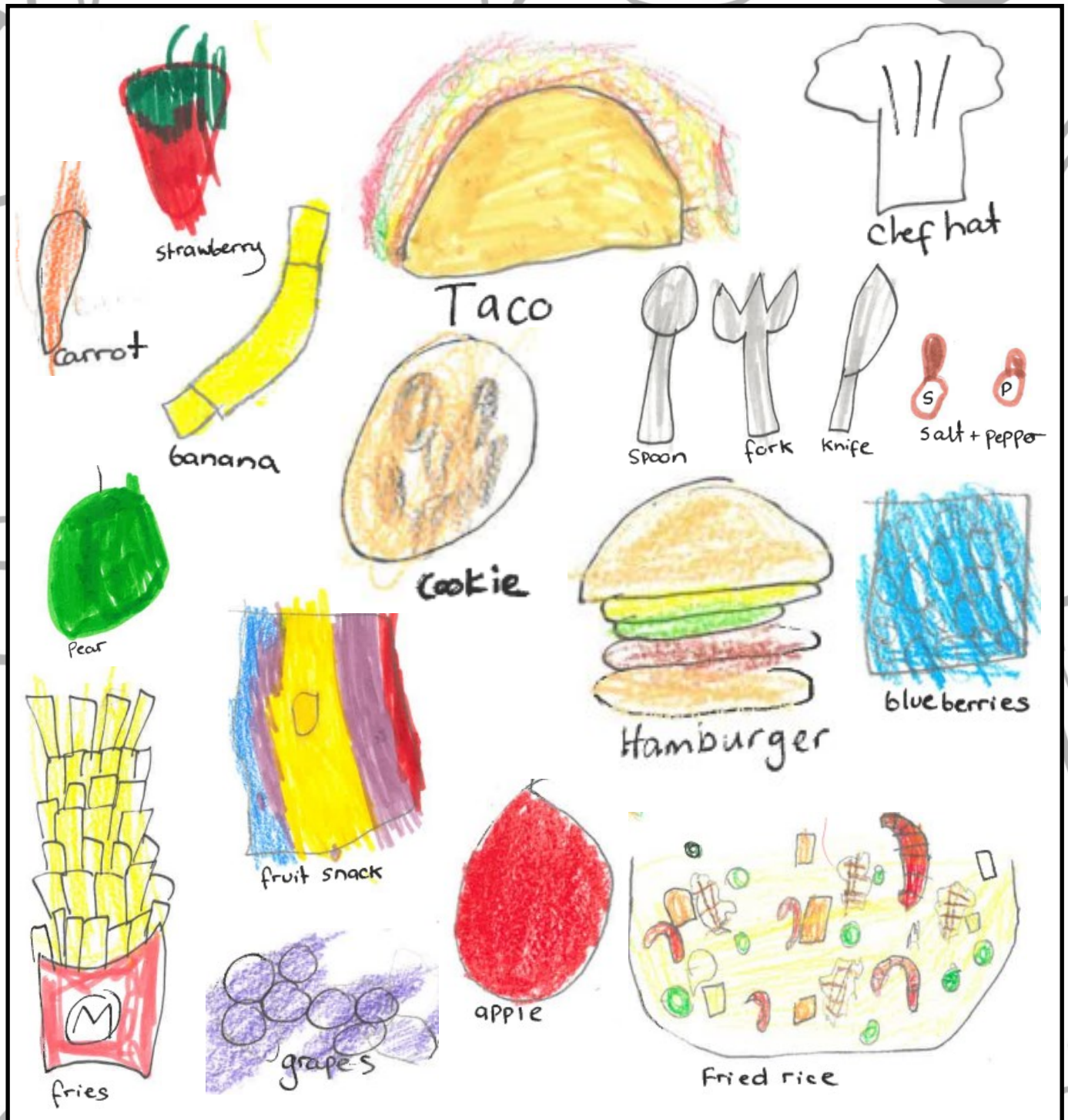


# Room 29 Cookbook

## 02 Harvest FEAST



Educate the school community about healthy eating and preventing food waste. 2023

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# OZ Harvest

We want to give OZ Harvest a special thanks for developing the Feast program and allowing us to take part. They have provided us with materials and the support required to embark on this food journey.

