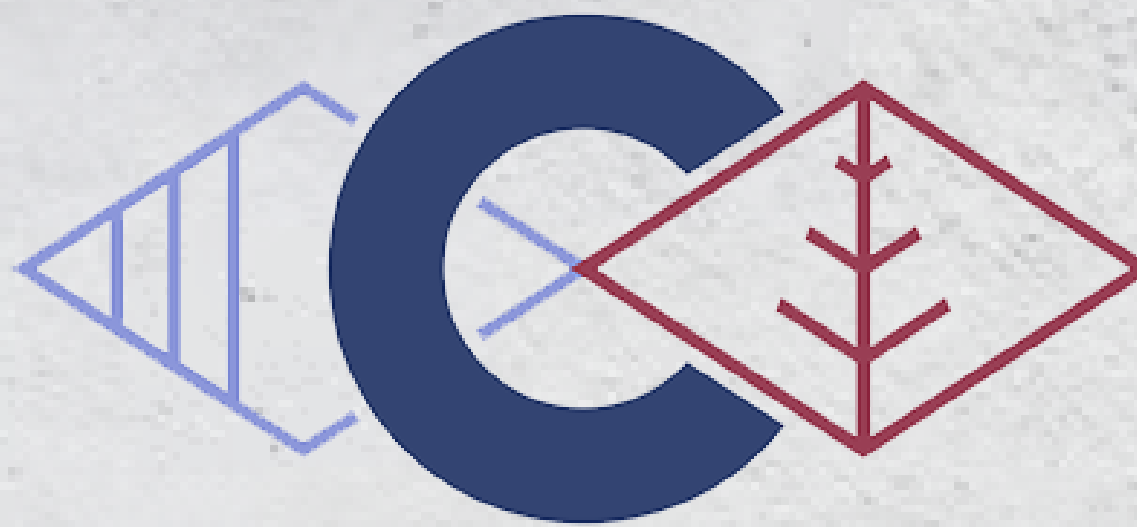


CRESTWOOD HIGH SCHOOL



VISION AND PROGRESS

Cooking in Lockdown

**A COMPILATION OF RECIPES
BY THE CRESTWOOD HIGH
SCHOOL COMMUNITY**

**Compiled by Crestwood High School
Student Representative Council 2021**

Dear Reader...

We know this lockdown has been tough on us all. A common way many of us have remained sane is by trying new foods and cooking new recipes with our familie members. With this in mind, the Crestwood high school SRC decided to create the "Cooking in Lockdown" Cookbook . A compiled a list of recipes from our Local Crestwood community. We hope you enjoy reading and recreating these recipes with your families as much as we did.

"Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain"

- Vivian Greene

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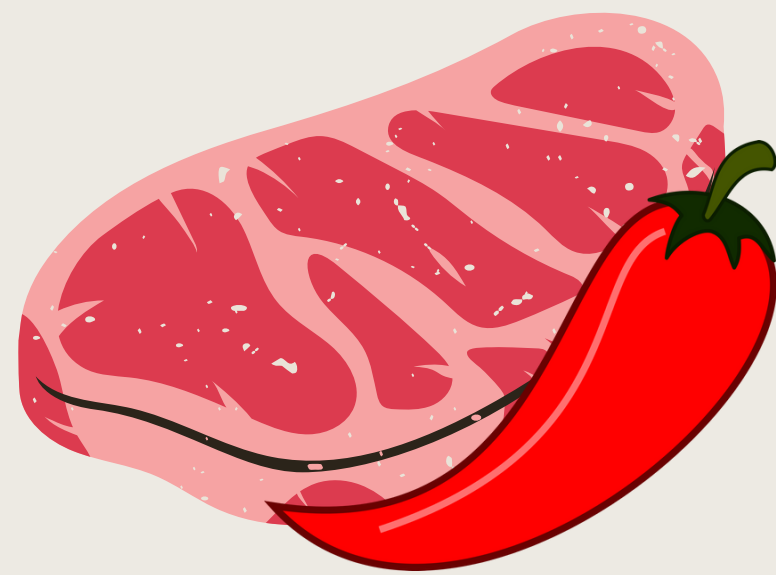
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MAIN DISHES

