

**PRE-PREP**  
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**RECIPE BOOK**  
**TERM 2 2017**



# Fruit Salad

## Ingredients

Watermelon  
Strawberries  
Apple  
Grapes  
Orange juice

## Equipment

Knife  
Cutting board  
Juicer  
Bowl  
Wooden spoon



## Method

Wash and dry the apple, grapes and strawberries.

Chop apple into small pieces, cut grapes in half, hull and slice the strawberries.

Dice the watermelon and remove the seeds.

Put all the fruit into a large bowl.

Juice the orange and pour the juice over the fruit.

Gently mix with the wooden spoon to combine.

Divide fruit salad into serving bowls and enjoy.



# Jam Drops

## Ingredients

125g butter, softened

100g ( $\frac{1}{2}$  cup) caster sugar

1 teaspoon vanilla essence

1 egg

190g ( $1\frac{1}{4}$  cups) self-raising flour

115g ( $\frac{1}{3}$  cup) strawberry or raspberry jam

## Method

Preheat oven to 180 degrees. Line 2 baking trays with non-stick baking paper. Use an electric beater to beat butter, sugar and vanilla in a medium bowl until pale and creamy. Add the egg and beat until combined. Sift flour over the butter mixture and stir until combined.

Use lightly floured hands to roll teaspoonfuls of mixture into balls. Place on the prepared trays. Use a lightly floured finger to make an indentation in the centre of each ball. Spoon  $\frac{1}{2}$  teaspoon of jam into the centre of each biscuit.

Bake for 15 minutes, swapping trays halfway through cooking, or until the biscuits are cooked through and light golden. Remove biscuits from the oven. Set aside on trays for 30 minutes to cool completely.





# Nachos

## Ingredients

Plain corn chips  
Cheddar cheese

## Equipment

Cheese grater  
Bowls  
Microwave oven

## Method

Put a large corn chip into each bowl.  
Grate the cheese and sprinkle it onto of the corn chip.  
Cook in the microwave for a few seconds so the cheese can melt.

Enjoy eating your crunchy corn chip with warm melted cheese!









# Anzac Biscuits

(Australia and New Zealand Army Corps)

## Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- $\frac{3}{4}$  cup coconut
- 125g butter
- 1 tablespoon golden syrup
- 1 teaspoon bicarbonate of soda
- 2 tablespoons boiling water

## Method

Combine oats, flour, sugar and coconut in a large bowl. Combine butter and golden syrup in a heatproof jug, microwave until butter is melted. Combine soda and water, add to butter mixture, stir into dry ingredients immediately. Place a tablespoon of mixture on lined oven trays, press down lightly. Bake in a preheated oven of 160 degrees for 20 minutes or until golden brown. Cool on trays.





# Coconut Date Energy Balls

## Ingredients

1 cup pitted dates  
1 ½ tablespoons coconut butter, softened  
½ cup rolled oats  
Desiccated coconut for rolling

## Method

Pulse dates in a food processor until soft and broken down.

Add coconut butter, rolled oats and shredded coconut and process until everything comes together.

Roll teaspoon size balls in your hands and then roll in the desiccated coconut to coat.

Store in an airtight container in the fridge or eat right away.





# Rice Cake Funny Faces

## Ingredients

Rice cakes, avocado or nuttelex spread, toppings of carrot, tomato, cucumber, bannan and grapes









# Porridge

Can you guess what we will be cooking today?

We are exploring the story of Goldilocks and the Three Bears.

Not too hot, not too cold...

We will be making some porridge!

## Ingredients

Some oats, milk and a dash of honey.







# Citrus Tasting

What are we doing with citrus today?

Grapefruit, lemons, limes and oranges









# Stewed Apples

Today in cooking we are stewing  
apples, yum, yum!

Peel, chop, core, slice, cook, mash...





