

Hot off the Press Cookbook



Introducing Hot of the Press Cookbook

Following on from the popular Tight Arse Cookbook. We have created the Hot off the Press Cookbook that uses a basic sandwich press for ALL the meal options.

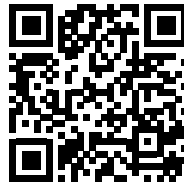
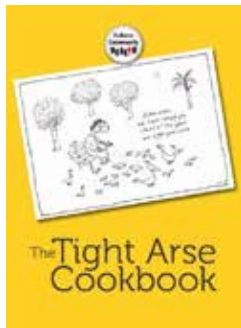
Many individuals do not have access to standard cooking facilities and increased cost-of-living has led to food insecurity for many of us.

This book is empowering people who are in vulnerable situations to prepare themselves a simple, affordable and nutritious warm meal.

This is not only good for an individual's health but also their wellbeing: being able to look after and nurture oneself is important to a person's confidence, resilience, and mental health.

Download the Tight Arse Cookbook

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



Download a copy
here

This book was compiled by the Ballarat Community Health, Innovative Health Services for Homeless Youth - IHSY Program 2023-2024 and printed thanks to the Mobile Community Connectors Program funded by Departments of Families Fairness and Housing.

Big thank you to:

- **Karrung Foyer**
unitingvictas.org.au/locations/wendouree-youth-crisis-accommodation/
- **Michael Leunig**

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

Front cover - © Michael Leunig

Images in book provide by Karrung, Mobile Community Connectors staff and the IHSY program.

Enquires: please contact Philippa Cane philippac@bchc.org.au

contents

Key tools	2	Chicken pesto	33
How to cook with the top raised	3	Turkey,cheese & cranberry.....	34
Cleaning sandwich press.....	4	BLT.....	35
Things to cook	5	Breakfast sanga	36
Chicken schnitzel sandwich	6	Hash brown, ham & cheese	37
Steak sandwich	7	Hawaiian pizza sanga	38
Hamburger.....	8	Mexican pizza sanga.....	39
Sausage in bread	9	Meatlovers pizza sanga.....	40
Macburger	10	Smoked salmon & cream cheese bagel ..	41
Noodle okonomiyaki	12	Ham & cheese croissant	42
Omelette burrito.....	13	Nutella croissant.....	43
Sandwich press chips	14	Apple & cinnamon wrap.....	44
Roast pumpkin	15	Jaffle maker options	45
Sweet potato chips & other veggies ..	16	Spaghetti or baked beans jaffle	46
Chicken skewers.....	17	Stew jaffle	47
Tuna rice patties.....	18	Mexican jaffle.....	48
Bacon & eggs	19	Things to heat from frozen	49
Veggie fritters	20	Pastizzis & frozen chips	50
Gozleme	21	Chicken nuggets & tenders	51
Sweet options	22	Crumbed fish, fish fingers & sausage rolls.....	52
Pikelets	23	Hash browns & spinach & cheese rolls..	53
Brownie	24	Vegetable tempura & samosas	54
Jam & cream cheese wrap.....	26	Sesame prawn toast & calamari.....	55
Nutella twist	27	Pizza slices & mini pizza	56
Toasted sandwiches	28	Crumbed prawns, fish burgers & cakes ..	57
Cheese toastie & other options	29	Asian dumplings & wontons.....	58
Chicken & mushroom cheese.....	30	Spring rolls & waffles	59
Roasted veggie & fetta	31	Danish & pop tarts	60
Tuna melt	32	Emergency relief shopping list	61

key tools

Sandwich press



Mixing bowl



Tongs



Jaffle maker

Wooden spoon



Measuring spoons and cups

Vegetable peeler



Grater



Whisk



Egg rings (non-stick)



Small ramekin



Silicon spatula



Sharp knife



Spatula



How to cook in the sandwich press with the top raised safely

Its important that if you need to cook with the sandwich press lid raised (so not to squash your food), that it is done safely. Only use a plain wooden spoon.

To prevent burns or fire. Do NOT use other items to prop the lid.



cleaning sandwich press

- Switch off, unplug and allow the sandwich press to cool down completely.
- Wipe the cooking plates with a damp cloth, using warm soapy water (dishwashing liquid) if necessary,. Don't use surface cleaners as they will damage the non-stick coating.
- Push the sponge into the corners. Squeeze moisture into the worst crispy spaces and let them soak before scrubbing with firm circular motions.
- Then dry thoroughly.
- Wipe the outside with a damp cloth and then dry.

Never immerse (put the whole press) in water.



