



86

RECIPES  
INCLUDED

# ALAWA KITCHEN 2018 RECIPES



# Savoury Dishes

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## Vietnamese rice paper rolls

Equipment	Ingredients
Knife	1 cup shredded BBQ chicken
Chopping board	½ cup cabbage (wombok), shredded
Measuring cups	½ Beansprouts
Measuring spoons	1 small red capsicum, thinly sliced
Mixing bowl	1/3 cup fresh mint
Paper towel	½ cup fresh coriander leaves
	1 lime, juiced
	1 tbsp fish sauce
	12x 22cm rice paper rolls
	Sweet chilli sauce to serve

### Method:

1. Combine chicken, cabbage, beansprouts, capsicum, mint, 1/3 cup coriander, 2 tablespoons lime juice and fish sauce in a large bowl.
2. Place a rice paper round in a medium bowl of lukewarm water for 15 seconds.
3. Place roll on a paper towel
4. Place ¼ cup of the chicken mixture along the centre of the rice paper roll
5. Fold the ends in a roll and firmly enclose the filling
6. Repeat with the remaining rice paper rounds
7. Serve with sweet chilli and remaining coriander

## Spicy Spinach and coconut fried rice

Equipment	Ingredients
Large wok	2 tbsp coconut oil
Mixing bowl	2 eggs, whisked
Measuring cups	2 tsp garlic
Measuring spoons	$\frac{3}{4}$ cup green onions
Knife	1 cup chopped vegetables, carrot, capsicum, Brussel sprouts etc.
Chopping board	Medium bunch spinach
Wooden spoon	$\frac{1}{4}$ tsp salt
	$\frac{3}{4}$ cup coconut flakes
	2 cups cooked brown rice
	2 tsp soy sauce
	2 tsp chilli sauce
	1 lime, halved
	Coriander to garnish

### Method:

1. Heat a large wok over medium heat
2. Add 1 tablespoon of oil to the pan
3. Pour in the eggs and cook until scrambled
4. Transfer the eggs to a bowl
5. Add another tablespoon of oil to the pan
6. Add garlic, spring onion and vegetables
7. Cook until the vegetables are tender
8. Add the spinach and salt
9. Cook until the spinach is tender and wilted
10. Add the vegetables to the bowl with the egg
11. Add the remaining oil to the pan
12. Pour in the coconut and cook until lightly golden
13. Add the rice and stir until the rice is hot
14. Add the vegetables and egg and mix with the rice
15. Remove the pan from the heat
16. Add the soy sauce, chilli sauce and lime juice (add more soy or salt as needed.
17. Serve with lime wedged, chilli sauce or chilli flakes on the side

## Thai red Curry

Equipment	Ingredients
Measuring cups	1 ¼ cups cooked brown rice
Measuring spoons	1 tbsp coconut oil or olive oil
Large frypan	1 onion, chopped
Knife	Pinch of salt
Chopping board	2 tsp garlic
Wooden spoon	1 tbsp grated ginger
	2 capsicum, sliced thin
	3 carrots, sliced thinly diagonally
	2 tbsp red curry paste
	1 can coconut milk
	½ cup water
	1 ½ cups spinach, sliced
	1 ½ tbsp. brown sugar
	1 tbsp soy sauce
	2 tsp rice vinegar or lime juice
	Basil for garnish

### Method:

1. Warm a large frypan over medium heat
2. Add the oil onion and salt and cook until soft
3. Add the garlic and ginger and stir for 30 seconds
4. Add the capsicum and carrots and cook until tender
5. Add the curry paste and stir for 2 minutes
6. Add the coconut milk, water, spinach and sugar
7. Stir and bring the mixture to a simmer
8. Cook for another 10 minutes or until the carrot is soft
9. Remove from the heat and season with soy sauce and lime juice
10. Add extra salt, soy sauce or lime juice to taste
11. Serve with a side of basil and chilli sauce



## No noodle pad Thai

Equipment	Ingredients
peeler	250g daikon radish, peeled
Knife	4 carrots
Chopping board	Half medium green paw paw
Measuring spoons	200g bean sprouts
Measuring cups	4 green onions, sliced
Scales	Small handful coriander
Mixing bowls	2 tbsp sesame seeds
	Lime for serving
	300g chicken, tofu or meat of choice, cooked
	<u>sauce</u>
	½ cup peanut butter or sunflower butter
	¼ cup lime juice
	2 tbsp soy sauce
	2 tsp grated ginger
	2 tbsp brown sugar
	1 pinch chilli flakes
	3 tbsp water

### Method

1. Use a julienne peeler, mandoline or regular peeler to create noodles out of the radish, carrots and paw paw
2. Place vegetables into a bowl
3. Add the bean sprouts, onions, coriander and sesame seeds
4. Add the meat to the bowl
5. Make the sauce by whisking together all the sauce ingredients
6. Adjust the sauce by adding extra ingredients as needed
7. Serve the vegetables and drizzle the sauce on top

## Zucchini Slice

Equipment Mixing bowls Measuring cups Scales Knife Chopping board Cake pan	Ingredients 5 eggs 1 cup self-raising flour 375g zucchini, grated 1 onion, finely chopped 200g bacon, chopped 1 cup grated cheese ¼ cup vegetable oil
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### Method:

1. Preheat oven to 170 degrees
2. Beat the eggs in a large bowl
3. Add the flour and beat until smooth
4. Add zucchini, onion, bacon, cheese and oil and stir
5. Grease and line a baking/cake pan
6. Pour the mixture into the pan and bake for 30 minutes or until cooked through

## Sautéed radish

Equipment	Ingredients
Frypan	1 tbsp butter
Measuring spoons	20 small radishes, cubed
Knife	Salt and pepper to taste
Chopping board	
Wooden spoon	

### Method:

1. Heat butter in a pan over low heat
2. Add radishes into the melted butter
3. Season with salt and pepper
4. Stir and cook until the radishes are soft and browned
5. serve

## Pumpkin and spinach salad

Equipment	Ingredients
Baking tray	600g pumpkin peeled and sliced into wedges
Baking paper	2 tsp oil
Measuring spoons	2 tsp honey
Scales	2 tsp sesame seeds
Mixing bowl	1 tbsp fresh lemon juice
Serving platter	1 tbsp honey extra
	2 tbsp oil
	2 tsp wholegrain mustard
	150g spinach leaves
	Salt to season

### Method:

1. preheat oven to 220 degrees
2. line baking tray
3. place pumpkin in a large bowl
4. drizzle oil and honey over pumpkin and toss until coated
5. place pumpkin on the tray and bake for 25 minutes
6. remove from oven and sprinkle with sesame seeds
7. set pumpkin aside to cool
8. combine the lemon juice, extra oil, extra honey and mustard into a jar or bowl
9. stir or shake to combine
10. season dressing with salt and pepper if desired
11. Place the pumpkin and spinach into a large bowl
12. Drizzle with the dressing and gently toss to coat
13. Serve



## Pilus (sweet potato puff)

Equipment	Ingredients
Frypan	450g sweet potato, mashed and cooled
Mixing bowl	1/4 cup flour
Measuring spoons	1 ½ tbsp palm or brown sugar
scales	1 egg, beaten
	1 tsp salt
	Oil for frying

### Method:

1. Beat all the ingredients together (except the oil) in a large bowl. Adding more flour if needed
2. Heat oil in a large pan
3. Drop spoonfuls of the batter into the oil and fry until golden brown
4. Remove from oil and place on paper towel
5. serve

## 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

## 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

## 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

## 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

## Cucuzza slice

Equipment	Ingredients
Baking dish	600g cucuzza, grated
Mixing bowl	1 carrot, grated
Measuring cups	1 cup self-raising flour
Knife	3 rashers bacon, diced
Chopping board	6 eggs, lightly beaten
grater	1 ½ cups cheese, grated
	1 onion, diced
	Pinch salt

