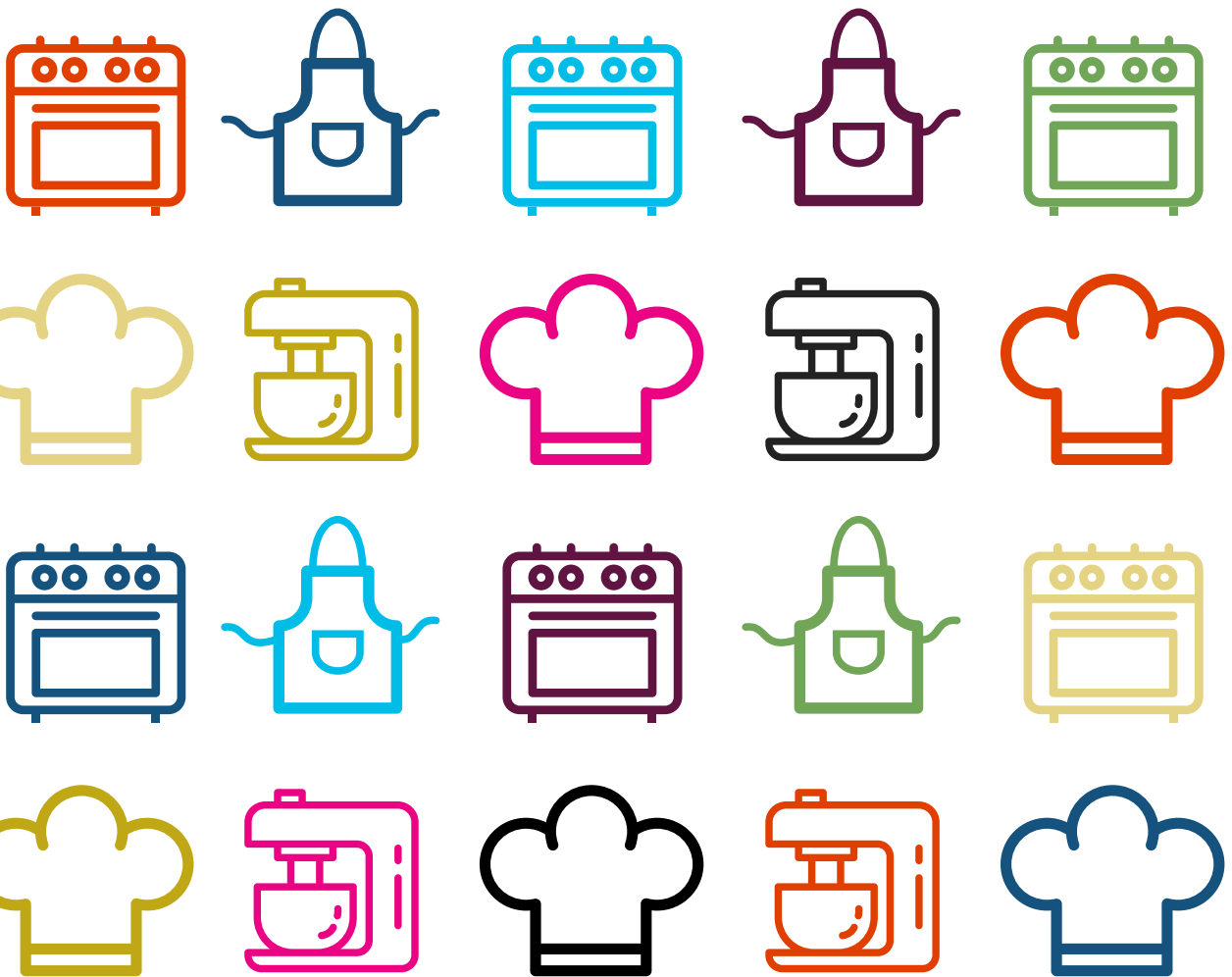


# Cooking with Carolyn & Guests!

A 2021 Lockdown 6 Compilation of Cooking Recipes from the Koonung Community



Koonung Cottage Community House

# Introduction



During our 6th lockdown, an impromptu "cooking together via Zoom" session was trialed and became a series of fun cooking sessions, generally hosted by Carolyn and included guests such as Viona, one of our exercise teachers and even State Member for Box Hill, Paul Hamer MP.

The recipes were chosen because of:

- easy access to the ingredients. We were confined to a 5km radius and were required to shop at our closest supermarket/food shop
  - simple techniques and equipment that ensured cooks of all abilities would be able to participate
- the time required to prepare and, hopefully bake or cook, could be done in a little over an hour. We loved seeing other people's creations, hot out of the oven!

