Traditional Bread & Butter Pudding

Type: Dessert  Serves: 24 Tastes  Recipe source: Allrecipes.com.au

Fresh from the garden:

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking dish</td>
<td>• 6 slices old bread (or let it dry out for an hour) with crusts cut off</td>
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<tr>
<td>Measuring cups</td>
<td>• butter (enough to butter bread slices)</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>• 5 eggs</td>
</tr>
<tr>
<td>Large bowl</td>
<td>• 1 litre milk</td>
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<tr>
<td>Whisk</td>
<td>• 1/4 cup sugar</td>
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<td></td>
<td>• 1 teaspoon vanilla essence</td>
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<td></td>
<td>• sprinkle of nutmeg</td>
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<td></td>
<td>• 1/3 cup sultanas (optional)</td>
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</tbody>
</table>

What to do:

1. Preheat oven to 160 degrees C.
2. Lightly grease a large baking dish.
3. Cut the crustless slices of bread into triangles and lay in dish for the best fit (you can be decorative but make sure the whole base is evenly covered).
4. In a large mixing bowl beat 5 eggs on a medium speed and add milk gradually.
5. Add vanilla essence and sugar and continue to mix for 1-2 minutes or until thoroughly mixed.
6. Pour mixture over the bread.
7. Sprinkle nutmeg on top.
8. Place in oven and cook for 60 - 90 minutes (check every now and again).
9. Let stand for 10 minutes before serving with vanilla ice-cream.
Bush Tomato Relish

Type: Savoury  Serves: 24 Tastes  Recipe source: Bush Tucker

Fresh from the garden: tomatoes, basil, onion, capsicum.

**EQUIPMENT:**
- Measuring cups
- Measuring spoons
- Large bowl
- Saucepan
- Knife

**INGREDIENTS:**
- 8 large truss tomatoes
- ¾ cup white sugar
- 1 cup white vinegar
- 1 dessert spoon Native Basil
- 1 ½ dessert spoons Crushed Bush Tomato (Kutjera)
- 2 dessert spoons Saltbush
- 1 dessert spoon Mountain Pepper (also known as Dorrigo Pepper)
- 1 dessert spoon Sea Parsley
- 2 teaspoons salt
- ½ cup finely diced brown onion
- ½ cup finely diced green capsicum

**What to do:**

1. Core the tomatoes and make a small cross incision at the base of each.
2. Place into a saucepan of boiling water for 40 seconds to blanch. Remove with a slotted spoon and plunge immediately into iced water.
3. When cool, peel tomatoes, cut in half, remove seeds and finely dice.
4. Place sugar and vinegar in a large saucepan over a high heat. Add native herbs and stir until sugar has dissolved. Add chopped tomatoes, onion and green pepper.
5. Bring to the boil, reduce heat to low and simmer for 20 minutes or until the liquid has reduced and relish becomes sticky.
6. Season with salt and pepper to taste.
**Lavosh**

**Type:** Bread  
**Serves:** 24 Tastes  
**Recipe source:** Allrecipes.com.au

An Armenian unleavened flat bread.

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring cups</td>
<td>2 1/2 cups plain flour</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>1 t salt</td>
</tr>
<tr>
<td>Large bowl</td>
<td>1 t sugar</td>
</tr>
<tr>
<td>Baking tray</td>
<td>2/3 cup water</td>
</tr>
<tr>
<td>Knife</td>
<td>2 T butter</td>
</tr>
<tr>
<td></td>
<td>2 egg whites</td>
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<td></td>
<td>2T sesame seeds</td>
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</tbody>
</table>

**TO SERVE:**

2 serving trays

**What to do:**

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a large bowl, stir together, flour, sugar and salt. Add water, 1 egg white and melted butter; mix well to make a stiff dough. Knead until dough is smooth, about 5 minutes.
3. Divide dough into 10 balls. Roll each ball on lightly floured surface until paper thin. Place on ungreased baking sheet. Brush with egg white and sprinkle with sesame seeds.
4. Bake in preheated oven for 10 to 12 minutes, until browned.
# Chicken Spinach & Vegetable Wontons

