

Orange and cardamom cakes with cream cheese icing

Makes 10

Fresh from the garden oranges, eggs

The grated orange zest gives a lovely flavour to these little cakes.

Equipment

scales	lemon juicer
metric measuring spoons and cups	bowls – 2 medium, 1 large
small saucepan	grater
pastry brush	whisk
10 cupcake cases (optional)	sieve or sifter
1 × 12-hole muffin tin	2 dessertspoons
scissors	skewer
chopping board	wire rack
large knife	spatula
food processor	serving plate

Ingredients

125 g butter	2 teaspoons ground cardamom
$\frac{3}{4}$ cup castor (superfine) sugar	
2 large oranges	Cream cheese icing
2 eggs	60 g pure icing (confectioners') sugar
125 g self-raising (self-rising) flour	60 g cream cheese
	30 g butter

► M DRAWER

Interesting technique • testing with a skewer

Did you know? Cardamom is a much-loved spice in many countries, particularly India and the Arab world. It is used in both sweet and savoury dishes and can be found in curries, cakes, breads, rice dishes and in poached fruits.



What to do

* Preheat the oven to 190°C. If using cupcake cases, drop one into each of the holes in the muffin tin. Otherwise, weigh the butter, then melt 1 tablespoon in the small saucepan and use the pastry brush to grease the holes of the muffin tin.

* Set out the chopping board and knife. Cut the remainder of the butter into small cubes and place in the bowl of the food processor. Add the sugar and run the motor for 1 minute.

* Juice the oranges and place the juice in a medium bowl. Grate the zest from the oranges and add the zest to the bowl. Crack the eggs into the same bowl, then lightly whisk to combine. Sift the flour and ground cardamom into the second medium bowl.

* With the food processor running, and working quickly, add about one-third of the egg and juice mixture, then add about one-third of the sifted flour. Immediately add another one-third of the egg mixture and another one-third of the flour, then the remaining egg mixture and flour and process until smooth and creamy.

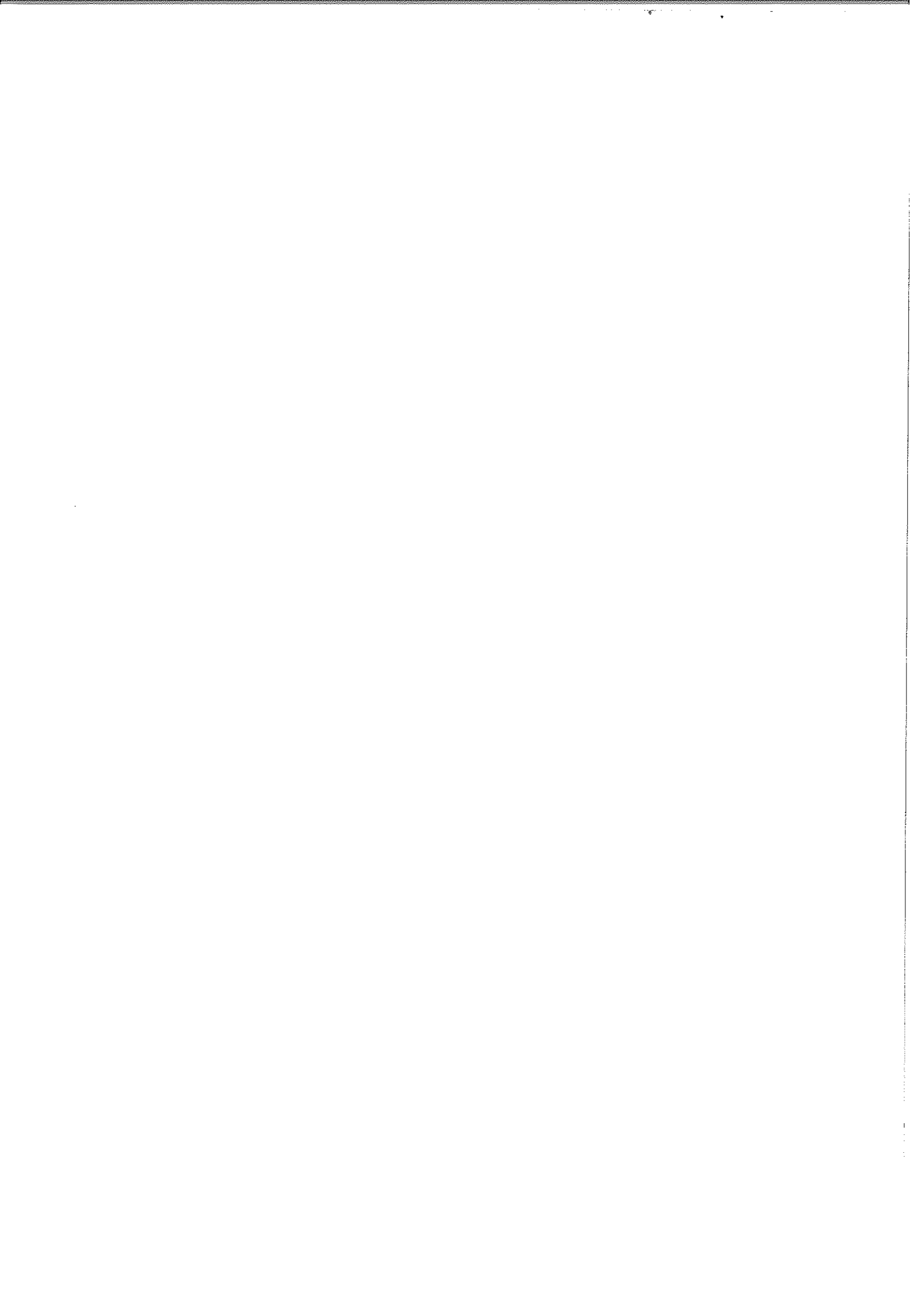
* Spoon the batter evenly into 10 holes of the greased muffin tin, filling each hole about two-thirds full. Bake for 15 minutes or until cooked. **To test the cakes, remove from the oven and insert a skewer.** If the skewer comes out clean, the cakes are done.



