

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

Name of Recipe: Warm Salad of Pan-fried Green Tomatoes

Volunteer Notes: Taste a green tomato raw before cooking...try and get some flavour words from the students.

Tomatoes & Eggplant come from the same family of vegetables

What to collect	What to do
1 x basket green tomatoes, washed & cut into ½ cm thick slices 1-2 cup mint leaves-picked & washed 1 cup parsley leaves-picked & washed Oregano leaves-8-12 BIG sprigs/picked Salad spinner XV Olive oil 4x Garlic cloves 2x Pan/ tongs Salt/ground pepper	<ul style="list-style-type: none">• Collect your tomatoes, wash, wipe well.• Cut slices ½ cm thick. Each person has 1 slice.• Pick, then wash the herbs in plenty of cold water, strain, then spin dry gently. (Don't fill the spinner more than 1/2 way, or you will crush the herbs)• Shallow fry tomato slices with garlic olive oil until golden brown.• Lay them on platters.
Marinade; 60 ml sherry vinegar/red wine 30 ml honey 60ml water Pepper ground	Boil marinade ingredients to a thickened consistence, then drizzle over the tomatoes, add the herbs. Serve.
3-4 x platters with tongs	<ul style="list-style-type: none">• Assemble the salad 5 mins before service.• Gently divide onto 4 platters, top with flowers.