



Poached Pears

Season: Autumn/Winter

Type: Sweets & Drinks

Difficulty: Easy

Serves: 30 tastes in the classroom
or 8 serves at home

Fresh from the garden: edible flowers, lemons, oranges,
pears, verbena leaves

Recipe Source: Desley Insall, Kitchen Specialist, Collingwood College

When pears are in season, they are abundant and fragrant. This recipe complements their natural floral flavour with vanilla and citrus for a delicious dessert that can be served warm or cold, with a spoonful of yoghurt, or just as is.

Note: don't throw away the vanilla bean at the end – it can be re-used for another batch of pears. Make sure when you're serving up that there is about half a pear for each diner.

Equipment:

tea towel
chopping board
kitchen knife
vegetable peeler
citrus juicer
metric measuring cups
very large saucepan
or stock pot
melon baller
slotted spoon
colander

Ingredients:

1 orange
1 lemon
16–20 pears
2 L cold water
1 kg sugar
1 vanilla bean
edible flowers, to garnish
6 verbena leaves, to garnish
(optional)



What to do:

To make the syrup:

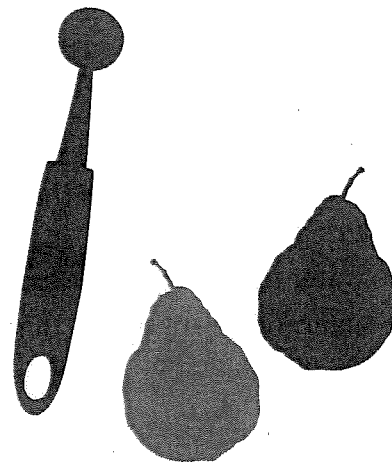
- Peel the zest from the orange and the lemon with a vegetable peeler.
- If you want to add lemon juice to the syrup, get out a chopping board and cut the lemon in half with a large knife. Then juice the lemon using a lemon juicer. Adding the lemon juice makes the pears stay a pale yellow colour, rather than turning dark as they cook.
- Pour the water into a very large saucepan.
- Add the sugar, the orange peel, the lemon peel and the vanilla bean. Bring to the pot to the boil and simmer for 10 minutes to infuse the flavours.





To prepare the pears:

- Wash the pears. Check each pear carefully for caterpillar holes. (Discard any that have caterpillar holes.)
- Peel the pears with the vegetable peeler.
- Cut the pears in half and scoop out the cores with a melon baller.
- To stop the pears from going brown, use a large slotted spoon to lower the pears into the syrup straight away. The acid from the lemon and orange prevents the pears from oxidising, which is why they turn brown if left in the air too long.
- Once all the pears are in the pot, gently heat the pot to barely simmering.
- Poach the pears until they just soft when pierced with a knife, and then turn off the heat.
- Leave the pears in the syrup to cool.
- To serve, use the slotted spoon to lift the pears out of the pot and put one half in each bowl. (One pear half per person.) Decorate the pears with edible flowers.





Session 3

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 as 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.

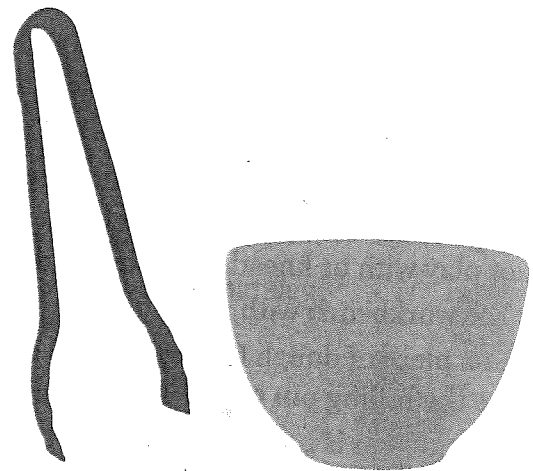
While the dough is being shaped, heat both frying pans until hot.



- 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.





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:

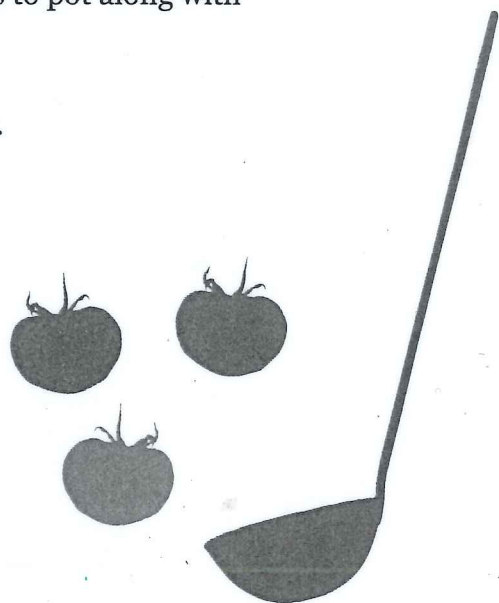
measuring spoons
green chopping spoons
large knife
passata machine
large stock pot
wooden spoon
large ladle

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.





Tabbouleh

Season: Summer

Type: Salads

Difficulty: Easy

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

Fresh from the garden: tomatoes, cucumbers, spring onions, garlic, parsley, mint, lemons

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

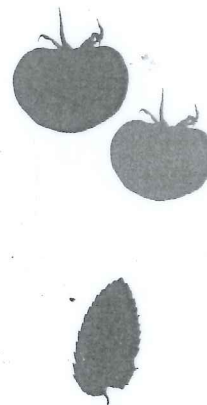
Tabbouleh needs plenty of parsley. When ready to serve, the mixture should look brightly coloured with the red of the tomatoes and the green of the herbs. Use it to fill pita pocket breads and then add some falafel, lamb burgers or labna balls.

Equipment:

metric measuring spoons and cups
bowls – 1 small, 1 medium
tablespoon
large strainer
2 tea towels
chopping board
knives – 1 large, 1 serrated
peeler
lemon juicer
serving bowl

Ingredients:

1 cup cracked wheat
6 tomatoes
2 long cucumbers or 4 small
4 spring onions
2 garlic cloves
very large bunch parsley
handful mint leaves
1 lemon
2 tablespoons extra-virgin olive oil
salt
freshly ground black pepper



What to do:

- Place the cracked wheat in the medium bowl and cover with cold water. Soak for 10 minutes, then tip into the strainer. Press out as much liquid as possible with the back of the tablespoon.
- Tip the cracked wheat into one of the tea towels (choose one that's thick) and roll it like a sausage. Two people are now needed to each hold one end of the tea-towel sausage and to twist in opposite directions to squeeze even more liquid from the grains. Rinse and dry the medium bowl, then unwrap the 'sausage' and carefully shake the cracked wheat into the bowl.
- Set out the chopping board and knives. As you chop the following ingredients place them in the bowl with the cracked wheat. Cut the tomatoes into small dice using the serrated knife. Peel and dice the cucumber. Trim the outside layer from the spring onions, cut off their tops and ends, then finely slice the rest. Peel and finely chop the garlic.
- Rinse the parsley and mint and dry in the second tea towel. Chop the herbs and add to the other ingredients. Juice the lemon. In the small bowl, mix the oil and lemon juice to make a dressing, then add to the medium bowl. Mix everything together and taste for salt and pepper. Spread the herbs evenly throughout. Transfer the tabbouleh to the serving bowl and serve.