



# APPLE BLOSSOM KINDERGARTEN

## Recipes for Apple Blossom Kindergarten For 16 children and 2 adults

### Monday - Short grain brown rice with toasted tamari seeds

This is prepared in the kitchen by the assistant without the help of the children

#### Rice

You will need:

- 6 cups of Short grain brown rice
- 2 litres of boiling water
- 2 heaped dessert spoons of Boullion
- Big Pot

1. Wash rice in the big pot
2. Add the Boullion and water and stir
3. Bring to the boil
4. Cover and simmer (don't stir until serving) for 45 minutes or until all the water is absorbed (if the rice boils dry before being cooked gradually add a little more boiling water from the kettle)

#### Toasted seeds

(this can be made in small or big quantities well in advance and stored in a glass jar)

You will need:

- 2 cups of Sunflower seeds
- ½ a cup of Pumpkin seeds
- A big splash of Tamari
- A medium pot
- A wooden spoon

1. Heat up the medium size pan
2. Add the seeds
3. Shake or stir them continuously (or only the lower seed will get toasted and probably burn).
4. When the seeds are lightly toasted remove from the heat.
5. Add the tamari and stir

## Tuesday - Barley Soup

This meal is prepared at the activity table with the help of the children.

### Soup

You will need:

- Lots of chopped vegetables (Over 2 litres of chopped vegetables)
- 1 cups of red lentils
- 1 cups of soaked pearl barley
- 2 heaped dessert spoons of boullion stock
- 1 to 2 litres of boiling water
  
- The big Pot
- Chopping boards
- Knives
- A bowl for compost

1. Chop the vegetables into small cubes (the children will do this at the table with the help of the adults).
2. Put the vegetables in the soup pot and add 1 to 2 litres of boiling water, boullion stock , and red lentils.
3. Simmer for around 30 minutes on a low to medium heat adding water of necessary.

## Wednesday - Baked Millet with Toasted Tamari Seeds

This is prepared in the kitchen by the assistant without the help of the children

### Baked Millet

You will need:

- 6 cups of millet
- 2 litres of boiling water
- 2 dessert spoons of boullion stock
- A big spalsh of tamari
- Olive oil
- The big pot
- The measuring jug
- The wooden fork

1. Wash the millet in the big pot.
2. Add the water and bring to the boil.
3. Cover with the lid and bake in the oven at 180 degrees.
4. In the measuring jug mix the stock powder, tamari and 500 ml of boiling water.
5. Remove the millet from the oven and add the stock. Continue cooking on very low heat for 10 minutes.
6. Remove from the oven. Before serving fork through with the large wooden fork and a few generous splashes of olive oil.

### Toasted seeds

You will need

- 2 cups of sunflower seeds
- ½ a cup of pumpkin seeds
- A big splash of tamari
- Medium pot
- Wooden spoon

1. Heat up the medium size pan.
2. Add the seeds.
3. Shake them or stir them continuous or only the lower seed will get toasted and probable burn.
4. When the seeds are lightly toasted remove from the heat.
5. Add the tamari and stir

## Thursday - Soup and Rye / multigrain bread

This meal is prepared at the activity table with the help of the children.

### Soup

You will need:

- Lots of chopped vegetables (Over 2 litres of chopped vegetables)
- 2 cups of red lentils
- 2 heaped dessert spoons of boullion stock
- 1 to 2 litres of boiling water
  
- The big Pot
- Chopping boards
- Knives
- A bowl for compost

1. Chop the vegetables into small cubes (the children do this at the table with the help of adults).
2. Put the vegetables in the soup pot and add 1 to 2 litres of boiling water, stock, and red lentils.
3. Simmer for around 30 minutes on a low to medium heat adding water of necessary.

### 2 loaves of bread

This can be prepared at the activity table and the children can help at the kneading stage.

