

Junior Secondary Cookbook



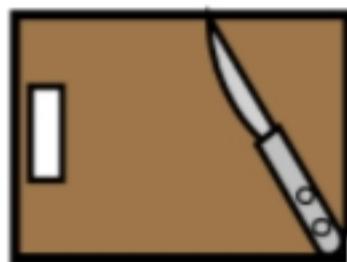
*Created by Students
at
Currumbin Community
Special School - 2021*

Food Safety

Wash hands before and after handling food.



Use a separate chopping board and knife for different foods.



Keep the benchtops clean.

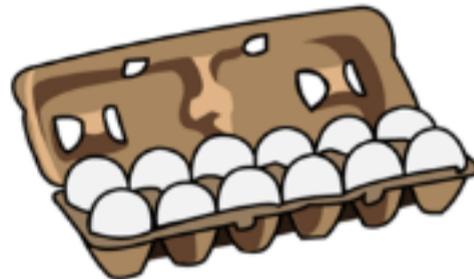


Excellent Eggs

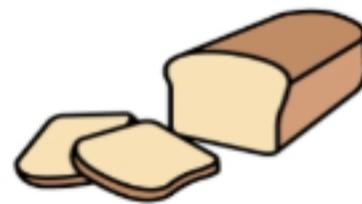


Ingredients

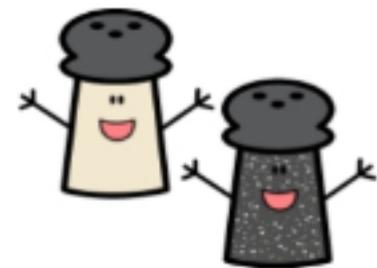
Eggs



Bread



Salt & Pepper



Utensils

Saucepan



Toaster



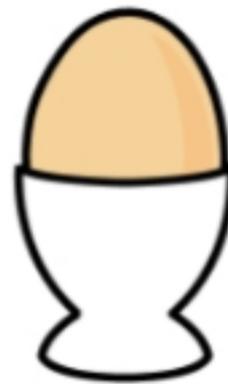
Plate



Butter knife



Egg cup



Method

Step 1: Fill Saucepan with cold water



Step 2: Place eggs in saucepan and put on stove

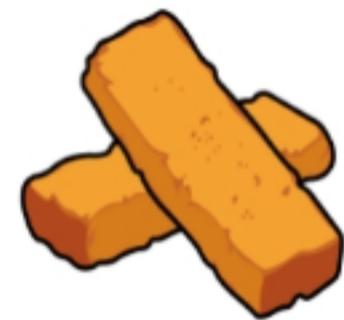
Step 3: Turn stove onto high temperature and wait 5 minutes for water to boil.

Step 4: Drain water and wait for eggs to cool.
Meanwhile place bread in toaster.



Step 5: Butter Toast and cut into soldiers

Step 6: Cut top off egg and eat with toast soldiers.



Fried Rice



Ingredients

2 - 3 Cups of Rice



1 cup of vegetables



A drizzle of oil



Bacon



3 tsp Soy Sauce

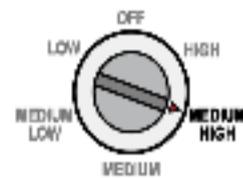


1 egg



Method

1. Turn on stove to medium heat.



2. Slice bacon into small pieces



3. Pour oil into pan.



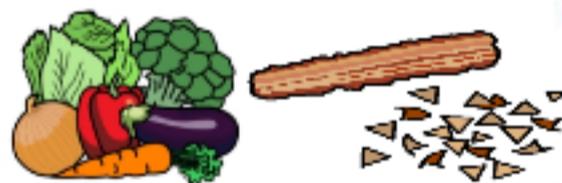
4. Pour half the rice into pan



5. Crack the egg into pan and mix with rice



6. Once egg is cooked add the vegetables and bacon



7. Cook for 3 minutes stirring.



8. Add the rest of the rice into the pan.



9. Add the soy sauce and stir.



Little Potato Balls



Ingredients

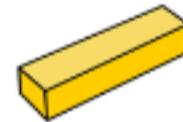
3 - 4 Potatoes



1/4 Cup of Milk



2 spoonfuls of butter



2 slices of bacon



3 cups of corn flakes



1 tbs oil



Utensils

Frying pan



Pot



Knife



Spoon



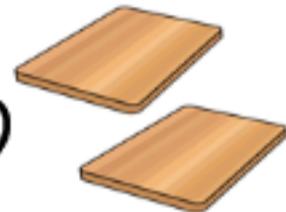
Potato masher



Large Ziploc bag



Cutting boards (meat and veg)



Vegetable peeler



Rolling Pin



Method

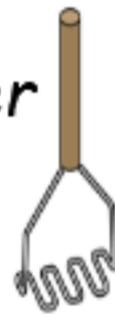
1. Peel potatoes, chop and place in pot and boil water.



