

Golden Wheat Slice

Type: Dessert

Serves: 30 tastes

Recipe source: Simply Too Good to Be True

Fresh from the garden: lemons

EQUIPMENT:

Knife
Chopping board
Bowls
Slab cake tin
Measuring cups & spoons
Wooden spoon
Saucepan

INGREDIENTS:

1 cup Self Raising flour
4 crushed Weetbix
 $\frac{1}{2}$ cup brown sugar, firmly packed
 $\frac{1}{2}$ cup sultanas
6 level tablespoons margarine
1 level tablespoon golden syrup
2 tablespoons milk

ICING:

1 cup icing sugar
1 level tablespoon lemon juice
1 level tablespoon milk

What to do:

1. Preheat oven to 180 degrees celcius.
2. Coat a slab tin with cooking spray.
3. In a medium size bowl combine flour, crushed Weetbix, sultanas and brown sugar.
4. Melt margarine and add the golden syrup and milk, mix together.
5. Pour margarine mixture into dry ingredients and combine well.
6. Press mixture evenly over base of slab tin that has been coated with cooking spray (use your hand).
7. Bake 20 - 25 minutes or until browned.

ICING:

1. In a small bowl mix icing ingredients together until smooth.
2. Pour icing over hot slice and leave to cool.
3. Cut when cold.

Combination Fried Rice

Type: Main

Serves: 30 tastes

Recipe source: Coles

Fresh from the garden: peas, celery, flat leaf parsley, spring onions

EQUIPMENT:

Knife
Chopping board
Bowls
Frypan
Measuring cups & spoons
Saucepan
Colander
Wooden spoon

INGREDIENTS:

1 $\frac{1}{2}$ cups jasmine rice
1 tablespoon vegetable oil
2 celery sticks, sliced
4 spring onions, sliced
1 $\frac{1}{2}$ cups ham, diced
1 cup frozen peas, thawed (or fresh)
500g cooked prawns
2 tablespoons soy sauce, plus extra to season
1 teaspoon sesame oil
1 tablespoons flat leaf parsley, chopped
Sweet chilli sauce, to serve

What to do:

1. Cook the rice in a large saucepan of boiling water for 10 minutes, or until just tender. Drain well.
2. Heat the vegetable oil in a wok or frypan over medium to high heat.
3. Add the celery and spring onions. Stir-fry for 2-3 minutes until just soft.
4. Add the ham and stir-fry for 2 minutes or until heated through.
5. Add the rice, peas and prawns and stir-fry for 2 minutes or until heated through.
6. Add the soy sauce, sesame oil and parsley and toss to combine.
7. Season with extra soy sauce to taste.
8. Serve with sweet chilli sauce.

Sweet Potato Croquettes

Type: Main

Serves: 30 tastes

Recipe source: SAKGF

Fresh from the garden: sweet potato, mixed herbs, eggs

EQUIPMENT:

Colander
Fork
Measuring spoons
Measuring cups
Wooden spoons
Bowls
Knives
Chopping boards
Peeler
Saucepan
Frying pan
Kitchen paper

For serving:

Serving platter
Tongs

INGREDIENTS:

2 eggs, lightly whisked
3 large sweet potatoes, peeled and chopped into 2cm dice
2 handfuls mixed herbs
1 teaspoon salt
 $\frac{1}{2}$ plain flour
3 cups breadcrumbs
1 tablespoon water
2 tablespoons butter
 $\frac{1}{2}$ teaspoon black pepper
2 tablespoons vegetable oil

What to do:

1. Steam the sweet potato until tender, about 15 minutes.
2. Drain in a colander, then pour the sweet potato back into the pot and mash it with a fork or potato masher.
3. In a large bowl, combine the mashed sweet potatoes, salt, pepper, butter and mixed herbs. Mix until all ingredients are thoroughly combined.
4. Chill in the freezer for 20 minutes.
5. Lightly beat the eggs in a small bowl, and add 1 tablespoon of water to the eggs.
6. Put the flour and breadcrumbs into separate bowls.
7. Once the mixture is cold, use a $\frac{1}{4}$ cup measure to shape the mixture into small croquettes with your clean hands. Make sure you have enough croquettes for every diner to have at least one.
8. Dip the croquettes into the flour, then into the egg, then back into the breadcrumbs.
9. Heat the oil in a frypan or large shallow pan.
10. Carefully shallow-fry the croquettes in the hot oil until they are golden brown and crisp on the outside - it should take a few minutes.
11. Make sure they are not too crowded in the frying pan, and cook them in batches if necessary.
12. Remove from oil and drain on several layers of kitchen paper before serving.

Honey, Soy & Garlic Chicken Stir-Fry

Type: Main

Serves: 30 tastes

Recipe source:

Fresh from the garden: broccoli, garlic, chilli, cauliflower, shallots, capsicum, snow peas, bok choy, spinach, cabbage, carrots

EQUIPMENT:

Knife
Chopping boards
Bowls
Large frypan
Serving spoon
Measuring cups & spoons
Garlic press
Wooden spoon

INGREDIENTS:

2 tablespoons vegetable oil
1.5kg chicken thigh fillets, sliced thinly
2 cloves garlic, crushed
3 shallots, sliced thinly
4 carrots, julienne
1 capsicum, sliced thinly
2 cups cauliflower florets
2 cups broccoli florets
Snow peas, handful
1 cup sliced mushrooms
2 tablespoons soy sauce
3 tablespoons honey
1 tablespoon finely chopped ginger
Spinach, bok choy or cabbage
Pkt Hokkien noodles

What to do:

1. Cut chicken into strips and place in wok or frypan and cook until lightly browned.
2. Then add honey, shallots, capsicum and garlic.
3. Add carrots straws and stir-fry for 2-3 minutes.
4. Then add mushrooms, spinach/bok choy/cabbage and stir-fry for 2-3 minutes
5. Mix soy sauce and honey together and mix together to make marinade.
6. Add marinade mixture to frypan.
7. Lastly add noodles and stir fry until vegetables are just cooked.
8. Serve on a bed of rice.

ENJOY

Garlic & Herb Bread

Type: Entree/Main

Serves: 30 tastes

Recipe source:

Fresh from the garden: garlic, assorted herbs

EQUIPMENT:

Knife
Chopping board
Bowls
Fork
Frypan
Egg flip
Measuring cups &
spoons

INGREDIENTS:

$\frac{1}{2}$ cup mixed herbs, finely chopped
1 cup margarine
2 tablespoons milk
French bread stick
3 tablespoons garlic, crushed

What to do:

1. In a small mixing bowl beat margarine for 1 minute and slowly add in the milk, about $\frac{1}{2}$ a teaspoon at a time until blended.
2. Toss in herbs and or garlic and combine well.
3. Cut breadstick into 3cm thick slices and spread margarine mix over the top of each slice.
4. Place under the griller or in oven until golden brown.

Yoghurt Cream

Type: Dessert

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: oranges

EQUIPMENT:

Chopping board
Bowls
Grater
Measuring cups & spoons
Whisk

INGREDIENTS:

- 200 g natural yoghurt
- 1 tablespoons icing sugar
- 2 teaspoon orange rind grated
- 2 tablespoon whipped cream

What to do:

1. Combine all ingredients.
2. Mix well.
3. Using a piping bag, pipe the yoghurt cream on top or at the side of the slice of the Golden Wheat Slice.
4. Sprinkle extra orange zest over the top of yoghurt cream for decoration.

Meal Courses (Three Course Meal)

Entree

The French concept of an entrée is a small course served before a larger one, and is usually understood worldwide.

Main

The **main course** is the featured or primary dish in a [meal](#) consisting of several courses. The main dish is usually the heaviest, heartiest, and most complex or substantive dish on a menu. The main ingredient is usually [meat](#) or [fish](#); in [vegetarian](#) meals, the main course sometimes attempts to mimic a meat course^{[\[citation needed\]](#)}. It is most often preceded by an [appetizer](#), [soup](#), and/or [salad](#), and followed by a [dessert](#). For those reasons the main course is sometimes referred to as the "meat course".

In formal dining, a well-planned main course can function as a sort of gastronomic apex or climax. In such a scheme, the preceding courses are designed to prepare for and lead up to the main course in such a way that the main course is anticipated and, when the scheme is successful, increased in its ability to satisfy and delight the diner. The courses following the main course then calm the [palate](#) and the [stomach](#), acting as a sort of [dénouement](#) or anticlimax.

Dessert

Dessert ([/diˈzɜrt/](#)) is a [course](#) that concludes an evening meal. The course usually consists of sweet foods and beverages, but may include coffee, cheeses, nuts, or other savory items. In some parts of the world there is no tradition of dessert to conclude a meal.

The term dessert can apply to many foods, such as [cakes](#), [tarts](#), [cookies](#), [biscuits](#), [gelatins](#), [pastries](#), [ice creams](#), [pies](#), [puddings](#), [custards](#), and [sweet soups](#). [Fruit](#) is also commonly found in dessert courses because of its naturally occurring sweetness. Some cultures sweeten foods that are more commonly savory to create desserts.