Room 29 have learnt a lot about Food waste and what we can do to help prevent it, while creating some healthy delicious recipes along the way.

We were able to source a lot of our fresh ingredients from the school garden and OZ harvest donations made to the school. We learnt a lot about budgeting our money and planning out recipes. We utilised as many of our ingredients as we could by using them across multiple recipes.

We hope you enjoy our cookbook and recipes. We have given a price breakdown for each recipe. Its important to note that when we say a recipe feeds 12 people these are snack sized portions.





# Hash Browns

## Ingredients

Salt & Pepper  
6 potatoes  
Onion  
Cheese  
flour

## Equipment

Frypan  
Grater  
Knife  
Frypan  
Bowl  
Spoon

Serves: 12

Time: 20min

Cost: \$0.90pp

## Difficulty



## Procedure

1. Grate the potatoes into a bowl.
2. Place the potatoes into a clean tea towel and squeeze out the excess liquid.
3. Place potatoes back into bowl and add all other ingredients, except oil.
4. Place oil in frypan and put on a medium heat.
5. Spoon a small handful size of mixture into frypan and cook on both sides until crispy .
6. Enjoy

## Food waste Tips:

We grew our own potatoes and used the peel in our hash browns.

We also put the squeezed out liquid into our vegetable garden.

This recipe is healthy because we used vegetables.





# Hash Browns



We rate  
this recipe  
20/10

"Way better than  
McDonalds!"



# Gnocchi

## Ingredients

Salt & Pepper	2 cloves garlic
6 potatoes	Passata
1 Onion	
Cheese	
1 1/2 cups Flour	
2 eggs	
Parsley	

## Equipment

Fork	Cutting board
Bowl	Peeler
Spoon	Measuring cups and spoons
Saucepan	
Frypan	
Knife	

## Procedure

1. Peel potatoes and cut into cubes.
2. Boil potatoes until soft.
3. Drain and place in a bowl. Use fork to mash.
4. Once there are no lumps combine flour, eggs and salt and pepper into the potato and knead until you have a smooth dough.
5. Roll dough into a long rope and then using a knife cut it into 5cm pieces. Leave on cutting board to dry while you roll all of the dough.
6. Finely dice onions, garlic and parsley. Place into frypan and cook until onion is translucent. Pour in passata, once heated through set aside until gnocchi is cooked.
7. Place Gnocchi into boiling water and cook until it floats.
8. Add gnocchi to sauce, stir through and enjoy.

# Gnocchi



Serves: 12  
Time: 50min  
Cost: \$0.90pp

We rate  
this recipe

Taste: 9/10  
"Soft and  
Yummy"

Difficulty:  
★ ★ ★ ★ ☆

Food waste  
Tips:

We grew our own  
potatoes, onions and  
parsley. These are  
healthy foods.

All of our food waste  
went into the  
compost bin in our  
garden.

We also used some  
ingredients we had  
left from last week.



# Apple Crumble

## Ingredients

6 apples	1 cup flour
1/2 cup white sugar	1 cup brown sugar
1 tsp cinnamon	125g butter
2 tsp lemon juice	Vanilla ice-cream
1 cup rolled oats	

## Equipment

Peeler	Oven
Knife	Tray
saucepan	Measuring cups and spoons
Cutting board	
Bowl	

## Procedure

1. Peel, and core apples. Slice into small chunks.
2. Mix in white sugar, cinnamon and lemon juice. Stir until combined.
3. Place mixture into saucepan and cook over a medium heat for 5-10min or until apples have softened slightly.
4. In another bowl combine the remaining Ingredients and mix well. It should be crumbly.
5. Pour apple mixture into tray and spread evenly. Spoon the oat mixture over the top.
6. Place into oven (180C) and bake for 30-40 min or until gold and crumbly.
7. Enjoy with Ice-cream.





# Apple Crumble



We rate  
this recipe

Taste: 5 /10

"sweet and  
crunchy"

Difficulty:



Food waste

Tips:

We used left over  
items from last  
week and apples  
that were donated  
from OZ Harvest.

All food waste  
went into the  
compost bin.  
Leftovers were  
taken home.

