

Roxburgh Homestead Primary School's Cookbook



Dips & Nibbles



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- Spicy Capsicum Dip
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- Savoury Muffins
- Satay Sauce
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- Barbecued Spinach
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- Vareniki

Hummus Dip

The Soufan Family



Ingredients

- 2 cups dried chick peas
- Garlic
- Tahini approx 2 tablespoons
- salt to taste
- Lemon juice to taste
- Olive oil

Method:

1. Soak chick peas overnight.
2. Wash and drain the chick peas.
3. Cook until chick peas are soft.
4. Drain and put through the food processor.
5. Add crushed garlic, tahini, lemon juice and salt to taste.
6. Mix with a spoon until smooth in texture.
7. Garnish with olive oil and mint leaves.

Sun Dried Tomato



Ingredients

- 1 packet cream cheese
- 1/2 bunch chives
- 1/2 cup sun dried tomatoes
- 3 cloves garlic

Method:

1. Chop up the sun dried tomatoes, chives and garlic and put in a bowl.
2. Add the cream cheese and stir until well combined.

Spicy Capsicum



Ingredients

- 1 packet cream cheese
- 1/2 capsicum (green or red)
- 3 pickled chillies
- 1 420g can tomatoes
- 3 cloves garlic
- 1 small brown onion

Method:

1. Chop up the capsicum, onion, garlic and chillies.
2. Fry the chopped up ingredients until the onion is brown.
3. Add the can of tomatoes and cook until the tomatoes begin to boil.
4. Add the cream cheese.
5. Stir until the cream cheese is well mixed in with tomatoes.
6. Delicious served hot or cold.

Tex Mex Dip

Ingredients:

- 3 medium avocados
- 2 tablespoons lemon juice
- Salt and pepper to taste
- 1 cup sour cream
- ½ cup mayonnaise
- 35g packet taco seasoning mix
- 2 packets corn chips (cheese or plain)
- 450g can refried beans
- ½ bunch spring onions, finely chopped
- 3 medium tomatoes, chopped
- 2 cups grated cheddar cheese
- Sweet paprika or chili powder

Sonja

Prep time: 20 minutes

Serves: 8-10

Method:

1. Peel, pit and mash the avocados with the lemon juice, salt and pepper.
2. Combine the sour cream, mayonnaise and taco seasoning in a mixing bowl.
3. Spread some of the corn chips around the outer edges of a large serving platter. Spread the refried beans over the base of the dish and cover the top with the sour cream mixture. Combine the chopped spring onions and tomatoes. Sprinkle them evenly over the sour cream mixture.
4. Top with avocado mixture and then the grated cheese. Place under a moderately hot grill for about 3 minutes until the cheese has melted. Sprinkle with sweet paprika or chilli powder. Serve remaining corn chips on the side.

Spinach Cob Dip

Lauren Harvey

Ingredients

- 1 sachet of spring vegetable soup
- 1 handful of frozen spinach
- Small jar of Heinz traditional mayo
- Small container of sour cream
- 1 cob loaf

Method:

1. Mix all ingredients (except cob) in a bowl and leave in the fridge for 2 hours.
2. Cut the top off the cob loaf, take out the insides.
3. When chilled pour mixture into the cob and serve with the lid and leftover bread.



Hot Cob Dip

Ingredients

- 250g cream cheese
- 250g cream
- 2 cups tasty cheese
- 1 cup mozzarella
- 1 onion
- Bacon (as much as you like)
- 1 cob loaf

Method:

1. Fry onion and bacon.
2. Mix other ingredients in a bowl and add onion and bacon while hot.
3. Cut the top lid off the cob and pull out the middle.
4. Add the mixture and put the lid back on and wrap in foil.
5. Bake at 180 for 45mins
6. Remove foil and place back in the oven with the middles of the cob and cook for a further 10mins
7. Take out and serve.

Super Scrumptious Savoury Muffins

Rosey White

Ingredients

- 2 1/2 cups self-raising flour
- 2 cups grated cheese (tasty cheddar is the best)
- 2 eggs, beaten
- 1/2 cup oil
- 1 1/2 cups Milk
- 1/2 cup Kalamata olives, sliced thinly
- 1/2 cup Sundried tomatoes, sliced thinly
- 3/4 cup Spinach leaves, finely chopped
- 1/2 cup Feta crumbled
- 1tsp Paprika and/or chili powder
- A pinch of salt and freshly ground black pepper



Method:

1. Pre-heat oven to 200degC.
2. Pour flour and cheese into a bowl and combine.
3. In a separate bowl, beat eggs, milk and oil together, gradually add to the dry mixture until combined.
4. Fold in 'toppings'.
5. Bake in lined muffin tins for 20-25 minutes.

Satay Sauce

(warning - contains nuts)

Gayle Dawson

Ingredients

- 1 finely chopped brown onion
- 1 teaspoon of finely chopped ginger
- 1 clove finely chopped garlic
- 1 tablespoon peanut oil
- 1/2 teaspoon cumin spice
- 1/2 teaspoon of turmeric spice
- 1/2 teaspoon coriander spice
- 3/4 cup peanut butter
- 1 cup coconut milk
- 1 tablespoon soft brown sugar
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 3 teaspoons of sweet chilli sauce



Method:

1. Heat oil in a medium pot.
2. Add ingredients 'A' and cook for 1 minute medium heat.
3. Stir in other ingredients one at a time and keep warm until ready to serve.

Romanian Cabbage Rolls

Jennifer Dascaluc

Ingredients

- 2 onions - cut in small pieces
- Oil - 5-6 tablespoons
- Tomato paste - 3 tablespoons
- 1kg pork mince
- 1 cup rice
- Salt pepper
- 1 cabbage (pickled)

Method:

1. Wash the pickled cabbage and separate the leaves. Cut in half each leaf.
2. Put oil in the pan, add onions and fry on medium heat until soft.
3. Add rice (washed), mix for 2 minutes.
4. Take off the stove, add to tomato paste, pork mince, salt & pepper.
5. Mix by hand.
6. Take one half of leaf, put on some mixture of the meat, roll like a small sausage. Close in both ends.
7. Put all cabbage rolls in a pot, cover with warm water with some salt and put on stove medium to low till cooked. (rice & meat cooked)

Fried Cheese

Rahmah Mahamadu

Ingredients:

- ½ cup of Goats cheese
- 1 cup of oil

Method:

1. Cut the cheese into 5cm cubes.
2. Put a saucepan on the stove top.
3. Wait for the saucepan to sizzle.
4. Put the cheese cubes in the pan.
5. Wait for 5 minutes until cooked.
6. Serve.

