

Pumpkin and tomato gratin

Serves 4 at home or 12 tastes in the classroom

Fresh from the garden pumpkin, garlic, rosemary, tomatoes

Because pumpkin can end up a bit sloppy if cooked in liquid, we steamed it so it stayed as dry as possible. Steaming is an interesting and fast way to cook many things, including fish and green vegetables.

Equipment

chopping board	metric measuring spoons
knives – 1 small, 1 large	and cups
scales	medium non-stick
wok	frying pan
bamboo steamer with lid	wooden spoon
bowls – 1 small, 2 large	pastry brush
grater	gratin dish (or other
food processor	ovenproof dish)
electric jug	heatproof board or mat
colander	

Ingredients

850–900 g pumpkin (750 g after peeling)	4 ripe tomatoes, or 1 × 400 g can chopped tomatoes
2 cloves garlic	2 tablespoons butter
3 × 3 cm stalks rosemary	¼ cup extra-virgin olive oil
50 g parmesan	salt
3 slices sourdough bread	freshly ground black pepper

What to do

✳️ Set out the chopping board and knives. **Peel and seed the pumpkin.** Place the peel and seeds in the compost bucket. Using the scales, weigh the pumpkin to make sure you have 750 g.

✳️ Slice the pumpkin into 1 cm slices and cut each slice into 1 cm cubes. Place the wok over a high heat and pour in enough hot water to come one-third of the way up the sides. Rest the bamboo steamer on top. Spread the pumpkin cubes in the basket, cover with the

basket lid and steam for about 5 minutes until nearly tender.

✳️ **Lift the basket off the wok and transfer the pumpkin to one of the large bowls.**

✳️ Peel and chop the garlic and add to the pumpkin bowl. Strip the needles from the rosemary and add the needles to the bowl. Grate the parmesan and set aside in the small bowl until needed.

✳️ Remove and discard the crusts from the bread. Put the bread into the bowl of the food processor, then run the motor to make breadcrumbs. Place the breadcrumbs in the bowl with the parmesan

✳️ If using fresh tomatoes, cut out the stems and cut a cross on the bottom of each tomato. Place the fresh tomatoes in the second large bowl and boil the electric jug. Place the colander in the sink. **Pour boiling water over the tomatoes and leave for a minute. Tip the tomatoes and boiling water into the colander, then cool with cold water.** Using your hands, peel off the tomato skins. Cut each tomato in half crossways, then squeeze gently to remove the seeds. Place the skins and seeds in the compost bucket. Roughly chop the tomato flesh

✳️ Preheat the oven to 200°C. Heat the butter and half the oil in the frying pan and add the chopped tomatoes (or canned tomatoes). Cook over a high heat, stirring occasionally with the wooden spoon, until the tomatoes have collapsed and look 'saucy' – about 10 minutes.

✳️ Add the tomatoes to the pumpkin and mix. Add salt and pepper. Brush the inside of the gratin dish with some of the remaining oil and spoon the pumpkin/tomato mixture evenly into the dish. Scatter the gratin with the parmesan and breadcrumbs and drizzle with the rest of the oil. Bake for about 25 minutes or until the crust is golden.

