

# Desley's Mum's Silverbeet, Potato & Tomato Curry

**Season:** Autumn

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

**Fresh from the garden:** coriander, garlic, ginger, onions, parsley, potatoes, silverbeet, tomato

**Recipe source:** This recipe is from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006), based on an original by Desley's mum!

To save time the potatoes may already be prepared for you, so you will need to prepare them for the next class. This involves peeling the potatoes, chopping them, then leaving them to soak in cold water. You can do this while waiting for the curry to cook.

**Note:** Feel free to add or substitute herbs based on what is available.

## Equipment:

clean tea towel  
chopping board  
knives – 1 small, 1 cook's  
vegetable peeler  
metric measuring spoons and  
cups  
bowls – 1 medium, 1 large  
small non-stick frying pan  
mortar and pestle  
colander  
heavy-based frying pan  
(or saucepan) with 6 cm sides  
and lid  
wooden spoon  
salad spinner  
serving bowl

## Ingredients:

6 large potatoes, peeled and chopped into 2  
cm cubes  
1 tsp cumin seeds  
1 tsp brown mustard seeds  
½ tsp chilli flakes  
6 curry leaves  
½ tsp ground turmeric  
¼ cup olive oil  
1 onion, peeled and chopped  
15 cm piece fresh ginger, peeled and  
chopped  
2 garlic cloves, peeled and chopped  
400 g can chopped tomatoes, or 6 fresh  
big bunch (about 18) silverbeet leaves, sliced  
salt  
6 stems coriander, roughly chopped  
10 sprigs parsley, roughly chopped

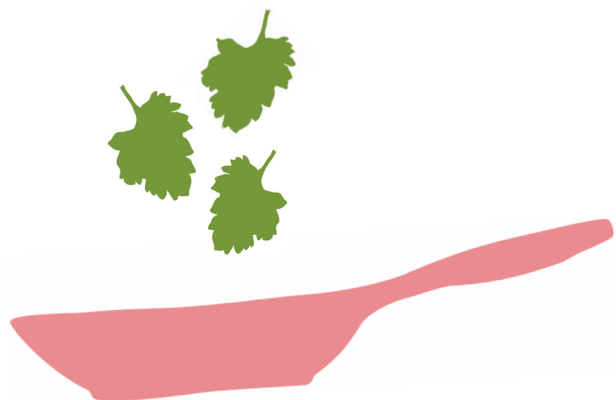


## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the potatoes in the large bowl and cover with water.
3. Heat the small frying pan over a medium heat. Toast the cumin seeds in the dry pan until they smell fragrant. Tip the seeds into the mortar.
4. Toast the coriander seeds in the same pan until they smell fragrant. Add these seeds to the mortar.



5. Toast the mustard seeds until they start to pop, then add them to the mortar.
6. Crush the seeds to a coarse powder using the pestle.
7. Add the chilli flakes, crumbed curry leaves and turmeric to the crushed spices, and stir to combine.
8. Place the colander in the sink. Tip the potatoes and water into the colander to drain.
9. Heat the oil in the heavy-based frying pan over a medium heat and add the onion, ginger and garlic. Fry, stirring with the wooden spoon for a few minutes until softened.
10. Add the crushed spices from the mortar, the potatoes, and the tin of undrained tomatoes. Stir with the wooden spoon to combine and add just enough water to barely cover.
11. Cover tightly with the lid and reduce the heat to a simmer. Cook for 25 minutes.
12. Meanwhile, separate the silverbeet leaves from their stems by slicing along each side of the thick central stem. Place the stems in the compost bucket. Rinse the silverbeet leaves and dry in the salad spinner. Roll the leaves into a loose bunch, then shred with the cook's knife. Place the shredded leaves in the medium bowl.
13. Check that the potatoes are tender, taste and add salt if necessary.
14. Add the silverbeet leaves, cover and cook for 10 minutes.
15. Transfer the hot curry to the serving bowl. Sprinkle the chopped parsley and coriander over the top.



