

# *Pukapuka Tunu Kai* **Resident Cookbook**



THE UNIVERSITY OF  
**AUCKLAND**  
NEW ZEALAND

# Ngā Ihirangi

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## Introduction

Here at the University of Auckland you have a range of accommodation options available to you. These range from catered Residences where we cook for you, to our self-catered residences where you have the independence and flexibility to cook for yourself.

Student cooking doesn't have to mean a nightly choice between baked beans or spaghetti on toast. If you can write an essay or navigate the student loans process, you can follow a recipe. Having an interesting and varied diet is just about remembering to plan ahead.

This handy resource has been developed with the team at Campus Life – Accommodation to support you in cooking not only some delicious food, but healthy and affordable food as well. Special thanks to Rachel Sargent, Angie Bell, Alison Reay, Jillian Liota and Tara Brewer.

Enjoy and bon appétit,

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# ***Healthy Eating & Getting Started***

## Getting Started – Your Initial Shopping List

It is important you set your food stocks up right! Below is an example of an initial set up shopping list.

### Fridge / Freezer

- ☐ Butter / Margarine
- ☐ Milk
- ☐ Meat (Chicken, Mince, Beef Stir fry, Chops, Sausages, Bacon – but not all of these at once!)
- ☐ Frozen Vegetables
- ☐ Bread
- ☐ Cheese
- ☐ Tomato / Sweet Chilli Sauce

### Pantry items

- ☐ Flour
- ☐ Baking Powder
- ☐ Vanilla Essence
- ☐ Sugar – Brown and/or White
- ☐ Golden Syrup
- ☐ Coffee / Tea / Milo
- ☐ Cocoa
- ☐ Spreads (Peanut Butter, Marmite, Jam)
- ☐ Rice
- ☐ Pasta

### Fruit and Vegetables:

Tip – look for seasonal specials!

- ☐ Green Veges (Broccoli, Cabbage, Beans, Leeks, Silverbeet)
- ☐ Potatoes
- ☐ Pumpkin
- ☐ Carrots
- ☐ Capsicums
- ☐ Onions
- ☐ Garlic (or buy a jar of crushed garlic & keep in fridge)
- ☐ Apples
- ☐ Bananas
- ☐ Lemons
- ☐ Fresh herbs and spices

*\*Remember not to buy more than you need in one shopping session – work out what you will cook that week.*

### Household items

- ☐ Dishwashing Liquid, Cloth and Brush
- ☐ Scrubbing Brush
- ☐ Wet Cloths
- ☐ Scouring Pads
- ☐ Glad wrap / Tin Foil
- ☐ Freezer Bags

## Food shopping on a budget

- Try to do a single big food shop each week. This will prevent you spending extra money in convenience stores and takeaways.
- If you're flatting with other people, try and negotiate a weekly flat budget for food. Shopping and cooking together can be fun, and it reduces costs.
- Prevent impulse purchases in the supermarket by making a shopping list and sticking to it.
- Consider buying supermarket-brand products. They are sometimes cheaper than branded goods.
- Keep an eye on "use by" dates to avoid wasting food. Make sure "use by" dates for at least some meals last until the end of the week.
- Keep a stock of frozen meals and ingredients in the freezer for those moments when the cupboard is unexpectedly bare.
- Don't automatically buy food for seven days' worth of breakfasts, lunches and dinners. Look at the week ahead and consider how much time you'll be spending at home.
- Buy packed lunch ingredients for cheaper meals on the go.
- Try and avoid buying lunch and snacks at Uni. Take leftover dinners for lunch!

## **Basic food hygiene information**

It is important to make sure to cook with fresh ingredients, in a clean space and in a safe manner.

Make sure you wipe down surfaces before and after you have cooked, don't mix raw meat with other foods and make sure your refrigerator is regularly cleaned and at an appropriate setting. A handy way to remember this is the four Cs:

### **CLEAN**

- Clean your hands by washing them with soap and drying with a clean towel.
- Always wash your hands before handling any food and after touching raw meat and poultry, going to the toilet, changing nappies, touching pets and gardening.
- Wash knives and utensils and scrub chopping boards between Preparing raw and cooked food.
- Keep your fridge clean.

### **COOK**

- Defrost frozen foods thoroughly before cooking.
- Use a meat thermometer to check temperatures – minced meat and sausages should be cooked right through, and pork and poultry juices should run clear.
- Pre-cook minced meat, sausages and poultry before barbecuing.
- Never leave hot food to cool for more than two hours before putting it in the fridge.

### **COVER**

- Stored foods should always be covered – even in the fridge or cupboard.
- Keep raw meat and poultry covered in the bottom of the fridge and away from ready-to-eat food, fruit and vegetables to avoid meat juice that may drip through.
- When cooking outdoors, ensure that all food remains covered and cool until ready to cook or eat.

