



ROBINA STATE HIGH SCHOOL
**LIFESTYLE MANAGEMENT
DEPARTMENT**

YEAR 8
LIFESTYLE MANAGEMENT
KLA

RECIPE BOOK

NAME: _____

CLASS: _____ TEACHER: _____

WORKPLAN FORMAT

GOAL/TASK _____

INGREDIENTS	UTENSILS

STEP	METHOD
1.	Personal preparation (apron, hair, hands)
2.	Collect and organize utensils and ingredients
3.	Preheat oven (if required) _____°C and specify any other special steps e.g. grease tray
4.	In point form, list every step in correct sequence to ensure time is used effectively
5.	
6.	
7.	
8.	
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

FRUIT SALAD

INGREDIENTS

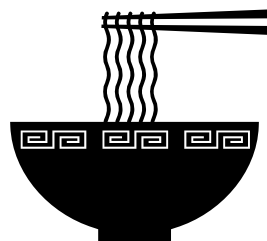
½ rockmelon or honeydew melon
1 small can pineapple pieces
1 orange
1 kiwifruit
1 apple
1 banana
1/2 lemon
1 passionfruit
½ doz strawberries or ½ cup grapes

(Choose a selection of fruits of different flavours, colours and textures suitable to your family.)



METHOD

1. Van dyke rockmelon, scoop out seeds. Remove flesh with melon baller. Place flesh in a large bowl.
2. Add tinned pineapple.
3. Peel and chop orange.
4. Peel and slice kiwifruit.
5. Core apple and dice.
6. Peel and slice banana.
7. Juice lemon and pour over apple and banana.
8. Halve passionfruit and scoop out pulp.
9. Combine all fruits in bowl, and present in rockmelon.



BEEF STIRFRY

INGREDIENTS

300 - 500g beef strips
4 shallots / 1 onion
*Choose **two only** from the following suggestions:*
2 sticks celery
100g mushrooms
½ red capsicum
125g broccoli
1 can whole baby corn
* 1 tbsp oil
* ¼ teasp crushed garlic

Sauce:

* 1 cup water
* 1 tbsp cornflour
* 1 tbsp sate sauce
* 2 tbsp soy sauce

METHOD

1. Chop, slice and cut vegetables into small pieces.
2. Open corn can and drain.
3. Combine cornflour, water, sate sauce and soy sauce in a jug, mix well.
4. Heat oil in frypan. Add onion and garlic and cook until transparent.
5. Add meat, cook until brown.
6. Add vegetables. Stirfry until just cooked (vegetables should be quite crisp).
7. Add corn, toss well.
8. Add sauce to pan, stir until boiling and well combined.

***School supplies these ingredients**

BANANA PECAN MUFFINS

INGREDIENTS

½ cup wholemeal plain flour
¼ cup wholemeal SR flour
(*white flour may be substituted*)
* ½ teasp bi-carb soda
* ¾ cup unprocessed bran
¼ cup raw sugar
¼ cup chopped pecans
or walnuts (*optional*)
1 large very ripe banana
60g butter
1 small egg
½ cup buttermilk (*ordinary milk may be used*)
(*Note: all ingredients must be measured again at school*)

*School supplies these ingredients

METHOD

1. Sift flours and soda into bowl, return husks from sifter to bowl.
2. Add bran, sugar and nuts.
3. Make a well in centre of dry ingredients.
4. Mash banana, melt butter, lightly beat egg.
5. Add banana, butter, egg and milk to dry ingredients, mix with fork only until combined.
6. Drop dessertspoons of mixture into greased muffin tins.
7. Bake in moderately/hot oven 20 minutes.



BREAKFAST

SOFT BOILED EGGS

Half fill a small saucepan with water and bring to boiling point. Lower eggs into water gently and simmer for 3 to 4 minutes. Serve with toast fingers.

POACHED EGGS

INGREDIENTS

Eggs
Boiling water
Buttered Toast



METHOD

1. Pour boiling water into frying pan to a depth of 18mm.
2. Bring back to boiling point.
3. Crack eggs one at a time and pour into egg rings in the pan.
4. Simmer for approximately 3 minutes. Lift rings when eggs are partly set.
5. Remove with an egg lifter, drain off water and serve on hot buttered toast. Garnish with parsley.

SCRAMBLED EGGS

INGREDIENTS

2 eggs
1-2 tbsp milk
* 1 teasp butter
Buttered toast

N.B. Chopped parsley may be added to eggs before cooking.

*School supplies these ingredients

METHOD

1. Beat eggs well then add milk.
2. Melt butter in small saucepan.
3. Add egg mixture and stir over gentle heat until thick (mixture should not be runny). Do not overcook.
4. Spoon onto buttered toast.



OMELETTE

INGREDIENTS

2 eggs
4 tbsp milk
2 slices ham or bacon or chicken
¼ onion or 1 shallot
½ tomato
¼ cup grated cheese
1 slice bread
1 ½ tbsp butter
250mL juice (eg. orange, pineapple)



METHOD

1. Break eggs into bowl, add milk, beat lightly until well combined.
2. Dice ham and shallots.
3. Melt 1tbsp butter in frypan. Add ham and shallots, saute gently.
4. Add egg mixture to frypan. Cover.
5. Dice or slice tomato, place on serving plate.
6. Toast bread, butter. Cut into 4 triangles, place on plate.
7. When egg has set, sprinkle with cheese, flip omelette in half.
8. Place omelette onto plate. Garnish.
9. Serve with glass of juice.

BANANA SMOOTHIE

INGREDIENTS

1 banana
1 cup milk
* 2 tbsp ice cream
* pinch nutmeg

*School supplies these ingredients

METHOD

1. Peel and roughly chop banana.
2. Place banana, milk and ice cream in blender. Blend on maximum speed for 30 sec.
3. Pour into a tall glass. Sprinkle with nutmeg.

APRICOT SQUARES

INGREDIENTS

1 cup corn flakes, lightly crushed
½ cup self raising wholemeal flour
(white flour may be used)
½ cup self raising white flour
½ cup coconut
½ cup sugar
1 cup chopped dried apricots
1 egg lightly beaten
150g margarine, melted
* 1 tablespoon golden syrup

***School supplies these ingredients**

METHOD

1. Place all dry ingredients into a large bowl.
2. Add egg, melted margarine and syrup to dry ingredients and mix well.
3. Press into a greased 11cm X 18 cm lamington tin.
4. Bake in a moderate oven (180°C) for 20 minutes or until golden.

Cuts into 20 slices.

OATY COCONUT SLICE

INGREDIENTS

1 cup rolled oats
1 cup plain flour
¾ cup coconut
¾ cup raw sugar
125g butter
* 2 tbsp honey
2 tbsp water
* ¼ teasp bicarb soda

***School supplies these ingredients**

METHOD

1. Combine oats, sifted flour, coconut and sugar in a large bowl.
2. Combine butter, honey and water in a small saucepan, stir over heat until butter has melted.
3. Stir in soda, pour into dry ingredients: until combined.
4. Press mixture evenly into greased slice tray.
5. Bake in moderate oven for about 25 minutes.

