



Est. 1922

Herne Hill

PRIMARY SCHOOL

INDEPENDENT PUBLIC SCHOOL

TOGETHER WE ACHIEVE

Herne Hill
Waste Wise Cookbook
Year 5 and Year 6
2024/2025

Introduction to the OzHarvest Cooking Program

Over the past 10 weeks, our year 5 and year 6 students participated in the OzHarvest Cooking Program, an initiative designed to teach essential cooking skills while raising awareness about food waste and nutrition. Through this hands-on experience, students learned to prepare healthy, affordable meals using fresh ingredients that might otherwise have gone to waste.

The program not only enhanced their culinary abilities but also instilled a sense of responsibility toward reducing food waste and making sustainable food choices. It was a rewarding experience that combined practical life skills with important lessons about food conservation and community impact.

Dear OzHarvest and FEAST,

**On behalf of our students and staff, we want to
extend a heartfelt thank you for the wonderful
opportunity to participate in the OzHarvest
FEAST Program.**



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Kitchen safety rules

Never start cooking without an adult present.

Always wash your hands.

Tie back long hair.

Wear an apron.

Always keep food preparation areas clean.

Always wash fruit and vegetables.

Always ask an adult before using a knife.

Keep appliances away from water.

Store food properly.



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Sushi



What to do with leftover cooked rice and vegetables? The answer is make sushi. Sushi is a Japanese dish of prepared vinegared rice, usually with some sugar and salt, plus a variety of ingredients, such as vegetables, and any meat, but most commonly seafood.

Utensils

Knife

Cutting board

Sushi mat

Ingredients:

2 1/2 cups sushi rice

1/2 cup rice wine vinegar

1/4 cup caster sugar

1/2 tsp salt

425g tuna in olive oil, drained, flaked

1/4 cup Keupie mayonnaise

6 nori sheets

1 avocado, halved, destoned, peeled, thinly sliced

1 Lebanese cucumber, cut into 1cm-thick batons

soy sauce to serve



Serves



Cooking time: 20 min

Method:

1. Rinse rice in a sieve under cold running water, to remove any excess starch, until water runs clear. Cook the rice.
2. Place vinegar, sugar and salt in a small bowl, then stir until sugar has dissolved. Combine tuna and mayonnaise in a separate small bowl.
3. Transfer rice to a large glass heatproof bowl. Using a rice paddle or spatula, break up any rice lumps while gradually adding vinegar mixture, folding gently to combine.
4. Place a sushi mat on a clean surface with slats running horizontally. Place 1 nori sheet, shiny-side down, on mat. With damp hands, spread one-sixth of the rice over nori sheet, leaving a 2cm-wide border along edge furthest from you.
5. Place one-sixth of each of the tuna mixture, avocado and cucumber along centre of rice. Hold filling in place while rolling mat over to tightly enclose rice and filling.
6. Using a sharp knife, slice sushi into 2cm-thick slices. Serve with soy sauce.

Fried rice



The origin of fried rice traces back to the Sui dynasty (589–618 AD) in China. The dish was conceived out of practicality, with the main intent being to prevent food waste. Leftover rice was stir-fried with whatever ingredients were at hand, often including vegetables, meats, and a dash of soy sauce.

Utensils

Knife
Spatula
Frying pan

Ingredients:

1 cup Long Grain White Rice
2 tsp vegetable oil
2 eggs, lightly whisked
1 carrot, peeled and grated
2 shallots, trimmed, finely sliced
1/2 cup frozen peas, thawed
1 tbsp soy sauce
Bacon (optional)
Sesame seeds (optional)
Shallots, sliced, extra, to serve



Serves



Cooking time: 30 min

Method:

1. Cook the rice in a large saucepan of boiling water for 12 minutes or until tender. Drain and leave to cool.
2. Heat oil in a non-stick wok or large frying pan over medium heat. Add eggs. Swirl over base to form an omelette. Cook until set. Transfer to a chopping board. Set aside to cool slightly. Roll up and thickly slice.
3. If using bacon, add bacon to wok/ frying pan and cook 4 minutes until light golden. Add carrot. Stir fry 1 minute. Add shallots, peas and rice. Cook, stirring, 3–4 minutes. Add egg and soy sauce. Stir until heated through. Sprinkle with sesame seeds if using, and top with extra shallots. Serve immediately.

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Sesame seed
Shallots, slic
1 avocado, h
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1 Lebanese c
thick baton
soy sauce to

Pikelets



Pikelets are as Australian as meat pies and Lamingtons. Quick to make, less than 20 minutes from start to finish. These mini pancakes are a delightful breakfast, or as a snack at any time of the day. Serve them with some strawberry jam and cream for the true Aussie experience!

