



Alawa Kitchen Recipe Cards

2020

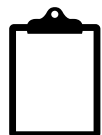
Throughout the year, the kitchen classes have been making a wide variety of delicious meals using fresh produce from the farm.

We have selected some of our favourites and have produced them into these recipe cards using photos we have taken with iPads in class.

We hope you enjoy making the recipes as much as we did

Thank you

Tina Sullivan and the Year 3-6 classes



Notes

For the best results, use fresh local produce which is in season. The Alawa Farm sells some fruits, vegetables and eggs through the front office

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Eggplant dip with local eggplant



INGREDIENTS



- 4-6 Eggplants
- 6 Garlic Cloves
Crushed
- ½ Cup of Lemon
Juice
- ¼ Cup Tahini
- ½ Tsp Salt
- Sprinkle of Paprika

Method

1

Preheat to 220°C.
Cover an oven tray
with baking paper

2

Prick the eggplants
all over with a fork or a
skewer and roast for
20-40 minutes
depending on the size.
Leave to cool. Slice off
stem and peel

3

Place the eggplants
into a bowl, add
crushed garlic, lemon
juice, tahini and salt

4

Mix together until all
combined

5

Serve with vegetable
sticks, crackers and
flatbread

Enjoy!



Notes

The amount of eggplant will depend on the size of them. We used the small Lebanese eggplant so needed to use more than 4

The dip can also be used as a spread

Hummus Dip

healthy and yummy



INGREDIENTS



- 1 Can Chickpeas
- 2 Garlic Cloves
- 1 Pinch Salt
- 2tbs Tahini
- 2tbs Lemon Juice
- 1tbs Olive Oil
- ¼ Tsp Paprika

Method

1

Drain the chickpeas with a colander

2

blend all ingredients using a stick blender or a small processor

3

taste and add more lemon or salt if needed

4

serve in large bowl , sprinkled with a little extra paprika



Notes

Add more oil for a softer texture

Serve with batons of vegetables, flatbread and crackers

Enjoy!



Feta and Lemon dip



INGREDIENTS



- 1 Cup Crumbled Feta Cheese
- 1 Tbsp Grated Lemon Zest
- 1-2 Tbsp Lemon Juice
- 1 Garlic Clove, Minced
- 6 Tbsp Olive Oil
- Pinch of Red Chilli Flakes
- Chip/Toasts for Serving

Method

1

Place the feta, lemon zest, juice, garlic and oil in a blender

2

Mix until combined but slightly chunky

3

Spoon into serving bowl

4

Drizzle with oil and sprinkle chilli flakes and zest over the top

5

Serve with vegetable batons, crackers or flatbread

Enjoy!



Notes

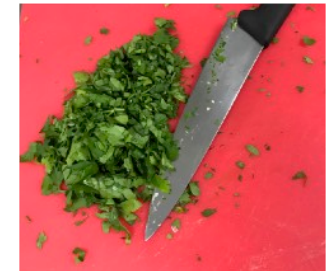
This easy recipe can be made very quickly with items from the fridge and pantry if unexpected guests arrive.

Easy Bolognaise

simple, delicious pasta sauce



INGREDIENTS



- 1 Tbsp of Olive Oil
- 1 Brown Onion Finely Chopped
- 1 Garlic Clove Crushed
- 1 Tbsp Dried Oregano
- 500g Beef Mince
- 1 Cup of Chopped Seasonal Vegetables
- 2 Tbsp Tomato Paste
- 400g Can Chopped Tomato

Method

1

Heat oil in a large heavy-based saucepan over medium heat

2

Cook onion and garlic for 3-4 minutes until onion has softened. Increase heat to medium high

3

Add oregano. Cook for 1min or until fragrant. Add mince. Cooking stirring with a wooden spoon to break up mince for 8-10 mins or until brown

4

Add in the vegetables and some tomato paste. Cook, stirring for 1 min add tomato stock and sugar.

5

Bring to boil. Reduce heat to medium low. Cook partially covered stirring occasionally for 30-40mins or until thick.

Season with salt and pepper and serve with pasta of your choice

Enjoy!



Notes

You will need

- a large heavy based saucepan
- Wooden spoon
- Knife

You can change the vegetables depending on what is in season

Creamy Pumpkin Pasta

Easy and delicious



INGREDIENTS



- 1 Teaspoon Olive Oil
- 20g Butter
- 2 Garlic Cloves,
Crushed
- ¼ Cup Pinenuts
- 200g Pumpkin, Cut
Into Ribbons
- 150ml Cream
- 2 Tablespoon Finely
Grated Parmesan
- ½ Cup Spinach

Method

1

Heat the oil and the butter in a large, deep frying pan over medium heat. Add garlic and nuts. Cook, stirring, for 1 minute or until fragrant

2

Add pumpkin. Cook, stirring, occasionally, for 2 minutes or until pumpkin is tender.

3

Add cream and parmesan. Cook for 1 to 2 minutes or until heated through.

4

Add spinach and pasta to pumpkin mixture. Season with salt and pepper.

5

Toss to combine. Serve.

Enjoy!



Notes

We used fresh pumpkin from the Alawa Farm for this recipe

We used a variety of spinach from the farm but any type of spinach, rocket or kale can be used

Kiri

Nepalese Rice Pudding



INGREDIENTS



- 2 Litres Milk
- 1 Cup of Round Rice
- 2tbs Spoons Cashews or Coconut Chopped
- 2tbs Butter
- 2tbs Sugar or According to Your Taste)
- 5 Cloves Crushed
- 5 Cardamom Pods

Method

- 1** Wash the rice and keep aside. Chop nuts and crush cloves and cardamom using a mortar and pestle.
- 2** Pour the milk into a heavy bottomed pan. Heat on a medium heat. When the milk starts boiling, add the rice, nuts, spices and sugar. Boil for 10-15 mins.
- 3** When the milk reduces to 3/4, reduce flame to low, stir the rice occasionally so it does stick to the pan.
- 4** Cook for 25-30 mins till the rice is cooked and the milk is reduced. As the milk reduces the dish will become thick in texture.
- 5** Place in a serving dish and garnish with chopped nuts and raisins.

Enjoy!



Notes

This recipe can be served hot or cold

This was one of our favourite Alawa recipes this year



Alu Dum

Nepalese Fried Potato



INGREDIENTS



- 500g Potato
- ½ Cup Green Peas
- 1 Diced Onion
- 2 Tsp Cumin Seeds
- 1 Tsp Turmeric
- 1 Tsp Chilli Flakes
- 1 Tsp Ginger
- 2 Tsp Garlic
- 2 Tbsp Oil
- Spring Onion
Chopped

Method

1

Heat oil in a pan over a medium heat, add cumin seeds

2

When they turn golden, add onion and fry until brown

3

Add potatoes and turmeric, mix in peas, cover and cook for 5 minutes

4

Add in remaining ingredients and cook for 5 minutes until potato is tender

5

Serve with other Nepalese dishes such as Lentil Dal

Enjoy!



Notes

This is a recipe that Ms Sullivan learnt to cook while on a cooking class in Nepal. It is also one she ate quite a lot when trekking in the Nepalese mountains.

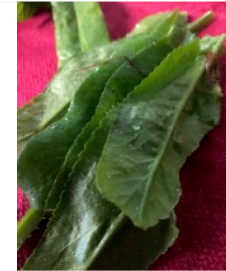
It was one of the favourites recipes of 2020

Lentil Dal

A Nepalese week recipe



INGREDIENTS



- 1/2 Litre Water
- 1 Cup Lentils
- 1/2 Tsp Turmeric
- 1/2 Tsp Salt
- 2 Tsp Sunflower Oil
- 1/2 Tsp Cumin Dried

Oil Fry Toppings

- 1 Tsp Cumin Seeds
- 2 Tsp Dried Chillies

Method

1

Add water, lentils, turmeric, oil, cumin powder and salt to saucepan

2

Cook on medium heat for 30 minutes stirring regularly

3

Add water if the mixture starts to dry

4

Oil Fry Toppings

1 Heat oil and cumin seeds until the seeds turn brown

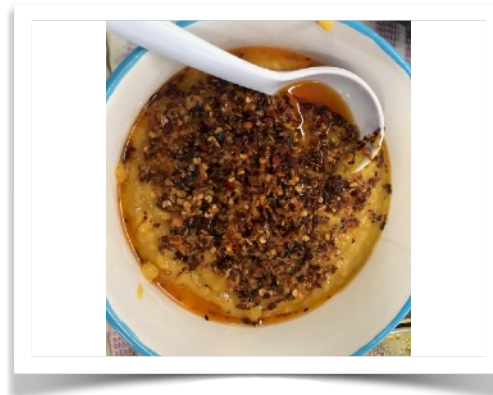
2 Take the oil off the heat and add chillies and garlic

3 Fry until the mix goes brown

5

Serve the Dal in a dish with the oil fry mixture poured over the top

Enjoy!



Notes

Use a heavy based saucepan or a stir fry pan for cooking the dal

You can add extra seasonal vegetables such as cherry tomato or eggplant to the dal

Green mango curry

A Sri Lankan Recipe



INGREDIENTS



- 4 Peeled Mangoes
- ½Tsp Garlic
- 1 Red Onion
- 10 Curry Leaves
- 1 Cinnamon Stick
- 2 Cardamom Pods
- ½Tsp of Garam Marsala
- 1tsp Chilli Powder
- ½Tsp Black Pepper
- 1tsp Curry Powder
- ½Tsp Salt
- 1tbsp Oil
- 1 Cup Coconut Cream
- 1Tsp Sugar

Method

1

In a bowl put the mango, garam marsala, chilli powder, black pepper, curry powder and salt and mix

2

Add 1 tsp of oil into the pan on medium heat. Cook the onions, garlic, curry leaves, cinnamon stick and cardamon.

