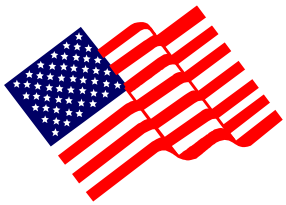
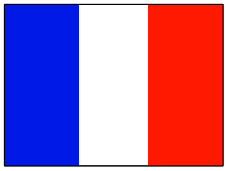
ABC Of International Cooking



Canada

Hunter & Coastal Region



France

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American Cowboy Dogs

Preparation Time: 10 mins
Cooking Time: 5 mins
Serves: 16

Ingredients:
4 Frankfurts
8 Hotdog Buns
225g can of Bake Beans
100g grated cheese

Instructions
1. Heat the frankfurts by placing in hot water for 3 minutes.
2. Cut the hotdog buns in half, hollow out ½ the bread.
3. Cut the frankfurts into 2 cm pieces; divide equally between the bread shells, cover with bake beans and sprinkle evenly with grated cheese.
4. Place under a grill and cook until cheese is melted and is golden brown. Leave for 2 mins to cool.

Serve with a large paper napkin.

Bavarian Hot Chocolate

Preparation Time: 5 mins
Cooking Time; 3 mins & 4-5 mins
Serves; 20 ¼ (Joey sized) cups

Ingredients:
1 L Milk
2/3 Cup grated dark chocolate
2 Tablespoons sugar
1 Tablespoon sugar
1 Teaspoon ground cinnamon
2 eggs whisked

Instructions
1. Heat milk in a microwave proof jug for approx. 3 mins.
2. Add chocolate, sugar, cinnamon and whisk.
3. Add eggs and whisk.
4. Cook 4-5 mins on high till foamy, but do not boil.
5. Pour into cups and sprinkle with a little extra cinnamon.

Hint: Halve the recipe and do in groups of 6-8 that way everyone can have a go at adding or whisking.

Canadian Cup Cakes (Group Cup Cakes)

Preparation Time: 5 mins
Cooking Time: 12-15 mins
Serves approx: 12
Preparation: Prior to the Joey Scout meeting: Mix 1 egg in 150 mls milk, mix well.

Ingredients: **Per Joey Scout**
1 Tablespoon self raising flour
1 Teaspoon sugar
1 Teaspoon margarine
1 Tablespoon (approx.) milk/egg mix

Instructions
1. Give each Joey Scout a margarine tub or small bowl and a teaspoon.
2. Mix all ingredients well with spoon.
3. Spoon mix into a paper patty case with name on it.
4. Bake the cup cakes on a tray.
5. Bake in oven for 12-15 mins at 375

This amount of milk/egg mix makes approx 12 cakes to double the amount repeat the mix as stated the dry amounts stay the same per Joey Scouts.
Variations- add chopped cherries, sultanas, chocolate drops, food colouring etc

Denmark Danish

Preparation Time: 30 mins (thawing), 5-10 mins
Cooking time : 15-20 mins
Serves 24

Ingredients;
1 Jar of fruit jam (chunky)
4 tablespoons of sugar
milk for brushing

Instructions;
1. Cut each sheet of pastry into quarters
2. Give one each to Joey Scout
3. Joey Scouts cut the pastry in half.
4. On one half spread approx one tablespoon of jam.
5. Cut the second half into strips.
6. Lace the strips diagonally across the jam
7. Brush with milk and sprinkle with sugar
8. Bake in moderately hot oven 15-20 mins
9. Allow to coll and serve with cream or ice cream.

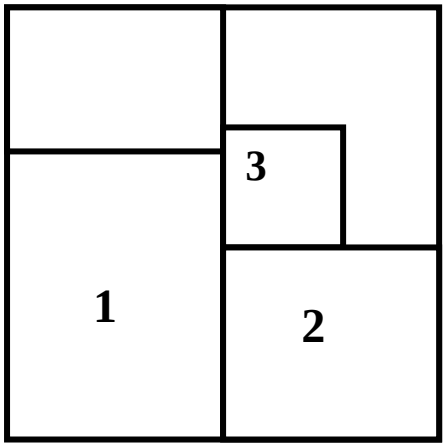
Egyptian Pyramids

Preparation time: 10 mins
Cooking Time: Nil
Serves: 11

Ingredients:
1 Loaf of ex-large bread sliced
3 Cheese sticks
14 Slices of square Ham.
6 Cubes of cheese
(Any fillings may be added or swapped, as you like.)