2. Cut bacon into small piece and fry in pan.



3. Drain potatoes, add milk and butter and mash until soft, add bacon pieces



4. Put corn flakes into ziplock bag, crush with rolling pin



5. Shape mash into small balls and roll in cornflakes, place into fry pan with a little oil.



Wraps



Ingredients

1 soft tortilla wrap



1 handful of shredded cheese



4-5 pieces of sliced chicken
schnitzel



Handful of lettuce



Spread: butter, mustard,
cream cheese, mayo...whatever
you like!



Utensils

Frying pan



Knife



Plate



Cutting board



Fork



Method

1. Cook Chicken in pan



2. Put wrap on plate



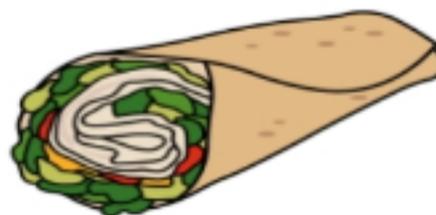
3. Spread sauce on wrap



4. Place toppings on wrap



5. Fold two sides of wrap together and roll up from bottom.

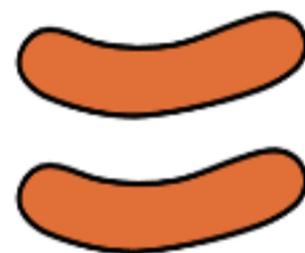


Hot Dogs

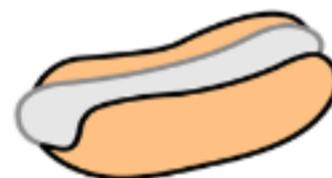


Ingredients

Hot Dogs



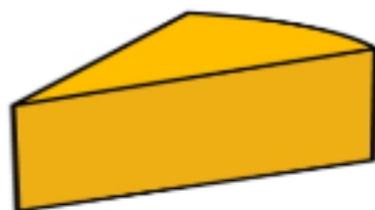
Buns



Sauce

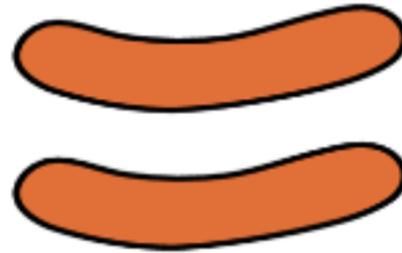


Cheese



Method

1. Count out hotdogs.

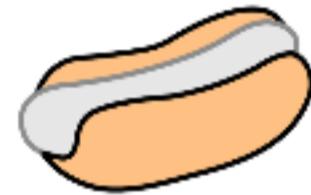


2. Fill pot halfway with cold water.

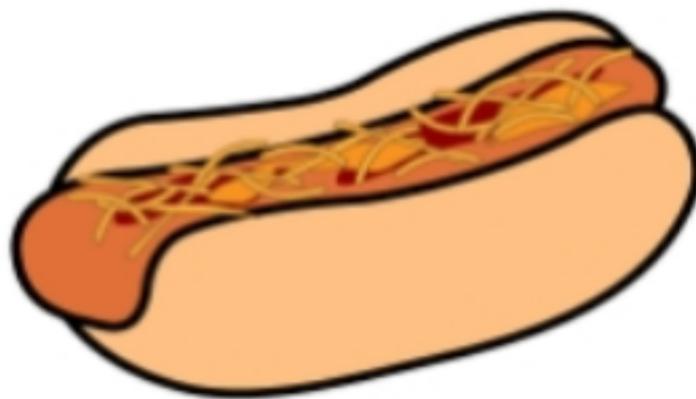


3. Put hotdogs in pot and boil water.

4. Cut buns and put on plate.



5. When hot dogs cooked place in bun and add cheese and sauce.



French Fries



Ingredients

Packet of French Fries



Optional:

Salt

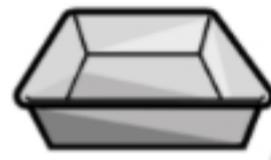


Sauce: BBQ or Tomato



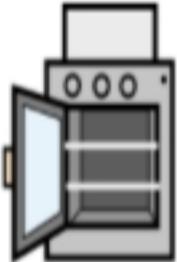
Utensils

Baking Tray



Baking Paper

Method

1. Line baking tray with baking paper
2. Lay french fries evenly onto paper 
3. Place in oven for 30 minutes at 200 degrees **200°C** 
4. When french fries are brown use an oven mit to remove from oven. 
5. Top with optional extras and enjoy.