

Kitchen Garden at Collingwood College: Term 1, week 2, 2018

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

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
1 x large thick based pot & lid Wooden spoon Measuring cups/jugs/spoons 2 x cup long grain rice 3 x cup cold water 4 x tblsp olive oil 1 x red onion, cut in 1/2 peeled & sliced 4 x spring onion washed & finely sliced 2 x Celery stick-wash, slice finely 2 x garlic clove [chopped finely] 1 x corn cob, stripped off leaves & cut into 3 pieces-then cut off kernels Salt flakes / ground pepper	<ul style="list-style-type: none">• Measure the rice & water seperatley.• Prepare all the aromatics, • Gently heat the oil in thick base pot. • Add garlic, celery, onion & 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.
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 1 lemon-zest/ juice 3-4 x serving bowls & spoons Calendula flowers	<ul style="list-style-type: none">• Prep up all the greens –set aside• Once all liquid has evaporated, gently lift & stir in (wooden spoon) the sliced green leaves and juice & zest of 1 lemon, leave with lid on 2 minutes -before you serve. Taste and adjust salt/pepper if needed before serving.• Wash & dry the herbs then chop finely set aside until needed.• Pick the flowers off calendula and scatter before serving.