

Scaling a recipe

Curry flavour fish and corn rissoles



Different measures



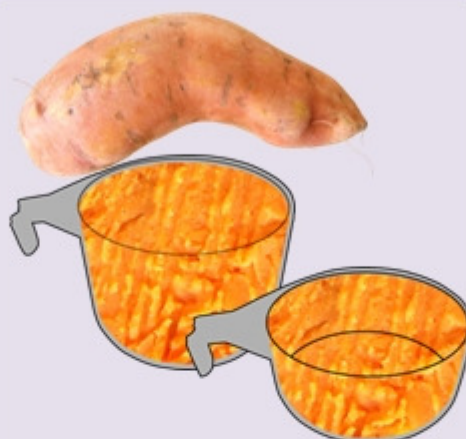
1 mug (9cm diameter) equals 2 ½ metric cups



1 packet (500g) of frozen vegetables equals 2 mugs

Feed **3** people

Measure with cups

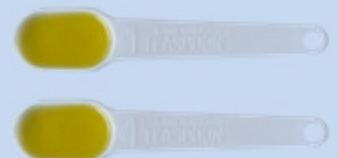
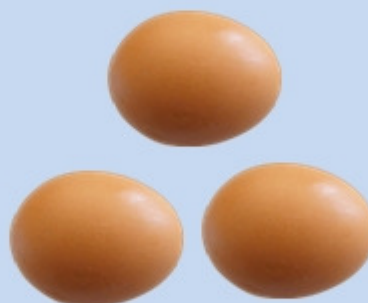
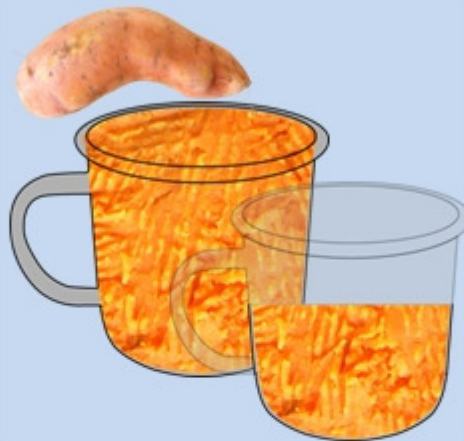


or



Feed 8 people

Measure with mugs



Fish and corn rissoles

Fried curry version Makes 7 rissoles

Equipment



Ingredients



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Use the picture
recipe for the
steps but
change the
quantities to
feed 8

Feed 8 people

Measure with mugs



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Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

Acknowledgements

Partnership

This resource was developed for Chronic Disease Resources Online (CDRO) in partnership with Apunipima Cape York Health Council originally as support material for the Need for Food - Cape York Style.

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Acknowledgements:

Development :

John Austin (CDRO) – Instructional Designer and Artist

Cara Polson,(Community Nutritionist) - Project Officer Need for Food - Cape York Style.

Judith Aliakbari,(Team Leader Nutrition)

Delivery Facilitation in Cape York during the trial period:

Kirby Murtha, Derlene Gray, Angela Colbey, Joseph Morris, Dawn Braun, Lynette James, Patrick Waisu, Grace Campbell, Michelle Hodgkiss, Nina Nichols, Charmaine Nicholls, Margaret Ross-Kelly

Need for Food - Cape York Style program

The original design work undertaken by Dr Janet Reynolds and Leanne Warner was referenced in the development of this resource.

Other support:

Cape York Schools, PCYC and other community agencies which provided cooking facilities and staff.

Dietetic Students from Queensland University of Technology for assistance with program delivery.

Apunipima Health Action Teams for providing guidance with program delivery

The entire Apunipima Tackling Smoking and Healthy Lifestyles team for their continued support

The beautiful people in Cape York Communities.

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