

## **2023 G2T Recipes: Term 2.** - scroll down to page 15

<u>Week 1:</u>	<u>Week 2:</u>	<u>Week 3:</u>	<u>Week 4:</u>	<u>Week 5:</u>
Kale Chips Flatbread ANZAC biscuits	Rice Paper Rolls with dipping sauce. Herby Breadsticks. ANZAC Biscuits (week 1)	<b><u>CANCELLED</u></b>	Vegetarian Sapaui (Samoan Chop Suey) - Feijoa and Apple Crumble Slice - Chocolate Beetroot Mini Cakes	<b>Bake Sale Prep</b>
<u>Week 6:</u>	<u>Week 7:</u>	<u>Week 8:</u>	<u>Week 9:</u>	<u>Week 10:</u>
Coconut macaroons Herby Breadsticks (week 2) Vegetarian Sapaui (Samoan Chop Suey) (week 4)	Herby breadsticks (week 2) Soup	Risotto Pumpkin Scones Fridgeslaw	Risotto* Pizza Scrolls Lemon Muffins	Pizza Scrolls* Coconut macaroons* Lemon & Ginger drink

## **2023 G2T Recipes: Term 4.**

<u>Week 1:</u>	<u>Week 2:</u>	<u>Week 3:</u>	<u>Week 4:</u>	<u>Week 5:</u>
Pizza Scrolls Herby Breadsticks Chocolate & beetroot bliss balls	Carrot cake bliss balls Lemon Muffins Greens & Cheese Fritters	Kale Chips Veggie pasta Chocolate beetroot brownies	Greens & cheese fritters (see week 2) Herbed cheese scones ANZAC slice	Chocolate beetroot brownies (see week 3) Herby Breadsticks (week 1) Pizza Scrolls (week 1)

### **Week 4**

## HERBED CHEESE SCONES

**Season:** all year round  
**From the garden:** any herbs from your garden – thyme, chives and rosemary are great!  
**Difficulty:** easy  
**Serves:** 12-16  
**Recipe source:** Marija Vidovich

### Equipment

- ☐ Oven tray
- ☐ Mixing bowl & sieve
- ☐ Measuring cup
- ☐ Kitchen knife
- ☐ Wooden spoon
- ☐ Scales
- ☐ Grater

### Ingredients (cheese and herbs are optional)

- ☐ 450g (3C) plain flour
- ☐ 6 tsp baking powder
- ☐ Pinch salt
- ☐ 75g butter
- ☐ 150g grated tasty cheese
- ☐ 2-3 Tbsp chopped herbs
- ☐ 345ml milk

### How to make it:

1. Sprinkle an oven tray lightly with flour (or line with baking paper) and turn the oven to 220C (fanbake).
2. Sift together the flour, baking powder and salt.
3. Chop the butter into cubes and "rub" it through the dry ingredients with your fingertips until the mixture looks like fine breadcrumbs.
4. Wash, dry and finely chop the herbs.
5. Add the herbs and three-quarters of the cheese to the dry ingredients. Mix them in with a knife.
6. Make a "well" in the centre of the ingredients and pour in the milk. Use a knife to bring together the ingredients to form a soft dough – be careful not to overmix.
7. Pour the mixture onto a lightly floured bench and carefully bring together into a rectangular shape. Do not knead.
8. Chop into 12-16 even sized pieces and pop onto the baking tray, leaving a space between each scone. Sprinkle the remainder of the cheese on top of each scone.
9. Put tray into the hot oven and bake for 10-12 minutes until risen and golden.
10. Serve with (home-made, see recipe on the GTT website) butter and enjoy!





## Anzac Slice

This loaded Anzac slice recipe is a twist on the traditional Anzac biscuits, filled with cranberries, apricot, walnuts and topped with a chocolate drizzle!



5 from 3 votes

Prep Time: 15 minutes   Cook Time: 25 minutes   Total Time: 40 minutes

Servings: 32 pieces   Author: Laura

### Ingredients

- ☐ 200 g butter
- ☐ 4 tablespoon golden syrup \*
- ☐ 1 cup (110g) sugar
- ☐ 0.5 cup (50g) brown sugar
- ☐ 2 cup (110g) rolled oats
- ☐ 2 cup (100g) dessicated coconut
- ☐ 2 cup (140g) flour
- ☐ 1.5 teaspoon baking soda
- ☐ 4 tablespoon warm water
- ☐ ~~1 cup dried cranberries~~
- ☐ 1 cup dried apricots roughly chopped
- ☐ ~~1 cup walnuts roughly chopped~~ 1 cup gratted carrot.
- ☐ 1 cup chocolate chips
- ☐ 4 tablespoon coconut oil
- ☐ \*If you can't find golden syrup you can use honey or light corn syrup in it's

## Week 3



Stephanie Alexander Kitchen Garden Program  
Fitzroy North Primary School

# Kale Chips

**Makes 25 tastes**

Volunteers notes:

- Pre-heat oven to 230C

### Equipment

Measuring spoons  
Colander  
Salad spinner  
Large bowl  
Small bowl  
Serving platters  
Baking tray  
Baking paper

### Ingredients

2 bunches kale  
2 Tbsp olive oil  
salt & pepper

### What to do

- Wash kale leaves thoroughly
- Use salad spinner to remove all excess water
- With your hands, rip kale leaves off stalks into chip sized portions
- Transfer to a large mixing bowl
- Add oil, salt & pepper, mix well
- Transfer to baking trays lined with baking paper
- Arrange kale chips in a single layer
- Bake in oven for 15-20 mins or until kale is dry and crunchy

### To Finish

- Arrange on 4 serving platters



# Veggie Pasta Sauce

★★★★★  
5 from 3 reviews

Author: Bernadette - Goodie Goodie Lunchbox   Prep Time: 10 minutes

Cook Time: 20 minutes   Total Time: 30 minutes   Yield: 10 portions      Category: Sauce

Method: Stove Top   Cuisine: Western

## Description

This quick and simple Veggie Pasta Sauce is packed with 6 vegetables. It is rich and flavourful and comes together within 30 minutes. It's the perfect kid-friendly pasta sauce for busy weeknights.

