

# Dips *and* Sticks!

## Dips

The following dips are a healthy, nutritious snack to serve on a hot summers day. Kids will love them and they can be easily made by combining all ingredients. Serve dips in the bottom of a clear plastic cup, add sticks. Keep left over dips in the fridge and add sticks as needed.

### HOMMUS

Serves 16

2 x 400g cans of chick peas, rinsed and drained  
 2 cloves of garlic, crushed  
 ½ cup lemon juice  
 3 Tbs tahini (tahini is ground sesame seed paste and can be found in the health food section of your supermarket)  
 ¼ tsp cumin  
 Pinch of paprika

- 1 Place ingredients into a blender or food processor
- 2 Blend until smooth
- 3 Serve 2 tablespoons in the bottom of a clear plastic cup, chilled, with 6-8 crunchy vegetable sticks.

Cost of this recipe is \$5 or 32c per serve.

### CORN RELISH

Serves 20

500g reduced-fat ricotta  
 500g creamed corn  
 1 cup chopped fresh chives

- 1 Combine reduced-fat ricotta with creamed corn and chives.
- 2 Serve 2 tablespoons in the bottom of a clear plastic cup, chilled, with 6-8 crunchy vegetable sticks.
- 3 For something different why not try adding Sweet Chilli Sauce or Moroccan Seasoning to taste.

Cost of this recipe is \$7 or 35c per serve

## Sticks

- Carrot
- Celery
- Snow Peas
- Baby Corn
- Cucumber
- Beans
- Asparagus
- Capsicum (Green, Red or Yellow)

### TZATZIKI

Serves 20

4 Lebanese cucumbers, peeled and finely diced  
 4 cups (800g) low-fat natural yoghurt  
 4 cloves of garlic, crushed  
 4 tablespoons of chopped fresh mint (or 2 tablespoons of dried mint)

- 1 Gently squeeze excess moisture from cucumber in paper towels
- 2 Combine yoghurt, garlic and mint in a bowl
- 3 Add cucumber last
- 4 Serve 2 tablespoons in the bottom of a clear plastic cup, chilled, with 6-8 crunchy vegetable sticks.

Cost of this recipe is \$8 or 40c per serve

**Tip:** High schools may also like to try using a spicy salsa dip. Try serving dips with Lebanese bread.



# Frozen Yoghurt

Make these simple frozen yoghurt treats for a tasty and healthy treat on a hot day. In this recipe we have used Woolworths Homebrand Vanilla and Strawberry low-fat yoghurt 1 kg tubs and Chefs Pride frozen mango cheeks and mixed berries, 1kg packs. Using fresh, seasonal fruits may add more labour to this recipe but will significantly reduce the cost. *These recipes each cost eight dollars we recommend that canteens sell each yoghurt tub/pop for \$1.*



## MANGO

Makes 15

1 kg Low-fat vanilla yoghurt  
250g Mango flesh (fresh or frozen)  
15 x 80ml capacity iceblock moulds or plastic cups  
15 Plastic spoons or wooden iceblock sticks

- 1 Mash the mango flesh.
- 2 Combine all ingredients.
- 3 Spoon into 15 iceblock moulds or plastic cups
- 4 Place in wooden sticks (if desired) and place on a tray in the freezer overnight

## BERRY

Makes 15

1 kg Low-fat strawberry yoghurt  
250g Mixed berries (fresh or frozen)  
15 x 80ml capacity iceblock moulds or plastic cups  
15 Plastic spoons or wooden iceblock sticks

- 1 Combine all ingredients.
- 2 Spoon into 15 iceblock moulds or plastic cups
- 3 Place in wooden sticks (if desired) and place on a tray in the freezer overnight

## BANANA and PASSIONFRUIT

Makes 15

1 kg Low-fat vanilla yoghurt  
180g Banana (approximately 2 medium sized, ripe bananas)  
170g Passionfruit pulp (caned), or the pulp from 2 fresh passionfruits  
15 x 80ml capacity iceblock moulds or plastic cups  
15 Plastic spoons or wooden iceblock sticks

- 1 Mash the banana.
- 2 Combine all ingredients.
- 3 Spoon into 15 iceblock moulds or plastic cups
- 4 Place in wooden sticks (if desired) and place on a tray in the freezer overnight



# 6 steps to sensational sushi

## What is sushi?

Sushi is vinegared rice topped or mixed with various fresh ingredients, usually seafood, chicken and/or vegetables and wrapped in seaweed (nori). Nori is thin sheets of dried seaweed, which starts as a black or dark purple colour when dried and is then roasted over a flame until dark green. Nori sheets can be found in the specialty section of the supermarket.

## Why is it great in the canteen?

Sushi rolls are fantastically nutritious and are very low in fat. The nori is rich in Vitamin A, iodine and contains other vitamins and minerals and this is before any delicious fillings are added.

Sushi rolls that are made with tuna or other seafood, provide protein and can be a good source of omega-3 fatty acids. Sushi rolls that are made with fresh vegetables are a great source of vitamins and rice provides complex carbohydrates.

Sushi is also great in the canteen because it is very simple to make, has the potential to generate a nice profit and many kids love it.

## What to be careful of?

Because sushi is handled a lot during preparation and consumed raw, it is possible it could become contaminated with micro-organisms that can cause illness. Therefore, care needs to be taken to ensure correct food handling and hygiene procedures are followed.

