

SURVIVAL STRATEGIES IN THE KITCHEN

RECIPE BOOK



SUPPORTED BY

Thank you to our project partners

Tasmanian Community Fund
Devonport City Council
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East Devonport Child and Family Learning Centre

Ulverstone Neighbourhood House

Burnie Child and Family Learning Centre

National Joblink (NJL)

Iarapi Child and Family Learning Centre

YFCC Crisis Accommodation Support Service

Eveline House (Anglicare)



Survival Strategies in the Kitchen



**TASMANIAN
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INVESTING IN AND STRENGTHENING
TASMANIAN COMMUNITIES



Survival Strategies in the Kitchen Recipe Book



Hi everyone,

Welcome to the Survival Strategies in the Kitchen Recipe Book.

We've had lots of fun cooking up a storm at workshops over the past 2 years and this recipe book is a collection of some of the most popular recipes chosen by you.

It's been great working with you all and I hope you've learned some new skills in the kitchen and had a good time doing it. I've certainly enjoyed myself and I hope that my passion for good home cooking has rubbed off on you.

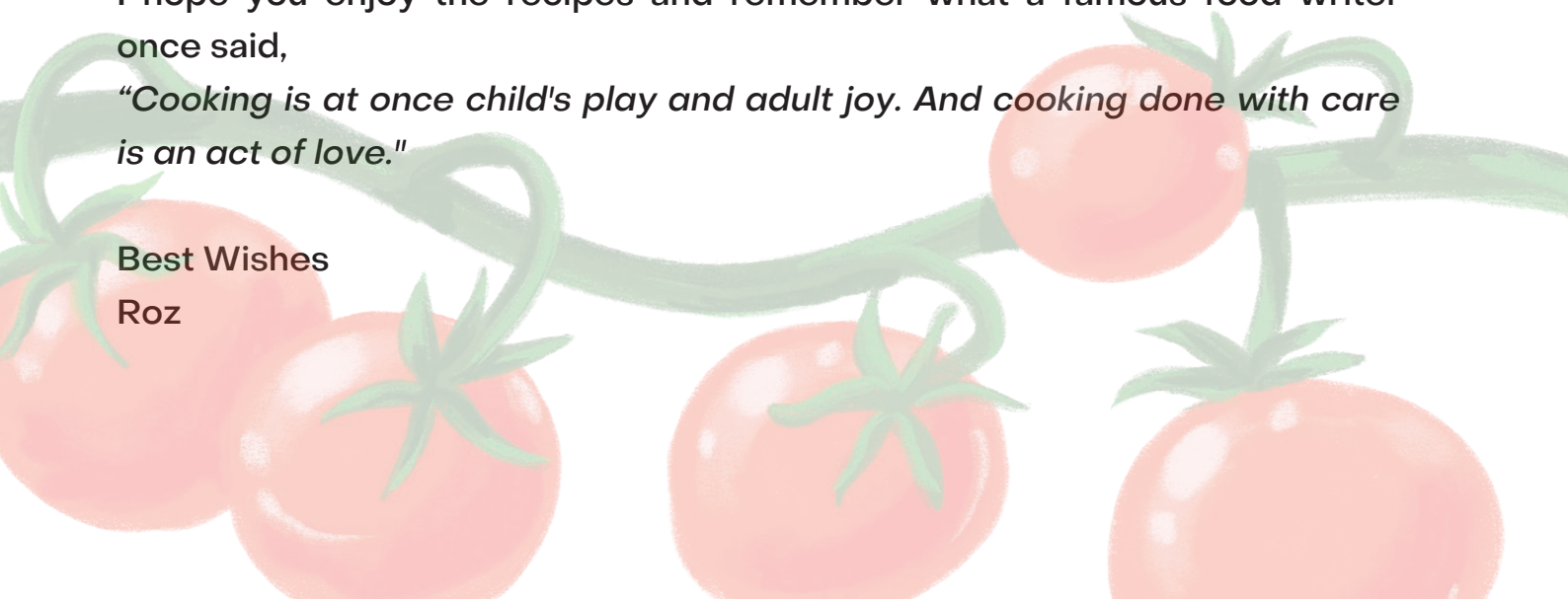
I'd also like to take this opportunity to thank all of the organisations who hosted the workshops, with special thanks to Jenny and Sue at the East Devonport Child and Family Learning Centre.

Thank you also to the Tasmanian Community Fund, Devonport City Council and Burnie City Council who funded the project. This would not have been possible without your support.

I hope you enjoy the recipes and remember what a famous food writer once said,

"Cooking is at once child's play and adult joy. And cooking done with care is an act of love."

Best Wishes
Roz



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4 Steps to Food Safety

BE CLEAN AND HEALTHY

- Always wash your hands
- Wash your fruit and vegetables
- Dispose of rubbish and food scraps
- Don't let dirty dishes pile up
- Keep kitchen benches clean
- Make sure all your appliances are clean

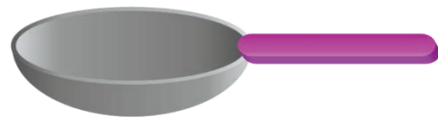


KEEP FOOD HOT OR COLD

- Keep hot food above 60 degrees C
- Keep cold food below 5 degrees C
- The danger zone for food is between these two temperatures. This zone is where harmful bacteria grow which can cause food poisoning.

DON'T CROSS-CONTAMINATE

- Always use different equipment for raw and cooked food
- Wash your hands after handling raw food
- Never wash raw meat
- Always keep raw meat on the bottom shelf of your fridge



COOK, COOL AND REHEAT SAFELY

- Make sure you cook your food thoroughly
- Reheat food until it is steaming
- Refrigerate cooked food once cooled, within 2 hours



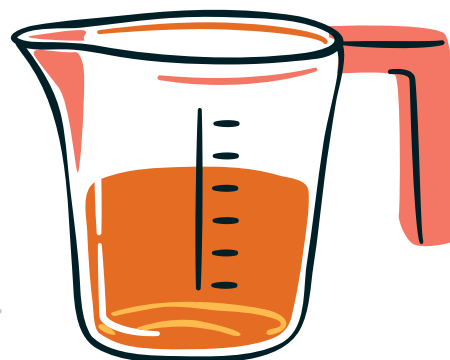
Weights and Measures

Ovens

Celsius Electric	Celsius Fan-forced	Fahrenheit	Gas
120° C	100° C	250° F	1 Very Slow
150° C	130° C	300° F	2 Slow
160° C	140° C	325° F	3 Moderately Slow
180° C	160° C	375° F	4 Moderate
190° C	170° C	400° F	5 Moderately Hot
200° C	180° C	425° F	6 Hot
230° C	210° C	450° F	7 Very Hot
250° C	230° C	500° F	9 Very Hot

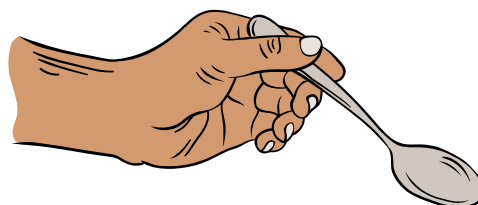
Cups and Spoons

Cups	Spoons
1/4 cup = 60ml	1/4 teaspoon = 1.25ml
1/3 cup = 80ml	1/2 teaspoon = 2.5ml
1/2 cup = 120ml	1 teaspoon = 5ml
1 cup = 250ml	1 tablespoon = 20ml



