

Cooking Captains



Contents	Page	Tick when completed
Avocado Salsa	2	<input type="checkbox"/>
Fruit Pikelets	3	<input type="checkbox"/>
Chickpea & Pumpkin Patties	4	<input type="checkbox"/>
Vegetable Hot Pot	5	<input type="checkbox"/>
Chicken & Vegetable Stir Fry	6	<input type="checkbox"/>
Scrambled Eggs on Toast	7	<input type="checkbox"/>
Carrot, Lettuce & Hummus Wrap	8	<input type="checkbox"/>
Corn, Cheese & Carrot Omelette	9	<input type="checkbox"/>
Lemon & Chives Risotto	10	<input type="checkbox"/>
Vegetable Burgers	11	<input type="checkbox"/>
Dried Fruit Snack	12	<input type="checkbox"/>
BBQ Vegetable Kebabs	13	<input type="checkbox"/>

Please note: These recipes do not have to be used in the order provided. Feel free to rearrange and adapt to fit within your own school objectives and local harvest times.

Cooking Captains

Equipment you will need

Stove	Wooden spoons	Colander
BBQ	1 Weighing scales	Sieve
Wok/ electric wok	Mixing bowls	Cooling wire
Chopping boards	1 Frying pan	Egg lifter
Cook's knives	Saucepans	Tin opener
Measuring cups & spoons	Grater	Lemon squeezer
Liquid measuring jug	Peeler	Masher
Ladle	Whisk	Garlic crusher
Cutlery	Scissors	

Food skills students will learn being a Cooking Captain

Easy Age 4-11years	Intermediate Age 6-11 years	Advanced Age 7-11 years (all with supervision)
<ul style="list-style-type: none"> • Mix • Stir • Measuring with cups • Measuring with balancing scales • Use of spices and sea soning in place of salt • Tearing lettuce • Snipping herbs with scissors • Kneading • Shaping • Arranging toppings • Sieving • Pouring • Dividing • Crumbling cheese 	<ul style="list-style-type: none"> • Knife skills-soft foods • Chop • Slice • Grating softer foods • Measuring liquid in jug • Rubbing fat into flour • Whisking • Folding • Beating • Creaming • Recipe modification • Crumbling cheese • Beating an egg 	<ul style="list-style-type: none"> • Knife skills harder foods • Chop • Slice • Dice • Mince • Finely chopping herbs • Grating harder foods e.g. parmesan • Peeling harder foods • Digital Weighing scales • Use of the hob with superviion • Stir Fry • Steam • Boil • Sauté

Other Food Skills

Food safety and hygiene
 Different food groups and healthy eating
 Seasonality of fruit and vegetables
 Identifying fruit and vegetables
 Sharing and enjoying foods produced
 Sustainability
 Food presentation

Avocado Salsa

Preparation time: 15 minutes

Makes: 6 wraps or more as a dip

Equipment

Bowl
Fork
Cook's knife
Chopping board

Skills

Mixing
Using knife - chopping
Mashing
Measuring
Sharing
Presentation
Putting together with other ingredients to serve

New Vocabulary

recipe
salsa
mashing
avocado
ingredients
method
hygiene

Ingredients

1 ripe avocado, mashed with a fork
2 tablespoons lemon juice
½ red capsicum, washed and finely chopped
½ small red onion, finely chopped

Method

Combine all ingredients and cover until ready to use.

Recipe 2- Activity 4 - Equipment

Fruit Pikelets

Preparation time: 10 minutes

Cooking time: 20 minutes

Makes 20

Equipment

Bread and Butter Knife
Chopping board
Paper towels
Electric or hand beaters
Electric frypan
Large bowl
Egg slice
Cooling wire
Ladle
Fork
Measuring cups, spoons and jug

Skills

Equipment names/uses
Measuring
Mixing
Pouring
Flipping

New Vocabulary

combine
stir
ladle
wholemeal
baking powder
natural yoghurt

Ingredients

$\frac{3}{4}$ cup wholemeal self-raising flour

1 egg

1 cup low fat milk

1 tablespoon sugar

2 large bananas or fruit of your choice (if you are growing berries replace the banana with these)

Canola oil spray

Serve with, 200ml tub low fat natural yoghurt and honey and any other fruit you would like to add, use what you are growing.

