

Kitchen Garden at Collingwood College Term 1, 2019

Name of Recipe: Chargrilled Pumpkin slices –Tahini & Soy Dressing with Toasted Seeds

Volunteer Notes: Please check w Des re allergies>tahini(sesame) seeds.

From our garden: Pumpkins & Herbs

What to collect	What to do
1 kg +Pumpkin-Queensland Blue, Jap etc. Trays Brushes XV olive oil	Wash your pumpkin skin and pat dry. Place pumpkin flat on board & cut into 1/2 moons...1/4 cm thick. 1 Large piece per person. Brush with a small bit of olive oil-lay onto a tray ready to chargrill.
2 x chargrill pans Salt & pepper Platters Spatula/tongs	<ul style="list-style-type: none">• Heat chargrill pan.• Now lay the pumpkin slices across the chargrill lines. Line them up close and cook in batches until light brown. Season each side.• Turn over gently and cook the other side.• Place gently onto the platters.
1/4 cup-Sunflower seed 1/4 cup-Pumpkin seed Small pan	Toast seeds in a dry pan- set aside when golden brown.
10 x stalk Parsley- picked/washed/spin dry & finely chop 12 x stalks mint, picked, washed/spin dry-sliced	Prepare the herbs.
1 cup tahini 2 x tbsp soy sauce 1 x lemon-zested & juiced	<ul style="list-style-type: none">• Mix all together, drizzle over the pumpkin. Scatter herbs.• Scatter toasted seeds on top and edible

Salt/pepper
Hot water to thin sauce
Calendula flowers, borage

flowers.