

Chef

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# school box lunch



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# school box lunch

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## introduction

Here you will find healthy, tasty and fun recipes to prepare for even the pickiest of eaters. These wonderful, nutritional recipes focus on sensible and delicious ways to encourage the development of sound eating habits throughout childhood into the future. The best part? Their lunchboxes will probably come back home totally empty!



# school box lunch



The types of foods and snacks that children eat during the day play an extremely important role in their cognitive development, as well as in their levels of attention, learning ability and energy. Healthy lunch box choices can make it easier for your kids to concentrate and engage in school activities. With just a few tricks and tips, you will be able to start preparing nutritious lunchboxes that they will most certainly enjoy.

## Types

- Include 4 items of food per kid if they will only be staying for lunch. If they will also be at school during the morning and the afternoon, include one or two extra snacks for each.
- Invest in an insulated lunchbox with a zip. Make sure that it is appropriately sized and easy to open and close.
- Always put food in reusable plastic bags or containers to keep it fresh and protected. It is also a good idea to label each one.
- Kids prefer small sized portions that can easily fit into their hands. Cut portions into small rectangular or triangular shapes.
- During the summer months, it is advisable to add an icepack and a frozen water, to keep the rest of the items cool.
- Do not overfill burgers, sandwiches and rolls. If these aren't easy to bite or they



spill too much, your kids won't be able to eat comfortably.

- Try to always include fresh fruit, some vegetables, a source of protein, carbohydrates, dairies and water.
- Prep and pre-cut food to save time during the morning. It is also recommended to pack the items the night before.
- Including little notes with cute messages or jokes makes lunch fun and encourages kids to enjoy their meals.
- During winter, make sure to take advantage of thermos. They are great at keeping soups, stews and leftovers warm enough.
- Incorporate bright colors. Different colored foods contain different types of healthy nutrients. It will make your kids more excited about healthy foods and you will be reassured that they are getting their daily dose of vitamins.
- Aim to involve your kids as much as possible. Ask them what they like and what they don't and if they would like to help you with some of the cooking. Give them some healthy options to choose from.

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



# cheesy oat burgers

■ ■ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

## ingredients

- > 1 cup grated cheddar cheese
- > ¼ cup green pepper, finely chopped
- > 1 tomato, finely chopped
- > 1 small onion, finely chopped
- > 1 cup oats
- > 2 eggs, lightly beaten
- > ⅓ cup plain flour
- > oil for frying

## method

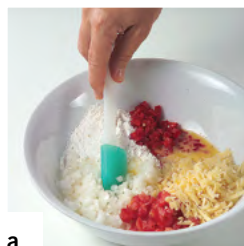
1. In a medium bowl combine cheese, pepper, tomato, onion, oats, eggs and flour (a); mix well. Divide mixture into 6 small portions (b) and shape into patties (c).
2. Heat oil in a large frying pan, add oat burgers and using a spatula, turn over (d) and cook other side. Cook 3 minutes each side, or until oat burgers are golden.
3. Serve on a wholemeal roll with salad.

.....  
Makes 6



## tip from the chef

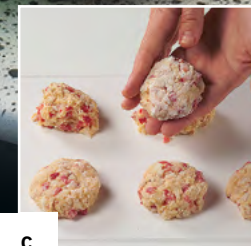
*It is important to keep children away from the heat while we are cooking.*



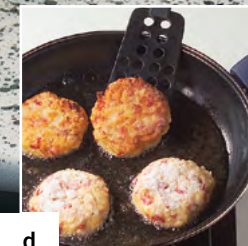
a



b



c



d



# a big green salad

■ □ □ | Cooking time: 0 minute - Preparation time: 10 minutes

## method

1. Separate lettuce leaves. Wash in cold water. Drain in colander. Tear leaves into large pieces. Place in salad bowl.
2. Chop celery. Chop or slice tomato. Peel and slice cucumber. Cut bulbs from spring onions, remove outer leaves, chop. Add all ingredients to bowl.
3. To make dressing, place oil, lemon juice, vinegar, mustard, sugar and black pepper to taste in a screwtop jar. Place lid on jar. Shake well.
4. Pour dressing

.....  
Serves 4 - 6

## ingredients

- > 1 lettuce
- > 2 stalks celery
- > 1 tomato
- > ½ cucumber
- > 2 spring onions

## dressing

- > 2 tablespoons olive oil
- > ¼ cup/60 ml/3 fl oz lemon juice
- > ¼ cup/60 ml/3 fl oz vinegar
- > ¼ teaspoon dry mustard
- > ½ teaspoon sugar
- > freshly ground black pepper

## junior chef says

Salads are great fun to make because you can add to them almost anything that you like. Try adding some of the following: sliced radishes, grated or cubed cheese, sliced raw mushrooms, sliced or grated raw carrots, chopped or sliced avocado, nuts like walnuts, almonds or peanuts and chopped fresh herbs like parsley, chives, mint and basil.





# butterfly cakes

■ ■ ■ | Cooking time: 15 minutes - Preparation time: 25 minutes

## ingredients

- > 2 teaspoons water
- > 60 g/2 oz butter
- > 2 eggs
- > 1½ cups/185 g/6 oz self-raising flour
- > ½ cup/100 g/3½ oz caster sugar
- > ½ cup/125 ml/4 fl oz milk

## topping

- > 12 jelly snakes
- > 1 cup/250 ml/8 fl oz cream
- > 4 tablespoons of your favorite jam
- > icing sugar

## method

1. Preheat oven to 200°C/400°F/Gas 6.
2. Place water and butter in saucepan. Heat over a low heat until butter melts. Cool slightly.
3. Place eggs in bowl, whisk. Sift flour into bowl. Add sugar, milk and butter. Mix.
4. Spoon batter evenly into patty cake tins. Bake for 10-12 minutes or until a skewer inserted into center of a cake comes out clean.
5. Stand 5 minutes. Remove from tins. Place on wire rack to cool.
6. Cut jelly snakes into pieces. Set aside.
7. Place cream in a bowl, whip until soft peaks form. Set aside.
8. Cut top from each cake to form a shallow hole (a). Set aside.
9. Place a little jam in each cake. Top with whipped cream (b).
10. Cut top of each cake in half (c). Place straight sides down on cream. Place a piece of jelly snake in center.
11. Place icing sugar in sifter or sieve. Sift over top of cakes.

