

Lemon Curd Tartlets

Type: sweet **Serves:** 32 tastes **Recipe source:** Stephanie Alexander Cooking for Kids

Technique: dough

| EQUIPMENT: | INGREDIENTS: |
|---------------------------------|---------------------------------|
| metric measuring cups | 1/2 cup water |
| scales | 480 g plain (all-purpose) flour |
| sieve or sifter | salt |
| food processor | 360 g butter |
| chopping board | |
| large knife | Filling: |
| plastic film | Lemon Curd |
| tart cutter | |
| rolling pins | |
| 2 mini muffin tins | |
| Rolling pins and pastry brushes | |

What to do:

1. Place the water in the freezer to get icy-cold.
2. Preheat oven to 180°C/160°C fan-forced
3. Sift the flour, along with a pinch of salt, into the bowl of the food processor.
4. Set out the chopping board and knife. Chop the butter into small pieces and add to the food processor.
5. Using the pulse action, briefly combine the butter and flour until the mixture looks like breadcrumbs. With the motor running, add the icy-cold water. Stop the machine as soon as the mixture forms a rough ball.
6. Lightly flour your workbench. Tip out the dough and knead it briefly. Divide the dough in half and flatten each piece into a disc. Wrap in plastic film and chill for 20 minutes.
7. Meanwhile, lightly grease the 2 12-hole, 1 1/2 tablespoon-capacity mini muffin pan with pastry brush.
8. Lightly dust workbench and roll out pastry fairly thinly.
9. Using a 6.5cm cutter, cut 12 rounds from pastry. Press pastry rounds into prepared pan. Pierce bases with a fork. Freeze for 10 to 15 minutes or until firm.
10. Bake pastry cases for 15 to 16 minutes or until light golden. Cool in pan for 10 minutes. Transfer to a wire rack to cool completely.
11. Spoon 2 teaspoons lemon curd in each pastry case. Serve.

Lemon Curd

Type: Preserves

Recipe source: Stephanie Alexander Kitchen Garden Website

Ingredient: Eggs, Lemon

Difficulty: Easy

***COOKS NOTE:** Make vanilla sugar by keeping castor sugar in a sealed jar with a couple of split vanilla beans. Top up as used.

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| EQUIPMENT: 3 medium bowls grater chopping board sharp knife citrus juicer medium stainless steel bowl medium saucepan whisk TO SERVE: Sterilised jars | INGREDIENTS: 200 g vanilla castor sugar* 300 g salted butter, chopped into 1 cm cubes FROM HARVEST TABLE: 7 eggs (need 10 eggs for full recipe) 6 large lemons |
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What to do:

- Separate the whites from the yolks of the eggs:
- **Have 3 bowls:** A "egg yolk bowl", a "egg white bowl" and a "cracking bowl".
Break the egg over the "cracking" bowl and tip the yolk from egg shell half to egg shell half until all the white has been separated from the yolk. Be careful not to break the egg yolk!. Tip the egg yolk into one of the bowls and transfer the white to the other bowl. Get the other 3 egg yolks from the **meringue group** so there are 10 egg yolks in total.
- Continue separating the rest of the eggs into the 2 bowls.
- Finely grate rind from lemons being careful of fingers!
Set up cutting board with wet cloth underneath to prevent slipping. Cut the lemons in half with bridge grip and then then juice them.
- Place juice, rind, sugar and egg yolks in a stainless steel bowl.
- Half fill saucepan with warm water and put on stove to boil.
- Place bowl over a pot of boiling water, making sure the water doesn't touch the bowl. Whisk constantly until the mixture thickens like custard and is frothy.
- Remove from heat and whisk in chopped butter.
- Spoon some into a small bowl and refrigerate to cool to use with meringues. Spoon the rest into sterilised jars trying not to get curd around the rim of the jar, put lid on when full and refrigerate.