Barbecued Spinach Gozleme (Turkish)

Makes 4. Each gozleme will cut into about 8 pieces.

Prep 35mins Cook 16mins

Ingredients

- 300ml warm water
- 7g sachet instant dried yeast
- 1 teaspoon caster sugar
- ½ teaspoon salt
- 3 cups plain flour
- 1/3 cup olive oil
- 150g baby spinach leaves, roughly chopped
- 200g Greek feta, crumbled
- 1/3 cup pine nuts, toasted
- 1/3 cup chopped mint
- Lemon wedges to serve

Jacqui Healey



Method:

1. In a jug, combine water, yeast, sugar and salt. Cover and set aside for 5 minutes until frothy.
2. Sift flour into a large bowl. Add yeast mixture and 2 tablespoons oil. Mix to form a soft dough. Turn onto a slightly floured surface. Knead 5 minutes until the elastic. Divide dough into 4 rounds. Place on greased baking tray. Cover with a clean tea towel. Set aside in a warm place for 30 minutes or until dough doubles in size.
3. Roll one-quarter of the dough into a 40cm round. Arrange one-quarter spinach over half of the dough. Sprinkle with one quarter-combined feta, nuts and mint. Season to taste. Fold over to enclose filling. Firmly press edges together to seal. Repeat with remaining ingredients.
4. Preheat barbeque plate on medium. Brush one side of each gozleme with oil. Cook each for 3-4 minutes until base is golden. Brush uncooked side with oil. Turn and cook for 3-4 minutes until golden and crisp.
5. Cut into squares and serve hot with lemon wedges.

*Try filling gozleme with your favourite pizza toppings, such as chargrilled marinated vegetables, sliced salami and grated tasty cheese.



Varenikis (Ukrainian)

Monique Iluk

Total Time: 1 hrs 30 mins

Prep Time: 30 mins

Cook Time: 1 hrs

Ingredients:

For the noodle dough

- 2 cups unbleached all-purpose flour
- salt, to taste
- 2 large egg yolks
- 1 tablespoon vegetable oil
- 7 -8 tablespoons water
- 1 large egg white, lightly beaten
- 4 tablespoons unsalted butter

For the Potato Filling

- 6 tablespoons unsalted butter
- 1 medium onion, finely chopped
- 3 large potatoes, peeled, boiled, and mashed
- 1/4 lb farmer cheese
- 2 ounces colby cheese, grated
- salt and pepper, to taste

For the Sauerkraut Filling

- 3 slices bacon, diced
- 1 large onion, chopped
- 3 1/2 cups packaged sauerkraut (not canned)
- 1 1/2 tablespoons tomato paste
- 2 teaspoons sugar
- 1/3 cup chicken broth or 1/3 cup beef broth

For the Cheese Filling

- 2 cups farmer cheese
- 1 large egg yolk
- 3 tablespoons sugar
- 1/2 teaspoon vanilla sugar

For the Cherry Filling

- 4 cups sour cherries, pitted fresh or 4 cups sour cherries, jarred
- 1/2 cup sugar, for fresh cherries, 1/4 cup sugar, for jarred
- cherry juice, as needed
- 1/4 cup cherry flavored liqueur
- 1 tablespoon cornstarch
- 6 tablespoons unsalted butter



Method

1. In a food processor, blend the flour and 1/2 tsp salt. With the motor running, add the egg yolks and the oil through the feed tube. then pour in the water, in a slow steady stream, until the dough forms a ball around the blade. Transfer the dough to a floured surface and knead until smooth, about 2 minutes. Cover with a cotton towel and let stand for 30 minutes.
 2. Divide the dough in half and shape into two balls. Keep one ball covered with the towel while working with the other ball. On a floured surface with a floured rolling pin, roll out the dough to a very thin sheet, about 1/16 inch thick, making sure it doesn't tear. With a round cookie cutter, cut out circles about 3 inches in diameter. Gather the scraps into a ball and set aside, covered.
 3. Have a bowl with the egg white near you. Place a heaping tsp of the desired filling in the middle of each circle. Fold the dough over the filling to form a semi-circle. Brush the edges with the egg white and press the edges firmly together with the tines of a fork to seal. Place the vareniki as they are made on a lightly floured large baking sheet about 1 inch apart and keep covered with a damp cloth.
 4. When you have finished making this batch of vareniki, roll out the 2nd ball of dough and make a second batch. Add the leftover scraps left from the first batch, knead into a ball, and roll out for a final batch of vareniki.
 5. Meanwhile, in a large pot, bring 6 quarts of salted water to boil.
 6. Reduce the heat to medium so the water simmers and carefully lower half the vareniki into the water. Boil, stirring occasionally with a wooden spoon to prevent sticking, until they rise to the surface, and are cooked through, 6 to 7 minutes. With a slotted spoon, carefully remove the vareniki to a colander and drain thoroughly. Transfer to a deep serving bowl and toss with half the butter.
 7. Cook the rest of the vareniki in the same way.
 8. Makes 50 to 55 vareniki. (Serves 4 people as an entree.).
- See over the page for other fillings.

For the Potato Filling:

9. Melt the butter in a small skillet over medium heat. Add the onion and saute, stirring occasionally, until nicely browned, about 15 minutes. Remove from the heat and let cool slightly.
10. In a large bowl, combine the potatoes and cheese. Add the sauteed onion along with the cooking fat and mix well. Season with salt and pepper, then use to fill the vareniki.

For the Cheese Filling:

11. In a large bowl, combine all the filling ingredients and mix thoroughly. Use as a filling for the vareniki.

12. For the Sauerkraut Filling:

13. Rinse and squeeze thoroughly to dry the sauerkraut.

14. Saute the bacon in a large skillet over medium heat until it renders its fat. Remove the bacon and reserve. Drain off all but 2 Tbsp fat.

