

Kasutera

Type: Dessert

Serves: 30 tastes

Recipe source: Japanesecooking101.com

Fresh from the garden: eggs

EQUIPMENT: Whisk Measuring spoons Measuring cups Wooden spoons Bowls Knife Chopping boards	INGREDIENTS: 7 eggs, room temperature 1 1/4 cup sugar (250g) 1/4 cup milk (60g) 1/3 cup honey (80g) 1 1/2 cup bread flour (200g)
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What to do:

1. Heat the oven to 175C.
2. Beat eggs in a stand mixer, adding sugar in 3 parts over about 10 minutes.
3. Mix milk and honey in a separate bowl, then heat to lukewarm until the honey melts.
4. Sift the bread flour and set aside.
5. Add half of the milk mixture to the egg mixture and mix for a few seconds. Add half of the bread flour and mix. Add the rest of the milk and honey, and mix, then lastly add remaining bread flour and mix for 2-3 minutes. Give a good mix by hand with spatula.
6. Line a 9"X9" (23cmX23cm) baking pan with baking paper. Pour the cake batter in the pan (if you have leftover batter, bake in another small container).
7. Bake at 175C for 10 minutes, then lower the temperature to 160C and bake another 30-40 minutes. Cover the top with aluminum foil if it is browning too much too soon.
8. Take the cake out from the oven and immediately drop the pan from a height of about 5" (12.5cm) to release the air in the cake to avoid collapsing.
9. Spread plastic wrap on a flat surface, cool the cake top side down on the plastic. Wrap it with plastic after it has completely cooled.
- 10.

Chicken Spinach & Vegetable Wontons

Type: Main

Serves: 24 Tastes

Recipe source: SAKG

EQUIPMENT:

clean tea towels
knives - 1 large, 1 small
chopping board
bowls - 1 large, 1 medium, 2 small
large pot
bamboo steamer
fork
mixing spoon
3 baking trays
teaspoons
tongs
4 small serving bowls (for sauce)

INGREDIENTS:

For the wontons:

bunch of silver beet (approx. 10 large leaves)
large knob of ginger
6 spring onions
20 leaves Vietnamese mint
2 cloves garlic
2 eggs
100 g chicken mince
1 tablespoon fish sauce
1 teaspoon chilli flakes
olive oil
square wonton wrappers - 30
water

For the dipping sauce:

small bunch chives
2 tablespoons sweet chilli sauce
2 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 teaspoons of fish sauce

What to do:

1. Wash the silver beet carefully in cold water, to remove grit and insects. Dry by rolling in tea towels and shaking well.
2. Dampen a tea towel and place it under the chopping board to keep it from slipping.
3. Use the large knife to finely shred the silver beet and put it in the large bowl.
4. Wash the ginger, spring onions and mint. Pat dry in a clean tea towel and set aside.
5. Use your small knife to peel the ginger and garlic.
6. Cut the roots off the spring onions and remove the leaf tips and damaged outer leaves.
7. If the mint has woody stems, pluck off the leaves and discard the stems.
8. With the large knife, chop the ginger and the garlic, spring onions and Vietnamese mint into very small pieces. Put them in the bowl with the silver beet.

9. Put a large pot of water on to boil.
10. Make sure you have the steamer on the bench next to the stove, ready to use.
11. Break the eggs into a small bowl and whisk them with a fork.
12. Add the chicken mince, egg, fish sauce and chilli flakes to the large bowl with the finely chopped vegetables. Use a spoon to mix them together very well.
13. Lightly grease your baking trays with olive oil.
14. Place a small bowl of water within easy reach where you are going to form the wontons, and make sure the bench surface is clean and dry.
15. To make the wontons, put one wonton wrapper on the clean bench space with one point towards you like a diamond.
16. Put a teaspoonful of filling in the middle of the wrapper.
17. Gently fold the far corner of the wonton wrapper over the top of the mixture and bring it towards you to make a triangle shape with the filling inside.
18. Seal the edges of the wonton down with water, by dabbing your fingers in the bowl of water and sprinkling and pressing the edges of the wonton wrapper.
19. Set each finished wonton on the greased trays and keep making wontons until all the filling is used up. (You should have enough to make about 30 wontons.)

Cooking the wontons and making the dipping sauce:

1. • Divide the class into two groups. One group will make the dipping sauce; the other will cook the wontons.
2. • To make the sauce: Chop the chives very finely, then combine with the rest of the sauce ingredients in the medium bowl. Taste it to check the balance.
3. • To cook the wontons: *** Use tongs to put the wontons in the steamer and then place the steamer over the pot of boiling water. Ask an adult to help you with this.** Leave the steamer over the pot for about 5 minutes, then use the tongs to take the cooked wontons out of the steamer and place them on plates. Cover the plates with tin foil to keep the wontons warm, and set aside. Repeat this process until all of the wontons are cooked.
4. Serve equal amounts of wontons on plates and drizzle with a little sauce. Put the rest of the sauce in a small bowl with a teaspoon so that people can spoon more sauce over their wontons if they want to.

Sushi for Kids

Type: Main , snack

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Cucumber, carrot, avocado.

