

A wooden board holds several sandwiches cut into triangles, a pile of golden fries, and a few slices of bread. The sandwiches are filled with various meats, cheeses, and vegetables. In the background, there's a whole tomato, a head of cabbage, and some fresh greens. A blue semi-transparent box is overlaid on the top right, containing the cafe's name and a task instruction. The title 'Recipe Book' is written in large white letters over the center of the board.

Bluey's CAFE 

Prepare and present sandwiches

Recipe Book

Table of Contents

CLUB	3
TRADITIONAL CLUB SANDWICH (SERVES 4).....	3
VEGETARIAN CLUB SANDWICH (SERVES 4)	4
FILLED	5
CAPRESE FILLED FOCACCIA WITH CREAMY BASIL SAUCE (SERVES 4).....	5
PERI-PERI CHICKEN FOCACCIA WITH HERB SOUR CREAM (SERVES 4).....	6
OPEN	7
BRUSCHETTA (SERVES 4)	7
CHICKEN, AVOCADO & CHEESE OPEN MELT (SERVES 4)	8
PRESSED	9
PUMPKIN, HALOUMI, PESTO & CARAMELISED ONION TOASTIE (SERVES 4).....	9
REUBEN SANDWICH (SERVES 2)	10
WRAP	11
CHICKEN GYROS (SERVES 2).....	11
VEGETARIAN MEXICAN BURRITOS (SERVES 4)	12



TRADITIONAL CLUB SANDWICH (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
8 slices	White, Wholemeal or Grain COMMERCIALLY SLICED bread, toasted	2	Tomatoes, thinly sliced
4 slices	Bacon	2 tbsp	Mayonnaise
4	Washed Lettuce Leaves	4	Eggs
2	Chicken Breasts, trimmed and butterflied in half		Vegetable Oil
			Salt and Pepper

METHOD

STEP 1	Slice tomatoes, set aside. Butterfly chicken breasts.
STEP 2	Heat fry pan to medium/high heat. Add vegetable oil and bring to smoking point. Season chicken breast on both sides, and place in pan. Cook for 4 mins on both sides and chicken is cooked through. Rest chicken and allow to cool.
STEP 3	Heat a fry pan with oil. Once it reaches smoking point, add bacon. Cook for 2 minutes each side until crisp. Wipe out fry pan and re-heat with oil. Fry egg on both sides until cooked through.
STEP 4	Using a toaster, TOAST all the bread, then spread with mayonnaise. Layer 4 slices with lettuce and tomato slices. Stack 4 slices on top. Layer the chicken, bacon and egg on top. Top with the remaining bread mayonnaise side down.
STEP 5	Portion sandwiches into quarters.

Mise en place	10 - 15 mins
Cooking Time	5 - 10 mins



VEGETARIAN CLUB SANDWICH (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
8 slices	White, Wholemeal or Grain COMMERCIALY SLICED bread, toasted	2	Zucchini, thinly sliced into ribbons
4	Eggs	2 tbsp	Olive Oil
2	Avocados		BBQ Sauce (or tomato)
3	Tomatoes, thinly sliced	4 slices	Tasty Cheese
1	Washed Lettuce Leaves	4 tbsp	Mayonnaise
1	Capsicum cut into 1cm strips		

METHOD

STEP 1	Slice tomatoes, capsicum and thinly slice zucchini lengthways.
STEP 2	Cut avocados in half, remove pit and scoop into a bowl. Mash it with the back of a fork and season to desired taste.
STEP 3	In a frypan, add tablespoon of oil and bring up to a medium-high heat. Cook capsicums and zucchini until they begin to soften and become golden. Clean out frypan and fry the egg in remaining oil.
STEP 4	Using a toaster, TOAST all the bread, then spread mayonnaise evenly. Layer 4 pieces of toast with lettuce, tomato, and avocado. Stack the 4 slices that are not spread with mayonnaise on top. Spread BBQ sauce on the top and place cheese slices, fried egg, zucchini, and capsicum. Place remaining bread on top mayonnaise side down.
STEP 5	Portion sandwiches into quarters.

