Menu Masters

<table>
<thead>
<tr>
<th>Contents</th>
<th>Page</th>
<th>Tick when completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado Salsa</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Fruit Pikelets</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>Pizza Pita</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Stuffed Capsicum</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Chicken and Vegetable Stir Fry</td>
<td>7-8</td>
<td></td>
</tr>
<tr>
<td>Muesli Bars</td>
<td>9-10</td>
<td></td>
</tr>
<tr>
<td>Corn, Cheese and Carrot Omelette</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Chicken and Vegetable Pasta Bake</td>
<td>12-13</td>
<td></td>
</tr>
<tr>
<td>Kofta Curry</td>
<td>14-15</td>
<td></td>
</tr>
<tr>
<td>Kachumbar Salad</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Pumpkin and Kangaroo Hotpot</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Drief Fruit Snack</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Spinach Pie</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Carrot and Chocolate Slice</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>East Cottage Pie</td>
<td>21</td>
<td></td>
</tr>
</tbody>
</table>

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.
Menu Masters

Equipment

- Oven
- Aprons
- Tea towels
- Dishwashing equipment
- Chopping boards
- Knives
- Graters
- Blender
- Large Mixing bowls
- Wooden spoon
- Saucepans
- Frying pans
- Hand blender
- Peeler
- Ladle
- Masher
- Garlic crusher
- Oven gloves
- Colander
- Sieve
- Measuring cups/spoons
- Measuring jugs
- Baking trays
- Can opener
- Pastry brush
- Serving plates and cutlery

Food Skills I will learn being a Menu Master

<table>
<thead>
<tr>
<th>Easy Age 4-11 years</th>
<th>Intermediate Age 6-11 years</th>
<th>Advanced Age 7-11 years (all with supervision)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mix, Stir, Measuring with cups, Measuring with balancing scales, Crumbling cheese, Tearing lettuce, Snipping herbs with scissors, Kneading, Shaping, Arranging toppings, Sieving, Pouring, Dividing, Use of spices and seasoning in place of salt</td>
<td>Knife skills-soft foods, Chop, Slice, Measuring with a jug, Cutting fat into flour, Beating an egg, Rubbing fat into flour, Whisking, Folding, Beating, Creaming, Recipe modification</td>
<td>Knife skills harder foods, Chop, Slice, Dice, Mince/crush, Finely chopping herbs, Grating harder foods e.g. parmesan, Peeling harder foods, Digital Weighing scales, Use of the hob, Stir Fry, Steam, Boil, Sauté, Use of the oven, Menu development</td>
</tr>
</tbody>
</table>

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

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
¾ 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 process.
8. Serve with natural yoghurt.
**Tips**
- Keep mixture well stirred to get fruit in all pikelets.
- Can be eaten warm or cold. Can warm 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 1 tsp 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 1/2 tsp baking powder.

ES1-S1 can mash banana and mix in foods but the cooking of pikelets should be performed by the teacher.

S3 should try and follow the recipe under supervision.
Pizza Pita

Preparation time: 15 minutes      Cooking time: 10 Minutes      Serves: 6-8

Equipment
Cook's Knife
Chopping board
3 baking trays

Skills
Arranging topping
Using knife-chopping hard foods
Safe use of oven
Measuring
Presentation
Recipe development
Cultural food
Alternatives to common foods (pizza)

Ingredients
6-8 pita breads, wholemeal
1 cup tomato puree or tomato based pasta sauce, low salt
1 zucchini, leave skin on and slice
1 red capsicum, washed, remove seeds and slice
80g button mushrooms, cleaned with damp paper towel, then sliced
1½ cups (185g) Mozzarella cheese-grated, low fat
Fresh basil - washed, dried and chopped

Method
1. Preheat the oven to 160°C.
2. Spread the puree/tomato finely over each of the pita bases.
3. Sprinkle the grated cheese over the top of each of the bases.
4. Add zucchini, mushrooms and capsicum to decorate your pizza (e.g. make a face).
5. Bake in the oven for 5-8 minutes.
Recipe 4 Activity 6 - Seasonality

**Stuffed Capsicium**

Preparation time: 30 minutes  
Cooking time: 25 minutes  
Serves: 6

**Equipment**
- Oven
- Cook’s Knife
- Chopping board
- Measuring cups
- Measuring spoons
- Grater
- Garlic crusher
- Baking tray

