UWS Community Cookbook
Building healthier communities through food

Produced by the University of Western Sydney
Office of Sustainability and Student Support Services
I am delighted to introduce the first UWS Community Cookbook. The Cookbook is a joint production of the University’s Office of Sustainability and Student Support Services. It is designed to assist both UWS students, especially those in our residences, and UWS staff to eat and live healthier and more sustainably.

All recipes in the cookbook have been donated by UWS staff, students and our local community partners. Not only are these recipes economical and easy to cook and prepare – they are also delicious.
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Acknowledgements
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Produced by the UWS Office of Sustainability and Student Support Services (2012)
UWS Community Cookbook
Cooking Essentials and Know-how

The recipes in this UWS Community Cookbook are very simple to prepare and cook. All recipes require a range of basic cooking utensils and equipment. Some recipes however do require specialised equipment such as a food processor or electric mixers, which can be substituted for alternatives you have around your kitchen.

Your own personal dietary requirements should be taken into account when cooking meals from this cookbook.

In addition, there are a number of useful tips, serving suggestions, flavour variations, ideas on using leftovers and storage procedures throughout.

Recipes in the book were cooked using a regular oven, preheated to the suggested recipe temperature. All measurements in this book were prepared using measuring cups and spoons. Measurements are level unless stated otherwise.

<table>
<thead>
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<th>Abbreviations</th>
<th>Definition</th>
<th>Measurement</th>
<th>Volume</th>
<th>Microwave</th>
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<td>ml</td>
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<td>degrees Celsius</td>
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Eating Healthy

It is easy to get extra vegetables and fruits into your daily diet. Eating fruit and veg, as well as regular exercise, is one of the most important factors in decreasing the risk of disease and increasing your overall health and wellbeing. Each day most adults require:

- 2 serves of fruit for vitamins and fibre
- 5 serves of vegetables for vitamins and fibre
- 1-2 serves of meat for iron and protein
- 2 serves of dairy for calcium
- 5 serves of grains for energy
- plenty of water to drink
- limited foods such as sweets, salty and fatty foods.

These amounts are recommended for good health in adults between 19 and 60 years old. Depending on your age, sex and health requirements these amounts may vary.

For more information and tips on healthy eating visit www.gofor2and5.com.au/ or www.health.gov.au

Sourcing Food Locally

What defines food as being local? Local food is food which is grown close enough to where you live to be brought fresh. It doesn’t require long distance transport, irradiation or super cold storage to preserve it for shipping.

A great source of local food is food grown in your own backyard. Growing food at home is easy, fun and cheap once you are set up. By growing your own food at home, you can choose the quantities you want. This means you can avoid buying large bunches of herbs and vegetables from the shop that often end up in the bin. Staggering planting over the month will mean you have plenty of regular fresh food, and less will go to waste.

Your food doesn’t have to be grown in a huge backyard. If you have a small backyard, courtyard or even a balcony you can maximise your space by using pots, vertical gardens or hanging baskets to grow a range of tasty and fresh produce.

For more information and tips on growing your own food visit the Love Food Hate Waste website

Information sourced from www.lovefoodhatewaste.nsw.gov.au
Love Food Hate Waste

Did you know

- Each week more than one third of the average household garbage bin is filled with wasted food.
- NSW households throw away more than 800,000 tonnes of food each year.
- Across the state, this adds to more than $2.5 billion worth of edible food being thrown away each year.

For every household in NSW more than $1,000 worth of food is thrown away each year. Loving food is about wasting less every day – saving you time and money, making a difference to our environment and living more sustainably.

Love Food Hate Waste provides practical tips and tools that will make it simple to reduce food waste at home. By simply planning your meals and what you buy, preparing and cooking the correct serving size, and learning how to best store your leftover food, you can reduce food waste and save money.

Here are our simple tips to buy it, cook it and save it to avoid food waste and save money.

**Buy it**
Planning your meals and writing a shopping list in advance will save you time and money and reduce the amount of food in your bin each week.

**Cook it**
By getting serving sizes right and measuring, you will avoid food waste, save money and reduce the impact on the environment.

**Save it**
Storing your food correctly will help you to reduce the amount of food thrown away and save you money.

For more information visit the Love Food Hate Waste website  Information sourced from www.lovefoodhatewaste.nsw.gov.au
Cooking Tips and Hints

Throughout the book you will find a number of useful cooking hints, cooking variations and Love Food Hate Waste tips specific to a recipe. Before we get cooking, there are a few general cooking tips and hints that are useful to keep in mind.

1. **Read the entire recipe before you start.** Check your fridge and cupboard before you start. Plan ahead. Being prepared will make cooking quicker and easier.

2. **Most recipes can be altered** to match your individual tastes and health needs. Most recipes in this cookbook can be altered to become vegetarian or vegan. It is very important to taste as you go and be aware of food safety when changing ingredients.

3. **You don’t need every ingredient** to cook a great dish. Depending on the recipe, you can go without a few non-essential ingredients. If you don’t have nuts to top off the peanut butter rice recipe with, that doesn’t matter. If you forgot to get the meat out of the freezer for the hokkien noodles, make the dish without meat and add a cup full of extra vegetables.

4. **You can double a recipe or cut it in half.** If you want to make more or less of a dish, ingredients are usually easily modified to suit your circumstances and hunger.

5. **Ingredients cook faster in tiny pieces.** Dicing vegetables smaller, for the three veggie mash recipe will help them boil quicker, meaning your rumbling tummy will be filled quicker.