Things to cook

chicken schnitzel sandwich



TOOLS:

Sandwich press
Spatula
Chopping board
Sharp knife
Wooden spoon

- Chicken Schnitzel from the supermarket deli
- Bread or burger buns
- Cheese
- Mayo
- Lettuce and choice of salads

- 1 Spray bottom plate of sandwich press, place schnitzels on press and spray the tops of the chicken, close lid of press.
- 2 Turn on sandwich press.
- 3 Cook for 5 minutes, open lid and put cheese on top if you would like it melted.
- 4 Wedge open sandwich press lid with wooden spoon, cook until cheese is melted.
- 5 Wash and chop lettuce.
- 6 Take all off sandwich press and put together sandwich with salads and sauces.

steak sandwich

TOOLS:

Sandwich press
Spatula
Chopping board
Sharp knife

- Sandwich steak (or any steak not too thick)
- 1/2 an onion
- Cheese
- Bread
- Lettuce and choice of salads
- Tomato sauce
- Spray oil



Suggestion: You can fry an egg on sandwich press (Just remember to spray oil first).

- 1 Finely chop the onion.
- 2 Turn on sandwich press.
- 3 Toast bread in sandwich press for a minute.
- 4 Wash and chop any salad ingredients,
- 5 Put amount of cheese and sauce on toasted bread.
- 6 Spray base plate of sandwich press with oil, put chopped onion on press and spray the onion.
- 7 Cook onion for a minute or two, then add piece of steak.
- 8 Close sandwich press and cook til steak is to your liking.
- 9 Put together steak sandwich.

hamburger

TOOLS:

Sandwich press
Spatula
Chopping board
Sharp knife
Wooden spoon

- Hamburger patties
- Bread or burger buns
- Cheese
- Tomato sauce
- Lettuce and choice of salads
- Spray oil

- 1 Spray base plate of sandwich press with oil, put burgers on and spray tops of burgers.
- 2 Turn on sandwich press.
- 3 Cook hamburgers in closed sandwich press for about 5 or 6 minutes.
- 4 Get bread or roll ready.
- 5 Wash and chop any salad ingredients, get amount of cheese and sauce ready.
- 6 Put together hamburger.



Suggestions:

- You can fry onion on sandwich press at the same time cooking burgers.
- After you cook the burgers for 5 minutes, you can open the press and put the cheese on the patties so it can melt a little before going in the burger (leave sandwich press open).



sausage in bread

TOOLS:

Sandwich press
Tongs or a fork
Chopping board
Sharp knife



Suggestion: You can add salad, cheese and other ingredients to make your sausage in bread more special.

- Sausages any type
- 1/2 an onion
- Bread
- Tomato sauce
- Spray oil

- 1 Finely chop the onion.
- 2 Turn on sandwich press.
- 3 Spray base plate of sandwich press with oil, put chopped onion on press and spray the onion.
- 4 Cook onion for a minute or two and remove onto a plate.
- 5 Put sausages on sandwich press and cook on each side for 3-5 minutes (you can close the press to cook two sides at once, but sausages will get a bit squashed).
- 6 Put amount of sauce and onion you want on bread.
- 7 Add sausage when cooked (cut sausage open to check it is completely cooked through).

mac burger

TOOLS:

Sandwich press

Spatula

Sharp knife

Chopping board



- 4x Hamburger patties
- Sandwich sliced cheese – smokey flavour
- 4 x burger buns with sesame seeds
- Iceberg lettuce
- 1x onion
- 1x Coles brand Special Burger Sauce

- 1 Wash a few pieces of lettuce.
- 2 Turn on sandwich press.
- 3 Place 4 beef burgers onto sandwich press.
- 4 Close lid and cook for approximately 8-10 minutes.
- 5 While burgers are cooking, finely dice up desired amount of onion.
- 6 Cut up some lettuce.
- 7 Cut open 3 or 4 burger buns (these burgers need three pieces of bun each).
- 8 Open lid of sandwich press and place 1 slice of cheese on 2 burger patties (leave lid open for cheese to melt slightly).



9 Put together your Mac Burgers

- bottom burger bun
- add special burger sauce
- lettuce
- burger patty with cheese (cheese side on lettuce)
- onion
- burger bun
- add special burger sauce
- lettuce
- pickles
- burger patty
- onion
- special burger sauce
- top bun

noodle okonomiyaki

TOOLS:

Sandwich press
Spatula
Mixing bowl
Spoon
Chopping board
Sharp knife
Grater

- Cup of noodles
- Spring onion
- Carrot
- Egg
- Tin of shredded chicken
- Spray oil

Optional extras: cabbage,
corn, bean shoots, capsicum,
mushroom, grated zucchini,
chilli, garlic, ginger

- 1 Follow instructions on cup of noodles to cook noodles, use the flavouring as well.
- 2 Open tinned chicken, put chicken meat in with noodles.
- 3 Use a fork to scoop out cooked noodles and chicken into mixing bowl.
- 4 Keep liquid in noodle cup and put to one side.
- 5 Grate the carrot, finely chop spring onion and any other ingredients and place into mixing bowl and mix with noodles.
- 6 Crack egg into mixing bowl and then mix so that all contents are coated in the egg.
- 7 Spray sandwich press with oil and place small mounds on press, allowing space for spread, then close the press for about 5 minutes or until golden and crispy.
- 8 Put on plate.
- 9 Use noodle liquid as a sauce for extra flavour.

omelette burrito

TOOLS:

- Sandwich press
- Spatula
- Mixing bowl
- Whisk or fork
- Chopping board

- 2 eggs
- Wrap
- Shredded cheese
- Spray oil

Optional extras: spinach, tomatoes, ham, mushrooms, capsicum, chicken, refried beans, salsa, chilli sauce



Suggestions:

- Prepare all extras before you start cooking the eggs as they cook pretty quickly.
- Add sour cream or guacamole to the burrito before wrapping it.

- 1 Crack eggs into bowl and whisk.
- 2 Spray bottom plate of sandwich press with oil and turn on.
- 3 Pour egg onto sandwich press, top with cheese and allow to cook
- 4 Add any other ingredients you want.
- 5 When it isn't runny it is almost done, place a wrap on top, let cook a little longer and then flip onto plate.
- 6 Use spatula to scrape around the edges and lift on to plate.
- 7 Fold up the wrap and eat!



sandwich press chips



TOOLS:

Sandwich press
Spatula
Sharp knife
Peeler
Fork

- 2-3 washed or peeled potatoes
- Spray oil
- Salt

- 1 Peel potatoes and slice into circles, or if potatoes are clean, you can leave the skin on.
- 2 Spray bottom plate of sandwich press.
- 3 Place chips onto press.
- 4 Spray chips with oil and close lid.
- 5 Check in about 5 minutes to see how they're going, stab with fork to see if they are soft.
- 6 Move them about on the press as some parts are hotter than others
- 7 When they are golden and soft, they are ready.

roast pumpkin



TOOLS:

Sandwich press
Spatula
Sharp knife
Peeler

- Half a pumpkin
- Spray oil
- Salt/pepper

- 1 Carefully cut or peel skin off pumpkin.
- 2 Cut pumpkin small same size pieces about 2cm thick.
- 3 Spray base plate of sandwich press.
- 4 Put pumpkin onto press.
- 5 Spray with oil.
- 6 Turn on sandwich press.
- 7 Close lid and cook for 15-20 minutes.
- 8 Move them about on the press as some parts are hotter than others.
- 9 When they are soft, they are ready.
- 10 Add salt or pepper.

sweet potato chips & other veggies



TOOLS:

Sandwich press
Spatula
Sharp knife
Peeler

- Sweet potato and any other vegetables
- Spray oil
- Salt/pepper
- Crushed garlic in a jar (optional)

Other vegetable options: zucchini, carrot, mushrooms, squash, brussels sprouts, asparagus, broccoli or cauliflower

- 1 Cut sweet potatoes and any other vegetables into small same size pieces.
- 2 Some vegies, like broccoli, sprouts, zucchini, cauliflower, mushrooms etc mixing them around with a tea spoon of garlic may be nice.
- 3 Spray base plate of sandwich press.
- 4 Put vegies onto press.
- 5 Spray the vegies with oil.
- 6 Turn on sandwich press.
- 7 Close lid and cook for 15-20 minutes.
- 8 Move them about on the press as some parts are hotter than others.
- 9 When they are soft, they are ready.
- 10 Add salt or pepper as desired.



chicken skewers

TOOLS:

Sandwich press
Spatula

- Chicken Skewers (any flavour)
- Spray oil



Suggestions:

- You can put skewers in a wrap with some salad.
- You can have skewers and rice or chips cooked on sandwich press.

- 1 Spray base plate of sandwich press with oil, put skewers on and spray tops of skewers
- 2 Turn on sandwich press
- 3 Cook skewers in closed sandwich press for about 5 or 6 minutes.
- 4 Turn skewers to cook the sides that aren't cooked yet, spray skewers with oil again.
- 5 Cook skewers in closed sandwich press for about 4 minutes.
- 6 Check skewers are cooked all the way through. They may look a bit burnt because of the sauce.

tuna rice patties



Suggestions:

- You can eat these hot or cold.
- These can be used for fish burgers.
- Great with sweet chilli sauce.

TOOLS:

- Sandwich press
- Spatula
- Mixing bowl
- Fork
- Chopping board

- 1 egg
- One 125g cup of pre cooked rice (any sort)
- 1 cup of self raising flour
- ½ cup of milk
- 1 large tin of tuna in brine (425g)
- 1 onion
- Spray oil

- 1 Chop onion into tiny pieces.
- 2 Open can of tuna and drain all liquid.
- 3 Mix together tuna, egg, rice, milk, flour and chopped onion in a mixing bowl.
- 4 Make into small balls with your hands and squash into patties.
- 5 Spray sandwich press with oil and turn on.
- 6 Put some patties onto sandwich press and spray top of them with oil.
- 7 Gently close sandwich press.
- 8 Cook for 5 minutes, or until golden brown and cooked through.
- 9 Use spatula to remove from sandwich press, repeat till all cooked.

bacon & eggs



TOOLS:

Sandwich press

Spatula

Sharp knife

Wooden spoon

- Bacon
- Eggs
- Bread
- Spray oil

Optional extras: tomato,
avocado, spinach,
mushroom

- 1 Place bacon onto sandwich press, close and turn on, cook for 3 mins or how you like it.
- 2 You can cook other items like tomato or mushrooms in the press with your bacon.
- 3 Open press and push bacon to the side, spray base plate of press.
- 4 Crack eggs onto the plate of the sandwich press.
- 5 Wedge press open with wooden spoon, so you don't squash the eggs.
- 6 Eggs are cooked once the whites are all solid, use spatula to get eggs and bacon on plate when done.
- 7 Put two pieces of bread in press, close press for 1-3 minutes and then put toast on plate.



veggie fritters

TOOLS:

Sandwich press
Spatula
Mixing bowl
Spoon



Suggestions:

- You can eat these hot or cold.

- 1 egg
- 1 ½ cups of self raising flour
- ½ cup of milk
- 1 cup of mixed diced frozen vegetables
- Pinch of salt and pepper
- Spray oil

Optional extras: sweet chilli sauce, tomato sauce, mayonnaise

- 1 In a mixing bowl, mix flour, salt and pepper, egg and milk, to combine.
- 2 Chop frozen veggies into very small pieces.
- 3 Add chopped veggies to the mixing bowl and stir them in.
- 4 Spray sandwich press with oil and turn on.
- 5 When press is hot, spoon a small amount of mixture onto press (you may be able to fit two or three at a time depending on the size of your press).
- 6 Do NOT close press.
- 7 When there are bubbles on top use spatula to turn fritter over to cook other side.
- 8 When golden on both sides, use spatula to remove from sandwich press.
- 9 Repeat till all cooked.

gozleme

TOOLS:

Sandwich press

Butter knife

- White wrap bread
- Baby spinach leaves
- Cheese
- Fetta cheese
- Mixed herbs
- Butter or margarine

Optional extras: you can add lemon juice to give some zest



- 1 Wash baby spinach.
- 2 Spread some fetta cheese on the wrap.
- 3 Add some spinach.
- 4 Put some cheese on top and sprinkle some herbs then fold wrap in half.
- 5 Turn on sandwich press.
- 6 Put some butter on the outside of the wrap.
- 7 Close sandwich press cook until cheese has melted and wrap is golden.

sweet options



pikelets

TOOLS:

Sandwich press
Spatula
Mixing bowl
Whisk or mixing spoon
Measuring cup

- 1 cup self raising flour
- 1 cup milk
- 1 egg
- Pinch of salt
- Spray oil
- Chosen toppings

- 1 In a mixing bowl, mix flour, salt, egg and milk, to combine.
- 2 Spray sandwich press with oil and turn on.
- 3 When press is hot, spoon a small amount of mixture onto press (you may be able to fit two or three at a time depending on the size of your press).
- 4 Do NOT close press.
- 5 When there are bubbles on top use spatula to turn fritter over to cook other side.
- 6 When golden on both sides, use spatula to remove from sandwich press.
- 7 Repeat till all cooked.

brownie

TOOLS:

Sandwich press
2 ramekins
Mixing bowl
Whisk
Measuring cup
Measuring spoons



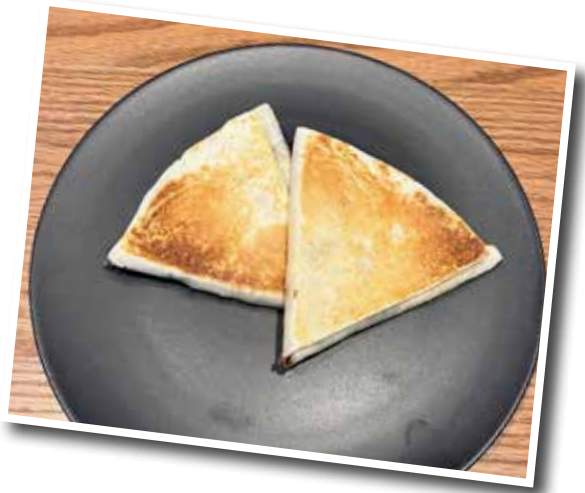
- This one is a bit trickier.

- 1/2 cup sugar
- 1/3 cup of self raising flour
- 1/4 cup of butter
- Pinch of salt
- 1 egg
- 2 tablespoons cup unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 2 tablespoons chocolate chips

- 1 Put your ramekins in your sandwich press and close the lid to make sure that they fit. The whole top of the dish or ramekin should be covered flat by the upper plate.
- 2 Chop butter into cubes and in the ramekins or dish, melt the butter in the sandwich press and pour butter into the mixing bowl.
- 3 Add the sugar to the mixing bowl and combine with whisk, stir till mixture is smooth.
- 4 Add the cocoa, salt, baking powder and vanilla and stir. Add the eggs, mixing till smooth; then add the flour and chocolate chips.
- 5 Mix everything until well combined.



