



Walkerville

Primary School

Room 11 Cookbook

2020

Our aim is to design a cookbook that is simple,
nutritious and limits food wastage.



CONTENTS

Breakfast

Alex- Banana Muffins

Cynthia – Banana pancakes

Mali – Weetbix smoothie

Snacks

Nora - Bruschetta

Hari – Cold rolls

Isaiah – Blueberry muffins

Main Meals

Matija – Nachos

Florence – Pesto pasta

Georgia – Zucchini Slice

Ella L – Gnocchi Ragu

Ellie – Vegan broccoli and cheese soup

Abdi – Shepherd's Pie

Savith – Beef tacos

Liam – Chilli Con Carne

Ashlee - Beef noodle soup

Rajwa - Spaghetti

Josh- Homemade pizza

Angus – Rose dumplings

Tyler – Spaghetti Bolognaise

Sweets

Kushal – Pineapple upside down cake with caramel crosshatched dome and caramel shards

Sakura – Apple crumble

Ellise - Baklava

Hector - AEblekage

Drinks

Charles – Spider drink

Bridget – Fruit Smoothie

Alysha – Strawberry Smoothie

Michael – Berry Smoothie

Ella N – Banana Smoothie

Banana Muffins

By Alex

Serves :
12

Preparation
time:
40mins

Cooking
Time:
20mins

Ingredients:

1.5 cups of self raising flour
1 teaspoon of ground cinnamon
1/2 teaspoon of bicarbonate-soda
1/2 brown sugar
3 eggs
1/4 canola oil
Little bit of milk
Banana(mashed)
3/4 cup plain Greek yogurt

Equipment:
12 cup muffin pan
Paper cases
Spoons
Wire rack

Procedure:

1. Firstly preheat your oven to 200c and then line a 12 cup muffin pan with paper cases.
2. Next you must sift the flour, cinnamon and bi-carb soda into a bowl, empty the flour husks that are leftover in the sifter back into the bowl, along mTL oats and brown sugar (stir to combine).
3. Then you must whisk eggs, yoghurt and oil together. Add milk and banana, then stir to combine.
4. Now pour the mixture into the dry ingredients and mix together using a wooden spoon until just combined and do not over mix. The mixture may be lumpy but does not have to be evenly mixed.
5. Use a spoon to get the mixture into the paper cases and then bake for 20 minutes or until golden and cooked through. Now cool for 5 minutes before transferring to a wire rack to cool completely.
6. Finally ENJOY!!!!!!



Banana Pancakes!



By Cynthia!



Serves:

4 people

Preparation Time:

5 minutes

Cooking Time:

10 minutes

Ingredients:

- 1 Banana
- 1 Egg
- Milk
- Sugar
- Self-raising flour
- Nutella (optional)



Equipment:

- Tablespoon
- Measuring cup
- Large bowl
- Oil
- Pan
- Fork
- Knife (optional)
- Spatula
- Whisk
- Ladle
- Small plate



Procedure:

1. Peel the banana, and put it in the bowl.
2. Mash the banana (using the fork), until there are no 'chunky' parts.
3. Pour 1 cup of milk and self-raising flour into the bowl.
4. Crack the egg into the bowl.
5. Add 1 tablespoon of sugar into the bowl.
6. Whisk everything in the bowl, until smooth.
7. Turn on the stove to medium heat.
8. Evenly spread 1 tablespoon of oil onto the pan.
9. Using the ladle, pour 1 small scoop of the pancake mixture onto the pan.
10. Flip the pancake over with a spatula, when bubbles start to appear.
11. Put the finished pancake on a small plate.
12. Repeat steps 9, 10 and 11 until the pancake mixture has ran out.
13. If wanted, spread Nutella using your knife over your pancakes, to make it even more scrumptious!
14. ENJOY!!





Weet-bix Smoothie

By mali

Serves:

2 people

Preparation time:

1 Min

Cooking time:

2/3 mins

Ingredients



- . 2 cup Milk
- . 2 Weet-bix
- . 6 Strawberry's/ or raspberry's
- . Chocolate topping (optional)
- . 1 Banana

Equipment

- . Blender
- . Cup
- . Measuring cup

Procedure

Firstly, unpack all your equipment and ingredients then plug in your blender. Measure the milk and pour it in the blender .

Secondly take out 2 weet-bix and plop them in, pull off the leaves of the strawberry or place the raspberry's in. Thirdly Peel the banana and put it in. Pour the chocolate topping in if you choose to have it.

Finally put the lid on and blend the mixture for 2/3 mins once it has finished take off the lid and pour it into your cup and enjoy.

