In The Kitchen………..

Level 3 has successfully completed the first SAKG Kitchen lesson. It was an introduction to the kitchen space and the rules of the kitchen. Most importantly it was an introduction to our very sharp chef knives and the strict rules of use! Student safety is our number one priority and I am happy to report no bandaids were needed!

Each class then got to make Vietnamese Rice Paper Rolls utilising their newly acquired skills. To accompany the rolls they made a delicious and very popular dipping sauce.

**Vietnamese Rice Paper Rolls**

**Ingredients:**
- Rice paper
- Bean shoots
- Cucumber, julienned
- Carrots, julienned
- Bok choy, cut into strips
- Vermicelli noodles, soak in boiling water until soft, drain.
- Vietnamese mint
- Coriander
- Egg
- Soy sauce
- Fish sauce

**Method:**

Whisk the egg with a splash of fish sauce and soy sauce. Spread thinly around a hot pan or wok to make an omelette. Turn onto board and slice into strips

Soak each rice paper in water, remove when it becomes soft. Lay a Vietnamese mint leaf down first then add the noodles, carrot, bean shoots, cucumber, egg, bok choy and fold the bottom into the middle, then fold the sides in, then firmly roll up. Keep in refrigerator.

*note: you can add prawns, chicken, tofu, lettuce, other herbs. Really anything to your taste, just don’t overfill or you won’t be able to roll up.

**Dipping Sauce:**

- One clove garlic, crushed
- One lime, juiced
- 2 tbspn castor sugar
- 1 tbspn fish sauce
- 1 tiny drop chilli sauce

Mix all together, Yum!
What we are making for Lesson Two:

- Fettuccine with Tomato and Garlic sauce
- Mexican flatbread
- Hummus

What we need if you have excess:

- Eggs
- Basil
- garlic

Donations:

If you can provide any of the items below it would be greatly appreciated:

- spaghetti spoons
- wooden spoons
- garlic crushers

Volunteers

Thank you to our wonderful volunteers who have so generously given up their time to help in the Kitchen sessions. Without you we could not run the program!

It’s not too late to get onto the roster. A minimum of 3 helpers per session is required to run the program, but 4 per session would be optimal.

**Please note Friday 23rd and 30th there is only one helper, Thursday 22nd and 29th there are only two. More are desperately needed so that these classes can run with the proposed menu.**

Please ring or text Michele on 0422 579 065 or see Gill at the office.
In The Garden………

Well how lucky have we been with our weather over the last 2 weeks to kick off the gardening part of the program.

We started by breaking each class into 4 groups. Each group coming up with their own name associated with a fruit or vegetable, what a great array of wonderful names they came up with - Clever Cauliflowers, Lucky Limes, Cheeky Cherries and Radical Radishes just to name a few.

We hit the ground running to take full advantage of the great weather to try to prepare our garden beds which were in need of some TLC – pulling out all the weeds, turning the soil and filling with an organic compost mix. All ready to plant some crops this week.

The students also made some wonderful placemats out of autumn leaves, which we will be taking to the kitchen to use at our shared table.

The children come into the garden with such enthusiasm and a willingness to learn, it has been wonderful to see. If you are coming to Open Night this Wednesday, come on down to the veggie patch to see what we are up to.

Please find below the gardening roster – if you would like to help out at any of the sessions, please contact me on 0425 788 723 or email kelly@tagroofing.com.au

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