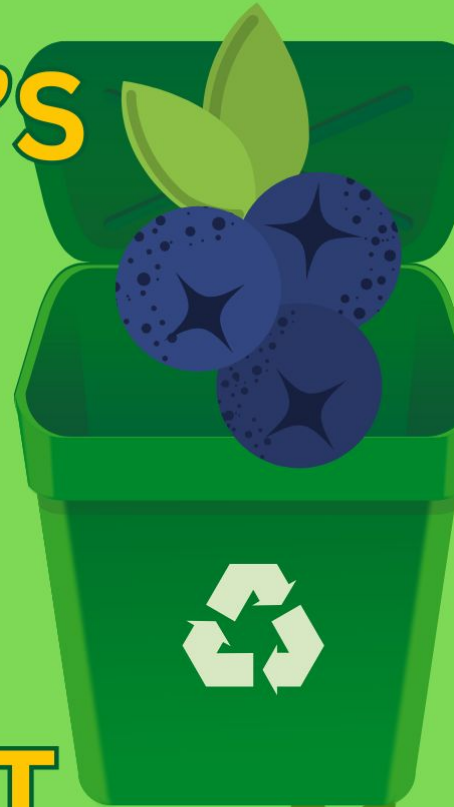




**ST MONICA'S**  
**PS**  
**TASTY**  
**HASTY**  
**OZHARVEST**  
**COOKBOOK**



*Joining* →  
**ZERO**  
WASTE





# The Launch





## Oz Harvest Feast Program Reflection



On Tuesday 16th of April Alice Rowbottom came to St Monica's Primary School to talk to us about the Oz Harvest Feast Program and food waste. She told us about how food starts at the farm then transport and storage after that it goes into the factory then to shops, restaurants and cafes then to home and what can be wasted on the way.



OzHarvest Feast Program is an initiative by OzHarvest, a non-profit organization based in Australia that focuses on rescuing food and redistributing it to those in need, rather than letting it go to waste. The Feast Program targets vulnerable communities and aims to provide them with nutritious meals made from rescued food.

Alice taught us that some people waste food because it is odd shaped. The Odd Bunch is an aspect of OzHarvest's operations. It refers to fruits and vegetables that are perfectly good to eat but might not meet the standards of supermarkets. These fruits and vegetables may be slightly misshapen, discolored, or otherwise "imperfect" in appearance.

# 5/6 Epps



# TOFFEE APPLES!

REMEMBER YOU CAN USE OLDER APPLES.

PREP TIME: 35 MINS

COOK TIME: 30 MINS

MAKES 12 TOFFEE APPLES.



1. Wash the apples and dry thoroughly.

2. In a heavy based saucepan place the suger, water and vineger then heat gentaly for 5 minutes or until the suger dissolves.

3. Turn up the heat and boil vigorously for approximately 8 minutes until the toffee just starts to turn golden.

4. Remove from the heat

5. Quickly and gently place the toffee apple into the ice.

Enjoy your Toffee apple :)

PRICE \$630.00  
FOR 90 APPLES



# SWEET TROPICAL ICE CREAM



## Ingredients

- 1/4 per group can peach
- 1/4 per class watermelon
- 1/4 pineapple (frozen)
- 1/4 mango (frozen)
- 1/4 raspberry (frozen)
- 1/4 strawberry (frozen)
- 1/4 cherry (frozen)
- 4. 150 per group thickened cream
- 4. 1/4 per class 3lt milk
- 4. one per class whipped cream
- 4 1/4 bags of red frogs per group

## Equipment

- Bowl
- Spoon
- Knife
- Blender
- Chopping board



**No sugar**



## Method

1. Wash your fruit till clean.
2. Cut up all the fruit.
3. Mix the heavy cream in a bowl until smooth.
4. Put the ice and the fruit and blend till it looks like ice - cream.
5. Put it in the fridge for 2 hours.
6. Put whipped cream and red frogs on top.



