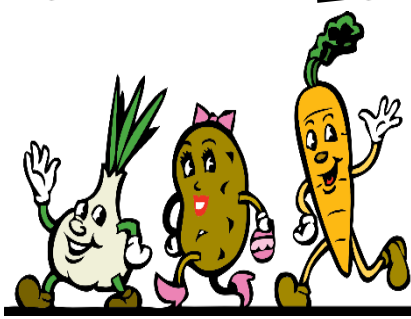




ANZAC TERRACE PRIMARY SCHOOL ROOM 14



OZHARVEST FEAST COOKBOOK



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INGREDIENTS:

- 4-5 Fresh Strawberries
- 1 very ripe Banana
- 1 tbsp Condensed Milk
- 1/3 cup Almond/Oat Milk
- 2 tsp Chia Seeds
- 2 big (tbsp) scoops of frozen blueberry
- 4 frozen mango slices
- Additions: (& Greek Yoghurt - 1tbsp)

STEPS:

1. Collect Ingredients, Equipment & prep cooking area.
2. Wash fresh strawberries thoroughly about 4-5 times with clean water. Then chop strawberries into halve. Insert into Blender.
3. Peel the very ripe banana, then slice cautiously into miniature bite-sizes. Export into Blender.
4. Measure out 2 generous (tbsp) scoops of frozen Blueberries. Now, take 4 frozen mango slices and insert both fruits into blender.
5. Measure attentively, 2 tsp of Chia seeds and drop into the mixture.
6. Scoop out 1 tbsp Condensed Milk and insert as well.
7. Ascertain 1/3 cup Almond Milk into a measuring cup and pour into mix
8. Assemble the Blender and start to blend the smoothie mixture together until smooth, for roughly 2 minutes.
9. Pour your Super Berry Bliss into a cup.
10. ENJOY!!!

EQUIPMENT:

- Blender
- Measuring Cup
- Small Bowl
- Spoons
- Cutting Board
- Knife
- (Serving) Cup

EXTRA INFO:

Serves : 1

Prep Time : 8 mins

FOOD WASTE TIP:

You can use any fruits.
Use a very ripe banana
(brown)
also for more flavour



SUPER BERRY BLISS!

CREATED BY CHEF RUBY

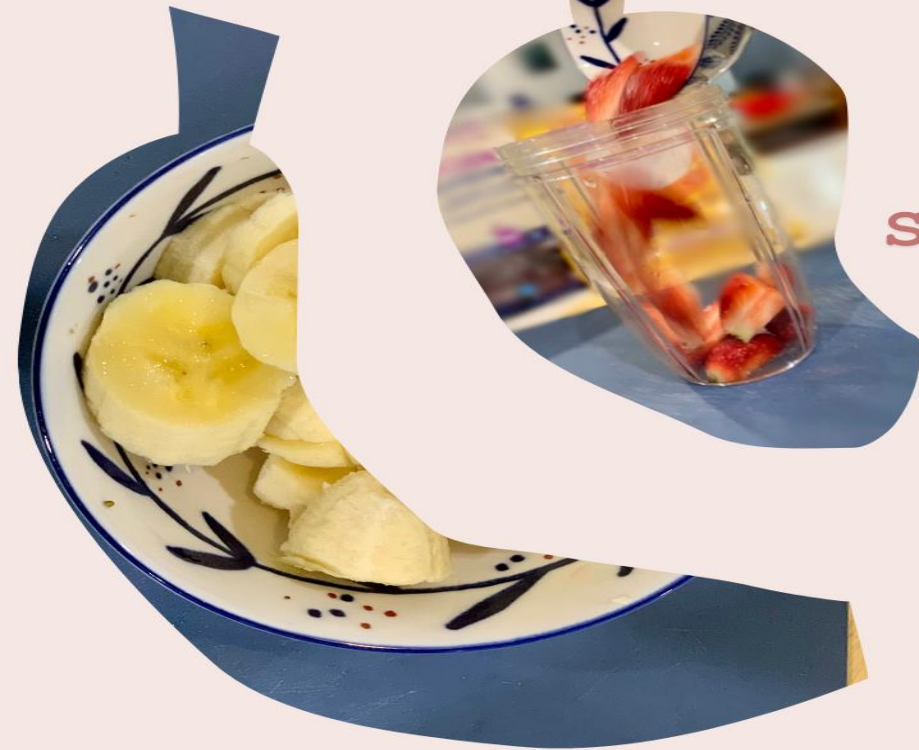


BY RUBY LEE



Photos

SUPER BERRY BLISS



AMAZING AVOCADO AND EGG TOAST

SERVES 2

INGREDIENTS

1 AVOCADO
2 EGGS
2 SLICES OF WHOLEMEAL BREAD
OIL

EQUIPMENT

TOASTER
FRYING PAN
KNIFE
CHOPPING BOARD

FOOD WASTE TIP:
YOU CAN USE LEFTOVER
VEGETABLES AND
BASICALLY ADD ANYTHING
TO IT.

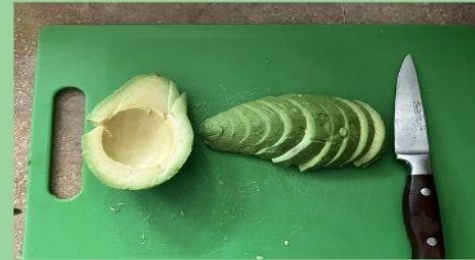
BY JOSEFINA



STEP 1. GATHER ALL OF THE INGREDIENTS.



STEP 2. GET THE BREAD AND PUT IN TOASTER UNTIL DONE THEN TAKE IT OUT AND PLACE ON A PLATE



STEP 3. CUT THE AVOCADO IN HALF, PEEL THE SKIN OFF AND SLICE.



STEP 4. PLACE THE SLICED AVOCADO EVENLY ON THE 2 SLICES OF TOAST.



STEP 5. POUR OIL INTO THE PAN AND CRACK THE EGGS IN THE PAN-COOK UNTIL DONE.



STEP 6. PLACE THE EGGS ONTO THE TOAST WITH AVOCADO, SEASON TO YOUR LIKING AND ENJOY!



PIZZA SUBS!!!

Created by: Seth Daniel Clarkson

Prep time: 15 mins.

Cook time: 8 mins.

Serves: 12

Ingredients: Hotdog buns, pizza sauce, cheese, pepperoni (optional, and any other toppings).

Equipment: Cooking tray, grater, chopping board, knife, spoon, baking paper.

Procedure

- 1: Preheat the oven to 180 degrees.
- 2: Cut hotdog buns in half.
- 3: Spread the pizza sauce across with a spoon on the hotdog buns.
- 4: Grate cheese, then put it on top of the pizza sauce.
- 5: Put pepperoni/toppings on top of the cheese, then put on the baking paper on top of the cooking tray.
- 6: Put the tray of pizza subs in the oven for 8 minutes.
- 7: Now chow it down "BUT BE CAREFUL IT'S HOT".

How does the recipe address food waste and healthy eating?

It saves food waste for leftover hot dog buns if you had hotdogs last night or something like that. Also little bits of cheese and pepperoni or leftover toppings.



STEPS



ROBERT'S RHUBARB AND PEAR LOAF

Created by: Robert Forrest

Prep time 10 minutes

Cook time 40 Minutes

Serves LOTS!

Ingredients

2 cups white sugar	1 tsp salt	$\frac{2}{3}$ cup vegetable oil
4 cups plain flour	2 large eggs	$\frac{1}{2}$ cup rhubarb
2 Tbsp baking powder	2 cups milk	$\frac{1}{2}$ cup pear

Equipment

2 bowls	Measuring spoons	Whisk
Baking tins	Measuring cups	

Procedure

- 1. Preheat an oven to 180 degrees Celsius.
- 2. Whisk together flour, sugar, baking powder and salt in a bowl.
- 3. In another bowl, whisk together eggs, milk and vegetable oil.
- 4. Gradually add dry mixture to egg mixture. Mix until just combined.
- 5. Stir in the fruit.
- 6. Pour batter into greased baking tin. This recipe makes a **LOT** of batter, so maybe make two loaves.
- 7. Bake in an oven for about 40 mins, until a toothpick comes out relatively clean.

How does the recipe address food waste and healthy eating?

It is a good way to use fruit that is stale and over-ripe, and this is more healthy than processed food because it is home-made.



Fabulous Foodie Fritters

Blake Grabsch

Ingredients:

- $\frac{3}{4}$ of a cup of wholemeal SR flour or, if preferred, gluten free flour e.g. rye flour.
- $\frac{1}{2}$ cup of either low-fat milk or almond/soy milk.
- 1 egg.
- 1 tbsp olive oil.
- $\frac{1}{4}$ purple onion; chopped.
- 2 cups of veggies of your choice e.g. leftover steamed carrot, potatoes, broccoli, and/or peas.
- 100g of thinly sliced meat of your choice e.g. leftover roast beef or chicken.
- 1 clove fresh garlic; chopped.
- A pinch of salt and pepper (optional).

Equipment:

- Mixing bowl.
- Fork.
- Knife.
- Measuring spoons.
- Measuring cups.
- Cutting board.
- Fry pan.
- Stove top.
- Spatula.

How does the recipe address food waste and healthy eating?

- The recipe uses any leftover ingredients you have available: I used steamed carrots, broccoli, peas and potatoes leftover from last night's family dinner, and I reheated some roast beef from frozen. You can add any leftovers you wish!
- This recipe is full of yummy vegetables, protein and really healthy ingredients.

Prep time: 15 minutes

Cook time: 10 minutes

Serves: 5-6



Fabulous Foodie Fritters

Procedure:

1. Finely chop the left-over vegetables, onion, beef (or chicken) and garlic into small pieces.

2. Lightly cook the onion in the frypan until brown (5 mins).

3. Heat the olive oil in the frypan for 30 secs. When the oil is hot, add 2 tsps of the batter to make a fritter. You can make 4 fritters at a time.

4. Flip the fritters after bubbles have formed.

5. Crack the egg into the mixing bowl and beat it with a fork.

6. Combine the beaten egg with flour, milk, vegetables, browned onion, beef, and spices.

7. After 3 mins of cooking, transfer your cooked fritters to the plate. Now, enjoy your Fabulous Foodie Fritters!



BLISSFUL BANANA YOGHURT

BY VIOLET

INGREDIENTS:

- VANILLA YOGHURT 100G
- 3 RIPE BANANAS
- MUESLI 1PKT
- CHOCOLATE CHIPS 30G
- CINNAMON (OPTIONAL)
- HONEY

UTENSILS:

- LARGE BOWL
- LARGE SPOON
- SMALL JARS



METHOD:

STEP 1:

MASH 2 OF THE BANANAS IN A LARGE BOWL WITH A LARGE SILICONE SPOON.



STEP 3:

PLACE 3TBSP OF MUESLI INTO EACH JAR.

STEP 5:

CUT UP THE LAST BANANA AND USE AS FOOD DECOR ON TOP OF THE YOGURT.

STEP 2:

MIX THE MASHED BANANA WITH THE CHOC-CHIPS AND YOGHURT UNTIL FULLY MIXED THROUGH.

STEP 4:

SPOON THE YOGURT INTO EACH JAR.

STEP 6:

SPRINKLE CINNAMON ON TOP OF THE BANANA. YOU CAN ALSO SPREAD A BIT OF HONEY ON TOP OF IT. (OPTIONAL)



HOW IS THIS RECIPE HEALTHY/
RESOURCEFUL?

MY RECIPE IS HEALTHY BECAUSE YOGURT, MUESLI AND BANANAS ARE GOOD FOR YOUR BODY. MY RECIPE IS RESOURCEFUL BECAUSE IT USES UP SQUISHY BANANAS THAT YOU DON'T PARTICULARLY WANT TO EAT.



Frozen Fruit Dessert

Created by: Max Nutt

Prep time 12 minutes

Cook time 5 minutes



Ingredients frozen fruits (bananas, strawberries, blueberries, mango)

Equipment Yonanas machine or blender, knife, spoon and a bowl.

Procedure

Step 1. get your fruit out of the freezer.

Step 2. wait 10 minutes for your fruit to defrost a little.

Step 3. now you will need to cut your fruit into small bits

Step 4. put it into the Yonanas machine a piece at a time (or in a blender) and have a bowl ready to get it.

Step 5. put the fruit into the bowl then enjoy.



How does the recipe address food waste and healthy eating?

Freezing is a good way to store your over ripe fruit. The frozen fruit dessert is a good way to use up frozen fruit in your freezer and it's a healthy and yummy treat.





