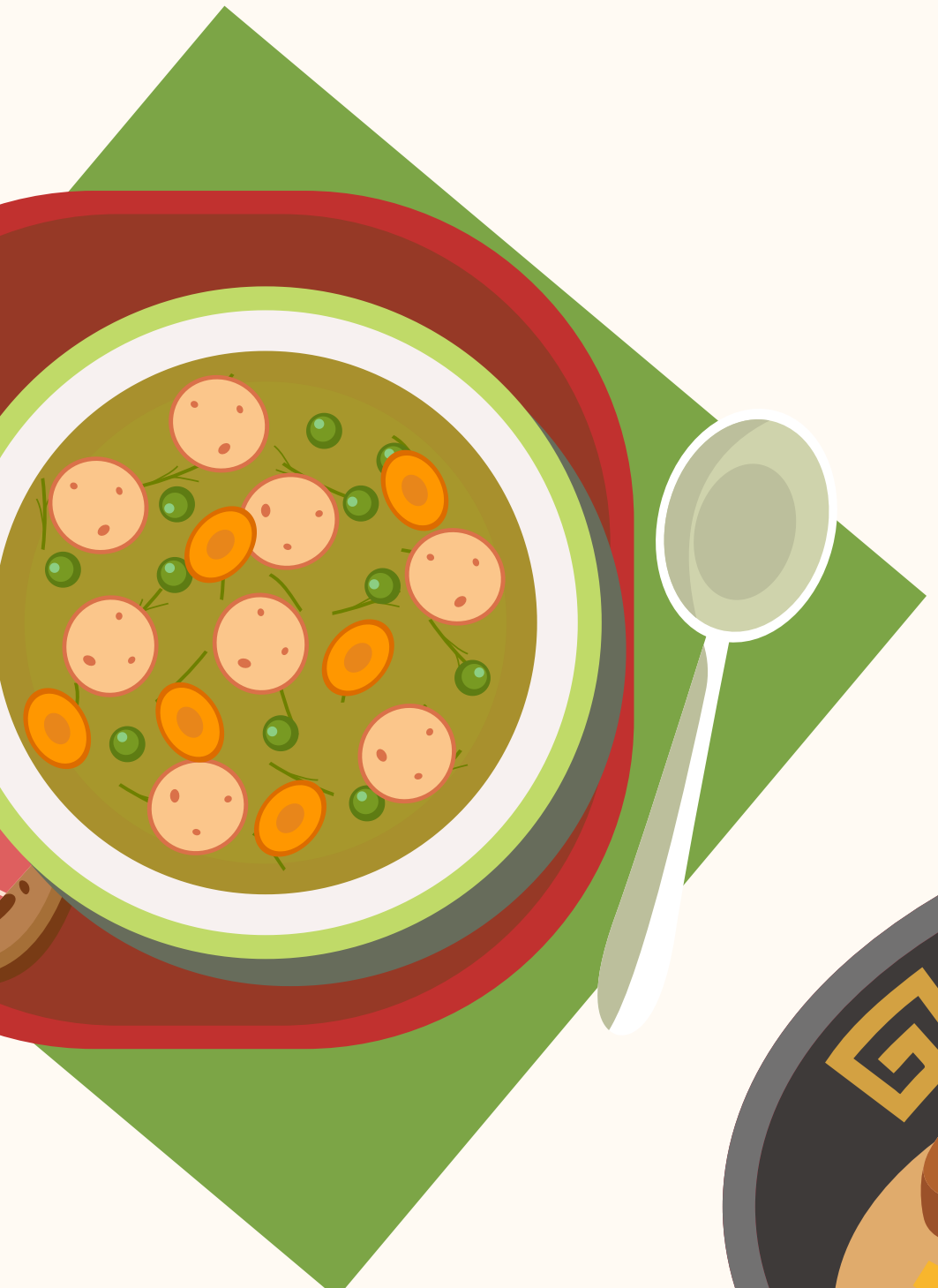


YOUTH ALIVETRUST

# Kitchen Klub

TERM 4 2024



# Swedish Meatballs

## Meatballs

- 400g lean beef mince
  - 1/2 cup breadcrumbs
  - 1 onion, grated
  - 2 eggs
  - 1/2 tsp ground nutmeg
  - 1/2 tsp all spice
  - 1 tsp salt

## Sauce

- 2 beef stock cubes
- 750ml boiling water
- 2 Tbsp oil
- 50g butter
- 1/4 cup plain flour
- 200ml cream



## Instructions

1. Place all the meatball ingredients in a bowl. Mix until well combined.
2. Using a heaped tablespoon or a dough scoop, roll the mixture into balls. You should get between 35-40 meatballs.
3. Dissolve the stock cubes in the boiling water and set aside.
4. Place a large frying pan over a medium heat. Add the oil then fry the meatballs until browned on all sides (this can be done in batches). Remove from the pan and set aside.
5. Add the butter to the frying pan. As the butter melts, use this to gently scrape the pan. Once the butter is sizzling, add the flour and fry for 1 minute.
6. Slowly pour 1 cup (250ml) of the stock into the pan while continuously mixing. Once the sauce starts to thicken, repeat with the remaining stock until there are no lumps.
7. Add the meatballs and resting juices back into the frying pan, then simmer for 5 minutes. Add the cream, then simmer for another 5 minutes. Stir to coat the meatballs in the sauce.
8. Once the meatballs are cooked through, garnish with fresh parsley and serve with mashed potatoes or fresh fettuccine.