- 6 Spray ramekins with oil.
- 7 Spoon the batter with spoon into the ramekins or dish.
- 8 Put the ramekins or dish on the sandwich press and close the lid.
- 9 Turn on sandwich press.
- 10 Bake the brownies for about 30 minutes. The exact baking time will vary depending on your sandwich press. The brownies should feel set both on the edges, and in the centre.



jam & cream cheese wrap



TOOLS:

Sandwich press
Spatula
Knife for spreading

- White wraps
- Cream cheese
- Jam (any variety)
- Spray oil



- 1 Spread jam and cream cheese in middle of the wrap.
- 2 Fold wrap up however you like.
- 3 Spray press with oil, or melt some butter or margarine on the base.
- 4 Heat up sandwich press.
- 5 Put wrap in sandwich press and close and cook till golden.
- 6 Use spatula to put on plate.



nutella twists

TOOLS:

Sandwich press
Spatula
Knife



Suggestions:

- Add chopped banana or berries.

- Nutella
- Puff pastry sheets (frozen)
- Spray oil

- 1 Lay out one sheet of puff pastry and spread Nutella all the way across it.
- 2 Lay another sheet of puff pastry on top, cut into strips about 2cm wide.
- 3 Twist each strip about 4 times.
- 4 Spray sandwich press with oil.
- 5 Lay each twist down, leaving space between each twist.
- 6 Prop up sandwich press lid with wooden spoon.
- 7 Remove with spatula when golden brown (about 10 minutes).

toasted sandwiches

cheese toastie & other options



TOOLS:

Sandwich press
Butter knife
Sharp knife

- Bread
- Cheese
- Butter or margarine

Optional extras: ham, salami, tuna, shredded chicken, tomato, capsicum, avocado, spring onion, spinach, mushroom, , vegemite, pesto, mayonnaise, chutney or relish.

- 1 Butter 2 pieces of bread.
- 2 Turn on sandwich press.
- 3 Place one slice of bread on sandwich press buttered side face down.
- 4 Add cheese on top and any other ingredients you want.
- 5 Put another slice of bread on top, buttered side facing out
- 6 Close sandwich press cook until cheese has melted and bread is as you like

chicken & mushroom cheese toastie



TOOLS:

Sandwich press
Butter knife
Sharp knife
Chopping board

- Bread
- Mushroom
- Cheese
- Tinned chicken, or deli chicken or any cooked chicken
- Butter or margarine

- 1 Cut mushroom into thin slices.
- 2 Butter 2 pieces of bread.
- 3 Turn on sandwich press.
- 4 Place one slice of bread on sandwich press buttered side face down.
- 5 Add mushrooms, chicken and cheese on top of bread.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until cheese has melted and bread is as you like.

roasted veggie & fetta toastie



TOOLS:

Sandwich press
Butter knife
Sharp knife
Chopping board

- Bread
- Marinated roast vegies from deli
- Fetta
- Butter or margarine

- 1 Cut marinated roasted vegies into thin slices.
- 2 Butter 2 pieces of bread.
- 3 Turn on sandwich press.
- 4 Place one slice of bread on sandwich press buttered side face down.
- 5 Spread some fetta on bread, then add vegies on top.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until bread is golden.



tuna melt

TOOLS:

Sandwich press
Butter knife

- Bread
- Tin of tuna
- Cheese
- Mayonnaise
- Butter or margarine

- 1 Open and drain tin of tuna.
- 2 Butter 2 pieces of bread.
- 3 Turn on sandwich press.
- 4 Place one slice of bread on sandwich press buttered side face down.
- 5 Spread some mayonnaise on bread, then add tuna and cheese.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until cheese has melted and bread is as you like.



chicken pesto

TOOLS:

Sandwich press

Butter knife

- Bread
- Pesto
- Cheese
- Tin of chicken or deli chicken or any cooked chicken
- Butter or margarine

- 1 Open and drain tin of chicken or if using cooked deli chicken chop up if needed.
- 2 Butter 2 pieces of bread.
- 3 Turn on sandwich press.
- 4 Place one slice of bread on sandwich press buttered side face down.
- 5 Spread some pesto on bread, then add chicken and cheese.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until cheese has melted and bread is as you like.

turkey,cheese & cranberry toastie



TOOLS:

Sandwich press
Butter knife

- Bread
- Turkey meat from the deli
- Cheese
- Cranberry sauce
- Butter or margarine



Suggestion:

- Brie cheese is popular to use in this sandwich.

- 1 Butter 2 pieces of bread.
- 2 Turn on sandwich press.
- 3 Place one slice of bread on sandwich press buttered side face down.
- 4 Spread some cranberry sauce on bread, then add turkey and cheese.
- 5 Put another slice of bread on top, buttered side facing out.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until cheese has melted and bread is as you like.

blt



TOOLS:
Sandwich press
Butter knife

- Bread
- Bacon
- Lettuce
- Tomato
- Mayonnaise
- Butter or margarine

- 1 Wash some lettuce leaves and slice some tomato.
- 2 Spray base of sandwich press with oil and turn it on.
- 3 Cook bacon in closed sandwich press until cooked well, then set aside.
- 4 Butter 2 pieces of bread and place both pieces on sandwich press side by side.
- 5 Close sandwich press cook until bread is as you like.
- 6 Spread some mayo in one of the slices of bread.
- 7 Add the bacon lettuce and tomato and enjoy your sandwich.

