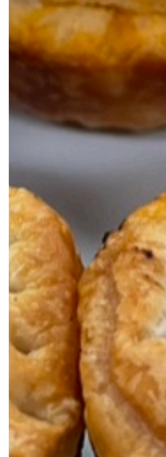




Alawa Kitchen COOKBOOK 2024



Introduction

This is the 2024 Alawa Kitchen cookbook showcasing many of the recipes we have cooked throughout the year.

This year we have been doing *A World of Flavours* which takes us on a journey around the world exploring flavours and dishes particular to that country. I have used my travel experiences and food photos to inspire some of the dishes.

Where possible we utilise produce from the Alawa Farm to enhance our meals and give the students a full farm to table experience. Many recipes have been adapted and based on other recipes, where possible I have attributed these sites.

This cookbook is dedicated to the Year 3-6 students who have explored the flavours of the world with me.

Tina Stratton
Specialist Kitchen Teacher



Cambodian Pancakes

Ingredients

- 140g rice flour
- ½ tsp turmeric
- ¼ tsp sea salt
- ½ cup coconut milk
- ½ cup water
- 2 spring onions, finely sliced
- vegetable oil
- ½ cup shredded cooked chicken/or tofu
- 1 small carrot, julienned into fine strips or coarsely grated
- 100g bean shoots
- sprigs of coriander
- mint leaves, to serve
- lettuce leaves, to serve

Nuoc cham dressing:

- 3 tsp fish sauce
- 2 tsp white vinegar
- 3 tsp sugar
- 1 tsp lime juice
- ¼ long red chilli, finely chopped
- 1 garlic cloves, finely chopped
- 1 tsp fried shallots to serve

Instructions

1. To make the batter, combine the rice flour, turmeric and sea salt in a large bowl. Whisk in the coconut milk, up to ½ cup of water and spring onions. Set aside for 10 minutes.
2. For the nuoc cham, whisk together the ingredients and set aside until ready to serve.
3. Heat a 22cm non-stick frying pan over medium-high heat. Pour in enough oil to just cover the bottom of the pan.
4. Add one-third of the batter, swirling to thinly cover the pan. Scatter one-third of the chicken, carrot and bean shoots over half the pancake. Top with a couple of sprigs of coriander. Cook for 3-4 minutes or until the pancake is crispy and golden on the bottom side.
5. Fold the pancake over to cover the filling, then slide onto a serving plate and keep warm. Repeat with remaining batter and filling, adding oil each time.
6. Serve with herbs, lettuce and nuoc cham dressing.



Japanese Gyoza

Ingredients

- $\frac{3}{4}$ cup green cabbage, very finely chopped
- $\frac{1}{2}$ tsp salt, separated
- 200g pork/chicken mince
- $\frac{1}{4}$ cup garlic chives
- $\frac{1}{4}$ cup finely chopped greens
- $\frac{1}{2}$ garlic clove, crushed
- $\frac{1}{2}$ tsp ginger, grated
- $\frac{1}{2}$ tsp sesame oil
- $\frac{1}{2}$ tbsp cornstarch / corn flour
- 1 tsp soy sauce

Gyoza

- 15- 20 round wonton wrappers
- 1 $\frac{1}{2}$ tbsp cooking oil

Dipping Sauce

- Soy sauce
- Rice wine vinegar
- Chili oil

Instructions

- Combine cabbage and $\frac{1}{2}$ tsp salt in a small bowl, then set aside for 20 minutes to allow the cabbage to wilt slightly.
- Place remaining filling ingredients (including remaining $\frac{1}{2}$ tsp salt) in a large bowl. Squeeze out any excess water from the cabbage and add to the bowl.
- Use your hands to mix the filling.
- Place 1 gyoza wrapper on your palm. Dip your finger in water and run it around the edge of half the gyoza wrapper (to seal).
- Place 1 slightly heaped tbsp of filling on the wrapper. Fold wrapper over, press to seal and place on the tray. Repeat with remaining wrappers.

