



ALAWA KITCHEN 2019 RECIPES



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Breads, Pastry and Dough

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Cucuzza Spiced Bread

Equipment	Ingredients
Baking pans	3 cups plain flour
Mixing bowls	1 tsp salt
Measuring cups	1 tsp baking powder
Measuring spoons	1 tsp baking soda
Mixing spoon	1 tbsp cinnamon
Ingredient bowls	3 eggs
	1 cup vegetable oil
	2 ¼ cups sugar
	1 tbsp vanilla essence
	2 cups grated cucuzza
	1 cup walnuts or Pecans (using sesame seeds)

Method:

1. Grease and flour two bread pans
2. Preheat oven to 160 degrees
3. Mix the flour, salt, baking powder, baking soda, cinnamon in a bowl
4. Beat the eggs oil vanilla and sugar in a separate bowl
5. Add the dry ingredients into the wet and mix well
6. Fold in the cucuzza and nuts
7. Divide the batter between the pans
8. Bake for 40-60 minutes
9. Serve with honey or butter

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

Tortilla

Equipment	Ingredients
Mixing bowl	2 cups plain flour
Measuring cups	½ tsp salt
Measuring spoons	¾ cups water
Frypan	3 tbsp oil

Method:

1. Combine salt and flour in a bowl
2. Add the water and oil and stir
3. Turn dough out onto a floured surface
4. Add flour or water if needed
5. Knead 10-12 times to get a smooth dough
6. Let dough rest for 10 minutes
7. Divide dough into 8 portions
8. Roll each portion into a circle
9. Heat a frypan with a little oil over medium heat
10. Fry each tortilla for 1 minute on each side or until lightly browned
11. Keep warm and serve

Pizza Dough

Equipment	Ingredients
Whisk	1 tsp yeast
Mixing bowl	½ cup warm water
Measuring cups	1 1/3 cup flour
Measuring spoons	2 tsp salt
	3 tbsp oil

Method

1. Whisk yeast and water in a jug,
2. Let stand for 5 minutes
3. Place flour and salt in a large bowl
4. Make a well in the centre
5. Pour in the yeast mixture and oil
6. Using clean hands, mix the dough until it comes together
7. Turn out onto a floured surface and knead briefly
8. Place the dough in a lightly oiled bowl and cover with cling wrap
9. Set aside in a warm place for the dough to rise.
10. Turn the dough out onto the bench and gently knead for 5 or until smooth.
11. Divide the dough into the desired sizes and roll into a pizza base

Quiche Crust

Equipment	Ingredients
Mixing bowl	1 large egg
Measuring cups	2 ½ tbsp. ice water
Measuring spoons	1 ½ cups plain flour
Scales	½ tsp salt
Electric mixer	150g butter, cut into small cubes
Rolling pin	

Method

1. Whisk together the egg and ice water
2. Sieve the flour and salt together into a bowl
3. Add the cubes of butter and mix until the mixture resembles coarse crumbs
4. Add the egg and water mixture and mix until a dough forms
5. Transfer to a floured surface and roll into a crust that fits the pan
6. Carefully line pan with crust
7. Place the pie tin in the fridge or freezer for 20-25 minutes before filling and cooking

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Green Pawpaw 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 pawpaw, 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 pawpaw, beans, mint, and coriander in a separate bowl.
5. Pour dressing over salad and toss to combine
6. Serve.

Thai Green Pawpaw Salad

Equipment	Ingredients
Measuring cups	5 tbsp fresh lime juice
Measuring spoons	3 tbsp brown sugar
Knife	2 tbsp fish sauce
Chopping board	4 cloves garlic, chopped
Mixing bowl	5-10 beans, halved
Saucepan	6 cups green pawpaw, grated/ julienned
	10 cherry tomatoes, halved
	1 cup coriander, sliced
	Handful garlic chives, thinly sliced
	1 red chili, sliced
	2 tbsp peanuts or sesame seeds

Method

1. Combine lime juice, brown sugar, fish sauce and garlic in a bowl, set aside
2. Boil the beans for 5 minutes or until tender
3. Drain the beans
4. Place pawpaw, tomato, coriander, chives, chilli and beans into a bowl
5. Pour the dressing over the salad
6. Mix the salad
7. Top with seeds or nuts

Pawpaw salsa

Equipment	Ingredients
Knife	1/3 cup ripe pawpaw, diced
Chopping board	1/3 cup onion, diced
Measuring cups	½ medium capsicum, diced
Measuring spoons	1 1/3 cup tomatoes, diced
Juicer	2 tbsp lemon juice
Mixing bowl	2 tsp garlic, minced
	1 tsp cumin powder
	1 ½ tbsp. fresh coriander
	¼ tsp salt

Method

1. Gently toss all ingredients together and serve.

Mandarin Salsa

Equipment	Ingredients
Knife	1 large tomato/5 cherry tomatoes, chopped
Chopping board	1 large onion, chopped
Measuring cups	1 jalapeno, chopped
Measuring spoons	2 tbsp sugar
Mixing bowl	2 tbsp fresh coriander, minced
	2 tbsp lime juice
	1 tsp salt
	1 tsp minced garlic
	400g mandarin, chopped

Method

1. In a bowl combine tomato, onion, jalapeno, sugar, coriander, lime juice, salt, garlic
2. Gently stir in the mandarin
3. Chill until serving
4. Serve with chips

Green Mango Salad

Equipment	Ingredients
Grater	¼ cup shredded coconut
Knife	2 firm unripe mangoes
Chopping board	2 cups bean sprouts
Frypan	½ cup fresh coriander
Measuring cups	Handful garlic chives, finely chopped
Mixing bowl	1/3 cup fresh basil
	Optional: 1 fresh chili, finely chopped

Method:

1. Place coconut in a dry frying pan and stir over medium heat for 2-3 minutes
2. Transfer to a bowl to cool
3. Carefully peel the mangoes and grate with the largest hole on the grater
4. Add the bean sprouts, coriander, garlic chives and half the coconut. (Plus any optional ingredients).
5. Drizzle the dressing onto the salad
6. Place on a plate
7. Top with basil and remaining toasted coconut

Crispy Eggplant Chips

<p>Equipment</p> <p>Knife</p> <p>Chopping board</p> <p>Baking tray</p> <p>Measuring spoons</p>	<p>Ingredients</p> <p>1 large eggplant</p> <p>½ tsp salt</p> <p>½ tsp garlic powder</p> <p>½ tsp black pepper</p> <p> *Or seasoning of choice</p>
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Method

1. Preheat oven to 220 degrees
2. Line 2 baking trays with foil and spray with oil
3. Slice the eggplant very thinly
4. Arrange the eggplant on the tray on a single layer
5. Spray the eggplant with a little oil
6. Sprinkle with the salt, garlic powder and pepper
7. Bake the eggplant for 10 minutes
8. Turn the eggplant and bake for another 10 minutes or until brown and crispy

Lemon Spiced Rice

Equipment	Ingredients
Large saucepan	2 tbsp oil
Measuring cups	1 ½ tsp mustard seeds
Measuring spoons	1 ½ tsp ground turmeric
Knife	1 onion, minced
Chopping board	2 garlic cloves, thinly sliced
	1 chilli, thinly sliced
	2 cups rice
	¼ cup juice
	4 strips lemon peel (yellow part only)
	2 tsp salt
	4 cups water
	½ cup roasted cashews (optional)

Method

1. Heat oil in a large saucepan over medium heat
2. Add mustard seeds and turmeric and cook for 1 minute
3. Add onion, garlic and chilli and cook until the onion is soft
4. Add rice, lemon peel, salt and 4 cups of water
5. Bring the mixture to the boil
6. Reduce heat to low, cover and cook for 20 minutes or until rice is tender
7. Stir in the lemon juice and let stand off the heat for 15 minutes
8. Fluff with a fork and serve

Savoury Cabbage and Oats

Equipment	Ingredients
Measuring spoons	1 tbsp butter
Knife	1 tbsp oil
Chopping board	1 carrot, grated
frypan	1 spring onion, finely chopped
	3 celery sticks, finely chopped
	1/3 leek, finely chopped
	1 tsp thyme
	2 garlic cloves, chopped
	½ cabbage, shredded
	2 tbsp oatmeal, toasted until fragrant

Method:

1. Put the butter and olive oil in a large frying pan over low heat
2. Add the carrot, onion, celery, leek, thyme and garlic
3. Cook for 5 minutes or until soft
4. Add the cabbage and a splash of water
5. Cook for 4-5 minutes
6. Stir through the oats
7. Cook for another 3-4 minutes
8. Season with a salt and pepper
9. serve

Spinach and Garlic Fried Rice

Equipment	Ingredients
Frypan	3 cups Fresh spinach, washed and roughly chopped
Measuring cups	Onion & Capsicum
Measuring spoons	2 cups cooked rice
Knife	2 tbsp oil
Chopping board	2tsp garlic, crushed
	1 tbsp soy sauce

Method

1. Heat the oil in a large frypan over high heat
2. Add the garlic and cook for 1 minute
3. Add onion and capsicum and cook for 3-5 minutes
4. Add the spinach and cook until wilted
5. Add the rice and soy sauce
6. Stir and cook until heated through
7. Serve

Crispy Egg White chips

Equipment	Ingredient
Mixing bowl	4 egg whites
Fork	1 tbsp water
Measuring spoons	Small pinch of cheese for each chip
Muffin tins	

Method:

1. Preheat oven to 200 degrees
2. Spray muffin tin with oil
3. Combine water and egg whites
4. Mix until combined (5 seconds)
5. Pour a thin layer of egg white into each muffin hole, about 1 tsp
6. Sprinkle a tiny amount of cheese onto the egg white mixture
7. Bake for 20 minutes or until golden and crispy

Steamed Dumpling

Equipment	Ingredients
Frypan	1 tsp vegetable oil
Measuring cups	3 cloves garlic
Measuring spoons	2 spring onions, thinly sliced
Knife	1 ½ cups shredded wombok
Chopping board	1 small carrot, grated
	50g mushrooms, finely chopped
	½ can bamboo shoots, chopped
	1 tbsp soy sauce
	30 gow gee wrappers

Method

1. Heat oil in a frypan over medium heat
2. Add garlic, onion, wombok, carrot and mushroom
3. Cook for 5-6 minutes or until cabbage has wilted
4. Remove from heat and stir in bamboo and soy sauce
5. Cool for 10 minutes
6. Place wrappers on a flat surface
7. Spoon 2 teaspoons of mixture on half the wrapper
8. Brush with cold water and fold over to close wrapper
9. place a steamer lined with baking paper over simmering water
10. cook the dumplings for 15 minutes or until tender
11. serve

Pan Fried Dumplings

equipment	Ingredients
Frypan	3 tbsp oil
Measuring cups	¼ cup oil
Measuring spoons	1 tbsp minced ginger
Knife	1 large onion, finely chopped
Chopping board	2 cups mushrooms, chopped
	½ cups grated carrot
	1 ½ cups cabbage, finely shredded
	1 cup garlic chives, finely chopped
	½ tsp white pepper
	2 tsp sesame oil
	2 tbsp soy sauce
	1 tsp sugar
	Salt to taste

Method

1. heat 3 tbsp oil in a large pan over medium-high heat
2. add the ginger and cook for 30 seconds
3. add the onions and stir fry until translucent
4. add the mushrooms and cook for another 3-5 minutes
5. add the cabbage and carrot and cook for another 2 minutes or until vegetables are tender
6. transfer cooked vegetables to a bowl and let cool
7. add the chives, pepper, sesame oil, soy sauce and sugar
8. stir in the ¼ cup oil
9. place 1-2 teaspoons of the mixture onto each dumpling wrapper
10. fold and seal the dumpling
11. place dumplings in a pan with a little oil over medium-high heat
12. once the bottoms are browned, add a small amount of water to the bottom of the pan
13. cover and let simmer until the water has evaporated
14. serve with dumpling sauce of choice

Spinach and Garlic Fried Rice

Equipment	Ingredients
Frypan	3 cups Fresh spinach, washed and roughly chopped
Measuring cups	Onion & Capsicum
Measuring spoons	2 cups cooked rice
Knife	2 tbsp oil
Chopping board	2tsp garlic, crushed
	1 tbsp soy sauce

Method

8. Heat the oil in a large frypan over high heat
9. Add the garlic and cook for 1 minute
10. Add onion and capsicum and cook for 3-5 minutes
11. Add the spinach and cook until wilted
12. Add the rice and soy sauce
13. Stir and cook until heated through
14. Serve

