

Raw Rangers



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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.

Raw Rangers

General Equipment List

Chopping boards	Peelers	Skewers
Cook's knives	Large bowls	Oven trays
Grater	Measuring cups & spoons	Sieve
Blender	Measuring jugs	Bamboo rolling sheet
Plates	Measuring Scales	Can opener
Cutlery	Scissors	

Food skills I will learn being a Raw Ranger

Easy 4-11yrs	Intermediate 6-11yrs	Advanced 7-11yrs
<ul style="list-style-type: none"> • Mix • Stir • Measuring with cups • Measuring with balancing scales • Crumbling cheese • Tearing lettuce • Snipping herbs with scissors • Shaping • Arranging toppings • Pouring • Dividing • Use of spices and seasoning in place of salt 	<ul style="list-style-type: none"> • Knife skills - soft foods • Chop • Slice • Grating softer foods • Beating an egg • Recipe modification • Rubbing fat into flour • Beating • Measuring liquids with jug 	<ul style="list-style-type: none"> • Knife skills - firmer foods • Chop • Slice • Dice • Mince • Finely chopping herbs • Grating firmer foods e.g. parmesan • Peeling firmer foods • Digital weighing scales

Other Food Skills

Food safety and hygiene
 Different food groups and healthy eating
 Seasonality of fruit and vegetables
 Identify the fruit/vegetable
 Sharing and enjoying foods produced
 Sustainability
 Food presentation

Avocado Salsa

Preparation time: 15 minutes

Makes: 6 wraps or serves more as a dip

Equipment

Bowl
Fork
Knife
Chopping board

Skills

Mixing
Use of 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

Prepare the following recipes below and share with two types of bread and vegetable sticks, Lebanese and pita bread will go best with this recipe.

Bread ideas: French, Lebanese, Pita, Sourdough, Turkish and wholegrain rolls.

Discuss which are wholegrain and which are not.

Equipment

Can opener
Blender or whiz stick
Cooks knife
Chopping board
Serving platter
Peeler
Jug to blend in if using stick
Measuring spoons
Baking paper
Oven tray

Skills

Mashing or using a blender
Measuring
Mixing
Presenting food
Teamwork

New Vocabulary

hummus
cucumber
chickpeas
top & tail
ground
tabouleh
cumin

Hummus

Preparation time: 10 minutes

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

Equipment

Blender
Tablespoon

Ingredients

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

Method

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

Tabouleh

Preparation time: 30 minutes Serves: 6 - 8

Ingredients

- 1 cup of cracked wheat (Bourgal)
- 2-3 bunches of continental parsley
- 8 large ripe tomatoes
- 1 bunch of shallots
- 1 large bunch mint
- ¼ cup sesame seeds
- ¼ cup French dressing (whisk together 3 tablespoons olive oil and 1 tablespoon of balsamic vinegar)

Method

1. Put cracked wheat into a large salad bowl. Pour over enough water to cover the wheat with ½ cm above. Set aside for 30 minutes.
2. Wash all vegetables.
3. Cut tomato into very small pieces.
4. Pull leaves from stalks of parsley and mint and finely chop or snip.
5. Finely chop shallots.
6. Fluff up the cracked wheat using a fork.
7. Combine wheat and vegetables, parsley and mint.
8. Pour French dressing over tabouleh, fork through to mix and serve.

Vegetable dippers

Preparation time: 10 minutes Serves: 6 - 8

Ingredients

- 1 celery stalk, topped and tailed
- 1 cucumber, leave skin on, topped and tailed
- 1 carrot, peeled, top and tailed

Method

1. Wash all ingredients.
2. Cut all ingredients into equal size and thickness.
3. Place on serving tray with dips.

Serve with tabouleh.

