

# AUTUMN COOKBOOK

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Mumbulla Kitchen Garden Program



2018



# Choc Chip Cookies

**Season:** All

**Serves:** 30 tastes

<b>Equipment:</b>	<b>Ingredients:</b>
Baking trays Baking paper Large mixing bowl Teaspoon measurements Tablespoon	1 1/3 cup all-purpose gluten-free flour 3/4 teaspoon bi-carb 1/4 teaspoon salt 1/4 cup sugar 1/2 cup brown sugar 50g unsalted butter, at room temp. 50g (4 tablespoons) coconut oil, liquid 1 egg, plus one egg yolk, beaten 2 teaspoons vanilla 170g choc chips

## **Method:**

Preheat oven to 160C and line baking trays with baking paper.

In a large bowl place flour, bi-carb, salt, and sugars; mix to combine. Create a well in the center of the dry ingredients and add butter, coconut oil, egg, egg yolk and vanilla, mixing to combine after each addition. Mix in chocolate chips.

Use tablespoon-size pieces of dough to roll into a ball then flatten into a disk and place on the prepared trays.

Bake for ten minutes. Remove from the oven and allow to cool for at least ten minutes.

# Feta, Greens & Chickpea Fritters

**Season:** Autumn

**Serves:** about 12

<b>Equipment:</b>	<b>Ingredients:</b>
Knife	olive oil to fry in
Cutting board	400g tin chickpeas
Mixing bowl	¼ cup chia seeds
Large frypan	4 eggs
Spatula	1 teaspoon grated lemon rind
Serving plate	1 cup chopped parsley (or other herbs)
Tongs for serving	100g shredded greens (silverbeet, spinach, kale, etc.)
	100g feta, crumbled
	Salt & pepper to taste

## **Method:**

Place chickpeas in a large bowl and crush with a fork. Add all other ingredients to the bowl and mix until well combined. Allow mixture to set for 20 minutes to thicken.

Heat oil in frypan. Pour ¼ cup fritter mixture into pan and fry on both sides (2-3 minutes) until brown. Place on paper to absorb excess oil. Repeat until all the fritter mixture has been cooked.

Serve topped with Sour Cream Sauce and/or Tahini Dressing.

# Mexican Bean Dip

**Season:** Autumn

**Serves:** 30 serves

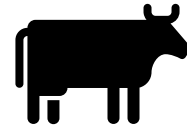
<b>Equipment:</b>	<b>Ingredients:</b>
Knife Cutting board Large saucepan Wooden spoon Large serving spoon Serving bowl	Olive oil 1 red onion, chopped 2 cloves garlic, minced 1 capsicum, chopped Mexican chili powder to taste 2 x 400g chopped tomatoes or fresh 2 x 400g canned beans (black, kidney, pinto, etc.) 1 x 125g can corn or fresh Toppings: 1 bunch coriander or parsley, finely chopped Grated cheese Yogurt/sour cream Avocado

## **Method:**

Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook, stirring, for 3 to 4 minutes or until soft. Add capsicum and chilli powder. Cook, stirring occasionally, for 2 to 3 minutes or until capsicum is just tender.

Add tomato paste, tomato, beans, corn and sugar. Bring to the boil. Reduce heat to low. Simmer for 20 minutes or until mixture has slightly thickened. Top with coriander, cheese, sour cream/yogurt and avocado if desired.

Serve hot with corn chips, or over rice with a green salad on the side.



# Milk and Honey Bread

**Season:** Autumn

**Serves:** 30 tastes

<b>Equipment:</b>	<b>Ingredients:</b>
Small sauce pan Mixing bowl Baking tin Oven mittens	1 cup milk 2/3 cup honey 60g butter 2 eggs 2½ cup g/f flour 1 tablespoon baking powder 1 teaspoon salt 1 cup walnuts

## **Method:**

Preheat oven to 160C.

Line bread tin with baking paper.

Gently heat milk and honey together in a small saucepan until honey is dissolved, remove from heat and stir in the butter. When the mixture is cooled slightly, beat in the eggs.

In a separate bowl mix flour, baking powder & salt together. Add flour mixture to the first mixture, beating well. Stir in walnuts.

Pour into prepared loaf pan.

Bake for 60 minutes.

# Pumpkin, Coconut & Chickpea Curry

**Season:** Autumn

**Serves:** 30 serves

<b>Equipment:</b>	<b>Ingredients:</b>
Knife Cutting board Large saucepan Wooden spoon Large serving spoon Serving bowl	Pumpkin, 1.8kg Olive oil 2 large onions, chopped 8 cloves garlic, minced Piece of ginger (8cm), minced 1 chili, finely chopped 1 bunch coriander, chopped 4 x 400g coconut cream 2 x 400g chopped tomatoes or fresh 4 x 400g chickpeas Curry powder to taste

## **Method:**

NOTE: be careful of the chili!!

Cut pumpkin into 3cm chunks. Peel garlic, ginger and onions, then place in food processor along with chili and chop. Chop coriander and set aside. Chop tomatoes if using fresh and set aside.

