

Kitchen Garden at Collingwood College TERM 1-2019

Name of Recipe: Braised Pumpkin, Trombone Zucchini, Chard, Tomato & Garden Herbs

Volunteer Notes:

From the garden- Trombone Zucchini, Pumpkin, Parsley, Chard, Silver-beet, Bay-leaf, Thyme

What to collect	What to do
<p>1-2 tsp Spanish paprika (may need more) 2 tsp cumin seed-ground 1 tsp coriander seed-ground 1 tsp salt 1/2 tsp black peppercorns, ground Mortar/pestle</p> <p>1 large pot w lid 1x large pan XV Olive oil 2 x brown onion, peeled, cut into 1/2 & sliced finely 3 x garlic clove, peeled, chopped finely (250ml) tinned tomatoes 200 ml water 3 bay leaf 10- x thyme sprigs</p> <p>500gm Pumpkin -small dice Extra Water to cover the braise Trombone Zucchini-diced</p> <p>8 leaves of chard/silver-beet/spinach</p> <p>Lots washed & chopped coriander & parsley</p>	<ul style="list-style-type: none">• Dry roast the spices, then grind in mortar/pestle. <p>In a large pot, sauté the onion and garlic until softened, then add the spices, bay leaf, thyme, tomato and 200 ml water. Bring to the boil & then turn down to a simmer, taste the seasoning. Adjust if needed.</p> <p>Prepare pumpkin- cut it into small dice and add to the bean mix. Add water to cover the braise. Bring to the boil & then turn down to a simmer for 10 minutes, Add the zucchini-simmer another 5 minutes</p> <p>Prepare the washed chard by slicing thinly</p> <ul style="list-style-type: none">• Add the fresh coriander, chard and parsley -5 minutes before serving.• Taste, & check the vegetables are soft. Ladle in 3 bowls.