Berry Smoothie!



Ingredients:



- ♡ Strawberries
- ♡ Blueberries
- ♡ 1 cup of regular yoghurt
- ♡ 1/2 cup of milk (recommended soy)

Equipment:



- ♡ Measuring Cups
- ♡ Blender
- ♡ Knife
- ♡ Cutting Board
- ♡ Straw (optional)



Step 1!



Clean your fruits thoroughly then dry.

Step 2!

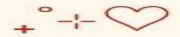
Cut off the stem of the strawberries, the cut in half. Cut the off the stem of the blueberries.

Step 3!



Put the cut up fruit into the blender. Then add 1 cup of yoghurt and 1/2 cup of milk.

Step 4!



Blend until it's mixed well or for 10-20 seconds. Pour into a cup and enjoy!!



🌸 Peach & Strawberry blitz! 🌸

Ingredients

- 1 quarter strawberries
- 10 peach slices (drained)
- 1 banana (chopped)
- 1/2 cup of strawberry yogurt
- 1 cup of orange juice



Step 1

Start of by draining your peaches or if have fresh ones cut them up into 10 slices.



Step 2

Cut both your strawberries and banana.



Step 3

Put everything into the blender.



Step 4

Add 1/2 cup yoghurt.



Step 5

Blend until all smooth, and pour into a cup then enjoy!

Equiptments

- Knife
- Chopping board
- Measuring cups
- Blender

Prep time : 5 min

Serves : 1

Food waste tip!

In smoothies you can always use other fruits and ingredients, and it's quick, nutritious, and easy to prepare!

Cook time : 2 mins



By Rianne Tuangco

Tomato and Basil Bruschetta

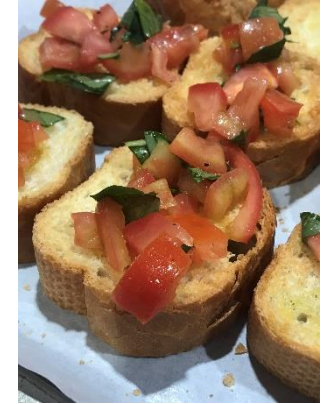
Created by: Jacob Smith
Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 30

Ingredients

2 French bread sticks (about 35cm long)
olive oil
4 ripe tomatoes - finely chopped
½ cup (30g) fresh basil - shredded
1tsp crushed garlic
2 tablespoons extra virgin olive oil

Equipment Used

Chopping board, knife, baking tray, spoon, bowl, oil brush



Step 1: Cut the bread sticks into 1cm slices and brush with olive oil. Place each slice under a hot grill or on a baking tray in a moderately hot 200c oven, until golden on both sides, turning as needed.

Step 2: Place the tomato, basil, garlic and extra virgin olive oil in a bowl and mix together. Season well with salt and pepper. Top the toasted bread slices with the tomato mixture and serve.



How does the recipe address food waste and healthy eating?

It helps food waste with using up tomatoes and basil and to use bread that you would otherwise be thrown out.

CUCUMBER SALAD

SKILLS

--- CHOPPING MEASURING

1. GRAB THE CUCUMBER AND CUT INTO THIN SLICES THEN PUT INTO YOUR BOWL



3. ONCE YOU'VE PUT YOUR INGREDIENTS INTO THE BOWL, PUT A LID ONTO THE BOWL AND SHAKE FOR A COUPLE QUICK SECONDS



INGREDIENTS

- 1/4 CUCUMBER
- 1 TBSP RICE WINE VINEGAR
- 2 TBSP SOY SAUCE
- 1 TSP SESAME OIL
- 1 TBSP FISH SAUCE
- SEA SALT(OPTIONAL)
- SESAME SEEDS (OPTIONAL)

Waste tip

IF YOU DON'T HAVE MUCH TIME AND YOUR CUCUMBERS ARE ON THE WAY OUT THIS IS A QUICK AND EASY RECIPE TO PREVENT THROWING AWAY CUCUMBERS

BY JAX

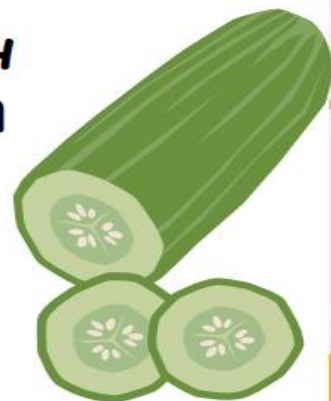
TIP!