Instructions:
Cut crust from bread. Joey Scout will receive 1 full slice and 1 slice made into 3 squares each one smaller than the last (cut as per diagram below). Also give one full slice of ham and ¼ and ¼ of cheese. The cheese cubes need to be cut in half diagonally and each Joey Scout will receive a pyramid shape top. Put together using the full slice of bread on the bottom, then ham slice, bread, cheese quarter, bread, ham quarter, bread, cheese top.

Diagram:



French Chocolate Pastry

(Sorta Petit Pain au chocolat)

Preparation Time ; 10 mins
Cooking Time: 10 mins
Serves : 24

Ingredients;
3 Sheets of flaky puff pastry
240g chocolate
3 tablespoons sugar

Instructions
Cut each pastry sheet into quarters. Cut each quarter in half on the diagonal. Break chocolate into pieces of two squares. Place a piece of chocolate in the middle of the triangle, fold one triangle corner across the chocolate and cross it with the second triangle corner. Sprinkle with sugar and pree into the pastry. Bake at 200* c for 8-10 mins until golden.

Greenland ice

Preparation Time: Needs to be frozen so either do half one week and half the next week or have one prepared before hand. Approx 15 mins
Cooking Time: 5-10 mins
Serves: makes 500 ml frozen and 1 ltre whizzed

Ingredients:
1 cup suger
1 ½ cups of green cordial (made up, strong)
½ cup of lemon juice

Instructions;
1. Dissolve suger and cordial on the stove stirring constantly for about 5-10 mins.
2. Removes from heat and stir in the lemon juice
3. Freeze
4. Break into chunks with a knife and crush in a blender or electric whiz.
5. Serve in small bowls or cups.

Hint: This sorbert recipe can be used to make flavour and colour, the golden rule is 1 cup of sugar to 2 cups of liquid and at least ½ cup of that liquid must be citrus.

Hawaiian Luau

Preparation Time; 5-10 mins
Cooking Time : 10 mins
Serves; 8
Ingredients:
2 Bananas chopped in chunks
2 Oranges peeled and cut into chunks
2 Apples cut into chunks
1 tin of pinnapple pieces (large)
8 Skewers (pre soaked)
8 leaves (from corn cobs works well)
cooking string

Instructions
1. Each Joey Scout receives a leaf and a skewer.
2. Set the fruit out on the table in bowls.
3. Joey Scouts thread approx. 8 pieces of fruit onto the skewers.
4. Lay the skewer onto the leaf and wrap it up.
5. Secure the string and they are ready to cook.

To Cook;
Heat, heat beads in aluminium trays, at least ½ hour before you need them and the Joey Scouts can then carefully lay their parcel across the hot beads for 10 mins turning at 5 mins.
6. Allow 1 min to cool, cut the string, open parcel and eat.

Hint; Yoghurt makes a great dipping sauce.

Italian Pizza

Pararation Time: 15 mins
Cooking Time; 15 mins
Serves: 16
Ingredients:
1 pkt of muffins (no name have an 8 pkt)
1 Jar of tomato paste
1 Pkt of grated cheese
1 Small tin of pinnapple pieces
100g Ham
You may like to add extra topping such as mushrooms, capsicum, onion etc. Joey Scout who have never eaten anything but cheese on a pizza before, have been known to put a piece of everything on their Joey Scout Pizza.

Instruction:
Cut muffins in halves.. Give each Joey Scout ½ muffin, using a teaspoon spread the tomato paste on the muffin, add toppings (you can also include some dried herbs, sprinkle with cheese. Either grill or oven cook until golden brown.

Japanese Joey Sushi

Preparation Time: 20 mins
Cooking Time: Nil
Serves: 20
Ingredients:
1 carrot sliced
1 Cucumber pleeled and sliced
1 Apple cored, quartered and sliced (to make a triangle shape)
100 sultanas
20 cubes of cheese
Assortment of fresh herbs
1 Tub of bean shoots and /or alfalfa
1 small tin pinnapple pieces
1 pkt of colourful paper plates
20 cups.

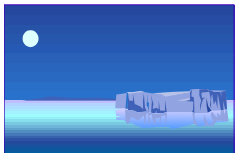
Instructions
It's all about presentation!
Divide the ingredients between the 20 cups. Give each Joey Scout a cup of the ingredients and a plate they have 5 mins to make a special design or presentation on their plate.

Yes we play with our food before we eat it !

Klondike Ice

Preparation Time: 5 mins
Cooking Time: Nil
Serves: 2
Ingredients:
1 Tray of ice
1 Can of lemonade
2 Cups and spoons

Instructions:
In blender, whizzer or manually operated children's ice shaver, crush the tray of ice. (any way of doing this will keep the Joeys amused). Alternativley you could have this done and keep it in the freezer ready to go. Mix the ice and lemonade in equal part into the cup and serve with a spoon.



Latin Lattice Fingers

Preparation time: 10 mins
Cooking Time: Nil
Serves: 16
Ingredients
2 Pkt of Lattice biscuits
185g Butter
185g Cream cheese
¾ Cup of castor sugar
1/3 Cup Lemon juice
2 Tablespoons gelatine
To dissolve gelatine: Moisten gelatine with a small amount of cold water then add a little hot water to dissolve.

Instructions:
Cream butter, creamcheese and sugar together, add lemon juice,mix, add dissolved gelatine. (This could be prepared before hand for the Joey Scouts to use.)
Two biscuits per Joey: butter non glossy sides with parpared mixture and press together.

Mexican Tacorettes

Preparation Time: 10 mins
Cooking Time: 20-40 seconds
Serves: 20
Ingredients:
1 Extra cheesy corn chips
1 Large tomato diced (extra small)
1 Grated carrot
1 Small capsicum diced (small)
2 Medium mushrooms diced
250g grated cheese
Small paper plate (pkt 20)

Instructions:
Give each Joey Scout a small paper plate and a pair of tongs (they could be asked to bring them from home) starting with the corn chips each Joey Scout, using their tongs, put 3 chips on the plate, following around the table they load the ingedients on the chips with their tongs, ending with the cheese.
Place in the microwave for approx. 20 sec. Just till the cheese melts. Allow to cool before eating.

New Zealand Totem Poles

Preparation time: 15-20mins
Cooking Time: Nil
Serves: 1 serving per Joey Scout.
Ingredients:
1 Skewer sticking out of a slice of apple (preferably with the shap tip removed).
5 large mashmellows.
Tube of icing write (used as the glueing agent).
5 tiny teddies biscuits.
4 thin slices of carrot with skewer holes in them.

Instructions:
1. The apple slice should be round and think enough to stabilize the totem pole.
2.The Joey Scout push the marshmellow on the stick.
3. Using the icing, glue the teddies to the front.
4. Then slide the carrot down and rest it on top.
5. Repeat steps 2, 3 & 4 until you run out of ingredients.

Orlando Oranges

Preparation time:10-15 mins
Cooking Time: Nil
Serves: 16
Ingredients:
8 Oranges
825g Tin of Fruit Salad.
3 Pkts of Jelly (made up and cooled but not set)

Instructions:
1. Half and orange per Joey Scout.
2. Juice orange half on a hand juicer.
3. Put one tablespoon of fruit in the orange shell.
4. Fill with cooled jelly
5. Freeze for approx. 30 mins
6. Serves with a spoon.

Hint:This can also be done with chunks of fresh fruit and set jell cut into squares. If you do it this way, it's great to get the Joey Scouts into pairs, let them make it for each other.

Philipino Rolls

Preparation Time: 5-10 mins
Cooking Time: 1 min in hot water
Serves: 20
Ingredients
1pkt Rice Paper (round)
1 cup grated carrot
1 Cup finley chopped celery
1 Cup sprouts
1 Cup sultanas
1 Cup shredded Ham
1 Cup grated Cheese
Add or choose any of these.
Also Soya sauce can be used as dipping sauce but Joey Scouts tend to prefer them plain.

