

# Kids in the Kitchen- CHPS Virtual Cookbook



Please enjoy a selection of our CHPS families favourite recipes!

Created to help with cooking inspiration during our learning from home period.

2020



# Sweet Recipes



# One Bowl Cupcakes

## Ingredients

- 2 ½ cups self raising flour
- 250 gms chopped butter
- 1 ¼ cups caster sugar
- 4 eggs
- ¾ cups milk
- 2 teaspoons vanilla extract

## Directions

- Step 1: Preheat oven to 180 degrees  
Step 2: Grease 12 muffin pans or with cases.  
Step 3: In large bowl mix all ingredients together for 2-3 minutes until pale.  
Step 4: Spoon into cases and bake for 15-20 minutes.  
Step 5: Ice when cool!

From the kitchen of:

*The Milligan family*

# Healthy Coconut Choco Smoothie

## Ingredients

- ½ cup shredded/desiccated coconut
- ½ cup spinach (fresh or frozen)
- 2 dessert spoons cacao powder
- 1 banana (fresh or frozen)
- 1 cup yogurt
- 2 cups milk
- 1 dessert spoon honey
- 1 teaspoon cinnamon

## Directions

- Step 1: Throw all ingredients into a blender
- Step 2: Turn the blender on
- Step 3: Blend for a couple of minutes
- Step 4: Pour into a cup and drink it

From the kitchen of:

*The Castles family*

# Blue Ribbon Choc Chip Cookies

## Ingredients

- 125g butter
- 1 cup brown sugar
- 2 eggs
- 2 cups plain flour
- 1 tsp baking powder
- 1 cup choc chips

## Directions

- Step 1: Preheat oven 180C. Beat butter and sugar until well combined.
- Step 2: Add eggs and beat after each addition.
- Step 3: Add flour, baking powder and stir in choc chips.
- Step 4: Roll into balls and flatten slightly.
- Step 5: Refrigerate for 5-10 min.
- Step 6: Bake for 20-25 min until golden brown.

This recipe won first place in the primary school division at the Royal Melbourne show. Enjoy!

From the kitchen of:

*The Phillips family*

# Banana & Carrot Muffins

## Ingredients

- 1 cup Macro Organic self-raising flour
- 1 banana, mashed
- 1 organic egg
- 1/3 cup Macro Organic full cream milk
- 2 tbsp Macro Organic honey
- 1 carrot, grated

## Directions

- Step 1: Preheat oven to 180°C.
- Step 2: line a 6-hole, 1/3-cup capacity muffin tin with paper cases.
- Step 3: Place 1 cup wholemeal self-raising flour in a large bowl.
- Step 4: Combine 1 banana, mashed with 1 egg, 1/3 cup milk and 2 tbs honey.
- Step 5: Add to flour mixture with 1 grated carrot and stir to combine. Divide between cases. Bake for 15 minutes or until golden.
- Step 6: Cool. Pack 1 muffin into lunch box.

From the kitchen of:

*The Khor family*

# Milo and Coconut Cookies

## Ingredients

- 1 cup self raising flour
- 1 cup shredded coconut
- $\frac{3}{4}$  cup caster sugar
- 2 tbsp milo
- $\frac{1}{4}$  cup chocolate chips
- 125g butter, melted
- 1 egg
- 1 tsp vanilla essence

## Directions

Step 1: preheat oven to 180C fan forced. Line 2 baking trays with baking paper.

Step 3: mix flour, sugar, coconut, milo and chocolate chips in a bowl.

Step 4: add butter, egg and vanilla essence and mix well.

Step 6: Roll tbs of mixture into balls, leave room for biscuits to expand. Bake in oven for 10-15 minutes until golden.

Step 7: rest on pan for 5 minutes before cooling completely on wire rack.

Note: store in an airtight container for up to 1 week or freeze for up to 3 months. (They taste great straight from the freezer!)

From the kitchen of:

*The Norman family*



# Rhubarb & Strawberry Lattice Pie

## Ingredients

- 1 bunch rhubarb, thinly sliced
- 1 punnet strawberries, sliced
- 1 cup brown sugar
- 1 tablespoon cornflour
- 1 vanilla bean, split & seeds scraped
- 2 sheets shortcrust pastry
- 1 egg white, lightly beaten
- Sugar, for sprinkling

## Directions

- Step 1: Preheat oven to 180 degrees
- Step 2: Place rhubarb, strawberries, cornflour, and vanilla in a bowl and mix.
- Step 3: Grease a pie dish with butter and line with a sheet of shortcrust pastry
- Step 4: Put rhubarb mixture into the pie dish
- Step 5: Using a or knife, cut the remaining pastry into strips (use a crinkle cutter for fancy edges!)
- Step 6: Arrange the strips on top of the pie to make a lattice. Brush with egg white and sprinkle with sugar.
- Step 7: Bake for 45 minutes or until pastry is crisp.

From the kitchen of:

*The Taylor family*

# ANZAC Biscuits

## Ingredients

- 1 cup rolled oats
- 1 ¼ cups plain flour (sifted)
- 1 cup sugar
- ¾ cup coconut
- 125 grams unsalted butter
- 2 tablespoons golden syrup
- ½ teaspoon bicarb soda
- 1 tablespoon boiling water

## Directions

- Step 1: Combine oats, flour, sugar & coconut.
- Step 2: In saucepan, combine butter & golden syrup. Stir over gentle heat until melted.
- Step 3: Mix bicarb with boiling water. Add to melted butter.
- Step 4: Stir butter mixture into dry ingredients.
- Step 5: Roll into teaspoon sized balls
- Step 6: Bake at 150 degrees for 20 minutes.

From the kitchen of:

*The Dixon family*

# Ma's Easy Peasy Scones

## Ingredients

- 3 cups self raising flour
- 1 cup cream
- 1 cup lemonade
- Pinch of salt

## Directions

- Step 1: sift flour and salt into large bowl.
- Step 2: make well in the center, pour in cream and lemonade.
- Step 3: mix with a knife until mixture comes together.
- Step 4: turn dough onto lightly floured surface. Knead gently until smooth and pliable.
- Step 5: cut scones into rounds using a scone cutter. Arrange close together on a lightly greased tray
- Step 6: bake in a very hot oven (220 degrees) for 10 to 12 minutes or until golden brown. Serve with jam and cream

From the kitchen of: *The Holland Family*

# Chocolate Honeycomb Slice

## Ingredients

- ½ cup sweetened condensed milk
- 100g butter
- 200g plain sweet biscuits, finely crushed
- 3 x violet crumbles
- 200g milk chocolate chopped
- 2 teaspoons vegetable oil

This could be done with other chocolate bars such as cherry ripe or peppermint

## Directions

Step 1: Lightly grease an 18cm x 28cm slice pan. Line base and two long sides with baking paper, extending paper 2 cm above pan edge.

Step 2: In a small saucepan, combine condensed milk and butter. Stir over a low heat for 2-3 minutes, until butter has melted and the mixture is well combined.

Step 3: Transfer butter mixture to a large bowl. Stir in crushed biscuits and 2/3 of the chopped Violet Crumbles. Press firmly into prepared pan using a fork. Chill for 30 minutes, until firm.

Step 4: Melt chocolate and oil in a heatproof bowl over a saucepan of simmering water. Pour over slice. Sprinkle with remaining Violet Crumble. Chill for 25 minutes, until firm.

Step 5: Using a hot knife, cut in squares. Store in an airtight container in the fridge.

From the kitchen of:

*The Kingma family*

# Chocolate Chip Cinnamon Muffins

## Ingredients

- 1 pkt Betty Crocker Cinnamon Crumble Bake
- 1 cup Chocolate Chips

## Directions

- Step 1: Prepare muffin mix according to box instructions.
- Step 2: Fold in chocolate chips
- Step 3: Sprinkle cinnamon over top of muffins.
- Step 4: Bake according to directions.
- Step 5: Viola!

From the kitchen of:

*The Handley family*

# Lemonade Scones

## Ingredients

- 2 cups S.R Flour
- ¼ cup Caster Sugar
- ½ cup thick Cream
- ½ cup lemonade
- 2 Tablespoons milk
- ½ teaspoon salt

## Directions

- Step 1: preheat oven to 220C
- Step 2: place flour, sugar and ½ teaspoon salt in large bowl.
- Step 3: Add cream and lemonade and mix to form soft dough
- Step 4: Turn onto lightly floured bench and knead until combined.
- Step 5: make dough 2cm in thickness and cut out 8 scones using a round cutter.
- Step 6: brush tops with milk and bake for 10-15 minutes.

From the kitchen of:

*The Slaven family*

# Lemon Slice

## Ingredients

- 250g sweet biscuits
- 1 tsp lemon zest
- 1 cup coconut
- 1 can condensed milk
- Icing
- 1 cup icing sugar
- ½ lemon juice
- 1 tsp butter
- coconut

## Directions

- Step 1: crush biscuits
- Step 2: add lemon Zest
- Step 3: add 1 cup of coconut
- Step 4: add can of condensed milk and mix together
- Step 5: place it in a tray and put in the fridge
- Step 6: mix all icing ingredients together until smooth
- Step 7: pour onto slice let it set in fridge and enjoy

From the kitchen of:

# Honey Joys

## Ingredients

- Honey
- Cornflakes
- butter
- Sugar
- Paper cases

## Directions

- Step 1: Preheat the oven to 160 degrees
- Step 2: Melt butter, sugar & honey together.
- Step 3: Add cornflakes to the mixture.
- Step 4: Quickly fill the paper cases with the mixture.
- Step 5: Put it in the oven for 10 minutes.
- Step 6: let it cool.
- Step 7: ENJOY YOUR DELICIOUS HONEY JOYS

From the kitchen of:

*The Johar family*



# Caramel Slice

## Ingredients

- 1 cup of SR flour
- 1 cup of brown sugar
- 1 cup desiccated coconut
- 125 grams of melted butter
- 395g can of sweetened condensed milk
- 2 tbsp golden syrup
- Extra 30 grams of butter
- 150 grams of dark chocolate melts

## Directions

- Step 1: Preheat oven 180 and grease lamington pan.
- Step 2: Combine first 4 ingredients, mix together and press into pan, bake for 10 mins.
- Step 3: Combine condensed milk, golden syrup and 30g butter in saucepan. Heat to boil slowly while stirring (approx 5 mins)
- Step 4: Pour caramel into base and bake for further 10 mins then cool in fridge.
- Step 5: Melt chocolate and pour over cooled slice. Cool in fridge then slice and enjoy!

