

Petersham Baptist Church:

**GOOD
FOOD**
for feeding and fellowship

PETERSHAM BAPTIST CHURCH

Service times 9:30am and 5:30pm

Corner Hunter Street and The Boulevarde, Lewisham

Tel **95183599** Web **www.petersham.bcnsw.net.au**

pbc

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Below each recipe:

Vegos

Don't forget them! They may be a minority, but they need food too, so always ensure a vego option is available. Check this section for options and suggestions

Handy Hints

Check this section for shortcuts and tips to help make things easier

General Handy Hints

- Quantities given in this booklet are for approximately 90 people.
- Always make an additional vegetarian option for approximately 10–15 people.

Start Here

- Be really organised. Talk about cooking the Sunday or two before it's your turn: sort out who will be chief chef (organising what to make) and who will shop.
- The team should have at least 4 people – mostly need at preparation stage.
- Occupational Health and Safety – safe food needs safe preparation.

What to Buy

- BUDGET brands where possible!
- Fresh vegetables – healthy and usually cheap (Harris Farm at Ashfield!).
- A jar of minced garlic instead of cloves, shredded cheese instead of a block, pre-cut meat (e.g. diced ham, mince).
- Bread rolls if you need them, from the Asian Bakery on New Canterbury in Petersham. Pre-order them! (You should be able to bargain 5 for \$1.)
- Check PBC's cupboard (in the kitchen) for supplies, e.g. cans of tomatoes, oil. Fridge items may also be available – they should be labelled and dated in fridge.

Cooking

- Start early. Shop at 3 pm on Sunday. Prepare from 4 pm otherwise you'll miss the sermon. Allow a minimum of 2 hours from prep to cooked.
- Cook ingredients in separate batches when you can e.g. onions in frypan, steamed vegies in microwave. Then you can bring it all together and know that it's fully cooked.
- Add spices at the beginning and herbs at the end of the meal. 'If cooked for a long time – Spices Strive & Herbs Hide'. Herbs lose their flavour if cooked for too long; add them in 10 – 15 minutes before serving.
- Cook rice in the oven: Pour oil into the base of rectangle metal trays. Add 1 part rice and then 2 parts water. Cover with aluminium foil. Put in oven & allow 40 mins to 1 hour, checking every now & then. Cook rice al dente (slightly firm) instead of overcooked and soggy. It will keep cooking a little after you've taken it out of the oven.
- Remember to clean up as you go. This makes it easier for those on clean-up, they won't have to stay too late after the service! Rinsing pots, chopping boards and bowls immediately after use makes the clean-up quicker.

PLEASE RETURN THIS BOOKLET TO PBC SO IT IS AVAILABLE TO ALL

1 Penne Bolognaise

Ingredients

500 ml bottle of oil

15 medium sized onions, chopped

25 carrots, diced

1 bunch of celery (you can substitute zucchini for celery), chopped

8 kg mince

100 – 150 g herbs

375 g Tomato Paste

6 400 g canned diced tomatoes

10 x 500 g packets of Penne or similar pasta

To make

1. In batches: heat 2 tablespoons oil in saucepan, cook onion for 2–5 minutes until clear, add garlic, cook for a further 2 minutes.
2. Put water into large saucepans & boil for pasta. When cooking pasta remember it should be al dente. Soggy pasta is never nice.
3. Add carrots & celery, cook for 5–10 mins until softening.
4. Add mince, stir until browned through.
5. Add tomato paste & cans of tomatoes & herbs. Stir well & cook for 15 – 20 mins.

Vegos

Make a batch with various vegies – capsicum, zucchini – substitute 1.5 kg mushrooms for mince.

Handy Hints

→ Pasta needs 20 mins to cook, so allow for this; to stop pasta sticking together once cooked, just add a few teaspoons of olive oil to pasta and stir through (after draining water)

→ Penne is a short pasta, and so easier to cook than spaghetti.

