



**Vasse**  
Primary School  
ESTD 1869

*'Preparing for the future'*

Welcome to the



**WICKED PATCH**

Recipe Book 2019

*Fresh produce from the Wicked Patch to Wicked Plate.  
Grown, prepared, cooked and eaten by our Year 3's, with help from Gardener Lisa & Chef Dan.*

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# Welcome to the Wicked Patch

The purpose of the Wicked Patch Kitchen and Garden and the Stephanie Alexander Kitchen Garden Foundation is to introduce pleasurable food education to children during their learning years, in order to form positive food habits for life.

Pleasurable food education emphasises the flavours as well as the health benefits of fresh, seasonal, delicious food. In the Wicked Patch Kitchen and Garden, students get the skills, experiences and role modelling they need to grow, harvest, prepare and share their own vegetables, herbs and fruit, to make a positive impact on their food choices, for life.

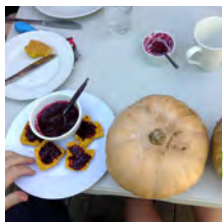
Students love kitchen and garden classes because they're fun. They experience the joy of digging in the garden, picking fresh veggies, smelling and tasting the food they prepare, and sharing the experience with their classmates and helpers.

Special thanks goes out to Lisa Pointon, our Garden Specialist and Dan Ninness, our Chef Extra-ordinaire for their wonderful work with our Year 3 students in 2019.



Mrs. Fiona Jennings  
Early Childhood Teacher  
Wicked Patch Coordinator  
Vasse Primary School

# Pumpkin Scones with Blueberry Chia Jam



## Ingredients

250g self raising flour

250g cooked puree pumpkin

20g butter

Sage

2 Tablespoon milk

## Method

1. Preheat oven 180°C
2. Peel and cut pumpkin into small pieces and put in cold water in pot
3. Bring to boil for 5min then strain and puree
4. Grease baking tray
5. Sift self raising flour and a pinch of salt together
6. Using your fingertips, gently rub the pumpkin and butter into the flour add sage
7. Bring mixture together with a little milk
8. Pat out mixture out to 2cm thick using a floured cookie cutter cut into rounds
9. Place rounds close together on tray just touching
10. Bake for 10-12min until light brown
11. Serve and eat. YUM!

## Blueberry Chia Jam

500g blueberries

¼ cup Lemon juice

¼ cup Maple syrup

100g Chia seeds

Combine blueberries, lemon juice & syrup in a saucepan.

Heat to a simmer.

Blend. Then mix in

chia seeds. Pour into a dish and place

in fridge to cool.

Ready to serve in

15 mins. Enjoy.



# Savoury Rice

## Ingredients

- 1 tablespoon Olive oil
- 1 Onion
- 2 cloves Garlic crushed
- 1 Leek
- 2 Capsicum
- 1 cup of peas
- Bunch of fresh Parsley
- 1 punnet Tomato cherry
- Dash of gluten free soy sauce

## Method

1. Preheat pan and add oil garlic and onion and sauté
2. Add the leek and capsicum and heat through
3. Add your rice and gently stir add gluten free soy sauce
4. Add the cherry tomatoes and peas.
5. Stir well and make sure rice doesn't stick  
(add a little bit water if rice starts to stick)
6. Season with salt and pepper to taste.
7. Serve. Sit and ENJOY!



