

Mini Ham & Corn Quiches

Type: Entree **Serves:** 30 tastes
Fresh from the garden: eggs

Recipe source: Just 4 Ingredients

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Baking trays Bowls Jug Fork Wooden spoon Measuring cups & spoons Whisk Pastry cutters 3 shallow patty tins	4 eggs 3 sheets shortcrust pastry 90g ham 250g corn kernels

What to do:

1. Preheat oven to 200 degrees Celcius.
2. Lightly oil two shallow patty tins.
3. Whisk eggs and 2 tablespoons water together in a large jug.
1. Using a round cutter (7cm), cut 36 rounds from pastry.
2. Press pastry into patty tins.
3. Divide ham and corn between pastry cases.
4. Top with egg mixture.
5. Bake quiches for approximately 25 minutes or until quiches are browned lightly.

Tomato & Garlic Bruschetta

Type: Entree **Serves:** 30 tastes **Recipe source:** Healthy Food Fast
Fresh from the garden: garlic, tomatoes, basil, onion

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Baking trays Bowls Wooden spoon Measuring cups & spoons	4 slices of crusty bread 2 cloves garlic, peeled and halved 2 teaspoons olive oil, warmed 2 medium ripe tomatoes, sliced 1 tablespoon red or white onion, finely diced Few basil leaves, torn into small pieces

What to do:

1. Lightly toast bread on both side in a hot oven at 200 degrees celcius for 10 minutes on each side.
2. Rub both sides of bread with garlic and brush with oil.
3. In a small bowl mix onion and basil.
4. Place slices of tomato om each piece of toast and top with onion and basil mixture.

Beef Lasagne

Type: Main **Serves:** 30 tastes **Recipe source:** Rosemary Stanton
Fresh from the garden: spring onions, garlic, tomatoes, parsley, eggs

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Casserole dish Whisk Bowls Wooden spoon Measuring cups & spoons Fry pan	$\frac{1}{2}$ cup sliced spring onions 1 clove garlic, crushed 2 cups chopped tomatoes, fresh/canned 1 tablespoon tomato paste 2 tablespoons chopped parsley Freshly ground pepper 500g beef mince 2 cups skim milk 2 tablespoons plain flour 2 eggs, beaten Pinch nutmeg 12 sheets instant lasagne 1 tablespoon grated parmesan cheese $\frac{1}{2}$ cup tasty/mozzarella cheese $\frac{1}{2}$ teaspoon paprika

What to do:

1. Combine the spring onions, garlic, tomatoes, tomato paste, parsley and pepper to taste.
2. Gently mix in beef mince.
3. Blend milk and flour and cook over a low heat until thick.
4. Stir in beaten eggs and nutmeg.
5. Grease a casserole dish, dip lasagne noodles in hot water and spread 4 sheets over base of casserole dish.
6. Top with half the meat mixture.
7. Repeat these layers and top with remaining lasagne sheets.
8. Pour sauce over the top.
9. Sprinkle with combined cheeses and paprika on top.
10. Bake at 180 degrees celcius for 30 minutes.

Asian Noodle Soup

Type: Entree or Main **Serves:** 30 tastes **Recipe source:** Healthy Food Fast
Fresh from the garden: Chinese cabbage, red chilli, coriander, bok choy, ginger, spring onion

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Casserole dish Whisk Bowls Wooden spoon Measuring cups & spoons Fry pan	4 cups chicken stock $\frac{1}{4}$ Chinese cabbage, finely sliced 1 small red chilli, finely sliced (optional) 2 tablespoons coriander, chopped 1 bunch bok choy, shredded 1 teaspoon ginger, finely chopped 2 tablespoons soy sauce 1 tablespoon fish sauce 125g Hokkien egg noodles, cooked 1 cup skinless chicken, cooked and shredded 1 cup mung bean sprouts 1 spring onion

What to do:

1. Combine stock and cabbage in a large pot and bring to the boil.
2. Simmer over gentle heat for 5 minutes or until tender.
3. Add chilli, coriander, bok choy, ginger and sauces.
4. Divide hot noodles and chicken between 30 bowls (or one for each person).
5. Ladle soup mixture over noodles.
6. Add bean sprouts and garnish with spring onion.
7. This recipe is enough for 4 large serves.

Chocolate Peppermint Squares

Type: Dessert **Serves:** 30 tastes
Fresh from the garden:

Recipe source: Just 4 Ingredients

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Saucepan + heatproof bowl Bowls Fork Wooden spoon Cake tins Spoon Spatula Measuring cups & spoons	2 1/2 cups (350g) milk chocolate melts 2 teaspoons vegetable oil 1/4 cup cream 70g (2 1/2 ounces) peppermint chocolate bars, chopped finely

What to do:

1. Grease 8cm x 26cm bar cake tin with baking paper, extending paper over ends.
2. Stir 2/3 cup (100g) of the chocolate and half the oil in a small heatproof bowl set over small saucepan of simmering water until smooth.
3. Spread over base of cake tin.
4. Stir cream and 1 cup (150g) of the remaining chocolate in a small saucepan over low heat until smooth.
5. Cool for 5 minutes then stir in peppermint pieces.
6. Spread over chocolate base; refrigerate for 20 minutes.
7. Stir remaining chocolate and oil in small heatproof bowl over saucepan of simmering water until smooth.
8. Spread over slice.
9. Refrigerate for 1 hour or overnight. In class it will be a lot less time.