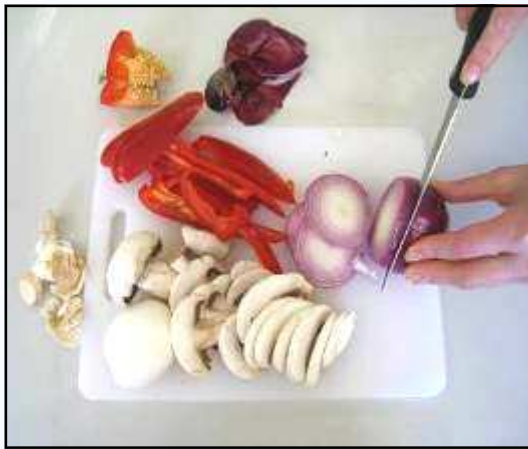


# THE STEP



# BY

# STEP



# COOK BOOK

Produced by Tracey Martin and Belinda  
Wester (Deakin University Students)  
in consultation with ISIS Primary Care

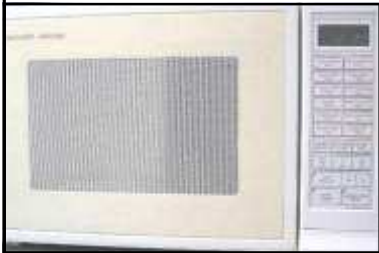


# NOTES FOR USE

## COOKING METHODS



STOVE



MICROWAVE



OVEN

## TEMPERATURE

Celsius temperature is used:

|             |               |
|-------------|---------------|
| Low Heat    | 130°C - 180°C |
| Medium Heat | 180°C - 200°C |
| High Heat   | 200°C - 250°C |

Heat settings are shown by three coloured flames:



BLUE FLAME =  
Low Heat



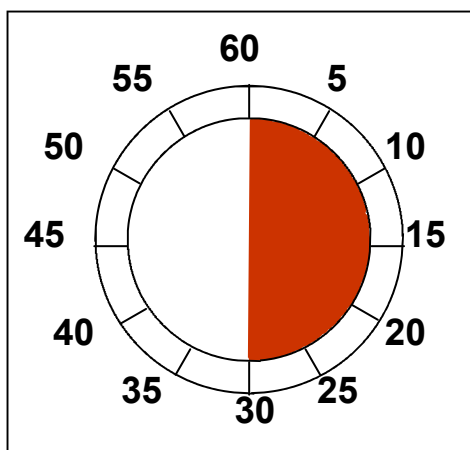
YELLOW FLAME =  
Medium Heat



RED FLAME =  
High Heat

## COOKING TIMES

Time symbols show the amount of minutes for cooking.



## MEASUREMENTS

Metric cups and spoons have been used. Colour coding is used to show measuring cup size:



GREEN = 1 CUP

ORANGE = ½ CUP

BLUE = ⅓ CUP

RED = ¼ CUP

# RECIPES

## BREAKFAST

|                         |   |
|-------------------------|---|
| Porridge and Banana     | 1 |
| Weet– Bix and Banana    | 2 |
| Boiled Egg and Soldiers | 3 |
| Scrambled Eggs on Toast | 4 |
| Baked Beans on Toast    | 5 |

## LUNCH AND DINNER

|                           |    |
|---------------------------|----|
| Zucchini– Carrot Slice    | 6  |
| Jacket Potato             | 7  |
| Bean and Veggie Burger    | 8  |
| Fish and Chips            | 9  |
| Pizza                     | 10 |
| Spaghetti Bolognaise      | 11 |
| Shepherd's Pie            | 12 |
| Beef and Noodle Stir- Fry | 13 |

## SNACKS

|                           |    |
|---------------------------|----|
| Jam and Ricotta Pancakes  | 14 |
| Oat Cookies               | 15 |
| Choc– Banana Muffins      | 16 |
| Custard and Kiwi Fruit    | 17 |
| Fruit Skewers and Yoghurt | 18 |
| Fruit Salad               | 19 |
| Rice Cracker Snacks       | 20 |
| Hot Milo                  | 21 |
| Cold Milo                 | 22 |

## LUNCHBOX

|                         |         |
|-------------------------|---------|
| Tuna - Salad Wrap       | 23      |
| Chicken - Avocado Wrap  | 24      |
| Curried Egg Sandwich    | 25      |
| How to Wrap a Pita Wrap | 26      |
| How to Wrap a Sandwich  | 27      |
| How to pack a Lunchbox  | 28      |
| Lunchbox Ideas          | 29 & 30 |

1

# PORRIDGE AND BANANA



**SERVES 1**



## INGREDIENTS

$\frac{1}{3}$  cup Quick Cooking Oats  
1 cup Milk  
1 teaspoon Honey  
1 Banana  
Shake of Cinnamon



## COOKING UTENSILS

Small saucepan      Bowl  
Chopping board      Spoon  
Knife  
Wooden spoon  
1 Teaspoon  
1 Cup  
 $\frac{1}{3}$  cup