### Method:

1. Preheat oven to 180 degrees
2. Add all ingredients into a bowl and mix well
3. Pour into a lined baking dish
4. Bake for 30-40 minutes or until browned
5. Slice into fingers
6. Serve hot or cold

## Sweet Potato Mash

Equipment	Ingredients
Knife	1.8kg sweet potato, cubed
Chopping board	2 tsp salt
Scales	1/4 cup garlic chives, chopped
Measuring cups	1/3 cup parsley, chopped
Measuring spoons	1 tsp garlic, minced
Saucepan	1/4 cup sour cream
Masher	3 tbsp butter
	Pepper to taste
	1 tsp oil

### Method:

1. Place the cubed potato in a large saucepan and cover with water
2. Add 1 tsp salt
3. Heat over medium-high heat
4. Reduce the heat and simmer until tender
5. Drain and mash the potatoes
6. Add the garlic chives and parsley and stir
7. Add the garlic and stir
8. Add the sour cream and stir
9. Add the butter and remaining salt
10. Add pepper if desired
11. Transfer to a bowl and garnish



## Pumpkin burgers

Equipment	Ingredients
Mixing bowl	1kg peeled butternut, chopped
Scales	¼ cup oil
Measuring cups	3 tsp za'atar seasoning (or seasoning of choice)
Measuring spoons	650g can chickpeas, mashed
Grater	1 ½ cup breadcrumbs
	1 cup parsley, chopped
	300g Greek yoghurt
	Zest 1 lemon
	Lettuce leaves to serve

### Method:

1. Preheat oven to 220 degrees
2. Place pumpkin on a baking tray
3. Drizzle with a little oil
4. Roast for 20-25 minutes or until tender
5. Transfer to a bowl and mash
6. Add chickpeas, crumbs, and parsley. (add cornflour if needed to firm)
7. Shape into patties and chill for 15 minutes
8. Meanwhile, combine yoghurt and lemon zest in a bowl
9. Heat 2 tbsp oil in a pan over medium heat
10. Cook patties for 6-8 minutes each side or until golden brown
11. Assemble burger with salads and bun of choice (we are using a lettuce bun today)

## Winged bean stir fry

Equipment	Ingredients
Wok or large frypan	¼ cup oil
Knife	6 cloves garlic
Chopping board	Dried chillies to taste
Scales	400g winged beans, sliced
Measuring spoons	½ tsp salt
	1 large tomato, diced
	1 tbsp soy sauce
	1 tsp sesame oil

### Method:

1. heat wok over the highest heat
2. add the oil
3. add garlic and chilli
4. stir fry for 10 seconds
5. add winged beans and salt
6. stir fry for 30 seconds
7. add the tomato and stir fry for 30 seconds
8. remove from the heat
9. stir in the soy sauce and sesame oil

## Chinese peppered snake beans

Equipment	Ingredients
Wok or large saucepan	2 tbsp peppercorns
Knife	Handful fresh coriander
Chopping board	1 tbsp oil
Measuring spoons	450g snake beans
tongs	4 cloves garlic, finely chopped
	2 tsp brown sugar
	1 small chilli, finely chopped
	2 tbsp water

Method:

1. grind the peppercorns coarsely
2. stir in the coriander
3. heat oil in a large pan or wok over medium heat
4. stir in the beans, garlic, brown sugar, chilli, peppercorns and coriander
5. stir for 45 seconds
6. pour in the water
7. cover and let steam for 2 minutes
8. serve immediately

## Yellow Pumpkin Curry

Equipment	Ingredients
Frypan	1 ½ tbsp. coconut oil
Measuring cups	1 small onion, minced
Measuring spoons	2 tbsp fresh ginger
Juicer	2 tbsp crushed garlic
Knife	1 small red chilli, sliced
Chopping board	1 large red capsicum, sliced
	3 tbsp yellow Thai curry paste
	3 ½ cups cubed pumpkin
	2 cans coconut milk
	2 tbsp maple syrup (or stevia)
	1 tsp ground turmeric
	1 pinch salt
	1 cup chopped broccoli
	2 tbsp lemon juice
	2/3 cup roasted cashews (optional)

### Method

1. Heat a large pot over medium heat
2. Add coconut oil, onion, ginger, garlic and pepper
3. Sauté for 2 minutes
4. Add the capsicum and curry paste
5. Cook for 2 more minutes
6. Add pumpkin and cook for 2 more minutes
7. Add coconut milk, maple syrup, turmeric, salt
8. Bring to a simmer over medium heat
9. Once simmering, reduce heat to low and cover
10. Once pumpkin is tender, add the broccoli, lemon juice and cashews if using
11. Simmer for a further 3-4 minutes
12. Serve with rice, lemon juice, coriander or basil



## Bitter Melon Curry

Equipment	Ingredients
Frypan	250g bitter melon, washed and sliced
Measuring cups	2 tbsp oil
Measuring spoons	½ tsp cumin
Knife	1 green chilli (optional), Sliced
Chopping board	1 tsp fennel
Scales	1 tsp red chilli powder
juicer	½ tsp turmeric
	1 tbsp ground coriander
	Pinch salt
	1 onion, finely chopped
	7 curry leaves
	Juice of ½ lemon
	1 handful coriander leaves

Note\* bitter melon can be replaced with any vegetable or meat of choice

Method:

1. Heat oil in a pan
2. Sauté cumin seeds for 30 seconds
3. Add onions and curry leaves
4. Sauté until onion is soft
5. Add bitter melon and sprinkle with salt
6. Sauté for 2-3 minutes
7. Cover and cook on low until soft
8. Add fennel, ground coriander and red chilli powder
9. Cover and cook for another 3 minutes
10. Add coriander leaves and stir
11. Add the lemon juice
12. Transfer to a bowl
13. Serve with rice

## Bitter melon curry 2

Equipment	Ingredients
Frypan	4 cups potatoes, chopped
Measuring cups	1 medium bitter melon, chopped
Measuring spoons	1 tbsp coconut oil
Knife	1 onion, chopped
Chopping board	1 clove garlic
Scales	2 tbsp curry powder
juicer	½ tsp dried thyme
	½ cup coconut milk
	½ cup vegetable broth
	1/2 tsp salt
	Coriander to garnish

### Method:

1. Wash the bitter melon and cut it in half
2. Remove the seeds and soft tissues
3. Add salt to the bitter melon and leave for 5 minutes
4. Rinse the bitter melon pieces and set aside
5. Heat oil in a large pan
6. Sauté the onion and garlic until the onion is soft
7. Add curry powder, potato and bitter melon
8. Add coconut milk, vegetable stock and thyme and bring to the boil
9. Cover and reduce heat to a simmer
10. Cook for 20 minutes or until potatoes are tender

## Jackfruit curry

Equipment	Ingredients
Measuring spoons	1 tbsp coconut oil
Measuring cups	1 onion, diced
Large frypan	4 cm fresh ginger, peeled
Knife	2 tsp garlic
Chopping board	1 birds eye chilli
Juicer	2 tbsp dried turmeric
	1 tsp mustard seed
	<b>1 tsp fenugreek seed</b>
	1 tsp fennel seed
	1 tsp lemongrass
	½ tsp salt
	1 can coconut milk
	½ cup vegetable stock
	440g jackfruit, chopped
	2 bay leaves
	1 tsp fish sauce
	1 cup basil leaves
	¼ cup coriander
	Juice of 1 lemon or lime

### Method:

1. In a grinder or processor put the ginger, garlic, chilli, turmeric, mustard seed, fenugreek, fennel and salt
2. Blend until a paste forms
3. In a large saucepan heat the coconut oil over medium heat
4. Add the onion and cook until soft
5. Add the spice paste and cook for 2 minutes
6. Add coconut milk, vegetable stock, jackfruit, bay leaves and fish sauce
7. Bring the curry to the boil
8. Reduce heat to low and simmer for 3 minutes
9. Stir in the lime/lemon juice, basil leaves and coriander
10. Remove from heat and serve

