



Butter & Sage Sauce

Season: Any

Type: Basics

Difficulty: Easy

Serves: You can make this sauce for any number of diners

Fresh from the garden: sage

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Butter and sage is a classic, particularly French, combination. This is an easy sauce that can be used in a variety of dishes, including tossing through pasta and drizzled over steamed fish fillets – it is a favourite over gnocchi and ravioli. Once you've mastered the basic sauce you can adapt it to your taste, perhaps adding slivered almonds, parmesan cheese, a squeeze of lemon.

Sage is a perennial that needs just a little more care over the colder months, so you can make this sauce at any time of the year.

Equipment:

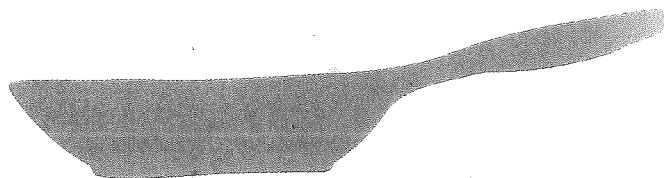
metric measuring scales
heavy-based frying pan

Ingredients:

3–4 sage leaves per person
10 g butter per person

What to do:

- Wash and dry your sage leaves carefully.
- Measure out the butter, remembering you are preparing only small portions and everyone only needs a little bit of sauce!
- Heat the butter in the frying pan over a moderate heat.
- Drop the sage leaves into the butter and swirl the frying pan over the heat – carefully – until the butter foams and the leaves become crisp. (Also look for the golden brown colour appearing in the thinnest liquid of the butter – this is the 'noisette'.) Watch carefully so you don't burn the leaves, and take the pan off the heat as soon as the leaves start to crisp.
- Your sauce is ready – spoon it over your dish while both are still hot so your dish absorbs some of the sauce.



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	

All nutrition values are per serve.

Deliciously healthy, this asparagus quiche is a winner.

Double recipe

Ingredients

- 1 tablespoon Coles Brand pure olive oil
- 2 shallots, sliced
- ~~100g~~ **Parmesan cheese 50g** Primo thinly sliced pancetta, from the neck, 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

- 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.
- Preheat oven to 190C or 170C fan-forced. Grease a 20cm x 27cm rectangular loose based tart pan.
- 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.
- 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.
- 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.



Basic Gnocchi

Season: All
Type: Big Dishes
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: eggs, potatoes

Recipe Source: Adapted from an original by Teresa Oates

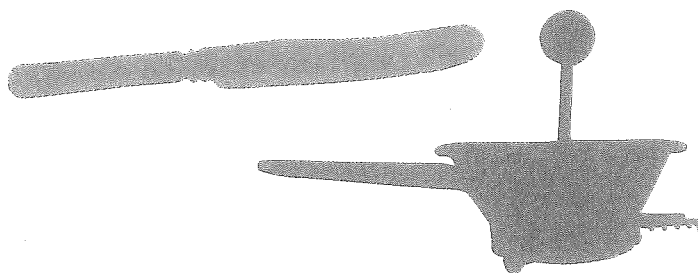
This simple recipe shows children how easy and fun it really is to make gnocchi – a dish many grown-ups are scared of!

Equipment:

metric measuring scales
and spoons
large heavy-based stock
pot with water and lid
large bowl
potato masher, ricer or Mouli
clean tea towel
chopping board
kitchen knife
butter knife
fork
baking tray
large pot
colander

Ingredients:

1 kg large Desiree potatoes (about 5 or 6)
approximately 350 g plain '00' flour
1 egg
extra flour for kneading
1 tablespoon salt

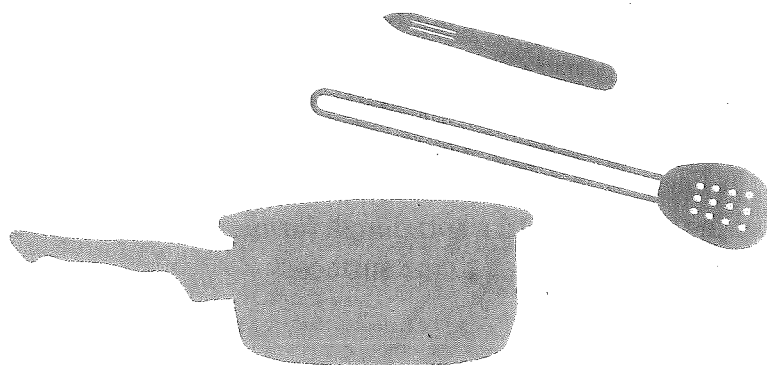


What to do:

- Wash the potatoes and boil them in their skins for 35 minutes until soft. Allow them to cool slightly before peeling. (Note: if using a ricer you will not need to peel the potatoes.)
- In a large bowl, mash the potatoes until smooth. You can pass mash through a ricer or Mouli to achieve a more even texture. Do not over-mash or the potato will become too gluey and your gnocchi will not be light.
- Pour the flour onto a clean surface and empty the mashed potatoes over the flour. Add the egg.
- Knead the mixture until a soft dough forms. You may need a little extra flour to stop the mixture sticking to the surface.



- Cut the dough into four even pieces, then roll each piece into 3 cm wide logs. Using a butter knife, cut the logs at 3 cm intervals to create gnocchi, then press each lightly over a fork to create ridges on the gnocchi. Dust them with a little more flour to stop them from sticking. Lay out on a baking tray dusted with flour.
- To cook the gnocchi, place a large pot of water on heat and bring to the boil. Add a tablespoon of salt to the boiling water, then carefully add the gnocchi to the pot, making sure they do not stick together (dropping them in individually will help avoid any sticking). If you don't have a large enough pot you may need to boil them in two batches to avoid crowding the pot.
- The gnocchi are cooked when they rise to the surface. Spoon them out with a slotted spoon and place directly into your sauce, or into a serving dish.





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

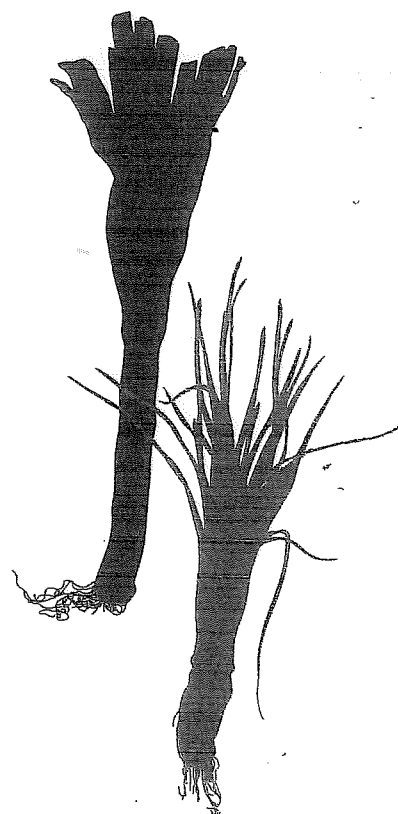
Ingredients:

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



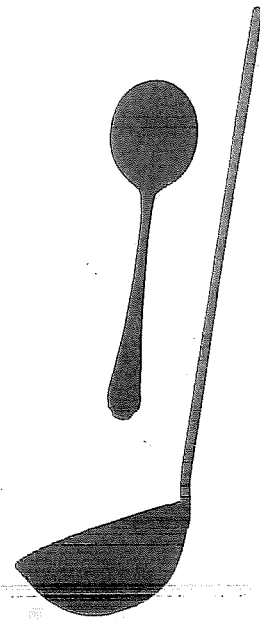
What to do:

- 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.





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

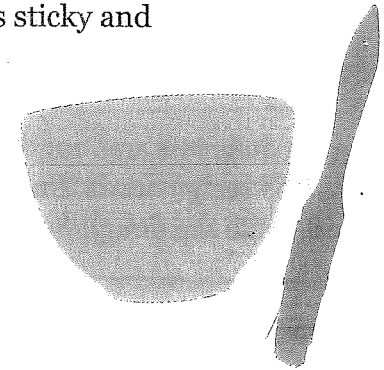
Ingredients:

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**



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.