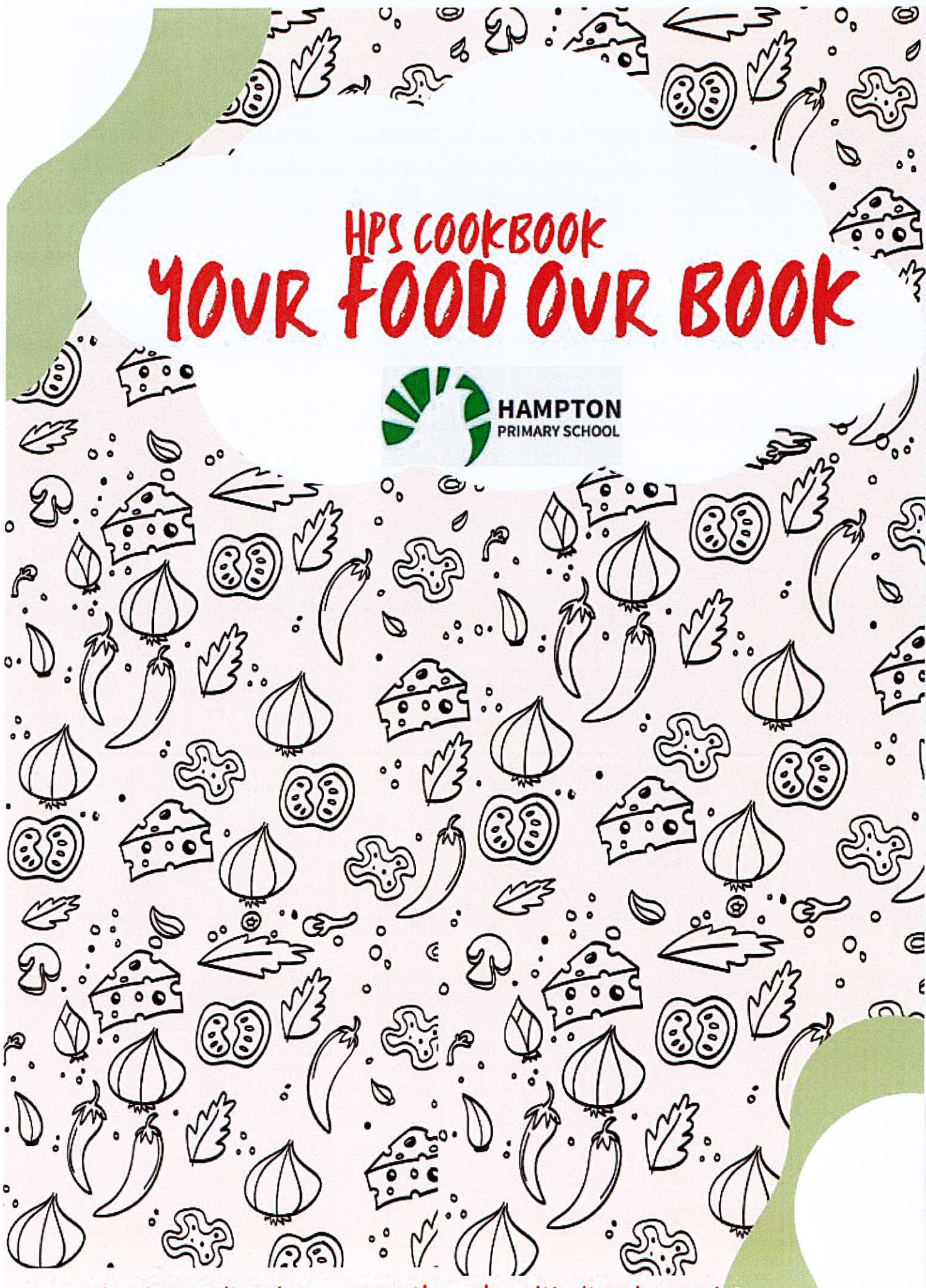


HPS COOKBOOK YOUR FOOD OUR BOOK



HAMPTON
PRIMARY SCHOOL



HPS

cookbook

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Sides

Title: Armenian Blinchik (Crepes with Beef Filling)

By Sophia Danci Gr FC



Time to Cook 1hr



EASY



MEDIUM

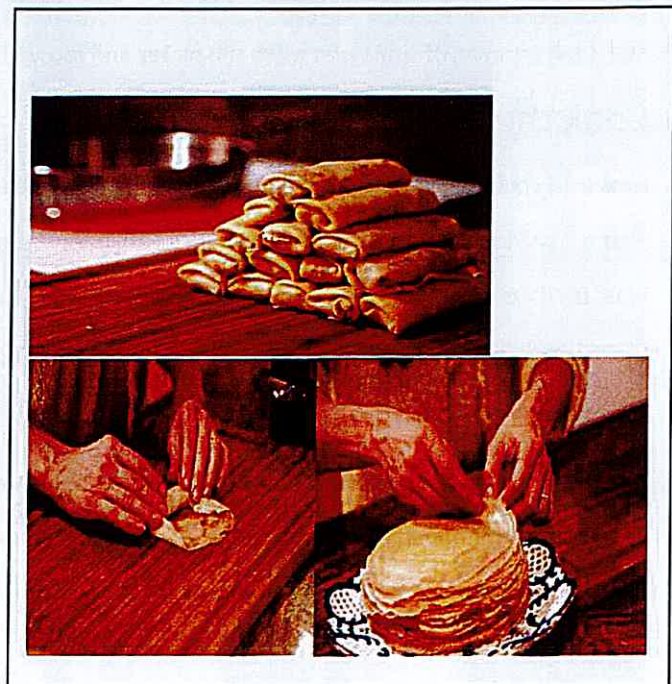


HARD

Servings 25-30

Why is this recipe important to your family?

Blinchik is important in Armenian cuisine because it reflects the cultural exchange and culinary traditions shared among Armenian, Russian, and Eastern European influences. It's a beloved dish, often enjoyed during family gatherings and celebrations, symbolizing warmth, hospitality, and the blending of diverse culinary heritages.



Ingredients

Crepe Batter Ingredients:

- 3 eggs
- 1 cup of water
- 3 cups of milk
- 1.5 teaspoons of baking soda
- 3 tablespoons of sunflower oil
- 2.5 to 3 cups of flour
- Pinch of salt

Filling Ingredients:

- 20 grams butter
- 1 kg ground beef
- 1 onion, finely chopped
- Fresh coriander, chopped
- 1/2 cup rice
- Salt
- Black pepper (powder)

Method

Prepare the Crepe Batter:

In a large bowl, beat the 3 eggs until well combined.

Add 1 cup of water and 3 cups of milk to the eggs, and mix thoroughly.

Stir in 1.5 teaspoons of baking soda and a pinch of salt.

Gradually add 2.5 to 3 cups of flour, mixing continuously to avoid lumps. The batter should be smooth and slightly runny.

Add 3 tablespoons of sunflower oil to the batter and mix well.

Cook the Crepes:

Heat a 15 cm frying pan over medium heat and lightly grease it with oil.

Pour a small amount of batter into the pan, swirling to cover the bottom evenly.

Cook until the edges start to lift and the bottom is golden brown, then flip and cook the other side until golden.

Repeat with the remaining batter, stacking the crepes on top of each other as you cook them.

Prepare the Filling:

In a large frying pan, melt 20 grams of butter over medium heat.

Add the finely chopped onion and cook until soft and translucent.

Add 1 kg of ground beef to the pan, breaking it apart with a spatula as it cooks.

Once the beef is browned and cooked through, season with salt and black pepper to taste.

Stir in the cooked rice and chopped coriander, mixing well to combine.

Assemble the Crepes:

Place a small amount of the beef filling in the centre of each crepe.

Fold the crepe over the filling to create a roll, similar to a spring roll.

Repeat with the remaining crepes and filling.

Gently fry the blinchik until it is golden brown, nice and warm.

Serve the blinchik nice and warm, either as a main dish or an appetizer.

Enjoy your delicious Blinchik!

Tips / options

You can use blender to mix crepe batter to avoid lumps.



Qabeli Palaw

By: Sofia Corsi

Gr: 2E

Preparation: 45 minutes

Cooking time: 45-60 minutes (*pressure cooker recommended for cooking meat*)

Serves 8

Medium Ease



Why is this recipe important to your family?

The recipe has been in the family for generations and one of the recipes in the cooking book published by my mum Laila Khalil.

Qabeli Palaw is the national dish of Afghanistan and a signature inclusion in every special occasion menu. The word Qabel means talented, which reflects the art of cooking this dish as there are many elements with ability to balance the various flavours.

Ingredients

- 1 kg long grain rice
- 220 ml cooking oil
- 1 onion, chopped
- 500 grams meat (beef/lamb leg or shoulder on the bone, chopped into 5-6cm pieces)
- 2 tablespoon salt
- 75 grams (1/3 cup) white sugar
- 4 tablespoon spice mix (equal mixture of ground cloves, black pepper and cumin)
- 1 teaspoon freshly grounded cardamom
- 250 grams of carrots, peeled and cut into long thin strips
- 75 grams sultanas
- 75 grams mixed slivered almonds and pistachios

Method

1. Rinse the rice before cooking and although optional recommended to soak in cold water 30 mins before cooking. Soaking ensures the rice grains soften but do not break.
2. Heat 50ml oil in a large frying pan over medium heat. Add the onion and cook until golden brown. Add the meat, 1 tablespoon salt and cook until the meat is sealed. Add 2 litres of hot water*. Reduce heat to low and cook for 1 hour, until the meat is tender. You may choose to pressure cook instead, which will take about 25 minutes). Once cooked, remove the stock. Set the meat aside.
3. Separately, place half the sugar in a hot dry pot over medium heat. Cook, stirring, until the sugar has caramelised**. Add 250ml of the reserved stock, the remaining salt, 3.5 tablespoons of the spice mix and a pinch of cardamom. Bring to boil, remove from heat and set aside.
4. Fill a pot with 2l of water and bring to boil. Drain the rice and add to the boiling water. Cook for 5 minutes until par cooked – soft outside and firm on the inside. Strain the rice, drain well and return it back to the pot. Pour the caramelised sugar mixture over the rice, add the rest of the spice mix and cardamom and stir until the rice is evenly coated.
5. In a frying pan, heat 150ml oil until sizzling hot. Pour over the rice and mix well. Using the end of a large spoon, make holes all over the rice to allow it to steam evenly. Top with the reserved meat. Cover and seal the top with a tea towel and then a lid. Place over high heat and cook for 5 minutes. Reduce the heat to low and cook for another 15 minutes.
6. Heat the remaining oil in a frying pan over medium heat. Add the carrots and the remaining sugar and stir for 5 minutes until lightly caramelised and glossy. Add the sultanas and nuts and cook for another 5 minutes. Remove from heat and stir in a pinch of cardamom. Set aside.***
7. To serve – start with the rice as the base on a large platter. Then place the meat over and cover with the remaining rice. Top with glazed carrots, sultanas and nut mix.

