



# **Epsom PS Feastie Beastie's ‘Use it Up’ Cookbook**

**Grade 6 2024**





**Thank you FEAST,  
Ronni & OzHarvest.**





# Blueberry Banana Bread

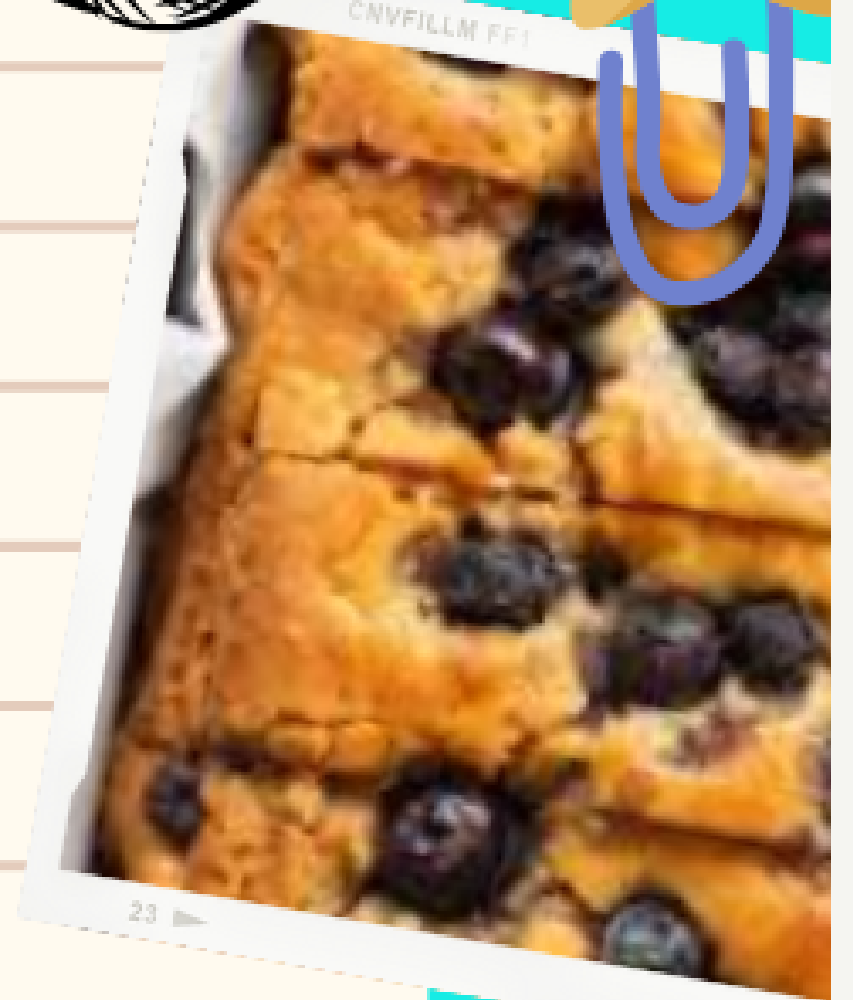


## INGREDIENTS

- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup white sugar
- ½ cup butter, softened
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 ripe bananas, mashed
- 1 cup fresh blueberries

## DIRECTIONS

- Preheat the oven to 175 degrees C. Grease 3 mini loaf pans.
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- Mix flour, baking soda, and salt together in a medium bowl.
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- Beat sugar and butter with an electric mixer in a large bowl until light and fluffy.
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- Add eggs, one at a time, mixing well after each. Stir in vanilla extract; beat in mashed bananas.
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- Add flour mixture a little at a time, beating until just combined into a thick batter. Fold in blueberries until evenly distributed.
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- Pour batter into the prepared loaf pans.
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- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool in the pans for 10 minutes, then transfer loaves to cool completely on a wire rack.
- once cool have whatever you want with them then enjoy :)





