



Recipe Book



*We are pleased to share recipes from our cooking programs -
Cooking for Change! & Café for a Day.*

*Each recipe has been designed to be simple, healthy, tasty and
replicable at home. Ingredients incorporate seasonal produce
that might be found in the school or home veggie patch, or in a
food relief hamper.*

*Many of the recipes are from the heart - creating meals that
celebrate our community's cultural diversity and build strong
connections.*

*All of the recipes reflect Bendigo Foodshare's goal to build a
strong food secure community - engaging young people in
positive action, developing food skills and sharing meals.*

*Recipes that bring the community together to
fight food insecurity, one recipe at a time.*



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Ingredients

- 1 sheet of puff pastry
- 2 tbsp of your favourite pesto*
- ½ cup Parmesan cheese, grated

Method

1. Pre heat oven to 220 C and grease/line a baking tray.
2. Remove plastic paper from puff pastry.
3. Spread pesto evenly over the pastry slice.
4. Sprinkle half the Parmesan cheese over the pesto.
5. Tightly roll the pastry into the middle then turn and repeat on the other side.
6. Slice the roll into 12 pieces and place on baking tray, face up, shaped like a heart.
7. Top with the rest of the Parmesan cheese.
8. Cook for approx 10-15 minutes.



Pesto Palmiers

Weeroona College students prepared and served morning tea for the official opening of Bendigo Foodshare's new warehouse

Pumpkin, Feta & Chilli Puffs

Ingredients

- 1kg pumpkin (unpeeled), halved and deseeded
- olive oil
- 2 tsp chilli flakes
- 1 tsp ground cinnamon
- 1 large garlic clove, crushed
- 200g feta cheese, crumbled
- 30g flat leaf parsley, finely chopped
- 4 puff pastry sheets
- 1 egg, beaten
- 1 tsp nigella seeds
- Salt and freshly ground black pepper

Method

1. Preheat the oven to 210 C (190 C fan).
2. Place the pumpkin pieces in a baking tray and drizzle over a little olive oil.
3. Roast pumpkin for about 50 mins, or until the flesh is cooked through and soft.
4. When cool enough to handle, scoop the pumpkin flesh out of the skin and into a mixing bowl.
5. Add chilli, cinnamon and garlic, season with salt and pepper, then mash together.
6. Gently fold in the feta and parsley. Set aside.
7. Increase the oven to 220 C (200 C fan).
8. Line a baking tray with baking paper. Bake for about 25 mins, or until golden brown.
9. Cut each pastry sheet into 4 squares.
10. Place a spoonful of filling diagonally across each of the pastry squares. Fold the pastry corners over the filling, pinching together – the filling will be exposed at each end.
11. Transfer the parcels to the prepared tray, brush with the beaten egg, scatter over the nigella seeds and bake for about 25 mins, or until golden brown.

Spinach Rolls

Ingredients

- 2 tbsp vegetable oil
- 1 clove garlic, minced, or more to taste
- 500g spinach, washed and sliced
- salt to taste
- 100g crumbled feta cheese
- 3 sheets frozen puff pastry, thawed
- 1 large egg, beaten
- 1 tbsp milk
- 2 tbsp sesame seeds

Method

1. Heat oil, add garlic and cook 1-2 mins.
2. Stir in spinach and cook until wilted, season with salt and mix well.
3. Transfer to a bowl.
4. Mix in feta cheese until combined.
5. Preheat the oven to 200 C. Line 2 baking sheets.
6. Lay 1 sheet of puff pastry on a clean board and cut in half lengthwise.
7. Mix egg and milk together in a small bowl.
8. Spread 1/6th of the spinach mixture along the centre of each puff pastry strip.
9. Roll one side over the filling and brush the other side with egg mixture. Roll over again to seal.
10. Brush top of roll with egg mixture and sprinkle with sesame seeds. Cut roll into 6 equal-sized rolls. Repeat with the remaining puff pastry.
11. Place cut rolls onto the prepared baking sheets.
12. Bake in the preheated oven until spinach rolls are puffed up and golden, between 20-25 mins.

Quick Focaccia Bread

Ingredients

- 3 cups plain flour
- 2 teaspoons dried yeast
- 1 teaspoon oil
- 1 teaspoon salt
- 1 tablespoon skimmed milk powder (optional)
- 1 ½ cups hot water

Ingredients for toppings

- Parmesan cheese
- Sliced olives
- Red onion
- Rosemary
- Rock salt
- Capsicum, zucchini, tomato, parsley, thyme
- Edible flowers

Method

1. Preheat the oven to 220 C. Oil an oven tray
2. Mix all the dry ingredients together with a palette knife (spatula)
3. Add the oil and hot water and mix to a soft dough
4. Place on a lightly floured table and knead for 5 minutes until smooth
5. Divide the dough in half and shape each piece into an oblong
6. Place on the oiled oven tray. Lightly cover with oiled plastic wrap and leave in a warm place until the dough doubles in size
7. Brush the top of the dough with olive oil and add a few topping ingredients of your choice
8. Bake for 15 minutes at 220 C and then reduce the oven to 200 C for the last 5 minutes
9. Test to see if the bread is cooked by tapping the base with your fingernails – it should sound hollow!

This bread dough can also be used as a pizza base. Spread the dough with tomato paste and top with ingredients of your choice.

Ingredients

- 2 tabs olive oil
- 2 sheets frozen puff pastry, thawed
- 2 eggs
- 2 onions – finely sliced
- 2 cloves garlic - crushed
- 1 zucchini – washed and finely diced
- 100ml thickened cream
- 100g feta, crumbled
- ½ cup tasty cheese, grated
- ¼ cup corn kernels
- 16 cherry tomatoes, washed and cut into halves (or quarters if large)
- Salt and pepper
- Fresh parsley or basil, washed, dried and chopped/shredded

Method

1. Preheat oven 200 C.
2. Gently roll the puff pastry so that you can cut 16 rounds from each sheet.
3. Cut 16 rounds from the pastry sheet. Press into greased muffin holes. Rest in the fridge.
4. Slice and gently fry onion in olive oil until caramelised. Add zucchini and garlic and cook until softened.
5. Whisk egg and cream together. Divide onion, garlic, zucchini, tomato, herbs and feta between pastry cases, top with egg mixture, then sprinkle with grated cheese.
6. Bake for 15-20 minutes until golden. Remove from tins while still warm to prevent sticking.

Crispy Chicken Feet

Ingredients

- Chicken feet - boiled
- Thai tempura flour
- Water
- Oil for deep frying

Method

1. In a bowl add tempura mix with water to make it into a batter.
2. The consistency of the batter should be soft dripping consistency.
3. In a pan add oil for deep frying.
4. Deep chickens feet into batter and fry. Fry until golden brown.

Enjoy with sticky rice or salads.



Crispy chicken feet is a dish enjoyed by our local Karen community.

Zucchini fritters

Ingredients

- 120g zucchini, coarsely grated
- ½ tsp salt
- 1 large egg
- ½ tsp baking powder
- 3 tbsp plain flour
- 1½ tsp ground cumin
- 50g/2 oz frozen peas, thawed
- vegetable oil, for frying
- freshly ground black pepper

Ingredients - Mango Chutney Yoghurt

- 2 tbsp plain yoghurt
- 1 tsp mango chutney

Method

1. Season the zucchini with salt and set aside.
2. Whisk together the egg, baking powder, flour and cumin in a large bowl and season with black pepper.
3. Squeeze the excess water out of the zucchini over the sink, then add the zucchini and peas to the batter.
4. Heat enough oil to just cover the bottom of a large frying pan, over a medium-high heat.
5. When the oil just shimmers, drop in heaped tablespoons of the zucchini mixture, flattening them with the back of the spoon to make fritters.
6. Fry each one for 1–2 minutes, or until golden-brown on each side. If you need to cook in batches in a smaller pan, set the fritters to drain on a plate lined with kitchen paper.
7. To make the dip, stir together the yoghurt and mango chutney in a small bowl.
8. Serve the fritters with the yoghurt.