Weight - Grams to Ounces and Pounds

10g = 1/4 oz
15g = 1/2 oz
30g = 1 oz
125g = 4oz or 1/4 Pound
500g = 16oz or 1 Pound



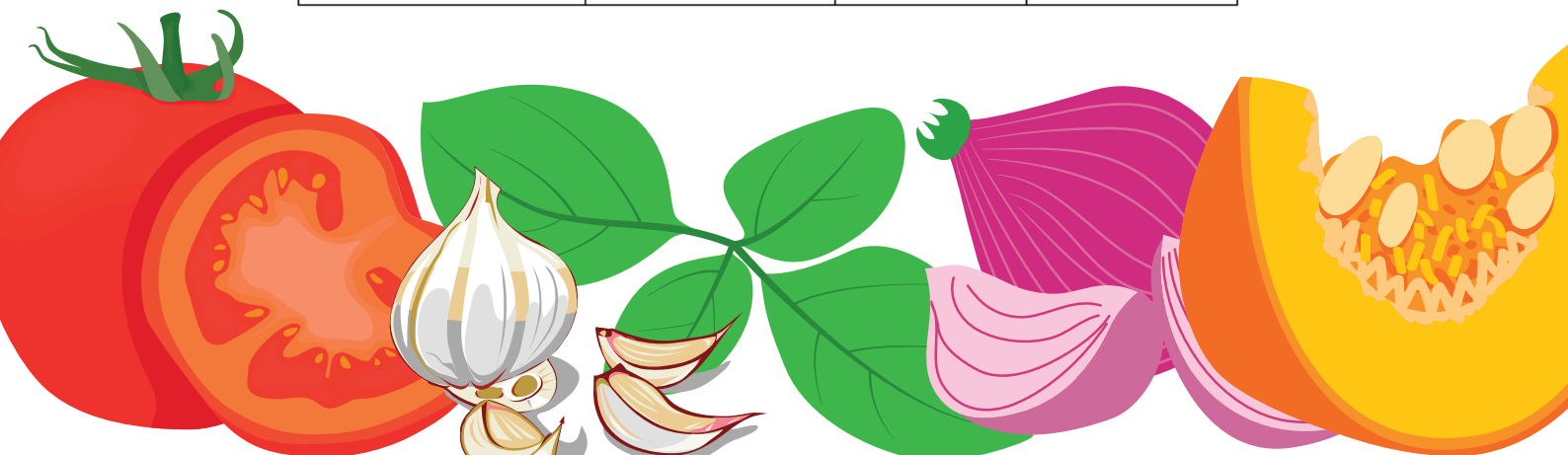
Abbreviations

C = Cup	lb = Pound
Tbsp = Tablespoon	ml = Millilitre
Tsp = Teaspoon	L – Litre
g = Gram	°C = Degrees Celsius
kg = Kilogram	°F = Degrees Fahrenheit
oz = Ounces	

Vegetable Cooking - Cheat Sheet



VEGETABLE	BOILED	STEAMED	MICROWAVE
Asparagus	Not Recommended	8 – 10 min.	2 – 4 min.
Beans	6 – 8 min.	5 – 8 min.	3 – 4 min.
Beetroot	30 – 60 min.	40 – 60 min.	9 – 12 min.
Bok Choy	Stalks 3 – 4 min. Leaves 1 – 1.5 min.	Stalks 6 min. Leaves 2 -3 min.	2 – 4 min.
Broccoli - Pieces	4 – 6 min.	5 – 6 min.	2 -3 min.
Brussel Sprouts	After bringing to the boil simmer for 5 -7 min.	8 – 10 min.	4 -6 min.
Cabbage – Shredded	5 – 10 min.	5 – 8 min.	5 -6 min.
Capsicum	Not Recommended	2 – 4 min.	2 -3 min.
Cauliflower	4 – 6 min.	3 – 5 min.	2 -3 min.
Carrots - Sliced	5 – 10 min.	4 – 5 min.	4 -5 min.
Corn on the cob	5 – 8 min.	4 – 7 min.	1.5 – 2 min.
Eggplant – Sliced	Not Recommended	5 – 6 min.	2 – 4 min.
Mushrooms	Not Recommended	4 -5 min.	2 -3 min.
Peas	8 – 12 min.	4 – 5 min.	2 – 3 min.
Potatoes – Sliced	15 – 20 min.	10 – 12 min.	6 – 8 min.
Spinach	2 – 5 min.	5 -6 min.	1 -2 min.
Zucchini	3 – 5 min.	4 -6 min.	2 – 3 min.



Spice Usage

	Bread	Cheese	Egg	Beef	Poultry	Lamb	Fish	Vegetable	Pasta	Deserts	Soups	Sauce	Fruit
Allspice	✓				✓		✓	✓		✓			✓
Anise Star	✓	✓		✓			✓	✓		✓	✓	✓	✓
Basil		✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Bay Leaf			✓	✓	✓		✓		✓		✓	✓	✓
Caraway	✓	✓			✓	✓	✓	✓			✓		
Cardamon	✓							✓		✓			✓
Celery					✓						✓	✓	
Chives	✓		✓			✓	✓	✓	✓		✓	✓	
Cilantro				✓				✓			✓	✓	
Cinnamon	✓									✓			✓
Cloves										✓		✓	✓
Coriander					✓			✓		✓		✓	✓
Cumin				✓	✓		✓	✓				✓	
Dill	✓	✓	✓	✓		✓	✓	✓			✓		
Fennel	✓					✓	✓	✓					✓
Garlic	✓		✓	✓	✓		✓	✓	✓		✓	✓	
Ginger				✓	✓		✓			✓		✓	✓
Marjoram				✓		✓	✓	✓		✓		✓	
Mustard	✓			✓	✓		✓	✓				✓	
Nutmeg		✓	✓					✓	✓	✓			✓
Onion	✓		✓	✓	✓		✓	✓			✓	✓	
Oregano	✓		✓		✓		✓	✓	✓		✓	✓	
Paprika			✓		✓		✓	✓			✓	✓	
Parsley	✓	✓	✓		✓		✓	✓			✓	✓	
Pepper		✓	✓	✓	✓		✓	✓	✓		✓	✓	
Rosemary	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Sage		✓		✓	✓	✓	✓	✓			✓	✓	✓
Salt	✓				✓		✓	✓			✓	✓	
Sesame	✓				✓		✓	✓					✓
Sugar	✓									✓		✓	
Tarragon		✓	✓	✓	✓	✓	✓	✓			✓	✓	
Thyme	✓	✓	✓		✓	✓	✓	✓			✓	✓	✓
Turmeric			✓				✓					✓	



EAST
DEVONPORT
CHILD & FAMILY
LEARNING
CENTRE



Beef Stir-Fry



Beef Stir Fry

Prep Time : 5 Mins

Cook Time : 15 Mins

Servings : 4

Ingredients :