## Green paw paw curry

Equipment	Ingredients
Frypan	6 cups green paw paw, cubed
Measuring spoons	Vegetable oil
Measuring cups	1 small onion, chopped
Knife	2 tsp garlic, crushed
Chopping board	1 chilli (optional)
	1 tbsp curry powder
	1 can coconut milk
	Salt to taste

### Method:

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

## Butter chicken

Equipment	Ingredients
Frypan	½ cup Greek yoghurt
Measuring spoons	2 tsp garlic, crushed
Measuring cups	3cm piece ginger, finely grated
Mixing bowl	2 tsp ground cumin
Knife	2tsp ground coriander
Chopping board	1 tsp garam masala
	¼ tsp chilli powder
	600g chicken thigh, cut in 3cm pieces
	1 tbsp vegetable oil
	1 onion, sliced
	1 can tomato puree
	½ cup chicken stock
	½ cup thickened cream

### Method:

1. Place yoghurt, garlic, ginger, cumin, coriander, garam masala and chilli powder in a glass or ceramic dish
2. Add chicken and stir to coat
3. Cover and refrigerate for 2 hours if possible
4. Heat oil in a saucepan over medium-high heat
5. Add onion
6. Cook until onion is soft
7. Add chicken mixture to the pan
8. Cook while stirring for 5 minutes
9. Add tomato puree and stock
10. Cover and bring to the boil
11. Reduce the heat to low and simmer for 10 minutes
12. Stir in the cream and simmer for 5 minutes
13. Serve with rice and coriander leaves

## Daikon Radish Curry

Equipment	Ingredients
Frypan	2 tbsp oil
Knife	<b>½ tsp carom seeds</b>
Chopping board	2 tsp garlic, minced
Measuring spoons	1 medium onion, roughly chopped
Measuring cups	450g daikon radish, 1.5cm pieces
	½ tsp ground coriander
	½ tsp cumin
	½ tsp turmeric
	¼ chilli powder
	<b>1 tsp green mango powder</b>
	Salt to taste

### Method:

1. Heat oil in a large frypan over medium heat
2. Cook carom seeds until they pop, 1-2minutes
3. Add garlic and onion
4. Cook until golden
5. Stir in radish and leaves if desired
6. Add coriander, cumin, turmeric and chilli powder
7. Reduce heat to medium low
8. Cook until the radish is tender (about 20 minutes)
9. Stir in mango powder and salt



## Savoury Eggplant Couscous

Equipment	Ingredients
Knife	2 tbsp oil
Chopping board	2 large eggplant, diced
Measuring spoons	320g couscous
scales	1 cucumber, diced
	400g tomatoes, diced
	Handful mint
	Handful parsley

### Method:

1. Heat the oil in a frying pan over medium heat
2. Add the garlic and eggplant to the pan and cook for 10 minutes or until soft
3. Meanwhile place the couscous in a large bowl and pour over 400ml boiling water
4. Cover the couscous and let stand for 5-6 minutes
5. Fluff the couscous with a fork
6. Stir in the cucumber, tomatoes and herbs
7. Add half the eggplant and toss to coat
8. Top with the remaining eggplant
9. Drizzle dressing of Greek yoghurt and lemon juice if desired

## Bruschetta

Equipment	Ingredients
Knife	2 baguettes, sliced
Chopping board	¼ cup basil, torn
Measuring cups	2 tsp red wine vinegar
Measuring spoons	¼ tsp caster sugar
Baking tray	¼ cup oil
	2 tsp garlic
	Salt to season
	4 medium tomatoes, finely diced

### Method:

1. Combine tomato, basil, vinegar, sugar, garlic and 1 tbsp oil in a bowl
2. Season with salt and pepper if desired
3. Preheat the grill
4. Place bread on a baking tray
5. Grill for 1-2 minutes or until golden
6. Drizzle the remaining oil over the bread
7. Spoon tomato mixture onto the toast
8. serve

## Thai roasted pumpkin

Equipment	Ingredients
Baking tray	¼ whole pumpkin, skin on
Mixing bowl	¼ cup oil
Measuring spoons	1 tsp garlic
Measuring cups	1 tsp ground cumin
Saucepan	2tbsp sweet chilli sauce
Knife	4 tbsp rice wine vinegar
Chopping board	1 tbsp brown sugar
	2 tbsp ketjap manis
	2 tsp sesame oil
	Coriander to garnish

### Method

1. Preheat oven to 180 degrees
2. Cut the pumpkin into wedges
3. Brush with oil
4. Bake for 30 minutes, skin side down
5. Place the garlic, cumin, chilli sauce, vinegar, sugar, ketjap manis, remaining oil and sesame oil in a saucepan
6. Bring to the boil
7. Reduce heat and simmer for 2 minutes
8. Remove from the heat
9. Toss the cooked pumpkin and dressing together in a large bowl
10. Serve pumpkin at room temperature if possible

## Pad Thai

Equipment	Ingredients
Mixing bowl	250g rice stick noodles
Knife	2 tbsp lime/lemon juice
Chopping board	2 tbsp fish sauce
Measuring spoons	2 tbsp brown sugar
Measuring cups	2 tbsp peanut oil
Frypan or wok	2 chicken breasts, thinly sliced
	Handful garlic chives
	2 small chillies
	2 eggs, beaten
	1 cup sprouts
	½ onion, diced
	½ cup coriander leaves
	Lime wedges to serve

### Method

1. Place noodles in a bowl and cover with hot water
2. Drain and rinse noodles with cold water
3. Combine the lime juice, fish sauce and sugar in a bowl and whisk to combine
4. Heat a wok over high heat
5. Add the oil
6. Add the chicken pieces and cook until browned
7. Cook the onion and chilli for 2-3 minutes
8. Add the noodles and cook for another 2 minutes
9. Add lime juice mixture to the wok
10. Slowly pour the eggs over the noodles
11. Stir fry for 1 minutes
12. Add the sprouts and chives
13. Spoon the pad Thai onto plates and sprinkle with coriander

## Thai rice salad

Equipment	Ingredients
Mixing bowl	3-4 cups cooled cooked rice
Measuring cups	8 beans, sliced thin
Measuring spoons	½ stick lemongrass, sliced thin
Scales	1 handful of greens, sliced and washed
Knife	60g desiccated coconut
Chopping board	5 kaffir lime leaves, sliced
	2 limes, pureed
	Chilli to serve

### Method:

1. Mix all of the ingredients into a large bowl
2. If desired a dressing can be made to go over the salad

## Thai Fried Rice

Equipment	Ingredients
Knife	1 chilli, finely chopped
Chopping board	2 tsp soy sauce
Measuring spoons	1 tbsp fish sauce
Measuring cups	1 tbsp sweet chilli sauce
Large frypan or wok	1 tbsp lime juice
	1 tbsp peanut oil
	500g mixed vegetables of choice, sliced
	2 cups cooked rice, cooled
	1 egg, beaten
	½ onion, sliced
	¼ cup coriander leaves
	¼ cup basil leaves
	¼ cup bean sprouts

### Method:

1. Combine chilli, soy sauce, fish sauce, sweet chilli sauce and lime juice in a bowl.
2. Heat a saucepan over medium-high heat
3. Add oil
4. Add vegetables and stir fry for 2-3 minutes
5. Add rice and fry for 3-4 minutes
6. Add sauce mixture and stir fry for 1-2 minutes
7. Add the egg and cook until scrambled
8. Add the onion, coriander and basil
9. Serve topped with sprouts and extra sweet chilli sauce



