

Kitchen Garden at Collingwood College Term 4, 2019

Name of Recipe: Roasted Garden Brassicas with Cumin/Yoghurt Sauce

Volunteer Note: Brassicas family: Cauliflower, broccoli, Brussel sprouts, cabbages, mustard seed, kohlrabi, bok-choi, kale, tatsoi, rutabago

Focus on texture and visual presentation.

Oven on 200 OC.

From our garden: pumpkin, spring onion, broccoli, edible flowers

What to collect	What to do
2-3 Broccoli, washed, cut into small florets ½ Cauliflower, washed, cut into small florets 2 x roasting pan, lined with baking paper 4 x Tbsp XV olive oil Thyme, oregano, rosemary-picked/washed/spun/chop Salt/pepper Kale, washed/dried-keep whole-paint with oil Flat trays.	<ul style="list-style-type: none"> • Prepare the brassicas. Toss the brassicas in olive oil, herbs, season and roast until soft> 15-20 minutes. • Set aside to cool. <p>Roast kale that has been painted with a small amount of oil until crisp.</p>
1 x thick-base sauté pan/wooden spoon 3 tbsp XV olive oil 3 bay-leaves 4 sprig thyme 2-3 onions, cut into ½, peel, lay flat side down and slice finely	<ul style="list-style-type: none"> • Prepare the onions, sauté on medium heat with oil & herbs until soft and deep golden in colour.
<p><u>SAUCE;</u></p> 1 x Bowl/whisk 1 cup Continental yoghurt ½ cup Tahini paste-optional-Allergies 1 x Lemon zest /juice to taste 1-2 garlic crushed with salt in mortar/pestle 1-2 tsp ground cumin	<ul style="list-style-type: none"> • Whisk together the yoghurt, tahini, crushed garlic, ground cumin. • Thin to taste with the lemon juice. If you need the sauce thinner without the lemony flavour.... use warm water. • Either put sauce on base of platter (if all can have dairy) OR in bowls on the side.

Kitchen Garden at Collingwood College Term 4, 2019

3 spring onion washed/trimmed & finely sliced on angle for decoration (optional with time).

12+ sprigs coriander-root removed -washed well

3 x wide platter/spoons
Calendula flowers

- Gently mix with the caramelised onions & Brassicas and pile onto 3 platters garnish with crispy Kale, spring onions & coriander sprigs.
- Decorate with edible flowers.