

Kitchen Club

TERM 3 RECIPES



Vegetarian Pad Thai

Ingredients

- Rice stick noodles - 250 g
- Vegetable oil - 3 tsp
- Hard tofu, cubed - 450 g
- Red onion, thinly sliced - 1
- Garlic cloves, crushed - 2
- Bunch baby bok choy, shredded - 1
- Red capsicum, deseeded, thinly sliced - 1
- Egg - 1
- Salt-reduced soy sauce, standard soy sauce can substitute - 2 Tbsp
- Limes - 3
- Long red chilli, deseeded, sliced - 2
- Coriander leaves, to serve



Method

1. Place noodles into a large heatproof bowl. Pour over enough boiling water to cover. Set aside for 10 minutes to soften. Stir with a fork to separate. Drain.
2. Heat 1 tsp of oil in a wok over high heat. Add half the tofu and stir-fry for 2 minutes or until golden. Transfer to a plate lined with paper towel. Reheat wok and repeat with the remaining tofu.
3. Heat the remaining oil in the same wok over medium heat until it's just smoking. Add onion and stir-fry for 2 minutes. Add the garlic and stir-fry for 1 minute. Add the bok choy and capsicum, and stir-fry for 2 minutes. Drizzle 2 tbs water over vegetables. Cover wok and cook vegetables for a further 2 minutes or until they are just tender.
4. Meanwhile, mix the egg with the soy sauce, juice of 1 lime, and half of the chilli in a jug. Cut the remaining limes into wedges and set aside.
5. Add the noodles and egg mixture to the wok. Toss mixture until well combined. Return tofu to wok and toss to combine.
6. Divide the pad thai among serving bowls. Top each bowl with coriander leaves and sliced chilli. Serve the pad thai with lime wedges.

Chocolate Orange Brownie Cookies

Ingredients

- 125g unsalted butter, softened
- 75g light brown sugar
- 1 egg
- Grated zest and juice of 1 orange
- 120g plain flour
- 120g oats
- 1 tbsp cocoa powder
- ½ tsp bicarbonate of soda
- 50g chocolate chips



Method

1. Preheat the oven to 200 degrees Celsius (180 Fan Bake). Line two baking trays with baking paper.
2. Put the softened butter and sugar in a bowl and using an electric mixer, mix until the ingredients are combined.
3. Add the egg along with the zest and juice of the orange and mix again.
4. Add the flour, oats, cocoa powder and bicarbonate of soda and combine.
5. Finally, stir in the chocolate chips.
6. Divide the mixture into 12 and use your hands to mould into a cookie shape, placing 6 cookies on each tray.
7. Bake in the oven for 15 minutes. Leave the cookies to cool on the tray for a few minutes. This is important to stop them falling apart. Then transfer onto a wire rack to cool completely.

Corn fritters

Ingredients

- ½ cup flour
- 1 tsp baking powder
- ½ tsp salt
- 2 eggs, beaten
- 410g can of Cream Style Corn
- 410g can of Whole Kernel Corn, drained

Method

1. Sift the flour, baking powder and salt into a mixing bowl.
2. Add the beaten eggs and Wattie's Cream Style Corn and mix well. Fold in the drained Wattie's Whole Kernel Corn.
3. Heat 1–2 tablespoons of oil in a non-stick frying pan over medium heat. Place spoonfuls of the corn fritter mixture into the pan. Cook for 2–3 minutes or until bubbles appear on the surface of the batter. Turn and cook the other side for a further 2–3 minutes or until the fritters are golden and cooked through. It may be necessary to add extra oil to the pan during cooking.



For variety you can add any of the following to the corn fritter mixture:

- 1-2 tablespoons chopped chives or spring onions
- ½ small red capsicum finely chopped
- 1-2 rashers bacon, cooked and chopped
- ¼ cup grated tasty cheese

Corn fritters can be served with:

- Grilled bacon rashers and maple syrup
- Chilli sauce and sliced avocado
- Fresh tomato salsa

Fresh tomato salsa

Ingredients

- 1 ½ cups chopped tomatoes
- ½ cup onion, diced
- ¼ cup chopped green bell pepper
- 2 tablespoons minced fresh coriander
- 1 tablespoon fresh lime juice
- ½ tablespoon and ½ teaspoon chopped fresh jalapeno pepper
- ¼ teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper



Method

1. Stir together tomatoes, onion, green bell pepper, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl.

Vanilla Slice

Ingredients

- 2 Sheets Puff Pastry
- 300 ml Thickened Cream
- 2 x 100g Packets Instant Vanilla Pudding Mix
- 500 ml Milk
- 1 1/2 Cups Icing Sugar
- 1 Tablespoon Soft Butter
- 2 Tablespoons Boiling Water



