and vanilla in a large bowl
4. Mix ingredients with a whisk
5. Mix cinnamon, salt, flour and baking powder in a separate bowl
6. Sift the dry ingredients into the egg mixture
7. Add the carrots and mix until just combined
8. Pour the batter into the baking tin
9. Bake for 1 hour and 15 minutes or until a skewer comes out clean
10. Remove from oven and let cool on a wire rack
11. Ice and serve

## Cinnamon Tea Cake

<p>Equipment:</p> <p>Mixing bowl</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Scales</p> <p>Mixer</p> <p>Cake pan</p> <p>Baking paper</p>	<p>Ingredients:</p> <p>180g butter, room temperature</p> <p><math>\frac{3}{4}</math> cup caster sugar</p> <p>1 tsp vanilla extract</p> <p>2 eggs</p> <p>1 <math>\frac{1}{4}</math> cup self-raising flour</p> <p><math>\frac{1}{4}</math> cup plain flour</p> <p>2 tsp ground cinnamon</p> <p><math>\frac{1}{2}</math> cup milk</p> <p><i>For the icing</i></p> <p>1 tbsp caster sugar</p> <p>1 tsp cinnamon</p> <p>1 tbsp melted butter</p>
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### Method:

1. Preheat oven to 170 degrees
2. Line a 20 cm round cake pan
3. Add butter, sugar and vanilla to a bowl
4. Beat until creamy
5. Add eggs one at a time, beating after each add
6. Sift flours and cinnamon together in a separate bowl
7. Fold into pan with milk
8. Spoon into cake pan and smooth the top
9. Bake for 1 hour
10. Cool in pan for 15 minutes
11. Turn out onto wire rack
12. Mix extra cinnamon, butter and sugar together
13. Pour over cake and set aside to cool

## Banana Cake

Equipment	Ingredients
Loaf tin	1 cup self-raising flour
Mixing bowl	1 cup sugar
Measuring cups	50g butter, melted
Measuring spoons	1 egg, lightly beaten
Sieve	1 tsp vanilla
fork	¼ cup milk
	½ cup mashed bananas

### Method:

1. Preheat oven to 160 degrees
2. Line loaf tin with baking paper
3. Sift flour into a large bowl
4. Stir in sugar
5. Make a well in the centre
6. Add butter, egg, vanilla, milk and banana
7. Stir until just combined
8. Pour into prepared pan
9. Bake for 30-35 minutes or until a skewer comes out clean
10. Let sit in pan for 10 minutes to cool
11. Transfer to wire rack

## Lemon Friands

Equipment	Ingredients
Friand or muffin pan	190g butter
Sieve	180g plain flour
Mixing bowl	1 1/3 cups icing sugar
Fork	5 eggwhites
Scales	Grated zest of 1 lemon

### Method:

1. Preheat oven to 180 degrees
2. Brush pan with butter
3. Sift the flour and sugar into a large bowl
4. Place eggwhites in a small bowl and lightly froth with a fork
5. Add eggwhites to dry ingredients with the melted butter and zest
6. Fill each hole in the pan about 2/3 full
7. Bake for 25-35 minutes or until golden and a skewer comes out clean
8. Leave in pan for 5 minutes.

## Baked egg custard

Equipment	Ingredients
Saucepan	1 cup evaporated milk
Measuring cups	Yolk from 4 large eggs
Measuring spoon	1/3 cup sugar
Mixing bowl	½ tsp vanilla extract
Whisk	Ground nutmeg to sprinkle
Ramekins	1 cup water
Baking pan	

### Method

1. Preheat oven to 160 degrees
2. Combine milk and water into a saucepan
3. Place over medium heat until almost boiling
4. Beat egg yolks in a mixing bowl
5. Add sugar and vanilla to yolks
6. Slowly pour in the hot milk while stirring constantly
7. Pour the mixture into ramekins
8. Place ramekins in a baking pan
9. Fill the pan with hot water so it comes half way up the ramekins
10. Sprinkle with nutmeg and bake for 45 minutes
11. Serve warm or cold



## Rockmelon Sorbet

Equipment	Ingredients
Measuring cup	1 stick lemongrass
Knife	$\frac{3}{4}$ cup sugar
Chopping board	1 cup water
Jug	1 small rockmelon, chopped
Sieve	
blender	
saucepan	

### Method

1. Trim ends of lemongrass
2. Smash down on the lemongrass to bruise
3. Tie in a loose knot
4. Add lemongrass, sugar and water to a saucepan
5. Heat over low heat until sugar dissolves
6. Increase heat to high and simmer for 2 minutes
7. Set aside to cool
8. Strain syrup into a jug
9. Blend the rockmelon until smooth
10. Add rockmelon to the syrup
11. Place mixture in ice cream machine and follow machine instructions

## Cupcakes

Equipment	Ingredients
Measuring cups	125g butter, softened
Measuring spoons	1 cup sugar
Mixing bowl	3 eggs
Mixer	3/4 cup plain flour
Muffin tin	3/4 cup self-raising flour
Paper cases	1/3 cup sour cream

### Method

1. preheat oven to 180 degrees
2. line muffin tin with paper cases
3. beat butter and sugar in a bowl with mixer
4. add the eggs one at a time
5. add the flours and sour cream and stir with a wooden spoon
6. spoon mixture evenly among the pans and smooth the surface
7. bake for 15-20 minutes or until cooked through

## 3 ingredient pineapple cake

Equipment	Ingredients
Mixing bowl	2 cups self-raising flour
Loaf tin	1 cup caster sugar
Measuring cups	1 440g can crushed pineapple, undrained
Mixing spoon	

