**Banana Bread**

**Type:** Dessert, snack  
**Serves:** 30 tastes  
**Fresh from the garden:** Banana, eggs  
**Recipe source:** Taste.com

**EQUIPMENT:**
- Loaf tin
- Whisk
- Fork
- Measuring spoons
- Sifter
- Measuring cups
- Wooden spoons
- Bowls
- Knives
- Chopping boards

**For serving:**
- Serving platter
- Tongs

**INGREDIENTS:**
- Melted low-fat dairy spread, to grease
- 265g (1 3/4 cups) self-raising flour
- 40g (1/4 cup) plain flour
- 1 teaspoon ground cinnamon
- 140g (2/3 cup, firmly packed) brown sugar
- 125ml (1/2 cup) skim milk
- 2 eggs, lightly whisked
- 50g butter, melted, cooled
- 2 overripe bananas, mashed

**What to do:**

1. Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease.
2. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
3. Sift the combined flours and cinnamon into a large bowl.
4. Stir in the sugar and make a well in the centre.
5. Place the milk, eggs, melted butter and banana in a medium bowl, and stir until well combined.
6. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
7. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes.
8. Turn onto a wire rack to cool completely. Cut into slices to serve.
Hot Cross Buns

Type: Bread  Serves: 30 tastes  Source: Food Ideas - April 2004

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large bowl</td>
<td>4 cups plain flour</td>
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<tr>
<td>1 wooden spoon</td>
<td>2 x 7g sachets dried yeast</td>
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<tr>
<td>1 knife</td>
<td>1/4 cup caster sugar</td>
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<tr>
<td>1 sifter</td>
<td>1 1/2 teaspoons mixed spice</td>
</tr>
<tr>
<td>1 saucepan</td>
<td>pinch of salt</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>1 1/2 cups currants</td>
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<tr>
<td>Measuring Jugs</td>
<td>40g butter</td>
</tr>
<tr>
<td>Baking tray</td>
<td>300ml milk</td>
</tr>
<tr>
<td>Baking paper</td>
<td>2 eggs, lightly beaten</td>
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</tbody>
</table>

**Flour paste**

1/2 cup plain flour

4 to 5 tablespoons water

**Glaze**

1/3 cup water

2 tablespoons caster sugar

**What to do:**

1. Combine flour, yeast, sugar, mixed spice, salt and currants in a large bowl. Melt butter in a small saucepan over medium heat. Add milk. Heat for 1 minute, or until lukewarm. Add warm milk mixture and eggs to currant mixture. Use a flat-bladed knife to mix until dough almost comes together. Use clean hands to finish mixing to form a soft dough.

2. Turn dough out onto a floured surface. Knead for 10 minutes, or until dough is smooth. Place into a lightly oiled bowl. Cover with plastic wrap. Set aside in a warm, draught-free place for 1 to 1 1/2 hours, or until dough doubles in size.

3. Line a large baking tray with non-stick baking paper. Punch dough down to its original size. Knead on a lightly floured surface until smooth. Divide into 12 even portions. Shape each portion into a ball. Place balls onto lined tray, about 1cm apart. Cover with plastic wrap. Set aside in a warm, draught-free place for 30 minutes, or until buns double in size. Preheat oven to 190°C.

4. Make flour paste: Mix flour and water together in a small bowl until smooth, adding a little more water if paste is too thick. Spoon into a small snap-lock bag. Snip off 1 corner of bag. Pipe flour paste over tops of buns to form crosses. Bake for 20 to 25 minutes, or until buns are cooked through.

5. Make glaze: Place water and sugar into a small saucepan over low heat. Stir until sugar dissolves. Bring to the boil. Boil for 5 minutes. Brush warm glaze over warm hot cross buns. Serve warm or at room temperature.
Sweet Potato Croquettes

Type: Main  Serves: 30 tastes  Recipe source: SAKGF
Fresh from the garden: sweet potato, mixed herbs, eggs

**EQUIPMENT:**
- Colander
- Fork
- Measuring spoons
- Measuring cups
- Wooden spoons
- Bowls
- Knives
- Chopping boards
- Peeler
- Saucepan
- Frying pan
- Kitchen paper

**For serving:**
- Serving platter
- Tongs

**INGREDIENTS:**
- 2 eggs, lightly whisked
- 3 large sweet potatoes, peeled and chopped into 2cm dice
- 2 handfuls mixed herbs
- 1 teaspoon salt
- ½ plain flour
- 3 cups breadcrumbs
- 1 tablespoon water
- 2 tablespoons butter
- ½ teaspoon black pepper
- 2 tablespoons vegetable oil

