Chickpea Dip

1 Can of drained chickpeas
¼ cup olive oil (may need to add a little more to get it to the required consistency)
2 Tablespoons lemon juice
1 clove of garlic, crushed or chopped finely
Salt and pepper to taste. (Start with a couple of pinches or ¼ teaspoon)

1. Place all items in a bowl and when ready put these into the food processor or blender.
2. Blend all ingredients together and if the mixture is too dry add more oil.
3. Season at the end and transfer to serving bowl.

Sundried Tomato Damper

2 cups self raising flour
¼ teaspoon of salt
2 tablespoons of butter or 2 tablespoons of olive oil
2 teaspoons of sugar
2 tablespoons of sundried tomatoes, roughly chopped
1¼ cups milk (more or less depending on consistency of mixture)

1. Combine all dry ingredients in a bowl and rub butter into flour until it looks like breadcrumbs.
2. Mix in sundried tomatoes.
3. Add milk slowly until it forms a dough then turn out on a chopping board and knead until it comes together (e.g. scone dough)
4. Remove from bowl and place in a cake pan and bake at 190°C for 30 to 40 minutes.  
   (Variations instead of sundried tomatoes: ½ cup grated cheese or 2 Tablespoons chopped herbs, e.g. basil, thyme, parsley, etc)

Serve warm with butter.  
Serves 5 people as a snack
What’s cooking this fortnight?

Savoury Muffins

**Muffin Mix:**
- 2 cups self raising flour
- ½ cup oil
- milk as needed
- 2 eggs beaten with a fork
- chopped chives or parsley
- 2 grated carrots
- 1 onion diced
- 2 grated zucchini
- salt and pepper to season

**Method:**
Place all your dry ingredients in a large bowl, then add grated carrot, onion and zucchini. Add your eggs, oil and as much milk as needed to form a batter. Season with salt and pepper. Spray muffin tins and use a tablespoon to fill tins. Cook at 180°C for 10 minutes or when golden brown. Remove to a cooling rack.

Pizza Wheels

**Ingredients:**
- 2 cups self raising flour
- 2 cups plain flour
- 8 tablespoons of butter
- 1 egg
- 250ml milk
- 1 cup grated cheese
- tomato paste
- 100g shredded ham

**Method:**
Place all dry ingredients into a bowl. Add the butter and rub in with your finger tips until it looks like bread crumbs. Add milk; mix well before turning out onto your bench. Split your mixture into 2 lots and roll out to about 1cm thick. Spread with tomato paste then sprinkle with ham or cheese. Cook at 180°C for 10 - 15 minutes.

Chocolate Truffles

**Ingredients:**
- 2 packets of Marie biscuits
- 4 tablespoons of cocoa
- 1 tin condensed milk
- 2 cups of coconut

**Method:**
Crush biscuits until it looks like breadcrumbs. Add your cocoa and mix well. Add condensed milk and mix until well combined. Roll into balls and then roll in coconut. Place on a flat tray and then put in the fridge until they are firm.
**Pumpkin Risotto**

**Ingredients:**
- 4 cups of pumpkin, cut into 1cm cubes
- 1 large onion diced
- 2lt of stock
- 2 tablespoons of diced garlic
- 3 cups of rice

**Method:**
1. Sauté onion and garlic.
2. Add pumpkin and cook for about 5min, add rice, stock and herbs, cover and cook on a low heat. Add more stock during cooking if needed.
3. After 15 minutes check rice and add more stock if needed. Check again in another 15 minutes. Rice should be close to required consistency.
4. Cover and turn off heat. Allow to rest for 5 minutes before serving.

*Serves 8-10 people as an entree*

**Lentil and Tuna Salad**

*(dairy and egg free)*

**Ingredients for salad:**
- 1x400gm can tuna, drained
- 4 ripe tomatoes cut into 1cm cubes
- 1 red onion, finely chopped
- 400g can of drained lentils
- 4 tablespoons chopped coriander.

**Ingredients for Dressing:**
- 6 tablespoons olive oil.
- 3 tablespoons lemon juice
- 2 tablespoons wholegrain mustard
- 1 garlic clove crushed
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander

**Method:**
1. Place all salad ingredients into a bowl and mix through.
2. Dressing...Place all dressing ingredients into another bowl and whisk together.

