



FEAST  TM
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

**COLD
RECIPES**



START WITH SAFETY

— THE BEST COOKS ARE SAFE COOKS, SO IT'S BEST TO HAVE AN ADULT HELP YOU IN THE KITCHEN. FOLLOW THESE TIPS TO AVOID ANY KITCHEN MISHAPS!



TIPS FOR COOKING WITH AN ELECTRIC FRY PAN

- Make sure the electric frypan is never left unattended
- Set the temperature to medium as it can heat up quickly
- Do not touch the frypan while it is on
- To avoid scratching the frypan do not use metal utensils
- Turn off and unplug it as soon as you have finished cooking



HOW TO CHOP SAFELY

- Make a claw shape with your hand holding the food - keep your fingertips clear of the knife
- Keep a firm grip on the hand holding a knife
- Watch as you chop the food!

KEEP IT CLEAN

— Food will be tasty and safe to eat if you keep everything clean, including your hands, the food you are cooking with, equipment and work surfaces. Make sure you pay attention to proper food handling and storage.

Wash your hands

— Washing your hands is one of the simplest ways to prevent the spread of the germs that can make you sick. You need to wash your hands before you prepare food and also again if you go to the toilet, cough, sneeze, eat, drink, touch your hair, head or body or touch your phone.

Safe food handling

— To keep food safe and avoid cross contamination, which happens when harmful bacteria spreads via surfaces, hands or equipment, it is always best to:

- Tie long hair back
- Use clean and dry utensils for different food products
- Keep work surfaces clean and dry
- Handle food only as necessary
- When using gloves, throw out the used pair and wear new ones each time you would usually wash your hands
- Use a spoon to taste your cooking not your finger!
- Do not eat food while cooking

Guide to hand washing



— Wet hands with warm running



— Add soap and rub over all areas of the hands, including fingers, thumbs and back of hands



— Wash for at least 20 seconds (or the amount of time it takes to sing happy birthday)



— Dry thoroughly using a single-use paper towel

HOW TO READ RECIPE MEASUREMENTS

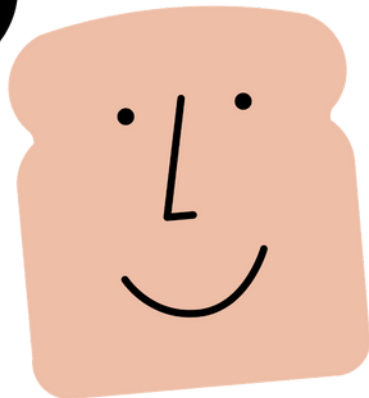
WHY DO WE NEED TO KNOW HOW TO MEASURE INGREDIENTS?

When we measure ingredients properly it helps our recipes turn out the way we want them to.

MEASURING TIPS

- Dry ingredients (like flour and sugar) should be measured using flat-cup measures. Ingredients should be level.
- Spoon measures must be measured with the correct sized spoons. A level spoon is essential.
- Liquid ingredients can be measured in measuring jugs, cups or spoons.

**LET'S GET
STARTED!**



COOKING ABBREVIATIONS

tbsp = tablespoon

tsp = teaspoon

kg = kilogram

g = gram

ml = millilitres

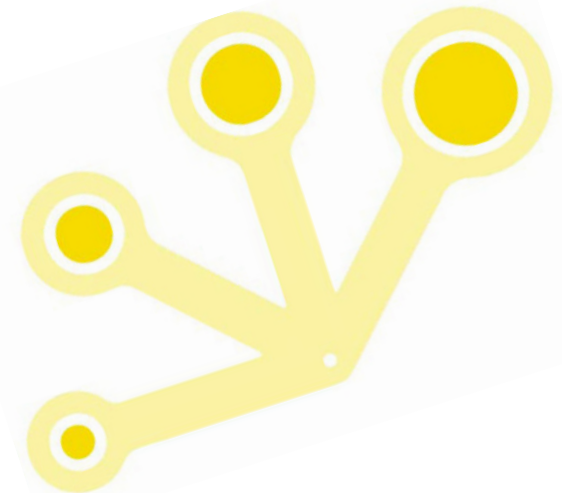
min = minutes

SR = self raising

L = litre

cm = centimetre

pkt = packet



PEACH PARFAIT



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

This is a great recipe for breakfast, dessert or a snack at anytime of the day.



