

**We would love to say a huge THANK YOU
To
FEAST, Ronni and OzHarvest**



Paxton Public School 4/5/6

The Epic Feast Chef Cookbook

Established 2024

By

Paxton Public School



FEASTIE MENU CONTENT PAGE

Rainbow Fruit Skewers-This feeds our class of 20.

Beefy Burgers - This feeds our class of 20.

Use it up Cheesy Quesadillas- We did this in groups of 4-5 people. However, depending on how large you make the Quesadillas depends on how many people can be fed. We found that by making small sized quesadilla it would feed double the group numbers or even more.

Spare parts Pizza- We feed our school of 79 students.

Don't throw me away fruity frozen Pops- We satisfied our school with this cool refreshing pop.

Bits and pieces French Toast- We did this one right on our last day of school, as we have been so busy during term 4. But we enjoyed this breakfast/brunch meal.
A loaf of bread may feed a class, depending on how many are in a class. You may need 2 loaves.

Remember to ALWAYS practice hygiene by thoroughly washing your hands before any food preparation and cooking.





Rainbow Fruit Kebabs.



PREPARATION TIME: 45 MINS

By Evie

Ingredients:

Watermelon

Mandarins

Kiwi fruits

Banana

Blueberries

Pineapple



Instructions

How to prepare:

Cut the watermelon in small chunks

Peel the mandarins and then pull apart

Peel the banana and slice into small chunks

Carefully peel the Kiwi Fruits and then slice into thick chunks, then cut in half

Cut the pineapple and then cut into small chunks

Kebab construction time:

Carefully place one piece of fruit at a time onto the Kebab stick.



We chose to make rainbow fruit skewers as we could practise our **cutting skills**, we had messy fun doing this!

Do you know that fruit is **full of essential vitamins and minerals that are an excellent source of fibre**.

Fibre is important for the **digestive system**. It can also help you to feel full for longer periods of time.

Did you know that you can use most of **the entire fruit piece**.

Look at how we used our fruits:

We selected an array of available fruits: Mandarins, bananas, Kiwi fruits (gold and green), blueberries, blackberries, dragon fruit.

(Please note: In any cooking lesson it is also important to be aware of allergies)



"I'm ready to eat!"

Wait!

Guess what we used the leftover fruit for

RECIPE



BEEF PATTY BY LAYLA
FOR 24 STUDENTS

INSTRUCTIONS

IN YOUR BOWL COMBINED
ALL THE INGREDIENTS USING
YOUR CLEAN HANDS.
ROLL YOUR BEEF PATTY INTO
A PATTY, ABOUT 10 CM WIDE
AND NO MORE THAN 2 CM
THICK.

TURN ON THE ELECTRIC
FRYING PANS TO MEDIUM
HEAT.
SPRAY WITH COOKING SPRAY.
WAIT ABOUT 5 MINUTES OR
UNTIL THE FRYING PAN LIGHT
GOES OUT.

CAREFULLY PLACE YOUR
PATTIES INTO THE FRYING
PAN.

FLIP YOUR PATTIES OVER
AFTER APPROX.
TO TEST IF THEY ARE READY
PIERCE THEM- IF STILL PINK
JUICES FLOWING THEY ARE
NOT READY.

CONSTRUCTION OF THE BURGER

SLICE THE BUN INTO TOP AND
BOTTOM
TAKE A SLICE OF CHEESE AND
PLACE IT DOWN ON THE BOTTOM
HALF OF THE BUN.
NEXT PUT YOUR PATTY ON THEN
ANOTHER SLICE OF
CHEESE, LETTUCE, AND TOMATO.
THEN PLACE THE BURGER BUN
TOP ON.
(SAUCE IS OPTIONAL)

INGREDIENTS

3 KG MINCE FOR APPROXIMATELY 24
BURGERS
(WORKS OUT 8 PATTIES PER KG)
OTHER INGREDIENTS- SHARED BETWEEN
4 PEOPLE
EGG X 4 (ABOUT A TBSP PER PATTY)
BREADCRUMBS X 3 C
ONION X 4
PARSLEY-3/4 C
CRUSHED GARLIC GLOVES 6-8
WORCESTERSHIRE/TOMATO/BBQ SAUCE





We chose to use beef mince as it is a very **economical and flexible** food item that can be used for **many** meals.



During preparation time we engaged in practising our skills of **cutting and mixing**, some of us had tears in our eyes, thanks to the onions.



We used the electric frying pans to cook up our delicious beef mince patties



Our favourite part of lesson is



Episode two - The beef mince stars in....

