



Reading
Is
Soooooooooo
Delicious!



COOK BOOK



Thank you to the students,
parents and teachers for
contributing to the

NEPSODE Cook Book



2018

Contents...

Breakfast



SNACK

National Simultaneous Storytime

WEDNESDAY 23 MAY 2018

#NSS2018

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Australian Library and Information Association

SCHOLASTIC

LIANZA



TONY WILSON
HICKORY
LAURA WOOD
DICKORY
DASH



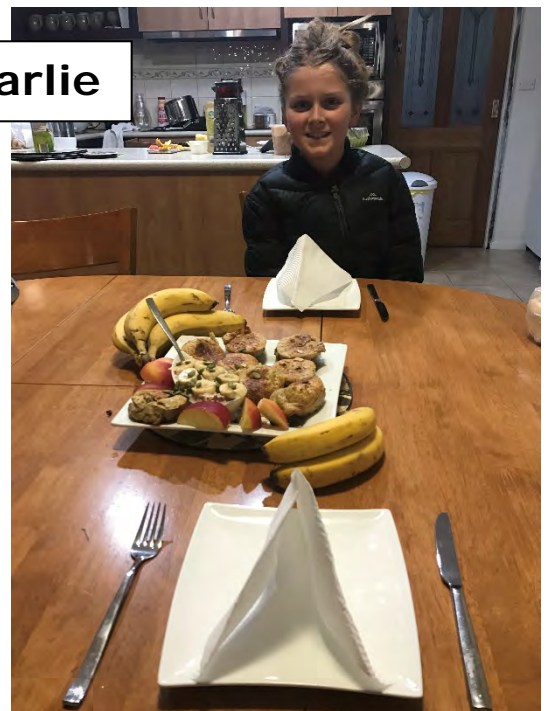
Breakfast



Billy



Charlie



Luca and Ashley

Our 08Feet Apple pancake recipe by **Finn**

Ingredients

- 1 and ½ cups of self raising flour
- 2 tablespoons sugar
- 1 egg
- 300ml buttermilk
- 20g butter, melted
- ½ cup grated apple (red or green)
- 1 tablespoon maple syrup or honey (optional)



Method

1. Melt butter
2. Add add ingredients and whisk until smooth (little lumps due to apple)
3. Spoon batter into hot fry pan or BBQ plate
4. Wait until huddle appear and turn over
5. Serve with any of your favourite toppings! Ours are maple syrup, Maltesers, caramel or banana.



Fruit and Muesli Yogurt Pots -

By **Amelia**

Ingredients

- 1/2 cup of yogurt any flavour
- 2 tablespoons of muesli
- 5 fresh raspberries
- 1/3 of a banana

Method

1. Measure and place the yogurt in a serving dish.
2. Spoon the muesli in a layer over the yogurt.
3. Slice the banana carefully into slices and place on top of the muesli layer. Have an adult help if needed.
4. Decorate by putting the raspberries on the top.
5. Eat and enjoy!



Breakfast Granola Cups

By **Alesha**

Full Ingredients list:

2 tablespoons no-added-salt, no-added-sugar smooth peanut butter
3 tablespoons maple syrup
1 tablespoon olive oil
1 teaspoon vanilla essence
2 cups quick-cook oats
1 banana, mashed
1 cup reduced-fat plain yoghurt, to serve
2 cups fresh fruit (such as berries, banana, apple and kiwifruit), to serve

Instructions

Step 1 Preheat oven to 180°C. Lightly spray 8 holes in a 12-hole muffin tin with oil.

Step 2 Heat peanut butter and maple syrup until melted. Stir through oil and vanilla essence.

Step 3 Mix oats, banana and melted peanut butter mixture in a large bowl until well combined.

Step 4 Press 1 tablespoon of the mixture into each muffin hole, making sure the base is fully covered and there are no gaps.

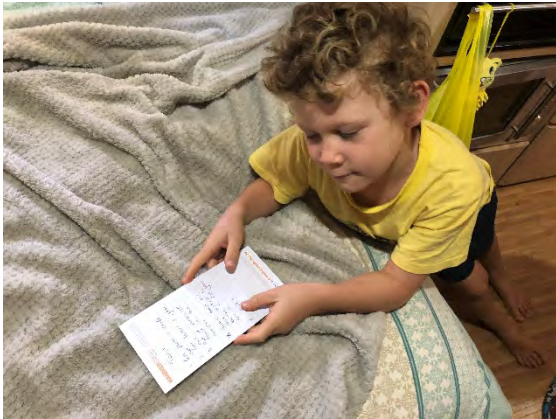
Step 5 Bake for 15 minutes, or until golden. Remove from oven and leave to cool for 5 minutes. Carefully turn out or pop out completely.

Step 6 Serve granola bowls filled with yoghurt and your child's favourite fruit.



Strawberry Jam on toast

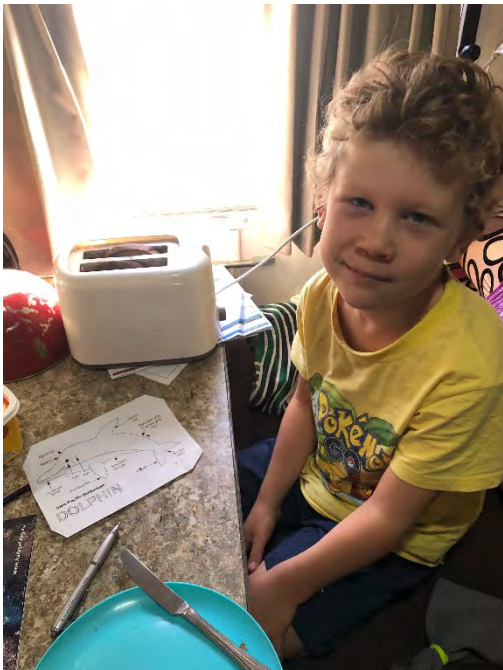
By Jackson



1. Read the recipe



2. Collect the things you need



3. Cook your bread in the toaster



4. Spread with butter and jam.

5. EAT!

Quick & Easy French Toast

By **Kiara**

Serves 4

Ingredients:

- 1 egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup milk
- 4 slices bread

Preparation:

1. Beat egg, vanilla & cinnamon in shallow dish. Stir in milk.
2. Dip bread in mixture, turning to coat both sides evenly.
3. Cook bread slices on lightly greased non-stick frying pan on medium heat until browned on both sides.
4. Serve with a topping of your choice.



