

Asian Soft Noodle Cabbage Salad

Type: Salad/Main

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: coriander, cabbage, snow peas, capsicum, garlic

EQUIPMENT: Knife Chopping board Heatproof bowl Colander Saucepan Bowls Fork Measuring cups & spoons	INGREDIENTS: 1/2 x 440g packet thin hokkien noodles 1/4 small (350g) red cabbage, thickly shredded 1/2 cup bean sprouts, trimmed 1 small red capsicum, thinly sliced 50g snow peas, trimmed, thinly sliced 1/2 cup fresh coriander leaves 2 green onions, thinly sliced diagonally Lime & Soy Dressing 2 tablespoons lime juice 2 teaspoons salt-reduced soy sauce 1/2 teaspoon sesame oil 1 tablespoon rice bran oil 2 teaspoons caster sugar 1 small garlic clove, crushed
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What to do:

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 2 minutes. Separate noodles with a fork. Drain. Refresh under cold water. Drain well.
2. Place cabbage, bean sprouts, capsicum, snow peas, coriander and green onion in a large bowl.
3. **Make Lime and soy dressing:**
Place lime juice, soy sauce, sesame oil, rice bran oil, caster sugar and garlic in a small bowl. Whisk until sugar has dissolved.
4. Add noodles and dressing to cabbage mixture (see note). Season with pepper. Toss well to combine. Serve.

Tom Kha Gai

Type: Entree/Main

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Lemons, eggs

EQUIPMENT:

Tea towel
Knife
Chopping board
Large pot
Wooden spoon

INGREDIENTS:

12 stalks lemongrass
Knob of galangal, about 4cm
4L (litres) chicken stock
16 coriander roots
16 kaffir lime leaves
400ml fish sauce
12 T (tablespoons) palm sugar
4 x 400ml coconut cream
150ml lime juice
4 cups chopped chicken
1 chilli
Small handful Thai basil

What to do:

- 1.** Finely slice the lemongrass and galangal.
- 2.** Heat the chicken stock with the coriander roots, lime leaves, lemongrass, galangal, fish sauce, palm sugar and coconut cream.
- 3.** Simmer for 5 minutes and then add the chicken.
- 4.** When the chicken is cooked, add the lime juice and taste for seasoning.
- 5.** Finely chop the chilli, if using, and shred the basil.
- 6.** Add both to the soup as garnish.

Vegan Dim Sum Buns

Type: Starter/Main

Serves: 30 Tastes

Recipe source: Jamie Oliver.com

Fresh from the garden: garlic, ginger, coriander, chilli, spring onions, mushrooms

EQUIPMENT:	INGREDIENTS:
Measuring spoons and cups	2 cloves of garlic, peeled
Steamer	1 thumb-sized piece of fresh ginger, peeled
Wooden spoon	½ bunch of fresh coriander
Knife	groundnut oil
Bowls	450 g mixed mushrooms, such as shitake and chestnut
Frypan/wok	2 tablespoons rice wine vinegar
Wooden spoon	2 tablespoons sweet chilli sauce
Food processor	2 tablespoons low-salt soy sauce
	4 spring onions
	1 fresh red chilli
	1 tablespoon sesame oil
	1 x 400 g tin of light coconut milk
	500 g self-raising flour, or 2 filled coconut milk tins of flour, plus extra for dusting
	sea salt
	2 tablespoons sesame seeds
	hoisin sauce, to serve

What to do:

- To make the filling, finely slice the garlic and ginger. Pick the coriander leaves and set aside, then finely slice the stalks. Heat a splash of groundnut oil in a large frying pan over a medium-high heat, then add the garlic, ginger and coriander stalks.
- Fry for around 3 minutes, or until golden. Slice the mushrooms, then add to the pan for around 5 minutes, or until lightly golden brown.
- Add the vinegar, chilli sauce and soy, then cook for a further 5 minutes, or until the liquid has boiled and bubbled away and the mushrooms are golden brown and starting to caramelize. Transfer to a bowl.
- Trim and finely slice the spring onions, then add the white part to the bowl. Deseed and finely slice the chilli, then add half to the bowl, reserving the rest for later. Stir in the sesame oil, then set aside.
- Add the coconut milk, 2 heaped tins' worth of flour and a good pinch of salt to a food processor. Whiz to a dough, then transfer to a flour-dusted surface and roll into a thick sausage. Cut into 12 equal-sized pieces, roll into balls, then flatten into rounds, roughly ½cm thick.
- Equally divide the mushroom mixture between each of the 12 dough circles (you'll need roughly 1 tablespoon of filling per circle), making sure to leave a 2cm gap around the edges. Pull and fold the sides over the filling, pinching the edges together to seal. Place upside-down (so the scruffy edges are underneath) in double-layered, lightly greased muffin cases and divide between two bamboo steamer baskets.
- Place a wok over a high heat, then fill with 1 litre of boiling water and pop the steamer baskets on top. Reduce the heat to medium and steam for around 12 minutes, or until piping hot through and puffed up.
- Meanwhile, toast the sesame seeds in a small frying pan over a medium heat. Once the buns are ready, sprinkle over the seeds and the reserved spring onions and chilli. Tear the coriander leaves on top, then serve with hoisin sauce for dipping.

