Ballarat Community HEALTH

The Tight Arse Cookbook

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Recipes supplied by BCH staff and friends in the broader community.

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BALLARAT
FOUNDATION

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the tight arse cook book

This cookbook was created as a resource for people to get confident with cooking on a budget - rather than opting for take away and supermarket fast food options.

Cooking boosts both confidence and self-esteem, cooking for others creates connectedness and a sense of worth.

Cooking for yourself not only helps you eat more healthily, but it also sends you a message that you are important.

Each meal will feed at least two people, enabling meal portions to be shared, frozen, or used as leftovers for the next meal.

The instructions are simple.

Living skills programs are encouraged to utilise this cookbook.

RECIPES

key tools

tongs

strainer

potato masher

spatula

casserole dish

roasting dish/pan

baking tray

mixing bowls

wooden spoon

peeler

saucepan

slotted spoon

chopping board

grater

knife

measuring cups

measuring spoons

muffin trays

microwave safe container

*Glass, ceramic, china and some plastics bowls are microwave safe. Check the bottom of bowl or heat in a mug if you are unsure.

frozen/fresh vegetables

TOOLS:
Saucepan
Knife
Chopping board
Frying pan
Microwave safe container

- Any vegetables you have (e.g. fresh or frozen vegetables)

Cooking options:

- **Boiled** — boil water in saucepan, then add vegetables, once vegetables cook for a few minutes, test with a fork to see if they are cooked and ready.
- **Microwave** — place vegetables in a microwave safe container with a lid, add a dash of water (1 tablespoon), microwave veggies for 2 minutes, once 2 minutes is up, give a stir then microwave for another 2 minutes, then take out of microwave and stab with a fork to see if they are cooked and ready.
- **Stir-fried** — put a dash of oil in a fry pan, place fry pan on medium heat on oven and heat and add vegetables. Cook vegetables for a few minutes then test by stabbing with a fork to see if they are cooked and ready.

* You may like your veggies a little crunchy or a bit soft, it's up to you
*Always put frozen veggies back in the freezer to avoid waste

roast vegetables

TOOLS:
Baking dish
Knife & chopping board

- Any vegetables you have (e.g. potato, sweet potato, carrot, pumpkin, parsnip, corn, zucchini, mushroom)
- Onion
- Oil

1. Heat oven to 180° degrees.
2. Cut onion & other vegetables into pieces.
3. Pour about 2 teaspoons of oil into baking dish.
4. Add onion & hard vegetables (like carrots & potatoes) in baking dish.
5. Sprinkle salt & pepper - stir around until all covered.
6. Cook in oven for 30 minutes .
7. Add other vegetables (like zucchini or mushrooms) & stir.
8. Cook for another 20 minutes.

* ½ teaspoon of minced garlic stirred in before cooking is nice

mashed potatoes

TOOLS:
Large saucepan
Potato masher
Measuring cup

- 4 medium or large potatoes
- ¼ cup of milk
- Teaspoon of margarine

1. Fill kettle with water & boil.
2. Peel potatoes & chop into quarters.
3. Fill saucepan with boiled water, heat on stove until boiled again.
4. Add potatoes to boiling water, cook until soft (about 10– 20 minutes), test by stabbing with a fork.
5. Drain the water out of the potatoes.
6. Add margarine & milk & mash potatoes until not lumpy.

*You can add cheese if you like

roast potatoes

TOOLS:
Large saucepan
1 baking tray
Strainer
Sharp knife

- 4 medium potatoes
- 1 table spoon oil
- Pinch of salt & pepper

1. Preheat oven to 180° degrees.
2. Bring the large saucepan of water to boil.
3. Cut potatoes into quarters.
4. Put potatoes in boiling water cook for 5-10 minutes, until potatoes are beginning to get soft - test them by pricking them with a knife.
5. Meanwhile, add oil to tray & place into hot oven to heat up.
6. When potatoes are a bit soft, strain them to get rid of all the water.
7. Get oven tray out of oven & add potatoes (be careful as the tray and oil are hot) sprinkle a little salt & pepper.
8. Roast in oven for 50 minutes, turn potatoes half way through to ensure they look golden on all sides.

baked potato

TOOLS:
Baking tray

- Large washed potato
- Butter or margarine
- Toppings of choice

1. Preheat oven to 180° degrees.
2. Put one large potato for each person on baking tray.
3. Cook potatoes in oven for about 1 hour or until soft.
4. Cut open & put a bit of margarine or butter on each potato.
5. Add any ingredients you like - tasty toppings to add might be:
   - cheese
   - baked beans
   - salsa
   - chili con carne
   - coleslaw
   - sour cream
   - mushrooms
   - ham
   - bacon bits
   - tuna
   - corn
   - chives
   - onions
   - herbs
   - jalapeños

   Anything really!

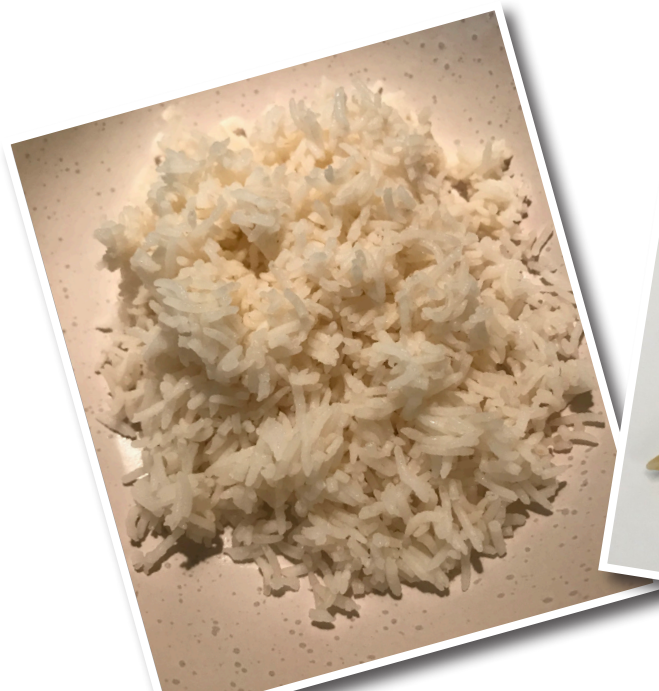
* You can also ½ cook the potato in microwave for 10 minutes, then place in oven for 5-10 minutes to crisp up skin.

rice

TOOLS:
Saucepan
Strainer

- 2 cups of rice
- Water

1. Half fill saucepan with hot water.
2. Heat on stove until boiling (bubbling).
3. Add rice to boiling water and cook until soft (about 15 minutes), stir occasionally - test by tasting to see if rice is soft.
4. Drain the water out of the rice by pouring into a strainer over the sink.