Dad's Pancakes

By **Koby & Ellie**

Ingredients:

- 1 ½ cups of self-raising flour
- 1 egg
- 1/2 cup milk
- 1 tablespoon of sugar

Preparation:

1. Mix flour sugar, beaten egg & milk together until just combined.
2. Pour into medium heat frypan with butter until bubbles appear.
3. Flip over for 1 minute.
4. Serve to Mum for Mother's Day!

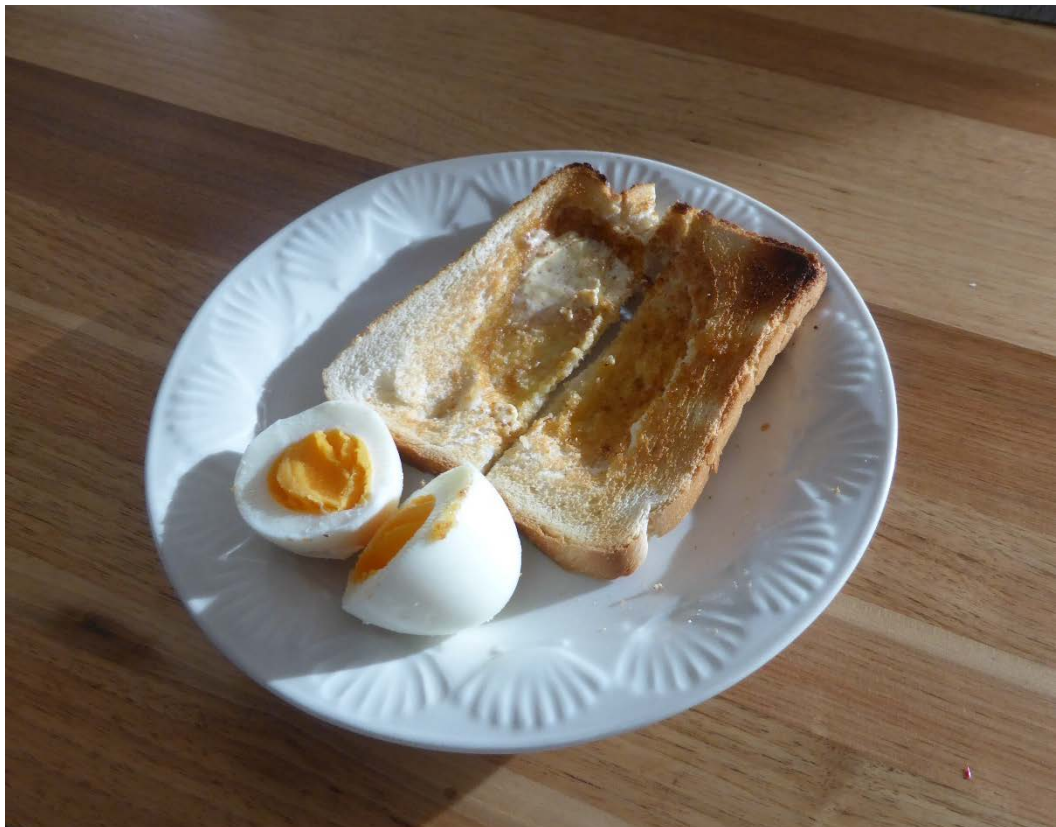


Boiled Eggs – cooked in a Thermomix

By **Nicholas**

Preparation:

1. Place water in the mixing bowl, insert simmering basket and place eggs into it.
2. **Cook time depends on how you like your eggs.**
Varoma/speed 1
10 minutes – very runny
11 minutes – runny
12 minutes - soft
13 minutes – firm boiled
14 minutes – hard boiled
3. Immediately remove simmering basket with spatula and place it with eggs under cold running water to cease cooking.



Tropical Quinoa Porridge – cooked in a Thermomix

By **Lily, Spencer, Willow & Fern**

DF GF EF VG

Tropical quinoa porridge

Active time: 10 min | Total time: 10 min
Skill level: easy | Serving size: 6 portions

This is a simple and delicious breakfast that is high in protein due to the quinoa, chia and nuts. Serve warm in winter, or cold from the fridge in summer.

INGREDIENTS

Porridge

600 g almond milk (see Raw nut milk, pg. 24)

50 g quinoa flakes

50 g chia seeds

1–2 tbsp raw honey

1 tsp ground cinnamon (optional)

1 tsp natural vanilla extract

2 tbsp mesquite powder (optional – see Glossary, pg. 220)

¼ tsp fine sea salt

Tropical toppings

250 g Coconut yoghurt (see pg. 27)

2–3 fresh mango cheeks, sliced

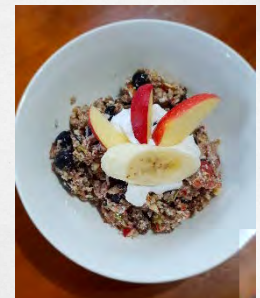
100 g coconut chips, toasted (optional)

PREPARATION

1. Place all Porridge ingredients into mixing bowl and mix **3 sec/speed 3**. Then cook **5 min/50°C/🌀/speed 2**.
2. Serve porridge warm or cold, topped with Coconut yoghurt, mango and coconut chips (if using).

TIP






Vary your toppings with fruits that are in season, either fresh or stewed, or serve porridge plain with your preferred milk and sweetener.



Three course breaky – cooked in a Thermomix


By **Denzel**

Fruit Frenzy

-  2 Oranges
-  2 Bananas
-  1 cup of blueberries
-  2 Mandarines
-  2 Apples

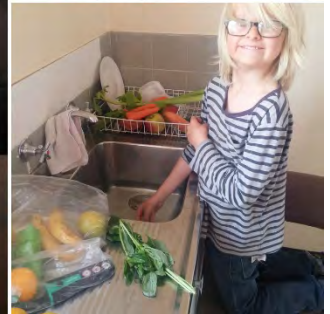
Preparation

- 1 - Wash all ingredients
- 2 - Peel the oranges, bananas and mandarines.





