



Whānau Cookbook

Based on Matamata Foodbank Recipes



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Cupboard Items

TIP - Buy one or two per week till your cupboard is stocked

- Baking Powder
- Baking Soda
- Brown Sugar
- Cinnamon
- Cornflour
- Curry Powder
- Custard Powder
- Flour (plain/wholemeal)
- Garlic (crushed in a jar)
- Golden Syrup
- Instant Noodles
- Kings Soup mix - vegetable-low salt
- Margarine or butter
- Milk Powder
- Mixed Herbs
- Mustard Powder
- Oil
- Pepper
- Rolled Oats
- Salt
- Soy Sauce - low salt/sodium
- Stock Cubes (beef/chicken)
- Sultanas
- Tinned Fish
- Tinned Legumes (baked beans/chilli beans/kidney beans/chickpeas/lentils)
- Tomato Sauce
- Vanilla Essence
- White Sugar

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Baked Potatoes (serves 4)

INGREDIENTS

- 4 medium sized **potatoes**
- 1 tablespoon **oil**

METHOD

- Heat oven to **200degreesC**
- Wash **potatoes** clean, take out the eyes and dry
- Rub the potatoes with **oil**
- Cut a **deep cross** in the top of each potato
- Place potatoes on **baking tray/oven dish**
- Bake in oven for **1 ¼ hours** or until soft

TIPS - Potatoes can be cooked in **microwave** instead of oven - just prick clean potatoes with a knife and cook 2mins each side

- You can bake **shoulder chops** with the potatoes

Cheese Topped Potatoes (serves 4)

INGREDIENTS

- 3 large **potatoes**
- ½ cup crushed **cornflakes** or **breadcrumbs** (make your own with stale bread)
- 50g **margarine/butter**
- ½ teaspoon **salt**
- 1 1/2 cups grated **cheese**

METHOD

- Heat oven to **200degreesC**
- Peel and wash **potatoes** and cut into thin slices
- Melt **marg/butter** in an oven dish
- Place **potatoes** in oven dish and spoon **marg/butter** over them
- Mix crushed **cornflakes** or **breadcrumbs** with **cheese** and sprinkle over **potatoes**
- Cook **30-40 mins**

Basic White Sauce (makes 1 cup)

INGREDIENTS

- 1 tablespoon **margarine** or **butter**
- 1 cup **milk** (you can use made-up milk powder)
- 1 tablespoon **flour**
- **Salt & Pepper** to taste

METHOD

- Melt **marg/butter** in a small pot
- Remove from stove
- Add **flour, salt& pepper** and mix until smooth
- Slowly add **milk**, mixing until smooth
- Bring to the boil, stirring all the time with a wooden spoon.

TIPS - Cheesy white sauce - add ½ cup **grated cheese** after the sauce has boiled and is off the stove

-Nice on the top of cooked **broccoli, cauliflower** and **carrots**

Batter

- 1 cup of **flour** mixed with 1 cup of **lemonade**

Boiled Rice (serves 4)

INGREDIENTS

- 2 ½ cups **water**
- 1 cup **rice**
- 1/2 teaspoon **salt**

METHOD

- Put **water** in a pot, add **rice** and bring to boil
- **Simmer 15-20mins** until rice is soft
- **Drain** rice in a sieve over sink

Perfect Rice

RATIO

- 1 cup **rice**: 1 ½ cups cold **water**
- 2 cups **rice**: 3 cups cold **water**

METHOD

- Put **rice & water** into a pot, bring to boil, then turn to 'low' for 12 minutes with lid on pot

Coleslaw (serves 6)

INGREDIENTS

- 1 small **cabbage** or ½ large one
- 1 grated **carrot**
- 1 **apple** cut into small squares (optional)

DRESSING

- 3 tablespoons **oil**
- **Salt & pepper**
- 2 tablespoons **vinegar** or **lemon juice**

METHOD

- Remove a couple of the outer **cabbage leaves**
- **Wash cabbage** and drain well
- Slice **cabbage** finely, grate **carrot** and cut up **apple** - mix together in a bowl
- Combine **dressing ingredients** in a clean jar, replace lid and shake well
- **Pour dressing over coleslaw**