Makes 24



## junior chef says

*If you want to make chocolate-flavored cakes, dissolve 2 teaspoons cocoa powder in 2 teaspoons hot water and use instead of the water.*





# celery boats

■ □ □ | Cooking time: 0 minute - Preparation time: 10 minutes

## method

1. Wash celery and trim ends.
2. Beat cream cheese and peanut butter together, spread along groove in celery.
3. Dot with sultanas. Cut into 5 cm/2 in lengths. Place into play-lunch bags and seal.

## ingredients

- > 2 sticks celery
- > ¼ cup cream cheese
- > ¼ cup peanut butter
- > sultanas

.....  
Serves 2

## tip from the chef

*These very crunchy and nourishing boats can be served as appetizers in a birthday party.*





# cheese and garlic crisps

■ □ □ | Cooking time: 10 minutes - Preparation time: 8 minutes

## ingredients

- > 4 pitta bread rounds
- > 125 g/4 oz butter, melted
- > 3 cloves garlic, crushed
- > 2 tablespoons chopped fresh basil
- > 4 tablespoons grated Parmesan cheese

## method

1. Split each pitta bread round in half, horizontally, then cut each half into 4 wedges. Place butter, garlic and basil in a bowl and mix to combine.
2. Place pitta wedges cut side up on a lightly oiled baking tray. Brush with butter mixture, then sprinkle with Parmesan cheese.
3. Bake at 180°C/350°F/Gas 4 for 10 minutes or until golden and crisp.

.....  
Makes 32 wedges



## tip from the chef

*The crisps will keep in an airtight container for up to a week and are great to have on hand for after-school or work snacks.*







# cheese-pecan crisps

■□□ | Cooking time: 15 minutes – Preparation time: 10 minutes

## method

1. Sift flours, salt and ground chilies into a bowl. Rub in butter with fingertips until mixture resembles breadcrumbs. Stir in cheese and pecans. Add beer or water and mix into a dough. Chill for 30 minutes.
2. Roll dough out thinly on a lightly floured surface. Cut into small rounds. Arrange on lightly greased baking trays and bake at 180°C/350°F/Gas 4 until crisp, about 15 minutes. Cool on a wire rack.

## ingredients

- > ½ cup plain flour
- > ½ cup self-raising flour
- > pinch of salt
- > generous pinch of ground chilies
- > 60 g/2 oz butter
- > 1½ cups finely grated tasty cheese
- > ½ cup finely chopped pecans
- > 2 tablespoons beer or water

.....  
Serves 6-8

## tip from the chef

*For the crisps not to be extremely hot, use seedless ground chilies.*





# chicken and penne salad

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

## ingredients

- > 500 g/1 lb penne, cooked
- > 1 kg/2 lb cooked chicken, skin removed and flesh shredded
- > 1 green pepper, chopped
- > 3 tablespoons snipped fresh chives
- > 440 g/14 oz canned sweet corn kernels, drained
- > 2 stalks celery, chopped
- > 250 g/8 oz yellow or red cherry tomatoes
- > 250 g/8 oz curly endive
- > ¾ cup/185 ml/6 fl oz creamy salad dressing