2 Ratatouille

Ingredients

- 6 – 8 large eggplants
- 6 large zucchinis (or use cucumbers instead to save on cost)
- 1 bag of onions
- 6 red chillies
- 10 x 800 g tins of tomatoes
- 1 jar of minced garlic (or a bunch)
- 1 500 ml bottle of oil
- 8 capsicums
- 1 bunch of fresh basil
- 6 kg rice

To make

1. Dice onions, capsicum, eggplant & zucchini.
2. Chop garlic finely if you haven't bought a jar of garlic.
3. Sliver the chillies.
4. Distribute oil amongst large pots (you should be able to make approximately 3 – 4 pots of mixture).
5. Add the eggplant & cook until it's soft (it'll start to turn a greenish colour).
6. Add onions, capsicum, zucchinis, canned tomatoes, garlic & chilli (remember to make one pot without much chilli).
7. Make rice in oven (see hints page for how to make perfect rice).
8. 10 minutes before serving, add the basil. If added too early it will lose flavour.

Vegos

This is vego!

Handy Hints

→ Check the meal during service, stirring the ratatouille to ensure it doesn't burn & checking the rice to make sure it isn't overcooked.

→ Rice will take approximately 40 mins to an hour to cook, so be sure to put it in by 5 pm to be sure.

3

Pizza

Ingredients

- 20 x Turkish breads
- 10 onions
- 1 jar of minced garlic
- 650 g jar of tomato paste
- 1 bunch of fresh basil
- 1 kg fresh tomatoes
- 5 capsicums
- 500 g tin pineapple
- 1 kg pre-diced or shaved ham (from supermarket deli)
- 1 kg chicken
- 4 chillies
- 6 bags of shredded cheese
- 1 bottle of BBQ sauce (not necessary just a nice touch)

To make

1. Cut and/or dice all topping ingredients.
2. Cut the Turkish bread in half so you can spread the paste onto it.
3. Spread tomato paste or BBQ sauce onto Turkish bread.
4. Sprinkle small amount of cheese on bread.
5. Put ingredients you wish onto bread.
6. Sprinkle basil or chilli to taste, and some salt & pepper.
7. Sprinkle cheese on the top.

Vegos

- Make sure some pizzas are vego!
- Make one without cheese.

Handy Hints

- You can buy from Dominos or Pizza Hut and bargain for \$5 a pizza because you are buying in bulk.
- Chicken thighs are cheaper than breasts, or if you have enough dosh, buy BBQ chickens and shred to add to pasta bake

4

Spinach Bake & Potato Bake

Ingredients

- | | |
|---|------------------------------|
| 10 kg potatoes | in bulk from Coles for \$17) |
| 6 bunches of spinach | 8 dozen eggs |
| 15 large onions | 500 g plain flour |
| 1 cup oil | 150 ml of soy sauce |
| 4 packets of shredded cheese | salt & pepper to taste |
| 2 kg of bacon (you can buy this pre-cut | 1 L milk |

To make

1. Peel potatoes & slice thinly (approximately 2 mm thick). Dice onions.
2. Wash spinach & slice into thin strips. Wash again in a colander – it can be dirty!
3. Egg Mixture: Break eggs into bowl (hint: break one into a cup & then add to mass of eggs, in case one of the eggs is off or a blood egg). Add in milk, soy sauce, salt & pepper. Whisk together, just like you're making scrambled eggs.
4. Using large rectangle metal tray, pour oil on tray and spread over the base.

Potato Bake

5. Put one layer of potato on base of tray, then sprinkle a few handfuls of onion and bacon and some flour over the top. Pour over some egg mixture, and mix it roughly with your hand so that all the flour is mixed in.
6. Put on next layer of potatoes and repeat step 5.
7. Put cheese on top with a sprinkling of salt and pepper.

Spinach Bake

5. Put one layer of potato on base of tray, then sprinkle a few handfuls of onion and bacon and some flour and egg mixture over the top. Just like step 5 of Potato bake.
6. Put Spinach on top (remember to pile it up – even over the top of the tray – spinach packs down when cooked).
7. Add more bacon, onion, flour and egg mixture and roughly mix with hands so that all the spinach is covered.
8. Put cheese on top with a sprinkling of salt and pepper.

Handy Hints

- These dishes take approximately 40 mins to bake. Also remember to make one dish without bacon for the Vegos. Perhaps this could be one of the Spinach dishes.
- You can buy cheap groceries from Harris Farm at Ashfield.

