



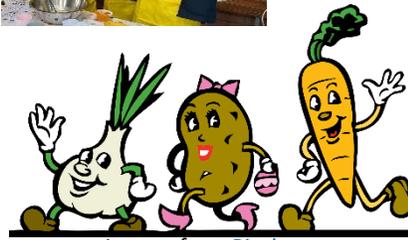
# ANZAC TERRACE PRIMARY SCHOOL



## ROOM 14



## OZHARVEST FEAST COOKBOOK



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# Potato Chips

By Mason

## Ingredients:

2 large potatoes,  
Olive oil,  
Salt and  
Paprika

## Utensils:

Air Fryer and  
Knife  
Cutting Board

Healthy eating tip:  
Don't peel the skin  
off the potatoes, it  
has lots of nutrients  
in it and tastes  
the same with or  
without  
the skin.

## Method:

Step 1 Wash the  
potatoes.  
Step 2 Dry the potatoes.  
Step 3 Slice the potatoes  
(No larger than 1/16.)  
Step 4 Place the potatoes  
in the air fryer.  
Step 5 Fry for 20  
minutes (5 more if  
necessary.)  
Step 6 Season with Olive  
oil, Salt and Paprika.



# FABULOUS FRENCH TOAST STICKS

Serves:6

Prep time: 5 mins

Time to make: 20 mins

Food Waste Tip: Use stale bread

## Ingredients

- 12 slices of white bread
- 6 eggs
- ¾ cup skim milk
- ¼ teaspoon ground cinnamon
- 1 ½ teaspoon vanilla essence
- 4 ½ reduced-fat spread
- 6 tbsp maple syrup
- 2 ⅓ cup raspberries
- 1 ½ cup blueberries
- 6 tsp icing sugar
- 1 ½ tbsp olive oil



## Steps:

1. Cut each slice of bread into 4 sticks. Beat the eggs, milk, cinnamon and vanilla extract together in a shallow dish.
2. Melt the low-fat spread in a large frying pan over a moderate heat. Meanwhile, dip both sides of the bread strips into the egg mixture.
3. Fry the dipped bread sticks in batches, turning once, until golden on both sides.
4. Divide the toast sticks between two plates, drizzle over the maple syrup and top with the raspberries and blueberries. Serve dusted with the icing sugar.

Created by Jasmine, Jazzy and Poppy



(cutting the bread)



(dipping the bread into the mixture)



(frying the bread)



(the ingredients)



(the results)

# Terrific Toasties



Prep time: 15 min

Cook time: 10 min

Serves: 5



## Ingredients

25g butter, 10 slices of bread, 5 slices of ham, 5 slices of cheese.



Food Waste tip: You can use stale or frozen bread.

Food tip: You can use healthy breads like wholemeal or grain bread.

## Equipment

Butter Knife, toastie maker, plates, cables, something to lean on, chopping board,

## Steps

1. Collect the ingredients.
2. Get the bread and butter it.
3. Put the ham and cheese on the bread.
4. Put the bread with the ham and cheese on it in the toastie maker.
5. Put it on the toastie maker for at least 3 minutes or until light brown.
6. Remove from toastie maker, cut in half and eat! Be careful it may be hot!!



**Ingredients**



**Butter the bread**



**Cut the toastie in half and eat!!**



# BOUNTIFUL BERRY POPSICLE

## ingredients

- frozen raspberries
- frozen blueberries,
- frozen banana,
- natural plain yoghurt
- frozen strawberries.



## equipment

- small cups .
- popsicle sticks.
- mixing bowl .
- mixing spoon.
- blender.



prep time

10 – 15  
minute

freeze time  
or 4 – 5  
hours

by abigael

a helpful tip!  
you can add any of  
you old fruit or  
berries or flavour  
of yoghurt you like

this is a great dish for summer  
because it is a cold berry popsicle  
that is a great healthy treat.

# method

## Step 1.

Take out all frozen berries and banana cut them into smaller pieces and Place them into a bowl and mix them altogether .



## Step 4.

After blending pour the mix in to the plastic cups and place a popsicle stick in each one.



## Step 2.

Add natural plain yogurt into berries and mix well but gently.



## Step 5.

Place the popsicle in the freezer and wait over night.

## Step 6.

Take out the popsicles once frozen take out of the cups and now you have a delicious healthy snack!



## Step 3.

Prep the blender and carefully pour the mix in and blend starting on low speed slowly getting to medium. Don't forget to check the lid is on!!!



Created by: Mitchell, Antonin, Lucas

# Terrific Tacos

## Equipment:

- Air fryer
- Fry pan
- Stove
- Knife
- Measuring cups
- Measuring spoons.

Prep time: 35min

Serves: 5

## food waste tip:

use tortillas wraps instead of taco shells

## healthy food tip:

swap the meat for beans or lentils – it tastes just as yummy!

## Ingredients:

- Taco shells x5
- Taco spices
- Salad
- Tomatoes
- 1 brown onion finely chopped
- 500g beef mince
- 400g crushed tomatoes
- 1.5 cups tasty cheese shredded



## Method

- 1 Pour olive oil into fry pan and put onion in the pan.
2. Add all spices stir until fragrant, add mince.
3. Hit meat until separated into small chunks.
4. Crush tomatoes and grate the carrots add into pan .
5. serve into taco shells with cheese and salad.



# Perky Pancakes



Serves 5 Cost per Serve: \$ 3.224

Prep time: 5 mins Cooking time: 20 mins

By: Bodhi, Tyler and Matvei



## Ingredients:

**2 cups self-raising flour.**

- 1 pack of strawberries.**
- 2 eggs**
- 1 tablespoon vanilla essence.**
- 1 banana**
- 1 cup frozen blueberries.**
- 2 cups milk.**

**Equipment:**  
**Spatula.**  
**Electric fry pan.**  
**Mixing bowl.**  
**Soup ladle.**  
**Mixing spoon.**  
**Plates**  
**Forks and knives.**  
**Cutting board.**  
**Cutting knife.**

## Method:



1. Mix the flour, milk, eggs, vanilla essence and the blueberries together in the bowl.



4. Serve with chopped banana and strawberries on top with maple syrup if you want it.



2. Heat the frying pan to 200 degrees and scoop half a ladle of batter in the pan.



3. Cook on each side until golden brown. (1-2 mins)



Why we love this recipe: You can use any fruit you have around to top the pancakes.

Food Waste Tip: perfect recipe to use up brown bananas.

# perfect pasta

## INGREDIENTS

- 1½ lbs of olive oil
- Pinch of garlic salt
- Pinch of sugar
- Salt & pepper
- Can of tomatoes
- Your favourite type of pasta

## EQUIPMENT

- Pot
- Stove
- Bowl
- Spoon
- Can opener

PREP time: 5 - 10 minutes  
COOK time: 10 - 15 minutes  
SERVES: 5



Food tip: Add some grated cheese or fresh garlic for more flavour

Food waste tip: add old tomatoes to the sauce

by troy

# steps

1. Open up can of tomatoes and pour in to a bowl and add a sprinkle of salt and pepper and garlic and olive oil in the bowl and stir.
2. Add pasta and 1 tbs of salt to 5 litres of boiling water cook for 9 minutes or to taste.
3. Drain water from pasta- watch out it will be HOT!.
4. Pour tomato mixture in to pot and stir for 5 minutes on low heat.
5. Carefully spoon pasta in bowl and enjoy!



Created by:  
Mira, Mei, Rosalie

Prep time:  
10-15mins

Serves:  
5

### Ingredients:

- 1 pack of strawberries
- 1 pack of blueberries
- 1 pack of raspberries
- Greek yogurt
- low fat milk

### Equipment:

- .Blender
- .Spoons
- .Bowls
- .cups
- .Knife
- .Cutting Board
- .Blender Cord.

# Berry-licious smoothie!

1. Chop the berries into small pieces.
2. Put the berries into the blender.
3. Add  $\frac{3}{4}$  of a cup of milk into the blender.
4. Add  $\frac{1}{2}$  a cup of Greek yogurt into the blender.
5. Put the lid on the blender and turn it on until smoothie is smoothie.
6. Turn off the blender and pour into a cup.
7. Enjoy your smoothie.