TIP - you can also add:

- **Celery** cut into small pieces
- Red or spring **onions** cut finely
- **Sultanas**
- Small pieces of **courgette**
- Pieces of **orange**

Corn Pancakes (serves 4)

INGREDIENTS

- 2 tablespoons **Oil** for frying
- 2 **eggs**
- Shake of **salt & pepper**
- 1x 400g tin of **creamed corn** or **whole corn**-drained
- 1 cup wholemeal or plain **flour**
- 2 teaspoons **baking powder**
- ½ cup of **milk**

METHOD

- In a bowl beat **eggs, salt&pepper** and **milk**
- Add **sweetcorn**
- Add **flour** and **baking powder** - stir well
- Put **oil** in a pan and heat up to ½ heat
- Fill a spoon with **mixture** and drop in the pan- **4 in at a time**
- When brown and set on the bottom, turn and cook other side
- Drain on paper towel or paper bags
- Have for lunch or nice with coleslaw/salad for dinner

Hot Potato Savouries (makes 12)

- 3 slices **bread**

FILLING

- 1 **onion** finely cut
- 1 cup leftover mashed **potato**
- 1 slice **bacon/luncheon** cut finely OR some tinned/cooked **fish**
- 1 **egg**
- **Parsley** (optional)
- ½ cup grated **cheese** (optional)

METHOD

- Heat oven to **200 degreesC**
- Put spread on **bread** and cut each slice into 4 pieces
- Place spread-side down in well-oiled **patty tins**
- Beat **egg** and mix in **veges** and **meat** or **fish**
- Spoon onto the **bread** in the patty tins
- (Top with grated **cheese**)
- Cook **10-15mins** until golden brown
- Nice with **soup/coleslaw** or **salad**

TIP- a large dish can be used instead of patty tins - just line with bread slices.

Mashed Potatoes

INGREDIENTS

- 1 **potato** per person (**wash well & leave skins on for more fibre**)
- ¼ cup **milk**
- 1 tablespoon **margarine** or **butter**

METHOD

- Cut **potatoes** into even sized pieces
- Put in pot and cover with **water** - put lid on pot and simmer until soft
- **Drain water** off potatoes
- Add **milk, marg/butter** and **mash**

TIP - you can boil **pumpkin, carrots** or **kumara** with the potatoes and mash together

Chippies (serves 4)

INGREDIENTS

- 4 medium sized **potatoes**
- 1 tablespoon **oil**
- **Garlic & herb salt** OR **salt**

METHOD

- Heat oven to **200degreesC**
- Wash **potatoes** clean, take out the eyes and cut into wedges
- Rub the potatoes with **oil**
- Sprinkle wedges with **seasoning**
- Place potatoes on **baking tray/oven dish**
- Bake in oven for about **45min**

Vegetable Bake (4-8 people)

INGREDIENTS

- 2 tablespoons **oil**
- 1 **onion**- cut into small pieces
- 2 teaspoons **crushed garlic** (optional)
- 2 **potatoes** diced and boiled until soft
- 2 cups cooked **fresh/frozen veges** e.g silverbeet, broccoli, cauli, courgettes,peppers
- ½ cup of **milk**
- 3 **eggs**
- ½ cup wholemeal or plain **flour**
- ½ teaspoon **baking powder**
- 1/2 cup grated **cheese**

METHOD

- Heat oven to **200 degreesC**
- Heat **oil** in a pot and cook diced **onion/(garlic)** until soft
- Add cooked **veges**
- Beat **eggs** and **milk** with a fork
- Mix **flour** and **baking powder** and add to veges
- Add **eggs** and **milk** mixture to veges
- Pour into a greased oven dish
- Sprinkle with **grated cheese**
- Cook **30mins** until set in the middle
- Nice served with a **salad** or **coleslaw**

TIP - You can add cooked **chicken, meat or fish**

SOUPS

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Chicken & Corn Soup (serves 6-8)