1

Mix oats and milk



2

Cook over low heat, stir



3

Heat until thick, 5 minutes



4

Pour into bowl



5

Serve with sliced banana, honey and cinnamon



# WEET- BIX AND BANANA



**SERVES 1**



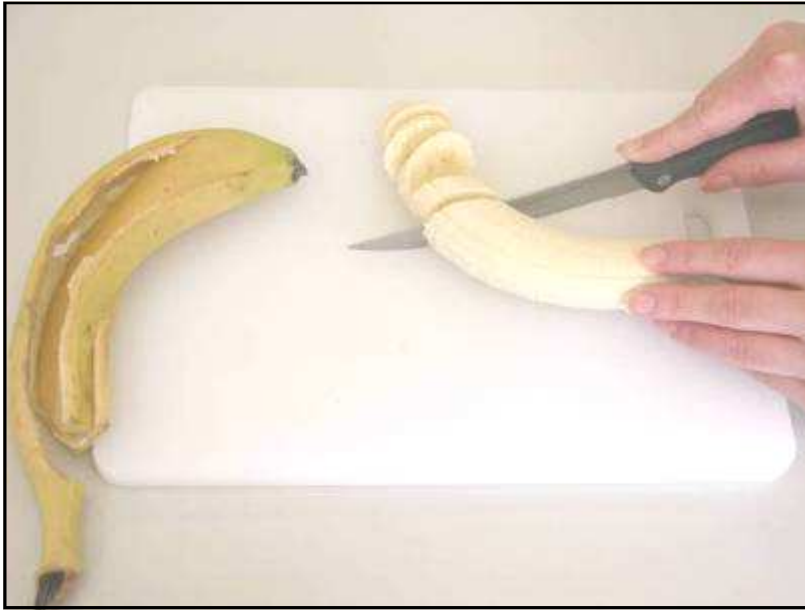
## INGREDIENTS

2 Weet- Bix  
1 cup Milk  
1 Banana



## COOKING UTENSILS

Bowl  
Spoon  
Knife  
1 Cup  
Chopping board



1

Slice banana



2

Place Weet-Bix and banana in bowl



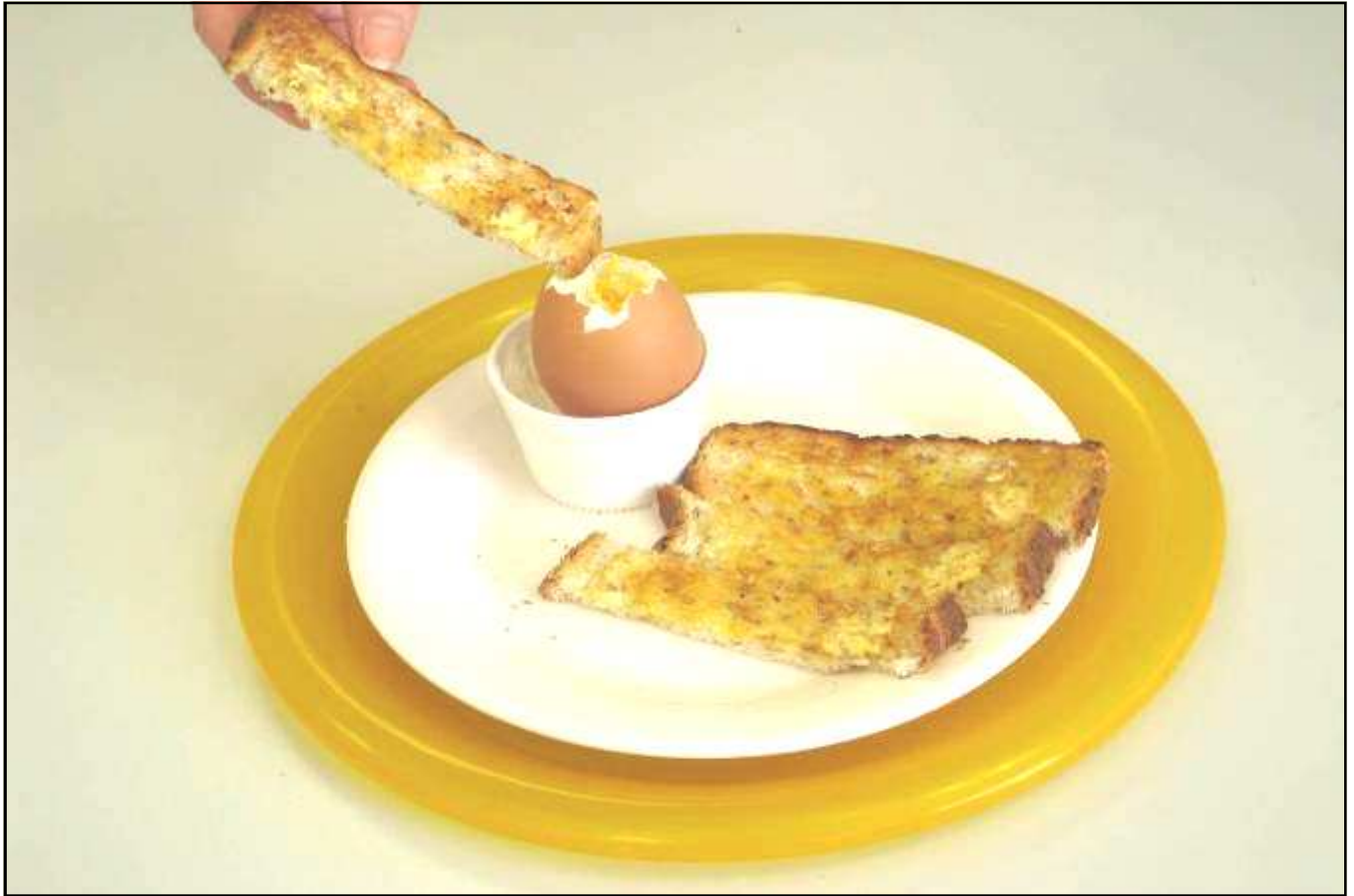
3

Pour milk into bowl



3

# BOILED EGGS & SOLDIERS



**SERVES 1**



## INGREDIENTS

- 1 Egg
- 1 slice Multigrain Bread
- 1 teaspoon Canola Margarine



## COOKING UTENSILS

- Saucepan
- Egg cup
- Knife
- Spoon
- Small spoon
- Plate
- Toaster
- 1 Teaspoon





