

Kitchen Garden at Collingwood College 2022

Name of recipe: Pulse Salad with roasted Carrots, Onions & Jerusalem Artichokes with Garlic Chard, Herbs & Mustard Dressing

Volunteer Notes: this salad can have a lot of student input; cutting, added ingredients & dressing flavour. The beans will either be cooked ahead for your lesson or tinned. Varieties can be cannellini, red kidney, lentil, chickpea, lima etc

From our garden: Jerusalem Artichokes, Chard, Celery, Silver-beet, all Herbs, Edible Flowers, Lemons, Bay-leaves

Oven on 220 degrees Celsius

What to collect	What to do
<p>1 portion cooked pulses Large bowl</p> <p>4 x carrots, peeled & cut into long thin lengths Portion Jerusalem artichokes scrubbed & 2cm dice Roasting tray XV Olive oil Salt flakes/pepper Bay-leaves, rosemary, thyme etc</p> <p>Salad spinner 2-3 sticks Celery (small dice)</p> <p>1 Sauté pan 10 x Rainbow Chard/Silver-beet leaves & stalks- washed & finely sliced 3 x garlic clove/peeled & diced XV Olive Oil Salt & pepper</p>	<p>EACH student to wash & dice 2 large Jerusalem artichokes, peel & cut into baton 1 carrot & slice ½ onion.</p> <p>Toss all vegetables in XV Olive oil, seasoning, rosemary & thyme. Roast on 220 .c until soft-30 minutes.</p> <p>Divide the students into 2 groups. Group 1-is to dice the Celery & then make the dressing. Group 2- prepare & sauté the greens.</p> <p>Mix gently all roasted vegetables, pulses, sauteed greens with the celery & dressing. Taste and adjust seasoning if needed.</p>
<p>Dressing: 3 x tsp coriander seeds, roasted then crushed Pan, mortar & pestle</p> <p>Whisk/bowl 100 ml x.v. olive oil 40 ml red wine vinegar (your choice) Salt /pepper ½ lemon-zest only 1 x Tbsp Mustard, 1 x Tbsp honey 3 platter</p>	<ul style="list-style-type: none"> • Dry Toast the coriander seeds, crush them in the mortar & pestle. • Measure all ingredients into a bowl, add ground coriander and mix together. Taste • Divide vegetable salad onto 3 platters. Add servers. • Decorate with edible flowers