



Pick *Share* Eat



local ingredients --*-- seasonal recipes

This cookbook is supported by:



All profits from the sale of the book will go to local food projects.

Every effort has been made to ensure that the recipes presented in this publication accurately reflect original material submitted by the contributors.

Foreword

There is something that makes me feel good about growing my own food and turning it into a wonderful meal oozing with taste, colour and nutrition. Maybe it's the knowledge that I'm doing my bit to help the planet by reducing my footprint, or that I'm carrying-on in the footsteps of my mother, and her mother before that, preserving the skills and knowledge of generations that one day, I will pass down to my own children.

Unfortunately in today's society, the modern food system had become dependent on fossil fuels and imported foods, neither seasonal nor fresh by the time they are served up at the dinner table. That is why the 'eat local' movement has never been more important, as we work together to make a difference. If we can produce our own food we can save food-miles, improve health and above all, have fun!

In the spirit of the locavore movement, Local Food Connect and the Diamond Valley Group of the Country Women's Association have come together to create **Pick, Share, Eat**, celebrating the beauty, flavour and earthy pleasures of growing and eating seasonal, local food. This book presents over 100 delicious seasonal recipes using local ingredients, including tips on what is local and seasonal and why this is important. Readers are encouraged to experiment with foods they've never tried before such as taro, feijoas and Warrigal greens to name but a few.

The idea for this book originated from conversations between members of the community at local Food Swaps about different types of produce and how best to cook and eat it. That led to a survey of the wider community in association with the many grass roots organisations that all play a significant role in the local food movement - Transition Towns, Permaculture, Sustainable Gardening Australia PODs, School Kitchen Garden programs, LETS and many more. This told us that people want a handy resource of healthy recipes that are both time and cost efficient as well as child friendly and that use home grown ingredients!

Influenced by home grown produce brought along to local Food Swaps over the past two years, **Pick, Share, Eat** complements the **Home Harvest** booklet, produced collaboratively by Nillumbik, Manningham and Whittlesea Councils with Sustainable Gardening Australia. Made possible by seed funding awarded by Nillumbik Council, **Pick, Share, Eat** is the result of a beautiful collaboration between Local Food Connect and the Diamond Valley Group of the Country Women's Association: a mouth-watering resource that can be shared by all.

Enjoy!

by Lisa Walton,
Sustainable Gardening Australia

The compilation of this recipe book fits nicely with the main object of the Country Women's Association of Victoria. That object is "to improve conditions by community service as they affect the welfare of women and children".

By growing fruits and veggies in our gardens we can be sure of eating fresh foods with the maximum nutritional values. Who could resist the appeal of a crunchy turnip pulled from the soil and lightly steamed? Or strawberries and raspberries eaten just hours after being picked? Who will forget the excited voice of a child who has just picked a pumpkin that she has watched grow from a seed in the compost in the veggie patch? Gardeners know the satisfaction of a well turned, easily dug compost that is the result of good use of the household and garden waste.

It has been a pleasure for members for the CWA branches to help to put this book together, learning new skills, co-operating with other groups with similar objects, as well as encouraging others to adopt a more sustainable way of life.

Jenny Disney

Group President of Diamond Valley Group
Country Women's Association of Victoria, Inc
2010-2012

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We also gratefully acknowledge the recipe contributions of many local cooks.

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Spring

As the days grow longer, begin to lighten dishes with leafy greens, spring onions, herbs and citrus.



❧ *Artichokes & Potatoes* ❧

11

❧ globe artichokes

❧ potatoes

❧ olive oil

Take any number of small fresh artichokes. If they are big ones that you have bought at the supermarket, trim off most of the leaves till you have the tender hearts. If they are your own small home-grown ones, just bung them in the (big) pot.

Add enough olive oil to lightly cover the base of the pot. Add about the same amount of potatoes as artichokes. The spuds need to be peeled, and halved if they are large. The only exception is if you are growing your own potatoes - just add them whole, but well washed, to the pot.

Put the heat on 'low'; let the spuds and artichokes sizzle for about

❧ water or chicken stock

❧ lemon juice

❧ salt (optional)

20 minutes to slightly caramelise. Now just cover the veg with chicken stock or water. Add the juice of 1 lemon or lime for every 2 cups of liquid.

Cover and cook slowly till most of the moisture has evaporated. The potatoes and oil will have thickened the stock into a rich sauce, and the potatoes will taste of artichoke.

There is no way to eat this neatly. Use forks, spoons and your fingers to dismember the artichokes and eat every last skerrick.

Takes about 1½ hours to cook, but only 10 minutes of this is preparation or stirring. It is a simple recipe but messy.

Dam Jenkins

Diamond Creek

❧ *Artichoke Preparation* ❧

Whole

Trim the stalk off flat and put the globe into boiling salted water, adding a tablespoon of lemon juice for each 600ml of water.

Cover and boil for 20 minutes.

To test if done, tug out one central leaf. If it comes out easily, the artichoke is done.

Remove, turn upside down to drain and cool.

When cool, pinch several leaves together at top and twist sharply, remove and set aside.

Using a teaspoon, dig out the choke but leave the bottom part.

Drizzle some vinaigrette inside the globe.

You eat only the fleshy end pieces of the leaves that attach to the bottom.

Hearts

Cut the globe lengthwise in quarters. You will clearly see all parts in cross section.

Put each piece immediately into a bowl of freshly squeezed lemon juice to prevent flesh from going black.

Put a steamer saucepan on the stove and heat the water.

Strip off all the outer leaves, leaving 3 or 4 of the inner tender leaves, and cook the remaining heart in the steamer for about 20 minutes.

When cooled, remove the choke (mass of fine fibres) and stalk, and you are left with the bottom of the globe and a few tender leaves. This is the heart, ready to use in other recipes!

Asparagus Wraps

This can be eaten as a salad on top of mixed greens or rocket, or place in a cabbage or lettuce leaf, wrap up and enjoy!

- ≈ 6 freshly picked asparagus spears
- ≈ 1 stalk celery
- ≈ 2 small florets cauliflower
- ≈ 1 basil leaf
- ≈ 1 teaspoon spring onions or leek
- ≈ pinch of fresh or dried chilli
- ≈ half lemon
- ≈ Himalayan crystal salt
- ≈ 1 teaspoon apple cider vinegar
- ≈ 1 or 2 teaspoons of olive oil
- ≈ ½ one avocado or use broad beans (as prepared in Guacamole recipe on page 15)
- ≈ small handful almonds

Slice or chop finely asparagus (reserve tips for presentation), cauliflower, celery, spring onions and place in a bowl.

Top with apple cider vinegar, lemon squeezed and set aside. Prepare and combine remaining ingredients.

Mash avocado, squeeze a bit of lemon, finely chop almonds and combine with avocado, mix through

with a pinch of unrefined salt.

Serve salad in cabbage or lettuce leaves so you can roll up and eat as a wrap, or serve on a bed of salad greens.

Top with avocado mixture, or mix through other ingredients before placing on cabbage leaf if you're wrapping!

Jenny Disney
Research

❧ *Black Olive Tapenade* ❧

- ≈ 1 cup of black pitted olives (kalamata would do)
- ≈ 1 clove garlic (you could put two if you like it a lot)
- ≈ 2 teaspoons olive oil (a good one)
- ≈ 1 teaspoon lemon juice
- ≈ salt

Put all the ingredients in a blender and blend until reaching desired consistency. Add salt if needed.

Refrigerate. Serve with crackers, toasted bread.

❧ Broad Bean Cuacamole ❧

15

This dip looks just like Guacamole - with one big difference. It's made with broad beans and not an avocado in sight! Their flavour is just as mild as avocado, and once pureed, the texture is similar too.

The beans also retain their pretty green colour, unlike avocados which will brown once stored as a dip, so this is a great make-ahead recipe. These ingredients make the most enormous amount so this is a winner for those feed-a-crowd occasions.

Don't let your imagination stop at using this one as a dip either. Try it as a pasta sauce, a topping for baked potatoes and as a sandwich or wrap filling with some crunchy carrots and sprouts.

≈ 6 cups water

≈ 1kg broad beans

≈ 60ml olive oil

≈ 60-100ml reserved cooking liquid

≈ 1 lemon, zested and juiced

≈ 1 teaspoon fresh or minced coriander

≈ 2 teaspoons cumin

≈ 1 teaspoon ginger, grated, minced or powdered

≈ 1-2 cloves garlic, minced

≈ 1 small chilli, diced finely

Bring your six cups of water to the boil in a medium saucepan. Add the broad beans, cover, reduce the heat, and simmer until tender. Drain, reserving the liquid, and cool. Pinch the beans to pop them out of their pods if you wish, otherwise leave whole.

Add the steamed broad beans, lemon zest and juice, coriander, cumin, ginger, garlic and chilli to the bowl of a food processor.

Pulse until a thick paste forms. With

the motor running, drizzle 60ml of the reserved cooking liquid and 60ml of the olive oil through the chute.

Check the consistency and flavour. Add salt and pepper to taste. If the dip is too firm, add up to 30ml more olive oil and cooking liquid, checking after each addition, using the same method.

Use as a dip with vegetable sticks, or as a replacement for guacamole in any Mexican dish.

Jo Douglas
Hurstbridge

Broad Bean, Leek & Fennel Top Risotto

- ≈ salt
- ≈ 500g broad beans (in pod)
- ≈ small wedge parmesan
- ≈ 1 small onion
- ≈ 10 stalks parsley
- ≈ handful fennel tops
- ≈ 1 large leek
- ≈ 4 cups basic chicken stock
- ≈ 80g butter
- ≈ 1 cup arborio rice

Fill saucepan with water. Add pinch salt, bring to boil. Shell broad beans. Drop into boiling water for 30 seconds. Quickly drain beans and soak in cold water. Strain and then peel beans of tough outer skin.

Put aside.

Grate parmesan into small bowl - about 3 tablespoons. Set aside. Peel and finely chop onion and set aside.

Rinse then chop parsley and fennel tops.

Cut leek into fine rings, soak in large bowl of water to release dirt. Drain.

Place stock in saucepan over medium heat, then turn to low, ready to ladle into rice.

Add half the butter to frying pan, tip in onion and leek. Stir with wooden spoon until well softened.

Tip in rice and stir so rice is covered with butter. Add ladleful of hot stock, stirring all the time. Continue to add ladleful's of stock as the previous disappears, saving one for later.

After about 15 minutes, add broad beans and last of stock, stirring. Taste for salt and pepper.

After extra 5 minutes, stir in rest of butter and fennel tops, herbs and parmesan. Cover pan for 3-4 minutes before serving.

Lisa Walton
Hurstbridge

Broccoli & Snow Pea *Stir Fry*

Serves 4

For this dish, cook the broccoli beforehand and have all the other ingredients sliced and ready to go before heating the oil. Feel free to substitute or add other vegetables such as onions, carrots, celery, cabbage, water chestnuts or mung bean or sunflower sprouts.

- ≈ **1½ cup chopped broccoli florets**
- ≈ **3 teaspoons unrefined sesame oil**
- ≈ **2 cloves garlic, minced**
- ≈ **1 teaspoon Chinese 5-spice powder or curry powder**
- ≈ **1 small leek (white and light green parts only), thinly sliced**
- ≈ **1 small carrot, cut into matchsticks**
- ≈ **4 stalks bok choy, cut crosswise into 2cm pieces**
- ≈ **12 snow peas, stems removed**
- ≈ **½ cup toasted, coarsely chopped almonds**
- ≈ **Naturally-fermented soy sauce to taste**

Bring a pot of salted water to a boil. Place the broccoli florets in a steamer insert and steam over the boiling water until tender but still bright green, about 4 minutes. Set aside.

Warm the oil in a large skillet or wok over medium-high heat. Add the garlic and 5-spice powder and cook for 30 seconds or until aromatic.

Add the leek and carrot and stir-fry for 2 minutes or until they soften.

Add the bok choy and cook for another 2 minutes or until crisp tender. Add the snow peas and almonds and cook for 2 minutes or until crisp tender. Stir in the broccoli and soy sauce and stir-fry for 2 additional minutes or until heated through. Serve immediately.

Dam Rowley
 Montmorency

❧ Cape Gooseberry Jam ❧

≈ 1.5kg sugar

≈ 2 lemons, cut in pieces

≈ 2kg cape gooseberries, cut in half

≈ 1 teaspoon butter

In a large pan, add $1\frac{1}{3}$ cups water and the sugar and heat gently until sugar is dissolved. Bring to the boil for 5 minutes.

Add cape gooseberries and lemons and boil until mixture jells. Remove lemons then add butter, stir in before removing from heat.

Bottle jam while still hot, in warm sterilised jars.

Store in fridge. Keeps for up to 6 months, though it can be used straight away.

Robyn Currie
Eltham North

Carrot & Barley Patties

19

Makes eight 85 gram patties

- ≈ 200g grated carrots, from
2 medium carrots
- ≈ 200g rolled barley, or other
rolled grain (oats, spelt, rice,
etc.) or a mix
- ≈ 1 small shallot, grated or
finely chopped
- ≈ 1 teaspoon salt
- ≈ 1 teaspoon ground cumin
- ≈ 1 teaspoon sesame seeds
- ≈ 3½ teaspoon ground flax seeds
(from 2 teaspoons whole seeds)
- ≈ 3 teaspoons of grated hard
cheese
- ≈ olive oil
- ≈ fresh chervil or cilantro
- ≈ hot sauce

Combine all ingredients from carrots to cheese in a medium mixing bowl. Add 240ml (1 cup) water and stir well. Cover and let stand for at least 1 hour or overnight (refrigerate if you let it stand for more than an hour). The mixture will gradually become more cohesive; the longer it rests, the easier it will be to shape.

Pour a bit of oil in a skillet and place over medium heat. Divide the mixture into eight equal portions (if you want to be really exact, each should weigh 85 grams). Wet your

hands lightly, scoop out a portion, and shape it into a patty between the palms of your hands. You can make the patties thicker or thinner depending on your preference. Repeat with as many portions as you want to cook. Transfer the patties to the hot skillet and cook for 3 minutes on each side, or until golden.

