

Fun with food

What equipment will I need?



Recipes to try from home

Healthy lunches, dinners and snacks to get students cooking and creating in the kitchen.

- *Beef and vegetable stir fry*
- *Stuffed potato*
- *Berry good banana muffins*
- *Funky Focaccias*
- *Pear and apple crumble*
- *Fried rice*

These recipes have been inspired by published cookbook Food for You, and these resources have been created for student use at home. (Lasslett, Collins, Perraton., 2015).

Don't forget our kitchen safety, can you...

- 1 Explain the meaning of the term 'hygiene'.
- 2 Explain why being hygienic in the kitchen is so important.
- 3 List three practices that should be followed to ensure good personal hygiene.
- 4 Hands are carriers of germs because ...
- 5 Protective clothing is important because ...


RECIPE NAME: Beef and Vegetable Stir-fry

(Serves 2)

Ingredients	Equipment
<ul style="list-style-type: none">- ½ teaspoon cornflour- ¼ cup beef stock- 1 tablespoon oyster sauce- 1 clove of garlic- ½ teaspoon sugar- 1 tablespoon sesame oil- 175g rump steak- 125g frozen beans- ¼ onion- ½ red capsicum- ¼ cup bean sprouts (fresh or canned) <p>* Feel free to swap out any vegetable for ones you have at home!</p>	<ul style="list-style-type: none">- Knife- measuring spoon- measuring cups- chopping board- small bowl- wooden spoon- wok or frypan

Preparation Steps
<p>Preparation time: 10 minutes</p> <ul style="list-style-type: none">A) Crush garlicB) Finely slice rump steakC) Slice onion, beans and capsicum.

Method	
1.	In a small bowl dissolve the cornflour in half of the beef stock.
2.	Add the remaining stock, oyster sauce, garlic and sugar.
3.	Heat oil in a wok, stir to coat the base and the sides.
4.	Add beef, stir-fry over a high heat for 2 minutes or until the colour of the meat changes.
5.	Add beans, onion and capsicum and stir-fry for another minute.
6.	Add the cornflour mixture and cook until the sauce thickens.
7.	Stir in the bean sprouts.
8.	You can serve with steamed rice or noodles.

Food Photography	Extension Activity
	<p>Activity 0.5 Stir-fry processes</p> <p>Look at the Beef and Vegetable Stir-Fry recipe below and make a list of the processes required in this recipe. These are the actions that need to be carried out for the final product to be produced. Provide a definition for each process you have identified.</p>


RECIPE NAME: Stuffed Potato

(Serves 1)

Ingredients	Equipment
-1 large potato -1 teaspoon milk -1 teaspoon butter -Pepper -25g grated cheese -1 tablespoon corn kernels (fresh, frozen or canned) -¼ cup ham or bacon -1/4 tomato -¼ cup pineapple (fresh, frozen or canned) -1 sprig parsley/ ¼ teaspoon dried parsley	- Fork - Microwave - Spoon - measuring cups - Measure cups - Skewer - Microwave safe plate/container

Preparation Steps
Preparation time: 45 minutes A) Grate cheese if required B) Dice ham, tomato and pineapple C) Roughly chop up parsley to garnish and serve with. D) Pierce potato all over with a fork.

Method
1. Cook potato in microwave on high for 4 minutes.
2. Test potato with skewer to see if it is soft. If still hard, cook for another 30 seconds.
3. Cut potato in half.
4. Spoon out the inside leaving 1cm of flesh around the potato skin.
5. Combine milk, butter, pepper, potato flesh and cheese.
6. Mash with a fork until smooth and creamy.
7. Now add the mash to the corn kernels, ham, tomato and pineapple. Combine together.
8. Microwave on high for 1 minute.
9. Serve with fresh or dried parsley for extra flavour.

