

HOW TO: CONSTRUCT A RECIPE JOURNAL

HOLIDAY FUN FOR KIDS!

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Travel the world without leaving home on a cooking adventure. Design your very own recipe journal with recycled materials, and fill it with tasty recipes from around the world.



YOU WILL NEED: Pencils/textas, glue stick, scissors, stapler or hole punch, recycled cards, recycled paper, brown paper lunch bags (optional), materials to decorate.



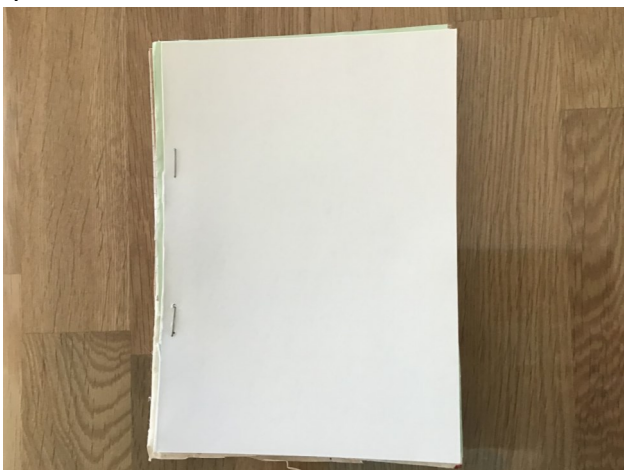
STEP 1: Create the front and back cover by opening out a recycled card and cutting along the fold.



STEP 2: Create the journal pages. Trim sheets of recycled paper so they are a similar size to your cover.



STEP 3: Optional: Add brown paper lunch bags between the pages to form pockets.



STEP 5: Line up the pages. Staple 1cm from the edge. Or, use a hole punch to make 2 holes and bind the pages with ribbon.



STEP 6: Cover the staples with paper and decorate the cover of your recipe journal.

HOW TO: RECIPES FOR YOUR JOURNAL

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Now you're ready to fill your journal with delicious recipes! Here's a few simple, tasty treats to start your collection. Adult supervision required.

BACON & VEGIE RICE

Ingredients:

- 1 cup white long-grain rice
- 2 rashers bacon, finely chopped
- 2 shallots, trimmed, finely chopped
- 2 eggs, lightly whisked
- 1/3 cup frozen peas
- 1 carrot, grated
- 2 tablespoons soy sauce
- 2 teaspoons vegetable oil

Method:

1. Cook rice in a large saucepan of boiling water for 12 minutes (or until tender). Drain and set aside to cool.
2. Heat oil in a frying pan over medium heat
4. Brown bacon in a frying pan, then add shallots, corn, peas and carrot stirring until lightly cooked
5. Add rice. Cook for 5 minutes, stirring occasionally. Add soy sauce, and stir lightly for another 2 minutes
6. Move ingredients over to one side to leave some space in the frying pan and pour in the eggs. Let it cook for 30 seconds, then use a fork to scramble the eggs
7. Stir eggs through the rest of the rice and serve



PIZZA TOAST

Ingredients:

- Two pieces of bread
- Tomato sauce
- Grated Cheese
- Ham or bacon (optional for vegetarian pizza)
- Pineapple
- Mushrooms

Method:

1. Preheat oven* to 180°C
2. Toast bread in the toaster and then lay flat on an oven tray
3. Spread 2 teaspoons of tomato sauce over each piece of toast. Add your favourite toppings and sprinkle grated cheese on top
4. Place in oven for 10 mins or until cheese has melted. Cut into triangles and serve

HOW TO: HOST A THEME NIGHT HOLIDAY FUN FOR KIDS!

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POTATO BAKE

Ingredients:


- 4 potatoes
- 600ml cream
- 250g grated cheese

Method:

1. Preheat oven to 180°C
2. Grease an ovenproof dish
3. Slice potatoes thinly
4. Add a layer of sliced potatoes and top with grated cheese, repeat this until all the potatoes are used
5. Pour 600ml of cream over the potatoes and sprinkle with remaining cheese
6. Bake for 45mins or until potatoes are tender and it's golden on top




Looking for more recipes?

- Ask family and friends for their favourite international recipes.
- You may have a favourite family recipe that has been handed down through the generations.
- Make up your own recipes, or look through recipe books for ideas.
- Search through our digital magazine collection with  **pressreader** or look online for recipes ideas.

Host a Theme Night:

Travel the world without leaving home on a cooking adventure. It's your turn to cook! Use recipes from your recipe journal to host a culinary theme night with your family.

- Choose the country you want to explore and select your dish.
- Dress up in a traditional costume or wear colours that appear in your country's national flag.
- Learn a greeting from your country. Need some help? Visit  **MANGO Languages**, available from Geelong Libraries website and learn to say hello in another language.
- Discover some interesting facts about your country from [Encyclopaedia Britannica Online](#)
 - What colours are the national flag?
 - What is the largest city?
 - Name any neighbouring countries.
 - Name a famous tourist location.
 - Name a famous landmark. What can you discover!