



Pumpkin, Capsicum & Coconut Soup

Season: Autumn

Type: Soups

Difficulty: Easy

Serves: 30 tastes in the classroom or 6 at home

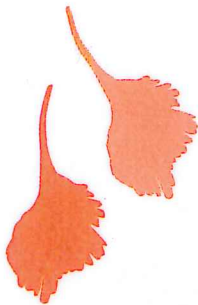
Fresh from the garden: capsicums, chilli, coriander, curry leaves, garlic, ginger, kaffir lime leaves, pumpkin

Recipe Source: Yuille Park Consolidated College

Lovely fresh pumpkins are always perfect cooked into a warming autumn soup, and roasted red capsicum with some Asian-inspired lime and coconut makes this dish a velvety delight.

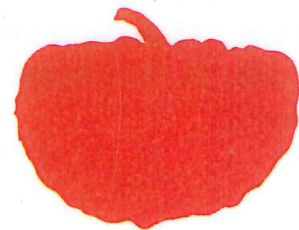
Equipment:

tea towel
chopping board
kitchen knife
large baking tray
metric measuring spoons and jug
grater
large soup pot and stirrer
4 bowls for serving



Ingredients:

½ a large pumpkin (a Kent is perfect for this recipe)
2 garlic cloves
1 long red chilli
2 red capsicums
olive oil
salt
pepper
1 onion
2 cm knob ginger
2 teaspoons ground cumin
2 teaspoons ground coriander
½ teaspoon ground cardamom
1–2 kaffir lime leaves
1 sprig curry leaves
400 ml coconut milk
2 L hot water *veggie stock*
plain yoghurt
few sprigs of coriander, to garnish



What to do:

- Preheat oven to 200°C. Peel and de-seed the pumpkin and chop into cubes, about 5 cm thick, ready to roast.
- Put the pumpkin cubes, whole cloves of garlic, whole chilli and whole capsicums onto a large baking tray. Pour about 4 tablespoons of olive oil over the top, along with a dash each of salt and pepper, and toss to coat the vegetables. Roast for 30 minutes, or until pumpkin is soft and caramelised and the capsicum and chilli are charred.



Pumpkin, Capsicum & Coconut Soup continued

- Put the capsicum and chilli in a large bowl and cover with plastic wrap for 5–10 minutes – this will help the skins slip off.
- Peel and slice the onion and grate the ginger. When capsicum and chilli are cooled, peel off the charred skins and de-seed.
- Add 2 tablespoons of olive oil to a large pot and heat over a medium to high heat. Add the onions and sauté for 2–3 minutes, until they are just beginning to brown. Add the ginger and stir for 1 minute, then add the dry spices (cumin, coriander and cardamom) and stir for another minute or two, to bring out their full flavour but not to burn!
- Add the roast pumpkin, garlic, capsicum and chilli, along with the kaffir lime leaves, curry leaves and coconut milk and 2 litres of hot water. Bring to the boil, lower the heat to medium and simmer for 15 minutes.
- Remove the lime and curry leaves, and to make sure you don't end up with a too-thin soup, reserve about two cups of the liquid that you can add later, if necessary. Then purée the soup with a stick blender.
- Pour into bowls and plop in some yoghurt and fresh coriander. Serve with flatbread.





Fried Rice

Season: Winter/Spring

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
 or 6 at home

Fresh from the garden: cauliflower, coriander, cucumbers, eggs, garlic, lime, peas, spinach, spring onions