Serves: 12

Time: 1hr

Cost: \$0.92pp



# Veggie Fritters

## Ingredients

2 carrots	Sour cream
2 zucchinis	Salt and
2 spring onion stalks	Pepper
1 cup cheese	Vegetable oil
1 cup flour	to coat pan
2 eggs	

## Equipment

Grater	Measuring cups
Knife	Frypan
Spoon	Spatula
Bowl	
Cutting board	

## Procedure

1. Grate the carrot and zucchinis into a bowl.
2. Slice the spring onion into small pieces.
3. In a large bowl combine all ingredients and mix well.
4. Pre-heat frypan and coat with oil.
5. Once frypan is hot place large spoonful's of mixture into pan and cook on both sides until crispy and golden.
6. Serve with sour cream, Enjoy!

## Food waste Tips:

We only bought what we needed, used ingredients we had left over from previous weeks. We cut off as little as possible from the ends of the vegetables and all food waste went into compost.

Serves: 12

Time: 20min

Cost: \$1.12pp



# Veggie Fritters



We rate this recipe

Taste: 9 /10

"Is this even veggies"

Difficulty:





# Fried Rice

## Ingredients

1 bag of frozen peas, carrots and corn	3 rashers bacon
Capsicum	2 cloves garlic
2 cups cooked white rice	Soy sauce
2 eggs	Vegetable oil
	Spring onions

## Equipment

Knife	Measuring cups
Spoon	Frypan
Bowl	Spatula
Cutting board	

## Procedure

1. In a frypan add oil to coat pan. Once it is hot add vegetables, bacon and garlic. Sautee for 3-4 min.
2. Whisk eggs into a separate bowl. Push vegetables to the side of the frypan and pour in eggs. Scramble for about 2 min or until fully cooked. Mix through vegetables.
3. Stir rice through the vegetable mix and cook for 2 min until fully heated
4. Add soy sauce to taste, enjoy.

## Food waste Tips:

We used frozen vegetables but you can use any old leftover sad looking vegetables in your fridge. Cold rice left over from another meal is perfect for Fried rice.

Serves: 12

Time: 20min

Cost: \$0.97pp



# Fried Rice



We rate this recipe:

Taste: 8/10

Difficulty:



"mmm  
Yeah, It's Good"



# Big Mac Tacos

## Ingredients

1 head lettuce	12 tortillas
500g beef mince	2 tomatoes
Special burger sauce	1 onion
Pickles	Oil for frypan
12 slices cheese	

## Equipment

Knife	Frypan
Spoon	Spatula
Bowl	
Cutting board	
Plate	

## Procedure

1. Shred lettuce and tomatoes. Set aside on a plate.
2. Dice onions. Heat frypan add oil, once hot cook onion for 2-3 min or until translucent.
3. Mix onion with mince and divide into 12 portions. Spread evenly over the tortillas.
4. Place meat side down in frypan and cook for 1-2 min, flip add cheese and cook for 1 min.
5. Add salad and sauce, Enjoy!

## Food waste Tips:

We sure to store any leftovers in the fridge or freezer. The ends of the lettuce went into the compost.

Serves: 12

Time: 20min

Cost: \$0.97pp



# Big Mac Tacos



We rate this recipe:

Taste: 15/10

Difficulty:



"Thumbs up"



# Pizza

## Ingredients

12 mini pizza bases	1 tomato
Tomato paste	1 onion
1 pack	1 bag grated cheese
Pepperoni	
3 rashers	
Bacon	

## Equipment

Knife  
plate  
Cutting board  
Oven  
tray

## Procedure

1. Dice tomato, bacon and onion and place onto plate.
2. Spread tomato paste evenly over pizza bases.
3. Sprinkle with cheese.
4. Add any ingredients you want on your pizza.
5. Bake in a preheated oven for 15min,
6. Enjoy!



## Food waste Tips:

Pizza is a great way to use up any leftover ingredients from your fridge. You could also make it on stale bread.

We put our leftover items into the freezer so they will last until we may need them.

We rate this recipe: 20/10

Serves: 12

Time: 20min

Cost: \$1.76pp



# Pizza



We rate this recipe:

Taste: 10/10

Difficulty:



"I hate tomato."