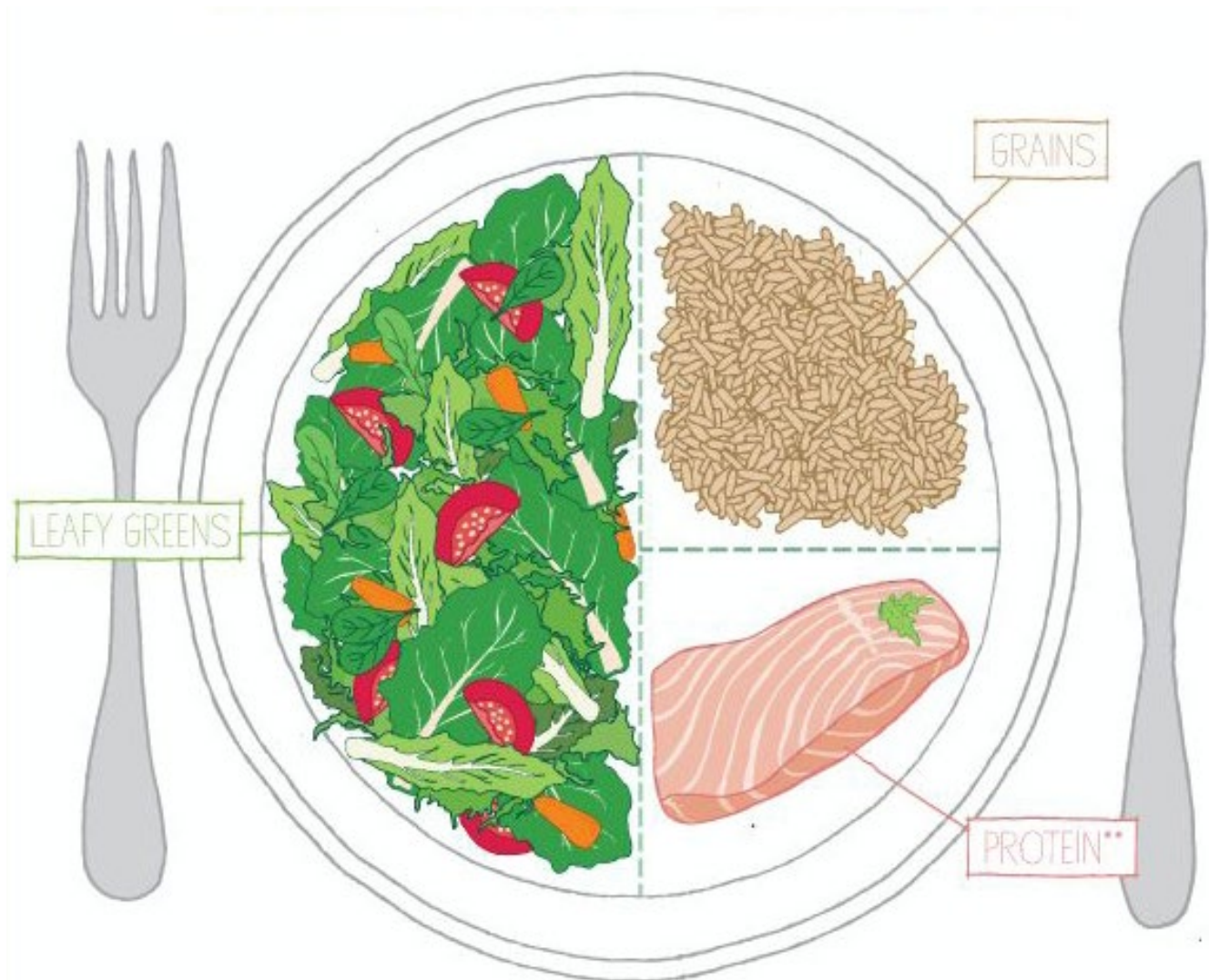
### **CHILL**

- Ensure your fridge is operating at a temperature of between 2°C and 4°C.
- Keep all perishable foods in the fridge until you are ready to use them.
- When picnicking, keep food cool by using a frozen chilly pad.
- Marinate food in the fridge, not on the bench.



## **Guidelines to Help You Create Healthy Meals**

- Around a third of a meal should be made up of fruit and vegetables. Aim for at least 5 servings of fruit and vegetables a day.
- Another third should be starchy foods such as bread, rice, potatoes and pasta - choose wholegrain varieties whenever you can.
- About 3 daily serves of low-fat milk and dairy foods should be included.
- Some lean meat, fish, eggs, beans and other non-dairy sources of protein are part of a balanced meal. Aim for 1-2 serves per day.
- Drink plenty of fluids to keep properly hydrated - around six to eight glasses a day of water. Carry a bottle with you to lectures to help keep you refreshed when you're on the go. If you're planning a night out, drink responsibly and alternate alcoholic and non-alcoholic drinks.
- During times of great stress, the pressure of revision can make cooking feel like a chore you don't need. But, in fact, a healthy diet and regular exercise can give you the energy you need to focus on your studies, as well as give an important break from the books.



# ***Breakfast***





## **Banana Bread**

### **Ingredients**

5 tablespoons butter  
½ cup sugar  
½ cup brown sugar  
1 large egg  
2 egg whites  
1 teaspoon vanilla  
1 ½ cup bananas, mashed  
1 ¾ cup flour  
1 teaspoon baking soda  
½ cup heavy cream  
½ cup chopped walnuts



### **Method**

Cream all wet ingredients together in mixing bowl. Mix all dry ingredients except for walnuts in another bowl and add to wet ingredients. Mix well. Stir in walnuts. Spray loaf pan with cooking spray. Pour batter into prepared loaf pan. Bake at 180 degrees for about 1 hour 15 minutes. Cool bread in pan for 10 minutes. Remove Bread from pan and cool completely on wire rack. Slice and serve with butter and jam.

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## **Homemade Muesli**

### **Ingredients**

*Mix and match to make your favourite combinations!*

Rolled oats (we recommend 1kg at a time)

Nuts of choice (chopped if you wish) until you have about the right look for your taste – try peanuts, almonds, or choose whatever is on special. Buy from the bulk bins if possible as this is usually cheaper and you can estimate the amount you need)

Dried fruits (sultanas, currants, cranberries etc.)

Coconut (shredded is better than desiccated)

Seeds (pumpkin, sunflower, linseed etc.)

You can add sugar or honey and mix all these together



### **Method**

Put all into a roasting pan and roast very slowly (about 120 degrees) until crunchy. Be careful not to burn and this will need turning on a fairly frequent basis so that all the ingredients get cooked the same amount. You don't want the edges to burn.

Cool and add any dried fruits you want; chopping any large fruits (e.g.. apricots) into small pieces. Combine with the oat mixture and put into a clean airtight container until required.

Serve with milk, yoghurt, and add fresh fruit if you want. Muesli will stay fresh in an airtight container for a considerable length of time as long as you remember to keep the lid on properly!

## Omelette

### Ingredients

1/8 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
4 large eggs  
1 teaspoon butter

### Method

Combine salt, pepper, and two eggs in a small bowl. Stir with a whisk until just blended (do not over-beat).

Heat an 8-inch non-stick skillet over medium heat. Melt 1/2 teaspoon butter in pan; swirl to coat. Add egg mixture to pan; cook 60 seconds or until eggs are the consistency of very soft scrambled eggs (centre will still look wet), stirring constantly with a rubber spatula. Tilt pan while stirring to fill any holes with uncooked egg mixture. Run spatula around edges and under omelette to loosen it from pan. Push one end of omelette up onto front lip of pan. Roll other end of omelette toward lip to close omelette. Turn out onto a plate, seam side down.



## Potato Omelette Breakfast Bites

### Ingredients

1 bag of hash-brown buttons/bites  
8 eggs  
1/4 cup milk  
1 cup grated cheese  
Additional fillings of your choice  
(e.g. onion, capsicum, mushroom, ham...)

### Method

Place 3–4 thawed hash brown button/bites in each standard size muffin tin. Squash them flat into the bottom of each tin. Bake your hash-brown bases for 10 minutes. While you are waiting for them to cook, gather and prepare the rest of your ingredients. After removing the hash-brown bases from the oven, lower the oven temperature to 350 degrees. Sprinkle your toppings over each cup.

Whisk together 8 eggs and 1/4 cup milk with a fork. Pour egg mixture in each tin. Then sprinkle a little cheese on top of each cup. Bake at 350 degrees for about 15-20 minutes, or until the egg is cooked through. To remove from the pan, run a butter knife around the edge of each one to loosen it from the sides, and then pop them out.

**PRO TIP:** You can freeze these for later and when you're ready to eat them, just pop them in the microwave for a couple of minutes!



**STUDENT HACK!**





# ***Main Meals for One***

## **Curry Rice Risotto**

### **Ingredients**

150 grams of mince  
Small onion  
Small carrot  
1 teaspoon curry powder  
2 tablespoons of oil  
1 1/3 cup of boiling water or stock  
¼ cup of frozen peas (optional)  
2/3 cup of uncooked rice  
Dollop of yoghurt



### **Method**

Chop small onion and grate small carrot. Heat oil and soften onion and carrot. Add curry powder and salt to taste. Add mince and brown for 1 – 2 minutes. Add rice and fry for another 1 – 2 minutes. Add water or stock. Stir. Cover and simmer for 18 minutes. When adding peas, add them with the water or stock. Serve with a dollop of yoghurt.

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## **Egg Fried Rice**

### **Ingredients**

1 egg  
Oil, 3 tablespoons  
1 cup pre-cooked white rice  
1/4 cabbage, finely sliced (optional)  
1/2 cup frozen peas or frozen veges  
1 onion, chopped  
Salt, pepper, soy sauce (to taste)



### **Method**

Sauté (fry gently) onion till transparent. Add eggs, pepper, salt and scramble furiously. Add veges (better if pre-cooked in microwave for 1 minute). Add pre-cooked rice. Add soy sauce, salt and pepper (to taste). Stir on low heat for 5 minutes.

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## **Nice Easy Spicy Pasta**

### **Ingredients**

Pasta  
Single cream  
Spicy sauce (e.g. Nando's Marinade or Chilli Sauce)  
Peppers/frozen prawns/ chicken/salami  
3 cloves garlic  
Cheese (optional)

### **Method**

Boil pasta. Fry garlic and peppers/meat of choice and once cooked, throw in cream and cooked pasta. Cook for a further 5 minutes. Top with cheese to finish if you desire.







## **Pasta with Tuna and Peas**

### **Ingredients**

1 cup dried pasta  
½ tin of tuna  
1/3 cup frozen peas  
Salt and pepper to taste  
Tablespoon of oil (if tuna is in oil, you can use the oil from the tin)

### **Method**

Boil water and cook pasta according to directions on packet. 2 – 3 minutes before draining the pasta, add 1/3 cup frozen peas (or any other veg!). Drain pasta and peas when cooked. Add tuna (flake it as you take it out of the tin) and toss well with pasta. Add salt & pepper to taste. Sprinkle with dried basil if available. (note: 1/2 tin should be enough, the rest can be used for lunch the next day, don't leave left over tuna in the can).

**PRO TIP: For a creamier texture you can add mayonnaise - however we suggest that you add Greek yoghurt! It's a delicious and healthier alternative.**

## **Shepherd's Pie**

### **Ingredients**

150 grams of mince  
1 small onion  
3 large potatoes  
2 tablespoons butter  
6 tablespoons milk  
1 diced carrot  
Salt and pepper to taste

### **Method**

Boil potatoes until tender. In a separate pan, heat oil. Add onions and lightly sauté them till transparent.

Add mince and brown (approx 10 minutes).

Add carrots, salt, pepper. Cook on low heat for 5 minutes. Peel and mash potatoes with milk, butter.

Arrange mince onto oven proof dish, cover with mashed potato. Bake in oven at 180°C for 15 min. Alternatively, add potato to mince in the pan, cover and simmer on cook top for 15 min.





# ***Main Meals for Lunch or Dinner***



## Angie's Homemade Pizza

### Ingredients

4 small Lebanese breads (option: Jabal)  
Tomato paste  
Dried mixed herbs  
1 onion  
Shaved ham, chopped  
3 mild beirsticks, thinly sliced  
1 tomato, chopped into small pieces  
1 bunch Spinach chopped  
Small handful of cheese (not too heavy on the cheese)



### Method

Heat oven to 180°C on bake. Place Lebanese breads on an oven tray and coat with tomato paste. Sprinkle mixed herbs on the Lebanese bread. Sprinkle onion, ham, tomato and beirsticks onto Lebanese bread. Sprinkle cheese and add spinach to the top of each pizza.

Cook for about 15-20 minutes and check that the bottom of the Lebanese bread is crispy but not burnt. Remove from oven and let the pizza sit for about 5-7 minutes, then serve.

**PRO TIP: Pizza bases can be made from anything from Lebanese bread to Naan Bread, Pita Bread, French Stick to Cauliflower... yes really Cauliflower! Google alternative pizza bases & go pizza crazy!**



## Asian Greens

### Ingredients

300 grams of bok choy, sliced in half (lengthwise)  
3 red peppers. Sliced, de-seeded and julienned  
(cut into very thin strips)  
2 tablespoons peanut (or other light) oil  
2 cloves garlic, crushed  
1 teaspoon finely grated fresh ginger  
2 tablespoons light soy sauce  
¼ cup vegetable stock  
2 teaspoons cornflour

### Method

Blanch vegetables until tender but still crunchy. Reserve cooking liquid for vegetable stock. Heat oil in wok and stir-fry garlic and ginger for 30 seconds before adding vegetables and stir-frying one minute. Stir in soy sauce & vegetable stock. Add cornflour mixed with 2 tablespoons of cold water and stir until liquid clears & thickens. Toss in blanched vegetables and hear through. Serve immediately. (Serves 4- 6 people)

## **Beef Burger**

### **Ingredients**

500 grams beef mince  
1 egg  
1 onion, diced  
Fillings of your choice  
Burger buns

### **Method**

Mix mince & onion together. Add egg. Either fry in a bit of oil until brown all way through or oven bake 20 minutes. Build your burger and enjoy!

