

VIETNAMESE RICE PAPER ROLLS

- 1 pkt vermicelli rice noodles
- 1 block tofu
- 2 pkt (20 piece) rice paper sheets
- 5 small carrots
- 1 bag bean shoots
- 2 cups fried shallots
- 1 bunch Vietnamese mint
- ½ cup soy sauce or tamari
- ½ cup kecap manis
- 1/3 cup sweet chilli sauce

1. Boil kettle. Then in a large bowl place noodles then cover with boiling water, cover with foil and leave for approx 4-5 mins.
2. When noodles are cooked, drain then flush with cold water. Drain well then place back into large bowl. Cut noodles up with scissors as they are often too long.
3. Cut tofu into long thin strips and place into a baking dish.
4. Mix soy, sweet chilli & kecap manis together and pour over tofu. Leave to marinate until ready to wrap rolls.
5. Wash and grate carrots then add to noodles. Then add bean shoots to noodle mix.
6. Wash and peel Vietnamese mint leaves from bunch, put in a little bowl.
7. Drain soy sauce mix from tofu into noodle mix and fold thru.
8. Half fill a large bowl with warm water and place one sheet of rice paper at a time, let soak for a few minutes then gently drain water and lay flat on to your bench.
9. Place a generous pinch of noodle mix in a strip 2/3 of the way down the sheet.
10. Place a strip of tofu on top of noodle mix.
11. Sprinkle with shallots and place 2 Vietnamese mint leaves on top.
12. Fold each side in then firmly but gently roll up the rice paper roll.
13. Serve with combination of sauces for dipping. (tamari, kecap manis & sweet chilli)

ZUCCHINI SLICE

- 5 med. zucchini
- 2 carrots
- 4 ½ cups s/r flour
- 2 corn
- 12 eggs
- 4 cups grated cheese
- 2 onions
- 4 cloves garlic
- 3 tbsp veggie stock
- 1/3 cup fresh thyme

1. Preheat oven to 180-200 degrees.
2. Wash zucchini and carrots, then grate and place into a large bowl.
3. Peel and cut corn off the cob, then add to bowl.
4. Finely dice onions and add to bowl.
5. Sift flour over bowl.
6. Beat eggs in a separate bowl, then add veggie stock.
7. Grate cheese, then finely chop garlic and thyme.
8. Place all ingredients together in a large bowl and mix well.
9. Grease 2 baking trays with nutelex/butter and pour mixture into trays.
10. Bake for 30-40 mins until golden brown. (Alternatively, place mixture into 3 muffin trays = 36 muffins)

TABOULI SALAD

- 3 cups boiling water
- 2 cups cracked wheat or fine bulgur
- 2 cups minced parsley
- 1 cup mint
- 2 cups chopped spring onions
- 3 tomatoes
- 1 tbsp all spice
- 1 continental cucumber
- ½ cup olive oil
- 8 tbsp lemon juice
- 2 tbsp honey
- splash white balsamic vinegar
- pepper

1. Fill and boil a kettle of water.
2. Pour boiling water over cracked wheat, cover and let stand for about 20 mins. Until wheat is tender and water is absorbed.
3. Wash, clean and chop all veggies into small chunks
4. Add to wheat and mix well.
5. Combine oil, lemon juice, salt, pepper and all spice, and mix.
6. Dress salad and place in fridge until ready to serve

LEAFY TOMATO & BASIL SALAD

SALAD:

- 1 cos lettuce
- 1 large bunch basil
- 8-10 tomatoes
- 3 spring onion, finely chopped
- 2 green capsicum
- 2 carrots
- 2 cucumber
- 1 corn cob

DRESSING:

- ½ cup olive oil
- ¼ cup white balsamic vinegar
- 1 cloves of garlic, crushed
- 1 tsp finely chopped chilli, seeds removed (optional)
- 1 tsp honey
- 1 tsp seeded mustard
- 1 tbsp orange rind

1. Wash lettuce and basil leaves, then gently tear into smaller pieces.
2. Cut tomatoes into wedges and cut corn off the cob.
3. Slice carrot, cucumber and capsicum into long, thin strips.
4. Finely chop spring onion and chilli, and crush a clove of garlic.
5. Combine all salad ingredients in a jar and shake salad dressing.
6. Pour dressing over salad just before serving.

2013 **KITCHEN GARDEN RECIPES:** Term 2 – 6th class
(27.05.13 – 31.05.13)

CHEESE AND HERB CALZONE

PIZZA DOUGH: (x6 for 30 people)

- ½ cup luke warm water
- 2 tsp instant yeast
- ½ tsp sugar
- 2 tbsp olive oil
- 200g plain flour
- ½ tsp salt

- 1 ½ cups olive oil
- plain flour for rolling

FILLING:

- sm bunch sage
- sm bunch thyme
- sm bunch parsley
- sm bunch oregano
- 300 g ricotta
- 100 g blue cheese
- 300 g mozzarella
- 150 g parmesan
- 5 garlic cloves
- salt
- black pepper

DOUGH

1. Dough- place water, yeast and sugar in a small bowl then mix with a fork and leave for 5-10 mins until it looks frothy.
2. Add olive oil and mix well.
3. Using the scales, weigh the flour, and then place it with the salt in the bowl of an electric mixer.
4. Add yeast mixture and mix for approx 2 mins until smooth ball forms. Knead lightly.
5. Oil inside a large bowl and let rest- cover with a tea-towel. (should double in size)
6. Once raised, tip onto bench and knead briefly. Place back in bowl, cover then let rest until rises again. (Whole process is about 1- 1½ hrs and is called proving.)

FILLING

7. Turn oven on to maximum heat.
8. Rinse the herbs and spin in a salad spinner.
9. Roughly chop the herbs and set aside.
10. Weigh out the cheeses and crumble the ricotta and the blue cheese into a large bowl.
11. Grate the mozzarella and the parmesan and add to the bowl.
12. Add the herbs and pepper.
13. Peel the garlic and place into a mortar with some salt the mash into a paste then add to the cheese mix. Mix well.
14. Oil 3 baking trays and set aside.
15. Divide the pizza dough into 6. Flour the work bench.
16. Roll pizza dough into thin circles, about ½ cm thick. Makes approx 30 individual calzone.
17. Spoon cheese mixture onto ½ the circle, leaving a ½ cm edge.
18. Fold each circle of dough in half to enclose its fillings. Press the edges of the dough together with a fork to seal well. Pierce a few holes in the top with the tip of the fork.
19. Brush the surface with oil and sprinkle with salt.
20. Place 2 calzone onto each baking tray and bake for 10-15 mins or til golden brown.

POTATO, HERB & GARLIC PIZZA

PIZZA DOUGH: (x6 for 30 people)

- ½ cup luke warm water
- 200g plain flour
- 2 tsp instant yeast
- ½ tsp sugar
- 2 tbsp olive oil

TOPPING:

- 1kg potatoes
- 1 head garlic
- ½ cup rosemary
- ½ cup thyme
- ½ cup oregano
- ½ cup sage
- 150g parmesan cheese
- 300g mozzarella cheese
- 1/3 cup olive oil

DOUGH

1. Dough - place warm water, yeast and sugar in a small bowl then mix with a fork and leave for 5-10 mins until it looks frothy.
2. Add olive oil and mix well.
3. Using the scales, weigh the flour, and then place it with the salt in the bowl of an electric mixer.
4. Add yeast mixture and mix for approx 1-2 mins until smooth ball forms. Remove from bowl and knead lightly on a floured bench.
5. Oil inside a large bowl and let rest - cover with a tea-towel. (should double in size)
6. Once raised, tip onto bench and knead briefly. Place back in bowl, cover then let rest until rises again. (Whole process is about 1- 1 ½ hrs and is called proving.)

TOPPING

7. Preheat oven to maximum.
8. Wash and de stalk all the herbs.
9. Finely chop all herbs and put into a bowl
10. Remove skin from garlic and finely chop, add to bowl
11. Slice potatoes very thinly.
11. Finely grate parmesan cheese, also add to bowl
12. Add potatoes & olive oil to herb and cheese mixture, mix well until oil covers all ingredients.
13. Divide pizza dough into 6, then using a rolling pin roll out pizza bases using extra flour so as dough doesn't stick.
14. Place pizza bases onto pre-oiled baking trays.
15. Arrange potato and herb mixture evenly over pizza bases. Sprinkle with mozzarella.
16. Bake for 10-15 mins or until golden brown. Rotate position in oven. (For a crispy base, place pizza on the base of the oven for approx. 2 mins only)
17. Remove from oven, cut into slices and serve.

CARROT & HALOUMI FRITTERS w/ SWEET LEMON DRESSING

FRITTERS:

- 10 carrots
- 300g haloumi
- ½ bunch spring onion
- sm bunch parsley
- 100g plain flour
- 5 eggs
- salt & pepper
- olive oil, for frying

DRESSING:

- 2 cloves garlic
- 2 tbsp honey
- 2 tsp wholegrain mustard
- juice & zest of 2 lemons
- 150ml olive oil
- salt & pepper
- 2 large lettuces

FRITTERS: (turn oven on a low heat approx 100 degrees)

1. Coarsely grate carrots, and place in a large bowl.
2. Coarsely grate haloumi, and add to bowl.
3. Finely slice spring onion and add to carrot mix.
4. Add eggs and flour to mix also. (you may need a little more flour)
5. Season with salt and pepper and mix well, with clean hands.
6. Form into approx 36 round balls (or enough for one each).
7. Heat the olive oil in a pan and place approx 7 balls in the pan at one time. Press down on the balls to form a flatter fritter.
8. Cook for approx 3 mins on each side, or until golden brown.
9. Remove from pan, and place on an oven tray. Keep fritters warm in the oven until haloumi is cooked.

DRESSING:

10. Peel and crush garlic cloves.
11. Finely grate rind from lemons, then halve lemons and juice.
12. Combine garlic, lemon rind, lemon juice, honey, mustard, olive oil and salt & pepper to taste, in a screw top jar and shake well.
13. Divide salad leaves between two platters, layer haloumi and fritters over the salad and drizzle on salad dressing just before serving.