5

Pasta Bake

Ingredients

- 10 x 500g packets of small pasta (Penne, Rigatoni, Tortiglioni etc)
- 1 kg potatoes, diced
- 8 capsicums, sliced
- 1 kg tomatoes, diced
- 10 medium onions, diced
- 6 – 8 570 g jars of sauces (tomato & cream-based for two types of bakes)
- 5 – 6 bags of shredded cheese
- 2 kg chicken
- 1 kg pre-diced bacon (from supermarket deli)
- 1 kg carrots, sliced or shredded
- salt & pepper to taste

To make

1. Boil pasta in slightly salted water, leave slightly under cooked (it will cook completely in the oven).
2. Stir through sauce.
3. Stir in vegetables & chicken or bacon if desired.
4. Sprinkle on cheese, with salt & pepper to taste.
5. Bake in oven for recommended time.

Vegos

Leave meats out of one third of the pasta bake total

Handy Hints

→ Chicken thighs are cheaper than breast, or if you have enough dosh, buy BBQ chickens and shred to add to pasta bake

6 Jacket Potatoes

Ingredients

10 – 20 kg pre-washed potatoes
4 – 5 600 g cartons of sour cream
5 bags of shredded cheese
2 kg pre-cut bacon (from supermarket deli)
2 lettuce
12 carrots, grated
10 onions
2 x 440g cans corn
1 x 500 ml bottle olive oil
aluminium foil

To make

1. Pre-heat oven to 180°C.
2. Cut any large potatoes in half. Roll the potatoes in a mixture of oil, garlic & salt. Wrap in foil.
3. Put the potatoes into the oven ASAP as they will take at least an hour to cook. Fit them all in on racks and trays, 2 piles high.
4. Prepare the remaining ingredients – grate carrot, cut lettuce, dice onion.
5. Fry bacon and onion.
6. Put each item into a separate bowl.
7. Leave potatoes in foil when serving to keep them hot. People can unwrap them themselves when ready.

Vegos

Self-serving, so meat can be left out.

Handy Hints

→ pre-washed potatoes can be bought as 10 kg bags for \$8 at Harris Farm in Ashfield.

→ Use the 2-line method to serve (people then pick and choose the ingredient they like) – but ration out meat portions.

7 Hot Dogs

Ingredients

5 kg sausages (sausages are preferred over frankfurts, however frankfurts are still optional)

10 onions

8 x 500g shredded cheese

500g canola spread/margarine (for rolls)

3 x 500 ml bottle of tomato sauce (squirt bottle)

500 ml bottle of mustard

130 bread rolls

salad (primarily for vegos) – 2 lettuce, 12 tomatoes, 8 carrots (grated),

4 cucumbers (can also make coleslaw)

To make

1. Cook sausages in pan or heat frankfurts in water (don't over cook). It may also be possible to cook sausages in the oven.
2. Cook onion until transparent/brown.
3. Prepare a salad or coleslaw.
4. Put onion and shredded cheese in separate bowls, to go on top of hot dogs.
5. Remember to put out tomato sauce & mustard.

Vegos

Salad rolls unless you buy vego sausages or patties

Handy Hints

- if you are doing sausages, see if you can borrow a bbq from Flo Harris Lodge,
- pre-order rolls at Petersham Asian Bakery – you may be able to bargain 5 for \$1,
- so that frankfurts don't split, put in cold water and simmer - don't boil.

8 Nachos

Ingredients

10 x 400g cans of refried beans
10 onions, diced
4 kg mince
5 packets of taco sauce
10 x 300 g packets corn chips
1.5 kg grated cheese
8 x 400g cans of diced tomatoes
2 600 g jars of salsa sauce

To make

1. Chop and cook onions until clear/brown.
2. Add mince and cook until brown.
3. Add canned tomatoes, refried beans and taco sauce and simmer for 10 mins.

To serve

Allow people to place corn chips on their own plate. Serve them a scoop of the bean, tomato and mince sauce. Allow them to top the nachos with grated cheese and salsa sauce.

Vegos

Cook a small batch of onion, beans and tomatoes – no mince.

Handy Hints

→ Other possible toppings – sour cream, diced fresh tomatoes, guacamole, diced capsicum.

