

Kitchen Garden at Collingwood College

Name of Recipe: Our Coleslaw-Apples, Carrot, Radish, Cabbage & Herbs

Volunteer Notes: We will be using the grater attachment on the food processor.
Discuss safety when using electricity & electrical equipment/washing the blade.

From our garden: All herbs, Cucumber, Spring onions, edible flowers

What to collect	What to do
Food processor-grater attachment Large mixing bowls Spoons & tongs Lettuce spinner	Divide students-each person is to prepare a vegetable and grate it in the Food processor. All will then go onto preparing the herbs. All will make the dressing together.
Lots of Parsley- picked/washed/spin/chop Mint picked/washed- chiffonade 2x spring onion-washed, sliced finely	Once the herbs are washed> <ul style="list-style-type: none">● Chop the parsley● Pick the mint > chiffonade● Add all herbs to a bowl.
1/3 Purple cabbage, finely shredded 3 peeled carrots, finely shredded	Wash all the vegetables. Grating the cabbage & carrot in the food processor- check the attachment is in correctly. Use the safety plastic plunger to push the vegetables down the funnel. Add to the large bowl.
2 x Apples/Nashi, washed/cut checks off the core/slice & cut into matchsticks Large bowl Acidulated cold water 1 x cucumber-wash, cut in half, lay flat side down & slice	Slice the apples into fine matchsticks-place into cold water to stop them going brown. Prepare cucumber.
Dressing; 1 lemon or orange-washed & zested & juiced 80 mls XV Olive oil 1 tbsp mustard 1 tbsp HONEY-check w DES Salt flakes Ground Pepper	Whisk ingredients together. Taste and check seasoning. Drain the apples & gently mix all the ingredients together with the dressing. Taste.

Bowl Whisk	
Extra if there is time: Toast pumpkin/sunflower seeds in dry pan. Edible flowers/mint sprigs Individual bowls	Divide the dish into bowls/platter. Garnish & serve with tongs.