# Milo Muffins, one bowl



## Ingredients

**1.5 cups of self-raising flour**

**$\frac{3}{4}$  cup milo**

**$\frac{1}{2}$  cup brown sugar**

**2 eggs**

**$\frac{1}{2}$  cup natural yoghurt**

**60 grams butter, melted**

**1 teaspoon vanilla paste**

## Instructions

**1. Preheat oven to 180 degrees Celsius**

**2. Combine the dry ingredients in a large bowl**

**3. Add the wet ingredients and mix well**

**4. Divide the batter between 12 lined muffin holes**

**5. Bake at 180 degrees for 25 minutes or until a skewer comes clean**

**6. Cool on a wire rack**

# Butter Chicken

## **For the chicken marinade:**

28 oz boneless and skinless chicken thighs or breasts cut into bite-sized pieces

½ cup plain yogurt

1 ½ tablespoons garlic minced

1 tablespoon ginger minced, or finely grated

2 teaspoons garam masala

1 teaspoon turmeric

1 teaspoon ground cumin

1 teaspoon red chili powder

1 teaspoon salt

## **For the sauce:**

2 tablespoons olive oil

2 tablespoons ghee or 1 tbs butter + 1 tbs oil

1 large onion sliced or chopped

1 ½ tablespoons garlic minced

1 tablespoon ginger minced or finely grated

1 ½ teaspoons ground cumin

1 ½ teaspoons garam masala

1 teaspoon ground coriander

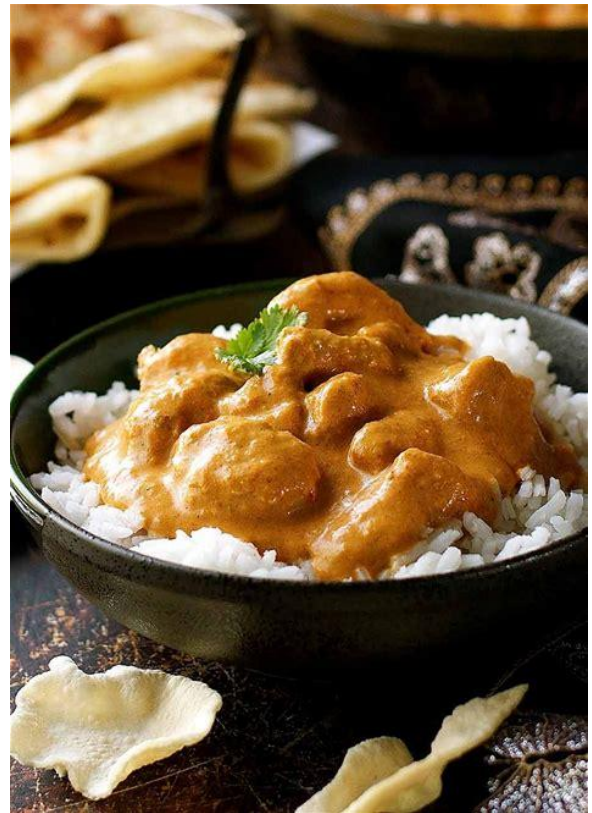
14 oz crushed tomatoes

1 teaspoon red chili powder adjust to your taste preference

1 ¼ teaspoons salt or to taste

1 cup thickened cream heavy or evaporated milk to save calories

1 tablespoon sugar



## **Butter Chicken Continued**

### **Instructions**

1. In a bowl, combine chicken with all the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows).
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
5. Add crushed tomatoes, chili powder and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown, red colour.
6. Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to ¼ cup). Work in batches depending on the size of your blender.
7. Pour the puréed sauce back into the pan. Stir the cream, sugar. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.

# Blondie Brownies

## Ingredients

- 1 cup (226 g) unsalted butter melted
- 1 ¼ cup (250 g) brown sugar tightly packed
- ½ cup (100 g) sugar
- 2 large eggs + 1 egg yolk room temperature preferred
- 2 teaspoons vanilla extract
- 2 ¼ cups (285 g) all-purpose flour
- 2 teaspoons cornstarch
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1 cup white chocolate chips



## Instructions

1. Preheat oven to 350F (175C) and line a 13x9 pan with parchment paper\*\*
2. Combine melted butter and sugar in a large bowl and stir well.  
(1 cup (226 g) unsalted butter, 1 ¼ cup (250 g) brown sugar, ½ cup (100 g) sugar)
3. Add eggs, egg yolk, and vanilla extract and stir until completely combined. Set aside.
4. 2 large eggs + 1 egg yolk, 2 teaspoons vanilla extract
5. In a separate bowl, whisk together flour, cornstarch, baking powder, and salt.
6. 2 ¼ cups (285 g) all-purpose flour, 2 teaspoons cornstarch, ½ teaspoon baking powder, 1 teaspoon salt
7. Gradually stir dry ingredients into wet until completely combined.
8. Fold in white chocolate chips.
9. Spread blondie batter into prepared pan and transfer to oven.
10. Bake on 175C for 25-30 minutes or until a toothpick inserted in the centre comes out clean, allow to cool before cutting

