



Broccoli & Cauliflower Fritters

Season: Winter/Spring

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: broccoli, cauliflower, dill or chives,
parsley

Recipe Source: Giovanna Ghelardini, Kitchen Specialist, Elwood Primary School

This is a great use of broccoli and/or cauliflower in a crunchy dish – just be very careful with the hot oil and make sure an adult is supervising!

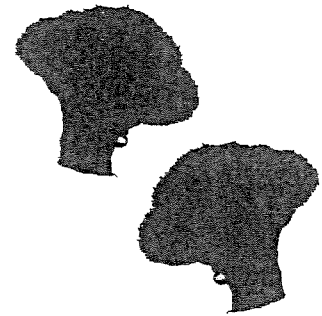
If you don't have broccoli, simply substitute the quantity with cauliflower, and vice versa.

Equipment:

deep fryer
steamer
metric measuring scales, cups
and jug
2 tea towels
chopping board
kitchen knife
large bowl for cold water
3 medium bowls
whisk
sieve or colander
kitchen paper

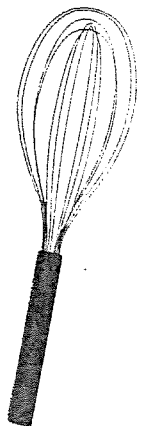
Ingredients:

4 L vegetable oil
500 g broccoli
½ cauliflower
salt
pepper
1½ cups flour
1½ teaspoons baking soda
4 eggs
2½ cups breadcrumbs
handful parsley
handful dill or chives
250 g natural yoghurt



What to do:

- Add oil to the deep fryer and set to 170°C.
- Preheat a steamer.
- Wash then separate the broccoli and cauliflower into manageable pieces, including the stalks.
- Steam the broccoli and cauliflower for 2 minutes.
- Drain completely, pat dry on a clean, dry cloth then season with salt and pepper.
- While the vegetable cools, put flour and baking soda into a bowl and whisk lightly to mix.
- Wash and finely chop the parsley.
- Beat the eggs in a bowl and add parsley.
- Place the breadcrumbs in another bowl and set aside.





Broccoli & Cauliflower Fritters continued

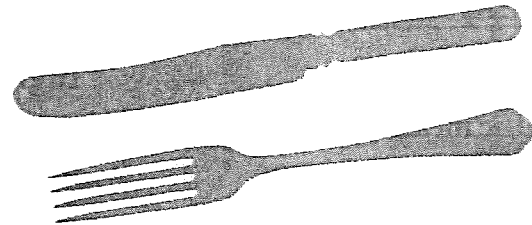
Now dip each piece of vegetable individually into the flour mixture, then into the beaten eggs, then into the bread crumbs.

Gently shake excess flour and breadcrumbs off, so the batter and oil doesn't get cluggy. (Try to use just one hand to do the dipping, leaving a clean one for picking up each piece of vegetable.)

Very carefully place fritters into the deep fryer basket and fry until golden brown. Do not overcrowd the basket. It's important to **place** food in hot oil – never drop it or it will splash.

Once cooked, take out and drain the fritters on kitchen paper.

Finely chop the dill or chives and mix into the yoghurt. Season to taste with salt and pepper. Serve alongside the fritters.





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

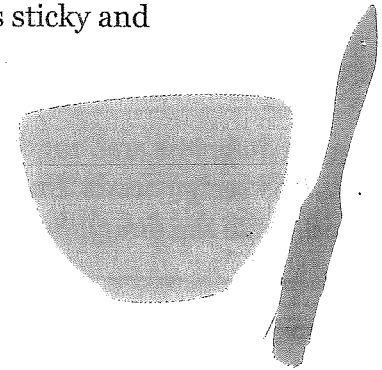
Ingredients:

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**



Red Lentil, Tomato & Pumpkin Curry

Season: Autumn

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: chilli, coriander, pumpkin or sweet potato, tomatoes

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This curry is a great way to welcome the cooler autumn weather, and you can make it with either pumpkin or sweet potato, depending on what you have available in the garden.

