



FIJI NATIONAL
UNIVERSITY

Office of the Registrar
Department of Student Support Services: Campus Life

Bringing out the Chef in you!

Lockdown Cooking
Challenge

Congratulations

to our Week 1 **Winners!**

Student Category
**Priyanka Simran
Kumar**

*Cheesy Dinner
Rolls Recipe*



Ingredients:

- 1 sachet instant yeast
 - 2 teaspoon sugar
 - 1 cup warm water (not hot!)
 - 3 cups of flour
 - 1 teaspoon salt
 - 2-3 teaspoon cooking oil
- 150 grams grated mozzarella, 1 teaspoon pepper and half chopped onion (optional)

Directions

1. Mix the sugar, water and yeast in a jug. Stir it, cover and keep it aside for 10-15 mins. (If it foams then yeast is active if not then you have to start the process again)
2. Add salt to the flour.
3. Pour the mixture into the flour and knead it into a dough using oil. Brush some oil in the basin and then place the dough in it and cover it. Let it rise for at least 45 mins. (If the environment is not warm it is advisable to place the dough in the oven with a bowl of hot water 30cm below as the warm environment will rise the dough effectively)
4. Once it has doubled in size then knead again and form the shape of whatever bread you want and place it in the pan. Cover them for 30 mins.
5. Sprinkle cheese, pepper and onion on top.
6. Then bake it in the oven at 180 degrees for 30 mins (15 mins lower heat only and next 15 mins minutes upper n lower heat).
7. Post removal from oven glaze it with sugar and water syrup

Staff Category
**Ms. Fotagkauriro
Aisea**

*Cookies
Recipe*



Ingredients:

- 250g of butter
- ½ Cup caster Sugar
- 2 cups flour
- 1tbsp baking powder
- Toppings of the cookies is your choice.

Directions:

1. Beat 250g of butter
2. Add ½ cup caster sugar and beat well with a hand mixer
3. In a separate bowl, sieve 2 cups flour & 1 tbsp baking powder...
4. Add the flour mixture into your butter and caster sugar mixture gradually until all ingredients have blended in well.
5. Knead and roll the dough with your hands and form round circular smaller doughs like balls.
6. Use a fork to flatten/ design the cookies on a greased tray with any cookie topping of your choice.
7. Place it in your preheated oven at 180 degrees for 30mins or until baked