cooking pasta

TOOLS:
Large saucepan
Strainer

- Water
- Packet of dry pasta or spaghetti

1. Half fill saucepan with hot water, heat on stove until boiling (bubbling).
2. Add amount of pasta you want to cook (half a packet will feed two people & maybe some left over).
3. Cook until soft (about 15 minutes).
4. Drain pasta by pouring into strainer over the sink.

gnocchi

TOOLS:
Big mixing bowl
Large saucepan
Slotted spoon
Clean & dry bench/table

- 500 grams of ricotta
- 1 cup of plain flour
- Extra flour for sprinkling on bench

* if you have a 375gram tub of ricotta add only 3/4 of a cup of flour

1. Add ricotta and cup of flour to bowl, mix with a fork, it will clump together like a dough.
2. Sprinkle flour onto a clean bench, empty dough onto bench and knead/roll into a smooth ball.
3. Roll dough into a few sausages and cut into 2cm pieces.
4. Sprinkle flour onto pieces if they get sticky - place bits onto plate.
5. Half fill large saucepan with hot water, heat on stove until boiling (bubbling).
6. Gently place gnocchi into saucepan of boiling water.
7. When gnocchi rises to top of water (around 2-5 minutes) scoop it out with slotted spoon into your serving bowls.

*Great with Bolognese sauce!
(see next page)

bolognese sauce

TOOLS:
Large fry pan
Wooden spoon
Knife
Chopping board

- 500 grams of beef mince
- 1 large onion
- 1 tin of tomato paste (170g)
- 1 tin diced tomatoes (800g)
- 2 carrots
- 1 teaspoon of minced garlic
- Dried mixed herbs
- Salt and pepper

1. Cut onion into very small pieces.
2. Cook mince and onion in pan.
3. Grate the carrots.
4. Add carrot, garlic and herbs.
5. Add in large tin of tomatoes and tomato paste.
6. Add a tin of water and let cook on low heat for about half an hour.

*You can also add other vegetables like mushrooms, zucchini, capsicum - cut up small and add them when you add the carrot

spaghetti bolognese

TOOLS:
Large saucepan
Strainer
Microwave safe container or saucepan

- Bolognese sauce (see previous page)
- ½ packet of spaghetti

1. Cook spaghetti (see previous page).
2. Heat Bolognese sauce - you can do this in either a frypan, saucepan or in the microwave in microwave safe container - stir occasionally to make sure it is heated through.
3. Put spaghetti on plate or bowl and place bolognese sauce on top.

*Top with grated cheese or parmesan cheese if you like

lasagna

TOOLS:
Large lasagna/baking dish

- Bolognese sauce (see pg11)
- 1 box of lasagne sheets
- 1 tub of cottage cheese
- Grated cheese

1. Put half a cup of water in the bottom of a dish.
2. Spread a layer of lasagne sheets on dish.
3. Place Bolognese sauce on top.
4. Spread another layer of lasagne sheets.
5. Spread half the tub of cottage cheese on top.
6. Place another layer of lasagne sheets on top.
7. Put Bolognese sauce on top.
8. Put cottage cheese on top.
9. Cover with grated cheese.
10. Cook in oven at 180° degrees for about 1 hour.

sheperd's pie

TOOLS:
Casserole/baking dish
Saucepan
Potato masher

- Bolognese sauce (see pg11)
- Frozen peas
- 2 small carrots or 1 large
- Mashed potato (see pg5)
- Grated cheese

1. Cut up carrots.
2. Put Bolognese sauce, peas and carrots in casserole dish and mix together.
3. Spread mashed potato over the top.
4. Sprinkle with grated cheese.
5. Place in oven for around 1/2 hour at 180° degrees or until cheese is golden.

porcupine meatballs

TOOLS:
Casserole dish with lid
Measuring cups
Bowl and plate
Knife and chopping board

- 500 grams of beef mince
- 1 onion
- 1 cup of raw rice
- 2 big tins of tomato soup
- 2 tins of water
- ¼ cup of plain flour
- pinch of dried mixed herbs

1. Chop onion into very small pieces.
2. Mix mince, onion, herbs and uncooked rice together in a bowl with hands.
3. Sprinkle flour on plate.
4. Make mince mix into small balls and role in the flour on the plate and place in casserole dish.
5. Mix water and soup together, then pour over meatballs in casserole dish.
6. Put lid on dish and cook for 2 hours at 150° degrees.

*serve with mashed potato, veggies or on bread.

macaroni & cheese

TOOLS:
Saucepan
Casserole dish
Mixing bowl
Strainer
Fork

- 1 packet of macaroni pasta
- 1 cup of grated cheese
- 2 eggs
- 1½ cups of milk
- 1 teaspoon of paprika
- Salt & pepper

1. Preheat oven to 180° degrees.
2. Bring a saucepan of water to the boil - add a pinch of salt.
3. Empty the packet of macaroni pasta into the boiling water.
4. Cook for about 8 minutes, stirring occasionally until the pasta is cooked, drain pasta with strainer in sink.
5. Put the macaroni in a casserole dish and cool for 5 minutes.
6. In a bowl, with a fork whisk eggs and milk for 1 minute.
7. Stir in the paprika, pinch of salt and pepper and most of the grated cheese (save some cheese for sprinkling on top).
8. Pour the cheese/milk/egg mix over the macaroni in casserole dish, and mix well.
9. Flatten it all out in dish and sprinkle rest of cheese on top.
10. Cook for 15 minutes in the oven or until cheese is golden.

creamy chicken pasta

TOOLS:
Saucepan
Wooden spoon
Knife and chopping board

- 3/4 a packet of spaghetti
- 1 chicken breast
- 1 teaspoon of oil
- 1 teaspoon of minced garlic
- 1 tablespoon of butter
- 4 cups of water
- 2 chicken stock cubes
- 1 small cream (300ml)
- 1 cup of frozen peas
- ½ cup of grated cheese
- Pinch of pepper (optional)

1. Cut chicken breast into small pieces with sharp knife and chopping board (wash chopping board with hot soapy water after using it).
2. Cook chicken in saucepan on medium heat until cooked, (should be white the whole way through) then set aside on a plate.
3. Heat oil in saucepan on med–low heat.
4. Add garlic and stir, allowing it to cook for 1 minute.
5. Mix in the butter until melted.
6. Add the water and stock cubes, stir well.
7. Turn the heat to high and let it come to a boil.
8. Once it is boiling, add the pasta and cook till pasta is cooked (check by tasting).
9. Turn to a low heat and mix in the grated cheese, cream.
10. Add peas and cooked chicken then serve immediately.