**1**

Cover egg with cold water



**2**

Bring water to the boil



**3**

Reduce heat and simmer  
3 minutes



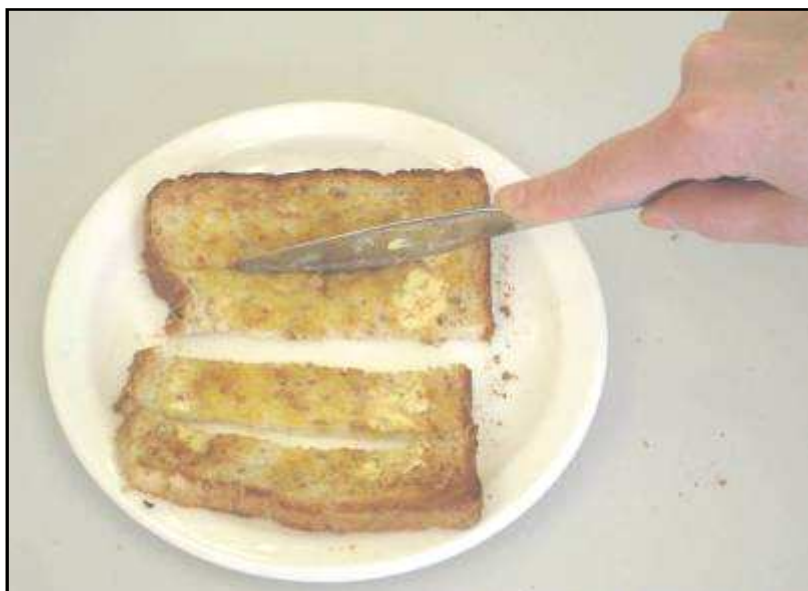
**4**

Make toast



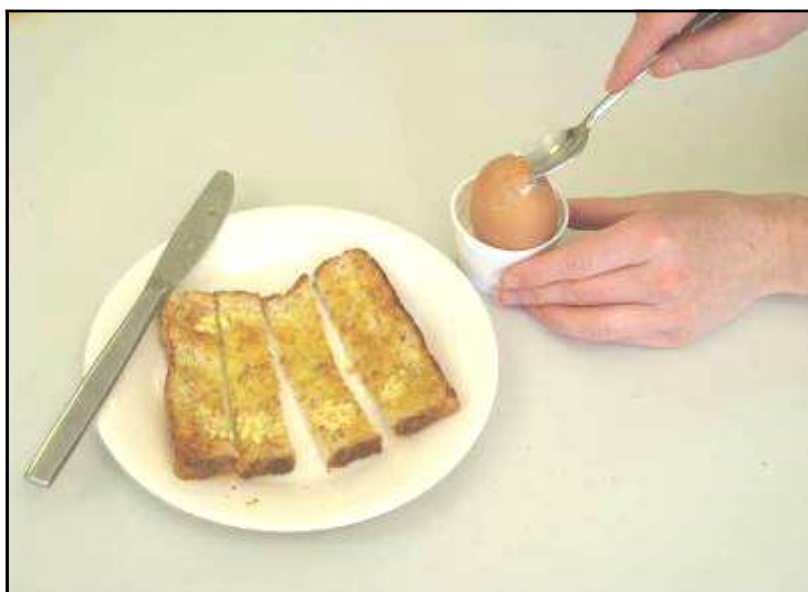
**5**

Spread margarine on toast



**6**

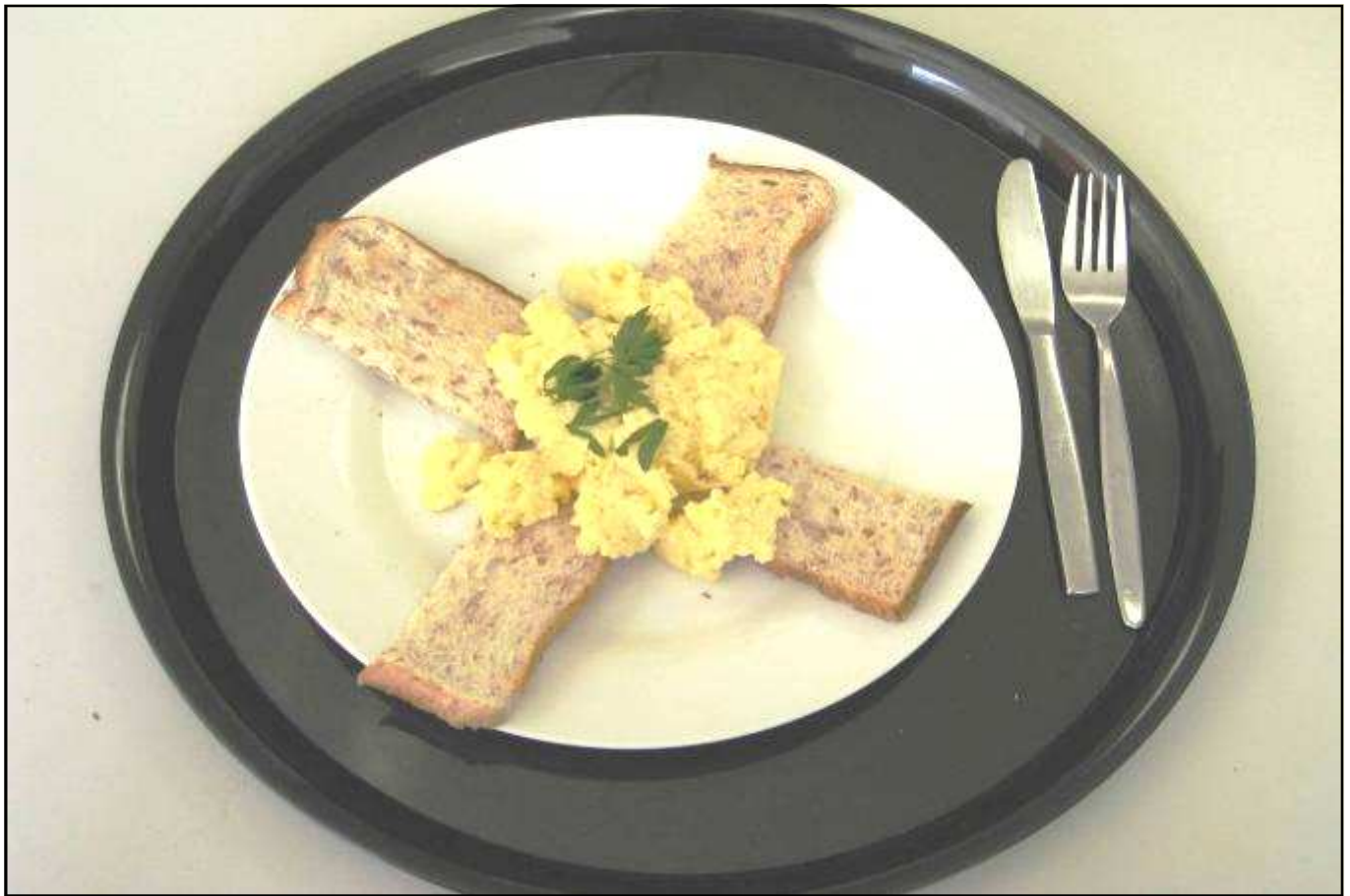
Cut toast into strips



**7**

Remove the top of the egg

# 4 SCRAMBLED EGGS ON TOAST



**SERVES 1**



## INGREDIENTS

2 Eggs  
1/3 cup Milk  
1/3 cup grated low fat Cheese  
1 teaspoon Canola Margarine  
2 slices Multigrain Bread  
Shake of Pepper  
Parsley



## COOKING UTENSILS

Mixing bowl  
Fry pan  
1/3 cup  
1 Teaspoon  
Wooden spoon  
Toaster  
Plate  
Knife  
Fork





1

Beat eggs



2

Combine eggs, milk, cheese and pepper



3

Melt margarine in fry pan



4

Add egg mixture. Cook on low heat





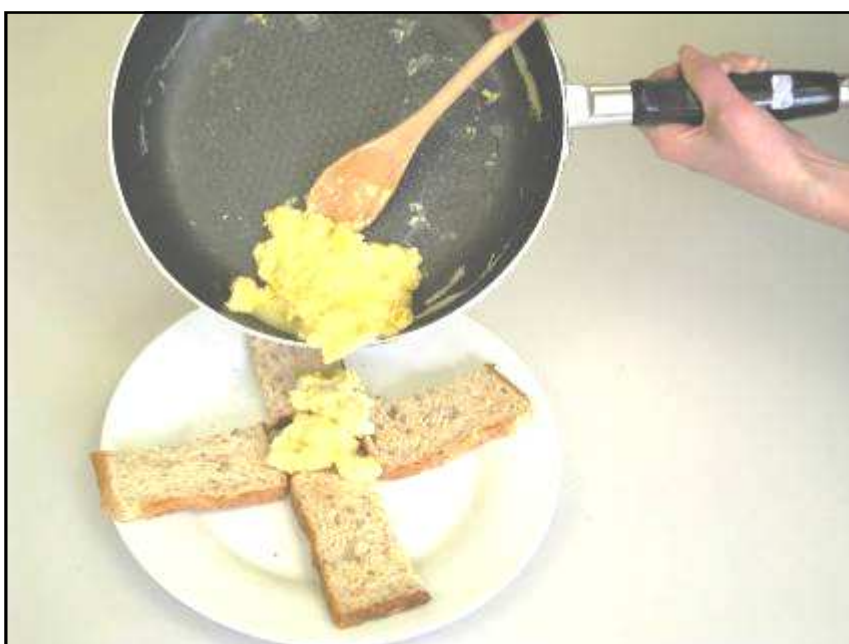
**5**

Stir. Allow to thicken



**6**

Make toast



**7**

Pile eggs on toast.  
Serve with parsley

# 5 BAKED BEANS ON TOAST



**SERVES 1**



## INGREDIENTS

2 slices Multigrain Bread  
1 small can Baked Beans



## COOKING UTENSILS

Toaster  
Saucepan  
Knife  
Fork  
Plate  
Wooden Spoon



**1**

Pour Baked Beans into  
saucepan



**2**

Stir over medium  
heat, 2 minutes



**3**

Make toast



**4**

Pour Baked Beans onto  
toast



6

# ZUCCHINI - CARROT SLICE



**SERVES 6-8**



## INGREDIENTS

3 Zucchinis  
1 Carrot  
1 Onion  
1 cup grated low fat Cheese  
1 cup Self-raising flour  
1 tablespoon Canola Oil  
5 Eggs



## COOKING UTENSILS

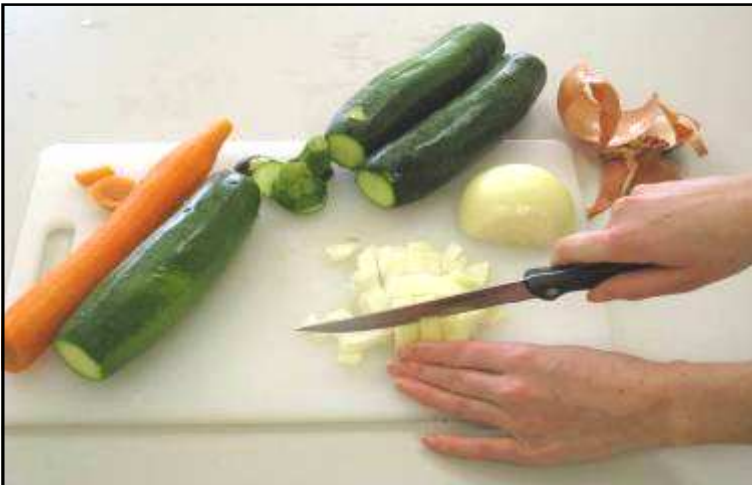
Mixing bowl  
Chopping board  
Peeler  
Wooden spoon  
1 cup  
1 Tablespoon  
Baking dish  
Fork  
Knife  
Brush





**1**

Wash zucchinis and carrot



**2**

Chop onion



**3**

Grate zucchinis and carrot



**4**

Beat eggs



**5**

Add zucchinis, carrot, cheese and flour to eggs and mix



**6**

Brush oil onto dish



**7**

Pour mixture into dish



**8**

Bake in oven (180°C)  
30-35 minutes

# JACKET POTATO



**SERVES 4**



## INGREDIENTS

4 Potatoes  
 400g can Kidney Beans  
 ½ cup grated low fat Cheese  
 ½ cup low fat Sour Cream  
 ½ Red Capsicum



## COOKING UTENSILS

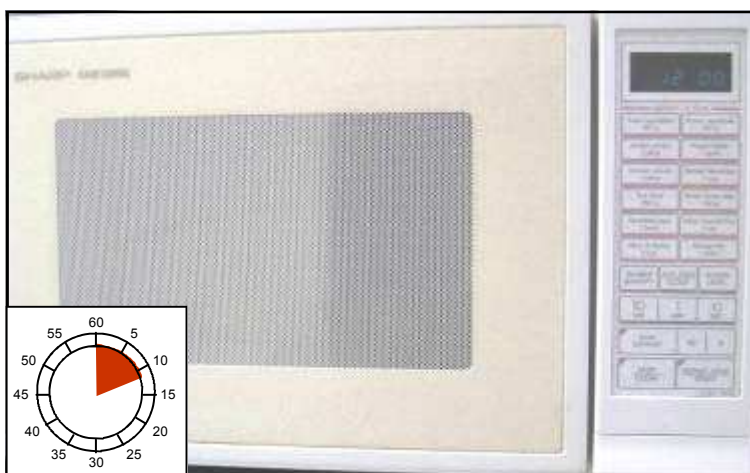
Small saucepan      ½ cup  
 Grater              Plate  
 Strainer  
 Chopping board  
 Knife  
 Wooden spoon  
 Spoon





