The weather has turned cold and it has been perfect for soup!

On our menu this fortnight we have made spicy red lentil soup with Indian flatbread, followed by poached pears with coconut vanilla bean ice cream.

The soup has been a big hit with the kids with many asking for seconds! It is a really tasty, easy soup to make and I am sure you will enjoy making it at home this Winter. The flatbread is a fun, easy thing to make and is terrific with both soups and dips.

We sourced our lovely fresh pears from Chris, our "Apple Man", and it was indeed a telling test of using both a vegetable peeler and their knife skills for our students. There were one or two peeled fingers, but most of the kids managed very well! Our pears were poached in syrup, fragrant with orange and lemon peel and vanilla beans. (We scraped the seeds for our ice cream and then tossed the beans in the pear pot.)

The ice cream was easy to make and tasted delicious. After the first session we realised that it wouldn't set in time each day, so we made ahead for the next day's group and ate the one that had been in the freezer overnight. We looked for the vanilla seeds floating at the bottom of our bowls!

For the first sessions next term we will be making meat and seven vegetable mini pasties. This will enable us to assess the students' knife skills and it is our hope that each will be able to gain their Knife Licence in these first kitchen sessions. So if you have time over the holidays please practice:
- walking safely with a knife
- using a knife safely to cut, dice and slice (remember the bear claw)
- wash and dry a knife safely.

Happy Holidays and hope you get to enjoy some fun time cooking together in your kitchen. Can't wait to hear what you made!

Michele & Kelly

Thanks to Mrs Shaw and the fabulous artists of level 3 for the beautiful works of art to decorate the stadium kitchen! Don't they look great!
Spicy Lentil Soup (serves 6-8)

Equipment:
- chopping board
- kitchen knife
- large pot
- mixing spoon
- stick mixer or food processor

Ingredients:
- 4 small or 2 large onions
- 1 clove garlic
- ¼ cup oil
- 1 tablespoon ground cumin
- 1 tablespoon garam masala
- ½ long red chilli
- 500gm red lentils
- 1 tin tomatoes or 6 fresh
- ½ cup tomato paste
- 2 litre stock or water
- 2 tablespoons maple syrup
- 400gm tin coconut milk
- Handful of fresh coriander
- Salt to season

What to do:
- Chop the onions, chilli and garlic finely
- Heat the oil in the large pot. Add onion, garlic, chilli, cumin, garam masala and red lentils
- Cook off for 5 minutes. Add remaining ingredients except for the coriander and coconut milk, and simmer covered for 40 minutes
- Add the coriander and coconut milk and using the stick mixer, blend to a thick soup, add salt to your taste.
Indian Flatbread (makes 32 small flatbread)

Equipment:

- Heavy based frying pan
- Rolling pin
- Tongs
- Small bowl, large bowl
- Kitchen scales
- Measuring spoons

Ingredients:

- 2 teaspoons sea salt
- 2 cups lukewarm water
- 5 tablespoons extra virgin olive oil
- 1kg plain flour, plus a little extra for dusting

What to do:

- In a small bowl, dissolve the salt in the water. Add the oil.
- In a large bowl, measure out the flour
- Add the wet mixture to the flour and mix well
- Knead for about 5 minutes, or until the dough is smooth and elastic
- Cover with a tea towel and rest for at least an hour

To Cook:

- Divide the dough into approximately 32 small pieces about the size of an egg
- Do not play with, or knead the dough. If you do the bread will be tough!
- Dust the workbench with some flour. Flatten a piece of dough into a round shape and then roll out thinly to about 10cm diameter
- Heat the frying pan until hot. Place each disc into dry pan and cook for about 3 minutes. Flip it over and cook a further 3 minutes.
- When cooked transfer to a clean dry tea towel and keep wrapped up until ready to serve.
Poached Pears (serves 8)

Equipment:
- Chopping board
- Kitchen knife
- Vegetable peeler
- Citrus juicer
- Measuring cups
- Very large saucepan or stockpot
- Slotted spoon
- Colander

Ingredients:
- 1 orange
- 1 lemon
- 4 large or 8 small pears (allow ½ pear per person)
- 2 litre cold water
- 1 vanilla bean