15. Add the onion to the skillet and saute, stirring frequently over medium heat until nicely browned, almost 15 minutes. Turn the heat up to medium-high, add the sauerkraut, and saute, stirring, until softened and cooked throughout, 10 to 15 minutes. Stir in the tomato paste, sugar, and broth. Reduce the heat to low, then cover and simmer for 20 minutes. Remove from the heat and cool to room temperature before using to fill the vareniki. Use the reserved bacon as a topping.

For the Cherry Filling:

16. If you are using the fresh cherries, mix them with the 1/2 cup sugar and leave in a warm place for several hours until they begin to give off their juice. Strain the juice. You should have about 2 cups. If less, add canned or bottled cherry juice.

17. If you are using canned cherries, drain them thoroughly and reserve 2 cups of the syrup. Mix the canned cherries with the 1/4 cup sugar. Reserve several cherries for garnish.

18. In a small saucepan, bring the reserved juice or syrup to a boil over medium-high heat. Let boil until reduced to about 1 cup. Remove from the heat, stir in the liqueur, and let cool to room temperature. Reserve to pour over the filled and cooled vareniki.

19. Toss the cherries with the cornstarch. Fill each vareniki with 2 fresh or 4 canned cherries, sealing especially tightly.

Soups



- Cream of Cauliflower Soup
- South Indian Pumpkin and Coconut Soup
- Chicken Potato and Spinach Soup
- Asian Chicken, Corn & Noodle Soup
- Thai-Style Pumpkin Soup with Coriander Pesto

Cream of Cauliflower Soup

Jo Ingram

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon chili flakes
- 750g cauliflower, trimmed, cut into florets
- 2 cups vegetable stock
- 2 cups water
- 1/4 cup cream or creme fraiche

(Pictured with carrot and zucchini muffins as a serving idea.)

Method

1. Heat oil in a saucepan over medium heat. Add onion and garlic. Cook, stirring, for 6 to 7 minutes or until very soft.
2. Add coriander, cumin and chilli flakes. Increase heat to high. Cook, stirring, for 2 minutes. Add cauliflower, stock and water. Cover. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until cauliflower is tender. Set aside for 20 minutes.
3. Blend soup in batches until smooth. Return to saucepan. Stir in cream. Stir over low heat until hot. Season with salt and pepper.



² South Indian Pumpkin & Coconut Soup

Jo Ingram



Ingredients

- 1 x 170g pkt Continental South Indian Curry with Roasted Spices Flavour Base
- 1 kg butternut pumpkin, peeled, de-seeded, coarsely chopped
- 750ml (3 cups) water
- 185ml (3/4 cup) coconut cream
- 1 tbs coconut cream, extra, to serve
- 1 tbs finely chopped fresh chives

A classic winter soup enjoyed best on a cold night, with a loaf of crusty bread and lashing of butter.

Source: Australian Good Taste - June 2006, Page 23

Method

1. Combine the flavour base, pumpkin and water in a large saucepan over high heat. Bring to the boil. Reduce heat to medium-low and simmer, uncovered, stirring occasionally, for 15-20 minutes or until the pumpkin is tender. Remove from heat and set aside for 5 minutes to cool slightly.
2. Place the pumpkin mixture in the jug of a blender and blend until smooth. Transfer to a saucepan and add the coconut cream. Place over medium heat and cook, stirring, for 5 minutes or until heated through.
3. Ladle the soup among serving bowls. Drizzle with a little extra coconut cream and sprinkle with chives. Serve immediately.

Chicken, Potato and Spinach Soup

Jo Ingram

Ingredients

- 2 tsp olive oil
- 1 brown onion, halved, finely chopped
- 3 garlic cloves, crushed
- 1L (4 cups) chicken stock
- 2 x 7cm pieces lemon rind, white pith removed
- Pinch of saffron threads
- 4 (about 600g) desiree potatoes, peeled, coarsely chopped
- 2 small (about 400g) single chicken breast fillets, excess fat trimmed, halved lengthways, thinly sliced crossways
- 1 bunch English spinach, ends trimmed, washed, coarsely chopped
- Crusty bread, to serve



Method

1. Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 5 minutes or until soft. Add the garlic and cook, stirring, for 1 minute or until aromatic.
2. Add the stock, lemon rind and saffron and bring to the boil. Reduce heat to low. Add the potato and cook, covered, for 30 minutes or until just tender.
3. Add the chicken and spinach to the soup and cook, stirring, for 2 minutes or until the chicken is just cooked through. Taste and season with pepper.
4. Ladle the soup among serving bowls. Serve immediately with crusty bread, if desired.

Asian Chicken, Corn and Noodle Soup

Jo Ingram



Ingredients

- 1/4 cup Malaysian curry paste
- 2 green onions, thinly sliced
- 425g can corn kernels, drained
- 2 cups shredded barbecued chicken
- 4 cups reduced-salt chicken stock
- 220g shelf-fresh Singapore noodles

Method

1. Heat a large, non-stick saucepan over medium heat. Add curry paste and half the onion. Cook, stirring, for 1 minute or until fragrant.
2. Add corn, chicken, 1 cup cold water and stock. Bring to the boil. Add noodles. Simmer for 5 to 6 minutes or until noodles are tender. Serve sprinkled with remaining onion.

Thai-style Pumpkin Soup with Coriander Pesto

Jess Walta

Ingredients

- 2 bunches coriander, roots trimmed (a few leaves reserved for garnish)
- Zest and juice of 1 lemon
- 2 garlic cloves
- 1/3 cup (80ml) olive oil
- 1 onion, chopped
- 2 tsp grated ginger
- 1 tbs Thai red curry paste
- 1kg pumpkin, peeled, cut into small cubes
- 2 cups (500ml) vegetable stock
- 400ml canned light coconut milk

Thinly sliced red onion and thinly sliced red chili, to garnish



Method

1. To make the coriander pesto, process coriander, lemon zest, lemon juice and garlic in a food processor. Slowly add 3 tablespoons of the oil to give a sauce consistency, adding a little warm water if necessary, then season.
2. Heat the remaining tablespoon oil in a large pan over medium heat. Add onion and stir for 1 minute. Add ginger and paste and stir for 1 minute. Add pumpkin and stock, bring to boil, then simmer over low heat for 15 minutes until pumpkin is cooked. Cool slightly, then blend until smooth. Return to the pan, add the coconut milk and season, then warm through.
3. To serve, place soup in bowls and swirl in a spoonful of pesto. Garnish with the onion, chilli and reserved coriander leaves.

Mains



- Tabouli Salad
- Alex's Chicken Salad
- Red, White and Blue(berry) Green Salad
- Hot Indian Curry
- Chicken Fry
- Red Lentil Kofte
- Kofta and Potatoes in the Oven
- Karivt Yarik
- Whiting & Fried Chips
- Baked Tomato Risotto
- Chicken & Cheese Pasta Bake
- Health Meatloaf
- Pork Menudo
- Vegetarian Quinoa Stir Fry

1 Tabouli Salad

The Soufan Family



Ingredients

- 3 bunches finely chopped flat leaf parsley
- 1 cup chopped fresh mint
- 2-3 tablespoons fine burgal (cracked wheat)
- 1 chopped firm tomato
- 1/2 bunch of spring onion chopped
- 1/2 cup extra virgin olive oil
- 1/4 cup fresh lemon juice
- salt and pepper to taste

Method

1. Prepare the chopped parsley and mint and set aside.
2. In a large bowl, mix Burgal, chopped tomatoes, chopped spring onions, lemon juice, salt and pepper.
3. Add to them the parsley and mint and olive oil and mix, adjusting seasoning by adding more oil and lemon if desired.
4. Serve cold garnished with lettuce.

Alex's Chicken Salad

Alex Mowat

Ingredients

2 chicken schnitzels from the deli.

½ red salad onion.

2 tomatoes.

¼ Iceberg lettuce.

Olive oil 2 table spoons.

Balsamic vinegar 1 tea spoon.

Small can diced beetroot.

Salt and pepper.

Method

1. Cook schnitzels in a pan. Slice into pieces and allow to cool.
2. Cut half circles of red onion.
3. Cut tomatoes into pieces.
4. Slice lettuce.
5. Add all of this into a salad bowl with beet root and mix in olive oil and balsamic.
6. Add salt and pepper to flavour.
7. Allow chicken to slightly cool and add to the salad.

Red, White and Blue(berry) Green Salad

Stephanie-Jade Szuhai-Andrews



Ingredients

- 2 cups of mixed salad greens
- ¼ cup of crumbled feta
- 2 tablespoons of candied or toasted walnuts
- 4 strawberries sliced
- ¼ cup blueberries
- Raspberry vinaigrette dressing



Method:

1. Lay greens on the plate.
2. Pile with feta and walnuts in middle of the greens.
3. Scatter with strawberries and blueberries.
4. Serve with dressing on the side.

HOT Indian Curry

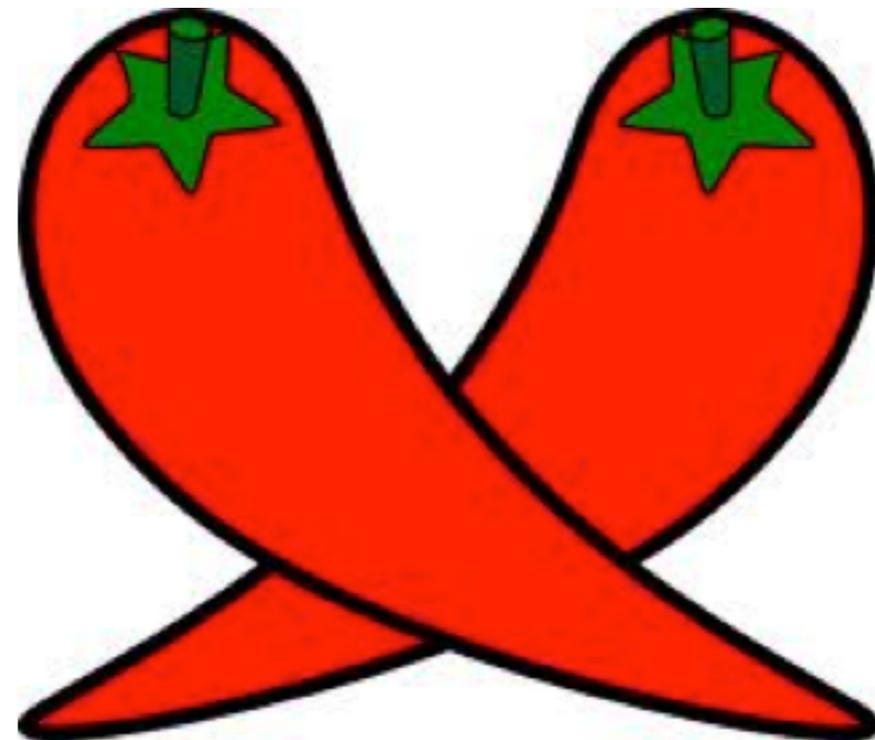
Melissa Bhatia

Ingredients

- 1kg chicken
- 1 onion
- 2 cloves of fresh garlic
- 1 ginger root
- Olive oil
- Chilli powder
- Cumin seed powder
- Coriander powder
- Black pepper
- Turmeric
- 1 can tomato (400g)

Method

1. Finely dice onion, garlic and ginger and fry in olive oil until golden brown.
2. Add 1kg of diced chicken.
3. Salt to taste.
4. Add 1 cup or more of boiling water to thin.
5. Cook until the chicken is cooked.



Chicken Fry

Priya Gopalakrishnan & Pranav Praveen

Ingredients

- Chicken (Cut in to medium size) - approx. 1.5 - 2 Kgs
- Turmeric Powder - 2 teaspoons
- Chilli powder - 3 teaspoons
- Pepper powder - 2 teaspoons
- Coriander powder - 1 teaspoons
- Garam Masala - 2 teaspoons (Available at Indian grocery store or can be made at home)
- Salt to taste
- Garlic - 6 - 7 pods
- Finely chopped Ginger - 2 teaspoons
- Coriander leaves - little bit to Garnish
- Cooking Oil - 4 to 5 spoons



Method

1. Marinate chicken pieces with turmeric powder, chili powder, pepper powder, coriander powder, garam masala and salt for half an hour to 1 hour.
2. Heat cooking oil in a pan; Crush or ground the ginger and garlic into a paste and add to the pan. Sauté until its raw smell goes. Then add marinated chicken pieces in to the pan. Cook in medium flame until it is well cooked. Then fry it on high flame until all the water is evaporated and it turns brown.
3. Garnish with chopped coriander leaves. Simple and tasty chicken fry is ready.

Red Lentil Köfte

Belinay

Ingredients

- Red Lentil
- Water
- Tomato
- Lemon
- Fine bulgur
- 1 onion
- Tomato Paste
- Parsley
- Olive Oil
- Cumin
- Salt
- Green Onion

Serves around 8 people



Method

- 1) Wash lentils then boil them in 2 cups of water.
- 2) Once you turn it off add bulgur and salt. Mix once to let bulgur expand.
- 3) Heat the oil and add onion. Cook until soft.
- 4) Add tomato paste then cook for another 12 minutes.
- 5) Add cumin then stir once. Turn it off.
- 6) Add this to the lentil. It should be cool by now.
- 7) Add half of the finely chopped parsley, green onion and lemon juice to the lentils.
- 8) Take walnut sized pieces and give it a Köfte shape in your hands. You can put it between lettuce.
- 9) Ready to eat!

Kofta and Potatoes in the Oven

Yasemin & Rayhan Helou

Ingredients

- 1kg minced meat
- 2 onions (one grated, one sliced)
- 2 cloves garlic, minced
- 1 cup parsley, chopped
- 1 tsp red paprika and cumin
- Salt and pepper, to taste
- 2 large potatoes, quartered then sliced thinly
- 2 large tomatoes, quartered and diced
- 1/2 cup water
- 1 tbs oil
- Salt and pepper



Method

1. Preheat oven to 180C.
2. Grate onion and garlic into a large bowl. Add mince, spices, salt and parsley. Stir until mixture is well combine. Form into round/flat balls and set aside.
3. Slice potatoes and onions and place in a separate bowl. Coat potatoes and onions with a drizzle of oil.
4. Place meatballs at the bottom of the dish. Pour potato and onion mixture over the meatballs. Spread diced tomatoes evenly over the potatoes and onions. Add ½ cup of water to the baking dish.
5. Cover baking dish with aluminum foil and bake for 45 minutes. Uncover and bake for an additional 10-15 minutes until potatoes are cooked through.
6. Serve with rice and mixed leaf salad.

Karivt Yarik

Cihan

Ingredients

- 4 big eggplants
- 4 onions
- 2 big red capsicums
- Bunch of parsley
- 300 grams of mince meat
- 2 cans of chopped tomatoes

Method

1. Wash the eggplants and cut them into zebra stripes.
2. Cut each eggplant in half and cut the middle into an oval shape. Take seeds out.
3. Fry them in a pan until they turn brown then place them on an oven tray.
4. Finely chop the onions and capsicum and fry them in a pan. Once they turn pink, add the mince meat.
5. When meat is cooked you can add your tomatoes.
6. Chop the parsley and add it to the meat mixture.
7. Once it is cooked fill the eggplant with mincemeat.
8. Put foil over the tray and cook in oven at 180°C for 15-20 minutes.
9. You can serve with cooked rice.

Whiting and Fried Chips

Damon Anderson

Ingredients Serves 4

- 8 whiting fillets
- 1 egg
- 1 cup flour
- 2 cups bread crumbs
- $\frac{3}{4}$ cup of water
- $\frac{1}{2}$ a cup of oil
- 500g of frozen chips
- Tartare sauce and lemon to serve

Method

1. Beat egg and water together.
2. Flour all the whiting fillets.
3. Dip all the whiting fillets in egg.
4. Cover them with breadcrumbs.
5. Pour half a cup of oil in the frying pan and leave it to heat for one minute.
6. Cook all of the whiting fillets for at least 4 minutes.
7. Cook chips in a deep fryer for at least 5 minutes.

Baked Tomato Risotto

Ingredients

- Serves: 6-8 Preparation time: 25 minutes
Cooking time: 35 minutes
- 2 tblsps oil
- 1 medium brown onion, finely chopped
- 2 ½ cups Arborio rice
- 1 litre (4 cups) chicken stock
- 420g can condensed tomato soup
- 300ml cooking cream
- 2 eggs, lightly beaten
- 250g block tasty cheese, grated
- 250g packet frozen chopped spinach, thawed
- Salt and pepper, to taste
- Mixed salad to serve, optional
- Fresh basil leaves to garnish, optional

Carly Ritchie

Method

1. Grease a 22cm X 29cm ovenproof dish (8 cup capacity).
2. Heat oil in a large saucepan. Add onion and rice. Cook, stirring for 2 minutes. Stir in stock and soup. Bring to boil. Simmer, uncovered, stirring occasionally, for 10 minutes. Remove from heat. Stir in cream, eggs and half the cheese.
3. Squeeze out excess moisture from spinach. Stir into rice mixture. Season with salt and pepper. Spoon mixture into prepared dish. Sprinkle with remaining cheese.
4. Cook, uncovered, in a moderate oven (180C) for 35 minutes, or until rice is tender. Stand for 5 minutes before cutting.
5. Serve risotto with mixed salad. Garnish with fresh basil.

Chicken and Cheese Pasta Bake

Grace

Ingredients

- Serves 4
- 1 large barbecued chicken
- 400g dried tortiglioni or rigatoni pasta
- 1 tablespoon olive oil
- 2 garlic cloves, crushed
- 1 small red onion, finely chopped
- 500g jar tomato pasta sauce
- 100g baby spinach
- 2 cups reduced-fat grated mozzarella cheese

Method

1. Remove skin and meat from chicken. Discard skin and bones. Roughly chop chicken.
2. Preheat oven to 180C/160C fan-forced. Cook pasta in a large saucepan of boiling salted water, following packet directions, until just tender. Drain. Return to pan.
3. Meanwhile, heat oil in a frying pan over medium-high heat. Add garlic and onion. Cook, stirring, for 3 minutes or until softened. Add garlic mixture, pasta sauce, chicken, spinach and $\frac{3}{4}$ cup cheese to pasta. Season with salt and pepper. Toss to combine.
4. Spoon pasta mixture into a 7cm deep, 24cm x 19cm (base) baking dish. Top with remaining cheese. Bake for 15 to 20 minutes or until golden and heated through. Serve.



Health Meatloaf

Grace

Ingredients

- Serves 4
- 500g extra-lean beef mince
- 1 cup fresh wholemeal breadcrumbs
- 1 small brown onion, grated
- 1 carrot, peeled, coarsely grated
- 2 tablespoons tomato sauce
- 2 tablespoons chopped fresh flat leaf parsley leaves
- 1 egg, lightly beaten
- ¼ cup barbecue sauce
- Steamed chat potatoes, Dutch carrots and green beans, to serve



Method

1. Pre-heat oven to 180C/160C. Line a baking tray with baking paper. Place mince, breadcrumbs, onion, carrot, tomato sauce, parsley and egg in a large bowl. Season with salt and pepper. Using hands, mix to combine.
2. Shape mince into a 10cm X 18cm rectangle. Place on prepared tray. Bake for 25 to 30 minutes or until firm to touch. Remove from oven. Drain excess fat.
3. Spoon barbecue sauce over meatloaf. Return to oven. Cook for 10 minutes or until top is glazed. Stand for 5 minutes before slicing. Serve with vegetables.

Ingredients

- 1 kilo pork tenderloin (cut into chunk cubes)
- ½ kilo pork liver (cut into cubes)
- 4 pieces of sausage (sliced to the same size as pork)
- 1 big red capsicum (diced)
- 1 big green capsicum (diced)
- 3 big potatoes (peeled, diced and deep fried)
- ¼ cup chickpeas
- ¼ cup raisins
- ½ teaspoon paprika
- 1 cup stock or water
- pinch of salt and pepper
- 3 tablespoons oil
- 1 tablespoon annatto seed extract/oil to colour
- 1 small head of garlic (minced)
- 1 medium size onion (diced)
- 2 big tomatoes (diced)
- 1/2 cup grated cheese

Pork Menudo

Joseph

Marasigan



Method

1. In a casserole, heat cooking oil and annatto seed extract/oil
2. Saute garlic, onion, and tomatoes
3. Add in pork chunks, pork liver, sausages, capsicums, paprika and stock
4. Simmer until pork is tender
5. Add in potatoes, chickpeas, and raisins
6. Season to taste
7. Finish grated cheese
8. Serve hot.

Vegetarian Quinoa Stir Fry

Jess Walta

Ingredients

- 1 cup cooked quinoa (follow the instructions on the packet.)
- 4 cloves of garlic
- 1 tablespoon chopped fresh ginger (I like to add more ginger for an intense flavour)
- Soy sauce to taste
- 5 spring onions
- 2 corn cobs
- 1 head of broccoli



Method

1. Cook the corn cobs, cut the corn off the cob and set aside.
2. Fry the garlic, ginger and spring onion in a bit of olive oil.
3. Add the tofu and all the veggies.
4. Add soy sauce to taste.
5. When the veggies are almost cooked, cook the eggs (Either microwave or fry them separately).
5. Chop up the eggs roughly and add to the stir fry.
6. Serve.

Sweets



- Lemon & Almond Ricotta Biscuits
- Turkish Delight
- Baklava
- Puto Cheese
- Lemon Slice
- Choc-chip Macadamia Cookies
- Little Lemon Cheesecakes
- Energy Muffins
- Owwameh
- Mango Tango Smoothie
- Dairy Free Berry Smoothie
- Chocolate Caramel Slice
- Ma'Amoul B'Jowz
- Ice-Cream Cheesecake

Lemon & Almond

Ricotta Biscuits

Ingredients Makes about 30

- 200g fresh ricotta
- 1 cup pure icing sugar
- 60g unsalted butter, softened
- 3/4 cup caster sugar
- 2 teaspoons finely grated lemon rind
- 1 egg
- 1 cup plain flour
- 1/2 teaspoon baking powder
- 1/2 cup almond meal
- 1/3 cup sliced almonds, lightly toasted

Lemon Icing

- 1½ tablespoons lemon juice
- 15g butter, softened

The Diguglielmo Family

Method

1. Preheat oven to 200°C/180°C fan forced. Line 2 large baking trays with baking paper.
2. Using an electric mixer, beat ricotta, butter, sugar and lemon rind until smooth. Add egg. Beat until combined. Sift flour and baking powder over butter mixture. Add almond meal, using a wooden spoon, stir until combined.
3. Using damp hands, roll level tablespoons of mixture into balls. Place 3 cm apart on prepared trays. Flatten slightly. Bake for 12 to 15 minutes or until lightly golden around the edges. Cool on trays for 5 minutes. Transfer to a wire rack to cool completely.



4. TO MAKE LEMON ICING:

Combine icing sugar, lemon juice and butter in a bowl, stirring until smooth. Spread icing over biscuits. Top biscuits with almonds. Set aside for 20 mins or until set. Biscuits will keep in an airtight container.

Enjoy... Diguglielmo Family

Turkish Delight

Aynur Altunsu



Ingredients

- Olive oil spray
- 860g (4 cups) caster sugar
- 1L (4 cups) water
- 2 tbs fresh lemon juice
- 3 tbs gelatine powder
- 130g (1 cup) cornflour
- 1 tsp cream of tartar
- 2 tsp rosewater essence
- Red food colouring
- 300g (2 cups) icing sugar mixture

Method

1. Spray a square 20cm (base measurement) cake pan with olive oil spray to grease. Line the base and side with non-stick baking paper, allowing the sides to overhang.
2. Place the sugar and 500ml (2 cups) of the water in a large heavy-based saucepan over low heat and stir until the sugar dissolves. Place a sugar thermometer in the pan. Increase heat to medium. Cook, without stirring, brushing down the side of the pan occasionally with a pastry brush dipped in water, for 25 minutes or until the sugar thermometer reaches 125°C. Stir in the lemon juice.
3. Meanwhile, place the gelatine, cornflour and cream of tartar in a large saucepan. Use a balloon whisk to whisk in a little of the remaining water to form a paste. Gradually whisk in the remaining water. Place over medium heat and cook, stirring, for 3-5 minutes or until the mixture boils and thickens.
4. Gradually pour the sugar syrup into the cornflour mixture, whisking constantly (if the mixture becomes lumpy, pour through a fine sieve into another saucepan).
5. Reduce heat to low. Place the sugar thermometer in the saucepan. Simmer, stirring occasionally to prevent the mixture sticking to the base of the pan, for 1 hour or until the mixture is light golden and sugar thermometer reaches 110°C. Add the rosewater and a few drops of the food colouring and stir until well combined. Pour the mixture into the prepared pan.
6. Set aside to cool to room temperature and place in the fridge for 4 hours or overnight until firm.
7. Pour the icing sugar mixture onto a large chopping board. Turn the lokum onto the icing sugar and use a lightly greased knife to cut into 3cm pieces. Toss the lokum in the icing sugar to coat. Serve.

