

Fettuccine Alfredo with Mushrooms

Type: main

Serves: 30 Tastes

Fresh from the garden: mushrooms, chives

EQUIPMENT:	INGREDIENTS:
Measuring spoons	400g fettuccine
Measuring cup	300ml light cooking cream
Saucepan	1 cup shaved parmesan, plus extra to serve
Chopping board	1 Tablespoon olive oil
Knife	400g mushrooms, sliced
2 Bowls	Chives, finely chopped
Grater	
Wooden spoon	
Colander	
Frypan	

WHAT TO DO:

1. Cook pasta until al dente. Drain.
2. Return to pan and add cream and parmesan.
3. Toss to combine.
4. Meanwhile heat butter and oil in large pan over high heat.
5. Add mushrooms and cook, tossing frequently, for 10 minutes or until all liquid has evaporated and mushrooms are golden.
6. Add to the pasta along with chives.
7. Season and toss well.
8. Serve topped with extra parmesan.

Warm Roasted Vegetable Salad

Type: Main/side salad

Serves: 30 Tastes

Fresh from the garden: coriander, lemon, parsley, thyme

EQUIPMENT: Medium saucepan Measuring spoons Measuring cup Frypan Baking tray Whisk Chopping board Knife Bowl Mixing spoon	INGREDIENTS: 300g pumpkin, peeled & chopped into 2cm cubes 2 potatoes, peeled & chopped into 2cm cubes 1 capsicum, seeded & cut into large pieces 1 onion, chopped into eighths 100g mushrooms, quartered Olive oil Spinach leaves Dressing: 1 Tablespoon balsamic vinegar 1 teaspoon olive oil 1 Tablespoon honey 1 Tablespoon basil, chopped
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WHAT TO DO:

1. Preheat oven to 220 C.
2. Line a baking tray with baking paper.
3. Place pumpkin and potato in a saucepan with water and boil until soft but firm.
4. Toss pumpkin, potato, capsicum, onion and mushrooms together then spread in a single layer over the baking tray and lightly spray with oil.
5. Bake for 30-40 minutes, turning after 15 minutes.
6. Mix dressing ingredients in a small bowl.
7. When vegetables are cooked, pour over dressing.
8. Line serving dish with spinach leaves and pile roast vegetables over the top.
9. Serve immediately.

Basic Pasta

Type: Dessert **Serves:** 30 Tastes **Recipe source:** Taste

Fresh from the garden: eggs

EQUIPMENT:	INGREDIENTS:
Pasta machine	400g plain flour (all purpose) flour
Food processor	2 teaspoons salt
Measuring scales	4 eggs
Measuring spoons	
Small bowl	
Plastic wrap	
Large knife	
Clean tea towels	
Pastry brush	

What to do:

- Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
- Set up the food processor.
- Weigh the flour then combine it with the salt in the bowl of the food processor. Turn the motor on, crack the eggs into the small bowl then add them to the food processor.
- Process for a few minutes until the dough clings together and feels quite springy.
- Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for an hour at room temperature.

To roll the dough:

- Clear a surface on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
- Unwrap the cold dough and cut into 6 pieces. Keep one piece out and fold the others in the plastic to stay moist.
- Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8cm wide with folded sides.
- Set the rollers on the pasta machine to the widest setting and pass the folded dough through.
- The dough will probably look a bit ragged at this stage, but you should have a longer rectangle. With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3 - 4 times, folding long sides the centre each time.
- Change the machine roller setting to the next thickest setting and pass the dough through another 3 - 4 times. You do not need to fold it.

- If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
- Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting.
- If the dough gets too long to handle comfortably, cut it into 2 - 3 pieces using the large knife, and then continue to roll each piece separately.
- For fettuccine you will have to use a knife to hand-cut the pasta sheets into thick strands. Lay the sheets out and carefully, but quickly, run the knife down each sheet. Fettuccine means "little ribbons", so the strands should be about 1 - 1.5 cms wide.
- Let your pasta dry on the tea towels while you work on the remaining 5 pieces of dough. If you need to pile up layers, make sure you place a clean tea towel between any layers of pasta sheets, or they might turn into a sticky mass!
- Clean the pasta machine by brushing it with a dry wide pastry brush. Tip it upside down to get any dried bits of pasta. **NEVER** wash your pasta machine with water as the rollers will rust.
- Cook pasta in boiling water in large saucepan for a few minutes and strain in colander.