# Mango Chicken Curry

## By Liam T



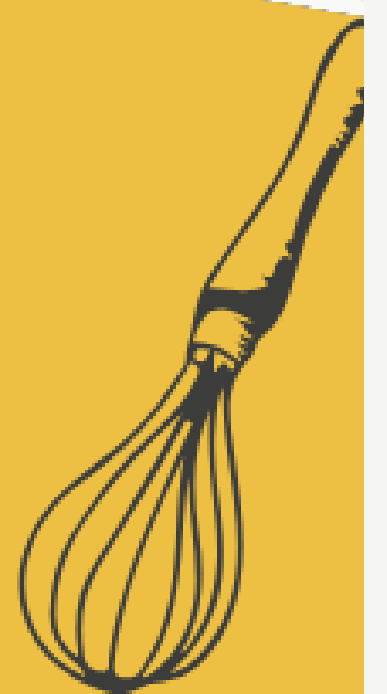
### INGREDIENTS

- 425g can mango slices in syrup
- 1tbsp olive oil + 1 brown onion, sliced
- 1kg chicken thigh fillets, halved
- 1 red capsicum, seeded, thinly sliced + 1 garlic clove, crushed
- 1tsp finely grated ginger + 1/3 cup (100g) korma curry paste
- 400ml can coconut milk + 1/2 cup (125ml) chicken stock
- Steamed basmati rice, to serve + Sliced green chilli, to serve
- Lime wedges, to serve + 1/3 cup coriander leaves, to serve

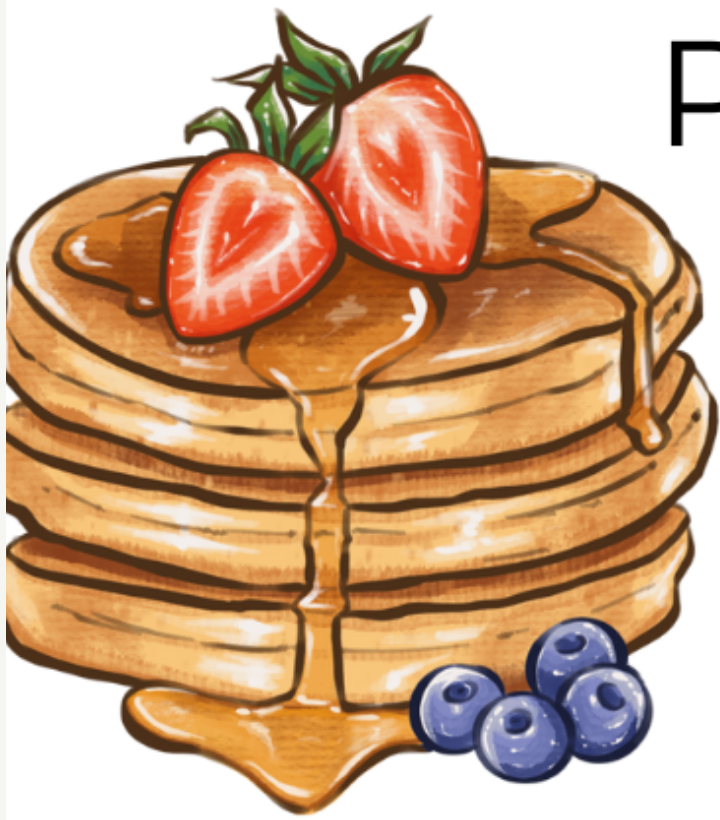


### DIRECTIONS

- Place the mango slices in a blender, discarding the syrup, and blend until pureed.
- Heat remaining oil in the same pan over medium-low heat. Add onion and cook for 3 mins. Add capsicum, garlic and ginger and cook for a further 2 mins. Add korma paste and cook stirring for 2 mins or until aromatic. Stir in coconut milk, stock and pureed mango. Return the chicken to the pan. Bring to the boil. Reduce heat to low and cook covered for 20 mins or until chicken is cooked through.
- serve and enjoy :)







# PANCAKES

## By Phoenix

### Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1 egg
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract



### Instructions:

1. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
2. In a separate bowl, whisk together the milk, egg, melted butter, and vanilla extract (if using).
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix the batter.
4. Heat a non-stick pan over medium heat. Scoop 1/4 cup of batter onto the pan for each pancake.
5. Cook until bubbles form on the surface of the pancake and the edges start to dry out, then FLIP (the fun bit!) and cook for another 1-2 minutes until golden brown on both sides.
6. Repeat with the remaining batter.

Serve the pancakes warm with your favorite toppings, such as maple syrup, butter, fresh fruit, or whipped cream. Enjoy!



# Burritos!

Burritos are a food that you can add a variety of what you like in it, with a tortilla wrap or anything you prefer and enjoy!

Prep Time : 10-20 minutes

Cook Time : 1-2 minutes

Servings : 3-4



## Ingredients:

1 tablespoon olive oil  
500g Mince (beef or pork)

1/2 onion

1 Mexican spice mix

1 cup of water

Tortilla wraps

2 cups of lettuce

Black Beans

Guacamole

## Procedure:

Heat up pan with oil and wait until oil is hot.