# Hungarian Goulash

## Ingredients

1 onion

6 Tomatoes

Red capsicum

Green capsicum

Sweet paprika a generous helping

7 potatoes

Stewing steak, 1 packet

1 cup of beef stock

1 teaspoon of salt

¼ teaspoon of black pepper

¼ cup all-purpose flour



## Instructions

In a large pot melt butter on medium-low heat. Add the onion and cook until translucent, about 5 mins.

Peel and cut the potatoes, set aside

Wash and dice the tomatoes and capsicum, set aside

Dice beef and add to a bowl, stir in the flour, add beef to the onions and stir in paprika. (do not add the excess flour at the bottom of the bowl) Cook for 2-3 minutes until beef is seared.

Slowly add ¼ cup of beef stock while scraping up any brown bits from the bottom on the pot. Add the tomatoes, potatoes and capsicum. Season with salt and pepper.

Bring to a boil over a medium to high heat. Once boiling, reduce to a low heat simmer, cover, and cook for about 2 -2 and half hours or until the beef is fork tender.

Serve with Nokedli (Hungarian egg noodles) see below recipe

## Nokedli (Hungarian Egg Noodles)

### Ingredients

- 1 cup Flour All-purpose
- 1/2 teaspoon Salt Kosher
- 2 Eggs Large
- 2 tbsp Sour Cream Optional
- 1/2 - 3/4 cup Water

### Instructions

Place flour with salt in a bowl and whisk.

Add eggs and sour cream and start mixing.

Add water starting from 1/2 cup and you can go as much as to 3/4 cup.

Mix all the ingredients but don't overdo it. The lumps are fine.

Bring a big pot of water to boil and salt it as much as you would salt the water for pasta.

Using one of the methods described below pour the dough onto the boiling water.

Let the noodles come to the surface and boil for a minute. Remove from the pot and serve.

### Methods

- The back of a cheese grater, with big holes; where you can pour the dough through and use a spatula push it down into the boiling water.
- A colander, with big holes, with a similar technique as above; pushing the dough through the holes into the boiling water.
- Placing the dough on a wet cutting board (angled above your water) and then cut little pieces of dough with the back of your knife straight into the boiling water. If you decide to use this technique, your dough should be slightly thicker than the one you would push through the holes (use less water or no water at all).





# Blueberry Pancakes

## Ingredients

- 1½ cups [all-purpose flour](#)
- 2 tablespoons cane sugar
- 2 teaspoons [baking powder](#)
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- Heaping ¼ teaspoon [sea salt](#)
- 1 large egg
- 1 cup plus 3 tablespoons milk
- ½ cup plain whole milk Greek yogurt
- 2 tablespoons avocado oil or melted butter, plus more for brushing
- 1½ teaspoons [vanilla extract](#)
- 2 cups blueberries, fresh or thawed frozen\*
- [Maple syrup](#), for serving



## Instructions

0. In a large bowl, place the flour, sugar, baking powder, baking soda, cinnamon, and salt and stir to combine.
0. In a medium bowl, whisk together the egg, milk, yogurt, avocado oil, and vanilla. Add the wet ingredients to the dry ingredients and mix until just combined. If using fresh blueberries, fold them into the batter.
0. Heat a nonstick skillet to medium-low heat and brush lightly with oil. Use a ⅓-cup scoop to pour the batter into the skillet. If using frozen berries, evenly scatter them onto each pancake immediately after pouring the batter. Cook the pancakes for 1 to 2 minutes, or until bubbles form. Flip and cook for 1 to 2 additional minutes, or until the pancakes are puffed and golden brown. Serve with maple syrup.

# Cook Island's Chop Suey



1 kg diced chicken (or any meat)

1 large onion diced

2 Tsp Garlic

1 Tsp Ginger

2 cups mixed vegetables

4 Tbsp Dark Soy sauce

Vermicelli

Oil

Put vermicelli in a bowl and cover with hot water leaving to soak for 5 about minutes.

Drain water and cut vermicelli into two-inch-long pieces

Heat oil in a pot and add onions and garlic. Cook gently

Add meat and cook until brown, then add mixed vegetables and soy sauce

Add chopped vermicelli and stir until all mixed

Cover the pot and cook on a low heat for 10 minutes

# Ambrosia

## For the boysenberry puree

Puree thawed boysenberries and 4 tablespoons sugar in blender. Strain into medium bowl to remove seeds; discard seeds.

### Ingredients

Frozen boysenberries

Cream

Yogurt

Marshmallows

Chocolate block

### Method

Whip up some cream

Break up block of chocolate

Mix the cream, yogurt and puree together

Add broken up meringues, marshmallows and chocolate chunks.

