



Australian Egggy "Slice" + Aussie Tomato Sauce + Australia Day Fruit Punch

By Dylan Sabuco

Prep Time 20 / Cook Time 20 / Serves 4 - 6

Shopping List

☐ FRESH AND FROZEN

☐ 2 lemons

☐ 2 C lime sherbet ****(see allergy subs below)****

☐ Pick 2 or more for "Slice":

☐ 4 green onions

☐ 2 garlic cloves

☐ 1 zucchini

☐ 1 yellow squash

☐ 1 sweet potato

☐ 1 russet potato ****(see allergy subs below)****

☐ 1 tomato ****(see allergy subs below)****

☐ 1 handful mushrooms (your choice)

☐ 1 small eggplant ****(see allergy subs below)****

☐ DAIRY AND EGGS

☐ 5 eggs ****(see allergy subs below)****

☐ 1/4 C grated or shredded Parmesan cheese, optional ****(see allergy subs below)****

☐ PANTRY

- ☐ 1 C all-purpose flour ****(see allergy subs below)****
- ☐ 1/2 C vegetable oil ******
- ☐ 1/2 tsp baking powder
- ☐ 1 1/2 tsp salt
- ☐ 1 tsp ground black pepper
- ☐ 1 4 to 6 oz can tomato paste ****(see allergy subs below)****
- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp granulated sugar/brown sugar/molasses
- ☐ 1 tsp apple cider vinegar
- ☐ HAVE ON HAND
- ☐ 3 1/4 C water

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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Equipment

- ☐ Oven
- ☐ Baking dish (9 x 11 or similar) + oven-proof lid or aluminum foil
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk or wooden spoon
- ☐ Medium mixing bowl
- ☐ Can opener
- ☐ Rubber spatula
- ☐ Whisk
- ☐ Pitcher
- ☐ Citrus squeezer (optional)

Ingredients

Australian Egggy "Slice"

- ☐ 5 eggs ****(for EGG ALLERGY sub 1 8-oz pkg silken tofu, blended with 1/2 C water)****
- ☐ 1 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1/2 C vegetable oil ******
- ☐ 1/2 tsp baking powder
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1/4 C grated or shredded Parmesan cheese, optional ****(for DAIRY ALLERGY sub dairy-free/nut-free cheese shreds, like Daiya brand)****

- ☐ Pick 2 or more:
- ☐ 4 green onions, diced
- ☐ 2 garlic cloves, minced
- ☐ 1 zucchini, diced
- ☐ 1 yellow squash, diced
- ☐ 1 sweet potato, grated
- ☐ 1 russet potato, grated ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 tomato, diced ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 handful mushrooms, diced (your choice)
- ☐ 1 small eggplant, peeled + diced ****(Omit for NIGHTSHADE ALLERGY)****

Aussie Tomato Sauce

- ☐ 1 4 to 6 oz can tomato paste ****(for NIGHTSHADE ALLERGY sub 1/2 C pumpkin purée)****
- ☐ 3 T water
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp pepper
- ☐ 1/2 tsp garlic powder
- ☐ 1 tsp granulated sugar/brown sugar/molasses
- ☐ 1 tsp apple cider vinegar

Australia Day Fruit Punch

- ☐ 2 lemons
- ☐ 3 C water
- ☐ 2 C lime sherbet ****(for DAIRY ALLERGY sub lime sorbet)****

Food Allergen Substitutions

Australian Eggy "Slice"

Egg: For 5 eggs, substitute 1 8-oz pkg of silken tofu, blended with 1/2 C water.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Dairy: Substitute dairy-free/nut-free cheese, like Daiya brand.

Nightshade: Omit optional russet potato, tomato, and eggplant.

Aussie Tomato Sauce

Nightshade: For 1 4 to 6 oz can tomato paste, substitute 1/2 C pumpkin purée.

Australia Day Fruit Punch

Dairy: Substitute lime sorbet for the lime sherbet.

Instructions

Australian Egggy "Slice"

intro

G'day! A "slice" is an Australian casserole-like snack that can be served savory or sweet. The savory preparations always include eggs, vegetables, and sometimes cheese, while the sweet preparations consist of creamy custard, chocolates, and fruits. This slice recipe will be savory and packed full of veggies.

preheat

Preheat the oven to 350 F.

grate + slice + chop

Start by grating, slicing, or chopping at least two of your chosen **vegetables** from the list above as small as possible.

crack + measure + stir

In a large mixing bowl, crack **5 eggs**. Then, measure **1 cup flour**, **1/2 cup vegetable oil**, **1/2 teaspoon baking powder**, **1 teaspoon salt**, **1/2 teaspoon black pepper**, and optional **1/4 cup grated Parmesan cheese** and add that to the eggs. Scrape all the **veggies** into the bowl. Stir to combine.

scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to produce carbon dioxide, causing them to rise. Baking powder contains baking soda, but the two substances are used under different conditions and can provide very different results. Baking soda

has only one ingredient: sodium bicarbonate. It is about four times stronger than baking powder and is used in recipes that contain an acidic ingredient. Baking powder contains baking soda, but it also includes an acidifying agent, like cream of tartar.

bake + slice

Pour the mixture into a baking dish. Make sure all the veggies are as evenly spread out as possible. Then, cover with an oven-proof lid or sheet of aluminum foil and bake for 20 to 25 minutes or until there are no runny eggs left on top. Be sure to keep it covered the whole cooking time, as the steam that is trapped in the pan will help cook the slice. Cut it into slices and serve alongside a heaping scoop of **Aussie Tomato Sauce**. Now that's a "grouse tucker!" (That's Australian slang for a "good meal.")

Aussie Tomato Sauce

intro

Tomato sauce or ketchup? Depending on where you are from in the world, these two words are interchangeable. What people would call "ketchup" in the United States, Australians call "tomato sauce."

measure + whisk

Open **1 can of tomato paste** and scoop it all out into a medium mixing bowl. From here, ketchup can take on any variation of spices and flavors. For this recipe, you will measure **3 tablespoons water, 1/2 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon garlic powder, 1 teaspoon sugar, and 1 teaspoon apple cider vinegar** and add them to your tomato paste. Whisk to combine.

serve

That's it! Taste the tomato sauce to make sure the flavor is to your liking. Then, serve this tasty homemade condiment staple alongside **Australian Eggy "Slice"**!

Australia Day Fruit Punch

intro

Australia Day is the official national day of Australia. Similar to the Fourth of July in the United States, Australia Day is celebrated with cookouts and yard games. The main thing is you have to wear green on Australia Day. With that in mind, let's make a green drink to help with the celebration.

measure + whisk

Slice **2 lemons** and squeeze the juice into a pitcher. Then, measure **3 cups water** and **2 cups lime sherbet** into the pitcher. Whisk until smooth, creamy, and green! Cheers!

Featured Ingredient: Baking Powder and Baking Soda!

If you don't use yeast or eggs to make a baked good rise, you must use a chemical leavening agent. For this purpose, you can use either baking soda, baking powder, or a combination of both. Adding them to

baked goods before baking produces carbon dioxide, a gas, causing them to "rise."

Baking soda contains only one ingredient: sodium bicarbonate. It begins to act as soon as it touches an acid, like lemon juice or vinegar. Baking powder, however, doesn't fully activate until the dough is heated.

Baking powder includes baking soda, cream of tartar (an acid), and a starch, like cornstarch. The starch prevents the bicarbonate and acid from prematurely reacting. Baking powder comes in two forms: single-acting and double-acting. Single-acting activates with moisture, so you need to bake the dough right after mixing. Double-acting works in two stages. Some gas releases before baking when the powder is added to the damp dough, but most releases while the dough is heated during baking.