Mise en place	20 mins
Cooking Time	10 - 15 mins



CAPRESE FILLED FOCACCIA WITH CREAMY BASIL SAUCE (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
1 pkt	FOCACCIA bread	FOR THE BASIL SAUCE	
2 cups	Rocket Lettuce or similar	1 cup	Mayonnaise
2 tbsp	Olive Oil	1	Garlic bulb, minced
2 tbsp	Balsamic Glaze	1	Basil bunch, picked
2	Mozzarella Balls, sliced 1cm thick		
3	Ripe Tomatoes, sliced 1-2cm thick		

METHOD

- STEP 1** Preheat oven to 180 degrees. Cut **FOCACCIA** in half to open like sandwich. **BAKE** for 5 mins or until it becomes golden around the edges.
- STEP 2** Slice mozzarella balls and ripe tomatoes, crush garlic.
- STEP 3** To prepare the creamy basil sauce, add the mayonnaise, basil and garlic to food processor. Add desired amount of salt and pepper and blend until smooth.
- STEP 4** To assemble, drizzle the balsamic glaze and olive oil on the base of focaccia. Layer the rocket onto the base, then weight it down with the mozzarella and sliced tomato. Season with salt and pepper.
- STEP 5** Spread the creamy basil sauce generously onto the top half of the bread and place it on the tomato to close the sandwich. Cut into 4 equal portions once done.

Mise en place 15 - 20 mins

Cooking Time 5 mins



PERI-PERI CHICKEN FOCACCIA WITH HERB SOUR CREAM (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
1 pkt	FOCACCIA bread	1	Cucumber, thinly sliced
2 tbsp	Vegetable Oil	1 cup	Sour Cream
1 bottle	Peri-Peri Sauce	1	Lemon
4	Chicken Thighs, trimmed and cleaned	2 tbsp	Parsley, finely chopped
1	Baby Cos Lettuce Leaves, washed	1	Garlic Clove, minced
2	Ripe Tomatoes, sliced	1 tbsp	Mint, finely chopped

METHOD

STEP 1	Trim and clean chicken thighs, then place in a bowl with Peri-Peri sauce to marinate. Cover and leave in the fridge until ready to cook.
STEP 2	Slice tomato and cucumber, finely chop mint and parsley, crush garlic, zest and juice lemon, set prepared ingredients aside.
STEP 3	In another bowl, add sour cream, the zest and juice of lemon, garlic and finely chopped herbs. Mix and season to taste.
STEP 4	Heat a fry pan to medium-high heat. Add oil and wait until it reaches smoking point. Add marinated chicken and cook for 4-5 mins each side or until golden colour and chicken is cooked through. Once cooked, allow chicken to rest for 4 mins on a plate.
STEP 5	Lightly TOAST FOCACCIA and layer the lettuce, tomato and cucumber onto the base. Top with the Peri-Peri chicken and herbed sour cream. Cut into 4 equal portions.

Mise en place 15 - 20 mins

Cooking Time 5 - 10 mins



BRUSCHETTA (SERVES 4)

QUANTITY	INGREDIENTS
4	Tomatoes, vine-ripened, finely chopped
2	Garlic Cloves, crushed
1 tbsp	Red Onion, peeled finely chopped
2 tbsp	Fresh Basil, washed, finely shredded
1/4 cup	Extra Virgin Olive Oil
8 slices	GLUTEN FREE Bread
1 extra	Garlic clove, peeled, halved
	Basil Leaves, to serve
	Salt and Pepper, to season

METHOD

STEP 1	Finely chop tomato, onion and basil, crush garlic. Place the tomato, crushed garlic, onion, chopped basil and 1 tbsp of olive oil in a bowl, season and toss to combine. Set aside for 15 minutes to marinate.
STEP 2	Meanwhile, heat a chargrill or fry pan to medium high. Brush both sides of the GLUTEN FREE bread with remaining oil. Cook on GRILL for 2-3 minutes each side or until toasted.
STEP 3	Cut extra garlic clove in half, rub the cut side of the garlic halves over 1 side of the toast. Top with tomato mixture and basil leaves. Serve immediately.