## Thai Pumpkin Soup

Equipment	Ingredients
Knife	1 tbsp oil
Chopping board	1 onion, chopped
Measuring spoons	1.2kg pumpkin, peeled and chopped
Measuring cups	300g potato, peeled and chopped
Saucepan	2 tsp garlic
blender	¼ cup Thai red curry paste
	2 ½ cups chicken stock
	1 can coconut milk
	2 tbsp fresh coriander leaves
	Handful garlic chives, chopped
	2 tsp lime juice

### Method:

1. Heat oil in a saucepan over medium- high heat
2. Add onion and cook until soft
3. Add pumpkin and potato and cook for 5 minutes
4. Add garlic and cook for 1 minute
5. Add curry paste to pan
6. Stir to coat vegetables
7. Add stock and stir
8. Cover and bring to the boil
9. Reduce heat to low and simmer for 15-20 minutes
10. Remove from heat and blend until smooth
11. Return to heat
12. Add coconut milk
13. Stir through until warm
14. Serve topped with coriander, lime juice and chives

## Sunflower seed butter

Equipment	Ingredients
Baking tray	3 cups sunflower seeds
Food processor	¼ cup coconut sugar
Measuring cups	1/2 tsp sea salt
Measuring spoons	

### Method:

1. Preheat oven to 180 degrees
2. Spread the sunflower seeds into a thin layer on a baking tray
3. Toast the seeds until lightly golden, about 20 minutes
4. Stir the seeds every 10 minutes
5. Once toasted, pour the seeds into a food processor
6. Blend until smooth and sticky
7. Add the sugar and salt and continue to mix until creamy
8. Transfer to a glass jar and place in the fridge

## Moringa Pod Soup

Equipment	Ingredients
Knife	2 shallots
Chopping board	1 garlic
Measuring cups	½ tbsp shrimp paste
Measuring spoons	1tsp salt
Large saucepan/pot	½ tbsp of sugar
	1 or 2 chillies, finely diced
	Moringa seed pod, chopped finger size

\*soup can have more flavours added from stocks and meat to suit taste

Method:

1. Blend all spices together
2. Place all ingredients in boiling water
3. Eat like a soup

## Moringa leaf soup

<p>Equipment</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Large saucepan/pot</p>	<p>Ingredients</p> <p>5-6 basil leaves</p> <p>Pumpkin, diced</p> <p>Moringa leaves, handful</p> <p>Pinch salt</p> <p>Pinch sugar</p>
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\*soup can have more flavours added from stocks and meat to suit taste

Method:

1. Mix all ingredients into a pot
2. Add water to the pot

Boil and serve as a soup

## Spring rolls

Equipment	Ingredients
Wok	1 tbsp vegetable oil
Measuring spoons	500g pork mince
Measuring cups	2 tsp garlic, crushed
Knife	½ cup onion, chopped
Chopping board	½ cup carrot, minced
Wooden spoon	½ cup spring onion, chopped
	½ cup green cabbage, sliced
	1 tsp pepper
	1 tsp salt
	1 tsp soy sauce
	30 Spring roll wrappers

### Method:

1. Place a wok or large frypan over high heat
2. Add 1 tbsp oil
3. Cook the mince until no pink is showing
4. Remove the meat from the pan
5. Add the garlic and onion and cook for 2 minutes
6. Stir the pork, carrots, spring onion and cabbage into the pan
7. Add the pepper, salt and soy sauce and combine
8. Remove the pan from the heat
9. Place the mixture into the wrappers, tuck in both ends and roll up the spring roll
10. Fry or bake the spring rolls until the wrapper is golden
11. serve

## Baked Paw Paw Boats

Equipment	Ingredients
Knife	2.5-3kg paw paw, cut lengthways
Chopping board	2 ½ tbsp. oil
Measuring cups	1/2 tsp garlic, finely chopped
Measuring spoons	1 onion chopped
Mixing bowl	500g beef mince
Frypan	4 tomatoes, finely chopped
Baking tray	Salt & Pepper to taste
	Sweet chili sauce to taste
	125g grated parmesan cheese

### Method:

1. Preheat oven to 180 degrees
2. Heat oil in large frypan
3. Sauté onions and garlic for 2 minutes
4. Add mince and cook until well done
5. Add tomatoes, pepper, sweet chili sauce and salt
6. Spoon the meat mixture into the paw paw shells
7. Place shells in a shallow pan
8. Sprinkle cheese over the paw paw
9. (add water to the pan until it is 2cm up the sides of the paw paw)
10. Bake for 30 minutes or until paw paw is soft



## Spicey roast Paw Paw

Equipment	Ingredients
Knife	1 kg paw paw, peeled and cut into cubes
Chopping board	2 tbsp oil
Mixing bowl	1 tsp salt
Roasting tray	1 ½ tsp pepper
Measuring spoons	2 tsp cumin
scales	

### Method:

1. Preheat oven to 200 degrees
2. Place the paw paw into a large roasting tray
3. Add the oil, salt, pepper and cumin to a bowl and mix well
4. Cover the paw paw pieces in the oil mixture
5. Bake for 30-45 minutes or until the paw paw is soft
6. serve

## Mexican roasted Yams

Equipment	Ingredients
Knife	2 tsp cumin
Chopping board	2 tsp paprika
Measuring spoons	1 tsp chili flakes
Juicer	1 tsp salt
Baking tray	2 cloves garlic, crushed
Mixing bowl	3 tbsp olive oil
	Juice of 1 lime
	Mexican Yams, cut into cubes

### Method:

1. preheat the oven to 200 degrees
2. mix together the cumin, paprika, chili, salt, olive oil and lime juice into a bowl
3. add the cubes of yams and stir to coat thoroughly
4. place the yams on a baking tray in a single layer
5. roast in the oven for 20 minutes or until soft

## Spinach and paw paw Stir fry

Equipment	Ingredients
Saucepan	1 cup jasmine rice
Measuring spoons	2 kaffir lime leaves
Measuring cups	2 cups boiling water
Knife	2 tbsp oil
Chopping board	1 red onion, sliced
Scales	1 ½ tbsp grated ginger
Large wok	1 garlic clove, crushed
	1kg green paw paw, cubed
	100g spinach
	2 tbsp soy sauce
	2 tbsp oyster sauce
	2 tbsp honey

### Method:

1. place the rice, lime leaves and water into a saucepan over high heat
2. cover and bring to the boil
3. reduce heat and cook for 12 minutes
4. set rice aside for 5 minutes before separating with a fork

### Meanwhile

1. heat half the oil in a wok over medium heat
2. add the onion and stir fry for 1 minute
3. add the paw paw and stir fry for 7 minutes or until just tender
4. add the spinach, soy sauce, oyster sauce and honey and cook for 1-2 minutes or until the spinach wilts
5. serve with rice

## Bacon and Egg Quiche

Equipment	Ingredients
Muffin pan	6 rashers bacon
Mixing bowl	100g cheese
Knife	4 eggs
Chopping board	1 cup cream
Scales	9 cherry tomatoes, halved

### Method:

1. Preheat oven to 180 degrees
2. Grease a muffin pan and line bases with baking paper
3. Arrange a bacon strip around the side of each hole
4. Divide the cheese evenly among the holes
5. Whisk the eggs and cream in a large bowl
6. Season
7. Pour evenly over the cheese and top with tomato
8. Bake for 25-30 minutes or until firm
9. Let cool in the pan for 5 minutes

## Curried eggs

Equipment	Ingredients
Saucepan	12 eggs, boiled and cooled
Measuring spoons	2 tbsp mayonnaise
Mixing bowl	1 tsp salt
	1 ½ tsp curry powder

### Method:

1. Peel eggs
2. Cut in half lengthways
3. Scoop out the yolk and place in a bowl
4. Add curry powder, mayonnaise and salt to the yolks
5. Mash with a fork to combine
6. Dollop the mixture onto the eggwhites
7. Serve with parsley if desired

