



# Asian Coleslaw

Season: Winter/Spring

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 at home

Fresh from the garden: cabbage, carrots, chillies,  
coriander, daikon, garlic, limes, mint, red onion

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This delicious fresh salad is a more interesting variation on the traditional carrot, cabbage  
and mayo version, full of tasty fresh ingredients from the garden and focusing on Asian flavours.

## Equipment:

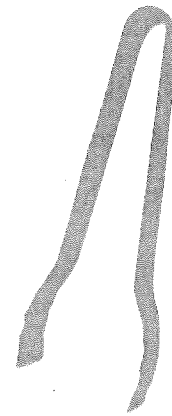
chopping board  
knives – 1 small, 1 large  
medium saucepan with lid  
ladle  
tongs  
plate  
plastic film  
1 large bowl  
citrus juicer  
metric measuring spoons and cups  
vegetable peeler  
food processor with shredding disc,  
or vegetable slicing gadget  
tea towel  
large metal spoon  
serving bowl for each table

## Ingredients:

1 carrot  
1 daikon  
1/2 cabbage  
1 small red onion  
20 mint leaves  
12 stems coriander

### For the dressing:

3 garlic cloves  
1 long red chilli  
1/4 cup lime juice  
1 tablespoon rice vinegar  
1/3 cup fish sauce  
1/2 cup vegetable oil  
2 tablespoons sugar



## What to do:

Peel and finely chop the garlic, and place it in the bowl.  
Cut the chilli in half lengthways and slice it as finely as you can. Place in the bowl.  
Juice the lime. Add the lime juice, rice vinegar, fish sauce, oil and sugar to the bowl, and stir.  
Peel the carrot and daikon. Shred the carrot and daikon using the food processor or slicing  
gadget, and add to the bowl.  
Shred the cabbage and add to the bowl.  
Peel the red onion, cut it in half lengthways and slice each half into fine rings. Add to the bowl.  
Wash and dry the herbs and set aside some leaves to use as a garnish. Shred the rest of the mint  
and the coriander.  
Mix all the ingredients together, place in serving bowls and garnish with reserved herbs.



# Roti

Season: All

Type: Basics & Breads

Difficulty: Intermediate

Makes: 30

Recipe Source: Adapted from an original by Kate Tait

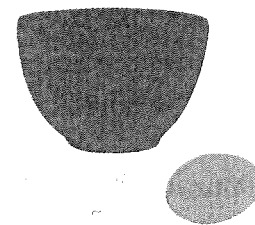
Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

## Equipment:

metric scales, cups  
and spoons  
large jug  
mixing spoon  
large mixing bowl

## Ingredients:

100 ml reduced-fat or standard milk  
50 g unsalted butter  
1 egg, lightly beaten  
2½ cups plain flour, plus extra to dust  
2 teaspoons castor sugar  
2 teaspoons salt  
canola oil spray



## What to do:

- Place milk, butter, egg and 100 ml water in a large jug and mix well. Place flour, sugar and 2 teaspoons table salt in a bowl and make a well in the centre. Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft, smooth dough. Cover and stand for 20 minutes.
- Divide dough into 16 pieces and spray with oil. Spray a clean, flat work surface with the oil. Working with one dough ball at a time, use oiled hands to flatten dough on the oiled surface, tugging at the edges to stretch it out to about 15 cm wide and about 5 mm thick.
- Heat a large frying pan or barbecue hotplate to medium-high heat. Cook each roti, **\*pressing down as it bubbles to cook evenly**, for 1 minute on each side or until golden and slightly charred.

\*Adult supervision required



# 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

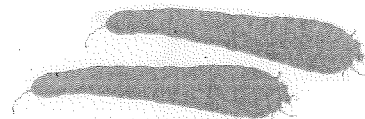
## Ingredients:

- 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:

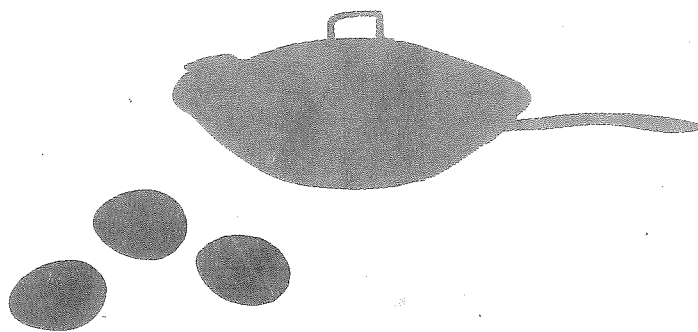
- Cut the spring onion into diagonal slices.
- Julienne the carrots, or grate them if you prefer. Deseed the chilli.
- Crush the garlic and chilli using the mortar and pestle.
- Thinly slice the snake beans, capsicum and bok choy or Asian greens.
- Chop the tofu or chicken into bite-sized pieces.
- Whisk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





Mie Goreng continued

- 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.





# Pear Crumble

Season: Summer/Autumn

Type: Sweet Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom  
or 10 at home

Fresh from the garden: lemons, pears

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is an easy sweet dish that is great in winter. Once you understand how to make a crumble you can do this with any fruit that happens to be in season, and experiment with flavours – perhaps adding cinnamon, nutmeg, ground ginger or star anise – and textures – perhaps adding almond meal or nuts if you're not allergic to them.

## Equipment:

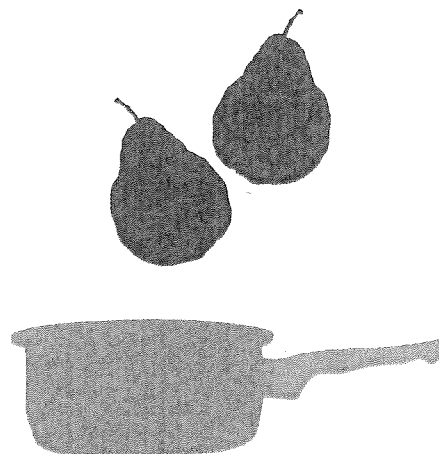
metric scales and cups  
tea towel  
chopping board  
kitchen knife  
vegetable peeler  
citrus juicer  
metric measuring cups  
large saucepan  
large baking dish  
wooden spoon  
colander  
medium saucepan

## Ingredients:

12 pears  
1 lemon  
500 ml water  
150 g castor sugar

## For the topping:

250 g unsalted butter  
6 cups rolled oats  
1 cup brown sugar



## What to do:

- Preheat the oven to 180°C.
- Peel the pears and chop into small dice.
- Juice the lemon.
- Place the water, lemon juice and sugar in a large saucepan. Bring to a simmer.
- Turn the saucepan heat up to medium, and drop the pears into the syrup.
- Put the lid on the pot. Turn the heat down to low and simmer for 15–20 minutes, until tender.
- Drain off the stewing juice and place the fruit in the bottom of the baking dish.
- To make the topping, melt the butter in a medium saucepan, then stir in the oats and sugar.
- Spread the topping over the fruit.
- Bake for 30 minutes or until topping is golden.