Method

1. Combine dry ingredients into a large bowl (flour and sugar).
2. Whisk together eggs and milk in a small bowl and then stir into dry ingredients.
3. Beat until smooth using the electric beater.
4. Stir through bananas/berries.
5. Put electric frypan on medium heat and spray with canola spray, or put normal fry pan on stove and heat canola spray.
6. Using a ladle, pour mixture into small rounds on the frypan. Turn when lots of bubbles form and cook until golden.
7. Place on cooling wire. Reapply canola spray to the pan and repeat.
8. Serve with natural yogurt.

Tips

- Keep mixture well stirred to get fruit in all pikelets.
- Can be eaten warm or cold. Can reheat in microwave.
- Store in airtight container in the fridge for up to 3 days.
- Wrap in cling wrap in lunchbox sizes and place in freezer.

Variations

- Substitute berries for 2 grated apples and 1tsp cinnamon. Leave the peel on to keep the nutrients.
- Fresh milk can be substituted with powdered or UHT milk.
- Wholemeal self-raising flour can be substituted with plain flour plus $1\frac{1}{2}$ tsp baking powder.

Younger children- ES1-S1 can mash banana and mix in foods but the cooking of pikelets should be demonstrated. S3 should try and follow the recipe under supervision

Chickpea and Pumpkin Patties

Preparation time: 30 minutes

Cooking time: 15 minutes

Serves: 8

Equipment

BBQ
Cook's knife
Aluminium foil
Roasting tin/microwaveable bowl
Masher
Frying pan
Garlic crusher

Skills

Use of knife- dicing/chopping
Use of Stove/BBQ
Mashing
Roasting
Measuring
Beating

New Vocabulary

Pumpkin
chickpeas
patties
Canola oil
roasting
garlic

Ingredients

- 1 Cup of mashed, cooked pumpkin
- 2 teaspoons of canola or olive oil
- 1 onion, diced finely
- 2 cloves of garlic, crushed
- 410g can of chickpeas, drained and rinsed
- 1 egg, lightly beaten
- ½ cup of parsley, washed, dried & chopped finely
- 1 cup breadcrumbs, multigrain
- 3 tablespoons polenta or wholemeal flour
- 1 tablespoon of canola or olive oil

Method

1. Wrap pumpkin in aluminum foil and roast in oven (1800C) or steam in microwave until tender, then cool and mash very roughly.
2. Heat oil in a fry pan, add onion and cook over medium heat until soft.
3. Add garlic and ginger to the pan and cook for another minute or so. Remove from heat and cool.
4. Roughly mash chickpeas in a large bowl.
5. Add egg, onion mixture, parsley and breadcrumbs and stir to combine.
6. Divide into 8 and shape into patties
7. Lightly coat in polenta or wholemeal flour.
8. Cook on the BBQ or in a non-stick fry pan with a tablespoon of oil. Cook patties over medium heat until golden brown on both sides. Remove excess oil on paper towel. Can be served hot or cold.

Recipe 4 Activity 6 – Seasonality

Vegetable Hot Pasta

Preparation time: 20 minutes Cooking time: 30 minutes Serves: 6

Equipment

Cook's knife
Chopping board
Scissors
Grater
2 x Saucepans
Colander
Tin opener

Skills

Stove use
Reading & following instructions
Timing
Identifying tinned & fresh goods
Presenting food

New Vocabulary

sauté
basil
tomato
diced
penne pasta
deseeded
garnish

Ingredients

250g penne or spiral pasta
1 onion, diced
1 tomato, washed and chopped
1 yellow/green/orange capsicum, washed, deseeded and diced
250g jar of tomato pasta sauce, salt reduced
1 Cup (125g) tasty cheese, reduced fat, grated
Fresh basil washed, dried and snipped
2 tins of flaked tuna OR 1 tin of chickpeas, reduced salt
Pepper

Methods

1. Cook the pasta according to the packet instructions. Drain using colander over the sink and rinse with hot water.
2. Sauté/fry the onion in a little oil in another saucepan and add prepared vegetables, chopped tomatoes/pasta sauce. Cook for 5 minutes.
3. Add basil to the sauce and let the sauce cook for a further 5 minutes
4. Add the pasta to the sauce in the saucepan.
5. Serve into bowls and add grated cheese to the top and garnish with some fresh basil.
6. Share with the class.