INGREDIENTS

- 2 tablespoons **oil**
- 1 **onion**- chopped
- 2 teaspoons **crushed garlic** (optional)
- 2x400gram cans **creamed corn** or **corn kernals**
- 2-3 cups **water**
- 1-2 cups **small frozen vegetables**
- 2 teaspoons or cubes of **chicken stock**
- **Chicken** pieces

METHOD

- Heat **oil** in a large pot and add **onion** and **garlic**- cook for a couple of minutes
- Add **corn** and **water**
- Add **frozen veges** and **chicken stock**
- Add **chicken** pieces
- Bring to boil and simmer about 20mins, until chicken cooked

TIP - you can add 2 beaten eggs to cooked soup while stirring, for an Asian twist

Pumpkin Soup (serves 4-6)

INGREDIENTS

- ½ of a small **pumpkin**
- 1 **onion**- chopped
- 2 teaspoons **crushed garlic** (optional)
- 2 tablespoons **oil**
- 1 cup **water**
- 2 teaspoons or cubes of **chicken stock**
- 2 teaspoons of **curry powder** (optional)
- **milk** (optional)

METHOD

- Cut skin off **pumpkin** and chop into pieces
- Heat **oil** in a large pot and add **onion** and **garlic**- cook for a couple of minutes
- (Add **curry powder** and stir)
- Add **pumpkin** and **water**
- Bring to boil and simmer about 20mins until **pumpkin is soft**
- Remove from heat and **mash pumpkin** in the pot until smooth
- (**Milk** can then be added and heated through for a creamy texture)

TIP - you can add a packet of **KINGS SOUP MIX**-low salt vege, instead of the stock cubes, to make the soup more hearty, but it will need to be cooked for longer until the lentils are soft

Vegetable Soup (serves 4-6)

INGREDIENTS

- 1 tablespoon **oil**
- 1 **onion**- cut into small pieces
- 2 teaspoons **crushed garlic** (optional)
- **Winter vegetables** e.g. potato, carrot, pumpkin, parsnip, kumara- cut into pieces
- 1 packet **KINGS SOUP MIX-low salt** vegetable
- 2-3 cups of **water**

METHOD

- Put **oil, onion** and **garlic** into a large pot - cook a couple of minutes
- Add **water, veges** and **soup mix**
- Simmer until **lentils** are soft

TIPS:

- you can add a **bacon/meat bone** or **chicken carcass**
- You can add a packet of **vermicelli** if there is no lentil soup mix

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Beef or Chicken Curry (serves 6)

INGREDIENTS

- 2 tablespoons **oil**
- 1 **onion**
- 2 teaspoons **crushed garlic**
- 500gms (½ kg) **beef pieces** or large **chicken breast**
- 2 tablespoons **curry powder**
- 2 teaspoons **garam masala (optional)**
- 1x 400g can chopped **tomatoes**
- 2 cups **water**
- 1x 400g can **red beans** (with beef-optional)
- 1x 400g can **chickpeas** (with chicken-optional)
- 3 cups **mixed veges** (fresh or frozen)

METHOD

- Heat **oil** in a large pot over a low heat
- Add **onion** and cook until soft
- Add **garlic, meat, curry powder** and (**garam masala**) to pot & cook 5 mins gently
- Add **tomatoes, water & drained red beans or chickpeas**
- Cook gently for about 30mins until meat cooked through
- Add **frozen veges** and simmer for 5 mins until veges hot
- Serve with **rice**

Burgers (serves 4-6)

INGREDIENTS

- 1 **onion**-finely chopped
- 500gms (½ kg) **mince**
- 2 **eggs**
- ½ cup **breadcrumbs** or **rolled oats**
- 2 tablespoons **tomato sauce**
- 2 tablespoons **oil**

METHOD

- **Mix all the ingredients together**
- **Shape** mixture into burger **patties**
- Heat **oil** in a pan and add patties
- **Brown** on one side, then the other
- Add lettuce, grated carrot, beetroot, tomatoes ,avocado, peppers, cheese to burger

TIP- you can add **grated veges** to mince to make go further e.g. **carrots,potato,kumara**