Olive & Cheese Loaf

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

| EQUIPMENT: | INGREDIENTS: |
|-------------------|--|
| Measuring spoons | 250g Self-raising flour |
| Measuring cup | 100g firm mozzarella, coarsely grated |
| Loaf tin | 100g ham, chopped |
| Knife | 50g black olives |
| Chopping board | Pinch salt |
| Wooden spoon | $\frac{1}{2}$ teaspoon freshly ground black pepper |
| Grater | 3 eggs |
| Sifter | 100ml olive oil |
| Metal spoon | 1 Tablespoon olive oil, extra to drizzle on top |
| Cooling rack | |

WHAT TO DO:

- 1.** Preheat oven to 200 degrees celcius.
- 2.** Grease a loaf tin with olive oil and line with baking paper
- 3.** Combine flour, cheese, ham, olives, salt and pepper in a mixing bowl.
- 4.** In another bowl, whisk eggs and olive oil.
- 5.** Make a well in the flour mixture and then tip in egg mixture.
- 6.** Mix quickly but thoroughly to form a thick batter.
- 7.** Spoon batter into loaf tin and roughly smooth on top with the back of a metal spoon.
- 8.** Drizzle with olive oil.
- 9.** Bake loaf for 30 minutes or until skewer inserted in the middle comes out clean.
- 10.** Turn onto a cake cooling rack.

Mediterranean Sauce

Type: main

Serves: 30 Tastes

Fresh from the garden: basil, tomatoes, onion, garlic

| EQUIPMENT: | INGREDIENTS: |
|-------------------|---|
| Measuring spoons | 1 x 415g diced tomatoes |
| Measuring cup | $\frac{1}{4}$ cup Spanish olives |
| Saucepan | $\frac{1}{3}$ cup sundried tomatoes, sliced |
| Chopping board | 1 cup onion, diced |
| Knife | 1 teaspoon garlic, finely chopped |
| 2 Bowls | 1 teaspoon basil |
| | 1 teaspoon vegetable stock |
| | 1 cup evaporated light milk |
| | 1 tablespoon cornflour |

WHAT TO DO:

1. In a saucepan with extra virgin olive oil saute onion and garlic for 2 minutes.
2. Combine milk with cornflour, leave to one side.
3. Add all other ingredients except milk and bring to the boil.
4. Add in milk, return to the boil then serve over pasta.

Spinach & Ricotta Ravioli

Type: Main/Entree

Serves: 8 Tastes

Recipe source: Australian Women's Weekly

Fresh from the garden: Spinach

EQUIPMENT:

1 Chef Knife
Chopping board
Large bowl
Wooden stirring spoon
Metal tablespoon
1 tray
1 large pot (for boiling pasta)
Shallow frying pan
Slotted spoon
Bamboo/Silicone Slide

TO SERVE:

Serving bowls
Serving spoons

INGREDIENTS:

490g plain flour
4 eggs

FILLING:

10 spinach leaves
500g firm fresh ricotta cheese
1 cup (80g) parmesan cheese
 $\frac{1}{2}$ cup plain flour
2 eggs, beaten lightly
1 tablespoon extra virgin olive oil
salt and freshly ground black pepper

What to do:

- Place flour in a mound on a clean surface. Make a well in the centre. Add eggs. Gently whisk with a fork, using your other hand to secure the walls. Draw in the flour as you go.
- Bring the dough together. Knead for 5 minutes or until elastic and smooth. Sprinkle the dough with flour, wrap in plastic wrap and set aside for 30 minutes to rest.
- Divide the dough into 4 portions. Flatten 1 portion slightly. Set the pasta machine on the widest setting and flour the machine and dough well. Feed through the machine.
- Repeat 6 more times, folding the dough into thirds and turning it 90 degrees until it's smooth and the same width as the machine (at least 12cm). Halve crossways. Continue to feed each dough half through the machine, separately, without folding, narrowing the machine settings 1 notch at a time, until you reach the second last setting. The pasta should be about 1mm-thick. Repeat with the remaining 3 dough portions to make another 6 sheets.
- Place one prepared pasta sheet on a well-floured work surface. Place heaped teaspoons of filling (see related recipes) at 5cm intervals, in 2 rows, on the sheet leaving a 2cm border around edges.
- Brush around the filling with water - this helps keep the ravioli sealed. Top with a second pasta sheet and press firmly around the filling to seal and remove air pockets.
- Cut between the filling to make 5cm-square ravioli. Transfer the ravioli to a tray lined with floured non-stick baking paper. Continue with the remaining pasta and filling.
- Cook half the ravioli in a large saucepan of salted boiling water for 3-4 minutes or until al dente. Use a slotted spoon to transfer to a plate. Repeat with remaining ravioli. Pour over warm sauce (see related recipes).

