Broccoli Salad

SERVES: 8 servings (serving size: about 1 cup)

EQUIPMENT:

Chopping board
Knife
Measuring 1 Cup
Measuring ½ Cup
Measuring ¼ Cup
Measuring 1/3 Cup
Measuring tbsp (Tablespoon)
Lg Bowl
Sm Bowl
Whisk
INGREDIENTS:

4 cups small broccoli florets
1 1/2 cups seedless green grapes, halved
1 cup chopped celery
1 cup raisins
1/4 cup salted sunflower seed kernels
1/3 cup light mayonnaise
1/4 cup plain fat-free yogurt
3 tablespoons sugar
1 tablespoon white vinegar

WHAT TO DO:

Combine the first 5 ingredients in a large bowl.

Combine mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture, and toss well.
Italian Flatbread Made In A Kitchen Aid

EQUIPMENT:

Kitchen Aid
Measuring tsp (teaspoon)
Measuring tbsp (tablespoon)
Measuring cup
Rolling Pin
Frying Pan
Egg Flip
INGREDIENTS:

600 g white bread flour
1 heaped tsp salt
2 heaped tbsp baking powder
150 ml warm water
6 tbsp olive oil

WHAT TO DO:

Mix the flour, salt, baking powder together in the kitchen aid with the dough hook. Add the water and oil. When the dough is smooth and ready, remove it from the bowl. Knead by hand once or twice.

Divide the dough into 8-10 pieces and form into balls. Either pat the balls into circles with the palms of your hands or use a rolling pin.

Heat a frying pan up and cook the breads on each side until golden brown.
Lettuce Salad with
Lemon & Poppy Seed Dressing

EQUIPMENT:

Chopping Board
Knife
Measuring Cup
Juicer
Measuring tsp (teaspoon)
Lg Bowl
Sm Glass Bowl
Whisk
INGREDIENTS:

2 lettuce, chopped
115gm Parmesan cheese, shredded
1/4 cup Cranberries
1 pear, diced
1 apple, diced

DRESSING:

1/2 cup sugar
1/3 cup lemon juice
Teaspoon brown mustard
1/2 teaspoon salt
2/3 cup oil
1 tablespoon poppy seeds

WHAT TO DO:

Combine salad ingredients in a large bowl.
For dressing, mix the dressing ingredients together in a glass bowl and whisk.
Just before serving, drizzle the salad with the poppyseed dressing.
Pan-Fried Sage and Zucchini Pancakes

Serves: Makes 4 side-dish servings (4 pancakes)

EQUIPMENT:

Chopping Board
Knife
Measuring tbsp (Tablespoon)
Mortar and Pestle
¾ Measuring Cup
Small Mixing Bowl
Vegetable Slicer
Whisk
Stirring Spoon
Egg Flip
Colander
Fry Pan
INGREDIENTS:

4 medium zucchini
1½ tablespoons coarse salt
3 cloves garlic,
9 fresh sage leaves, finely chopped
12 tablespoons all purpose flour
6 tablespoons water
Freshly ground black pepper
3 tablespoons extra virgin olive oil

WHAT TO DO:

Cut off the ends of the zucchinis; use a vegetable slicer to cut length ways. Rub the salt into the zucchini strips until the salt dissolves and you can’t feel the grains. With a knife then slice the strips into julienne style. Press the zucchini gently in a colander to drain excess juice.

Crush the garlic in a mortar & pestle. Finely chop the sage. Combine garlic, sage and 6 tablespoons of flour in a small mixing bowl. Stir the water into the flour mixture and work to a smooth paste with a small whisk.

Dust the bench surface with flour.

Add the zucchini into the flour-water mixture and season with salt and pepper. Form the mixture into hamburger-shaped pancakes and gently flour them on both sides.

Heat the olive oil over medium heat in a large frying pan. Gently cook for until golden brown on both sides. Flatten them from time to time with the back of the egg flip to make them thinner.
Spinach Dip

SERVES: 2 1/2 cups (serving size: 1/4 cup)

EQUIPMENT:

Chopping Board
Knife
Mortar & Pestle
Measuring tsp (teaspoon)
Juicer
Measuring Cup
Frying Pan
Stirring Spoon
Slotted Spoon
Food Processor
INGREDIENTS:

2 tablespoons olive oil  
1/4 cup roughly chopped shallots  
4 spring onions, chopped  
1 tablespoon minced garlic  
375gm (1 ½ cups) spinach leaves  
1/2 teaspoon salt  
1/2 teaspoon fresh lemon zest  
2 teaspoons fresh lemon juice  
1 cup Greek yogurt  
125gm finely crumbled feta cheese  
2 tablespoons chopped fresh dill  
Freshly ground black pepper

WHAT TO DO:

Heat oil in a large fry pan over high heat. Add shallots, onions, and garlic and cook, stirring often, until fragrant, about 1 minute. Add spinach and cook, stirring often, until wilted, about 2 minutes.

Using a slotted spoon, scoop spinach into a food processor; pulse until roughly puréed, about 5 pulses. Add remaining ingredients except pepper, pulse once just to combine, then season to taste with pepper.