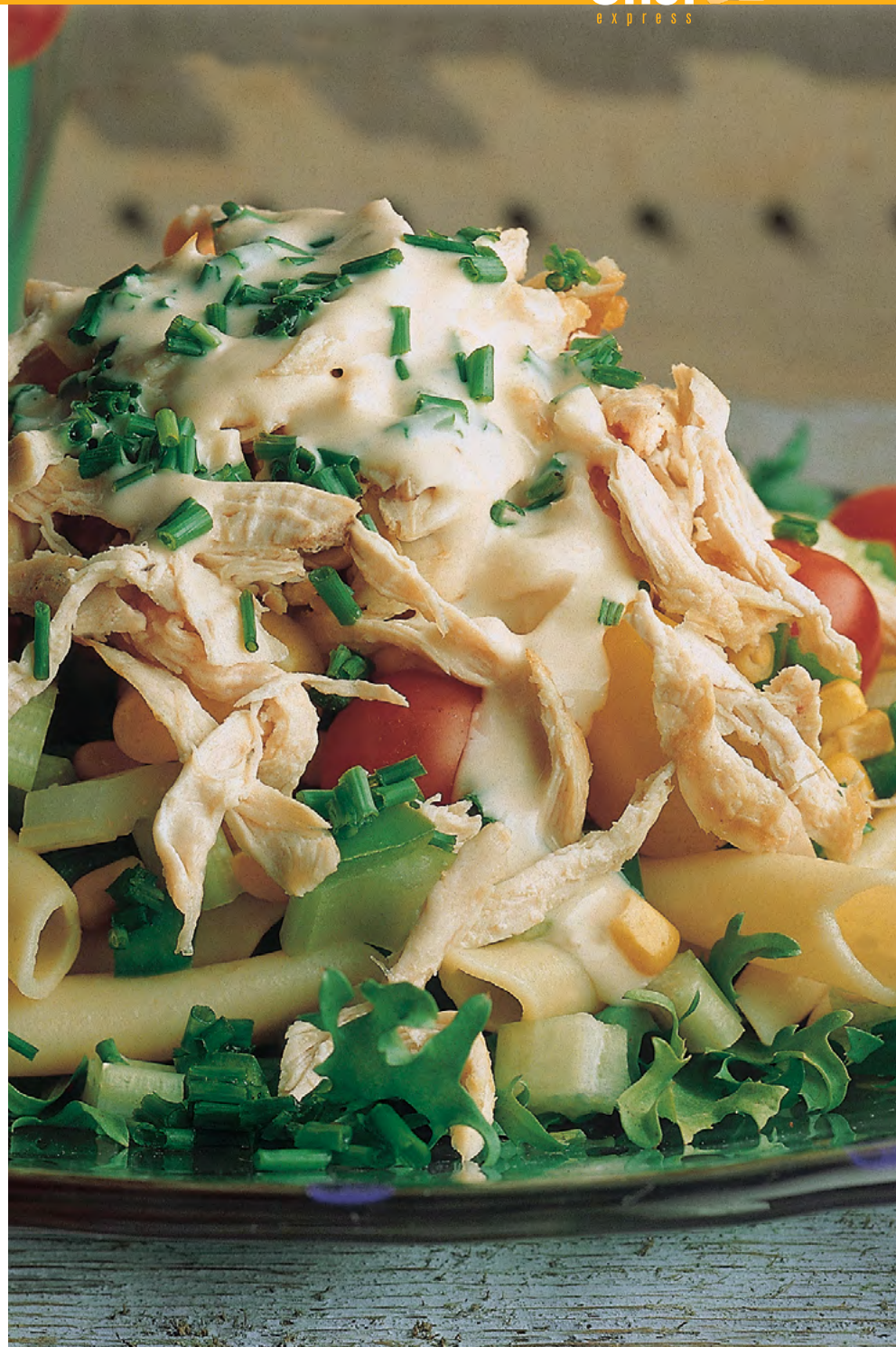
## method

1. Arrange penne, chicken, green pepper, chives, sweet corn, celery, tomatoes and endive on a large serving platter or in a large salad bowl.
2. Spoon dressing over salad and serve immediately.

.....  
Serves 4

## tip from the chef

*This salad is delicious served with chili toast cheese. To make toast cheese, trim crusts from slices of white or wholemeal bread and cook under a preheated medium grill for 2-3 minutes or until toasted on one side. Top untoasted side with grated cheese and a pinch of chili powder and cook for 2-3 minutes longer or until cheese melts and is golden.*





# pesto

## vegetable calzone

■ ■ □ | Cooking time: 30 minutes - Preparation time: 10 minutes

### method

1. To make filling, brush eggplant slices with a little oil and cook under a preheated hot grill for 3-4 minutes each side or until golden. Drain on absorbent kitchen paper and chop.
2. Heat 1 tablespoon oil in a frying pan over a medium heat, add red pepper, green pepper, zucchini and pesto and cook, stirring, for 3 minutes or until vegetables are soft. Mix in eggplant and set aside to cool. Add cheese, pine nuts and black pepper to taste to vegetable mixture and mix to combine.
3. Divide dough into 8 portions and shape each to form a 5 mm/¼ in thick round with a 15 cm/6 in diameter.
4. Place spoonfuls of filling in the center of each dough round, brush the edges with water, then fold over to form a half circle. Press edges together to seal and using a fork make a decorative pattern.
5. Brush calzone with oil, place on lightly greased baking trays and bake at 200°C/400°F/Gas 6 for 20 minutes or until puffed and golden.

### ingredients

- > 2 quantities basic pizza dough
- > olive oil

### pesto vegetable filling

- > 2 eggplant, sliced
- > vegetable oil
- > 1 red pepper, chopped
- > 1 green pepper, chopped
- > 2 zucchini, chopped
- > ¾ cup/185 g/6 oz ready-made pesto
- > 4 bocconcini or 125 g/4 oz mozzarella cheese, chopped
- > 3 tablespoons pine nuts
- > freshly ground black pepper

.....  
Makes 8

### tip from the chef

*Calzone is basically a pizza folded over to encase the filling. These individual calzoni make great finger food for an informal party and leftovers are a welcome addition to a packed lunch.*





# chocky

## road biscuits

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

### ingredients

- > 250 g/8 oz butter, softened
- > 1 cup/170 g/5½ oz brown sugar
- > 2 eggs, lightly beaten
- > 3 cups/375 g/12 oz flour
- > 1 cup/100 g/3½ oz cocoa powder
- > ¼ cup/60 ml/2 fl oz buttermilk or milk
- > 155 g/5 oz white chocolate, roughly chopped
- > 90 g/3 oz peanuts, roasted
- > 185 g/6 oz chocolate chips

### method

1. Place butter and sugar in a bowl and beat until light and fluffy. Gradually beat in eggs.
2. Sift together flour and cocoa powder. Add flour mixture, milk, chocolate, peanuts and chocolate chips to egg mixture and mix well to combine.
3. Drop tablespoons of mixture onto lightly greased baking trays and bake at 180°C/350°F/Gas 4 for 10 minutes or until biscuits are cooked. Transfer to wire racks to cool.

.....  
Makes 36



### tip from the chef

*Peanuts and chocolate chips must be the two most favorite additions to any biscuit designed for kids.*





# vegetables in pita baskets

■ ■ □ | Cooking time: 35 minutes - Preparation time: 35 minutes

## method

1. Heat oil in a wok or large saucepan until a cube of bread dropped in browns in 50 seconds. Cook pita breads one at a time, pressing with the head of a metal soup ladle to form a basket. Drain on absorbent kitchen paper. Set aside and keep warm.
2. To make filling, boil, steam or microwave potatoes, carrot, zucchini, snow peas and squash, separately, until tender. Set aside and keep warm.
3. Place ginger, honey, orange juice, nuts and chives in a large bowl and mix to combine. Add warm vegetables and toss to coat. Spoon vegetable mixture into warm baskets and serve immediately.