Mise en place 15 - 20 mins

Cooking Time 5 mins



CHICKEN, AVOCADO & CHEESE OPEN MELT (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
1	Chicken Breast	1	Tomato, diced and de-seeded
1 tbsp	Vegetable Oil	2	Spring Onion, finely sliced
1	Avocado	100g	Tasty Cheese, shredded
2 tbsp	Cream Cheese (room temp)	4 slices	GLUTEN-FREE Bread
1	Lemon		

METHOD

STEP 1	Butterfly chicken breast in half, heat fry pan to medium/high heat. Add vegetable oil and bring to smoking point. Season chicken breast on both sides, and place in pan. Cook for 4 mins on both sides until chicken is cooked through. Rest chicken and allow to cool.
STEP 2	Zest and juice lemon, finely slice spring onion and dice tomato. Cut avocado in half, remove pip and scoop into a bowl and mash with a fork. Add the cream cheese, zest of half the lemon, ¼ of a juiced lemon, spring onion, dice tomato and season to taste. Mix ingredients together thoroughly. Shred the chicken.
STEP 3	TOAST GLUTEN FREE bread until golden brown. Spread each slice of bread with generous amount of avocado mixture. Add shredded chicken on top and then the cheese. Grill until the cheese has melted or you have reached a desirable colour. Serve immediately.

Mise en place	10 mins
Cooking Time	10 - 15 mins



PUMPKIN, HALOUMI, PESTO & CAMELISED ONION TOASTIE (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
1/2	Butternut Pumpkin, sliced 1cm thick pieces	1	Red Onion, thinly sliced
1 pkt	Haloumi, sliced 1cm thick	3 tbsp	Butter, softened
4 tbsp	Olive Oil	3 tbsp	Balsamic Vinegar
120g	Spinach	1 tsp	Brown Sugar
1 small jar	Pesto	8 slices	SOURDOUGH Bread

METHOD

STEP 1	Peel and slice pumpkin, then pre-heat oven to 180 degrees. Line medium sized baking tray with baking paper. Toss sliced pumpkin in a bowl with 2 tablespoons of olive oil, salt and pepper. Roast for 20-25 mins or until golden brown.
STEP 2	Finely slice red onion. Add 1 tablespoon of olive oil into small pot and bring it to a medium heat. Add red onion, balsamic vinegar and brown sugar. Cook until onion has softened, and liquid becomes thick.
STEP 3	Slice haloumi and set aside. In a fry pan, add remaining olive oil and bring to a medium-high heat. Cook haloumi on both sides until golden in colour.
STEP 4	Pre-heat sandwich press. Generously spread pesto on 4 pieces of the SOURDOUGH . Layer spinach, pumpkin, haloumi, and caramelised onion. Put remaining sourdough on as the tops of the sandwich. Butter the outsides of the sandwiches and TOAST in sandwich press until golden.

Mise en place	15 mins
Cooking Time	20 - 25 mins



REUBEN SANDWICH (SERVES 2)

QTY	INGREDIENTS	FOR RUSSIAN DRESSING	
8 slices	Rye SOURDOUGH bread	1/4 cup	Mayonnaise
350g	Deli Corned Beef/Silverside	1 1/2 tsp	Sriracha
225g	Sauerkraut, drained	1 1/2 tsp	Minced Horseradish
8 slices	Swiss Cheese	1	Garlic Clove, minced
2 tbsp	Butter, softened	1/2 tsp	Worcestershire Sauce
1 tbsp	Olive Oil	1 pinch	Paprika
		1 tsp	Lemon Juice

METHOD

- STEP 1** Mince garlic, combine all Russian dressing ingredients in a bowl and mix. Add salt and pepper to reach desired taste.
- STEP 2** In a frypan, heat to medium heat and add the oil. Once hot add the corned beef for 1-2 mins until heated.
- STEP 3** Heat sandwich press. Layer 4 pieces of bread evenly with the meat, sauerkraut, and Swiss cheese. Spread the Russian dressing on other pieces of bread and close sandwich with the dressing on the inside. Butter the outside piece and **TOAST** on sandwich press until golden.

