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.

Season: Winter/Spring
Type: Salads
Difficulty: Easy
Serves: 30 tastes in the classroom or 6 at home

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

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

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.
Basic Steamed Rice

Note: This recipe makes 4-5 cups of cooked rice.

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

**Equipment:**  
- measuring cup  
- sieve  
- medium saucepan with lid  
- fork

**Ingredients:**  
- 1½ cups jasmine rice  
- 3 cups water

**What to do:**  
1. Wash the uncooked rice in a sieve under running water, until water runs clear.  
2. Combine water and rice in saucepan.  
3. Bring to the boil and cover with tight-fitting lid, then reduce heat to as low as possible.  
4. Cook for 10 minutes.  
5. Remove rice from heat and allow to sit for 10 minutes, covered.  
6. Fluff with a fork before serving.
Spiced Cauliflower & Chickpea Masala

Fresh from the garden: cauliflower, chilli, coriander, garlic, ginger

Recipe Source: Stephanie Alexander’s *Kitchen Garden Companion* (Penguin Lantern 2009)

This colourful dish can be served as part of an Indian-inspired meal with other side dishes, or it could just as well be part of the accompaniments to a Western-style barbecue.

**Equipment:**
- tea towel
- kitchen knife
- chopping board
- tea towel
- non-stick frying pan with lid
- wooden spoon
- tongs

**Ingredients:**
- small piece ginger
- 3 garlic cloves
- 1 onion
- 800 g cauliflower
- ½ cup peanut or vegetable oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- 2 long green chillies
- 440 g can chickpeas
- 440 g tinned chopped tomatoes
- ½ teaspoon salt
- handful of coriander sprigs, to serve

**What to do:**
- Finely chop the ginger and garlic, halve and thinly slice the onion and chop the cauliflower into florets.
- Heat the peanut oil in a large non-stick frying pan over medium heat. Add mustard seeds and wait a few seconds until they start to pop.
- Add ginger, garlic, cumin, turmeric and onion and stir with the wooden spoon until the onion is well softened (about 8 minutes).
- Add the cauliflower and turn with tongs until every piece is well coated with the spice mixture.
- Slice the chilli in half length-ways and scrape the seeds out then slice finely.
- Add the chickpeas, tomatoes, chilli and salt to the pan. Stir to mix, then cover with the lid.
- Cook for 8-10 minutes, stirring once or twice until cauliflower is just tender.
- Serve scattered with coriander sprigs.
Roti

Recipe Source: Adapted from an original by Kate Tait

Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

Ingredients:
- 100 ml reduced-fat or standard milk
- 50 g unsalted butter
- 1 egg, lightly beaten
- 2½ cups plain flour, plus extra to dust
- 2 teaspoons castor sugar
- 2 teaspoons salt
- Canola oil spray

Equipment:
- Metric scales, cups and spoons
- Large jug
- Mixing spoon
- Large mixing bowl

What to do:
- Place milk, butter, egg and 100 ml water in a large jug and mix well. Place flour, sugar and 2 teaspoons table salt in a bowl and make a well in the centre. Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft, smooth dough. Cover and stand for 20 minutes.
- Divide dough into 16 pieces and spray with oil. Spray a clean, flat work surface with the oil. Working with one dough ball at a time, use oiled hands to flatten dough on the oiled surface, tugging at the edges to stretch it out to about 15 cm wide and about 5 mm thick.
- Heat a large frying pan or barbecue hotplate to medium-high heat. Cook each roti, *pressing down as it bubbles to cook evenly*, for 1 minute on each side or until golden and slightly charred.

*Adult supervision required*