THE

STEP

BY

STEP

COOK BOOK

Produced by Tracey Martin and Belinda Wester (Deakin University Students) in consultation with ISIS Primary Care
NOTES FOR USE

COOKING METHODS

STOVE

MICROWAVE

OVEN

TEMPERATURE

Celsius temperature is used:

- Low Heat: 130°C - 180°C
- Medium Heat: 180°C - 200°C
- High Heat: 200°C - 250°C

Heat settings are shown by three coloured flames:

- BLUE FLAME = Low Heat
- YELLOW FLAME = Medium Heat
- RED FLAME = High Heat

COOKING TIMES

Time symbols show the amount of minutes for cooking.

MEASUREMENTS

Metric cups and spoons have been used. Colour coding is used to show measuring cup size:

- GREEN = 1 CUP
- ORANGE = ½ CUP
- BLUE = ⅓ CUP
- RED = ¼ CUP
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SERVES 1

INGREDIENTS

\[ \frac{1}{3} \text{ cup Quick Cooking Oats} \\
1 \text{ cup Milk} \\
1 \text{ teaspoon Honey} \\
1 \text{ Banana} \\
\text{Shake of Cinnamon} \]

COOKING UTENSILS

Small saucepan  
Bowl  
Chopping board  
Spoon  
Knife  
Wooden spoon  
1 Teaspoon  
1 Cup  
\( \frac{1}{3} \text{ cup} \)
1. Mix oats and milk
2. Cook over low heat, stir
3. Heat until thick, 5 minutes
4. Pour into bowl
5. Serve with sliced banana, honey and cinnamon
WEET– BIX AND BANANA

SERVES 1

INGREDIENTS
2 Weet- Bix
1 cup Milk
1 Banana

COOKING UTENSILS
Bowl
Spoon
Knife
1 Cup
Chopping board
1. Slice banana

2. Place Weet-Bix and banana in bowl

3. Pour milk into bowl
SERVES 1

INGREDIENTS
1 Egg
1 slice Multigrain Bread
1 teaspoon Canola Margarine

COOKING UTENSILS
Saucepan
Egg cup
Knife
Spoon
Small spoon
Plate
Toaster
1 Teaspoon
1. Cover egg with cold water
2. Bring water to the boil
3. Reduce heat and simmer 3 minutes
4. Make toast
5 Spread margarine on toast

6 Cut toast into strips

7 Remove the top of the egg
SCRAMBLED EGGS ON TOAST

SERVES 1

INGREDIENTS
2 Eggs
⅓ cup Milk
⅓ cup grated low fat Cheese
1 teaspoon Canola Margarine
2 slices Multigrain Bread
Shake of Pepper
Parsley

COOKING UTENSILS
Mixing bowl
Fry pan
⅓ cup
1 Teaspoon
Wooden spoon
Toaster
Plate
1. Beat eggs

2. Combine eggs, milk, cheese and pepper

3. Melt margarine in fry pan

4. Add egg mixture. Cook on low heat
5 Stir. Allow to thicken

6 Make toast

7 Pile eggs on toast. Serve with parsley
BAKED BEANS ON TOAST

SERVES 1

INGREDIENTS
2 slices Multigrain Bread
1 small can Baked Beans

COOKING UTENSILS
Toaster
Saucepan
Knife
Fork
Plate
Wooden Spoon
1. Pour Baked Beans into saucepan

2. Stir over medium heat, 2 minutes

3. Make toast

4. Pour Baked Beans onto toast
SERVES 6-8

INGREDIENTS
3 Zucchinis
1 Carrot
1 Onion
1 cup grated low fat Cheese
1 cup Self-raising flour
1 tablespoon Canola Oil
5 Eggs

COOKING UTENSILS
Mixing bowl    Fork
Chopping board  Knife
Peeler     Brush
Wooden spoon
1 cup
1 Tablespoon
Baking dish
1. Wash zucchinis and carrot
2. Chop onion
3. Grate zucchinis and carrot
4. Beat eggs
5. Add zucchinis, carrot, cheese and flour to eggs and mix

6. Brush oil onto dish

7. Pour mixture into dish

8. Bake in oven (180°C) 30-35 minutes
JACKET POTATO

SERVES 4

INGREDIENTS
4 Potatoes
400g can Kidney Beans
½ cup grated low fat Cheese
½ cup low fat Sour Cream
½ Red Capsicum

COOKING UTENSILS
Small saucepan  ½ cup
Grater         Plate
Strainer
Chopping board
Knife
Wooden spoon
Spoon
1. Wash potatoes. Cut a cross on the top of each potato.

