

AUTUMN RECIPES

FROM THE
GARDEN TO TABLE
KITCHEN

Featuring recipes from Garden to
Table Friends, Partners and
Ambassadors.

GARDEN 
TO TABLE GROW.
HARVEST.
PREPARE.
SHARE

BY THE GARDEN TO TABLE TRUST

TABLE OF CONTENTS

01

SILVERBEET
OMELETTE

03

BAKED
PARMESAN
COURGETTE
FRIES

05

AUTUMN
HARVEST CURRY

07

SMOKEY
EGGPLANT,
TOMATO &
BASIL SOUP

09

FEIJOA CHUTNEY

11

TUSCAN SALAD

13

PEAR &
CHOCOLATE
FRANGIPANE
TART

15

ROASTED
CASHEW &
CARROT DIP

16

SWEET & SOUR
PUMPKIN



SILVERBEET OMELETTE

Serves 6-8

Ingredients

- **500-600g silverbeet or rainbow chard leaves**
- **5-6 large cloves garlic**
- **3 large eggs**
- **sea salt and freshly ground black pepper**
- **90ml extra virgin olive oil**

How to make it

1. Wash the leaves in plenty of cold running water. Remove and discard the stems and ribs or use for another purpose. You should have about 450g. Place the leaves and any water clinging to them into a large saucepan over medium heat and cover. Cook until wilted, then drain and refresh under cold water. Use your hands to squeeze out as much water as you can, then roughly chop.

2. Preheat the grill in the oven. Peel and finely chop the garlic. Lightly beat the eggs in a large bowl and season well with salt and pepper.

3. Heat 3 tablespoons of the oil in a large ovenproof frying pan (about 26 cm) over medium heat. Add the garlic and cook for 2 minutes or until fragrant, then add the leaves. Season and toss in the pan for several minutes until hot. Tip the leaves straight into the beaten egg, mixing rapidly with a fork until all the egg is distributed well.

4. Wipe out the frying pan and reheat over medium heat with the remaining oil, swirling to coat the base and sides of the pan. Pour in the mixture and shake the pan to level the surface. Reduce the heat to low, cover the pan and cook for 4-5 minutes until the omelette puffs up a little, but is not quite cooked through. Place the pan under the grill for a few minutes until the egg is just set on top.

5. Run a knife around the edge of the omelette and give the pan a shake to ensure it isn't stuck anywhere. If it is, gently slide a flexible spatula underneath to loosen before sliding it onto a board or plate. Serve warm or cold.

*This recipe is from BOUNTY:
Cooking with vegetables, by
Garden to Table Chair and
co-founder Catherine Bell*

Silverbeet and its cousin rainbow chard, is the vegetable that just keep on giving so a great one to have in the garden. This is a type of flat omelette where there is more vegetable than egg. Vegetable frittatas or omelettes like this make a great light lunch or supper dish with a salad on the side. Or, served cold and cut in to wedges it's a perfect picnic or lunchbox filler. Usually I would use the ribs, but for this dish I prefer it without, so I remove them.

SILVERBEET OMLETTE





BAKED PARMESAN COURGETTE FRIES

with Aioli

Serves 4 as a snack

Ingredients

- **½ cup ground almonds or fine instant polenta**
- **½ cup parmesan**
- **1½ tablespoons thyme, oregano or rosemary**
- **½ teaspoon salt**
- **3 medium courgettes (zucchini)**
- **1 egg**

The cheesy crunch of these fries makes them a sure fire winner with kids and adults alike

How to make it

1. Preheat oven to 220°C. Line a baking tray with baking paper.
2. Grate the parmesan using a microplane or the fine side of a grater and finely chop the herbs. Combine with the almonds or polenta and salt in a bowl. Place egg in a separate bowl and lightly beat.
3. Trim the top and bottom off the courgettes, then cut each courgette in half then in half again lengthways, then into 1cm-thick fingers, just like chips.
4. Dip each courgette finger in beaten egg and then in crumb mixture, making sure they are well coated. To avoid a sticky mess, use one hand for the egg bowl and one hand for the crumb mixture bowl! Arrange fries on prepared baking tray and bake for 12-15 minutes or until golden and crisp.

Aioli

- 2-3 tablespoons good-quality mayonnaise
- 2 tablespoons natural unsweetened thick Greek-style yoghurt
- ½ small clove garlic
- finely grated zest of ½ lemon
- 1 tablespoon lemon juice
- ¼ teaspoon smoked paprika
- sea salt and freshly ground pepper

5. Crush the garlic and combine with all the aioli ingredients in a bowl. Season to taste with salt and freshly ground black pepper.

