



EON Foundation  
Growing healthier communities

# EON



# RECIPE BOOK

Information & Tips

# WHY EAT LOTS OF FRUIT AND VEGETABLES?

Eating lots of fruit and vegetables makes you healthy and helps prevent diseases. Also, they are low in fat and high in fibre – both good things. Food like white bread, white rice, white sugar, cakes and pies should be replaced with lots of naturally colourful fruit and vegetables. Cooking vegetables is easy and, if you grow them yourself, they will taste better.

**Try to eat as many colourful fruit and vegetables as you can everyday.**

## Eating vegetables will:

- ✓ Give you more energy
- ✓ Help stop diseases like diabetes, heart disease, ear, eye, skin & tooth diseases
- ✓ Make your bones strong
- ✓ Build your immune system so you can fight infections, like colds
- ✓ Help you think better
- ✓ Help you play sport better
- ✓ Help you stay slim



# SAFETY AND HYGIENE GUIDE

## Personal Hygiene

It is important whenever handling food that there is a high standard of personal hygiene. Even healthy people carry food poisoning bacteria.

Make sure you follow these rules for heating cooking and eating!

<b>Wash your hands regularly</b>	<ul style="list-style-type: none"><li>• Washing your hands thoroughly reduces the chance of contaminating food with bacteria.</li><li>• Wash your hands with soap and water, and don't forget to wash the backs of your hands, wrists, and between your fingers.</li><li>• Thoroughly dry your hands after you wash them; always dry your hands on a clean towel.</li><li>• If you have to do any of the following while cooking remember to wash you hands again: Go to the toilet, blow your nose, handle garbage, touch your ears, nose, mouth, touch or play with animals.</li></ul>
<b>Tie your hair back</b>	<ul style="list-style-type: none"><li>• Tie your hair back and don't touch or play with it while cooking.</li></ul>
<b>Keep body fluids away from food</b>	<ul style="list-style-type: none"><li>• Do not sneeze, cough, or blow your nose over food; walk away from the food preparation area.</li><li>• If you have a cut or wound make sure they are covered up by a bandage or Band-Aid.</li><li>• If you are feeling unwell it is best to not cook as you can easily transfer your illness to others who may eat your food.</li></ul>
<b>Clothing</b>	<ul style="list-style-type: none"><li>• If you have protective clothing such as an apron put it on when cooking.</li><li>• Make sure long sleeves are rolled up and that clothing does not dangle into the food.</li><li>• Take off any jewellery and watches.</li></ul>

# Kitchen Hygiene

It is important to keep the kitchen or cooking preparation area clean and safe for cooking. When cooking and preparing food, follow these tips:









<b>Wiping workspace</b>	<ul style="list-style-type: none"><li>• Before you start cooking and after cooking wipe down your work area thoroughly so that no food scraps are left behind.</li><li>• After you have used a chopping board or bench top with raw meat, you must wash it down well with hot and soapy water before putting anything else on that area, including knives and other cutlery and plates, bowls etc.</li></ul>
<b>Washing equipment</b>	<ul style="list-style-type: none"><li>• Thoroughly clean and dry any equipment, including cutlery, bowls, chopping boards, bench tops, fry pans, stirring spoons etc and the sink used while cooking.</li><li>• Make sure there are no food scraps left in the sink as cockroaches will be attracted to them.</li><li>• Wash kitchen and eating utensils after use in hot soapy water.</li><li>• Wash the cleanest dishes first, and then the messiest dishes last, so you don't have to change the dishwasher as often.</li></ul>
<b>Work space</b>	<ul style="list-style-type: none"><li>• If cooking inside you will need to sweep and mop the floor before and after cooking.</li><li>• Always keep pets out of the cooking area.</li></ul>
<b>Wash fruit and vegetables</b>	<ul style="list-style-type: none"><li>• Rinse all fruit and vegetables in clean water to remove soil, bacteria, and insects.</li></ul>
<b>Food storage</b>	<ul style="list-style-type: none"><li>• Don't leave cooked food out of the fridge for more than an hour.</li><li>• Store all your cooked food and leftovers in the fridge in a good container or a bowl. Cover with Gladwrap as soon as possible.</li><li>• If food needs to be thrown out put it in the bin straight away; Do not keep it in the fridge.</li><li>• Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.</li></ul>

# Cooking Safety Tips

There's lots of hot, sharp and spiky things you use when cooking, so stay safe and follow these cooking safety tips:

- Wear a clean apron that will protect you from hot spills and messing up your clothes.
- Wear closed-in shoes (if possible) to protect your feet, in case of hot spills or breakages.
- Wash your hands before and after handling food.
- Do not run around the room where food is being prepared.
- Make sure you don't bump any one when they are cooking and handling knives or anything hot.
- Wipe up food spills immediately, especially on the floor so no one slips and falls.
- Handle knives and other sharp equipment with care and ask for help if you are unsure.
- Don't put knives in the sink with hot soapy water, because you won't be able to see the knife and may cut yourself when you go to wash the dishes. Keep it next to the sink and wash it when you are ready.
- When using a knife, always cut away from yourself or downwards on a chopping board to avoid cutting yourself.
- Keep your fingers out of the way when cutting, and cut slowly- take your time!
- Turn handles of saucepans away from the front of the stove when cooking, so they don't stick out from the stove. This is so no one can brush past the pan or kids can't pull it down and spill hot food on them.
- Use oven mitts or two tea towels when taking hot dishes from the oven or microwave.
- Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
- If you can't quite reach the bench or a cupboard, use a stool or wooden step to help you up; don't jump.
- Always pick up knives by their handle and do not point them at anyone. Be sure to only use a knife when an adult is close by.
- If you burn yourself, tell an adult immediately and run it under cold water or put an ice pack on it.
- Before leaving the kitchen, check that the oven, stove and all appliances are all turned off.
- Never add water to a pan with hot oil in it. Oil and water always splatter and could burn someone.
- Keep paper towels, dish towels and pot holders away from the stove and oven so they don't catch on fire.