*you can use a tin of evaporated milk (not sweetened) instead of cream

noodle casserole

TOOLS:
Saucepan
Casserole dish

- 500g beef mince
- 1 onion
- 1 tin tomato soup
- 1 tin creamed corn
- ½ packet of pasta
- ½ cup grated cheese

1. Chop onion into small pieces.
2. Cook mince and onion in pan until mince is brown.
3. Cook pasta (see pg9).
4. Add pasta, mince and onion to a casserole dish.
5. Add tin of soup and creamed corn, mix well.
6. Sprinkle grated cheese on top.
7. Cook in oven at 180° degrees until cheese is golden on top.

tuna pasta bake

TOOLS:
Casserole dish
Measuring cups
Mixing bowl

- 2 packs creamy vegetable soup
- ¼ cup of grated cheese
- 2 tablespoons plain flour
- 1 cup of milk
- 2 cups of water
- 1 large tin tuna in spring water - drained
- Half packet of pasta

1. Cook and drain pasta (see pg9).
2. In a casserole dish mix flour, soup mix, milk, and water with a fork.
3. Drain tuna, mash up in bowl so it isn't so chunky and add to casserole dish.
4. Add cooked pasta.
5. Mix all together.
6. Cover top with cheese.
7. Cook at 180° degrees for half an hour.

*If you want this to feed more people you add a whole packet of pasta

chilli con carne

TOOLS:
Saucepan
Frying pan

- Bolognese sauce (see pg11)
- Large tin of kidney beans
- 3 cups of cooked rice
- 1-2 teaspoons Paprika
- Sour cream

1. Cook rice (see pg8).
2. Drain kidney beans and give them a rinse under cold water.
3. Mix kidney beans and paprika with Bolognese sauce (see pg11).
4. Heat in frying pan, saucepan or microwave.
5. Put rice in bowl and put chili con carne on top and then a spoonful of sour cream.

*If you want it more spicy add some dried chilli flakes, chopped fresh chilli or chilli sauce when you are heating the chilli con carne sauce

tacos

TOOLS:
Saucepan
Knife
Chopping board

- Chilli con carne (see pg20)
- Box of taco shells
- ¼ of a lettuce
- 1 tomato
- Sour cream
- Grated cheese

1. Heat chilli con carne in saucepan or microwave.
2. Wash lettuce and tomato and chop.
3. Heat taco shells in oven at 180° degrees for 5 minutes.
4. Add a spoonful of chili con carne to taco shell, then put a bit of cheese sour cream, lettuce and tomato in taco.

nachos

TOOLS:
Large baking dish
Microwave safe container

- Jar of salsa, chilli con carne (see pg20) or Bolognese sauce (see pg11)
- 1 bag of plain corn chips
- Grated cheese
- Sour cream

1. Spread corn chips over baking dish & sprinkle cheese on top.
2. Place in oven at 180° degrees until cheese melts (5 mins).
3. Put salsa or other sauce in microwave safe container and heat in microwave for 2 minutes, then stir.
4. Pour sauce on top of corn chips and melted cheese.
5. Add sour cream.

*Guacamole (see pg38) goes great on nachos!

chicken kebab wraps

TOOLS:
Fry pan
Tongs
Chopping board and knife

- 1 or 2 chicken skewers from deli for each person (any flavour)
- Packet of wraps (any sort)
- ½ tablespoon of oil
- Lettuce
- Tomato
- Cheese (if desired)

1. Put oil in frypan on medium heat, add chicken skewers.
2. Cook chicken on all sides using tongs to turn them.
3. Check a piece of chicken in the middle of the skewer when cooked (it must be white the entire way through - chicken skewers often look a little burnt, this is okay, it is important they are cooked through).
4. Cut lettuce and tomato into bite size pieces.
5. Put a wrap on plate.
6. Put a cooked chicken kebab on the wrap.
7. Add the tomato, lettuce and cheese how you like it.

*You can add, sour cream, sweet chilli sauce, tomato sauce, mayonnaise, yoghurt, tzatziki , hummus, or what ever sauce you like!

*You can also add any salad you like– carrot, cucumber, mushrooms, capsicum, onion etc.

chicken parma

TOOLS:
Baking tray

- 1 jar of tomato pasta sauce
- Grated cheese
- Deli chicken schnitzel (one for each person)

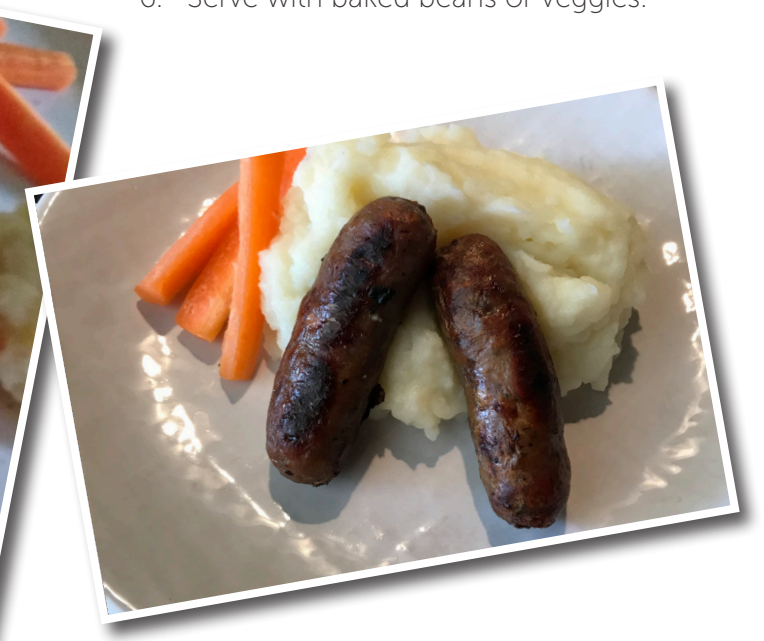
1. Put chicken shnitzel on a baking tray.
2. Pour some of the jar of pasta sauce on top of the chicken and sprinkle with some cheese.
3. Cook in the oven for about 20 minutes at 180° degrees.
4. Serve with vegetables, salad or chips.

sausages & mash

TOOLS:
Frying pan
Tongs

- Sausages
- Mashed potatoes (see pg5)

1. Prick sausages with a fork.
2. Cook sausages in frying pan.
3. Turn sausages so they cook on all sides.
4. Cut sausages open to see if cooked. Should be the same colour all the way through.
5. Cook mash potato (see pg5).
6. Serve with baked beans or veggies.



tuna rice patties

TOOLS:
Frying pan
Knife
Chopping board
Measuring cups
Small saucepan

- ½ cup of rice (see pg8)
- 1 cup self raising flour
- 1 egg
- ½ cup of milk
- 1 large tin tuna in springwater or brine
- 1 onion
- Oil

1. Cook rice in saucepan (see pg8).
2. Chop onion into tiny pieces.
3. Drain tuna.
4. Mix rice, flour, egg, milk, tuna and onion together in bowl.
5. Make into balls with your hands and squash into small patties.
6. Fry in frypan with a dash of oil and cook until golden brown.

* Serve with Sweet Chilli Sauce.

hamburgers

TOOLS:
Frying pan
Knife
Chopping board

- Hamburgers (from meat section in supermarket)
- Rolls or bread
- Cheese
- Tomato
- Lettuce
- Tomato sauce

1. Cook hamburgers on both sides in fry pan on medium heat, about 5 minutes on each side (cut one open to make sure they are cooked)
2. Slice or grate some cheese - put cheese straight on hamburger so it melts
3. Wash tomato and lettuce and chop
4. Cut roll open add sauce, cooked hamburger, lettuce, tomato and anything else you want
5. You can add whatever toppings you like, such as egg, grated carrot, pineapple, mushrooms, BBQ sauce.

*For a toasted roll, put open roll with cheese on it in oven for a few minutes at 180° degrees.

pizza

TOOLS:
Baking tray or pizza tray
Knife
Chopping board
Grater

- Pita bread
- Tomato pasta sauce or tomato paste
- Grated cheese
- Ham (any type)
- 1 tin of pineapple chunks (for Hawaiian pizza)
- Any other toppings you like e.g. mushrooms, capsicum, onion, egg, spinach, fetta etc.

1. Pre-heat oven to 180° degrees.
2. Put pitta bread on baking tray and spread with tomato pasta sauce or tomato paste.
3. Put ham where you want it.
4. Sprinkle cheese all over.
5. Place pineapple pieces on top (if you like pineapple).
6. Add whatever other toppings you like.
7. Cook in oven till cheese is completely melted.

fried rice

TOOLS:
Frying pan or wok
Bowl
Grater
Wooden spoon

- Left over cooked cold rice - at least 1 cup (see pg8)
- 1 table spoon of oil
- 2 eggs
- 1 onion
- ½ teaspoon minced garlic
- 2 rashers of bacon
- 1 carrot (grated)
- ½ cup of frozen peas
- Soy sauce

1. Cut bacon and onion into small pieces.
2. Beat eggs lightly in bowl.
3. Heat oil in frypan/wok, add eggs and cook for 2 minutes.
4. Once cooked put onto chopping board or plate and cut into small pieces.
5. Add bacon and onion to frypan/wok. Cook for around 3-5 minutes, till lightly golden.
6. Stir in minced garlic.
7. Add all other ingredients; rice, carrot, peas and cooked egg pieces and mix around.
8. Add as much soy sauce as you like and stir to heat through.

quiche

TOOLS:
Quiche/pie/casserole dish
Measuring cups
Grater
Medium bowl
Spray oil/margarine

- 4 eggs
- 1/3 cup of self raising flour
- 1 cup of milk or cream, or can be a mixture of both
- 1 cup of grated cheese
- 1 small onion
- 125 grams of ham
- Pinch of salt & pepper

1. Heat oven to 180° degrees.
2. Spray oil or spread margarine over inside of dish.
3. Chop ham and onion into very small pieces.
4. Mix ham, onion, cheese, flour, salt and pepper in a bowl and scatter over the base of the dish.
5. Whisk eggs and milk. together and pour over mixture in dish.
6. Cook in oven for 40 minutes.
   (Stick a knife in centre to check, if knife is covered in mixture it needs longer to cook).

veggie fritters

TOOLS:
Frying pan
Measuring cups
Mixing Bowl
Wooden spoon
Spatula

- 1½ cups of self raising flour
- 1 egg
- 1/2 cup of milk
- 1 cup of mixed frozen vegetables
- Pinch of salt and pepper
- 1 tablespoon of margarine

1. In mixing bowl mix flour, salt and pepper, egg and milk thoroughly with wooden spoon.
2. Chop frozen vegetables into very small pieces.
3. Add chopped vegetables to mixing bowl and mix again.
4. Heat frying pan on med- low heat.
5. Add a small amount of margarine and put about 4 spoons of mixture in different places in the frying pan (trying not to let them touch each other).
6. When the fritters have little bubbles in them, turn them over with spatula and cook on other side until golden.

*These are good with mayonnaise, sweet chilli sauce, or tomato sauce.

*Instead of frozen vegetables you can use whatever vegetable you have, or a can of corn (drained).

zucchini slice

TOOLS:
Baking tray
Frying pan
Grater
Mixing bowl
Spoon
Knife
Chopping board

- 5 eggs
- 3 medium zucchinis (2-3 cups grated zucchini)
- 3 bacon rashers
- 1 onion
- 1 cup of self raising flour
- 1 cup of grated cheese
- ½ cup of oil
- Salt and pepper

1. Preheat oven to 180° degrees.
2. Chop onion and bacon into small pieces.
3. Cook chopped onion and bacon in frying pan & let cool.
4. Grate zucchinis.
5. In a bowl mix zucchini, onion, bacon, grated cheese, flour, oil, eggs and salt and pepper.
6. Pour mixture into tin.
7. Cook in oven for 30-40 minutes or until cooked.

   (Stick a knife in centre to check, if knife is covered in mixture it needs longer to cook).

omelette

TOOLS:
Frying pan
(small to medium in size)
Bowl
Fork
Spatula

- 2 eggs
- 1 tablespoon of water
- Pinch of salt and pepper
- 1 teaspoon of butter
- Fillings of choice
  (cheese, ham, tomato, spinach, mushrooms, onion, capsicum etc.)

1. Place eggs, water and salt and pepper in a bowl, whisk with fork until well combined.
2. Place butter in a pan over medium heat until sizzling pour egg mixture into pan and tilt so that mixture covers the base of pan.
3. Cook for 1 minute.
4. Sprinkle fillings over omelette.
5. Cook for another 2 minutes.
6. Gently lift one side of the omelette and fold it over.
7. Slide it out of fry pan onto plate.

* Omelettes are good on toast

poached eggs

TOOLS:
Saucepan or fry pan
Slotted spoon
Bowl/cup

- Eggs
- Water

1. Half fill a saucepan with hot water and heat on high until it is boiling, then turn down to medium heat.
2. Crack eggs into bowl.
3. Place bowl close to water gently tip the eggs into the boiling water.
4. Cook eggs for around 3-4 minutes.
5. Carefully remove eggs from water with slotted spoon.

*Serve with toast, you can also serve with baked beans, bacon, mushrooms or whatever you like.

chicken & sweet corn soup

TOOLS:
Large saucepan
Knife and chopping board
Bowl and fork

- 1 litre of water
- 2-3 chicken stock cubes
- 425g can creamed corn
- 1x 85g can of shredded chicken, or a cup of cooked chicken
- 1 egg (if desired)
- ¼ packet of spaghetti

1. Boil 1 litre of water in saucepan.
2. Add stock cubes, tin of chicken, can of creamed corn.
3. Break spaghetti into pieces about 4cm long into soup.
4. Cook over medium heat and simmer for 10 minutes (or until pasta is cooked).
5. Crack egg into a bowl and whisk with fork.
6. Stir whisked egg into soup.