To Cook

- Heat 1 tbsp oil in a large frypan with a lid
- Place gyoza in and cook until the underside is light golden, then pour $\frac{1}{3}$ cup of water around the gyoza and place the lid on.
- Cook until the water has completely evaporated
- Remove and serve upside down on a plate
- Serve with Dipping Sauce.



Chinese Handmade Noodles

Ingredients

- 400g high protein flour, plus extra for dusting
- 1 tsp salt
- 200ml water



Instructions

1. Place the flour and salt in a large bowl. Mix to combine. Pour in the water and use a fork to mix until the dough loosely comes together. Then tip out onto your benchtop. Knead for 10 minutes or until the dough is smooth and bounces back when you press your finger into the dough.
2. Cover and rest for 30 minutes.
3. Dust your benchtop with plenty of flour. Use a rolling pin to roll out the dough to about 2mm thick. Fold both sides of the dough in, sprinkling each with flour as you go. Then slice into thin noodles, and gently open out and stretch.
4. To cook the noodles, bring a large pot of water to the boil. Add the noodles and cook for 2-3 minutes or until just al dente but still chewy. Drain and use in stir-fries, noodle soups or simply toss with your favourite noodle sauce!
5. Make a quick spicy sauce for your noodles by mixing 3 tbsp chilli oil, 3 tbsp soy sauce, 2 tsp sweet dark soy sauce, 1 tsp sesame oil, 1 tbsp white vinegar and sliced spring onions.
6. Toss with warm noodles and serve!

Spanish Omelette

Instructions

1. Place a frying pan on medium heat and add olive oil. When the oil is hot, add the potato slices. Turn and separate them over the heat for 5 minutes – try to keep them moving enough that they don't turn brown
2. Lower the heat and add the onion and chorizo to the frying pan. Move the potato and onion slices around the pan every couple of minutes until both are just cooked through.
3. In a mixing bowl, add the eggs and lightly whisk until the whites and yolk are just combined. Add salt and pepper.
4. When the potatoes and onions are cooked, pour the egg and remaining vegetables into the pan and immediately turn the heat down to low.
5. Cook for 15 mins or until there is no liquid egg on the top of the omelette. Turn the omelette by flipping onto a dinner plate and then sliding it back into the pan.
6. Cook for another 5 mins. Serve in slices.

Ingredients

- 200 g potatoes (peeled, thinly sliced)
- 3-4 large eggs
- ½ onion (medium, finely sliced)
- ¼ capsicum (diced)
- ¼ chorizo
- 1 garlic clove
- ½ tomato (diced)
- 1 ½ tbs olive oil
- salt and pepper





Spanish Eggs

Ingredients

- 1/2 red capsicum sliced into strips
- 1/2 spanish onion cut into wedges peeled
- 1/2 tbs olive oil
- 1/2 chorizo sausage sliced lengthways then cut into small pieces
- 1/2 garlic clove crushed
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 400 g canned crushed tomatoes
- 100 g spinach leaves
- 4-6 small eggs

Instructions

1. Preheat oven to 200C (180C fan-forced).
2. Meanwhile, add oil in a frypan over medium-high heat. Fry chorizo, onion and capsicum until golden. Remove and set aside. Cook garlic and spices in the chorizo-flavoured oil for 1-2 minutes, then add tomatoes and cook for 5 minutes.
3. Add spinach and cook until wilted
4. Put the tomato mix in a shallow casserole dish. Stud the top of the tomato sauce with fried chorizo.
5. Use a spoon to make four indentations and crack in the eggs. Place pan in oven and bake for 12-15 minutes until egg whites have set and yolks are still a little runny.

