

SALESIAN COLLEGE

FOOD TECH

'COOKING IN LOCKDOWN'

# RECIPE BOOK



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Please note all recipes are a serving size of two people.

# ANZAC Biscuits

## Ingredients (Per Pair)

- 1 cup rolled oats
- ½ cup self-raising flour
- ½ cup plain flour
- ¾ cup coconut
- ¾ cup caster sugar
- ½ tsp bicarb soda
- 2 tbsp. hot water
- 125g butter, melted
- 2 tbsp. golden syrup



## Method

1. Preheat the oven to 160°C.
2. Line a baking tray with baking paper.
3. Mix rolled oats, self-raising flour, plain flour, coconut and sugar in a large bowl.
4. Place butter and golden syrup in small pot and heat on **low** until butter has just melted.
5. Dissolve bicarb soda in **hot** water and add to melted butter and golden syrup, it should froth up.
6. Add this wet mix to the dry ingredients and mix.
7. Place in teaspoons on the prepared baking tray and press down slightly on the tops to flatten slightly.
8. Cook for 10-15 minutes until golden brown.
9. Allow to cool on the baking tray for 5 minutes **before** transferring to a wire rack to cool completely.

# Apple Pie

## Ingredients (Per Pair)

### For the pastry:

½ cup plain flour  
2 tbsp. (40g) cold butter, diced  
¼ tsp. apple cider vinegar  
1-2 tbsp. cold water  
1 sheet ready-made shortcrust

### For the filling:

3 medium apples  
1/8 tsp. allspice  
¼ tsp cinnamon  
¼ cup sugar  
2 tsp. milk, for brushing pastry  
Coarse sugar, for sprinkling on top



## Method

1. First, make the pastry: Place the flour in a medium bowl.
2. Add the cold, diced butter and use the rubbing in method to combine the flour and butter, until the mixture resembles coarse breadcrumbs. Try to work quickly so it doesn't become greasy.
3. Using a knife, stir in the apple cider vinegar and 1 tablespoon of ice cold water to bind the dough together.
4. Shape the dough into a flat disc, cover in gladwrap and chill in the fridge for 10-15 minutes before using.
5. Meanwhile, **preheat your oven to 220°C** and lightly spray a 20inch quiche/flan tin with cooking spray.
6. Peel and thinly slice the apples. Cut the slices in half so you have pieces approximately 2cm long. Place the apples in a bowl and toss with the cinnamon, allspice and sugar. Transfer apples to a medium saucepan.
7. Place the saucepan over a medium heat and cook until sugar dissolves and apples are softened, about 15 minutes. Set aside to cool.
8. On a clean, lightly floured benchtop, cut out the sheet of premade pastry into a circle with a 1 inch border larger than the tin.
9. Drape the pastry gently into the prepared tin and form it up the sides without stretching the dough.
10. Pour the COOLED apple filling into the bottom crust gently pressing down to eliminate air gaps.
11. On a lightly floured piece of baking paper, roll out the pastry you made into a circle approximately 3mm thick to use as the top crust. (If you want to make a lattice top, cut the circle into 2cm strips)
12. Lay the circle (or strips in a lattice formation) gently over the apple filling, pinch the seam of bottom and top pastry together firmly and cut slits in the top pastry for ventilation.
13. Brush the pie lightly with milk and sprinkle a light layer of sugar on top.
14. Place the pie on a baking tray and then put into the preheated oven.
15. Bake on the lowest oven rack for 20 minutes.
16. After 20 minutes, lower the oven temperature to 175°C and move the pie to the middle rack to continue baking for 15-20 minutes.
17. Allow to cool before serving.

# Apple Strudel

## Ingredients (Per Pair)

- 2 tbsp. caster sugar
- 1 tbsp. plain flour
- ¼ tsp. ground cinnamon
- 2 large granny smith apples
- 2 tbsp. raisins
- 1 sheet frozen puff pastry, thawed
- Extra flour, to dust
- 1 egg
- 1 tbsp. Icing sugar, to dust

## Method

1. Preheat oven to 190°C.
2. Combine sugar, flour and cinnamon in a medium silver bowl.
3. Peel, core and thinly slice apples and add to dry mixture along with the raisins. Toss to coat apples evenly.
4. Line a baking tray with baking paper.
5. Place the pastry onto a lightly floured piece of baking paper. Dust the pastry lightly with flour.
6. Lightly roll the pastry vertically only, to form an approximate 30x40cm rectangle.
7. With the short side towards the edge of the bench, spoon the apple mixture over the bottom half of the pastry, leaving a 2cm border around the edges.
8. Roll the pastry into a large log and place seam down on the prepared baking tray. Tuck the side ends under the roll.
9. Whisk the egg with 1 tablespoon of water.
10. Brush the top of the strudel with a light coating of egg mixture.
11. Cut several 2cm long slits, 2cm apart, into the top of the roll.
12. Bake for 35 minutes or until golden.
13. Transfer to a wire rack lined with baking paper to cool. Dust with icing sugar and serve.



**Equipment:** Rolling Pin

# Arancini balls

## Ingredients (Per Pair)

500mL (2 cups) liquid chicken stock  
½ tbsp. olive oil  
½ brown onion, finely chopped  
1 tsp crushed garlic  
1 cup arborio rice  
¼ shredded parmesan  
2 eggs  
1 cup dried breadcrumbs  
1 cup plain flour  
50g mozzarella, cut into 12 cubes  
1 egg, for egg wash  
Vegetable oil, for shallow frying



## Method

1. Place the stock in a medium saucepan over a medium-low heat, cover and keep at a gentle simmer.
2. Heat the ½ tbsp. oil in a large saucepan over medium heat.
3. Add the onion and garlic and cook, covered, stirring occasionally, for 5 minutes or until the onion is soft.
4. Add the rice to the onion mixture and cook, stirring, until the grains appear slightly glassy.
5. Add a ladleful of the simmering stock to the rice mixture and stir constantly with a wooden spoon until the liquid is completely absorbed.
6. Continue to add stock, 1 ladleful at a time, **stirring constantly and allowing the liquid to be absorbed before adding the next ladleful**, for 10 minutes or until the rice is tender yet firm to the bite and the risotto is creamy.
7. Stir in the parmesan then spread out on a baking tray lined with baking paper. Set aside in fridge to cool completely.
8. Add 2 eggs to risotto and stir until well combined.

9. Place the breadcrumbs on a plate. Place the flour in a bowl and crack an egg into a separate bowl and use a fork to lightly whisk.
10. Use wet hands to shape 2 tablespoons of the risotto mixture into a ball. Press a thumb into the centre of the ball and insert a piece of mozzarella, then mould the risotto around the cheese to enclose.
11. Repeat with the remaining mixture and mozzarella to make 12 balls.
12. Roll the balls in the flour and shake off excess.
13. Dip in the egg, then in the breadcrumbs, pressing to coat.
14. Place on a clean plate or tray and refrigerate for 15 minutes.
15. Add 5cm of oil into the bottom of a large saucepan and heat to 190°C over a medium-high heat.
16. Add 6 risotto balls to the oil and cook, turning occasionally, for 4-5 minutes or until golden.
17. Use a slotted spoon to transfer to a plate lined with paper towel.



# Baked Fish and Chips

## Ingredients (Per Pair)

1/8 cup plain flour

¼ cup buttermilk

¼ cup dried breadcrumbs

½ tsp. parsley, finely chopped

1 tsp. lemon pepper

150g thick white fish fillets, cut into 2cm strips

Olive oil cooking spray

2 large potatoes, peeled, cut into chips

## Tartare sauce

1 gherkin

½ cup reduced fat mayonnaise

1/8 cup parsley, finely chopped

1 tbsp. capers, rinsed, finely chopped

1 tsp lemon juice

## Method

1. Preheat oven to 200°C.
2. Line two baking trays with baking paper.
3. Place flour on a plate, pour buttermilk into a shallow bowl and combine breadcrumbs, parsley and lemon pepper on another plate.
4. Coat 1 piece of fish in flour, shaking off excess.
5. Dip in buttermilk and turn to coat.
6. Coat in breadcrumb mixture then place on prepared baking tray. Repeat with remaining pieces of fish.
7. Spread chips, in a single layer, over remaining prepared tray. Spray fish and chips with oil and season chips with salt and pepper.
8. Bake chips on top shelf of oven for 10 to 15 minutes.
9. Bake fish on shelf under chips, for 10 to 12 minutes.
10. Make tartare sauce – combine all ingredients in a small bowl and season with salt and pepper to taste.
11. Serve and enjoy!





# Basic Chocolate Cupcakes

## Ingredients (Per Pair)

- 1 cup cold water
- 1 cup caster sugar
- 125g butter
- 2 heaped tbsp. cocoa
- $\frac{3}{4}$  tsp bicarb soda
- 1  $\frac{1}{2}$  cups self-raising flour
- 2 eggs, lightly beaten



## Method

1. Preheat oven to 180°C.
2. Line a 12-hole muffin tin with patty pans.
3. Combine water, butter, sugar, cocoa and bicarb soda in a large saucepan and bring to the boil slowly, over a medium heat. Gently simmer for 5 minutes then transfer to a large bowl to cool for at least 5 minutes.
4. Add eggs and sifted flour and mix until combined.
5. Use two dessert spoons to evenly fill each patty pan  $\frac{2}{3}$  full with batter.
6. Bake for 10 to 15 minutes, until the top of the muffins spring back when gently pressed, and a skewer inserted in the centre comes out clean.
7. Cool for a couple of minutes in the pan, then transfer cupcakes to a wire cooling rack to cool completely before icing.

# Basic scones

## Ingredients (Per Pair)

1 ½ cups self-raising flour, sifted

40g butter, chilled and cubed

½ - ¾ cup milk

¼ cup flour, extra, for bench

Jam and whipped cream, to serve

## Method

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper.
3. Sift self-raising flour into a large bowl.
4. Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.
5. Make a well in the centre and pour ½ cup milk into well.
6. Gently mix with a butter knife until the mixture has only just come together and can be pressed into one mass, adding the extra ¼ cup of milk a little at a time, if required.
7. Turn out onto a lightly floured, clean bench, and gently knead for no more than a minute, until a soft, smooth dough is formed (don't knead too much or scones will be tough and dense!)
8. Use your hands to flatten dough to 2cm thick. Use a scone cutter to cut out as many rounds as possible and place them on the prepared tray.
9. Press excess dough back together (try not to knead further) and cut out remaining rounds and place on baking tray.
10. Arrange scones on the tray so that they just lightly touch each other – this will help with rising.
11. Brush lightly with milk and bake for 15 – 20 minutes or until golden and well-risen.
12. Transfer to wire rack to cool slightly then tear or cut in half and serve with jam and cream.



