

Ready Steady Cook!



Want to learn how to make amazing meals with limited ingredients on a tight budget?

Come along and improve your cooking skills while meeting new people and learning new recipes in the process. Everything is supplied.

When

Fortnightly Fridays from 11:30am to 1.30pm
(please see dates on back)

Where

Elizabeth Vale Soccer Club,
Mofflin Road, Elizabeth Vale

RSVP

Please contact the Community Development team on 8409 3666 for further information

TERM 1 - 2020

Date	What is cooking?	What will I learn?
10 th January	Salmon and sweet potato patties Pavlova smash	How to purchase fresh fish Seafood and nutrition
17 th January	Chilli prawn and mango salad Grilled fish fillet and Greek salad	How to peel prawns How to keep and transport seafood
31 st January	Bolognese pasta bake and Tiramisu	Tips for boiling pasta Italian cuisine essentials
14 th February	Chicken and mixed vegetable risotto	Recommended serving sizes
28 th February	Beef and Bean Casserole and Lemon-sauced Pudding	Benefits of Using a Slow Cooker
13 th March	Chicken Korma and Mixed Berry Cobbler	How you cook can make you and others crook
27 th March	Central Market Excursion	

TERM 2 - 2020

Date	What is cooking?	What will I learn?
24 th April	Chicken and Vegetable Stir Fry and ANZAC biscuits	ANZAC history
8 th May	Meat Pies, Sausage rolls and Cheesecake	Food Groups and healthy Diet
22 th May	Homemade Pizzas and Rice Cream	Understanding Food Labels
5 th June	Roast Chicken and Vegetables and Chocolate Mousse	Recommended Portion Sizes
19 th June	International Cuisine (Nepali, Syrian, African) for Refugee Week	Refugee Stories
3 rd July	Pumpkin Soup and Muffins	Healthy Cholesterol Hints