

PRE-PREP

RED

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...





