

# PRE-PREP

# RED

# RECIPE BOOK

# TERM 3 2017



# Jelly House Colours

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We made jelly in our house colours. We used jelly crystals and added warm water. We followed the instructions on the jelly packet. We poured two colours into each cup and put the jelly into the fridge to set. We all enjoyed eating our colourful jelly together.

Andrews Franklin Laver Starkey Veivers





# Strawberry Jam

## Ingredients

250g strawberries

250g caster sugar

1 tablespoon lemon juice

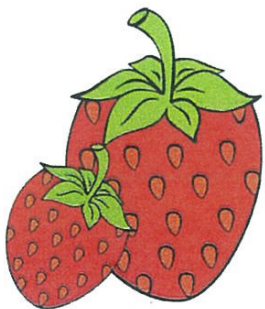
## Method

Preheat the oven to 180°

Hull the strawberries and cut in half. Put them into a pie dish and pour lemon juice on top.

Put the sugar into another heat proof bowl.

Put the bowls into the oven for 35-40 minutes. Take them out of the oven carefully and add the sugar to the strawberries. Stir to mix and break up



strawberries. Pour into a 250ml jar, let cool before putting the jam into the fridge.







# Crusty White Bread

## Ingredients

- 600g white bread flour
- 2 teaspoons dry yeast
- 380ml lukewarm water

## Equipment

- Large mixing bowl
- Oil for greasing
- Wooden spoon
- Bread tin

## Method

Mix flour and yeast together in large bowl with the wooden spoon.

Add water and mix until a dough forms.

Knead dough with hands for 10 minutes.

Rest dough, covered, in the bowl for 40 minutes.

Turn dough out onto a board and fold it in on itself four times, then shape to fit into the oiled tin.

Rest for a further 40 minutes then bake for 30 minutes in a 200 degrees C oven.

Bread is ready when golden and sounds hollow when tapped.











# Pumpkin Soup

## Ingredients

- \* 500g pumpkin
- \* 30g butter
- \* 1 tablespoon of vegetable stock concentrate
- \* 500ml water

## Equipment

- \* Sharp knife
- \* Cutting board
- \* Saucepan
- \* Blender

## Method

Dice pumpkin and add to a saucepan with all other ingredients. Cover and cook on medium heat for 20-30 minutes. Blend until smooth. Serve warm.









# Pumpkin Scones

## Ingredients

250g (1 cup) of mashed pumpkin

300g (2 cups) self-raising flour

75g ( $\frac{1}{2}$  cup) pure icing sugar, sifted

40g butter, softened

1 egg yolk

Milk for brushing

## Method

Beat icing sugar and butter until pale and fluffy

Add egg yolk and beat to combine

Stir in pumpkin and then half the flour

Add remaining flour and mix to a soft dough

Turn out onto a lightly floured surface and knead until smooth

Roll out dough to 2cm thickness and cut rounds using a 5.5cm cutter

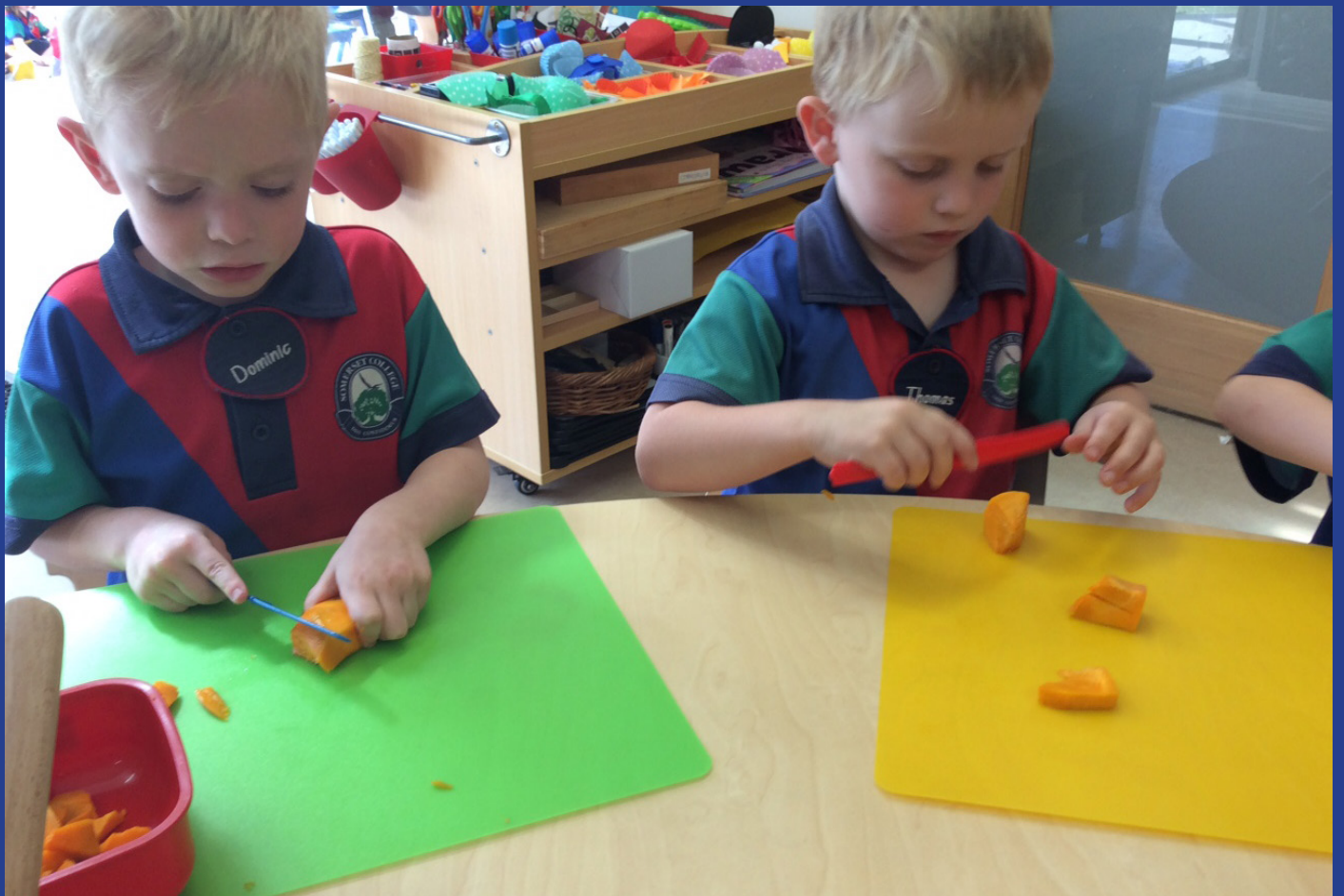
Place into lined tray and brush tops with milk