From the kitchen of:

*The Sammut family*

# Nonnas Lemon Cake

## Ingredients

- 4 eggs
- 1 cup milk
- 1.5 cups sugar
- ½ cup oil (not olive oil)
- 2.5 cups self raising flour
- 1 whole lemon rind and all its juice
- vanilla

## Directions

- Step 1: in a bowl add eggs, sugar, vanilla and beat.
- Step 2: add milk, oil, lemon rind and juice low speed mix.
- Step 3: add flour and mix for 2 minutes.
- Step 4: pour into a bundt cake tin. (the one with the hole in the middle)
- Step 5: cook on 170 degrees for 40 minutes. Test with a skewer.

From the kitchen of:

*The Torresan family*

# Peppermint Slice

## Ingredients

- 1 pkt of Marie or Arroroot (250g)
- 3 Peppermint Crisp bars
- 100 g butter
- ½ cup approx of condensed milk
- 1 Block of cooking chocolate (milk).

## Directions

- Step 1: Crush up biscuits until fine
- Step 2: Coarsely chop the peppermint crisp bars, we like to leave a few chunky bits
- Step 3: Melt butter (saucepan or microwave) then whisk in the condensed milk
- Step 4: Add above to the biscuit mixture - stir until combined
- Step 5: Pour into slice tin lined with baking paper, ensure smooth on top and pop into fridge
- Step 6: Melt cooking chocolate and pour onto cooled slice. Back into the fridge
- Step 7: Once set, cut with a hot knife into desired size slices

From the kitchen of:

*The Tudor family*

# Chocolate Self Saucing Pudding

## Ingredients

- 125 grams butter
- ½ cup caster sugar
- 1 egg
- 1 tsp vanilla essence
- 1 cup SR flour
- 1 tbsp cocoa
- ½ cup milk
- The Sauce
- 2 ½ cups hot water
- 2 tbsp cocoa
- 1 cup caster sugar

## Directions

- Step 1: Cream butter and sugar add egg and vanilla, beat well
- Step 2: Fold in sifted flour and cocoa alternating with the milk
- Step 3: Pour into an oven dish
- Step 4: Mix together the sugar and cocoa for the sauce, sprinkle over the top
- Step 5: Gently pour over the hot water
- Step 6: Bake at 180 for 45 minutes
- Step 7:

From the kitchen of:

*The Davey family*

# Pancakes

## Ingredients

- 1 cup of plain flour
- 1 tbsp baking powder
- 1 egg
- 1 cup of milk
- 1 tsp sugar
- Double or triple mixture for lots of pancakes!

## Directions

- Step 1: Mix dry ingredients in a bowl
- Step 2: Add milk and egg
- Step 3: Mix together
- Step 4: Preheat pan to medium heat
- Step 5: Pour mixture to your desired size into pan and cook until bubbles form, flip until golden brown.

From the kitchen of:

*The Ervine family*

# Chocolate Fudge Bars!!!

## Ingredients

- 1 cup plain flour
- 1 cup coconut
- ½ cup sugar
- 1 tablespoon cocoa
- 185g butter
- ½ teaspoon vanilla

## Directions

- Step 1: Mix dry ingredients together in bowl
- Step 2: Melt butter and add vanilla
- Step 3: Mix dry and wet ingredients together
- Step 4: Press into 11"x7" slice tin
- Step 5: Bake in moderate oven for 20 minutes
- Step 6: Allow to cool
- Step 7: When cold ice with chocolate icing or dust with icing sugar

From the kitchen of:

*The Sharpe family*

# Porridge for 4 (or one hungry bear)

## Ingredients

- 1 ½ cups rolled oats
- 1 ½ cups full cream milk
- 1 cup cold water
- ¼ teaspoon salt
- 1 ½ tablespoon unsalted butter
- ¼ cup honey
- Mashed banana, sultanas, nuts, cinnamon (as much as you like!)

## Directions

- Step 1: Add oats, milk, water & salt to saucepan and cook on medium heat until it simmers. Keep stirring!
- Step 2: Turn heat down low and add butter & honey.
- Step 3: Stir and let sit for 4 minutes.
- Step 4: Add the rest of ingredients just prior to serving.
- Step 5: Enjoy!

From the kitchen of:

*The Stephen family*

# Nanny's Scones

## Ingredients

- 5 cups self raising flour
- 300ml thickened cooking cream
- 375ml can lemonade
- 1 tbsp spoon sugar (optional)
- ½ cup sultanas or choc chips (optional)
- Milk for glazing

## Directions

- Step 1: sift flour, add sugar, mix.
- Step 2: add lemonade, cream and sultanas/choc chips
- Step 3: mix until it comes together.
- Step 4: knead lightly on a floured board and place balls of the mixture onto a baking tray.
- Step 5: makes about 12-15 scones
- Step 6: glaze the tops with milk and place into a hot oven (210 degrees) for 12 minutes or until golden brown.
- Step 7: serve with jam and cream (enjoy!)

From the kitchen of:

*The Yorke family*



# Yummy Chocolate Mousse

## Ingredients

- Two eggs
- 60g chocolate
- 2 tsp sugar

## Directions

- Step 1: melt chocolate
- Step 2: Separate the eggs
- Step 3: Whisk egg whites into soft peaks and add sugar
- Step 4: Mix egg yolks into melted chocolate
- Step 5: mix in a third of the egg white
- Step 6: fold the rest of the egg whites into the mix softly
- Step 7: put into 2 bowls and chill in fridge for 4 hours
- Step 8 eat and enjoy

From the kitchen of:

*The Schmid family*

# Apple Crumble Cookies

## Ingredients

- 100g dried apple
- 200g self-raising flour
- 100g unsalted butter (cold)
- 100g caster sugar
- 1 large egg

## Directions

- Step 1: Preheat oven to 200\*c
- Step 2: Line 2 trays with baking paper
- Step 3: Whiz apple in food processor until finely chopped
- Step 4: Add flour, cubed butter & pinch of sea salt, blitz to fine crumbs for 1 minute
- Step 5: Remove 3 tablespoons of mix & set aside
- Step 6: pulse in the egg until combined
- Step 7: Roll into 24 balls , press down lightly & sprinkle over reserved mix, pressing down lightly
- Bake for 8 to 10 minutes until lightly golden

From the kitchen of:

*The Russell family*

# Hedgehog Slice

## Ingredients

- 6 ozs Butter
- 6 ozs Sugar
- 1 Pkt Marie Biscuits
- 2 Eggs
- 2 Tbsps Vanilla

## Directions

- Step 1: Crush Biscuits finely into a bowl
- Step 2: Boil butter, sugar, vanilla & cocoa
- Step 3: Add beaten eggs & leave to boil again.
- Step 4: Add mixture to crushed biscuits, mixing well.
- Step 5: Put mixture into greased tin
- Step 6: Ice and sprinkle with Coconut

From the kitchen of:

*The Jones family*

# Malt Slice

## Ingredients

- 1 pkt Malt 'O' milk Biscuits
- 1 pkt Malt biscuits
- 1 tin condensed milk
- 185g butter
- 2 tbsps of Golden Syrup
- 250g White Chocolate

## Directions

- Step 1: Crush both pkts of Biscuits
- Step 2: Melt butter in saucepan and add condensed milk, golden Syrup and cook gently for 5 minutes.
- Step 3: Pour mixture over crushed biscuits and mix well.
- Step 4: Pour into greased and lined (with baking paper) slice tin
- Step 5: Melt chocolate and pour over the top
- Step 6: Put in fridge for a few hours until set. Slice.

From the kitchen of:

*The Jones family*

# ANZAC BISCUITS

## Ingredients

- ½ tsp bicarb soda.
- 2 tbsp boiling water.
- 125 gms butter, chopped.
- 2 tbsp golden syrup.
- 1 cup caster sugar.
- 1 cup rolled oats
- 1 cup plain flour
- ¾ cup coconut

## Directions

- Step 1: Combine bicarb and water in a mug, set aside. Preheat oven to 160°C.
- Step 2: Stir all the dry ingredients in a large bowl.
- Step 3: Combine butter and golden syrup in a pan, stir over heat until butter is melted.
- Step 4: Add bicarb mix to pan carefully as the butter mix expands.
- Step 5: Pour hot mix on dry ingredients and stir well.
- Step 6: Drop rounded teaspoons on a tray, flatten slightly.
- Step 7: Bake for 20 mins until golden, cool before eating.

ENJOY!

