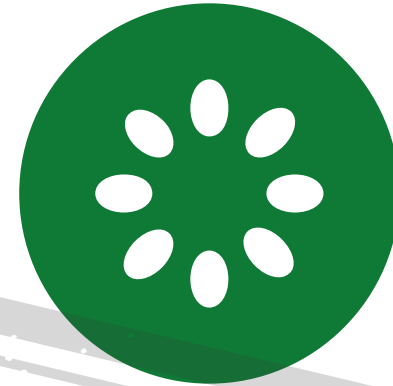
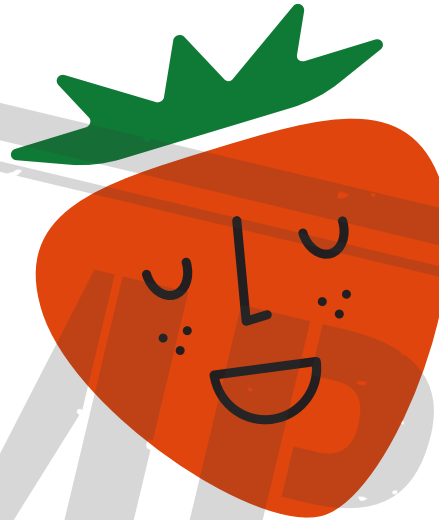




**FEAST**™

**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.

### 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

## 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

# HOW TO READ RECIPE MEASUREMENTS

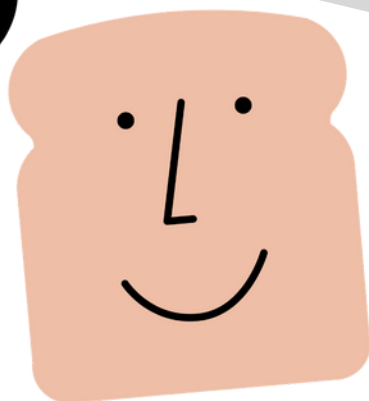
## WHY DO WE NEED TO KNOW HOW TO MEASURE INGREDIENTS?

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

tblsp = 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.



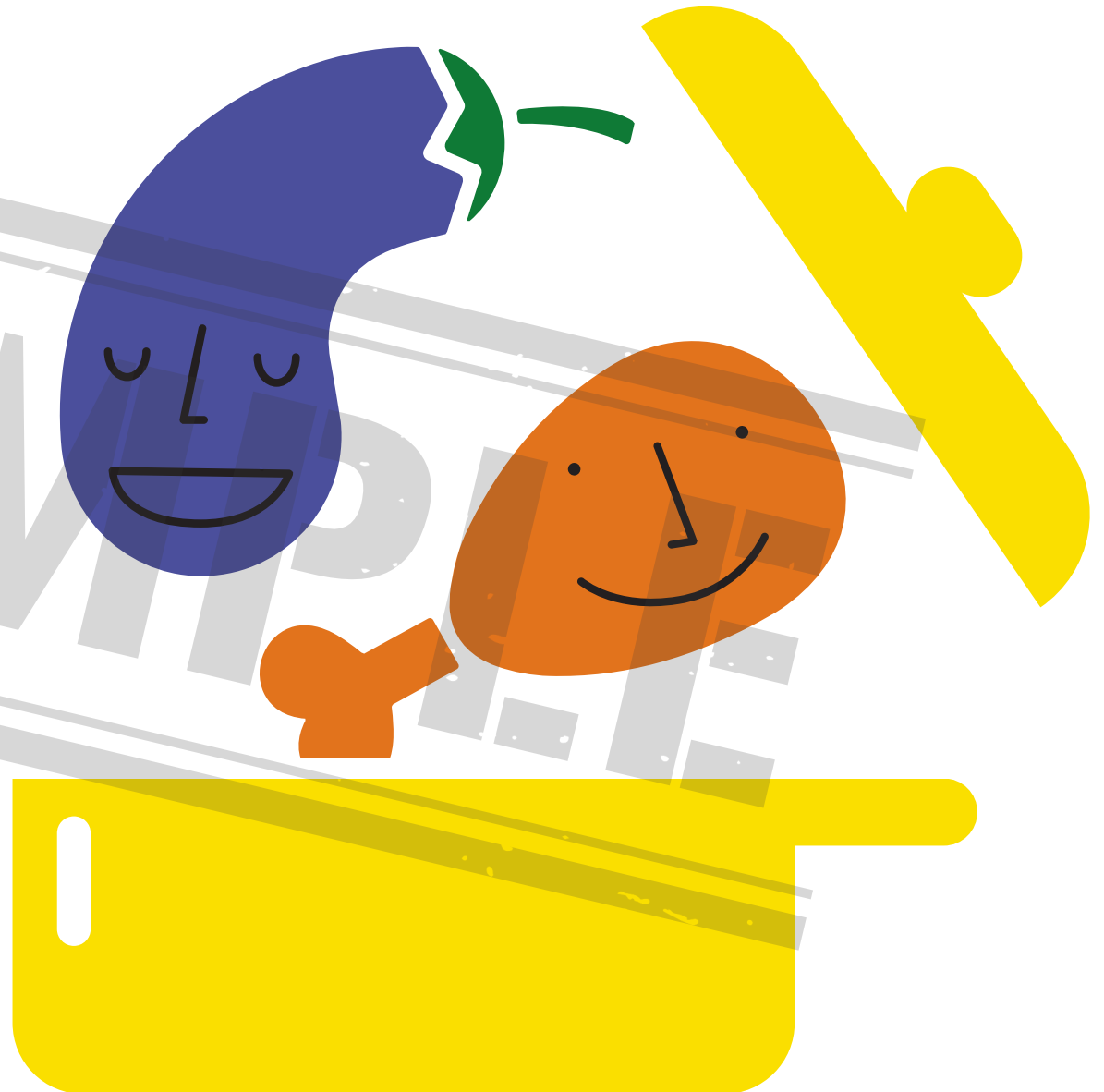
Measure one full spoon of the mixture and hand roll into balls. Continue until all mixture has been rolled into balls, approximately 10 balls.