Spicy Corn fritters

Ingredients

- 1 cup plain flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 large egg, lightly beaten
- 1 teaspoon lemon juice
- 1/2 cup water
- 2 cups corn kernels, cut from 3 large cobs or frozen corn (defrosted and drained)
- 4 large spring onions, finely sliced (about half a cup)
- 1/4 cup chopped coriander
- Oil for frying

Method

1. Whisk together the flour, baking powder, salt, ground coriander, and ground cumin in a medium bowl. Add egg, lemon juice and water. Stir vigorously with a wooden spoon until smooth.
2. Add the corn, spring onions, and fresh coriander. Stir until just combined.
3. Heat a large frying pan on medium high heat. Add enough oil to generously coat the bottom of the pan. When oil is hot (shimmering not smoking), spoon about 2 heaped tablespoons worth of fritter batter into the pan to form one fritter, patting it down with the back of the spoon as soon as it is in the pan. Work in batches. Leave about 1/2 inch between the fritters in the pan.
4. Let cook about 2 to 3 minutes on each side, flipping the fritters when they are nicely browned on one side. When browned on the other side, remove the fritters to a plate lined with paper towels to absorb the excess fat.
5. Add oil as needed to keep the bottom of the pan well coated. Note that the fritters will likely splatter a bit as you are cooking. So, either use a screen splatter guard, or wear long sleeved clothes while you cook.
6. Serve immediately with the sweet chili dipping sauce.

Easy Mini Meatballs

Ingredients

- 600 g lean beef mince
- 1 1/2 cups parsley finely chopped
- 1 egg
- 3 cups fresh breadcrumbs
- 1/2 cup mint chopped
- 1 tsp oregano
- 1/2 cup cold water
- 1 garlic clove crushed
- 1 lemon juiced

Method

1. Preheat oven to 220C.
2. Put all ingredients, except lemon, into a mixing bowl and mix thoroughly.
3. Form mixture into walnut-sized balls and place on a lightly greased baking tray.
4. Bake for 30 minutes or until well-browned.
5. Sprinkle with lemon juice to serve.

Ingredients

- 2 x 400g tins of chickpeas
- 1 lemon
- 1 heaped tablespoon harissa
- 1 heaped teaspoon allspice
- 1 heaped tablespoon plain flour
- 1 bunch of fresh coriander (30g)
- olive oil
- 4 pitta breads
- 2 sprigs of fresh mint

Method

1. Drain the chickpeas and put them into a food processor.
2. Finely grate in the lemon zest, then add a pinch of sea salt and black pepper, the harissa, allspice, flour and coriander stalks (reserving the leaves for the Coriander & lemon yoghurt, or tasty cooking another day).
3. Blitz until smooth, scraping down the sides of the processor if needed.
4. Scrape out the mixture and use clean, wet hands to quickly divide and shape it into 16 patties.
5. Drizzle 2 tablespoons of olive oil into a large non-stick frying pan on a medium heat.
6. Carefully lay in the falafels and cook for 6 minutes, or until golden and crisp, turning halfway.
7. Warm the pittas in the oven or toast them directly over the flame of a gas hob, using tongs to turn them over.
8. Load the falafels into warm pitta breads with your favourite toppings (see below), and mint leaves.

Quick Falafel

Topping Ideas

Coriander & lemon yoghurt

Pick and finely chop 1 bunch of coriander leaves (30g) and place in a small bowl. Finely grate in ½ a clove of garlic, stir through 6 tablespoons of natural yoghurt and squeeze in the juice of ½ a lemon. Stir and season to taste with sea salt and black pepper.

Tahini sauce

Place 4 tablespoons of tahini into a bowl, squeeze in the juice of ½ a lemon, and keep adding splashes of boiling water until you get a spoonable, smooth consistency. Season with a small pinch of sea salt and drizzle in a little chilli sauce, if you like.

Pickled cabbage

Finely slice or speed-peel a small red cabbage into a bowl, then scrunch with a good pinch of sea salt and 4 tablespoons of red or white wine vinegar. Leave to pickle for at least 10 minutes.

Pickled chillies

Finely slice 2 mixed-colour chillies (deseed, if you like) and place in a bowl. Add 4 tablespoons of red or white wine vinegar with a pinch of sea salt, and toss together. Leave to pickle for at least 10 minutes.

Cucumber & mint salad

Scratch the outside of 1 cucumber with a fork to create grooves, then finely slice into rounds. Finely chop and add the leaves from 1 bunch of fresh mint (30g), sprinkle over a pinch of sea salt and add 1 tablespoon each of red wine vinegar and extra virgin olive oil.

Quick Falafel (cont'd)

Roasted Vegetables & Cous Cous Salad

Ingredients

Roasted Vegetables:

- ½ eggplant
- ½ zucchini
- ½ red onion
- ½ red capsicum
- ½ sweet potato
- ¼ butternut pumpkin
- Fresh basil leaves
- 2 tablespoons olive oil
- salt and pepper
- a few cherry tomatoes, washed and halved

Cous Cous:

- 1 ½ cups cous cous
- 1 ½ cups boiling water
- 1 teaspoon vegetable stock powder

Salad Dressing:

- 2 tablespoons olive oil
- 1 tablespoon vinegar or lemon juice
- salt and pepper
- 1 pinch mustard powder or 1 teaspoon seeded mustard
- ½ teaspoon honey (or sugar)

Method

Roast Vegetables:

1. Preheat the oven to 220 C.
2. Peel or wash the vegetables as required and dice.
3. Mix the vegetables with the olive oil, salt and pepper.
4. Place in a roasting tin with the basil leaves and roast for
5. 20-30 minutes.
6. Remove from the oven and cool.

Method (continued)

Cous Cous:

1. Boil the water.
2. Add the stock powder and stir.
3. Add the cous cous and place the lid on the pan.
4. Remove from the heat.
5. Leave to stand for 5 minutes.
6. Gently separate the cous cous with a fork. Cool.

Salad Dressing:

Mix all ingredients together with a fork. Taste and adjust seasoning if required.

Assembling the Salad:

Gently mix all ingredients together, including the cherry tomatoes. Serve on a bed of lettuce.



Roast Pumpkin & Feta Salad

Ingredients

Pumpkin:

- 600g pumpkin cut into 3cm cubes
- 1 1/2 tbsp olive oil
- salt
- pepper

Harissa:

- 2 roasted red capsicum
- 1 long fresh red chilli
- 1 garlic clove, crushed
- 1/2 tsp salt & pepper
- 1/2 tsp ground coriander
- 1 tbsp olive oil
- 1 tbsp sherry vinegar

Salad:

- 100g baby spinach
- 200g snow peas (blanched and sliced)
- 60g feta (crumbled)

Method

1. Preheat oven to 220.c
2. Toss pumpkin with olive oil, salt and pepper.
3. Spread on baking tray, bake for 20 minutes. Remove from oven, flip, then bake for a further 7 - 10 minutes until golden but not mushy, then if serving salad at room temperature, leave to cool.
4. Place all harissa recipe ingredients into a food processor and blend until smooth.
5. Place cooked pumpkin, spinach, snow peas and harissa in a bowl and gently mix.
6. Transfer to serving bowl, crumble feta the top.
7. Serve!

Ingredients

- 2 cups pasta

Salad Ingredients (choose a variety of ingredients. The following is an example):

- Red and green capsicum
- Cucumber
- Salad onion
- Parsley

Salad dressing (choose either):

- Mayonnaise, OR
- French Dressing (oil and vinegar)



Pasta Salad with
French dressing



Pasta Salad with
Myonnaise

Method

Cook the pasta:

1. Choose a large saucepan and half fill with cold water.
2. Place the lid on the pan and heat until boiling rapidly.
3. Add 1 teaspoon oil and the pasta.
4. Leave the lid off the pan and boil for 5-8 minutes (depending on type of pasta) until the pasta is al dente. Stir occasionally.
5. Drain and cool.

Prepare the salad ingredients:

1. Wash and dice all ingredients. Choose a shape that compliments the style of pasta you are using.
2. Mix the salad ingredients with the cold pasta.

Choose the dressing:

1. Make or use a commercially prepared mayonnaise or French dressing.
2. Mix the pasta, salad ingredients and dressing together.
3. Garnish and serve.

Pasta Salad

Larb Gai (Thai Chicken Salad)

Ingredients

- 1kg mince chicken
- ½ cup water
- 4 tbsp fish sauce
- 2 red onion Or 6 shallots, thinly sliced
- 7 tbsp fresh lime or lemon juice
- Chilli powder, add according to taste
- 5-7 tbsp toasted rice powder
- 1 bunch coriander
- 3 spring onions
- 1 bunch mint, roughly torn if large

Optional - you may like to add fresh vegetables for serving, this maybe cabbage, long beans, cucumber, romaine lettuce, carrots, or whatever crunchy veggies you enjoy eating raw.