POTATO & BEETROOT SALAD

- 4 med. beetroots
- 12 waxy potatoes
- 2 cup peas
- 1½ cups fresh coriander
- ½ cup spring onions
- 1 large green capsicum
- 2 avocados
- olive oil
- salt & pepper
- 2 cups soy mayonnaise
- 1 tsp honey
- 2 tsp seeded mustard

1. Preheat oven 190 degrees. Bring saucepan of salted water to boil.
2. Wash and cut beetroot and potatoes into 2cm cubes.
3. Soak the cubed beetroot in water for 10mins to allow colour to run (this will prevent it from staining the salad later.) Drain beetroot and pat dry.
4. Place beetroot in roasting dish and coat with olive oil, salt & pepper. Roast for approx 30-40mins.
5. Cook potatoes in boiling salted water for 15 mins or until tender. Drain and leave to cool.
6. Cover frozen peas with boiling water and set aside until thawed, then drain.
7. Coarsely chop coriander, finely chop spring onion and dice up capsicum and avocado.
8. In a large bowl, combine the cooled potatoes, peas, coriander, spring onion, capsicum and avocado.
9. In a small bowl, add soy mayonnaise, honey, mustard, and add salt and pepper to taste. Mix well.
10. Add mayonnaise mixture to salad ingredients and mix well. Finally add beetroot and mix again.

APRICOT UPSIDE DOWN CAKE

- 10 apricots
- 250g butter
- 1 ½ cup brown sugar
- 6 eggs, separated
- 2 cups white sugar
- 2 cups plain flour
- 2 ½ tsp baking powder
- 2 tsp salt

1. Turn oven on to 190 degrees. Drain apricots, reserving ½ cup juice if available, and dice into 2cm.
2. Place butter in a small saucepan, over a medium heat, until melted
3. Stir in brown sugar, cook for 1 min. (Avoid burning)
4. Line x2 baking trays with baking paper, then pour butter and sugar mixture evenly over trays. Arrange apricots evenly over mix.
5. In a large bowl beat egg yolks, until light and fluffy.
6. Gradually add white sugar until thick and lemon coloured.
7. Stir in reserved apricot juice. (If no juice, use 1 cup milk)
8. Combine flour, baking power and salt. Gradually add to egg yolk mixture.
9. With electric beaters, beat egg whites until stiff. Fork into yolk mixture.
10. Carefully spread cake mixture over apricots and butter mix. Bake for 30 mins, in the lower part of the oven and until evenly browned. (And a toothpick inserted near the centre comes out clean.)
11. Cool for 10 mins before inverting onto a serving plate.

2013 **KITCHEN GARDEN RECIPES:** Term 3 – 3rd class
(05.08.13 – 09.08.13)

SILVERBEET SLICE

- 1 large bunch silverbeet
- 4 ½ cups flour
- 4 ½ tsp baking powder
- 12 eggs
- 2 onions
- 3 tbsp veggie stock
- butter
- 2 carrots
- 2 corn
- 4 cups grated cheese
- 4 cloves garlic
- 1/3 cup fresh thyme
- 1½ cups milk

1. Preheat oven to 200 degrees.
2. Wash silverbeet and finely chop, using leaves and stalks, place into a frypan.
3. Finely dice onions, add to frypan. Saute until soft, then place in large bowl.
4. Peel carrots then grate and add to bowl.
5. Peel and cut corn off the cob, also add to bowl.
6. Sift flour and baking powder into bowl.
7. Beat eggs in a separate bowl, then add veggie stock.
8. Grate cheese, then finely chop garlic and thyme.
9. Place all ingredients together in a large bowl and mix well.
10. Grease 2 baking trays with butter and pour mixture into trays.
11. Bake for 30-40 mins until golden brown, test with skewer to make sure inside is cooked.
12. Cut into enough squares for one per person.

SCALLOPED POTATOES

- 1.5kg potatoes
- 1.5kg sweet potato
- 2 tbsp butter
- 500 ml cream
- 200 ml milk
- 500g cheese
- 3 tbsp veggie stock
- 1 bunch spring onion

1. preheat oven to 240 degrees
2. wash potatoes and sweet potatoes.
3. finely slice potatoes and sweet potatoes in 2mm thins, no need to peel
4. grease 2 baking trays with butter
5. place 1 layer of potatoes, then 1 layer of sweet potatoes and so on, until all used up evenly between both trays, then place into oven.
7. grate the cheese, then place it into a bowl
8. in a separate bowl, place the cream, milk, veggie stock and chopped spring onion, mix well. Remove trays from oven then pour over the potato layers
9. sprinkle cheese over the top, cover with foil and bake until soft, approx 20-30 min.
10. when potatoes are soft, take foil off and place back in oven until cheese is golden brown, approx 5 min
11. place baking dish on wire rack, to serve on tables.

TOASTED CHICKPEA SALAD

- 700g chickpeas
- 3 tomatoes
- 2 lemons
- 150g feta
- ½ cup olive oil
- 1 med bunch spring onion
- 1 sm bunch mint
- 1 sm bunch coriander
- sea salt and ground pepper

1. finely slice spring onion and place in a bowl
2. chop up tomatoes and add to bowl
3. juice lemons also add to bowl
4. pour olive oil over ingredients in bowl and mix. Add salt and pepper
5. heat chickpeas in a pan with a little olive oil and toast until slightly golden
7. add chickpeas to bowl and mix well covering chickpeas in oil and juice. Cover to keep warm.
8. wash mint and coriander leaves then tear leaves off stems and add to bowl
9. serve salad between two bowls and crumble feta over the top

LEMON SCONES

- 6 cups self raising flour
- 3 tsp baking powder
- 9 tbsp butter
- 2 lemons
- 3 tbsp caster sugar
- 3 eggs
- 1 ½ cups milk
- ¼ cup milk, extra, for glazing

1. Pre-heat oven to 210 degrees.
2. In a large bowl sift flour and baking powder.
3. Add butter and using finger tips, rub in until mixture resembles fine bread crumbs.
4. Grate the rind off the lemons and mix in bowl with fingers.
5. Stir in sugar, egg and milk until mixture forms a dough.
6. Place onto a floured work bench and knead until smooth.
7. Using a rolling pin roll mixture to 2cm thickness. With a scone cutter cut out rounds as close to each other as possible. Makes 36.
8. Line 3 baking tray with baking paper then lay round scones onto tray.
9. Brush with extra milk and bake for 15 mins, until just slightly golden.
10. Cut in half and serve with lemon curd and cream.

LEMON CURD

- 4 large lemons
- 200g unsalted butter
- 350g castor sugar
- 6 eggs

1. Finely grate zest and juice the lemons into small bowl.
2. Whisk and then strain eggs, through a sieve, in separate bowl.
3. In a heavy based saucepan combine butter, lemon juice zest and sugar. Stir constantly over heat until sugar has dissolved.
4. Remove pan from the heat and add strained eggs to the pan stir to mix well. Place pan back on the heat and cook over gentle heat stirring constantly until mixture has thickened. Do NOT allow it to boil or it will curdle. Remove from heat and pour straight into small bowl if using immediately, or refrigerate for later use
5. Add a dollop of lemon curd on each scone before serving .

2013 **KITCHEN GARDEN RECIPES: Term 3 – 2nd class**
(29.07.13 – 02.08.13)

SPINACH AND RICOTTA RAVIOLI W/ TOMATO & HERB SAUCE

DOUGH:

- 800 g plain flour
- 8 eggs
- salt

- 250 g parmesan

FILLING:

- 1/3 cup oil
- 2 onions
- 4 cloves garlic
- large bunch spinach
- 1 kg ricotta cheese
- 2 tbsp veggie stock
- 2 eggs

SAUCE:

- 2 onions
- 4 cloves garlic
- sm bunch parsley
- sm bunch oregano
- 750 ml tomato puree
- salt and pepper

1. Weigh flour, combine with salt in a food processor - while motor is still running add eggs until mixture clings together.
2. Tip dough onto work bench – knead for a few minutes then wrap with cling wrap. Rest for 1 hr at room temp.
3. Put a big pot of water on to boil
4. For filling; finely chop onions and garlic.
5. Heat oil in a large fry pan and fry until golden brown.
6. Wash and finely chop spinach then add to onions, fry until wilted.
7. Add stock powder and mix well.
8. Place ricotta into a large bowl then add spinach mix and 1 beaten egg.
9. Mix well and set aside in fridge to cool a little.
10. For sauce; finely chop onion and garlic then fry until golden brown.
11. Pour in tomato puree, salt and pepper to taste.
12. Finely chop parsley and oregano, and add to sauce.
13. Add 750ml water.
14. Bring to boil then simmer for 10 mins.
15. Rolling pasta; press pasta into rectangles and feed thru pasta machine – start at highest number down to the second last.
16. Fold into 3 and turn 90 degrees 2 times on number 1.
17. Use sprinkle of flour each time to avoid sticking.
18. Feed once thru each number until thin and smooth.
19. Lay out onto table.
20. Making ravioli; cut straight edges on the pasta sheets then spoon a walnut sized piece of spinach mix in 2 rows along pasta.
21. Brush beaten egg around each spinach mix then lay another piece of pasta on top.
22. Gently, pressing the air out, press your fingers along the edge of each ravioli.
23. Cut thru the middle and the sides of the pasta to create little ravioli parcels.
24. Place in boiling water and simmer for 5 or so minutes til tender.
25. Spoon ravioli into 2 serving dishes and spoon sauce over ravioli and sprinkle with grated parmesan cheese.