## Potato and Pumpkin bake

Equipment	Ingredients
Scales	850g sliced potatoes
Measuring cups	500g sliced pumpkin
Baking dish	1 cup bread crumbs
Knife	1 cup chicken stock
Chopping board	1 cup breadcrumbs
Mixing bowl	1 cup grated cheese
Measuring spoons	40g packet roast potato seasoning
	2 tbsp olive oil

### Method:

1. Preheat oven to 190 degrees
2. Grease and line oven dish
3. Line the base of the dish with 1/3 of the potato slices
4. Sprinkle with coating
5. Top with half of the pumpkin slices
6. Repeat this process, finishing with the potatoes
7. Pour over the stock
8. Bake for 40 minutes
9. Combine breadcrumbs, cheese, oil, and remaining coating
10. Remove the foil from the dish
11. Sprinkle with cheese mixture
12. Bake for a further 20 minutes or until golden
13. serve



## Pumpkin, spinach and chickpea curry

Equipment	Ingredients
Measuring spoons	2 tsp vegetable oil
Measuring cups	1 onion, sliced
Scales	500g pumpkin, in 3cm cubes
Knife	$\frac{3}{4}$ cup coconut milk
Chopping board	1 tbsp Curry powder
	$\frac{1}{4}$ cup water
	1 can chickpeas, rinsed
	100g spinach

### Method:

1. heat oil in a medium pan over medium-high heat
2. add the onion and cook until soft
3. add the pumpkin, curry powder, coconut milk and water
4. bring to the boil and reduce the heat to low
5. cover and cook for 15 minutes or until pumpkin is tender, stirring occasionally
6. add chickpeas and spinach and cook for 4 minutes
7. Remove from heat and serve.

## Sausage Rolls

Equipment	Ingredients
Knife	4 sheets puff pastry
Chopping board	1 tbsp milk
Baking tray	1 egg
Mixing bowl	1kg mince meat
Measuring cups	1 red onion, finely chopped
Measuring spoons	1 brown onion, finely chopped
	1 medium carrot, grated
	3 cloves garlic, crushed
	1 ½ tbsp. tomato sauce
	¼ cup Worcestershire sauce

### Method

1. preheat oven to 200 degrees
2. line baking trays with paper
3. combine milk and egg in a small jug
4. combine mince, onions, carrot, garlic and sauces in a large bowl and season with salt and pepper if desired
5. lay a sheet of pastry on a flat surface
6. cut the sheet in half horizontally
7. spoon 1/8 of the mixture onto the long side of the pastry
8. shape the mince into a sausage shape
9. brush the opposite edge with a little egg mixture
10. roll the pastry to enclose the filling
11. brush the top with the egg mixture
12. cut into 6 pieces
13. place on the baking trays 2cm apart
14. repeat for remaining mixture
15. Bake for 25-30 minutes or until golden and cooked through.

## Bbq Korean Jackfruit

Equipment	Ingredients
Mixing bowl	1 kg green jackfruit
Frying pan	$\frac{3}{4}$ cup water
Measuring cups	$\frac{1}{2}$ cup soy sauce
Measuring spoons	$\frac{1}{3}$ cup brown sugar
Knife	$\frac{1}{4}$ cup tomato paste
Chopping board	2 tbsp rice vinegar
	2 tbsp chili sauce
	1 $\frac{1}{2}$ tsp grated ginger
	1 tsp sesame oil
	1 tbsp vegetable oil
	1 medium onion. Sliced
	2 cloves garlic, minced

### Method:

1. Stir together water, soy sauce, brown sugar, tomato paste, rice vinegar, chili sauce and ginger
2. Place oil in a saucepan over medium heat
3. Add onion and garlic
4. Sauté for 3 minutes
5. Add jackfruit and continue to sauté
6. Use a fork to break up the pieces of jackfruit
7. After the jackfruit is lightly browned, add the soy sauce mixture
8. Bring the mixture to a simmer
9. Simmer for 15 minutes or until the sauce is thick, stirring frequently
10. Continue to pull pieces of jackfruit apart using a fork, adding water if needed.

## Tahini Slaw

Equipment	Ingredients
Measuring spoons	¼ cup tahini
Measuring cups	2 tbsp rice vinegar
Knife	2 tsp soy sauce
Chopping board	2 tsp maple syrup
Mixing bowl	2-4 tbsp water
	3 cups shredded cabbage
	1 capsicum, sliced very thin
	2 tbsp finely chopped coriander
	2 spring onions/garlic chives, chopped

### Method:

1. Stir tahini, rice vinegar, soy sauce and maple syrup in a medium bowl
2. Thin with water until the mixture is easy to stir but still thick and creamy
3. Add cabbage, capsicum, cilantro and spring onions.

## Dinner Rolls

Equipment	Ingredients
Mixing bowl	1 cup warm water
Baking tray	1/3 cup oil
Baking paper	¼ cup sugar
Measuring spoons	2 tbsp yeast
Measuring cups	½ tsp salt
	1 egg, beaten
	1 tbsp softened butter
	3 ¼ cups flour
	1/8 cup milk

### Method:

1. Preheat oven to 200 degrees
2. Combine 1 cup water, oil, sugar and yeast
3. Let sit for 8 minutes or until bubbly
4. Stir in the beaten egg, butter and salt
5. Add 1 cup of flour at a time until a dough is formed that isn't sticky
6. Knead for 10 minutes by hand
7. Divide the dough into 18 pieces, cover and place in a warm place for 10 minutes
8. Lightly brush with milk
9. Bake for 10-12 minutes or until just browned.

## Pizza Dough

Equipment	Ingredients
Measuring cups	1 ½ cups water
Measuring spoons	Pinch caster sugar
Mixing bowl	2 tsp yeast
	4 cups plain flour
	1 tsp salt
	¼ cup olive oil

### Method:

1. combine water, yeast and sugar in a small bowl
2. set aside for 5 minutes until foamy
3. combine flour and salt in a large bowl
4. make a well in the middle and add the yeast mixture and oil
5. use a knife to mix until combined
6. bring the dough together and knead for 10 minutes or until smooth and elastic
7. brush a bowl with oil and place the dough in it
8. cover with wrap and set aside for 30 minutes
9. split the dough into 3 even pieces and roll into discs
10. place toppings of choice on and bake

## Basil Pesto

Equipment	Ingredients
Measuring cups	1 cup basil leaves, firmly packed
Blender or food processor	¼ cup pine nuts
	1 clove garlic, chopped
	¼ cup oil
	¼ cup grated parmesan

### Method:

1. Blend the basil, pine nuts and garlic until smooth
2. Slowly add the oil and blend until combined
3. Add the cheese and season with salt and pepper if needed



## Smokey eggplant Dip

Equipment	Ingredients
Baking tray	700g eggplant
Measuring spoons	1 tbsp tahini
Scales	2 tsp lemon juice
blender	½ clove garlic, crushed

### Method:

1. Preheat the grill
2. Place eggplant under the grill until charred and soft
3. Remove the skin if desired
4. Place eggplant in a food processor and blend until smooth
5. Stir in tahini, lemon juice and garlic
6. Season with salt and pepper if desired

## Soft flatbread

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

## Cinnamon Tea Cake

Equipment	Ingredients
Mixing bowl	65g butter, softened
Baking pan	½ cup caster sugar
Measuring cups	1 tsp vanilla essence
Measuring spoons	1 egg, room temp
Electric mixer	1 ½ cups self-raising flour, sifted
	¾ cup milk