Method

1. In a wide pot or saute pan, add water and bring to a simmer. Add ground chicken and 1 tsp of the fish sauce, then cook, stirring constantly to break up any big lumps, just until it is done.
2. Remove from heat, then, using the pot as your salad bowl, add the shallots and stir to wilt slightly and to make sure all the shallot layers are separated.
3. Then add fish sauce, lime juice, chili flakes, and 2 Tbsp of the toasted rice powder; stir to mix well. Then add green onions and coriander and stir to mix.
4. Taste and adjust seasoning, if the acidity is a bit too intense you can add ½-1 tsp sugar or a little more rice powder to help balance the acidity.
5. Plate and sprinkle the mint on top. Garnish with a couple of dried chilies if you want.
6. Serve warm or room temp with sticky rice and fresh, crunchy vegetables such as iceberg lettuce, cucumber, long beans, Belgian endive.

This recipe has been shared by a Karen woman who participated in our Cooking for Change program.

Sweet Chilli Rainbow Slaw

Ingredients

- 2 cups (160g) finely shredded red cabbage
- 2 cups (160g) finely shredded white cabbage
- 1 carrot, peeled, cut into long matchsticks
- 2 spring onions, thinly sliced
- 1 yellow capsicum, seeded, thinly sliced
- 1 bunch coriander, leaves picked
- 2 tablespoons sweet chilli sauce
- 2 tablespoons lime juice
- 1 tablespoon peanut oil
- 1 teaspoon fish sauce
- 1/4 cup (35g) unsalted peanuts, toasted, coarsely chopped

Method

1. Place the combined cabbage, carrot, spring onion, capsicum and coriander in a large bowl. Toss to combine.
2. Place the sweet chilli sauce, lime juice, oil and fish sauce in a screw-top jar and shake to combine.
3. Drizzle half the dressing over the salad and toss to combine.
4. Sprinkle with peanuts.
5. Serve immediately with remaining dressing.

Traditional Coleslaw

Ingredients

Use equal quantities of white and red cabbage

- ¼ small white cabbage – shredded (chiffonade)
- ¼ small small red cabbage – shredded
- 4 carrots - grated
- 1 bunch spring onion - sliced
- 1 head celery - sliced
- parsley – ½ bunch – finely chopped
- mayonnaise – approx ½ jar

Method

1. Prepare all ingredients as above
2. Mix together with mayonnaise
3. Serve!

Tofu Salad

Ingredients

- Cabbage - thinly sliced
- Tomato - thinly sliced
- Garlic - thinly sliced
- Coriander - roughly chopped
- Chickpea flour roasted
- Tamarind (block or puree)
- Sweet chilli sauce
- Fish sauce
- Cucumber - thinly sliced
- Firm tofu -slice to 1cm thick
- 1/2 cup oil

Method

1. Add oil to a pan on medium heat.
2. Fry tofu in shallow oil until golden brown. Put aside to cool down.
Then, sliced tofu into bite size.
3. In a bowl add tamarind and water.
4. In a big bowl add all the ingredients, give it a mix.
5. Add fish sauce, tamarind water, sweet chilli sauce and roasted chickpea flour to taste.
6. Mix well to combine ingredients together
7. For spicy food lover, add chopped fresh chilli for a kick.

*Recipe shared by a Karen woman who participated in our
Cooking for Change program.*

Rice Noodle Salad

Ingredients

- Cabbage - thinly sliced
- Tomato - thinly sliced
- Garlic - thinly sliced
- Coriander
- Potato – boil and sliced thinly
- Chickpea flour roasted
- Tamarind (block or puree)
- Sweet chilli sauce
- Fish sauce
- Cucumber - thinly sliced
- Tofu puff
- Rice noodle
- 1/2 cup oil

Method

1. Cook rice noodles according to packet instruction.
2. Run under cold water and strain.
3. Put noodles aside.
4. In a bowl add tamarind and water.
5. On a plate, microwave the tofu puff for 30 seconds.
6. Sliced tofu into thin slices.
7. Put garlic in a small bowl and add oil.
8. Put the garlic and oil in the microwave for 1 minutes for 3 rounds.
stirring at each interval.
9. In a bowl, add all the ingredients together.
10. Add tamarind water, fish sauce, sweet chilli sauce and roasted chickpea powder to taste.
11. Mix ingredients together.

*Recipe shared by a Karen woman who participated in our
Cooking for Change program.*

Moroccan Chicken

Ingredients

- 6-8 chicken breast portions
- 4kg chickpeas
- 3 butternut pumpkins
- 1L oil
- 6kg red (or brown) onion
- 6kg carrot
- 300g ginger
- 2 bulbs garlic
- 8kg canned tomatoes
- 4 lemons
- 200g honey
- Rosemary and thyme
- 4 cinnamon stick
- 120g Moroccan spice or berbere
- 80g turmeric
- 80g cumin
- 80g ground cinnamon
- 10 tbsp dijon mustard
- 6L stock (chicken)
- Salt and pepper

Method

Step 1 -

- Roast pumpkin:
 - Wash, cut into thick wedges, remove seeds, place in oven trays lined with baking paper and coat with oil.
 - Season with salt, pepper, rosemary.
 - Bake 220 C until just soft.
 - Remove skin and slice thickly.
- Prepare chicken:
 - Skin if required.
 - Season chicken with oil and Moroccan spice.
 - Refrigerate.
- Drain, rinse and cook chickpeas. Place in pot, cover with water plus 2cm and add 1 teaspoon bicarb. Boil then simmer gently for approximately 1 hour.
- Peel and slice onion.
- Peel and finely dice garlic and ginger.
- Peel and slice carrot.
- Finely chop rosemary and strip thyme.
- Juice lemons.
- Mix spices (turmeric, cumin and ground cinnamon)

Moroccan Chicken

Method (continued)

Step 2 -

- Braise seasoned chicken breast pieces:
 - Place in oiled oven tin with a little stock (make stock with boiling water and stock powder) – not enough to cover chicken, just enough to keep the meat moist, and cover with foil.
 - Bake at 200 C for approx. 35-45 mins until internal temperature reaches 75 C.
 - Drain and cool in cool room.
 - Slice thickly.

Step 3 -

- Heat oil in two large stock pots.
- Add the onions, cook over moderate heat, stirring occasionally, until the onions have softened, about 8 minutes.
- Add garlic, ginger, rosemary, thyme and a generous pinch each of salt and pepper.

Step 4 -

- Add the cumin, turmeric and cinnamon and stir for 5 minutes.

Step 5 -

- Add the carrot to the pots along with lemon juice and mustard.
- Add stock until desired consistency is obtained.
- Add drained chickpeas.

Step 6 -

- Cook over moderate heat, stirring, until the carrot has softened.
- Taste and adjust seasoning, adding honey (or sugar) if desired.

Step 7 -

- Add sliced chicken and pumpkin and stir through gently.
- Serve and enjoy!

Ingredients

Green Curry Paste

- 3 garlic cloves
- 1 shallot
- 3cm piece ginger
- 2 Thai green chilies
- 2 lemongrass stems
- 3cm piece fresh galangal
- 1 tbsp lime zest
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tbsp vegan fish sauce
- 1-2 tbsp water to loosen
- 1/2 cup packed coriander leaves and stalks

Curry Sauce

- 1 can coconut cream
- 3 cups cold water
- 1 can coconut milk, full cream
- 300g firm tofu
- 125g mushrooms
- 100g sliced zucchini
- 100g sliced red capsicum
- 150g baby corn (cut length ways)
- 100g broccoli
- 75g sugar snap or snow peas
- 1 cup vegetable stock
- 2 tsp palm sugar
- 2 kaffir lime leaves
- 1 tbsp vegan fish sauce
- 1/2 tsp salt
- Juice of 1/2 lime
- Small handful Thai Basil leaves



Thai Green Chicken Curry

This Thai Green Curry was cooked by a group of Karen youth who participated in Café for a Day. For some of these young people, it was their first ever experience of being in a café space .

Thai Green Chicken Curry (continued)

Method

Step 1 - Thai Green Curry Paste:

- Remove the tough outer layers of the lemongrass and roughly chop the stems.
- Roughly chop the shallot, ginger, garlic and chillies.
- Grate the galangal.
- Add all ingredients into a food blender and blitz until smooth, adding water to loosen if needed.

