

THE
*“menus for
mobs”*

BOOK



“I was in prison and you visited me”

Matthew 25:36

Cooking for large numbers of people is something that often befalls those who are involved in Christian Ministry.

Kairos is one of those ministries and for those responsible for preparing these meals it can be a daunting task.

For Kairos chef's and those just fortunate enough to be involved in feeding '*MOBS*' we have compiled some recipes with the help of past head chef's on Kairos Short Courses and some other '*menu's for mobs makers*'

May God bless your time in the kitchen and those who benefit from it.

All the profits from the sale of these books will go to help the spread of Kairos into detention centres across Australia.

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7 LAYER SALAD

2 Lettuce
500 grms frozen peas
1-2 red onions
1 bunch spinach
grated cheese
500 grms bacon bits

Layer all the ingredients in a large bowl

Dressing

6 tbsp condensed milk
3 tsp dry mustard
salt and pepper to taste
12 tbsp lemon juice

Mix above ingredients in a bowl beating constantly

Add – 4 dsp olive oil slowly – beating constantly

Add – 400 grms sour cream and beat well.

Pour over salad just before serving.

Serves 50
YUM !!!

APPLE CRUMBLE

Ingredients:

2 Tins pie apples (A10)
8 Cups brown sugar
8 Tsp cinnamon
8 Cups Self Raising flour
8 Cups desiccated coconut
1 kg butter or margarine melted

Method:

Place apples in 2 large serving dishes

Mix half the brown sugar and all the cinnamon together and sprinkle over the apples

Mix the S.R. flour, coconut and remaining brown sugar together, add melted butter and mix to form crumble. Sprinkle over the apples

Bake in a moderate oven for approx. 30 minutes or until brown.

Serves 60 people

BAKED HAM CASSEROLE

160 Slices Bread (thin sliced)
160 Slices Shoulder Ham
1 ½ Jars Hot English Mustard
1 ½ lt SourCream
1 kg Shredded Cheese
2 x 500g Butter

Method:

Spread bread with butter. Cut off crusts. Place ham and mustard onto each slice. Roll tightly, corner to corner.

Arrange in a single layer in shallow dish, packed tightly. Run sour cream over.

Sprinkle with salt and pepper and top with grated cheese.

Bake in moderate oven for 35 minutes.

For those unable to eat ham substitute with Asparagus spears.

Serve with side salad:

Serves 50 people

CHICKEN, BACON & MUSHROOM PIE

Ingredients:

10 x size 18 chickens
3 kgs mushrooms - sliced
5kgs bacon rashers – rind removed
500 grms margarine or butter
2 lt milk
3 cups plain flour

Method:

Steam chickens – remove from pan - allow to cool
Reserve chicken stock
Chop bacon into bite size pieces and cook in pan
with mushrooms until just cooked through (not
crispy) remove from pan and leave any juices in pan
Add margarine to pan and melt – remove from heat
Add flour and mix well
Gradually add 2 cups milk and 2 cups stock stirring
constantly
Return to heat and stir until mixture begins to thicken
Add quantities of milk and stock until a smooth
sauce consistency – add pepper to taste
Remove chicken from bones and break chicken into
bite size pieces then add to sauce

Place into 2-3 large serving dishes
Top with mashed potato or cheese and
breadcrumbs and heat until topping is light brown.
Serves 60 people

CHINESE LETTUCE SALAD

3 Cos Lettuce - chop and set aside
3 Bunches Shallots

6 Packets Changs Fried Noodles (come pre cooked)

3 Cups slivered almonds - Toss in butter until brown
3 Cups sunflower seeds then cool

Dressing:

6 tbsp brown sugar
1 ½ cups white vinegar
3 cups grapeseed oil
6 tablespoons soy sauce

combine and refrigerate before use may be made up
to 2 days

When ready to serve add noodles, almonds, seeds
and dressing to lettuce and shallots.

Serves 60 -70 people

* For economy you can use half Cos lettuce and half
Chinese cabbage.

