

## What is Stephanie thinking about cooking in July & August?

### Some ideas for Kitchen Specialists in the Kitchen Garden Program

Wonderful **blood oranges** are just coming into season. Great in salads with shaved **fennel** or slices of roast **pumpkin** and maybe sliced **radishes** too and/or olives.

**Broccoli** is at its peak. Always remember to cook it in *lots* of lightly salted water for just 2-3 minutes so it is tender but still has some bite. Drain very well. Broccoli *loves* extra virgin olive oil, and fried almonds, and likes to be sautéed with garlic too. Broccoli is great tossed through fettucine. Don't forget that the peeled stems are as delicious as asparagus.

Lots of **cabbage** can be a challenge. Don't forget bubble-and-squeak (p 204, *Kitchen Garden Cooking with Kids*). Cabbage leaves dipped into boiling water for a minute then dried can be rolled with thin slices of ham or goat's cheese as quick roll-ups. Or make a rice stuffing and braise the rolls in tomato juice. And cabbage sautéed in a little butter with herbs is delicious on its own, or mixed with fried onions can make a pie or tart filling.

Tender **spinach** is a treat at any time. Cook briefly is the main rule to keep its lovely colour. To make a small harvest stretch, use spinach in a traditional filling for pasta with ricotta and grated nutmeg.

Bake some big roughly-torn croutons rubbed with the delicious **extra virgin olive oil** that has been donated by **Cobram Estate**, and be pleased that Australian olive oil is now so good that you have no need to buy imported oils that have travelled halfway round the world and often lack the freshness of the local product. Crunchy croutons are good in salads, in soups, or mixed with roasted vegetables.

I have seen some fantastic crops of **beetroot**. The chocolate and beetroot muffins (p 97, *Kitchen Garden Cooking with Kids*) are always hugely successful with the children. And beetroot with young rocket and a little crumbled fetta makes a great salad. Young leaves are great chopped and sautéed in olive oil and throw in a handful of currants.

### Happy Cooking Stephanie

Send us your favourite ideas using any of the seasonal fruit and vegetables listed above: [admin@kitchengardenfoundation.org.au](mailto:admin@kitchengardenfoundation.org.au)

**Stephanie Alexander Kitchen Garden Foundation**