Serve immediately, with a sprig of chervil and a dash of hot sauce. The raw mixture will keep for about 2 days in the fridge, tightly covered.

Olivia Wykes
Montmorency

❧ Cooked Radishes ❧

- ≈ 16 round radishes
- ≈ 1 cup homemade vegetable stock
- ≈ 2 teaspoons cornflour or arrowroot
- ≈ 2 teaspoons water
- ≈ ½ teaspoon freshly ground pepper

Trim the radishes leaving a little of the green stems and cut off the root end. Place in a saucepan with the stock, boil, cover and reduce heat and simmer 10 minutes until tender.

Mix the flour or arrowroot with

water. Stir into the radishes, bring to the boil for 30 seconds, until it thickens. Don't over thicken!

Dust with pepper and serve as a side dish.

❧ Fennel Pasta ❧

The secret to this recipe is to buy a hunk of great parmesan and grate it yourself.

Serves 4

- ≈ 2 teaspoons olive oil
- ≈ 4 cloves of garlic, peeled and crushed
- ≈ 1 bulb of fennel, washed
- ≈ 2 more teaspoons olive oil
- ≈ ½ cup of parmesan, grated
- ≈ zest of ½ lemon
- ≈ 500g pasta
- ≈ salt and pepper

Bring a pot of water to boil for pasta. Add salt and pasta when the water comes to a boil.

Cut the green stems off of the fennel bulb. You can save green stems for making stock; otherwise compost them. You can use the fennel leaves as a garnish. Roughly chop the fennel. Set aside.

Heat olive oil in medium frying pan. LIGHTLY sauté garlic for 2-3 minutes. Do not let it brown.

Add the chopped fennel. Sauté for 4-5 minutes, until soft. Remove from heat.

Toss fennel mixture with pasta. Add the cheese, lemon zest, and salt to taste. Enjoy!

Fairview Gardens

CSA

❧ Green Babaco Chutney ❧

21

Makes 5-6 cups

This chutney complements Indian-style dishes. You need a mature babaco which is approaching ripening- the fruit should be green with a slight hint of yellow.

- ≈ 1.5kg green babaco , peeled and cut into cubes
- ≈ 60g fresh ginger, peeled and grated
- ≈ 6 garlic cloves, chopped
- ≈ 1 large onion, chopped
- ≈ 1 teaspoon salt
- ≈ ½ teaspoon chilli flakes
- ≈ 2 cups castor sugar
- ≈ 1 cup cider vinegar
- ≈ 5 black peppercorns
- ≈ 10 cardamom pods
- ≈ 1 bay leaf

Place babaco, ginger, garlic, onion, salt, chilli and sugar in a pot. Cover and stand overnight in the fridge. The next day, cook over a medium heat until thickened, about one hour.

Stir through vinegar, peppercorns, cardamom pods and bay leaf. Bring back to the boil, allow to cool slightly then pour into sterilised jars. Keep for one month before eating.

Stephen Onians
Yarrambat

Spring

Local and seasonal food to me means fresh, healthy and chemical free. It means knowing where my food is coming from and who is growing it. It also means supporting and promoting local producers within my community.

Natalie Parcell, Village Food Connections



Lamb Kefta

- ≈ 1kg lamb mince
- ≈ 1 cup coarsely grated onion
- ≈ 4 cloves garlic
- ≈ ½ cup chopped fresh parsley
- ≈ 1 bunch chopped fresh coriander leaves
- ≈ 2 teaspoons cumin
- ≈ 2 teaspoons paprika
- ≈ 1 teaspoon powdered ginger
- ≈ ½ teaspoon cardamom
- ≈ 1 teaspoon salt
- ≈ 2 teaspoons freshly ground pepper

- ≈ ½ cup dry bread crumbs
- ≈ tomato sauce
- ≈ 800g bottled Italian chopped tomatoes
- ≈ 2 teaspoons tomato paste
- ≈ 1 cup chopped onion
- ≈ 4 garlic cloves minced
- ≈ ½ teaspoon chilli flakes (more or less to taste)
- ≈ 1 bunch chopped fresh coriander leaves
- ≈ 1 teaspoon cumin
- ≈ ½ teaspoon cinnamon

Mix all kefta ingredients in a bowl then let stand for one to eight hours (overnight might suit)

Preheat oven to 220°C. Roll lamb mixture into 2cm meatballs then place on tray lined with baking paper and bake for 10-20 minutes until browned. Meanwhile, place all tomato sauce ingredients in food processor and puree until smooth.

Pour blended sauce ingredients in a deep saucepan and simmer for 30 minutes.

Place the meatballs in the sauce and simmer a further 15 minutes.

Serve with couscous garnished with some freshly chopped coriander.

Leek & Parsley Soup

- ≈ 1 leek, chopped
- ≈ 3 cloves garlic, crushed
- ≈ 2 celery sticks, chopped
- ≈ 1 large potato, chopped
- ≈ 3 cups chicken stock
- ≈ 1 cup parsley leaves
- ≈ oil

Sauté the leek and garlic in some oil. Add celery, potato and chicken stock. Bring to the boil then simmer.

When vegetables are soft, add parsley leaves. Puree and reheat. Serve with a tablespoon of cream or yoghurt.

Robyn Currie,
Eltham North

Lemon Mousse

- ≈ 4 eggs
- ≈ 1½ cups of sugar (1 cup if you don't like it too sweet)
- ≈ gelatine without flavour
- ≈ 2 lemons (juice of 2 and peel of 1)
- ≈ 250g cream

Dissolve the gelatine (as per instructions) with ¼ cup of cold water and add warm lemon juice and peel.

Whip 4 egg whites to snow.

Whip the yolk and the sugar until

they are yellow.

Whip the cream.

Mix the yolk with the gelatine, add the beaten cream and at the end the egg whites.

Put into fridge until serving.

Nice dessert to use up some lemons.

Doris Clier
Greensborough

❧ Lemon Sponge ❧

≈ 1 teaspoon butter

≈ 1 cup milk

≈ ¾ cup sugar

≈ 2 teaspoons plain flour (not heaped)

≈ 1 large lemon

≈ 2 eggs

Cream butter and sugar, add flour, then lemon juice and rind, followed by egg yolks, milk and lastly fold in stiffly beaten whites.

Ingredients should be put together in given order. Pour into greased pie

dish, stand in cold water and bake in slow oven for 1 hour. (140-150°C)

Serve this light soufflé type of dessert either unadorned or with a drizzle of cream, a dash of ice cream or a little frozen yoghurt.

Pam Jenkins

From Mum's Recipe Book

❧ Leftover Egg Yolks ❧

Make a baked fruit custard. Beat 2 egg yolks with 1 cup cream and/or milk. Add sugar to taste and pour over your favourite stewed or fresh fruit. Bake for 30 minutes.

❧ Meringue Eggs ❧

You need 60 grams of caster sugar for every egg white you use.

Whip your egg white until they are stiff.

Add the sugar in stages whipping well after each addition. No need to do this agonisingly slowly - be robust. Fold through the last few tablespoon of sugar.

To form the eggs make 'quenelles' using two dessert spoons.

To cook:

For dry meringues cook at 45°C for an hour and a half, turn off the oven and leave until cold.

For marshmallowy meringues put in to oven at 55°C, cook for 40 minutes, then turn oven off and take them out about 30 minutes later.

Drizzle with dark chocolate if the urge takes you.

To make praline version: make hazelnut praline by melting sugar in a frying pan (don't stir) until it is caramel coloured. Throw in a handful of hazelnuts then tip out to cool on greaseproof paper. When fully cool, blitz in the processor and stir through your meringues in place of the last bit of sugar.

If your chooks are laying, this is a treat for any time of the year.

❧ Duck Eggs ❧

Duck eggs have more fat in the yolk and more protein in the white than chicken eggs and thus need a gentler touch and lower heat than chicken eggs. The extra fat makes baked goods richer while the extra protein makes for more fluff and thus lighter texture. The average duck egg has 130 calories, 9.5 grams of fat and 9 grams of protein. An extra large jumbo chicken egg (which is about the same size as a duck egg) has 90 calories, 6 grams of fat and 8 grams of protein.

❧ *Mint Jelly* ❧

❧ 2kg apples, green are better

❧ 1 litre vinegar

❧ sugar

❧ mint, chopped

❧ salt

Boil apples to a pulp and strain.
To 1 cup of pulp add 1 cup sugar,
then add 3 tablespoons of cut mint
and 1 teaspoon of salt. Boil about

20 minutes or until the mixture jells.
Seal in sterilised jars.

Use rosemary as an alternative to
mint, but a little less quantity.

Robyn Currie,

Eltham North

Passed On From My Mum

❧ *Pasta with "Oasta"* *Sauce* ❧

This recipe takes only about 10 minutes to cook and tastes fabulous.

❧ pasta of your choice

❧ 1-2 cloves of garlic

❧ fresh sage leaves

❧ sour cream

❧ salt

Cook pasta as directed. Mix crushed
garlic with freshly picked chopped
sage leaves, sour cream and some salt.

Mix this sauce into cooked pasta and
serve.

Doris Clier

Greensborough'

❧ Pickled Tree Onions ❧

- ≈ 1 cup tree onions
- ≈ $\frac{2}{3}$ cup seasoned rice vinegar (or $\frac{1}{2}$ cup rice vinegar plus 3 tablespoons sugar)
- ≈ salt to taste

Separate onions, trim ends, peel, rinse, and drain. In a pan, combine onions and vinegar.

Bring to a boil over high heat. Boil, uncovered, for 1 minute. Pour into a wide-mouthed jar and seal. Keeps for up to 1 month.

❧ Silverbeet Patties ❧

- ≈ 750g silverbeet
- ≈ 2-3 eggs
- ≈ a little self-raising flour
- ≈ 1 cup parmesan cheese
- ≈ 1 grated carrot or zucchini (optional)
- ≈ a little olive oil

Slice and lightly steam the silverbeet leaves.

Press any water out of silverbeet.

Combine the silverbeet, eggs, salt and

pepper, parmesan cheese and carrot/zucchini (if used), binding with a little flour. Form mixture into patty shapes (round and flat). Fry patties in a little oil.

Pam Rowley

Adapted from Giovanna Sieminski's recipe

❧ Snow Pea Boats ❧

Split snow peas and fill with cream cheese, make a sail from capsicum or split snow peas on a toothpick, cute for older kids parties.

Helen Davala
Yarrambat

Sorrel Tart

Serves 6

Pastry:

- ≈ 125g flour, extra for dusting
- ≈ ½ teaspoon salt
- ≈ 75g unsalted butter, chilled and cut into small pieces
- ≈ 1 egg yolk
- ≈ 3-4 teaspoons cold milk

Filling:

- ≈ 30g unsalted butter

- ≈ 4 shallots, finely diced
- ≈ 150g sorrel, stalks removed and roughly chopped
- ≈ 170g new potatoes, cooked and quartered
- ≈ 2 eggs
- ≈ 1 egg yolk
- ≈ 150g crème fraîche
- ≈ salt and freshly ground pepper
- ≈ 170g gruyere cheese

For the pastry, pulse together the flour, butter and salt in a food processor until it resembles coarse breadcrumbs.

Tip the mixture into a bowl and add the egg yolk. Combine and add just enough milk to bring the dough together.

Turn out onto a lightly floured surface and pat together, flattening a little.

Wrap in plastic and chill for an hour. Butter a sandwich tin, dust with flour and remove any excess. Roll out the pastry and line the tin, letting excess pastry hang over the sides. Chill for another 30 minutes.

Preheat the oven to 180°C. Prebake the pastry, weighing it down with rice on paper. Bake for 20 minutes, take from oven and remove the paper and rice.

For the filling, melt the butter over medium heat, sauté the shallots until soft, about 10 minutes. Add the sorrel and stir until wilted, stir in the potatoes, remove from heat and cool.

In a large bowl, whisk together the eggs, yolk and crème fraîche. Season well. Stir in the cooled sorrel and potatoes, and half the gruyere. Tip the mixture into the tart shell, smooth the surface and sprinkle on the remaining cheese.

Bake at 160°C for 30-35 minutes.

❧ Spicy Carrot Dip ❧

Roast approximately 500g carrots (cut into chunks and roll in a little olive oil) till starting to colour. While still warm put them in food processor with a clove or two of garlic, a teaspoon of roasted cumin powder and salt to taste. You can add a pinch of chilli powder if you like.

Puree to form a smooth texture and then with the motor still running, drizzle in up to ½ cup extra virgin olive oil – until you’ve achieved the desired consistency. Check for flavour and adjust seasoning.

Serve with corn chips or toasted pieces of pita bread. Sensational!

Julie French
Montmorency

❧ French Sorrel ❧

This green leafy vegetable is a cross between a herb and a green vegetable. It is tangy and sour and is best served with other ingredients so its taste doesn't overwhelm.

Add it to soups, mashed potatoes, pasta, with other leafs in salad or with silverbeet or spinach in recipes like spanakopita, in buckwheat crepes or make it into a pesto!

Sprouts

Sprouting seeds can be eaten in just a few days of starting to grow them. They are very locally grown, in the kitchen, and are nutritious and fun for children. They can be grown at any time of the year.

All you need is a glass jar, a rubber band and a piece of open weave cloth like muslin. And of course some seeds. Seeds which you may like to try are mung bean, red cabbage, fenugreek, radish, mustard, chia, wheat, rye, sunflower, quinoa, amaranth and buckwheat. Make sure to only use seeds purchased for eating, not those meant to be sown in the garden!

Soak the seeds. Place about a tablespoon of seed into the jar.

Wash them and then soak them in lukewarm, filtered water. The soaking time varies between 4 and 12 hours, depending on the size and hardness of the seed. Large hard beans such as garbanzo beans need 12 hours, whereas small soft seeds like buckwheat, amaranth, quinoa and many vegetable seeds only need 4 hours. Rinse them and change the water every couple of hours while they soak. Scoop out any floating

seeds and put into the compost bin.

Keep them damp. After the initial soaking, place a piece of material over the top of the jar, secured with a rubber band. Drain off the water, and upend the jar into a small bowl, so that it has support, is able to drain more and still has access to light. Rinse at least once a day.

The seeds need to be kept damp and aired, but not wet, otherwise there is a chance of mould or spoiling. Some seeds, such as sunflower, start to sprout in a few hours. Others take more than a day. Within 2-5 days bigger seeds, nuts and beans are ready. They are ready when the root (not the shoot, which is longer) is the length of the seed.

Keep your sprouting seeds and grains out of full sunlight. Natural light is OK, but full sunlight will encourage leafing.

The sprouted seeds can be used fresh in salads or sandwiches or cooked in meals including stir fries. Some people dry the sprouted seeds, grind them to make flour and then bake with the flour. This makes a more digestible flour.

Robyn Currie
Eltham North

❧ *Steamed Taro Cake* ❧

- ≈ 150g rice flour
- ≈ 40g tapioca flour (can substitute with cornflour)
- ≈ 120g sugar
- ≈ 1 cup water
- ≈ 1 teaspoon rose water (substitute with vanilla)
- ≈ 150g taro, peeled and grated
- ≈ 120g dessicated coconut
- ≈ for topping
- ≈ 30g dessicated coconut, mixed with ½ teaspoon salt

Grease a 23cm cake pan. Set aside. Mix first 4 ingredients together until well incorporated. Stir until sugar is dissolved. Add rose water or vanilla. Mix in grated taro and coconut

until combined. Fill cake pan with this mixture, topped with dessicated coconut topping. Steam for 30 minutes. Serve at room temperature or warm.

Duang Fengtrirat
Research

Taro: Cautionary Note

My father NEVER allowed taro into our household. His reasoning was that some people had a risk of allergy to it and the consequences could be serious from severe rash both external and internal. The latter could cause swelling of the throat thus blocked airways.

Because I enjoy taro, I later found out that raw (uncooked) taro can be toxic. It causes nausea and vomiting and skin rash. Therefore, it is important that taro be cooked thoroughly. I steam it first no matter what I am going to make with it.

Duang Fengtrirat
Research

❧ *Stir Fried Bok Choy* ❧

Serves 4

- ≈ **1 head mature bok choy**
- ≈ **1 teaspoon olive oil**
- ≈ **2 garlic cloves, crushed**
- ≈ **1 teaspoon chopped ginger**
- ≈ **1 green onion, chopped**
- ≈ **1 teaspoon hoisin or soya sauce**

Cut 3cm off the bottom of the bok choy and discard.

Separate the leaves and stems and wash carefully. Drain and dry on clean towels.

Cut the stems from the leaves. Cut the stems into 1cm slices and the leaves into 1cm strips. Keep separate.

Heat oil in large skillet over medium

heat. Drop in the garlic, ginger and onion. Cook for 30 seconds.

Add the bok choy stems and stir-fry for 3 to 5 minutes. Toss in the leaves and cook for 1 minute longer.

Sprinkle with sauce and stir.

Serve immediately.

This can be a warm salad or side dish.

🌿 Tagliatelle with Artichoke Sauce 🌿

33

Serves 4

- ≈ 3 globe artichokes
- ≈ 1 large red onion, sliced finely
- ≈ 150g pancetta (or bacon),
sliced and cut into strips
- ≈ 3 teaspoons olive oil
- ≈ 1 teaspoon butter
- ≈ 250ml cream
- ≈ 2 cups chicken stock
- ≈ 500g tagliatelle
- ≈ grated parmesan to serve

Cut tops off artichokes and discard outer leaves, until you come to the tender yellow part. Halve the artichoke and remove the fibrous choke. Slice the artichoke into 1cm long pieces.

Heat the olive oil and butter in a large frypan and sauté the onions for 2-3 minutes. Add the pancetta or bacon and cook another 3 minutes until crispy. Then add the sliced artichokes and continue to cook for 3-4 minutes.

Boil the stock and add to the frypan. Simmer until the artichokes are

tender.

(About 10-15 minutes).

Add the cream and season with a little salt and pepper. Do not boil the cream but gently heat through. Take off the heat.

In the meantime bring a large pot of water up to boiling point and add a tablespoon of salt, then add your pasta and cook until al-dente.

Drain the pasta and add to the sauce ensuring it is well combined.

Serve with plenty of grated parmesan on top.

Adapted from a dish from Teresa of Mangia Mangia, Preston

Warrigal Greens & Ricotta Gnocchi

- ≈ 1kg cooked Warrigal greens (see page 35)
- ≈ 1½ cups ricotta cheese
- ≈ 4 teaspoons grated parmesan cheese
- ≈ 2 free range egg yolks
- ≈ plain flour for dusting
- ≈ ¼ cup melted butter
- ≈ salt
- ≈ 2 leaves Tasmanian mountain pepper, finally chopped

Chop Warrigal greens finely, add ricotta and half the parmesan, egg yolks, salt and pepper.

Shape the mixture into balls and dust lightly with flour. Bring a large pan of salted water to the boil, add gnocchi, a few at a time, and remove with a slotted spoon as they rise to the surface.

Place gnocchi on a warm serving dish, pour over melted butter and sprinkle with remaining parmesan cheese.

Leftover Egg Whites

Leftover egg whites. Make coconut roughs! For every whipped white, add ¼ cup sugar, 1 tablespoon coconut and 20g shaved chocolate. Bake small teaspoons for 20-25 minutes in a moderate oven.

Dip strips of chicken, meat or prawns into very lightly beaten egg white (don't froth) mixed with 1 tablespoon cornflour. Refrigerate for 30 minutes. Stir fry.

❧ Warrigal Greens Pesto ❧

35

*This recipe makes a lot of pesto
About 6 cups (enough for about 12 bowls of pasta).*

- ≈ 660g Warrigal greens leaves (a lot) – about 3kg with stems
- ≈ 8 cloves of garlic
- ≈ 2 cups chickpeas, soaked overnight and drained
- ≈ 2 cups extra virgin olive oil
- ≈ 2 teaspoons salt
- ≈ 2 teaspoons lemon juice
- ≈ 3 cups (300g) grated parmesan cheese

Remove Warrigal Green leaves from stems and wash well

Place into a large pot of boiling water and simmer for 3 – 5 minutes

Strain and place in food processor

Add whole peeled garlic cloves to food processor along with juice of lemon, oil, salt and chickpeas

Process until thick and fairly smooth (add more chickpeas if wanting it thicker or more oil if you want it thinner)

Stir in the parmesan cheese

Taste to see if it is too strong (add more chickpeas), if it needs more taste (add more lemon, salt or garlic), if it is smooth enough (add more oil or even process a little more)

This freezes well and is a good standby to put on pasta, gnocchi, pizzas, focaccias, potatoes in their jackets, fish, poultry, meat, sandwiches, etc.

This is a nut-free version of pesto

Note: Warrigal greens can be harvested most of the year.

Keryn Johnson
Thornbury



Summer

Use light and refreshing fruits, berries and stone fruit in desserts and drinks while enjoying a wide variety of fresh salad and vegetables



❧ *Apricot Nectar* ❧

Makes 1½ litres

Great for topping over ice-cream, or cereal. Can also be added to marinades for chicken.

≈ **1kg ripe apricots**

≈ **½ cup sugar**

Wash and stone fresh fruit. Add water and boil for 5 minutes. Strain. Add sugar and lemon juice and bring to a boil. Remove from heat.

≈ **1 litre water**

≈ **1 teaspoon lemon juice**

Cool and store in glass jars. Keep refrigerated after opening. Keeps for several months.

Robyn Currie
Eltham North

Chocolate Raspberry Brownies

Makes 16 large slices

- ≈ ½ cup plain flour
- ≈ ½ cup self-raising flour
- ≈ 1 teaspoon bicarbonate of soda
- ≈ ¾ cup cocoa
- ≈ 2 eggs lightly beaten
- ≈ 1¼ cup caster sugar
- ≈ 1 teaspoon vanilla essence
- ≈ 1½ teaspoon sunflower oil
- ≈ 200g thick, reduced fat, vanilla yoghurt
- ≈ 120g apple puree
- ≈ 200g fresh or frozen raspberries
- ≈ icing sugar to dust
- ≈ fresh berries to serve

Preheat oven to 180°C. Grease and line base and sides of a 30cm x 20cm tin with baking paper. Sift the flours, bicarbonate of soda and cocoa into a large bowl and make a well in the centre.

Whisk together the eggs, sugar, vanilla, oil and yoghurt. Add to the flours and mix until smooth. Fold through the apple puree and raspberries.

Spoon the mixture into the prepared tin and bake for 30 minutes or until a skewer comes out clean when inserted in the centre. Allow to cool for 5 minutes in the tin before turning out onto a wire rack to cool completely.

Cut into squares and dust with icing sugar. Serve with extra fresh berries and reduced fat ice-cream

Pam Jenkins

Diamond Creek
From Deliciously Healthy Cookbook

Choko Cratin

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Serves 4

- ≈ 3 chokos
- ≈ 2 teaspoons of butter
- ≈ 200g bacon sliced
- ≈ 2 cloves of garlic, crushed
- ≈ 100g fresh bread crumbs
- ≈ 300ml cream
- ≈ 200g gruyere cheese, grated
- ≈ salt and pepper

Peel and stone the choko. Cut them into big cubes and cook them in salted water for 10 minutes. Strain and place in a shallow buttered ovenproof dish, stir in crushed garlic

& cream, season with salt & pepper, top with bacon and bread crumbs in a rustic fashion & sprinkle the grated gruyere cheese. Bake for 20 minutes in a medium oven (about 160°C).

Summer

❧ Eggplant & Tomato Casserole ❧

Serves 6

- ≈ 1 large eggplant
- ≈ ½ teaspoon salt
- ≈ 2 teaspoons butter
- ≈ 2 eggs, beaten
- ≈ black pepper
- ≈ ½ chopped onion
- ≈ 1 teaspoon fresh or ½ teaspoon dry oregano
- ≈ 4 teaspoons dry bread crumbs
- ≈ 2 large tomatoes sliced thin
- ≈ 60g cheddar cheese, grated
- ≈ 30g parmesan cheese, grated
- ≈ paprika

Peel and thickly slice the eggplant. Put the slices in a pan with the salt and about 25mm of boiling water and cover. Cook for about 10 minutes and drain well. Mash the eggplant and mix in the eggs, melted butter, pepper, onion, oregano, and breadcrumbs.

Butter a shallow 1 litre baking dish. Cover the bottom with half the tomato slices. Spoon in the eggplant

mixture and spread evenly. Arrange the rest of the tomato slices on top. Mix the cheeses together and sprinkle over the top. Shake on some paprika and bake at 180°C for about 45 minutes.

Use slightly rehydrated dried tomatoes or drained preserved tomatoes if no fresh ones around.

Add a bit more cheese to make this a main course in a vegetarian meal.

Dam Jenkins,
Diamond Creek

Eggplant Pickles (or Brinjal)

Makes approximately 4x400ml glass jars

- ≈ 1kg eggplant, washed & diced
- ≈ 375ml vinegar
- ≈ 2 teaspoons cumin seeds
- ≈ 1 teaspoon fennel seeds
- ≈ 1 teaspoon mustard seeds
- ≈ 2 teaspoons chilli powder
- ≈ 2 teaspoons turmeric
- ≈ 45g fresh ginger, chopped
- ≈ 6 large cloves garlic, chopped
- ≈ ¾ cup of oil
- ≈ 3 large green chillies
- ≈ 2 teaspoons salt
- ≈ 1½ cup sugar

Soak the seeds, chilli powder, turmeric and half the chopped ginger & garlic in the vinegar for 1 hour.

Strain the spices, keeping the flavoured vinegar aside.

Blend the spices with some of the vinegar

In a large saucepan: Heat the oil on medium heat & fry off quickly the spices, careful not to burn them. Add

the remaining ginger & garlic, fry for a few seconds.

Add diced eggplant, sugar & salt, fry & toss for 30 seconds.

Add vinegar.

Stir to dissolve the sugar & quickly bring the mixture to the boil

Cook rapidly, stirring frequently, until mixture thickens

Bottle in hot sterilised jars & seal.

Vera Herman
Greensborough

❧ Elderflower Champagne ❧

Makes 7-8 litres

≈ 8 litres water

≈ 1.25kg sugar

≈ 8 large elderflower heads

≈ 4 lemons

≈ 4 teaspoons mild white wine
vinegar

Boil the water and pour in the sugar to dissolve it.

Cool and add the elderflowers, juice of the two lemons, slices of the other two and the vinegar.

Cover with a cloth and leave for a day.

Strain with a fine sieve or muslin cloth, squeezing the flowers as you do to release more flavour.

Store in screw top bottles.

It will be ready in about 10 days to a fortnight and should be drunk within a month.

Robyn Currie

Eltham North

❧ Finnish Vegetable Salad (Rosolli) ❧

45

Salad

- ≈ 5 cooked or pickled beetroots
- ≈ 2 boiled carrots
- ≈ 2 boiled potatoes
- ≈ 1 pickled cucumber
- ≈ 1 onion
- ≈ 1 apple
- ≈ parsley

Cut the vegetables into 1cm cubes
and group neatly on a dish.

Decorate with parsley.

Whip the cream until frothy, season
and colour with beetroot liquid until

Dressing

- ≈ 200ml double cream or crème
fraîche
- ≈ 1 teaspoon white wine vinegar
- ≈ salt
- ≈ white pepper
- ≈ liquid from jar of pickled
beetroots

lightly pink.

Pour the dressing into a bowl for
serving.

Serve with some pickled herring.

Marjatta Jormakka
Hurstbridge CWA

Summer

❧ Fruit Flummery ❧

Serves 6

- ≈ 1 teaspoon gelatine dissolved in half a cup of hot water
- ≈ ½ cup cold water
- ≈ 2 egg whites, unbeaten
- ≈ ¾ cup sugar
- ≈ a pinch of salt
- ≈ ½ teaspoon vanilla essence
- ≈ fruit pulp

For strong flavoured fruits like passionfruit 6-8 fruits will do. For more subtle fruits like babaco, use a semi frozen fruit slurry (which has had the ice crystals broken up in a blender or food processor) in about equal proportions to the flummery base.

