SAKG News No. 14  Weeks 3&4 - Term 4  5th November 2014

We have been following an Italian theme in the kitchen over the last two weeks!

There was an abundance of silverbeet and various types of lettuce in the garden, so we made Silverbeet and Leek Pizza with roast garlic, accompanied by a diced Italian salad with Italian dressing.

The first thing we did was pop several garlic bulbs drizzled with olive oil into the oven to roast for about 20 – 30 mins. When they had cooled down the skin just slipped off and we were left with beautiful, sweet, soft garlic to spread over our pizza bases. Yum!

None of the silverbeet was wasted as the stalks were sliced and fried with the leeks to soften them, and then the leaves were shredded and added to the pan. It was amazing to see two large bowls of shredded leaves wilt away to about a quarter of their volume! This mixture was then divided between our pizza bases and topped with a sprinkling of freshly grated parmesan cheese. Into the oven for 10-15mins and our mouths were salivating!

Each day a variety of fresh lettuce came up to the kitchen to be washed and diced. We made sure some of each type went into each bowl and then we added diced snow peas from our garden, along with tomatoes and cucumbers we had to buy from the supermarket. Our tasty Light Italian Dressing was a real hit and really complemented the salad.

It is wonderful to see the table manners displayed by our students and the way in which they try everything each week. Sometimes they may not be too keen on something the first week, but they have another go the next week, and are surprised that they enjoy it the second time around. It is important to keep offering food to our children and not give up......our tastes, moods and attitudes towards food change constantly and one day they will appreciate a food previously rejected!

HOT NEWS!

This week during the short week we are making jams, relish and chutney. Already 3/4P and 3/4A have made raspberry, stawberry and blueberry jams! These items will be available for sale by the students on Thursday 20th November at 3pm outside 3/4A. Prices will range from $3 – $5 and proceeds will help fund our SAKG program. Be early to grab a bargain and taste the fruits of your child’s labour!

Cheers,
Michele & Kelly
Leek & Silverbeet Pizza
(to make 4 pizzas)

Equipment:
- Chopping board
- Sharp knife
- Frypan
- Grater
- Peeler

Ingredients:
- 2 leeks
- 4 large handfuls silverbeet
- 1 bulb of garlic (about 8 cloves)
- Approx 4 tablespoons olive oil
- 200gm parmesan cheese
- Salt and pepper
- 2 quantity pizza dough

What To Do:
- Roast whole garlic bulb for 15 – 20 mins in medium oven by placing on baking tray and drizzling with olive oil. When cooled down remove skins and mash.
- Slice the leek and stalks of the silverbeet finely
- Shred the silverbeet leaves
- Heat the frying pan to a low heat and add the oil. Sauté the leeks and stalks until soft, about 5 minutes.
- Then add the silverbeet and salt and pepper to taste – cook just enough to wilt the silverbeet, then take off heat.
- Grate parmesan

To Assemble:
- Spread the roasted garlic over the pizza base
- Arrange the leek and silverbeet mix on the pizza
- Sprinkle parmesan on top
- Drizzle with olive oil, bake for 15mins until edges are crusty and cheese is bubbling

Happy Birthday
Mr Anthony!
Basic Pizza Dough
(quantity is enough for 2 regular pizzas)

Equipment:
- 1 cup measure
- Teaspoon measure
- Small bowl
- Large bowl
- Electric mixer with dough hook (we mixed by hand and then kneaded for about 5 minutes until dough was smooth and elastic)
- 2 x Pizza trays
- Pastry brush
- Knife to cut pizza
- Egg lifter
- Large plate to serve

Ingredients:
- 1 cup lukewarm water
- 4 teaspoons instant dry yeast
- 1 teaspoon sugar
- 4 teaspoons olive oil + extra for greasing
- 400gm plain flour + extra for flouring
- 1 teaspoon salt

To make the dough:
- Place the water, yeast and sugar in a small bowl, mix with fork and leave in a warm place for 5-10 mins until mixture looks frothy.
- Add the oil to the yeast mixture and mix well
- Place flour along with salt into the bowl of the electric mixer. Add the yeast mixture and beat for at least 8 minutes until the dough looks smooth.
- Brush the inside of a large bowl with olive oil, turn the dough into the oiled bowl.
- Cover with a clean, dry tea towel and put aside until the dough has doubled in size. This process is called “proving” and will take at least an hour.
- Tip the risen dough onto workbench and knead briefly, then shape into a ball and return to bowl, cover again, and this time leave for at least 20 minutes.
- Once the dough has proved for the second time it is ready to roll out!
Light Italian Dressing

Ingredients:
- 1 medium tomato, halved
- ¼ cup water
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon mustard
- Pinch of sugar
- 2 tablespoons extra virgin olive oil
- ½ small clove garlic, minced
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried basil
- Salt and pepper to taste

What to Do:
- Rub the cut sides of the tomato along the coarse holes of a grater into a bowl, discard skins
- Whisk in 1/4 cup water, the vinegar, lemon juice, Dijon mustard, sugar, olive oil, garlic, oregano and basil
- Add salt and pepper to taste
From little things, big things grow…….

Kelly and the Level 3 students have been busy planting and painting in our garden. Now we wait and watch them grow.............and wonder – what’s for lunch next week?
We would like to welcome Garry, a new volunteer to the Kitchen and Garden. He thoroughly enjoyed his first experience in the kitchen last Thursday. If you see him around we know you will make him feel welcome!

There are only three more weeks (after this week) of the program to run this term and volunteers are still needed to help run it. If you can come in on any day it would be much appreciated. Please pop your name on the roster in the stadium.

To show our appreciation the Level 3 students will be hosting an afternoon tea for all our SAKG Volunteers on:

**Thursday, 4**\(^{th}\) **December at 2.00pm in the Stadium**

Please put this date in your calendar. We would really love to see you there!

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Harper & Julian 

Lachie & Ruth
Thank you to all our sponsors for donating goods and equipment to our Stephanie Alexander Kitchen Garden Program:

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