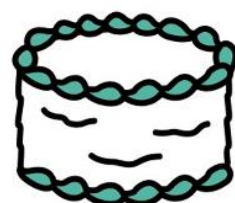


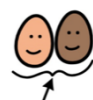
# Cook With Me





Today we are cooking

# BANANA PIKELETS



The ingredients we need are

1 pinch salt



1 ripe banana



1 tsp vanilla essence



1 tbs honey



¾ cup milk



1 egg



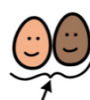
1 cup self-raising flour



2 tbs oil



utensil



The utensils we need are

Wooden spoon



Stove



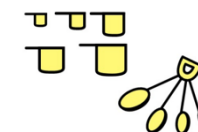
Large bowl



Frying pan



Measuring cups/spoons



Fork



Spatula

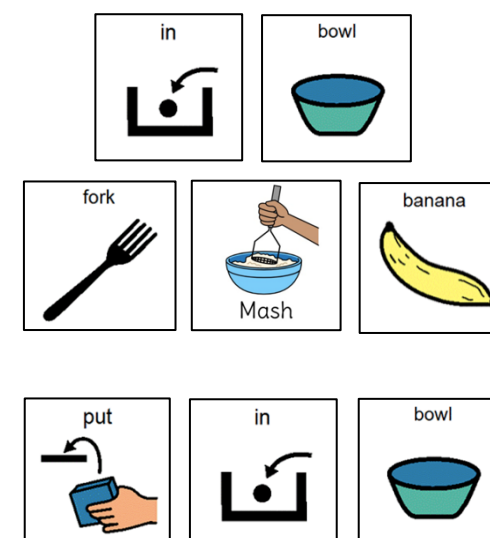




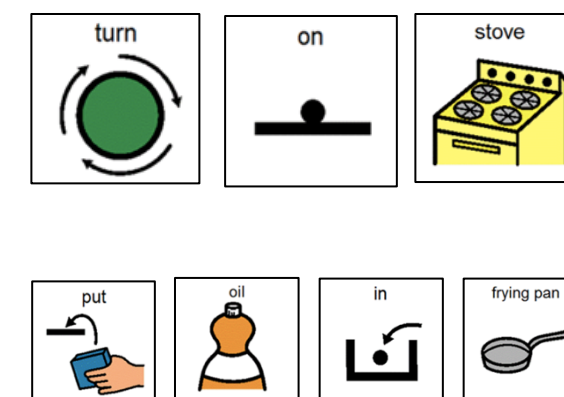
1. Wash and dry hands



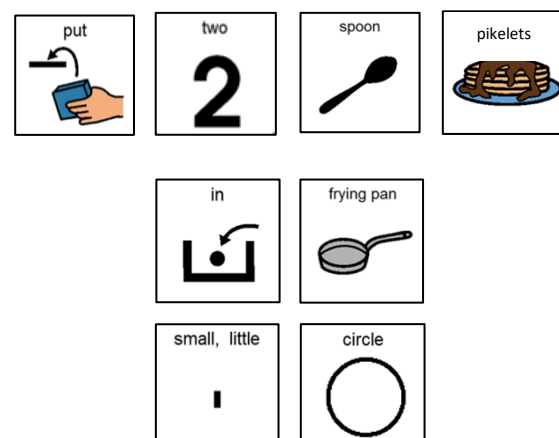
2. Put flour, honey, salt, egg, milk, and vanilla essence in a bowl and MIX!



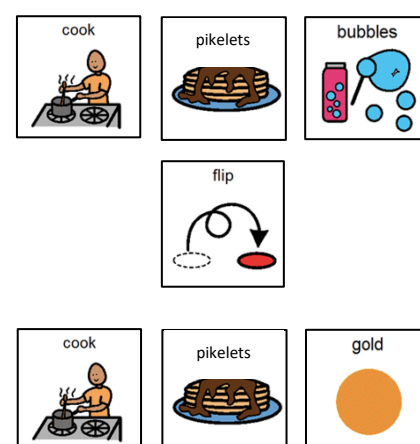
3. In another bowl, Use a fork to mash the banana. Add mashed banana to other bowl.



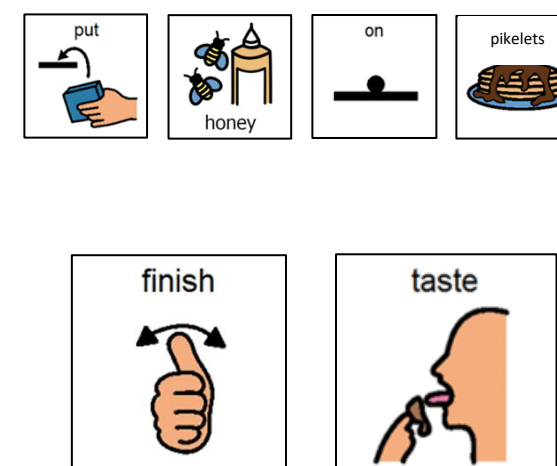
4. Turn on stove. Put oil in fry pan.



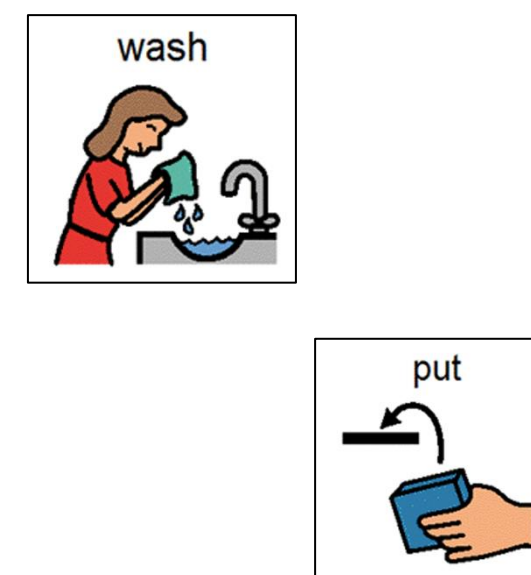
5. Put 2 tablespoons of pikelet batter in pan, making small circles.



6. Cook until pikelets bubble on top, then flip. Cook other side until golden.



7. Put honey on pikelets. Eat!



8. Wash up and put everything away.



Today we are cooking

# CHOCOLATE CRACKLES



The ingredients we need are

4 cups rice bubbles



3 tbs cocoa



1 cup dessicated coconut



1 cup icing sugar



250g copha



The utensils we need are

Wooden spoon



Stove



Large bowl



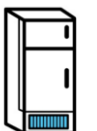
Frying pan



Patty cakes



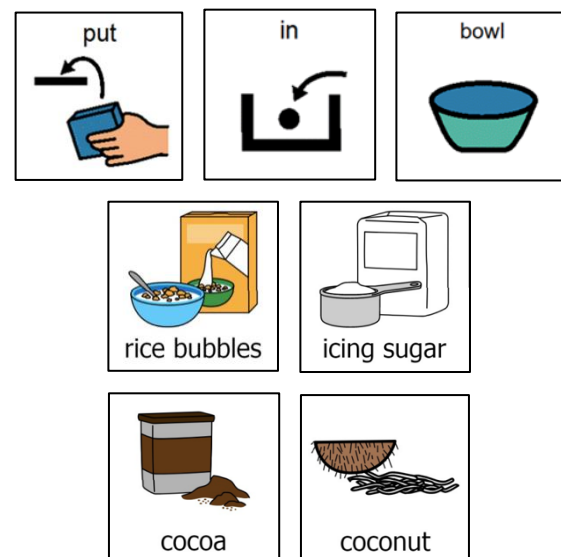
Fridge



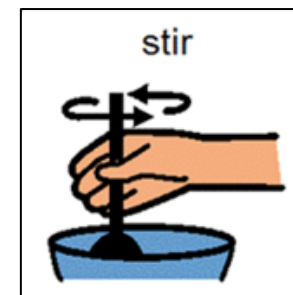




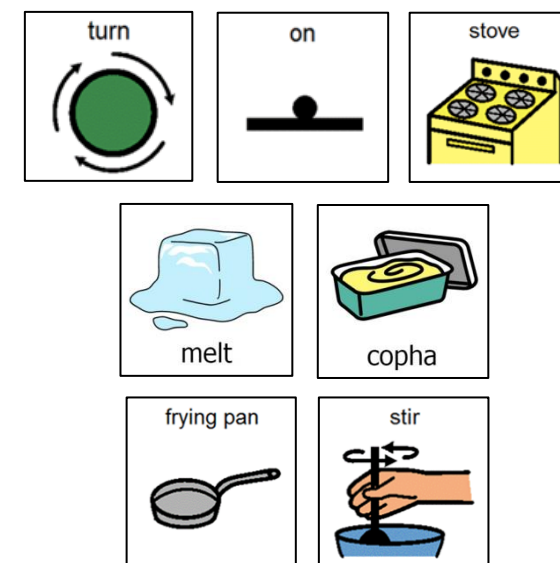
1. Wash and dry hands



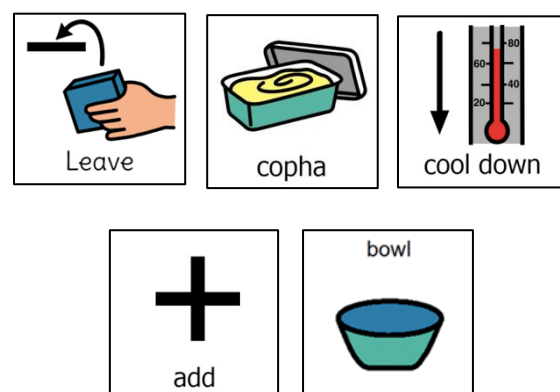
2. Put the rice bubbles, icing sugar, cocoa and coconut into a large bowl.