# Beef Noodle Stir-Fry

## Ingredients (Per Pair)

- 1 tbsp. mild chilli sauce
- 1 tbsp. oil
- ¼ cup Chinese rice wine
- ¼ oyster sauce
- 2 tbsp. light soy sauce
- 2 tsp. cornflour
- 150g beef fillet, thinly sliced
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 small red chilli, finely chopped
- 1 small carrot, cut into thin batons
- 6 fresh baby corn, halved lengthways
- 100g Chinese broccoli, finely chopped
- 150g rice noodles
- ½ tbsp. brown sugar



## Method

1. Place noodles in a medium bowl and cover with warm water. Leave for 1 minute, then drain and separate with a fork.
2. Combine cornflour with 2 tablespoons of water in a small white bowl and stir until smooth and combined.
3. Place cornflour mixture, sugar, chilli sauce, rice wine, oyster and soy sauces in a small silver bowl and stir to combine. Set aside.
4. Heat half of the oil in a wok over high heat. Add beef and stir-fry until well browned. Remove and set aside.
5. Immediately add garlic, ginger, chilli, carrot and corn. Stir-fry for 1 minute, then add beef back in and add Chinese broccoli, noodles and sauce. Cook and stir until stir-fry is heated through and sauce is distributed evenly.

# Beef Pho

## Ingredients (Per Pair)

500ml beef stock

½ cup water

1 thin slice ginger

½ tsp. crushed garlic

½ tbsp. caster sugar

1 tbsp. fish sauce

90g flat rice noodles

100g beef, very thinly sliced

¼ cup bean sprouts

Chilli, to garnish

Fresh basil/mint/coriander leaves, to garnish



## Method

1. Place stock and water in a saucepan with ginger, garlic, sugar and fish sauce.
2. Bring to the boil, then reduce heat to low.
3. Cover and simmer for 20 minutes.
4. Strain, discarding solids, then return soup to pan.
5. Cover and return to boil.
6. Meanwhile, prepare noodles according to packet instructions. Drain well.
7. Divide the noodles between two bowls, then top with the thinly sliced beef.
8. Slowly pour over the hot soup mixture (the heat will gently cook the meat) and top with bean sprouts.
9. Garnish with fresh herbs and chilli.

# Beef Stroganoff

## Ingredients (Per Pair)

200g beef rump steak

2 tbsp. plain flour

2 tsp. oil

10g butter

½ onion, sliced

3 mushrooms, sliced

1 clove garlic, crushed

2 tsp. tomato paste

1 cup beef stock

½ cup water

¼ cup sour cream

1 cup pasta



## Method

1. Cut the rump steak into thin strips across the grain.
2. Place flour into a plastic bag, add the meat and shake to coat lightly with flour.
3. Heat the oil in a large frying pan. When it is hot, add the butter and brown the meat strips quickly.
4. Add the sliced onion, mushrooms and garlic to the frying pan and fry until the onion is brown and tender.
5. Half fill a medium saucepan with water and place on a high heat to boil. Add pasta and cook according to packet, until tender. Drain when done.
6. Add the tomato paste, stock and water and simmer until the meat is tender.
7. Remove from heat and stir in sour cream. Do not boil.
8. Serve beef stroganoff on the cooked pasta. Enjoy!

# Blueberry Muffins

## Ingredients (Per Pair)

265g (2 cups) self-raising flour

170g (3/4 cup) caster sugar

1 egg, beaten

50g (1/2 cup) vegetable oil

250mL (1 cup) milk

1 cup frozen blueberries

2 tbsp. extra caster sugar (optional), for sprinkling



## Method

1. Preheat oven to 180°C.
2. Line a 12-hole muffin pan with muffin cases.
3. Sift the self-raising flour and  $\frac{3}{4}$  cup of caster sugar into a large bowl and stir together.
4. Create a well in the centre of the dry mixture.
5. In a separate small bowl, whisk together the egg, oil and milk.
6. Pour the liquid into the well in the dry mixture and gently fold the mixture together with a large metal spoon. (the batter should be slightly lumpy – don't over mix!)
7. Gently fold through the blueberries until just dispersed.
8. Using 2 dessertspoons, spoon the mixture into the muffin cases (fill 2/3 to the top).
9. Sprinkle each muffin with the extra caster sugar (optional).
10. Bake for approx. 25 minutes. (Insert a skewer into the centre of the muffins. If it comes out clean they are ready)
11. Allow to cook in the muffin tray for 5 minutes before transferring to a wire rack to cool completely.



# Butter Chicken

## Ingredients (Per Pair)

### Marinade:

- ½ cup plain full-fat yoghurt
- 1 tbsp. lemon juice
- 1 tsp. turmeric powder
- 2 tsp. garam masala
- ½ tsp. chilli powder
- 1 tsp. ground cumin
- 1 tbsp. fresh grated ginger
- 2 tsp. crushed garlic
- 2 chicken thigh fillets, chopped  
    into bite size pieces
- Coriander, to garnish



### Curry

- 1 tbsp. vegetable oil
- 1 cup tomato passata
- 1 tbsp. sugar
- 1 ¼ tsp. salt
- 1 cup cream
- ½ cup long grain rice

## Method

1. Combine the marinade ingredients in a medium silver bowl.
2. Cut chicken into bite size pieces and toss in marinade. Cover with cling film and refrigerate for 15 minutes.
3. Meanwhile, fill half of a medium saucepan with water and bring to a boil. Add rice and cook until tender and fluffy.
4. Heat the vegetable oil over a high heat in a large frypan.
5. Remove the chicken from the marinade and cook in the heated fry pan for around 3 minutes, or until the chicken is all white on the outside.
6. Add the tomato passata, sugar and salt. Turn down to low and simmer for 20 minutes.
7. Season with more salt if necessary. Remove from heat.
8. Stir through the cream and serve on top of rice with a garnish of coriander.



# Candy Apples

## Ingredients

- 2 small apples (any variety)
- 2 lollipop or popsicle sticks
- ½ cup sugar
- ¼ cup light corn syrup
- ½ cup water
- ¼ tsp. red food colouring



**Equipment:** Candy thermometer

## Method

1. Wash the apples in warm water and thoroughly dry with paper towel.
2. Insert one lollipop/popsicle stick into the top of each apple, ensuring they are firmly positioned.
3. Set the apples aside on a baking tray lined with baking paper.
4. Combine the sugar, corn syrup and water in a medium heavy-based saucepan and place over a medium heat, stirring minimally.
5. Bring the mixture to a boil and allow to cook until it reaches 148°C (hard crack stage) on the candy thermometer. Be very careful as the liquid is extremely hot at this stage.
6. Remove the candy mixture from the heat and carefully stir in the red food colouring (it may splash, so stand back).
7. One by one, carefully dip the apples into the candy mixture, swirling to coat them thoroughly. Hold the dipped apple over the saucepan for a few seconds to allow any excess candy to drip off.
8. Once coated evenly, transfer the apples to the prepared baking tray and allow them to cool until the candy has completely hardened.

# Cauliflower Hash browns

## Ingredients (Per Pair)

225g cauliflower

2 eggs

¼ yellow onion, grated

½ tsp salt

Pinch of pepper

2 tbsp oil, for frying



## Method

1. Rinse, trim and finely chop the cauliflower.
2. Add cauliflower to a large bowl. Add remaining ingredients and mix to combine. Set aside for 5-10 minutes.
3. Turn oven on to lowest heat.
4. Heat oil in a frypan on medium heat and place large spoonfuls of mixture in the pan and flatten slightly.
5. Fry for 4-5 minutes on each side. Adjust the heat to make sure they don't burn but don't flip them too soon or they will fall apart.
6. Place cooked hash browns on a plate or metal tray (not plastic!) into the warm oven to keep warm while you fry remaining mixture.
7. Serve while warm. Enjoy!

# Cheesy schnitzels with pressed parmesan potatoes

Schnitzel is a popular way of serving meat for a main course. The addition of parmesan cheese to the crumbs gives a delicious cheesy flavour to the crust. Frying is a dry method of cooking that adds an appealing flavour and texture to food. This dish makes a hearty family meal when served with pressed parmesan potatoes and a green salad or coleslaw.

## Cheesy schnitzels

- 2 thin slices yearling beef
- 1 egg
- 2 tablespoons milk
- a pinch of salt
- 1/3 cup finely grated parmesan cheese
- 1 cup dried breadcrumbs
- 2 tablespoons flour
- 3 tablespoons oil
- 40 grams butter

### METHOD

- 1 Flatten the beef with a meat mallet until it is approximately half a centimetre thick.
- 2 Trim off any sinew from around the edge if necessary.
- 3 Beat the egg, milk and salt together lightly.
- 4 Mix parmesan cheese and breadcrumbs together on a plate.
- 5 Dust the meat with the flour and shake off any excess.
- 6 Dip the floured meat into the egg mixture.
- 7 Finally, coat the meat with the breadcrumb and parmesan mixture.
- 8 Place the crumbed schnitzel on a tray and refrigerate for 20–30 minutes.
- 9 Heat the oil in a frying pan; when hot, add the butter.
- 10 When foaming, fry the crumbed schnitzels until golden brown. Turn and cook the other side.
- 11 Drain on paper towel. Serve with pressed parmesan potatoes and a green salad.

**SERVES 2**

## Pressed parmesan potatoes

- 2 potatoes
- spray oil
- 2 tablespoons parmesan cheese
- 1 spring onion, chopped

### METHOD

- 1 Preheat oven to 200°C.
- 2 Place the potatoes on a microwave-safe dish and microwave on high for 5 minutes.
- 3 Transfer the potatoes to an oven tray and bake for approximately 20 minutes until cooked through.
- 4 Using a potato masher, press each potato firmly until slightly crushed.
- 5 Spray each one with oil and sprinkle with parmesan cheese and chopped spring onion.
- 6 Return to the oven and bake for a further 10 minutes.