## Ingredients

SCALE

200g (one small) peeled sweet potato  
100g (one medium) peeled carrot  
200g (one large) zucchini  
1 medium brown onion  
2 tablespoons olive oil  
3 cloves garlic crushed  
1 teaspoon dried oregano  
1 teaspoon brown sugar  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
500ml passata  
400g can diced tomatoes  
1 tablespoon balsamic vinegar  
1/4 cup fresh chopped soft herbs – basil and parsley work very well in this sauce

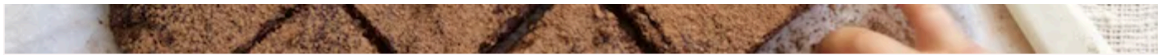
# Instructions

- <sup>1</sup> Roughly chop the peeled sweet potato, carrot, zucchini and onion to a similar size and put in a food processor with the S-blade attachment. If you do not have a food processor grate the sweet potato, carrot and zucchini and finely dice the onion.
- <sup>2</sup> Preheat a pan over a low heat with the olive oil.
- <sup>3</sup> Blitz the vegetables together until finely chopped to your desired consistency. I prefer mine to still have some texture.
- <sup>4</sup> Add the prepared vegetable mix to the pan and increase the heat to medium-low. Cook for 10 minutes, stirring frequently to ensure that it does not catch on the bottom of the pan.
- <sup>5</sup> Add in the garlic, oregano, sugar and salt and pepper and stir through for one minute
- <sup>6</sup> Then stir in the passata, diced tomatoes and balsamic vinegar and simmer for 8 minutes, stirring occasionally. The mixture should only gently bubble so if it is boiling hard reduce the heat.
- <sup>7</sup> Stir the fresh herb through the veggie pasta sauce then divide the mixture into two portions. *See note for storage instructions.*
- <sup>8</sup> If serving one portion immediately, stir through 400-500g cooked pasta and top with fresh herbs and parmesan if desired.

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## Notes

- <sup>i</sup> This is a double batch designed to be divided in halves. Each portion equates to around 625 ml which when added with 500g pasta will serve 5 people.
- <sup>i</sup> The remaining portion can be stored in the fridge for three to four days or in the freezer for up to six months.



# Chocolate Beetroot Brownies

This moist brownie is a great way to use up beetroot lurking in the fridge and adds extra nutrition to a sweet recipe. Be sure to grate the beetroot finely so it melts into the brownie giving it a lovely pink tinge and some sweetness. Choose quality chocolate with minimum 70% cacao solids.



## PREP TIME

20 mins



## COOK TIME

25 mins

## Ingredients

- ✓ 75 g **unsalted butter**
- ✓ 100 g **dark chocolate**
- ✓ 1/4 cup **sugar**
- ✓ 3 **free-range eggs**
- ✓ 1 teaspoon **vanilla extract**
- ✓ 1/2 cup **finely grated beetroot, packed**
- ✓ 3/4 cup **white flour, ground almonds, or gluten-free flour**
- ✓ 1/3 cup **cocoa powder**
- ✓ 1/2 teaspoon **baking powder**

## Instructions

- 1 Preheat oven 180°C. Line a 20 x 22cm baking tin.
- 2 In a large saucepan melt the butter. Turn down the heat and add the chocolate and sugar, stirring to melt together. Once melted remove from the heat and cool slightly.
- 3 Add the eggs to the melted chocolate one at a time, whisking constantly.
- 4 Add the vanilla, grated beetroot, flour, cocoa and baking powder. Gently fold together.
- 5 Pour into the lined tin and bake for 20-25 minutes until an inserted skewer comes out clean. Cool in the tin for 10 minutes then remove onto a cake rack to cool. Cut into 12 squares. Keep in an airtight container.



## Week 2



# Carrot Cake Bliss Balls – Nut Free and Delicious

★★★★★ 5 from 3 reviews

Author: Bernadette - Goodie Goodie Lunchbox Prep Time: 10 Total Time: 10 minutes

Yield: 30 bliss balls 2x

## Description

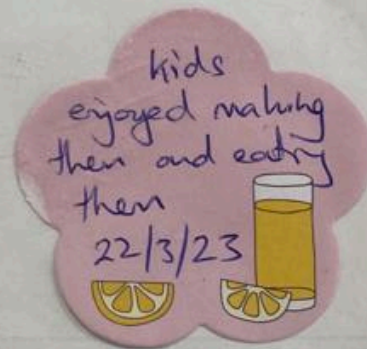
These delicious nut free Carrot Cake Bliss Balls are moist and delicious and perfect to make for school lunches. These are also dairy free and freeze well.

## Ingredients

SCALE 1x 2x 3x

- 2 cup (180 g) rolled oats lightly toasted if desired
- 1 cup (120 g) sunflower seeds lightly toasted if desired
- 12 (around 75g) pitted Medjool dates
- 300 g (around 4 medium size) peeled grated carrots
- ~~1/2 (around 40g) cup rasins~~ ✓
- 3 tsp cinnamon
- Zest of 1/2 of an orange
- Juice of 1/2 of an orange
- Desiccated coconut (for rolling)

1 Tbsp Honey



## Instructions

- 1 Add all the ingredients into a food processor with the s-blade attachment.
- 2 Process on high for around three minutes or until well combined and the ingredients are chopped quite finely.
- 3 Scoop a tablespoon of the mixture and roll to make a ball in between your hands.
- 4 Roll the ball lightly in the coconut to coat then roll again in your hands so that the coconut sticks to the ball. Repeat to make 15 bliss balls.
- 5 Store the bliss balls in the fridge in an airtight container. These bliss balls also freeze well.

## Notes

- 1 To toast the sunflower seeds and oats, spread out on tray and bake at around 200c for around 4 minutes, stirring every two minutes so they do not burn.

Find it online: <https://www.goodiegoodielunchbox.com.au/carrot-cake-bliss-balls/>





## **Dairy and Egg Free Lemon Muffins**

4 Cups Self-Raising Flour	½ Cup Vegetable Oil
1 Cup Sugar	1 ½ Cup Soya Milk
2 Eggs (Egg Replacement)	Zest of 2 Lemons
4 Tbsp Lemon Juice	½ tsp Salt
2 tsp Vanilla Essence	

### **Drizzle (Glaze)**

½ Cup Lemon Juice	½ Cup Sugar
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Preheat Oven to 200 C

Prepare Cupcake tin's by either using Cupcake Case or butter and flour tins.