Step 2 - Preparing the tofu and mushroom:

- Cut the tofu into 2cm squares.
- Quarter the mushrooms.
- Place tofu and mushroom in a frying pan on medium heat with 2 tablespoons of oil.
- Fry for 10 minutes until the tofu is golden all over and the mushrooms are sauteed.

Step 3 - Preparing the curry sauce

- In a wok or skillet add the Thai green curry paste and let cook for a couple of minutes on medium heat. It should be nice and fragrant and dried out a little.
- Add the coconut milk, stock, sugar, vegan fish sauce and kaffir lime leaves.
- Bring to a gentle simmer for 8 minutes. Then add the baby corn (cut in half lengthways) and remaining vegetables.
- Simmer for another 3 minutes until the veggies are soft but still have a bit of crunch.
- Add in the tofu, mushrooms, juice of half a lime and Thai basil, stir and taste. Season with salt and pepper as needed.

Step 4 - Preparing the coconut rice

- Place rice, 3 cups water and coconut cream in a large saucepan over high heat. Bring to the boil, stirring occasionally. Reduce heat to low. Simmer, covered, for 10 minutes. Remove from heat. Stand, covered, for 10 minutes.

Step 5 - Serving

- Serve curry with coconut rice and some extra coriander.
- Enjoy!

Chicken Tikka Masala

Ingredients

Butter Sauce

- 30g butter
- 30ml oil vegetable
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 1 tbs ginger, grated
- 1 tsp cardamon, ground
- 1/2 tsp cloves, ground
- 1 tsp coriander, ground

Garnish

- Coriander
- Natural yoghurt

Chicken Marinade

- 600g chicken thigh
- 2 cloves garlic, crushed
- 2 tablespoon ginger, grated
- 30ml lemon juice
- 100g natural yoghurt
- 1 tsp garam masala
- 1 tsp chilli powder
- 1 tsp turmeric, ground
- 1 tsp cumin, ground
- 1 tsp salt
- 2 tsp garam masala
- 1 tsp turmeric ground
- 1/2 tsp chilli powder
- 2 tsp salt
- 400g can of crushed tomato
- 20ml lemon juice
- 50g butter
- 100g double cream

Chicken Tikka Masala (continued)

Method

CHICKEN MARINATE

- Mix all ingredients overnight.

NOTE

- Grill or pan fry the marinated chicken thigh until coloured on each side.

FOR BUTTER CHICKEN

1. In a pot on medium heat, add 30g butter and oil.
2. Add onion, garlic and ginger and sauté for 5 mins (no colour)
3. Add all dry spices to pot and cook out for a further 5mins constantly stirring.
4. Add 400ml tin tomatoes and turn heat to low and cook for 1 and 1/2 hours, stirring every 10mins or until bitterness of tomatoes has gone.
5. If the sauce starts to thicken too much add small amount of water.
6. Add remaining butter cream and lemon juice and stir.
7. Serve with rice.



Recipe shared by Jas from Jas's Indian Kitchen who mentored a group of young participants of Cafe for a Day Program, with the support of Loddon Campaspe Multicultural Services.

Punjabi Chole Masala (Chickpea Curry)

Ingredients

Cooking the Chickpeas

- 2 cups of dried chickpeas
- 1 teaspoon of salt
- 2 bay leaves
- 5 green cardamon pods
- 1 cinnamon stick
- 4-5 whole black paper
- 2 black tea bags (give chole darker colour)

Cooking the Chole Masala Curry

- Oil
- 2 whole cloves
- 2 onions, finely chopped
- 2 cloves
- 2 teaspoons of ginger garlic paste
- ½ teaspoon of salt (to taste)
- 2 ½ cups of tinned tomato puree or fresh tomato blended
 - (4 -5 tomatoes blended)
- 3 teaspoons Chole Masala
- ½ teaspoon red chilli powder
- ¾ teaspoon cumin powder

Method

Stage 1: Cooking the Chickpeas

1. Soak 2 cups of dried chickpeas in a bowl overnight, making sure to submerge them in water.
2. Drain water from chickpeas.
3. Transfer them to a pressure cooker and add 5 cups of water and 1 teaspoon of salt.
 - If pressure cooker is unavailable, chickpeas can be cooked in a pot.
4. Transfer pressure cooker to the stove top, add the following:
 - bay leaves
 - green cardamom pods
 - cinnamon stick
 - whole black pepper
 - black tea bags
5. Pressure cook chickpeas at high heat until you hear two whistles from the pressure cooker.
6. Cook chickpeas for another 10-12 minutes on medium heat.
7. Turn off heat and release pressure from pressure cooker naturally.
8. Remove cooker from heat allow to cool down.
9. Once steam is gone, check chickpeas – you should be able to press chickpeas easily between fingers if cooked.
10. Remove tea bag, cinnamon stick and bay leaves.

Stage 2: Cooking the Chole Masala Curry

1. Heat heavy base pot on medium heat.
2. When pot is hot add oil, cloves and onions.
3. Fry for 7-8 minutes until light golden brown.
4. Add ginger garlic paste and cook for 2 minutes.
5. Add tomato puree.
6. Cover pot with lid and let tomatoes cook for 15 minutes on low-medium heat, stir every 2-3 minutes.
7. Once tomatoes are cooked add:
 - chole masala
 - red chilli powder (use Kashmiri red chilli powder for less heat)
 - cumin powder
 - salt (to taste)
8. Stir and cook spices for 1-2 minutes
9. Add chickpeas (including the boiled water) to the pan.
10. Stir until chickpeas are well combined with spices.
11. Add an extra ½ cup of water.
12. Serve curry with rice.
13. Enjoy!



Recipe shared with us by Jas from Jas's Indian Kitchen

Punjabi Chole Masala (Chickpea Curry) - continued

Chicken & Vegetable Stir Fry

Ingredients

- 1 portion chicken breast
- 3 spring onions
- 1 clove garlic
- 1cm root ginger
- ½ carrot
- ¼ red capsicum
- 6 snow-peas
- Any other vegetables of your choice
- 2 tablespoons oil for stir-frying
- Choose the sauces that you like:
 - sweet chilli sauce, soy sauce, etc.
- 1 cup long grain rice

Method

1. Prepare the chicken – remove fat and slice.
2. Use a clean board and knife to prepare the vegetables:
 - Peel and crush the garlic
 - Peel and finely chop the ginger
 - Wash and finely slice the spring onions
 - Peel and finely slice the carrot
 - Wash and finely slice the capsicum
 - Wash and finely slice the snow peas

Cooking the Rice

1. Rinse rice in cold water.
2. In a small pot add rice
3. Add 1 1/2 cup of water to rice.
4. Bring to simmer on medium high.
5. Turn down to low, cover with lid, cook for 13 minutes.
6. Let it rest for 10 minutes.
7. Serve and enjoy!

Chicken Schnitzel

Ingredients

- Free range chicken breast
- Eggs
- Wheat flour
- Panko bread crumb
- Salt and pepper

Method

1. Cut chicken breast in half cover with baking paper and pound to even thickness (not thin)
2. Sprinkle with salt and pepper , roll in flour, shake off excess.
3. Roll in egg shake of excess.
4. Press into panko set aside .
5. Heat oil on high , when bubbling (test with end of schnitzel) gently lower away from you two pieces into oil , cook 3 minutes turn over cook a further 3 minutes.
6. Place on paper towel on a plate to soak up oil, repeat until number desired is cooked.



*Recipe shared with us by Beck Hughes,
Canteen Manager of Weeroona College.*

The Weeroona College Students investigated the difference between a home-made and frozen store bought chicken schnitzel for health, flavour, cost and ethics - with the winner being home-made!!

Karen Style chicken curry with Pumpkin & potato

Ingredients

- 3 Cloves garlic
- half onion - sliced
- Turmeric - powder or fresh
- Paprika powder
- Dried chilli - whole
- 200g chicken - drumstick or breast
- 100g Potato (2-3 medium size)
- 150g pumpkin
- Oil
- 2-3 Kaffir Lime leaf - fresh
- Coriander - fresh
- Garam Masala
- Thai soy sauce - add according to taste
- Salt

Method

Curry Paste

1. In a mortar add garlic, onion, turmeric, paprika powder, masala, and dried whole chilli - however many you like.
2. Pound together to make a paste.