Chicken and Vegetable Stir-fry

Preparation time: 30 minutes

Cooking time: 15 minutes

Serves: 6

Equipment

Fry pan or electric wok
Saucepan to cook rice or microwave
Cook's knife
2 chopping boards
Garlic crusher
Measuring jug for stock
Teaspoon and Tablespoon
Small bowl
Strainer/colander

Skills

Measuring and cooking rice
Draining using a colander
Chopping harder foods under supervision (dicing and slicing older children only)
Stir-frying
Mixing stock and sauce
Use of stove and hot foods

New Vocabulary

stir-fry
bok choy
colander/strainer
capsicum
snow peas

Ingredients

3 cups of rice, can use brown for variety
1 teaspoon vegetable oil
300g Chicken breast, skin removed and cut into strips
2 cloves crushed garlic
1 medium onion, chopped
2 medium carrots, peeled, thinly sliced
1 stick celery, washed, sliced
1 red capsicum, washed, deseeded & finely chopped
150g snow peas, washed, shoots, ends and strings removed
1 bunch of bok choy or 1 cup of cabbage, washed & roughly chopped
2 teaspoons of cornflour
2 tablespoons soy sauce, reduced salt
½ cup chicken stock, reduced salt
1 tablespoon sweet chilli sauce

Method

1. Cook rice following packet instructions.
2. While the rice is cooking, heat oil in wok or large pan and stir fry chicken until almost cooked, set aside.
3. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes.
4. Return chicken to the pan and add snow peas and cabbage/bok choy and cook for 2 minutes.
5. In a small bowl mix cornflour and soy sauce to create a smooth paste then stir in stock and chili sauce.
6. Pour into stir-fry and heat through.
7. Drain rice using a sieve or colander.
8. Serve rice into bowls, add the stir-fry to each bowl and sit and share your meal.

Variations

1. Make it easier by just using vegetables and no meat with one sauce, either sweet chili, soy or oyster.
2. Use vegetables from your garden in replacement of the ones above. Use rice noodles instead of rice, these may be easier to cook. Follow packet instructions.

Recipe 6 Activity 8- Meal Times and Celebrating the Garden

Breakfast

Scrambled Eggs on toast

Preparation time: 15 minutes Cooking time: 15 minutes Serves: 6

Equipment

Toaster
Saucepan
Whisk/fork
Wooden spoon
Bowl
Bread and Butter knife

Skills

Whisking
Toasting
Egg cookery
Food presentation
Handling mushrooms

New Vocabulary

scrambled
polyunsaturated
whisking
continuously
dice
medium heat
wholemeal
half

Ingredients

8 eggs
1/3 cup of milk, reduced fat
2 teaspoons polyunsaturated vegetable margarine
8-10 mushrooms, cleaned with damp paper towel & sliced or 2 tomatoes, washed & diced
Pepper to taste
6 pieces of wholemeal or high fibre bread to toast

Method

1. In a saucepan melt half the margarine, add mushrooms or tomato and cook for 1 minute. Remove from the saucepan and place on a plate. Wipe out the saucepan with a paper towel.
2. Crack eggs into bowl and whisk.
3. Add milk and pepper to the eggs and mix together.
4. Place the other half of the margarine in a saucepan and melt on a medium heat (never on high as the eggs separate and become runny).
5. Pour in the egg mixture and stir continuously with a wooden spoon until the eggs cook (and look fluffy and yellow). Stir through the mushrooms/tomato.
6. Toast your bread, place on the plates and top with the eggs. Serve.

Lunch

Carrot, Lettuce & Hummus wrap

Hummus- Is an Arabic word and a popular food throughout the Middle East. It is made with chickpeas, tahini and lemon juice.

