

Kitchen Garden at Collingwood College: Term 4

Name of Recipe: Rice Pilaf-our Herbs, Celery & Greens,-Corn & Shallots

Volunteer Notes: The “green “ is an assortment of what is available such as: herbs, spinach, rocket, silver beet, and sorrel. This will take 20 mins to cook by the evaporation method.

What to collect	What to do
<p>1 x large thick based pot & lid Wooden spoon Measuring cups/jugs/spoons</p> <p>2 x cup long grain rice 3 x cup cold water 4 x tblsp olive oil</p> <p>3 x Shallots, washed, peeled & sliced 4 x spring onion washed & finely sliced 2 x Celery stick-wash, slice finely 2 x garlic clove [chopped finely]</p> <p>1 x corn cob, stripped off leaves & cut into 3 pieces-then cut off kernels</p> <p>Salt flakes / ground pepper</p>	<ul style="list-style-type: none">• Prepare all the aromatics, measure the rice/water.• Gently heat the oil in thick base pot.• Add garlic, celery, shallots & spring onions and gently sauté for 3 mins.• Add the rice and keep stirring for 2 minutes.• Add water, corn kernels, and salt/pepper.• Bring mix to the boil over med heat, <u>then Put the pot to the back gas jet</u> and turn heat down to very low and cover with lid.• Cook 20 mins. <ul style="list-style-type: none">• Once all liquid has evaporated, gently lift & stir in (wooden spoon) the sliced green leaves and juice of 1 lemon (from gnocchi area) leave with lid on 5 minutes -before you serve. Taste and adjust salt/pepper if needed before serving.
<p>20 x small leaves -washed/ dried and chiffonnade-fine slices. (silver-beet, chard, spinach, sorrel) Herbs: parsley, thyme, oregano, lots-pick, wash/spin/chop Lettuce spinner</p>	<ul style="list-style-type: none">• Prep up all the greens –set aside• Wash & dry the herbs then chop finely set aside until needed.

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1 lemon-juice only
3-4 x serving bowls & spoons
Calendula flowers

- Pick the flowers off calendula and scatter before serving.