



Basic Bread

Season: All

Type: Basics and Breads

Difficulty: Intermediate

Makes: 1 loaf

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Basic bread is delicious and not difficult to make at all – most students enjoy kneading and shaping the loaves. This recipe needs time for two risings, so in kitchen classes the dough will be made for you and you will make the dough for the next class.

Equipment:

metric measuring scales and spoons
2 large mixing bowls
large measuring jug
wooden spoon
large board or flat, clean surface for kneading dough
pastry brush
tea towel
spoon
loaf tin or baking tray
oven mitts

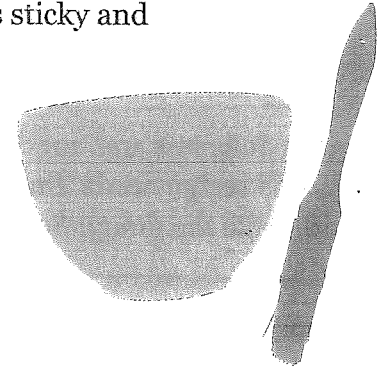
Ingredients:

400 g plain flour
100 g whole-wheat flour
1 teaspoon salt
7 g instant dry yeast – 1 $\frac{1}{2}$ tblsp.
300 ml warm water
1 tablespoon honey
(can substitute with molasses)
vegetable oil, for oiling bowl and tin
semolina flour or fine polenta
– a spoonful for dusting



What to do:

- Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon.
- Measure 300 ml of warm water into the measuring jug and stir in the honey until it dissolves.
- Using the wooden spoon, push the flour away from the centre of the bowl to make a well in the middle. Pour in the water and honey mixture.
- Stir to mix the flour and water to a heavy dough. It will form a sticky ball.
- Sprinkle flour over the wooden board or clean, dry surface. Pat some flour onto your hands and sprinkle some flour on the dough in the bowl.
- Tip out the dough and pat all the pieces into a pile. Squash it down, using your hands to gather it all together into one lump.
- Now push the dough down with the heels of your hands, then roll and fold the dough into a ball and squash it down again. This is called kneading.
- If the dough feels sticky, pat your hands and sprinkle the dough and board with more flour, just a little at a time.



- Knead, counting each time you squash the dough. You want to count to 200 squashes! (Or watch the clock and knead for 3 minutes.) Roll it back into a ball between each one. You will feel the dough becoming warmer, less sticky and more stretchy.
- Dip the pastry brush into a little vegetable oil and use it to oil the inside of the second large bowl. Drop your dough into the oiled bowl.
- Cover the bowl with a tea towel and leave it for at least 30 minutes in a comfortably warm place (not too hot).
- Preheat the oven to 200°C.
- Brush the inside of the loaf tin with the pastry brush to oil it.
- Tip in about a spoonful of semolina flour or polenta, then tilt the loaf tin in every direction gently so that the semolina sticks to the oiled surface all over the inside of the tin. Tap the tin on the board to get rid of any extra semolina.
- Sprinkle your surface with flour.
- You know the dough is ready to work again when it is puffy and about twice the size it was before. Make a fist and punch straight down once into the dough. All the air will escape.
- Tip your dough onto the floured board and knead again. This time you only need to count 30 squashes (30 seconds).
- When you have finished kneading your bread, pat it into a long, round shape and drop it in the tin. Cover the tin with a tea towel and leave it in the warm place again for 20 minutes. You should then see that the bread dough has risen.
- Place the tin in the middle of the oven and bake for 40 minutes.
- ***Wearing oven mitts on both hands**, carefully take the tin out of the oven, turn it over and tip the bread out onto your hand.
- Tap the bottom of the loaf with a finger and listen carefully. The sound will be a hollow 'tonk' like a muffled drum. Listen to the loaf itself: if you can hear lots of tiny bubbles popping, put it carefully back in the tin and back in the oven for 5 more minutes. If it sounds ready, place the loaf (without the tin) on a wire rack to cool.
- Wait at least 10 minutes before slicing and serving warm.

***Adult supervision required**



Broccoli, Chilli & Lemon Sauce

Season: Winter/Spring

Type: Sauce

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: basil, broccoli, chilli, garlic, lemon

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is a lovely, tasty sauce for pasta that uses loads of fresh green broccoli straight from the garden.

Equipment:

metric measuring scales and cups
clean tea towel
chopping board
kitchen knife
pot with steamer and lid
food processor
citrus juicer
zester
mixing bowl
mixing spoon
grater
small serving bowl

Ingredients:

6 heads broccoli
6 garlic cloves
1 chill
1 lemon
½ cup olive oil
handful basil
salt
pepper
50 g parmesan



What to do:

- Separate the broccoli head from the stem. Chop the broccoli head roughly into florets. Peel the stem and chop finely.
- Steam the broccoli heads for 5 minutes, until soft but still bright green. Save a cup of the steaming liquid from the pot.
- Chop the garlic finely. Remove the seeds from the chilli and chop finely.
- Add all the broccoli, including the chopped stem, to the food processor, along with the garlic, chilli, basil leaves and reserved steaming liquid. Blend until puréed, but not so smooth that it is watery – leave some chunks in for texture.
- Zest and juice the lemon.
- Pour the sauce into a mixing bowl, add lemon juice, salt and pepper to taste, and mix them through.
- Grate the parmesan and serve alongside the sauce in a small serving bowl.