Greek Spanakopita Triangles

Ingredients

- 1/2 tbs olive oil
- 1/2 brown onion, finely diced
- 1 clove garlic, crushed
- mixed greens- kale, spinach etc
- 1 stalk mint, chopped
- 1 stalk parsley, chopped
- 1 egg
- 90g ricotta
- 30g feta, crumbled
- 4 sheets filo pastry sheets
- 20g butter, melted
- sprinkle sesame seeds

Instructions

1. Preheat oven to 180°C fan-forced. Line 1 large tray with baking paper.
2. Heat oil in a large frying pan over medium heat. Add onion and garlic, then cook, stirring, for 5 minutes or until onion softens. Add 1 handful of spinach and kale, then cook until wilted and moisture has evaporated. Repeat with remaining spinach and kale. Transfer to a medium bowl.
3. Add herbs, 1 egg, ricotta and feta to spinach mixture and mix to combine. Season with pepper.
4. Lay 1 pastry sheet on a chopping board and brush with a little butter. Place a second sheet on top. Cut lengthways into three strips. Place 1 heaped tbs spinach mixture in the bottom corner, then fold up along the length of pastry strip to create a triangle. Place on tray. Repeat with remaining pastry and filling.
5. Lightly beat remaining egg, then brush over triangles. Sprinkle with sesame seeds and bake for 30 minutes or until golden. Serve.



Easy Malaysian Laksa

Ingredients

- 100g dried rice vermicelli
- 2 tbsp laksa paste
- 2 tsp garlic
- 1 tsp lemongrass paste
- 2 tsp grated ginger
- 2 tsp soy sauce
- 1 tsp fish sauce
- 200ml coconut milk
- 2 cups chicken stock
- 2 chicken drumsticks
- 150g shredded carrot
- Green beans
- Beansprouts and lime to serve

Instructions

1. Prepare noodles as per packed instructions and drain
2. Cook laksa paste in a pot in oil, add garlic, ginger, lemongrass and fish sauce
3. Add in stock, place chicken drumsticks in and cook until tender
4. Remove drumsticks and take the chicken off the bone
5. Add in coconut milk and the chicken meat
6. Add vegetables and cook until softened
7. Put noodles into a bowl, ladle over the soup and top with sprouts and fried shallots



Modified from *Recipe Tin Eats*

Takari- Nepalese Vegetable Curry

Ingredients

- 2 cups mixed vegetables ie pumpkin, eggplant, broccoli, mushrooms
- 1 tblsp oil
- 1 onion finely chopped
- ½ tblsp ginger
- ½ tblsp garlic
- ½ tsp cumin
- ½ tsp turmeric
- 2 chopped tomatoes
- ½ tsp red chilli flakes

Instructions

1. Chop all vegetables into small cubes and set aside
2. Heat oil in a pan over medium heat, add chopped onions and cook until lightly brown
3. Add potatoes and cook for 5 minutes
4. Add other vegetables except tomato and cook for 5 minutes
5. Add ginger, garlic, tomato, cumin, turmeric, chilli
6. Stir and cover the pan with a lid, cook for 10 minutes, stirring occasionally
7. Add ¼ cup of water partway through cooking if needed



Nepalese Lentil Dal

Instructions

1. Add water, lentils, cumin powder, turmeric, oil and salt to a saucepan
2. Cook on medium heat for 30 minutes stirring regularly
3. Add water if the mixture starts to get dry

Oil fry topping- Adult to do

- 1. Heat oil and cumin seeds until the seeds turn brown
- 2. Take the oil off the heat and add chillies and garlic
- 3. Fry until the mix goes brown

Add the oil mixture to the top of the dal for serving

Ingredients

- ½ litre water
- 1 cup lentils
- ½ tsp turmeric
- ½ tsp salt
- 2 tsp sunflower oil
- ½ tsp cumin dried
- Oil fry toppings
- 1 tsp cumin seeds
- 1 tsp dried chillies
- 1 tbsp garlic paste
- 2 tbsp sunflower oil





