



Snowpea & Feta Salad

Season: Winter/Spring

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: garlic, mint, snowpeas,
sugar snap peas

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

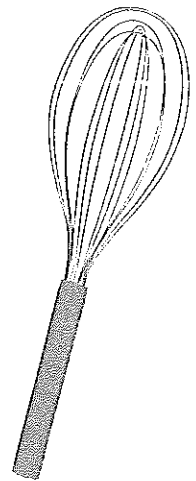
Crisp green peas add a colourful and textural flourish to this classic combination of mint and feta.

Equipment:

medium saucepan
colander
chopping board and knife
clean tea towel
large mixing bowl
grater
mortar and pestle
whisk
serving platter

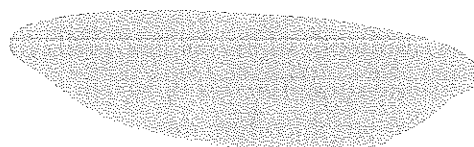
Ingredients:

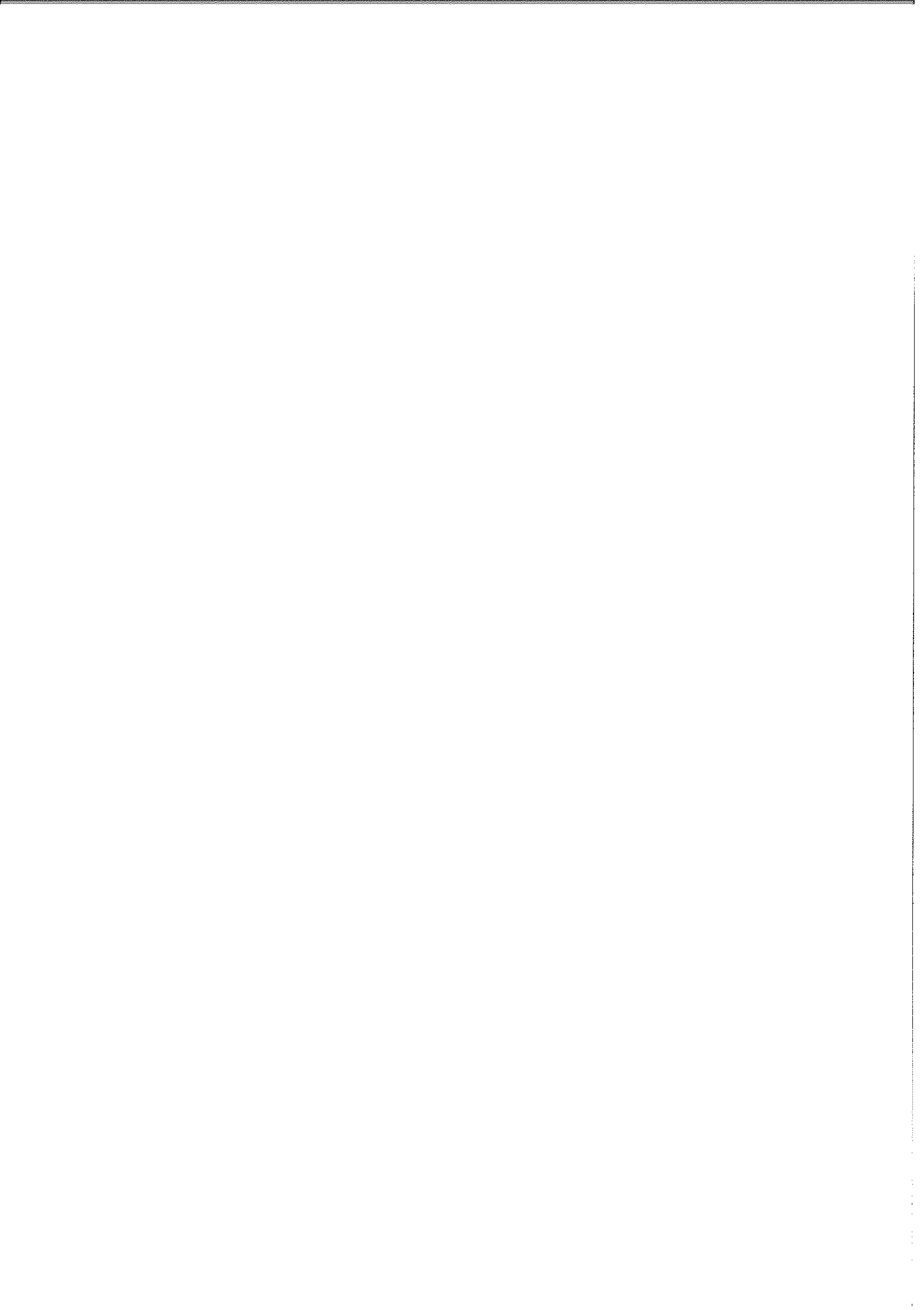
large handful sugar snap peas
large handful snowpeas
1 L water
small bunch mint
1 clove garlic
1 teaspoon salt
2 tablespoons lemon juice
1 teaspoon honey
¼ cup extra virgin olive oil for dressing
salt and pepper to taste
100 g feta



