



2021 YEAR 5 RECIPE COLLECTION

STEPHANIE ALEXANDER KITCHEN GARDEN
PROGRAM

Roti

Season: All

Makes: 16 large roti

Fresh from the garden: egg

This traditional Indian bread goes perfectly with curry; it mops up juices but still retains a little crispiness.

Equipment:

metric measuring scales, cups
and spoons
small saucepan, for melting butter
jug
large bowl
large mixing spoon
plastic wrap
large frying pan or barbecue hotplate
spatula
baking tray
aluminium foil

Ingredients:

100 ml reduced-fat or standard milk
50 g unsalted butter, melted
1 egg, lightly beaten
100 ml water
2½ cups plain flour, plus extra
for dusting
2 tsp caster sugar
1 tsp salt
sunflower oil, for working the dough



What to do:

1. Preheat the oven to 50°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix the milk, butter, egg and water in the jug.
4. Mix the flour, sugar and salt in the bowl and make a well in the centre.
5. Pour the liquid into the well and stir to form a sticky dough.
6. Sprinkle flour generously onto a clean, dry workbench and your hands.
7. Knead the dough on the bench until it is soft and smooth.
8. Wrap in plastic and leave to rest for 20 minutes.
9. Clean and dry your workbench.
10. Divide the dough into 16 pieces. Brush some sunflower oil onto your workbench.
11. Use oiled hands to flatten each piece of dough on the oiled surface. Stretch the edges to make a disc about 15 cm wide and about 5 mm thick.
12. Heat a large frying pan or barbecue hotplate on medium-high heat.
13. Cook the roti for 1 minute on each side or until golden and slightly charred.
***Press them with the spatula as they bubble so they cook evenly.**
14. Using tongs, transfer the cooked roti to a baking tray and cover with foil. Put them in the warm oven until they are ready to eat.

***Adult supervision required.**

Indian Flatbread

Season: All

Makes: 32 small flatbreads

Recipe source: Adapted from a recipe from Foster Primary School, Victoria

Flatbreads generally include leavened bread, such as pita, or unleavened bread, such as mountain bread. Both types are common throughout the Middle East and beyond, and are popularly used for wraps as well as toasted for salads, dips and sauces. In an Indian village the 'fat' would have been butter made from buffalo milk, rather than our use of olive oil.

Equipment:

metric measuring spoons, cups and scales
bowls – 1 small, 1 large
plastic wrap
rolling pin
2 heavy-based frying pans
spatula or egg flipper
tongs
2 baking trays
foil

Ingredients:

2 tsp sea salt
2 cups lukewarm water
5 tbsp extra-virgin olive oil
1 kg plain flour, plus a little extra for dusting

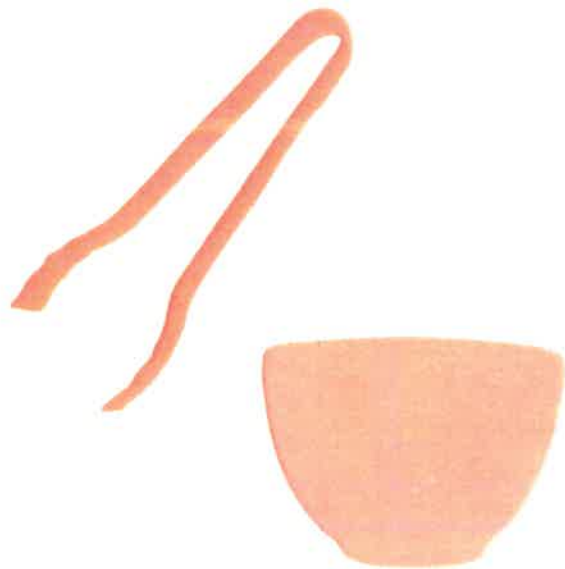


What to do:

1. Preheat the oven to 50°C.
2. Pour the water into the small bowl. Add the salt and stir to dissolve. Add the oil.
3. Put the flour into the large bowl. Pour in the salt, water and oil. Mix it together.
4. Make sure your workbench is clean, then sprinkle it with some flour.
5. Knead the dough for about 8 minutes.
6. Wrap it in plastic wrap until needed.
7. Tip out the dough onto your clean, floured workbench and divide it into 32 even pieces, each the size of a walnut.
8. Flatten each piece of dough with your hand, then roll it out thinly with the rolling pin, to about 10 cm in diameter.
9. While the dough is being shaped, heat both frying pans.



10. Place a few discs of rolled-out dough into a hot, dry pan and cook them for 2 minutes. Flip them over with your spatula and cook for a further 2 minutes. You want them golden, with a few bubbles and darker spots, but not charred.
11. Transfer the cooked flatbreads to the baking tray using tongs. Cover the tray in foil and put it into the warm oven until you are ready to eat.



Broad Bean and Avocado Dip

1 cup (150g) frozen broad beans

2 small Hass or Shepard avocados, stoned, peeled, coarsely chopped

1 tbsp lemon juice

1 spring onion, thinly sliced

Thinly sliced sourdough bread, toasted to serve

Step 1

Cook the broad beans in a medium saucepan of boiling water for 2 mins or until heated through. Refresh under cold water. Drain. Peel broad beans and place in a large bowl.

Step 2

Place the avocado (2 small Hass or Shepard avocados, stoned, peeled, coarsely chopped), lemon juice, three-quarters of the broad beans and half the spring onion in a food processor. Pulse until the mixture is just smooth. Season.

Step 3

Spoon the avocado mixture onto a serving platter. Sprinkle the dip with the remaining broad beans and remaining spring onion and serve with the sourdough.

Caramelised Leek Dip

Ingredients

- 2 Tbsp olive oil
- 4 medium leek, white and light green part only
- 2 cloves garlic, minced (2 tsp)
- 1 Tbsp soy sauce
- ¼ tsp coarse ground black pepper, or more taste
- 1 cup sour cream
- sea salt to taste, if needed
- chopped parsley for garnish (optional)

Preparation

Split the leek lengthwise; rinse well to remove any sand and then thinly slice crosswise into “half-moons”.

Add the olive oil to a non-stick skillet and place over medium heat. Add the leeks and a pinch of salt and sauté until golden.

- Add the garlic, tamari, black pepper and continue to sauté until the vegetables are very soft and nicely caramelized. Transfer to a container and refrigerate until chilled.

In a medium mixing bowl, combine the caramelized onion and leek mixture with the sour cream and mix well. Taste and add salt as needed and additional pepper to taste. Transfer to a serving bowl, cover and chill to blend the flavours. Garnish with chopped parsley before serving if desired.