# Rhubarb Crumble

## Ingredients

- 1 large bunch rhubarb  
(leaves discarded, stems washed & cut into 4cm pieces)
- $\frac{1}{2}$  cup caster sugar or  $\frac{1}{4}$  cup honey
- 2 oranges, zest & juice plus extra juice if needed
- $\frac{1}{2}$  cup plain flour
- 1 tsp ground cinnamon
- $\frac{1}{3}$  cup brown sugar
- 100g rolled oats
- 140g unsalted butter chilled & chopped



## Method

1. Preheat oven to 180°C (fan force).
2. Spread rhubarb in a baking dish, sprinkle with caster sugar/honey and orange juice and bake for 20 mins or until tender.
3. Set rhubarb and pan juices aside. Add a little extra orange juice if there are no juices left in the pan.
4. Rub the butter into the flour using your fingertips then add cinnamon, sugar, orange zest and oats.
5. Place cooked rhubarb & pan juices in a buttered 1 litre ovenproof dish or 4 x ramekins (250ml), sprinkle with crumble, then bake 25 mins if baking in one dish or 15mins for ramekins, until golden.
6. Serve crumble with double cream. Enjoy!

# Garden Frittata

## Ingredients

Spinach baby

Capsicum red or green

Olive oil

Leek

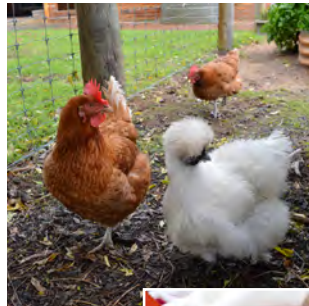
Baby tomato

Chopped fresh flat leaf parsley

Chopped fresh thyme

Eggs

Cheese



## Method

1. Clean and prep all vegetables & preheat oven 180°C
2. Chop all fresh herbs including leek, capsicum & tomato.
3. Whisk eggs with a little water and add herbs.
4. Heat pan with olive oil and put all ingredients.
5. Add eggs and stir 3 times to mix everything together.
6. Add mixture to molds.
7. Put in oven with a little cheese until melted.
8. Sit down to eat, drink & talk.... Enjoy!



# Stir Fry Vegetables with Egg Noodles

## Ingredients

Vegetable oil

Garlic

Carrot, julienne

Snow peas

Bean shoots

Chinese cabbage

Broccoli

Basil

Soy sauce, gluten free

Egg noodles



## Method

1. Heat wok and add oil, onion and garlic.
2. Add julienne carrots, snow peas and bean shoots and stir-fry until carrots are tender then remove from wok.
3. In a pot, bring water to boil. Add egg noodles and broccoli cook for 2 min then drain.
4. Add noodles & broccoli to wok with soy sauce, and toss together. Then add the rest of ingredients, toss and garnish with spring onion or onion sprouts.
5. Serve & enjoy.



# Refried Bean Nachos

## Ingredients

Corn chips

Refried beans

Shredded mozzarella cheese

Onion

Crushed tomatoes

Sour cream

Tomato salsa



## Method

1. Preheat oven 180°C
2. In a pot sauté the onion & crushed garlic. Then add refried bean and stir. Add crushed tomatoes & bring to a simmer.
3. Place corn chips on a baking tray. Cover corn chips with refried bean mixture and top it with shredded mozzarella.
4. Put in preheated oven until cheese has melted and golden.
5. Serve nachos with tomato salsa, sour cream & coriander leaves.
6. Sit down and enjoy.





# The Patch Pizza

## Ingredients (makes 5)

Plain flour 1.5kg

1 teaspoon Baking Powder

1 teaspoon Salt

Hot water  $\frac{1}{2}$  - 1 cup as needed

## Method

1. Preheat oven to 180°C
2. Mix the dry ingredients
3. Add water as needed to make a stiff dough. Rest for 10 mins
4. Shape into rounds and roll to  $\frac{1}{2}$  - 1cm thickness.
5. Spread top with italian tomato sauce then add toppings of your choice (i.e. grated mozzarella, cherry tomatoes, pineapple, mixed herbs).
6. Bake in oven for 10 - 12 mins until cheese has melted.
7. Sit down and ENJOY!



