

Stuffed egg salad

Serves 2

Ingredients

2 eggs at room temperature

¼ cup finely diced cucumber, deseeded

¼ red capsicum, deseeded and finely diced

1 tablespoon plain, unsweetened yoghurt

pinch curry powder

pinch salt

freshly ground pepper to taste

1 cup torn lettuce

½ tomato, sliced into wedges

¼ cucumber, thinly sliced

parsley sprigs for garnish

Method

1. To hard boil eggs, fill a medium saucepan with water. Bring to the boil, then carefully lower eggs into water with a large spoon.
2. Boil eggs for 8 minutes.
3. Meanwhile, place cucumber and capsicum in a bowl.
4. Once eggs are cooked, turn off the heat and carefully remove them from the pot using a slotted spoon, and place them in a bowl of cold water and allow to cool.
5. Peel eggs by cracking and removing the shells under running cold water. Then slice in half on the long side.
6. Carefully scoop out egg yolks using a teaspoon and place in a bowl. Place empty egg whites on a board.
7. To egg yolks, add cucumber, capsicum, yoghurt, mustard, salt and pepper, then mix until smooth.
8. Fill egg whites with spoonfuls of yolk mixture.
9. Divide lettuce, tomato and sliced cucumber onto serving plates, then top with two egg halves each. Garnish, then serve.

Variations

- Use a pinch of mustard powder in place of curry powder.
- Add ½ teaspoon of freshly chopped herbs, e.g. parsley or chives to egg mixture.



Equipment

- 3 bowls
- Cutting board and knife
- Large spoon
- Measuring cups
- Measuring spoons
- Medium saucepan
- Slotted spoon
- Teaspoons

Preparation and cooking skills

Boil, cut, dice, mix, peel, slice, use herbs and spices to flavour dishes, deseed.

Nutrition

- Eggs provide our bodies with protein and vitamins which help to form healthy muscles, hair, nails and skin.

Serving suggestion

- Serve with a bread roll or ½ cup cooked couscous.

What does it **look** like?

Appearance



translucent

colourful

opaque

fresh

rustic

moist

large

dull

green

bright

dry

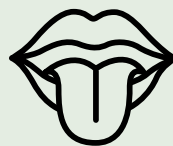
mouth-watering

golden

oily

What does it **taste** like?

Taste/flavour



spice

pepper

cheese

bland

garlic

nutty

burnt

savoury

smoky

mild

sour

salty

tangy

citrus

strong

sweet

What does it **smell** like?

Aroma/smell



herbs

fruity

subtle

strong

fragrant

minty

savoury

citrus

pungent

old sock

sweet

garlic

burnt

What does it **feel** like?

Texture



rubbery

tender

dry

crunchy

crispy

chewy

flaky

smooth

juicy

soggy

al dente

stodgy

dry

runny

creamy

mushy

crumbly

lumpy

Evaluation

Name:

Name of food product:

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

What went well?

What did not go well?

What could be improved?

Food skills

Boiling eggs

Boiled eggs are cooked whole in their shells. Hard-boiled eggs are cooked so that the egg white and egg yolk are both solid. There are two methods for boiling eggs; hot water method and cold water method. The hot water method allows for accurate timing and a consistent result; however, the shells are more likely to crack due to the sudden temperature change. The cold water method is more difficult to time and produce the desired result, however the shells are less likely to crack due to the gradual temperature increase.

Did you know

Over-cooking boiled eggs will produce a green ring around the yolk and they will smell of sulphur.

How to boil eggs

Hot water method

1. Use room temperature eggs.
2. Bring a saucepan of water to the boil.
3. Gently place the eggs in the boiling water and reduce to a simmer.
4. Simmer for required time to reach desired result (see below).

Cold water method

1. Place eggs in a saucepan of cold water.
2. Bring to the boil then reduce heat to a simmer.
3. Simmer for required time to reach desired result (see below).

Soft boiled eggs



- 4½ minutes hot water
- 3-4 minutes cold water

Medium boiled eggs



- 7 minutes hot water
- 5-6 minutes cold water

Hard boiled eggs



- 11 minutes hot water
- 8-10 minutes cold water

Over boiled eggs



- 15 minutes hot water
- 14 minutes cold water



Smoked fish kedgeree with peas (serves 4)

Ingredients

2 tablespoons oil
1 onion, chopped finely
2 carrots, diced finely
2 cloves garlic, crushed
2 tablespoons curry powder
2 cups cooked rice
1 cup milk
400g fresh or canned
smoked fish
2 cups cooked peas
2 tablespoons lemon juice
Pepper
4 hard boiled eggs, peeled
and quartered
1 lemon, cut into wedges

Method



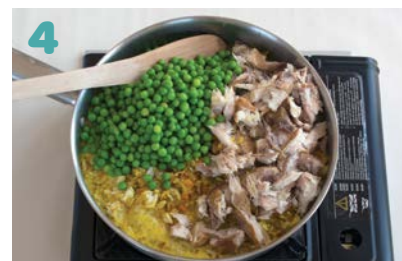
Heat the oil in a pan over a low heat. Add the onion and carrot. Cook until soft and just beginning to brown.



Add the garlic and curry powder, cook for a minute.



Stir through the cooked rice. Add the milk and heat gently.



Fold through the fish, peas and lemon juice. Season with pepper. Serve with hard boiled eggs and lemon wedges.

For more recipe ideas and cooking tips visit
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Food skills

Poaching eggs

Poached eggs are cooked with the shells removed. They are cooked until the whites are no longer runny and the yolks are beginning to harden around the edges.

Poaching is a method of cooking in hot liquid that is kept below boiling point. Food is lowered into just enough hot liquid to cover the food. Liquids used for poaching are commonly water, milk, stock or wine. Foods that can be poached include eggs, fish and fruit.

How to



1 Half fill a pot with water. Add about 1 tablespoon vinegar per litre of water.



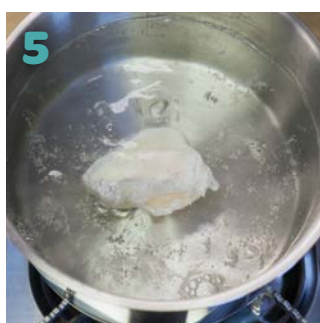
2 Bring the water to boil. Reduce heat until simmering.



3 Carefully crack the egg into a cup.



4 Slowly slide the egg into simmering water.



5 Allow the egg white to set around the yolk. The egg should float to the top when the white is set.



6 Use a large slotted spoon to remove the egg from the water, drain.



7 Serve on whole grain toast or steamed seasonal vegetables.



Chilli beans with eggs (serves 4)

Ingredients

1 tablespoon oil
1 onion, diced
1 can chilli beans
1 can chopped tomatoes
or 4 tomatoes chopped
2 cups corn kernels
1 green capsicum, sliced
4 eggs

Method



Heat oil in a large pan. Add chopped onion and cook until soft.



Add chilli beans, tomatoes, corn and capsicum and cook until the sauce has reduced and thickened.



Make 4 holes in the mixture and break an egg into each.



Cover with a lid and cook over low heat until the eggs are cooked, 7-10 minutes. Serve with brown rice.

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Scrambled eggs

Scrambled eggs are made from eggs whisked or beaten together then poured into a hot pan. The heat is turned down and the eggs are stirred as they cook. This creates small, soft curds of egg.

Only eggs are required to make scrambled eggs. However, other ingredients can be added such as chopped vegetables, herbs, water, milk, oil and grated cheese.

Eggs may be the most important ingredient in your fridge! They're nutritious, taste great, and their physical properties form the base of many cooking techniques and recipes.

How to



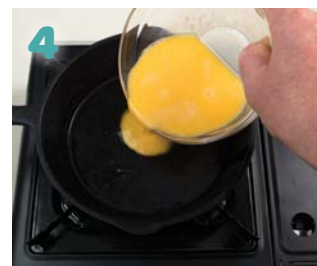
1 Crack the eggs into a bowl.



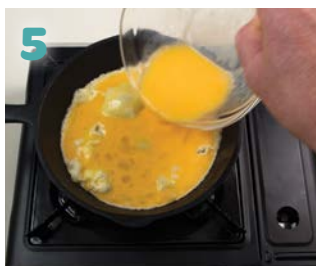
2 Break the eggs up with a fork.



3 Whisk the eggs to combine the yolks and whites.



4 Add a teaspoon of oil to a frying pan, on a medium-high heat. Pour the mixture slowly into the pan.



5 Bubbles will appear when it starts to set.



6 Lift and turn the mixture with a wooden spoon.



7 Continue to lift and turn until there is no runny egg left.

Tip Eggs may also be scrambled in the microwave. Cook for 45 seconds on medium-high. Stir, cook for a further 45 seconds. Serve.



Egg and vegetable burritos

(serves 4)

Ingredients

8 eggs
3 tablespoons oil
4 wholemeal tortilla wraps
1 cup sliced mushrooms,
cooked
2 tomatoes, chopped
3 spring onions, chopped
finely

Method



Beat the eggs in a bowl. Heat oil in a pan over a medium heat. Add the eggs and gently stir.



Warm the tortilla wraps in the oven. Place the 4 wraps onto a chopping board and add the scrambled egg.



Sprinkle the mushrooms, tomatoes and spring onions evenly along the centre of each wrap.



Roll the wrap tightly, slice in half and serve. Repeat for the other wraps.

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Food skills

Fresh Herbs

Herbs are the leaves, flowers, seeds, stems and roots of aromatic edible plants. They are used to flavour and garnish food.

