

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 Measuring spoons Measuring cups Wooden spoons Bowls Knives Chopping boards Frying pan	150g pork mince 1 cup finely shredded wombok (Chinese cabbage) 2 green onions, trimmed, finely chopped 1 garlic clove, crushed 2 teaspoons Japanese soy sauce 1 teaspoon oil 1/2 teaspoon caster sugar 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
-------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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.

Honey Syrup Dumplings

Type: Dessert

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: eggs

EQUIPMENT:	INGREDIENTS:
Bowl Measuring cups Measuring spoons Spatula Knife Whisk Saucepan Dessert spoon	3/4 cup (155g) brown sugar 1/3 cup (80ml) honey 100g butter 1 1/2 cups (225g) self-raising flour 3/4 cup (185ml) milk

What to do:

1. Combine 2 cups (500ml) water, brown sugar, 1/4 cup (60ml) golden syrup and 50g butter in a large saucepan.
2. Stir over a low heat until melted.
3. Meanwhile, use your fingertips to rub in 50g butter into flour.
4. Combine milk and 1 tablespoon golden syrup.
5. Stir into the flour mixture until well combined.
6. Bring the sauce to the boil then drop heaped dessert spoonfuls of the mixture into the sauce.
7. Reduce the heat to low and simmer, covered for 15-20 minutes or until a skewer comes out clean.