.....  
Serves 4

## ingredients

- > vegetable oil for deep frying
- > 2 large pita bread rounds, split through center

### vegetable filling

- > 8 baby new potatoes, cut into bite-sized pieces
- > 1 carrot, chopped
- > 1 zucchini, chopped
- > 250 g/8 oz snow peas
- > 250 g/8 oz green or yellow baby squash, quartered
- > 1 tablespoon grated fresh ginger
- > 2 tablespoons honey
- > 2 tablespoons orange juice
- > 2 tablespoons chopped macadamia or Brazil nuts
- > 2 tablespoons snipped fresh chives

## tip from the chef

*These pita baskets make wonderful containers for serving all kinds of food. You might like to try them with curried vegetables.*





# face biscuits



■ □ □ | Cooking time: 20 minutes – Preparation time: 25 minutes

## method

1. Beat butter and sugar in bowl until light and creamy. Add egg and vanilla essence, beat. Sift flour into mixture. Mix.
2. Turn dough onto a lightly floured surface. Knead for 3-4 minutes or until dough is smooth.
3. Divide dough into two portions. Roll each portion into a log (a). Wrap in plastic food wrap. Refrigerate for 3-4 hours.
4. Cut dough logs into 5 mm/¼ in slices (b). Place on lined baking tray. Bake at 180°C/350°F/Gas 4 for 15-18 minutes or until biscuits are lightly browned. Place on wire rack to cool.
5. To make icing, sift icing sugar into a bowl. Add butter and boiling water, mix. Beat in vanilla essence.
6. Divide icing between small bowls. Add a few drops of food coloring to each portion of icing. Mix. Spread biscuits with icing (c). Decorate with sweets to make funny faces (d).

## ingredients

- > 185 g/6 oz soft butter
- > ¾ cup/185 g/6 oz sugar
- > 1 egg
- > ¼ teaspoon vanilla essence
- > 1¾ cups/220 g/7 oz flour

## vanilla icing

- > 1½ cup/220 g/7 oz icing sugar
- > 60 g/2 oz butter, softened
- > 2 tablespoons boiling water
- > ¼ teaspoon vanilla essence
- > food colorings of your choice
- > selection of sweets

.....  
Makes 30



## junior chef says

*If you wish to make chocolate biscuits, add 1 tablespoon cocoa powder to flour.*





# gazpacho

■□□ | Cooking time: 15 minutes – Preparation time: 10 minutes

## method

1. In a blender or food processor place half the tomatoes with onion and garlic. Purée until smooth.
2. Transfer mixture to a bowl. Stir in green pepper, cucumber, tomato juice, water, vinegar and remaining chopped tomato.
3. Refrigerate for at least 30 minutes. Serve chilled.

## ingredients

- > 2 tomatoes, peeled and chopped
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 1 small green pepper, chopped
- > 1 small cucumber, chopped
- > 1 cup tomato juice
- > 1 cup water
- > 1 tablespoon vinegar

.....  
Serves 4

## tip from the chef

*This is an interesting recipe, rich in vitamin C and very low in fat. If you wish, add a few drops Worcestershire sauce and, before serving, sprinkle a small amount of chopped hard boiled egg over it.*





# hero

## sandwich

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

### ingredients

- > 1 long French breadstick
- > 4 tablespoons mayonnaise
- > 1 tablespoon wholegrain mustard
- > 2 tablespoons natural yogurt
- > 6 large lettuce leaves
- > 125 g/4 oz thinly sliced ham, roast beef or turkey
- > 60 g/2 oz thinly sliced salami
- > 2 thickly sliced tomatoes
- > 4 slices tasty cheese (mature Cheddar)

### method

1. Cut French breadstick in half lengthwise. Set aside.
2. Place mayonnaise, mustard and yogurt in bowl. Mix.
3. Spread mayonnaise mixture over cut sides of breadstick. Set aside.
4. Place lettuce leaves on bottom half of breadstick. Top with ham, beef or turkey and salami.
5. Place tomatoes and cheese on top of meat. Top with other half of breadstick.
6. Tie breadstick at intervals with string. Cut into four.

.....  
Serves 4



### junior chef says

*To make the sandwich crunchier, melt the cheese over the bread before assembling.*





# salmon

## and egg sandwiches



■ □ □ | Cooking time: 3 minutes - Preparation time: 5 minutes

### method

1. Place eggs, cream and chives in a bowl. Using a fork, mix until well combined.
2. Melt butter in a medium frying pan over moderate heat. Pour mixture into pan and cook, stirring occasionally, for 2-3 minutes or until eggs are scrambled.
3. Butter each slice of bread and lay a slice of smoked salmon on each, top with scrambled eggs.

### ingredients

- > 8 eggs
- > ¼ cup cream
- > 1 tablespoon chopped chives
- > 60 g/2 oz butter
- > 4 slices bread
- > butter, extra, for spreading
- > 4 slices smoked salmon

.....  
**Makes 4**

### tip from the chef

*In order to obtain a creamy texture, do not overcook egg combination.*





# tomato and ricotta panini

■ □ □ | Cooking time: 40 minutes - Preparation time: 25 minutes

## ingredients

- > 6 plum (egg or Italian) tomatoes, halved lengthwise
- > olive oil
- > 315 g/10 oz ricotta cheese, drained
- > 2 tablespoons chopped fresh basil
- > 2 teaspoons crushed black peppercorns
- > 1 tablespoon hot chili sauce
- > 4 Turkish (pide) bread rounds, split
- > 125 g/4 oz baby spinach leaves

## method

1. Place tomatoes, cut side up, on a baking tray, sprinkle with a little oil and bake at 200°C/400°F/Gas 6 for 35 minutes or until soft.
2. Place ricotta cheese, basil, black peppercorns and chili sauce in a bowl and mix to combine. Spread ricotta mixture over the bases of the bread rounds, then top with roasted tomatoes and spinach leaves and cover with bread tops. Brush sandwiches with oil, place in a preheated frying pan and cook over a low heat for 2-3 minutes each side or until golden and warmed through.

