Roti

Recipe Source: Adapted from an original by Kate Tait

Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

Season: All
Type: Basics & Breads
Difficulty: Intermediate

Makes: 30

Equipment:
- metric scales, cups and spoons
- large jug
- mixing spoon
- large mixing bowl

Ingredients:
- 100 ml reduced-fat or standard milk
- 50 g unsalted butter
- 1 egg, lightly beaten
- 2 1/2 cups plain flour, plus extra to dust
- 2 teaspoons caster sugar
- 2 teaspoons salt
- canola oil spray

What to do:
- Place milk, butter, egg and 100 ml water in a large jug and mix well. Place flour, sugar and 2 teaspoons table salt in a bowl and make a well in the centre. Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft, smooth dough. Cover and stand for 20 minutes.
- Divide dough into 16 pieces and spray with oil. Spray a clean, flat work surface with the oil. Working with one dough ball at a time, use oiled hands to flatten dough on the oiled surface, tugging at the edges to stretch it out to about 15 cm wide and about 5 mm thick.
- Heat a large frying pan or barbecue hotplate to medium-high heat. Cook each roti, *pressing down as it bubbles to cook evenly, for 1 minute on each side or until golden and slightly charred.

*Slight supervision required

Salsa Verde

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Fresh from the garden: herbs, lemons, spring onions

Season: Summer/Autumn/Spring
Type: Sauces & Dips
Difficulty: Easy

Serves: 30 tastes in the classroom, or 6 at home

Equipment:
- clean tea towel
- chopping board
- large knife
- measuring cup and spoons
- juicer
- lemon zester
- spoon

Ingredients:
- 1 tablespoon salted capers
- 3 spring onion
- large handful flat leaf parsley
 (about 1 cup, gently packed)
- 1 cup rocket leaves
- 1 tablespoon French tarragon
- 1 tablespoon lemon thyme
- 1/2 cup chervil
- 1/4 cup extra virgin olive oil
- salt and freshly ground pepper
- 1/2 lemon
- 3 cornichons

What to do:
- Dampen the tea towel and place it under the chopping board to keep it from slipping.
- Measure the salted capers into a small bowl and add some hot water. Set aside.
- Wash the spring onion, trim the ends off and slice it very thinly. Place in the other small bowl.
- Chop the parsley coarsely and add it to the bowl with the spring onions.
- Chop up the rocket, tarragon, thyme and chervil and measure the right amounts of each of these herbs into the bowl with the spring onions and the parsley.
- Slice up the three cornichons and add them to the bowl.
- Rinse the capers in cool water, drain them and add them to the rest of the sauce.
- Stir in the oil and adjust the seasoning by adding salt and pepper to taste.
- Don’t add lemon until you’re ready to use the sauce, as it will dull the beautiful green colour. Juice and zest the lemon and add to the sauce when you’re ready to serve.
- Any leftovers will taste great for a few days, so don’t throw them away, just store them in a jar in the refrigerator.