1. Zest the Lemons, then squeeze the juice.
2. Add the Lemon juice to the milk and set aside (turns into Buttermilk)
3. In a large bowl mix all dry ingredients together with the lemon zest, make a well in the centre.
4. Whisk the Oil and Egg Replacement into the Milk and Lemon Juice. Pour into the dry ingredients while mixing carefully. The batter should be lumpy not smooth. Be sure not to over mix it.
5. Pour into your baking tins, ¾ full. Makes 18.
6. Put into the Oven and bake for approximately 12 minutes until lightly golden and risen.
7. While the Muffins are baking, make the Drizzle by putting both ingredients into a small pot and boil for 2 – 3 minutes or until like a syrup consistency.
8. Once muffins are cooked, get an adult to help you pour the Lemon syrup over the muffins while still in their tins and leave for 10 minutes.

### **Equipment**

Muffin cases/tins	1 large and 2 small bowls
Measuring Cups	Spatula and Spoon.
Grater and Juicer	Small pot





## GREENS AND CHEESE FRITTERS

<b>Season:</b>	Year round
<b>From the garden:</b>	Greens (spinach/silverbeet/kale) herbs, eggs
<b>Type:</b>	Main
<b>Difficulty:</b>	Medium
<b>Serves:</b>	8 adults as a starter etc./ 25-30 tastes in the classroom
<b>Source:</b>	Laura Cornelius, Kitchen Specialist at Te Huruhi Primary, Waiheke Is

### Equipment

- Chopping boards
- Sieve or Flour sifter
- Measuring Spoons and cups
- Measuring Jug
- Serrated chopping knife
- Chef's knife
- Whisk (or fork)
- Large mixing bowl
- Large frying pan
- Small ladle or serving spoon
- Small bowl
- Grater
- Fish slice
- Serving plate
- Side plates

### Ingredients

- Sunflower oil
- 2 eggs
- ½ cup flour
- ¼ cup milk
- 1 tsp baking powder
- 200 grams greens from the garden eg. spinach, silverbeet or kale
- 1 tablespoon chopped herbs eg. parsley, mint
- 100 grams grated cheese or crumbled feta
- 50 grams onion or spring onion
- 1 clove garlic
- Freshly ground black pepper and salt

### To Serve

- Plain, unsweetened yoghurt (optional)
- Lemon juice and chopped fresh mint (optional)

### How to make it

1. Sift the dry ingredients (flour and baking powder) into a large mixing bowl.
2. Break the eggs into small bowl, add the milk and whisk together.
3. Make a well in the dry ingredients and pour wet ingredients (the egg/milk mixture) into middle. Use a whisk or a wooden spoon to mix it together to make a smooth batter.
4. Wash and dry the garden greens. Remove the leaves from the stem. Finely chop the stems then the leaves and the onion or spring onion. Add to the batter.
5. Grate cheese and add to the batter.

## Recipe title

6. Season with black pepper and salt to taste. Mix well with a wooden spoon until all the seasoning, greens and cheese are fully incorporated in to the batter.
7. Heat a frying pan over a medium heat. Add ½ cm sunflower oil. When the oil is hot, test a drop of the mixture in the frying pan – you want it to sizzle gently.
8. Once the frying pan and oil are at the right heat, place spoonfuls of the fritter mixture to make 4-5 small fritters. Fry the fritters for 3 minutes then flip them over carefully and cook for another 3 minutes until golden. Use the fish slice to transfer them to the serving plate and keep warm in a low oven (50-60°C) until all the fritters are made.
9. Repeat until all the fritter mixture has been used.
10. Mix the yoghurt with lemon juice to taste and add freshly chopped mint. Serve with the fritters.

## Notes:

- The easiest way to chop leafy greens is to lay them flat on top of each other and starting at one end roll them up tightly. Then slice finely across the roll. If you require something even finer you can then chop across again.

## Glossary:


- Batter: A mixture usually made from flour, eggs and milk, sometimes with a rising agent such as baking powder, beer or yeast. It is used to make pancakes, waffles, cakes etc. The mixture can be thick or thin and can also be used to coat foods before frying.

## **Week 1**



## Pizza Scrolls



2/3/23  
Kids love  
them.  


### Ingredients

#### Dough

- 1  $\frac{1}{4}$  Cup Warm Water
- Pinch of Sugar
- 1 sachet Edmonds Instant Dry Yeast (8g)
- 3 Cups Flour
- 1 tsp Salt
- 2 Tbsp Olive Oil

#### Filling

- $\frac{1}{4}$  Cup (70g) Tomato Paste
- Fresh Herbs or 2tsp Dried Mixed Herbs
- 2 Spring Onions
- 1 Courgette (grated)
- 1  $\frac{1}{2}$  Cup Cheese

### Method

*Preheat Oven to 190 C.*

#### *Step 1*

Combine the warm water, sugar and yeast in a mixing bowl. Stir and allow to sit for 5 minutes until the yeast dissolves and looks foamy.

#### *Step 2*

Put Flour and Salt into a large mixing bowl. Stir and make a well in the centre. Pour in the yeast mixture and olive oil. Mix with a knife or metal spoon bringing the dough together or use your hands.

*Step 3*

Tip the dough onto a lightly floured surface and knead for 5 – 10 minutes until smooth and elastic. If the dough is too sticky add a little extra flour but ensure the dough remains soft. Return the dough back into the large mixing bowl to proof.

*Step 4*

While the dough is proofing. Wash and finely chop the Fresh Herbs and Spring Onions.

*Step 5*

Grate the Cheese.

*Step 6*

Roll the dough out to a rectangle (30 cm to 40 cm).

*Step 7*

Spread the Tomato paste onto the dough with the back of a spoon.

Sprinkle the Herbs and Spring Onions over the Tomato Paste.

Sprinkle over the grated Courgette.

Sprinkle over the grated Cheese.

*Step 8*

Roll up tightly from the longest side to form a scroll. Cut into evenly sized pieces.

Place scroll side up onto a greased baking tray, placing them close together but not touching. Flatten with a rolling pin if required.

*Step 9*

Bake for 15 – 20 minutes until scrolls are golden and cooked. Leave to cool for 15 minutes before eating.