.....  
Serves 4



**tip from the chef**  
*FALTA*





# pikelet faces



■ □ □ | Cooking time: 15 minutes – Preparation time: 15 minutes

## method

1. Sift flours into bowl, make a well in the center, add milk (a), orange rind, orange juice, oil and butter. Stir until smooth (or process mixture for 1 minute).
2. Place ½ cup of the mixture into another bowl, add cocoa (b) and stir until smooth. Spoon cocoa mixture into a piping bag, made with greaseproof paper.
3. Heat extra butter in pan. Pipe eyes and mouth on to pan (c) and leave to cook for 30 seconds. Gently pour a tablespoon of orange mixture on top of the face (d) and continue cooking.
4. Turn pikelet over when bubbles begin to appear. Lightly cook other side and remove from pan. Repeat with remaining mixtures.
5. To make honey butter, stir honey into butter until combined. Serve with pikelets.

## ingredients

- > 1 cup wholemeal self-raising flour
- > 1 cup white self-raising flour
- > 2/3 cup milk
- > 2 teaspoons grated orange rind
- > 2 tablespoons orange juice
- > 3 tablespoons oil
- > 30 g/1 oz butter, melted
- > 1 tablespoon cocoa
- > extra butter, for pan

## honey butter

- > 2 tablespoons honey
- > 60 g/2 oz softened butter

.....  
Makes about 20



## junior chef says

*You can enrich orange mixture with different fruits cut into very small cubes.*





# red lentil

## falafel with dip

■ ■ □ | Cooking time: 30 minutes – Preparation time: 40 minutes

### ingredients

- > 500 g/1 lb red lentils
- > 2 cups/125 g/4 oz breadcrumbs, made from stale bread
- > 1 onion, chopped
- > 4 dried red chilies, crushed
- > 4 tablespoons chopped fresh parsley
- > 1 clove garlic, crushed
- > 2 teaspoons ground cumin
- > 2 eggs
- > vegetable oil for deep-frying

### minty yogurt dip

- > 2 tablespoons shredded fresh mint
- > 1 teaspoon ground cumin
- > ½ teaspoon chili powder
- > 1 cup/200 g/6½ oz natural yogurt
- > 2 tablespoons lemon juice

### method

1. Place lentils and 4 cups/1 liter/1¾ pt water in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring occasionally, for 15-20 minutes or until lentils are tender and liquid is absorbed – there should be about 4 cups/1 liter/1¾ pt cooked lentils. Set aside to cool.
2. Place lentils, breadcrumbs, onion, chilies, parsley, garlic, cumin and eggs in a food processor and process until a soft ball forms. Take 2 tablespoons of mixture and shape into flat balls.
3. Heat oil in a large saucepan until a cube of bread dropped in browns in 50 seconds, then deep-fry falafel, a few at a time, for 4 minutes or until brown. Drain on absorbent kitchen paper.
4. To make dip, place mint, cumin, chili powder, yogurt and lemon juice in a bowl and mix to combine. Serve with falafel.

.....  
Makes 24

### tip from the chef

*For a light meal, place falafel on flat bread, top with shredded lettuce, chopped tomatoes and finely sliced onions, then drizzle with the dip and roll up.*







# crazy soup

■□□ | Cooking time: 35 minutes - Preparation time: 10 minutes

## method

1. Peel and chop onion. Peel and slice carrots. Trim ends from celery sticks, slice. Set aside.
2. Scrub potatoes to remove dirt. Chop. Set aside.
3. Open can. Place tomatoes and juice in small bowl. Using scissors chop tomatoes.
4. Place oil in large saucepan. Heat over a medium heat for 3-4 minutes. Add onion. Cook, stirring, for 2-3 minutes.
5. Add carrots, celery and potatoes. Cook, stirring, for 4-5 minutes.
6. Add tomatoes, water and stock cubes. Boil, stirring, for 10 minutes.
7. Add pasta shapes. Stirring, cook for 10 minutes. Add black pepper to taste.
8. To serve, ladle soup into serving bowls.

## ingredients

- > 1 onion
- > 2 carrots
- > 2 sticks celery
- > 2 potatoes
- > 440 g/14 oz canned tomatoes
- > 2 tablespoons vegetable oil
- > 4 cups/1 litre/1¾ pt water
- > 2 chicken or beef stock cubes
- > 125 g/4 oz pasta shapes
- > freshly ground black pepper

.....  
Serves 6

## junior chef says

*To chop tomatoes with scissors, hold the scissors upright in bowl and chop.*





# dried fruit

## salad with bananas

■ □ □ | Cooking time: 40 minutes – Preparation time: 10 minutes

### ingredients

- > ¼ cup pitted prunes
- > ⅓ cup dried apricots halves
- > ¼ cup sultanas
- > 3 bananas
- > 2 tablespoons honey
- > ½ teaspoon grated lemon rind
- > 15 g/½ oz butter, melted
- > 1 cup freshly squeezed orange juice

### method

1. Soak prunes and apricots in water overnight, drain.
2. Place prunes, apricots, sultanas and bananas in ovenproof dish.
3. Combine honey with a little hot water, pour over fruit. Add lemon rind and butter.
4. Cover with foil. Bake in moderate oven 35 minutes.
5. Add orange juice, reheat in oven 5 minutes. Serve hot or cold with yogurt if desired.

.....  
Serves 4



### tip from the chef

*Make ahead if desired. Keep refrigerated.*







# chicken

## caesar salad

■ ■ □ | Cooking time: 25 minutes - Preparation time: 35 minutes

### method

1. Preheat barbecue to a medium heat.
2. To make croutons, place bread cubes in a baking dish, drizzle with oil and toss to coat. Bake for 15 minutes or until bread is crisp and golden. Cool.
3. Place chicken and bacon on oiled barbecue and cook for 2-3 minutes each side or until chicken is tender and bacon is crisp. Cool, then cut chicken into slices and chop bacon.
4. Arrange lettuce leaves, tomatoes, chicken and bacon in a bowl.
5. To make dressing, place sour cream, mayonnaise, mustard, anchovies and water in a food processor or blender and process until smooth. Just prior to serving, drizzle dressing over salad, then scatter with croutons and Parmesan cheese shavings.