Spicy Pumpkin Soup

Season: Autumn

Type: Soups & starters

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: chives, garlic, red onions,
potatoes, pumpkin

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

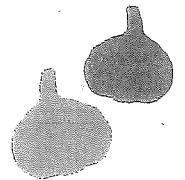
Everyone should know how to make pumpkin soup, and of course the best soup is made with pumpkin picked straight off the vine from your garden. Think about what other flavours you'd like to add to this as you make it – everyone develops their own version as they grow older.

Equipment:

metric scales, jugs and spoons
tea towel
chopping board
kitchen knife
large pot
mixing spoon
serving bowl for each diner
kitchen scissors

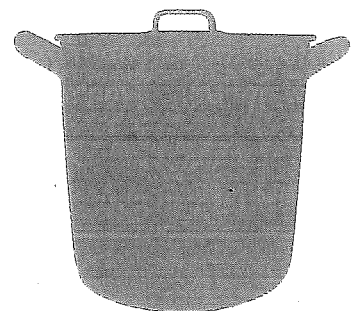
Ingredients:

1 kg butternut pumpkin
2 potatoes
1 red onion
3 garlic cloves
1 tablespoon olive oil
¼ teaspoon dried chilli flakes
2 teaspoons ground coriander
1 L salt-reduced chicken stock
½ cup reduced-fat or regular cream
chives, to serve



What to do:

- Peel and chop the pumpkin and potatoes. Chop the onion and crush the garlic.
- Heat oil in a saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add potato and pumpkin. Cook, stirring occasionally, for 5 minutes or until potato starts to brown. Add chilli and coriander. Cook for 1 minute or until fragrant.
- Add stock. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 10 to 12 minutes or until potato and pumpkin are tender. Set aside for 2 minutes to cool slightly.
- Blend in batches until smooth. Return to pan over low heat. Stir in cream. Cook for 1 minute or until heated through. Season with pepper. Divide between bowls and top with snipped chives.





Orecchiette

Season: Winter/Spring

Type: Big Dishes

Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: eggs

Recipe Source: Adapted from an original in Stephanie
Alexander's *Kitchen Garden Companion* (Penguin Lantern 2009)

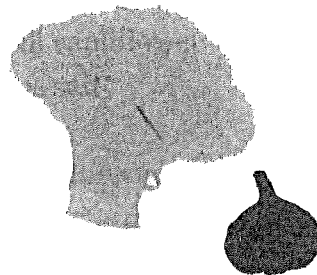
This pasta is a specialty of Puglia, it is shaped liked little ears and is made by hand.

Equipment:

metric measuring cups and scales
large mixing bowl
small mixing bowl
whisk
clean tea towels
chopping board
kitchen knife
plastic film
large saucepan
slotted spoon
colander
serving dish

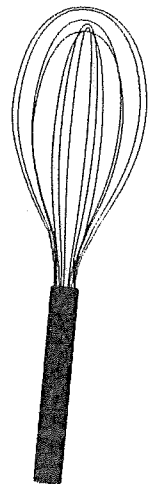
Ingredients:

500 g plain flour
2 teaspoons salt
200 g ricotta
2 eggs
1 tablespoon water



What to do:

- Mix the flour and salt in a large bowl. Tip onto a clean workbench and work in the ricotta with your fingertips.
- Lightly whisk the eggs with the water in a small bowl. Make a well in the middle of flour and tip in egg mixture. Drawing in the flour little by little with one hand, bring everything together to form a fairly stiff dough. Knead for 5 minutes. Wrap in plastic film and leave at room temperature for 15 minutes.
- Preheat the oven to 100 °C.
- Return to the dough and knead some more until it feels supple and very smooth. Break off a piece the size of an egg. Roll it on the bench to form a 1 cm diameter sausage-shape with your hands. Cut into 3 mm thick slices.





Orecchiette continued

- Hold each slice in the palm of your hand and press the ball of your thumb in the centre and give it a twist; this is only successful if you have very well-trimmed finger nails! Continue with the remaining dough until all orecchiette are shaped.
- Bring a large saucepan of salted water to the boil over high heat.
- Drop in your pasta. It should only take 5 minutes to cook.
- As soon as the orecchiette is ready, drain it, give it a big shake then tip it into your serving dish. Your orecchiette is now ready for its sauce.