Everyone joined in with all the fun, helping us to alleviate lockdown boredom whilst sharing and trying out delicious recipes together.

Thank you to everyone who hosted, attended or supported these sessions and inspired us all to try something new together but separately from the safety and comfort of our kitchens.

We are delighted to share these recipes.

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# Cookies



**23 August**

## **BUTTER COCONUT CRISPS**

(this is an old ounces recipe)

### **Ingredients**

4 oz butter

1 1/4 cup SR flour

1 cup sugar

1 egg

### **Method**

Melt butter. Sift flour and sugar into bowl, add beaten egg and melted butter. Mix thoroughly.

Form into small balls (largish teaspoon balls). Place on paper lined tray and leave room for spreading.

Moderate oven 10-15 minutes. Loosen and cool before moving to wire rack.

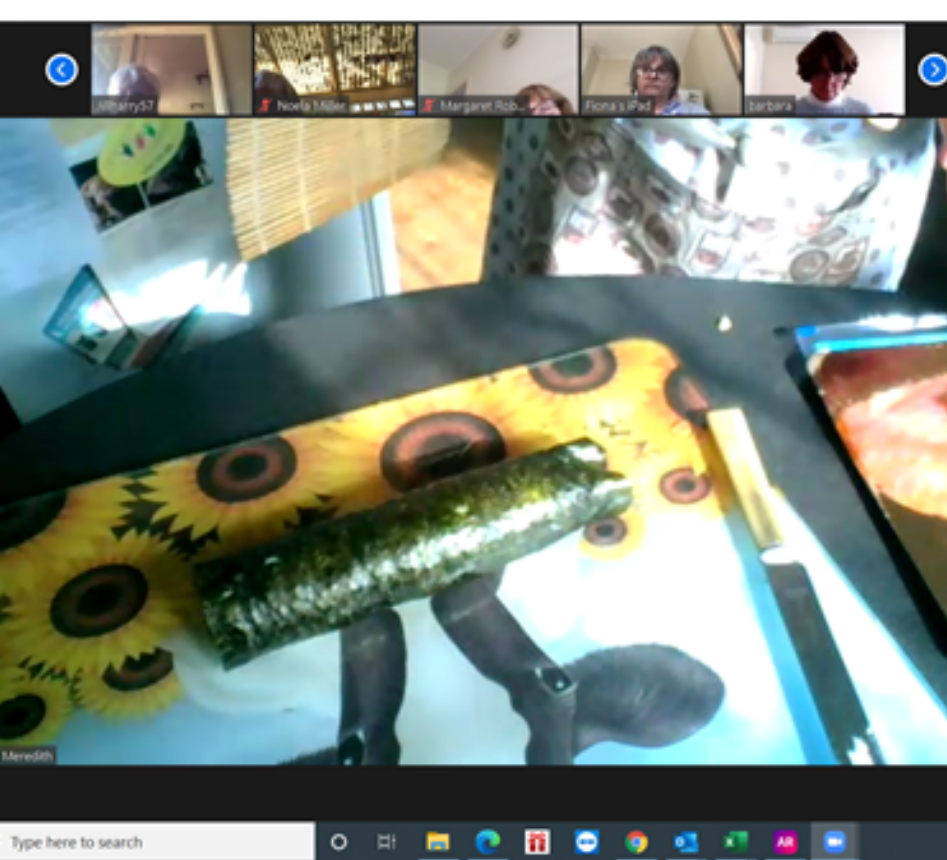
### **ALTERNATIVES**

Roll balls in coconut.

Add fine grated lemon rind to mix - yummy

Add half almond flake to top of ball - nice.

Note from Carolyn: Think of them as butter biscuits with flavours. I've made two batches. One was the basic recipe (flour, sugar, butter and egg) and I mixed grated lemon rind through so I had a lemony biscuit. The second batch was the basic recipe (flour, sugar, butter and egg) formed into small balls (large teaspoon sized) and then I rolled them in desicated coconut. We did not mix coconut through the mix. Someone else added a half cherry to the top of theirs and someone else suggested chocolate chips.