# Cooking Amounts & Tools

Name	Description	Picture
<b>Tin</b>	About 500gms	
<b>Tablespoon</b>	Large Cutlery Spoon	
<b>Teaspoon</b>	Smallest Cutlery Spoon	
<b>Cup</b>	250 ml	
<b>Pinch</b>	$\frac{1}{2}$ teaspoon. A small amount grabbed by two finger tips e.g. salt for flavour	
<b>Colander</b>	A bowl-shaped kitchen utensil with holes in it used for draining food such as pasta or rice	
<b>Mortar and Pestle</b>	The mortar is a bowl, typically made of hard wood, ceramic or stone. The pestle is a heavy club-shaped object; the end is used for crushing and grinding. The substance to be ground is placed in the mortar and ground, crushed or mixed with the pestle	
<b>Wok</b>	A metal pan with a rounded bottom, used especially for frying and steaming in Asian cooking	



# Cooking Methods

Name	Description	Picture
<b>Brown/Browning</b>	<p>Cooked for a short time until a brown colour on outside; inside will still be uncooked</p> <p>e.g. mince in spaghetti bolognese</p>	
<b>Crushed</b>	<p>Pressed with the flat side of a knife before chopped</p> <p>e.g. garlic</p>	
<b>Diced / Chopped</b>	<p>Cut into small squares (1cm x 1cm)</p> <p>e.g. onion, capsicum</p>	
<b>Finely chopped</b>	<p>Cut into smaller pieces (0.5cm x 0.5cm)</p> <p>e.g. chilli, herbs</p>	
<b>Coarsely grated</b>	<p>Use the largest holes on the grater</p> <p>e.g. cheese, cabbage, carrot</p>	
<b>Finely grated</b>	<p>Use the smallest holes on the grater</p> <p>e.g. lemon zest</p>	
<b>Puréed</b>	<p>Mashed up into a liquid texture (ie tomato puree)</p>	
<b>Shredded</b>	<p>Cut into thin strips</p> <p>e.g. cabbage in coleslaw</p>	
<b>Simmer</b>	<p>Some small bubbles and a little bit of steam, left for a while</p>	
<b>Bring to boil</b>	<p>Bring the heat up so that the ingredients in the pan are bubbling rapidly</p>	
<b>Stir fry</b>	<p>Fry (meat, fish, or vegetables) rapidly over a high heat while stirring briskly</p>	

# How Do You?

## Boil a chicken

1. Place whole chicken in a large pot with lid, fill with water, ensuring water covers chicken.
2. Place on heat and bring to boil, then turn down flame to a simmer.
3. Simmer until cooked through. A good guide is 1 hour of simmering for 1 kg of whole chicken.

## Roast a chicken

1. Pre heat oven to 180 degrees.
2. Cut away any loose fat from chicken.
3. Rinse the chicken well with clean water and pat dry with paper towels.
4. Place chicken on a baking tray on baking paper in oven or place inside a camp oven.
5. Sprinkle with a teaspoon of salt and pepper.
6. For a chicken that weighs 1 to 1.5 kg cook for 1 and a half hours, or until chicken can be pierced by skewer and juices run clear, and juice has no pink liquid in it.

## Steam a chicken

### With steamer:

1. Place chicken in large steamer with lid.
2. Steam chicken for around 1 hour per kg.

### In a pot:

1. Place chicken in large pot with lid, fill with 4cm of water.
2. Bring the water to boil then leave to simmer with the lid on.
3. Steam around 1 hour per kilo, or until chicken is cooked through (no pink bits!).

## Steam fish

1. Fill a small saucepan or frying pan with 1-2cm of water.
2. Bring water to the boil.
3. Place fish in the pan & reduce to simmer until cooked: Usually 8 minutes or until fish flesh is flaky.

## Cook Pasta

1. Use the biggest pot you have. For every 500g of pasta you will need 4 litres of water. This will stop the pasta from clumping together and cooking unevenly.
2. Place the pot on the heat and add 2 teaspoons of salt (Optional).
3. When the pot of water is boiling add the pasta; the water will stop boiling when the pasta is added.
4. Stir the pasta and make sure the pasta is not sticking together.
5. Cover until the water is boiling again.
6. Different types of pasta have different cooking times, but averages around 10 minutes.

## Cook rice

1. Place rice into a medium-size saucepan and add water to 5cm above rice.
2. Bring to the boil, reduce heat to medium and cook for approximately 5 minutes, or until tunnels form in the rice and most of the water has been absorbed.
3. Turn off heat and cover for approximately 10 minutes. This allows rice to be steamed through, resulting in a fluffy texture.
4. Remove lid and run a fork through the rice and serve.

## Tips!

1. Read the instructions on the packet for perfect measurements.
2. Test the rice regularly. If rice is cooked but the water is not absorbed, take it off the heat and drain the rice in a colander.
3. If the rice is cooked but gummy, run hot water through the rice in a colander and drain.
4. Brown rice will take longer to cook. Refer to the instructions on the packet.