Mr Hinde's



Death Cart Beef

Ingredients

- 4 garlic cloves
- 4-10 bird's eye chillies
- Good pinch of salt
- 3-4 tbsp vegetable oil
- 4 eggs
- 500 gm coarsely minced beef
- About 4 tbsp fish sauce
- 1 tsp of white sugar
- ¼ cup stock or water
- 2 large handfuls of basil leaves

1. Coarsely chop the garlic with the chillies and salt.
2. Heat wok to high heat then turn down the heat and add 2 tablespoons of the oil. Crack in one of the eggs and fry gently, shuffling the egg to prevent it from sticking, until it has cooked to your preference. Spoon some of the hot oil over the egg to ensure the yolk cooks evenly. Carefully lift out the egg with a spatula and place it on a warmed plate, then fry the other eggs. Keep the eggs warm while you cook the beef.

4. Add more oil – you'll need about 4 tablespoons of oil all up in the wok. When the oil is hot, fry the garlic and chillies for a moment, but don't let it colour. Add the beef and continue to stir-fry for a minute until just cooked. Season to taste with the fish sauce and sugar but be careful not to make it too salty.

5. Add the stock or water and simmer for a moment. Don't let it boil or stew for too long, otherwise, the meat will toughen and too much liquid will evaporate – there should be enough to form a sauce. Stir in the basil and as soon as it is wilted, remove from the heat. It should taste rich, hot, salty and spicy from the basil.

6. Serve on plates with plenty of steamed rice and a fried egg on top.

Nonna Jones' Gnocchi



Ingredients

- 800g Mashing potatoes
- 2 Eggs
- 2 cups Plain Flour
- Salt and pepper
- Sauce
- Blue cheese
- 1 cup of Cream

1. Boil potatoes and mash finely with a ricer if you have one if not push through a sieve or mash with a kitchen masher.
2. Season mash with salt and pepper and pile onto the bench. Make a well in the centre like a volcano.
3. Place the egg in the centre and start to work it in with your hand.
4. Add half the flour and continue to work lightly with your hands but be light and gentle as you want

“I actually steam my potatoes as they are much drier and make a fluffier Gnocchi”

5. It will be dry but don't add more flour as it will smooth out as you kneed it. Divide i to 4 pieces

6. Roll ¼ of the mixture at a time into 2cmx30cm sausages

7. Cut into 2cm pieces. You can leave it as it is or roll onto a fork to make slight indents which help to catch the sauce later. Place the gnocchi onto a floured board and sprinkle with flour to stop them sticking together. When done drop into boiling water and cook for 3 minutes. I suggest you cook in 4 batches to make it easier and stop them joining together.

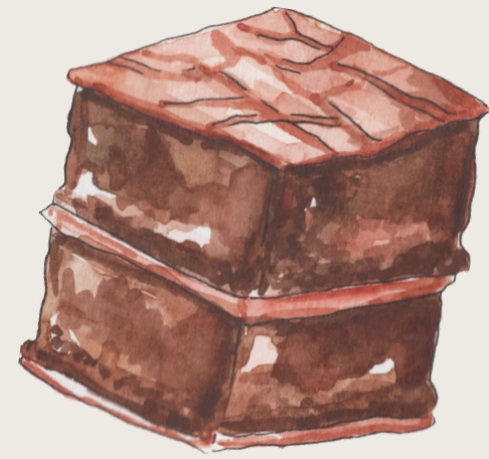
8. Scoop out the cooked gnocchi with a slotted spoon and then toss in a little olive oil. Place the cooked gnocchi into the prepared sauce and toss to cover.



