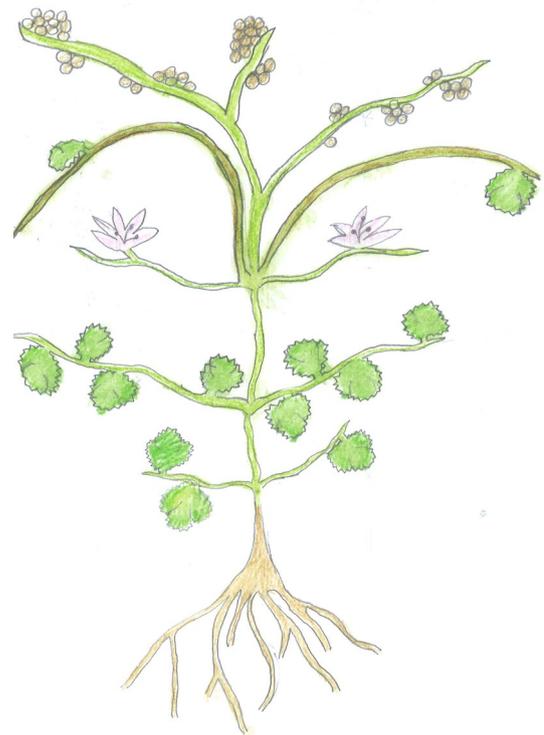


HEATHFIELD PRIMARY SCHOOL



Term 2 Recipes
2013

Garden Fresh Tomato Soup

Ingredients

- 4 tablespoons of olive oil
- 2 onions
- 4 cloves of garlic
- 20 large fresh tomatoes
- 2 teaspoons of salt
- A generous pinch of pepper
- 4 cups of chicken or vegetable stock
- 4 tablespoons of butter
- 4 tablespoons of flour
- 2 tablespoons of minced fresh basil leaves
- 2 teaspoon of fresh thyme leaves

Preparation

1. Chop the onions and garlic into small pieces, set aside for later.
2. Chop the tomatoes into small chunks, remove the seeds. Set aside.
3. In a large heavy saucepan heat the oil on a low heat and cook the onions and garlic until soft but not brown.
4. While you are waiting chop the herbs finely. Set aside.
5. Add the tomatoes, salt, pepper, and stock to the same pan as the onion and garlic and simmer (*gentle bubbles*) for 20 minutes on a low heat.
6. In a large clean saucepan on a medium heat, melt the butter and add the flour; cook and stir for 2-3 minutes.
7. Add $\frac{1}{2}$ a cup of the tomato mixture; cook and stir until thickened. (*this is called a roux*).
8. Add the remaining tomato mixture and cook and stir with a wire whisk until the mixture is hot and slightly thickened. Blend if you prefer. Stir in basil, and thyme leaves, and serve.

Serves 24 children

Clever cooks tips: Onion chopping can make you cry if you use a blunt knife which releases all the oils up into your nose. Use a sharp knife with an adults help if needed. Glasses or goggles don't actually help!!! Wash your knife and hands if your tears are streaming down your face.



Middle Eastern Falafels (with Spicy Tomato Dipping Sauce)

Ingredients (for falafels)

- 2 brown onions, chopped roughly
- 4 garlic cloves, chopped roughly
- 4 teaspoons of ground coriander
- 2 teaspoon of cumin seeds
- 400grams of dried chickpeas
- 2 cups chopped fresh flat-leaf parsley leaves
- 2/3 of a cup of plain flour
- 2 eggwhites
- 2 tablespoons of olive oil



Method (for falafels)

1. Place the chickpeas in a large bowl, cover with cold water and soak overnight. The next day, tip the chickpeas into a colander over a sink and rinse with cold water, drain, then shake off the excess water.
2. Place onion, garlic, coriander, cumin, chickpeas, parsley, flour, eggwhite, salt and pepper in a food processor.
3. Process until almost smooth.
4. Using floured hands, shape the mixture into 2cm-thick patties or balls. Place on a plate. (Cover and refrigerate for 30 minutes if there is time but not essential).
5. Place some kitchen paper on a large tray.
6. Heat oil in a large frying pan over medium heat. Cook patties for 4 to 5 minutes each side until golden and medium to dark brown in colour or cooked through.
7. Drain on the kitchen paper.

Cumin

Latin name: *Nigella Sativa*

What it is used for: It can be used for spices in fish dishes, grills, stews, in weddings; soldiers were sent off to battle with a loaf of cumin and medicine to treat stomach upset.

Where it comes from: It came from Egypt.

Other info: It has been used for 5000 years.

