

Sushi for Kids

Type: Main , snack

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Cucumber, carrot, avocado.

EQUIPMENT:

Food processor
Sushi mat
Saucepan
Knife
Bowls
Measuring cups
Measuring spoons

INGREDIENTS:

1 1/2 cups SunRice
Japanese Style Sushi
Rice (see note)
2 tablespoons rice wine
vinegar
1 tablespoon caster sugar
4 nori sheets
2 tablespoons whole-egg
mayonnaise
1 Lebanese cucumber, cut
into matchsticks
1 medium avocado, thinly
sliced
1 medium carrot, grated
Salt-reduced soy sauce,
to serve

What to do:

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 1/2 cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand covered for 10 minutes.
3. Meanwhile, place vinegar and sugar in a saucepan. Cook on high for a few minutes. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons mayonnaise over centre of rice. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces. Serve with soy sauce.

Tuna & Corn Sushi

Type: Main , snack **Serves:** 30 taste **Recipe source:** Taste.com

Fresh from the garden: baby spinach

EQUIPMENT:	INGREDIENTS:
Food processor Sushi mat Saucepan Knife Bowls Measuring cups Measuring spoons	4 cups cooked, seasoned sushi rice 5 nori sheets 310g can creamed corn 185g can tuna in springwater, drained, flaked 1/2 cup grated reduced- fat tasty cheese 30g baby spinach

What to do:

1. To assemble sushi rolls: Place a sheet of nori on sushi mat on a clean, dry workbench.
2. With washed, wet hands, take $\frac{3}{4}$ cup of cooked sushi rice and press evenly over nori, leaving a 1cm strip uncovered along the top edge.
3. If using wasabi paste, spread $\frac{1}{2}$ a teaspoon across the bottom edge of the rice in a thin strip.
4. Spread corn over rice, leaving a 2cm border along 1 edge.
5. Top with tuna, cheese and spinach.
6. Roll up to enclose filling.
7. Cut each roll into thirds. Serve.

Teriyaki Chicken Sushi

Type: Main , snack

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Cucumber, avocado, eggs, lettuce.

EQUIPMENT:	INGREDIENTS:
Food processor	1 cup SunRice Japanese Style
Sushi mat	Sushi Rice
Saucepan	1/4 cup Obento mirin seasoning
Knife	4 chicken tenderloins, cut into
Bowls	strips lengthways
Measuring cups	1/4 cup sweet chilli sauce
Measuring spoons	2 teaspoons rice bran oil
	2 tablespoons whole egg
	mayonnaise
	4 nori sheets
For serving:	1/2 medium avocado, thinly
Serving platter	sliced
Tongs	1/2 Lebanese cucumber, cut
	into thin strips
	4 green oak lettuce leaves, torn

What to do:

1. Make sushi rice: Rinse and drain rice 3 times or until water runs clear. Place rice in sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 cup cold water in a small saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has been absorbed. Remove from heat. Stand, covered, for 10 minutes.
3. Transfer rice to a large ceramic dish. Using a spatula, stir rice to break up lumps. Gradually add seasoning, lifting and turning rice, until rice has cooled.
4. Place chicken and 2 tablespoons sweet chilli sauce in a small bowl. Turn to coat.
5. Heat oil in a small frying pan over medium-high heat. Add chicken. Cook, turning, for 5 minutes or until cooked through. Meanwhile, combine mayonnaise and remaining sweet chilli sauce in a small bowl.
6. Place 1 nori sheet, shiny-side down, on sushi mat. Leaving a 2cm strip at 1 long end, spread 1/4 rice mixture over nori using damp fingers. Spread 1/4 mayonnaise mixture across centre of rice. Arrange 1/4 chicken, avocado, cucumber and lettuce over rice.
7. Using mat, roll up firmly to form a roll. Cut roll into 6 slices. Repeat with remaining nori sheets, rice mixture, mayonnaise mixture, chicken, avocado, cucumber and lettuce to make 24 pieces. Serve.