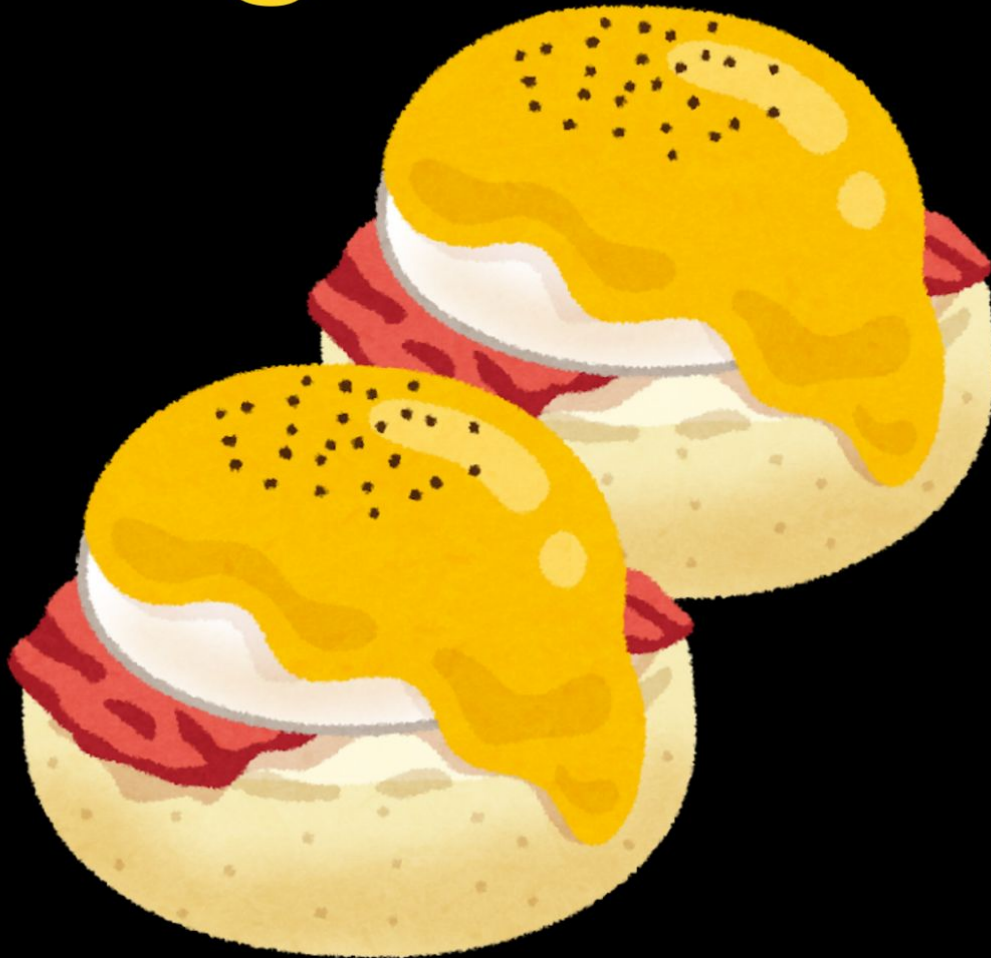
# ENJOY



*The tropical ice cream*



# Egg and Bacon Burger



## YOU'LL NEED

2 Buns  
1 Egg  
1 quartar of a  
minced beef packet  
sauce (tomato or  
BBQ sauce)  
1 Chesse slice  
3 bacon slices

## ALL YOU HAVE TO DO

Cook bacon in pan to crispy  
than crack a egg into another  
pan untill cooked get buns and  
put the egg and bacon in them  
then put minced beef in a pan f  
and then put that in the burger  
put BBQ or tomato sauce in it  
and  
**ENJOY!**

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# Chicken Burger.



Serving size: 5 people

Preparation time :30 Minutes.

## Ingredients:

1 cup Flour, 2 Eggs, 10 pieces Bread,  
1 1/2 Breadcrumbs, 5 pieces  
Chicken, 5 slices Cheese, 10 slices  
Pickles.

## Equipment:

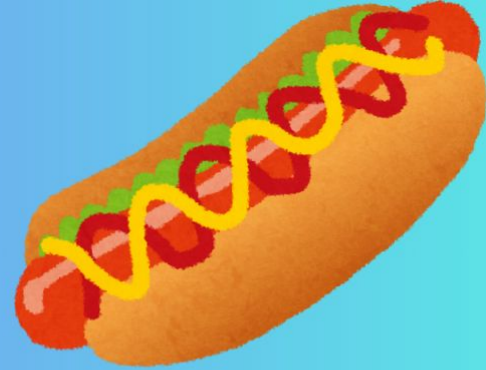
Bowls, Fork,  
Frying Pan,  
Flipper, Toaster

## Instructions:

1. Gather ingredients.
2. Crack eggs into one bowl, pour flour into one bowl and put breadcrumbs into another bowl.
3. Start off by coating your chicken into the flour, then into the egg and cover in breadcrumbs. Repeat this process until all chicken is coated.
4. Heat up the frying pan to 180c. When the pan is heated, cook chicken on both sides until golden brown.
5. Assemble burgers with bread, chicken, cheese and pickles. All options are optional.
6. Eat and enjoy

By Maddison, Ruby, Poppy, Thea, and Audrey.

# Procedure

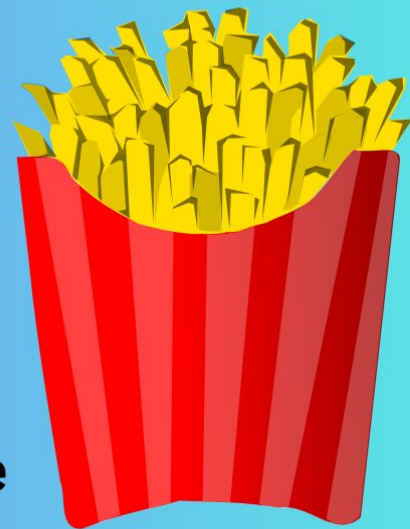
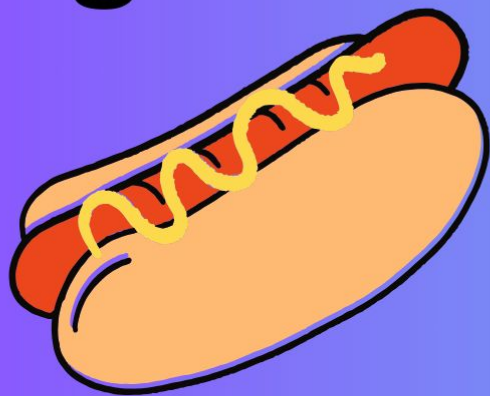


## Step 1:

First you put a pot on the stove and pour a reasonable amount of water in the pot and turn the stove on to high. Place the hot dogs in the water they should be fully submerged. When they rise to the top, turn the stove off and take the hotdogs out. Get an oven tray and put the chips on. Set the oven at 180c put the chips in the oven and let them cook for 15mins.