Banana & Passionfruit Smoothie

Preparation time: 10 minutes

Serves: 3

Equipment

Blender
Bread and butter knife
Chopping board
Glasses

Skills

Peeling
Measuring
Blending
Dividing and pouring
Menu development

New Vocabulary

batches
blender
pulp
halved
smoothie

Ingredients

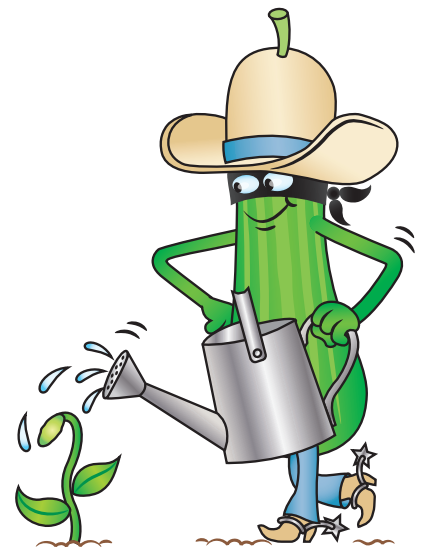
3 large ripe bananas
3 cups of vanilla yoghurt, low fat
3 passionfruits, halved and pulp removed
6 ice cubes
1 cup of milk, reduced fat
2 tsp honey

Method

Do this in two batches to make six

1. Peel the bananas and slice.
2. Put 1½ chopped bananas, 1½ cups of the yoghurt, ½ cup of milk, 1 tsp honey and 3 ice cubes into the blender.
3. Blend for 30 seconds or until smooth.
4. Pour into 3 glasses.
5. Pour half of the passionfruit pulp on top of each of the smoothies.
6. Repeat this with the other half of the ingredients.

What healthy snack could this go with?



Colourful Seasonal Salad

Preparation time: 20 minutes

Serves: 6

Equipment

Cook's knife
Chopping board
Colander
Grater
Measuring spoons
Small jar
Bowl

Skills

Washing vegetables
Tearing lettuce
Measuring
Grating
Chopping
Crumbling cheese

New Vocabulary

vinegar
mustard
olives
feta cheese
drizzle
toss
dress
capsicum

Ingredients

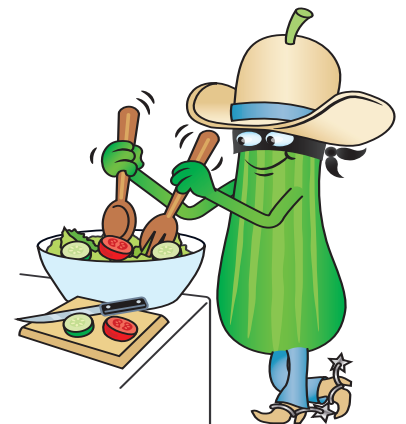
1 avocado, chopped
1 lettuce, torn
1 red capsicum washed, deseeded and chopped
1 yellow capsicum washed, deseeded and chopped
1 carrot grated
2 tablespoons feta cheese, crumbled
6 olives
Handful of basil torn/snipped

Dressing

3 tablespoons olive oil
1 tablespoon vinegar
1 teaspoon French or wholegrain mustard
Pepper

Method

1. Wash all vegetables, dry well and prepare. Mix (toss) together in a big bowl.
2. Just before serving, drizzle the salad dressing over the salad and toss lightly.
3. Share the salad.



Fruit kebabs

Preparation time: 20 minutes

Equipment

Cook's knife
Peeler
Chopping board
Skewers
Serving platter

Skills

Preparing different fruits
Cutting
Skewering
Food presentation

New Vocabulary

kebab
skewers
nutrients
platter

Ingredients

Using the list of fruit below (in season March/April) chose 4-5 different fruits.

Fruit

Pear, apple, quince, plum, peach, nectarine, plum, custard apple, lychee, banana, melon, grape, fig, guava, kiwi, lime, passionfruit, pomegranate.

Nuts

Pistachio, hazelnut, almond.

Method

1. Wash the fruit, peel and cut into large cubes. Sprinkle with lemon or lime juice to prevent browning.
2. Alternate colours on a kebab stick. Nuts can be crushed in a bag with a rolling pin and then kebabs can be rolled in these.
3. Either passionfruit or pomegranate can be spooned over the top when serving.
4. Chill and eat when ready.

Look at all the colours of the kebabs, the more colours the wider variety of nutrients

Recipe 5 Activity 7 - Balanced Meals

Make 1 of the following wraps

Carrot, Lettuce & Hummus Wrap

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 presenting
Blending, mixing, tearing

New Vocabulary

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

Ingredients

2 large carrots
2 tomatoes
1 lettuce
8 radishes
6 rounds Lebanese bread, mountain bread, tortillas or lavash, or iceberg lettuce leaves
1 quantity of hummus (refer to previous hummus recipe)

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.