Avocado & Tuna Sushi Sandwiches

Type: Snack/Main

Serves: 32 tastes

Recipe source: Taste.com

Harvest from the garden: avocado, carrot

EQUIPMENT:	INGREDIENTS:
Metric measuring cups & Spoons Bowls Chopping board Knife	4 slices wholemeal bread, crusts removed 2 tablespoons spreadable cream cheese 95g can tuna in springwater, drained 1/2 medium avocado, peeled, thinly sliced 1/2 medium carrot, peeled, grated

What to do:

1. Place bread slices on a chopping board.
2. Using a rolling pin, flatten bread.
3. Spread 1 side of each slice with cheese.
4. Arrange tuna, avocado and carrot in rows next to each other on bread, leaving a 1 cm border along 1 edge.
5. Roll up bread from opposite edge to enclose filling.
6. Cut each roll into 3 rounds.
7. Serve.

Whole Egg Mayonnaise

Type: Dressing

Serves: 30 tastes

Recipe source: Taste.com

Fresh from the garden: Eggs, lemons.

EQUIPMENT:

Bowl
Food processor
Measuring cups
Measuring spoons
Spatula

INGREDIENTS:

1 egg

1 tablespoon lemon juice

2 teaspoons Dijon
mustard

2 tablespoons sugar

Pinch sea salt

1 cup vegetable oil

What to do:

1. Blend or process egg, juice, mustard, sugar and salt until well combined.
2. With the motor still running, add the oil in a slow, thin stream until the mixture is creamy and all the oil has been incorporated.
3. Store in the refrigerator for up to 1 week.

Fluffy Pumpkin Pie Pancakes

Type: Snack/dessert **Serves:** 30 tastes **Recipe source:** Livinginsugar.com
Fresh from the garden: eggs, pumpkin

EQUIPMENT:	INGREDIENTS:
Bowl	1 1/2 cup all-purpose flour
Measuring cups	1/2 tsp kosher salt
Measuring spoons	1 tsp Baking Powder
Spatula	3/4 cup milk
Knife	1/4 Greek Yogurt
Whisk	1/3 Cup Pumpkin Puree
Saucepan	1 tsp vanilla
Dessert spoon	1 tsp cinnamon
	1/4 tsp nutmeg
	3 large egg yolks room temperature
	3 large egg whites room temperature
	1/4 cup sugar

What to do:

1. Separate your egg whites from the egg yolks. Set the whites aside.
2. In a large bowl, stir together the flour, salt, and baking powder
3. In a separate bowl, whisk the milk, yogurt, pumpkin, vanilla, and egg yolks just until smooth. Add wet ingredients to dry and mix until just combined.
4. In a separate bowl, whip the egg whites with a hand mixer or a stand mixer on medium speed. Once the egg whites are beginning to thicken, slowly stream the sugar into the egg whites with the mixer still running. Beat the egg whites to almost stiff peaks. Note: The egg whites **MUST** be holding stiff peaks, i.e. the whites stand up on the beaters — if not, whip them some more.
5. Add about one quarter of the egg white mixture into the pancake batter and stir it in completely using a rubber spatula. This will lighten the batter and make it easier to fold in the rest of the whites. Add half of the remaining egg whites into the batter and gently fold the whites in, using the rubber spatula, being careful not to deflate the air out of them. Add the remaining egg whites and fold in again gently until there are no visible white streaks.
6. Heat a griddle or skillet over medium heat. Liberally grease the skillet and your baking rings with no stick spray. Pour about 1/4-1/3 cup batter per cake into each ring and gently spread the batter out to a circle with the back of a spoon or measuring cup. Cook for about 2 minutes. Flip the cakes once and cook until lightly browned on the other side. Keep warm in a 200F oven if not serving immediately.
7. Serve with all your favorite toppings: pumpkin pie granola, maple syrup, honey, whatever you want! and enjoy.