Golden Syrup Dumplings

Type: Dessert, snack

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Lemons, eggs

EQUIPMENT:

Saucepan
Fork
Measuring spoons
Sifter
Measuring cups
Wooden spoons
Bowls
Knives
Chopping boards
Sifter
Whisk
Skewer

INGREDIENTS:

560ml (2 1/4 cups) water
60g (1/3 cup, lightly packed)
brown sugar
70g (1/3 cup) caster sugar
80ml (1/3 cup) golden syrup
60ml (1/4 cup) fresh lemon juice
30g butter
190g (1 1/4 cups) self-raising
flour
40g butter, extra, chilled,
chopped
60ml (1/4 cup) milk
1 egg yolk
Double cream, to serve

What to do:

1. Place the water, combined sugar, golden syrup, lemon juice and butter in a large saucepan over low heat and stir until the sugar dissolves and the butter melts. Increase heat to medium-high and bring to the boil. Simmer for 5 minutes.
2. Meanwhile, place the flour in a bowl. Use your fingertips to rub the extra butter into the flour until the mixture resembles fine breadcrumbs (see note). Whisk the milk and egg together in a small bowl. Add to the flour mixture and use a round-bladed knife in a cutting motion to mix until the mixture starts to come together. Use your hands to bring the dough together in the bowl. Divide the dough into 12 equal portions and roll each portion into a ball.
3. Add the dumplings to the golden syrup mixture and cover. Reduce heat to medium-low. Simmer, covered, for 15-18 minutes or until a skewer inserted into the centres comes out clean.
4. Divide the dumplings and syrup among serving bowls. Serve with cream.

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 Wok Mortar and pestle Egg flip Grater Measuring spoons Measuring cups Wooden spoons Bowls Knives Chopping boards	8 eggs, lightly whisked 6 tablespoons sunflower oil 8 garlic cloves 12 spring onions 400g chicken meat, bite sized 2 carrots 8 snake beans 1 capsicum 500g bok choy or Asian greens 1 tablespoon chilli sauce 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.

Vietnamese Rice Paper Rolls

Type: Starters
SAKG

Serves: 30 Tastes

Recipe source:

Fresh from the garden: eggs, Asian greens, basil, mint leaves, coriander, carrots, cucumbers

EQUIPMENT:

Medium saucepan
Colander
Knives
Chopping board
Measuring spoons
Mixing bowls
Whisk
Egg flip
Large platter
Garlic press
Juicer

Dipping sauce:

1 clove garlic
1 lime
1 T fish sauce
2 T castor sugar
Tiny drop chilli sauce

INGREDIENTS:

120g vermicelli noodles
250g firm tofu
3 teaspoons soy sauce
2 teaspoons fish sauce
1 teaspoon palm sugar
4 eggs
2 Tablespoons sunflower oil
2 large cucumbers
1 large carrot (or 2 small)
Asian greens
1 cup Thai basil/mint leaves
1 cup coriander leaves
Handful bean sprouts
24 small rice papers

What to do:

- Cook the vermicelli by adding it to a pot of boiling water for 3 minutes, then drain and allow to cool.
- Slice the tofu into long, thin slices - about 5mm thick by 50mm long.
- Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar. Marinate the tofu in this mixture.
- Whisk the eggs in a bowl with a splash of soy sauce and fish sauce.
- Put the wok/frypan onto high heat and add the peanut oil. Pour the egg mix into the hot wok and cook on high heat until the mix is cooked right through and looks like a big omelet.
- Remove from the wok, place on the chopping board and slice into long slithers.
- Finely slice the cucumbers, carrot and spring onion to the same thickness as the tofu.
- Place a rice paper wrapper on a tea towel and sprinkle lightly with water. Rub the water all over the paper.
- Onto the rice paper place a small amount of vermicelli noodles, then a small amount of each ingredient. Roll over once, tuck the loose ends into the roll and then roll up. Stack the rice paper rolls onto your serving tray.
- For the dipping sauce, first crush the garlic and juice the lime. Mix all the dipping sauce ingredients together. Serve in a small bowl alongside the rice paper rolls.

NB: Being able to make rice paper rolls is a good skill to have – it might take a bit of practice at first but you'll quickly get the hang of folding the rice paper over the ingredients so it's firm but doesn't rip.

Dipping sauces are also really easy to make – just remember to try to balance the flavour so it's not too salty, not too sweet.

Sang Choy Bow

Type: Main Serves: 30 tastes

Recipe source: Healthy Food Fast

Fresh from the garden: Lettuce, shallot, ginger, garlic, celery, capsicum, mung bean shoots, mushrooms.

EQUIPMENT:

Wok or frypan
Measuring spoons
Garlic crusher
Measuring cups
2 x wooden spoons
Bowls
Knives
Chopping boards

For serving:

Serving platter
Tongs

INGREDIENTS:

500g minced lean pork
1 tablespoons olive oil
6 spring onions, finely chopped
2 garlic cloves, crushed
1 medium red capsicum, seeded & diced
2 small piece ginger, peeled and chopped
1 stick celery, diced
100g button mushrooms, diced
1 cup cooked rice
1 teaspoon cornflour
2 tablespoons soy sauce
1 tablespoon fish sauce
1 tablespoon rice wine vinegar
1 tablespoon chilli sauce
1 cup mung bean shoots
Lettuce leaves/cups

What to do:

1. Heat oil in wok or frypan
2. Cook pork quickly until separate and cooked through then set aside leaving oil in pan.
3. Place onions, garlic, ginger, celery, capsicum, mushroom and rice into the hot pan gently stirring until softened.
4. Return the pork to the pan and mix well.
5. Combine cornflour, sauces and vinegar in a small bowl, add to the pork mixture with the bean shoots and stir through until bean shoots are wilted and mixture has thickened slightly.
6. Spoon the filling onto the lettuce leaf.

Serving suggestion: Place leaves on a platter and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.