Instructions

- 1 - Chop the oranges into quarters, then chop each piece in half and put them in a bowl
- 2 - chop the bananas into 2cm long pieces, put them into the bowl.
- 3 - Pull apart the mandarines and add to the bowl
- 4 - chop the apples into slices.
- 5 - Add the blueberries to the bowl with the apple.
- 6 - Gently stir the fruit and serve in bowls to make a fruit frenzy.



Delish Discs

-  1 skinny sweet potato
-  2 stalks of fresh basil
-  1/2 block of fetta cheese

Preparation





- 1 - Wash the potato and basil.
- 2 - Pull the leaves off the basil stalks.
- 3 - Thinly slice the sweet potato.
- 4 - Chop the fetta into small squares.

Instructions

- 1 - Lay the sweet potato discs out flat on a serving plate.
- 2 - Place a single piece of fetta on each sweet potato disc.
- 3 - Lay a basil leaf on top of each piece of fetta with the top side of the leaf facing up.
- 4 - Enjoy these 'crackers' with your friends.



Orange Juice


-  2 carrots
-  2 celery stalks
-  1 small knob of ginger
-  1 apple

Preparation

- 1 - Wash all ingredients
- 2 - Chop carrots, celery and apple into small chunks about 2cm long, take care not to chop your fingers
- 3 - Peel the ginger and chop into quarters

Instructions

- 1 - Place the ginger into your blender (or juicer) and blend it on medium speed for 5 seconds.
- 2 - Add all other ingredients and blend on medium speed for 30 seconds.
- 3 - Add 1 cup of water + blend on high speed for 30 seconds.
- 4 - Strain it into a serving jug using a nut milk bag, or pour it straight into your glass.
- 5 - Add some ice to cool it.




Avocado & Bacon Recipe

By **Ian**

Ingredients:

1 Avocado
1 pinch of Sea salt
1 tablespoon of lemon
2 tablespoon of Bacon
2 slice of Bread and
Garlic butter



Directions:

Cut the avocado in half and then in six
Then put sea salt and lemon
Cook the bacon and put it in the middle of the avocado
And then toast the bread and spread the garlic butter.



Quincy's Pancakes

By Quincy

INGREDIENTS

- 2 eggs
- 1 3/4 cup milk
- 1 teaspoon vanilla essence
- 2 cups self-raising flour
- 1/3 cup Caster Sugar
- Butter, for frying, plus extra, to serve
- Maple syrup, to serve

METHOD

- **Step 1**
Whisk eggs, milk and vanilla together in a jug. Sift flour into a large bowl. Stir in sugar. Make a well in the centre. Add milk mixture. Whisk until just combined.
- **Step 2**
Heat a large non-stick frying pan over medium heat. Grease pan with butter or spray with cooking oil. Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface. Turn and cook for a further 1-2 minutes or until cooked through. Transfer to a plate. Cover loosely with foil to keep warm. Repeat with remaining mixture, greasing pan with butter or cooking oil between batches.
- **Step 3**
Serve with maple syrup and extra butter.



Rolled Oats Pancakes

By **Peta**

Ingredients:

1½ cups of Rolled Oats
1½ cups of Boiling Water
1 tspn Honey
2 Eggs
¼ cup of Almond Meal
¼ cup of Flour
1½ tspn Baking Powder
½ cup Milk
*Blueberries – optional!
*Serve with Sour Cream & Maple Syrup!

Method:

Pour water over oats.
Add Honey.
Add rest of ingredients.
Mix well! Let sit for 15 min.
Add optional ingredients e.g. Berries, Banana.
Cook in Pan medium heat



Zack's Wholemeal Pancakes 🥞

(serves 4)

Ingredients

2 eggs

2 1/4 cups of milk

1 teaspoon of vanilla
paste

2 cups of self-raising
wholemeal flour

1/3 of a cup sugar

Butter for frying

Maple syrup, cream,

mandarins and apricot jam or your favourite jam



Step 1:

Pour eggs, milk and vanilla paste into a jug and whisk. Sift flour into bowl. Stir in sugar. Make a well in the middle of a bowl and add milk mixture to it. Whisk mixture until fully combined.

Step 2:

Heat a frying pan over medium heat. Put butter in the pan so the pancakes won't stick to the pan. Pour the mixture into the pan depending on how big you want the pancake (not too big or it will not fit on the plate). Flip when the mixture

starts bubbling and it's easy to move. It's ready when the pancake starts curling up.

Step 3:

Add the toppings you want on your pancake such as a dollop of cream, a drizzle of maple syrup, a piece of fruit or spread some jam.



Gilly's Overnight Oats

By **Gilly**

Serves 4 people.

Great easy breakfast for those who are travelling and have to pack up and leave early and don't have time to cook breakfast.

Ingredients

2 cups of oats
2 cups of milk
4 teaspoons of chia seeds
1 teaspoon of cinnamon
1 teaspoon of vanilla paste
add honey, strawberries and banana

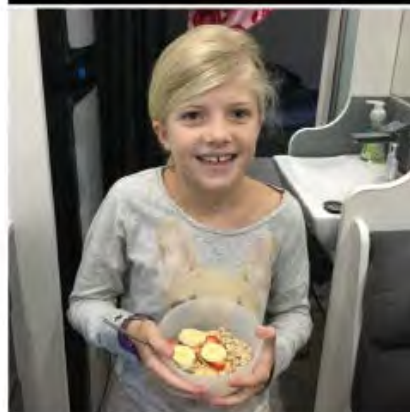
At night

Put first 5 ingredients in bowl, stir and put it in the fridge overnight.

Morning

Serve into 4 bowls then drizzle with honey. Add chopped banana and strawberries.