Pasta Sauce

Type: Starter

Serves: Tastes 30 **Recipe source:** SAKG

Fresh from the garden: spinach, beet leaves, garlic, parsley

<p>EQUIPMENT:</p> <p>Chopping Board Knife Medium saucepan Tongs Serving spoon Large Bowl</p> <p>TO SERVE:</p> <p>Serving bowls</p>	<p>INGREDIENTS:</p> <p>Spinach Beet leaves Parsley EVOO (Extra virgin olive oil) 2 Garlic cloves</p>
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What to do:

- Thinly shred spinach leaves and beet leaves.
- Crush garlic in press and combine with EVOO.
- Place all ingredients in saucepan and sauté for a few minutes and stir through cooked pasta.
- Serve

Pinwheel Scones

Type: snack **Serves:** 30 Tastes

EQUIPMENT: Measuring spoons Measuring cup Spatula Wire rack Saucepan Chopping board Pastry Brush Knife Bowls Wooden spoon	INGREDIENTS: 2 1/4 cups SR flour 1/3 cup skim milk powder 30g butter 1 Tablespoon lemon juice 1 cup water 200g cream cheese 1/2 cup brown sugar 2 teaspoons cinnamon Melted butter
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WHAT TO DO:

1. Sift flour and skim milk powder into bowl and rub in butter.
2. Combine lemon juice and water and add to flour.
3. Mix to a soft dough and knead lightly.
4. Roll dough out into a rectangle about 25 cm x 40 cm.
5. Spread with cream cheese and sprinkle with combined brown sugar and cinnamon.
6. Roll up like a Swiss roll, rolling lengthwise.
7. Cut into 3cm slices and place in greased cake tin.
8. Bake in 200 C oven for 20 minutes.
9. Remove from pan and brush with butter while hot.

Pumpkin & Rosemary Soup

Type: Main/Side **Serves:** 30 Tastes

Recipe source: Rosemary Stanton

Fresh from the garden: rosemary, bay leaves, pumpkin

<p>EQUIPMENT:</p> <p>Chopping Board Knife Medium saucepan Tongs Serving spoon Large Bowl Food processor</p> <p>TO SERVE:</p> <p>Serving bowls/mugs</p>	<p>INGREDIENTS:</p> <p>500g pumpkin 2 cups chicken stock 2 sprigs rosemary 1 bay leaf 1 cup skim milk powder $\frac{1}{2}$ cup low-fat yoghurt Freshly ground black pepper</p>
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WHAT TO DO:

1. In a large saucepan, combine pumpkin, stock and herbs.
2. Bring to the boil, then cover and simmer for 15 minutes or until the pumpkin is cooked.
3. Remove rosemary sprigs and bay leaves.
4. Puree soup, adding skim milk powder.
5. Serve in bowls or mugs, topping with a spoonful of yoghurt and a sprinkle of black pepper.

Garlic & Herb Soup Sticks

Type: snack/side

Serves: 30 Tastes

Source: Taste.com.au

EQUIPMENT:	INGREDIENTS:
Measuring spoons	Vegetable oil, to grease
Measuring cup	2 1/2 cups plain flour
Spatula	1/2 teaspoon salt
Wire rack	2 teaspoons dried yeast
Saucepan	1/2 cup parsley, chopped finely
Chopping board	1 Tablespoon fennel seeds
Pastry Brush	1 Tablespoon caster sugar
Knife	2 large garlic cloves, finely chopped
Bowls	1/4 cups lukewarm water
Wooden spoon	Plain flour to dust
	Sea salt flakes to sprinkle

WHAT TO DO:

1. Brush a bowl with oil to lightly grease. Sift flour and salt into a bowl. Stir in yeast, parsley, sugar, fennel and garlic, and use your hands to evenly mix.
2. Make a well in the centre and add water. Use a wooden spoon to stir until combined. Then use your hands to bring the dough together in the bowl.
3. Turn dough onto a lightly floured surface and knead for 5 minutes or until smooth and elastic.
4. Place dough in prepared bowl. Cover with plastic wrap and set aside in a warm, draught-free place to prove for 45 minutes or until dough doubles in size.
5. Preheat oven to 180°C. Brush 2 baking trays with oil to lightly grease. Punch down centre of dough with your fist.
6. Turn onto a lightly floured surface and knead for 2 minutes or until smooth and elastic. Divide dough into 2 equal portions. Use your hands to pat 1 dough portion into a 14 x 18cm rectangle.
7. Cut crossways into 1cm-wide strips. Roll strips into 1cm diameter logs, about 10cm long. Place bread sticks, about 1cm apart, on trays. Sprinkle with a little water and sea salt. Repeat with remaining dough portion.
8. Bake in preheated oven for 18 minutes, swapping trays after 14 minutes, or until golden brown and crisp. Remove from oven. Set aside on the trays to cool.
9. Serve at room temperature.