Pork and Chilli Dumplings

Equipment	Ingredients
Frypan	500g pork mince
Measuring cups	½ cup chopped garlic chives
Measuring spoons	2 tbsp soy sauce
Knife	2 tsp sesame oil
Chopping board	1 tbsp crushed ginger
	1 tbsp chilli paste
	2 small chillies, finely chopped

Method

1. Combine pork mince, garlic chives, soy sauce, sesame oil, ginger, chilli, and cornflour
2. Place a teaspoon of pork mixture into a dumpling wrapper and fold in half
3. Seal the wrapper with hands or a fork
4. Heat oil in a frypan over medium heat
5. Fry the dumplings for 1-2 minutes
6. Carefully pour the water into the pan and cover with a lid
7. Cook for 6-8 minutes or until the water has evaporated
8. Serve dumplings warm with dipping sauce of choice

Breakfast Tart

Equipment	Ingredients
Baking tray	Oil spray
Mixing bowl	6 eggs
Knife	¼ cup cheese
Chopping board	½ tsp ground nutmeg
Baking paper	Large handful spinach
	1/3 cup sundried tomatoes, finely chopped

Method

1. Preheat oven to 210 degrees
2. Line a baking tray with paper and spray with oil
3. Place a sheet of pastry on the tray and fold the edges to make a crust
4. In a bowl, whisk together 2 eggs, nutmeg, spinach, cheese and tomato
5. Pour the egg mixture onto the pastry
6. Crack 4 eggs whole on top of the pastry
7. Bake for 15-20 minutes until pastry is golden and the eggs cooked through
8. Serve with black pepper

Mandarin Couscous

Equipment	Ingredients
Measuring cups	1 1/3 cups water
Measuring spoons	1 cup uncooked couscous
Knife	300g mandarin, peeled and segmented
Chopping board	1 cup frozen peas (or vege of choice)
Mixing bowl	1/3 cup red onion, chopped
	3 tbsp cider vinegar
	2 tbsp oil
	1 tbsp sugar
	¼ tsp salt
	¼ tsp hot sauce

Method

1. Place water in a saucepan and bring to the boil
2. Stir in couscous
3. Cover and remove from the heat
4. Let sit for 5 minutes and fluff with a fork
5. Cover and refrigerate for 1 hour
6. Combine mandarins, peas, onion and couscous
7. Combine vinegar, oil, sugar, salt, and sauce in a jar
8. Shake the jar until combined
9. Pour dressing over couscous mixture

Tempura Batter

Equipment	Ingredients
Mixing bowl	2 eggs
Measuring cups	150ml sparkling water, chilled
Measuring spoons	$\frac{3}{4}$ cup plain flour
Saucepan	$\frac{1}{3}$ cup cornflour
Knife	1 tbsp finely chopped kaffir lime-leaves
Chopping board	

Method:

1. Place eggs in a bowl and whisk with sparkling water
2. Add flours and use chopsticks to mix until just combined and lumpy
3. Dip meat or vegetables of choice in batter
4. Deep Fry in oil until golden brown

Italian Rice Balls

Equipment	Ingredients
Baking tray	3 cups medium grain rice
Rice cooker	4 ½ cups vegetable stock liquid
Measuring cups	2 cups grated parmesan
Scales	2 eggs, lightly beaten
Chopping board	1/4 cup finely chopped spinach
knife	leaves
	170g cheese, cubed
	1 1/3 cup breadcrumbs
	Pasta sauce to serve

Method:

1. Cook rice with stock instead of water
2. Transfer rice to a large bowl and allow to cool for 5 minutes
3. Add parmesan, egg and spinach
4. Preheat oven to 200 degrees
5. Line a large baking tray
6. Flatten ¼ cup of mixture in wet hands
7. Place a cube of cheese in the centre and enclose with rice
8. Press into a ball
9. Roll in breadcrumbs to coat
10. Repeat with remaining mixture and place balls on tray
11. Spray with olive oil and bake for 20 minutes, turning halfway
12. Serve with pasta sauce.

Fried Rice

<p>Equipment</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>Large pan</p> <p>Knife</p> <p>Chopping board</p>	<p>Ingredients</p> <p>1 cup cooked rice</p> <p>1 tbsp oil</p> <p>1 ½ cups vegetables of choice, diced</p> <p>1 tbsp soy sauce</p> <p>2 eggs, lightly beaten</p>
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Method:

1. Heat a large pan with the oil over high heat
2. Add the vegetables and sauté for 3-5 minutes or until softened
3. Add the rice and stir fry for 1 minute
4. Push the rice to one side and drizzle the egg onto the other side
5. Scramble the egg until almost cooked
6. Mix the egg and rice mixture together
7. Add the soy sauce and mix
8. Cook for a further 1 minute
9. serve

Spinach and Tomato Bruschetta

Equipment	Ingredients
Knife	1 cup spinach
Chopping board	1 tomato, diced
Measuring cups	Mushroom, diced (optional)
Measuring spoons	2 tbsp grated cheese
Frypan	Pinch salt
Mixing bowl	Pinch pepper
	4-6 slices of bread
	1 clove garlic, cut in half
	1 tbsp oil

Method

1. Heat oil in a pan over medium heat
2. Add the spinach and cook until wilted
3. Remove from the heat
4. Add the tomato, cheese, spinach, salt and pepper to a bowl and gently stir
5. Toast bread until lightly browned
6. Rub the bread on both sides with the cut garlic and drizzle with oil if desired
7. Serve with the spinach mixture on top

Grilled Thai Mango

Equipment	Ingredients
Mixing bowl	1 small birds-eye chilli, minced
Measuring spoons	1 ½ tbsp. fish sauce
Measuring cups	1 ½ tsp water
Knife	1 tbsp finely chopped lemongrass
Chopping board	1 tbsp brown sugar
frypan	4 green mangoes
	2 tbsp fresh coriander
	8 mint & basil leaves

Method

1. Mix the chilli, fish sauce, water, lemongrass and brown sugar in a bowl.
2. Cut the mangos into spears by slicing off the cheeks with a sharp knife
3. pour the mango into the marinade and let sit for 20 minutes
4. heat a pan or grill to medium-high heat
5. Place the fruit under the grill and cook until softened slightly and browned
6. Pour remaining marinade over the cooked mango when serving

Mexican Rice

Equipment	Ingredients
Measuring cups	1 tbsp oil
Measuring spoons	1 cup brown rice
Saucepan	2 cups corn
Knife	½ onion, diced
Chopping board	Handful spring onions, diced
	2 cloves garlic, crushed
	1 tsp ground cumin
	½ tsp dried oregano
	2 tbsp tomato paste
	2 cups boiling water

Method

1. Heat oil in a saucepan over medium-high heat
2. Add rice and sauté for 3-4 minutes
3. Add corn, chives, onion, garlic, cumin, oregano and cook for 1 minute
4. Add the tomato paste and water and stir to combine
5. Reduce heat to medium low and simmer for 15 minutes or until liquid is absorbed.
6. Fluff with a fork before serving

Mini Quiche

Equipment	Ingredients
Knife	6 eggs
Chopping board	3 tbsp milk
Mixing bowl	½ tsp mixed herbs
Muffin tray	¼ tsp salt
	¼ tsp pepper
	½ cup finely chopped vegies
	½ cup cheese, grated

Method:

1. Preheat oven to 180 degrees
2. Spray muffin tray well with oil
3. Whisk the eggs and milk in a bowl
4. Add the mixed herbs, salt and pepper to the egg mixture
5. Add the vegetables and cheese and mix well
6. Spoon into the muffin tray
7. Bake for 15-18 minutes or until they spring back up
8. Allow to cool in muffin tray
9. Serve

Curry Rice Pilaf

Equipment	Ingredients
Mixing bowl	1 tbsp oil
Measuring cups	1 onion, diced
Measuring spoons	2 tsp minced garlic
Knife	1 Strip of lemon zest
Chopping board	½ tsp curry powder
frypan	Pinch turmeric
	1 cup rice
	1 1/3 cups water

Method

1. Sauté oil, onion, garlic, lemon zest, curry powder and turmeric in a saucepan until lightly browned
2. Add rice and water and bring to the boil
3. Cover and simmer for 15 minutes
4. Let sit for 5 minutes
5. Fluff with a fork and serve with coriander and cashews if desired

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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

Snake Bean Quiche

Equipment	Ingredients
Knife	250g snake beans, chopped:
Chopping board	½ cup water
Measuring cups	2 tbsp butter
Measuring spoons	½ cup sliced eggplant
Mixing bowl	½ cup capsicum
Baking pan	½ cup milk
whisk	1 cup tomato, chopped
	¼ tsp salt
	8-10 eggs, beaten
	1 onion, diced
	Handful spinach, chopped
	2 tsp garlic
	¾ cup Grated cheese (optional)

Method:

1. Preheat oven to 180 degrees
2. Line baking pan with baking paper
3. Place all ingredients into a large mixing bowl
4. Stir the mixture until combined
5. Pour the mixture into the prepared pan
6. Bake for 25-30 minutes or until firm
7. Let stand for 5-10 minutes before cutting.

Eggplant and Chickpea Tagine

Equipment	Ingredients
Measuring cups	1/3 cup olive oil
Measuring spoons	1 onion, thinly slices
Knife	3 garlic cloves, finely sliced
Chopping board	1 cup spinach, finely sliced
Large saucepan	10 Thai eggplants, sliced
Measuring jug	2 tsp ground cumin
	2 tsp coriander
	1 tsp turmeric
	1 tsp paprika
	400g tin tomatoes
	400g tin chickpeas
	½ preserved lemon
	400ml vegetable stock
	Yoghurt to serve

Method:

1. Heat oil in a saucepan over medium-low heat
2. Add onion and garlic and cook until soft
3. Add the eggplant
4. Add the spices and cook for 3 minutes
5. Add the tomatoes, chickpeas, lemon, spinach and vegetable stock
6. Bring to the boil and reduce heat to low
7. Simmer, partially covered for 10-12 minutes or until thick
8. Serve with yoghurt and couscous if desired

Chorizo and Banana Stew

Equipment	Ingredients
Knife	1 tbsp oil
Chopping board	1 onion, chopped
Measuring cups	2 garlic cloves, chopped
Measuring spoons	1 ½ tbsp. ginger, grated
Scales	340g chorizo sausage, sliced
frypan	1 can diced tomato
	500ml stock
	2 bananas, peeled and sliced
	1 can chickpeas, rinsed and drained
	1 tsp salt
	¼ tsp pepper

Method

9. Heat the oil in a large pan over medium-high heat
10. Stir in the onion, garlic and ginger and fry for 3 minutes
11. Add the chorizo and brown the meat for 2-3 minutes
12. Add the tomatoes and stock
13. Bring the pan to the boil and reduce the heat to low
14. Cover and simmer for 30 minutes
15. Add the chickpeas and bananas to the stew
16. Cook for a further 5 minutes or until the bananas are soft
17. Season with salt and pepper
18. Serve with coriander for garnish

Jackfruit Stew

Equipment	Ingredients
Knife	450g green jackfruit
Chopping board	1 tbsp oil
Measuring cups	1 onion, finely chopped
Measuring spoons	3 cloves garlic, minced
Scales	1 stalk celery
frypan	½ capsicum, chopped
	1 tsp dried or 2 sprigs fresh thyme
	1 tsp Italian seasoning
	1 medium tomato, chopped
	2 tbsp soy sauce
	1 tbsp tomato sauce
	1 carrot, sliced
	1 tsp coconut sugar
	2 cups vegetable stock
	2 curry leaves
	Pinch allspice
	¼ tsp cayenne pepper
	2 tsp cornflour
	¼ cup water

Method:

1. Heat oil in a large pan over medium-high heat
2. Add onion and cook until soft, about 3 minutes
3. Add garlic. Celery, capsicum, thyme, Italian seasoning and cook for 1 minute
4. Stir in tomatoes and cook for another minutes
5. Add jackfruit, soy sauce, tomato sauce, carrot and stir
6. Add broth, curry leaves, coconut sugar, all spice and cayenne pepper
7. Bring the stew to the boil, then reduce the heat to low
8. Simmer for 15-20 minutes or until the jackfruit is tender
9. Mix cornflour with the water until dissolved
10. Add the water mixture to the stew
11. Serve with rice, potatoes, quinoa or on its own

10 minute Laksa

Equipment	Ingredients
Saucepan	½ tsp oil
Peeler	½ tbsp laksa paste
Measuring cup	½ cup coconut milk
Scales	½ cup vegetable stock
Measuring spoons	½ carrot, peeled into strips
	½ zucchini, peeled into strips
	25g rice noodles

Method:

1. Heat oil in a large saucepan
2. Add the laksa paste and cook for 1-2 minutes
3. Add coconut milk and stock
4. Bring mixture to the boil
5. Add carrot and zucchini and simmer for 3 minutes
6. Add the rice noodles and cook for another 2-3 minutes or until soft
7. Serve immediately topped with coriander, chopped chillies and spring onion.