- 500g Diced beef Strips
- 2 ½ cups of mixed frozen vegetables
- 1 tsp minced garlic
- 1 green onion, finely chopped
- 2 tbsp oil
- 200g Singapore Noodles

Stir Fry Sauce

- 2 Tbsp Oyster Sauce
- 4 Tbsp Soy Sauce
- 2 Tbsp water
- 2 Tsp Brown Sugar

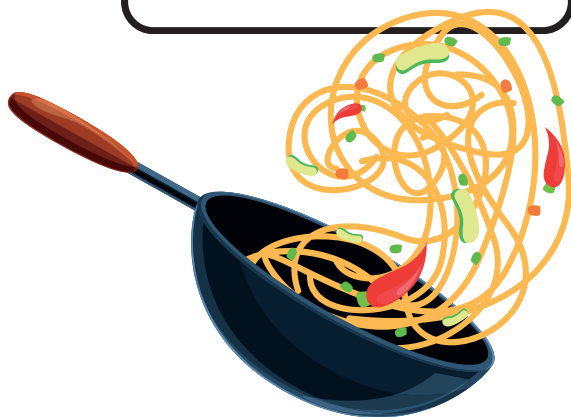
Procedure:

Preparation

- Remove fresh Singapore noodles from packet and leave to rest in a bowl of hot water.
- Set aside frozen vegetables to defrost.
- Mix sauce ingredients into a cup or jug ready to pour.

Method

- Heat oil in a large wok or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes. Remove beef from wok and put aside.
- Add a little more oil to wok if needed and heat up. Add onion and cook until it turns translucent.
- Add minced garlic, stirring for 1 minute making sure it doesn't burn. Add defrosted mixed vegetables and stir constantly for 3-4 minutes.
- Add cooked beef and stir until combined.
- Pour over already prepared stir fry sauce and stir through hot ingredients.
- Once combined, drain Singapore noodles and gently combine other ingredients until everything is covered in the sauce.
- Serve immediately.



Chicken & Bacon Carbonara



Chicken & Bacon Carbonara

Prep Time : 10 Mins

Cook Time : 20 Mins

Servings : 4

Ingredients :

- 375g curly fettuccine (or any pasta of your choice)
- 3 rashers of bacon, finely chopped
- 1 chicken breast fillet, cut into bite size chunks
- 1 1/4 cups (150g) frozen baby peas, thawed (Optional)
- 1 cup (250ml) light thickened cream
- 2 eggs, lightly whisked
- 4 free-range eggs yolks
- 1/3 cup (25g) finely grated parmesan

Procedure:

- Cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain well.
- Meanwhile, heat a large frying pan over medium-high heat. Add the chicken and cook, adding the bacon towards the end.
- Add the peas to the chicken and bacon in the pan. Cook for 2 mins or until heated through. Reduce heat to low.
- Add the cooked pasta and stir to combine. Season with salt and pepper
- Whisk the cream, egg, egg yolks and half the parmesan in a bowl. Pour over the pasta mixture and cook, tossing, for 1-2 mins or until sauce thickens slightly.
- Divide the pasta mixture among serving bowls. Sprinkle with the remaining parmesan to serve.





BURNIE CHILD & FAMILY LEARNING CENTRE



Chicken & Vegetable Pasta Bake



Chicken & Vegetable Pasta Bake

Prep Time : 10 Mins

Cook Time : 30 Mins

Servings : 4 - 6

Ingredients :

- 375g spiral pasta
- 1 ½ cups small broccoli florets
- 1 cup frozen peas and corn
- 1 ½ tbsp butter
- ¼ cup plain flour
- 2 ½ cups low fat milk, room temperature
- 1 cup grated tasty cheese
- 3 cups of cooked chicken
- 1 onion, finely diced
- ¼ cup panko breadcrumbs

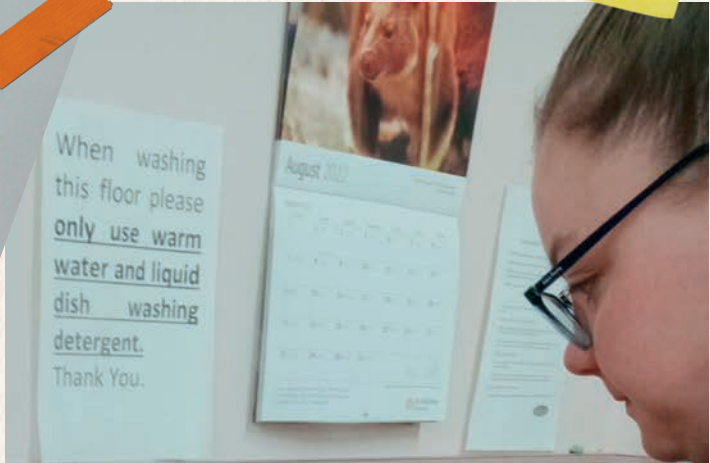
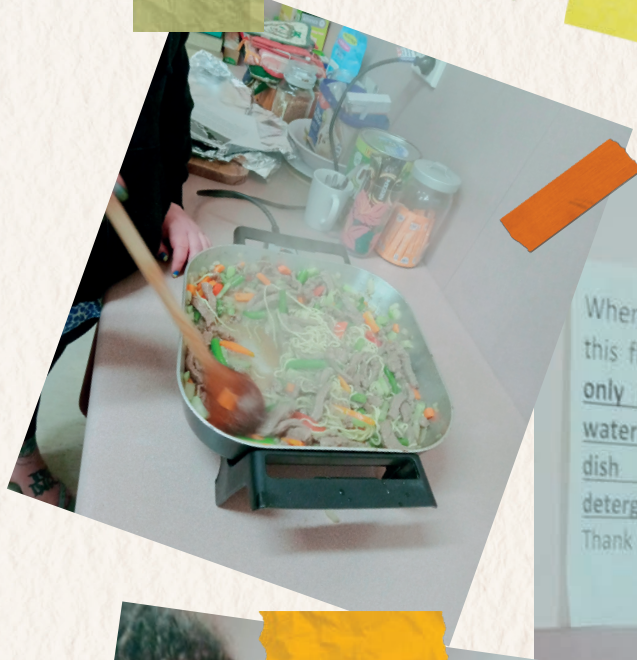
Procedure:

- Cook pasta in a large saucepan of boiling, salted water, following packet directions until tender, adding broccoli, and peas and corn in the last 2 minutes of cooking time. Drain well. Return pasta mixture to pan.
- Meanwhile, melt butter in a medium saucepan over medium heat. Add flour. Cook, stirring, for 1 to 2 minutes or until mixture bubbles. Gradually stir in warm milk. Bring to the boil. Reduce heat to low. Cook, stirring, for 4 to 5 minutes or until sauce thickens. Season with salt and pepper. Stir in ¼ cup cheese.
- Preheat oven to 200C/180C fan-forced. Grease a 6cm-deep, 2.5-litre (10-cup-capacity) ovenproof dish.
- Add sauce, chicken and onion to pasta and vegetable mix. Stir to combine. Spoon mixture into prepared dish. Sprinkle with remaining cheese and breadcrumbs. Bake for 15 to 20 minutes or until golden. Stand for 5 minutes. Serve.





