

# Autumn Apple Crumble

Fresh from the garden: Apple

<b>Equipment:</b> Clean tea towel Chopping boards Cook knife Frypan Wooden spoon Metric measuring scales, cups and spoons Bowl Grater Peeler Baking tray	<b>Ingredients:</b> 12 eating apples (you can use a mixture of varieties). 30 grams sugar Lemon zest 200 grams flour 150 grams softened butter 75 grams sugar (you can use a combination of different sugars, but brown sugar is nice) One handful of porridge oats (around 90 grams) 2 teaspoons of vanilla
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## What to do:

- Peel the apples.
- Cut up the apples into chunks (they can be different sizes).
- Set up the frying pan and start to warm it.
- ADD FOOD AND LIQUIDS TO A WARM FRYPAN GENTLY AND CLOSE TO THE PAN  
- You don't want it to splash up at you!
- Add the apples to the fry pan with a splash of water.
- Add 30 grams of sugar and some lemon zest (just a few strokes on the grater).
- Put the lid on and cook the apples for 5 minutes.
- When cooked add to a baking tray
- Let's make the topping ...
- Add 200 grams flour and 150 grams of butter to a bowl and mix with your fingertips.
- Add 75 grams sugar and 2 teaspoons of vanilla and mix with your fingertips.
- Add porridge oats and mix.
- Spoon over the apples and bake at 180 degrees for 30 minutes or until golden.

**Notes:** Thanks to the Newham Institute Orchard and the wonderful people who tend it for donating us the apples.



# Green Salad

**Fresh from the garden:** tomatoes, carrots, cucumbers

Thanks to Stephanie Alexanders Kitchen Garden Shared Table for recipe inspiration.

<b>Equipment:</b> Clean tea towel Chopping board Cooks knife Bowl Jug Fork	<b>Ingredients:</b> 12 or so small tomatoes 4 carrots chopped into matchstick sized pieces 2 cucumbers, cut into 2 cm cubes. Rocket or baby spinach or lettuce Spring onion tops, sliced finely 3 tbsp extra-virgin olive oil 3 tsp red-wine vinegar pinch of salt freshly ground pepper
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## What to do:

- Prepare all of the ingredients based on the instructions above and place in a mixing bowl.
- To make the dressing, whisk the oil and vinegar lightly with a fork. Pour the dressing over the salad and mix well.

**Notes:** Thanks to the Newham local, Fran Spain for the delicious tomatoes used in the salad.

# Spanakopita

**Fresh from the garden:** chives, garlic, parsley, winter greens (spinach, kale, or silverbeet)

Thanks to Stephanie Alexanders Kitchen Garden Shared Table for recipe inspiration.

<b>Equipment:</b> Kitchen scissors Wooden or mixing spoon Colander Grater Metric measuring scales, cups and spoons Bowl Grater Garlic crush Baking tray Pastry brush Small knife	<b>Ingredients:</b> 6 Spring onions, finely chopped 2 garlic cloves, crushed 1/4 tsp nutmeg, freshly grated 1/4 tsp black pepper, freshly ground 1 very large bunch of winter greens, stems removed, leaves washed, dried and finely chopped. 3 tbsp fresh chives, chopped a handful of parsley chopped 4 eggs 200 grams feta cheese 200 grams ricotta 80 g parmesan freshly grated 1/4 cup olive oil 16 sheets filo pastry
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## What to do:

- Preheat the oven to 180 degrees Celsius
- Crack the eggs into a large bowl and whisk. Put the shells in the scape bucket and clean any dips up.
- Gently fold in the cheeses.
- Prepare the greens and add to the bowl and stir to combined mixture.

To assemble and cook spanakopita:

- Brush the baking dish with oil. Put one sheet of filo pastry in the tray and brush with oil. Keep layering and brushing until you have used half the pastry. You may need to overlap the pastry to ensure the entire bottom and sides of the tray are covered in pastry.
- Add the filling into the middle.
- Lay the remaining filo over the filling, one sheet of pastry at a time, brushing each sheet with oil.
- Coat the top sheet lightly with oil and tuck any overlap into the sides and corners of the baking dish.
- Score the top layer of filo into diamonds.
- Bake for 30 - 40 minutes until golden brown.
- Follow the score lines to cut up the pie and serve.

**Notes:** Thanks to the Newham local, Jim Samson for the donation of greens used in our spanakopita.



