

WHAT'S COOKING AT CARINBUNDI



DAY SERVICES
COOKBOOK



"WHAT'S COOKING AT CARINBUNDI"

Our "What's Cooking" program is about much more than cooking!

Offered at Carinbundi's specialised Day Services Centre, our food and cooking programs have been meeting our individual needs for many years.

Learning to cook is a goal for many, and through Carinbundi's integrated approach developing meaningful life skills, we also plan for and prepare our meals. For those who want to extend their skills, community volunteering is also promoted.

We are supported to research recipes, plan a meal, shop for ingredients, cook as well as clean-up. Budgeting is a vital part of the planning stage, as is making healthy choices.

When we choose the cooking program we meet as a group and decide on what we will cook that day. We will then go shopping for the ingredients needed, prepare the food and clean up.



Meals on Wheels volunteering is a regular offering on our Day Services program, for those who want to extend our food and cooking skills further in the community. We have some long term Meals on Wheels volunteers who enjoy using and developing their cooking skills, while at the same time, are making a valuable contribution to our community.



The recipes contained here are a selection of our favourite choices. They are recipes we enjoy making for ourselves and our families, and most importantly, we love eating. **ENJOY!**

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CHICKEN AND ASPARAGUS

Ingredients

- 1 cooked chicken
- 1 onion
- 60g bacon
- 3 tablespoons butter
- 1 tablespoon plain flour
- 1/2 cup cream
- 440g can cream of asparagus soup
- 440g can asparagus cuts (drained)

Method

- Fry bacon and onion in butter
- Stir in flour and then add soup and cream
- Stir until all combined and thickened
- Add asparagus cuts and chopped chicken meat
- Serve with rice and ENJOY !



BAKED POTATOES

Ingredients

- 4 washed potatoes
- 1/4 shredded cabbage
- 1 carrot
- 250ml sour cream
- 500 grams mince
- 1 jar pasta sauce
- 250 grams diced bacon
- 1 cup grated cheese

Method

- Boil potatoes until soft
- Fry mince and bacon
- Add sauce and simmer for 10 minutes
- Mix cabbage and carrot together
- Make a well in the centre of each potato and add mince mixture
- Add coleslaw mix and sour cream
- Top with grated cheese



PORCUPINES

Ingredients

500 grams beef mince
1 can tomato soup
1/2 cup rice
1/4 cup chopped onion
1 tablespoon salt
1/4 tablespoon pepper
2 tablespoons butter/margarine
1 cup of water

Method

Mix mince, rice, onion, salt and pepper and roll into small balls
Fry in butter, turning frequently until light brown on all sides
Add tomato soup and water and mix well
Cover and simmer for 45 minutes





CURRIED SAUSAGES

Ingredients

- 1 packet sausages
- 1 diced onion
- 1 jar pasta sauce
- 1 packet beef soup mix
- 1 packet frozen peas and corn
- 1 tin diced tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon curry powder
- 1 teaspoon mixed herbs
- Salt and pepper

Method

- Boil sausages and cut into pieces
- Cook peas and corn
- Add all ingredients to the sausages and simmer for 15-20 minutes
- Serve with rice or pasta!



SUMMER CHICKEN RICE SALAD

Ingredients

1 cooked chicken
1 cup Mahatma brown rice
3 tablespoons chopped parsley
1/2 bunch spring onions
1/2 cup KRAFT french dressing
440g corn kernels
2 tomatoes
1/2 cup roasted peanuts
Pinch of salt and pepper

Method

Add rice to boiling water and simmer
for 45 minutes

Break up chicken

Chop spring onions and parsley and
add to bowl with chopped tomatoes

Drain corn, and add to bowl

Add peanuts to bowl

Strain rice and add to bowl with french
dressing, salt and pepper

Mix thoroughly

Refrigerate for 60 minutes





Subject: _____

LEMON SOY CHICKEN

Ingredients

- 8 pieces of chicken
- 1 tablespoon plain flour
- 1 large onion
- 1 large lemon
- 2 tablespoons soy sauce
- 1/4 teaspoon garlic salt
- 2 tablespoons butter

Method

- Place chicken and flour in an oven bag and shake well
- Slice onion and place on top of chicken in bag
- In a bowl, squeeze lemon, add soy sauce and garlic salt
- Pour lemon mixture into the bag
- Add butter and tie the bag up
- Pierce a hole in the bag and bake at 200 degrees for 60 minutes

ZUCCHINI SLICE

Ingredients

4 large zucchinis
1 large onion
1 carrot
4 bacon rashers
1 cup grated cheese

1 cup self-raising flour
1/4 cup oil
4 eggs
Salt and pepper

Method

Grate unpeeled zucchini and carrot

Finely chop onion

Dice bacon

Combine zucchini, onion, carrot, cheese, flour, oil

and beaten eggs

Season with salt and pepper and pour into greased

flan tin

Bake for 40 minutes at 180 degrees



SAVOURY MEATBALLS

Ingredients

500 grams mince
1 tablespoon chopped parsley
1 cup breadcrumbs
1/2 teaspoon mixed herbs, salt and pepper
1 egg
1 finely chopped onion
1 tablespoon chutney
1 tablespoon Holbrook sauce
1 tablespoon tomato sauce
Breadcrumbs