**PRO TIP:** Buy dinner rolls instead of buns, make smaller burger patties - and voilà - you have created sliders!



## **Beef Stir Fry**

### **Ingredients**

300g beef schnitzel, flank skirt, chuck or blade steak  
2 tablespoons oil  
1 clove garlic  
1 onion  
2 tablespoons soy sauce  
2 cups finely chopped/sliced vegetables e.g.. carrots, cauliflower, broccoli, cabbage, bean sprouts, peppers, leeks, mushrooms, celery, silverbeet  
Noodles or rice

### **Method**

Cut the schnitzel into thin strips. Heat 1 tablespoon oil in a large pan and quickly cook the meat on both sides until just brown. Remove the meat from the pan.

Finely chop garlic, chop onion. Heat 1 tablespoon of oil in the pan, add garlic and onions.

Cook for a couple of minutes then add the other vegetables and soy sauce. Add a little water if the vegetables stick. When the vegetables are cooked and slightly crisp return the meat to the pan and heat through.

Serve with noodles or cooked rice.







## **Cheap Chips**

### **Ingredients**

1 potato chopped either in to wedges or chip shape  
1 teaspoon oil  
Seasoning

### **Method**

Preheat oven to 180°C. Parboil potatoes – 5-10mins of boiling (until fork can stab comfortably). Bake for 40 minutes or until crisp and golden.

**PRO TIP: instead of potatoes, give kumara a try! Kumara – or sweet potato – doesn't require par-boiling first, and if you turn the heat up to 190°C for the last 10 minutes of cooking, they will be crispy and delicious when done!**



## **Chicken Fried Rice**

### **Ingredients**

1 tablespoon Oil  
1 chicken breast (cut into small pieces)  
1 onion chopped  
1 carrot chopped  
1 courgette  
2 large handfuls of spinach, chopped  
1 cup rice  
1 1/2 cups chicken stock  
8 teaspoons soy sauce  
2 tablespoons sweet chilli sauce

### **Optional:**

2 handfuls of mung beans  
1 whisked egg (cooked and chopped).

### **Method**

In a microwave dish place rice and stock and cook for 12-14 minutes. Once rice is cooked fork through rice to loosen.

In a fry pan, add oil, onion, carrot and chicken, cook stirring regularly, until chicken is brown. Add courgettes to chicken and stir fry for a minute, then add rice. Stir through chicken mixture. Add 8 teaspoons of soy sauce and 2 tablespoons of sweet chilli sauce. Keep mixing through dish until well mixed. Add chopped spinach and mix through.

If you wish you can add mung beans and stir through mixture after 2 minutes add the egg and serve.



## **Feta Garden Salad**

### **Ingredients**

500 grams packet, frozen broad beans  
750 grams mixed tomatoes (cherry or roma)  
2 zucchini, thinly sliced  
100 grams mixed salad leaves  
2 spring (salad) onions, finely sliced  
200-250 grams feta, crumbled  
¼ cup (60ml) olive oil  
1 tablespoon white wine vinegar

### **Method**

Cook broad beans in a saucepan of boiling, salted water for 2 minutes. Drain. Cool in iced water. Drain again. Remove and discard skins.

Cut cherry tomatoes in half and thinly slice roma tomatoes. Combine broad beans, tomatoes, zucchini, salad leaves, onion and feta in a large bowl.

Drizzle with combined oil and vinegar. Season to taste, toss gently and serve.



## **Frittata**

### **Ingredients**

4-5 eggs  
1 capsicum, diced  
4 mushrooms, sliced  
½ cup frozen veg/ vegetables of choice  
2 cloves garlic, chopped  
Pre-cooked Potato (optional) or tinned potatoes  
1 onion, sliced  
Cheese (optional)  
Bacon

### **Method**

Throw everything in the pan except the eggs. Stir and cook until hot and cooked. In a bowl beat eggs together with a fork. Pour eggs on top of vegetables in pan. And cook through on a medium heat. Once set at the bottom. Put in oven to finish off the top. Serves 2-4.

## **Green or Red Thai curry**

### **Ingredients**

Thai curry paste  
1 can coconut milk  
Vegetables of choice  
Chicken  
1 pack noodles (follow packet instructions for cooking)

### **Method**

Fry paste with vegetables and/or meat. Add coconut milk and simmer for 10 minutes. Throw in cooked noodles. Serve with lime juice (out of a bottle is just as good). Sorted.



## **Guaranteed Tasty Risotto**

### **Ingredients**

1 cup arborio rice  
Soft cheese (cream cheese with herbs is best)  
1 onion, diced  
4 cloves garlic, diced  
Frozen peas  
6 Mushrooms, sliced  
Large bunch of spinach  
Chicken (optional)  
Mixed herbs if not using the cream cheese with herbs  
1 vegetable stock cube

### **Method**

Fry onion and garlic until clear in colour, throw in rice and cook until pale (about 1 minute) stir constantly so not to burn. If making with chicken, add chicken now. Add in all ingredients except spinach and cream cheese. Add 1 cup of boiling vegetable stock (or chicken). Boil until most liquid evaporated. Add another 1-2 cup(s) water and boil until nearly dry. When rice is soft turn down heat stir in spinach and cream cheese. Cook through until hot. Serve.

Cook a whole chicken 20 minutes per 500g at 180°C. Cover in foil and remove for the last 20 minutes (keep foil to side). Take out of oven and cover with foil. This will keep it warm while you cook other food. This chicken can be kept in fridge and feed you for the week. Or freeze it and throw into dishes such as risotto.





## Healthy Nachos

### Ingredients

200 grams corn tortilla (5 tortillas)  
1 3-second spray Always Fresh Olive Oil  
Extra Virgin Olive Oil Spray  
200 grams canned tomatoes, or fresh  
2 cup canned refried beans  
1 sachet Old El Paso all varieties taco seasoning mix (35 grams)  
75 grams reduced-fat tasty Cheese, grated  
2 individual shallots, ends trimmed, thinly sliced  
2 tablespoons low fat sour cream

### Method

Preheat oven to 220°C. Spray tortillas with oil and set aside. Cut tortillas into bite size triangular pieces and place on a baking tray in a single layer. Bake for 6-7 minutes, or until golden brown and crisp. Take care not to burn, and set a timer.