Cooking the Curry

1. Add oil to a pot - let it heat up
2. Add curry paste to the pot - cook until aroma is released
3. Add Thai soy sauce and salt according to taste. Can always add more if under season.
4. Add chicken
5. Stir to mix chicken and curry paste together
6. Add potato and pumpkin together. Leave on medium heat to allow the chicken, pumpkin and potato to cook.
7. Taste to see if more seasoning is needed. Eg chilli, salt or soy sauce.
8. Add kaffir lime leaf and coriander when about to serve.
9. Serve with choice of rice.

Recipe shared with us by Eh Thout's Mum

Ricotta Gnocchi

Ingredients

Gnocchi

- 1.5 cups Ricotta cheese
- 1/4 cup Parmesan cheese
- 1 cup plain flour
- 1 large egg
- 1/4 teaspoon salt
- Pinch pepper
- Extra flour for rolling

Italian tomato sugo

- 3 tablespoons extra virgin olive oil
- 1 large brown onion diced
- 4 cloves garlic, finely chopped
- 2 400g tins Italian diced/crushed tomatoes
- 1/2 cup fresh basil leaves, torn in half

Method

Gnocchi

- Place a medium sized saucepan on stove to boil and add a teaspoon of salt to water.
- Place ricotta, parmesan, egg and seasoning in medium sized mixing bowl and stir lightly.
- Add plain flour and stir lightly again to combine.
- Sprinkle extra flour on board and roll out a small piece of gnocchi to test.
- Once water has come to a boil put a piece of gnocchi in a let it come to a boil stirring the water gently to allow the gnocchi to lift off the bottom of the pan. Check the test piece for consistency and if too soft add a little more flour (it will not need much)

Italian Tomato Sugo

- Heat oil in a medium saucepan over low heat.
- Add onion and garlic. Cook and stir until soft and translucent, about 5 minutes.
- Add tomatoes, half of the basil, and salt.
- Simmer over medium heat, stirring occasionally, until tomato sauce has thickened, about 30 minutes.
- Stir through remaining basil and check seasoning.
- Add a little more salt if needed.

*Recipe shared with us by Gina, Owner of Hoogah
This recipe was cooked by young participants of Cafe for a Day*

Jollof Rice with Grilled Chicken

Ingredients

- 3 Cups basmati rice
- 3 Medium carrots
- 10 Fresh green beans
- 2 Spring onions
- 2 Capsicums
- 2 Dried bay leaves
- 2 Cloves garlic
- Thumb of ginger
- 2 Red chillies
- 2 Cans diced tomatoes
- Tomato paste
- 4 Cups of vegetable oil
- 1 Tsbp salt
- Water

Method

Blended Dice Tomatoes

1. Pour diced tomatoes into a blender
2. Add red chillies, garlic, ginger and 4 Tbsp of water
3. Blend until smooth paste forms (set aside)
4. Dice onions, carrot, spring onions, green beans and capsicum (place on a plate. Set aside)

Meat Preparation

1. Cut meat into desired pieces.
2. Place in a saucepan on medium heat.
3. Add 1 tsp of salt, 1 sliced onion, 1-2 cups of water.
4. Cover the saucepan and cook for 5-10 minutes until meat is tender.
5. Turn off heat, drain water from cooked meat.
6. Pour 3 cups of vegetables oil in a frying pan.
7. On medium heat deep fry meat for 5 minutes until golden brown.
8. Transfer meat onto a paper towel. Allow meat to cool. (set aside)

Cooking the dish

1. Pour 1 cup of vegetable oil into a saucepan on medium heat.
2. Add onion, carrot, spring onion, green beans and capsicum.
3. Constantly stir well and cook for 4 minutes and add tomato paste.
4. Stir well until combined with the vegetables.
5. Add blended diced tomatoes and lower the heat.
6. Add 1 Tbsp of salt. Cook for 10-15 minutes until it turns into a tomato stew.
7. Add rice and stir until combined with the tomato stew.
8. Add 1 cup of water and gently stir the rice every few minutes to avoid rice from burning.
9. Lower the heat again and cook for 10 more minutes until rice softens.
10. Give a good stir while the rice steams. Turn off heat.
11. Serve and enjoy!

Recipe shared with us by Ato, who mentored a group of students through our Cafe for a Day Program, with the support of Loddon Campaspe Multicultural Services

Buddha Bowl inspired Dal Lentil

Served with rice and vegetables

Ingredients

- 2 tbs vegetable oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 tbs fresh grated ginger
- 2 tsp Clive Of India Authentic Curry Powder
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 4 cups vegetable stock
- 2 cups water
- 2 cups McKenzie's Australian Yellow Split Lentils
- 1 bunch fresh coriander
- 2 medium sweet potatoes sliced
- 3 tablespoon olive oil
- 2 teaspoons ground cumin
- salt
- pepper
- 2 cups brown rice
- 200g green beans

Method

Cooking Yellow Lentil Dal

1. In a pot, heat oil and saute the onion, garlic and ginger until soft. Add the curry powder, mustard seeds and cumin seeds. Fry for 1 minute.
2. Add the stock and water. Bring to the boil.
3. Add the lentils and simmer for 40 minutes. Add more water if required during cooking.
4. Season with fresh coriander, salt & pepper. Serve with steamed brown rice

Roasting Sweet Potato

1. Cut sweet potatoes into slices
2. Mix the sweet potatoes with olive oil, cumin, salt and pepper
3. Roast in the oven for 30min

Cooking Brown Rice

1. Rinse brown rice grains with cold water
2. Place 2 cups of water in a saucepan on the stove
3. Add 4 cups of water and bring to the boil
4. Reduce heat and simmer covered for 25 minutes
5. Remove from heat and stand covered for 5 minute.

Cooking Green Beans

1. Bring a pot of water to boil on stove with pinch of salt
2. Add green beans and cook for 3 minutes

Ingredients

- 3 cups jasmine rice
- 2 cups black eye beans
- 4 dried sorghum leaves
- 1 tbsp salt
- 4 cups water

Method

1. Pour 4 dried sorghum leaves or dried millet leaves into a pot.
2. Add 2-5 cups of water and boil it for 10 minutes until red colour comes from the dried sorghum leaves.
3. Add black eye beans and salt.
4. Cook Black eye beans until soft.
5. lower the heat
6. Add washed rice and give it a good stir until well combined with the black eye beans.
7. Allow it to cook until rice becomes soft and add a little bit of water if needed.
8. Serve it with any choice of stew or salad.



Recipe shared with us by Ato, who mentored a group of young participants of our Cafe for a Day Program, supported by Loddon Campaspe Multicultural Services

Ingredients

Chilli con Carne

- 300g minced beef
- 1 onion
- 3 cloves garlic (1 or 2 teaspoons garlic paste)
- 2 tablespoons vegetable oil
- 1 teaspoon chilli powder (or more, depending on how hot you like it!)
- 1/2 red capsicum
- 1/2 green capsicum (or just use one whole red capsicum)
- 1 cup frozen peas and corn (or mixed vegetable, green beans etc.)
- 1 tablespoon tomato paste
- 1 x 410g can canned chopped tomatoes
- 1 x 410g canned kidney beans

Method

Chilli Con Carne

1. Peel and dice onion
2. Crush, peel and finely dice garlic
3. Wash and dice capsicum
4. Heat the oil and cook the onion for 3-5 minutes until softened but not brown, then add garlic and chilli and cook for a further 1-2 minutes until fragrant.
5. Add minced beef and stir until brown, approx. 20 min.
6. Add tomato paste. Cook, stirring, approx. 2 mins.
7. Add capsicum and chopped tomatoes and simmer approx. 20 mins.
8. Drain and rinse canned beans and add to the cooking pot.
9. Add frozen vegetables to the cooking pot.
10. Heat through and serve with rice (method on following page).

Golden Turmeric Rice

- 2 cups basmati (or long grain) rice
- 1/2 teaspoon turmeric
- 5 cloves
- 1 cinnamon stick

Chilli Con Carne with Golden Turmeric Rice

Method (continued)

Golden Turmeric Rice

1. Thoroughly rinse rice (approx. 3 times until water runs clear).
2. Place rinsed rice into a pot and add cold water to cover the rice plus approx. 1cm.
3. Dissolve turmeric in cold water and add to the rice, together with the cloves and cinnamon stick
4. Bring to the boil (with the lid on the pot), reduce the heat to low and cook until the water disappeared- approx. 12 minute. Turn off the heat and leave the lid on the pan for 5 minutes.
5. Remove the cloves and cinnamon stick and gently fluff rice with fork and serve.
6. Serve chilli con carne on top of the rice and enjoy!



