

Kitchen Garden at Collingwood College Menu 4-2022

Name of Recipe: Roasted Cocozelle Zucchini, Butternut Pumpkin, Tromboncino Squash (Cucurbita family) with Tahini Dressing

Volunteer Notes: Check with des if there are any sesame allergies
Please put the oven onto 220o.c. and leave on for other classes. Allow 1/2 hr for the cooking.

From our garden: Cocozelle Zucchini, Butternut Pumpkin, Tromboncino Squash, Garlic, Herbs

What to collect	What to do
2 x Roasting trays-lined with baking paper Portion of vegetables, skin washed 80 ml XV Olive oil 1 tsp Turmeric 3 x tsp Cumin seeds Salt flakes / pepper 4 x bay leaves 2 x Rosemary stalks-strip off, chop Large bowl	Wash and check thru Cucurbita's. Divide vegetables for each student. As a group-decide if you wish to keep skin on or off. Using a tunnel cut the squash in ½. Now lay the flat side down & slice. Cut them in to even size dice 2-3 cm. Place into a large bowl and mix olive oil, spices, turmeric & salt/ pepper well. Place into 2 baking trays lined with baking paper and then into the oven for 20 mins.
½ cup x warm water 1/2 cup tahini 1 lemon zested & juiced Salt/pepper Bowl & whisk	Measure all into a bowl & whisk well- taste. Sauce should be a creamy consistency.
Herbs: mint, parsley-pick, wash Salad spinner 3-x platters 3 x tongs	Pick, wash leaves well & spin dry. Set aside for garnish.