DESSERTS



Shivani's Brownies



Best fudgy choc brownies

Ingredients

- 225g good-quality chocolate
- 12 Tbsp butter, melted
- 1 $\frac{1}{4}$ cups sugar (250g)
- 2 eggs
- 2 teaspoons vanilla extract
- $\frac{3}{4}$ cup all-purpose flour (95g)
- $\frac{1}{4}$ cup cocoa powder (30g)
- 1 tsp salt

Method

1. Preheat oven to 180°C. Line 20 cm square baking dish with parchment paper
2. Chop chocolate into chunks. Melt half of the chocolate
3. Mix butter & sugar with electric hand mixer, then beat in eggs & vanilla for 1-2 minutes until it is fluffy & light
4. Whisk in melted chocolate (not too hot or eggs will cook), then sift in flour, cocoa powder, & salt. Fold mixture but not overmixing
5. Fold in chocolate chunks, then transfer batter to baking dish
6. Bake for 20-25 minutes, then cool completely and slice to enjoy!

Ms Mournehis's

Baklava



Ingredients

- 1 packet filo pastry
- Half kilo crushed walnuts
- ½ cup white sugar
- 2 Tbsp cinnamon
- 2 Tbsp sesame seeds
- 4 Tbsp melted butter
- Syrup
- 1 cup sugar
- 1 cinnamon stick
- 2 cups water

Method

1. Mix cinnamon, sesame seeds, walnuts & sugar together and set aside
2. Get 1 piece of filo & brush with melted butter, layer another sheet on top & repeat until you have 3 sheets of filo
3. Sprinkle walnut mixture over filo & roll up. Place onto baking tray & brush with butter. Repeat until all filo is used
4. Bake at 180 degrees for 15 mins
5. In meantime, mix all ingredients together & allow to simmer for 15 minutes. Set aside to cool
6. When Baklava comes out of oven, pour cooled syrup over & allow it to absorb the syrup
7. Cut into slices & serve!

Isabella's

Banana Bread



Ingredients

- 50g Melted butter
- 125ml Milk
- 2 Eggs
- 2 Large bananas
- $\frac{2}{3}$ Cup of brown sugar
- 1 tsp Cinnamon
- $\frac{1}{4}$ Cups of plain flour
- $1 \frac{3}{4}$ Cups of self-raising flour

Method

1. Preheat the oven to 180 ° C. To gently oil an 11 x 21cm loaf pan, brush it with melted butter. Line the base and two opposing sides with nonstick baking paper, allowing some overhang on both sides.
2. In a large mixing bowl, sift together the flours and cinnamon. Make a well in the centre of the sugar and stir it in.
3. In a medium mixing basin, mash the bananas. Stir in the eggs, milk, and melted butter until completely mixed. Stir the banana mixture into the flour mixture until barely incorporated. Smooth the surface of the mixture after spooning it into the prepared pan.
4. Bake for 45-50 minutes, or until a skewer inserted into the centre comes out clean. Remove from the oven and leave aside for 5 minutes in the pan. Place the pan on a wire rack to cool fully. To serve, cut into slices.

Ysabella's Mexican Churros

Ingredients

- 60g of butter
- 60g of sugar
- 250ml of water
- 2 eggs
- 225g of flour

Method

1. Place the butter and water in a pot until it starts to boil.
2. When it begins to boil, add flour while mixing
3. Add the two eggs and mix the dough until it can come off the pot.
4. Fry with preferred oil (canola is recommended)
5. Add sugar and cinnamon as toppings



Mrs Ragnarssons's Lemon Yoghurt Cake



Ingredients

- 3/4 cup vegetable oil
- 2 eggs (optional)
- 1 tablespoon finely grated lemon rind
- 1/4 cup lemon juice
- 1 cup natural Greek-style yoghurt
- 1 cup caster sugar
- 2 cups self-raising flour

Method

1. Preheat oven to 160°C.
Grease a round cake tin.
2. Place the oil, eggs (if using), lemon rind, lemon juice, yoghurt and sugar in a large bowl and whisk to combine.
3. Mix in the flour and whisk until smooth.
4. Pour into the tin and bake for 50–55 minutes or until cooked when tested with a skewer. Allow to cool in the tin for 5 minutes (or slightly more if not using the eggs). Serves 10–12



When life gives you lemons...make lemon yoghurt cake!