YOU CAN ADD SESAME SEEDS FOR IT TO BE HEALTHIER AND FOR AN EXTRA CRUNCH!

2. ADD YOUR RICE WINE VINEGAR, SESAME OIL, FISH SAUCE, SOY SAUCE AND SEA SALT TO THE BOWL



4. FINALLY TAKE THE LID OFF YOUR BOWL PUT SESAME SEEDS ON TOP OF THE CUCUMBER SALAD(OPTIONAL) GRAB A FORK AND SERVE



The French Toast recipe procedure

By Keisha



Recipe

- 3 eggs
- 1 cup milk or cream
- 2 tsp Sugar
- 1 tsp cinnamon
- 1 tsp Vanilla Essence
- 8 slices
- Butter

Equipment

- Frying pan
- spoons
- cups

Steps



Step 1
Wash your hands first



Step 2
Crack two eggs in the bowl



Step 3
Add the cinnamon



Step 4
Add the pinch of salt



Step 4
Add the milk



Step 5
Mix it well



Step 6
Cut two slices of bread



Step 7
Dip the bread



Step 8
Put the butter in the pan and mix it



Step 9
Flip the bread and flip it again.



Bon appetit

Rocky Road Ice

Cream

Ingredients

1/2 pkt glacéd cherries (75g).

3/4 pkt mini marshmallow (75g)

1/2 pkt gummy bears (200g).

1 cup cocoa powder.

2 tsp vanilla extract.

2 cans sweetened condensed milk.

4 cups thickened cream
1 L.

Rocky Road Ice

Cream

Steps

Firstly chop up your fillings.

Then mix the condensed milk, cocoa powder and vanilla extract with a spoon in a bowl.

In a seperate bowl beat the thickened cream until it is thickened.

Pour the chocolate mixture in with the thickened cream and add in filling.

Let sit in freezer for 6 hrs.





Step 1 Get your ingredients.



Step 2 Get your utensils.

FRIED RICE

By Kieran

Food waste tip:
you can use up ingredients that you have in the fridge and pantry, and if you have any leftovers, you could have it for lunch the next day.



Step 3 Put 2 eggs in a bowl and whisk the eggs.



Step 4 Then put in the whisked eggs into the frying pan. Once cooked remove from the pan and put it on a plate and dice it.



Step 5 Peel, then grate the carrot.



Step 6 Cut the spring onions.



Step 7 Dice the bacon.



Step 8 Put everything in the pan and stir together.



Here is the finished product (Spring rolls optional).

Succulent Bao

By Winter

Ingredients

35 g (2 c) all-purpose flour
50 g (¼ c) wheat starch/corn starch
5 g (1 tsp) baking powder
7 g (2 ¼ tsp) instant activated yeast
50 g (¼ c) white granulated sugar
150 g (5 oz) whole milk
24 g (1 oz) vegetable oil

Equipment

Bread maker
Kitchen scale
Rolling pin
Brush
Steamer & parchment paper (cut in squares)



Step 1. Combine flour, wheat starch, into bread maker and put onto mix function until a dough.



Step 2. Remove from bread maker and roll until thin.



Step 4. Brush with oil and put on parchment paper and put in steamer for 20 minutes.



Step 5. Remove from steamer and add to plate.



Step 6. Finally fill with anything such as veggies, squid, chocolate and even more!

Two Ingredient Doughnuts

By Lily Gratzner



Equipment and Ingredients

Equipment:

- Flat Free Surface
- Mixing Bowl
- Wooden Spoon
- Kitchen Scale
- Small Saucepan
- Stove
- 2 Small Bowls
- Soup Spoon
- Plate



Ingredients:

- 100g Natural Greek Yoghurt
- 150g Self-Raising Flour
- 500ml Oil

Cinnamon Sugar For Dusting:

- White Sugar
- Cinnamon

Tip. Get all of these things out before you start the recipe.

Steps



1.

Pour the Greek yoghurt and self-raising flour into the mixing bowl then mix the mixture together.



2.

When you can't mix it any more pour the mixture onto the flat surface and knead the mixture together.