Preparation time: 30 minutes

Makes: 6

Equipment

Cook's knife
Chopping board
Grater
Blender/masher
Lemon squeezer
Teaspoon

Skills

Grating, measuring, dividing
Using knife- slicing, shredding
Spreading, rolling and presentation
Blending, mixing, tearing

New Vocabulary

hummus
iceberg lettuce
tzatziki
lebanese bread
lavash
mountain bread
tortillas
chutney
mayonnaise
radish
tahini

Ingredients

2 large carrots
2 tomatoes
1 lettuce
8 radishes
6 rounds lebanese bread, mountain bread,
tortillas or lavash, or iceberg lettuce leaves

Hummus Ingredients

2x 400g tins of cooked chickpeas
½ cup lemon juice
3 tablespoons Tahini paste
1-teaspoon ground cumin

Method

1. Wash and peel carrots, then grate.
2. Wash tomatoes, cut in half then slice. Place on paper towels to absorb liquid before using.
3. Wash, dry and finely shred lettuce.
4. Lay out each piece of Lebanese bread
5. Spread the hummus on the bread, top with shredded lettuce, tomato and carrot.
6. Roll the wrap tightly from the bottom, then wrap in paper or plastic to secure. Twist ends to stop filling from falling out.

Hummus Method

1. Drain chickpeas in sieve and rinse with fresh water.
2. Mash or add to a blender with lemon juice and tahini paste.
3. Blend until smooth and season with cumin.

Alternative fillings for wraps

1. Light ham, chutney, grated low fat cheese, grated carrot, sprouts
2. Tuna packed in spring water, drained, spring onions, tzatziki, English spinach
3. Boiled egg, light mayonnaise, celery, cucumber, shredded lettuce
4. Avocado salsa, tomatoes, rocket and shredded chicken

Supper

Corn, Cheese and Carrot Omelette

Preparation time: 10 minutes

Cooking Time: 5 minutes

Makes: 6

Equipment

Grater
Scissors
Medium bowl
Whisk
Frying pan

Skills

Whisking egg
Use of stove
Folding omelette
Grating
Snipping herbs

New Vocabulary

variations
sandwiches
omelette
zucchini
quarter

Ingredients

8 Eggs
310g tin, creamed corn
1 large carrot, peeled, coarsely grated
¼ cup fresh flat-leaf parsley, washed, dried and snipped
½ cup cheddar cheese, reduced fat, grated coarsely

Method

1. Whisk eggs in medium bowl until combined, stir in remaining ingredients.
2. Pour a ¼ of the egg mixture into a small heated oiled frying pan, cook over medium heat until the omelette is set. Fold the omelette in half, slide onto plate and cover to keep warm.
3. Repeat the process with remaining egg mixture to make four omelettes.

Lemon and Chive Risotto

Preparation time: 20 minutes

Cooking time: 30 minutes

Serves: 6

Equipment

Tablespoons
Cook's Knife
Chopping board
Garlic Crusher
Measuring jug
Large saucepan

Skills

Boiling
Frying
Safe knife skills
Adding own ingredients, taste and flavour preferences and combining foods

New Vocabulary

arborio rice
risotto
simmering
boiling
opaque
stock
ladle
rind

Ingredients

2 tablespoons olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
450g Arborio rice (risotto)
Juice of a lemon, rind
1500ml of vegetable stock, reduced salt
50g grated cheese-parmesan
2 tablespoons chives, washed, dried and finely chopped

Add vegetables from your own garden, washed and chopped appropriately; e.g. green beans, zucchini, corn, broccoli, pepper, and mushrooms.

Method

1. Fry the onion until just soft in the olive oil on medium heat.
2. Add the rice and rind to the pan, stir until the rice is opaque.
3. Add a ladle full of hot stock at a time, wait until all the liquid has been soaked up before adding the next ladle, you will need to stir and simmer.
4. The rice should be soft when its ready, you may not need all the stock
5. Add the lemon juice, chives and grated cheese.
6. Serve immediately with vegetables and salad.