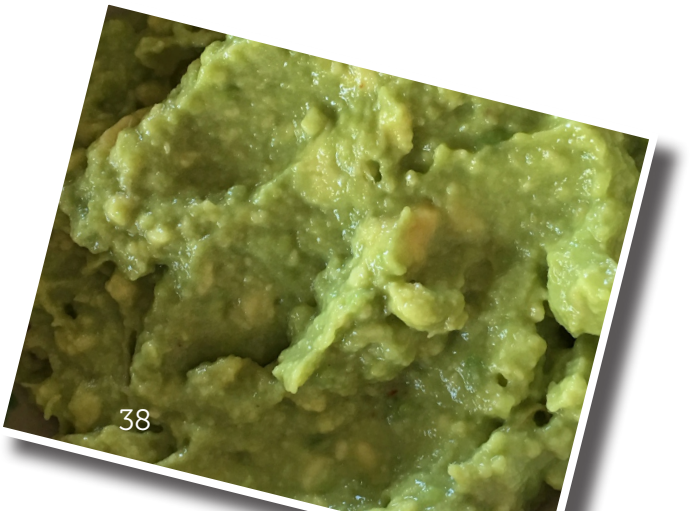
guacamole

TOOLS:
Bowl
Fork
Knife

- 1 avocado
- Lemon juice
- ½ teaspoon minced garlic

1. Cut avocado in half, remove pip.
2. Scoop avocado into bowl.
3. Mash avocado with a fork.
4. Add a squeeze of lemon juice and garlic.
5. Taste it , you can add more of what ever you like.

*Some people like to add fresh tomato or chilli
*This can be used as a dip, or add to nachos or tacos



garden salad

TOOLS:
Large bowl
Chopping board and knife
Tongs

- 1 lettuce
- 1 small cucumber
- 1 tomato
- 1 carrot

1. Wash all ingredients.
2. Break up lettuce, put in bowl.
3. Cut tomato and cucumber into bite size pieces add to bowl.

*Can add salad dressing of choice, or cheese or meat for a more filling option.

*Red onion is also often added to salad if you like.

basic biscuits

TOOLS:
Baking tray
Bowl
Measuring cup
Fork
Microwave safe container

- 1 cup of self raising flour
- ½ cup of sugar
- 1 egg
- 3 tablespoons of butter
- ½ teaspoon vanilla essence

1. Pre-heat oven to 180° degrees.
2. Melt butter in microwave safe container for 30 seconds.
3. Mix ingredients all together in bowl (add in any variations - see below).
4. Roll into little balls.
5. Place on try and flatten with a fork.
6. Cook in oven for 10-15 minutes.

Ideas for variations:
* Choc Chip Biscuits: add ½ cup choc chips
* Sultana Biscuits: add ½ cup sultanas
* Jam Drop Biscuits: when biscuits are on tray flattened, with your finger push a dent in the dough, add a teaspoon of jam into the dent
* Oat Biscuits: add ¼ cup oats and a bit of honey
* Date: Chopped dates & peanut butter

fruit jelly

TOOLS:
Bowl
Spoon

- One box of jelly
- Water
- Tinned fruit

1. Make jelly using instructions on packet.
2. Let it cool in fridge for around half an hour.
3. Empty juice out of tin of fruit.
4. Add tinned fruit to the jelly.
5. Put back in the fridge before it sets (takes around 4 hours).

pikelets

TOOLS:
Frying pan
Measuring cups
Mixing bowl
Wooden spoon
Spatula

- 1½ cups self raising flour
- 1 egg
- 1 tablespoon of sugar
- 1 cup of milk (add more if needed)
- 1 tablespoon of margarine

1. Mix flour and sugar
2. Add egg and milk - mix together thoroughly
3. Heat frying pan on medium - low heat
4. Add a small amount of margarine and put about 4 spoons of mixture in different places in the frying pan (trying not to let them touch each other)
5. When the pikelets have little bubbles in them, turn them over with spatula and cook on other side until golden.

*You can have fresh fruit, maple syrup, butter, tinned fruit, lemon juice & sugar, ice cream, topping or whatever you want on them!

scones

TOOLS:
Baking tray
Wooden Spoon
Glass or scone cutter

- 5 cups of self raising flour
- 300ml of cream
- 1 can (or 375ml) of lemonade
- ¼ cup of plain flour

1. Heat oven to 210° degrees.
2. Sprinkle a little plain flour on baking tray.
3. Mix self raising flour, cream and lemonade with spoon in bowl, gently knead with hands until smooth.
4. Sprinkle a little plain flour on the bench.
5. Gently pat dough flat.
6. Sprinkle plain flour around edges of glass.
7. Press glass into dough to make a round shape.
8. Repeat flour on glass and also sprinkle some on the scone shapes.
9. Place on baking tray.
10. Cook in oven for 10 minutes.

*Scones are often served with jam and whipped cream.

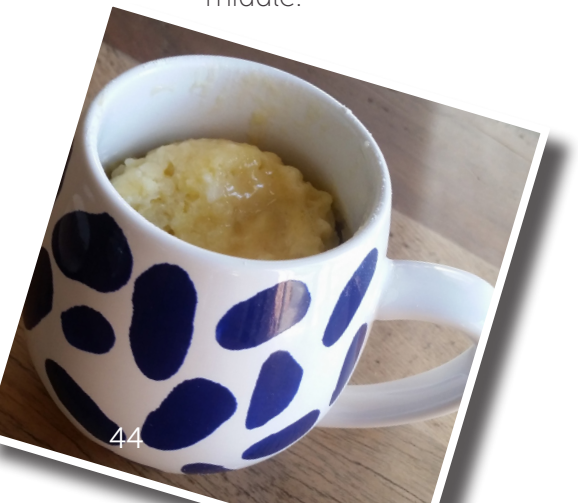
banana pudding in mug

TOOLS:
Mug
Bowl
Fork

- 1 tablespoon butter/margarine
- 1 egg
- 1 tablespoon milk
- 1 ripe banana
- 3 tablespoons self raising flour
- 1 tablespoon sugar

1. Put butter into mug and microwave for 10 seconds to melt.
2. Mash banana well in a bowl.
3. Add milk and banana to mug and mix with fork.
4. Then add egg and mix with a fork until combined.
5. Add flour and sugar into the mug and mix with fork until really well mixed.
6. Place mug in the microwave and cook for 2 minutes.
7. The pudding should be risen and still slightly gooey in the middle.

*If still not cooked how you like it, cook for another 20 seconds.



easy chocolate cake

TOOLS:
Cake tin or baking dish
Fork
Measuring cups
Saucepan

- 1 ¼ cups of flour
- 1 cup of sugar
- 1/3 cup of cocoa powder
- 1 teaspoon of bi-carb/baking soda
- ½ teaspoon of salt
- 1 cup of warm water
- 1 teaspoon vanilla essence
- 1/3 cup of oil
- 1 teaspoon apple cider vinegar

Cake

1. Heat oven to 170° degrees.
2. Mix together flour, sugar, cocoa powder, baking soda and salt with a fork in cake tin or baking dish.
3. Add the water, vanilla, oil and vinegar and mix well.
4. Bake for around 40 mins (check by poking in the middle with knife, if knife isn't covered in chocolate mix it is cooked) then take out of oven and let cool for about an hour. Turn out cake onto a plate.
5. Take out of oven and let cool for about an hour.

Chocolate glaze

- ½ cup of sugar
- 2 tablespoons of margarine
- 2 tablespoons of milk
- 2 tablespoons cocoa powder
- 2 teaspoons vanilla essence

6. In a small saucepan, bring sugar, margarine, milk and cocoa to a boil
7. Reduce heat for 2 minutes stirring constantly
8. Remove from heat and stir for another 5 minutes
9. Add vanilla, stir and pour all over cake immediately

* this cake can be vegan if you use soy milk instead of milk

lemon slice

TOOLS:
Cake tin or baking dish
Spoon
Knife
Fork
2 bowls
Grater

- 1 lemon
- 1 packet Marie Biscuits
- 1 cup desiccated coconut
- ½ tin sweetened condensed milk
- ½ cup icing sugar

Slice

1. Grate the rind of lemon on the fine side of the grater, and squeeze the juice into a bowl (put aside 2 teaspoons juice in another bowl for the icing)
2. Add to the bowl with the lemon juice and all of the lemon rind the condense milk and coconut
3. Crush the biscuits so that they are very fine
4. Add the crushed biscuits to the bowl and mix
5. Pour into a baking dish. Press flat with hands. Put in fridge for 40 minutes.

Icing

6. Add the icing sugar to the bowl with the 2 teaspoons of lemon juice, mix with fork
7. Spread the icing over the top of the slice, and put in fridge for 20 minutes, or until set
8. Cut into pieces.

peaches & custard pudding

TOOLS:
Wooden spoon
Casserole/baking dish (microwave safe)
Bowl

- Packet of vanilla cake mix
- 2 eggs
- 4 tablespoons of sugar
- 1 teaspoon vanilla essence
- Cream –600ml
- Milk –200ml
- 1 can tinned peaches

1. Make the packet cake mix (follow instructions on label but do not cook) in a microwave safe casserole/baking dish..
2. Strain peaches from juice.
3. Arrange the peaches on top of the uncooked cake mixture in casserole/baking dish..
4. In a bowl, mix the egg, sugar and vanilla together, then pour cream and milk and stir together for 2 minutes then gently pour over the peaches and cake mix.
5. Microwave for 15-20 minutes.

*You can use other fruit instead of peaches, such as; apricots, apples, frozen berries.

easy muffins

TOOLS:
Mixing bowl
Measuring cups
Spoon
Muffin tray (12 cups)

- 2 cups self-raising flour
- ½ cup sugar
- 1/4 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/3 cup oil
- Margarine or oil spray

1. Preheat oven to 180° degrees.
2. Rub the muffin tray cups with margarine or spray with oil making sure they are all covered.
3. In a bowl, mix self raising flour, sugar and salt.
4. Add the egg, milk and oil.
5. Add any variation ingredients into the bowl and mix with the spoon.
6. Using two spoons, fill each muffin cup equally.
7. Bake for 20-25 minutes.
8. Leave to cool in the tray for 5 minutes and then cool on a plate.

Muffin variation ideas:

- Banana muffins
  (add 1 cup mashed fresh or frozen banana)
- Berry muffins
  (add 1 cup frozen berries)
- Chocolate chip muffins (add 1 cup choc chips)
- Apple and cinnamon muffins
  (add 1 cup chopped apple + ½ teaspoon of cinnamon)

smoothies
(need a blender)

Banana Smoothie
- 1 banana
- 2 tablespoons of vanilla yogurt
- 1 cup of milk

Place peeled banana and other ingredients into blender
Blend for around 30 seconds

Banana and Strawberry smoothie
- 1 banana
- 2 table spoons of vanilla yogurt
- Handful of Strawberry's (can be frozen or fresh)
- 1/4 cup of milk

Cut green tops off strawberry's
Add all ingredients to a blender and blend for around 30 seconds

Blueberry smoothie
- 1 cup of milk
- 2 tablespoons of yoghurt
- Small handful of blueberries (can be frozen or fresh)

Add all ingredients to blender
Blend for around 30 seconds

* If you want it a bit sweeter add a squeeze of honey or a pinch of sugar

coconut cake

TOOLS:
Mixing bowl
Measuring cups
Spoon
Cake tin

- 1 cup self-raising flour
- 1 cup caster sugar
- 1 cup dessicated coconut
- 1 cup milk
- 1 cup frozen berries
- Margarine or oil spray

1. Preheat oven to 180° degrees.
2. Rub the cake tin with margarine or spray with oil.
3. In a bowl, mix self raising flour, caster sugar, coconut and milk.
4. Add the berries.
5. Mix with the spoon.
6. Fill the cake tray with cake mixture.
7. Bake for 30 minutes.
8. Leave to cool in the tray for 5 minutes and then cool on a plate.

cheap & quick SNACK IDEAS

- Toast
- Eggs on toast
- Baked beans on toast
- Tinned sausages and baked beans on toast
- Beans on toast
- Toasted sandwiches:
  - cheese
  - ham & cheese
  - tuna & cheese
  - cheese & tomato
  - salami, cheese & tomato
- Tinned soup
- Tinned ravioli
- Tinned stew
- Tin of tuna
- Fruit
- Tinned fruit in juice
- Nuts
- Sultanas
- Tinned beans
- Banana sandwich
- Peanut butter and celery
- Bread roll or sandwich (add filling of choice):
  - ham and other deli meat
  - shnitzel from deli & salad
  - egg bacon & tomato sauce
  - tuna, mayo & salad
  - tinned chicken & salad
  - banana
- Weetbix and fruit yogurt
- Porridge
- Fruit yoghurt
- Muesli
- Cereal and milk
- Cheese and biscuits
- Dip:
  - with rice crackers
  - with carrot sticks
- Salada biscuits with vegemite and cheese
- Popcorn
- Nuts
- Dried fruit

use-by dates & best-before dates

Packaged foods are labelled with a date.
Best before- best before dates tell us how long the food will stay as it is, it is a suggestion of when you should use it by. Most foods will stay be okay to eat after their 'best before date' but may not be as fresh/taste as nice.

'Use by date' tells us when we should use this food by because it will go off and may make you sick if it is no longer fresh for example meat and dairy products.

If you freeze food it will last much longer than it's used by date, make sure you keep it frozen until you want to use it.