Mighty Frittata

Equipment	Ingredients
Scales	400g mushrooms
Mixing bowl	100g spinach
Measuring cups	1 tbsp oil
Measuring spoons	1 onion, finely chopped
Knife	3 cloves garlic, thinly sliced
Chopping board	8 eggs, lightly beaten
Baking tray	2 large tomatoes, sliced
frypan	Small bunch fresh basil (15g)

Method

1. Preheat oven to 200 degrees
2. Heat a frypan over medium-high heat
3. Dry fry mushrooms until slightly charred
4. Remove mushrooms and place on a plate
5. Add the garlic, onion and oil to the pan and cook for 4 minutes
6. Add the spinach and mushrooms back to the pan and cook for 1 minute or until the spinach is slightly wilted
7. Pour the egg into the pan and move the mixture around with a spatula for 1 minute
8. Place the pan in the oven for 10 minutes or until set
9. Serve with fresh tomato and basil

Sweet and Sour Mince Stir Fry

Equipment	Ingredients
Measuring cups	225g tin pineapple pieces
Measuring spoons	2 long red chillies, finely chopped
Mixing bowl	1 tbsp vegetable oil
Large frypan	500g mince
Knife	3cm fresh ginger
Chopping board	2 cloves garlic
Wooden spoon	1 carrot, thinly sliced
	1 green capsicum, chopped
	2 tsp cornflour
	¼ cup castor sugar
	¼ cup white wine vinegar
	¼ cup oyster sauce
	2 tbsp tomato sauce
	2 tbsp soy sauce
	¼ small lettuce
	2 cups cooked rice
	¼ cup fresh coriander leaves

Method

1. Drain the pineapple tin, reserving the juice
2. Heat oil in a large frypan over high heat
3. Stir fry the mince, breaking it up for 5 minutes
4. Add garlic, ginger and chopped chilli
5. Stir fry for 1 minute
6. Add the capsicum and carrot and stir fry for 3 minutes
7. Mix cornflour with water
8. Add pineapple juice, sugar, vinegar, oyster sauce, tomato sauce and soy sauce in a separate bowl
9. Add the soy sauce mixture to the mince mixture
10. Stir fry for 1 minute or until mince is coated
11. Add cornflour mixture
12. Stir fry until the sauce thickens
13. Remove from heat
14. Add pineapple and lettuce
15. Serve mixture on rice

Skillet Chickpeas

Equipment	Ingredients
Measuring cups	4 cups fresh spinach, washed
Measuring spoons	1 can chickpeas, drained
Large frypan	1 tbsp oil
	1 tsp cumin
	Salt and pepper to taste
	2 garlic cloves, crushed

Method

1. Add oil to a large pan and heat over medium-high heat
2. Add garlic and cook for 30 seconds
3. Add chickpeas and cumin and stir fry for 1 minute
4. Add the spinach
5. Cook until spinach is wilted
6. Season with salt and pepper
7. serve

Yakimeshi

Equipment	Ingredients
Large frypan	1 tbsp vegetable oil
Measuring spoons	2 tsp garlic, minced
Measuring cups	1 small leek on onion, finely chopped
Knife	1 small carrot, finely chopped
Chopping board	300g cooked rice
	1 cup spinach, shredded
	1 tbsp soy sauce
	2 large eggs, whisked
	Salt and pepper to taste

Method

1. Heat oil and garlic in a large pan over medium-high heat
2. Add onions and carrot and cook for 3-4 minutes or until vegetables are soft
3. Add cooked rice and lettuce and stir until the ingredients are mixed with rice
4. Push rice to one side and add eggs to the other side
5. Continuously stir the egg to break it up until almost fully cooked
6. Mix rice with egg and stir in soy sauce
7. Season with salt and pepper
8. serve

African Cauliflower Curry

Equipment	Ingredients
Measuring cups	1 tbsp oil
Measuring spoons	½ medium red onion, diced
Knife	1 medium red capsicum, diced
Chopping board	4 cups cauliflower, bite sized pieces
Large frypan	2 cloves garlic, minced
	African curry spice mix (see recipe)
	1 can chickpeas, drained and rinsed
	¼ cup raisins (optional)
	3 cups vegetable stock
	Rice to serve
	Optional
	Kale
	Dried fruit

Method

1. Heat olive oil in a large pan over medium heat
2. Add onions, capsicum and cook until soft
3. Add cauliflower and cook until it starts to brown
4. Add garlic and cook for 1 minute
5. Add spices to the pot and stir to coat the cauliflower
6. Add the chickpeas, raising and 3 cups of vegetable stock
7. Bring to the boil and let simmer for 25-30 minutes
8. Serve over rice with fresh herbs

Korma Curry

Equipment	Ingredients
Large pan	1 onion, diced
Measuring spoons	3 cloves garlic, crushed
Knife	1 jalapeno, seeded
Chopping board	½ cup water
	1 tbsp oil
	Korma curry spice mix (see recipe)
	2 small tomatoes, diced
	1/2 cup coconut milk
	3/4 cup plain yogurt
	1 1/2 tsp brown sugar
	1 medium potato, diced
	1 cup frozen peas and carrot mix
	1 cup chopped fresh green beans

Method

1. Place onion, garlic, ginger, jalapeno and water in a blender and process until pureed
2. Heat the vegetable oil in a large pan over medium heat
3. Add the pureed sauce mixture and curry spice mix to the pan and cook for 2-3 minutes
4. Add the tomato, coconut milk, yoghurt, brown sugar, potato, peas and carrots and green beans
5. Stir well and cover the pan
6. Let simmer for 10 minutes
7. Uncover and cook for a further 5-10 minutes or until the potatoes are tender.
8. Serve with rice and naan bread.

Butter Chicken Curry

Equipment	Ingredients
Large frypan	½ cup Greek style yoghurt
Bowl	2 garlic cloves, crushed
Knife	Butter chicken spice mix (see recipe)
Chopping board	600g chicken thigh, cut into pieces
Measuring cups	1 tbsp oil
Measuring spoons	20g butter
scales	1 onion, sliced
	1 can tomato puree
	½ cup chicken stock
	½ cup thickened cream

Method

1. Place yoghurt, garlic, chicken and spices into a bowl
2. Stir to combine and set aside in the fridge
3. Heat oil and butter in a large pan over medium-high heat
4. Add onion and cook for 3-4 minutes or until softened
5. Add chicken mixture and stir for 5 minutes
6. Add tomato puree and stock
7. Cover and bring to the boil
8. Turn the heat to low and simmer for 10 minutes
9. Stir in cream and simmer for a further 5 minutes
10. Serve with rice and coriander leaves

Thai Red Curry

Equipment	Ingredients
Large pan	1 tbsp oil
Measuring spoons	6 tsp red curry paste
Measuring cups	800ml coconut milk
Knife	8 skinless chicken thighs, cut into chunks
Chopping board	Fresh kaffir lime leaves
	2 tbsp fish sauce
	1 tsp brown sugar
	Handful Thai basil

Method

1. Heat oil in a large pan over medium heat
2. Add curry paste and sizzle for a few seconds then add the coconut milk
3. Bring the mixture to the boil and reduce to a simmer
4. Add the chicken, kaffir lime leaves and simmer for 12 minutes
5. Add fish sauce and brown sugar
6. Bring to the boil before removing from the heat
7. Add the Thai basil
8. Serve with rice.

German Curried Sausage

Equipment	Ingredients
Saucepan	1 cup tomato sauce
Measuring cups	¼ tsp baking soda
Measuring spoons	4-5 tsp mild curry powder
Frypan	2 tsp smoked paprika
Wooden spoon	1 tsp onion powder
	1/8 tsp cayenne pepper
	2 tsp Worcestershire sauce
	4 tbsp beef or vege stock
	2 tbsp water
	Cooked sausage or wurst

Method

1. Place tomato sauce in a small saucepan over medium heat until warmed through
2. Add baking soda and stir continuously until the foaming subsides
3. Reduce heat to low and add remaining ingredients except for the sausage
4. Simmer for 5-10 minutes
5. Serve over sausages, chips or bread

Jackfruit Bolognese

Equipment	Ingredients
Frypan	1 tin chopped tomato
Chopping board	200g jackfruit, finely chopped
Knife	1 onion, sliced
Measuring cups	1 tsp crushed garlic
Measuring spoons	1 tbsp oil
	Pasta of choice to serve

Method

1. Heat the oil in the pan over medium-high heat
2. Add the onion and garlic and sauté for 3-5 minutes or until soft
3. Add the jackfruit to the pan and cook until browned
4. Add the tomato and a little water if needed
5. Bring the mixture to the boil
6. Turn the heat to low and simmer for 10 minutes or until reduced
7. Serve on top of pasta with pesto and parmesan cheese

One Pot Spinach and Tomato Pasta

Equipment	Ingredients
Saucepan	1 tbsp oil
Knife	1 cup chopped onion
Chopping board	6 tsp crushed garlic
Measuring cups	1 can diced tomato
Measuring spoons	1 ½ cups chicken stock
Scales	½ tsp dried oregano
	250g pasta of choice
	300g fresh spinach
	¼ cup parmesan cheese

Method

1. Heat a large saucepan over medium high heat
2. Add oil
3. Add onion and garlic and sauté for 3 minutes or until the onion starts to brown
4. Add tomatoes, stock, oregano and pasta
5. Bring to the boil and make sure the pasta is submerged in liquid
6. Cover and reduce heat to medium and cook for 7 minutes
7. Uncover the pan
8. Add salt and spinach in small batches
9. Stir until the spinach wilts
10. Remove from heat for 5 minutes
11. Sprinkle with cheese and serve.

Spinach and Ricotta Ravioli

Equipment	Ingredients
Measuring cups	250g spinach, boiled and squeezed
Mixing bowl	250g ricotta
Large pot	1 egg
Scales	Salt to taste
	Pepper to taste
	½ cup parmigiana-reggiano cheese, grated

Method

1. Chop spinach and combine with ricotta, egg, salt, pepper and parmigiana
2. Mix until combined
3. Scoop large spoonfuls of filling onto sheets of pasta leaving a 5cm gap
4. Fold over the pasta and press down between the sections with your hand
5. Cut out the ravioli
6. Bring a large pot of water to the boil
7. Cook the ravioli in the water for 3-5 minutes until it rises
8. Serve with favourite sauce

Lasagne Meat Sauce

Equipment	Ingredients
Large frypan	2 tbsp oil
Grater	1 onion, finely chopped
Measuring cups	1 carrot, grated
Measuring spoons	1 tsp crushed garlic
Knife	500g mince
Chopping board	5 tbsp tomato paste
	2 400g cans tomato
	2 cups chicken stock
	Salt and pepper to taste
	Pinch nutmeg

Method

1. Heat oil in a saucepan
2. Add onion, carrot and garlic and cook until soft
3. Add mince and cook until browned
4. Stir in tomato paste, canned tomatoes and chicken stock
5. Season with salt, pepper and nutmeg
6. Simmer gently for 20 minutes, stirring occasionally

Lasagne Cheese Sauce

<p>Equipment</p> <p>saucepan</p> <p>Measuring cups</p> <p>Measuring spoons</p> <p>scales</p>	<p>Ingredients</p> <p>2 tbsp butter</p> <p>2 tbsp plain flour</p> <p>2 cups milk</p> <p>Salt and pepper to taste</p> <p>125g cheese</p>
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Method

1. Melt butter in a saucepan
2. Stir in flour and cook for 2 minutes over low heat
3. Remove from the heat and gradually stir in the milk
4. Return to the heat and cook until thick and smooth
5. Season with salt and pepper and add cheese until it melts

Jackfruit Bolognese 2

Equipment	Ingredients
Large frypan	1 tin chopped tomatoes
Grater	400g jackfruit, shredded
Measuring cups	1 onion, sliced
Measuring spoons	1 capsicum, diced
Knife	1 carrot, grated
Chopping board	1 tbsp oil
	1 tsp dried thyme
	3 tsp garlic, crushed
	3 tomatoes, cubed

Method

1. Heat oil In a large frypan
2. Add onion, garlic and capsicum and cook for 5 minutes or until soft
3. Add jackfruit and cook until browned
4. Add tomatoes, tinned tomatoes and thyme
5. Gently simmer for 20 minutes until reduced
6. Serve with pasta of choice

