

**YHUNGER**

**YOUNGER**

**HUNGER**

**A COOKBOOK FOR YOUNG PEOPLE**



# acknowledgements

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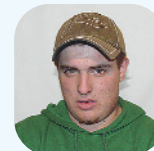
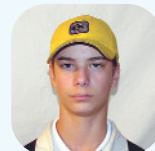
Cellblock Youth Health Service

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## **the young people involved:**

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**YHUNGER**

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# why learn to **COOK**?

## **Learning to cook your own yummy food means you can:**

- choose what's on the menu at your place
- save lots of money by preparing your own meals rather than eating out all the time
- learn new skills and put them into practice
- cook for friends
- try new foods and experiment with different things
- pass on your knowledge to others
- do it all yourself!

## **The secret to successful cooking is planning**

- Check the recipe to make sure you have all the ingredients.
- Have all the ingredients ready before you start cooking.
- Chop veggies, preheat the oven and have the dishes on the bench waiting.

By learning a few basics you'll be able to whip up a quick meal when you feel like it, instead of relying on take-away and other people.

## **how to use this book:**

*Whether you are an up and coming chef or just over the whole 2-minute noodle thing, this book is for you...*

- **YHUNGER** is a step-by-step guide with manageable recipes from the basics like how to boil an egg, to some more gourmet dishes like a stir-fry. It includes some handy cooking tips to help you out along the way.
- Once you get comfortable with the recipes in this book, we hope you can start to experiment with others.

***Good luck and most importantly, enjoy what you make!!***

# shopping tips

## ...to help you save money

- Only shop once a week - save time and spend less on impulse items.
- Plan a menu for a week, then make a list and stick to it.
- Spend at least half your food money on basic items such as bread, rice, pasta, cereal, fruit and veggies.
- Look for specials and check the "use by" date.
- Plain labelled or no name brands are just as good.
- Fresh, frozen or canned fruit and veggies are ALL good.
- Don't shop when you are hungry.
- Pay attention at the check out - mistakes can happen.
- If shopping for one:  
buy frozen or tinned veggies,  
freeze meat in single portions.

### key: what do the symbols mean?



- wash hands before cooking



- suitable for vegetarians



- suitable for meat eaters

### DIFFICULTY RATING

- ★ - Basic
- ★★ - Easy
- ★★★ - Moderate

### COST

- \$\$\$ - Cheap
- \$\$ - Cheaper
- \$ - Cheapest