

Kitchen Garden at Collingwood College Term 1

Name of Recipe: Brown Rice Salad, celery, roast beetroot, orange zest & herbs.

Volunteer Notes: Rice will be cooked for you. You will cook in the rice cooker for the next class.. Oven on 200 Oc.

From our garden-celery, parsley, bay leaf, oregano, thyme, spring onions, mint, edible flowers, beetroot

What to collect	What to do
1 x large mixing bowl 1 x rice cooker 2 cup long grain brown rice 4 cup water 2 x tsp salt 1/2 tsp pepper freshly ground 2-4 x Washed beetroots- cut into ½ and into small 2cm dice Roasting tray/foil 1 heavy based pan 2-3 x stalks Celery, finely diced 3 x bay leaves 2 x clove garlic-chopped finely 1 tbsp olive oil	Wash the measured brown rice under cold water in a colander, then place into the rice cooker with measured cold water, seasoning & bay-leave's, turn on. Prepare the beetroot careful- hold the knife firmly in your grip. Toss beetroot with 2 tbsp olive oil, seasoning, thyme, oregano and cover the tray with foil. Roast until soft. Set aside to cool. Then add to the large mixing bowl with rice. Heat oil in pan over medium heat, add celery & chopped garlic, cook 3 minutes, set aside. Put celery & vegetables in a large mixing bowl. Add the cooked rice
Mint, picked, washed & spin dry-sliced 2-3 x Spring onions, washed, sliced thinly	Prepare the herb, put into the bowl. Prepare the spring onions, add to the bowl.
1 x orange zested	1 person to zest orange, juice & add to bowl. Stir gently and taste for seasoning.
3 bowls or platters	<ul style="list-style-type: none">Divide into 3 bowls, garnish with herbs.