PIC•COLLAGE

Bruschetta

With tomato and basil

Created by Nora



Serves

10 Servings

Preparation Time

 15 minutes

Cooking Time

 20 minutes

Ingredients

- 3-4 tomatoes
- 1 garlic clove
- 1 tbsp olive oil
- 4-5 fresh basil leaves
- Pinch of salt
- Pinch of Black pepper
- 8 oz baguette



Equipment

- Oven/Air Fryer
- Sharp Knife
- Small pan
- Mixing spoon
- Tongs

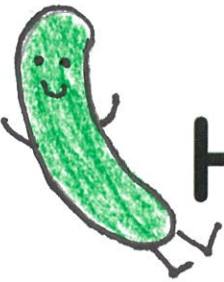


Procedure

- Step 1. Collect your ingredients and prepare your cooking station.
- Step 2. Dice your tomatoes, garlic and basil leaves finely into small pieces.
- Step 3. Combine chopped tomatoes, basil, black pepper and salt into a small bowl.
- Step 4. Fry the garlic in a small frying pan until golden brown. Then add the prepared garlic into your tomato mixture. Mix well.
- Step 5. Cut your baguette diagonally to form slices of 1 inch diameter.
- Step 6. Set your oven/air fryer to 180 degrees and time as 10 minutes. Use your tongs to gently place baguette slices inside. Don't forget to line your oven/air fryer with baking paper.
- Step 7. Once all of your baguette slices are fully cooked(you can tell by seeing if the crust is harder than before) carefully use a spoon to scoop some of your original tomato mixture on top of the bread.

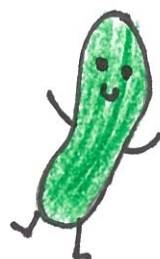
SERVE AND ENJOY!

PIC•COLLAGE



Healthy Cold Rolls

By Hari



Serves:

You can make as many as you want as long as you have enough cold roll paper.

Preparation Time:

You normally can just make it with your bare hands so it doesn't take that long.

Cooking Time:

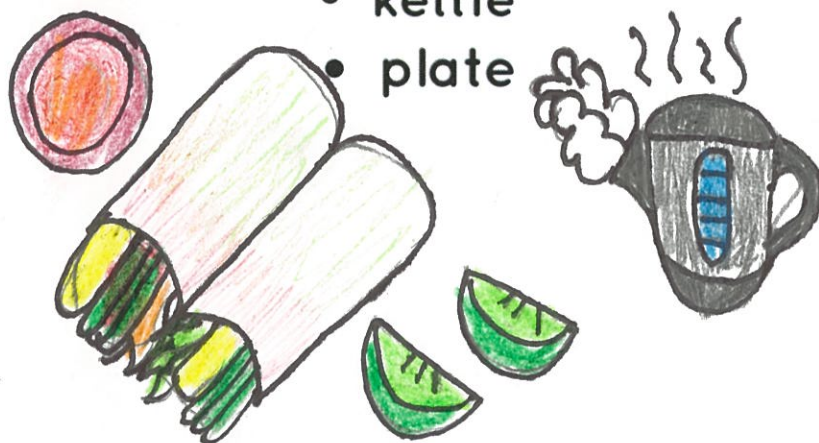
You only need to boil water in this recipe.

Ingredients:

- Cold roll paper
- Hot water (boiled)
- Rice noodles
- Fresh vegetables (anything you like)
- sauce of your choice (I recommend sweet chilli)

Equipment:

- kettle
- plate

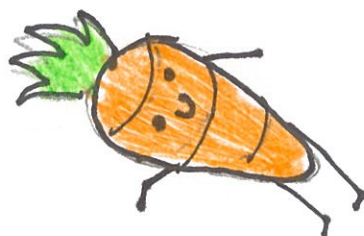


PROCEDURE:

1. Boil water in a kettle and then pour it into a bowl.
2. Take the cold roll paper and dip the it in the hot water.
3. Put the wet cold roll paper on the plate flat.
4. Put the rice noodles and gently place it on the cold roll paper.
5. Add the vegetables on top however you like it.
6. Pour a little bit of sauce on the top for a different taste.
7. Take two opposite sides fold them in.
8. Take one other side and fold that in.
9. Roll it all up.



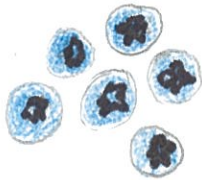
You have finished making a healthy cold roll!



Enjoy!

Blueberry Muffin

Servings:
12-18



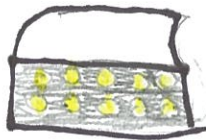
Preparation time:
4-7 minutes



Cooking time:
45-60 minutes

Ingredients:

1. 2 cups of self raising flour
2. 2 eggs
3. 1 tablespoon of any sugar
4. 100g of butter
5. 1/2 cup of milk
6. However many blueberries



Equipment:

1. An electric beater
2. A whisk
3. A measuring cup/jug
4. A tablespoon
5. A big bowl
6. A little bowl
7. Cupcake tray



Procedure:

pre heat oven to 200 degrees

1. Wash your hands dry
2. Wipe down the surface you're working on
3. Get out your big bowl and place on the surface
4. Put 2 cups of self raising flour
5. Then get the sugar and sprinkle into the bowl
6. Put 100g of butter into the small bowl and put it into the microwave for 30 seconds
7. Take the butter out of the microwave and pour slowly into the big bowl
8. Crack the eggs into the small bowl and whisk until fully orange then pour into the big bowl
9. Add milk around the edges of the big bowl
10. Plug in electric beater and set it on low and start mixing. As it gets thicker put the beater on the high setting
11. Add as many blueberries into the bowl
12. Once all the lumps are out pour mixture into the cupcake tray
13. Place in oven for 45-60 minutes
14. Once cooked take the muffins out and enjoy!



