



NO BAKE

Fruit and Yogurt Parfait

RECIPE SUBMITTED BY
CARRANBALLAC JAMIESON WAY
THEIRCARE

COOKING ON THE 23/08



INGREDIENTS:

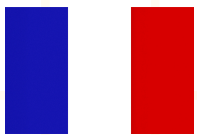
- Greek yogurt (plain or vanilla)
- Fresh fruit (e.g., berries, bananas, kiwi)
- Granola or cereal
- Honey or maple syrup (optional)

MATERIALS:

- Cups
- Spoons
- Knives
- Cutting boards

INSTRUCTIONS:

1. In a cup or bowl (preferably clear), layer yogurt, fruit, and granola.
2. Drizzle with honey or maple syrup if desired.
3. Repeat layers until the container is full.
4. Serve immediately or refrigerate for a quick snack later.



Origin – France

The Parfait originated in France around 1890, where it was conceived as a frozen custard made by boiling eggs, sugar and cream. In French, the word appropriately means “perfect”.

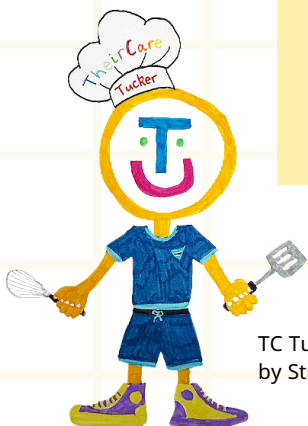
Population: 67.97 million people | Capital city: Paris

Languages spoken: French (96%), English (24%) Spanish (9%)

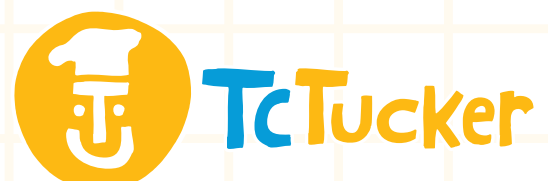
Popular words/phrases: “Bonjour” (Hello), “Merci” (Thank you), “Oui” (Yes)

National cuisine: Pot-au-Feu, which is a classic comfort dish prepared using stewed meats and vegetables.

National animal: Gallic rooster | National sport: Football “Soccer”



TC Tucker Chef designed
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BAKED

Sweet or Savoury Damper

RECIPE SUBMITTED BY
YARRAVILLE SDS THEIRCARE



INGREDIENTS:

- ¼ teaspoon salt
- 2 cups self-raising flour
- 1 ounce butter, chilled and cubed
- ½ cup milk
- ½ cup water

Savoury (cheese and chives) add below:

- 2 tablespoons chives, finely chopped
- 1 garlic clove, minced
- 2 tablespoons Parmesan cheese, grated
- 1 tablespoon Parmesan cheese (for topping)
- 1 cup tasty cheese (sharp grated)

Sweet add below:

- 2 tablespoons golden syrup or 2 tablespoons honey
- 2 tablespoons caster sugar
- ¼ cup sultanas, blueberries, cranberries.

INSTRUCTIONS:

1. Preheat your oven to 200°C (390°F). Line a baking sheet with parchment paper.
2. In a large bowl, combine the flour and salt. Add the cubed butter and rub it into the flour mixture using your fingertips until the mixture resembles breadcrumbs.
3. If making savoury: Stir in the grated cheeses, chopped chives, and minced garlic. If making sweet: Stir in the dried fruit and sugar.
4. Make a well in the centre of flour mixture. Add milk and water (and honey/golden syrup) and mix with a knife until the dough comes together. Do not over-mix; the dough should be slightly sticky.
5. Turn the dough out onto a lightly floured surface and gently knead it a few times until smooth. Shape the dough into a round loaf, about 1.5 inches thick, and place it on the prepared baking sheet.
6. Using a sharp knife, score a cross on the top of the loaf. (Sprinkle the remaining 1 tablespoon of Parmesan cheese over the top).
7. Bake in the preheated oven for 25 minutes or until the damper is golden brown and sounds hollow when tapped on the bottom.
8. Allow the damper to cool slightly on a wire rack before serving. Enjoy it warm with butter or your favourite spread.



Origin – Australia

Damper, also known as bush bread or seedcake, is a European term that refers to bread made by Australian Aborigines for many thousands of years. Damper is made by crushing a variety of native seeds, and sometimes nuts and roots, into a dough and then baking the dough in the coals of a fire.

Population: 26 million people | Capital city: Canberra

Languages spoken: There are more than 250 indigenous languages. Around 800 dialects

Popular words/phrases: “G’day”, “Deadly”, “Fair dinkum”, “Chuck a u-e”

National cuisine: Roast lamb (according to recent polls) or for some a meat pie or sausage sizzle.

National animal: Kangaroo | National sport: Australian rules football (AFL)