- Only use ingredients that are fresh and stored cold until use (<5°C)
- Ensure work areas are cleaned and sanitized before use, utensils are clean before use and minimise the amount of time ingredients remain at room temperature
- Follow good personal hygiene practices
- Store sushi under temperature control (5°C or less).
- Discard any sushi not sold at the end of the day.

## What else can I put in sushi?

Below are some ideas for primary and high schools on interesting sushi combinations.

### Veggies

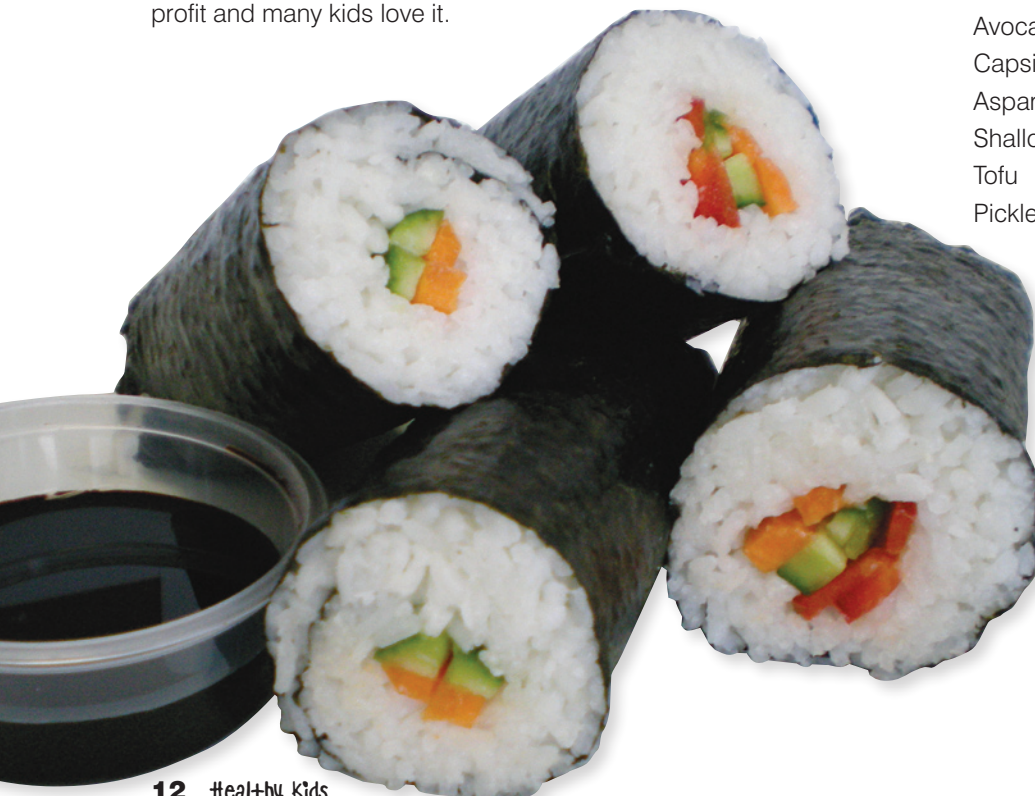
Carrot  
Cucumber  
Avocado  
Capsicum  
Asparagus  
Shallots  
Tofu  
Pickles

### Meats

Tuna (canned)  
Salmon (smoked or canned)  
Pre cooked chicken  
Pre cooked beef

### Dipping Sauces

Soy Sauce  
Wasabi



**TIP**



Rice vinegar is readily available in supermarkets but you can substitute 1 cup of rice vinegar with 1 cup of white vinegar and 1 tablespoon of sugar.

## How do you make sushi?



### Ingredients:

- 10 cups short grain rice
- 15 cups water
- 1 ¼ cups of rice vinegar
- 10 Nori sheets
- 3 carrots
- 3 cucumbers
- Extra water for brushing

### Method:

- 1 Place rice into a large saucepan and cover with the water. Bring to the boil. Once boiled reduce heat and simmer while covered for 15-20 minutes. Many people rinse the uncooked rice under water in a colander for a few moments until the water runs clear, before cooking. The purpose of this is to remove the talc from the rice, but this step is optional.
- 2 Once cooked, stir the rice vinegar into the hot rice then spread out on a plate to cool. The rice should be completely cooled before you move onto step 3.
- 3 Lay one sheet of nori onto a bamboo rolling sheet (if you have one) or a chopping board. The bamboo rolling sheet will make rolling the sushi much easier. Spread a 1cm deep layer of cooled rice over  $\frac{3}{4}$  of the sheet and press down firmly. The other quarter of the sheet is left uncovered to allow the nori to seal more easily.
- 4 Lay thinly cut sticks of carrot and cucumber in a line and on top of each other, about 5cm from the end, opposite to the end with the exposed nori.
- 5 Brush the exposed nori section with water to aid the seal.
- 6 Roll the nori sheet tightly, starting with the edge that is lined with the vegetables and work towards the end with the exposed nori. The bamboo rolling sheet will make this process easy. Once the roll is completely enclosed wrap your hands around the mat to gently tighten the roll. Cut each roll in half and cover in cling wrap. Continue with the rest of the nori sheets, rice and vegetables. (For smaller rolls, cut into three or four pieces).

*The cost of the recipe is \$14.10. The recipe will make 20 sushi rolls (70c per serve), which can generally be charged at \$2 per serve. Obviously the cost of the recipe will vary depending on the ingredients that are used, but the more simple the sushi the more kids will like it.*

