# 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.

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>large bowl</td>
<td>For the salad:</td>
</tr>
<tr>
<td>scissors</td>
<td>2 large handfuls mixed salad leaves (whatever is ready for harvesting from the garden)</td>
</tr>
<tr>
<td>tea towel</td>
<td>1 large handful mixed small leaves and herbs (such as rocket, beetroot leaves, baby spinach, sorrel, mizuna, parsley)</td>
</tr>
<tr>
<td>chopping board</td>
<td>Any seasonal ingredients that can be eaten raw:</td>
</tr>
<tr>
<td>cook’s knife</td>
<td>• In winter/spring try beetroot, broccoli, carrot, fennel, peas, snowpeas</td>
</tr>
<tr>
<td>mortar and pestle</td>
<td>• In summer/autumn try basil, beans, capsicum, cucumber, tomato</td>
</tr>
<tr>
<td>citrus juicer</td>
<td>For the classic vinaigrette dressing:</td>
</tr>
<tr>
<td>mixing spoon</td>
<td>1 clove garlic, finely chopped</td>
</tr>
<tr>
<td>measuring cup</td>
<td>salt</td>
</tr>
<tr>
<td>whisk</td>
<td>1 lemon, juiced, or 3 tablespoons red wine vinegar</td>
</tr>
<tr>
<td>tongs</td>
<td>¾ cup extra virgin olive oil</td>
</tr>
<tr>
<td>serving bowls or platters</td>
<td>freshly ground black pepper</td>
</tr>
</tbody>
</table>

**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).
Oven-Baked Spring Rolls

Season: Winter/Spring
Makes: 15 large rolls

Fresh from the garden: carrot, Chinese cabbage, celery, coriander, garlic, ginger, spring onions

Equipment:
teatowel
cutting board
cook's knife
grater
large bowl
wok
wok sang
large bowl
baking tray
pastry brush
small bowl

Ingredients:
2 tbsp sunflower oil, plus 1 tbsp to brush spring rolls
1 clove garlic, finely chopped
2 cm knob ginger, finely chopped
3 spring onions, finely chopped
1/4 Chinese cabbage, finely chopped
1 carrot, grated
1 stalk celery, finely chopped
2 tsp light soy sauce
3/4 tsp sugar
1/2 tsp salt
1/2 tsp white pepper
1 1/2 tsp oyster sauce
1 tbsp cornflour
1 packet spring roll wrappers
1 large handful coriander, finely chopped

What to do:
1. Preheat the oven to 180°C.
2. Place wok over high heat.
3. Add oil to the wok with the garlic, ginger and spring onions, and stir for 30 seconds.
4. Add the cabbage, carrot and celery, and continue to cook for a further 3 minutes.
5. Add soy sauce, sugar, salt, pepper, oyster sauce and cornflour, cook for a further 2 minutes.
6. Transfer the mix to a large bowl and allow to cool for 5 minutes.
7. Place a spring roll wrapper on the bench and add a spoonful of filling diagonally across it.
8. Brush the sides with water to help seal the rolls.
9. Fold the corner closest to you over the filling, then fold in each side.
10. Roll up firmly to enclose the filling.
11. Repeat this process until all wrappers are used.
12. Place the spring rolls on a baking tray, with gaps in between them so they can brown all over.
13. Brush each roll with a little sunflower oil.
14. Bake for 20 minutes.
15. Sprinkle with coriander before serving.
Chickpea, Beetroot & Pumpkin Salad

Fresh from the garden: beetroot, garlic, lemon, pumpkin, silverbeet

**Equipment:**
- tea towel
- chopping board
- cook's knife
- measuring scales
- baking dish
- small bowl
- measuring spoons
- citrus juicer
- whisk
- large mixing bowl
- mixing spoon
- serving platters

**Ingredients:**
- 6 small-medium beetroot, peeled and cut into 1 cm cubes
- 3 tbsp extra virgin olive oil
- 2 garlic cloves, finely chopped
- salt
- pepper
- 500 g pumpkin, peeled, cut into 1 cm cubes
- 400 g can chickpeas, drained and rinsed (or 100 g dried chickpeas soaked overnight and cooked)
- 1 tbsp lemon juice
- 4 silverbeet leaves, stem removed and discarded, and leaves finely sliced
- 50g feta, crumbled

**What to do:**
1. Preheat the oven to 200° C.
2. Combine beetroot, 1 tbsp olive oil and garlic in a large baking dish. Season to taste. Bake for 10 minutes.
3. Place pumpkin in the same baking dish, away from the beetroot. Bake for another 20 minutes.
4. Combine chickpeas, remaining olive oil and lemon juice in a small bowl.
5. Check beetroot and pumpkin are cooked.
6. Place beetroot, pumpkin, chickpea mixture and silverbeet in a large bowl and toss gently.
7. Assemble on serving platters and top with crumbled feta.

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

Season: All
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: Whatever is available in your garden!

This base recipe can be used at any time of the year, with seasonal ingredients from your garden. Classic combinations include tomato & basil, pumpkin & silverbeet, peas & feta, cauliflower & parmesan, broccoli & lemon. Expand your repertoire with seasonal produce according to your imagination!

Suggestions by season:
- Spring: asparagus, brassicas, broad beans, peas, spinach
- Summer: capsicum, eggplant, tomato
- Autumn: capsicum, eggplant, pumpkin
- Winter: broccoli, cauliflower, peas, silverbeet

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>measuring jug</td>
<td>1.5 L stock, chicken or vegetable</td>
</tr>
<tr>
<td>medium saucepan</td>
<td>3 tbsp extra virgin olive oil</td>
</tr>
<tr>
<td>tea towel</td>
<td>1 large onion, finely chopped</td>
</tr>
<tr>
<td>chopping board</td>
<td>3 cloves garlic, finely chopped</td>
</tr>
<tr>
<td>cook’s knife</td>
<td>3 stalks celery, if available, finely chopped</td>
</tr>
<tr>
<td>large pot</td>
<td>400 g risotto rice</td>
</tr>
<tr>
<td>measuring spoons</td>
<td>seasonal ingredients chopped into 1 cm pieces</td>
</tr>
<tr>
<td>wooden spoon</td>
<td>½ tsp salt</td>
</tr>
<tr>
<td>measuring scales</td>
<td>1 tsp of butter</td>
</tr>
<tr>
<td>ladle</td>
<td>½ tsp black pepper</td>
</tr>
<tr>
<td>grater</td>
<td>1 small handful parsley, finely chopped</td>
</tr>
<tr>
<td></td>
<td>50 g parmesan, freshly grated</td>
</tr>
</tbody>
</table>

What to do:
1. Heat the stock in a medium saucepan.
2. Heat the olive oil in a large pot, add the onions, garlic and celery, and cook slowly for 10 minutes.
3. Add the rice and turn up the heat, keep stirring it. After a minute it will look slightly translucent.
4. Add your first ladle of hot stock and stir.
5. Turn down the heat and continue to add stock, stirring and allowing each ladle of stock to be fully absorbed.
6. Add your seasonal ingredients and cook until tender.
7. Test the rice; it should be soft but with a slight bite.
8. Remove from the heat and add the salt, pepper, butter, parsley and parmesan.
9. Cover and rest for 2 minutes before serving.