

THE STEP



BY

STEP



COOK BOOK

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in consultation with ISIS Primary Care

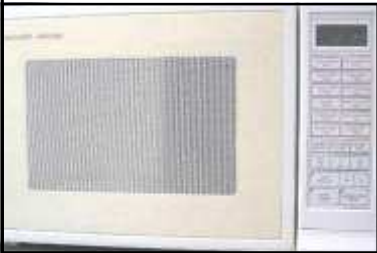


NOTES FOR USE

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



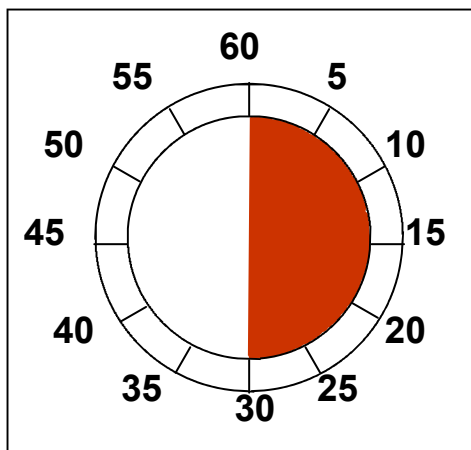
YELLOW FLAME =
Medium Heat



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 Vegie Burger	8
Fish and Chips	9
Pizza	10
Spaghetti Bolognese	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
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LUNCHBOX

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1 PORRIDGE AND BANANA



SERVES 1



INGREDIENTS

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
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