# Chicken noodle stir-fry

## Ingredients (Per Pair)

### Chicken Stir-fry

200g skinless, boneless chicken breast

1 tbsp. canola oil

125g long life noodles (1/2 packet Chang's brand)

1 garlic clove (1 tsp minced garlic)

1 medium carrot, sliced thinly

¼ red capsicum, sliced thinly

3 broccoli florets, chopped into small pieces

½ spring onion, sliced, for garnish

1 tsp. toasted sesame seeds, for garnish

### Sauce:

½ tsp grated ginger

1 tbsp. brown sugar

¼ cup low sodium soy sauce

2 tbsp. hoisin sauce

2 tsp. sesame oil

¼ tsp crushed red pepper flakes, optional

### Method

1. Cook noodles per packet instructions and put aside.
2. Slice chicken breast into strips. Put aside.
3. Prepare vegetables as described in ingredients list. Put Aside.
4. Mix together all sauce ingredients in a small bowl and put aside.



Cook the stirfry:

5. Heat your stirfry pan on medium heat and add 1 tablespoon of canola oil
6. Add the chicken strips and garlic into the pan and stirfry for a couple of minutes.
7. Add the chopped vegetables and stirfry for another couple of minutes.
8. Add the prepared noodles and continue to stir fry until the chicken and vegetables are cooked.
9. Stir through the sauce and allow to heat through for another minute.
10. Divide the stirfry into 2 bowls and garnish with the sliced spring onions and toasted sesame seeds.
11. Enjoy.



# Chicken Tender Wraps

Comparison of pan-fried vs. baked chicken tenders

## Ingredients (Per Pair)

- 4 tenderloins
- ¼ cup plain flour
- 1 egg
- ½ cup breadcrumbs
- 1 tbsp. olive oil (for frying)
- ½ of a tomato
- 1 small piece of cucumber
- 5 lettuce leaves
- 2 tbsp. mayonnaise
- 2 wraps



## Method

1. Pre-heat oven to 180°C.
2. Crack egg into small bowl and whisk lightly.
3. Place breadcrumbs and flour each into separate bowls.
4. Dip tenderloin into the flour, shake off excess and then place into bowl of egg
5. Coat tenderloin in egg, shake off excess and place into bowl of breadcrumbs.
6. Toss tenderloin in breadcrumbs to coat evenly.
7. Repeat crumbing process with all four tenderloins.
8. OVEN BAKED OPTION: Place two crumbed tenderloins on prepared baking tray and cook in oven for 20 minutes or until golden and crispy on the outside and cooked through inside.
9. PAN-FRY OPTION: Heat up a tablespoon of oil in a small fry pan over medium heat. Add remaining two tenderloins and cook until golden and crispy on both sides and cooked through inside.
10. Slice tomato and cucumber.
11. Assemble one wrap with mayonnaise, vegetables and oven baked tenderloins. Cut in half so each partner in pair can try half.
12. Assemble the other wrap the same except with the pan fried chicken. Cut each wrap in half so each person can try one half of the oven baked and one half of the pan fried options.

# Choc Chip Cookies

## Ingredients (Per Pair)

125g softened butter, cubed

½ cup sugar

½ cup brown sugar

½ tsp vanilla essence

1 egg

1 ¾ cups plain flour

125g choc chips



**Equipment:** Electric beaters

## Method

1. Preheat oven to 150°C. Line baking trays with baking paper.
2. Place butter, sugar and brown sugar in a large bowl and beat with electric beaters until light and fluffy, about 3 minutes.
3. Add egg and vanilla and beat well.
4. Sift in flour then stir with a wooden spoon to combine.
5. Stir in chocolate chips.
6. Make small balls of dough and place on prepared trays, 3-4 cm apart to allow for spreading.
7. Bake in oven for 10-15 minutes, until golden around the edges. The cookies will harden as they cool.
8. Allow cookies to cool on tray for 5 minutes, then transfer to a cooling rack to cool completely.



# Chocolate Mousse

## Ingredients (Per Pair)

200g dark chocolate, chopped

20g butter

3 eggs, separated

1 tbsp caster sugar

1 cup (250ml) thickened cream

120g raspberries (to serve)



## Method

1. Place the chocolate and butter in a small saucepan over low heat and stir until melted and smooth.
2. Separate the eggs – separate the white and yolk of each egg into two separate bowls. After each separation, accumulate the whites into a large silver bowl to avoid contaminating all whites with a broken yolk.
3. Stir separated egg yolks into the saucepan of chocolate and butter. Set aside.
4. Whip the cream in a medium silver bowl until soft peaks form. Set aside.
5. Whisk the egg whites in the large silver bowl until soft peaks form.
6. Gradually add the sugar and whisk until stiff peaks form.
7. Gently fold the cooled chocolate mixture through the whisked egg whites.
8. Gently fold the whipped cream through.
9. Spoon into serving cups and refrigerate until set.
10. Top with berries to serve.
11. Enjoy!

# Chocolate self-saucing pudding

## Ingredients (Per Pair)

30g butter, softened

¼ cup sugar

½ cup self-raising flour, sifted

1 tbsp. milk

1 egg

1 tbsp. cocoa

1 tsp vanilla essence

## Sauce

¼ cup sugar

2 tsp cocoa

½ cup hot water

**Equipment:** electric beaters



## Method

1. Preheat oven to 180°C and grease a loaf tin.
2. Use electric beaters to cream butter and sugar together in a medium bowl.
3. Add vanilla and egg and mix well.
4. Stir in sifted flour and cocoa alternately with the milk.
5. Pour batter into prepared tin and spread evenly.
6. Mix together the ¼ cup sugar and 2 tsp cocoa for sauce in a small bowl to remove lumps.
7. Sprinkle the cocoa and sugar mixture evenly on top of the batter.
8. Pour the hot water on gently, over the back of a wooden spoon.
9. Place in the oven and bake pudding for 15-20 minutes, until the pudding is firm to the touch but still has a little wobble.

# Chocolate Soufflés

## Ingredients (Per Pair)

### Souffle:

- 2 egg yolks
- 3 egg whites
- 1/3 cup milk
- 1 tbsp. cornflour
- 1 tbsp. cocoa
- ¼ cup caster sugar
- 1 tbsp caster sugar, extra, for dusting
- 40g dark chocolate, finely chopped
- ¼ tsp cream of tartar
- Melted butter, for greasing (up the front)

### Chocolate Sauce:

- 80g dark chocolate, chopped
- ¼ cup (60mL) pouring cream
- 1 tsp vanilla extract

## Method

1. Preheat the oven to 180°C.
2. Brush 2 ramekins with melted butter and dust with 1 extra tbsp caster sugar.
3. Carefully separate three eggs using the 3 bowl method. Set aside 3 egg whites in one bowl and 2 egg yolks in another. Discard the third egg yolk.
4. Place the egg yolks, milk, cornflour, cocoa and sugar in a small saucepan over low-medium heat and cook, whisking, for 3 minutes or until the mixture just begins to thicken.
5. Add the finely chopped 40g of dark chocolate and cook, whisking, for a further minute or until very thick. Transfer to a medium bowl and refrigerate for 5 minutes to cool slightly.



6. Place the egg whites and cream of tartar in a large bowl and whisk with electric beaters until stiff peaks form.
7. Remove the chocolate mixture from the fridge and beat with electric beaters until smooth and thickened.
8. Spoon one third of the chocolate mixture into the whipped egg whites and **gently** fold it in until mostly combined. Add another third of chocolate mixture and repeat until combined. Add the remaining chocolate and again, gently fold through until combined but still light and airy.
9. Spoon the souffle batter into the ramekins and run your finger 0.5cm around the inner edge of each ramekin.
10. Place the ramekins on a baking tray and bake for 15-17 minutes or until risen and golden.
11. While the souffles are cooking, make the chocolate sauce: Place the chocolate, cream and vanilla in a small saucepan over low heat and cook, stirring, for 5-6 minutes or until melted and smooth.
12. Spoon the sauce over the cooked souffles and serve immediately.

# Churros with chocolate sauce

## Ingredients (Per Pair):

1 cup (250mL) water

56g unsalted butter, diced into small cubes

1 tbsp. white sugar

¼ tsp salt

1 cup plain flour

1 large egg

½ tsp. vanilla extract

## Coating

½ cup sugar

¾ tsp ground cinnamon

## **Chocolate sauce:**

100g dark chocolate, chopped

½ cup (125mL) pouring cream

1 tbsp. brown sugar

**Equipment:** Deep fryer, piping bag & star nozzle, electric beaters

## Method

1. Make coating: whisk together sugar and cinnamon in a small bowl and set aside.
2. Turn deep fryer on to heat oil to 180°C.
3. Add water, butter, sugar and salt to a large saucepan, bring to a boil over medium-high heat.
4. Reduce heat to low, add flour and cook, stirring constantly with a rubber spatula until mixture comes together and is smooth (a few lumps is fine).
5. Transfer mixture to a large bowl and allow to cool for 5 minutes.



6. Add vanilla and egg to batter and beat with an electric mixer until mixture comes together and is smooth (it will separate at first but continue to mix and it will come together).
7. Fit a large piping bag with a star tip, then transfer batter into piping bag.
8. Carefully pipe batter into preheated oil, using clean scissors to cut at desired length.
9. Let fry until golden brown, about 2 minutes per side. Transfer to paper towels to dry briefly then toss in cinnamon sugar mixture while still hot, to coat.
10. Repeat process with remaining dough (frying no more than 5 at once). Serve warm with chocolate or caramel sauce.
11. To make the **chocolate sauce**: combine the chocolate, cream and sugar in a small saucepan over medium-low heat. Cook, stirring constantly, until chocolate is melted and mixture is smooth.