From the kitchen of:

*The Hose family*

# Chocolate Coconut Balls

## Ingredients

- 1 packet (250g) milk arrowroot biscuits
- $\frac{1}{3}$  cup (40g) cocoa powder
- $\frac{1}{2}$  cup (45g) desiccated coconut (plus a little extra to roll balls in)
- 1 Tin (395g) condensed milk

## Directions

- Step 1: Crush biscuits and place in a mixing bowl
- Step 2: Add coconut and cocoa, stir together then add condensed milk and mix..
- Step 3: Take small amounts of mixture and roll into the balls then roll through extra coconut.
- Step 4: Continue with the rest of mixture, place on plate and chill in fridge to 30 mins.

From the kitchen of:

*The Peric family*

# Chocolate Spiders

## Ingredients

- 1 Packet of Changs Original Fried
- 200 grams melted cooking chocolate (White, Dark or Milk)
- 2 tablespoons of Crunchy Peanut Butter
- 100's & 1000's (optional)

## Directions

Step 1: In a microwave safe bowl, break up the chocolate into small chunks.

Step 2: Add Peanut Butter and melt in the microwave for 60 seconds (then 5-10 second increments) until the chocolate has completely melted

Step 3: Add the noodles and mix well

Step 4: On a tray lined with baking paper spoon mixture into small mounds.

Step 5: Pop them in the fridge to set!

Tip: Before popping them in the fridge, you can sprinkle with 100's & 1000's to add a bit of colour!!

From the kitchen of:

*The Treweek family*

# Rocky Road

## Ingredients

- 500gm milk chocolate
- 300gm white chocolate
- 1 pkt marshmallows (chopped)
- 1 pkt lolly raspberries
- 3 turkish delights (chopped)
- ¼ cup unsalted peanuts
- dessicated coconut (optional)

## Directions

- Step 1: Melt chocolate in separate bowls
- Step 2: Pour ½ milk chocolate over base of a 20x20cm lined cake tin
- Step 3: Add ½ of the marshmallows, Turkish delight, raspberries and peanuts to the tin
- Step 4: Cover with remaining milk chocolate
- Step 5: Sprinkle over coconut
- Step 6: Add remaining half of ingredients
- Step 7: Cover with white chocolate and refrigerate

From the kitchen of:

*The Jennings family*



# Chocolate Chip Cookies

## Ingredients

- 250g butter
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 tsp vanilla
- 2 cups plain flour
- 1 tsp bicarb soda
- 2 tsp hot water
- ½ tsp salt
- 2 cups chocolate chips

## Directions

- Step 1: Cream together butter and both sugars until smooth.
- Step 2: Beat in the eggs, one at a time and then stir in vanilla.
- Step 3: Dissolve bi-carb soda into water. Add to butter mixture with salt.
- Step 4: Stir in flour and chocolate chips.
- Step 5: Make tablespoon size balls on to tray.
- Step 6: Bake for 10 minutes at 170 degrees.

From the kitchen of:

*The Handley family*

# Lemon Slice

## Ingredients

### Base

- 1 pack Marie Biscuits
- 125g Butter
- $\frac{3}{4}$  cup of dessicated coconut
- $\frac{1}{2}$  a tin of condensed milk
- 1 lemon rind

### Icing

- 2 cups icing sugar
- 1-1  $\frac{1}{2}$  tablespoons of butter
- Lemon juice (to taste)

## Directions

- Step 1: crush the biscuits and add in coconut and lemon rind (dry mix)
- Step 2: Combine melted butter (125g) and condensed milk in a bowl, then add to the dry mix
- Step 3: Press the biscuit mix into a lined slice tin and place in the fridge to set (about an hour)
- Step 4: Combine icing sugar, remaining butter and lemon juice (icing mix)
- Step 5: Pour icing mix over the biscuit base and place in the fridge to set.
- Step 6: When ready, take out of the fridge and allow to reach room temperature, then cut to size

From the kitchen of:

*The Marshall family*

# Chocolate balls

## Ingredients

- ½ a packet of marie biscuits
- ½ a tin of condensed milk
- ¾ of a cup of coconut
- 2 tablespoons of cocoa
- 125g of melted butter

## Directions

- Step 1: add all ingredients into a mixing bowl
- Step 2: mix ingredients until well mixed
- Step 3: roll into small balls
- Step 4: roll extra coconut

From the kitchen of:

*The Cydin family*

# Easy Banana Muffins

## Ingredients

- 3 - 4 ripened bananas
- $\frac{3}{4}$  cup sugar
- 2 tablespoons butter (30g)
- 1 egg, beaten
- 2 cups SR Flour
- 2 tablespoons milk
- Pinch salt

### Optional alterations:

- Use 2 bananas and a cup of frozen raspberries
- Use 3 - 4 bananas and chocolate chips, with a bit of vanilla essence

## Directions

Step 1: Preheat oven to 180c

Step 2: Grease muffin tin

Step 3: Beat eggs and bananas together, then add all other ingredients and mix well.

Step 4: Fill muffin tins  $\frac{3}{4}$  full with mixture

Step 5: Cook for approximately 20 mins until risen and golden.

From the kitchen of: *The Deveson family*

# Anzac Biscuits

## Ingredients

- 2 cups (200g) rolled oats
- 1 cup (150g) plain (all purpose) flour
- $\frac{2}{3}$  cup (150g) caster (superfine) sugar
- $\frac{3}{4}$  cup (60g) desiccated coconut
- $\frac{1}{3}$  cup (115g) golden syrup
- 125g unsalted butter
- 1 teaspoon bicarbonate of soda (baking)
- 2 tablespoons hot water

## Directions

- Step 1: Preheat oven to 160 degrees.
- Step 2: Place the oats, flour, sugar and coconut in a bowl. Mix to combine.
- Step 3: Place the golden syrup and butter in a saucepan over low heat and cook, stirring, until melted. Combine the bicarbonate of soda with the water and add to the butter mixture. Pour into the oat mixture and mix well to combine.
- Step 4: Place tablespoonsfuls of the mixture onto baking trays lined with non-stick paper and flatten to 7cm rounds, allowing room to spread.
- Step 5: Bake for 8-10 minutes or until deep golden. Allow to cool on baking trays for 5 minutes before transferring to wire racks to cool completely.

Makes roughly 35.

From the kitchen of:

*The Battle family*

# Arroz Con Leche / Rice with Milk (Spanish dessert)

## Ingredients

- 1 litre of full cream milk
- 1 cup of long grain rice
- 3 tablespoons of sugar
- 1 Egg
- Extra sugar & milk for creamy arroz con leche
- Cinnamon

## Directions

- Step 1: In a saucepan add milk, rice and sugar
- Step 2: stir ingredients on the stove until it boils
- Step 3: Continue to let it simmer after rice has cooked for approximately 12 minutes
- Step 4: In a separate bowl beat one egg yolk with 1 tsp of sugar, add a bit of cold milk & add some of the hot milk from the saucepan.
- Step 5: Stir all the ingredients together before adding it to the saucepan on the stove, this will make the rice creamy
- Step 6: serve arroz con leche with sultanas or cinnamon or some orange or lemon zest
- Step 7: Enjoy!

From the kitchen of:

*The Magno family*

# Sticky Date Pudding

## Ingredients

- 280g pitted dates
- 1 tsp bicarb soda
- 1 cup boiling water
- ¼ cup brown sugar
- 80g unsalted butter
- 2 eggs
- 1 ¼ cups self raising flour
- **BUTTERSCOTCH SAUCE**
- 1 ¼ cups brown sugar
- 1 ½ cups thickened cream
- 70g unsalted butter

## Directions

Step 1: Preheat oven to 180c or 160c fan forced

Step 2: Grease a 20cm cake tin

Step 3: Place dates in a bowl. Sprinkle with bi carb soda and pour over boiling water. Leave for 10 mins and mash with potato masher.

Step 4: Mix butter & sugar together until smooth and combined. Add eggs until combined.

Step 5: Add flour and mix until combined. Add date mixture and combine.

Step 6: Pour into cake tin and bake for 35 mins or until skewer inserted comes out clean.

**Butterscotch Sauce** - Place all ingredients in a saucepan. Once butter is melted, simmer for 2 mins. Serve with warm cake.

**Serve with ice-cream or dollop cream**

From the kitchen of:

*The King family*

# Classic Chocolate Balls

## Ingredients

- 1 Packet (250g) Marie or Milk Arrowroot Biscuits
- 1 tin Sweetened Condensed Milk (395g)
- $\frac{1}{3}$  cup (40g) Cocoa
- $\frac{1}{2}$  cup (45g) Desiccated Coconut (plus a little extra for rolling the balls in)

## Directions

- Step 1: Crush the biscuits and place in a mixing bowl
- Step 2: Add cocoa and coconut, stir together
- Step 3: Add condensed milk
- Step 4: Take a small amount of mixture and roll into a ball, continue with rest of mixture
- Step 5: Roll through extra coconut
- Step 6: Place the chocolate balls on a plate
- Step 7: Place in fridge to harden. eat!

From the kitchen of:

*The Steers & de Graaff family*



# Honey Joys

## Ingredients

- 90 grams butter
- $\frac{1}{3}$  cup sugar
- 1 tablespoon honey
- 4 cups Kelloggs Corn Flakes

## Directions

- Step 1: Preheat oven to 150 degrees celsius
- Step 2: Line 24 hole party pan with paper cases
- Step 3: Melt butter, sugar and honey together in a saucepan until frothy
- Step 4: Add corn flakes and mix well
- Step 5: Working quickly, spoon mixture into party cases
- Step 6: Bake for 10 minutes
- Step 7: Cool

From the kitchen of:

*The Petty family*

# Gingerbread Men

## Ingredients

- 125g butter
- $\frac{1}{3}$  cup brown sugar
- $\frac{1}{3}$  cup golden syrup
- 1 egg
- 2 cups plain flour
- $\frac{1}{3}$  cup sr flour
- 1 tablespoon ground ginger
- 1 teaspoon bicarb of soda
- Mini M&M's

## Directions

- Step 1: Preheat oven to 180 C.
- Step 2: Grease 2 baking trays and line with baking paper.
- Step 3: With beaters, beat butter, sugar and syrup until light and creamy. Add the egg gradually.
- Step 4: Sift dry ingredients and add to butter mixture.
- Step 5: Stir with a knife. Gather into a ball, then turn onto floured surface and knead until smooth.
- Step 6: Roll out onto a board lined with baking paper with a rolling pin until 5 mm thick. Put the board into the fridge until dough is firm enough to cut.
- Step 7: Cut out the dough with people-shaped biscuit cutters. Put on tray and decorate with the mini M&M's. Bake in oven 10 minutes. Delicious!