GREEN TOMATO JAM TARTS

- 100g butter
- 2kg onion
- 6 garlic cloves
- 1 bunch thyme

- 8 sheets puff pastry
- 200g green tomato jam
- 250g feta
- salt & black pepper

1. Preheat oven to 220 degrees
2. Thinly slice onions and finely dice garlic.
3. Melt butter in fry pan over a low heat, then add onions, garlic and thyme leaves. Gently fry for 20 mins, or until soft and golden. Season with salt and pepper and allow to cool.
4. Remove pastry from freezer and lay out 8 sheets to thaw. Once soft, cut into quarters
5. Lightly grease baking tray and lay puff pastry squares on tray leaving about 2cm between each sheet. With a folk, prick holes in the pastry leaving a 1cm border. Place in oven for only a couple of minutes until slightly golden.
6. Remove pastry from oven and spread a thin layer of tomato jam on each square, leaving a thin boarder
7. Divide caramelized onion evenly between the pastry sheets, then crumble feta in the centre of each square
8. Place baking trays back in the oven for about 5-7 mins until pastry has risen and the cheese is golden.
9. Serve warm, one on each person's plate or on 2 platters in centre of each table

CHARD & BRIE MINI MUFFINS

- 50g butter
- 300g rainbow, swiss chard, spinach
- 380g plain flour
- 1 ½ tsp baking powder
- ¼ cup grated parmesan
- 2 tsp nutmeg
- 350ml milk
- 2 eggs
- 150g brie or camembert
- salt & black pepper

1. Preheat oven to 190 degrees
2. Using x2 mini muffin trays, grease or line with baking paper for tin trays, if using silicon trays, no to need to grease.
3. Wash and finely chop chard leaves and stalks. Firstly steam stalks for 4 mins then add leaves and steam for a further 2 mins. Strain over sink.
4. In a large bowl sieve flour and baking powder, then add salt and pepper, nutmeg and half of the grated parmesan.
5. Melt butter over a low heat.
6. In a separate bowl add milk, egg and melted butter. Then mix together using electric beaters, until well combined.
7. Tip the milk mixture into the flour bowl and mix a couple of times with a wooden spoon.
8. Chop up cheese into 1 cm cubes
9. Now add the cooked chard to mixture and the diced cheese. Be careful not to over mix as muffins will become too tough.
10. Spoon mixture into the holes of the muffin tin, sprinkle with the remaining parmesan and bake for 15 mins.
11. Leave in muffin trays for 5mins before serving on two platters.

BROWN RICE SALAD

SALAD:

- 2 cups brown rice
- 1 cup sultanas
- 3 celery stalks
- 2 cups parsley
- ¾ cup sunflower seeds
- ¾ cup pumpkin seeds
- 300g corn kernels
- 300g frozen peas

DRESSING:

- 2/3 cups olive oil
- ¼ cup balsamic vinegar
- 4 garlic cloves
- 1 tsp curry powder
- 2 tsp turmeric powder
- 1 tsp maple syrup
- 1 lemon
- salt & black pepper

1. Rinse brown rice with cold water, then place in rice cooker with 3 ½ cups water, and small amount of salt and olive oil. Flick switch to cook, once cooked let rice sit and warm until ready to serve.
2. In a plastic bowl, cover sultana's and frozen peas with boiling water let sit for 10 mins until soft and plump, then drain.
3. Wash and finely slice celery. Wash and finely chop parsley. Then place into a large bowl. Add sultanas and peas to bowl.
4. In a small pot place sunflower and pumpkin seeds. Dry roast on a low heat, stirring occasionally, so as to not burn, until slightly browned. Remove from heat and add to bowl.
5. Rinse corn kernels with warm water until water runs clear, then add to bowl.
6. Using a garlic crusher, crush 4 garlic cloves.
7. Grate rind from 1 lemon, then halve and juice.
8. In a screw top jar add lemon juice and lemon rind, crushed garlic cloves, olive oil, balsamic vinegar, curry powder, turmeric, maple syrup, salt & pepper. Shake well and let sit until rice is ready.
9. When ready to serve add rice to bowl of ingredients and mix through well. Shake dressing mixture then pour over rice mixture. Stir well to combine dressing and rice.
10. Serve warm on 2 platters.

DOLMADES WITH BOK CHOY

- 4 tbsp olive oil
- 1 onion
- 1 cup long grain rice
- 2 ½ cups cold water
- ½ cup currants
- 12 sage leaves
- 2 tbsp parsley
- salt & black pepper
- 30 bok choy leaves
- 2 lemons
- 2 cup tomato juice

1. Finely chop onion. Heat oil in a saucepan over a medium heat. Saute onion, stirring with a wooden spoon, until onion has softened.
2. Add the rice to the saucepan and stir for 2 minutes.
3. Add water and currants and season with salt and pepper.
4. Bring to the boil, stirring once or twice.
5. When steam holes appear put the lid on and turn the heat off.
6. Chop herbs and stir into pot, season to taste. Allow to cool before using.
7. Bring a large saucepan of water to the boil
8. Juice 2 lemons and add to a medium size bowl of tomato juice
9. Fill a large bowl with cold water.
10. Chop the white stalks off the bok choy leaves by slicing along the thick stem (Give the stalks to the group making rice noodle soup)
11. Using tongs plunge 4 leaves at a time into the boiling water for just a few seconds then drop into cold water
12. Lift the leaves immediately from cold water to lay on a dry tea towel. Continue with this until all leaves are blanched and refreshed.
13. Lay a dry leaf out flat on your chopping board sideways. Roll 2 teaspoons of rice mixture in your hands before placing on the leaf about 4cm from edge closest to you. Fold leaf over the top of the rice mixture, then tuck both sides of the leaf in and then continue rolling. Fill and roll enough leaves for one per person.
14. Tuck all dolmades rolls tightly together into a fry pan (if there is still space in the pan fill with a crumpled ball of aluminum foil
15. Pour the tomato and lemon juice over the rolls then settle a plate on top of the rolls to stop them floating. Place the frying pan on the stove top and cook on a medium – low heat for 15mins.
16. Allow the rolls to cool a little before lifting out of fry pan before serving on two platters.

RICE NOODLE SOUP

- 2 cinnamon sticks
- 4 whole star anise
- 4 whole cardamon pods
- 6 whole cloves
- ¼ cup dried shallots
- 6 garlic cloves
- 5cm piece ginger
- ½ cup dried shitake mushrooms
- 6 cups veggie stock
- 3 cups water
- ¼ cup soy sauce
- 400g vermicelli (rice noodles)
- 2 cups fried bean curd
- 1 bok choy
- 20 vietnamese mint leaves
- ½ cup coriander
- 2 spring onion stalks

1. Peel and roughly chop garlic into quarters, peel and slice ginger & thinly slice spring onion.
2. Place cinnamon sticks, star anise, cardamon pods crushed, cloves, dried shallots, garlic, ginger and dried mushrooms in a large pot over a medium to high heat. Dry roast for 2-3 mins until garlic and ginger begin to char.
3. Add veggie stock, water and soy sauce to the pot, reduce the heat and simmer, uncovered for 30 mins.

4. Strain broth through a sieve, discard solids and return liquid to pot. Place back on the heat and simmer for a further 15 mins.
5. Prepare rice noodles by placing in a large bowl and covering with boiling water. Leave for 5 mins then with scissors chop up noodles and divide between mugs, one for everybody in class. (Approx 30)
6. Chop bean curd into 1cm cubes, roughly chop bok choy leaves and finely chop extra bok choy stems and add to pot for 3 mins. Using slotted spoon remove veggies and serve evenly between mugs.
7. Roughly tear vietnamese mint leaves from stems, coriander leaves from stems and finely chop spring onion.
8. Ladle broth into each mug and top with coriander, vietnamese mint and spring onion to serve.

PUMPKIN & COUS COUS SALAD

- 2 cups cous cous
- 5 tbsp olive oil
- 1 tbsp honey
- 1 tsp powder veggie stock
- 1 lettuce
- 1 lemon
- 1 tbsp margarine
- sea salt
- 700g pumpkin
- 1 handful beans/snow peas
- 1 medium side head broccoli
- ¼ cup mint
- ½ cup coriander
- small bunch thyme
- ground cumin
- 3 garlic cloves

1. Preheat oven to 200 degrees on fan bake
2. Dice up pumpkin into 2cm cubes and place in baking tray
3. Add 2 tbsp olive oil, sprinkle of sea salt & cumin, thyme leaves and unpeeled garlic into baking dish and cook for 30 mins or until pumpkin slightly brown and cooked. Once cooked, set aside. Remove roasted garlic to use in dressing.
4. Chop the ends of your beans/snow peas and chop broccoli into smaller heads. Steam over boiling water briefly
5. Finely chop mint and coriander leaves, but not so they are mushy.
6. Juice 1 lemon
7. Combine the 3 tbsp olive oil, lemon juice, coriander, mint, honey and the squeeze garlic out of the cloves into a screw top jar. Shake
8. Place cous cous into a medium sized bowl, stir through margarine. Add boiling water to cous cous, cover until water sits 1 cm above cous cous, then a 1 tsp vegie stock. Mix well, then cover with glad wrap. Let sit for 10 mins until cous cous has absorbed all the water.
9. Once cous cous is ready, add roasted pumpkin, steamed greens, and dressing from the jar and toss lightly.
10. To serve, scatter washed and torn lettuce leaves over two platters, and spread over cous cous mixture

SELF SAUCING LEMON PUDDING

- 5 tbsp butter
- 2 ½ cups white sugar
- ¾ cup plain flour
- 10 medium lemons
- 5 cups milk
- 10 eggs

1. Preheat oven to 180 degrees on fan bake
2. Beat butter and sugar together, until pale and creamy
3. Grate rind off lemons, then cut in half and juice
4. Add sifted flour, lemon juice and lemon rind to butter/sugar mixture and keep mixing
5. Separate egg whites and yolks
6. Add milk and egg yolks to mixture
7. Beat egg whites separately until stiff with electric beaters, then fold into mixture
8. Grease an ovenproof dish and pour mixture in
9. Bake for 20-30 mins until top is golden
10. Serve warm with lightly whipped cream, optional

