

## **Kitchen Garden at Collingwood College 26.7.2011**

### **Name of Recipe: Pea & Parmesan, Spiced Red Lentil**

Volunteer Notes: This isn't as involved as it sounds! The dips are a guideline – the kids must taste and think about the flavours they want.

Any problems get me over!

START the ricotta asap.

What to collect	What to do
<p><b><u>Broccoli, Pea &amp; Parmesan DIP</u></b></p> <p>100grams peas (shelled) either fresh or frozen 2 head Broccoli-cut into florets</p> <p>2 x clove garlic, ground to a paste Mortar pestle</p> <p>1 tsp freshly chopped Oregano/thyme 2 tsp chopped parsley 2 tsp finely shredded mint leaves Parmesan cheese</p> <p>50 ml Extra virgin olive oil (may need extra as well)</p> <p>Freshly ground black pepper Salt flakes-only see if you need it after the parmesan has been added &amp; dip tasted</p>	<p>Put a large pot of water onto the boil.</p> <p>Wash the broccoli, cut into small florets-steam until bright green. Take out &amp; cool. Steam the peas for 1 minute. Cool.</p> <p>Prepare the herbs and garlic and chop finely. Grate the parmesan into a bowl.</p> <p>Put a portion of broccoli &amp; peas in the mortar and pestle and pound roughly, scrape into a large bowl. Repeat until all is mashed. Add the herb/garlic mix to the bowl. Wet mix with olive oil, add the parmesan. Stir and taste. Add salt? and grind some pepper in. Taste again.</p> <p>Put into a bowl and set aside. Let the flavours infuse into the peas/broccoli.</p> <p>Divide, into small bowls. Garnish with edible flowers or mint sprigs.</p>

## **PUMPKIN DIP**

1 Medium pot, wooden spoon

500 gm Pumpkin-skin off (cut small pieces)

60ml olive oil

2 garlic clove-peeled, chopped

3 cm piece Ginger grated

1 x cup red split lentils

1 x tblsp Balsamic vinegar

1-tblsp brown sugar (white if none in store)

1tsp curry powder

water

Salt/pepper

Whisk

Small Serving bowls, spoon

In a pot, put in chopped pumpkin, cut garlic, ginger with oil. Sauté a few minutes

Add brown sugar, 1 x tblsp balsamic vinegar, 1 x cup red lentils and curry powder. Stir.

Add enough water to just cover. Boil rapidly until very soft and all liquid is evaporated.

Mash pumpkin mix with end of a firm whisk .

Taste then season with salt/pepper.

- TASTE AGAIN

Divide.