

**Australian Childcare Alliance Queensland  
National Childcare Conference 2016  
"Reveal the POSSIBILITIES"**

**LETS COOK - RECIPES**

**Potato Gnocchi**

**INGREDIENTS:**

600g floury potatoes (boiled till tender/drained)  
5 tbsp freshly grated parmesan  
1 egg  
½ tsp sea salt  
¼ tsp ground black pepper  
175g plain flour (plus more from rolling)  
4 litres boiling water (to cook your gnocchi)

**HOW TO:**

1. Peel the warm potatoes (after cooking) and pass through a sieve, chill for 15 minutes.
2. Create a well, then add parmesan, egg, salt and pepper and combine.
3. Sprinkle over the flour and incorporate with your fingertips until just combined.  
DON'T OVERWORK (REST FOR 15MINUTES)
4. Roll the dough out into a long snake, about ¾ inches in diameter and cut into 4.
5. Take each piece a roll with a little flour until ½ inch thick, the dough should be smooth.
6. Cut cylinders about 3cms long, and press each one onto the back of a fork.
7. Cook the Gnocchi in boiling water in 3-4 batches, when they float count to 10.
8. Remove and drain well then toss with sauce of choice.

**EQUIPMENT:**

- 5 litre pot
- Sieve
- Fork
- Grater
- Pastry scraper or spatula.

## **Compost Pizza**

### **INGREDIENTS:**

½ cup s/r flour  
½ cup plain flour  
½ cup Natural yoghurt  
Salt and pepper

### **TOPPINGS:**

1 carrots  
1 zucchini  
½ red onion  
1 punnet cherry tomatoes  
Fresh basil  
Potato  
Chicken

½ cup pesto (nut free)  
mozzarella/bocconcini  
tomato sauce (Napoli)  
kale  
radish (very fine slice)  
capsicum  
salami/ham

### **HOW TO:**

1. Sift both flours together, season with salt and pepper.
2. Add natural yoghurt and mix the flours until well combined.
3. You may need to add extra flour to bring the mixture back to a nice “non-sticky” dough.
4. Knead for 8 minutes then rest under a damp tea towel for 30 minutes.
5. Peel the carrots and zucchini into long strips. (place in separate bowl’s)
6. Chop onion into fine slices, thinner the better.
7. Slice tomatoes into any size
8. Rough chop kale.
9. Divide the dough into 2, encourage the kids to rollout flat, approx. 3mm thick is best.
10. Place the base on trays with grease proof paper (kids names next to each base)
11. Invite kids to place any toppings they like on their pizza, encourage sauce or pesto first.
12. Bake at 190 degrees for 20 minutes, or until base is golden and cheese melted.

### **EQUIPMENT:**

- Kids safe knife
- Kids safe peeler
- Rolling pin
- Sieve
- Oven

## **Vegetable Chips:**

### **INGREDIENTS:**

2 Parsnips  
2 Carrots  
1 Beetroot  
4 Baby radishes  
Vegetable or coconut oil  
Salt

### **HOW TO:**

1. Pre-heat oven to 150 degrees
2. Ask kids to peel all the vegetables completely
3. Lay them out in a single layer on baking paper
4. Brush gently with oil and season with salt
5. Bake for 6 minutes, turn and bake for another 6 minutes or until golden.  
They will crisp up more once cooled.

### **EQUIPMENT:**

- Peeler
- Oven trays
- Baking paper
- Oven

## **Roast carrot hummus**

### **INGREDIENTS:**

600g carrot	4 cloves confit garlic (roasted)
½ tsp cumin	3 tbs tahini
Salt and pepper	3 tbs lemon juice
2 tbs oil	4 tbs extra virgin olive oil

### **HOW TO:**

1. Preheat oven to 190 degrees
2. Toss carrots with oil, cumin and salt and pepper, roast for 20 minutes
3. Add 250 water to the bottom of the pan and cover with foil, roast further 35 minutes.
4. Process carrot and juice until smooth.
5. Add remaining ingredients and process until combined, add extra water if required.

## **Beetroot Dip:**

### **INGREDIENTS:**

2 beetroot (500G)	3tbls extra virgin olive oil
1 tbls balsamic reduction	4 confit garlic cloves (roasted)
½ tsp cumin	½ tsp coriander
Salt and pepper	

### **HOW TO:**

1. Preheat oven to 200 degrees
2. Cut beetroots in 4, wrap in foil and roast for 40-60 minutes.
3. When tender allow to cool for 15 minutes
4. Peel skin and then add to processor with remaining ingredients.
5. Process until smooth.

Serve with vegetable chips, fresh carrot and celery sticks and toasted soldiers.

## **For Your Consideration:**

Children love “hands on” experiences with food, colorful ingredients and the more mess the better, at home we place a plastic tarp under the kitchen table and let the children work under supervision, we stand back and allow them to get creative.

It's very important when cooking with children to involve them as much as possible, sometimes that means stepping back even though it may not “look right” or in your opinion “taste good”. One of the most important aspects of cooking is experimentation, which is the reason I became a chef.

When asked to deliver this session I asked my children what they loved making the most, I got a mixed response. My children, aged 2 and 9, both agreed they loved getting their hands dirty, sticky and messy.

I have chosen the recipes for today, so you, as educators can link food from the garden to plate; they are all healthy fun and delicious.

However I must stress the importance of cooking “sometimes food” also. Don't always make “healthy” food, as we don't want children to associate cooking with ONLY healthy food, at home we love to make ice-cream, slices, puddings, sorbets, and many other sweet creations. Food is simply food, we enjoy it all.

## **Other things to consider or try:**

Wastage: Food is never wasted ripe fruit and vegetable make great smoothies/dips or at worst compost

Consider purchasing Child safe knives/peeler

Food safety and Hygiene, an essential part of every session, whether you end up eating the food or not

Food source - allow children to pick ingredients from the garden, always ask them to taste, touch and smell.

Kinder Chef: Guess the ingredient.

Masterclass; the teacher cooks at the front, asking lots of questions. If children get restless, invite them up to mix, stir, build etc.

Knife awareness, kitchen dangers

Contain the mess (make your job easy, you'll be more likely to deliver the session again)

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