# Crème Brulee

## Ingredients (Per Pair)

150ml thickened cream

100ml milk

½ tsp. vanilla bean paste

50g egg yolks (from 3 eggs)

35g caster sugar

3 tsp. demerara sugar

## Method

1. Preheat oven to 160°C
2. Place cream and milk in a small saucepan on a low heat to heat up. Don't allow it to boil.
3. Whisk the egg yolks and caster sugar together in a medium silver bowl until the mixture become lighter in colour and slightly fluffy.
4. Whilst continuing to whisk the egg yolk mixture, slowly pour in the hot cream and milk and whisk to combine. Add vanilla and mix.
5. Place a medium saucepan about one quarter full of water on a medium heat on the stovetop. Place the bowl of custard mixture over the medium saucepan of hot water and stir constantly with a wooden spoon.
6. Stir and cook the custard mixture until it has thickened and coats the back of the spoon.
7. Strain the mixture into a clean bowl or jug and then divide between the ramekins.
8. Place the ramekins on a wire rack in a roasting pan and fill the pan with hot water so that it sits half way up the ramekins. Carefully place in oven and cook for 15-20 minutes or until they are set and jiggle slightly when shaken.
9. Allow to cool slightly then put in fridge to cool completely.
10. Sprinkle the demerara sugar in an even layer on top of each ramekin and use a blow torch to carefully caramelize the sugar. Keep the flame moving around the surface until the sugar is completely melted and starting to turn golden brown.
11. Allow to cool for a couple of minutes then crack into your crème brulee and enjoy!






# Garlic Bread

## Ingredients (Per Pair)

- 1 hotdog bun
- 2 tbsp. butter, softened
- ½ - 1 tsp crushed garlic, to taste
- 2 tsp chopped parsley



## Method

1. Preheat oven to 180°C.
2. Make 5 deep cuts, nearly all the way through the bun, evenly along the length of the bun.  
E.g: 
3. Mix butter, garlic and parsley in a small bowl until well combined.
4. Spread butter mixture onto all cut sides of the bread.
5. Wrap entire bun completely in foil and place in oven. Bake for 15 minutes or until golden brown and fragrant.
6. Allow to cool slightly, tear the garlic bread into pieces and enjoy half each!

# Gingerbread People

## Ingredients (Per Pair)

75g butter, softened

¼ cup (50g) brown sugar

1/4 cup (75g) golden syrup

½ an egg yolk

1 ¼ cups plain flour, sifted

½ tsp mixed spice

2 tsp ground ginger

½ tsp bicarb soda

¼ cup Plain flour, extra

NOTE: Ensure you scrape out **ALL** of the golden syrup from your measuring cup. If you don't have the full 1/3 cup in your mixture, the dough will be too dry.



## Royal icing:

2 egg whites

2 cups icing sugar, sifted.

½ tsp lemon juice

## Method

1. Preheat oven to 180°C. Line 2 baking trays with baking paper.
2. Place the butter and sugar in a large bowl and beat with electric beaters until pale and creamy approximately 3 minutes.
3. Add the golden syrup (again, ensure you scrape out ALL of the syrup from the bowl you have it stored in!) and egg yolk and beat until combined.
4. Using a wooden spoon, stir in flour, mixed spice, ginger and bicarb soda until well combined.
5. Turn out onto a lightly floured, clean bench and knead into a ball. Flatten the dough into a disc and wrap in cling wrap and place into the fridge for 30 minutes.
6. Roll the dough out between 2 sheets of baking paper lightly sprinkled with flour to 3-4mm thick.
7. Cut shapes from the dough using chosen cutters.
8. Place biscuits on prepared trays.
9. Bake for 8 – 10 minutes or until lightly golden around the edges.

10. Cool on the tray for 5 minutes then transfer to a wire rack to cool completely.
11. Whilst they cool, make the royal icing: beat the egg whites until they form stiff peaks.
12. Gradually **sift** in icing sugar and stir in lemon juice to combine.
13. Roll a piece of baking paper into a cone and secure at wider end with a staple to create a piping bag.
14. Spoon royal icing into prepared piping bag and use to decorate gingerbread people and secure the buttons on.

# Pizza Scrolls

## Ingredients (Per Pair)

2 cups self-raising flour, sifted

100g chilled butter, chopped

2/3 cup (160ml) milk

½ cup tomato pizza sauce

1 cup Shredded pizza cheese

1 tsp mixed herbs

## Toppings

Variety of toppings provided on trolley

(e.g. ham, capsicum, olives, pineapple)



**Equipment:** Rolling pin

## Method

1. Pre-heat oven to 220°C. Line a baking tray with baking paper.
2. Place the flour and butter in a large bowl. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.
3. Add the milk and use a butter knife in a cutting motion to mix until all ingredients are combined and a smooth dough forms.
4. Turn the dough out onto your clean and lightly floured bench. Knead gently until smooth.
5. Use a rolling pin to roll dough out to a 30cm x 40cm rectangle.
6. Mix pizza sauce with mixed herbs and spread evenly on dough. Sprinkle over your prepared toppings in a thin, even layer. (Don't overfill the pizza, you need to be able to roll it up!)
7. Starting from 1 long edge, roll the pizza up firmly to form a log. Use a sharp knife to cut into 8 even portions.
8. Place the scrolls, touching side by side, on the prepared tray. Bake for approx. 20 minutes or until golden and cooked through. Set the scrolls aside to cool.
9. Clean up, then enjoy!

# Ricotta and Orange Biscuits

## Ingredients (Per Pair)

65g butter, softened

1/3 cup caster sugar

Rind of one orange, finely grated

½ tsp. vanilla essence

1 egg

100g ricotta

1 cup plain flour

1 tsp. baking powder

Pinch of salt

¼ cup icing sugar, for dusting



**Equipment:** Electric Beaters

## Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. In a large silver bowl, cream together the butter, sugar, orange rind and vanilla until pale and fluffy.
3. Add the egg and beat until well combined.
4. Fold in the ricotta with a spatula.
5. Sift the flour, baking powder and salt into the ricotta mixture and stir through until a soft dough is formed.
6. If time allows – place dough on a plate, cover with plastic wrap and refrigerate for 15 minutes.
7. Sift the icing sugar onto a plate, roll tablespoons of mixture into balls and then roll through the icing sugar to coat. Place balls on prepared baking tray about 3 centimetres apart.
8. Bake for approximately 25 minutes or until golden and crackled on the surface.

# Tomato, feta and basil bruschetta

## Ingredients (Per Pair)

- 3 medium tomatoes, finely chopped
- ¼ cup fresh basil leaves, torn
- 2 tsp red wine vinegar
- ¼ tsp caster sugar
- 2 tbsp. olive oil
- 4 slices day-old sourdough bread
- 1 garlic clove, halved
- 40g feta
- ¼ Spanish onion, finely sliced
- Salt and pepper, to season



## Method

1. Combine tomato, basil, vinegar, sugar and 1 tablespoon of oil in a bowl.
2. Season with salt and pepper.
3. Preheat grill to medium high.
4. Place bread on a baking tray. Grill for 1 to 2 minutes each side or until golden.
5. Transfer bread to plates. Rub cut side of garlic over 1 side of each piece of toast.
6. Drizzle with remaining oil.
7. Spoon tomato mixture onto toast. Sprinkle sliced onion and crumbled feta on top. Serve.

# Iced Finger Buns

## Ingredients (Per Pair)

- 1 ¼ tsp active dried yeast
- 2 cups plain flour + extra, for dusting
- 1/8 cup caster sugar
- ¼ cup warm milk + 1 tbsp. extra
- 50g cold butter, diced
- ¼ cup sultanas
- 1 tsp flour, extra, for sultanas

## Icing

- 1 cup icing sugar, sifted
- 1 tbsp hot water
- 1 teaspoon butter, softened
- Couple of drops of food colouring



## Method

1. Combine yeast, 1 tsp of the flour, 1 tsp of sugar and ¼ cup **warm** milk in a small bowl. Cover and let stand in a warm place for 10 minutes or until frothy.
2. Place remaining flour and sugar in a large bowl with the diced butter. Use fingertips to rub the butter into the dry ingredients until the mixture resembles breadcrumbs.
3. Add yeast mixture and ½ cup of **warm** water and gently mix until dough just comes together. Toss the sultanas in 1 teaspoon of flour then add to mixture and combine.
4. Turn the dough onto a floured surface and knead for 5 minutes or until it is smooth and elastic.
5. Lightly grease a large silver bowl with cooking spray and place the dough in the bowl, cover and let stand in a warm place until it has doubled in size.
6. Gently punch down the risen dough to expel any air and turn out onto a floured surface. Knead until smooth.
7. Divide the dough into 6 portions and roll each portion into an oval approximately 15cm long.
8. Preheat oven to 220°C and line a baking tray with baking paper (trim/fold the paper so it doesn't overhang).



9. Place the buns on the prepared tray so that they are touching each other on their sides. Let stand uncovered in a warm place for about 10-15 minutes or until the dough is well risen.
10. Bake for 10 minutes, then reduce heat to 180°C and bake for a further 10-20 minutes or until golden brown and cooked.
11. Remove the buns from the oven and place them on a wire rack to cool completely before icing.
12. While the buns cool, prepare some icing; combine sifted icing sugar, hot water and butter in a small bowl until smooth. Add a couple of drops of food colouring and stir thoroughly until the icing is one consistent colour.
13. Once buns are completely cool, smooth icing over the top with a butter knife. Serve and enjoy!

# Mini Beef Sliders

## Ingredients (Per Pair)

200g beef mince

¼ brown onion, finely diced

½ tsp. curry powder

1 tsp. breadcrumbs

4 mini slider buns, cut in half

1 slice of cheese, cut into quarters

½ small tomato, sliced

4 lettuce leaves

1 rasher bacon, cut into 4

4 burger skewers



## Method

1. Mix the beef mince, onion, curry powder and breadcrumbs in a medium mixing bowl.
2. Make 4 small burger patties out of the mixture, place on a plate lined with baking paper and set aside in the fridge.
3. Fry the bacon in a fry pan over medium heat.
4. Prepare the cheese and tomatoes and set aside.
5. Cook the burgers for 5-10 minutes on a medium heat until browned and cooked through.
6. Place a piece of cheese over each patty for a minute, until the cheese melts slightly.
7. Spread a teaspoon of chutney on one half of each slider bun then top with a lettuce leaf, slice of tomato, bacon and the cheese topped patty. Insert a skewer to hold them together.

# Mini Oreo Cheesecakes

## Ingredients (Per Pair)

### Crust:

12 oreos, whole

2 tbsp. (28g) butter, melted

### Cheesecake Filling:

340g cream cheese, at room temp.

¼ cup (60g) sour cream

1/3 cup (65g) white sugar

1 tsp. vanilla extract

1 lrg. Egg, at room temp.