While the tortillas are cooking, combine tomato, beans and taco seasoning in a small saucepan. Heat over medium-low heat, then divide amongst 4 shallow bowls and sprinkle with cheese.

Place bowls under a preheated hot grill and cook until cheese has melted. Sprinkle with shallots, then serve surrounded with tortillas and a dollop of sour cream.



## Lazy Lasagne

### Ingredients

7 tomatoes, chopped  
300 grams fresh lasagne sheets  
2 x 100 grams packets Primo Low Salt  
97% Fat Free Shaved Leg Ham, chopped  
1 zucchini, grated  
1 ¼ cups grated mozzarella cheese  
1 cup purchased fresh creamy béchamel sauce

### Method

Preheat oven to 200°C. Lightly grease a 6cm deep, 17cm x 27cm (base) oven-proof baking dish. Spread one-third of the chopped tomatoes over base of prepared dish. Cover with a layer of pasta, trimming if necessary. Sprinkle with half the ham, half the zucchini, half the remaining tomatoes and one-third of the grated cheese. Cover with another layer of pasta. Sprinkle with remaining ham, zucchini, tomatoes and half the remaining cheese. Top with remaining pasta. Spread béchamel sauce over pasta. Sprinkle with remaining cheese. Bake for 40 to 45 minutes or until golden and pasta is tender. Stand for 10 minutes. Serve.





## **Moroccan Mince Bake**

### **Ingredients**

- 2 carrots sliced/diced
- 1 onion
- 1 red or green capsicum diced
- 400 grams lean mince
- 2 teaspoons Moroccan seasoning
- 170 grams (1 cup) couscous
- 200 grams mushrooms sliced
- 100 grams spinach chopped
- 400 grams light evaporated milk or if you can't find it,  
400 grams lite coconut milk (but not condensed milk)
- 3 tablespoons of grated cheese  
(preferably Parmesan but Edam is fine)
- 2 tablespoons fresh herbs (parsley or coriander)

### **Method**

Preheat oven to 180 degrees C. Cook the couscous in a microwave dish; 1 cup couscous plus 1 ½ cups chicken stock for 4 minutes, fork through when done and set aside. Cook the onion, carrots, capsicum and mince in a fry pan until mince is browned.

Add the Moroccan seasoning, mix through. Add the couscous and spinach, mix through. Add the light evaporated milk and mix through. Transfer the mixture to a large oven dish. Add sliced mushrooms to the top of the dish. Sprinkle cheese and herbs on top. Pop in the oven for 15-20 minutes. Remove from oven when the evaporated milk does not run.



## **Mushroom Burger**

### **Ingredients**

- 1 portobello mushroom (leave whole)
- ¼ capsicum (leave whole)
- Halloumi
- Pesto
- Aioli
- Bun/sliced bread

### **Method**

Oven cook mushroom, pepper and halloumi at 180°C – until soft (about 15 minutes). Spread pesto in 1 half bun & spread aioli in other half bun. Stuff bun with mushroom, capsicum and halloumi!

**PRO TIP:** Grill 2 large portobello mushrooms and use them as the bun instead of filling for a healthier alternative!





## **Pork & Asian Greens Stir Fry**

### **Ingredients**

1 (about 300 grams) pork fillet, thinly sliced  
1 red onion, cut into thick wedges  
2 garlic cloves, crushed  
2 tablespoons finely grated fresh ginger  
1 ½ teaspoons Chinese five spice  
2 teaspoons peanut oil  
1 bunch broccolini, cut into 5cm pieces diagonally  
1 bunch baby choy sum, coarsely chopped  
1 bunch baby bok choy, washed, dried, quartered  
60ml (¼ cup) oyster sauce  
Steamed jasmine rice, to serve

### **Method**

Combine the pork, onion, garlic, ginger and Chinese five spice in a bowl. Heat half the oil in a wok over high heat. Add one-third of the pork mixture. Stir-fry for 2 minutes or until brown. Transfer to a bowl. Repeat, in 2 more batches, with the remaining pork mixture.

Heat remaining oil in the wok over high heat. Add the broccolini and stir-fry for 2 minutes or until bright green and tender crisp. Add the pork mixture, choy sum, bok choy and oyster sauce and stir-fry for 2-3 minutes or until bok choy just wilts. Spoon the rice among serving bowls. Top with pork mixture and serve.

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## **Pumpkin Soup**

### **Ingredients**

1 tablespoon oil  
1 chopped onion  
750 grams peeled, chopped pumpkin  
1 large peeled, chopped potato  
4 cups liquid chicken stock  
Salt, Black pepper, Nutmeg

### **Method**

Heat oil in saucepan. Add onion & cook till clear. Add pumpkin, potato and stock. Cover and bring to boil and simmer until vegetables are soft. Purée vegetable mixture in a blender or push through a sieve. Season with salt, pepper and nutmeg (to taste). You can add bacon bones or a ham hock when cooking the pumpkin or you can add corn kernels (cooked) to the soup at the end – you need to reheat if you do this. You can also put some sour cream on the top as decoration (and taste!).

Served with cheese on toast or traditional ‘mouse traps’ this makes a good lunch dish and you can store the leftovers in your fridge for a couple of days.

**Mousetraps:** Toast slices of bread. Spread with Vegemite or Marmite. Top with grated (or sliced) cheese and grill in oven until cheese is melted and golden. You can also put strips of bacon on top of this.



## **Rachel's Cheap Channa Masala**

### **Ingredients**

1 onion, diced  
1 teaspoon chopped garlic  
1 teaspoon chopped ginger  
1 tablespoon of premixed channa masala powder  
(found in most Asian food stores)  
1 tin of tomatoes  
1 can chickpeas  
Fresh coriander (optional)



### **Method**

Fry onion until golden, add garlic, ginger, channa masala powder cook and chickpeas for 1 minute, add tinned tomatoes. Cook for 5 minutes (or you can simply follow packet instructions). Serve with rice or Quick Indian bread that is listed below. Serves 2-3 people



## **Quick Indian Bread**

### **Ingredients**

1 cups maida flour (all purpose flour from Indian shop)  
1/2 cup warm (hand warm) water

### **Method**

Add ¼ cup water to flour stir around with hand. Add more of the water until a dough is formed. You may not need all the water but make it so the dough is sticky and not dry. Knead dough (to do this put flat hand on bread and push away from you, fold the pushed away dough on top of the dough still in original position, repeat, you can also punch dough).

