An initiative from the Community Wellbeing Subcommittee

Recipes provided by school mums, with many thanks 😊
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*combination of Spanish & Turkish – a pictorial experiment
Mexican Beans and Eggs

**Ingredients**

- 2 tsp olive oil
- 1 chorizo, thinly sliced
- 1 onion, finely sliced
- 2 garlic cloves, crushed
- 1 red capsicum, cut into thin strips
- 1 red chili finely chopped
- 4-5 mushrooms finely sliced
- 420 g can Heinz Beanz
- 4-6 cherry tomatoes halved
- 4 eggs
- Crumbled feta cheese
- toast, to serve

**Method**

Heat the oil in a deep frying pan over high heat. Cook the chorizo for 1-2 minutes or until crisp. Remove and drain on paper towel.

Reduce the heat to low. Add the onion and garlic to the pan and cook, stirring for 3 minutes or until soft. Add the capsicum, chilies and mushrooms and cook for 4 minutes. Stir in baked beans and tomatoes.

Make four wells in bean mixture and crack an egg into each well. Place chorizos evenly around pan and sprinkle with feta cheese. Reduce heat to low and cook, covered, for 5 minutes, until eggs are set. Serve each egg and surrounding bean mixture with toast.

Enjoy!

*Thanks Helen!*
Cheesy Tuna & Vegetable Pasta

Serves: 3 – 4 people

Ingredients:

- ½ packet dried pasta
- 1 large tin tuna in brine water, drained
- 1-2 cups of frozen vegetables
- Kraft Cheddar Cheese

Method:

- Fill a saucepan with salted water and bring to the boil.
- Add pasta and vegetables, reduce water to a simmer.
- When pasta is cooked, strain off water and place pasta and vegetables back into the saucepan.
- Add the tuna and stir through well.
- Stir through cheese, add as much as desired, possibly 3 – 4 heaped tablespoons.

Thank you Sam!
Healthy meatloaf

Cooking Time
40 minutes

Ingredients (serves 4)

- 500g extra lean beef mince
- 1 cup fresh wholemeal breadcrumbs
- 1 small brown onion, grated
- 1 carrot, peeled, coarsely grated
- 2 tablespoons tomato sauce
- 2 tablespoons flat-leaf parsley leaves, chopped
- 1 egg, lightly beaten
- 1/4 cup barbecue sauce
- 8 chat potatoes, halved
- 1 bunch Dutch carrots, peeled, trimmed
- 150g green beans, trimmed

Method

1. Preheat oven to 180°C. Line a baking tray with baking paper. Place mince, breadcrumbs, onion, carrot, tomato sauce, parsley and egg in a large bowl. Season with salt and pepper. Using clean hands, mix until well combined.
2. Shape mince into a 10cm x 18cm rectangle. Place on prepared tray. Bake for 25 to 30 minutes or until firm to touch. Remove from oven. Drain excess fat.
3. Spoon barbecue sauce over top of meatloaf. Return to oven and cook for a further 10 minutes or until top is glazed. Stand on tray for 5 minutes.
4. Meanwhile, place potato, carrot and beans in separate microwave-safe plastic bags. Twist tops to seal. Microwave each on HIGH (100%) for 1 1/2 to 2 minutes or until almost tender. Slice meatloaf. Serve with vegetables.

Yum yum!

Thanks again Sam!
CARBONARA

Ingredients:

3 cups pasta (we like spirals)
3 eggs
¼ cup grated parmesan cheese
5 rashers bacon, chopped
1 cup chopped button mushrooms
1 small brown onion, diced
2 cloves garlic, crushed
300ml bottle low fat cream

Method:

1. Cook pasta and drain
2. Pre-mix eggs and parmesan together in bowl and keep for later. Season with pepper if you like.
3. Cook bacon, onions, mushrooms, garlic in a wok or large pan/pot

4. Pour in bottle of cream, mix well

5. Add cooked pasta, mix well

6. Add egg/parmesan mixture and mix. Cook until eggs set.

7. Serve immediately!

Oh yeah – soooooo yum!

We like this recipe because it is quick, easy, yummy (even if not the most healthy!), it freezes well and makes great leftovers. But Brendan said I should have included the recipe for tuna pasta bake instead...... Oh well..... ☺

From Kathy
CHICKEN CASSEROL
(Grandma’s recipe)

Ingredients

Cooked chicken or turkey-cut into small pieces
250 gram bacon pieces
1 tin asparagus
Mushrooms sliced
White cheese sauce
3 Tablespoons butter
2 Table spoon plain flour
Handful of grated cheese
3 cups of liquid: use the liquid juice from asparagus and then use milk to complete the 3 cups of liquid
1 clove garlic
Pepper, salt or your favorite spices to add extra flavor

Preparation method

1. Make white sauce using: heat butter in fry pan. Add the flour and mix until a thick past. Slowly add juice from asparagus tin and then top up with milk. Keep siring until thickens. Add cheese garlic and spices.
2. Cook bacon on stove stop.
3. Combine chicken, bacon, mushroom & asparagus in pan & mix into cheese sauce.
4. Bake in oven or heat on stove

This recipe was put together by grandma. It was traditionally made on Boxing Day, using the leftover food from Christmas Day. However, now days our family enjoys this casserole any time of the year.