### Method:

1. Preheat oven to 180 degrees
2. Line baking pan
3. Cream the butter, sugar and vanilla until creamy
4. Add egg and beat well
5. Transfer mixture to a large bowl
6. Fold the flour and milk in alternatively to the butter mixture
7. Spread mixture into the prepared pan
8. Smooth the surface and bake for 30-35 minutes
9. When the cake is warm, brush with melted butter
10. Sprinkle over caster sugar and cinnamon

## Carrot Cake

Equipment	Ingredients
Mixing bowl	2 cups plain flour
Baking pan	2 tsp baking powder
Measuring cups	1 tsp salt
Measuring spoons	1 ½ tsp cinnamon
Grater	1 ¼ cup oil
Knife	1 cup sugar
Chopping board	1 cup brown sugar
	1 tsp vanilla essence
	4 large eggs
	3 cups grated carrot
	1 cup pecans, optional
	½ cup raisins

### Method:

1. Preheat the oven to 170 degrees
2. Grease and line 2 cake pans
3. In a medium bowl, whisk flour, baking soda salt and cinnamon
4. In another bowl, whisk oil, sugars and vanilla
5. Whisk in the eggs one at a time until combined
6. Gently add the dry ingredients in 3 parts
7. Stir in the carrots, nuts if using and raisins
8. Divide the cake into the pans
9. Bake for 35-45 minutes
10. Cool the cakes in the pan for 15 minutes before turning out onto a rack

## Pandan Sponge

Equipment	Ingredients
Baking pan	4 egg yolks, room temperature
Mixing bowl	¼ cup + 2tsp caster sugar
Electric mixer	¼ cup vegetable oil
Blender	60ml pandan juice
Measuring cups	1 ¼ cups cake flour
Scales	1 tsp baking powder
	4 egg whites, room temperature
	¼ tsp cream of tartar
	¼ cup + 2tsp caster sugar

To get pandan juice, blend 15g of pandan leaves in 60ml water.

### Method

1. Grease a round baking pan with baking paper and oil
2. Preheat oven to 160 degrees
3. Place 2 cups water in a baking tin and place in the oven
4. Whisk egg whites with a low speed until large bubbles form
5. Add cream of tartar to the egg whites and whisk until small bubbles form
6. Add in the caster sugar gradually and whisk until stiff peaks form (peaks will hold straight up)
7. In another bowl, beat egg yolks and sugar until thick
8. Add oil and beat until combines
9. Add pandan juice and mix well
10. Sift together the flour and baking powder
11. Sift the flour mixture into the egg yolk mixture and gently stir until combined
12. Add the meringue in 3 batches Fold the mixture gently together
13. Pour the batter into the baking pan (you can tap the pan a few times to remove any bubbles)
14. Place in oven for 25 minutes
15. Increase heat to 180 and bake for another 15 minutes or until fully cooked (**do not open oven for at least the first 30 minutes of cooking**)
16. Remove the cake from the oven and drop onto benchtop
17. Place on a wire rack to cool.

## Gingerbread cookies

Equipment	Ingredients
Baking tray	125g butter, room temperature
Measuring cups	½ cup packed brown sugar
Measuring spoon	½ cup golden syrup
Mixing bowl	1 egg, separated
Scales	2 ½ cups plain flour
	1 tbsp ground ginger
	1 tsp mixed spice
	1 tsp bicarb soda

### Method:

1. preheat oven to 180 degrees
2. line baking trays with paper
3. beat butter and sugar in a bowl until pale and creamy
4. add the golden syrup and egg yolk
5. beat until combined
6. stir in the flour, ginger, mixed spice and bicarb soda
7. lightly flour a surface and knead until smooth
8. press the dough into a disc and cover with plastic wrap
9. place in the fridge for 30 minutes
10. place the dough between 2 sheets of baking paper and roll until about 4mm thick
11. use a cookie cutter to cut out shapes
12. place on trays 3cm apart
13. repeat until all dough is gone
14. bake in oven for 10 minutes or until brown

## Jackfruit balls

Equipment	Ingredients
Blender	250g jackfruit segments
Measuring spoons	2 tbsp honey
Measuring cups	1/3 cup flour
Frypan	¼ tsp salt
	½ tbsp coconut oil
	oil to cook

### Method:

1. Place the jackfruit, honey, salt and coconut oil into a blender and blend well
2. Place the puree into a bowl
3. Mix in the flour
4. Form 9-12 small balls
5. Place oil in a pan and heat over medium-high heat
6. Place the balls into the oil and cook until browned on all sides
7. Serve with honey



## Eggless jackfruit pancakes

Equipment	Ingredients
Measuring cups	1 cup jackfruit, chopped
Measuring spoons	1 cup flour
Mixing bowl	1 cup milk
frypan	1 tbsp sugar
	1 tsp cardamom
	¼ tsp salt
	1 tsp baking powder
	1 tbsp butter

### Method:

1. Grind together jackfruit, cardamom and milk
2. Add flour, sugar, salt and baking powder into a mixing bowl
3. Add the jackfruit paste to the flour mixture and mix well
4. Heat a frypan over low heat
5. Use butter to grease frypan
6. Use a ladle to pour the batter onto the pan
7. Cook on both sides until golden
8. Serve with butter and honey

## Pavlova base

equipment mixing bowl measuring cups measuring spoons mixer baking tray	Ingredients 4 egg whites 1 ¼ cup sugar 1 tsp vanilla essence 1 tsp lemon juice 2 tsp cornflour
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### Method:

1. Preheat oven to 150 degrees
2. Line baking tray with paper
3. In a large bowl, beat egg whites until stiff
4. Gradually add the sugar a tablespoon at a time
5. Beat until thick and glossy
6. Gently fold in vanilla, lemon and cornflour
7. Spoon the mixture onto the baking tray working from the middle creating a 23cm circle
8. Bake for 1 hour
9. Top with cream and topping of choice

## Star fruit chips

Equipment	Ingredients
Baking tray	2 medium to large star fruit
Saucepan	2 cups water
Knife	1 ½ cups sugar
Chopping board	
Measuring cups	

### Method:

1. preheat oven to 200 degrees
2. line baking tray with baking paper
3. slice the star fruit about .5-1cm thick
4. heat the water and sugar in a saucepan over medium-high heat
5. bring the mixture to the boil
6. reduce heat to a simmer and add the star fruit for 3 minutes
7. use tongs and transfer the star fruit to the baking tray
8. bake for 30 minutes or until dry and crisp
9. sprinkle with cinnamon sugar or salt if desired

## Star fruit Drink

Equipment	Ingredients
Measuring cups	½ cup pineapple juice
Blender	4 star fruit, sliced
Sieve	1 tsp grated ginger
Measuring spoons	1 tbsp lemon juice
	2 cups ice
	½ cup sparkling water, lemon lime flavor optional

### Method

1. Pace pineapple juice and star fruit into a blender
2. Blend until smooth
3. Pour the mixture through a sieve
4. Stir in ginger and lemon juice
5. Cover and chill for 45 minutes
6. Add sparkling water and ice to juice mixture
7. serve

## Banana pancakes

Equipment	Ingredients
Frypan	1 cup plain flour
Measuring spoons	1 tbsp sugar
Measuring cups	2 tsp baking powder
Egg flip	¼ tsp salt
	1 egg, beaten
	1 cup milk
	½ tsp vanilla essence
	2 tbsp vegetable oil
	2 ripe bananas, mashed

### Method:

1. Combine flour, sugar, baking powder and salt into a bowl
2. In another bowl combine the egg, milk vanilla, oil and bananas
3. Stir the flour mixture into the banana mixture
4. Heat a frypan over medium heat
5. Scoop the batter into the pan (1/4 cup)
6. Cook until pancakes are golden brown on each side
7. Serve hot

## Banana soft serve

Equipment	Ingredients
Blender	6 frozen bananas, chopped
Juicer	¼ cup lemon juice
Cake tin	

