

2013/2014 Recipes

Collated and edited by the
I.T leadership team



2013/2014 Kitchen Garden Recipes

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Contents:

[Philosophy](#)

[Meet the specialists](#)

[Pasta](#)

[Arrival of the Isa Brown chooks](#)

[Dips](#)

[Top tips](#)

[Soups](#)

[Sweets](#)

[Year 4 reflections](#)

[Salads](#)

[Organic pesticide](#)

[Bread](#)

[Thank you from the kitchen garden
coordinator](#)

[Index](#)

Philosophy



Exciting, engaging and fun food education – children and teenagers work together to learn valuable life skills!

The fundamental philosophy is that by engaging children's curiosity, as well as their energy and their taste buds, we will provide positive and memorable food experiences that will form the basis of positive lifelong eating habits, not only for the children, but for the whole school community.

Year 4 and 5 students spend structured time caring for their productive veggie garden and home-style kitchen as part of their everyday school experience. They enthusiastically get their hands dirty and learn how to grow, harvest, prepare and share fresh, seasonal food. The skills-based learning extends across the entire Primary school curriculum and students make authentic connections with their literacy, numeracy, science, SOSE and environmental sustainability learning. A large component of the year 4 and 5 Science program is taught through the KGP with valuable Science techniques and concepts being put into practice.

Meet the Specialists



Julie Hart - Garden Educator

I am a Science and Mathematics teacher who has taught in the Senior, Middle and Primary schools at Bialik College. I am originally from Bendigo and have lived in Melbourne for the past 14 years. My two year old son, Lachlan, loves in the outdoors as much as I do! As a veggie gardening and sustainability enthusiast I thoroughly enjoy this brilliant new learning space with all of the Bialik Community. The garden is a very special place, where students develop lifelong skills and gain a new appreciate of how important it is to look after our environment – you look after the earth and the earth will look after you. The veggie garden area is not just used as a garden, but also as a community gathering area for Jewish festivals, writing poetry, recording/analysing and studying meaningful numerical data, investigating microorganisms, testing soils, painting, developing art models, recording and making music! Really any situation where learning will be enhanced by this incredible outdoor classroom! So pull on your gloves and let's enjoy the wonderful world of gardening together.

Nikki Gordon - Kitchen Educator

I am a primary school teacher who has always had a passion for food and the cooking process. I am originally from Sydney and have lived in Melbourne for the last 12 years. I have two children, Amy aged six and Adam aged nine. For the last three years, I've been teaching cooking classes, at East Bentleigh Primary School, to grade 3-6. I've been blown away by the program and how much the children have learnt. From making homemade pasta, inventing a salad of your imagination, pasta making and preserving lemons, just to name a few! I love going to cooking classes, there is always new things to learn. My favourite chef would have to be Shane Delia from Maha Bar & Grill. I enjoy reading and trying new recipes from the many food magazines I subscribe to.

Pasta



By Sam Frenkel

Basic Pasta Dough

EQUIPMENT:

- Pasta Machine
- Metric Spoon Measures
- Food Processor
- Glad Wrap
- Large Knife
- Pastry Knife
- Scales

INGREDIENTS:

- 200g Plain Flour
- Salt
- 2 Eggs



METHOD:

1. Weigh the flour and then combine it with 1 and 1/2 teaspoons of salt in the bowl of the food processor. With the motor running, add the eggs. Process for a few minutes until the dough clings together and feels quite springy.
2. Tip the dough onto a clean surface and knead for a few minutes. Then wrap it in glad wrap and let it rest for 1 hour at room temperature.
3. Press the dough into a rectangle about 8cm wide.
4. Set the rollers on the pasta machine to the widest setting and pass the dough through.
5. The dough will look a bit ragged at this stage. Fold it in 3, turn it 90 degrees and roll it through again. Go to the next thickest setting and pass the dough through 3-4 times.
6. Continue in this manner until the dough has passed through the second thinnest setting. If the dough is too long to handle comfortably, cut into 2-3 pieces and roll each separately.
7. Clean the pasta machine by brushing it with a dry, wide pastry brush. Never wash the machine.

Tomato Pasta Sauce

EQUIPMENT:

- Chopping board
- Knife
- Saucepan
- Grater
- Metric measuring cups

INGREDIENTS:

- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 carrot, grated
- 1/2 cup flat parsley, leaves only
- 1/4 cup extra virgin olive oil
- 2 fresh bay leaves
- 8 cups tomato passata
- freshly ground pepper
- large pinch of freshly grated nutmeg
- handful of basil leaves

METHOD:

1. Heat the olive oil in a large saucepan over medium heat.
2. Add the onion, garlic and carrot and fry for 5-10 minutes on low-medium heat until onion is translucent & soft.
3. Add parsley & bay leaves and cook for a further minute, stirring to combine with the onion mixture.
4. Add the passata and stir till well combined.
5. Season with salt, pepper & nutmeg
6. Allow sauce to come to a simmer and cook on low heat with lid on for 20 minutes.
7. Then add torn basil and serve.



Kale Pesto

EQUIPMENT:

- Food processor
- Spatula
- Metric measuring spoons/cups
- Grater

INGREDIENTS:

- 1 cup firmly packed kale leaves
- 1/2 cup extra virgin olive oil
- 2 cloves of garlic
- 60g parmesan
- 1/4 cup mixed seeds

METHOD:

1. Take kale stems off kale leaves and discard.
2. Put kale leaves, olive oil, seeds, garlic and salt into a food processor and process until smooth.
3. Once or twice stop the machine and scrape down the sides with a spatula.
4. When evenly blended, scrape the green paste into a bowl and stir in cheese.



Homemade Potato Gnocchi

EQUIPMENT:

- 2 medium saucers
- Potato ricer
- Disposable gloves
- Knife
- Tray
- Colander

INGREDIENTS:

- 1kg potatoes
- 1 egg
- 200g plain flour
- 1 tablespoon sea salt



METHOD:

1. Boil potatoes on skin on until cooked through.
2. Drain potatoes immediately, then wearing disposable gloves, peel potatoes.
3. It is important to work fast, to make the gnocchi while the potato is warm.
4. While peeling potatoes, put a large bowl of salted water to boil.
5. Place potatoes through a ricer.
6. Place half the flour on a bench and place the potato on the flour.
7. Add the egg and salt to the potato, then top with the remaining flour.
8. Mix the flour, egg and potato with your hands until well combined and a dough is formed.
9. Knead dough gently for about a minute, the more you knead the tougher the gnocchi will become.
10. Cut off small amounts of dough and roll into long ropes the diameter of your thumb. Make sure they are of even thickness. Then cut into 2cm pieces.
11. In batches, place gnocchi into a pot of boiling water. Once they rise to the surface, lift them out with a slotted spoon.

Basic Egg Noodles

EQUIPMENT:

- Scales
- Sifter
- Large bowl
- Pasta machine with noodle cutter attachment

INGREDIENTS:

- 1 teaspoon bicarbonate soda
- 1 and a half teaspoons salt
- plain flour (double the weight of the eggs)
- 2 eggs in their shell
- cornflour for dusting



METHOD:

1. Weigh the eggs to determine how much flour to use.
2. Measure out twice as much flour as the weight of the eggs.
3. For every egg, add a 1/2 teaspoon of bicarbonate soda.
4. Sift the bicarbonate, salt and flour into a large bowl.
5. Break the eggs into the flour, ensuring the egg white has been scooped from their shells.
6. Knead until the dough is smooth. (It will feel drier than pasta dough)
7. To make the noodles:
8. Divide the dough into 4 balls.
9. Shape the dough into a round ball and press it down on the board to flatten it.
10. Fold in both sides, in rough thirds, to make a rectangle about 8cm wide with folded sides.
11. The dough can be quite dry at first but keep working it.
12. Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it.
13. Do this 3-4 times folding long sides into the centre each time. (This process is called laminating)
14. Change the machine roller setting to the next thickest setting and pass the dough through. You do not need to fold it.
15. Sprinkle a pinch of cornflour onto your hands and smooth it onto the strips of dough. If the dough starts to stick, be very sparing with the flour.
16. Continue changing the settings and passing the lengths of dough through until you get to the second thinnest setting.
17. Cut the dough using the noodle cutter. Let the long, thin strands of pasta dry on a tea towel sprinkled with cornflour.

Arrival of the Isa Brown chooks



Arrival of our Isa Brown chooks

We are very excited for the arrival of our Isa Brown chooks on the 21st of May, 2013. The chooks will be happy arriving in cooler weather, they really don't like creating a new home when the weather is really hot. In the last three months the Passionfruit and Jasmine vines have grown exceptionally well and will provide the chooks with shade during the warmer months.

What will the chooks eat?

In the Kitchen Garden we strongly believe in reusing and reducing waste to help run a sustainable program. The chooks will enjoy the vegetable and fruit scraps from the school Kitchen and Canteen.

How will the eggs be used?

The very yummy eggs, with bright yellow yolks will be used in the Kitchen by the Year 4 and 5 students as part of the Kitchen Garden Program



Dips



By Mitchell Sharp

Rocket and Chickpea Dip



Ingredients:

- 100g rocket leaves
- 400g tin chickpeas drained and rinsed
- Juice and zest of a lemon
- 50g sunflower seeds
- 1 garlic clove
- 100g Parmesan, grated
- 1 tablespoon red wine vinegar
- 1 1/2 tablespoons oil

Equipment:

- metric measuring spoons
- juicer
- zester
- food processor
- grater
- spatula
- scales

Method:

1. Place all ingredients except for the oil, into the food processor.
2. Once blended together, slowly add the olive oil.
3. Serve with cut up veggies or pita bread.

Roasted Carrot Hummus



Ingredients:

- 1 teaspoon ground cumin
- 3 medium carrots (350g), peeled & cut into 2cm pieces
- 2 tablespoons olive oil
- 400g can chickpeas, drained & rinsed
- 1 tablespoon tahini
- 1 tablespoon lemon juice

Equipment:

- chopping board
- knife
- peeler
- metric measuring spoons
- baking tray
- baking paper
- bowl
- food processor
- spatula

Method:

1. Preheat oven to 180C fan forced. Line a baking tray with baking paper.
2. Place cumin, carrot and half the oil in a bowl. Toss to combine. Transfer to prepared tray & bake for 25 minutes or until carrot is golden & tender. Remove from oven and set aside to cool.
3. Place carrot, chickpeas, tahini, lemon juice and remaining oil in a food processor and process until smooth. Season with salt & pepper.
4. Serve with grissini.

Beetroot Hummus

Equipment:

baking tray

foil

metric measuring spoons

chopping board

knife

food processor spatula

Ingredients:

450g cooked beetroot, chopped

400g can chickpeas, rinsed & drained

1 garlic cloves, roughly chopped 1 tablespoon
tahini

1 tablespoon lemon juice

2 tablespoons olive oil

Method:

1. Place beetroot, chickpeas, garlic, tahini and lemon juice in a bowl of a food processor and process till combined. With the motor running, slowly add the oil and process till mixture is thick & smooth.



Top Tips!!!

Q: What are eggshells used for in the garden?

A: Eggshells are used for blocking small organisms from eating the plants in the garden beds.

Q: Look after chooks- What are the main food items that the chooks can't eat and why?

A: Chocolate because chooks are herbivores and they can not eat chocolate,

Q: Why do we put manure on the soil in the garden beds?

A: Plants need hydrogen to grow, straw is so weeds don't grow in the garden bed.

Q: What is pH? What should be soil pH be in most garden beds?

A: <7 because it is not a liquid so it is more of a base

Q: What will the chooks eat?

A: from the Canteen the food scraps get sent into a bag go to the garden and feed the chooks

Soups



By Cooper Gardy

Minestrone Soup



Equipment:

bowls: 1 medium,
1 large colander
1 large saucepan
chopping board
knife
peeler
measuring cups & spoons
ladle
grater

Ingredients:

2 table spoons olive oil
2 cloves garlic, finely chopped
1 onion, chopped
2 large carrots, diced
2 sticks celery, diced
5 cups chicken stock
parmesan rind
400g can diced tomatoes
400g can cannellini beans
6 tablespoons parsley
Salt/pepper
150 Parmesan, grated

Method:

1. Heat olive oil in a large saucepan over medium heat. Add onions and garlic, let them sweat and soften whiteout colouring for 3 minutes.
2. Open can of cannellini beans, drain and rinse well
3. Add the carrots and celery and cook for 5 minutes.
4. Add Parmesan rind, chicken stock can of tomatoes and cannellini beans to the pot. Let it simmer for 30 minutes
5. Chop parsley and set aside. Grate Parmesan and place in a serving bowl.
6. Taste soup and add salt/pepper and parsley.
7. to serve, ladle soup serving bowls, top each with a bit of grated Parmesan and a drizzle of oil.