Do kneading for 5 minutes maximum, I personally do it for 2-3 minutes. Leave to sit 30 minutes (whilst making curry) with a damp kitchen towel over/ tea towel covering bowl. Doesn't need to be warm. After 30 minutes the dough will be soft. Split in to equal size balls (golf ball size). On a floured surface put a golf ball size dough and roll out with a bottle/ glass anything will do until 2mm thick.

Throw in a medium/hot dry (not oiled) pan until bubbles appear and peeling away from bottom of pan, flip. You should see brown spots on the cooked side, once bubbles again flip to make sure cooked. Voilà, eat. Can spread with butter if you want.



## **Rosemary Lamb Meatballs**

### **Ingredients**

500 grams minced lamb  
4 sprigs rosemary  
1 teaspoon chopped mint  
1 egg lightly beaten  
2 cloves garlic, crushed or minced  
50 grams breadcrumbs  
50 grams finely grated Parmesan cheese  
Salt & pepper to taste

### **Method**

Combine all ingredients in a large bowl using your hands to mix well. Roll 1 tablespoon of mince mix into balls. Place meatballs in a tray lined with baking paper. Cover and refrigerate until firm. Heat oil in large frying pan; add meatballs and cook, turning occasionally until browned. Serve.



**PRO TIP:** Make beef meatballs by using beef mince (often cheaper) and changing the rosemary to parsley, thyme, etc. You can omit the Parmesan if you want. For pork meatballs use pork mince and again change the herbs. A bit of fresh ginger grated is nice with pork and omit the Parmesan.

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## **Self-Crusting Pie**

### **Ingredients**

Large onion, peeled & diced  
2 cloves garlic, crushed  
1 cup tasty cheese, grated  
3 eggs  
1 tablespoon butter  
2 potatoes, cooked & cubed  
½ cup milk  
¼ cup other liquid (water, stock etc.)  
½ cup self-raising flour (or ½ cup ordinary flour with ½ teaspoon baking powder)  
Vegetables – tinned, or fresh – use up whatever you already have leftover. Frozen peas thawed out also work



### **Method**

Cook onion, garlic in butter and put in pot. Mix up rest of ingredients. Put in vegetables.

Put in baking tin or pie plate etc.; sprinkle with cheese. Cook for 20 – 30 minutes at 210 degrees.

This is a good way of using leftover cooked vegetables and works well both hot and fresh as well as a cold packed lunch!



## Spaghetti Bolognese

### Ingredients

2 tablespoons oil  
2 onions  
750 grams (1½ lb) minced steak  
470 grams canned whole tomatoes  
3 tablespoons tomato paste  
1 teaspoon basil  
1 teaspoon oregano  
½ teaspoon thyme  
Salt & Pepper  
1.25 litres (5 cups) water  
Grated Parmesan cheese  
500 grams spaghetti  
1 tablespoon oil, extra

### Method

Heat oil in large shallow frying pan or fry pan, add peeled and chopped onions, sauté gently until onions are tender. Add steak, stir with a fork over high heat until meat is dark golden brown, mashing meat well so there are no lumps. Add tomatoes with their juices, tomato paste, basil, oregano, thyme, salt and pepper. Mash tomatoes well, stir over medium heat until all ingredients are combined. Add water; mix well. Bring to boil, reduce heat, simmer gently uncovered, 2 hours or until nearly all liquid has evaporated.

Add 1 tablespoon of extra oil to large quantity of boiling salted water. Add spaghetti gradually so water does not go off the boil. Hold long strands of spaghetti at one end and place other ends into the boiling water. The pasta will begin to soften in the hot water and it is then simple to lower strands into saucepan, coiling them neatly inside pan. Cook spaghetti for approximately 10 to 12 minutes or until tender but still firm, drain well. Pile spaghetti into deep bowls, spoon sauce over; offer grated Parmesan cheese separately.



## Toad in the Hole

### Ingredients

Sausages  
½ cup Flour  
1 pint Milk/ water  
1 egg

### Method

Cook sausages in oven 20 minutes 180C. While they cook, mix flour and egg together and add pint of water/ milk combination, stirring slowly with a fork until the mix is a smooth liquid with no lumps. Take sausages out of oven and turn. Pour batter just made over half cooked sausages and put back in oven for 20 minutes (until batter is risen and brown).





## Tomato, Cheese & Oregano Muffins

### Ingredients

1 egg  
1 & ½ cups self-raising flour  
½ cup grated Parmesan (but tasty cheese works too)+ 1 cup  
tasty cheddar  
3 tomatoes, seeded & diced  
¾ cup water or stock  
1 tablespoon chopped oregano (or 1 teaspoon dried)

### Method

Mix all ingredients together till just combined. Put in muffin tins & bake at 190 degrees for 15 minutes.

**A handy tip:** You can use these basic recipes and put in other combinations you like. For example, try feta instead of Parmesan, other fruits instead of peaches – just be careful to have approximately the same proportions of dry goods to liquid. If it seems a bit dry you can add a little milk to adjust the consistency.

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## Vegetarian Shepherd's Pie and Asian Greens



### Ingredients for the topping

500 grams kumara (peeled, cut into pieces and boiled in salted water)  
500 grams kumara (peeled, cut into small cubes and roasted)  
100ml cream (but milk works okay)  
12 tablespoons butter  
1 cup grated cheese  
1 egg yolk

### Ingredients for the filling

2X 300g tins of kidney, cannellini or butter beans  
2 large onions, peeled & diced  
2 tablespoons butter  
¼ cup wholemeal flour  
1 tablespoon herbs e.g. thyme rosemary, marjoram  
1 teaspoon paprika  
1 teaspoon dark soy sauce  
2 tablespoons tomato paste  
2 tablespoons chopped parsley

### Method

Mash boiled kumara with cream, butter, half grated cheese & egg yolk. Fold in small squares of roasted kumara and keep warm. In large pan sauté pan cook chopped onions in butter till well coloured. Stir in chopped parsley, then flour. Stir over moderate heat until flour has cooked & browned. Add all ingredients to pan and adjust seasoning if necessary. Spread mixture on bottom of lightly buttered (or oiled) pan about 20cm X 25cm. Cover with kumara topping & sprinkle remaining grated cheese over the top. Bake at 180 degrees C for 20 – 30 minutes taking care to grill top for colour if necessary.

Serves 4 – 6 people.

