

# Friday's Kitchen

Recipes for YOUTH!





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# SPAGHETTI BOLOGNAISE

Serves 6

## INGREDIENTS

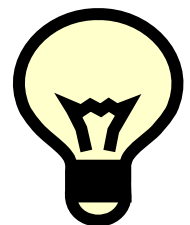
1 medium onion finely diced  
5 cloves garlic finely diced  
1 tspn dried Italian herbs  
1 kg minced beef  
1 x 410gm tinned diced tomatoes  
2 tbspsn tomato paste  
2 beef stock cubes  
1 x 500gm packet pasta shells or spaghetti  
1 tbspn oil  
Salt and pepper  
Grated parmesan cheese

## METHOD

Heat a large pot with the oil. Add the onion and garlic and cook till softened. Add the herbs cook further 1 minute on low heat. Add the mince and stir till brown. Add the crumbled beef stock cube, diced tomatoes and 1 cup water. Add salt and pepper, stir, cover pot with a lid and simmer for 40 minutes. Add tomato paste, cook further 15 minutes without lid, stirring occasionally. Taste and correct seasoning. Boil a large pot of water, add the pasta bring back to boil and cook 10-15 minutes. Drain pasta. Serve the pasta on a plates and top with bolognaise, sprinkle with parmesan cheese. Nice served with a green salad and hot garlic bread.

TIP: If using fresh herbs i.e oregano, basil, sage you will need to use 3 times more as they are not as concentrated as the dried ones.

TIP: Bolognaise sauce can be frozen for up to 3 months.



Good cooks clean up as they go—less clutter equals less confusion!

# PASTA WITH HOMEMADE TOMATO AND FRESH HERB SAUCE

Serves 6

## INGREDIENTS

2 x tins peeled diced tomatoes  
4 cloves garlic finely chopped  
1 medium onion finely diced  
2 tbsps chopped fresh basil  
1 tbspn chopped fresh parsley  
1 tspn chopped fresh oregano  
1 tbspn oil  
Salt and pepper  
Pinch of sugar  
Grated parmesan cheese  
1 x 500gm packet penne pasta

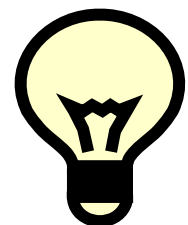
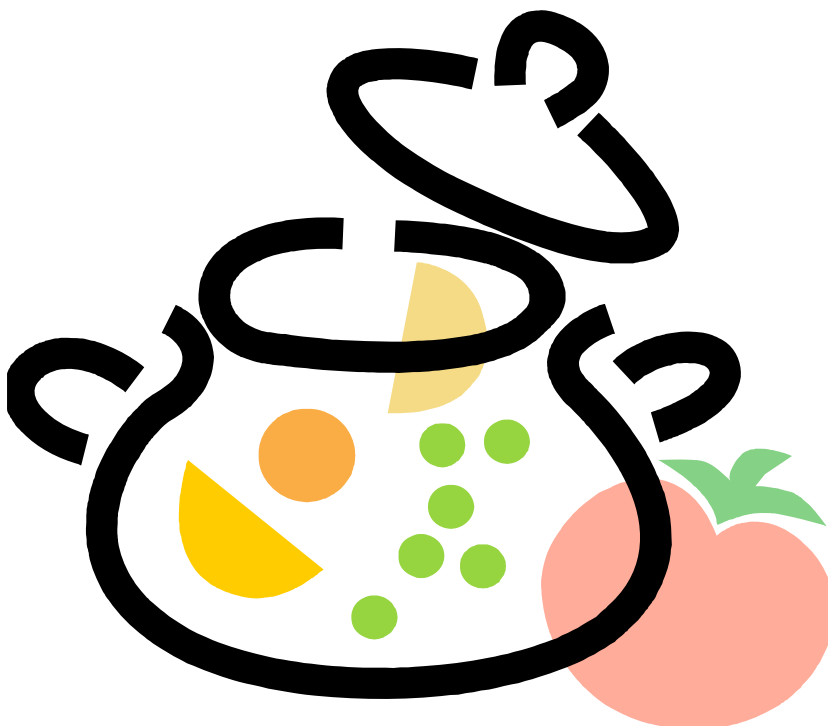
## METHOD