Utensils

A bowl
Measuring cups and spoons
A whisk
Frying pan

Ingredients:

1 1/4 cups / 185g plain flour
2 1/2 tsp baking powder
2 tbsp white sugar
1 egg
3/4 cup / 185ml milk
1/2 tsp vanilla extra (optional)
2 tsp butter

To Serve

Strawberry jam and cream (heavy cream, whipped) or butter



Serves



Cooking time: 30 min

Method:

1. Whisk flour, baking powder and sugar in a bowl. Make a well in the centre, add egg, milk and vanilla. Whisk until the batter is almost lump free - a few small ones is ok. The batter should be the consistency in between maple syrup and tomato sauce.
2. Melt butter in a NON STICK frying pan over medium high heat. Then WIPE all the butter off with a paper towel so there are no visible drops of oil. This is how the first batch comes out beautifully golden instead of splotchy.
3. Place 2 tbsp of batter into the frying pan. Cook until bubbles appear on the surface then flip and cook the other side until golden. Repeat with remaining batter.
4. Serve warm with jam and cream, or butter.

Scones



Scones originate from the Scottish 'bannock', which is derived from the Gaelic for cake and made using a thin, round, flat combination of oats and wheat flour.

Utensils

A bowl
Measuring cups and spoons
A spatula
Rolling pin
Scone cutter

Ingredients:

3 1/2 cups self raising flour
1 cup thickened cream
1 cup lemonade

To Serve

Strawberry jam and cream



Serves



Cooking time: 30 min

Method:

1. Preheat oven to 200°C/390°F (180°C fan). Line tray with baking/parchment paper.
2. Combine the flour, cream and lemonade in a bowl and mix until flour is mostly combined. Do not over mix, it will make the scones dense!. The dough should be soft and fairly sticky.
3. Turn out onto a floured surface, and knead gently just 3 - 5 times to bring dough together, then gently pat into a disc .
4. Use a 6cm round cutter to cut rounds - press straight up and down (don't twist), flour cutter in between.
5. Use a knife or similar to scoop up and place on tray, slightly touching each other (they help each other rise).
6. Brush the tops lightly with milk.
7. Bake for 15 minutes until golden on top. Place on rack to cool.
8. Serve with cream and jam.

Strawberry Jam



Make the strawberry season last all year long with this easy strawberry jam.

Utensils

A pot
Wooden spoon
Jars
Measuring cups

Ingredients:

4 cups strawberries,
chopped
2 Tbs of lemon juice
2 cups sugar



10

Serves



Cooking time: 40 min

Method:

1. Cut 4 cups of strawberries into quarters and place them into a saucepan.
2. Add in 2 cup of granulated sugar and 2 tablespoon of lemon juice.
3. Mix and set aside for at least an hour.
4. Cook on medium heat-high until it comes to a boil. Then reduce the heat to low and let it simmer for about 30 minutes .
5. The jam is finished when the foam changes colour from white to dark red.

Chicken stroganoff



Beef Stroganoff is a popular Russian dish of small pieces of meat fillet sautéed in sour cream sauce together with onions and mushrooms. The dish was named after Count Alexander Grigorievich Stroganoff.

Utensils

Frying pan
Chopping board
Knife
Wooden spoon

Ingredients:

Olive oil
500 g chicken thighs
500 g white mushrooms
250g brown mushrooms
1 onion
Garlic
1 tbs flour
1tbs paprika
Chicken stock
280 g Spinach
1tbs Sour cream



Serves



Cooking time: 30 min

Method:

1. Heat olive oil and cook chicken stirring for five minutes. Transfer to a plate.
2. Cook onion until soften. Add garlic and mushrooms and cook until mushrooms are golden and tender.
3. Add flour and paprika, stirring for 1 minute. Add chicken stock and bring to boil.
4. Return chicken to pan. Reduce heat and cook for 5-7 minutes or until chicken is cooked through.
5. Add spinach and cook until wilted. Add sour cream.

Spaghetti bolognese



Ragù alla Bolognese, referred to as Bolognese sauce, is a meat-based sauce originating from the city of Bologna in northern Italy. Bolognese sauce was served as a topping for tagliatelle, a flat, ribbon-like pasta, enjoyed by many in the Emilia-Romagna region of Italy.

