



## Tomato & Basil Pizza

**Season:** Summer/Autumn

**Type:** Big Dishes

**Difficulty:** Intermediate

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

**Fresh from the garden:** basil, garlic, tomatoes

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

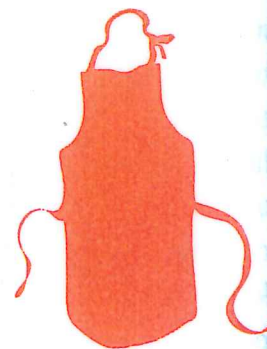
This is a classic pizza topping using 'best friends' tomato and basil. While they are usually in season at the same time, if you don't have fresh tomatoes you can use preserved ones, even tomato sauce; you could also use pesto rather than fresh basil if you are craving this pizza in cooler months.

### Equipment:

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

### Ingredients:

4 large tomatoes or 8 small  
large handful basil  
1 garlic clove  
¼ cup extra virgin olive oil  
salt and freshly ground black  
pepper, to taste  
1 quantity pizza dough

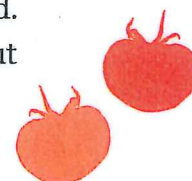


### What to do:

- Slice the tomatoes thinly.
- Tear up the basil leaves.
- Mince the garlic clove.
- Shave off pieces of parmesan using either a grater (if it has a wide slicing option) or a vegetable peeler.
- Tip the sliced tomatoes into the large bowl and drizzle with most of the oil.
- Add the salt, pepper and garlic, and mix together so 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 tomato on the pizza, overlapping them.
- Sprinkle most of the parmesan and most of the basil over the top, 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.





# 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.



# Basic Pasta: Linguine

Season: All  
Type: Basics  
Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 adult serves

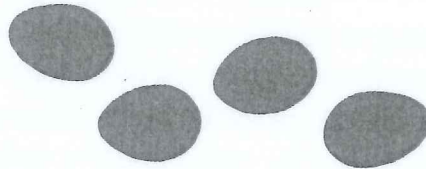
Recipe Source: Stephanie Alexander's *Kitchen Garden*  
*Cooking with Kids* (Penguin Lantern 2006)

## 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.

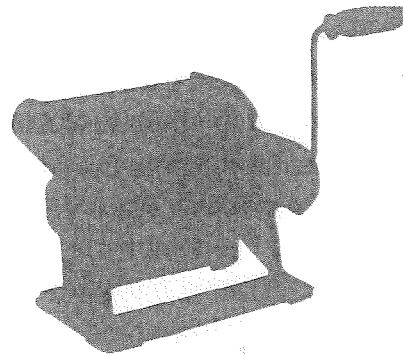
## To roll the dough:

- 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.





# Tomato & Garlic Sauce

Season: Summer/Autumn

Type: Salads

Difficulty: Easy

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

Fresh from the garden: basil, tomatoes

Recipe source: Stephanie Alexander Kitchen Garden Foundation

This simple sauce makes the most of the classic combination of tomato and basil. Once you understand the fundamental flavours you can adapt the recipe to your preference – adding onion, if you like, or chilli, as well as basil oregano or marjoram. This sauce can be used on pasta or as a pizza topping, or as a base for casseroles and stews. Once you perfect your recipe you can make large quantities and preserve it for use over the cooler months.

## Equipment:

- tea towel
- chopping board
- kitchen knife
- large saucepan
- mixing spoon

## Ingredients:

- 1 kg tomatoes
- 3 or 4 garlic cloves
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon sugar
- salt and freshly ground black pepper, to taste



## What to do:

- Chop the tomatoes roughly into chunks.
- Mince the garlic, adding a pinch of salt to help the knifework and to stop the garlic becoming bitter.
- Add the tomato to the large pot. Add the garlic, oil, sugar and salt and pepper to taste. Cook for at least 10 minutes, and up to 1/2 an hour, or even longer if you have time. The final cooking time depends on the time you have available and the type of flavour you want the sauce to have: less cooking results in a fresher flavour, while longer cooking results in a deeper, more intense flavour.





## Warm Beetroot & Herb Salad

Season: Autumn/Winter

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 at home

Fresh from the garden: beetroot, herbs

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Beetroot is a star crop – we find many ways to use it in salads and other dishes. The young green leaves of beetroot make their way into a variety of salads, while the stems and roots are cooked and added to a variety of dishes. This recipe is a lovely part of a bistro salad platter.

### Equipment:

chopping board  
kitchen knife  
metric measuring spoons  
2 clean tea towels  
large bowl  
peeler  
baking dish with lid (use aluminium foil if no lid to baking dish)  
fork  
small bowl  
skewer  
serving platters

### Ingredients:

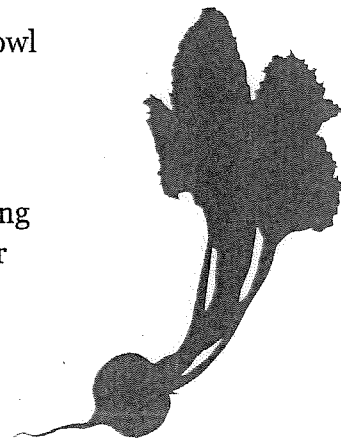
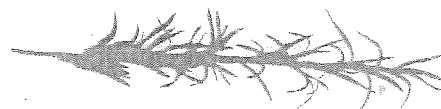
6 medium–large beetroot or 24 small beetroot (about the size of a golf ball)

### For the dressing:

3 tablespoons extra virgin olive oil  
2 teaspoons balsamic vinegar  
1 teaspoon brown sugar  
selection of garden-picked herbs  
(e.g. mint, tarragon, parsley, chives)

### What to do:

- Preheat the oven to 200°C.
- Wash the beetroot very well.
- Set out the chopping board and knives. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Cut off the leafy tops of the beetroot. Rinse the leafy tops in a large bowl of cold water and dry on a clean tea towel.
- Peel the beetroot, cut into 3 cm cubes and place in the baking dish.
- For the dressing, use the fork to whisk the oil, vinegar and sugar in a small bowl. Drizzle the dressing over the beetroot and shake the baking dish so that each beetroot piece is coated. Cover the dish and bake for 30 minutes until the beetroot cubes are nearly tender.





*Warm Beetroot & Herb Salad continued*

**to assemble the salad:**

While the beetroot cubes are baking, inspect the leaves. Discard any that are ragged or yellow. Dry the good leaves and chop them roughly.

Remove the baking dish from the oven and add the leaves to the beetroot. Stir or shake the dish to mix the leaves with the dressing, then return the dish to the oven for 10 more minutes.

Meanwhile, rinse, dry and chop the herbs roughly.

Check the beetroot – it's cooked when a thin skewer will slip through it easily.

When cooked, arrange the beetroot cubes and leaves on a platter.

Scatter the chopped herbs over top and drizzle any cooking juices over.