* While the cakes are cooking, make the icing. Wash and dry the bowl of the food processor and place the sieve over the top. Tip the icing sugar into the sieve and use a spoon to push the icing sugar through. Cut the cream cheese into small cubes, then tip into the food processor, along with the butter, and process until smooth and creamy.



* **Remove the cakes from the oven.** Allow them to cool for 1 minute in the tin, then turn the tin upside-down and bang the bottom of the tray to release the cakes. Place right side up on the wire rack to cool completely. When the cakes are cool, use the spatula to spread a little icing on top of each cake and serve.





Mie Goreng

Season: All

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bean sprouts, bok choy or Asian greens, capsicum, carrots, eggs, limes, spring onions, Asian herbs such as coriander, Thai basil, Vietnamese mint

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

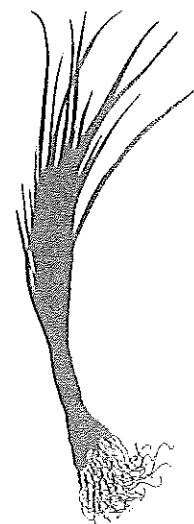
This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final flavour is really up to you!

Equipment:

clean tea towel
chopping board
kitchen knife
metric measuring scales,
cups and spoons
grater (optional)
large mixing bowl
whisk
colander
wok (possibly 2)
mortar and pestle
wooden spoon
serving platter

Ingredients:

12 spring onions
2 carrots
8 garlic cloves
8 snake beans or green beans
1 capsicum
500 g bok choy or Asian greens
400 g tofu or chicken
8 eggs
1 quantity **egg noodles** or 300 g dry noodles
6 tablespoons vegetable oil
2 cups bean sprouts
2 tablespoons sweet chilli sauce
¼ cup thick sweet soy sauce
2 tablespoons palm sugar
salt to taste
large handful of mixed Asian herbs
2 limes



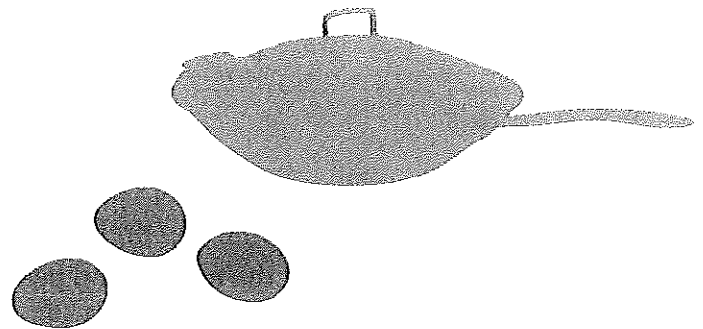
What to do:

- Cut the spring onion into diagonal slices.
- Julienne the carrots, or grate them if you prefer. Deseed the chilli.
- Crush the garlic and chilli using the mortar and pestle.
- Thinly slice the snake beans, capsicum and bok choy or Asian greens.
- Chop the tofu or chicken into bite-sized pieces.
- Whisk the eggs in a bowl.





