Olive & rosemary focaccia

TO PREP | TO COOK | MAKES
0:30    | 0:30    | 1 LOAF

Savour this soft focaccia studded with olives and rosemary as part of an authentic antipasto platter or with a hearty Italian-style soup.

Ingredients
- 310ml (1 1/4 cups) warm water
- 2 teaspoons (7g/1 sachet) dried yeast
- 2 teaspoons caster sugar
- 3 1/2 tablespoons olive oil
- 450g (3 cups) plain flour
- 2 teaspoons sea salt flakes
- 1 1/2 tablespoons fresh rosemary leaves
- 20 pitted kalamata olives

Method
1. Combine the water, yeast, sugar and 2 tablespoons of oil in a small bowl. Set aside in a warm, draught-free place for 5 minutes or until frothy.
2. Place flour and half of the sea salt in a bowl. Make a well in the centre and pour in yeast mixture. Use a wooden spoon to stir until combined, then use your hands to bring the dough together in the bowl.
3. Turn onto a lightly floured surface and knead for 10 minutes or until smooth and elastic. Brush a bowl with oil to grease. Place dough in bowl and cover with plastic wrap or a damp tea towel. Set aside in a warm, draught-free place for 45 minutes or until doubled in size.
4. Preheat oven to 200°C. Brush a 20 x 30cm Swiss roll pan with 2 teaspoons of remaining oil. Punch down centre of the dough with your fist. Turn onto a lightly floured surface and knead for 2 minutes or until dough is elastic and has returned to original size. Press into the prepared pan. Cover with a damp tea towel and set aside in a warm, draught-free place to prove for 20 minutes or until doubled in height. Use your finger to press dimples into the dough. Brush with remaining oil and sprinkle over rosemary and remaining salt. Press the olives into the dough.
5. Bake in oven for 25-30 minutes or until golden and focaccia sounds hollow when tapped on base. Serve warm or at room temperature.
Broccoli Stir-Fry with Honey Soy Dressing

Fresh from the garden: broccoli, coriander, garlic, ginger, onion, spinach

Note: This dish uses the Basic Egg Noodle recipe.

**Ingredients:**
- 5 tbsp soy sauce
- 2 tbsp honey
- 1 tbsp olive oil
- 5 spring onions, finely sliced
- 2 large handfuls spinach
- ½ brown onion, sliced
- 1½ heads broccoli, cut into small florets
- 3–4 garlic cloves, minced
- 2 cm knob ginger
- 1 quantity Basic Egg Noodles
- 1 handful coriander, torn

**Equipment:**
- tea towel
- chopping board
- cook's knife
- small bowl
- mixing spoon
- wok
- wok sang
- serving platters

**What to do:**
1. Combine soy sauce and honey in a small bowl and set aside.
2. Heat the wok over a high heat.
3. Add the oil, and swirl to coat over the wok.
4. Add onion, then garlic and ginger, and stir-fry for 2 minutes.
5. Add broccoli and stir-fry for 3 minutes.
6. Stir in the spring onions and spinach.
7. After a minute add noodles and toss to combine.
8. Add the sauce mixture and stir through the noodles and vegetables.
9. Divide between serving platters and sprinkle with coriander.
Basic Egg Noodles

Fresh from the garden: eggs
Recipe Source: This recipe is adapted from an original recipe by Lee Geok Boi in Classic Asian Noodles (Marshall Cavendish 2007).

This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much noodle you will make by first weighing your eggs, then adding to that weight double the amount of flour.

**Equipment:**
- metric measuring scales
- sifter
- large bowl
- pasta machine with noodle cutter attachment
- clean tea towels

**Ingredients:**
- 1 teaspoon bi-carb soda
- 1½ teaspoons salt
- plain wheat flour (double the weight of the eggs in their shell)
- 2 eggs in their shells
- corn flour, for dusting

**What to do:**
- Weigh the eggs to determine how much flour to use.
- Sift the bi-carb, salt and flour into a large bowl.
- Break the eggs into the flour and knead until the dough is smooth.

**To make the noodles:**
- Divide the pasta into 4 balls.
- Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
- Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides. Sprinkle with corn flour on both sides. The dough can be quite dry at first, but keep working it and be very careful with sprinkling flour.
- Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.
- With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3–4 times, folding long sides into the centre each time.
- Change the machine roller setting to the next-thickest setting and pass the dough through another 3–4 times. You do not need to fold it.
- If the dough starts to stick, sprinkle a pinch of corn flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
- Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting. Don’t fold it again after the first (thickest) step. If the dough gets too long to handle comfortably, cut it into 2–3 pieces using the large knife, then continue to roll each piece separately. Sprinkle with corn flour on both sides.
- Finally, change the pasta machine setting to a noodle cutter attachment and pass your dough through it.
- Let your long, thin strands of pasta dry on the tea towels, sprinkled with corn flour, while you work on each of the remaining pieces of dough.
Spicy Pumpkin Soup

Fresh from the garden: chives, garlic, red onions, potatoes, pumpkin
Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Everyone should know how to make pumpkin soup, and of course the best soup is made with pumpkin picked straight off the vine from your garden. Think about what other flavours you’d like to add to this as you make it – everyone develops their own version as they grow older.

Season: Autumn
Type: Soups & starters
Difficulty: Easy
Serves: 30 tastes in the classroom or 6 at home

Equipment:
- metric scales, jugs and spoons
- tea towel
- chopping board
- kitchen knife
- large pot
- mixing spoon
- serving bowl for each diner
- kitchen scissors

Ingredients:
- 1 kg butternut pumpkin
- 2 potatoes
- 1 red onion
- 3 garlic cloves
- 1 tablespoon olive oil
- ¼ teaspoon dried chilli flakes
- 2 teaspoons ground coriander
- 1 L salt-reduced chicken stock
- ½ cup reduced-fat or regular cream

chives, to serve

What to do:
- Peel and chop the pumpkin and potatoes. Chop the onion and crush the garlic.
- Heat oil in a saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add potato and pumpkin. Cook, stirring occasionally, for 5 minutes or until potato starts to brown. Add chilli and coriander. Cook for 1 minute or until fragrant.
- Add stock. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 10 to 12 minutes or until potato and pumpkin are tender. Set aside for 2 minutes to cool slightly.
- Blend in batches until smooth. Return to pan over low heat. Stir in cream. Cook for 1 minute or until heated through. Season with pepper. Divide between bowls and top with snipped chives.