

CRUNCH TIME

School Lunches Around The World



Serve information:
8 Queijadinha cakes, 1 Smorrebrod sandwich, 1 Omurice

INGREDIENTS – QUEIJADINHA (BRAZIL):

80g Shredded coconut
1 x 395g can sweetened condensed milk
2 Tbsp finely grated parmesan cheese
2 Egg yolks
8 "Prepared earlier" Queijadinha Cakes on plate

Method:

1. Preheat oven to 180°C
2. Line a muffin tray with paper cases
3. Mix all the ingredients together
4. Spoon mixture into the paper cases (makes about 8) and bake for approximately 30 minutes until golden season with pepper

INGREDIENTS – SMORREBROD (DENMARK):

1 Slice dense Danish sourdough rye bread
Half tsp butter, softened
1 Slice of roast beef
4 Cornichons, thinly sliced lengthwise
Thinly sliced red onion
1 Tbsp horseradish cream

Method:

1. Spread butter on rye bread slice
2. Arrange the roast beef on top, covering the surface evenly
3. Sprinkle cornichons and sliced red onion on top
4. Finish with a dollop of horseradish cream in the centre and place on a plate



INGREDIENTS – OMURICE (JAPAN):

- 1 Serving of chicken fried rice
- 1 Tbsp tomato sauce
- 1 Tsp soy sauce
- 1 Egg
- 1 Tbsp milk
- 1 Tbsp olive oil
- 60g Shredded tasty cheese
- Tomato sauce in squeeze bottle

EQUIPMENT:

- Muffin tray
- 12 paper cupcake cases
- Mixing bowl
- 2 x Wooden spoons
- Several spoons
- Oven mitts
- Butter knife
- Teaspoon
- 2 x Plates
- 2 x frypans
- Bowl
- Whisk
- Spatula

ADDITIONAL NOTES:

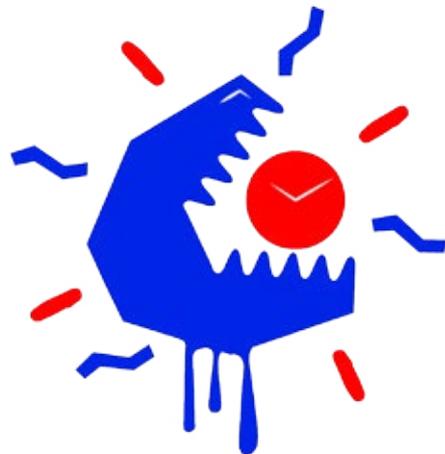
- 8 "prepared earlier" Queijadinha Cakes on plate
- Slice cornichons
- Thinly slice red onion
- Make chicken fried rice (if not store bought)

Method:

1. Heat the fried rice in a frypan and stir through the tomato sauce and soy sauce. Set aside
2. Whisk the egg and milk together in a bowl
3. Heat the oil in a frypan over a medium heat. When the pan is hot, pour the egg mixture into the pan and tilt to cover the pan to make an omelette.
4. Put the cheese and the fried rice on one half of the omelette.
5. Use the spatula to fold both sides of the omelette toward the middle to cover the fried rice.
6. Slowly move the Omurice to the edge of the pan. Hold a plate in one hand and the pan in the other hand, flip the Omurice over and onto the plate



7. Squeeze some tomato sauce over the Omurice



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