Silverbeet soup



Equipment:

Large saucepan

Chopping board

Knife

Blending stick

Metric measuring spoons/cups

Grater

Ingredients:

400g silver beet washed, and chopped

800g potato, diced

2 onions, sliced

12 cups chicken stock

2 tablespoons olive oil

Optional topping: sour cream and Parmesan cheese, grated

Method:

1. Place chopped onion and garlic into saucepan with olive oil and cook on low heat till softened.

2. Add diced potatoes and cook for a few minutes, stirring constantly.

3. Add stock and silver beet and cook gently until potato is cooked.

4. Puree soup with a stick blender or food processor.

5. Serve topped with sour cream and Parmesan.

Celery and potato soup



Ingredients:

30g butter
1 tablespoon olive oil
10 sticks of celery, chopped
200g potatoes, peeled and chopped.
2 leeks trimmed and sliced
1.4 litres vegetable stock
1 bay leaf
600ml milk
Salt/pepper

Equipment:

Metric measuring cups/spoons
Scales
Chopping board
Knife
Large saucepan
Blender

Method :

1. Melt butter in a large saucepan over low heat. Add oil.
2. Place chopped celery, potatoes and leeks onto saucepan
3. Pour the stock into pan and add bay leaf. Bring to boil, then reduce heat to low, cover and simmer for 20 minutes.
4. Remove bay leaf
5. Cool slightly. Using slotted spoon, lift out the vegetables and put them in a blender with some liquid. Blend till smooth
6. Return the vegetables to the saucepan with the rest of the liquid, add the milk and heat gently.
7. Season to taste with salt/pepper and serve.

Scarlet runner bean soup

Equipment:

Chopping board

Knife

Saucepan

Garlic crusher

Wooden spoon

Metric measuring cup

Ingredients:

350g scarlet runner beans

1¼ cup extra virgin olive oil

1 brown onion, peeled and chopped

2 celery stalks, chopped

2 garlic cloves, minced

A few springs of thyme

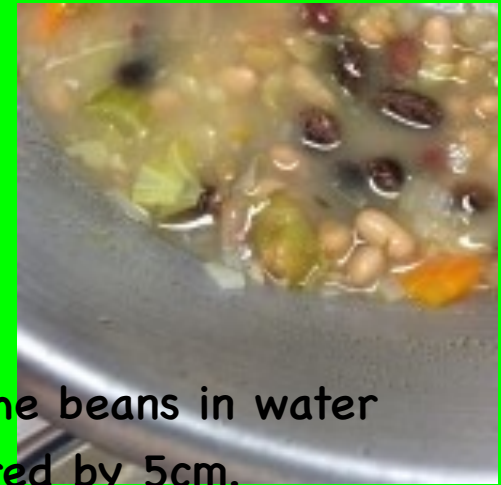
1 bay leaf

1½ cabbage, shredded

6 cups veggie stock

Method:

1. The night before, soak the beans in water making sure they are covered by 5cm.
2. The next day, drain the soaking water and refill the pot to cover the beans, again by 5cm and bring to boil. Then reduce heat to very low simmer and cook until beans are tender, about 3 hours. If need be add more water during cooking time to keep beans covered. Once beans are tender, drain and set aside.
3. Heat olive oil over medium heat, add the onions, carrots and celery and stir occasionally until soft and beginning to brown.
4. Add garlic, herbs and season with salt/ pepper. Cook for 2-3 minutes
5. Add 4 cups of stock and bring to boil.
6. Add cabbage and continue to simmer till cabbage is soft
7. Serve with shaved Parmesan.



White bean soup with winter greens



Ingredients:

3 tablespoons olive oil plus extra
1 onion, finely chopped
2 cloves garlic, crushed
2 celery sticks, finely chopped.
2x400g can white beans
2 tablespoon tomato paste
1 litre vegetable stock
Sea salt/ black pepper
500 g silver beet, stems removed, leaves only
4 tablespoons Parmesan, grated

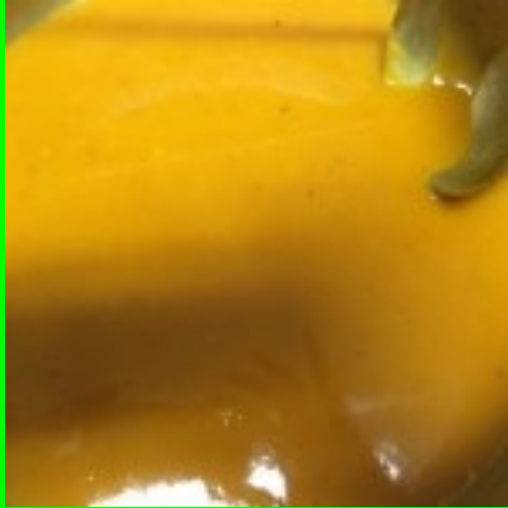
Equipment:

| | |
|-------------------|----------------------------------|
| Chopping board | Knife |
| Garlic press | Metric measuring spoons/ cups |
| 1 medium saucepan | Grater |
| 1 large saucepan | Masher |
| Frying pan | |

Method:

1. Heat olive oil in large pot, add onion, celery and garlic and cook for 10 minutes until softened.
2. Drain and rinse beans and add pot with the tomato paste and vegetable stock.
3. Cook gently, stirring occasionally for 20 minutes.
4. Season with salt/pepper.
5. Remove a ladleful of beans and mash them and then return them to soup to thicken it up.
6. For topping, heat a couple of tablespoons of olive oil in a frying pan, add silverbeet leaves And a dash of water. Cook over high heat, tossing constantly, until just wilted. Drain well and roughly chop.
7. Ladle the soup in bowls, top with silverbeet and grated Parmesan.

Pumpkin and coconut soup



Ingredients:

2kg pumpkin, peeled, deseeded and cut into 1cm dice
4 tablespoons coconut oil
2 teaspoons sea salt
2 brown onions, finely diced
2 cloves garlic, finely diced
1 teaspoon ginger, grated
1 teaspoon cumin seed
1 teaspoon coriander seed
2 litres vegetable stock
2 cups coconut milk

Method:

1. Preheat oven to 200C.
2. Place diced pumpkin in a large bowl and add 2 tablespoons of coconut oil and salt. Toss well and place on a baking tray covered with baking paper.
3. Bake for about 30 minutes, or until light in colour and is soft.

