We made lot's of "green stuff" in the kitchen this week! In fact, we renamed our dish, Shrek pasta!

Starting with Kale and Sunflower seed Pesto which was then incorporated into the broad bean pea and leek pasta.

We had to be very careful washing the green Kale leaves, many green caterpillars were found hiding on the leaves!

During the first week we could peel the broad beans and use the beans inside as they were, because they were small and green. In the second week they were much larger and had developed another, greyish layer which we had to peel and so it took much longer.

There were days that Kelly sent us some broccoli, so we added that to our pasta as well.

If we had enough volunteers, we also made orange muffins. This is a very easy recipe where the whole orange is blitzed in the food processor, skin, seed and all. They are a tasty and moist muffin and were enjoyed by all.

Students were using food processors and stick mixers to blitz pesto and make muffins. Some were frying, some were grating and most were slicing and dicing. The kitchen was a flurry of activity!

Next week we will be trying to use up whatever is in the garden or the pantry, in preparation for the long summer break.

A big thank you in advance to the Vandermeer family who run the Oven Cleaning Company, and who have very kindly offered to donate cleaning of our stadium kitchen oven. We look forward to starting the new year with a sparkling oven!

Cheers,
Michele & Kelly
**Orange Muffins**

(This recipe uses the whole orange, skin, seeds, everything! )

**Ingredients:**

- 1 orange
- 1 cup sugar
- 1 egg
- ½ cup milk
- 125gm softened butter
- 1 ½ cup SR flour
- ½ teaspoon baking soda

**What to Do:**

- Heat oven to 200 degrees
- Wash orange and cut into quarters
- Put into processor ( or use stick mixer ) with sugar, egg, butter and milk
- Zap until all combined, pour into large bowl
- Add flour and baking soda, mix until just combined
- Spray muffin tins with oil
- This mixture will make 12 large or 24 mini muffins
- Bake for approximately 20 mins.

**Notes:**

- You can add poppy seeds, desiccated coconut or chopped slivered almonds
**BROAD BEAN, PEA & LEEK PASTA**

**Ingredients**
- 2 x 500 g Shell pasta uncooked
- 1 Cup of *baby broad beans, shelled
- 1 Cup of fresh peas, shelled
- 2 Cloves of garlic, crushed
- 2 Leeks thinly sliced
- 2 Tablespoons butter
- 1 Quantity of Kale and Pumpkin seed pesto
- 2 Tablespoons of fresh thyme
- Salt and freshly ground black pepper
- Parmesan cheese to garnish

**What to do**
- If using older Broad Beans – add them to boiling water for 5 minutes then plunge them in cold iced water and shell the outer layer before using
- Bring saucepan of salted water to boil add pasta and cook until al dente.
- While pasta is cooking heat butter in a fry pan and add garlic, and leeks cooking for 5 minutes until leeks are soft.
- Add broad beans, peas, thyme stir through, and cook for 1 minute.
- Drain pasta and place in a large bowl; add broad bean mix, and pesto stir until combined.
- Season with salt and pepper and add parmesan cheese to serve.

**KALE & PUMPKIN SEED PESTO**

**Ingredients**
- 1 tablespoon of white Miso or ½ tablespoon of soy
- ½ cup of grated parmesan cheese.
- Sea salt and freshly ground pepper to taste
- 1 Bunch of Kale (250-3000g)
- 1 Small clove garlic
- 1 Cup lightly toasted pumpkin seeds
- 1 Cup of coriander leaves and stalks chopped
- ¼ Cup olive oil
- * Makes 2 cups

**What to do**
- Place pumpkin seeds in dry fry pan and gently heat until lightly toasted
- Place kale, garlic, pumpkin seed, and coriander into a food processor
- Pulse until finely chopped, you may need to stop it occasionally to scrape down the sides
- With the motor still running, drizzle in the olive oil in a steady stream
- Lastly add the lemon juice, parmesan and miso, give it one final whiz
- Taste and season with sea2 Tablespoons fresh lemon juice (about ½ lemon)
To show our appreciation the Level 3 students 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 in your calendar. We would really love to see you there!
Thank you to all our sponsors for donating goods and equipment to our Stephanie Alexander Kitchen Garden Program:

We’ve been sharing our preserving knowledge with you since 1915. Our quality products have helped generations of Australians to perfectly capture the natural taste of seasonal food, free from additives.

Fowlers - Preserving family recipes