Food fact: Arborio/risotto is short-grain white rice from Northern Italy. The length of the grain is often less than 2 times its width. Used often in Risotto because it absorbs flavour as it cooks yet remains somewhat firm.

Vegetable Burgers

Preparation time: 15 minutes Cooking time: 15 minutes Serves: 12

Equipment

Measuring cups and spoons
Large bowl
Saucepan or microwave container
Fork/masher
Flat pan/frypan

Skills

Use of frypan
Combining ingredients into patties
Use of fresh and frozen vegetables

New Vocabulary

lentils
pattie
sizzling
spitting
vegetarian

Ingredients

1 egg
½ cup plain flour
Breadcrumbs, wholemeal
1 cup cooked red lentils
2 cups well cooked vegetables (any you have grown or if you have not harvested, it can be frozen cooked vegetables)
2 teaspoons curry powder
Vegetable oil spray
12 small rolls

Method

1. Mash vegetables and lentils together until they form a lumpy mixture
2. Add egg, flour and herbs
3. Sprinkle in breadcrumbs until the mixture forms into a solid ball.
4. Heat an oiled large flat pan to medium heat, just sizzling not spitting. Spoon a large tablespoon of mixture and form into a small ball. Place in oil and flatten out. Repeat with remainder of mixture to make 12 patties.
5. Cook until golden brown then flip over and cook the other side. Remove from the pan and place on paper towel to remove excess oil.
6. Toast rolls under grill
7. Serve hot or cold with a side salad

Bush Tucker tips- use a pinch of herbs, native pepper, native mint, native thyme or lemon myrtle.

Dried Fruit Snack

Preparation time: 10 minutes

Serves: per class

Equipment

Bowls
Measuring spoons/cups
Small clip lock freezer bags
Glasses

Skills

Ingredient selection
Measuring

New Vocabulary

dried fruit
granola
healthy snacks
oats

Ingredients

Dried figs
Raisins
Dried peaches
Dried bananas
Dried apple pieces
Oats
Granola
Cornflakes
*low fat milk

Teacher note: Arrange the ingredients in separate bowls with labels or the packages to identify each.

Method

1. Make your own dried fruit snack by choosing 4-6 of the fruits and placing in a clip lock bag.
2. Add oats, granola cereal, or reduced fat yoghurt. Serve with a glass of low fat milk.

BBQ Vegetable Kebabs

Preparation time: 20 minutes

Cooking time: 15-30minutes

Serves: 6-8

Equipment

Garlic crusher
Cook's knife
Chopping board
Mixing bowl
Bamboo kebab sticks
Tray

Skills

Use of grill/BBQ
Using Knife- chopping
Food presentation
Combining foods, nutrition, textures and tastes
Marinating
Safe handling of raw meat

New Vocabulary

kebab
bamboo
cubed
soy sauce
zucchini
skewers
eggplant (Aubergine)
butternut squash
alternating

Ingredients

440g tin of pineapple pieces in natural juice
2tbsp soy sauce, low salt
2tbsp honey
2 tsp minced garlic and ginger
1 green capsicum, washed, deseeded and cubed
2 red onions, chopped
2-3 cups of zucchini, eggplant, butternut squash, celery, washed & cubed

Methods

1. Soak bamboo skewers in hot water for 1 hour. Drain the pineapple pieces and save the juice.
2. Place the pineapple juice, soy sauce, garlic, ginger and honey in a bowl and whisk. Pour into a flat bottomed tray.
3. Thread the alternating vegetables onto the bamboo skewers, making them look colourful.
4. Cut the sharp end of skewers off with shears.
5. Marinate the skewers in the tray mixture for 1 hour in the fridge. Cover with cling wrap.
6. Grill, BBQ (8-10 minutes) or bake (high oven 15-30 minutes in single layer), turning occasionally.
7. Serve on their own, or in pocket bread with salad.

Variation

Add chicken, tofu or beef cubes to the kebab alternating with vegetables and meat.

Recipe 11 Activity 14 - Celebrate your Garden

Using your own produce, plan your own menu. Use the recipe guides if you wish to plan the meal to share.

Below is an example of something you could include:

Vegetable Dips

Vegetable burgers

Stir-fry