WHY WE LOVE THIS RECIPE

This parfait is a great way to use up any fruit that is leftover in the fridge.

INGREDIENTS

- 15 peach slices in natural juice, drained
- 1 ½ cup untoasted muesli (optional: nut and seed free)
- 2 ½ cup low-fat Greek yoghurt
- 1 cup frozen blueberries or fresh berries

EQUIPMENT

- Can opener
- Measuring cups
- Measuring spoons
- 5 large cups (reusable/recyclable)
- 5 serving spoons (reusable/recyclable)

SKILLS

- Mixing
- Layering
- Measuring

STEPS



Drain the peaches and divide the 15 slices evenly between 5 cups.



Layer each cup with 1 tbsp muesli and then 2 tbsp of yoghurt.



Add 1 tbsp of blueberries and top layer with another 1 tbsp of muesli.



Add another layer of peaches and finish each cup with 2 tbsp of yoghurt and top with the remaining blueberries.



FRUIT SKEWERS WITH NATURAL YOGHURT



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

You don't need to use sweetened yoghurt, the fruit makes it sweet!



FOOD WASTE TIP

Select ripe seasonal fruits to make a delicious dish.

INGREDIENTS

You can use any fruit you like and which is in season, such as:

- 1 apple
- 2 medium bananas
- 1 orange
- ½ cup low-fat Greek yoghurt (to serve)
- 10 small wooden skewers

EQUIPMENT

- Large bowls
- Chopping boards
- Knives
- Measuring cups

SKILLS

- Dicing
- Slicing



STEPS



Wash the fruit.



Slice fruit into thick slices.



If using an orange, make sure you peel off the skin before cutting into pieces.



If using an apple cut into quarters and remove the core.



Push fruit pieces onto skewers.



Serve with yoghurt and enjoy.



MUESLI BLISS BALLS



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

You don't need to use sweetened yoghurt, the fruit makes it sweet!



FOOD WASTE TIP

Select ripe seasonal fruits to make a delicious dish.

INGREDIENTS

- 2 ripe bananas
- 1 $\frac{3}{4}$ cup quick oats
- $\frac{1}{2}$ cup sultanas
- $\frac{1}{2}$ cup shredded coconut
- $\frac{1}{2}$ tsp cinnamon
- 1 tsp cocoa (optional)

EQUIPMENT

- Large mixing bowl
- Fork
- Measuring cups
- Measuring spoons
- Mixing spoon
- Chopping board

SKILLS

- Measuring
- Mixing
- Shaping

STEPS



Mash the 2 bananas in a mixing bowl with a fork until you have a smooth mixture.



Add oats, sultanas, shredded coconut, cinnamon, and cocoa (optional) to the bowl.



Mix well with a spoon until all ingredients form a consistent mixture. Let the mixture rest for 2-3 min.



Measure one full spoon of the mixture and hand roll into balls. Continue until all mixture has been rolled into balls, approximately 10 balls.



TZATZIKI DIP WITH VEGETABLE STICKS



5

Serves

\$0.60

Cost per
serve

10
MIN

Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Dip any vegetables in tzatziki – cherry tomatoes, capsicum or whatever is in the fridge.



FOOD WASTE TIP

Vegetables don't always need peeling. Just wash, chop and eat them!

INGREDIENTS

Tzatziki dip:

- ½ cup low-fat Greek Yoghurt
- ½ cup cucumber diced
- 1 tsp lemon juice
- 1 tsp olive oil

Vegetable sticks:

- 1 carrot
- 1 celery stick
- ½ cup cucumber

EQUIPMENT

- Fork
- Medium bowl
- Knives
- Chopping boards
- Measuring Spoons
- Measuring Cups

SKILLS

- Slicing
- Dicing
- Measuring
- Mixing

STEPS



Slice carrot, celery and cucumber into sticks. Make sure you cut it safely using a flat surface. Set aside.



For the tzatziki dip, finely dice half a cucumber.



