

Kitchen Garden at Collingwood College 2019

Name of Recipe: Autumn Salad; Shredded Cabbages, apples, carrots, herb & orange dressing

Volunteer Notes: We will be using the grater attachment on the food processor for the carrots.

From our garden: spring onions, herbs, edible flowers, apples

What to collect	What to do
Food processor- with grater attachment/safety plunger Large mixing bowls Peelers Spoons & tongs Lettuce spinner 3 Peeled Carrots-peel & grate Purple cabbage & Wombok, finely shredded-washed & spin dry well	Collect all ingredients. Set up processor and check all students remember the safety requirements when using electrical equipment. Grating the vegetable, check the attachment is in correctly. <i>Use the safety plastic plunger to push the vegetables down the funnel.</i> <ul style="list-style-type: none"> • Peel the carrots and grate it in the food processor. Add to a large bowl. • Grate the cabbage, wash well & spin dry. Add to the carrot bowl.
10 sprig Parsley, pick, washed, spin dry & chopped 4-8 sprig Dill- pick, washed, spin dry & chopped 3x spring onion-trim off root, wash, slice thinly 4 x apples- washed, slice finely with skin on	Once the herbs are picked & washed, spin dry <ul style="list-style-type: none"> • Chop the parsley • Finely slice the dill. • Trim, slice spring onion Add all herbs to the carrot bowl. Prepare the apples, cut into checks before slicing. Add to the bowl.
Orange Dressing; Pinch salt flakes/grind pepper 80 ml vegetable oil or XV olive oil 2 x oranges & 1 lemon -zested & juiced ¼ cup pumpkin seeds ¼ cup sunflower seeds Edible flowers	Whisk all ingredients in a bowl. Taste and check seasoning. Dry toast the seeds in a pan until light brown. Cool. Add dressing, seeds & seasoning with salt & pepper, mix well and TASTE. Adjust if needed.
3 x Individual bowls/platters/tongs	Garnish, serve with tongs.

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