How does the recipe address  
food waste and healthy eating?

Use old berries in your smoothie  
so the berries don't get thrown  
out.

Tip: You can use different  
types of fruit.



♥ Rosie and Izzy's Choc Chip Scones ♥

## Ingredients

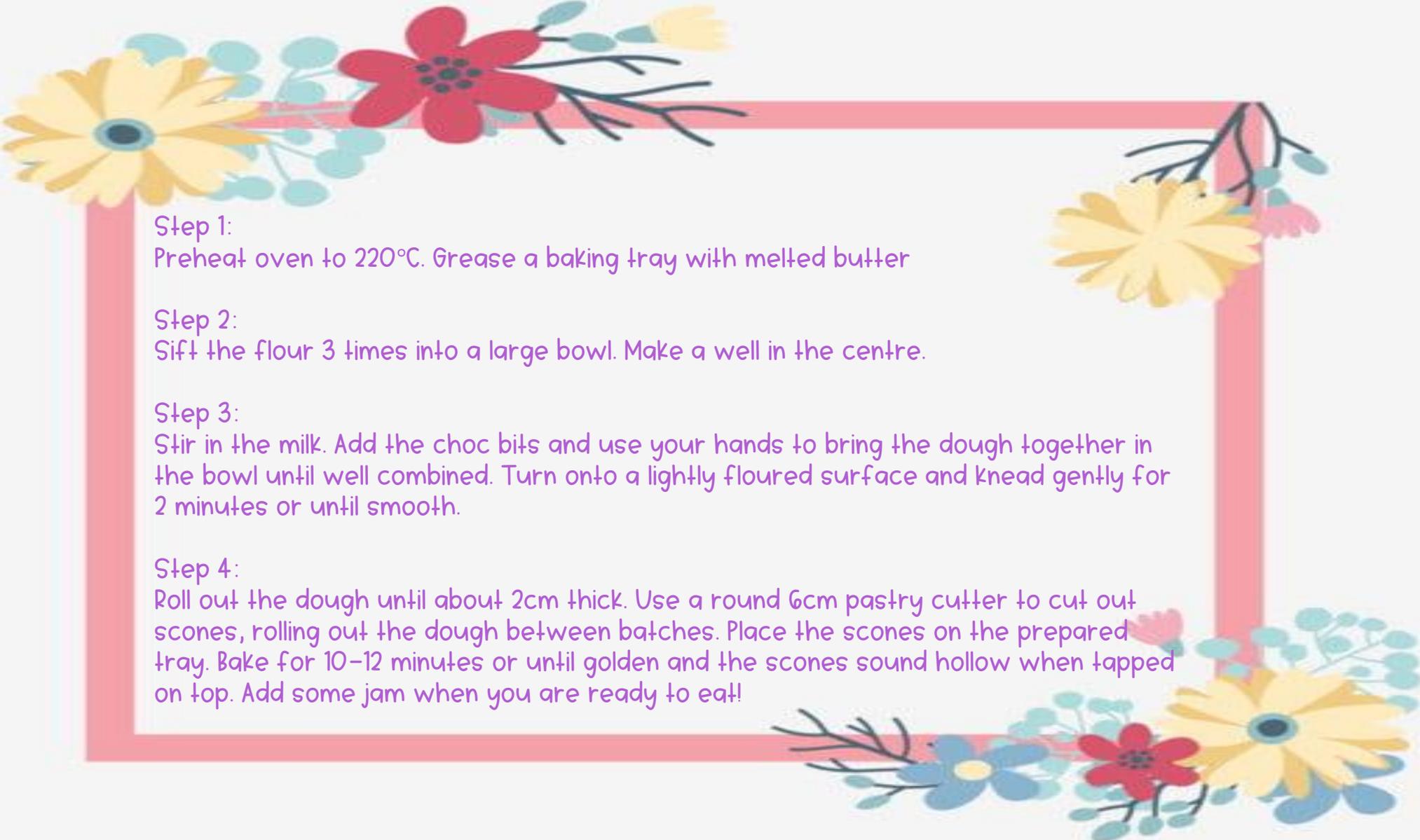
Choc chips  
Plain flour, for dusting  
3 cups self-raising flour  
1 Tbs of Butter  
1 cups milk  
Strawberry Jam, to serve