Method

Mix the gelatine solution, cold water, salt, essence, and egg whites. Beat with an electric beater adding sugar slowly until the mixture is smooth, white and well aerated.

Fold in the fruit pulp and set in the freezer for about 20 minutes. once set, it will keep in the fridge.

This can be made with a variety of fruits, including, passionfruit, banana passionfruit, plum, strawberry, babaco and banana.

If you use babaco, the protease in the fruit will break down the gelatine in a few days and make the mixture turn liquid again, so it is best to only keep it for a day or two. For the majority of fruits, the flummery will last in the fridge for a week or so.

Stephen Onians

Yarrambat

❧ *Fresh Bean Salad* ❧

Serves 4-6

Dressing:

- ≈ 1 teaspoon finely chopped chives
- ≈ ¼ teaspoon finely chopped fresh thyme
- ≈ 1 tablespoon chopped shallots
- ≈ juice of 1 lemon
- ≈ 1 heaped tablespoons cream
- ≈ ¼ teaspoon salt
- ≈ pinch of ground pepper
- ≈ ⅓ cup olive oil
- ≈ 1 teaspoon honey (optional)

First make the dressing by whisking together first 7 ingredients. Then add olive oil and whisk until well mixed. Taste and adjust to your liking. Sometimes I add honey. Other times I leave it with the puckering taste of lemon!

Bring a litre of water to a rolling boil. Add salt to the water and stir in the beans. Cook no more than 2 minutes, only to brighten up the color of the

Salad:

- ≈ 300g fresh beans, stems removed (I use any kind of fresh beans e.g. red runners, royal blue, French green or any old standard green beans or a mixture thereof)
- ≈ 10-12 cherry tomatoes, halved
- ≈ ½ cup hazelnut, roasted and coarsely crushed
- ≈ some salad greens of choice

beans and soften them just a bit. Drain immediately and soak in cold water to stop further cooking.

In a large bowl, toss beans with salad greens and half of hazelnuts, with enough dressing to coat well. Taste and add salt and pepper if desired. Add cherry tomatoes and toss again very gently. Serve with remaining hazelnuts on top.

Duang Tengtrirat
Research

❧ *Cherry Tomatoes* ❧

Too many cherry tomatoes? Fill small zip lock bags and put them in the freezer. When needing a tomato sauce with a dish, defrost the tomatoes, cook with onion and herbs for a tasty accompaniment.

Cazpacho ~ Cold Spanish Soup

Serves 4

- ≈ 1 cup cucumbers peeled and diced
- ≈ 1 cup tomatoes, chopped
- ≈ ½ cup red pepper, chopped
- ≈ ½ onion chopped
- ≈ 1 cup tomato juice (or more tomatoes)
- ≈ ¼ cup red wine vinegar
- ≈ 2 tablespoons olive oil
- ≈ 1 hot pepper, seeded and finely chopped
- ≈ handful of herbs: I use any combination of basil, parsley, coriander, or tarragon, whatever you have on hand or prefer

Combine first 5 ingredients in a blender or food processor and blend until smooth, add vinegar, hot pepper and herbs and blend again. Slowly

drizzle in olive oil. Add salt if you prefer.

Chill for 2-6 hours or overnight.

This recipe can be adapted according to your taste or what you have on hand.

Sometimes I add Worcestershire sauce. Most of the time, I double or triple the recipe. This soup keeps well refrigerated for 3-4 days and the taste intensifies as time goes on.

Jenny's tip: Serve with small bowls of chopped tomato, cucumbers or green onions. Spoon onto soup as a garnish.

Duang Fengtrirat

Research

❧ *Green Tomato Pickles* ❧

- ≈ 2kg green tomatoes
- ≈ 1kg onions
- ≈ salt
- ≈ 1 litre vinegar, plus ½ cup extra
- ≈ 750g sugar
- ≈ 125g treacle
- ≈ 60g mustard
- ≈ 40g cornflour
- ≈ 12g turmeric
- ≈ 12g curry powder
- ≈ 12g ground ginger
- ≈ 1 teaspoon whole cloves
- ≈ 1 teaspoon whole allspice

Slice tomatoes and onions. Sprinkle lightly with salt, let stand overnight. Drain and discard liquid. Put sugar, vegetables, treacle and vinegar in saucepan to boil. Add cloves and allspice in muslin bag and

add. Boil for 30 minutes. Add cornflour, mustard and dried spices mixed with extra vinegar to make a paste. Boil another 10 minutes.

Cillian Neave
Greensborough CWA

❧ *Homemade Lemon Drink* ❧

Makes 2-3 litres

- ≈ 1 cup sugar
- ≈ ½ cup water
- ≈ 2 cups lemon juice
- ≈ 2 litres of cold water

Heat the first two ingredients to make a syrup.

While it is cooling, juice the lemons (about 8 medium sized).

Mix the syrup and water then add the juice.

Keep in the fridge for up to a week.

This is a very refreshing drink.

Robyn Currie
Eltham North

Honey & Pine Nut Tart

- ≈ 115g butter, diced
- ≈ 115g caster sugar
- ≈ 3 eggs, beaten
- ≈ 175g Warrandyte honey
- ≈ grated rind & juice of 1 lemon
- ≈ 225g pine nuts
- ≈ icing sugar for dusting

Preheat oven to 180°C.

To make pastry sift flour into a large mixing bowl & rub in butter to resemble fine breadcrumbs.

Stir in icing sugar. Add egg & water & mix to form a soft dough. Knead lightly until smooth.

Roll pastry onto floured surface and use to line a 23cm flan tin.

Prick the base with a fork & chill for 10 minutes. Line with baking parchment & fill with baking beans. Bake for 10 minutes. Remove the paper & beans & set the pastry case

Pastry;

- ≈ 225g plain flour
- ≈ 115g diced butter
- ≈ 30ml icing sugar
- ≈ 1 egg
- ≈ 15ml chilled water

aside

Cream the butter & caster sugar together until light & fluffy. Beat in the eggs one at a time. In a small pan, gently heat honey until it melts, then add to butter mixture with the lemon rind & juice. Mix well. Stir pine nuts, blending well, then pour the filling evenly into the pastry case.

Bake for about 45 minutes, or until filling is lightly brown & set. Leave the tart to cool slightly in the tin, then remove & dust generously with icing sugar.

Serve warm, or at room temperature, with crème fraîche or vanilla ice cream, if you like.

Sandra Withers
Warrandyte

Hot Cucumber Soup

- ≈ 2 tablespoons (40 g) butter
- ≈ 2 tablespoons sliced shallots
- ≈ 3 medium cucumbers, peeled and chopped
- ≈ 1/3 cup (85ml) red wine vinegar
- ≈ 1 litre of chicken or vegetable stock
- ≈ 2 cups (500ml) water
- ≈ 3 bird's eye chillies, seeded and minced
- ≈ 3 tablespoons chopped fresh parsley
- ≈ 1 tablespoon chopped fresh coriander
- ≈ 1 tablespoon lemon grass, chopped
- ≈ 1 tablespoon fresh garlic, minced
- ≈ 1 tablespoon fish sauce
- ≈ 1 teaspoon soy sauce
- ≈ 1 teaspoon ground ginger
- ≈ salt and ground black pepper to taste
- ≈ 1/2 cup sour cream (optional)

Melt the butter in a large pot over medium heat.

Add the shallots, and cook until soft. Stir in the cucumbers, vinegar, stock, water, chillies, parsley, coriander, lemon grass, garlic, fish sauce, soy sauce and ginger. Season to taste with

salt and pepper.

Simmer over medium heat until the cucumbers are soft, about 20 minutes.

Stir in the sour cream until evenly blended, and simmer 10 minutes more.

from Brisbane's Local Food blog

Sour Cream

Make sour cream by adding 2 teaspoons of lemon juice to 1 cup of cream and leave for 20 minutes.

Italian Pickled Zucchini

- ≈ About 3kg zucchini, thinly sliced
- ≈ garlic, parsley and oregano
- ≈ white wine vinegar
- ≈ olive oil
- ≈ salt

Add about half a cup of salt to the zucchini and just cover with the vinegar.

Allow to stand for 24 hours.

Drain in a colander for several hours.

Take handfuls of the soaked zucchini and squeeze out as much vinegar as possible. This should leave about 1200g of mix.

Add crushed garlic, parsley and oregano.

Add enough olive oil to moisten and pack into clean jars. Remove air bubbles with a spoon and just cover with oil.

Enjoy on crusty Italian bread or as an addition to pasta, rice salad etc.

Keeps without refrigeration for several years.

Stephen Onians

Yarrambat

Kassoundi

53

Makes approximately 6x600ml jars

Hot spicy Indian spread or use as marinade or sauce for meat, chicken, fish or vegetables. Good mixed in with yoghurt or pureed tomatoes.

- ≈ 90g black mustard seeds
- ≈ 250g fresh ginger
- ≈ 500ml malt vinegar
- ≈ 125g fresh garlic
- ≈ 60g fresh green chillies
- ≈ 2kg ripe tomatoes, chopped

- ≈ 250ml olive oil
- ≈ 30g turmeric
- ≈ 90g cumin
- ≈ 40g chilli powder
- ≈ 250g brown sugar
- ≈ 60g salt

Mince garlic, ginger and green chillies with 50ml vinegar in food processor

Heat oil until medium hot-add mustard seeds, turmeric, cumin and chilli powder. Stir and cook for 3 minutes till fragrant. DO NOT BURN

Add minced mixture, cook on lower heat for 5 minutes

Add tomatoes, vinegar and sugar and cook at a simmer for 60-90 minutes until mixture thickens and the oil rises to the surface

Bottle in sterilised jars and seal.

Vera Herman
Greensborough

Summer

❧ Lilly Pilly Cordial ❧

≈ 2 cups lilly pillies fruit

≈ 4 cups water

≈ 1 teaspoon tartaric acid

≈ 2 cups sugar

≈ juice of 2 lemons

Put the lilly pillies, water, tartaric acid, sugar and lemon juice into a stainless steel saucepan. (Tip: pick the lilly pillies when they've just changed colour. If left to ripen for too long they will become bitter.) Boil for about 5 minutes, or until the lilly pillies are just starting to soften.

Mash the fruit, then tip the mixture into a strainer and strain out the seeds. Pour the liquid into sterilised bottles.

Use like ordinary cordial - put a splash in a glass and add water to taste.

The cordial should keep for at least a fortnight, and possibly longer, but remember it doesn't contain preservatives, so it won't last long. Keep it in the fridge.

If possible, use several small bottles rather than one or two large bottles, as the fewer times your cordial is opened, the longer it may keep.

❧ Pantry Moths ❧

Trouble with pantry moths? *Try this tip from Annette Lion.*

My understanding is that they come in when you buy the grain as larvae or eggs. Someone suggested years ago to put all grains, flours in the freezer for 24 hours which kills the larvae/egg/moth. I'm actually taken it another step further and just store most of my grains and flours in the freezer until I have no space but by then they've been in there for weeks. It really works and I've never had a problem since.

Mulberry & Apple Jam

Makes 8 jars

- ≈ 3kg mulberries, pulped
- ≈ 1kg apples, preserved from earlier season
- ≈ juice of 2 lemons
- ≈ 750g sugar for each 1kg of fruit

Peel apples and cook in a little water until tender. Add mulberries and lemon juice.

gradually, carefully stirring to dissolve and boil until the jam sets. It usually does not need the whole amount of sugar.

When boiling, add the sugar

Can use frozen mulberries. Also try guavas instead of mulberries.

Helen Avala
Yarrambat

Nasturtium Cheese Dip

A savoury, creamy dip with the spicy flavour of nasturtium.

- ≈ 100g cream cheese
- ≈ 2 tablespoons of young nasturtium leaves, shredded
- ≈ 3 nasturtium flowers

Blend the chopped nasturtium leaves with the cream cheese and serve in a bowl decorated with the flowers.

Jo Douglas
Hurstbridge

Nasturtium Flower Vinegar

For the time of the year when your garden seems covered in a carpet of nasturtiums and little bursts of colour abound.

Pick some of your best nasturtium flowers. Carefully nip the stem to leave just the flower and base. Place each one neatly into a cleaned jar, facing the flowers to the outside. Pack in densely but gently, until you've got all the sides covered, then ease some into the centre space. Slowly fill the jar with white wine vinegar to cover the flowers. Screw on your lid firmly. The effect of the suspended flowers will only last a few days till they begin to absorb the vinegar, but it's lovely while it lasts. You could choose to do each jar with a single colour of flowers or a mixture to reflect the range you have available (the flowers will colour as well as flavour the vinegar).

If this is to be a gift, it would be best to prepare on the day, and wrap or decorate for giving. It would also be helpful for your recipient if the following instructions go with the jar - perhaps on a little tag. Alternatively, you could do the shaking and gift the completed vinegar in a fancy bottle.

1. Place in a sunny spot.
2. Shake gently each few days for several weeks.
3. Strain into bottle, add fresh nasturtium flower.
4. Use as marinade or to make salad dressing.

A lovely flavoured vinegar to give a spicy lift to your favourite recipe.

Linda Cornelissen
Diamond Creek

Nasturtium Leaf Salsa Verde

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Salsa verde is a paste-like green sauce, often served with meat dishes to add a bit of a real peppery bite

- ≈ 1 cup smallish nasturtium leaves (the large ones have a very strong flavour but are fine if you wish to use them)
- ≈ 1 cup other green herbs, such as basil, rocket, mustard, shallots or cress
- ≈ ½ cup olive oil
- ≈ 3 cloves garlic, chopped
- ≈ 2 tablespoons vinegar
- ≈ 1 tablespoon mustard
- ≈ 1 teaspoon sugar

Add everything except the oil to the blender or bowl of the food processor. While the blender or processor is running to puree the ingredients, slowly drizzle in the oil. The finished consistency should be similar to thick

gravy.