2013 **KITCHEN GARDEN RECIPES:** Term 2 – 9th class
(17.06.13 – 21.06.13)

BEETROOT RISOTTO

- 2 large beetroot
- 8 cup veggie stock
- 200g unsalted butter
- 2 large onion, roughly chopped
- 4 garlic cloves, crushed
- 2 tbsp fresh thyme leaves, chopped
- ½ cup parsley, coarsely chopped
- 4 cup arborio rice
- 1 tbsp balsamic vinegar
- 1tsp sea salt
- 1 cup parmesan, coarsely grated
- 1/3 cup Olive Oil
- ½ cup peas
- 1/2 lemon cut in wedges, to serve
- 200g feta cheese, crumbled

1. Wash and peel beetroot then place in a saucepan of hot salted water. Bring to a simmer over high heat, cook, covered, until they are just tender when tested with a skewer.
2. Take the cooked beetroot and blend in a food processor to a puree, adding the balsamic vinegar a drop at a time until the beetroot is nice and pureed but not too wet.
3. Lightly fry the chopped onion in the butter and olive oil until it is translucent then add the crushed garlic and cook for 2 minutes.
4. Add the rice, salt & thyme and stir until all of the grains have taken on the oil.
5. Add the stock mixture, a ladleful at a time, stirring to prevent catching and allowing the liquid to be absorbed before adding the next ladleful. When you have used two-thirds of the stock, stir in the grated beetroot and check for seasoning. Add another ladleful of stock, then stir in the peas. Add the remaining stock, then continue to cook until the rice is al dente and the mixture is thick and syrupy: the total cooking time should be about 20 minutes.
6. Stir in the grated parmesan, and mix well.
7. Serve risotto in two bowls with crumbled feta cheese fresh coarsely chopped parsley scattered, a final drizzle of Extra Virgin Olive Oil and ground black pepper. Accompany with lemon wedges to squeeze over the risotto.

ZUCCHINI AND HERB TARTS

- 30 slices wholemeal bread
- 150g butter
- 15 eggs
- ½ cup cream
- ½ cup chopped parsley
- ½ chopped chives
- 1 cup grated parmesan
- 1 cup grated tasty cheese
- 4 small zucchini's grated
- 1 large broccoli
- salt and pepper

1. preheat the oven to 190 degrees
2. cut crusts off bread slices, then using a rolling pin flatten each slide.
3. spread butter over 1 side of each slice. with butter side facing outwards press slices into muffin trays
4. finely chopped herbs
5. finely slice stalk of broccoli and cut heads into small pieces
6. grate zucchini
7. combine eggs cream, herbs, zucchini, broccoli and cheese in a large bowl and stir.
8. pour egg mixture into bread 2/3 full.
9. cook for 20-30 minutes or until set and golden brown
10. remove from the oven, leave bread in their cases for 10 minutes then take out and serve warm.

MINISTRONE SOUP

- 100g butter
- 2 onions
- 2 cloves garlic
- small bunch parsley
- small bunch sage
- 3 celery stalks
- 4 carrots
- 6 potatoes
- 2 tsp tomato paste
- 800g tin tomatoes
- 300g borlotti beans
- 12 cups veggie stock
- 2 zucchini
- 1 cup peas
- 300g small pasta

1. Finely chop garlic and onion.
2. Coarsely chop leaves from parsley and sage.
3. Melt butter in a large saucepan and add onion, garlic, parsley and sage. Cook over medium heat stirring occasionally until onion is soft and golden.
4. Chop carrots and celery into 1cm squares
5. Wash and chop potatoes into 2cm squares
6. Add the carrots, celery and potatoes and cook for a further 5 mins.
7. Stir in tomato paste, chopped tomatoes and borlotti beans. Season with salt and pepper.
8. Add the stock and bring to boil.
9. Chop zucchini into 1cm squares.
10. Add zucchinis, peas and pasta into saucepan.
11. Cover and simmer until pasta is al dente and potatoes are soft.
12. Ladle soup into mugs and serve.

LEAFY SALAD & SWEET YOGHURT DRESSING

DRESSING:

- ¼ olive oil
- 4 tbsp white balsamic vinegar
- 1 cup yoghurt
- 2 cloves garlic
- 2 tsp sugar
- 1 tsp salt
- 1 tsp paprika
- pepper

SALAD:

- 2 lettuces

1. Wash lettuce thoroughly, then spin in the lettuce spinner. Once dry gently tear into smaller pieces, over two platters.
2. Finely chop garlic cloves.
3. Measure all ingredients and place into a screw top jar.
4. Shake well, then dress salad just before serving.

CITRUS POPPYSEED CAKE W/ LEMON CURD

CAKE:

- 1 cup raw sugar
- zest of 2 grapefruit/oranges/lemons/limes
- 4 large eggs
- 2 cup plain Greek yoghurt
- 2/3 cup olive oil
- 2 tsp vanilla extract
- 2/3 cup + 4 tbsp citrus juice
- 1/2 cup milk
- 4 cups plain flour
- 1 tbsp baking powder
- 1/2 cup poppy seeds
- 1/2 tsp salt

LEMON CURD:

- 4 large lemons
- 200g unsalted butter
- 350g castor sugar
- 6 eggs

CAKE:

1. Preheat oven to 180 degrees.
2. In a large mixing bowl, mix together sugar and citrus fruit zest with your fingers until fragrant.
3. Beat in eggs one at a time, mixing well between each addition.
4. Mix in yogurt, olive oil, vanilla extract, and 4 tablespoon citrus juice (reserve 2/3 cup for later) and milk.
5. Stir in flour, baking powder, poppy seeds and salt.
6. Divide batter evenly between 2 1/2 baking trays (approx 30) and bake for 25 minutes, or until a toothpick inserted into the centre comes out clean.
7. Once removed from oven, using a pastry brush, brush remaining 2/3 cup grapefruit juice on top on the cakes, allowing the juice to soak into the cake.
8. Allow to cool to room temperature.

LEMON CURD:

9. Finely grate zest and juice the lemons into small bowl.
10. Whisk and strain eggs in separate bowl.
11. In a heavy based saucepan combine butter, lemon juice zest and sugar. Stir constantly over heat until sugar has dissolved.
12. Remove pan from the heat and add strained eggs to the pan stir to mix well. Place pan back on the heat and cook over gentle heat stirring constantly until mixture has thickened. Do NOT allow it to boil or it will curdle. Remove from heat and pour straight into small bowl if using immediately.
13. Once cakes are cool, add a dollop of lemon curd on each one before serving .

2013 **KITCHEN GARDEN RECIPES:** Term 2 – 8th class
(11.06.13 – 14.06.13)

GNOCCHI W/ SAGE BUTTER

- 3½ kg potatoes
- salt
- 7 cups plain flour (plus extra for dusting)
- 250 g wedge parmesan
- 1 large bunch sage leaves
- 300 g butter
- ground black pepper

1. Place a medium pot of boiling water on stove, and bring to boil with potatoes. Cook on high until soft.
2. Once cooked, drain water then place potatoes in pot over heat to dry out for few minutes.
3. Grate parmesan and set aside.
4. Tear the sage leaves off the stalks and spread in a non stick fry pan with butter.
5. Put x2 large pots of water on to boil and add a good few pinches of salt.
6. Remove potatoes from heat and lay out on a platter to cool. Cut potatoes open to release the heat.
7. Place the potatoes through a potato ricer. Spread out mashed potatoes over 3 platters to cool further.
8. Place the flour onto the workbench, and make a well.
9. Sprinkle with a good pinch of salt.
10. Combine the flour and potato until a dough is formed. Knead until the dough is smooth and not sticky. (use extra flour if needed.)
11. Cut the dough into pieces and using your fingers, roll each piece into a thin sausage. Cut into roughly 2cm pieces, then place onto a floured serving platter.
12. Drop a 1/3 of the gnocchi into the boiling pots of water. Simmer and when the gnocchi rises to the surface, cook for about another 3 mins. Then lift out with a slotted spoon and slip into a large bowl. Repeat until all gnocchi is cooked.
13. Lightly fry butter until the sage leaves start to crisp and the butter has become a light brown colour. Spoon the sage leaves and the butter over the gnocchi. Place in a serving dish and add parmesan cheese and some ground pepper.

PUFF PASTRY PIZZAS

- 6 sheet puff pastry
- 6 tablespoons tomato pizza sauce
- 1kg pumpkin
- 3 onion
- ½ cup thyme
- 2 cups grated cheese
- ½ cup parsley
- sea salt
- cracked black pepper
- extra virgin olive oil for drizzling

1. Preheat oven to 250 degrees
2. Slice pumpkin into 2 cm cubes.
3. Slice whole onion in half, then into thinly sliced rings.
4. Place pumpkin, onion, thyme, salt & pepper and ¼ cup olive oil into a plastic bag. Knot and shake until everything is well mix together
5. Pour contents from bag into roasting dish and bake in oven for about 15-20 mins. Avoid burning.
6. Place pastry on a sheet of baking paper then on a greased oven tray
7. Prick the surface with a fork leaving a 2cm margin around the edge.
8. Put puff pastry sheets in the oven for a couple of mins to crisp the bases. Take out then place on toppings.
9. Spread tomato sauce over pastry then top with grated cheese starting from the outside of the pizza and working inwards
10. Place pumpkin and onion on top of the cheese and cook pizza for 7-10 minutes
11. Remove from the oven and season with salt & pepper, garnish with chopped parsley and drizzle olive oil on top.
12. Cut into slices and serve

CARROT BABA

130 grams of butter
2 tablespoons olive oil
5 shallots peeled and finely chopped
1.2 kg carrots peeled and grated
3 apples peeled de cored and grated
75grams of golden sultanas
225 ml of sour cream
2 egg yolks beaten
2 teaspoons clear honey
1/2 teaspoon ground cumin
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
Salt and pepper
225 grams of crusty breadcrumbs