6. Serve the courgette fries hot, straight from the oven with the aioli for dipping.

*With thanks to Garden to Table
Trustee Nadia Lim for this recipe.*

If you have a glut of courgettes (zucchini) in your garden right now, then this is THE recipe for you. I'm warning you though, Parmesan Courgette Fries can become a little addictive! They're crunchy on the outside and very, very tasty, especially with an aioli to dip them into. They make a nice change from your standard potato fries and are a great way to get everyone to eat their green veggies! You'll find even the non-believers in the household can't help themselves and will gobble them up quick smart - so a second batch of Parmesan Courgette Fries will almost always be required.

BAKED PARMESAN COURGETTE FRIES

with Aioli





AUTUMN HARVEST CURRY

with kale crisps & yogurt

serves 6

Ingredients

- 400g pumpkin
- 400g (about 3 medium) potatoes
- 2 medium carrots
- 2 medium onions
- 4 tablespoons olive oil
- 4 garlic cloves
- 4cm piece ginger
- 1 red chilli
- 2 teaspoons of each ground cumin, ground coriander, mustard seeds
- 1 teaspoon ground turmeric
- 2 teaspoons salt
- 3 cardamon pods
- 800g tinned tomatoes (2 tins)
- sea salt
- kale crisps and plain yogurt to serve

How to make it

1. Peel the pumpkin, scoop out the seeds and discard. Cut the pumpkin into bite-sized pieces (about 2 cm) and place in a large bowl. Scrub the potatoes and carrots and cut into bite-sized pieces. Add to the bowl with the pumpkin.
2. Peel the onion and finely chop. Peel and finely slice the garlic and ginger. Heat the oil in a large deep-sided pan, over a medium heat. Add the onion and fry for 2-3 minutes or until it is just starting to brown. Add the garlic and ginger and continue frying. Reduce the heat if the onion is browning too quickly.
3. Finely slice the chilli (remove the seeds using a teaspoon if you would like less heat) and add it to the onion mixture.

4. Measure all the spices into a small bowl then add to the onions and garlic and stir for 2 minutes. At this point the onion should be soft and cooked through. Add the potatoes, carrots and pumpkin to the onion and fry for a couple of minutes.

5. Add the tomatoes, increase the heat and bring to the boil. Reduce the heat and simmer for 10 minutes. You may need to add a little water to cover the vegetables. Stir every couple of minutes to prevent sticking.

6. Season with salt to taste and ladle into bowls. Serve with flatbread or rice. Garnish with a dollop of yogurt and kale crisps.

Kale crisps:

- **6 kale leaves**
- **2 tablespoons extra virgin olive oil**
- **salt**

Kale crisps:

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Remove the leaves from the thick stems of the kale then wash & dry them. Discard the stems to the compost.
3. Massage oil into the kale leaves, spread out on the baking tray and season with salt. Bake for 8-10 mins until crisp, watching carefully as they can burn easily.

With thanks to Sarah Rae former Kitchen Specialist at Edendale Primary School for this recipe.

This delicious curry is a great way to make a warming dish out of the autumn produce from the garden. It is even better if made before the day you eat it, as it gives the spices time to infuse.

AUTUMN HARVEST CURRY





SMOKEY EGGPLANT, TOMATO & BASIL SOUP

Serves 6-8

Ingredients

- **2 medium eggplants**
- **2 tablespoons extra virgin olive oil**
- **1 onion**
- **2 cloves garlic**
- **1 tablespoon fresh oregano leaves**
- **6-8 large, ripe tomatoes or 2 tins chopped Italian tomatoes**
- **2 tablespoons tomato paste**
- **3 cups chicken or vegetable stock**
- **salt and freshly ground black pepper**
- **pinch of cayenne pepper**

How to make it

1. Place the eggplants directly over a medium high flame on a gas stove or barbeque, turning until they are completely charred on all sides and very soft. Transfer to a chopping board, cut in half lengthways and scoop out the pulp, discarding the charred skin.
2. Peel and finely chop the onion, garlic and oregano. Heat the oil in a large saucepan over low heat. Add the onion, garlic, and oregano with a pinch of salt and cook until the onion is soft, about 8 minutes.
3. If using fresh tomatoes, peel, seed and roughly chop them. Add to the onions, along with the eggplant, tomato paste and stock. Season with salt, pepper and cayenne and bring to the boil. Reduce the heat and simmer, partially covered for 35 minutes

Basil paste:

- **2 large handfuls fresh basil leaves**
- **1 clove garlic**
- **3-5 tablespoons extra virgin olive oil**
- **100g mild soft goat cheese, optional**

4. Meanwhile, prepare the basil paste: Puree the basil in a small food processor or pound in a mortar with enough olive oil to make a smooth paste. Add the crushed garlic and the goat cheese if using, and process until smooth. Set aside.