**1**

Wash potatoes. Cut a cross on the top of each potato



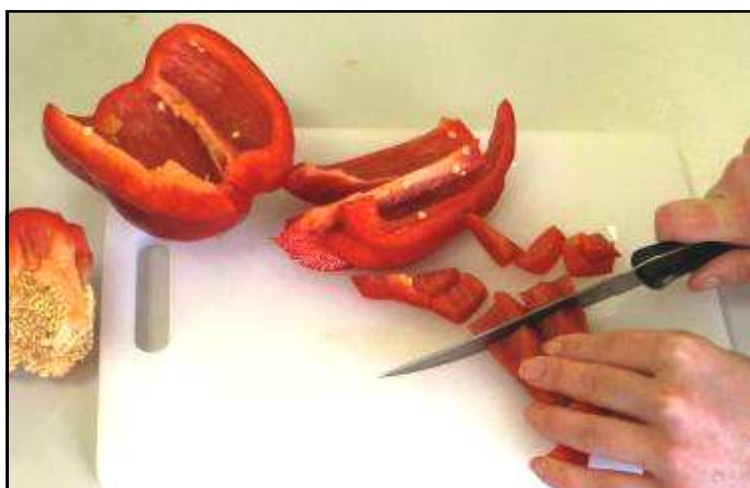
**2**

Microwave on high, 12 minutes



**3**

Strain and wash kidney beans



**4**

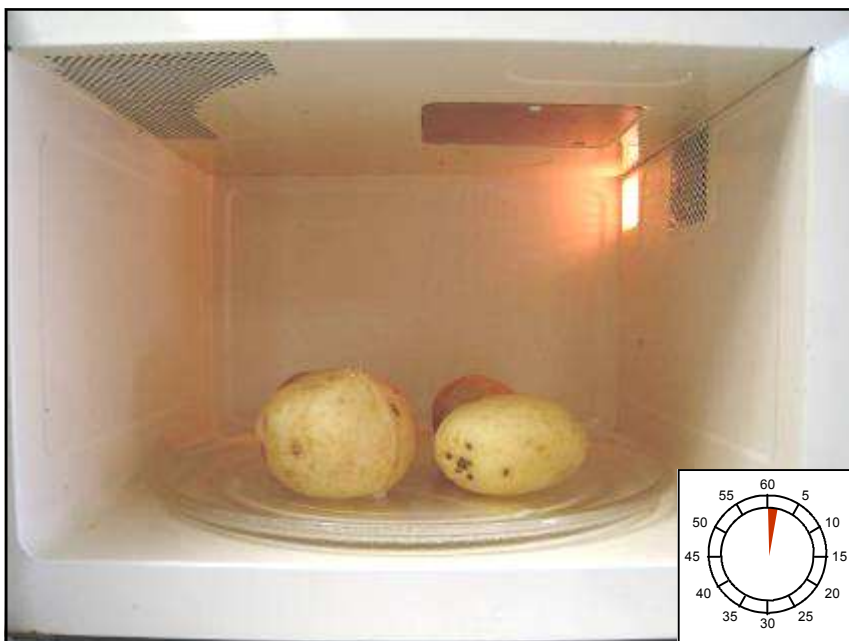
Dice capsicum





**5**

Heat capsicum and beans, low heat, 5 minutes



**6**

Leave potatoes to cool, 2 minutes



**7**

Spoon capsicum and beans, sour cream, and cheese into potatoes

# BEAN AND VEGIE BURGER



**SERVES 4**



## INGREDIENTS

440g can Kidney Beans  
 ½ cup Quick Cooking Oats  
 ½ cup grated low fat Cheese  
 1 tablespoon Canola Oil

|            |               |
|------------|---------------|
| 1 Potato   | 4 Bread rolls |
| 1 Onion    | 2 Tomatoes    |
| 1 Zucchini | 1 Lettuce     |



## COOKING UTENSILS

|                |            |
|----------------|------------|
| Fry pan        | Peeler     |
| Mixing bowl    | Knife      |
| Wooden spoon   | Tablespoon |
| Grater         | Strainer   |
| Chopping board | Plate      |
| Flipper        |            |
| ½ cup          |            |



**1**

Slice tomato and lettuce. Cut bread rolls in half

**2**

Drain and rinse kidney beans

**3**

Mash kidney beans with fork

**4**

Peel and grate potato, onion and zucchini

**5**

Add potato, onion, zucchini, and oats to beans. Mix well

**6**

Heat oil in fry pan





**7**

Shape mixture into a large ball and flatten



**8**

Fry, 5 minutes. Flip to other side



**9**

Fry burgers on other side 5 minutes



**10**

Place burger on roll. Add cheese, lettuce and tomato



# FISH AND CHIPS



**SERVES 4**



## INGREDIENTS

2 large fillets of Fish  
2 teaspoons Canola Margarine  
1 tablespoon Canola Oil  
1 teaspoon Oregano  
1 teaspoon Basil

2 stalks Celery      1 Carrot  
1 Lemon              4 Potatoes



## COOKING UTENSILS

Chopping board  
Knife  
Wooden spoon  
Baking tray  
Aluminum Foil  
1 Teaspoon  
1 Tablespoon  
Greaseproof paper



**1**

Wash potatoes. Cut into thick slices



**2**

Place in bowl with oil and herbs. Mix well



**3**

Spread onto baking tray on greaseproof paper



**4**

Bake in oven (180°C) 40 minutes



**5**

Thinly slice carrot and celery



**6**

Place fish in baking dish with greaseproof paper. Cover with carrot, celery and margarine. Squeeze lemon on top



**7**

Cover with aluminum foil



**8**

Bake in oven with wedges (180°C) 20 minutes



# PIZZA



**SERVES 2**



## INGREDIENTS

- 4 Mushrooms
- 1 Red capsicum
- 1 Spanish onion
- ¼ cup Olives
- 1 cup grated low fat Cheese
- 1 Pizza base
- ½ tub Tomato paste



## COOKING UTENSILS

- Chopping board
- Knife
- Spoon
- Baking tray
- 1 Cup
- ¼ Cup
- Greaseproof paper

**1**

Place pizza base on baking paper on tray

**2**

Spread tomato pasta over pizza base

**3**

Slice onion, capsicum and mushrooms

**4**

Put onion, capsicum, mushrooms, olives and cheese on pizza base

**5**

Bake in oven (180°C)  
20 minutes

**6**

Cut into slices and serve







**SERVES 4**



### INGREDIENTS

500g Minced Beef  
 400g tin Crushed Tomatoes  
 50g packet Tomato Paste  
 Shake of Oregano  
 250g Frozen Vegetables  
 1 Onion  
 1 packet Spaghetti  
 ½ cup Water  
 Shake of Basil  
 1 clove Garlic



### COOKING UTENSILS

2 Large saucepans  
 Chopping board  
 Knife  
 Strainer  
 Serving spoon  
 Wooden spoon  
 ½ cup  
 Spaghetti scoop  
 1 Tablespoon  
 Bowl  
 Fork  
 Spoon



