

Kitchen Garden at Collingwood College 2019

Name of Recipe: Carrot & Date *Agro-dolce*

Volunteer Notes: *agro dolce* is translated as “sour” “sweet” It is a TRADITIONAL ITALIAN flavour combination. This flavoursome sauce can be used on vegetables, fish or meat.

Oven on at 220 °C

From our garden: all herbs, lemon's

Note: this sauce has Honey (not vegan)- we can exchange honey for brown sugar if needed> see Des

What to collect	What to do
1 kg Carrots, peeled & cut into 6 cm batons	Divide the carrots so each student has some to prepare. Peel, cut into batons, put all into a large bowl.
80ml olive oil Baking tray lined with baking paper 10 sprigs Thyme- take off leaves 4 sprig Sage-take off leaves 2 sprig Rosemary-take off leaves 6 Bay-leaves	Toss all the carrots in the bowl with oil, herbs, place tray uncovered in the oven for 25 minutes to cook. Remove once cooked and tip into a large bowl to toss with the sauce and add the extra herbs.
Sauce: Thick-based sauté pan 40 ml of XV Olive Oil 2 x onion, finely sliced 1 tbsp red or sherry vinegar 1/2 x orange, zested & juiced ½ cup honey or ½ cup brown sugar 100ml water Portion dates/snip with scissors 10 sprig Parsley-pick/wash/spin dry/finely chopped Wooden spoon	Heat the sauté pan, add oil and gently sauté the onions until soft and caramelised. Mix the vinegar, water, orange & honey (sugar) and add to the pan with the dates. Cook the sauce until reduced and thickened and taste for balance (sweet & sour). Tip the sauce over the roasted carrots in mixing bowl. GENTLY mix in the chopped parsley, taste the seasoning. Adjust if needed.
Calendula flowers for decoration Serving bowls & spoons	Divide into 3 small bowls/plates and decorate with edible flowers