

Muffin Break - Banana Chocolate Chip Muffins

1 ½ C self-raising flour

½ t cinnamon

¼ t baking soda

½ C chocolate chips

½ C brown sugar

1 banana

¼ C vegetable oil

¾ C milk

1 egg



1. Turn the oven on to 180 C to preheat it
2. Lightly grease the muffin tin (or line with cases)
3. Mash the banana
4. Sift the flour, cinnamon and baking soda into a bowl
5. Add the chocolate chips and the brown sugar
6. Mix the mashed banana, oil, milk and egg lightly to combine
7. Add the liquids to the dry ingredients and mix gently (the mixture might be a bit lumpy)
8. Fill the muffin tins carefully
9. Bake at 180 C for 20 minutes
10. Remove from the oven and allow to cool for a couple of minutes before removing from the tin.

Cinnabon - Cinnamon Rolls

Bun

$\frac{3}{4}$ C self-raising flour

$\frac{1}{2}$ C greek yoghurt

Cinnamon Paste

2 T brown sugar

1 t cinnamon

1 T butter (melted)






Vanilla Icing

25g softened butter

25g Icing sugar



1. In a large bowl, mix together the flour and yoghurt, using a wooden spoon.
2. Sprinkle flour on your bench, then tip out the contents of your bowl. Roll out with a rolling pin to form a large rectangle shape.
3. Mix together the ingredients for the cinnamon paste. Spread this evenly right out to the edges of your dough.
4. Roll up the entire piece of dough. Cut up the roll into even pieces.
5. Lay pieces flat onto lined oven tray.
6. Bake for 15-20 minutes at 160 C or until golden brown.
7. Cream together icing ingredients. When your cinnamon rolls have cooled, spread a thin layer of icing over each bun.

	Dislike very much 	Dislike a little 	Not sure 	Like a little 	Like very much 
Texture					
Taste					
Smell					
Appearance					

St Pierres - Sushi

Sushi rice

Nori sheet(s)

Possible fillings: carrot, cucumber, tuna mayo, avocado, chicken, salmon, corn, zucchini etc...

Condiments: soy sauce, wasabi, ginger etc



Prep:

1. Cook rice according to instructions on the packet. Spread out to cool. Sprinkle with sushi vinegar.
2. Wash and peel vegetables. Cut into thin slices.
3. Present your condiments nicely on the plate, ready for service.

Illustrate each step. Write a number in the corner to indicate the correct order.

Dip in soy sauce and wasabi. Eat and enjoy!	

Lay your chosen fillings on top of the rice in a line right along the length, about a third of the way from the top.	

Lay out a cane mat and a seaweed sheet on top (rough side up).	

Spread the rice evenly long ways over $\frac{3}{4}$ of the mat, leaving $\frac{1}{4}$ empty on the side away from you. Cover the sheet right out to the edges.	

Using a sharp knife, slice into 1 inch rounds.	






Hold the mat and use this edge to roll the sushi. Dab some water onto the edge to stick it together. Make sure you roll it tightly.	

Cookie Time - Chocolate Chip Cookies

75g butter
 ¼ C sugar
 3 T condensed milk
 1 C flour
 1 t baking powder
 ¼ C chocolate chips



1. Cream butter and sugar together.
2. Add condensed milk and beat well.
3. Sift in the flour and baking powder. Then add the chocolate chips and mix well.
4. Roll into small balls and place on a greased baking tray. Flatten with a fork.
5. Bake at 180 C for 12 minutes.
6. Leave the cooked biscuits to stand until cool on the oven tray.
7. When cooled, store biscuits in an airtight container to make sure they stay crisp.

	Dislike very much 	Dislike a little 	Not sure 	Like a little 	Like very much 
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Domino's Pizza

This Pizza recipe uses the easiest ingredients to find in your kitchen (kitchen staples). It is super easy to make and does not require kneading or waiting for yeast to rise.

Base

1 C Flour
1 t Baking Powder
2 T Oil
 $\frac{1}{4}$ - $\frac{1}{3}$ C Milk

OR:

$\frac{1}{2}$ C greek yoghurt
 $\frac{3}{4}$ C self-raising flour

Topping

$\frac{1}{3}$ C Tomato Puree or $\frac{1}{2}$ C Spaghetti
Grated Cheese








Extra Toppings

* Chopped Bacon	* Salami
* Tomato Slices	* Ham
* Onion	* Pineapple Slices
* Mushroom slices	* Green Capsicum

