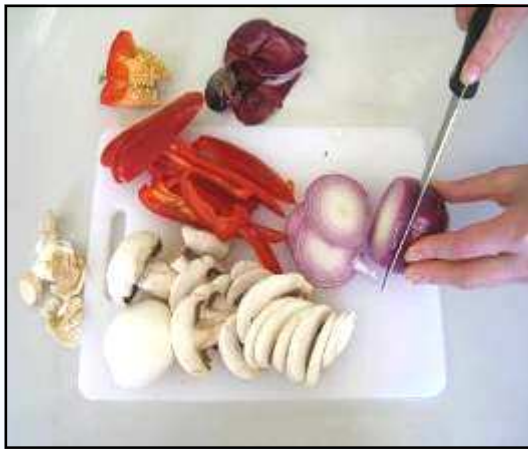


THE STEP



BY

STEP



COOK BOOK

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

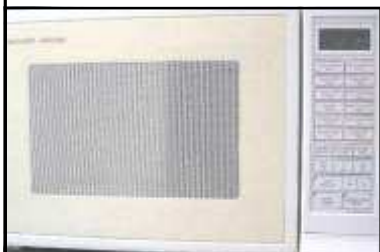


NOTES FOR USE

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



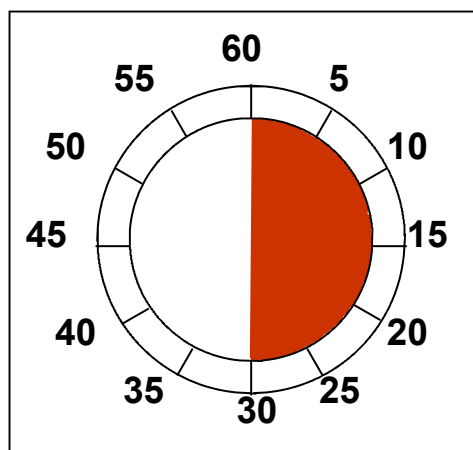
YELLOW FLAME =
Medium Heat



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

RECIPES

BREAKFAST

Porridge and Banana	1
Weet– Bix and Banana	2
Boiled Egg and Soldiers	3
Scrambled Eggs on Toast	4
Baked Beans on Toast	5

LUNCH AND DINNER

Zucchini– Carrot Slice	6
Jacket Potato	7
Bean and Veggie Burger	8
Fish and Chips	9
Pizza	10
Spaghetti Bolognaise	11
Shepherd's Pie	12
Beef and Noodle Stir- Fry	13

SNACKS

Jam and Ricotta Pancakes	14
Oat Cookies	15
Choc– Banana Muffins	16
Custard and Kiwi Fruit	17
Fruit Skewers and Yoghurt	18
Fruit Salad	19
Rice Cracker Snacks	20
Hot Milo	21
Cold Milo	22

LUNCHBOX

Tuna - Salad Wrap	23
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Lunchbox Ideas	29 & 30

1

PORRIDGE AND BANANA



SERVES 1



INGREDIENTS

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



COOKING UTENSILS

Small saucepan Bowl
Chopping board Spoon
Knife
Wooden spoon
1 Teaspoon
1 Cup
 $\frac{1}{3}$ 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



