

# American Hot Dogs

(for 2)

2 long rolls

2 frankfurters or sausages

1 onion






¼ C cheese

Tomato sauce

Mustard



1. Slice the rolls long ways
2. Slice an onion and fry it
3. Boil the 2 frankfurters in a pot
4. Grate the cheese.
5. Assemble your hot dog - with onions, sausage, tomato sauce, mustard and cheese.
6. Grill in the oven on 220 C until cheese is melted.

	Dislike very much 	Dislike a little 	Not sure 	Like a little 	Like very much 
Texture					
Taste					
Smell					
Appearance					

# Scones



- 1 C flour
- 2 t baking powder
- ¼ t salt
- 25g butter
- ½ C milk

Equipment brainstorm:

1. Preheat the oven to 220 C. Grease or flour a baking tray.
2. Sift flour, baking powder and salt into a bowl.
3. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs.
4. Add the milk and quickly mix with a knife to form a soft dough.
5. Quickly pat the dough out to about 2cm thick.
6. Cut the mixture into 4 even-sized pieces.
7. Separate the scones to allow 2cm between them.
8. Brush the tops with milk.
9. Bake for 10 minutes or until golden brown.

## RECIPE NOTES - TO MAKE INTO SCROLLS






1. Roll dough into a large rectangle on a lightly floured surface.
2. Spread rectangle with tomato relish or paste, and scatter with ham, cheese and corn.
3. Carefully roll up dough to form a log. Cut log into 6 pieces and arrange cut-side up on a tray.
4. Brush with egg or milk. Bake for 10-15 minutes until deep golden and puffed.



# Chinese Dumplings



Ingredients	Equipment
<p>½ t crushed garlic                      ½ t crushed ginger</p> <p>½ C chopped cabbage or 1 spring onion                      ¼ C (100g) pork mince</p> <p>Oil for cooking</p> <p>10 dumpling wrappers</p> <p>Sauce: eg: soy, hoisin</p> <p>NB: usually when you make dumplings you make 60, or even 120 - so you would adjust this recipe</p>	<p>Measuring spoons                      Spoon                      Glass jug                      Large bowl                      Chopping board                      Sharp knife                      Frying pan                      Fish slice                      Tongs                      2 x plastic plates                      2 x dipping bowls                      2 x serviettes</p> <p>* flour</p>

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## METHOD

1. Slice cabbage and/or spring onion
2. Add cabbage, spring onion to pork. Add crushed garlic and ginger. Mix together with a spoon, then use your hands to make sure the mixture has combined really well.
3. Lightly dust the bench with flour. Arrange the dumpling wrappers in front of you, with a small bowl of water nearby.
4. Place 1 heaped teaspoon of filling on each dumpling wrapper.
5. Dip your finger in the bowl of water and run it around the edge of the dumpling (this helps it to stick)
6. Fold the dumpling in half and press firmly around the edges of the wrapper to seal it closed.
7. Put 1 T oil in a frying pan for cooking. Gently place the dumplings in the frying pan. Make sure the dumplings are not touching each other. Cook until the bottoms turn golden brown.
8. Add 3 tablespoons of water to the pan - the water will immediately sizzle and begin to steam. Cook for a further 3-5 minutes.
9. When done, the wrappers will appear translucent and noodle-like. The filling will be opaque and warmed through (you can cut one open to check).

## RECIPE NOTES

**Steamed dumplings:** Line a steamer basket with parchment and steam over simmering water for about 6 minutes if fresh, 8 minutes if frozen.

**Boiled dumplings:** Bring a large pot of water to a boil and add the dumplings. Stir so they don't stick together. Add 1 1/2 cups of cold water and bring to a boil again. Add another 1 1/2 cups of cold water and bring to a boil a third time. Check one dumpling to make sure they are cooked through; boil another few minutes if necessary.

You can also **freeze** your dumplings for up to 3 months

# French Toast



## French Toast

1 egg  
1/3 C milk  
3 slices toast bread  
2 T butter

## Cinnamon & Sugar mix

1 t cinnamon  
3 t sugar

1. Beat egg and milk together
2. Pour the egg mixture into shallow bowl or plate
3. Dip bread in egg mixture, turn to coat both sides evenly.
4. Melt the butter in frying pan on medium heat.
5. Cook bread slices in frying pan until browned on both sides.
6. Remove from frying pan.
7. Sprinkle with cinnamon and sugar mixture if desired.
8. Serve immediately

NB: If you would prefer a savoury option - you could add salt & pepper to egg mixture.

# Oriental Noodles

- 2 C water
- 1 packet 2-minute noodles
- 1 T wine vinegar
- 2 T oil
- 1 C finely shredded cabbage
- 1 carrot cut into thin strips (julienne)
- 2 celery stalks, sliced thinly
- 1-2 spring onions, sliced.



