

FEAST is a curriculum-aligned program, inspiring students to eat healthy food, waste less and become change-makers in their local community. Like any good FEAST, it's designed to be fun, engaging and filled with good food.

FEAST is now in almost 800 primary and high schools across the country!

<https://www.ozharvest.org/education/feast/>



Contact Us

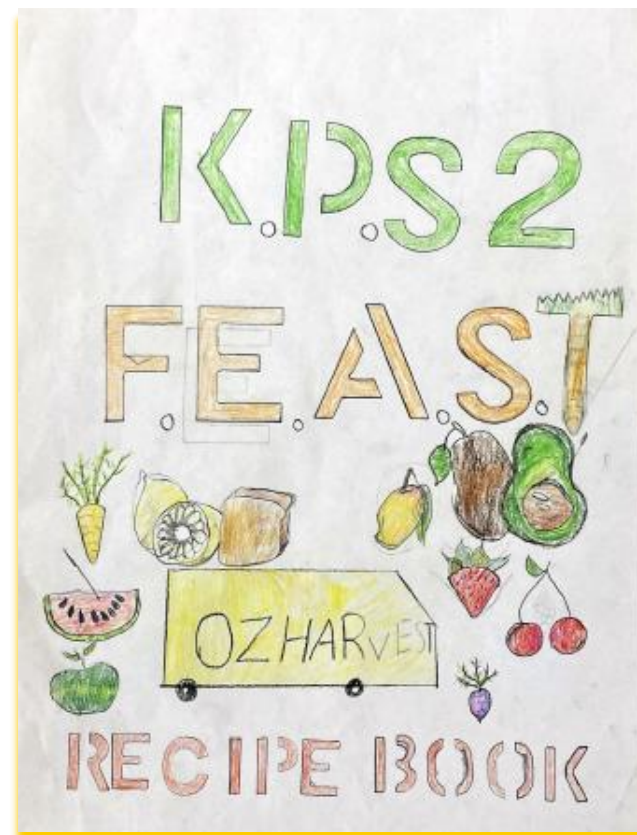
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F.E.A.S.T Recipe Book



Cover Artwork by Lezaiyah

KULNURA PS

From our Sustainable Garden & Kitchen

Compiled by Kulnura PS Students, teachers, staff and community.

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Kulnura Public School would like to thank our sponsors and Recipe Book Contributors for

Our Garden



We thank our Mountains Community for the work that has gone into building our school garden over many years. Local businesses have donated soil and mulch. Local families have donated plants and seeds. The Sustainable Schools Grant from the Department of Education has helped us get into the garden this year on a regular basis.

Our Kitchen



With a very big thanks to OZ Harvest FEAST program for all the recipes and resources and Mingara Recreation Club for sponsoring our Kitchen Kit with aprons, essential utensils, and electric frying pans. We have appreciated the use of the Community Room space to do our cooking.
<https://education.ozharvest.org/free-resources/>

and Sharing our Favourite Recipes



Students in our class have chosen these recipes to share with you because they are our families' favourites, or we just love eating them. We hope that you will follow us as we learn to cook and eat better. It feels good not to waste food by making something yummy to eat. Please try our recipes and enjoy.

We would like to thank Mrs. Ginbey, our School Wellbeing Chaplain, for the design, editing and compiling of all our recipes, photos, and extra food waste tips and ideas.

Leek and Feta Fritters

By Mrs. Ginbey



Food Waste Tip: This recipe can be used to make lots of different flavoured fritters depending on what veggies you might have leftover. Roasted veggies, baby spinach and corn also work well. Try adding a teaspoon of cumin or curry powder as a variation.

Ingredients:

- | | |
|---|----------------------------------|
| 1 leek – washed and diced in 1cm pieces | ¾ cup self-raising flour |
| 1 tablespoon butter | 80g feta, crumbled |
| 2 large eggs | Small bunch fresh herbs, chopped |
| 100g sour cream | Oil for frying, Salt and pepper |

Method

1. Melt butter in a small frying pan and cook the leeks till soft. Then set aside to cool. Whisk together the eggs and sour cream - Sift in the flour, cayenne pepper, salt and pepper, and gently fold and stir until flour is combined.
2. Fold in the leeks, feta and chopped fresh herbs. Adjust consistency of batter by adding milk if too thick or adding more flour if too runny. Batter should drop easily off the spoon.
3. Heat frying pan, add oil or butter for frying, drop a spoon of the batter into the pan – it should sizzle and start to brown after 1-2minutes then flip over to cook other side. Repeat until all the batter is used.