**Skills**
- Using knife- slicing, halving,
- Measuring
- Safe use of oven
- Presentation
- Deseeding
- Crushing garlic
- Grating

**New Vocabulary**
- deseeding
- ricotta cheese
- lemon rind
- baking
- garnish
- tomatoes

**Ingredients**
- 3 capsicum (use red, yellow and green), washed, halved, seeds removed
- ¼ cup (60ml) olive oil
- 150g ricotta cheese, reduced fat
- 150g cherry tomatoes, washed, halved
- 1 small red onion, thinly sliced
- Grated rind of 1 lemon, washed and dried first
- 1 garlic clove, crushed
- 1/2 cup torn basil leaves, washed and dried first

**Method**
1. Preheat oven to 180°C.
2. Brush the capsicum with half the oil, then place on a baking tray.
3. Combine ricotta, tomatoes, onion, lemon rind, garlic and half the basil, and then use to fill the capsicum.

**Variation:**
Use other vegetables and egg plant, zucchini, mushrooms for the stuffing.
# 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
- Chopping boards (1 for chicken and 1 for vegetables)
- Garlic crusher
- Measuring jug for stock
- Teaspoon
- Tablespoon
- Strainer/colander
- Small bowl

## 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 garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, peeled, thinly sliced
- 1 stick celery, washed, sliced
- 1 red capsicum, washed, deseeded and finely chopped
- 150g snow peas, washed, shoots ends and strings removed
- 1 bunch of bok choy or 1 cup of cabbage, washed and 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 a 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 a smooth paste then stir in stock and chili sauce.
6. Pour into stir-fry and heat through.
7. Drain rice using a strainer or colander.
8. Serve rice into bowls and 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 maybe easier to cook. Follow packet instructions.
Recipe 6 Activity 8- Meal Times
This recipe can be spread over 2-3 lessons or 2-3 classes

**Breakfast - Muesli Bars**

Preparation time: 15 mins  Cooking time: 20 mins  Serves: 8-10

**Equipment**
- Lamington tin
- 2 Saucepans (small, medium)
- Wooden spoon
- Large mixing bowl
- Oven tray
- Bread and Butter Knife
- Chopping board

**Skills**
- Mixing
- Measuring
- Safe use of oven
- Dividing
- Use of stove
- Use of baking tray and paper
- Using knife – cutting into slices

**New Vocabulary**
- polyunsaturated
- scrambled
- biscuits
- line
- mushrooms
- muesli
- breakfast

**Ingredients**
- ½ Cup (125g) polyunsaturated vegetable margarine, low salt
- 2 tablespoons honey
- 2 eggs, lightly beaten
- ½ cup raw sugar
- 1½ cups natural muesli
- ½ cup shredded coconut
- ½ cup wholemeal plain flour
- ¼ cup toasted slivered or flaked almonds
- ½ cup chopped raisins
- ¼ cup dried fruit medley
- ¼ cup sesame seeds
- *Optional, 100g milk chocolate melts
- Baking paper
- Canola oil spray
Method
1. Line and lightly grease a lamington tin (20x30cm) with baking paper and cooking spray. Preheat the oven to 180°C.
2. Chop raisins.
3. Melt margarine and honey in a medium saucepan, remove from the heat.
4. Combine all the ingredients (except the chocolate). Stir well.
5. Firmly press the mixture into the lamington tin.
6. Place on an oven tray and bake at 180°C for about 20 minutes. There will be a slight browning. Do not burn the raisins. It will be soft to touch as all biscuits and slices become firm on cooling.
7. Remove from the oven and allow to cool in the pan.
8. Job for the teacher: The chocolate can be melted in a double saucepan or in a clip lock bag in a bowl of boiling water.
9. Double saucepan method - That is a larger saucepan of simmering water with a smaller one sitting on top (can be a heat proof bowl). It can also be melted in the microwave but must be on low to moderate heat. Be careful, chocolate can easily burn and cannot be recovered.
10. Drizzle the chocolate over the muesli whilst a little warm. Lift the muesli out of the pan using the baking paper. Place on a cutting board and cut into bar-size rectangles.
11. These can be stored in an airtight container, in a cool pantry for up to 5 days.