- Cook the noodles for 3–5 minutes, drain and rinse with cold water.
- Heat the oil in the wok and, when hot, add the garlic and spring onion and cook for 1 minute. (Note if the dish is too large you may need to cook it in 2 woks.)
- Add the tofu and fry for 1 minute.
- Now add the greens and bean sprouts and cook for 1 minute.
- Add the chilli sauce, thick soy and palm sugar and mix well.
- Add the eggs and stir continuously for 30 seconds.
- Increase to a high heat and add the cooked noodles, plus salt to taste.
- Fry for 3 more minutes, stirring continuously.
- Chop up the herbs and slice the lime into wedges.
- Serve with herbs and lime as garnishes.





Desley's Mum's Silverbeet, Potato & Tomato Curry

Season: Autumn
Type: Big Dishes
Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: garlic, onions, potatoes, silverbeet, tomato

Recipe Source: This recipe is from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006), from an original by Desley's mum!

To save time the potatoes may already be prepared for you, so you will need to prepare them for the next class. This involves peeling the potatoes, chopping them, then leaving them to soak in cold water. You can do this while waiting for the curry to cook.

Equipment:

tea towel
chopping board
knives – 1 small, 1 large peeler
bowls – 1 small, 1 medium, 1 large
small non-stick frying pan
metric measuring spoons and cups
mortar and pestle
metric measuring spoon and cup
colander
heavy-based frying pan
(or saucepan) with 6cm sides and lid
wooden spoon
salad spinner
serving bowl

Ingredients:

6 large potatoes
1 onion
5 cm piece fresh ginger
2 garlic cloves
1 teaspoon cumin seeds
1 teaspoon brown mustard seeds
1/2 teaspoon chilli flakes
6 curry leaves
1/2 teaspoon ground turmeric
1/4 cup olive oil
400 g can chopped tomatoes, or 6 fresh
big bunch (about 18) silverbeet leaves
6 stems coriander (cilantro)
10 stalks parsley
salt

What to do:

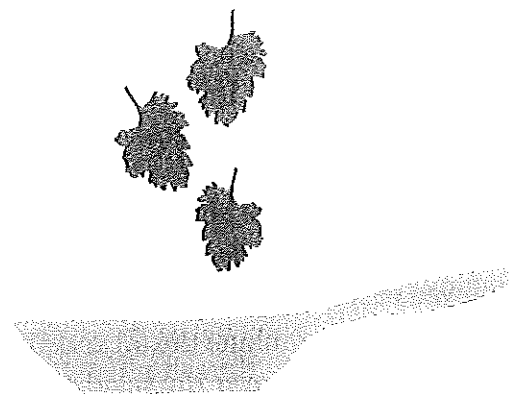
- Peel the potatoes and chop them into 2 cm cubes; place in the large bowl and cover with water. Peel and chop the onion, ginger and garlic, and place in the medium bowl.
- Heat the small frying pan over a medium heat. Toast the cumin seeds in the dry pan until they smell fragrant. Tip the seeds into the mortar. Toast the coriander seeds in the same pan until they smell fragrant. Add these seeds to the mortar. Toast the mustard seeds until they start to pop, then add them to the mortar. Crush the seeds to a coarse powder using the pestle. Add the chilli flakes, crumbed curry leaves and turmeric to the crushed spices, and stir to combine.





Desley's Mum's Silverbeet, Potato & Tomato Curry continued

- Place the colander in the sink. Tip the potatoes and water into the colander. Heat the oil in the heavy-based frying pan over a medium heat and tip in the onion, garlic and ginger. Fry, stirring with the wooden spoon for a few minutes until softened. Add the crushed spices from the mortar, the potatoes, and the tin of undrained tomatoes. Stir with the wooden spoon to combine and add just enough water to barely cover. Cover tightly with the lid and reduce the heat to a simmer. Cook for 25 minutes.
- Meanwhile, separate the silverbeet leaves from their stems by slicing along each side of the thick central stem. Place the stems in the compost bucket. Rinse the silverbeet leaves and dry in the salad spinner. Roll the leaves into a loose bunch, then shred with the large knife. Place the shredded leaves in the bowl used to hold the onion. Lift the coriander from its soaking water. Rinse the parsley. Dry the herbs by rolling in the tea towel, chop roughly, then set aside in the small bowl.
- When the timer goes off, check the potatoes are tender and taste for salt. Add the silverbeet leaves, cover and cook for 10 minutes.
- Transfer the hot curry to the serving bowl. Sprinkle the chopped parsley and coriander over the top.