**1**

Chop onion and garlic

**2**

Fry onion and garlic in saucepan with oil, high heat

**3**

Add minced beef. Fry until meat is brown, 5 minutes

**4**

Add tomato paste, crushed tomato, oregano and basil

**5**

Simmer low heat, 30 minutes

**6**

Add frozen vegetables. Simmer 30 minutes





**7**

Boil water in a saucepan



**8**

Add spaghetti. Cook with lid off, 15 minutes



**9**

Strain spaghetti. Rinse with cold water



**10**

Serve with minced beef sauce



# SHEPHERD'S PIE



**SERVES 6**



## INGREDIENTS

500g Minced Beef  
 400g tin Crushed Tomatoes  
 50g packet Tomato Paste  
 1 tablespoon Canola Margarine  
 250g Frozen Vegetables  
 Shake of Oregano  
 1 Onion  
 4 Potatoes  
 ½ cup Water  
 Shake of Basil  
 1 clove Garlic  
 ¼ cup Milk



## COOKING UTENSILS

2 Large saucepans ½ cup  
 Chopping board ¼ cup  
 Knife 1 Tablespoon  
 Baking dish  
 Serving spoon  
 Wooden spoon  
 Peeler



**1**

Chop onion and garlic

**2**

Fry onion and garlic in saucepan with oil, high heat

**3**

Add minced beef. Fry until meat is brown, 5 minutes

**4**

Add tomato paste, crushed tomato, oregano and basil

**5**

Simmer low heat, 30 minutes

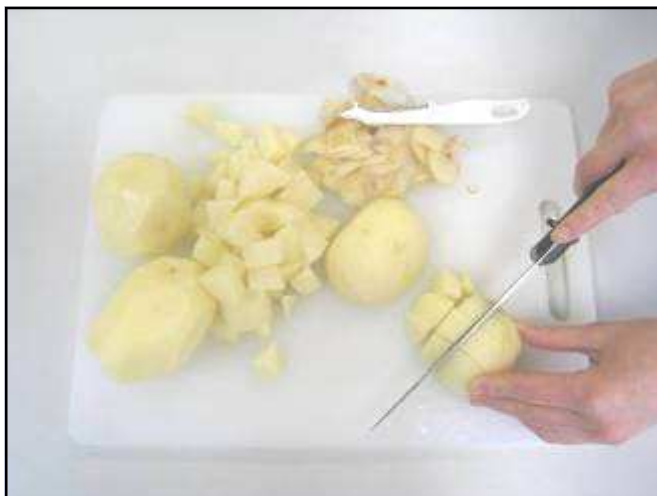
**6**

Add frozen vegetables. Simmer 30 minutes



**7**

Peel and dice potatoes

**8**

Add to saucepan and fill with water. Cook, high heat, 12 minutes

**9**

Reduce heat  
Cook 10 minutes

**11**

Drain water from saucepan

**12**

Add milk and margarine.  
Mash with fork

**13**

Place meat in baking dish.  
Spread potato on top. Bake in oven (180°C) 20 minutes





# 13 BEEF & NOODLE STIR-FRY



**SERVES 4**



## INGREDIENTS

- 2 Red Onions
- 1 Green Capsicum
- 1 Carrot
- 1 bunch baby Pak Choy
- 200g Snow Peas
- 1 tablespoon Canola Oil
- 2 tablespoons Ketjap Manis
- Packet Rice Noodles
- 500g Beef Strips



## COOKING UTENSILS

- Fry-pan or Wok
- Chopping board
- Wooden spoon
- Peeler
- Knife
- Strainer
- 1 Tablespoon
- Large bowl





**1**

Soak rice noodles in boiling water, 20 minutes



**2**

Peel and chop carrot and onions. Slice capsicum. Separate pak choy and beans



**3**

Drain and rinse rice noodles



**4**

Heat oil in fry-pan, medium heat



**5**

Add onions. Stir-fry medium heat, 2 minutes



**6**

Add beef strips. Stir fry high heat, 2 minutes



**7**

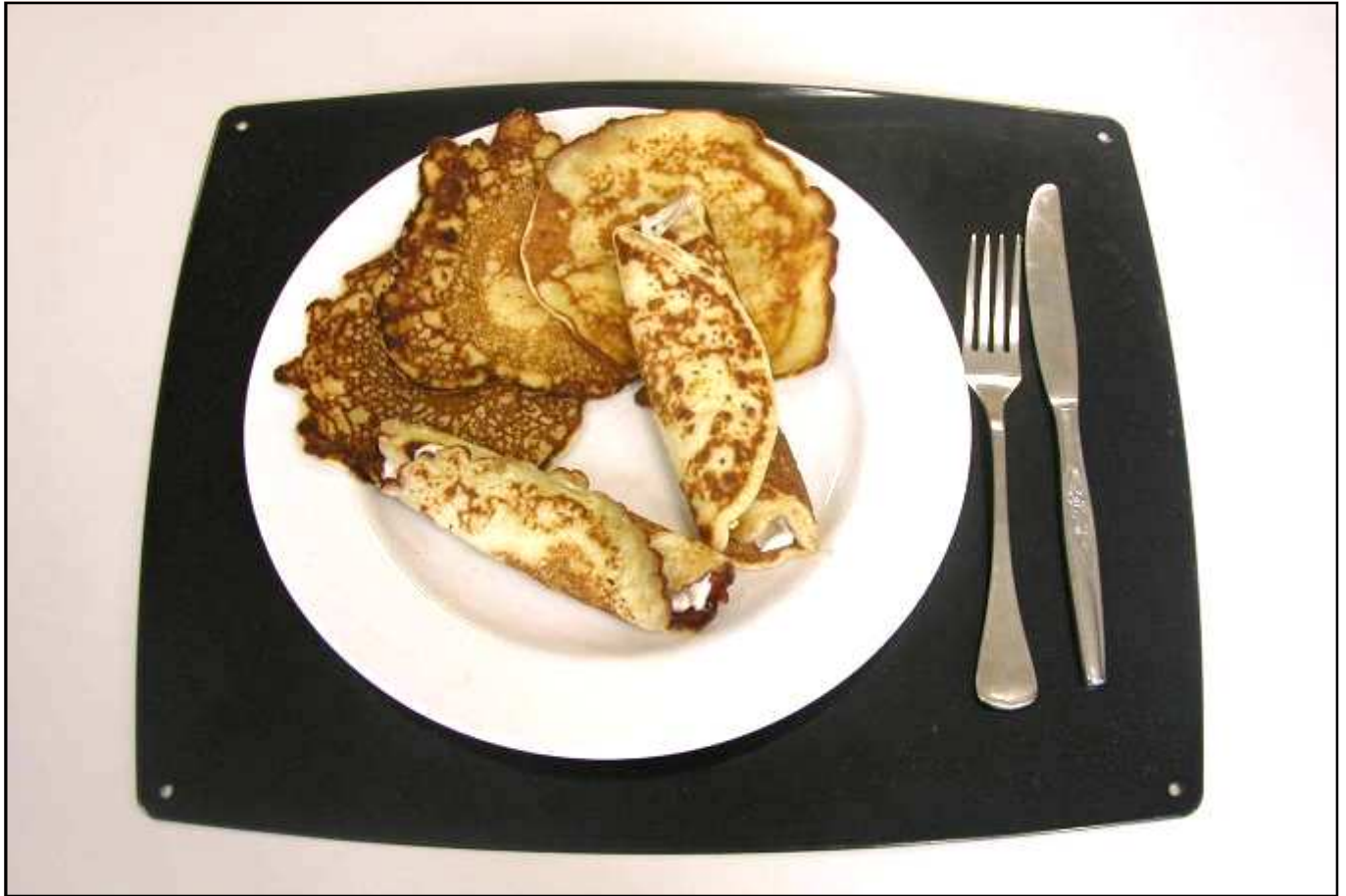
Add capsicum and carrot. Stir-fry medium heat, 2 minutes



Add snow peas, pak choy and ketjap manis. Stir-fry medium heat, 2 minutes.  
Serve with rice noodles.