What to do:

- ❖ Wash and de-string all the pea pods.
- ❖ Bring 1 L water to boil in the saucepan and blanch peas for 30 seconds. Drain and leave in a colander to cool.
- ❖ Finely chop the mint and place in the large serving bowl.
- ❖ To make the dressing, mash garlic with 1 teaspoon of salt with the mortar and pestle, add lemon juice and honey and whisk in olive oil.
- ❖ Add cooled pea pods to the mint in the mixing bowl and mix through carefully.
- ❖ Add ¾ of the dressing to the salad and toss.
- ❖ Season to taste.
- ❖ Place salad on your serving platter, crumble feta over the top and drizzle over the remaining dressing.







Basic Pizza Dough

Season: All

Type: Basics

Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 8 at home

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

Pizza is a great dish at any time of the year, and once you've mastered the basic techniques you can use this dough and experiment with toppings based on any ingredients that are in season.

Note: This dough quantity is enough for two pizzas.

Equipment:

metric measuring scales, cups and spoons
bowls – 1 small, 2 large
fork
electric mixer with a dough hook
pastry brush
2 pizza stones, or 2 × 28 cm pizza trays
pizza peels or baking trays
(if using pizza stones)
wide egg lifter
large board for serving pizza
kitchen knife

Ingredients:

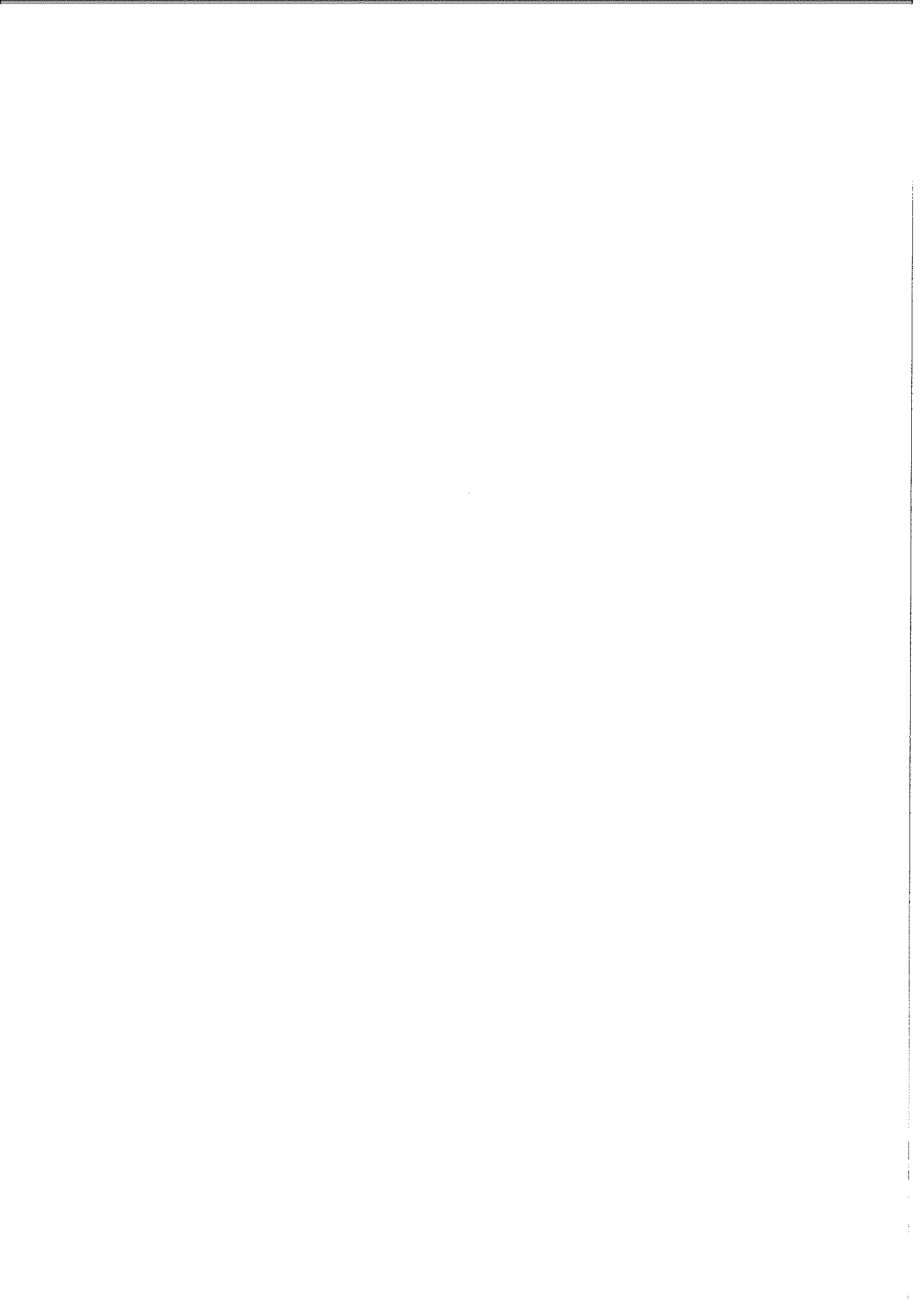
1 cup lukewarm water
4 teaspoons instant dry yeast
1 teaspoon sugar
4 teaspoons extra virgin olive oil,
plus extra for greasing
400 g plain (all-purpose) flour,
plus extra for flouring
1 teaspoon salt
2 tablespoons semolina flour
(if using pizza stones)



What to do:

To make the dough:

- Place the water, yeast and sugar in the small bowl, mix with the fork and leave in a warm place for 5–10 minutes until the mixture looks frothy.
- Add the oil to the yeast mixture and mix well.