WARRIGAL GREEN PESTO

INGREDIENTS

50g macadamia nuts, roasted

1-2 cloves garlic

250g Warrigal Greens

125ml olive oil

100g grated parmesan cheese (or vegan alternative)

Salt and pepper to taste

1. Wash and then blanch Warrigal Green leaves in boiling water with a tablespoon of olive oil for 60 seconds. This gets rid of the oxalic acid, present in all raw spinaches.
2. Drain and cool in a bath of iced water to preserve the bright green colour. Squeeze the excess water out of the leaves. Discard water onto the garden once cooled.
3. In a food processor or blender, combine the Warrigal Greens with the nuts and garlic.
4. Slowly add the oil, then the cheese. Season to taste.

Celery and Chickpea Dip

Ingredients

- 1 can of chickpeas, drained and rinsed
- 2 tbsp. fresh parsley, chopped
- 2 tbsp. plain Greek yogurt
- 2 tsp. dijon mustard
- 1 tbsp. lemon juice
- 1/2 cup diced celery
- 2 chives, chopped
- 1 large clove of garlic
- Salt, to taste

Instructions

1. Add all ingredients to a food processor or blender and blend until smooth.
2. Transfer the dip into a serving dish and serve with your favourite healthy crackers.
Enjoy!

Roasted Jerusalem Artichoke Dip

Ingredients

- 80 ml($\frac{1}{3}$ cup) olive oil, plus extra to drizzle
- 1 tsp sea salt flakes, plus extra to season
- $\frac{1}{2}$ tsp chilli flakes, plus extra to sprinkle
- $\frac{1}{2}$ tsp allspice
- 500g Jerusalem artichokes, scrubbed and cut into 1 cm-thick slices
- 1 tbsp lemon juice, or to taste
- freshly ground black pepper, to taste

Instructions

Preheat the oven to 180°C (160°C fan-forced). Line a baking tray with non-stick baking paper.

Combine 2 tablespoons of the olive oil, salt, chilli flakes and allspice in a large bowl. Add the artichoke slices and toss to combine evenly. Spread the artichoke over the lined tray in a single layer, and drizzle with any flavoured oil remaining in the bowl.

Roast the artichokes for 30 minutes or until golden and tender when tested with a skewer. Remove from the oven and set aside for 5 minutes to cool slightly.

Transfer the artichoke and any roasting juices from the tray to a food processor.

Add the lemon juice and process until almost smooth. With the motor running, gradually add the remaining 2 tablespoons of the olive oil to make a smooth, creamy dip.

Taste and season with salt and pepper and a little more lemon juice, if necessary.

Serve drizzled with a little extra oil and sprinkled with a little extra chilli flakes.

Fennel Dip

2 small fennel bulbs, trimmed, sliced
3 spring onions, sliced
2 garlic cloves, peeled
1 1/2 tablespoons olive oil
2 teaspoons fennel seeds
1 1/2 tablespoons grated parmesan cheese
2 tablespoons lemon juice
1/2 cup yoghurt

Step 1 Preheat oven to 200°C/180°C fan-forced. Combine sliced fennel, onion, garlic and 1 tablespoon oil in a roasting dish. Roast, covered, for 35 to 40 minutes or until soft.

Step 2 Meanwhile, spread fennel seeds on a baking tray. Roast for 5 to 10 minutes or until fragrant. Set aside.

Step 3 Transfer sliced fennel mixture to a processor. Add cheese, lemon juice, yoghurt, two-thirds of the fennel seeds and 1 tablespoon of cold water. Process until smooth, adding more water if required. Season with salt and pepper. Transfer to a bowl. Top with remaining oil and fennel seeds. Serve with crostini or crackers.

Leek and Spinach Dip

- 3 leeks
- 1 1/2 tablespoons olive oil
- 4 cups coarsely chopped silverbeet
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup plain Greek yogurt
- 2 tablespoons chopped fresh chives
- 1/2 teaspoon red wine vinegar

Step 1

Remove and discard root ends and dark green tops of leeks. Cut each leek in half lengthwise; rinse thoroughly under cold running water to remove grit and sand. Thinly slice leeks crosswise to equal about 4 cups.

Step 2

Heat a large skillet over medium-low. Add oil; swirl to coat. Add leeks to pan; cook 25 minutes or until very soft and caramelized, stirring occasionally. Stir in spinach, salt, and pepper; cook 2 minutes, stirring until spinach wilts. Remove pan from heat; cool leek mixture completely.

Step 3

Combine yogurt, chives and vinegar in a bowl. Stir in spinach mixture. Refrigerate until ready to serve.



Salad of the Imagination

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chicory, chives, garlic, lettuce, radish, radicchio, rocket, soft-leaved herbs, spinach, witlof, zucchini

Students love making Salad of the Imagination and there are so many possible combinations.

Note: Heavy extras tend to sink to the bottom of a bowl, so serve your salads on a wide shallow platter, which will display the tasty extra touches to good advantage. Toss the salad and dressing just before serving.

SUGGESTIONS BY SEASON:

- **Spring:** herbs (such as flowering thyme), pine nuts, rocket leaves (arugula)
- **Summer:** tomatoes, mozzarella, basil, spinach, rocket leaves (arugula)
- **Autumn:** celeriac, gruyère, parsnip chips
- **Winter:** spinach, croutons, bacon, beetroot

EQUIPMENT:

metric measuring cups and spoons
 salad spinner
 clean tea towel
 chopping board
 cook's knife
 small frying pan (optional)
 grater (optional)
 juicer (optional)
 bowls – 1 large, 1 small
 whisk
 tongs
 salad bowls or platters
 salad servers



INGREDIENTS:

4 cups mixed salad leaves, washed and dried
 2 cups mixed small leaves and soft-leaved herbs, washed and dried

Garnishes and other ingredients such as:

avocado
 crispy bacon
 croutons
 cured fish (anchovies, smoked salmon)
 finely sliced red onion or spring onion
 grated vegetables (beetroot, carrot, celeriac, radish)
 hard-boiled eggs (sliced or chopped)
 pickles or preserves (cornichons or gherkins, preserved lemons, olives)
 raw fruits (apples, citrus, pears)
 shaved or crumbled cheese (blue cheese, cheddar, feta, gruyère, parmesan, pressed ricotta salata)
 toasted nuts (almonds, pecans, pine nuts, walnuts)
 toasted seeds (pumpkin, sunflower, sesame)

Dressing ingredients such as:

acids (lemon juice, vinegar)
 oils (olive oil)
 additions (mustards, honey, sugar, herbs, toasted spices)
 salt and freshly ground black pepper

Bruschetta with Broad Beans, Parmesan & Herbs

Season: Spring

Makes: Approximately 48 slices

Fresh from the garden: broad beans, garlic, oregano or thyme, parsley

This is always a crowd pleaser in kitchen classes because it results in a crunchy, savoury snack which makes use of garden herbs. Try using bread you've made in class to make it even more delicious.