Adapted from overnight oats recipe



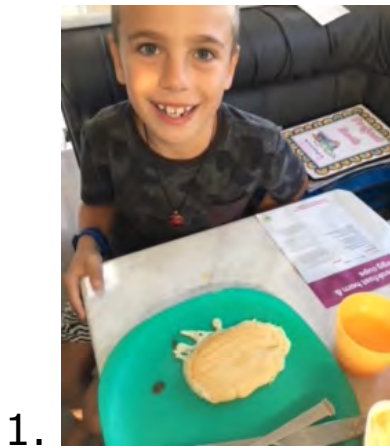
Breakfast

By **Olivia & Matilda**



Breakfast

By **Kye**



Pancakes

By **Marlie**



Breakfast

By **Madi**



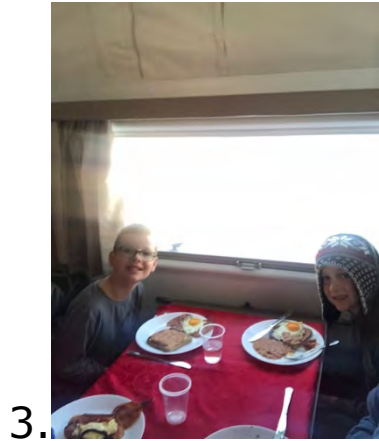
Pancakes

By **Byron and Kealah**



Breakfast

By **Robert and Connor**



More breakfast photos...



**Luca making
pancakes**





Abbey's favourite Leftover Frittata

By **Abbey**



Oscar

Scrambled eggs

Scrambled eggs are one of the most popular way to serve eggs for breakfast - particularly on lazy

Sunday mornings. Now you can discover the secret to serving perfectly cooked scrambled eggs every time.

serves: 1

ingredients

- 2 free range eggs
- ¼ cup cream
- pinch salt
- 1 tsp butter

method

1. Whisk eggs, cream and salt until light and fluffy. Heat a non-stick frying pan over medium heat and melt the butter.
2. Pour in egg mixture and allow to cook for about 20 seconds until the edges are starting to set.
3. Use a wooden spoon to push the egg on the outside into the middle all the way around the pan.
4. Cook for another 20 seconds, repeat the 'pushing' motion.
5. The eggs will be almost set, remove from heat.
6. The eggs will continue to cook as you deal with toast and cutlery.
7. Serve eggs with hot buttered toast and a smile!



Pizza for Mummy and Me

By Quincy

Pizza for Mummy

Toppings

Tomato paste

tomatos

onions

garlic

prosciutto

capsicum

cheese

Pizza for Me

BBQ sauce

Garlic

Pepperoni

Cheese

Ham

Bacon



Build the pizza with your favourite toppings.
Cook in 180 degree oven until golden brown.

Pizza Dough (Thermomix or normal)

315g plain flour (plus extra for dusting)

1/2 tsp dried instant yeast

1 1/2 tsp fine sea salt

175g water room temperature

60g Milk room temperature

Place flour, yeast, salt , water and milk into mixing bowl then knead 1 min.
scrape down sides of mixing bowl with spatula then knead again 5 mins.
Meanwhile grease a large bowl.

Transfer very sticky dough to greased down and cover tightly with cling film. Leave in a warm place until doubled in size (approx 1 hour)

Grease a silicone spatula or dough scraper with oil. fold partially risen dough over itself by gently lifting and folding edge of dough toward middle, using oiled spatula. Turn down a quarter turn and fold again. Repeat 6 more times (total of 8 turns). Re-cover with cling film and leave to rise for 30 minuted.

Repeat folding process once more then leave until doubled in size (approx 30 mins). Meanwhile preheat oven to 230°C and line 2 pizza trays with baking paper.

Transfer dough to a well floured surface, while not deflating it too much. Liberally flour top of dough and cut in half. Turn one piece of dough cut side up and sprinkle with flour. With well floured hands, press into a rough circle and transfer to a pizza tray. Repeat with second piece of dough. With floured fingertips, make dimples over both bases to prevent the frost from ballooning.

Nachos

By Zack

Zack's Nachos

(serves 4)

Ingredients

1 Corn cob
1 Avocado
Parsley
400g can Kidney beans
250g of salsa
300g of corn chips
Sour cream
Grated cheese



Step 1

Wrap corn in a wet paper towel and microwave for three minutes. Then, chop the kernels off the cob with a knife and put aside for later.

Step 2:

Mash avocados.

Step 3:

Chop parsley.

Step 4:

Drain & rinse kidney beans.



Chicken, Cheese & Mayonnaise Sandwich

By **Nicholas**

1. Put the two slices of bread out and put the mayonnaise on it
2. Put the chicken on the sandwich than the lettuce
3. Put the cheese on it than put the top bit of the bread on it.



Gilly's Toastie Lunch recipe

By **Gilly**

Ingredients

We used the "Pane Di Casa Garlic and Olive Oil" bread from Woolworths
Butter
Shaved leg ham
Swiss cheese slices and
Chopped parsley

Steps

- 1 Cut bread into slices
- 2 Toast bread
- 3 Butter toasted bread
- 4 Put ham and cheese on bread
- 5 Grill until the cheese melts
- 6 Sprinkle chopped parsley on melted cheese.

When I ate the toastie it was delicious.



Hay Stack Boats

By **Alesha**

Ingredients.

1 onion
1 tin kidney beans
1 tin tomato soup
1 pot. Quorn mince (vegetarian)
Boat tacos

Method.

Fry onion in frypan until clear. Then add all other ingredients and mix well together.

Heat until Quorn mince is blended through.

Enjoy.



Sushi

By Georgia, James & Luke

nori maki - sushi rolls

ingredients:

500g cooked short grain rice, 1 tbsp rice vinegar, 5 sheets nori seaweed, wasabi, your choice of fillings - tuna, cucumber, avocado, crab meat etc.

method:

1. Sprinkle rice vinegar over cooled rice and mix through gently.
2. Place nori seaweed, shiny side down on the bamboo rolling mat.
3. Spread vinegared rice evenly over the nori, keeping about 2cm at the far end of the sheet free from rice.
4. Dab a small amount of wasabi along the rice in a straight line. Place the fillings for your roll on top of the wasabi.
5. Lift the front of the bamboo mat closest to you and begin to roll the sheet tightly. Just before reaching the end of the sheet wet the exposed strip with a little water. Apply gentle pressure to join the edges of the nori.
6. The rolls can be eaten whole or sliced with a wet, sharp knife.



