

theFabric

Proud Partner of



Spring 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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Broad Bean Dip

Season: Spring

Serves: 6

Fresh from the garden: broad beans, garlic, lemon, mixed soft-leaved herbs

You should have forests of broad beans growing in your garden in spring – it's one of the best things about the season! When you have lots and lots, try this easy broad bean dip with flatbread wedges or chopped raw vegetables.

Equipment:

metric measuring scales and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
saucepan
colander
mortar and pestle
spatula
serving bowl

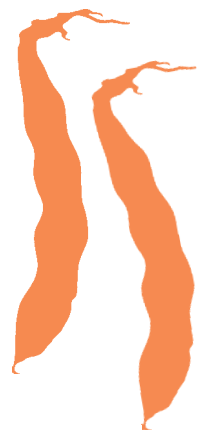
Ingredients:

2 kg broad beans (in pods)
juice of a lemon
1 handful of mixed soft-leaved herbs
2 garlic cloves, peeled and finely chopped
1 tbsp olive oil
salt, to taste
freshly ground black pepper, to taste



What to do:

1. Put a saucepan of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Pod the broad beans.
4. Boil the beans in water for 5 minutes, until tender.
5. Drain and peel the cooked beans.
6. Add the beans to the mortar with the lemon juice, herbs, garlic, oil and a pinch of salt and pepper. Pound to a smooth paste with the pestle.
7. Taste for salt and pepper and season if necessary.
8. Using the spatula, scrape the dip into the serving bowl.



Vietnamese Rice Paper Rolls

Season: Spring

Makes: Approximately 30 small rolls

Fresh from the garden: bean sprouts, carrots, coriander, cucumber, eggs, garlic, lettuce, lime, Thai basil/Vietnamese mint

Being able to make rice paper rolls is a good skill to have – it might take a bit of practice at first but you'll quickly get the hang of folding the rice paper over the ingredients so it's firm but doesn't rip. Dipping sauces are also really easy to make – just remember to try to balance the flavour so it's not too salty, not too sweet.

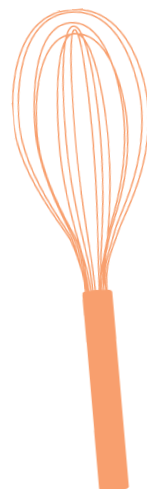
Equipment:

medium saucepan
 metric measuring scales, cups and spoons
 clean tea towel
 chopping board
 knives – 1 cook's, 1 small
 salad spinner
 citrus juicer
 colander
 mixing bowls – 2 medium, 1 large and shallow
 mixing spoon
 whisk
 wok
 spatula
 large platter to serve
 small serving bowl

Ingredients:

120 g vermicelli noodles
 3 tsp soy sauce
 2 tsp fish sauce
 1 tsp palm sugar
 250 g firm tofu, sliced 5 mm thick and 50 mm long
 4 eggs
 2 tbsp sunflower oil
 30 small rice papers
 2 large or 4 small cucumbers, sliced as per tofu
 1 large or 2 small carrots, sliced as per tofu
 1 cup Thai basil/Vietnamese mint leaves
 1 cup coriander leaves
 1 handful of bean sprouts
 1 iceberg or cos lettuce, washed and spun

For the dipping sauce:
 1 garlic clove, peeled and finely chopped
 juice of a lime
 1 tbsp fish sauce
 2 tbsp caster sugar
 tiny drop of chilli sauce



What to do:

1. Put a saucepan of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the vermicelli by adding it to the boiling water for 1–2 minutes, then drain and allow to cool.

