

Kitchen Garden at Collingwood College –Term 3, week 4, 2017

Name of Recipe: Pumpkin, Garlic & Herb Sauce

Volunteer Notes: Your group will be roasting the pumpkin & preparing & blending the herb sauce.

Other groups will be making the pasta & pasta dough for the next lesson.

Ensure all students understand how to set up a Blender & clean it correctly.

Demonstrate the safety needed with the blade & when using electrical equipment.

What to collect	What to do
<u>Pumpkin sauce</u> 1kg pumpkin-skin off, diced 2cm Baking tray lined with baking paper 80 mls X.v. olive oil Salt flakes/ground pepper 3 sprigs rosemary	 Peel & chop your pumpkin into 2 cm dice. Toss in a bowl with olive oil, season with salt & pepper, add chopped rosemary and roast until soft (15 minutes) >set aside to cool. Place into a bowl for the pasta group.
<u>Big basket of herbs></u> 1 x bunch parsley, sage, thyme, marjoram, oregano- pick/wash/dry-rough chop 3x clove garlic, peeled 150 ml XV olive oil 1 x lemon washed & zested/juiced Citrus juicer Electrical blender Salad spinner Flexible scraper/jug	 Separate the herb varieties. <ul style="list-style-type: none">• Pick & wash each separately.• Peel & chop the garlic.• Zest & juice the lemon.• Measure the oil.• Add all ingredients into the blender, lid on & turn on at the lowest setting to combine.• Scrap into a jug for the pasta group.