Instructions:
1. Place carrot, cererly, spounts, sultanas, ham and cheese in separate bowl on table.
2. Each Joey Scout , using tongs dips the rice paper in hot water until it becomes soft (no more than a minute). Joeys then lay it on their plate and quarter fill with food from bowls.
3. They then roll the rice paper around with filling and eat.
Hint: Rice paper rounds can be found in Woolworth/ Coles where they have the Asian or Indian Curry product, they are hard to start with like pasta. There is enough in one packet for the average Joey Scout Mob.

Quebec Breakfast Oranges

Quebec is the largest providence in Canada.Quebec is the largest manufacures of maple syrup.
Preparation Time: 5mins
Cooking time: 30 Sec
Serves: 20

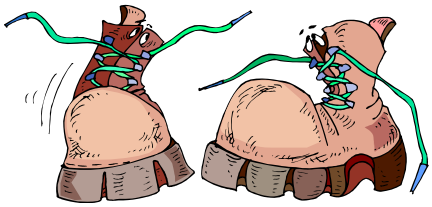
Ingredients:
10 Oranges
1 Bottle of Maple Syrup
1 Pkt Shredded coconut
Instructions:
1. Cut oranges in half (one half per Joey Scout)
2. With each half pour 2 Tablespoons of Maple syrup in the orange half.
3. Sprinkle coconut over the top.
4. Place in a micowave and cook for 30 Sec
5.Allow to cool for a minute and eat with a spoon.

Russian Boots

Preparation Time: 20 mins
Cooking Time: 5 mins
Serves: 20

Ingredients:
1 Slab of Vanilla Cake
2 cups of choc dip
1 Cup icing sugar
1 Cup cocoa powder
Hot water to make a runny custard consistency
1 Cup of desiccated coconut
1 Cup shredded coconut
20 wafers
20 Toothpicks
1m shoelace liquorice

Instructions:
1. Give each Joey Scout a wafer, a cube of cake and a rectangle of cake smaller then the wafer. (The wafer forms the sole of the boot)
2. Joey Scouts take the rectangle of cake dips it in the choc dip.
3. Joey Scouts then roll the cake in the coconut.
4. Place snow covered boot on the wafer sole.
5. Stick toothpick in one end. Leave ½ sticking up to put cube of cake on.
6. Take the cube and coat in choc dip, then roll in coconut.
7 Place cube on the toothpick to form the fur cover ankle of the boot
8. Decorate with Liquorice shoelace
9. Refridgerate 10 mins before eating.



Scottish Shortbread

Perpartion time: 5 –10 mins
Cooking Time: 40mins
(slow oven)
Serves: 20 small pieces

Ingredients;

250 butter
1/3 cup sugar
¼ c Cup rice flour
2 ¼ Cup plain flour
Paddle pop sticks.

Instuctions:

1. Cream butter and sugar together.
2. Sift and mix rice flour and plain flour
3. Give each Joey Scout a cup and a paddle pop stick.
4. Place one tablespoon of creamed mixture in each cup.
5. Place 2 tablespoons of flour mixture in each cup.
6. Joey Scouts stir until it is too stiff to stir.
7. Tip out and work with your hands.
8. Press it firmly into a triangle shape and use a toothpick to put your initial or emblem on top.
9. Place on a greased tray close together to make a type of circle.
10. Prick each piece with a fork and place in a modarate oven for 40 mins.
11. Allow to stand 10 mins before removing from tray.
12 Allow to cool on a wire rack before eating.

Tahitian Blow Torch

Preparation Time: 5-10 mins
Cooking Time: 5mins
Serves: 1 (you will need one per Joey Scout)

Ingredients:

1 empty clean 1L milk carton
1 Large piece of foil (30cmx 40cm)
1 Hotdog Bun
1 Frankfurt
a sprinkle of grated cheese
a dollop of tomato sauce

Instructions;

1. Place the frankfurt in water to heat through.
2. Joey Scout lay out foil like a placemat.
3. Place precut bun on foil and open
4. Leader to place hot frankfurt on bun
5. Joey Scout adds sauce and cheese, close and wrap in foil
6. Put foil package inside clean empty milk carton
7. Take outside to a safe place and set the carton alight.