Matija

Nachos

Serve

3-7
people

Preparation

10 mins

Cooking time

1/2 hour

Ingredients

1 tablespoon olive oil
1 large onion, finely chopped
550g beef mince
300g kidney beans
1 teaspoon mexican chilli powder
1/2 cup tomato salsa
Avocado diced to serve
Sour cream to serve
Taco seasoning mix
2 tablespoons tomato paste
1/4 cup water
1/2 cup coriander leaves chopped
230g packet corn chips 1 cup of
grated cheese

Equipment

Non-stick pan
Wooden spoon
Bowl
Knife
Plate/bowl
Tray

Procedure:

Step 1

First Preheat oven to 200c. Then Heat the oil in a non-stick frying pan on medium heat. Cook onion for 2 minutes, or until its soft. Now add mince. Cook, while stirring with a wooden spoon, for 5 minutes or until its brown.

Step 2

Add kidney beans, chilli powder, seasoning, tomato paste and water. Change heat to between medium and low. Boil gently for 5 minutes, or until its thick. Stir through coriander.

Step 3

Finally, arrange some corn chips on a heatproof plate. Top with mince. then Sprinkle with cheese, bake for 15 minutes or until its hot, then top with salsa, avocado and sour cream. Enjoy

PIC•COLLAGE

PESTO PASTA

Serves:

6 people

Preparation
time:

5 mins

Cooking
time:

10 mins

For pasta you don't
cook pesto

INGREDIENTS

Garlic
Cheese
Olive oil
Basil
Salt
Pepper
Pasta

Half a hand full of
pine nuts

PROCEDURE

1. Add all the ingredients
except the pasta and
blend them in the thermo
mix for about 30
seconds.

2. scoop out the pesto
and put it in a bowl with
foil over it and place in
the fridge.

3. Fill up your
saucepan half way up
with water and put the
stove on high heat.
And when the water
boils put your pasta in
for about 8 minutes.

4. Take the pasta out of
the saucepan after 8
minutes and put it in your
bowls with one table
spoon of pesto on it grate
cheese on top and you are
done!.

EQUIPMENT

Thermo
mix
Spoon
Fork
Bowl
Saucepan
Foil
Grater



YUMMY

BY FLORENCE

PIC•COLLAGE

Zucchini slice

By Georgia

(The Angelo family favourite)



INGREDIENTS :

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



PROCEDURE:

STEP 1

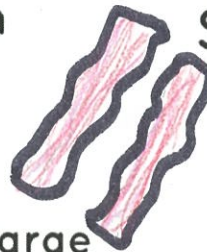
Preheat the oven to 170c.

STEP 2

Beat the eggs in a large until combined. Add the flour and beat until smooth, then zucchini, onion, cheese, bacon and oil and stir to combine.

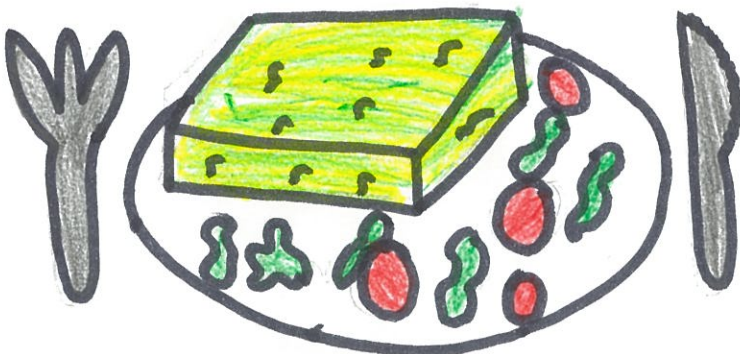
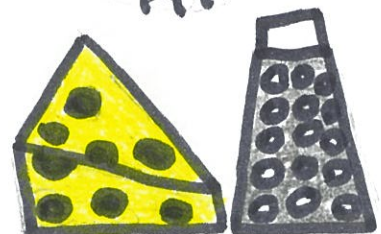
STEP 3

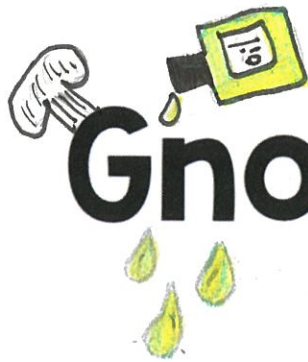
Grease and line a 30x20cm lamington pan. Pour into prepared pan and bake in oven for 35 to 40 minutes.



SERVINGS:

15 servings





Gnocchi Ragu

BY ELLA LEHMANN



SERVES:

5

PREPARATION
TIME:

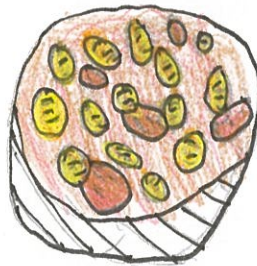
5 mins

COOKING
TIME:

1 hour

INGREDIENTS:

2 cloves garlic
2 rashers of bacon, roughly chopped
2 table spoons of Olive oil
120 g mushrooms sliced
700 g diced beef
400 g diced tomatoes
2 tablespoons tomato paste
1 sprig of fresh parsley
1/2 Zucchini, sliced into rounds thinly
2 teaspoons balsamic vinegar
1 package gnocchi



EQUIPMENT:

***Chopping board**
***Knife**
***thermomix**
***tablespoon**
***teaspoon**
***Bowl**

PROCEDURE:

First add 2 cloves of garlic in the bowl and then chop for 3 seconds speed 5.