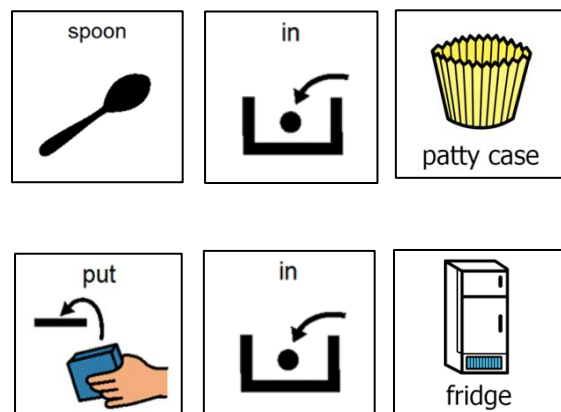
3. Mix together!



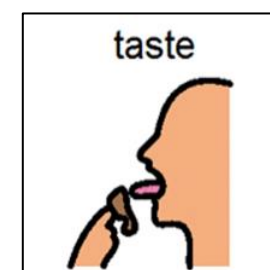
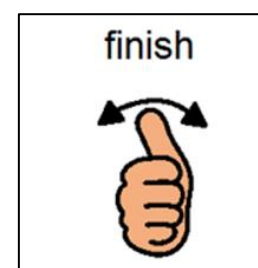
4. Turn on stove to low heat. Melt the Copha in a pan, mixing slowly.



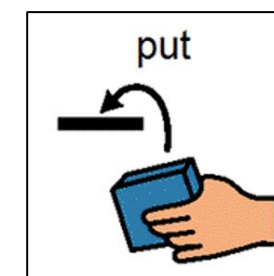
5. Leave the Copha to cool down, and then add into mixture.



6. Spoon the mixture into patty cases and put in fridge to set.



7. Eat!



8. Wash up and put everything away.



# Today we are cooking

## COCONUT LOAF



The ingredients we need are

1 cup white sugar



1 cup desiccated coconut



1 cup milk



1 cup self-raising flour



utensil

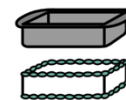


The utensils we need are

Oven



Loaf tin



Bowl



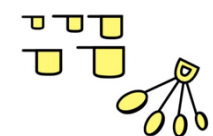
Wooden spoon



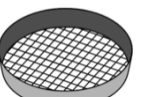
Baking paper



Measuring cups/spoons

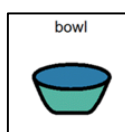
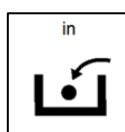
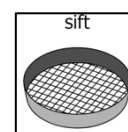
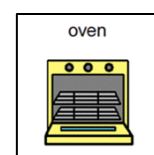
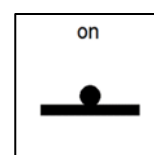
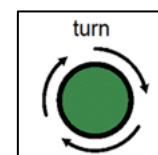


Sift

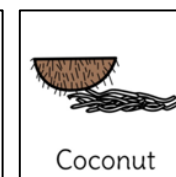
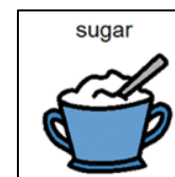
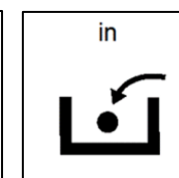
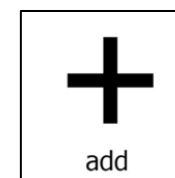




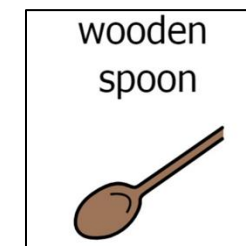
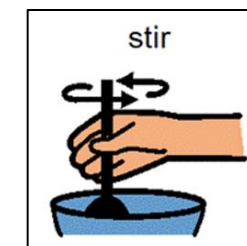
1. Wash and dry hands



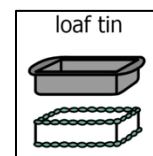
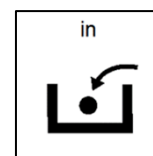
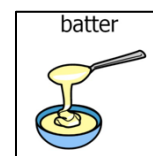
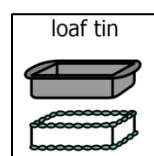
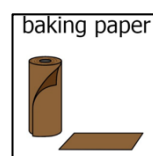
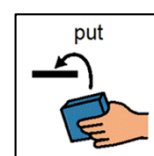
2. Turn on Oven to  $180^{\circ}$ . Sift flour, into bowl.



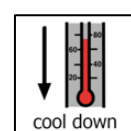
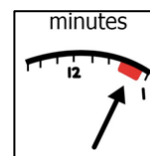
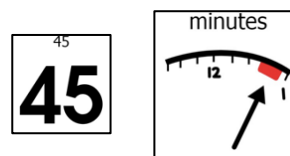
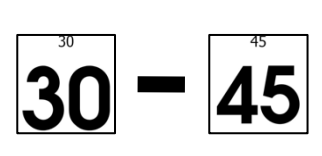
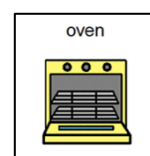
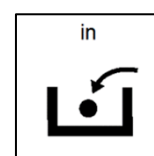
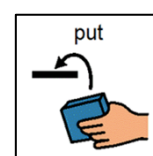
3. Add in sugar, coconut and milk.



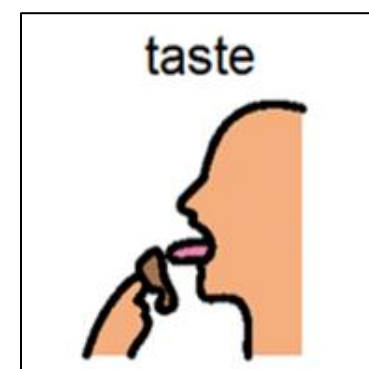
4. Mix ingredients together using a wooden spoon.



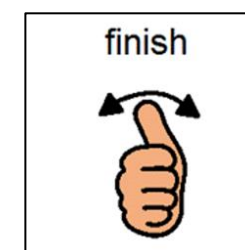
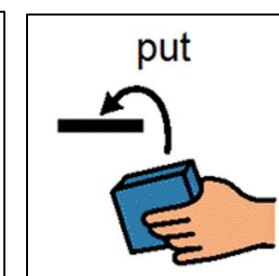
5. Put baking paper into a loaf tin. Pour batter into the tin.



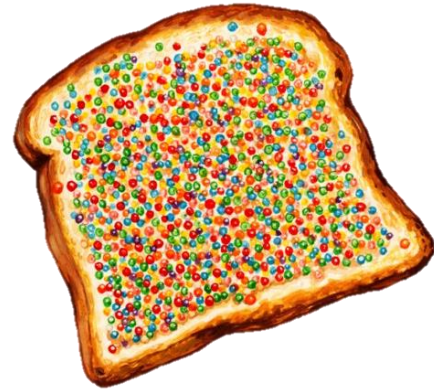
6. Put in oven for 30-45 minutes. Leave to cool for 5 minutes.



7. Eat!

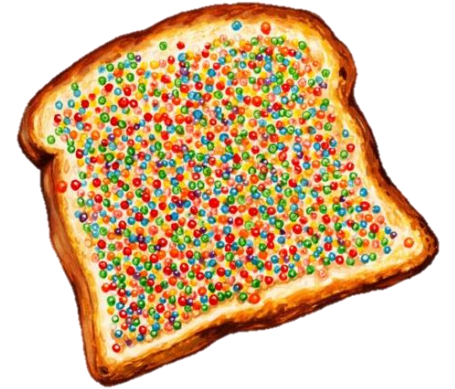


8. Wash up and put everything away.



Today we are cooking

# FAIRY BREAD



The ingredients we need are

bread



butter



100's and  
1000's



The utensils we need are

Knife



Plate



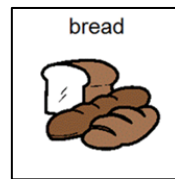
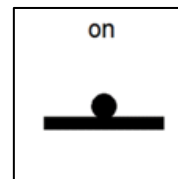
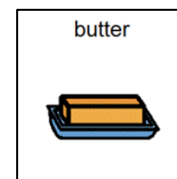
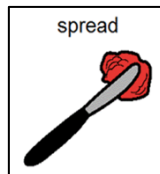
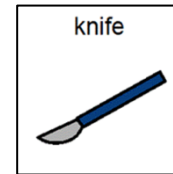
Bowl



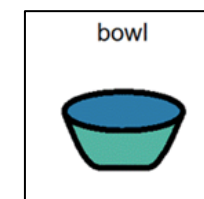
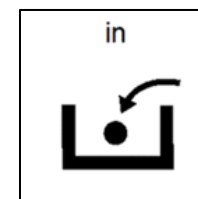
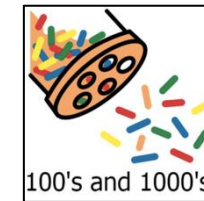




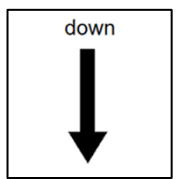
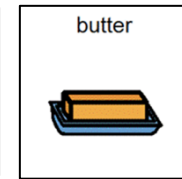
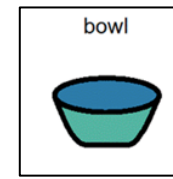
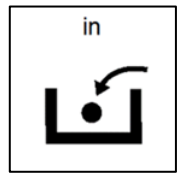
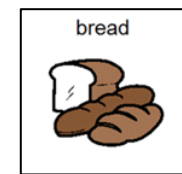
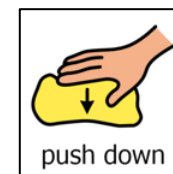
1. Wash and dry hands



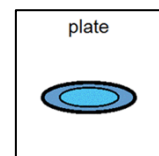
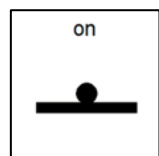
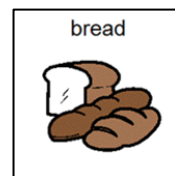
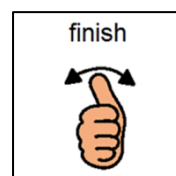
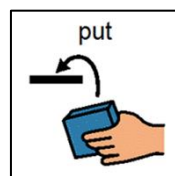
2. Using a knife, spread butter on bread.



