



**ROBINA
STATE HIGH SCHOOL**

**YEAR 10
LIFESTYLE
MANAGEMENT**

Recipe Booklet

NAME: _____

TEACHER: _____

CLASS: _____

WORKPLAN FORMAT

GOAL/TASK _____

INGREDIENTS	UTENSILS

STEP	METHOD	TIME
<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 	<p>Personal preparation (apron, hair, hands)</p> <p>Collect and organize utensils and ingredients</p> <p>Preheat oven (if required) _____°C and specify any other special steps e.g. grease tray</p> <p>In point form, list every step in correct sequence to ensure time is used effectively</p>	
Cleanup	<ul style="list-style-type: none"> * wash, dry and put away equipment * clean stove and benches * sweep floors * empty rubbish bins * check units 	

EVALUATION

BEEF CHOW MEIN

Ingredients

500g rump steak
*1 tablespoon soy sauce
*1 tablespoon chilli sauce
*1 tablespoon sate sauce
250g noodles
*1 tablespoon oil
125 g mushrooms
125g bean sprouts (optional)
1 red pepper
3 sticks celery
2 medium onions
*1 tablespoon oil, extra

Oyster Sauce:

*1 teaspoon sugar
*3 teaspoon cornflour
* $\frac{3}{4}$ cup water
*1 chicken stock cube
*2 tablespoon oyster sauce
*1 tablespoon soy sauce

Take home container

Method

1. Remove all fat from meat. Cut meat into thin strips approx 5mm x 5cm. Place meat in a bowl, add one tablespoon of soy sauce, chilli sauce and sate sauce; mix well.
2. Peel onions, cut into wedges, separate layers of onions out. Seed pepper, cut into strips. Slice mushrooms and celery.
3. Add noodles to large quantity of boiling water, boil uncovered for 5 minutes or until noodles are tender. Drain well, keep warm
4. Heat oil in pan, add onions, saute for one minute. Add remaining vegetables, toss for two minutes, remove from pan.
5. Heat extra oil in pan, add half the meat, fry quickly until meat just changes colour; remove from pan. Add remaining meat, cook in the same way, return all meat to pan.
6. Combine all ingredients for Oyster Sauce, add to meat, toss until sauce is boiling, add vegetables, toss for a further two minutes over high heat.
7. Place noodles on to serving plate, top with meat mixture. Serves 4 - 5.



MUESLI COOKIES

Ingredients

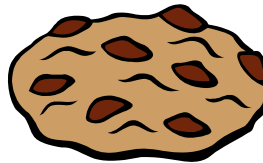
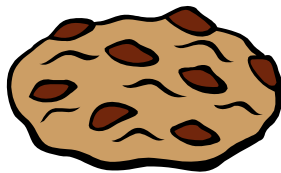
185g butter
1 cup muesli
1 cup coconut
1 cup rolled oats
½ cup self-raising flour
½ cup raw sugar
* ¼ cup sesame seeds
* 1 tablespoon honey
1 egg, beaten

125g chocolate chips

Take home container

Method

1. Place all dry ingredients in a bowl.
2. Melt butter, mix in honey.
3. Pour liquid ingredients into dry ingredients and mix well.
4. Add beaten egg and mix well.
5. Mould tablespoons of mixture into balls, place on lightly greased oven trays, allow room for spreading.
6. Bake in a moderate oven (180°C) for 15 minutes or until lightly browned. Cool on trays.



CHICKEN NUGGETS AND SALAD

Ingredients

300 - 400g chicken mince
1 egg
* $\frac{1}{2}$ cup fresh breadcrumbs (1 slice bread)
*1 tablespoon parsley, finely chopped
*salt, pepper
 $\frac{1}{2}$ cup corn kernels, optional
*oil for shallow frying

Coating:

* $\frac{1}{2}$ cup flour
*1 egg, beaten with a little water (additional egg yolk can be added here)
*1 cup dried breadcrumbs

Salad:

Your choice of 4 salad ingredients to be presented attractively as a side salad.
(Prepare enough salad for one person only)

Take home container

Method

1. Place chicken mince, egg, $\frac{1}{2}$ cup fresh breadcrumbs, parsley, salt and pepper in a bowl and mix well. Mix in corn.
2. Taking spoonfuls of mixture form small balls then gently push down into flat discs.
3. **Coating:** Place flour, beaten egg and breadcrumbs onto separate plates. Coat each nugget with flour, dip into egg-wash mixture, drain and toss into breadcrumbs. Press gently into breadcrumbs. Place on a tray in a single layer and refrigerate until time to cook.
4. Prepare salad.
5. Heat oil in frying pan. Oil should be approx 1 cm deep. Fry 4 - 6 nuggets until golden brown on each side (about 3-4 minutes depending on size). Drain well on absorbent paper. Serve hot with salad.