2

WEET- BIX AND BANANA



SERVES 1



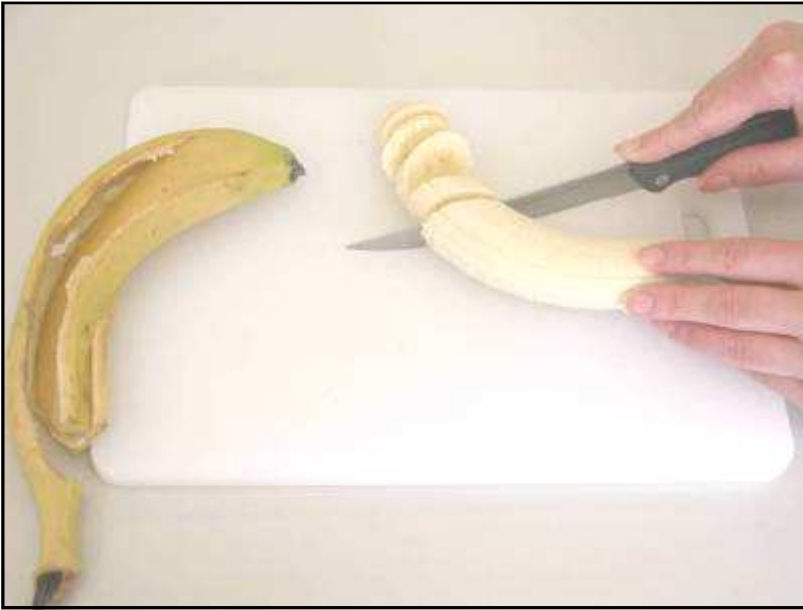
INGREDIENTS

- 2 Weet- Bix
- 1 cup Milk
- 1 Banana



COOKING UTENSILS

- Bowl
- Spoon
- Knife
- 1 Cup
- Chopping board



1

Slice banana



2

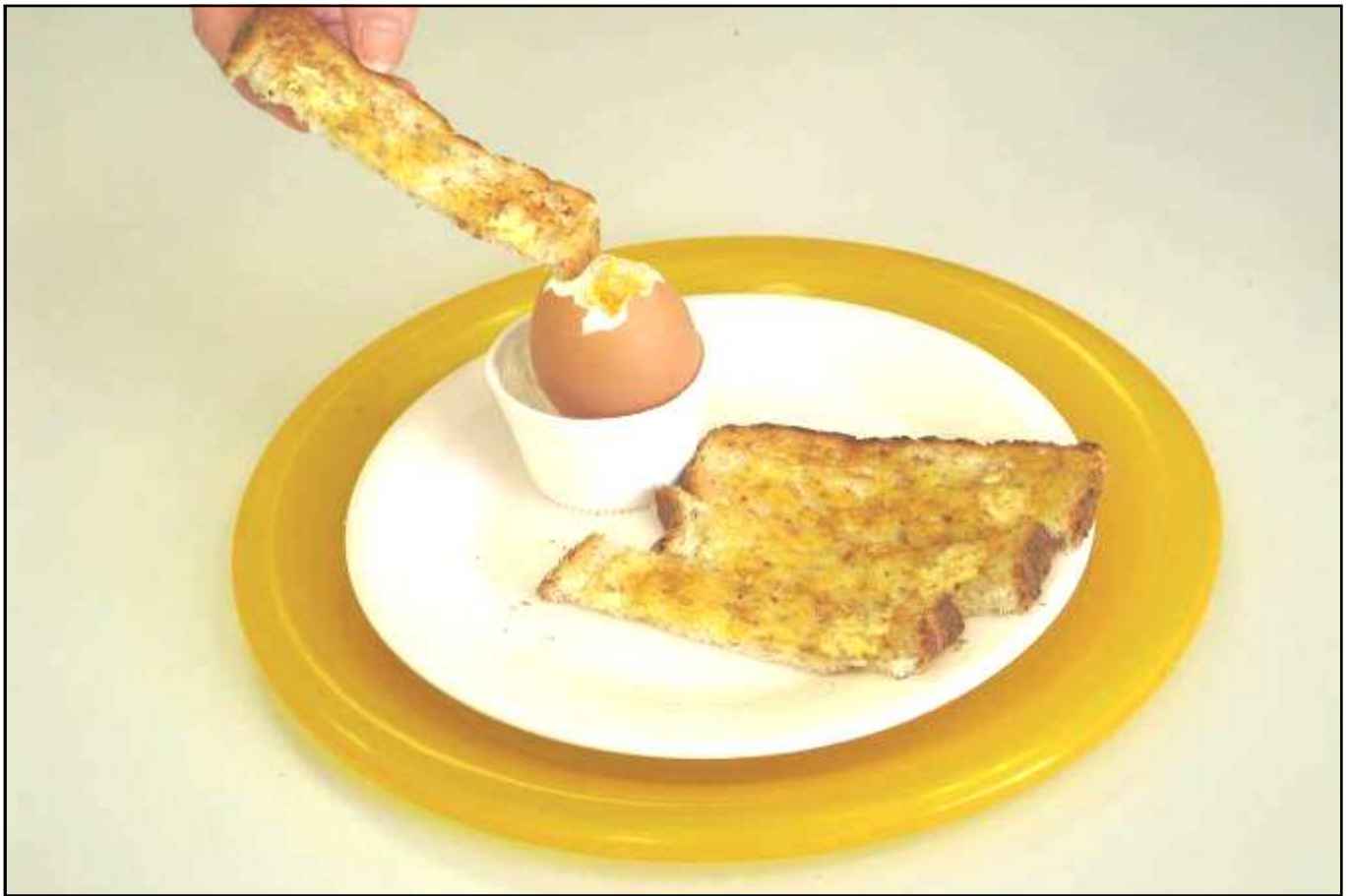
Place Weet-Bix and banana in bowl