Alternative fillings for wraps

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

Recipe 6 Activity 7 - Meal Times

Different stages can do a different meal time each and then all come together to share.

Breakfast - Homemade Bircher Muesli

Preparation time: 20 minutes

Makes: 6

Equipment

Cook's knife
Chopping board
Measuring cups, spoons & jug
Bowl

Skills

Measuring
Chopping
Mixing
Storing

New Vocabulary

Bircher muesli
rolled oats
stewing
airtight container
refrigeration
harvest
sultanas

Ingredients

2 cups rolled oats
1 cup drinking yoghurt or natural yoghurt, reduced fat
2 tablespoons honey
1 cup plain or fruit yoghurt, low fat
150ml orange or apple juice
1 cup sultanas
100g mixed fresh fruit, apple/pear or other fruits in season

Method

1. Combine all ingredients together except the fruit.
2. Add the fresh fruit before serving. If excess fruit is harvested S2-S3 can stew the fruit in small amount of water on stove or in microwave.
3. Should be left overnight for 8 hours for best result. Talk about storing the muesli and the stewed fruit in airtight containers in the fridge.

Sushi

A Japanese dish. It has cooked, vinegared rice, which is commonly put into a roll or topped with other ingredients, such as fish or other seafood.

The rice needs to be cooked beforehand in a microwave or at home.

Prep time: 45 minutes Makes: 20 rolls

Equipment

Saucepan
Bamboo rolling sheet
Plate
Spoon
Knife
Peeler

Skills

Use of bamboo rollers
Use of knife - slicing
Presentation
Choice of dipping sauce
Sharing

New Vocabulary

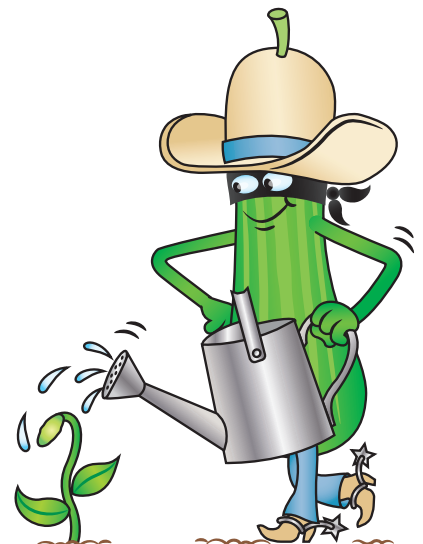
nori sheet
short grain rice
rice vinegar
tofu
avocado
bamboo rolling sheet
sushi
double-dipping

Ingredients

6 cups short grain rice
4 cups water
½ cup of rice vinegar
3 nori sheets
1 carrot
1/2 cucumber
1 avocado
*light soy sauce for dipping

Other Filling suggestions

Carrot
Cucumber
Capsicum
Asparagus
Shallots
Tofu
Pickles
Tuna (canned)
Salmon (smoked or canned)
Pre-cooked chicken



Method

TEACHER

1. Wash the rice until the washing water starts to become clear. (You can wash the rice in a sifter or in a big pot. If you use a big pot, you have to pour out the water several times; if the pot is big enough this can be done easily without spilling rice.)
2. To cook the rice use about 15% more water than sushi rice measured in volume. (So if you use 1 cup of sushi rice, use a little bit more than 1 cup of water.) Bring the water to boiling point without the rice. Put the rice into the boiling water. To prevent the rice from sticking to the bottom of your pot, stir the rice several times while it boils. After 2-3 minutes turn the heat down to lowest level. (The water should barely continue to boil. Put a lid on the pot and let the rice simmer for about 10-15 minutes. (There mustn't be too much heat, otherwise the lowest layer of rice will stick to the bottom of the pot!))
3. As soon as the rice has absorbed the water, put it away from the oven and let it rest within the pot covered by the lid. Wait for about 15-20 minutes. (This is also important! If you don't wait, your rice probably will be too crunchy.) After that you can add sushi vinegar (see below) and stir the rice. Usually you put the rice in a special wood bowl and mix it there with the vinegar, to avoid chemical reactions with your metal pot. Another solution is to put the rice into a ceramic baking pan.
4. Spread the rice in the baking pan (or somewhere else) so that the rice cools down quickly. Cover the tray with a towel to prevent the rice from drying out. (Sushi rice should be used when it is cold. If you are working under time pressure warm rice will also work.)