9

Salad Rolls

Ingredients

- 130 bread rolls (approximately)
- 2 lettuce
- 15 tomatoes
- 2 kg grated cheese
- 3 BBQ chicken
- 1 kg tuna or 1 kg cold meat (e.g. shaved ham)
- 1 kg bag of carrots, grated
- 1 large jar mayonnaise
- 1 small jar mustard
- medium tub margarine/butter for spreading on rolls

To make

1. Cut all rolls in half, spread margarine on some of the rolls (only some people will want margarine).
2. Slice tomatoes, break up lettuce, grate carrots, break up tuna & tear up chicken. Put them all in separate bowls.
3. Prepare any other salad items.

Vegos

Self-serving, so meat can be left out.

Handy Hints

- Setting up the service area, you may want to use the 2-line method to speed up serving time.
- Add additional salad items if you so desire.

10 Pies

Ingredients

130 pies and/or sausage rolls (approximately). Make sure you buy some vego.
2 lettuce
12 tomatoes
5 capsicums
5 red (spanish) onions
500 g mushrooms
2 varieties of salad dressing

To make

1. Break up lettuce, dice tomatoes, cut up capsicums, thinly slice onions and slice mushrooms.
2. Toss together in a few bowls as mixed salad. Don't add the dressing, let people add their own dressing.
3. Put pies & sausage rolls into the oven. It will be a tight fit. Remember to continually check them. You can add an extra batch into the oven during service period, they shouldn't take too long to cook.

Vegos

It's important to have some kind of salad as well as the pies/sausage rolls. This is why a tossed salad is recommended. You may wish to make another variety of salad as detailed on other pages in this book.

Handy Hints

→ Remember which pies are vego, chicken, mince for when it comes time to serve.

11 Easy Tomato Pasta with pre-made sauces

Ingredients

- 8 x 500g bags of short pasta (Penne, Rigatoni, Tortiglioni, Farfelle, shells etc)
- 3 x 570 g jars of creamy/white pasta sauce (e.g. Chicken Tonight)
- 3 x 570 g jars of tomato-based pasta sauce
- 10 onions
- 5 capsicums
- 1 kg of chicken
- 10 tomatoes
- 2 kg shredded cheese
- 1 jar minced garlic

To make

1. Dice onions, capsicum, tomatoes & chicken.
2. Cook pasta in large saucepans (until almost al dente).
3. Strain off water & keep pasta in the large pans.
4. Fry onion in batches in electric frypan, with a teaspoon of garlic for each batch.
5. Fry chicken till golden brown in separate frypan.
6. Add cream sauce to one batch of pasta & tomato based sauce to the other
7. Add chicken to cream sauce and capsicum and tomatoes to tomato based sauces, and add onion to both sauces.
8. Stir sauces through, cook until al dente.

Vegos

Make a batch with various vegies – capsicum, zucchini and substitute 1.5 kg mushrooms for chicken.

Handy Hints

→ Pasta can take 20 mins to cook, so allow for this; to stop pasta sticking together once cooked, just add a few teaspoons of olive oil to pasta and stir through (after draining water).
→ be careful with chicken and hygiene; chop separately to vegetables.

12 Minestrone Soup

Ingredients

- 15 onions
- 10 bacon rashers (or pre-cut bacon bits from deli)
- 10 x 400 g diced tomatoes
- 15 carrots
- 15 potatoes
- 1 bunch of celery
- 15 zucchini
- 1.2 kg green beans
- 6 cups of macaroni
- 1 bunch of fresh parsley
- 15 x 400 g cans kidney beans
- 2 packets of parmesan cheese
- 1 jar minced garlic
- 20 L powdered stock
- 1 large jar tomato paste

To make

1. Heat oil, cook onion, &/or bacon, add garlic & cook until golden brown.
2. Add stock, tomato, carrot, potato, celery and tomato paste. Bring to the boil, reduce heat & simmer for 20 minutes.
3. Add zucchini, green beans, macaroni, & parsley, simmer for 15 minutes. Rinse & drain kidney beans & add them to the mix.
4. Serve in bowls, topped with parmesan.

