Silver beet, potato and pearl barley rissoles

- 1 bunch silver beet
- 500 g pearl barley
- 1.5 kg potatoes
- 1 cup breadcrumbs
- 2 onions
- 4 garlic cloves
- 1 bunch parsley
- 1 cup potato flour
- 2 tbs veg. stock
- pepper to taste
- Olive oil for frying

1. Place 2 pots of water onto boil then add barley to one and cook til tender.
2. Wash and chop potato into ¼ s and place into the other pot.
3. When barley and potatoes are cooked, drain then place into a large bowl.
4. Wash and very finely chop silver beet and add to bowl.
5. Finely dice onions, garlic and parsley and add to mix.
6. Add bread crumbs, potato flour, veg. stock and pepper.
7. Blend all ingredients together with hands, mashing potato into mix then roll into 30 rissoles.
8. Heat 2 fry pans, add oil and fry rissoles til golden brown on both sides. Dont flip until golden or will fall apart.

Source.....Giovanna
Rocket, fennel and orange salad

- ½ kg rocket
- 1 whole fennel
- 3 small oranges
- 1/4 cup olive oil
- 3 tbs white balsamic vinegar
- Salt and pepper

1. Wash rocket in a sink of water then gently spin in a salad spinner, then place into a serving bowl.
2. Peel, clean and finely slice fennel into long thin strips then add to rocket.
3. Peel oranges and thinly slice into circles and add to salad.
4. Mix oil and vinegar and salt, mix well then drizzle over salad just before serving.
5. Salt and pepper to taste.

Source..... Gio
SPINACH AND RICOTTA
GNOCCHI

- ¼ CUP OIL
- 750 G RAINBOW CHARD
- 600 G RICOTTA
- 1 TBS VEGIE STOCK
- 2-3 CUPS PLAIN FLOUR
- 3 EGGS
- 1 ½ CUPS PARMESAN CHEESE
- SALT AND PEPPER
- 200 G BUTTER
- 15 SAGE LEAVES
- PARMESAN
- EXTRA FLOUR IF TOO STICKY

1. Place a large pot of water on medium heat to boil.
2. Wash and very finely chop chard including stalks.
3. Heat oil in a large frying pan over a medium heat, add chard and sauté- til all wilted.
4. Place chard into a sieve and drain out any excess liquid.
5. In a large bowl mix chard, ricotta, sifted flour, stock, eggs, 1 cup of the parmesan, salt and pepper.
6. Combine til a dough forms, if too sticky add more flour.
7. Refrigerate for ½ hr.
8. Roll teaspoonfuls of dough into small balls, until all the mixture is used up.
9. Cook gnocchi in 3 batches by dropping them into the boiling water, when then rise to the surface allow a minute or two then spoon out with a slotted spoon and place into a large bowl.
10. To make the sauce, place the butter and the sage into a frypan and heat over a medium heat til butter begins to brown then quickly take off the heat and pour over the gnocchi.
11. Finely grate parmesan and sprinkle over the top.
Spanakopita
(greek spinach pie)

- Melted butter or nutelex
- Big bunch silver beet or spinach 2-3 kg
- 2 tbs olive oil
- 2 brown onions
- 4 garlic cloves
- 6 shallots (spring onions)
- 500 gms Greek feta
- ½ cup finely chopped fresh dill
- 2 lemons, rind finely grated
- 8 eggs, lightly whisked
- 12 sheets filo pastry
- 120g butter or nutelex, melted

