



Spiced Cauliflower & Chickpea Masala

Season: Winter

Type: Starters

Difficulty: Easy

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

Fresh from the garden: cauliflower, chilli, coriander, garlic, ginger

Recipe Source: Stephanie Alexander's *Kitchen Garden Companion* (Penguin Lantern 2009)

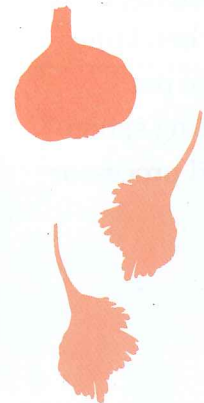
This colourful dish can be served as part of an Indian-inspired meal with other side dishes, or it could just as well be part of the accompaniments to a Western-style barbecue.

Equipment:

tea towel
kitchen knife
chopping board
tea towel
non-stick frying pan with lid
wooden spoon
tongs

Ingredients:

small piece ginger
3 garlic cloves
1 onion
800 g cauliflower
1/2 cup peanut or vegetable oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1/2 teaspoon ground turmeric
2 long green chillies
440 g can chickpeas
440 g tinned chopped tomatoes
1/2 teaspoon salt
handful of coriander sprigs, to serve



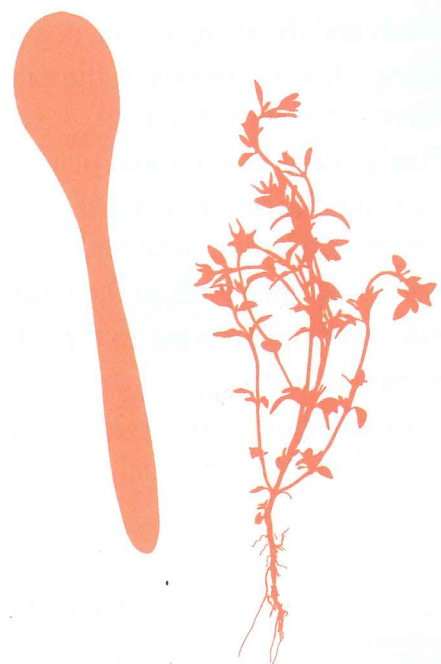
What to do:

- Finely chop the ginger and garlic, halve and thinly slice the onion and chop the cauliflower into florets.
- Heat the peanut oil in a large non-stick frying pan over medium heat. Add mustard seeds and wait a few seconds until they start to pop.
- Add ginger, garlic, cumin, turmeric and onion and stir with the wooden spoon until the onion is well softened (about 8 minutes).
- Add the cauliflower and turn with tongs until every piece is well coated with the spice mixture.
- Slice the chilli in half length-ways and scrape the seeds out then slice finely.
- Add the chickpeas, tomatoes, chilli and salt to the pan. Stir to mix, then cover with the lid.
- Cook for 8-10 minutes, stirring once or twice until cauliflower is just tender.
- Serve scattered with coriander sprigs.



Silverbeet in Olive Oil with Chickpeas & Currants continued

- When the shredded silverbeet leaves have wilted and the whole mixture has shrunk to half of its original volume, add the chickpeas and currants and cook a further 5 minutes, stirring occasionally.
- If using herbs from the garden, such as parsley, basil or thyme, wash and rip or chop them while the vegetables are cooking.
- Add a small amount of lemon zest and any herbs, if using. Taste for salt and pepper and add as needed.





Silverbeet in Olive Oil with Chickpeas & Currants

Season: Summer/Autumn

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: silverbeet, herbs

Recipe Source: Desley Insall, Kitchen Specialist, Collingwood College

This is a lovely way to use silverbeet and enjoy its fresh, delicate flavour. This mixture can also be used as the filling for a gratin, in which case replace the chickpeas with a handful of toasted pine nuts.

Equipment:

salad spinner (optional)
clean tea towels
chopping board
small (paring) knife
large knife
heavy-bottomed saucepan
wooden spoon

Ingredients:

10 stalks silverbeet
2 onions
6 garlic cloves
extra virgin olive oil – 3 tablespoons
plus one cup ← *To much olive oil
only add
as much as you
need.*
6 cups cooked chickpeas
½ cup currants
lemon zest – equivalent to about
a ¼ of a lemon
handful mixed herbs from the garden (optional)
salt and pepper, to taste

What to do:

- Thoroughly wash the silverbeet, drying it gently in a salad spinner or tea towel.
- With the paring knife, cut the green part of the silverbeet away from the white part (ribs). Keep the green and white parts separate.
- With the large knife, finely chop the onion and garlic.
- Slice and chop the white ribs of silverbeet into small pieces.
- Place the saucepan over medium–low heat and add about 3 tablespoons of olive oil – enough to coat the bottom of the pan with a thin film of oil.
- Tip in the onions and garlic and gently sauté them, but don't let them colour or start to turn brown. Cook for 2–3 minutes, stirring with the wooden spoon.
- Add the chopped ribs from the silverbeet, stir and continue to cook gently.
- Taking one piece of the green silverbeet, roll it into a tight roll and slice across the roll to form ribbons (this is called 'shredding'). Do all the leaves the same way.
- Add all the shredded green silverbeet leaves to the onion and garlic mixture in the saucepan, and stir to coat the leaves in the onion and garlic flavoured oil.
- Add a further cup of olive oil to the pan and cook the mixture on low heat, stirring constantly so it doesn't stick.

Taste Recipe: Sweet Potato Rosti

- 700g sweet potato, peeled, grated
- 1 egg, beaten
- 1/4 cup plain flour
- 60g unsalted butter, melted
- 60ml (1/4 cup) olive oil
- Select all ingredients



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PRINT RECIPE

Step 1 Preheat the oven to 150°C. Mix sweet potato with the egg, flour and melted butter. Season with salt and pepper. Heat oil in a non-stick frying pan over medium heat. Form the mixture into 6 patties and fry, in batches, for 2-3 minutes each side until crisp and golden. (Keep each batch warm in the oven.) Serve with the lamb.

Double quantities



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.