LARAPI CHILD
& FAMILY
LEARNING
CENTRE
(WYNYARD)





Chow Mein



Chow Mein

Prep Time : 15 mins **Cook Time :** 45-60 mins **Servings :** 4 - 6 portion

Ingredients :

- 1 KG Beef Mince
- 1 Medium Onion
- 2 Packets of Continental Chow Mein Mix
- Half a cabbage, shredded
- 2 Carrots, grated
- 1 Cup of Frozen Peas and Corn
- ¼ Cup of Rice
- 2 Tsp Soy Sauce
- ½ - ¾ Cup of water
- Salt and pepper to taste
- 1 Tbsp of oil
- **OPTIONAL INGREDIENTS**
- Rainbow Slaw
- Bean Sprouts
- Garlic
- Chilli

Notes :

Place leftovers in an airtight storage container in the refrigerator for up to 4 days or freezer for up to 3 months.

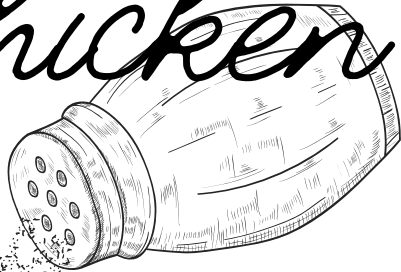
Preparation :

- Finely chop onion
- Grate carrots
- Shred cabbage with a large knife lengthways to make thin ribbons
- Heat large pot, pan or wok to a medium high heat

PROCEDURE

- Heat oil in pot, pan or wok
- Add onion and stir constantly until translucent and starting to brown.
- Add beef mince gradually by breaking it up with your hands. Stir until all broken up and starting to brown
- Add Continental Chow Mein Mix to pan and stir through mince and then pour in water.
- Add carrots, rice, soy sauce and stir through. Taste test and add salt and pepper to taste if required.
- Add shredded cabbage and gently stir through. Once that is done, reduce the heat and place the lid on and allow to simmer for 20 - 30 minutes, stirring occasionally and adding the peas and corn after 15 minutes. This process allows the vegetables to slowly cook and the cabbage to 'sweat' down and become soft. Simmer for longer if required and add more water if necessary (you always want a little water at the bottom to help create steam and stop the dish from drying out)
- Once cooked, remove from heat and let rest for 5 minutes before serving.

Curried Chicken



Curried Chicken

Prep Time : 15 mins

Cook Time : 25 mins

Servings : 4

Ingredients :

- 2 tbsp olive oil
- 1 – 2 chicken breasts
- 1 large tin of coconut milk
- ½ cup of Milk or cream
- 1 onion, diced
- 2 tsp minced garlic
- 3 tbsp curry powder (more if desired)
- 2 tsp chicken stock powder
- Salt and pepper to taste
- Handful of sultanas (optional)
- 2 tbsp cornflour
- 4 tbsp water (or more if needed)
- Rice to serve
- Any vegetables you wish to add.

Procedure :

- Cook chicken by desired method. This could be by poaching or steaming as a whole breast and pulling apart once cooked, or dicing chicken in to small chunks and frying in a pan until browned and cooked through. Once cooked, set aside.
- Heat oil in large wok or saucepan, fry onion until translucent, add garlic and cook for 1 minute. Add curry powder and fry for 1 – 2 minutes.
- Add coconut milk and stir, adding normal milk once combined. Add chicken stock and optional sultanas and vegetables and bring to the boil, reducing to a simmer for 10 minutes.
- Mix water and cornflour and slowly pour in to the simmering sauce while stirring until thickened. Do this step slowly as the sauce may thicken too much for your desired outcome. You can add more or less of the cornflour mixture to suit your taste.
- Add chicken to sauce and season with salt and pepper if needed.
- Serve immediately on rice.

Rice Cooking Method:

- Add 2 cups of rice to 3 cups of water to either a rice cooker or a saucepan on the stovetop over a medium heat. If using the stovetop, remember to stir occasionally so it doesn't stick to the bottom and stir more towards the final stages.
- You can use whatever size cup you want as long as you use the same cup to measure the water.
1 cup of rice needs 1 ½ cups of water. 2 cups of rice would serve about 4 people.

Cottage Pie



Cottage Pie



Prep Time : 20 mins

Cook Time : 80 mins

Servings : 4

Ingredients :

- 3 large potatoes, peeled and quartered
- 8 tbsp (1/2 cup) butter
- 1 medium onion, diced
- 1-2 cups vegetables—diced carrots, corn, peas
- 700g minced beef (roughly)
- 1/2 cup beef stock
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice
- 1/2 cup cheddar cheese

Notes :

The difference between Cottage and Shepherds Pie, is Shepherds Pie is made from Lamb, and the Cottage is made from beef. You can use this recipe to make Shepherds Pie, just substitute the beef for lamb.

Procedure :

- Preheat oven to 200C
- Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes). While the potatoes are cooking, melt 4 tablespoons of the butter in a large pan on medium heat. Add the chopped onions and carrots and cook until tender.
- Add minced beef to the pan with the onions and vegetables. Cook until no longer pink. Season with salt and pepper. Add the Worcestershire sauce and beef stock. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary to keep the meat from drying out.
- When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 Tbsp of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.
- Spread the beef mixture in an even layer in a large baking dish.
- Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. Sprinkle parmesan cheese over the potato.
- Place in oven and cook until browned and bubbling, about 30 minutes. If necessary, turn up the heat for a few minutes to help the surface of the mashed potatoes brown.

Jacket Potatoes



Jacket Potatoes (with classic filling)

Prep Time : 15 mins

Cook Time : 40 mins

Servings : 4

Ingredients :

- 4 x 225g Potatoes, skin on
- 25g butter
- 1 tsp minced garlic
- 1 small packet coleslaw
- 1 cup of grated cheese
- 2 rashers of bacon
- Salt and Pepper
- Spoonful of sour cream if desired

Procedure:

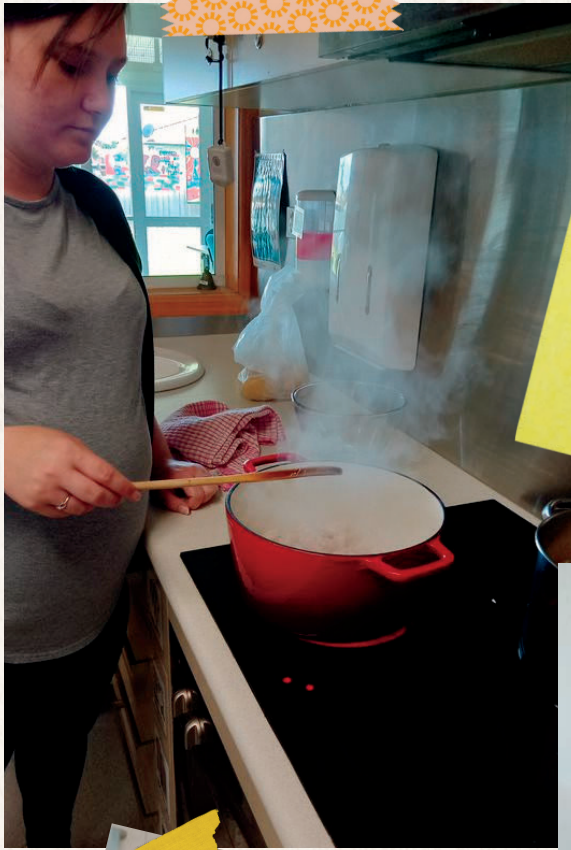
- Preheat oven to 200°C. Wash and dry potatoes and prick all over with a fork. Microwave on full power for 5-7 minutes or until beginning to soften. Transfer to an oven tray and rub all over with oil.
- Bake in oven for 30 minutes or until tender and skin is dry. Best way to test if potatoes are cooked is to insert a skewer and if it goes through easily, they're cooked.