*"Many thanks for cheering us up with your lovely cooking classes" - Bev"*

*"Thanks for a great cooking session on zoom" - Jill*

*"Thank you very much for yesterday's cooking class. I really enjoyed it." - Barb*



# Sushi with Viona



**30 August**

## **SUSHI RECIPE**

### **Ingredients**

1 cup of sushi rice , arborio or short grain rice (already cooked about half an hour before session)

1 - 2 tbsp rice wine vinegar (sushi seasoning, I recommend OBENTO) add this prior to session to the cooked rice, after letting rice sit for 5 min

4 sheets of dry seaweed ( Nori )

Whole egg mayonnaise

½ an avocado sliced

Desired filling : smoked salmon/ fried chicken fillet, (I fry in a little soya sauce), marinated tofu

½ a Lebanese cucumber, thinly sliced ( optional)

1 carrot, thinly sliced ( optional)

Soy sauce to serve

I am going to add smoked salmon, as this is my favourite, with avocado and the cucumber.





*"My neighbours loved the scones! We devoured them." - Fiona*



# Pumpkin Scones



**6 September**

## **Ingredients**

2 cups self-raising flour  
1 cup cooked mashed pumpkin  
2 tbsp raw sugar  
2 tbsp butter  
1 egg  
2 tbsp full-fat milk

## **Method**

1. Pre-heat the oven to 180C (356F) fan-forced and line a baking tray with baking paper.
2. Sift the flour into a large bowl.
3. Add the sugar and whisk it through then use your fingers to rub in the butter until the mixture resembles breadcrumbs.
4. Add the egg, milk and pumpkin and fold them through.
5. Turn the dough out onto a floured surface, flour your hands and pat it out to about 2-3cm thickness.
6. Use a floured, round cookie cutter to cut out rounds and place them on the tray so they are just touching.
7. Gently pat any excess dough together then let it rest a few minutes and pat out and cut out more circles.
8. Bake the scones for 10-15 minutes or until golden.
9. Transfer to a wire rack to cool or gobble them up straight away with jam and cream.





*"I think online cooking classes is a fantastic idea." - Noela*

*"I enjoyed the session...looking forward to next time." - Margaret S*





# Spicy Thai Chicken Sausage Rolls



**27 September**

(Recipe from <https://lovefood.net.au/>)

## Ingredients

- 500g chicken breast mince
- ½ red onion, finely diced
- 1 zucchini, grated and excess
- 3 sheets puff pastry
- 1 tablespoon sesame seeds
- 2 eggs

for the paste

- ½ bunch coriander (including roots), washed well, roots finely diced, leaves coarsely chopped
- 1 small knob ginger, peeled and grated
- 2 teaspoons fish sauce
- 1 teaspoon sugar
- 3 cloves garlic, minced
- 3 red chillies, finely diced
- 3 cm lemongrass, bruised and finely chopped
- 1 tablespoon fresh lime juice

OR

- 3 tablespoons good quality Thai green curry paste

## Method

Preheat the oven to 180 degrees. If you are making the paste, put all of the ingredients into a food processor and blend until smooth. In a large bowl combine the chicken, Thai paste, onion, zucchini and one egg (beaten) until well mixed through. On a clean bench, lay out the pastry, allow to thaw and cut each sheet in half horizontally. With your hands evenly spread the mixture horizontally along the middle of each sheet of pastry in a sausage shape around 5cm wide and 2 cm high, allowing a few centimetres of exposed pastry around the chicken mix.

Roll the pastry away from you to cover the chicken and form a roll with the join on the bottom and place on a baking tray lined with baking paper. Cut each roll into 3 even sections and brush with beaten egg then sprinkle with sesame seeds. Bake in the oven for around 45 minutes, or until the pastry is golden brown. Check one to make sure it is cooked through. Serve hot with sweet chilli sauce. Makes 18 sausage rolls.

# Cheesy Chive Muffins



**4 October**

## **Ingredients**

2, 1/2 cup self-raising flour  
1/2 tsp baking powder  
1/4 cup parmesan grated  
1 cup cheddar cheese grated  
1 cup spring onion finely chopped  
1 egg  
1/3 cup olive oil  
1, 1/4 cup milk

## **Method**

1. Sift flour and baking powder.
2. Add parmesan, cheese and spring onions.
3. Combine egg, olive oil and milk in a jug and mix gently.
4. Add to dry ingredients and gently fold in until just combined.
5. Spoon into muffin holes until three quarters full.
6. Top with extra cheese.
7. Bake 15-20 minutes on 170C (fan forced).

# Chocolate Self-Sauce Pudding



**11 October**

## **Ingredients**

### For the Pudding

1 Cup Self-Raising flour  
1 tbsp cocoa  
 $\frac{3}{4}$  cup sugar  
2 tbsp butter  
 $\frac{3}{4}$  cup milk

### For the Sauce

$\frac{1}{2}$  cup brown sugar  
1 tbsp coca  
1  $\frac{1}{2}$  cups boiling water

## **Method**

Heat oven to 180 degrees.

