

Homemade Muesli

Type: Breakfast

Serves: 24 Tastes

Recipe source: Taste

EQUIPMENT:

Wooden spoon
Large bowl
Measuring cups
Measuring spoons
Knife
Chopping Board
Baking pan
Frying pan

TO SERVE:

Bowl

INGREDIENTS:

1 cup rolled oats
1 cup coconut
 $\frac{1}{2}$ cup wheatgerm
 $\frac{1}{2}$ cup pumpkin seeds
 $\frac{1}{2}$ cup sunflower seeds
1 cup sultanas
1 cup processed bran
 $\frac{1}{2}$ cup dried apricots, diced

What to do:

1. Grease and line a 3cm deep, 16cm x 28cm (base) baking pan with baking paper.
2. Cook oats, coconut, wheatgerm, sunflower kernels and pumpkin seeds in a frying pan over medium heat, stirring, for 8 to 10 minutes or until golden.
3. Transfer to a bowl.
4. Set aside to cool.
5. Stir in sultanas, processed bran and dried apricots.

Scrambled Eggs

Type: Breakfast

Serves: 30 tastes

Recipe source: SAKGF

Fresh from the garden: Eggs

EQUIPMENT:

Egg flip
Frypan
Knife
Chopping Board
Bowl

INGREDIENTS:

- 8 x 60g eggs
- 80ml (1/3 cup) milk
- 15g (3 teaspoons) butter
- 1 shallot
- Small bunch of parsley

What to do:

1. Crack the eggs into a medium mixing bowl. This is best done by first cracking each egg, one at a time, into a small bowl before sliding it into the mixing bowl, so that you can remove any blood spots or pieces of shell (to remove these, use the egg-shell half). Add milk. Measure the milk carefully, as cooked egg will only hold a certain amount of liquid and too much will cause the egg to "weep" moisture. Whisk the egg mixture lightly until the ingredients are just combined. The eggs should be mixed through evenly to ensure a consistent yellow without streaks of egg white (which will result in white streaks through the cooked eggs).

There is one main rule when cooking scrambled eggs: do not cook on heat that is too high, as this will cause the eggs to stick to the pan and become flaky and dry. Heat the butter in a frying pan for 1 minute or until the butter begins to foam. Swirl the pan to lightly coat its entire base with the butter.

2. Add the egg mixture to the frying pan and cook over medium heat for 30 seconds. Use an egg flip to gently push the egg mixture, scraping along the base of the pan, from one side of the pan to the other in 4 different directions. Soft folds of cooked egg will begin to develop.
3. Repeat the pushing action every 10 seconds (or slow count to 10), including around the pan edge to prevent the egg mixture sticking. The important part of this step is to push through the mixture and lift and fold the eggs rather than stir, as stirring will break the egg up into small lumps. Do this often during cooking to prevent the egg mixture sticking and forming more of an omelette rather than moist, soft folds of scrambled eggs. Cook for 2 minutes or until about three-quarters of the mixture is cooked and one-quarter is still liquidy.
4. Remove the pan from the heat and gently fold the egg mixture twice more. The residual heat in the pan will finish cooking the eggs. Serve.

All Year Round Fruit Salad

Type: Dessert/Breakfast/Entrée

Serves: 24 Tastes

Recipe source: Healthy Food Fast

Fresh from the garden: Melons (watermelon, rockmelon, honeydew melon), banana, pineapple, passionfruit, kiwi fruit, oranges

Variation: All fruits can be used in this salad. When in season, use stone fruits, grapes, oranges and strawberries.

<p>EQUIPMENT:</p> <p>Knife Mixing bowls Chopping boards Juicer</p> <p>TO SERVE:</p> <p>Serving platters/bowls</p>	<p>INGREDIENTS:</p> <p>8 cups melon, peeled & chopped</p> <p>4 bananas</p> <p>Pulp of 12 passionfruit</p> <p>2 pineapples</p> <p>Juice of 4 oranges</p> <p>4 kiwi fruit</p> <p>+ any other seasonal fruits</p>
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What to do:

1. Combine all fruits together in a large serving bowl.
2. Stir through passionfruit and pour over juice and mix.
3. Serve immediately.

Hint: Make sure orange juice is poured over any fruits that discolour quickly, eg; bananas, pears and apples.

Wholemeal Banana Pancakes

Type: Starter

Serves: Tastes 24 **Recipe source:** Taste.com

Fresh from the garden: egg, bananas

Cook's Tip: Banana can be replaced by many other fruit or vegies eg; berries, spinach, etc.

EQUIPMENT: Cooks Knife Fry Pan Large mixing bowl Wooden Spatula Chopping Board Baking trays Whisk Sifter Spoon TO SERVE: Platters Tongs	INGREDIENTS: 2 large bananas 1 1/2 cups wholemeal self-raising flour 1 1/2 cups buttermilk 2 eggs, lightly beaten 1 tablespoon honey Olive oil Honey and reduced-fat yoghurt, to serve
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What to do:

1. Mash 1 banana in a bowl (see note). Place flour in a bowl. Make a well in the centre.
2. Combine buttermilk, eggs, honey and mashed banana in a jug. Pour into well.
3. Whisk until smooth. Stand for 10 minutes.
4. Spray a large, non-stick frying pan with oil. Heat over medium heat. Spoon 1/4 cup batter into pan. Cook for 2 to 3 minutes or until bubbles appear on the surface. Turn.
5. Cook for 1 to 2 minutes or until golden and cooked through. Transfer to a plate. Cover to keep warm. Repeat with remaining batter to make 12 pancakes.
6. Thinly slice remaining banana. Place pancakes on plates. Top with sliced banana, honey and yoghurt. Serve.

Pumpkin Hotcakes

Type: Main Meal **Serves:** 24 Tastes **Recipe source:** SAKG

Fresh from the garden: pumpkin, eggs

<p>EQUIPMENT:</p> <p>2 frying pans Measuring cups Measuring spoons Large bowl Knife Chopping boards Potato masher Sifter Whisk Egg flip</p> <p>TO SERVE:</p> <p>2 serving platters</p>	<p>INGREDIENTS:</p> <p>1 cup cold mashed pumpkin</p> <p>$\frac{1}{2}$ cup milk (buttermilk preferred)</p> <p>30g butter melted</p> <p>1 egg</p> <p>115 g flour</p> <p>$\frac{1}{2}$ teaspoon (tsp) bicarbonate soda</p> <p>$\frac{1}{4}$ tsp salt</p> <p>Oil for frying</p>
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What to do:

1. In a bowl, mix together the mashed pumpkin, milk and melted butter.
2. Whisk in the eggs.
3. In another bowl, mix together the dry ingredients and sift into the pumpkin mix. Stir to combine.
4. Heat a film of oil in a frypan.
5. Working in batches, cook tablespoons of pumpkin batter for about 3 minutes until little bubbles form on the tops. Flip to cook the other side.
6. Serve the hotcakes while still warm.

Variations: Serve with dollops of sour cream and chives, utter, apricot jam, maple syrup or with bacon and eggs for breakfast.

Fruit Smoothies

Type: Dessert/Breakfast/Drinks

Serves: 12 Tastes

Recipe source: Healthy Food Fast

Fresh from the garden: Watermelon, banana, passionfruit, avocado, strawberries, blueberries.

Variation: All fruits can be used in these smoothies. When in season, use stone fruits, avocado, and blueberries, cranberries, strawberries, etc.

<p>EQUIPMENT:</p> <p>Knife Chopping board Measuring cups & spoons Food processor</p> <p>TO SERVE:</p> <p>Jug Glasses</p>	<p>INGREDIENTS:</p> <p>1 large banana $\frac{1}{2}$ cup natural yoghurt (low fat) 4 cups milk 1 T honey 6 ice cubes (serves 4)</p>
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What to do:

1. Blend 1 banana, honey and yoghurt in food processor until smooth.
2. Add milk and ice and blend for 30 seconds.
3. Serve immediately.