From the kitchen of:

*The Boehringer family*

# Lemon Drizzle Cake

## Ingredients

- 225g unsalted butter, softened
  - 225g caster sugar
  - finely grated zest 1 lemon
- For the drizzle topping
- juice 1½ lemons
  - 85g caster sugar

## Directions

- Step 1: Heat oven to 180C/fan 160C/gas 4.
- Step 2: Beat together softened unsalted butter and caster sugar until pale and creamy, then add 4 eggs, one at a time, slowly mixing through.
- Step 3: Sift in self-raising flour, then add the finely grated zest of lemon and mix until well combined.
- Step 4: Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.
- Step 5: Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.
- Step 6: While the cake is cooling in its tin, mix together the juice of 1 ½ lemons and 85g caster sugar to make the drizzle.
- Step 7: Prick the warm cake all over with a skewer or fork, then pour over the drizzle - the juice will sink in and the sugar will form a lovely, crisp topping.
- Step 8: Leave in the tin until completely cool, then remove and serve. Will keep in an airtight container for 3-4 days, or freeze for up to 1 month.

From the kitchen of:

*The Johal family*

# Vintage Chocolate Chip Cookies

## Ingredients

- 150g salted butter softened
- 80g light brown muscovado sugar
- 80g granulated sugar
- 2 tsp vanilla extract
- 1 large egg
- 225g plain flour
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 200g plain chocolate chips or chunks

## Directions

- Step 1: Heat the oven to 190c/ fan170c/gas 5 and line two baking sheets with non-stick baking paper.
- Step 2: Put 150g softened salted butter,80g light brown muscovado sugar and 80g granulated sugar into a bowl and beat until creamy.
- Step 3: Beat in 2 tsp vanilla extract and one large egg.
- Step 4: Swift 225g plain flour,½ a tsp bicarbonate of soda and ¼ tsp salt into the bowl and mix it in with a wooden spoon.
- Step 5: Add 200g plain chocolate chips or chunks and stir well.
- Step 6: Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.
- Step 7: Bake for 8-10 mins until they are light brown on the edges and still slightly soft in the center if you press them.
- Step 8: Leave on the tray for a couple of mins to set and then lift onto a cooling rack

From the kitchen of:

*The Johal family*

# Strawberry Smoothie!

## Ingredients

- 100g butter
- 175g caster sugar
- 75g light brown or muscovado sugar
- 125g chocolate (plain milk)
- 1 tbsp golden syrup
- 2 eggs
- 1 tsp vanilla extract /essence
- 100g plain flour
- ½ a tsp baking powder
- 2 tbsp cocoa powder

## Directions

- Step 1: Heat oven to 180C/fan 160C/gas 4. Grease and line a 20cm cake tin.
- Step 2: Place the butter, caster sugar, brown sugar, chocolate and golden syrup in the pan and melt gently on a low heat until it is smooth and lump-free.
- Step 3: Remove the pan from the heat.
- Step 4: Break the eggs into the bowl and whisk with the fork until light and frothy. 5 Add the eggs, vanilla extract or essence, flour, baking powder and cocoa powder to the chocolate mixture and mix thoroughly.
- Step 5: Remove and allow to cool for 20-30 mins before cutting into wedges and serving.
- Step 6: Remove and allow to cool for 20-30 mins before cutting into wedges and serving.
- Step 7: Serve with cream or ice cream and plenty of fresh fruit.
- ENJOY!

From the kitchen of:

*The Johal family*

# Rumballs

## Ingredients

- 4 tbs of cocoa
- 1 cup of coconut
- 1 cup of condensed milk
- 1 packet of marie biscuits
- Extra coconut (to roll)

## Directions

- Step 1: blended up biscuits
- Step 2: add coconut and cocoa powder
- Step 3: add condensed milk and stir
- Step 4: roll ball of mixture into coconut unting covered
- Step 5: repeat with all mixture
- Step 6: refrigerate until hard
- Step 7: enjoy

From the kitchen of:

*The McNamara family*

# Chickpea Chocolate Cake - Gluten & Dairy Free

## Ingredients

- 1 ½ cups of semi-sweet chocolate, melted
- 1 can chickpeas, rinsed and drained
- 4 eggs
- ¾ cup of sugar
- ½ teaspoon baking powder
- sprinkling of icing sugar (for serving)

## Directions

- Step 1: Preheat oven to 180 degrees.
- Step 2: Place eggs and chickpeas in food processor and blend until smooth.
- Step 3: Add sugar and baking powder and pulse until combined.
- Step 4: Pour in melted chocolate and process until combined. Make sure you scrape down the sides of the bowl!
- Step 5: Bake for 30-35 mins or until an inserted toothpick comes out clean.
- Step 6: Cool in pan on a wire rack for 10 mins.
- Step 7: Sprinkle lightly with icing sugar to serve. Enjoy!

From the kitchen of:

*The Chimside family*

# Rocky Road

## Ingredients

- 2 Cadbury baking milk chocolate melts 225g
- 1 Bag of Marshmallows
- 1 Bag of Allens ripe raspberry lollies
- 1 Bag of Maltesers (or Clinkers)

## Directions

- Step 1: Chop marshmallows, lollies and maltesers in half
- Step 2: Melt chocolate in bowl
- Step 3: Add all ingredients to bowl and mix until evenly coated in chocolate
- Step 4: Pour into rectangular/square dish lined with baking paper
- Step 6: Refrigerate until set and cut into pieces

From the kitchen of:

*The Scott family*



# Kalte Hund

## Ingredients

- 1200g Maria biscuits
- 250g Margarine
- 600ml Sweetened Condensed milk
- 5 tbsp Sweet cocoa powder
- 7 tbs Normal cocoa powder

## Directions

- Step 1: break up the biscuits by hand into small pieces
- Step 2: heat up the rest of the ingredients together on the stove
- Step 3: once all combined add the mixture to the biscuits
- Step 4: mix all together
- Step 5: place in a plastic bag and make it square and flat
- Step 6: refrigerate for at least 6 hours

From the kitchen of:

*The Martens-Mulally family*

# Choc - Nutella Mug Cake

## Ingredients

- Plain Flour 2 TBSP
- Sugar 1 TBSP
- Cocoa powder 1 TBSP
- Baking powder  $\frac{1}{4}$  TSP
- Olive oil 1 TBSP
- Milk 3 TBSP
- Nutella 1 TBSP
- Icing Sugar (optional sprinkled on top)

Materials for recipe

- One microwave
- Small cup/Mug

## Directions

Step 1: Mix Plain Flour, Sugar, cocoa powder and baking powder together in Cup/Mug

Step 2: Next add Olive oil, milk on top then mix

Step 3: Add Nutella in on top but DON'T MIX.

Step 4: Then put mixture in the microwave for 30 secs, then check and put back in for around 15 secs

Step 5: Once ready, sprinkle Icing sugar on top

Step 6: Enjoy

You can use any type of melted chocolate instead of Nutella!

From the kitchen of:

*The Fricke family*

# Sugary Fruit Flower

## Ingredients

- Strawberries x12
- Blueberries x12
- White sugar x50 grams

## Directions

- Step 1: Carefully cut the ends of the Strawberries with the green plantations.
- Step 2: Cautiously cut the blueberries in  $\frac{1}{2}$
- Step 3: Delicately place 6 of the blueberries in a Spiral like shape
- Step 4: Take 6 of the Strawberries and circle the blueberries
- Step 5: Then circle the Strawberries with the blueberries and repeat with the Strawberries (until you run out).
- Step 6: Now sprinkle the Sugar on top.
- Step 7: Now Lastly... Refrigerate for 2 Hours!!!

From the kitchen of:

*The Zhao family*

# Watermelon Frosty Drink (serves 2)

## Ingredients

- 2 cups of watermelon cubes, frozen.
- 1 banana cut into coins
- 1 tablespoon of honey (or maple syrup)
- The juice of one lemon
- ½ a cup of water
- Blender
- Freezer

## Directions

- Step 1: Cut up the amount of bananas and watermelon the freeze for 4 hours or overnight.
- Step 2: When you are ready to make your frosty remove the watermelon and bananas and let them defrost for 10 minutes.
- Step 3: Place the watermelon and banana in blender and add the honey, water and lemon.
- Step 4: Blend all the ingredients together then pour into glasses to serve.

From the kitchen of:

*The Lynch family*

# Chocolate Coconut Pancakes

## Ingredients

- 1 cup flour
- ½ cup caster sugar
- 2 tbsp coconut
- 1 tbsp cocoa
- 1 cup milk
- 2 tbsp butter

## Directions

- 1-in a bowl mix the flour,sugar,coconut and cocoa
- 2-put the butter in the microwave on melt for 30 seconds
- 3-make a well with your dry ingredients
- 4-pour the milk and butter in the middle of the well gradually and mix
- 5-once all combined,turn on your stove(make sure you have adult supervision) and Grease the pan with butter.
- 6-pour in the pancake batter into the pan-you can make them as big or small as you like.
- 7- once they are cooked,serve on a plate,top with any toppings you like and enjoy!