## Ingredients:

hot dogs  
hot dog buns  
cheese  
pickles  
onion  
mustard  
Tomato Sauce



## Step 2:

Get the hot dog and put it in the hot dog bun. Sprinkle cheese on top. Next put some pickles on top lastly put tomato sauce and mustard on the top. Add salt to the chips.

# 5/6 Johns



# Milo Fairy Bread with whipped cream



**GET OR  
MAKE  
YOURS NOW**

By

Tayden, Zanzibar, Ett, Ekann

# Ingredients

Milo

Whipped cream

Butter

Bread

## 4 serves

4 slices soft white bread

2 tbsp butter, softened

1/3 cup Milo

## Equipment

Butterknife

Spoon

Plate

## Prep time

10 minutes

## Instructions

1. Spread your bread with butter using a butter knife.
2. Get the Milo tin and get one small spoon full of Milo and sprinkle the Milo over the bread.
3. Get your whipped cream and put some on the bread.
4. Put your milo bread with the whipped cream on a plate and eat.

# TACOS

by Sage and Molly



**This is a great way to stop food waste! We have made small portions so people get what they need not how much they want.**

# Ingredients

All together this comes to a total of  
**\$149.70**

**5 tasty cheese for \$24.50**

**5 tomatos for \$22.50**

**2 bulla sour cream 400 ml for \$11.00**

**3 iceberg lettuce for \$9.00**



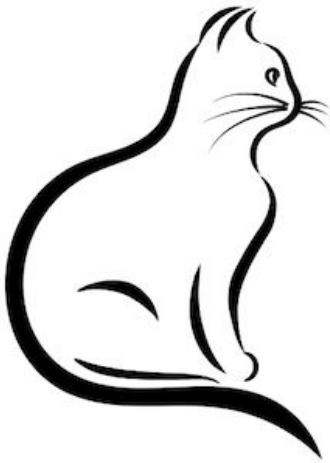
**1 tacos sauce for \$4.50**

**8 500g pork and beef mince for \$52.00**

**5 taco shell 12 packs for \$18.00**

**3 white wraps for \$7.20**

# Sausages in Bread



Prep Time-5 Mins    Cook Time-15-20 Mins



Frying pan- on medium Heat

## Ingredients:

Sausages

Bread,

Butter

Cheese (optional)

Spinach (optional)

Cucumber (optional)

## Equipment:

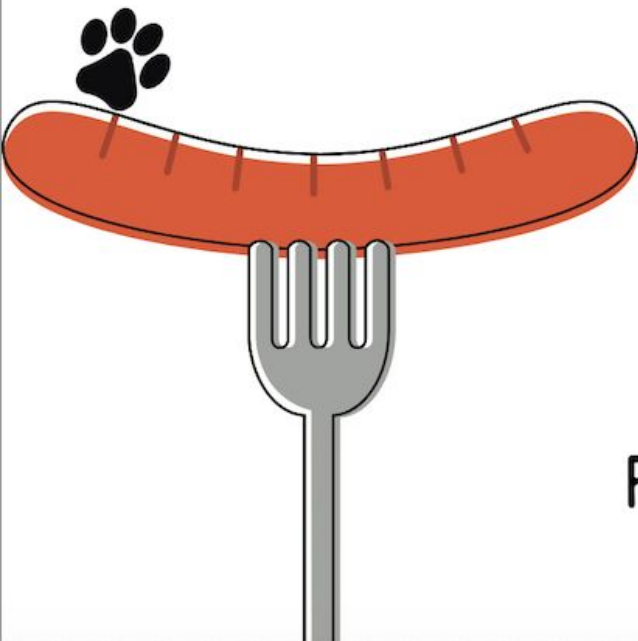
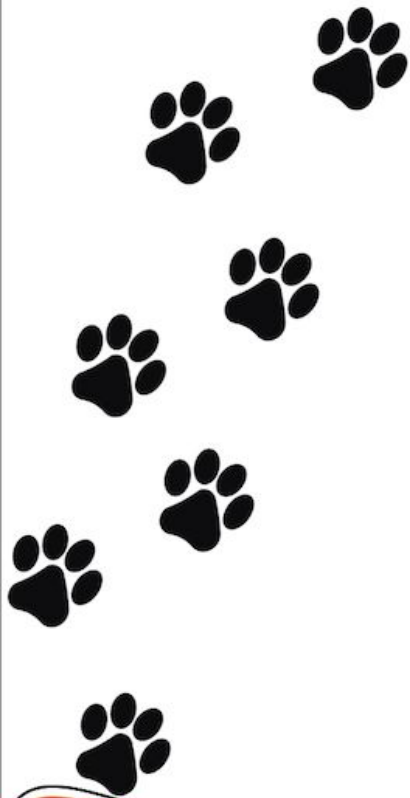
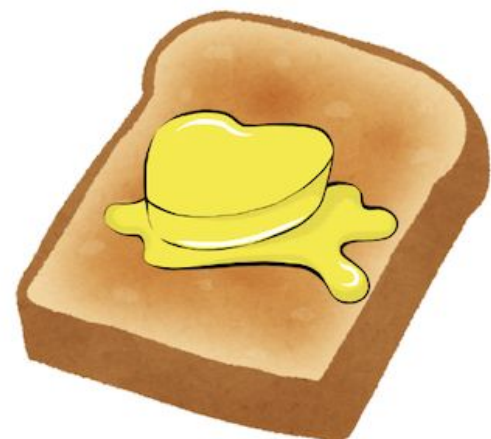
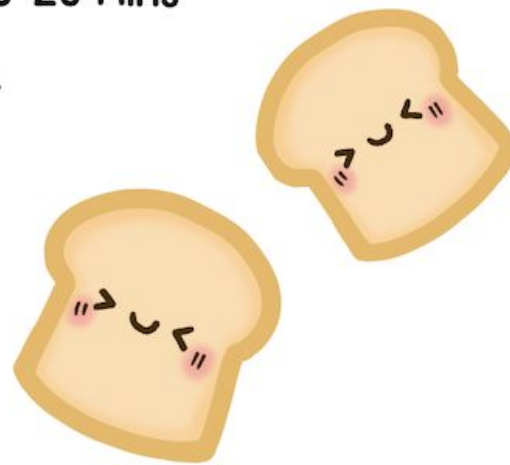
Knife,