Breakfast Variations
1. Scrambled egg on toast- Very easy and a good skill to have.
2. Use produce from the garden such as tomatoes or mushrooms to mix in or have with it.
3. Home made muesli.
4. Apple or banana pikelets.
Lunch - Corn, Cheese & Carrot Omelette

Preparation time: 15 mins  Cooking time: 10 mins  Serves: 4

**Equipment**
- Medium bowl
- Fork
- Grater
- Tin opener
- Fry pan
- Spoon

**Skills**
- Whisking
- Grating
- Snipping/tearing herbs
- Use of stove
- Combining ingredients

**New Vocabulary**
- variations
- sandwiches
- omelette
- zucchini
- quarter
- coarsely

**Ingredients**
- 8 eggs
- 310g tin creamed corn
- 1 large carrot, grated
- ¼ cup fresh flat leafed parsley, washed, dried and roughly chopped
- ½ cup cheddar cheese reduced fat, coarsely grated

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

**Lunch Variations**
1. Simple sandwiches/wraps see recipe bank for ideas
2. Use different vegetables to make the omelette; mushroom, tomato and zucchini are all good variations.
Dinner - Chicken & Vegetable Pasta Bake S3

Preparation time: 30 minutes  Cooking time: 20-25 minutes  Serves: 6-8

Equipment
- Tablespoon
- Cook's Knife
- Chopping board
- Garlic crusher
- Grater
- 2 Large saucepans
- Heatproof bowl
- Colander
- Ovenproof dish
- Small saucepan

Skills
- Frying/sautéing
- Cooking pasta
- Measuring
- Making béchamel sauce
- Baking
- Timing of foods

New Vocabulary
- béchamel sauce
- kernels
- season
- coarsely
- shred
- medium heat
- sautéing

Ingredients
- 1 tablespoon olive oil
- 1 brown onion, coarsely chopped
- 2 carrots, peeled and grated
- 2 celery sticks, washed, end trimmed, finely chopped
- 2 corncobs, husks and silks removed, kernels removed
- 2 Zucchini, washed, skin left on & coarsely chopped
- 1 garlic clove, crushed
- 300g dried risoni pasta
- 1 large BBQ chicken, remove skin & shred meat
- 90g fresh wholemeal breadcrumbs, made from day old bread
- 80g cheddar cheese, reduced-fat, coarsely grated

Béchamel Sauce
- 60g polyunsaturated margarine
- 50g plain flour
- 750ml milk, reduced-fat, warmed
- 70g cheddar cheese, reduced-fat, coarsely grated
Method

1. Heat oil in a large heavy based saucepan over a medium heat. Add the onion, carrot, celery, corn kernels, zucchini and garlic and cook stirring often for 10 minutes or until vegetables are soft. Transfer to a large heatproof bowl.

2. Meanwhile cook the pasta in a large saucepan of salted water for 8 minutes or until ‘al dente’. Drain in colander.

3. To make the béchamel sauce, melt the margarine in a large saucepan over a medium heat. Add the flour and cook, stirring for 1 minute or until the mixture bubbles. Remove from heat. Gradually add the milk, stirring constantly until well combined. Place over medium heat and cook until well combined. Place over medium heat and cook, stirring constantly until sauce thickens. Simmer, stirring for 2 minutes. Remove from heat and stir in cheese.

4. Add the pasta, béchamel sauce and chicken to the zucchini mixture and stir until well combined. Season with pepper. Spoon the mixture into an ovenproof dish.

5. Combine the breadcrumbs and the cheddar in a small bowl. Sprinkle over the pasta mixture. Bake for 20-25 minutes until golden and serve.

Serving Tip- serve with a green salad on the side.
Kofta Curry

This dish can be made with beef, lamb or chicken. It makes a great meal when served with Jeera rice and Kachumbar salad.

Kofta is a Middle Eastern and South Indian meatball or meatloaf. The vegetarian variety like lauki kofta, shahi aloo kofta are popular in India.

