

Kitchen Garden at Collingwood College-Term 1 2018

Name of Recipe: Lavoche

Volunteer Notes: This isn't as involved as it sounds! The Lavoche cooks very quickly; each child can have a go on the pasta machine. There is no right or wrong way for cutting the Lavoche; it doesn't have to be perfect sizes. Please cut on a board.

For less salt intake, bake on baking paper instead of salt.

Any problems get me over!
Oven to be on 200c.

What to collect	What to do
<p><u>Lavoche</u></p> <p>2 tspn caraway seeds</p> <p>1 tspn ground black pepper</p> <p>2 tspn salt</p> <p>2 tblsp sugar</p> <p>4 and ½ cups plain flour</p> <p>2 tsp baking powder</p> <p>1 cup cold water</p> <p>½ cup vege/olive oil</p> <p>Mortar pestle</p> <p>Magi mix with plastic blade</p>	<p>There will be some made for you to start with. You will make for the next class.</p> <ul style="list-style-type: none">• Grind caraway seeds, pepper, salt, sugar in mortar/pestle • Mix all measured ingredients in food processor with plastic blade to form a ball. Scrap out and bring together to a ball, wrap in gladwrap. • Set aside in cool place for next class.
<p>1 pasta machine</p> <p>3-4 baking trays</p> <p>Table salt</p> <p>Pastry wheel</p> <p>Wire racks</p> <p>Wooden bread boards</p>	<ul style="list-style-type: none">• Divide up dough into 4.• Run through pasta machine as you do for pasta.• Keep in long lengths.• Cut into large triangles with pastry wheel. Lay biscuits on trays that have been sprinkled with a small bit of table salt.• Sprinkle the top of biscuits with salt as well.• Bake 200c approx 6 mins until crisp.• Divide cooled biscuits onto the

	wooden boards.
<p><u>LIMA BEAN DIP</u></p> <p>400 gm cooked lima beans (1 x tin drained & washed)</p> <p>Garlic 1/2 clove</p> <p>Extra virgin olive oil</p> <p>Salt flakes</p> <p>Ground black pepper</p> <p>1 handful mint/parsley (washed, rough chopped)</p> <p>1 food processor</p>	<ul style="list-style-type: none"> • In magi mix put cooked lima beans, peeled garlic, pulse • While magi mix is going, pour a SLOW stream of extra virgin olive oil in until mix has a thick creamy consistency. • Season well salt/pepper • TASTE • Add mint & parsley then pulse again. TASTE. • Divide into 3 bowls
<p><u>BEETROOT DIP</u></p> <p>1 Portion of cooked beetroot (3 medium beetroots)</p> <p>Rubber gloves if needed!</p> <p>Olive oil</p> <p>1 garlic clove</p> <p>Salt flakes</p> <p>1 tsp ground cumin dry roasted in a pan</p> <p>1 tsp ground coriander dry roasted in a pan</p> <p>1 food processor</p> <p>1 x orange -zested .</p>	<ul style="list-style-type: none"> • Peel skin off the cooked beetroot and cut up the inside. Use the rubber gloves unless you want purple hands! • Put beetroot, garlic clove into processor. Puree until fine. • Add salt /pepper, ½ the amount of cumin /coriander • While machine is running add olive oil SLOWLY (approx) 60ml. Add orange zest. Add 20-40ml water if it needs to be thinned more. • TASTE, decide if you need more spices or seasoning • Divide into 3 small bowls.