# JAM & RICOTTA PANCAKES



**MAKES 6**



## INGREDIENTS

- 1 Egg
- 1 cup Self-raising Flour
- 1½ cups Milk
- 2 teaspoons Canola Margarine
- ½ cup Jam
- ½ cup Ricotta cheese



## COOKING UTENSILS

- |              |            |
|--------------|------------|
| Fry pan      | 1 Teaspoon |
| Mixing bowl  | Sifter     |
| Flipper      | Knife      |
| Wooden spoon | Fork       |
| 1 Cup        |            |
| ¼ cup        |            |
| Plate        |            |



**1**

Mix egg and milk in mixing bowl



**2**

Sift flour into bowl



**3**

Mix well



**4**

Melt 1 teaspoon margarine in fry pan, low heat



**5**

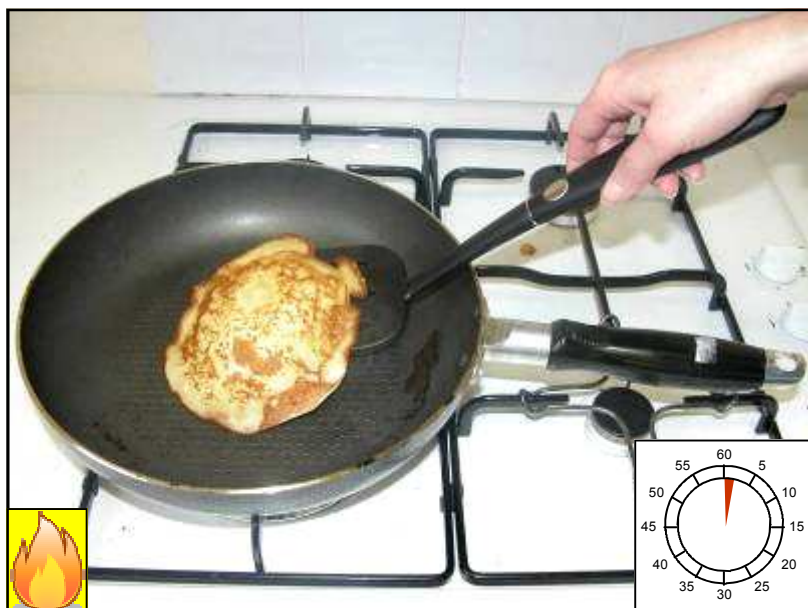
Pour  $\frac{1}{4}$  cup mixture into fry pan



**6**

Cook medium heat, 2 minutes. Flip over





**7**

Cook medium heat,  
2 minutes



**8**

Spread jam onto  
pancake.  
Spread ricotta cheese  
in middle



**9**

Roll up and serve



# OAT COOKIES



**MAKES 16**



## INGREDIENTS

- 1 cup Quick Cooking Oats
- 1 tablespoon Canola Margarine
- 1 tablespoon Sugar
- $\frac{1}{2}$  cup Self-raising flour
- $\frac{1}{2}$  teaspoon Cinnamon (2)
- 1 teaspoon Sugar
- $\frac{1}{2}$  cup Mixed dried fruit
- $\frac{1}{4}$  cup boiling Water



## COOKING UTENSILS

- |                   |                        |
|-------------------|------------------------|
| Chopping board    | Wire rack              |
| Knife             | Mixing bowl            |
| Wooden spoon      | Greaseproof paper      |
| Baking tray       | $\frac{1}{2}$ teaspoon |
| 1 Cup             | 1 Tablespoon           |
| $\frac{1}{2}$ Cup |                        |
| $\frac{1}{4}$ Cup |                        |
| 1 Teaspoon        |                        |



**1**

Combine flour, sugar, oats, margarine, cinnamon and dried fruit. Mix well

**2**

Add boiling water and mix

**3**

Knead mixture with hands

**4**

Sprinkle flour onto board

**5**

Roll out mixture (1cm thickness)

**6**

Sprinkle sugar and cinnamon on top





**7**

Cut into squares



**8**

Place onto baking tray on greaseproof paper



**9**

Bake in oven (160°C) 12 minutes



**10**

Remove from oven and place on wire rack to cool, 5 minutes

# 16 CHOC – BANANA MUFFINS



**MAKES 24**



## **INGREDIENTS**

3 Bananas  
1½ cups Self-raising flour  
¼ cup Cocoa powder  
1 teaspoon Baking powder  
½ cup Sugar  
¼ cup Natural Yoghurt  
3 Eggs  
2 teaspoons Canola Oil



## **COOKING UTENSILS**

Mixing bowl  
Muffin Tray  
½ cup  
1 cup  
¼ cup  
1 Teaspoon  
Fork  
Brush  
Spoon





**1**

Pre-heat oven to 180°C



**2**

Peel bananas and mash with fork



**3**

Add flour, sugar, cocoa powder, baking powder, yoghurt and eggs to bowl



**4**

Mix well



**5**

Brush muffin tray with oil



**6**

Place 1-2 tablespoons of mixture into tray



**7**

Bake in oven (180°C)  
8-10 minutes



**8**

Let muffins cool,  
5 minutes

# CUSTARD AND KIWI FRUIT



**SERVES 1**



## INGREDIENTS

- 1 tablespoon White Sugar
- 1 tablespoon Custard Powder
- 1 cup Milk
- 2 Kiwi Fruit



## COOKING UTENSILS

- Small saucepan
- 1 Tablespoon
- 1 Cup
- Wooden Spoon
- Knife
- Chopping Board
- Bowl
- Spoon