Utensils

Pot
Chopping board
Knife
Wooden spoon

Ingredients:

1 1/2 tbsp olive oil
2 garlic cloves , minced
1 onion , finely chopped (brown, yellow or white)
500g beef mince (ground beef) OR half pork, half beef
1/2 cup water or beef broth/stock
1 Bolognese sauce in a jar
2 tbsp tomato paste
2 dried bay leaves
2 sprigs fresh thyme , Salt and pepper

TO SERVE

400 g spaghetti , dried
Parmesan cheese



Serves



Cooking time: 30 min

Method:

1. Heat oil in a large pot or deep skillet over medium high heat. Add onion and garlic, cook for 3 minutes or until light golden and softened.
2. Turn heat up to high and add beef. Cook, breaking it up as you go, until browned.
3. Add remaining ingredients except salt and pepper. Stir, bring to a simmer then turn down to medium so it bubbles gently. Cook for 20 – 30 minutes, adding water if the sauce gets too thick for your taste.
4. Stir occasionally.

French Toast



French toast in French, it is called “pain perdu,” which translates to “lost bread.” This represents how it brings new life to stale bread that would otherwise go to waste.

Utensils

Medium mixing bowl

Fork

Spatula

Large frying pan

Measuring cup

Ingredients:

6 slices brioche or white sandwich bread ,

2 – 3 tbsp butter

EGG MIXTURE:

2 large eggs

½ cup / 125 ml milk

1 tsp vanilla extract

To serve:

Maple syrup,

butter



Serves



Cooking time: 30 min

Method:

1. Whisk together Egg Mixture in a bowl.
2. Melt 15g / 1 tbsp butter in a non stick skillet over medium heat.
3. Dunk a piece of bread quickly into the egg mixture, coating both sides. Place in pan. Repeat with more slices to fill the pan, but don't crowd it.
4. Cook for 2 ½ - 3 minutes on each side until the surface is golden, then transfer to serving plates.
5. Add more butter into the pan and cook remaining bread.
6. Serve with butter and plenty of maple syrup.

Koftas



Kofta is a type of "meatball" that originates from the Middle East and India. The word kofta comes from the Persian word kūfta, which means "to beat or to grind," which references the ground meat typically used to make kofta recipes.

Utensils

Medium mixing bowl

Large frying pan

Greater

Measuring cup

Ingredients:

KOFTAS

500 g lamb mince (ground lamb)

1/2 onion , grated

1/4 cup breadcrumbs , preferably panko

2 cloves garlic , crushed

2 tbsp chopped fresh coriander

KOFTA SPICES

2 tsp cumin

2 tsp coriander

2 tsp paprika

1.5 tsp ground cinnamon

3/4 tsp cayenne pepper

1 tsp cooking salt



Serves



Cooking time: 30 min

Method:

1. **Koftas:** Grate the onion into the bowl using a standard box grater. Add remaining Kofta ingredients and mix well with your hands.
2. With damp hands, divide the meat into 8 equal pieces and push and shape the meat onto 8 skewers.

Yogurt Sauce to serve with the koftas:

1 cup yogurt , Greek or other thick plain, 1 tbsp extra virgin olive oil, 1 clove garlic , crushed, 1 tsp cumin, 1 tbsp lemon juice, 1/4 tsp salt and pepper

1. Combine the yogurt sauce ingredients and leave in fridge for at least 20 minutes for the flavour to develop (overnight even better!).

Soy Sauce Stir-fried noodles



Stir fry is a cooking method used in many Asian countries, though it originated in China. It involves cooking food over high heat in a wok.

Utensils

Medium mixing bowl

Large frying pan or wok

Measuring cup

Knife

Ingredients:

450g of Noodles (cooked)

400 g mixed frozen or fresh vegetables

3 tbsp of Soy Sauce

2.5 tbsp of Dark Soy Sauce

2 tbsp of Sugar

2 tbsp of Sesame Oil

4 tbsp of Water or Vegetable Stock

6 cloves of Garlic (sliced)

3 stalks of Green Onion

1-3 Red Chili (chopped)

1.5 cups of Bean Sprouts



Serves



Cooking time: 30 min

Method:

1. In a bowl, mix soy sauce, dark soy sauce, sesame oil, water, and sugar till combined.
2. Cook noodle as per instruction, drain and set aside.
3. In a pan, drizzle in oil and turn the heat up to medium-high. Once the pan is hot, add the vegetables, garlic, the white part of green onion, and chopped red chili. Sauté together for 2-3 minutes
4. Add in the noodles and pour in the sauce; mix so all the noodles are coated.
5. Turn the heat to high, add in bean sprouts, sauté on high heat for 2-3 minutes.
6. Add in the rest of the green onion, sauté on high heat for 1-2 minutes

Rice pudding



Rice pudding is a dish made from rice mixed with water or milk and commonly other ingredients such as sugar and cinnamon.

