

SUMMER RECIPES

FROM THE
GARDEN TO TABLE
KITCHEN

A collection of fresh, simple recipes
by Garden to Table Co-Founder
Catherine Bell and
the Garden to Table team

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GOZLEME

This recipe, from the Garden to Table resources, is one the children love making. It's an easy dough that is soft and silky, and easy to roll out thin. Gozleme originates from Turkey, where you will find it being made on the streets for quick snacking. The fillings are endless - there are a few ideas at the end.

makes 8

Ingredients

- 2 teaspoons active dried yeast
- 1 teaspoon salt
- 3 ½ cups plain flour
- extra virgin olive oil
- 200 g baby spinach leaves
- 200 g crumbly feta cheese
- pinch chilli flakes (optional)
- freshly ground pepper
- lemon wedges to serve

How to make it

1. Measure 150 ml warm water and sprinkle the yeast over the surface. Mix to combine and leave for 5 minutes until the yeast starts to froth.
2. Combine the flour and salt in a large bowl and make a well in the centre. Pour in the yeast, along with another 150 ml warm water and 1 tablespoon of olive oil. Mix to form a soft dough.
3. Sprinkle a little flour on the bench and turn out the dough. Bring it together and knead for 5 minutes until it springs back when you push it with your finger.
4. Put a teaspoon of oil in a clean bowl and place the dough smooth side down. Move it around to coat it with the oil, then turn over so the oiled surface is uppermost.

Cover the bowl with a clean tea towel and leave for 30 minutes until it doubles in size.

5. Wash and dry the spinach and remove any stalks. Crumble the feta.

6. Knock back the dough by gently pushing it down to its original size. Divide it into 8 evenly sized pieces and form each into a neat ball. Roll out one piece at a time, on a lightly floured bench, into a thin round. Spread some spinach and feta over one half of the round and season with pepper and a pinch of chilli flakes (optional).

7. Fold the empty half over to cover the filling and press the edges together to seal. Place on a tray lined with baking paper while you roll out the other seven gozleme.

8. Lightly grease a large heavy-based frying pan or flat cast iron plate with olive oil and heat over medium-high heat. Place one or two gozleme in the pan and cook 3-4 minutes on each side until the dough is cooked and golden. Remove and brush immediately with olive oil.

9. Cut into thirds and serve with lemon wedges. Best eaten straight away while warm.

Alternative fillings:

- *cooked minced lamb, beef, pork or chicken and onion with fresh herbs*
- *cold cooked potato with chives*
- *roasted vegetables such as aubergine, capsicums and zucchini*

GOZLEME



ESPRESSO, BROWN SUGAR COOKIES

Make these crisp shortbread cookies for gifts this Christmas. They can either be sprinkled generously with sugar for a sparkly effect, or dipped in chocolate for a luxury finish.

Makes at least 36 cookies

Ingredients

- **250 grams butter, at room temperature**
- **½ cup packed brown sugar**
- **1 teaspoon vanilla extract**
- **2 cups flour**
- **pinch of salt**
- **2 tablespoons finely ground espresso coffee**
- **melted chocolate for dipping**
OR granulated sugar for sprinkling (optional)
- **icing sugar**

How to make it

1. Preheat oven to 170°C.
2. Place the butter, sugar and vanilla in a large bowl and beat until light and creamy.
3. Combine the flour, salt and coffee and gently mix into the butter. Turn onto a large sheet of baking paper, lay another sheet on top and mould the dough into a flat disc. Refrigerate the dough until it has firmed up enough to roll out.
4. Leaving the dough on the baking paper, roll it out to ½ cm thickness and stamp out rounds with a cutter of your choice.

5. Place the cookies on a paper-lined baking sheet and chill until firm. Chill and re-roll the leftover dough to make more cookies.