Frying pan

Tongs

Plate/napkin (for

serving)





# Procedural Text

1. Put the Pan on the stove, turn the stove onto  
medium heat



2. Add olive oil to pan.

3. Once the pan is hot enough put in the sausages

4. Once the sausages are cooked on one side flip  
them with the tongs

5. Keep flipping until they are a nice brown color if  
you would like crunchy keep sausages in for longer

6. Put the sausages on a plate.

7. Start to prep the bread. put some cheese on the  
bread.

8. Put the sausage on the bread and Enjoy!

By Eleanor, Matilda and Sienna



# Tanghulu

## Ingredients:

Any sort of dry  
fruit

White Sugar

25cm skewers

A pot

water

It minimises  
food waste  
because  
you can use  
leftover  
fruit

## Method:

1. Prepare your fruit, if you are using big fruits cut it into bite sized pieces.
2. Remove the inedible parts like leaves and stems.
3. Once the fruit is on the skewers leave that aside to get the sugar coating ready.
4. Get a pan and put it on the stove.
5. Put in 1 cup of sugar.
6. Add half a cup of water and put it on medium heat.



7. Do not stir

← ← ← **IMPORTANT!**

8. Bring the sugar mixture to a boil

9. This takes about 10- 20 minutes, wait until the mixture is 300 Farenheit. It cant go a degree below or highr or it will ruin it

If you dont wait long enough for it to boil it wont harden

10. Get a bowl of ice water ready and when the sugar mixture is ready dip the fruit skewers in and then into the Ice water to harden

Make sure all the sides of fruit are coated in the sugar mixture

11. Continue step 10 with the other fruit skewers then enjoy! You should get a crunch from the sugar coating

Make sure to keep the sugar coated skewers into the ice water for atleast 1 minute



# Cains and Rains



By Mitchell Bird and Jagger Mclean

## Ingredients

- 2x 300g kewpie mayos - woolies 16.00\$
- 2x 2L Fountain tomato sauce - woolies 12.00\$
- 2x 50g Garlic Powder - Woolworths - \$4.60
- 1x sea salt packet - IGA black and gold, 1.50
- 1x black pepper- IGA black and gold 3.00\$
- 2x 500mL Black and gold Worcestershire sauce - \$8.00
- 2x 600mL Dairy farmers Buttermilk - IGA \$5.50
- 1x 2kgs Black and gold plain flour - IGA - \$2.70
- 5 chicken breast 4 pack - Woolworths - \$67.50
- Oil for pan - already have

This recipe is for 80 people with the price of - \$120.08.

## Equipment

- 3 silver big bowls
- A knife
- Chopping board
- Fork
- Spoon
- Wok Pan

- Electric frying pan
- Paper Towel
- 4 plastic cups
- Tongs

## **Steps**

1. First wash your hands
2. Secondly set your space up by getting chopping board, knife and bowls.
3. Thirdly you need slice your chicken breasts into half and then into 8 pieces
4. Next set up 2 bowls, your first bowl is going to consist of the butter milk and then your second bowl is going to have flour.
5. Turn the Hot frying pan plate on.
6. Once the chicken is well coated added the Chicken in to the hot pan and watch it cook.
7. While the chicken is cooking in the oil, it is time to make the recipe.
8. Adding half the Kewpie bottle into a silver bowl and then adding - repeat 4 times.
9. Clean up.
10. Enjoy your delicious Cains and rains.

## **Food waste**

By using supplies that we already have and not buying other supplies that we already have and not wasting it.

NAME OF DISH : Crispy Chicken Caesar Salad

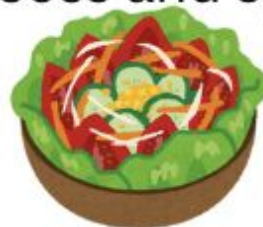
SERVES : 80

PREP TIME : 10 MINUTES

Made By Mad and Honey

### INGREDIENTS

4tbs of olive oil  
12 Iceberg lettuce  
2 whole cooked chicken  
3 shortcut bacon 500g  
8 praise caesar salad dressing  
2 shaved parmesan  
4 praise caesar salad  
Croutons



### METHOD

Step 1. Tear the lettuce into small pieces and place in a bowl.