Canned foods
Canned foods, are foods packaged in tinplate/aluminium containers but may also come in glass jars or plastic tubs.

Canned food has a best before date label if it is stored for longer than this it is still safe to eat, however after time it may change in colour, texture etc.

Once you have opened a can put any leftovers in a container with a lid and treat them as though they are fresh food, make sure they are refrigerated.

freezing & frozen food

- A good rule is to handle all frozen foods as you would ice cream. Frozen food should be bought last, taken home immediately and then placed straight into freezer.
- Frozen food is safe to eat for years if properly frozen.
- Wash up take away containers to freeze left over meals in.
- You can freeze a loaf of bread so it lasts - just get out what you need.
- If you buy a lot of meat, you might want to divide it up into meal size portions and freeze in bags (make sure your hands are extra clean).
- If only a portion of a package is to be used at one meal, the unwanted portion should be rewrapped and returned to the freezer immediately after the desired quantity has been removed.
- You need at least 8 hours in the refrigerator to thaw frozen food like sausages.
- Thawed food should not be re-frozen unless it has been cooked and you are refreezing a meal.
- Some frozen foods, particularly vegetables, should be used direct from the frozen state.

Storing food

- Make sure you put refrigerated food straight in the fridge.
- If food is left out of the fridge for a while it will not keep very long and you will need to check that it looks and smells ok before eating.
- Store food (that doesn't need to be refrigerated) in cool dark cupboards, away from heat sources such as heaters, ovens or the sun.
- Store food in air proof containers where possible, so it stays fresh (wrapping in a plastic bag helps)
- Use up older packets and cans before more recently purchased ones.
- Make sure once you have opened something to put it in the fridge if it says to on the label.
- If you have opened a tin of food and are not using it all, put the rest in a container and place in fridge to use in next day or so.

handy hints for shopping

- Make a shopping list before you shop.
- Don't shop when you're hungry.
- Home Brand Coles and Woolworths, No Name, Black and Gold label are just as good as other brands (in most cases).
- Aldi supermarkets are a good way to save off your overall shopping bill.
- Make sure you check used by dates and get the one with the longest shelf life.
- No name toilet paper twin pack has the same amount of sheets as 10 rolls of most other brands.
- 2 small size black swan dips are the same quantity and cheaper than one large tub and will keep longer as you only have to open one at a time.
- Aldi disposable nappies are as good as Huggies nappies and are less than half the price.
- The medium sized vegemite is about 20¢ cheaper than the small one!
- Frozen veggies are as nutritious as fresh veggies and don't go off if you store them correctly in the freezer.
- Have a look what is on sale and be a little flexible if it will save you money.
- If something is on sale buy a few (if possible) and keep in cupboard for example baked beans or tinned tomatoes.
- Maybe see if buying a bigger packet or tin is cheaper, make sure you will use it all or that it keeps for a while.
- Try not to buy anything from service stations, 7/11 stores or milk bars, they are always expensive.
- Check what sort of light globes you need.

shopping list
*for your first shop

Colgate Total Toothpaste 40g $1.80

Hand wash pump (various brands) $1.00-$2.00

Ajax Spray n Wipe Multi-purpose Cleaner 500ml $3.00

Essentials Top & Front Loader 4kg $3.69

Essentials Household Sponge 5 pack $1.60

Essentials Scouring Pads 6 pack 70c

Shine Antibacterial Dishwashing Liquid Lemon 450ml $1.70

Homebrand Cling Wrap 60m $1.39

Homebrand Aluminium Foil 10m $1.00

Homebrand Grease Proof Paper $1.40

Homebrand Freezer Bags Medium 80pack 60c

Homebrand Garbage Bags 20pack $1.99

Pegs- Essentials Pegs 30pack $2.00

Toilet Paper-Woolworths Select Toilet Paper 4 pack $2.49

Tissues- Essentials Facial Tissues 95c

Light Globes- Phillips 2pck between $6.50 and $7.50 (check what you need)

Toothbrushes- All Smiles Toothbrush Medium 2 pack $2.00

Shampoo- Fruits Shampoo $1.90

Conditioner- Fruits Conditioner $1.90

Deodorant- Rexona Antiperspirant 50ml $1.00

Mayonnaise- Woolworths Traditional Mayonnaise 470g $2.60

Oil- Essentials Canola Oil 750ml $2.25

Butter- Essentials Salted & Unsalted Butter 250g $2.80

Spray Oil- Essentials Canola Cooking Spray 400g $1.85

Salt/Pepper- Essentials Table Salt 500g 90c

Woolworths Cracked Black Pepper 39g $2.00

Herbs- Hoyts Mixed Herbs 25g $1.60

Chives- Hoyts Chives 15g $2.00

Dried Paprika- Hoyts Paprika 50g $1.47

Chicken Stock Cubes- Massel 7's Chicken Cubes 35g $1.00

Minced Garlic- Essentials Minced Garlic Jar 250g $1.25

Lemon Juice- Woolworths Lemon Juice 250ml $1.00 (keeps in the fridge)