Melt butter, sift flour and coca into bowl.

Add sugar, stir melted butter and milk into flour mixture. STIR WELL.

Pour into greased 2 litre casserole dish.

Combine cocoa and brown sugar. SPRINKLE over mixture.

Carefully pour boiling water over mixture - using the back of a spoon to absorb some of the pressure of the water.

Bake approximately 25-30 minutes.

Serve with cream or ice cream.





*"The cooking lessons were great fun and I enjoyed them immensely." - Margaret R*

*"I thoroughly enjoyed yesterday and look forward to the next. We all need something to brighten our day." - Claire*



# Apple Tea Cake



**18 October**

(Recipe lent by Maggie Beer to the EveryAGE Counts Campaign)

## **Ingredients**

3 large green apples peeled and sliced into eighths  
80ml Verjuice  
170g caster sugar  
185g unsalted butter at room temperature  
1 tsp vanilla bean paste  
2 free range eggs at room temperature  
1 ¼ cup self-raising flour  
1 tsp ground cinnamon  
¾ cup milk  
1 tbsp icing sugar to dust  
500gm Rich Vanilla Bean Ice Cream to serve

## **Method**

Grease a 20cm (8 inch) spring form pan, preheat oven to 180C.  
Peel apples, remove cores and cut into eighths.  
Place into a medium-sized saucepan with verjuice and 1 tablespoon of caster sugar.  
Cover and cook over medium low heat until soft (about 20mins) but not mushy, set aside to cool.  
Cream butter, remaining sugar and vanilla in a bowl with electric mixer until light and fluffy.  
Beat in eggs one at a time, making sure to beat well after each addition.  
Transfer mixture to large bowl, stir in sifted flour, cinnamon and milk.  
Spread half the mixture into prepared pan.  
Top with the apple and finish with remaining cake mix.  
Place into the preheated oven and bake for approximately one hour until golden and cooked through.  
Remove from the oven and set aside to cool.  
Dust with icing sugar and serve with Rich Vanilla Bean Ice Cream. Serves 8



# Dumplings with Paul



**25 October**

## Ingredients

### DOUGH

4 cups plain flour (500 g)  
2 teaspoons salt, divided  
1 ¼ cups warm water (300 mL)

### FILLING

Approximately 150-180g ground beef  
1.5 tablespoon soy sauce  
1.5 tablespoon rice wine/dry sherry (or substitute) - OPTIONAL - Can also use stock/vinegar  
1 teaspoon grated ginger - OPTIONAL  
0.5 teaspoon salt  
Pinch of black pepper

### OPTIONAL FILLING

2 spring onions , finely chopped  
1 large carrot , finely chopped  
1/3 cup frozen corn , thawed  
1/3 cup frozen green peas , thawed  
1 tablespoon sesame oil (or substitute)

Vegetable oil (For frying)

### DIPPING SAUCE

For every 1 tablespoon of soy sauce, use 2-3 tablespoons of balsamic vinegar.  
Chili flakes/chilli sauce/chili oil - OPTIONAL

## Method

### FILLING

1. Add ground beef into a big bowl.
2. Add soy sauce, wine/sherry/stock, ginger, salt, and pepper.
3. Mix until the liquid is fully absorbed. Add a touch more water/stock if too dry.
4. Cover with plastic wrap, and let marinate in the fridge while you prepare other ingredients.



## DOUGH

1. In a large bowl, combine the flour, 1 teaspoon of salt, and the warm water and mix until well-combined.
2. Roll out dough on a floured surface and knead until smooth.
3. Divide the dough into 4 equal parts.
4. Roll out 1 piece of dough into a thin log and divide into 6 or 8 pieces, depending on the size of dumplings you want. Repeat with the remaining dough portions.
5. Lightly flour the dough pieces and roll out 1 piece into a thin circle roughly 4-inches (10 cm) in diameter.
6. Keep the dumpling wrappers separated with a small piece of parchment/baking paper and repeat with the remaining dough.