Food photography	Extension Activity
	<p>Activity 1.4 Create a fridge magnet Design a fridge magnet for your kitchen at home. Shape the magnet like a piece of kitchen equipment and then, on your magnet, list the safety tips that make the kitchen safe.</p>

RECIPE NAME: Berry good banana muffins

(Serves 6-8)

Ingredients	Equipment
<ul style="list-style-type: none">- 1 cup self-raising flour- ¼ teaspoon ground cinnamon- ¼ cup sugar- ½ cup frozen or fresh berries- 1 ripe banana- 1 egg- 2 tablespoons vegetable oil- 90ml milk	<ul style="list-style-type: none">- Sieve- muffin tray- oven- fork- large bowl- large spoon- small bowl- measuring spoons- measuring cups- coffee cup/mug

Preparation Steps
<p>Preparation time: 15 minutes</p> <ul style="list-style-type: none">A) Pre-heat your oven to 180 degree C.B) Peel and mash up banana in a coffee cupC) Prepare your muffin tray: this could be using cupcake cases if you have any or lightly spraying the tray to minimise sticking.

Method	
1.	Sift flour and cinnamon together into the bowl.
2.	Add the sugar and lightly stir.
3.	Add the berries and banana and gently stir the flour mixture through the fruit.
4.	In a small bowl, whisk together egg, vegetable oil and milk.
5.	Add the liquid ingredients to the flour mixture. Lightly combine but don't over mix.
6.	Spoon the mixture into the cupcake cases, filling each case just over two-thirds full.
7.	Bake for 20 minutes, or until golden brown.

Food Photography	Extension Activity
	<p>Fridge Challenge</p> <ul style="list-style-type: none">1) Look at your fridge at home. Are all the foods stored in the best food safe manner?2) Are your fruits and vegetables higher in the fridge and any meats on lower shelves?3) Activity: design a set of simple instructions about how to store food items in the fridge. Prepare the list using your ICT skills so that it could be included in an instruction manual for every new fridge sold in Australia.


RECIPE NAME: Funky Focaccias

(Serves 2)

Ingredients	Equipment
<ul style="list-style-type: none"> - 1 ½ tablespoons olive oil - ½ red onion - ¼ red capsicum - 1 clove garlic / 1 teaspoon minced garlic - ½ small zucchini - 2 small mushrooms - ½ rasher bacon - 2 roma or egg tomatoes - 2 pitted black olives - ½ cup spinach leaves - salt and pepper for flavouring - 6 basil leaves - 2 thick slices of focaccia or sourdough bread - 30g parmesan or tasty cheese 	<ul style="list-style-type: none"> - knife x2 - measuring spoon - measuring cups - chopping board - frying pan - wooden spoon - grater - pastry brush

Preparation Steps
<p>Preparation time: 15 minutes</p> <ul style="list-style-type: none"> A) Slice red onion, capsicum, mushroom and olives. B) Crush/chop up garlic. C) Dice zucchini and tomatoes. D) Chop bacon into smaller pieces (don't forget to use a separate clean board and knife!) E) Grate the cheese option you have.

Method	
1.	Put 1 tablespoon oil in a frying pan and heat over a moderate heat.
2.	Add the onion and capsicum, sauté until the onion is clear and translucent.
3.	Add the bacon, garlic, zucchini and mushrooms and sauté until the mushroom has browned slightly.
4.	Add the tomatoes, olives and spinach and cook for 1 minutes.
5.	Taste test and add flavour with salt and pepper if desired.
6.	Remove frypan from the heat and add basil, gently stir.
7.	Brush each side of the bread with olive oil. Grill both sides of the bread.
8.	Pile on your vegetables and bacon onto the bread, sprinkle with cheese and serve.
HINT	Add a home salad and this could make a great dinner option for the whole family!

