

TUCKSHOP RECIPES - TERM 1 2012

SPAGHETTI BOLOGNAISE

<i>Ingredients - 18 large portions</i>
2 large Onions
2 Tbs Olive oil
2 Tbs Mixed herbs
1 kg Mince lean
2 x 400g tinned diced tomatoes
4 Fresh tomatoes diced
Tomato paste
Cup Fresh parsley diced
2 x 500 g packet spaghetti

Method:

Bolognaise

1. Add onions, olive oil and mixed herbs to pot and brown
2. Add mince and brown
3. Add tinned and diced tomatoes and tomato paste, then simmer for approx half an hour
4. Stir in fresh parsley immediately before serving.

Spaghetti

1. Boil water with salt in spaghetti pot
2. Add spaghetti when water is boiling and put lid on. Follow directions on packet as to time (usually about 12 mins).
3. Stir spaghetti regularly to prevent it from sticking together.
4. When spaghetti is ready, drain and stir through oil olive to stop the spaghetti from sticking together. Place in large bowl cover with alfoil and put in the pie warmer at the warming temperature of 80 degrees Celsius.
5. Package spaghetti and bolognaise sauce in the large foam burger clams and put back in pie warmer at the warming temperature of 80 degrees until ready to pack in class tuckshop bags.
6. Make sure the packaged spaghetti is placed in the hot food class tuckshop bags.

RISOTTO

<i>Ingredients – makes 8 large portions – note this risotto is very filling</i>
2 cups Arborio rice
1 lge Onion diced
2 tbs Olive oil
¼ cup White wine
4 rashers rindless Bacon
2 cups Button Mushrooms sliced
4 cups Chicken stock (preferably simmering on stove top, but does not matter if not)
30 g Butter
1/3 cup grated Cheese
1/3 cup chopped Parsley

Method:

1. Heat olive oil and butter in large heavy based saucepan
2. Add onion and bacon and cook for approx. 3 minutes
3. Stir in Arborio rice and cover over a medium heat for 5 minutes or until rice slightly colours, stirring frequently.
4. Add the wine and simmer to absorb the liquid, stirring all the time.
5. Begin adding stock, a cup at a time, allowing each addition to be absorbed, stirring well between each addition.
6. After the first cup of stock, add the mushrooms.
7. Adjust consistency with extra water or stock, if necessary.
8. When all stock has been absorbed, remove the pan from the heat the stir in cheese and parsley.
9. Package individual portions in the foam burger cartons
10. Place packaged portions into the pie warmer at the warming temperature of 80 degrees Celsius until ready to be placed in the class tuckshop bags, making sure they go into the hot food class tuckshop bag.

THAI CHICKEN NOODLE SALAD

<i>Ingredients – 5 large serves</i>
1 medium carrot julienne
1 lebanese cucumber julienne
½ medium capsicum julienne
½ red onion or 2 green shallots
1 large chicken breast
250 g bean thread noodles
¼ cup Vietnamese mint leaves (or plain mint)
½ cup coriander
<i>Lime dressing:</i>
2 cloves garlic (crushed)
2 tbs rice vinegar
½ cup lime juice
1/3 cup peanut oil
2 tbs fish sauce
1 tbs castor sugar

Method:

1. Dice chicken breast and cook well. When cooked, leave to one side to cool.
2. Place noodles in bowl, cover with boiling water and stand until tender and transparent. Drain.
3. Cut chicken and vegetables and add to a salad bowl. Add glass noodles.
4. Combine all dressing ingredients in a screw top jar and shake well.
5. Add dressing to chicken, noodles and vegetables and toss gently.
6. Serve with extra coriander as a garnish in the clear plastic round containers.
7. Place in fridge until ready to serve (make sure the salad is placed in the cold items blue tuckshop class bags)

HAM AND PINEAPPLE PIZZA

<i>Ingredients - 24 serves</i>
Tinned pineapple diced 800 g
Ham – 750 g shaved
Tomato pizza base sauce
Cheese – 1kg shredded pizza blend
24 Individual frozen Pizza bases

Construction:

1. Spread pizza sauce on frozen pizza base
2. Spread ham on top
3. Spread pineapple on top
4. Sprinkle shredded cheese on top (liberally)
5. Cook in oven (preheated to 180 degrees Celsius) for about 20 minutes or until cooked.
6. When cooked transfer to the pie ovens at the warming temperature of 80 degrees Celsius.
7. When ready to be packed into class tuckshop bags, place each pizza in foam clam, making sure it goes into the hot food bag.

CHEESE BURGER

<i>Ingredients 20 serves</i>
Beef patties – 1 kg mince, one tomato diced, one small onion diced, one egg, 1 cup breadcrumbs (or more to achieve right consistency), parsley
4 Tomatoes – 5 slices per tomato
1 Lettuce – broken up
20 Cheese slices Kraft singles
Tomato sauce
20 Bread rolls

To make burger patties:

Mix mince, diced onion, diced tomato, egg, breadcrumbs and parsley together in mixing bowl.

Using hands, make thin round beef patties and place them on greased baking trays. The patties should be no larger than the bread rolls (preferably a little smaller). Also, the patties should not be too thick – they should be quite thin as they will cook quicker and the finished burger will be easy for little mouths to bite.

Place baking trays with patties in the oven (preheated to 180 degrees Celsius) for about 20 minutes or until well done.

Construction:

1. Butter rolls
2. Spread tomato sauce
3. Put on beef pattie
4. Put cheese on top of beef pattie
5. Put one slice of tomato on top of cheese
6. Lettuce on top of tomato
7. Place burger in a paper bag or foam container
8. Put finished and packaged burgers in the pie warmer (preheated to warming temperature of 80 degrees Celsius)
9. Make sure burgers are placed in the hot food class tuckshop bag.

GRAZING PLATE

<i>Ingredients</i>
Jatz Crackers (about 4)
Cheese cubes (about 4)
Celery sticks (about 4)
Carrot sticks (about 4)
Hard boiled egg (1)
Cut fruit (sliced orange or similar)

Preparation:

1. Arrange all ingredients in a clear rectangular hinged lid container.
2. Place in fridge until ready to serve (make sure the salad is placed in the cold items blue tuckshop class bags)

AFTERNOON TEA SNACKS

1 bag of cookies = 10 afternoon tea bags

1.5 cups of popcorn = 12 afternoon tea bags (note the most you can fit in the large pot at one time is 1.5 cups)

1 packet of pretzels = 4 afternoon tea bags

1 packet of crackers = 5 afternoon tea bags