Alu Dum- Nepalese Fried Potato

Ingredients

- 500g potato diced small
- ½ cup green peas
- 1 diced onion
- 2 tsp cumin seeds
- 1 tsp turmeric
- ½ tsp chilli flakes
- 1 tsp ginger
- 2 tsp garlic
- 2 tblsp oil
- spring onion chopped

Instructions

1. Heat oil in a pan over a medium heat, add cumin seeds
2. When they turn golden, add onion and fry until brown
3. Add potatoes and turmeric, mix in peas, cover and cook for 5 minutes
4. Add in remaining ingredients and cook until potato is tender

Momos- Nepalese Dumplings

Ingredients

- 200g mince cooked and cooled
- 200g finely chopped veg ie cabbage, potato, pumpkin (cooked and cooled)
- 1 small brown onion, finely chopped
- 2 tsp ground cumin
- 2 garlic cloves, finely chopped
- 2 tsp finely chopped fresh ginger
- Pinch of ground nutmeg
- 2 cups plain flour
- Pinch of salt
- 1/2 cup water
- Olive oil, to grease

Instructions

1. Combine the mince, onion, cooked veg, cumin, garlic, ginger and nutmeg in a bowl. Season with salt and pepper. Cover and place in the fridge.
2. Place the flour and salt in a bowl. Make a well in the centre. Pour in the water. Use a wooden spoon in a cutting motion to mix until almost combined, adding extra water if necessary. Use your hands to bring the dough together in the bowl. Turn onto a lightly floured surface and knead for 10 minutes or until smooth. Place in the bowl. Cover and set aside for 20 minutes to rest.
3. Roll 1 tablespoonful of dough into a ball. Use the palm of your hand to flatten. Use a rolling pin to roll out to an 8cm-diameter disc. Holding the dough disc in the palm of your hand, place 1 tablespoonful of mince mixture in the centre. Bring the dough together to enclose the filling, pleating and pinching the edges to seal. Place on the prepared tray and cover with a damp tea towel. Repeat with the remaining dough and mince mixture to make 24 momos.
4. Place one-third of the momos in a lined steamer and cover. Cook, covered, for 12 minutes or until cooked through. Transfer to a large plate. Repeat, in 2 more batches, with remaining momos



Mexican Tortilla Flatbread

Instructions

Ingredients

- 180 g plain flour
- 1/2 tsp salt
- 90 ml lukewarm water
- 30 ml olive oil
- 1/2 tsp baking powder

1. Combine all ingredients until a dough is formed.
2. Divide dough into 6 balls.
3. On a floured surface, roll out a ball as thinly as possible.
4. Over a medium to high heat, place the rolled out dough into a dry non-stick pan. As soon as bubbles start forming turn over and quickly brown the other side.
5. Once cooked place set aside on a plate and cover with plastic wrap.
6. Serve topped with taco mince, scrambled egg or fajita chicken strips with salad