- Weigh the flour then place it, along with the salt, into the bowl of the electric mixer. Add the yeast mixture and beat for at least 8 minutes until the dough looks smooth.
- Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl.
- Cover with a clean, dry tea towel and put in a draught-free place until the dough has doubled in size. This process, which is called 'proving', will take at least 1 hour.
- Tip the risen dough onto the workbench and knead briefly, then shape into a round ball, return to the bowl, cover with the tea towel, and leave, this time for at least 20 minutes.
- (While the dough is proving you can prepare your toppings.)
- Once the dough has proved for the second time it is ready to roll out and assemble the pizza.



Golden syrup dumplings

Serves 6 at home or 12 tastes in the classroom

Fresh from the garden lemons, eggs

This old-fashioned recipe has proved popular with a new generation. The dumplings are poached in the syrup, so it is most important that the frying pan you select is deep and has a lid – the dumplings swell to at least double their uncooked size.



Equipment

ovenproof serving dish	wooden spoon
lemon juicer	bowls – 3 small, 1 large
frying pan (at least 4 cm deep), with lid	whisk
scales	sieve or sifter
metric measuring jug, spoons and cups	dinner plate
	slotted spoon
	small jug



Ingredients

Syrup

½ lemon
2 cups water
175 g brown sugar
¼ cup golden syrup
2 tablespoons butter

Dumplings

2 tablespoons butter
2 eggs
2½ tablespoons milk
1 tablespoon plain (all-purpose) flour
225 g self-raising (self-rising) flour
pouring cream to serve

BOTTOM DRAWER

Interesting terms/techniques • rubbing in butter
• making a well in dry ingredients • working in batches

Questions 1 What is golden syrup? 2 Why do we keep a lid on the pan when the dumplings are cooking?

