

Kitchen Garden at Collingwood College 2019

Name of Recipe: Pumpkin & Date *Agro-dolce*

Volunteer Notes: *agro dolce* is translated as “sour” “sweet” It is a TRADITIONAL ITALIAN flavour combination. This flavoursome sauce can be used on vegetables, fish or meat.

Oven on at 200 °C

From our garden: Pumpkin, all herbs, lemon's

Note: this sauce has Honey (not vegan)- we can use brown sugar> see Des

What to collect	What to do
1 and ½ kg Pumpkin	Divide the pumpkin so each student has some to prepare. Lay the flat side down so it is stable and cut skin off, then into 2 cm thick rough dice.
80ml olive oil Baking tray lined with baking paper 10 sprigs Thyme- take off leaves 4 sprig Sage-take off leaves 2 sprig Rosemary-take off leaves 6 Bay-leave	Toss all the pumpkin in a bowl with oil, herbs, place in the oven for 15 minutes to cook. Remove once cooked and tip into a large bowl to toss with the sauce and extra herbs.
Sauce: Thick-based sauté pan 40 ml of XV Olive Oil 2 x onion, finely sliced 1 tbsp red or sherry vinegar 1 tblsp our quince/crab-apple jelly 1/2 x lemon- Juiced ½ cup honey 100ml water Portion dates/snip with scissors 10 sprig Parsley-pick/wash/spin dry/finely chopped Wooden spoon	Heat the sauté pan, add oil and gently sauté the onions until soft. Mix the vinegar, jelly, water, lemon juice & honey and add to the pan. Cook the sauce until thickened and taste for balance (sweet & sour). Once sauce is ready, add dates to soften in the warm sauce. Tip the sauce over the roasted pumpkin in mixing bowl. GENTLY Mix the chopped parsley through, taste the seasoning. Adjust if needed.
Calendula flowers for decoration Serving bowls & spoons	Divide into 3 small bowls and decorate with edible flowers