Curried Eggs and Salad – Serves 4

By **Denzel**

Ingredients:

6 eggs
2 tbs mayo
½ tsp curry powder
Salt & pepper
Baby spinach leaves
Watercress
Yellow capsicum
1 ½ avocados
150g cheese
Sauerkraut
Olive oil



Instructions:

1. Put eggs in a saucepan and cover 2cm above them with cool water
2. Bring water to a rolling boil for 2 minutes then turn the heat down for another 5 minutes. Leave the eggs to sit in water & prepare salad.
3. Wash salad leaves & capsicum
4. Serve salad leaves onto plates
5. Slice capsicum, avocado & cheese and serve on salad leaves
6. Top with sauerkraut & olive oil
7. Drain eggs and cover with cold water for 10 minutes
8. Peel eggs. It may be easiest to chop the eggs lengthwise while the shell is still on
9. Remove the egg yolks & set aside in a bowl. Wash egg whites in cool water
10. Add curry powder, mayo, salt & pepper to the egg yolks & mix well. Add extra mayo if required
11. Scoop the yolk mix back into the egg whites & serve on the salad



Dinner

Pizza with Finn



INGREDIENTS

- 6 bacon rashers or sausage
- 150g baby spinach leaves or other veges if you like them
- 2 medium pizza bases
- 1/2 cup (125ml) tomato pizza sauce
- 1 cup (80g) grated pizza cheese
- 2 eggs
- 100g truss grape tomatoes

METHOD

• Step 1

Preheat oven to 220°C.

Step 2

You can pre-cook some of the ingredients like the bacon, sausage and veges.



• Step 3

Place pizza bases on an oven tray. We used baking paper so it did not stick.

Spread evenly with sauce.

Sprinkle with half the cheese.

Top with your ingredients and then crack an egg in the middle of each pizza.

Sprinkle with remaining cheese and top with tomatoes.

Bake in oven for 8-10 minutes or until cheese is golden brown and bubbling and egg is cooked as desired.

Remove from oven and serve immediately.

Spaghetti Bolognese with **Matilda and Olivia**



ingredients

- 1 tbs vegetable oil
- 700 g beef mince
- 1 brown onion (large, peeled, diced)
- 1 tsp garlic (minced)
- 2 tbs tomato paste
- 1 cup carrot (grated)
- 1 cup zucchini (grated)
- 400 g tomato (fresh, diced)
- 1 tsp dried oregano
- 2 bay leaves
- 50 g butter (chopped)
- 1 packet spaghetti

method

1. Place a large, heavy bottomed frying pan on high heat.
2. Add oil and swirl to cover pan, when it's very hot add mince, salt and pepper and brown- cook for about 5 minutes or until meat juices have evaporated, stirring occasionally.
3. Add onion and sauté for 1-2 minutes.
4. Add garlic and tomato paste, stirring to coat the meat.
5. Once tomato paste has started sticking to the bottom of the pan and the meat is reddish, add the carrot, zucchini and diced tomato.
6. Stir to thoroughly combine then add oregano, bay leaves and butter.
7. Place a lid on top, bring to the boil then turn the heat down to a simmer and cook for 20 minutes, stirring occasionally.
8. Check for seasoning then leave to rest for 5-10 minutes for flavours to meld.
9. Cook pasta according to packet instructions and serve meat sauce over pasta garnished with grated parmesan cheese.

Did you know that instead of spaghetti from a packet you can make your own. Here is Mrs Stone in Italy making her own pasta at a cooking school for the challenge.

Pasta with **Mrs Stone**



Getting started

Gear up your kitchen with the following items before you get started:

- Pasta machine
- Clean tea towels
- Italian '00' flour or high-grade flour
- Free range eggs
- Fine semolina flour

Step 1

Place $2\frac{2}{3}$ cups (400 g) of flour in a mound on your work surface. Make a large well in the centre then break 4 eggs into it. Use a fork to gently beat the eggs, slowly drawing in the flour until the mixture is very thick. Flour up your hands, then use them to work in the remaining flour.

Step 2

Knead the dough for 5 minutes. It should be smooth and elastic and not at all sticky by this stage. Check its elasticity by pressing a finger into the ball and if it springs back it's done. Dust with flour, shape into a fat disc, wrap in plastic wrap and allow to rest for 30 minutes.

Step 3

Divide the dough into 6 equal pieces. Working with one piece at a time, flatten the dough until it is roughly 3mm thick. Dust the dough and the pasta rollers lightly with flour. Set the pasta machine to its widest setting and feed the dough through the machine 4-5 times, folding it in half and turning it 90 degrees each time. By this stage it should be the width of the machine.

Step 4

Stop folding the pasta but repeat feeding the dough through the machine and narrow the settings on the machine by 1 notch each time you feed it through. Remember that the highest number on the machine is the thinnest setting, and keep working until you reach the second last setting. Set aside, dust with semolina flour, and repeat with the remaining dough portions. You now have pasta sheets ready to turn into a wealth of varieties and this recipe should give you enough for six decent serves.

To make Strip pasta

Cut a pasta sheet in half then feed through the pasta machine on the desired setting (fettuccine, pappardelle, tagliatelle). Alternatively, gently roll up a sheet of pasta into a long sausage and slice across it into the desired thickness of strips. Dust lightly with semolina, place on a tray and then repeat with remaining sheets. Drape the pasta lengths over a clean broom handle for 10 minutes or until slightly dry.

Creamy Chicken Lasagne with Blue Cheese with **Abby**



Prep Time: 25 mins

Cook Time: 1hr 5 min

Ready in: 1hr 30 min

Ingredients

- 3 skinless, boneless chicken breast halves
- 6 uncooked lasagne noodles
- 1 cube chicken stock cube
- 1/4 cup hot water

- 1 package cream cheese, softened
- 2 cups shredded mozzarella cheese
- 1 jar spaghetti sauce

Directions

1. Bring a large pot of lightly salted water to a boil. Cook lasagne noodles for 8 to 10 minutes, or until al dente. Drain, rinse with cold water, and set aside.
2. Meanwhile, place the chicken in a saucepan with enough water to cover, and bring to a boil. Cook for 20 minutes, or until no longer pink and juices run clear. Remove from saucepan, and shred.
3. Preheat oven to (175 degrees C). Dissolve the stock cube in hot water. In a large bowl, mix the chicken with the stock, cream cheese, and 1 cup mozzarella cheese.
4. Spread 1/3 of spaghetti sauce in the bottom of a 9x13 inch baking dish. Cover with the chicken mixture, and top with 3 lasagne noodles; repeat. Top with remaining sauce, and sprinkle with remaining mozzarella cheese.
5. Bake for 45 minutes in the preheated oven.

