



Basil Pesto

Season: Summer/Autumn

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 4 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

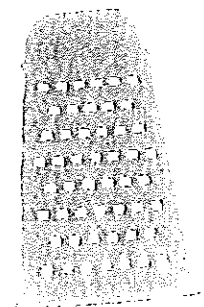
Ingredients:

120 g parmesan cheese
1/2 cup pine nuts (or substitute)
2 large handfuls basil
(about 2 cups well-packed leaves)
4 garlic cloves
1/2 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.

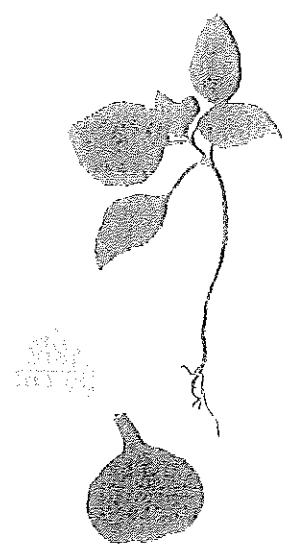




Basil Pesto continued

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.





Basic Pasta: Fettuccine

Season: All
Type: Basics
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 adult serves

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

Equipment:

pasta machine
food processor
metric measuring scales and spoons
small bowl
plastic wrap
large knife
clean tea towels
pastry brush

Ingredients:

400 g plain (all purpose) flour
2 teaspoons salt
4 eggs

What to do:

1. Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
2. Set up the food processor.
3. Weigh the flour, then combine it with the salt in the bowl of the food processor. Turn the motor on, crack the eggs into a small bowl, then add them to the food processor.
4. Process for a few minutes until the dough clings together and feels quite springy.
5. Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for 1 hour at room temperature.

To roll the dough:

1. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
2. Unwrap the cold dough and cut it into 6 pieces. Keep one piece out and fold the others back in the plastic wrap to stay moist.
3. Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
4. Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.

The dough will probably look a bit ragged at this stage, but you should have a longer rectangle. With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3–4 times, folding long sides into the centre each time.

Change the machine roller setting to the next-thickest setting and pass the dough through another 3–4 times. You do not need to fold it.

If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with flour.

Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting. Don't fold it again after the first (thickest) step. You probably won't use the very thinnest setting, as the dough gets too fine and is hard to manage without ripping.

If the dough gets too long to handle comfortably, cut it into 2–3 pieces using the large knife, and then continue to roll each piece separately.

For fettuccine, you will need to use a knife to hand-cut the pasta sheets into thick strands. Lay the sheets out and carefully, but quickly, run the knife down each sheet. Fettuccine means 'little ribbons', so the strands should be about 1–1.5 cm wide.

Let your pasta dry on the tea towels while you work on each of the remaining 5 pieces of dough. If you need to pile up layers, make sure you place a clean tea towel between any layers of pasta sheets, or they might turn into a sticky mass!

Clean the pasta machine by brushing it with a dry, wide pastry brush. Tip it upside down to get out any dried bits of pasta. **Never** wash your pasta machine with water as the rollers will rust.





Leafy Salad: Master Recipe

Season: All
Type: Salads
Difficulty: Easy

Serves: 30 tastes in the classroom
 or 6 serves at home

Fresh from the garden: herbs, garlic, leafy salad leaves

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the seasons, including leaves and herbs of different shapes and colours, both bitter and sweet. Croutons can be added (such as Turkish bread croutons). Students can decorate the salad with edible flowers from the garden, such as borage flowers, nasturtium flowers, even young flowers of chives.

Make sure you wash and dry the salad leaves very gently, without bruising them.

Equipment:

large bowl
 scissors
 salad spinner
 2 clean tea towels
 kitchen paper
 chopping board
 measuring cups and spoons
 1 large knife
 mortar and pestle
 juicer
 tablespoon
 whisk
 tongs
 salad bowls or platters
 salad servers

Salad ingredients:

4 cups mixed salad leaves
 (whatever is ready for
 harvesting from the garden)
 2 cups mixed small leaves and
 herbs (e.g. rocket, beetroot
 leaves, baby spinach, sorrel,
 mizuna, parsley)
 croutons and edible flowers
 (optional)

Classic vinaigrette dressing:

1 clove garlic
 salt
 1 lemon OR 3 tablespoons
 red wine vinegar
 1/3 cup extra virgin olive oil
 freshly ground black pepper



What to do:

- Fill a large bowl with cold water and tip all the leaves into the bowl to soak for a few minutes.
- Tear the stems away from any spinach leaves (or if the leaves are very small, just cut off any extra long stems using scissors).
- Lift the leaves onto the draining board of the sink and tip the water into a bucket to use on the garden.
- Rinse the bowl, then add fresh water and return the leaves to the bowl. Swish the leaves again in clean water, then lift out small handfuls at a time and place them in the salad spinner. (Put any yellow or slimy leaves in the compost bucket.)



- Tear any very large leaves into smaller pieces. Working in batches, very gently dry the leaves in the salad spinner. (Reserve any more water that can be used for the garden.)
- Spread out the tea towel and line it with a long piece of kitchen paper. Tip the dried leaves onto the paper and roll up gently into a parcel in the tea towel. Keep the rolled parcel of leaves in the refrigerator until needed. Rinse and dry the bowl.
- To make the classic vinaigrette dressing, set out the chopping board and knife, and place a damp tea towel under the board to prevent it from slipping.
- Carefully press the garlic clove under one flat side of the large knife. The skin will slip off easily.
- Chop the garlic roughly and place it in the mortar with a pinch of salt, then pound it with the pestle until it becomes a paste.
- Juice the lemon and add the juice to the mortar, then stir with the tablespoon to combine, and then scrape it into the large bowl. Stir in the olive oil and add some pepper, then whisk the dressing lightly to combine it.
- Unwrap the parcel of salad leaves and tip them into the bowl with the dressing, then very gently turn them in the dressing with tongs or your hands.
- Serve on platters and scatter with croutons or flower garnishes, if using.





Tomato & Basil Soup

Season: Summer/Autumn
Type: Soups & Starters
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: basil, garlic, tomatoes

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is a simple but classic soup you can easily make when you have plenty of tomatoes – usually in late summer and autumn. Homemade tomato soup is so much fresher and tastier than the canned version.

Equipment:

measuring spoons
green chopping spoons
large knife
passata machine
large stock pot
wooden spoon
large ladle

Ingredients:

2 tablespoons olive oil
3 onions
2 garlic cloves
3 kg very ripe tomatoes
1 L chicken stock
2 tablespoons rice flour
freshly ground black pepper
handful basil leaves

What to do:

- Peel and thinly slice onions.
- Peel and crush garlic cloves, finely.
- Heat oil in large stock pot, add onion and garlic. Cook until onion is transparent.
- Pass tomatoes through a passata machine. Add tomatoes to pot along with chicken stock.
- Heat to simmering point and simmer for 10 minutes.
- Mix rice flour to a smooth cream with a little of the soup.
- Add to the soup and cook for a further 10 minutes.
- Roughly chop the basil leaves and stir through.
- Adjust the seasoning to taste.