1. Boil water in a pot. Add broken noodles. Boil for 2 minutes.
2. While noodles cook, prepare the vegetables.
3. Mix the flavour sachet contents together with the vinegar and oil.
4. When the noodles are cooked, drain them and return to the cooking pot.
5. Stir in the prepared vegetables and the oil and vinegar.

Optional extras:

Add:  $\frac{1}{4}$  C chopped peanuts

2 T sesame seeds

$\frac{1}{2}$  C chopped ham or chicken

$\frac{1}{4}$  C finely sliced capsicum

$\frac{1}{4}$  C corn kernels

Other ideas? \_\_\_\_\_

Sprinkle salad with sesame oil and soy sauce

What ingredient might you swap out the spring onion or celery with?

What ingredient could you swap the oil and vinegar with?

# Anzac Biscuits

NB: If making at home - you might like to double these ingredients



- ½ C flour
- ½ C sugar
- ¾ C coconut
- ¾ C rolled oats
- 75g butter
- 1 T golden syrup
- ½ t baking soda
- 2 T water



1. Mix together flour, sugar, coconut and rolled oats in a bowl.
2. Put butter, golden syrup, and water into a saucepan.
3. Heat until butter melts. Then add baking soda and stir.
4. Stir butter mixture into dry ingredients.
5. Place spoonfuls of mixture onto a greased oven tray.
6. Bake at 180 C for 15 minutes

(makes 16 biscuits)

## Anzac Karakia

*Me inoi tatou*

Let us all pray

*E te Atua, whakapaingia koe i enei kai*

Lord Bless this food

*Na matou i tunu, hei maumahara ratou o ANZAC*

That we have cooked. To remember those of ANZAC

*He kai hei ora ai te wairua me te tinana*

Our food that will strengthen our spirits and body,

*Amene*

Amine



# Bean & Coriander Quesadillas

¼ can mexican beans (chilli beans, black beans or refried)

4 mini flour tortillas

1 small tomato (seeds removed, chopped finely)

¼ C corn kernels (canned or frozen)

2 T finely chopped fresh coriander

⅓ C grated cheese

1. Mash beans with back of a fork
2. Spread mashed beans over half of the tortillas. Top with tomato, corn, coriander and cheese.
3. Place tortilla on top, like a sandwich
4. Heat frying pan with a splash of oil. Cook for 2 minutes each side (or until browned on each side and cheese is melted). You could also choose to do this using a sandwich press or using the grill in your oven (turning once).
5. Cut quesadillas into wedges and serve.





# Apple Strudel

Frozen puff pastry, thawed

1 Granny Smith apples

¼ C brown sugar

¼ t cinnamon

½ C (160g) sultanas (or pecans/walnuts)

1/4 cup (60ml) milk



1. Preheat oven to 200 degrees C.
2. Peel the apple - grate one 1/2 with a cheese grater, using the biggest slats on the grater, and thinly slice the other half.
3. Mix the apples, sultanas and sugar together and set aside.
4. Roll the thawed pastry with a rolling pin and place it on a greased baking tray.
5. Spoon the apple mixture down the middle of the pastry length-ways, leaving a 4 cm gap at each end.
6. Fold the pastry and seal the long and short edges by brushing them lightly with water and pressing together
7. Brush the top of the pastry with the milk. Bake for 15 - 20 minutes.








# Cheese Rolls

- 1/4 small onion (finely diced)
- 1/3 C evaporated milk or reduced cream
- 1/4 C cream
- 1/4 t mustard powder
- 1/4 C tasty cheese
- 1 T packet onion soup mix
- 6 slices of white bread
- butter (if desired)



1. In a pot, soften the onion in a dash of oil or small blob of butter.
2. Once softened, add the evaporated milk, cream, mustard powder, onion soup powder and grated cheese.
3. Stir until the cheese has melted, then continue to mix over the heat until the mixture thickens. Set aside to cool slightly.
4. On a slice of bread, spread a generous layer (not too thick) of the cheese mixture over. Use your hands to make into a roll, then set onto a greased/lined tray.
5. Brush with melted butter, then bake in a 180°C oven for 5 to 10 minutes or until just golden brown. Serve hot!

	Dislike very much 	Dislike a little 	Not sure 	Like a little 	Like very much 
Texture					
Taste					
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# Spaghetti Carbonara

100g spaghetti

1 egg yolk (beaten lightly)

¼ C finely grated parmesan cheese

1 slice rindless bacon, sliced thinly

OR 3 small mushrooms

OPTIONAL: ½ onion (or 1 small onion)



1. Snap spaghetti in half. Cook pasta in a saucepan of boiling water until just tender. Add 1 t of salt and a dash of oil to the water. Drain, reserving ¼ C of the cooking liquid.
2. Meanwhile, saute bacon (and/or mushrooms and/or onions) in a heated oiled medium frying pan, over medium heat, stirring until crisp.
3. Combine the egg yolk and most of the cheese in a small bowl.
4. Return pasta to the pan. Add bacon, egg mixture and reserved liquid and stir over medium heat for 1 minute or until heated through. Serve with extra grated parmesan if you like.

