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Serving New Brighton Since 1989



TERM 2 2024

KITCHEN KLUB

RECIPES



Citrus Slice

Ingredients

200g sweetened condensed milk
125g Butter
250g packet plain biscuits
1 cup desiccated coconut (100g)
Zest and juice from 1 lemon

Lemon Icing

1 cup Chelsea Icing Sugar (150g)
1 tsp lemon juice
Hot water
Desiccated coconut, to sprinkle on top

Method

Grease and line with baking paper a 20cm square baking tin.

Melt condensed milk and butter together in the microwave. Crush biscuits and add butter mixture into bowl with biscuits, then add the coconut, lemon zest and lemon juice. Press into tin, then refrigerate for 1 Hour.

Lemon Icing

Mix together Chelsea Icing Sugar, lemon juice and enough hot water to form a smooth spreadable consistency. Spread over the slice and sprinkle with coconut. Leave to set.



Homemade Pizza

Instant Pizza Dough - No Rise No Yeast



Ingredients

- 3 Cups Flour (400g) plus extra for dusting
- 1 cup warm water
- 1 tbsp olive oil
- ½ teaspoon salt

Instructions

1. Pre-heat the oven to the highest setting or at least 230C and place clean baking trays/sheets inside.
2. Add the flour to a bowl. Make a small well in the middle and add the salt and warm water.
3. Mix together with a spoon for a few seconds, when the dough starts to come together add the olive oil.
4. Using your hands bring the dough together then tip it on to a lightly floured work surface. Knead for a few seconds to form a ball, the dough should be soft and smooth.
5. Divide the dough into two balls, roll out into large pizza bases until around ¼ inch (½cm) thick.
6. Carefully transfer the pizza bases to the trays and top with sauce and desired toppings, put flour on the tray first to stop from sticking. Bake for 10 minutes or until the cheese is golden, bubbling and melted and the base is crispy.



Topping Ideas

Pepperoni

- Pizza sauce, cheese, pepperoni

Hawaiian

- Pizza sauce, cheese, ham, pineapple

BBQ Meatlovers

- BBQ sauce, cheese, pepperoni, bacon, ham

Cheese and Garlic

- Pizza Sauce, cheese, garlic, parsley

Apple Crumble and Custard



Ingredients

Apple Mix

- 5-6 apples (750g peeled and chopped)
- 2 Tbsp water
- 2 Tbsp lemon juice
- 1/4 cup white sugar

Crumble Mix

- 100g butter, melted
- 1/2 cup brown sugar (100g)
- 1 1/2 cup rolled oats (160g)
- 3/4 cup plain flour (110g)
- 1/4 tsp ground cinnamon
- 1/4 tsp mixed spice
- (optional) 2 Tbsp Pumpkin seeds

Custard

- 2 Tbsp Custard Powder
- 2 Tbsp sugar
- 2 Cups Milk

Method

1. Peel the apples and chop into 1cm wide pieces. Preheat oven to 180°C fan bake.
2. In a medium saucepan add the apples, water, **half** the white sugar, and lemon juice. Bring to a gentle simmer over a medium heat stirring occasionally.
3. Add the remaining sugar - **if sweetness is needed**. Cook 5 - 10 minutes until the apples soften up but still hold their shape. Remove from the heat.
4. In a bowl, mix the melted butter and brown sugar. Add the oats, flour and spices, (pumpkin seed optional) mix together.
5. Pour the apples into a baking dish. Crumble over the oat mixture, breaking it up with your fingertips.
6. Bake for 30 minutes or until the crumble is crisp and golden.

Custard Method

1. In a saucepan mix the custard powder, sugar and 1/4 cup of the milk to a smooth paste.
2. Add the remaining milk and heat gently, stirring constantly until the custard thickens.

Coconut Curry



Ingredients

- 1 pack Lee Kum Kee Ready Sauce for Coconut Curry Vegetables
- 1 tbsp Vegetable oil
- 1 Small Brown onion, chopped
- 150g Pumpkin, cubed
- 150g Kumara, cubed
- 150g Broccoli
- 1 Carrot, chopped
- 125ml Coconut Cream

Method

1. In a large pot, heat oil and sauté onion until soft.
2. Add pumpkin, kumara, chilli, broccoli, carrot, and Lee Kum Kee Ready Sauce. Stir thoroughly and sauté for 5 minutes.
3. Stir through the coconut cream
4. Cover and simmer for 20 minutes or until the vegetables are tender.
5. Serve curry over cooked rice

Blueberry Muffins



Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup rolled oats
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg, beaten
- ¾ cup milk
- ½ cup brown sugar, packed
- ¼ cup cooking oil
- ½ teaspoon vanilla
- ¾ cup blueberries (fresh or frozen)

Method:

1. Preheat oven to 180C.
 2. Grease muffin tray, or line them with paper bake cups; set aside. (If you don't have enough muffin pans, bake half the batter at a time. Refrigerate remaining batter.)
 3. Stir together flour, rolled oats, baking powder, baking soda, and salt in a bowl. Make a well in the centre of the mixture.
 4. Combine egg, milk, brown sugar, oil, and vanilla in another bowl.
 5. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy.)
 6. Fold blueberries into the batter.
 7. Spoon the batter into the prepared muffin cups, filling each three-quarters full.
 8. Bake in a 200 degree C oven for 16 to 18 minutes or until done. Cool in muffin cups on a wire rack for 5 minutes; remove muffins from cups Serve warm.
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Sweet and Sour Pork Mince



- 225g can pineapple pieces in natural juice
- 1 tbsp vegetable oil
- 500g pork mince
- 1 tsp Crushed Ginger
- 1 tsp Crushed Garlic
- 1 cup mixed vegetables
- 2 tsp cornflour
- 1/4 cup caster sugar
- 1/4 cup white wine vinegar
- 1/4 cup oyster sauce
- 2 tbsp tomato sauce
- 2 tbsp salt-reduced soy sauce

Method

Heat oil in a wok or large frying pan over high heat. Stir-fry mince, breaking up lumps with a wooden spoon, for 5 minutes or until browned. Add ginger, and garlic. Stir-fry for 1 minute or until fragrant. Add mixed vegetables. Stir-fry for 3 minutes or until softened.

