

# Italian Focaccia

**Type:** Bread/Side/Starter

**Serves:** 30 tastes

**Recipe source:** taste.com

**Fresh from the garden:** rosemary, basil, capsicum, zucchini, mixed salad leaves

## EQUIPMENT:

Serving Bowl  
Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards

## INGREDIENTS:

1/2 x 1 kg pkt premium bread mix  
crusty ancient grains  
315ml warm water  
1/3 cup basil pesto  
1 chorizo, sliced  
300g roasted capsicum, zucchini &  
sundried tomatoes  
220g tub bocconcini, drained, torn  
1 tablespoon rosemary leaves  
Mixed salad leaves, to serve

## What to do:

1. Preheat oven to 220°C or 200°C fan. Prepare the bread mix with water following packet directions.
2. Knead for 2 mins or until dough is smooth and elastic.
3. Press the dough into a 36cm x 26cm rectangle on a greased tray.
4. Press your fingers into the dough to make deep indents.
5. Bake for 10 mins.
6. Spoon over the pesto and sprinkle with the chorizo, sundried tomatoes and roasted vegetables.
7. Bake for a further 15-20 minutes or until base is crisp.
8. Top with bocconcini and rosemary.
9. Serve with salad.

# Vegetable Lasagne

**Type:** Main

**Serves:** 24 Tastes

**Recipe source:** Taste.com.au

**Fresh from the garden:** pumpkin, eggplant, onions, garlic, capsicum, zucchini, spinach, tomatoes,

## **EQUIPMENT:**

Metal spoon (large)  
Measuring cups  
Measuring spoons  
Large bowl  
Frying pan  
Electric beater  
Lasagne  
Baking tray  
Saucepan  
Baking dish

## **INGREDIENTS:**

800g butternut pumpkin, peeled, cut into 1cm-thick slices  
1 1/2 tablespoons olive oil  
1 medium brown onion, finely chopped  
2 garlic cloves, crushed  
1 medium red capsicum, chopped  
2 medium zucchini, halved, sliced  
1 medium eggplant, chopped  
200g button mushrooms, thickly sliced  
400g can diced tomatoes with oregano and basil  
80g baby spinach  
30g butter  
2 tablespoons plain flour  
2 cups reduced-fat milk  
1 cup reduced-fat grated mozzarella cheese  
125g dried lasagne pasta sheets

## **What to do:**

1. Preheat oven to 180°C/160°C fan-forced. Line a baking tray with baking paper. Arrange pumpkin, in a single layer, on tray. Drizzle with 2 teaspoons oil. Bake for 20 minutes or until tender. Set aside.
2. Heat remaining oil in a heavy-based frying pan over medium heat. Add onion, garlic, capsicum, zucchini, eggplant and mushroom. Cook, stirring, for 10 minutes or until eggplant is just tender. Stir in tomato. Bring to the boil.
3. Reduce heat to low. Simmer for 10 minutes or until sauce has thickened. Remove from heat. Stir in spinach. Cover.
4. Set aside for 2 minutes or until spinach has wilted. Season with salt and pepper.
5. Meanwhile, melt butter in a saucepan over medium heat until foaming. Add flour. Cook, stirring with a wooden spoon, for 1 minute or until bubbling.
6. Remove from heat. Gradually add milk, stirring to prevent lumps forming. Return pan to heat. Cook, stirring, for 5 minutes or until sauce boils and thickens. Remove pan from heat. Stir in half the cheese. Set aside.
7. Lightly grease a 7cm-deep, 25cm (base) square baking dish. Spoon half the onion mixture into dish. Arrange half the pumpkin over onion mixture. Place half the lasagne sheets over pumpkin, breaking sheets to fit. Repeat layers.
8. Spoon sauce over top. Sprinkle with remaining cheese. Bake for 40 minutes or until golden and pasta tender. Stand for 10 minutes. Serve.

# Crunchy Noodle Salad

**Type:** Main/salad

**Serves:** 30

**Recipe source:** Taste.com.au

**Fresh from the garden:** shallots, cabbage

<b>EQUIPMENT:</b> Bowls Chopping board Cooks knives Frying pan/wok Wooden spoon Measuring cups & spoons Saucepan Colander Whisk	<b>INGREDIENTS:</b> ½ -1 Chinese cabbage, or ¼ savoy cabbage, shredded finely 6 shallots, sliced to 4-5mm 1 packet Chang's Original Fried Noodles or Crunchy Noodles <b><u>Dressing:</u></b> ¼ cup White Vinegar ¼ cup Caster Sugar 1 tblsp Soy Sauce 2 tsp Sesame oil (optional) ½ cup Olive Oil
--	--

## What to do:

1. Combine the sliced cabbage, chopped green onions and almonds in a salad bowl.
2. Add dressing to taste, and mix well. Add Original Fried Noodles to the salad just before serving.
3. The Best Way To Shred Cabbage:

Cut the cabbage in half, remove the thick white core section from the centre of each half. To do this, lay cabbage flat side down on the board and cut a "v" in the centre. Turn it over and ease the core out.

Using a large, sharp knife, cut the cabbage into very fine shreds, working from one end. Regular cabbage tends to have tighter leaves so it's best to shred it into one piece. Hold the cabbage firmly with one hand and shave down one side.

# Chai & Zucchini Loaf

**Type:** Snack/Dessert

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** zucchini, granny smith apples, eggs

## EQUIPMENT:

Saucepan  
Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards  
Loaf tin  
Mortar & pestle  
Cooling rack

## INGREDIENTS:

60ml (1/4 cup) macadamia oil  
60ml (1/4 cup) honey  
1 chai tea bag, leaves removed, bag discarded  
120g buckwheat flour  
50g almond meal  
35g (1/4 cup) coconut flour  
2 teaspoons gluten-free baking powder  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon ground cardamom  
1/4 teaspoon ground cloves  
3 eggs, lightly whisked  
1 large (240g) zucchini, coarsely grated  
1 (200g) Granny Smith apple, grated  
1 tablespoon natural sliced almonds  
2 teaspoons pepitas

## What to do:

1. Preheat oven to 180°C/160°C fan forced. Grease the base and sides of a 9 x 21cm (base measurement) loaf pan and line with baking paper.
2. Place the oil, honey and tea in a small saucepan over low heat.
3. Cook, stirring occasionally, for 3 minutes or until smooth. Set aside to cool slightly and develop the flavours.
4. Meanwhile, combine the buckwheat flour, almond meal, coconut flour, baking powder, cinnamon, ginger, cardamom and cloves in a large bowl.
5. Make a well in centre.
6. Add the oil mixture, egg, zucchini and apple to the well and stir to combine. Spoon into the prepared pan.
7. Use the back of the spoon to smooth the surface. Sprinkle with the almonds and pepitas and bake for 50-55 minutes or until a skewer inserted in the centre comes out clean.
8. Allow to cool in the pan for 15 minutes.
9. Turn onto a wire rack to cool completely.