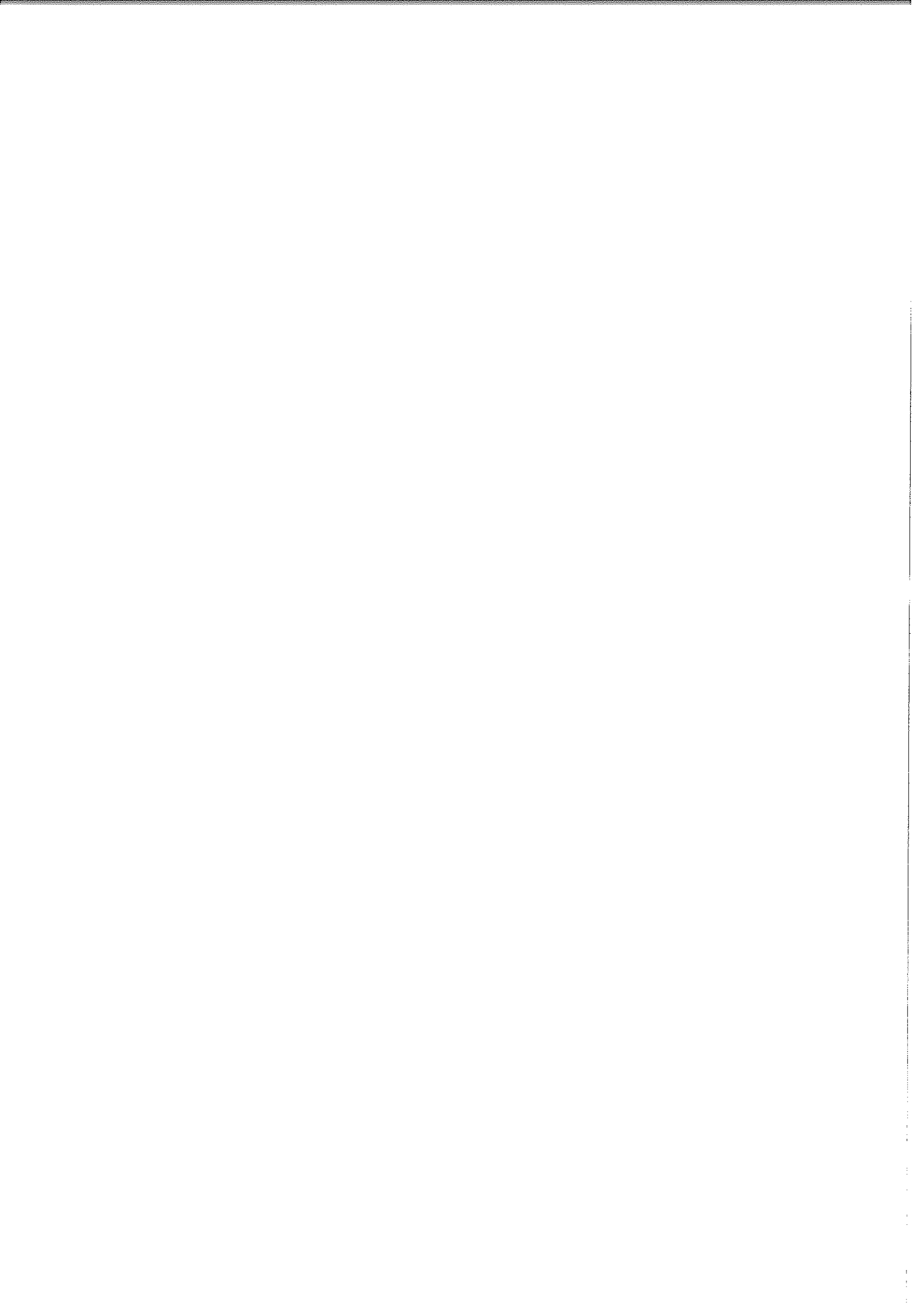
✳️ **Remove the gratin from the oven.** Place the board on the table and serve the gratin in its dish at the table.

BOTTOM DRAWER

Interesting techniques • peeling fresh tomatoes

• steaming with a bamboo basket and wok

Safety tip Peeling pumpkin can be quite dangerous because the surface is hard and slippery. Ask an adult to show you first.





Wheat Tortillas

Season: All
Type: Basics & Breads
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Recipe Source: Adapted from an original by Esther Nelson

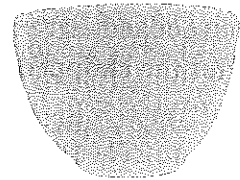
Make these Mexican flat breads as thin as possible so they cook really quickly and get really crisp – you'll be surprised at how they bubble up in the pan.

Equipment:

metric scales, cups and spoons
large bowl
heavy-based frying pan

Ingredients:

450 g plain flour
1 tablespoon butter
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
1 cup warm water



What to do:

- Mix together the flour, baking powder and salt in large bowl. Rub in butter to resemble texture of polenta. Add water slowly, mixing with your hands to make a soft dough. You may not need all the water, but add a little if the dough seems too dry.
- Knead a few minutes on floured surface until smooth and elastic. Lubricate top with oil, put back in bowl and let rest, covered for 10 minutes.
- Divide into small balls the size of golf balls and proceed to roll out into a 10 cm circle, about 1 mm thick. (Ensure you make enough for all diners to have at least half a tortilla.)
- Cook in dry heavy frying pan until top is slightly bubbly then turning on opposite side for a minute or two. Keep stacked and warm inside a clean tea towel.