Equipment:

metric measuring spoons/cups
large bowl
baking tray
large saucepan
mortar & pestle
stick blender

Method continued:

4. Place a large saucepan over medium heat, add 2 tablespoons of coconut oil, add onions and cook until softened and translucent.

5. Dry fry coriander and cumin seeds till fragrant and then grind in a mortar & pestle.

6. Add garlic, ginger and spices to the onions. Mix and cook for 2 minutes.

7. Add pumpkin and vegetable stock and bring to the boil.

8. Simmer for 20 minutes allowing the flavours to infuse.

9. Add coconut milk and warm through.

10. Remove from heat and use a stick blender to process soup to a thick, smooth consistency.

Scarlett runner beans



Summer 2013/2014 we grew Scarlett Runner Beans for the first time. We picked the first meaty pods in March to dry and shell. Runner beans are more amenable to drying than bush beans or any kidney beans. When provided with a trellis, runner beans hang their pods high, where they're less prone to rot. The plants can survive a few light frosts. And because the seeds are big, about an inch long or longer, shelling goes fast!!! After shelling we soaked the beans overnight before cooking them for 30mins. We enjoyed eating them in our yummy Scarlett Runner Bean Soup !!

Sweets



By Daniel Kazakevich

Beetroot chocolate muffins

Ingredients

80g butter

A large beetroot

175g of plain flour

1 teaspoon of baking powder

2 tablespoons of cocoa

1 large egg

1/4 cup of milk

1/4 cup of vegetable oil

1/4 cup of caster sugar

1/4 cup of brown sugar

100 grams of dark chocolate



Equipment:

Scales

Metric cups/spoons

Sieve

Small saucepan

Spatula

Whisk

Peeler

Muffin tray

Food processor

Chopping board

Spoons

Bowls 2 medium, 1 large

Method:

1. Preheat oven 180c
2. Peel and grate beetroot in food processor
3. You need 250g of peeled & grated beetroot
4. Sift flour,cocoa and baking powder into a medium bowl
5. Lightly whisk together the egg and milk
6. In the food processor combine the butter, oil and 2 kinds of sugar and process
7. Gradually add egg and the mixture
8. Transfer the batter to a large bowl
9. Fold the sifted dry ingredients into wet ingredients, then stir in the grated beetroot
10. Spoon the mixture into muffin cases and poke a square of chocolate on top of each muffin
(you should have 12)
11. Bake for 20-25 minutes.

Makes 12

Rhubarb and pear muffins



Equipment

Metric/measuring cups/spoons

Chopping board

Knife

Sifter

Bowl

Wooden spoons

Muffin trays

Paper cases

Ingredients

1 Cup of wholemeal self raising flour

1 cup of self raising flour

1 Teaspoon of cinnamon

1/2 teaspoon of nutmeg

1/2 a cup of sugar

3 tablespoons of butter

1 egg lightly beaten

2 tablespoons of honey

1 cup milk

2 cups rhubarb chopped into 2 cm length

1 Pear peeled & diced

Method

1. Sift flours and place in a bowl with cinnamon & nutmeg add sugar.

2. combine butter,egg,honey and milk.Pour into the dry ingredients and mix gently until combined

3. fold through rhubarb and pear.

4. spoon mixture into muffin cases and bake in a 190c oven for 25 minuets or until golden

Carrot Slice

INGREDIENTS

- 1/2 cup raw sugar
- 175ml rice bran oil
- 3 eggs, lightly beaten
- 1 large carrot, grated (about 140g)
- grated zest of 1 orange
- 175g self raising flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- 1/2 freshly grated nutmeg
- 1/3 cup icing sugar (optional)

EQUIPMENT

- slice pan 28cm x 18cm
- wooden spoon
- large bowl
- grater
- sifter
- metric measuring cups/spoons
- scales
- zester

METHOD

- 1.Preheat oven to 180c.
- 2.Grease and line base & sides of a 28cm x 18cm slice pan.
- 3.Use a wooden spoon to mix the sugar, oil and eggs in a large bowl, stir in the carrot and orange zest.
- 4.Sift in flour, soda and spices. Stir to just combine and pour into the pan.
- 5.Bake for 20-25 minutes. Cool slightly and then turn out onto a wire rack to cool.
- 6.Sift icing sugar and stir with 1-2 teaspoons of warm water to form a smooth, soft icing.
- 7.Drizzle over slice with a teaspoon, then leave to set.



Japanese Pancakes



Ingredients:

4 cups of shredded vegetables (carrots, wombok, Zucchini, Kohlrabi)
2 spring onions
2 cups of flour
2 tablespoons baking powder
4 eggs
1 cup of water
1/8 teaspoon salt
Rice bran oil for frying
Optional toppings
2 tablespoons Japanese mayonnaise
2 tablespoons soy sauce
1 tablespoon sesame seeds, toasted

Equipment:

Bowls X2
Chopping board
Knife
Grater
Metric measuring cups / spoons
Frying pan

Method:

1. Beat together the eggs and water.
2. In a separate bowl, mix together flour, baking powder and salt.
3. Add dry ingredients to the wet and combine until just mixed.
4. Then mix in the shredded vegetables
5. Heat a large frying pan over medium heat. When hot, add a tablespoon of oil and in batches cook heaped tablespoonful of mixture.
6. Place cooked pancakes on a plate lined with kitchen towels,
7. Combine mayonnaise & soy and serve in a dipping bowl. Sprinkle toasted sesame seeds over pancakes

Lemon crepes



Ingredients:

60g butter
300g plain flour
pinch of salt
4 eggs
3 cups milk plus an extra 1/2 cup
4 lemons, juiced
1 cup castor sugar

Equipment:

scales
18cm frying pan
sifter
bowls, 1 medium, 1 large
metric measuring cups
whisk
fork
jug
kitchen paper
small ladle
juicer
egg lifter
oven proof dish

Method:

1. Preheat oven to 120C.
2. Melt butter in frying pan and then allow to cool.
3. Sift flour and salt into the large bowl and make a well in the centre. Break the eggs into a medium bowl, add the milk and whisk lightly. Add the cooled butter to the milk & eggs.
4. Tip the egg mixture into the well in the flour and gradually fork in the flour.
5. Using a whisk, mix until smooth. Pour into the jug and place in the fridge for 2 hours before cooking.
6. The rested batter should be the consistency of cream, if the batter is too thick, add a little of the extra milk.

7. To cook crepes, put a dab of butter on a piece of kitchen paper and grease the base of the frying pan. Heat the pan over high heat.
8. Spoon one ladleful of batter into the pan and immediately lift & tilt the pan so the batter flows evenly all over the base.
9. Reduce heat to medium & leave for a minute. Shake the pan to ensure the pancake is not sticking and using the egg lifter, flip the pancake over. Cook for less than a minute and slide pancake onto a baking tray.
10. Continue until you have finished the batch. Re-buttering as you need.
11. Once finished, take one pancake at a time and drizzle it with lemon juice & a sprinkling of sugar. Roll up tightly like a sausage. Place crepes in a stack in an ovenproof dish and put into the oven till ready to eat.

Honey cake

Ingredients

2 eggs
1/2 cup of sugar
3/4 cup of rice Brian oil
3/4 cup of honey
1/2 teaspoon of bicarbonate soda
2 teaspoons of cocoa
1/2 teaspoon of cinnamon
1 cup self raising flour
1 cup of boiling water

Equipment

Electric mixer
Metric cup/spoons
spatula
Wooden spoon
Muffin trays
Muffin cases

Method:

1. Preheat oven 180c
2. Place eggs and sugar into a bowl of the electric mixer and beat till really creamy frothy and lightly coloured
3. Add in order oil, honey, soda, cinnamon, flours and lastly boiling water mix until combined
4. Put the mixture in the muffin cases and bake for 20-25 minutes or until golden brown



Pumpkin Pikelets



Ingredients

2 cups self raising flour
4 tablespoons sugar
2 eggs lightly beaten
1 1/2 a cup of milk
2 cups mashed pumpkin
Butter for frying

Equipment

Bowl
Frying pan
Wooden spoon
Flipper

Method

1. Combine the first four ingredients in a bowl
2. Add mashed pumpkin mix batter until smooth
3. Drop spoonfuls of mixture into a greased frying pan and when bubbles appear flip and cook the other side
4. Serve with a sprinkle of icing sugar on top

Chocolate & Zucchini Loaf



Ingredients

- 1/2 cup of caster sugar
- 1/2 cup of firmly packed brown sugar
- 1/2 rice bran oil
- 1 teaspoon vanilla extract
- 2 eggs
- Pinch salt
- 1/2 teaspoon of cinnamon
- 1/2 cup of cocoa powder
- 1 cup of plain flour
- 1/2 teaspoon baking powder
- 1 teaspoon bicarbonate soda
- 1 1/2 cups firmly packed grated zucchini

Equipment

- Grater
- Mixing bowl
- Wooden spoon
- Whisk
- Sifter
- Spatula
- Loaf tin
- Metric measuring cups and spoons

Method

1. Preheat oven 180c
2. Grease and line loaf tin with baking paper.
3. Place the sugar, oil, vanilla, salt & cinnamon in a mixing bowl
4. Sift the cocoa powder, plain flour, baking powder and bicarbonate soda in a bowl
5. Using spatula, fold the dry mixture into the wet mixture until just combined add zucchini and stir through
6. Pour the mixture into the prepared loaf tin bake for 50-60 min

Tahini

Cookies



Ingredients

- 3 cups plain flour plus extra for rolling
- 1 teaspoon of baking powder
- 1 teaspoon of salt
- 1 cup unsalted butter softened
- 1 cup of well stirred tea
- 2 teaspoons of vanilla
- 3/4 cup dark brown sugar
- 3/4 cup caster sugar
- 1 large egg

Equipment

- Trays x 2
- Whisk
- Electric mixer
- Wire racks
- Measuring cups and spoons

Method

1. Preheat oven 175c
2. Line 2 trays baking paper
3. In a bowl mix together flour, baking powder and salt
4. In a bowl of an electric mixer with paddle fitted, beat butter, tahini and vanilla medium speed until no streaks of butter (3 minutes)
5. Add both sugars and beat to combine.
6. Reduce speed to low and beat in half of the flour mixture
7. Add egg and beat, then add the remaining flour mixture
8. With lightly floured palms roll tablespoons of dough into balls. Place them spaced apart on trays
9. With two fingers, gently but firmly press each dough ball to flatten slightly and create indentations
10. Bake rotating trays halfway through until cookies are golden brown about 14 minutes
11. Transfer to a wire rack and let them completely cool

Apple Quinoa muffins

Ingredients

- 1 1/2 cups of diced apple
- 6 tablespoons unsalted butter
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 cup brown sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 teaspoon baking powder
- 1 cup cooked and cooled quinoa
- 1/4 cup milk
- 1 1/4 cup of plain flour
- 1/4 cup chopped walnuts (optional)

Equipment

Frying pan

Peeler

Chopping board

Metric measuring cups and spoons

Knife

Electric mixer

Spatula

Muffin trays

Muffin liners

Method:

1. Preheat oven 190c
2. Heat 2 tablespoons of butter over medium low heat in a frying pan and apples, cinnamon, ginger nutmeg and stir to coat apples pieces
3. Cook until the apple is softened, but not broken down. Once they are soft but mushy remove from and let cool

4. In an electric mixer beat the remaining butter and brown sugar until light and creamy add the egg and beat until very pale and fluffy. Beat in vanilla, salt and baking powder
5. Fold the apples and quinoa into the butter mixture. Add half the flour and fold just until combined
6. Do the same with the milk. Repeat until all the milk and flour have been worked to the batter be careful not to mix .
7. Divide batter among the muffin tin and top each muffin with chopped walnuts and bake in oven for about 25 minutes



Lemon madeleines

Ingredients

175g of unsalted butter

2 tablespoons of butter for greasing pan

3/4 cup plain flour

4 large eggs

A pinch of fine grain sea salt

2/3 cup sugar

Zest of one lemon

1 teaspoon vanilla extract

Icing sugar for dusting

Equipment

Metric spoons and cups

Small pot

Madeleines moulds

Electric mixer with a whisk attachment

Sifter

Spatula

Small jugs

Method

1. Melt the butter in a small pot over medium heat until it is brown and gives off a delicious nutty aroma, roughly 20 minutes. Strain (using a paper towel over a mesh strainer), you want to leave the solids behind. Cool butter to room temperature.
2. Whilst butter is cooling, grease the madeleine moulds with butter, dust with flour and invert the pan tapping out any excess flour.
3. Put the eggs with the salt in the bowl of an electric mixer with a whisk attachment. Whip on high speed until thick. You are looking for the eggs to roughly double or triple in volume, approximately 3 minutes.
4. Continue to mix on high speed, slowly add the sugar in a steady stream. Whip for 2 minutes or until the mixture is thick and ribbony.