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

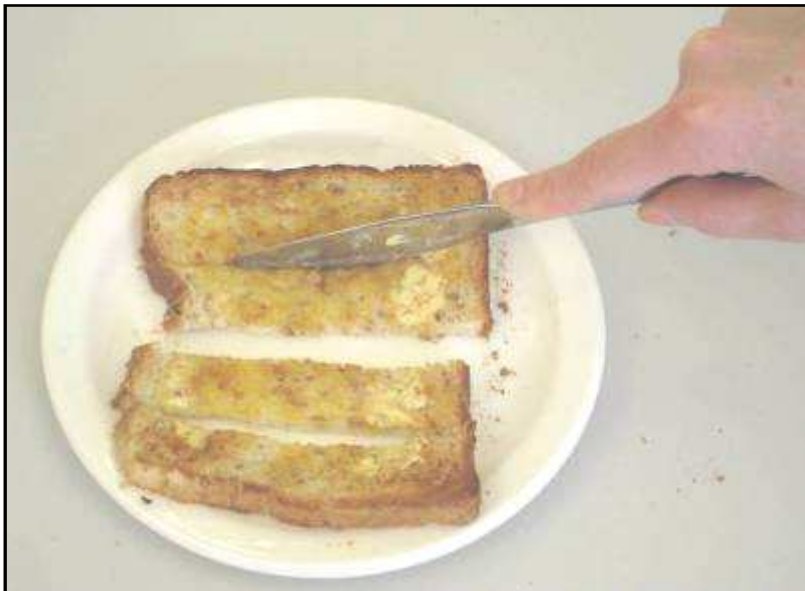


4 Make toast



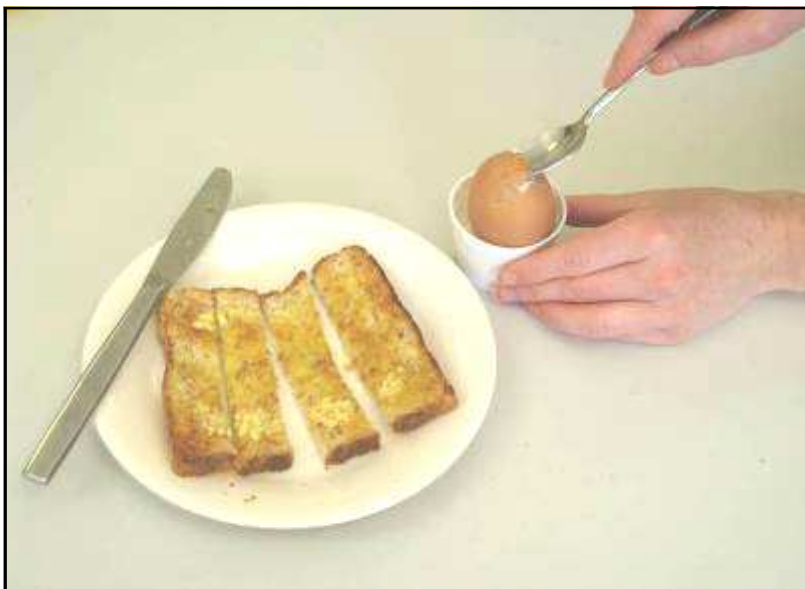
5

Spread margarine on toast



6

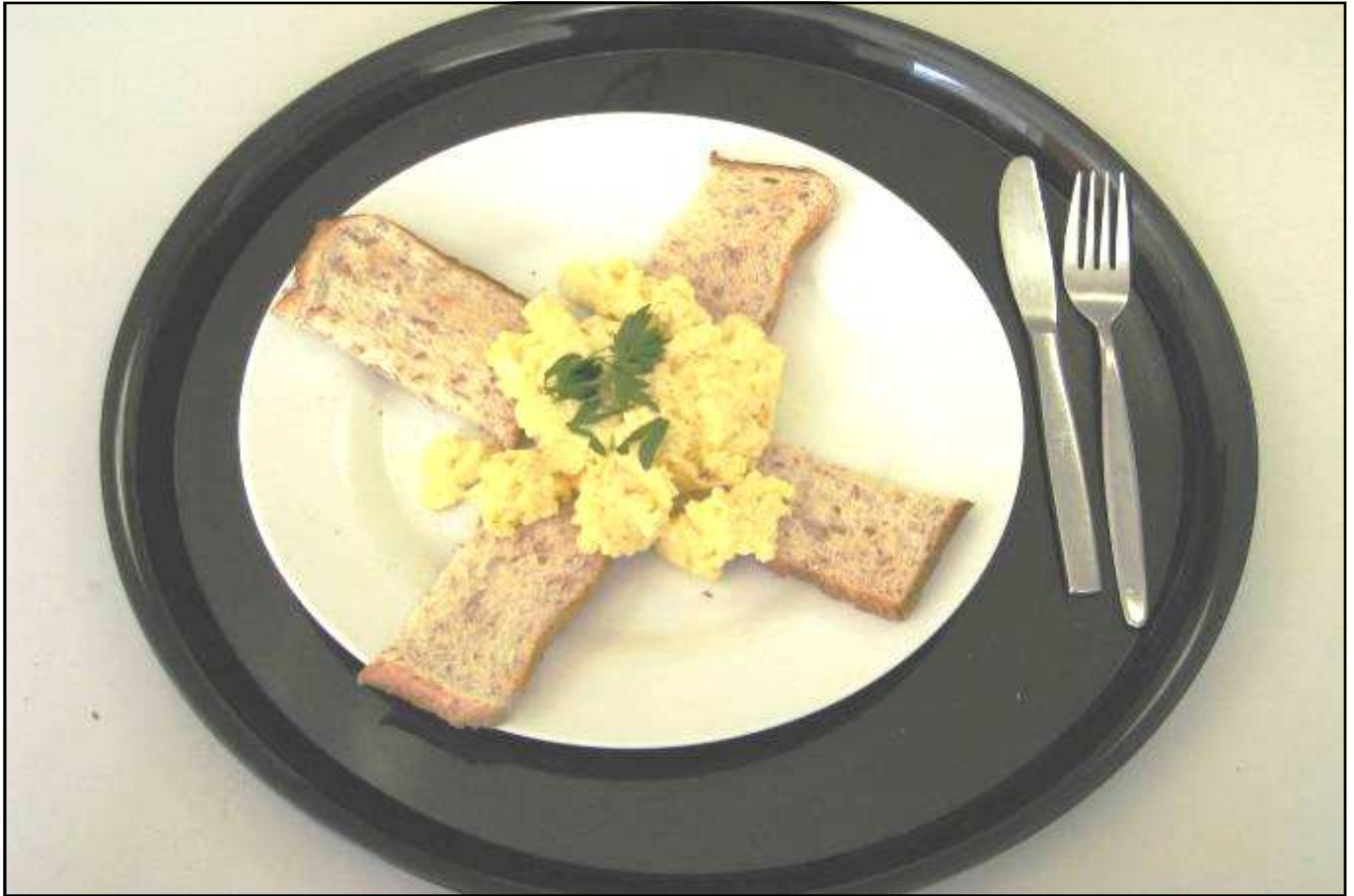
Cut toast into strips