Scottish Shortbread

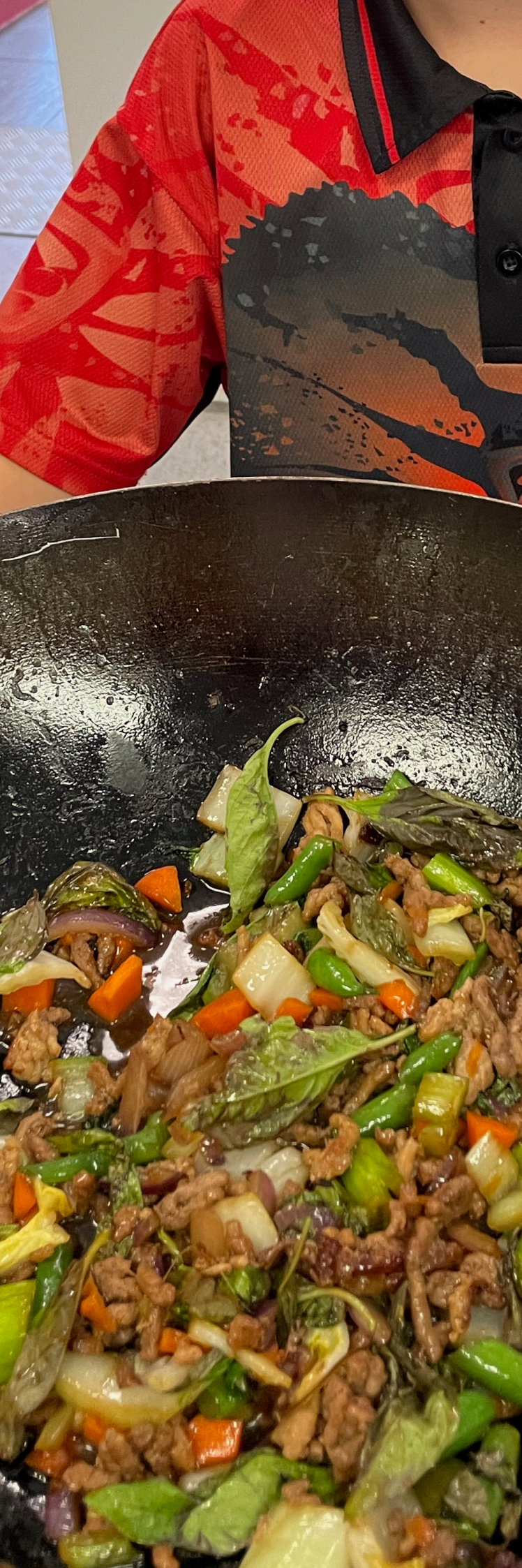


Ingredients

- 125g salted butter, softened
- 45g icing sugar
- 1 cup plain flour

Instructions

1. Preheat oven to 150C fan forced.
2. Butter and line a pan with baking paper with overhang.
3. Beat butter until smooth (or use very soft butter and a wooden spoon). Add icing sugar and beat until combined.
4. Add half the flour and beat until mostly combined – it will resemble wet sand. Then beat in the remainder. Use your hands to bring it together into a smooth ball of dough
5. Roughly press down into a rectangle shape, then transfer into the pan. Press into the pan.
6. Bake for 20 minutes until edges are very light golden and most of the surface is still pale gold.
7. Remove from the oven. Working quickly, cut into desired shape and prick all over with a fork
8. Return to the oven for 8 minutes or until the surface is light golden – not browned. Turn the oven off, crack it open ajar, then leave to cool in the oven.
9. Remove from the oven, use paper overhang to remove the biscuits from the pan. Cool fully on rack.



Thai Basil Stirfry

Ingredients

- 2 tbsp vegetable oil
- 2 eggs
- 2 garlic cloves, finely grated
- 1/2 large mild red chilli
- 250g mince
- 200g Asian greens (beans, bok choy, spring onion etc)
- 1/4 cup oyster sauce
- 1/2 tbsp soy sauce
- 2 tsp fish sauce
- 1/2 cup Thai basil leaves

Instructions

1. Heat the oil in a wok or small non-stick frying pan over medium-high heat. When the oil is hot, crack an egg into a small bowl, then carefully pour the egg into the oil. Fry the egg for 1-2 minutes or until the edges are crispy and the yolk is cooked to your liking. Drain on paper towel and repeat with remaining eggs.
2. Heat the pan with the oil over medium heat. Add the garlic and chilli into the pan. Stir-fry for 10 seconds. Add the mince and stir-fry, breaking up with a spatula, for 3-4 minutes or until almost cooked.
3. Add the veg straight into the pan. Add the oyster sauce, soy sauce and fish sauce. Stir-fry for another half a minute or until everything is well combined and the mince is cooked. Toss through the basil. Divide among serving plates and top with the crispy egg.

Nasi/Mie Goreng

Instructions

1. Heat oil in a wok or stir fry pan
2. Cook your egg either as a fried egg or egg omelette
3. remove from pan
4. Add more oil to the pan
5. Add in the onion and stir fry for a few minutes
6. Add in your vegetables from hardest to leafiest
7. Put your sauces and rice/noodles in and stir fry to combine
8. Top with your egg and garnishes of your choice

Ingredients

- 0.5 tbsp oil
- 1 tsp garlic cloves
- 0.5 tsp red chilli
- 0.5 onion diced
- 1 tbsp kecap manis
- 2 tsp soy sauce
- Chopped carrot
- Capsicum
- Peas

2 cups cooked white rice or two cakes of noodles prepared



Toppings/garnishes

- 2 eggs
- Spring onion
- Fried shallots
- Lime wedges



Indian Samosa

Ingredients

- 200g potatoes, peeled
- ¼ cup frozen peas
- ½ onion diced
- 1 tbsp oil
- 1 tsp cumin seeds
- 1 tsp black mustard seeds
- ½ tsp turmeric
- pinch chilli flakes
- ½ tbsp fresh lemon juice
- 2 sheets (25 x 25cm) ready-rolled frozen puff pastry, just thawed
- Vegetable oil, to deep fry

Mint Yoghurt Dipping Sauce

- 2 tsp chopped fresh mint
- ½ tsp garlic paste
- ¼ cup Greek Style Yoghurt
- ½ tbsp fresh lemon juice

Instructions

1. Bring a large saucepan of water to the boil. Add the potatoes and cook for 20 minutes or until tender. Drain. Coarsely chop
2. Heat the oil in a medium frying pan over medium-high heat. Add the potato, onion, peas, cumin seeds, mustard seeds, turmeric and chilli and cook, stirring, for 3-5 minutes or until aromatic. Add the lemon juice and cook, stirring, for 1-2 minutes or until combined. Remove from the heat and set aside for 30 minutes to cool.
3. Use an 11cm-diameter round cutter to cut out 8 discs from the pastry. Cut each disc in half to make a semi-circle. Place two teaspoonfuls of the potato mixture in the centre of the pastry. Fold the pastry over to enclose the filling and make a triangle shape. Press the edges of the pastry with a fork to seal.
4. Meanwhile, to make the mint yoghurt, place the mint in the bowl, add the yoghurt, garlic and lemon juice and combine. Add salt and pepper to taste.

Adult to do

- Add enough oil to a medium saucepan to reach a depth of 3cm. Heat to 170°C over medium-high heat. Carefully add 2-3 samosas and cook for 2-3 minutes each side or until golden brown. Use a slotted spoon to transfer to a plate lined with paper towel. Repeat, with remaining samosas, reheating the oil between batches.



Home made Pasta



Ingredients

- 200g Pasta flour
- 1 1/2 tsp salt
- 2 large eggs

Instructions

1. Combine the flour and the salt in the large bowl and then create a well in the middle of the flour.
2. Crack the eggs into the small bowl and then pour them into the well in the centre of the flour.
3. Use your hands to incorporate the eggs into the flour until the dough clings together and feels quite springy.
4. Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for ½ hour at room temperature.
5. Knead dough gently and divide into 3 even balls. Work with one while the other 2 remain wrapped.
6. Press dough into a rectangle, feed into pasta machine on the widest setting. Fold dough into thirds, rotate the dough so the folds are up and down then feed through again. Repeat another few times.
7. Change the machine setting to the next thickest and run through a few times.
8. Continue to change the machine to thinner settings and run the dough through. Stop before the thinnest setting as it becomes too thin.
9. Now you can use the machine to cut the dough into strips or spaghetti or you can make lasagne sheets, fill the pasta or cut into your own shapes.
10. Cook in salted boiling water until just tender.