Dad!



3.

After you knead it start to roll the mixture and cut it into small bits.

Steps



4.

Roll and shape the doughnuts into the balls or a doughnut rings.



5.

Get out a small saucepan and fill halfway with oil, then put it on full heat then test if hot with a pinch of batter, if bubbly it's ready.



6.

After then place three doughnut balls or doughnut rings into the oil then cook until golden brown.

Steps



7.

When golden take them out of the saucepan and into the cinnamon sugar and cover fully.



Like This!



8.

Then place onto a plate and enjoy.

Breakfast Bowl

Ingredients and Equipment

Ingredients:

- $\frac{1}{4}$ Cup Granola
- $\frac{1}{4}$ Cup Greek Yoghurt
- 3-5 Strawberries or any berries
- 5 Pieces of Chocolate

Food waste tip:

You can add any fruits, choice of nuts and syrups/honey.

Equipment:

- Bowl
- Spoon
- Knife

Serves:

1



By Dhir Gandhi

Breakfast Bowl

Steps

1. Put 2 tbsp Granola in a bowl



2. Add 2 tbsp Yoghurt and a few pieces of Strawberry.



3. Add a few pieces of chocolate.



4. Top it again with 2 tbsp Yoghurt.



5. Repeat the procedure by adding 2 tbsp Granola, strawberries and chocolate.



Enjoy!
By Dhir Gandhi



Pasta Disaster



Ingredients

- .x1 bag Pasta (shells)
- .x1 jar of Pasta Sauce
- .x1 sweet potato, 1cm cubes
- .x1 zucchini, 1.5cm cubes
- .x1 carrot, 0.5cm cubes
- .x1 Onion, finely
- .x3 cloves of garlic, crushed
- .x1 tbsp basil leaves, finely chopped
- .x1 tbsp parsley leaves, finely chopped
- .x1 tbsp oregano leaves, finely chopped
- .x2 cans of kidney beans
- .x1 olive oil



Equipment

- .x1 big pot
- .x1 big spoon
- .x1 grater
- .x1 Knife
- .x1 chopping board
- .x1 Garlic crusher
- .x1 large pot
- .x1 small spoon

By Aviana





Pasta Disaster



1. First wash your hands with soap and water before you begin.
2. Heat your stove on high and grab a big pot, put it on the stove and cover bottom with olive oil.
3. Next rinse all your veggies then after cut ,crush and chop all your veggies with whatever is needed.
4. Put onion and garlic into the big pot, after onion has turned transparent add in all the rest of the vegetables and kidney beans. to prevent food wastage put water in the Kidney bean cans after popped kidney beans in the big pot then put rest of what is in the kidney bean cans in the pot (do not add in the herbs yet.)
5. Stir well whatever is in the pot.
6. Next get your jar of pasta sauce and put it in the pot. prevent food wastage after putting the pasta sauce in the pot rinse out the jar of pasta sauce put pack on the lid and shake. After finished shaking pour liquid into the pot. get your large pot and fill 3 quarters of water, set to boil.
7. Let veggies to simmer until tender (about 30 minutes.)
8. After that add in your spaghetti to the large pot

9. Boil spaghetti for 10-12 minutes until cooked through.
10. Next you want to get your 1 tbsp of oregano leaves, 1 tbsp of basil leaves and your 1 tbsp of parsley leaves and put them in your big pot.
11. If you want to you can taste test your spaghetti and veggies. **WARNING** it is going to be very hot!
12. Finally the funniest step eating your food, **ENJOY!**

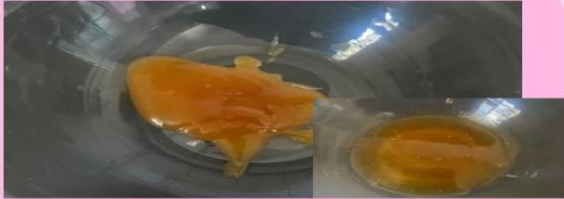
This recipe prevents food wastage because you can put any veggies left in the fridge in this recipe. It is also very cheap. It doesn't use meat meaning less omissions release into the atmosphere.