*Place salad into a serving bowl and pour dressing evenly over the salad.*

*Serves 8-10 as a side dish*
Garlic and Herb Damper

2 cups self raising flour
¼ teaspoon of salt
2 tablespoons of butter or 2 tablespoons of olive oil
2 teaspoons of sugar
2 tablespoons of fresh herbs (eg. basil, parsley, thyme, etc) roughly chopped
1 clove of garlic, crushed
1¼ cups milk (more or less depending on consistency of mixture)

Serve warm with butter.
Serves 5 people as a snack

1. Combine all dry ingredients in a bowl and rub butter into flour until it looks like breadcrumbs.
2. Mix in herbs and garlic.
3. Add milk slowly until it forms a dough then turn out on a chopping board and knead until it comes together (e.g. scone dough).
4. Remove from bowl and place in a cake pan and bake at 190°C for 30 to 40 minutes. (Variations instead of sundried tomatoes: ½ cup of grated cheese or 2 Tablespoons chopped herbs, e.g. basil, thyme, parsley, etc).

Pumpkin, Spinach and Fetta Tartlets

Pastry
250g block of butter
1 eggyolk
pinch of salt ¼ cup of milk

Filling
2 cups of diced pumpkin
1 bunch of spinach, chopped
250 g block of feta cheese
3 eggs beaten well
½ cup of cream

Method for Pastry: Place dry ingredients into a bowl then add chopped up butter and rub in with finger tips as for scones then add egg. Towards the end add a little milk if mixture is dry.

Method for filling: Cook onion and garlic until soft then add diced pumpkin and cook for about 10 minutes. Add chopped spinach and mix through. Turn off heat. Mix up eggs, cream and fetta and add the mix from the frying pan.

Roll out pastry then cut out large circles and press into a muffin tin. Pour in pumpkin mixture and bake for 45 minutes at 180 degrees.
Lil's Vegetable Fritters

½ cup self-raising flour
1 can drained lentils
1 cup frozen peas and corn
3 eggs
1-2 cups of bread crumbs
½ cup cooking oil
1 garlic glove, chopped
2 tablespoons of chopped coriander
1 red onion, finely diced
2 heads of broccoli, cooked and mashed

Serve with salad, some chutney or sauce

1. Beat the eggs and add the lentils, frozen vegies and mashed broccoli
2. Add the remaining ingredients. i.e. garlic, onion, flour and bread crumbs.
3. Mix well and add a little milk to bind, if needed
4. Place mix in the fridge to firm up while you make up your 'Salad of the Imagination'
5. Remove mix from fridge and drop tablespoons of the mixture into the heated oil in a fry pan.
6. Cook until golden brown.
   Interchange with vegetables you have available and your favourite spices.

Salad of the Imagination

Students selected items from the vegetable garden that they thought would be good in a salad (celery, cos lettuce, baby beetroot and its leaves, spring onions and parsley). This was supplemented with carrots, tomatoes and other salad greens of your choice. These were washed, cut to appropriate size, tossed and placed in a serving bowl ready for dressing.

Dressing options: ¼ cup orange juice and zest, 1/2 cup olive oil, 1 clove garlic crushed. Place in a jar and shake to mix. Drizzle dressing over salad as required. (Variations: swap orange juice for lemon juice or balsamic vinegar)
**Fruit Sticks**

Prepare fruit such as orange segments, diced pear, strawberries, and kiwi fruit and arrange decoratively on a platter with vanilla yoghurt and tooth picks. Alternatively, thread fruit onto wooden skewers and drizzle with yoghurt and enjoy.

---

**Tomato Sugo Italian Style with Penne Pasta**

1 bottle of tomato pasata (1L)  
2 carrots finely diced  
1 onion finely diced  
3 cloves of garlic, peeled and crushed  
2 sticks celery, finely diced  
1pkt penne pasta (375gm)  
Salt and pepper  
2 cups of chicken or vegetable stock  
Grated Parmesan cheese  

**Method:**

Heat Olive Oil in a large saucepan, add carrot, onion, celery and garlic and cook uncovered on medium for 5 minutes.

Stir occasionally then stir in tomato sauce and cook for about 1 minute.

Add chicken stock and bring to the boil, stirring continually. Reduce heat and simmer uncovered for 10 minutes. Season with salt and pepper to your taste.