Method

1. Preheat the oven to 180c. Put pastry sheets onto two lightly greased baking trays & prick all over with a fork. Bake for 20 minutes, until they are puffed and golden brown. Remove from oven and set aside to cool.
2. Whip cream with electric beater until soft peaks form, put aside in the fridge. Put vanilla pudding mix and milk in another bowl and stir using wire whisk until thickened.
3. Quickly fold the whipped cream into the pudding mix then spread over the top side of one of the pastry sheets. Put the other sheet on top, flat side up.
4. Sift icing sugar into a bowl and stir in the butter and water. Spread over the top of the slice.

Beef Stroganoff

Ingredients

- Olive oil
- 500g sirloin steak, thinly sliced
- 1 Tbsp plain flour
- Butter
- 1 white onion, thinly sliced
- 1 garlic clove, minced
- 250g Portobello mushrooms, thinly sliced
- 150g sour cream
- 1 heaped tsp Dijon mustard
- ½ cup beef stock
- Salt and Pepper



Method

1. Heat a tablespoon of olive oil in a large sauté pan over a medium heat.
2. Place the beef in a large bowl, season with salt and pepper, add the flour and toss to coat.
3. Add the beef to the pan and cook for 5 minutes, until it's nice and coloured, then remove from the pan and set aside.
4. Reduce the heat to low, add the butter, onion, garlic and mushrooms and cook for 5-7 minutes or until soft.
5. Return the beef and any resting juices to the pan along with the sour cream, mustard and beef stock and stir well.
6. Continue to cook for 5-7 minutes or until the stroganoff sauce has thickened slightly.

To serve

Serve the beef stroganoff with hot rice, creamy mash or on a bed of fettuccine, garnished with finely chopped parsley.

Banana Split Lasagna

Ingredients

Crust

- Cooking spray
- 2 c. crushed wine biscuits
- 1/2 c. (1 stick) melted butter
- 2 tbsp. sugar
- Pinch kosher salt

Lasagna

- Tub of cream cheese, softened
- 1/4 c. sugar
- 2 Whipped cream 250g
- 3 bananas, thinly sliced into rounds
- 1 can crushed pineapple, well drained
- 1 carton strawberries, finely chopped
- 1/2 c. Walnuts, toasted and chopped
- Chocolate syrup, for drizzling
- Rainbow sprinkles, for topping



Method

Crust

1. Grease a 9x13-inch baking dish with cooking spray. In a medium bowl, stir together wine biscuits, melted butter, sugar, and salt. Press into baking dish and refrigerate until set, 15 minutes.

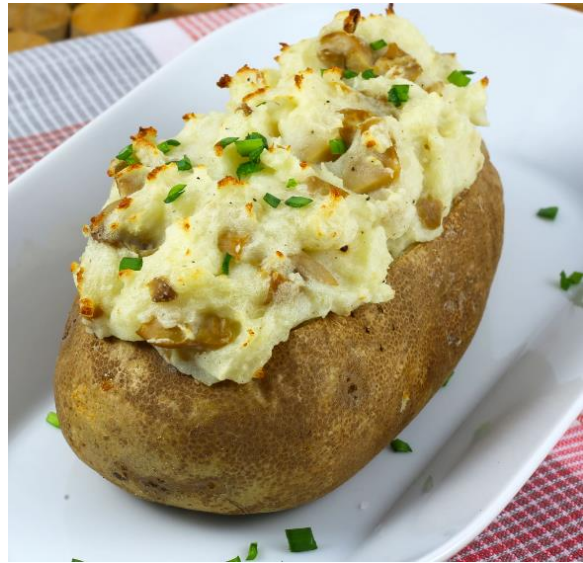
Lasagna

1. In a large bowl using a hand mixer, beat cream cheese and sugar until light and fluffy, then fold in whipped cream. Spread mixture evenly onto crust.
2. Top cream layer with even layers of banana, pineapple, and strawberries. Top with remaining whipped cream and sprinkle with walnuts.
3. Refrigerate until served
4. Drizzle with chocolate

Baked Potatoes

Ingredients

- 6-8 large clean potatoes
- salt
- oil
- 4 rashers bacon, chopped
- 400 g can Wattie's Sour Cream and Chives Pasta Bake Sauce
- ½ cup chopped spring onions or chives
- ½ cup grated tasty cheese



Method

1. Oil and salt the potatoes, cook at 180°C for about 1 hour or until tender. Cut the lid off the potatoes, scoop out the cooked potato into a bowl leaving the skins intact. Mash the potato.
2. Fry bacon in a little oil until crisp and golden.
3. Mix the mashed potato with the bacon, **Wattie's Sour Cream & Chives Pasta Bake Sauce** and spring onions. Refill the potatoes and sprinkle with the grated cheese. Place on a baking tray.
4. Cook at 200°C for 10-12 minutes in a hot oven until hot and golden.