Preparation time: 30 minutes  Cooking time 15-20 minutes  Serves 6-8

**Equipment**
- Cook's knife
- Chopping board
- Measuring cups
- Tablespoon
- Teaspoon
- Large bowl
- Plate
- Fry pan
- Saucepan for rice
- Wooden spoon

**Skills**
- Shaping meatballs
- Combining ingredients
- Measuring
- Frying
- Cooking rice
- Knife skills soft and hard foods, chopping and cubing

**Ingredients**
- 1 kg lean beef mince
- 5 onions, finely chopped
- 2tbsp garlic paste
- 1tbsp ginger paste
- 2tbsp garam masala (for the koftas)
- 3tbsp tomato sauce
- ½ cup coriander leaves, washed, dried and finely chopped
- 3tbsp vegetable cooking oil
- 1tbsp ginger paste
- 2tbsp garlic paste
- 2tsp coriander powder
- ½tsp turmeric powder
- 1tsp chilli powder
- 1tsp garam masala
- 4 large tomatoes, washed and cubed
Method

1. Put the minced beef, 2 of the chopped onions, garlic paste, ginger paste, garam masala, tomato sauce and coriander leaves in a large bowl and mix well.
2. Form the mixture into equal sized balls and keep on a plate.
3. Heat the oil in a pan and add the remaining onions. Fry until they are light brown then add the ginger and garlic pastes. Fry for a minute.
4. Add all the powdered spices, coriander, cumin, red chili powder, garam masala, turmeric and fry for 2-3 minutes.
5. Add the tomatoes and mix well, fry the masala until the oil begins to separate from it.
6. Add 2 cups of warm water to the masala and season with pepper to taste. Gently add your meatballs now. Do not stir for the next 5 minutes.
7. Prepare and cook the rice as per packet instructions on the stove.
8. Stir the meatball curry gently without breaking the meatballs.
9. Cook uncovered until the meatballs are all done. The gravy can be as thick as you like so add or reduce the water as required.
Kachumbar Salad

Prep Time: 10 minutes     Cook Time: 2 minutes        Serves: 6-8

Equipment
Cook’s knife
Chopping board
Colander
Measuring spoons
Small jar
Salad bowl
Juicer

Skills
Handling chilies
Using knife - fine chopping
Making salad dressing

New Vocabulary
Kofta
coriander
grams
dissolve
garam masala
turmeric

Ingredients
2 small/1 large onion, chopped finely
3 tomatoes, washed and chopped finely
1 large cucumber, washed, leave skin on, chopped finely
2 green chilies, washed, deseeded and chopped finely. (Was hands immediately - Do not rub eyes!)
½ bunch coriander leaves, chopped very finely
Juice of 1 lemon/2 limes
1 tsp sugar
1 tsp vegetable oil
½ tsp red chili powder

Method
1. Wash tomatoes, cucumber, green chilies, and coriander and pat dry with a paper towel. Cut according to the recipe and combine in a salad bowl or on a platter.
2. Mix all the vegetables together in a large salad bowl and chill.
3. In a small bottle (must have a tightly-fitting cover), mix the lime/lemon juice, oil, salt, sugar and chili powder. Put the lid on and shake the bottle well to mix all the ingredients in it and dissolve the sugar, (or whisk together well in a bowl).
4. Pour the dressing over the salad just before you are ready to eat. Mix lightly and serve.
Pumpkin and Kangaroo Hotpot

Preparation time: 30 minutes  Cooking time: 30 minutes  Serves: 4-6

Equipment
Cook’s Knife
Chopping board
Grater
Measuring cups and spoons
Saucepan
Frying pan
Baking dish

Skills
Grating
Knife skills
Frying
Boiling/steaming
Use and timing of oven
Measuring using cups
Weighing scales

New Vocabulary
boiling
steaming
moderate oven
metric measuring equipment
pumpkin

Ingredients
500g Kangaroo mince
1 onion, chopped
2 carrots, peeled and grated
1 cup (250ml) of canned tomatoes
2 tablespoons soy sauce, reduced salt
3 cups of diced pumpkin
4 stalks celery, washed and finely chopped
¼ cup nutmeg
½ cup breadcrumbs
Vegetable oil spray

Method
1. Boil or steam pumpkin (stove or microwave) and mash with nutmeg.
2. Brown mince in a large frying pan.
3. Add celery onion, carrot, tomato and soy sauce.
4. Cook for 10 minutes over low heat. Spoon into baking dish.
5. Cover with pumpkin and then sprinkle with breadcrumbs.
6. Spray with oil and bake in a moderate oven for 30 minutes.
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.
**Spinach Pie**