breakfast sanga

TOOLS:

Sandwich press
Butter knife
a glass

- Bread
- 1 egg
- Cheese
- Bacon
- Tomato sauce
- Butter or margarine

- 1** Spray sandwich press with oil and turn on.
- 2** Place bacon in sandwich press and close lid cook for 5 mins then remove and put on plate.
- 3** Butter 2 pieces of bread.
- 4** Use a glass to make a circle hole in one piece of bread.
- 5** Put the slice of bread with the hole in it on the press buttered side face down, spray the hole in the bread with oil.
- 6** Crack the egg into hole in the bread on the sandwich press.
- 7** Place bacon and cheese and tomato sauce on top.
- 8** Put another slice of bread on top, buttered side facing out.
- 9** Close sandwich press cook until cheese has melted and bread is as you like.

hash brown ham & cheese toastie



TOOLS:
Sandwich press

- 2 hash browns
- Ham
- Cheese

- 1 Turn on sandwich press.
- 2 Place both hash browns on and close lid.
- 3 Cook for 2 mins.
- 4 Add ham and cheese on top of one hashbrown.
- 5 Put the other hashbrown on top like a sandwich.
- 6 Close sandwich press cook until cheese has melted and it is golden.

Hawaiian pizza sanga



TOOLS:

Sandwich press
Butter knife

- Bread
- Ham
- Cheese
- Tin of pineapple
- Jar of tomato pasta sauce, or pizza sauce
- Butter or margarine

Optional extras: Add anything else you like

- 1 Butter 2 pieces of bread.
- 2 Turn on sandwich press.
- 3 Put the slice of bread on the press buttered side face down.
- 4 Spread tomato pasta or pizza sauce on the bread, then add ham, pineapple and cheese.
- 5 Put another slice of bread on top, buttered side facing out.
- 6 Close sandwich press cook until cheese has melted and bread is as you like.



Mexican pizza sanga

TOOLS:

Sandwich press
Butter knife
Sharp knife
Chopping board



- Bread
- Salami
- Cheese
- Capsicum
- Jar of tomato pasta sauce, or pizza sauce
- Butter or margarine

Optional extras: You can add chilli flakes or fresh chilli if you would like it spicy

- 1 Cut up some capsicum into thin slices.
- 2 Butter 2 pieces of bread.
- 3 Turn on sandwich press.
- 4 Put the slice of bread on the press buttered side face down.
- 5 Spread tomato pasta or pizza sauce on the bread, then add salami, capsicum and cheese.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until cheese has melted and bread is as you like

meat lovers pizza sanga

TOOLS:

Sandwich press

Butter knife

Sharp knife

Chopping board

- Bread
- Cooked sausage
- Cheese
- Ham
- BBQ sauce
- Butter or margarine

Optional extras: You can add any other pre-cooked meats you have available. Change sauce to tomato instead if you prefer



- 1 Cut up some cooked sausage and ham (see how to cook sausages on page 9).
- 2 Butter 2 pieces of bread.
- 3 Turn on sandwich press.
- 4 Put the slice of bread on the press buttered side face down.
- 5 Spread BBQ sauce on the bread, then add sausage, ham and cheese.
- 6 Put another slice of bread on top, buttered side facing out.
- 7 Close sandwich press cook until cheese has melted and bread is as you like.

smoked salmon & cream cheese bagel



TOOLS:

Sandwich press
Butter knife

- Bagels
- Smoked salmon
- Cream cheese
- Mixed herbs
- Butter or margarine
- Pepper (optional)

Optional extras: People sometimes add pepper, dill, chives, spring onion, or capers to salmon and cream cheese bagels

- 1 Cut open bagel.
- 2 Spread butter on the inside.
- 3 Turn on sandwich press.
- 4 Put bagel face down in sandwich press till lightly toasted.
- 5 Remove from sandwich press.
- 6 Spread some cream in bagel.
- 7 Add some smoked salmon and sprinkle herbs.
- 8 You can eat this as a sandwich with a lid on it or eat halves separately.

ham & cheese croissant



TOOLS:

Sandwich press
Butter knife

- Croissant
- Ham
- Cheese

Optional extras: Tomato,
baby spinach, sliced
mushroom

- 1 Cut open croissant.
- 2 Put ham and cheese inside croissant.
- 3 Turn on sandwich press.
- 4 Put croissant in press and cook till cheese is melted.



nutella croissant



TOOLS:
Sandwich press
Butter knife

- Croissant
- Nutella

Optional extras: After cooking you could add banana, berries.

- 1 Cut open croissant.
- 2 Spread Nutella inside.
- 3 Turn on sandwich press.
- 4 Put croissant in press and cook till heated though.

apple & cinnamon wrap



TOOLS:

Sandwich press
Sharp knife
Chopping board

- White wrap
- Apple - fresh or tinned
- Cinnamon

Optional extras: You could also add some maple syrup.