Equipment:

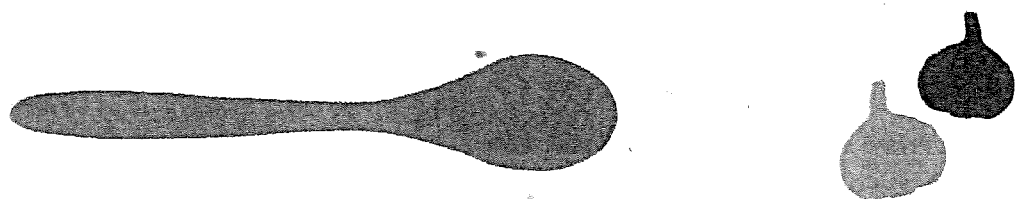
tea towel
chopping board
kitchen knife
metric measuring scales, jug and spoons
colander
fine grater
large saucepan or stock pot
wooden spoon

Ingredients:

450 g pumpkin or sweet potato
6 medium tomatoes
500 g red lentils
3 cm knob ginger
3 garlic cloves
2 red chillies
3 tablespoons olive oil
3 L freshly made chicken or vegetable stock
1½ tablespoons garam masala
300 ml tomato purée
1½ teaspoons sugar
large handful coriander
salt to taste

What to do:

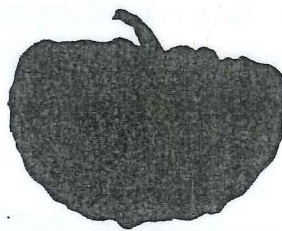
- Dice the pumpkin or sweet potato.
- Chop up the tomatoes roughly.
- Rinse and drain the lentils.
- Finely chop the ginger, garlic and chillies.
- Add the olive oil to the large saucepan and put on medium heat.
- Fry the ginger and garlic in the olive oil until aromatic, then add the lentils, chilli and garam masala and stir through to coat.





Red Lentil, Tomato & Pumpkin Curry continued

- Add $\frac{3}{4}$ of the stock, bring to the boil and simmer for $\frac{1}{2}$ an hour or until the lentils have broken down.
- Add remaining stock if the lentils become too thick.
- Add the fresh tomatoes and tomato purée and simmer for 15 minutes longer.
- Add the coriander and sugar. Stir to combine, then taste for seasoning and add salt if required.
- Serve hot!



taste COM AU

PARTNERED WITH
coles

Potato salad



★★★★★

0:10 Prep • 0:10 Cook • 4 Servings • Capable cooks

A barbecue is not the same without a big bowl of potato salad. This one is easy to make and full of flavour. See notes section for Low FODMAP diet tip.

INGREDIENTS

- 650g (about 5) desiree potatoes, unpeeled, cut into 2.5cm pieces
- 5 green shallots, trimmed, thinly sliced
- 2 tablespoons chopped fresh continental parsley
- 85g (1/3 cup) whole egg mayonnaise
- 2 teaspoons fresh lemon juice
- Salt & freshly ground black pepper

METHOD

Step 1 Place the potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium-high and boil, partially covered, for 5 minutes or until just tender. Drain and set aside for 30 minutes to cool completely.

Step 2 When the potatoes are cold, place in a large bowl with the green shallots and parsley. Toss to combine.

Step 3

Combine the mayonnaise and lemon juice in a small bowl. Taste and season with salt and pepper. Add to the potato mixture and toss gently to combine, being careful not to break up the potatoes.

NOTES

Serving suggestions: Serve with barbecued or chargrilled lamb, beef or pork. Storage: This potato salad will keep in an airtight container in the fridge for up to 3 days. Note: Best potatoes for making salads Coliban (washed), kipfler, nicola and pink fir apple.

Low FODMAP diet tip: Make this a Low FODMAP recipe by using green tips of spring onion instead of shallots.