SAKG News No. 11  
Weeks 5&7 - Term 3  
1st September 2014

It was all about Gnocchi in the kitchen this fortnight! We made our potato gnocchi dough from scratch, using a ‘ricer’ (which is just like a giant garlic crusher) to mash and peel the cooked potatoes all at the same time. We then treated our dough gently and with great care, and rolled it into beautiful little “dumplings”. One of our volunteers, Glenda, had brought in some little wooden gnocchi paddles for us to try. Rolling the little pieces of dough onto these gave us nice ridges in the pasta so that our sauce had something to stick to. Cooking it in lots of boiling salted water didn’t take long. When we first put them in the pot they sank to the bottom, but after only a few minutes they rose to the top ready for us to scoop out into a serving dish and cover with our sauce.

Our sauce this time was broccoli, chilli and lemon………..it was green and delicious! After following the original recipe on the very first day, we found that by cooking the garlic, chilli and onion first, and adding some chicken stock and cream, we got a much nicer flavour. We are flexible chefs! During the first week of this rotation broccoli was $7.99/kg, last week it dropped to $1.40/kg, so now that it is cheap, it is the perfect time to try this sauce at home. Of course you can always make a big batch and freeze it to use later.

To accompany the gnocchi we made a yummy rocket, pear and parmesan salad. This was tweaked after the first day as well, adding honey to the dressing to offset the bitterness of the rocket leaves. Most days we were also able to add assorted lettuce leaves that were harvested directly from our very own garden. This was the most exciting part and of course they tasted so much better than anything you could buy!

Many thanks to our wonderful volunteers who came in to help over this fortnight. We hope you enjoyed your kitchen experience and that you will continue to volunteer with us whenever you can! This program really relies on your help. If you are able to help at any time please call Michele on 0422 579 065.

Thanks also to Mark Lawson, one of our dads who works for King Island cheese and who very kindly donated all the parmesan cheese we needed for the two weeks. It was much appreciated!

The SAKG program gives each school that joins a kitchen aid mixer and ours has just arrived. We are going to enjoy putting it to good use in future classes.

During week 8 level 3 will be at camp, but at the start of the week on Monday and Tuesday, Mrs Plant’s and Mr Anthony’s group 2 kids will be doing the class they missed out on when we went to training, namely the beef and 7 vegetable pasties. They will also be tested for their knife licence so they can catch up to the rest of their class.

It is hard to believe we are coming up to our last rotation for the term, it is true that ‘times flies when you are having fun’, and we are certainly having a lot of fun in the kitchen!

Cheers,
Michele & Kelly
Basic Gnocchi
(meaning small dumpling)

The word *gnocchi* may derive from the Italian word *nocchio*, meaning a knot in wood, or from *nocca* meaning knuckle

(serves 6 at home, or 30 tastes)

**Equipment:**
- Metric measuring scales
- Large heavy based stock pot with water and lid
- Large bowl
- Potato masher or ricer or Mouli
- Chopping board
- Kitchen knife
- Butter knife
- Fork
- Baking tray
- Large pot
- colander

**Ingredients:**
- 1kg large Desiree potatoes (about 5 or 6)
- Approximately 350gm plain ‘00’ flour
- 1 egg
- Extra flour for kneading
- 1 tablespoon salt

**What to do:**
- Wash the potatoes and boil them in their skins for 35 minutes until soft. Allow them to cool slightly before peeling. (Note: if using a ricer you will not need to peel)
- In a large bowl mash the potatoes until smooth. (You can pass through a ricer or Mouli to achieve a more even texture) Do not over mash or the potato will become too gluey and your gnocchi will not be light.
- Pour the flour onto a clean surface and empty the mashed potatoes over the flour. Add the egg.
- Knead the mixture until a soft dough forms. You may need a little extra flour to stop the mixture sticking to the surface.
- Cut the dough into 4 even pieces, then roll each piece into 3cm wide logs. Using a butter knife, cut the logs at 3cm intervals to create gnocchi, then press lightly with a fork to create ridges on the gnocchi. Dust with a little more flour to stop them from sticking. Lay out on a baking tray dusted with flour.
- To cook the gnocchi, place a large pot of water on heat and bring to the boil. Add a tablespoon of salt to the boiling water, then carefully add the gnocchi to the pot, making sure they do not stick together. Do not crowd the pot, cook in two batches if necessary.
- The gnocchi are cooked when they rise to the surface. Spoon them out with a slotted spoon or metal sieve. Place directly into your sauce or into a serving dish.
Rocket, Pear and Parmesan Salad with a Lemon Dressing,

