

## Young Chef Challenge

My name is Thomas and when I grow up I want to open my own restaurant.

When I found out about this competition I got very excited as we have many traditional family recipes. I chose my great grandmother's Cauliflower Stew as the ingredients are now in season.

On our way home we stopped at Paul's Vegetable Vendor as his vegetables are fresh and inexpensive. Even though we only budgeted €5, I managed to get a big box for €4.55. Paul gave me wild celery, parsley and some broad beans for free since they were the only ones he had left. We however needed to buy a few more broad beans at €0.81.

Mum had some fresh eggs costing €1.80 per dozen and we decided on goats' cheeselets because we could half them and they are healthier. Thyme and Bay Leaf are family grown, but we also considered these costs.



# Cauliflower Stew

This dish is a traditional recipe and a family favourite. The basic recipe below has been passed down by word of mouth over many generations. The humble Cauliflower is the star of the dish and although we are adding broad beans since they are in season, these can be easily replaced by other seasonal vegetables such as peas or beans. We like to serve this dish with eggs and local cheeselets (Ġbejniet) like my great grandmother used to but it can also be served without these items as a nutritious and low cost side dish.

## Ingredients:

- 1 tbsp. olive oil
- 1 small onion diced
- 3 spring onions chopped
- 2 spring garlic chopped
- 4 carrots medium to large (500grms) sliced (2cm thick)
- 2 potatoes medium to large (500grms) cubed (3cm thick)
- 1 cauliflower medium to large (1Kg) broken into 12 large florets
- 2 heaped tbsp. tomato paste (Kunserva) 80grms
- 2/3 bay leafs
- ½ springs of fresh thyme (or fresh herbs of choice)
- 2/3 stalks of fresh wild celery (Karfus)
- small bunch of parsley
- 500ml very good vegetable stock (I used home made)
- freshly ground black pepper + a pinch of salt
- 200grms shelled broad beans
- 6 fresh local eggs
- 3 big fresh local goats cheeselets (Ġbejniet) halved – which are low in fat and big in flavour
- boiling water, enough to almost cover the cauliflower florets

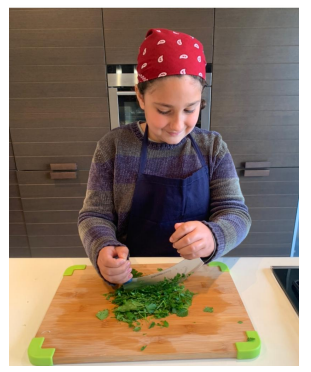
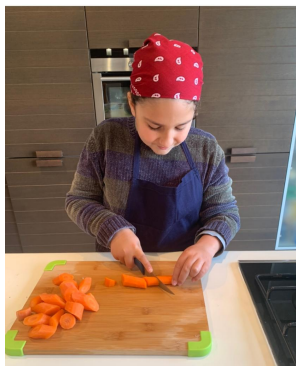


# Method

Note: Preparation is key to this recipe. So 'wash', 'shell', 'peel' and 'chop' the ingredients and line them up.

1. Add olive oil to a large shallow pot (that has a lid) over medium-high heat.
2. Sauté chopped onions for 2-3 minutes, or until they are softened.
3. Sauté garlic and cook for another minute.
4. Add chopped carrots and potatoes. Sauté for 3-4 minutes.
5. Stir in tomato paste (Kunserva) and sauté for 1-2 minutes.
6. Add and stir half (250ml) of the vegetable stock. Add bay leaves, thyme, wild celery and parsley stalks. Cover with lid and cook for 12-15 minutes.
7. Add cauliflower and the remaining vegetable stock, stirring gently for 5-8 minutes.
8. Add enough boiled water to almost cover the cauliflower florets. Add freshly ground pepper and a pinch of salt.
9. Bring to a boil and reduce heat to a simmer. Cook covered for 45-50 minutes or until all vegetables are cooked through.
10. Remove lid, add broad beans and chopped parsley. Gently make space in the pot to add the eggs. Cook covered for about 6-8 minutes or until the eggs are cooked to your liking.
11. The broth should have reduced by almost half.
12. Serve into 6 bowls, add cheeselets and garnish with parsley. I am serving mine with some fresh Maltese crusty bread. (kisra ħobż)





Cost of food:				
Item	Description	Price	Unit Price	Actual Cost
3 Spring Onions	bunch x9pcs	1.40	0.156	0.47
2 Spring Garlic	bunch x5pcs	0.80	0.160	0.32
500grms Carrots	per kg	1.10	/	0.55
500grms Potatoes	per kg	0.51	/	0.25
1pc Cauliflower	1 medium/large	1.40	1.400	1.40
Broad Beans	per kg	3.00	/	0.81
80grms tomato paste (kunserva)	1 tin 400grms	0.78	0.780	0.16
Small bunch wild celery	always free with shopping	/	/	0.00
Small bunch parsley		/	/	0.00
6 fresh local eggs	per dozen	1.80	0.150	0.90
3 fresh cheeslets (goat)	250grms (x2)	2.15	1.075	3.23
				8.09
			Per portion	1.35
For the purpose of this costing exercise the following items are also being given a value.				
Sprig of thyme	Family grown	/	/	/
2/3 Bay leaf	Family grown	/	/	/
Vegetable Stock	Home made	/	/	/
1 Small onion		/	/	/
1 tbs Olive Oil		/	/	0.30
				8.09
				8.39
			Grand total cost per portion	1.40