Place yoghurt, diced cucumber, salt, pepper, lemon juice and olive oil in a bowl. Use a fork to mix all tzatziki ingredients together.



Serve sliced vegetable sticks with tzatziki.



QUICK PICKLE VEGETABLE



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Pickles are a great addition to our FEAST savoury recipes. They also make a great gift.



FOOD WASTE TIP

Any vegetables can be pickled. Carrots, cherry tomatoes, asparagus - it's up to you!

INGREDIENTS

- 1 ½ cup water
- 1 ½ white vinegar
- 1 ½ tbsp of sugar
- 1 ½ cup of salt
- 1 carrot
- 1 cucumber
- 10 green beans
- 1 tsp celery seeds (optional)
- 1 tsp coriander seeds (optional)
- Fresh dill or parsley stalks from your home or school garden (optional)

EQUIPMENT

- Chopping boards
- Knives
- 5 x 250mL jars, washed and dried
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing Spoon

SKILLS

- Measuring
- Slicing
- Mixing
- Pickling
- Preserving

ACTIVITY

Work out how big your jar is by filling with water and then using a measuring cup, measure the water. The jars should be 250mL or 1 cup.

STEPS



Slice the cucumber and carrot lengthways so they are on a flat surface. Cut into semi-circle pieces. Cut each bean into 3 pieces.



Distribute vegetables evenly into the 5 jars.



Pour mixture evenly amongst the jars using measuring cups. Put on the lid and store in fridge.



Optional: distribute the celery seeds and coriander seeds evenly amongst the 5 jars and add dill or parsley stalks.



Mix water, vinegar, salt and sugar in a large mixing bowl. Stir until sugar and salt have dissolved.



Pickles will be ready to eat in 2 days and can be kept in the fridge for 2 weeks.



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

BIRCHER MUESLI WITH APPLES AND BANANA



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Oats are a great way to start the day because they give you lots of energy.



FOOD WASTE TIP

Substitute apples with any left over fruit.

INGREDIENTS

- 1 cup quick cook oats
- $\frac{3}{4}$ cup apple juice
- 1 apple
- 1 tsp cinnamon
- $\frac{1}{2}$ cup low-fat Greek yoghurt
- 1 banana

EQUIPMENT

- Large mixing bowl
- Chopping boards
- Knives
- Measuring spoons
- Measuring cups
- Grater

SKILLS

- Slicing
- Mixing
- Soaking
- Grating



STEPS



Mix oats and apple juice together in a large bowl.



Grate the apple. Be careful and make sure your fingers are tucked in.



Add the grated apple to the oat mixture, stir in the cinnamon and yoghurt.



For the topping, slice the banana in thick pieces.



Finally, decorate the bircher muesli with sliced banana.



RAINBOW SALAD ROLL



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Different coloured vegetables have different types of flavour and are packed with nutrients!



FOOD WASTE TIP

Select ripe seasonal vegetables to make a colourful and delicious dish.

INGREDIENTS

- 5 wholemeal bread rolls
- 1 tomato
- ½ carrot
- 8 iceberg lettuce leaves
- 5 slices low-fat tasty cheese
- 5 slices beetroot
- 2 tbsp low-fat mayonnaise

EQUIPMENT

- Chopping boards
- Knives
- Graters

SKILLS

- Slicing
- Grating

STEPS



Slice bread roll in half horizontally.



On a flat surface, slice the tomato.



Grate the carrot with care, making sure your fingers are tucked in.



Spread top half of the roll with a thin layer of mayonnaise.



Place cheese, lettuce, tomato, beetroot and carrot on the bottom half of the roll.



Place top of bread roll back on top of ingredients and serve.



SANDWICH SUSHI



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

It's a nutritious snack that is fun to make. Add avocado or cucumber as an alternative.



FOOD WASTE TIP

Bread is one of the top wasted foods. You can make this recipe using any type of bread.