Then scrape down the sides of bowl. Next add the bacon and oil.

After that add chopped mushrooms and sauté for a further 2 mins.

Step 4 is to add the beef and cook 5 mins.

Later put in 1 tin diced tomatoes, tomato paste and the parsley.

Now cook 60mins at 100C.

This is optional but I leave the zucchini out but if you want to add Zucchini with 5 mins to go and balsamic with 1 min to go.

Next stir the gnocchi through once cooked and serve if wanted with a sprinkle of fresh parsley or parmesan.

Now enjoy! 🍴



Vegan Broccoli and cheese soup

Created by Ellie

Serves:

6

Preparation
time:

10 mins

Cooking time:

30 mins

Ingredients:

1 onion (chopped)
1 tsp crushed garlic
1 tbsp olive oil
1/2 tsp dried basil
1/2 tsp oregano
4 medium potatoes (~2.2lb/ 1kg)-
(chopped or peeled)
4 large carrots (chopped)
4 cups (960ml) vegetable stock
1/2 cup (30g) nutritional yeast
1 tsp onion powder
1 tsp Dijon mustard
1/2 tsp paprika
1 can (14oz/400ml)
coconut cream
4 cups broccoli florets (360g)-
(about 1 large head or 2 medium
heads cut into florets)

Equipment:

Big pot
Wooden
spoon
Soup spoons
Chopping
board
Knife 
Bowls

Procedure:

1. Add the chopped onion and crushed garlic to a pot with the olive oil, dried basil and oregano and sauté until softened.
2. Add in the potatoes and carrots and the vegetable stock and bring to the boil. Reduce heat, cover the pot and simmer until the potatoes and carrots are cooked.
3. Then add in the nutritional yeast, onion powder, Dijon mustard and paprika and stir in. Add in the coconut cream.
4. Remove the pot from the heat and blend with an immersion blenders, transfer in stages to a blender jug and then return to pot.
5. Return the pot to the heat. Add in the broccoli florets and cook for a few minutes in the soup until just softened.
6. Serve the soup with a little grated vegan cheese(optional) and some black pepper and some bread.



Shepard pie

SERVES:
9-12

PREPARATION TIME:
10 min

COOKING TIME:
1h 15min

Ingredients

Ground beef

Cheese
Butter

Milk

Onion

Lamb

**One spoon of
tomato paste**

Step .1

Get a pan and and pour a
light amount of oil on to it
then finely cut up the
onion and place on the
pan to sizzle

Then cook the beef into mince after you have done
that you can get butter and cheese and spread it on
top of the beef (make sure the beef is cooked) after
that put it in the oven for 1h the cheese and butter
shouldn't melt because of the time spent in the oven

Step .2

Equipment

Big cooking tray

Wooden spoon

Pan

Procedure

Step .3

After It's finished cooking
get the onions and sprinkle
them on the edges. Then
get some tomato paste and
spread it out on the top of
the butter and cheese then
put it in the oven for 5 min
then you ready to go.

PIC•COLLAGE

TACOS

BY SAVITH

SERVE: 12 TACOS

PREPARATION TIME:
5-10 MINS

COOKING TIME:
15-20 MINS

INGREDIENTS:

1 OLD EL PASO TACO KIT

500 G LEAN BEEF MINCE

LETTUCE

1 CUP GRATED

CHEDDAR CHEESE

TACO SEASONING

A BIT OF OIL

EQUIPMENT:

PAN

WOODEN SPOON



PROCEDURE:

1. PRE-HEAT THE OVEN TO 210 DEGREES FAN FORCED AND PUT IN THE TACO SHELLS INTO IT.
2. HEAT A LITTLE OIL ON THE PAN AND ADD THE MINCE INTO IT. USE THE WOODEN SPOON TO BREAK THE MINCE UP. ONCE BROWNED, PUT IN THE TACO SEASONING AND MIX.
3. WHILE THE MINCE IS GETTING READY, CHOP UP ALL OF THE LETTUCE AND GRATE THE CHEESE.
4. AFTER THE TACO SHELLS HAVE BEEN COOKED FOR 10 MINS, TAKE THEM OUT AND LEAVE IT TO COOL FOR 2 MINUTES.
5. ONCE THE SHELLS ARE COOLED, PUT IN THE MINCE, THEN LETTUCE AND AFTER THAT, THE CHEESE. ENJOY!

PIC•COLLAGE

CHILI

SERVES

15

Chilli con-carne

COOKING TIME

PREPARATION TIME

30 min

30 min

Ingredients

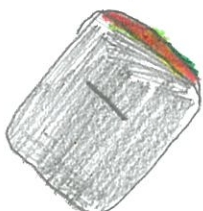
Carrot, onion, celery, garlic, traditional chilli spices some smoked paprika, canned beans, tomatoes, sherry vinegar, stock and capsicum and bay leaf.

Equipment

Bowl, stock pot, wooden spoon, knife

Procedure

First cut carrot, onion, celery, and garlic. Once when everything is cut up you need to put it into a pot then cook for 10 mins then pour in some canned beans and canned tomatoes then stir for 30 mins next put some paprika, chilli powder, dried oregano and cumin then mix with the spoon again for 5 min then wait about 40 mins.



PIC•COLLAGE



Phở Tái Bò Viên (Beef noodle soup)

Serves: 4-6 people **Preparation time:** About 50 minutes **Cooking time:** 6 hours

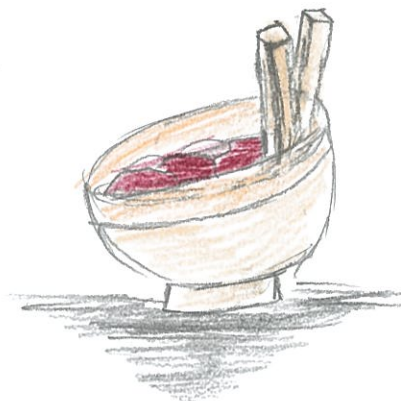
Ingredients:

- 1.5 kg (3 ½ pounds) beef bones
- 450 grams (1 pound) yellow onions
- 115 grams (4 ounces) ginger
- 15 ml (1 tablespoon) vegetable oil
- 1 cinnamon stick, 3 inches (7.5 cm in length)
- 3 whole star anise
- 15 ml (1 tablespoon) fennel seeds
- 15 ml (1 tablespoon) coriander seed
- 6 cloves
- 15 ml (1 tablespoon) kosher salt
- 15 ml (1 tablespoon) granulated sugar
- 10 ml (2 teaspoons) msg

- 455 grams (16 ounces) package rice stick noodles (bánh phở)
- 225 grams (8 ounces) flank steak, or beef eye round, thinly sliced
- 225 grams (8 ounces) bò viên (Vietnamese meatballs)
- Half a small yellow onion, thinly sliced
- 120 ml (½ cup) roughly chopped cilantro
- 4 scallions, green parts only, thinly sliced

Equipment:

- Stock pot
- Cutting board
- Kitchen knife



Procedure:



Step 1: place the beef bones in a stockpot and pour over with cold water. Then turn the heat on high, and once the water starts boiling, blanch for 10 minutes, or until the bones have a neutral smell when pulled from the boiling water. Drain the bones and allow them to cool.

Step 2: Preheat boiler to high, then cut the onions and ginger in half, leaving the onion skins on. After that, just rub them on all sides with vegetable oil.

Step 3: Then place them both on a sheet pan and broil on the second-highest oven rack, for about 15-20 minutes until both sides of the vegetables are charred.

Step 4: When the bones are cool enough to handle, rinse them under cold water, and scrub off any clots of blood. Wrap the cinnamon, star anise, fennel, coriander, and cloves in a piece of cloth and tie them into a bundle with butchers' twine.

Step 5: Place the bones in a clean pot, along with the spice bag. Then season with the salt, sugar, and msg. Then cover with 3.5 litres (a gallon) of water and bring it to a boil.

Step 6: Place rice noodles in a large bowl, and cover them with hot tap water. Let it soak for about 15 minutes until flexible, then drain. Then they can be kept in the fridge until they're ready to use.

Step 7: bring a pot of water to a boil, while tossing the sliced onion, chopped culantro, and sliced green scallions.

Step 8: Take the soaked rice noodles out of the fridge, and blanch them for about half a minute. Divide the noodles between the bowls along with the sliced steak, halved meatballs and onion (onion is optional) and herb mixture. Bring the broth back up to a rolling boil and pour the liquid over the noodles and beef.

By Ashton Pham
2020

Spaghetti

Baba's Recipe
By Rajwa Hossain

Serves: 6 adults

Preparation Time: 10-15 minutes

Cooking Time: 20-30 minutes

Overall Estimated Time: 30-40 minutes



Ingredients:
-spaghetti strand packet
-vegetables of your choice
(recommended vegetables are
carrots, cucumbers, broccoli and
bok choy)
-soy sauce
-pasta sauce
-oyster sauce
-onion
-garlic
-oil
-salt
-water

Equipment:
-big pot
-wooden spoon
-strainer
-teaspoon
-tablespoon
-knife
-1/4 cup



You can't make
this dish without
and adult
helping you or
keeping an eye
on you.



Before you start cooking you have to wash your hands and get all the ingredients and equipment out!