.....  
Serves 8

### ingredients

- > 2 boneless chicken breast fillets
- > 4 rashers bacon
- > 1 cos lettuce, leaves separated
- > 250 g/8 oz cherry tomatoes, halved
- > 125 g/4 oz Parmesan cheese shavings

### crispy croutons

- > 250 g/8 oz bread cubes
- > 2 tablespoons olive oil
- > 2 tablespoons creamy mustard dressing
- > ½ cup/125 g/4 oz sour cream
- > ½ cup/125 ml/4 fl oz mayonnaise
- > 2 tablespoons wholegrain mustard
- > 3 anchovy fillets, chopped
- > ¼ cup/60 ml/2 fl oz water

### tip from the chef

To make the bread cubes for the croutons, take an unsliced loaf of stale bread and cut off all the crusts to make an evenly shaped rectangular loaf. Cut bread loaf into 5 mm/¼ in thick slices. Cut each bread slice into 5 mm/¼ in thick strips, then cut in the opposite direction at 5 mm/¼ in intervals to make 5 mm/¼ in square bread cubes. Leftover croutons will keep in an airtight container for several weeks.





# tuna fish fingers

■ ■ □ | Cooking time: 15 minutes – Preparation time: 15 minutes

## ingredients

- > 220 g/7 oz canned tuna, drained, mashed
- > 2 medium potatoes, boiled and mashed
- > 2 tablespoons chopped parsley
- > 1 tablespoon tamari or soy sauce
- > 1 tablespoon chutney
- > 1 egg, beaten
- > 1 cup wholemeal breadcrumbs

## method

1. Combine tuna, potatoes, parsley, tamari and chutney. Gradually add enough egg to make a moist but not over-soft mixture.
2. Divide mixture evenly into 10 pieces. Form into 1.25 cm/½ in thick rectangular fingers. Coat in breadcrumbs.
3. Bake on an oven tray in moderate oven for 10 minutes or until golden. Alternately, grill or shallow fry on both sides until golden.
4. Serve with a salad.

.....  
Serves 4



## tip from the chef

*Freeze fish fingers for up to one month if desired.*







# frozen

## fruit balls

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

### method

1. Using a melon baller, scoop out balls from watermelon, cantaloupe melon and honeydew melon.
2. Thread melon balls and grapes onto skewers and break off sharp ends.
3. Place on a foil covered tray, cover loosely with plastic food wrap and freeze for 3 hours or until frozen.

### ingredients

- > ¼ watermelon
- > ½ cantaloupe melon
- > ½ honeydew melon
- > 250 g/8 oz seedless grapes

.....  
**Makes about 12**

### tip from the chef

*Serve these fresh skewers with strawberry sauce; they are ideal for a Summer day.*





# puffed nut granola

■ □ □ | Cooking time: 30 minutes – Preparation time: 10 minutes

## ingredients

- > 90 g/3 oz puffed corn
- > 1 cup/90 g/3 oz rolled oats
- > ½ cup/30 g/1 oz bran cereal (prefer oat bran)
- > 90 g/3 oz Brazil nuts, roughly chopped
- > 30 g/1 oz flaked coconut
- > 1 teaspoon ground cinnamon
- > ⅓ cup/90 ml/3 fl oz apple juice
- > 2 tablespoons honey
- > 125 g/4 oz dried apricots, chopped
- > 125 g/4 oz dried pears, chopped
- > 90 g/3 oz pitted fresh or dried dates, chopped

## method

1. Place puffed corn, rolled oats, bran cereal, nuts, coconut, cinnamon, apple juice and honey in a bowl and mix well to combine.
2. Place mixture in a shallow ovenproof dish, spread out evenly and bake at 180°C/350°F/ Gas 4, stirring occasionally, for 20-30 minutes or until golden.
3. Set aside to cool slightly. Add apricots, pears and dates and toss to combine. Set aside to cool completely. Store in an airtight container.

.....  
Serves 10

## tip from the chef

*A great alternative to muesli, this high-fiber breakfast is sure to keep you going until lunch time. Add your favorite dried fruits to give it your own personal touch. Puffed corn is available from health food stores or look for it in the health food section of your supermarket.*





# salad

## niçoise



■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

### method

1. Arrange lettuce leaves on a large serving platter or in a large salad bowl.
2. Top with beans, red pepper, artichokes, tomatoes, cucumber, spring onions, anchovy fillets, tuna, olives and eggs.
3. Drizzle with oil and season to taste with black pepper.

.....  
Serves 4-6

### ingredients

- > 1 lettuce of your choice, leaves separated
- > 500 g/1 lb fresh young broad beans, shelled
- > 1 large red pepper, cut into thin strips
- > marinated artichoke hearts, halved
- > 250 g/8 oz cherry tomatoes
- > 1 large cucumber, cut into strips
- > 3 spring onions, chopped
- > 12 canned anchovy fillets, drained
- > 250 g/8 oz canned tuna in water, drained
- > 185 g/6 oz marinated black olives
- > 6 hard boiled eggs, quartered
- > ¼ cup/60 ml/2 fl oz olive oil
- > freshly ground black pepper

### tip from the chef

*This is an easy Spring or Summer dish. As the broad beans are eaten raw it must be made with very fresh young beans. It should be noted that there are many versions of this salad and that the traditional salad does not include potatoes or other cooked vegetables.*





# pizza men

■ □ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

## ingredients

- > 12 slices bread
- > 90 ml/3 fl oz prepared pizza or tomato sauce
- > 4 slices cooked turkey breast, chopped
- > 125 g/4 oz pineapple pieces, chopped
- > ¼ green or red pepper, chopped
- > 125 g/4 oz grated tasty cheese (mature Cheddar)

## method

1. Using a man-shaped cutter, cut shapes from bread. Spread shapes with sauce and top with turkey, pineapple, green or red pepper and cheese.
2. Place men on baking trays and bake at 180°C/350°F/Gas 4 for 20-25 minutes or until pizzas are crunchy and golden.