## **Whitebait Fritters**

*If you can get hold of real NZ whitebait (you need to know someone who will give it to you as it's worth more than gold!), this is what you do with them – unless you want to give them to the staff.....*

### **Ingredients**

1 cup plain flour  
½ teaspoon baking powder  
½ teaspoon salt  
1 egg  
½ cup milk (approx)  
125g whitebait (or you can use thin strips of firm white fish e.g. lemon fish, trevally, orange roughy)  
Oil for shallow frying  
Lemon wedges

### **Method**

Sift flour, baking powder and salt into bowl. Add egg & sufficient milk to mix to a smooth batter. Drain whitebait well. Stir in whitebait (or fish strips) & coat well with egg mixture. Heat oil in large frying pan. Add fritters and cook until golden on both sides. Drain on kitchen paper. Serve with lemon.

Serves 4 – 6 people.



A close-up photograph of a stack of three chocolate chip cookies. The top cookie is partially broken, revealing a thick, glossy layer of melted chocolate. The cookies are golden-brown with visible chocolate chips. They are resting on a light-colored wooden rolling pin. The background is blurred, showing a kitchen setting.

# ***Desserts & Sweet Things***



## **ANZAC Biscuits**

### **Ingredients**

1 cup Flour  
1 cup Rolled oats  
1 cup Brown sugar  
½ cup Coconut  
125g Butter  
2 tablespoons Golden syrup  
1 tablespoon Water  
½ teaspoon Bicarbonate of soda



### **Method**

Melt the butter in a saucepan then add the water and golden syrup. Also stir the bicarbonate of soda into this mixture. Place sugar, coconut and rolled oats into a mixing bowl and sift in the flour. Lightly mix then add your liquid/butter mixture to the bowl and mix well. Place small lumps of mixture on a baking tray (greased or baking paper) and bake at 175°C for about 20 minutes.

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## **Apricot & Almond Energy Slice**

### **Ingredients**

125 grams butter  
¾ cup Chelsea Low GI Sugar  
2 tablespoons Chelsea Golden Syrup  
2 cups rolled oats  
½ cup mixed seeds, pumpkin, sesame, sunflower  
¼ cup coconut threads  
¼ cup slivered almonds  
½ cup diced dried apricots



### **Method**

Preheat oven to 180°C and line a 20x20cm cake tin with baking paper. Heat butter, Chelsea Low GI Sugar and Chelsea Golden Syrup in a saucepan and simmer until mixture is bubbly and sugar has dissolved. Add the remaining dry ingredients and mix well before pressing into the baking tin. Bake for 25-30 minutes until golden. Allow to cool in the tin, then cut slice into pieces.

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## **Alison's Impossible Pie**

### **Ingredients**

4 eggs  
1 cup sugar  
100 grams butter  
½ cup flour  
1 cup coconut (desiccated)  
2 cups milk  
2 teaspoons vanilla

### **Method**

Blend all ingredients together in bowl and pour into well-greased 23cm pie plate. Bake at 180 degrees C for 1 hour or until centre is firm. Flour forms crust, centre is creamy custard and the topping is coconut.



## Basic Cake

### Ingredients

½ cup butter or margarine  
1 cup sugar  
2 large eggs  
1 teaspoon vanilla essence  
1 ½ cup flour  
1 tablespoon cocoa powder to make chocolate cake

### Method

Beat the butter and sugar together until smooth and creamy. Add the rest of the ingredients and mix into a smooth batter. Pour into cupcake cases or a greased cake tin and bake at 180 degrees Celsius for 20 minutes or until golden brown and knife comes out clean.

Icing is optional – mix butter and icing sugar into a smooth paste... spread on cold cake.



## Chocolate Cake

### Ingredients

200 grams butter  
½ cup milk  
1 cup sugar  
2 tablespoons golden syrup  
1 ½ cups plain flour  
1 tablespoon cocoa  
1 teaspoon baking soda dissolved in ½ cup milk

### Method

Melt the first four ingredients in a saucepan – slowly!

Add plain flour, cocoa, and milk with baking soda dissolved in it. Pour into greased tin and bake at 180 degrees until cooked (roughly 20 minutes). Alternatively can be put into cupcake/muffin tins and baked for much shorter time.

Ice to your own preference.



## Ginger Crunch

### Ingredients for the Base

½ cup butter  
¾ cup sugar  
2 cups minus 1 teaspoon flour  
1 teaspoon ground ginger  
1 teaspoon baking powder

### Ingredients for the Topping

2 tablespoons butter  
4 tablespoons icing sugar  
2 teaspoons golden syrup  
1 teaspoon ground ginger

### Method for the Base

Preheat oven to 180 degrees C. Cream together butter and sugar. Add flour, ginger and baking powder and knead well. Turn into a buttered 15cm square cake tin. Press down. Bake until cake tests done (20 – 25 minutes)

### Method for the Topping

Place all ingredients in a small saucepan. Heat and stir until butter is melted. Pour over cake while that is still hot. Cut cake into bars before it's cold.

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## Hot Fudge Pudding

*This is for winter when you really crave something sweet or want to impress others!*

### Ingredients for pudding

1 cup flour  
¼ teaspoon salt  
1 tablespoon cocoa  
1 teaspoon baking powder  
¾ cup sugar  
2 tablespoons melted butter  
½ cup milk  
½ teaspoon vanilla

### Ingredients for sauce

1 cup sugar  
1 teaspoon cocoa  
1 tablespoon instant coffee (powder or granulated)  
1 & ¾ cup hot water

### Method

Sift dry ingredients into a bowl. Add liquids. Put the mix into a greased casserole dish. Cover with sauce and bake in oven at about 180 degrees until cake part is cooked. The sauce will go to the bottom and be all chocolatey and thick. Yum. Serves 4 or so, depending on how hungry you are.





## ***Pavlova – a New Zealand invention!***

### **Ingredients**

5 eggs (only the egg whites are required – keep them at room temperature!)

400g white sugar

2 teaspoons vinegar

2 teaspoons vanilla

Whipped cream & your choice of fruit

### **Method**

Beat room temperature egg whites till stiff. Add 400g sugar and beat until there is no grit left and the mixture is glossy. This may take you up to 10 minutes Add vinegar and vanilla. Put into cake shape on baking paper on tray. Bake for 1 hour at 180 degrees. Turn off oven and leave until cold. Decorate with whipped cream and fruit etc.