Answer 1 Characterised by its rich golden colour and honey-like consistency, golden syrup is a by-product of the process where sugar cane is turned into sugar. 2 The dumplings in this recipe are cooked by poaching, so the pan needs to be covered with a lid to create the steam inside the pan.



What to do

* Preheat the oven to 120°C. Rub the ovenproof dish with a tiny piece of butter and place in the oven to keep warm.

* To make the syrup, juice the lemon half, then pour the juice into the frying pan or saucepan. Weigh/measure the water, brown sugar, golden syrup and butter and add to the pan. Stir with the wooden spoon over a low heat until the butter has melted and the brown sugar has completely dissolved. Increase the heat to medium and bring the syrup to the boil, then immediately remove the pan from the heat and set aside until needed.

* To make the dumplings, place the butter in a small bowl and allow it to come to room temperature. Meanwhile, place the eggs and milk in a second small bowl and whisk until well combined. Put the plain flour into the third small bowl and place on your workbench.

* Sift the self-raising flour into the large bowl. Using your fingertips, rub in the softened butter. Make a well in the centre of the flour mixture, then tip in the whisked-egg mixture. Use the wooden spoon to gently stir until all the ingredients are combined.

* Dip your fingers into the plain flour in the small bowl (this helps stop the dough from sticking to your hands). Working in batches, pull out a walnut-sized piece of dough and use your floured fingers to roll it into a small dumpling. Place it on the dinner plate, then repeat the process with the remaining dough.

* Place the pan containing the syrup on the stove and bring to a simmering point, stirring with the wooden spoon to heat it evenly. Carefully put the dumplings into the simmering syrup, quickly cover with the lid and cook over a medium heat for 10 minutes without lifting the lid.



* Lift the lid to check the dumplings are cooked – they should look well-risen and fluffy. Use the slotted spoon to carefully lift the dumplings out of the syrup and put them in the warm serving dish. Pour the syrup over the dumplings.

* Serve the dumplings with a jug of pouring cream on the side.





Potato & Rosemary Pizza

Season: Summer/Autumn

Type: Big Dishes

Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 8 at home

Fresh from the garden: potatoes, rocket, rosemary

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

This is a classic pizza topping. The potatoes need to be sliced very thinly so that they cook through properly, and this may take some practice (remember your 'bear claw'!) The rocket adds a fresh peppery element to the cooked dish.

Equipment:

salad spinner
tea towels
kitchen paper
chopping board
metric measuring scales and cups
grater
peeler
vegetable-slicing gadget such as a mandoline
large bowl

Ingredients:

2 handfuls rocket leaves
50 g parmesan cheese
3-4 sprigs rosemary
3 medium-to-large potatoes
¼ cup extra virgin olive oil
salt and freshly ground black pepper, to taste
1 quantity **basic pizza dough**

What to do:

- ◊ Rinse the rocket leaves and dry them very gently in the salad spinner.
- ◊ Lay the rocket out on a dry tea towel and line it with a long piece of kitchen paper.
- ◊ Spread the dry leaves over the paper and roll the whole lot up like a log. Keep the rolled parcel of leaves in the refrigerator until needed.
- ◊ Shave off pieces of parmesan using either a grater (if it has a wide slicing option) or a normal potato peeler.
- ◊ Pull the rosemary needles from the stalks.
- ◊ Peel the potatoes and slice them very thinly using the vegetable-slicing gadget.
- ◊ Tip the sliced potatoes into the large bowl and drizzle with most of the oil.
- ◊ Add the rosemary and salt and pepper, then mix together so that all the slices are lightly oiled.
- ◊ Scatter some flour on the workbench and roll the dough to form a thin disc about 26 cm in diameter.





If you are using a pizza tray:

- You can assemble the pizza directly onto the tray (again, flour the tray first).
- Arrange the slices of potato on the pizza, overlapping them.
- Sprinkle most of the parmesan over the potato, keeping some aside.
- If you are using a pizza tray, drizzle the pizza with the last of the oil, then place the pizza in the oven.