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



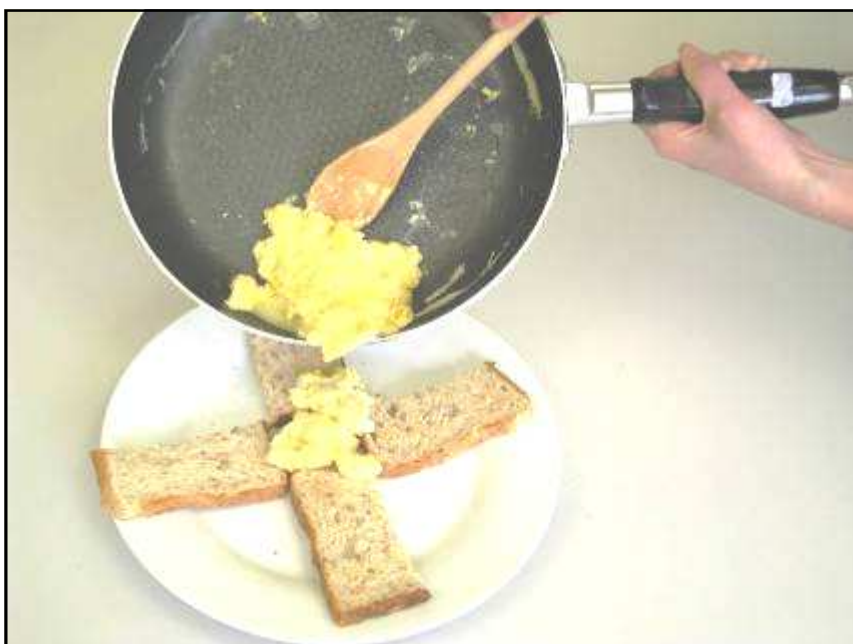
5

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



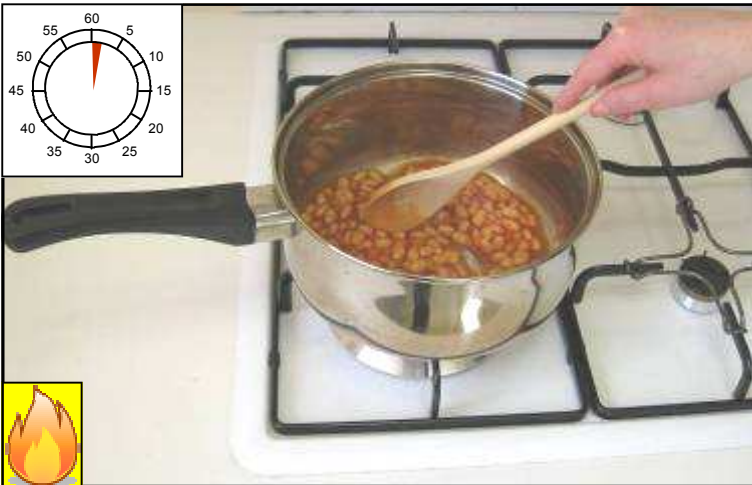
COOKING UTENSILS

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



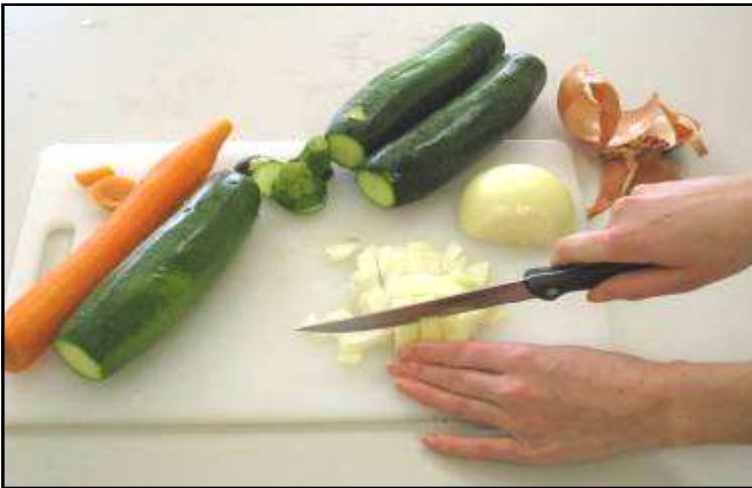