What to do:
- Peel the zest from the orange and the lemon with a vegetable peeler
- Juice the lemon and set aside to add to the syrup. Adding lemon juice makes the pears stay a pale yellow colour, rather than turning dark as they cook.
- Pour the water into stockpot
- Add sugar, orange peel, lemon peel and the vanilla bean *don’t throw away the vanilla bean – it can be used again for another batch of pears
- Bring the pot to the boil and simmer for 10 mins to infuse the flavours, remove from heat and allow to cool
- Peel the pears and cut in half, and carefully cut out the cores
  - To stop the pears from going brown, use a large slotted spoon to lower the pears into the syrup straight away.
- Once all the pears are in the pot, gently heat again to barely simmering.
- Poach until just soft when pierced with a knife and turn off the heat.
- Serve warm or cold, one half per serve, with yoghurt, cream or ice cream!
Coconut Milk Vanilla Bean Ice Cream

Equipment:

- Ice cream maker (bowl should be kept in the freezer overnight)
- Blender or bowl and whisk

Ingredients:

- 2 x 400gm cans of coconut milk (refrigerate overnight)
- 3-4 vanilla beans (or use less and add vanilla extract)
- ½ cup honey
- Pinch of sea salt

What to do:

- Carefully slice open the vanilla beans with a small sharp knife, and scrape out the seeds of the pods. You need 1 teaspoon of vanilla seeds.
- In a blender (or whisk by hand) mix the coconut milk, vanilla, honey and sea salt together until well combined.
- Pour into ice cream maker and freeze according to ice cream maker’s manufacturer’s instructions

This recipe makes approximately 1 litre of ice cream
Please find attached the roster for Term 3 as I have it so far. Please note that Group A will commence week 1 and Group B week 2.

* If you are unsure which group your child is in, please ask their teacher

A BIG THANK YOU to everyone who has volunteered during term 2! The program cannot run without you! Your kind help is really appreciated.

We will need 3 volunteers (preferably 4) for each Kitchen Session so there are plenty of places to fill. So if you, or a grandparent, aunt or uncle would like to become involved, please save your place now by writing your name on the roster and returning it along with the attached contact information. Classes will run from 11.30am till 1pm, but volunteers will be needed from 11am until approximately 1.30pm.

As with anything involving you helping out at school, a Working With Children Check is required.

Parents of Level 3 children will have first preference on the volunteer spots, but parents of any children at the school are welcome to become involved and volunteer. After all, your child will be involved in the Program eventually!

If you are new to volunteering in the kitchen or have not already provided the following details please fill in the form below. Should you have any questions please come and see me at school, or email me at: Oconnell.michele.m@edumail.vic.gov.au or ring me on 0422 579 065.

*If for any reason you cannot come on a day you have specified, please call or text me as soon as possible.

Attention: Michele O’Connell

Kitchen Volunteer

I would like to volunteer on the following days and dates.

Day____________________ Dates:_____________

Name:__________________________________________

Contact Number:_________________________________

Email:__________________________________________
# KITCHEN VOLUNTEERS - TERM 3

**TIME REQUIRED** 11am – 1.30pm  
**Contact Michele O’Connell: 0422 579 065**

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**Please Note:** 3 Volunteers are needed for each and every session.
OUT IN THE GARDEN

Well the wintery weather has finally hit! So it was inside for some activities this week in our Gardening part of SAKG.

We learnt all about how important it is to have good quality soil for growing healthy vegetables in our garden; so to understand about soil, we have to learn all about pH testing.

We used a great nature science experiment to demonstrate pH levels. We soaked purple cabbage in boiling water, let it cool down, and the juice (picture below) turned purple! This is a natural chemical called ‘anthocyanin’ which is responsible for the blue, red and purple colours found in many flowers, fruits and vegetables. The chemical in the purple cabbage allows the pigment in the juice to change colour depending on the pH of what will be tested. We tested food substances such as sugar, vinegar, lemon and bi-carb of soda, then checked with our pH Scale colour chart to assess the levels of acid, alkaline and neutral pH levels.

We also collected soil samples from different parts of our garden and used the commercial bought pH Test Kit to record our findings. It was amazing to see the colour changes as all the experiments took place.

A big thank you to Michelle G. who kindly donated some wonderful window planter boxes for our garden. If anyone is interested in finding out more about this wonderful product, here is the website – www.littleurbanfarmers.com.au

Kelly Woodman
GARDENING ROSTER - TERM 3

If you would like to volunteer in our garden for any sessions in Term 3, please fill out the dates available and a contact number and return to school either to the office or to your child's class. If you would like to chat about anything in the garden my number is 0425 788 723.

The sessions on Monday and Thursday run from 11.20am (meet at the garden gate) til 1.00pm. Tuesday’s sessions run from 11.20am to 12.15am.

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SAKG SPONSORS PAGE

Thank you to all our sponsors for donating to our new Stephanie Alexander Kitchen Garden Program: