





Welcome to our **2021 Years 7 to 12 Mother and Son Cooking Class!**

Thank you for joining the Parent and Friends online cooking class.

This video will teach you how to make the following dishes:

- Fresh Spring Rolls with poached coconut chicken
- Stuffed Squid
- Polenta Spiced Crusted Chicken
- Satay Sauce with Dukkah Tofu
- 3 Ingredient Banana Ice Cream

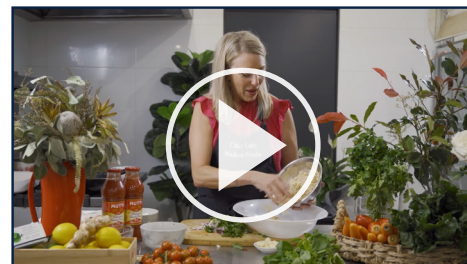
All are dairy, sugar, and gluten free.

Watch the cooking class here: <https://vimeo.com/639338844/52a957c068>.

We hope you enjoy the opportunity to do a cooking class at home with your son. We would love it if you could share photos of the experience. Upload them here: <https://forms.gle/C55xUk36nUtLvTWdA>

You do need a Google account to upload files, so if you don't have your own, please use your son's School one.

Thank you,



Parents and Friends Association

About Madame Foodie

Your presenter is Raquel Bosustow, aka Madame Foodie. She has cooked for Channel 7, Pan Macmillan, Colgate Palmolive, St George Bank and elite athletes such as Steve Waugh & his family, Glenn McGrath, the Sydney Swans, the Brumbies and Rugby League Teams. Madame Foodie specialises in cooking classes and home delivery of delicious food, especially for those with food intolerances.

What we love about this cooking class is just how down-to-earth and easy she makes cooking these dishes. A mother to two boys and a daughter, she seeks to make fresh food easy and delicious for all. Like she says in the cooking class, it's not about cooking perfection! Enjoy creating great cooking memories at home.





Fresh rice paper rolls with turmeric poached coconut chicken

gluten dairy sugar free

INGREDIENTS

- 1 Packet rice paper rolls (purchase from coles and woolies asian aisle)
- 1 Carrot, 1 capsicum, 2 leb cucumber cut into matchsticks
- Bunch of coriander
- 500g chicken breast
- ¼ Cup coconut milk
- 1 Tsp turmeric
- Black sesame seeds
- Dipping sauce
- ¼ Cup tamari
- ¼ Cup sesame oil

DIRECTIONS

1. Poach chicken breast – place a saucepan on high heat. Once boiling, add the chicken breast to cook, approx 10 minutes. Ensure the water is covering the breast. Once cooked, pour water into a large container to use for rice paper roll preparation and place chicken on cutting board
2. Slice chicken into small pieces
3. Place in bowl and add coconut milk, turmeric and sprinkle of black sesame seeds
4. Take a rice paper sheet and dunk it into the hot water (add more if needed) and allow the sheet to become soft.
5. Then place on chopping board and add your fillings
6. Remember, not to over fill and always group the ingredients towards the back of the sheet
7. Roll over once, then tuck in the side and roll to complete
8. Serve with dipping sauce and enjoy!
9. Remember – you can add whatever you like to these rolls – rice noodles, brown rice, quinoa, tuna, salmon, beef, tofu





Stuffed squid with fresh basil, fetta and tomato sauce

Gluten dairy sugar free

INGREDIENTS

- 2 x squid hoods
- 1 Cup cooked brown rice
- 2 Tbsp raisins
- 1 Red onion, diced
- 4 Cloves of garlic, chopped
- 2 x passata – any brand
- 1/2 Cup feta goats for dairy free
- Fresh basil
- Cherry tomatoes

DIRECTIONS

1. In a frypan, add a dash of olive oil and heat
2. Add half the amount of onion and garlic, until you can smell the deliciousness of these ingredients. Then add the passata – bring to boil, then simmer for 5 minutes. Add a pinch of salt. Set aside
3. In a bowl, add rice, raisins, the remaining amount of the onion/garlic, fresh basil and fetta. Combine.
4. Pierce the squid with skewers on one end, then stuff. Pierce the other end with another skewer.
5. Place in baking tray – cover with sauce. Sprinkle any remaining mixture and fetta on top along with the cherry tomatoes. Cover with foil
6. Cook in preheated oven 180c for 40 minutes
7. With 10 minutes remaining, remove foil to brown the fetta and cherry tomatoes
8. Once cooked, slice in half or quarters
9. Serve with mash potato and lots of sauce!





Polenta spiced crusted chicken

Gluten dairy sugar free

INGREDIENTS

- 4 Chicken thighs 150g
- 1 Cup polenta
- 1 Tablespoon of turmeric, smoked paprika, garam marsala
- 1.5 Cups of cocount yoghurt
- Fresh herbs – parsley or coriander

DIRECTIONS

1. Place yoghurt on a plate
2. Place polenta and spices on a plate – mix to combine
3. Take one chicken thigh and completely coat with yoghurt, then polenta mixture
4. Place on tray lined with baking paper
5. Continue to coat all chicken
6. Sprinkle with chopped fresh herbs
7. Sprinkle with salt
8. Spray with oil
9. Place in preheated oven 180c for 20 minutes
10. Serve with lemon wedges





Dukkah tofu with my secret satay sauce

Gluten dairy sugar free

INGREDIENTS

- 1 Pack of hard tofu
- 1 Cup peanut butter crunchy
- 1 Cup coconut milk
- 1 Tablespoon tamari
- 1 Tablespoon sesame oil

DUKKAH

- ¼ Cup tumeric
- ¼ Cup cumin
- ¼ Cup sesame seeds
- ¼ Cup coriander seeds
- ¼ Cup pepitats
- Blend to combine
- Keep in fridge for 1 month

DIRECTIONS

1. Cut tofu into square chunks
2. Heat frypan with sesame oil – add tofu and toss in oil
3. Then add generous amount of dukkah to coat all of the tofu evenly
4. Allow the flavours to develop and tofu to brown. Approx 5 – 8 mins
5. Take off the heat and set aside

SATAY SAUCE

1. Heat frypan with a tablespoon of sesame oil
2. Add peanut butter and stir to melt for 1 – 2 mins
3. Then add coconut milk, 5 spice and tamari
4. Stir to combine and reduce
5. Add more coconut milk if preferred
6. Add chopped peanuts
7. Serve in small bowl along with dukkah
8. Dip in and enjoy!





Three ingredient banana icecream

Gluten dairy sugar free

INGREDIENTS

- 4 Frozen bananas
- ¼ Cup coconut milk
- 1 Tsp honey

DIRECTIONS

1. In blender, add frozen bananas – blend for 1 min to combine
2. Then slowly add coconut milk and honey
3. You can choose your consistency
4. Serve in a martini glass and add toppings such as berries, blueberries, nuts, coconut, pepitatas, fresh mint





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