Tips / options

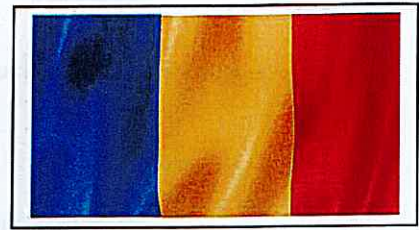
*Adding hot water when cooking meat ensures that the meat doesn't toughen by breaking down the protein collagen of the meat faster.

** Caramelised sugar helps the rice develop the deep rich brown colour that is traditional for this dish. You may choose to use food colouring as an alternative.

*** You can prepare the glazed carrots, sultanas and nut mix earlier. Make sure to cover with foil to keep it warm and moist.

Title: Salată de Boeuf (Romanian Beef Salad)

By Sophia Danci Gr FC



Time to Cook: 1hr



Servings: 6-8 People

Why is this recipe important to your family?

Romanian Beef Salad (Salada de boeuf) is a traditional, popular recipe usually made during the holidays, like Christmas, New Year's Eve, or Easter.

Ingredients:

- Boiled beef (or chicken) - around 300g
- Potatoes - 4 medium-sized
- Carrots - 3 medium-sized
- Peas - 1 cup
- Pickles (cornichons) - 5-6 medium-sized
- Pickled red peppers (optional)
- Mayonnaise - 1 cup (homemade or store-bought)
- Mustard - 1-2 tablespoons
- Salt and pepper to taste

Preparation:

1. Boil the Meat and Vegetables:

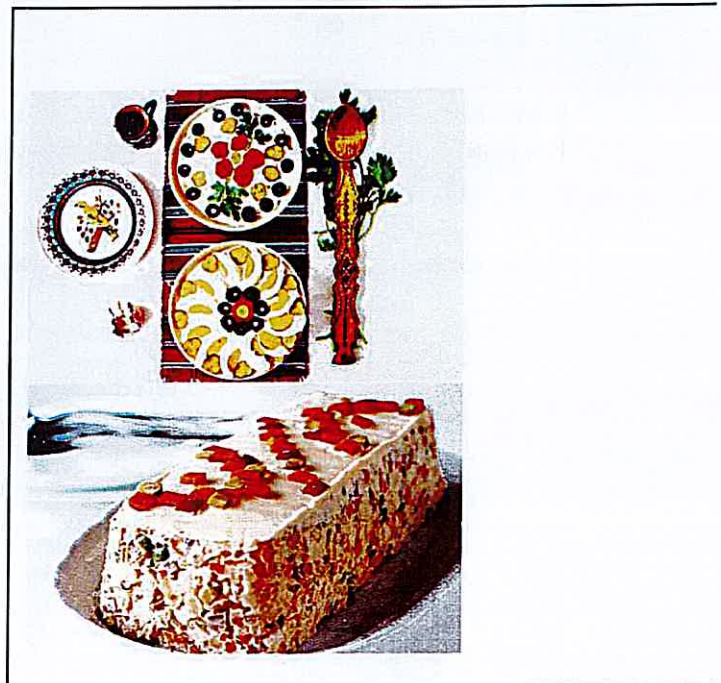
- Boil the beef (or chicken) until tender, then let it cool.
- Boil the potatoes and carrots until tender, then let them cool.

2. Chop Ingredients:

- Finely dice the cooled meat, potatoes, carrots, pickles, and red peppers (if using).

3. Combine Ingredients:

- In a large bowl, combine the diced meat, potatoes, carrots, peas, and pickles.
- Add the mayonnaise and mustard, mixing everything well until the ingredients are evenly coated.



4. Season:

- Season with salt and pepper to taste.

5. Chill and Serve:

- Chill the salad in the refrigerator for at least an hour before serving to allow the flavours to meld.

6. Garnish (optional):

- Garnish with additional pickles, boiled eggs, or parsley for a decorative touch.

Additional Tips:

Vegetarian Version: Omit the meat and increase the amount of vegetables.

Decoration: It is common to decorate the top of the salad with mayonnaise patterns, pickles, or boiled egg slices.

Salată de Boeuf is a staple in Romanian cuisine, especially during festive seasons like Christmas and Easter, and is loved for its creamy texture and flavourful combination of ingredients.

CHAPATHI

Recipe

CHUP-AR-TAI

1. You will need... flour, water, flat pan, cutting board, rolling pin, bowl, stove, spatula and hands.
2. Place your cutting board on your kitchen table-top
3. Then get as much flour as you wish and then form the flour into a bowl shape.
4. Then in the middle add some water then mix / knead dough.
5. If super sticky add more ^{flour to} dough, if dough is not sticking to hands or cutting board it is ready!
6. section the dough into ~~equal~~ equal parts and then roll them into balls and put them in your bowl.
7. one by one put them on the cutting board so they don't stick together.



flip to back

- 8. When every bit of dough is rolled out
Get your pan ready
- 9 One at a time cook them on your
Pan. Put your stove on low
heat and every 20 seconds flip
it and wait for four flips you are
done ^^
o v o!

10. ENJOY!

~~AUTOP~~
5B

Keftethakia

(greek meatballs)

INGREDIANTS

1/2 kilo mince meat
1 onion
4 cloves garlic
Parsley
1 carrot
1/2 red 1/2 green Capsicum
salt Pepper oregano
flour for covering.
And Veg oil + Olive oil for frying.



Directions

Place all ingredients in a bowl and combine.
Make little balls. The size about a small golf ball.
Place in flour and cover and shake off excess flour.
Put oils in a large frying Pan. When oil has heated up
Place the meatballs in slowly and fry them till
golden Brown.

Serve with chips or rice. 😊

By Monty, Arlo and Yia Yia.



Mains

Title CARAMELITA SLICE

By The Brown Family Gr 6

Country Flag here



Time to Cook 1 hour

EASY **MEDIUM**

HARD

Servings 25

Why is this recipe important to your family?

Our great grandmother has been making this recipe since we were born, and at every occasion makes sure we have a box to take home. At 90 years old she is still making this slice for us.

Ingredients

- ¾ cup butter, melted
- ¾ cup light brown sugar
- 1 cup plain flour
- 1 cup rolled oats
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 jar Bonne Maman Caramel Spread
- 200g Milk Chocolate Baking Chips



Method

1. Preheat oven to 175C. Line an 8×8-inch pan with baking paper and spray with cooking spray.
2. In a large bowl, mix melted butter, brown sugar until smooth.
3. Add flour, oats, baking soda, salt, and stir until combined. Mixture will be quite thick.
4. Add half of the mixture to the pan and smooth it with the back of a spoon, to create an even, smooth, flat layer
5. Sprinkle ½ the chocolate chips
6. Gently heat caramel spread in saucepan until warm (5 mins) and then pour over the oatmeal/chocolate
7. Then evenly sprinkle over the remaining oat mixture.
8. Sprinkle over remaining chocolate chips
9. Bake for 30 minutes
10. Allow to cool completely before slicing into cubes

ENJOY!

Tips / options

- Sprinkle chopped walnuts on top once removed from oven
- Keep in a slice container in the fridge for up to a week



By: TAMAR Shevach 6C

Nanas



SHORTBREADS

Servings - makes
50 shortbreads
Cooking time - 20-
25 minutes
Level- Medium

Ingredients

500 grams butter (softened)
1 heaped cup of castor sugar
5 cups of plain flour
Pinch of salt

Method

- 1 Preheat oven to 170 degrees
- 2 Knead butter and sugar in a large mixing bowl until soft and no lumps.
- 3 Add sifted flour and salt and knead to form a soft dough.
- 4 Press a small ball of mixture down into each greased tin using your fingers. Use a knife to cut into quarters and prick each section with a fork three times.
- 5 Place in oven for 20-25 minutes or until golden brown
- 6 Allow it to cool on a wire tray. Use the knife to re cut the quarters and cool on a wire tray



History

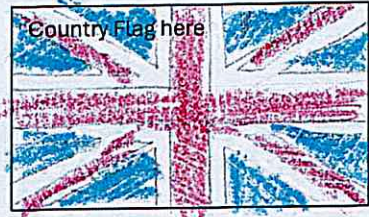
these shortbreads have been passed down generation. It started at my great grandmother who passed that down to my grandpa, then my mum and then me. The food itself is a great treat that my family uses every Christmas to give to people as a nice gift.

notes

- Nana always used shortbread tins (see picture). Alternatively use cookie cutters or slice into evenly shaped rectangles 1cm thick
- Butter is best softened at room temperature, not melted
- The mixture may seem dry but will soften with your hands.

Title Dorset apple cake

By Evelyn Taylor Gr 1

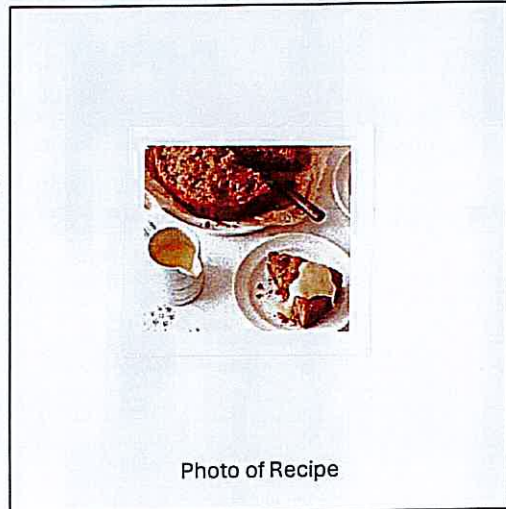


Time to Cook 40 mins EASY MEDIUM HARD

Servings 8

Why is this recipe important to your family?

My Mummy grew up in Dorset in England so this cake reminds her of home.



Ingredients

- 115g unsalted butter diced and chilled, plus extra for the tin
- 225g Self raising flour
- 2tsp ground cinnamon
- 115g Light brown sugar
- 1 large egg beaten
- 6-8 tbsp milk
- 225g Bramley apples, peeled, cored and diced.
- 100g Sultanas
- 2 tbsp demerara sugar

Method

1. Heat oven to 180c. Butter and line 20cm cake tin.
2. Mix flour and cinnamon together. Add butter and rub into flour using your fingers. Stir in light brown sugar, beat in the egg and add gradually 6-8 tbsp milk.
3. Add apples and Sultanas. Sprinkle demerara sugar. Scrape batter into the cake tin. Bake 30-40 mins.
4. Allow to cool for 15 mins and serve with custard.