# Spaghetti

## Ingredients

1 onion                      Oil for frypan  
3 garlic cloves      Grated cheese  
500g mince  
1 bag pasta  
2 pasta sauce  
2 tomatoes

## Equipment

Knife                      Saucepan  
Spoon                      Frypan  
Bowl  
Cutting  
board  
plate

## Procedure

1. Dice onion, garlic and tomato, set aside on a plate.
2. Heat frypan and add oil. Add mince and cook until brown, this should take about 3-4 min.
3. Add onion, garlic and tomato, cook for 3-4 min.
4. Add sauce and turn frypan down to simmer.
5. Bring a saucepan of water to boil, add pasta and cook according to packet directions. Once cook drain water and serve. Enjoy!!

## Food waste Tips:

Bolognaise is a great recipe to use up older vegetables. It also freezes really well.

"I had Spaghetti for dinner last night"

Serves: 12

Time: 20min

Cost: \$0.97pp



# Spaghetti



We rate this recipe:

Taste: 8/10

Difficulty:





# Quiche

## Ingredients

6 eggs	1 1/2 cups flour
100ml cream	Water
1 onion	Salt and
4 rashers	Pepper
Bacon	1/4 cup cold
500g butter	water
	1 cup cheese

## Equipment

Knife	Measuring cups
Spoon	Frypan
Bowl	Pie tray
Cutting board	Whisk
Rolling pin.	Food processor

## Procedure

1. Combine butter, flour , salt and pepper together in a food processor. Mix until it resembles crumbs. Add water and mix until a dough forms.
2. Place dough onto floured surface and roll it out with rolling pin until its about 1cm thick. Place into pie tray and bake in oven for 18min.
3. Dice onion and bacon and cook in frypan for about 4-5min. Set aside to cool slightly.
4. Add eggs to bowl and whisk. Add all remaining ingredients and mix well.
5. Pour mixture into pastry shell and bake for about 40min in a moderate oven.
6. Enjoy!



# Quiche



## Food waste Tips:

Most of the ingredients we used for this recipe were left over from previous cooks. You can add other leftover vegetables or lunch meats into the quiche as well.

"Its like an Egg and  
bacon pie"

## We rate this recipe:

Taste: 7/10

Difficulty



Serves: 12

Time: 1hr 20min

Cost: \$1.35pp

\*If you do not have a processor use your hands to rub ingredients together until they resemble crumbs.

# Gozleme

## Ingredients

1 bunch kale	3 cups flour
500g beef mince	1 packet yeast
1 onion	1tspn sugar
3 garlic cloves	1/2 tsp salt
1 cup grated cheese	1/3 cup oil

## Equipment

Knife	Measuring cups
Spoon	Frypan
Bowl	Spatula
Cutting board	

## Procedure

1. Dice onion, garlic and kale.
2. Heat frypan, add oil and cook onion, garlic and kale for 4-5min. Set aside in bowl for later. Add in grated cheese.
3. Brown mince and add to kale mix once ready.
4. In another bowl combine flour, salt, sugar, yeast and oil, mix until a dough forms.
5. Divide dough into 12 portions, then roll out into an oval shape. Roll it as thin as you can get it without it forming holes.
6. Place a spoonful of kale mixture into centre of dough and press edges together to form a pocket.
7. Fry both sides of Gozleme until golden, then ENJOY!!



# Gozleme



## Food waste Tips:

We used Kale from our school garden. The mince and onion were leftover items from when we made big mac tacos.

There were NO leftovers from this recipe it was delicious!!!!

Difficulty:

**"Don't tell my mum I liked this."**

## We rate this recipe:

Taste: 15/10

Difficulty:



Serves: 12

Time: 20min

Cost: \$1.51pp



# Cookies

## Ingredients

2 3/4 cups flour	1 cup icing sugar
1/2 tsp bicarb soda	1tsp water
1 cup butter	Food colouring
2 eggs	Sprinkles
1 tsp vanilla	1 1/2 cup sugar

## Equipment

Knife	Measuring cups
Spoon	Oven tray
Bowl	Oven
Cutting board	Electric mixer
fork	

## Procedure

1. Cream softened butter and sugar in a bowl until it lightens in colour.
2. Add eggs 1 at a time, mixing well.
3. Add in flour, sugar, bicarb and vanilla, mix with spoon until dough forms.
4. Use a large spoon to scoop out dough and roll into a ball shape. Place on an oven tray and flatten with fork.
5. Bake in a moderate oven for 15min.
6. While cookies are cooling mix icing sugar, water and food colouring to make icing.
7. Decorate and enjoy!!