Snow Pea, Snap Pea & Feta Salad

Season: Winter/Spring

Serves: 6

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

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

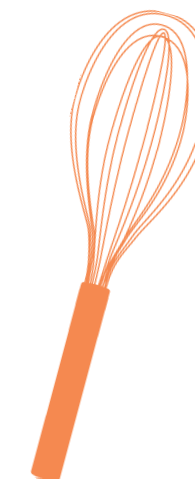
Equipment:

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

Ingredients:

1 large handful (about 1 cup) of sugar snap peas, topped and tailed and strings removed
 1 large handful (about 1 cup) of snow peas, topped and tailed and strings removed
 1 L water
 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 the peas for 30 seconds. Drain and leave in the colander to cool.
4. To make the dressing, mash the garlic and salt with the mortar and pestle, add lemon juice and honey and whisk in olive oil.
5. Place cooled pea pods 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 the serving platter, crumble feta over the top and drizzle over the remaining dressing.





Leek & Broccoli Tart

Season: Winter/Spring

Serves: 6

Fresh from the garden: broccoli, eggs, parsley, leeks

This recipe will show you how to make and use olive oil pastry for a beautiful, warm, golden vegetable and cheese pie. For a dairy-free version, omit the cream and parmesan and substitute the same amount of tofu for the ricotta cheese.

Equipment:

metric measuring scales, jug,
 cups and spoons
 2 clean tea towels
 chopping board
 cook's knife
 grater
 mixing bowls – 2 small, 2 large
 2 mixing spoons
 frying pan
 whisk
 rolling pin
 large baking tray
 fork
 pastry brush
 serving plates

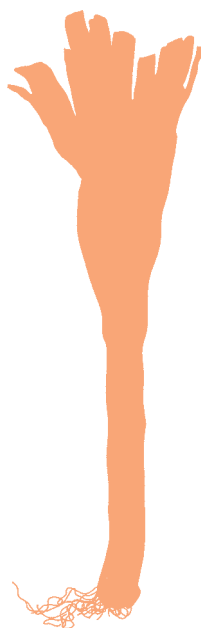
Ingredients:

For the pastry:

200 g plain flour, plus extra for dusting
 1/2 tsp salt
 1 1/2 tbsp extra-virgin olive oil
 1/2 cup cold water

For the filling:

2 tbsp olive oil
 2 leeks, finely chopped
 2 large heads of broccoli, chopped into
 florets
 3 eggs, plus 1 yolk to glaze
 60 ml reduced-fat cream
 250 g ricotta cheese
 100 g parmesan, grated
 1 pinch of grated nutmeg
 salt and freshly ground pepper, to taste
 oil for greasing
 1 tbsp parsley, finely chopped



What to do:

To make the pastry:

1. Combine the flour and the salt in a large bowl and then create a well in the middle of the flour.
2. Combine the oil and water in a small bowl and then pour the mixture into the well in the centre of the flour.
3. Use your hands to incorporate the liquid into the flour until the dough forms a ball.
4. Flour the workbench. Transfer the dough to the workbench and knead for a minute, then place the dough back into the large bowl. Cover with a dry tea towel and leave for up to an hour.



Seasonal Fruit Muffins

Season: All

Makes: 24 small or 36 mini
 muffins

Fresh from the garden: eggs, seasonal fruit

Choose fruit that you have in season and that you think will work well in a muffin.

Equipment:

metric measuring cups
 clean tea towel
 chopping board
 cook's knife
 bowls – 1 large, 1 small
 2 mixing spoons
 24-hole or 36-hole muffin tray
 baking paper (optional)
 wire cooling rack
 serving platters

Ingredients:

3 cups self-raising flour
 1 cup castor sugar
 1 cup natural yoghurt
 2 eggs
 3/4 cup sunflower oil, plus extra for greasing
 2 cups seasonal fruit, roughly chopped

What to do:

1. Preheat the oven to 180°C.
2. Mix the flour and sugar together in the large bowl.
3. Create a well in the centre of the flour mix.
4. Mix together the yoghurt, eggs and oil in the small bowl.
5. Pour the egg mix into the flour and gently combine, gradually adding the chopped fruit (don't over work the batter).
6. Spoon the mixture into lined or lightly greased muffin tins.
7. Place the trays into the oven and bake for 20–25 minutes.
8. Cool for 5 minutes on wire racks before serving.
9. Transfer to your platter to serve.



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