Thanks very much Kathryn!
HYBRID OMELETTE

*A combination of 2 recipes for ‘Spanish Omelette’ and ‘Turkish One-Pan Breakfast Eggs’ – a pictorial experiment

See if you can make your own masterpiece based on this!

Hint:
Lamb mince
Onion
Red capsicum
Green capsicum
Mushrooms
Minced garlic
Eggs
Grated cheese

Optional:
Add tomatoes
Season to taste
Oma’s Stewed Pears Recipe from the Netherlands

Ingredients:
- 1 kilo small, hard pears
- dash of red wine
- sugar, approx. 2 teaspoons
- Starch/thickening agent eg. corn flour
- cinnamon
- 300 mls water

Method:
1. Peel the pears, cut into four parts and remove the core
2. Place the pears into a large saucepan and add the wine, sugar and the water
3. Heat until boiling, then stew 1 – 2 hours on low heat, stirring occasionally, until the pears are soft and red and the liquid has reduced
4. Mix some starch with some cold water and bind the liquid stirring carefully. Mix with the pears to create a sauce.
5. Allow to cool down and add cinnamon as to personal taste

“Eet smaakelijk!” (Enjoy your meal!)

This is a dish Athan and Gaby’s Oma makes for them when they visit the Netherlands

Thank you so much Heather!
Chocolate Caramel Slice

Preparation time: about 35 minutes (excludes baking time).
Serves about 12.

We use a 20ml tablespoon and 250ml measuring cup for all of our recipes.

Base

- 112g (1/2 cup, firmly packed) brown sugar
- 56g (2/3 cup) desiccated coconut
- 100g (2/3 cup) self-raising flour
- 85g butter, melted

Preheat oven to 180 degrees Celsius (160 degrees Celsius fan-forced). Grease a 20cm square cake pan and line the base and sides of the pan with baking paper. Stir brown sugar, coconut, and flour together in a large bowl until well combined. Add butter and mix until well combined. Firmly press mixture into prepared pan using the back of a spoon. Bake for 10-12 minutes or until lightly browned and slightly risen. Set base aside to cool for about 10-20 minutes (while making caramel). Leave oven on.

Caramel Filling

- 30g butter
- 40ml (2 tablespoons) golden syrup
- 395g (1 can) sweetened condensed milk

Place butter and golden syrup in a medium, heavy-based saucepan over medium heat, stirring occasionally. When butter has melted, add condensed milk. Stir constantly over medium heat for about 9-12 minutes, until caramel thickens. Gently spread caramel evenly over base. Return to oven for a further 10-12 minutes (a 1/2cm border of lightly browned caramel should form around the edges of the slice). Allow slice to cool to room temperature.

Topping

- 150g milk or dark chocolate, melted (we use Cadbury Dairy Milk chocolate)

Melt the chocolate in a small saucepan over very low heat, stirring frequently. Alternatively, melt the chocolate in a double boiler or in a microwave-safe bowl in the microwave. Spread melted chocolate over caramel. Refrigerate slice until chocolate is just set, about 20-30 minutes. Remove slice from pan and cut into pieces. We use a hot, dry knife to cut the slice (fill a tall glass with hot water, dip knife in water for a few seconds, and wipe dry with a clean tea towel) Store slice in an airtight container in the refrigerator.

Thanks again again Sam!
**CHOCOLATE PEPPERMINT LOG**

**Ingredients**

- Large block Cadbury Peppermint Chocolate (runny filling) aprox 200 – 250grms
- ½ tin condensed milk
- Packet chocolate ripple biscuits
- Coconut

**Method**

1. Crush biscuits finely
2. Chop chocolate finely
3. Mix all together with condensed milk
4. Roll into 3 or 4 logs and roll in coconut.
5. Pack in foil and keep in fridge.
6. When ready to serve cut into 2cm thick pieces bite size pieces.

This is a very sticky and messy process but well worth the effort.

This recipe was originally made by the boys Great Grandma. It has been passed down the generations and now it is now a family favourite made by Lucas’& Bailey’s Grandma. Yum Yum!!

