

Cooking in the Kitchen Activity Sheet 1

How to Make Butter

You will need:

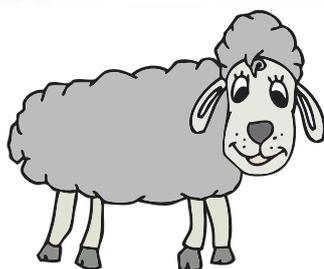
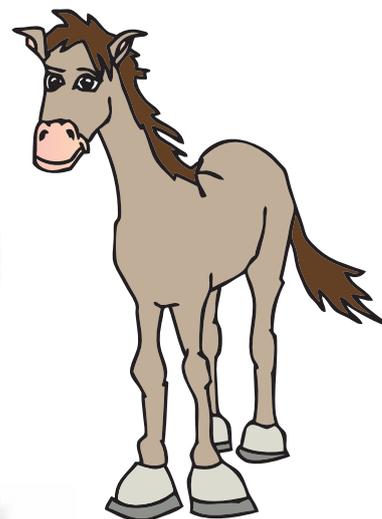
- Mixing Bowl
- Carton of cream (4% butterfat)
- An electric mixer or hand mixer or a large jar with screw top lid
- Wooden butter pats or wooden spoons

Ensure cream is at room temperature when you begin.

Beat the cream using a mixer or by pouring the cream into a jar and shaking it. You could try both methods and time how long it takes and compare the end results.

Initially it will become whipped cream and then chunks will form in the liquid. This is butter and the liquid is buttermilk.

Squeeze the butter into a block shape using wooden butter pats or wooden spoons – this removes the buttermilk and gives a longer life to the butter.

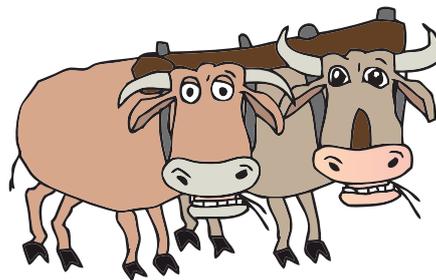


You can use the buttermilk to make pancakes or in place of regular milk in the damper recipe.

Cooking in the Kitchen Activity Sheet 2

How to Make Damper

Please note: Due to the use of both a knife and the oven during this activity, the students will listen to and watch the teacher as he/she carries out the procedure and can select students to assist when appropriate.



You will need:

- 2 cups self raising flour
- 2 tablespoons melted butter
- ½ teaspoon salt
- ¾ cup milk
- Oven
- Baking tray
- Sharp knife

Traditionally damper was cooked using a cast-iron camp oven in the hot ashes of an open fire. However, it can be successfully baked in a regular oven.

Method:

Preheat oven to moderately hot, 200°C. Brush oven tray with melted butter or line with baking paper. Sift flour and salt into large mixing bowl. Make a well in the centre, combine milk and butter and add to flour. Turn onto a floured surface and knead lightly using floured hands. Form into a 20cm round and place on baking tray. Use a sharp knife and cut 1cm into dough to form 8 sections. Brush with a little extra milk and dust with extra flour. Bake for approximately 20 minutes.

Damper is ready when it's golden and sounds hollow when tapped.

Golden Syrup (also known as 'Cocky's Joy') was a popular spread, as it cost a lot less than jam.

A 'Cocky' was a name given to a landowner of a small area of land.

Cooking in
the Kitchen
Activity Sheet 3

Susan Blundell's Tried and True Method for Producing Perfect Porridge



Susan Blundell (1812-1892)
was the mother of George
Blundell (1846-1933)

'Rise early, take a reaping hook to the wheat paddock and cut a good sheaf. Thrash out grain against a block, winnow, grind in a steel hand-mill, take the meal and proceed in the usual way.

Note: If the family is large, cut two sheaves.*

This, true in spirit if not in every detail, was Susan Blundell's recipe. She came to Canberra with her husband in the early 1840s, and was a remarkably fine character. Susan had about a dozen children so she always cut two sheaves for breakfast.

Write a few sentences explaining a simple recipe
or how to prepare some food, such as breakfast...

* Reprinted from 'The Cottage in the Parliamentary Triangle' by Beth Knowles
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Do you know what Mrs Blundell means by using words like 'sheaf' and 'winnow'? And what on earth are 'reaping hooks' and 'steel hand-mills'?