Makes approx. 10

# HERBY BREADSTICKS

## INGREDIENTS

- 1 loaf sliced bread
- 1 cup fresh herbs, such as thyme, rosemary, oregano, parsley
- 1 cup oil (olive oil/canola oil)
- 1/2 teaspoon of salt

## HOW TO MAKE

- Preheat the oven to 200 deg C
- Wash and dry herbs. Pick the leaves off any woody stems, put the stems in the compost.
- Chop the herbs finely (using a rocking motion, with one hand flat on the top blunt part of the knife)
- Combine the oil with the herbs in a small bowl, add the salt and mix together
- Taking 4 slices of bread, cut the crusts off, cut in half, and then cut in half again. Each piece of bread should make 8 pieces. Repeat until all bread is cut in bread stick pieces
- Place the cut bread in a wide bowl or tray.
- Pour the herby oil over the cut bread pieces and gently mix with tongs until the bread pieces are evenly coated. (You may need to do this in batches)
- Spread on a baking tray in a single layer.
- Bake for 5 to 7 minutes until toasted and golden.
- Serve with your favourite dip

## EQUIPMENT

- Chopping board
- Chef's knife
- Measuring cups and spoons
- Wide bowl
- Baking tray



8/16/23, 4:56 PM

Nut Free Chocolate Bliss Bites - Goodie Goodie Lunchbox



## Nut Free Chocolate Bliss Bites

★★★★★  
5 from 9 reviews

Author: Bernadette - Goodie Goodie Lunchbox Prep Time: 5 Total Time: 5  
Yield: 20 ☒ 2x Category: Bliss Balls Method: Food Processor Cuisine: Western

### Description

These Nut Free Chocolate Bliss Bites will be a lunchbox hit. Made from cacao, oats, seeds, dates and sultanas and free from sugar and dairy they are a fun snack for school lunches or perfect to grab and go. They are also coconut free.

### Ingredients

SCALE ☒ 1x ☐ 2x ☐ 3x

20 pitted medjool dates (around 200 g)  
2 cup rolled oats (200 g)  
2/3 cup sultanas (100 g)  
1/2 ~~pepitas~~ (30g) *pumpkin seeds*  
1/2 cup sunflower seeds (60 g)  
1/2 cup ~~cacao~~ (50 g) *coco powder*  
2 tsp vanilla extract  
*Coconut for rolling the balls in.*

### Instructions

- 1 Add all the ingredients into a food processor with the s-blade attachment.
  - 2 Process on high for a few minutes or until well combined and the ingredients are well combined. The mixture will begin to ball together in the food processor when it is ready.
  - 3 Scoop tablespoons of the mixture and roll into balls in your hands.
  - 4 Store the bliss balls in the fridge in an airtight container or freeze for later
- \* Roll balls in coconut.*

**NB:** this time we added a little grated beetroot for added texture and moisture. Worked well!



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<u>Week 6:</u>	<u>Week 7:</u>	<u>Week 8:</u>	<u>Week 9:</u>	<u>Week 10:</u>
Coconut macaroons Herby Breadsticks (week 2) Vegetarian Sapasui (Samoan Chop Suey) (week 4)	Herby breadsticks (week 2) Soup	Risotto Pumpkin Scones Fridgeslaw	Risotto* Pizza Scrolls Lemon Muffins	Pizza Scrolls* Coconut macaroons* Lemon & Ginger drink

## Week 10



# 'BE WITH A TREE' LEMON, HONEY AND GINGER SYRUP



Garden to Table's 'Be With a Tree' Challenge for 2020 is to find a tree that provides us with food. This year we've chosen the lemon tree to help us make a winter wellness drink. You could use any citrus fruit in this recipe – such as grapefruit, lime, orange or mandarin. They are all winter fruits and contain lots of Vitamin C. This drink is soothing when you're feeling under the weather.

Season: Winter  
From the garden: Lemons or other citrus fruit  
Type: Drink  
Difficulty: Medium  
Serves: Makes approximately 750ml/20-25 servings

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### Equipment

- Glass bottle with a lid
- Chopping board
- Chef's knife
- Vegetable peeler
- Saucepan
- Wooden spoon
- Measuring cups/spoons
- Jug
- Lemon squeezer/reamer
- Sieve
- Funnel

### Ingredients

- 4 lemons
- 100g fresh ginger
- 2 cups water
- 1 cup sugar
- 2 Tablespoons honey
- 1 Tablespoon citric acid (optional)
- Water to serve

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### To sterilise the bottle

1. Put the clean bottle into the cold oven. Heat the oven to 100°C until you are ready to fill the bottle.

### To make the syrup

2. Peel the lemons using a vegetable peeler. Chop the ginger roughly.
3. Put the lemon peel and ginger into the small saucepan with the water and sugar. Boil for 5-10 minutes until the sugar is dissolved and the flavour has come out of the ginger and lemon peel. **Caution – hot! Ask an adult to help you with this.** While it is boiling, cut the lemon in half and squeeze out the juice into a jug.
4. Put the sieve over the jug with the lemon juice. Pour the lemon/ginger mixture through the sieve into the jug. **Caution – hot! Ask an adult to help you with this.** Put the lemon peel and ginger in the compost.
5. Cool slightly. Stir in the honey. Stir in the citric acid if using.
6. Using oven gloves, take the sterilised bottle out of the oven. **Caution – hot! Ask an adult to help you with this.** Use a funnel to pour the liquid into the bottle. Leave to cool.
7. Store in the fridge.

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### 'Be With A Tree' Lemon, Honey and Ginger Syrup

8. To serve, add 1-2 Tablespoons of syrup to hot, cold or fizzy water.

#### Notes:

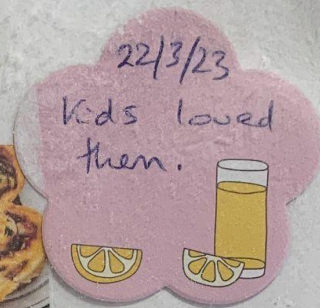
- Honey contains anti-oxidants and is antibacterial and antifungal. Heat will destroy these properties so if you are using raw honey, wait for the mixture to cool slightly before adding the honey.
- You can change the flavour by changing the citrus or adding spices such as whole cloves (8), grated nutmeg (one quarter grated fresh), whole fennel seeds (1 teaspoon), star anise (use one). Boil the spices with the citrus peel and ginger and then strain out.
- The citric acid helps the cordial to keep longer but you can make the recipe without it. Citric acid can be found in the supermarket or a pharmacy.
- Sterilising – never put a glass bottle into a hot oven because it could explode from the heat shock. Heating the glass bottle before you fill it will kill any germs, helping the syrup last longer.

#### Skills:

- **Sterilising**, peeling, chopping, boiling, squeezing, sieving
- **Sterilising** – using heat to kill bacteria and other microorganisms that would spoil food over time.

