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.
Broccoli Carbonara

**Fresh from the garden:** broccoli, chilli, eggs, garlic, parsley

The cooking group will be divided into the pasta makers and the sauce makers. The pasta makers will use the Basic Pasta recipe.

**Equipment:**
- tea towel
- chopping board
- cook’s knife
- large pot with steamer basket and lid
- mixing bowl
- measuring jug
- measuring spoons
- fork
- large frying pan
- wooden spoon
- tongs
- measuring scales
- grater

**Ingredients:**
- 2 eggs
- 2 egg yolks
- 100 ml low-fat cream
- ½ tsp salt
- ½ tsp ground black pepper
- 6 small broccoli heads, cut into small florets
- 2 tbsp extra virgin olive oil
- 4 garlic cloves, finely chopped
- 1 long red chilli, deseeded and finely sliced
- small handful parsley, finely chopped
- 50 g parmesan, grated
- 1 quantity Basic Pasta dough

**What to do:**
1. Put a large pot of water on to boil.
2. Divide the cooking group into two groups: one group uses the Basic Pasta recipe (page 116) to make linguine, the other makes the sauce as below.
3. Combine the eggs, egg yolks, cream, salt and pepper, mixing together with a fork.
4. Steam the broccoli for 3–5 minutes, then set aside.
5. Heat the oil in a large frying pan.
6. Add garlic and chilli to the frying pan and cook for 30 seconds.
7. Add the broccoli and cook for a further 3 minutes.
8. Cook the pasta and drain, reserving a cup of the cooking water.
9. Toss the pasta in the pan with the broccoli and parsley.
10. Remove the frying pan from the heat.
11. Add half the reserved water and the egg and cream mix to the pasta.
12. Toss the pasta; if it is too dry, add some of the remaining water.
13. Serve immediately, sprinkled with parmesan.
Basic Pasta

Fresh from the garden: eggs

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

Equipment:
- pasta machine with linguine cutter (6–9 mm intervals)
- measuring scales and spoons
- large bowl
- fork
- plastic wrap
- large knife
- clean tea towels
- pastry brush

Ingredients:
- 400 g plain (all purpose) flour
- 2 tsp salt
- 4 eggs

What to do:
1. Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
2. Add the flour and salt to the large bowl. Combine and make a well in the centre.
3. Crack the eggs into the centre of the well and beat them lightly with a fork.
4. Combine the eggs with the flour, using your fingers to draw the flour from the edges of the well.
5. Work the eggs and flour together to form a dough.
6. Transfer the dough from the bowl to a floured bench.
7. Knead for a few minutes until the dough clings together and feels quite springy.
8. If the dough is too dry, add an egg yolk; if the dough is too wet, add a sprinkle of flour.
9. Wrap it in plastic wrap and let it rest for 1 hour at room temperature.

To roll the dough:
1. Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry.
2. Unwrap the cold dough and cut it into six pieces. Keep one piece out and fold the others back in the plastic wrap to prevent drying out.
3. 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.
4. 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.
**Snowpea & Feta Salad**

**Fresh from the garden:** garlic, mint, snowpeas, sugar snap peas

**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

Crisp green peas add a colourful and textural flourish to this classic combination of mint and feta.

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

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**Equipment:**  
- medium saucepan  
- colander  
- chopping board and knife  
- clean tea towel  
- large mixing bowl  
- grater  
- mortar and pestle  
- whisk  
- serving platter

**Ingredients:**  
- large handful sugar snap peas  
- large handful snowpeas  
- 1 L water  
- small bunch mint  
- 1 clove garlic  
- 1 teaspoon salt  
- 2 tablespoons lemon juice  
- 1 teaspoon honey  
- ¼ cup extra virgin olive oil for dressing  
- salt and pepper to taste  
- 100 g feta

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**What to do:**

- Wash and de-string all the pea pods.
- Bring 1 L water to boil in the saucepan and blanch peas for 30 seconds. Drain and leave in a colander to cool.
- Finely chop the mint and place in the large serving bowl.
- To make the dressing, mash garlic with 1 teaspoon of salt with the mortar and pestle, add lemon juice and honey and whisk in olive oil.
- Add cooled pea pods to the mint in the mixing bowl and mix through carefully.
- Add ¾ of the dressing to the salad and toss.
- Season to taste.
- Place salad on your serving platter, crumble feta over the top and drizzle over the remaining dressing.