3

Fry for a few minutes stirring. Add mangoes to the pan

4

Add coconut cream and simmer for 15 mins. Add in the sugar (optional)

5

Simmer until the mangoes are tender and the sauce thickens

Enjoy!



Notes

The best mangos to use are those not too ripe and still firm

The sugar is an optional ingredient depending on how sweet the mangoes are

Mini Egg and Bacon Pies



INGREDIENTS



- **2 Bacon Rashers**
Chopped
- **2 Sheets Frozen Puff Pastry**
- **1 Tbsp of Butter**
Softened
- **4 Eggs Lightly Beaten**
- **1 Medium Tomato**
Chopped
- **1/2 Cup of Tasty**
Grated Cheese
- **Chives or Other Greens**
Chopped

Method



Notes

1

Preheat the oven
200c

Grease a 6 hole 1/3 cup
capacity muffin tin with
soften butter

2

Cut 6 x 15 cm
circles out of pastry
and press each
individually into the
muffin pan place the pan
in the freezer for 10
minutes while you
prepare the filling

3

Heat the oil in a
medium sized fry pan
over a medium heated
the chopped bacon for 5
minutes or until brown
remove from the fry pan
and drain any excess oil
on absorbent paper

4

In a large bowl
combined the eggs
bacon tomato and
cheese bacon . Season
with salt and pepper.
Remove the pastry from
the freezer and evenly
divide the mixture
between the cases.

5

Bake the pies in the
preheated oven for
25-30 minutes or until
the pastry becomes
golden brown and the
filling has cooked.
Sprinkle with the herbs
and serve warm

Enjoy!



Use a muffin
tin with a 1/3
cup hole
capacity.

The pies can
be frozen and
a great tip is to
use a sandwich
press to reheat

Mini Beef Cottage Pies

with mashed potato topping



INGREDIENTS



- 500g Potatoes, Peeled and Chopped
- 20g Butter, Chopped
- ¼ Cup Hot Milk
- ¼ Cup Grated Cheese
- 2 Sheets Frozen Puff Pastry, Thawed

Filling

- ½ Onion, Finely Chopped
- 1 Cloves Garlic, Crushed
- 250g Beef Mince
- 1tbs Tomato Paste
- 1tbs Plain Flour
- ½ Cup Stock
- ½Tbs Worcestershire Sauce

Method

1

Grease a 6-hole, non-stick muffin pan (1/3-cup capacity).

To make filling, heat an oiled, large, non-stick frying pan over a medium to high heat. Add onion and garlic. Cook, stirring, for about 3 minutes, or until soft.

4

Cut each pastry sheet into four circles (10.5cm in diameter). Line prepared pan holes with pastry. Divide filling among cases. Top with potato (about 1/3 cup on each). Cook in a very hot oven (220C) for 20 minutes. Remove.

2

Add beef. Cook, stirring to break up mince, for about 5 minutes, or until browned. Stir in paste. Blend flour with ¼ cup of the stock until smooth. Stir into pan with remaining stock and sauce.

5

Reduce oven to hot (200C). Sprinkle over remaining cheese. Cook for a further 15 minutes, or until golden. Remove from oven. Cool pies in pan for 10 minutes before lifting out to serve.

3

Bring to boil. Gently boil, stirring occasionally, for about 5 minutes, or until thickened. Remove. Cool. Cook potatoes in a pan of boiling water until tender. Drain. Return to pan over a low heat. Add butter and milk. Mash until smooth. Remove from heat. Stir in half the cheese. Season.

Enjoy!



Notes

We made some of the pies in small oval pie tins and some in muffin tins

If you don't wish to use the potato topping just make lids from extra puff pastry- brush with beaten egg before baking

Ham and Corn Fritters

Great for lunchboxes



INGREDIENTS



- 100g Sliced Haam
Chopped
- 125g Can Corn Kernels
- 2 Spring Onions
- ¼ Cup SR Flour
- 1 Egg Whisked
- 2 Tbs Milk
- 2 Tbs Olive Oil
- Salt and Pepper, To Taste

Method

1

Place ham, corn, spring onion, flour, egg and milk into a medium bowl. Stir until well combined

2

Heat oil in a large non stick frying pan

3

Add $\frac{1}{4}$ cup portions of the batter to the pan
Use a spatula to flatten slightly

4

Cook for 2-3 minutes on each side or until golden brown and cooked through

5

Transfer to a plate lined with paper towel. Serve warm

Enjoy!