*From the kitchen of:*

*The Wilson family*

# Cupcakes

## Ingredients

- 120g unsalted butter, softened
- $\frac{2}{3}$  cup caster sugar
- 1  $\frac{1}{2}$  cups self raising flour
- $\frac{1}{2}$  cup of milk
- 2 teaspoons vanilla essence
- 2 eggs

## Directions

Step 1: preheat oven to moderate 160C - fan forced oven

Step 2: put all ingredients into a bowl

Step 3: using an electric mixer, mix on low speed for 2 minutes then increase the speed and mix for 2 minutes until smooth and pale

Step 4: spoon mixture evenly into 12 paper patty cases

Step 5: bake for 20 minutes or until golden

Step 6: put on icing and eat

From the kitchen of:

*The Scheller family*

# Banana Bread

## Ingredients

- 2 to 3 very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup melted butter, unsalted or salted
- 1 teaspoon baking soda
- Pinch of salt
- 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups of all-purpose flour

## Directions

- Step 1: Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.
- Step 2: In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
- Step 3: Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
- Step 4: Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean.
- Step 5: Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)

From the kitchen of:

*The Belliol family*

# Caramel Slice

## Ingredients

- 150 grams plain flour
- 110 grams brown sugar
- 40 grams desiccated coconut
- 125 grams of melted butter
- 100 grams of extra butter
- 2x395 grams nestle sweetened condensed milk
- 80 mL golden syrup
- 200 grams of plaistowe premium dark chocolate,melted
- 1 tablespoon vegetable oil

## Directions

- Step 1: preheat oven to 180 c (160 c if fan forced)
- Step 2:lightly grease 18x28 cm slice pan and line with baking paper.
- Step 3: in median bowl combine flour sugar and coconut together then while mixing add melted butter mix until smooth then put in pan bake for 15 to 20 mins
- Step 4:place nestle condensed milk and syrup in saucepan mix until smooth pour over base then bake for 20 to 25 mins
- Step 5:combine plaistowe dark chocolate and oil stir until smooth pour over slice

From the kitchen of:

*The Luijt family*



# Vanilla Slice

## Ingredients

- 180g butter softened
- 1 cup caster sugar
- 1 egg
- 2 cups plain flour sifted
- 1/2 tsp baking powder
- 1 tsp vanilla essence

## Directions

Step 1: Beat butter egg and vanilla Add the egg and beat well.

Step 2: Stir through sifted flour and baking powder and mix to form dough.

Step 3: Roll two teaspoons of mixture into balls, place on a tray lined with baking paper and flatten gently.

Step 4: Bake for 10 minutes, until slightly golden around edges. Cool on wire racks.

From the kitchen of:

*The Tilden family*

# Chocolate Chip Cookies

## Ingredients

- Sugar
- Butter
- Self raising flour
- Salt
- Vanilla essence
- Brown sugar
- Chocolate chips
- Eggs

## Directions

- Step 1: cream the butter sugars and vanilla
- Step 2: add a pre whisked egg gradually
- Step 3: sift in the flour and salt
- Step 4: add chocolate chips and mix it
- Step 5: roll into little balls
- Step 6: put them in oven at 160° for ten minutes
- Step 7: Enjoy

From the kitchen of:

*The Portlock family*

# Goosey Chocolate Chip Cookies

## Ingredients

- 1 egg
- 100g of sugar
- 165g of brown sugar
- 115g of unsalted melted butter
- 1 tsp of salt
- 1 tsp of vanilla extract
- 155g of plain flour
- ½ tsp of baking soda
- 110g of milk chocolate chips
- 110g of white chocolate chips

## Directions

- Step 1: In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.
- Step 2: Whisk in the egg and vanilla, beating until light ribbons fall of whisk. Sift in the flour and baking soda, then fold the mixture with a spatula
- Step 4: Fold in the chocolate chunks, then chill the dough for at least 30 minutes.
- Step 5: Preheat oven to 180°C. Line a baking tray with parchment paper.
- Step 6: Scoop the dough with an ice-cream scoop onto a baking tray, leaving at least 10 cm of space between cookies so that the cookies can spread evenly. They spread a lot
- Step 7: Bake for 12-15 minutes, or until the edges have started to brown.
- Step 8: Enjoy warm for a yummy gooey cookie or you can have cold.

From the kitchen of:

*The Goudge family*

# Lemonade Scones

## Ingredients

- 3.5 cups of self raising flour
- 1 cup of thickened cream
- 1 cup of Lemonade

## Directions

- Step 1: combine all ingredients in a bowl and mix until flour mostly combined. Do not over mix!!!!
- Step 2: knead gently on a floured board.
- Step 3: pat into disc shape 2.5 cm thick
- Step 4: cut into rounds (6 cm)
- Step 5: brush tops with milk
- Step 6: bake for 15 min at 180 deg until golden
- Step 7: serve with jam and cream

From the kitchen of:

*The Cossens family*

# Hedgehog Slice

## Ingredients

- 2 packets of Marie biscuits.
- 250g salted butter, melted.
- 3 tablespoons of cocoa powder.
- 4 tablespoons of shredded coconut.
- 1 tin of sweetened condensed milk

### ICING

- 250g milk cooking chocolate.
- 2 teaspoons of cooking oil.

## Directions

Step 1: crush the biscuits into a bowl, until there is a combo of fine and chunky crumbs. Add the cocoa powder and shredded coconut and mix well

Step 2: melt the butter and condensed milk together. Add the dry ingredients. Place into a slice pan and refrigerate.

Step 3: melt the icing ingredients altogether and drizzle on top of slice. Refrigerate to set.

Step 4: Cut up and enjoy

From the kitchen of:

*The Ward family*

# Chewy Nutella Cookies

## Ingredients

- ½ cup granulated sugar
- ¾ cup brown sugar
- 1 teaspoon salt
- ½ cup unsalted butter (melted)
- 1 egg
- 1 teaspoon vanilla extract
- 1 ¼ cups all-purpose flour
- ½ teaspoon baking soda
- 1 teaspoon Nutella

## Directions

- Step 1: Whisk together the sugars, salt, and butter until a paste forms with no lumps.
- Step 2: Whisk in the egg and vanilla, beating until light ribbons fall off the whisk
- Step 3: Sift in the flour and baking soda, then fold the mixture with a spatula
- Step 4: Chill the dough for at least 30 minutes
- Step 5: Preheat oven to 180°C, line a baking sheet with parchment paper
- Step 6: Scoop the dough with an ice-cream scoop onto your pan, leaving at least 10 cm, so that the cookies don't join
- Step 7: Poke a hole in the centre of each cookie, dollop a teaspoon of Nutella in each hole
- Step 8: Bake for 12-15 minutes, or until the edges have started to barely brown.

From the kitchen of:

*The Metcalfe family*

# Moist Chocolate Cupcakes

## Ingredients

- ½ cup milk
- 1 teaspoon vinegar
- 1 cup flour
- 2 tablespoons cocoa
- ¾ cup sugar
- ¾ teaspoon baking Soda
- a dash of salt
- 75 grams soft butter
- 1 teaspoon vanilla
- 1 egg

## Directions

Step 1: Set oven to 190c, set about 27 paper patty pans on a baking tray.

Step 2: Mix milk + vinegar in a cup, set aside to turn sour.

Step 3: Sift flour, cocoa, baking soda, salt into a mixing bowl.

Step 4: Add butter, vanilla and the milk and vinegar.

Step 5: Beat at low speed for 4 minutes. Scrape sides of the bowl and mix again.

Step 6: Add egg and beat for another 3 minutes.

Step 7: Fill patty pans to about ¾ full. Bake for 20 mins and let cool.

Ice with any icing you would like.

From the kitchen of:

*The Churchward family*

# Cinnamon Donut Puffs

## Ingredients

- 1 ¼ cups plain flour
  - 1 ½ ts baking powder
  - ⅓ cup caster sugar
  - 125g butter, melted
  - 1 egg, lightly beaten
  - ⅔ cup milk
- Cinnamon sugar coating
- ⅓ cup sugar
  - ½ ts cinnamon
  - 50g butter, melted

## Directions

- Step 1: preheat oven 180°C. Grease 24 x 30ml non-stick patty tins.
- Step 2: mix flour baking powder and sugar in a large bowl. Make a small well in the middle.
- Step 3: put the egg, milk and melted butter in a jug, and combine with a whisk. Pour the egg mixture into the flour mixture and whisk until smooth.
- Step 4: divide the mixture between the prepared tins, filling to the top. Bake for 12 mins or till puffed up and golden brown.
- Step 5: to make the cinnamon sugar coating, mix sugar and cinnamon in a medium bowl. Place the melted butter in a small bowl.
- Step 6: wearing oven gloves, remove the puffs from oven and cool for 1 min in the tin.
- Step 7: take the puffs out of the tins and onto a wire rack. Using a pastry brush, brush them all over with melted butter and toss the puffs in the cinnamon sugar. Eat while warm for a great experience!

From the kitchen of:

*The Duo family*



# Chocolate Coconut Truffles

## Ingredients

- Butter
- Sugar
- Cocoa
- Milk
- Coconut

## Directions

- Step 1: Heat the butter,sugar,cocoa and milk on the stove
- Step 2: mix in coconut and let it cool
- Step 3: shape into balls
- Step 4: roll them in coconut
- Step 5: freeze for 15 mins

From the kitchen of:

*The Kashif family*

# Chocolate Coconut Balls

## Ingredients

- 1 can of sweetened condensed milk
- $\frac{1}{3}$  Of a cup of cocoa powder.
- 1 packet of Arnott's Arrowroot Biscuits.
- $\frac{1}{2}$  A cup of desiccated coconut, (plus a little extra to roll the mix in at the end)

### Materials:

- A large mixing bowl.
- A wooden spoon.
- 2 plates.

## Directions

- Step 1: Take out a large bowl and start by crushing up all of your arrowroot biscuits in the bowl so until looking like crumbs. Take your  $\frac{1}{3}$  Of a cup of cocoa powder and pour it into the bowl. Take your  $\frac{1}{2}$  a cup of desiccated coconut, and pour it into the mixture in the bowl.
- Step 2: Take your wooden spoon and mix it together.
- Step 3: Get your can of condensed milk and slowly pour it in whilst slowing mixing with your wooden spoon. Continue to mix until the mixture is a nice consistency.
- Step 4: Take out 2 medium sized plates. And sprinkle some desiccated coconut on one of them.
- Step 5: With your mixture form some small balls with your hands. One by one, roll them in your coconut until they are nice and covered, then place them on the other clean plate.
- Enjoy!

From the kitchen of:

*The Parkin family*

# Triple Chocolate Cookies

## Ingredients

- 125g butter, softened
- 2 teaspoons vanilla essence
- ½ cup brown sugar
- 1 egg
- ¾ cup plain flour
- ½ cup self-raising flour
- ¼ cup cocoa powder
- 60g white chocolate, chopped
- 60g dark chocolate, chopped

## Directions

- Step 1: Preheat oven to 180c. Line 2 baking trays with baking paper.
- Step 2: Use electric mixer and cream butter, vanilla, and sugar until smooth.
- Step 3: Add the egg and beat well.
- Step 4: Sift the flours and cocoa together.
- Step 5: Add flour mixture and choc bits to butter mixture and stir well to combine.
- Step 6: Place tablespoons of mixture on tray 6 cm apart and bake for 12-15 mins.

From the kitchen of:

*The Jones family*

# Peppermint Slice - No Baking

## Ingredients

- 1 tin of condensed milk
- 2 peppermint crisps crunched
- 1 packet of marie biscuits crunched
- Icing
- 125g chocolate
- 60g Copha

## Directions

- Step 1: Open the biscuits and peppermint crisps and put into a food processor, then crush.
- Step 2: Put the crushed biscuits and peppermint crisps into a bowl. Add condensed milk. Mix together.
- Step 3: Put into a lined slab tin and press down evenly.
- Step 4: Place in fridge for 1 hour to set.
- Step 5: Melt chocolate and copha together.
- Step 6: Pour over the top of slice and refrigerate for 2 hours.
- Step 7: Cut into squares, eat and enjoy

From the kitchen of:

*The Tough family*

# LCM's

## Ingredients

- 2.5 cup of rice bubbles
- ½ of 100s and 1000s
- 1.5 cup of marshmallows
- ½ cup of melted butter

## Directions

Step 1: mix 100s and 1000s, rice bubbles and 1 cup of chopped marshmallows in to a bowl.

Step 2: melt the remaining marshmallows and add the butter and the marshmallows to the mix

Step 3: pour into a greased tray and pat down

Step 4: place in the fridge to set

Step 5: remove cut and serve

From the kitchen of:

*The Campbell's family*

# Chocolate Crackles

## Ingredients

- 4 cup of rice bubbles
- 1 cup of icing sugar
- 1 cup of desiccated coconut
- 250 grams of copha
- 3 tablespoons cocoa

## Directions

- Step 1: mix rice bubbles, icing sugar, coconut and cocoa
- Step 2: slowly melt copha in saucepan over low heat. Allow to cool slightly
- Step 3: add copha to rice bubble mixture, stir well until combined
- Step 4: spoon mixture into paper patty cases and refrigerate

From the kitchen of:

*The Lowe family*

# Easy 3 Ingredient Lemonade Scones

## Ingredients

- Cream
- Self raising flour
- Lemonade

## Directions

- Step 1 preheat the oven to 200°C add 3 and a half cups of self raising flour into a bowl
- Step 2: Make a hole in the middle of the self raising flour and add one cup of cream
- Step 3: When you finish adding one cup of cream and one cup of lemonade
- Step 4: Mix it all up and then start kneading with Your hands
- Step 5 get a round cutter and cut your scones next put it on a baking tray with baking paper on it and brush with milk put it in the oven for 15 mins . step
- 6: let them cool down and enjoy

From the kitchen of:

*The Fadel family*

# Rebecca's Lemon Slice

## Ingredients

### For Slice Base:

- 250g crushed plain sweet biscuits (eg. Arrowroot)
- ½ tin condensed milk
- 125g butter, melted
- 1 cup dessicated coconut
- Grated rind of lemon (or a couple of shakes of bottled lemon juice)

### For Icing:

- 1 ½ cups icing sugar
- 1 dessertspoon soft butter (or margarine)
- Lemon juice (fresh or bottled)

## Directions

- Step 1: Melt butter then add all remaining base ingredients into bowl
- Step 2: Mix all ingredients together well
- Step 3: Spread evenly into a greased 25cm x 18cm slice tin & press down firmly
- Step 4: Put into refrigerator to set
- Step 5: When slice is set, ice with lemon icing (see below) and sprinkle with extra coconut
- Step 6: Cut into fingers/squares of desired size and serve
- Step 7: For Icing: Add butter to icing sugar and enough lemon juice to mix into spreadable icing consistency

From the kitchen of:

*The Andrew family*



# Yummy Pikelets

## Ingredients

- $\frac{3}{4}$  cup (185ml) milk
- 1 egg
- 1 cup (150g) self-raising flour
- 1 tablespoon caster sugar
- Melted butter, to brush, plus extra knobs to serve
- Honey or fruit to serve

## Directions

- Step 1: Whisk milk and egg together in a small bowl
- Step 2: Sift flour and sugar into another bowl with a pinch of salt
- Step 3: Add dry ingredients to milk and egg and whisk until smooth
- Step 4: Heat a non-stick frypan over a medium heat and brush with a little melted butter. Drop level tablespoons of the mixture into the pan and cook for half a minute or until bubbles appear on the surface
- Step 5: Turn over and cook other side for 1 minute until golden
- Step 6: Allow to cool and serve with butter and honey or fruit

From the kitchen of:

*The Watts family*

# Savoury Recipes



# Slow Cooked Mongolian Beef

## Ingredients

- 700gms flank steak (we sliced up sizzle steak)
- ¼ cup cornflour
- 2 tablespoons olive oil
- ½ teaspoon crushed garlic
- ¾ cup soy sauce
- ¾ cup water
- ¾ brown sugar
- 1 cup carrots, julienned

## Directions

- Step 1: coat steak in cornflour - easiest to be done using a ziplock bag
- Step 2: place steak and carrots into slow cooker
- Step 3: combine all other ingredients and stir to make the sauce
- Step 4: pour the sauce over the steak and stir until all coated
- Step 5: cook on high for 4 hours or low for 8 hrs
- Step 6: enjoy over rice

From the kitchen of:

*The Crebbin family*

# Honey Chicken

## Ingredients

- Chicken breast (1kg)
- Salt (10g)
- Corn flour (100g)
- Honey (50g)
- Sesame seeds
- oil (500mL)

## Directions

- Step 1: Cut the chicken breast in chicken-dice
- Step 2: Get a bowl then put 100 grams of corn flour and self raising flour 200 grams, also 10 grams of salt with 100 ml of water in the bowl
- Step 3: Put the chicken-dice in the bowl then mix it around with your clean hands!
- Step 4: Put the mixed chicken in a sourcing pen and cook it in deep fried, after it should look golden brown
- Step 5: After put the sesame on it and honey

From the kitchen of:

*The Wei family*

# Cheese Puffs

## Ingredients

- ½ cup milk
- 1 egg lightly beaten
- 2 cups grated cheese
- 1 cup self-raising flour
- 3 bacon rashers diced
- 1 small diced onion

## Directions

- Step 1: Preheat oven to 200C
- Step 2: Combine egg and milk in a large bowl
- Step 3: Add remaining ingredients and mix well
- Step 4: Line a baking tray with baking paper
- Step 5: Drop large teaspoons of the mixture on the tray
- Step 6: Bake for 20 minutes at 200C

From the kitchen of:

*The Stark family*

# Bacon and Cheese Puffs

## Ingredients

- 1 egg
- 2 cups of grated cheese
- ½ cup of milk
- 3 rashers of bacon or ham, chopped finely
- 1 cup self raising flour
- 1 teaspoon of French mustard

## Directions

- Step 1: Mix milk and egg in a bowl
- Step 2: Put all other ingredients in as well, mix thoroughly
- Step 3: Put large teaspoons on a baking tray
- Step 4: Cook for 20 minutes 180 - 200c
- Step 5: Let cool for 5 minutes
- Step 6: Serve onto a large dinner plate
- Step 7:

From the kitchen of:

*The Humphreys family*

# Mushroom Sauce

## Ingredients

- 2 cups of mushrooms (sliced)
- 1 tsp butter
- ¼ cup oyster sauce
- 3 tbsp worcestershire sauce
- Black pepper to taste
- Parsley to garnish

## Directions

- Step 1: Melt butter into both sauces
- Step 2: Add mushrooms
- Step 3: Simmer for 15 minutes
- Step 4: Add sauce to your dish then garnish with parsley

From the kitchen of:

*The Hardman family*

# Fried Rice

## Ingredients

- Rice 4 cups of 3/4 COOKED AND CHILLED rice white of brown
- Bacon. 125 grams
- Spring onions 2 spring onions
- Carrots 2 medium carrots
- Corn 1 cup of corn
- Peas. 1 cup of peas
- Olive oil. 1 tablespoon
- Soy sauce. 3 tablespoons
- Eggs. 4 large eggs
- Garlic. 4 cloves minced

## Directions

Step 1: Fry bacon on pan at medium high when brown place on plate and put lid of the pan on top to keep warm

Step 2: Clean pan and put the oil then take your whisked eggs and pour it like pancake then roll it into a burrito place with bacon keep warm.

Step 3: Heat oil still on the pan add carrots on spring onions cook for 3-4 minutes add garlic mix and wait one more minute

Step 4: Add cold rice, peas and corn mix until rice softened

Step 5: Cut eggs then add with bacon, add in your sauces olive oil and soy sauce

ENJOY

From the kitchen of:

*The Strouds family*



# Zucchini Muffins

## Ingredients

- 1½ cups zucchini grated
- 1 carrot grated
- 125g corn kernels
- 1 onion finely diced
- 100g ham thinly sliced
- 1 cup self raising flour
- 1 cup grated cheese
- 6 eggs
- Salt and pepper (optional)

## Directions

- Step 1: preheat oven to 180 degrees Celsius
- Step 2: grate cheese, zucchini and carrot
- Step 3: finely dice onion and slice ham
- Step 4: break eggs into a bowl and whisk
- Step 5: add flour and whisk
- Step 6: add grated zucchini, carrot, onion and corn, continue to mix. Add ham and cheese, mix well
- Step 7: scoop mixture into muffin pans, bake until golden brown (approx 15-20 mins)

From the kitchen of:

*The Deutrom family*

# Taco Gem Bake

## Ingredients

- ½ Bag Potato Gems
- 500gms Mince Meat
- 1 Packet Taco Seasoning
- 1 Jar Mexican Salsa
- ½ Diced Onion
- ½ Teaspoon Garlic
- 1 Cup Grated Cheese

## Directions

- Step 1: Line a baking dish with the potato gems. Place in oven at 180c until golden brown
- Step 2: While gems are cooking brown the mince and add garlic and diced onion
- Step 3: Once cooked add the taco seasoning and mix thoroughly. Mix in the mexican salsa.
- Step 4: Once gems are cooked, Add the taco meat covering the gems.
- Step 5: Add grated cheese and place back in oven till golden brown . Serve with salad.

From the kitchen of:

*The McMahon family*

# Fried Sliced Celery with Marinated Pork Meat

## Ingredients

- 200g fresh celery
- 100g pork fillet
- 2 teaspoons Soy sauce
- 1 teaspoon Sesame seed oil
- Pinch of Salt
- 5g Garlic powder
- 2 teaspoon Vegetable oil

## Directions

- Step 1: slice celery and meat in thin pieces.
  - Step 2: Marinate pork meat with soy sauce sesame seed oil and garlic powder
  - Step 3: heat oil in a fry pan.
  - Step 4: put marinated pork meat in the fry pan and stir until fully cooked.
  - Step 5: Take out the meat from the fry pan and put aside.
  - Step 6: put the sliced celery in and stir frequently.
  - Step 7: put pork meat back to the fry pan and mix with the celery.
- Take out and enjoy!

From the kitchen of:

*The Li family*

# Salmon Dish

## Ingredients

- 1 cup milk
- 2 tbsp margarine
- 2½ tbsp plain flour
- 1½ cup rice
- 1 packet chicken noodle soup
- ¼ cup water
- 1 tsp curry powder
- 1 tin (415g) pink salmon
- 3 slices of bread butter both sides

## Directions

- Step 1: Add chicken noodle soup to ¼ cups of water in a small saucepan. Bring to the boil and simmer for 7 minutes
- Step 2: Melt the margarine in a small saucepan, add flour and curry powder and cook out for 2-3 minutes, stirring constantly. Gradually add the milk to make a white sauce.
- Step 3: Drain the salmon reserving the liquid and debone. Break up salmon and add to liquid
- Step 4: Combine soup, salmon and white together. Mix well.
- Step 5: Cook rice using preferred method
- Step 6: Place half the cooked rice into a large casserole dish. Top with half the salmon mixture. Repeat this process
- Step 7: Cut bread into small cubes and place on top of dish.
- Step 8: Bake in the oven at 180°C for 30 minutes

From the kitchen of:

*The Sadler family*

# Loaf of Bread

## Ingredients

- 2 cups of flour, Plus more for kneading.
- $\frac{3}{4}$  teaspoons of baking soda.
- $\frac{1}{2}$  teaspoons of salt.
- 1 cup of buttermilk
- 3 tablespoons of unsalted butter, melted and divided.

## Directions

Step 1: Preheat the oven to 375 F  
Step 2: In a big bowl, combine flour, baking soda and salt then whisk  
Step 3: Add buttermilk and two tablespoons of melted butter and mix until it is merged

From the kitchen of:

*The Ortega family*

# Chips and Salsa

## Ingredients

- Premade pasta sauce
- Carrot
- Chives
- Mison chips

## Directions

Step 1:tip the sauce into a small bowl  
Step 2:grate the carrot with a grater  
Step 3: chop the chives into small pieces  
Step 4:while slowly mixing the sauce add  
Pieces of carrot and chives.Continue this step until  
all gone  
Step 5:lastly,add the chips on the edge of the  
Bowl and voila your ready

From the kitchen of:

*The Porlock family*

# Vegetable & Bacon Frittata - serves 4

## Ingredients

- 8 eggs (beaten lightly)
- 1 cup zucchini (grated)
- Bacon (diced -optional)
- 1 cup cauliflower & or broccoli (coarsely chopped)
- 2 cups of pumpkin (roasted & coarsely chopped)
- 1 Onion (finely chopped)
- Salt n Pepper to taste
- ¼ cup Tasty cheese (grated)
- ½ cup cream (optional)
- 200 grams feta cheese (crumbled)

## Directions

- Step 1: Preheat oven 180-200, roast pumpkin.  
Step 2: Grease deep square cake tin.  
Step 3: Steam cauliflower/broccoli.  
Step 4: Combine all cooked veggies in large bowl then add zucchini,bacon,onion cheese & egg & cream. Stir to combine. Add S'n P.  
Step 5: Bake in hot oven for approx 30-40 mins or until firm.  
Step 6: Allow to stand before serving.

From the kitchen of:

*Steers & de Graaff family*

# Corn Fritters

## Ingredients

- Small can of Tin corn
- 1 cup of Self raising flour
- $\frac{1}{4}$  teaspoon of salt
- 1 egg
- Oil or butter
- $\frac{2}{3}$  cups of milk

## Directions

Step 1: Sift flour and salt  
Step 2: Make a hole in the centre of the flour. add egg and milk. Mix together into a batter. Drop a spoonful of the batter onto the frying pan until golden brown.  
Step 3: Sauce. Drain corn juice from tin into a mug. Make a roux using butter and corn flour, corn juice and milk

From the kitchen of:

*The Button family*



# Vegemite Scroll

## Ingredients

- Puff pastry
- Vegemite
- Cheese

## Directions

- Step 1: get your pastry and lay them straight
- Step 2: spread your vegemite and cheese on pastry
- Step 3: roll them up
- Step 4: place in oven for 10 minutes till golden brown.

From the kitchen of:

*The Palmer family*

# Thai Chicken Balls

## Ingredients

- 1 Kg Chicken Mince
- 1 cup(90g) fresh breadcrumbs
- 3 spring onions, sliced
- 1 tablespoon ground coriander
- 1 cup(90g) fresh coriander,chopped
- 3 tablespoons sweet chilli sauce
- 1-2 tablespoons lemon juice
- 1 tablespoon red curry paste,optional
- 2 tablespoons oil

## Directions

- Step 1: Preheat oven 200 degrees C
- Step 2: Mix mince & breadcrumbs in a large bowl
- Step 3: Add spring onions, ground & fresh coriander, chilli sauce, paste & lemon juice and mix well
- Step 4: Using damp hands, form the mixture into evenly shaped balls - bite size or hamburger size
- Step 5: Add oil to frying pan & cook until browned
- Step 6: Drain well on paper towels
- Step 7: Place on baking tray and bake until cooked through -small approx 5 mins, large 10-15 mins
- Step 8: Extra sweet chilli sauce for dipping & fresh coriander sprinkled on top.

From the kitchen of: *Steers & de Graaff family*

# Mushroom Sauce

## Ingredients

- 500gr Sliced mushrooms
- 1 Large Onion
- 3 cloves of garlic
- 90g Butter
- 1 bunch of thyme

## Directions

- Step 1: Preheat oven to 150°C
- Step 2: Melt butter, honey & sugar together in a saucepan or the microwave until frothy.
- Step 3: Put Cornflakes into a large bowl.
- Step 4: Pour melted butter, honey & sugar over the cornflakes & mix well.
- Step 5: Spoon into paper patty cases.
- Step 6: Bake in slow oven for 10 minutes.
- Step 7: Allow to cool.

From the kitchen of:

*The Giarratana family*

# Easy Cheats Dinner - Tuna and Noodles

## Ingredients

- 1 large can tuna
- 1 can of soup cream of celery or cream of asparagus (trust me the kids will love it)
- 2 cups grated cheese
- Splash of milk
- Pasta or rice, enough for your family (leftovers are good too). Best pasta is spirals or similar which the sauce can latch on to.

I always have these in the pantry/fridge for those busy nights or when friends pop over unexpectedly

## Directions

- Step 1: Put the water on for pasta or rice and cook as per packet instructions
- Step 2: In another pot, add can of soup
- Step 3: Drain can of tuna into empty soup can (if tuna was in oil) and add tuna to soup, stir
- Step 4: Add grated cheese and milk and stir
- Step 5: Turn on to low heat, stirring often until warmed through and cheese has melted
- Step 6: Serve on top of cooked rice or mix through the pasta. Looks gross but it's tasty!

From the kitchen of:

*The Langelaan family*

# Chorizo and Spinach Pasta (Serves 4-6)

## Ingredients

- 1 packet of pasta
- 1 onion
- 1 capsicum
- 2 chorizo sausages
- 1 500mL jar of passata
- 1 handful of spinach leaves
- 1 tablespoon of olive oil

## Directions

- Step 1: Cook the pasta as per packet
- Step 2: Dice onion, capsicum and chorizo
- Step 3: Heat the oil in a medium saucepan
- Step 4: Cook onion, capsicum and chorizo over medium heat until soft (about 5 mins)
- Step 5: Add the jar of passata and bring to a simmer. Cook for 5 mins
- Step 6: Add spinach and stir through. Leave to sit for 5 mins with heat off
- Step 7: Pour sauce over cooked pasta and serve!

From the kitchen of:

*The McCartney family*

# Tattie Scones (Potato Scones)

## Ingredients

- Mashed potato (this is a great recipe to use up leftovers)
- Butter (optional)
- Plain Flour
- Vegetable Oil (for frying)
- Optional things to add to the mix: grated cheese, mashed cauliflower, grated carrots, chopped onions etc

## Directions

- Step 1: In a bowl combine the mashed potatoes and flour to create a doughy ball. You don't want the mixture too sticky or too crumbly.
- Step 2: Separate the mixture into palm size amounts and squish into discs.
- Step 3: Fry in a pan with vegetable oil, until brown and crispy on each side.
- Step 4: Eat - they taste great dipped in tomato sauce!

From the kitchen of:

*The Nix family*

# Easy Peasy Pizza

## Ingredients

- 1 cup flour (plain or spelt)
- 1 cup greek or natural yoghurt
- pizza toppings of your choice, including tomato paste and cheese.

## Directions

- Step 1: In a bowl, combine flour & yoghurt. (If the mix is too wet, add some more flour)
- Step 2: Form small balls & flatten to create pizza bases.
- Step 4: Add tomato paste, pizza toppings of your choice and cheese.
- Step 5: Cook in 180 C oven for 20-30 minutes.
- (Alternative: To make pizza scrolls, simply roll dough in a big rectangle shape. Then place all ingredients on top & roll into a log. Cut small slices to create mini pizza scrolls)

From the kitchen of:

*The Ball family*

# Poppa Gus's Rice Patties

## Ingredients

- 3 Cups Cooked Rice ( COLD )
- 180g of Ham Steaks
- 2 Green Capsicums
- 2 Onions

Batter ( COOK 1-2 hrs before )

- 3 Eggs
- 1 ½ cups Plain Flour
- 1 cup Milk
- A pinch of Salt

Soy Sauce to Serve

## Directions

Step 1&2: Cook Rice and make Batter

Step 3 : Dice Ham steaks, capsicum and onion. Cook together in a little oil for 20 mins. Allow to cool.

Step 4: Mix cooled rice and capsicum mixture together into the batter

Step 5: Put tablespoons of mixture into a hot well oiled frypan. Cook til brown then flip and cook other side.

Step 6: Serve with soy sauce.

From the kitchen of: *The Marvelley family*



# Zucchini Slice

## Ingredients

- 6 eggs
- 1 cup self raising flour, sifted
- 1 cup grated tasty cheese
- ¼ cup vegetable oil
- 1 big zucchini, grated
- 1 big carrot, grated
- 1 onion, finely chopped
- 1 clove garlic

## Directions

- Step 1: Whisk the eggs in a big bowl
- Step 2: Add the sifted flour and stir to combine
- Step 3: Add the cheese, oil, zucchini, carrot, onion and garlic and mix it all up. Sprinkle some salt and pepper if you like
- Step 4: Line a small loaf tin with baking paper, pour in mixture and pop in the oven
- Step 5: Cook for approx 30 minutes on 170 degrees or until cooked through. The top should be nice and golden

From the kitchen of:

*The Cotton family*

# Pin Wheels

## Ingredients

- 2 sheets puff pastry
- Tomato paste
- Shredded cheese
- Diced ham or shredded ham

## Directions

- Step 1: Preheat oven to 180c
- Step 2: thaw pastry on benchtop
- Step 3: Once thawed, spread with tomato paste, top with ham & cheese
- Step 4: Roll pastry over & into a log shape
- Step 5: Slice into 'pin wheels' & lay side up on baking trays
- Step 6: Bake until golden brown

From the kitchen of:

*The Crilly family*

# Mini Sausage Rolls

## Ingredients

- 1kg sausage mince
- 1 medium onion, finely chopped
- 1 small carrot, grated, squeezed dry
- 1 small zucchini, grated, squeezed dry
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons tomato sauce
- Puff pastry, thawed
- 1 egg, lightly beaten
- Poppy seeds (optional)

## Directions

- Step 1: Preheat oven to 200 conventional / 180 fan forced.
- Step 2: Combine mince, vegetables, parsley and tomato sauce together in a large bowl.
- Step 3: Cut each sheet of pastry in half. Place a log of sausage mixture in the centre of each half, brush edges with egg and roll to seal, press edges with a fork
- Step 4: Brush top of pastry with egg and sprinkle over poppy seeds. Cut each log into 7-8 mini sausage rolls.
- Step 5: Place on lined baking trays; bake for 20 minutes or until golden.

From the kitchen of:

*The Campbell family*

# Homemade Pork Gyoza

## Ingredients

- 4 cups finely shredded or chopped cabbage
- 3 green onions
- 2 cloves garlic
- 1 Tbsp grated ginger
- 1/2 Tbsp soy sauce
- 1 tsp sesame oil
- 250gm ground pork
- 50 gyoza or wonton wrappers

### NOTES

Gyoza are often served with a sauce made of a 2:1 ratio of soy sauce and rice vinegar.

## Directions

Step 1: Sauté the cabbage with 1 Tbsp oil in a large skillet over medium heat until wilted to half its volume. Transfer the cabbage to a large bowl.

Step 2: Slice the green onions, mince the garlic, and grate or chop the ginger. Add the onions, garlic, ginger, soy sauce, sesame oil, and ground pork to the bowl with the sautéed cabbage. Massage the mixture with your hands until it is evenly mixed and slightly sticky or tacky in texture.

Step 3: Spoon about one teaspoon of the pork mixture into the center of a wrapper. Dip a finger in water and wet the outer rim of the wrapper. Fold the wrapper over the filling and pinch the edges to close.

Step 4: When ready to cook the gyoza, heat 1 Tbsp oil in a non-stick skillet over medium heat. In batches, add the gyoza with the seam side up, fry until the bottom is golden brown and crispy. Pour about 1/4 to 1/3 cup water into the skillet and quickly place the lid on top to contain the steam and splatter. Let the gyoza steam in the skillet for 1-2 minutes, or until most of the liquid has boiled away.

Step 5: Remove the lid and let the gyoza cook for a minute more, or until the bottom is crispy again. Serve hot.

From the kitchen of:

*The Payne family*

# Zucchini Slice

## Ingredients

- 370g zucchini, grated
- 1 cup cheese, grated
- 1 onion, finely chopped
- 3 rashers bacon, finely chopped
- 1 cup self raising flour
- ¼ cup oil
- 5 eggs
- Parmesan cheese, grated

## Directions

- Step 1: Lightly fry onion and bacon
- Step 2: In a large bowl, mix together grated cheese, grated zucchini, flour, onion and bacon
- Step 3: Slightly whisk eggs & oil together
- Step 4: Add egg mixture to other ingredients and mix all together
- Step 5: Pour into a lightly sprayed & lined loaf tin and sprinkle with parmesan cheese
- Step 6: Cook in oven on 180 degrees for approx 50 minutes - 1 hour

From the kitchen of:

*The Cook family*

# Yummy Vegetable Soup

## Ingredients

- **Soup Mix** - 1 cup (Pearl Barley, Green split peas, buckwheat kernels, red split lentils)
- **Vegetables:** 2 Carrots, 2 Parsnips, 1 Swede, 1 Turnip, 1 Red Potato, 1 Bunch of Celery, 1 Onion
- **Beef or Chicken Stock** - 4 Cups
- **Water** - 4 Cups

## Directions

1. Soak Soup mix for a few hours or overnight and rinse.
2. In a large saucepan, add Water and Soup mix, bring to the boil and simmer for 30 mins
3. Meanwhile, cut all the Vegetables into small pieces
4. Pour Stock and Vegetables into the saucepan.
5. Simmer for around 30 minutes.



From the kitchen of:

*The Power family*

# Cheesy Bacon Pasta Bake

## Ingredients

- 3 cups cooked macaroni
- Combine 4 rashers of chopped bacon
- 1 onion chopped
- 1 capsicum chopped
- 445g tomato soup
- 2 tbsp Worcester sauce
- 2 tbsp Soy sauce
- 1 tsp dried thyme and oregano
- Crushed garlic for added flavour
- 1 cup tasty cheese

## Directions

- Step 1: cook pasta
- Step 2: cook onion, bacon, garlic, capsicum in a pan
- Step 3: mix together the sauces, soup and herbs
- Step 4: mix all ingredients together and put into a casserole dish, sprinkle with grated cheese
- Step 5: heat in oven until cheese browns

From the kitchen of:

*The Crowe family*