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

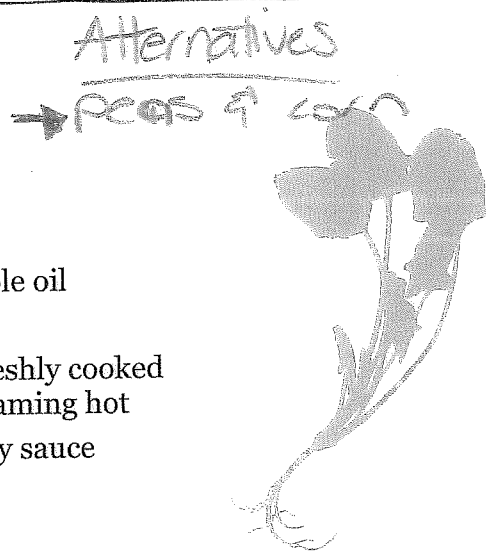
Fried rice is a very popular dish – the texture, taste and crunch are elements almost everyone likes. Once you've mastered this basic recipe, you can adapt it to your own tastes and the vegetables that are in season at the time.

Equipment:

- tea towel
- kitchen knife
- chopping board
- wok
- metric measuring spoons and scales
- spatula or wok sang
- measuring spoons

Ingredients:

- 1/2 cauliflower
- 2 handfuls spinach
- 6 garlic cloves
- good pinch salt
- 4 tablespoons vegetable oil
- 6 eggs
- 2 cups cooked rice, freshly cooked and warm but not steaming hot
- 6 tablespoons light soy sauce
- pinch castor sugar
- 100 g peas
- 9 spring onions
- coriander leaves
- 2 limes
- cucumber



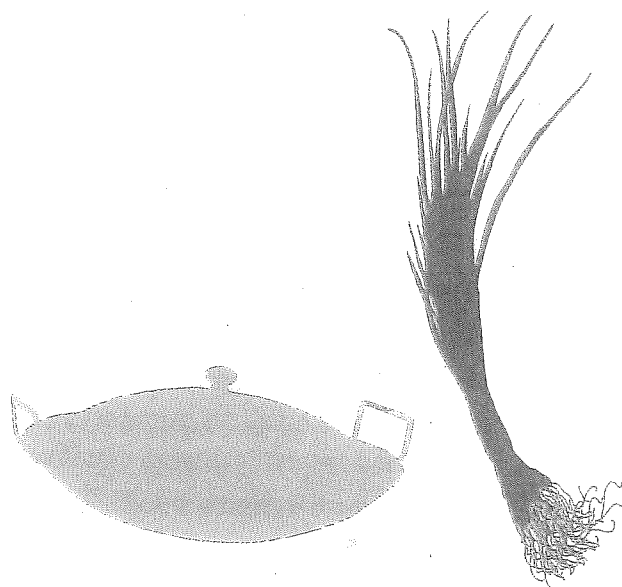
What to do:

- Chop the cauliflower into bite-sized pieces.
- Wash and shred the spinach leaves.
- Crush the garlic with the salt to a coarse paste.
- Heat the wok over low–medium heat and add 2 tablespoons of the oil, then stir the garlic and fry until it is just beginning to colour.
- Crack in the eggs and allow them to set slightly before stirring and scrambling. Remove and put aside.
- Fry the cauliflower until tender, remove and set aside.
- Add the rice, turn down the heat to low and mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in egg and oil.



Fried Rice continue

- Season with the soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
- Stir through chopped spring onion, cauliflower, peas and spinach reserving a few spring onions to sprinkle over the fried rice when serving.
- Slice the lime into wedges and slice the cucumber thinly. Serve sprinkled with reserved spring onions and the lime and cucumber as garnish.





Pumpkin, Silverbeet & Feta Couscous Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, ginger, lemons, parsley, pumpkin, silverbeet

Recipe source: Mansfield Primary School

Note: You can substitute sweet potato for pumpkin if pumpkin is not available.

