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
- ½ 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).
Pumpkin Salad

Fresh from the garden: pumpkin, spring onions, spinach

Equipment:
- tea towel
- chopping board
- cook's knife
- large mixing bowl
- measuring spoon
- baking tray
- small frying pan
- measuring cup
- small saucepan
- wooden spoon

Ingredients:
- ½ large pumpkin, cut into 1 cm cubes
- 1 tbsp olive oil
- 1 tsp salt
- ¼ tsp ground pepper
- ¼ tsp nutmeg
- 1 tsp cinnamon
- 1 tsp powdered ginger
- ½ tsp turmeric
- 1 tsp all spice
- ½ cup pepitas (pumpkin seeds)
- 5 spring onions, finely chopped
- 3 large handfuls spinach, washed and spun
- ¼ cup tahini
- 1 tbsp rice malt syrup or honey
- ¼ cup yoghurt
- extra dash of cinnamon

What to do:
1. Preheat the oven to 220°C.
2. Place the pumpkin in large mixing bowl and add the oil, salt, pepper and spices.
3. Toss and transfer to a baking tray and bake in the oven for about 20 minutes, until golden.
4. Heat the pepitas in a pan until they start to become golden, then set aside to cool.
5. In a small saucepan, mix the tahini and malt syrup over low heat until runny.
6. Add yoghurt, plus an extra dash of cinnamon, and thin with a splash of water if necessary.
7. Arrange the spinach leaves on a serving platter and scatter over the pumpkin, pepitas and spring onions.
8. Pour the tahini dressing over the salad.
**Potato Tortilla**

**Fresh from the garden:** eggs, parsley, potato, red onion, silverbeet, spring onion

**Equipment:**
- tea towel
- chopping board
- cook’s knife
- vegetable peeler
- large pot with steamer and lid
- large frying pan with lid
- measuring spoon
- wooden spoon
- large mixing bowl
- whisk
- griller
- serving platters
- aluminium foil (if needed)

**Ingredients:**
- 6–7 medium potatoes, peeled and sliced ½ cm thick
- 3 tbsp olive oil
- 1 red onion, finely sliced
- 6 large eggs
- 1 large handful parsley, roughly chopped
- 3 spring onions, finely chopped
- 3 stalks silverbeet, stems chopped finely and leaves rolled and sliced

**What to do:**

1. Steam the potatoes in a large steamer for 20 minutes or until tender.
2. Add 1 tbsp olive oil to the frying pan and cook onion, silverbeet stem and spring onions for 2 minutes over medium heat.
3. Add silverbeet leaves and herbs to frying pan and cook until leaves are wilted down.
4. Crack the eggs into a large mixing bowl and beat with a whisk.
5. Pour 1–2 tbsp olive oil into a medium frying pan. When hot, add the potatoes and the onion mix.
6. Add egg mix to the frying pan, gently spread the egg mix over the pan, turn the heat down to low and leave to cook, covered, for 10 minutes.
7. Turn on the griller.
8. Place the frying pan under the grill and cook for a further 10 minutes, keeping an eye on the tortilla to avoid burning.
9. Check the centre of the tortilla. If it is still runny, cover it with foil and place under the grill again until it’s cooked through.
Kale Slaw with Red Cabbage & Carrots

Fresh from the garden: carrot, kale, parsley, red cabbage, red onion

Season: Winter/Spring
Serves: 30 tastes in the classroom or 6 at home

Equipment:
- measuring spoons
- small bowl
- whisk
- tea towel
- chopping board
- cook's knife
- large bowl
- tongs

Ingredients:
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar
- salt
- pepper
- 5 kale leaves, finely shredded
- ¼ small red cabbage, sliced finely
- 1 carrot, peeled and julienned
- 1 small handful parsley, chopped
- ½ small red onion, diced
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds

What to do:
1. Whisk olive oil, mustard, and apple cider vinegar. Season with salt and pepper.
2. Combine kale, cabbage, carrot, parsley and red onion with sunflower and pumpkin seeds in a large bowl.
3. Drizzle with dressing, and toss to coat.
4. Taste and season as necessary before serving.