Herbs with tender stems, like parsley, basil, coriander, mint and chives are usually added at the end of cooking or used as garnishes. Some recipes add them at the beginning of food preparation and cooking process.

Herbs with woody stems like rosemary, oregano and thyme are added at the beginning of cooking process. These herbs retain their flavour in a dried form better than the soft stem herbs.

To substitute dried herbs for fresh – 1 Tablespoon of fresh herbs equals 1 teaspoon dried herbs.



Basil has a sweet, strong spicy flavour and can be added to salads and savoury dishes. It goes particularly well with tomatoes.



Chives have a mild flavour and is a member of the onion family. A versatile herb with many uses. Commonly used as a garnish.



Coriander has a distinctive, strong aromatic and spicy flavour. It is commonly used in Thai, Chinese and Indian food.



Mint is one of the most popular herbs, used for flavouring salads, dressing, sauces and drinks.



Oregano is an aromatic herb with a slightly bitter flavour. It is used widely in Italian food – most commonly pizza.



Thyme and lemon thyme are the most commonly used varieties. Thyme is typically used in savoury dishes like braised or roasted meat, vegetables or fish.



Rosemary is a strong flavoured herb that is generally used in small amounts with meat dishes. It is often included in stuffing and marinades.



Parsley is the most commonly used herb in NZ. It can be used in a wide range of cooked and fresh foods.



Pesto – two ways (makes 2 cups)

Ingredients

Parsley/Watercress

3 cups chopped parsley
or watercress

1 cup of seeds or nuts –
sunflower seeds, pumpkin
seeds, almonds, walnuts,
cashews

1 clove garlic

1 tablespoon lemon zest

¼ cup lemon juice

¼ cup vegetable oil

¼ cup water

Asian style

3 cups chopped coriander

1 cup roasted peanuts

1 clove garlic

1 tablespoon chopped ginger

1 tablespoon lemon zest

¼ cup lemon juice

¼ cup vegetable oil

(or ½ sesame ½ vegetable oil)

1 tablespoon fish sauce
or soy sauce

Method



Choose the style of pesto – Parsley/watercress or Asian. Place all of the ingredients into a food processor.



Mix to a smooth spreadable paste. Store in an airtight container in the fridge.



Serving suggestion

Gently mix pesto through 8 cups of cooked, drained and rinsed pasta. Add enough pesto to flavour.



Or season 8 cups of steamed or stir-fried vegetables with the pesto.

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Iceberg Lettuce

Available

All year round.

Buy

Clean, crisp leaves.

Store

In plastic bags in the fridge.



Prepare



Remove the core.



Wash to remove soil.



Cut in half.



Break into pieces.

Cook

Can be:



Shredded salad



Chopped salad



Leaf cups



Vegetable and bean burgers

(serves 4)

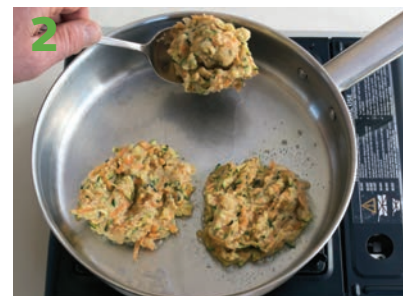
Ingredients

- 1 can butter beans, drained and rinsed
- 2 carrots, grated
- 2 courgettes, grated
- 1 clove garlic, crushed
- 2 eggs
- ½ cup dry breadcrumbs
- 1 tablespoon oil
- 4 wholemeal burger buns
- 4 tablespoons tomato sauce
- 1 lettuce
- 2 tomatoes, sliced

Method



1 Mash beans. Add grated carrots, courgette, garlic, eggs and breadcrumbs. Mix well.



2 Heat oil in frying pan over medium heat. Spoon mixture into pan a few at a time. Mixture makes 8 patties.



3 Cook on both sides until golden brown and cooked through.



4 Serve on burger buns with tomato sauce, lettuce and tomato.

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My Family Food

Easy, fast and affordable food ideas

Cucumber

Available

All year round.

Buy

Choose cucumber with a firm skin and even colour.

Store

In the vegetable bin in the fridge.



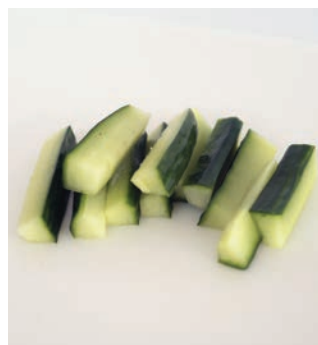
Prepare



Whole.



Cut in half and quarters.



Slice into sticks.



Cut into cubes.