### Method:

1. Preheat oven to 180 degrees
2. Mix all ingredients together until well combined
3. Pour into loaf tin and bake for 55-60 minutes

## 2 ingredient cookies

<p>Equipment</p> <p>Biscuit tray</p> <p>Baking paper</p> <p>Mixing bowl</p> <p>Measuring cups</p> <p>Fork</p> <p>spoon</p>	<p>Ingredients</p> <p>2 very ripe bananas</p> <p>1 cup rolled oats</p> <p>Add in ideas-</p> <p>1/4 cup Choc chips</p> <p>1/4 cup dried fruit or nuts</p> <p>1 tsp ground cinnamon</p>
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### Method:

1. Preheat oven to 180 degrees
2. Mash the banana in a bowl
3. Mix in the oats
4. Scoop a tablespoon of batter per cookie onto biscuit tray
5. Bake for 13-15 minutes
6. Remove and allow to cool fully before serving

## 2 ingredient pancake

Equipment	Ingredients
Mixing bowl	1 cup mashed banana
Spatula	3 egg
Frying pan	
Fork	

### Method:

1. Mash banana and egg in a mixing bowl
2. Heat pan over low- medium heat
3. Spoon mixture into pan for desired pancake size
4. Cook for 2-3 minutes each side until golden
5. Serve with topping of choice

## 3 ingredient mini muffins

Equipment	Ingredients
Muffin tins	1 cups self-raising flour
Mixing bowl	3 tbsp sugar
Measuring cups	1 cup thickened cream
Measuring spoons	
spatula	

### Method:

1. Preheat oven to 180 degrees
2. Spray 24 mini cup muffin tin with oil
3. Mix the flour and sugar together in a bowl
4. Pour in the cream and fold the ingredients together (don't overmix)
5. Spoon the mixture into the muffin tin
6. Bake for 10-15 minutes
7. Let cool for 2 minutes in tin
8. Turn out onto wire rack.

## 2 ingredient sorbet

Equipment	Ingredient
Mixing bowl	1 rockmelon (or fruit of choice)
Blender	1/4 cup honey
Container	
Knife	
Chopping board	

### Method

1. Cut rockmelon into small cubes
2. Freeze rockmelon for at least 4 hours
3. Add frozen rockmelon and honey to a blender
4. Blend until very smooth
5. Place in container
6. Return to freezer for an additional 1 hour
7. Serve

## Paw paw (fruit) frozen yoghurt

Equipment	Ingredients
Mixing bowl	4 cups frozen fruit
Blender	1/2 cup Greek yoghurt
Measuring cups	2 tsp vanilla extract
Measuring spoons	3 tbsp honey

### Method:

1. Combine all ingredients into a food processor
2. Blend the mixture until creamy
3. Place mixture in air tight container and freeze
4. Alternatively place mixture into an ice cream maker as per its instructions.



## Paw paw loaf

Equipment	Ingredients
Mixing bowl	125g butter
Electric mixer	3/4 cup brown sugar
Measuring cups	1 tsp lime rind
Measuring spoons	2 eggs
Loaf tin	2 cups self raising flour
	1 cup mashed paw paw

### Method:

1. Preheat oven to 150 degrees
2. Grease a loaf pan and line with baking paper
3. Beat butter, sugar and lime rind until fluffy
4. Add eggs one at a time, beat well after each addition
5. Add half the flour and stir to combine
6. Add paw paw and stir
7. Add remaining flour and stir until just combined
8. Spoon mixture into prepared pan
9. Bake for 1 hour and 10 minutes or until a skewer comes out clean
10. Serve warm with butter

## Butter and Jam Scrolls

Equipment	Ingredients
Baking trays	2 cups self-raising flour
Baking paper	¼ cup sugar
Measuring cups	50g butter
Scales	¾ cup buttermilk
Mixing bowl	Jam to spread
Knife	Extra milk for brushing
Chopping board	Icing sugar to serve
Rolling pin	<u>Alternative fillings-</u>
brush	Vegemite & cheese,
	Chocolate spread
	Cinnamon sugar

### Method:

1. Preheat oven to 180 degrees.
2. Line baking trays with baking paper.
3. Combine flour and sugar in a bowl.
4. Rub in butter until the mixture looks like bread crumbs
5. Make a well in the centre
6. Add buttermilk
7. Stir to form a soft, sticky dough
8. Put dough onto a floured surface
9. Knead gently until the dough is smooth
10. Roll out between 2 sheets of baking paper until you have a rectangle
11. Spread topping of choice on the dough, leaving a cm boarder along each edge.
12. Roll up the dough to enclose the filling.
13. Cut into 1cm thick slices
14. Shape them into neat rounds
15. Place on the baking trays, making sure to leave 3cm between each roll
16. Brush with extra milk
17. Bake scrolls for 20 minutes
18. Leave on trays to cool for 10 minutes
19. Serve with icing sugar

# Caramelised pineapple and coconut yoghurt

Equipment	Ingredients
Knife	1 fresh pineapple
Chopping board	1/3 cup mint, finely chopped
Measuring cups	1/3 cup brown sugar
Measuring spoons	
Mixing bowls	For the yoghurt
Large pan	1 cup Greek yoghurt
	1 tbsp brown sugar
	1 tsp coconut essence

## Method:

1. Cut the top and bottom of the pineapple
2. Slice lengthways to remove skin
3. Cut pineapple lengthways into quarters
4. Cut quarters into lengths
5. Combine mint and sugar in a bowl
6. Sprinkle mixture over the pineapple to coat
7. Heat a pan over medium-high heat and cook pineapple for 8-10 minutes or until caramelised
8. Combine all the yoghurt ingredients in a bowl and stir until mixed

