Cheese Souffle

Type: Main Serves: 24 Tastes Recipe source: Taste.com.au

Fresh from the garden: eggs

**EQUIPMENT:**
- Ramekins
- Metal spoon (large)
- Measuring cups
- Measuring spoons
- Large bowl
- Saucepan
- Electric beater
- Baking trays

**INGREDIENTS:**
- 20g butter, softened
- 1 cup (90g) dried (packaged) breadcrumbs
- 30g butter, extra
- 1/4 cup (40g) plain flour
- 1 1/4 cups (310ml) milk
- 2 cups (160g) coarsely grated vintage cheddar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon cayenne pepper
- 4 large (60g) eggs, at room temperature, separated

**TO SERVE:**
- 2 serving trays

**What to do:**

1. Preheat oven to 200°C. Place an oven tray in the oven to preheat. Brush the base and side of four 1 1/2 cup (375ml) ramekins with butter to grease.
2. Sprinkle the breadcrumbs in the ramekins and rotate to coat each base and side with breadcrumbs. Turn ramekins upside down and gently tap to remove excess crumbs.
3. Melt the extra butter in a saucepan over medium heat until foaming.
4. Add the flour and cook, stirring, for 2 minutes or until mixture bubbles and starts to come away from the side of the pan.
5. Remove from heat and add half the milk. Use a balloon whisk to whisk until mixture is smooth. Add remaining milk and whisk until smooth. Return to heat and cook, stirring, for 3 minutes or until mixture boils and thickens. Remove from heat.
6. Add the cheese, mustard and pepper and stir until cheese melts and mixture is smooth.
7. Add the egg yolks and stir until well combined. Season with salt and pepper. Use an electric mixer to whisk the egg whites in a clean, dry bowl until soft peaks form.
8. Add one-quarter of the egg whites to the cheese mixture and use a metal spoon to fold through until just combined. Add the remaining egg whites and gently fold until just combined.
9. Pour the cheese mixture into the ramekins and smooth the tops. Run your finger around the inside rim of each ramekin, about 2cm into the souffle (this will help the souffle rise more evenly and give a top hat appearance).
10. Place the souffle on the preheated oven tray and bake for 10 minutes or until golden brown and puffed.
11. Serve immediately
**Vegetable Lasagne**

**Type:** Main  
**Serves:** 24 Tastes  
**Recipe source:** Taste.com.au

**Fresh from the garden:** pumpkin, eggplant, onions, garlic, capsicum, zucchini, spinach, tomatoes.

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**EQUIPMENT:**  
Metal spoon (large)  
Measuring cups  
Measuring spoons  
Large bowl  
Frying pan  
Electric beater  
Lasagne  
Baking tray  
Saucepan  
Baking dish

**INGREDIENTS:**  
- 800g butternut pumpkin, peeled, cut into 1cm-thick slices  
- 1 1/2 tablespoons olive oil  
- 1 medium brown onion, finely chopped  
- 2 garlic cloves, crushed  
- 1 medium red capsicum, chopped  
- 2 medium zucchini, halved, sliced  
- 1 medium eggplant, chopped  
- 200g button mushrooms, thickly sliced  
- 400g can diced tomatoes with oregano and basil  
- 80g baby spinach  
- 30g butter  
- 2 tablespoons plain flour  
- 2 cups reduced-fat milk  
- 1 cup reduced-fat grated mozzarella cheese  
- 125g dried lasagne pasta sheets

**What to do:**

1. Preheat oven to 180°C/160°C fan-forced. Line a baking tray with baking paper. Arrange pumpkin, in a single layer, on tray. Drizzle with 2 teaspoons oil. Bake for 20 minutes or until tender. Set aside.

2. Heat remaining oil in a heavy-based frying pan over medium heat. Add onion, garlic, capsicum, zucchini, eggplant and mushroom. Cook, stirring, for 10 minutes or until eggplant is just tender. Stir in tomato. Bring to the boil.

3. Reduce heat to low. Simmer for 10 minutes or until sauce has thickened. Remove from heat. Stir in spinach. Cover.

4. Set aside for 2 minutes or until spinach has wilted. Season with salt and pepper.

5. Meanwhile, melt butter in a saucepan over medium heat until foaming. Add flour. Cook, stirring with a wooden spoon, for 1 minute or until bubbling.