Filling:

- Soften butter (not melted) so it's soft enough to stir. Mix in garlic.
- Once potatoes are cooked and cut open, using a fork, spread the garlic butter inside.
- Season with salt and pepper.
- Layer remaining ingredients into the potatoes in whichever order you prefer.
Example: coleslaw, cheese, bacon and sour cream.



ULVERSTONE
NEIGHBOURHOOD
HOUSE



Lasagne



Lasagne

Prep Time : 15 mins

Cook Time : 35 - 40 mins

Servings : 8 - 10

Ingredients :

- 1 box of instant lasagne sheets
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot, grated
- 2 tsp minced garlic
- 500g beef mince
- 5 tbsp tomato paste
- 2 x 400g canned diced tomatoes
- 2 cups of chicken stock
- Salt and pepper to taste

Cheese Sauce

- 4 tbsp butter
- 3 tbsp plain flour
- 3 cups of milk
- Salt and pepper to taste
- 250g mozzarella or cheddar cheese

Procedure:

- Preheat oven to 180°C
- To make the meat sauce, heat oil in a saucepan. Add onion, carrot and garlic, cook until soft. Add beef mince, cook while stirring until broken up and brown.
- Stir in tomato paste, canned tomatoes and chicken stock. Season with salt and pepper. Cover and simmer gently for 10-15 minutes, stirring occasionally.
- To make the cheese sauce, melt butter in a separate saucepan, stir in flour and cook for 2 minutes over a medium heat until bubbly.
- Remove from heat and gradually stir in the milk. Return to heat and continue to stir until thick and smooth.
- Season with salt, pepper and add the mozzarella or cheddar cheese, stirring over low heat until cheese melts.
- To assemble the lasagne, pour ½ cup of the meat sauce into a lightly greased baking dish. Alternate layers of lasagne, meat and cheese sauces, ending with a cheese sauce layer (allow for 3-4 layers)
- Sprinkle with grated cheese (mozzarella, cheddar or parmesan) and bake for 35-40 minutes or until cooked through (test by piercing it with a knife for any resistance.).
- Allow lasagne to stand for 10-15 minutes before serving.

Minestrone Soup



Minestrone Soup

Prep Time : 10 mins

Cook Time : 35 - 40 mins

Servings : 3 - 4

Ingredients :

- 3 bacon rashers, rind removed, roughly chopped
- 2 carrots, peeled, chopped
- 2 celery sticks, chopped
- 1 potato, peeled, chopped
- 2 garlic cloves, crushed (2 tsp minced garlic)
- 1L (4 cups) beef liquid stock
- 400g can chopped tomatoes
- 400g can red kidney beans, rinsed, drained
- 80g (1 cup) small shell pasta

Procedure:

- Place the bacon, carrots, celery and potato in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes.
- Add the garlic, beef stock, tomatoes and red kidney beans to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender.
- Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, following packet directions or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately.

One Pot Beef Stew



One Pot Beef Stew

Prep Time : 10 Mins **Cook Time :** 1 Hour 45 Mins **Servings :** 4 - 6

Ingredients :

- 2 tbsp olive oil
- 1kg beef chuck casserole steak, cut into chunks
- 1 brown onion, chopped
- 3 tbsp tomato paste
- 2 tsp sweet paprika
- 1 tbsp plain flour
- 1 cup beef stock
- 1 - 2 tsp minced garlic
- 2 carrots, peeled and thickly sliced
- 1kg potatoes, peeled, cut into chunks
- 200g frozen green beans (or fresh if preferred)
- ½ cup sour cream to serve (optional)
- 1 tin of diced or crushed tomatoes
- Salt and pepper to taste

Procedure:

- Heat half the olive oil in a large saucepan and cook beef over high heat in 3 batches until well browned. Transfer beef to a plate.
- Reduce heat to medium and add remaining oil and onion. Cook for 5 minutes until soft.
- Add tomato paste and paprika and sprinkle flour over. Cook, stirring, for 1 minute. Gradually add stock and tomatoes, stirring constantly.
- Return meat to the pan, cover and bring just to the boil. Reduce heat to very low and cook gently, covered, for 1 hour.
- Add carrot, and potato, replace lid and cook for 45 minutes, adding beans when there is 15 minutes to go.
- Serve topped with a dollop of sour cream (optional)



EAST
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Sausage Rolls



Sausage Rolls

Prep Time : 15 Mins

Cook Time : 20 - 30 Mins

Servings : A Party

Ingredients :

- 500g sausage meat
- 3-4 sheets puff pastry
- 1 small onion, finely chopped
- 1 tsp garlic
- 2 slices bread, soaked, crusts removed (Trust me)
- 1 tsp chicken stock powder
- Salt and pepper
- 2 eggs
- **Optional: small carrot, chopped super fine in a processor, chilli, celery**

Procedure:

- Preheat oven to 180 degrees C. Lay out frozen pastry sheets flat to thaw.
- In a large bowl, combine all ingredients, mixing with gloved hands until evenly combined. When removing bread from being soaked, be sure to squeeze out as much water as you can before adding it to the meat mixture.
- Using a knife, gently cut the pastry sheet in half.
- With wet hands or food gloves, place the sausage mixture to the edge of one of the cut halves of pastry in a long, thin sausage shape. Make sure you leave enough pastry to be able to roll over the meat and join the other end of the pastry. Press down on the joined ends of the pastry using the edge of a fork or your fingers.
- Slice the roll in to desired sizes and place on a prepared baking tray. Pierce the tops of the sausage rolls using a knife and then brush with an egg wash. Place in the oven until golden brown.