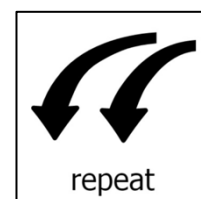
3. Pour 100's and 1000's in a bowl.



4. Push the bread into bowl with the buttered side facing down.



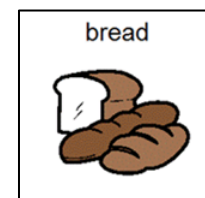
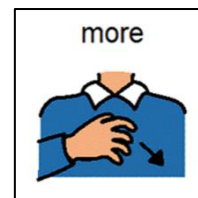
5. Put finished fairy bread on plate.



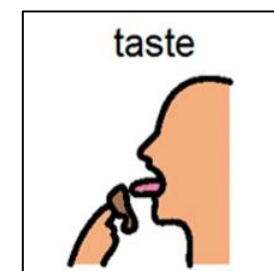
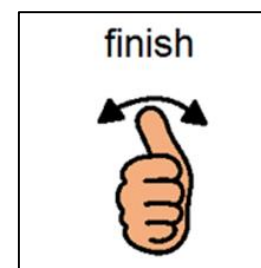
two  
2



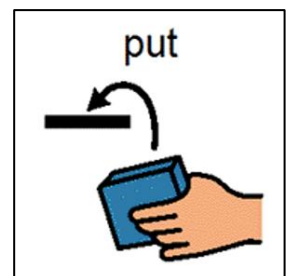
five  
5



6. Repeat steps 2-5 for more bread.



7. Eat!



8. Wash up and put everything away.



Today we are cooking

# FRENCH TOAST



The ingredients we need are

2 eggs



½ cup milk



1 tsp vanilla essence



3 tbs olive oil



5 slices of bread



1 banana



utensil



The utensils we need are

Wooden spoon



Fork



Large bowl



Frying pan



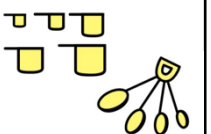
Stove

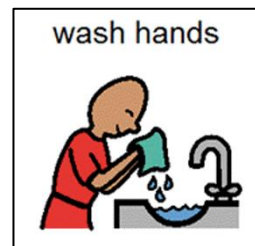


Knife

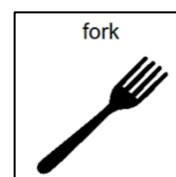
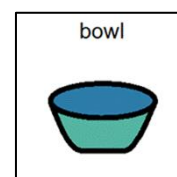
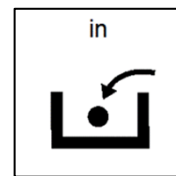
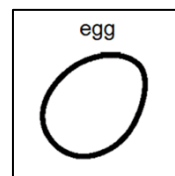
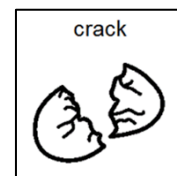


Measuring cups/spoons

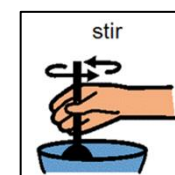
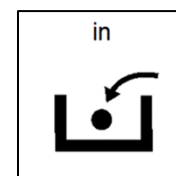
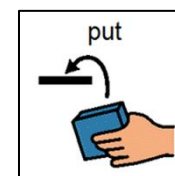




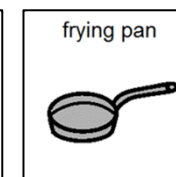
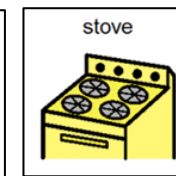
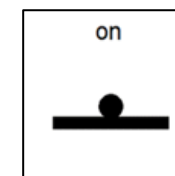
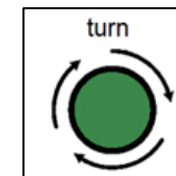
1. Wash and dry hands



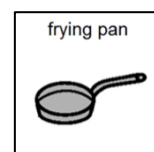
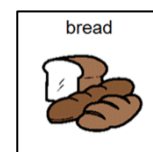
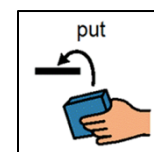
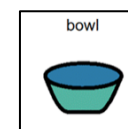
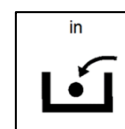
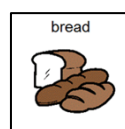
2. Crack eggs into bowl and whisk with a fork.



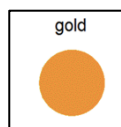
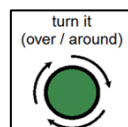
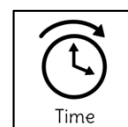
3. Put in vanilla essence and milk and mix together.



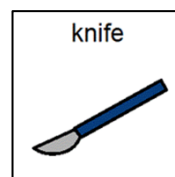
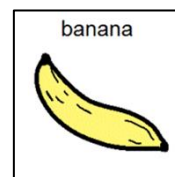
4. Turn on stove and pour oil into frying pan.



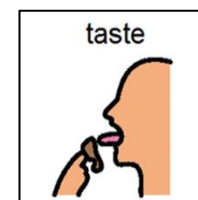
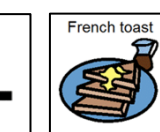
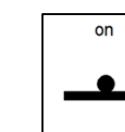
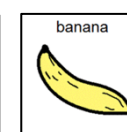
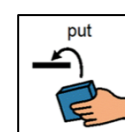
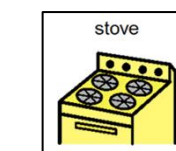
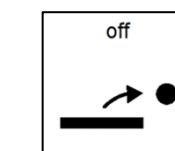
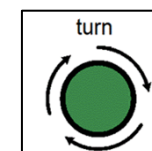
two  
2



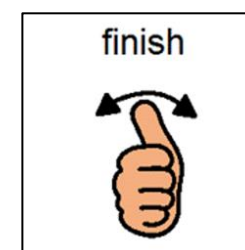
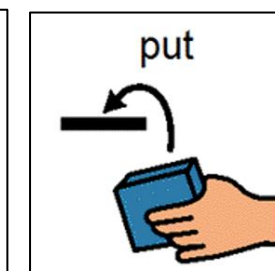
5. Push bread down in bowl for both sides. Cook bread in frying pan for 2-3 minutes each side or until golden.



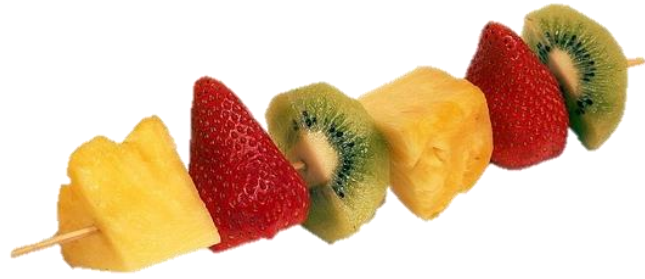
6. Slice up banana using a knife.



7. Turn off stove. Top French toast with banana. Enjoy!

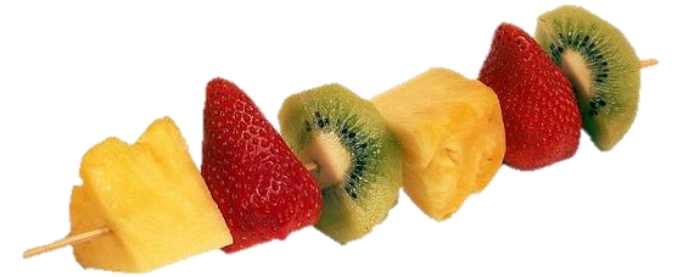


8. Wash up and put everything away.

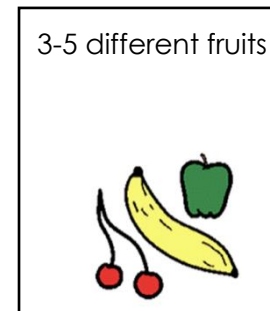


Today we are cooking

# FRUIT SKEWERS



The ingredients we need are



The utensils we need are

Knife



Plate



Skewers



Chopping board







wash hands

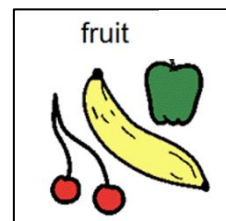


dry hands

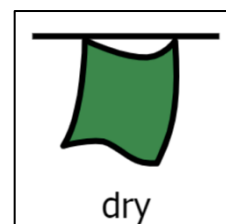
1. Wash and dry hands



wash

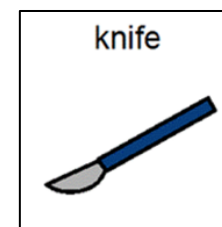


fruit

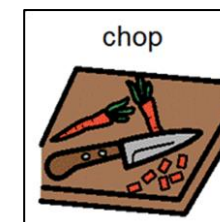


dry

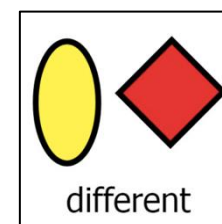
2. Wash and dry fruit.