Pour oil in pan and heat on medium. Add onions, garlic, chili and ginger to the oil and cook for a few minutes until fragrant. Add a couple teaspoons of curry powder and cook another minute. Add coconut cream, chickpeas and tomatoes to the pan. Bring to a boil, then reduce heat to simmer. Cook about 45 minutes.

Stir in coriander. Taste curry and adjust for seasoning -curry powder, salt & pepper to taste.

Serve hot over rice with a green salad on the side.

# Roasted Mixed Vegetables

**Season:** Autumn

**Serves:** 35 serves

<b>Equipment:</b>	<b>Ingredients:</b>
Knife Cutting board Large baking tray Baking paper Spatula Serving platter Tongs	potatoes, peeled and roughly chopped sweet potatoes, peeled and roughly chopped onions, peeled and roughly chopped other root vegetables of choice, peeled and roughly chopped Olive oil Salt

## **Method:**

Preheat oven to 170C. Line a baking tray with baking paper.

Peel & chop vegetables and place in large bowl with olive oil and a pinch of salt. Mix together until vegetables are well coated.

Spread on prepared baking tray and place in oven.

Bake for 30-45 minutes (depending on size of veg).

# Sauteed Greens



**Season:** Autumn

**Serves:** 35 tastes

<b>Equipment:</b>	<b>Ingredients:</b>
Skillet, large	Olive oil
Serving platter	Kale
Serving spoon	Onion, sliced
Knife	Zucchini, sliced
Cutting board	Salt & pepper taste

## **Method:**

Chop kale and slice onions & zucchinis.

Place olive oil in a skillet and heat. Sautee onions until well cooked and caramelized. Add zucchinis to the pan and cook until slightly brown. Add kale on top and allow it to cook. Check for seasoning, add salt & pepper as desired.

Remove from heat and transfer to a serving bowl/platter.



# Sour Cream Sauce

**Season:** All

**Serves:** 30 tastes

<b>Equipment:</b>	<b>Ingredients:</b>
Knife Cutting board Lemon juicer Grater Serving bowl Serving spoon	Sour cream or Greek yogurt Parsley and/or other herbs, chopped Lemon juice (and grated peel if necessary or preserved lemon) Salt & pepper to taste

## **Method:**

Place sour cream/yogurt in a bowl along with lemon juice and grated peel and chopped herbs. Add salt & pepper to taste.

Serve over Feta, Greens & Chickpea Fritters.

# Tahini Dressing

**Season:** All

**Serves:** 30 tastes

<b>Equipment:</b>	<b>Ingredients:</b>
Knife Cutting board Lemon juicer Garlic press Serving bowl Serving spoon	Tahini Hot water Fresh garlic, minced or pressed Lemon juice Salt to taste

## **Method:**

Place tahini, garlic, lemon juice and salt in a bowl. Add a bit of hot water and mix. Add salt & pepper to taste. You may need to add more hot water to create a sauce that can be poured over veggies or salad (tahini tends to be quite thick).

Serve over Feta, Greens & Chickpea Fritters and Crunchy Roast Pumpkin.

# Tomato, Lemon & Lentil Sauce

**Season:** Autumn

**Serves:** 30 tastes

<b>Equipment:</b>	<b>Ingredients:</b>
Knife Cutting board Large saucepan Large spoon Serving bowl	Olive oil Onions x 4, chopped Garlic cloves x 10, minced 4 handfuls of thyme, chopped 4 x 400g tin lentils 8 x 400g tin tomatoes Juice of 3 lemons (or to taste) 4 handfuls of basil, chopped Salt & pepper to taste

## **Method:**

Chop onions and herbs.

Peel garlic and put through garlic press.

Cut lemons in half and juice.

Put olive oil in a saucepan and heat. Add onions and sautee for about ten minutes until soft and browned; then add garlic, quickly add tomatoes, lentils and lemon juice so garlic doesn't burn (it will become bitter). Bring to a boil, then reduce heat to simmer until thick (about 20 minutes). Add herbs and stir though, let cook for an additional few minutes.

Add salt & pepper to taste.

Serve over roast vegetable.



# Sour Cream Cookies

**Season:** Autumn

**Serves:** 60 cookies

<b>Equipment:</b>	<b>Ingredients:</b>
Beaters	2 eggs
Mixing bowl x 2	½ cup sugar
Baking tray(s)	½ cup sour cream
Serving plate	75g butter, melted
Spatula	½ t vanilla
Oven mittens	2 cups g/f flour
	½ t baking soda
	¼ t nutmeg

## **Method:**

Preheat oven to 190C.

Rub butter onto baking tray. Or line with baking paper.

Beat eggs well, then add sugar, sour cream, butter and vanilla, beating until well incorporated.

Mix flour, baking soda & nutmeg together in a separate bowl. Add flour mixture to the first mixture, beating well. Arrange by teaspoonful, two centimeters apart on the baking tray.

Bake for 10 minutes.