Chargrilled Middle Eastern Lamb Burgers with pita breads

Type: Main  Serves: 30 tastes  Recipe source: SAKG Kids
Fresh from the garden: onion, parsley, thyme, lemon

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
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</thead>
<tbody>
<tr>
<td>Knife</td>
<td>2 teaspoons coriander seeds</td>
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<tr>
<td>Chopping boards</td>
<td>2 teaspoons cumin seeds</td>
</tr>
<tr>
<td>Bowls</td>
<td>½ onion</td>
</tr>
<tr>
<td>Measuring cups &amp; spoons</td>
<td>1 lemon</td>
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<tr>
<td>Wooden spoon</td>
<td>15 stalks parsley</td>
</tr>
<tr>
<td>Frying pan</td>
<td>10 sprigs thyme</td>
</tr>
<tr>
<td>Baking trays</td>
<td>500g lamb mince</td>
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<tr>
<td>Mortar &amp; pestle</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>Kitchen paper</td>
<td>Freshly ground pepper</td>
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<tr>
<td>Grater</td>
<td>¼ cup olive oil</td>
</tr>
<tr>
<td>Juicer</td>
<td>10 small pita breads</td>
</tr>
<tr>
<td>Tongs</td>
<td>½ cup yoghurt</td>
</tr>
<tr>
<td>Fork</td>
<td></td>
</tr>
<tr>
<td>Pastry brush</td>
<td></td>
</tr>
</tbody>
</table>

What to do:

1. Preheat oven to 150 degrees celcius and place baking trays in oven.
2. Heat the frying pan and tip in coriander seeds and stir until they smell fragrant.
3. Place seeds in mortar and repeat process with the cumin seeds and place in the mortar as well and grind to a powder.
4. Peel and chop the onion finely.
5. Juice the lemon and grate the zest, adding both to the bowl with the spices.
6. Add the finely chopped herbs and add the lamb and pepper.
7. Mix together with clean hands.
8. Fry a small ball of lamb mixture in a little oil until browned and continue until you have made one for each person.
9. Transfer rissoles to baking tray to keep warm while you prepare the pita bread.
10. Brush cut pita bread with oil and place in oven for 5 - 8 minutes.
11. Serve with tabbouleh and a dollop of yoghurt.
Choc-brownies with caramel sauce

Type: Dessert    Serves: 30 tastes    Recipe source: Everyday Cakes & Cookies

Fresh from the garden: eggs

EQUIPMENT:
Knife
Chopping boards
Bowls
Measuring cups & spoons
Wooden spoon
Muffin tins
Saucepan
Heatproof bowl

INGREDIENTS:
80g butter
150g dark chocolate, chopped coarsely
3/4 cup firmly packed brown sugar
2 eggs, beaten lightly
1 teaspoon vanilla extract
3/4 cup plain flour
300ml vanilla ice cream

Caramel sauce:

2/3 cup cream (160ml)
60g butter
3/4 cup firmly packed brown sugar

What to do:
1. Preheat oven to 220 degrees celcius.
2. Grease the muffin tins.
3. Combine butter, chocolate and sugar in a medium saucepan and stir over medium heat until smooth.
4. Stir in egg, extract and flour.
5. Divide mixture among muffin tins and cover tightly with foil.
6. Bake for approximately 20 minutes.
7. Make caramel sauce.
8. Place brownies on serving plates and top with ice cream and caramel sauce.

Caramel sauce:

Combine ingredients in a small saucepan; stir over medium heat until smooth and simmer for 2 minutes.
# Lamb & Mushroom Kebabs

**Type:** Main  
**Serves:** 30 tastes  
**Recipe source:** Healthy Food Fast

**Fresh from the garden:** mushrooms, capsicum, tomatoes

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### EQUIPMENT:
- Knife
- Chopping boards
- Bowls
- Large frypan
- Serving spoon
- Measuring cups & spoons
- Garlic press
- Wooden spoon

### INGREDIENTS:
- 500g lean lamb round, cut into cubes
- 8 button mushrooms, halved
- 1 green capsicum, seeded and diced
- 8 cherry tomatoes
- 1 medium red onion, cut into wedges

**Marinade:**
- 2 tablespoons wholegrain mustard
- 2 teaspoons mint jelly
  - 1 teaspoon soy sauce

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1. Thread lamb and vegetables onto skewers.
2. Mix marinade ingredients together and microwave for 40 seconds to combine.
3. With a pastry brush, coat meat and vegetables with marinade.
4. Preheat BBQ, grill or frypan.
5. Cook kebabs for 5-10 minutes, turning frequently and brushing regularly with marinade.

