

Kitchen Garden at Collingwood College Term 2, week 6

Name of Recipe: Brown Rice Salad, Caramelised Cauliflower, onions, orange zest, seeds, dried fruit & herbs.

Volunteer Notes: There will be rice cooked for you ahead of time> you will cook for the next class.

Rice will take 30-40 mins to cook in the rice cooker.

From our garden: cauliflower, celery, parsley, oregano, mint, bay-leave, spring onion, thyme, edible flowers

What to collect	What to do
1 x rice cooker 2 cup long grain brown rice 4 cup cold water 1/2tsp salt 1/4 tsp pepper freshly ground 3 bay-leave	Wash brown rice well under cold water in a colander, drain. Put rice into the rice cooker with measured cold water & bay-leave, salt/pepper, turn on.
Cooked & cooled portion brown rice	You will now use the cooked rice prepared ahead of time for your group. Place it into a large bowl- ADD other ingredients to this bowl. As a group> collect and identify all the ingredients for your salad.
1 large sauté pan, wooden spoon 2 stalk Celery or celeriac leaves, washed finely diced 3 x clove garlic-chopped finely 40 ml XV olive oil	Heat oil in pan over medium heat, add celery/celeriac & chopped garlic, cook 3 minutes. Then tip into bowl of cooked rice.
1 x cauliflower-separate the florets into small pieces, wash & drain well	NOW add 3 x tblsp of olive oil to the pan and cook the florets of cauliflower until <u>caramelised</u> , season while cooking with salt flakes, pepper. Tip cooked cauliflower into rice bowl.
1 sauté pan, wooden spoon 2 x brown onions, peeled & cut in ½- lay flat side down & finely slice	In a separate sauté pan, add oil & sliced onions- gently sweat down to soften. Continue to cook until golden brown- add to rice mix.

<p>34x Spring onions, trimmed, washed, sliced thinly</p> <p>Herbs> parsley-picked, washed, spun dry & chopped</p> <p>Oregano sprigs/thyme picked, washed & chopped</p> <p>Mint, picked, washed, spin dry & sliced thinly</p> <p>1 x orange- zest with Microplane & juice it</p> <p>Portion deseeded Dates -cut into 5 with scissors-put into cooked rice(OPTIONAL) (may be cranberries</p> <p>Portion-sunflower & pumpkin seeds</p> <p>Small pan</p>	<p>Prepare all the greens & herbs, put into the bowl, mix gently</p> <p>.</p> <ul style="list-style-type: none"> • Add the orange zest & juice. • Add the cut dates • Then taste for seasoning. <p>Toast the seeds, add to the mix.</p>
<p>3-4 bowls, serving spoons</p> <p>Edible flowers-gently washed</p>	<ul style="list-style-type: none"> • Divide into 3-4 bowls, garnish with herbs & edible flowers if available.