5. Now with a spatula, fold in the lemon zest and vanilla. (just until mixed)
6. Sprinkle the flour on top of the egg batter and gently fold in.
7. Now fold in the butter mixture. Only stirring enough to bring everything together.
8. Fill each mould $\frac{3}{4}$ full with batter. Using a jug to carefully pour it into the moulds is an easy way to do this or use a spoon.
9. Bake the madeleines for 12-14 minutes or until edges of the madeleine are golden brown.
10. Remove from oven and take them out of their mould immediately.
11. Cool on racks and dust with icing sugar.



Year 4 reflections

Students reflecting on how their thinking about the processes involved with running a successful kitchen garden. They identify how their thinking has changed over time.

Julie asked students to write a few sentences about, "What it is that you used to think about gardening before the start of the year?"

Students were then asked to think about how their experiences of gardening have changed as a result of creating, using, and caring for our school kitchen garden. Again using a few sentences, students wrote down, "Now I think...." Some of the student responses were....

I used to think that plants could survive the whole year.... Now I think there are different plants for different seasons.

I used to think that you could plant any two plants together.... Now I think that you have to think about what you plant together because if you plant a really big plant with another really big plant they will take over each other.

I used to think gardening was hard with all the different steps.... Now I think it's not as hard. I also used to think it was boring but now I know it's really fun and to put crushed egg shells around garden beds so the soft pests don't get the plants.

I used to think gardening was always very simple.... Now I think it is related to Science and there are many different things you can do.

I used to think gardening was a little bit challenging.... Now I think it can be tricky but it's worth it so we can have amazing yummy things for the kitchen. It's fun I have learnt so much and when it's spring I can do some planting with my nanny like tomatoes or corn.

I used to think that worms ate the plants like caterpillars did.... Now I think that worms help the plants grow with clean, fresh fertilised soil.

I used to think gardening was just planting the seed and watering it to make it grow.... Now I think the plant has to go through so many processes and I know the plants life cycle.

I used to think that it does not matter what plant you plant together in one bed.... Now I think that it does matter what plant you plant together so bugs don't eat the plants. For example lettuce and silver beat should not go together because they are not protected from snails or caterpillars.

Salads



By Ron Pogrebisky

Garden Salad With a Herbed Dressing

Ingredients

Salad ingredients from the garden

Herbed Dressing:

3 tablespoons extra virgin olive oil

1 tablespoon white vinegar

1/2 tablespoon mustard

2 tablespoons of herbs from the garden,
washed & chopped

salt & pepper

1. Take baskets into the garden and harvest enough salad ingredients for your class and herbs for the salad dressing.
2. Wash, dry & chop salad ingredients as you would like.
3. Place salad dressing ingredients into the blender and blend till well combined. Season to taste.
4. Pour over salad just before serving



Italian salad dressing



Ingredients:

1/2 cup rice bran oil
1/8 cup white wine vinegar
1 tablespoon red wine vinegar
1/2 clove garlic, crushed
1 tablespoon shallot, finely chopped
1 tablespoon red capsicum, finely chopped
1 teaspoon Dijon mustard
1 teaspoon honey
1/2 teaspoon salt
1/8 teaspoon dried oregano
1/8 teaspoon dried marjoram
pepper

Equipment:

blender
spatula
chopping board
knife
garlic press
metric measuring
spoons/cups

Method

Place all ingredients into a blender. Blend until combined, pour over salad and ENJOY!

Quinoa, Pumpkin & Orange salad

Ingredients:

2 cups quinoa, rinsed & cooked
2 tablespoon extra virgin olive oil
1 brown onion, diced
1 1/2 tablespoons white wine vinegar
2 tablespoons orange juice
200g pumpkin, peeled & grated
2 tablespoons torn mint leaves
2 tablespoons toasted pumpkin seeds
1 teaspoon orange zest
pepper/salt

Equipment:

| | |
|----------------|------------------------------|
| saucepan | sieve |
| frying pan | wooden |
| chopping board | knife |
| juicer | zester |
| scales | metric measuring spoons/cups |



Method

1. Rinse quinoa in a sieve under cold water for a few minutes.
2. Place 1 tablespoon of oil in a saucepan, add quinoa and stir for a minute on high heat. Add 3 cups of water and a 1/2 a teaspoon of salt to the saucepan and bring to the boil.
3. Reduce heat, cover and simmer for 15- 20 minutes or until all the water has been absorbed. Take off the heat and leave lid on for another 5 minutes. Fluff up and place into a bowl.
4. Heat oil in a saucepan over low heat and sauté the onion with a pinch of salt for about 10 minutes or until caramelised.
5. Add vinegar, orange juice and pumpkin and cook for 5 minutes.
6. Remove from heat and set aside.
7. Add the mixture to the quinoa with the mint, toasted pumpkin seeds, orange zest and season to taste. Mix well & serve.

Moroccan Salad

Ingredients:

- 12 small carrots, peeled & quartered
- 1 tablespoon lemon zest
- 2 teaspoons paprika
- 2 teaspoons cinnamon
- 1 teaspoon cumin
- 2 tablespoons olive oil
- 1 clove garlic, crushed
- salt
- 1 tin 400g chickpeas, drained & rinsed
- 1/3 cup dates, halved and finely diced
- 1 tablespoon seeds, toasted
- 2 tablespoons parsley, chopped

Equipment:

- baking tray
- chopping board
- knife
- zester
- metric measuring spoons/cups
- frying pan

Method

1. Preheat oven to 180C and line a tray with baking paper.
2. Place carrots, lemon zest in a bowl with the spices, olive oil, salt & garlic.
3. Mix well and spread out evenly on a baking tray and roast for 25-30 minutes.
4. Set aside to cool. When cool add the chickpeas.
5. Place on a platter and sprinkle with dates, toasted seeds and parsley.