Udon Noodle Stir Fry with Jackfruit

Equipment	Ingredients
Knife	500g udon noodles
Chopping board	125g mushroom
Measuring spoons	½ Chinese cabbage
Measuring cups	1 capsicum, diced
Large frypan	½ bunch green onions
Wooden spoon	3tsp crushed garlic
Mixing bowl	2 tsp ginger, grated
	400g jackfruit pieces, diced
	1 tbsp soy sauce
	2 tsp sesame oil
	<u>SAUCE</u>
	3 tbsp vege stock
	1 tsp chilli sauce
	2 tbsp soy sauce
	1 tsp corn flour

Method

1. Cook noodles according to package directions
2. Toss through sesame oil into noodles
3. Toss together all the sauce ingredients
4. Toss the jackfruit pieces with the soy sauce and sesame oil
5. Heat a wok with oil over high heat
6. Stir fry the jackfruit pieces until they start to crisp
7. Remove the jackfruit from the wok
8. Stir fry the garlic and ginger for one minute
9. Add mushroom and capsicum and stir fry for 2-3 minutes
10. Add the cabbage and cook until reduced
11. Add the sauce to the pan and cook until bubbling
12. Mix in the noodles, green onion and jackfruit
13. serve

Green Jackfruit Stir-Fry

Equipment	Ingredients
Knife	¼ cup oil
Chopping board	4 cups jackfruit pieces, chopped
Measuring spoons	1 red onion, sliced
Measuring cups	2 tsp crushed garlic
Large frypan	2 tsp minced ginger
Wooden spoon	1 medium capsicum, diced
Mixing bowl	½ cup peas
	1 carrot, grated
	1 tsp ground cumin
	1 tsp ground turmeric
	¼ cup chives, chopped
	Spicy seasoning (optional)

Method:

1. heat oil over high heat
2. add the jackfruit and stir fry until golden brown
3. add onions, garlic and ginger and fry for 30 seconds
4. add capsicum, peas, carrots, cumin and turmeric and cook for 1 minute
5. stir in chives
6. serve

Mango Chicken Stir Fry

Equipment	Ingredients
Knife	1 tbsp oil
Chopping board	350g chicken, diced
Measuring spoons	1 red onion. Diced
Measuring cups	250g snow peas or broccoli
Large frypan	1 capsicum, sliced
Wooden spoon	1 large mango, diced
Mixing bowl	
	Sauce
	2 tbsp soy sauce
	2 tbsp butter
	2 tsp garlic, crushed
	½ tbsp ginger, grated
	1 tsp honey
	1 tbsp warm water
	1 tsp chilli flakes
	½ tsp cornflour

Method:

1. whisk together all ingredients used in the sauce and set aside
2. add oil to a large wok over medium-high heat
3. add chicken to the wok and stir fry for 5-6 minutes or until fully cooked
4. transfer chicken to a bowl
5. add the onion, peas and capsicum to the pan and fry for 5 minutes or until tender
6. reduce the heat to low and add in the chicken, mango and sauce
7. stir to coat the vegetables and cook on low for another 3-5 minutes
8. serve with rice or quinoa

Paw Paw/Pumpkin and Zucchini Stir Fry

Equipment	Ingredient
Knife	500g green pawpaw, cubed 2cm
Chopping board	1 tbsp sesame oil
Measuring spoons	1 small red onion. Diced
Measuring cups	2 medium zucchinis, sliced
Large frypan	2 tsp garlic, crushed
Wooden spoon	1 stalk lemongrass, finely sliced
	1 tbsp chilli sauce
	3 tbsp soy sauce,
	2 tsp sugar
	½ cup fresh basil

Method:

1. Boil or steam pawpaw until tender. Then drain
2. heat a wok over high heat and add the oil
3. add the pawpaw and zucchini
4. stir fry for 3 minutes or until zucchini is tender
5. add garlic, lemongrass and stir fry for 1 minute
6. add soy sauce, sugar, chilli sauce to a bowl and combine
7. add the sauce to pan and stir until warmed through
8. add basil and season with salt and pepper
9. serve with rice

BBQ Lemongrass Chicken

Equipment	Ingredients
Mixing bowl	3 lemongrass stalks (white part)
Blender	3 kaffir lime leaves, torn
Knife	3 shallots, coarsely chopped
Chopping board	2 garlic cloves, coarsely chopped
	1 birdseye chilli, chopped
	30gm brown sugar
	2 ½ tbsp. fish sauce
	2 ½ tbsp. soy sauce
	3 tbsp lime juice
	1 ½ tbsp. vegetable oil
	8 chicken fillets

Method

1. Place lemongrass, kaffir lime leaves, shallots, garlic and chilli in a food processor
2. Blend until fine
3. Add sugar, fish sauce, soy sauce and lime juice and blend to combine
4. Tip mixture into a bag or bowl and add the chicken
5. Cover and place in the fridge for 30 minutes
6. Preheat oil in a pan over high heat
7. Place chicken in pan, turning often until browned and cooked through
8. Serve hot with green mango salad

Chicken Stir Fry

Equipment	Ingredients
Measuring cups	2 tbsp vegetable oil
Measuring spoons	1 large chicken breast, sliced thin
Knife	Pinch salt
Chopping board	1 small zucchini, sliced
Mixing bowl	1 bok choy, sliced
Frypan/wok	vegetables
Wooden spoon	300g ramen noodles
	$\frac{3}{4}$ cup water
	Sauce
	3 tbsp soy sauce
	2 tbsp brown sugar
	1/4tsp cayenne pepper
	2 tsp garlic
	2 tsp balsamic vinegar
	2 tsp sweet soy sauce

Method

1. Mix all the ingredients in the stir fry sauce together and set aside until needed
2. Heat oil in a large frypan or wok
3. Add chicken and salt and cook the chicken for 1 minute
4. Add the stir fry sauce and vegetables to the pan and mix to combine
5. Add the noodles to the pan and mix
6. Pour the water over the noodles and cover with a lid for 2 minutes or until the noodles are soft
7. serve

Vege Quiche

Equipment	Ingredients
Knife	1 tsp oil
Chopping board	½ onion, diced
Measuring spoons	½ capsicum, diced
Frypan	1 tsp minced garlic
Mixing bowl	100g mushrooms, sliced
	2 cups loose packed spinach
	1 ½ cups milk
	5 eggs
	¼ tsp salt
	¼ tsp pepper
	1/8 tsp nutmeg
	½ cup grated cheese

Method

1. Preheat oven to 170 degrees
2. Heat oil in a pan over medium heat
3. Add onion and capsicum and sauté for 2-3 minutes
4. Add mushrooms and garlic and cook until mushrooms are cooked through
5. Add spinach and cook for 1 minute
6. Remove from heat
7. Crack eggs into a bowl and whisk until frothy
8. Add milk, salt, pepper, and nutmeg and whisk to mix
9. Place vegies over pie crust if using
10. Pour egg mixture over the vegies
11. Sprinkle cheese over the top
12. Bake for 40-45 minutes

Pawpaw and chicken Curry

Equipment	Ingredients
Mixing bowl	1 tsp oil
Measuring cups	¼ cup korma curry paste
Measuring spoons	500g pawpaw, mashed
Knife	400ml coconut milk
Chopping board	2 chicken breasts, thinly sliced
saucepan	1 red capsicum, sliced
	Handful kaffir lime leaves (optional)

Method:

1. Over low heat, heat oil and curry paste until fragrant
2. Add pawpaw and coconut milk and bring to the boil
3. Reduce heat to a simmer
4. Add chicken and cook until cooked through
5. Add capsicum and cook for another 4 minutes
6. Serve on rice with thinly sliced Kaffir lime leaves

Vege Carbonara

Equipment	Ingredients
Measuring cups	500g dried spaghetti or pasta of choice
Measuring spoons	4 large eggs
Chopping board	2 tbsp ricotta cheese
Knife	1 lemon, zested
Large frypan	100g frozen peas
	100g spinach

Method

1. Cook pasta as per instructions
2. Meanwhile, crack eggs into a bowl and beat with a fork
3. Add cheese and lemon zest to the egg mixture
4. When the pasta is nearly cooked, drain water, leaving a little in reserve
5. Add peas to the pasta
6. Stir in the egg mixture and spinach

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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.

Lemon Cake with Syrup

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

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 zest, 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.

Coconut and Pineapple Energy Balls

Equipment Measuring cups Mixing bowl	Ingredients 1 cup oats 1 cup dates ½ cup pineapple chunks ½ cup coconut flakes
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Method

1. Combine all ingredients in a bowl
2. Place ingredients in a food processor until combined
3. Roll into balls
4. Place in a container in the fridge

Cucuzza Brownie

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

Equipment	Ingredients
Juicer	1/2 cup sugar
Measuring cups	1 cup water
Saucepan	Juice of 3 lemons
strainer	Thick strip of lemon peel

Method:

1. Heat the water, sugar and lemon peel in a saucepan
2. Stir and cook until the sugar dissolves
3. Bring to the boil and remove from the heat
4. Add the lemon juice and stir
5. Let cool and strain
6. Transfer to an ice cream maker
7. Mix until firm

*if you don't have an ice cream maker place the mixture in a container in the freezer. Open the container and whisk every 45 minutes until frozen

Lemon and Turmeric Energy Balls

Equipment	Ingredients
Blender	24 dates
Measuring cups	1 cup oats
Measuring spoons	1/4 cup lemon juice
Mixing bowl	1 tsp lemon zest
	1 tsp vanilla essence
	1 tsp turmeric powder
	½ cup shredded coconut

Method:

1. Add all the ingredients except for the coconut into a food processor
2. Blend ingredients until a soft dough mixture forms. If the mixture is too dry add a tablespoon of water
3. Roll the mixture into balls
4. Roll the balls in the shredded coconut
5. Store balls in a container in the fridge

Grapefruit and Yoghurt Cake

Equipment	Ingredients
Measuring cups	1 1/2 cups plain flour
Measuring spoons	1 1/2 tsp baking powder
Mixing bowl	1/2 tsp salt
Whisk	3 large eggs
Wooden spoon	3/4 cup Greek yoghurt
Baking pan	1 cup brown sugar
Baking paper	1/2 cup vegetable oil
	1/4 cup grapefruit juice
	1tbsp grapefruit zest
	3 tsp vanilla essence

Method

1. Preheat oven to 177 degrees
2. Grease and line loaf pan
3. Whisk the flour, baking powder and salt together in a bowl
4. In another bowl, whisk together the eggs, yoghurt, brown sugar, oil, grapefruit juice, zest and vanilla.
5. Pour the wet ingredients into the dry ingredients and mix with a large spoon (CAREFUL NOT TO OVERMIX)
6. Spread the batter into the loaf pan
7. Bake for 45-50 minutes
8. Remove from the oven and set on a wire rack

Grapefruit (citrus) Bars

Equipment	Ingredients
Measuring cups	150g butter
Measuring spoons	1 cup plain flour
Mixing bowl	½ cup icing sugar
Slice pan	
Juicer	4 eggs
	2 tsp zest
	1/3 cup flour
	1 1/3 cup caster sugar
	2/3 cup juice of choice

Method:

1. Preheat oven to 180 degrees
2. Line a slice pan with baking paper
3. Mix the butter, 1 cup flour and icing sugar until it forms a dough
4. Press the dough into the base of the pan
5. Bake for 20-25 minutes or until lightly golden
6. Whisk the eggs, zest, 1/3 cup flour, and sugar together
7. Add the juice and whisk to combine
8. Pour the mixture over the cooked base
9. Bake for 15 minutes or until set
10. Let cool and slice

Dragonfruit Sorbet

Equipment	Ingredients
Measuring spoons	4 ripe dragon fruits
Knife	$\frac{3}{4}$ cup cold water (don't add if fruit is ripe)
Chopping board	2 tbsp lemon juice
Blender	4 tbsp sugar (optional)

Method:

1. Peel and place dragon fruit into a blender
2. Add water if the fruit isn't ripe and juicy
3. Add lemon juice and sugar if using
4. Puree until smooth
5. Pour puree into an ice cream maker*
6. Churn sorbet until firm

*Alternatively place the puree in a shallow pan and freeze. Allow 10 minutes at room temperature before serving

Sugar Spiced Bananas

Equipment	Ingredients
Knife	½ tsp mixed spice
Chopping board	1 tbsp brown sugar
Mixing bowl	1 cup plain yoghurt
Measuring cups	2 bananas, sliced
Measuring spoons	

Method:

1. Combine the mixed spice and sugar in a bowl
2. Remove 1 teaspoon of the spice mixture
3. Add the yoghurt to the remaining spiced mixture
4. Divide banana between bowls
5. Top with yoghurt
6. Sprinkle with the reserved spice mixture and serve

