



Salad of the Imagination

Season: All

Serves: 30 tastes in the classroom or 6 at home

You'll love making 'Salad of the Imagination' as there are so many possible combinations, and so much experimenting to do. You can use this basic recipe and technique throughout the year, using whatever fresh produce is in season at the time, plus some basic items in your kitchen cupboard. Seasonal staples include:

- Spring: avocado, carrots, cucumber, radish, snowpeas
- Summer: capsicum, celery, corn, green beans, tomatoes, zucchini
- Autumn: capsicum, celeriac (grated, raw), mushrooms, onions, tomatoes
- Winter: beetroot (grated raw), cabbage (sliced thinly), carrot, fennel, peas, snowpeas

And always think about herbs like basil, chives, parsley, mint and thyme, as well as green leaves like rocket, spinach and loads of different lettuces that grow all year round.

Equipment:

clean tea towels
 chopping board
 cook's knife
 scissors
 large bowl
 measuring cups
 and spoons
 whisk
 citrus juicer
 tongs
 serving platter

Ingredients:

4 cups mixed salad leaves
 2 cups mixed small leaves and herbs
 Garnishes and other ingredients such as:
 croutons (plain or garlic-rubbed
 – make your own!)
 hard-boiled eggs (sliced, chopped)
 raw fruit (apples, oranges, pears)
 seeds (pumpkin, sesame, sunflower,
 linseed)
 vegetable gratings (beetroot, carrot,
 celeriac, radish)

For the dressing:

An 'acid' such as lemon juice
 or vinegar (you can experiment
 with different vinegars)
 An oil (olive oil is best to start
 with; buy the best you can afford)
 Salt and pepper
 Other flavour ingredients such as
 honey, mustard and minced garlic

What to do:

1. Assemble your ingredients, thinking about what is in season, which flavours go together and how they will feel in a salad (for example, it's always nice to have something crunchy along with the soft green leaves).
2. Prepare the leaves and herbs by washing and drying them gently. Tear or snip big leaves into bite-sized pieces and remove any tough stems.
3. To make the dressing use 1 part 'acid' (such as lemon juice or vinegar) to 4 parts oil (for example 1 tablespoon of vinegar with 4 tablespoons of oil). Whisk together in a large mixing bowl, then mix in your flavour additions, such as honey, mustard or spices. Add a pinch of salt and pepper, and always TASTE and adjust as you like.
4. Prepare any other ingredients for your salad, such as croutons, seeds, grated vegetables or eggs.
5. Tip the leaves into the dressing bowl, then gently turn them in the dressing with tongs or your hands.
6. Serve on a platter and scatter with garnishes, if using.



Dukkah

Season: All

Serves: 30 tastes in the classroom or 6 at home

Equipment:

measuring cup
measuring spoons
medium frying pan
mixing spoon
mortar and pestle
mixing bowl
serving bowl

Ingredients:

1/2 cup sesame seeds
1 tsp flaked sea salt
2 tbsp coriander seeds
2 tbsp cumin seeds
1 tbsp freshly ground pepper

What to do:

1. Preheat the oven to 180°C.
2. Heat a medium frying pan over medium heat.
3. Add sesame seeds and dry fry, stirring for 2 minutes or until golden.
4. Add the sesame seeds to the mortar and pestle with the salt, grind roughly then add to a mixing bowl. (This will help release the flavours and oils.)
5. Place coriander seeds in frying pan over medium heat, toss, and after a minute add cumin seeds and cook till aromatic.
6. Add the coriander and cumin seeds to the mortar and pound finely.
7. Add the crushed spices and pepper to the sesame seeds and mix well.





Pita Stuffed with Spiced Potato & Herbs

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: mint, parsley, potato

This dough will need to be made for the first class and allowed to rest. This class will make the dough for the next class.

Pre-prepare the potato by steaming 1 cm × 1 cm cubes for 10–15 minutes, then mash with a fork.

Equipment:

bowls – 2 medium, 1 large
measuring spoons
measuring jug
fork or whisk
clean tea towels
measuring scales
large mixing bowl
small frying pan
wooden spoon
egg flip

Ingredients:

1 tsp dry yeast
65 ml warm water
50 g fine semolina
2 tsp castor sugar
1 tsp salt
250 g plain flour
½ tbsp olive oil
125 ml cold water

For the filling:

3 medium potatoes, cooked
(as above)
1 small handful mint
1 small handful parsley
½ tsp turmeric
1 tsp cumin seeds, dry roasted
4 tsp garam masala
1 tsp olive oil
pinch salt
pinch black pepper



What to do:

1. Dissolve the yeast and sugar in warm water and set aside.
2. Mix the semolina, sugar, salt and flour in a large bowl.
3. Make a well in the centre of the flour mix and add the yeast mixture, oil and cold water. Work until a dough is formed.
4. Knead the dough on a bench for about 10 minutes, until it is smooth, soft and elastic.
5. Shape the dough into a ball, place into a lightly oiled bowl and leave for about 30 minutes.
6. Push down the risen dough then knead it for 1 minute.
7. Divide the dough into 15 balls. Cover and rest for 5 minutes.
8. Transfer the cooked potato to a large bowl and combine turmeric, garam masala, cumin seeds and herbs. Mash the filling with a fork and season to taste.
9. Create a 'pocket' in each dough ball and place 1 tbsp of the potato mixture in the centre. Fold all four edges over the mixture.
10. Flatten the balls into 0.5 cm thick discs on bench that is sprinkled with semolina.
11. Heat a frying pan with a few drops of olive oil and cook each disk over a high heat for a couple of minutes each side.
12. Stack the cooked pita breads on a plate, cover with a tea towel and allow to cool.



Eggplant Curry with Yoghurt

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, eggplant, garlic, tomato

Equipment:

tea towels
chopping board
cook's knife
measuring spoons
small frying pan
wooden spoon
mortar and pestle
2 large frying pans
tongs
small saucepan
serving platters

Ingredients:

2 large eggplants, sliced into 0.5 cm rounds
2 tsp turmeric
2 tbsp cumin seeds
200 g natural yoghurt
1/2 tsp chilli powder
2 tbsp olive oil
1 large handful coriander

For the tomato sauce:
2 tsp coriander seeds
2 tsp cumin seeds
1 tbsp olive oil
2 cloves garlic, finely chopped
8 medium tomatoes, roughly chopped
or 2 x 400 g tins of peeled tomatoes
1 small handful coriander, finely chopped



What to do:

1. Sprinkle the turmeric over the eggplant.
2. Dry roast the cumin seeds in a small frying pan.
3. Grind the cumin seeds in a mortar and pestle, then set aside.
4. Dry-fry and grind the coriander and cumin seeds for the tomato sauce.
5. To make the tomato sauce, heat the oil in a large frying pan on medium heat, add garlic and cook for 30 seconds.
6. Add the coriander and cumin seeds, along with the tomato and the fresh coriander, and season to taste. Simmer on low while you cook the eggplant.
7. Heat 2 tbsp of oil in a frying pan on medium heat and cook the eggplant until golden on both sides.
8. Heat three-quarters of the yoghurt in a saucepan over low heat for 1 minute.
9. Add the cumin and chilli powder to the warm yoghurt.
10. Place a large spoonful of the tomato sauce on each serving platter.
11. Add a layer of the eggplant on top of the tomato sauce.
12. Drizzle remaining tomato sauce over the eggplant and add a dollop of the yoghurt on top.
13. Sprinkle with fresh coriander before serving.