Organic pesticide: Garlic Chilli Spray



Method:

1. Cut 10 chillies (wearing safe glasses and gloves) and 4 garlic cloves.
2. Combine cut chillies, garlic, 4 teaspoons of detergent and 1 L hot water in a jug.
3. Leave it for 24 hrs.
4. Strain and pour spray into bottle.
5. Use in 2 weeks.

Bread



By Oliver Joske

Garlic and herb knots



Ingredients:

- 1 quantity of pizza dough
- 2 tablespoons herbs from the garden
- 3 tablespoons olive oil
- 4 garlic cloves, minced

Equipment:

- rolling pin
- knife
- pastry brush
- small saucepan
- electric mixer
- tray
- baking paper
- metric measuring spoons

Method:

1. Make pizza dough, add chopped herbs and set aside to rise.
2. Preheat oven to 200C.
3. On a lightly floured surface, divide dough into 16 pieces.
4. Roll each piece out into a rope and tie into a knot. Place on a tray covered with baking paper
5. Brush knots with a tablespoon of oil and bake until golden (15– 20 minutes).
6. In a small saucepan, heat garlic and 2 tablespoons of oil over medium heat until garlic is fragrant (3–5 minutes).
7. Place garlic knots in a bowl and pour garlic oil over them.
8. Season with salt/pepper, toss and serve

Pumpkin and ricotta pide



Ingredients:

7g dried yeast
2 teaspoons sugar
200ml lukewarm water
350g '00' flour
1 1/2 teaspoons salt

Filling:

1/2 brown onion, diced
1 clove garlic, finely chopped 200g ricotta
200g pumpkin, mashed
3 tablespoons parmesan, grated 1/2 teaspoon
whole nutmeg, grated
salt/pepper

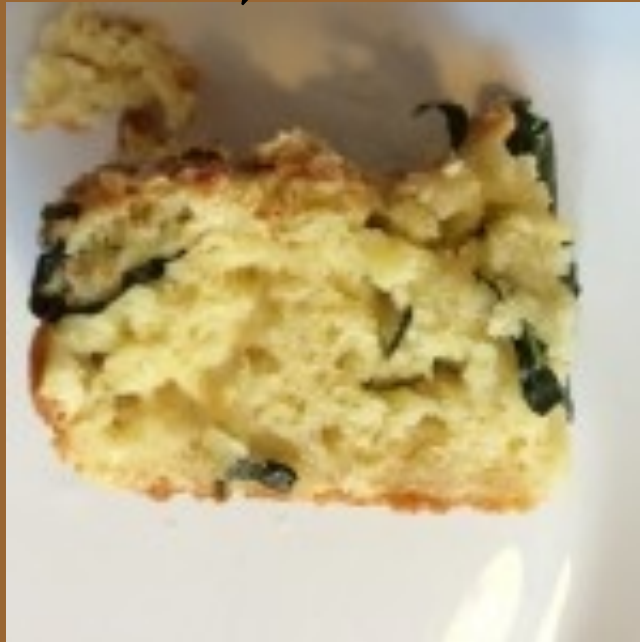
Equipment:

electric mixer with
dough hook scales
metric measuring
spoons chopping board
knife masher grater

Method

1. To make the dough, combine the yeast, sugar and water in a small bowl and leave for 5 minutes to froth up.
2. Place the flour and salt into an electric mixer, add the yeast mixture and mix with a dough hook for 10 minutes.
3. Dough should be smooth and elastic. Place the dough in an oiled bowl, cover and leave to prove in a warm spot till doubled in size. Roughly an hour.
4. Punch down the dough to expel the air, then divide into 15 portions and roll into small balls

Kale and feta bread



Ingredients:

2.5 cups spelt flour
2 teaspoons baking powder ☒ pinch of sea salt/pepper
2 cups shredded kale
1/2 cup parsley, chopped
1/4 cup mint, chopped
1/4 cup sage, chopped
150g feta cheese, crumbled 1 cup Greek yoghurt
1/2 cup olive oil
2 eggs
grated parmesan cheese

Equipment:

loaf tin
jug
large bowl
metric measuring cups/spoons

Method

1. Preheat oven to 180C and grease and line a loaf tin.
2. In a large bowl combine the flour, baking powder, salt, pepper, kale, herbs and feta cheese. Set aside
3. In a large jug, whisk the yoghurt, olive oil and eggs.
4. Add to the flour mixture. Sit until just combined. (don't over mix, the dough will become tough.)
5. Pour batter into your loaf tin and top with parmesan cheese.
6. Bake for approximately 45 minutes.
7. Allow to cool in tin for 5 minutes before inverting out of tin.

Potato, rosemary and mozzarella pizza



Equipment:

knife
chopping board
bowl
juicer

Ingredients:

6 tablespoons tomato sauce
2 potatoes, cooked, thinly sliced
1 small handful of herbs from the garden,
chopped (rosemary, thyme)
extra virgin olive oil
lemon juice
salt/pepper
50g mozzarella

Method

1. Smear the tomato sauce evenly over the pizza base.
2. Slice the potatoes into 1/2 cm slices and toss in a bowl with the herbs, a good lug of olive oil, a small squeeze of lemon juice and a pinch of salt and pepper.
3. Scatter them over the pizza base and put small torn up pieces of mozzarella into the gaps.
4. Cook until crisp and golden

Sage and garlic twists

Equipment:

bowls, 1 large, 1 medium
metric measuring spoons/cups
frying pan
wooden spoon chopping board
knife rolling pin
baking paper pastry brush

Ingredients:

3 tea spoons yeast
1 1/4 cups lukewarm water
2 teaspoons castor sugar
1 tea spoon salt
3 1/2 cups of flour
3 tablespoons olive oil plus extra for greasing
10 cloves of garlic, thinly sliced
1/4 cup sage leaves
milk for brushing
salt/pepper



Method:

1. To make the dough, dissolve the yeast in the water with the sugar and the salt. Leave for about 5 minutes.
2. Place the flour in a bowl. Make a well in the centre and gradually add the yeast mixture, stirring to form dough.
3. Tip out onto a floured surface and knead for at least 10 minutes or until the dough is smooth & elastic.
4. Place in a bowl and cover with a clean tea towel. Leave to rise in a warm, draft free place for 1 hour.
5. Meanwhile, heat the olive oil in a frying pan over medium heat, add the sliced garlic and sauté until tender, stir through sage leaves and set aside to cool.
6. Preheat oven to 240C.
7. Knock back the dough, add the garlic and sage mixture and knead to combine.

