

Kids in the Kitchen Recipes

Bomaderry Public School 2012



Mum's Lipsmackers

Ingredients

200g packet of mountain bread
250g grated cheese
Lemon pepper
Sweet paprika

Method

1. Preheat oven to 200°C.
2. Spread grated cheese evenly over sheets of mountain bread and sprinkle with lemon pepper and paprika.
3. Bake in oven for 5 minutes until golden.
4. Cool on racks and break each sheet into 6 irregular pieces.



Tomato Salsa

Ingredients

2 tomatoes quartered, seeded, finely chopped
1 green onion thinly sliced
2 tsp lime juice
2 tsp finely chopped coriander

Method

1. Combine all ingredients in a bowl and season to taste with salt and pepper.
2. Store salsa, covered in fridge for 4 hours or until ready for use.

Guacamole

Ingredients

3 ripe avocados
½ fresh jalapeno chilli (optional)
2 tsp coriander chopped
Spanish onion, chopped
1 tomato, diced
Juice of ½ a lime
1 tsp salt

Method

1. Mash avocado in large bowl.
2. Combine all other ingredients to avocado.

Broccoli Pasta

Ingredients

50ml Olive oil

4 garlic cloves, finely chopped

400g pasta (orecchiette)

Broccoli (about 2) cut into florets and trimmed

50g parmesan, finely grated and extra to serve

250g bacon, chopped

50g grated tasty cheese

Method

1. Heat oil and brown garlic.
2. Cook bacon and chop into small pieces.
3. Cook pasta in boiling water (follow instructions on packet).
4. 2 minutes before pasta is cooked, add broccoli to the boiling water containing the pasta.
5. Drain pasta and broccoli when both are cooked. Broccoli should still be bright green and firm.
6. Stir garlic and oil through the pasta then stir cheeses, bacon and salt and pepper through the pasta.



Coconut-Lemon Slice

Ingredients

400g rich shortbread biscuits (2 x 200g packets)
400g tinned condensed milk
2 cups coconut
125g butter
Rind of 1 lemon, finely grated
2 cups icing sugar
30g butter
3tsp lemon juice

Method

1. Butter a 20cm x 30cm slice tin with butter.
2. Use a food processor to crush the biscuits (this takes 2-3 batches).
3. Place crushed biscuits, coconut, lemon rind and condensed milk into large bowl.
4. Melt butter and add to other ingredients, mix well. Press mixture into tray .
5. To make icing, sift icing sugar into bowl and stir in butter.
6. Add lemon juice one tbsp at a time until icing is a smooth, spreadable, consistency.
7. Spread slice with icing. Refrigerate until firm and then slice into squares. Store in fridge.



Pizza Dough

Ingredients

1 tsp instant dried yeast
300ml lukewarm water
500g unbleached strong
flour
2 tsp salt

Method

1. Mix yeast with flour and salt then beat in water in bowl of an electric mixer fitted with dough hook on lowest speed.
2. Beat well (approx. 5mins) until dough is smooth.
3. Cover bowl with a tea towel and place in a warm, draught-free area and allow to rise for 3 hours or until dough has doubled in size.
4. Remove from bowl and roll into pizza dough on a lightly floured board.



Vietnamese Rice Paper Rolls

Ingredients

1 cup shredded BBQ chicken
1/8 Chinese cabbage, finely shredded
1/2 cup beansprouts, trimmed
1 small red capsicum, thinly sliced
1/3 cup fresh mint leaves
1/2 cup fresh coriander leaves
1 lime, juiced
1 tbsp fish sauce
12 x 22cm rice paper rounds
Sweet chili sauce to serve



Method

1. Combined chicken, cabbage, beansprouts, capsicum, mint, 1/3 cup coriander, 2 tbsp lime juice and fish sauce in large bowl.
2. Place 1 rice paper round in a lukewarm bowl of water for 15seconds or until just soft, Place on a clean tea towel or paper towel.
3. Arrange 1/4 cup of chicken mixture along the center of rice paper round. Fold ends in and roll up firmly to enclose filling. Repeat with remaining rice paper rounds and filling. Serve with sweet chili sauce and remaining coriander.