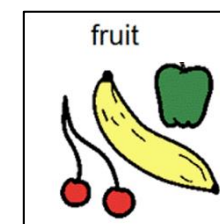
knife



chop

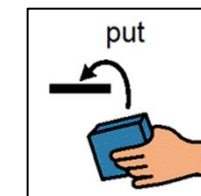


different

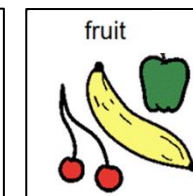


fruit

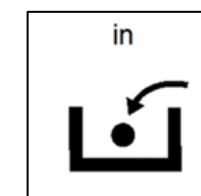
3. Using a knife, chop different fruits.



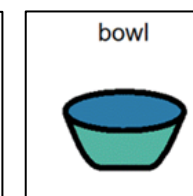
put



fruit

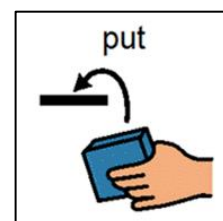


in

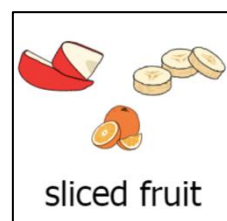


bowl

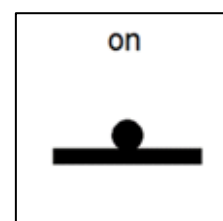
4. Put chopped fruit into bowls.



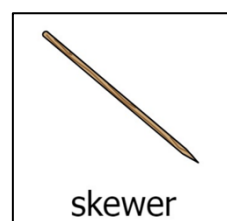
put



sliced fruit

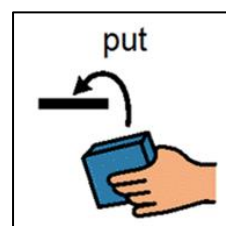


on

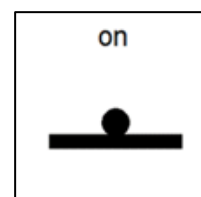


skewer

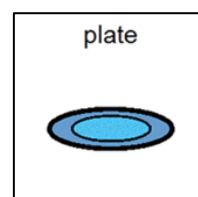
5. Put sliced fruit onto skewers.



put

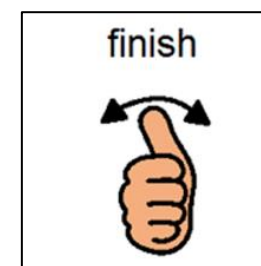


on

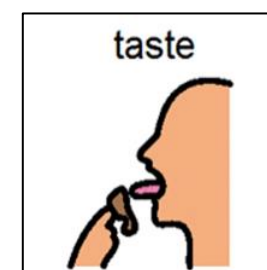


plate

6. Put skewers onto plate!



finish

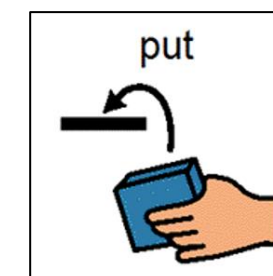


taste

7. Eat!



wash



put

8. Wash up and put everything away.



Today we are cooking

# JAM DROPS



The ingredients we need are

$\frac{3}{4}$  cup caster sugar



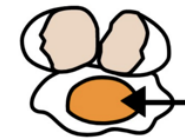
250g unsalted butter



2 tsp vanilla essence



1 egg yolk



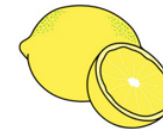
$\frac{1}{2}$  cup strawberry jam



2  $\frac{1}{4}$  cups plain flour



1 tbs lemon rind



utensil

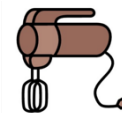


The utensils we need are

Oven



Electric beater



Bowl



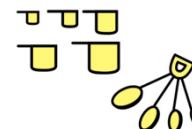
Plastic wrap



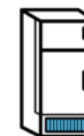
Baking paper



Measuring cups/spoons



Fridge

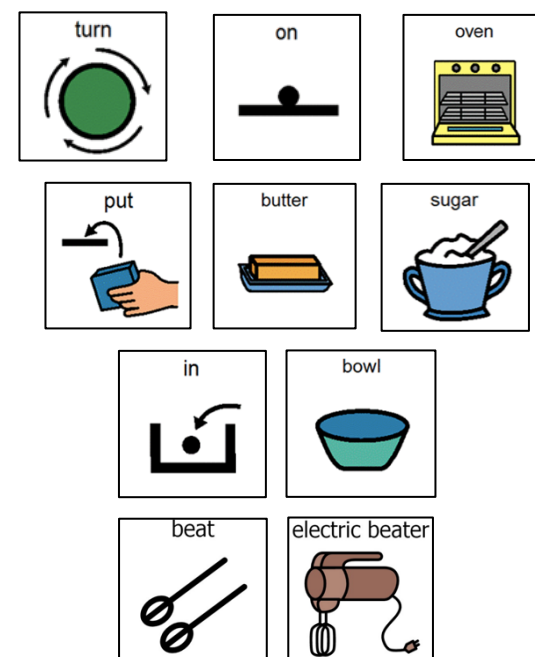


Baking tray

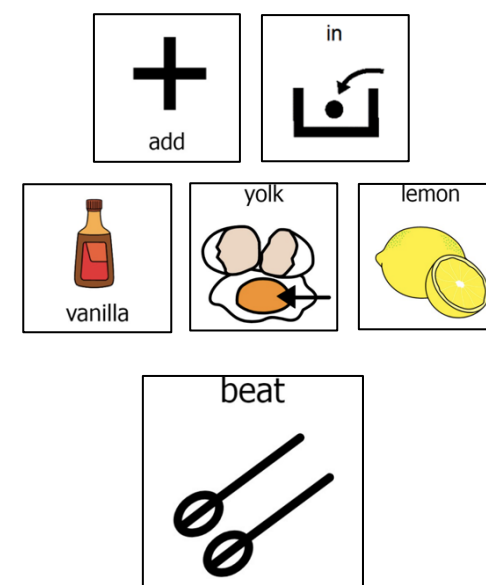




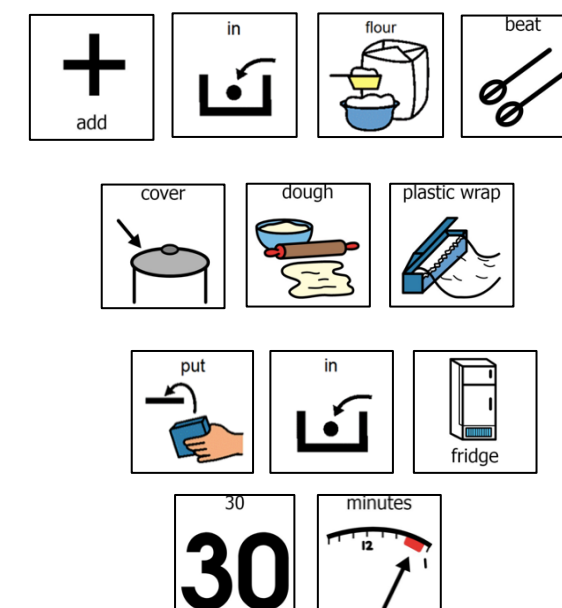
1. Wash and dry hands



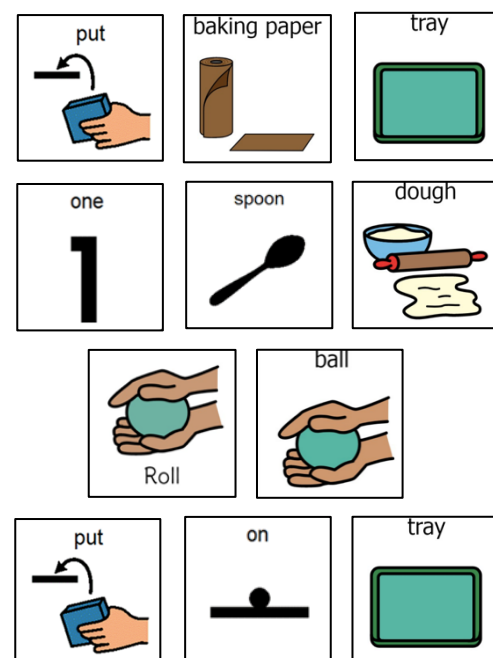
2. Turn on Oven to 160°. Put butter and sugar in bowl and beat with electric beater.



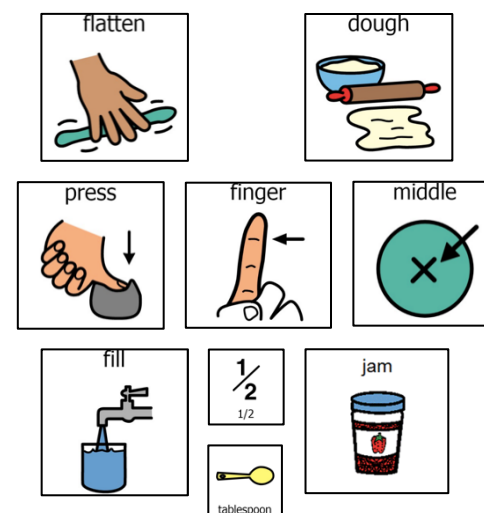
3. Add in vanilla essence, egg yolk and lemon rind, and beat to combine.



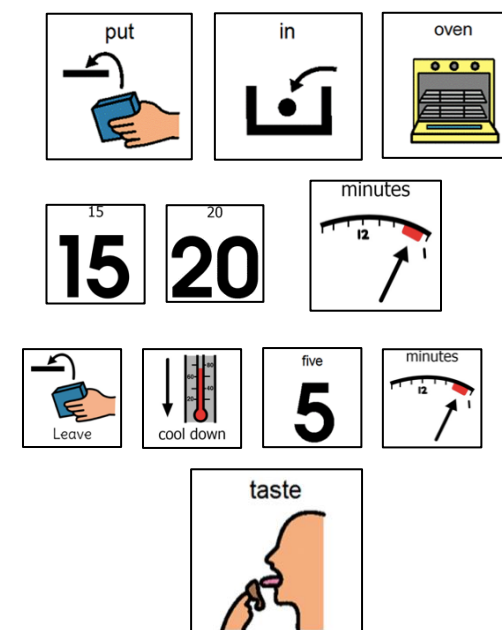
4. Add in the flour and beat to combine. Cover dough with plastic wrap and put in fridge for 30 minutes.