Linguine with pesto

Serves 4 at home or 8 tastes in the classroom

Fresh from the garden basil, garlic

Pesto is a wonderful sauce and it keeps extremely 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. To save time in the classroom, we rolled and cut pasta dough that had been made by the previous class.

Equipment

2 trays	metric measuring spoons
very large saucepan	and cups
chopping board	non-stick frying pan
small knife	tea towel
scales	garlic crusher
grater	spatula
food processor	colander
medium bowl	small ladle
	large serving bowl

Ingredients

2 quantities Basic Pasta Dough (page 79)	1 bunch basil (about 1 cup well-packed leaves)
plain (all-purpose) flour for dusting	2 cloves garlic
	¼ cup olive oil
Pesto	2 tablespoons extra-virgin olive oil
60 g parmesan	salt
¼ cup pine nuts	

BOTTOM DRAWER

Interesting terms/techniques

- making fresh pasta • toasting nuts
- mayonnaise consistency

Did you know? In Italy, pesto is almost always served with factory-made spaghetti. We used fresh egg pasta because all the children loved making it so much! Pesto also goes really well with lamb chops.

What to do

✳ Make the pasta as directed on page 79. Pass the dough through the narrow cutting blades of the pasta machine to form linguine. Dust the trays with flour, lay strands of linguine in a single layer on the trays and allow to dry for 10 minutes.

✳ Fill the very large saucepan with salted water and bring to the boil.

✳ In the meantime, make the pesto. Set out the chopping board and small knife. 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 in the frying pan and toast over a medium heat until golden. Set aside to use as a garnish.

✳ Gently pull the basil leaves from their stems. Rinse the leaves and dry by rolling in the 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 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 bowl with the remainder of the parmesan and stir to combine. Taste for salt.

✳ Drop the linguine into the boiling water. Cook for 4–5 minutes (taste to check if it is al dente). Set the colander in the sink. **Ladle 2–3 tablespoons of the cooking liquid into the bowl with the pesto and stir. Tip the linguine and boiling water into the colander.**



✳ Return the linguine to the empty hot saucepan. Tip in the pesto and mix well. Transfer the pasta to the serving bowl and scatter with the toasted pine nuts.





Basic Pasta: Linguine

Season: All
Type: Basics
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 adult serves

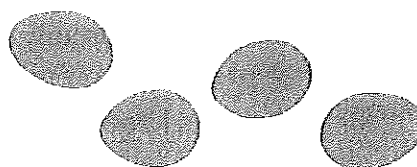
Recipe Source: Stephanie Alexander's *Kitchen Garden*
Cooking with Kids (Penguin Lantern 2006)

Equipment:

pasta machine with linguine cutter
(6–9 mm intervals)
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:

- Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
- Set up the food processor.
- 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.
- Process for a few minutes until the dough clings together and feels quite springy.
- 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.

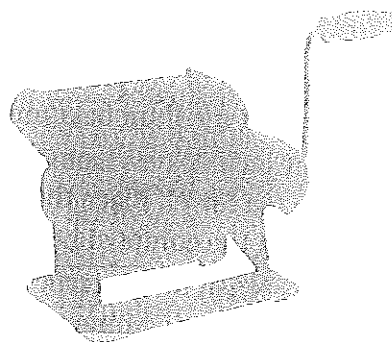
To roll the dough:

- 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.
- 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.
- 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.
- 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.



Basic Pasta: Linguine continued

- 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 linguine, you will need to use the cutter to cut your pasta sheets down to 6–9 mm thick strands. Attach the cutter and run each pasta sheet through the linguine cutter, gathering all the strands as you go.
- Let your pasta dry on the tea towels while you work on each of the remaining 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
 $\frac{1}{3}$ 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.