# Wicked Icy Poles

Ingredients (makes approx. 10 icy poles)

## Banana Yoghurt

- 1 cup mashed bananas  
(3-4 bananas)
- 700g vanilla yoghurt
- ¼ cup honey
- ½ teaspoon cinnamon

## Watermelon Mint

- 4 cups watermelon slices
- 1 tablespoon fresh mint leaves
- 1 ½ cup coconut water
- 2 tablespoons lime juice
- 1 tablespoon honey

## Coconut Passionfruit

- 2 cans of coconut milk
- ½ cup passionfruit juice with  
seeds
- ¼ teaspoon lime zest
- 2 tablespoons of caster sugar/  
maple syrup

## Method

1. In a blender, puree together the ingredients of your chosen flavour.
2. Pour into popsicle molds and insert wooden sticks.
3. Freeze until firm, at least 4 hours.
4. Enjoy!

*Thank you to the Margaret River Kitchen Garden who supplied recipes for the Banana Yoghurt and Watermelon Mint Icy Poles.*



# Mini Pear Tart

## Ingredients

- 8 Pears
- 4 sheets Puff pastry
- Almond Marzipan or strawberry jam
- 2 Eggs
- Icing sugar
- 2 litres Water
- 120g sugar
- 1 Vanilla pod



## Method

1. Preheat oven to 180°C
2. Put pot of water and sugar on heat
3. Peel and half pear and add to sugared water and simmer for 6 mins take out of water, drain and cool
4. Cut puff pastry in circles 15cm diameter brush with whisked egg, add almond marzipan or strawberry jam in centre of puff pastry, slice pear into slices and put on top then put in oven for 7- 10 min until golden. Sprinkle with icing sugar, serve and ENJOY!



# Blueberry Strawberry Muffin

## Ingredients

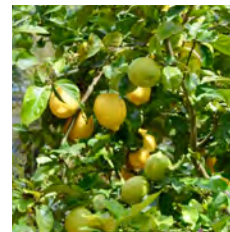
- 2 eggs
- 1 cup sugar
- 1 cup sour cream
- ½ cup extra light olive oil
- 1 tsp vanilla extract
- ¼ tsp salt
- 2 cups plain flour
- 2 tsp baking powder
- 1 large lemon (2 tsp lemon zest + 2 Tbsp lemon juice)
- 1 1/2 cups fresh blueberries/strawberries

## Lemon Glaze

- 1 cup powdered sugar
  - 1½ - 2 Tbsp fresh lemon juice
  - ½ tsp lemon zest
- Combine ingredients to a slightly runny consistency. Pour glaze over cooled muffins. Enjoy.

## Method

1. Preheat oven to 180°C and prepare muffin tray with paper.
2. Sift flour and baking powder together in a bowl.
3. Add salt, 1½ tsp lemon zest, blueberries/strawberries to flour
4. In another bowl blend together eggs, sugar, sour cream, olive oil and vanilla.
5. Add wet ingredients to dry ingredient bowl and fold together to mix.
6. Fill muffin tin about two third full. Place in preheated oven for 15 mins until golden brown.
7. Cool Muffins before drizzling with lemon glaze. Enjoy!





"Being a part of the Wicked Patch and Kitchen Garden this year has been an absolute honour and a privilege.

Working with all of you has been inspiring and grounding. It's been wonderful to see you all grow, learn and become more confident in the kitchen. I'm so proud of each and every one of you.

I have been a Chef now for over 25 years, and teaching many apprentices, I never thought that teaching year three students the garden to plate program would be so challenging yet also rewarding at the same time.

I'd like to thank all of you - my Mini Chef's - for your enthusiasm and willingness to learn. Being the first group of students at Vasse Primary School to be able to experience the Garden to Plate program is an achievement in itself.

I hope that your year in the Kitchen Garden has inspired you to continue to grow and cook.

Food is a monumental part of our daily lives and something that can be just as enjoyable to cook as it is to eat. It is so rewarding when we can grow our fruits and vegetables and see them go from our garden to our plates. Even more rewarding when we can share that experience with our families and friends.

Have a fabulous festive season and I'll see you around school in the new year."

Enjoy!!

Chef Dan Ninness