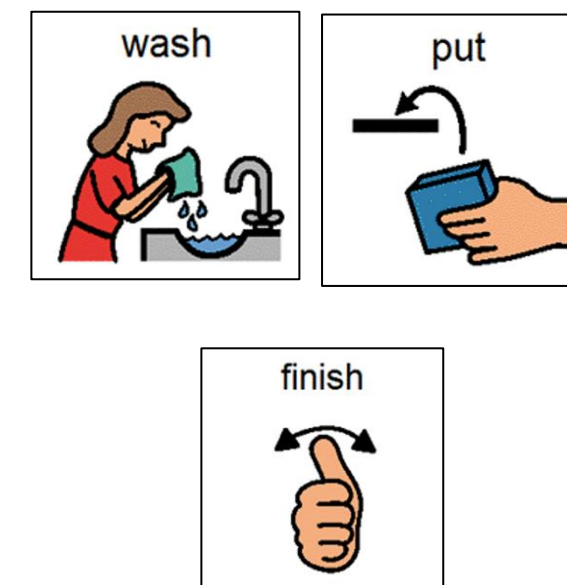
5. Put baking paper on tray. Use 1 spoonful of dough and roll into balls. Put on tray.



6. Flatten the dough by lightly pressing a finger to the middle of each ball. Fill with  $\frac{1}{2}$  tablespoon of jam.



7. Put in oven for 15-20 minutes. Leave to cool for 5 minutes. Eat!

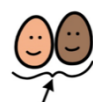


8. Wash up and put everything away.



Today we are cooking

# JELLY



The ingredients we need are

Jelly crystals



Water



utensil



The utensils we need are

Kettle



Spoon



Bowl



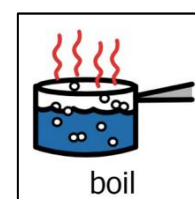
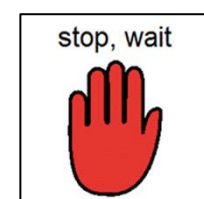
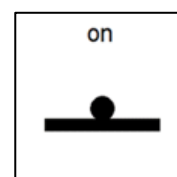
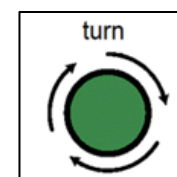
Fridge



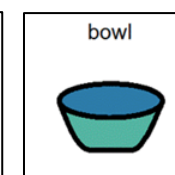
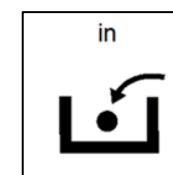
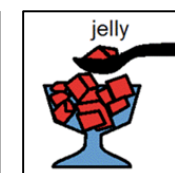




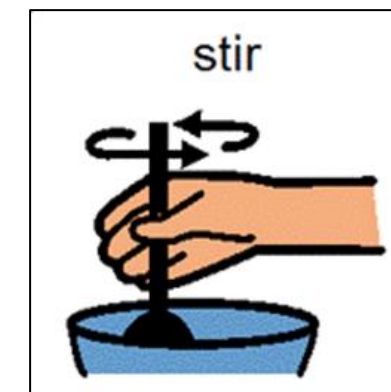
1. Wash and dry hands



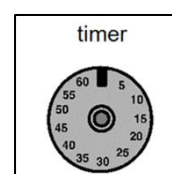
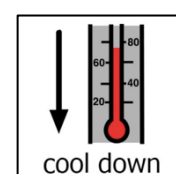
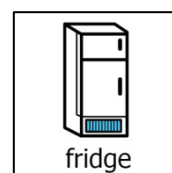
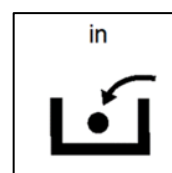
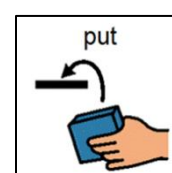
2. Turn on kettle and wait for it to boil.



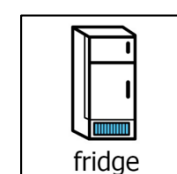
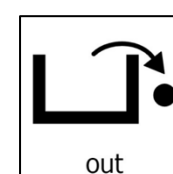
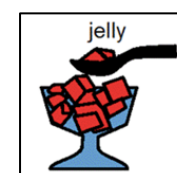
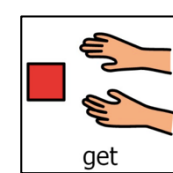
3. Pour jelly mixture into a bowl then pour in the hot water.



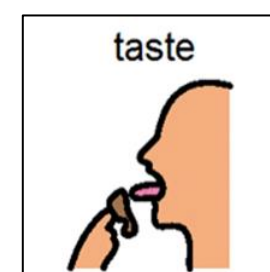
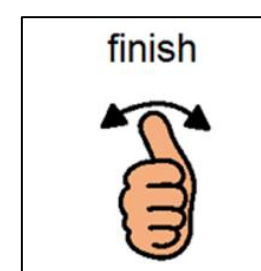
4. Mix!



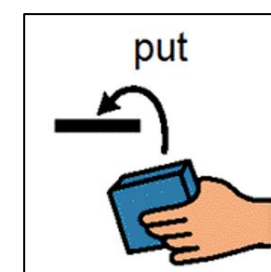
5. Put the bowl into the fridge to set overnight.



6. Get jelly out of fridge!



7. Eat!



8. Wash up and put everything away.



Today we are cooking

# MUESLI BLISS BALLS



The ingredients we need are

2 ripe bananas



1  $\frac{3}{4}$  cup quick oats



$\frac{1}{2}$  cup nutmeg



$\frac{1}{2}$  tsp cinnamon



$\frac{1}{2}$  cup shredded



1 tsp cocoa



The utensils we need are

Wooden spoon



Fork



Large bowl

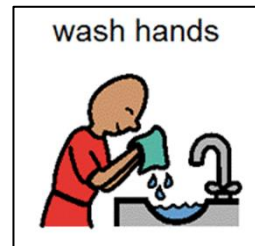


Spoon



Measuring cups/spoons



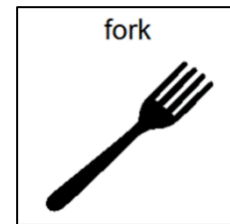


wash hands

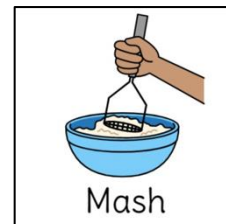


dry hands

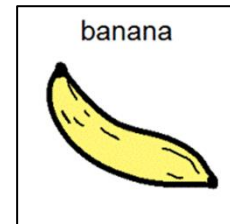
1. Wash and dry hands



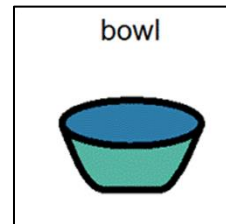
fork



Mash

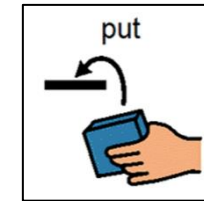


banana



bowl

2. Using a fork, mash the bananas in a bowl.



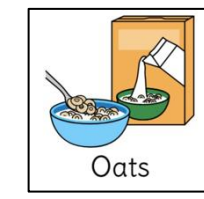
put



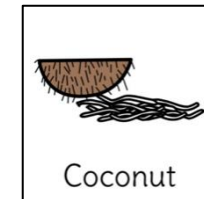
Sultanas



Cinnamon



Oats

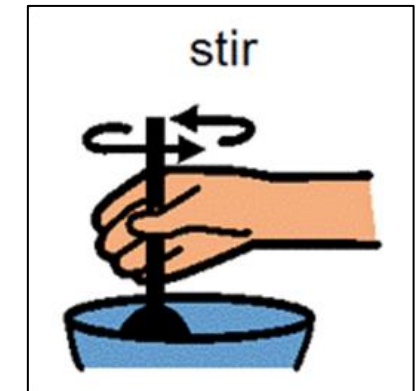


Coconut



Cocoa

3. Put oats, sultanas, shredded coconut, cinnamon, and cocoa into bowl.

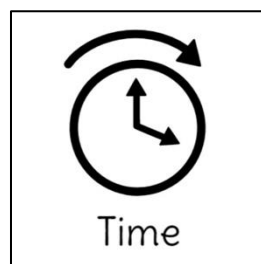


stir

4. Mix together!

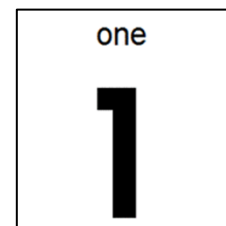


Leave

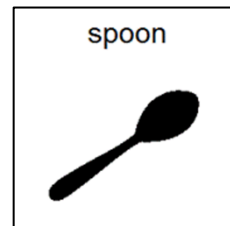


Time

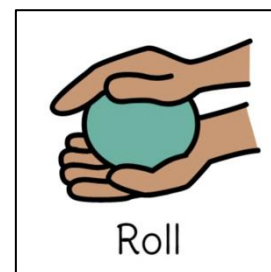
5. Leave mixture rest for 2 minutes.