EASY APRICOT CHICKEN

Ingredients:

45 Chicken thigh fillets cut into 3cm cubes
7 Medium onions finely chopped
7 cups apricot nectar
5 cups chicken stock
1 bunch chives finely chopped
150 ml oil
800g dried apricots finely chopped
6 x 40g pkts French onion soup mix
7 large green capsicum

To assemble:

Preheat oven to 190 degrees C
Heat oil in large pan and cook chicken in batches
over medium heat until lightly browned
Place chicken and capsicum in ovenproof dish
Add onion to pan and cook until tender.
Add chicken stock, apricot nectar, apricots and soup
mix to pan and bring to boil
Pour over chicken and capsicum
Cook in oven for 15-20 minutes, until sauce has
thickened

Stir in chives just before serving

Serve with steamed vegetables and boiled rice

FETTUCINE WITH BACON TATOULE

Ingredients:

700g grated cheddar cheese
5 kg fettucine or tagliatelle
15 large eggplants cut into 2cm cubes
16 medium zucchini cut into 2cm slices
10 medium brown onions roughly chopped
14 red or green capsicum deseeded and chopped
roughly
2.5 kg tinned tomatoes chopped roughly
10 cloves garlic crushed
500 ml olive oil
2 kg rashers bacon chopped into thin strips
1 bunch fresh chopped basil
salt and pepper to taste

To assemble:

Microwave chopped eggplant for 2-3 minutes (until starting to soften) drain well

Repeat with zucchini – drain well

In large saucepan gently fry onions and garlic in oil until soft, add bacon and cook for 3-4 minutes

Add capsicum, cook 2 minutes, add eggplant, zucchini and tomatoes.

Simmer for 10 minutes – season to taste

Add basil just before serving

Cook pasta according to instructions – drain and place in large serving bowl add sauce and top with grated cheese

Serves 35 people

HELPFUL HINTS

Always allow for a few extra people -
It's better to have too much than not enough

Always check dietary needs or allow for them , e.g. vegetarian, diabetics, no dairy, no wheat – people feel special if you care about their dietary needs

Always remember when the meal is to be served
e.g. light meals at lunch, warm meals for cold weather, salads for summer.

Always present food in an attractive manner - make it interesting

Always make allowances for your facilities
Never assume everything works if your not used to the kitchen.

HOW MUCH????

COLD COOKED MEATS: Allow 125g per person
But if serving along with a selection of other savory dishes reduce quantity.

BEEF/VEAL: When making casseroles, curries, meat pies etc. allow 1kg of meat for every six people.

FROZEN PEAS: 6-7 kgs sufficient for 100 people.

NEW POTATOES: Allow 15kg for every 100 people.

SALAD: One lettuce for every 10-12 people
500g tomatoes for every 6-8 people

RICE: Allow 500g rice for every 15 people when served with a main dish.

PASTA: Allow 2kg for 50 (small serve)
Allow 250g for 4-5 (large serve)

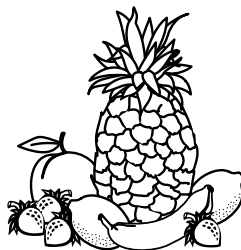
SOUP: Allow 200ml per person (as entrée)

FRUIT PLATTER

Ingredients:

5 Honey Dew Melons
5 Rock Melons
12 Punnets Strawberries
20 Kiwi fruit
4 Pineapples
9 Oranges

Cut fruit into bite size pieces and arrange on platters
or cut into cubes and place onto kebab skewers.



Serves 60 – 70 people

LEMON TART

Ingredients:

6 x 25cm Pastry cases

6 Tbsp Lemon rind

3 Cups Lemon juice

30 Eggs

1.8 lts Cream

4 ½ Cups Castor Sugar

Method

Mix all ingredients together and then strain. Put into pastry cases (which have been blind baked) and bake for about 20 minutes in a moderate oven.

Cut each tart into 12 for serving.

