

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.

Spicy Couscous

Type: Main/side salad

Serves: 30 Tastes

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

EQUIPMENT:	INGREDIENTS:
Medium saucepan	2 cups couscous
Measuring spoons	2 cups chicken or vegetable stock
Measuring cup	2 cups pepitas
Fork	4 sprigs thyme
Chopping board	1 tablespoon ground coriander
Tea towel	1 tablespoon ground cumin
Knife	$\frac{1}{4}$ teaspoon sweet paprika
Bowl	$\frac{1}{2}$ teaspoon ground cinnamon
Mixing spoon	2 large handfuls coriander, chopped
	1 handful parsley, chopped
	1 garlic clove, finely chopped
	1 1/2 tablespoons extra virgin olive oil (EVOO)
	1 teaspoon lemon zest

WHAT TO DO:

1. Combine the couscous with the stock in the bowl.
2. Drizzle the olive oil and allow to steep for 5 minutes.
3. Separate the couscous granules with a fork.
4. Add the remaining ingredients.
5. Season with salt and pepper.

Savoury Scone Scrolls

Type: snack/bread

Serves: 30 Tastes

Fresh from the garden: eggs, shallots, capsicum

EQUIPMENT: Measuring spoons Measuring cup Grater Whisk Spatula Wire rack Saucepan Chopping board Pastry Brush Knife Bowls Wooden spoon	INGREDIENTS: 1 egg white 2 $\frac{1}{4}$ cups Self raising flour 2 tablespoons butter $\frac{3}{4}$ cup skim milk Pinch salt Cooking spray Extra milk for brushing Extra flour for rolling dough FILLING: $\frac{1}{2}$ cup grated tasty cheese 2 tablespoons parmesan cheese $\frac{1}{2}$ cup shallots, sliced $\frac{1}{2}$ cup capsicum, diced 1 cup ham, diced
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WHAT TO DO:

1. Preheat oven to 220 C.
2. Place flour and salt in a large mixing bowl.
3. Melt margarine and add to milk.
4. Using a fork beat egg white into milk until combined, pour into flour and fold together.
5. Place dough on a well floured surface and roll out into a oblong shape about 30cm x 25cm in size.
6. With the widest side nearest yourself brush with a little extra milk.
7. In a small bowl combine all the filling ingredients together.
8. Sprinkle evenly over dough.
9. Starting from the widest side roll dough away from yourself ending with the edge underneath to form a tight roll.
10. Cut roll in half then half again, cut each piece into 3 slices, making 12 slices all up.
11. On a flat baking tray coated with cooking spray or baking paper, place scones flat side down touching each other in a round cluster.
12. Brush with a little milk and bake for 12 - 15 minutes.

Banana Bread

Type: Dessert, snack **Serves:** 30 tastes
Fresh from the garden: Banana, eggs

Recipe source: Taste.com

EQUIPMENT:

Loaf tin
Whisk
Fork
Measuring spoons
Sifter
Measuring cups
Wooden spoons
Bowls
Knives
Chopping boards

For serving:

Serving platter
Tongs

INGREDIENTS:

Melted low-fat dairy spread, to grease

265g (1 3/4 cups) self-raising flour

40g (1/4 cup) plain flour

1 teaspoon ground cinnamon

140g (2/3 cup, firmly packed) brown sugar

125ml (1/2 cup) skim milk

2 eggs, lightly whisked

50g butter, melted, cooled

2 overripe bananas, mashed

What to do:

1. Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease.
2. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
3. Sift the combined flours and cinnamon into a large bowl.
4. Stir in the sugar and make a well in the centre.
5. Place the milk, eggs, melted butter and banana in a medium bowl, and stir until well combined.
6. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
7. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes.
8. Turn onto a wire rack to cool completely. Cut into slices to serve.

Basic Pasta

Type: Dessert **Serves:** 30 Tastes **Recipe source:** Taste

Fresh from the garden: eggs

EQUIPMENT: Pasta machine Food processor Measuring scales Measuring spoons Small bowl Plastic wrap Large knife Clean tea towels Pastry brush	INGREDIENTS: 400g plain flour (all purpose) flour 2 teaspoons salt 4 eggs
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What to do:

- Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
- Set up the food processor.
- Weigh the flour then combine it with the salt in the bowl of the food processor. Turn the motor on, crack the eggs into the small bowl then add them to the food processor.
- Process for a few minutes until the dough clings together and feels quite springy.
- Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for an hour at room temperature.

To roll the dough:

- Clear a surface on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
- Unwrap the cold dough and cut into 6 pieces. Keep one piece out and fold the others in the plastic to stay moist.
- Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8cm wide with folded sides.
- Set the rollers on the pasta machine to the widest setting and pass the folded dough through.
- The dough will probably look a bit ragged at this stage, but you should have a longer rectangle. With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3 - 4 times, folding long sides the centre each time.
- Change the machine roller setting to the next thickest setting and pass the dough through another 3 - 4 times. You do not need to fold it.

- If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
- Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting.
- If the dough gets too long to handle comfortably, cut it into 2 - 3 pieces using the large knife, and then continue to roll each piece separately.
- For fettuccine you will have to use a knife to hand-cut the pasta sheets into thick strands. Lay the sheets out and carefully, but quickly, run the knife down each sheet. Fettuccine means "little ribbons", so the strands should be about 1 - 1.5 cms wide.
- Let your pasta dry on the tea towels while you work on the remaining 5 pieces of dough. If you need to pile up layers, make sure you place a clean tea towel between any layers of pasta sheets, or they might turn into a sticky mass!
- Clean the pasta machine by brushing it with a dry wide pastry brush. Tip it upside down to get any dried bits of pasta. **NEVER** wash your pasta machine with water as the rollers will rust.
- Cook pasta in boiling water in large saucepan for a few minutes and strain in colander.

Pasta Sauce

Type: Starter

Serves: Tastes 30 **Recipe source:** SAKG

Fresh from the garden: spinach, beet leaves, garlic, parsley

<p>EQUIPMENT:</p> <p>Chopping Board Knife Medium saucepan Tongs Serving spoon Large Bowl</p> <p>TO SERVE:</p> <p>Serving bowls</p>	<p>INGREDIENTS:</p> <p>Spinach Beet leaves Parsley EVOO (Extra virgin olive oil) 2 Garlic cloves</p>
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What to do:

- Thinly shred spinach leaves and beet leaves.
- Crush garlic in press and combine with EVOO.
- Place all ingredients in saucepan and sauté for a few minutes and stir then through cooked pasta.
- Serve