

Chinese Fried Rice

Type: Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: eggs, green onions

EQUIPMENT:	INGREDIENTS:
Bowls	2 cups (380g) SunRice Long Grain Brown Rice
Chopping board	olive oil cooking spray
Cooks knives	4 eggs, lightly beaten
Frying pan/wok	125g packet 97% fat-free bacon, chopped
Wooden spoon	1/2 teaspoon sesame oil
Measuring cups & spoons	4 green onions, sliced
Saucepan	500g cooked prawns, peeled, halved
Colander	1 cup frozen peas
Whisk	1 cup beansprouts, trimmed
	2 tablespoons light reduced-salt soy sauce

What to do:

1. Cook rice in a saucepan of boiling salted water for 30 to 35 minutes or until tender.
2. Drain.
3. Rinse under cold water. Set aside.
4. Heat a wok over medium-high heat. Spray with oil.
5. Pour in half the egg.
6. Swirl to coat.
7. Cook for 1 minute or until just set.
8. Remove to a board. Roll up.
9. Stand for 1 minute.
10. Repeat with remaining egg. Thinly slice.
11. Increase stovetop heat to high.
12. Spray wok with oil.
13. Add bacon. Stir-fry for 3 to 4 minutes or until golden.
14. Add oil, onions, prawns and peas.
15. Stir-fry for 1 minute.
16. Add rice.
17. Stir-fry for 3 minutes or until heated through.
18. Add egg, sprouts and soy sauce.
19. Stir-fry until combined.
20. Serve.

Spring Rolls

Type: Main/Snack **Serves:** 30 **Recipe source:** Taste.com.au

From the garden: garlic, wom bok, carrots,

EQUIPMENT:	INGREDIENTS:
Bowls	2 cups vegetable oil
Chopping board	3 garlic cloves, finely chopped
Cooks knives	3 cups finely shredded wombok (Chinese cabbage)
Wooden spoon	2 medium carrots, peeled, grated
Measuring cups & spoons	1 tablespoon cornflour
Frypan/Wok	1 tablespoon oyster sauce
Clean tea towel	1 tablespoon soy sauce
Pastry brush	1 cup beansprouts, trimmed
Baking tray	10 frozen spring roll wrappers, thawed
Slotted spoon	Sweet and sour sauce, to serve
Baking paper	

What to do:

1. Heat a wok over high heat. Add 1 tablespoon oil. Swirl to coat.
2. Stir-fry garlic, cabbage, and carrot for 1 to 2 minutes or until just wilted. Add cornflour, oyster sauce, soy sauce and beansprouts to wok.
3. Stir-fry for 1 minute or until slightly thickened.
4. Transfer mixture to a heatproof bowl. Set aside to cool. Wash and dry wok.
5. Place 1 spring roll wrapper on a flat surface with 1 corner facing you.
6. Cover remaining wrappers with a dry tea towel to prevent them from drying out. Place 2 tablespoons cabbage mixture across corner.
7. Fold corner over filling. Roll up firmly to enclose, folding in edges.
8. Brush final corner with cold water to seal. Place on a tray lined with baking paper.
9. Repeat with remaining ingredients.
10. Pour remaining oil into wok. Heat over medium-high heat.
11. Cook spring rolls, in batches, for 3 to 4 minutes or until golden.
12. Using a slotted spoon, remove from wok. Drain on paper towel.
13. Serve spring rolls with sweet and sour sauce.

Mini Apple Pie Wonton Cups

Type: Appetiser/Dessert

Serves: Tastes 24

Recipe source: recipetineats.com

From the garden: apples: apples

<p>EQUIPMENT:</p> <p>Muffin tins Knife Chopping Board Saucepan Tongs Whisk</p> <p>tsp = teaspoon tbsp = tablespoon</p>	<p>INGREDIENTS:</p> <p>18 wonton wrappers Oil spray</p> <p><u>Apple Pie Filling:</u></p> <p>5 cups granny smith apples, diced 2 tbs butter 1/3 to 1/2 cup brown sugar 2 tsp cinnamon 1/4 cup water Pinch of salt</p> <p><u>Cream:</u></p> <p>3/4 cup whipping cream 2 tbsp powdered sugar Few drops vanilla essence</p>
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What to do:

1. Preheat oven to 200C.
2. Mould wonton wrappers into standard size muffin tin or cupcake trays. Spray lightly with oil (this helps them bake evenly golden) then bake for 10 to 15 minutes until crisp and golden. Remove from oven and let cool in the muffin tins.
3. Meanwhile, place apple pie filling ingredients in a large saucepan over high heat.
4. Bring to simmer, then turn the heat down to medium. Let simmer, stirring occasionally, until the apple is softened, around 8 minutes.
5. There should be no liquid left, just a syrupy coating on the apple. Adjust sweetness to taste.
6. The amount of sugar required differs depending on the tartness/sweetness of the apples.
7. Remove from heat and let cool until it is warm.
8. Meanwhile, whip cream and powdered sugar (icing sugar) until soft peaks form.
9. To serve, spoon still warm apple pie filling into wonton cups and top with a dollop of cream. Serve immediately.

Homemade Wonton Wrappers

Type: Appetiser/Snack
curiouscuisiniere.com

Serves: Tastes 24

Recipe source:

From the garden: apples: eggs

EQUIPMENT:	INGREDIENTS:
Bowl	2 cups unbleached all-purpose flour
Knife	1 egg
Chopping Board	$\frac{3}{4}$ tsp salt
Rolling pin	$\frac{1}{2}$ cups water
Damp clean cloth	
Whisk	
	tsp = teaspoon
	tbsp = tablespoon

What to do:

1. Place flour into a large bowl.
2. In a separate bowl, whisk together egg, salt, and water.
3. Create a well in the center of the flour and pour in the wet ingredients.
4. Mix everything together with a spoon (or your hands), until the mixture begins to come together.
5. Turn the dough onto the counter and knead for 3-5 minutes. The dough should be firm but silky smooth when you are done. (If your dough is too tacky, add a little extra flour to your counter.)
6. Cover the dough with a damp towel and let rest for 1 hour. (Letting the dough rest will make it easier to roll thin wrappers.)
7. Divide the dough in half. Cover one half of the dough with your towel. Lightly dust your counter-top with cornstarch (NOT flour), and roll half of the dough as thin as you can, aiming for a rectangle roughly 50cm x 25cm if you are cutting 12cm wrappers, or 40cm x 20cm if you are cutting 7cm wrappers.
8. Cut the sheet into your desired shapes. Larger ones more suited to egg rolls and smaller size suited to wontons.
9. Repeat with the remaining dough.

Garlic & Herb Bread

Type: Entree/Main

Serves: 30 tastes

Recipe source:

Fresh from the garden: garlic, assorted herbs

EQUIPMENT:

Knife
Chopping board
Bowls
Fork
Frypan
Egg flip
Measuring cups &
spoons

INGREDIENTS:

$\frac{1}{2}$ cup mixed herbs, finely chopped
1 cup margarine
Turkish bread
3 tablespoons garlic, crushed

What to do:

1. In a small mixing bowl beat margarine.
2. Toss in herbs and or garlic and combine well.
3. Spread margarine mix over the top of each Turkish bread.
4. Place under the griller or in oven until golden brown.
5. Cut into 3cm thick slices and serve while hot.