Title Toad-in-the-hole



By Evelyn Taylor Gr 1

Time to Cook 45 mins EASY MEDIUM HARD

Servings 4

Why is this recipe important to your family?

It is a traditional dinner for my mum and dad my sister and I love it when my mum makes it.

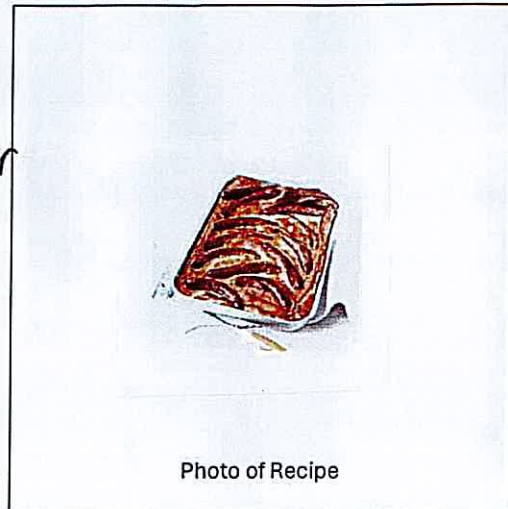


Photo of Recipe

Ingredients

- 12 chipolatas
- 2 tbsp sunflower oil
- For the batter
- 140g Plain flour
- 2 eggs
- 175ml semi-skimmed milk

Method

1. Heat oven to 200c. Put chipolatas in roasting tin with oil for 15 min.
2. Put flour in bowl. Make a well, crack eggs into it mix with electric whisk slowly adding milk.
3. Remove chipolatas from oven
4. Pour in the batter mix, Put in the oven and cook for 30 mins. Serve with gravy and veg.

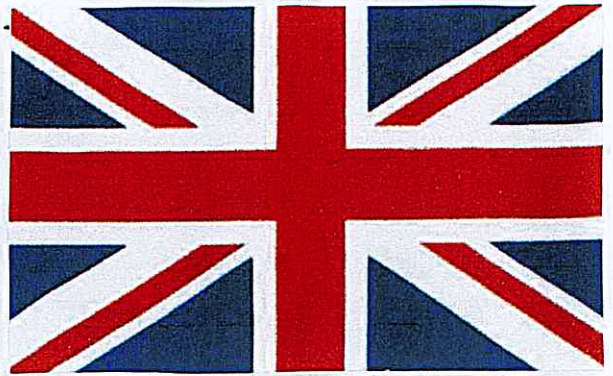
A Pear-y Yummy cake (Pear + Vanilla cake)

by Rebecca Lloyd

50 mins

EASY

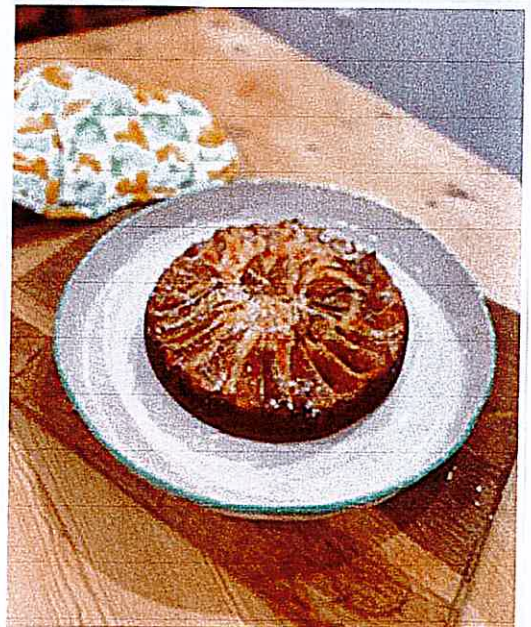
Serves 6-8



Sometimes you just want the warm and fuzzies and that's what this cake brings. It's become a staple for our family as it's a quick and easy celebration cake, from birthdays to tea with Nanna.

Ingredients:

- 185g (3/4 cup) Greek yoghurt
- 3 tablespoons vegetable oil
- 160g (2/3 cup) caster sugar
- 2 free range eggs
- 1 1/2 teaspoons vanilla extract
- Finely grated zest of 1 lemon
- 185g (1 1/4 cups) plain flour
- 1 1/4 teaspoon baking powder
- 1/4 teaspoon bicarbonate of soda
- pinch of salt
- 2 very ripe pears
- 1/4 teaspoon ground cinnamon
- Pure Icing sugar for dusting.



Easy Dutch Apple Pie

By Jasmin Brouwer Gr Two



Time to Cook: 90 Minutes

EASY

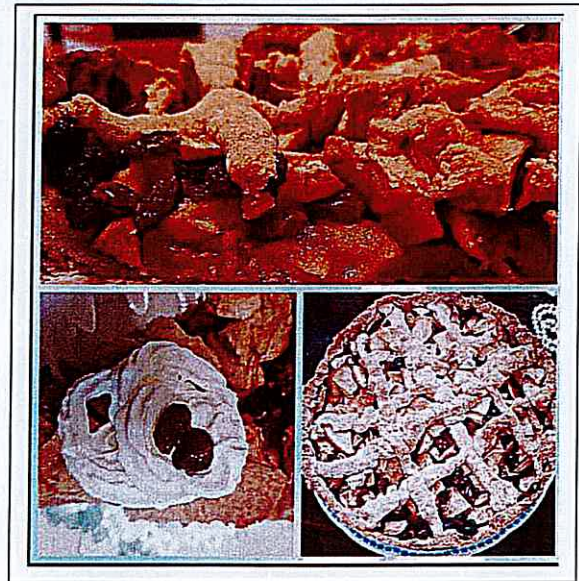
MEDIUM

HARD

Servings 12 Serves

Why is this recipe important to your family?

The recipe is important because it has been passed down from my grandmother whom she sadly I have never got the chance to meet.



Ingredients

- 200gr of butter
- 2ts cinnamon
- 160g sugar
- 3tbs icing sugar
- 300g flour
- 2 eggs
- 6-8 red apples
- 2tbs vanilla
- 1 cup of raisins

Method

1. Grease the pan with butter and preheat the oven to 175 C
2. Make the dough; mix the butter, 1ts cinnamon, icing sugar, flour and 1 egg into a bowl and let it rest for 15 min. You don't have to use a mixer.

3. Cut the apples and mix it with 1ts cinnamon, 1tbs sugar, 2tbs vanilla, icing sugar, and raisins.
4. Take 2/3 of the dough to be use as the base on the bottom and side of the pan
5. once done fill it with the apple mix, use the left-over dough to make thin slices to create lattice pattern weaving them in an over-and-under pattern.
6. Beat the remaining egg and brush the pastry with it.
7. Place it in the oven for about 60 min and let it cool down.

Tips / options

Serve it with whipped cream.

Title Halawet el Jibn "Cheese dessert"

By *Aiden Miller-Raya* **Gr** *FC*



Time to Cook *30 minutes*

EASY

MEDIUM

HARD

Servings *4 people*

Why is this recipe important to your family?

It's my and daddy's favourite Syrian dessert. Recipe comes from Teh-Teh (grandma) in Syria

Ingredients

Dough:

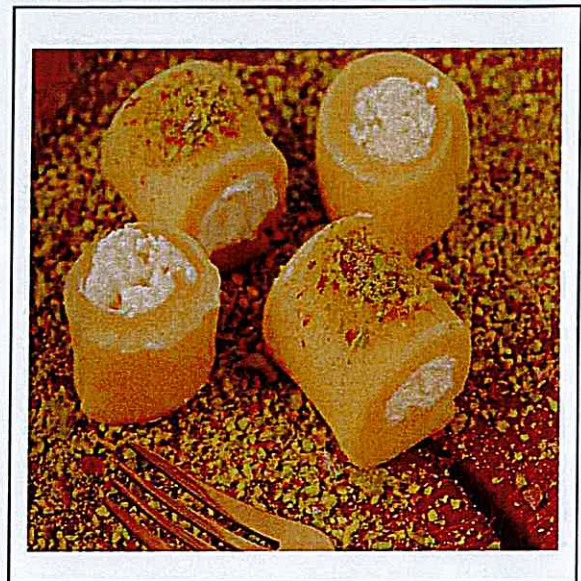
- 1 cup of water
- ½ cup of white sugar
- ¾ cup of fine semolina
- 200 g shredded mozzarella
- 1 tsp orange blossom water (*optional, can be bought from Middle Easter supermarkets*)

Filling:

- 250 g mascarpone cheese

Syrup:

- 1 cup of white sugar
- ½ cup of water
- 1 tsp of lemon juice



Method

- **The Syrup:**
 - Bring water and sugar to boil
 - Add lemon juice
 - Set aside to cool

Title Matzah Bark

By Samuel Spitalnic Gr FB

Country Fla



Time to Cook 30 mins

EASY

MEDIUM

HARD

Servings 36 pieces

Why is this recipe important to your family?

Every year to celebrate a special Jewish occasion called Passover, we eat a cracker called Matzah. My mum likes to make this yummy dessert from the Matzah cracker and we love it!



Ingredients

- 4-5 Matzah crackers
- 250gr Unsalted butter
- 1 cup firmly packed brown sugar
- 1 bag of cooking chocolate buttons
- 1 cup of your topping of choice (nuts, sprinkles or lollies)
- Sea salt flakes



Method



1. Preheat the oven to 180 degrees
2. Line a tray with baking paper or foil
3. Cover your tray with the matzah crackers
4. Combine the butter and sugar in a pan on the stove, mixing until melted together.

5. Once the butter and sugar have melted, leave them on the heat until they form a foamy thick mixture
6. Pour the mixture carefully onto the matzah crackers in your tray
7. Place in over for 10 mins or until the toffee mixture bubbles
8. Take the tray out and evenly spread your chocolate on top of the hot toffee mixture. Using a spatula, spread the chocolate evenly.
9. Sprinkle your final topping option on top, and finish with a sprinkle of your salt flakes.
10. Wait until your tray has cooled down, then place your chocolate matzah bark into the fridge for 45 mins to an hour to firm up
11. Once the chocolate and toffee has firmed, use a large knife to cut your matzah up into small squares and enjoy!



Tips / options

- You can find Matzah in any major supermarket
- Feel free to create your own special topping! We used Almonds for this recipe but any lollies, dried fruit or other nuts would work just as well!