Serves 72 people



NACHOS

Sauce

5kg Beef Mince
1 Tin (A10) crushed tomatoes
3 x 500 grm jar tomato paste
1 ltr salsa – medium hot
2 x 325grm Hot Sicilliana (Pasta Sauce)
8 onions (chopped)

Method:

Cook onions in large saucepan with mince
Add crushed tomatoes, tomato paste, salsa and
cook
for 1 hour on low heat stirring frequently.

Serve with corn chips, sauce, grated cheese and
sour cream on plate with shredded lettuce, 2 slices
tomato and 2 slices cucumber.

5 iceberg lettuce
approx. 17 tomatoes (2 slices each)
approx. 4 cucumbers (2 slices each)
1 kg corn chips
500 grms grated cheese

Serves 50 people

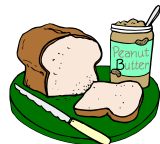
OUR DAILY BREAD

SLICED BREAD: One loaf 680g of sliced bread has about 24 slices and 125g butter is sufficient to spread the loaf.

FRENCH LOAF: One large French loaf will cut into approx. 25-30 slices. Small loaf will cut into approx. 12-15 slices. 100-125g butter is sufficient to spread one large or two small loaves.

GARLIC BREAD: Beat 1 clove crushed garlic into 100-125g butter for each large French loaf or two smaller bread sticks.

If making for a large number don't bother to wrap in foil. Pack rows of bread into baking dish, stacking so that the loaves support each other and bake in a hot oven for 15 minutes. When cooking large quantities you may wish to cut bread completely through before cooking to enable easy serving.



POTATO SALAD WITH MUSTARD DRESSING

120 'chat' potatoes
4 tsp dried dill tips
1 ½ cups low fat sour cream
5 tbsp seeded mustard
1 ½ cups low fat yoghurt
¼ cup no-oil herb & garlic dressing

Method

Boil water in sufficient lightly salted water to cover them. Cook until just tender. Do not over cook or potatoes will 'split'. Allow to cool (Potatoes can be cooked the day before).

Mix all other ingredients together and gently stir through cooled potatoes.

Chill until required

RECIPE FOR LIFE'S JOURNEY

Take twelve months, clean them thoroughly of all
Bitterness, hate and jealousy.

Then arrange each month into 28,30 or 31
different parts

But don't make up the whole batch at once.

Prepare it one day at a time

Out of these ingredients:

Mix well into each day one part of Faith, Patience,
Courage, Work, Hope, Faithfulness, Generosity &
Kindness

Blend this mixture with a pint of Prayer.

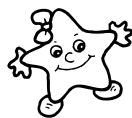
Season the whole dish with a dash of
Good Spirits, A Sprinkle of Fun, A Pinch of Play and
a Cupful of Good Humour.

Pour this batter into a vessel of Love & Cook
thoroughly over Radiant Joy.

When done, serve the day with a Smile

In the name of your Saviour,

Who fills the New Year with Love & Joy



SIDE SALADS FOR 50 PEOPLE

Light and Easy

- 3 Chopped Lettuce
- Tomato wedge (1 per person)
- 2 Large Lebanese Cucumber (2 slices each)\
- 2 Bottles French Dressing

Red and Green Salad

- 2 Coral and 2 Mignonette Lettuce – torn into pieces
- 1 Punnet Snow Pea Sprouts
- 5 Punnets Cherry Tomatoes (cut in half)
- ¼ Red Cabbage – finely shredded

Rainbow Coleslaw

- 1 ½ kg Red and green cabbage shredded finely
- 1 kg grated carrots
- ½ bunch celery chopped
- 2 x 820g tins pineapple pieces
- 1 Red and 1 Green capsicum chopped
- ½ kg onions finely chopped

Mix all ingredients in a large bowl and add 3 cups
Coleslaw dressing.