Banana Cake Cob

<p>Equipment</p> <p>Baking pan</p> <p>Knife</p> <p>Chopping board</p> <p>Mixing bowl</p> <p>scales</p>	<p>Ingredients</p> <p>2 cups self-raising flour</p> <p>125g butter</p> <p>1 cup brown sugar</p> <p>2 eggs, beaten</p> <p>2-3 large ripe bananas, mashed</p> <p><i>For the Filling</i></p> <p><i>1 banana, diced</i></p> <p><i>600ml whipped cream</i></p> <p><i>250g milk chocolate, melted</i></p>
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Method:

1. Preheat oven to 170 degrees
2. Grease and line cake pan
3. Cream together butter and brown sugar
4. Stir in the eggs and mashed banana
5. Lightly fold in flour to the banana mixture
6. Pour mixture into baking pan and bake for 60 minutes
7. Remove from the oven and let cool for 10 minutes
8. Once cooled cut out the centre of the bread
9. Break up the centre for dipping pieces
10. Toast the dipping pieces in the oven
11. In a bowl, combine the cream, banana and melted chocolate
12. Fill the banana bread with the filling mixture
13. Serve cold

Carrot Cupcakes

Equipment	Ingredients
Mixing bowl	2 ½ cups plain flour
Measuring cups	2 tsp baking soda
Measuring spoons	¼ tsp salt
Grater	1 tsp cinnamon
Muffin tin	½ tsp nutmeg
Muffin cups	½ tsp ginger
	½ cup oil
	2 cups brown sugar
	4 large eggs
	1 cup applesauce
	1 tsp vanilla
	3 cups grated carrots

Method

1. Preheat oven to 170 degrees
2. Line 2 muffin tins with paper
3. Whisk together the oil, brown sugar and eggs
4. Stir in the applesauce, vanilla and carrots
5. Sieve in the dry ingredients
6. Divide the batter evenly among the muffin cups
7. Bake until a skewer comes out clean, about 20 minutes
8. Let 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

Banana Soup (Smoothie)

Equipment Blender Measuring spoons Measuring cups	Ingredients 2 cups milk ½ cup cream 2 large ripe bananas ¼ tsp nutmeg ½ tbsp. lemon juice
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Method:

1. Combine all ingredients into a blender
2. Process until very smooth
3. Chill in the fridge for 30 minutes
4. Serve in bowls

Lemon Sorbet

Equipment	Ingredients
Juicer	2 cups water
Knife	½ cup honey
Chopping board	1 ½ cups lemon juice
Measuring cups	2 tbsp lemon zest
Measuring spoons	
saucepan	

Method:

1. Heat a saucepan over medium heat and combine the water, honey and lemon zest
2. Once the honey has dissolved, remove the pot from the heat
3. Stir in the lemon juice
4. Taste the mixture and adjust as needed
5. Transfer the mixture to an airtight container and place in the freezer for 2 hours
6. Transfer the mixture to an ice cream maker
7. Serve once the sorbet is firm

Banana Muffins

Equipment	Ingredients
Measuring cups	2 cups plain flour
Measuring spoons	1 tsp baking powder
Mixing bowl	1 tsp baking soda
Fork	½ tsp salt
Muffin tin	¾ cup brown sugar
	3 ripe bananas
	2 large eggs
	½ cup oil

Method

1. Preheat oven to 170 degrees
2. Line muffin tin with paper liners
3. Mash the banana in a large bowl with a fork
4. Add the brown sugar, oil and eggs
5. Stir to combine the ingredients
6. Add the flour, baking soda and baking powder
7. Mix until just combined
8. Fill the muffin cups halfway with mixture
9. Bake for 18-22 minutes or until a toothpick comes out clean
10. Let cool in the pan for 10 minutes
11. Remove from the pan and place on a wire rack.

ANZAC Biscuits

Equipment	Ingredients
Measuring spoons	1 cup rolled oats
Measuring cups	1 cup plain flour
Mixing bowl	2/3 cup brown sugar
Scales	2/3 cups desiccated coconut
Saucepan	125g butter, chopped
Baking tray	2 tbsp golden syrup
Baking paper	½ tsp bicarb soda
sieve	2 tbsp water

Method

1. Preheat oven to 140 degrees
2. Line baking trays with paper
3. Combine the oats, flour, sugar and coconut in a bowl
4. Melt the butter, syrup and water in a saucepan over medium heat
5. Add the bicarb soda once the butter has melted
6. Stir the butter mixture through the oat mixture
7. Roll level tablespoons of mixture into balls
8. Place on trays 5cm apart and flatten slightly
9. Bake for 10-12 minutes or until light golden
10. Leave on baking trays for 5 minutes
11. Transfer to a wire rack to cool completely

ANZAC Cake

Equipment	Ingredients
Measuring cups	125g butter, chopped
Measuring spoons	1,2 cup golden syrup
Mixing bowl	2 cups self-raising flour
Saucepan	½ cup shredded coconut
Cake tin	¼ cup caster sugar
Electric mixer	1 cup milk
	2 eggs
	Icing-
	1 ½ cups icing sugar
	60g butter, melted
	1 tsp honey
	1 tsp vanilla essence
	1 tbsp hot water

Method:

1. Preheat oven to 160 degrees
2. Line slice pan with baking paper
3. Combine butter and golden syrup in a saucepan
4. Stir over a low heat until smooth
5. Combine flour, coconut and sugar into a bowl
6. Stir in the butter mixture
7. Gradually stir in milk and eggs until smooth
8. Pour the mixture into the prepared pan
9. Bake for 25-30 minutes
10. Let cool on a rack

Meanwhile

Combine icing sugar, butter, honey, vanilla and hot water to make a thick icing.

Spread the icing over the cake once cooled.

Golden Syrup ANZAC Cheesecake

Equipment	Ingredients
Measuring cups	1 ¼ cup oats
Measuring spoons	¾ cup plain flour
Mixing bowl	1/3 cup desiccated coconut
Saucepan	75g butter
Cake tin	¼ cup golden syrup
Electric mixer	1/3 cup brown sugar
	500g cream cheese, softened
	1 tsp vanilla extract
	2/3 cup caster sugar
	3 eggs

Method:

1. preheat oven to 130 degrees
2. line a round cake tin with baking paper
3. combine the rolled oats, flour and coconut into a bowl
4. place butter, golden syrup and brown sugar into a saucepan over medium heat
5. stir until smooth
6. add the butter mixture to the coconut mixture and mix well
7. let stand for 5 minutes
8. press the mixture over the base and side of the prepared tin
9. beat the cream cheese, vanilla and sugar until light and fluffy
10. add the eggs 1 at a time and beat until just combined
11. Pour the mixture into the pan and level the top
12. Bake for 50 minutes or until the filling is set
13. Open the oven door slightly and let the cake cool for up to 1 hour

ANZAC Biscuit Bliss Balls

Equipment	Ingredients
Measuring cups	175g ANZAC biscuits, coarsely chopped
Scales	½ cup shredded coconut
Mixing bowl	½ cup rolled oats
Baking tray	100g cream cheese
	2 tbsp golden syrup

Method

1. Line a baking tray with baking paper
2. Blend the biscuit, coconut, oats, cheese and golden syrup in a processor until well combined
3. Roll 1 tbsp portions into the mixture and place on a the tray
4. Place in the fridge for 1 hour or until set

Ice Cream

Equipment	Ingredients
Measuring cups	600ml cream
Scales	395g condensed milk
Mixing bowl	½ tsp vanilla essence
Electric mixer	60g chocolate, crushed
Spoon	

Method:

1. Combine cream, condensed milk and vanilla in a large mixing bowl
2. Beat with an electric mixer until cream thickens
3. Stir in the chocolate with a spoon
4. Transfer to an ice cream maker or into a freezer overnight.

Banana Fritter

Equipment	Ingredients
Fry pan	1 cup breadcrumbs
Measuring cups	2 tbsp brown sugar
Measuring spoons	1 ½ tsp ground cinnamon
Plate	4 bananas, peeled
Tongs	1 tbsp butter
Knife	2 tbsp vegetable oil
Chopping board	

Method:

1. Combine the breadcrumbs, sugar and cinnamon on a large plate
2. Halve the bananas lengthways
3. Toss the banana pieces in the mixture and gently press the crumbs to coat
4. Heat half the butter and oil in a large frypan over medium-low heat
5. Add 4 banana pieces and cook for 3-4 minutes on each side

Bananas can be kept warm in a preheated oven or served immediately

Eggless, Dairy Free Banana Cake

Equipment	Ingredients
Mixing bowl	2 cups plain flour
Measuring spoons	$\frac{3}{4}$ cup brown sugar, firmly packed
Measuring cups	1 tsp baking powder
Electric mixer	1 tsp baking soda
Fork	1 tsp ground ginger
Baking tray	2 tsp cinnamon
	3 mashed bananas
	$\frac{1}{2}$ cup oil
	$\frac{1}{2}$ cup Soy milk

Method

1. Preheat oven to 180 degrees
2. Line baking tin with paper
3. Sift flour, baking powder, baking soda, cinnamon and ginger into a bowl
4. Add sugar to dry ingredients
5. Mix banana and oil together in a bowl until well combined (5 Minutes)
6. Add banana mixture to the dry ingredients
7. Stir in milk to make a moist mixture
8. Add the mixture to the baking tin
9. Bake for 20-25 minutes or until cooked through
10. Top with sifted icing sugar

Lemon Tea cake

Equipment	Ingredients
Mixing bowl	1 1/3 cups plain flour
Measuring spoons	1 cup self-raising flour
Measuring cups	1 1/3 cups sugar
Electric mixer	150g melted butter, cooled
Baking tray	3 eggs
	100ml milk
	1 tbsp lemon rind
	½ cup lemon juice
	1 cup icing sugar

Method:

1. Preheat oven to 180 degrees
2. Grease and line a cake pan
3. Sift both flours into a bowl
4. Stir in sugar
5. Make a well in the flour mixture
6. Whisk butter, eggs, milk, lemon rind and 100ml lemon juice until combined
7. Add the lemon mixture to the flour mixture and stir until combined
8. Spoon the mixture into the prepared pan and smooth the top
9. Bake for 40-45 minutes or until a skewer comes out clean
10. Let the cake cool completely
11. Combine the icing sugar and remaining lemon juice in a bowl
12. Spoon the icing over the cake

Jackfruit Cake

Equipment	Ingredients
Mixing bowl	225g butter
Measuring spoons	90g sugar
Measuring cups	4 eggs
Electric mixer	240g self-raising flour
Baking tray	½ tsp baking powder
blender	4 tbsp milk
	110g puree jackfruit

Method:

1. Preheat oven to 180 degrees
2. Grease and line cake tin
3. Beat butter and sugar until light and fluffy
4. Add in one egg at a time and beat thoroughly after each
5. Fold in sifted flour using a spatula
6. Add in milk and jackfruit, mix well
7. Pour the batter into the cake tin
8. Bake for 35-45 minutes or until a skewer comes out clean

Fruit Satay

Equipment Skewer Knife Chopping board plate	Ingredients Fruit of choice
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Method

1. Peel & cut the fruit into bite size pieces
 Slide the fruit onto the skewer alternating between different fruits

Jam Drops

Equipment	Ingredients
Mixing bowl	1 egg
Measuring cups	3/8 cup sugar
Measuring spoons	1 cup self-raising flour
Baking tray	62.5g butter
whisk	¼ cup jam

Method

1. Preheat oven to 180 degrees
2. Line a baking tray with baking paper
3. Cream butter and sugar in a bowl
4. Add eggs 1 at a time and beat in
5. Add flour and mix into a stiff dough
6. Break dough into small pieces
7. Press a hole in each dough
8. Fill the hole with jam
9. Bake for 15 minutes
10. Let cool before serving

Mandarin Cake

Equipment	Ingredients
Mixing bowl	2 ¼ cups plain flour
Electric mixer	2 tsp baking powder
Measuring cups	¾ cup sugar
Measuring spoons	3 eggs
Knife	¼ cup vegetable oil
Chopping board	2 cups mandarin, chopped

Method

1. Preheat oven to 180 degrees
2. Grease and line baking pan
3. Sift together the flour, baking powder and salt and set aside
4. Mix together the oil, eggs, sugar and mandarin
5. Beat on a low speed until combined
6. Gently fold in the flour mixture 1/3 at a time until combined
7. Pour batter into prepared pan
8. Bake for 30-35 minutes or until a skewer comes out clean
9. Remove from oven and rest for 2 minutes before placing on a cooling rack

Honey Poached Grapefruit

Equipment	Ingredients
Mixing bowl	1 Grapefruit
Measuring cups	2 cups water
Measuring spoons	1/2 cup honey
	½ cup Brown sugar
	½ cup sugar
	½ grapefruit zest
	2 tsp cinnamon

