

# 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.

# Spring Rolls

**Type:** Entree/Main

**Serves:** 30 tastes

**Recipe source:** Coles

**Fresh from the garden:** ginger, carrot, cabbage, spring onions, chillies, garlic

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Knife	100 g rice vermicelli noodles
Chopping board	1 tablespoon olive oil
Bowls	4 spring onions, chopped
Garlic press	3 garlic cloves, crushed
Heatproof bowl	3 teaspoons ginger, finely grated
Frypan	1 carrot, grated
Zester	3 cups cabbage, finely chopped
Measuring cups & spoons	2 tablespoons soy sauce
Tongs	250 g pkt spring roll wrappers, thawed
Baking tray	Finely chopped red chilli, in soy sauce, to serve
Baking paper	

## What to do:

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 5 minutes, then drain and cool.
2. Squeeze out any excess liquid, and use kitchen scissors to cut into shorter lengths.
3. Meanwhile, heat 1 tablespoon oil in a frying pan over medium heat.
4. Add the spring onions, garlic and ginger.
5. Stir fry for 1 minute. Add carrot and stir -fry for 2 minutes. Add cabbage and stir-fry for 2 minutes or until soft.
6. Add soy sauce and noodles to the pan and toss until evenly combined.
7. Set aside to cool. Lay out 1 spring roll wrapper with the top, bottom and sides. Place  $\frac{1}{2}$  cup filling in a 9cm long pile across the lower third of the wrapper.
8. Fold bottom corner up and over filling, then fold in the sides and roll up.
9. Dab a little water at the top corner to seal. Repeat with remaining wrappers and filling.
10. Cook rolls in batches, for 2 minutes or until golden.
11. Serve with combined soy sauce and chilli.

# Falafel Balls

**Type:** Main **Serves:** 30 falafel **Recipe source:** Cooking with Kids Stephanie Alexander

**Fresh from the garden:** Parsley, garlic, coriander, mint, lemons

**Cooks Note:** place chickpeas in large bowl, cover with water and soak overnight

EQUIPMENT:	INGREDIENTS:
3 medium bowls	700g chick peas (soaked overnight)
1 large bowl	6 tablespoons cumin seeds
1 colander	3 tablespoon coriander seeds
Ovenproof dish	1 small red onion
Kitchen paper	4 cloves garlic
Frying pans 1 small 1 large	50 stalks parsley
Measure spoons and cups	20 stems coriander (cilantro)
Wooden spoon	50 mint leaves
Mortar and pestle	3 teas baking powder
Chopping board and knife	3 teas salt
Grater	4-6 Tablespoons Besan Flour
Tea towel	Freshly ground black pepper
Food processor	$\frac{1}{4}$ teas cayenne pepper
Slotted spoon	$\frac{3}{4}$ cup vegetable oil
4 tablespoons	

## What to do:

1. Place colander in sink and tip the peas into the colander. Rinse with cold running water then drain and give the colander a good shake. Wash and dry large bowl and return the chick peas to the bowl
2. Preheat oven to 120 degrees Celsius. Line the base with kitchen paper and place in oven to keep warm.
3. Soak the coriander in a bowl of water
4. Heat the small frying pan over a medium heat and toast the cumin seeds and coriander seeds in the dry pan until fragrant. Tip seeds into mortar and pestle and pound to a powder. Tip spices into the bowl with chickpeas.
5. Set out the chopping board and knife. Peel and grate the onion add to chickpea bowl
6. Peel and crush garlic and add to chickpeas
7. Rinse the parsley and the mint. Dry all herbs including coriander on a clean tea towel. Roughly chop and add to chickpeas
8. Add baking powder, flour, salt, pepper and cayenne pepper to chick peas and stir well
9. Working in batches spoon mixture into the bowl of the food processor and process until the mixture combines and looks bright green with little white flecks but **do not process until it is a paste**. Scrape out and put in medium bowl and repeat step until all the chickpea mixture is done.
10. Use your hands to form the processed mixture into little balls squeezing them firmly
11. Place each ball on a tray as you make it. **You should make about 30 or more.**
12. Pour a third of the oil into the large frying pan. Heat over a high heat until hot. Remove warmed dish from oven and place it on bench next to frying pan ready to put cooked falafel in.
13. Working in batches carefully shallow fry falafel and keep turning them until a deep golden brown all over. Lift out with a slotted spoon and place in warm dish and return dish to oven to keep warm.
14. Repeat step 12 and 13 until all falafel cooked.

