

Herbed Buttermilk Pancakes

with 'burst' tomatoes

Type: Breakfast/Snack/Dessert **Serves:** 24 Tastes **Recipe source:** Coles

Fresh from the garden: shallots, tomatoes, chives, parsley, eggs

EQUIPMENT: Sifter Wooden spoon Wire cooling rack Large & small bowls Frypan Saucepan Knife Measuring cups Measuring spoons Electric mixer Egg flip TO SERVE: Serving trays & tongs	INGREDIENTS: 1 cup wholemeal plain flour 1 cup white plain flour 1 teaspoon bicarb soda 2 tablespoons chopped parsley & chives 4 eggs, separated 60g butter 2 cups buttermilk Butter for frying <u>Burst tomatoes mix:</u> 500g Cherry tomatoes 2 shallots 100g butter 1 teaspoon salt
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What to do:

1. Preheat oven to 100°C.
2. Pace egg yolks in a large bowl.
3. Place buttermilk in a small bowl and stir in melted butter.
4. Add buttermilk mixture to the egg yolks and whisk until combined.
5. Sift the flour and bicarb soda into a separate bowl and stir in chives and parsley.
6. Make a well in the centre and add the egg yolk mixture and use a large metal spoon to fold until a thick batter forms.
7. Use an electric mixer whisk the egg whites in clean bowl until soft peaks form. Add to the batter and gently fold to combine.

To make burst tomatoes:

1. Heat a medium saucepan over medium heat and add tomatoes and shallots and stir to combine.
2. Add the butter and salt and reduce heat to low.
3. Cook stirring occasionally for 10 minutes or until the tomatoes have burst and released their juice.
4. Melt a little ghee or butter in a frying pan over medium heat. Spoon heaped tablespoons of batter around the pan.
5. Cook for 1-2 minutes or until golden brown and bubbles appear on the surface.
6. Turn and repeat on other side.
7. Transfer to a plate and then repeat in batches with remaining batter. Serve and spoon over the tomato mixture and pan juices. Sprinkle with extra chives to serve.

Golden Wheat Slice

Type: Dessert **Serves:** 30 tastes **Recipe source:** Simply Too Good to Be True
Fresh from the garden: lemons

EQUIPMENT:

Knife
Chopping board
Bowls
Slab cake tin
Measuring cups & spoons
Wooden spoon
Saucepan

INGREDIENTS:

1 cup Self Raising flour
4 crushed Weetbix
 $\frac{1}{2}$ cup brown sugar, firmly packed
 $\frac{1}{2}$ cup sultanas
6 level tablespoons margarine
1 level tablespoon golden syrup
2 tablespoons milk

ICING:

1 cup icing sugar
1 level tablespoon lemon juice
1 level tablespoon milk

What to do:

1. Preheat oven to 180 degrees celcius.
2. Coat a slab tin with cooking spray.
3. In a medium size bowl combine flour, crushed Weetbix, sultanas and brown sugar.
4. Melt margarine and add the golden syrup and milk, mix together.
5. Pour margarine mixture into dry ingredients and combine well.
6. Press mixture evenly over base of slab tin that has been coated with cooking spray (use your hand).
7. Bake 20 - 25 minutes or until browned.

ICING:

1. In a small bowl mix icing ingredients together until smooth.
2. Pour icing over hot slice and leave to cool.
3. Cut when cold. Serve with yoghurt cream.

Scrambled Eggs

Type: Breakfast

Serves: 30 tastes

Recipe source: sakg.com.au

Fresh from the garden: eggs, shallot

1. Crack the eggs into a medium mixing bowl. This is best done by first cracking each egg, one at a time, into a small bowl before sliding it into the mixing bowl, so that you can remove any blood spots or pieces of shell (to remove these, use the egg-shell half).
2. Add milk. Measure the milk carefully, as cooked egg will only hold a certain amount of liquid and too much will cause the egg to "weep" moisture.
3. Whisk the egg mixture lightly until the ingredients are just combined. The eggs should be mixed through evenly to ensure a consistent yellow without streaks of egg white (which will result in white streaks through the cooked eggs).

There is one main rule when cooking scrambled eggs: do not cook on heat that is too high, as this will cause the eggs to stick to the pan and become flaky and dry. Heat the butter in a frying pan for 1 minute or until the butter begins to foam. Swirl the pan to lightly coat its entire base with the butter.

4. Add the egg mixture to the frying pan and cook over medium heat for 30 seconds. Use a egg flip to gently push the egg mixture, scraping along the base of the pan, from one side of the pan to the other in 4 different directions.
5. Soft folds of cooked egg will begin to develop.
6. Repeat the pushing action every 10 seconds (or slow count to 10), including around the pan edge to prevent the egg mixture sticking.
7. The important part of this step is to push through the mixture and lift and fold the eggs rather than stir, as stirring will break the egg up into small lumps.
8. Do this often during cooking to prevent the egg mixture sticking and forming more of an omelette rather than moist, soft folds of scrambled eggs. Cook for 2 minutes or until about three-quarters of the mixture is cooked and one-quarter is still liquidy.
9. Remove the pan from the heat and gently fold the egg mixture twice more. The residual heat in the pan will finish cooking the eggs. Serve.

Breakfast Burritos

Type: Breakfast/Snack

Serves: 30 tastes

Recipe source: coles.com

Fresh from the garden: eggs, chives, lettuce, rocket, spinach

EQUIPMENT:	INGREDIENTS:
Knife	Bacon rashers
Chopping boards	Eggs
Bowls	Thickened cream
Serving spoon	Chives, chopped
Measuring cups & spoons	Wraps
Frying pan	Tasty cheese
Grater	Baby spinach
Whisk	Lettuce
Tongs	Rocket
Wooden spoon	Thai chilli sauce/jam

What to do:

1. Cook bacon rashers in a fry pan on medium high for 2 minutes each side or until golden brown.
2. Transfer to plate lined with paper towel.
3. Reduce heat to medium low.
4. Whisk the eggs, thickened cream and chives in a jug. Season.
5. Pour into frying pan and use a wooden spoon to stir gently for 3 minutes or until almost set.
6. Top the wraps with baby spinach, lettuce, rocket, tasty cheese, scrambled egg mix, thai chilli sauce and bacon.
7. Roll up the wraps.
8. Cook in a clean frying pan over high heat for 1 - 2 minutes each side or until toasted and heated through.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