Spaghetti Bolognese

Type: Main/Entree

Serves: 24 Tastes

Fresh from the garden: Carrots, garlic, celery, oregano, onion.

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| <p>EQUIPMENT:</p> <p>Knife Chopping Board Frying pan Small Bowl Garlic Press Large Mortar and Pestle</p> <p>TO SERVE:</p> <p>serving platters serving spoons</p> | <p>INGREDIENTS:</p> <p>1 tablespoon olive oil 1 medium brown onion, finely chopped 1 medium carrot, peeled, finely chopped 1 stick celery, trimmed, finely chopped 2 garlic cloves, crushed 500g beef mince 1/3 cup tomato paste 2 x 400g cans diced tomatoes 1 teaspoon oregano Large pinch ground nutmeg 500g fresh thin spaghetti Parmesan cheese, to serve</p> |
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What to do:

- Heat oil in a frying pan on medium-high heat. Cook onion, carrot, celery and garlic, stirring, for 5 minutes or until softened. Add mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned.
- Add paste, tomatoes, oregano, nutmeg and 1/2 cup cold water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until thick. Season with salt and pepper.
- Meanwhile, cook pasta in a large saucepan of boiling, salted water until tender. Drain.
- Divide pasta among serving bowls. Spoon over sauce. Serve topped with cheese.

Caesar Salad

Type: snack **Serves:** 30 Tastes

From the Garden: eggs, lemons, garlic, lettuce

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| EQUIPMENT: Measuring spoons Measuring cup Spatula Chopping board Knife Bowls Wooden spoon Grater Baking tray Frypan Tongs Food processor | INGREDIENTS: 4 slices white bread 3 bacon rashers, chopped 1 lettuce $\frac{1}{2}$ cup shaved parmesan Dressing: 4 anchovies, chopped 1 egg 1-2 Tablespoons lemon juice 1 clove garlic, crushed $\frac{1}{2}$ cup oil |
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WHAT TO DO:

1. Preheat oven moderately hot 190 degrees celcius.
2. Remove crusts from bread and cut into small cubes.
3. Spread on a baking tray and bake for 15 minutes or until lightly golden.
4. Fry bacon until crisp and drain on paper.
5. Tear lettuce leaves into bite sized pieces.
6. Combine in a bowl with baked bread cubes, parmesan cheese and bacon.
7. Add dressing and toss until combined.
8. Serve immediately.

To make dressing:

1. Place anchovies, egg, lemon juice and garlic in food processor.
2. Blend for 20 seconds or until smooth.
3. Gradually add oil in a thin, steady stream with motor running until all oil is added and dressing is thick and creamy.

Making Pasta Dough

Type: Main/Entree **Serves:**30 Tastes **Recipe source:** Duck Under the Table, Wingham

| EQUIPMENT: | INGREDIENTS: |
|-------------------|---|
| Large bowl | 6 Medium Fresh Eggs (room temp) |
| Whisk | 4 Cups strong flour, durum wheat flour or plain flour |
| Wooden Spoon | 1/2 tsp olive oil |
| Measuring Cup | Pinch of salt |
| Pasta Maker | |

What to do:

To prepare Dough for next class:

1. Whisk eggs in large mixing bowl with a pinch of salt. Add oil
2. Gradually add $\frac{1}{2}$ cup flour at a time mixing with a fork until it forms a ball (you may not need the total quantity of flour - the exact amount will vary depending upon the size of the eggs)
3. Place mixture onto the bench which is lightly floured.
4. Knead for about 10 minutes until dough is smooth and not sticky. Push a finger into the dough - it should come out clean and dry - if it is moist knead in extra flour
5. Break mixture into tennis ball size and roll. Cover mixture with plastic and rest for at least $\frac{1}{2}$ hour. Mixture should be used between 2-3 hours.

DRYING PASTA

If not using pasta straight away it can be hung on rods suspended between the backs of two chairs (a clean broom handle can be used if you have not rods). Make sure the pasta strips don't touch. Let it dry up to 3 hours then slip off and place in an airtight plastic container. Allow strips to dry completely because mould will form on moisture in the pasta that is not dried properly. Pasta will keep in an airtight container in dry cupboard or you can freeze for up to a month.

Dry pasta will take a little longer to cook than fresh but there is not difference in taste and consistency.