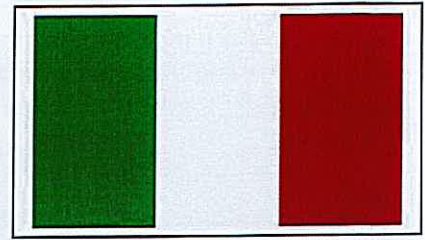
4. In another bowl, whisk the egg whites until stiff peaks form. Gently fold the egg whites into the yolk and mascarpone cheese mixture using a spoon or spatula, mixing from bottom to top to form a light and airy cream.
5. Cover the bottom of a rectangular high-edged serving dish with a layer of savoiardi biscuits and carefully brush them with coffee; alternatively, gently dip them in the coffee without soaking them too much before arranging them in the dish.
6. With a ladle pour part of the cream over the biscuits to cover them. The cream layer should be about 2-3cm thick. Continue with another layer of coffee-soaked savoiardi biscuits, and finish with another layer of cream that fully covers the biscuits.
7. Sprinkle the top layer with the previously grated chocolate including the chocolate bits left.
8. Refrigerate for at least 6-8 hours before serving. It can be stored in the fridge for a couple of days.

Tips / options

1. Coffee should be decaffeinated if the dessert will be eaten by children.
2. Make sure the eggs are fresh!
3. Prepare the day before.

Tiramisu'

By **Rocco Nash** Gr 4D



Preparation time: 45 min

EASY

MEDIUM

HARD

Servings 8-10

Why is this recipe important to your family?

Because it reminds us of our Italian background.



Ingredients

- 6 fresh large eggs
- 100gr granulated sugar
- 250gr mascarpone cheese
- 300gr Savoiardi biscuits (ladyfingers)
- 50gr dark chocolate
- Approximately 250 ml of coffee

Method

1. Prepare the coffee, not too strong. Pour into a dish and let cool.
2. Separate the egg yolks and egg whites into two large bowls.
3. Beat the egg yolks with the sugar using a whisk at high speed until the mixture becomes white and frothy. Add the mascarpone cheese to the beaten yolks and mix with a large spoon until the mascarpone cheese is well combined.

Nonna's Italian Christmas Snowballs



By **Dominic Forner**, Grade 4

Time to Cook 30 mins

EASY



MEDIUM



HARD



Servings: About 40 cookies. Your family might eat them quickly like mine, so I ask Nonna to double the recipe!

Why is this recipe important to your family?

My Nonna's Mum used to make these for her family and this recipe is in our "Marinelli" family cookbook. Now my Nonna makes them for us during every Christmas holiday.

Ingredients

- 1 cup butter, softened
- ½ cup icing sugar
- 2 tsp vanilla essence
- ¼ tsp salt
- 2 ¼ cup flour, sifted
- ¾ cup finely chopped walnuts
- ½ cup or more powdered sugar for dusting



Method

1. Preheat oven to 180 C.
2. In a large bowl, mix softened butter & powdered sugar till smooth. Add vanilla essence. Use a hand mixer or mix by hand.
3. Add salt and sifted flour. Mix to combine into a dough.
4. Stir in ¾ cup of finely chopped walnuts (chop on a cutting board or use a food processor). The dough may seem a bit dry but after a few minutes the flour will absorb the butter and make a smooth dough.
5. Line or grease a cookie tray.
6. Roll dough into small balls, about 1 heaping teaspoon
7. Place 2 cms apart on a baking tray
8. Bake at 180 degrees for 20-25 mins (check at 20 minute mark) until light brown
9. Remove cookies from oven and cool until warm. Put the powdered sugar in a ball and roll the cookies around to coat completely. Re-roll before serving.
10. Serve immediately or store in a container for one week – if they last that long!

Title Portuguese Custard Tarts (Pasteis De Nata)



By Lily and Evie Almeida **Gr** F and 2

Time to Cook -1 hour

EASY

MEDIUM

HARD

Servings -12 tarts

Why is this recipe important to your family?

Our grandfather Joe Joe was born in Portugal and whenever we had parties with him, we had Portuguese food. These tarts are delicious. We are proud of our Portuguese heritage, and love and miss our Joe Joe.



Ingredients

Pastry shells

- 1 packet of Pampas Butter Puff Pastry. You can make your own flaky pastry, but it takes a long time to do it and we think this store bought pastry is just as good.

Custard

- 3 tablespoons plain flour
- 1 1/4 cups milk, divided
- 1 1/3 cups sugar
- 1 cinnamon stick
- 2/3 cup water
- 1/2 teaspoon vanilla extract
- 6 large egg yolks, whisked

Topping

- Castor sugar
- Cinnamon

Title Syrniki (Farmer's Cheese Pancakes)



By Lucas Shklyar Gr FB

Time to Cook 25 min EASY MEDIUM HARD

Servings 12 pancakes (4 servings)

Why is this recipe important to your family?

We cook and eat syrniki with my family almost every weekend, and it makes us remember my parents home country



Ingredients

1. 2 egg yolks
2. 2 cups (1 pound) tvorog or farmer's cheese, homemade or store-bought
3. Scant 1/2 cup sugar
4. 3/4 cup flour
5. 1/2 teaspoon baking powder
6. Pinch of salt
7. A tablespoon or two of heavy cream (optional)
8. 2 tablespoons unsalted butter
9. 2 tablespoons vegetable oil

Method

1. In a medium bowl, beat the egg yolks into the farmer's cheese, then stir in the sugar. Mix together 1/2 cup of the flour, the baking powder, and the salt and add to the cheese mixture. If the mixture seems dry, add a little heavy cream.
2. Place the butter and oil over medium-low heat in a large nonstick skillet and melt the butter.
3. Sprinkle the remaining 1/4 cup flour onto a plate and dust your hands with some flour, too. With your hands or a spoon, scoop out about 2 tablespoons of the batter and set the mound on the floured plate. Use your hands to gently shape it into a round patty about 2 inches in diameter and coat it lightly on all sides with flour. Repeat with the remaining batter.
4. Carefully transfer the patties to the pan and cook them slowly until the undersides are browned, about 3 minutes. Turn with a spatula and cook until the other sides are browned, 3 to 4 minutes more. Serve immediately, with sour cream.

Tips / options

- Best served with sour cream, jam or honey

Koulourakia

INGREDIENTS

4 cups flour
200 gms softened butter.
1/2 cup orange juice.
1/2 cup milk.
1 teaspoon vanilla essence.
2est from 1 orange.
3/4 cup sugar.
2 eggs beaten.
1 egg for eggwash.



Directions

Sift flour in mixing bowl. ^{then} add all your ingredients.
Mix with hand till it becomes a dough.
It will be ready when not sticky. You might need
to add a little more flour.

Leave aside for about 20 minutes

Then take a little piece around the size of a golf ball
Roll it out and then make a plat.

Place each biscuit on a baking tray with baking
Paper. Not too close to each other. Brush with
the eggwash.

Place Tray in oven at 180°C for about 20 minutes

Greek shortbread biscuits.

usually made for Easter. ☺

By Monty, Arlo and Yia Yias

- The dough
 - Bring water and sugar to boil on medium heat
 - Add semolina while stirring quickly with a wooden spatula
 - Add shredded mozzarella while stirring quickly until all melted. At this point, dough should be light yellow and very stretchy
 - Take off heat, and add blossom water
- Shaping:
 - On a working surface, lay baking paper and brush it generously with the syrup to prevent the dough from sticking
 - While dough is hot, spread half of it on the baking paper using your hands or a rolling pin to form a rectangle. Desired thickness is about ½ cm.
 - Add half of the mascarpone cheese and roll it like a wrap.
 - Repeat with the second half
 - Let cool in the fridge for 2 hours.
- Serving:
 - Cut into bite-size pieces
 - Drizzle with syrup
 - Sprinkle with crushed pistachios (optional)



Method :

1. Preheat the oven to 180°C (fan-forced).
Line a 20cm round cake tin with baking paper, or grease and flour it.
 2. Place the yoghurt, vegetable oil, caster sugar, eggs, vanilla and lemon zest in a large bowl and mix together until smooth.
 3. Sift the flour, baking powder, bicarbonate of soda and salt into the bowl, then whisk the flour into the yoghurt mixture until well combined.
 4. Pour the batter into the prepared tin and smooth the top with a spatula.
 5. Peel and core the pears, then cut into thin slices. Arrange the slices on top of the batter, then sprinkle over the cinnamon.
 6. Bake for 40-50 mins or until golden and a skewer inserted into the centre comes out clean. Cool in the tin for 10 mins, then turn out onto a wire rack to cool completely. Or better yet, transfer it to a serving plate and enjoy it warm 😊
- Dust lightly with icing sugar and serve.

Lily's 5C



CORNISH PASTY.

FOR SHORTCRUST PASTRY

- 125g Plain flour.
- 62g Baking fat/margarine.
- Pinch of salt
- Cold water.

FOR THE FILLING

- 100g beef skirt, diced into small pieces.
- 50g potato, peeled and sliced thinly into small pieces.
- 80g swede peeled and sliced thinly into small pieces.
- 20g onion, peeled and sliced.
- Pepper and salt (2:1 ratio).
- Milk to glaze.

METHOD

1. Add the salt to the flour in a large mixing bowl.
2. Rub the fat lightly into flour until it resembles breadcrumbs.
3. Add water gradually, bring the mixture together and knead until the pastry becomes elastic.
4. Cover with cling film and leave to rest in the fridge for an hour.

5. Roll out the pastry and cut into a circle the size of a dinner plate.
6. Layer the vegetables and meat on top of the pastry, adding plenty of seasoning.
7. Crimp the edges together.
8.
 - Lightly brush the edge of the pastry with water.
 - Fold the other half of pastry over the filling and squeeze the half circle edges firmly together.
 - Push down on the edge of the pasty and using your index finger and thumb twist the edge of the pastry over to form a crimp.
 - Repeat this process along the edge of the pasty.
 - Make a small slit in the top with a knife.
9. Glaze with milk.
10. Bake at 165 degrees C (fan oven) for about 60 minutes until golden.