Ingredients (for sauce)

1 cup of chopped onion

4 tablespoons of olive oil

4 garlic cloves, crushed

10-12 large very ripe tomatoes

2 tablespoons of tomato paste

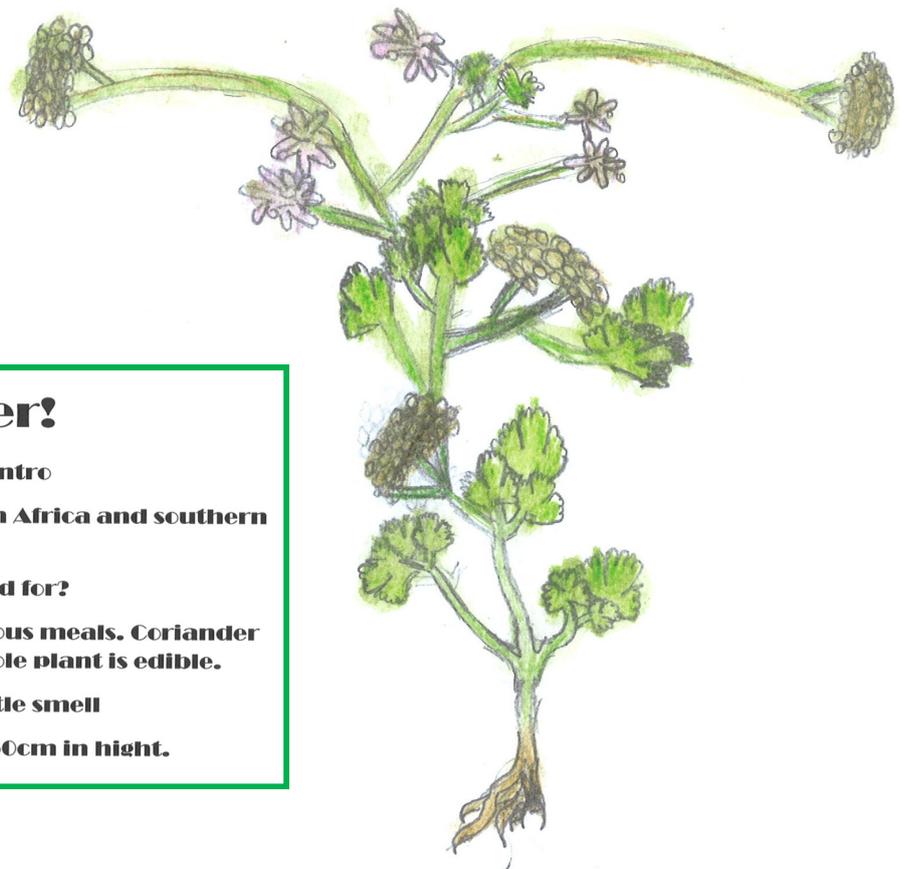
1 hot red chilli (seeds removed using surgical or rubber gloves to protect your eyes and skin)

Salt and pepper

1 teaspoon of each: ground cumin, ground cinnamon

Method (for sauce)

1. Chop the onion, garlic and chillies, place in separate bowls and set aside for later.
2. Remove the stalks from the tomatoes, chop them in half then into quarters. Now very carefully slide a small knife between the skin and the tomato to remove the skin. Keep the flesh and seeds of the tomato and place in a bowl for later.
3. Heat the oil in large deep frypan on a low heat, sauté the onion for 1 minute then add the garlic, lightly fry (sautee) until you can smell the gorgeous aroma. Be careful not to allow the garlic to change colour or it will burn!
4. Add the tomato paste and fry for 2 minutes.
5. Add the tomatoes and chilli and stir, season with salt and pepper.
6. Add the cumin and cinnamon and stir, cook for about 15-20 minutes over a low heat, check the seasoning, the sauce should be a strong, rich flavour.
7. Serve with the falafels.



Coriander!

Latin name: cilantro

Coriander is a herb native to north Africa and southern Europe

What can it be used for?

Coriander is used in many delicious meals. Coriander leaves are popular but the whole plant is edible.

Coriander has a subtle smell

Coriander can grow up to 50cm in height.