You will need:

- 1 kg of flour (600g of spelt + 400g of rye works well) barley, oats and wheat are options
- 1 heaped dessert spoon of yeast
- 1 heaped dessert spoon of honey/ malt syrup/ apple juice concentrate
- 3 dessert spoons of olive oil
- Approximately 600 ml of lukewarm water (200ml boiling water with 400 ml cold water)
  
- 2 loaf tins
- Large mixing bowl
- Measuring jug
- Weighing scales
- Wooden spoon
- Dessert spoon
- Pastry brush
- Cooling Rack

1. Put the flour in the large mixing bowl
2. Put the water in the measuring jug and stir in syrup
3. Add the water to the large mixing bowl and stir in along with the yeast and oil
4. Mix together with the large wooden spoon.
5. Knead for 20 minutes
6. Leave to rise of 1 hour if possible
7. Divide in to 2, shape and add to 2 loaf greased loaf tins.
8. Bake in a preheated oven at 180 degree until golden brown on top.
9. Tip out on to the cooling rack. (flick the bottom of the loaf it should sound a hollow if ready)

## Friday - Special Porridge

You will need:

- 8 cups of rolled oats
- 16 cups of water
- 1 cup of soaked raisins/ dried fruits
- 1 jar of almond butter
- Banana/ berries/ rhubarb seasonal stewed fruits
- A squidge of date syrup if it is not sweet enough

1. Bring the water to the boil in a large pan.
2. Add stewed fruits or stew fruits there and then.
3. Add soaked dried fruits and then add oats stirring slowly.
4. At the end stir in almond butter and date syrup.

## Other recipes

### Birthday chocolate cake

You will need:

- 450g flour
- 1tsp salt
- 2tsp baking powder
- 225ml rice, agave, golden syrup
- 325g mashed banana, apple puree, carrot puree,
- 2 tsp bicarb
- 225ml water or fruit juice
- 225ml sunflower oil
  
- Large saucepan
- Balloon whisks
- Measuring jug
- Large cake tin
- Sieve
- Large mixing bowl

1. Sift flour, salt and baking powder
2. Combine syrup, liquid and oil in a large pan. When steaming remove from the heat.
3. Add to the liquid, mashed banana, bicarbonate of soda and briefly whisk. (it should froth at the side)
4. Then quick add the flour/ mix and turn.
5. The mixture will be fairly stiff. Smooth over and bake for 40 to 50 minutes at 160°C 325°C gas mark 3 until the centre is cooked.

## Barley buns

This bun mixture is prepared at the activity table with the help of any children who wish to.  
This fruit is prepared at the activity table with the help the children.

You will need:

- 2 litres of barley flour
- 1 litre of rice milk
- 1 cup of sunflower oil
- ½ a cup of apple juice concentrate
- 8 tsp of baking powder
- optional – 1 to 2 cups of raisins, banana, apple, blueberries, cinnamon ...
  
- Large mixing bowl
- Measuring jug
- Plastic beaker
- Whisks
- Wooden spoons
- A few teaspoons
- 3 bun trays
- Pastry brushes
- Wooden serving plate

1. Pour the rice milk, apple juice concentrate and oil into the large mixing bowl and whisk.
2. Use the measuring jug to slowly add the flour and whisk. (towards the end the mixture will become thick and it may be necessary to switch to wooden spoons rather than whisks)
3. Add fruit and stir
4. Add baking powder and stir.
5. Oil the bun trays using pastry brushes.
6. Transfer mixture to the bun trays filling each case approximately  $\frac{3}{4}$  full.
7. Bake in the oven for 20 – 25 minutes at 200 degrees.
8. Allow to cool a little before tipping out and arranging on a serving plate.

## Sugar free fruit crumble

This fruit is prepared at the activity table with the help the children.  
The assistant can prepare the crumble topping at the table.

- You will need:
- 2 litres of oats
- 400g?? of margarine
- 1 cup of toasted sunflower seeds (optional)
- A lots of Stewed fruit (equivalent to about 20 apples) – apple, pear, rhubarb, fresh berries (no need to stew)
- large mixing bowl
- big pot
- 2 glass baking dishes (one large one medium)

### Stewed fruit

1. Chop fruit (children will do this at the table)
2. Add a tiny amount of water to the big pot and heat up (this stops the fruit from sticking to the pan)
3. Add chopped fruit and simmer on a medium heat stirring regularly until a bit soft (not mushy)

### Crumble topping

4. Put the oats and margarine into a large mixing bowl
5. Rub it together until there are no lumps of margarine
6. Mix in the cinnamon and toasted seeds

### Finishing it off

7. Half fill the dishes with the stewed fruit
8. Fill the remaining space with crumble topping
9. Bake for 25/ 30 minutes at 200 degrees