- 1 Slice apple thinly.
- 2 Spread in a row in the middle of the wrap.
- 3 Sprinkle a little bit of cinnamon.
- 4 Roll up.
- 5 Turn on sandwich press.
- 6 Put wrap in press and cook until apple is cooked to your liking.

jaffle maker options

tinned spaghetti or baked bean jaffles



TOOLS:

- Jaffle maker
- Butter knife
- Spoon

- Bread
- Tinned spaghetti or baked beans
- Butter or margarine

Optional extras: You could add cheese, or use tinned spaghetti and meatballs.

- 1 Butter 2 pieces of bread.
- 2 Turn on Jaffle maker.
- 3 Place one slice of bread on Jaffle maker buttered side face down.
- 4 Add a couple of spoonsful of tinned spaghetti or baked beans.
- 5 Put another slice of bread on top, buttered side facing out.
- 6 Close Jaffle maker cook until it is sealed shut and the bread is as you like.

stew jaffle



TOOLS:

Jaffle maker
Butter knife
Spoon

- Bread
- Tinned stew (any variety)
- Butter or margarine

Optional extras: You could add cheese.

- 1 Butter 2 pieces of bread.
- 2 Turn on Jaffle maker.
- 3 Place one slice of bread on Jaffle maker buttered side face down.
- 4 Add a couple of spoonsful of tinned stew.
- 5 Put another slice of bread on top, buttered side facing out.
- 6 Close Jaffle maker cook until it is sealed shut and the bread is as you like.



Mexican jaffle

TOOLS:

Jaffle maker

Butter knife

Spoon

- Bread
- Tinned Mexican or refried beans
- Butter or margarine
- Sour cream

Optional extras: You could add cheese, add extra chilli if you want it spicier.

- 1 Butter 2 pieces of bread.
- 2 Turn on Jaffle maker.
- 3 Place one slice of bread on Jaffle maker buttered side face down.
- 4 Add a couple of spoonsful of Mexican beans.
- 5 Put another slice of bread on top, buttered side facing out.
- 6 Close Jaffle maker cook until it is sealed shut and the bread is as you like.
- 7 Serve with a spoonful of sour cream.

things to heat
from frozen



pastizzis

TOOLS:

Sandwich press
Wooden spoon
Tongs

- Pastizzis from frozen section of supermarket

- 1 Place as many frozen pastizzis as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for approximately 10-15 minutes or until they are golden – if you don't want to squash them, you can prop up top with wooden spoon.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by breaking a pastizzi in half and checking to see if it hot and heated through.

frozen chips

TOOLS:

Sandwich press
Tongs

- Chips from frozen section of supermarket



- 1 Place as many frozen chips as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden.
- 4 Move them with the tongs halfway through so they all get cooked.
- 5 Test by breaking a chip in half and checking to see if it hot and heated through.



Suggestion:

chicken nuggets

- Aldi chicken nuggets are almost half the price of Coles or Woolworths.

TOOLS:

Sandwich press
Tongs

- Chicken nuggets
- Tomato sauce



- 1 Place as many frozen chicken nuggets as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for approximately 10 minutes or until they are browned.
- 4 Test by breaking a nugget in half and checking to see if it hot and cooked through.
- 5 Serve with tomato sauce (or any other sauce you may like).



Suggestions:

chicken tenders

- Chicken tenders or strips are great in wraps, rolls and bread with salad. Southern style chicken strips taste like KFC (but are much more affordable).

TOOLS:

Sandwich press
Tongs

- Chicken tenders or strips from the frozen section of supermarket



- 1 Place as many chicken tenders as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting a chicken strip in half and checking to see if it hot and cooked through.

frozen crumbed fish pieces & fish fingers

TOOLS:

Sandwich press

Tongs

- Crumbed fish or fish fingers from frozen section of supermarket



- 1 Place as many pieces of fish or fish fingers as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden (fish pieces will take longer than fish fingers) 15-20mins.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting a piece of fish in half and checking to see if it is cooked through.

frozen sausage rolls

TOOLS:

Sandwich press

Tongs

- Sausage rolls from frozen section of supermarket (large or party size)



- 1 Place as many sausage rolls as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for approximately 20-25mins.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting one in half and checking to see if it is cooked through.



hash browns

TOOLS:

Sandwich press

Tongs

- Hash browns from frozen section of supermarket

- 1 Place as many hashbrowns as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting one in half and checking to see if it is heated through.

spinach & cheese rolls



TOOLS:

Sandwich press

Tongs

- Spinach and cheese rolls from frozen section of supermarket

- 1 Place the spinach and cheese roll on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 30 mins.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting one in half and checking to see if it is cooked through.

frozen vegetable tempura

TOOLS:

Sandwich press

Tongs

- Frozen vegetable tempura from frozen section of supermarket



- 1 Place as much vegetable tempura as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting one in half and checking to see if it is heated through.

frozen vegetable samosas

TOOLS:

Sandwich press

Tongs

- Frozen samosas from frozen section of supermarket



- 1 Place as many samosas as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting one in half and checking to see if it is cooked through.