Method

Place all ingredients into bowl and mix
Shape into meatballs and roll in flour, then
beaten egg and then breadcrumbs
Deep fry in hot oil
Serve on toothpicks with parsley garnish



TASTY JACKET POTATO

Ingredients

- 4 medium potatoes
- 2 cups shredded cabbage
- 1 small carrot, grated
- 2 spring onions, finely chopped
- 2 tablespoons low fat mayonnaise
- 200g tub cottage cheese

Method

- Scrub potatoes and cut a cross in each
- Cook in microwave for 12 minutes
- Mix veges and mayonnaise
- Leave potatoes to stand for 2 minutes
- Squeeze open and fill with vegetables
- Top with cottage cheese





IMPOSSIBLE PIE

Ingredients

1/2 cup plain flour
125 grams soft butter
2 cups milk
1 cup caster sugar
2 teaspoons vanilla
1 cup coconut
4 eggs

Method

Mix all ingredients in bowl with
electric mixer
Pour into greased flan and
bake for 1 hour at 180 degrees
The base, filling and coconut
top will form as it cooks





PLAIN CAKE

Ingredients

125 grams butter
2/3 cup of sugar
2 large eggs
Splash of vanilla
1/2 cup milk
2 cups self-raising flour

Method

Cream butter and sugar, add eggs and vanilla
Sift in flour and gradually add milk
Bake for 40 minutes at 180 degrees

VARIATIONS

Chocolate:

Add 3 tablespoons cocoa, 2 tablespoons orange juice and increase milk to 3/4 cup

Orange Ring Cake:

Add grated rind of 1 orange and 1 tablespoon of orange juice

Marble Cake:

Divide mixture into 3 portions and colour pink, cocoa mixed with hot water and leave the third portion plain



COCONUT CRISPS

Ingredients

4 tablespoons butter
1 cup sugar
1 cup coconut
1/4 cup crushed nuts
1 egg
1 cup self-raising flour
3/4 cup sultanas

Method

Cream butter and sugar
Add eggs and mix in coconut, nuts and sultanas
Roll into small balls and press with fork
Bake for 15 minutes at 180 degrees

PIKELETS

Ingredients

1 egg
1/2 cup milk
2 teaspoons melted butter
1 cup self-raising flour
3 tablespoons sugar
pinch of salt
Butter or oil for frying

Method

Place egg, sugar and half the milk into a bowl and whisk well
Sift flour and salt and add to mixture
Add rest of milk and melted butter
Mix well and cook in pan with butter or oil



CHOCOLATE CHIP COOKIES

Ingredients

125 grams butter
1/2 cup caster sugar
1/2 cup brown sugar
1/2 teaspoon vanilla
1 3/4 cups self-raising flour
1/2 teaspoon salt
125 grams chocolate chips
60 grams walnut pieces
1 egg



Method

Cream butter and sugars, add vanilla
Gradually add beaten egg - beat well after each addition
Mix in flour and salt
Add chocolate chips and chopped walnuts
Shape teaspoonsful of mixture into small balls and place on
lightly greased oven tray, allowing room for spreading
Bake at 180 degrees for 10-12 minutes



SCONES

Ingredients

- 3 tablespoons icing sugar
- 1 cup cream
- 3 cups self-raising flour
- 1 cup milk

Method

Sift dry ingredients and make well in the centre
Using a knife, mix cream and milk through dry ingredients
Cook in a hot oven until brown

NUTS AND BOLTS

Ingredients

250 grams butter

500 grams Nutrigrain

500 grams mixed salted nuts

1 teaspoon garlic salt

1 teaspoon paprika

1/2 teaspoon cayenne pepper

2 teaspoons Worcestershire sauce

2 tablespoons oil



Method

Melt butter and oil together over low heat

Add Worcestershire sauce, garlic salt, paprika and cayenne to butter

Combine Nutrigrain and nuts and place in large baking dish

Pour butter mix over Nutrigrain and nuts and bake at 125 degrees for approximately 60 minutes, turning every 15 minutes with egg flip

Allow to cool and store in an air-tight container

EASY SLICE

Ingredients

125 grams butter
1 dessertspoon syrup
1 egg
1/2 teaspoon vanilla
1/2 cup sugar
1 1/2 cups self-raising flour
1/2 cup coconut
1 cup dates
1/2 cup mixed fruit

Method

Melt butter and syrup
Add egg and other ingredients
and mix well
Bake at 180 degrees for 25 - 30
minutes
After it cools and is still warm,
spread with lemon icing (icing
sugar and lemon juice)



SKILLS

MENU

TEAMWORK

HEALTH AND WELLNESS

MAKING HEALTHY CHOICES

LITERACY & NUMERACY

BUDGETING | SHOPPING

HANDLING MONEY

FOOD SAFETY | CLEANING & HYGIENE

COOKING TECHNIQUES | FOOD PREPARATION

SOCIAL INTERACTION | COMMUNITY INCLUSION

HAPPY COOKING





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