



Broccoli & Cauliflower Fritters

Season: Winter/Spring

Type: Big Dishes

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: broccoli, cauliflower, dill or chives,
parsley

Recipe Source: Giovanna Ghelardini, Kitchen Specialist, Elwood Primary School

This is a great use of broccoli and/or cauliflower in a crunchy dish – just be very careful with the hot oil and make sure an adult is supervising!

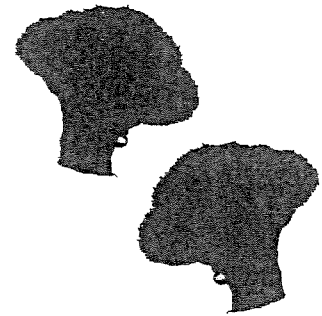
If you don't have broccoli, simply substitute the quantity with cauliflower, and vice versa.

Equipment:

deep fryer
steamer
metric measuring scales, cups
and jug
2 tea towels
chopping board
kitchen knife
large bowl for cold water
3 medium bowls
whisk
sieve or colander
kitchen paper

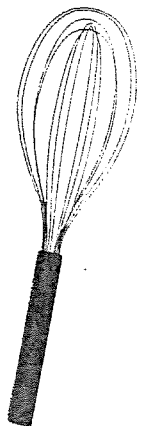
Ingredients:

4 L vegetable oil
500 g broccoli
½ cauliflower
salt
pepper
1½ cups flour
1½ teaspoons baking soda
4 eggs
2½ cups breadcrumbs
handful parsley
handful dill or chives
250 g natural yoghurt



What to do:

- Add oil to the deep fryer and set to 170°C.
- Preheat a steamer.
- Wash then separate the broccoli and cauliflower into manageable pieces, including the stalks.
- Steam the broccoli and cauliflower for 2 minutes.
- Drain completely, pat dry on a clean, dry cloth then season with salt and pepper.
- While the vegetable cools, put flour and baking soda into a bowl and whisk lightly to mix.
- Wash and finely chop the parsley.
- Beat the eggs in a bowl and add parsley.
- Place the breadcrumbs in another bowl and set aside.





Broccoli & Cauliflower Fritters continued

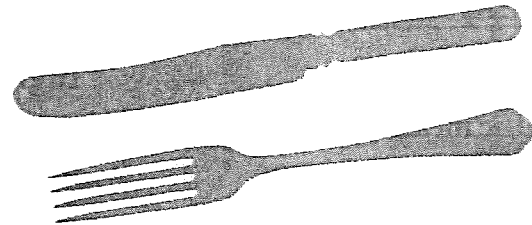
Now dip each piece of vegetable individually into the flour mixture, then into the beaten eggs, then into the bread crumbs.

Gently shake excess flour and breadcrumbs off, so the batter and oil doesn't get cluggy. (Try to use just one hand to do the dipping, leaving a clean one for picking up each piece of vegetable.)

Very carefully place fritters into the deep fryer basket and fry until golden brown. Do not overcrowd the basket. It's important to **place** food in hot oil – never drop it or it will splash.

Once cooked, take out and drain the fritters on kitchen paper.

Finely chop the dill or chives and mix into the yoghurt. Season to taste with salt and pepper. Serve alongside the fritters.





Basic Bread

Season: All

Type: Basics and Breads

Difficulty: Intermediate

Makes: 1 loaf

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

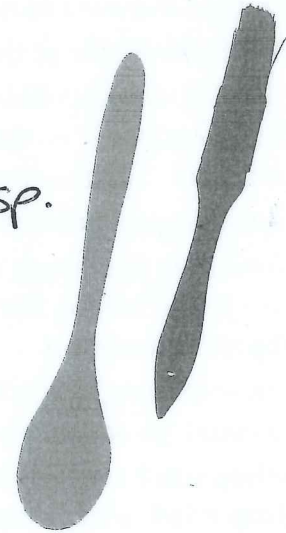
Basic bread is delicious and not difficult to make at all – most students enjoy kneading and shaping the loaves. This recipe needs time for two risings, so in kitchen classes the dough will be made for you and you will make the dough for the next class.