Notes

These can be served with toppings such as avocado, tomato or with a side salad.

They can be stored in the fridge for up to 4 days in an airtight container

Baked Beans

Home made



INGREDIENTS



- 2 Tsp Olive Oil
- 1 Bacon Rasher Chopped
- 1 Small Brown Onion
Finely Chopped
- 1 Can Diced Tomato
- 1 Sachet Tomato Paste
- 1/2 Cup Water
- 1 Tsp Smoky Paprika
- 2 Tsp Brown Sugar or
Maple Syrup
- 400g Can Cannelloni
Beans
- 2 Tablespoons Fresh
Parsley

Method



Notes

1

Heat oil in a frypan over and medium heat. Add the bacon and onion. Cook, stirring occasionally for 5 minutes or until the bacon is crisp and the onion soft

2

Add the canned tomato and paste, water, sugar and paprika to the pan and stir until combined

3

Simmer, stirring occasionally until the mixture thickens

4

Stir in the drained and rinsed beans. Cook, stirring for about 3 minutes or until the beans are heated through.

5

Stir in parsley. Season with salt and pepper. Serve with toast

You can use dried beans in replacement for the canned variety.

Make sure you prepare them according to packet instructions

Enjoy!



Tortilla Breakfast Wraps

Home made



INGREDIENTS



- 180 G Plain Flour
- ½ Tsp Salt
- 90ml Lukewarm Water
- 30g Olive Oil
- ½Tsp Baking Powder

Method

1

Combine all ingredients until a dough is formed.

2

Divide dough into 6 balls. On a floured surface, roll out a ball as thinly as possible.

3

Over a medium to high heat, place the rolled out dough into a dry non-stick pan. As soon as bubbles start forming turn over and quickly brown the other side.

4

Once cooked place set aside on a plate and cover with plastic wrap to prepare filling

5

Fill with ingredients of your choice. Wrap and serve

Enjoy!



Notes

We used a variety of fillings including scrambled eggs with fresh herbs topped with grated cheese

Potato and Bacon Fritters

Great for lunches



INGREDIENTS



- 750 Gram Potatoes
- 2 Rashers of Chopped Rindless Bacon
- 2 Eggs, Beaten
- 1/4 Cup Self-Raising Flour
- 1/4 Cup Grated Parmesan
- 1 Tablespoon Milk
- 1 Sprig Rosemary or Other Herbs
- 90 Gram Butter
- 1/4 Cup Olive Oil

Method

1

Peel and grate potatoes, squeeze out excess moisture.

2

Transfer to a bowl with bacon, eggs, flour, parmesan, milk and rosemary.

3

Season to taste and mix well. Shape mixture into 8 rounds (about 1/3 cup each). In a large frying pan, heat 90g butter and 1/4 cup olive oil on high.

4

Cook fritters in batches of 2-3, for 3-4 minutes each side, flattening slightly, until crisp and golden.

5

Drain on paper towel

Enjoy!



Notes

We added in some nice fresh herbs from the kitchen garden such as chives and some sweet leaf

We also added some carrot and zucchini to increase the vegetable variety

Mango Ice Cream

Ms Elsa's recipe



INGREDIENTS



- 500 MI of Milk
- 1 Cup of Sugar
- 385 MI (1can)
Evaporated Milk
- 500 G Frozen Mango
Chopped
- 1 Tsp Of Vanilla

Method



Notes

1

Place sugar and milk in a pot and heat until sugar dissolves allow to cool.

2

Add Evaporated milk and vanilla to cooled milk mixture.

3

Place chopped mango in blender add 2 cups of milk mixture Blend until smooth.

4

Mix pureed mango mixture with the remaining milk and place into an ice cream churner

5

Churn mixture according to directions and freeze into small tubs

Enjoy!



You can adjust the amount sugar depending on how sweet the mangoes are.

Sweet, ripe mangoes need less sugar

Chicken Noodle Soup

Easy recipe



INGREDIENTS



- 1 Litre Chicken Stock
- 100g Noodles
- 1 Sliced Chicken Breast
- 100g Spinach or Other Assorted Greens
- 4 Spring Onions Chopped

Method

1

Heat stock and water in a large saucepan over a medium high heat until just simmering

2

Add noodles and chicken. Cook over a medium heat until tender

3

Add greens and stir until wilted

4

Add extra flavours to taste such as chilli, soy sauce and sesame oil

5

Spoon into bowls and top with spring onions

Enjoy!



Notes

You can use any noodles with this recipe. We used soba noodles, wheat noodles and flat rice noodles in class and each gave a slightly different flavour.

Use fresh seasonal vegetables in the soup.

You can even add a small tin of creamed corn to change it to chicken and corn soup