What an amazing couple of weeks we have had in the kitchen!

Each class has now divided into four groups so that over the coming weeks they will get to experience a different technique, or type of food, each rotation.

During the last fortnight we have made fettuccine pasta with a tomato and garlic sauce, and Mexican flatbread with hummus dip. There were clean plates at every sitting! The look of amazement on the faces of the kids as the pasta dough transformed into real fettuccine was absolutely precious. We are sure they will enjoy making these recipes with you at home.

Their enthusiasm in the kitchen is impressive, even when it comes to cleaning up, so don’t let any of them tell you they don’t know how to wipe a bench or dry a dish!

Many more adventures await us in the coming weeks. We hope that your child is excited to tell you what they have experienced, just as we are excited to challenge their taste buds and watch their kitchen confidence develop.

Perhaps you are unable to volunteer but would like to see what goes on? Maybe you can only spare a half an hour? Or maybe you feel volunteering in a kitchen class might be too daunting? See for yourself! You are most welcome to pop into the stadium kitchen anytime between 11.45am and 1pm to observe the class in action! ( no guarantees there will be any leftovers for you to taste! ) Please sign in at the office as per usual procedure.

Cheers,

Michele & Kelly
**Basic Pasta: Fettuccine**

**Equipment:**
- Pasta machine, although dough can be rolled out by hand, just takes longer and uses more muscle!
- Kitchen scales
- Measuring spoons
- Plastic wrap
- Bowl

**Ingredients:**
- 400gm plain flour
- 4 eggs
- 2 teaspoons salt

**What to do:**
- You can either make the dough in a food processor, or mix it by hand as we did. If by hand, ensure you knead until dough is of a smooth consistency. ( about 5 mins )
- Divide dough into roughly 6 pieces. Use one piece at a time, and keep remaining dough wrapped so it doesn’t dry out.
- Roll dough into a round ball and then flatten it. Fold sides in to make a rectangle.
- Put through the widest setting on pasta machine, folding ends in and turning so that the open edge goes through each time (this is called ‘laminating’)
- Laminate 2-3 times on widest setting and then start to narrow the setting, passing dough through 1-2 times on each setting.
- For fettuccine, roll through to the second narrowest setting only.
- To cut the dough:
  - You should now have a long, very thin sheet of pasta
  - Place onto lightly floured bench, flouring both sides
  - Now take each end and gently roll in towards the centre until they meet
  - Take care not to flatten it. Using a sharp knife, cut into strips about 1cm wide. Fettuccine means “little ribbons”, so do not cut too wide
  - Unravel the pasta and lay out on clean tea towels to dry. If you need to pile up layers place a clean tea towel between each layer or you will end up with a sticky mess!

**To cook:**
- Place into salted boiling water for approximately 3-4 minutes. Drain and serve with your favourite sauce!
Tomato & Garlic Sauce

Equipment:
- large saucepan
- chopping board
- large knife
- wooden spoon

Ingredients:
- 1kg fresh tomatoes, chopped ( or 3 tins whole tomatoes )
- 3 or 4 garlic cloves
- ½ cup extra virgin olive oil
- ½ teaspoon sugar
- Salt and freshly ground black pepper to taste

What to do:
- Mince the garlic, (using a large knife) adding a pinch of salt to help the knife work and to stop the garlic becoming bitter
- Add the tomatoes to the large pot. Add garlic, oil, sugar and salt and pepper to taste.
- Cook for at least 10mins, preferably ½hr or even longer if you have time as it allows the flavours to develop and intensify.

Quick Hummus Dip

Equipment:
- mini food processor
- sieve
- small sharp knife
- serving bowls
- teaspoons to serve

Ingredients:
- 400gm tin of chickpeas
- 2 cloves garlic
- Juice of 1 lemon
- ¼ cup olive oil
- 2 teaspoons ground cumin
- Pinch cayenne pepper ( optional )
- Black pepper and salt to season
- Continental parsley to garnish

Method:
- Drain chickpeas and rinse with cold water
- Put into food processor, along with peeled garlic, lemon juice, cumin, salt and pepper
- Process until smooth and silky, taste and season again if needed
- Put into serving bowl, drizzle with a little olive oil and sprinkle with paprika and torn parsley

Note: Roast garlic first for a richer flavour.
Mexican Flatbread (Tortillas)

Equipment:
- Heavy based Frying pan
- Kitchen scales
- Large bowl
- Cup and spoon measures

Ingredients:
- 450gm plain flour
- 1 tablespoon butter
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup warm water

What to do:
- Mix together the flour, baking powder and salt in large bowl.
- Rub in butter so that mixture looks crumbly.
- Add water slowly, mixing with your hands, to make a soft dough. You may not need all the water, but add if the dough seems too dry.
- Knead a few minutes on floured surface until smooth and elastic
- Lubricate top with oil, place back in bowl, and let rest, covered, for 10 minutes
- Divide into small balls about the size of a golf ball and roll out into a circle about 1mm thick
- Cook in dry frypan until top is bubbling, then turn over for a minute or two.
- Keep stacked and warm inside a dry, clean, tea towel.
We would like to introduce you to some of the wonderful volunteers who make this program possible. Without them it wouldn't happen! Mostly they are overseeing and guiding the students through their allocated recipe, always ensuring their safety. And ok, sometimes they get to wash the dishes! But they always get to sit down and shared the food!

It is a frantic 2hrs in the kitchen, but it is also rewarding and fun! Term 3 roster is now up in the stadium if you would like to join the experience.
OUT IN THE GARDEN

Planting, planting, planting; as the weather continued to be kind to us we got stuck into filling our garden beds with plenty of seedlings. We planted cabbages, broccoli, kale, lettuces, beans, snow peas, carrots, beetroot, and silver beet, just to name a few.

Inside our greenhouse we continued to raise seeds such as parsley, coriander and basil.

We are looking for donations of any old large pots, barrels etc (for growing our herbs) around the garden. If you are able to help out with any of these please contact me on 0425 788 723 or email kelly@tagroofing.com.au. Alternatively if you can bring them into school and leave them either at the office or by the garden patch that would be wonderful.

Please find below the gardening roster – if you would like to help out at any of the sessions, please feel free to contact me.

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<td>19TH MAY</td>
<td>Sue C.</td>
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<td>Anne C. Kylie T. Andrea T.</td>
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<td>26TH MAY</td>
<td>Kim H.</td>
<td>Neroli P.</td>
<td>Sallie M. Tara A. Amanda</td>
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<td>2ND JUNE</td>
<td>Kim H.</td>
<td>Neroli P.</td>
<td>Anne C. Kylie T. Andrea T.</td>
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<td>9TH JUNE</td>
<td>HOLIDAY</td>
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<td>16TH JUNE</td>
<td>Michelle G. Allison O’B.</td>
<td>Karen P.</td>
<td>Anne C. Kylie T. Karen P.</td>
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<td>23RD JUNE</td>
<td>Julie C. Sue</td>
<td>Karen P.</td>
<td>Sallie M. Tara A. Karen P.</td>
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Thank you to all our sponsors for donating to our new Stephanie Alexander Kitchen Garden Program: