

Landed Learning Recipe Book 2014/15



Vegetable Fritters with Dipping Sauce

makes 12-16 fritters

INGREDIENTS

2 large zucchinis grated (or add any root crop like carrot/parsnip/potato...)
1 sm red onion grated (or chopped green onion/leek/chives...)
½ cup whole wheat flour
½ tsp salt
¼ tsp pepper
splash of milk
1 egg

METHOD

1. Preheat oven to 425 F
2. Squeeze the liquid from the grated vegetables
3. Add the other ingredients and mix
4. Drop medium size amounts onto a greased cookie sheet
5. Bake for 16-20 minutes, flip and bake another 10 mins
6. Serve with a dipping sauce (yogurt or soy sauce)

Yogurt dipping sauce

½ cup plain yogurt
¼ cup various chopped fresh herbs (dill/chives/basil/parsley/cilantro)
salt and pepper to taste

Soy sauce dipping sauce

3 tbs rice (or other) vinegar
1 tbs soy sauce
1 ½ tsp sugar
crushed red pepper flakes



Pumpkin Muffins with Cream Cheese Icing

Makes 1 dozen regular sized muffins or double the amount of small muffins

INGREDIENTS

1 and $\frac{3}{4}$ cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 and $\frac{1}{2}$ teaspoons ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{1}{4}$ teaspoon ground cloves
 $\frac{1}{2}$ cup dark brown sugar
2 large eggs
1 cup pumpkin puree
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{3}$ cup milk
1 teaspoon vanilla extract

METHOD

1. Preheat oven to 350F degrees and grease or line with cupcake liners a 12 count muffin pan
2. In a large bowl combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves. Mix and set aside
3. In a medium bowl whisk the brown sugar and eggs until combined. Add pumpkin, oil, milk, and vanilla and mix.
4. Pour wet ingredients (medium bowl) into the dry ingredients (large bowl) and stir until just combined. **DO NOT OVERMIX THE BATTER!**
5. Spoon the batter into the muffin tins, almost all the way to the top.
6. Bake for 17-18 minutes or until a toothpick inserted in the centre comes out clean. Allow to cool completely before frosting.

Cream cheese frosting

$\frac{1}{2}$ package of cream cheese
2 tablespoons icing sugar, or maple syrup, or honey
1 tsp vanilla extract



Refried Bean Quesadillas

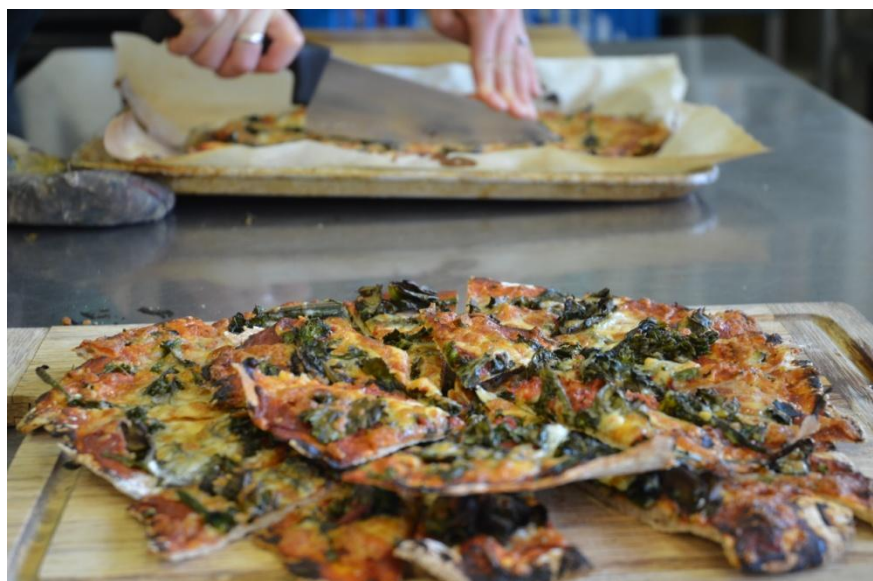
Makes 4 quesadillas that can be sliced into halves, quarters, or eighths

INGREDIENTS

1 tablespoon oil
1 onion finely chopped
2 cloves garlic minced
1 teaspoon cumin seeds
400 grams kidney beans, rinsed and drained
2 teaspoon smoked paprika
8 flour tortillas
100 grams cheddar cheese grated
Fresh salsa
Sour cream

METHOD

1. Heat the oil in a pan and add the onion, garlic, and cumin. Cook for 3 minutes.
2. Put in the beans and paprika and a splash of water. Use a potato masher to break the beans down as they warm.
3. Spread the refried beans onto 4 of the tortillas and scatter over the cheese. Spoon over the salsa then top with the remaining tortillas to make 4 sandwiches.
4. Put on a baking tray in the oven until the tortillas are crisp and the cheese is melted. Cut into wedges and serve with sour cream.



Kale Pizza

Makes 1 lb of dough (2 small or 1 medium pizza)

INGREDIENTS

Dough:

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 1 package quick rising yeast (2 ¼ tsp)
- 1 tsp salt
- ½ tsp sugar
- ¾ cup hot water from the tap
- 3 tbs olive oil

Sauce:

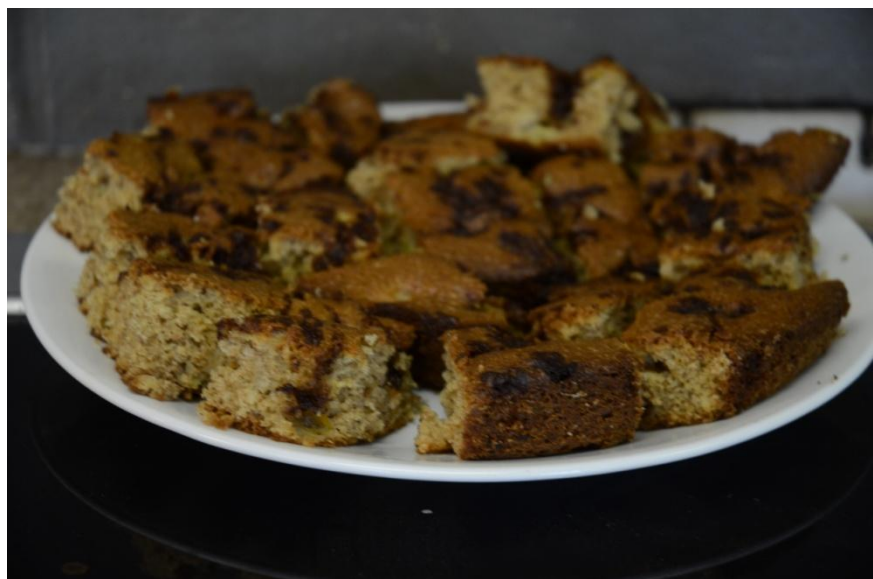
- ½ cup tomato paste
- Herbs from the garden: oregano, rosemary, chives

Toppings:

- 1 cup grated fresh mozzarella cheese
- Cooked kale

METHOD

1. Preheat the oven to 500F degrees. Clean table and combine flours on the surface. Make a hole and add yeast, sugar, and water mixture. Mix ingredients with hands. Add more water or flour if needed.
2. Add salt. Work dough until you can form a ball and knead. Put the ball in a bowl with olive oil and let stand for 20-30 mins in warm place
3. Turn dough onto parchment paper. Form into round or rectangle shape with a rolling pin. Spread tomato sauce, add kale and herb toppings, and cheese.
4. Put in oven for 15 minutes.



Rhubarb Cake

Makes one 13 x 9 inch cake

INGREDIENTS

Batter:

- ½ cup butter
- 1 and ½ cup granulated sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup buttermilk
- 2 cups chopped rhubarb
- 1 tablespoon flour

Topping:

- ¼ cup of butter
- 2 teaspoons cinnamon
- 1 cup brown sugar

METHOD

1. Make the batter. Mix the butter and sugar until smooth and creamy. Beat in the egg and vanilla.
2. Sift together the flour, baking soda, and salt. Add the flour mixture to the creamed butter mixture alternately with the buttermilk, making 3 dry and 2 liquid additions
3. Toss rhubarb with 1 tablespoon flour and mix gently into batter. Spoon into a buttered 13 x 9 inch baking dish.
4. Blend together the topping ingredients and sprinkle over the batter. Bake at 350 F for 45 minutes.



All Fruit Sorbet Sundae Bar

This recipe requires a high powered blender or a Champion juicer with appropriate parts

INGREDIENTS

Frozen bananas

Frozen berries (blueberries, raspberries, strawberries, blackberries)

Shredded coconut and other nut and dried fruit toppings

METHOD

1. Put the frozen fruits into the champion juicer or blender until smooth and creamy.
2. Toast the coconut in a frying pan on low heat
3. Place the fruit sorbet in the freezer while putting the toppings in bowls
4. put the sorbet into bowls and choose the fruits and nuts to top with.



Kale Sushi Rolls

Makes 15 rolls to be sliced into 6 pieces

INGREDIENTS

4 cups sushi rice

2 tablespoons rice vinegar

15 sheets nori seaweed sheets

Vegetables harvested from the garden (carrots, cucumbers, and radishes) cut in strips

Cooked kale

Soy sauce

METHOD

1. Steam or sauté the kale
2. cook the rice according to the directions on the package. Add the rice vinegar to the rice.
3. wet your hands and spread rice on the nori sheet and press into a thin layer. Make sure to leave a strip at the top with no rice
4. arrange the cooked kale, and garden veggies in a line down the centre of the rice. Gently roll the sheet over the ingredients pressing gently. Roll forward and seal by wetting the strip at top and rolling over while pressing gently.
5. cut rolls into slices and decorate with kale flowers.



Fresh Baked Bread Rolls

We usually bake these breads in the cob oven. If not doing so, you need to preheat the oven to 350°C.

INGREDIENTS

Sponge:

2 cups warm water

1 tablespoon yeast

1 tablespoon sugar

Dough:

¼ cup of oil

1 tablespoon salt

4-6 cups of flour* (alternate whole wheat and all-purpose flour)

METHOD

1. Mix the water, sugar and yeast.
2. Put the flour in a bowl, or on a clean surface, and form a mound with a well at the centre.
3. Pour the salt and oil into the well. Begin adding the sponge while mixing. When the dough starts to stick together, put it on a floured surface and knead for a few minutes. Add more flour or water depending on how sticky it is.
4. When the dough forms a ball, rub it with olive oil and place it in a warm area to rise for 20-30 minutes.
5. After it has risen, cut it into small pieces and form the dough into any fun shape.