

Kitchen Garden at Collingwood College Term 1, 2019

Name of Recipe: Brown Rice Salad, celery, roast pumpkin, apples & herbs.

Volunteer Notes: Rice will take 30 mins to cook in the rice cooker-there will be **1 portion for your group to start with.** Please put rice on for the following lesson after your dish is made.

Oven on 200 oc.

From our garden-Trombone Zucchini, Celery, Chard, Silver-beet, Parsley, Bay-leaf, Oregano, Thyme, Spring onion, Mint, Pumpkin, edible flowers

| What to collect | What to do |
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| <p>1 x large mixing bowl 1 x rice cooker 2 cup long grain brown rice 4 cup water 1 x tsp salt 1/2 tsp pepper freshly ground</p> <p>Portion of Trobone zucchini, washed-cut into ½ & diced Portion of pumpkin- skin off and into small 2cm dice 3 x apples (skin on or off) cut off the core and diced Thyme sprigs, salt flakes/pepper/olive oil. Roasting tray lined with baking paper</p> <p>1 heavy based pan 2 x stalks Celery, finely diced 3 x bay leaves 2 x clove garlic-chopped finely Splash olive oil Seasoning</p> | <p>For the next cooking class></p> <p>Wash brown rice under cold water in a colander, then put into the rice cooker with measured cold water, seasoning & bay-leave's, turn on. It will take approximately 30 minutes to cook.</p> <p>Prepare the pumpkin careful-always cutting skin off with the knife firmly in your grip. Toss pumpkin dice with apples, zucchini & some olive oil, seasoning, thyme, oregano and roast until soft but not mushy. Set aside to cool. Add to the large mixing bowl when cool.</p> <p>Heat oil in pan over medium heat, add celery & chopped garlic, cook 3 minutes, set aside.</p> <p>Add celery into the bowl.</p> |
| <p>Herbs> parsley, lots, washed & chopped Oregano sprigs/thyme picked, washed & chopped Mint, picked, washed & sliced thinly</p> | <p>Prepare all the herbs.</p> <p>Prepare the spring onion, add all to the large bowl.</p> |

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| 4 x Spring onions, washed, sliced thinly | |
| 1 x orange zest & juiced | <p>1 person to zest orange, juice & set both aside in a bowl.</p> <p>Add the orange zest/juice to rice & prepared vegetables.</p> <p>Stir gently and taste for correct seasoning.</p> |
| <p>3 bowls or platters</p> <p>Edible flowers/herbs sprigs (mint/parsley)</p> | Divide into 3 bowls, garnish with herbs. |