



Carrot & Zucchini Croquettes

Season: Summer

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: carrots, parsley, spring onions, zucchini

Recipe source: Adapted from a recipe by Kathy van Eck, Kitchen Specialist, Hallam Primary School, Victoria

Croquettes are small shapes that are fried and served piping hot. The appeal comes from the contrast between a golden, crunchy coating and a soft, delicious filling. Fillings are usually savoury (salted cod is a very popular croquette filling for tapas in Spain). They are good served with fresh tomato sauce or a tartare sauce, which is proper egg-based mayonnaise combined with plenty of herbs and pickled cucumber.

Equipment:

metric measuring scales and cups
baking tray
clean tea towel
chopping board
cook's knife
vegetable peeler
grater
bowls – 2 small, 1 medium, 1 large
whisk
small pot or pan
spoon or spatula
frying pan
kitchen paper

Ingredients:

4 eggs
60 g butter
4 large carrots, peeled and grated
2 large zucchini, grated
8 green spring onions, finely chopped
1 handful of parsley, finely chopped
¼ cup flour, plus extra flour
to roll the croquettes in
2 cups breadcrumbs
vegetable oil for shallow frying



What to do:

1. Preheat the oven to 70°C and place the baking tray inside to keep warm.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Break the eggs into a medium bowl and whisk them lightly. Set aside.
4. Melt the butter in the small pot or pan over a low heat.
5. Combine carrots, zucchini, spring onions and parsley in the large bowl with the flour and the melted butter. Use a spoon or spatula to mix well.
6. Divide the mixture into around 30 equal portions. Make sure that there is one croquette, at least, per diner.
7. Shape the portions with your hands – they could be a ball, cylinder or egg shape.
8. Put the extra flour in a small bowl and set it on the bench next to the bowl of whisked egg and another small bowl of breadcrumbs.



Carrot & Zucchini Croquettes continued

9. Toss the croquettes gently in the flour, dip them in the egg mixture, then roll them in the breadcrumbs.
10. Pour enough oil into the frying pan for a depth of about 0.5 cm. Heat the oil until quite hot.
11. Shallow-fry the croquettes until they are golden brown. Cook them quickly so that they brown nicely without soaking up the oil and becoming soggy and greasy.
12. As you cook the croquettes, drain them on plenty of kitchen paper and keep them warm in the oven on the baking tray until all the croquettes are cooked.



Tabbouleh

Season: Summer

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: cucumbers, garlic, lemon, mint, parsley, spring onions, tomatoes

Tangy tabbouleh is perfect in a pita pocket bread with falafel, lamb burgers or labna balls. The burghul makes it more substantial than most salads, and the juicy red tomatoes and the fresh green of abundant parsley make it refreshing as part of a summer lunch. You can also substitute brown rice for burghul if you'd like to make a wheat-free version.

Equipment:

metric measuring cups and spoons
2 clean tea towels
chopping board
knives – 1 cook's, 1 serrated
citrus juicer
bowls – 1 small, 1 large
large strainer
tablespoon
mixing spoon
serving bowls

Ingredients:

1 cup burghul
6 ripe tomatoes, chopped small with the serrated knife
2 large cucumbers or 4 small, chopped small
4 spring onions, finely sliced
2 garlic cloves, peeled and finely chopped
2 large handfuls of parsley, finely chopped
1 handful of mint leaves, finely chopped
juice of a lemon
2 tbsp extra-virgin olive oil
salt, to taste
freshly ground black pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cover the burghul with cold water in the large bowl. Soak for 10 minutes then strain. Press with the back of the tablespoon to squeeze out the rest of the liquid.
3. Tip the burghul onto a clean dry tea towel. Gather up the corners and squeeze out any remaining liquid. Your burghul should be nice and dry and fluffy. Tip it out into the large bowl.
4. Add the tomatoes, cucumbers, spring onions, garlic and herbs to the bowl with the burghul.
5. Mix the lemon juice and oil together in the small bowl, then pour it over the other ingredients.
6. Mix everything together, taste and season accordingly.
7. Divide between serving bowls.

