

GK KITCHEN – KIDS IN THE KITCHEN

Cooking Rotation 6

- VIETNAMESE RICE PAPER ROLLS

Ingredients

Rice paper
Carrot cut into thin strips
Cucumber cut into thin strips
Capsicum cut into thin strips
Mixed greens
Bean sprouts
Mint chopped

Method

1. Place all prepared vegetables on a platter ready to use.
2. Soak rice paper in warm water for a few seconds till soft.
3. Put 2 pieces of each ingredient, some greens and herbs at the base of rice paper.
4. Fold the bottom up first then sides in and roll up tightly.
5. Serve with dipping sauce.

- VIETNAMESE DIPPING SAUCE

Ingredients

1 tablespoon white vinegar
1 tablespoon fish sauce
1/2 tablespoon white sugar
1/2 tablespoon lime juice
1 glove garlic crushed
1/4 teaspoon chilli flakes

Method

Put all ingredients in jar and shake well.

- VEGETARIAN FRIED RICE

Ingredients

White rice
1 onion chopped
1 carrot chopped
1/2 cup peas
1/2 cup corn
1 glove garlic chopped
1 tablespoon vegetable oil
3-4 tablespoons soy sauce

Method

1. Heat oil in pan, add garlic and onion and fry till soft.
2. Add carrot, peas and corn and fry for 2-3 minutes.
3. Add cooked rice and soy sauce, stir to combine.

Cooking Rotation 7

- TZATZIKI DIP

Ingredients

350 grams Greek yogurt
1 cucumber
2 gloves garlic
1 lemon
1 teaspoon lemon pepper
1 teaspoon salt

Method

1. Deseed and grate cucumber
2. Crush garlic
3. Grate lemon and juice
4. Combine all ingredients and chill till ready to eat.

- HUMMUS DIP

Ingredients

1 can chickpeas
1 glove garlic
1/4 cup olive oil
2 tablespoons lemon juice
1 teaspoon cumin
1/2 teaspoon salt
Paprika to serve

Method

1. Rinse chickpeas and crush garlic
2. In a food processor add all ingredients and mix till smooth. Add 1 tablespoon of water if needed.
3. Sprinkle with paprika to serve.

- HOMEMADE CRACKERS

Ingredients

1&1/2 cups plain flour
1/2 teaspoon salt
1 teaspoon coconut oil
15g butter
1/2 teaspoon honey
1/2 cup warm water.

Method

1. Preheat oven to 200 degrees
2. Sift flour and salt into bowl
3. In a saucepan melt butter, coconut oil and honey 4. Add butter mix to flour with water and mix till combined 5. Knead dough on floured board for 2 minutes 6. Roll out flat about 3mm laybon tray and mark with a knife to your desired shape 7. Brush tops with melted butter and bake for 10-15 minutes.

Cooking Rotation 8

- SHORTBREAD COOKIES

Ingredients

- 1 cup of softened butter
- 1/2 cup icing sugar
- 2 cups plain flour

Method

1. Cream butter and icing sugar till light and creamy
2. Add flour and mix to a soft dough
3. Knead lightly on floured surface
4. Roll out to 2 cm thickness, cut into shapes and place on tray
5. Bake for 12 minutes.

- MINI CHRISTMAS PUDDINGS

Ingredients

- 1 packet milk arrowroot biscuits
- 1/3 cup cocoa powder
- 1/2 cup desiccated coconut
- 1 tin condensed milk
- Chocolate buddies and decorations

Method

1. Crush biscuits and place in bowl with all other ingredients.
2. Roll into balls and spoon some white melted chocolate and a decoration on top.

- STRAWBERRY SANTAS

Ingredients

- 1 cup cream
- Strawberries
- Choc chips or currents.

Method

1. Whip cream till soft peaks form
2. Slice the tip off the top of the strawberry to make Santa's hat
3. Spoon some cream onto the base, put the hat on top.
4. Use some small buddies or currants for eyes.