1. Preheat the oven to 200 degrees Celsius
2. In a large fry pan melt 30 grams of the butter add the olive oil and the shallots and cook until shallots are soft .
3. Place in with the shallots the carrots, apples, and sultanas and continue cooking and constantly stirring for Another 7 minutes making sure it does not burn on the bottom
4. Grease a large deep baking dish with butter
5. Remove saucepan with carrot mix from the heat and place aside to cool for a minute
6. Melt remaining 100 grams of butter in a medium size saucepan
7. Then place into the same saucepan the sour cream, egg yolks, honey and spices mix all together and cook over a gentle heat. Season with salt and pepper then remove from the heat
8. Place apple and carrot mix into a large baking tray
9. Pour the butter cream mix over the carrot mixture in the baking tray
10. In a seperate fry pan brown your breadcrumbs in a little more butter for about 3 minutes. Sprinkle on top of the carrot baba and bake for 30 minutes until golden brown

BETROOT & CHOCOLATE MUFFINS

750g raw beetroot
500g plain flour
3 tsp baking powder
6 tbspcocoa powder
6 free-range eggs
¾ cup milk
180g softened butter
¾ cup vegetable oil
1 tsp vanilla extract
¾ cup caster sugar
1½ cup soft brown sugar
300g best-quality dark chocolate

1. Preheat oven to 180°C. Lightly grease 3 x 12-hole muffin tin, or drop paper cases into the holes.
2. Peel beetroot and coarsely grate.
3. Sift flour, baking powder and cocoa into a large mixing bowl.
4. Lightly hand whisk eggs with milk.
5. Process butter, essence, oil and sugars until creamy. Gradually add egg/milk mixture, alternating with flour mixture.
6. Tip into the large bowl and stir in beetroot. Mix well.
7. Spoon mixture into muffin holes. Break chocolate into pieces and poke a piece into top of each muffin.
8. Bake for 20-25 minutes until well-risen and springy to the touch. Cool in tin for a few minutes then turn onto a rack.

2013 **KITCHEN GARDEN RECIPES:** Term 2 – 7th class
(03.06.13 – 07.06.13)

FETTUCCINI

DOUGH:

- 800 gms plain flour
- 8 eggs
- salt
- parmesan cheese

1. Put a 2 big pot of water on to boil
2. Weigh flour; combine with salt in a food processor- while motor is still running add eggs til clings together.
3. Tip onto work bench – knead for a few minutes then wrap with cling wrap- rest for 1 hr at room temp.
4. Cut dough into approx 5x10cm rectangles and feed thru pasta machine – start at highest number down to the second last.
5. Fold into 3 and turn 90 degrees 3 times on first notch.
6. Use lots of flour to avoid sticking.
7. Once all pasta is rolled out, feed thru the fettuccini side of the pasta machine. Hang on a drying rack, with teatowels placed on the floor underneath
8. Place 1/3 of pasta at a time into boiling water for 4-5 mins or til tender.
9. Stir warm tomato sauce through pasta, and then serve with grated parmesan cheese.

SIMPLE TOMATO PASTA SAUCE

- 1 tablespoon of extra virgin olive oil
- 4 cloves of garlic crushed
- 2 brown onions finely chopped
- 2 stalks of celery finely chopped
- 1 cup of finely chopped parsley
- ½ cup finely chopped chives
- ½ cup finely chopped oregano
- 3 x 400g tins of chopped tomatoes
- (Or 1 kilo fresh tomatoes de skinned and finely chopped)

1. Crush garlic and chop your onions and celery.
2. Add them to a large fry pan with 1 tablespoon of olive oil and simmer on a medium heat until the onions are translucent and soft.
3. Place you tinned tomatoes in with the onions and simmer for 30 minutes until a lovely sauce has been created.
4. Put all herbs into the sauce, season with salt and pepper
5. Toss through your pasta and serve with grated parmesan on the top
If using fresh tomatoes place in a bowl of boiling water for 5 minutes remove tomatoes with tongs. Place on a board and carefully remove the skins. Chop finely and add at step 3.

PEARL BARLEY RISOTTO WITH ROASTED PUMPKIN

- 2 cups of pearl barley
- 1.6 litres of vegetable stock
- 2 tablespoons extra virgin olive oil
- 1 butternut pumpkin peeled and cut into 2 cm cubes
- 2 medium onions chopped
- Leaves from 8 thyme sprigs
- 1 cup chopped parsley
- 1 cup rocket
- 2 garlic cloves finely chopped
- 4 sprigs rosemary leaves only
- 1 cup of grated parmesan
- 1 cup of chopped chives

1. Preheat the oven to 200 degrees Celsius.
2. Chop up pumpkin into cubes and place in a baking dish drizzle with olive oil sprinkle with sea salt, toss to coat and place in oven
3. Meanwhile heat remaining oil in large saucepan over medium low heat. Add chopped onion, garlic, and thyme leaves and continue to cook until onion is softened.
4. Add pearl barley and stir for 2 minutes until grains are coated. Add 1 cup of hot stock at a time and continue in this way until all the stock has been absorbed, and the barley is tender but still slightly firm to the bite.
5. Remember to keep checking your pumpkin until it is lightly brown and soft, then remove and set aside.
6. Once pearl barley is cooked stir in chopped parsley, roast pumpkin, rosemary, season to taste then add your grated parmesan and stir, serve on a large platter with rocket and sprinkle your chopped chives on the top

ROAST CARROT AND POTATO SALAD

12 large potatoes
 4 large carrots
 4 cloves of garlic finely sliced
 2 oranges quartered lengthwise
 2 lemons quartered lengthwise
 8 sprigs of thyme destalked and chopped
 4 sprigs of rosemary destalked and chopped
 4 bay leaves
 Sea salt & Freshly ground pepper
 1 tablespoon cumin seeds
 2 tablespoons of extra virgin olive oil
 8 slices of ciabatta bread
 2 handfuls of lettuce leaves

1. Preheat the oven to 180 degrees
 Peel your carrots slice in half lengthwise then chop in half.
2. Put a pot of water on the stove and par boil your carrots for 10 minutes or until nearly cooked. Drain and place in a large roasting tray with 2 tablespoons of olive oil.
3. Wash your potatoes cut in half lengthwise then cut in half again each potato should make 8 wedges. Place in tray with carrots.
4. Put cumin seeds, garlic, salt and pepper rosemary and thyme leaves into a mortar and pestle and mash together until you have a fine paste. Pour in enough olive oil to generously cover the paste add a tablespoon of vinegar and mix together. This will be a marinade and a dressing in one. Spread over the root vegetables
6. Add the lemon and orange quarter's and the bay leaves. Place the tray in the oven for 30 minutes or until golden.
7. Slice your ciabatta into thin slices place on a lightly oiled oven tray and cook until just slightly brown. Remove, once cool break up and set aside
8. Remove vegetable tray from the oven and take out the citrus quarters with tongs. Turn vegetables and place back in the oven.
8. Carefully using tongs squeeze out the juice from the citrus add the same amount of olive oil and 1 tablespoon of red wine vinegar. Wash, dry and shred your salad leaves place on a large platter place your roasted vegetables on top add your dressing and the ciabatta pieces and serve.

LEMON RICOTTA CAKE

1 ½ cups softened butter
 1 ½ cups granulated sugar
 zest from 6 large lemons
 6 large eggs, separated
 2 cups ricotta cheese
 2 cups plus 2 tablespoons plain flour
 4 teaspoons baking powder
 dash of salt

TOPPING:

2 lemons
 ½ cup water
 300g sugar

1. Preheat oven to 180 degrees.
2. Beat the butter and sugar with electric mixer until light and fluffy.
3. Separate your egg yolks and whites. Place egg whites in a clean bowl and set egg yolks aside
4. Add the lemon zest, egg yolks and ricotta cheese and beat until smooth.
5. Mix together the flour, baking powder and salt, and beat into the butter mixture just until combined.
6. Wash your beaters well, and then beat the egg whites in a separate bowl until stiff peaks form.
7. Gently fold the egg whites into the ricotta mix.
8. Place mix ¾ of the way up the muffin tins, make enough for one each.
9. Bake for about 30 minutes, or until a cake tester stuck into the centre comes out clean.
10. Allow to cool to room temperature before serving.
11. Topping – place lemon rind, juice of two lemons, sugar and water into a saucepan and heat until sugar dissolves.
12. Using a pastry brush paint each cake with lemon syrup.

2013 **KITCHEN GARDEN RECIPES:** Term 2 – 5th class
(20.05.13 – 24.05.13)

CHANA MASALA

- 5 tbsp olive oil
- 4 tbsp cumin
- 1 leek
- 2 spring onion
- 4 garlic cloves
- 2 tsp ground ginger
- 1 tsp dried chilli flakes
- 2 tsp garam masala
- 1 tsp tumeric
- 2 tbsp ground coriander seeds
- 800g chickpeas
- 800g diced tomatoes
- 1 tsp salt
- handful coriander

1. Wash and finely chop spring onion & leek.
2. Finely chop garlic
3. Heat oil in the largest fry pan over a medium-high heat.
4. Add cumin, spring onion and leek to fry pan and cook until leek is translucent.
5. Add garlic, ginger, chilli flakes, garam masala, tumeric and ground coriander and cook stirring for 1-2 mins.
6. Weigh, wash and drain chickpeas then add to fry pan, covering chickpeas in the spices.
7. Weigh out tomatoes and then add to fry pan, also add salt
8. Stir and bring to gentle boil. Then reduce heat, cover and simmer to 20 mins, stirring frequently.
9. Serve in two bowls with coriander leaves and a wedge of lemon.