**What to do:**
1. Steam the sweet potato until tender, about 15 minutes.
2. Drain in a colander, then pour the sweet potato back into the pot and mash it with a fork or potato masher.
3. In a large bowl, combine the mashed sweet potatoes, salt, pepper, butter and mixed herbs. Mix until all ingredients are thoroughly combined.
4. Chill in the freezer for 20 minutes.
5. Lightly beat the eggs in a small bowl, and add 1 tablespoon of water to the eggs.
6. Put the flour and breadcrumbs into separate bowls.
7. Once the mixture is cold, use a ¼ cup measure to shape the mixture into small croquettes with your clean hands. Make sure you have enough croquettes for every diner to have at least one.
8. Dip the croquettes into the flour, then into the egg, then back into the breadcrumbs.
9. Heat the oil in a frypan or large shallow pan.
10. Carefully shallow-fry the croquettes in the hot oil until they are golden brown and crisp on the outside – it should take a few minutes.
11. Make sure they are not too crowded in the frying pan, and cook them in batches if necessary.
12. Remove from oil and drain on several layers of kitchen paper before serving.
Nasi Goreng

**Type:** Main          **Serves:** 30 tastes          **Recipe source:** SAKGF

**Fresh from the garden:** bok choy or Asian greens, eggs, snake beans, Asian herbs such as Thai basil, Vietnamese mint, coriander

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**EQUIPMENT:**
- Whisk
- Wok
- Mortar and pestle
- Egg flip
- Grater
- Measuring spoons
- Measuring cups
- Wooden spoons
- Bowls
- Knives
- Chopping boards

**For serving:**
- Serving platter
- Tongs
- Serving spoon

**INGREDIENTS:**
- 8 eggs, lightly whisked
- 3 tablespoons sunflower oil
- 8 garlic cloves
- 4 spring onions
- 200g chicken meat, bite sized
- 2 carrots
- 8 snake beans
- 1 capsicum
- 300g bok choy or Asian greens
- 1 tablespoon chilli sauce
- 2 tablespoons kecap manis
- 1 tablespoon palm sugar
- 600g cold cooked rice (300g dry rice)
- handful Asian herbs

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**What to do:**

1. Whisk the eggs in a bowl.
2. Heat the oil in the wok and when hot, add the garlic and spring onion and cook for 1 minute.
3. Add the chicken and fry for another minute.
4. Add the chilli sauce, kecap manis and palm sugar.
5. Add the eggs and stir continuously for 30 seconds.
6. Increase to a high heat, then add the rice and salt to taste.
7. Fry for 3 more minutes, stirring continuously.
8. Chop up the Asian herbs.
9. Garnish with mixed Asian herbs and spring onions.
**Aioli**

*Type:* Dressing  
*Serves:* 30 tastes  
*Recipe source:* SAKGF  
*Fresh from the garden:* garlic, lemon, eggs

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<thead>
<tr>
<th><strong>EQUIPMENT:</strong></th>
<th><strong>INGREDIENTS:</strong></th>
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</thead>
<tbody>
<tr>
<td>Spatula</td>
<td>6 garlic cloves, peeled</td>
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<tr>
<td>Mortar and pestle</td>
<td>2 eggs</td>
</tr>
<tr>
<td>Juicer</td>
<td>1 ½ cups olive oil</td>
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<tr>
<td>Measuring cups and Spoons</td>
<td>½ lemon</td>
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<tr>
<td>Bowls</td>
<td>salt</td>
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<tr>
<td>Knives</td>
<td></td>
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<tr>
<td>Chopping boards</td>
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**For serving:**  
Small serving dish  
Spoon

**What to do if making with food processor:**

9. Pound the garlic to a paste with the mortar and pestle. Tip it into the food processor.  
10. Separate the egg yolks from the whites and add the yolks to the food processor.  
11. Turn the food processor on (low at first) and gradually pour in the oil. It should become very thick. (Try speeding up the food processor if the mayonnaise doesn’t thicken after a few minutes.)  
12. Juice the lemon and add a pinch of salt and the lemon juice to the mayonnaise.

**What to do if making by hand:**

1. Pound the garlic to a paste with the mortar and pestle. Tip it into the food processor.  
2. Separate the egg yolks from the whites and add the yolks to the food processor.  
3. Whisk the yolks and garlic and while whisking, gradually and constantly pour in the oil. (If the oil is added too quickly the mixture can split.) It should become thick.  
4. Juice the lemon and add a pinch of salt and the lemon juice to the mayonnaise.