

# 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.

<p><b>EQUIPMENT:</b></p> <p>Wok or frypan Measuring spoons Garlic crusher Measuring cups 2 x wooden spoons Bowls Knives Chopping boards</p> <p><b>For serving:</b></p> <p>Serving platter Tongs</p>	<p><b>INGREDIENTS:</b></p> <p>500g minced lean pork 1 tablespoons olive oil 6 spring onions, finely chopped 2 garlic cloves, crushed 1 medium red capsicum, seeded &amp; 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</p>
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## 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.

# Tuna & Corn Sushi

**Type:** Main , snack      **Serves:** 30 taste      **Recipe source:** Taste.com

**Fresh from the garden:** baby spinach

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
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.

# Teriyaki Chicken Sushi

**Type:** Main , snack

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** Cucumber, avocado, eggs, lettuce.

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Food processor Sushi mat Saucepan Knife Bowls Measuring cups Measuring spoons	1 cup SunRice Japanese Style Sushi Rice 1/4 cup Obento mirin seasoning 4 chicken tenderloins, cut into strips lengthways 1/4 cup sweet chilli sauce 2 teaspoons rice bran oil 2 tablespoons whole egg mayonnaise 4 nori sheets 1/2 medium avocado, thinly sliced 1/2 Lebanese cucumber, cut into thin strips 4 green oak lettuce leaves, torn
<b>For serving:</b> Serving platter Tongs	

## What to do:

1. Make sushi rice: Rinse and drain rice 3 times or until water runs clear. Place rice in sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 cup cold water in a small saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has been absorbed. Remove from heat. Stand, covered, for 10 minutes.
3. Transfer rice to a large ceramic dish. Using a spatula, stir rice to break up lumps. Gradually add seasoning, lifting and turning rice, until rice has cooled.
4. Place chicken and 2 tablespoons sweet chilli sauce in a small bowl. Turn to coat.
5. Heat oil in a small frying pan over medium-high heat. Add chicken. Cook, turning, for 5 minutes or until cooked through. Meanwhile, combine mayonnaise and remaining sweet chilli sauce in a small bowl.
6. Place 1 nori sheet, shiny-side down, on sushi mat. Leaving a 2cm strip at 1 long end, spread 1/4 rice mixture over nori using damp fingers. Spread 1/4 mayonnaise mixture across centre of rice. Arrange 1/4 chicken, avocado, cucumber and lettuce over rice.
7. Using mat, roll up firmly to form a roll. Cut roll into 6 slices. Repeat with remaining nori sheets, rice mixture, mayonnaise mixture, chicken, avocado, cucumber and lettuce to make 24 pieces. Serve.
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# Mini Apple Pie Wonton Cups

**Type:** Appetiser/Dessert

**Serves:** Tastes 24

**Recipe source:** recipetineats.com

**From the garden: apples:** apples

## **EQUIPMENT:**

Muffin tins  
Knife  
Chopping Board  
Saucepan  
Tongs  
Whisk

tsp = teaspoon

tbsp = tablespoon

## **INGREDIENTS:**

18 wonton wrappers  
Oil spray  
**Apple Pie Filling:**  
5 cups granny smith apples, diced  
2 tbs butter  
1/3 to 1/2 cup brown sugar  
2 tsp cinnamon  
1/4 cup water  
Pinch of salt  
**Cream:**  
3/4 cup whipping cream  
2 tbsp powdered sugar  
Few drops vanilla essence

## **What to do:**

1. Preheat oven to 200C.
2. Mould wonton wrappers into standard size muffin tin or cupcake trays. Spray lightly with oil (this helps them bake evenly golden) then bake for 10 to 15 minutes until crisp and golden. Remove from oven and let cool in the muffin tins.
3. Meanwhile, place apple pie filling ingredients in a large saucepan over high heat.
4. Bring to simmer, then turn the heat down to medium. Let simmer, stirring occasionally, until the apple is softened, around 8 minutes.
5. There should be no liquid left, just a syrupy coating on the apple. Adjust sweetness to taste.
6. The amount of sugar required differs depending on the tartness/sweetness of the apples.
7. Remove from heat and let cool until it is warm.
8. Meanwhile, whip cream and powdered sugar (icing sugar) until soft peaks form.
9. To serve, spoon still warm apple pie filling into wonton cups and top with a dollop of cream. Serve immediately.