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**FEAST** <sup>TM</sup>  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

**HOT  
RECIPES**





# BANANA PIKELETS



Serves



Cost per  
serve



Total prep  
& cooking time



## WHY WE LOVE THIS RECIPE

The riper the banana the sweeter it is.



## FOOD WASTE TIP

Peel brown bananas and freeze in zip lock bags to use in this recipe for later.

## INGREDIENTS

- 1 cup wholemeal SR flour
- 1 pinch salt
- 1 egg beaten
- $\frac{3}{4}$  cup reduced fat milk
- 1 tsp vanilla essence
- 1 banana (preferably over-ripe)
- 1 tbsp honey
- 2 tbsp oil

Optional: Serve with low-fat Greek yoghurt or 2 tbsp of cinnamon/sugar mix!

## EQUIPMENT

- Large bowl
- Fork
- Mixing bowl
- Electric frypan
- Spatula
- Measuring cups
- Measuring spoons

## SKILLS

- Working with heat
- Mixing
- Slicing
- Measuring



## STEPS



Mix flour, honey, salt, egg, milk and vanilla essence with fork until smooth.



In a separate bowl mash banana with a fork. Add to flour mixture and mix.



Heat  $\frac{1}{2}$  tbsp oil in the frypan. Spoon 2 tbsp batter to form small circles.



When pikelets bubble on top, flip and cook the other side until brown. Repeat step 3 and 4 until all batter has been used.



Serve warm or cold with cinnamon sugar or low-fat greek yoghurt.



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING



# TURKISH CARROT & YOGHURT DIP



Serves



Cost per  
serve



Total prep  
& cooking time



## WHY WE LOVE THIS RECIPE

It is a delicious dip to serve with bread, wraps, fruit, vegetables, fish or steak.



## FOOD WASTE TIP

A great way to use up the bendy carrots in the fridge.

## INGREDIENTS

- 1 medium carrot
- 1 tbsp olive oil
- 1 tsp cumin powder
- ½ cup low-fat Greek yoghurt
- ½ tbsp lemon juice
- 1 clove garlic, finely chopped
- Salt and pepper to season (optional)

Tip: Serve with pita bread or vegetable sticks!

## EQUIPMENT

- Grater
- Chopping board
- Knife
- Electric frypan
- Mixing bowl
- Mixing spoon
- Spatula
- Measuring cups
- Measuring spoons

## SKILLS

- Working with heat
- Grating
- Frying
- Mixing
- Measuring



## STEPS



Finely grate carrot on a chopping board.



Heat oil in an electric frypan on medium heat. Add cumin and chopped garlic (optional). Cook for 1 min or until fragrant.



Add grated carrot to frypan and cook on medium heat for 5 min or until softened. Turn off frypan and allow carrot mixture to cool.



Add the carrot mixture and low-fat Greek yoghurt to a mixing bowl. Squeeze the lemon, add a pinch of salt and pepper. Mix to combine.



Cool in fridge. Enjoy this dip with pita bread or vegetable sticks.

# FAST FRITTERS



Serves



Cost per  
serve



Total prep  
& cooking time



## WHY WE LOVE THIS RECIPE

You can put anything in a fritter!  
Try adding chicken, sweet  
potato, herbs - be adventurous!



## FOOD WASTE TIP

This recipe makes trying new  
vegetables fun.

## INGREDIENTS

- ¾ cup wholemeal SR flour
- ½ cup low-fat milk
- 1 egg
- ½ cup frozen peas and corn (defrosted) or can of creamed corn
- ½ cup low-fat tasty cheese grated
- 2 spring onions
- 2 tbsp olive oil
- Pinch of salt and pepper (optional)

## EQUIPMENT

- Large bowl
- Fork
- Measuring spoons
- Measuring cups
- Mixing bowl
- Electric frypan
- Spatula
- Wooden spoon

## SKILLS

- Science and chemistry in food production
- Working with heat
- Whisking
- Chopping
- Measuring

## STEPS



Crack the egg into a bowl and beat it with a fork.



In a large mixing bowl, combine the flour, milk, egg, salt and pepper. Mix until there are no lumps.



Cut the spring onions and add together with the cheese, peas and corn to the mixture and mix together with wooden spoon.



Heat 1 tbsp olive oil in the frypan. When hot, add 2 tbsp batter for each fritter, repeating to make 4 fritters at a time.



When they form bubbles on the top, it is time to flip.



After 2 or 3 min transfer from pan to plate and repeat the above process to finish the mixture - makes approximately 10 fritters.