## Vegetable biryani



★★★★★

0:20 Prep • 0:25 Cook • Easy

No need for a grocery run – whip up this hearty vego dinner with what's in the fridge!

### INGREDIENTS

- ☐ 2 brown onions, thinly sliced into rounds
- ☐ 1 tablespoon fresh ginger, finely grated
- ☐ 2 garlic cloves, crushed
- ☐ 1/4 cauliflower, chopped
- ☐ 1/2 pumpkin, chopped
- ☐ 2 handfuls green beans, chopped (see notes)
- ☐ 1/2 cup fresh coriander leaves
- ☐ 20g butter
- ☐ Plain yoghurt, to serve
- ☐ 2 tablespoons extra virgin olive oil
- ☐ 60g (1/4 cup) madras curry paste, or korma curry paste
- ☐ 400g (2 cups) basmati rice
- ☐ 2 tablespoons currants
- ☐ 35g (1/3 cup) flaked almonds, toasted

### METHOD

- Step 1** Heat the butter and 1 tbs of the oil in a large heavy-based saucepan over medium-low heat. Add the onion, ginger and garlic. Cook, stirring occasionally, for 12 minutes or until soft and golden brown. Season. Transfer to a bowl. Set aside.
- Step 2** Heat remaining oil in pan over medium heat. Add curry paste. Cook, stirring, for 1-2 minutes or until aromatic. Add the vegetables, rice, currants and onion mixture, reserving 2 tbs onion mixture. Cook, stirring, for 1 minute or until coated. Add 1L (4 cups) water and bring to the boil. Reduce heat to low and cook, covered, for 10 minutes or until the rice and vegetables are tender. Allow to stand, covered, for 10 minutes. Fluff with a fork to separate the grains.
- Step 3** Sprinkle with the nuts, coriander and reserved onion mixture. Serve topped with a dollop of yoghurt.

## NOTES

You can use any vegetable mix for this recipe. You need a total of 6 cups of vegetables for the recipe.

---





# 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



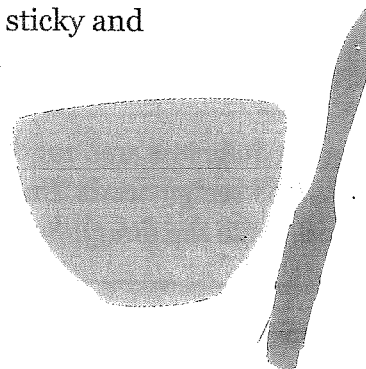
## What to do:

- 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.



**Basic Bread** continued

- 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**



# Lemon Curd

Season: All

Type: Preserves

Difficulty: Easy

Makes: Enough for some very small tastes, or about a 400 g jar

Fresh from the garden: eggs, lemons

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Lemon curd is a great way to use up excess lemons, as so many people love it. (This also makes a great fundraiser for Kitchen Garden Schools!)

## Equipment:

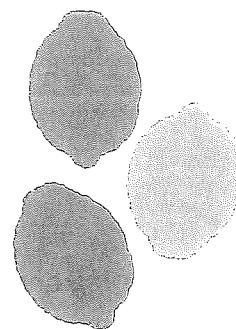
tea towel  
chopping board  
grater  
kitchen knife  
citrus juicer  
metric measuring scales  
medium stainless steel bowl  
medium saucepan  
whisk

## Ingredients:

5 egg yolks  
100 g vanilla castor sugar\*  
3 large lemons  
150 g salted butter

## What to do:

- Finely grate rind from lemons, then cut them in half and juice them.
- Place juice, rind, sugar and egg yolks in a stainless steel bowl.
- Place bowl over a saucepan of boiling water, making sure the water doesn't touch the bowl. Whisk constantly until the mixture thickens like custard and is frothy.
- Chop the butter into 1 cm cubes.
- Remove from heat and whisk in the butter until the mixture is smooth.
- Refrigerate until required.



\*You can make vanilla sugar by keeping castor sugar in a sealed jar with a couple of split vanilla beans. Top up as used.