

SPRING COOKBOOK

Mumbulla Kitchen Garden Program



2018

Avocado Cream (created by Class 3)

Season: Spring/Summer

Serves: 30 tastes

Equipment:	Ingredients:
Knife	2 large avocados
Cutting board	Juice of 1-2 lemons
Large Bowl	Fresh chopped chives
Handheld mixer or food processor	500g sour cream
Juicer	Salt & pepper to taste

Method:

Scoop out flesh from avocados and mix with sour cream, lemon juice, salt & pepper in a food processor or puree with a hand-held mixer. Stir in chives and taste for seasoning.

Serve with corn chips and beans or other Mexican fare.

Easy Chocolate Coconut Cookies

Season: All

Serves: 10-15 cookies

Equipment:	Ingredients:
Baking trays	2 cups shredded coconut
Baking paper	½ cup raw cacao
Large mixing bowl	½ cup honey
Teaspoon measurements	2 eggs
Teaspoon	2 teaspoons vanilla

Method:

Preheat oven to 180C and line baking trays with baking paper.

Place all ingredients in a large bowl and mix well to combine.

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

Bake for 15-18 minutes (if making bite-sized cookies, bake for 10 minutes).

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

Elderflower Fritters (Pancakes)

Season: Spring

Serves: 10-15

Equipment:	Ingredients:
Large frypan	10-15 elderflowers
Tongs	2 cups flour (wheat, white or gluten-free)
Mixing bowl	2 cups milk
Wooden spoon	2 eggs
Serving tray lined with paper	Pinch of salt
	Oil for frying

Method:

Combine flour, milk, eggs and salt in a bowl and mix well.

Heat oil in frypan. Dip flowers in batter and place in hot oil to cook, turning over once browned. When cooked on both sides, place on lined tray to drain.

Serve with honey, berries and cream.

Feta, Greens & Chickpea Fritters

Season: Spring

Serves: about 12

Equipment:	Ingredients:
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: Spring/Summer

Serves: 30 tastes

Equipment:	Ingredients:
Large cooking pot Wooden spoon Knife Cutting board	1 large onion, chopped 3 garlic cloves, minced Olive oil for the pan 4 tins black beans (or other beans) corn cobs x 4 chopped tomatoes x 8 Mexican spice mix to taste Salt & pepper to taste Fresh coriander and oregano to taste

Method:

Chop onion and garlic. Cut corn off cobs.

Heat oil in pan, then sautee onions until caramelized; add garlic and cook for a minute being careful not to burn it (as it will become bitter). Add corn to pot and sautee for a couple minutes. Put beans and tomatoes into pot and allow to cook for a couple minutes.

Taste dip and add salt, pepper and Mexican spice mix (or fresh coriander and oregano).

Serve with corn chips, sour cream, shredded lettuce, cheese and/or fresh guacamole (and hot sauce if you like it).

Nice Cream

Season: Spring/Summer

Serves: 30 tastes

Equipment:	Ingredients:
Knife Cutting board Food processor Serving bowl Serving spoon	Frozen, chopped bananas Coconut milk or milk of choice Vanilla, optional (other options below)

Method:

Chop bananas and freeze.

Place frozen bananas in a food processor along with a bit of milk and vanilla if using. Process until bananas are the consistency of ice cream (you may need to add more milk as you go).

Eat immediately before it gets too soft.

Other options-

Chocolate & Banana: add some raw cacao to the above mixture.

Peanut Butter & Banana: add a scoop of PB (or almond butter or tahini) to mixture.

Banana Berry: add frozen berries of choice to the mix.

Banana Cinnamon: add a shake or two of cinnamon to the mixture.

The Hulk: add a handful of baby spinach, some avocado and pineapple to the mixture.

Banana Bread: add cinnamon and vanilla with copped walnuts and shredded coconut.

Tropical: frozen mango, pineapple and/or other tropical fruit like pawpaw.

Salsa

Season: Spring/Summer

Serves: 30 tastes

Equipment:	Ingredients:
Knife Cutting board Serving bowl Serving spoon	6 fresh tomatoes, chopped Handful of chopped Spring/green onion Juice of 1 lemon Salt & pepper to taste Other seasoning if desired (e.g. oregano, chilies, chives, etc.)

Method:

Chop all ingredients and mix in a bowl. Taste and adjust seasoning as needed.

Enjoy with Mexican bean dip, avocado cream and corn chips.

Spring Frittata

Season: Spring

Serves: family of 4-6

Equipment:	Ingredients:
Knife	8 eggs
Cutting board	1/3 c milk or cream (or a mixture)
Skillet	Salt & pepper
Wooden spoon	Crumbled feta or grated cheese
Baking tray	Olive oil or butter
Bowl	1 onion, chopped (or a few Spring onions, finely sliced)
Whisk	2 handfuls shredded greens
	2 – 3 handfuls of other Spring veg (e.g. asparagus, beans)
	Chopped herbs if desired

Method:

Place eggs, milk, cheese, salt and pepper in a bowl and whisk.

Chop vegetables and herbs if using.

Preheat oven to 200C.

Heat skillet on medium, add oil/butter. Sautee onions and any other veg you are using (except the greens). Once cooked add greens and cook for another minute or two – until the greens wilt. Turn off heat.

Place vegetable mixture evenly in an oven-safe tray, then pour egg mixture over the top. Put in the oven to cook for around 20 minutes or until lightly browned on top.

Remove from heat and serve with a side salad.

Note: to make a quiche, use pastry sheets on the bottom of your baking dish – follow the instructions on the pack (you can buy these in the frozen section of the grocery).

Tomato Sauce

Season: All

Serves: 4-6 for dinner (more if used as a dip/dressing)

Equipment:	Ingredients:
Knife Cutting board Large saucepan Large spoon Serving bowl	Olive oil Onion, chopped Garlic cloves x 2, minced 2 x 400g tin tomatoes (or fresh) Juice of 1 lemon (or to taste) Handful of fresh herbs, chopped Salt & pepper to taste Tomato paste (if you want a thicker sauce)

Method:

Chop onion and herbs (if using); peel garlic and put through garlic press; cut lemon 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, herbs 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 salt & pepper to taste.

Serve over roast vegetable, fritters, steamed broccoli.....

Seasonal Variations

Spring: add fresh-shelled peas, shredded greens and/or spring onions

Summer: add sliced or grated zucchini/squash and basil

Autumn: add capsicum, chilies and/or eggplant

Winter: add chopped broccoli, shredded greens, preserved lemon