Savoury Mince



Savoury Mince

Prep Time : 10 Mins

Cook Time : 40 Mins

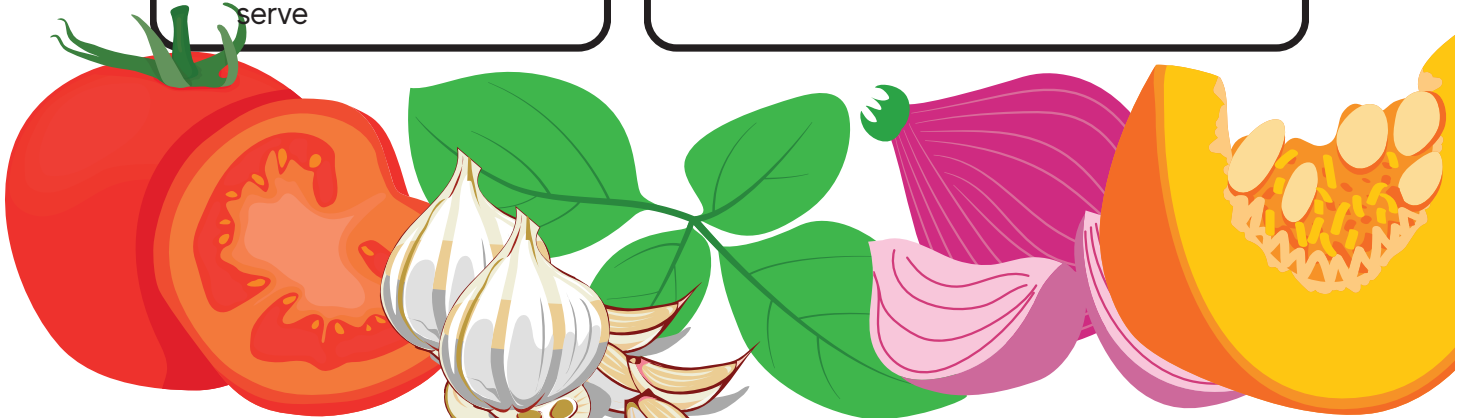
Servings : 4 - 6

Ingredients :

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 500g beef mince
- 2 tbsp instant beef gravy powder
- 1 cup tomato puree or tinned crushed tomatoes
- 400g potatoes, peeled, diced
- 300g carrots, peeled, diced
- 1 cup frozen peas and corn
- Steamed white rice to serve

Procedure:

- Heat oil in a saucepan over medium-high heat. Add onion and mince. Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned.
- Add gravy powder, tomato puree and 1 cup cold water. Stir to combine.
- Add potato and carrot. Season with salt and pepper. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 20 minutes or until potato is just tender.
- Add frozen peas and cook for 5 minutes or until heated through. Serve with rice.



Savoury Toast



Savoury Toast

Prep Time : 10 Mins

Cook Time : 20 Mins

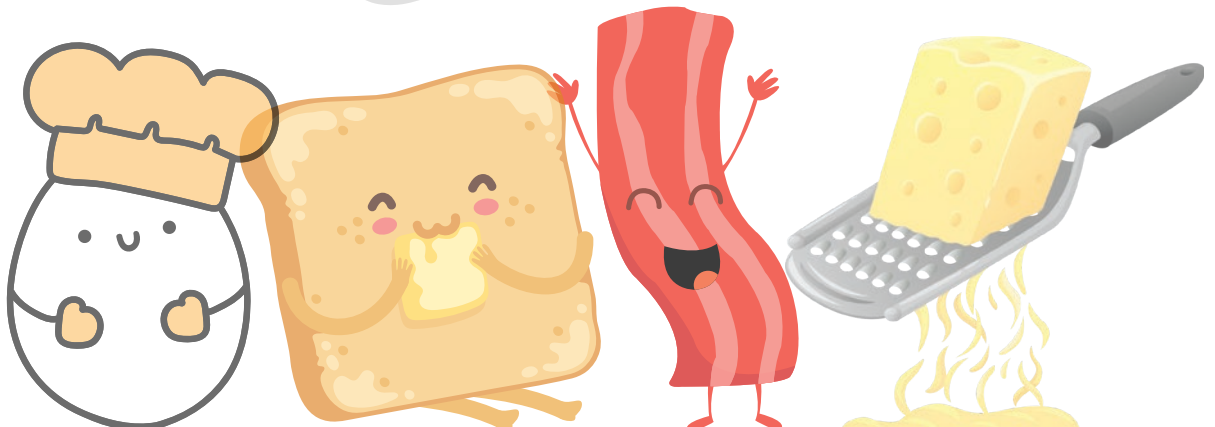
Servings : 6 - 8

Ingredients :

- 10 slices bread
- 300g bacon rashers, finely chopped
- 3 cup cheddar cheese, grated
- 1 egg
- 1/2 onion
- 2 1/2 tbs tomato sauce
- 1 1/2 tbs barbecue sauce
- 2 1/2 tbsp Worcestershire sauce
- 3 pinches salt
- 2 pinches pepper

Procedure:

- Preheat oven to 180C.
- Line baking trays with bread.
- Combine remaining ingredients in a bowl.
- Spoon mixture evenly over the bread slices and bake for approximately 20 minutes



Zucchini Slice



Zucchini Slice

Prep Time : 10 Mins

Cook Time : 30 Mins

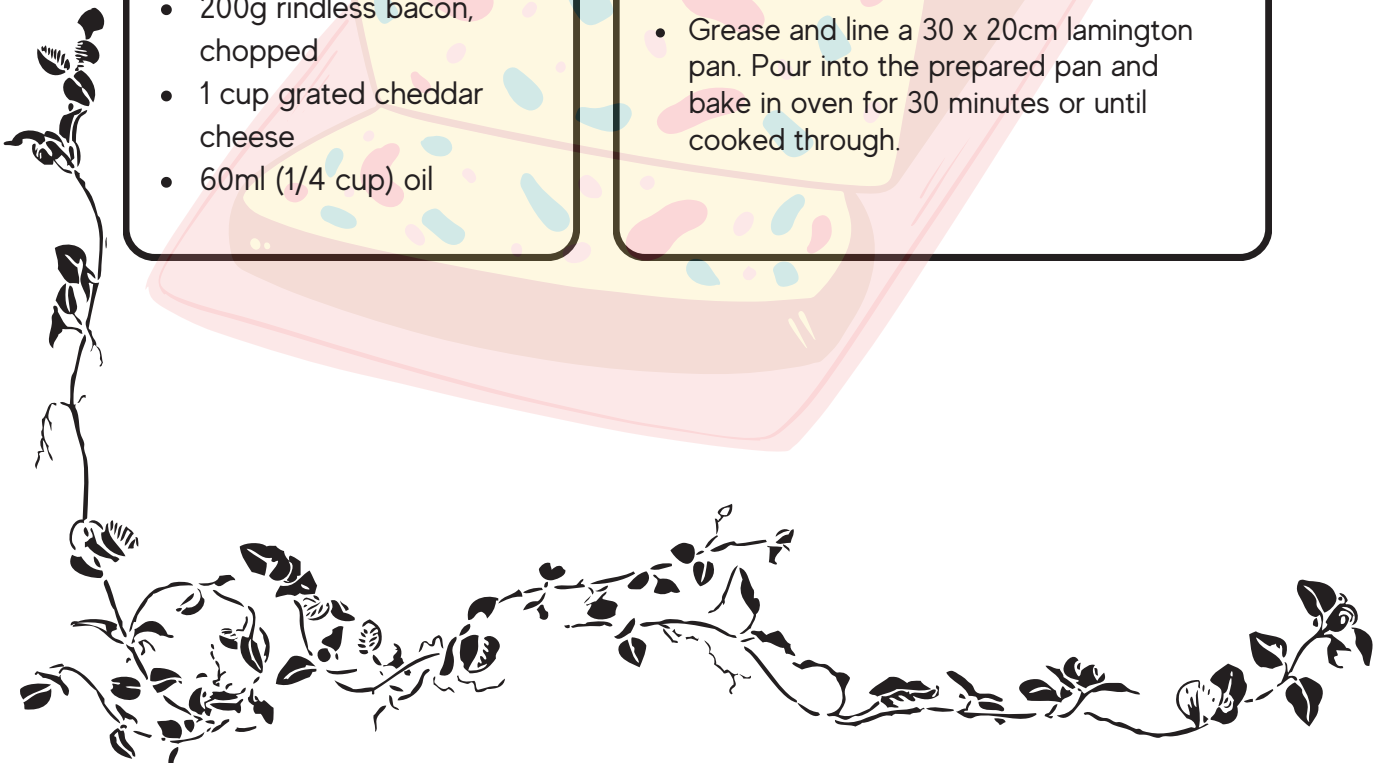
Servings : 6 - 8

Ingredients :

- 5 eggs
- 150g (1 cup) self-raising flour, sifted
- 375g zucchini, grated
- 1 large onion, finely chopped
- 200g rindless bacon, chopped
- 1 cup grated cheddar cheese
- 60ml (1/4 cup) oil

Procedure:

- Preheat oven to 170C.
- Beat the eggs in a large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.
- Grease and line a 30 x 20cm lamington pan. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.



Easy Apple Crumble



Easy Apple Crumble

Prep Time : 15 mins

Cook Time : 20 mins

Servings : NO RULES

Ingredients :

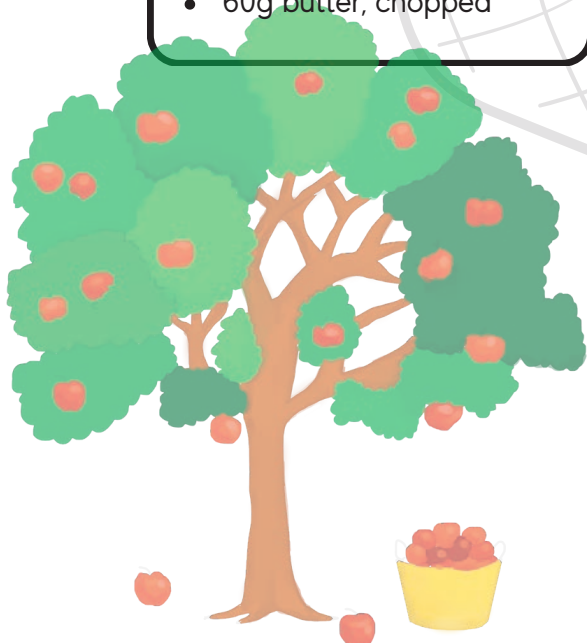
- 3 Medium apples peeled, cored and diced
- 1 Tbsp Lemon juice
- 1 Tbsp Caster Sugar
- ¼ Cup of water

Crumble

- 1/3 Cup plain flour
- 1/3 cup caster sugar
- 1/3 cup rolled oats
- 60g butter, chopped

Procedure:

- Preheat oven to 180C/160C fan-forced. Combine apples, juice, sugar and water in small saucepan over low-medium heat. Cook, stirring for 3 minutes or until apple is slightly softened.
- To make the crumble, combine the flour, sugar, oats and butter in a bowl. Use your fingertips to rub the butter into the flour mixture until the mixture resembles breadcrumbs.
- Transfer apples into a 3 cup-capacity ovenproof dish, draining off most of the liquid. Sprinkle crumble mixture over the apples. Bake in oven for 20-25 minutes or until golden. Serve warm with ice-cream or whipped cream.



No Bake Lemon Cheesecake



No Bake Lemon Cheesecake

Prep Time : 30 mins

Chill Time : 6 - 8 Hours

Servings : 12

Ingredients :

- 250g packet Arnott's Marie biscuits (or any other plain sweet biscuit)
- 200g butter, melted
- 250g of cream cheese at room temperature, chopped
- 155g (3/4 cup) caster sugar
- 385g can evaporated milk, chilled
- 80ml (1/3 cup) fresh lemon juice
- 85g packet lemon jelly crystals
- 125ml (1/2 cup) boiling water
- rind of 1 lemon, finely grated

Procedure:

- Grease a 22cm (base size) round springform pan. Line base and side with baking paper.
- Place the biscuits in a food processor and process until finely crushed. Add the butter and process until well combined. Transfer mixture to the prepared pan and use a straight-sided glass to press firmly over base and 1cm up side of pan. Place in the fridge until firm.
- Use electric beaters to beat the cream cheese in a bowl until smooth. Add the sugar and beat until combined.
- Use clean electric beaters to beat the evaporated milk in a separate bowl until light and fluffy (it will be frothy and have increased in volume). Gradually add to the cream cheese mixture and beat until combined.
- Place the lemon juice in a medium measuring jug. Add the jelly crystals and stir until well combined. Add enough boiling water to make the mixture up to 1 cup in amount.
- Gradually add the jelly mixture to the cream cheese mixture and beat until combined. Add the lemon rind and stir until combined.
- Pour the mixture over the base. Place in the fridge for 6 hours or overnight until the cheesecake is firm.

Pancakes



Pancakes

Prep Time : 5 Mins

Cook Time : 20 Mins

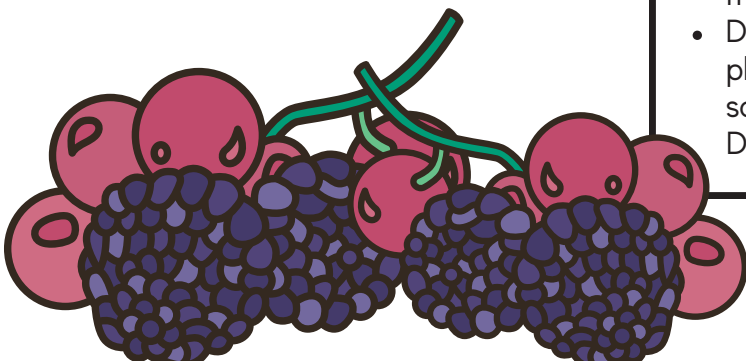
Servings : 3 - 4

Ingredients :

- 1 $\frac{3}{4}$ cup (435ml) milk
- 1 egg
- 2 cups (300g) self-raising flour
- $\frac{1}{4}$ cup (55g) caster sugar
- $\frac{1}{4}$ tsp bicarbonate soda
- 20g butter, melted
- Whipped cream or vanilla ice-cream to serve
- Mixed berries to serve
- Maple syrup to serve

Procedure:

- Whisk milk and egg in a large jug.
- Place the flour, sugar and bicarbonate of soda in a large bowl and stir until well combined. Make a well in the centre. Add the milk mixture to the flour mixture and use the whisk to stir until a smooth batter forms. Cover with plastic wrap and set aside for 30 mins to rest.
- Heat a large non-stick frying pan over medium-low heat. Brush with a little melted butter. Pour $\frac{1}{4}$ cup (60ml) of the batter into the pan. Cook for 1-2 mins or until bubbles appear on the surface of the pancake. Turn and cook for a further 1 min or until light golden and cooked through. Transfer to a plate. Cover with foil to keep warm. Repeat with the remaining batter and melted butter to make 14 pancakes.
- Divide the pancakes among serving plates. Top with a dollop of cream or a scoop of ice cream. Top with berries. Drizzle with maple syrup.