Note: This recipe assumes that 2 kg of broad beans will yield approximately 400 g of podded beans.

Equipment:

metric measuring scales,
spoons and jug
clean tea towel
chopping board
knives – 1 cook's, 1 bread
grater
large saucepan
colander
large mortar and pestle
2 bowls – 1 large, 1 small
pastry brush
grill plate
tongs
wire racks
wooden bread boards,
for serving
spoon

Ingredients:

For the broad bean topping:

2 kg broad beans
1 tsp fresh oregano or thyme,
finely chopped
2 tsp parsley, finely chopped
2 cloves garlic, finely chopped
1/3 cup olive oil
50 g parmesan, grated
¼ tsp salt flakes, to taste
¼ tsp freshly ground black pepper

For the bruschetta:

2 French bread sticks
extra olive oil, for brushing
1 garlic clove, cut in half



What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.

To make the broad bean topping:

1. Pod the beans.
2. Fill the large saucepan with water and bring to the boil.
3. Cook the beans in the boiling water for 2–3 minutes or until just tender.
4. Tip the cooked broad beans into the colander, refresh them under cold running water and drain.
5. Peel and discard the skins (double pod). Grind the herbs and garlic to a paste with the mortar and pestle and transfer to a bowl.

6. Place the beans in the mortar and pestle, in batches, and pound roughly, then add to the herb and garlic mix.
7. Add the olive oil to the broad-bean-and-herb mix, then add the parmesan. Stir and taste.
8. Season with salt and freshly ground pepper, then taste again for balance of seasonings. Set aside to allow the flavours to infuse.

To make the bruschetta:

1. Cut the bread sticks into even diagonal slices – you should get about 24 slices per stick.
2. Pour a little oil into a small bowl. Using the pastry brush, lightly brush the bread with oil on both sides.
3. Heat the grill plate to hot and grill the bruschetta evenly on both sides. Remove from the heat and set aside to cool on wire racks.
4. Once cool enough to handle, rub the garlic cloves over the bruschetta.

To assemble the bruschetta:

1. Transfer the bruschetta to the wooden bread boards.
2. Spread a spoonful of the broad bean mixture onto each bruschetta slice.
3. Drizzle over some olive oil and serve.





Vegetable Gyoza

Season: All

Serves: 30 tastes in classroom,
or 6–8 at home

Fresh from the garden: cabbage, carrots, celery, chilli, garlic, onions

Gyoza, otherwise known as 'pot stickers' are traditional Chinese dumplings that have become very popular in Japan. After a bit of practice, they are quick and simple to make.

Gyoza or 'gow gee' wrappers are round and white rather than yellow like won ton wrappers, and can be found in most supermarkets.

Equipment:

metric measuring cups and spoons
clean tea towel, plus one extra if
using the food processor
chopping board
cook's knife
food processor (optional)
large bowl
2 wooden spoons
teaspoon
large frying pan with lid
tongs
small pot
serving platters and sauce bowls

Ingredients:

For the gyoza:

1/4 white cabbage, finely chopped
1 small carrot, grated or julienned
1/2 onion, peeled and finely chopped
1 celery stalk, finely chopped
250 g canned water chestnuts, ~~drained~~
1 tbsp cornflour
1 tbsp soy sauce
1/2 tbsp sesame oil
1 tsp salt
1/2 tsp sugar
1/4 tsp white pepper
1 packet gyoza wrappers
2 tbsp sunflower oil

1 bok choy
finely chopped

For the gyoza sauce:

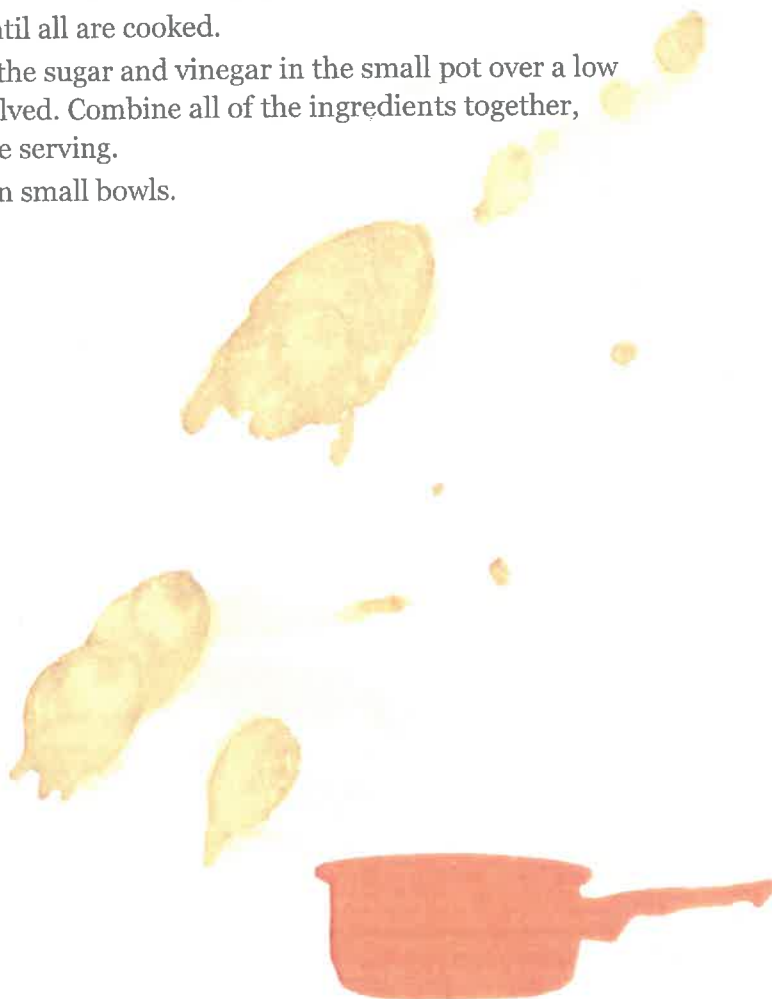
1 tbsp sugar
2 tbsp malt vinegar
1 long red chilli, de-seeded and chopped
1 garlic clove, peeled and finely chopped
salt, to taste
3/4 cup light soy sauce
2 tsp sesame oil