one

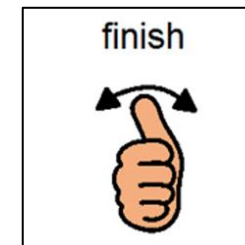


spoon

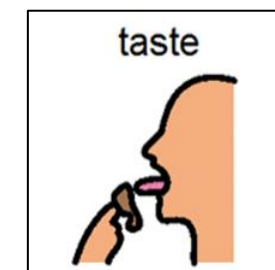


Roll

6. Measure one spoon of mixture and hand roll into balls!



finish

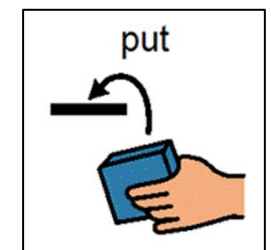


taste

7. Enjoy!



wash



put

8. Wash up and put everything away.



Today we are cooking



# HONEY SOY NOODLE STIR FRY



The ingredients we need are

250g hokkien  
noodles



½ red capsicum



½ zucchini



1 tbs honey soy  
sauce



½ carrot



1 tbs olive oil



1 tbs water



1 egg



utensil



The utensils we need are

Stove



Pan



Chopping board



Knife



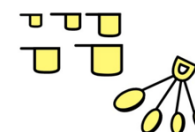
Grater



Wooden spoon



Measuring  
cups/spoons



Bowl



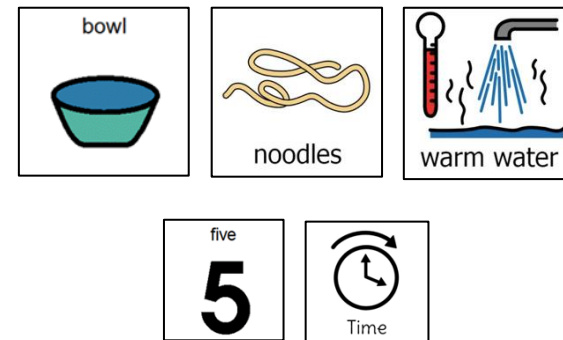
Plate



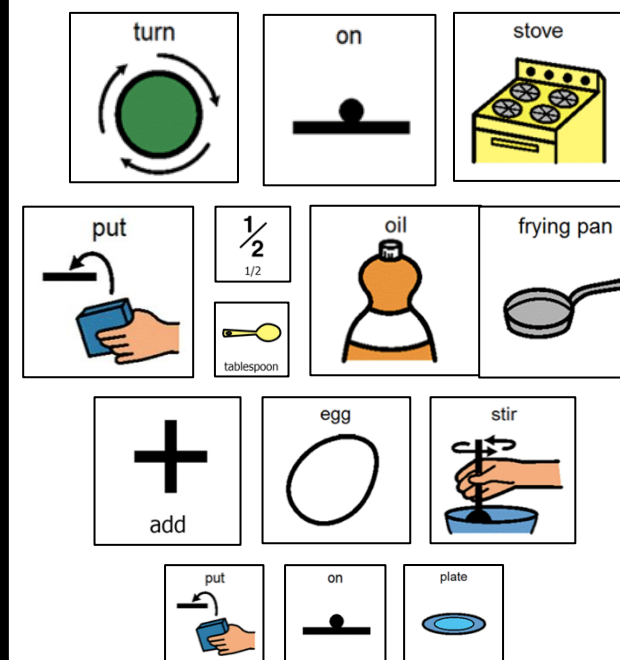




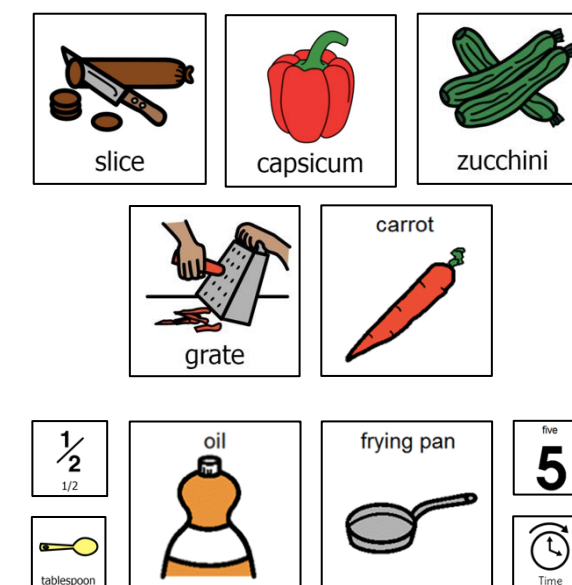
1. Wash and dry hands



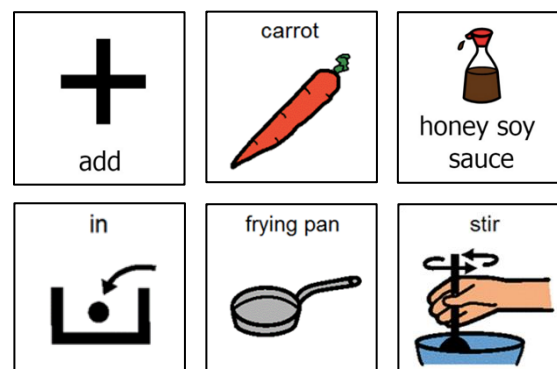
2. In a bowl, soak noodles in warm water for 5 minutes.



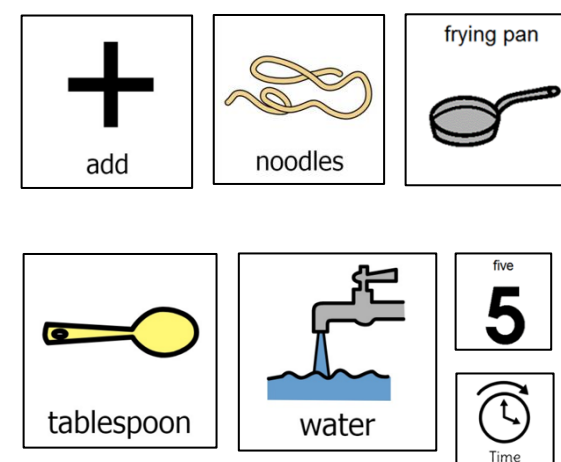
3. Turn on stove. Put  $\frac{1}{2}$  tablespoon of oil in pan. Add egg and stir until cooked. Put cooked egg on a plate.



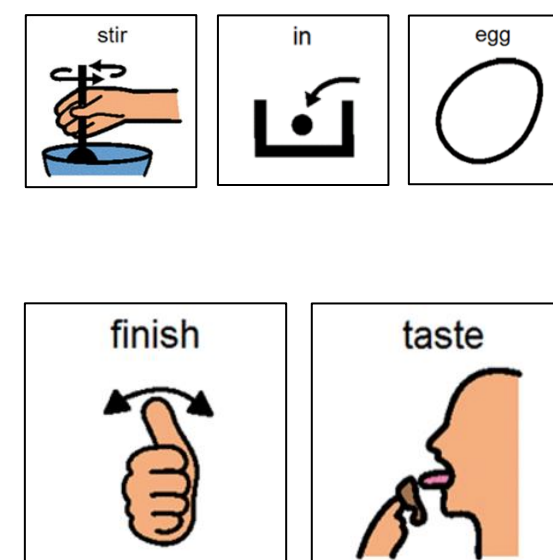
4. Slice capsicum, zucchini, and grate carrot. Add  $\frac{1}{2}$  tablespoon of oil to pan and cook capsicum, and zucchini, for 5 minutes.



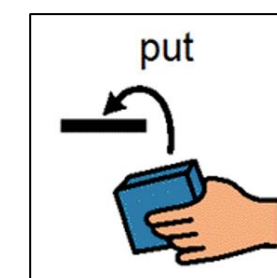
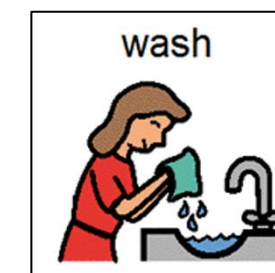
5. Add carrot and honey soy sauce into pan. Mix!