## Utensils

Large Bowl  
Oven  
Flat Bladed Knife  
Baking Tray  
5cm Round Cutter  
Wire Rack





Step 1:

Preheat oven to 220°C. Grease a baking tray with melted butter

Step 2:

Sift the flour 3 times into a large bowl. Make a well in the centre.

Step 3:

Stir in the milk. Add the choc bits and use your hands to bring the dough together in the bowl until well combined. Turn onto a lightly floured surface and knead gently for 2 minutes or until smooth.

Step 4:

Roll out the dough until about 2cm thick. Use a round 6cm pastry cutter to cut out scones, rolling out the dough between batches. Place the scones on the prepared tray. Bake for 10-12 minutes or until golden and the scones sound hollow when tapped on top. Add some jam when you are ready to eat!



Step 1: Grease the tray evenly with butter.



Step 2: Sift 3 cups of flour into the mixing bowl.



Step 3: Pour 1 cup of milk into the mixing bowl and stir well.



Step 4: Pour choc chips into batter and mix in. Roll and knead when mixed. Cut out scones.



Step 5: Put scones in the oven for 10 or so minutes.



Step 6: Finished and ready to eat! Add some jam for more flavour!

By Arye, Charlie and Ryan

# Plentiful Purple Pops

**Serves: 6**  
**Prep time: 10 minutes**

## Ingredients:

- 200g fresh or frozen berries
- 1 tablespoon honey
- 200 ml apple juice
- 1 banana

## Equipment:

- 8 pop sticks
- 8 clean empty yoghurt containers or 8 plastic cups.
- Blender
- Tablespoon
- Measuring jug

Total price:  
**\$14.72**

Total price per serve:  
**\$1.84**

**Tip:** If your bananas are unripe just add a little bit of extra honey to make it sweeter.

1: Put your honey, berries, juice and banana into the blender.

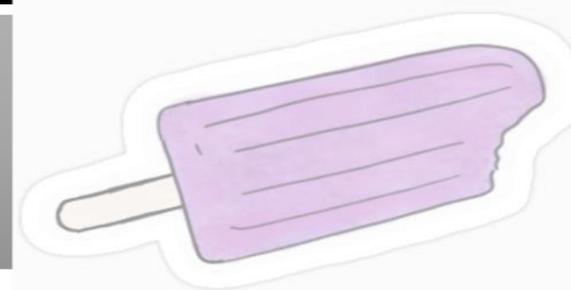
2: Blend until smooth.

3: Pour your mixture into the empty yoghurt cups or plastic cups.

4: Pop your pop stick in the mixture (in the cups or yoghurt tubs).

5: Put the yoghurt cups or plastic cups into the freezer. The next morning, take them out.

6: Rinse the yoghurt tub or plastic cup at the base and middle of the outside to be able to pull them out by the pop stick.



**Tip:** Use overripe bananas to stop wastage!



# RR RICE PUDDING



## Equipment:

- Knife
- bowl x2
- Cutting board
- Microwave
- Stirring spoon
- Tea spoon

## Ingredients:

- leftover boiled rice
- condensed milk
- peaches
- kiwi fruit
- strawberries

Tip: You can use any fruit!

Waste food tip: Use leftover boiled rice!

## How to make it?

Step 1: You will need to get all your ingredients and equipment.

Step 2: Put your rice into the microwave for about 5 minutes, while you do that cut up your fruits.

Step 3: Once your rice is cooked in the microwave take it out and put it into a large bowl.

Step 4: Add your fruit, condensed milk to the rice and stir.

Step 5: Serve up your rice pudding and enjoy. Can be served warm or chilled.

By Rhys and Rocky



# 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



Room 14 would like to thank our awesome helpers who came along and helped with cooking each week.

