

Kitchen Garden at Collingwood College Menu 4-2022

Name of Recipe: Baked Kale Leaves with edible Flowers

Volunteer Notes: This group will set tables while leaves are drying.

Please put the oven onto 180o.c. and leave on for other classes.

From our garden: Kale & Edible Flowers

Each student will get 1-2 Kale leaves

What to collect	What to do
<p>4 x Roasting trays-line with baking paper</p> <p>Portion of Kale, checked for bugs washed each separately & dried well.</p> <p>80 ml XV Olive oil Small bowls & pastry brushes Salt flakes</p> <p>Edible flowers-pick off petals 3-x platters 3 x tongs</p>	<p>Separate the kale leaves. Wash each gently & lay on clean towels to dry. Set tables now. Each student will dry leaves well, then paint with olive oil both sides. Lay onto trays for baking.</p> <p>Sprinkle a very small amount of salt.</p> <p>Bake in oven until dry and crisp.</p> <p>Remove from oven & lay tray on wire rack until cool.</p> <p>Check flowers for bugs & gently wash & gently lay to dry. Set aside for garnish.</p> <p>Place kale on long platters & garnish with washed edible flowers.</p>