Silverbeet in Olive Oil with Chickpeas & Currants

Fresh from the garden: silverbeet, herbs
Recipe Source: Desley Insall, Kitchen Specialist, Collingwood College

This is a lovely way to use silverbeet and enjoy its fresh, delicate flavour. This mixture can also be used as the filling for a gratin, in which case replace the chickpeas with a handful of toasted pine nuts.

Equipment:
- salad spinner (optional)
- clean tea towels
- chopping board
- small (paring) knife
- large knife
- heavy-bottomed saucepan
- wooden spoon

Ingredients:
- 10 stalks silverbeet
- 2 onions
- 6 garlic cloves
- extra virgin olive oil – 3 tablespoons plus one cup
- 6 cups cooked chickpeas
- ½ cup currants
- lemon zest – equivalent to about a ¼ of a lemon
- handful mixed herbs from the garden (optional)
- salt and pepper, to taste

What to do:
- Thoroughly wash the silverbeet, drying it gently in a salad spinner or tea towel.
- With the paring knife, cut the green part of the silverbeet away from the white part (ribs). Keep the green and white parts separate.
- With the large knife, finely chop the onion and garlic.
- Slice and chop the white ribs of silverbeet into small pieces.
- Place the saucepan over medium–low heat and add about 3 tablespoons of olive oil – enough to coat the bottom of the pan with a thin film of oil.
- Tip in the onions and garlic and gently sauté them, but don’t let them colour or start to turn brown. Cook for 2–3 minutes, stirring with the wooden spoon.
- Add the chopped ribs from the silverbeet, stir and continue to cook gently.
- Taking one piece of the green silverbeet, roll it into a tight roll and slice across the roll to form ribbons (this is called ‘shredding’). Do all the leaves the same way.
- Add all the shredded green silverbeet leaves to the onion and garlic mixture in the saucepan, and stir to coat the leaves in the onion and garlic flavoured oil.
- Add a further cup of olive oil to the pan and cook the mixture on low heat, stirring constantly so it doesn’t stick.
# Wattleseed Damper

**Fresh from the garden:** wattleseed

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

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## Equipment:
- measuring scales  
- small frying pan  
- wooden spoon  
- large bowl  
- measuring cup  
- sifter  
- mixing spoon  
- baking paper  
- baking tray  
- pastry brush

## Ingredients:
- 40 g wattleseeds, roasted  
- 3 cups self-raising flour  
- 70 g butter  
- ¾ cup low-fat or standard milk  
- 1 tsp bush salt  
- extra milk

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## What to do:

1. Preheat the oven to 180°C.  
2. Dry-roast the wattleseeds in the frying pan to release their flavour.  
3. Sift the flour into a large bowl.  
4. Rub the butter into the flour.  
5. Add the salt and wattleseeds to the flour and mix through.  
6. Make a well in the centre of the flour.  
7. Add the milk and mix until combined.  
8. Knead to form a smooth dough.  
9. Form the dough into 15 small rolls and place them on a lined baking tray.  
10. Brush each roll with a little extra milk.  
11. Bake for 20 minutes.
Spanish Chickpea Balls

Fresh from the garden: coriander, garlic, lemon, parsley, silverbeet, tomato

Season: Summer/Autumn
Serves: 30 tastes in the classroom or 6 at home

Equipment:
- measuring scales
- mortar and pestle or food processor
- tea towel
- cook's knife
- chopping board
- large bowl
- zester
- measuring cup
- measuring spoons
- mixing spoon
- large saucepan
- 2 large frying pans
- tongs
- kitchen paper

Ingredients:
- 720 g cooked chickpeas or 3 x 400 ml tins
- 5 garlic cloves, finely chopped
- 1 lemon, zested
- 3/4 cup fresh breadcrumbs
- 2 tsp ground coriander
- 2 tsp ground nutmeg
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- (Note: spices can be roasted whole and ground in a mortar and pestle)
- 2 eggs, lightly beaten
- 1 small handful parsley, finely chopped
- 4 tbsp olive oil
- extra olive oil for cooking

For the sauce:
- 1 tbsp olive oil
- 1 red onion, finely diced
- 2 garlic cloves, finely chopped
- 6 tomatoes, diced roughly
- 3 tbsp tomato paste
- 1/2 cups vegetable stock
- 1/4 tsp cayenne pepper
- 3 silverbeet leaves, finely chopped
- 1 small handful coriander, roughly chopped
- 2 tbsp natural yoghurt

What to do:
1. Mince the chickpeas with a mortar and pestle or in a food processor until soft, but with chunks.
2. Combine the minced chickpeas with the garlic, lemon zest, breadcrumbs, spices, parsley and egg mix in a large bowl.
3. Combine the chickpea mixture, using your hands, adding the olive oil a little at a time.
4. Roll tablespoons of mixture into balls and refrigerate them while making the sauce.
5. To make the sauce, add the olive oil and onion to a large pan and cook over a medium to high heat for 2–3 minutes until soft. Add the garlic and cook for a further minute.
6. Add the tomatoes, tomato paste and stock. Let the sauce simmer gently for 8–10 minutes.
7. Set up two frying pans to cook the chickpea balls. Heat 1 tbsp of olive oil in each frying pan.
8. Over a medium heat cook the balls in two or three batches, tossing in the pan occasionally until golden all over.
9. Add the chickpea balls and cayenne pepper to the sauce and allow to gently simmer for a further 5–10 minutes until the sauce has reduced slightly and the flavour is rich and spicy.
10. Remove from heat and toss through silverbeet and herbs.
11. Add a dollop of yoghurt to the sauce before serving.
Alphabet Soup

Makes about 6 cups

Ingredients

1 onion
1 clove of garlic
1 carrot
1 potato
⅛ of a Kent pumpkin
1 Zucchini
1 stick of celery
2 tablespoons of oil
1 chicken stock cube
5 cups of water
½ cup of lentils or pulses such as chick peas, split peas or red kidney beans.
1 teaspoon of dried basil
1 teaspoon of dried rosemary
½ cup Alphabet noodles or other small pasta.

Method

1. Chop onions and celery finely and crush garlic.
2. Grate potato, carrots, zucchini and pumpkin.
3. Pour oil into pot and heat on medium heat.
4. Add onions garlic and celery and cook for 2 minutes or until onion is transparent (clear).
5. Dissolve stock cube in one cup of water and pour into pot.
6. Add all the other ingredients and stir.
7. Turn up the heat and bring to the boil.
8. Turn heat to low and allow soup to simmer for 40 minutes.
9. Serve in cups or bowls with crusty wholemeal bread.