## 2 ingredient banana pancakes

Equipment	Ingredients
Fork	2 eggs
Mixing bowl	1 medium banana
Spatula	
Frying pan	

### Method:

1. Mash banana with a fork
2. Stir in the eggs one at a time
3. Heat frypan over medium heat
4. Drop approximately 2 tablespoons of mixture onto the frypan
5. Cook for about 1 minute on each side, being very careful when flipping
6. Serve with topping of choice

### Optional extras:

1/8 teaspoon baking powder, for fluffier pancakes

1/8 teaspoon salt

1/4 teaspoon vanilla

1 tablespoon cocoa powder

1 tablespoon honey

1/2 cup chopped nuts, chocolate chips, or a mix

1/2 cup leftover granola

1 cup fresh fruit, like blueberries, raspberries, or chopped apples

Butter or oil, for the pan

Maple syrup, jam, powdered sugar, or any other toppings, to serve

## Mulberry Sorbet

Equipment	Ingredients
Saucepan	1 ½ cups sugar
Measuring cups	1 ½ cups water
Sieve	4 cups fresh mulberries
Mixing bowl	
blender	

### Method:

1. Stir the sugar and water in a saucepan over medium heat
2. Heat for 2 minutes or until sugar dissolves
3. Simmer for 3 minutes to thicken slightly
4. Add the mulberries
5. Set aside for 5 minutes to cool slightly
6. Use a stick blender to blend until smooth
7. Strain through a sieve
8. Place in freezer to cool for 10-15 minutes
9. Transfer to an ice cream machine and follow manufacturer instructions
10. Serve

## Pineapple fritters

Equipment	Ingredients
Mixing bowls	3 cups breadcrumbs
Knife	½ cup shredded coconut
Chopping board	2 tsp ground cinnamon
Large frypan	1/3 cup sugar
Tongs	¼ cup plain flour
Spoon	800g pineapple, cut into slices
Measuring cups	2 eggs, lightly beaten
Measuring spoons	Oil for frying
paper towel	

### Method:

1. combine breadcrumbs, coconut cinnamon and sugar into a bowl
2. place flour on a plate
3. dip the pineapple in flour
4. dip the pineapple into the flour
5. dip pineapple into the crumb mixture, pressing with fingertips
6. heat oil in a large frypan over medium heat
7. cook fritters in batches for 5-6 minutes, you can spoon the hot oil over the top of them
8. drain on paper towel

## Paw Paw Pudding

Equipment	Ingredients
Baking dish	½ cup butter
Mixing bowls	2 cups sugar
Measuring cups	1 ½ cups flour
Measuring spoons	1 tsp baking powder
Whisk	¼ tsp salt
Food processor	½ tsp cinnamon
Baking paper	¼ tsp ground ginger
	¼ tsp nutmeg
	3 eggs
	2 cups paw paw pulp
	1 ½ cups milk
	1 tsp vanilla essence

### Method:

1. Preheat oven to 180 degrees
2. Whisk together sugar, flour, baking powder, salt, cinnamon and nutmeg.
3. In a separate bowl, whisk together eggs and paw paw pulp until smooth.
4. Whisk in milk and vanilla to the egg mixture.
5. Whisk in melted butter to the egg mixture
6. Pour the liquid mixture into the sugar mixture and stir until just combined
7. Pour the batter into a baking dish
8. Bake for 50 minutes or until set in the centre
9. Cool to room temperature on a rack before serving.

## Mango Sorbet

Equipment	Ingredients
Saucepan	$\frac{3}{4}$ cup sugar
Knife	4 medium mangoes
Chopping board	1 egg white
Mixer	
Food processor	

### Method:

1. heat the water in a small saucepan over low heat
2. add the sugar and stir until dissolved
3. increase the heat to high and bring to the boil without stirring
4. set aside to cool to room temperature
5. blend the mango flesh until smooth
6. add the cooled syrup and place in a bowl
7. cover and place in the freezer
8. use an electric beater, beat the egg white until soft peaks form
9. fold into the mango mixture
10. you may need to blend the mixture until smooth
11. Place into ice cream maker and follow manufacturer's instructions

### Alternative ending without using an ice cream maker

Use an electric beater to beat the egg white until soft peaks form. Fold into the mango mixture. Freeze for 3 hours, until just frozen. Place in a food processor and process until smooth. Return to the pan and freeze for another 3 hours or until firm.



## Pumpkin Pie

Equipment	Ingredients
Pie tin	450g pumpkin puree
Mixing bowl	1 can condensed milk
Measuring spoons	2 large eggs
Whisk	1 tsp ground cinnamon
	½ tsp ground ginger
	½ tsp ground nutmeg
	½ tsp salt
	1 shortcrust pastry

### Method:

1. Preheat oven to 220 degrees.
2. Whisk pumpkin, condensed milk, eggs, spices and salt in a medium bowl
3. Place the crust in a pie tin
4. Pour the pumpkin mixture into the crust
5. Bake for 15 minutes
6. Reduce the oven temperature to 180 degrees
7. Continue to bake for 35-40 more minutes
8. Serve with cream or ice cream

## Orange Polenta Cakes

Equipment	Ingredients
Muffin pan	1 cup self-raising flour
Measuring cups	1/2 cup polenta
Knife	1/3 cup oil
Chopping board	1/3 cup maple syrup
Measuring spoons	1 tbsp orange rind
Mixing bowl	2 eggs
Whisk	2 small oranges
Zester	