COOKING UTENSILS

- 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

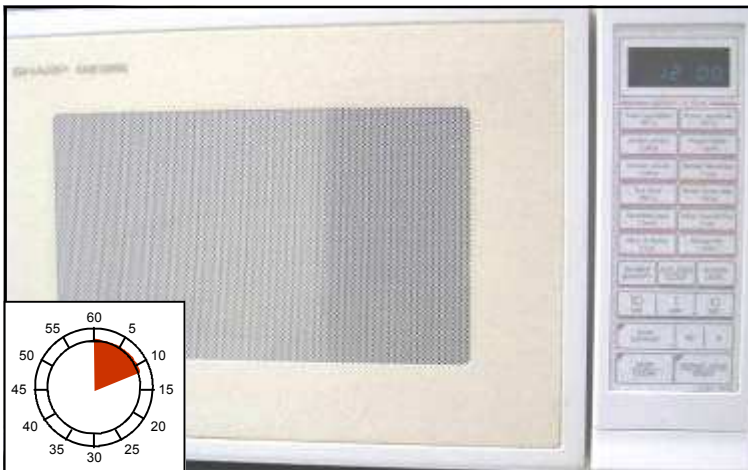


COOKING UTENSILS

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



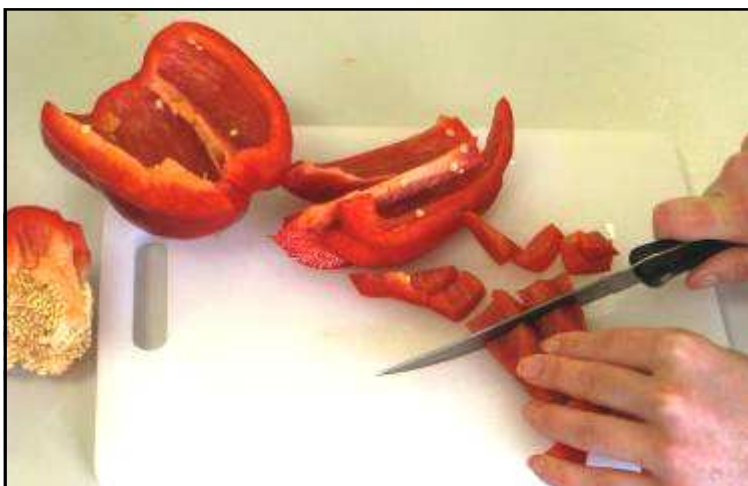
1 Wash potatoes. Cut a cross on the top of each potato



