

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

Name of Recipe: Shaved Carrots with Dates & **Agro dolce** sauce

Italian: **Agro**=sour **Dolce**=sweet

Volunteer Notes: Please check w Des any student re allergy to honey.

From our garden: Herbs

What to collect	What to do
600g large carrots (6-8) Peelers Large bowl	Wash your carrots & peel the skin off. Put peel into compost. Shave the carrots into long thin strips. Collect into the preparation bowls.
½ cup-Sunflower/Pumpkin seeds Small pan	Toast seeds in a dry pan- set aside to cool when golden brown.
Parsley, picked/washed/spun dry & finely chopped	Mix the carrots & chopped parsley through.
3 tblsp Red wine vinegar 3 x tblsp Honey 12 x Dates, cut into 5 3 x tblsp XV oil Scissors Small pot Calendula flowers for decoration	Heat vinegar & honey and dates & reduce by 1/3 until glossy. Mix in oil, grind pepper into sauce. Mix 1/2 sauce with carrots. Tatse, add more if needed. Divide & place onto platters. Scatter toasted seeds on top and edible flowers.