**1**

Mix a small amount of milk with the custard powder

**2**

Slowly add the remaining milk, stir well

**3**

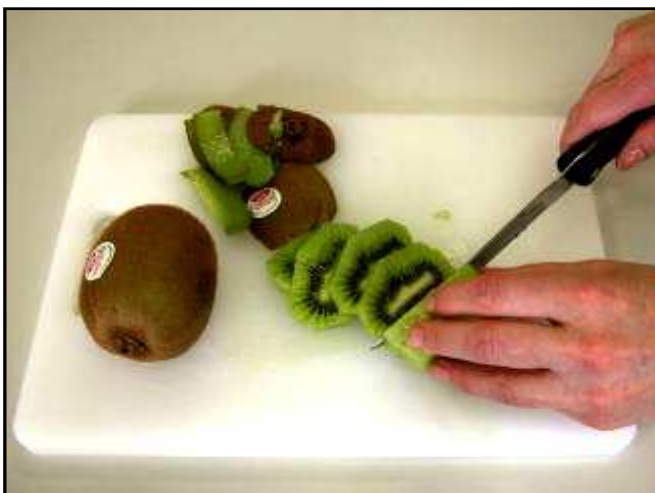
Mix in sugar

**4**

Bring mixture to the boil, stir continuously

**5**

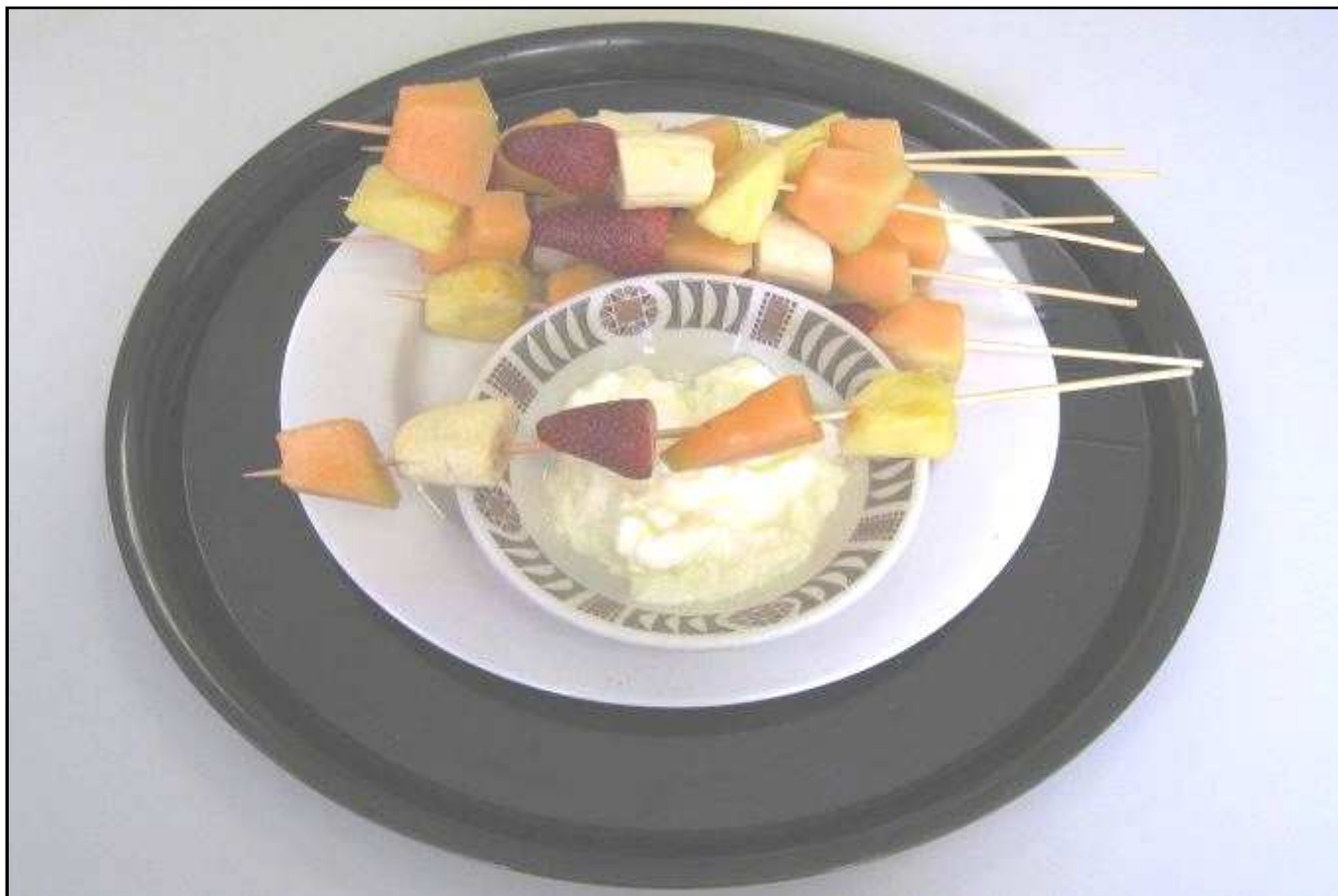
Peel and slice kiwi fruit

**6**

Pour custard into bowl. Serve with kiwi fruit



# 18 FRUIT SKEWERS & YOGHURT



**MAKES 10**



## **INGREDIENTS**

2 Bananas  
½ Pineapple  
½ Cantaloupe  
1 punnet Strawberries  
½ cup Yoghurt



## **COOKING UTENSILS**

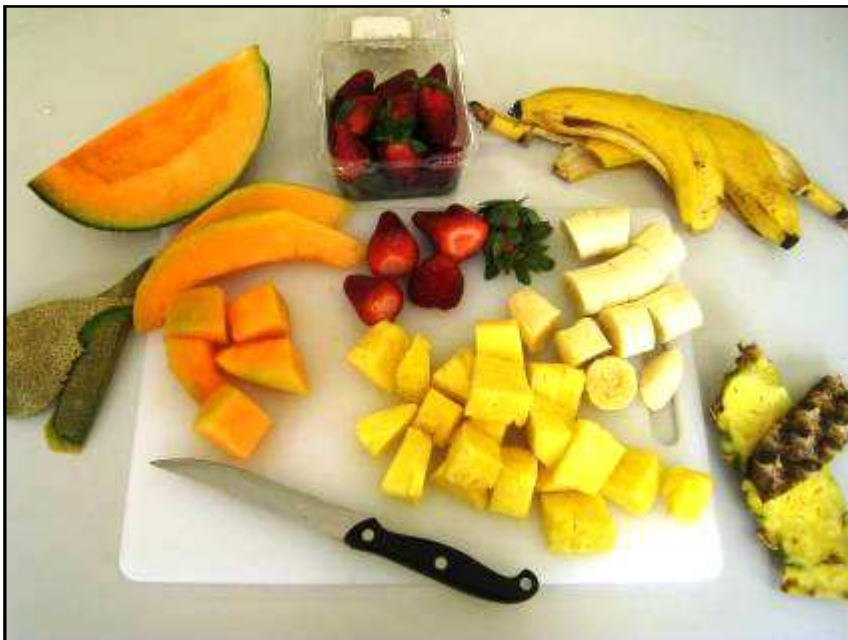
Chopping board  
Knife  
½ cup  
10 Skewers  
Plate  
Bowl





**1**

Wash strawberries



**2**

Remove skin from cantaloupe, bananas and pineapple. Slice into pieces. Remove tops from strawberries



**3**

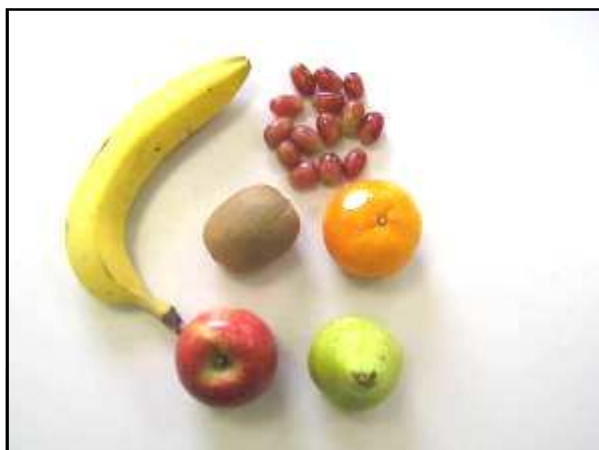
Put fruit pieces onto skewers



# FRUIT SALAD



**SERVES 4**



## INGREDIENTS

1 Banana  
1 Apple  
1 Pear  
1 Kiwi Fruit  
1 Mandarin  
Grapes



## COOKING UTENSILS

Chopping board  
Knife  
Spoon  
Fork



**1**

Peel and chop  
apple, banana,  
kiwi fruit, mandarin  
and pear



**2**

Place all fruit in a  
bowl

# RICE CRACKER SNACKS



**MAKES 4**



## INGREDIENTS

- 4 Rice Cakes
- 4 spoons Cottage cheese
- 4 Cherry tomatoes



## COOKING UTENSILS

- Chopping board
- Knife
- Spoon
- Plate





**1**

Spread rice cakes with cottage cheese



**2**

Slice cherry tomatoes. Place on rice cakes

# HOT MILO



**SERVES 1**



## INGREDIENTS

1 tablespoon Milo  
1¼ cups Milk



## COOKING UTENSILS

Mug  
1 Tablespoon  
Spoon  
1 cup  
¼ cup  
Microwave



**1**

Add milk and Milo into mug



**2**

Microwave on high for 1 minute



**3**

Stir



# COLD MILO



**SERVES 1**



## INGREDIENTS

1 tablespoon Milo  
1 cup Milk



## COOKING UTENSILS

Glass  
1 Tablespoon  
Spoon  
1 cup



**1**

Add milk and Milo into mug



**2**

Stir

# TUNA - SALAD WRAP



**SERVES 1-2**



## INGREDIENTS

Wholemeal pita bread  
1 Cucumber  
1 Carrot  
1 tin Tuna  
Low fat grated Cheese