<https://www.allrecipes.com/recipe/15085/creamy-chicken-lasagna/>



Steak Sandwich with **Peta**

She recommends caramelised slow cooked onions,

Medium rare beef steak cooked on the BBQ

She has Turkish bread roll

Top it off with a creamy dressing and maybe some rocket leaves and tomato

ENJOY it your way.



Zucchini Dumplings with **Charlie and Lillian**



For dumpling wraps (or buy pre-prepared wraps):

3 cups bread flour and 1 cup whole-wheat flour

1 1/4 cup water 1/2 teaspoon salt 1 teaspoon oil

For dumpling filling :

1kg of ground pork 3 large zucchinis

1/4 teaspoon ground white pepper

2 rice cooking wine 2 to 3 tablespoons soy sauce

1/2 ground ginger 1 teaspoon oyster sauce

1 teaspoon sesame oil salt to taste

1/4 to 1/2 cup water/ chicken stock

Directions :

To make the dumpling wraps. In a large bowl, add bread flour, whole wheat flour, oil and salt. Whisk while gradually adding water to the bowl. When flour starts to come together, knead with hands until smooth and elastic dough forms.

Cover and let the dough rest for at least 30 minutes.

Run the dough through stand mixer pasta roller several times. Set the thickness to 5, and run it one more time.

With a round cookie cutter, cut out round dumpling wraps.

To make the filling. In another large bowl, add ground pork, ground white pepper, sesame oil, soy sauce, oyster sauce, ground ginger and salt. Whisk with a pair of chopsticks. If you whisk hard enough, the ground pork, just like the flour, is going to come together and develop some kind of gluten. Add water/ chicken broth, little by little; and keep whisking.

Add zucchinis to a food processor. Then add finely chopped zucchinis to the ground pork. Whisk until the whole pork filling is well combined. Add salt to taste.

To make the dumplings. Put 1 1/2 to 2 tablespoon pork filling in the centre of one wrap.

Fold the wrap over. Press the sides together and make a couple creases on the each side.

Line up the dumplings on a well-flour-dusted board.

To cook the dumplings Bring a large pot of water to boil. Add dumplings. When the water boils again, add one cup of cold water to the pot. That should help to cook dumplings evenly inside and out. When the water boils again, add another cup of cold water to the pot. Repeat it one more time and the dumplings should be ready.

Make a Frittata with Isabella



You will need:

- 2 tablespoons of oil
- 1 large potato, thinly sliced
- 250g frozen chopped leaf spinach, unfrozen
- 2 tomatoes, sliced
- 12 slices of salami
- 8 eggs lightly, beaten
- 100g of grated Parmesan
- 1 tablespoon of finely chopped fresh basil



Step 1 * Heat the oil in the pan

* Add potato so it covers the base of the pan

* Cook on high for two minutes

* Turn the potato over and then cook covered until tender. (To check if tender stick a fork in the potato.)

Step 2 *Squeeze the water out of the spinach.

*Put tomato on the potato, then the salami and then the spinach.

Step 3 *Put egg, cheese, basil in a bowl and mix with pepper and salt.[To taste]

*Pour the egg mixture over the spinach and cook on low for 5 minutes.

Step 4 *Cover the handle of the pan with foil.

*Place pan under hot grill and cook frittata for 5-7 minutes.

*Cool slightly and run a knife around the edges.

*Quickly flip it onto a plate and cut into pieces. And Serve with a salad.

Oscar - Yr 1

Chicken carnival cones

This IGA recipe ensures your leftover roast chicken will be put to good use. Plus, the kids will love preparing these as much as they will love to eat them!

serves: 4 | prep: 0:05 | cook 0:15



ingredients

- 1 Mission Wraps 8pk
- 2 cup leftover roast chicken (shredded)
- 1 cup salsa
- 100 g cheese (grated)

method

- 1 Preheat oven to 180°C. Line a baking tray with baking paper. In a bowl, mix the chicken, salsa and one-quarter of the grated cheese.
- 2 Fold the bottom third of the tortilla up, pinch in the middle and roll over itself to form a cone. Stuff the cone with filling, then top with cheese. Lay on the prepared tray seam side down. Repeat the process until all the ingredients are used.
- 3 Bake in the oven for 15 minutes or until golden and toasty.



The Best-Mashed Potatoes with **Sophie**

Sophie is enjoying her potatoes with corned meat, peas, carrots and lashings of gravy. What do you like to eat with your creamy mashed potato?



Sophie recommends large fresh unwashed potatoes (about 8-10). You also need 2 tablespoons of butter and $\frac{1}{4}$ cup of hot milk. Some salt and pepper.

1. First, peel the potatoes and cut up into even size pieces.
2. Bring a pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain.
3. In a small saucepan heat butter and milk over low heat until butter melted. Using a potato masher or electric beater, slowly blend milk mixture into potatoes until smooth and creamy. Season with salt and pepper to taste.