Utensils

Large pot

Measuring cup

Wooden spoon

Ingredients:

1 cup of rice

3 cups of water

3 cups of milk

8-10 tbs of sugar

cinnamon



Serves



Cooking time: 40 min

Method:

1. Pour the milk, water and sugar into a saucepan.
2. Heat to melt the sugar.
3. As soon as the liquid starts to boil, pour in the washed rice and stir occasionally, lowering the temperature and making sure it does not overflow and burn.
4. Cook until it thickens and the rice is cooked.
5. While hot, the rice pudding is poured into suitable dishes or glasses.
6. Serve sprinkled with cinnamon if desired.

TUNA BAKE



Tuna bake became popular in households around the world in the 1950s mainly because the ingredients were cheap and easy to find at the supermarket.

Utensils

Large pot

Measuring cup

Wooden spoon

Ingredients:

350g penne pasta

40g / 3 tbsp butter

garlic cloves, finely minced

4 tbsp (50g) plain flour

4 cups (1 litre) milk

2 tsp chicken stock powder

1/2 cup (50g) parmesan, finely shredded

425g canned tuna in oil

CRUNCHY TOPPING:

25g / 1.5 tbsp butter, melted

1/2 cup (60g) panko breadcrumbs

1/4g (25g) parmesan, finely grated



Serves



Cooking time: 40 min

Method:

Preheat oven to 180°C/350°F. Cook pasta per packet directions MINUS 1 minute. Drain then allow to cool slightly, then return into pot.

White Sauce – Melt butter in a large pot over medium heat. Add garlic and cook for 30 seconds

Add flour and stir into melted butter. While whisking, gradually pour in about 1/3 of the milk. Once the flour-butter mixture is incorporated into the milk, pour in remaining milk and whisk. Add chicken stock powder.

When the milk starts to heat up, whisk constantly to make sure the white sauce doesn't catch on the base.

After 4 – 5 minutes, the sauce should be thick enough that you can draw a path across the back of a spoon (see video). Remove from stove and stir in parmesan.

Assemble & Bake – Add tuna into pasta and flake into large chunks with fork

Scrape into baking dish, top with Crunchy Topping. Bake until top is golden.

Feta Pan Tiropita



Tiropita is a Greek pastry made with layers of buttered phyllo and filled with a cheese-egg mixture.

Utensils

Large frying pan

Brush

Ingredients:

375g Antoniou Fillo Pastry

1 cup olive oil

300g Feta cheese, crumbled

Honey

Sesame seeds



Serves



Cooking time: 30 min

Method:

1. Before you begin this Filo Pastry recipe, take your chilled Filo Pastry out of the fridge to bring it up to room temperature.
2. To make each individual pita, place one piece of pastry on your workbench and brush with olive oil. Place another sheet of pastry on top to create a cross, and brush with oil. Sprinkle 30g of crumbled Feta over the centre of the pita. Fold the Fillo sides into the centre and over the feta, to enclose the pita. Brush with oil. Repeat with remaining Fillo and feta.
3. Heat a drizzle of oil in a fry pan. Add the pita to the pan, one at a time, and cook on each side for 1-2 minutes, until golden. Drizzle with honey, sprinkle with sesame seeds and serve immediately.

Banana bread



Banana bread is thought to have originated in the United States in the early 1900s.

One theory is that it was created by housewives who were looking for ways to use up overripe bananas before they went bad.

Utensils

Mixing bowl

Loaf pan

Measuring cups

Mixing spoon

Ingredients:

2 cups self-raising flour

1 tsp bicarbonate of soda

2/3 cup caster sugar

2 bananas, mashed (see notes)

1 tsp vanilla essence

2 eggs

1 cup reduced-fat milk

2 tbs light olive oil



Serves



Cooking time: 60 min

Method:

1. Preheat oven to 180°C (160°C fan-forced). Grease an 11cm x 21cm loaf pan and line base and sides with baking paper.
2. Combine flour, bicarbonate of soda and sugar in a bowl. Add mashed banana, vanilla, eggs, milk and oil, stirring until combined. Spoon mixture into prepared pan.
3. Bake for 50–60 minutes or until a skewer inserted in centre comes out clean. Stand loaf in pan for 10 minutes before transferring to a wire rack to cool.

Waffles



Waffles have a rich history, originating from communion wafers in ancient times and evolving into the popular breakfast food we know today .

Utensils

Mixing bowl

Loaf pan

Measuring cups

Mixing spoon

Ingredients:

2 cups self-raising flour

1 tsp bicarbonate of soda

2/3 cup caster sugar

2 bananas, mashed (see notes)

1 tsp vanilla essence

2 eggs

1 cup reduced-fat milk

2 tbs light olive oil



Serves



Cooking time: 60 min

Method:

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