6. Remove from heat. Gradually add milk, stirring to prevent lumps forming. Return pan to heat. Cook, stirring, for 5 minutes or until sauce boils and thickens.

7. Remove pan from heat. Stir in half the cheese. Set aside.

8. Lightly grease a 7cm-deep, 25cm (base) square baking dish. Spoon half the onion mixture into dish. Arrange half the pumpkin over onion mixture. Place half the lasagne sheets over pumpkin, breaking sheets to fit. Repeat layers.

9. Spoon sauce over top. Sprinkle with remaining cheese. Bake for 40 minutes or until golden and pasta tender. Stand for 10 minutes. Serve.
Indian Vegetable Curry from Goa

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

**Fresh from the garden:** pumpkin, onion, coriander, potatoes, carrots, sweet potato, beans, celery, lemon, chilli, tomatoes.

<table>
<thead>
<tr>
<th><strong>EQUIPMENT:</strong></th>
<th><strong>INGREDIENTS:</strong></th>
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<tbody>
<tr>
<td>Measuring cups</td>
<td>1 onion</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>2 carrots</td>
</tr>
<tr>
<td>Large bowl</td>
<td>2 potatoes</td>
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<tr>
<td>Frying pan</td>
<td>1 sweet potato</td>
</tr>
<tr>
<td>Electric beater</td>
<td>12 green beans</td>
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<tr>
<td>Knife</td>
<td>2 T vegetable oil</td>
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<tr>
<td>Peeler</td>
<td>½ t chilli flakes</td>
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<tr>
<td>Juicer</td>
<td>1 T turmeric</td>
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<tr>
<td>Wooden spoon</td>
<td>1 x 400g can chopped tomatoes</td>
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<tr>
<td>Wooden spoon</td>
<td>Salt</td>
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<tr>
<td>Chopping Board</td>
<td>1 lemon</td>
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<tr>
<td>Baking dish</td>
<td>Spice paste</td>
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<tr>
<td></td>
<td>1 onion</td>
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<tr>
<td></td>
<td>2 T coriander seeds</td>
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<td></td>
<td>1 T cumin seeds</td>
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<td></td>
<td>4 whole cloves</td>
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<td></td>
<td>10 peppercorns</td>
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<td></td>
<td>1 5cm piece cinnamon stick</td>
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<td></td>
<td>1 T vegetable oil</td>
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<td></td>
<td>1 T mustard seeds</td>
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<td></td>
<td>½ cup desiccated coconut</td>
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<td>½ cup water</td>
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**What to do:**

1. Thinly slice the onion and place in the food processor.
2. Place the coriander and cumin seeds in the small bowl along with the cloves and peppercorns.
3. Crumble in the cinnamon stick.
4. Heat the oil in the frying pan over a low to medium heat.
5. Add the spice mix and cook, stirring with the wooden spoon for 3 minutes or until fragrant.
6. Place the spice mix into the food processor. Add the mustard seeds, coconut and water and process until it makes a smooth paste.
7. Peel and finely chop the second onion and place in a small bowl.
8. Peel the carrots and potatoes then cut each vegetable into 2 cm cubes. Place the carrot and regular potato in a large bowl and sweet potato in another.
9. Cut the beans into 4cm pieces.
10. Heat the oil in the frying pan over medium heat and add the chopped onion until golden brown. Stir in the chilli flakes and turmeric and add the spice paste. Cook for 5 minutes.
11. Pour canned tomatoes into the pan and bring to the boil over a high heat.
12. Add the carrot and regular potato, combine and cook for 5 minutes. Add the sweet potato, cover and cook for 10 more minutes.
13. Add the green beans, cover and reduce the heat to low and cook for 10 minutes or until vegetables are tender.
14. Juice the lemon and stir the juice into the curry. Serve.
This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final favour is really up to you.

**EQUIPMENT:**
- Metric scales
- Measuring cups & spoons
- Grater
- Chopping board
- Knife
- Large bowl
- Colander
- Whisk
- Wooden spoon
- Mortar and pestle
- Serving platter
- Frypan or wok

**INGREDIENTS:**
- 12 spring onions
- 2 carrots
- 8 garlic cloves
- 8 snake beans or green beans
- 1 capsicum
- 400g tofu or chicken
- 1 quantity of egg noodles or 300 dry noodles
- 6 T vegetable oil
- 2 cups bean sprouts
- 2 T chilli sauce
- ¼ cup thick sweet soy sauce
- 2 T palm sugar
- Salt to taste
- Handful mixed Asian herbs
- 8 egg
- 2 limes

**What to do:**
- Cut the spring onion into diagonal slices.
- Julienne the carrots, or grate them if you prefer. Deseed the chilli.
- Crush the garlic and chilli using the mortar and pestle.
- Thinly slice the beans, capsicum and bok choy or Asian greens.
- Chop the tofu or chicken into bite sized pieces.
- Whisk the eggs in a bowl.
- Cook the noodles for 3-5 minutes, drain and rinse with cold water.
- Heat the oil in the frypan/wok and, when hot, add the garlic and spring onion and cook for 1 minute. (Note if the dish is too large you may need to cook in 2 woks.)
- Add the eggs and stir continuously for 30 seconds.
- Increase to a high heat and add the cooked noodles, plus salt to taste.
- Fry for 3 more minutes, stirring continuously.
- Chop up the herbs and slice the lime into wedges.
- Serve with herbs and lime as garnishes.
Spanakopita

Type: Main
Serves: 24 Tastes
Recipe source: Taste.com.au

Fresh from the garden: parsley, basil, mint, dill, eggs, spinach, silverbeet, shallots.

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
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<tbody>
<tr>
<td>Metal spoon (large)</td>
<td><strong>Pastry</strong></td>
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<tr>
<td>Measuring cups</td>
<td>3 ½ cups plain flour</td>
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<td>Measuring spoons</td>
<td>1 tsp salt</td>
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<tr>
<td>Large bowl</td>
<td>3 tbsp olive oil</td>
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<tr>
<td>Frying pan</td>
<td>½ cup warm water, enough to</td>
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<td>Baking tray</td>
<td>form a soft dough</td>
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<tr>
<td>Rolling pin</td>
<td>100 g butter, melted</td>
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<td></td>
<td>1 tbsp olive oil</td>
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**Filling**

½ bunch silverbeet, washed
1 bunch English spinach, washed
olive oil
½ cup French shallots, finely sliced
200 g Australian feta
100 g Greek feta
2 tbsp each of flat-leaf parsley, dill, basil leaves and mint leaves, chopped
pepper, to season
3 eggs, lightly beaten

What to do:

1. You will need a round 28 cm diameter baking tray. Prepare the baking tray by coating the base and sides with butter and a little olive oil.

2. To make the pastry, mix the flour with salt in a large bowl and make a well in centre. Add olive oil and enough warm water to make a soft dough.

3. Knead for about 5 minutes until smooth and soft, cover with cling wrap and put aside.

4. To make the filling, wash the silverbeet and spinach well and chop.
5. Lightly grease a deep frying pan with olive oil, add spinach and silverbeet, stirring occasionally over medium heat until wilted.

6. Drain excess water and set aside in a large mixing bowl.

7. Chop and fry the shallots in a frying pan with a little olive oil over low heat, until translucent. Place in bowl with wilted greens. Crumble the feta cheeses into the bowl using your fingertips.

8. Add the chopped herbs, pepper and the lightly beaten eggs and mix well. The feta cheese is quite salty so no extra salt is required.

9. Set aside and prepare the pastry.

10. Break the dough into eleven smaller balls and using a rolling pin, roll out one of the balls into a pastry round about the size of a bread plate size.

11. Combine the melted butter and oil and lightly brush the top of the rolled pastry.

12. Repeat this 5 times to create a stack of 6 rounds where each layer is buttered except for the top layer. Then roll this stack to form one large pastry round - this is the pastry base. It needs to be rolled out larger than the baking tray so that it comes up the sides of baking tray.

13. Repeat these steps to make the pie’s pastry top. Only making a stack of 5 rounds instead of 6. Roll the 5 rounds to form the lid.

14. Place the filling into the pan, then cover with the lid. Pinch and crimp the edges together to seal.

15. Preheat the oven to 200ºC. Brush the top with melted butter mixture and using a knife gently cut into the pastry in a large grid manner. This is to prevent a dome rising in the centre of pie during baking.

16. Bake for 45 minutes, then reduce heat to 180ºC and bake a further 10 minutes or until golden brown. Allow pie to sit 10 minutes before cutting.