Vegos

Make one batch without bacon – make sure the onions for this are cooked separate to bacon.

Handy Hints

Canned butter beans or borlotti beans can be substituted for the kidney beans.

13 Hearty Vegetable Soup

Ingredients

9 cups (1.8 kg) dried soup mix
9 large onions
9 green/red capsicums
18 zucchini
1 bunch celery
1 kg of mushrooms
20 carrots
10 large potatoes
4 kg pumpkin
18 – 20 litres vegetable stock
500 ml bottle olive oil

To make

1. Dried soup mix will need to be soaked for 8 hours beforehand so do this at home
2. Heat a dash of oil in electric frypan & cook onion in batches until soft & lightly golden. Cook capsicum, zucchini, celery & mushrooms (all separately) in similar manner – then mix all together in about 4 large pots – heat through
3. Chop carrots, potatoes and pumpkin and steam slightly in batches in microwave, add to each pot & stir to combine. Add stock.
4. Drain the soup mix and add to pots, bring to the boil & reduce heat.
5. Simmer for about 45 minutes or until the vegies & soup mix are very soft.

Vegos

This is vego!

Handy Hints

→ Dried soup mix is a combination of split peas, barley, lentils & dried beans. It is available from supermarkets.

→ When using the big pots to simmer/cook large quantities you will need to stir well every 5 minutes to ensure even cooking and no burnt pots! (If cooked, turn off stove during service - keep lids on pots though.)

14 Pumpkin Soup

Ingredients

- 12 kg pumpkin
- 1 kg carrots
- 12 onions, diced
- 12 litres chicken stock
- 2 cups cream (approximately)
- 560 g butter
- 2 large cartons sour cream
- 1 bunch fresh chives
- 100 bread rolls

To make

1. Cut pumpkin into large (5 cm) cubes/pieces then cut off skin. Option to cut down to 2.5 cm pieces (for quicker cooking). Roughly diced carrot.
2. Heat some butter in pan & cook onion in batches.
3. In large pots distribute pumpkin, carrot, stock & onion.
4. Put lids on and bring to the boil, then reduce the heat & simmer for 20 minutes or until pumpkin is tender.
5. Use a potato masher or blender to make the hot mix into a puree.
6. Add cream & salt & pepper to taste, stir through over low heat, being careful not to burn the bottom.
7. Serve with sour cream & chives.

Vegos

This is vego!

Handy Hints

- Pumpkin can be steamed slightly in the microwave to help in cutting & getting skin off.
- Be careful not to burn bottom of pots, stir well every 5 minutes or so.
- Pre-order bread rolls to get a cheaper buy.

15 Creamy Tomato Soup

Ingredients

250 ml olive oil
12 onions
1 jar minced garlic
60 x 400 g cans of tomatoes
15 litres vegetable stock
1 large jar tomato paste
250 g brown sugar
5 litres cream
100 bread rolls

To make

1. Heat oil in pan and cook onion in batches in frying pan on stove, or in electric frypan. Add 1 – 2 teaspoons of garlic in each batch of onion. Cook until onion and garlic are golden brown. Divide onion amongst approximately 4 – 5 large pots on stove and add tomatoes comparative to pot size.
2. Add stock (cubes or powder dissolved in warm water), tomato paste & sugar. Bring to boil, stirring often, then reduce heat.
3. Simmer soup, partially covered with lid for 20 minutes (stirring every 5 minutes – be careful of bottom contents burning).
4. Cool for a bit if possible then puree with a potato masher blender, until smooth.
5. Return soup to pots, stir in cream & reheat gently. Don't let soup boil once you have added the cream or it will curdle.

Vegos

This is vego!

Handy Hints

If you have enough dosh, buy a bunch of parsley, chop and garnish, fresh parmesan is great too.

16 Chicken Noodle & Corn Soup

Ingredients

20 litres chicken stock
20 cups (2.5–3 kg) chicken thigh fillets, diced
3 kg vermicelli
10 cups (2 bunches) chopped parsley
12 x 400 g cans of corn kernels
1 jar minced garlic
10 onions
100 bread rolls
margarine for spreading on rolls.

To make

1. Dice onions and cook in electric frypan in batches, adding 1 – 2 teaspoons to each. Cook until golden and clear.
2. Make stock (dissolve cubes or powder well in warm water), bring to the boil in four pots on stove. It will boil more quickly if you put a lid on the pan.
2. Using an electric frypan, lightly pan fry (in batches) chopped thigh fillets in butter until golden and cooked through.
3. Break vermicelli into pieces and add to pots along with onion, drained corn and shredded chicken.
4. Simmer for 5–10 minutes to heat through and until noodles are tender.
5. Stir in chopped parsley & serve immediately with bread rolls.

Vegos

Make one of the soups without chicken.

Handy Hints

Use BBQ chicken instead of thigh fillets.
Vermicelli (as known as capellini) noodles look like spaghetti but they are much thinner .

17 Potato & Leek Soup

Ingredients

- 1 bottle vegetable oil
- 2 bunches of leeks, chopped
- 2 bunches of celery, diced
- 10 onions, diced
- 1 jar minced garlic
- 2 kg bag potatoes, coarsely chopped
- 3 litres vegetable stock
- salt and ground black pepper to taste
- 100 g dried thyme
- 2 litres light cream
- 1 bunch fresh parsley, chopped
- 100 bread rolls

To make

1. In electric frypan, heat 2 – 3 tablespoons of oil and cook in batches, the leeks, celery, onion and 1 teaspoon garlic (per batch).
2. Saute over medium heat, until the vegetables are soft.
3. Divide amongst 4 –5 pots on stovetop. Stir in vegetable stock, potatoes, salt, pepper and thyme; bring to the boil.
4. Simmer over medium heat for 20 to 30 minutes, until the potatoes are easily pierced with a fork.
5. Add the cream and herbs and return to a light simmer, stirring occasionally.
6. Remove the soup from the heat and let sit a few minutes before serving.
7. Serve with bread rolls.

Vegos

This is vego!

Handy Hints

Optional fresh herbs to add
(great for flavour!)

→ 1 bunch of chopped fresh dill

→ 1 bunch of chopped fresh tarragon

18 Fried Rice

Ingredients

olive oil
3 dozen (36) eggs
12 onions
1 kg of pre-diced ham
2 kg rice
1 kg frozen peas
750 ml soy sauce

To make

1. Cook rice with rice method described on handy hints page at beginning of this book. (Baking in trays in oven – very effective)
2. Heat oil in a non-stick fry pan and pour in five beaten eggs, cooking flat omelettes in batches. Be sure to turn & cook both sides.
3. Remove omelettes from the pan, cool slightly & chop into small pieces or strips.
4. Heat some more oil in the pan & add onion, fry until transparent, add ham & fry for 2 minutes.
5. Add rice & peas & cook until heated through & slightly golden. Cook everything in 4 large pans to ensure everything is cooked thoroughly & doesn't burn.
6. Finally, stir in the omelette, soy sauce & any other desired ingredients.

Vegos

Leave ham out of a batch to feed approximately 10 people

Handy Hints

Feel free to add any other favourite ingredients, such as spring onions, capsicum and mushrooms.

19 Vietnamese Spring Rolls

Ingredients

- 8 packets of rice paper
- 2 kg of chicken thigh fillets, diced
- 1 kg bag of carrots, grated
- 10 onions, diced & fried
- 200 g snow pea sprouts
- 200 g bean sprouts
- 7 lebanese cucumbers, cut into strips
- 1 575 g jar pre-made satay sauce
- 5 teaspoons of minced garlic
- 24 eggs
- 1 640 ml bottle of soy sauce
- 1 280 ml bottle of sweet chilli sauce
- 1 bottle of lime juice

To make

1. Grate carrot, peel cucumber into thin strips, put these and sprouts into separate bowls.
2. Fry onion and garlic for 2–3 minutes, add in diced chicken and cook until just turning brown. Add in satay sauce.
3. Put meat mixture to the side in own bowl.
4. Beat eggs 5 at a time, fry egg in batches as omelette and cut into strips.
5. Add soy, lime juice & sweet chilli sauce together for the dipping sauce.

Vegos

People will serve themselves and can leave meat out

Handy Hints

- Add any other ingredients you think may go well – such as capsicum strips, mint and ???
- Set up self-serving tables so that people can walk down either side, this will speed up serving time.
- Ration out chicken when serving.

20 Wraps

Ingredients

130 Lebanese wrap breads
2 kg chicken thigh fillets, chopped
2 x 575 g jars of either satay sauce or tomato-based sauce to cook chicken
12 onions
5 teaspoons minced garlic
2 – 3 lettuce
10 tomatoes
700 g mushrooms
1 kg bag carrots

To make

1. Dice the onions and fry in batches with garlic for 2 – 3 minutes each batch.
2. Dice chicken and cook with onion mixture until golden brown, add sauce and heat through.
3. Chop lettuce, grate carrots, slice tomatoes and mushrooms.
4. Place everything in separate bowls and put on tables.

Vegos

Do a mix of mushrooms and onions in the sauces above (separately of course).
People will serve themselves and can leave meat out.

Handy Hints

→ Substitute beef mince for chicken. Ration out meat when serving.
→ Set up self-serving tables so that people can walk down either side, this will speed up serving time.

21 Cottage Pie

Ingredients

1 cup olive oil	22 cups beef or vegetable stock
5 kg mince	8 x 425 g can crushed tomatoes
10 onions, diced	1 packet of frozen peas
12 carrots, grated	2 kg washed potatoes
1 bottle tomato sauce	800 g butter
	2 litres milk

To make

1. Preheat oven to moderate heat (180°C). Heat oil in a large frying pan (or electric frypan), add meat in batches, cook over medium heat. Stir continually until well browned. Break up lumps with a fork while cooking. Remove each batch from the pan & set aside.
2. Add more oil to the pan and stir in onion and carrot, cook in batches over medium heat for 3–4 minutes or until lightly browned.
3. Place meat, onion and carrot in various pots on stovetop. Stir in tomato sauce, stock and undrained tomatoes. Bring to boil, stirring well, reduce heat and simmer for 10–15 minutes or until the liquid reduces and mixture is thicker.
4. Stir in the peas and cook for 2 minutes. Turn off stovetop.
5. AT THE SAME TIME AS MEAT: Peel and roughly chop potatoes. Place in large pots with enough water to almost cover them. Bring to the boil, reduce heat and cook for about 5–10 minutes or until soft.
7. Drain the potato then return it to the pot. Add butter and milk and mash with a potato masher until smooth & creamy. Season with salt & pepper. This will all need to be done in small batches.
8. Spoon the meat mixture into a rectangle oven tray. Spread mash over the top of the meat mixture & bake in oven for 20 minutes or until the potato is lightly golden on top.

Vegos

Make a batch with refried or red kidney beans and mushrooms instead of mince.

Handy Hints

- Cut potato in 5 cm cubes and it will cook faster and be easier to mash.
- Potato can be steamed in the microwave instead of cooked on stovetop.
- An electric mixer can be used to blend potato.
- May need to borrow rectangle oven tray for baking from Flo.

22 Caesar Salad

Ingredients

- 3 bags of croutons
- 1.5 kg bacon rashers or pre-diced ham
- 15 cos lettuce
- 1.5 kg shaved parmesan
- 36 eggs
- 12 tomatoes
- 3 x 300 ml bottles of Caesar Dressing
- 8 BBQ Chickens (for 2/3 of the total salad)

To make

1. Fry bacon/ham until crisp in a non-stick pan over medium heat. Drain on paper towel and, if bacon, chop into 1cm cubes.
2. In 3 pots on stovetop, boil water and hard boil eggs (for 8 minutes). Rinse under cold water and leave for 10 minutes to cool, then peel.
3. Wash and drain lettuce. Tear the lettuce leaves into pieces and put in a salad bowl with the croutons, bacon, sliced tomatoes and eggs & parmesan.

Vegos

Make approximately 1/3 of the salad without chicken.

Handy Hints

- Make your own croutons by frying cubed bread bits in oil and garlic (should dry crunchy).
- Make this salad in conjunction with other salads for variety (adjust quantities accordingly).

23 Greek Salad

Ingredients

20 tomatoes

6 capsicums (red and/or green)

6 lebanese cucumbers

2 kg feta cheese

10 red (Spanish) onions

1 large jar of Kalamata olives (or large container from supermarket deli)

1 x 300 ml bottle Greek dressing

To make

1. Remove the small core from the top of each tomato and cut into 8 wedges.
2. Remove seeds from capsicum and cut into small squares.
3. Cut cucumber in thirds lengthways and then into slices.
4. Carefully chop feta cheese into small 1 cm cubes.
5. Thinly slice red onions.
5. Combine the tomato, capsicum, cucumber, onion, cheese and olives in large bowls to serve.

Vegos

This is vego!

Handy Hints

→ Make this in conjunction with other salads for variety or serve with sausages and bread rolls.

24 Pasta Salad

Ingredients

- 5 x 500 g packets pasta (wagon wheel or rotini)
- 3 – 4 jars tomato bolognaise-style sauce
- 1 bottle reduced-fat Italian dressing
- 1 bunch fresh basil, chopped
- 1 bunch fresh oregano, chopped
- 700 g fresh mushrooms, sliced
- 12 tomatoes, preferably roma, coarsely chopped
- 5 large cucumber, coarsely chopped
- 5 red onion, chopped
- 1 jar kalamata olives, drained and sliced
- 1 x 300 ml bottle Italian dressing

To make

1. Cook and drain pasta as directed on packaging, in 2 – 3 large pots on stove. Rinse with cold water; drain and add a small amount of olive oil to each pot, stir through (to stop pasta sticking together).
2. Mix tomato sauce, dressing, basil and oregano in large bowl. Add remaining ingredients and pasta; toss.
3. Cover and refrigerate.

Vegos

This is vego!

Handy Hints

Pasta takes at least 15 – 20 minutes to cook, so allow for this.

25 Tacos

Ingredients

150 – 200 taco shells
oil for frying
2 – 3 kg beef mince
5 – 8 sachets of taco seasoning
2 jars of tomato taco sauce
10 red (Spanish) onions, diced
2 bunches celery, diced
1 kg bag carrots, grated
12 tomatoes, diced
2 iceberg lettuce, sliced
4 x 500 g bags grated cheese
3 – 5 cartons sour cream

To make

1. Prepare vegetables for serving.
2. Heat oil in fry pan, fry mince beef in batches, adding some diced onion and taco seasoning to each batch. Set aside for serving.
3. Heat taco shells in a moderate (180°C) oven, on trays, for 10–15 minutes are until warmed.

Vegos

Substitute refried red kidney beans for some of the mince (e.g. 3 x 400 g cans).

Handy Hints

→ You may want to leave some red onions for putting on top of the tacos, or buy extra.
→ Instead of tomato taco sauce you can make a basic bolognese sauce.
→ Any other veges for Mexican food can be added, for example, canned corn kernels.

26 Cathy & Steve's Pasta Special

Ingredients

- 12 – 14 x 500 g bags of penne pasta
- 18 onions
- 1 jar minced garlic (8 teaspoons required)
- 15 kg pumpkin, diced
- 1.8 kg feta, cubed
- 10 bunches of rocket (can use buk choy or similar green leafy vegetable)
- butter for cooking
- 150 g mixed herbs
- salt and pepper to taste

To make

1. Heat oil in saucepan, cook onion in some butter for 2-5 minutes until clear/brown, add garlic and mixed herbs, cook for a further 2 minutes.
2. Add water into large saucepans & boil for pasta. When cooking pasta remember that it's best to leave it slightly al dente.
3. Chop pumpkin into 2 – 3 cm cubes and roast on trays in moderate oven (180°C) for 30 minutes or until beginning to char and crispy. Make sure you unsettle pieces midway so they cook evenly.
4. Roughly chop rocket or buk choy and microwave for 5 minutes in batches until soft and limp.
5. Chop feta into 1.5 cm cubes.
6. Carefully mix all ingredients together once cooked (including salt and pepper and some butter)

Vego's

This is vego!

Handy Hints

Pasta takes about 15-20 mins to cook, so allow for this; to stop pasta sticking together once cooked, just add a few teaspoons of olive oil to pasta and stir through (after draining water).
→ Slightly steam big pieces of pumpkin in microwave to make chopping easier.