frozen sesame prawn toast

TOOLS:

Sandwich press

Tongs

- Frozen sesame prawn toast from frozen section of supermarket



- 1 Place as many sesame prawn toast as you would like to eat on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook until they are golden about 15 mins.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Test by cutting one in half and checking to see if it is heated through.

frozen calamari & squid rings

TOOLS:

Sandwich press

Tongs

- Calamari or squid rings from frozen section of supermarket



- 1 Place the calamari or squid rings on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 10-15 mins.
- 4 Test by cutting one in half and checking to see if it is cooked through.

frozen pizza slices or mini pizzas

TOOLS:

Sandwich press
Wooden spoon
Tongs

- Frozen pizza slices or mini pizzas from frozen section of supermarket



- 1 Place frozen pizza slices or mini pizzas on sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for approximately 5-10 minutes or until they are golden. Prop up top with wooden spoon.
- 4 Move them around with the tongs halfway through so they all get cooked.
- 5 Ready when all cheese is melted, and base is firm.

frozen chicken & veggie burgers

TOOLS:

Sandwich press
Tongs

- Chicken burgers from frozen section of supermarket



- 1 Place the burgers on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 20mins.
- 4 Test by cutting one in half and checking to see if it is cooked through.

frozen crumbed prawns

TOOLS:

Sandwich press

Tongs

- Crumbed prawns from frozen section of supermarket



- 1 Place the crumbed prawns on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 10 mins.
- 4 Test by cutting one in half and checking to see if it is cooked through.

frozen fish burgers & frozen fish cakes



TOOLS:

Sandwich press

Tongs

- Fish burgers or fish cakes from frozen section of supermarket

- 1 Place the fish burgers on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 15 mins.
- 4 Test by cutting one in half and checking to see if it is heated through.

frozen Asian dumplings & wontons



TOOLS:

Sandwich press
Tongs

- Dumplings or wontons from frozen section of supermarket
- Spray oil
- ½ a cup of water

- 1 Spray base of press with oil.
- 2 Put dumplings or wontons on sandwich press.
- 3 Spray top of dumplings or wontons with oil.
- 4 Turn on sandwich press.
- 5 Close lid and cook for about 2 minutes till golden
- 6 Lift lid and pour in ½ a glass of water in the base and close lid.
- 7 Allow to steam for about 5 mins.
- 8 Test by cutting one in half and checking to see if it is cooked through.

frozen spring rolls

TOOLS:

Sandwich press
Tongs

- Spring rolls from frozen section of supermarket



- 1 Place the spring rolls on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 20-25 mins (or for cocktail spring rolls (10-15 mins).
- 4 Test by cutting one in half and checking to see if it is cooked through.



waffles



Suggestions:

- Serve with ice cream and berries or banana.
- Serve with maple syrup or honey.

TOOLS:

Sandwich press
Tongs

- Waffles from frozen section of supermarket

- 1 Place the waffles on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 5 mins.
- 4 Cook until golden.



frozen Danish



Suggestion:

- Serve with ice cream or cream.

TOOLS:

Sandwich press
Tongs

- Danish from frozen section of supermarket

- 1 Place the Danish (still in its foil tray) on the sandwich press.
- 2 Turn on sandwich press.
- 3 Prop open lid with wooden spoon.
- 4 Close lid and cook for about 30-35 mins.
- 5 Cook until golden.



pop tarts

TOOLS:

Sandwich press
Tongs

- Pop tarts

- 1 Place the Pop tarts on the sandwich press.
- 2 Turn on sandwich press.
- 3 Close lid and cook for about 5 mins.
- 4 Cook until hot.

emergency relief

shopping list suggestion

	Cost (approx)
Coles brand BBQ pack – includes 4 beef burgers and 8 sausages	\$10.50
Packet Coles brand sandwich sliced cheese (smokey) 12 pack	\$3.50
Brown onion	.50
Tomatoes	\$2.00
Shredded iceberg lettuce	\$2.00
Coles brand special burger Sauce	\$3.20
Pack of Coles brand chicken nuggets	\$4.40
Pack of Coles bakery hamburger rolls	\$2.85
Loaf of Coles brand white bread	\$2.40
Bottle of Coles brand tomato sauce	\$1.95
Can of Coles canola spray	\$3.00
Coles regular margarine spread 500g	\$2.30
Pack of Coles brand wheat biscuits	\$4.60
2 litres Coles brand whole milk	\$3.10
Yoplait fruit yogurt 12 pack	\$8.00
Total	\$55.00 (Give or take \$1)

These items can create the following meals that can be prepared using a sandwich press:

- 4 x hamburgers with onion, tomato, cheese and lettuce, burger sauce
- 8 x sausages in bread with onion and tomato sauce (2 per serve so 4 serves)
- 24 x chicken nuggets with tomato sauce (6 per serve so 4 serves)
- 8 x cheese and tomato toasties (2 per serve so 4 serves)
- Weeks supply of cereal with milk and fruit yogurt



www.bchc.org.au

03 5338 4500

info@bchc.org.au