### Method-

1. Preheat oven to 160 degrees
2. Grease a 12 hole muffin pan
3. Place flour, polenta, oil, maple syrup, orange rind, orange juice and eggs in a bowl
4. Mix until well combined
5. Spread mixture evenly among the holes in the pan
6. Peel and slice oranges into thin rounds
7. Place 1 orange slice on each hole
8. Bake for 18-20 minutes
9. Let stand for 2 minutes
10. Transfer to a wire rack
11. Serve with extra maple syrup

## Chocolate magic cake

Equipment	Ingredients
Mixing bowls	4 eggs, separated
Measuring spoons	2 tsp vanilla extract
Measuring cups	3/4 cup sugar
Egg beater	125g melted butter
Slice pan	3/4 cups plain flour
	1/4 cup cocoa powder
	3/4 cup milk
	Pinch of cream of tartar

### Method-

1. Preheat the oven to 150 degrees
2. Grease a slice pan
3. Beat egg yolks, vanilla and sugar together for 5 minutes or until thick and creamy
4. Gradually add melted butter
5. Add flour and cocoa in 2 batches, mixing after each one
6. Slowly beat in milk
7. In a separate bowl, beat the egg whites and cream of tartar until stiff peaks form
8. Carefully fold in the egg white mixture to the chocolate mixture
9. Gently pour into prepared pan
10. Bake for 40-45 minutes. The edges will be firm and the mixture slightly wobbly in the middle
11. Let cool for 30 minutes in the pan
12. Refrigerate for at least 2 hours
13. Serve with whipped cream

## Doughnut Cake

Equipment	Ingredients
Mixing bowls	2 cups self-raising flour
Measuring cups	1/2 cup plain flour
Measuring spoons	3/4 cup sugar
Baking pan	1/2 cup oil
Baking paper	2 eggs, lightly beaten
Wooden spoon	1 cup milk
	1 tsp vanilla extract
	1/3 cup strawberry jam
	2 tbsp caster sugar
	1 tsp ground cinnamon

### Method:

1. Preheat oven to 180 degrees
2. Grease and line a baking pan with baking paper
3. Combine flours and sugar into a large bowl
4. Make a well in the centre
5. Combine oil, egg, milk and vanilla in a separate jug
6. Pour the milk mixture into the well
7. Stir with a spoon until just combined
8. Spread half the mixture into the prepared pan
9. Drizzle the jam over the cake mixture
10. Combine the cinnamon and caster sugar
11. Sprinkle 1/2 the cinnamon sugar over the jam
12. Spread the rest of the cake mixture over the top of the jam
13. Sprinkle with remaining sugar and jam if desired
14. Bake for 30-35 minutes
15. Let cool for 10 minutes
16. Serve

## Banana Muffins

Equipment	Ingredients
Large mixing bowl	3 cups self-raising flour
Jug	1 1/4 cups milk
Spoon	1 egg, lightly beaten
Muffin pan	90g butter, melted
Knife	1/2 cup brown sugar
Chopping board	1 tsp ground cinnamon
Measuring cups	2 bananas, mashed
Measuring spoons	Cream cheese and honey to serve

### Method:

1. Preheat oven to 180 degrees
2. Line or grease muffin pan
3. Sift flour into a large bowl
4. Add brown sugar and cinnamon and combine
5. Make a well in the centre
6. Combine milk, egg and butter in a jug
7. Add the mashed banana to the milk mixture
8. Pour milk mixture into the well
9. Use a spoon to combine (careful not to over-mix)
10. Spoon mixture into muffin holes until 3/4 full
11. Bake for 20 minutes or until a skewer comes out clean
12. Allow to cool on a wire rack
13. Cut muffins in half
14. Fill with cream cheese and honey
15. Sandwich with the muffin tops

## Banana Bread 2

Equipment	Ingredients
Loaf pan	2 bananas
Mixing bowl	2 tbsp golden syrup
Fork	3/4 cup sugar
Measuring cups	1 egg
Measuring spoons	1 cup self-raising flour
Baking paper	Pinch of salt

### Method:

1. Preheat oven to 180 degrees
2. Grease and line loaf pan
3. Mash bananas and add golden syrup
4. Stir in sugar
5. Add egg
6. Sift flour into mixture and combine
7. Pour into loaf pan and cook for 30 minutes
8. Allow to cool for 10 minutes in pan
9. Transfer to wire rack to cool

## Fried cinnamon bananas

Equipment	Ingredients
Mixing bowl	2 bananas
Large frypan	2 tbsp sugar
Knife	1 tsp cinnamon
Chopping board	¼ tsp ground nutmeg
Measuring spoons	Oil spray for cooking
Tongs	

### Method:

1. Slice the bananas into rounds. About 1cm thick
2. Combine the sugar cinnamon and nutmeg in a bowl
3. Heat a frypan sprayed with oil over medium heat
4. Add the banana and sprinkle some of the sugar mixture over the top
5. Cook for about 2-3 minutes
6. Flip bananas and sprinkle with more sugar
7. Cook for another 2 minutes

## Jackfruit ice cream

<p>Equipment</p> <p>Bowl</p> <p>Blender</p> <p>Measuring jug</p> <p>Knife</p> <p>Chopping board</p> <p>Container</p>	<p>Ingredients:</p> <p>400ml Fresh cream</p> <p>Sugar to taste</p> <p>8-10 pieces of ripe Jackfruit</p>
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### Method:

1. Lightly whip the cream until smooth and creamy
2. Blend the jackfruit pieces until into a pulp
3. Combine the jackfruit pulp to the cream
4. Add sugar to your taste
5. Place in an airtight container
6. Freeze overnight
7. For the garnish, chop some jackfruit and top the ice cream



## Jackfruit cake

Equipment	Ingredients
Mixing bowls	At least 10 jackfruit pieces
Measuring cups	2 cups plain flour
Measuring spoons	1 tsp baking powder
Sieve	¼ tsp baking soda
Baking paper	1/2 tsp cinnamon
Baking tin	3/4 cup sugar
	3/4 cup oil
	1/2 milk

### Method:

1. Preheat oven to 180 degrees
2. Sieve flour, baking powder and baking soda together in a bowl
3. Oil and line baking tray
4. Add oil and sugar into a separate bowl and whisk to mix
5. Add milk and cinnamon to oil mixture
6. Mix for 2 minutes
7. Add jackfruit pulp to oil mixture and combine
8. Slowly add the flour mixture to the oil mixture
9. Fold gently to combine
10. Place mixture in prepared pan
11. Bake for 30 minutes
12. Let cake cool in turned off oven for 20 minutes

## Easy Banana Cake

Equipment	Ingredients
Saucepan	125g butter
Fork	$\frac{3}{4}$ cup sugar
Measuring cups	1 tsp vanilla essence
Mixing bowl	1 egg, beaten
Cake tin	2 bananas
	1 $\frac{1}{2}$ cups self-raising flour
	$\frac{1}{4}$ cup milk

### Method

1. Preheat oven to 170 degrees
2. Melt butter, sugar and vanilla in a saucepan while stirring
3. Remove from heat when butter is melted
4. Add mashed banana until combined
5. Add egg and mix well
6. Slowly stir in the flour and milk
7. Pour mixture into round cake tin
8. Bake for 35-40 minutes

## Banana cake with cinnamon cream

Equipment	Ingredients
Mixing bowls	2 cups plain flour
Measuring cups	2 tsp baking powder
Measuring spoons	$\frac{3}{4}$ cup caster sugar
Cake tin	1 tsp nutmeg
Baking paper	1 $\frac{1}{2}$ tsp ground cinnamon
Knife	3 mashed bananas
Chopping board	$\frac{3}{4}$ cup oil
	2 eggs, lightly whisked
	1 tsp vanilla extract
	300 ml cream
	$\frac{1}{4}$ cup icing sugar
	1 banana sliced diagonally
	Golden syrup to drizzle

### Method

1. Preheat oven to 180 degrees
2. Line a round cake pan with baking paper
3. Combine the flour, baking powder, sugar and 1 teaspoon of cinnamon in a bowl
4. Whisk banana, oil, egg and vanilla in a separate bowl
5. Pour the egg mixture into the flour mixture
6. Stir until just combined
7. Pour into prepared pan
8. Smooth the top and bake for 55 minutes or until a skewer comes out clean
9. Let cool on a wire rack completely
10. Beat cream, icing sugar and remaining cinnamon in a bowl until soft peaks form
11. Cut the cake horizontally in half
12. Place half the cream mixture in the middle and sandwich the cake
13. Spread the remaining cream over the top
14. Decorate with banana slices and drizzle with golden syrup

## Honey biscuits

Equipment	Ingredients
Saucepan	175g butter
Measuring cups	1 cup sugar
Measuring spoons	¼ cup honey
Mixing bowl	¼ tsp cinnamon
Baking tray	1 egg, lightly beaten
Baking paper	1 tsp vanilla extract
	2 1/4 cups self-raising flour

### Method

1. Preheat oven to 180 degrees
2. Line biscuit tray with baking paper
3. Stir butter, sugar, honey and cinnamon in a saucepan over low heat until butter melts and mixture is smooth
4. Remove from heat
5. Let cool in a bowl until room temperature
6. Stir in egg, vanilla and flour
7. Roll into table spoons of mixture and place on baking tray
8. Gently flatten the balls
9. Bake for 12 minutes or until golden brown
10. Let cool and serve

# Spreads and Dips

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## Simple Lemon Jam

Equipment	Ingredients
Small saucepan	4 lemons
Juicer	2 tbsp lemon juice
Knife	1 cup sugar
Chopping board	4 cups water
Stirring spoon	

### Method:

1. Grate the zest of three of the lemons into a small pot. Slice the fourth lemon into thin rings and add them to the pot.
2. Add 1 cup of water to the pot and bring to a boil.
3. Turn down the heat and simmer for 10 minutes.
4. Strain the water of the lemons and zest.
5. Add the lemons and zest back to the pot and cover with another cup of water.
6. Simmer for 10 minutes and strain again.
7. Put the lemons and zest back into the pot once again.
8. Add sugar, lemon juice, and 2 cups of water.
9. Bring to a boil then turn down the heat to medium/low.
10. Simmer until the mixture starts to thicken, about 30-45 minutes.
11. Pour the jam into a jar and put it in the fridge to cool.

## Lemon curd

Equipment	Ingredients
Chopping board	2 eggs
Knife	2 egg yolks
Measuring cups	$\frac{3}{4}$ cup caster sugar
Whisk	$\frac{1}{3}$ cup chilled butter
Sieve	Zest and juice of 2 lemons
Zester	
Saucepan	
Mixing bowl	

### Method:

1. Whisk whole eggs, yolks and sugar in a saucepan until smooth, then place pan over a low heat.
2. Add the butter, juice and zest and whisk continuously until thickened.
3. Strain through a sieve into a sterilised jar.