Meanwhile, blend cornflour with 2 tablespoons water in a small bowl. Drain pineapple, reserving juice.

Combine reserved pineapple juice, sugar, vinegar, oyster sauce, tomato sauce and soy sauce in a separate small bowl.

Add soy sauce mixture to mince mixture. Stir-fry for 1 minute or until mince is coated.

Add cornflour mixture. Stir-fry for 2 minutes or until sauce boils and thickens.

Remove from heat. Add pineapple. Serve pork mixture on rice or mix rice into mixture

Condensed Milk Choc Chip Cookies

Ingredients

200g Butter
4 tbsp Condensed milk
2/3 cup Sugar
2 tsp Vanilla essence
2 tsp Baking powder
2 cups Flour
3/4 cup Choc chips



Method

1. Preheat oven to 180 fan bake
2. Melt the butter
3. Combine sugar, condensed milk and vanilla essence
4. Mix in the melted butter until smooth
5. Add baking powder and 1 cup of flour
6. Add chocolate chips and second cup of flour, and mix until combined
7. Once mixed, line a baking tray with baking paper
8. Roll mixture into medium size balls and place on the baking trays
9. Press down with your fingers or a fork
10. Bake for 8 - 10 minutes until slightly brown
11. Set aside to cool/set for 8 - 10 minutes

Souvlaki

Greek Seasoned Chicken

Ingredients

- 3 large chicken breasts
- 1 tablespoon olive oil + a more for the pan
- 1 tablespoon white wine vinegar
- 1 tablespoon lemon juice
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon dried oregano
- ¼ teaspoon onion powder
- ½ teaspoon cracked black pepper
- ½ teaspoon dried dill
- ½ teaspoon dried thyme



Instructions

1. Cut each chicken breast into 4-5 long pieces down the length.
2. In a medium bowl, combine 1 tablespoon of olive oil, vinegar lemon juice, garlic, salt, oregano, onion powder, pepper, dill and thyme. Mix well, then cover and chill for 30 minutes or up to 6 hours.
3. Heat a little more oil in a large frying pan or skillet over medium heat.
4. Add half the chicken, letting a little marinade drain off first, and cook, turning often until just cooked through – about 8 minutes. Repeat with remaining chicken. The temperature of cooked chicken is 75C.

To make souvlaki

Ingredients

Pita bread

Tzatziki sauce

Greek chicken pieces

Tomato, cucumber, olives, onions, lettuce, feta cheese



Instructions

1. Grill pita and keep warm
2. Spread Tzatziki sauce on pita, add chicken pieces, then add vegetables (tomato, cucumber, olives, onions, lettuce, feta cheese).

Bliss Balls

Apricot Balls

Ingredients

- ½ Lemon (zest and juice)
- ☐1 tablespoon Chia Seeds
- ☐1 cup (180g) Dried Apricots
- ☐1 cup (75g) Unsweetened Desiccated Coconut
- ☐1 tsp Vanilla Extract
- ☐1 cup (90g) Rolled Oats
- ☐½ tablespoon Coconut Oil



Method

1. Combine chia seeds and lemon juice, let sit for 10 minutes.
2. In a food processor, blend the chia mixture with the remaining ingredients (choose nut or nut-free version) until a sticky, crumbly consistency.
3. Squeeze and tightly compact a tablespoon of the mixture to form a ball. If too dry, add more lemon juice or water. Continue until all the mixture is used.

Weetbix Balls

Ingredients

- ☐1 cup (160g) Sultanas (or raisins)
- ☐1 tablespoon Chia Seeds
- ☐½ cup Boiling Water
- ☐5 Weetbix (75g if using broken biscuits / crumbs)
- ☐¾ cup (60g) Desiccated Coconut
- ☐4 tbsp Cocoa Powder



Method

1. Add the sultanas and chia seeds to a bowl with boiling water. Allow to soak for 5-10 minutes. Drain, reserving the water.
2. Place the sultanas and chia seeds, along with the rest of the ingredients into a food processor. Blend on high until thoroughly combined, scraping down the sides of the bowl if needed.
3. If the mixture is too dry to roll into balls, slowly add the reserved water 1 teaspoon at a time until the mixture comes together, and you can form balls. If the mixture is too wet, add a little more coconut or weetbix.
4. Roll mixture into balls. You can make them any size, usually tablespoon-sized balls.

Peanut Butter Balls

Ingredients

- 175 g (1 cup) pitted dates (dried or medjool)
- 2 tbs cocoa powder (or cacao powder)
- 4 tbs peanut butter
- 150 g (1 and ½ cups) raw almonds
- 3-4 tbs rice malt syrup (or honey)



Method

- Place the dates, cocoa powder and peanut butter into a food processor or blender. Blend until the mixture resembles a paste.
- Add the almonds and rice malt syrup and blend until desired chunkiness is achieved.
- If your mixture is too dry, add 1tbs extra of rice malt syrup (or honey) and pulse to mix through. The mixture should be a little sticky and roll easily into balls when squished together.
- Use a spoon to roll the mixture into tablespoon sized balls.
- For best results, store in an airtight container in the fridge and consume within a week.