Food Photography	Extension Activity
	<div style="border: 1px solid #ADD8E6; padding: 10px; background-color: #E6F2FF;"> <p>Activity 4.6</p> <p>Presenting vitamins and minerals</p> <ol style="list-style-type: none"> 1 Choose one of the vitamins or minerals required by the body. Explain the function and food sources of your chosen vitamin/mineral. 2 Prepare a PowerPoint presentation that presents this information. </div>


RECIPE NAME: Pear and apple crumble

(Serves 4)

Ingredients	Equipment
<ul style="list-style-type: none"> - 2 green apple - 2 green pear (firm if possible) - 60ml apple concentrate juice - 1 tablespoon water - 1 cinnamon stick / 2 tablespoon cinnamon - 4 cloves / 2 teaspoon clove powder - 6 tablespoons wholemeal flour - 6 tablespoons plain flour - ½ teaspoon cinnamon - ½ teaspoon mixed spice - 1 teaspoon baking powder - 80g butter / 4 tablespoons of butter - 2 tablespoon rolled oats - 2 tablespoon honey - ½ cup shredded coconut - Lemon zest from 1 lemon 	<ul style="list-style-type: none"> - Knife - measuring spoon - measuring cups - zester - ramekins / baking tray - wooden spoon - mixing bowl - saucepan

Preparation Steps
<p>Preparation time: 30-40 minutes</p> <ul style="list-style-type: none"> A) Pre-heat your oven to 190 degrees C. B) Peel, core and chop the apple and pear into small pieces. C) Simmer apple, apple concentrate, water and cinnamon stick and cloves on medium. HINT: You want your pear and apple pieces to be tender but not super mushy! D) Grease your ramekins/baking tray to stop your food from sticking.

Method	
1.	Place the apple mix into individual ramekins or into baking tray.
2.	For the crumble – mix together flours, spices and baking powder.
3.	Rub in butter until mixture is crumbly. HINT: Use your finger tips to rub in the butter, it is kind of like massaging the flour!
4.	Mix in rolled oats, honey, coconut and lemon zest, until it clumps together.
5.	Add a thick layer of crumble over the top of the apples and pears.
6.	Bake for 20-30 minutes or until golden and crispy on top.

Recipe Reflection	Extension Activity
	<p>TRUE OR FALSE challenge</p> <ul style="list-style-type: none"> 4) <i>Fruits and vegetables are best served with the skin removed.</i> 5) <i>Potatoes, yams and onions all grow under the ground; therefore they are all the same classification.</i> 6) <i>Frozen vegetables are good substitutes for fresh vegetables.</i>


RECIPE NAME: Fried Rice

(Serves 4)

Ingredients	Equipment
-2 tablespoon canola oil -2 tablespoon peanut oil -2 egg -Salt and pepper -2 small white onion -250g ham -4 cups cooked rice -1/2 cup frozen peas - 2 tablespoon soy sauce - 4 spring onions - 100g tofu - ½ cup bean sprouts	- Knife - measuring spoons - measuring cups - fork - frying pan - wooden spoon - china coffee mug

Preparation Steps
Preparation time: 30 minutes A) Lightly beat egg in a small coffee mug B) Pre-boil four cups of rice on a stove top or in a rice cooker. C) Slice onion and spring onions. D) Dice ham and tofu into smaller bite sized pieces.

Method	
1.	Heat half of the oils together in wok or frying pan.
2.	Season egg mixture with salt and pepper and pour into wok. Cook until set.
3.	When the egg has set, use a wooden spoon to break up the egg so that it starts to look like scrambled eggs. Remove egg from wok.
4.	Heat the remaining peanut and canola oils in the wok, add the white onion and stir-fry over a high heat until onion is transparent. HINT: transparent is when the onion starts to become quite clear and see through.
5.	Add ham and tofu, stir-fry for 1 minute before adding rice and peas. Mix until all heated through.
6.	Add the egg, soy sauce and spring onions. Mix and heat through.
7.	Serve with bean sprouts sprinkled over the top.

Food Photography	Extension Activity
	<div style="border: 1px solid #ADD8E6; padding: 10px;"> <p style="color: #4682B4; margin: 0;">Activity 6.2</p> <p style="color: #4682B4; margin: 0;">Cereal grain or cereal product?</p> <p style="margin: 0;">Rearrange the following words and then write them out in your workbook to discover the many different types of cereal grains and cereal products.</p> <ul style="list-style-type: none"> • osta • wteha • yer • nroc • icer • draeb • olelrdaots • rncoroulf • astpa • yelbar • bnar • imzea • sekalfnrco • alemurofleohwl. </div>