**Preparation time:** 15 minutes  
**Cooking time:** 35 minutes  
**Serves:** 4-6

### Equipment
- Measuring cups
- Medium Pie dish
- Mixing bowl
- Egg whisk
- Grater

### Skills
- Beating eggs
- Measuring
- Combining ingredients
- Use of oven and oven timing

### New Vocabulary
- evaporated milk
- skim milk
- parmesan cheese
- warrigal greens

### Ingredients
- Olive oil spray
- ½ cup breadcrumbs
- 1 cup of evaporated skim milk
- 4 eggs
- 2 ½ cups cooked spinach (for native foods can replace with Warrigal greens)
- ½ cup shallots, washed and finely sliced
- ½ cup Parmesan cheese, grated

### Method
1. Wash spinach, cut off ends and chop roughly. Place in microwave bowl and steam till soft.
2. Spray dish with oil spray. Spread breadcrumbs over base of dish.
4. Add all other ingredients.
5. Pour into greased pie dish.
Recipe 11 Activity 14 - Celebrate your Garden

Carrot and chocolate slice
(Forbes North Public School)

Preparation time: 30 minutes  Cooking time: 30 minutes  Serves: 8-10

**Equipment**
- Measuring cups
- Teaspoon
- Grater
- Fork/whisk
- Large bowl
- Small bowl (for eggs)
- Lamington tin

**Skills**
- Beating eggs
- Beating raw into dry ingredients
- Grating
- Measuring
- Knife skills
- Combining ingredients

**Ingredients**
1 cup of self-raising flour
1 teaspoon of ground cinnamon
¾ cup caster sugar
½ cup carrot, peeled and grated
1 cup of mixed dried fruit
½ cup dark choc bits
1/3 cup desiccated coconut
2 eggs, lightly beaten
1/3 cup, heaped (90g) polyunsaturated margarine, low salt - melted
1/3 cup chopped walnuts (optional, can use dried fruit in its place, be aware of allergies)
Shredded orange rind to decorate

**Frosting**
125g low fat cream cheese, softened
25g polyunsaturated, margarine, low salt, softened
1½ cups icing sugar
1 tsp hot water

**Method**
1. Preheat oven to 180°C.
2. Grease a 20cm x 30cm lamington pan: line base and two long ides with baking paper, extending paper 2cm above edge of pan.
3. Combine flour, cinnamon, sugar, carrot, dried fruit, choc bits and coconut in a large bowl. Stir in eggs, butter and walnuts - mix well. Spread mixture into prepared pan.
4. Cook in a moderate oven 180°C, for about 30 minutes, or until cooked when tasted.
5. Allow slice to cool in pan.
6. Frosting - Beat cream cheese and butter in a small bowl with an electric mixer until smooth. Add icing sugar and water and beat until combined.
7. Spread frosting over top of slice, decorate with shredded orange rind. Stand until set before cutting into squares.
Easy Cottage Pie

Preparation time: 30 minutes  Cooking time: 45 minutes  Serves: 6-8

Equipment
Cook's knife
Peeler
Large fry pan
Chopping board
Measuring cups and spoons
Large saucepan
Masher
Grater
Pie dish
Fork

Skills
Mashing
Cooking with fry pan
Browning in oven
Peeling & chopping large vegetables

New Vocabulary
iodised salt
edam cheese
reduced fat
boil
simmer
canola
transparent

Ingredients
5 large potatoes
2 tablespoons of canola oil
1 onion, chopped
3 cloves of garlic, crushed or chopped
750 grams, lean beef mince
1 heaped tablespoon plain flour
3 cups frozen mixed vegetables of your choice
2 cups milk, low fat
½ cup grated cheese, low fat (optional) for sprinkling
Iodised salt and pepper

Method
1. Preheat oven 170ºC.
2. Wash, peel and chop potatoes and boil (stove or microwave) for mash topping.
3. Meanwhile in a large frying pan heat oil.
4. Turn the heat down.
5. Add chopped onions and gently fry until transparent.
6. Add garlic and continue to cook for 1 minute.
7. Add mince with a pinch of salt and some pepper and cook until browned. (Break the mince up into pieces using a wooden spoon as you cook)
8. Once brown, sprinkle with plain flour over the mince to thicken the juices and mix through.
9. Then add ¼ of a cup of water.
10. Add vegetables to the mince.
11. Mix mince and vegetables together and place in a 2litre dish.
12. Once potatoes are cooked, mash with 1 tablespoon cheese and about ½ cup milk then add salt and pepper to taste.
13. Place mashed potato over mince pressing down with a fork.
14. Grated Edam cheese, which has 25% less fat, may be added on the top.
15. Bake at 170ºC for 30 minutes or until golden brown.