



Pumpkin Burgers

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, garlic, onion, pumpkin

Equipment:

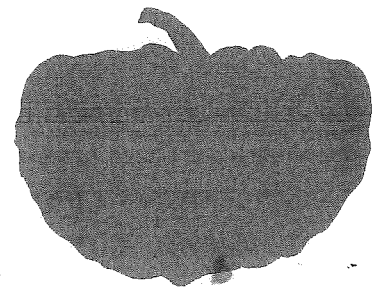
tea towel
measuring scales
chopping board
cook's knife
large bowl
2 baking trays
medium frying pan
measuring cups
measuring spoons
masher
2 egg flips
2 large frying pans
wooden spoon
kitchen paper

Ingredients:

1 kg pumpkin, diced into 1–2 cm cubes
(to provide 750 g chopped pumpkin)
olive oil
1½ cups instant polenta
2 × 400 g tins lentils, drained and rinsed
2 onions, finely diced
1 cup pepitas and/or sunflower seeds,
dry-roasted
250 g ricotta
2 cups bread crumbs - *Oregano*
2 large handfuls ~~basil~~, chopped
4 garlic cloves
salt
pepper
½ cup parmesan, finely grated

What to do:

1. Preheat the oven to 180°C.
2. Lightly toss pumpkin in olive oil and roast at 180°C for 20 minutes until tender.
3. Heat the medium frying pan, add 1 tbsp olive oil and cook onions, then add garlic until soft.
4. Once the pumpkin is cooked, mash it in a large bowl with a fork.
5. Add lentils, onions, garlic, seeds, ricotta, breadcrumbs, basil, parmesan, salt and pepper to the mashed pumpkin.
6. Mix to combine.
7. Scatter polenta over a large plate.
8. Using ¼ cup of combined mixture each, shape the patties.
9. Roll the patties in polenta to coat them.
10. Heat two large frying pans over a medium heat with 1 tbsp of olive oil in each.
11. Shallow-fry the patties until golden, then drain on baking tray lined with kitchen paper.





Tabbouleh

Season: Summer

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: tomatoes, cucumbers, spring onions, garlic, parsley, mint, lemons

Recipe Source: Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin, 2006).

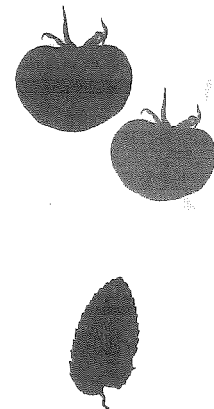
Tabbouleh needs plenty of parsley. When ready to serve, the mixture should look brightly coloured with the red of the tomatoes and the green of the herbs. Use it to fill pita pocket breads and then add some falafel, lamb burgers or labna balls.

Equipment:

metric measuring spoons and cups
bowls – 1 small, 1 medium
tablespoon
large strainer
2 tea towels
chopping board
knives – 1 large, 1 serrated
peeler
lemon juicer
serving bowl

Ingredients:

1 cup cracked wheat
6 tomatoes
2 long cucumbers or 4 small
4 spring onions
2 garlic cloves
very large bunch parsley
handful mint leaves
1 lemon
2 tablespoons extra-virgin olive oil
salt
freshly ground black pepper



What to do:

- Place the cracked wheat in the medium bowl and cover with cold water. Soak for 10 minutes, then tip into the strainer. Press out as much liquid as possible with the back of the tablespoon.
- Tip the cracked wheat into one of the tea towels (choose one that's thick) and roll it like a sausage. Two people are now needed to each hold one end of the tea-towel sausage and to twist in opposite directions to squeeze even more liquid from the grains. Rinse and dry the medium bowl, then unwrap the 'sausage' and carefully shake the cracked wheat into the bowl.
- Set out the chopping board and knives. As you chop the following ingredients place them in the bowl with the cracked wheat. Cut the tomatoes into small dice using the serrated knife. Peel and dice the cucumber. Trim the outside layer from the spring onions, cut off their tops and ends, then finely slice the rest. Peel and finely chop the garlic.
- Rinse the parsley and mint and dry in the second tea towel. Chop the herbs and add to the other ingredients. Juice the lemon. In the small bowl, mix the oil and lemon juice to make a dressing, then add to the medium bowl. Mix everything together and taste for salt and pepper. Spread the herbs evenly throughout. Transfer the tabbouleh to the serving bowl and serve.



Patatas Bravas

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, parsley, potato, red onion, thyme

Equipment:

tea towel
chopping board
cook's knife
measuring spoons
large frying pan
wooden spoon
slotted spoon or spatula
kitchen paper
serving platters

Ingredients:

3 tbsp extra virgin olive oil
6 medium potatoes, peeled and chopped into bite-sized pieces
1 red onion, finely chopped
3 garlic cloves, finely chopped
1/4 tsp cayenne pepper
sprig thyme
1 tsp sweet paprika
1/2 tsp salt
1 x 400 g tin diced tomatoes or 600 ml homemade passata
1 small handful parsley, finely chopped

What to do:

1. Pour 2 tbsp olive oil into a large frying pan and heat the oil on medium-high until hot.
2. Cook the potatoes until they are golden brown (about 10 minutes), use a slotted spoon or spatula to remove, and set aside on kitchen paper to drain.
3. Heat a small frying pan and put 1 tbsp of olive oil in the pan.
4. Heat over medium heat.
5. Add onions and cook for 2 minutes, then add garlic, cayenne pepper, thyme and paprika, and cook for a further 30 seconds.
6. Pour the tomato into the pan and sauté for 5 minutes.
7. Turn heat down.
8. Taste the sauce and season to taste.
9. Divide the potatoes between serving platters.
10. Pour the sauce over the potatoes and sprinkle with parsley.



CONVENT

BAKERY

Fruit Scrolls

Ingredients:

- 400g Baker flour
- 40g Caster Sugar
- 8g Salt
- 20g Dry yeast
- 40g Oil
- Around 240ml water * (*use water formula*)
- 300g Soaked dry fruits
- Water syrup (Cinnamon Sugar for sprinkling)

Method:

Weight up all the ingredients into a bowl, give a quick mix, and then add oil and water.

Bring mixture together until it forms a ball then transfer to the bench and knead for approximately 10 minutes until dough is smooth, it should finish a little soft.

Blend the soaked fruits into the dough till it is incorporated thoroughly with the mix.

Place dough back into your greased bowl, cover and proof for ½ hour.

Spread your dough into a rectangular shape making sure all gas has been removed from the dough.

Sprinkle with cinnamon sugar, and then roll the dough up into a tight sausage shape.

Cut your dough into pieces approximately the width of 3 fingers, then turn over and place on greased tray.

Cover with cling wrap and proof for 30 minutes (they should double in size).

Bake at 200 degrees for approximately 15-18 minutes upon removing from oven brush with syrup then let cool.