Check for seasoning and add salt and/or pepper if necessary.

Serve some drizzled over the beef cheeks with a little extra on the side.

Salsa verde is best used fresh. Use it to spice up sausages, chicken, fish or rissoles as often as you like!

Jo Douglas
Hurstbridge

Summer

Nasturtium Seed Capers

- ≈ Nasturtium seeds
- ≈ White wine vinegar

Collect green seeds from nasturtiums that have lost their blossoms. Put these into small jars along with the dill leaves (optional) and a good white vinegar.

These are delicious with cold meats or bread and butter

Robyn Currie
Eltham North

Ocean Trout & Dill Frittata

- ≈ 2 tablespoons butter
- ≈ ½ brown onion/leek/
mushrooms/bok choy, chopped
- ≈ 3 large boiled potatoes, diced
(mix with sweet potato if wish)
- ≈ 2 tablespoons freshly chopped
dill (or ¾ teaspoon dried dill)
- ≈ 400g ocean trout (diced) or
tuna or other fleshy fish
- ≈ 2 tablespoons freshly grated
parmesan
- ≈ 4 eggs
- ≈ salt and pepper

Preheat oven to 150°C.

Fry onion (or leek, mushrooms, bok choy) in half of the butter.

In bowl mix onion, potatoes, dill, cubed fish, parmesan and beaten

eggs. Season with salt and pepper.

Grease non stick baking dish with remaining butter. Pour in frittata mixture and cook for about 45 minutes or until set.

Michele Burton
Eltham

One Two Three Ratatouille

This makes enough for a very large feast of fresh, homegrown vegetables. You can easily half it to make enough to serve 2 people.

≈ 1 eggplant

≈ 2 onions

≈ 2 cloves garlic

≈ 2 red capsicums

≈ 2 zucchini

Chop all vegetables into even sized chunks. Crush garlic.

Place 1 tablespoon of oil into a large mixing bowl. Add eggplant and toss until coated with the oil.

Heat a large wok, deep frypan or wide saucepan over high heat.

Add eggplant to the pan. Try not to stir the eggplant too much but turn it methodically with tongs so it browns on all sides. Place a lid on the pan between each time you turn the eggplants.

When the eggplant is tender and soft, remove and set aside. Leave the pan on the heat as the zucchini is coming next.

Place the zucchini in the large

≈ 2 tablespoons tomato paste

≈ 2 cups tomatoes

≈ 2 tablespoons freshly picked herbs

≈ 3 tablespoons olive oil

mixing bowl with another tablespoon of oil and toss. Fry the zucchini as you did the eggplant. Remove it and place it with the eggplant. Place the onion and capsicum in the large mixing bowl with remaining oil. Toss to combine.

Fry the onion and capsicum until soft and tender. Add the garlic and tomato paste and stir for one minute. Add the tomatoes. When mixture boils, place zucchini and eggplant back in to the saucepan. Bring to boil again and reduce heat to a simmer. Simmer until tomato thickens.

Season, and stir through chopped fresh herbs and serve with either cous cous, polenta, rice, potatoes, pasta etc.

So simple, yet tastes so good using freshly picked herbs and home grown vegies.

Jo Douglas
 Hurstbridge

Peach & Pecan Muffins

(gluten and dairy free)

- ≈ 1½ cups gluten free plain flour
- ≈ ½ cup sugar
- ≈ 2 teaspoons baking powder
(gluten free)
- ≈ ¼ cup milk, soy
- ≈ 3 eggs
- ≈ 125g margarine, melted
- ≈ 1 teaspoon salt
- ≈ 1 teaspoon ground cinnamon
- ≈ 2 medium peaches, diced

Combine flour, salt, sugar, baking powder and cinnamon in a bowl.

Combine soya milk, melted margarine and eggs in a separate bowl.

Make a well in the centre of the dried ingredients. Add the milk

For crumble topping,

- ≈ ½ cup chopped pecans
- ≈ ⅓ cup brown sugar
- ≈ ¼ cup plain flour, gluten free
- ≈ 1 teaspoon cinnamon
- ≈ prepare crumble topping by combining all ingredients until they are like breadcrumbs

mixture and stir until combined. Add peaches.

Spoon into 12 muffin pans, well greased or lined with paper.

Top muffin mixture with crumble topping. Cook in moderate oven, (180°C), for 20-25 minutes.

Will keep in sealed container for a week.

Louisa Green
Luscious Catering
St Andrews

Peach & Tomato *Cazpacho*

Serves 6

- ≈ 4 cups chopped tomatoes
- ≈ 2 cups peaches, pitted and chopped (frozen peaches are also okay)
- ≈ ¼ cup crushed ice
- ≈ 2 tablespoons chopped shallot (1 medium)
- ≈ 2 tablespoons olive oil
- ≈ 1½ tablespoons white-wine vinegar
- ≈ 1 tablespoon chopped fresh tarragon (substitute with oregano or basil)
- ≈ 1 teaspoon salt
- ≈ ½ teaspoons black pepper
- ≈ ¼ to ½ cup water

Soup:

Purée two thirds of tomatoes and half of peaches with ice, shallot, 1 tablespoon oil, 1 tablespoon vinegar, 2 teaspoons tarragon, ¾ teaspoon salt, and ¼ teaspoon pepper in a blender until very smooth, about 1 minute. Stir in water to desired consistency.

Salsa:

Toss together remaining tomatoes and peaches with remaining tablespoon oil, remaining ½ tablespoon vinegar, remaining teaspoon tarragon, and remaining ¼ teaspoon each of salt and pepper in a bowl.

Serve soup in bowls topped with tomato peach salsa.

Keeps well in refrigerator for 2-3 days and taste will intensify

Duang Jengtrirat

Research

Ricotta Stuffed Zucchini

Serves 6

- ≈ 6 medium zucchini about 10cm long
- ≈ 2 slices white bread, crusts removed
- ≈ ¼ cup milk
- ≈ 150g ricotta cheese
- ≈ 1 tablespoon chopped parsley
- ≈ ¼ cup green peas, blanched
- ≈ 1 clove garlic
- ≈ ¼ cup cheddar cheese
- ≈ 1 egg yolk
- ≈ salt and pepper

Bring a saucepan of salted water to the boil, add the zucchini and simmer for three minutes then drain.

Slice the zucchini lengthways and with a teaspoon scoop out the centres to make boat shaped shells.

Soak the bread in the milk and when soft, squeeze dry.

Finely chop the flesh from the zucchini and place into a bowl with the bread, ricotta, parsley, green peas,

garlic, cheese, egg yolk and salt and pepper and mix well.

The mixture should be fairly soft.

Fill the zucchini cases with the stuffing.

Place into an oiled baking dish, placing the zucchinis close together in a single layer.

Scatter over some breadcrumbs or cheese and bake in a moderate (180°C) oven until golden brown.

❧ Sauerkraut Salad ❧

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≈ A quantity of homemade sauerkraut (see page 92)

Add (according to taste)

≈ chopped spring onions,

≈ chopped parsley,

≈ sprinkle of caraway seeds (optional)

≈ 1 teaspoon sugar

≈ white pepper

≈ a splash of oil

Toss & serve. Good served with grilled meat/fish & plain boiled new

potatoes.

Vera Herman
Greensborough

❧ Sautéed Zucchini in Fresh Tomato Glaze ❧

Serves 4

- ≈ 4 small zucchini
- ≈ 2 tablespoons olive oil or butter
- ≈ ½ cup of pureed tomatoes
- ≈ large clove garlic roughly chopped
- ≈ pinch salt, black pepper

Heat oil in frying pan over medium heat

Trim zucchini and cut in half length wise

Place cut side down and sauté for about 10 minutes until slightly softened

Mix together tomato puree, chopped garlic and pepper and pour over zucchini.

Cook, turning zucchini a couple of times, until sauce has reduced to a glaze.

Pam Jenkins
Diamond Creek

❧ Silverbeet, Potato & Tomato Bake ❧

65

≈ 750g shredded silverbeet

≈ 2 large potatoes, diced

≈ 4 tomatoes, chopped

≈ 1 onion, diced

≈ 1 clove garlic, chopped

≈ 2 cups grated cheese

≈ breadcrumbs

≈ 2 tablespoons oil

≈ parsley, chopped

Sauté onion, garlic, potato and seasoning for a few minutes.

Add tomatoes. Cover and simmer for 10 minutes.

Add silverbeet and cook a few more minutes.

Add parsley and pour the mixture into an oiled baking dish.

Cover with grated cheese and sprinkle with breadcrumbs.

Bake in a hot (230°C) oven for about 20 minutes.

Karin Motyer

Briar Hill

Adapted from *Conscious cookery*, an old booklet on vegetarian cookery.

❧ Spiced Chokos ❧

Makes 1 x 500ml jar

- ≈ 2 chokos
- ≈ boiling salted water
- ≈ 1 red chilli
- ≈ 1½ cups white vinegar
- ≈ 3cm piece cinnamon stick
- ≈ ½ teaspoons salt
- ≈ 2 teaspoons sugar
- ≈ 2 peppercorns
- ≈ 1 whole clove
- ≈ 1 bay leaf

Peel chokos, cut into quarters.

Remove seeds. Cook in boiling salted water until barely tender. Drain.

Cut chilli into quarters, lengthways.

Remove seeds. Place chilli, white vinegar, cinnamon, salt, sugar,

peppercorns, clove and bay leaf into saucepan. Bring to boil and boil 3 minutes.

Place drained chokos into hot jar; arrange chilli in jar. Cover with hot, strained spiced vinegar. Seal jar.

❧ Strawberry Cranita ❧

67

Granita is a traditional Italian dessert. It is perfect for summer because it is icy and cool, with fresh flavours. The texture is closer to snow cone than sorbet or gelato. It's also easy to make with a blender or food processor.

≈ 1 cup hot water

≈ ¾ cup sugar

≈ 2 tablespoons lemon juice

≈ 1 tablespoon cognac, optional

≈ 500g strawberries

Wash, hull and quarter the strawberries.

In a bowl mix the hot water, sugar, lemon juice and cognac. Continue to stir until the sugar dissolves.

Place the strawberries in a food processor and blend until smooth.

Add the sugar syrup and blend until combined.

Pour mixture into 23 x 33 non stick pan. This is traditionally a metal baking pan, but you may use glass or plastic. Cover with cling wrap and place in the freezer.

Freeze until icy around sides, but not solid, about 30 minutes.

Using a fork, stir icy portions into middle of pan. Return to freezer and repeat this step, stirring edged into centre every 20 to 30 minutes, for about 1½ hours.

Using a fork, scrape granita into serving bowls.

Garnish with mint leaves and a little whipped cream.

Stephen Onians
Yarrambat

Summer

Stuffed Cabbage or Silverbeet Leaves

Serves 4

- ≈ 4 large cabbage leaves or 8 large silverbeet leaves, very lightly steamed to soften
- ≈ 1 cup mashed tofu (or minced lamb, beef, pork or chicken)
- ≈ 1 small grated carrot
- ≈ ½ cup grated zucchini
- ≈ ½ cup chopped nuts, your choice
- ≈ ¼ teaspoons dill
- ≈ ¼ teaspoons basil
- ≈ 2 chopped tomatoes
- ≈ 1 tablespoon tahini (if using tofu)
- ≈ teaspoons tamari or other seasoning
- ≈ salt pepper to taste

Combine all of the above ingredients except for the leaves. Mix well.

If mixture is too runny, you could add 2-3 tablespoons wholemeal four or breadcrumbs.

Place 1 large tablespoons of mixture on each cabbage leaf (or 2 silverbeet leaves together).

Wrap up and roll over to hold the sides in place.

Place the filled leaf parcels in a casserole dish, pour in ½ cup water, cover and bake in a moderate (180°C) oven for 20 minutes.

Serve with brown rice, lentils or mashed potatoes and homemade tomato sauce.

Instead of water you could add some passata or homemade tomato sauce.

Sabi Buehler

Hurstbridge

Adapted from The Vegetarian adventure by Karen Meyer

❧ Sweetcorn & Zucchini Fritters ❧

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Serves 5

- ≈ 1½ cups self-raising flour
- ≈ 1 cup milk
- ≈ 2 eggs
- ≈ 2 large corn cobs, kernels removed
- ≈ 1 zucchini, trimmed, grated
- ≈ olive oil, for shallow-frying
- ≈ 1 cup tzatziki dip, to serve

Sift flour into a bowl. Season with salt and pepper. Using a fork, whisk milk and eggs together in a jug until combined. Pour over flour. Stir until smooth. Add corn and zucchini. Stir until well combined.

Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until hot. Using ¼ cup of mixture per fritter, spoon mixture, 3 fritters at a time, into pan. Cook for 3 to 4 minutes each side or until golden and firm to touch in the centre. Transfer to a wire rack to cool.

To freeze

Wrap each fritter in plastic wrap, then foil. Freeze for up to 2 months. Remove from freezer in the morning. Place frozen fritters in lunch box with a small container of tzatziki. Fritters will thaw by lunchtime.

Jo Douglas
Hurstbridge

Summer

Ten-Minute (Leeky) Green Beans

≈ 3-4 leeks, chopped into 5mm thick rounds

≈ dill, several sprigs, chopped

Sauté leeks in olive oil and salt on medium to high heat until some pieces are crispy or caramelized. (about 5 minutes). Add dill and beans to the leeks and stir for 2 more minutes, enough to brighten the color of beans and soften the raw

≈ 300g beans, trimmed and cut into 30mm pieces

≈ olive oil

≈ fine sea salt

taste. Turn out onto a bowl and serve immediately. (What makes this dish special is the cooked leeks.)

If you want to plan ahead, blanch the beans in boiling water and set aside. Reduce the stir fry time to just over one minute.

Duang Fengtrirat
Research

Tomato Sauce

This recipe was given to my mother Jean by her dear friend Jean Foley, Colac

≈ 5.5kg tomatoes

≈ 500g onions

≈ 1 teaspoon salt

Cut tomatoes and onions finely. Put into pan with salt, sugar and vinegar.