N.B. Recipe makes about 20 nuggets so bring a container to take remainder of nuggets home in.



SOUR CREAM CARROT MUFFINS

Ingredients

1 cup wholemeal SR flour
1 cup white plain flour
*1 teaspoon bicarb soda
*2 teaspoon cinnamon
*2 teaspoon nutmeg
1 cup brown sugar, lightly packed
1 cup oil (not peanut or olive)
4 eggs
½ cup sour light cream
3 cups grated carrots (about 4 carrots)
*Muffin papers

Cream Cheese Frosting: (optional)

60g packaged cream cheese
2 tablespoon butter
1 teaspoon lemon rind
1 ½ cups icing mixture, sifted

Take home container

Method

1. Sift dry ingredients together into a large bowl. Add sugar and oil, mix well.
2. In a small bowl combine the eggs and cream, beat well.
3. Add to flour mixture, mix until smooth.
4. Add grated carrot and mix well.
5. Spoon into greased muffin tray. Bake at 170° C until cooked. Stand for a few minutes before removing from tins. Top with cream cheese frosting.
6. **Cream Cheese Frosting.** With an electric hand beater, beat cheese, butter and lemon rind until smooth. Gradually beat in icing sugar.
N.B. Frosting can be made at school but cake is likely to be too hot to ice so bring a take-home container.



GREEK PASTA BAKE

Ingredients

250g macaroni pasta
2 eggs, lightly beaten
 $\frac{3}{4}$ cup (60g) grated parmesan cheese
*2 tablespoons stale breadcrumbs

MEAT SAUCE

*2 tablespoons oil
2 medium onions, chopped
750g minced beef
425g can tomatoes
 $\frac{1}{3}$ cup (80 ml) tomato paste
 $\frac{3}{4}$ cup (125 ml) water
*1 beef stock cube
* $\frac{1}{2}$ teaspoon ground cinnamon

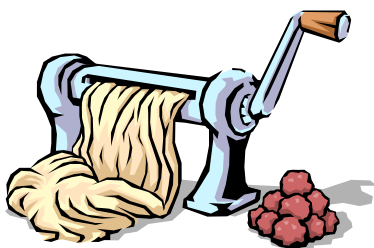
TOPPING

60g butter
3 tablespoons plain flour
600ml milk
 $\frac{3}{4}$ cup grated cheddar cheese

Ovenproof container

Method

1. Grease shallow ovenproof dish (2.5 litre /10 cup capacity). Add pasta to large pan of boiling water, boil, uncovered, until just tender; drain.
2. Combine hot pasta, eggs and parmesan cheese in bowl; mix well. Press pasta over base of prepared dish.
3. Prepare Meat Sauce: Heat oil in pan, add onions and mince, cook, stirring, until mince is well browned. Stir in undrained crushed tomatoes, paste, water, stock cube and cinnamon, simmer, uncovered, until thick; cool.
4. Prepare Topping: Melt butter in pan, add flour, stir over heat until bubbling, remove from heat, gradually stir in milk. Stir over heat until sauce boils and thickens, stir in cheese; cool slightly.
5. Top pasta evenly with meat sauce, pour over topping, smooth surface; sprinkle with breadcrumbs. Bake, uncovered, in moderate oven about 1 hour or until lightly browned. Stand 10 minutes before serving.



LEMON MERINGUE TART

Ingredients

1 x 23 cm cooked pastry shell
 $\frac{3}{4}$ cup water
* 3 tablespoons cornflour
1 egg yolk
 $\frac{1}{4}$ cup lemon juice
rind of one lemon, cut into strips
 $\frac{1}{3}$ cup sugar
* 2 teaspoons butter

Meringue:

1 egg white
2 tablespoons sugar (caster sugar is best)

Take home container (with deep sides)



Method

1. Blend cornflour with the water.
2. Add egg yolks, strained lemon juice, rind, sugar and butter.
3. Stir over heat until mixture thickens. Cook for 2 minutes.
4. Remove rind and allow to cool a little.
5. Pour into cooked tart shell.
6. Whisk egg whites until stiff.
7. Gradually add sugar and beat until all sugar has dissolved.
8. Pile on top of filling. Brown lightly in a moderate oven.