Equipment:
- Salad spinner
- Large bowl
- Vegetable peeler
- Sharp knife
- Juicer
- Tablespoon measure
- Mini tongs

Ingredients:
(Serves 4 at home) OR x 4 to get 32 tastings
- 120gm wild rocket or normal rocket 480gm rocket leaves
- 1 pear 4 pears
- 80gm parmesan 320gm parmesan
- 1 lemon 4 lemons
- 3 tablespoons Olive oil 12 tablespoons
- Salt and pepper to season

What to do:
- Wash and drain the rocket leaves, spin to dry thoroughly
- Divide between 4 serving bowls
- Core and thinly slice pears, 1 per serving bowl
- Add the juice of 1 lemon to each bowl
- Add 3 tablespoons olive oil to each bowl
- Season with salt and pepper
- Mix gently to coat all leaves
- Shave the parmesan with a vegetable peeler or grater, add 80gm to the top of each bowl

*Note: we will supplement our rocket with salad greens from our garden
Broccoli, Chilli and Lemon Sauce

(Serves 6 at home or 30 tastes)

Equipment:

- Chopping board
- Kitchen knife
- Large Saucepan with lid
- Juicer
- Zester or grater
- Mixing spoon

Ingredients:

- 6 heads broccoli (obviously depends on size). Use 4 if they are large.
- 6 garlic cloves
- 1 brown onion
- 1 long red chilli
- 1 litre chicken stock (we just used stock cubes dissolved in water)
- 1 lemon
- ¼ cup olive oil
- ½ cup grated parmesan cheese
- Handful of basil
- Salt and pepper
- 200ml cream

What to do:

- Separate the broccoli head from the stem. Chop the head roughly into florets. Peel the stem and chop roughly.
- Remove the seeds from the chilli and chop along with the garlic, onion
- Heat oil in large pan and gently fry garlic, onion and chilli until transparent.
- Add chicken stock and the broccoli. Put lid on and cook for 5 minutes until just tender.
- Add basil leaves and using a stick mixer, blend until pureed, but not so smooth that it is watery, leave some chunks for texture.
- Zest and juice the lemon and add to pot. Salt and pepper to taste. Add cream and parmesan, stir to blend.
- Heat gently, then pour into serving dishes over cooked gnocchi.

Note: 1/ diced cooked bacon or pancetta added at the end gives nice flavour and texture

2/ cauliflower could be substituted for broccoli or mix both together.
My mum Tania came to help with S.A.K.G this week. I really enjoyed cooking with her and making the food. I’ve learnt so much with my mum in the kitchen so now we can cook the recipes at home! It was so much fun to have an experience like this to share with her. I love cooking at SAKG and it made it better with her there. I really enjoyed our time together and I think she did too.
In The Garden.........

The last two weeks have seen a very dramatic change in weather patterns from freezing cold foggy mornings to simply stunning sunny days - Spring is on the way!

With Spring comes the major planting time for our garden. As a lead up we have been learning about the importance of creating an environment to attract bees to our garden to help pollinate our fruits and vegetables as they become established. We researched which herbs, flowers and native plants would be best suited to plant - bees like the colour blue or purple flowers one student discovered.

We watched a documentary on a young bee keeper who has his bee hives in the city area, and learnt that bees do a ‘waggle dance’ to tell the other bees where to collect nectar from plants in the area. We researched if there are any Apiaries (registered bee hives) in our area to help the bees produce their honey.

The best was a yummy honey taste testing session trying 4 different types of honey - organic Australian gum tree honey, honey comb, orange blossom honey and natural pot set honey.

A very big thank you goes out to Tim Fryer who came and built us a worm farm from an old bath that we found on the side of the road. We can begin our composting again collecting from each class, canteen, SAKG cooking classes and the staff room. Our next task is to build our composting bays - we are beginning to be sustainable.

As for the garden things are growing wonderfully we have started to use some lettuce and rocket in our kitchen classes and the snow peas and broad beans have started flowering.
More from the Garden............