

Chargrilled Middle Eastern Lamb

Burgers with pita breads

Type: Main

Serves: 30 tastes

Recipe source: SAKG Kids

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

EQUIPMENT:

Knife
Chopping boards
Bowls
Measuring cups & spoons
Wooden spoon
Frying pan
Baking trays
Mortar & pestle
Kitchen paper
Grater
Juicer
Tongs
Fork
Pastry brush

INGREDIENTS:

2 teaspoons coriander seeds
2 teaspoons cumin seeds
 $\frac{1}{2}$ onion
1 lemon
15 stalks parsley
10 sprigs thyme
500g lamb mince
2 teaspoons salt
Freshly ground pepper
 $\frac{1}{4}$ cup olive oil
10 small pita breads
 $\frac{1}{2}$ cup yoghurt

What to do:

1. Preheat oven to 150 degrees celcius and place baking trays in oven.
2. Heat the frying pan and tip in coriander seeds and stir until they smell fragrant.
3. Place seeds in mortar and repeat process with the cumin seeds and place in the mortar as well and grind to a powder.
4. Peel and chop the onion finely.
5. Juice the lemon and grate the zest, adding both to the bowl with the spices.
6. Add the finely chopped herbs and add the lamb and pepper.
7. Mix together with clean hands.
8. Fry a small ball of lamb mixture in a little oil until browned and continue until you have made one for each person.
9. Transfer rissoles to baking tray to keep warm while you prepare the pita bread.
10. Brush cut pita bread with oil and place in oven for 5 - 8 minutes.
11. Serve with tabbouleh and a dollop of yoghurt.

Choc-brownies with caramel sauce

Type: Dessert **Serves:** 30 tastes **Recipe source:** Everyday Cakes & Cookies
Fresh from the garden: eggs

EQUIPMENT: Knife Chopping boards Bowls Measuring cups & spoons Wooden spoon Muffin tins Saucepan Heatproof bowl	INGREDIENTS: 80g butter 150g dark chocolate, chopped coarsely $\frac{3}{4}$ cup firmly packed brown sugar 2 eggs, beaten lightly 1 teaspoon vanilla extract $\frac{3}{4}$ cup plain flour 300ml vanilla ice cream Caramel sauce: 2/3 cup cream (160ml) 60g butter $\frac{3}{4}$ cup firmly packed brown sugar
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What to do:

1. Preheat oven to 220 degrees celcius.
2. Grease the muffin tins.
3. Combine butter, chocolate and sugar in a medium saucepan and stir over medium heat until smooth.
4. Stir in egg, extract and flour.
5. Divide mixture among muffin tins and cover tightly with foil.
6. Bake for approximately 20 minutes.
7. Make caramel sauce.
8. Place brownies on serving plates and top with ice cream and caramel sauce.

Caramel sauce:

Combine ingredients in a small saucepan ; stir over medium heat until smooth and simmer for 2 minutes.

Lamb & Mushroom Kebabs

Type: Main **Serves:** 30 tastes **Recipe source:** Healthy Food Fast
Fresh from the garden: mushrooms, capsicum, tomatoes

EQUIPMENT: Knife Chopping boards Bowls Large frypan Serving spoon Measuring cups & spoons Garlic press Wooden spoon	INGREDIENTS: 500g lean lamb round, cut into cubes 8 button mushrooms, halved 1 green capsicum, seeded and diced 8 cherry tomatoes 1 medium red onion, cut into wedges Marinade: 2 tablespoons wholegrain mustard 2 teaspoons mint jelly • 1 teaspoon soy sauce
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1. Thread lamb and vegetables onto skewers.
2. Mix marinade ingredients together and microwave for 40 seconds to combine.
3. With a pastry brush, coat meat and vegetables with marinade.
4. Preheat BBQ, grill or frypan.
5. Cook kebabs for 5-10 minutes, turning frequently and brushing regularly with marinade.
6. Serves 4.

Hint: Soak bamboo skewers in hot water for a few minutes to prevent splintering or burning on BBQ.

Serving suggestion:

Serve kebabs with pita bread and a salad of diced tomatoes, sliced Lebanese cucumber, pineapple chunks, diced olives and crumbled feta.

Alternatively, serve on a bed of warm, cooked and mashed potato, sweet potato and chopped herbs.

Leek Tarts with crumbled fetta

Type: Entree/starter
Kids

Serves: 30 tastes

Recipe source: SAKG

Fresh from the garden: leeks, eggs, chives,

EQUIPMENT:	INGREDIENTS:
Knife	Shortcrust pastry
Chopping boards	2 leeks
Bowls	2 tablespoons butter
Measuring cups & spoons	4 eggs
Wooden spoon	1 $\frac{1}{2}$ cups cream
2 Flan tins	10 chives
Whisk	1 Nutmeg
Grater	Salt
Baking tray	Ground black pepper
Ladle	80g fetta

What to do:

1. Grease flan tins with butter and then line with pastry.
2. Preheat the oven to 200 degrees celcius.
3. Put the pastry shells in the oven with the foil and weights in them and bake for 20 minutes.
4. Slice the leeks lengthways then across into 5mm slices.
5. Melt the butter in a frying pan and fry the leek.
6. Cover the pan with a lid and cook for about 15 minutes, stirring once or twice.
7. Separate 2 of the eggs and place the yolks in a bowl then add the other 2 whole eggs in the same bowl.
8. Add the cream and whisk the ingredients together.
9. Chop the chives and add to the egg/cream mixture. Grate a little nutmeg into the mix and add a little salt and pepper.
10. Remove the lid from the leeks and increase the heat and stir to evaporate any liquid in the pan.
11. Tip the leek into the egg/cream mixture and stir to combine.
12. Once flans tins are removed from the oven reduce the temperature to 170 degrees celcius.
13. Divide the leek mixture between the tarts and crumble fetta over the top.
14. Bake for 15 minutes until the filling is just set.
15. Grate a little nutmeg over tarts and serve.

Tropical Pizza

Type: Main/Snack **Serves:** 30 tastes **Recipe source:** Healthy Food Fast
Fresh from the garden: mushrooms, parsley, oregano, basil, capsicum

EQUIPMENT:	INGREDIENTS:
Knife Chopping boards Bowls Pizza trays Serving spoon Measuring cups & spoons Wooden spoon Pizza cutter	Pizza dough, pizza base or Turkish bread $\frac{1}{4}$ cup tomato paste 100g ham, chopped 225g pineapple pieces, drained 1 medium red or green capsicum, chopped 100g mushrooms, sliced 100g mozzarella cheese 1 tablespoon chopped herb - (parsley, basil, oregano)

7. Preheat oven to 200 degrees celcius.
8. Spread pizza base with pasta sauce.
9. Top with ham, pineapple, capsicum, mushrooms and cheese.
10. Sprinkle with herbs.
11. Bake for 10 - 15 minutes until heated through and brown.