



# Fried Rice

**Season:** Winter/Spring

**Type:** Big Dishes

**Difficulty:** Easy

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

**Fresh from the garden:** cauliflower, coriander, cucumbers, eggs, garlic, lime, peas, spinach, spring onions

**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

Fried rice is a very popular dish – the texture, taste and crunch are elements almost everyone likes. Once you've mastered this basic recipe, you can adapt it to your own tastes and the vegetables that are in season at the time.

## Equipment:

tea towel  
kitchen knife  
chopping board  
wok  
metric measuring spoons and scales  
spatula or wok sang  
measuring spoons

## Ingredients:

1/2 cauliflower  
2 handfuls spinach  
6 garlic cloves  
good pinch salt  
4 tablespoons vegetable oil  
6 eggs  
6 cups cooked rice, freshly cooked  
and warm but not steaming hot  
6 tablespoons light soy sauce  
pinch castor sugar  
100 g peas  
9 spring onions  
coriander leaves  
2 limes  
cucumber



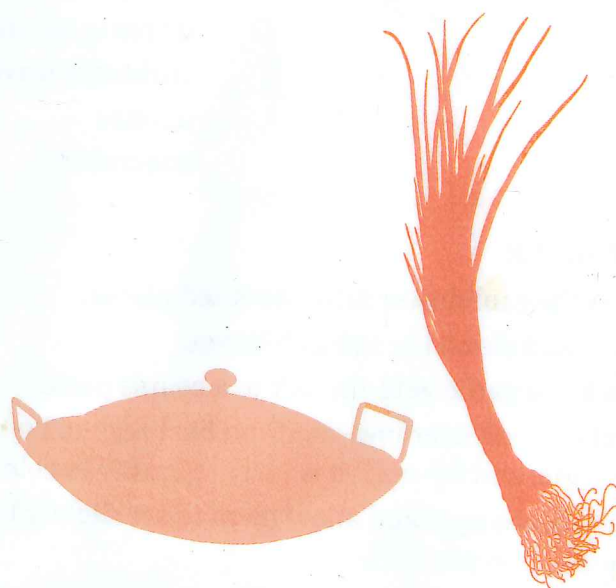
## What to do:

- Chop the cauliflower into bite-sized pieces.
- Wash and shred the spinach leaves.
- Crush the garlic with the salt to a coarse paste.
- Heat the wok over low-medium heat and add 2 tablespoons of the oil, then stir the garlic and fry until it is just beginning to colour.
- Crack in the eggs and allow them to set slightly before stirring and scrambling. Remove and put aside.
- Fry the cauliflower until tender, remove and set aside.
- Add the rice, turn down the heat to low and mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in egg and oil.



*Fried Rice continued*

- Season with the soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
- Stir through chopped spring onion, cauliflower, peas and spinach reserving a few spring onions to sprinkle over the fried rice when serving.
- Slice the lime into wedges and slice the cucumber thinly. Serve sprinkled with reserved spring onions and the lime and cucumber as garnish.





# Asian Salad with Roasted Rice

**Season:** All

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

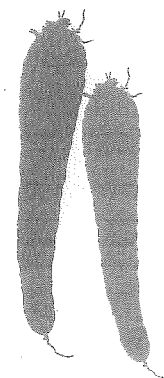
**Fresh from the garden:** carrot, coriander, dill, Lebanese cucumber, mint, salad leaves, Spanish onion, spring onion

## Equipment:

tea towel  
 chopping board  
 cook's knife  
 vegetable peeler  
 measuring spoons  
 measuring cups  
 2 large bowls  
 small saucepan  
 mixing spoon  
 serving platters  
 frying pan or wok  
 wooden spoon  
 mortar and pestle or blender  
 serving platters

## Ingredients:

2 small carrots, sliced into ribbons with a peeler  
 1 Spanish onion, thinly sliced  
 1 tsp salt  
 100 ml organic brown rice vinegar, if you can find it, otherwise use white rice vinegar  
 3 tsp brown sugar  
 1 large handful coriander  
 1 large handful dill  
 1 large handful mint  
 2 large handfuls mixed salad leaves, shredded  
 1 small Lebanese cucumber, thinly sliced on a mandolin  
 3 spring onions, julienned  
 For the rice:  
 2 tbsp white glutinous rice (or 'sticky' rice)



## What to do:

1. Combine the carrot, onion and salt in a large bowl and toss to combine.
2. Set aside for about 10 minutes, to soften.
3. Combine the vinegar and sugar in a small saucepan over medium heat, stirring the sugar until it dissolves. Bring to the boil and simmer over low heat for about 10 minutes.
4. Pour into a large bowl and set aside to cool.
5. Squeeze out excess moisture from the carrot and onion and add to the warm vinegar mixture to pickle, for 5 minutes or so.
6. Just before serving, add the remaining salad ingredients and toss together.
7. Divide between serving platters for each table and sprinkle each salad with roasted ground rice.

## Roasting and grinding the rice:

1. Put rice in a clean, dry wok or frying pan over medium heat. Slowly increase the heat and keep the rice moving by tossing or stirring until it's the colour of brown rice. Don't use any oil or water.
2. Grind in a mortar and pestle or blender; it is now ready to use.





# Roti

Season: All

Type: Basics & Breads

Difficulty: Intermediate

Makes: 30

Recipe Source: Adapted from an original by Kate Tait

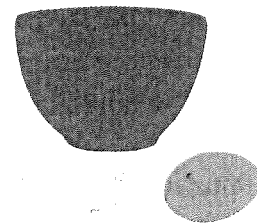
Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

## 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:

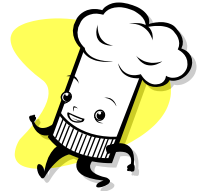
- Place milk, butter, egg and 100 ml water in a large jug and mix well. Place flour, sugar and 2 teaspoons table salt in a bowl and make a well in the centre. Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft, smooth dough. Cover 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

# Korma Curry

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*The korma is a mild yet rich curry.*



## **Ingredients:**

6	Potatoes, diced 1cm cubes
3	Carrots, diced 1cm cubes
2 tab	Oil
½ packet	Corn, frozen
2	Onion, diced
3	Garlic cloves, diced
¼ tea	Ginger
400ml	Coconut cream, can
400g	Chickpeas, can
1	Korma paste, jar sauce

## **Directions:**

Add potatoes and carrots to a pot of water and cook until soft. Drain and set aside.

Heat a pan or pot with oil and add onion and garlic fry until soft and clear.

Add korma paste and ground ginger and cook for 2 minutes.

Add 50ml of water and cook until water has evaporated.

Add remaining ingredients and simmer for 15 minutes.