## Week 9

### Pizza Scrolls



#### Ingredients

##### Dough

- 1 ¼ Cup Warm Water
- Pinch of Sugar
- 1 sachet Edmonds Instant Dry Yeast (8g)
- 3 Cups Flour
- 1 tsp Salt
- 2 Tbsp Olive Oil

##### Filling

- ¼ Cup (70g) Tomato Paste
- Fresh Herbs or 2tsp Dried Mixed Herbs
- 2 Spring Onions
- 1 Courgette (grated)
- 1 ½ Cup Cheese

#### Method

*Preheat Oven to 190 C.*

##### *Step 1*

Combine the warm water, sugar and yeast in a mixing bowl. Stir and allow to sit for 5 minutes until the yeast dissolves and looks foamy.

##### *Step 2*

Put Flour and Salt into a large mixing bowl. Stir and make a well in the centre. Pour in the yeast mixture and olive oil. Mix with a knife or metal spoon bringing the dough together or use your hands.



*Step 3*

Tip the dough onto a lightly floured surface and knead for 5 – 10 minutes until smooth and elastic. If the dough is too sticky add a little extra flour but ensure the dough remains soft. Return the dough back into the large mixing bowl to proof.

*Step 4*

While the dough is proofing. Wash and finely chop the Fresh Herbs and Spring Onions.

*Step 5*

Grate the Cheese.

*Step 6*

Roll the dough out to a rectangle (30 cm to 40 cm).

*Step 7*

Spread the Tomato paste onto the dough with the back of a spoon.

Sprinkle the Herbs and Spring Onions over the Tomato Paste.

Sprinkle over the grated Courgette.

Sprinkle over the grated Cheese.

*Step 8*

Roll up tightly from the longest side to form a scroll. Cut into evenly sized pieces.

Place scroll side up onto a greased baking tray, placing them close together but not touching. Flatten with a rolling pin if required.

*Step 9*

Bake for 15 – 20 minutes until scrolls are golden and cooked. Leave to cool for 15 minutes before eating.

Makes approx. 10

**Season:** Spring/Summer/Autumn/Winter  
**From the garden:** Lemons, eggs  
**Type:** Snack  
**Difficulty:** Medium  
**Serves:** 12 regular size muffins  
**Source:** Adapted from Alison Holst

### Equipment

- 1 large and 1 medium mixing bowl
- Sieve
- Pastry brush
- Measuring cup and spoons
- Muffin tin and muffin cases
- Spatula or spoon for mixing
- Grater for lemon rind

### Ingredients

- 2 cups flour
- 2 teaspoon baking powder
- $\frac{3}{4}$  cup sugar
- 75g butter
- 2 level teaspoons poppy seeds (optional)
- 1 cup milk
- 1 egg
- Grated rind of 1 large or 2 small lemons

### Lemon Glaze

- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  cup sugar

### How to make it

1. Heat oven to 200 °C (190 °C fan bake).
2. Line the muffin tin with the muffin cases.
3. Sieve flour, baking powder and mix with sugar in a bowl.
4. Melt butter in a large bowl, add milk, egg and lemon rind. Combine the mixture well.
5. Add the dry ingredients to the liquid and fold gently to combine with a spoon or spatula. Stop as soon as the dry ingredients have been lightly dampened but not thoroughly mixed.
6. Divide mixture evenly between the muffin tins.
7. Bake for 10-12 minutes till golden brown.
8. While muffins bake, stir together the lemon juice and sugar without dissolving the sugar. Glaze the muffins by brushing the lemon juice and sugar mixture over the hot muffins as soon as they are removed from the baking pans.

## **Week 8**

### **Vegetable Risotto**

#### **Equipment**

- Knives
- Chopping Boards
- Large fry pan
- Wooden spoon
- Ladle
- Stock Pot
- Grater

#### **Ingredients**

- 1 onion or leek
- 3 sticks of celery (keep the leaves to add with the herbs at the end)
- 1 cup Arborio rice
- 4 cups of vegetable or chicken stock
- 40g butter or ¼ cup olive oil (if making dairy free)
- Bunch of parsley, chopped
- 1 bay leaf
- 4 cups of chopped seasonal green veges (eg. a mixture of silverbeet/spinach, cabbage, beans, broad beans, peas, broccoli, cauliflower, asparagus – whatever you have available)
- Lemon juice, to serve
- Salt and pepper
- Parmesan cheese (optional garnish)

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#### **How to make it**

1. Finely chop the onion (or leek) and celery if using.
2. Heat the butter or oil over a medium heat in a large, heavy based pot or fry pan (or electric fry pan). Add onion (or leek), celery and bay leaf and sauté until softened, stirring with a wooden spoon (approx. 5 minutes).
3. Heat stock in a separate pot over a medium heat. Once warmed, turn the heat to low and leave covered on the stove top.
4. Add the rice to the onions and stir, making sure that all the grains are well coated with the butter or oil and cook for one minute.
5. Add a cup of the hot stock and stir the rice well. The rice will absorb the hot stock and start to swell.

## Vegetable Risotto

6. Set a timer for 15 minutes.
7. Keep adding the stock in small amounts, stir well and allow the rice to absorb the liquid before adding more. Continue to add the stock until the last liquid is absorbed, stirring each time. Use all but a few spoonfuls of stock (you'll use this later).
8. While cooking the rice, prepare the green vegetables by chopping them into small bite-sized pieces. Cabbage and silverbeet can be shredded thinly.
9. After 15 minutes, taste the rice - it should be a little bit 'nutty' in the centre of each grain.
10. Add the chopped vegetables and the remaining stock and stir through the rice mixture. Cover and cook for another 5 minutes.
11. After 5 minutes, check the vegetables are cooked and add salt and pepper and chopped herbs.
12. Allow to sit for several minutes with the lid on before serving - this helps it to become creamy.
13. To serve, drizzle with some freshly squeezed lemon juice, some olive oil, chopped parsley and grated parmesan cheese.

### Notes:

- Arborio rice is a short-grain, pearl-like Italian white rice which is high in starch. It is named after the town of Arborio, in the Po Valley, where it is grown.
- It forms the foundation of the dish 'risotto'. "Riso" means rice in Italian.
- Like other types of rice, Arborio is a member of the grass family. What distinguishes it is a higher than normal amount of soluble starch that is released during cooking. The starch is what makes a risotto creamy. Arborio rice takes about eighteen minutes to cook.
- It is done when it is "al dente" – tender on the outside and firm in the centre.



## **Savoury Pumpkin Scones**

### **Equipment**

- Chef's knife
- Chopping board
- Medium saucepan
- Sieve or colander
- Mixing bowls
- Measuring cups and spoons
- Stick blender or potato masher
- Stirring spoon
- Baking paper
- Pastry brush

### **Ingredients**

- 4 cups of flour and extra for cutting out the scones
- 2 tablespoons baking powder
- 2 teaspoons salt
- ½ medium pumpkin to give 2 cups mashed pumpkin (see notes)
- 120 grams of softened butter
- 2 eggs
- ½-1 cup milk if your dough is quite dry and extra to brush
- Oil, butter or spray to grease

### **Topping**

- 1 cup grated tasty cheese
- Small handful of fresh herbs
- ¼ cup seeds of your choice e.g. sunflower, pumpkin

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### **How to make it**

1. Pumpkin puree can be prepared ahead of time (see notes). Prepare pumpkin by carefully chopping into smaller pieces discarding the skin. **Caution – Pumpkin is a difficult vegetable to cut! Ask an adult to help you with this.**
2. Place the pumpkin in a medium sized saucepan, cover with cold water and bring to the boil. Simmer the pumpkin 10-15 minutes until tender (stick a fork into a piece, if the fork slips in easily it is done).
3. Remove the saucepan from the heat and drain carefully into a colander or sieve over a sink. **Caution – hot! Ask an adult to help you with this.** Make sure the pumpkin is well drained or it might make your dough sloppy.
4. Allow pumpkin to cool 5-10 minutes before placing in a mixing bowl and blending or mashing to form a smooth puree.
5. Preheat oven to 200°C and grease 2 oven trays using butter, oil or spray or line with baking paper.
6. In a large mixing bowl combine flour, baking powder and salt.
7. In another mixing bowl crack in eggs, add the softened butter and pumpkin, and beat with a wooden spoon till smooth and combined.

## Savoury Pumpkin Scones

8. Slowly add the flour mixture to the liquid ingredients and mix together till a dough is formed. If the mixture seems too dry add ½ cup of milk to bring the dough together and repeat if necessary to form a soft dough. If the mixture is too wet add extra flour ¼ cup at a time till a soft dough is formed.
9. Tip dough onto a lightly floured bench, divide into 2 and carefully transfer each 1/2 to greased or lined baking tray. Gently pat out dough to form 2 rectangles about ½ cm thick. Cut each rectangle into about 10-12 pieces but don't separate them fully. Brush with milk.
10. Sprinkle the cheese, herbs and seeds over the scones.
11. Place carefully in the oven and bake for 15 to 20 minutes till golden and cooked through.  
**Caution – hot! Ask an adult to help you with this.**
12. Remove carefully from the oven and allow to cool slightly. **Caution – hot! Ask an adult to help you with this.**
13. Enjoy served with GTT homemade butter.

### Notes:

- 🍷 Different pumpkins have different moisture levels so this is why you may need to adjust your dough with extra flour or milk.
- 🍷 Pumpkin puree can be prepared ahead of time and keeps refrigerated 2-3 days or in the freezer for 3 months.
- 🍷 Pumpkins can be hard to chop into. To soften pumpkin before chopping microwave for 3-5 minutes depending on size.
- 🍷 To make easy oven baked pumpkin puree heat an oven to 180°C, carefully chop a large pumpkin in half and scoop out seeds. Place in a large roasting dish with 1 cup of water and cook in the oven till tender. Remove from oven and allow to cool before removing the skin and seeds. Drain off any excess liquid and puree the pumpkin one half at a time with a stick blender or mash with a potato masher.
- 🍷 You can use wholemeal flour or ½ wholemeal and ½ white flour for these scones.
- 🍷 1 cup of chopped dates can be added to the pumpkin puree to form a sweet scone. Top with ¼ cup of sugar mixed with 1 tablespoon of cinnamon.

# FRIDGE SLAW

It's called a fridge slaw because, yep, you just use whatever crunchy veggies you've got in the fridge. What I've used below is just an example. Take your pick from the likes of cabbage, carrot, broccoli, fennel, cucumber, capsicum, cherry tomatoes, beetroot, beansprouts, a bit of spring onion...Raw bok choy is fantastic! Even raw broccoli and cauliflower, finely chopped up, is great. Toss it with this simple honey mustard dressing and you're good to go!

## SERVES 4-6

Prep time: 15 minutes

- 1/2 cabbage (e.g. red, green, savoy),  
finely sliced or shredded
- 2 carrots, coarsely grated
- 1 beetroot, coarsely grated
- ~~1 capsicum, cored, finely sliced~~
- 1/2 head broccoli, finely chopped
- 1/4 cauliflower, roughly grated or  
finely chopped
- 1 spring onion, finely sliced
- A handful of chopped parsley  
(optional, if you have it)

## HONEY MUSTARD DRESSING

- 3 tablespoons extra-virgin olive oil
- 2-3 tablespoons vinegar (e.g. red  
wine or apple cider)
- 1 good tablespoon runny honey
- 1 good teaspoon wholegrain  
mustard

1. Toss all your veggies together in a big bowl.
2. Place all dressing ingredients and a pinch of salt and pepper in a jar, screw on the lid and shake it up well.
3. Pour dressing over and toss with vegetables just before serving.

## TIPS & SWAPS:



## **Week 6**

### **Coconut Macaroons**

- 1 cup of desiccated coconut
- ½ cup of sugar
- 1 tablespoon of cornflour
- 1 egg beaten
- 16 whole (or 8 halved) glace cherries

**Simple and easy for children to make, these macaroons were a favourite in my childhood.**

Preheat the oven to 180 °C. Lightly grease 1–2 baking trays and dust with a light covering of cornflour. Alternatively, line with baking paper.

In a medium-sized bowl, mix together the coconut, sugar and cornflour and make a well in the centre.

Add the beaten egg and mix with a knife to form a moist mass.

Place heaped dessertspoons of mixture onto the prepared trays. Top with a whole or halved glacé cherry.

Bake in the preheated oven for 15 minutes or until lightly golden.

Transfer while warm to a cake rack to cool. Store in an airtight container.



## **Week 4**



## **VEGETARIAN SAPASUI (SAMOAN CHOP SUEY)**

<b>Season:</b>	Year round
<b>From the garden:</b>	Onion, garlic, kale, coriander, silverbeet, seasonal mixed vegetables – see list below
<b>Type:</b>	Main
<b>Difficulty:</b>	Medium
<b>Country of origin:</b>	Samoa
<b>Serves:</b>	6 servings or 20 small tastes
<b>Source:</b>	Adapted from Suchi Venkat, Kitchen Specialist at Wesley Primary School

### **Equipment**

- Large bowl
- Chopping board
- Chef's knife
- Grater
- Measuring cups
- Measuring spoons
- Large frying pan
- Wooden spoon
- Tongs
- Bowls for serving

### **Ingredients**

- 125g vermicelli noodles
- 1 Tablespoon oil
- 1 onion
- 3 cloves garlic
- 3 cm ginger
- 2 cups kale
- 2 cups silverbeet
- 1 cup mixed vegetables (such as: celery, cabbage, Chinese cabbage, broccoli, carrots, green beans, red pepper)
- 2-3 Tablespoons soy sauce
- Coriander

### **How to make it**

1. Soak vermicelli in a bowl of boiling water. Drain when the noodles are soft.
2. Prepare the vegetables. Finely slice the onion. Finely chop the garlic. Grate the ginger. Finely chop the kale and the silverbeet (you could try to chiffonade – stack the leaves, then roll them into a tube and chop into fine ribbons. Finely chop the mixed vegetables if necessary. Chop the coriander.
3. Heat the oil in the frying pan. Sauté the onions until soft. **Caution – hot! Ask an adult to help you with this.**
4. Add the ginger and garlic and fry for one minute.
5. Add the vegetables and fry until soft on a medium heat. Add soy sauce and stir through.
6. Add the softened vermicelli noodles. Stir through or toss with tongs to mix the sauce and vegetables through the noodles.
7. Season to taste. Garnish with chopped coriander.

# Feijoa Crumble

This feijoa crumble is absolutely delicious, a lovely warm dessert to share with your family in the autumn.



4.66 from 46 votes

☆ Rate

Course: Dessert    Cuisine: New Zealand

Keyword: Feijoa Crumble, Feijoa Dessert, Feijoa Recipe    Servings: 8    Calories: 234kcal

## Equipment

- Food Processor

## Ingredients

- 3 cups feijoa flesh approximately 25-30 feijoas.
- 1 tablespoon honey 15ml
- 1 teaspoon vanilla essence 5ml
- 75 g butter plus a little extra for greasing
- 2 cups rolled oats 200g
- ¼ cup brown sugar 50g
- ¼ cup plain flour 40g
- ½ cup almonds 75g

## Instructions

1. Preheat your oven to 180 degrees celsius.
2. Grease an oven proof dish with a little butter.
3. Roughly chop approximately 2-3 cups of feijoa flesh and pop it in the bottom of the greased oven proof dish.
4. Add vanilla and honey to the fruit and mix through.
5. In a food processor place the oats, almonds, flour, brown sugar and butter, blitz until you have a nice crumbly topping.
6. Top the fruit with the crumble topping, bake for approximately 20 mins until the feijoa crumble is golden and crunchy.

7. Serve with a little vanilla ice cream, cream, yoghurt or custard.

**\*\* nb for this recipe we just swapped half the feijoas for apples and made it into a bar.**  
Adapted from the recipe linked [HERE](#)



## BEETROOT AND CHOCOLATE MINI CAKES

**Season:** Year round  
**From the garden:** Beetroot  
**Type:** Dessert  
**Difficulty:** Medium  
**Serves:** 12 regular sized muffins or 24-30 mini muffins (or one full-sized cake!)  
**Source:** Sarah James, Owairaka District School

### Equipment

- Chef's knife
- Chopping board
- Small saucepan
- Hand beater
- Large and medium mixing bowls
- Muffin tins  
(12 regular or 24-30 mini holes required)
- Box/vegetable grater
- Sieve or sifter
- Measuring cups and spoons
- Large spoon
- Whisk
- Cake rack

### Ingredients

- 1 medium or two small beetroot, unpeeled but trimmed of the greens
- ½ teaspoon vegetable oil
- 90g (1/3 cup plus 1 Tbsp) unsalted butter, softened, plus more for greasing the pans
- ½ cup packed brown sugar
- 1/3 cup granulated sugar
- 1 large egg (size 8 or use 2 small eggs)
- 1 cup plain flour
- 1/3 cup unsweetened natural cocoa powder
- ¼ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup buttermilk  
(or 1/3 cup milk mixed with 1 Tbsp yogurt)

### How to make it

1. Wash beetroot and allow to dry on clean tea towel. Trim greens but don't peel. Save any tender leaves for salad, discard trimmings into scrap bucket for the compost bin.
2. If boiling place beetroot into saucepan and cover with cold water, bring to boil and cook small beetroot for about ½ hour or for larger beetroot up to 1½ hours. Alternatively wrap beetroot in lightly oiled tinfoil and bake at 180°C using the same timings as for boiled beetroot. Beetroot is ready when a knife or skewer will slip through without resistance. Allow to cool completely before carefully peeling. This step will need to be done ahead of time. See notes section for tips and hints on how to manage cooking beetroot ahead of time.
3. Preheat oven to 180°C.
4. Use a small amount of butter or oil to grease muffin tins and set aside while you make the batter.
5. In medium sized bowl combine flour, cocoa powder, baking soda, baking powder and salt. Use a whisk to combine and set aside till later.

## Beetroot Chocolate Mini Cakes

6. Using a box/vegetable grater, grate the beetroot and measure out 1½ cups of grated beetroot. Save any leftover beetroot for another recipe (see notes).
7. Place softened butter, brown and white sugar in large mixing bowl and beat using a hand mixer or whisk till pale and fluffy.
8. Break egg(s) into cup and discard shell into scrap bucket for the compost bin. Carefully add to the creamed butter and sugar and beat again till egg is combined.
9. Scrape down butter mixture with a spatula then add grated beetroot and beat in till well combined.
10. Add ½ the dry ingredients to the butter/egg/beetroot mixture and slowly add the buttermilk (or milk/yoghurt mixture), beating with the hand mixer. Once just incorporated add the remaining dry ingredients and fold through gently with a spoon or spatula. Over mixing can make your cakes tough.
11. Divide into greased muffin tins and bake for about 12 minutes for mini cakes, 20 minutes for larger muffins and 30 minutes for a cake. Cakes are ready when they spring back if lightly touched or an inserted skewer comes out clean.
12. Remove from oven **Caution- hot! Ask an adult to help you with this.** Allow to cool for 10 minutes before removing from tin and allow to cool further on a cake rack.
13. Place on serving platter and enjoy as they are or with whipped cream or yoghurt.

### Notes:

- Beetroot can be cooked ahead of time and stored in the refrigerator overnight or alternatively placed in airtight zip lock bags and frozen for up to 3 months.
- When cooking beetroot don't peel it unless you want the colour to run e.g. for soup.
- Buttermilk is traditionally a byproduct of butter-making – the liquid that is left over after butter is churned from cream. It is now made commercially by adding a bacterial culture to skimmed milk. It has a slightly sour, acidic taste and is used for making scones, breads and cakes. It will give your baking a good rise and result in a lovely tender product. To make your own 'cheats' buttermilk add 1 tablespoon yoghurt to 1/3 cup milk or 1 tablespoon vinegar to 1 cup of milk.

## Week 2

### RICE PAPER ROLLS WITH VIETNAMESE DIPPING SAUCE

Season: All year round

From the garden: Carrots, herbs, greens from the garden could include: microgreens, cucumber, rocket, cress, pepper, spinach, silverbeet, cabbage, spring onion, kale, beans

Type: Light meal or main

Difficulty: Easy

Country of origin: Vietnam

Serves: 46 small tastes

Source: *Jiuan Kok, Kitchen Specialist, East Tamaki School*

Delicious Vietnamese Spring rolls are always fun to make and delicious with the dipping sauces.

### Notes:

- Dips could be soy sauce, sweet chilli sauce, or make one of the dips on the Garden to Table website.
- Don't fill your rice paper rolls too much or they will not roll up properly.
- To dry lettuce or herbs, wrap herbs or lettuce in a clean tea towel, gather up the corners so lettuce or herbs secure, go outside and holding tightly to the corners swing the tea towel round and round until water stops coming out.
- Fish sauce is made from fermented fish. It has a strong taste and smell but when mixed with all the other ingredients adds a wonderful salty, savory taste.



# HERBY BREADSTICKS

## INGREDIENTS

- 1 loaf sliced bread
- 1 cup fresh herbs, such as thyme, rosemary, oregano, parsley
- 1 cup oil (olive oil/canola oil)
- 1/2 teaspoon of salt

## HOW TO MAKE

- Preheat the oven to 200 deg C
- Wash and dry herbs. Pick the leaves off any woody stems, put the stems in the compost.
- Chop the herbs finely (using a rocking motion, with one hand flat on the top blunt part of the knife)
- Combine the oil with the herbs in a small bowl, add the salt and mix together
- Taking 4 slices of bread, cut the crusts off, cut in half, and then cut in half again. Each piece of bread should make 8 pieces. Repeat until all bread is cut in bread stick pieces
- Place the cut bread in a wide bowl or tray.
- Pour the herby oil over the cut bread pieces and gently mix with tongs until the bread pieces are evenly coated. (You may need to do this in batches)
- Spread on a baking tray in a single layer.
- Bake for 5 to 7 minutes until toasted and golden.
- Serve with your favourite dip

## EQUIPMENT

- Chopping board
- Chef's knife
- Measuring cups and spoons
- Wide bowl
- Baking tray

## **Week 1**



Stephanie Alexander Kitchen Garden Program  
Fitzroy North Primary School

# **Kale Chips**

**Makes 25 tastes**

Volunteers notes:

- Pre-heat oven to 230C

### **Equipment**

Measuring spoons  
Colander  
Salad spinner  
Large bowl  
Small bowl  
Serving platters  
Baking tray  
Baking paper

### **Ingredients**

2 bunches kale  
2 Tbsp olive oil  
salt & pepper

### **What to do**

- Wash kale leaves thoroughly
- Use salad spinner to remove all excess water
- With your hands, rip kale leaves off stalks into chip sized portions
- Transfer to a large mixing bowl
- Add oil, salt & pepper, mix well
- Transfer to baking trays lined with baking paper
- Arrange kale chips in a single layer
- Bake in oven for 15-20 mins or until kale is dry and crunchy

### **To Finish**

- Arrange on 4 serving platters

**Season:** Year round  
**From the garden:** Herbs (optional)  
**Type:** Side dish  
**Difficulty:** Medium  
**Serves:** 4-6 adults as a side dish/ 12-15 tastes  
**Source:** Sarah Rae, Kitchen Specialist, Edendale Primary School

### Equipment

- Measuring Scales
- Measuring spoons
- Measuring cups
- Large mixing bowl x 2
- Small jug
- Clean tea towel x 1
- Rolling pin
- Non-stick fry pan

### Ingredients

- 300g flour + extra for kneading
- 2 tablespoons of olive oil
- ½ teaspoon salt
- ¾ cup of warm water
- 1 -2 tablespoons herbs (optional)

### How to make it

1. In a small jug dissolve the salt in the warm water.
2. Add the olive oil to the water.
3. Weigh the flour and place in a large bowl.
4. Slowly add the water/oil mixture and gently stir until all the flour and water is combined. Add chopped herbs here if desired.
5. Turn the dough out onto a floured surface and knead for 2 minutes.
6. Rest the dough for 30 minutes in a bowl covered with a clean cloth.
7. Turn the dough out and divide the mixture into 15 pieces.
8. Roll them out as thin as possible, using a rolling pin or gently stretching with your hands (a disk shape is great!). Do not overwork the dough.
9. Place the disc shape in a heated dry pan until they bubble and cook until each side develops brown splotches and bubbles.

# ANZAC Biscuits

While making and eating ANZAC biscuits is a popular way to commemorate ANZAC Day, the sweet biscuit made from rolled oats and golden syrup must not be confused with hardtack biscuits used as durable, nutritional rations for soldiers. The true origin and association to ANZAC isn't known but perhaps their reasonable shelf-life made them suitable inclusions in parcels of small comforts that families used to send to soldiers.

## Ingredients

- 1 cup flour
- 1 cup rolled oats
- 1 cup coconut
- 1/2 cup caster sugar
- 125g butter
- 2 tbsp golden syrup
- 1 tsp bicarbonate of soda
- 1 tbsp boiling water
- Optional: add your own touch with dried fruits and nuts, or some cheeky chocolate chips

## Method

1. Sift flour into a basin, add sugar, rolled oats and coconut.
2. Add dried fruits and nuts if you've chosen to.
3. Melt butter and combine with golden syrup.
4. Dissolve bicarbonate of soda in boiling water, and add to butter and golden syrup mixture.
5. Add butter mixture to dry ingredients, and stir until well combined.
6. Preheat oven to 180°C. Roll into <sup>use a tsp and</sup> ~~50g~~ balls and place on lined baking tray. Flatten with fork.  
^ a
7. Bake for <sup>12 - 15</sup> ~~15-20~~ mins. Allow to cool for 5mins on tray before transferring to a cooling rack.