

theFabric

Proud Partner of



Summer Recipe Collection



The Cook's Patch Program

Mirvac has partnered with Stephanie Alexander Kitchen Garden Foundation to deliver the Cook's Patch program for The Fabric.



The purpose of the Stephanie Alexander Kitchen Garden Foundation (SAKGF) is to "introduce pleasurable food education to children during their learning years in order to form positive food habits for life."

Available to all residents of The Fabric, The Cook's Patch is a unique program based upon the Kitchen Garden Foundation's key principles, but adapted to a residential community setting.

Stephanie has kindly shared some of her favourite Spring recipes for you to enjoy!

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Leafy Greens Ravioli

Season: All

Serves: 30 ravioli

Fresh from the garden: eggs, garlic, lemon, mixed soft-leaved herbs, onion, silverbeet

This is a great way to use seasonal greens to make a hearty meal. In kitchen classes, the pasta dough should be made by one class for the next class, so it has time to rest. This dish lets children demonstrate a wide range of cooking techniques, with each step building up to the final assembly and a glorious baked dish hot out of the oven.

Equipment:

metric measuring scales and spoons
clean tea towels
chopping board
cook's knife
fine grater
zester
large frying pan
wooden spoon
large mixing bowl
large pot with lid
pasta machine
teaspoon
fork
2 baking trays
2 large baking dishes, 5–8 cm deep
large slotted spoon

Ingredients:

For the pasta dough:

See **Basic Pasta Dough** recipe

For the sauce:

See **Tomato & Garlic Sauce** recipe

For the filling:

10 silverbeet leaves
1 onion, peeled and finely chopped
6 garlic cloves, peeled and finely chopped
1 tbsp olive oil, for frying
300 g ricotta
2 eggs
1 nutmeg, finely grated
50 g parmesan, finely grated, plus extra to serve
zest of a lemon
1 handful of mixed soft-leaved herbs, finely chopped
salt and pepper, to taste
plain flour, for dusting

What to do:

1. Preheat the oven to 100°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list

To make the pasta dough:

1. Make the pasta dough using the **Basic Pasta Dough** recipe and let it rest.

Berry Granita

Season: Summer

Makes: 30 small cups

Fresh from the garden: berries, mint

Granitas or icy drinks are a fun and refreshing option during the warmer months of the year. There are lots of different berries that you can grow at school, particularly in a temperate climate. Strawberries, blackberries, raspberries and mulberries are delicious when added to other seasonal fruits such as watermelon, dragonfruit, pineapple, mango and banana. For extra tartness, include a squeeze of lime or lemon.

Equipment:

metric measuring spoons and cups
 blender
 clean tea towel
 30 small serving cups
 straws

Ingredients:

20 berries, washed
 2 cups frozen fruit of your choice
 (see suggestions above)
 1 tbsp honey
 3 cups ice
 1 small handful of mint

What to do:

1. Put all the ingredients except the mint into the blender and whiz for 30 seconds to 1 minute, or until you are happy with the consistency.
2. Pour into cups, decorate with mint leaves, serve and enjoy!



Broad Bean Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broad beans, lemon, mint

Equipment:

medium saucepan
 metric measuring scales and spoon
 clean tea towel
 chopping board
 cook's knife
 zester
 citrus juicer
 colander
 small jug
 whisk
 large bowl
 serving platters

Ingredients:

1 kg broad beans, podded
 zest and juice of a lemon
 2 tbsp extra-virgin olive oil
 pepper, to taste
 1 large handful of mint, finely chopped
 50 g feta, crumbled

What to do:

1. Fill the medium saucepan with water and put it on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the beans in the boiling water for 5 minutes or until just tender.
4. Tip the cooked broad beans into the colander, refresh them under cold running water and drain.
5. Peel and discard the skins (double pod).
6. Whisk together the lemon juice and oil in the small jug.
7. Season with pepper.
8. Combine the broad beans, lemon zest, mint and feta in the large bowl and toss.
9. Divide among platters, and drizzle the dressing over the salad just before serving.





Beetroot Pickle

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bay leaf, beetroot

This is a good preserve for taking care of a glut of beetroot. It sells really well at fundraising events too.

Equipment:

metric measuring cups and spoons
 large pot
 clean tea towel
 chopping board
 cook's knife
 medium saucepan
 rubber gloves (optional)
 tongs
 heatproof jug
 sterile jars with lids*
 labels

Ingredients:

8–10 medium beetroots, washed and tops cut off
 1½ cups water
 3 cups white vinegar
 1½ cups sugar
 1 tsp peppercorns
 2 bay leaves
 4 cloves
 1 tsp mustard seeds
 1 cinnamon stick
 ½ tsp salt



What to do:

1. Fill the large pot with water and put it on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the beetroots in the boiling water until they are tender (about 20 minutes).
4. Put all the other ingredients into the medium saucepan and boil for 5 minutes.
5. Remove the cooked beetroots from the pot and allow them to cool.
6. Peel the skin and cut the beetroot into slices or quarters (use rubber gloves if you like).
7. Place your beetroot into hot sterilised jars using tongs.
8. Using the heatproof jug, pour the vinegar mixture over to cover beetroot.
9. Seal the jars, label and store them in a cool place.



* See Shared Table resource [How to preserve safely](#) for information on how to sterilise jars and lids.



Peas, Beetroot, Feta & Mint Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: beetroot, garlic, lemon, mint, snow peas, sugar snap peas

Crisp green peas add a colourful and textural flourish to this classic combination of beetroot and feta.

Equipment:

medium saucepan
 metric measuring jug and spoons
 clean tea towel
 chopping board
 cook's knife
 grater
 colander
 mortar and pestle
 whisk
 large mixing bowl
 mixing spoon
 serving platter

Ingredients:

1 L water
 2 large handfuls of sugar snap peas (about 2 cups), topped and tailed and string removed
 2 large handfuls of snow peas (about 2 cups), topped and tailed and strings removed
 2 medium beetroot, grated
 1 handful of mint, finely chopped
 salt and pepper, to taste
 100 g feta

For the dressing:
 1 garlic clove, peeled
 1 tsp salt
 2 tbsp lemon juice
 1 tsp honey
 ¼ cup extra-virgin olive oil



What to do:

1. Bring water to boil in the saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Blanch peas for 30 seconds in the boiling water. Drain and leave in the colander to cool.
4. To make the dressing, mash garlic and salt with the mortar and pestle, then add lemon juice and honey and whisk in the olive oil.
5. Place the cooled pea pods, grated beetroot and mint in the mixing bowl and mix through carefully.
6. Add three-quarters of the dressing to the salad and toss.
7. Season to taste.
8. Place salad on your serving platter, crumble feta over the top and drizzle over the remaining dressing.



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