2. Microwave on high, 12 minutes.

3. Strain and wash kidney beans.

4. Dice capsicum.
5 Heat capsicum and beans, low heat, 5 minutes

6 Leave potatoes to cool, 2 minutes

7 Spoon capsicum and beans, sour cream, and cheese into potatoes
SERVES 4

INGREDIENTS
440g can Kidney Beans
½ cup Quick Cooking Oats
½ cup grated low fat Cheese
1 tablespoon Canola Oil
1 Potato
1 Onion
1 Zucchini
4 Bread rolls
2 Tomatoes
1 Lettuce

COOKING UTENSILS
Fry pan
Mixing bowl
Wooden spoon
Grater
Chopping board
Flipper
Peeler
Knife
Tablespoon
Strainer
Plate
½ cup
1 Slice tomato and lettuce. Cut bread rolls in half
2 Drain and rinse kidney beans
3 Mash kidney beans with fork
4 Peel and grate potato, onion and zucchini
5 Add potato, onion, zucchini, and oats to beans. Mix well
6 Heat oil in fry pan
Shape mixture into a large ball and flatten

Fry, 5 minutes. Flip to other side

Fry burgers on other side 5 minutes

Place burger on roll. Add cheese, lettuce and tomato
FISH AND CHIPS

SERVES 4

INGREDIENTS
- 2 large fillets of Fish
- 2 teaspoons Canola Margarine
- 1 tablespoon Canola Oil
- 1 teaspoon Oregano
- 1 teaspoon Basil
- 2 stalks Celery
- 1 Carrot
- 1 Lemon
- 4 Potatoes

COOKING UTENSILS
- Chopping board
- Knife
- Wooden spoon
- Baking tray
- Aluminum Foil
- 1 Teaspoon
- 1 Tablespoon
- Greaseproof paper
1 Wash potatoes. Cut into thick slices

2 Place in bowl with oil and herbs. Mix well

3 Spread onto baking tray on greaseproof paper

4 Bake in oven (180°C) 40 minutes
5 Thinly slice carrot and celery

6 Place fish in baking dish with greaseproof paper. Cover with carrot, celery and margarine. Squeeze lemon on top

7 Cover with aluminum foil

8 Bake in oven with wedges (180°C) 20 minutes
SERVES 2

INGREDIENTS
4 Mushrooms
1 Red capsicum
1 Spanish onion
¼ cup Olives
1 cup grated low fat Cheese
1 Pizza base
½ tub Tomato paste

COOKING UTENSILS
Chopping board
Knife
Spoon
Baking tray
1 Cup
¼ Cup
Greaseproof paper
1. Place pizza base on baking paper on tray
2. Spread tomato pasta over pizza base
3. Slice onion, capsicum and mushrooms
4. Put onion, capsicum, mushrooms, olives and cheese on pizza base
5. Bake in oven (180°C) 20 minutes
6. Cut into slices and serve
SERVES 4

INGREDIENTS
500g Minced Beef
400g tin Crushed Tomatoes
50g packet Tomato Paste
Shake of Oregano
250g Frozen Vegetables
1 Onion
½ cup Water
1 clove Garlic
1 packet Spaghetti
Shake of Basil

COOKING UTENSILS
2 Large saucepans
Chopping board
Knife
Strainer
Serving spoon
Wooden spoon
½ cup

Spaghetti scoop
1 Tablespoon
Bowl
Fork
Spoon
1. Chop onion and garlic

2. Fry onion and garlic in saucepan with oil, high heat

3. Add minced beef. Fry until meat is brown, 5 minutes

4. Add tomato paste, crushed tomato, oregano and basil

5. Simmer low heat, 30 minutes

6. Add frozen vegetables. Simmer 30 minutes
7. Boil water in a saucepan

8. Add spaghetti. Cook with lid off, 15 minutes

9. Strain spaghetti. Rinse with cold water

10. Serve with minced beef sauce
SHEPHERD’S PIE

SERVES 6

INGREDIENTS
500g Minced Beef
400g tin Crushed Tomatoes
50g packet Tomato Paste
1 tablespoon Canola Margarine
250g Frozen Vegetables
Shake of Oregano
1 Onion
½ cup Water
1 clove Garlic
4 Potatoes
Shake of Basil
¼ cup Milk

COOKING UTENSILS
2 Large saucepans
Chopping board
Knife
Baking dish
Serving spoon
Wooden spoon
Peeler
1. Chop onion and garlic

2. Fry onion and garlic in saucepan with oil, high heat

3. Add minced beef. Fry until meat is brown, 5 minutes

4. Add tomato paste, crushed tomato, oregano and basil

5. Simmer low heat, 30 minutes

6. Add frozen vegetables. Simmer 30 minutes
7 Peel and dice potatoes

Add milk and margarine.

Mash with fork

Place meat in baking dish.

Spread potato on top. Bake in oven (180°C) 20 minutes

8 Add to saucepan and fill with water. Cook, high heat, 12 minutes

9 Reduce heat
Cook 10 minutes

Drain water from saucepan

10 Add to saucepan and fill with water. Cook, high heat, 12 minutes

11 Reduce heat
Cook 10 minutes

Drain water from saucepan

12 Add milk and margarine. Mash with fork

Place meat in baking dish.

Spread potato on top. Bake in oven (180°C) 20 minutes

13 Place meat in baking dish.

Spread potato on top. Bake in oven (180°C) 20 minutes
BEEF & NOODLE STIR-FRY

SERVES 4

INGREDIENTS
2 Red Onions
1 Green Capsicum
1 Carrot
1 bunch baby Pak Choy
200g Snow Peas
1 tablespoon Canola Oil
2 tablespoons Ketjap Manis
Packet Rice Noodles
500g Beef Strips

COOKING UTENSILS
Fry-pan or Wok
Chopping board
Wooden spoon
Peeler
Knife
Strainer
1 Tablespoon
Large bowl
1 Soak rice noodles in boiling water, 20 minutes

2 Peel and chop carrot and onions. Slice capsicum. Separate pak choy and beans

3 Drain and rinse rice noodles

4 Heat oil in fry-pan, medium heat
5 Add onions. Stir-fry medium heat, 2 minutes

6 Add beef strips. Stir fry high heat, 2 minutes

7 Add capsicum and carrot. Stir-fry medium heat, 2 minutes

Add snow peas, pak choi and ketjap manis. Stir-fry medium heat, 2 minutes.
Serve with rice noodles.
JAM & RICOTTA PANCAKES

MAKES 6

INGREDIENTS
1 Egg
1 cup Self-raising Flour
1½ cups Milk
2 teaspoons Canola Margarine
½ cup Jam
½ cup Ricotta cheese

COOKING UTENSILS
Fry pan 1 Teaspoon
Mixing bowl Sifter
Flipper Knife
Wooden spoon Fork
1 Cup
¼ cup
Plate
1. Mix egg and milk in mixing bowl
2. Sift flour into bowl
3. Mix well
4. Melt 1 teaspoon margarine in fry pan, low heat
5. Pour ¼ cup mixture into fry pan
6. Cook medium heat, 2 minutes. Flip over
7. Cook medium heat, 2 minutes

8. Spread jam onto pancake. Spread ricotta cheese in middle

9. Roll up and serve
OAT COOKIES

MAKES 16

INGREDIENTS
1 cup Quick Cooking Oats
1 tablespoon Canola Margarine
1 tablespoon Sugar
½ cup Self-raising flour
½ teaspoon Cinnamon (2)
1 teaspoon Sugar
½ cup Mixed dried fruit
¼ cup boiling Water

COOKING UTENSILS
Chopping board   Wire rack
Knife            Mixing bowl
Wooden spoon     Greaseproof paper
Baking tray      ½ teaspoon
1 Cup            1 Tablespoon
½ Cup
¼ Cup
1 Teaspoon
1. Combine flour, sugar, oats, margarine, cinnamon and dried fruit. Mix well.

2. Add boiling water and mix.

3. Knead mixture with hands.


5. Roll out mixture (1cm thickness).

6. Sprinkle sugar and cinnamon on top.
7 Cut into squares

8 Place onto baking tray on greaseproof paper

9 Bake in oven (160°C) 12 minutes

10 Remove from oven and place on wire rack to cool, 5 minutes
CHOC – BANANA MUFFINS

MAKES 24

INGREDIENTS
3 Bananas
1½ cups Self-raising flour
¼ cup Cocoa powder
1 teaspoon Baking powder
½ cup Sugar
¼ cup Natural Yoghurt
3 Eggs
2 teaspoons Canola Oil

COOKING UTENSILS
Mixing bowl
Muffin Tray
½ cup
1 cup
¼ cup
1 Teaspoon
Fork
Brush
Spoon
Pre-heat oven to 180°C

Peel bananas and mash with fork

Add flour, sugar, cocoa powder, baking powder, yoghurt and eggs to bowl

Mix well
1. Brush muffin tray with oil

2. Place 1-2 tablespoons of mixture into tray

3. Bake in oven (180°C) 8-10 minutes

4. Let muffins cool, 5 minutes
CUSTARD AND KIWI FRUIT

SERVES 1

INGREDIENTS
1 tablespoon White Sugar
1 tablespoon Custard Powder
1 cup Milk
2 Kiwi Fruit

COOKING UTENSILS
Small saucepan
1 Tablespoon
1 Cup
Wooden Spoon
Knife
Chopping Board
Bowl
Spoon
1. Mix a small amount of milk with the custard powder
2. Slowly add the remaining milk, stir well
3. Mix in sugar
4. Bring mixture to the boil, stir continuously
5. Peel and slice kiwi fruit
6. Pour custard into bowl. Serve with kiwi fruit
FRUIT SKEWERS & YOGHURT

INGREDIENTS
2 Bananas
½ Pineapple
½ Cantaloupe
1 punnet Strawberries
½ cup Yoghurt

COOKING UTENSILS
Chopping board
Knife
½ cup
10 Skewers
Plate
Bowl
1. Wash strawberries

2. Remove skin from cantaloupe, bananas and pineapple. Slice into pieces. Remove tops from strawberries

3. Put fruit pieces onto skewers
FRUIT SALAD

SERVES 4

INGREDIENTS
1 Banana
1 Apple
1 Pear
1 Kiwi Fruit
1 Mandarin Grapes

COOKING UTENSILS
Chopping board
Knife
Spoon
Fork
1 Peel and chop apple, banana, kiwi fruit, mandarin and pear

2 Place all fruit in a bowl
RICE CRACKER SNACKS

MAKES 4

INGREDIENTS
4 Rice Cakes
4 spoons Cottage cheese
4 Cherry tomatoes

COOKING UTENSILS
Chopping board
Knife
Spoon
Plate
1. Spread rice cakes with cottage cheese.

2. Slice cherry tomatoes. Place on rice cakes.
HOT MILO

SERVES 1

INGREDIENTS
1 tablespoon Milo
1 ¼ cups Milk

COOKING UTENSILS
Mug
1 Tablespoon
Spoon
1 cup
¼ cup
Microwave
1. Add milk and Milo into mug

2. Microwave on high for 1 minute

3. Stir
COLD MILO

SERVES 1

INGREDIENTS
1 tablespoon Milo
1 cup Milk

COOKING UTENSILS
Glass
1 Tablespoon
Spoon
1 cup
1 Add milk and Milo into mug
2 Stir
TUNA - SALAD WRAP

SERVES 1-2

INGREDIENTS
Wholemeal pita bread
1 Cucumber
1 Carrot
1 tin Tuna
Low fat grated Cheese

COOKING UTENSILS
Chopping board
Grater
Knife
Fork
Peeler
Plate
1. Grate carrot and cucumber

2. Open and drain tuna

3. Layer cucumber, carrot, tuna and cheese on pita bread

4. Roll the pita bread
CHICKEN - AVOCADO WRAP

SERVES 1-2

INGREDIENTS
Wholemeal pita bread
2 Lettuce leaves
¼ Avocado
Cooked chicken

COOKING UTENSILS
Chopping board
Knife
Plate

2. Add lettuce leaves.

3. Slice chicken. Add to pita bread.

4. Roll pita bread.
CURRIED EGG SANDWICH

SERVES 1

INGREDIENTS
2 slices Multigrain Bread
2 Eggs
2 Lettuce leaves
¼ teaspoon Curry Powder
1 tablespoon Natural Yoghurt

COOKING UTENSILS
Small saucepan
Chopping board
Knife
1 Tablespoon
¼ Teaspoon
Bowl
Fork
Plate
Spoon
1. Add eggs to saucepan. Fill with water

2. Bring water to boil.

3. Reduce heat. Cook low heat, 3 minutes

4. Drain hot water and fill saucepan with cold water to cool eggs
5. Remove shell from eggs. Mash with fork.

6. Add curry powder and yoghurt. Mix.

7. Spread egg on 1 slice of bread. Add lettuce.

8. Cover with other slice of bread. Cut in half.
HOW TO WRAP A PITA WRAP

1. Pull cling wrap from package
2. Place pita at corner of cling wrap. Roll half way
3. Fold over right corner
4. Continue to roll
5. Fold over left corner
6. Repeat with other half of wrap
HOW TO WRAP A SANDWICH

1. Pull cling wrap from package
2. Place sandwich in middle of cling wrap
3. Fold one half of cling wrap over sandwich
4. Fold over other half of cling wrap
5. Fold the two sides over the sandwich
6. The sandwich is ready to be packed in a lunchbox
HOW TO PACK A LUNCHBOX

1. Choose 1-2 pieces of fruit

2. Choose a sandwich, pita wrap, baked beans or rice crackers

3. Choose 1-2 snacks or vegetables

4. Pack foods into a lunchbox
LUNCHBOX IDEAS

1. Pita Wrap
   - Yoghurt and Spoon
   - Pear
   - Water

2. Rice Cakes and Baked Beans
   - Kiwi Fruit
   - Vegetable sticks
   - Water

3. Sandwich
   - Oat Cookies
   - Diced Fruit Pack
   - Water

4. Sandwich
   - Yoghurt and Spoon
   - Grapes
   - Water
Pita Wrap
Vegetable Sticks
Sultanas
Banana
Water

Rice Cakes and Baked Beans
Vegetable Sticks
Kiwi Fruit
Water

Sandwich
Yoghurt and Spoon
Oat Cookies
Apple
Water

Sandwich
Oat Cookies
Apple
Sultanas
Water