Heat oil in a pot and add onion and garlic. Cook till softened. Add tomatoes, sugar and salt and pepper and stir. Add herbs and cover pot with a lid and allow to simmer gently 15 minutes. Bring a pot of water to boil, add pasta and boil for 10-15 minutes. Drain pasta, serve in a bowl and top with tomato sauce. Top with parmesan cheese.

TIP: You can use dried herbs but only use 2 level tspns in total.

TIP: You can mix the sauce into the pasta with some parmesan cheese and serve cold as a salad.

TIP: Fresh tomatoes can be used instead of tinned, use 8 tomatoes that have been peeled.



To blanch fresh tomatoes— with a knife place a X on the bottom of tomato, remove the core, place tomato in boiling water for 40-50 seconds then place tomato in cold water for 1 minute, it will then be easy to peel the skin off

# MEDITERRANEAN SALAD WITH POACHED CHICKEN

Serves 6

## INGREDIENTS

### Salad

- 1 cos lettuce, washed and dried
- 1 lebanese cucumber, finely sliced
- 1 punnet cherry tomatoes, cut in ½
- 150gms feta cheese, cut into small cubes
- 159 gms pitted olives cut in ½
- 1 small red onion, finely sliced, keep skins
- 1 carrot, peeled and grated, keep peel
- 1 small red capsicum, finely sliced
- 2 chicken breasts

### Dressing

- 2 tbsps oil
- 4 tbsps vinegar
- 1 tspn sugar
- 2 cloves garlic, finely chopped
- 1 tspn chopped fresh parsley
- 1 tspn chopped fresh basil
- Salt and pepper

## METHOD

To poach chicken, place a pot with water ½ way to top, add salt, white pepper, onion skin, carrot peel, parsley and basil stalks. Bring water almost to boil. Add the chicken and allow to poach for 15 – 20 minutes depending on thickness. Turn heat off and allow chicken to stay in pot for 5 minutes then remove on to a clean plate. Break lettuce into large pieces, add remaining salad items, mix together using thongs.

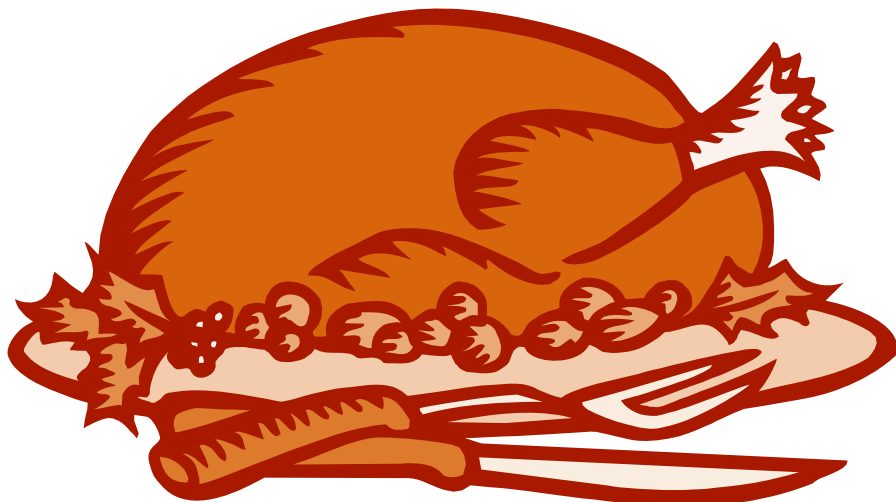
For dressing put all ingredients into a screw top jar and shake well. Put in fridge. Slice chicken diagonally on an angle.

To serve salad place salad evenly on to plates, top with sliced chicken and drizzle dressing over the top. You can also mix the chicken into the salad and serve then drizzle with dressing.

TIP: Best eaten on the day. Dressing will keep 4 days in fridge.



It works better when you use white pepper when cooking foods that are light in colour and use black pepper when cooking foods that are dark in colour.



# HASH BROWNS

Makes 6

## INGREDIENTS

3 medium washed potatoes  
2 tbsps plain flour  
1 egg, lightly beaten  
Pinch of salt  
Vegetable oil to shallow fry

## METHOD

Preheat oven to 120\*. Grease a tray to put in oven.  
Peel and wash potatoes, coarsely grate the potatoes and put into colander. Use your clean hands to squeeze out as much excess liquid as possible. Transfer potatoes to a large bowl. Add the flour, egg and salt to the potato and stir till combined. Add enough oil to a large frypan to reach 2 cms deep. Heat oil till hot and spoon the potato mix into pan remembering to make 6 hash browns. Shape into a rectangle shape and cook for 3 minutes then turn over and cook further 3 minutes until crisp. Place on baking tray and keep warm in oven. Continue to cook remaining mixture..

TIP: Nice served with bacon and eggs.

TIP: You can add fresh chopped herbs or grated cheese to this mixture before cooking.

TIP: Best eaten after cooked.



Don't be afraid to be creative and add flavours to food that you enjoy!

# DIM SIMS IN MISO BROTH WITH RICE NOODLES AND STEAMED VEGETABLES

Serves 6

## INGREDIENTS

½ kg pork mince  
1/8 th cabbage, finely shredded  
1 egg  
2 tbsps cornflour  
4 shallots, finely sliced  
2 tspns sesame oil  
1 -2 pkts wonton wrappers  
6 individual pkts miso paste i.e 1 pkt makes 1 cup  
2 cloves chopped garlic  
1 tbspn grated ginger  
1 large carrot peeled and thinly sliced  
1 head broccoli cut into flowerettes  
¼ cauliflower cut into flowerettes  
1 bunch bok choy, roughly chopped  
1 pkt rice noodles

## METHOD

### Dim Sims

Combine in a bowl cabbage, shallots, mince, egg, cornflour, soy sauce and sesame oil. Mix well.

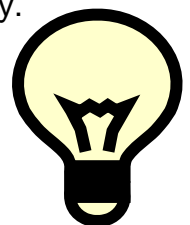
Place 1 tspn of mixture onto centre of each wontoon wrapper. Gather the sides of wrapper around filling, pleating edges together leaving top opened. It looks like a tied money bag .Place on a plate, put in fridge till ready to cook.

### Miso Broth

Put miso paste into 7cups water in to a pot and add garlic and ginger. Heat with lid on allow to simmer 5 minutes. Turn heat off.

### Steamed Veges

Steam the carrots till ½ cooked then add and steam the broccoli and cauliflower. Rinse under cold water and drain. In a separate steamer steam the bok choy. Put rice noodles into a bowl and cover with boiling water. Allow to sit for 5 minutes then drain.



**REMEMBER** always wash hands thoroughly before preparing or cooking food so as to ensure no harmful bacteria contaminates your well-earned meals

Prepare a steaming pot. When water is boiling place wontons on the steamer rack that has been greased, so the wontons don't stick to this. You will need to do this in batches. Cook 10-12 minutes, remove, place on a plate cover lightly with foil and continue to cook the rest.

Heat the miso up. Evenly place noodles, vegetables, in bowls and spoon over the miso. Place dim sims on top and serve. Nice with some soy sauce.

TIP Best eaten when made



# MINISTRONE SOUP

Serves 6-8

## INGREDIENTS

1 ham bone or hock  
2 rashers bacon, rind off and chopped into bite size pieces  
1 onion finely diced  
1 leek white part finely sliced and washed well  
6 cloves garlic  
3 carrots peeled and diced  
2 stalks celery washed and diced  
1 x tin diced tomatoes  
¼ piece cabbage roughly diced  
2 ½ lts chicken stock or 2 ½ lts water and 4 chicken stock cubes  
4 tbsps tomato paste  
1 x 410gm red kidney beans  
300gms dried pasta ,macaroni  
1 tbspn oil  
Salt and pepper  
125 gm parmesan cheese to serve  
1 loaf crusty bread

## METHOD

Place oil in to large pot and heat. Add bacon leek, onion and garlic and cook stirring 2 minutes. Add celery and carrots, cook till softened. Add the stock , diced tomatoes and salt and pepper. Add the ham bone. Cover with lid, bring to boil and then allow to simmer 45 minutes .Bring back to the boil and add macaroni and cook with lid on for 15 minutes . Remove lid, return to simmer and add tomato paste stir through. Remove ham bone, take off all meat and return meat to the pot. Check taste with a spoon, correct seasoning if needed. Simmer 5 minutes and serve in a bowl with sprinkles of parmesan cheese on top and crusty bread.

TIP: This soup can be frozen for 2 months.



REMEMBER to always taste your food before you serve it , and never double dip with the same spoon

# THAI CHICKEN BALLS

Makes about 40

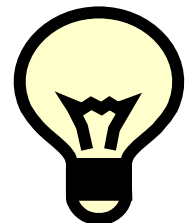
## INGREDIENTS

50 gms rice  
½ kilo chicken mince  
4 cloves garlic finely chopped  
1 tspn chopped fresh ginger  
1 red chilli seeded and finely chopped  
1 egg, beaten lightly  
2 shallots finely chopped  
1/3 cup fresh coriander leaves chopped  
1/3 cup plain flour  
1/3 cup water chestnuts finely chopped  
Vegetable/ canola oil for deep frying

## METHOD

Cook rice in boiling water and drain. Combine mince, garlic, ginger, chilli, egg, shallots, coriander flour and water chestnuts in a bowl. Mix in the rice and season with salt. Cook a little of the mixture in a pan to see if it needs anything added. Roll mixture into balls and place on a plate. Refrigerate for 30 minutes. ½ fill a pot with oil and allow to get hot. Carefully put balls into oil, don't over crowd pot. Cook for 2-3 minutes, drain on greaseproof paper and cook remaining balls. Nice served with sweet chilli sauce.

**TIP:** Chicken balls will freeze for 2 months. Heat in oven on a greased tray or microwave on a plate.



**REMEMBER** to be careful when deep frying as hot oil can spit when placing moist food into it.

Leaving hot oil unattended is a potential fire hazard!

# BANANA CHEESE AND BACON FINGERS

Makes 2

## INGREDIENTS

2 slices thick bread

1 banana

2 rashers bacon

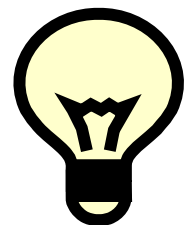
½ cup grated tasty cheese

## METHOD

Cut bacon up into small dice. Cook in a greased pan. Drain on greaseproof paper. Toast bread lightly.

Place ½ a banana on each piece of toast and mash to cover toast. Sprinkle with cheese and then sprinkle with bacon. Place on a greased tray and grill for 3 minutes. Keep checking as some grills work quicker than others. Cut into 3 fingers and serve with some parsley.

TIP: Best eaten straight away



Try different toppings on toast fingers like this one and see what you can create!

# HUNGARIAN GOULASH

Serves 6

## INGREDIENTS

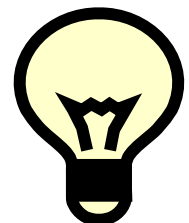
1 kg stewing beef diced  
1 tspn paprika  
2 tspns plain flour  
2 tspn caraway seeds  
1 tspn vegetable oil  
20 gms butter  
1 medium onion finely chopped  
1 cup beef stock or 1 cup water with 2 beef stock cubes  
1 x 410gm tinned peeled tomatoes  
1 ½ tspn tomato paste  
3 medium potatoes peeled and coarsely diced  
2 tspn fresh oregano chopped finely  
3 cloves garlic finely chopped  
Salt and pepper

## METHOD

Toss beef in combined paprika, flour, and caraway seeds. Heat ½ the oil and ½ the butter in a pot and cook ½ the beef till brown. Remove onto a plate and cook the rest of the beef in remaining oil and butter. Add onion and garlic to pan, cook stirring until soft. Return beef to pot with stock, tinned tomatoes and tomato paste, salt and pepper, simmer covered for 40 minutes. Add potatoes, simmer covered about 30 minutes till potato are tender. Remove lid, simmer 5-10 minutes till slightly thickened. Stir in oregano. Taste to see if seasoning needs correcting.

TIP: Nice served with mashed potato and steamed vegetables or with rice

TIP: Can be frozen for 3 months



REMEMBER— to tenderise the meat, stews need to be cooked long and slow with a tightly sealed lid on!

# CREAMED CORN AND BACON QUICHE

Makes 1 large quiche baking dish size

## INGREDIENTS

2 sheets frozen shortcrust pastry  
3 rashers bacon rind off and diced small  
1 medium brown onion  
2 tbsps finely chopped parsley or basil  
1 x 310gm creamed corn  
600 mls cream  
6 eggs  
150 gms grated tasty cheese  
Salt and pepper to taste

## METHOD

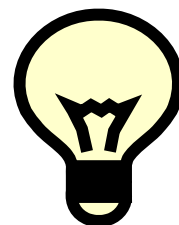
Heat oven to 180\*.

Lay pastry out flat to defrost on bench. Grease the baking dish and lay pastry on dish to cover sides and bottom. Prick pastry with a fork randomly. Put dish into oven to ½ cook pastry about 10 minutes. Meanwhile cook bacon and onion in a pan, remove. In a bowl mix cream ,eggs , and salt and pepper together, Add parsley , corn and bacon onion mix. Mix well. Place quiche mixture onto pastry and top with cheese. Turn oven down to 170\* and cook 35-45 minutes or till firm to touch. Remove from oven and allow to rest for 10 minutes before cutting.

TIP: Great to have with a tossed salad.

TIP: These can be made in smaller individual tins as well, will not need as much time to cook.

TIP: Freeze quiche in portion sizes for 2 months.



Sharp knives are safer to use than blunt knives as they provide greater control when cutting

# VIETNAMESE SPRING ROLLS

Makes 8

## INGREDIENTS

8 vietnamese spring roll wrappers  
1 small chicken breast  
1 carrot peeled and grated  
1 small Lebanese cucumber  
1 avocado  
1 cup cooked rice  
2 tbspsns sweet soy sauce  
2 tbspsns oyster sauce  
2 cloves garlic

## METHOD

Mix the garlic, 1 tspn each of the soy sauce and oyster sauce and marinate chicken for 30 minutes.

Cut cucumber into strips lengthways. Cut avocado in  $\frac{1}{2}$  remove seed then flesh from skin with a spoon and slice into strips like the cucumber. Mix the remaining 1 tspn of both soy and oyster sauce into the rice. Put all of this in fridge till ready to use. Cook chicken breast in greased fry pan till cooked through. Remove allow to cool then slice into strips like the cucumber. Gather all the ingredients from fridge. Place some warm water into a shallow dish and quickly wet 1 wrapper and place on a clean bench. Place some rice in the centre, making sure it doesn't go to the edge and top with a bit of all the other ingredients. Roll wrapper over this starting from the bottom, then roll in the sides then roll till meets with other end. Place on a plate. Continue to make the rest. If you are eating these a bit later place wet wax paper on top of the rolls, this will stop them from drying out. You can add some chopped mint or coriander to the rolls, also some toasted chopped cashews are nice. Serve with soy sauce or sweet chilli sauce.

TIP: Best eaten after made.



**REMEMBER** if you make something with nuts in it you must tell people as peanuts can be fatal to those with an allergy to them

# CHOCOLATE AND PECAN NUT BROWNIES

Makes 1 lamington tray

## INGREDIENTS

125 gms butter roughly chopped  
185 gms dark chocolate roughly chopped  
1 cup castor sugar  
2 tspns vanilla essence  
2 eggs  
½ cup plain flour  
½ cup S.R flour  
½ cup chopped pecan nuts

## ICING

100 gms dark chocolate  
¼ cup sour cream

## METHOD

Preheat oven to 170\*

Grease a 20 cm lamington tray. Line with cooking paper and grease again. Melt butter and chocolate in saucepan, stirring over hot water i.e. double boiler. Remove and cool for 3 minutes. Whisk eggs, sugar, vanilla essence till combined. Add the sifted flour, chocolate and pecan nuts and mix well. Place into prepared tray and bake 30-35 minutes. Cool in tray.

To make icing melt chocolate in double saucepan, stir in sour cream and mix till glossy.

When brownies are cool spread icing over and allow to set in fridge, cut into pieces and serve. You can also just dust brownies with icing sugar instead of making icing.

TIP: Can be frozen for 1 month, best to freeze un-iced.



NEVER add water to chocolate that you are trying to melt as it will go hard!





These recipes are those that were learnt by young participants involved in the NORTEC Youth Services Links to Learning February-March 2008.

Acknowledgement goes to Jo Kydd, chef and hospitality trainer, for her wonderful recipes and knowledgeable kitchen advice!



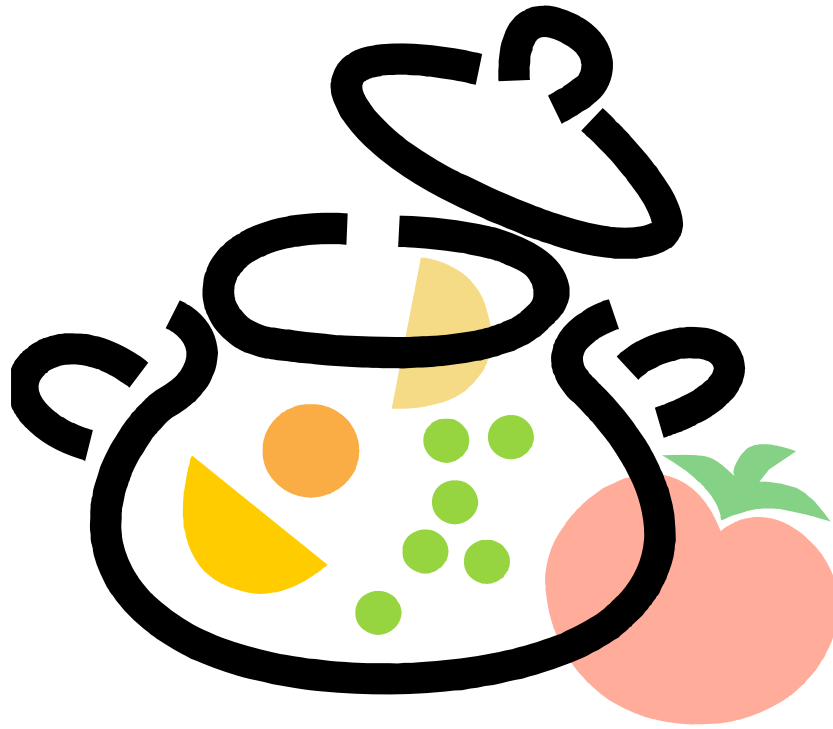
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