Use it up Cheesy Quesadillas



Ingredients:

Flour Tortillas

2 cups (260 g) all-purpose flour

1 teaspoon fine sea salt

2/3 cup (160 ml) very warm water

5 tablespoons light melted butter

Directions: Flour Quesadilla Dough

1. Add the salt to the warm water and stir together until the salt dissolves.
2. In a large bowl, use a fork to combine the flour with the oil (or other fat) until it looks crumbly. Pour in almost all the salty water and stir until a shaggy dough forms. If the mixture seems dry, add a bit more of the water.
3. When the dough comes together, transfer to a floured work surface and knead until smooth, 2 to 3 minutes.
4. Cover with a clean towel and leave (rest the dough) for at least 15 minutes or even up to 2 hours.
5. Divide the dough into ten equally sized blobs and shape them into small disks. Use a rolling pin to roll each small disk round. The thinner, the better.
6. Stack the rolled tortillas with a piece of parchment paper between them. Alternatively, you can roll and cook the tortillas at the same time. Roll one quesadilla out, then roll the next quesadilla out while it cooks.

While making the quesadilla dough another person can be cooking the mince and preparing the other ingredients.

7 Heat an electric frying pan over medium heat

8 While the electric frying pan heats: prepare the quesadilla dough by rolling out the dough thinly and then place a small to medium plate on top of the dough and cut around, making a circular shape.

9 Carefully and gently place it on the electric fryer

10 Cook the first side for ten seconds, flip and cook the other side for about 1 minute, flip again and cook until tortillas start to puff and are cooked in the middle, 30 to 60 seconds more.

If the quesadilla dough is cracking or looks to dry, spray it with a little bit of water. You can also turn the heat down if it browns too quickly.

11 Transfer cooked quesadilla and place under a warm towel or under aluminium foil until ready to serve.

12. Fresh quesadillas are great freshly cooked.

Note: A spray bottle filled with water is helpful to have close by. If you notice the dough beginning to dry out, spray it with a bit of water. you can also do this when cooking the tortillas if they are cracking or too dry spray them with water

Taco seasoning

2 tsp mixed herbs dried

2 tsp chilli powder

4 tsp cumin powder

1 tsp salt table salt

2/4 tsp black pepper powder

4 tsp sweet paprika powder

The Taco Mixture: In a small bowl add all the taco seasoning mix ingredients. Mix well with spoon and leave aside

Beef mince:

500 g beef mince

1 brown onion chopped

2 tsp ginger chopped

1 tsp garlic chopped

2 tsp cumin

1 tsp oregano

1 cup canned crushed tomato

250 g corn kernels canned or frozen

2 bell peppers/capsicum chopped

1 cup chicken broth

Cooking the beef mixture

1.Heat an electric frying pan on medium heat with 2 tsp of oil.

2.Add garlic, capsicum, onion, ginger, cumin and oregano and cook until soft then add the beef mince and cook well.

3.Add in the corn kernels, tomato puree and chicken broth and let it cook on medium heat until the sauce is thick.

4.Take off the electric frying and leave aside

Assembling the quesadilla: Place one quesadilla at a time on a plate, add ½ cup of beef mixture onto the middle of the quesadilla, add a handful of cheese and fold it in half.

Cooking the quesadilla: Heat the electric frying pan on medium heat and add a little oil. Place the folded quesadilla on the pan and cook until brown and crispy then turn around until brown and crispy cut into half.

Serve warm.

Best when shared all around!

By Noah Deaves



We used some of the leftover beef mince to make some delicious Cheesy Quesadillas. During the preparation process we also had a turn at our dough making and **kneading skills**, as well as our **mixing skills**.



We cooked the mince filling in the electric frying pan.



Of course we couldn't wait to eat them!

Episode three- Leftover beef mince starring in....



Spare Parts Pizza

Ingredients

375ml (1 1/2 cups)
warm water
Pinch of caster sugar
2 tsp (7g/1 sachet)
dried yeast
600g (4 cups) plain
flour
1 tsp salt
60ml (1/4 cup)
olive oil
plain flour, extra, for
dusting
olive oil, extra, for
brushing

Directions

1. combine water, sugar and yeast in a bowl, set aside for 5mins (or until foamy). combine the flour and salt in a large bowl, make a well in the centre. add the yeast mixture and the olive oil use a round-bladed knife in a cutting to mix the mixture until its all combined. use your hands to bring the dough together in a bowl.

2. brush a bowl lightly with the extra oil. turn the dough onto a lightly floured surface. knead for 10 minutes or until smooth and elastic. place in the prepared bowl and turn to coat in the oil. cover with plastic wrap and set aside in a warm, draught-free place to rise for 30 minutes or until dough doubles in size

3. dust work surface with extra flour. knead dough and form a long cylinder. divide into thirds use a rolling pin to role each third into a 28cm disc. then add your favourite toppings and bake

By: Grace.L

Spare parts pizza

We decided to organise a **meal day** for our whole school, for the following week. The meal day would consist of:

Pizza

Frozen fruity pop

Drink

We began the preparations by first preparing the dough pizza bases by using the flour we had left over from the quesadillas.



Did you know that flour is a shelf-stable food product that can be stored for a long term?