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

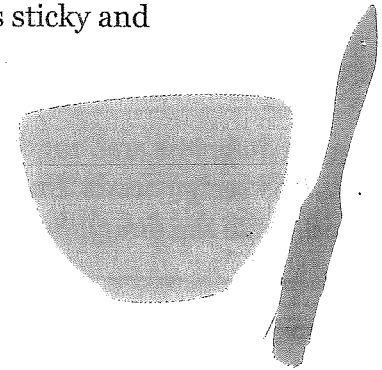
Ingredients:

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.



- 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:

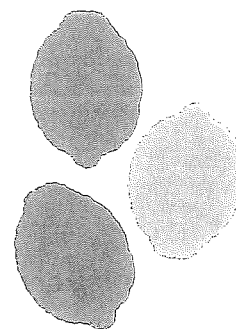
tea towel
chopping board
grater
kitchen knife
citrus juicer
metric measuring scales
medium stainless steel bowl
medium saucepan
whisk

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.



Potato, Leek & Chive Soup

Season: Spring

Type: Soups & Dips

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bay leaves, chives, garlic, leeks,
onion, parsley, potatoes

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This soup is a classic leek and potato soup. Once you understand how it's made, you can easily add other greens such as leeks, Warrigal greens, sorrel leaves or young beetroot leaves, depending on what's available in the garden.

You'll also be making croutons in this recipe.

Equipment:

tea towel
chopping board
kitchen knife
large pot
wooden spoon
metric measuring jug and
spoons
colander
pestle
vegetable peeler
wooden spoon
aluminium foil
coarse-meshed sieve
large bowl
hand held blender
wide soup bowls

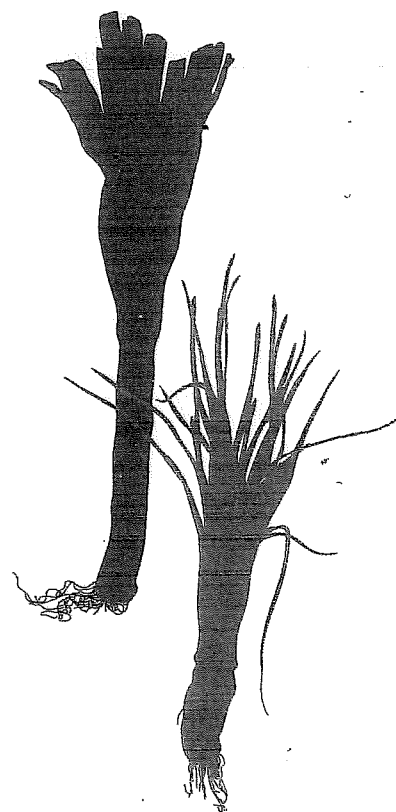
Ingredients:

6 celery stalks
3 leeks
2 onions
2 garlic cloves
15 potatoes
2 L vegetable stock
1 tablespoon butter
2 bay leaves
bunch parsley
big handful chives
salt and pepper

For the herb butter:

3 garlic cloves
4 tablespoons softened butter
handful parsley
1 teaspoon salt
black pepper

stale bread for croutons



What to do:

- Wash and finely slice the leek.
- Finely dice the onion and 3 cloves of garlic. Dice the celery stalks.
- In a large saucepan, sauté the leek, onion and garlic.
- Peel and finely dice the potato and spring onion.
- Finely chop the herbs.



Potato, Leek & Chive Soup continued

- Add all herbs, potato and spring onion to the sautéed ingredients.
- Add the butter and sauté for another 3-4 minutes.
- Use enough stock to cover all the ingredients and keep on a simmer.
- Meanwhile, finely chop the parsley and garlic for the herb butter and mix with the softened butter. Add salt and pepper and combine well.
- Spread the butter onto a piece of foil. Roll into a sausage shape and secure both ends. Put into the fridge to chill.
- Check the soup. If it is soft, turn off the heat, let cool and purée in the food processor (if not soft enough keep cooking until soft).
- For the croutons, slice the stale bread into rounds.
- Put into large bowl with olive oil, salt and pepper. Coat each round of bread thinly in olive oil and place on a flat baking tray.
- Put under the grill for 5-10 minutes until golden, turn and repeat on other side.
- When the soup is puréed, put back into saucepan and re-heat before serving.