6. Bake for about 15-20 minutes or until firm to the touch. Remove from the oven and transfer carefully to a wire rack.

7. If you wish to sprinkle them with sugar, do this while the cookies are hot.

8. To dip the cookies in chocolate, wait until the cookies are completely cold. then dip one half of the biscuit into melted chocolate and place on baking paper to set. Once the chocolate has set, dust with icing sugar.

9. Store in an airtight container.

ESPRESSO, BROWN SUGAR COOKIES



SHAVED ASPARAGUS, FENNEL & WALNUT SALAD

This fresh summer salad is a breeze to make with no cooking required. Believe it or not, thinly sliced asparagus is crisp and delicious.

serves 6

Ingredients

Dressing

- 4 tablespoons walnut oil
- finely grated zest and juice of 1 lemon
- 1 clove garlic, crushed
- sea salt and freshly ground black pepper

Salad

- 16 fat asparagus spears
- 1-2 small fennel bulbs
- 200 g wild rocket
- 100 g lightly toasted walnuts
- ½ cup freshly grated parmesan

How to make it

1. Place the dressing ingredients in a bowl and whisk to combine. Taste and season.
2. Snap the woody ends off the asparagus and cut off the tips. Trim the stalks from the fennel and halve them lengthways
3. Using a mandolin or a sharp knife, slice the asparagus and fennel very thinly. Slice the asparagus tips in half lengthways.
4. Place the rocket in a large bowl, add half the dressing and toss to coat the leaves, then transfer to a serving platter.
5. Combine the asparagus, fennel and half the walnuts to another bowl and toss with the remaining dressing. Add to the rocket with half the parmesan and toss again.
6. Transfer to a serving platter, sprinkle the remaining parmesan and walnuts over the top and serve immediately.



TOMATO SALAD WITH TOMATO DRESSING

This simple salad is a great way to use a wide variety of tomatoes of all shapes and sizes. Heirloom tomatoes will always have a fuller flavour than commercial varieties.

Serves 6-8

Ingredients

- **750 g large ripe heirloom tomatoes, a variety of colours and shapes**
- **300 g small vine-ripened tomatoes**
- **1 garlic clove, crushed**
- **1 teaspoon sea salt**
- **2 teaspoons ground cumin seeds**
- **1 tablespoon sherry vinegar**
- **150ml extra virgin olive oil**
- **freshly ground pepper**
- **½ cup good black olives, pitted**
- **¼ cup capers**
- **chopped flat leaf parsley to garnish**

How to make it

1. Slice the large tomatoes into rounds and arrange on a large deep platter.
2. Place the 300 g of tomatoes in a blender with the garlic, salt and cumin, and mix until smooth. Add the vinegar, then gradually add the oil to make a smooth dressing. Season to taste and pour over the sliced tomatoes.
3. Scatter over the olives, capers and parsley to serve.



HONEY MUSTARD SLAW

This is an old favourite that is easy to whip up when you need a fast salad to prepare ahead. Simply dress and serve it.

serves 6-8

Ingredients

- **½ small green cabbage**
- **½ small red cabbage**
- **1 cup good quality mayonnaise**
- **1 tablespoon honey**
- **2 tablespoons Dijon or other hot mustard**
- **½ cup sour cream**
- **3 tablespoons cider vinegar**
- **1 teaspoon toasted caraway seeds**
- **bunch of chives**

How to make it

1. Slice the cabbage as finely as possible. If you want to do this ahead of time, place the sliced cabbage in a large bowl of water and empty in a tray of ice cubes. Refrigerate until you finish the salad.
2. Combine the mayonnaise, honey, mustard, sour cream, cider vinegar and caraway seeds. Taste and add more mustard or vinegar to taste.
3. Cut the chives into 2 cm lengths. Drain the cabbage well, add the chives, reserving a few for garnish, and toss with the mayonnaise.
4. Transfer to a serving bowl and scatter with the reserved chives.



