

# Karaage Chicken

**Type:** Main/Snack

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** ginger

## EQUIPMENT:

Knife  
Chopping boards  
Bowls  
Serving spoon  
Measuring cups & spoons  
Frypan  
Wooden spoon  
Grater

## INGREDIENTS:

1 tablespoon soy sauce  
1 tablespoon sushi seasoning  
1 tablespoon finely grated fresh ginger  
500g chicken thigh fillets, cut into 3cm pieces  
Vegetable oil, to deep-fry  
130g (1 cup) cornflour  
2 tablespoons plain flour

## What to do:

1. Combine the soy sauce, sushi seasoning and ginger in a glass or ceramic dish.
2. Add the chicken and toss to coat.
3. Cover with plastic wrap and place in the fridge for 1 hour to marinate.
4. Drain the chicken from the marinade and pat dry.
5. Add oil to a large saucepan to reach a depth of 5cm. Heat to 170°C over medium-high heat (when the oil is ready, a cube of bread turns golden in 20 seconds).
6. Place combined flour on a plate. Add one-third of the chicken and toss to coat. Shake off any excess.
7. Cook, turning halfway through cooking, for 4-5 minutes or until cooked through.
8. Use tongs to transfer to a plate lined with paper towel.
9. Repeat, in 2 more batches, with the remaining chicken and flour mixture, reheating the oil between batches. Transfer to a serving platter.

# Crispy Vegetable Noodle Salad

**Type:** Main

**Serves:** 30 tastes

**Recipe source:** Taste.com.au

**Fresh from the garden:** carrots, cabbage, cucumber, capsicum, tomatoes, shallots, limes

## **EQUIPMENT:**

Wok or frypan  
Measuring spoons  
Measuring cups  
Wooden spoon  
Whisk  
Bowls  
Knives  
Chopping boards

## **For serving:**

Serving bowl  
Serving spoon

## **INGREDIENTS:**

100g snow peas  
2 teaspoons vegetable oil  
200g Japanese teriyaki tofu  
150g (2 cups) finely shredded red cabbage  
1 yellow capsicum, deseeded, cut into thin strips  
2 small carrots, cut into thin strips  
1 Lebanese cucumber, thinly sliced  
125g cherry tomatoes, halved  
40g (1/2 cup) Chang's Original Fried Noodles  
15g (1/4 cup) fried shallots

## **Dressing:**

(1/3 cup) mayonnaise  
1 1/2 tablespoons fresh lime juice  
1 teaspoon olive oil

## **What to do:**

1. Prepare a bowl of iced water.
2. Place the snow peas in a heatproof bowl. Pour boiling water over the snow peas. Set aside for 30 seconds to blanch.
3. Drain and plunge immediately into the iced water. Drain and pat dry with paper towel.
4. Trim the ends and cut lengthways into thin strips.
5. Step 2
6. Heat the oil in a large frying pan over medium heat.
7. Cook the tofu for 2 minutes each side or until golden brown.
8. Transfer to a plate.
9. Set aside to cool slightly. Slice.

## **Dressing:**

1. To make the dressing, whisk all the ingredients in a small bowl.
2. Combine the cabbage, capsicum, carrot, cucumber, tomato and most of the noodles on a large platter or shallow bowl. Top with the tofu and drizzle with half the dressing. Sprinkle with the shallots and remaining noodles, and serve with the remaining dressing on the side.

# Sushi for Kids

**Type:** Main/snac   **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:

Serving bowl  
Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards  
Frying pan

## INGREDIENTS:

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.

# Miso Roasted Sweet Potatoes

**Type:** Side/Main

**Serves:** 30 tastes

**Recipe source:** taste.com

**From the garden :** sweet potato, coriander, garlic, ginger, shallots

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Baking trays	2 tablespoons white miso paste
Measuring spoons	1 tablespoon rice wine vinegar
Measuring cups	2 teaspoons caster sugar
Wooden spoons	4cm-piece ginger, peeled, finely grated
Bowls	2 garlic cloves, finely chopped
Knives	2 tablespoons warm water
Chopping boards	750g medium sweet potatoes, cut into wedges
Grater	Sesame seeds, to sprinkle
Pastry brush	Thinly sliced green shallot, to serve
	Fresh coriander leaves, to serve

## What to do:

1. Preheat the oven to 180C/160C fan forced. Line a baking tray with baking paper.
2. Combine the miso, vinegar, sugar, ginger and garlic in a small bowl. Add the water and stir until smooth.
3. Place the sweet potato on the prepared tray.
4. Brush all over with half the miso mixture. Bake for 20 minutes.
5. Turn and baste with the remaining mixture.
6. Cook for a further 15 minutes or until the sweet potato is golden and sticky.
7. Place the sweet potato on the prepared tray. Brush all over with half the miso mixture.
8. Bake for 20 minutes. Turn and baste with the remaining mixture.
9. Cook for a further 15 minutes or until the sweet potato is golden and sticky.

# Japanese Hot Cake

Type: Dessert/Snack

Serves: 30 tastes

Recipe source: Taste.com.au

Fresh from the garden:

## EQUIPMENT:

Frypan  
Measuring spoons  
Measuring cups  
Wooden spoon  
Whisk  
Bowls  
Knives  
Chopping boards

## For serving:

Serving bowl  
Serving spoon

## INGREDIENTS:

2 large eggs  
200 ml (3/4 cup plus 1 1/2  
tablespoons) milk  
1 teaspoon vanilla extract  
40 grams (3 tablespoons) unsalted  
butter, melted and slightly cooled  
200 grams (1 1/2 cups) cake flour  
**(1  $\frac{3}{4}$  cup plain flour +  $\frac{1}{4}$  cup  
cornstarch = 2 cups cake flour)**  
40 grams (3 tablespoons)  
granulated sugar  
1 tablespoon baking powder  
Pinch salt  
Vegetable oil for greasing

## What to do:

1. In a medium bowl, beat together the eggs. Mix in the milk, vanilla extract, and butter.
2. In another medium bowl, sift together the flour, sugar, baking powder, and salt. Use a wooden spoon or spatula to gently fold into the liquid ingredients until just incorporated.
3. Allow to rest while you heat the pan.
4. Place a large steel skillet over medium heat. Set aside a damp towel.
5. Once heated, place briefly on the wet towel (do not do this if using cast iron or enamel) and place back on burner over low heat.
6. Lightly grease with oil, spread with a towel, pour 1/4 cup of the batter in prepared skillet, and cover.
7. Once golden on bottom and bubbles begin to form on top, about 4 minutes, flip to other side.
8. Continue to cook until golden, another 1-2 minutes. Repeat with remaining batter.
9. Serve immediately topped with maple syrup, butter, whipped cream, or fresh berries.