

WINTER COOKBOOK

Mumbulla Kitchen Garden Program



2018

Corn Bread

Season: All

Serves: one loaf

Equipment:	Ingredients:
Small sauce pan Mixing bowl Baking tin Oven mittens	1 ¼ cups flour of choice (wheat, gluten-free) ¾ cup corn meal 4 tablespoons sugar 5 teaspoons baking powder ¾ teaspoon salt 1 egg 1 cup milk 2 tablespoons butter, melted

Method:

Preheat oven to 190C.

Line bread tin with baking paper.

Gently heat butter in a small saucepan, remove from heat and allow to cool slightly.

In a separate bowl mix flour, corn meal, baking powder, sugar & salt together to make the dry mixture. Mix milk and egg together (wet mix). Add wet mixture and cooled butter to the first (dry) mixture, beating well.

Pour into prepared loaf pan.

Bake for 35 minutes, or until brown around the edges.

Serve hot with butter.

Parfait

Season: All

Serves: 30 tastes

Equipment:	Ingredients:
30 glasses (not cups – need to be see-through) 30 spoons Serving spoons	Toasted muesli (granola) Yogurt Fruit (other toppings of choice)

Method:

Layer muesli, then yogurt, then fruit in a glass. You can top with a dollop of yogurt and a sprinkle of muesli if desired.

Pumpkin Curry Soup

Season: Winter

Serves: 30 tastes

Equipment:	Ingredients:
Knife Cutting board Large saucepan Large spoon Serving bowl Ladle	Pumpkin, roasted (and sweet potatoes if desired) Olive oil or coconut oil Onions, chopped Vegetable (or chicken/beef) stock Coconut cream or milk Salt & pepper to taste Curry powder/paste if desired

Method:

Roast pumpkin.

Chop onions.

Put oil in a saucepan and heat. Add onions and sauté until golden and sweet; add stock and roasted pumpkin. Bring to a boil, then reduce heat to simmer. Add salt & pepper to taste and curry if using (yellow curry is good, but so is Thai red curry paste especially if you are using sweet potatoes too).

Puree with bar mix until smooth. Add coconut cream.

Serve hot.

Spinach Provençale

Season: Winter

Serves: 4

Equipment:	Ingredients:
Baking dish Mixing bowl Measuring cups Large cooking pot Wooden spoon Knife Cutting board	1kg fresh greens (kale, Swiss/rainbow chard, silverbeet, Warrigal greens, spinach, etc. or a mix of them) 1 large onion, chopped 1 garlic clove, minced Olive oil for the pan Butter 2 eggs, beaten 1 cup fresh-grated Parmesan cheese Salt & pepper to taste

Method:

Preheat oven to 190C.

Wash greens and dry. Chop onion and garlic.

Heat oil in pan, then sauté onions until caramelized; add garlic and cook for a minute being careful not to burn it (as it will become bitter). Add greens to pot and cover tightly; allow to cook for a couple minutes. The greens will cook down to only a fraction of their original size. Turn off heat and remove lid; mix well to combine. Allow to cool slightly.

Butter a baking dish. In a mixing bowl beat the eggs well and mix in half the cheese, salt & pepper.

Place slightly cooled greens in the baking dish then pour egg mixture over the top. Sprinkle the rest of the cheese over the top and dot generously with butter.

Bake for 10-15 minutes, until cooked through, and serve hot.

The dish goes well next to lentil dishes, red meats or for breakfast with a bit of chutney.

Toasted Muesli (Granola)

Season: All

Serves: 1.5kg

Equipment:	Ingredients:
Baking trays	5 ½ cups rolled grains (oats, rice, barley quinoa, etc.)
Baking paper	1 cup shredded coconut
Large mixing bowl	2 cups seeds (sunflower, pumpkins, etc.)
Teaspoon measurements	2 cups chopped nuts (almonds, hazelnuts, etc.)
Tablespoon	3 tablespoons coconut oil'
Measuring cups	6 tablespoons sweetener (honey, maple syrup or rice malt syrup)
	2 cups dried fruit

Method:

Preheat oven to 130C and line baking trays with baking paper.