## Roasted Eggplant Dip

<p>Equipment:</p> <p>Baking tray</p> <p>Metal spoon</p> <p>Food processor</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Chopping board</p>	<p>Ingredients:</p> <p>1 medium eggplant</p> <p>1 small onion</p> <p>2 garlic cloves</p> <p>1tsp lemon juice</p> <p>¼ cup parsley leaves</p> <p>½ cup Greek yoghurt</p>
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### Method:

1. Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place eggplant and onion on prepared tray. Roast for 20 minutes. Add garlic. Roast for 10 to 15 minutes or until eggplant is tender. Set aside to cool slightly.
2. Cut eggplant in half lengthways. Using a metal spoon, scoop out flesh. Remove and discard skin from onion and garlic. Process eggplant flesh, onion, garlic, lemon juice and parsley until combined. Season with salt and pepper. Transfer to a bowl. Stir in yoghurt. Serve.



## **Basil Pesto**

<b>Equipment:</b> Food processor Knife Chopping board Measuring spoons Measuring cups	<b>Ingredients:</b> 1 cup firmly packed basil ¼ cup pine nuts 1 garlic clove, chopped ¼ cup extra virgin olive oil ¼ cup finely grated parmesan
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### Method:

1. Measure out all ingredients
2. Process basil, pine nuts and garlic, scraping down the sides occasionally until almost smooth
3. Slowly add the olive oil and continue to process until combined
4. Transfer to a bowl and add parmesan. You can also season with salt and pepper

## Roasted capsicum pesto

<p>Equipment:</p> <p>Food processor</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Baking tray</p> <p>Baking paper</p>	<p>Ingredients</p> <p>½ red capsicum</p> <p>1 cup basil</p> <p>1/3 cup toasted slivered almonds</p> <p>1 garlic clove</p> <p>½ tsp salt</p> <p>½ cup olive oil</p>
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### Method:

1. Grill the capsicum, until soft
2. Process the capsicum with the basil, almonds, garlic and salt
3. Slowly add in the olive oil and process until mixed
4. Transfer to a bowl
5. Stir in parmesan and serve

## Raita

<p>Equipment:</p> <p>Knife</p> <p>Measuring spoons</p> <p>Juicer</p> <p>Grater</p> <p>Mixing bowl</p> <p>scales</p>	<p>Ingredients:</p> <p>200g plain yoghurt</p> <p>1/3 cucumber, grated</p> <p>2 garlic cloves, crushed</p> <p>1 tablespoon mint leaves, finely chopped</p> <p>Juice of 1 lemon</p> <p>Mint or coriander to garnish</p>
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### Method:

1. Put all the prepared ingredients into a bowl
2. Mix together until combined
3. Serve with mint or coriander garnish

## Rosella Jam

<b>Equipment:</b> Saucepans Sieve Bowls Measuring cups	<b>Ingredients:</b> 4 cups rosellas 4 cups water 4 cups sugar
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### Method:

1. Wash the rosellas in a dish of water
2. Remove the red fleshy calyx, and the pods and save each separately
3. Place the pods in a saucepan, just cover with water and boil until soft
4. Remove from the heat and strain the liquid into a bowl/Jug
5. Place the red calyx in a separate saucepan
6. Cover with the liquid from the pods until just covered
7. Simmer over heat until soft
8. Remove and measure the volume
9. Add an equal amount of sugar to liquid (1 cup liquid= add 1 cup sugar)
10. Place saucepan back on heat
11. Simmer while stirring occasionally for 15-20 minutes
12. Remove and let cool slightly
13. Bottle in sterilised jars

## Roast tomato sauce

<p>Equipment</p> <p>Roasting pan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Saucepan</p> <p>blender</p>	<p>Ingredients:</p> <p>1kg of tomatoes- or 1kg tinned tomatoes</p> <p>¼ cup olive oil</p> <p>Pinch of salt and pepper</p> <p>1 onion, finely chopped</p> <p>2 garlic cloves crushed</p> <p>2 tbsp tomato paste</p>
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### Method:

1. Preheat oven to 160 degrees if using fresh tomatoes
2. Halve tomatoes and place cut side up in a roasting pan
3. Drizzle with oil and bake for 30 minutes

Skip the above steps if using tinned tomato

4. Heat oil in a large saucepan over medium heat
5. Add the onion and garlic
6. Cook for 10 minutes or until onion softens
7. Add the tomatoes and tomato paste to the onion mixture
8. Cook for 5 minutes or until well combined
9. Remove and let cool slightly
10. Use a blender to blend until smooth
11. Serve with pasta or on a pizza base

## Napoli Sauce

Equipment	Ingredients
1 sauce pan	1 tablespoon butter
Knives	2 tablespoon oil
Chopping boards	1/2 large onion, grated
grater	1 clove garlic, grated
	2 fresh tomatoes, diced
	2 (400g) tins tomatoes
	oregano, to taste
	basil, to taste
	lemon pepper, to taste
	parsley, to taste

### Method:

1. Into a hot saucepan add butter and oil.
2. Cook onion and garlic until soft
3. Add fresh tomatoes, stirring until soft.
4. Add tinned tomato and bring to the boil.
5. Allow to simmer until reduced.
6. Add herbs generously and season to taste.
7. Serve with pasta.