Boil pasta for 10 minutes, drain and toss through the pasta sauce adding a handful of parmesan to your taste or sprinkle on top once pasta is served.
**Spinach and Ricotta Triangles**

1 large onion diced
3 garlic cloves, peeled and crushed
400gm ricotta blended with 2 eggs
½ bunch spinach washed and chopped
Salt and pepper
1 pkt frozen puff pastry sheets

Heat oil in a fry pan and add diced onion and cook until golden. Add garlic and chopped spinach and turn off the heat.

Mash ricotta and add 2 eggs, salt and pepper to taste.

When cool add spinach mixture to the ricotta, mix and set aside.

Cut each thawed pastry sheet into 6 and place about 1 tablespoon of filling onto the pastry.

Make an egg wash with 1 egg and 30ml of milk and brush edges of pastry so the folded ends will seal when pressed together.

Bake in a moderate oven (180°C) for about 10 minutes.

**Pesto and Cheese Bruscetta**

1 large onion, diced
3 garlic cloves, peeled and crushed
1 bunch of basil leaves (approx. 2 cups)
½ can chickpeas
1/2 cup parmesan cheese
Olive oil to blend (1 -2) cups, salt and pepper to taste.

Wash Basil leaves and place in the blender, add diced onion, garlic, cheese and half the oil

Add drained chickpeas and begin blending and add more oil if mixture looks too thick. Add salt and pepper to your taste.

Toast bread in a hot oven at 180°C until golden. Brush with pesto dressing and sprinkle with grated parmesan cheese.

Method: Cut bread into thick slices (2cm).
**Lemon and Herb Meatballs**

½ cup breadcrumbs  ½ cup cooking oil
3 cloves of garlic, finely diced  ¼ cup chopped parsley
400g beef mince  2 Tablespoons of chopped coriander
1 egg  1 red onion, finely diced
1 lemon, zest grated and juice reserved  Salt and pepper

**Method:**

Place beef mince into a bowl and add onion, garlic, chopped herbs, mixed herbs, lemon juice and zest.

Add the beaten egg to the bowl and the ½ cup of breadcrumbs.

Use your hands to mix until well combined and with wet hands form into meatballs.

Pour oil into a large frying pan and heat over medium high. Add meatballs and cook, turning occasionally, for 8-10 minutes until cooked through. Serve when ready.

**Pumpkin and Chickpea Salad**

**Salad:**

3 cups cubed pumpkin (1-2cm)
1 tin chickpeas, drained
1 cup baby spinach leaves
1 red onion, sliced
2 garlic cloves, crushed

**Dressing:**

60ml olive oil
Juice of 1 lemon
2 tablespoons of chopped parsley
1 garlic clove chopped

**Method:**

Place pumpkin in a pot with hot water and cook just until the fork goes through the pumpkin.

Place drained pumpkin and sliced onion into a bowl and add crushed garlic & drained chick peas.

Put dressing ingredients into a leak proof container and shake to combine.

When ready to serve salad, toss in the baby spinach leaves and drizzle dressing over the top.
**Cous Cous Salad**

**Salad:**
- 275g of cous cous
- 550ml of hot water
- 2 zucchinis, diced
- 1 small onion, diced
- 1 eggplant, diced
- ½ cup frozen peas and corn

**Dressing:**
- 60ml olive oil
- Juice of 1 lemon
- 2 tablespoons of chopped parsley
- 1 garlic clove chopped

**Method:**
1. Place the cous cous in a bowl pour in the hot water and leave to stand until the water is absorbed.
2. Fry diced onion in a frying pan with 2 Tablespoons of olive oil until soft. Then add diced eggplant, zucchini and continue to cook.
3. Add frozen peas and corn and continue to cook until they are heated through.
4. Add the cous cous to the pan and mix through.
5. Place the cous cous mixture into a serving bowl and add the well combined dressing ingredient just before serving.

**Apple Crumble**

**Ingredients:**
- 10 apples, peeled
- 1 cup brown sugar
- 2 cinnamon sticks
- 2 cups of self raising flour
- 1 cup coconut
- 200g butter, softened
- mixed spice
- nutmeg

**Method:**
1. Cut apples up, place in a saucepan with the cinnamon sticks and cover with water. Stew apple until they are just soft.
2. For the topping place the flour, sugar spices and coconut into a bowl and add the softened butter and mix through until it starts to look like breadcrumbs.
3. Place apple in a baking dish, sprinkle over the topping and place in a hot 180°C oven and bake until golden. (Approximately 20 mins.) Serve with whipped cream.