Bake at 200 degrees C until golden (10-15 mins)

Serve warm with butter











# Father's Day Pizza Scrolls



## Ingredients

Puff pastry sheets

Tomato paste

Cheese

## Equipment

Cheese grater

Spoon, knife

Oven tray, baking paper

## Method

Preheat the oven to 200 degrees Celsius.

Lay puff pastry sheet out and spread a tablespoon of tomato paste on top with the back of the spoon.

Grate some cheese and sprinkle evenly on top of tomato paste.

Gently roll the pastry up to form a log and then slice evenly into 12 rounds.

Place cut side up onto a baking tray lined with baking paper.

Bake pizza scrolls in the oven for 20-30 minutes or until golden brown.

Serve warm



HAPPY  
FATHER'S  
DAY!





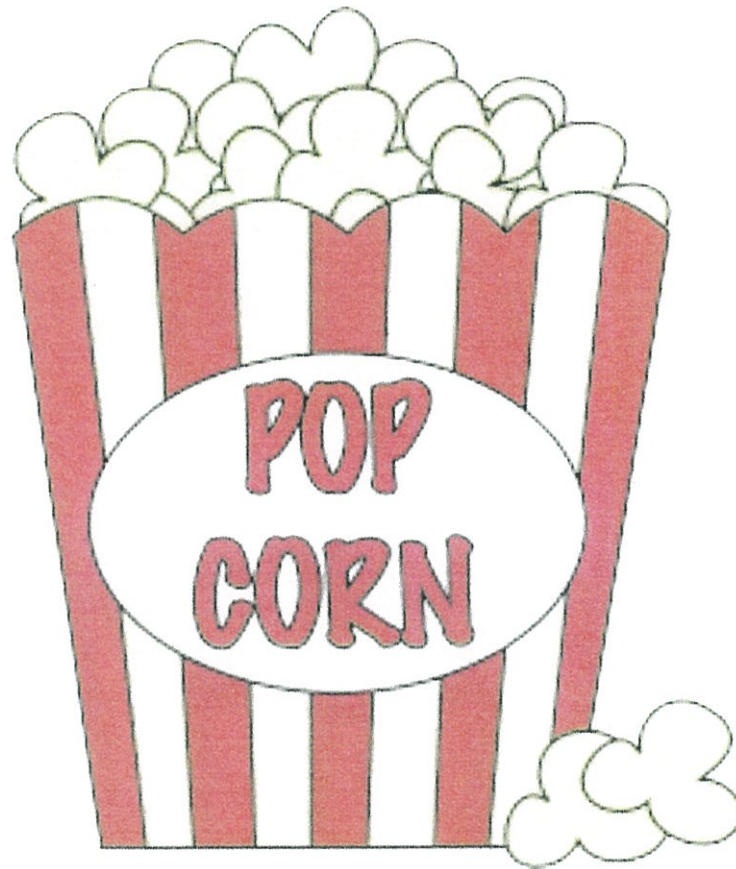






# POPCORN

This week during cooking we  
will be making popcorn using our  
popcorn machine



After making our yummy popcorn,  
we will all sit  
down and enjoy it together.







# Avocado Chocolate Mousse

## Ingredients

2 large ripe avocados

$\frac{1}{2}$  cup maple syrup

$\frac{1}{2}$  cup cocoa

$\frac{1}{4}$  cup coconut cream

## Method

Cut the avocados in half and remove the stone.

Scoop the flesh into the large bowl of a food processor.

Add the cocoa powder, maple syrup and coconut cream.

Process for 10 seconds. Scrape down the sides and process a further 10

seconds or until smooth and creamy.

Spoon into serving glasses or dishes.

Serve with fresh fruit.