STUDENTS

1. Lay one sheet of nori on bamboo-rolling sheet (if you have one) or a chopping board. The bamboo-rolling sheet will make rolling the sushi much easier. Spread a 1cm deep layer of cooled rice over $\frac{3}{4}$ of the sheet and press down firmly. The other quarter of the sheet is left uncovered to allow the nori to seal more easily.
2. Lay thinly cut sticks of carrot and cucumber in a line and on top of each other, about 5cm from the end, opposite to the end with the exposed nori.
3. Brush the exposed nori section with water to aid the seal.
4. Roll the nori sheet tightly, starting with the edge that is lined with the vegetables and work towards the end with the exposed nori. The bamboo-rolling sheet will make this process easier. Once the roll is completely enclosed wrap your hands around the mat to gently tighten the roll. Cut each roll in half and cover in cling wrap. Continue with the rest of the nori sheets, rice and vegetables. Refrigerate until ready to serve. The rolls can then be cut into 4cm rounds for everyone to try.

Omelette in a Bag

Preparation time: 10 minutes

Serves: 1

Equipment

Large quality clip lock freezer bags
Cook's knife
Chopping board
Kettle
Tongs
Serving plate
Heatproof bowl

Skills

Preparing different vegetables
Egg cookery
Slicing
Choosing ingredients

New Vocabulary

salsa
slicing
chives
shallots
heatproof bowl
omelette

Ingredients

2 eggs
2 slices shaved ham
1 tablespoon tasty cheese, reduced fat
1 tablespoon diced capsicum, washed and deseeded
3 cherry tomatoes, washed and sliced
1 shallot or 3 chives, washed and finely sliced
1 mushroom, cleaned and sliced
* 1 teaspoon salsa optional

Method

1. Put the kettle on to boil and have large heatproof bowls ready.
2. Crack 2 eggs into a large, good quality resealable freezer bag. Press out the air and seal.
3. Shake or squeeze to beat the eggs.
4. Open the bag and select your filling and place in the bag. Press out the air and seal.
5. Pour the just boiled water into the heatproof bowl and place the bag carefully into the boiled water. No more than 2 per bowl, as the water temperature will drop. This can be done on the microwave or stove if you have one. Cook until set. This can take around 13 minutes.
6. Carefully remove the bag with tongs and place on the bench. Open to let the steam escape away from you and then turn out the omelette onto a plate and enjoy.
This is a great breakfast or snack when camping.



Rice Paper Rolls

Vietnamese “summer” or “salad” roll; a cold dish consisting of various ingredients (including bún) rolled in moist rice paper.

Preparation time: 30 minutes Makes: 12 rolls

Equipment

Chopping board
Knife
Heatproof bowl
Kettle

Skills

Safe handling of hot water
Measuring
Use of knife: slicing, shredding
Presentation
Choice of other ingredients to serve

New Vocabulary

vermicelli
bean sprouts
rice paper wrappers
dipping sauce
thin strips (julienne)
English spinach

Ingredients

85g rice vermicelli
Juice of a lime
1 tablespoon soy sauce, salt-reduced
1 cup of bean sprouts
2 cups of English spinach leaves, washed and shredded finely
1 carrot, peeled and cut into thin strips
1/2 red capsicum, washed, deseeded and cut into thin sticks
1 Lebanese cucumber, washed, leave peel on and cut in half vertically, then each half into 6 long thin wedges
1 bunch of mint, discard stalks, wash, dry and chop leaves
12 x 16cm round rice paper wrappers
Sweet chilli sauce/soy sauce/satay sauce

Method

1. Put vermicelli into a large bowl and pour boiling water over to cover. Leave for about 5 minutes, then drain. Place in a bowl and toss through a tablespoon of salt-reduced soy sauce and lime juice.
2. Dip rice paper wrappers, one at a time into a large bowl with very warm water until flexible only. Then lift out of water and place onto a plate to drain. Transfer to a dry board.
3. Place about a dessertspoon of vermicelli across the centre of the wrapper, leaving 2cm at each end.
4. Top this with a little spinach, carrot, capsicum, some bean sprouts, mint and cucumber. Do not over fill, as this will make it difficult to seal.
5. Fold in the sides and roll up firmly to enclose the filling. Place on another plate and repeat until all wrappers are filled. If the wrapper doesn't stick when rolled up, wet again with a little water at the edge.
6. Serve with sweet chilli, soy or satay dipping sauce.