Method

1. Peel the skin and carefully remove the pith of the grapefruit
2. Slice the grapefruit into its segments
3. Combine water, honey, sugar, zest, cinnamon in a saucepan
4. Bring to the boil while stirring to dissolve the honey and sugar
5. Reduce the heat to a simmer for 10 minutes
6. Add grapefruit segments and juice and cook at a gentle simmer for 2-3 minutes
7. Remove the grapefruit from the liquid
8. Bring the mixture back to the boil
9. Reduce until there is about a cup of liquid remaining

Spoon the syrup over the grapefruit segments and serve chilled with ice cream

Banana Cake

Equipment	Ingredients
Mixing bowl	3 large ripe bananas (1 1/2 cups)
Measuring cups	3 cups plain flour
Measuring spoons	1 tsp baking powder
Mixer	1 tsp baking soda
Cake pan	½ tsp ground cinnamon
Baking paper	½ tsp salt
	¾ butter, softened
	1 cup sugar
	½ cup brown sugar
	3 eggs, room temp
	4 tsp vanilla essence
	1 ½ cups buttermilk

Method

1. Preheat oven to 180 degrees
2. Line a baking pan
3. Mash the bananas and set aside
4. Whisk the flour, baking powder, baking soda cinnamon and salt together
5. Beat the butter until smooth and creamy
6. Add both sugars and beat until creamed together
7. Add the eggs and vanilla and beat until combined
8. Slowly fold the dry ingredients together, alternating with the buttermilk 1/3 at a time. Be careful not to overmix
9. Spread the batter into the prepared pan
10. Bake for 45-50 minutes or until cooked through. If the top of the cake is browning too quickly, loosely cover it with aluminium foil
11. Remove from the oven and let cool completely on a wire rack

Grapefruit Pound Cake

Equipment	Ingredients
Mixing bowl	2 cups plain flour
Measuring cups	1 tsp baking powder
Measuring spoons	½ tsp salt
Mixer	1 2/3 cups sugar
Cake pan	6 tbsp butter, softened
Baking paper	170g cream cheese
	2 large eggs
	¼ cup canola oil
	2 tbsp grapefruit zest
	½ tsp vanilla essence
	½ cup milk
	½ cup grapefruit juice
	1 ¼ cups powdered sugar

Method

1. Preheat oven to 160 degrees
2. Line baking pan with paper
3. Combine flour, baking powder and salt in a bowl
4. Place sugar, butter and cream cheese in a bowl and beat at high speed until light and fluffy
5. Add eggs 1 at a time, mixing between
6. Beat in oil, zest and vanilla
7. Add the flour mixture and milk alternatively to the batter, start and finish with the flour
8. Spoon the batter into the prepared pan
9. Bake for 1 hour and 10 minutes or until cooked through
10. Let cool in the pan for 10 minutes before transferring to a wire rack
11. Mix juice and icing sugar together in a bowl
12. Drizzle over cooled cake

Banana Scones

Equipment	Ingredients
Mixing bowl	2 mashed bananas
Measuring cups	2 cups plain flour
Measuring spoons	4 tsp baking powder
Baking tray	1 egg
	½ cup sugar
	1 tbsp cream
	¼ tsp salt

Method

1. Preheat oven to 220 degrees
2. Line baking tray
3. Mix all ingredients into a bowl to make a stiff dough (add extra cream if needed).
4. Knead briefly to smooth the dough a little
5. Roll out and cut into scones
6. Place on the baking tray and bake for 15 minutes
7. Turn the scones midway for even browning

Chocolate Chip Banana Bars

Equipment	Ingredients
Mixing bowl	5 very ripe bananas (1 2/3 cups)
Measuring cups	¾ cup brown sugar
Measuring spoons	¼ cup oil
Baking tin	¼ cup milk
	2 eggs
	1 ¾ cup flour
	1 tsp baking soda
	½ tsp salt
	1 tsp cinnamon
	1 cup chocolate pieces

Method

1. Preheat oven to 170 degrees
2. Mash bananas well
3. Stir in oil, brown sugar, milk and eggs
4. Add dry ingredients and stir
5. Fold in ½ the chocolate chips
6. Spread the batter into a prepared pan
7. Sprinkle over remaining chocolate chips
8. Bake for 18-22 minutes or until a skewer comes out clean
9. Let cool and cut into squares

Butterless Scones

Equipment	Ingredients
Measuring cups	2 cups plain flour
Measuring spoons	4 tsp baking powder
Mixing bowls	1 tbsp sugar
Baking tray	1 egg, room temperature
Baking paper	$\frac{1}{4}$ cup canola oil
Scone cutter	$\frac{1}{3}$ cup milk
	$\frac{1}{4}$ cup water

Method:

1. Preheat oven to 200 degrees
2. Line a baking tray with paper
3. Combine flour, baking powder and sugar in a large bowl
4. In a separate bowl, whisk egg, oil, milk and water together
5. Add the egg mixture to the dry ingredients
6. Mix until just combined
7. Turn dough onto a floured surface
8. Pat until 2cm thick
9. Cut scones using a cutter
10. Place on baking tray, allowing room for them to spread
11. Bake for 10 minutes or until risen and golden
12. Serve with topping of choice.

3 Ingredients Bounty Balls

Equipment	Ingredients
Mixing bowl	4 cups desiccated coconut
Measuring cups	1 x395g tin condensed milk
Baking tray	250g dark chocolate, melted
Baking paper	
Forks	

Method

1. Add the coconut and condensed milk to a bowl
2. Mix well until completely combined
3. Roll into teaspoon sized balls and place on a tray
4. Place the tray in the freezer for up to 30 minutes or until hardened
5. Melt chocolate, either in microwave or in bowl over boiling water
6. Use 2 forks to carefully coat each ball in chocolate and place back on the tray
7. Can be kept in fridge for up to 5 days in a container

3 Ingredient Pineapple Cake

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

Method

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

Sweet Tamagoyaki

<p>Equipment</p> <p>Small frypan</p> <p>Mixing bowl</p> <p>spatula</p>	<p>Ingredients</p> <p>4 large eggs, whisked</p> <p>1 tbsp sugar</p> <p>Pinch of salt</p> <p>1 tbsp milk</p> <p>Oil</p>
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Method

1. combine egg, sugar, salt and milk
2. brush a small amount of oil into a small frypan
3. heat over medium heat
4. pour a thin layer of the egg mixture into the pan to coat
5. once cooked through roll the mixture in the pan
6. move roll back to the other side of the pan
7. pour another thin layer of egg into the pan, making sure it covers the entire pan
8. continue to roll layers of egg into the roll until mixture is used up

Zeppole

Equipment	Ingredients
Saucepan	1 cup warm water
Measuring spoons	1 tsp dry yeast
Measuring cups	1 tbsp sugar
Mixing bowls	1 tsp salt
Wooden spoon	2 cups plain flour
	1 tbsp olive oil
	Vegetable oil for frying
	Icing sugar to serve

Method

1. Combine the yeast, sugar, salt and water in a bowl
2. Let stand until creamy
3. In a large bowl, combine the flour, yeast mixture and olive oil
4. Stir with a wooden spoon until a sticky dough forms
5. Cover and let rise in a warm place for 1-2 hours
6. Heat oil in a saucepan over high heat
7. Scoop a tablespoon of mixture into the oil
8. Cook 4 zeppole at a time until golden brown
9. Transfer to a plate lined with paper towel
10. Sprinkle over icing sugar or cinnamon sugar to serve.

Carrot Cake

Equipment	Ingredients
Mixing bowl	Wet ingredients
Measuring cups	¾ cup milk
Measuring spoons	1 tsp lemon juice
Whisk	440g can crushed pineapple
Baking pan	¼ cup pineapple juice (from can)
Baking paper	3 eggs
Grater	1 ½ cups brown sugar
Juicer	½ cup canola oil
	Dry ingredients
	2 cups plain flour
	2 tsp baking soda
	½ tsp salt
	2 tsp cinnamon
	Stir ins
	2 cups grated carrot
	¼ cup shredded coconut
	½ cup chopped pecans (optional)

Method:

1. Preheat oven to 180 degrees.
2. Combine milk and lemon juice, set aside for 5 minutes
3. Whisk together dry ingredients into a bowl
4. In a separate bowl, whisk eggs, sugar, oil, juice and milk until just combined
5. Stir in carrot, pineapple, coconut and pecans
6. Stir in dry ingredients and mix until just combined
7. Pour into a prepared baking pan
8. Bake for 30-40 minutes or until a skewer comes out clean
9. Remove from oven and rest for 10 minutes before placing onto a cooling rack
10. Ice the cake and serve

Chocolate Cake

Equipment	Ingredients
Mixing bowl	1 $\frac{3}{4}$ cups plain flour
Measuring cups	$\frac{3}{4}$ cup cocoa powder
Measuring spoons	1 $\frac{1}{2}$ tsp baking powder
Whisk	1 $\frac{1}{2}$ tsp baking soda
Baking pan	2 cups sugar
Baking paper	1 tsp salt
	2 eggs
	1 cup milk
	$\frac{1}{2}$ cup vegetable oil
	2 tsp vanilla essence
	1 cup boiling water

Method:

1. Preheat oven to 180 degrees
2. Prepare cake pans with baking paper and butter
3. Sift flour, cocoa and baking powder into a bowl
4. Add sugar and salt and whisk to combine
5. Add eggs, milk, oil, vanilla to a bowl
6. Whisk until smooth
7. Add the egg mixture to the flour mixture and whisk until lump free
8. Add boiling water and whisk to combine
9. Pour the batter into the prepared pan
10. Bake for 35 minutes or until a skewer comes out clean
11. Let cool for 10 minutes before turning out onto a cooling rack
12. Ice and serve

Lemon and Mango Smoothie

Equipment	Ingredients
Measuring cups	2 cups milk
Juicer	4 tsp lemon juice
Measuring spoons	2 cups frozen mango
blender	¼ tsp nutmeg
	3 tbsp honey
	Fresh mint

Method:

1. blend all ingredients except the mint together until smooth
2. serve topped with mint leaves

Fried Mango Rice Balls

Equipment	Ingredients
Saucepan	3/4 cup of coconut cream
Mixing bowl	1/4 cup of palm sugar
Measuring cups	1/2 tsp of salt
Knife	mango
Chopping board	2 cups of water
	1 cup of sticky rice, cooked
	rice flour
	condensed milk (optional for drizzle)

Method:

1. Combine coconut cream, palm sugar and salt in a saucepan over medium heat.
2. Once sugar has dissolved, remove from heat and set aside.
3. Prepare mango, cut into small cubes, set aside.
4. Transfer the rice into a mixing bowl. Pour the coconut cream mix over the sticky rice and let it absorb completely.
5. With well-oiled hands, grab a handful of the rice, flatten, place a piece of the mango inside and wrap the rice around it. Firmly press into a ball.
6. Roll it in rice flour
7. Deep fry until crispy and golden brown.

