

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: <ul style="list-style-type: none">• 8 x 60g eggs• 80ml (1/3 cup) milk• 15g (3 teaspoons) butter• 1 shallot• Tasty cheese• Small bunch of parsley
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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.

Wholemeal 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.

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

Breakfast Couscous

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>200 g couscous 30 g raisins 30 g flaked almonds (N/A) 30 g pine nuts (N/A) 30 g shelled pistachios (N/A) 2-3 pinches of ground cinnamon , (more or less to taste) 2-4 tablespoons icing sugar, (more or less to taste) 1 teaspoon rose water , optional 200ml milk 1 orange</p>
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What to do:

1. Prepare the couscous by placing it in a bowl and covering it with 500ml boiling water.
2. Let it stand for 10 minutes until the water is absorbed, then fluff up with a fork.
3. Soak the raisins in lukewarm water for 15 minutes until softened then drain.
4. Toast the almonds and pine nuts by placing them in a dry frying pan over a medium heat and stirring for 2 to 3 minutes, until golden brown.
5. Roughly chop the pistachios and add to the couscous. Add the raisins, almonds, pine nuts, cinnamon, sugar and rosewater (if using) and gently toss together.
6. Serve warm or at room temperature with a few gratings of orange zest (if using) to garnish. Warm and serve the milk on the side for pouring over.

Green Smoothie Bowl

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>Bowls</p>	<p>INGREDIENTS:</p> <p>1 large banana frozen $\frac{1}{2}$ cup natural yoghurt (low fat) 1 T honey Frozen berries Flaxseed meal Handful of Kale Handful of Spinach Avocado Coconut Fresh fruit</p>
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What to do:

1. Blend banana, frozen berries, spinach, kale, avocado, honey and yoghurt in food processor until smooth.
2. Add yoghurt and blend for 30 seconds.
3. Pour mixture into bowls or mugs.
4. Sprinkle with extra fruit, flaxseed meal, nuts (optional) and coconut.
5. Serve immediately.

Banana Bread

Type: Dessert, snack **Serves:** 30 tastes

Recipe source: Taste.com

Fresh from the garden: Banana, eggs

<p>EQUIPMENT:</p> <ul style="list-style-type: none">Loaf tinWhiskForkMeasuring spoonsSifterMeasuring cupsWooden spoonsBowlsKnivesChopping boards <p>For serving:</p> <ul style="list-style-type: none">Serving platterTongs	<p>INGREDIENTS:</p> <ul style="list-style-type: none">Melted low-fat dairy spread, to grease265g (1 3/4 cups) self-raising flour40g (1/4 cup) plain flour1 teaspoon ground cinnamon140g (2/3 cup, firmly packed) brown sugar125ml (1/2 cup) skim milk2 eggs, lightly whisked50g butter, melted, cooled2 overripe bananas, mashed1/4 cup honey
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What to do:

1. Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease.
2. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
3. Sift the combined flours and cinnamon into a large bowl.
4. Stir in the sugar and make a well in the centre.
5. Place the milk, eggs, honey, melted butter and banana in a medium bowl, and stir until well combined.
6. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
7. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes.
8. Turn onto a wire rack to cool completely. Cut into slices to serve.