Ingredients

Indie Boston

- 2 and 1/4 cups (280g) **all-purpose flour** (spooned & leveled)
- 1 teaspoon **baking soda**
- 1 and 1/2 teaspoons **cornstarch***
- 1/2 teaspoon **salt**
- 3/4 cup (170g) **unsalted butter**, melted & cooled 5 minutes*
- 3/4 cup (150g) packed light or dark **brown sugar**
- 1/2 cup (100g) **granulated sugar**
- 1 large **egg** + 1 **egg yolk**, at room temperature
- 2 teaspoons **pure vanilla extract**
- 1 and 1/4 cups (225g) **semi-sweet chocolate chips** or **chocolate chunks**

Cook Mode Prevent your screen from going dark

Instructions

1. Whisk the flour, baking soda, cornstarch, and salt together in a large bowl. Set aside.
2. In a medium bowl, whisk the melted butter, brown sugar, and granulated sugar together until no brown sugar lumps remain. Whisk in the egg and egg yolk. Finally, whisk in the vanilla extract. The mixture will be thin. Pour into dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft, thick, and appear greasy. Fold in the chocolate chips. The chocolate chips may not stick to the dough because of the melted butter, but do your best to combine them.
3. Cover the dough tightly and chill in the refrigerator for at least 2–3 hours or up to 3 days. I highly recommend chilling the cookie dough overnight for less spreading.
4. Take the dough out of the refrigerator and allow it to slightly soften at room temperature for 10 minutes.
5. Preheat oven to **325°F (163°C)**. Line large baking sheets with parchment paper or silicone baking mats. Set aside.
6. Using a cookie scoop or Tablespoon measuring spoon, measure 3 scant Tablespoons (about 2 ounces, or 60g) of dough for XL cookies or 2 heaping Tablespoons (about 1.75 ounces, or 50g) of dough for medium/large cookies. Roll into a ball, making sure the shape is taller rather than wide—almost like a cylinder. This helps the cookies bake up thicker. Repeat with remaining dough. Place 8–9 balls of dough onto each cookie sheet.
7. Bake the cookies for 12–13 minutes or until the edges are very lightly browned. (XL cookies can take closer to 14 minutes.) The centers will look very soft, but the cookies will continue to set as they cool. Cool on the baking sheet for 10 minutes. Meanwhile, press a few extra chocolate chips into the tops of the warm cookies. This is optional and only for looks. After 10 minutes of cooling on the baking sheets, transfer cookies to a wire rack to cool completely.
8. Cookies stay fresh covered at room temperature for up to 1 week.

Ingredients

- 1 cup of oats
- 2 tablespoons of golden syrup
- 1 teaspoon of bicarbonate soda
- 1 teaspoon of vanilla essence
- 250g of butter
- 2 tablespoons of hot water

Instructions

- 1 put sugar, flour, coconut and oats in a bowl
- 2 put golden syrup with the butter in a small saucepan and stir until smooth
- 3 mix bicarbonate soda with the hot water then mix with the syrup and butter mix until smooth
- 4 mix the hot mixture with the dry mixture until you can see no lumps.
- 5 roll the mixture into balls
- 6 put on a baking tray
- 7 put in oven at 180 degrees and cook for 10 to 15 minutes

TRACI'S FRUIT LOAF

I made this recipe up because I wanted to stop wasting a pot of tea every morning!!

2 cups self raising flour
1 cup sugar

2 cups of dried fruit (apricots, mango, sultanas, currents, raisins, figs, dates – what ever you have in the cupboard);
1 ½ cups of cold tea
Shaved or shredded coconut-
*** generous handful

Mix EVERYTHING together

EXCEPT COCONUT ***with a spoon/spatula and put in a cake tin

lined with baking paper.

The mixture will resemble soggy porridge consistency

Spread coconut over the top

Bake 180 deg 45-50 mins

Serve as it is or toasted

It goes really well on a cheese platter with Brie

Healthy version:

Replace Flour with Wholemeal SR flour

Replace Sugar with raw sugar

Use DECAF Tea bags



Home made Musli 'DOBBIE'S NOBBIES'

- Jar coconut oil small

The following quantities are not measured just a packet of this or that

- 2 pkts of Oats
- Nuts: brazil almond (slithered or flaked) hazelnut pecan
- Coconut flakes
- Seeds: Pepitas, Sunflower kernels
- White and Black Chia seeds. LSA meal. Wheatgerm
- Canadian Maple Syrup



The following ingredients are added cold uncooked into cooked and cooled batch

Fruit: sultanas raisins currants dates(pitted)

dried: mango blueberries cranberries peaches and apricots

- Line baking tray with baking paper.
- Add 2 TBLsp Coc oil and melt in the oven 140 degrees 3 nis
- Mix all other ingredients **EXCEPT MAPLE syrup and**
- **NO FRUIT** in a LARGE bowl
- Spread over baking paper but not too thick – say 1-2, inch you may need to do several batches
- Drizzle ½ bottle of Maple over cook until light golden brown then turn over with an egg flip. You don't want dark brown just light colour
- When it's completely cool add fruit and mix through.

Method

Custard

- In a medium bowl, whisk the flour and 1/4 cup milk (60 ml) until smooth.
- Bring the sugar, cinnamon, and water to a boil in a small saucepan and cook until an instant-read thermometer registers 220°F (104°C). Do not stir.
- Meanwhile, in another small saucepan, scald the remaining 1 cup milk (237 ml). Whisk the hot milk into the flour mixture.
- Remove the cinnamon stick and then pour the sugar syrup in a thin stream into the hot milk-and-flour mixture, whisking briskly. Add the vanilla and stir for a minute until very warm but not hot.
- Whisk in the yolks, strain the mixture into a bowl, cover with plastic wrap, and set aside. The custard will be thin; that is as it should be. (You can refrigerate the custard for up to 3 days.)

Pastry

- Place an oven rack in the top third position and heat the oven to 550°F (290°C).
- Grease a small 12 muffin pan.
- Put chilled pastry sheet on floured surface and use a large glass to cut into circles. Place each circle into muffin pan and leave for a couple of minutes to allow it to become pliable.
- Use a small glass to flatten the base of the tart and then use a wet finger to shape the shell so that it is thin at the bottom and twice the thickness at the top of the shell.
- Fill each cup 3/4 full with the cool custard. Bake the pastries until the edges of the dough are frilled and brown, about 8 to 9 minutes for the mini-muffin tins, 15 to 17 minutes for the classic tins.
- Remove from the oven and allow the pasteis to cool a few minutes in the pan, then transfer to a rack and cool until just warm. Sprinkle the pasteis generously with confectioners' sugar, then cinnamon and serve.
- These are best eaten on the day they are made or can be rewarmed over the next couple of days. Enjoy!!

Tips / options Portuguese tarts usually look a little dark brown when cooked.

Dada Gulung (Balinese Pancakes)

Ingredients

Pancakes:

Plain flour 200g
Eggs x 2
Salt ½ teaspoon
Water 2 cups
Green Food Colouring
Butter or cooking oil

Filling:

Desiccated Coconut 100g
Palm Sugar 100g



Method

Pancakes:

Add flour to a large mixing bowl. Add the eggs, salt and water. Whisk until combined into a runny batter. Add a few drops of food colouring until batter is bright green.

Heat a small frying pan and add a small amount of butter or oil. Pour mixture into pan to cover the base of the pan. Cook the pancake until bubbles form and then flip. Once cooked set aside pancake to cool. Pancakes should be thin and almost crepe like.

Continue to cook pancakes until all the batter is used.

Filling:

Heat a small saucepan put palm sugar and approx. ½ cup water into saucepan. Heat palm sugar and water until fully melted and consistency of water. Add coconut and mix over low heat until the liquid has evaporated and the coconut and sugar mixture is dry enough to roll into balls. Remove from heat and allow to cool until cool enough to touch.

Combine:

Place one pancake on a plate or cutting board. Take 1 – 2 spoonful's of the coconut mixture and put it in a line about the thickness of a finger across the pancake about 2cm from the bottom edge. Fold the bottom edge of the pancake over the mixture and fold the two side edges inwards to make straight edges. Roll the pancake up from the bottom like a spring roll.

Niluh Wiriana – 3C

Aiden Fegarty 1. A

GINGER CRUNCH (NZ)

Ingredients

Base

125g butter, softened
½ cup sugar
1½ cups flour
1 tsp baking powder
1 tsp ground ginger

Ginger icing:

75g butter
¾ cup icing sugar
2 Tbsp golden syrup
3 tsp ground ginger

Method

Preheat the oven to 190 °C. Lightly grease a 20cm x 30cm shallow tin and line the base and two sides with baking paper.

Cream butter and sugar until light and fluffy. Sift flour, baking powder and ginger together. Mix into creamed mixture. Turn dough out onto a lightly floured board. Knead well.

Press dough into prepared tin.

Bake for 20-25 minutes or until light brown.

While the base is cooking make the icing. In a small saucepan combine butter, icing sugar, golden syrup and ginger. Heat until butter is melted, stirring constantly.

Pour hot Ginger Icing over the hot base. Cut into fingers immediately and leave to cool in the tin on a wire rack, then break apart along the cuts.

Pikelets with Recipe

2 x (cup) of flour

2 x eggs

1 x cup of milk

FE 6C FE

for Hudson's BUDDY
Orlando



Eric Zhou ZF

Recipes

Aoos

- Small pot
- 140ml of milk
- 5 scoops of aoos
- 2 eggs
- Cook for 5 to 8 min

Chocolate cake

- A microwave cup not too big
- 4 Oreos put in the cup
- ~~• 2 scoops of~~
- fill milk to second Oreo
- get a spoon mash the Oreos
- put in microwave 1:00 min
- if it is not ready keep doing 10 second



Desserts

Boston Indie

You can use mince pork and veal (best) but also just beef if you want. I tend to use a quarter of pork to $\frac{2}{3}$ of veal (even with a bit of beef in it)
That's for a kilo of meat which is what I do for a family size but just lower the kg for smaller ones.

- 1 x grated onion
- 1 x egg (this binds all the bits)
- Then – its up to you what you put in or what bits are in the fridge for example; NB any chopped stuff should be quite small
- Chopped red capsicum
- Chopped dill pickle (and a little of the pickle water
- Chopped continental parsley is a must
- Maybe a bit of grated carrot
- Chopped olives
- Salt and pepper
- A big dollop of sour cream (the ~~best~~)
- A slosh of port is nice and the alcohol content evaporates in the cooking leaving only the flavour
- Or all of the above.

THEN:

- Mix it all together by hand
- Put it into a baking dish in the shape of a long roll or smaller ones
- Sprinkle breadcrumbs over the top
- Spread a coat of olive oil all over
- Salt again
- And sometimes I lay bacon strips over the top (more yummy

Into a hot oven of about 180 fan forced to start with for about 10 mins and then lower to 160 for probably about an hour till the juices are clear – if making a smaller one or ones if you've divided the kgs into small loaves it may take about $\frac{3}{4}$ of an hour only.

I prefer it cold as the flavours develop so I tend to wrap it tightly in foil then gladwrap and refrigerate. As its hot when this is done be careful not to break it. Much easier to slice also and takes on the nature of a terrine

So you can see its not a precise recipe and anything more or less goes.

~~the best~~

Bo Ssam



INGREDIENTS

PORK BUTT

- 1 whole bone-in pork butt or picnic ham (8 to 10 pounds)
- 1 cup white sugar
- 1 cup plus 1 tablespoon kosher salt
- 7 tablespoons brown sugar

GINGER-SCALLION SAUCE

- 2½ cups thinly sliced scallions, both green and white parts
- ½ cup peeled, minced fresh ginger
- ¼ cup neutral oil (like grapeseed)
- 1½ teaspoons light soy sauce
- 1 scant teaspoon sherry vinegar
- ½ teaspoon kosher salt, or to taste

SSAM SAUCE

- 2 tablespoons fermented bean-and-chili paste (ssamjang, available in many Asian markets, and online)
- 1 tablespoon chili paste (kochujang, available in many Asian markets, and online)
- ½ cup sherry vinegar
- ½ cup neutral oil (like grapeseed)

ACCOMPANIMENTS

- 2 cups plain white rice, cooked
- 3 heads bibb lettuce, leaves separated, washed and dried
- 1 dozen or more fresh oysters (optional)
- Kimchi (available in many Asian markets, and online)

PREPARATION

- Place the pork in a large, shallow bowl. Mix the white sugar and 1 cup of the salt together in another bowl, then rub the mixture all over the meat. Cover it with plastic wrap and place in the refrigerator for at least 6 hours, or overnight.
- When you're ready to cook, heat oven to 300. Remove pork from refrigerator, brush any excess sugar mixture off the fat cap and discard any juices. Place the pork in a roasting pan and set in the oven and cook for approximately 6 hours, or until it collapses, yielding easily to the tines of a fork. (After the first hour, baste hourly with pan juices.) At this point, you may remove the meat from the oven and allow it to rest for up to an hour.
- Meanwhile, make the ginger-scallion sauce. In a large bowl, combine the scallions with the rest of the ingredients. Mix well and taste, adding salt if needed.
- Make the ssam sauce. In a medium bowl, combine the chili pastes with the vinegar and oil, and mix well.
- Prepare rice, wash lettuce and, if using, shuck the oysters. Put kimchi and sauces into serving bowls.
- When your accompaniments are prepared and you are ready to serve the food, turn oven to 500. In a small bowl, stir together the remaining tablespoon of salt with the brown sugar. Rub this mixture all over the cooked pork. Place in oven for approximately 10 to 15 minutes, or until a dark caramel crust has developed on the meat. Serve hot, with the accompaniments.

TOM YUM FRIED RICE WITH PRAWNS

Olivia Stefanovic

PREP + COOK TIME 40 MINUTES (+ REFRIGERATION) SERVES 4

FIVE INGREDIENTS

- 2 cups (400g) jasmine rice
- 600g (1¼lb) uncooked large prawns (shrimp)
- 400g (12½oz) green beans
- 1 bunch fresh coriander (cilantro) (100g) (see tips)
- ¼ cup (80g) tom yum paste (see tips)

- 1 Rinse rice in a sieve under cold running water until water runs clear. Place 2 cups (500ml) water in a medium saucepan; bring to the boil. Add rice; return to the boil. Reduce heat to low; cook, covered, for 10 minutes. Remove from heat; stand, covered, for 10 minutes. Spread rice out on an oven tray. Refrigerate for 2 hours or until cold.
- 2 Twist or cut behind the prawn head to remove it. Peel away the shell starting from legs, leaving the tail intact. To devein, make a small cut in the centre back of prawns. Insert a skewer or toothpick through the skin and under the vein, then lift; this will pull the vein out in one piece. Alternatively, run a small knife down the back of the prawn to expose the vein and pull it out that way.
- 3 Trim green beans; chop finely. Wash coriander paying attention to the roots. Pick leaves from coriander; you will need 1 cup. Coarsely chop coriander stems and roots; you will need ½ cup.
- 4 Place tom yum paste and chopped coriander stem and root mix in a large wok over high heat; stir-fry for 3 minutes or until fragrant.
- 5 Add prawns; stir-fry for 2 minutes or until prawns start to change colour. Add beans and cold rice; stir-fry for 3 minutes or until rice is heated through and beans are tender.
- 6 Stir half the reserved coriander leaves through rice; serve topped with remaining leaves.

TIPS If you have the option, buy coriander sold in bunches rather than pre-packaged, otherwise the quantity will be smaller (and it may not have roots), in which case you may need to buy two packs. The root of the herb, the most flavoursome part, is traditionally used in curry pastes. Brands of tom yum paste vary in their heat intensity; add less to start, then gradually add more to suit your heat level.

MAKE IT SIX Stir-fry the finely shredded leaves of 1 bunch of gai lan (chinese broccoli) with the prawns.

SWAP IT Use red thai curry paste instead of tom yum paste.

Napoli pasta Boston

Indie Boston

Sauce ingredients

- 1/3 cup of olive oil
- 1 clove of garlic
- 1 can of diced tomato's (Mutti brand is suggested)
- 4 tablespoons of tomato paste

Pasta ingredients

- Pasta of your choice
- Generous amount of salt in boiling water(before adding pasta)
- 50g of butter (added to cooked, drained pasta)

Method

Heat a medium sized frying pan adding with 1/3 of a cup of olive oil and 1 clove of garlic

Let simmer until the garlic is fragrant, approximately 2 mins.

Add tomato paste and let simmer, stirring occasionally for another few minutes

Add diced tomatoes to the pan and add a bit of salt

Let simmer gently for about 10 to 15 minutes

Stir sauce through buttery pasta and add a little cheese of your choice!

Boston Indie

Lentils / Lentil Soup

- * 3 cans lentils, drain & rinse w cold water, drain
- * 1 large onion - chop finely
- * 2 carrots - chop into small squares (sort of)
- * Celery stick - optional
- * Stock - chicken - heat this
- * tomato paste - 2 tablespoons - approx OK
- * hungarian sweet paprika - 1 tablespoon (approx)
- * Salt & Pepper.
- * boiling water to top up
- * can dice a potato or 2 to thicken soup.
- * Chopped parsley

Method on high heat

+ In saucepan saute onions, when done add tom paste, stir in, add paprika, stir in (quickly so doesn't burn) add carrots & celery potato (optional) stir in, add drained lentils, stir add hot stock, stir in. Put on lid and lower heat (low) Slow cook.

After a while, add a little boiling water - keep slow. Decide on thickness and quantity. You can stop here or add a little more water.

Salt + Pepper.

Trick with soup is to add liquid in small amounts to get the flavour. Add parsley.

Pastitsio

(similar to lasagna)

INGREDIENTS

By Monty, Arlo
and Yia Yia

FOR SAUCE

1/2 kilo mincemeat
1 onion - 4 cloves garlic
1 carrot - 1/2 zucchini - 1/2 red 1/2 green Capsicum
Tomato Pasata - salt Pepper oregano.
Parsley and olive oil. 1 tablespoon Vegetable stock powder.



Directions for Sauce.

Saute all vegetables until soft. Add mince and saute till brown.
then add the tomato Pasata, and a little water. season to taste.
let simmer for about 1/2 hour.

INGREDIENTS FOR BESHAMEL SAUCE.

About 600 mls milk,
1 tablespoon butter
salt + pepper.
1 egg
2 table spoons corn flour
1 cup grated cheese (Tasty)

Directions

boil milk in a saucepan add your butter salt + pepper.
in a small bowl mix your corn flour with some water till it dissolves.
Add slowly to your milk mixing with a whisk. It will gradually
thicken up. when its nice and thick. put 1 cup of shredded
cheese and 1 egg (whisked) and mix it in.

Pasta 1 Pkt thick pasta. Boil as directed.

Putting it all together.

Place 1 layer of Pasta. - then shredded cheese then your
sauce on top. Then another layer of pasta, some
shredded cheese. Then for your beshamel sauce on top
sprinkle cheese on top. oven 180°C.

Bake until Beshamel is nice and golden. about
25 minutes
😊

Alex Lefebvre
AB

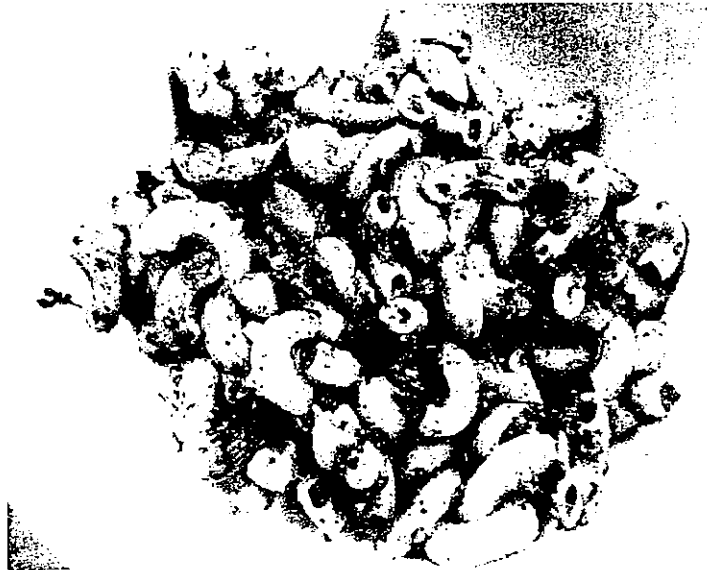
Mauritian Macaroni and Corned Beef

Ingredients:

- Canned corned beef (340g) or leftover home cooked corn beef
- Medium/large brown onion x1
- Tomatoes (medium) x4
- Fresh thyme (5 sprigs)
- Fresh garlic
- Fresh ginger
- Chinese chilli in oil (1 ½ teaspoons)
- Fresh coriander (1 bunch)
- Macaroni pasta

Method:

1. Finely dice onions
2. Finely dice tomatoes
3. In a mortar and pestle, crush equal amounts of fresh garlic and ginger. The combined crushed mix should be at least 1 tablespoon.
4. In a saucepan over med-low heat, heat up some olive oil and fry onion, garlic and ginger mix, Chinese chilli in oil and fresh thyme (I prefer to strip the leaves off the sprigs). Cover and fry slowly until onion becomes soft and translucent. Keep an eye on it - if it becomes dry, add a little boiling water to loosen as needed (and maybe lower flame).
5. Add tomatoes, cover and fry slowly until tomatoes break down. As above, if it becomes dry, add a little boiling water to loosen as needed.
6. Add corned beef and about 1/3 cup boiling water and cook (uncovered) slowly until mixture becomes rich and not watery. Taste and adjust seasoning (salt/pepper) as needed.
7. Turn off heat, add chopped coriander and mix through.
8. In a large saucepan, boil macaroni and until cooked to your liking.
9. Strain macaroni well and mix in with corned beef.
10. Enjoy!





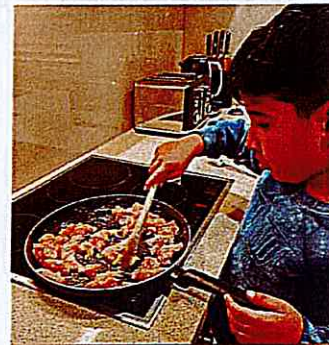
Isaac's Creamy Pasta

Ingredients:

- 2 teaspoons olive oil
- 4 garlic cloves, minced
- 2 tablespoons butter
- 3 cups chicken broth, or more as needed
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- ½ pound spaghetti
- 1 cup tasty cheese
- ¾ cup heavy cream
- 1 ½ tablespoons dried parsley

Method:

- While pasta is cooking, melt butter in large saucepan and add garlic and chives.
- Add chicken and stir to combine. Put lid on pan for 5 minutes.
- Remove lid and stir chicken until just cooked.
- Add cream and the cornflour mixed with enough milk to make a thick paste.
- Stir continuously until sauce thickens. If too thick add a little milk.
- Add parmesan cheese and seasoned pepper, stir.
- When cooked, stir in parsley.
- Drain pasta, add to chicken mix and stir until evenly coated, serve.



From Elliot Amundson 3D

Grandma Bon's Italian Meatballs

Ingredients:

1 ½ lbs lean ground beef

½ cup breadcrumbs

½ cup grated Italian cheese

½ teaspoon dried oregano

½ teaspoon dried basil

2 eggs beaten into ¾ cup whole milk

Salt and pepper to taste

Directions:

Mix well. Meatballs will be soft and sticky. Form into balls.

(Don't over mix, they will get tough. You want them soft.)

Brown stovetop on medium heat in olive oil, turning once or twice.

OR

Place on parchment paper and bake at 425 degrees Fahrenheit 20-25 minutes, turning halfway through.

Cool in a covered bowl to keep them moist.

Enjoy meatballs! Try them in a sandwich or with pasta!!

Aisling Fogarty 23C

Chilli

Ingredients

2 kg beef brisket , trimmed and sliced into 2.5cm thick pieces across the grain
500 ml hot coffee
3 large dried Mexican chillies (ancho, chipotle or poblano)
2 red onions
10 cloves of garlic
olive oil
2 heaped teaspoons ground cumin
2 heaped teaspoons smoked paprika
1 heaped teaspoon dried oregano
2 fresh bay leaves
3-4 fresh chillies
2 cinnamon sticks
4 x 400 g tins of tomatoes
3 tablespoons dark brown or muscovado sugar
2 x 400 g tins of butter/kidney beans
80g Dark chocolate (optional)

Method

Carefully trim the meat by discarding any hard fat or silver skin. Cut the meat against, rather than with, the grain into 2.5cm thick pieces.

Make the coffee and, while it's hot, soak the dried chillies in it for a few minutes to let them rehydrate. Meanwhile, peel and dice the onions and peel and finely slice the garlic.

Heat a couple of tablespoons of olive oil in a large casserole pan on a low heat, add the cumin, paprika, oregano, bay and onions. Fry for 10 minutes, until the onions have softened.

Deseed and chop half the fresh chillies. Slice up the rehydrated chillies and add them to the onion mixture along with the chopped fresh chilli, the cinnamon sticks, sliced garlic, a good pinch of sea salt and black pepper and a splash of the chilli-infused coffee.

Stir, then add the rest of the coffee, the tomatoes, breaking them up, and the molasses or sugar. Add the pieces of brisket and another good pinch of salt and pepper, cover with a lid and simmer for around 3 hours, stirring occasionally.

After a few hours use a couple of forks break the meat up and pull it apart. Once you've done this, deseed, slice and add the rehydrated peppers, then drain and add the beans. Leave to simmer with the lid off for 30 minutes, or until the meat is completely falling apart, stirring occasionally.

Have a taste and season well, if you require a bit more heat, this is the time to deseed and chop the rest of the fresh chilli and stir it in.

Nice with a spoonful of soured cream over the chilli and serve straight from the pan, with fluffy rice, flatbreads or potatoes.

Swenson's Galley Boy Burger

Rose 5A ~~Amr~~ American

Ingredients

300g Beef mince

Burger buns

Cheese

BBQ Sauce

Tartare sauce

Method

Cut buns in half and spread a thin layer of mayo on both cut surfaces. Toast the burger buns on a frypan or BBQ flat-top until golden.

Heat the frypan or flattop until hot. Divide beef into two. Hand smash the two patties between two sheets of baking paper. Place patties on to hot frypan or BBQ flat top, smash down thin.

Turn the patties, placing a slice of cheese on one patty.

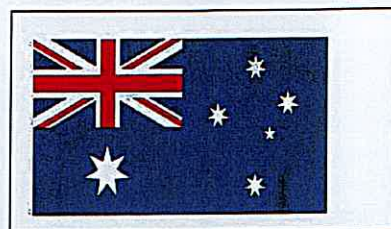
Spread BBQ sauce on the base bun and spread tartare sauce under the top bun.

Place the patty with the cheese on the bun base, then the other patty on top of the cheese. Put top bun on to the burger.

Allow burger to rest before eating.

Title Paprika and garlic steak

By Tessa da Silveira Gr 5A



Time to Cook: 10-15 minutes EASY

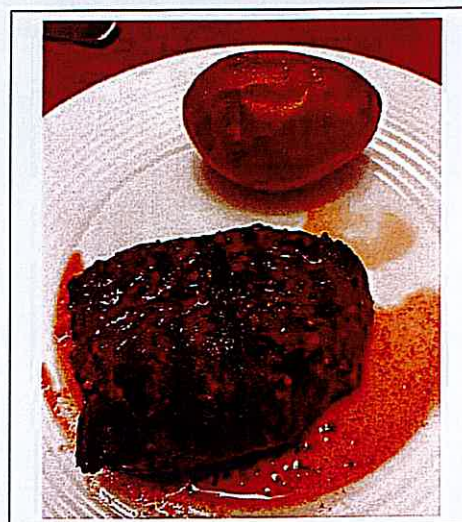
Servings: 1 or more

Why is this recipe important to your family?

My grandma makes steak like this and she learnt it from my great-aunt.

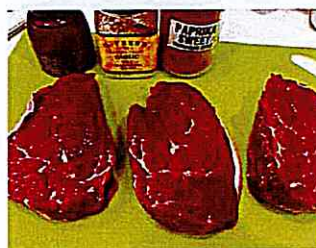
My grandma taught my mum, and my mum has taught my brother and me!

We all love it, it's so tasty!!



Ingredients

- 1 piece of thick cut fillet steak per person
- Sweet Hungarian paprika
- Garlic salt
- Freshly cracked black pepper



Method

1. Sprinkle steak generously with paprika, garlic salt and black pepper on both sides.
2. Pan fry or BBQ until cooked to your liking.
3. Enjoy with a baked potato and a salad of your choice.



Bitterballen (Dutch Beef Croquettes)

total time: 3 HRS author: Olivia Mesquita

Crispy bite-size dutch beef croquettes.

INGREDIENTS

FOR THE BITTERBALLEN

- 1 stick of butter
- 1 cup of flour
- 2 cups of shredded cooked beef
- 3 cups beef broth
- 1 small onion, *chopped*
- 1/4 cup fresh parsley, *chopped*
- 2 Tbsp olive oil
- Salt and Pepper to taste
- Pinch of freshly grated nutmeg

FOR THE BREADING

- All purpose flour
- Egg and chilled water mixture, *whisked together*
- Breadcrumbs
- Vegetable oil for frying

INSTRUCTIONS

- 1 In a large skillet, heat the olive oil and sauté the onions until translucent. Add the beef and the parsley and cook for a couple of minutes. Reserve.
- 2 In a small saucepan, melt the butter and add the flour slowly to make a roux.
- 3 Gradually add the broth, making sure the roux is absorbing the liquid. Stir constantly until it thickens.
- 4 Add the meat mixture and cook for a little longer until you have a very thick gravy. Stir in the salt, pepper and nutmeg.
- 5 Transfer the gravy to a shallow container and refrigerate for 2 hours.
- 6 Once the gravy is chilled and solidified, roll the bitterballen (1 inch diameter).
- 7 Roll the bitterballen in the all purpose flour, then the egg wash and finally the breadcrumbs. Proceed until you've breaded all bitterballen.
- 8 Bring your bitterballen to the freezer for 30 minutes before frying.
- 9 In a small saucepan, heat enough oil to cover the balls.

- 10 Fry your bitterballen, 5 at a time, until golden brown.
- 11 Set your bitterballen on a plate covered in paper towels to absorb the excess oil.
- 12 Serve the bitterballen hot, with some grainy mustard on the side.

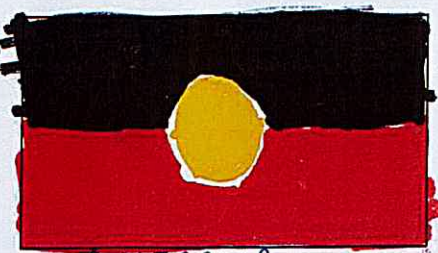
NOTES

Adapted from The Dutch Table

author: **OLIVIA MESQUITA**

Title SAUSAGE & VEGETABLE ROLLS

By LEO SEATER Gr ED



AUSTRALIA.

Time to Cook 20 MINS EASY MEDIUM HARD

Servings 6

Why is this recipe important to your family?