PARMESAN ZUCCHINI STEAKS

This is the perfect dish when you've found an extra-large zucchini hiding in the garden. It always happens if you go away for a weekend, you come back to small marrows instead of regular-sized zucchini. You could, of course, make this dish with regular zucchini cut in half.

serves 3-4 as a vegetable side

Ingredients

- **1 clove garlic**
- **2 tablespoons olive oil**
- **1 or 2 extra-large zucchini, 350-400 g each**
- **½ cup (40 g) finely grated Parmesan**
- **freshly ground black pepper**
- **small handful chopped fresh parsley or basil leaves**

How to make it

1. Preheat the oven grill. Peel and crush the garlic, and mix with the olive oil in a small bowl.
2. Cut a thin slice lengthways along two opposing sides of the zucchini and discard (this will ensure the slices sit flat in the pan), then slice the zucchini lengthways into 1.5 - 2 cm thick slices. Brush both sides of the zucchini with the garlic-infused oil, leaving the garlic in the bowl, as this will burn.
3. Heat a char-grill pan or heavy-based ovenproof frying pan (large enough to fit the length of the zucchini), over a high heat. Place the zucchini slices in the pan and cook for about 2 minutes, then turn and cook the other side until well coloured and tender.

4. Generously cover the top of each slice with Parmesan, and season with black pepper. Place the zucchini under the preheated grill for 3-4 minutes or until the cheese is crisp and golden. Transfer to a serving plate and scatter with the herbs.

5. Serve warm or at room temperature.

- **Zucchini** and **Courgettes** are the same vegetable - essentially small baby marrows. Zucchini is the Italian name and courgette the French name. Both names are used here in New Zealand.

*Recipe from Bounty by
Catherine Bell*

PARMESAN ZUCCHINI STEAKS



GREEN HERB PILAF

A pilaf is such an easy, fail-safe way to cook rice. This one is good served with any roasted meat or with lots of roasted vegetables.

serves 3-4

Ingredients

- **1 cup Basmati or other long-grain rice**
- **large handful flat-leaf parsley**
- **small handful coriander leaves**
- **small handful wild rocket or watercress leaves**
- **1 cup packed spinach leaves, washed and stems removed**
- **4 fat spring onions**
- **1 tablespoon olive oil**
- **2 tablespoons butter**
- **1½ cups (375 ml) chicken stock, vegetable stock or water**
- **salt and freshly ground black pepper**
- **freshly grated Parmesan**

How to make it

1. Wash the rice well and leave it to drain in a sieve. Finely chop all the herbs and greens. Finely slice the spring onions, including the green part.
2. Heat the oil and half the butter in a heavy-based saucepan or casserole over medium-low heat. Add the herbs, greens and spring onion and cook for a few minutes, stirring, until they are wilted and glossy. Add the rice and stir until the grains look shiny and are mixed well with the greens.
3. Add the stock and salt. Stir well and bring to the boil over medium heat. Reduce the heat to very low (use a simmer mat or diffuser if necessary), cover the pot and cook undisturbed for 20 minutes.
4. Mix the remaining butter into the rice with a fork. Taste for salt, adding more if needed. Turn into a hot serving dish, grind over pepper and scatter with parmesan. Serve any extra cheese separately.



FENNEL ROASTED CARROTS WITH A HERB CRUMB

A delicious way to prepare sweet baby carrots, this dish can be served warm or cold as a salad. All the components can be pre-prepared to be assembled when ready to serve, so the crumbs stay crisp.

serves 4-5

Ingredients

- **500 g baby carrots with tops**
- **1 teaspoon fennel seeds**
- **1 clove garlic**
- **1½ tablespoons extra virgin olive oil**
- **sea salt and freshly ground black pepper**

Crumb

- **½ cup ciabatta or sourdough breadcrumbs**
- **extra virgin olive oil**
- **2 tablespoons pine nuts**
- **finely grated zest of a small lemon**
- **1 small clove garlic**
- **small handful each mint and Italian parsley**
- **1 hard-boiled egg**

