



**A lockdown project
Sept 2021**



THE MENU

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Tomato Sauce and Potato Slices**
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Oliver's Whoopie Pies



Ingredients

Cakes:

- 1 and 3/4 cups (250g) plain flour
- 2/3 cup (65g) unsweetened cocoa powder
- 1 and 1/4 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick/115g) unsalted butter, softened- room temperature
- 1 cup (200g) granulated sugar (or brown sugar)
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup (240 ml) buttermilk, room temperature



Marshmallow Filling (or use a cream cheese or buttercream frosting)

- 1/2 cup (1 stick/115g) unsalted butter, softened to room temperature
- 2 cups Marshmallow Fluff
- 1 cup (115 g/4 oz.) powdered sugar
- 1 teaspoon vanilla extract
- pinch of salt

Instructions

Make the cakes: Preheat oven to 350°F/180°C. Sift together flour, cocoa powder, baking soda, and salt. Set aside. Line 2 baking pans with parchment paper.

In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar until light and fluffy, about 3 minutes. Add egg, and vanilla and mix until combined, then mix in buttermilk. Slowly add dry ingredients, and mix just until combined.

Scoop mounds of batter, 1 and 1/2 tablespoons in size (I use this ice cream scoop), onto prepared baking sheets, spacing them 2-3 inches apart. Bake for 10-12 minutes or until the tops spring back when touched. Allow to cool completely on a wire rack.

Make the filling: Place all ingredients in a large bowl and beat with a mixer until creamy and fluffy. If the filling is too stiff, you can add a little heavy cream or milk.

Assemble the cookies: Spread filling on the flat side of half the cookies. Sandwich with remaining cookies, pressing down slightly so that the filling spreads to the edge of the cookies.

Store in the fridge, well covered, for up to a week.

Serve at room temperature.



James's Pizza Omlette



Serves 4

4 Mini wraps
A dozen eggs
Cheese (tasty or mozzarella)
Bacon pieces
Pepperoni
Salt
Pepper

This recipe is for a medium frying pan, it can be made with a large frying pan but it will require a large wrap and more eggs.



Instructions are:

Put pepperoni pieces onto a frying pan. Add bacon pieces and cheese, melt the cheese over low heat.

Beat 3 eggs and add salt and pepper (herbs optional). Put eggs onto frying pan over medium heat and cook for 1-2 mins with lid on.

Remove lid and put wrap on top of egg mixture. Press with a slotted turner so the eggs stick onto the wrap. Put lid on for 1 minute.

Remove lid and turn over egg mixture so the wrap can cook a bit. Press with a slotted turner to cook the eggs more.

Serve immediately,
repeat 3 times if serving for 4 people.



Choose a frypan to suit the size of your wrap



Ryan's Pan fried chicken with tomato sauce and potato slices



Ingredients:

- 1 piece of chicken maryland (with skin)
- 1 potato, sliced
- 50-80 mil of tomato sauce
- 1-2 table spoons of soy sauce
- 1-2 tea spoons of sugar
- 1 tea spoon of oyster sauce.

Cooking:

- Heat the pan till 70%,
- Put 1-2 tea spoon of peanut oil,
- Put in the chicken maryland, skin side down, medium high heat, fry for 2 minutes.
- Turn over side, keep frying for 1-2 minutes.
- Keep turning sides every 1-2 minutes for about 7-8 minutes. Get it out.
- Make the sauce by putting in the tomato sauce, soy sauce, sugar, oyster sauce, stir it up.
- Put in the potato slices, high heat stir fry for 1 minute, add water if needed, turn to medium low heat.
- Put in the chicken, stew for another 4-5 minutes, add a bit of water if needed.

Serve.



Cameron's Potato Wedges



What you need (2 people)

2-3 potatoes
Oil
Pink salt

Method:

1. Pre-heat oven to 180
2. Cut potatoes into wedges
3. Put in a bowl add some oil to coat and pink salt, mix up.
4. Then put on an oven tray and cook for 30mins or until golden brown
5. Then eat



Vidit's Garlic Naan



Ingredients:

- 3.25 cups- Plain flour + 3-4 tbsp extra.
- 1 tsp salt
- 1 cup lukewarm water
- 1 tbsp sugar
- 2 teaspoons or 7g of dry yeast
- 1/3 cup of lukewarm milk
- 2 tbsp of yoghurt
- 3 tablespoons of oil
- 2 large garlic cloves
- Nigella Seeds -optional

- Garlic butter
- 3 tbsp of butter
- 2 tsp minced garlic
- 3 tbsp green coriander



Steps

- In a bowl whisk together flour and salt. Keep aside.
- In another bowl add warm water, sugar and yeast and leave it covered for 5 to 10 minutes until yeast blooms.
- To this add lukewarm milk, yoghurt, and oil.
- Add flour and salt to the liquid mixture and mix until combined. Add grated garlic and knead until everything combines to get a sticky dough (1 to 2 minutes). Can add 1 -2 tbsp more flour if dough seems too sticky to work with.
- Cover and ferment for 1 to 1.5hrs.
- Once fermented, use oil in your hands to divide dough balls.
- Meanwhile, melt butter and add grated garlic and coriander. Keep aside.
- Use oil to stop dough from sticking, and stretch the dough to make a naan using a rolling pin.
- Brush little water on one side of the naan and stick the nigella seeds.
- Heat the pan on medium and cook until one side is ready to turn over. Cook the other side.
- Alternatively, Naan can be cooked in a 200 C oven for 5-7 mins.
- Once cooked apply garlic butter on to the naan and its ready to eat with your favourite curry.



