

Pumpkin & Spinach Lasagne

Type: main

Serves: 30 Tastes

Source: Rosemary Stanton

Fresh from the garden: pumpkin, spinach, spring onions, parsley, eggs

EQUIPMENT:	INGREDIENTS:
Measuring spoons	500g pumpkin, peeled & sliced
Measuring cup	1 bunch spinach
Saucepan	500g ricotta cheese
Chopping board	$\frac{1}{2}$ cup spring onions, sliced
Knife	$\frac{1}{2}$ cup parsley, chopped
Bowls	12 lasagne sheets
Grater	2 cups milk
Wooden spoon	2 Tablespoons plain flour
Baking/casserole dish	2 eggs
	$\frac{1}{4}$ teaspoon nutmeg
	1 cup parmesan cheese, grated

WHAT TO DO:

1. Steam pumpkin and spinach for 3 minutes each.
2. Combine spinach, ricotta, onions and parsley.
3. Dip lasagne sheets in hot water to soften slightly and arrange 3 sheets in a greased casserole dish.
4. Top with one third of the spinach/ricotta mixture. Repeat twice.
5. Top with remaining lasagne sheets.
6. Beat together milk, flour and eggs.
7. Cook, stirring constantly until thick.
8. Pour over lasagne, sprinkle with cheese and bake in a moderate oven (180 C) for 30 minutes.

Greek Salad

Type: Main/side salad

Serves: 30 Tastes

Fresh from the garden: cucumber, red onion, tomatoes, spring onion, spinach, parsley

EQUIPMENT:

Medium saucepan
Measuring spoons
Measuring cup
Whisk
Chopping board
Knife
Bowl
Mixing spoon

INGREDIENTS:

1 cucumber, seeded and cubed
 $\frac{1}{2}$ red onion, sliced
4 ripe tomatoes, cut into wedges
12 black olives
125g feta cheese, diced
1 spring onion, sliced
2 handfuls spinach leaves, washed & drained
2 Tablespoons parsley, chopped
 $\frac{1}{2}$ cup Greek salad dressing

Dressing:

2 fresh garlic cloves, crushed
 $\frac{1}{4}$ teaspoon salt (optional)
 $1\frac{1}{2}$ teaspoons Dijon mustard
 $\frac{1}{2}$ cup extra virgin olive oil
2 tablespoons fresh lemon juice
 $\frac{1}{2}$ teaspoon sugar
5 tablespoons red wine vinegar
 $\frac{1}{2}$ teaspoon basil leaves
 $\frac{1}{4}$ teaspoon oregano leaves

WHAT TO DO:

1. Combine ingredients in a serving bowl.
2. Make dressing by simply pouring all dressing ingredients into a container (bottle is best).
3. Shake vigorously until well mixed.
4. Store tightly at room temperature.
5. Pour over salad mix just before serving and mix well.

Rice Pudding

Type: dessert/snack **Serves:** 30 Tastes **Source:** Taste.com.au

EQUIPMENT:	INGREDIENTS:
Measuring spoons	4 cups (1 L) milk
Measuring cup	$\frac{3}{4}$ cup (165g) medium-grain rice
Saucepan	$\frac{1}{4}$ teaspoon salt
Chopping board	$\frac{1}{2}$ (110g) cup caster sugar
Bowls	1 teaspoon vanilla essence
Wooden spoon	Ground nutmeg, to serve

WHAT TO DO:

1. Place the milk, rice and salt in a large saucepan over medium-high heat and bring to the boil.
2. Reduce heat to medium-low and cook, stirring, for 20 minutes or until the rice is tender.
3. Add the sugar and vanilla. Increase heat to medium-high and bring to the boil.
4. Boil for a further 2 minutes or until the rice is soft and the mixture thickens.
5. Spoon the rice evenly among serving bowls. Sprinkle with nutmeg and serve immediately.

Macaroni Cheese

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

Recipe source: Taste.com.au

Fresh from the garden:

<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>400g macaroni 1 $\frac{1}{2}$ cups (300ml) cream $\frac{3}{4}$ cup (185ml) milk 1 $\frac{1}{4}$ cups grated tasty cheese $\frac{1}{2}$ cup grated parmesan salt and ground black pepper 1/3 cup breadcrumbs extra $\frac{1}{2}$ cup grated cheese ground paprika, to serve</p>
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WHAT TO DO:

1. Preheat grill to high and grease a large baking dish.
2. Cook the pasta in a large saucepan of salted boiling water according to packet instructions or until al dente.
3. Drain and keep warm.
4. In the same saucepan, place the cream and milk over medium heat.
5. Bring to the boil, reduce the heat, then stir in the cheeses and add a generous sprinkling of salt and pepper.
6. Stir over medium-low heat until cheese has melted, then return the pasta to the pan.
7. Toss to coat the pasta in the sauce then transfer to the greased baking dish.
8. Sprinkle the pasta with breadcrumbs, extra cheese and a sprinkle of paprika.
9. Place under the hot grill and cook for 2 minutes or until topping is golden and crispy.

Quick Wheaten Herb Bread

Type: Main/Side
Taste.com.au

Serves: 30 Tastes

Recipe source:

Fresh from the garden: Rosemary,

EQUIPMENT: Chopping Board Knife Tongs Serving spoon Large Bowl	INGREDIENTS: 1 cup (150g) white plain flour 1 cup (160g) wholemeal plain flour 1/2 teaspoon salt 1/2 teaspoon bicarbonate soda 1/2 teaspoon sugar 1 cup (250ml) buttermilk
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WHAT TO DO:

1. Preheat oven to 220°C. Line a baking tray with baking paper.
2. Sift flours, salt, bicarbonate soda and sugar into a large bowl.
3. Add buttermilk and use hands to combine mixture. Knead until smooth and shape into a 14cm round loaf.
4. Place dough on prepared tray and cook for 25 minutes. The loaf should sound hollow when tapped underneath.
5. Cool bread on wire rack ready to serve.