BECAUSE
it is yum

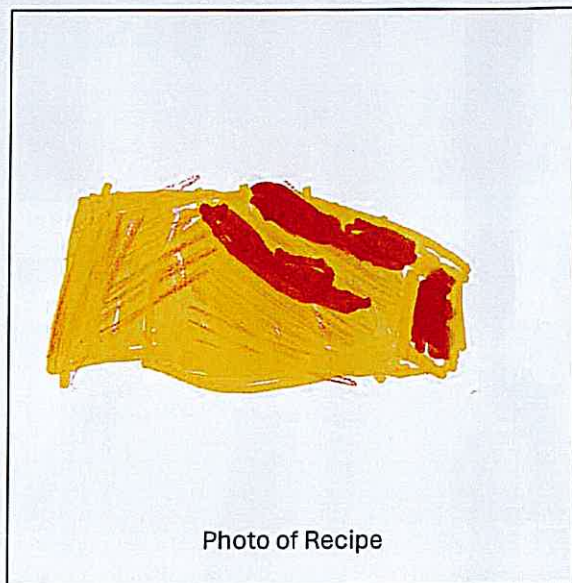


Photo of Recipe

Ingredients

- 1 QUANTITY PUFF PASTRY
- 500g SAUSAGE MINCE/MEAT
- 1 SMALL CARROT (GRATED)
- 1 SMALL APPLE (GRATED)
- 1 SMALL ONION (CHOPPED)
- 1 CUP OF BREAD CRUMBS

Method

1. SET OVEN 220°C.
2. MIX ALL INGREDIENTS + SALT + PEPPER TO SEASON
3. CUT 2-3 PUFF PASTRY SHEETS IN HALF
4. PLACE EVEN AMOUNT OF SAUSAGE MINCE ON PASTY
5. FOLD OVER, CUT + MOISTEN EDGES WITH WATER
6. GLAZE WITH MILK, PRICK WITH A FORK.

Tips / options

BAKE 10 MINS AT 220°C, THEN REDUCE TO 190°C FOR FURTHER 10 MINS.



Braised Beef

Author Vincenzo's Plate

Equipment

- Cutting board
- knife
- large pot
- wooden spoon
- Glass
- Measuring cups
- Ladle

Ingredients

- 800 grams Chuck Steak 28oz (Use: neck, shoulder, belly. Select a cut with some fat for more flavor)
- 1 Sprig fresh rosemary
- Bay leaves
- Chopped parsley
- 1 bottle Tomato Passata 700ml/24oz tomato sauce
- 1 L vegetable stock 34oz
- ½ Celery stick with celery leaves chopped
- 1 Carrot
- ½ Onion red or brown
- 2 tbsp Plain flour
- 2-5 Potatoes
- 1 Glass of red wine
- 4 tbsp Extra virgin olive oil EVOO
- Salt and pepper

Instructions

1. Dice the chuck steak into large pieces keeping pieces of the fat on the cut.
2. Get a large pot and put it on your stove at a medium heat then add 4 tbsp of extra virgin olive oil.
3. Add onion, celery, and carrot to the pot. This is called the soffritto and gives you the amazing base for your braised beef dish.
4. Stir the soffritto with a wooden spoon and cook for 10 minutes.
5. Add the pieces of beef into the pot and mix it with the wooden spoon. Brown all sides of the meat on medium heat making sure to move the pieces around so it cooks well and makes love with the soffritto.
6. Keep stirring the meat and vegetables.
7. Add 2 tbsp of plain flour and mix this with the meat to create a cream. It will cover the eat

Boston Melix

and absorb all of the oil.

8. Add one glass of red wine, continue to mix with your wooden spoon and wait until the wine evaporates and only leaves behind the flavor of the red wine.
9. Add 1 bottle of tomato passata and mix it through the meat and vegetables. Cover each piece of meat with tomato sauce.
10. Add a generous amount of salt and pepper and continue to stir the braised beef.
11. Add a few bay leaves and the entire stick of rosemary into the pot.
12. Add 1 liter of vegetable stock and stir, then cover the pot and cook for 2 hours.
13. Peel the potatoes then cut them into cubes, wash and drain them.
14. After the braised beef has been cooking for 1 hour, add the potatoes into the pot and remove the stem from the rosemary.
15. Stir through gently then cook on medium-low heat for another hour.
16. Once the meat has been cooked for at least 2 hours, serve the braised beef and garnish with chopped parsley.
17. E ora si mangia, Vincenzo's Plate....Enjoy!

Bella Wiriana 5B
Australian



Easy chicken and sweet corn soup

What you need for it

- 1 packet of chicken noodle soup
- 1 can of creamed corn
- 2 eggs beaten
- $\frac{1}{4}$ roast chicken cut into small pieces

steps

1. cook chicken noodle soup packet according to the instructions
2. Add cream corn and chicken and bring to the boil
3. slowly pour in beaten eggs while whisking the soup
4. serve with toast soldiers

Priya's Ambur Biryani



1.5 kg chicken
 3 heaped tsp Corriander powder
 4 tsp chilli pxdr
 Salt to taste
 1 cup yogurt
 3 table spoon ginger garlic paste
 Handful of finely chopped mint and Corriander each



2. Mix and let marinate while you thinly slice 3 tomatoes and 2 large onions



3. Fry
 2 sticks of cinnamon
 5 pods of cardamom
 8 cloves
 2 large bay leaves in
 2 table spoons of ghee and 3 tbs of oil



4. Onions in. Fry till brown



5. Add In the chicken Fry for a couple of minutes



6. Tomatoes go in next



7. Mix , cover and cook till the meat is done.



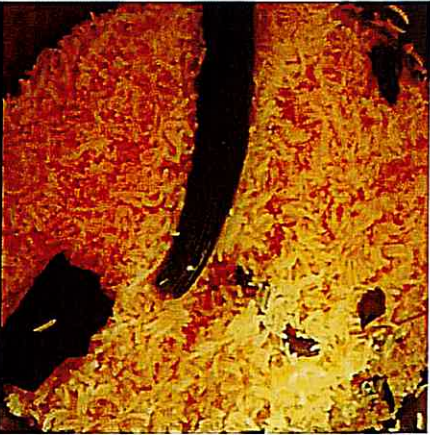
Separate the gravy from the chicken

8



Boil 1.2 kg of rice + 1 tsp turmeric with a few sprigs of mint and Coriander (just to flavour the rice)
Green chillies (as hot as you like it)

9



When nearly done - not fully - drain water

10



Layer the rice over the cooked chicken

11



Layer on ...
Chicken
Rice
Gravy
Rice
Gravy
Rice

12



13

INSTANT POT BUTTER CHICKEN – PARKER FAMILY

TOTAL TIME: 25MINUTES SERVINGS: 4 SERVINGS

INGREDIENTS

- 1 14- ounce [Canned Tomatoes](#)
- 5-6 cloves Garlic
- 1-2 teaspoons [Minced Ginger](#)
- 1 teaspoon [Turmeric](#)
- 1/2 teaspoons [Cayenne Pepper](#)
- 1 teaspoon [Smoked Paprika](#)
- 1 teaspoon [Kosher Salt](#)
- 1 teaspoon [Garam Masala](#)
- 1 teaspoon [Ground Cumin](#)
- 1 pound [Boneless Skinless Chicken Thighs](#)

To finish

- 4 ounces butter cut into cubes (use coconut oil if dairy free)
- 4 ounces Heavy Cream (use full-fat coconut milk if dairy free)
- 1 teaspoon [Garam Masala](#)
- 1/4-1/2 cup [chopped cilantro](#)

INSTRUCTIONS

INSTANT POT INSTRUCTIONS

1. Place all ingredients into an Instant Pot in the order listed, EXCEPT for the butter, cream and 1 teaspoon of the garam masala, mixing the sauce well before you place the chicken on top of the sauce. If it's frozen, push it into the sauce a bit so it defrosts better
2. Close the cooker and set for 10 mins on high, and let it release pressure naturally for 10 minutes. After that, release all remaining pressure.
3. Open up the pot and remove the chicken carefully and set aside
4. Blend together all the ingredients, preferably using an immersion blender
5. Add the cut up butter, cream, cilantro, and garam masala and stir until well incorporated.
6. It's best to let the sauce cool just a little before adding the butter and the cream. Adding it into the boiling sauce will make your sauce very thin. If that happens, just put it in the fridge for a little and let it thicken up. It should be thick enough to coat the back of a spoon
7. Take out half the sauce and freeze for later or store in the fridge for 2-3 days
8. Add the chicken back in and heat through. Break it up into smaller pieces if you need but don't shred it.
9. Serve over rice, or zucchini noodles

USING LEFTOVER SAUCE

1. Use leftover cooked chicken and mix in with the gently heated sauce, let it simmer for a few for the flavors to meld together and there you go. Add some fresh cilantro on top.
2. You could also use this for Paneer Makhani. Defrost a cup of peas and 1 cup of paneer and mix gently into the heated sauce and let it simmer for a few for the flavors to meld together and there you go.
3. If you use a stand blender, be very careful with the hot sauce and be sure to leave the inside lid open to vent.
4. Yes, I know the recipe doesn't call for additional liquid. The chicken and tomatoes release a LOT of liquid. Unless you do something wrong, it will not burn.
5. Do not re-pressure cook the butter and cream filled sauce for a second time as it gets thin and unappetizing. Cook the chicken when you first make the sauce, save half the tomato sauce frozen, and when you're ready, add cooked chicken, or paneer, and heat it through in a skillet. Instant dinner!
6. For this recipe, the garam masala is very, very, important. Unlike other recipes, I didn't use whole spices because I've learned that not everyone has whole cinnamon sticks, whole cloves, and green cardamom lying around. So we'll use garam masala instead and I must urge you to make this homemade garam masala recipe! It makes a HUGE difference.
7. You'll note there's no added water in this recipe. Between the tomatoes and the chicken, there's more than enough to create pressure in this recipe. Any more water and it's going to taste insipid.
8. Let the sauce cool just a little before adding the butter and the cream. Adding it to the boiling sauce will make your sauce very thin. If that happens, just put it in the fridge for a little and let it thicken up. It should be thick enough to coat the back of a spoon.





Drinks

Ingredients.

Blackberry-Lime Punch Punch

- 3 cups fresh blackberries
- 4 cups chilled sweet tea
- 2 cups cold water
- 1/2 cup fresh lime juice (from 5 limes)
- 4 (12-oz.) cans chilled nonalcoholic ginger beer
- 1 (16-oz.) bag frozen blackberries
- Ice
- Lime slices
- Mint sprigs

Directions

1. Place fresh blackberries in a large bowl; mash with a potato masher until fully broken. Pour through a fine mesh strainer into a measuring cup or bowl, pressing pulp to release juice. Discard solids.
2. Pour blackberry juice into a large (4- to 6-qt.) punch bowl. Stir in sweet tea, water, and lime juice until well combined. Gently stir in ginger beer and frozen blackberries until just combined. Serve over ice. Garnish with lime slices and mint sprigs.

Ina Garten

Passion fruit potato

What you will need

- Frozen passion fruit
- hot water
- Tap water
- water bottle

Steps

1. Fill your drink bottle with frozen passion fruit to its full capacity
2. Boil the kettle to get hot water and dilute 2 pieces of frozen passion fruit with the boiled water, then add the now boiled passion fruit flavoured and pour into your drink bottle.
3. fill your drink bottle to the brim with tap water

ENJOY