Note: As the carton burns down it cooks hotdog inside.

8. As it reaches the bottom remove package with metal tongs
9. Ask the Joey Scout to pour jug of water over the carton to make sure it's out.

Ukrainian Bread sticks

Preparation Time: 5-10 mins
Cooking Time: Nil
Serves 20

Ingredients:

½ Cup thickened cream
1 teaspoon icing mixture
½ Cup Nutella
½ cup chopped nuts
½ Cup hundred and thousands
Pkt mini grissini (mini bread sticks)

Instructions:

1. Pour the cream into a small bowl. Beat with electric beater; add the icing sugar then beat on medium speed until the cream is thick.
2. Stir the Nutella into the cream mixture until the cream mixture until it is mixed through.

To serve:

Put the nuts, hundreds and thousands and the nutella mixture in 3 separate bowls. Dip the mini grissini into the nutella mix, and then roll them in on of the other toppings nuts etc for a crunchy topping.

Valencia Pancake syrup

Preparation Time: 5mins
Cooking time: Nil
Serves: up to 20
Ingredients:
1 Valencia Orange per Joey Scout
¼ Cup maple syrup per Joey Scout
Instructions:
Each Joey Scout cuts the orange in half. Squeeze the juice from the orange and mix well with the maple syrup.
Use the syrup over hot crepes or pikelets.

Welsh Rarebit

Preparation Time: 5-10 mins
Cooking Time: 2 mins
Ingredients:
Sliced bread one slice per Joey Scout
Tin Spam spread
Slice cheese per Joey Scout
Instructions:
Each Joey Scout spreads Spam spread on the bread slice.
Place the cheese slice on top of the Spam.
Place under a griller until cheese is golden brown.

Xanadu Surprise

Preparation Time: 5 –10 mins
Cooking Time: Nil
Serves: one person (times the serve by the number of people
Ingredients:
1 Ice cream cone
2 teaspoons of sherbet
2 teaspoons of mini marshmallows
1 scoop of Ice cream
Hundred and thousands
Instructions:
Place into the ice cream cone sherbet, and marshmallows then top with a scoop of ice cream. Top with a sprinkle of hundreds and thousands.

We have included a sherbet recipe to make your own.
Making your own Sherbet

What you need:
1 tsp. Citric acid
¼ tsp. Drinking powder (tang)
½ tsp Baking soda
5-6 Tbs. Icing sugar
How to make: Place all ingredients into a bag. Shake until well mixed.

Yemen Sands

Preparation Time: 5-10 mins
Cooking Time: 10 mins
Serves: 20 mins
Pre made Crumble Mix
90g Butter
¾ Cup desiccated coconut ¾ plain flour
½ Cup soft brown sugar
Instructions for crumble:
Combine butter, coconut, flour and sugar in bowl. Stir until mixture is crumbly.

Ingredients:
2x large tins pie apple
Loaf Bread
You will need a 2x 12 muffin
Instructions;
1. Cut crusts off the bread.
2. Butter bread both sides press the bread into a muffin tin or individual ramekins.
3. Spoon in apple to fill bread case.
4. Top the apple with crumble mixture
5. Bake in a moderate oven for 10 mins.
6. Allow to cool slightly before eating.

Zambia Zebra

Preparation Time: 5 mins
Cooking Time: 10 sec
Serves: 20
Ingredients:
20 Paper patty cake cases
1 Pkt large marshmallows
1 Stick hard liquorice (chipped)
1 Stick of soft liquorice (slithers)
20 Toothpicks

Instructions:
Joey Scouts place one marshmallow in the patty case. Use the chips of liquorice to make eyes, nose and mouth on the marshmallow. Use the soft slithers place across marshmallow for stripes. Place in the microwave for 10 sec, then taking a toothpick, model your sticky marshmallow into a Zebra.