Mrs Oakley's



Best Ever Choc-Chip Cookies

Ingredients

- 150g softened butter, unsalted
- 1/4 cup brown sugar
- 1/3 cup caster or white sugar
- 1 egg yolk
- 1 teaspoon vanilla extract
- 1 1/2 cups self raising flour
- Chocolate chips (any type, your preference)

Method

1. Preheat oven to 180°C
line a baking tray with baking paper
2. Mix (by hand or with a slow mixer) the butter, sugar and egg.
3. Add vanilla until mixed.
4. Add the flour in three batches, (half a cup at a time) stopping to get the mixture off the sides of the bowl.
5. Mix in chocolate by hand with a metal spoon.
6. Shape into balls, place on trays and bake for 12 minutes only.

“Add white chocolate chips and cranberries for a twist!”

Miss Melnikova's

Russian Pancake (Blinis)

Ingredients

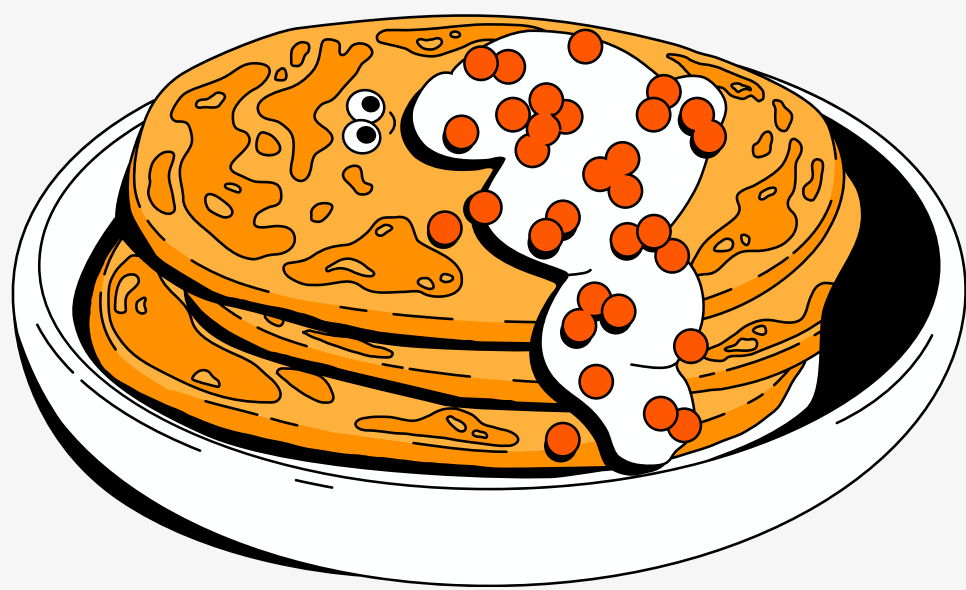
- 2 1/4 cups milk
- 3 eggs
- 1 pinch salt
- 1 tablespoon white sugar
- 1/2 teaspoon baking soda
- 1/8 teaspoon citric acid powder
- 2 cups all-purpose flour
- 1.5 tablespoons vegetable oil
- 0.5 cup boiling water
- 1/4 cup butter, divided

Method

1. Whisk together the milk and eggs. Stir in the salt and sugar. Mix well. Add the baking soda and citric acid.
2. Sift in the flour. Add the vegetable oil and pour in the boiling water, stirring constantly. The batter should be very thin, almost watery. Set the bowl aside and let it rest for 20 minutes.

3. Melt a tablespoon of butter in a small frying pan over medium-high heat. Pick the pan up off the heat. Pour in a ladleful of batter while you rotate your wrist, tilting the pan so the batter makes a circle and coats the bottom. The blini should be very thin.