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Quincy recommends prosciutto chicken

Chicken

- 2 chicken breasts, fat and skin removed and butterflied
- 8 baby spinach leaves
- Feta to taste
- 1/2 tablespoon garlic and herb butter
- 6 slices of prosciutto

Sauce

- 4 cloves of garlic, peeled
- 1 tablespoon garlic and herb butter
- 150mls cream
- Salt and Pepper, to taste
- 1/2 tablespoon cornflour
- 1 tablespoon hot water
- Vegetables of choice

Instructions

- 1 Place 600mls water into bowl.
- 2 Cook for 8 mins, speed 3, and steaming temperature.
- 3 Preheat oven to 180 degrees (this is to crisp up the prosciutto briefly after cooking)
- 4 Meanwhile, spread a little butter on chicken breasts, top with baby spinach leaves and crumbled feta.
- 5 Roll chicken up ensuring the filling is secure
- 6 Wrap prosciutto around the outside of the chicken tightly.
- 7 Get a piece of baking paper and scrunch and wet it. Flatten out and place on the bottom steaming attachment dish. Place chicken on top of it.
- 8 Cook for 16-18 minutes, speed 3, steaming temperature.
- 9 Meanwhile prepare your vegetables of choice (I used asparagus and shaved carrot) and place onto top steaming tray. Rinse well.
- 10 In the last 6 minutes of the cooking time place vegetable tray in place and continue cooking. You may need to pop it in sooner depending on the vegetables you use.
- 11 Once cooked place chicken onto a tray and into an oven for 10 minutes just to crisp up the prosciutto.
- 12 Place vegies into an insulated server or keep together in the steamer attachment to keep warm.
- 13 Into the machine bowl, add the garlic. Chop on speed 8 for 4 seconds. Scrape down
- 14 Add butter. Cook for 4 minutes, speed 2, 100 degrees
- 15 Add cream. Cook for 4 minutes, speed 2, 100 degrees.
- 16 Mix the corn flour and water together to remove any lumps.
- 17 Add to bowl along with salt and pepper. Season it well.
- 18 Cook for 2 minutes, speed 2, 100 degrees.



19 Serve sauce over chicken and/or vegetables.



Resepi Biskut Lemon Retak Seribu

Made by Abby

Translated in English: Cake Recipe - Recipe A Thousand

Malaysian treat – Typically made for times of celebrations for sharing with others – For e.g. Hari Raya which is a big celebration of food that takes place after fasting for Ramadan

Servings - 24 | Prep Time – 20 min | Cook Time – 15 min

Taken from: <http://sedaptube.com/resep-biskut-lemon-retak-seribu/>

Ingredients

2 cup wheat flour
2 tablespoon powder
1/2 tablespoon of salt
10 tablespoons of butter (soft at room temperature)
1 cup + 2 tbsp sugar
1 tablespoon lemon juice, grated (from 2 lemon)
1 egg
1 egg yolks
1 1/2 spoons of lemon juice
3/4 small lemon squash
1/2 sweet vanilla essence
3 drops yellow food colouring
1/2 cup icing sugar

Instructions

1. Preheat the oven to 175°C.
2. Combine flour, baking powder and salt in a bowl.
3. Beat the butter, sugar and lemon juice grate in the mixer to make the flower.
4. Add egg and egg yolks.
5. Add lemon juice, lemon extract, vanilla essence and yellow food colouring, whisk together.
6. Slowly add dry ingredients, mix well.
7. Make small circles and dip into a bowl of icing sugar.*
8. Arrange on the parchment paper tray and bake about 10 to 13 minutes.
9. Remove from the oven and leave the biscuit on the baking tray for about 1 to 2 minutes before switching to the cooling rack.

ABBEY'S TIPS:

We rolled the biscuit dough into balls and placed them on a tray. We used our thumbs to gently squish the tops of each ball slightly.

Instead of dipping the dough balls into the sugar before baking we sprinkled the icing sugar on after they had baked.

Grate lemon rind (about 1 tbs or more if you like a stronger, more zesty lemon flavour – yum)

You can choose to not use the yellow food colouring if you like. We didn't use it and they still turned out yummy!

ENJOY!

Crème Brûlée

By Quincy



INGREDIENTS

- 2 cups pure cream
- 1 teaspoon vanilla bean paste
- 5 egg yolks
- 1/3 cup caster sugar
- 2 tablespoons brown sugar



METHOD

- **Step 1**
Preheat oven to 150°C/130°C fan-forced. Place a folded tea-towel in base of a roasting pan. Place four 3/4 cup-capacity ovenproof dishes in pan.
- **Step 2**
Place cream and vanilla in a saucepan over medium heat. Cook, stirring occasionally (don't boil), for 8 to 10 minutes or until just simmering.
- **Step 3**
Meanwhile, whisk egg yolks and caster sugar together in a heatproof bowl. Gradually whisk in cream mixture until combined. Strain mixture into a heatproof jug. Pour into dishes. Add boiling water to pan until halfway up sides of dishes.
- **Step 4**
Bake for 35 minutes or until almost set (mixture will wobble slightly). Remove dishes from pan. Set aside for 30 minutes to cool. Cover. Refrigerate overnight.
- **Step 5**
Preheat grill on high. Place a wet tea-towel in pan. Place dishes on top. Sprinkle brûlées with brown sugar. Arrange ice cubes around dishes to prevent custard overcooking. Grill for 5 minutes or until sugar starts to melt. Set aside for 5 minutes. Serve.

OSCAR MADE CINNAMON SUGAR PRETZEL BITES

INGREDIENTS

For the pretzels:

- 1 package active dry yeast
- 1 cup warm water
- 2 tablespoons sugar
- 2 tablespoons brown sugar
- 1 tablespoon canola oil or vegetable oil
- 1 teaspoon salt
- 2½ - 3 cups flour

For the water bath:

- 3 cups water
- ¼ cup baking soda

For the topping:

- 4 tablespoons butter, melted
- ½ cup sugar
- 2 teaspoons cinnamon

For the dip:

- 4 tablespoons butter, melted
- 4 ounces cream cheese, softened
- 2 cups powdered sugar
- 1 teaspoon vanilla
- 1 teaspoon maple extract



INSTRUCTIONS

1. In a large bowl or the bowl of a stand mixer, dissolve the yeast in the warm water with a pinch of sugar. Let stand until foamy.
2. Add the sugar, brown sugar, oil, salt, and two cups of flour to the mixing bowl. Continue to add flour, ¼ cup at a time, to form a soft but not overly sticky dough. Let the dough rise, covered, in a lightly greased bowl for 60-90 minutes, or until doubled in size.