Vegetable Gyoza continued

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. If using the food processor to finely chop the ingredients, use a clean towel to gently squeeze the mixture to remove excess moisture.
3. Transfer vegetable mixture to the large bowl and mix in the water chestnuts, cornflour, soy sauce, sesame oil, salt, sugar and white pepper.
4. Place a teaspoon of the filling in the centre of each gyoza skin. Moisten one edge with water, then fold the opposite edge over and press down to seal the gyoza into a neat crescent.
5. Heat the frying pan over medium heat, then add 1 teaspoon of sunflower oil. Place some of the dumplings in the pan (don't overcrowd, they should not be touching) and cook for 2 minutes over low heat until just beginning to brown.
6. Add 1 tablespoon of water and immediately cover the pan with the lid.
7. Cook for two minutes, remove from heat and rest in pan for one more minute.
8. Repeat with remaining gyoza until all are cooked.
9. To make the gyoza sauce, place the sugar and vinegar in the small pot over a low heat and stir until sugar is dissolved. Combine all of the ingredients together, mix well and allow to cool before serving.
10. Serve the gyoza with the sauce in small bowls.



Homemade Gyoza Wrappers

Servings: 24

Ingredients

- 2 cups All-Purpose Flour (270 grams), see note 1
- ½ teaspoon Salt , see note 2
- ½ cup Hot Water , see note 3

Instructions

1. In a bowl, mix together flour and salt. Then, add water and mix with a wooden spoon/spatula.
2. With your hands, start forming dough. It will be hard at the beginning but keep kneading (you can transfer the mixture onto a worktop if it's easier for you). It will take about 5-7 minutes to knead into a ball. The dough will be flaky at first, but it just needs more kneading (like you can see on the process photos).
3. When ready, place it in a plastic bag or cover in plastic wrap and let rest for 15 minutes (or longer) on your kitchen counter.
4. Divide the dough into smaller pieces. Roll out dough using pasta machine. Cut dough into small squares roughly 10cm x 10cm. Or, if you prefer, use a biscuit cutter to create round shapes.
5. Fill, fold and cook using your favorite method or freeze for later use!
6. Enjoy!

Pumpkin and Ginger Steamed Dumplings

Dough: (Double recipe for 20 dumplings)

- 2 cups all-purpose flour
- 1 teaspoon instant yeast
- 1 teaspoon baking powder
- 4 tablespoons sugar
- Pinch or two of salt
- 1 tablespoon sesame oil, plus extra for rolling out dough
- 1/2 cup lukewarm stock or water

Filling:

- 1/2 pumpkin
- 4 silverbeet leaves
- 1 spring onion or green onion, diced fine
- 2 tablespoons fresh peeled ginger, minced
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon oyster sauce
- 1 teaspoon kecap manis
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil

In a bowl, mix the flour, yeast, baking powder, sugar, and salt together. Add the sesame oil and stir lightly. Slowly mix in the water and stir to combine. Knead the dough on a lightly floured, clean work surface until the dough is smooth, about 5 minutes. Place the dough ball into a medium size bowl, cover with plastic wrap and put into a larger bowl filled with 3 or so inches of hot water. Place these into either the oven or microwave and let rise for 30 minutes, or until dough doubles in size.

While the dough is rising, prepare the filling. Dice pumpkin into 1 cm cubes. Steam until soft. Steam silverbeet for 40 seconds- 1 minutes until wilted. Add the rest of the filling ingredients and mix thoroughly. Set the filling aside.

Forming the Buns:

After 30 minutes or more, the dough should have doubled in volume. Knead the dough lightly to expel any air pockets. Roll into a cylinder on a floured board, and cut into 8 equal pieces. Put a drop or two of sesame oil in your palm to coat hands (for each ball). Roll each piece into a ball, and place under a wet kitchen towel and allow to rest for 10 minutes (the dough will rise again).

Roll out dough into 4-inch diameter circles. Place a small ball of filling in center. Form pleats in dough as you seal the buns by twisting (make sure they have a nice seal).

Place finished buns on baking paper sheets.

To Cook:

Place the filled buns into warm bamboo steamer (layered with silver beet leaves to stop them from sticking) and let steam for 15 to 20 minutes. The buns will almost double in size.

Sushi

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: avocado (if available), carrot, cucumber

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
colander
medium saucepan and lid
bowls – 1 large, 2 small
mixing spoon
bamboo mat or non-stick
baking paper
serving platters

Ingredients:

1 cup sushi or short-grain rice
2 cups water
1 tbsp castor sugar
1 tbsp rice vinegar
 $\frac{3}{4}$ tsp salt
1 carrot, julienned
1 small cucumber, julienned
1 avocado (optional), sliced into batons
4 nori sheets
soy sauce, to serve
pickled ginger, to serve (optional)
wasabi, to serve (optional)



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Rinse the rice under running water and drain well.
3. Place rice and water in the saucepan and bring to the boil.
4. Reduce heat to low and simmer, uncovered, for 12–15 minutes, stirring occasionally, until all the water has been absorbed.
5. Remove from the heat and let stand, covered, for a further 10 minutes.
6. Place the cooked rice in the large bowl and allow to cool (it must not be warm).
7. Combine sugar, vinegar and salt in the small bowl, then stir the mixture into the rice.
8. Place one nori sheet, shiny-side down, on a bamboo mat (or baking paper). Make sure the longest edge of the nori is at the top of the mat.
9. Dip your hands into a small bowl of water (to prevent sticky fingers).
10. Spread a quarter of the rice over the bottom two-thirds of the nori sheet, leaving a small border around the edge.
11. Fill the centre with a row of carrot, cucumber and avocado.
12. Gently lift the end of the mat closest to you and roll it over the ingredients to enclose.
13. Continue rolling the mat forward to make a complete roll. With one hand on top, gently roll the mat back and forth a few times to make a nice round log.
14. Remove from the mat and use a sharp knife to slice the rolls at 1 cm intervals.
15. Serve with soy sauce, pickled ginger and wasabi, if using.

Vietnamese Rice Paper Rolls

Season: Winter

Makes: Approximately 30 small rolls

Fresh from the garden: bean sprouts, carrots, coriander, cucumber, eggs, garlic, lettuce, lime, Thai basil/Vietnamese mint

Being able to make rice paper rolls is a good skill to have – it might take a bit of practice at first but you'll quickly get the hang of folding the rice paper over the ingredients so it's firm but doesn't rip. Dipping sauces are also really easy to make – just remember to try to balance the flavour so it's not too salty, not too sweet.