Corned Beef and Puha or Silverbeet (serves 4-6)

INGREDIENTS

- 1-2 kgs **corned beef**
- **water**
- 2 tablespoons **brown sugar**
- 4 **potatoes**
- 2 **carrots**
- 1 **onion**
- 2 teaspoons **mustard powder**
- 2 teaspoons **vinegar**
- **puha/silverbeet**
- **pepper**

METHOD

- Put **corned beef** in a large pot with **water** third-way up meat
- Boil about **1 ½ hrs** until cooked
- Remove from pot, cut into small blocks, return to pot
- Add **sliced onion, mustard, vinegar** and **sugar**
- Add chopped **potatoes & carrots** and boil a little
- Add prepared **puha/silverbeet**
- Cook until all veges are tender
- Add **pepper**

To prepare Puha/Silverbeet

- Cut away the stalks and use only leaves
- Wash well and squeeze out the milky white juice from the puha

Curried Mince and Rice (serves 4-6)

INGREDIENTS

- 1 **onion**
- 500gms (½ kg) **mince**
- 1tsp **curry powder**
- 1 pkt **chicken noodle soup**
- 3 tbsps **rice**
- ½ large **cabbage**
- 2 cups **water**

METHOD

- Chop **onion** into small pieces and brown in a pan with a little oil
- Add **mince** and brown
- Add **curry powder** and **soup** - stir
- Add **rice** and **water**- stir
- Simmer till rice is soft (about 15mins)
- Add finely sliced **cabbage** (you may need more water)
- Cook just a little longer until cabbage soft

TIP - Add a tin of **chilli beans** or **kidney beans** to make the meal go further

Family Mince (Serves 4)

INGREDIENTS

- 500g or ½ kilo **mince**
- 1 **onion** - finely chopped
- 1 tablespoon **flour**
- 1 teaspoon or cube **dried stock**
- 1 tablespoon **oil**
- 1 **carrot/kumara** (grated) or 1 cup **peas/frozen veges** or **finely chopped cabbage**
- 2 tablespoon **tomato sauce or paste**
- ¼ cup **water**

METHOD

- Heat **oil** in a pot and add the **onion**
- Add **mince** to pot and break up - stir until brown
- Remove pot from stove and drain fat from mince and onions (not down sink!)
- Stir in **flour, stock** and **tomato sauce**
- Add **veges** and the **water**
- Return to stove, stir until thick
- Simmer for 30mins
- Serve with boiled potatoes or add cubes of potatoes to the mince for 1 pot meal

TIPS

- The mince can be used for **Mince Pie** or **Curry Mince Pie**
- Add a tin of **chilli beans** or **kidney beans** or **rice** to make meal go further

Family Pizza

BASE

- 1 cup **flour**
- 1 teaspoon **baking powder**
- 2 tablespoons **margarine** or **butter** or **oil**
- 1/4 cup **milk** (or hot water if no milk)
- 1 teaspoon **mixed herbs** (optional) **OR**
- Buy **plain pizza bases** or **small pita breads** (for kids to make their own)

TOPPING- use whatever you have but there are some ideas below:

- **Spaghetti** or **tomato sauce** (or puree) or can of **chilli beans** spread on base
- Thinly sliced **onion**
- grated **cheese** (on top)

OTHER TOPPINGS-

- Chopped **luncheon sausage** or **ham**
- Can of drained **tuna**
- Left over **cooked chicken** or **meat**
- **Pineapple** pieces
- Sliced **tomato**
- Thinly sliced green/red/orange **peppers**
- Thinly sliced **courgettes**
- Thinly cut **silverbeet**

METHOD

- Heat oven to **220degreesC**
- Sieve the **flour** and **baking powder** into a bowl
- Rub **marg/butter/il** into the flour mix until its like course breadcrumbs
- Make a hole in centre of the mix and add **milk** (or hot water)
- Mix to a **dough**
- **Flour** a board or the bench lightly and lightly knead dough
- Roll out mixture to fit a greased pizza dish, pie plate or flat tin
- Cut away the extra dough
- Spread a **topping** on base
- Add your choice of **other ingredients**
- Top with **grated cheese**
- **Bake 20mins**

Fish Cakes (makes 8 cakes)

INGREDIENTS

- 1 med can **smoked fish or tuna**
- 3 **potatoes**-cooked and mashed
- 1 tablespoon **lemon juice** and grated **rind of a lemon** (optional)
- 1 **egg**
- ½ teaspoon **salt** and some **pepper**
- **Flour**
- **Oil** for frying

METHOD

- Mix **fish, potatoes, egg, lemon, rind, salt & pepper**
- Put a little **flour** on a board/bench, tip mix out, shape into a square & cut into 8
- Shape the 8 pieces into rounds
- Put 3 tbsps **oil** into a pan and heat on a medium heat
- Add 4 cakes and brown one side - turn and brown otherside
- Repeat with other 4 cakes (**add more oil if needed**)
- Serve with a **salad** or **coldslaw**

Fish Pie (serves 6)

INGREDIENTS

- 4-6 **potatoes**
- 2 tablespoons **margarine or butter**
- 2 tablespoons **flour**
- 1 cup of **milk**
- 2 cups **frozen veges**
- 1x450g tin **smoked fish** or **canned tuna**
- 2 hard-boiled **eggs**
- **Parsley** (optional)
- 1 cup **grated cheese** (optional)

METHOD

- Cook **potatoes** and mash (see mashed potato recipe)
- Heat **oven to 180 degrees C**
- Melt **marg/butter** in small pot, add **flour**, stir and cook for 1min
- Take pot off stove and gradually add **milk** to the flour while stirring
- Put back on stove, stir and cook until thick- 5 mins
- Add mashed **fish**, chopped up **hard-boiled eggs**, **veges** and **parsley**
- Pile into a large oven dish and cover with **mashed potato**
- Sprinkle with **grated cheese**
- **Cook 20 mins in oven until brown on top**

TIP: Add 1 tablespoon of **curry powder** to make a ‘**Curried Fish Pie**’

Fried Rice (serves 4)

INGREDIENTS

- 1 **onion**
- 1 tablespoon **oil**
- 2 cups cooked **rice**
- 1 cup frozen **veges**
- 2 **eggs**
- 2 cups cooked **chicken** or **meat** e.g. cut up snitzel
- 1 tablespoon **soy sauce** (low salt)

METHOD

- Cut the **onion** into small pieces
- Heat **oil** in a pan, add **onions**- fry until brown
- (Add any **raw meat** to the onions and brown)
- Add **rice**, **veges** and fry altogether (add more oil if necessary)
- Beat **eggs** in a bowl, pour into rice mixture and stir
- Add chopped, cooked **chicken** or **meat** if raw meat not being used
- Add **soy sauce**
- Leave on low heat until ready to serve

Mac n Cheese (serves 4)

INGREDIENTS

- 2 cups of **milk** (can use made-up milk powder)
- 1 teaspoon **salt**
- **Pepper** to taste
- 2 cups of dried **macaroni** or **pasta** shells
- ½ **cauliflower** (optional)
- 1 cup **frozen veges** (optional)
- 3 cups grated **cheese**
- ½ cup **breadcrumbs** (you can make your own out of stale bread)

METHOD

- Heat **milk** and **salt & pepper** in a large pot
- When it comes to the boil add **macaroni** and (**cauliflower**)
- Bring to **boil then simmer** until macaroni is soft
- Add (**frozen veges** and simmer a couple of minutes until heated through)
- Mix in 2 cups of **cheese**
- Tip into an oven dish
- Mix the remaining 1 cup of **cheese** and **breadcrumbs** and sprinkle over top
- Place under a grill and cook until golden brown on top

Meat n Macaroni (one pot meal-serves 6)

INGREDIENTS

- 1 tablespoon **oil**
- 1 **onion**
- Leftover **meat or chicken**
- 2 cups **macaroni**
- **Soy sauce**

METHOD

- Heat **oil** in a pot and fry **onion**
- Add diced, leftover **meat or chicken**
- Add cooked **macaroni**
- Add **soy sauce** to taste

Left-over Meat & Potato Stew (serves 4)

INGREDIENTS

- 1 **onion**
- 4 **potatoes**
- Winter **veges** e.g. carrots, pumpkin, kumara
- 1 beef **stock cube**
- **Water**
- Left over **roast meat**

METHOD

- Peel and cut **potatoes** and **veges** into cubes
- Chop **onion** into small pieces
- Put into **large pot** and just cover veges with **water**
- **Stir & simmer** 30 minutes
- Cut **meat** into small pieces & add to pot- stir
- Add crumbled **stock cube** into pot - stir
- **Simmer** until hot

TIPS

- You can use pieces of **gravy beef** instead of cold meat - just brown in a little oil in a separate pan first, before adding to the pot at the same time as the veges
- Add a tin of **chilli beans** or **red kidney beans** to make the meal go further

Meat Loaf (serves 4-6)

INGREDIENTS

- 500g or ½ kilo **mince**
- 1 **onion** - finely chopped
- ½ cup **breadcrumbs** (try making your own from old bread)
- 2 tablespoon **tomato sauce**
- 1 teaspoon **salt** & good shake of **pepper**
- 1 **egg**
- 1-2 cups **frozen veges** or **grated veges** e.g. carrots, zucchini

METHOD

- **Heat oven to 180 degreesC**
- Mix **all ingredients** together in a bowl
- Grease a loaf tin and add ingredients OR shape mixture into a loaf & put in oven dish
- Bake **1 hour**
- Serve with **mashed potatoes**

TIP - Add a tin of drained **lentils** to make meal go further

Meat or Sausage Hot Pot (serves 4)

INGREDIENTS

- 2 cups of left-over **meat** or **sausages**
- 2 **carrots (sliced)**
- 1-2 **onions (sliced)**
- 2 tablespoons **sultanas**
- Pinch of **salt**
- 1 teaspoon **curry powder**
- 1 cup **water**
- **veges**

METHOD

- Put all chopped **meat, onions, carrots** and **sultanas** in a pot
- Mix **curry powder** with water until smooth and add to pot
- Add more **water** if needed, so it reaches top of food
- Simmer on low heat for 15mins
- **Add some/all of the following:**
- Chopped **cabbage/cauliflower**
- Frozen **peas, beans, sweetcorn**
- Grated **apple**
- Left-over **gravy**
- Simmer for another 15mins
- Serve with **mashed potatoes, rice or pasta**

TIP- Add a tin of **baked beans** to make meal go further

Cottage Pie (serves 4-6)

INGREDIENTS

- 4 **potatoes**
- 1 **onion**
- 1tablespoon **oil**
- 500gm (½ kg) **mince**
- 2 beef **stock cubes**
- 1 ½ cups **water**
- 2 cups frozen or fresh **veges**
- 2 tablespoons **cornflour**
- ½ cup grated **cheese**

METHOD

- Peel **potatoes**, cut into pieces and boil till soft - mash with a little **marg/butter & milk**
- Chop **onion** into small pieces
- Put **oil** into pot on low heat and slightly brown onion
- Add **mince** and brown
- Crumble **stock cubes** into pot
- Add 1 cup **water**
- Add **veges**
- Stir & simmer 10 minutes
- Mix **cornflour** with ½ cup **water** & slowly add to pot, stirring continuously.
- Cook 2 minutes
- Pour mince mixture into pie or baking dish
- Top with **mashed potato**
- Sprinkle **grated cheese** over the top
- Bake in oven about **20min at 190 degrees C**, until potato is brown on top

TIP

- Add a tin of **baked beans** or **mild chilli beans** to make the mince go further

Sausage Casserole and Mash (serves 4-6)

INGREDIENTS

- 500g($\frac{1}{2}$ kg) **sausages**
- 2 **onions**
- 2 **apples** (optional)
- 1 tin **baked beans**

METHOD

- Place **sausages** on the bottom of an oven dish
- Cover with sliced **apple** and **onion**
- Empty the **baked beans** over the top
- **Cover** with a lid or tinfoil
- Bake in oven for **1 hour on 180 degrees C**
- Serve with **mashed potato** and **veges**

Spaghetti Bolognaise (serves 4)

INGREDIENTS

- 2 tablespoons **oil**
- 1 **onion**-chopped into pieces
- 500gms (½ kg) **mince**
- (1-2 cups of **frozen veges** or 1 large grated or chopped **carrot**)
- 1x400g can chopped **tomatoes**
- ½ cup **water**

METHOD

- Heat the **oil** in a pot/pan, add the **onion** and cook through
- Add **mince** and brown- **drain off any fat**
- (Add **frozen veges/carrot** to mince- stir)
- Add **tomatoes** and **water**- stir
- Cook gently until sauce has thickened
- Nice with **nachos** or **pasta**

TIPS:

- Add a tin of **chilli beans** or **lentils** to feed more people
- Add some **crushed garlic** and **dried herbs** for more flavour

Tuna and Vege Noodles (serves 4)

INGREDIENTS

- 2 Packets of **instant noodles**
- 1 tin of **tuna**
- 2 cups **frozen veges**
- **water** ,

METHOD

- Boil **instant noodles, tuna and frozen veges** in a pot with some **water**
- Add just a **little bit** of the **sachet powder** for taste

Tuna Pasta Pie (serves 4)

INGREDIENTS

- 1 ½ cups of **pasta** shells
- 1 tablespoon **margarine/butter**
- 1 **onion** cut into small pieces
- 1 cup of **milk**
- Med tin of **tuna**
- 1 cup **water**
- 1 cup **frozen veges**
- 1 packet **mushroom soup**
- ¼ teaspoon **mixed herbs** (optional)
- 1 cup grated **cheese**

METHOD

- Cook **pasta** in some water until tender - drain water
- Heat **marg/butter** in a pan or pot and cook **onion** until soft
- Combine **soup, milk and water** and stir into onion
- Bring to boil while stirring
- Add **frozen veges** and **herbs**
- Simmer 2-3 mins
- Mix in cooked **pasta** and **tuna**
- Grease a casserole dish with marg and tip mixture into it
- Sprinkle with **grated cheese**
- Cook at **180 degrees C** for **20-30mins** (till cheese brown on top)

BAKING & PUDDINGS

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Apple Crumble (serves 4)

TOPPING

- 1 cup wholemeal or plain **flour** OR mixture of flours
- 4 tablespoons **brown sugar**
- 4 tablespoons (50g) **margarine** or **butter**

FILLING

- 3-4 med **apples**
- 2 tablespoons **sugar**
- 4 tablespoons **water**

METHOD

- Heat oven to **190 degreesC**
- Rub or mix the **marg/butter** into the **flour**
- Mix in the **brown sugar**
- Peel, quarter and remove core from **apples** then slice them into a oven dish
- Sprinkle over the **sugar**
- Add the **water**
- Cover the Filling with the **topping**
- **Bake until the apples are soft** and topping is golden brown

TIP - Can use other fruit e.g. **rhubarb, plums, peaches or nectarines**

Banana Loaf

INGREDIENTS

- 4 tablespoons **margarine** or **butter**
- ½ cup **sugar**
- 1 **egg**
- 2 **ripe bananas** (mashed)
- 2 cups **flour**
- 1 teaspoon **baking powder**
- ½ teaspoon **baking soda**
- ¼ cup **milk**

METHOD

- Heat oven to **190degreesC**
- Grease the bottom and sides of a loaf tin well (or line with baking paper)
- Cream the **marg/butter** and **sugar** well with a spoon
- Beat in the **egg** and **mashed bananas**
- Sift in the **dry ingredients**
- Add the **milk** and mix to a soft dough
- Place in the greased tin
- Bake for **40mins - 1 hour**

TIP - Loaf is cooked when you gently press the top and it springs back up

Custard (serves 4)

INGREDIENTS

- 1 cup **milk** (or made-up milk powder)
- 1 level tablespoon **custard powder**
- 2 teaspoons **sugar**
- ½ teaspoon **vanilla essence**

METHOD

- Mix the **custard powder** with **2 tablespoons** of **milk** in a small bowl
- Heat rest of **milk** in a pot on a low heat until boiling
- Remove milk from stove and pour into the bowl with the custard - stirring all the time
- Pour mixture back into the pot and stir until thick
- Remove from stove and add **vanilla essence**
- Serve with **stewed fruit** or **apple crumble**

TIP - If you want **fluffy custard**, beat an **egg** with fork or egg beater and stir custard into it

Fruity Rice Pudding (serves 4)

INGREDIENTS

- 2 tablespoons short-grain **rice**
- 2 tablespoons **sugar**
- 2 cups **milk**
- 2 tablespoons **margarine** or **butter**
- $\frac{1}{4}$ - $\frac{1}{2}$ **cup dried fruit e.g. sultanas or dates**

METHOD

- Heat oven to **160 degrees C**
- Put **rice, sugar** and **dried fruit** into a well-greased medium sized oven dish
- Add **milk** and stir well
- Put blobs of **marg/butter** on top of pudding
- Bake for **1 $\frac{1}{2}$ - 2 hours** until thick
- **Stir several times** during cooking

Oaty Biscuits (makes 20)

INGREDIENTS

- ½ cup (125grams) **margarine or butter**
- 1 cup **flour**
- 1/2 cup (125grams) **sugar**
- 2 tablespoons **golden syrup**
- 1 teaspoon **baking powder**
- 1 ½ cups **rolled oats**

METHOD

- Heat oven to **160degreesC**
- Melt **marg/butter** in a pot on a low heat
- Mix in the **golden syrup** and **sugar**
- Mix in **flour, baking powder** and **rolled oats**
- **Wet your hands** and spoon in a small amount of mixture and roll into a ball
- Place on a **well-greased oven tray** a little way apart
- **Press with a fork** twice at right angles to flatten them
- **Bake 15-20 mins**

NB - Lift biscuits off tray while still hot, before they stick!

Scones (makes 12)

INGREDIENTS

- 2 cups **flour**
- 4 teaspoons **baking powder**

NB You can replace the flour and baking powder with 2 cups of **self-raising flour**

- ¼ teaspoon **salt**
- 2 tablespoons **margarine or butter**
- ¾ cup **milk** (can use made-up milk powder)

METHOD

- Heat oven to **230degreesC**
- **Grease** an oven tray
- Mix **flour** and **baking powder** together
- Rub the **marg/butter** into the flour mixture with fingers-should look like breadcrumbs
- Make a well in the centre and add **milk**
- Mix with a **knife** lightly and quickly to form a **soft dough**
- Turn dough onto a **lightly floured board** or benchtop
- **Knead** it lightly with your fingers - lifting from the back and pressing towards you
- Knead like this about **6 times**
- **Flatten** dough into a square about **2cms thick** with your hand
- Cut into **10-12 squares** and place on oven tray
- **Bake 8-10 mins** until golden brown and well risen

OPTIONAL:

-CHEESE SCONES

- Mix ½ teaspoon **mustard powder** with flour mixture
- Add ½ cup **grated cheese** after the butter has been rubbed in
- Can add some **mixed herbs/onion** as well

-FRUIT SCONES

- Sift or mix ½ teaspoon of **cinnamon** or **nutmeg** with the flour mix
- Mix in 1 tablespoon of **sugar** and ¾ cup of **dried fruit** after rubbing in the marg/butter

Stewed Fruit

INGREDIENTS

- 4 **apples** - peeled cored and sliced OR
- 8 **plums** OR
- 6 sticks of **rhubarb**- washed and chopped OR
- 4 **pears** - peeled, cored and sliced
- **OR** Mix of the above

METHOD

- Put cut up **fruit** in a pot
- ½ cover with **water** - no more than 1 cup
- Bring to boil and simmer on low heat until fruit is soft
- Add the **sugar** - up to 2 tablespoons if needed

TIP - Have stewed fruit for breakfast or serve with custard - great for toddlers:)



Weekly meal planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shopping list