6. **To remove odours from a container** you want to reuse, fill it with hot water. Stir in 1 tablespoon of baking soda. Leave it to stand overnight, then give it a wash with soapy water in the morning. Reusing storage containers saves money, reduces waste and means you have somewhere to store your delicious leftovers.

That’s it. You are now fully equipped to begin. Let’s get cooking!
Salads and Vegetables
Garden of Eden Roast Vegetables

Ingredients
1 medium pumpkin, cubed
4 red onions, halved
3 cloves garlic, peeled
2 (400g) tins chickpeas, drained and washed
1 cup spinach, washed
3 cups snow peas, halved
2 lemons, juiced
1 tablespoon oil
Salt and pepper to taste

Method
• Preheat oven to 180°C
• Place pumpkin on a lightly oiled baking tray. Season with salt and pepper and drizzle with oil
• Place onion and garlic over the top of the pumpkin. Bake for 25 minutes or until tender
• Once pumpkin is cooked, remove from oven and allow to cool. Discard garlic cloves
• In a large bowl, combine spinach, chickpeas, snow peas, pumpkin and onion. Ensure you separate layers of onions as you add them
• Add lemon juice and toss gently before serving

Cooking Additions
Add more vegetables such as roasted sweet potatoes, carrots, snow peas or beans to extend the dish.
Snacks and Light Meals
**Peanut Butter Rice**

**Ingredients**
- 1 cup rice
- 1 heaped tablespoon peanut butter
- Pinch of cheddar cheese, grated
- Handful shelled peanuts, chopped (optional)

**Serves: 1**
**Prep: 1 minutes**
**Cooking: 10 minutes**

**Method**
- Cook rice according to packet directions. Drain and set aside
- In a microwave proof bowl, add cooked rice, peanut butter and cheese
- Microwave for 2 minutes on high or until peanut butter melts
- Stir well. Top with shelled peanuts
Cheese Twists

Ingredients
2 sheets puff pastry, thawed
1 egg, lightly whisked
1 cup tasty cheese, grated
Dry herbs to taste (rosemary, parsley, oregano)

Method
• Preheat oven to 180°C
• Lay out 1 sheet of puff pastry. Brush with egg
• Sprinkle cheese and herbs evenly across pastry
• Lay the other sheet of pastry directly on top. Press sheets firmly together using fingertips
• Cut pastry in half, then into 3-4 cm strips. Twist both ends of each strip
• Place twisted strips on a lightly oiled baking tray. Bake for 10 minutes or until golden brown

Tip
You can use any kind of grated hard cheese.

Serves: 2-4
Prep: 5 minutes
Cooking: 10 minutes
Main Meals and Soups
Noodle Soup Delight

Ingredients

- 1 (400g) packet noodles, dry or fresh
- 1 brown onion, diced
- 2 carrots, sliced
- 2 potatoes, peeled and cubed
- 1 bunch green leaf vegetable, sliced
- 1 cup mushroom, sliced
- ½ bunch fresh coriander, chopped
- ½ bunch parsley, chopped
- 4 tablespoons soy sauce
- 3 tablespoons thick mushroom sauce
- Salt and pepper to taste
- 1 ½ litres water

Method

- Cook noodles according to packet directions. Drain and set aside
- In a deep saucepan add water, parsley, potatoes, carrots, green leaf vegetable, onion and a pinch of salt
- Bring to the boil
- Simmer for 30 minutes, uncovered, or until vegetables are soft
- Discard green leaf vegetable
- Add soy sauce, mushroom sauce and pepper to soup
- Add cooked noodles, coriander and mushrooms. Bring to the boil for 10 minutes

Variation

You can use cooked pasta, macaroni or spaghetti instead of noodles.
Five ‘P’ Pasta

Ingredients

1 cup pasta
2 cups pumpkin, cubed
Small handful pine nuts
Small handful fresh parsley, roughly chopped
2 teaspoons garlic, crushed
2 tablespoons oil
Salt and pepper to taste
Parmesan cheese to serve

Method

• Preheat oven to 180˚C
• Place pumpkin on a lightly oiled baking tray, drizzle with oil. Season with salt and pepper. Roast for 20 minutes or until tender
• While pumpkin is roasting, cook pasta according to the packet instructions. Drain and set aside
• When the pumpkin is cooked, remove from the oven
• Add garlic and scatter the pine nuts over pumpkin to heat through for 2-3 minutes
• To cooked pasta add pumpkin, parsley, garlic and pine nuts with a splash of oil
• Sprinkle with parmesan cheese to taste before serving

Tip
To reduce cooking time, you can boil your pumpkin until tender.

Serves: 2-3
Prep: 10 minutes
Cooking: 25 minutes
Cakes and Desserts
Honey Bread

**Ingredients**
- 1 ¾ cups self raising flour, sifted
- ½ cup brown sugar, firmly packed
- 3 tablespoons honey
- 1 cup milk

**Method**
- Preheat oven to 180°C
- Lightly oil a loaf pan and line with baking paper
- In a microwave safe bowl, combine milk, sugar and honey
- Microwave on high, stirring every minute for 5 minutes or until sugar is dissolved
- Add flour to liquid mixture. Stir well until smooth and combined
- Spoon mixture into tin. Bake for 15 minutes or until golden brown and firm to the touch
- Stand bread on cooling rack for 10 minutes

**Tip**
Milk, sugar and honey can be combined in a saucepan over a low heat. Do not boil mixture, as this will cause the milk to curdle and taste bad.

**Makes: 12 slices**
**Prep: 7 minutes**
**Cooking: 15 minutes**

**Serving Suggestion**
Serve warm with margarine.
Try out your cooking skills with these delicious, easy to cook, healthy meals, snacks and desserts that won’t cost you a fortune.