By Aviana

Three ingredient yogurt drops



- ingredient:**
- 1.manuka honey (optional)**
 - 2.chobani greek yogurt or any othe yogurt**
 - 3.fresh strawberry's**



add one tbsp too a large bowl and the put it in the microwave until melted



And then add two cups of chobani greek yogurt to the same bowl



then well till it is is light yellow and set for 5 mins while you dice the stawberrys

And enjoy your yummy treats



Dice your starberrys nice and small

And then you put the yogurt on your baking tray and add the strawberrys and let them sit in the freezer for 2-3 hours





HEALTH POTION N.9



ingridents

3 pears

2 apples

1\2 of a lemon

a small bowl of strawberries

and a littl bit of ginger



Steps



step 1 wash all of your fruit

step 2 cut the fruit off the stems

step 3 get your juicer and plug it in

step 4 load the blender and tern it on low

step 5 add your frozen blueberrys and ice cubes into a cup

step 5 pour the juice into the cup

step 6 serve and enjoy :)



equipment

blender

cups

a bowl

chopping board

knife



food waste tip

if you have fruit or frozen fruit laying

around juicie them to make a

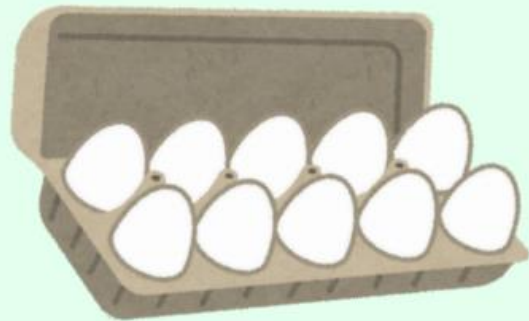
juice or smoothe.



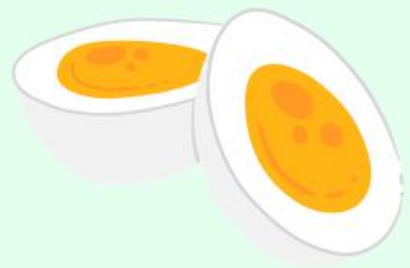
BY FFION



How to make devilled eggs!



By GM

Ingredients/Needs

- Sharp knife
- plastic straw



1. Eggs *Hard boiled and peeled*

2. mayo *1/3 cup*

3. Mustard (optional)

4. Garlic powder

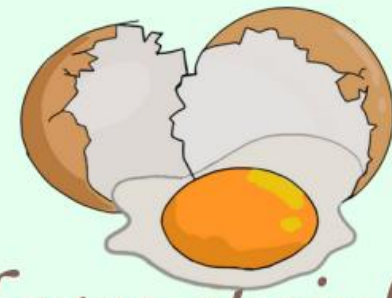
5. Salt (optional)

6. Small carrots

7. black olives (optional)



How to make boiled eggs for the devilled eggs recipe!!



Ingredients/needs:

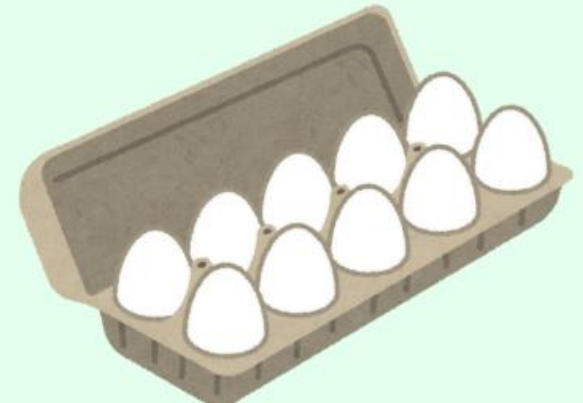
Saucepan

Water

eggs

- 1. Place cold eggs in a large stainless pot and cover with cold water, after boil it at high heat uncovered*
- 2. Once at a boil, reduce heat to keep medium boil then set a timer at anywhere between 2-9 mins.*