## COOKING UTENSILS

Chopping board  
Grater  
Knife  
Fork  
Peeler  
Plate





**1**

Grate carrot and cucumber



**2**

Open and drain tuna



**3**

Layer cucumber, carrot, tuna and cheese on pita bread



**4**

Roll the pita bread

# 24 CHICKEN - AVOCADO WRAP



**SERVES 1-2**



## **INGREDIENTS**

Wholemeal pita bread  
2 Lettuce leaves  
¼ Avocado  
Cooked chicken



## **COOKING UTENSILS**

Chopping board  
Knife  
Plate



**1**

Cut and peel avocado.  
Spread onto pita bread



**2**

Add lettuce leaves



**3**

Slice chicken. Add to pita  
bread

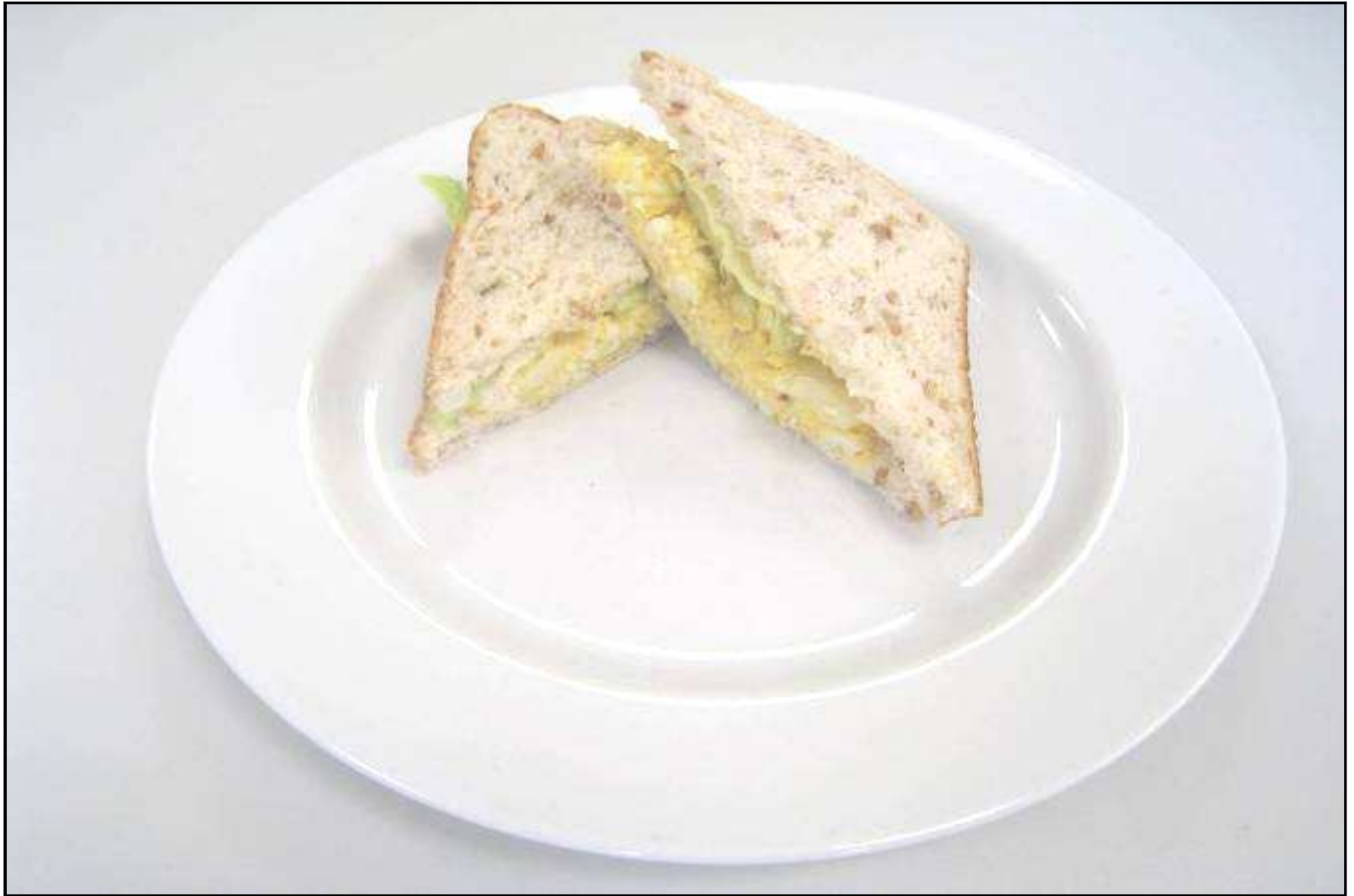


**4**

Roll pita bread



# CURRIED EGG SANDWICH



**SERVES 1**



## INGREDIENTS

2 slices Multigrain Bread  
2 Eggs  
2 Lettuce leaves  
¼ teaspoon Curry Powder  
1 tablespoon Natural Yoghurt



## COOKING UTENSILS

Small saucepan      Plate  
Chopping board      Spoon  
Knife  
1 Tablespoon  
¼ Teaspoon  
Bowl  
Fork



**1**

Add eggs to saucepan.  
Fill with water



**2**

Bring water to boil.



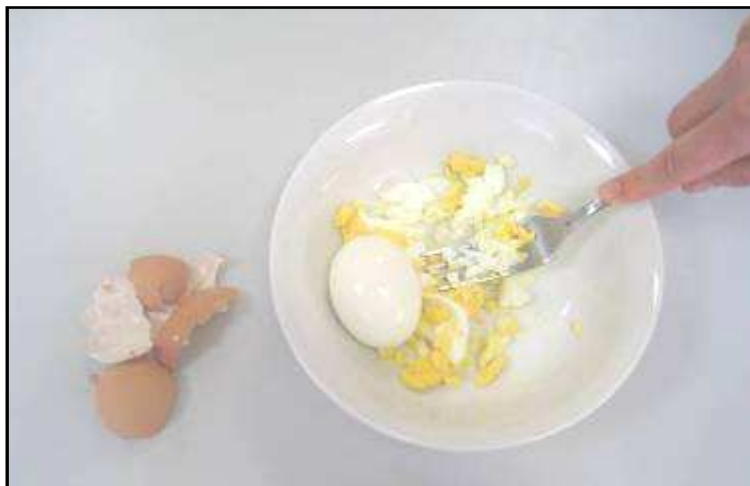
**3**

Reduce heat. Cook low  
heat, 3 minutes



**4**

Drain hot water and fill  
saucepan with cold water  
to cool eggs



**5**

Remove shell from eggs.  
Mash with fork



**6**

Add curry powder and  
yoghurt. Mix



**7**

Spread egg on 1 slice of  
bread. Add lettuce



**8**

Cover with other slice of  
bread. Cut in half



# 26 HOW TO WRAP A PITA WRAP

**1** Pull cling wrap from package



**2** Place pita at corner of cling wrap. Roll half way



**3** Fold over right corner



**4** Continue to roll



**5** Fold over left corner



**6** Repeat with other half of wrap



# 27 HOW TO WRAP A SANDWICH

**1** Pull cling wrap from package



**2** Place sandwich in middle of cling wrap



**3** Fold one half of cling wrap over sandwich



**4** Fold over other half of cling wrap



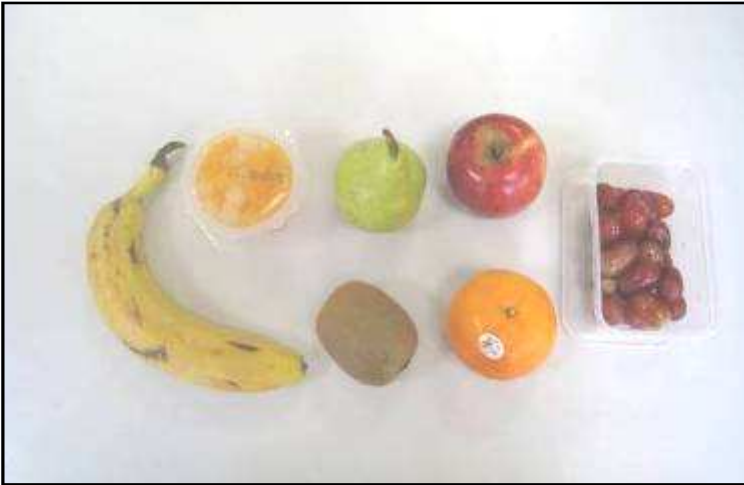
**5** Fold the two sides over the sandwich



**6** The sandwich is ready to be packed in a lunchbox



# 28 HOW TO PACK A LUNCHBOX



**1**

Choose 1-2 pieces of fruit



**2**

Choose a sandwich, pita wrap, baked beans or rice crackers



**3**

Choose 1-2 snacks or vegetables



**4**

Pack foods into a lunchbox



# LUNCHBOX IDEAS



Pita Wrap  
Yoghurt and Spoon  
Pear  
Water



Rice Cakes and Baked Beans  
Kiwi Fruit  
Vegetable sticks  
Water



Sandwich  
Oat Cookies  
Diced Fruit Pack  
Water



Sandwich  
Yoghurt and Spoon  
Grapes  
Water

# LUNCHBOX IDEAS



Pita Wrap  
Vegetable Sticks  
Sultanas  
Banana  
Water



Rice Cakes and Baked Beans  
Vegetable Sticks  
Kiwi Fruit  
Water



Sandwich  
Yoghurt and Spoon  
Oat Cookies  
Apple  
Water



Sandwich  
Oat Cookies  
Apple  
Sultanas  
Water