Step 2. Fry the bacon on a frying pan on medium heat.

Step 3. Mix the pre-cooked chicken and most of the bacon in with the lettuce.

Step 4. Add the croutons, salad dressing.

Step 5. Mix well.

Step 6. Add the leftover bacon pieces and sprinkle parmesan cheese on top.

Step 7. Serve straight away.

Step 8. EAT AND ENJOY!

### NOTE

This recipe addresses food waste by using leftover lettuce and chicken that is still good to eat. It saves caesar dressing and if you have leftover ciabatta bread you can place it on a pan with olive oil on medium heat until golden brown. You can use going old croutons salad dressing that is half empty but is still good to eat.

# 5/6 Moloney





## **Vegetable fried rice**

**Materials: a cap, a bowl, a spatula, a frying pan.**

**Ingredients: rice, zucchini, egg, chicken, kale, mushrooms and bell peppers**

- 1. First wash your hands.**
- 2. Get your chopping board.**
- 3. chop up your zucchini, kale, mushrooms, and bell pepper.**
- 4. Cook your chicken in an air fryer for 5 minutes.**
- 5. Take the chicken out and cut it up into tiny pieces.**
- 6 . Take one cup of rice and put it into a rice cooker.**
- 7. Take the rice out of the rice cooker after two minutes.**
- 8. Turn the stove on to 90 degrees.**
- 9. Add your egg to the stove and cook it.**
- 10. Then add all your cooked vegetables till it is cooked.**
- 11. Put your rice and cooked vegetables on a plate and enjoy!!**



# How to make spicy chicken wings

**Ingredients:** raw chicken wings, hotsauce, butter, garlic powder, blue cheese, salt, pepper, paprika, olive oil and celery.

**Materials:** Stove, frying pan, spoon, fork, chopping board.

**Step 1:** Preheat your stove to 175 Fahrenheit or 79 degrees celsius.

2. Then pat your chicken wings dry with a paper towel.

3. Next add paprika, salt, pepper and garlic powder then rub all the seasoning on the chicken.

4. Cook them on a pan with a tablespoon of olive oil for 15 minutes until they are golden brown on each side.

**Step 5:** Take them off the pan and set them aside. Wipe the wings with a paper towel to remove excess fat and juices.

**Step 3:** Once your wings are cooked put them on a plate and turn the stove off then cover your chicken in the hot sauce and rub it all in hot sauce then chop up your celery and get out your blue cheese and put them into a bowl there you have a yummy hot spicy wings with celery and blue cheese.



# Stuffed cheese egg plant

Ingredients: Egg plant, Mozzarella cheese, Marinara sauce, parmesan cheese, basil, garlic, olive oil, black pepper and dried oregano.

Materials: Stove, pan, spatula, knife, chopping board, tongs, plate, teaspoon, 1/2 measuring cup and a nip sized measuring spoon.

## Method

1. Preheat the stove to 50 celsius no more no less or else this could lead to your food not being cooked correctly.
2. Get your chopping board and cut your Eggplant in half.
3. Grab out your pan and put your olive oil onto the pan, put your eggplant onto it.
4. Put your eggplant onto the stove and let it cook for 10 minutes and move it around the pan every few minutes.
5. While your eggplant is cooking, grab your chopping board and start to cut your garlic into small pieces, put these aside.
6. Once your eggplant has been cooking for ten minutes take it out with your tongs and put it onto a plate.
7. Put 2 and a half teaspoons of marinara sauce into your eggplant as the base.
8. Grab out your mozzarella cheese and parmesan cheese and take a 1/2 cup of each and put it into your eggplant.
9. Get your nip sized measuring spoon out and put this amount in of basil, garlic, black pepper and dried oregano now mix all together with a spatula.
10. Serve with a spoon and enjoy your delicious Stuffed cheese eggplant!



# Turkey pasta

## Ingredients

- A quarter of a turkey
- zucchini
- marinara sauce
- mozzarella cheese
- pasta
- oregano
- garlic
- red pepper flakes
- olive oil
- Parmesan cheese

## Steps

1. Boil the water in a pot
2. When the water is boiled add in your pasta.
3. When you are waiting for your pasta to cook chop up your zucchini and garlic.
4. Once you chop up your zucchini warm up a pan to put your zucchini and you can also add your marinara sauce.
5. When your pan has warmed up add in your marinara sauce, garlic and zucchini in a pan.
6. Add the pasta into your sauce but don't add all the sauce mix the pasta around with the sauce.
7. Serve your meal in bowls [for as many bowls for as many people that are eating]

## Materials


- pan/pot
- wooden spoon
- serving bowls/plates
- tongs
- forks
- chopping board

and add you delicious marinara sauce with zucchini and garlic sauce.