Cook

Can be:



Infused in water



Alongside dips



Salad



Sandwich



Cucumber with yoghurt dip (Tzatziki)

(serves 4)

Ingredients

- 1 cucumber, grated
- 1 clove garlic, crushed
- ¼ cup mint leaves, chopped
- 1 ½ cups plain unsweetened yoghurt
- 1 tablespoon lemon juice

Method



1 Place grated cucumber in a sieve or clean tea towel over a bowl.



2 Gently squeeze out the excess liquid. Place cucumber in a bowl.



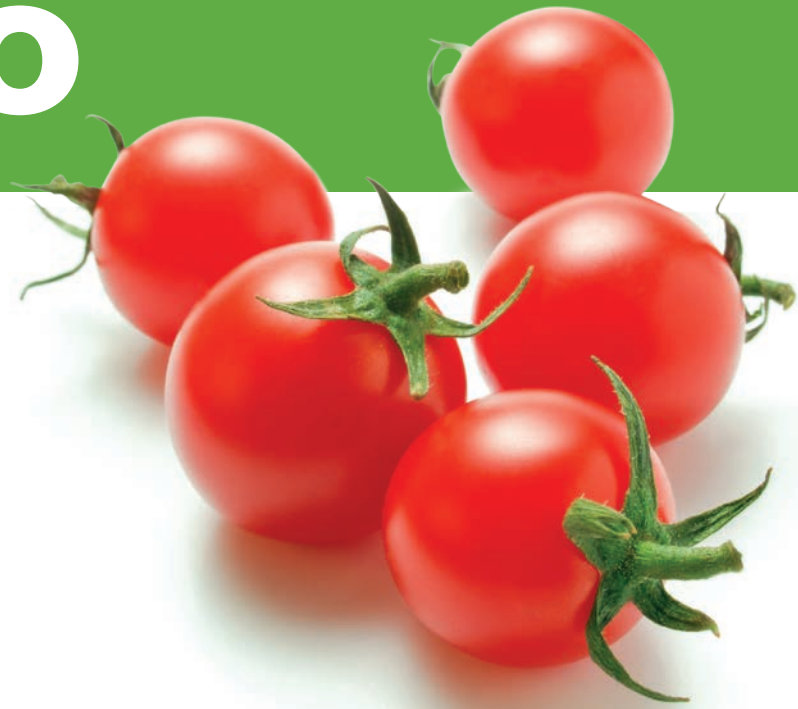
3 Add garlic, mint, yoghurt and lemon juice.



4 Mix well and cover. Place in the fridge until ready to serve.

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Tomato



Available

All year round.

Buy

Firm and ripe.

Store

At room temperature.

Prepare



Remove the stalks.



Slice into discs.



Cut into wedges.



Roughly chop into cubes.

Cook

Can be:



Roasted



Salad



On toast



On pasta



Tomato salsa

(serves 4)

Ingredients

4 tomatoes, finely chopped
½ onion, finely chopped
¼ cup lemon juice/vinegar
2 tablespoons oil
Pinch of salt
Pepper

Method



1 Finely chop the tomatoes and onions.



2 Add lemon juice and oil.



3 Season and mix well. Keep refrigerated until ready to serve.



4 Serve with baked potato wedges.

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My Family Food

Easy, fast and affordable food ideas

Capsicum

Available

All year round.

Buy

Smooth, well-shaped capsicums with skins that are firm and shiny. Avoid soft spots or a shrivelled appearance.

Store

In the vegetable bin in the fridge.



Prepare



Whole.



Remove the core and seeds. Using the point of a knife gently cut around the core. Remove and shake out the seeds.



Or slice the capsicum in half and remove the core and seeds.



Slice into strips.

Cook

Can be:



Stuffed



Salad



Roasted



Stir-fried



Sweet and sour chicken stir-fry

(serves 4)

Ingredients

- 1 can pineapple pieces in juice (440 gram), drained, juice saved
- 2 tablespoons cornflour
- 2 tablespoons soy sauce
- 2 tablespoons tomato sauce
- 2 tablespoons white vinegar
- 1 tablespoon oil
- 2 cloves garlic, peeled and crushed
- 1 tablespoon finely chopped ginger
- 500 grams chicken breast, thinly sliced
- 2 carrots, sliced
- 1 head broccoli, sliced into florets
- 1 capsicum, deseeded and sliced
- 2-3 spring onions, sliced

Method



1 Prepare the sauce by whisking pineapple juice and cornflour in a small bowl until there are no lumps. Add soy sauce, tomato sauce, vinegar and stir. Set the sauce aside.



2 Heat oil in frying pan over medium heat. Add garlic and ginger, stir-fry for one minute. Add chicken and stir-fry for 5 minutes.



3 Add carrots, broccoli, and capsicum. Stir through the sauce and pineapple pieces.



4 Bring to the boil and simmer for 10 minutes. Add spring onions and serve with brown rice.

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