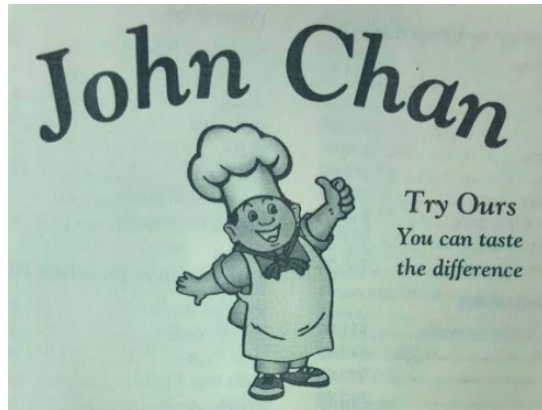
Method

1. Sift flour and baking powder into a bowl
2. Add oil, then milk
3. Mix into a firm dough with a knife
4. Turn onto a lightly floured surface. Roll into a 25cm circle
5. Place onto greased tray
6. Spread base with tomato puree or spaghetti
7. Sprinkle with marjoram and cheese
8. Top with your choice of the extra toppings
9. Bake 200 C for 15-20 minutes until the underside of the base is brown and the cheese is bubbly and golden.

	Dislike very much 	Dislike a little 	Not sure 	Like a little 	Like very much 
Texture					
Taste					
Smell					
Appearance					

John Chan - Noodles

2 C water
 1 packet 2-minute noodles
 1 T wine vinegar
 2 T oil
 1 C finely shredded cabbage
 2 celery stalks, sliced thinly
 1-2 spring onions, sliced.
 1 carrot cut into thin strips
 (julienne)



Optional extras:

Add: ¼ C chopped peanuts

2 T sesame seeds

½ C chopped ham or chicken






¼ C finely sliced capsicum

¼ C corn kernels

soy sauce

Other ideas? _____

1. Boil water in pot. Add broken noodles. Boil for 2 minutes.
2. While noodles cook, prepare the vegetables.
3. Mix the flavour sachet contents together with the vinegar and oil.
4. When the noodles are cooked, drain them and return to the cooking pot.
5. Stir in the prepared vegetables and the oil and vinegar.

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Demolition Deli - Sausage Rolls

(Recipe adapted from Nadia Lim)

½ apple (grated)

¼ onion finely diced or ½ grated carrot

1 good quality pork sausage (or ½ C cooked lentils or rice)

2 T dried cranberries - chopped

¼ C breadcrumbs

Optional: 1 t chopped herbs






1 sheet flaky puff pastry (pre-rolled)

Milk or egg to brush pastry

Optional: 1 t sesame seeds



1. Preheat oven to 200 C.
2. Directly grate apple (skin and all) onto a clean tea towel, then wring the tea towel to squeeze out excess moisture from the apple.
3. Cook onion, carrot and apple, with a good pinch of salt until soft. Allow to cool slightly.
4. Squeeze out sausage meat from casings into a large bowl. Add cranberries, breadcrumbs, herbs (if using), and cooked carrot, apple and onion mixture. Use clean hands to mix and squish everything together until well combined.
5. Shape sausage mixture into a large log and lay along the middle of the pastry, leaving a 1.5cm edge on each (right and left) edge.
6. Brush the top half of the pastry with egg or milk (this helps the pastry stick together when you roll it). Roll up pastry to enclose the sausage meat in a tight parcel.
7. Brush the tops of each sausage roll with egg or milk and sprinkle with sesame seeds (if using). Bake for 20-25 minutes or until pastry is golden and cooked through.

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Pita Pit - Wraps & Pita Chips

Pita wrap/tortilla

Optional Fillings:

Lettuce

Tomato

Cucumber

Cheese

Corn

Carrot

Ham



Wrap

1. Bunch lettuce, then slice lettuce into strips
2. Grate carrot and cheese
3. Chop ham
4. Slice onion
5. Lightly cook corn (ham and onion) if desired.
6. Place in the middle of your wrap and then wrap as shown.
7. Slice wrap in half.



Pita Chips






1. Melt butter in the microwave. Brush onto wrap.
2. Sprinkle with sesame seeds & salt.
3. Fan Bake in the oven. KEEP WATCHING IT! It will start to bubble, then brown quickly.
4. Leave to cool, then snap into chip shapes

Wendy's - Baked (& Stuffed) Potato

- 1 large potato
- 1 T milk
- ¼ C grated cheese
- ½ small spring onion (or chives or brown onion)
- ¼ C ham (or salami)
- 1 T mayonnaise (or sour cream)
- Salt & pepper
- 2 T grated cheese



1. Scrub, then dry the potato. Pierce the skin several times with a fork.
2. Bake in the microwave for 5 minutes, turning over half way through cooking.
3. Leave for 3 minutes. Cut in half lengthwise. Scoop out the centre and mash in a bowl with the milk.
4. Chop ham (or salami) and spring onion (or other vegetables). Mix in with other ingredients.
5. Place filling back into potato skin.
6. Sprinkle on cheese
7. Fan grill at 200 C for approx. 8 minutes. Keep an eye on it - the cheese should melt and go golden brown. If the potato has cooled - it can be reheated in the microwave.

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Taste					
Smell					
Appearance					