RAITA

- 500g natural yoghurt
 - 1 small bunch chives
 - 1 cucumber
 - 1 small bunch mint
 - 1 tbsp raw sugar
 - 1 tsp ground cumin
 - salt & pepper
1. Wash & finely chop chives.
 2. Wash & finely chop mint.
 3. Wash & finely chop cucumber.
 4. Mix yoghurt and herbs in a small bowl, add salt, pepper, sugar and cumin for taste, serve in 2 small bowls
 5. Refrigerate until ready to serve

DAHL

- 1 kg yellow split peas
- 1/3 cup olive oil
- 3 tsp cardomon seeds
- 3 tsp black mustard seeds
- 2 big onions
- water & vegie stock
- 4 garlic cloves
- 2 tbsp yellow curry paste
- 3 tsp turmeric
- salt to taste
- 1 bok choy or equivilant in spinach

1. Place split peas in a large pot and rinse with cold water then drain. Refill with water and vegie stock until water is 10 cm above the peas and bring to boil then simmer. Stir often, so it doesn't stick to the bottom..
3. Finely dice onion and garlic.
4. In a frying pan place oil and add cardamom seeds then mustard seeds. Fry for a few minutes until seeds pop – this releases all the flavours.
5. Add onion and fry until onion starts to brown. Add garlic and cook for a few minutes.
6. Add yellow curry paste and turmeric and fry for few minutes until all flavours are released.
7. Add onion mixture to split peas and mix well.
8. Wash & finely chop bok choy (stem & leaves) and add to dahl. Cook for another 5 min or until bok choy has wilted.
9. Serve in 2 bowls

COCONUT RICE

- 6 cups basmati rice
- 3 cups coconut milk
- 6 cups water
- 3 kaffir lime leaves
- sprinkle of shredded coconut

1. Measure out six cups of rice and rinse through a colander until the water runs clear.
2. Add the six cups of rice into the rice cooker.
3. Then add six cups of water and three cups of coconut milk to the rice cooker, gently stir.
4. Add three kaffir lime leaves and turn rice cooker to 'cook'
5. Once rice cooker has switched to 'warm' leave until ready to serve.
6. Serve in 4 medium sized bowls with a sprinkle of shredded coconut on top

VEGETABLE KORMA CURRY

- 2 onions
- ¼ cup desiccated coconut
- 1/3 cup natural yoghurt
- 1 can coconut cream (400ml)
- 300ml vegetable stock
- 2 tsp caster sugar
- 1 tsp ground cardamon
- 1 tsp ground cinnamon
- 1 tsp garam masala
- 4 tbsp vegetable oil
- 1 tsp ground coriander
- 50g grated ginger
- 6 garlic cloves
- salt & pepper
- 3 capsicum
- 2 carrots
- 1 sweet potato
- 500g pumpkin
- 200g cauliflower
- ½ cup dried apricots
- ½ cup frozen peas
- 3 bay leaves

1. In your mortar & pestle add 4 cloves of garlic crushed, a 5 cm piece of grated ginger and sugar, grind to make a smooth paste, adding a small amount of water to mix paste together. Set aside.
2. Place a large frying pan on the stove on a medium heat, add oil, ground coriander, cinnamon, bay leaves and cardamon. Saute for 2 mins.
3. Chop onions and add to fry pan. Cook until soft.
4. Remove the large spices & leaves, now add all ingredients from fry pan to mortar and pestle and grind again.
5. Chop pumpkin and sweet potato into 1cm cubes
6. Place pumpkin and sweet potato into the fry pan with vegie stock, salt & pepper, and bring to boil then simmer, until just soft.
7. Chop carrots into half moons, add to fry pan
8. Chop capsicum and cauliflower into about 2cm cubes, add to fry pan.
9. Add the blended mixture from mortar & pestle to fry pan, mix through.
10. Now add coconut cream, yoghurt, desiccated coconut and garam masala to frying pan.
11. Finally add frozen peas and chopped apricots. Let cook further until add vegetables are soft.
12. Serve in 2 bowls.

INDIAN SPICE HALOUMI SALAD

CHEESE

- 2 whole lettuces
- handful saltanas
- 2 blocks haloumi cheese
- 1 apple
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground tumeric
- 1 tbsp tomato paste

DRESSING

- 1 lemon
- 1/4 cup olive oil
- 1 tsp white balsamic vinegar
- 1 tbsp palm sugar
- salt and pepper

1. Wash lettuce leaves and dry in the salad spinner
2. Cut the apple off the core and then slice very finely
3. Slice haloumi into thin slices and marinate in a combination of cumin, coriander, tumeric and tomato paste. Set aside for frying.
4. Grate lemon rind and squeeze juice lemon.
5. In a screw top jar combine, lemon zest, lemon juice, olive oil, white balsamic vinegar, sugar and salt & pepper. Shake well.
6. Heat 2 fry pans with oil and lay haloumi slices covering the whole fry pan. Cook on both sides until golden brown.
7. Place cheese onto paper towel to soak up any excess oil.
8. Divide the lettuce leaves, apple and saltanas evenly between two salad platters. Then toss.
9. Then pour half the salad dressing over each salad.
10. Place the warm fried cheese over the two salads evenly to serve.
(NOTE: cook cheese only 10 mins before eating time, so as the cheese is still warm when you serve.)

ROTI BREAD

- 500g plain flour
- 500g wholemeal flour
- 1 ½ tsp salt
- ¼ cup caster sugar
- 400ml water
- 1 tbsp sunflower oil
- olive oil for frying
- butter/nuttlex

1. Turn oven onto a low heat.
2. In a large metal bowl, sift both flours together.
3. Add salt, sunflower oil and water stirring until a soft dough is formed. Turn dough out onto a lightly floured surface and knead briefly.
4. Cover with a damp cloth or plastic film and let rest for 10 mins.
5. Divide dough into golf-ball size pieces, then select a ball of dough and roll out until very thin but not torn. Sprinkle lightly and evenly with sugar.
6. Fold up dough into a small square and roll out again until thin.
7. Heat a lightly oiled flat frying pan over medium heat.
8. Place the rolled dough onto the hot pan and cook for 30 seconds to 1 minute on each side until golden. Repeat until all dough balls have been rolled and cooked.
9. Roti's can be kept warm in the oven, wrapped in foil.
10. Brush with butter or nuttlex for serving.
11. Cut roti in to quarter and serve on two platters.

2013 KITCHEN GARDEN RECIPES: Term 2 – 4th class
(13.05.13 – 17.05.13)

LEMON & HERB ORZO

- 4 cups orzo
- 8 cups vegie stock
- 2 onions
- 4 lemons
- 4 tbsp olive oil
- 4 tbsp butter/nuttelex
- 1 cup parsley
- ½ cup thyme
- ½ cup chives
- salt and pepper
- 2 cup grated parmesan

1. Put stock and water in a saucepan on a medium heat.
2. Chop onions finely
3. Grate the zest of 2 lemons, and then juice lemons. Keep zest and juice separate.
3. Put olive oil in a fry pan on medium heat and add onions. Fry for 5 mins
4. Add orzo and lemon zest to fry pan and cook, stirring occasionally, until glossy and coated with oil. About 5 mins.
5. Add salt and pepper to orzo, lemon juice and 1 cup of water
6. Stir and let the liquid bubble away.
7. Using a ladle add the warm stock to the orzo ½ cup at a time, gently stirring frequently. When the stock is just about evaporated, add more, until all stock is in the pot.
8. Keep on a medium heat and stir frequently. The mixture doesn't want to be runny or dry. If too dry, add a little more water.
9. While waiting for orzo to cook, chop parsley, thyme and chives.
10. Taste orzo after about 10 mins. You want your orzo to be tender. This could take a further 10 mins. Remember to keep stirring.
11. When orzo has reached perfect consistency add butter, 1 cup of the parmesan and all the herbs.
10. Mix through well, then serve on 2 platters with an extra sprinkle of parmesan.

JERUSALEM ARTICHOKE (SUNCHOKES) & HERB CROQUETTES

- 900g (floury) potatoes
- 500g sunchokes
- 1 lemon (juice)
- 300g ricotta
- 3 cups breadcrumbs
- 3 eggs
- 1 sm bunch chives
- 1 sm bunch parsley
- 1 sm bunch thyme
- 2 tbsp water
- oil for frying
- salt and pepper

1. Wash and chop potatoes into chunks
2. Wash and chop sunchokes into chunks
3. Place both potatoes and sunchokes into a lightly salted pot of water, and cook until tender, approx 10 mins.
4. Juice the lemon and add to pot of water
5. Drain potatoes and sunchokes, then place in a large bowl.
6. Add ricotta, salt and pepper, and only 1 cup of the breadcrumbs. Mash well, then set aside to cool a little.
7. Put 2 cups of breadcrumbs in to a flat dish
8. In a separate bowl, beat the 3 eggs well.
9. Using your hands, shape a generous tablespoon of the artichoke mixture into a small sausage about 5cm long, a croquette.
10. Dip croquette into the eggs, then roll it in the breadcrumbs
11. Repeat until all mixture done.
12. Heat oil in a frying pan over a high heat. Fry the croquettes for 4-5 mins, turning frequently but carefully, until golden brown.
13. Serve warm with a tomato salsa or sweet chilli sauce.

WARM HERB & TOMATO SALSA

- 1lt tomato puree
- 200ml water
- 1 onion
- 4 cloves garlic
- 3 tomatoes
- ½ cup parsley
- ½ cup basil
- salt and pepper

1. Finely chop onion and garlic, then fry until golden brown.
2. Pour in tomato puree, water, and salt & pepper to taste.
3. Finely chop basil and parsley and add to fry pan.
4. Dice tomatoes and add to puree.
5. Bring to boil then simmer for 10 mins.
6. Serve on the side of sunchoke croquettes.

