

The One with the Domes

- Alice** So, what sort of stuff do you have on nachos?
- Billy** Salsa.
- Alice** Salsa, OK. What's in a salsa?
- Billy** Tomatoes.
- Alice** Tomatoes, perfect. What else?
- Maddy** Chilli.
- Alice** Chilis, very good.
- Billy** Spices.
- Alice** Spices. So that's cayenne pepper, which is part of the capsicum chilli family.
- Lily** And beans.
- Alice** Absolutely. Now, South America didn't really have much of a reliance on meat or fish. They ate a lot of beans as their protein source. So that's why you get different beans as part of their diet. What sort of beans are these? Billy?
- Billy** Green beans.
- Alice** Green beans. They are green beans. And you'll find green beans in lots of different cuisines. They actually cross over a lot 'cause beans are really easy to grow. Corn is one of those ingredients that Latin America absolutely thrives on because it grows so easily and they had so many different uses for it. In nachos, where do you think the corn is?
- Maddy** In the chips.
- Alice** In the chips. Exactly right. So what they would do is they'd dry the corn out and then they'd grind it up into a flour and then they'd turn it into corn chips.
- Lucy** I never knew that.
- Lily** What's this corn?
- Alice** Now that is baby corn and that tends to be in Asian cookery, like stir fried or I like to put it in raw in salads, as well. They pick it before it's fully grown. Lucy?

- Lucy** My mum cooks baby corn with like a hot sauce, like a hot soupy sauce.
- Alice** Yummy. And that hot sauce probably has chilli in it. And guess what.
- Maddy** I love chilli.
- Alice** That is South American or Latin American flavour profile.
- Jonathan** What's this?
- Alice** Great question. I'm going to let you have a sniff of that and see what you think it is. There you are. Have a sniff.
- Lucy** Thank you.
- Alice** There you go.
- Jonathan** It kind of smells sweet.
- Alice** It does.
- Billy** It smells like basil or something.
- Alice** It's close to, yeah. So, this one is called oregano, or oregano. And the way that it would be served in Greek cooking is that they would actually dry it out and drying it out would make the flavour stronger. But fresh oregano like this is really nice just through a salad or on top of a piece of toast with some cheese. Yummy.
- Joseph** Can you eat the stem or is it not used?
- Alice** You can definitely eat the stem, but what you'll find is that stem has less flavour than the leaves because the stem is what absorbs the water. So do you wanna give that a... Yeah, yeah, you can try a leaf. What do you think this one is?
- Jonathan** Basil.
- Alice** Basil. My old mate, basil. Who wants to eat a basil leaf? Everybody. Alright. Do you wanna pass that around? And what I love about basil is that it's the sort of herb that really heralds summer for me. And what tends to happen is that basil grows really well with tomatoes. And guess what. It goes really well with tomatoes, too, doesn't it. If you're making, say a Mexican dish, a really good place to start is with corn, garlic, coriander, tomatoes, and capsicum and chilli.
- Lily** That would be good.
- Alice** Super yummy, wouldn't it. And if you're making, say a Chinese dish, there are so many different parts of China and so many different cuisines, but a really nice basic flavour profile for a Chinese dish would be bok choy, one of my favourites, garlic, ginger, chilli, and

maybe a little bit of soy sauce and a little bit of rice wine vinegar, let's say. Now, Mediterranean cooking, we're looking at lots of fresh flavours. Let's say we're making an Italian dish, so we're gonna combine some parsley, which is yummy. Do you want to know a fun fact about parsley? Yeah.

Alice Parsley is a natural breath freshener, which is why parsley and garlic are really good friends. Do you want some parsley now?

All Yes, please.

Alice Pass the parsley. There ya go. Can you smell how that's really, really fresh?

Maddy It smells strange.

Jonathan Yeah.

Alice So, I think of parsley as quite a neutral herb. And I like to put herbs on top of anything that I cook, an sort of, even if it's say, a stew or a casserole or a salad or a pasta I'll always put some form of herb 'cause your eyes just are drawn to the green stuff. The more that you get to know these flavours, the more delicious dishes you can make up yourselves.

Lily Hi.

Vera Lily. What would you like to know?

Lily What's my favourite vegetable?

Vera That is easy. You are vegetarian, yes?

Lily Yes.

Vera Vegetarians, they love the mushroom. You know why the vegetarians, they love the mushroom?

Lily Why?

Vera Because there is not mushroom for error. That is good.

Lily Well, I'm vegetarian, so what are some healthy veggies specifically for vegetarians, like substituting meat?

Paul

Well, I'd say, for starters, every vegetable is healthy. As long as it's grown in good quality soil by a good farmer, it's going to be a healthy vegetable. So I couldn't give you a specific one, but I'd say what you should do is think about the rainbow. Whenever you're getting your ingredients to cook, think about getting as many different colours in there as possible. You want green. You want yellow. You want red. You want all the colours available to you because all those different colours are representative of different nutrients that our body needs.

And so if you're eating a large variety, then that means you'll be as healthy as possible. If you just ate potatoes, probably not going to be that healthy. But if you ate potatoes and spinach and tomatoes and capsicum and cucumber and lentils and all those things together, you'll be very, very healthy.