Indian Flatbread

Season: All

Type: Breads

Difficulty: Easy

Serves: Makes 32 small flatbreads

Recipe Source: Foster Primary School

Flatbreads generally include leavened bread, such as pita, or unleavened, such as mountain bread. Both types are common throughout the Middle-East and beyond, and are popularly used for wraps as well as toasted for salads, dips and sauces. In an Indian village the 'fat' would have been butter made from buffalo milk.

Note: You will shape and bake your own bread, then make a batch of dough to rise for the next class.

Equipment:

To cook the bread:

- 2 baking trays
- 2 heavy-based frying pans
- rolling pin
- spatula or egg flipper
- tongs

For the dough:

- metric measuring spoons and scales
- bowls – 1 small, 1 large
- mixer with large bowl and dough hook attachment
- clean tea towel

Ingredients:

To cook the bread:

- flour for dusting the workbench

For the dough:

- 2 teaspoons sea salt
- 2 cups lukewarm water
- 5 tablespoons extra virgin olive oil
- 1 kg plain flour, plus a little extra for dusting



What to do:

You will form your breads using the dough made for you by the previous class. At the end, you will make the dough for the class following you.

Preheat the oven to 120°C and place the baking trays in the oven.

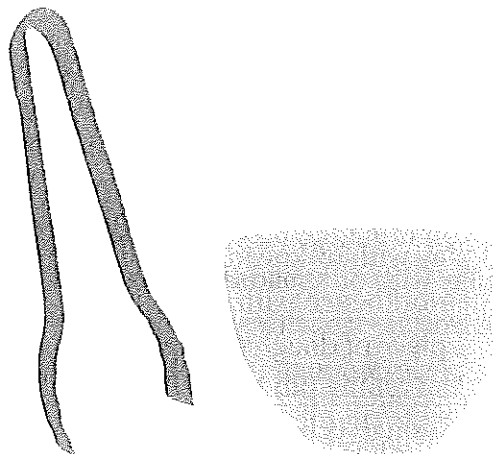
- Tip out the dough and divide it into 32 even pieces, each the size of a small egg. What do you think the best method is to divide the dough?
- Do not play with or knead the dough – if you do your bread will be tough to eat!
- Dust the workbench with some flour.
- Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
- While the dough is being shaped, heat both frying pans until hot.



- Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.
- As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.
- Using tongs, transfer the cooked flatbreads to one of the warm baking trays and return them to the warm oven until we are ready to eat.

To make the dough:

- In the small bowl, dissolve the salt in the water. Add the oil.
- Place the flour in the large bowl of the mixer. Attach the dough hook.
- With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.
- Tip the dough into a large bowl and cover with a dry tea towel.
- Leave to rest for the next class.





Basic Egg Noodles

Season: All
Type: Basics
Difficulty: Intermediate

Serves: Your portions will depend on the weight of your eggs, but a good rule of thumb is 1 egg per at-home serve.

Fresh from the garden: eggs

Recipe Source: This recipe is adapted from an original recipe by Lee Geok Boi in *Classic Asian Noodles* (Marshall Cavendish 2007).

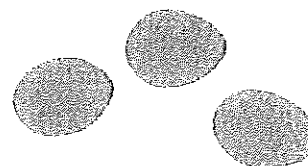
This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much noodle you will make by first weighing your eggs, then adding to that weight double the amount of flour.

Equipment:

metric measuring scales
sifter
large bowl
pasta machine with noodle
cutter attachment
clean tea towels

Ingredients:

1 teaspoon bi-carb soda
1½ teaspoons salt
plain wheat flour (double the
weight of the eggs in their shell)
2 eggs in their shells
corn flour, for dusting



What to do:

- ◊ Weigh the eggs to determine how much flour to use.
- ◊ Sift the bi-carb, salt and flour into a large bowl.
- ◊ Break the eggs into the flour and knead until the dough is smooth.

To make the noodles:

- ◊ Divide the pasta into 4 balls.
- ◊ 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.
- ◊ 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. Sprinkle with corn flour on both sides. The dough can be quite dry at first, but keep working it and be very careful with sprinkling flour.
- ◊ 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.
- ◊ 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 corn flour onto your hands and smooth it onto the strips of dough. Be very sparing with the 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. If the dough gets too long to handle comfortably, cut it into 2–3 pieces using the large knife, then continue to roll each piece separately. Sprinkle with corn flour on both sides.

Finally, change the pasta machine setting to a noodle cutter attachment and pass your dough through it.

Let your long, thin strands of pasta dry on the tea towels, sprinkled with corn flour, while you work on each of the remaining pieces of dough.