EQUIPMENT:

Food processor
Sushi mat
Saucepan
Knife
Bowls
Measuring cups
Measuring spoons

INGREDIENTS:

1 1/2 cups SunRice
Japanese Style Sushi
Rice (see note)
2 tablespoons rice wine
vinegar
1 tablespoon caster sugar
4 nori sheets
2 tablespoons whole-egg
mayonnaise
1 Lebanese cucumber, cut
into matchsticks
1 medium avocado, thinly
sliced
1 medium carrot, grated
Salt-reduced soy sauce,
to serve

What to do:

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 1/2 cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand covered for 10 minutes.
3. Meanwhile, place vinegar and sugar in a saucepan. Cook on high for a few minutes. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons mayonnaise over centre of rice. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces. Serve with soy sauce.

Gyozas

Type: Side/Main

Serves: 30 tastes

Recipe source: taste.com

From the garden : cabbage, garlic, green onions/shallots

EQUIPMENT:	INGREDIENTS:
Serving bowl	150g pork mince
Measuring spoons	1 cup finely shredded wombok (Chinese cabbage)
Measuring cups	2 green onions, trimmed, finely chopped
Wooden spoons	1 garlic clove, crushed
Bowls	2 teaspoons Japanese soy sauce
Knives	1 teaspoon oil
Chopping boards	1/2 teaspoon caster sugar
Frying pan	Pinch of ground white pepper
	24 gyoza or gowgee wrappers
	2 teaspoons oil
	1/4 cup (60ml) water
	Japanese soy sauce, to serve

What to do:

1. Combine the pork, wombok, green onion, garlic, soy sauce, sake, sesame oil, caster sugar and pepper in a medium bowl.
2. Place a gyoza wrapper on a clean work surface.
3. Spoon a heaped teaspoonful of pork mixture onto the centre of the wrapper.
4. Brush the edge with a little water.
5. Use your fingertips to pleat the edge 4- 5 times. Fold over to enclose the filling. Place on a plate. Repeat with remaining pork mixture and wrappers.
6. Heat the peanut oil in a large frying pan over high heat until just smoking. Remove from heat.
7. Arrange dumplings over the base of the frying pan.
8. Return to the heat and cook for 2 minutes or until the base of the dumplings are golden. Sprinkle water evenly over the gyozas.
9. Cook, covered, for 3-4 minutes or until gyozas are cooked through and the water evaporates.
10. Remove from heat and set aside for 2 minutes.
11. Place on a serving platter.
12. Serve immediately with soy sauce.

Tuna & Corn Sushi

Type: Main , snack

Serves: 30 taste

Recipe source: Taste.com

Fresh from the garden: baby spinach

EQUIPMENT:	INGREDIENTS:
Food processor Sushi mat Saucepan Knife Bowls Measuring cups Measuring spoons	4 cups cooked, seasoned sushi rice 5 nori sheets 310g can creamed corn 185g can tuna in springwater, drained, flaked 1/2 cup grated reduced- fat tasty cheese 30g baby spinach

What to do:

1. To assemble sushi rolls: Place a sheet of nori on sushi mat on a clean, dry workbench.
2. With washed, wet hands, take $\frac{3}{4}$ cup of cooked sushi rice and press evenly over nori, leaving a 1cm strip uncovered along the top edge.
3. If using wasabi paste, spread $\frac{1}{2}$ a teaspoon across the bottom edge of the rice in a thin strip.
4. Spread corn over rice, leaving a 2cm border along 1 edge.
5. Top with tuna, cheese and spinach.
6. Roll up to enclose filling.
7. Cut each roll into thirds. Serve.

Whole Egg Mayonnaise

Type: Dressing

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Eggs, lemons.

EQUIPMENT:

Bowl
Food processor
Measuring cups
Measuring spoons
Spatula

INGREDIENTS:

1 egg

1 tablespoon lemon juice

2 teaspoons Dijon
mustard

2 tablespoons sugar

Pinch sea salt

1 cup vegetable oil

What to do:

- 1.** Blend or process egg, juice, mustard, sugar and salt until well combined.
- 2.** With the motor still running, add the oil in a slow, thin stream until the mixture is creamy and all the oil has been incorporated.
- 3.** Store in the refrigerator for up to 1 week.

Japanese-style Marinated Mushroom Salad

Type: Salad/Dressing

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: ginger, garlic, mushrooms, capsicum, Asian greens, cucumber.

EQUIPMENT: Bowl Measuring cups Measuring spoons Spatula Knife	INGREDIENTS: 100g packet baby Asian greens 1 cucumber, halved lengthways, sliced 1 red capsicum, deseeded, thinly sliced Marinated Dressing: 1/2 cup salt-reduced soy sauce 1/2 cup mirin 1 tablespoon peanut oil 2 teaspoons sesame oil 2 garlic cloves, crushed 3cm piece ginger, peeled, grated 600g button mushrooms, trimmed
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What to do:

1. Make marinated mushrooms: Place soy, mirin, peanut oil, sesame oil, garlic and ginger in a glass or ceramic bowl.
2. Stir until well combined. Add mushrooms and turn to coat. Cover and refrigerate for 3 hours.
3. Place Asian greens, cucumber, capsicum and marinated mushrooms in a large bowl.
4. Toss to combine.
5. Serve as an accompaniment to lamb, beef or chicken.