6. Slowly add noodles into pan. Add 1 tablespoon of water and cook for 5 minutes.



7. Mix in egg. Eat!



8. Wash up and put everything away.



Today we are cooking

# MAC AND CHEESE



The ingredients we need are

375g pasta



50g unsalted butter



1/3 cup of flour



3 1/2 cups milk



2 cups grated cheese



1 tbs mustard



Salt



pepper



utensil



The utensils we need are

Stove



Pan



Bowl



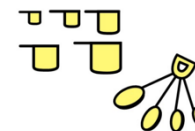
Pot



Wooden spoon



Measuring cups/spoons

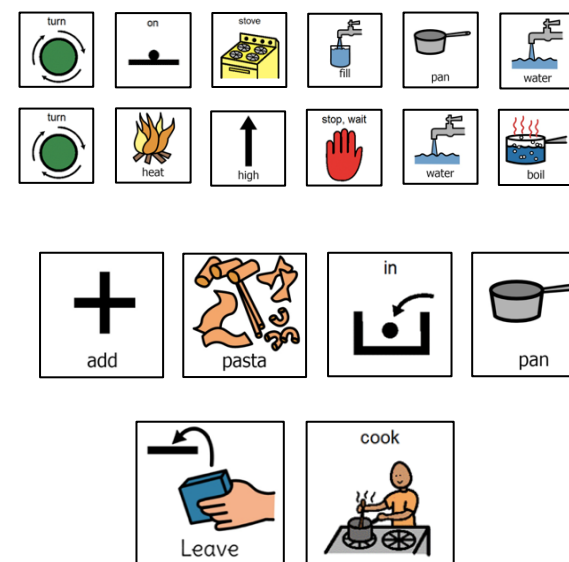


Colander

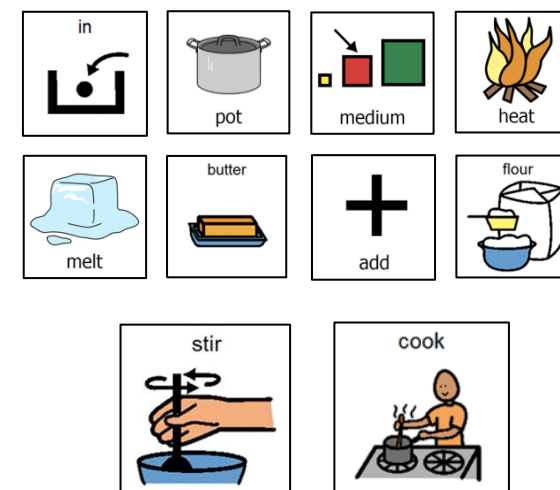




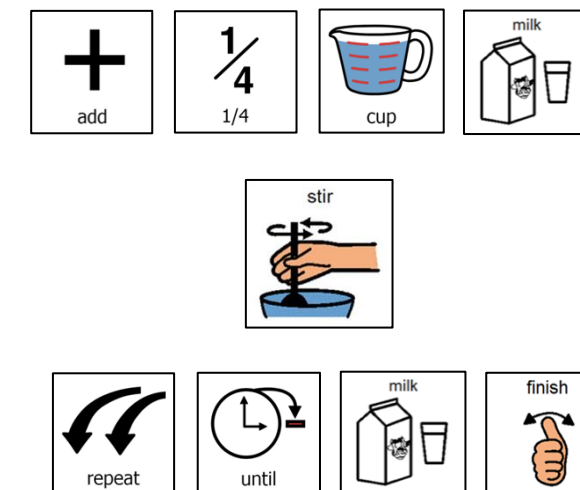
1. Wash and dry hands



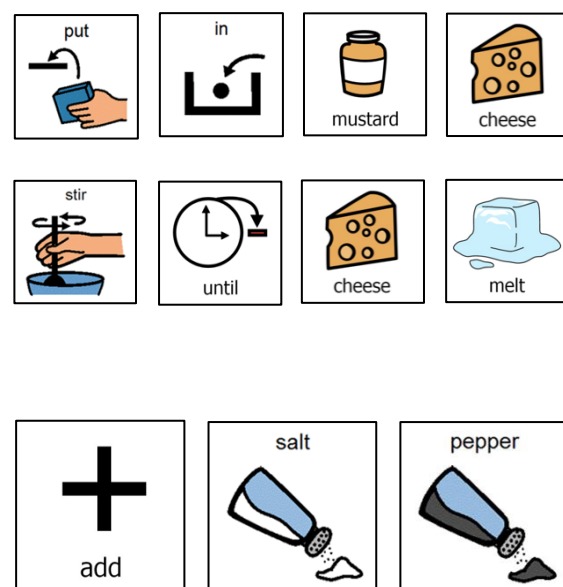
2. Turn on stove and fill pan with water. Turn heat to high and wait for water to boil. Add pasta into pan and leave to cook.



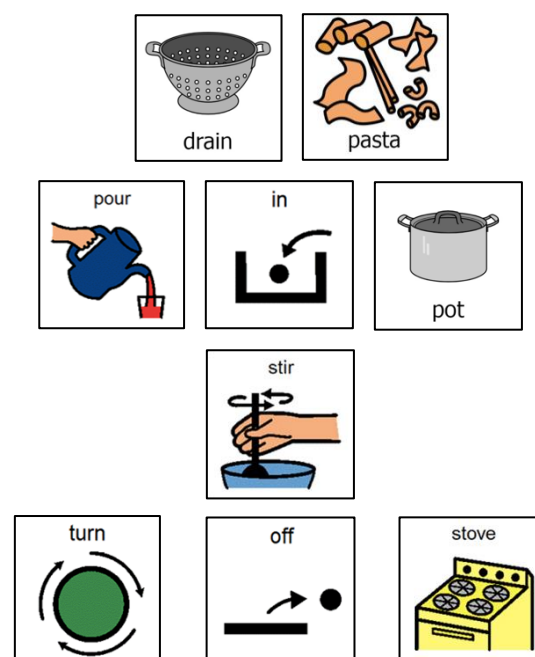
3. In a pot, over medium heat, melt butter and then add flour. Stir until thickened.



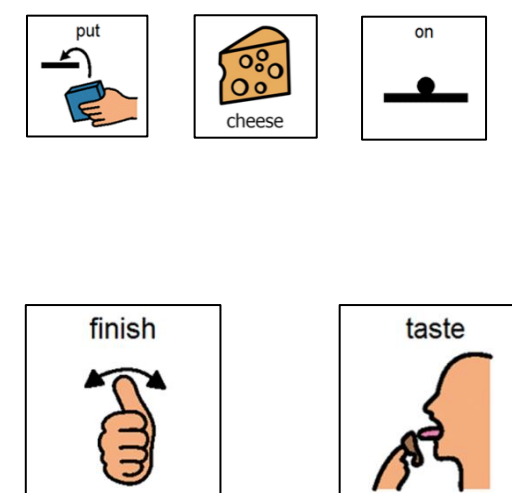
4. Add  $\frac{1}{4}$  cup of milk. Stir. Repeat until all milk is added.



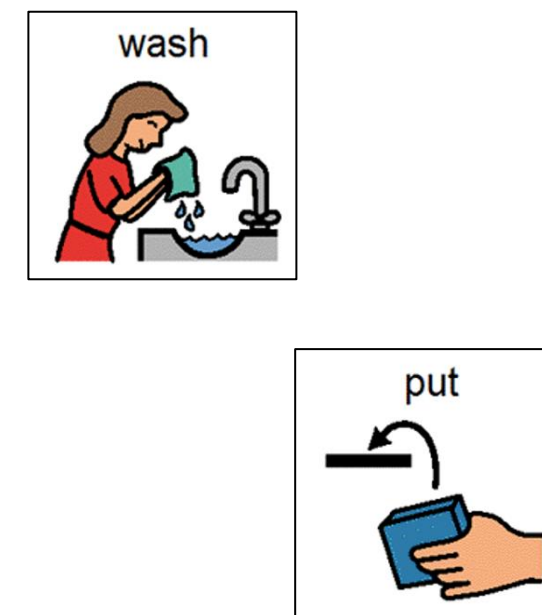
5. Put in mustard and cheese and stir until the cheese has melted! Add salt and pepper.



6. Drain the pasta, then pour it into pot. Stir. Turn off stove.



7. Put into bowl and top with cheese! Enjoy!



8. Wash up and put everything away.



Today we are cooking

# TACOS



The ingredients we need are

10 jumbo taco shells



2 tomatoes



4 iceberg leaves



1 onion



500g beef mince



400g can crushed tomatoes



1 ½ cups grated cheese



1 tbs olive oil



2 tsp ground cumin



1 tsp paprika



2 tsp ground coriander



utensil



The utensils we need are

Stove



Pan



Chopping board



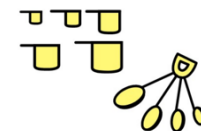
Knife



Wooden spoon



Measuring cups/spoons



Microwave



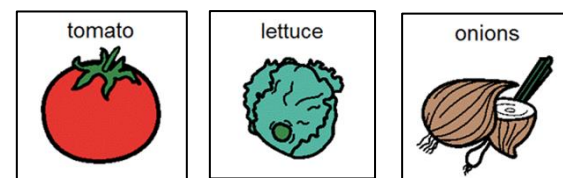
Plate



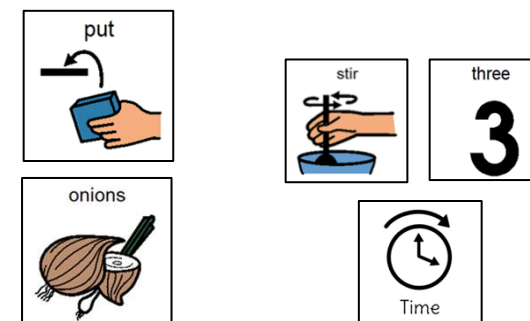
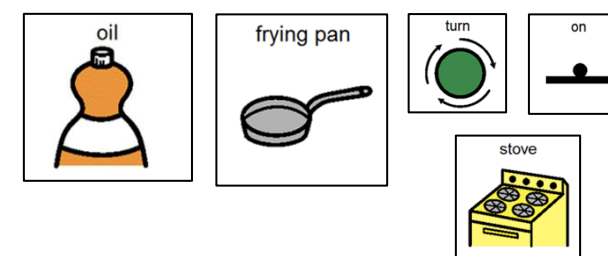




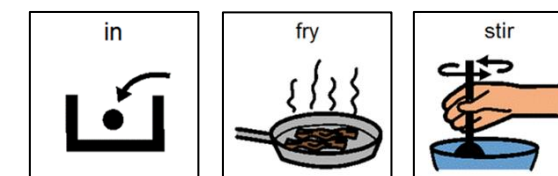
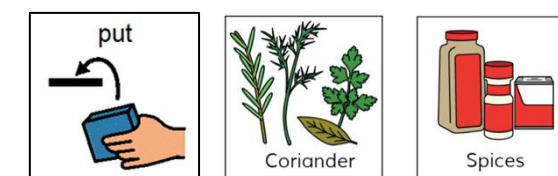
1. Wash and dry hands



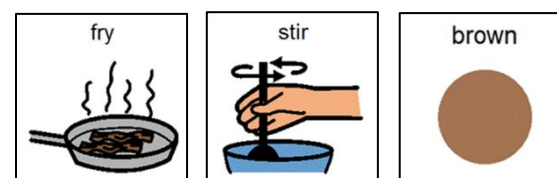
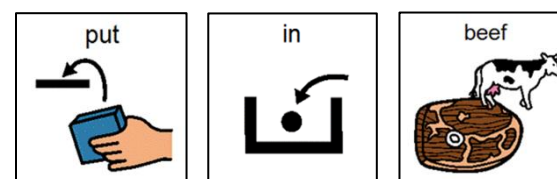
2. Using a knife, chop up the tomatoes, lettuce, and onion.