Rice- Essentials White Rice Long Grain 1kg $1.40

Plain Flour- Essentials Plain Flour 1kg $1.00

Self-Raising Flour- Essentials Self Raising Flour 1kg $1.00

Jalepenos- Fehlbergs Jalapenos Pickled 470g $3.39

Sweet Chilli Sauce- Woolworths Sweet Chilli Sauce 280ml $1.50

Soy Sauce- Woolworths Soy Sauce 500ml $1.90

Tomato Sauce- Woolworths Tomato Sauce Squeeze 500ml $1.50

BBQ Sauce- Woolworths BBQ Sauce Squeeze 500ml $1.50

Salad Dressing- Woolworths Dressing 300ml $1.80

Sugar- Essentials White Sugar $1.00

Vanilla Essence- Queen Imitation Vanilla Flavouring 200ml $1.95

Choc Chips- Essentials Mini Dark Choc Chips 250g $1.50

Sultanas- Woolworths Sultanas 375g $2.60

Jam- Essentials Jam 500g $1.40

Oats- Woolworths Rolled Traditional Oats 750g $1.40

Cinnamon- Woolworths Cinnamon Ground 32g $1.70

Porridge- Woolworths Quick Oats 750g $1.40

Woolworths Muesli 750g $3.50

Honey- Woolworths Honey Twist & Squeeze 375g $4.50

Maple Syrup- Greens Maple Flavoured Syrup 375g $3.20

Baking Soda- Essentials Bicarbonate Soda 500g $1.59

Cocoa Powder- Woolworths Cocoa Powder 375g $4.00

Apple Cider Vinegar- Cornwell's Apple Cider Vinegar 375ml $3.00

Desiccated Coconut- Woolworths Fine Desiccated Coconut 250g $1.50

Icing Sugar- Essentials Icing Sugar Mixture 1kg $2.60

shopping list
*for the fridge & freezer

For the fridge

Margarine- Essentials Table Spread Soft & Spreadable 1kg $1.60

Milk- Woolworths 2 litre fresh milk $2.20

Woolworths UHT Milk $1.00

Cheese- Woolworths Tasty Cheese Block 500g $5.80

Tub of Cottage Cheese- Woolworths Creamed Cottage Cheese 500g $2.90

Ricotta- Fantalics Ricotta 500grams $5.00

Coleslaw- Woolworths Classic Coleslaw 250g $3.00

Sour Cream- 300ml Woolworths $2.20

Cream- Woolworths Thickened Cream 300ml $1.70

Dip- Willow Farm Dips 200g $2.00

Vanilla Yoghurt- Dairy Farmers Classic 150g $2.20

Salami- Mayfair mild Hungarian salami 100g $2.00

Ham- Riverland ham 100 gram $1.00

Beef Mince- Woolworths Beef Mince 500g $5.50

Sausages- Woolworths Pork or Beef Sausages 600g (8pk) sausages $5.50

Hamburgers- Woolworths Market Value Burgers (10pk) $9 (they freeze fine)

Chicken Breast- (from the deli) Chicken Breast Fillet $3.00 - $5.00 each

Chicken Drumsticks- (from the deli) (6) $4-$5

Chicken Schnitzel- (from the deli) Chicken Sandwich Schnitzel $2.20 each

Chicken Kebabs- (from the deli) $1.00 each

Bacon- (from the deli) Middle Bacon Rashes (2) $2.00

For the freezer

Frozen Vegetables- Essentials Frozen Mixed Vegetables 1kg $1.59

Frozen Corn cobs- Woolworths Australian Corn Cobs 1kg $2.50

Frozen Peas- Woolworths Select Australian Peas 1kg $1.60

Box of Frozen Spinach- Bell Farms Chopped Spinach 250g 95c

Frozen Chips- Homebrand Straight or Crinkle Cut Potato Chips 1kg $1.89

Frozen berries (any variety) 500g $4

Ice Cream- Essentials Reduced Fat Ice Cream Vanilla 2l $2.65

shopping list
*for the cupboard

For the cupboard

12 eggs $3.00 - $5.00 (depending on choice)

Pasta- Essentials Pasta Penne/Spirals 500g 65c

Spaghetti- Essentials Pasta Spaghetti 500g 65c

Box of Lasagne Sheets- Woolworths Lasagne Sheets 250g $1.70

Macaroni- Woolworths Pasta Macaroni 500g $1

Baked Beans- SPC 425g $1.20 Woolworths 420g 65c

Tin of Diced Tomatoes- Essentials Diced Tomatoes 400g 60c

Tomato Paste- Essentials Tomato Paste 170g 80c

Jar of Salsa- Woolworths Medium Salsa 300g $1.50

Tin Creamed Corn- Woolworths 400g 90c

Tin of Tomato Soup- Woolworths 420g 80c

Tin of Ravioli- Heinz Beef Ravioli Bolognese 410g $2.50

Evaporated Milk- Woolworths unsweetened Evaporated Milk 375ml $1.90

Large Tuna in Brine- Essentials Tuna in Brine 425g $2.60

Cooked Chicken- Woolworths Canned Shredded Chicken 85g $1.29

Pack Spring Vegetable Soup - Continental 30g $1.40

Packet Creamy Garden Vegetable Soup- Continental 2pk $2

Packet of French Onion Soup- Essentials Soup Mix 40g 45c

Tin of Kidney Beans- Woolworths Red Kidney Beans 420g 80c

Taco Shells- Woolworths Taco Shells 12 Pack $2.40

Plain Corn Chips- Woolworths Taco Corn Chips 200g $1.90

Apricot Nectar- Ardmona 405ml $1.50

Woolworths Apricot Halves In Juice 410g $2

Can of Peaches in Juice- Woolworths Peaches Slices in Juice 410g $2

Jar of Pasta Sauce- Raguletto Bolognese $1.70

Box of Jelly- Woolworths 85g 90c

Can of Lemonade- Woolworths Lemonade Bottle 1.25l 75c (single cans aren't available)

Packet Arnott's Marie Biscuits- 250g $2.50

Sweetened Condensed Milk- Woolworths Sweetened Condensed Milk 395g $1.60

Packet of Vanilla Cake Mix- Essentials 340g 75c

Rice Crackers- Woolworths Original Rice Crackers 100g 90c

shopping list
*bakery + fruit & veggies

From the bakery

Bread- Essentials White or wholemeal Sandwich Bread $1.60

Wraps- Woolworths White Wraps (8pk) $2.00

Pitta Breads- Woolworths Lebanese Pitta Bread $1.60

Rolls- Woolworths Bread Rolls (6pk) $2.00

Round Cob of Bread- Woolworths Loaf Cobb $2.50

Fruit & veggies

(Prices vary a lot so try to look for what's cheap and in season... you can buy just what you need but it's cheaper to buy things like onions and potatoes that keep well in bulk.)

Onions- Brown Onion (large) approx 50c each

Potatoes- Washed Potato approx $3.50- $5.00 (look at what is cheapest per kg)

Carrots- 1kg bag $2

Pumpkin- (1/2) approx $1.00 - $3.00

Zuchini- Zucchini approx $1-$3 each

Mushrooms- Cup Mushroom (4) approx $1

Avocado- $2- $3 each

Capsicum- Green/ Red Capsicum $1.00 - $3.00 each (check which is cheaper)

Cucumber- Lebanese or Continental Cucumber approx. $1.00 - $2.00 each

Woolworths Baby Spinach 60g (bag) $2.00

Apple- 50c- 80c each

Banana- 50c-80c each

Lemons - 50c-$1.00 each

Iceberg Lettuce approx $2.50 each

Tomatoes- 30c-$1.00 each

**Note: The shopping list was priced at Woolworths in 2019; prices will vary and change with time. Please use as a guide only.*

things to add
to your shopping list

living skills programs

Many people can benefit from a bit of support improving their cooking and living skills.

Individuals and organisations can access a variety of programs to support people in both basic and more advanced cooking and living skills which are either free or very low cost*.
Wendouree Neighbourhood Centre (WNC) can provide tailor made programs for any group of people in the Ballarat community.
These programs can be delivered onsite at the centre or in an outreach capacity to best meet the needs of group.
Programs can be adapted to support literacy, numeracy and comprehension capacity.

WNC also have programs delivered onsite that individuals can enrol in such as technology skills, work skills, getting your L's, reading and writing, managing money and budgeting.

See website for all classes, dates and times
http://www.wnc.org.au

Or contact directly:

Wendouree Neighbourhood Centre
12 – 14 Violet Grove
Wendouree 3355
Phone: 5339 5069
Email: wncadmin@ncable.net.au

*some classes have a small cost for ingredients

Ballarat Community HEALTH

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