Russian Pancake (Blinis)

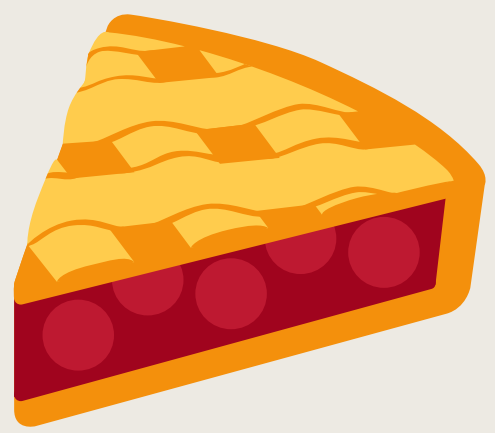
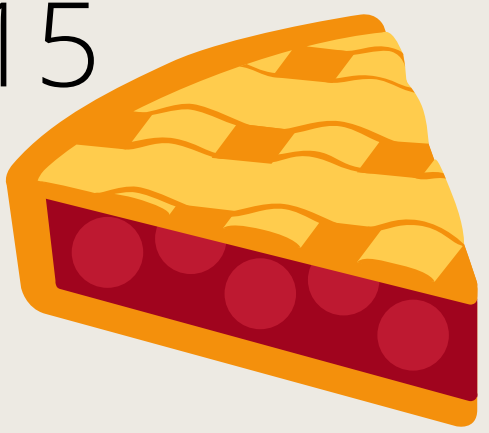


4. Return the pan to the heat. Cook the blini for 90 seconds. Carefully lift up an edge of the blini to see if it's fully cooked: the edges will be golden and it should have brown spots on the surface. Flip the blini over and cook the other side for 1 minute.

5. Transfer the blini to a plate lined with a clean kitchen towel. Continue cooking the blini, adding an additional tablespoon of butter to the pan after each 4 blini. Stack them on top of each other and cover with the kitchen towel to keep warm.

“Best enjoyed with sour cream, honey or your favourite jam.”

6. Spread your favourite filling in the center of the blini, and fold three times to make a triangle shape. You can also fold up all 4 sides, like a small burrito



GF & Dairy Free Apple Pie

Ingredients

- 4 x Apples (depends how much you want to make)
- 1/4 cup brown sugar
- Dairy free butter
- 1 teaspoon Cinnamon
- 3 Sheets of gluten free puff pastry

Method

1. Preheat oven to 180C. Defrost the puff pastry slightly if it is bought frozen. Then use a rolling pin to roll it out a little.
2. Place 1 - 2 sheets of the pastry at the bottom of your pan/dish
3. Peel and dice your apples
4. Place the apples, cinnamon and brown sugar in a bowl and mix together.
5. Poor mixture over the top of the pastry
6. Place extra pastry to layer over the top.
7. Brush the top of the pastry with dairy free butter.
- 8 Place in oven and bake for 20-25 minutes or until golden brown

“Best served with Dairy free icecream or whipped cream!”

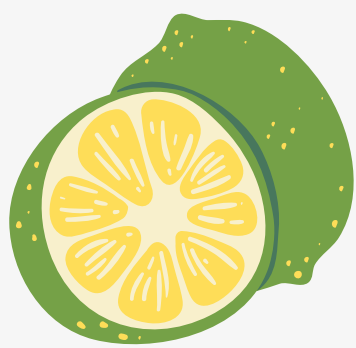
Mrs. Azzopardi's

Key Lime Pie



Ingredients

- 250g plain sweet biscuits (Arnott's Granita biscuits)
- 125 g butter melted
- 395 g sweetened condensed milk (not skim)
- ½ cup lime juice
- 4 eggs large
- 1 tsp lime zest grated
- 300 ml whipping or thickened cream for topping
- 1 tbs lime zest for grating



Method

1. Preheat oven to 160 degrees celsius (fan-forced).
2. Grease a 22cm loose-bottomed tin and set aside.
3. Crush the biscuits until they resemble fine crumbs. Add the melted butter and mix to combine.
4. Press the biscuit mixture firmly into the base and sides of the tin. Bake for 10 minutes in the oven. Remove and allow to cool.
5. Using electric beaters or a stand mixer, beat the sweetened condensed milk, lime juice, eggs and lime zest until thick and creamy (approximately 4-5 minutes).
6. Gently pour the liquid into the prepared base and bake for 15 minutes or until set. Allow to cool in the fridge for a minimum of 4 hours (preferably overnight).
7. Serve with whipped cream and extra grated lime zest.

Acknowledgements...

Thank you to all staff, students and parents who took time out of your busy days to contribute a recipe to this cookbook.

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