Add onion and fry off.

Add mince and cook until browned.

Add black beans and stir.

Once combined, add Mexican spice mix.

Pour in water- let most of the water evaporate.

Lay a tortilla wrap on a plate, add a handful of mince.

Add some lettuce and some guacamole.

Make it all with kindness!

## Notes :

Enjoyed best when fresh!

Holly McConnel





NAME :

## Scarlett's Pikelets

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PREPARATION TIME :

COOKING TIME :

SERVINGS :

probably like 2 minutes   2 minutes per pikelets   three

INGREDIENTS :

- 2 cups self-raising flour
- 1 pinch salt
- 1/3 cup sugar
- 1 1/2 tbs butter, melted
- 2 eggs beaten
- 1 1/2 cups milk
- 2 bananas mashed



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DIRECTIONS :

Combine all the ingredients, measure correctly.

Heat up the pan. Add butter to coat the surface of the pan.

Pour pikelet batter in small portions, like cupcake size.

Let this sit until they have a lots of bubbling on the surface.

Then FLIP!

When you see small dots on the pikelets, take them off the pan  
and put them on a plate.

Add your favourite toppings- Mine is blueberries and maple syrup.

NOTES :

I like cooking Pikelets because it's quick and easy. When I'm at  
my Nan's, we cook pikelets together.

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# MANGO BERRY SMOOTHIE



By Eh K'Nyaw

## INGREDIENTS

strawberry's  
blue berry's and rasberries  
mango  
orange jucie  
wipe cream  
ice



## DIRECTIONS:

1. Add strawberry's in the blender
2. Add blue berry's and raspberry's in the blender
3. Add mango in the blender
4. Add orange juice
5. Then add ice if you want to
6. Then blend it
7. Then when you pour it in your cup you can add any topping whipped cream or ice cream





### Ingredients

- 1. buns x2
- 2. tomato slices x3
- 3. lettuce slices x2
- 4. cheese slices x2
- 5. meat patty x2

### Method

- 1. Get your 2 patties and place them gently on the pan; cook to not burnt but a little black.
- 2. Slice your tomato into nice slices for your burger.
- 3. Rip up your lettuce and gently put it on the burger.
- 4. Assemble your burger carefully. Add cheese then a patty, then MORE cheese!

# TYLER'S CHEESE BURGER





## Recipe

Mason's

Heaven's Delight

TITLE

PREP TIME

10

SERVES

6

COOK TIME

20m

TOTAL TIME

30

INGREDIENTS

Store bought dough

Cream, Banana

Chocolate

EQUIPMENT

bowl x2, tray

knife, grater

METHOD

Shape the dough into small bowls and cook.

Add chopped banana, cream and grated chocolate





# CHOCOLATE STRAWBERRIES

## INGREDIENTS

- 150g milk chocolate
- 150g dark chocolate
- 150g white chocolate
- 750g large strawberries

## DIRECTIONS

1. Line a baking tray with baking paper.  
Break milk chocolate into even pieces.  
Place into a heat-proof bowl.

2. Fill one-third of a saucepan with water.  
Bring to the boil over high heat. Reduce  
heat to low. Place chocolate bowl over  
saucepan (don't let bowl touch water). Stir  
with a metal spoon until smooth.

3. Dip one-third of the strawberries into  
chocolate. Place onto tray. Repeat with  
dark and white chocolate. Refrigerate  
until set.





# My french Toast Sandwiches

Review ☆☆☆☆☆

French Toast Sandwich

10min

## Ingredients

- 2 thick slices of bread
- 1/4 cup shredded chicken
- 2 slices of cheese
- butter
- fry pan
- 1/2 cup Milk
- 1 Egg



Make 2 bits of French toast by dipping in egg and milk wash

Fry on non-stick frypan

Place 1 bit of cheese on both bits of toast

place chicken on 1 bit of toast.


Place the bits of toast on top of each other

Enjoy!

## Notes

do not make without a parent





# BIZZY COOKIE DOUGH

## INGREDIENTS

1 cup Flour, 1/2 cup Brown sugar,  
100g softened butter, vanilla, salt,  
2 tbs milk and chocolate chips.

## DIRECTIONS:

- 1.add any flour you have like normal flour, all purpose flour or self rising flour.
2. add your brown sugar
3. add some softened butter
4. add 1 teaspoon of vanilla
5. add 1-2 pinch's of salt
6. add some milk
7. add some chopped up chocolate or chocolate chips
8. Eat or bake :)

**BY: IZZY AND BIBI**



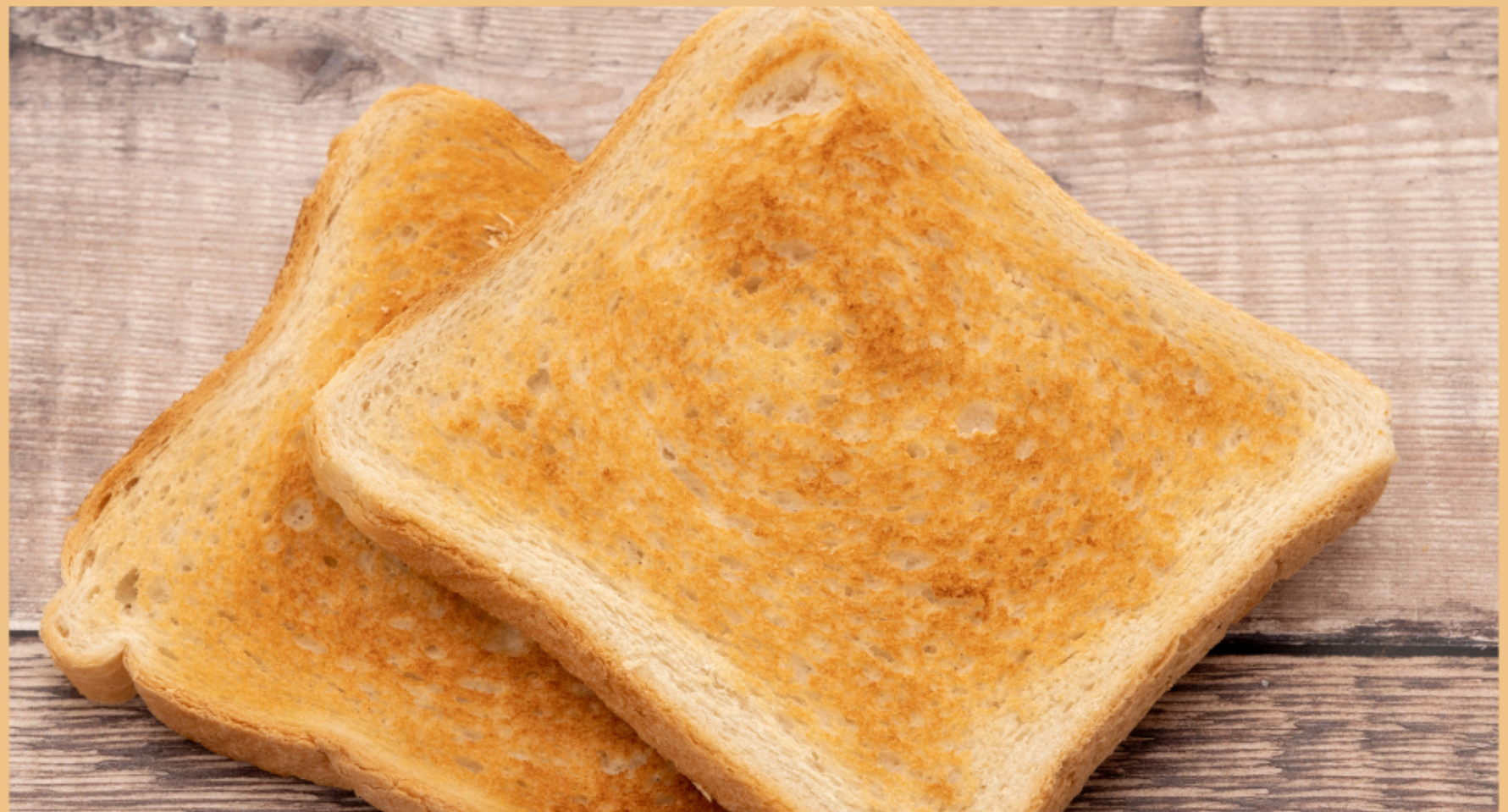


# The Toast

## by Thomas

### What you need:

Toaster  
Bread  
Hands x2  
Plate



### Instructions

- 1 Wash your hands
- 2 Get your bread
- 3 Get out how many pieces of bread you want out of the bag
- 4 Toast your bread
- 5 wait until the bread is finished toasting
- 6 Get the bread out of the toaster
- 7 Place the bread on a plate
- 8 EAT!





**Feastie Beastie's in action!**