## COMBINE & COOK

1. When ready to make the dumplings, add minced green onion, carrot, corn, green peas and sesame oil into the ground beef mixture. Stir to mix well.
2. To assemble the dumplings, add roughly 1 tablespoon of filling to the centre of a dumpling wrapper.
3. With your fingers, lightly coat half of the outside of the wrapper with water. Fold the moistened half of the wrapper over the filling and, using your fingers, pleat the edges to seal. Repeat with the remaining fillings and wrappers.
4. FOR FRIED DUMPLINGS: Heat the oil over medium high in a large pan and add a few dumplings, cooking them in batches. Once the bottoms of the dumplings start to brown, add a splash of water and cover with a lid. Steam until the dumplings are cooked and the water has evaporated (usually 5-10 minutes but may be longer if dough is thicker). Transfer the cooked dumplings to a paper towel-lined plate to remove any excess moisture or grease.
5. FOR STEAMED DUMPLINGS: Add boiling water to saucepan, and place dumplings in steamer above (IMPORTANT: To avoid dumplings sticking, place a piece of perforated baking/parchment paper at the base of the steamer and space the dumplings so that they are not touching each other).
6. FOR BOILED DUMPLINGS: Add water to saucepan, and bring to boil. Add dumplings until cooked (colour will change and dumplings will rise to the surface).



# Pumpkin Quiche



**1 November**

(Donna Hay Recipe)

## **Pumpkin, Spinach & Feta Quiche**

### **Ingredients**

- 1 Pampas shortcrust pastry case
- 1 tbs olive oil
- 1 onion finely chopped
- 1 garlic clove crushed
- 1 tsp fresh rosemary chopped
- 2 cups baby spinach firmly packed
- 100 g pumpkin roasted cut into 3cm pieces
- 100 g feta crumbled
- 1/4 cup bottled char-grilled capsicum chopped well drained
- 3 eggs
- 1/3 cup cream
- 2 tbs parmesan cheese
- 1 pinch freshly ground black pepper \*to season

### **Method**

1. Preheat oven to 180°C conventional or 160°C fan-forced. Place pastry case on an oven tray (do not remove foil) and bake for 10 minutes.
2. Meanwhile, heat olive oil in a frying pan over a medium heat. Add onion and cook, stirring occasionally until soft. Add garlic, rosemary, spinach and pepper and stir for 1 minute or until spinach has just wilted.
3. Place onion mixture, pumpkin, feta and capsicum on base of pastry case. Place eggs and cream in a bowl and whisk until combined. Pour into pastry case. Sprinkle with parmesan cheese and bake for 25 minutes or until set.

## Mrs Whitfield's Pastry

### Ingredients

2 ½ cups S/R flour

4oz (125g) butter

5oz (150ml) water

### Method

1. Combine water and butter - heat to melt butter.
2. Mix with flour
3. Roll out between sheets of plastic (freezer bags cut open)

## Auntie Faye's Meat Pie

### Ingredients

1kg minced steak

1 chicken cube

1 beef cube

1 teaspoon curry powder

1 dessertspoon fruit chutney

bayleaf

1 teaspoon soy sauce

### Method

1. Brown meat
2. Add the rest of the ingredients. Simmer until meat is tender.

3. Roll out pastry. Fill with meat filling. Top with pastry.

Bake in 190 degree oven for 45 minutes

## Mrs Whitfield's Quiche Lorraine

### Ingredients

3 rashers of bacon, chopped

1 onion, diced

4 eggs

1 cup milk

1 cup cream

1 cup grated cheese

Extra cheese and chopped parsley

### Method

1. Fry bacon and onion until cooked well.
2. Beat eggs, milk and cream together
3. Pour into uncooked pastry case
4. Evenly sprinkle cheese and bacon mix into egg mixture.
5. Sprinkle on top.

Bake in 185 degree oven for ½ to ¾ hour, until set and browned.





# Greek Meatballs with Viona

 **8 November**

## Ingredients

500g mince lamb, beef or chicken  
½ cup fresh breadcrumbs or panko crumbs  
1 large egg  
¼ to ½ cup feta, crumbled (Greek feta is best)  
½ small red onion  
2 garlic cloves  
Zest of 1 lemon  
1-2 tsp oregano, rosemary and parsley (finely chopped)  
Salt/pepper

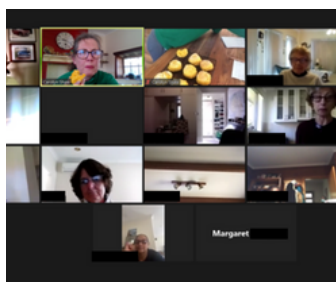
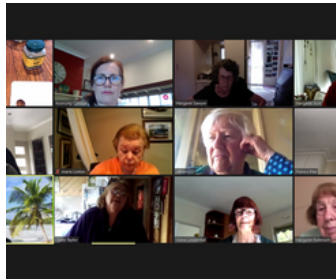
Recipe is already halved so we don't have too many meatballs to prepare. I like this meal with flat bread and salad.





# The End

Thank you everyone!





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