

Kitchen Garden at Collingwood College 2022-Term 4-Menu 5

Vegetarian Fried Rice

Volunteer notes – Put your rice on first, it will take 20 mins. There will be rice cooked & cooled for you to use.

Each student will prepare all their ingredients and then fry a portion of rice.

Start to fry the rice about 12 mins before service.

From our garden: Chard, spinach, silver-beet, spring onion, broad bean leaves

Allergies: check with Des **re allergy to sesame**> re sesame oil & **gluten**> Soy > Use GF Tamari

What to collect	What to do
1 x thick base saucepan with lid OR rice cooker 2 x cups long grain white rice 3 x cups cold water	In a rice steamer-Measure out rice and add cold water, close lid and turn on. For stove cooking> bring rice/water to the boil, then turn to lowest simmer & cover with a lid. Put pot on the smallest gas hob. Cook until all water is absorbed. Fork through rice to release the steam. Keep lid on 5 mins to rest. Tip the rice onto a large tray, gently spread out to cool and dry out. Divide into 4- each student will fry their own portion of rice.
2 x thick base wide frypan or Wok Metric Measuring spoons Each student will do this 1 x stick celery, washed & finely diced 1 x small shallot-peeled/cut in ½, finely sliced or ¼ red onion 1x tsp ginger knob grated 1 x clove garlic, slice finely 1 x 1/2sp sesame oil 1 x 2 tsp oil	Once all ingredients below are prepared in small bowls, call me over. Prepare the aromatics, measure the oils.

<p>1/2 x carrot, peeled- grated 1/4 capsicum- diced finely</p>	<p>Prepare all other ingredients, and place on a plate in separate piles, before starting to cook each portion.</p> <p>Heat the wok, add oils and add aromatics & stir / soften for 2 minutes.</p> <p>Add corn, carrot & stir for 1 minute.</p>
<p>1/4 x cup peas frozen for each</p> <p>1 spring onion finely sliced Chives or garlic chives- snipped parsley, washed, spun & cut Small amount of rainbow chard, spinach, beet leaves> washed & finely chiffonnade.</p>	<p>Add peas & stir for 1 minute.</p> <p>Turn up heat to high. Add rice a bit at a time & stir with a wooden spoon, breaking up the rice.</p> <p>Toss in spring onions & greens.</p>
	<p>Sprinkle 1-2 tblsp of water over rice. The steam assists the rice to get very hot quickly and keeps it from drying out.</p>
<p>GF Soy sauce- 1 tblsp per portion Plates or bowls.</p>	<p>Add soy sauce, grind pepper to rice and keep stirring...TASTE ! Serve. Garnish with herbs> such as coriander, chives/garlic chives/Vietnamese mint/edible flowers</p>