



# Pumpkin & Honey Bread

Season: All

Serves: 30 tastes in the classroom or 1 loaf

Fresh from the garden: pumpkin

Pre-prepare the pumpkin by steaming  $1\frac{1}{4}$  cups of 1 cm  $\times$  1 cm cubes for 10–15 minutes, then mashing with a fork.

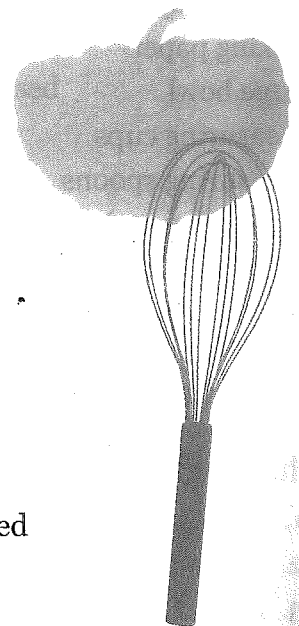
## Equipment:

bread tin  
2 large bowls  
measuring cups  
measuring spoons  
fine grater  
1 small bowl  
whisk  
  
spatula  
steamer  
wire rack

## Ingredients:

olive oil, for greasing  
 $1\frac{1}{4}$  cups whole-wheat flour  
 $\frac{1}{2}$  cup plain flour  
1 tsp baking powder  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{3}{4}$  tsp sea salt  
1 tbsp cinnamon, ground  
2 tsp freshly-garted nutmeg  
 $\frac{1}{4}$  tsp ground cloves  
 $\frac{1}{4}$  tsp ground ginger  
 $\frac{1}{4}$  cups pumpkin, cooked as above  
 $\frac{1}{2}$  cup extra virgin olive oil (or melted coconut oil)  
 $\frac{1}{2}$  cup honey (or maple syrup)  
2 eggs, at room temperature  
3 tbsp pepitas  
2 tbsp sunflower seeds

Dry Ingredients  
Wet Ingredients



## What to do:

1. Preheat the oven to 180°C.
2. Grease a 22  $\times$  13 cm loaf pan with olive oil.
3. Mix together the flours, baking powder, baking soda, salt and spices in a large bowl.
4. Combine mashed pumpkin, olive oil, honey and eggs in a large bowl, until well-mixed.
5. Add the flour mixture to the pumpkin mixture and whisk to combine, being careful not to over do it.
6. Pour the mixture into the prepared bread tin.
7. Sprinkle with pepitas and sunflower seeds.
8. Bake for 40–45 minutes, until a toothpick inserted in the centre of the bread comes out clean.
9. Rest the loaf in its pan on a wire rack for 10 minutes, then tip it out.
10. Slice the bread and serve.



# Pumpkin Stir-Fry with Honey Soy Dressing

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: brown onion, chilli, eggplant, garlic, pumpkin, spring onions, zucchini

## Equipment:

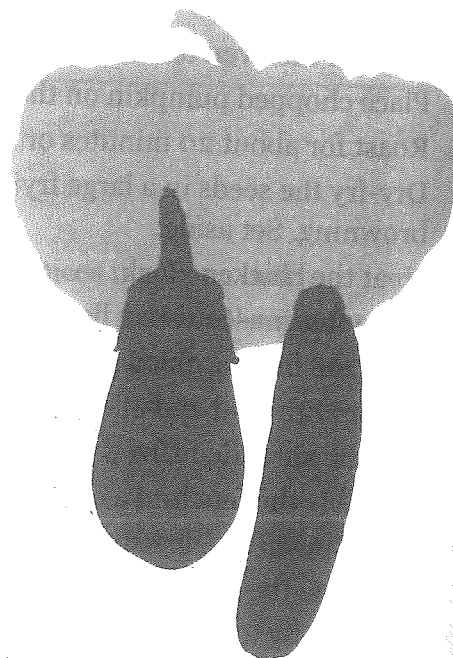
wok  
wok sang  
chopping board  
cook's knife  
steamer pot  
small bowl  
serving platter and utensils

## Ingredients:

500gm butternut pumpkin, diced into 1.5 cm cubes, steamed  
1 medium eggplant, quartered and sliced thinly  
1 long red chilli, halved, deseeded and sliced  
1 brown onion, sliced  
2 garlic cloves, thinly sliced  
1 zucchini, halved, sliced diagonally  
4 spring onions, sliced finely on the diagonal  
2 eggs lightly beaten  
4 tbsp honey  
3 tbsp dark soy  
1 tbsp oyster sauce  
1 small handful coriander, chopped  
1 portion Basic Egg Noodles

## What to do:

1. Combine sauces in a small bowl and set aside.
2. Heat wok over high heat.
3. Add half the oil. Swirl to coat.
4. Add onion, then garlic, stir-fry for 2 minutes.
5. Add eggplant stir-fry for 2 minutes then add zucchini.
6. Add pumpkin and continue to stir-fry, then add spring onions, stir-fry for a further 2 minutes.
7. Add egg noodles. Stir-fry to combine.
8. Add egg. Stir-fry for 1 or 2 minutes till egg has just set.
9. Finally, add the sauce mixture. Toss to combine.
10. Divide between serving platters for each table and sprinkle with coriander.



## Spicy Couscous

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, lemon, parsley, thyme

### Equipment:

measuring cups  
large bowl  
mixing spoon  
fork  
tea towel  
chopping board  
cook's knife  
measuring spoons  
large pot

### Ingredients:

2 cups couscous  
2 cups chicken or vegetable stock  
2 cups toasted pepitas  
4 sprigs thyme  
1 large tsp preserved lemon, skin finely sliced, or zest of 1 lemon  
1½ tbsp extra virgin olive oil  
1 tbsp ground coriander  
1 tbsp ground cumin  
¼ tsp sweet smoked paprika  
½ tsp ground cinnamon  
1 large handful parsley, finely chopped  
2 large handfuls coriander, finely chopped  
salt  
cracked black pepper

### What to do:

1. Combine the couscous with the stock in the large bowl.
2. Drizzle with olive oil and allow to steep for 5 minutes.
3. Separate the couscous granules with a fork.
4. Add the remaining ingredients.
5. Season with salt and pepper.

### Please Note

Bring stock to Boil before combining with the couscous.

# Tagine with Dates & Honey

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, coriander, onion, parsley, pumpkin, sweet potato

## Equipment:

tea towel  
chopping board  
cook's knife  
vegetable peeler  
large, wide-based pot with lid,  
or a tagine  
measuring spoons  
wooden spoon  
measuring jug

## Ingredients:

1 tbsp olive oil  
2 onions, thinly sliced  
2 carrots, cut into 1.5 cm cubes  
1/4 pumpkin, cut into 1.5 cm cubes  
1 medium sweet potato, cut into 1.5 cm cubes  
2 tbsp tomato paste  
1 tsp ground ginger  
1 tsp ground turmeric  
2 cinnamon quills  
500 ml vegetable stock  
1 x 400 g tin chickpeas, drained, or  
240 g soaked and cooked chickpeas  
2/3 cup dried apricots, diced  
8 soft, pitted dates  
2 tbsp honey  
salt  
pepper  
1 small handful flatleaf parsley, chopped  
1 small handful coriander, chopped



## What to do:

1. Heat the oil in a large, wide-based pot or tagine.
2. Add the onion and cook for 5 minutes, stirring often.
3. Add the carrot, pumpkin, sweet potato, tomato paste, ginger, turmeric and cinnamon quills. Stir to combine.
4. Pour in the vegetable stock to cover the vegetables and bring to a simmer.
5. Cover and cook gently for 20 minutes.
6. Add the chickpeas, apricots, dates and honey.
7. Add salt and pepper to taste, then simmer for another 10 minutes, until the vegetables are tender and the mixture is thick and soupy.
8. Serve sprinkled with parsley and coriander.