



Around the world kids online cooking

Date	Country	Dish
6th October	Mexico	Fajitas
13th October	Japan	Japanese pancakes
20th October	Turkey	Gozleme
27th October	Italy / Mexico	Chicken Caesar Salad
3rd November	China	Dumplings
10th November	USA	Meatball subs
17th November	Greece	Spinach snails
24th November	UK	Fish and chips
1st December	Israel	Falafel
8th December	Australia	Home made sausages
15th December	Various	Festive fun (not dinner)

Creators of **Positive Food Education**

758 North Road, Ormond 3204 | 0412395283

hello@foost.com.au | www.foost.com.au



Equipment:

- Clean working space, ideally in kitchen
- 1 baking tray lined with baking paper or fry pan (depending on the week)
- 1 chopping board
- 1 knife (or [foost knife](#))
- 1 medium mixing bowl
- Utensils mixing spoon, fork
- Measuring cups
- 1 grater
- Serving platters or plates/bowls
- Apron, optional

Note:

- Make camera so you can see your hands and face
- Throughout the program we will use the stove top and oven
- Adult supervision required



Fajitas with homemade tortillas

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives
2 cups wholemeal or white plain flour plus extra flour for kneading	Or Gluten free flour
Pinch salt	
$\frac{3}{4}$ teaspoon baking powder	Or use self raising flour instead of plain
2 tablespoons oil, plus extra for frying	
$\frac{2}{3}$ cup (150 ml) warm water	
500g chicken, or beef strips	Or fish strips or 425g can black beans or red kidney beans
Your choice of veg for filling: <ul style="list-style-type: none">- 1 onion (diced before class)- 1 red capsicum- $\frac{1}{2}$ zucchini- Handful mushrooms, optional- Can corn, optional	
Guacamole: <ul style="list-style-type: none">- 1 avocado- $\frac{1}{2}$ lemon or lime- 1 tablespoon coriander, optional	
<ul style="list-style-type: none">- 1 teaspoon smoked paprika- 1 teaspoon ground cumin- 1 teaspoon onion powder- $\frac{1}{2}$ teaspoon garlic powder	Or Mexican or fajita spice mix

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Other toppings of your choice:

- ½ iceberg lettuce or spinach
- 2 tomatoes
- 1 cucumber
- Sour cream
- Salsa
- tinned pineapple in juice, optional
- 1 cup grated cheese



Okonomiyaki (Japanese Pancakes) with Teriyaki

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives
500g chicken strips or beef strips (please cut before class)	Or firm tofu or raw salmon
1/3 cup soy sauce	
2 tablespoons of honey	or maple syrup
1 teaspoon crushed garlic or (fresh or jarred), optional	
2 teaspoons of crushed ginger (fresh or jarred), optional	
1/4 small green cabbage	
2 carrots	
1 zucchini	
3 eggs	
1 cup plain flour	
Oil for frying	
3/4 cup water	
Sauces for topping, optional <ul style="list-style-type: none">- Mayonnaise- BBQ sauce	



Gozleme

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives
2 cups self raising flour	Or plain flour and 3 teaspoons baking powder
1 cup Greek yoghurt	Or natural plain yoghurt or milk
4 tablespoons of oil	
1 bunch fresh spinach	Or one large bag baby spinach or one packet frozen spinach (defrosted)
$\frac{3}{4}$ cup grated cheese	
$\frac{3}{4}$ cup feta	
Lemon, to serve, optional	
Ingredients for side salad, optional <ul style="list-style-type: none">- Lettuce- Tomato- Cucumber- Olive- Red capsicum	
Note: we will be making traditional spinach and feta gozleme. You can make them with other fillings; cooked meat, capsicum, mushroom tomato... Have any filling ingredients you like if you wish to make different fillings.	
If you want, you can make extra dough (yoghurt and flour) and make a sweet gozleme for dessert, with apples and cinnamon or berries and chocolate inside	



Chicken (nugget) Caesar Salad

Ingredients

You will need (please do NOT measure out ahead of time)	Alternatives (only if you can't find the ingredient)
Approximately 500g chicken breast, cut into nugget sized pieces	Or firm tofu
3 eggs	
1 cup breadcrumbs	
3 rashers of shortcut bacon, optional	
2 tablespoons oil, any type	
½ teaspoon crushed garlic (½ clove)	
2 slices multigrain bread	Or any bread
¼ cup mayonnaise	Or yoghurt
1 lemon	
½ teaspoon dijon mustard	Or any mustard
1 cos lettuce	Or iceberg or baby spinach
1 red capsicum	
¼ cup parmesan, block or grated	



Dumplings

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives
1 carrot	
1 zucchini	Or handful mushrooms
¼ small cabbage	
227g can water chestnuts (from Asian section of supermarket)	Or can bamboo shoots or canned corn
2 tablespoons plain flour	
Handful of herbs of your choice, ideally fresh (coriander, Vietnamese mint, chives)	
275g round dumpling/gyoza wrappers (fridge section of supermarket or from Asian grocer)	Or flour and water (to make your own if you cannot find the wrappers)
Oil for cooking	
Dipping sauce: <ul style="list-style-type: none">- 2 tablespoons rice-wine vinegar- 2 tablespoons soy sauce- Juice 1 lemon or lime- 1 teaspoon grated ginger (optional)- 1 teaspoon sweet chilli sauce (optional)	Or any vinegar