INGREDIENTS

- 10 slices wholemeal bread
- 2 ½ tbsp low-fat mayonnaise
- 10 leaves iceberg lettuce
- 10 low-fat cheese slices e.g. Swiss
- 1 carrot

EQUIPMENT

- Chopping board
- Knife
- Grater
- Rolling Pin
- Measuring Spoon

SKILLS

- Rolling
- Layering
- Folding
- Grating
- Chopping

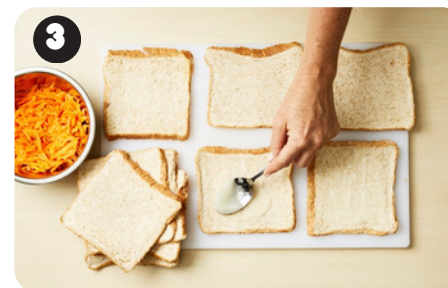
STEPS



Gently roll bread with a rolling pin to flatten (crust included). Set aside.



Grate the carrot. Make sure you hold both the carrot and the grater firmly. When your fingers come close to the grater, tuck them in to prevent cutting.



Spread a thin layer of low-fat mayonnaise on the flattened bread.



Leaving a 1cm border from the crust, layer the bread with cheese, lettuce then carrot.



Gently roll up, pressing on the sides, from the bottom to the top and press lightly.



Cut sandwich sushi into 3 slices.



CHICKPEA & LENTIL KOFTA PITA POCKETS



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Chickpeas and lentils are high in protein to help the body grow.



FOOD WASTE TIP

Use any herbs and vegetables in your fridge instead of tabbouleh.

INGREDIENTS

- ½ can lentils
- ½ can chickpeas
- ½ red onion
- 1 garlic clove
- ¼ bunch parsley
- 1 tomato
- 1 tbsp olive oil
- ½ cucumber
- ¼ cup mint
- ½ cup low-fat Greek yoghurt
- ½ tsp salt
- ½ tsp pepper
- ½ tsp cumin
- 2 ½ wholemeal pita breads, cut in half

EQUIPMENT

- Chopping board
- Knife
- Measuring cups
- Measuring spoons
- Can opener
- Fork
- 3 x mixing bowls
- Spoons
- Sieve to drain lentils and chickpeas

SKILLS

- Chopping
- Dicing
- Mixing
- Shaping

STEPS



Open the chickpeas and lentils with a can opener and drain the liquid. Be careful not to cut yourself on the sharp edges.



Use a fork to mash the chickpeas and lentils in a bowl until it becomes a chunky, creamy texture.



Dice the garlic and onion. Add together with ½ tbsp olive oil, cumin, ¼ tsp pepper and ¼ tsp salt to the mixture and mix well.



Measure 1 full spoon of the mixture and hand roll it into the shape of a sphere or cylinder. Try to make at least 10 and place on a plate.



For the tabbouleh, chop the parsley, dice the tomato and cucumber. Add together in a bowl with ½ tbsp olive oil, ¼ tsp salt and ¼ tsp pepper. Mix well. Chop the mint and mix with low-fat Greek yoghurt in a separate bowl to make the dressing.



Gently open one half of pita bread. Place two koftas inside. Add tabbouleh mixture and dressing on top of koftas.



CRUNCHY NOODLE SALAD



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Any green leafy vegetables can be added to this recipe, such as spinach.



FOOD WASTE TIP

In this recipe you can use any herbs and vegetables you have left over. Be creative!

INGREDIENTS

Salad:

- ¼ small Chinese cabbage
- 1 large carrot
- ½ large red capsicum
- ½ cup coriander or parsley leaves
- ½ cup fresh mint leaves
- 100g pkt crunchy fried noodles

Sauce:

- 1 tbsp salt reduced soy sauce
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp water

EQUIPMENT

- Large bowl
- Small bowl
- Chopping boards
- Knives
- Fork
- Plastic tongs
- Grater

SKILLS

- Mixing
- Measuring
- Grating
- Slicing
- Chopping

STEPS



Chop cabbage and capsicum into thin slices and place into a large bowl.



Grate the carrot with care, making sure your fingers are tucked in. Combine with the vegetables.



Tear herbs from stems, chop and add them into the large bowl.



To make the dressing, in a small bowl, beat together all soy sauce, lemon juice, olive oil and water with a fork.



Pour dressing over salad and using the tongs toss well to coat salad ingredients.



Just before serving, top with crunchy noodles.