### Method:

1. Process frozen banana and lemon juice in a food processor until the mixture is smooth
1. Transfer to a loaf pan and place in the freezer
2. Place in the freezer for 2 hours or until just firm

## Banana fritters

<p>Equipment</p> <p>Frypan</p> <p>Tongs</p> <p>Mixing bowl</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Knife</p> <p>Chopping board</p> <p>Paper towel</p>	<p>Ingredients</p> <p>6 bananas, peeled</p> <p>Zest of 2 limes</p> <p>Oil to shallow fry</p> <p>Icing sugar, ground cinnamon</p> <p><i>Batter:</i></p> <p><i>1 cup plain flour</i></p> <p><i>1/3 cup rice flour</i></p> <p><i>2 tsp baking powder</i></p>
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### Method:

1. Place a skewer through the banana pieces
2. Place on a plate and sprinkle over the lime zest
3. Combine all the ingredients in a bowl and whisk together
4. Slowly add 1 ½ cups water until the batter is smooth and thick
5. Fill a large frypan with oil and heat over medium heat
6. Dip the banana into the batter to coat evenly
7. Carefully lower the banana into the oil
8. Fry each fritter for 2-3 minutes each side until golden
9. Place the cooked fritters onto paper towel to drain
10. Serve with cinnamon and icing sugar



## Carrot cake

Equipment	Ingredients
Baking tray	1 cup butter, melted
Measuring cups	1 ½ cup brown sugar
Measuring spoons	2 tsp vanilla essence
Mixing bowls	1 egg
	1 egg yolk
	1 ¼ cup grated carrots
	1 ½ cups self-raising flour
	1 tsp cinnamon
	½ tsp ginger
	½ tsp salt
	<u>Frosting</u>
	½ cup butter
	2 tsp vanilla essence
	2 cups icing sugar
	220g cream cheese

### Method:

1. Preheat oven to 175 degrees
2. Grease and line a cake pan
3. Combine butter and sugar into a mixing bowl
4. Beat until smooth
5. Add vanilla and eggs
6. Beat again until combines
7. Stir in the grated carrots
8. In a separate bowl combine flour, cinnamon, ginger and salt
9. Slowly add the dry ingredients to the wet and stir until just combines
10. Add to the cake pan
11. Bake for 35 minutes or until the centre is firm
12. Combine all the frosting ingredients and mix to desired consistency
13. Frost the cooled cake and serve

## Mango Tart

<p>equipment</p> <p>pie tin</p> <p>knife</p> <p>chopping board</p> <p>scales</p>	<p>Ingredients</p> <p>2 mangoes, cut into 2cm cubes</p> <p>125g marshmallows</p> <p>Puff pastry</p> <p>Sorbet to serve (optional)</p>
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### Method:

1. Preheat oven to 200 degrees
2. Line cake pan
3. Arrange mango over the base of the pan
4. Top with marshmallows
5. Place the pastry over the marshmallows
6. Bake for 25-30 minutes or until golden
7. Let the cake stand for 5 minutes
8. Turn out and cut into wedges

## Sweet couscous with fruit

<p>Equipment</p> <p>Knife</p> <p>Chopping board</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Mixing bowl</p> <p>fork</p>	<p>Ingredients</p> <p>1 cup couscous</p> <p>¼ cup chopped prunes</p> <p>1/3 cup honey</p> <p>½ tsp ground cinnamon</p> <p>½ ripe paw paw, sliced</p> <p>½ pineapple , sliced</p> <p>1 orange, segmented</p> <p>Yoghurt to serve (optional)</p>
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### Method:

1. Place the couscous in a large bowl
2. Stir the honey and cinnamon into 1 ½ cups boiling water
3. Pour over the couscous
4. Cover and set aside for 5 minutes
5. Fluff the couscous with a fork
6. Top with slices of paw paw pineapple and orange
7. Top with yoghurt
8. Dust with extra cinnamon

## Lemon Jelly

Equipment	Ingredients
Juicer	Zest and juice of 8-10 lemons
Zester	130g sugar
Knife	400ml lemonade
Chopping board	6 gelatin leaves
Measuring spoons	
Scales	

### Method:

1. Place rind, juice, sugar and lemonade in a saucepan
2. Heat over medium heat
3. Bring to the boil while stirring in the sugar
4. Reduce heat to low and simmer for another 2-3 minutes
5. Soak gelatin in a bowl of cold water for 5 minutes
6. Squeeze out excess water
7. Add gelatin to the lemon mixture and stir to combine
8. Strain into a large jug
9. Pour into desired cups
10. Place in fridge and let set overnight

## Banana Waffles

Equipment	Ingredients
Measuring spoons	1 ¼ cup self-raising flour
Measuring cup	¾ cup sugar
Mixing bowls	½ tsp cinnamon
Spatula	½ tsp nutmeg
whisk	¼ tsp salt
	1 cup smashed banana
	½ cup vegetable oil
	½ cup sour cream
	1 tsp vanilla essence
	2 large eggs

### Method

1. preheat waffle iron, grill pan, fry pan
2. whisk together flour, sugar, cinnamon, nutmeg and salt
3. in a separate bowl whisk together banana, oil, sour cream, vanilla and eggs
4. fold the banana mixture into the flour mixture (some lumps are ok)
5. lightly brush pan or iron with oil
6. cook waffles for 4-6 minutes or until golden brown (flipping if using a pan)
7. keep waffles warm in oven while cooking the rest
8. serve with topping of choice

## Banana Cake

Equipment	Ingredients
Measuring cups	2 cups self-raising flour
Measuring spoons	½ tsp cinnamon
Mixer	½ tsp salt
Mixing bowls	3 ripe bananas
	½ cup Greek/ vanilla yoghurt
	1/3 cup maple syrup or honey
	2 tsp vanilla essence
	1 tbsp vegetable oil
	1 egg
	Coconut whip-
	2 cans coconut cream, chilled
	8 tbsp maple syrup
	2 tsp vanilla essence

### Method:

1. preheat oven to 180 degrees
2. spray or line large baking pan
3. whisk together flour, cinnamon and salt
4. in a blender combine the bananas, yoghurt, maple syrup, vanilla, oil and egg
5. blend until smooth
6. pour the cake batter into the prepared pan
7. bake for 25-30 minutes or until a skewer comes out clean
8. allow to cool in the pan
9. beat the coconut cream until fluffy
10. add the maple syrup and vanilla and beat until combined
11. frost the cake with the coconut mixture

## Pumpkin Pies

Equipment	Ingredients
Blender	450g Pumpkin puree (canned or baked pumpkin and honey)
Measuring cups	2 eggs
Pie or muffin tin	1 can sweetened condensed milk
Measuring spoons	1 tsp pumpkin pie spice
Scales	Pie crust of choice
Mixing bowl	

### Method:

1. Preheat oven to 220 degrees
2. Combine eggs, pumpkin puree, condensed milk, pie spice in a bowl
3. Mix until combined
4. Fit pie crust into a large pie dish or into small muffin pans
5. Pour pumpkin mixture into the crust
6. Bake for 15 minutes
7. Reduce heat to 170 degrees and bake until filling is set, about 35-40 minutes
8. Serve with cream



## Lemon cake

Equipment	Ingredients
Mixing bowl	½ cup butter, softened
Measuring cups	¾ cup white sugar
Measuring spoons	Zest of 2 lemons
Grater	2 eggs
Electric mixer	¾ cup self raising flour
	¼ tsp salt
	4 tbsp milk
	1/3 cup icing sugar
	Juice of 1 ½ lemons

### Method

1. Preheat oven to 175 degrees
2. Line and grease baking tin
3. Cream butter and sugar until fluffy with an electric mixer
4. Beat in eggs and zest
5. Stir in flour, salt and milk until just combined
6. Pour the batter into the tin
7. Bake for 40-45 minutes
8. Dissolve the icing sugar into the lemon juice over low heat
9. When the loaf is done, puncture it with a skewer
10. Pour the syrup into the cake
11. Let cool and serve

