



Basil Pesto

Season: Summer/Autumn

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: basil, garlic

Recipe Source: Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006)

Pesto is a wonderful sauce and it keeps very well if packed into very clean glass jars with a film of olive oil on top to keep out any air. Cap the jars tightly and your pesto can be enjoyed for months. You can serve pesto with fresh pasta.

Equipment:

metric measuring scales, cups and spoons
2 clean tea towels
chopping board
small knife
grater
food processor
medium bowl
non-stick frying pan
garlic crusher
spatula
colander
small ladle
serving bowl

Ingredients:

120 g parmesan cheese
½ cup pine nuts (or substitute)
2 large handfuls basil
(about 2 cups well-packed leaves)
4 garlic cloves
½ cup olive oil
4 tablespoons extra virgin olive oil
salt

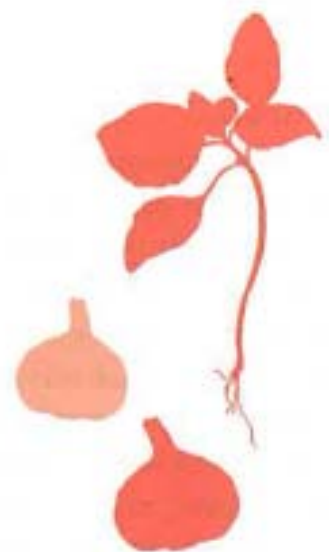


What to do:

- Weigh the parmesan and grate it.
- Place half the parmesan in the bowl of the food processor and set the other half aside in the medium bowl.
- Place 2 tablespoons of the pine nuts (or substitute) in the frying pan and dry-fry over a medium heat until golden. Set aside to use as garnish.
- Gently pull the basil leaves from their stems. Rinse the leaves and dry by rolling in a tea towel. Place the leaves in the bowl of the food processor and the stems in the compost bucket.
- Peel the garlic, crush in the garlic crusher and add to the food processor, along with the remaining pine nuts.



- Process the mix until you have a rough paste. With the motor running, slowly add the two types of oil. You should have a paste that is the same consistency as mayonnaise.
- Using the spatula, scrape the pesto into the serving bowl with the remainder of the parmesan and stir to combine. Taste for salt and season if necessary, and garnish with toasted pine nuts.





Fried Rice

Season: Winter/Spring

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: cauliflower, coriander, cucumbers, eggs, garlic, lime, peas, spinach, spring onions

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Fried rice is a very popular dish – the texture, taste and crunch are elements almost everyone likes. Once you've mastered this basic recipe, you can adapt it to your own tastes and the vegetables that are in season at the time.

Equipment:

tea towel
kitchen knife
chopping board
wok
metric measuring spoons and scales
spatula or wok sang
measuring spoons

Ingredients:

½ cauliflower
2 handfuls spinach
6 garlic cloves
good pinch salt
4 tablespoons vegetable oil
6 eggs
6 cups cooked rice, freshly cooked
and warm but not steaming hot
6 tablespoons light soy sauce
pinch castor sugar
100 g peas
9 spring onions
coriander leaves
2 limes
cucumber



What to do:

- Chop the cauliflower into bite-sized pieces.
- Wash and shred the spinach leaves.
- Crush the garlic with the salt to a coarse paste.
- Heat the wok over low-medium heat and add 2 tablespoons of the oil, then stir the garlic and fry until it is just beginning to colour.
- Crack in the eggs and allow them to set slightly before stirring and scrambling. Remove and put aside.
- Fry the cauliflower until tender, remove and set aside.
- Add the rice, turn down the heat to low and mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in egg and oil.

Asian Omelette

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, coriander, silverbeet, snowpea shoots, spring onions

Equipment:

tea towel
chopping board
cook's knife
medium bowl
whisk or fork
measuring spoons
4 small bowls
wok
measuring cup
wooden spoon
serving platters

Ingredients:

8 eggs
2 tsp fish sauce
1 tsp sesame oil
1/3 cup sunflower oil
1 small handful snowpea tendrils
or snowpeas, julienned
1 head broccoli, cut into small florets
and blanched
3 silverbeet leaves, finely chopped
1 small handful bean sprouts
4 spring onions, finely sliced
1 small handful coriander leaves, torn
2 tbsp oyster sauce



What to do:

1. Whisk the eggs lightly with the fish sauce and sesame oil. Divide the mixture into four small bowls.
2. Heat a wok with the sunflower oil. When the oil starts to shimmer and is very hot, ***gently but quickly pour in the eggs** (they will puff up).
3. Loosen the eggs with a wooden spoon and move them around a little – this will allow the egg mix to escape and cook.
4. Cook for 3–5 minutes until golden brown underneath and almost set inside.
5. Turn off the heat.
6. Push the omelette to one side and pour the excess oil off into a bowl. Use this oil for the next omelette.
7. Add snowpeas, broccoli, silverbeet, sprouts and spring onions to the middle of the omelette and fold over.
8. Allow the omelette to sit for a minute to finish cooking inside.
9. Slide the omelette off onto a serving platter.
10. Repeat the process until you have made all four omelettes.
11. Slice the omelette into tasting portions, drizzle each with a little oyster sauce.
12. Serve sprinted with torn coriander leaves.

*Adult supervision required



Carrot & Coriander Dip

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, coriander, lemon, mint, onion, orange

Equipment:

tea towel
cook's knife
chopping board
large saucepan
measuring spoons
small frying pan
wooden spoon
medium frying pan
food processor
mortar and pestle
citrus juicer
small bowl
serving bowls

Ingredients:

3 carrots, chopped into 3 cm chunks
1 tsp coriander seeds
1 tsp fennel seeds
1 tsp-ground cardamom
1 tsp garam masala
1 onion, chopped finely
1 orange
salt
freshly ground black pepper
2 tbsp natural yoghurt
1 lemon, juiced
1 large handful coriander, finely chopped
1 small handful mint, finely chopped

What to do:

1. Cook carrots in boiling water until tender (about 10 minutes).
2. Dry roast the coriander and fennel seeds over a medium heat.
3. Grind the roasted seeds in the mortar and pestle, then add to the food processor with remaining spices.
4. Cook the onion in a frying pan over medium heat until translucent, then add to the food processor.
5. Zest the orange and add to the food processor.
6. Drain carrots and add to food processor.
7. Puree ingredients until smooth.
8. Season with salt and pepper.
9. Add yogurt, lemon juice and coriander, and mix through.
10. Place in serving bowls and sprinkle with chopped mint.



Tomato & Basil Sauce

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, tomatoes

This simple sauce makes the most of the classic combination of tomato and basil. Once you understand the fundamental flavours you can adapt the recipe to your preference – adding garlic or onion, if you like, or chilli. This sauce can be used on pasta or as a pizza topping, or as a base for casseroles and stews. Once you perfect your recipe you can make large quantities and preserve it for use over the cooler months.

Equipment:

measuring scales
tea towel
chopping board
cook's knife
large pot
measuring spoon
mixing spoon

Ingredients:

1 kg tomatoes (or 3 × 400 g cans
peeled tomatoes)
2 large handfuls basil
2 tablespoons extra virgin olive oil
½ tsp sugar
salt
freshly ground black pepper

What to do:

1. Chop the tomatoes roughly into chunks.
2. Tear up the basil leaves.
3. Heat the oil in a large pot.
4. Add the tomato, sugar, salt and pepper to taste.
5. Cook for at least 10 minutes, and up to 30 minutes, or even longer if you have time. The final cooking time depends on how much time you have available and the type of flavour you want the sauce to have: less cooking results in a fresher flavour, while longer cooking results in a deeper, more intense flavour.





White Bean Dip

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, lemon, mint, parsley

Equipment:

measuring scales
food processor or
mortar and pestle
tea towel
chopping board
cook's knife
citrus juicer
measuring spoon
large bowl
serving bowls

Ingredients:

480 g cooked cannellini beans,
or 2 × 400 g cans
2 cloves garlic, finely chopped
½ lemon, juiced
3 tbsp olive oil
1 small handful flatleaf parsley,
finely chopped
salt
freshly ground black pepper
1 small handful mint, finely chopped

What to do:

1. Mince the cannellini beans in a food processor or by hand with the mortar and pestle until soft, being sure to retain some texture.
2. Combine the minced cannellini beans with the garlic, lemon juice, olive oil and parsley in a large bowl and mix well.
3. Season with salt and pepper.
4. Place in a serving bowls and sprinkle with chopped mint.