# 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.

# Indian Vegetable Curry from Goa

**Type:** Main

**Serves:** 24 Tastes

**Recipe source:** SAKG

**Fresh from the garden:** pumpkin, onion, coriander, potatoes, carrots, sweet potato, beans, celery, lemon, chilli, tomatoes

<b>EQUIPMENT:</b> Measuring cups Measuring spoons Large bowl Frying pan Electric beater Knife Peeler Juicer Wooden spoon Chopping board Baking dish  <b>TO SERVE:</b> 2 bowls	<b>INGREDIENTS:</b> 1 x onion 2 x potatoes Green beans 2 T vegetable oil $\frac{1}{2}$ t chilli flakes 1 t turmeric 1 x 400g can chopped tomatoes Salt 2 x carrots 1 x sweet potato 1 x lemon  <b><u>Spice Paste:</u></b> 2 T coriander seeds 1 t cumin seeds 4 whole cloves 10 peppercorns 1 x 5cm piece cinnamon stick 1 T vegetable oil 1 t mustard seeds $\frac{1}{2}$ cup dessicated coconut $\frac{1}{2}$ cup water
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## What to do:

1. Thinly slice the onion and place in the food processor.
2. Place the coriander and cumin seeds in the small bowl along with the cloves and peppercorns. Crumble in the cinnamon stick.
3. Heat the oil in the frying pan over low to medium heat.
4. Add the spice mix and cook, stirring with the wooden spoon for 3 minutes or until fragrant.
5. Place the spice mix into the food processor. Add the mustard seeds, coconut and water and process until it makes a smooth paste. Peel and finely chop the second onion and place in a small bowl.
6. Peel the carrots and potatoes then cut each vegetable into 2 cm cubes. Place the carrot and regular potato in a large bowl and sweet potato in another. Cut the beans into 4cm pieces.
7. Heat the oil in the frying pan over medium heat and add the chopped onion and cook until golden brown. Stir in the chilli flakes and turmeric and add the spice paste. Cook for 5 minutes.
8. Pour canned tomatoes into the pan and bring to the boil over a high heat.
9. Add the carrot and regular potato, combine and cook for 5 minutes. Add the sweet potato, cover and cook for 10 more minutes.
10. Add the green beans, cover and reduce the heat to low and cook for 10 minutes or until vegetables are tender.
11. Juice the lemon and stir the juice into the curry. Serve.

# Roti

**Type:** Bread/Side  
**Recipe source:** SAKG

**Serves:** 30 Tastes

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Scales Measuring cups and spoons Large jug Frypan	2 teaspoons sea salt 100ml milk 1 egg, lightly beaten 50g unsalted butter 2 teaspoons caster sugar oil 2½ cups plain flour, plus a little extra for dusting

## **What to do:**

1. Place milk, butter, egg and 100ml water in a large jug and mix well.
2. Place flour, sugar and salt in a bowl and make a well in the centre.
3. 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.
4. Divide dough into pieces and spray with oil. Spray a clean, flat work surface with oil. Working with one dough ball at a time, use oiled hands to flatten the dough on the oiled surface, tugging at the edges to stretch it out to about 15cm wide and 5mm thick.
5. Heat a large frying pan 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.

# Vietnamese Rice Paper Rolls

**Type:** Starters

**Serves:** 30 Tastes

**Recipe source:** SAKG

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

## **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:**

1. Cook the vermicelli by adding it to a pot of boiling water for 3 minutes, then drain and allow to cool.
2. Slice the tofu into long, thin slices - about 5mm thick by 50mm long.
3. Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar. Marinate the tofu in this mixture.
4. Whisk the eggs in a bowl with a splash of soy sauce and fish sauce.
5. 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 omelette.
6. Remove from the wok, place on the chopping board and slice into long slithers.
7. Finely slice the cucumbers, carrot and spring onion to the same thickness as the tofu.
8. Place a rice paper wrapper on a tea towel and sprinkle lightly with water. Rub the water all over the paper.
9. 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.
10. 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.