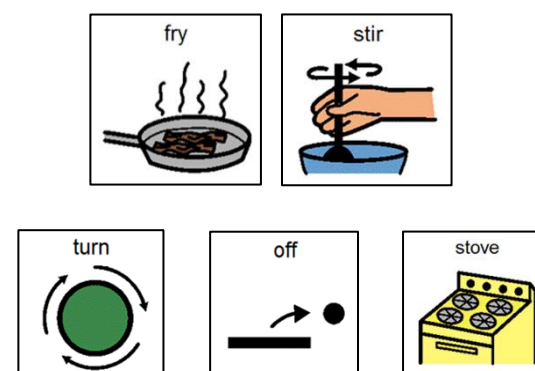
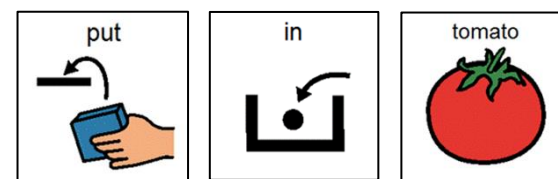
3. Put oil in frying pan and turn stove on. Add the chopped onions and stir for 3 minutes or until softened.



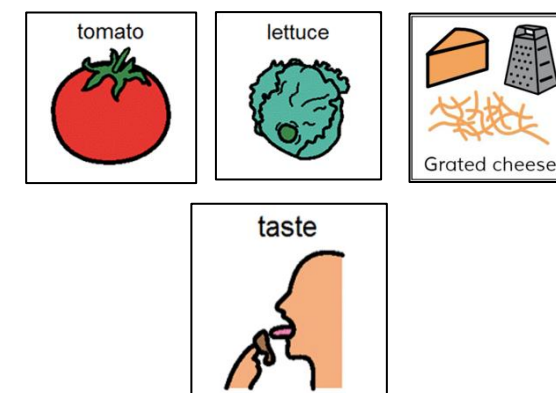
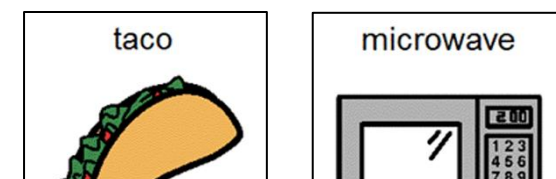
4. Put the cumin, coriander, and paprika into the pan and stir.



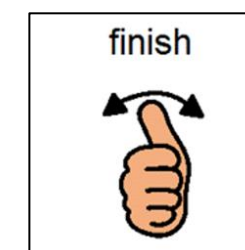
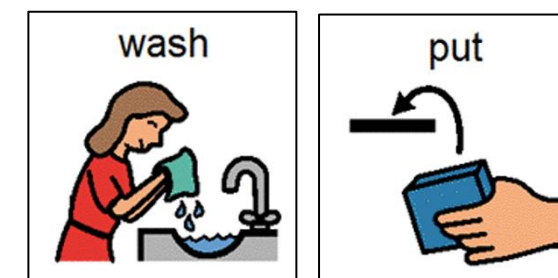
5. Put mince into the pan and stir until brown.



6. Put in canned tomatoes and stir. Turn off stove.



7. Heat taco shells/tortillas in microwave. Top with chopped lettuce, tomato and cheese. Enjoy!



8. Wash up and put everything away.



Today we are cooking



# VEGETABLE STICKS AND DIP

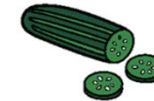


The ingredients we need are

1 carrot



1 cucumber



1 celery



1 tsp oil



½ cup Greek  
yoghurt



salt



Pepper



1 tsp lemon  
juice



utensil



The utensils we need are

Knife



Plate



Bowl



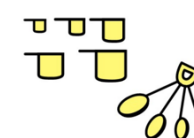
Peeler



Chopping board



Measuring  
cups/spoons



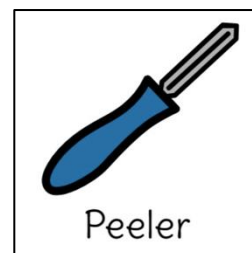


wash hands

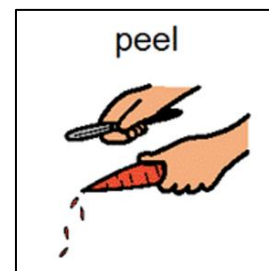


dry hands

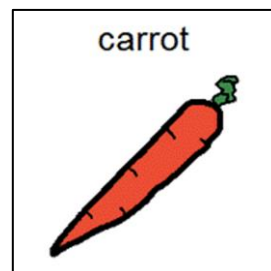
1. Wash and dry hands



Peeler

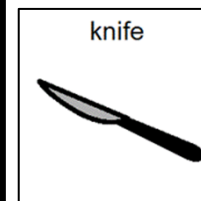


peel

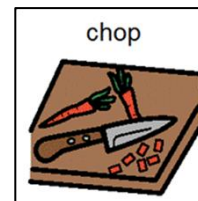


carrot

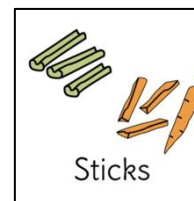
2. Using a peeler, peel the carrots.



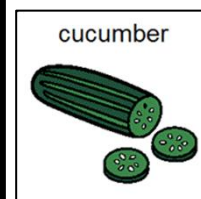
knife



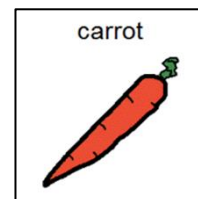
chop



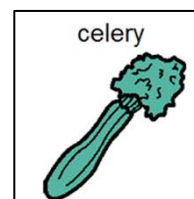
Sticks



cucumber

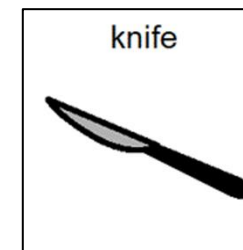


carrot

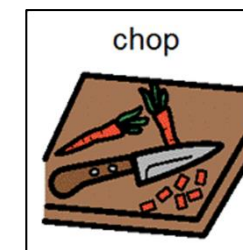


celery

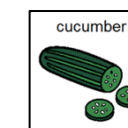
3. Using a knife, chop up carrots, cucumber and celery into sticks.



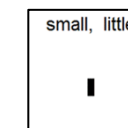
knife



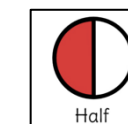
chop



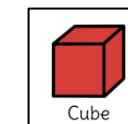
cucumber



small, little

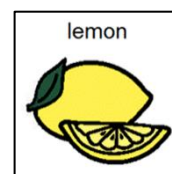


Half

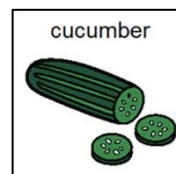


Cube

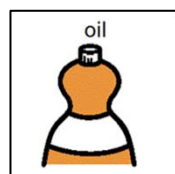
4. For the dip: chop half a cucumber into small cubes using a knife.



lemon



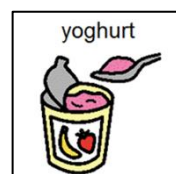
cucumber



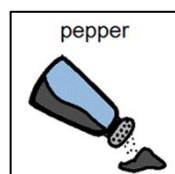
oil



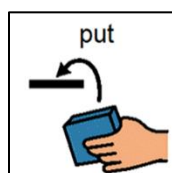
salt



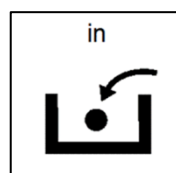
yoghurt



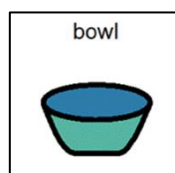
pepper



put

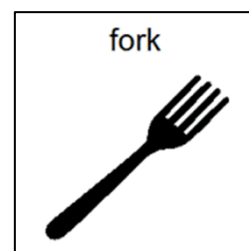


in

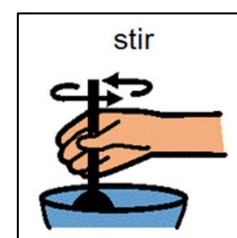


bowl

5. Put yoghurt, diced cucumber, lemon juice, oil, and salt and pepper in a bowl.

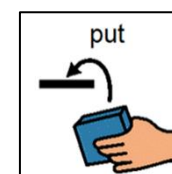


fork

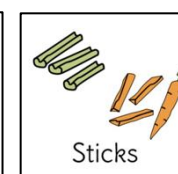


stir

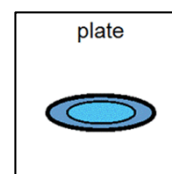
6. Use a fork to mix!



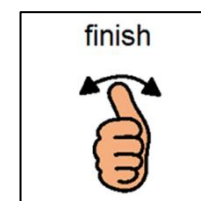
put



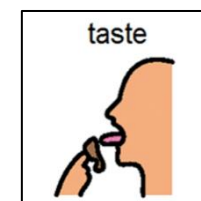
Sticks



plate



finish

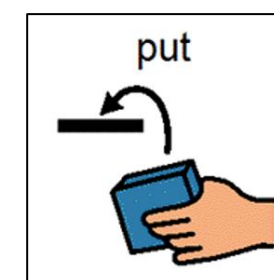


taste

7. Put vegetable sticks and dip onto a plate and enjoy!



wash



put

8. Wash up and put everything away.