

# Cinnamon, Ginger & Apple Tarts

**Type:** Dessert/Snack

**Serves:** 30

**Recipe source:** Fresh.com/au

**Fresh from the garden:** apples, lemons, ginger.

<b>EQUIPMENT:</b> Measuring cups Measuring spoons Large bowl Baking trays Pastry brush Knife  <b>TO SERVE:</b> 2 serving trays	<b>INGREDIENTS:</b> 6 apples 1 lemon 80gm butter, melted 3 sheets puff pastry 2t vanilla 3T sugar 6T almond meal 1T cinnamon 1T ginger
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## What to do:

1. Preheat oven to 220 degrees celcius.
2. Cut the puff pastry into 3 rectangles and place on a baking tray lined with baking paper.
3. Peel and quarter apples, then slice thinly.
4. Mix together apple slices and lemon juice in a small bowl and set aside.
5. Stir together the butter, sugar, vanilla and ginger.
6. Using a pastry brush, generously brush the top of the puff pastry with the butter mixture.
7. Leaving a 1cm border all around.
8. Sprinkle with almond meal, approximately 3 teaspoons for each rectangle.
9. Layer the apple slices on top of the puff pastry.
10. Brush the top of the apples with the remaining butter mixture and sprinkle with cinnamon.
11. Bake for 15-20 minutes or until golden brown.
12. Remove from the oven and let cool.
13. Serve warm with whipped cream.

# Hummus with Paprika Oil

**Type:** Starter

**Serves:** Makes 1.5 cups

**Recipe source:** Cooking With Kids

Stephanie Alexander

**Fresh from the garden:** parsley, lemons, garlic

**Cooks Note:** If time permits dried chickpeas can be used. Soak overnight, rinse and then boil for 1 hour – chick peas are cooked when soft. Rinse and use the same as canned chickpeas

## EQUIPMENT:

Strainer/colander

Bowls 2 small and 1 large

Measuring spoons and cups

Frying pan

Wooden spatula

Mortar and Pestle

Food Processor

1 knife

1 chopping board

Hand juicer

Silicone spatula

## TO SERVE:

3 small flat serving bowls

3 teaspoons

## INGREDIENTS:

150g canned chickpeas

1 teaspoon paprika

1 tablespoon extra-virgin olive oil

1 teaspoon cumin seeds

2/3 cup yoghurt

Salt

Fresh ground pepper

## *From the Harvest Table*

2 cloves garlic

2 lemon

6 parsley leaves (garnish)

## What to do:

1. Drain chickpeas through with a sieve placed over a small bowl. Set aside liquid from the can. Please save unused water for next class
2. Mix paprika and oil in the small bowls and set aside.
3. Heat cumin seeds in the frying pan over medium heat stirring until they smell fragrant. Tip the seeds into the mortar and pestle and use the pestle to grind to a powder.
4. Set out chopping board
5. Peel and crush the garlic
6. Cut lemons in half and juice with the hand juicer
7. Wash parsley and pat dry with clean tea towel
8. Place chick peas, lemon juice, cumin and garlic in the food processor with  $\frac{1}{4}$  cup of reserved chick pea water. Process until a smooth cream
9. Spoon in the yoghurt and process again. Add more chick pea water if the mixture is too thick. Add salt and pepper and taste. Add more if needed
10. Use the spatula to scoop the paste onto the shallow plate. Mark a channel around the paste with a teaspoon to hold the paprika oil then drizzle the paprika oil into the channel that you have made. Decorate the plates with parsley leaves.

# Best Burger

**Type:** Main/Snack

**Serves:** 30

**Recipe source:** SAKG

**Fresh from the garden:** lettuce, beetroot, carrot, zucchini, pumpkin, garlic, basil, oregano, parsley, onion, egg, tomatoes.

## EQUIPMENT:

Measuring cups  
Measuring spoons  
Large bowl  
Frypan  
Egg flip

## TO SERVE:

2 serving trays

## INGREDIENTS:

1kg beef mince  
1 onion, finely chopped  
1/2 teaspoon dried chilli flakes  
Oregano  
Parsley  
Basil  
250g roasted pumpkin, mashed  
1/2 cup sauce (tomato or BBQ)  
2 garlic cloves  
1 carrot, grated  
2 zucchini, grated  
1 beetroot, grated  
1 egg, whisked  
1/2 cup breadcrumbs  
1 teaspoon Dijon mustard  
3 tablespoons grated parmesan cheese  
Pinch of grated nutmeg  
2 tablespoons olive oil  
4 tablespoons hummus  
1 lettuce, shredded  
4 tomatoes, sliced  
Small bread rolls

## What to do:

1. Place mince, onion, chilli, carrot, zucchini, roast pumpkin, oregano, basil, parsley, garlic, sauce, egg, breadcrumbs, mustard, parmesan and nutmeg in a bowl. Use your hands to shape into 4 patties. Refrigerate for 15 minutes.
2. Heat oil in a non-stick frypan over medium-high heat, then cook patties for 2-3 minutes each side or until cooked to taste. Spread bun bases with hummus, add lettuce, tomato, beetroot, carrot, a pattie, some capsicum, aioli and top of bun.

# Aioli

**Type:** Dressing    **Serves:** 30 tastes  
**Fresh from the garden:** garlic, lemon, eggs

**Recipe source:** SAKGF

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Spatula	6 garlic cloves, peeled
Mortar and pestle	
Juicer	2 eggs
Measuring cups and Spoons	
Bowls	1 $\frac{1}{2}$ cups olive oil
Knives	
Chopping boards	$\frac{1}{2}$ lemon
<b>For serving:</b>	
Small serving dish	salt
Spoon	

## What to do if making with food processor:

1. Pound the garlic to a paste with the mortar and pestle. Tip it into the food processor.
2. Separate the egg yolks from the whites and add the yolks to the food processor.
3. Turn the food processor on (low at first) and gradually pour in the oil. It should become very thick. (Try speeding up the food processor if the mayonnaise doesn't thicken after a few minutes.)
4. Juice the lemon and add a pinch of salt and the lemon juice to the mayonnaise.

## What to do if making by hand:

1. Pound the garlic to a paste with the mortar and pestle. Tip it into the food processor.
2. Separate the egg yolks from the whites and add the yolks to the food processor.
3. Whisk the yolks and garlic and while whisking, gradually and constantly pour in the oil. (If the oil is added too quickly the mixture can split.) It should become thick.
4. Juice the lemon and add a pinch of salt and the lemon juice to the mayonnaise.