## Cucuzza Brownie

Equipment	Ingredients
Baking dish	2 cups self raising flour
Measuring cups	½ cup cocoa powder
Measuring spoons	1 tsp salt
Grater	½ cup oil
Knife	1 ½ cups sugar
Chopping board	3 tsp vanilla essence
Mixing bowls	2 cups shredded cucuzza
	3-5 tbsp water
	<b>Frosting</b>
	3 tbsp cocoa powder
	¼ cup butter, melted
	2 cups icing sugar
	¼ cup milk
	1 tbsp vanilla essence
	Pinch of salt

### Method:

1. Preheat oven to 175 degrees
2. Line a baking pan with baking paper and spray
3. In a medium bowl, whisk together the flour, cocoa and salt
4. In another bowl, beat the oil, sugar and vanilla until well combined
5. Add the dry ingredients and stir
6. Fold in the cucuzza
7. Let the mixture sit for a few minutes to absorb the moisture of the cucuzza
8. If the mixture is still powdery, start to add the water until the mixture is thick but not powdery
9. Spread into a pan and bake for 25-30 minutes
10. Make the frosting by whisking butter, cocoa, salt and icing sugar
11. Then whisk in the milk and vanilla
12. Spread the icing over the cooled brownies

## 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.

## Eggless Mango Cake

Equipment	Ingredients
mixing bowl	1 ½ cups self-raising flour
Measuring cups	¼ tsp salt
Measuring spoons	1/3cup oil
Blender	½ tsp baking soda
Cake tin	½ cup sugar
whisk	1 cup mango pulp
	½ cup milk
	1 tbsp cornflour

### Method:

1. Line and oil 2 small or 1 large cake pan
2. In a large bowl, sift together the flour, cornflour, salt and baking soda
3. All the remaining ingredients into another bowl
4. Whip the wet ingredients until the sugar is dissolved
5. Pour the liquid into the dry ingredients and whip just until the lumps are gone
6. Pour into the prepared pans
7. Bake for 28-32 minutes or until a skewer comes out clean
8. Let cool in the pan for 10 minutes
9. Remove from pan and let cool completely on a wire rack
10. Cover lightly with a towel or cloth while cooling

## Jackfruit Ice cream

Equipment	Ingredients
Mixing bowl	1 cup Jackfruit
Saucepan	½ cup sugar
Measuring cups	1 cup cream
Knife	1 cup coconut milk
Chopping board	

### Method:

1. Add jackfruit and ¼ cup sugar to a saucepan
2. Cook over low heat for 30 minutes
3. Set aside to cool
4. Make a puree with the jackfruit mix
5. Place in fridge until chilled
6. In a bowl, add cream, coconut milk and the rest of the sugar and mix well
7. Add the jackfruit puree and chill the mixture (2 hours or overnight)
8. Make ice cream to manufacturer's instructions, or place in freezer and mix every 45 minutes

## Sapodilla ice cream

Equipment	Ingredients
Mixing bowl	1 cup cream
Electric mixer	3-4 big- ripe sapodilla, peeled
Measuring cups	2 tbsp condensed milk
Measuring spoons	

### Method:

1. Whip cream
2. Add condensed milk
3. Blend sapodilla to make a puree
4. Add the sapodilla to the cream mixture
5. Place in ice cream maker or freeze for 6-7 hours

## Thai Sweet Sticky Rice with Mango

Equipment	Ingredients
Saucepan	1 ¼ cups uncooked rice
Knife	1 ½ cups coconut milk
Chopping board	½ cup white sugar
Measuring cups	½ tsp salt
Measuring spoons	½ cup coconut milk
Mixing bowls	1 tbsp white sugar
	¼ tsp salt
	3 mangoes, peeled and sliced

### Method:

1. Add the rice and 450ml water to a pot and bring to the boil
2. Reduce heat and simmer until water is absorbed
3. Mix together 1 ½ cups coconut milk, ½ cup white sugar, ½ tsp salt in a saucepan
4. Heat over medium heat and bring to the boil
5. Remove from heat
6. Mix the cooked rice and coconut milk mixture together and set aside to cool
7. Make a sauce by mixing together the ½ cup coconut milk, 1tsbp sugar\
8. Place the rice on a serving dish, arrange the mangoes on top and pour the sauce over the dish
9. serve

## Paw paw and ginger jam

Equipment	Ingredients
Large pot	1 ¼ kg ripe paw paw
Measuring cups	¾ cup lemon juice
Scales	1 ½ kg sugar
Measuring spoons	1 ½ tbsp. grated ginger
Knife	1 tbsp chopped ginger
Chopping board	

### Method:

1. Cut the paw paw roughly and combine with the lemon juice and ginger in a large pot
2. Place the pot over medium heat and bring to the boil
3. Reduce the heat to low and add the sugar
4. Stir until the sugar has dissolved
5. Return the mixture to the boil for 1 hour and 15 minutes
6. Test for doneness on a cold pan
7. Bottle the warm jam into bottles
8. Turn upside down until cool



## Upside down pineapple cake

Equipment	Ingredients
Measuring cups	440g pineapple slices
Measuring spoon	2 tablespoons pineapple juice
Baking pan	1/3 cup brown sugar
Mixing bowl	90g butter, softened
Mixer	1/2 cup caster sugar
	2 eggs, lightly beaten
	1 ¼ cup self raising flour, sifted

### Method:

1. Preheat oven to 160 degrees
2. Line a round baking pan
3. Cut pineapple slices in half
4. Sprinkle brown sugar over the base of the pan
5. Arrange pineapple over the sugar so the pieces are just touching
6. Using an electric mixer, beat butter, caster sugar for 3 minutes or until fluffy
7. Add eggs 1 at a time, beating after each one
8. Add flour and juice, stir to combine
9. Spread the mixture over the pineapple
10. Bake for 35-40 minutes or until cooked through
11. Stand for 5 minutes before turning out onto a wire rack

## Mandarin Curd

Equipment	Ingredients
Saucepan	2 eggs
Juicer	$\frac{3}{4}$ cup sugar
Scales	$\frac{1}{3}$ cup mandarin juice
	50g butter, cubes
	Zest of 2-3 mandarins

### Method:

1. combine eggs, sugar and mandarin juice in a saucepan
2. whisk over low heat until thickened slightly
3. strain through a sieve to remove any lumps or bits of cooked egg
4. add cubed butter and stir until melted
5. add rind and stir

## Lemon Curd Cake

Equipment	Ingredients
Cake tin	2 cups self-raising flour
Mixing bowl	100g butter
Measuring cups	1 cup sugar
Mixer	2 eggs
	2 cups lemon curd

### Method:

1. Preheat oven to 180 degrees
2. Place flour, sugar and butter into a bowl
3. Mix until it resembles fine breadcrumbs
4. Add eggs and mix to a soft dough
5. Press 2/3 of dough into a lined baking tin
6. Spread lemon curd over dough
7. crumble small pieces of remaining dough over the curd layer
8. Bake for 35-40 minutes
9. Cool on a wire rack
10. Dust with icing sugar and serve

## Ginger cake

Equipment Scales Measuring spoons Measuring jug Baking tin Mixing bowl	Ingredients 170g butter 170g sugar 225g golden syrup 340g self raising flour 1 tbsp ginger 1 tbsp cinnamon 2 tsp bicarb soda 2 eggs 235ml milk 1 tbsp white vinegar
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### Method:

1. preheat oven to 180 degrees
2. grease and line a cake tin
3. melt butter, sugar and golden syrup
4. add all other ingredients and mix well
5. bake for 35 minutes

## Chinese Almond Biscuits

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

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