Equipment:

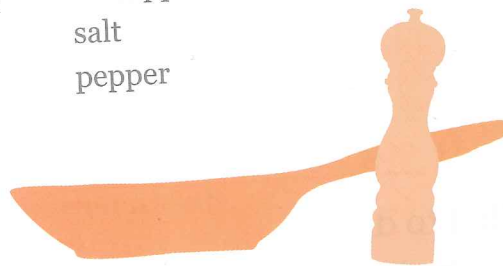
tea towel
chopping board
cook's knife
baking tray
measuring spoons
large frying pan
wooden spoon
measuring jug
medium saucepan
1 large bowl with lid
2 small bowls
zester
citrus juicer
fine grater

Ingredients:

600 g piece pumpkin or sweet potato, chopped into 1cm cubes
1 tbsp olive oil
1 tsp ground nutmeg
500 ml chicken stock
2 cups couscous
1 large handful silverbeet, chopped finely
1/2 cup sunflower seeds or pepita seeds
150 g feta cheese, crumbled

For the dressing:

2 lemons, juiced for 1/4 cup lemon juice and zested
1/4 cup olive oil
2 tsp honey
2 cloves garlic, finely chopped
2 cm knob ginger, finely grated
1 small handful parsley, finely chopped
salt
pepper



What to do:

1. Preheat the oven to 200°C.
2. Place chopped pumpkin on the baking tray, drizzle with oil and sprinkle with nutmeg.
3. Roast for about 20 minutes or until tender.
4. Dry-fry the seeds in a large frying pan. Keep a close eye on them and remove when just browning. Set aside.
5. Heat the chicken stock.
6. Place the couscous in a bowl.
7. Pour the boiling chicken stock over the couscous.
8. Cover with a lid and allow to stand for 5 minutes.
9. Stir the shredded silverbeet into the couscous. Cover and stand for another 5 minutes.
10. Crumble the feta into a small bowl.
11. Combine all the dressing ingredients plus salt and pepper to taste.
12. Combine the pumpkin, feta, seeds, couscous and dressing.
13. Toss gently to combine.



Mie Goreng

Season: All

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bean sprouts, bok choy or Asian greens, capsicum, carrots, eggs, limes, spring onions, Asian herbs such as coriander, Thai basil, Vietnamese mint

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final flavour is really up to you!

Equipment:

clean tea towel
chopping board
kitchen knife
metric measuring scales,
cups and spoons
grater (optional)
large mixing bowl
whisk
colander
wok (possibly 2)
mortar and pestle
wooden spoon
serving platter

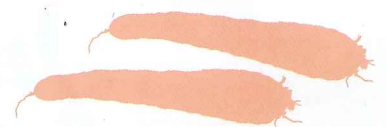
Ingredients:

12 spring onions
2 carrots
8 garlic cloves
8 snake beans or green beans
1 capsicum
500 g bok choy or Asian greens
400 g ~~tofu or chicken~~
8 eggs
1 quantity **egg noodles** or 300 g dry noodles
6 tablespoons vegetable oil
2 cups bean sprouts
2 tablespoons sweet chilli sauce
1/4 cup thick sweet soy sauce
2 tablespoons palm sugar
salt to taste
large handful of mixed Asian herbs
2 limes



What to do:

- Cut the spring onion into diagonal slices.
- Julienne the carrots, or grate them if you prefer. Deseed the chilli.
- Crush the garlic and chilli using the mortar and pestle.
- Thinly slice the snake beans, capsicum and bok choy or Asian greens.
- Chop the tofu or chicken into bite-sized pieces.
- Whisk the eggs in a bowl.





- Cook the noodles for 3–5 minutes, drain and rinse with cold water.
- Heat the oil in the wok and, when hot, add the garlic and spring onion and cook for 1 minute. (Note if the dish is too large you may need to cook it in 2 woks.)
- Add the tofu and fry for 1 minute.
- Now add the greens and bean sprouts and cook for 1 minute.
- Add the chilli sauce, thick soy and palm sugar and mix well.
- Add the eggs and stir continuously for 30 seconds.
- Increase to a high heat and add the cooked noodles, plus salt to taste.
- Fry for 3 more minutes, stirring continuously.
- Chop up the herbs and slice the lime into wedges.
- Serve with herbs and lime as garnishes.