Use it, don't waste it tip:

By Ms. Jager



Hash browns are very quick to make and tasty. Save any leftover veggies, slightly mash, or chop small so they stick together – no eggs or flour needed. Just season with salt and pepper and squash together to fry in a little oil till golden brown. They work best with a little leftover mash, grated potato, pumpkin, or sweet potato to help them stick together. Great for a snack at breakfast, lunch, or dinner.

FEAST

Food Education and Sustainability Training

Food



We bring food that we grow in our school garden into the kitchen. We look for recipes to use with food we have harvested and is 'in season' eg when we picked radishes and cucumbers we learnt how to do Quick Pickling. We talk about leftover food we have in our fridge at home and which leftovers we could add into the recipes that we make. The recipes in this book have suggestions for leftovers we have tried and love.

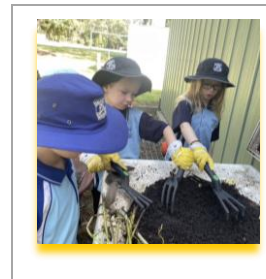
Education



The OzHarvest FEAST program has taught us that Australia wastes 7.6 million tonnes of food each year. 70% of this food is perfectly edible. Food waste in landfill creates a harmful greenhouse gas called methane. If Food Waste was a country, it would be the third biggest emitter of greenhouse gas after USA and China.

<https://www.ozharvest.org/food-waste-facts/>

and Sustainability Training



We recycle our unavoidable food waste (like banana skins and apple cores) at school through our worm farms in old bath tubs. We collect the worm tea to water and fertilize our garden. If we want more worm tea, we just need to water the worm farm! Having separate bins for paper, food scraps, Return & Earn and soft plastics help us reduce all waste to landfill.

Nachos with Guacamole

By Leonidas



Food Waste Tip: As a variation, use any leftover vegies and Mexican spices you have at home if you don't have those listed. This mince can be frozen and used later if the quantity is too great.

For the chilli beef:

250gms minced beef
½ tablespoon of olive oil
1 clove of garlic crushed
½ red onion finely diced
½ a stick of celery diced
1 carrot grated
¼ cup of capsicum diced
½ teaspoon chilli powder
1 teaspoon ground coriander
1 teaspoon dried oregano
2 tablespoons tomato paste
200g tin chopped tomato
200g tin red kidney beans

For the guacamole:

1 ripe avocado mashed
Grated rind of ¼ fresh lime plus the juice.
1 tablespoon fresh coriander, chopped
Salt and pepper to taste

For the salsa:

1 fresh tomato deseeded
¼ Birdseye chilli (add more if you like)
¼ red capsicum
1/8 red onion

To serve:

1 cup grated cheese
½ bag of corn chips
Sour cream

Method

1. Heat oil in pan and brown garlic and onion
2. Brown beef mince; add the grated and diced vegetables and spices, cooking for 5-8 minutes until softened.
3. Add tined tomatoes, red kidney beans and tomato paste and season with salt and pepper.
4. Reduce heat and simmer, until the liquid has been reduced and the mince has thickened slightly (15-25 minutes)
5. Place salsa ingredients into a processor and process till smooth
6. Spread corn chips over a lined baking tray, sprinkle with ¼ of the salsa and top with cheese.
7. Preheat oven to 180°C to bake, or grill until cheese has melted.
8. Serve with hot chilli beef, remaining salsa, sour cream and guacamole.

COCONUT FUDGE Slice

By Ellie



This makes a very nice coconut fudge.

Try it with ice-cream. Our whole family love it!

