

KEH Cooking - July 2015 Summer School

22nd Australian simple meat pie

Ingredients (per 2 participants)

- ✧ 200 g minced **beef**
- ✧ 1 **onion**, chopped
- ✧ 1/3 **carrot**
- ✧ 2/3 cup **water** or **beef stock**
- ✧ 2 tablespoons **ketchup**
- ✧ 1 tablespoon **Worcestershire sauce**
- ✧ a little **salt, pepper**
- ✧ 1/2 teaspoon **oregano**
- ✧ 1 pinch **nutmeg**
- ✧ 1 heaped tablespoon plain **flour**
- ✧ 1 puff **pastry** sheet

Method

1. Pre-heat oven at 220 degrees Celsius.
2. Brown meat, carrot and onion.
3. Add water, ketchup and Worcestershire sauce, pepper, oregano, and nutmeg.
4. Boil and cover for 15 minutes.
5. Add water to the meat mix to smooth if required.
6. Let cool.
7. Grease cupcake papers
8. Cut each pastry sheet into 4 and line each cupcake with pastry.
9. Add the filling mixture
10. Fold over to close, leaving small gaps.
11. Bake at 200 degrees Celsius for 20 minutes, or until golden brown.

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24th Rome-style Tomato pasta

Ingredients (For 8 children)

- ✧ 2 tablespoons **olive oil**
- ✧ 120 grams of thinly sliced **pancetta** or **pork**
- ✧ 1/2 tsp. freshly ground black **pepper**
- ✧ 3/4 cup chopped **onion**
- ✧ 1 clove **garlic**, finely chopped
- ✧ 1 **can** peeled **tomatoes** with juice, crushed by hand
- ✧ **Salt**
- ✧ 300 grams of **pasta**
- ✧ 1/4 cup finely grated **Parmigiano** reggiano
- ✧ **Herbs**: basil, *oregano*, sage, rosemary, laurel, thyme

Method

1. Heat oil in a large heavy skillet over medium heat.
2. Add pancetta and sauté until crisp and golden, about 4 minutes.
3. Add black pepper; stir for 10 seconds.
4. Add onion and garlic; cook until soft, stirring often, about 8 minutes.
5. Add tomatoes, reduce heat to low, and cook, stirring occasionally, until sauce thickens, 15-20 minutes.
6. Bring a large pot of water to a boil, season with salt; add the pasta and cook, stirring occasionally, until 2 minutes before al dente.
7. Drain, reserving 1 cup of pasta cooking water.
8. Add drained pasta to sauce in skillet and toss to coat.
9. Add 1/2 cup of the reserved pasta water and cook until sauce coats pasta and pasta is al dente, about 2 minutes. (Add a little pasta water if sauce is too dry.)
10. Stir in cheese and serve in bowls.

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25th Anzac biscuits

Ingredients (4 biscuits/2 participants)

- ✧ 60 grams **butter**
- ✧ 1/2 a cup of plain **flour**
- ✧ 1/2 cup of **rolled oats**(oatmeal)
- ✧ 1/3 cup of **coconut**
- ✧ 1/4 cup **white sugar**
- ✧ 1/4 cup **brown sugar**
- ✧ 1/4 teaspoon **bicarb soda**
- ✧ 1/3 cup (or more) **hot water**

Method

1. Heat oven to 160 degrees C
2. Melt butter slowly in a saucepan
3. Mix Oats, flour, sugar and coconut in a mixing bowl
4. Mix bicarb soda into the hot water, then add to butter, stirring fast
5. Add butter mix to other ingredients and mix well
6. Put baking paper on a cold oven tray
7. Spoon mixture onto baking paper
8. Bake for 20 minutes, or until golden-brown
9. Cool on a tray before eating