How to store:

1. **Freeze** - The process of freezing your flour will ensure that any bug eggs in the flour or the packaging (that can then transfer to the flour) are killed before going into storage.
2. **Seal** - After freezing, then bringing the flour back to room temperature, it's time to seal it. We will talk about the different options for sealing later, but it's important to store your flour in an air-tight container.
3. **Store** - Your flour is now ready to store! Pick a cool dry place, like the pantry, a closet



After we let the yeast sit for a short while, we carefully poured the wet ingredients (olive oil and yeast) into the flour and salt. Ready for the dough to be kneaded.



We enjoyed **kneading** the pizza dough.





Why knead the pizza dough?

Do you know that when you knead dough you create a **chemical reaction** which gives the dough its **structure and chewy type texture**. Kneading combines glutenin and gliadin, two proteins naturally found in wheat and some other grains. When combined with water they form gluten, a strong and stretchy protein fibre that forms the **“framework”** of dough.

The gluten structure is important for the dough rise of the pizza crusts. Gluten holds in all the carbon dioxide gas released from yeast, forming a kind of spongy “dough balloon” held together by the long gluten strands. This is the reason why you can see little holes you see when you slice through dough.

You can choose to knead the pizza dough by hand, or you could use an electric mixer. However, **to get the most control of the dough hand kneading is known to work the best.**



As part of our meal deal day, we become creative by making up some delicious frozen fruity pops, by using up the fruits we had. After **chopping**, and **peeling** the fruit, we selected a combination of fruit pieces and placed them into the blender.



Our first frozen fruity pop included:

Blueberries
Watermelon
Pineapple

Our second frozen fruity pop included:
Mandarin and Kiwi Fruit.



5

4

3

2

1

Time to blend up our delicious fruity flavours!

Did you know that you can blend fruit skins and all? For example, Kiwi fruits.

We used paper cups as moulds for the frozen Fruity Pops and a paddle pop stick to hold when they were all frozen.



Oh! what a whole school Meal Deal Day!



We started out in the morning, with preparation of the pizzas. First, we had to turn on the oven to **preheat it**. As the oven was preheating, we began to make our small plate sized pizzas for our hungry 'Customers'.



Soon the aroma of freshly cooked pizza was drifting through our canteen kitchen, and we were sure the other classes could smell it too!



Cook it and they will come



Just one of the many customers
of the lunch time crowd.





Hang on a second, remember that bread we bought, how will we use it up?

We also have some leftover cheese and ham, and it looks like we have a couple of eggs too, as well as other items.

Let's make...

Bits and pieces French Toast

(A loaf of bread may serve a class of 24.
Depending on how many slices in the loaf of bread)

1 slice per student- slices need to be cut in half.

Crack eggs into bowl- carefully

Whisk the eggs

Place a couple of bread slices to soak in the egg

Heat frying pan

Open the ham package

Open the cheese package

Using the tongs lift the bread slices out of the egg mixture, let an extra mixture drip back into the bowl

Place a slice into the frying pan

On top of the slice add some ham and then cheese

Place another slice on top of this.

Carefully turn over and cook until nice and golden on each side.

By Tyler



Addressing Food waste and Healthy Eating in our recipes.

Why use beef mince in our recipes?

Beef mince contains protein which assists with the growth and repair of body tissues and helps with maintaining healthy muscles and bones. It is also a source of iron which is important in making red blood cells. These are the cells that carry oxygen around the body. However, we need to remember that beef can be high in saturated fats which can increase the amount of cholesterol in the blood, increasing the risk of heart disease, so selecting the lower fat beef mince is a healthier choice. However, it can often be a cheaper choice to buy regular mince. To help decrease the amount of fat content of regular beef mince, draining the mince after cooking it is recommended. Beef mince is great in terms of the variety of recipes it can be used in. Often the beef mince left over from one meal can be used up into another meal, reducing the amount of food waste.

The reason we choose to use flour in our recipes

Sustainability and cost effective and health- Our 'Home cooking' had us thinking about choices to consider when shopping. Should we buy the pizza bases pre-made or should we 'home cook' from scratch? We also considered which would be more cost effective and healthier. Pizza bases from Woolworths ranged from \$3.00 to \$7.50 and were wrapped in plastic and gave us one pizza only. Woolworths essential flour was packaged in paper, which is recyclable and with a cost of \$2.70 for 2kg it proved to be a cost-effective choice, as we were able to make two pizza dough mixes from 2 kg of flour, which gave us about 14-15 small plate sized pizza bases.

Another more sustainable option is to make up plant-based burgers, if you like these instead of the beef burgers. We chose the beef mince as all the students preferred this.

Do you really need to throw that part out?

When we made up our frozen pops we used as much of the fruits as we could, even the skin. It all went into the blender to produce the most delicious fruity icy pops. Skin and all you say. Yes, it all goes in together. Come close the secret to a good fruity icy pop is to...

Add all or most of the fruit!

Thank you once again **OZ HARVEST Feast program,**

Here a Paxton we loved spending our time learning how to be more food sustainable and healthy too. Most of all we LOVED cooking our recipes that we chose and those of us in year 6 in 2024 are excited to pass on the FEAST learning journey onto the next group in 2025.