Ms Stratton's invented pasta sauce



Ingredients

- 1 tablespoon olive oil
- 2 onions chopped
- 1 large capsicum chopped
- 2 carrots grated
- 1 zucchini grated
- 2 tomatoes
- 1 jar passata
- 2 tsp sugar
- black pepper
- fresh basil
- 1/2 cup parmesan cheese

Instructions

1. Heat olive oil in a large pan and saute onions until translucent.
2. Add in the capsicum, carrot and zucchini.
3. Stir through the passata and cook until veggies are soft.
4. Tear up the basil leaves, add sugar and black pepper to taste.
5. Stir in the parmesan cheese and spoon over your homemade pasta.

Apple and Cinnamon Galettes

Instructions

- Preheat oven to 220C. Line a baking tray with baking paper.
- Cut the pastry into 4 squares or circles
- Spread the jam on pastry discs. Top with the apple and brush with butter.
- Bake for 12-15 mins or until pastry is puffed and golden.
- Glaze with the extra jam.
- Serve topped with ice-cream and sprinkled with cinnamon sugar.

Ingredients

- 1 sheet puff pastry
- 1/4 cup jam
- 2 apples cored, cut into thin wedges
- 30g butter, melted
- 2 tsp jam, extra, warmed
- Cinnamon sugar, to serve
- We topped with homemade ice cream



Modified from taste.com.au

Aussie Pies

Ingredients

- 1/2 brown onion (finely chopped)
- 1 tbs olive oil
- 1 cloves garlic (finely chopped)
- 1 medium carrot (finely chopped)
- 1 small potato (finely chopped)
- 1/4 cup peas
- 200 g beef mince
- 1 tsp herbs
- 1 tbs tomato paste
- 1 tbs worcestershire sauce or soy sauce or 1 tsp vegemite
- 1 pinch salt and pepper (to taste)
- 1/2 cup liquid stock
- 1/2 tbs plain flour
- 2 sheets puff pastry



Instructions

1. Preheat the oven to 200°C (180°C fan-forced).
2. Gently cook onions in butter in a large frying pan. Add garlic after a couple minutes and saute for a minute.
3. Add the carrot and potato and continue to cook until soft, then add the peas and cook for a further couple of minutes.
4. Add the beef and cook until it is well browned, then add the herbs and saute for 1 minute.
5. Stir through the tomato paste, sauce, salt and pepper, then add the beef stock and simmer for a few minutes.
6. Add the flour, mixing well, and allow to simmer for 15 minutes.
7. Grease a 12-hole muffin tin.
8. Using a cookie cutter or empty glass jar, cut out circles to fit into the muffin holes and for the lids of the pies (you can also stretch out the pastry circles a little further with your hands for the bottom of the muffin holes).
9. Spoon in approximately two tablespoons of mince mixture into each hole (be careful not to overfill), then top with the lid and press sides down gently to seal the pie.
10. Brush the top of each pie with egg wash.
11. Bake in the oven for about 20 minutes or until golden.



Aussie Chocolate Weet Bix Slice

Ingredients

- 3 Weet-Bix biscuits
- 1 cup desiccated coconut
- 1/2 cup caster sugar
- 1 cup self-raising flour
- 2 tbsp cocoa powder
- 150g salted butter
- 1 tsp vanilla essence
- 1 1/2 cups Soft Icing Mixture
- Extra 1 tbsp cocoa powder
- 2 tbsp hot water

Instructions

Step 1

- Preheat oven to 180°C. Lightly grease a 16x26cm baking pan and line with baking paper. Break up biscuits. Place into a mixing bowl with coconut and sugar. Sift over flour and cocoa powder and stir.

Step 2

- Melt butter in a small saucepan over a low heat. Pour over dry ingredients. Add vanilla. Mix well.

Step 3

- Spoon mixture into prepared pan and press down to level. Bake for 15 minutes or until cooked.

Step 4

- Sift icing sugar and extra cocoa powder into a small bowl. Add water and stir well. Ice slice while still hot. Chill until icing is set. Cut into squares to serve.