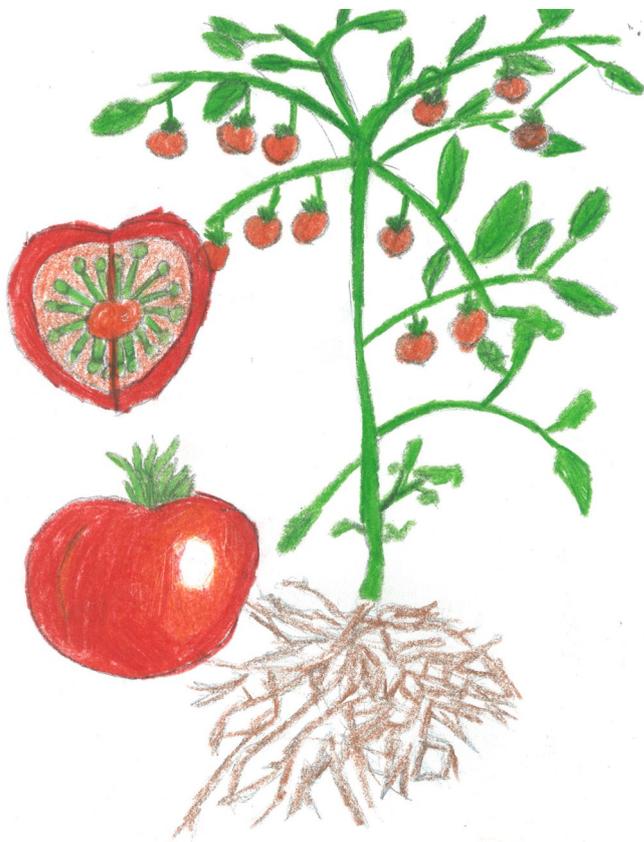
Cloves

Scientific name: *syzygium aromaticum*

What are they and how are they used? Cloves are the strong scented flower buds. Their buds don't come until they are around 12 metres (36 feet.) They are popular in spicy cuisine all over the world and are usually ground into a powder.

Where are they from? They are native to the Maluku islands in Indonesia but are grown in many middle eastern countries

Fun Fact! Cloves have a numbing effect on mouth tissues.



Tomato!

Latin name: *Lycopersicon esculentum*.

Where they are grown: Tomatoes can almost be grown anywhere in the world!

Interesting facts: Tomatoes come in every colour of the rainbow except Blue!

What it is used for: Cooking and eating!

Fact: The English word tomatoes come from the Spanish word *tomate*.

LEMONS

What is the Latin name? *Citrus x Limon*

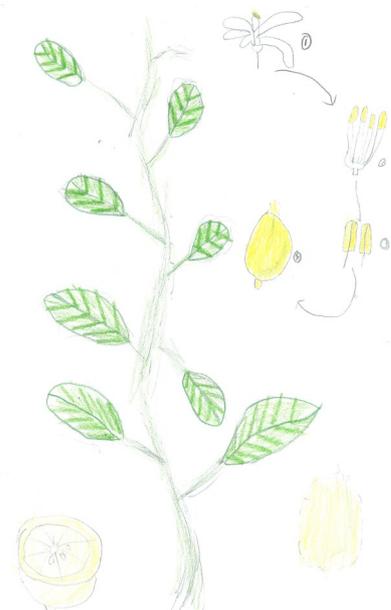
Where does it grow? All over the world apart from the polar regions

What is it used for? Cleaning, flavouring foods, medicines and alcoholic drinks

Other interesting facts: lemon trees produce fruit all year

Lemons can help a sore throat

Urinating on a lemon tree produces better fruit



Rocket, Chive and Parsley Pesto

Ingredients

- 1 cup of roughly chopped chives
- ½ of a cup of flat-leaf parsley leaves, stems removed
- ½ cup of rocket leaves, stems removed
- ½ cup of extra virgin olive oil (very good quality)
- ¼ cup in total of sunflower or/and pumpkin seeds, toasted
- 2 cloves of garlic, skin peeled off
- 1 tablespoon of fresh lemon juice (pips removed)
- ¼ of a teaspoon of salt
- a pinch of black pepper

Method:

Option 1.

1. In a medium sized pan toast the seeds until lightly golden in colour (this will only take seconds so watch them carefully so they don't burn). Remove them from the heat and set aside.
 2. Chop all your herbs. Set aside.
 3. The garlic skin is easily removed by placing a knife with the flat edge (not the sharp edge) on the garlic and hitting down hard with the heel of your palm of your hand. It releases the skin.
 4. Squeeze your lemon juice into a cup.
 5. With the help of an adult, place all ingredients in the bowl of a food processor and process until smooth.
- Taste as you go to check the balance of flavours and texture. The pesto should be like a thick sauce and with a little crunch, not smooth. Now enjoy.

Option 2.

Place all ingredients into a large mortar and grind with a pestle until the same texture is achieved. (A slower but very rewarding way to make pesto as you smells all the flavours grow as you pound away and see the ingredients turn slowly into pesto).

Clever cooks tips: Pesto is an Italian sauce and is usually made with basil and pine nuts. You can use many other green herbs, spinach or rocket and seeds instead of nuts for crunch. It's about what you have available and being creative. Makes 1 cup of pesto which can be frozen (for 3 months) or kept in a sterilised jar topped with a little olive oil (for 1 week)



The Loveliest Lemoniest Cakes Ever...