## Citrus Marmalade

<b>Equipment:</b> Chopping board Knife Bowl Measuring cups	<b>Ingredients:</b> 1.2kg citrus 8 cups water 8 cups sugar
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### Method:

1. Slice the citrus thinly
2. Place in a large bowl and cover with water
3. Cover with plastic wrap
4. Place in fridge and leave stand overnight
5. Transfer to a large saucepan
6. Bring to the boil
7. Let simmer for 1 hour or until reduced by one-third
8. Cool slightly
9. Measure mixture and add 1 cup of sugar per cup of fruit mixture
10. Place over low heat
11. Stir until sugar dissolves
12. Increase heat to medium-high and bring to the boil
13. Cook for 45 minutes
14. Scrape any dense froth from the surface.
15. Spoon into sterilised jars and seal

## Capsicum and chilli dip

<p>Equipment:</p> <p>Large frypan</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients:</p> <p>1 large capsicum</p> <p>150g cheese</p> <p>1 clove garlic, crushed</p> <p>1 small red chilli</p> <p>2 tbsp parsley, chopped</p>
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### Method:

1. Heat frypan over a high heat
2. Cook the capsicum skin side down for 3 minutes until blackened
3. Remove capsicum and place in a bag and let stand for 10 minutes
4. Peel away the skin
5. Roughly chop capsicum
6. Process capsicum, cheese, garlic, chilli and parsley until smooth
7. Serve



## Radish dip

Equipment	Ingredients
Large mixing bowl	450g radish, cut into matchsticks
Knife	200g Greek style yoghurt
Chopping board	1 clove garlic, crushed
Measuring cups	2 tbsp chopped mint
Measuring spoons	2 tsp lemon juice
scales	½ tsp ground coriander
	Mint to serve

### Method

1. Combine radish, yoghurt, garlic, mint, lemon juice and coriander in a small bowl
2. Add salt and pepper to taste
3. Cover and place in the fridge for 10 minutes
4. Serve with pita triangles or on top of pizza

## Pumpkin Jam

Equipment	Ingredients
Grater	1.1kg pumpkin, peeled
Knife	2 cups white sugar
Chopping board	1 vanilla bean
Measuring cups	1 orange, juiced
Mixing bowl	
Large saucepan	

### Method:

1. Coarsely grate the pumpkin flesh
2. Place in a large bowl
3. Add sugar
4. Add vanilla and juice
5. Cover the bowl with cling wrap and place in the fridge overnight
6. Transfer pumpkin to a large saucepan
7. Bring to the boil over medium heat
8. Reduce the temperature to low and simmer and stir for 45 minutes
9. Once thickened, transfer to jars
10. Serve on toast or scones with cream

## Spinach and garlic dip

<p>Equipment:</p> <p>Saucepan</p> <p>Knife</p> <p>Sieve</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing bowl</p>	<p>Ingredients:</p> <p>1 clove garlic</p> <p>150g spinach</p> <p>200g cheese</p> <p>1 cup light sour cream</p> <p>1 tsp Worcestershire sauce</p> <p>1 tsp oil (optional)</p>
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### Method:

1. Bring a large saucepan of water to the boil
2. Add spinach and blanch for 1 minute or until wilted
3. Drain and rinse under cold water
4. Squeeze out excess water
5. Place spinach in a bowl with all other ingredients
6. Mix well
7. Drizzle with oil if desired
8. Serve with bread

## Rockmelon and lemon jam

<p>Equipment:</p> <p>Large mixing bowl</p> <p>Plastic wrap</p> <p>Knife</p> <p>Chopping board</p> <p>Scales</p> <p>Measuring spoons</p> <p>Juicer</p> <p>zester</p>	<p>Ingredients:</p> <p>Zest of 2 lemons</p> <p>150ml lemon juice</p> <p>1 kg rockmelon, cut in 3cm pieces</p> <p>850g sugar</p> <p>½ tsp white pepper</p>
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### Method:

1. Combine lemon zest, juice, rockmelon and sugar in a large bowl
2. Cover with plastic wrap and chill overnight
3. Place the mixture in a large saucepan over high heat
4. Bring to the boil
5. Reduce heat to low and simmer
6. Scrape impurities from the surface
7. Stir and crush fruit with spoon for 45-60 minutes or until slightly thickened
8. Stir through pepper
9. Divide hot jam among jars and seal.

# Drinks

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## Ginger and Kaffir Lime Cordial

<p>Equipment:</p> <p>Measuring cup</p> <p>Tea towel</p> <p>Chopping board</p> <p>Cooks knife</p> <p>Small knife</p> <p>Citrus juice</p> <p>Zester</p> <p>Medium saucepan</p> <p>Fine sieve</p> <p>1L sterilised bottle</p>	<p>Ingredients:</p> <p>2 cups sugar</p> <p>½ cup water</p> <p>8cm knob ginger, peeled and chopped</p> <p>2-4 kaffir lime leaves, crushed</p> <p>3 teaspoons cream of tartar</p> <p>Peel from 1 lemon</p> <p>Peel from 1 lime</p> <p>8-10 lemons (enough for 1 cup of juice)</p> <p>4-5 limes (enough for ½ cup of juice)</p>
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### Method:

1. Combine sugar, water ginger, lime leaves, cream of tartar, lime and lemon peel in a medium saucepan and bring to the boil, stirring occasionally, until the sugar is dissolved (about 5 minutes)
2. Add lemon and lime juice and return to the boil.
3. Strain the mixture through a fine sieve into a clean bottle and let cool
4. Keep refrigerated for up to 2 weeks

\*\* When removing peel from citrus, avoid as much of the pith as possible

## Grapefruit Cordial

<p>Equipment:</p> <p>Juicer</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Saucepan</p> <p>Wooden spoon</p>	<p>Ingredients:</p> <p>1 ½ cups caster sugar</p> <p>¾ cup water</p> <p>3 cups grapefruit juice</p> <p>Water to serve</p>
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### Method:

1. Place sugar and water into a small saucepan over low heat. Cook, stirring, until sugar dissolves.
2. Increase heat to high and boil for 10 minutes without stirring. Set aside to cool.
3. Add the grapefruit juice to the sugar syrup, stir to combined and pour into a sealable bottle. Place in the refrigerator to cool
4. To serve mix 1 part cordial with 3 parts water

## Lemon and Lime Cordial

<b>Equipment:</b> Grater Juicer Measuring cups Measuring spoons Large mixing bowl Wooden spoon	<b>Ingredients</b> 1 tbsp lemon rind 2tsp lime rind ¾ cup lemon juice ¾ cup lime juice 1tsp citric acid 1tsp tartaric acid 1 ½ cups caster sugar 3 cups boiling water
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### Method:

1. Place lemon rind, lime rind, lemon juice, lime juice, citric acid, tartaric acid and sugar in a heatproof bowl. Add boiling water. Stir until sugar has dissolved.
2. Strain into a heatproof jug. Pour into hot, sterilised bottles and seal.
3. Refrigerate until chilled
4. To serve: Use 1/3 cup cordial to 2/3 cup chilled sparkling mineral water or iced water. Serve with thinly sliced lemon and lime



## Banana cream shake

<p>Equipment:</p> <p>Blender</p> <p>Knife</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients:</p> <p>1 cup sliced banana</p> <p>1 cup vanilla yoghurt</p> <p>½ cup milk</p> <p>2 tbsp biscuit crumbs</p> <p>½ tsp vanilla extract</p> <p>3 ice cubes</p> <p>Biscuit crumbs to serve</p>
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### Method

1. Slice the banana and place on a baking tray
2. Freeze banana until firm (about an hour)
3. Place the frozen banana and remaining ingredients in a blender
4. Blend until smooth
5. Place into serving cups and top with biscuits

## Rosella Cordial

<b>Equipment:</b> Large saucepan Measuring cups sieve	<b>Ingredients:</b> Rosellas Sugar- 1 kg per litre Lemons- 3 per litre Water
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### Method:

1. Fill a large saucepan about 2/3 full of rosella
2. Cover with water and place over medium-high heat
3. Boil the rosella until soft and the red colour has faded
4. Strain through a sieve
5. Measure the liquid and add back to the saucepan
6. Add 1 cup of sugar for every cup of liquid in the saucepan and bring to the boil to dissolve the sugar (1 minute)
7. Remove from heat and add the juice of 3 lemons for every litre of liquid.
8. Place into clean bottles and seal while warm.

## Watermelon Juice Drink

<p>Equipment:</p> <p>Blender</p> <p>Knife</p> <p>Chopping board</p> <p>measuring spoons</p> <p>juicer</p> <p>large jug</p>	<p>Ingredients:</p> <p>2.2kg watermelon, chopped</p> <p>2 tsp grated ginger</p> <p>2 tbsp lemon juice</p> <p>Mint leaves to serve</p> <p>Ice cubes to serve</p>
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### Method:

1. Place watermelon, ginger and lemon juice in the jug of a blender
2. Blend until smooth
3. Strain through a sieve into a jug
4. Add mint and ice cubes
5. Stir
6. Serve

## Mint Tea

<p>Equipment</p> <p>Saucepan</p> <p>Measuring cups</p> <p>Measuring spoons</p>	<p>Ingredients</p> <p>2 tsp tea leaves</p> <p>2 tsp sugar</p> <p>1/3 cup fresh mint</p> <p>2 cups water</p> <p>Mint leaves to serve</p>
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### Method:

1. Bring 2 cups of water to the boil in the sauce pan
2. Add tea, sugar, mint leaves and stand for 5 minutes
3. Pour through a strainer
4. Serve with mint sprigs

## Lemonade

Equipment	Ingredients
Juicer	$\frac{3}{4}$ cup sugar
Measuring jug	$\frac{1}{3}$ cup lemon juice
Measuring cups	1 litre water
saucepan	

### Method

1. place all ingredients into a large saucepan
2. place over medium heat
3. stir for 4-5 minutes or until all the sugar has dissolved
4. bring to the boil
5. lower heat and simmer for 6-8 minutes
6. remove from heat and place in the fridge to cool completely
7. Serve with ice and kaffir lime leaves.

## Banana and Basil Lassi

<p>Equipment:</p> <p>Knife</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Blender</p> <p>Serving jug/s</p>	<p>Ingredients</p> <p>2 cups natural yoghurt</p> <p>2 cups milk</p> <p>2 cups ice cubes</p> <p>1/3 cup caster sugar</p> <p>4 ripe bananas, chopped</p> <p>¼ cup basil leaves</p> <p>1tsp cinnamon</p> <p>Fresh basil leaves to garnish</p>
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### Method:

1. Place half the yoghurt, milk, ice, sugar, banana, basil and cinnamon in the jug of the blender and blend until smooth
2. Pour into serving jug
3. Repeat with the remaining ingredients
4. Garnish with fresh basil to serve

## Ripe Paw Paw smoothie

Equipment	Ingredients:
Blender	4 cups coconut milk
Knife	3 cups diced paw paw
Chopping board	2 tablespoons honey or sugar
Measuring cups	Pinch cinnamon
Mixing bowl	Pinch nutmeg

### Method:

1. Prepare all ingredients
2. Place all ingredients into blender (may have to do in batches)
3. Blend until smooth
4. Place drink into bowl or jug
5. Place into fridge or freezer until chilled
6. serve