Baklava

Elis Aydin

Ingredients

Serves 18

- 375 grams walnuts or pistachios
- 200 grams blanched whole almonds
- 75 grams caster sugar
- 3/4 tsp cinnamon
- 125 grams packet filo

Syrup

- 220 grams caster sugar
- 120 grams honey
- 120 lemon juice
- 4 wide strips lemon zest
- 9 cloves

Method

1. To make syrup, combine the honey, sugar, lemon juice and lemon zest, cloves and 180 ml water in a regular saucepan. Stir it until the sugar dissolves. Reduce the heat to about medium then simmer for 3 minutes. After that, wait for it to cool down.
2. To make the filling, process walnuts or pistachios in a food processor until they are chopped into small pieces. This may seem easy but if you over process them they will turn very oily. After your done transfer it to a large bowl .Repeat with almonds. Then add walnuts with sugar and cinnamon.
3. Brush the base and sides slice pan with butter. Unroll filo and place the slice pan on top. Using a sharp knife cut around the pan through the filo sheets. Keep filo clean with a slightly damp tea towel. Working with one filo sheet at a time brush with butter than place into a pan. Repeat with about 8 filo sheets to create 9 layers.
4. Preheat oven to 160C fan forced . Place baklava into the fridge for 10 minutes. After 10 minutes, cut the baklava into square or diamond shapes. Bake for 35 minutes or until golden. Pour syrup over the baklava. Stand for 2 hours and then Enjoy!



Puto Cheese (Philippines)

Ryan Bandong



Ingredients

- 2 cups of rice flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 2 cups of coconut milk or fresh milk
- 1 cup of white sugar
- 180g Cheddar cheese

Method

1. Sift the rice flour, salt, baking powder and white sugar together.
2. In a large bowl, add the coconut milk to the sifted ingredients and blend until the mixture is smooth.
3. Slice the cheddar cheese into thin rectangles.
4. Carefully pour the mixture into the muffin pans (greased with butter beforehand) making sure you leave 1/3 space at the top. This is to give the puto space to expand upon cooking.
7. To check if the puto is ready, insert a toothpick into the center of each puto. They are ready if the toothpick comes out clean.

Sweet Tooth Gayle's Lemon Slice

Gayle Dawson

Ingredients

- Packet of 'Nice' biscuits
- 3/4 cup coconut
- rind of one lemon
- 1/2 tin sweetened condensed milk
- 1/4 pound (115 grams) butter



Method

1. Crush the biscuits finely using a rolling pin (or spoon) onto a board and put into a bowl.
2. Melt the butter into a large pot.
3. Add the dry ingredients (coconut, lemon rind) into the bowl with the biscuits & mix well.
4. Add the dry mixture (biscuits, coconut & lemon rind) to the melted butter in the large pot.
5. Mix well.
6. While stirring, mix the sweetened condensed milk to the large pot mixture.
7. When beautifully mixed, spread the mixture in a flat tin (approx height of 1.5 cms).
8. Chill in the fridge for 30 minutes.
9. Make up some icing using icing sugar and water.
10. Ice the top of the slice.
11. To make the icing more lemony, you could add some lemon drops to the icing mixture before you add some water drops.

Choc-Chip Macadamia Cookies

Sonja

Ingredients

- 1 ¼ cups rolled oats
- 1 cup plain flour
- ½ tsp baking powder
- ½ tsp bi-carb soda
- 125 grams butter
- ½ cup brown sugar
- 1 egg
- ½ tsp vanilla essence
- ½ cup castor sugar
- ½ pkt choc bits (milk, dark or white)
- 100 grams raw macadamia nuts (roughly chopped)

Method Recipe makes approximately 30 cookies.

1. Pre-heat oven to 175°C (155°C fan-forced oven).
2. Mix together oats, flour, baking powder and bi-carb.
3. Cream butter and sugars until fluffy.
4. Beat in egg and vanilla essence.
5. Add chocolate bits and nuts and mix well.
6. Add dry mixture and mix well.
7. Roll mixture into golf-sized balls, place on an ungreased baking sheet and cook for 10-15 minutes (depending on consistency liked). Shorter cooking time produces chewy cookies, longer cooking time produces crunchy, crisp cookies.
8. Once cooked, remove from oven and leave on tray for 10 minutes.
9. Slide onto a cooling rack to cool completely, place in airtight jars. These cookies freeze well.



Little Lemon Cheesecakes

Ingredients

Makes 8

- 250g cream cheese, softened
- 280g jar lemon butter
- 8 round Butternut Snaps

Di Beltramello

Method

1. Line 8 holes of a muffin tray with paper muffin shells and place a Butternut Snap cookie flat side up in each.
2. Using an electric mixer, beat cheese until creamy, then add all the lemon butter, mixing until nice and creamy.
3. Spoon mixture onto biscuits and freeze for 2 to 3 hours or until firm.
4. 5 minutes before serving, remove paper and sit.
5. Serve garnished with fresh seasonal fruit.

Optional:

Add berries, nutella, whatever flavour you like. Now because this recipe doesn't have any nasty gelatin you must freeze not refrigerate and take out 5 mins before serving.

Note:

You can freeze these in an airtight container for up to 3 weeks.



Energy Muffins

Jenny VV

Ingredients

- 1 cup caster sugar
- 2 cups Plain flour
- 2 teaspoon cinnamon
- 2 teaspoon baking powder
- 1 cup sultanas
- 2 cups grated carrot
- 1 cup grated apple
- 1 cup desiccated Coconut
- 1 cup chopped walnuts
- 3 eggs
- 1 cup vegetable oil
- 1 teaspoon vanilla



Method

1. Sift flour, baking powder and cinnamon.
2. Add sultanas, sugar, coconut and walnuts.
3. In a separate bowl beat together eggs, oil and vanilla.
4. Add carrots and apple. Add to dry ingredients. Just combine.
5. Spoon into muffins tins. (Large muffins bake 25 mins)
6. Bake until golden brown. Moderate oven, 160 fan forced.

Owwameh

Alimayhoub Syrian



Ingredients

- 4 cups of flour
- 3 teaspoons of yeast dissolved in 2 tablespoons of warm water
- A pinch of salt
- Canola or vegetable oil for frying.

Syrup Ingredients

- 3 cups of sugar
- 1 ½ cups of water
- 3 tablespoons of rose water
- 1 teaspoon of lemon juice.

Method

1. In a saucepan, combine the sugar the water, the rosewater and the lemon juice.
2. Stir well until sugar dissolves.
3. Bring to the boil and simmer until the syrup thickens.
4. Dissolve the yeast in 2 teaspoons of warm water.
5. Sift the flour and salt in a large mixing bowl.
6. Mix the water and the yeast mixture with the dry ingredients.
7. Cover the bowl and leave the Owwameh in a warm dry place until it doubles in size.
8. Heat the oil in a deep fryer.
9. Roll up the dough so it's a sphere and then spoon it off and drop it into the hot oil.
10. Fry until it turns golden-brown.
11. Remove the owwameh from the oil and drop them into the syrup for a few minutes.
12. Remove from the syrup and drop them onto a plate.

Mango Tango

Jordan Kelly

Ingredients

- 1 (500g) mango, peeled and roughly chopped.
- 100g tub mango and passionfruit frozen yoghurt
- 1 $\frac{1}{4}$ cups of milk
- 2 teaspoons of honey
- Sliced mango to serve

Method

1. Blend chopped mango, frozen yoghurt, milk and honey together until smooth.
2. Pour into chilled glasses.
3. Top with mango slices.
4. Enjoy!



Dairy Free Berry Smoothie

Jordan Kelly

Ingredients

- 1 ½ cups of frozen mixed berries
- 1 cup of apple juice chilled
- 1/3 cup of cranberry juice chilled

Preparation

Thaw a few of the frozen mixed berries

Method

1. Blend frozen berries, apple juice and cranberry juice together until smooth.
2. Pour into chilled glasses.
3. Top with thawed berries
4. Enjoy!



Chocolate Caramel Slice

Riley Norrey's Favourite Family Recipe

Ingredients: Makes 24 slices

Base:

- 1 cup plain flour, sifted
- ½ cup brown sugar
- ½ cup desiccated coconut
- 125g butter (or margarine), melted

Caramel:

- 60g butter or margarine
- 1 x 400g tin sweetened condensed milk

- 2 tablespoons golden syrup

Topping:

- 60g of copha (or butter or cream)
- 200g milk or dark chocolate melts

Our family has a rich cultural history on both Mum and Dad's side. This is a recipe we all love. The original recipe is listed (and my mum's alterations are in brackets)... enjoy!



Method

1. Combine flour, sugar and coconut in a bowl. Stir through melted butter.
2. Press mixture into a lined 18 x 28cm lamington tin. Bake in a moderate (180 o) oven for 15-20 minutes, until slightly golden.
3. Melt extra butter in a saucepan. Mix in condensed milk and golden syrup. Stir over very low heat until well combined. (Don't boil...I find the caramel burns really quickly.)
4. Pour over base. Bake at 1600 for 10-15 minutes until golden. Allow to cool.
5. Melt copha in a saucepan over low heat. Add chocolate melts. Stir until melted and well combined. (Alternatively you can melt chocolate and butter or cream in microwave proof bowl in a microwave, for 30 second bursts on medium. Stir at each 30 second interval. Will take 2-3 minutes in total.) Spread evenly over slice. Refrigerate until set. Approx 20mins. (If you leave it overnight the chocolate will crack instead of cutting straight)
6. Cut into squares. These will keep well in an airtight container, in the fridge.

Ma'Amoul B'Jowz (Lebanese Easter Walnut Cakes)

Anisa Haddad

Preparation time: 15 minutes

Total cooking time: 20 minutes

Ingredients

- ½ cup caster sugar
- 200 grams unsalted butter, softened
- 2 tablespoons orange flower water
- 2 cups plain flour, sifted

Walnut filling

- ½ cup walnut chopped
- ¼ cup caster sugar
- 1 teaspoon ground sugar



Method

1. Pre-heat oven 160 degrees, slightly grease 2 baking trays.
2. Cream the butter and sugar. Transfer to a large bowl. Using a metal spoon fold in the orange flower water and flour until well combined. Press with your hands until the mixture comes together to make a stiff dough.
3. Walnut filling: combine all the ingredients into a bowl and mix well.
4. Roll heaped tablespoons of dough into balls. Press hollow into the centre with your thumb. Place 1 tablespoon of filling into each hollow. Place on the trays and flatten slightly without folding dough over the filling.
5. Bake for 15-20 minutes or until golden brown.

Ice-Cream Cheesecake

Jo Elliot

Ingredients

- 1 cup Marie biscuits
- 60g butter
- 200g berries- blackberries are best, or a mix of black, blue, rasp, strawb.
- $\frac{3}{4}$ cup of castor sugar
- 375g Philli cheese
- 1 litre vanilla ice-cream
- 1 peppermint crisp (chocolate bar)



Method

1. To make the biscuit base- crush biscuits and mix with melted butter. Press into large spring-form tin on the bottom only. Put into freezer to set.
2. Puree berries until smooth- put aside.
3. Chop Philli cheese into small bits and put into mixing bowl. Add castor sugar and mix until smooth and sugar dissolved.
4. Add pureed berries and mix.
5. Add chopped up ice-cream and beat until smooth and mixed well. Pour mixture into chilled pan, grate peppermint crisp over the top.
6. Put into freezer until needed.



Did you know that amongst our students there are more than 12 languages spoken? At Roxburgh Homestead Primary School we have enjoyed celebrating our diverse multiculturalism during this year's Education Week theme; Languages Link Lands. We can now continue to celebrate by taking home this book and trying another family's favourite recipe to enjoy with our own families.

Thank you to all of the students and families who have sent in their favourite recipes to be included in this book. We look forward to hearing which new recipes you have tried and enjoyed.

Happy Cooking!

Compiled by Jess Walta

Thank you to all the teachers who helped to type;
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