Vanilla Berry Cupcakes

Ingredients

- 225g standard flour
- 1tsp baking powder
- Pinch salt
- 125g butter, softened
- 175g caster Sugar
- 2tsp vanilla extract
- 2 eggs
- 125ml milk
- 100g fresh or frozen raspberries



Berry Glaze Icing

- 250g Chelsea Berry Flavoured Icing Sugar
- 10g butter, softened
- 1Tbsp milk

Method

1. Pre-heat oven to 170° (150°fan bake). Line cupcake trays with paper cases.
2. Sift together flour, baking powder and salt.
3. Cream butter using an electric mixer until smooth. Add caster sugar gradually and beat until light and fluffy. Beat in vanilla extract
4. Add eggs one at a time scraping down the sides of the bowl between each addition. Beating well between each addition.
5. Alternate adding the flour with the milk. Start and finish with the flour. Beat on low speed until just combined and smooth. Do not over mix.
6. Divide the mixture between the paper cases. Push 2 or 3 raspberries into cake batter.
7. Bake for approx. 15 minutes or until a tooth pick comes out clean when inserted or the top of the cupcake springs back when lightly touched. Cool in the tray for 5 minutes before removing to a wire rack to cool completely.

Berry Glaze Icing

1. Combine the Chelsea Berry Flavoured Icing Sugar and butter in a medium heatproof bowl. Gradually add the milk, stirring with a wooden spoon until a firm paste forms.
2. Place the bowl over a saucepan of simmering water. Ensure the bottom of the bowl doesn't touch the top of the water level. Stir over low heat for 5 minutes or until the sugar dissolves and the icing is runny.
3. Remove from heat. Spread icing evenly over cupcakes. If icing starts to get to stiff, place bowl back over the simmering water and as it warms it will soften.

Chocolate Berry Cupcakes

Ingredients

- 100g butter, softened
- $\frac{3}{4}$ cup packed Soft Brown Sugar
- 2 large eggs, beaten
- 1 cup plain flour
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ cup cocoa
- $\frac{1}{2}$ cup sour cream
- Raspberry lolly drops to garnish



Berry Buttercream

- 150g butter, softened
- 2 cups Chelsea Berry Flavoured Icing Sugar
- 2-3 tablespoons hot water

Method

1. Preheat the oven to 170°C on fan-bake.
2. In a large electric mixing bowl, beat together the butter, soft brown sugar and eggs for 2-3 minutes until creamy.
3. Sift the flour, baking soda and cocoa. Add the dry ingredients to the egg mixture with the sour cream and beat for 2-3 minutes until smooth and fluffy.
4. Spoon the mixture into a 12-hole muffin pan lined with cupcake cases or directly into self-standing cupcake cases.
5. Bake in the preheated oven for 15-18 minutes until the cupcakes are puffed and spongy to the touch. Remove from the oven and set aside to cool.

Buttercream

1. Beat the butter until smooth and pale.
2. Gradually add the Chelsea Berry Flavoured Icing Sugar, half a cup at a time, with enough of the hot water to make a creamy mixture, beating between each addition until fluffy and pink.
3. When the cupcakes have completely cooled, pipe with a generous swirl of buttercream and top with a raspberry lolly.

Caesar Salad

Ingredients

Salad:

- 40 baby cos/romaine lettuce leaves
- 24 crostini
- 6 rashers of bacon or prosciutto
- Some fresh shaving of parmesan
- 400g chicken breast

Dressing:

- 2 tbsp. mayo
- 2 tbsp. Dijon mustard
- 2 large garlic cloves
- ¼ cup lemon juice
- ½ tsp salt
- ½ ground black pepper
- 1 cup extra light olive oil
- ½ Shredded Parmesan cheese



Method

Salad:

1. Fry Bacon until crispy
2. Cook the chicken thoroughly
3. Chop lettuce into streaks
4. Place in serving dish with crostini and tomatoes

Dressing:

1. Place mayo, Dijon, garlic, lemon juice, salt and black pepper in an electric food processor.
2. Process until smooth and well blended.
3. While the processor is still on, VERY slowly pour in the olive oil.
4. Continue to process until thick and creamy
5. Add Parmesan cheese and pulse 5 or 6 times
6. Add over salad as desire