

make Double.

Pumpkin Fritters

3 cups pumpkin, grated

3 free range eggs, whisked

3/4 cup wholemeal flour or

gluten free flour

3/4 cup cheddar cheese, grated

3 spring onions, finely sliced

1 1/2 tbsp extra-virgin olive oil

1 tsp salt & pepper

1/2 cup parsley, chopped

+ 2 cups Rocket

1. In a bowl, mix together the pumpkin, egg, flour, cheese and spring onion, salt and pepper.

2. Heat half of the olive oil in a frying pan over a medium heat and carefully add fritter mix (as a small patty) to the pan. Cook for 4-5 minutes on each side, or until golden and crisp.

3. Place rocket ~~and tomato~~ on a plate and drizzle over the remaining extra-virgin olive oil. Season with salt and pepper.

4. Once cooked, add fritters to a large platter, sprinkle with chopped parsley and serve.



This means read carefully.

Some extra information that may help.

1891-1892
1892-1893

1893-1894

1894-1895

1895-1896
1896-1897

Chickpea + rainbow chard Fettuccine

Pasta dough:

400g strong flour
4 eggs
1 Tsp salt

method:

weigh flour, add salt and eggs.
mix together by hand (10 mins)
or use the food processor (2 mins).
- Rest for 1/2 hour.

Sauce:

10 stalks of rainbow chard
or silverbeet. Stems chopped small.
+ leaves sliced finely + kept to the end.

- wash + spin dry the
greens, herbs

1 onion, chopped finely (diced)
4 cloves garlic
3 TBsp olive oil (plus 1/2 cup)
1.5 tins chickpeas.

- drain + rinse the
chickpeas (keep 1/2
tin for next class)

1/2 cup currants / sultanas
1/2 lemon zested
parsley / sage / rosemary.
1 tsp salt 1/2 tsp pepper.

- Begin to heat large
pot of water.
About 5 lt.
+ 1 tsp salt.

Method:

1. cook onions and garlic over gentle heat in 3 TBsp olive oil.
2. Add the chopped stems and cook a further 5 mins.
3. Add in the leaves, stir to coat well. then add chickpea currants and lemon zest. salt + pepper.
4. Set up the pasta machine in a large clean ^{dry} space on the bench. See Joelle for demo!
5. Roll pasta to level 6 thickness + cut into Fettuccine through the machine roller.
6. Cook in salted boiling water for 5 mins + mix into sauce

- Add a further cup of olive oil to the pan and cook the mixture on low heat, stirring constantly so it doesn't stick.
- When the shredded silverbeet leaves have wilted and the whole mixture has shrunk to half of its original volume, add the chickpeas and currants and cook a further 5 minutes, stirring occasionally.
- If using herbs from the garden, such as parsley, basil or thyme, wash and rip or chop them while the vegetables are cooking.
- Add a small amount of lemon zest and any herbs, if using. Taste for salt and pepper and add as needed.
- Spoon the mixture into large bowls to serve.

Note: This mixture can also be used as the filling for a gratin, in which case replace the chickpeas with a handful of toasted pine nuts.

Add 2 cups of pasta water
and stir through the fennel

When ready to roll pasta please take care
thickness levels (not thinner)