.....  
Makes 12



## tip from the chef

*With this fun recipe, you can prepare varied shaped pizzas using different cutters.*





# southern-fried

## chicken drumsticks



■ □ □ | Cooking time: 35 minutes – Preparation time: 10 minutes

### method

1. Rinse drumsticks and pat dry with paper towel. Smooth skin over the drumsticks.
2. Mix flour, salt and pepper (a), place on paper-lined, flat plate. Beat eggs and milk well together in a deep plate.
3. Dip the drumsticks in the flour (b) then into the egg, turning to coat both sides. Place again in the flour, lift end of paper to toss flour over drumstick and roll in flour until well covered. Place in single layer on a clean, flat tray.
4. Heat oil in a large frying pan. Add drumsticks and fry a few minutes on each side (c) until just beginning to color. Reduce heat, place a lid on the pan and cook slowly for 20 minutes, turning chicken after 10 minutes (d).
5. Remove lid and increase heat, continue cooking until golden brown and crisp, turning frequently. Remove from pan, drain on paper towels (e). Serve hot with vegetable accompaniments.

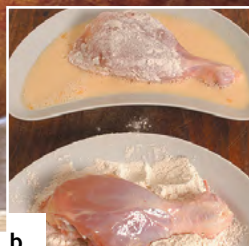
### ingredients

- > 1 kg/2 lb chicken drumsticks
- > 1½ cups/180 g/6 fl oz flour
- > 1 teaspoon salt and pepper
- > 2 eggs
- > ⅓ cup/80 ml/3 fl oz milk
- > ½ cup/120 ml/4 fl oz canola oil

.....  
Serves 4



a



b



c



d



e

### junior chef says

*Pan-fried chicken is a temptation for grown-ups and children alike. It goes fantastic with a three color mash (potato, pumpkin and spinach).*



# caramel

## walnut petits fours

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

### ingredients

- > 1 cup/250 g/8 oz caster sugar
- > ½ cup/90 g/3 oz brown sugar
- > 2 cups/500 ml/16 fl oz double cream
- > 1 cup/250 ml/8 fl oz light golden syrup
- > 60 g/2 oz butter, chopped
- > ½ teaspoon bicarbonate of soda
- > 155 g/5 oz chopped walnuts
- > 1 tablespoon vanilla essence

### chocolate icing

- > 375 g/12 oz dark or milk chocolate, melted
- > 2 teaspoons vegetable oil

### method

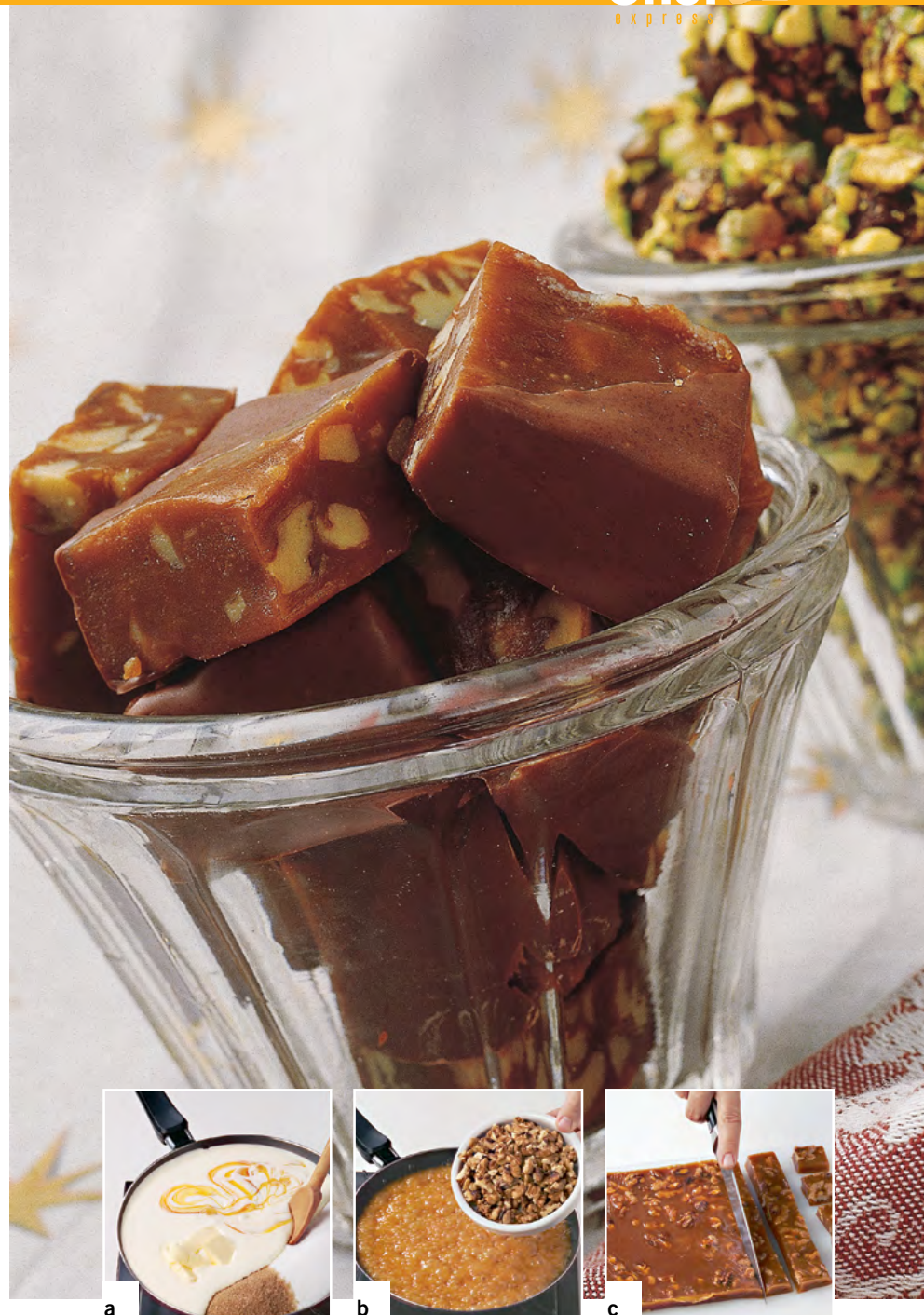
1. Place caster sugar, brown sugar, cream, golden syrup and butter in a frying pan and heat over a low heat, stirring constantly, until sugar dissolves. As sugar crystals form on sides of pan, brush with a wet pastry brush.
2. Bring syrup to the boil and stir in bicarbonate of soda (a). Reduce heat and simmer until syrup reaches the hard ball stage or 120°C/250°F on a thermometer. Stir in walnuts (b) and vanilla essence.
3. Pour mixture into a greased and foil-lined 20 cm/8 in square cake tin. Set aside at room temperature for 5 hours or until caramel sets. Remove from tin and cut into 2 cm/¾ in squares (c).
4. To make icing, combine chocolate and oil. Half dip caramels in melted chocolate, place on greaseproof paper and allow to set.