If you are using a pizza stone:

- Place the pizza stone on a rack in the oven to get very hot.
- You will first have to assemble the pizza on a light piece of wood – called a peel – or an upside-down baking tray (you don't want any edges that could prevent the prepared dough slipping easily onto the preheated stone). Flour the tray first.
- Place the rolled-out pizza dough onto either the floured pizza tray or wooden peel (or an upside-down baking tray) – whichever you are using.
- Arrange the slices of potato on the pizza, overlapping them.
- Sprinkle most of the parmesan over the potato, keeping some aside.
- ***Carefully pull out the rack with the very hot pizza stone.**
- Being careful not to touch the hot pizza stone, scatter the pizza stone with semolina, then firmly shake and slide the pizza from the wooden peel or baking tray onto the stone, and drizzle with the last of the oil.

Baking the pizza:

- Bake the pizza for 15 minutes or until the edges are very crusty and the cheese is bubbling.
- If you are using a pizza tray, you may want to slip the pizza off the tray onto the rack for the last few minutes, so that you get a really crusty base.
- Once the pizza is done, transfer it to the board using the wide egg lifter.
- Cut the pizza into slices so there is a slice each for your diners.
- Serve topped with a handful of the washed rocket leaves and remaining parmesan.





Potato, Leek & Chive Soup

Season: Spring
Type: Soups & Dips
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bay leaves, chives, garlic, leeks, onion, parsley, potatoes

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This soup is a classic leek and potato soup. Once you understand how it's made, you can easily add other greens such as leeks, Warrigal greens, sorrel leaves or young beetroot leaves, depending on what's available in the garden.

You'll also be making croutons in this recipe.

Equipment:

tea towel
chopping board
kitchen knife
large pot
wooden spoon
metric measuring jug and spoons
colander
pestle
vegetable peeler
wooden spoon
aluminium foil
coarse-meshed sieve
large bowl
hand held blender
wide soup bowls

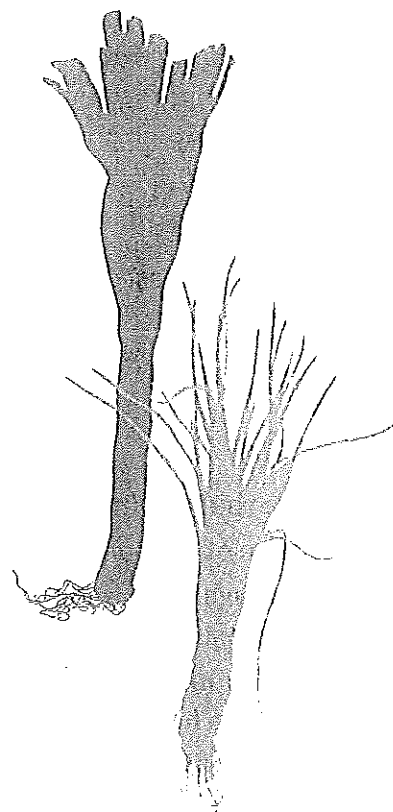
Ingredients:

6 celery stalks
3 leeks
2 onions
2 garlic cloves
15 potatoes
2 L vegetable stock
1 tablespoon butter
2 bay leaves
bunch parsley
big handful chives
salt and pepper

For the herb butter:

3 garlic cloves
4 tablespoons softened butter
handful parsley
1 teaspoon salt
black pepper

stale bread for croutons



What to do:

- Wash and finely slice the leek.
- Finely dice the onion and 3 cloves of garlic. Dice the celery stalks.
- In a large saucepan, sauté the leek, onion and garlic.
- Peel and finely dice the potato and spring onion.
- Finely chop the herbs.



Potato, Leek & Chive Soup continued

- Add all herbs, potato and spring onion to the sautéed ingredients.
- Add the butter and sauté for another 3–4 minutes.
- Use enough stock to cover all the ingredients and keep on a simmer.
- Meanwhile, finely chop the parsley and garlic for the herb butter and mix with the softened butter. Add salt and pepper and combine well.
- Spread the butter onto a piece of foil. Roll into a sausage shape and secure both ends. Put into the fridge to chill.
- Check the soup. If it is soft, turn off the heat, let cool and purée in the food processor (if not soft enough keep cooking until soft).
- For the croutons, slice the stale bread into rounds.
- Put into large bowl with olive oil, salt and pepper. Coat each round of bread thinly in olive oil and place on a flat baking tray.
- Put under the grill for 5–10 minutes until golden, turn and repeat on other side.
- When the soup is puréed, put back into saucepan and re-heat before serving.

