SAKG News No. 12  Weeks 9&10 - Term 3  18th September 2014

What a fantastic end to the term our last rotation has been! Our menu:

- Chicken and Ginger Wontons with dipping sauce
- Cauliflower fritters with Lime Yoghurt
- Salad of the Imagination

The wontons are a lovely fragrant little dumpling made very aromatic with the inclusion of fresh grated ginger and chopped Vietnamese mint. Once our filling was made it was great to stand around the bench folding the wontons and chatting as we did it. Then it was into the pot of boiling water to cook for about five minutes.

Cauliflower is such an underrated vegetable. It is very versatile from the plain steamed dinner accompaniment to the fancier and comforting cauliflower cheese. It also makes a great alternative to mashed potatoes by just puréeing and seasoning. Because it is quite bland it works well with heavily spiced recipes such as our fritters, which included turmeric, cumin, cinnamon and garlic. Topped with the beautiful lime yoghurt it could be a meal in itself.

What exactly is a "Salad of the Imagination" you might ask? It's what you call the salad when you have no idea what may be coming out of the garden! It also teaches the kids to be flexible and to improvise and substitute in the kitchen. On various days we had cos lettuce, spinach, wombok, snow peas and even some purple broccoli coming to the kitchen to be washed, dressed and served up! We tried different dressings and sometimes added some rice noodles to bulk it up a bit. Some classes were even lucky enough to make kale chips with kale from our garden.

Most of the kids loved the wontons and the fritters, and were asking for the recipes to make at home. So we hope that you enjoy some time in the kitchen with your kids over these holidays!

Stay safe over the break and we can't wait to hear about your fabulous food adventures!

Cheers,
Michele & Kelly
Chicken and Ginger Wontons
(Makes about 30)

Equipment:
- Chopping board
- Kitchen knife
- Large pot, filled with boiling water
- Mixing spoon
- 3 baking trays, lightly greased with olive oil

Ingredients:

For the wontons:
- Big handful silverbeet (about 10 large leaves)
- Large knob ginger (thumb size)
- 6 spring onions
- Small handful Vietnamese mint
- 2 garlic cloves
- 2 eggs, beaten
- 250gm chicken mince
- 1 tablespoon fish sauce
- 1 teaspoon chilli flakes
- Olive oil
- Square wonton wrappers (at least 30)
- Small bowl of water

For the Dipping Sauce:
- Small handful chives
- 2 tablespoons sweet chilli sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons fish sauce (or to taste)

What to do:
- Peel the ginger and the garlic
- Wash the silverbeet
- Cut the roots off the spring onions, remove damaged outer leaves and tips
- Pluck the leaves off the Vietnamese mint and wash and dry.
- Chop all vegetables into very small pieces and place into a large bowl
- Add chicken mince, beaten eggs, fish sauce and chilli flakes, mix together with a spoon.
- To make the wontons, put one wonton wrapper on the clean bench with one point towards you like a diamond.
- Put a teaspoonful of filling in the middle of the wrapper.
- Fold the far corner over the top of the mixture and bring it towards you to make a triangle shape. Seal the edges down using water. Bring the remaining points to the centre and squeeze all points together. Place made wontons on tray.
- Cook wontons either in boiling water or steam for 5 minutes. When cooked place on plates with alfoil over to keep warm.

To Make Dipping Sauce:
- Chop chives finely, then combine with the rest of the sauce ingredients, taste to check balance.
- Drizzle a small amount over each plate of cooked wontons.
- Divide remaining sauce between four small serving bowls.
**Cauliflower Fritters with Lime Yoghurt**

**Ingredients:**

- 500gm Cauliflower
- ½ onion
- 4 tablespoons flat leaf parsley + extra to garnish
- 2 garlic cloves
- 2 teaspoons ground cumin
- 6 eggs
- 180gm plain flour
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon ground turmeric
- 2 teaspoons salt
- 1 teaspoon black pepper
- Vegetable oil for frying

**What to Do:**

- Turn the oven on to 150 C and place serving dishes inside to warm
- Put a large saucepan of water on to boil. Remove leaves from cauliflower and divide into small florets. Place the florets in boiling water, cook until just tender (approx. 15 mins). Drain in colander.
- Finely chop onion and parsley. Mince garlic.
- In a large mixing bowl, whisk together the onion, parsley, garlic, cumin, eggs, flour, cinnamon, turmeric, salt and pepper.
- When it’s all mixed well, add the warm cauliflower and stir with a wooden spoon, breaking down the cauliflower into the batter.
- Heat the frying pan and add the vegetable oil. When the oil is hot, place spoonful’s of batter carefully into the oil. The fritters should be about 5cm wide and not too close together, or the pan will get too cool and the fritters will run into each other.
- Cook for about 4 minutes then carefully turn over with an egg slide, and cook the other side for about 4 minutes.
- Remove and drain fritters on paper towel. Keep them warm in the oven, while finishing cooking the remainder of the mixture.

**Lime Yoghurt**

**Ingredients:**

- 1 lime
- 2 tablespoons fresh coriander
- 300gm greek yoghurt
- 2 tablespoons olive oil
- Salt and pepper to taste

**What to Do:**

- Make the lime yoghurt first.
- Zest and juice the lime
- Finely chop the coriander
- Mix the lime, coriander, yoghurt, oil, salt and pepper together in a mixing bowl.
- Divide into four small serving bowls, cover and place in fridge until ready to use
Volunteer Page

Your help in the kitchen and the garden is really appreciated; without it we cannot run this program! So a big thank you to everyone who comes in to help, and just a friendly reminder that we are now trying to fill places for Term 4. There will only be four rotations so please check your dates and see if you can help out. A roster is up in the stadium kitchen or ring Michele on 0422 579 065.

To show our appreciation the kids will be hosting an afternoon tea for all our SAKG Volunteers on:

Thursday, 4th December at 2.00pm in the Stadium

Please put this date on your calendar. We would really love to see you there!
We continued on from last week in preparing our garden for Spring planting. We added four new raised garden beds to increase our produce to cater for our kitchen cooking classes. The student’s wheel-barrowed in loads of organic compost veggie mix to fill our beds.

We noticed our first nasturtium flower blossoming - we had grown the nasturtiums from seeds at the very start of Term 2! The students now recognise the time things need to grow isn’t as instant as they first thought, but the thrill of finding the first one ‘Georgia’ was very exciting. They will soon be heading down to the kitchen to adorn our salad plates.

Our first crop of tomatoes went in on Monday with 3/4R. We found the sunniest spot in our garden, and planted four different varieties: Roma, Tommy Toe, Cherry and Italian Red. We recorded data on height and type of each plant to monitor the growth and production.

The garden is starting to take shape with things really starting to grow, and I can’t wait until next term; we will be very busy bees in our garden!
A message from Ange Barry, CEO

The Kitchen Garden Program is rapidly spreading to all parts of Australia. Having celebrated our 500th school milestone in May, it’s really exciting to see we have already passed the 600 mark with numbers increasing by the day.

There are now 672 Kitchen Garden Schools in the Program, reaching 84,000 students. It’s been great to see new schools in towns and cities as diverse as Kununurra, Port Hedland, Mackay, Newcastle, Perth and Sydney joining the kitchen garden community.

With Program Delivery Training for new schools coming up in Queensland, ACT, New South Wales, Victoria and South Australia, we hope to reach the 700 Kitchen Garden School milestone in the next few months!

Another exciting project this Term is the imminent completion of the Tools For Teachers 5 teaching resource series. This latest set of books is packed with hands-on activities, lesson plans and investigations to make school kitchen and gardens powerful learning spaces. Tools for Teachers 5 will be available for pre-order through the Foundation’s website later this Term.

The Foundation is grateful to Boeing Australia whose generosity has been integral to the development of this valuable curriculum resource. Volunteers from Boeing Australia also recently joined working bees at two Kitchen Garden Schools - see below a news story about the positive impact their staff had on the Program at these schools.