On the menu for this fortnight we have made a lovely Leek, Zucchini and Cheese Frittata, served with a lettuce and noodle salad with soy, rice wine and sugar dressing. Kids were licking their plates clean as they just loved that dressing!

Students continue to gain experience and confidence using our chef knives; in particular we had to shred the lettuce and dice the cucumbers and spring onions.

It was our first experience using a salad spinner and it was quite amazing how much water still came out even after we thought we had drained it well!

This rotation we have also learned about improvisation in the kitchen! Not having enough basil one day we contacted Kelly up in the garden and she found some mint basil and coriander for us to use as a substitute, and it tasted terrific. Towards the end of the last week we were also able to add some pak choy from our garden to our salad. We are becoming very flexible chefs!

At the table we continue to practice our table manners and enjoy talking about what we have created both at school and at home. We have also learnt to place our knife and fork neatly in the middle of our plate to indicate we have finished eating.

Another delightful fortnight in our kitchen! We hope you enjoy trying these recipes at home. Happy cooking!

**Volunteers:**

We cannot thank our wonderful volunteers enough! Without them we would not be able to run the program, so please remember that your help is greatly appreciated.

We have recently had two volunteers join us who are not connected to the school in any other way. Glenda is a retired teacher who regularly comes in on Tuesdays since the start of this term, and Aimee is a university student who is now joining us on Mondays. If you happen to see them, please say hello and make them feel welcome!

At the moment we are still looking for volunteers for Thursdays and Fridays, so if you can fill any of those slots please call Michele on 0422 579 065 or add your name to the roster at the stadium kitchen.

Cheers,

Michele & Kelly
Leek, Zucchini and Cheese Frittata

**Ingredients**
- 2 tablespoons olive oil
- 1 leek
- 1 zucchini
- 1 clove of garlic crushed
- ½ cup of shredded basil
- 6 eggs
- ½ cup of grated tasty cheese
- Salt and Pepper

**Equipment**
- 1 large mixing bowl
- Fry pan
- Wooden spoon
- Knife
- Whisk
- Grater
- Garlic press
- Slice Tray
- Baking Paper

**Method**
- Heat the oven to 180º C.
- Thinly slice the white part of the leek only.
- Heat the oil in the fry pan, and the leeks and cook stirring over low heat until soft.
- Grate the zucchini and add to the frypan with the crushed garlic.
- Cook for 5 minutes on low heat.
- In the mixing bowl, crack the eggs and whisk until light and fluffy.
- Add the milk, shredded basil, and salt and pepper to the eggs, and mix altogether.
- Line the tray with baking paper and add the leek and zucchini mixture to the tray.
- Pour over the egg mixture and sprinkle the grated cheese over the top.
- Place in the oven to cook for 15 minutes, or until the mixture sets and is browned on top.
Lettuce and Noodle Salad
with soy dressing

**Ingredients**

- 1 Large Iceberg Lettuce
- 5 Spring Onions
- 1 cucumber
- ¼ cup of Coriander
- 150 g packet of Fried Rice Noodles
- ¼ Cup of rice wine vinegar
- 2 Tablespoons of Soy Sauce
- ¼ Cup of Castor Sugar

**Equipment**

- 1 large mixing bowl
- Small bowl
- Knife
- Whisk
- Platters

**Method**

- Core, wash, dry and shred lettuce.
- Slice up the green onions
- Cut the cucumber in to small pieces
- Add all the above ingredients and the packet fried rice noodles into the large mixing bowl.
- Whisk together in the small mixing bowl, the rice wine vinegar, soy sauce, and caster sugar
- Divide the salad onto 4 platters, sprinkle with chopped coriander and drizzle dressing over the salad.

**Items needed for the Menu Weeks 5&7:**

If you grow any of the following at home and can spare some we would be grateful:

- lemons
- garlic
- broccoli (you never know!)
- basil
- red chillies
- rocket
From the Volunteers

From Sally
I have loved the opportunity to help with the SA Kitchen program. It has been fun to guide a small group of children through a recipe and tackle tasks that they may never have attempted before. One of the most enjoyable parts of the session for me is sitting with the children as they share the fruits of their labours and then seeing some of the class taste new flavours and foods for the first time. I would encourage anyone to volunteer to help, Will and I have really enjoyed the experience and the great thing is that you don’t have to be a master chef yourself to help.

From Will:
It's been great fun in the kitchen especially when my mums there. My favourite thing I've made in the kitchen is the Mexican flatbread because I made it with my mum. I love that there's a newsletter with the recipe because me and my mum get to make the food at home as well. It's great to sit next to my mum and taste the great food that we all make.

From Rob
It has been a pleasure to work with Tilly, her classmates Michelle, and the other volunteers in the Kalinda kitchen. I have found the students to be very polite, enthusiastic, willing to learn and take great pride in what they have achieved. More importantly, they have shown they are prepared to help each other learn to work under supervision. Not only have I improved my own meagre cooking skills, meeting the friendly staff at Kalinda and in some way, helping the students has been most rewarding.

Andrea with her friends from Canada – Kate and her daughter, Sophie.
They have come in several times to volunteer in the kitchen, Thank you!
More Photos from the Kitchen

From Ella.
I like my mum coming to work in the kitchen because it feels special when she's there. I've been enjoying cooking at home more because I know what to do!

From Andrea: I love being involved in school projects and especially the SAKG Program. It reinforces a message that I am trying to teach at home by growing our own food and eating as fresh as possible. Ella has impressed us at home by wanting to show us what she can do independently now. She takes pride in setting the table and is evening slowly training her dad to have good etiquette (like the queen) when eating....yeah! It's nice when your child feels skilled enough to plan and prepare a small banquet for the family at home.

And there’s always the cleaning up to be done
In The Vegie Patch

The garden's a growing!

Everything is looking lovely in our garden as our winter planting is starting to take shape and grow. We have built structures for our peas to climb up and a straight structure for our broad beans to lean on.

We received 5 ‘free’ fruit trees from Flemings Nursery as part of the Stephanie Alexander program which will start off our planned future orchard.

Some of our seeds that we sowed in our first couple of lessons in our greenhouse have now been transplanted in readiness to take their place in our garden beds.

We have harvested some of our Pak Choy which was added to our salad in last week’s cooking. So the process of growing and using our produce is starting to happen.