

Bunuelos

Type: Dessert

Serves: 30 tastes

Recipe source: taste.com

EQUIPMENT:	INGREDIENTS:
Serving bowl	Pinch of salt
Measuring spoons	1 teaspoon vanilla essence
Measuring cups	4 eggs, lightly whisked
Wooden spoons	100g (1/2 cup) caster sugar
Bowls	1 teaspoon ground cinnamon
Knives	Canola oil, to deep-fry
Chopping boards	60g (1/4 cup) demerara sugar
	1 tablespoon fresh lime juice
	1 x 7cm cinnamon stick
	2 teaspoons fennel seeds
	410ml (1 2/3 cups) water
	50g butter
	150g (1 cup) plain flour

What to do:

1. Place, demerara sugar, lime juice, cinnamon, fennel seeds and 160ml (2/3 cup) water in a small saucepan over medium-low heat.
2. Stir until the sugar dissolves. Increase heat to high and bring to the boil. Reduce heat to medium.
3. Cook for 10 minutes or until the syrup thickens slightly. Transfer to a heatproof bowl. Set aside to cool. Strain through a fine sieve into a serving jug.
4. Meanwhile, place the butter and remaining water in a medium saucepan over medium-high heat. Bring to the boil. Remove from heat. Stir in the flour and salt.
5. Place over low heat and cook, stirring, for 1-2 minutes or until the mixture forms a ball and begins to come away from the side of the pan. Stir in the vanilla. Use a balloon whisk to whisk in the egg, then use a wooden spoon to beat until well combined.
6. Combine the caster sugar and cinnamon on a plate. Add enough oil to a large saucepan to reach a depth of 5cm. Heat to 180°C over medium-high heat (when oil is ready a cube of bread will turn golden brown in 15 seconds).
7. Use 2 metal teaspoons to shape 1 heaped teaspoonful of the dough into a ball, about 3cm wide. Repeat to make 3-4 balls. Carefully place the balls in the oil.
8. Cook, turning occasionally with a slotted spoon, for 3 minutes or until golden and cooked through.
9. Use a slotted spoon to transfer to a tray lined with paper towel. Set aside for 2 minutes to drain and cool slightly. Toss the warm doughnuts in the cinnamon sugar to evenly coat.
10. Repeat, in 5 more batches, with the remaining dough, reheating the oil between batches. Serve warm with the syrup.

Chilli Con Carne

Type: Main **Serves:** Tastes 30

Recipe source: Taste.com.au

EQUIPMENT:

Mixing bowl
Cooks Knife
Wooden spoon
Saucepan
Measuring cups
Measuring spoons

TO SERVE:

Bowls

INGREDIENTS:

2 teaspoons olive oil
125g rindless bacon, roughly chopped
750g lean beef mince
2 medium brown onions, finely chopped
2 medium red capsicums, chopped
3 garlic cloves, crushed
1 long red chilli, chopped
2 tablespoons Mexican chilli powder
800g can chopped tomatoes
400g can red kidney beans, drained, rinsed

What to do:

1. Heat oil in a large saucepan over medium heat. Add the bacon and cook for 5 to 6 minutes or until crisp. Add the mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned.
2. Add onions, capsicums, garlic and chopped chilli. Cook for 5 to 6 minutes or until vegetables are soft. Add chilli powder. Cook, stirring for 1 minute or until fragrant.
3. Add the tomatoes and 1 cup cold water. Bring to the boil. Reduce heat to medium low. Simmer partially covered, for 30 minutes or until sauce has reduced slightly.
4. Add the beans. Increase the heat to medium. Cook for 15 minutes or until beans are heated through and sauce has thickened.
5. Serve chilli with toppings.

Homemade Tortillas

Type: Main/Snack **Serves:** Tastes 30

Recipe source: Taste.com.au

<p>EQUIPMENT:</p> <p>Mixing bowl Knife Wooden spoon Measuring spoons Measuring cups Rolling pin Sifter Frying pan Egg flip</p> <p>TO SERVE:</p> <p>Large platter</p>	<p>INGREDIENTS:</p> <p>3 cups plain flour 1 teaspoon salt 1 teaspoon baking powder 1/3 cup vegetable oil 1 cup warm water</p>
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What to do:

1. Combine flour, salt and baking powder in a bowl. Mix dry ingredients until well combined. Add oil and water and mix, scraping the sides of the bowl as you go. When mixture comes together and begins to form a ball continue to mix for 1 minute or until dough is smooth.
2. Transfer dough to a well-floured work surface. Divide dough in half, then in half again and continue until you have 16 fairly equal portions. Form each piece into a ball and flatten with the palm of your hand as much as possible. If the dough is sticky, use a bit more flour. Cover flattened balls of dough with a clean kitchen towel and allow to rest for 15 minutes.
3. After resting, heat a large frying pan over medium-high heat. There is no need to use oil. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keeping your work surface and rolling pin lightly floured. Don't stack uncooked tortillas on top of each other or they will get soggy.
4. When your pan is very hot, place one dough circle into pan and allow to cook for 1 minute or until bottom surface is lightly browned in places and starting to bubble. If tortilla is browning too fast, reduce heat a bit. If it's taking longer than a minute to see golden brown spots on underside of tortillas, increase heat a bit. Flip tortilla and cook for about 30 seconds. The tortilla should be soft but have small golden brown spots on surface. Remove from pan with tongs and stack on a plate until all tortillas are cooked.

Homemade Corn Chips

Type: Main/Snack **Serves:** 30 tastes **Recipe source:** taste.com

Fresh from the garden:

EQUIPMENT:	INGREDIENTS:
Measuring spoons Measuring cups Wooden spoons Bowls Mortar & Pestle	<ul style="list-style-type: none">• 1 cup Polenta• 2/3 cup plain flour• 1/2 teaspoon salt• 1 teaspoon baking powder• 1/4 cup olive oil• additional salt for seasoning

What to do:

1. Preheat oven to 200°C/180°C fan-forced. Combine polenta, flour, salt and baking powder in a bowl. Add oil and 1/2 cup cold water. Stir to combine.
2. Divide dough into 2 balls. Using a rolling pin, roll 1 ball between 2 sheets of baking paper until 1mm thick (37cm x 28cm rectangle). Sprinkle with sea salt. Cover with baking paper. Re-roll lightly to press in salt. Remove top sheet of paper.
3. Lift paper and dough onto a baking tray. Using a metal ruler, mark dough into 5cm triangles, pressing down firmly. Repeat with remaining dough ball.
4. Bake, 1 tray at a time, for 15 to 18 minutes or until golden and crisp. Cool on trays. Break into triangles.

Vegetarian Taco Salad

Type: Main/Salad

Serves : 30

Recipe source: eatingwell.com

Fresh from the garden:

EQUIPMENT:

Measuring spoons

Measuring cups

Bowl

Knife

INGREDIENTS:

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 1/2 cups fresh corn kernels (see Tip) or frozen, thawed
- 4 large tomatoes
- 1 1/2 cups cooked long-grain brown rice
- 1 can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1 1/2 teaspoons dried oregano, divided
- 1/4 teaspoon salt
- 1/2 cup chopped fresh cilantro
- 1/3 cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese
- 2 1/2 cups coarsely crumbled tortilla chips
- Lime wedges for garnish

What to do:

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and 1/4 teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining 1/2 teaspoon oregano in a medium bowl.
3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

TIP: To cook rice, bring 1 cup water and 1/2 cup long-grain brown rice to a boil in a small saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes. Makes 1 1/2 cups.