8. Add on your mozzarella and Parmesan cheese on top.
9. Then lastly enjoy all your Delicious turkey pasta.

# How to make homemade Hummus with Pita bread

## Ingredients

- Unhulled Chickpeas 250g
- Tahini 60ml
- Lemon juice 60ml 
- Garlic 1 small clove minced
- Cumin 1/2 teaspoon
- Paprika dash
- Olive oil 2 tablespoons
- Pita Bread
- Water 2 tablespoons
- Salt 
- Cherry tomatoes 3

## Method

1. Grab out your food processor and squeeze half a lemon into it. Add your unhulled Tahini into the food processor too. Turn on your food processor and let run for 1 mins and then scrape the sides of the bowl with your spatula. Then turn it on for another 30 seconds. 
2. After it is ready, turn off the processor and make sure it is thick and lighter in color.
3. Now add half of your unhulled (without shell) chickpeas, cumin and 1/2 tablespoons of salt into the food processor with the Tahini and lemon juice still in it. Turn it on for about a min. 
4. Turn it off and add the other half of chickpeas and 2 tablespoons of water. Turn it back on until it turns fluffy and creamy.
5. Now grab out your plate and move the hummus to the side of your plate with your spatula. Add a drizzle of olive oil and a sprinkle of paprika. 
6. Next get your pita bread and cherry tomatoes and place them on the empty area on your plate. You can use these to dip into your hummus.
7. Enjoy your homemade hummus and pita bread.

## Materials

- Food Processor
- Plate 
- Spatula 



# 5/6 Feeney



# Delicious Teriyaki Chicken and fried Rice



We will make it have more teriyaki and way more soy sauce.

**YUMMY!**

**Yum! Look how good that looks but just imagine it 10 times better.**



The fried rice look's so good mixed with all of the flavours will feel like its melting in your mouth.

# Fried Rice and Teriyaki Chicken

## Ingredients

White rice 1 cup  
2 eggs  
1-2 tbs of oil  
1 packet of teriyaki chicken  
half a packet of mushrooms  
10 tbs of soy sauce

**Utensils**  
rice cooker  
spatula

## Step 1

Get 2 cups of white rice and 4 cups of water. Bring them all together in a rice cooker, and leave it for 20 minutes.

## Step 2

After 20 minutes and its all cooked get the pan , add oil and turn on the gas .

## Step 3

Now put the rice into the pan and crack 1-2 eggs in. Now start mixing.

## Step 4

When the rice looks more yellow coloured, put in the mushrooms. and then take it out of the pan.

## Step 5

Put your rice aside whilst you put your teriyaki chicken in a pan let it cook for 20-30 minutes, then take it out put the rice into a bowl then put the chicken on top then some soy sauce on now enjoy!

# Pepperoni Pizza

By Darby, Henry, Spencer and Eli

## Ingredients:

- 1 Gluten Free pizza base
- 1-2 tbs tomato paste
- 1 1/2 cups of mozzarella cheese
- Max of 5 slices of pepperoni
- A shake of garlic powder
- A shake of basil leaves
- Olive oil spray can

## Utensils:

- Oven
- Medium-sized knife
- Oven tray
- Plates

*Pizza*

## How to make

**TIME**

1. Preheat the oven to 450 - 500 degrees Fahrenheit or 250 - 260 degrees Celsius.
2. Place your pizza base on one of the green boards that the teachers supply.
3. Spoon 1-2 tablespoons of tomato paste onto the pizza base and spread it around. Then sprinkle 1 1/2 cups of the mozzarella evenly around the pizza.
4. Add your 5 slices of pepperoni and sprinkle some of the herbs onto the top of the pizza.
5. Spray the oven tray with olive oil and lay the pizza on it. Now slide the pizza into the oven heat. Leave the pizza to cook for about 10 minutes until the crust is golden brown.

6. Take the scrumptious pizza out of the oven and feast on your lovely sensation.



**ENJOY!**



# Sweet Pizza

By Zahlea W, Amelia W, Macie C and

Oceane JP

## Ingredients

- An English muffin (one pack per group)
- Raspberries (3 raspberries per person)
- Bananas (2-4 slices per person)
- Milk chocolate bar (half per group)
- Marshmallows (2-4 per person)

## Steps

- Cut an English muffin in half.
- After you have cut your muffin up, put your chocolate bar into a microwave safe bowl and then get an adult to help microwave it.
- While the chocolate is being melted, cut up the banana, and prepare the raspberries and marshmallows.
- Toast the English muffins in the frying pan.
- After the chocolate is melted, pour it onto your English muffin and spread evenly.
- After that, add your toppings (which are optional).
- Then enjoy your sweet pizza!

## Utensils

- Frying pan
- Bowl
- Spoon or knife
- Plate
- Cutting board

This recipe feeds one person so times by 6 to feed your group.

# Smoothie Bowl

Serves 1 person

## Ingredients

You will need,

1 Cup, 1/2 Cup, Tbsp and Knife

- 8-10 Tbsp Milk per person.
- 1 Cup Greek yogurt per person.
- 1/2 Cup of Frozen berry mix per person.
- 2 Bananas per group.
- 1 Tbsp of Muesli per person.
- Shredded coconut 1 Tbsp per person.
- 1 Tbsp of honey.



## How to make

Step 1: Mash up 1/2 cup of berries in a bowl with a fork.

Step 2: Mix in 1 cup of Greek yogurt.

Step 3: Mix in 8-10 Tbsp of milk.

Step 4: Mix 1 Tbsp of honey.

Step 5: Cut up bananas and put on top.

Step 6: Put all the toppings you want on top and enjoy!



# Chocolate Chip Cookies

After you try these cookies you will be delighted with the taste. It feeds 102 people, with 3 cookies per person.



## Ingredients

- 3.6 kg butter, softened
- 2.88 kg brown sugar
- 2.88 kg caster sugar
- 24 eggs
- 9.6 kg plain flour
- 2.88 kg cup milk chocolate bits
- 360g extra milk chocolate chip

# Method

Step 1- Preheat the oven to 160 degrees celsius .