**Type:** Main  
**Serves:** 24 Tastes  
**Recipe source:** SAKG

## Equipment:
- clean tea towels
- knives – 1 large, 1 small
- chopping board
- bowls – 1 large, 1 medium, 2 small
- large pot
- bamboo steamer
- fork
- mixing spoon
- 3 baking trays
- teaspoons
- tongs
- 4 small serving bowls (for sauce)

## Ingredients:
### For the wontons:
- bunch of silver beet (approx. 10 large leaves)
- large knob of ginger
- 6 spring onions
- 20 leaves Vietnamese mint
- 2 cloves garlic
- 2 eggs
- 100 g chicken mince
- 1 tablespoon fish sauce
- 1 teaspoon chilli flakes
- olive oil
- square wonton wrappers – 30
- water

### For the dipping sauce:
- small bunch chives
- 2 tablespoons sweet chilli sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons of fish sauce

## What to do:
1. Wash the silver beet carefully in cold water, to remove grit and insects. Dry by rolling in tea towels and shaking well.
2. Dampen a tea towel and place it under the chopping board to keep it from slipping.
3. Use the large knife to finely shred the silver beet and put it in the large bowl.
4. Wash the ginger, spring onions and mint. Pat dry in a clean tea towel and set aside.
5. Use your small knife to peel the ginger and garlic.
6. Cut the roots off the spring onions and remove the leaf tips and damaged outer leaves.
7. If the mint has woody stems, pluck off the leaves and discard the stems.
8. With the large knife, chop the ginger and the garlic, spring onions and Vietnamese mint into very small pieces. Put them in the bowl with the silver beet.
9. Put a large pot of water on to boil.
10. Make sure you have the steamer on the bench next to the stove, ready to use.
11. Break the eggs into a small bowl and whisk them with a fork.
12. Add the chicken mince, egg, fish sauce and chilli flakes to the large bowl with the finely chopped vegetables. Use a spoon to mix them together very well.
13. Lightly grease your baking trays with olive oil.
14. Place a small bowl of water within easy reach where you are going to form the wontons, and make sure the bench surface is clean and dry.
15. To make the wontons, put one wonton wrapper on the clean bench space with one point towards you like a diamond.
16. Put a teaspoonful of filling in the middle of the wrapper.
17. Gently fold the far corner of the wonton wrapper over the top of the mixture and bring it towards you to make a triangle shape with the filling inside.
18. Seal the edges of the wonton down with water, by dabbing your fingers in the bowl of water and sprinkling and pressing the edges of the wonton wrapper.
19. Set each finished wonton on the greased trays and keep making wontons until all the filling is used up. (You should have enough to make about 30 wontons.)

**Cooking the wontons and making the dipping sauce:**

5. Divide the class into two groups. One group will make the dipping sauce; the other will cook the wontons.
6. To make the sauce: Chop the chives very finely, then combine with the rest of the sauce ingredients in the medium bowl. Taste it to check the balance.
7. To cook the wontons: *Use tongs to put the wontons in the steamer and then place the steamer over the pot of boiling water. Ask an adult to help you with this.* Leave the steamer over the pot for about 5 minutes, then use the tongs to take the cooked wontons out of the steamer and place them on plates. Cover the plates with tin foil to keep the wontons warm, and set aside. Repeat this process until all of the wontons are cooked.
8. Serve equal amounts of wontons on plates and drizzle with a little sauce. Put the rest of the sauce in a small bowl with a teaspoon so that people can spoon more sauce over their wontons if they want to.
Snow Pea & Feta Salad

Type: Salad  Serves: 24 Tastes  Recipe source: Foof.com.au

From the garden: snow peas, oranges, lettuce, tomatoes, capsicum.

EQUIPMENT:

- Measuring spoons
- Measuring cups
- Bowls
- Knife
- Chopping boards
- Saucepan

INGREDIENTS:

- Snow peas trimmed
- Red capsicum sliced thinly
- 1T olive oil
- 1T orange juice
- ¼ t Dijon mustard
- 1/8 t salt
- 1/3 cup feta crumbled
- Lettuce
- Tomato

What to do:

1. Bring a large pot of lightly salted water to boil.

2. Add snow peas and red pepper strips until brightly coloured, about 1 minute.

3. Drain and rinse under cold temperature if not serving immediately.

4. Whisk together olive oil, orange juice, mustard and salt.

5. Stir in the feta and and toss with snow peas, lettuce and tomatoes.

6. Serve room temperature or chilled.