*Bendigo Senior College students cooking up a storm!
Chilli con carne is a great simple recipe to learn how to make at home
and for delicious meals into our food relief program*

Chilli Con Carne with Golden Turmeric Rice

Pasta & Vegetable Sauce

Ingredients

- ½ onion
- 1 clove garlic
- ¼ red capsicum
- Any other vegetables you would like to add, eg zucchini, eggplant, squash etc.
- Fresh basil, washed and torn
- 1 tablespoon tomato paste
- salt and pepper to taste
- 1 cup tinned tomatoes or fresh tomatoes (washed and diced)
- 1 tablespoon vegetable oil
- 250g pasta
- Grated cheese to serve

Method

Cook the pasta:

1. Half fill a large saucepan with water. Place the lid on the pan and bring to the boil over a high heat.
2. Remove the lid, add the pasta, stir and return to the boil. (Leave the lid OFF).
3. Boil for 10-12 minutes, or until the pasta is "al dente".
4. Drain the pasta and serve in a warm serving dish, topped with sauce and cheese.

Prepare the sauce:

1. Finely dice the onion and garlic.
2. Wash and dice the capsicum, zucchini, squash, eggplant etc.
3. Gently heat the vegetable oil in a saucepan and fry the onion and garlic until soft, but not brown.
4. Add the tomato paste, salt and pepper and stir for one minute.
5. Add the capsicum, all other vegetables, and tinned tomatoes.
6. Stir gently until boiling then reduce the heat to simmer for approx 10-15 minutes.
7. Taste and adjust seasoning if required. Add fresh basil.
8. (NB If the sauce is too thick then add a little water).

Roast Pumpkin and Chickpea Casserole

Ingredients

- 250g raw chickpeas
- ½ butternut pumpkins
- 2 tablespoons oil
- 1 onion
- 1 carrot
- 25g fresh root ginger (or one teaspoon crushed ginger)
- 2 cloves garlic (or one teaspoon crushed garlic)
- 400g canned chopped tomatoes
- 1 tablespoon honey
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon each, ground cumin, turmeric, ground cinnamon
- 1 cinnamon stick
- Approx 600ml stock

Method

1. Soak the chickpeas overnight.
2. Heat the oven to 200C.
3. Remove seeds from pumpkin. Coat the cut side of the pumpkin with oil, season well and bake for approx. one hour until soft and golden. Remove skin and slice.
4. Prepare the vegetables. Peel and dice onion. Peel and finely dice garlic and ginger. Peel and thinly slice carrots.
5. Heat oil in a deep, heavy-based pan. Gently cook the onions, ginger and garlic for 10 minutes until softened but not brown.
6. Add the carrots and cook for a further 5 minutes.
7. Add the drained chickpeas, tomatoes, honey, cinnamon, salt, pepper, ground spices and the water or stock and bring to the boil.
8. Cover and simmer for 45 minutes, or until carrots are soft, adding more water or stock as needed to keep it thickly soupy.
9. Add sliced pumpkin and serve.

Chickpea & roast pumpkin tagine (vegan)

Ingredients

- 60g raw chickpeas, soaked overnight
- 1/4 butternut pumpkin
- 13ml oil
- 1 onion
- 1 carrot
- Zucchini – if available
- 3g fresh ginger
- 2 cloves garlic
- 160g canned tomatoes
- half lemons
- Brown sugar to taste
- Rosemary and thyme
- 1/2 cinnamon sticks
- 1 tbsp Moroccan spice or berbere
- 1 tbsp turmeric
- 1 tbsp cumin
- 1 tbsp ground cinnamon
- 70ml vegetable stock
- Salt and pepper

Method

1. Soak the chickpeas overnight. Drain and rinse.
2. Heat the oven to 200C.
3. Cut the pumpkin in half and remove seeds. Score the cut side of the pumpkin and coat with oil, season well with salt and pepper, place rosemary pieces on top and roast for approx. one hour until soft and golden. Remove skin and slice.
4. Prepare the vegetables. Peel and slice onion. Peel and finely dice garlic and ginger. Peel and thinly slice carrots. Wash and slice zucchini.
5. Heat vegetable oil in each of two deep, heavy-based, lidded pans. Gently cook the onions, ginger and garlic for 10 minutes until softened but not brown.
6. Add the carrots and cook for a further 5 minutes. Add zucchini.
7. Add the drained chickpeas, tomatoes, honey, cinnamon, salt, pepper, ground spices and the water or stock and bring to the boil.
8. Cover and simmer for 45 minutes, or until carrots are soft, adding more water or stock as needed to keep it thickly soupy. Taste and adjust seasoning, adding sugar if required.
9. Add sliced pumpkin and gently stir.

Ingredients

Leek & Potato Filling

- 1 tbsp butter
- 2 tbsp olive oil
- 3 leeks, washed and sliced
- 3 cloves garlic , roughly chopped
- 3 tbsp creme fraiche (can replace with sour cream or substitute pesto)
- Sprigs of thyme
- Salt and Pepper
- 1 potato, thinly sliced
- 50g gruyere

Silverbeet & Feta Filling

- 2 tbs olive oil
- 1 onion, sliced
- 3 cloves garlic, roughly chopped
- 1 bunch silverbeet, washed
- Salt and pepper
- 100g feta cheese, crumbled
- 2 tbs pine nut

Pastry

- 350g plain flour
- pinch of salt
- 200g butter, cold and cubed
- 100g sour cream
- 1 tbsp apple cider vinegar
- iced water
- egg wash (gently whisked egg)

Sour Cream Pastry Galette with 2 different fillings Pastry

Method

Pastry

1. Mix flour and salt and rub-in butter, keeping the mix fairly lumpy.
2. Stir in the sour cream and vinegar using a palette knife.
3. Add just enough cold water to bring the dough together into one piece.
4. Wrap and chill for 1 hour.
5. Preheat oven to 200 C.
6. Roll the dough into a rough circle, about 5mm thick, and place on a baking tray.
7. Place your chosen filling onto the pastry, leaving a border of approx. 5cm.
8. Fold the overhanging pastry over the filling, pinching it into position.
9. Brush pastry with egg wash and bake until pastry is golden, approx. 40 mins.

Leek and Potato Filling

1. Gently fry leeks and garlic in butter and oil until soft and lightly browned.
2. Add thyme and season with salt and pepper.
3. Spread the Crème Fraiche (sour cream or pesto) over the base of the pantry and top with leeks, sliced potato and cheese.

Silverbeet & Feta Filling

1. Fry the onion, garlic and sliced silverbeet stems in the oil until soft.
2. Add shredded silverbeet leaves and allow to wilt.
3. Season well and spread over the base of the pastry.
4. Top with feta cheese and pine nuts.

NOTES

- Bought puff pastry can be used for a quick and easy version of this galette.
- Bacon or pancetta, etc., can be added to the fillings.
- Fried mushrooms also make an amazing filling.

Sour Cream Pastry Galette with 2 different fillings Pastry (continued)

'Healthier' Chocolate Cake

Ingredients

- 250g melted butter
- 1 ½ cups plain flour
- 1 tsp bicarb
- 2 ¼ cups castor sugar
- ¾ cup cocoa powder
- 4 eggs – lightly beaten
- 2 cups (300g) dark chocolate buttons
- 1 cup finely grated carrot – squeezed to remove excess liquid
- 1 cup finely grated zucchini – squeezed to remove excess liquid
- 1 cup finely grated beetroot – squeezed to remove excess liquid

Ingredients for ganache

- 1 cup (150g) dark chocolate
- 40g butter
- 3 tbsp thickened cream

Method

1. Grease and line cake tin – 27cm x 21cm.
2. Pre-heat oven to 180 C.
3. Prepare the vegetables.
4. Melt butter.
5. Place the ingredients in a food processor and blitz.
6. Pour into prepared cake tin and bake in the centre of the oven for 40 mins.
7. Cover with foil, turn tin and bake for a further 10 mins.
8. Check with a clean knife – it should come out clean.
9. Cool in the tin.

Method for ganache

1. Microwave chocolate, butter and cream for 1 min on high to melt mixture.
2. Stir. If not quite melted, use 10 sec bursts and stir.
3. If it splits, add more cream and stir vigorously.
4. Cool.