Procedure:

1. First you pour water into your big pot about 5/6 of the way up and put it on the stove at a high heat.
2. Then you open the packet of spaghetti and carefully put it the pot so that it doesn't snap.
3. Now you add half a teaspoon of salt and let the spaghetti boil until it is soft. Every now and then you can stir it ever so slightly. 10 minutes should do the trick.
4. Once the spaghetti has softened you pour the spaghetti into the strainer and leave it above the sink until all the water has been drained out.
5. Put the pot back on the stove while the water is being strained. Then you put 3 tablespoons of oil into the pot.
6. Then you slice the vegetables as you please while the oil is heating up. You also need to add 1 tablespoon of crushed garlic and 1/4 of a cup of a sliced onion. Put the vegetables in the pot and stir them around until they start to become soft.
7. Once you have done that you have to put in 1 tablespoon of soy sauce and 2 tablespoons of oyster sauce in the pot.
8. Now you stir everything together for a minute or so. By this time your spaghetti should be drained.
9. Put the drained spaghetti into the pot and stir everything around really well for a good 5 minutes.
10. Now all you have to do is add the pasta sauce as you please. You have to stir everything up a little more until it looks right.
11. Your spaghetti is now finished. Bon appetite!

PIC•COLLAGE

Pizza

Ingredients

400g of plain flour
1 cup of luke warm water
1 pack of yeast
1 table spoon of olive oil
+homemade sauce (if possible)
+ your own toppings

Utensils

Measuring cup
Mixer
Large bowl
Tablespoon
Chopping board
Rolling pin
Pizza stone

Method

1. Place all ingredients in mixing bowl
2. Mix until A dough forms
3. Place dough on chopping board and knead for 5 mins
4. Place ball of dough back in mixing bowl and cover for 1hr
5. Once dough has doubled in size use a quarter the dough to make you first pizza
6. Roll dough in to a ball and use rolling pin to flatten dough into a flat circle
7. Add sauce to pizza base and then add your own toppings
8. Place pizza on pizza stone or cook in a very hot for 10 mins
9. Then enjoy 🍕



Josh

Napoli sauce

Ingredients

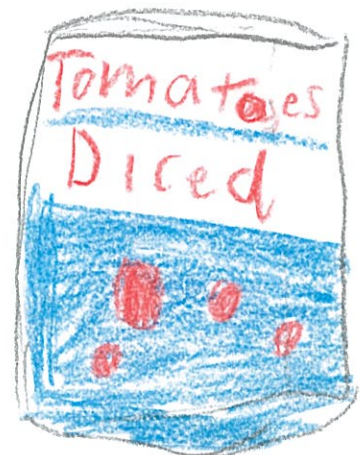
1. 1 Onion
2. 1 tablespoon of olive oil
3. 3 teaspoons of sugar
4. 2 tins of peeled tomato

Utensils

1. Frying pan
2. Knife
3. Wooden spoon
4. Blender
(optional)

Method

1. Cut onion into small pieces
2. Sauté onion in frypan Using olive oil
3. After 3 to 5 minutes add in tins of tomato
4. Mix in sugar
5. Simmer on a low heat for 40 minutes
6. Blend sauce in blender until smooth (Optional)
7. Put on pizza or use as pasta sauce



Rose dumplings

Tools

Big glass bowl, pan with lid, tongs, small dish and a tap

Procedure

Step 1 filling

Dice the shrimp and put it into the bowl with your mince/pork. Then you can add your chives, sake ginger, garlic, soy sauce and SUGAR.

Step two grab your dish and fill it with your drinking water step three (the pictures displayed below will help you)

Lay 4 gyoza sheets over lapping slightly. By dipping your finger in water and putting and wetting it where it overlaps. Then fold the bottom up and seal it's by wetting it sealed than role it up from left to right.

Next wet the end so it stays that way then get a pan fill it with 80 ml of water put your dumplings in put the lid on and steam them for ten mins then you add your dumplings put the lid on and steam for 15 minutes.

By angus patten

Ingredients

Shrimp cooked and chopped 100g

Ground pork 100g
sake 2 teaspoons

Soy sauce 2 teaspoons
Grated ginger 1 teaspoon

Garlic grated 1 clove

Chines chives 25g

SUGAR 1 teaspoon

Gyoza skin 32 sheets

Water 80mL

Total dumplings 8



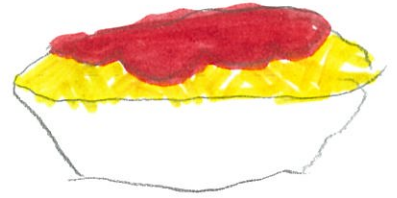


Mum's spaghetti bolognaise



Ingredients

- 500g. beef mince
- 2. carrots
- 2. zucchini
- 2. cups mushrooms
- 1. capsicum
- 2. Pinch Salt & and pepper
- 2. Garlic clove (depends)
- 2. Tablespoons Worcestershire sauce
- 1. Tin diced tomatoes
- 1. Tin tomato soup
- 5. Green olives
- 1. Brown onion



Method

- Step 1. Brown beef mince and onion on stove, add garlic salt and pepper and Worcestershire sauce.
- Step 2. Finely chop carrot, capsicum, Mushrooms and zucchini
- Step 3. Add mince and onion to slow cooker with diced tomato and tomato soup
- Step 4. Add all vegetables and olives and slow cook for 2 to 3 hours
- Step 5. Serve with shredded cheese and pasta