Noodles with Chinese meat sauce

Ingredients

1kg ground pork
3 dried Chinese mushrooms, soaked stem, removed and shredded
1 cucumber shredded
4 cups bean sprouts
1 clove garlic, minced
1 cup stock
4 tbsp soy sauce
2½ tbsp sugar
4 tbsp dark soybean paste (Hoi sing Sauce)
1 tbsp cornstarch dissolved in 2 tbsp water
Sesame oil, cooking oil



Rice noodles (Flat like fettuccine) Follow instructions on packet

Method

1. Sauté garlic in 3 tbsp oil, add pork and mushrooms, stir well.
2. Add stock, soy sauce, sugar, soybean paste and bring to the boil.
3. Thicken, combine with dissolved cornstarch and pour over noodles.
4. Garnish with cucumber and bean sprouts.



Bacon and Spinach Frittatas

Ingredients

Oil spray for frying pan
6 bacon rashers, chopped
100g baby spinach
8 eggs
 $\frac{3}{4}$ cup milk
Tasty cheese, grated

Bread

Method

1. Spray muffin pan and line each cup with bread.
2. Spray pan with oil and sauté bacon, add spinach and cook for 1 minute.
Divided between a 12 hole muffin tray.
3. Combine egg with milk and cheese. Pour between muffin cups. Bake for 20 minutes at 180°C. Serve warm.

Oatmeal Cookies

Ingredients

1 cup (110g) walnuts or pecans,
toasted and chopped (we used
mixed seeds)

$\frac{3}{4}$ cup (170g) unsalted butter,
room temperature

1 cup (210g) packed light brown
sugar

1 large egg

1 tsp pure vanilla extract

$\frac{3}{4}$ cup (105g) all purpose flour

$\frac{1}{2}$ tsp baking soda

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp cinnamon

3 cups (260g) rolled oats

1 cup dried cranberries, cherries or raisins or 1 cup white/dark choc chips



Method

1. Preheat oven to 180°c and line to baking trays with baking paper
2. Beat butter until creamy and smooth in the bowl of an electric mixer or with a hand mixer (approx. 2-3mins).
3. Add the egg and vanilla extract and beat to combine.
4. In a separate bowl whisk together the flour, baking soda, salt and ground cinnamon.
5. Add the flour mixture to the creamed mixture and beat until incorporated. Stir in nuts (or seeds), oats and dried cranberries or choc chips.
6. Spoon the mixture onto the baking trays, spacing the cookies about 5cm apart and flatten.
7. Bake for 12-15 minutes or until golden brown on the edges and soft in the centres.
8. Remove from oven and allow to cool for a few minutes on the baking sheet before moving to the wire rack .



Granola with yoghurt and blueberries

Ingredients

2 cups rolled oats

1 cup mixed nuts (optional) or ½ cup pumpkin seeds and ½ cup sunflower seeds

¼ cup linseeds

¾ cup honey, warmed

500g plain yoghurt and blueberries to serve

Method

1. Preheat oven to 180°C.
2. In a medium bowl mix oats, honey and seeds. Add honey and stir to combine.
3. Spread out mixture on a lined oven tray and bake for approx. 30 minutes or until golden and crunchy. Stir half way through cooking time.
4. Remove and cool before storing in air tight container or serving with yoghurt and blueberries.



Gingerbread Biscuits

Ingredients

125g soft butter
½ cup brown sugar, firmly packed
½ cup treacle
1 egg yolk
2 ½ cups plain flour
1 tbsp ground ginger
1 tsp mixed spice
1 tsp bicarb soda
Gold and silver cachous (balls to decorate)

Icing

2 egg whites
3 cups pure icing sugar
Food colouring

Method

1. Beat butter and sugar in small bowl with electric mixer until creamy, beat in treacle and egg yolk then stir in sifted dry ingredients.
2. Knead dough on floured surface until smooth, cover and refrigerate for 30 minutes.
3. Roll out dough between sheets of baking paper until 4cm thick.
4. Cut shapes from dough using biscuit cutters. Place shapes 3cm apart on lined tray and bake at 180°C for 10 minutes or until firm.
5. Transfer to wire rack to cool then decorate with icing and cachous.



Nutty Fruit Cake Truffles

Ingredients

- ½ cup coconut
- 10 marshmallows
- 500g fruit cake
- 200g dark baking chocolate melted
- ½ cup coconut (to roll balls in)

Method

1. Use fingers to crumble fruit cake into a bowl.
2. Add coconut and marshmallows.
3. Mix in melted chocolate until combined evenly.
4. Roll level tbsp. of mixture into balls. Roll balls in coconut and refrigerate for 30 minutes or until firm.
5. Freeze for a yummy cool treat.



Sushi



Raspberry and ice-cream matchsticks