Cheese and herb bread in terracotta pots

Method continued

8. Divide the dough into 15 equal pieces. Roll each piece on a lightly floured surface into a 30cm long log. Join ends, then twist into a figure of eight.

9. Place on a baking tray lined with baking paper. Brush with milk and season with salt/pepper. Cover and rest for about 20 minutes.

10. Bake until golden and cooked through (10-12 minutes)

Ingredients:

20 stalks parsley

20 chives

1 egg yolk

50g cheddar, grated

50g feta, crumbled

200g plain flour, plus extra for dusting

50g wholemeal flour

1 teaspoon salt

1 teaspoon instant yeast

2 teaspoons extra virgin olive oil, plus extra for brushing

150ml lukewarm water



Equipment:

chopping board

metric Spoon/jug measures

knife

scales

bowls, 2 small, 7 1 large

whisk

pastry brush

8 terracotta pots

2 baking trays

olive oil spray

baking paper

Method:

1. Put the combined flours into the bowl of the electric mixer with the dough hook attached. Add the salt, chopped herbs and yeast.

2. Add two teaspoons of oil and add the lukewarm water to the small bowl and whisk until lightly combined.

3. With the motor running, tip the water mixture into the flour mixture and knead for 4 minutes.

4. Tip the cheeses into the bowl and continue kneading until the mixture looks smooth.

5. Brush the inside of a large bowl with oil and tip dough into it. Cover with a dry tea towel and leave in a warm place for dough to prove for at least an hour or until the dough has doubled in size

6. Flour the bench, use a knife to cut the dough into six even peaces. Roll each piece into a ball, then place one in each of the oiled flower pot.

7. Preheat oven 220.

8. Divide the flowerpots into the two baking trays, cover with a dry tea towel for 15 minutes to prove again.

9. Put the baking trays into the hot oven and bake for 15 minutes or until tops of loaves are golden.

Homemade soft pretzels

Ingredients:

- 1 tablespoon yeast
- 1 tablespoon sugar
- 2 cups warm water
- 5 cup flour
- 1 tablespoon salt
- 1 egg
- 1 tablespoon water
- coarse salt

Equipment:

- large bowl wooden spoon
- metric measuring cups/spoons
- 2 x baking trays
- saucepan slotted spoon
- pastry brush



Method:

1. In a large bowl, stir yeast, sugar and warm water.
2. Let rest until yeast mixture is foamy.
3. Stir in one cup of flour then mix in the rest of the flour with 1 tablespoon salt.
4. Knead until dough is smooth.
5. Place in an oiled bowl, and roll dough around until it is all covered in oil.
6. Cover and let rise till doubled in size. (at least an hour)
7. Remove and knead a little bit. (gently)
8. Cut into 16 pieces, roll each piece into 35cm rope, shapes into a pretzel and place on a baking tray with baking paper.
9. Cover and let them rise for 15 minutes.
10. Drop one or two pretzels at a time into a small pot of boiling water, boiling each batch for 1 minute and place them back on the baking tray.
11. Once all have been boiled, brush each with an egg wash (1 egg & 1 tablespoon water beaten)
12. Sprinkle with coarse salt. Bake in a hot oven 220C for 12-15 minutes.

Rosemary grissini

Ingredients:

- 1 1/2 cups plain flour
- 1 1/2 cups wholemeal
- 2 teaspoons salt
- 3 teaspoons yeast
- 1 1/2 teaspoons sugar
- 4 sprigs rosemary
- 3 tablespoons olive oil
- 300ml luke warm water



Equipment:

- large bowl
- wooden spoon
- metric measuring spoons/cups
- baking tray
- baking paper
- chopping board
- knife

Method:

1. Preheat oven to 180C.
2. Place all dry ingredients into a large bowl.
3. Slowly add water and olive oil and knead until a dough is formed.
4. Finely chop rosemary and add to the dough.
5. Pinch of small egg sized pieces of dough and roll out into long cigar shapes.
6. Line baking trays with baking paper, place cigars onto trays.
7. Bake for 15 minutes or until golden.

Thank you from the Kitchen Garden Coordinator

I would like to take this opportunity to thank the commitment and enthusiasm shown by all volunteers and donors for the Kitchen Garden Program (KGP). We are only 18 months into this incredible program. Each day I am fortunate enough to see the children's excitement and ongoing skills-based collaborative learning that extends across the entire school curriculum. These are experiences that will influence and inform the rest of their lives.

The Kitchen Garden Program relies on many people to work to its full potential, and the volunteer group is one of the most important parts of the program. As are the Year 4 and 5 classroom teachers that continually support, nurture and extend the students' learning in both the garden and kitchen.

A special thank you to Roxanne Ciddor and the 2014 Year 5 Technology Leaders for their expertise in creating this fabulous Ebook.

Julie Hart
Kitchen Garden Program Coordinator

Index

Pasta

[Basic pasta dough](#)

[Tomato pasta sauce](#)

[Kale pesto](#)

[Homemade potato gnocchi](#)

[Basic egg noodles](#)

Dips

[Rocket and chickpea dip](#)

[Roasted carrot hummus](#)

[Beetroot hummus](#)

Soups

[Minestrone soup](#)

[Silverbeet soup](#)

[Celery and potato soup](#)

[Scarlet runner bean soup](#)

[White bean soup with winter greens](#)

[Pumpkin and coconut soup](#)

Sweets

[Beetroot and chocolate muffins](#)

[Rhubarb and pear muffins](#)

[Carrot slice](#)

[Japanese pancakes](#)

[Lemon crepes](#)

[Honey cake](#)

[Pumpkin pikelets](#)

[Chocolate and zucchini loaf](#)

[Tahini cookies](#)

[Apple and quinoa muffins](#)

[Lemon madeleines](#)

Salads

[Garden salad with a herbed dressing](#)

[Italian salad dressing](#)

[Quinoa, pumpkin and orange salad](#)

[Moroccan salad](#)

Bread

[Garlic and herb knots](#)

[Pumpkin and ricotta pide](#)

[Kale and feta bread](#)

[Potato, rosemary and mozzarella pizza](#)

[Sage and garlic twists](#)

[Cheese and herb bread in terracotta pots](#)

[Homemade soft pretzels](#)

[Rosemary grissini](#)