*Recipe shared with us by Beck Hughes,
Canteen Manager of Weeroona College*

Lemon Polenta Slice

Ingredients

- 200g soft butter
- 1 cup (240g) caster sugar
- 2 cups (200g) almond meal
- 3/4 cup (130g) fine polenta or cornmeal
- 1 1/2 tsp gluten free baking powder
- 4 large eggs
- Zest of two lemons
- 1 cup (80g) flaked almonds

Ingredients for syrup

- Juice of 2 lemons
- 1/2 cup icing sugar

Method

1. Preheat the oven to 170 C.
2. Spray oil and line the slice tin with baking paper.
3. Use an electric beater to whip the butter and caster sugar together until creamy.
4. In a separate bowl, combine almonds, polenta and baking powder, and beat some into the butter and sugar mixture.
5. Add one egg then beat. Then alternate adding dry ingredients and eggs, continuing to beat until you have combined all the ingredients.
6. Add the lemon zest and beat again, then pour the cake batter into the tin and top with flaked almonds.
7. Bake in the oven for about 40 mins.
8. When cooked, a skewer should come out clean-ish, but the cake will still look a little unset. Cool in tin on a wire rack.
9. To make the syrup, boil the lemon juice and icing sugar together in a small pan, removing from heat once icing sugar is dissolved.
10. Prick the top of the cake all over with a cake tester (finer than a skewer) and pour over the warm lemon syrup.
11. Leave to cool, then remove from the tin.

Coconut Sticky Rice Balls

Ingredients

- 1 kg sticky rice
- 1 tsp salt
- coconut (fresh shredded or dry shredded)
- 3 tbsp sugar
- 1 can coconut milk

Method

1. Soak sticky rice over night, if steaming.
2. Steam sticky rice or cook in a rice cooker.
3. In a small saucepan put in the coconut milk, salt and sugar.
4. Let the coconut milk mixture simmer on low heat until sugar dissolves.
5. Add coconut milk mixture to the sticky rice.
6. Mix sticky rice and coconut milk together.
7. Roll sticky rice into balls.
8. Roll sticky rice ball into the coconut shredded mixture.



*This recipe was shared by a member from the Karen community.
This desert is usually eaten during Karen traditional celebration such
as the new year or Wrist tying ceremony.*

Ingredients

- 3 tbsp peanut butter (crunchy or smooth)
- 1 tbsp maple syrup
- 1 tsp vanilla essence
- ½ cup almond or walnut meal
- 2 tbsp cacao chips
- 1 tbsp finely chopped dried cranberries
- Cacao powder for rolling if required

Method

1. Mix all ingredients together.
2. Roll into small balls.
3. Roll balls in cacao powder if required.
4. Refrigerate until firm.



Holy Rosary Primary School Students participated in Cooking for Change to learn how to make tasty, healthy and easy lunchbox snacks

Ingredients

- 1 x 400g can condensed milk
- 1 x 250g pack sweet biscuits (eg Marie Biscuits)
- 1 cup desiccated coconut
- ¼ cup cocoa powder
- 1 ½ cups desiccated coconut for rolling

Method

1. Crush the biscuits in a plastic bag, using a rolling pin! (Or a food processor).
2. Mix the biscuit crumbs with the condensed milk, cocoa powder and 1 cup coconut
3. Roll into small balls using damp hands.
4. Roll balls in coconut
5. Refrigerate until firm.
6. Store in an airtight container in the fridge for up to 2 weeks or freeze for up to 2 months.



Holy Rosary Primary School Students participated in Cooking for Change to learn how to make tasty, healthy and easy lunchbox snacks

Apple Muffins

Ingredients

- 25g butter – melted and cooled
- 3 eggs – beaten with a fork
- approx. ½ cup milk
- 2 cups self-raising flour (300g)
- ½ cup plain flour (75g)
- ½ teaspoon bicarbonate of soda
- ¾ cup sugar plus extra for topping (250g)
- 2 small apples
- 1 teaspoon cinnamon
- ½ cup oats
- 12 muffin papers

Method

Pre-heat oven to 200 C

- Place 12 muffin papers into a muffin tin
- Melt the butter and cool
- Peel, core and dice apples
- Beat the eggs with a fork
- Mix the butter, eggs and milk together
- Place all ingredients in a very large bowl and gently mix until fully combined. (Do not beat or try to make the mixture look like a creamy cake mix!)
- Place in muffin papers and sprinkle the top with extra caster sugar, oats and cinnamon
- Bake for approx. 20 minutes until golden brown and firm to touch



Banana Yoghurt Muffins

Ingredients

- 1 $\frac{3}{4}$ cups SR Flour
- $\frac{1}{2}$ cup caster sugar
- 1 cup natural yoghurt
- 1 egg
- $\frac{2}{3}$ cup oil
- 2 large bananas, ripe, mashed

Method

1. Preheat oven to 180 C.
2. Place muffin cases into a tin.
3. Combine flour and sugar.
4. Mix together yoghurt, egg, oil and mashed banana.
5. Combine dry and wet ingredients.
6. Spoon mixture into muffin papers.
7. Bake 20-25 mins.
8. Allow muffins to stand in the cooking tin for 5 mins before removing.
9. Cool on a wire rack.

Muffins that taste like a banana smoothie, with the moist, rich texture of a cup cake!

Jam Doughnut Muffins

Ingredients

- 2 cups self-raising flour
- 2/3 cup caster sugar
- 1/3 cup vegetable oil
- 1 large egg
- 175ml milk
- 1 teaspoon vanilla essence
- 3 teaspoons jam
- 6 muffin cases

Topping:

- ½ cup caster sugar
- 100g butter
- 1 teaspoon ground cinnamon

Method

1. Preheat oven to 180C Place paper cases into a muffin tin.
2. Place flour, salt, and 2/3 cup sugar into a large bowl.
3. Mix oil, egg, milk and vanilla in a jug. Pour into the large bowl.
4. Combine wet and dry ingredients together – do not over-mix!
5. Place a spoonful of mixture in each muffin paper.
6. Add ½ teaspoon of jam and then cover with the remaining mixture.
7. Bake for 20 minutes.
8. Clear-up!
9. Prepare the topping:
 - Melt the butter
 - Mix ½ cup of sugar and cinnamon in a large bowl.
 - Brush the top of each muffin with melted butter and dip the muffin top into the sugar and cinnamon mixture.
10. Serve while still a little warm.

Date Protein Balls

Ingredients

- 1/2 cup oats
- 1/2 cup unsweetened shredded coconut (plus additional coconut for coating if desired)
- 1/4 cup cocoa powder
- 1 tablespoon maple syrup or honey
- 1.5 cups pitted dates (about 16)
- 2 tablespoons sunflower seeds

Method

1. Place the oats and coconut in the bowl of a food processor and pulse a few times until finely ground.
2. Add the cocoa powder, dates, sunflower seeds, and maple syrup and pulse to combine until the mixture comes together.
3. Add a few more drops of maple syrup if it's not quite coming together, and pulse again.
4. Roll mixture into 1 inch balls using wet hands.
5. Place on a plate.
6. Roll in coconut if desired.

Ingredients

- 1 cup wheat flour
- 2 tablespoons all purpose flour
- 2 tablespoons semolina
- 1 cup sugar
- 1 cup desi ghee
- 100 grams almond, finely chopped
- 100 grams cashews, finely chopped
- 3 cups water

Method

1. In a pan cook desi ghee over medium heat for 30 seconds.
2. Add wheat flour, all purpose flour and semolina.
3. Stir until colour changes to golden brown, then add in sugar and stir for another 30 seconds.
4. Add water and mix very fast (note the mixture will thicken quickly).
5. Stir continuously and add almonds and cashew nut.
6. Add in 2 spoon of ghee (to taste) and turn off the heat.
7. Put on a lid and rest for 10mins.
8. Serve and enjoy!

NOTE:

Make sure you keep stirring all the time as halwa cooks very fast and will stick to the pot easily.



Recipe shared by Jas from Jas's Indian Kitchen, who mentored a group of young participants for our Cafe for a Day program

Fruit Crumble

Ingredients

- Apples
- 1kg apples (or other fresh fruit)
- 2 teaspoons brown sugar
- 1 cinnamon stick
- 1 cup whole-meal plain flour
- 1 cup brown sugar
- 2 cups rolled oats
- 200g butter
- 1 teaspoon cinnamon

Method

Prepare the fruit

1. Peel, core and slice apples. Prepare any other fresh fruit as required.
2. Poach with a little water, with the sugar and cinnamon stick, until the apples are soft.
3. Remove cinnamon stick and any excess liquid.