TOMATO & CAPSICUM BRUSCHETTA

- 3 French sticks
- 8 garlic cloves
- 15 tomatoes
- 2 capsicums
- olive oil for drizzling
- ½ cup basil
- salt and pepper

1. Preheat the oven to 220 degrees.
2. Slice bread and lay out onto baking trays.
3. Remove skin from garlic and cut cloves in half. Set aside.
4. Wash and dice tomatoes into small cubes and put in a bowl
5. Wash and dice capsicum into small cubes, also add to bowl.
6. Drizzle tomatoes and capsicum with oil, salt and pepper, and mix.
7. Finely slice basil leaves and add to tomato mix.
8. Bake bread in oven until bread is lightly toasted.
9. Remove bread trays from oven and rub each piece of toast on both sides with garlic cloves then return to oven for a minute or two.
10. Remove bread from oven after a few mins and lay bread on two platters
11. Add tomato mixture on top of each slice of bread.
12. Drizzle bruschetta with a little extra olive oil and serve.

APPLE & CINNAMON MUFFINS

- 6 cups plain flour
- 3 tbsp baking powder
- 6 tsp ground cinnamon
- 2 cups brown sugar
- 6 medium Granny Smith apples
- 1 cup sultanas
- 375g butter or margarine
- 6 eggs
- 2 cups milk

1. Preheat oven to 180°C.
2. You will need (3x 12 silicon muffin tray and x3 baking tray)
3. Peel and chop apples, leaving the core out
4. Sift the plain flour, baking powder and cinnamon together into a large bowl. Stir in the brown sugar, apples and sultanas until combined.
5. Melt butter in a small saucepan. Let cool.
6. Whisk together the butter, eggs and milk until well combined.
7. Add the milk mixture to the flour mixture and stir with a large metal spoon until just combined.
8. Spoon the mixture evenly into the muffin pans.
9. Bake the muffins in preheated oven for 20 minutes or until golden and cooked through. (To test if they are cooked, insert a skewer into the centre of one - if it comes out clean, it is ready. If not, cook for a little longer before testing again.)
10. When cooked, remove from oven and stand for 2-3 minutes before serving warm or at room temperature.

2013 **KITCHEN GARDEN RECIPES: Term 2 – 3rd class**
(06.05.13 – 10.05.13)

CHICKPEA RICE AND SPINACH PILAF

3 tablespoons extra virgin olive oil	4 and 1/2 cups white rice
3 onions finely chopped	1 cup raisins
6 garlic cloves crushed	1 finely chopped Bok Choy
3 teaspoons ground coriander	350 grams of baby spinach
2 teaspoons ground cumin	3 cups of vegetable stock
600 grams of tinned drained and rinsed chickpeas	

1. Heat oil in a frypan over medium heat , add onion, garlic, cumin coriander, salt and pepper
2. Cook stirring for 10 minutes or until onion is softened.
3. Add rice and stock bring to the boil and then turn down to simmer. Continue until rice is well cooked approximately 12 minutes.
4. Add chickpeas, spinach, Bok Choy and any finely chopped fresh herbs if you have on hand.
5. Place on a large platter and serve warm, scatter with shredded coconut & finely chopped chives o parsley.

SPINACH & RICOTTA ROLLS

1/2 box of spinach	250g of feta
1 wheel of ricotta	10 pack pastry sheets
1 leeks	

1. Defrost 8 sheets pastry
2. Turn on oven to 180 degrees
3. Finely slice leek
4. Drain ricotta of any water
5. Heat oil in fry pan, add leek and 1 tbsp olive oil, cook until translucent.
Set aside
6. Add a little more oil and add bunches of spinach and cook until all wilted. Drain any excess liquid from spinach
7. Cut feta into small cubes
8. Combine ricotta, feta, leek and spinach in a large bowl and mix well with your hands
9. Cut pastry in to quarters, add a strip of the mixture and roll into logs. Press pastry together firmly and place on a tray for baking.
10. Cook for approx 15mins. Makes 32.

YOGHURT DIP

500g natural yoghurt	1 small bunch mint
1 small bunch chives	ground cumin
1 cucumber	salt & pepper

1. Finely chop chives
2. Finely chop mint.
3. Finely chop cucumber
4. Mix yoghurt and herbs in a small bowl, add salt, pepper and cumin for taste, serve in 2 small bowls
5. Refrigerate until ready to serve

SPRING ONION BREAD

2 cups of plain flour	1 tablespoon chilli oil
2 teaspoons baking powder	1 tablespoon sesame oil
3 teaspoons fine sea salt	4 spring onions finely chopped
3/4 to 1 cup boiling water	10 chives finely chopped
2 tablespoons vegetable oil	

1. Place flour baking powder and 1 teaspoon of sea salt in food processor
2. Ask an adult to add boiling water in a thin stream to the flour and process until dough forms a ball (the amount of water will vary depending on flour used)
3. Remove dough from processor to a board and knead for 2 minutes using extra flour if dough sticks to the board. Wrap dough in plastic wrap and leave for 30 minutes.
4. Chop up your spring onions
5. Make your chilli oil by combining the oils together in a small jug .
6. Remove plastic wrap from dough and divide dough into 6 equal pieces blend your spring onions and chives into the dough
7. Roll each piece until 25 cm in diameter . You want them nice and thin.
8. Heat a non stick frying pan on the stove place on medium heat and add your bread cover with a lid and reduce heat to low
9. Check your bread and if it is golden underneath turn over and cook on the other side.
10. When bread is golden brown remove from the pan sprinkle with sea salt and drain on paper towels.
11. Cook the remaining 5 round of dough then sprinkle with salt.
12. Cut all 6 round into 6 pieces. Makes 36 tiny slices

EGG SALAD SERVED ON BABY COS LETTUCE LEAVES

· 12 free range eggs	· 1 tbsp mustard
· 1 tbsp vinegar	· 1 tbsp white balsamic vinegar
· 6 spring onions	· salt and pepper
· 1 cup mayonnaise	· 3 baby cos lettuce

1. Place eggs into a sauce pan and fill pan with cold water to cover eggs.
2. Place vinegar into saucepan. (This will help stop eggs cracking.)
3. Place on medium heat and bring to boil, then turn down and simmer for 6 mins. (Until hard boiled.)
4. Pour out boiling water then fill with cold water.
5. Let eggs sit in cold water for a 2 mins, then refill with cold water again until eggs feel cold.
6. Shell eggs then rinse to ensure there is no shell left on eggs.
7. Chop eggs into 1cm ish cubes and place into a large bowl.
8. Peel and finely chop spring onions and add to bowl.
9. In a small bowl mix mayonnaise, mustard, white balsamic and salt and pepper.
10. Mix gently through the egg mixture.
11. Wash and separate lettuce leaves.
12. Half fill each leaf with some of the egg salad.
13. Neatly arrange onto a large serving platter and chill in fridge until ready to serve.

2013 **KITCHEN GARDEN RECIPES: Term 2 – 2nd class**
(29.04.13 – 03.05.13)

EGGPLANT PARMIGIANA

- 4 large eggplants
- salt & pepper
- 2 cups plain flour
- 250g grated mozzarella/tasty cheese
- 2 cups tomato passata
- ½ cup basil
- oil for frying
- 100g grated parmesan cheese

1. Preheat oven to 180 degrees
2. Thinly slice eggplants into 1 cm slices (lengthways).
3. Lay slices out onto a large tray and lightly salt one side of eggplant. (This will absorb any water in the eggplant and remove any bitterness.)
4. Rinse then pat dry both sides of the eggplant with paper towel.
5. Place 2 cups of flour in a large bowl and coat eggplant slices with flour. (This will absorb any remaining moisture.)
6. Heat 2 large frying pans and add a generous amount of oil. Fry eggplant on both sides until crisp and golden brown.
7. Grease a baking dish and make a slightly overlaying layer of eggplant slices over the base of the dish. Season with salt and pepper.
8. Spoon 4 tablespoons of passata over the eggplant, and add a few basil leaves.
9. Sprinkle grated cheese (mozzarella, tasty & parmesan) on top.
10. Continue with this layering until you have used up all the ingredients.
11. Bake for 30 mins.

BOK CHOY, TOFU & MISO SOUP

- 2 packets udon noodles
- 1 cup miso paste
- 2 lts water
- 500g tofu
- 1 cup teriyaki sauce
- 1 large bunch bok choy
- 4 spring onions
- 200g button mushroom

1. Cut tofu into 1cm cubes and marinate in a baking dish with teriyaki sauce. Let sit.
2. Place noodles in a bowl. Cover with boiling water. Let stand for 5 mins. Then separate with a fork. Drain water out and cut with scissors.
3. Combine miso paste and 2 lts of cold water in a large saucepan over medium heat. Stir until paste has dissolved. Cover and bring to boil.
4. Wash and finely slice spring onion.
5. Wash bok choy and cut stems and leaves thinly.
6. Wash mushrooms and pat dry with paper towel. Then finely slice.
7. Add bok choy leaves and stems, spring onion, mushrooms and drained tofu to miso mixture. Cook for about 5 mins or until leaves have wilted.
8. Divide noodles evenly between mugs.
9. Ladle miso mixture into mugs and serve.

ROAST PUMPKIN, SPINACH & BEAN SALAD

- ½ a large pumpkin
- 1 handful beans
- 2 red onion
- 10 garlic cloves
- 6 tbsp olive oil
- salt and pepper
- 3 big sprigs rosemary
- 2 large handfuls of spinach
- 3 tbsp balsamic vinegar
- 1 tsp cumin
- 1 tbsp honey
- 200g feta

1. Preheat oven to 220 degrees high.
2. Peel skin from pumpkin and chop into 2cm cubes. Place all pumpkin into a large bowl.
3. Peel and quarter onion and add to bowl.
4. Throw in the whole garlic cloves.
5. Drizzle with olive oil, coating all vegies then season with salt and pepper.
6. Line 2 baking trays with baking paper and spread vegies evenly onto trays. { place rosemary stalks under all vegies as this will stop it burning}
7. Bake til tender. Approx 40 mins
8. Wash beans and chop into 2cm lengths. Steam until tender and then set aside.
9. In two large serving platters sprinkle some baby spinach leaves all around the edge and cooked beans, then add roasted veggies in the middle of the platter.
10. In a small bowl mix a balsamic vinegar, honey, cumin, salt and pepper.
 11. Spoon dressing over salad.
 12. Crumble fetta all over the top of the salad.