Equipment:

medium saucepan
metric measuring scales, cups and spoons
clean tea towel
chopping board
knives – 1 cook's, 1 small
salad spinner
citrus juicer
colander
mixing bowls – 2 medium, 1 large and shallow
mixing spoon
whisk
wok
spatula
large platter to serve
small serving bowl

Ingredients:

120 g vermicelli noodles
3 tsp soy sauce
2 tsp fish sauce
1 tsp palm sugar
250 g firm tofu, sliced 5 mm thick and 50 mm long
4 eggs
2 tbsp sunflower oil
30 small rice papers
2 large or 4 small cucumbers, sliced as per tofu
1 large or 2 small carrots, sliced as per tofu
1 cup Thai basil/Vietnamese mint leaves
1 cup coriander leaves
1 handful of bean sprouts
1 iceberg or cos lettuce, washed and spun

For the dipping sauce:

1 garlic clove, peeled and finely chopped
juice of a lime
1 tbsp fish sauce
2 tbsp caster sugar
tiny drop of chilli sauce



What to do:

1. Put a saucepan of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the vermicelli by adding it to the boiling water for 1–2 minutes, then drain and allow to cool.

Vietnamese Rice Paper Rolls continued

4. Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar in a medium bowl. Marinate the tofu in this mixture.
5. Whisk the eggs the other medium bowl with a splash of soy sauce and fish sauce.
6. Heat the wok and add the oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
7. Remove from the wok, place on the chopping board and slice into long slivers.
8. Half fill the large, shallow bowl with warm water.
9. Dip a rice paper wrapper into the water and remove after 15 seconds. Place the wet rice paper wrapper flat onto a clean workbench or chopping board.
10. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper.
11. Roll over once, tuck the loose ends into the roll and then roll up.
12. Spread crunchy cos or iceberg lettuce leaves in a layer on the serving platter.
13. Stack the rice paper rolls onto your platter of lettuce to serve.
14. For the dipping sauce, mix all the dipping sauce ingredients together in a small serving bowl. Serve alongside the rice paper rolls.





Basic Pasta Dough

Season: All

Serves: 30 tastes in the classroom
or 4 serves at home

Fresh from the garden: eggs

This dough can be used as a base for fettuccine, linguine, ravioli and spaghetti.

Equipment:

metric measuring scales and spoons
mixing bowls – 1 large, 1 small
plastic wrap
clean tea towels
cook's knife
chopping board
pasta machine
pastry brush

Ingredients:

400 g plain flour, plus extra for dusting
2 tsp salt
4 eggs (70 g eggs)

What to do:

To make and rest the dough:

1. Combine the flour and the salt in the large bowl and then create a well in the middle of the flour.
2. Crack the eggs into the small bowl and then pour them into the well in the centre of the flour.
3. Use your hands to incorporate the eggs into the flour until the dough clings together and feels quite springy.
4. Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for up to an hour at room temperature.

To roll the dough:

1. Set up the pasta machine next to a clean dry space on your workbench. You can also spread clean tea towels next to the rollers to catch the pasta on.
2. Unwrap the dough and cut it into six pieces. Keep one piece out and fold the others back in the plastic wrap to stay moist.
3. Roll the dough into a ball and press it down on the board. Flatten and shape it into a rectangle about 8 cm wide.
4. Pass the dough through the widest setting of the pasta machine.
5. Fold the dough into three, then turn it 90 degrees and roll it through again. Do this three or four times, folding as necessary to keep the edges from getting too ragged. (This process is called 'laminating'.)

Cannelloni with Ricotta & Broad Bean Filling

Season: Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: broad beans, parsley

Recipe source: Teresa Oates, *Mangia! Mangia!*

The filling in this recipe uses beautiful, fresh broad beans, which lightens the dish.

Note: You need to prepare the pasta sheets and passata in advance.

Equipment:

metric measuring scales,
spoons and jug
clean tea towel
chopping board
cook's knife
large saucepan
colander
large bowl
fork
mixing spoon
baking dish
ladle

Ingredients:

500 g podded broad beans
pinch of salt, plus extra, to taste
1 quantity of **Basic Pasta Dough**
olive oil, for drizzling
¼ tsp pepper, to taste
650 g fresh ricotta
60 g parmesan, finely grated
1 large handful of parsley, roughly
chopped
750 ml **Passata di Pomodoro**
20 g grated mozzarella



What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. **Fill the large saucepan with water and bring to the boil.** Blanch the broad beans for 2 minutes, then drain.
4. Once cool enough to handle, remove the outer skins and transfer the beans to the large bowl.
5. Use the **Basic Pasta Dough** to make pasta sheets.
6. ***Refill the saucepan with water and bring to the boil.** Add a pinch of salt and the pasta sheets and cook until al dente. Drain and set aside. Drizzle over a little olive oil to prevent the sheets sticking together.
7. In the large bowl, mash the beans with the fork until you have a thick consistency. Season with salt and pepper.
8. Add the ricotta, parmesan and parsley and mix until well combined.
9. Lay the pasta sheets vertically on a flat work surface and place 1 tablespoon of filling along the end nearest to you.



10. Roll to completely encase and enclose the filling. Repeat until all the pasta sheets and filling are used.
11. Pour a ladleful of fresh tomato sauce in the bottom of the baking dish. Lay the cannelloni on top, then pour over the remaining tomato sauce to cover the pasta.
12. Sprinkle the grated mozzarella over the top and bake in the oven for 30–35 minutes.

***Adult supervision required.**



Tomato & Garlic Sauce

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, tomatoes

Once you understand the fundamental flavours you can adapt the recipe to your preference – adding onion, if you like, or chilli, as well as basil, oregano or marjoram. This sauce can be used on pasta, as a pizza topping, or as a base for casseroles and stews. Once you perfect your recipe you can make large quantities and preserve them for use over the cooler months.

Equipment:

metric measuring scales
and spoons
clean tea towel
chopping board
cook's knife
large frying pan
wooden spoon

Ingredients:

2 tbsp extra-virgin olive oil
3 or 4 garlic cloves, peeled and finely chopped
salt, to taste
1 kg tomatoes (or 3 tins of whole tomatoes),
roughly chopped
½ tsp sugar
freshly ground black pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the frying pan and add garlic and a pinch of salt. Cook for 30 seconds.
3. Add tomatoes, sugar and pepper.
4. Cook for at least 10 minutes, and up to 30 minutes. The final cooking time depends on the time you have available and the type of flavour you want the sauce to have: less cooking results in a fresher flavour, while longer cooking results in a deeper, more intense flavour.



Roasted Beetroot and Silver beet Pasta

Ingredients:

3 large beetroots, peeled and diced
2 garlic cloves finely chopped
5 leaves silverbeet, washed and finely chopped
2 handfuls fresh herbs (parsley or dill) washed and finely chopped
Zest and juice of lemon
150g crumbled feta
Salt and Pepper to taste

What to do:

1. Peel and dice beetroot and place on baking tray.
2. Dice silver beet stems and add to tray.
3. Finely chop garlic and add to baking tray. Season with salt and pepper.
4. Drizzle with 1tbsp olive oil and roast in oven until tender (oven 180c for 30mins)
5. Meanwhile finely slice silver beet leaves and herbs, stir together and add lemon juice and zest
6. Crumble feta into a bowl
7. When pasta is cooked, stir through roasted beetroot, herbs, silver beet, lemon and feta.
8. Serve!

Basic Pizza Dough

Season: All

Serves: 30 tastes in the classroom
or 8 at home

Pizza is a great dish at any time of the year, and once you've mastered the basic techniques you can use this dough and experiment with toppings based on any ingredients that are in season.

Note: This dough quantity is enough for two pizzas. Make a batch in advance as it will need time to rest.

Equipment:

metric measuring scales, cups and spoons
bowls – 1 small, 2 large
fork
pastry brush
clean tea towel
rolling pin

Ingredients:

1 cup lukewarm water
1 tbsp instant dry yeast
1 tsp sugar
1 tbsp extra-virgin olive oil, plus
extra for greasing
400 g plain flour,
plus extra for dusting
1 tsp salt

What to do:

1. Activate the dry yeast by placing it with the water and sugar in the small bowl and mixing with the fork. Leave it in a warm place for 5–10 minutes. It will start to look frothy as the yeast ferments the sugar into carbon dioxide.
2. Add the oil to the yeast mixture and mix well.
3. Place the flour and salt into a large bowl. Create a well in the centre.
4. Add the yeast mixture into the well.
5. Use your hands to incorporate the yeast mixture into the flour until the dough clings together and feels springy.
6. Tip the dough onto a clean, dry, floured workbench and knead for at least 8 minutes until the dough looks smooth.
7. Brush the inside of a large bowl with a little of the extra olive oil, then turn the dough into the oiled bowl.
8. Cover the bowl with a tea towel and put it in a draught-free place until the dough has doubled in size (at least 1 hour). This rise is called 'proving'.
9. Tip the dough onto the workbench and knead briefly. Shape it into a ball, return it to the bowl, cover with the tea towel, and leave for at least 20 minutes.
10. While the dough is proving you can prepare your toppings.
11. Once the dough has proved for the second time, roll it out and assemble the pizza.

Potato & Rosemary Pizza

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 8 at home

Fresh from the garden: potatoes, rocket, rosemary

This is a classic pizza topping. The potatoes need to be sliced very thinly so that they cook through properly, and this may take some practice (remember your 'bear claw'!). The rocket adds a fresh peppery element to the cooked dish.

Note: If you are using pizza stones, you will first have to assemble each pizza on a light piece of wood (a 'peel') or a baking tray. Turn the baking tray upside down prevent the edges stopping the pizza slipping easily onto the preheated stone.

Equipment:

metric measuring scales and cups
2 vegetable peelers
vegetable-slicing gadget such as a mandoline
salad spinner
clean tea towels
kitchen paper
chopping board
cook's knife
large bowl
rolling pin
2 × 28 cm pizza trays, or 2 pizza stones
pizza peels or baking trays (if using
pizza stones)
wide egg lifter
large board for serving pizza

Ingredients:

2 handfuls of rocket leaves
50 g parmesan, shaved with the vegetable
peeler
3-4 sprigs of rosemary, leaves separated from
stems and stems discarded
3 medium-to-large-potatoes, par-boiled
for 5 minutes, cooled then peeled and
thinly sliced
¼ cup extra-virgin olive oil
sea salt and freshly ground black pepper,
to taste
1 quantity **Basic Pizza Dough**
plain flour, for dusting
semolina flour, for dusting if using pizza
stones (optional)

What to do:

1. Preheat the oven to 200°C.
2. If using pizza stones, place them on a rack in the oven to get very hot.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Rinse the rocket leaves and dry them in the salad spinner.
5. Line a dry tea towel with a piece of kitchen paper to absorb any moisture, spread the rocket over the paper and roll the whole lot up like a log. Keep it in the refrigerator until needed.
6. Place the sliced potatoes into the large bowl and drizzle with most of the oil.



7. Add the rosemary and salt and pepper, then mix together so that all the slices are lightly oiled.
8. Divide the pizza dough into two equal pieces.
9. Sprinkle flour on a clean workbench and roll each piece of dough into a thin pizza base about 25 cm in diameter.

If you are using pizza trays:

1. Sprinkle flour on the trays, then carefully lay the pizza bases on the trays.
2. Arrange the slices of potato on the pizzas, overlapping them.
3. Sprinkle most of the parmesan over the top (keep some aside to serve).
4. Drizzle the rest of the oil over the pizzas, then place the pizzas in the oven.

If you are using pizza stones:

1. Sprinkle flour on the wooden peel or upside-down baking tray. Semolina flour is best for this.
2. Carefully lay each pizza base on the floured peel or baking tray.
3. Arrange the slices of potato on the pizzas, overlapping them.
4. Sprinkle most of the parmesan over the top (keep some aside to serve).
5. ***Carefully pull out the racks with the very hot pizza stones.**
6. Without touching them (they are very hot!), sprinkle semolina over the pizza stones. Shake the peel or baking tray and slide each pizza onto the stone.
7. Drizzle the rest of the oil over the pizzas, then slide the rack with the pizzas back into the oven.

To bake the pizzas:

1. Bake the pizzas for 15 minutes or until the edges are very crisp and the cheese is bubbling.
2. To get a crispy base on pizzas cooked on pizza trays, ***slide the pizzas off the trays onto the oven rack for the last few minutes.**
3. ***Remove the pizzas from the oven.** Transfer them to the serving board with the wide egg lifter.
4. Cut the pizza into slices so there is a slice each for your diners.
5. Serve topped with rocket leaves and the remaining parmesan.

*** Adult supervision required**



Leek & Silverbeet Pizza

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 8 at home

Fresh from the garden: garlic, leek, silverbeet, rocket or other salad leaves

The toppings on this pizza make it an ideal winter or spring dish. You will be using pizza dough prepared from the **Basic Pizza Dough** recipe.

Note: If you are using pizza stones, you will first have to assemble each pizza on a light piece of wood (a 'peel') or a baking tray. Turn the baking tray upside down prevent the edges stopping the pizza slipping easily onto the preheated stone.

Equipment:

metric measuring spoon and scales
clean tea towels
chopping board
cook's knife
vegetable peeler
frying pan
wooden spoon
large bowl
rolling pin
2 × 28 cm pizza trays, or 2 pizza stones
pizza peels or baking trays (if using
pizza stones)
wide egg lifter
large board for serving pizza

Ingredients:

2 tbsp olive oil
1 leek, green stalks discarded, finely
sliced
1 large handful of silverbeet leaves,
shredded
salt and pepper, to taste
50 g parmesan, shaved with the
vegetable peeler
1 garlic clove, peeled and finely
chopped
1 quantity **Basic Pizza Dough**
plain flour, for dusting
semolina flour, for dusting if using
pizza stones (optional)
rocket leaves as a garnish



What to do:

1. Preheat the oven to 200°C.
2. If using pizza stones, place them on a rack in the oven to get very hot.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Heat the frying pan on a low heat and add half the oil.
5. Sauté the leek until soft (about 5 minutes).
6. Add the silverbeet and season to taste. Cook just enough to wilt the silverbeet, then take off the heat and set aside in the large bowl.
7. Divide the pizza dough into two equal pieces.
8. Sprinkle flour on a clean workbench and roll each piece of dough into a thin pizza base about 25 cm in diameter.

If you are using pizza trays:

1. Sprinkle flour on the trays, then carefully lay the pizza bases on the trays.
2. Spread the garlic over the pizza bases.
3. Arrange the leek and silverbeet mix on the pizzas.
4. Sprinkle most of the parmesan over the top (keep some aside to serve).
5. Drizzle the rest of the oil over the pizzas, then place the pizzas in the oven.

If you are using pizza stones:

1. Sprinkle flour on the wooden peel or upside-down baking tray. Semolina flour is best for this.
2. Carefully lay each pizza base on the floured peel or baking tray.
3. Spread the minced garlic over the pizza bases.
4. Arrange the leek and silverbeet mix on the pizzas.
5. Sprinkle most of the parmesan over the top (keep some aside to serve).
6. ***Carefully pull out the racks with the very hot pizza stones.**
7. Without touching them (they are very hot!), sprinkle semolina over the pizza stones. Shake the peel or baking tray and slide each pizza onto the stone.
8. Drizzle the rest of the oil over the pizzas, then slide the rack with the pizzas back into the oven.



To bake the pizzas:

1. Bake the pizzas for 15 minutes or until the edges are very crisp and the cheese is bubbling.
2. To get a crispy base on pizzas cooked on pizza trays, ***slide the pizzas off the trays onto the oven rack for the last few minutes.**
3. ***Remove the pizzas from the oven.** Transfer them to the serving board with the wide egg lifter.
4. Cut the pizza into slices so there is a slice each for your diners.
5. Serve topped with rocket leaves and the remaining parmesan.

***Adult supervision required**

Pizza of the Imagination

Season: All

Makes: 2 × 26 cm pizzas

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

This recipe uses the **Basic Pizza Dough** recipe from Book 1 (page 104).

Suggestions for pizza toppings:

- Select two or three ingredients such as:
 - ham, tomato & mozzarella
 - mushroom & ricotta
 - potato & rosemary
 - pumpkin & feta
 - red onion, black olive & rosemary
 - thin slices of ham, fresh pear & rocket
 - ... or fresh seasonal tastes of your own!
- Consider thin slices of fresh vegetables like potato, onions, pumpkin and zucchini.
- Try different kinds of cheese like parmesan, ricotta or feta.
- Preserves and pastes are great toppings, e.g. pesto, tapenade, olives or roasted peppers.
- Use fresh herbs like basil, oregano, parsley, rosemary, sage, thyme ...

What to do:

1. Preheat the oven to 200°C.
2. Divide the pizza dough in half.
3. Scatter some flour on the workbench and roll each piece of dough into a thin pizza base about 25 cm in diameter.
4. Sprinkle flour on the trays, then carefully lay the pizza bases on the trays.
5. Arrange your topping on top.
6. Place the pizza in the oven.
7. Your pizza will need to bake for about 10–15 minutes, depending on your oven.
8. Transfer the cooked pizza to the chopping board using the spatula.
9. Cut the pizzas into slices so there is a slice for each of your diners.
10. Serve the pizza with fresh toppings of your choice, and a drizzle of extra-virgin olive oil if desired.

Beetroot Curry

Season: All

Makes: 30 tastes in the classroom
or 6 at home

Fresh from the garden: beetroot, curry leaves, garlic, ginger, onion

A vibrant yet mildly spiced curry, perfect for introducing new spices.

Note: Younger cooks may like to grate the beetroot instead of chopping it (if grating, reduce the cooking time by about 15 minutes). When in season, coriander is the perfect garnish for this dish.

Equipment:

metric measuring scales, jug
and spoons
clean tea towel
chopping board
cook's knife
peeler
medium saucepan, with lid
wooden spoon
serving bowl

Ingredients:

1 tbsp coconut oil
1 tsp black mustard seeds
½ tsp fenugreek seeds
1 tsp coriander seeds
6 curry leaves
1 cinnamon stick
1 red onion, sliced
2 cm ginger, finely sliced
2 garlic cloves, finely sliced
800 g beetroot (about 5 medium-
sized beets), peeled and cut into
1 cm-wide batons
1 tbsp white vinegar
400 ml coconut milk
salt, to taste



What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Heat the coconut oil in the saucepan on medium heat.
3. Put the mustard seeds into the oil and cook until the seeds start to pop.
4. Add the fenugreek and coriander seeds, curry leaves and cinnamon stick to the saucepan.
5. Cook until fragrant, stirring often. The curry leaves will become crisp.
6. Add the onion to the saucepan and sauté for 2–3 minutes, until translucent.
7. Put in the ginger and garlic and cook for another minute or two.
8. Add the beetroot to the pan and pour in the white vinegar and coconut milk.
9. Bring to the boil and reduce to a simmer.
10. Cover and cook for 25 minutes until the beetroot is tender.
11. Season to taste and dish out into a serving bowl.

Vimla's Vegetable Curry

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: coriander, curry leaves, eggplant, garlic, onion, potatoes, tomatoes

Recipe source: Adapted from a Vimla Hayman family recipe

Every Monday and Friday on the farm where Vimla grew up, the family ate meals without meat. The farm had many different vegetables, which Vimla's mum would combine with chickpeas or blue peas to make a balanced vegetarian meal with lots of protein. This recipe comes from Vimla and is inspired by her mum.

Equipment:

metric measuring spoons
and cups
clean tea towel
chopping board
cook's knife
colander
large saucepan
wooden spoon
serving dish



Ingredients:

2 tbsp olive oil
2 tsp cumin seeds
1 small handful of curry leaves
1 medium onion, finely chopped
2 tsp powdered turmeric
2 tsp garam masala
6 medium potatoes, diced into 2-cm cubes
2 eggplants, cut into 2-mm thick slices
400 g can chickpeas, drained and rinsed
4 garlic cloves, finely chopped
3 tomatoes, roughly chopped
1 cup water
¼ tsp salt, to taste
1 handful of coriander leaves, finely chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the large saucepan over a medium heat, add the cumin seeds and curry leaves, then stir for 1 minute.
3. Add the onion and fry until golden.
4. Add the turmeric, garam masala and potato, stir well to combine and cook for 5 minutes.
5. Add the eggplant slices and cook until soft.
6. Add the chickpeas, garlic, tomato and water, and stir over a medium heat until the sauce thickens.
7. Add the salt, to taste.
8. Sprinkle the coriander leaves over the curry, then mix it through.
9. Transfer the finished curry to the serving dish.
10. Serve as a banquet with **Basic Steamed Rice, Roti and Vimla's Dahl**, as well as other curries and vegetable dishes.



Seasonal Fruit Muffins

Season: All

Makes: 24 small or 36 mini muffins

Fresh from the garden: eggs, seasonal fruit

Choose fruit that you have in season and that you think will work well in a muffin.

Equipment:

metric measuring cups
clean tea towel
chopping board
cook's knife
bowls – 1 large, 1 small
2 mixing spoons
24-hole or 36-hole muffin tray
baking paper (optional)
wire cooling rack
serving platters

Ingredients:

3 cups self-raising flour
1 cup castor sugar
1 cup natural yoghurt
2 eggs
¾ cup sunflower oil, plus extra for greasing
2 cups seasonal fruit, roughly chopped

What to do:

1. Preheat the oven to 180°C.
2. Mix the flour and sugar together in the large bowl.
3. Create a well in the centre of the flour mix.
4. Mix together the yoghurt, eggs and oil in the small bowl.
5. Pour the egg mix into the flour and gently combine, gradually adding the chopped fruit (don't over work the batter).
6. Spoon the mixture into lined or lightly greased muffin tins.
7. Place the trays into the oven and bake for 20–25 minutes.
8. Cool for 5 minutes on wire racks before serving.
9. Transfer to your platter to serve.



Crumble

- 1/2 cup plain flour
- 1/2 cup rolled oats
- 1/4 cup brown sugar firmly packed
- 1/3 cup desiccated coconut
- 1/2 tsp ground cinnamon
- 90g butter, chopped

Method

1. Mix to combine flour, oats, sugar, coconut and cinnamon.
2. Rub in butter with fingertips until mix resembles coarse breadcrumbs.
3. Sprinkle topping over stewed fruit.

Mandarin and Chocolate Sweet Dip

Ingredients

- 4 mandarins
- 1 ½ cups yoghurt
- 2 tsp vanilla
- ¼ cup cocoa powder
- honey to taste

Preparation

Peel mandarins and take off white stringy bits.

In a bowl, gently mash mandarins- leaving a few chunks.

In a separate bowl, stir in yoghurt and cocoa until combined and add vanilla.

Stir in mandarins gently and add honey to taste.

Garnish with chia seeds, pepitas etc.

Mango Lassi

PREP TIME	10 mins
TOTAL TIME	10 mins
SERVINGS	2 servings
YIELD	2 Cups

Ingredients

- 1 cup chopped very ripe mango (see how to peel and chop mango), frozen chopped mango, or canned mango pulp
- 1 cup plain yogurt
- 1/2 cup milk
- 4 teaspoons honey or sugar, more or less to taste
- Dash ground cardamom, optional
- Ice, optional

Method

1. Add ingredients to the blender:

Put the mango, yogurt, milk, honey (or sugar), and cardamom into a blender and blend for 2 minutes.

If you want a more milkshake-like consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.

2. Serve with a sprinkle of cardamom:

Pour contents into a glass and sprinkle with a tiny pinch of ground cardamom to serve.

The lassi can be kept refrigerated for up to 24 hours.

Lemongrassade

Season: All

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: lemongrass, lemons, mint

Recipe source: Adapted from a recipe by Emma Lupin, Kitchen Specialist, Alawa Primary School, Northern Territory

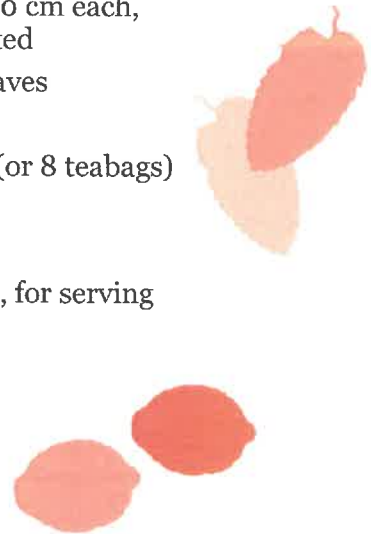
This is a delightful variation on traditional lemonade.

Equipment:

metric measuring jug and cups
kettle
clean tea towel
chopping board
cook's knife
vegetable peeler
grater
citrus juicer
wooden spoon
very large, heat-proof bowl
large plate to cover bowl
colander
large jugs or punch bowl for serving

Ingredients:

8 stalks lemongrass
2 knobs of ginger, about 10 cm each,
peeled and coarsely grated
1 large handful of mint leaves
juice of 8 lemons
8 tsp loose leaf green tea (or 8 teabags)
1½ cups honey
5 L boiling water
fresh ice and lemon slices, for serving



What to do:

1. Turn the kettle on to boil the water.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cut off and discard the dry root end of each of the lemongrass stalks. Cut off the top half of each stalk and set aside. Discard any damaged or brown outer leaves.
4. Cut each lemongrass stalk into four.
5. Whack or press hard against the lemongrass pieces with the back of the wooden spoon to bruise them.
6. Put the lemongrass pieces and the ginger into the very large, heat-proof bowl.
7. Add the mint leaves, lemon juice, teabags and honey to the large bowl.
8. ***Pour the boiling water into the large bowl.** (You may need to boil the kettle more than once.)
9. Cover the bowl with the large plate.
10. Leave the mixture to steep for 20 minutes. ***Put the bowl in the fridge to chill.**
11. Strain through the colander into your jug or punch bowl. Serve with ice and lemon slices and the top halves of the stalks as stirrers.

* Adult supervision required.



IMMANUEL GAWLER

KITCHEN  GARDEN