Make the crumble

1. Preheat oven to 180 C
2. Cut butter into small pieces and place all crumble ingredients into the food processor and process until crumble is formed. **DO NOT OVER-PROCESS.**

Alternatively, rub butter into flour by hand and then stir in sugar, oats and cinnamon.

Assemble and bake

1. Place the cooked apples in an ovenproof dish and top with crumble.
2. Bake approx. 20-30 mins until lightly golden.

Optional extras

- You can add any fruit of your choice!
- You can also add additional ingredients to the crumble mix: Nuts, sultanas, coconut etc.

Ingredients

- 150 mL egg whites
- 1 cup caster sugar
- 1 tbsp cornflour or cornstarch, sifted
- 1 tsb white vinegar
- 1 1/2 cups thickened cream
- 1/4 cup caster sugar
- 1 tsp vanilla extract

Method

1. Separate the whites and yolks. Measure 150 ml egg whites.
2. Set whites aside until they reach room temperature.
3. Preheat oven to 170°C (180°C fan-forced).
4. Place whites in a bowl. Use a stand mixer and beat until soft peaks form.
5. Add sugar 1 tbsp at a time, beating as you go.
6. After adding the sugar, beat for a further 3 minutes or until thick and glossy.
7. Add corn flour and vinegar, beat on low for 5 – 7 seconds.
8. Place pavlova mixture in a lined springform pan and even out.
9. CAREFULLY place in the oven, Turn oven down to 115°C.
10. Bake for 1.5 hours.
11. Turn oven off, leave the door closed and leave the pavlova in the oven overnight to cool.
12. Whip cream, sugar and vanilla until firm.
13. Spread cream over the cooled pavlova.
14. Drizzle lemon curd over top and scatter berries to finish.

Pavlova

Coriander Pesto

Ingredients

- 8 cup (200g) fresh coriander
- 8 garlic cloves
- 4 cups unsalted roasted cashews
- 2 cups grated parmesan cheese
- 2 cups olive oil
- 4 lemons juiced
- 2 tsp salt
- Freshly ground black pepper
- Dried chilli flakes – to taste

Method

1. Wash and dry the coriander.
2. In a food processor, pulse the coriander and garlic until ground.
3. Add the nuts, cheese, salt, and several grinds of pepper, then pulse again.
4. Add the lemon juice.
5. With the food processor running, drizzle in the olive oil, and process until combined.
6. Season to taste.

Kale Pesto

Ingredients

- 250g (4 packed cups) chopped curly kale
- 4 garlic cloves
- 1 cup pepitas
- 1 cup grated parmesan cheese
- 1 cup olive oil
- 1 tsp salt
- Freshly ground black pepper
- 4 tbsp lemon juice

Method

1. Remove stems from kale.
2. In a food processor, pulse the kale and garlic until ground up.
3. Add the seeds, cheese, salt, and several grinds of pepper and pulse again.
4. Add the lemon juice.
5. With the food processor running, drizzle in the olive oil, and process until combined.
6. Season to taste.

Tip: If the kale pesto is too bitter, add ¼ teaspoon maple syrup or honey



Rocket Pesto

Ingredients

- 200g (4 packed cups) rocket
- 4 garlic cloves
- 1 cup pine nuts
- 1 cup grated parmesan cheese
- 1 cup olive oil
- 1 tsp salt
- Freshly ground black pepper

Method

1. Remove any large stems from rocket.
2. In a food processor, pulse the rocket and garlic until ground up.
3. Add the nuts, cheese, salt, and several grinds of pepper and pulse again.
4. Add the lemon juice.
5. With the food processor running, drizzle in the olive oil, and process until combined.
6. Season to taste.

Carrot Top Pesto (Vegan)

Ingredients

- 1 cup packed carrot top greens (about 40g), tough stems removed
- 1 cup packed baby spinach (about 40g)
- 2 large cloves garlic, roughly chopped
- 1/2 cup (63g) roasted unsalted cashews (or peanuts)
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup (118ml) extra virgin olive oil
- 1 lemon

Method

1. Prep the carrot tops:
2. Rinse the carrot top greens to dislodge any dirt. Pick out and discard any dry, yellowed, or otherwise unappetizing looking leaves. Discard tough stems.
3. Pulse greens, garlic, salt, pepper in food processor, then add nuts.
4. Place the carrot tops greens, baby spinach, chopped garlic, salt, and pepper in a food processor. Pulse several times. Scrape the sides down with a rubber spatula.
5. Add roasted cashews and pulse without totally 'mushing' the nuts!
6. Slowly add the olive oil:
7. While the food processor is running, slowly pour in the olive oil in a steady stream. Scrape the sides down with a rubber spatula. Pulse until smooth.
8. Taste and season as required:
9. Add extra salt and pepper as required. Lemon juice can also be added.

Basil Pesto

Ingredients

- 3 packed cups fresh basil leaves
- 3-4 garlic cloves
- 1/3 cup pine nuts, lightly toasted
- 1/3 cup grated parmesan cheese
- 1/3 cup olive oil
- Salt and freshly ground black pepper to taste

Method

1. Remove stems from basil
2. In a food processor, pulse the basil and garlic until ground up.
3. Add the cheese, salt, and several grinds of pepper and pulse again.
4. With the food processor running, drizzle in the olive oil, and process until combined.
5. Add the pine nuts and lightly pulse.
6. Season to taste.

Beetroot Hummus

Ingredients

- 1 x 400g can chickpeas, drained
- Approx 400g beetroot (cooked: boil or roast) – or use 1 can beetroot (drained)
- 2 garlic cloves, finely chopped
- 1 tablespoon lemon juice
- 1 tablespoon tahini
- 2 tablespoons olive oil
- 2 teaspoons ground cumin
- Salt and pepper to taste

Method

1. Prepare all ingredients as detailed on ingredients list.
2. Mash chickpeas and beetroot using a potato masher or fork.
Alternatively use a stick blender or food processor if available.
3. Mix all ingredients together and adjust salt, pepper and lemon juice until you think it tastes delicious!
4. Chill.

Avocado Dip

Ingredients

- 2 ripe avocados
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

Optional extras:

- Finely diced red onion
- Finely diced tomato
- Crushed garlic
- Tabasco or chilli sauce
- Fresh coriander, chopped

Method

1. Halve the avocados and scoop out the flesh.
2. Mash with a fork.
3. Add the lemon juice, salt and pepper and taste.
4. Adjust seasoning to suit!
5. Add any additional ingredients.

Tzatziki (Cucumber, mint & yoghurt dip)

Ingredients

- 500g (2 cups) Greek style yoghurt
- 1 telegraph cucumber, halved and deseeded, finely diced
- 1 large garlic clove, crushed
- Small bunch fresh mint, leaves removed, washed and chopped
- Salt and pepper to taste

Method

1. Prepare all ingredients as detailed on ingredients list.
2. Mix all ingredients together and adjust salt and pepper until you think it tastes delicious!

Ingredients

- 200g dried chickpeas
- 1½ tsp bicarbonate of soda
- 6 tbsp tahini
- Juice of 1 lemon, or more to taste
- 3 cloves garlic, crushed, or according to taste
- Pinch of cumin
- Salt, to taste
- Olive oil, to top
- Paprika or za'tar, to top (optional)

Method

1. Put the chickpeas in a bowl and cover with twice the volume of cold water. Stir in 1 tsp of bicarbonate of soda and leave to soak for 24 hours.
2. Drain the chickpeas, rinse well and put in a large pan. Cover with cold water and add the rest of the bicarb. Bring to the boil, then turn down the heat and simmer gently until they're tender – they need to be easy to mush, and almost falling apart, which will take between 1 and 4 hours depending on your chickpeas. Add more hot water if they seem to be boiling dry.
3. Leave them to cool in the water, and then drain well, reserving the cooking liquid, and setting aside a spoonful of chickpeas as a garnish. Mix the tahini with half the lemon juice and half the crushed garlic – it should tighten up – then stir in enough cooled cooking liquid to make a loose paste. Add this, and the chickpeas, to a food processor and whizz to make a purée.
4. Add the cumin and a generous pinch of salt, then gradually tip in enough cooking water to give a soft paste – it should just hold its shape, but not be claggy. Taste, and add more lemon juice, garlic or salt according to taste.
5. Tip into a bowl, and when ready to serve, drizzle with olive oil, garnish with the reserved chickpeas and sprinkle with paprika or za'tar if using.

Hummus