

ADAPTING RECIPES FOR SEASONAL COOKING

Stir-frying vegetables, especially those grown in the school garden, will help children learn about seasonality. There is always something in season that can be cooked this way.

Spring Vegetables

- Asparagus
- Leeks
- Mushrooms
- Spinach
- Purple Sprouting Broccoli
- Spring Cabbage
- Ginger and garlic

Autumn Vegetable

- Corn / Baby Corn
- Celery
- Green beans
- Squash and pumpkin
- Sweet Potatoes
- Onions
- Baby leeks
- Ginger and garlic

Summer Vegetables

- Mange tout
- Spring onions
- Carrots
- Radish
- Summer Cabbage
- Peas and Sugar Snaps
- Courgettes
- Broad Beans
- Cauliflower
- Ginger and garlic

Winter Vegetables

- Savoy Cabbage
- Carrot
- Parsnip
- Swede
- Leeks
- Onions
- Sprouts
- Ginger and garlic

Basic Method

1. Prepare vegetables by chopping into small, similar-sized pieces.
2. Heat a large frying pan or wok, add a little rapeseed oil and stir fry the garlic and ginger for 30 seconds before adding the remaining vegetables and stir frying for a further two minutes.
3. Add soy sauce to taste and serve straight away.