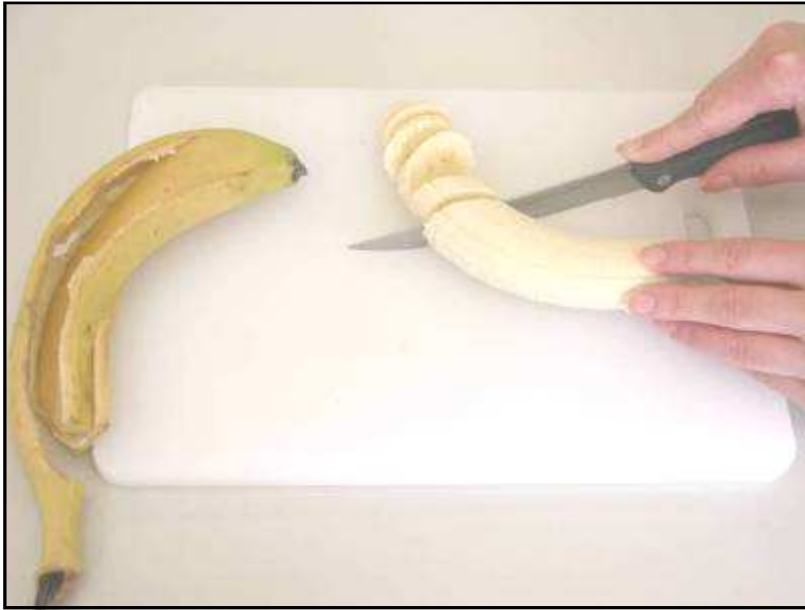
INGREDIENTS

2 Weet- Bix
1 cup Milk
1 Banana



COOKING UTENSILS

Bowl
Spoon
Knife
1 Cup
Chopping board



1

Slice banana



2

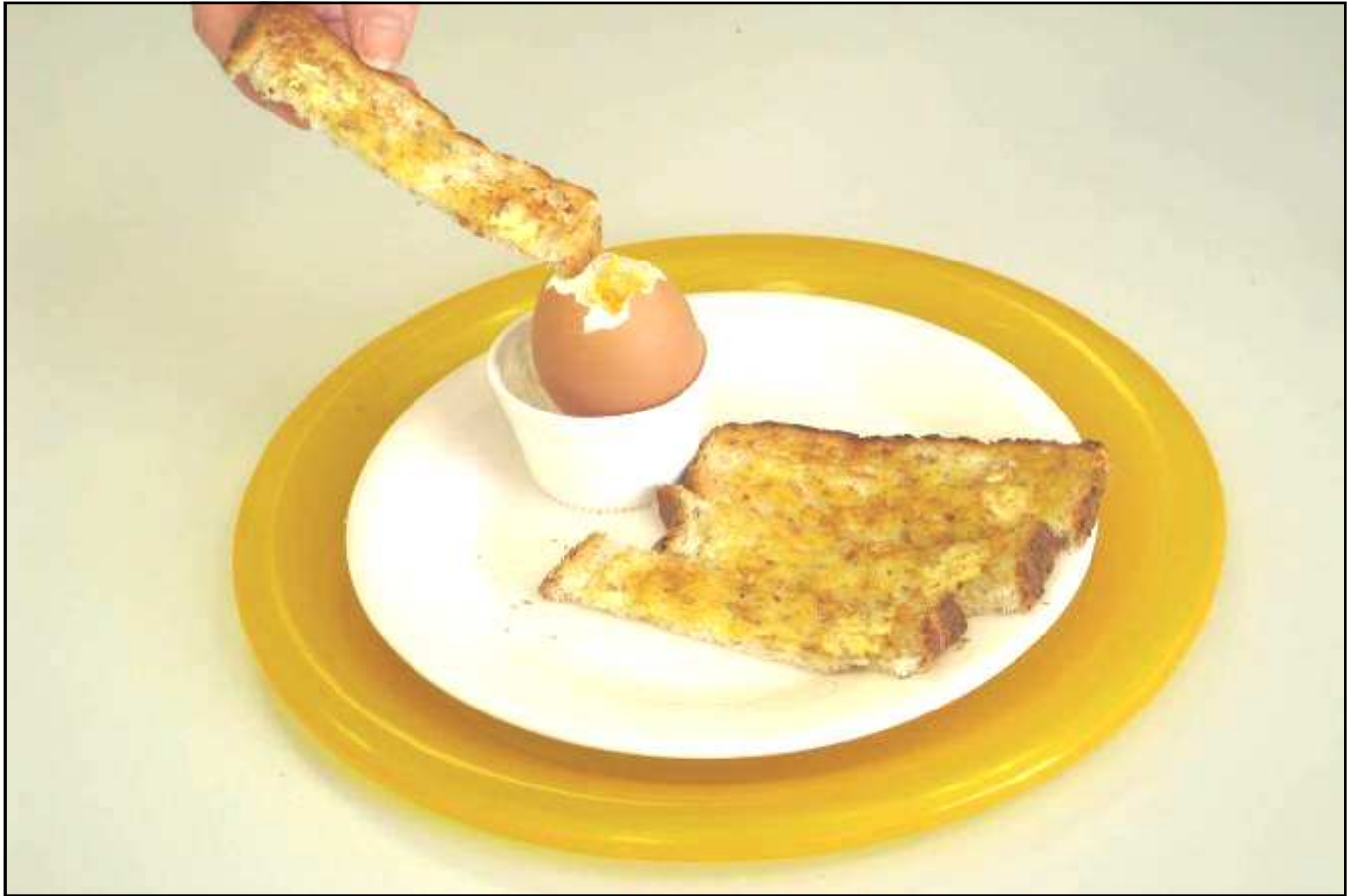
Place Weet-Bix and banana in bowl



3

Pour milk into bowl

3 BOILED EGGS & SOLDIERS



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



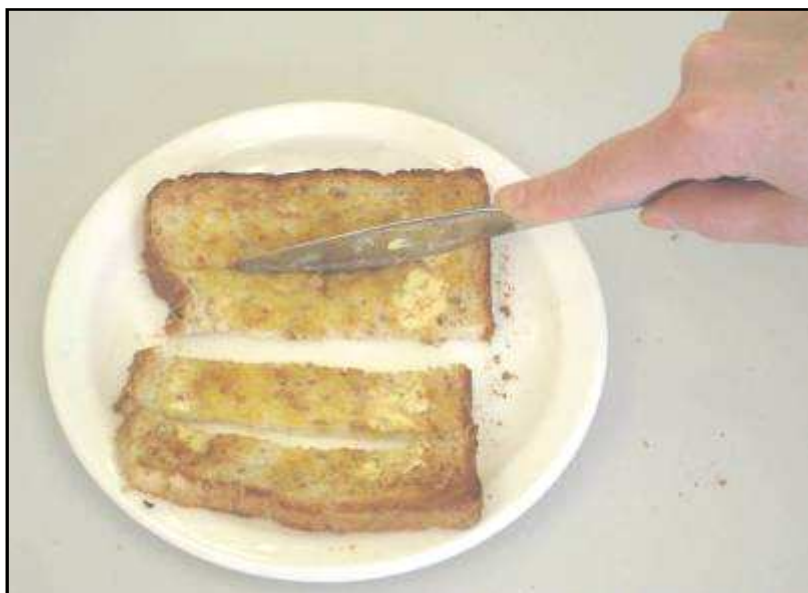
4

Make toast



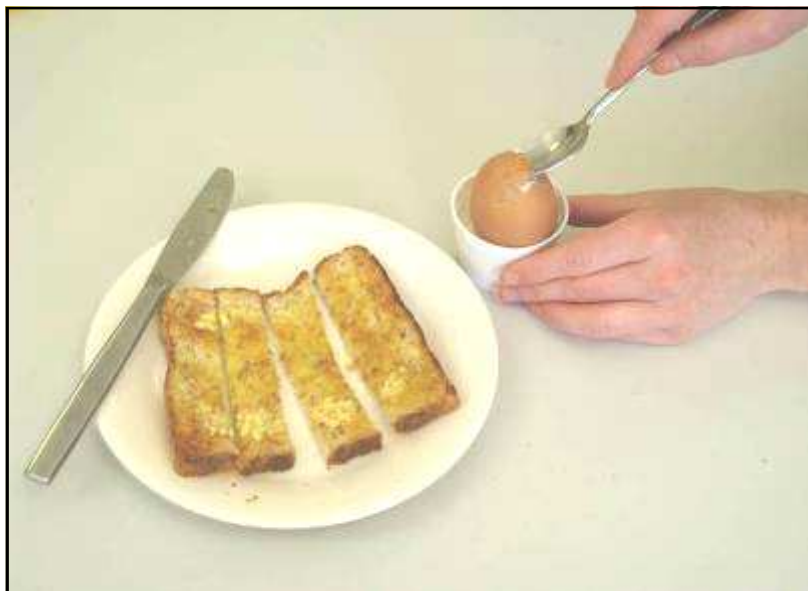
5

Spread margarine on toast



6

Cut toast into strips

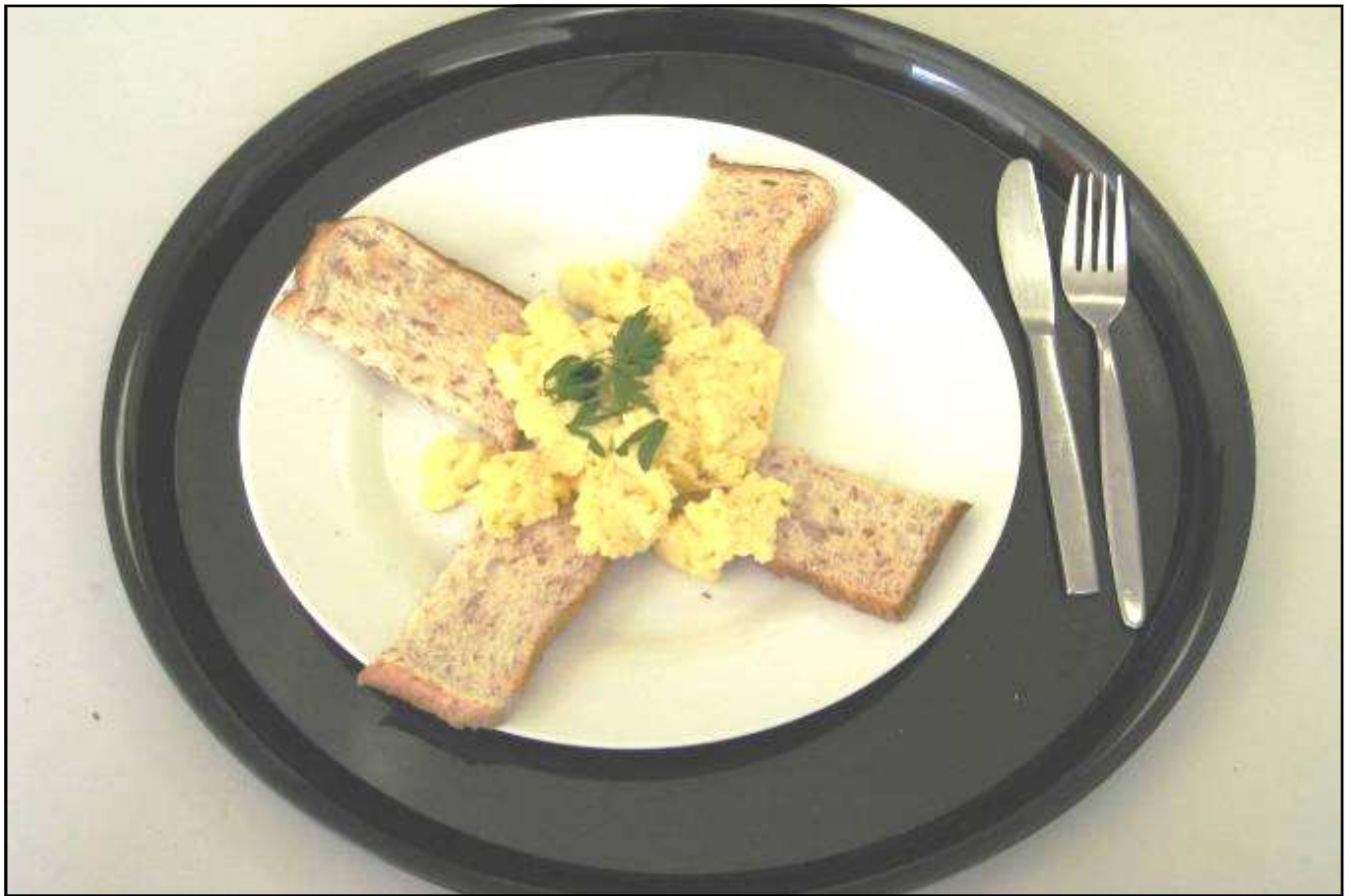


7

Remove the top of the egg

4

SCRAMBLED EGGS ON TOAST



SERVES 1



INGREDIENTS

2 Eggs
1/3 cup Milk
1/3 cup grated low fat Cheese
1 teaspoon Canola Margarine
2 slices Multigrain Bread
Shake of Pepper
Parsley



COOKING UTENSILS

Mixing bowl
Fry pan
1/3 cup
1 Teaspoon
Wooden spoon
Toaster
Plate
Knife
Fork



1

Beat eggs



2

Combine eggs, milk, cheese and pepper



3

Melt margarine in fry pan



4

Add egg mixture. Cook on low heat



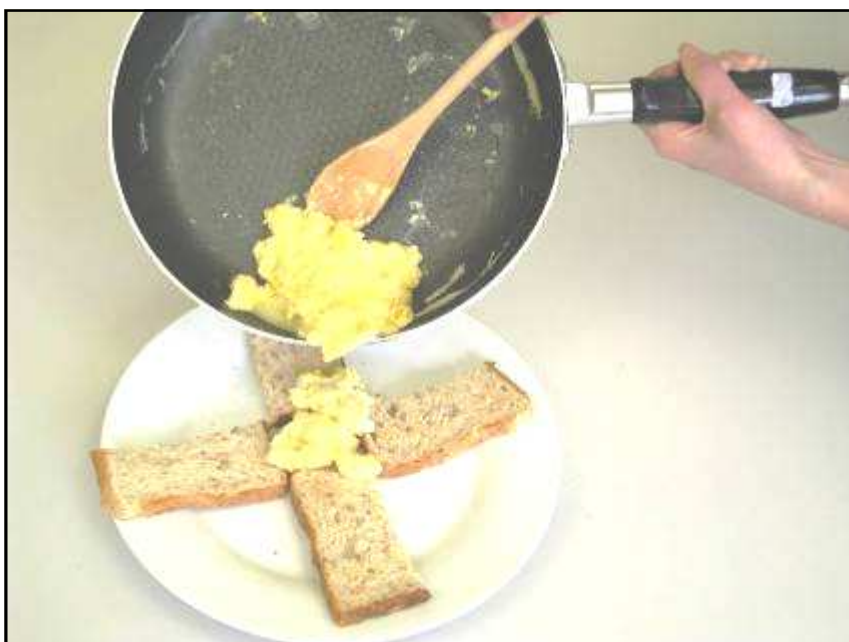
5

Stir. Allow to thicken



6

Make toast



7

Pile eggs on toast.
Serve with parsley

5 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

6

ZUCCHINI - CARROT SLICE



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



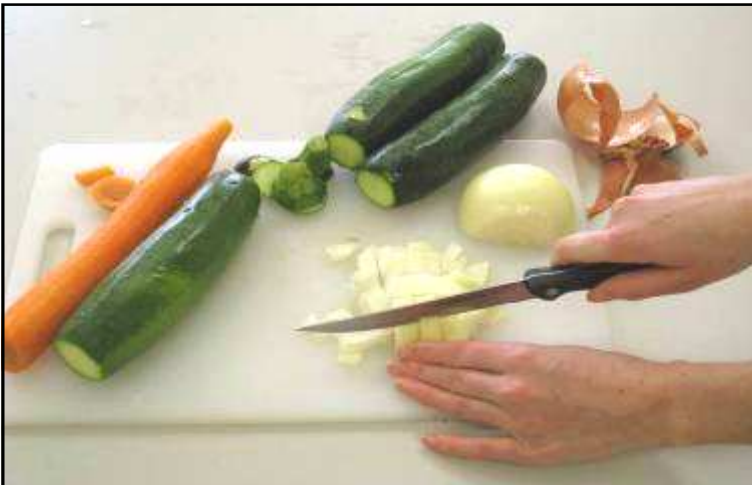
COOKING UTENSILS

Mixing bowl
Chopping board
Peeler
Wooden spoon
1 cup
1 Tablespoon
Baking dish
Fork
Knife
Brush



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



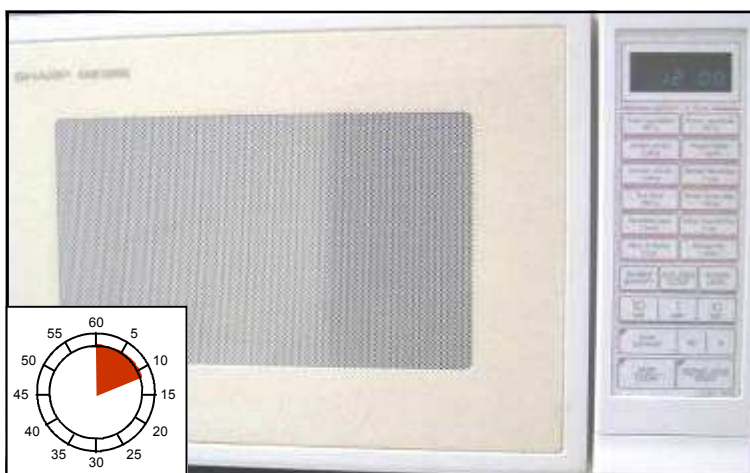
COOKING UTENSILS

Small saucepan ½ cup
 Grater Plate
 Strainer
 Chopping board
 Knife
 Wooden spoon
 Spoon



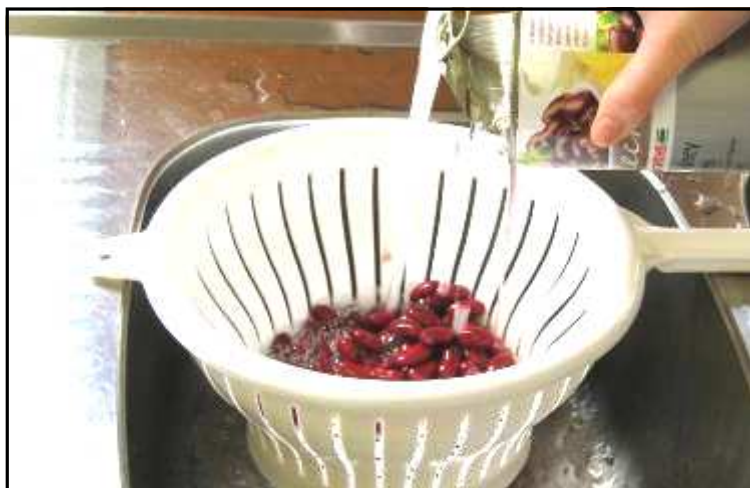
1

Wash potatoes. Cut a cross on the top of each potato



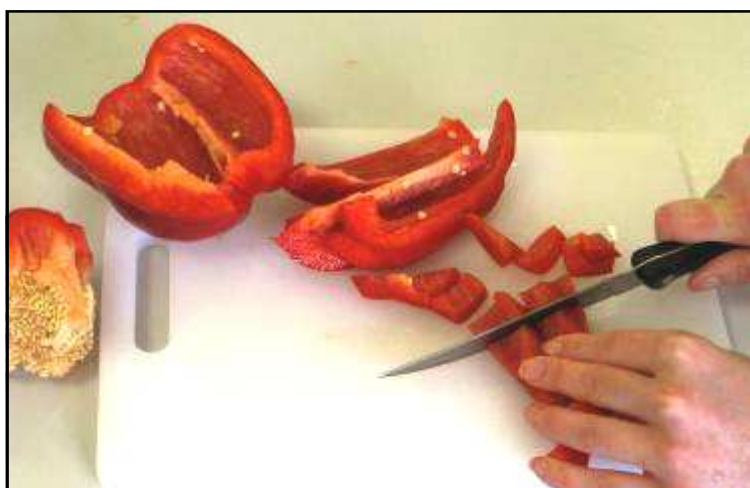
2

Microwave on high, 12 minutes



3

Strain and wash kidney beans



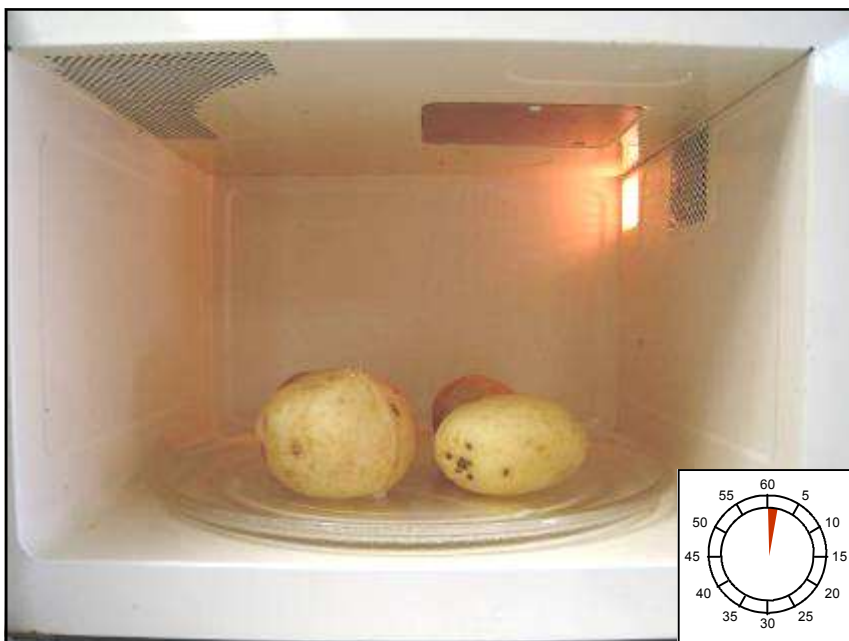
4

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	4 Bread rolls
1 Onion	2 Tomatoes
1 Zucchini	1 Lettuce



COOKING UTENSILS

Fry pan	Peeler
Mixing bowl	Knife
Wooden spoon	Tablespoon
Grater	Strainer
Chopping board	Plate
Flipper	
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





7

Shape mixture into a large ball and flatten



8

Fry, 5 minutes. Flip to other side



9

Fry burgers on other side 5 minutes



10

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
 1 packet Spaghetti
 ½ cup Water
 Shake of Basil
 1 clove Garlic



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
 1/2 cup Water
 1 clove Garlic
 4 Potatoes
 Shake of Basil
 1/4 cup Milk



COOKING UTENSILS

2 Large saucepans 1/2 cup
 Chopping board 1/4 cup
 Knife 1 Tablespoon
 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

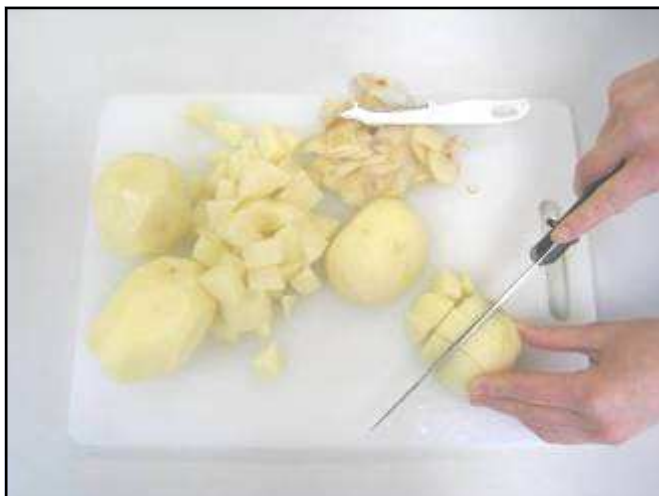
**6**

Add frozen vegetables.
Simmer 30 minutes



7

Peel and dice potatoes

**8**

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

**9**

Reduce heat
Cook 10 minutes

**11**

Drain water from saucepan

**12**

Add milk and margarine.
Mash with fork

**13**

Place meat in baking dish.
Spread potato on top. Bake
in oven (180°C) 20 minutes



13 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 choy 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

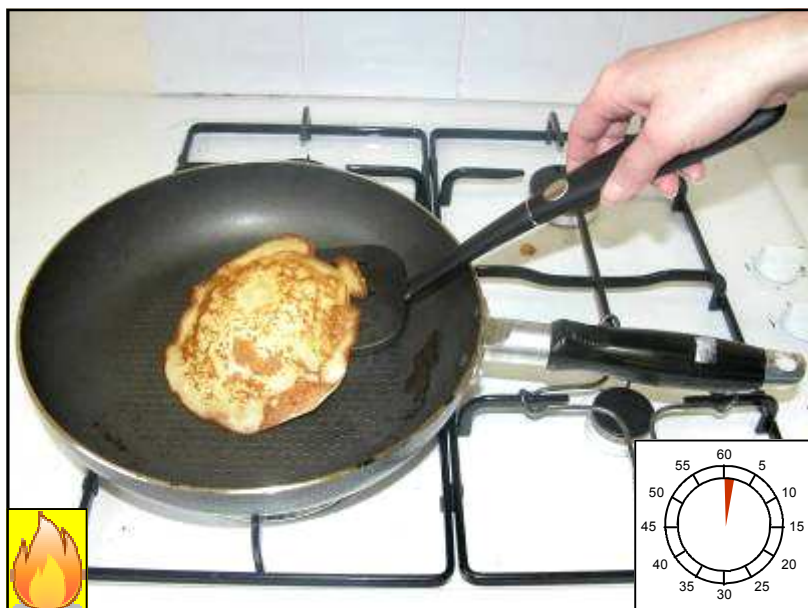
Pour ¼ cup mixture into fry pan



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
- $\frac{1}{2}$ cup Self-raising flour
- $\frac{1}{2}$ teaspoon Cinnamon (2)
- 1 teaspoon Sugar
- $\frac{1}{2}$ cup Mixed dried fruit
- $\frac{1}{4}$ cup boiling Water



COOKING UTENSILS

- | | |
|-------------------|------------------------|
| Chopping board | Wire rack |
| Knife | Mixing bowl |
| Wooden spoon | Greaseproof paper |
| Baking tray | $\frac{1}{2}$ teaspoon |
| 1 Cup | 1 Tablespoon |
| $\frac{1}{2}$ Cup | |
| $\frac{1}{4}$ 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

**4**

Sprinkle flour onto board

**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

16 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



1

Pre-heat oven to 180°C



2

Peel bananas and mash with fork



3

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



4

Mix well



5

Brush muffin tray with oil



6

Place 1-2 tablespoons of mixture into tray



7

Bake in oven (180°C)
8-10 minutes



8

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**

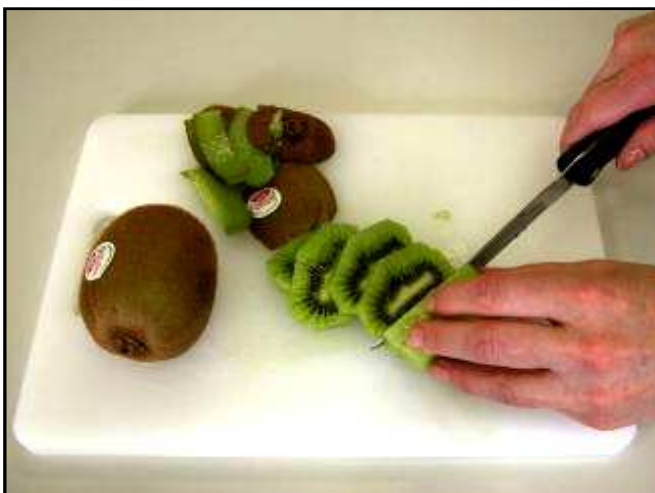
Mix in sugar

**4**

Bring mixture to the boil, stir continuously

**5**

Peel and slice kiwi fruit

**6**

Pour custard into bowl. Serve with kiwi fruit



18 FRUIT SKEWERS & YOGHURT



MAKES 10



INGREDIENTS

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



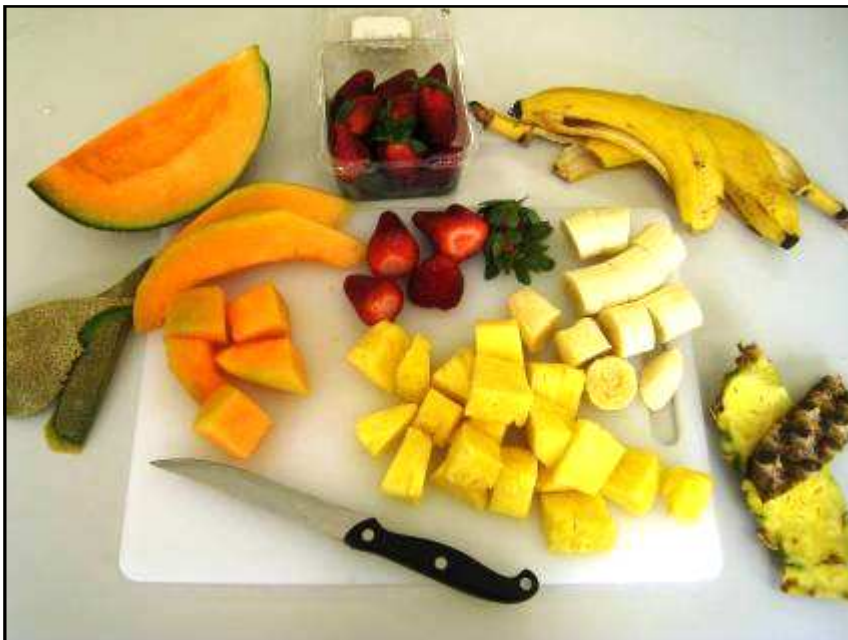
COOKING UTENSILS

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



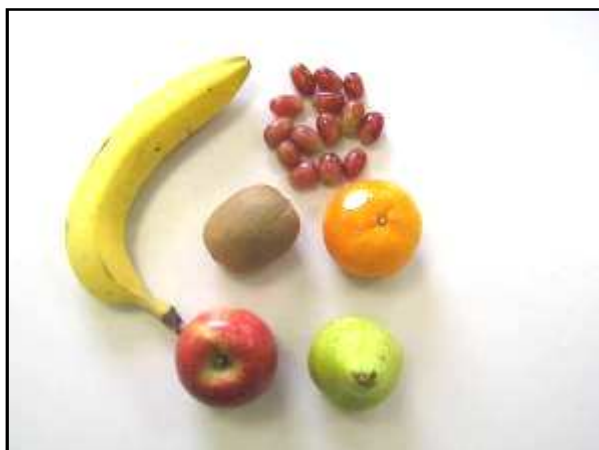
3

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

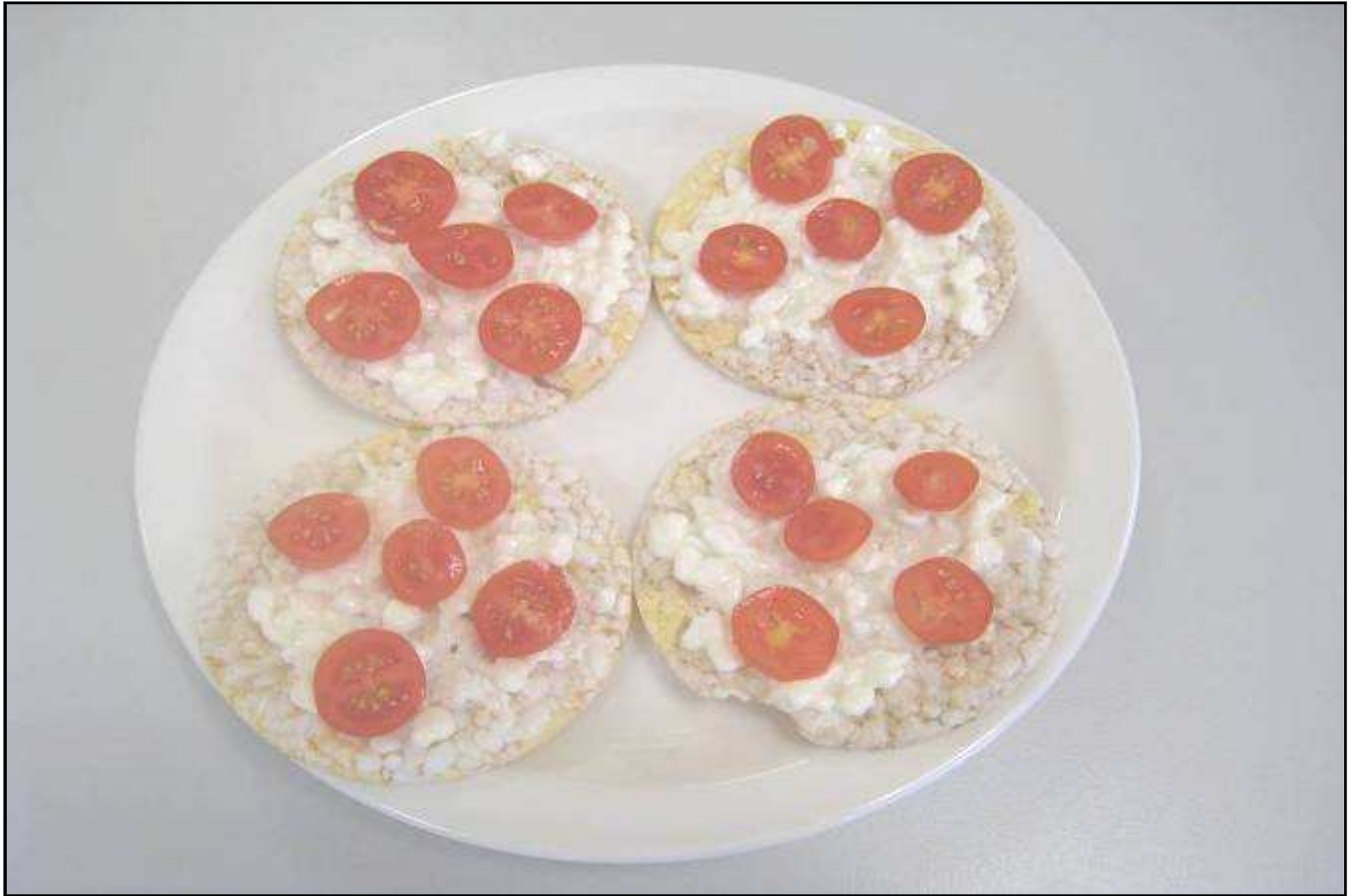
Peel and chop
apple, banana,
kiwi fruit, mandarin
and pear



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
1¼ 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

24 CHICKEN - AVOCADO WRAP



SERVES 1-2



INGREDIENTS

Wholemeal pita bread
2 Lettuce leaves
¼ Avocado
Cooked chicken



COOKING UTENSILS

Chopping board
Knife
Plate



1

Cut and peel avocado.
Spread onto pita bread



2

Add lettuce leaves



3

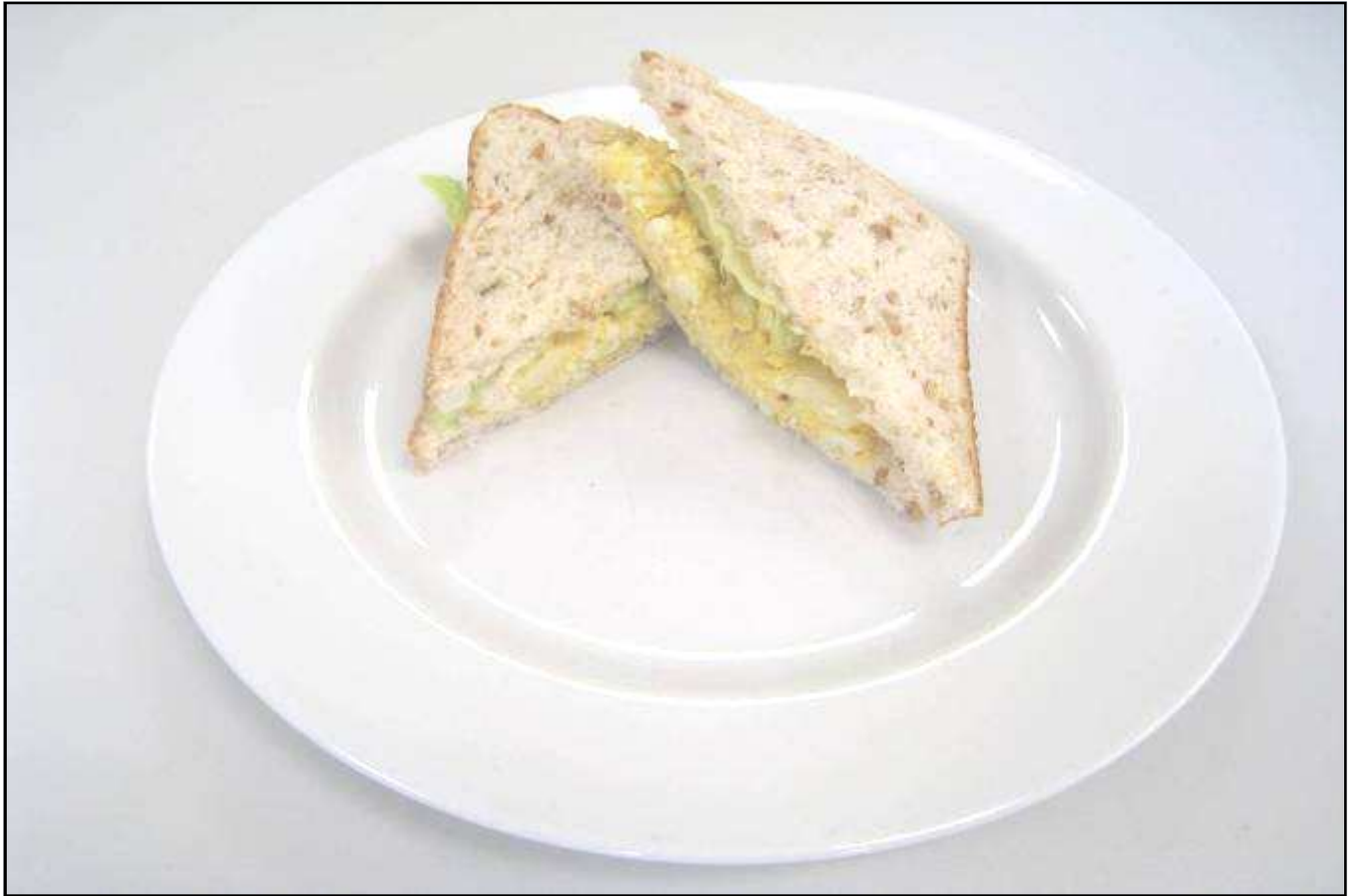
Slice chicken. Add to pita
bread



4

Roll pita bread

CURRIED EGG SANDWICH



SERVES 1



INGREDIENTS

2 slices Multigrain Bread
2 Eggs
2 Lettuce leaves
 $\frac{1}{4}$ teaspoon Curry Powder
1 tablespoon Natural Yoghurt



COOKING UTENSILS

Small saucepan Plate
Chopping board Spoon
Knife
1 Tablespoon
 $\frac{1}{4}$ Teaspoon
Bowl
Fork



1

Add eggs to saucepan.
Fill with water



2

Bring water to boil.



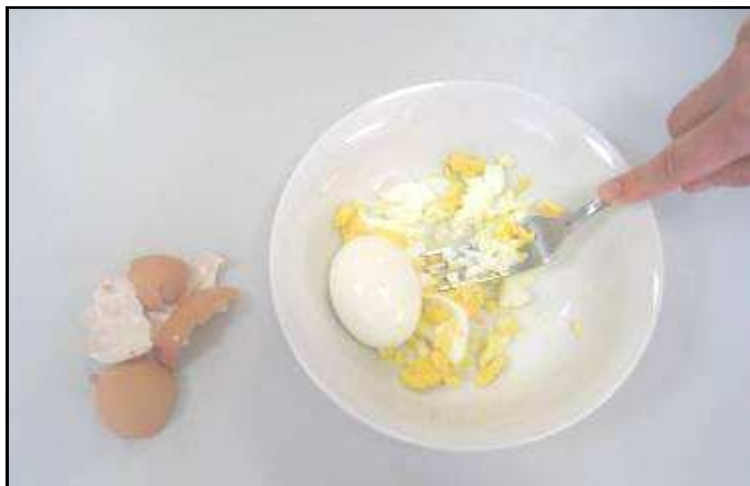
3

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



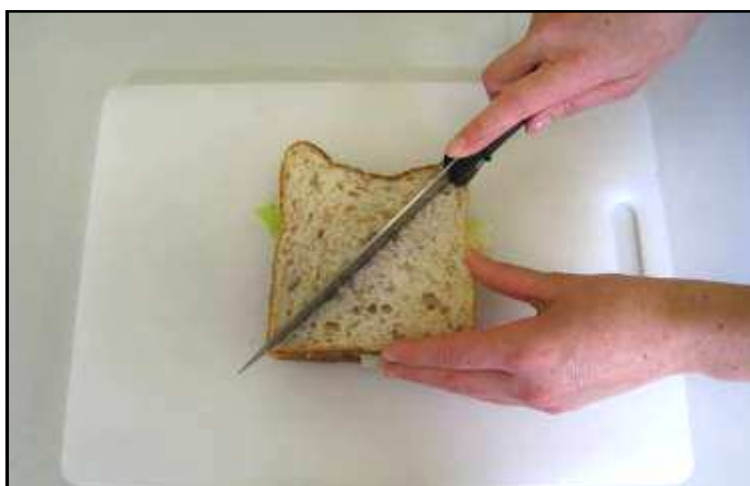
6

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

26 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



27 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



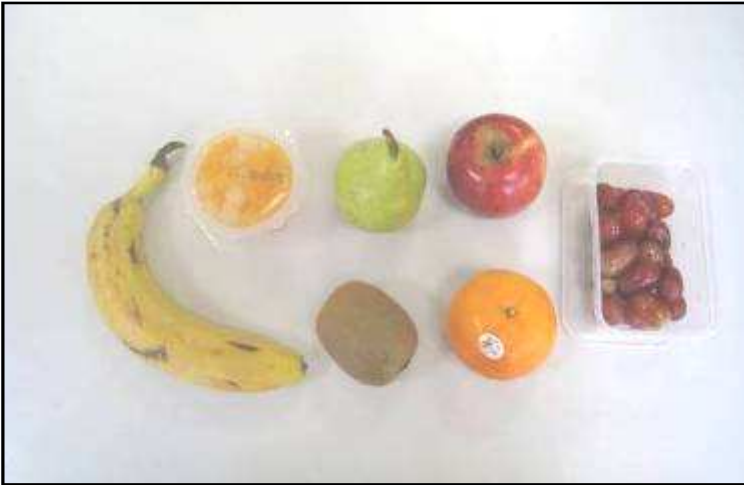
5 Fold the two sides over the sandwich



6 The sandwich is ready to be packed in a lunchbox



28 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



Pita Wrap
Yoghurt and Spoon
Pear
Water



Rice Cakes and Baked Beans
Kiwi Fruit
Vegetable sticks
Water



Sandwich
Oat Cookies
Diced Fruit Pack
Water



Sandwich
Yoghurt and Spoon
Grapes
Water

LUNCHBOX IDEAS



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