Step 2 - Line 2 trays with baking paper.

Step 3 - Then whisk the butter brown sugar and caster sugar for 1 to 2 minutes.

Step 4 - Then beat the eggs, then tip in with the rest of the ingredients.

Step 5 - Stir in flour milk and chocolate chips.

Step 6 - Roll 2 table spoons of cookie dough into balls 3 cm apart. Then push on them lightly

Step 7 - Bake from 15 to 20 minutes or when top looks golden then leave to cool on a cooling rack.



# Gluten free



GLUTEN FREE

# Recipe

Step 1- Preheat the oven to 160 degrees celsius .

Step 2 - Line 2 trays with baking paper.

Step 3 - Then whisk the butter brown sugar and caster sugar for 1 to 2 minutes.

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# The Showcase



The 5/6 unit has been working on a project to reduce food waste by creating original recipes using commonly wasted ingredients. Students, in teams of 3-4, developed recipes for the St. Monica's 5/6 unit cookbook, presenting them using Canva and including ingredients, method, equipment, and an image. Additionally, they created advertisements, discussed how their recipes address food waste, and produced budgets using prices from Woolworths online, with a total budget of \$150 to feed the entire unit.

Roles were assigned within each group, such as recipe creation and advertisement/budget. To avoid duplicate recipes, each class noted their planned creations. At the end of the project, a gallery walk was organized to showcase the students' work, followed by a vote to determine the most creative and favored recipe. Teachers' votes, based on effort, accuracy, creativity, and originality, counted for 5 points each.

On June 26th, students voted on the recipe to cook during the last week of term. Out of 30 recipes, hotdogs won with 14 votes, followed by "Cains and Rains," sweet pizza, toffee apples, and tropical ice cream, each with 7 votes, and pepperoni pizza in third place. Therefore, in the final week, the 5/6 unit will cook hotdogs to conclude their OzHarvest project.