# Cookies



## Food waste Tips:

We used leftover ingredients from other recipes to create our Halloween cookies.

Difficulty:



"Ha-ha It has eyes"

We rate this recipe: 10/10

Serves: 12

Time: 50min

Cost: \$0.90pp



# Stir-fry

## Ingredients

1 zucchini	500g pork mince
1 carrot	
1 onion	Udon noodles
3 garlic cloves	Soy sauce
1 tin baby corn	Honey
10 green beans	1 capsicum

## Equipment

Knife	Frypan
Spoon	
Bowl	
Cutting board	

## Procedure

1. Dice all vegetables and garlic.
2. Heat oil in frypan and when its hot add vegetables. Cook for 3-5min.
3. Add in pork mince, break up with spoon and brown.
4. Place noodles into a bowl and cover with boiling water for 5 min to soften.
5. Add honey, soy sauce and noodles to frypan. Stir and heat for 2-3 min. Enjoy!!!!

## Food waste Tips:

Buy only what you need for your recipe so there is no waste.

We put the vegetable scraps into our compost bin.

Bring a container from home for leftovers.

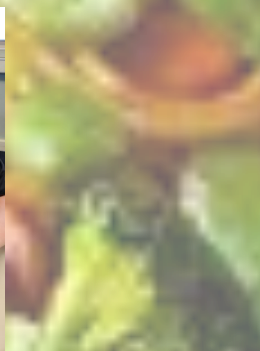
Serves: 12

Time: 20min

Cost: \$0.97pp



# Stir-fry



We rate this recipe:

Taste: 8/10

Difficulty:



"Yeah it is pretty good"





# Feta pasta

## Ingredients

1 punnet cherry tomatoes	1 pack gourmet pork sausages
2 cloves garlic	3 tbsp balsamic
1 pack penne	Vinegar
1 bag rocket	1/4 cup Pine nuts
1 pack feta cheese	Olive oil

## Equipment

Knife	Frypan
Spoon	Colander
Bowl	
Cutting board	
Saucepan	

## Procedure

1. Dice garlic and set aside.
2. Using knife, remove skin from sausages.
3. Coat frypan with oil and cook garlic and sausages. Breaking sausage meat up so it resembles a chunky mince.
4. Add in cherry tomatoes and cook until blistered.
5. In a saucepan, add pasta to boiling water and cook according to packet instructions.
6. Add balsamic vinegar to frypan and cook of for approximately 1 min.
7. Add all remaining ingredients including drained pasta and stir. Serve and enjoy.

"It was gross touching the sausages."



# Feta pasta



## Food waste Tips:

This recipe had zero food waste and lots of healthy ingredients.

## We rate this recipe:

Taste: 10/10

Difficulty:



Serves: 12

Time: 20min

Cost: \$1.51 pp



# Pear Tarte Tatin

## Ingredients

5 pears	Vanilla ice cream to serve
1/2 cup sugar	3 tbsp butter
2 tsp lemon juice	
1 tsp cinnamon	
1 sheet puff pastry	

## Equipment

Knife	Frypan
Spoon	Foil tray
Bowl	Peeler
Cutting board	

## Procedure

1. In frypan heat sugar and 2 tsp water. Cook over medium heat without stirring until it turns golden, about 6min. Stir through butter, lemon juice and cinnamon.
2. While sugar is cooking peel and slice pears into 8 pieces per pear. Arrange pears into a spiral pattern in foil tray.
3. Top with puff pastry, carefully tucking the edges in to cover the pears.
4. Cook in a moderate oven for about 25min, or until golden.
5. Let it cool for about 15min before placing a plate on top. Carefully flip and serve with ice cream.

Serves: 12

Time: 1 hour

Cost: \$1.77 pp

"This was very sweet, Can I have more ice-cream please?"



# Pear Tarte Tatin



## Food waste Tips:

The only waste we had for this recipe was the peel from the pears and we put that in the compost. The pears were donated from Oz Harvest.

## We rate this recipe:

Taste: 5/10

Difficulty:

