

Indian Rice Pilaf

Type: Main/side

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: onion

EQUIPMENT:

Knife
Chopping board
Whisk
Bowls
Wooden spoon
Measuring cups & spoons

INGREDIENTS:

$\frac{1}{4}$ cup water
1 can chicken broth
1 cup long grain rice
 $\frac{1}{8}$ t paprika
 $\frac{1}{4}$ t cinnamon
 $\frac{1}{2}$ t garlic powder
2 pinches ground cloves
1 small onion

What to do:

1. Bring water and chicken broth to a boil.
2. Combine rice, curry powder, garlic powder, cinnamon, paprika, and cloves in a bowl; stir to mix.
3. Add spiced rice and onion to the boiling broth.
4. Cover and cook until rice is tender, 20 to 25 minutes.

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

For serving:

Serving platter
Tongs

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.

Breudher Bread - Sri Lanka

Type: Bread **Serves:** 30 **Recipe source:** Allrecipes.com **From garden :** eggs

EQUIPMENT: Bowls Chopping board Knife Wooden spoon Measuring cups & spoons Whisk Saucepan Food processor	INGREDIENTS: Basic Bread Dough: 125ml milk 3t sugar 2t salt 90g butter 2t yeast 900g plain flour 1T gluten flour Ingredients: 315g unsalted butter 315g caster sugar 5 eggs 2t vanilla 255g sultanas
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What to do:

1. To make the dough, put the milk into a saucepan over high heat and bring almost to the boil, then remove from the heat, stir in sugar, salt and butter and allow to cool to lukewarm.
2. Put the yeast in a bowl, pour over 375 ml water and stir until dissolved. Add the lukewarm milk mixture and sift in 450 g of the plain flour and the gluten flour.
3. Beat with a wooden spoon until smooth. Add just enough of the remaining flour to make a soft dough.
4. Turn the dough out onto a lightly floured work surface and knead for about 10 minutes, or until smooth and elastic.
5. Shape into a smooth ball and place into a greased bowl. Cover with a clean tea towel and set aside in a warm draught-free place for about 1 hour, or until doubled in size. The dough is now ready to be divided and rolled for use.
6. Cream the butter and sugar in the bowl of an electric mixer until light and fluffy. Add the dough in small pieces, beating well, until all of the dough has been incorporated.
7. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla and sultanas until well combined.
8. Lightly grease two 2.5 litre kugelhupf or bundt tins. Divide the dough between the tins and leave in a warm, draught-free place for 30 minutes, or until almost doubled in size.
9. Preheat the oven to 160°C. Bake the breudher for 30-35 minutes, or until well risen and golden brown on top. If the top starts to brown too soon, cover with foil and cook until a thin skewer inserted into the centre of the loaf comes out clean.
10. Remove from the oven and cool in the tins for 10 minutes, then turn out onto a wire rack to cool completely.
11. Serve the bread sliced, spread with unsalted butter and sprinkled with caster sugar or, if preferred, with thin slices of Dutch Edam cheese.

Nasi Goreng

Type: Main Serves: 30 tastes

Recipe source: SAKGF

Fresh from the garden: bok choy or Asian greens, eggs, snake beans, Asian herbs such as Thai basil, Vietnamese mint, coriander

EQUIPMENT:	INGREDIENTS:
Whisk	8 eggs, lightly whisked
Wok	6 tablespoons sunflower oil
Mortar and pestle	8 garlic cloves
Egg flip	12 spring onions
Grater	400g chicken meat, bite sized
Measuring spoons	2 carrots
Measuring cups	8 snake beans
Wooden spoons	1 capsicum
Bowls	500g bok choy or Asian greens
Knives	1 tablespoon chilli sauce
Chopping boards	1 tablespoon palm sugar
	1kg cold cooked rice (500g dry rice)
	handful Asian herbs

What to do:

1. Cut the spring onions into diagonal slices.
2. Julienne the carrots, or grate if you prefer.
3. Crush the garlic and thinly slice the beans, capsicum and bok choy or Asian greens.
4. Cut the chicken (if using) into bite sized pieces.
5. Whisk the eggs in a bowl.
6. Heat the oil in the wok and when hot, add the garlic and spring onion and cook for 1 minute.
7. Add the chicken and fry for another minute.
8. Now add the garden greens and cook for 1 minute.
9. Add the chilli sauce and palm sugar and mix well.
10. Add the eggs and stir continuously for 30 seconds.
11. Increase to a high heat, then add the rice and salt to taste.
12. Fry for 3 more minutes, stirring continuously.
13. Chop up the Asian herbs and shallots.
14. Garnish with mixed Asian herbs and shallots.

Roti

Type: Bread

Serves: 30 Tastes

Recipe source: SAKG

Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still remains a little crispiness.

EQUIPMENT:	INGREDIENTS:
Metric scales	100ml milk
Measuring cups & spoons	50g unsalted butter
Large jug	1 egg, lightly beaten
Frypan	2 $\frac{1}{2}$ cups plain flour, plus extra
	2 teaspoons castor sugar
	2 teaspoons salt oil

What to do:

- Place milk, butter, egg and 100ml water in a large jug and mix well. Place flour, sugar and 2 teaspoons table salt in a bowl and make a well in the centre.
- Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft, smooth dough. Cover and stand for 20 minutes.
- Divide dough into pieces and spray with oil. Spray a clean, flat work surface with the oil. Working with one dough ball at a time, use oiled hands to flatten dough on the oiled surface, tugging at the edges to stretch it out to about 15 cm wide and about 5mm thick.
- Heat a large frying pan or barbeque hotplate to medium high heat. Cook each roti (pressing down as it bubbles to cook evenly), for 1 minute on each side or until golden and slightly charred.

Sweet Potato & Chickpea Curry

Type: Main **Serves:** 30 tastes

Recipe source: SAKGF

Fresh from the garden: sweet potato, onions, garlic, chilli, ginger

EQUIPMENT:

Chopping board
Colander
Measuring spoons & cups
Small pot
Large pot
Knife
Wooden spoon

INGREDIENTS:

6 sweet potatoes
4 onions
Knob ginger
12 garlic cloves
1 chilli
1T vegetable oil
2 x 400g cans tomatoes
1 x 400g can chickpeas
1 cup coconut milk
4t cumin
2t ground cardamom
2t turmeric
4 cloves
2t garam masala
Handful coriander
Salt & pepper

What to do:

1. Peel and chop the sweet potato into 2cm cubes. Blanch for 5 minutes then drain in the colander.
2. Roughly chop the onions. Finely chop the ginger, garlic and chilli.
3. Heat the oil in the large pot and add the sweet potato, chopped onion, garlic and ginger.
4. Add chilli, cumin, ground cardamom, turmeric and cloves. Stir over heat for 1 minute.
5. Add tinned tomatoes and chickpeas. Season to taste.
6. Cover and simmer on low heat for 20 minutes, stirring occasionally.
7. Add coconut milk, stir and simmer for another 5 minutes.
8. Chop the coriander roughly, sprinkle over the curry and simmer for another 2 minutes.
9. Serve hot.

Creamy Coconut Rice Pudding

with Mango & Passionfruit

Type: Dessert

Serves: 30 tastes

Recipe source: Taste.com.au

Fresh from the garden: passionfruit, mangoes

EQUIPMENT:	INGREDIENTS:
Chopping board	200g (1 cup) White Long Grain Rice, soaked in cold water for 3 hours or overnight if time permits
Colander	2 x 140ml cans Coconut Cream
Fork	185mls (3/4. cup) water
Measuring spoons & cups	5 tablespoons brown sugar
Saucepan	1 cinnamon stick
Knife	2 passionfruit
Wooden spoon	2 medium ripe mangoes

What to do:

1. Rinse the soaked rice well and then place into a medium heavy- based saucepan.
2. Add 1 can of coconut cream, water, 2 tablespoons of the brown sugar and the cinnamon stick.
3. Bring to the boil over high heat.
4. Reduce heat to medium, cover and simmer for 15 minutes or until almost all the liquid is absorbed and the rice is creamy.
5. Remove the saucepan from the heat and stand for 5 minutes.
6. Meanwhile: combine the remaining 1 can of coconut cream with the remaining 3 tablespoons of brown sugar in a small saucepan and bring slowly just to the boil, stirring occasionally.
7. Cut the passionfruit into quarters.
8. Cut the flesh of the mango into slices.
9. Spoon and shape the rice pudding onto individual plates or into bowls and spoon over the warm coconut cream sauce.
10. Serve with the passionfruit and accompanied by the mango.

Warm Thai Coconut & Lemongrass Salad

Type: Main

Serves: 30 tastes

Recipe source: Taste.com.au

Fresh from the garden: lemongrass, red onion, cucumber, lettuce, mint, coriander, tomatoes

EQUIPMENT:

Chopping board
Colander
Measuring spoons & cups
Saucepan
Knife
Wooden spoon

INGREDIENTS:

1 1/2 cups jasmine rice
1 stalk lemongrass, trimmed, bruised
165ml can coconut milk
1/2 small red onion, halved, thinly sliced
1 Lebanese cucumber, halved, thinly sliced
1 cup bean sprouts, trimmed
1 cup fresh mint leaves, torn
1 cup fresh coriander leaves, torn
1 small green oak lettuce, leaves separated, torn
200g grape tomatoes, halved
1/3 cup lime juice

What to do:

1. Place rice, lemongrass, coconut milk and 2 1/2 cups cold water in a heavy-based saucepan over medium-high heat.
2. Stir to combine. Cover.
3. Bring to the boil. Reduce heat to low. Simmer for 10 to 12 minutes or until liquid is absorbed and rice is tender.
4. Stir with a fork.
5. Season with salt and pepper. Set aside for 5 minutes. Remove lid.
6. Fluff mixture with fork to separate grains. Remove and discard lemongrass. Cool for 5 minutes.
7. Place the onion, cucumber, sprouts, mint, coriander, lettuce and tomato in a large bowl.
8. Add cooled rice.
9. Toss gently to combine.
10. Combine lime juice, soy sauce and ginger in a small jug. Drizzle over salad. Toss gently to combine. Serve.