**Hint:** Soak bamboo skewers in hot water for a few minutes to prevent splintering or burning on BBQ.

**Serving suggestion:**
Serve kebabs with pita bread and a salad of diced tomatoes, sliced Lebanese cucumber, pineapple chunks, diced olives and crumbled feta. Alternatively, serve on a bed of warm, cooked and mashed potato, sweet potato and chopped herbs.
Leek Tarts with crumbled fetta

Type: Entree/starter  
Serves: 30 tastes  
Recipe source: SAKG

Kids
Fresh from the garden: leeks, eggs, chives,

**EQUIPMENT:**
- Knife
- Chopping boards
- Bowls
- Measuring cups & spoons
- Wooden spoon
- 2 Flan tins
- Whisk
- Grater
- Baking tray
- Ladle

**INGREDIENTS:**
- Shortcrust pastry
- 2 leeks
- 2 tablespoons butter
- 4 eggs
- 1 ½ cups cream
- 10 chives
- 1 Nutmeg
- Salt
- Ground black pepper
- 80g fetta

**What to do:**
1. Grease flan tins with butter and then line with pastry.
2. Preheat the oven to 200 degrees celcius.
3. Put the pastry shells in the oven with the foil and weights in them and bake for 20 minutes.
4. Slice the leeks lengthways then across into 5mm slices.
5. Melt the butter in a frying pan and fry the leek.
6. Cover the pan with a lid and cook for about 15 minutes, stirring once or twice.
7. Separate 2 of the eggs and place the yolks in a bowl then add the other 2 whole eggs in the same bowl.
8. Add the cream and whisk the ingredients together.
9. Chop the chives and add to the egg/cream mixture. Grate a little nutmeg into the mix and add a little salt and pepper.
10. Remove the lid from the leeks and increase the heat and stir to evaporate any liquid in the pan.
11. Tip the leek into the egg/cream mixture and stir to combine.
12. Once flan tins are removed from the oven reduce the temperature to 170 degrees celcius.
13. Divide the leek mixture between the tarts and crumble fetta over the top.
14. Bake for 15 minutes until the filling is just set.
15. Grate a little nutmeg over tarts and serve.
## Tropical Pizza

**Type:** Main/Snack  **Serves:** 30 tastes  **Recipe source:** Healthy Food Fast

**Fresh from the garden:** mushrooms, parsley, oregano, basil, capsicum

<table>
<thead>
<tr>
<th><strong>EQUIPMENT:</strong></th>
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</tr>
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<tbody>
<tr>
<td>Knife</td>
<td>Pizza dough, pizza base or Turkish bread</td>
</tr>
<tr>
<td>Chopping boards</td>
<td>¼ cup tomato paste</td>
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<tr>
<td>Bowls</td>
<td>100g ham, chopped</td>
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<tr>
<td>Pizza trays</td>
<td>225g pineapple pieces, drained</td>
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<tr>
<td>Serving spoon</td>
<td>1 medium red or green capsicum, chopped</td>
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<tr>
<td>Measuring cups &amp; spoons</td>
<td>100g mushrooms, sliced</td>
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<tr>
<td>Wooden spoon</td>
<td>100g mozzarella cheese</td>
</tr>
<tr>
<td>Pizza cutter</td>
<td>1 tablespoon chopped herb</td>
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<tr>
<td></td>
<td>- (parsley, basil, oregano)</td>
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</tbody>
</table>

7. Preheat oven to 200 degrees celcius.

8. Spread pizza base with pasta sauce.

9. Top with ham, pineapple, capsicum, mushrooms and cheese.

10. Sprinkle with herbs.

11. Bake for 10 - 15 minutes until heated through and brown.