Prep time 2 to 3 hours in slow
20 min cooker to cook

Feeds eight

Pineapple upside down cake with caramel crosshatched dome and caramel shards

By Kushal

Oven time: 30 min
Preparation time: 20 min

Ingredients:

(For pineapple upside down cake)
1. 1/2 cup light brown sugar

2. 3/4 cup melted butter

3. 7 Pineapple slices

4. 7 cherries

5. 3/4 cup granulated white sugar

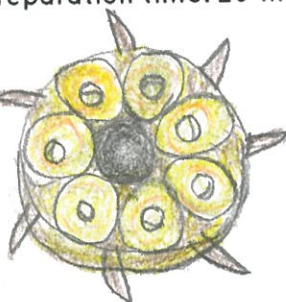
6. 2 eggs

7. 1/2 cup pineapple juice (left over from the can)

8. 1 3/4 cups of self raising flour

9. Tiny pinch of salt

(For caramel dome)
10. 150 gram sugar



Equipment:

1. Whisk (Alternative: fork)
2. Spatula (Alternative: Back of spoon)
3. Measuring cup
4. Mixing bowl
5. Sieve (optional)
6. Cake pan (eight or nine inches)
7. Toothpick (Alternative: fork)
8. Knife
9. Electric mixer (optional)

(Caramel dome)

10. Pan
11. Ladle

Method: (Cake) 1. Combine the light brown sugar with the butter. 2. Mix the butter and the light brown sugar with a whisk. 3. Pour the mixture in a baking pan. 4. Smooth the mixture out until it covers the entire surface of the pan. 5. Place the pineapple rings in the tray at the edge of the pan making a circle. Then place one in the middle. 6. Pour the butter in the bowl. 7. Then add the granulated white sugar and then whisk until its creamy. 8. Add two eggs. 9. Pour in the pineapple juice. 9. Put in the flour and put in the salt. Alternatively, you can sift the flour and salt in. 10. Whisk the mixture so its smooth and mostly lump-free. Alternatively, you can use an electric mixer. 11. Pour the mixture over the pineapple rings from before. Make sure its smooth and covering everything. 12. Put the cake into the oven for 35 minutes at 180 degrees. Use a baking tray underneath. 13. Do the toothpick test. Bake more if necessary. 14. Trim around the edges of the cake with the knife. 15. Put a dish over the cake and flip it over.

(Caramel dome) 1. Put 1/5 cup granulated sugar in a pan and heat on low heat. 2. The sugar on the side of the pan will melt. Just stir that in. 3. Keep repeating step until you get the liquid caramel. Be careful to not burn it. 4. Gently pour the hot caramel in a crosshatched stringy pattern on the back of the ladle. 5. It will dry quickly so remove the dome off the ladle. Any leftover dried caramel can be poked into the cake as caramel shards. 6. Place it on the centre of the cake and enjoy!

PIC•COLLAGE



Apple crumble!



Serves: 6-8 people **Preparation time:** 10mins **Cooking time:** 45mins

Procedure:

1. Wash your hands and make sure you have a clean space to work on.
2. Preheat the oven to 180°C.
3. Melt 25g of butter in a pan.
4. Stir in the apples, half the sugar, and the apple juice.
5. Cook for 5-6mins.
6. When the apples are all covered, then spoon the mixture into a 1L ovenproof dish.
7. Place the flour in a bowl.
8. rub in the remaining butter with your fingertips until the mixture looks like breadcrumbs.
9. Stir in the oats, sugar, seeds and cinnamon.
10. Spoon the mixture over the top of the apples.
11. Put the dish inside the oven and bake for 30-40mins until the topping is golden.

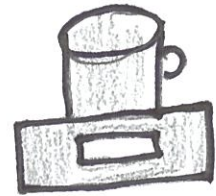
Ingredients:

- 900g apples, cored and sliced
- 100g butter cut into cubes
- 100g sugar
- 2 tbsp apple juice
- 100g plain flour
- 125g rolled oats
- 4 tbsp mixed seeds
- 1 tsp ground cinnamon

Equipment:

- spoon
- ovenproof dish
- large bowl

*You can keep the peel on the apples to stop wasting food!



Baklava

Yiayia's recipe

By Ellise Spyrou

Serves
13 to 15
people

Preparation time
20 to 30
minutes

Cooking time
80 to 90
minutes

Equipment
-pastry brush
-wooden spoon
-pyrex
-food processor



Ingredients
-Honey
-almonds
-lemon
-cinnamon stick
-filo pastry
-unsalted butter
-ground cinnamon

Procedure

1. Wipe your bench down
2. Heat 350g of unsalted butter until all melted and there are no chunky bits left.
3. Crush 2 cups of almonds using the food processor and then add 2 table spoons of cinnamon.
4. Lay one filo pastry down and use the pastry brush to brush some butter onto it. After that put another layer of filo pastry on top and brush some butter on that too.
5. Then sprinkle some of the almond mixture all over the second layer.
6. Roll up the pastry to form a tight roll then carefully place it into the Pyrex and brush with butter.
7. Cut it up in thirds then put it in the oven for 80 to 90 minutes on 150 degrees Celsius. While waiting for the baklava we can make the syrup.
8. Get a saucepan and then place 1.5 cups of water, 1.5 cups of sugar, 3 quarter cup of honey, 2 table spoons of lemon juice and cinnamon stick. Boil over high heat and stir until sugar is dissolved. Then reduce heat to low and let it simmer for another 4 minutes without stirring. After that remove from heat and let it cool
9. Bring out the baklava then drizzle all of the syrup onto the baklava then let it soak for one hour. Now all you got to do is enjoy





