Asian Coleslaw

Fresh from the garden: cabbage, carrots, chillies, coriander, daikon, garlic, limes, mint, red onion
Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This delicious fresh salad is a more interesting variation on the traditional carrot, cabbage and mayo version, full of tasty fresh ingredients from the garden and focusing on Asian flavours.

**Ingredients:**
1 carrot
1 daikon
½ cabbage
1 small red onion
20 mint leaves
12 stems coriander

**For the dressing:**
3 garlic cloves
1 long red chilli
¼ cup lime juice
1 tablespoon rice vinegar
½ cup fish sauce
½ cup vegetable oil
2 tablespoons sugar

**Equipment:**
- chopping board
- knives – 1 small, 1 large
- medium saucepan with lid
- ladle
- tongs
- plate
- plastic film
- 1 large bowl
- citrus juicer
- metric measuring spoons and cups
- vegetable peeler
- food processor with shredding disc, or vegetable slicing gadget
- tea towel
- large metal spoon
- serving bowl for each table

**What to do:**
- Peel and finely chop the garlic, and place it in the bowl.
- Cut the chilli in half lengthways and slice it as finely as you can. Place in the bowl.
- Juice the lime. Add the lime juice, rice vinegar, fish sauce, oil and sugar to the bowl, and stir.
- Peel the carrot and daikon. Shred the carrot and daikon using the food processor or slicing gadget, and add to the bowl.
- Shred the cabbage and add to the bowl.
- Peel the red onion, cut it in half lengthways and slice each half into fine rings. Add to the bowl.
- Wash and dry the herbs and set aside some leaves to use as a garnish. Shred the rest of the mint and the coriander.
- Mix all the ingredients together, place in serving bowls and garnish with reserved herbs.
Pumpkin Burgers

Fresh from the garden: basil, garlic, onion, pumpkin

Equipment:
- tea towel
- measuring scales
- chopping board
- cook's knife
- large bowl
- 2 baking trays
- medium frying pan
- measuring cups
- measuring spoons
- masher
- 2 egg flips
- 2 large frying pans
- wooden spoon
- kitchen paper

Ingredients:
- 1 kg pumpkin, diced into 1–2 cm cubes (to provide 750 g chopped pumpkin)
- olive oil
- 1½ cups instant polenta
- 2 x 400 g tins lentils, drained and rinsed
- 2 onions, finely diced
- 1 cup pepitas and/or sunflower seeds, dry-roasted
- 250 g ricotta
- 2 cups bread crumbs
- 2 large handfuls basil, chopped
- 4 garlic cloves
- salt
- pepper
- ½ cup parmesan, finely grated

What to do:
1. Preheat the oven to 180°C.
2. Lightly toss pumpkin in olive oil and roast at 180°C for 20 minutes until tender.
3. Heat the medium frying pan, add 1 tbsp olive oil and cook onions, then add garlic until soft.
4. Once the pumpkin is cooked, mash it in a large bowl with a fork.
5. Add lentils, onions, garlic, seeds, ricotta, breadcrumbs, basil, parmesan, salt and pepper to the mashed pumpkin.
6. Mix to combine.
7. Scatter polenta over a large plate.
8. Using ¼ cup of combined mixture each, shape the patties.
9. Roll the patties in polenta to coat them.
10. Heat two large frying pans over a medium heat with 1 tbsp of olive oil in each.
11. Shallow-fry the patties until golden, then drain on baking tray lined with kitchen paper.
Crustless Quiche

Ingredients:

1 onion
1 tablespoon olive oil
1 chopped red capsicum or sweet chilli
1 bunch silver beet or kale
3 beaten eggs
375ml milk
⅓ cup SR flour
⅓ cup grated cheese
1-2 teaspoon curry
Salt and pepper to taste

Method:

1. Remove spines from silver beet/kale leaves and chop stalks and leaves separately.
2. Chop onion and capsicum
3. Add the tablespoon of oil to a frypan and sauté the chopped onion, capsicum and chopped silver beet/kale stalks over a medium heat until soft.
4. Add the silver beet/Kale leaves and cook until wilted.
5. Transfer to a bowl and let cool.
6. Set oven Temperature at 200°C
7. Line muffin tray with squares of baking paper (large enough to cover all sides and extend beyond the top of the muffin space) and press down with a mug/glass
8. Beat eggs
9. Add milk to the eggs
10. Add eggs and milk to the cooled onion, capsicum and silver beet/kale mix
11. Add flour and cheese and mix with a wooden spoon
12. Spoon mixture into muffin holes in the tray until ⅔ full.
13. Cook in the oven approximately 15-20 minutes or until set.
14. Gently remove quiches using a spatula and place on serving plate.
Seasonal Garden Salad

Fresh from the garden: edible flowers, garlic, herbs, salad leaves

This recipe should be one of your basic recipes for frequent use. Vary the ingredients according to the seasons, including leaves and herbs of different shapes and colours, both bitter and sweet. You can add croutons and seeds, and edible flowers such as borage, nasturtium, even young chive flowers. Make sure you wash and dry the salad leaves very gently, without bruising them.

Equipment:
- large bowl
- scissors
- tea towel
- chopping board
- cook's knife
- mortar and pestle
- citrus juicer
- mixing spoon
- measuring cup
- whisk
- tongs
- serving bowls or platters

Ingredients:
For the salad:
- 2 large handfuls mixed salad leaves (whatever is ready for harvesting from the garden)
- 1 large handful mixed small leaves and herbs (such as rocket, beetroot leaves, baby spinach, sorrel, mizuna, parsley)

Any seasonal ingredients that can be eaten raw:
- In winter/spring try beetroot, broccoli, carrot, fennel, peas, snowpeas
- In summer/autumn try basil, beans, capsicum, cucumber, tomato

For the classic vinaigrette dressing:
- 1 clove garlic, finely chopped
- salt
- 1 lemon, juiced, or 3 tablespoons red wine vinegar
- ⅓ cup extra virgin olive oil
- freshly ground black pepper

What to do:
1. Tear the stems away from any large spinach leaves, and tear any very large leaves into smaller pieces.
2. Place the garlic in the mortar with a pinch of salt, then pound it with the pestle until it becomes a paste.
3. Add the juice to the mortar, stir, then scrape it into the large bowl.
4. Stir in the olive oil and add some pepper, then whisk lightly to combine.
5. Tip the salad leaves into the bowl with the dressing, then gently turn them in the dressing with tongs or your hands.
6. Serve on platters and scatter with seeds, croutons or flower garnishes (if using).