Ingredients

For the base:

1 cup plain flour
½ cup sugar
1 tbls coconut
185 g cocoa
½ tbls vanilla

For the icing:

½ cup icing sugar
1 tablespoon of butter
¼ cup of cocoa
1 teaspoon milk

Method

Pre-heat oven 170 c

1. Place dry ingredients into bowl add melted butter and vanilla mix well.
2. Press mixture over base of lamington
3. Bake in oven for 20 minutes.
4. Cool in the tin. While cooling, make the icing by blending all the icing ingredients together till it's creamy and smooth. Add more milk a teaspoon at a time as needed.
5. When slice is cold, spread with chocolate icing and sprinkle with coconut.
6. cut into squares or bars.

Blueberry Muffins

By Rosie



Food Waste Tip: Put your berries in the freezer before they spoil! You can always use them later. Especially in muffins.

Ingredients

- 2 cups self-raising flour
- ½ cup caster sugar
- 2 eggs
- ½ cup canola oil
- ¾ cup skim milk
- 1 cup berries
- 1 teaspoon vanilla

Equipment

- Oven
- Muffin tin
- 12 patty pans
- Large mixing bowl
- Small mixing bowl
- Sieve
- Measuring spoons
- Measuring cups
- Whisk
- Mixing spoons

Method

1. Preheat oven to 180°C. Put patty pan cases into muffin trays.
2. Sift flour and sugar into a large bowl, and then make a well in the centre.
3. In a small bowl, whisk together eggs, oil, vanilla and milk, then add to dry ingredients along with berries. Stir gently until combined.
4. Spoon into muffin tins and bake for 20 to 25 minutes.
5. Allow to cool for at least 10 minutes before eating.

Fresh Fruit Pavlova

By Matilda



Food waste tip: choose fruit you already have at home. Make a berry or passionfruit compote with leftover fruit and freeze until ready to use.

Ingredients

- 6 egg whites
- 1 ¼ cups (270g) of caster sugar
- 2 tsp of cornflour
- 1 tsp of white vinegar
- ½ of vanilla extract
- 300ml of thickened cream
- 2 tbsp of icing sugar sifted
- Finely shredded rind of 2 limes
- Top with fruit that you have at home
- Banana, passionfruit and kiwi work well too

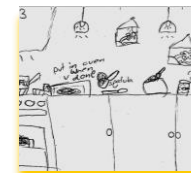
Method



Step 1: Method: Heat oven to 180 degrees. Line a tray with baking paper. Brush with melted butter and dust with cornflower shaking off excess. Mark a 24 cm-diameter circle baking paper.



Step 2: Whisk 6 egg whites in a clean dry bowl until fluffy. Gradually add caster sugar 1 tablespoon at a time beating well after each addition, until the meringue is thick and glossy, and the sugar grains have dissolved.



Step 3: Add cornflour, vinegar and vanilla and whisk until just combined. Spoon meringue onto the prepared tray. Smooth sides and tops of the pavlova. Bake in the oven for 1 ½ hours or until pavlova is dry to the touch. Turn off the oven and leave pavlova in oven to cool completely.



Step 4: When the pavlova is completely cold put onto a serving plate. Spoon whipped cream onto the top of the pavlova. Add all the fruit of your choice. Serve and enjoy.

Pepperoni Pizza Recipe

By Maher



Food waste tip: when you have small amounts of leftover meat, cheese, tomato, capsicum, or even roasted chicken or vegetables – use them to make pizza.

Ingredients

4 cups of plain flour
1 packet yeast
150ml warm water
1 pinch salt
1 teaspoon sugar
1 tablespoon olive oil

Tomato pizza base sauce or sauce of your choice that you want to use up.
Grated mozzarella or any cheese
Thinly sliced pepperoni or other meat you want to use up.

Method

1. proof the yeast by adding to the warm water
2. mix in flour salt sugar and olive oil then add the yeast and water. Mix by hand to make a smooth dough – not too dry and not too sticky.
3. Knead dough to make it smooth.
4. Let the dough rise
5. Turn on the oven to heat up to 200°C
6. Lightly dust a flat baking tray with flour then stretch out pizza dough to fit the tray.
7. Spread the pizza base with sauce
8. Add cheese, then pepperoni
9. Bake for 15 mins or until the base is crispy and the cheese is melted.

Enjoy

Spanish Hot Chocolate

By Owen



Food Waste Tip: I'm doing this recipe because it's a good way of using up milk before it goes out of date and orange zest often gets wasted but it adds amazing flavour to lots of things The milk and zest freezes well too to save up for when you need it.