Bush tucker Tropical Carrot Salad

Preparation time: 20 minutes

Serves: 4-6

Equipment

Grater
Can opener
Measuring cup

Skills

Grating
Mixing/combining
Measuring

New Vocabulary

bush tucker
pineapple
toss
currants
tropical
coconut

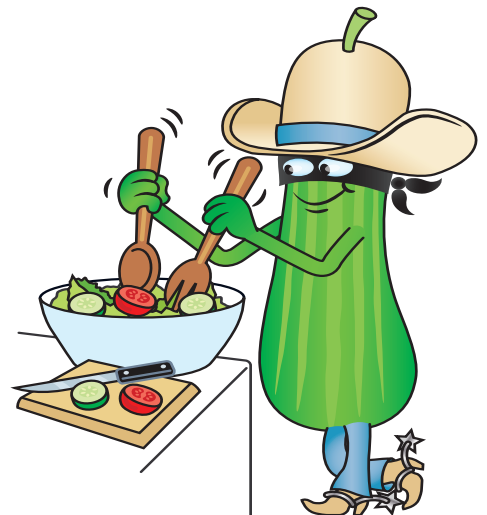
Ingredients

4 carrots, washed and peeled
1 cup of currants or sultanas
½ cup desiccated coconut
8 unsweetened pineapple slices

Method

1. Grate carrot. Drain and dice pineapple.
2. Combine grated carrots, currants and pineapple in a salad bowl.
3. Toss gently.
4. Sprinkle with coconut and serve.

Bush tucker tip: sprinkle with muntries for some colour and a different flavour



Bush tomato dip

Preparation time: 15 minutes

Serves: 8-10

Equipment

Bowl
Spoon
Fork
Serving plate
Chopping board
Cook's knife

Skills

Measuring
Blending
Presentation

New Vocabulary

wholegrain
relish
cream cheese
low fat
reduced fat
grams
kilograms

Ingredients

250g cream cheese, reduced fat

200g bush tomato relish or fresh tomatoes, finely chopped or blended

1 packet wholegrain wheat crackers

1 tablespoon chives, washed and finely chopped

Method

1. Place ingredients in a bowl and blend with a fork or use a blender until combined. Don't make too runny.
2. Present dip and crackers on a plate for all to share.



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

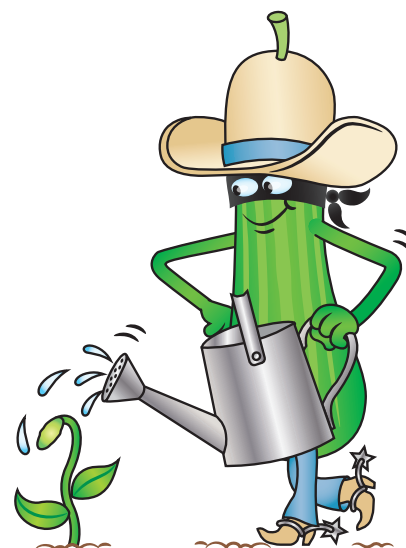
Ingredients

Dried figs
Raisins
Dried peaches
Dried bananas
Dried apple pieces
Oats
Granola (can be high in fat - use Healthy Kids criteria to select a 'green' cereal)
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.



Bean salad

Benefits of Beans

Beans can be used for any meal either on their own or as a side dish. They are cheap and good for you. They are packed with nutrients such as protein, fibre, folate, calcium, magnesium, iron and zinc. Beans and pulses are high in fibre and help your bowels to work properly.