Place pimento into a muslin bag and add to the pan.

≈ 1.5kg sugar

≈ 800ml brown vinegar

≈ 2 teaspoons pimento

Place on the stove and bring to the boil. Boil for 3 ½ to 4 ½ hours.

Strain and bottle.

This is a lovely sauce, not too spicy.

Iva Nash
Mernda CWA

Vegetable Stock Concentrate

Makes 36 ice cubes

- ≈ 2 teaspoons oil (any)
- ≈ 1 onion, finely diced
- ≈ 2 garlic cloves, crushed
- ≈ 3 large sticks of celery, finely diced
- ≈ 3 small carrots, grated
- ≈ 1 large zucchini, grated
- ≈ 1 tomato, diced
- ≈ 2 bay leaves
- ≈ 4 sprigs of fresh thyme
- ≈ 4 sage leaves
- ≈ 1 small handful of fresh parsley (stalks and leaves), chopped

Heat the oil in a saucepan over medium heat. Add all the veggies and herbs, stir well, then clamp the lid on the saucepan and let the mixture stew for about 20 minutes (you may need to stir it occasionally to stop it from sticking on the bottom of the saucepan) or until everything is very soft and pulpy.

Remove the bay leaves and thyme sprigs. Let the mixture cool for 10 minutes then pour it all into a blender and blitz until it becomes a smooth paste.

Spoon tablespoons of stock into ice cube trays and freeze! When you need some stock, simply take a cube out of the freezer and dissolve it in the required amount of water.

Use one stock cube per cup (250mL) of water.

You should be able to use any vegetables you have, but avoid starchy vegetables like potatoes.

Local and seasonal food makes me feel in sync with the earth and therefore I feel grateful to be among the abundance that nature brings. I grow it, nurture it, harvest it, cook it and get nourishment from it.

Duang Tengtrirat, Research



Warrigal Greens, Herb & Cheese Pizza

This recipe was tested several times in the Montmorency Primary School's Stephanie Alexander's kitchen in 2010 & 2011

Makes 4 medium sized pizzas

- ≈ 100g Warrigal greens (about 50g of just the leaves)
- ≈ ¾ cup pasta sauce
- ≈ 4 cloves garlic
- ≈ 2 cups grated cheese
- ≈ 6 tablespoons olive oil
- ≈ 1 teaspoon salt
- ≈ ½ teaspoon chilli paste
- ≈ 2 tablespoons parsley
- ≈ 3 tablespoons sweet basil
- ≈ 2 tablespoons oregano
- ≈ 4 large pita breads (optional – or make your own pizza dough to make 4 large pizzas)

Preheat oven to 200°C

Place water and salt in saucepan and place on heat to boil

Remove Warrigal green leaves from stems

When water is boiling, places leave into boiling water.

Boil for 5 minutes

While waiting

Place pita bread pizza bases onto pizza trays

Spread bases with the pasta sauce (share amongst all 4 bases)

Grate the cheese

Spread about 1½ cups of cheese over the 4 bases (leaving about ½ cup of cheese aside for later)

When Warrigal greens are cooked, drain well or spin in a salad spinner – try to remove as much of the eater as possible (to avoid oil splashing later)

Slightly heat 2 tablespoons of olive oil over medium heat.

Tear or chop the Warrigal greens

Add garlic and chilli to warmed oil in pan.

As soon as you can smell the aroma (usually after about 2 minutes), add the Warrigal greens

Use the wooden spoon, mix well and sauté (soften) for 1 minute

Tip contents of pan into a bowl

Chop parsley, basil and oregano in garlic chopper or tear by hand

Use tongs or a spoon, scatter contents of Warrigal leaves bowl onto pizza bases

Scatter pizzas with herbs and left over cheese.

Warrigal greens can be harvested all year round.

Watermelon Creek Salad

- ≈ watermelon cut into chunks,
- ≈ feta cheese cut into chunks
- ≈ chopped mint
- ≈ sliced red onion
- ≈ black olives

Mix all together.

Dress with a dash of good olive oil.

Basically just your normal Greek

salad but substituting watermelon
and mint for the tomatoes and
cucumber.

Very refreshing on a hot night.

Zucchini Fritters

- ≈ 1 medium sized zucchini
- ≈ 1 egg
- ≈ salt and pepper to taste
- (optional)
- ≈ rice flour

Beat egg lightly.

Grate zucchini and stir in with egg.

Add seasoning and enough rice flour
to make a batter that holds together.

Form patties and fry in olive oil until
golden on each side.

Variation

See Sweetcorn & Zucchini Fritters
page 69.

Very quick meal. Can be made in larger quantity.

Carol James
Heidelberg

❧ Zucchini Muffins ❧

- ≈ 1 cup melted butter
(use oil, olive or grapeseed)
- ≈ 4 eggs
- ≈ 1 cup honey
- ≈ 1 cup brown sugar
- ≈ 2 teaspoons vanilla essence
- ≈ 4 cups plain flour
- ≈ 2 teaspoons bicarb soda
- ≈ 1 teaspoon baking powder
- ≈ 1 teaspoon nutmeg
- ≈ 3 teaspoons cinnamon
- ≈ 4 cups grated zucchini
- ≈ 1 cup chopped walnuts/
sunflower seeds

Beat eggs, honey, sugar, butter, vanilla until well blended.

Sift flour soda, baking powder and spices.

Add to mixture, stir until just moist.

Fold in zucchini and nuts.

$\frac{3}{4}$ fill greased muffin tins.

Bake 180°C for 15-20 minutes or until golden and cooked.

Wendy Mather
St Andrews

❧ Zucchini Salad ❧

Toss paper-thin slices of zucchini with extra-virgin Olive oil, lemon juice, salt and pepper and gently mix with rocket leaves or freshly chopped

herbs.

Shave over a little parmesan or sprinkle some ricotta cheese.

Keryn Johnson
Montmorency
(Stephanie Alexander)

❧ Spare Zucchini or Cucumber ❧

If you have a number of zucchini or cucumber to store, place them in a paper bag before putting in the fridge.



Autumn

A great time for preserving the summer harvest.
Apples, figs, feijoas, mushrooms and chokoes are
all beginning to ripen.



Autumn Chutney

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- ≈ 500g firm pears, peeled, cored and chopped
- ≈ 500g green apples, peeled, cored and chopped
- ≈ 500g tomatoes, peeled and chopped
- ≈ 500g onions, chopped
- ≈ 5 celery sticks, sliced
- ≈ 3 cloves garlic, thinly sliced
- ≈ 2 teaspoons grated fresh ginger
- ≈ 350g sultanas
- ≈ 1 litre white vinegar
- ≈ 2 teaspoons ground ginger
- ≈ 460g lightly packed soft brown sugar

Combine all the ingredients, except the sugar, in a large pan. Bring to the boil, then reduce the heat and simmer for 45 minutes.

Add the sugar and stir until all the sugar has dissolved. Bring to the boil and cook for 30-35 minutes, stirring often, or until the chutney has reduced and thickened.

Spoon the chutney immediately into clean, warm, jars and seal. Label and date. Leave for 1 month before opening to allow the flavours to fully develop. Store in a cool, dark place for up to 12 months. Refrigerate after opening.

Carrot & Sweet Potato Soup Thai Style

Just eat this soup with a piece of bread for lunch or dinner!

- ≈ 3 stalks lemon grass
- ≈ 10 fresh ginger pieces (about 2cm)
- ≈ 2 cloves garlic, peeled
- ≈ 500g of carrot and sweet potatoes, cut in cubes
- ≈ ¼ teaspoon cayenne pepper (more to taste)
- ≈ ¾ litre coconut milk (about 2 cans)
- ≈ ¼ cup fresh cilantro/coriander (cut but keep the stems)
- ≈ neutral oil (grapeseed or corn) or coconut oil
- ≈ salt
- ≈ lime wedges

Grate about 1cm of each lemon grass stalk and cut the rest of in 2.5cm pieces.

Heat the oil in a saucepan and add the lemon grass, the ginger and garlic and cook, stirring until the garlic is golden (about 5 minutes).

Add the carrots/sweet potatoes, the cayenne pepper. Stir to coat with oil and cook for about a minute.

Add the coconut milk, 2 cups of water, and the stems of cilantro.

Bring to a boil and then lower the

temperature. Let is simmer for about 15 minutes or until the carrots/sweet potatoes are cooked.

Take the Cilantro stems out and puree the soup.

Adjust seasoning.

Serve with fresh cilantro and lime wedges.

I tend to keep the cilantro stems in the soup and puree them together with the rest.

Use good quality coconut milk and not the non-fat version!

Cream of Jerusalem Artichoke Soup

Serves 6

- ≈ 1.2kg Jerusalem artichokes
- ≈ juice of half lemon
- ≈ 80g unsalted butter
- ≈ 320g leeks, white part only,
washed and finely sliced
- ≈ 1 medium potato, peeled and
cubed
- ≈ 1 medium onion, diced
- ≈ 1 stick celery, diced
- ≈ 2 garlic cloves, crushed
- ≈ 1.8 litres good chicken or
vegetable stock
- ≈ 100ml double cream
- ≈ salt and freshly ground pepper

Peel and slice the artichokes thinly, tossing into a bowl of water to which you have added lemon juice.

In a large heavy based saucepan melt the butter over low heat and gently sweat the artichokes, leeks, potato, onion and celery until soft, about 25 minutes.

Add the garlic and sweat for another 5 minutes.

Add the stock, bring the soup to the boil, and then lower heat and simmer, partially covered, for 20-30 minutes until everything is very soft and can be mashed against the side of the pot. Leave to cool slightly.

Liquidise the soup in batches until it is very smooth, then return to a clean pan. Warm over medium heat, add the cream, season and serve in warm bowls.

Jerusalem Artichokes

If Jerusalem artichokes upset your digestive system, add a small piece of seaweed (nori) while cooking.

Or here is another method: peel and cut tubers into pieces, place in glass container, pour over double the amount of boiled and cooled water, after a day there is a tannin coloured layer above the chokes, pour this off and repeat previous step, after two days the liquid looks cloudy (this is the ferment), pour off the water, rinse and cook as desired.

The soaking causes the soluble fibre to ferment outside the body (instead of in it).

❧ Dairy Free Vegetarian Lasagne ❧

Veggies

- ❧ 2 cups pumpkin, thinly sliced
- ❧ 4 zucchinis, thinly sliced lengthways
- ❧ 1 eggplant, thinly sliced
- ❧ 4 cups button mushrooms, finely sliced and sautéed in olive oil and sea salt and cracked pepper
- ❧ 2 teaspoons olive oil
- ❧ sea salt and cracked pepper

Red Sauce

- ❧ 1 teaspoon olive oil
- ❧ 1 onion, diced
- ❧ 2 cloves garlic, crushed
- ❧ 400g can or bottled tomatoes, chopped
- ❧ 1 teaspoon tomato paste
- ❧ 1 bay leaf
- ❧ 1 teaspoon dried oregano
- ❧ 1 small packet firm tofu, mashed

Lasagne

- ❧ 1 packet gluten free lasagne sheets
- ❧ sea salt and cracked pepper to taste
- ❧ ½ bunch fresh basil leaves
- ❧ ½ bunch parsley, chopped
- ❧ cracked pepper

White Sauce

- ❧ 2 teaspoons olive oil
- ❧ ⅓ cups spelt flour
- ❧ 2 cups soy milk
- ❧ 1 teaspoon Dijon mustard

For the veggies - Lay the veggies over two trays and drizzle with olive oil and seasoning. Stir with your hands to coat, then bake in a moderate (180°C) oven for about 30 minutes or until they're soft.

Remove from the tray and set aside.

Red sauce - sauté the onions in the olive oil over a medium heat until starting to soften. Add the garlic and continue to sauté for another 30 seconds. Add the tomatoes, paste, bay leaf, and oregano. Let simmer for about 30 minutes. Turn off the heat and stir through the mashed tofu. Taste for seasoning then set aside.

White sauce -pour the oil into a pot over medium heat. Whisk in the flour to make a paste then slowly pour in the milk, constantly whisking until you have a smooth sauce. You may need to add more milk or water if you'd like it less rich. Now add the mustard and seasoning.

To assemble - Pour about ½ cup of the red sauce on the bottom of a lasagne dish then top with a layer of lasagne sheets. (Break to fit if need be.) Top this with a layer of pumpkin and top with basil and cracked pepper. Top with lasagne sheets then a layer of zucchini. Top this with the white sauce and parsley. Now more lasagne sheets. Then a layer of mushrooms, and red sauce, basil and cracked pepper. Lastly a layer of eggplant, white sauce, parsley then lasagne sheets. The top layer will be a layer of red sauce then white sauce.

Bake in a moderate (180°C) oven for about 30-40 minutes or until the sheets are soft. Test by using a skewer. It should go through the pie easily. Let it sit for about 20 minutes before serving. or it freezes beautifully or keeps in the fridge a few days.

❧ *Feijoa Chutney* ❧

Makes about 6-8 medium jars.

- | | |
|-------------------------------|---------------------------------|
| ❧ 2kg of feijoas | ❧ ½ teaspoon of ground allspice |
| ❧ 3 medium onions | ❧ 1 teaspoon of ground ginger |
| ❧ 1 teaspoon of garlic | ❧ 1 teaspoon of chilli powder |
| ❧ 1 teaspoon salt | ❧ 125g of finely chopped sugar |
| ❧ 500g of brown sugar | coated ginger |
| ❧ ½ teaspoon of ground cloves | ❧ 1 litre of vinegar |

Cut in half and scoop out fruit with a small sharp teaspoon. Use a diffuser mat to stop sultanas catching, stir frequently.

Place fruit and finely chopped onions in a heavy based pan. Bottle in warm, clean jars.

Add all other ingredients and simmer for 2-3 hours.

Dee Fielding

The Pickle Lady, Eltham

❧ *Feijoa Jelly* ❧

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You could use this flavoursome jelly to glaze fruit tarts

❧ **1.5kg feijoas**

❧ **Water to cover - about 4 cups**

❧ **sugar**

Wash the feijoas and chop roughly. Place the fruit into a large preserving pan and cover with water

Bring slowly to the boil and then simmer for 45-50 minutes or until the fruit is soft and pulpy.

Carefully transfer the hot fruit mixture to a jelly bag and allow the mixture to drain for 1-2 hours. Do not squeeze the fruit pulp.

Measure the juice and return to a clean saucepan and add $\frac{3}{4}$ cup sugar for every one cup of juice. Stir slowly over a moderate heat until the sugar has dissolved. Bring to the boil and boil rapidly until a setting test is given. Skim off any scum as it rises.

Allow the bubbles to subside, skim off any remaining scum and bottle in hot sterilised jars. Seal and label.

Pam Rowley
Montmorency

Autumn

❧ Gluten Free Pumpkin & Ricotta Pie ❧

For the pastry

- ≈ 100g almond meal
- ≈ 110g LSA (Linseed-Sunflower-Almond) meal
- ≈ 1 egg white
- ≈ ¼ teaspoon liquid stevia concentrate
- ≈ 25g unsalted butter, melted
- ≈ 26cm-deep pie dish

For the filling

- ≈ 350g extra-light ricotta
- ≈ 400g steamed pumpkin, mashed
- ≈ 3 eggs
- ≈ ½-1 teaspoon liquid stevia concentrate, depending on taste and sweetness of pumpkin
- ≈ ½ teaspoon ground ginger
- ≈ ½ teaspoon cinnamon
- ≈ ¼ teaspoon ground cloves
- ≈ ¼ teaspoon ground nutmeg

For the pastry

Preheat oven to 180°C

Combine together the almond meal, melted unsalted butter, LSA, ¼ teaspoon stevia and egg white.

Place into pie dish and press into shape making sure the pastry thickness is even over the bottom and sides of the dish.

Using a fork, pierce the almond pastry on the bottom and place in the hot (230°C) oven until slightly golden in colour (approximately 10 minutes). Remove from oven.

For the filling

Place all ingredients into a bowl and beat well with an electric beater until smooth. Taste for sweetness and adjust stevia to taste, if necessary.

Pour mixture into a fine sieve and force contents through into the almond meal pastry case. This helps to ensure that there are no coarse fibres left from the pumpkin. Level out the top of the pie.

Bake in oven for 30-35 minutes or until the custard has set. Remove from the oven and let cool to room temperature.

Vivi Riches

✧ Gorgeous Feijoa Almond Cake ✧

- ≈ 80g softened butter
- ≈ ¼ cup runny honey
- ≈ 3 large eggs
- ≈ 1 teaspoon vanilla essence
- ≈ 1 cup feijoa puree - cut fruits in half and remove soft centre then mash
- ≈ 1 cup plain flour
- ≈ 1 cup wholemeal flour
- ≈ 1 teaspoon baking powder
- ≈ 1 teaspoon baking soda
- ≈ ¼ teaspoon salt
- ≈ ½ cup milk

Cake topping

- ≈ 100gm toasted slivered almonds
- ≈ ½ cup brown sugar mixed together

22cm round cake tin - lined with baking paper.

Preheat oven to 180°C.

Cream butter and honey until pale, then add eggs one at a time.

Add vanilla essence.

Sieve flour and wholemeal flour along with salt, baking powder and soda - add the wholemeal flour's bran back

Fold in fruit pulp followed by flour.

Fold in milk.

Spoon cake mix into tin and bake 15 minutes.

Remove from oven and sprinkle sugar and almond mix over cake and bake a further 20 minutes or until a skewer inserted into middle of cake comes out clean.

Serve with thick Greek yoghurt mixed through with freshly pulped feijoas.

Olivia Wykes
Montmorency

✧ Almonds ✧

Soak almonds in cool water and drain the soaked water after 20-40 minutes. Add fresh water and continue the soaking for another 8-12 hours. Drain off the water and eat the nuts! Up to 6 each morning on your cereal is recommended by nutritionists. Dry any excess, and refrigerate. This process removes tannic acid and enzyme inhibitors.

❧ German Apple Pie ❧

- ≈ a rich pie crust for bottom of the dish
- ≈ 4 apples
- ≈ 1 cup sugar
- ≈ 1 teaspoon cinnamon
- ≈ 2 eggs
- ≈ ½ cup plain flour
- ≈ 1 teaspoon butter

Line the bottom of the pie dish with pastry. Peel and slice lengthwise the four apples. Place apples on pasty. Sprinkle with sugar and cinnamon.

Beat eggs, add flour and pour over the apples. Cut butter in little pieces and spread over apple mixture. Bake 45 minutes in slow oven (150°C).

Jenny Disney
Research

❧ Cranny Smith Sorbet ❧

Makes 8 serves

- ≈ 4 Granny Smith apples, peeled, cored and quartered
- ≈ 1½ cups water
- ≈ ¼ teaspoon cinnamon
- ≈ 3 drops vanilla essence
- ≈ 4 tablespoons sugar
- ≈ grated rind of ½ lemon
- ≈ juice of ½ lemon

Place apples in a saucepan with other ingredients. Bring to the boil, cover and cook until apples are soft. Blend the mixture to a very fine puree and allow to cool.

If available, place cold apple puree in ice cream maker and make sorbet. Store in a sealed container in the freezer.

If you don't have an ice cream maker, place prepared mixture in a stainless steel bowl in the freezer. When the puree starts to set, whisk it for 10 to 15 seconds and return to freezer. This helps to lighten the sorbet. Repeat the whisking procedure until the puree is too hard to whisk.

Serve with fresh seasonal fruit salad.

Aumann Family Orchard
Warrandyte

❧ Green Babaco Salad ❧

Serves 4 as a side dish

Make Ahead Tip: If you wish to make this salad ahead of time, combine all ingredients except the nuts and the dressing. You can then leave it covered in the refrigerator several hours, or overnight. Add the dressing and peanuts at the last minute, then toss and serve.

Salad

- ≈ 1 green babaco, i.e. mature fruit with a hint of yellow
- ≈ ½ cup honey-roasted peanuts or plain roasted cashews
- ≈ 1-2 cups bean sprouts or mixed greens such as kinking
- ≈ 1 to 2 tomatoes, cut into long thin strips
- ≈ 1 red chilli, minced (seeds removed if you prefer a milder salad)
- ≈ 3 welsh onions, sliced into long matchstick-like pieces
- ≈ ½ cup fresh basil, roughly chopped if leaves are large
- ≈ a handful of fresh coriander

Dressing

- ≈ ½ teaspoon shrimp paste (if vegetarian, substitute ½ teaspoon soy sauce)
- ≈ 2 teaspoons good-tasting oil, such as olive
- ≈ 2 teaspoons fish sauce or 2½ teaspoon soy sauce for vegetarians
- ≈ 3 teaspoons lime or lemon juice
- ≈ ½ to 1 teaspoon liquid honey, to taste

Prepare the dressing by mixing together all dressing ingredients together in a cup. Make sure shrimp paste and honey dissolve fully. Set aside.

Peel the green babaco. Using the largest grater you have, grate the babaco (or you can use a potato peeler to create thin, ribbon-like strips). Place in a large bowl.

Add the sliced tomato, welsh onion, chilli, bean sprouts, and most of the basil. Add the dressing, tossing to combine.

Add the peanuts or cashews (you can either leave them whole, or roughly chop them). Toss again. Taste-test the salad. If not sweet enough, add a little more honey. If not salty enough, add a little more fish sauce. If too sweet or salty, add more lime juice. If you prefer it spicier, add more fresh-cut chilli or dried crushed chilli.

To serve, scoop the salad into individual bowls or onto a serving platter. Sprinkle with remaining basil leaves plus fresh coriander.

Stephen Onians

Yarrambat

Homemade Sauerkraut

This recipe has been handed down to me by my mother, who learnt to cook from other women in the Displaced Persons camps in Germany, post World War II. She continued to learn her culinary skills in the immigration camp at Bonegilla and, in later years, from the recipe booklets in the original Australian Women's Weekly and New Idea magazine.

≈ 4 medium cabbages (firm
centre and not the crinkly type)

≈ 120g grated carrot

≈ 80g cooking salt

≈ 6 small Granny Smith apple

≈ 8 litre (approximately)

straight sided ceramic or glass
container

Day 1

Take 2 cabbages and remove all outer damaged leaves from each cabbage

Cut each cabbage into quarters (this makes it easier to shred) on a clean kitchen table shred each quarter cabbage finely, either with a sharp knife or shredding device.

Sprinkle 40g salt and 60g grated carrot over the cabbage mound.

Rub the grated carrot and salt by hand into the shredded cabbage, thoroughly mixing all the ingredients.

Punch down the cabbage mix into the ceramic container. Add the apples on top of the compressed cabbage mix. Repeat the same procedure for the remaining 2 cabbages adding the rest of the salt and grated carrot. Punch down this cabbage mix on top of the apples.

Now the cabbage mixture needs to be weighted down. Place a small dinner plate or biggish bread and butter plate on top of the cabbage.

Fill a large glass jar with water (needs

to be sufficiently heavy to further compress the cabbage). Cover with a clean cloth and leave aside in a cool to cold storage area. (Note must not be placed in a warm area or the wrong type of fermentation will take place). Leave for 48 hours.

Day 3

A liquid should have formed around the plate. Check to see if some scum has also appeared. Remove the weight and plate and gently skim off any scum into a small bowl and discard. Using a long handled wooden spoon poke holes into the cabbage (finding a spot between the apples) to release some of the gasses. Gently rotate the container in a circular motion, as this will further assist in releasing the built-up gasses. Replace the plate and weight. Cover the cabbage and return it to its cold storage.

Days 4 – 7

Check daily and remove any scum and release gasses as described above. The sauerkraut is ready when no more scum appears. Depending on how cold the overnight temperature is, the whole process may take between 4 to 7 days. Halving the recipe may also speed up the process

Handy Hints

Sauerkraut is best done during the colder months, when overnight temperatures are consistently in single digits

Adding too much grated carrot will give the finished product a “too yellow” appearance

Coarsely shredded cabbage may not sour appropriately.

Storage:

Refrigerate in glass jars. Stored this way the sauerkraut will keep for several months. over time there maybe some discolouration in the sauerkraut, but as long as it still has its original aroma, it will be OK.

❧ Honey Baked Persimmons ❧

Serves 4

≈ 4 persimmons

≈ 1 vanilla bean

≈ 2 teaspoons of honey

≈ 1 cup of hot water

Preheat oven to 180°C. Peel persimmons, remove stalks. Slice fruit in half horizontally through centre. Place cut side up in large ceramic or glass baking dish.

Deseed vanilla pod, add to small bowl with honey and stir seeds through. Add bean pod to baking dish. Dissolve honey mixture in hot water and pour over fruit

Cover dish with foil, bake for 30-50 minutes, until persimmons are soft. Preheat grill till hot. Remove foil, spoon syrup over top of fruit. Place dish under grill for 10 minutes or until fruit begins to brown on top. Serve immediately with syrup and yoghurt or cream if desired.

❧ Kiwifruit & Mint Frappe ❧

makes 1½ cups (375ml)

≈ 4 medium kiwifruits (340g),
peeled, chopped coarsely

≈ ¾ cup ice cubes

≈ ¼ cup (60ml) apple juice

≈ ¼ cup coarsely chopped fresh
mint leaves

≈ 1 teaspoon caster sugar

≈ 1 teaspoon finely shredded
fresh mint

Blend or process kiwifruit, ice, juice, chopped mint and sugar until smooth. Pour into glass; top with shredded mint.

Low Fat Persimmon Muffins

Makes 12

- ≈ 1½ cup wholemeal plain flour
- ≈ 1 cup plain flour
- ≈ ½ cup sultanas
- ≈ 2 teaspoons baking powder
- ≈ 2 teaspoons bicarbonate soda
- ≈ ½ teaspoon cinnamon
- ≈ 1 large egg, lightly beaten
- ≈ 1½ teaspoon vegetable oil
- ≈ ¾ cup honey
- ≈ 1 cup ripe persimmon pulp,
mashed

Preheat the oven to 180°C. Grease a 12-hole (½ cup capacity) muffin pan

In a large mixing bowl, combine all dry ingredients. In a small bowl combine all wet ingredients.

Add wet ingredients to dry

ingredients. Gently fold together until just combined. over-mixing will create a tough muffin.

Spoon into muffin pan, bake for 15-18 minutes or until the tops bounce back. Serve warm or cooled.

❧ *Marinated Mushroom Salad* ❧

Makes 12

- ❧ 250g fresh mushrooms
- ❧ ½ cup olive oil
- ❧ 2 teaspoons vinegar
- ❧ 2 teaspoons lemon juice
- ❧ 1 teaspoon salt
- ❧ ½ teaspoon dried basil (or 1 teaspoon fresh basil)
- ❧ ¼ teaspoon dry mustard
- ❧ ⅛ teaspoons pepper
- ❧ 1 clove garlic, crushed
- ❧ cherry tomatoes (cut in half)
- ❧ baby spinach

To make marinade shake together all the ingredients except mushrooms, cherry tomatoes and spinach.

Combine marinade with mushrooms and leave in the refrigerator

overnight to blend flavours.

Fold the cherry tomatoes and baby spinach through mushrooms. Serve in a glass dish.

Elaine Hamlet
Epping

Midyim Berry & Apple Pastry Slice

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- ≈ 50g midyim berries (bush food)
- ≈ 2 large green apples
- ≈ 2 sheets of frozen puff pastry
- ≈ 50g brown sugar
- ≈ 20g butter
- ≈ 1 teaspoon milk, to glaze pastry

Peel, core, and finely slice apples. Lay out pastry sheets and place apple slices down the centre. Sprinkle apples with Midyim Berries.

Cut small pieces of butter and sprinkle on fruit, and then sprinkle with sugar, reserving 1 teaspoon for the glaze.

