



# Basic Bread – Rolls

Season: All

Makes: 2 loaves or 30 rolls

## Equipment:

measuring scales, spoons and large jug  
2 large mixing bowls  
wooden spoon  
pastry brush  
tea towel  
spoon  
oven mitts  
baking tray and baking paper

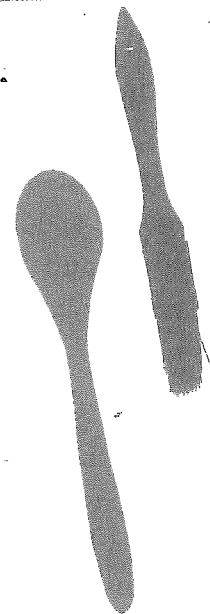
## Ingredients:

600 ml warm water  
2 tbsp honey (can substitute with molasses)  
800 g plain flour  
200 g whole-wheat flour  
2 tsp salt  
14 g instant dry yeast  
vegetable oil, for oiling bowl and tin

## What to do:

1. Combine the water and honey, and stir to dissolve the honey.
2. Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
3. Pour the water and honey mixture into the well.
4. Stir to mix the flour and water to a heavy dough.
5. Sprinkle a little flour over the bench, your hands and the dough.
6. Tip out the dough and use your hands to squash it all together into one lump.
7. Knead the dough for 5 minutes, sprinkling it with flour if it feels sticky. Cover it with a tea towel and leave it for at least 30 minutes in a warm spot (not too hot), to double in size.
8. Preheat the oven to 200°C.
9. Punch the dough down once to release the air, then knead for 30 seconds.
10. Divide dough into 30 pieces (or two loaves). Shape each piece into a ball or knot and place it on a lined baking tray. Leave the shaped dough in a warm place again for 20 minutes. You should see that it has risen.
11. Put the tray in the oven and bake for 20–25 minutes.
12. **\*Wearing oven mitts on both hands, carefully take the tray out of the oven.**
13. Wait at least 10 minutes before slicing and serving warm.

**\*Adult supervision required**





# Sweet Potato & Apple Quinoa Salad

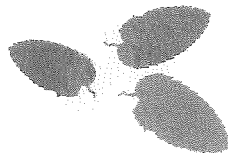
Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: apple, mint, mixed baby greens, onion, parsley, sweet potato

## Equipment:

tea towel  
chopping board  
cook's knife  
vegetable peeler  
2 large bowls  
measuring cup  
2 baking trays  
medium saucepan with lid  
mixing spoon

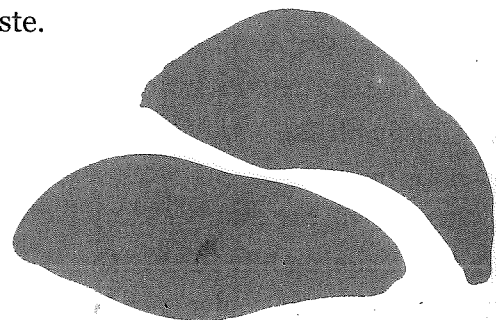


## Ingredients:

1 medium sweet potato, diced into 1 cm cubes  
1/2 cup olive oil  
1 cup quinoa, uncooked  
1 1/2 cups water  
1/2 medium red onion, thinly sliced  
1 small handful flatleaf parsley, chopped  
2 large granny smith apples, diced into 1 cm cubes  
1 tbsp extra virgin olive oil  
1/4 cup apple cider vinegar  
1 small handful mint, chopped  
3 small handfuls mixed baby greens  
salt  
freshly ground pepper

## What to do:

1. Preheat the oven to 180°C.
2. In a large bowl coat the sweet potato pieces with the oil.
3. Pour the sweet potato onto the baking tray and roast for 15–20 minutes.
4. Cook the quinoa using the absorption method: bring 1 cup of quinoa and 1 1/2 cups water to boil in a medium saucepan. Cover with a lid and simmer until all the liquid has been absorbed (about 10 minutes).
5. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
6. Mix the onion, parsley, apples, olive oil and cider.
7. Combine all the ingredients and add salt and pepper to taste.



## Basic pancakes

0:05 Prep • 0:42 Cook • Makes 12 • Capable cooks

★★★★★

It's the pancake recipe that's gone viral worldwide - you'd 'batter' give it a go!

### INGREDIENTS

- 1 1/2 cups milk
- 1 egg
- 2 teaspoons vanilla extract
- 2 cups self-raising flour
- 1/4 teaspoon bicarbonate of soda
- 1/3 cup caster sugar
- 25g butter, melted

### METHOD

- Step 1** Whisk milk, egg and vanilla together in a jug. Sift flour and bicarbonate of soda into a bowl. Stir in sugar. Make a well in centre. Add milk mixture. Whisk until just combined.
- Step 2** Heat a large non-stick frying pan over medium heat. Brush pan with butter. Using 1/4 cup mixture per pancake, cook 2 pancakes for 3 to 4 minutes or until bubbles appear on surface. Turn and cook for 3 minutes or until cooked through. Transfer to a plate. Cover loosely with foil to keep warm. Repeat with remaining mixture, brushing pan with butter between batches. Serve.



Sponsored by whimsy

Leaked images from inside Pippa Middleton's wedding  
Reception goals

# taste



taste | coles  
Helping you feed your family

## Asparagus quiche



0:30  
To Prep  
1:00  
To Cook  
6  
SERVINGS

### Nutrition

Energy 2112kJ	Fat saturated 18.40g
Fat Total 36.20g	Carbohydrate sugars 1.40g
Carbohydrate Total 27.70g	Dietary Fibre 2.00g
Protein 18.30g	Cholesterol 232.00mg
Sodium 619.00mg	

Deliciously healthy, this asparagus quiche is a winner.

*Double recipe*

All nutrition values are per serve.

### Ingredients

- 1 tablespoon Coles Brand pure olive oil
- 2 shallots, sliced
- 100g Primo thinly sliced pancetta, from the deli, chopped
- 4 Coles Brand free range eggs
- 1 cup cream
- 2 tablespoons snipped chives
- 2 bunches asparagus, ends trimmed
- Chilli jam, to serve (optional)

### Pastry

- 1 1/2 cups plain flour
- 1/2 cup grated parmesan
- 100g chilled butter, chopped
- 1 egg yolk
- 1-2 tablespoons water

### Method

1. To make cheese pastry, process the flour, parmesan and butter in a food processor until mixture resembles breadcrumbs. Add egg yolk and water and pulse until a dough forms. Turn onto a lightly floured surface. Shape into a disc. Wrap in plastic wrap and chill for 20 mins.
2. Preheat oven to 190C or 170C fan-forced. Grease a 20cm x 27cm rectangular loose based tart pan.
3. Roll out the pastry on a lightly floured surface until 5mm thick. Ease into prepared pan and trim edges. Chill for 10 mins. Line pastry with baking paper and fill with pastry weights or rice. Bake for 15 mins. Remove paper and weights or rice and bake for another 10 mins or until pastry is dry.
4. Meanwhile, heat oil in a frying pan over medium heat. Cook the shallots for 2-3 mins or until soft. Add pancetta and cook for 2 mins or until crisp. Scatter over pastry base.
5. Whisk the eggs, cream and chives in a jug. Season well. Pour over shallot mixture. Arrange asparagus over egg mixture and bake for 25-30 mins or until set. Stand in pan for 5 mins. Serve with chilli jam.