## ***Pancakes***

### **Ingredients**

1 cup self-raising flour

2 tablespoons white sugar

½ teaspoon finely grated lemon zest (optional)

1 cup milk (or non-dairy milk)

1 egg, lightly beaten

30 grams butter (or margarine), melted

Toppings of your choice

### **Method**

Sift the flour and sugar into a bowl. Make a well in the centre of the dry ingredients. Add the lemon zest, milk, egg and melted butter/ margarine and whisk to combine. Heat a large non-stick frying pan over medium low heat and grease lightly with butter or oil.

For each pancake, place 2 tablespoons of batter into the pan. Cook for 2 minutes or until bubbles form on the surface. Turn and cook for a further 1 to 2 minutes or until the pancakes are cooked through.





## **Peach Muffins**

### **Ingredients**

1 egg  
1 ½ cups chopped peaches  
75 grams melted butter  
1 Tablespoon baking powder  
¼ cup milk  
½ cup juice from peaches  
2 cups flour  
½ cup sugar

### **Method**

Mix all ingredients till just combined. Spoon into muffin tins and bake at 180 degrees for approx 15 minutes. Easy!

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## **Super Special Cheesecake**

### **Ingredients for base**

1 packet thin biscuits  
50g melted butter  
1-2 tablespoons sweetened condensed milk

### **Method for the base**

Crush the biscuits and mix with melted butter and sweetened condensed milk. Press into base of pie plate and refrigerate until ready to fill.

### **Ingredients for the filling**

1 tin sweetened condensed milk (less 1-2 tablespoons)  
Juice of 2 lemons  
450 grams cream cheese  
150ml whipped cream  
1 tablespoon gelatine dissolved in ¼ cup boiling water – cool before using

### **Method for the filling**

Beat softened cheese till smooth. Gradually add condensed milk, beating well. Add lemon juice. Fold in cream. Blend in gelatine. Put this mix on the base and refrigerate until ready to be served.







# ***Basic Sauces***



You should take some time to learn to make some of the basics! Below are two very simple recipes that will help you in a whole manner of dishes!

## **Caramel Sauce**

### **Ingredients**

125 grams butter  
1 cup water  
¾ cup brown sugar  
1 tablespoon golden syrup  
1 & ½ tablespoon cornflour  
½ cup cream

### **Method**

Melt butter and sugar in a pan, stirring constantly until sugar dissolves. Boil for 3 minutes (stir occasionally). Remove from heat. Combine cornflour, water & golden syrup until smooth (use another bowl). Add to pan and bring mixture back to the boil stirring all the time. Boil for 2 minutes. Remove from heat and add cream. Makes about 2 cups.



## **Chocolate Sauce**

### **Ingredients**

1 tablespoon cornflour  
¼ cup cocoa  
1 cup milk  
1 – 2 tablespoons sugar  
1 tablespoon butter

### **Method**

In a saucepan, mix cornflour, cocoa and ¼ cup of the milk to a smooth paste. Add the remaining milk sugar, butter and cook, stirring constantly for 2 – 3 minutes or until thick and smooth. Makes approx 1 cup. Good with ice-cream.





## ***Marinade for Meat***

### **Ingredients**

2 tablespoons tomato sauce  
1 teaspoon sugar  
1 tablespoon soy sauce  
½ cup chilli sauce  
2 crushed cloves garlic

### **Method**

Combine all ingredients in a bowl and mix well. Place meat in mixture, coat it well. Cover and leave to marinate for at least an hour. You can use this with steak, chicken, lamb or pork.

You can mix this recipe up by using honey and grated root ginger instead of the sugar and tomatoes. You will need more soy for the liquid.

Kiwifruit chopped finely also works well mashed up with honey, grated ginger and ground peppercorns!



## ***Pesto***

### **Ingredients**

2 bunches of basil leaves, washed & dried  
1 garlic clove, crushed  
30 grams pine nuts  
80g grated Parmesan cheese  
140 grams extra virgin olive oil  
Salt and pepper to taste

### **Method**

Put basil, pine nuts and garlic in food processor (you can use a mortar and pestle if you want but it's much harder). With motor running, add oil through the lid in a slow and steady stream until all the oil is combined. Add Parmesan and season with salt & pepper. Serve with your favourite pasta, as a dip or dollop in soup.

## **Tomato and Basil Sauce**

### **Ingredients**

1 tablespoons oil  
1 crushed clove garlic  
1 onion, chopped  
400g can tomatoes in juice  
1 & ½ tablespoon cornflour  
¼ cup tomato paste 1 teaspoon sugar  
Salt & pepper  
1 tablespoon chopped fresh basil



### **Method**

Heat oil in pan and add garlic and onion. Cook until onion is clear. Puree tomatoes and juice in blender or push through a sieve. Combine cornflour and tomato paste and add with tomato puree and sugar to pan. Bring to boil. Season with salt and pepper. Remove from heat then stir in basil. Makes 2 cups. Excellent for pasta dishes etc.

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## **White Sauce (Basic Recipe)**

### **Ingredients**

2 tablespoons butter  
2 tablespoons plain flour  
1 cup milk  
Salt & pepper (white unless you want to see it in the sauce)

### **Method**

Melt butter in saucepan. Stir in flour and cook until frothy. Be careful not to burn this. Gradually add milk, stirring constantly. Stir over a medium heat until sauce boils and thickens. Cook a further 2 minutes. Season with salt and pepper to taste.

If sauce is lumpy, you can beat it with an egg beater to smash the lumps out (take it off the heat to do this or you will burn it onto the bottom of the pan) or just beat hard with a wooden spoon, or even a potato masher!



This sauce is easy to burn if you try to cook it on a high heat so it's worth taking a little extra time. If you do burn it, soak the pot in cold water and then scrape the mess off.

**Cheese Sauce:** Remove white sauce from heat and stir in ½ cup tasty cheese after cooking sauce. You can also add mustard (either dry powder or prepared mustard).

**Parsley Sauce:** Remove white sauce from heat. Add 2 – 4 tablespoons chopped parsley.

**Onion Sauce:** Add 1 sliced onion to butter and cook until clear. Continue as for the basic white sauce.

You can vary the sauces to use with whatever dishes you are planning to cook. And you can make them thinner if you want to put them over pasta etc. – e.g.. a thin cheese, onion, mustard one can go over pasta with mushrooms and bacon in it.





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