What you need:

- . ½ tsp orange zest
- . 100gms chocolate (dark or milk)

1 mug of milk

A kettle or saucepan that you can heat up the milk in

Method



1. Heat the milk until steaming hot – watch it carefully so it doesn't boil because it will flow over and burn.



2. Add zest to infuse in the milk
3. Put chocolate in your mug
4. Pour hot milk over the chocolate



5. Stir or use a tiny whisk if you have one, until chocolate is completely melted
6. Then enjoy

Stuffed Capsicums

By Mia



Food waste tip: This is a traditional family recipe – leftover rice or cous cous can be used, instead of cooking the rice in the recipe, if you have some you want to use up.

- Ingredients:**
- | | |
|----------------------------------|---|
| 4 large red capsicums | ½ cup fresh parsley roughly chopped |
| 1 large brown onion finely diced | ½ cup fresh mint leaves roughly chopped |
| 2 garlic cloves crushed | 400g finely chopped tomatoes |
| 200g extra lean minced beef | ½ cup long-grain white rice |
| 1 tablespoon oregano leaves | Salad leaves to serve |
| | Salt and pepper |

Method

1. Preheat oven to 160°C (fan forced)
2. Slice tops from each capsicum and keep the tops – scoop out the seeds and discard.
3. Line a baking tray with non-stick paper and stand capsicums in it.
4. Heat a tablespoon oil in a non-stick frying pan then fry the onions till soft. Then add the garlic and minced beef and stir and break up to fry till brown. Add the rice and stir through. Add the oregano and the finely chopped tomato. Cook till all heated through (rice will still be a little hard but it will finish cooking in the oven).
5. Take it off the heat. Mix in the chopped herbs then season to taste with salt and pepper. Spoon into each of the capsicums then pop the top on. Place in oven to bake until capsicum is completely soft.
6. Serve with salad.

Choc chip pancakes

By Lezaiyah



Food waste tip: If you have any left-over you can freeze them and then put them in the toaster to heat up when you want to eat them.

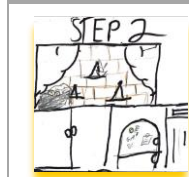
Ingredients:

- | | |
|----------------------------|---|
| 3 cups self-raising flour | 1 cup choc chips |
| ½ teaspoon Vanilla essence | 2 cups milk |
| 2 eggs | Butter for melting to cook the pancakes |

Method



1. Get a big mixing Bowl and a whisk.



2. Add flour, vanilla essence, eggs and choc chips to the bowl



3. Pour in milk as needed to make a thick batter – add more milk if you like thinner pancakes.



4. Heat frying pan, add melted butter then a large spoon of batter. Cook until set and just brown then flip to cook other side. Enjoy!

Anzac Biscuits

By Dominic



Food Waste Tip: Always use a timer when you're baking - one with a loud bell when it goes off - it will help to stop things burning and being thrown away.

Ingredients:

2 cups of rolled oats	250g butter
2 cups of desiccated coconut	2 tablespoons of golden syrup or honey
2 cups of plain flour, sifted	2 tablespoons of water
2 cups of sugar	1 teaspoon of bi-crab soda

Method:

1. Preheat oven to 190 c. Line a flat oven tray with non-stick baking paper.
2. Place oats, coconut, flour and sugar into a bowl and combine well
3. In a saucepan, melt butter, golden syrup, water and bi-crab soda. Then pour over dry mixture and mix well
4. Roll into small balls, the size of a walnut
5. Place onto the prepared oven tray
6. Bake till golden brown. They will harden as they cool.

Ġbejniet and Ricotta

By Ms. Vella



Food waste tip: This is a Traditional Maltese Cheese my mum came to the school to teach us. Plan to do it when you have lots of milk to use up or buy extra when it is on special. The whey from Ġbejniet is used for ricotta. It can also be dried to keep it even longer.

Ingredients:

3 litres of full cream milk	Thermometer
2 tsp Rennet or junket tablets	Large pot to warm milk
40 ml water, Salt & Pepper	Drip tray to store cheese baskets
10 mini cheese baskets	Cloth and strainer for ricotta

Method:

Warm the milk on a very gentle heat. Use your thermometer to check the temperature of the milk, watch it carefully until it reaches 38°C then remove from heat immediately. Mix the rennet powder with the water and stir very gently into the milk. Leave to set.

After 1.5hrs cut about 10 vertical lines with a knife. This helps the curds and the whey separate. Leave on the side for another 1.5 hrs. After 3hrs start scooping the curds into then baskets. Place on the dripping tray. Sprinkle salt on top of each basket, tip the whey from tray back into the pot. Place cheeses in fridge. Leave overnight.

For the ricotta – take the remaining pot of whey and bring to the boil then set aside while you place a strainer lined with a cloth over a large bowl. Pour the boiled whey into the cloth, the ricotta will remain in the cloth – store in a jar and use within 1 week – delicious piled on toasted sourdough then drizzled with honey and a sprinkle of cinnamon.

Back to the Ġbejniet: The following morning turn the cheese over and sprinkle some more salt again. Place in fridge for another 12 hours. Fresh Ġbejniet are now ready to eat!



This cheese can also be dried for 2days on the bench with net over it – then soaked in vinegar for 24hours, then drain and top with olive oil to coat. Or roll them in cracked pepper and herbs. Keep refrigerated.

Photo from TasteRecipesMalta

Any Vegetable Soup

By Ms. Wriley



Food waste tip: Look through your fridge or pantry for whatever vegetables need using up. Vary your food like the colours of the rainbow. Either mix all the colours of veg together or choose an orange, green or white veg group for different coloured and flavoured soups. Pop any ends of bread in the freezer to use up for crispy croutons to serve with your soup.

Ingredient Ideas:

Pumpkin, sweet potato, carrots for an orange soup	Onion and garlic
Broccoli, zucchini, potato, spinach for a green soup	garlic
Cauliflower, leek and potato for a white soup	Olive oil
Beetroot, cauliflower, leek, cream, sour cream, yoghurt or tahini or leftover homus for a hot pink soup	Vege stock
	Salt & pepper

Method



Step 1: Fry 1 onion 🧅, some minced garlic until soft. Add chopped veggies of your choice, including 1 chopped potato 😊 - cooking the veggies a little bit longer before you add stock or water helps to build a good flavour into your finished soup.



Step 2: Once veggies are starting to soften, add enough cold water to cover veggies and bring to the boil. Add veggie stock and turn the heat down to cook veggies until very soft (so they mash easily with a spoon).



Step 3: Turn off the heat – leave to cook slightly, then blend soup till smooth. It will keep in the fridge for 3 days or can be frozen in individual portions.



To Serve: Warm gently in a pot or microwave. Use up leftover bread by toasting, or dice it up, toss in a little olive oil and grill or fry to make crispy croutons to sprinkle on top. Enjoy.

Pasta Bake

By Mr. Collins



Food waste tip: leftovers make great pies, pasta bakes and fried rice. Using what you have, to make a new meal that is tasty, and less than \$10 to pull together for a generous family sized meal.

Ingredients:

Look in your fridge for meat you want to use up or save the end of the roast meat or chicken. The same for the vegetables.	A bag of your family's favourite pasta - your choice.
We also use leftover bolognaise or a leftover portion of creamy chicken casserole as a base.	Grated cheese for the top.
	A tub of cream or a jar of a tomato-based sauce

Method

Step 1: Grease a large baking dish and set aside or use a non-stick one.

Step 2: Cook the pasta – always bring the water to the boil first then add the pasta. Keep it boiling for 8 to 10 minutes. Place a colander in the sink and carefully pour the boiling water and pasta into the colander to drain. Refresh the pasta under cold running water for 10 seconds to rinse, drain it and shake a little to get the water off. Tip into the greased baking dish.

Step 3: While the pasta is cooking prepare what you have leftover to add to the pasta. Chop it so the pieces are about the same size as the pasta.

Step 4: Add the prepared veggies and meat to the pasta with a tin of tomatoes or a small tub of cream, whichever you prefer.

Step 5: Top with grated cheese and bake till completely heated through and golden on top. To test the temperature without a probe, poke a metal spoon into the centre – leave for 5 seconds and then take it out and touch it on your bottom lip to feel how hot it is. Use a clean spoon every time – no double dipping!

Enjoy.