*Thanks again Kathryn!*
Lemonade Scones

This very quick and easy recipe produces lovely light scones. They are best served hot from the oven.

Makes about 12-14 scones.

We use a 20ml tablespoon and 250ml measuring cup for all of our recipes.

Ingredients:

- 325g (2 cups + 2 tablespoons) self-raising flour
- 167ml (2/3 cup) cold lemonade (use the carbonated type)
- 167ml (2/3 cup) thickened cream (35 percent fat)

Method:

- Preheat oven to 225 degrees Celsius (205 degrees Celsius fan-forced).
- Line a baking tray with baking paper.
- Sift flour into a large bowl.
- Combine lemonade and cream in a medium bowl.
- Add lemonade and cream mixture to flour and gently fold ingredients together until just combined (don't over mix the dough as this will produce tough scones). The dough should be fairly soft and sticky.
- Place dough on a lightly floured bench, form into a round and press out to about 3.5cm thickness.
- Cut scones using a floured 5cm diameter cutter. We find that using a quick, firm motion to cut the scones gives a them better shape and makes them less likely to stick to the cutter.
- Form the offcuts into another round and cut some more scones.
- Place scones close together on the tray, so they are just touching.
- Bake for about 12-15 minutes, or until pale golden and cooked through. If you like your scones to have a soft crust, cover them with a clean tea towel for one minute after removing from the oven.

Serve hot with jam and whipped cream.

Wow!

*Thanks very much Sam!*
Rock Cakes

Makes 12

Ingredients:
• 1 cup flour
• ½ cup wholemeal flour
• 1 teaspoon baking powder
• 100g butter
• ¼ cup soft brown sugar
• ½ cup raisins/sultanas
• 1 egg
• ¼ cup milk
• 1 teaspoon grated lemon rind
• 1 tablespoon raw sugar

Method:
➢ Mix flours and baking powder together in a bowl large enough to mix all the ingredients.
➢ Cut in the butter until mixture resembles coarse crumbs.
➢ Mix in brown sugar and sultanas.
➢ Beat egg, milk and lemon rind until combined.
➢ Mix into dry ingredients, adding extra milk if necessary, to make a stiff dough.
➢ Place rough rounds on a greased oven tray.
➢ Sprinkle with raw sugar.
➢ Bake at 200°C for 10 to 15 minutes or until lightly golden.
➢ Cool on a cooling rack.

Mmmmm! Mmmmm!

Thanks again so very much Sam!
Snowballs

**Ingredients**

- 225 g Marie Biscuits
- 1 tin condensed milk
- 2 tablespoons cocoa
- ½ cup coconut
- ½ cup coconut for rolling balls in

**Method**

1. Crush biscuits finely with a rolling pin.
2. Mix all ingredients together in a big bowl.
3. Using a teaspoon, take small amounts of mixture and roll into balls (approximately 2cm diameter).
4. Roll the snowballs in coconut.
5. Refrigerate to set & store.
6. Eat and enjoy.

This is a great recipe to make with the kids as it is very messy & sticky but very easy to put together.

Above all, the finished product is very yummy.

If making for adults add a dash of rum to the mixture.

*Wow - thanks again Kathryn!*
Wacky Cake
(dairy and egg free)

Ingredients:

- 1½ cups plain flour
- 1 cup sugar
- 6 tablespoons cocoa
- 1 teaspoon bicarb soda
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 tablespoon white vinegar
- 6 tablespoons vegetable oil
- 1 cup lukewarm water

Method:

Combine all ingredients.
Pour into 9 inch round tin lined with baking paper or cup cake/muffin pan.
Bake in moderate over for approx 30 minutes.

I have an alternative recipe someone gave me that uses 1½ cup self raising flour, 3
tablespoons cocoa and cold water. Eliminate the bicarb, all other ingredients are the same.

No need for beating either recipe, just mix ingredients with a spatula.

Frosting:

- 125g butter chopped or (nuttlex if dairy free)
- 1½ cups of icing sugar (use pure icing sugar if gluten free)
- 2 tbs milk (soy milk or rice milk if dairy free, water could be OK too)
- 3 tbs cocoa

Beat butter until as white as possible. Sift in half the icing sugar, cocoa and all the milk.
Beat until smooth, add the rest of icing mixture and beat again.

Fantastic! Thanks Sam!
NO COOK PLAYDOUGH

4 CUPS FLOUR
1 CUP SALT
6 TBSP OIL
6 TBSP CREAM OF TARTAR
4 CUPS BOILING WATER

1. Mix, knead, using lots of extra flour.

2. Use food colouring or paint for added colour.

A final thank you Sam!

Thank you to our wonderful contributors:
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