2 Microwave on high, 12 minutes



3 Strain and wash kidney beans

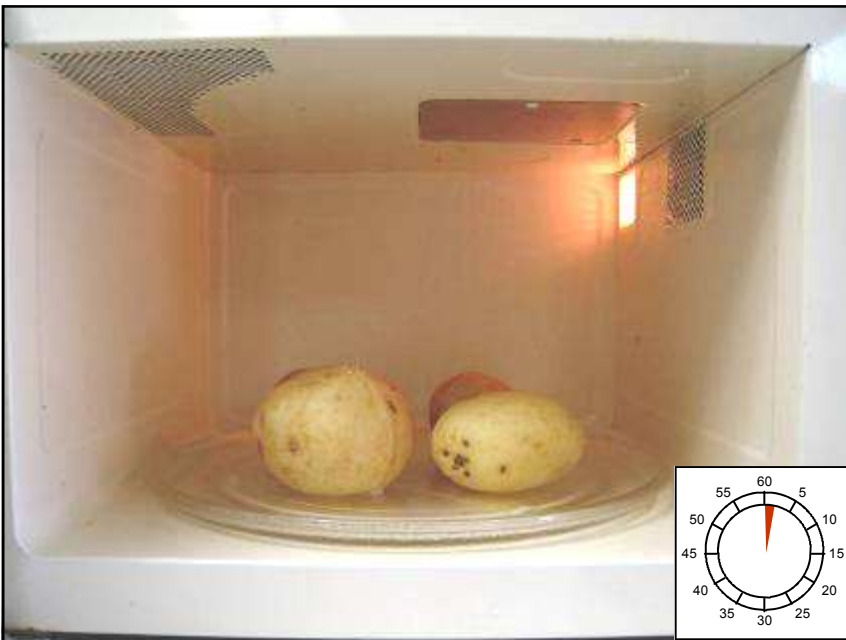


4 Dice capsicum



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

8 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
- 1 Onion
- 1 Zucchini
- 4 Bread rolls
- 2 Tomatoes
- 1 Lettuce

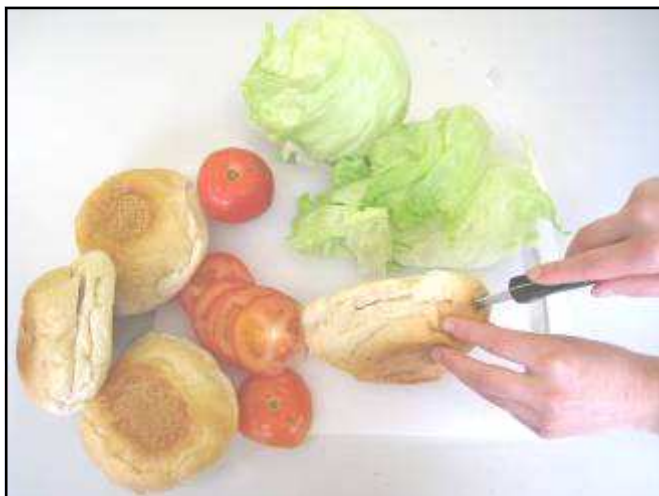


COOKING UTENSILS

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

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



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



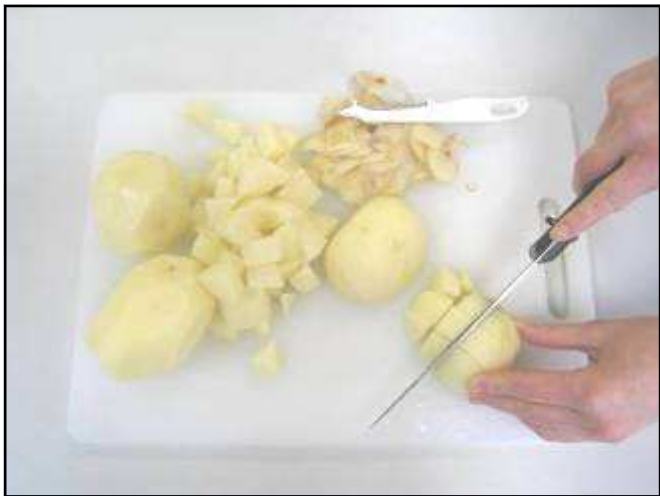
5 Simmer low heat, 30 minutes



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