1. Pre heat oven to 180 c.
2. Brush two baking trays with melted butter.
3. Wash, remove stems and coarsely shred silver beet.
4. Place half the silver beet into a non stick frypan over high heat. Cook, stirring, for 3-4 mins or until silver beet just wilts. Transfer to a bowl and set aside to cool. Repeat with the remaining silver beet.
5. Heat oil in the frying pan over medium heat. Add onion and garlic, cook, stirring, for 5 minutes or until soft.
6. Use your hands to squeeze excess liquid from silver beet.
7. Combine silver beet, onion mixture, green shallots, feta, dill, lemon rind and egg in a large bowl.
8. Place filo sheets on a clean work surface. Cover with a clean t-towel, then a damp tea towel (this will prevent drying out).
9. Brush 1 filo sheet with melted butter. Top with another sheet and brush with butter. Top with another sheet, and then fold the filo stack in half crossways. Repeat with remaining filo and half the remaining butter to form a second stack. Fold the filo stack in half crossways. Repeat this step for second baking tray.
10. Line the prepared baking trays with the filo stacks.
11. Spoon the silver beet mixture into the trays and smooth the surface. Top with the other stacks.
12. Fold edges over and press down firmly to enclose filling.
13. Use a small sharp knife to score the top of the filo diagonally. Brush with the remaining butter.
14. Bake in preheated oven for 30 mins or until golden brown.
15. Remove from oven and set aside for 5mins. Cut into slices to serve.
**Spring onion pancakes**

- 1 ½ kg all purpose flour
- 2 tsp salt
- Water to mix (approx. 1l)
- 1 cup olive oil
- 3 cups finely chopped spring onions
- 1 cup vegie masse stock
- Salt

1. First make the dough by mixing the flour and salt then slowly pour in the water.
2. Mix until it is soft and smooth but not sticky. Do not add too much water.
3. Let it sit for ½ an hour, cover with a wet cloth. After half an hour, divide dough into approx 20 egg sized balls.
4. Coat lightly with flour, flatten and roll each ball til thin. It should roll out into a big round thin pancake.
5. With an oil brush lightly oil pancake then sprinkle some stock and spring onions on top of the dough. Make it even.
6. Roll up the pan cake gently like a sausage roll.
7. Then roll again in a spiral movement to make a snail shell shape. Leave to rest.
8. Flatten the pancake with hand, and then roll it with a rolling pin until is paper thin.
9. Heat the non stick pan and fry the pancake til golden brown on both sides.
10. Serve with curry or dahl.

Source ........ grouprecipes.com
Spring onion pancakes

Source .......... grouprecipes.com
Silver beet and potato torte

Olive oil pastry

- 600 gms plain flour, plus extra for dusting
- 1 ½ tsp salt
- 4 ½ tbs extra virgin olive oil
- 1 ½ cups cold water

Filling

- 1 bunch silver beet
- 6 tsp salt
- 10 potatoes
- 1 ½ onions
- 500 gms mozzarella
- 20 stalks parsley
- 6 tbs extra virgin olive oil
- Freshly ground pepper
- 3 eggs

1. First, make the pastry. Weigh the flour and place it in the bowl of a food processor.
2. Add the salt and whiz for a few seconds. Combine the oil and water in a small bowl, then, with the motor running, add to the bowl of the food processor. Stop when the dough forms a ball.
3. Flour the work bench. Transfer the dough to the work bench and knead for a minute, then place the dough in a large bowl. Cover with dry t-towel and leave for an hour.
4. Pre-heat the oven to 200c. Peel the potatoes and cut them into small cubes, Place them in a sauce pan with some salt, cook til tender.
5. Wash the silver beet and spin in salad spinner. Chop the stems finely and place in the saucepan with the potatoes. Place the finely chopped leaves into a bowl with some salt.
6. Peel and finely chop the onion and add to leaves. Add the mozzarella. Add washed and chopped parsley and 3 tbs of oil.
Silver beet and potato torte

7. Place the cooked potatoes in the colander and add to mix. Add black pepper and eggs then mix well.

8. Divide dough into 4 balls. Roll out each ball into a circle and lift onto oiled pizza trays. Pile 1/2 of the mix on top of each circle leaving a clean edge of about 5cm all the way around.