Mango and Pawpaw Smoothie

Equipment	Ingredients
Blender	2 ripe pawpaw
Knife	1 ripe mango
Chopping board	$\frac{3}{4}$ cup coconut milk
Measuring cups	$\frac{1}{2}$ cup milk
Measuring spoons	1 tbsp honey

Method

1. Roughly chop the pawpaw and mango
2. Place in a blender and blend until smooth
3. Cover the fruit with the coconut milk, milk and honey
4. Blend until smooth
5. add ice if desired
6. serve

Mango and Coconut Cake

Equipment	Ingredients
Mixing bowl	110g butter, softened
Beater	220g caster sugar
Scales	1 tsp vanilla essence
Measuring spoons	2 eggs
Measuring cups	185g plain flour, sifted
Baking tin	1 ¼ tsp baking powder, sifted
	165ml coconut milk
	2 mangoes, diced
	½ cup shredded coconut

Method

1. preheat oven to 160 degrees
2. line a 20cm cake tin
3. place butter and sugar in a bowl and beat until creamy
4. gradually add the eggs and beat well between each one
5. fold through the flour, coconut, baking powder, vanilla essence and coconut milk
6. scatter the mango through the cake and fold through
7. pour into the prepared tin and bake for 55-60 minutes
8. let the cake rest for 10 minutes before transferring to a wire rack

Kaffir Lime and Mango Sorbet

Equipment	Ingredients
Mixing bowl	100g caster sugar
Scales	1 ½ cups water
Measuring cups	8 kaffir lime leaves
Knife	2 mangoes, diced and blended
Chopping board	

Method

1. Tear the kaffir lime leaves into small pieces
2. place water, sugar and leaves into a saucepan and bring to the boil
3. let cool in the fridge
4. strain the leaves
5. Combine the sugar mixture to the mango
6. Place in ice cream maker and use as per instructions

Coconut Cake

Equipment	Ingredients
Measuring cups	1 cup desiccated coconut
Mixing bowl	1 cup caster sugar
Mixing spoon	1 cup milk
Cake tin	1 cup self-raising flour
Baking paper	
	Berries to serve

Method:

1. preheat oven to 160 degrees
2. grease and line 20cm baking tin
3. combine all ingredients into a large bowl and stir until combined
4. pour cake into tin and bake for 40 minutes
5. let cool for 5 minutes in the pan and then turn onto a wire rack to cool

Lime Syrup Cake

<p>Equipment</p> <p>Scales</p> <p>Measuring spoons</p> <p>Measuring cups</p> <p>Mixing bowl</p> <p>Cake tin</p> <p>saucepan</p>	<p>Ingredients</p> <p>250g plain flour</p> <p>1 ½ tsp baking powder</p> <p>¼ tsp salt</p> <p>4 eggs</p> <p>170g sugar</p> <p>250g unsalted butter, cut into chunks</p> <p>2 tsp vanilla essence</p> <p>Zest of a lemon or lime</p> <p>Syrup</p> <p>50g sugar</p> <p>100ml water</p> <p>Kaffir lime leaves</p>
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Method

1. preheat oven to 160 degrees
2. grease and line 20cm baking tin
3. Combine flour, baking powder and salt in a bowl. Set aside
4. mix the egg and sugar together with an electric mixer for 1 minute
5. add butter and mix well
6. add vanilla and zest and mix
7. carefully add the flour mixture and fold to combine
8. tip the batter into the prepared tin and bake for 1 hour
9. add all the syrup ingredients to a saucepan and bring to the boil
10. simmer until mixture has reduced to a syrup
11. once cake has cooled, brush with the syrup mixture

Pawpaw Pancakes

Equipment	Ingredients
Mixing bowl	1 ½ cups plain flour
Measuring cups	2 tbsp sugar
Measuring spoons	2 tsp baking powder
Knife	½ tsp salt
Chopping board	2 medium ripe paw paws, smashed
frypan	2 large eggs
	1 cup milk
	1tsp vanilla essence
	Oil for frypan

Method

1. Mix flour, sugar, baking powder and salt in a large bowl
2. In another bowl, whisk pawpaw, eggs, milk and vanilla together
3. Pour the wet ingredients into the dry ingredients and stir well
4. Heat a little oil in a frypan over medium heat
5. Spoon pancake mixture into the pan and cook for 2 to 3 minutes each side or until golden
6. Serve with topping of choice

Spreads, Sauces & Dips

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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.

Low Fat Lemon Curd

Equipment Saucepan Measuring cups Measuring spoons whisk	Ingredients 2 large lemons, juiced ½ cup caster sugar 2 large eggs 4 tbsp lemon zest
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Method:

1. Place strained lemon juice and sugar in a small saucepan
2. Heat on low and stir until sugar has dissolved
3. Lightly beat the eggs in a bowl
4. Remove the lemon syrup from the heat
5. Slowly pour the lemon mixture into the egg while whisking
6. Whisk for one minute
7. Return the mixture to the saucepan
8. Add lemon zest
9. Heat on low until the mixture thickens
10. Remove from heat and transfer to a container
11. refrigerate

Basil Dipping Sauce

Equipment	Ingredients
Measuring spoons	1 large bunch basil
Measuring cups	½ cup olive oil
Mixing bowl	1-2 garlic cloves
	Pinch salt

Method

1. Place all ingredients into a blender
2. Blend until combined
3. Add more oil for desired consistency
4. Serve with salad or as a dipping sauce

Basil Pesto

Equipment	Ingredients
Measuring cups	2 cups loosely packed basil leaves
Measuring spoons	2 small garlic cloves, chopped
Knife	¼ cup pine nuts
Chopping board	¼ cup cheese
blender	1/3 cup olive oil

Method:

1. Place basil, garlic, nuts, cheese into a food processor
2. Blend until mixture is chopped
3. Add the oil a little at a time, blending in between
4. Place in a container or jar
5. Cover with a little oil
6. Place in fridge

Coriander Pesto

Equipment	Ingredients
Measuring cups	2 cups fresh coriander, chopped
Measuring spoons	2 garlic cloves, chopped
Knife	¼ cup cashew nuts
Chopping board	1/3 cup cheese
blender	½ cup light olive or peanut oil
	Salt and pepper to season

Method:

1. Place the coriander, garlic, nuts and cheese into a food processor
2. Blend until chopped
3. Add the oil a little at a time, blending in between (alternatively use a mortar and pestle)
4. Season with salt and pepper if desired
5. Transfer to a jar or container
6. Drizzle a little oil over the top
7. Store in the fridge

Dairy Free Basil Pesto

Equipment	Ingredients
Measuring cups	2-3 cups loose packed basil leaves
Measuring spoons	2/3 cup olive oil
Knife	1 garlic clove,
Chopping board	2 tbsp pine nuts
blender	1 tsp lemon zest
	3 tbsp lemon juice
	1 tsp sea salt

Method:

1. Place nuts in a frypan over high heat
2. Cook for 1-2 minutes or until browned
3. Place all ingredients into a blender
4. Blend until combined and smooth
5. Store in a jar or container in the fridge

Roast Capsicum Pesto

Equipment	Ingredients
Measuring cups	2 capsicums, halved
Measuring spoons	2 tbsp basil leaves, chopped
Knife	1 garlic clove, chopped
Chopping board	1 tbsp lemon juice
Blender	1 tbsp olive oil
juicer	

Method:

1. Preheat grill to high
2. Cook capsicum for 5-7 minutes or until charred
3. Set aside for 10 minutes
4. Peel the capsicum and chop coarsely
5. Place all ingredients into a food processor and blend until almost smooth
6. Season with salt and pepper if desired

Roast Eggplant Pesto

<p>Equipment</p> <p>Measuring cups</p> <p>Baking tray</p> <p>Food processor</p>	<p>Ingredients</p> <p>1 large eggplant</p> <p>Pinch salt</p> <p>2 cups basil, packed</p> <p>2 sundried tomatoes</p> <p>2 cloves garlic, crushed</p>
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Method

1. Slice and roast the eggplant at 180 degrees for 30 minutes
2. Place all ingredients into a food processor
3. Blend until smooth

Taro Dip

Equipment	Ingredients
Large saucepan	1 head of garlic, peeled
Measuring cups	1 kg taro, boiled
Measuring spoons	2 tbsp lemon juice
Knife	1 tbsp olive oil
Chopping boards	Parsley
Scales	Toasted pine nuts
blender	Salt and pepper to taste

Method:

1. Process the garlic in a blended with a little salt and pepper
2. Add the taro and a small amount of water
3. Blend until smooth
4. Place in a bowl
5. Season with lemon juice and oil
6. Garnish with parsley and pine nuts

Feta and Lemon Dip

Equipment	Ingredients
Blender	1 cup crumbled feta cheese
Measuring cups	1 tbsp grated lemon zest
Measuring spoons	1-2 tbsp lemon juice
Knife	1 garlic clove, minced
Chopping board	6 tbsp olive oil
	Pinch of red chilli flakes
	Chips/toasts for serving

Method:

1. Place the feta, zest, juice, garlic and oil in a blender
2. Mix until combined but slightly chunky
3. Spoon into a serving bowl
4. Drizzle with oil and sprinkle chilli flakes and zest over the top
5. serve

Sweet Potato Dip

Equipment	Ingredients
Baking tray	1 large sweet potato
Mixing bowl	1 clove garlic
Measuring cups	¼ cup butter
Measuring spoons	½ tsp smoked paprika
Knife	¼ tsp cayenne pepper
Chopping board	Pinch salt
	Lemon juice to taste

Method:

1. Preheat oven to 220 degrees
2. Scrub the potato and roast until tender, about 45 minutes
*alternatively poke the potato with a fork and microwave on high for 1 minute at a time until tender all the way through
3. Let the potato cool
4. peel the potato and place into a food processor
5. pulse a few times to break down the potato
6. add the garlic, butter, paprika and cayenne pepper and blend until smooth
7. add the salt and lemon juice to taste

Baba Ganoush

Equipment	Ingredients
Baking tray	2 medium eggplants (900g)
Mixing bowl	¼ cup lemon juice
Measuring cups	¼ cup tahini
Measuring spoons	3 cloves garlic
Knife	¼ tsp ground cumin
Chopping board	½ tsp salt
	2 tbsp fresh parsley
	1 tsp oil (optional)

Method:

1. preheat grill to high heat
2. prick the eggplants with a fork in several places
3. place eggplant on a baking tray lined with foil
4. grill the eggplant for 2-3 minutes on all sides until the skin turns dark
5. turn the grill off and the oven on to 180 degrees
6. bake the eggplant until very soft, about 20 minutes
7. meanwhile combine the lemon juice, tahini, garlic, cumin and salt into a bowl
8. remove the eggplant from the oven and let cool slightly
9. scrape out the flesh and add to the tahini mixture
10. mash or blend the eggplant into the mixture
11. Let cool and serve with parsley and oil if desired.

Spinach and Bacon Dip

Equipment	Ingredients
Measuring cups	10 slices bacon
Measuring spoons	230g cream cheese
Mixing bowl	1/3 cup mayonnaise
Frypan	1/3 cup sour cream
	1 tsp garlic powder
	1 tsp paprika
	450g spinach
	1 cup grated cheese of choice

Method:

1. Preheat oven to 170 degrees
2. Cook the bacon in a fry pan until crispy
3. Drain on a paper towel and dice
4. Stir together cream cheese, mayonnaise, sour cream, garlic powder and paprika
5. Fold in the spinach, bacon and cheese
6. Transfer the dip to a baking dish
7. Bake for 25-30 minutes or until golden

Buffalo Jackfruit Dip

Equipment	Ingredients
Baking pan	400g green jackfruit
Knife	½ onion, chopped
Chopping board	2/3 cup buffalo sauce
Mixing bowl	¼ cup butter
scales	½ cup ranch dressing

Method

1. Preheat the oven to 175 degrees
2. Rinse the jackfruit and shred it in a bowl
3. Add the onion and buffalo sauce
4. In a frying pan, sauté the mixture and the butter for around 10 minutes
5. Remove from the heat and add the rest of the ingredients
6. Pour into an oven dish and bake for 15 minutes
7. serve

Homemade Buffalo Sauce

Equipment	Ingredients
Mixing bowl	½ cup melted butter
Measuring cups	½ cup hot sauce
Measuring spoons	2 tbsp white vinegar
	2 tsp Worcestershire sauce
	Pinch garlic granules

Method:

1. whisk together all the ingredients until well combined
2. store in an air tight container in the fridge for up to 1 month
3. shake before using

Healthy Ranch Dressing

Equipment	Ingredients
Measuring cups	½ cup non-fat Greek yoghurt
Measuring spoons	1 tsp garlic powder
Mixing bowl	¼ tsp onion powder
juicer	1 ½ tsp lemon juice
	½ tsp dried dill
	¼ tsp salt
	2 tbsp water to thin the mixture

Method:

1. Add all ingredients to a jar
2. Shake to combine
3. Store in the fridge for up to 1 week

Banana Caramel Jam

Equipment	Ingredients
Scales	2 cups brown sugar
Measuring cups	2 tbsp vanilla essence
Measuring spoons	2 tsp cinnamon
Large saucepan	¼ cup lemon juice
	1/3 cup water
	1 kg ripe bananas, sliced and peeled

Method

10. Combine sugar, water, vanilla, cinnamon and lemon juice in a large saucepan
11. Heat on medium high and bring to the boil
12. Add banana and boil gently for 20-25 minutes until mixture is thick
13. Spoon into sterilised jars

Rosella Jam

Equipment	Ingredients
Saucepan	4 cups rosella
Measuring cups	4 cups sugar
Sieve	4 cups water
Mixing bowls	

Method

11. Wash rosellas in water.
12. Remove the red calyx from the pods. Keep both separately
13. Place the pods in a saucepan and just cover with water
14. Boil until soft
15. Remove from the heat and strain the liquid
16. Place the red calyx in a separate saucepan
17. Cover the calyx with the liquid from the pods
18. Bring to a simmer until soft
19. Measure the volume of the mixture and add 1 part sugar to 1 part calyx
20. Return to the heat and simmer for 15-20 minutes
21. Remove and cool slightly
22. Bottle in sterilised jars

Grapefruit Curd

Equipment	Ingredients
Mixing bowl	2 cup grapefruit juice
Measuring cups	2/3 cup sugar
Measuring spoons	150g butter
Saucepan	8 egg yolks, lightly beaten
Juicer	Zest of 1 grapefruit
zester	

Method

- Heat a saucepan of water over medium heat until simmering
- Place a bowl on top of the saucepan, making sure it doesn't touch the water
- Place the zest, juice, sugar, butter and egg in the bowl
- Whisk until the mixture has melted and come together
- Cook the mixture, stirring regularly until it thickens. About 15 minutes
- Remove from the heat and let cool
- Place in a sterilised jar and store in the fridge

Banana Curd

Equipment	Ingredients
Blender	4 eggs, room temperature
Mixing bowl	4 tbsp butter, room temperature
Saucepan	2 tbsp fresh lemon juice
Whisk	1 ½ cups sugar
Measuring cups	4 ripe bananas
Measuring spoons	

Method:

1. In a blender or food processor, add eggs, butter, lemon juice, sugar and banana
2. Blend on high until completely smooth
3. Pour all ingredients into a medium saucepan over medium-low heat
4. Stir constantly for 10 minutes or until mixture thickens
5. Remove from heat and allow to cool
6. Store in sterilised jars

Mango Salad Dressing

Equipment	Ingredients
Measuring spoons	3 tbsp fish sauce
Mixing bowl	¼ cup lime juice
	2 tbsp brown sugar
	¼ tsp dried chilli flakes- or
	1 tsp Thai chilli sauce

Method

1. Place all ingredients into a jar or bowl
2. Shake/whisk to combine

Pawpaw Salad Dressing

<p>Equipment</p> <p>Measuring spoons</p> <p>Mixing bowl</p>	<p>Ingredients</p> <p>½ tsp salt</p> <p>Zest of ½ lime</p> <p>2 tbsp brown or palm sugar</p> <p>1 tbsp soy or fish sauce</p> <p>1 tbsp fresh lime juice</p> <p>1 tsp garlic, crushed</p>
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Method

1. Place all ingredients into a jar or bowl
2. Shake/whisk to combine

Chili and Lime Dressing

<p>Equipment</p> <p>Measuring spoons</p> <p>Mixing bowl</p>	<p>Ingredients</p> <p>¼ cup oil</p> <p>3 tbsp fresh lime juice</p> <p>1 tbsp ginger paste</p> <p>1 ½ tsp chilli sauce</p> <p>2 tsp sugar</p> <p>½ tsp salt</p> <p>¼ tsp ground black pepper</p>
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Method

1. Place all ingredients into a jar or bowl
2. Shake/whisk to combine

Lemon Vinaigrette Dressing

Equipment Measuring spoons Mixing bowl	Ingredients 1/3 cup olive oil 1/3 cup fresh lemon juice 1 tbsp Dijon mustard ½ tsp honey or maple syrup 1 tsp garlic, crushed Salt and pepper to taste
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Method

1. Place all ingredients into a jar or bowl
2. Shake/whisk to combine

Honey Mustard Dressing

Equipment Measuring spoons Mixing bowl	Ingredients ¼ cup Dijon mustard ¼ cup honey ¼ cup cider vinegar ¼ cup vegetable oil 1tsp salt Pepper to taste
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Method

1. Place all ingredients into a jar or bowl
2. Shake/whisk to combine

Bolognese Sauce

Equipment	Ingredients
Measuring cups	2 tbsp oil
Measuring spoons	1 large onion, chopped
Chopping board	1 carrot, grated
Knife	500g beef mince
Large frypan	1 tbsp oregano
	2 tsp garlic, minced
	1 can tomato, crushed
	2 tbsp tomato paste
	Salt and pepper to taste

Method

1. Heat oil over medium high heat in a frypan
2. Add onion, carrot and cook until soft
3. Stir in the beef and garlic and cook until browned
4. Add tomatoes, tomato paste, oregano to the pan
5. Bring to the boil and simmer for 15 minutes
6. Season with salt and pepper
7. Serve on top of pasta

Sweet Potato Pasta Sauce

Equipment	Ingredients
Measuring cups	1 large sweet potato
Measuring spoons	2/3 cup milk
Mixing bowl	1 tbsp butter
Fork	1 tbsp sesame seeds/pine nuts
Large frypan	1 tsp garlic, minced
	1 tsp oil
	1 tsp sage
	¾ tsp salt
	¼ tsp pepper
	½ cup parmesan cheese
	2 cups uncooked pasta
	¾ cup pasta cooking water

Method

1. Boil or microwave sweet potato until tender
2. Mash the potato and milk with a fork
3. Add oil to a pan over medium/high heat
4. Sauté garlic, sage and for 1 minute
5. Stir in salt, pepper and sweet potato mixture
6. Stir in cheese, pine nuts if using and water
7. Serve on pasta with additional cheese if desired

Vege Bolognese Sauce

Equipment	Ingredients
Measuring cups	1 tbsp oil
Measuring spoons	1 red onion, diced
Chopping board	3 tsp garlic, minced
Knife	2 tsp dried oregano
Large frypan	2 tsp dried basil
	500g eggplant, cubed (or mushrooms, or jackfruit)
	4 cups tomatoes, pureed
	¼ cup tomato paste
	6 cups fresh spinach, chopped
	1 tsp chilli flakes
	Salt and pepper to taste

Method

1. Heat oil in a large frypan over medium-high heat
2. Add garlic, onion, oregano and basil to the pan and sauté until browned
3. Add eggplant or vegetable of choice and stir until softened
4. Add the tomato puree and tomato paste and bring to a simmer
5. Add the spinach and stir until completely mixed in
6. Add chilli flakes, salt and pepper
7. Serve on top of pasta of choice

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Smokey Seasoning

<p>Equipment</p> <p>Mixing bowl</p> <p>Measuring spoons</p>	<p>Ingredients</p> <p>½ tsp paprika</p> <p>½ tsp garlic powder</p> <p>1 tsp oregano</p> <p>½ tsp thyme</p> <p>½ tsp turmeric</p> <p>½ tsp pepper</p> <p>½ tsp onion powder</p> <p>¼ tsp sage</p> <p>¼ tsp salt</p> <p>Pinch cayenne pepper</p>
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Method

1. Place all ingredients into a bowl
2. Mix until combined
3. Use to season chips or roast vegetables

Burger and Chips Seasoning

<p>Equipment</p> <p>Measuring spoons</p> <p>Mixing bowl</p>	<p>Ingredients</p> <p>1 tbsp salt</p> <p>2 tsp paprika</p> <p>1 tsp garlic powder</p> <p>½ tsp cumin</p> <p>½ tsp pepper</p> <p>½ tsp basil</p> <p>½ tsp parsley</p> <p>Pinch chilli powder</p> <p>½ tsp celery salt</p>
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Method:

1. Place all ingredients in a bowl
2. Mix until combined
3. Place in a jar and store in fridge

Taco Seasoning

Equipment	Ingredients
Measuring spoons	7 tsp chilli powder
Mixing bowl	1 ½ tsp ground cumin
	1 tsp paprika
	2 tsp garlic powder
	2 tsp oregano
	1/8 tsp coriander
	1 tsp onion powder
	1 tsp salt
	¼ tsp pepper
	1 tsp cornflour
	Pinch cayenne pepper

Method:

1. Add all ingredients to a bowl
2. Stir to combine
3. Can be stored in a jar in the cupboard or fridge

Bbq Jackfruit Taco Mix

Equipment	Ingredients
Knife	800g green jackfruit, rinsed and drained
Chopping board	2 tbsp olive oil
Measuring spoons	1 small onion, chopped
Large saucepan	2 cloves garlic, minced
	$\frac{3}{4}$ cup bbq sauce
	5 tbsp bbq seasoning (see Miscellaneous)

Method

1. Break the jackfruit into shredded pieces with a fork or fingers
2. Cook the onion with the oil in a saucepan over medium heat for 5 minutes
3. Add the garlic and cook for another minute
4. Add the jackfruit, bbq sauce and bbq seasoning to the pan
5. Cook while stirring for another 4-5 minutes or until the jackfruits starts to crisp
6. Serve in a taco with red cabbage, sour cream, avocado and fresh lime juice

Bbq Seasoning

Equipment	Ingredients
Measuring spoons	1 tsp garlic powder
Mixing bowl	1 tsp onion powder
	1 tsp pepper
	1 tsp sage
	1 tsp oregano
	1 pinch cayenne pepper
	1 tsp paprika
	1 tsp celery salt
	1 tsp rosemary
	1 pinch chilli powder
	1 pinch salt
	1 tsp thyme
	1 tsp cumin

Method

1. Place all ingredients into a bowl
2. Stir to combine
3. Store in a jar in the fridge

Butter Chicken Spice Mix

Equipment	Ingredients
Measuring spoons	½ tsp ground cinnamon
Mixing jar	2 tsp smoked paprika
	3 tsp garam masala
	2 tsp ground coriander
	1 tsp ground cardamom
	2 tsp ground cumin
	1 tsp ground ginger
	2 tsp ground turmeric
	½ tsp cayenne pepper

Method

1. Combine all ingredients into a jar and shake to mix well.

Korma Spice Mix

Equipment	Ingredients
Measuring spoons	2 tsp ground ginger
Mixing bowl	2 tsp ground chilli
	2 tbsp ground coriander
	2 bay leaves
	2 tsp ground black pepper
	¼ tsp ground cloves
	4 tsp salt
	½ cup ground almonds

Method:

1. Place all ingredients into a bowl
2. Mix together
3. Store in a jar

Thai Red Curry Paste

Equipment	Ingredients
Fry pan	1 tsp cumin seeds
Measuring spoons	2 tsp coriander seeds
Mortar and pestle	½ tsp black peppercorns
	½ tsp salt
	10 dried chillies, soaked in warm water for 25 minutes
	1 tsp grated ginger
	1 stalk lemongrass (white part only), finely chopped
	Rind of ¼ kaffir lime, chopped
	6 coriander roots
	2 shallots, finely chopped
	4 cloves garlic, crushed
	2 tsp shrimp paste
	8 birdseye chillies, seeded

Method:

1. Roast cumin, coriander and peppercorns over medium heat for 2 minutes
2. Using a pestle and mortar, grind the spices until a powder forms
3. Add the remaining ingredients and pound into a smooth paste
4. If needed, add ¼ cup water and blend until smooth

Thai Red Curry Paste 2

Equipment	Ingredients
Measuring spoons	1 shallot or ¼ purple onion
Mixing bowl	2 chillies
Knife	4 cloves garlic
Chopping board	Thumb sized piece of ginger
	2 tbsp tomato puree
	1 tsp ground cumin
	¾ tsp ground coriander
	¼ tsp ground pepper
	2 tbsp fish sauce (or soy)
	1 tsp shrimp paste (or oyster sauce)
	1 tsp sugar
	1 ½ tbsp chilli powder
	3 tbsp thick coconut milk
	2 tbsp fresh lime juice

Method

1. Add all ingredients to a food processor
2. Blend until a smooth paste forms
3. Add extra coconut milk if needed

African Curry Spice Mix

Equipment	Ingredients
Measuring spoons	1tbsp curry powder
Mixing bowl	2 tsp cumin
	2 tsp coriander
	2 tsp turmeric
	1 tsp cinnamon
	1 tsp smoked paprika
	¼ tsp clove

Method

1. Combine all spices into a bowl and whisk to mix well.

Lemon Pepper Seasoning

Equipment	Ingredients
Baking tray	8 tbsp lemon zest
Baking paper	1/3 cup crushed peppercorns
Mortar and pestle/grinder	¼ cup salt
Zester	
Measuring cups	

Method:

1. Preheat the oven to 100 degrees
2. Mix the lemon zest and peppercorns in a bowl
3. Spread the mixture onto a baking tray
4. Place the tray in the oven and bake for 10 minutes or until dried
5. Remove the mixture from the oven and grind into desired texture
6. Mix with salt
7. Store in an airtight container

Lemonade

Equipment	Ingredients
Juicer	1 cup fresh lemon juice
Knife	1 cup sugar
Chopping board	6 cups cold water
Measuring cups	

Method

1. Combine all ingredients into a jug
2. Stir and serve with ice

Playdough

Equipment	Ingredients
Measuring cups	2 cups plain flour
Measuring spoons	$\frac{3}{4}$ cup salt
Saucepan	4 tsp cream of tartar
Wooden spoon	2 cups warm water
	2 tbsp vegetable oil
	Food colouring
	Zip lock bags

Method

1. Stir together the flour, salt, cream of tartar in a large pot
2. Add the water and oil
3. Cook over medium heat while stirring constantly
4. Continue to stir until the dough has thickened and forms a ball
5. Remove from heat and let cool in a bag or on baking paper
6. Add the food colouring and knead until the dough is smooth
7. Store the dough in the zip lock bags