

# Warrigal Greens Pie

**Type:** Main **Serves:** 32 Tastes **Recipe source:** Bush Tucker Plants

**Fresh from the garden:** Warrigal Greens

**Cooks Note:** Warrigal Greens – also known as Warrigal Spinach, New Zealand Spinach or even Botany Bay greens – were one of the first native Australian vegetables to become popular with European settlers. Looking for ways to fight scurvy, Captain Cook encouraged his men to eat them, and many convicts owed their lives to the spinach-like plant. Plain cooked rice can be used instead of coconut rice. Make coconut rice by adding coconut milk when cooking.

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
2 oval dishes 27 cm x 19 cm and 5 cm deep.	3 cups cooked coconut rice
Grater	8 eggs
Pastry Brushes	1 cup milk
2 Medium bowls	2 cups cheddar cheese
Small bowl	3 cups warrigal green leaves
Whisk	1 tray of ice cubes
Large saucepan	Pinch of salt
Colander	Olive oil for greasing
Slotted metal spoon	
Measuring cups	

## What to do:

1. Preheat oven to 180 deg. Fill saucepan half full of water, add a pinch of salt and put onto stove. Bring water to a rapid boil.
2. Grease 2 oval dishes with thick coat of olive oil using pastry brush
3. Fill sink half full of cold water and gently wash warrigal greens. Take out of sink and put in dish drainer to drain.
4. Fill small sink half full with cold water and add ice cubes. Refill tray and put in freezer
5. When water is boiling add half of greens to pot and "Blanch" the leaves by cooking for no longer than 30 seconds. Scoop greens out with a slotted spoon and place into bowl and then dump leaves into ice water in sink. When cool drain leaves in a colander in other sink. Repeat this step until all warrigal greens are cooked.
6. Using your small bowl crack each egg into the small bowl and then add to large red bowl until all eggs are in large red bowl. Whisk eggs gently with a whisk. Add milk, pinch of salt and a grind of pepper and whisk together until combined. Set aside.
7. Press cooked rice into the bottom of the greased dishes to form a 2cm base for pie.
8. Grate cheese. Sprinkle a thin layer over the rice in each dish using about HALF of the cheese.
9. Put a layer of drained Warrigal Greens covering the cheese layer.
10. Pour milk mixture over the Warrigal Greens the sprinkle the remaining cheese over the 2 dishes
11. Bake in oven 20-30 minutes or until set and golden on top.