In a large bowl place all dry ingredients – rolled grains, nuts, seeds and coconut; mix to combine.

Mix all wet ingredients in a separate bowl. Create a well in the center of the dry ingredients and add wet ingredients, mixing well to combine.

Spread mixture evenly on the prepared trays.

Bake for 30 minutes, take trays out of oven and stir mixture so all sides become toasted. Place in over for additional 30 minutes.

Remove from the oven and allow to cool before adding the dried fruit. Store in an air-tight container for up to 2 weeks.

Serve with milk, use on top of yogurt, use in a parfait or sprinkle on top of ice cream.

NOTE: to make a chocolate version add 2 tablespoons of raw cacao to the liquid mixture.

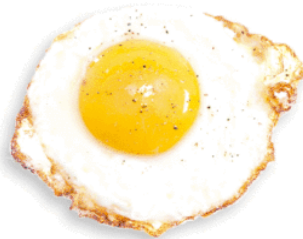
THE BEST EGGS

▶ YOUR FAVORITE EGGS AND HOW TO BEST MAKE THEM



DEVILED EGGS

▶ HARD BOIL EGGS. CUT IN HALF. MASH YOLKS, ADD IN MAYONNAISE, MUSTARD, & VINEGAR. ADD S & P. SPOON MIXTURE INTO EGG HALVES.



FRIED EGGS

▶ HEAT OIL IN SKILLET OVER MEDIUM - HIGH, ADD EGGS AND SALT & PEPPER, FRY 2-5 MINUTES



SOFT BOILED EGGS

▶ BOIL EGGS 6 MINUTES. CHILL.



HARD BOILED EGGS

▶ ADD EGGS TO COLD WATER; BRING TO A BOIL, REMOVE FROM HEAT; COVER. WAIT 10 MINUTES. CHILL.



SCRAMBLED EGGS

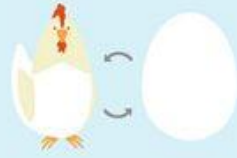
▶ BEAT 2 EGGS WITH SALT & PEPPER, MELT BUTTER IN NONSTICK SKILLET OVER MEDIUM - LOW, ADD EGGS. COOK, STIRRING, 2 MINUTES



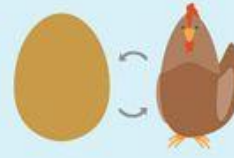
POACHED EGGS

▶ ADD 1 TABLESPOON VINEGAR TO SIMMERING WATER, ADD CRACKED EGG, COOK 2 MINUTES

A SIMPLE GUIDE TO EGGS



white vs. brown
NUTRITIONALLY EQUAL



GRADE B



GRADE A



GRADE AA



PEE WEE



SMALL



MEDIUM



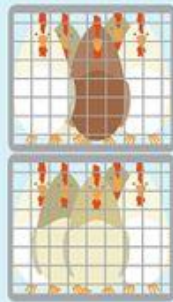
LARGE



EXTRA LARGE



JUMBO



BATTERY CAGE or
FACTORY-FARMED
(most common)



☹️ karma ⓧ little or no US regulation
\$-\$\$\$ price ⓧ US federal regulation



FREE RANGE



CERTIFIED ORGANIC



CAGE FREE



CERTIFIED HUMANE



SOFT BOILED

boiled shell on
firm white, runny yolk



HARD BOILED

boiled shell on
firm white, solid yolk



OVER BOILED

boiled shell on
chalky yolk with green ring



POACHED

boiled directly in
water, sans shell



SUNNY SIDE UP

fried on one side
firm white, runny yolk



OVER EASY

fried on both sides
firm white, runny yolk



OVER HARD

fried on both sides
firm white, firm yolk



SCRAMBLED

whites + yolk
mixed and fried