Meatball Subs

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives
500g beef mince (or chicken, or turkey)	or vegetarian mince
1 onion (pre dice ahead of class)	
½ zucchini	
1 carrot	
1 teaspoon or 1 clove garlic, crushed	
1 tablespoon tomato paste	
1 egg	(if egg free, omit)
½ cup breadcrumbs	or oats or gluten free breadcrumbs
¾ cup cheese, grated or block	
1 jar passata	or large can of diced canned tomatoes
4-6 hot dog rolls	
Salad ingredients and toppings (your choice): <ul style="list-style-type: none">- Lettuce- Carrot- Tomatoes- Cucumber- Capiscum- Pickles- Relish- Mayo	



Spinach Snails

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives (only if you can't find the ingredient)
1 bunch spinach	or silverbeet
1 leek, optional	
1 onion (please dice before class)	
2 teaspoons crushed garlic (2 cloves)	
3 tablespoons oil	
½ cup parmesan cheese	
½ cup tasty cheese	
⅓ cup feta	
1 egg	Or oil
1 packet filo pastry (available in fridge or freezer section of supermarket)	Or any gluten free pastry (if gluten free)
1 tablespoon sesame seeds	
Greek side salad (choose which ingredients you would like for a simple side salad): <ul style="list-style-type: none">- 1 cucumber- ½ cup olives- Punnet cherry tomatoes- Red capsicum- Red onion- Feta cheese	

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Fish and colourful chips

Ingredients

You will need (please do NOT measure out ahead of time)	Alternatives
1 tablespoon of sesame seeds, optional	
1 tablespoon of oil, any	
1 sweet potato	
2 potatoes	
1 zucchini	
2 tablespoons of tomato paste, optional	
8 button mushrooms	
½ cup cheese	
2 teaspoons of seeded mustard, optional	
1 cup of plain flour, white or wholemeal	
1 egg	
1 cup of cold water	
500g white fish fillet, cut into nugget size pieces before class	Or chicken pieces or firm tofu



Falafel

Ingredients:

You will need (please do NOT measure out ahead of time)	Alternatives
½ brown onion, diced before the class	
½ cup fresh parsley	Or dried but fresh works a little better
3 teaspoons crushed garlic (3 cloves)	
420g can chickpeas	
1 teaspoon cumin	
1 tablespoon extra virgin olive oil, plus extra to drizzle	Or any oil
1 teaspoon baking powder	Or use self raising flour (in place of baking powder and plain flour)
4 tablespoon plain flour	Or gluten free flour
Pita bread	Or flat bread or wraps
Tzatziki - 1 cup plain Greek yoghurt - 1 lemon - 1 small cucumber - 1-2 teaspoons crushed garlic - ¼ cup mint leaves	Or bought hummus or tzatziki or cream cheese or dip of your choice



Tabouleh (use any of the following ingredients you like):

- 2 large tomatoes
- 1 large cucumber
- 1 large grated carrot
- 1 red capsicum
- Fresh parsley, chopped
- 2 cloves garlic, crushed
- 2 tablespoons extra virgin olive oil
- 1-2 lemons

Equipment: Ideally we will use a food processor or nutribullet or blender. If not a potato masher.



Aussie BBQ: home-made sausages, Summer salad and BBQ banana

Ingredients

You will need (please do NOT measure out ahead of (time))	Alternatives (only if you can't find the ingredient)
500g lean turkey mince	or chicken mince or vegetarian mince or blended/mashed tofu
2 cups spinach	
1/3 cup pine nuts	Or seeds
1 apple	
1/2 cup breadcrumbs	
1 teaspoon salt, optional	
Summer salad (choose your ingredients): <ul style="list-style-type: none">- 250g punnet strawberries- 1 red capsicum- 1 cucumber- 1 avocado- 2 tablespoons sun dried tomatoes- Lettuce or spinach- Honey cashews or nuts or seeds- Balsamic vinegar and olive oil	
1 banana per person	
3-4 pieces per person of white, milk or dark chocolate (can use melts or regular chocolate)	
Foil	

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Festive cooking: Latkes and Gingerbread men

Ingredients

You will need (please do NOT measure out ahead of (time)	Alternatives (only if you can't find the ingredient)
125g unsalted butter softened, remove from fridge 1 hour before class	
½ cup sugar, any kind	
⅔ cup golden syrup	or honey or maple syrup
3 cups plain flour, wholemeal or white	or gluten free flour
2 teaspoons ground ginger	
½ teaspoon cinnamon	
1 teaspoon bicarb soda	
2 medium potatoes	
1 medium sweet potato	
1 onion, optional (if using dice before class)	
1 egg	
Pinch of salt, optional	
1 tablespoon oil	
4 pink lady apples	
1 tablespoon water	
1 tablespoon balsamic vinegar	

Note: this class makes potato latkes with apple sauce and gingerbread men. This is not a full dinner. To turn into dinner add some meat or fish and/or salad or extra veggies.

Note: if you have cookie cutters, that is great. If not, we can use a glass.



Optional extras (after class):

*For gingerbread icing, mix together 120g cream cheese, 1 tablespoon milk, 1 teaspoon vanilla, 1 teaspoon of honey. You can decorate with carrot, choc chips and/or sultanas