

Kitchen Garden at Collingwood College

Name of Recipe: Sweet Potato, Purple Congo Potato, Cumin & Herb GF Fritters

From our garden: herbs, Purple Congo Potatoes, Eggs

What to collect	What to do
400grams sweet potato-skin peeled off 400grams Purple Congo potato-skin scrubbed well Food processor w grater attachment Bowl	Grate sweet potato & Potato coarsely using the food processor. Put into a large colander and push out excess water. Put into a large mixing bowl.
Salad spinner 1 x cup picked /washed/spun dry mint leaves, shredded 1 x cup picked /washed/spun dry parsley, finely chopped	Wash, spin dry the herbs, shred finely
4 x eggs, lightly beaten 450 ml Milk-may need more? Metric Measuring jug Whisk Bowls	Crack the eggs 1 at a time in a separate clean bowl-check each egg and then tip into another bowl. Mix gently Measure the milk.
Mortar & pestle 3 tsp cumin seeds- toasted & ground 4 x clove garlic finely chopped 600gm gluten free flour 1 x tsp baking powder Salt/pepper	Prepare the spice and chop the garlic. Weigh the flour, add the baking powder and sift both into a clean large bowl. Put the grated pumpkin/onions/herbs/spice, salt/pepper into the flour bowl and mix well. Add the eggs and 450mls of the milk and mix well. The mix should be evenly thick, not too dry. If too dry add a small amount of milk. Divide the mix into 4 x small bowls- so each student has one for the cooking stage.

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<p>Olive oil 2 Pan Spatula/trays Salt/ground pepper</p> <p>Platters x 3 Edible flowers</p>	<p>You may need to add more flour if too wet. Taste the mix, if you are unsure ask Des. Add a small amount of vege oil/olive oil mix to 2 thick-based sauté pans and heat to medium.</p> <p>Place 1 x tablespoon of mix at a time into the pan and cook 5 minutes, then gently flip over and cook 2-3 minute.</p> <p>Place on draining paper. <u>If they are still a bit moist in the centre</u>> finish the cooking in the oven. Garnish with edible flowers and herbs.</p>
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