9. Roll out the remaining pastry to form lids, and then lay the lids over the fillings. Roll the bottom outer edges up and over the top outer edges, then pinch together to make a good seal. Prick the pastry lids with a fork, brush it with the remaining oil and scatter lightly with salt. Bake for 25 mins.
Steamed vegetarian dumplings

- 250 g firm tofu
- 2 grated carrots
- 1 bok choy
- 1 small red capsicum
- 6 spring onions
- 1 egg sized piece of ginger
- ½ bunch fresh coriander
- 3 tbs soy sauce
- 5 tbs hoisin sauce
- 2 eggs
- Fresh black pepper
- Wonton wrappers

1. Place water into a large steamer and place onto a low heat.
2. Finely chop tofu into small cubes and place into a large bowl.
3. Grate carrot and finely dice red capsicum then add to tofu.
4. Wash and finely chop bok choy.
5. Clean spring onions and finely slice, grate the ginger and finely chop coriander and add to bowl.
6. Add sauces, pepper and eggs and mix well.
7. To make dumplings, place 1 tsp of mixture into middle of wonton wrapper. Lightly wet the edges of the pastry and seal the edges to your desired shape.
8. Line the steamer with baking paper.
9. Lay dumplings onto steamer covering with a damp cloth until full.
10. Make sure dumplings are not touching each other or they will stick.
12. Serve with a dipping sauce: ¼ cup soy sauce, 2 tbs chopped coriander 1 tbs hoisin sauce

Source: Combo of internet recipes
Tomato, eggplant and basil bruschetta

- 30 slices of rustic bread (2 French sticks)
- 8 garlic cloves
- 15 tomatoes
- 2 large eggplants
- Olive oil for drizzling
- Salt and pepper
- Bunch Fresh basil

1. Preheat the oven to high.
2. Wash and finely (1cm ish) slice eggplant.
3. Brush both sides with olive oil then place on a baking tray lined with baking paper.
4. Season with salt and bake on high til cooked.
5. Slice bread and lay out onto baking trays.
6. Bake til bread is lightly toasted.
7. Rub each piece of toast with garlic cloves and return to oven for a minute or two.
8. Dice tomatoes then drizzle with oil, salt and pepper.

Source............Giovanna
9. Tear basil leaves and add to tomatoes.
10. Place a slice of eggplant onto toasts, then a spoon of tomato mix.

11. Garnish with a few whole basil leaves and a drizzle of olive oil.
Vegetable fried rice

1. In a large rice steamer place the rice and water and set to cook.
2. Place 6 eggs in a pot of cold water and bring to the boil for about 5mins. Once cooked place in cold water to cool then peel and chop into small pieces.
3. Dice onion and leeks then fry in a hot fry pan with oil, fry til starts to brown.
4. Peel and dice garlic then grate ginger and then add to onions.
5. Wash, deseed and then chop red capsicum and eggplant into small cubes then add to onions.
6. Wash and chop carrots then add.

Source................Giovanna special
Vegetable fried rice

7. Peel wash then cut all kernels from corn cob, add to pan.
8. Chop broccoli and or zucchini, stalk and all into small chunks and add to mix.
9. Fry well til all veggies are soft adding oil if needed.
10. Add soy sauce to taste.
11. Mix steamed rice and veggies together in a large bowl and mix well. Add extra soy to taste.
13. Garnish with fresh coriander leaves.

Source..................Giovanna special
SPINACH, LEEK AND POTATO
Fриттеры

- 1 KG POTATOES
- 3 LEEKS
- 300 G SILVERBEET
- 8 EGGS
- 1/3 CUP CREAM
- 150 G TASTY CHEESE
- 1 CUP PARSLEY
- 1/2 CUP BREADCRUMBS
- OIL FOR FRYING
- SWEET CHILLI
- CHIVES

1. Place a medium pot of water on to boil.
2. Wash and chop potatoes into 1cm cubes then place into boiling water.
3. When soft, drain well and set aside.
4. Clean leeks and finely dice.
5. Heat oil in a frypan and fry leeks til they start to brown.
6. Wash and very finely chop silver beet and add to leeks, fry til silver beet wilts.
7. Grate cheese and set aside.
8. Wash and finely chop parsley.
9. In a large bowl beat eggs well then add cream, silver beet and leeks, breadcrumbs, potatoes, parsley and cheese.
10. Mix well.
11. Place a large frying pan on over a medium heat add a splash of oil and a little butter.
12. Place spoonful’s of mixture, (making sure to mix well before every spoonful), into pan and fry til golden brown on one side then flip til same on other side.
13. Garnish with some finely chopped chives.