.....  
**Makes 40**



### tip from the chef

*For easy removal of caramel from the tin, allow the foil lining to overhang the tin on two opposite sides to form handles for lifting.*





# chunky vegetable tomato soup



■ □ □ | Cooking time: 20 minutes – Preparation time: 5 minutes

## method

1. Melt butter in a large saucepan over moderate heat. Add onions, carrots and celery, cook, stirring constantly, for 2 minutes.
2. Add wine and cook for a further 1 minute. Stir in tomatoes and mash with the edge of a wooden spoon.
3. Add sugar and stock, simmer for 15 minutes. Sprinkle with basil and serve.

## ingredients

- > 3 tablespoons butter
- > 2 onions, chopped
- > 2 large carrots, cut into thick strips
- > 2 stalks celery, sliced
- > ¼ cup white wine
- > 2 x 425 g/13½ oz canned tomatoes, undrained
- > 1 teaspoon sugar
- > 2 cups chicken stock
- > 2 tablespoons chopped fresh basil

.....  
Serves 4

## tip from the chef

*The little sugar added to the soup neutralizes tomato sourness without adding sweet taste.*





# ginger

## melon salad

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

### ingredients

- > 3 melons (cantaloupe, honeydew, watermelon), each about 500 g/1 lb
- > 2 tablespoons superfine sugar
- > 2 tablespoons Grand Marnier
- > 4 pieces candied ginger

### method

1. Halve melons and remove seeds. Scoop out flesh with a melon baller. Place balls in a glass serving dish.
2. Sprinkle sugar over and drizzle with Grand Marnier. Toss lightly.
3. Garnish with finely chopped candied ginger and chill before serving.

.....  
Serves 6



### tip from the chef

*Save time by storing melons in the refrigerator when you buy them. You will then be able to serve a chilled salad immediately.*





# fruity slice

■ □ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

## method

1. Place sugar and butter in saucepan, heat until butter melts. Add sultanas, apricots and eggs. Mix well.
2. Sift flours into a bowl, return husks to bowl. Stir sifted flours and mixed spice into butter fruit mixture.
3. Spread into greased Swiss roll tin. Bake in moderate oven for 20 minutes.
4. Cool before cutting into squares. Store in airtight container.

## ingredients

- > 1 cup sugar
- > 250 g/½ lb butter
- > 1 cup sultanas
- > 1 cup chopped apricots (same size as sultanas)
- > 2 eggs, beaten
- > 1 cup white self-raising flour
- > 1 cup wholemeal self-raising flour
- > 1 teaspoon mixed spice

.....  
Serves 12

## junior chef says

*This slice keeps for up to one week, if there is any left.*





# index

|   |    |
|---|----|
| Cheesy Oat Burgers .....                | 6  |
| A Big Green Salad .....                 | 8  |
| Butterfly Cakes .....                   | 10 |
| Celery Boats .....                      | 12 |
| Cheese and Garlic Crisps .....          | 14 |
| Cheese Pecan Crisps .....               | 16 |
| Chicken & Penne Salad.....              | 18 |
| Pesto Vegetable Calzone .....           | 20 |
| Chocky Road Biscuits .....              | 22 |
| Vegetables in Pita Baskets .....        | 24 |
| Face Biscuits .....                     | 26 |
| Gazpacho .....                          | 28 |
| Hero Sandwich .....                     | 30 |
| Salmon and Egg Sandwiches .....         | 32 |
| Tomato and Ricotta Panini .....         | 34 |
| Pikelet Faces .....                     | 36 |
| Red Lentil Falafel with Dip .....       | 38 |
| Crazy Soup .....                        | 40 |
| Dried Fruit Salad with Bananas .....    | 42 |
| Chicken Caesar Salad .....              | 44 |
| Tuna Fish Fingers .....                 | 46 |
| Frozen Fruit Balls .....                | 48 |
| Puffed Nut Granola .....                | 50 |
| Salad Niçoise .....                     | 52 |
| Pizza Men .....                         | 54 |
| Southern Fried Chicken Drumsticks ..... | 56 |
| Caramel Walnut Petits Fours .....       | 58 |
| Chunky Vegetable Tomato Soup .....      | 60 |
| Ginger Melon Salad .....                | 62 |
| Fruity Slice .....                      | 64 |

# school box lunch