Easter Bunny Cupcakes



Easter Bunny Cupcakes

Prep Time : 45 mins **Cook Time :** 25 mins **Servings :** 12 Cupcakes

Ingredients :

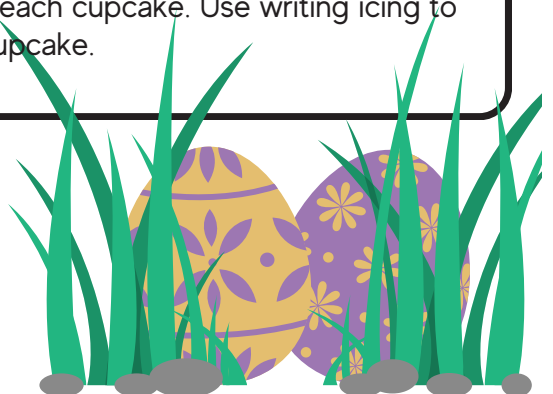
- 450g pkt Vanilla cake mix
- 60g Butter, softened
- 2 eggs
- ½ cup (125ml) milk
- 1 cup (80g) desiccated coconut
- 12 white marshmallows
- 6 pink marshmallows
- 24 little pink hearts (cake decorations)
- Dark chocolate writing icing, to decorate
- 24 Brown M&M's minis
- 12 Red/pink M&M's minis

White Chocolate Icing

- 180g unsalted butter, softened
- 1 ¾ cups icing sugar mixture
- 2 tbsp milk
- 1 tsp vanilla essence
- 150g white chocolate, melted

Procedure:

- Preheat oven to 180 degrees C. Line twelve muffin pan holes with paper cases.
- Make the cupcakes using cupcake mix, butter, eggs and milk following packet directions. Set aside to cool.
- To make the white chocolate icing, use an electric mixer to beat the butter in a bowl until very pale. Gradually add the icing sugar, in batches, beating well after each addition. Add the milk and vanilla and beat until combined. Add white chocolate. Beat until combined.
- Place the coconut in a small bowl. Reserve 1 tbsp white chocolate icing. Spread remaining icing over each cake. Dip the top of each cake in coconut to lightly coat. Cut white marshmallows in half. Cut pink marshmallows in half, then cut each half into 2 pieces. Use a little of the reserved icing to attach a pink marshmallow piece to each white marshmallow piece to make ears. Use remaining icing to attach the ears, brown M&M's Minis for eyes, pink M&M's Minis for noses and pink hearts for a mouth to each cupcake. Use writing icing to pipe whiskers onto each cupcake.





Christmas Truffles



Christmas Truffles

Prep Time : 15 mins

Chill Time : 60 mins

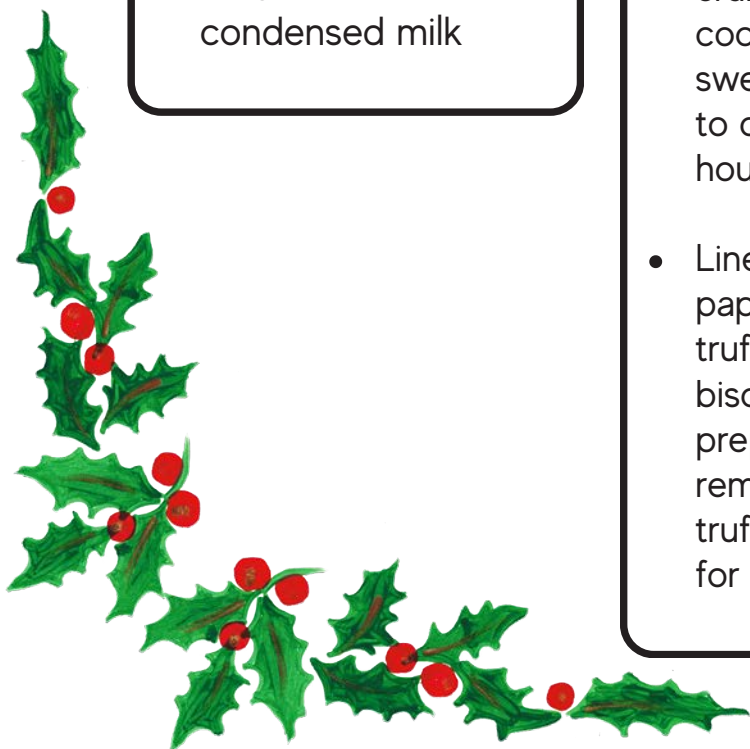
Servings : NO RULES

Ingredients :

- 2x 250g pkts Arnott's Choc Ripple biscuits
- 45g (1/2 cup) desiccated coconut
- 2 tbsp cocoa powder
- 395g can sweetened condensed milk

Preparation :

- Break biscuits and place in a food processor. Process until finely crushed. Transfer one-quarter (about 80g) of the biscuit crumbs to a plate.
- Transfer the remaining biscuit crumbs in a large bowl. Add the coconut, cocoa powder and sweetened condensed milk. Stir well to combine. Place in the fridge for 1 hour or until firm enough to roll.
- Line 2 baking trays with baking paper. Roll 1 tablespoonful of the truffle mixture into a ball and roll in biscuit crumbs to coat. Transfer to a prepared tray. Repeat rolling remaining mixture to make 24 truffles in total. Place in the fridge for 1 hour or until chilled and firm.



Christmas Crack



Christmas Crack

Prep Time : 15 mins

Cook Time : 20 mins

Servings : NO RULES

Ingredients :

- 6 Arnott's Salada Original Crispbread
- 160g (1 cup, lightly packed) brown sugar
- 125g salted butter, chopped
- 2 x 180g blocks dark chocolate, melted
- 100g white chocolate, melted
- 50g green and red M&M's Minis
- Silver cachous, to decorate

Procedure:

- Preheat oven to 180/160C fan forced. Line a 20 x 30cm slice pan with baking paper, allowing the paper to overhang the 2 long sides. Place crispbread over the base of the prepared pan in an even layer.
- Combine the sugar and butter in a small saucepan. Cook, stirring, over medium heat until butter melts and the mixture is smooth. Bring to the boil. Cook, stirring, for 30 seconds or until thickened.
- Pour the sugar mixture evenly over the crispbread. Place in the oven and bake for 5 minutes or until sugar mixture is bubbling.
- Pour the dark chocolate over the crispbread and use a palette knife to smooth. Set aside until set.
- Drizzle over white chocolate and sprinkle with M&M's and cachous. Set aside until set completely. Break into pieces to serve.





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