Preparation time: 20 minutes

Serves: 6

Equipment

Colander
Kitchen scissors for herbs
Cook's knife
Chopping board
Can opener
Small jar
Measuring spoons
Strainer

Skills

Snipping
Handling herbs
Using tinned items
Making salad dressing
Combining ingredients

New Vocabulary

nutrients
pulses
fibre
Bowel
baby spinach
cracked pepper
chickpeas
four bean salad

Ingredients

300g can four bean mix, drained and rinsed
425g can whole kernel corn
410g can chickpeas, drained and rinsed
3 tablespoons parsley, washed, stalks removed and chopped
3 spring onions, thinly sliced
1 cucumber, washed, leave skin on and diced
1 tomato, washed and cut into segments

Dressing ingredients

1 tablespoon of lemon juice or white vinegar
3 tablespoons canola or olive oil
1 tablespoon of honey
1 teaspoon mustard

Handful of lettuce leaves, washed and dried and broken up
Handful of baby spinach leaves broken up

Method

1. Place all salad ingredients in a bowl with some cracked pepper.
2. Put all dressing ingredients together in a screw top jar and shake well.
3. Pour the dressing over the bean salad and serve.
4. Serve with some cold cooked chicken or tuna and some pita breads.

Recipe 11 Activity 14 – Menu Planning

Using the menu you planned last week and produce from your garden, prepare and share a meal. Use the recipe guide and the below example if you wish, but remember to use YOUR garden produce in the menu.

Example recipe:

Beetroot Slaw with Apple & Red Cabbage

Preparation time: 30 minutes

Serves: 6

Equipment

Large bowl
Peeler
Measuring spoons
Small jar
Chopping board
Juicer
Cook's knife

Skills

Shredding
Peeling
Grating
Measuring
Crushing garlic
Blending and combining
Presentation
Serving and dividing portions
Mixing combining

New Vocabulary

Walnuts
Beetroot
Balsamic vinegar
Crème fraiche
Greek yoghurt
Cabbage
Coleslaw

Ingredients

2 beetroots, raw, peeled and cut into matchsticks
½ red onion, finely chopped
¼ red cabbage, finely shredded and then washed in colander
50g walnuts chopped
1 Granny Smith apple, washed and grated
Handful of mint leaves, stalks removed, washed and chopped

Dressing

3 heaped tablespoons low fat sour cream or light crème fraiche or Greek yoghurt
3 tablespoons olive oil
Juice of a large lemon/lime
2 tablespoons sugar
1½ tablespoons balsamic vinegar
Pepper

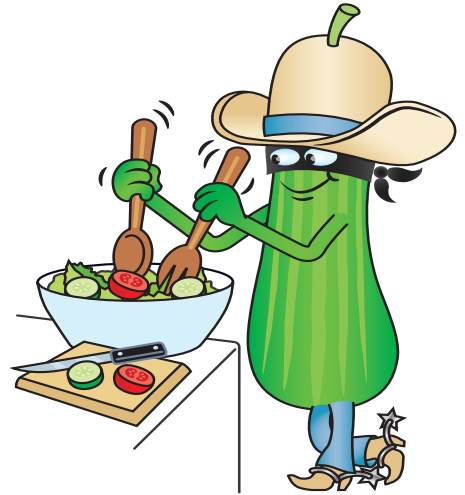
Method

1. Combine beetroot, cabbage and onion in bowl.
2. Whisk dressing ingredients together. Pour $\frac{2}{3}$ of dressing onto cabbage mixture and mix until combined.
3. Toss walnuts, mint and apple with remaining dressing in another bowl.
4. Put cabbage mixture onto serving plate and top with apple mixture.

Certificate of Completion

Congratulations to

for completing the
Raw Ranger Cooking Course

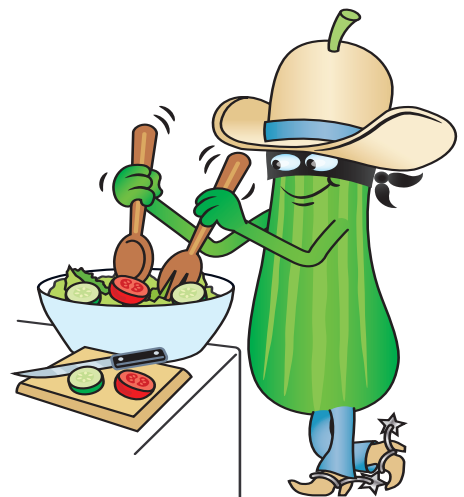


KidsGrow KidsCook

Certificate of Completion

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