5. When the soup is ready, purée in the food processor and return to the saucepan. Correct the seasoning and just heat through. Ladle into individual soup bowls and garnish with a dollop of the basil paste.

Use basil pesto as an alternative to the basil paste.

SMOKEY EGGPLANT, TOMATO & BASIL SOUP





FEIJOA CHUTNEY

makes 4-5 medium jars

Ingredients

- **1.5kg feijoas**
- **5 medium brown onions**
- **2 large green apples**
- **2½ cups sugar**
- **1 cup apple cider vinegar**
- **½ cup sultanas (optional)**
- **1 fresh green chilli (mild or medium heat)**
- **1 teaspoon ground ginger**
- **1 tablespoon mild curry powder**
- **1 tablespoon salt**
- **generous grind freshly ground pepper**

How to make it

1. Wash the feijoas and trim off the ends. Cut each one in half lengthways then into 1 cm cubes.
2. Peel the onions and chop finely. Grate the apples coarsely (there is no need to peel them first).
3. Cut the stem off the chilli and slice it in half lengthwise. Remove the seeds with a teaspoon and discard, then chop the chilli finely.
4. Combine all the ingredients in a large, heavy-bottomed saucepan. Stirring constantly, bring to the boil over high heat. Reduce the heat to medium-low and simmer for 45 minutes to 1 hour, stirring frequently until the chutney is thick and the feijoa skins are soft.

5. Meanwhile prepare the glass jars (see below). When the chutney is ready, spoon it carefully into the hot jars, wipe the rims with a hot, damp cloth and seal. Leave to cool then label with the name and date and store in a cool, dark place.

To sterilise bottles and jars:

Put jars or bottles and their lids through a hot cycle of the dishwasher. Alternatively, wash in hot soapy water and rinse well. Place them on an oven tray in a cold oven. Turn the heat to 120°C and leave for 1/2 hour.

Making chutney is the perfect thing to do if you have a glut of fruits and vegetables. Chutneys are a flavoursome addition all year round on sandwiches or fritters, on a cheese board, or alongside meats.

Adapted from a recipe by Unna Burch at viva.co.nz

FEIJOA CHUTNEY





TUSCAN SALAD

serves 4-6

Ingredients

- **1 baguette or other crusty bread**
- **¼ cup extra virgin olive oil**
- **1 red onion**
- **5 ripe tomatoes**
- **1 telegraph or 2 Lebanese cucumbers**
- **1 fennel bulb**
- **1 red radicchio, or baby cos lettuce**
- **small handful of Italian parsley**
- **handful of baby rocket leaves**
- **12 large green stuffed olives**

How to make it

1. Preheat the oven 180°C.
2. Break the bread into chunks, place in a bowl and drizzle with olive oil. Toss well to coat then spread out on a roasting tray in a single layer. Bake until golden brown and crunchy. Set aside to cool and store in an airtight container if not using immediately.
3. Peel and finely slice the onion, place in a small bowl and cover with warm water while you prepare the other vegetables. Chop the tomatoes and cucumber into rough chunks. Remove the stalk and fronds from the fennel bulb, reserving a few for garnish. Cut the bulb in half then slice finely. Tear the radicchio into large pieces. Coarsely chop the parsley. Drain the onions and place with the other vegetables in a large bowl. Add the rocket and olives and toss to combine.

Vinaigrette

- **3 tablespoons extra virgin olive oil**
- **3 tablespoons balsamic vinegar**
- **sea salt and freshly ground black pepper**

4. Whisk or shake the vinaigrette ingredients to form an emulsion. Pour the dressing over the salad and toss well. Just before serving add the toasted bread. Arrange on a large platter and garnish with a few reserved fennel fronds.

Recipe adapted from Everyday Epicurean by Catherine Bell

*This is the perfect way to use up left over or stale bread.
Serve it alone for lunch or as a side with grilled meat.
Quantities do not matter very much in a recipe such as this
so use whatever you have on hand.*

TUSCAN SALAD

with Vinaigrette





PEAR & CHOCOLATE FRAGIPANE TART

serves 6-8

Ingredients

Pears:

- 6 cups water
- 2 cups sugar
- 2 cinnamon sticks
- 1 tablespoon vanilla extract, or 1 vanilla bean, split and scraped
- 2 strips lemon peel
- 3 firm, but ripe pears

sweet short-crust pastry,
purchased or home-made

Filling:

- 225g dark chocolate
- 115g (½ cup) caster sugar
- 115g unsalted softened butter
- 3 eggs
- 115g (1¼ cups) ground almonds
- 30g (scant ¼ cup) plain flour
- 1 tablespoon flaked almonds
- icing sugar to garnish

How to make it

Pears:

1. Combine the sugar and water in large saucepan. Bring to the boil, reduce the heat to low and simmer until the sugar has dissolved. Add the aromatics.

2. Peel the pears and scoop out the stem end with a melon baller. Leave the stalk on. Place the pears in the syrup immediately, ensuring they are completely covered. Cut a round of baking paper and place it over the top of the liquid. Cover with a lid and simmer the pears for approximately 15 minutes or until just tender. Test by inserting a skewer into the base of the pear. Cool the pears to room temperature in the poaching liquid then cut in half and remove the core and stalk.

Pastry:

1. Preheat the oven to 200°C. Roll out and line a 25cm tart tin with the pastry. Chill for 10 minutes, then line with baking paper and fill with baking beans*. Bake for 10 minutes, remove the baking beans and paper, and return to the oven for 4-5 minutes until the base no longer looks raw. Cool.

Filling:

1. Reduce the oven temperature to 150°C. Break the chocolate into pieces and melt in a bowl over hot water. Remove from the heat and leave to cool.

2. Beat the butter and sugar until creamy in a mixer, then add the chocolate and mix to combine. Add the eggs one at a time, alternating with the almonds and flour.

3. Spoon the frangipane evenly into the tart shell. Arrange the pears on top, pushing them down into the frangipane. Sprinkle the top with flaked almonds and bake for 1 hour. Serve while still warm, dusted with icing sugar.

**baking beans are small ceramic beads make especially for baking pastry blind. A good alternative is to use rice or dried beans.*

Reserve the poaching liquid from the pears, refrigerate and use again for poaching more fruit or as a drink with soda.

PEAR & CHOCOLATE FRANGIPANE TART





ROASTED CASHEW AND CARROT DIP

makes 2 cups

Ingredients

- **500g (about 3 large) carrots**
- **2 medium sized cloves garlic**
- **70g roasted cashew nuts, plus a few extra for garnish**
- **2½ teaspoons runny honey**
- **¼ teaspoon sweet smoked paprika**
- **1 tablespoon extra virgin olive oil**
- **sea salt and freshly ground black pepper**
- **parsley or extra paprika to garnish**

Directions

1. Peel and slice the carrots then place in a saucepan with the unpeeled garlic. Cover with cold salted water, bring to the boil and simmer until very tender, about 20 minutes. Drain and leave to cool.
2. Coarsely grind or finely chop the cashews.
3. Place the carrots and peeled garlic in a food processor and blend until finely chopped. Add the cashew nuts, honey, paprika and oil and season to taste. Blend again then transfer to a serving bowl and garnish with parsley and a few extra cashews or a sprinkling of paprika.



SWEET AND SOUR PUMPKIN

serves 4

Ingredients

- 500g butternut pumpkin
- 1½ tablespoons olive oil
- 30g blanched almonds
- 2 small cloves garlic
- handful mint leaves
- 3 tablespoons sherry vinegar
- 2 tablespoons sugar
- ¼ teaspoon cinnamon
- 2 tablespoons currants
- sea salt and freshly ground black pepper
- extra mint to garnish

How to make it

1. Preheat the oven to 200°C. Peel the pumpkin, remove and discard any seeds. Slice into 1cm thick slices, toss with the oil in a bowl and season with salt and pepper. Transfer to a baking tray and roast until just tender. Set aside and once cool, arrange the slices in a shallow serving bowl.
2. At the same time as the pumpkin is roasting, put the almonds on a small baking tray and toast until golden in the oven - 3-4 minutes. Cool and chop roughly.
3. Finely chop the garlic and shred the mint leaves. Combine with the sherry vinegar, sugar, cinnamon, currants and almonds in a small bowl. Season with salt and pepper. Heat a small frying pan and pour in the vinegar mixture. Allow it to bubble up for about 1 minute, then pour it over the pumpkin, distributing the nuts and currants evenly. Leave to sit for at least 1 hour before serving. Garnish with a few fresh mint leaves.

Serve this dish as part of a tapas selection or alongside roast or grilled meat.