SPICY LAMB PATTIES

Ingredients:

14 kg Lamb mince
3 Red capsicum
3 Green Capsicum
3 Yellow Capsicum
20 Mushrooms
2 Bunches shallots
2 tbsp Curry powder

Chop vegetables finely and add to mince with curry powder – mix well

Form into 120 medium sized patties – refrigerate for 1 hour if possible

Cook patties in batches in large pan until brown – place on baking dishes and heat in moderate oven for 20 minutes

Serve with couscous, tossed salad and fruit chutney

Serves 60 people

THE KERRY FAMILY SHEPHERDS PIE

Ingredients

MINCE

6 kg low fat mince (not premium grade, but also not the low-grade high fat mince, mince that is between these.

Low in fat and inexpensive).

2 T oil

2kg frozen mixed vegetables

6 onions

1 lge bottle tomato sauce

1 small tin gravox

2 or 3 lge tins crushed tomatoes

MASH

3 kg potatoes

Butter

Milk

TOPPING

1 – 1.5 packets grated cheese

1 packet breadcrumbs

METHOD

Heat oil and brown mince and onions

Stir in gravox and some of the juice from tomatoes

Add frozen vegetables , sauce and crushed tomatoes

Cook for 20 minutes

Cook and mash potatoes with butter and HOT milk

Thicken mince with cornflour if needed

Place mince in oven proof dish/s and top with mash

Top with grated cheese and or breadcrumbs

Grill until cheese turns brown

Serves 50 people

TUNA AND PASTA BAKE

3 kg pasta – cooked
6 x 425g tins tuna
1 lt milk
6 eggs – beaten
1 kg onions - sliced
1kg tomatoes sliced
2 kg grated cheese
1 cup oil

Heat oil and fry onions until soft

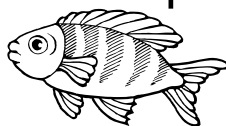
In baking trays place layers pasta, onion, tomato
and tuna

Combine milk and eggs and pour evenly over each
and top with a layer of cheese

Bake until golden brown

Serve with tossed salad, coleslaw and lemon
wedges

Serves 50 people



VOL-AU-VENT

50 – 80 x 100mm Vol-au-vents

Filling:

500g Margarine
500g Plain Flour
½ tsp Salt
4 lts Milk
4 tbsp Chicken Stock
2 Chickens – cooked and chopped finely
1 Bunch Shallots – chopped
½ Bunch Celery - finely chopped
500g Mushrooms – finely sliced and chopped
1 kg Bacon – finely diced
3 x 300ml Sour Cream
2 tsp Worcestershire Sauce
¼ tsp Cayenne Pepper

Method

Melt margarine, add flour and chicken stock and cook gently for 1 minute. Gradually add milk and bring to boil. Gently fry shallots, celery, mushrooms and bacon until just cooked and tender (5 mins). Add to the sauce mixture the chicken, shallots, celery, mushrooms, bacon, Worcestershire sauce, cayenne pepper and sour cream. Stir over low heat until combined and heated through.

Pour mixture into vol-au-vents. Top with a little grated cheese. Put into oven until they are heated through and cheese is just melted.

Serve with a side salad - Serves 50 people

WARM CHILLI CHICKEN SALAD for 60

Ingredients:

- 60 Chicken breasts
- 1 Large bottle sweet chilli sauce
- 1 Small bottle cooking oil
- 4 Iceberg lettuce
- 3 Cos lettuce
- 5 Coral lettuce
- 5 Mignonette Lettuce
- 3 Bags bean sprouts
- 30 Mushrooms
- 10 Lebanese Cucumbers
- 2 Bunches shallots
- 2 Red Capsicum
- 2 Green Capsicum
- 2 Yellow capsicum

Cook chicken breasts in oiled pan until well cooked and light brown. Slice in to strips and place in mixing bowl – mix with sweet chilli sauce

Wash all salad ingredients – tear lettuce into bite size pieces and cut remaining ingredients into thin strips (except sprouts)

Toss all salad ingredients together in VERY large bowls - Serve topped with chicken and variety of dressings