

# Brown Rice, Celery & Orange Salad

**Type:** salad

**Serves:** 30 Tastes

**Harvest:** bay leaves, garlic, oranges, lemons, spring onions, thyme, mint, parsley

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Measuring spoons	2 cups long grain brown rice
Measuring cup	4 cups water
Colander	3 bay leaves
Measuring scales	1 bunch celery
Grater	3 garlic cloves
Saucepan or rice cooker	1 tablespoon olive oil
Frying pan	2 oranges
Wooden spoon	1 lemon
Chopping board	1 spring onion
Knife	Handful flat leaf parsley
Bowls	Handful oregano sprigs
Juicer	Small handful thyme sprigs
Lemon zester	Small handful mint sprigs
	1½ teaspoons salt
	¼ teaspoon ground black pepper

## WHAT TO DO:

1. Wash the brown rice under cold water in a colander, then cook it according to the absorption method below.
2. Remove any coarse outside stalks and trim each celery bunch 12cms from the base (this clump of pale celery is a "celery heart").
3. Wash the celery hearts, removing any damaged parts. Slice the celery hearts into 5mm slices.
4. Finely chop the garlic.
5. Heat the olive oil in the frying pan over medium heat, then add the celery hearts and chopped garlic.
6. Cook for 3 minutes, stirring occasionally with the wooden spoon.
7. Set aside in a small bowl for later.
8. Zest the oranges and place in small bowl.
9. Juice the oranges and lemons and mix together - leave in bowl.
10. Slice the shallots thinly.
11. Finely chop or slice all herbs.
12. Add celery hearts, zest and juice, salt and pepper in a large bowl.
13. Remove bay leaves from rice, drain and add to salad and stir gently and taste for seasoning.

**Rice by absorption:** Pour water into saucepan covering the rice by about 2½ cms. Cover and bring to a simmer and reduce heat to its lowest. Place a folded pad of kitchen paper over the rice and jam on the lid. After 30 minutes, lift the lid and if all water is evaporated, remove from heat and let stand, still covered for 5 minutes.

# Homemade Muesli

**Type:** Breakfast

**Serves:** 24 Tastes

**Recipe source:** Taste

<p><b>EQUIPMENT:</b></p> <p>Wooden spoon Large bowl Measuring cups Measuring spoons Knife Chopping Board Baking pan Frying pan</p> <p><b>TO SERVE:</b></p> <p>Bowl</p>	<p><b>INGREDIENTS:</b></p> <p>1 cup rolled oats 1 cup coconut <math>\frac{1}{2}</math> cup wheatgerm <math>\frac{1}{2}</math> cup pumpkin seeds <math>\frac{1}{2}</math> cup sunflower seeds 1 cup sultanas 1 cup processed bran <math>\frac{1}{2}</math> cup dried apricots, diced</p>
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## What to do:

1. Grease and line a 3cm deep, 16cm x 28cm (base) baking pan with baking paper.
2. Cook oats, coconut, wheatgerm, sunflower kernels and pumpkin seeds in a frying pan over medium heat, stirring, for 8 to 10 minutes or until golden.
3. Transfer to a bowl.
4. Set aside to cool.
5. Stir in sultanas, processed bran and dried apricots.

# Muesli Fruit Slice

**Type:** snack      **Serves:** 30 Tastes  
**Fresh from the garden:** eggs

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Measuring spoons	1 egg white
Measuring cup	2 cups muesli
Spatula	1/3 cup brown sugar
Saucepan	1/3 cup honey
Sifter	½ cup mixed fruit
Bowls	1 cup Self Raising flour
Wooden spoon	6 tablespoons unsalted butter
Slab baking tin	

## **WHAT TO DO:**

1. Preheat oven to 180 C.
2. Place all dry ingredients into a large mixing bowl.
3. Melt butter with honey in a small saucepan.
4. Add butter, honey and egg white to the dry ingredients and combine well.
5. Press into greased slab tin.
6. Bake 20 - 25 minutes or until golden brown.
7. When cool cut into at least 15 slices.

# Vegetable Lasagne

**Type:** Main

**Serves:** 24 Tastes

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

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

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Metal spoon (large)	800g butternut pumpkin, peeled, cut into 1cm-thick slices
Measuring cups	1 1/2 tablespoons olive oil
Measuring spoons	1 medium brown onion, finely chopped
Large bowl	2 garlic cloves, crushed
Frying pan	1 medium red capsicum, chopped
Electric beater	2 medium zucchini, halved, sliced
Lasagne	1 medium eggplant, chopped
Baking tray	200g button mushrooms, thickly sliced
Saucepan	400g can diced tomatoes with oregano and basil
Baking dish	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.
7. Remove pan from heat. Stir in half the cheese. Set aside.
8. 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.
9. Spoon sauce over top. Sprinkle with remaining cheese. Bake for 40 minutes or until golden and pasta tender. Stand for 10 minutes. Serve.

# Damper Dip

**Type:** Starter

**Serves:** Tastes 30 **Recipe source:** The Sexy Foodie

**Fresh from the garden:** spinach, shallots, garlic, parsley

**Cook's Tip:** Good old favourite.

## **EQUIPMENT:**

Mixing bowl

Cooks Knife

Garlic press

Wooden spoon

## **TO SERVE:**

Large platter

## **INGREDIENTS:**

2 cups mayonnaise

2 cups sour cream

1  $\frac{1}{2}$  shallots

4 spinach leaves

2 teaspoons chopped parsley

2 heaped teaspoons crushed garlic

1 packet spring vegetable soup

## ***FROM HARVEST TABLE***

1  $\frac{1}{2}$  shallots

4 spinach leaves

Garlic

parsley

## **What to do:**

1. Cut a large round hole in the top of the damper loaf.
2. Scoop out all of the bread.
3. Place damper loaf on a large platter.
4. Mix all ingredients together in a mixing bowl and then pour into hollowed out loaf.
5. Place mixture into serving bowl and place on platter with bread and serve.

# Early Settlers Damper

**Type:** Bread **Serves:** 30 tastes

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
1 large red bowl	1kg self raising flour
1 wooden spoon	4 teaspoons salt
1 knife	700ml water
Measuring spoons	
Measuring Jugs	
Baking tray	
Baking paper	

## **What to do:**

1. Preheat oven to 200 degrees celcius
2. Measure the flour into a large red mixing bowl. Add the Salt to the bowl as well
3. Make a well in the middle of the flour and add the water, pulling the mixture together with your fingers and using only as much water as you need to make it all stick together.
4. Tip it out onto a floured benchtop and shape it into 3 rounds.
5. Place on a tray lined with baking paper. Make diagonal cuts in the top of the bread with a knife.
6. Bake in a hot oven 180-200 degrees for 10 minutes, or until golden brown.
7. Reduce heat to moderate (170 degrees) and bake another 20 minutes.
8. Serve with golden syrup, butter, pesto or lillypilly jam