3. Prepare your ice water bath and as soon as the timer is done. transfer eggs into ice water till medium



PERFECT boiled eggs

2 min

3 min

4 min

5 min

6 min

7 min

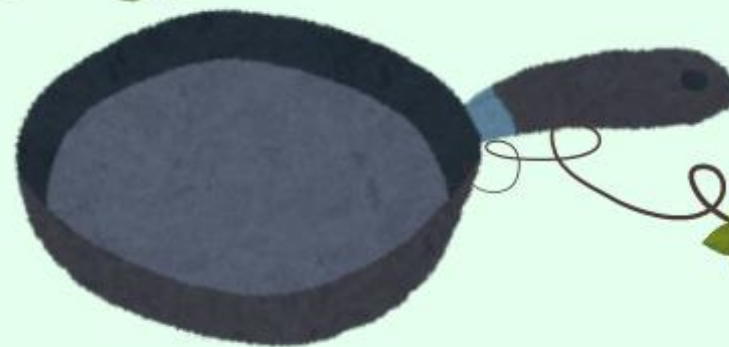
8-9 min



Boiled eggs minutes

results!!!

*(Most pics from
natashaskitchen.com!)*





Peel the hard-boiled eggs. With the knife slice off a very thin layer from the based off the egg. Then squeeze the egg base gently to loosen the yolk and should pop right off!

2. In a bowl, combine the cooked yolks and mash with a fork. Add $\frac{1}{3}$ cup of mayo, $\frac{1}{4}$ tsp of garlic powder (optional) and $\frac{1}{8}$ tsp of salt. Mash it together until smooth and then put it between the sliced egg based.

(Next slide for example!) :D



3. For the eyes, poke through an olive with a plastic straw several times then gently squeeze down the straw and the olive will pop out! For the beaks, thinly slice a few rings of carrot and cut each into triangles. You can have as many eyes and peaks!!

Bread and butter pudding

Ingredients:

- 4 eggs
- 70g castor sugar
- 155ml cream
- 150ml milk
- 1 vanilla pod
- 12 slices of white bread
- 50g salted butter soft
- 20g raisins/sultanas



Method:

1. place eggs and sugar and whisk until pale and frothy
2. place cream, milk and vanilla into a heavy based pot and bring to a simmer
3. pour simmered milk mixture onto the egg and sugar mixture whisking continuously
4. pass this mixture through a fine strainer
5. use an oven proof dish (24x17) to make your pudding in
6. Butter the slices of bread, place 6 slices in the bottom of the dish, sprinkle with half the raisins and sultanas, then 6 more slices of bread, the rest of the fruit, then top with the last of the bread.
7. Pour over the custard and allow to sit for 20 minutes.
8. Place ovenproof dish on a tray and cook in the oven at 170°C for 20 mins.
9. enjoy!!!



steak & vegetables by madeleine

Ingredients

- Steak
- Vegetables – potato, corn, broccoli
- Garlic
- Salt and pepper
- butter



Steps

Step 1 - Fill a pot with water, when it boils add the corn.

Step 2 - Peel the potatoes and cut the garlic in half. Put both into a baking pan. Cover in oil and season with salt and pepper. Put the pan into the oven and cook it at about 200c.

Step 3 - Heat a frying pan and melt a knob of butter before placing the steak in the pan. After about five minutes turn the steak over.

Step 4 - Turn the corn off and add the broccoli to the hot water. Once everything is cooked serve it on a plate and enjoy.



Banana Apple Bread

- Ingredients
- 2 Teaspoons Of Pure Vanilla Extract
- 1/4 Cup Oil Or Additional Milk Of Choice
- ¼ Cup Of Milk Of Choice
- 1/2 Cup Of Pure Maple Syrup, Honey Or Agave
- 1 Cup Diced Apple (120 Grams)
- 3/4 Cup Cinnamon, Baking Powder and Salt
- 1 Teaspoon Baking Soda
- Cook Time: 48 Minutes
- Total Time:48 Minutes

Steps

Pour the flour and cinnamon into a bowl and mix it well.

Add all the liquids in and mix it again.

Stir in the diced apple.

Pour the mix into a loaf pan and heat in the oven at 350F for 48 minutes.

Cut it up and enjoy!

This recipe uses common items found in your house like apple, banana, honey and milk.

By Alex





THANKS



We would also like to thank the Oz Harvest FEAST Program for giving us this amazing opportunity. In addition to learning how to cook sustainably and produce less food waste, we learnt how to budget & shop for food online, use Excel to tally up our expenses, learn about food safety & hygiene and developed our collaboration & co-operation skills.



THANKS



ATPS would like to thank our awesome helpers who came along and helped with cooking each week.