SAVOURY CHEESE & HERB MUFFINS

- 6 cups self raising flour
- 3 tsp baking powder
- 1½ tsp salt
- 1½ tsp pepper
- ½ cup thyme
- ½ cup oregano
- ½ sage
- 1 cup chives
- ¾ cup nutelex/butter
- 3 large eggs
- 5 cups milk
- 3 cups shredded cheese

1. Pre heat oven to 200 degrees
2. Finely chop all herbs
3. Grate cheese
4. In a large mixing bowl, combine flour, baking powder, salt and the herbs, mix together and add cheese
5. Melt nutelex/butter in a small pot.
6. In another bowl, mix together the melted butter, egg and milk
7. Add the flour mixture and stir together until all is moistened. Don't over mix, as batter will become lumpy.
8. Spoon evenly into 3 silicone muffin trays and place onto 3 baking trays
9. Fan bake for 15-20 mins, until muffins are golden brown and the tester comes out clean.
10. Remove to a rack to cool or serve warm.

2013 **KITCHEN GARDEN RECIPES:** Term 2 – 1st class
(22.04.13 – 26.04.13)

MINI ZUCCHINI & PUMPKIN FRITTATAS

- 500g zucchini
- 500g pumpkin
- 12 eggs
- 2 stalks spring onion
- 2 celery stalks
- 2 cloves garlic
- 300ml cream
- 250g feta
- ½ cup grated cheese
- ½ cup parsley
- ½ cup chives

1. Preheat oven to 200°
2. Chop pumpkin & zucchini into 1cm cubes
3. Wash and finely chop spring onion and garlic
4. Place in an oiled fry pan on low heat for a few mins, gently stirring
5. Add zucchini to pan.
6. Finely chop celery, chives and parsley and add to pan for a few mins. Then turn off heat.
7. Cut feta into small cubes and grate cheese. Set aside.
8. Place eggs and cream in a large bowl and fork beat.
9. Add cheeses to bowl. Mix through.
10. Then add pumpkin, zucchini and all ingredients from pan. Mix well
11. Put baking paper in 3 silicon muffin trays. Place muffin tray on baking tray. Fill each hole full with mixture.
12. Bake for 20mins until mixture is cooked through or golden brown. Rotate through the oven
13. Leave to stand for a few mins before turning out.

CARROT, COCONUT & PUMPKIN SOUP

- 2 kg pumpkin
- 5 carrots
- 2 onions
- 4 cloves of garlic
- ginger (egg size)
- 1/3 cup olive oil
- 5 tbsp veggie stock
- 3lts water
- 400 ml coconut cream

1. Peel and chop pumpkin into small cubes
2. Chop up carrot also into small cubes.
3. Bring 3lts of water & veggie stock to boil in a large pot. Add chopped pumpkin and carrot.
4. Dice onions and garlic
5. Grate ginger
6. Heat oil in a fry pan then fry onions until soft
7. Add garlic and ginger then fry until golden brown. Add all fried ingredients to pot.
8. Cook in pot until pumpkin & carrot soft.
9. Add coconut cream and mix well. Adjust with salt and pepper to taste.
10. For smoother texture, use a hand held electric mixer.
11. Serve hot into mugs.

GARLIC & HERB BREAD

- 4 French bread sticks
- 300g softened butter or nutelex
- 1 head of garlic
- ½ cup finely grated parmesan
- ½ cup finely chopped sage
- ½ cup finely chopped chives
- ½ cup finely chopped thyme
- ¼ cup finely chopped rosemary
- ¼ cup finely chopped oregano

1. Pre heat oven 180 degrees.
2. Slice bread sticks into thin slices with bread knife.
3. Finely chop garlic and herbs, then mix into butter.
4. Butter one side of the slice of bread.
5. Place cut bread sticks flat onto a baking tray and bake for 10-15 minutes until crunchy.
6. Add some freshly grated parmesan cheese to the butter mix for an extra tasty bread.

COUS COUS SALAD

- 4 spring onion stalks
- 3 tbs nutelex
- 2 tbs olive oil
- 6 cups cous cous
- 3 capsicums
- 4 cups boiling water
- 3 tbs veggie stock
- 1 tsp honey
- 3 eggs
- 2 cups saltanas
- 1 cup chopped mint
- 1 cup chopped parsley

DRESSING:

- ½ cup olive oil
- 1/3 cup lemon juice
- salt and pepper

1. Place 3 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.
2. Finely chop spring onion and capsicum
3. Finely chop mint and parsley
4. Melt nutelex and oil in a frypan and cook spring onion until golden brown.
5. In a large bowl mix cous cous with veggie stock, capsicum and saltanas, then add boiling water. Cover and let sit for 10 mins or until soft.
6. Mix fried spring onion, eggs and herbs into cous cous.
7. Juice lemons and mix olive oil, salt and pepper in a jar with a lid. Shake well, then stir thru cous cous. Serve in 2 bowls.

APRICOT JAM DROPS

- 250 g butter or nutelex
- 1 cup caster sugar
- 2 tsp vanilla extract
- 2 eggs
- 2 ½ cups s/r flour
- 2 cups desiccated coconut
- 10 thawed apricot
- 1 cup raw sugar
- 1tbsp squeezed lemon juice

1. Preheat oven to 170 degrees.
2. Put apricots including liquid, lemon juice and raw sugar in a saucepan over a medium heat, stirring frequently (to avoid burning)
3. In a large bowl place the butter and caster sugar and using a wooden spoon cream mixture.
4. Add vanilla to bowl and mix well.
5. Beat eggs in separate bowl then gradually combine until smooth.
6. Add sifted flour and 1 cup of coconut.
7. Mix well until just combined into soft dough.
8. Place 1 cup coconut into a separate bowl.
9. Line 3 baking trays with baking paper.
10. Break off 30 egg sized pieces of dough and roll in extra coconut coating well, then roll into a ball and place onto baking trays.
11. Give 5 cm between each cookie allowing room for them to spread.
12. Using the end of a wooden spoon poke a hole into each ball making sure to only push half way through cookie.
13. Fill each hole with jam from the saucepan and bake for 15 minutes or until pale golden (rotate through the oven)

VEGETABLE FRIED RICE

- 8 cups basmati rice
- 1 large onion
- 3 cloves garlic
- 2 green capsicum
- 2 med. zucchini
- 2 corn
- vegetable oil
- 12 cups water
- 4 spring onion
- 2 tsp grated ginger
- 2 large eggplant
- 2 carrots
- 6 eggs
- soy sauce to taste

1. In x2 rice cookers place the rice and water and set to cook. (4 cups rice = 6 cups water)
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 spring onion then fry in a hot fry pan with oil, fry until it starts to brown.
4. Peel and dice garlic, then grate ginger and then add to onions.
5. Wash, deseed and then chop capsicum and eggplant into small cubes, then add to onions.
6. Wash and chop carrots, then add.
7. Peel, wash, then cut all kernels from the corn cob, add to pan.
8. Chop zucchini into small chunks and add to mix.
9. Fry well until 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 sauce to taste.
12. Gently fold in eggs.

MINI PUMPKIN PIES

- 1.5kg pumpkin
- 9 eggs
- 600g feta
- 1 cup grated cheese
- 375g sour cream
- 1 cup capsicum
- 4 stalks spring onion
- 4 stalks silverbeet
- 9 sheets of puff pastry

1. Preheat oven to 180°
2. Lay out pastry sheets to thaw
3. Chop pumpkin in to 1cm cubes
4. Wash and finely chop spring onion, silverbeet and capsicum
5. Cut feta into small cubes
6. Place eggs in a large bowl and fork beat, then add grated cheese, sour cream, feta, spring onion, silverbeet, capsicum & pumpkin. Mix well.
7. Once pastry has thawed, cut into quarters
8. Gently lay pastry into muffin trays, pushing them into shape
9. Fill each pastry $\frac{3}{4}$ full with mixture.
10. Bake for 20mins until mixture is cooked through or golden brown

TIP: Make sure you move the trays around in the oven so the pastry cooks through

WATERMELON SALAD

- 1 watermelon
- 300g feta
- 1 red onion
- 1 cup mint
- 2 large handfuls rocket
- ½ cup basil
- ¼ cup olive oil
- white balsamic vinegar
- peppercorns
- sea salt

1. Cut watermelon in half
2. Scoop out watermelon using an ice-cream scoop or melon baller and place into another bowl, keep the skin of the watermelon in the fridge once all the fruit has been removed.
3. Wash rocket and dry in salad spinner, set aside
4. Gently tear mint leaves and basil leaves off stalks and put in rocket bowl.
5. Very finely slice onion in rings
6. Cut feta into small cubes and set aside
7. Combine olive oil, a splash of balsamic vinegar, ground sea salt and ground pepper in to jar and shake.
8. Toss all ingredients into the rocket bowl and dress with vinaigrette.
9. For presentation place tossed salad back into watermelon skin using it as a bowl. To serve, place watermelon on a plate with salad servers.

APPLE & RHUBARB CRUMBLE

- 2 kg apples
- 8 stalks rhubarb
- 2 cups plain flour
- 3 cups rolled oats
- 2 cups brown sugar
- 5 cups corn flakes
- 2 cups coconut
- 400g butter
- 1 cup water
- cinnamon

1. Preheat oven to 180°.
2. Peel and dice apples into 2cm chunks.
3. Cut rhubarb stalks into 2cm pieces.
4. Place apples and rhubarb into a pot with a cup of water and 6 tsp raw sugar.
5. Mix and let simmer for 8-10 mins or until soft.
6. Place stewed mix into 2 baking trays.
7. In a large bowl combine flour, coconut, oats, brown sugar, cinnamon and mix well.
8. Mix in butter with your hands until a crumble mixture is formed, then add in the corn flakes, and mix well again.
9. Sprinkle over apple and apricot then bake for 25 mins or until golden brown.