Mise en place	10 mins
Cooking Time	10 mins



CHICKEN GYROS (SERVES 2)

QTY	INGREDIENTS	QTY	INGREDIENTS
200g	Chicken Tenderloins	1 tbsp	Lemon Juice
2 tsp	Olive Oil	2	Pita or Tortilla wraps (FLATBREAD)
1/2 tsp	Dried Oregano	2	Tomatoes, sliced
2	Garlic Cloves, crushed	1/2	Red Onion, thinly sliced
1/3 cup	Greek Yoghurt	2 tbsp	Fresh Mint

METHOD

- STEP 1** Slice tomatoes, red onion and crush garlic.
- STEP 2** Combine chicken, olive oil, oregano and two-thirds of garlic in a bowl. Season with salt and pepper to taste.
- STEP 3** Heat a fry pan on medium to high heat. Cook chicken for 3-4 minutes each side or until lightly charred and cooked through. Transfer to a board, drizzle remaining lemon juice and cut into strips.
- STEP 4** Heat a small fry pan to **WARM** up pita or tortilla until lightly charred.
- STEP 5** **If using pita bread**, using a paring knife, cut the top of the bread deep enough to make a hole and add in the tomato, onion and chicken. Drizzle over yoghurt dressing and chilli sauce (optional). Sprinkle with torn mint leaves and serve.
- If using Tortilla bread** – place the tomato, onion and chicken on top. Drizzle over yoghurt dressing and chilli sauce (optional). Sprinkle with torn mint leaves and fold the short ends inward, then fold one long side over the filling and gently push to ensure the fold is tight before rolling up the remainder of the wrap. Cut in half and serve.

Mise en place	10 - 12 mins
Cooking Time	5 - 10 mins



VEGETARIAN MEXICAN BURRITOS (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
2 cups	Cooked Long Grain Rice	4	Large (10 inch) Tortilla wraps (FLATBREAD)
2 tbsp	Coriander, roughly chopped	3 tbsp	Sour Cream
2	Limes	FOR THE GUACAMOLE	
1/2	Brown Onion, diced finely	2-3	Avocados
5	Garlic Cloves, minced	1/2	Brown Onion, diced finely
2 tbsp	Vegetable Oil	2	Tomatoes, diced
400g	Canned Black Beans	3 tbsp	Coriander, roughly chopped
1 tbsp	Chilli Powder	1	Lime
1/2 tsp	Ground Cumin	2	Garlic Cloves, minced
1 tbsp	Hot Sauce (or sriracha)		Salt and Pepper, to season

METHOD

- STEP 1** Cook rice according to packet instructions. Zest and juice 2 limes and chop coriander. In a microwave safe bowl, add cooked rice, lime zest and juice and 2 tbsp of chopped coriander, toss together. Place aside for heating later.
- STEP 2** Finely chop onions and tomatoes, mince garlic and set aside.
- STEP 3** To make the guacamole, cut avocados in half, remove the pit and scoop into a bowl. Add the tomato, onion, garlic coriander and juice of lime. Mash together with a fork until your desired consistency. Season to taste.
- STEP 4** Drain beans and rinse, set aside.
Use a medium sized frypan and heat to medium/high. Add oil and sauté onions for 5mins or until they become translucent. Add garlic and cook for 1min.

STEP 5	Reduce the heat to medium-low, add the black beans, chilli powder, cumin, hot sauce and a pinch of salt. Stir and cook for 5 mins.
STEP 6	Warm rice mixture in the microwave for 30-40 seconds, now you are ready to assemble the burritos.
STEP 7	WARM tortilla in microwave for 15seconds, layer the rice, black beans, guacamole, and sour cream onto the tortilla. Fold in the short ends, then fold one long side over the filling and gently push to ensure the fold is tight before rolling up the remainder of the burrito.

Mise en place	15 - 20 mins
Cooking Time	15 mins