(with coconut, lemon syrup and candied lemon)

With this recipe it best to start with the candied lemon slices as they take a while. You can prepare the cakes as the lemon slices cook.

Ingredients (for cakes)

- 2 cups of unbleached Self-raising flour
- 2 cups of Desiccated Coconut
- 1 cup of Caster Sugar (or white sugar)
- 4 free range eggs
- 320 ml can of Coconut Milk
- 2 medium size unwaxed lemons
- 250 g of Butter (unsalted), melted and cooled

Method (for cakes)

Preheat oven to 170°Centigrade or 150°C fanforced and line 2 x 12 hole muffin tins with paper cases. Place flour into a large mixing bowl. Stir in coconut and sugar and make a well in the centre. Grate 6 teaspoons of lemon zest finely from one of the lemons. Set aside.

Use a fork to whisk the eggs, coconut milk and lemon zest in a jug.

Add the wet ingredients to the dry ingredients in the bowl, along with the butter.

Fold together gently until just combined but don't mix or beat.

Spoon into prepared muffin cases.

Bake for 20 mins, or until springy to a light touch. Leave in the tin for 5 mins then lift out onto a wire rack to cool.

Ingredients (for candied Lemon)

- 3 lemons
- 2 cups of white sugar
- 2 cups of water

Method (for candied lemon and syrup)

Cut lemons into slices, and remove the fruit pulp. Scrape off as much of the white inner layer as you can, this part is bitter. A spoon or butter knife will work well.

Bring water to a boil in a small pan, and add lemon peels. Boil for about 5 minutes, until tender.

Remove peels from water, and stir in sugar. Return to a boil, add peels, and boil until clear in colour then drain over a colander into a bowl.

Keep the liquid and use for your syrup.



Zucchini & Herb Fritattas

Ingredients

2 tablespoons of olive oil for cooking

olive oil spray (for greasing tins)

4 medium size zucchinis coarsely grated

2 small onions, diced

24 cherry tomatoes

2 cups of cheddar cheese grated

16 eggs, beaten together gently

4 tablespoons in total of any of the following fresh herbs like, parsley, chives, thyme, oregano or basil finely chopped. (Use all or only one herb of your choice).

A good pinch of salt and pepper



Method:

Preheat oven to 180 degrees celsius.

Chop the onion and grate the zucchinis. Set aside separately.

Grate the cheese. Set aside.

Chop all the herbs and set aside separately.

In a large 10 inch frypan heat the olive oil over a medium to high heat.

Saute the onion until it is clear and soft. If using thyme add this to the pan also and cook with the onion.

Remove the pan off the heat, turn off the hotplate and leave to cool.

In another large bowl, whisk together the eggs and season with salt and pepper, add the chopped herbs, onion and zucchini.

Fill the muffin tin holes with the frittata mixture.

Sprinkle the tops of the mixture with a little cheese and top with one cherry tomato each.

Bake in the oven for 10-12 minutes until the eggs are completely set.

Remove from the muffin pan and serve warm or cold.

Makes 12

Quick Flat Bread

Ingredients

- 1 cup white self raising flour
- 1 cup self raising wholewheat flour + extra white flour for rolling
- 1/4 cup vegetable oil
- 1 cup luke warm water
- 1 teaspoon sugar (I use unrefined raw sugar)
- 1 teaspoon sea salt (or to taste)

Method

Mix all the dry ingredients in one bowl and the wet ingredients in another bowl then combine the two lots of ingredients and mix gently to form a dough for either styles of bread. Use enough flour as you need on your work surface to keep the dough from getting sticky while rolling out.

Thinner flat bread (Tortilla style): Lightly brush a large flat pan with oil and put on a high heat. Grab a golf ball size lump of dough and warm it up in your hands. Press the ball into a floured surface and then start to roll all around from the centre-out. Roll out thinly. Place the dough into the hot pan and very lightly brush the top with oil.

Cook for about a minute and then flip, cook for a further minute (may need a little longer on each side).

Thicker Pita/Pizza style bread: Follow the thin bread recipe, but grab a little more dough and remember, to roll out a little thicker like a pizza base. Lightly flour your hands. Grab a lump of dough about the size of a tennis ball. Squash the dough with your hands into a flat disc. Using a rolling pin roll the dough slightly thinner until you have the desired thickness for your pizza or pitta bread then fry as above for tortilla style bread.

Makes approximately 6-10 breads depending on which style you choose.

Clever cooks tips: This bread is quick and versatile.

Use the thicker bread style and sprinkle with nigella seeds before frying for an Indian nan.

Use as a pizza base by cooking your bread first then topping with your ingredients and place under a medium temperature grill for 5 minutes or so until melted.

