



# Step-by-Step Visual Cooking and Gardening

Accessible Recipes and  
Garden Activities

STEPHANIE KITCHEN  ALEXANDER GARDEN FOUNDATION.  
Growing Harvesting Preparing Sharing





## Recipe Ingredients



Asian greens



basil



bean sprouts



broccoli



butter



carrot



castor sugar



cayenne pepper



celery



## Asian Omelettes continued

---

### Tip: Cooking with a wok

Place the wok on the stove on a high temperature. Use a tea towel to hold the wok handles and keep it balanced. Don't touch the wok while it is hot.



6. Lift up the sides of the mixture with the egg flip as you go. Cook until it is golden brown underneath and almost set.



7. Turn off the heat. Lift up the omelette and pour the oil into a small bowl. Use it for the next omelette.



8. Put a quarter of the snowpeas, broccoli, silverbeet, sprouts and spring onions into the middle of the omelette.



9. Fold the omelette in half. Leave it in the wok for 1–2 minutes to finish cooking inside.



# Roti (Indian Flatbread)

**Seasons:** All    **Serves:** 30 tastes in the classroom or 6 at home

---

## Equipment:

- measuring cups
- measuring spoons
- scales
- jug
- large bowl
- wooden spoon
- clean tea towel
- frying pan
- egg flip

## Ingredients:

- 100 millilitres milk
- 50 grams butter
- 1 egg, lightly beaten
- 100 millilitres water
- 2½ cups plain flour, plus extra for dusting
- 2 teaspoons castor sugar
- 2 teaspoons salt
- sunflower oil, for working the dough



**Roti (Indian Flatbread)** continued

**What to do:**



1. Put the milk, butter, egg and water in the large jug. Put the flour, sugar and salt in the bowl and make a well in the middle.

**Tip: Making a well**

A well is a deep hole. Use your fingers to make a well in the mixture.



2. Pour the liquid into the well.



3. Mix together with the wooden spoon until the dough becomes sticky.



4. Sprinkle flour on your hands and your work bench.



## Garden Equipment



funnel



gloves



herbs



hose offcut



labels



large jar with lid



leaves and flowers



marker pens



measuring jug



# Making Pots: Eggshell Planters

## Equipment:

- metal skewer
- clean eggshells
- egg carton
- seed-raising mix
- seeds
- chopstick
- bottle with watering cap
- labels
- marker pen

## What to do:



1. Carefully press a skewer through bottom of an eggshell and make several holes. This will allow for drainage and root growth.



2. Gently fill each eggshell with seed-raising mix.

### What is seed-raising mix?

This is a special mixture of compost, soil and sand. It is very nurturing for seeds.