Manuga's Sri Lankan Milk Rice



Sri Lankan milk rice is Sri Lanka's national dish that we make for every celebration in Sri Lanka. And a classic breakfast that everyone loves. Here's my easy recipe to make creamy delicious milk rice.

Ingredients:

- 1 cup of white raw rice
- 2- 2 1/2 cups water
- 1 cup of coconut milk
- Salt



Instructions (making using a pot)

1. Wash your rice first, then drain water and put it into a pot.
2. Add water and cook your rice using your usual method.
3. When the rice grains cooked well and become soft, add the coconut milk to the cooked rice and add salt.
4. Mix your rice and coconut milk very well using a wooden spoon until the rice grains breakdown and everything sticks together.
5. You can transfer the rice to a tray and shape it. Then you can cut a desired shape.
6. You can serve the milk rice with Sri Lankan Lunumiris.



Jack's Dinosaur Eggs



Ingredients

420g can tomato soup
500g mince
1 onion, grated
1 cup rice, cooked
1 cup breadcrumbs
2 eggs
Pinch of salt and pepper



Instructions

1. Preheat oven 180°C .
2. Place soup and a can of cold water in a baking dish.
3. Meanwhile, combine mince, onion, rice, garlic and parsley in a large bowl. Season with salt and pepper.
4. Using 1 tablespoonful mixture at a time, roll mixture into balls.
5. Place meatballs into baking dish.
6. Cover and bake for 1 hour or until meatballs are cooked through. Stand, covered, for 10 to 15 minutes. Serve with mashed potatoes or sides of your choice.



Dallas's Banana Bread



Ingredients

1/3 cup melted coconut oil
1/2 cup honey/maple syrup
2 eggs
2-3 bananas
1/4 cup milk/water
1 tsp baking soda
1/2 tsp salt
1/2 tsp ground cinnamon
1 3/4 cups flour
1 sml lid of vanilla

Optional Mix-ins

Nuts Choc chips
Raisins Dried Fruit



Instructions

1. Preheat oven 165°C and grease a loaf pan.
2. In a large bowl, beat oil and honey with a whisk.
3. Add eggs and beat well. Whisk in mashed bananas and milk.
4. Add baking soda, vanilla, salt and cinnamon. Whisk to blend
5. Use a big spoon to stir in the flour. If you are adding mix-ins, add them now.
6. Pour batter into greased pan, swirl cinnamon on top.
7. Bake for 55-60mins or until cooked through.
8. Let bread cool for 10 mins in pan then transfer to rack.

ENJOY!

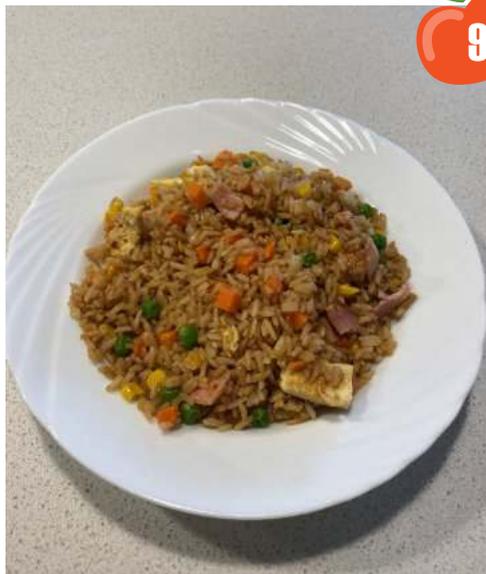


Gracie's Easy Fried Rice



Ingredients:

- 1 cup white long grain rice
- 2 tsp vegetable oil
- 2 eggs, lightly whisked
- 2 bacon rashers, chopped
- 1 cup of frozen mixed peas, corn and carrots
- 2 tbsp soy sauce



Steps:

1. Cook rice in saucepan or rice cooker
2. Once cooked and drained cool in fridge or freezer
3. Heat oil in frying pan, add eggs and swirl around to form an omelette. Transfer to board and cool then cut into small strips
4. Add bacon to pan and cook until golden. Add frozen veggies and cook for 5 minutes. Add rest of ingredients and then mix in Soy sauce. If you prefer you can add a bit more soy sauce and salt and pepper if you like.
5. Serve and Enjoy



Nushka's Cookie Dough Dip

Credit: Chocolatecoveredkatie.com



Prep Time 10 minutes,
Total Time 10 minutes,
Yield 3 cup

The suggestion is to scoop it onto crackers, fresh fruit etc, but we have found the best way to eat is straight out of the bowl with a spoon.

Ingredients

1 1/2 cups chickpeas or white beans
(1 can, drained and rinsed very well) (250g after draining)
1/8 tsp plus 1/16 tsp salt
just over 1/8 tsp baking soda
2 tsp pure vanilla extract
1/4 cup nut butter of choice, or allergy friendly sub
up to 1/4 cup milk of choice, only if needed
Sweetener of choice (see note below)
1/3 cup chocolate chips or sugar free chocolate chips
2-3 tbsp oats, flaxmeal, or almond flour as needed to thicken

Instructions

Add all ingredients (except for chocolate chips) to a good food processor, and process until very smooth.
Then mix in the chocolate chips. If made correctly and blended long enough, this should have the exact texture of real cookie dough!

Sweetener Notes: 2/3 cup brown sugar is the base. Sweeten to your taste preference. Liquid sweeteners (agave, maple syrup, etc.) are fine as well. You can get away with less sugar even only 3 tablespoons



Kookaburra's Apple Cinnamon Cereal

(A recipe to take on a
lightweight hike)



you'll need:

4 tablespoons *Peak Sherpa
Apple Cinnamon Tsampa
2 tablespoons coconut milk powder
1 teaspoon Swerve sweetener
1/4 teaspoon ground cinnamon

at home:

Combine all the ingredients in a medium-sized zip-lock bag.

on the trail:

Pour 1/3 cup cold or hot water into the bag with Apple Cinnamon Barley Cereal mix.

Stir well and enjoy!

You can change the coconut milk powder with any milk powder. The sweetener I use is half a teaspoon of stevia - liquid or cubed.

**NOTE: This is a freeze dried mix available from outdoor stores especially for hiking and active outdoor activities.*



Scrambled eggs in a bag

(from our Zoom
Masterchef night)



Ingredients

- 2 eggs
- 1 Tbsp water
- 1 Tbsp cheese shredded
- 1 Tbsp ham diced

additional ingredients (to your liking):

- bacon cooked & chopped, sausage cooked & crumbled
- tomato diced, capsicum diced
- onion chopped, mushroom sliced
- whatever other toppings you like

Instructions

Bring a large pot of water to a boil (appx. 2/3 full)

While waiting for the water to boil, crack eggs into a Ziploc heavy-duty, large freezer bag and add water.

Seal and shake, smash, squish the bag - whatever you can to get those eggs really beaten up.

Add any remaining ingredients that you would like, press as much air out of the bag as you can and seal tightly.

Smooch the ingredients around a little bit to get an even distribution.

Place bags (up to 6) in the boiling water and cook for 13 minutes (adding 1-2 minutes per additional egg if people want bigger omelettes).

ALSO, cooking times vary - check your eggs every few minutes. Once they are no longer runny and feel like they are set, they are ready!

Make sure the tops of the bag don't hang out over the edge of the pot, especially if you are doing it over a fire-- you don't want the plastic to melt.

One of our readers suggested clipping the bags together with a clothespin and draping over a skewer or stick placed across the pot to keep them from falling over the sides-- a great idea!

Carefully remove the bags from the water. When you open the bag, the omelette should easily slide onto the plate.



Vanilla Mug Cake -

(from our Zoom
Masterchef night)

**Here's what you'll need to
make vanilla mug cake:**

1/4 cup + 2 teaspoons Plain
or self raising flour.
2 tablespoons white sugar
1/4 teaspoon baking powder
dash salt
2 tablespoons melted butter, or oil
3 tablespoons milk: any kind will work.
1/2 teaspoon vanilla
sprinkles



Vanilla Mug Cake in 3 Easy Steps:

Add the dry ingredients to a microwave safe mug; flour,
sugar, baking powder, and salt.
Stir in the wet ingredients: milk, melted butter, and vanilla.
Add sprinkles, if desired.
Microwave for 70-90 seconds

Additional add-in ideas:

Small scoop of Nutella
chocolate chips (or other flavored chips)
Small scoop of peanut butter
Coconut
Nuts
Cinnamon
Sultanas or other Dried fruit
Cocoa or drinking chocolate powder.



Three ingredients Fudge

(from James's Zoom night)



Ingredients

- 2 cups (12oz) semi sweet chocolate chips
- 395g can sweetened condensed milk
- 1 tsp vanilla extract

Instructions

1. Line a 9×9 square pan with parchment paper that covers the sides of the pan.
2. Place the chocolate chips and sweetened condensed milk in a large bowl and microwave for one minute. Stir well to combine and allow the heat to melt the chocolate chips. If needed, microwave for another 30 seconds or so, until the chocolate is completely smooth.
3. Stir in the vanilla extract, then quickly transfer the mixture to the lined pan and spread evenly.
4. Refrigerate the fudge until firm, 2-3 hours.
5. Cut the fudge while it's still cold (right out the the fridge) and store in an air tight container. Fudge can be stored at either room temperature or the fridge. It will be softer at room temperature.



**Thank you to everyone
for your contributions.**

**We hope you enjoy our collection
of favourite recipes.**