To make it easier to understand, we've converted some of those old fashioned 19th century words and phrases into 21st century English.

Reaping hook: a cutting tool with a short handle and a curved blade

Sheaf: a bundle of wheat stalks that have been cut and tied together by a piece of straw or string wrapped tightly around the middle.

Thrash out grain: Beat the wheat stalks against a hard object so the grain falls out.

Block: A large steady piece of wood to cut and prepare food on, sometimes called a chopping block.

Winnow: blow on the grain after thrashing to get rid of any unwanted bits, like husks or parts of the stalk.

Steel hand-mill: A hand held kitchen tool made of steel. Grain put inside is crushed when the handle is turned.

Meal: The crushed wheat grain you get after grinding.

So let's have another look at the recipe, and bring it up to date!

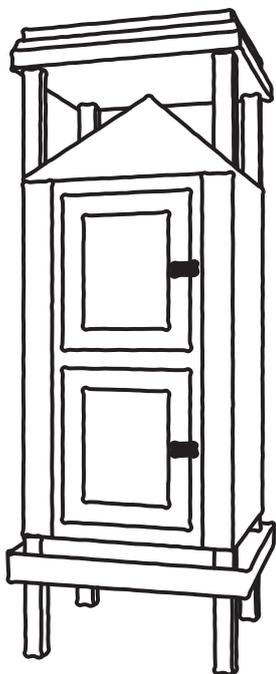
Get out of bed early, take a cutting tool to down to the wheat paddock and cut a bundle of wheat. Hit the bundle of wheat against the chopping block so the grains of wheat fall out. Blow gently to get rid of husks, leaves, bits of stalk – everything but the grain. Put the grain into a grinder and crush it into a powder, then proceed to make your porridge in the usual way.

Cooking in the Kitchen
Activity Sheet 4

The Coolgardie Safe

The 'Coolgardie Safe' or 'Drip Safe' was invented in Western Australia during the Gold Rush. These safes could keep food up to 8 degrees cooler than the outside temperature. They were usually kept on the verandah, the coolest place in most outback houses.

What modern appliance do we use today instead of a Coolgardie Safe?



How does a Coolgardie Safe work?

Hessian on the Coolgardie Safe cools the air as it passes through it. It only needs water and a slight breeze through the hessian to keep food cool. The same principle is used in evaporative cooling systems. The Coolgardie Safe works the best when there is little or no humidity in the air.

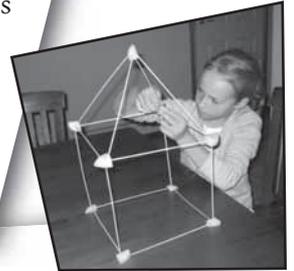


Make a Coolgardie Safe

For each safe you will need:

- 16 wooden skewers
- 1 small square light tablecloth or 2 tea-towels
- 3-4 raw potatoes
- 8 clothes pegs or 'bull-dog' clips
- 1 wooden or plastic tray to sit the Coolgardie Safe in
- Jug of water
- 2 thermometers
- A breezy place in the shade

1 Build the frame. Firstly, cut the potatoes into pieces of approximately 3cm square, they will be used to connect the skewers. Using 12 of the skewers, make a cube frame, using the potato pieces as corners. Attach 4 skewers as shown for a pyramid top.



2 Carefully attach tablecloth or tea-towels with pegs so the frame is completely covered.

3 Place the safe in the tray or basin. This will catch any water that drips down from the fabric.



4 Find a breezy spot in the shade and pour water gently on the very top of the Coolgardie Safe, so it drips down the sides. Make sure the fabric is completely wet on all sides. Check the Coolgardie every couple of hours and add water if necessary. The fabric must not dry out.



5 Place one thermometer inside the Coolgardie Safe and the other thermometer near the outside of the Coolgardie Safe.

6 Record the temperatures every hour throughout the day. Are there difference in temperature?

A similar cooling experiment goes like this. Wrap the bulb of a thermometer in cotton wool and note the temperature. Wet the cotton wool and then wrap it around the thermometer. Is there a difference in temperature? Gently blow on the wet thermometer and see if the temperature changes again.