# Sweet Tropical Ice Cream





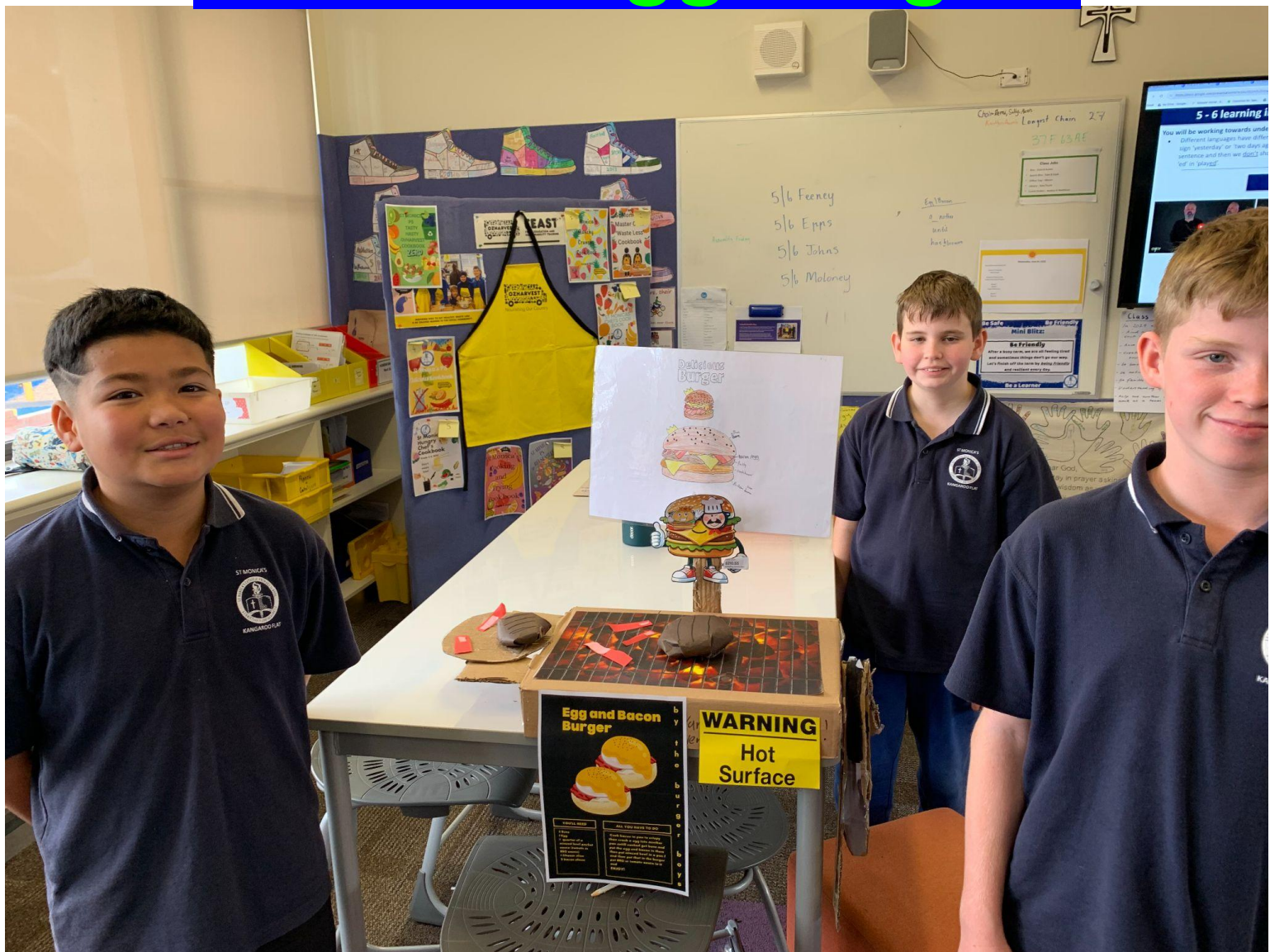
# Chicken Burgers







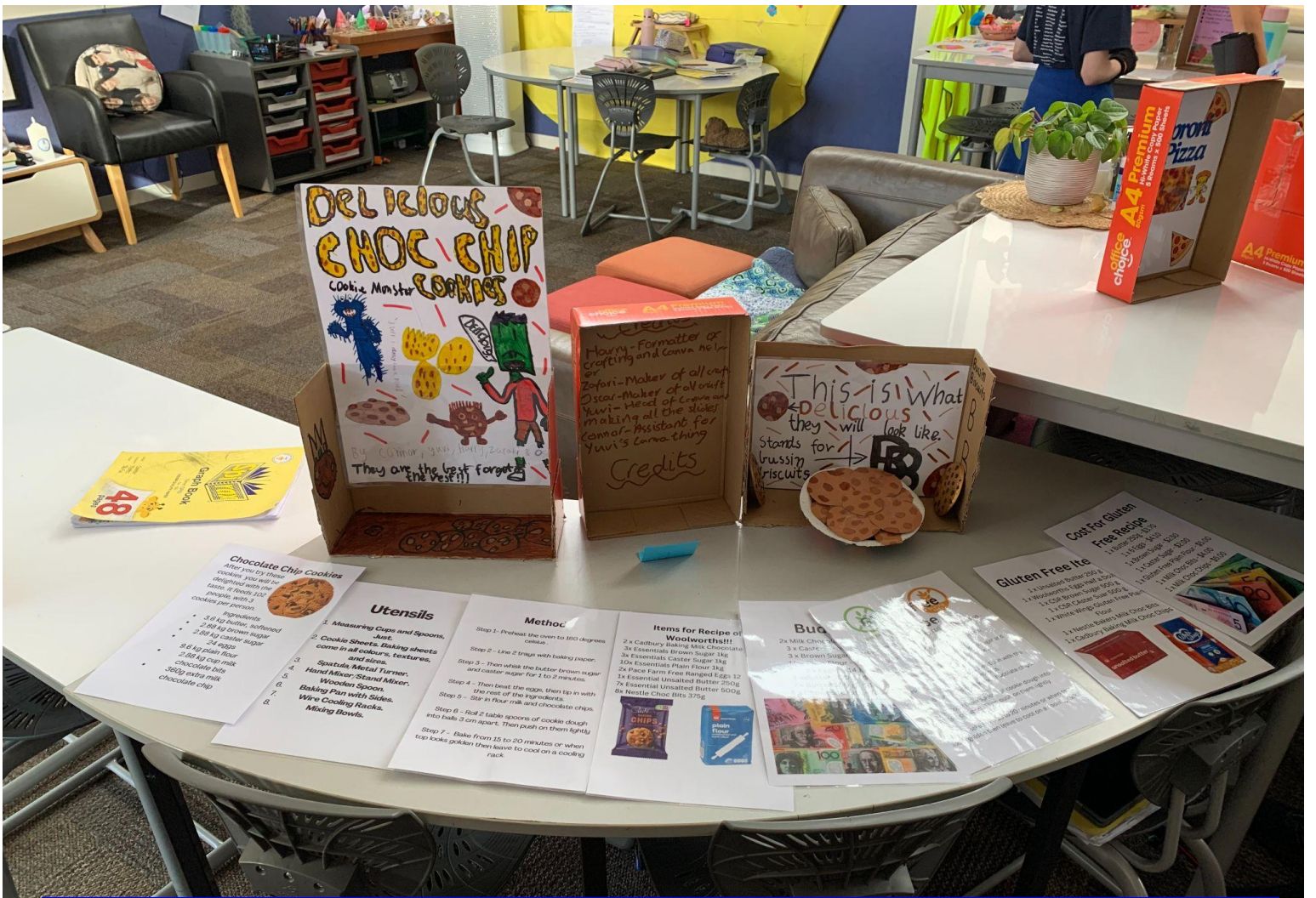
# Bacon & Egg Burgers







**Toffee Apples**



# Fried Rice & Teriyaki Chicken







# Sweet Pizzas



# Pepperoni Pizza

# Testimonials





Tom P - "I liked the food because it was free".



Tom H - "I liked cooking then eating the food."



Mason F - "I liked the food after it was cooked."



Remi M - "I like cooking new things then eating them."



Caitlyn P - "I like ozharvest because we learned about food waste"



Matilda S - "I like learning how to cook new recipes with my friends."



Molly D-"I liked working together, learnt how to cook and found ways to reduce food."



Zanzibar R -"I liked everybody trying and tasting new food."



THANK YOU TO  
ALL OF THE  
FOLLOWING  
ORGANISATIONS  
THAT SUPPORTED  
OUR  
PARTICIPATION IN  
THE OZHARVEST  
FEAST PROGRAM