Ingredients

- 185 g butter, softened
- 165 g ($\frac{3}{4}$ cup) caster sugar plus 75 g ($\frac{1}{3}$ cup) extra
- 2 tsp natural vanilla essence or extract
- 3 eggs, at room temperature
- 185 g ($1\frac{1}{4}$ cups) plain flour
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 5 (about 800 g in total) apples (such as pink lady or royal gala), peeled, cored and each cut into 16 wedges



AEblekage



Hectors recipe



Instructions

Preheat the oven to 180°C. Brush the base and sides of a 22 cm (base measurement) springform tin with melted butter and line the base with non-stick baking paper.

Use an electric mixer to beat the butter, sugar and vanilla until it is pale and creamy. Add the eggs one at a time and remember to check if they are rotten by cracking them into another bowl before adding them. Beat the mixture well after each egg goes in. Sift together the flour and baking powder. Put it into the egg and butter mixture and mix on low speed until just combined.

Combine the extra 75 g ($\frac{1}{3}$ cup) caster sugar and cinnamon and put them aside.

Spread half the cake batter over the base of the prepared tin. Arrange half the apples over the batter and then sprinkle with half the cinnamon sugar. Repeat with the remaining cake batter, apples and cinnamon sugar.

Bake in preheated oven for 55-60 minutes or until cooked when tested with a skewer, covering with a piece of foil in the last 15 minutes of baking if the cake is browning too quickly. Stand in the tin for 10 minutes before putting on a wire rack or non stick surface to cool. Serve warm or at room temperature with thick cream or vanilla ice cream.

Sustainable Tip – You can use the old apples you have lying around that are not great for just eating anymore, as the apple is cooked in the cake.

Spider

By charles

Cost
\$4 dollars

Serves
3 serves

Preparation time
45s

Cooking time
30s

Ingredients

- * one bottle of coke
- *tub of ice cream

Equipment

- *Glass cup
- *Spoon

Procedure

1

First you want to get the tub of ice cream and put 1 big spoonful in each cup

2

Secondly get the bottle of coke and fill the cup up and make sure not to overflow it.

3

Thirdly have fun and eat and drink your yummy spider

Fruit smoothie

By Bridget

Serves:
1-2

Preparation time:
10 minutes

Cooking time:
0

Ingredients:

- Mango (frozen or fresh)
- strawberries
- raspberries (frozen or fresh)
- ice
- banana
- milk
- honey
- juice
- healthy ice cream (my recommendation is golden north because there's no palm oil and it's healthy it's called good and creamy)

Equipment:

- Blender
- Knife
- chopping board
- straw
- glass/cup



Procedure:

First you wash your hands.

Chop up one cup of strawberries into small pieces using your chopping board and

Peel 1/2 banana and chop it up and add it to the strawberries in the blender. Make sure they are chopped into small pieces.

Add frozen mango 1/2 cup and frozen raspberries 1/2 cup (they can be fresh). Add 1/2 cup pineapple cut up into small pieces and Add 3 tbs of berry healthy ice cream.

Now add 3 cup milk and 2 cup juice. And half teaspoon of honey if you want it sweet (optional) Add 1/2 cup ice.

Now blend until smooth and pour into a cup now add a straw and your done.

PIC•COLLAGE



Strawberry Smoothie



Created By: Alysha Shahrirramri


Serves: Preparation Time: Cooking Time:

2 Serves

8 Minutes

15 Seconds

Ingredients:

- Half a Cup of Fresh Strawberries
- Half a Cup of Frozen Strawberries
- 2 Tablespoons of Oats
- Half a Cup of Frozen Pineapple
- 4 Tablespoons of Strawberry Yoghurt
- 5 Ice Cubes 
- Half a Cup of Milk
- Half a Cup of Fruit Juice (Of Your Choice)

Equipment:

- Blender
- Spoon
- Measuring Cup 

Method:

- Add all ingredients into the blender.
- Blend for 15 seconds.
- Serve in a glass.



Berry smoothie

Serves 2 people



Ingredients

Mixed frozen berries

Yogurt

Milk

Utensils

Mixer

2 cups



Method



1. Add the ingredients to the blender

2. Blend until smooth



Tips

If it is not smooth
add more
milk



Banana Smoothie






Created by Ella N






Serves: Preparation Time: Cooking Time:

2 serves 10 mins 20 seconds

Ingredients:

- 1 and a half of bananas
- 2 frozen bananas
- 2 tablespoons of oats
- 5 ice cubes 
- Half a cup of milk 
- 3 tablespoons of banana yoghurt 

Equipment:

- Blender 
- Spoon 
- Measuring Cup
- Cup
- straw 

Method:

- Add all ingredients into the blender
- Blend for 20 seconds
- Serve in a glass