6 oreos, crushed finely



## Method

1. Preheat oven to 160°C.
2. Spray each cavity of a 12-whole muffin pan well with non-stick cooking spray and line each one with a patty pan. Set aside.
3. Thoroughly crush 12 oreos inside a double-bagged freezer bag with a rolling pin until you have fine crumbs.
4. Melt the 2 tablespoons of butter in a small saucepan over low heat.
5. Mix together the oreo crumbs and melted butter in a mixing bowl until all the crumbs are moistened.
6. Evenly distribute the biscuit mixture between the 12 patty pans and press each down to form one even layer.
7. Bake in the oven for 5 minutes, remove from the oven (leave oven on) and set aside to cool whilst making the filling.

8. To make the filling: Beat the cream cheese with an electric mixer in a large bowl until smooth.
9. Add the sour cream, sugar and vanilla, and continue mixing until well combined, scraping down the sides of the bowl as needed.
10. Add in the egg and mix on low speed until just combined, then gently fold in the crushed oreos with a rubber spatula.
11. Evenly distribute the cheesecake filling on top of all 12 bases in the muffin pan and return to the oven. Bake for 15-17 minutes or until the tops of the cheesecakes are set.
12. Remove from the oven and allow to cool then transfer to the refrigerator to chill before serving.

# Mini Vegetable Pasties

## Ingredients (Per Pair)

- 1 medium potato, peeled and chopped
- 60g broccoli, cut into small florets
- 1 tsp olive oil
- ¼ onion, finely diced
- ½ celery stalk, finely diced
- ¼ carrot, finely diced
- ¼ small zucchini, finely chopped
- ¼ cup frozen peas
- 1/2 heaped tsp. mild curry powder
- 3 sheets frozen shortcrust pastry, partially thawed
- 1 egg, lightly beaten
- Tomato sauce, to serve



**Equipment:** Large round biscuit cutter

## Method

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Cook potato in a medium saucepan of boiling water for 8 to 10 minutes or until just tender, adding broccoli for the last 2 minutes to cook. Drain and return to pan.
3. Use a fork to gently mash potato and broccoli mixture.
4. Heat oil in a frying pan over medium-high heat and cook onion, stirring, for 3 minutes or until softened.
5. Add carrot, celery and zucchini and cook for a further 5 minutes or until carrot starts to brown.
6. Add mashed potato, peas and curry powder. Take off the heat. Stir to combine then set aside to cool.
7. Using an 11cm round cutter, cut 4 rounds from each pastry sheet.
8. Spoon 1 ½ tablespoons of mixture into centre of each pastry round.
9. Brush edges of rounds with a little bit of beaten egg then fold in half to enclose filling.
10. Press edges to seal and form frills.
11. Place pasties on prepared tray and brush lightly with egg.
12. Bake for 20 minutes or until golden. Allow to cool for 5 minutes before serving.

# Passionfruit Melting Moments (YoYo's)

## Ingredients

½ cup Self Raising flour

¼ cup custard powder

2 tablespoons of icing sugar

80g cold unsalted butter (diced into small cubes)

## Icing

30g softened unsalted butter

¼ cup icing sugar

1/2 tablespoon passionfruit pulp



## Method:

1. Set oven to 170°C.
2. Sift flour, custard powder and icing sugar into a medium sized bowl.
3. Rub in butter with fingertips and then work to a stiff dough.
4. Roll into 12 balls and place on baking tray lined with baking paper. Ensure you leave enough room for the biscuits to spread whilst cooking. (See picture)
5. With a fork coated in a little flour gently, press a fork imprint into the top of each dough ball. (See picture)
6. Bake for approximately 10 minutes or until pale in colour. (The biscuits are ready when you can gently push a biscuit on the tray and it moves)
7. Cool on cooling rack
8. To make icing, beat the butter and sugar for 2 minutes, until light and fluffy. Then stir through the passionfruit pulp until thoroughly combined.
9. Join cooled biscuits together with the icing.
10. Dust top of joined biscuit with icing sugar.
11. Enjoy!



# Pork Dumplings

## Ingredients (Per Pair)

### For the Dumplings:

- 100g cabbage, very finely diced
- 1 tsp salt (for the cabbage)
- 100g pork mince
- ¼ tsp minced garlic
- 1/8 tsp minced ginger
- 1/8 cup finely diced spring onion (1 stalk)
- ½ tbsp soy sauce
- ¼ tsp sesame oil
- Pinch of white pepper
- ½ tbsp. of cooking rice wine
- Approx. 12 dumpling skins
- Small cup of water for wrapping the dumplings
- 1 tbsp. oil (1/2 tbsp for each batch of cooking)
- ¼ to ½ cup of water (for steaming)

## Method

1. Dice the cabbage until very fine, or pulse in a food processor.
2. Place the cabbage in a medium bowl and mix well with 1 tsp of salt. Let sit for 10 minutes.
3. Squeeze out as much liquid as possible from the cabbage, one handful at a time.
4. In a large mixing bowl, combine the cabbage, pork mince, garlic, ginger, sliced spring onion, soy sauce, sesame oil, white pepper and rice wine. Mix well.
5. **Wrap the dumplings:** Line a baking tray with baking paper and set aside to place your dumplings on.
6. Carefully separate a dumpling skin, and place it in the palm of your non-dominant hand.
7. Using your dominant hand, dip a finger into the small cup of water and gently dab the water onto the outer edge of one side of the dumpling skin.
8. Scoop one heaped teaspoon of filling into the middle of the dumpling skin, keeping it tight.
9. Fold the bottom half of the skin up to match the other edge, and pinch all along the edge that meets. *Optional:* Pleat the seam of the dumpling to strengthen the seal.



### For the Dipping Sauce:

- 2 tbsp. Black Chinese vinegar
- 1 tbsp. light soy sauce
- 2 tsp. sugar
- 2 tsp. water



10. Place the dumpling on the baking paper lined baking tray.
11. Repeat steps 6 to 10 with all remaining dumpling skins and filling.
- 12. Cook the dumplings:** Add 1 tbsp oil to a frying pan over a medium-high heat and place 6 dumplings onto the oil (ensure each dumpling makes contact with some of the oil).
- 13.** Turn the stove to medium and add about  $\frac{1}{4}$  cup water.
14. Cover with a large saucepan lid and cook for 5-10 minutes, or until water is evaporated (You may need to add more water if it is boiling away but the dumplings aren't cooked yet).
15. Turn the dumplings over with a plastic spatula (Do not use metal utensils in the frying pan). If the dumplings are sticking to the pan, gently shake the frying pan or use the back edge of the spatula to loosen them.
16. Cook for another 2-5 minutes after turning over. The dumplings should be lightly golden and cooked through. Once cooked, transfer to a plate.
17. Add another  $\frac{1}{2}$  tbsp oil to the pan and cook the remaining dumplings, following steps 12-16 again.
18. Combine all of the sauce ingredients together in a small bowl and serve with your dumplings.

# Vietnamese Rice Paper Rolls

## Ingredients (Makes 4)

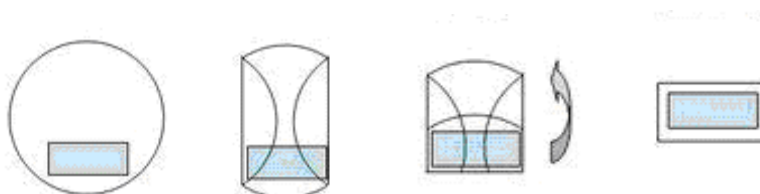
- 50g vermicelli noodles
- 1 cup (130g) shredded cooked chicken
- ½ cup finely shredded wombok (Chinese cabbage)
- ½ cup bean shoots, trimmed
- ¼ red capsicum, thinly sliced
- 1/3 cup fresh mint leaves, roughly torn
- 1/3 cup fresh coriander
- 2 tbsp. lime juice
- 2 tbsp. fish sauce
- 4 rice paper rounds
- Sweet chilli sauce, to serve



## Method

1. Soak vermicelli noodles in a bowl of hot water. Drain once softened, chop with scissors and set aside.
2. Combine the chicken, wombok, beansprouts, capsicum, mint, coriander, lime juice and fish sauce in a medium sized bowl.
3. Place 1 rice paper round in a large bowl of warm water for 15 seconds, or until just soft. Spread out on a clean section of bench.
4. Arrange ¼ cup of the chicken mixture along the centre of the rice paper.
5. Fold the short ends in then roll it up lengthways to enclose the filling.
6. Repeat with remaining filling and rice paper sheets.
7. Serve with sweet chilli sauce and extra coriander.

### **How to roll a rice paper roll:**



# Sausage rolls

## Ingredients (Per Pair)

½ an onion, peeled and finely diced

250g sausage mince

½ tsp mixed herbs

Salt and pepper, to season

1 slice white bread, crust removed

1 sheet puff pastry

1 egg, lightly beaten

*Optional: sesame seeds (to sprinkle on top)*



## Method

1. Preheat oven to 220°C. Line an oven tray with baking paper.
2. Remove crust from bread then place in a small bowl and cover with warm water. Leave for 5 minutes to soak.
3. Combine mince, onion and herbs in a medium size bowl.
4. Remove bread from water, squeeze out excess liquid and add to the mince mixture. Season with salt and pepper (optional) and mix to combine well.
5. Place sheet of pastry on a white chopping board and slice it in half to make 2 rectangles (keep blue backing plastic on). Carefully move the rectangles of pastry onto your clean bench.
6. Place equal amounts of filling mixture along the long edge of each rectangle of pastry. Brush the opposite long edge with a little bit of egg.
7. Starting at the filled edge, roll the pastry to enclose the filling and form a log, ensuring the egg seals up the edge.
8. Place the rolls seam side down back onto the chopping board. Brush the tops with egg and sprinkle with sesame seeds (optional).
9. Cut each log into 6 small, evenly-sized sausage rolls. Place them onto the prepared baking tray, leaving a small space between each sausage roll so they cook evenly. Use a fork to gently prick each a roll a couple of times to allow steam to escape during cooking.
10. Place in oven and bake for 20 minutes or until cooked through and golden brown. Allow to cool slightly before serving with tomato sauce or relish.