3. When the dough has risen, gently deflate the dough and divide into four equal sized pieces. Roll each piece of dough into a snake approximately one inch in diameter. Using a bench scraper or a knife, cut the dough into one inch segments. Repeat with remaining dough.
4. Preheat the oven to 425. Add the water and baking soda to a pot and bring to a boil over medium high heat. Line a baking sheet with parchment or a silicone liner.
5. Drop the pieces of dough into the pot and let them boil for 30-45 seconds. Remove with a strainer or slotted spoon and place on the prepared baking sheet. Bake 10-12 minutes, or until golden brown. Allow the pretzel bites to cool on the pan for 10-15 minutes.
6. After the pretzel bites have cooled slightly, place them in a gallon sized ziplock bag and drizzle the melted butter over the top. Toss to coat the bites in butter. When they are all coated, add the sugar and cinnamon and toss to coat evenly.
7. To make the dipping sauce, whisk together the butter, cream cheese, powdered sugar, vanilla, and maple extract, until smooth. Add a teaspoon or so of milk, if needed, to reach a good dipping consistency. Serve the pretzel bites warm with dip and enjoy!



Scones are just right for a snack

Whether you are on a Boat with Mia or at the
Camp Site with **Lillian**



INGREDIENTS

- 450g (3 cups) self-raising flour
- 1 tablespoon caster sugar (optional)
- Pinch of salt
- 60g chilled butter, finely chopped
- 310ml (1 1/4 cups) milk, cold, plus extra, to brush

AND CREAM TOPPING

- Strawberry jam, to serve
- Whipped cream, to serve

EQUIPMENT

- 5cm round cutter

METHOD

- **Step 1**

Preheat oven to 220C/200C fan forced. Lightly dust a baking tray with flour.

- **Step 2**

Whisk together the flour, sugar, if using, and a pinch of salt in a bowl. Use your fingertips to rub the butter into the flour mixture until it resembles fine breadcrumbs. Make a well in centre and pour in 250ml (1 cup) milk. Use a flat-bladed knife to stir until dough just comes together. Gradually add as much of the remaining milk as necessary, until the dough comes together.

- **Step 3**

Turn dough out onto a lightly floured surface. Knead gently for 30 seconds or until just smooth. Press dough into a 2cm-thick disc. Use a 5cm round cutter to cut out 12 scones. Press leftover dough together. Repeat to make 4 more scones. Place scones, just touching, on the prepared tray. Brush with extra milk. Bake for 15-20 minutes or until risen and golden. Transfer to a wire rack to cool. Serve with the jam, cream and fairy floss, if using.

Samara recommends Muesli, Apple and Apricot Crumble.



Ingredients

- 400 gr can of pie apple.
- 410 gr can of pie apricot.
- 2 cups of natural muesli.
- 2 heaped tablespoons of sugar. Adjust to taste.
- 50 gr butter, cubed.
- Cream or Ice-Cream.

How to make it....

1. **Preheat the oven to gas mark 4 or 180[^]c.**
Grease the dish.
2. **Open the cans.**
Put the apple and then the apricot in the dish. Spread evenly with a spoon.
3. **Add the muesli, sugar, butter in a bowl.**
Combine with your fingertips.
4. **Bake for 20 minutes, or until golden brown.**

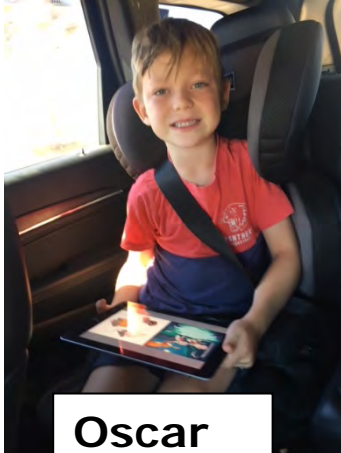
Take the dish carefully out of the oven. Cool slightly on a rack.
Serve warm with ice-cream or cream.

Tip Step 4 is very **HOT** so make sure an adult helps.

National Simultaneous Storytime
WEDNESDAY 23 MAY 2018
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 DICKORY
 DASH**
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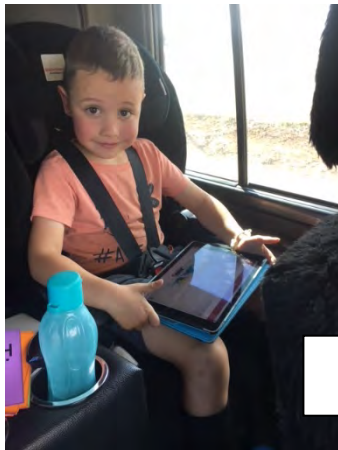


Amelia

Billy



Jeremiah



Finn



Alesha



Abbey



Billy



Ian



Cooper & Leo



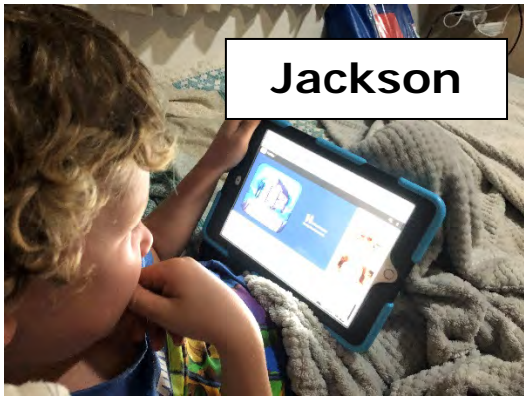
Denzel



Charlie & Lillian



Mrs Moss

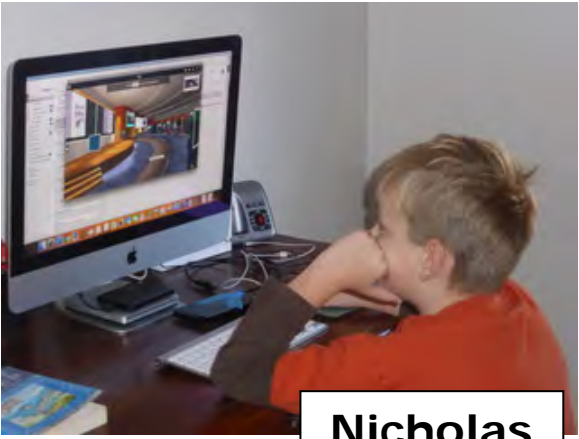


Jackson



Millie, Daisy & James





Nicholas



A great place to read a book



Marley

Liam & Mitchel



Quincy



Sophie

Miss Law

