Radish Pizza with Caramelized Onions, Rocket and Swiss Cheese

Equipment:

Chopping board
Knife
Frying pan

Ingredients:

2 tbsp olive oil
2 onions
1 bunch of radishes, sliced thinly
2 cups of grated swish cheese
1 cup of rocket
What to do:

Chop the onions, and caramelize them in a frying pan with the olive oil.

Pour the caramelized onions onto the pizza dough, and spread the mixture out evenly across the pizza dough.

Top with thinly sliced radishes and the grated swiss cheese.

Bake at 480 degrees for about 15 min, or until the crust is golden brown.

Top the hot pizza immediately with the rocket.
Pizza Dough—Kitchen Aid Mixer Method

Time: 1 hour
Makes: 2 medium pizzas

Equipment:

- Kitchen aid
- Teaspoon
- Tablespoon
- 1 cup measuring cup
- Tea towel
- Baking paper
- Pizza trays
- Rolling pin
**Ingredients:**

3 cups flour  
2 teaspoons instant yeast  
½ tablespoon olive oil  
¼ teaspoon salt  
1½ cups warm water

**What to do:**

In the bowl of your kitchen aid, combine all of your ingredients. Leave out just a little bit of the water.

Using the dough hook from your kitchen aid, stir until dough forms. If the dough doesn’t form, add the rest of the water. If the dough is extremely wet and sticky, add a pinch of flour.

Gradually increase the speed to medium until a ball forms. This should take about 30 seconds. If the dough does not release from the sides of the bowl, add a pinch of flour. If the dough is very dry and floury, add a small amount of water.

Once the dough forms into a ball, allow the kitchen aid to knead for 8 minutes at medium-high speed.

After the kneading is finished, divide the dough in half. Using floured hands, gently shape each dough into a ball. Set on a floured surface and dab with a little bit of olive oil to keep them moist. Cover with a damp towel and allow to rise for 30-45 minutes.

Roll out dough to form to bases.
Mango Summer Salad with Honey Lime Vinaigrette

Serves 4

Equipment:
Large bowl
Juicer
Teaspoon (tsp)
Knife
Small glass bowl
Chopping board

Ingredients:

1 lime (approximately 2 tablespoons lime juice)
2 teaspoons honey
1 teaspoon vinegar
Pinch salt
2 tablespoons olive oil
6 handfuls lettuce
2 tins mango
1/4 purple onion
What to do:

Break up lettuce greens into a large bowl.
Slice mango finely and add to lettuce greens.
Slice the purple onion finely as possible and add to other ingredients.
Juice lime and add rest of ingredients to glass bowl and stir.
Pour dressing over salad.
SPINACH AND QUINOA SALAD

serves 4-6

Equipment:

1 measuring cup
Mortar and pestle
Chopping board
Knife
Juicer
Mixing bowl
Salad bowl
Stirring spoon
Medium saucepan
Ingredients:

- 1 cup uncooked quinoa
- ½ cup pine nuts
- 1 garlic clove, minced in morta and pestle
- 6 cups lightly packed baby spinach leaves
- ½ cup chopped fresh dill
- ¼ cup chopped fresh mint (optional)
- ¼ cup freshly squeezed lemon juice
- ¼ cup extra virgin olive oil
- 170g feta
- ½ teaspoon sea salt
- Freshly ground black pepper to taste

What to do:

Rinse quinoa in a bowl of water. Drain and transfer to a medium saucepan with a pinch of sea salt and 1 ¾ cups of water. Bring to a boil, cover and lower heat to a simmer.

Cook until water is absorbed, about 15 minutes.

Once cooked place in a strainer and cool under cold running water. Transfer into mixing bowl.

Add remaining ingredients except spinach to quinoa and toss to combine.

Place the spinach in a salad bowl and toss with 1 Tablespoon of the lemon juice and 1 Tablespoon of the olive oil.

Add the quinoa with remaining ingredients and mound on top of the spinach leaves.

Salt and pepper to taste
Curried Mustard Greens with Kidney Beans

Serves 4

Equipment:

Large pot
Colander
Fry pan
Stirring spoon
Chopping board
Knife
½ cup
Tsp (teaspoon)
Tbsp (tablespoon)
Ingredients:

1 bunch mustard greens
1 tablespoon extra virgin olive oil
2 medium shallots, chopped
1 tablespoon minced fresh ginger root
1 can kidney beans, rinsed and drained
1 can tomato sauce
2 teaspoons curry powder
1/2 cup milk
1/2 cup cream

Directions:

Bring a large pot of lightly salted water to a boil.
Place mustard greens in the pot, cover, and cook 7 minutes, or just until tender.
Drain, and rinse under cold water.
Heat the oil in a fry pan over medium-high heat, and cook the shallots until lightly brown, stir in ginger.
Mix in greens, kidney beans, tomato sauce, and curry powder.
Stir in the cream and milk continue cooking until heated through.
Extra Moist Pumpkin Cake

Equipment:

1 measuring cup
¾ measuring cup
1 tablespoon
Small glass bowl
Electric beater
Cake tin
Large mixing bowl
Ingredients:

2 Cups sugar
1 Cup butter
3 eggs
¾ cup pumpkin
1 cup sour cream
1 teaspoon vanilla
2 ¾ cup Flour
1.5 tablespoons cinnamon
½ teaspoon nutmeg
2 teaspoons baking soda
1 teaspoon salt
Olive oil spray

What to do:

Preheat oven to 180 degrees. Spray cake tin with olive oil spray.

Melt butter in glass bowl in microwave.

Add sugar and butter to a large mixing bowl. Beat on low until light and fluffy.

Slowly add the eggs, one at a time, and continue mixing until well incorporated.

Add the pumpkin, sour cream and vanilla, mixing on slow speed until well blended.

On slow speed, add the flour, one cup at a time. Next, add the cinnamon, baking soda and salt. Blend until well incorporated.

Pour cake batter into prepared cake tin. Bake for 60 minutes or until a knife inserted into the center comes out clear.

Sprinkle with icing sugar and serve.