# Tim Tam Fudge

## Ingredients (Per Pair)

½ tin sweetened condensed milk (197g)

187g milk chocolate melts

½ packet original Tim Tams (100g), roughly chopped



## Method

1. Line a standard loaf tin with baking paper and set aside.
2. Chop the tim tams into medium sized chunks and put aside.
3. Place a medium pot ¼ filled with water on the stove on a low-medium heat.
4. Place the sweetened condensed milk and chocolate melts into a medium sized bowl (ensure you thoroughly scrape out all of the condensed milk from its container).
5. Place the bowl over the pot of hot water to melt the condensed milk and chocolate together. Stir occasionally with a metal spoon or plastic spatula until **just** melted.
6. Remove the bowl from the pot and quickly **fold** in the chopped Tim Tams. Do not overmix!
7. Pour into prepared tin, spread out evenly and smooth the top.
8. Refrigerate for at least 2 hours to set.
9. Cut into small squares and serve.

# Gluten-free Brownies

## Ingredients (Per Pair)

50g butter

75g dark chocolate

50g gluten free plain flour

100g caster sugar

2 eggs

½ tsp gluten free baking powder

## Method

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper
3. Gently melt the butter and sugar together in a small saucepan over a low heat. Remove from heat and set aside to cool.
4. Sift the flour, sugar and baking powder together into a large bowl. Mix to combine.
5. Add the eggs to the dry ingredients and mix thoroughly.
6. Add the melted chocolate mixture, using a spatula to scrape all of the liquid out of the saucepan. Mix until thoroughly combined.
7. Pour batter into prepared tray and bake for approximately 25 minutes.
8. Allow to cool in tin.



# Honeycomb

## Ingredients (Per Pair)

1 ½ cups (335g) white sugar

½ cup (125ml) honey

1/3 cup (80ml) water

2 tbsp. golden syrup

2 tsp. bicarbonate of soda

*Optional: 250g milk or dark chocolate (for coating)*



**Equipment:** Candy Thermometer

## Method

1. Line an oven tray with baking paper.
2. Combine sugar, honey, water and golden syrup in a medium saucepan.
3. Place over a low heat and cook, stirring occasionally for 5-7 minutes or until sugar dissolves (brush down the sides of the pan and spoon with a pastry brush dipped in water to remove any sugar crystals if they form).
4. Increase heat to high and bring to a boil.
5. Cook, without stirring, for 5-7 minutes or until the syrup reaches 154°C on a candy thermometer.
6. Immediately remove saucepan from heat and let sit until bubbles subside.
7. Add the bicarbonate of soda (mixture will bubble and foam) and quickly stir with a wooden spoon until combined.
8. Quickly pour onto prepared tray and set aside to cool completely.
9. Melt chocolate using the double boiler method – place chocolate in a small silver bowl over a small saucepan of simmering water (ensure water level is low enough that it doesn't touch the bowl, this will cause the chocolate to burn).
10. Stir gently until chocolate is completely melted and smooth.
11. Remove honeycomb from paper lined tray and cut or break into medium-sized chunks.  
*Optional:* Toss in melted chocolate to coat.
12. Transfer coated honeycomb back onto the baking paper lined tray and refrigerate until set.

# Macaroni and Cheese

## Ingredients (Per Pair)

1 cup macaroni pasta

½ cup shredded cheddar cheese

## Basic white sauce

2 tbsp. butter

2 tbsp. plain flour

1 ¼ cup milk, warmed

Salt and pepper, to taste

## Crunchy topping

2 slices bread (torn into coarse breadcrumbs)

1/2 cup shredded cheese

2 tsp chopped parsley

## Method

1. Preheat oven to 220°C.
2. Half fill a large saucepan with hot water and a pinch of salt and bring to the boil.
3. Add macaroni and cook for approximately 10 minutes, stirring occasionally.
4. Meanwhile, put the milk in a small saucepan over a low heat to warm gently.
5. Melt butter in a medium saucepan over medium-low heat.
6. Add flour. Stir the mixture for approximately 1 minute over the heat.
7. Add about ¼ cup of the warm milk slowly, stirring to keep the mixture smooth.
8. Add the remaining warm milk slowly, stirring constantly.
9. Heat to just a gentle rolling simmer, stirring constantly. Cook for about 5 minutes until desired consistency, and flour is cooked.
10. Add the grated cheese to the white sauce and mix well.
11. Season to taste with salt and pepper.
12. Fold the cooked and drained macaroni into the cheese sauce.
13. Place 2 foil loaf tins onto a baking tray and distribute the pasta evenly between the tins.
14. Mix crunchy topping ingredients together and sprinkle on top of the pasta.
15. Place in the oven for approximately 10 minutes or until golden brown.





# Quiche Lorraine

## Ingredients (Per Pair)

150g bacon rashers, rinds removed, diced

½ onion, peeled and diced

100g grated tasty cheese

2 eggs

200mL pouring cream

Salt and pepper, to taste

1 sheet frozen shortcrust pastry, thawed

1/3 cup rice (for blind baking)

## Method

1. Preheat the oven to 220°C.
2. One person prepares the pastry base, the other will prepare the filling.

### Base:

1. Spray a 20cm quiche tin with spray oil then line it with shortcrust pastry: Gently lay the sheet over the pan then push the pastry into the corners, without stretching it. Leave pastry edge higher than the tin.
2. Prick the entire base of the pastry with a fork, to prevent air bubbles forming during baking.
3. Blind bake the pastry: Place a piece of baking paper on top of the pastry then fill the case with rice to weigh it down. Place the tin on a baking tray and bake on the middle oven rack for 10 minutes.
4. Remove the rice and baking paper then bake the empty case for a further 10 minutes in the middle of the oven, or until the base is lightly browned. Remove and set aside.
5. Reduce the oven temperature to 180°C.



### Filling

1. Cook the diced onion and bacon in a frypan over medium-high heat until both are softened (you do not need oil as there is enough fat in the bacon). Set aside the bacon and onion and discard the excess grease.
2. In a medium bowl, combine the eggs, cream, salt and pepper with a whisk.

### Assembly

1. Spread the cooked onion and bacon mix and the grated cheese over the base of the cooked pastry shell.
2. Pour the egg mixture over and carefully place the tin on a baking tray, back in the oven.
3. Bake for 25-30 minutes at 180°C on the middle oven rack, until golden and just set.

# San Choy Bau

## Ingredients (Per Pair)

### Sauce

- 1 ¼ tsp cornflour
- 3 tbsp. water (*add 1 tbsp. at a time*)
- 1 ½ tbsp. soy sauce
- 2 tbsp. oyster sauce
- 1 tsp sesame oil
- 1 tsp white sugar

### Filling

- 1 clove garlic, minced/1 ½ tsp minced garlic
- ½ tsp minced ginger
- 200g pork mince
- ½ onion, finely diced
- 1 small carrot finely diced
- 100g canned water chestnuts, drained and finely chopped
- 5 baby corn, canned or fresh, finely chopped
- 5 mushrooms, finely chopped
- 4 lettuce leaf 'cups

Optional Garnish: Finely sliced spring onion and fresh red chilli



## Method

1. Make the sauce: Mix cornflour with 1 tbsp. water until lump free. Add remaining sauce ingredients (only add remaining 2 tablespoons water if necessary) and mix to combine
2. Make the Filling: Prepare and chop all filling ingredients.
3. Heat 1 tbsp. oil in a wok over medium-high heat. Add garlic and ginger, give it a quick stir then add the onion and cook for 1 minute.

4. Add pork and cook until meat turns white, using a wooden spoon to break up and separate the mince.
5. Add all the vegetables. Cook for 2 minutes, until the carrot is softened and pork is cooked through.
6. Add sauce, stir through and cook for 1-2 minutes, or until sauce thickens and coats the filling.
7. Assemble: To serve, spoon some filling into each lettuce cup and enjoy!

# Vegan Chocolate Cup Cakes

## Ingredients (Per Pair)

- 1 ½ cups plain flour
- 1 cup white sugar
- ¼ cup cocoa
- 1 tsp. Bi carb soda
- ½ tsp. salt
- 1/3 cup or 80 ml vegetable oil
- 1 tsp. vanilla essence
- 1 tsp white vinegar
- 1 cup water



## Decorations

- 100g vegan dark cooking chocolate

## Method

1. Preheat oven to 180°C.
2. Place 11 paper cake baking cups on a tray.
3. Sift flour, sugar, cocoa, baking soda and salt into a large bowl.
4. Add the oil, vanilla, vinegar and water and mix together until smooth – don't over mix!
5. ¾ fill baking cups with batter using 2 dessert spoons and bake in preheated oven for 20 - 25 minutes or until cakes spring back when touched lightly or when a skewer inserted comes out clean.
6. Remove from oven and allow to cool for 5 minutes before transferring to wire rack to cool completely.
7. *Optional:* Melt chocolate and use stencil to create decorations to top cakes
8. Enjoy!

# Homemade Ravioli with Meat & Cheese Filling

## Ingredients (Per Pair)

### Filling

½ egg, beaten  
½ tbsp. parsley, chopped  
90g beef mince  
90g pork mince  
100g ricotta cheese  
¼ cup parmesan cheese, grated  
½ tbsp. extra virgin olive oil  
¼ cup spinach leaves baby spinach chopped  
Salt and pepper

### Pasta Dough

200g Strong 'OO' flour  
½ tsp. Salt  
2 Extra large Eggs  
1 tsp. Olive Oil  
  
1 egg yolk, lightly beaten, for assembly

## Method

### Filling:

1. Fry the beef and pork mince together in olive oil until well browned. Drain the cooked meat in a sieve.
2. Once meat is cooled, place in a medium bowl and combine with the chopped spinach, chopped parsley, beaten ½ an egg, parmesan and ricotta. Add salt and pepper to taste.
3. Transfer the filling to the bowl of a food processor and pulse several times until the mixture is fine.
4. Return the filling to the mixing bowl and refrigerate until needed to fill pasta.

### Pasta Dough:

1. Combine the flour and salt in a large bowl and create a well in the centre.
2. Crack the eggs into a small bowl and pour them and the olive oil into the centre of the well in the flour.
3. Use your hands to incorporate the eggs into the flour until the dough clings together and feels springy.
4. Tip the dough onto a clean, lightly floured workbench. Knead for a few minutes then wrap in plastic wrap and set aside to rest for 30 minutes at room temperature.

### Ravioli assembly:

1. Set up the pasta machine next to a clean dry space on your workbench.
2. Unwrap the dough and cut it into 6 pieces. Keep one piece out and fold the others back in the plastic wrap to stay moist.
3. Roll the piece of dough into a ball and press it down on the board. Flatten and shape it into a rectangle about 8cm wide.
4. Pass the dough through the widest setting of the pasta machine.
5. Fold the dough into 3, then turn it 90 degrees and roll it through again. Do this three or four times, folding as necessary to keep the edges from getting too ragged (this process is called 'laminating').
6. Set the rollers one notch narrower and pass the pasta through.
7. Continue narrowing the machine and passing the dough through each time until the dough has passed through the second thinnest setting.
8. If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
9. If the dough gets too long, you can cut it into two or three pieces, and then roll each piece separately.
10. Cover the rolled pasta with tea towels to avoid it drying out.
11. Clean the pasta machine by brushing it with a **dry** pastry brush. Tip it upside down to get any dried bits of pasta out. **NEVER wash your pasta machine with water as the rollers will rust.**
12. Spread one sheet of rolled pasta out onto the bench and place teaspoonfuls of filling mixture onto sheet, 2-3cm apart. Brush a light layer of beaten egg yolk around each teaspoon of mixture.
13. Lay a second sheet of pasta over the top and press firmly around the filling to remove any air. Use a fluted pastry cutter to cut around each ravioli and set aside ready to cook.

#### Cooking:

1. Bring a large pot of water to the boil. Salt the water.
2. Add the ravioli in batches. Don't overcrowd. Bring the water back to a gentle simmer and cook for about 3-4 minutes.
3. Remove with a slotted spoon. Repeat with remaining ravioli.
4. Serve with desired sauce.



# Sushi

## Ingredients (Per Pair)

1 ½ cups sushi rice

2 ¼ cups cold water

6 tbsp. sushi seasoning

4 nori sheets

Soy sauce, to serve

## Choice of fillings:

Cucumber, sliced into thin strips

Avocado, thinly sliced

Carrot, sliced into thin strips

Mixed lettuce leaves

Cooked tuna

Crispy chicken tenders

Teriyaki chicken

Kewpie mayonnaise

Wasabi



## **Equipment:**

Lined baking tray

Bamboo sushi mat

Finger bowl of water

## Method

5. Rinse and drain rice 3 times or until water runs clear. Place sieve over a bowl to drain thoroughly for 10 minutes.
6. Place rice and 2 ¼ cups cold water in a large saucepan over medium heat. Stir once to lift rice from the bottom of the pot. Cover. Bring to the boil. Reduce heat to low.
7. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand, covered for 10 minutes.
8. Add sushi seasoning and use a spatula to lift and turn the rice then spread out on a lined baking tray to cool completely.
9. Wrap sushi mat in glad wrap.
10. Place 1 nori sheet, shiny-side down, on a sushi mat.
11. Using damp fingers, spread ¾ cup rice over nori, leaving a 2cm strip at one of the short ends.

12. Arrange chosen fillings in a horizontal line across the centre of the rice.
13. Wet fingers and dampen the exposed edge of nori.
14. Using the sushi mat, roll up and seal the moistened edge tightly.
15. Repeat with remaining rice and nori.
16. Cut each roll into 6 slices and serve with soy sauce.

# Mexican-style Beef Kebabs

## Ingredients (Per Pair)

250g beef steak, cut into 3cm chunks

½ capsicum, cut into 3cm pieces

¼ red onion, cut into 3cm pieces

¼ large zucchini, sliced

1 tbsp. mild salsa

1 tbsp. olive oil

1 tsp. lime juice

½ tsp. chili powder

¼ tsp. ground cumin

Salt and pepper, to season

Wooden skewers



## Method

10. Soak the skewers in water for 5 minutes then set aside.
11. In a medium bowl, combine salsa, olive oil, lime juice, cumin and chili powder. Season with salt and pepper.
12. Cut up the steak, capsicum, red onion and zucchini – ensuring they are all similar sized so the skewer cooks evenly.
13. Layer the skewers with the prepared steak, capsicum, onion and zucchini.
14. Brush the skewers with the seasoning sauce, making sure they are well covered.
15. Cook on a frypan over medium-high heat for about 10-12 minutes, turning every 3 to 4 minutes.

# Warm Salted Pretzels

## Ingredients (Per Pair)

360mL **warm water** (lukewarm - from tap)

2 ¼ tsp. instant yeast

1 tsp. salt

1 tbsp. brown sugar

1 tbsp. (15g) Unsalted butter, melted

3 and ¾ cups plain flour,

plus extra for work surface

Coarse sea salt, for sprinkling

½ cup baking soda

9 cups water



## Method

16. Preheat oven to 210°C

17. In a large bowl, Whisk yeast into the **warm** water. Allow to sit for 1 minute.

18. Whisk in salt, brown sugar and melted butter.

19. Slowly add 3 cups of flour, 1 cup at a time.

20. Mix with a wooden spoon until dough is thick.

21. Add remaining ¾ cup flour and combine until dough is no longer sticky.

22. If it is still sticky, add ¼ - ½ cup more, as needed.

23. Poke the dough with your finger, if it bounces back, it is ready to knead.

24. Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball.

25. Cover lightly with a tea towel and allow to rest for 10 minutes.

26. Place the ½ cup of bicarb soda and 9 cups water in a large saucepan over high heat to bring to the boil.

27. Line two baking trays with baking paper.

28. Scoop 1/3 cup portions of dough onto lightly floured surface and roll into a 45cm rope.

29. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape (see photos below).
30. Drop 2 pretzels at a time into the boiling bicarb water for **20-30 seconds only** (any more than that and your pretzels will taste metallic).
31. Use a slotted spatula to lift the pretzel out of the water and allow the excess water to drip off.
32. Place boiled pretzels onto prepared baking tray. Sprinkle each with a pinch of coarse sea salt. Repeat with all pretzels.
33. Bake for 12-15 minutes or until golden brown.
34. Remove from oven and serve warm.



# Crusty mixed seed loaf

Wheat was one of the first cereal crops to be domesticated and cultivated in the region of ancient Mesopotamia. This crusty mixed seed loaf uses a mixture of seeds and grains that would have been important ingredients in Mesopotamia. Yeast is the raising agent; it requires moisture, warmth and food to grow.

This product would be suitable to compare with a similar commercially produced loaf of bread.

- 1 cup white bread flour
- 1 cup multigrain flour
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- ½ teaspoon salt
- ¼ teaspoon sugar
- 1 teaspoon dried yeast
- 1 cup warm water
- canola spray oil for greasing tray

## TOPPING

- egg/milk glaze
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds

## METHOD

- 1 Preheat oven to 210 °C.
- 2 Place the seeds on an oven tray and toast in the oven for 5–10 minutes. Shake the tray during toasting to allow the seeds to brown lightly and evenly.
- 3 Sift flours, salt, sugar and yeast into a large bowl, add toasted seeds and make a well in the centre.
- 4 Add the warm water all at once and mix to a soft dough using a spatula.
- 5 Turn onto a lightly floured board and knead for 8–10 minutes, until dough is smooth and elastic.
- 6 Form into an oval, boat-shaped loaf; slash the top with diagonal cuts and place on the greased baking tray.
- 7 Cover lightly with a clean tea towel or oiled cling wrap and allow to prove in a warm place for 20 minutes.
- 8 Brush carefully with the egg and milk glaze and sprinkle with the topping seeds.
- 9 Bake in a hot oven at 210 °C for 30 minutes or until loaf is golden-brown and sounds hollow when tapped.

**MAKES ONE LOAF**

## EVALUATION

- 1 Describe the sensory properties of the finished crusty mixed seed loaf using descriptive language.
- 2 Explain the impact of toasting the seeds in the oven on the sensory properties of the finished loaf of bread.
- 3 Outline two reasons for sifting the dry ingredients in step 3 of the recipe.
- 4 Describe the ideal conditions required for the growth of yeast.
- 5 Why is it important to use warm water to mix the dough rather than boiling water?
- 6 What impact does kneading have on the structure of the dough?
- 7 Why is it important to cover the dough with a clean tea towel or oiled cling wrap during proving?
- 8 Describe the changes that occur to the dough when proving.
- 9 What impact does brushing the dough with egg and milk have on the finished loaf of bread?
- 10 Explain why the bread loaf is cooked in a hot oven at 210 °C rather than at 180 °C.



# Raspberry and yoghurt cake

Yoghurt is used in cake baking to develop a very moist and tender texture. It also extends the shelf life of the cake by reducing the rate of staling. The creaming method is used as it incorporates air into the mixture and, along with the chemical raising agents, helps to create a cake with a light texture. The raspberries are stirred through frozen as this helps to keep them suspended in the cake and prevents them from breaking up.

## TOPPING

- 20 grams butter
- 1 ½ tablespoons flour
- 1 ½ tablespoons sugar
- ¼ teaspoon cinnamon
- ¼ cup flaked almonds

## CAKE

- ¾ cup plain flour
- 1 teaspoon baking powder
- 100 grams butter, at room temperature
- ½ cup caster sugar
- 1 egg, lightly beaten
- ½ teaspoon vanilla essence
- ¼ cup Greek yoghurt
- 100 grams frozen raspberries

## METHOD

- 1 Grease and line an 18-centimetre round tin or a 20-centimetre ring tin. Alternatively, use a round foil container – this does not need to be lined.
- 2 Preheat oven to 180°C.

### Making the topping

Combine the butter, flour, sugar and cinnamon, and rub in the butter to form a crumble. Stir through the flaked almonds and set aside in a cool place until needed. Refrigerate if the kitchen is very hot.

### Making the cake mixture

- 1 To make the cake mixture, sift the flour and baking powder together.
- 2 In a large bowl, cream the butter and sugar until light and fluffy and pale in colour.
- 3 Gradually beat in the egg until well combined. Add the vanilla essence.
- 4 Stir in half of the sifted flour and baking powder. Stir in the Greek yoghurt. Then stir in the remaining sifted flours and baking powder.
- 5 Fold the frozen raspberries through the cake mixture and place in the lined cake tin. Sprinkle the crumble topping over the cake and bake for 25–30 minutes.



# Mini orange syrup cakes

Citrus fruits such as oranges, lemons and limes have been an important part of Australian horticulture since these fruits arrived on the First Fleet in 1788. They have since become a key crop grown in the Murray Valley in Victoria. Oranges are used in this recipe to provide flavour and moisture to the cake. Boiling and baking are the cooking techniques used in this recipe.

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60 grams butter  
½ cup caster sugar  
1 egg, lightly beaten  
¾ cup self-raising flour, sifted  
¼ cup milk  
½ teaspoon vanilla essence

## ORANGE SYRUP

1 orange, zest and juice  
¼ cup castor sugar

## METHOD

### Making the cakes

- 1 Preheat oven to 180°C.
- 2 Line a muffin tin with patty cake papers (large muffin size), as this is a very tender cake.
- 3 Cream the butter and sugar with a wooden spoon until pale and fluffy.
- 4 Add the egg gradually and beat well.
- 5 Add half the sifted self-raising flour, and then half the milk. Mix well.
- 6 Repeat with the remaining flour and milk. Add vanilla and mix well.
- 7 Spoon the mixture into the patty cake papers.
- 8 Bake for 10–15 minutes or until a skewer comes out clean after being inserted into the centre of a cake. The cakes will still be quite pale.

### Making the orange syrup

- 1 Remove the zest of the orange and julienne very finely, then juice the orange.
- 2 Combine all the ingredients in a small saucepan.
- 3 Stir constantly over a low heat until the sugar is dissolved.
- 4 Bring to the boil and simmer gently for 2 minutes, without stirring, until the syrup has reduced a little.

### Assembling the cakes

- 1 Place the cakes on a wire rack to cool. Place the rack over a plate. Prick the cakes 4 or 5 times with a fine skewer.
- 2 Spoon the hot syrup over the cooked cakes and top with strips of orange zest. Spoon any syrup that drips onto the plate over the cakes.
- 3 Stand for 15 minutes before serving. Serve with cream or ice-cream.

**MAKES 4–5 CAKES**

# Mini Lemon Tarts

## Ingredients (Per Pair)

### Lemon Curd:

1 large lemon (1 ½ small)

2 egg yolks

60g butter

1/3 cup caster sugar

### Pastry:

1 ½ sheets frozen shortcrust pastry, thawed

10cm round biscuit cutter

rice for blind baking

### Meringue:

2 egg whites

½ cup caster sugar



## Method

**One person makes the lemon curd and the other cooks the pastry cases.**

### **Lemon Curd**

1. Finely grate the zest of one small lemon or ½ large lemon into a medium sized bowl. Add the juice of the lemon/s.
2. Add the butter and sugar.
3. Place a medium saucepan filled with 2 cups of water on the stove on a low – medium heat. Put the medium bowl with the lemon mixture on top of the saucepan and stir over the heat until the ingredients are well combined. (butter melted and sugar dissolved)
4. Remove bowl from the heat and stir in the 2 egg yolks, mixing well.
5. Put the bowl back over the simmering water and stir constantly until the mixture has thickened. Test the thickness of the curd - when it is done, you should be able to run your finger down the back of the wooden spoon coated in curd and it should leave a trail where your finger was.
6. Remove from the heat and allow it to cool.

### **Pastry cases**

1. Preheat the oven to 180 C.
2. Spray 9 holes of a muffin tin with cooking spray.
3. Using 1 ½ sheets of prepared short crust pastry cut out 9 circles (6 from each full sheet).
4. Line the 9 holes of the tin with each round of pastry, pushing it gently into the corners. Prick the bases with a fork to avoid air bubbling during cooking.
5. Cut out 9 squares of baking paper approx.10 cm x 10 cm. Place each sheet on top of a pastry case and place a tablespoon of rice in each (blind baking)
6. Place the muffin tray on the bottom shelf in the oven for approx. 10 mins. Remove the tray from the oven and carefully lift the baking paper and rice out of the pastry cases. Do not let any rice fall into the pastry.
7. Place the cases back into the oven for another approx. 5 mins. till just cooked.

**To assemble : one person fills the cases with curd, the other makes the meringue.**

**Filling the pastry cases**

1. Divide the lemon curd evenly between the pastry cases, being careful not to overfill them, then bake for 5 – 10 mins until curd is just set. Remove from the oven.

**To make the meringue**

2. In a medium bowl whisk the 2 egg whites (ensure there is no yolk in it) with the electric beaters. Once stiff peaks form gradually add the caster sugar and continue to beat until the mixture is thick and glossy.

Place heaped tablespoons of meringue on to each pie and place back in the oven on the top shelf till the meringue has set and has started to brown.

# HOT CROSS BUNS

## Ingredients:

- 1 x 7g sachets granulated yeasts
- 1/8 cup caster sugar
- 1 cup warm milk
- 2 cups plain flour
- ½ teaspoon mixed spice
- 30g butter
- 1 egg
- 1/8 cup sultanas
- 1/8 cup currents

## Method:

- Combine yeast, sugar and milk in your small silver bowl. Stand for 5 minutes until mixture is frothy.
- Sift flour and spices into your medium silver bowl. Rub in butter.
- Stir in yeast mixture, egg and sultanas
- Mix to form a soft sticky dough.
- Cover and stand in warm place for about 40 minutes or until dough has doubled in size.
- Turn dough onto floured bench knead for 5 minutes or until smooth.
- Divide dough into 8 pieces
- Preheat oven to 180 degrees
- Knead the 8 pieces into balls
- Place the balls onto a greased oven pan. Cover. Stand for 10 minutes.
- **While your dough balls are standing, make your crosses.**
- Pipe your cross with your piping bag onto your buns.
- Bake buns for 20 minutes or until well browned.

## Cross mixture

1/3 cup plain flour

¼ cup water

# Pancakes

- 1 1/2 cups self-raising flour
- 3 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup sugar
- 1 1/4 cups whole milk
- 1 Egg
- 3 tablespoons butter melted to oil frypan

## Method:

1. In a medium bowl, mix together flour, sugar, salt, and baking powder.
2. Make a well in the center of your dry ingredients
3. Add egg and gradually stir in milk
4. Use a wire whisk to stir everything together until just combined. It will be slightly thick and lumpy, but should be well incorporated.
5. Allow the batter to rest while heating a lightly oiled frypan to medium high heat.
6. Pour or scoop the batter onto the frypan using approximately 1/4 cup for each pancake.
7. Cook each side for 3-6 minutes, until lightly golden brown.

# Dark Chocolate Peppermint Slice

## Ingredients:

### BASE:

1/2 cup flour  
1/2 tablespoon cocoa  
1/4 cup brown sugar  
1/4 cup desiccated coconut  
62g butter, melted

### PEPPERMINT LAYER:

1 tablespoons milk  
10g butter  
1 ¼ cups icing sugar, sifted  
Peppermint essence, to taste

### CHOCOLATE LAYER:

62g Dark Chocolate Melts  
45g butter, extra, chopped

## Method:

Pre heat oven 180°C

### BASE:

SIFT together the flour and cocoa into a bowl and then stir through the sugar and coconut.

Add the melted butter and stir to combine.

Press into the base of a greased and paper lined 28cm x 18cm slice pan (ensure paper extends 5cm above the top of the pan)

Bake for 15-20 minutes or until golden.

### PEPPERMINT LAYER:

COMBINE the milk and extra 20g butter in a saucepan and gently heat until melted.

Beat together with the icing sugar and peppermint essence until combined.

Spread over the base, smooth the surface and chill until firm.

### CHOCOLATE LAYER:

GENTLY melt together the chocolate and extra butter in a bowl over simmering water.

Spread over slice and chill until set.

Store chilled in an airtight container until required.



# Souvlaki

## Ingredients:

- 250g lamb, cut into 2cm (approx) cubes
- 1 tbl spoon olive oil
- 1 tsp spoon lemon juice
- Pinch of salt and pepper
- ½ teaspoon mixed herbs
- ½ teaspoon dried mint
- 1/2 tsp minced garlic
- 2 pita bread
- ¼ red onion, **thinly sliced**
- 1/2 tomato, **thinly sliced**

## Tzatziki Ingredients:

- ½ cup Greek yogurt
- 1 tablespoon lemon juice
- 1/4 cucumber, grated (squeeze liquid out)
- ½ tsp minced garlic
- 1tbl spoon olive oil
- salt and pepper to taste

## Method:

### Lamb:

- Mix together olive oil, lemon juice, salt and pepper, mixed herbs, dried mint and minced garlic in your large silver bowl
- Add the lamb cubes to your bowl and mix well.
- Cover, and marinate for 15 minutes – **while your wait- make your Tzatziki**
- Place ½ tablespoon oil in your frypan
- Add lamb and cook until browned and let rest for 5 to 10 minutes

### Tzatziki:

- mix the yoghurt, cucumber, garlic, olive oil, salt and pepper in your small silver bowl

### Pita bread:

- Lightly sprinkle pita bread with a little olive oil, and place on your frying pan to warm.
- Thinly slice your red onion and tomato.
- Serve meat on pita bread along with sliced red onion, sliced tomato
- Add Tzatziki



# Zucchini fritters

- 4 cups shredded zucchini
  - 2/3 cup all-purpose flour
  - 2 large eggs, lightly beaten
  - 1/3 cup sliced scallions (green and white parts)
  - 2 Tablespoons olive oil
1. Place the shredded zucchini in a colander set over a bowl and sprinkle the zucchini lightly with salt. Allow the zucchini to stand for 10 minutes.
  2. Using your hands, squeeze out as much liquid from the zucchini as possible. Transfer the zucchini to a large bowl.
  3. Add the flour, eggs, sliced scallions, 1/4 teaspoon salt and 1/8 teaspoon pepper to the bowl, stirring until the mixture is combined.
  4. Line a plate with paper towels.
  5. Add the olive oil to large sauté pan set over medium heat.
  6. Once the oil is hot, scoop 3-tablespoon mounds of the zucchini mixture into the pan, pressing them lightly into rounds and spacing them at least 2 inches apart.
  7. Cook the zucchini fritters for 2 to 3 minutes, then flip them once and cook an additional 2 minutes until golden brown and cooked throughout.
  8. Transfer the zucchini fritters to the paper towel-lined plate and immediately sprinkle them with salt. Repeat the scooping and cooking process with the remaining zucchini mixture.