How to make it

1. Preheat the oven 200°C. Wash and peel the carrots and trim the tops to 1-2 cm. Coarsely crush the fennel seeds in a mortar and pestle and finely chop the garlic.
2. Combine the fennel seeds, oil, garlic, salt and pepper in a large bowl, add the carrots and toss to coat. Spread out in a single layer on a baking tray, and roast until just cooked - about 15 minutes. Set aside to cool.
3. Heat a frying pan with a thin layer of olive oil and, when hot, tip in the breadcrumbs. Stir until the crumbs are crisp and golden, then tip out onto a tray lined with a paper towel to drain. Leave to cool, and if preparing ahead, store in an airtight container.
4. Toast the pine nuts in the oven until golden, then tip into a bowl to cool. Finely chop the garlic, mint and parsley and grate the hard-boiled egg on the coarse part of the grater.
5. When ready to serve, combine all the crumb ingredients in a large bowl and season to taste. Add the carrots and gently toss. Transfer to a platter and garnish with any crumb mixture remaining in the bowl.



RHUBARB & STRAWBERRY TRIFLE

serves 6-8

The two components for this festive dessert can be made up to three days in advance, so all you have to do on the day is assemble. Another fortified wine, cold espresso coffee or fresh orange juice can be used instead of Marsala.

Ingredients

Custard

- 250 ml (1 cup) full cream milk
- 250 ml (1 cup) cream
- 5 large egg yolks
- 55 g (¼ cup sugar)
- ½ teaspoon vanilla extract

Fruit

- 8 fat stems ruby red rhubarb
- 1 punnet small strawberries
- 165 g (1½ cups) caster sugar

To Assemble

- 1 packet sponge fingers -
Savoardi biscuits
- 1 quantity of custard
- ⅓ cup Marsala
- whipped cream to serve

How to make it

1. Custard: Scald the milk and cream by bringing it to just below boiling point over a medium heat.
2. Beat the egg yolks and sugar until thick and pale in the bowl of a stand mixer or in a large heatproof mixing bowl.
3. Beating continuously, gradually pour the hot milk and cream mixture into the egg and sugar mixture. Add the vanilla. Pour custard into a heatproof bowl and place over a saucepan of simmering water.
4. Stir the custard constantly until it thickens. Don't allow the water to touch the base of the bowl as this will cause the custard to cook too quickly. The custard is the correct consistency when you can draw your finger across the back of a custard-coated wooden spoon and it leaves a trail.

5. Strain the custard through a fine mesh sieve, into a clean bowl. Cool slightly, then cover with a piece of baking paper pressed over the entire surface. Chill.

6. Fruit: Remove the leaves from the rhubarb and discard. Wash the rhubarb and cut into 5cm pieces. Set aside 6 smaller strawberries and hull the balance.

7. Place the rhubarb in a saucepan with the sugar and cook over a low heat, stirring occasionally, for about 10 minutes or until tender (it will take a few minutes for the rhubarb juices to start to run which will help dissolve the sugar). Remove from the heat, add the hulled strawberries and leave to cool.

8. To assemble: Reserve a large spoonful of the fruit and set aside.

Arrange 4 or 5 sponge fingers in the base of a 2-litre deep serving dish and sprinkle with $\frac{1}{4}$ of the marsala. Top with $\frac{1}{4}$ of the fruit and $\frac{1}{4}$ of the custard. Continue layering, finishing with a layer of custard.

Pile the reserved fruit in the centre of the trifle and nestle the fresh strawberries into the soft fruit. Serve with softly whipped cream.

*To hull - remove the calyx and core of the strawberry. You can use a small knife or metal measuring spoon or melon baller to do this easily.

*use the egg whites to make meringues or a pavlova

RHUBARB & STRAWBERRY TRIFLE

GARDEN TO TABLE

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