Cut pastry on slant strips about 1cm wide up to apple. Starting at one

end, overlap strips in a plait pattern wrapping over the top of the fruit.

Place on a baking sheet and bake in oven at 200°C until it starts to brown.

Remove from oven. Mix milk and teaspoon of sugar and brush on top of pastry to glaze. Place back in oven to finish browning. Serve with fresh cream or custard.

❧ Mushroom Risotto ❧

- ≈ 1 teaspoon olive oil
- ≈ 1 medium brown onion
- ≈ 1¼ cup arborio rice
- ≈ 4 bay leaves
- ≈ sprig fresh rosemary
- ≈ 4 cups veggie stock
- ≈ ½ cup white wine (or more stock if you don't want to add wine)
- ≈ ¾ cup green peas
- ≈ ¼ cup grated parmesan
- ≈ 350g mushrooms (I use Swiss brown)

Chop onion finely and cook in oil for 3-4 minutes without browning

Add Arborio and rosemary sprig and bay leaves and stir for 2 minutes

Add stock 1 cup at a time until each is absorbed. Stir often (this recipe requires you to stay with the pan and

keep an eye on the risotto throughout cooking!)

Add chopped mushrooms and peas and wine and cook until all liquid is absorbed

Serve topped with grated Australian parmesan.

Rachel Bishop
Greensborough

❧ Okra with Cashews ❧

Serves 4 as a side

- ≈ 1 teaspoon olive oil
- ≈ 2 cups okra, washed and trimmed and roughly chopped
- ≈ 1 tomato, diced
- ≈ 2 spring onions, sliced on the diagonal
- ≈ 1 lemon, juice and rind (or omit and use lemon thyme)
- ≈ 2 teaspoons fresh thyme (or 1 teaspoons dried thyme)
- ≈ 1 teaspoon shiro miso paste dissolved in ¼ cup water
- ≈ 1 cup cashews, toasted

Heat a pan and add the oil. Now toss in the Okra and cook for 2 minutes. Then add all the other ingredients, apart from the cashews, and cook

over a medium heat for about 5 minutes. Taste for seasoning. Stir the cashews through just before serving.

Pepino Sauce

- ≈ 1kg ripe pepinos
- ≈ 4 cups brown sugar
- ≈ 3 cups cider vinegar
- ≈ 1 teaspoon ground cloves
- ≈ 1 teaspoon ground allspice
- ≈ 1 teaspoon ground cinnamon
- ≈ 1 teaspoon salt
- ≈ ½ teaspoon cayenne pepper

Wash and coarsely chop the pepinos. Combine all the ingredients in a large saucepan, bring to the boil and cook gently for 1 hour, stirring

often. Puree the sauce in a blender in batches.

Mix sauce well before pouring into hot, clean bottles. Seal well.

Persimmon & Amaretto *Sorbet*

- ≈ 1 super ripe persimmon
- ≈ 50g mascarpone
- ≈ drizzle honey
- ≈ 5ml amaretto

Place the persimmon in the freezer for 24 hours but remember to move from the freezer 2 hours before serving (just soft to the touch).

Slice the persimmon in half and

drizzle 2.5ml of amaretto over both cut sides.

Fold another 2.5ml amaretto into 50g mascarpone and serve over the persimmon.

Spoon 2ml honey over the persimmon and mascarpone.

❧ Persimmon Thai Beef Salad ❧

Salad:

- ≈ 250g fillet steak, trimmed
- ≈ 1 persimmon, peeled and julienned
- ≈ 1 cup coriander leaves
- ≈ 1 cup mint leaves
- ≈ ½ cup (Thai) basil leaves
- ≈ 2 shallots, finely sliced
- ≈ 1 long red chilli, seeded and shredded

Brush beef with a little oil and barbeque, pan fry or grill until cooked to your liking (2-3 minutes each side will be medium). Set aside to rest for 5 minutes, then slice thinly. In a large bowl gently toss all salad

Dressing:

- ≈ 1 clove garlic, crushed
- ≈ 1 teaspoon caster sugar
- ≈ 3 teaspoons fresh lime juice
- ≈ 2 teaspoons fish sauce

ingredients.

To make the dressing, combine all ingredients in a screw top jar and shake until the sugar has dissolved.

Combine beef with salad, drizzle with dressing and serve immediately.

❧ Pomegranate Lamb Kebabs ❧

Serves 6

*Plan ahead of time to let the lamb marinate before grilling the kebabs.
These lamb kebabs also make a great party appetizer.*

≈ ½ cup pomegranate syrup

≈ ⅓ cups olive oil

≈ 1 teaspoon lemon juice

≈ 1-½ teaspoon salt

≈ ¼ teaspoon pepper

≈ 2 cloves garlic, minced or
pressed

≈ 2 pounds boneless lamb
shoulder or leg, cut into 4cm
cubes

In a large zip-top bag, combine pomegranate syrup, olive oil, lemon juice, salt, pepper, and garlic. Add lamb, squeeze out the air, seal the bag, and toss to coat.

Refrigerate at least 6 hours or overnight.

Remove lamb from marinade with a slotted spoon, reserving marinade.

Thread lamb onto metal skewers. (If using wooden skewers, be sure to soak them in water at least one hour before adding lamb.) Grill lamb kebabs over medium heat, turning often and basting with reserved marinade until lamb is browned on the outside, but medium-rare on the inside, about 10 to 15 minutes

Pomegranate syrup not only tastes good, it is beneficial for your immune system, can lower cholesterol and is full of vitamin B.

Pam Jenkins
Diamond Creek

Quince Crumble

≈ quinces

Crumble mix

≈ 1 cup self-raising flour

Rub the butter into the flour and sugar, or whiz in a food processor till the mixture looks like breadcrumbs.

Poach quinces in a syrup of ½ cup sugar to 2 cups water. Puree poached quinces (mix with apple or pear puree) in a pie dish or individual

≈ ½ cup demerara sugar (or brown sugar)

≈ 100g cold butter, cubed

ramekins and sprinkle the crumble mix over the top to a depth of about a centimetre.

Bake in a 200°C oven until the crumble has browned. Serve with vanilla ice cream or the quince custard.

You can use this crumble for any other combination: apple and pear, rhubarb, rhubarb and apple, berries or other seasonal fruits.

Julie French
Montmorency

Quince Syrup Uses

If poaching quinces for a recipe, you may have syrup left over. Here are some uses for the syrup.

Boil to reduce to a thick syrup and when cool add to champagne to make a quince bellini.

To make a quince custard, use 300ml quince syrup with 6 egg yolks. Whisk the egg yolks well and gradually pour on hot quince syrup.

Cook the mixture gently, stirring all the time and making sure it doesn't boil, till it thickens.

Use it with the baked quinces, quince crumble or the tarte tatin.

❧ Pomegranate Syrup ❧

- ❧ 3 pomegranates, halved and seeds tapped out
- ❧ 2 tablespoons castor sugar
- ❧ 4 tablespoon water

Place the seeds, water and sugar in a small saucepan. Stir over medium heat until the sugar dissolves. Bring to the boil, reduce heat and simmer uncovered for 3 minutes. Remove from heat and allow to cool. For some recipes, you may wish to strain the syrup.

❧ Pomegranates ❧

Pomegranates can be eaten raw, juiced using a mouli to remove the seeds (a great way to start the day), or in salads and sauces.

Quince Tarte Tatin

- ≈ 4-6 quinces, peeled and cut into quarters
- ≈ 3 teaspoons sugar
- ≈ water to just cover
- ≈ 50g unsalted butter
- ≈ 100g brown sugar
- ≈ ½ teaspoon coriander seeds
- ≈ caster sugar
- ≈ pastry
- ≈ 180g flour
- ≈ 150g unsalted butter
- ≈ 100g sour cream

Dissolve sugar in water and bring to the boil. Add quinces and simmer till soft enough to be pierced by a sharp knife. Allow to cool, drain and remove cores. Keep the syrup for another use.

Prepare the quinces. Slice each quarter into 5 or 6 slices and place curved side down in an oven-proof pan that can also be used on the stove top (e.g. a Le Creuset skillet). Pack the quince so the quarters fit tightly and cover the base of the skillet. Sprinkle with the brown sugar, dot with butter and scatter the coriander seeds over the top. Cook gently on stove-top till the sugar and butter have melted and start to caramelise. Allow to cool a little while you prepare the pastry.

For the pastry, cut the cold butter into cubes. Place the flour, butter cubes and sour cream onto a sheet of greaseproof paper. Turn on the food processor and using the paper as a chute, feed the flour butter and sour cream onto the running blade of the processor. Process until the mixtures

forms crumbs. Empty the food processor onto a floured board and quickly mould the mix together with your hands until a firm ball. Cover and refrigerate for no more than 30 minutes.

Roll the pastry to a circle that will fit over the top of the skillet. Tidy the edges and tuck them in around the quinces and sprinkle with a little caster sugar. Put in fridge to chill (or freezer if you want to cook at a later date). Cook in a 220°C oven for 30-40 minutes or till pastry is golden.

Place a serving plate over the pan and carefully turn it upside down. Use a sharp knife to loosen the tart around the edges as you gently lift the pan off. Best eaten while still warm from the oven.

Julie French
Montmorency

Red Salad

- ≈ 1 head radicchio, leaves washed and spun dry
- ≈ 2 pears, peeled, cores removed and poached in 2 cups red wine and $\frac{1}{2}$ cup sugar for 30 minutes, sliced
- ≈ 1 cup pomegranate seeds

Chop radicchio, pears and nuts into small pieces. Add to a bowl with

- ≈ $\frac{1}{2}$ cup walnut kernels
- ≈ 100g goat's cheese

Dressing:

- ≈ 4 teaspoons extra virgin olive oil
- ≈ 2 teaspoons vincotto
- ≈ 1 teaspoon sea salt

pomegranate seeds and dressing. Mix gently together and serve.

Rhubarb Cake

- ≈ 60g butter
- ≈ 1 teaspoon grated lemon rind
- ≈ $1\frac{1}{2}$ cup firmly packed brown sugar
- ≈ 2 eggs
- ≈ 1 cup self-raising flour
- ≈ 1 cup plain flour
- ≈ 1 teaspoon ground cinnamon
- ≈ 1 cup sour cream or yogurt
- ≈ 6 cups rhubarb, trimmed and chopped coarsely
- ≈ $\frac{1}{3}$ cups brown sugar extra
- ≈ 1 teaspoon cinnamon extra

Preheat oven to moderate (180°C)

Grease deep 23cm round tin line base with baking paper.

Beat butter, sugar and eggs until light and fluffy.

Stir in sifted flours and cinnamon with cream in two batches.

Stir in rhubarb.

Spread cake mixture into prepared tin.

Sprinkle with combined extra sugar and cinnamon.

Bake in moderate (180°C) oven for $1\frac{1}{2}$ hours.

Stand 5 minutes before turning onto rack to cool.

Jo Douglas
Hurstbridge

Roasted Brussels Sprouts

Serves 4

Slow roasting tends to concentrate sweetness.

- ≈ 20-30 small brussels sprouts
- ≈ 1 tablespoon olive oil
- ≈ 2 garlic cloves, crushed
- ≈ ¼ teaspoon salt
- ≈ ¼ teaspoon pepper
- ≈ 2 x 10cm sprigs of rosemary

Preheat oven to 180°C.

Peel away any discoloured leaves from the sprouts and trim stalks. Cut a deep cross into the stalk ends.

Combine oil, garlic, salt and pepper

and toss with prepared sprouts.

Place in a small baking dish in a single layer.

Lay the rosemary sprigs on top and roast 20 minutes or until tender.

A quick shake halfway through will help them cook more evenly.

Slow roasting tends to concentrate sweetness.

Roasted Thyme & Beetroot Salad

Serves 4

- ≈ 2 beetroot
- ≈ 5 sprigs thyme
- ≈ ½ cup walnuts chopped
- ≈ 75g goat's cheese
- ≈ rocket or baby spinach leaves

Roast beetroot in oil with sprigs of thyme.

When cooked, discard thyme and chop beetroot into bite sized pieces.

Add chopped walnuts, crumbled goats cheese and leaves.

Dress with 2 tablespoons each of oil and lemon juice, and a further teaspoon of thyme leaves.

❧ Sautéed Kohlrabi ❧

Serves 4

- ≈ 8 small kohlrabi bulbs, grated (about 4 cups)
- ≈ 1 teaspoon olive oil
- ≈ salt, pepper
- ≈ 2 tablespoons freshly squeezed lemon juice

Trim the stems and leaves from the kohlrabi. Remove the stems from the leaves and discard. Save the leaves for soups, stir fries or pasta sauces.

Peel the bulbs with a potato peeler and grate coarsely by hand or food

processor.

Heat oil in a high sided pan. Add the shredded kohlrabi and cook, stirring often, 3-4 minutes or until tender.

Season with salt, pepper and lemon juice.

Makes a great nest for grilled fish, or can be used as a side dish with winter roasts.

❧ Spiced Pears ❧

Makes about 2 cups

- ≈ 4 cups white wine vinegar
- ≈ 8cm strip lemon peel
- ≈ 5cm stick cinnamon
- ≈ 6 whole cloves
- ≈ 6 peppercorns
- ≈ 6 allspice berries
- ≈ 1 tablespoon thinly sliced ginger
- ≈ 2 cups sugar
- ≈ 8 firm pears

Put vinegar, 2 cups water, lemon peel, spices, ginger and sugar in a saucepan and bring to the boil, stirring until sugar is dissolved. Simmer for 5 minutes.

Peel and core pears, cut lengthwise

into quarters, add to pan and simmer for 1 min.

Remove pears and pack carefully in warm sterilised jars.

Pour vinegar mixture over seal. Store in cool dark place.

Keeps for 12 months.

Robyn Currie
Eltham North

Vegetable & Cheese Stacks

A fun way for children to eat vegetables!

≈ 1 eggplant

≈ cheese, ricotta/cheddar

≈ 1 sweet potato

≈ salt

≈ 1 or 2 large tomatoes, sliced

Cut egg plant into thick slices.
Sprinkle with salt and allow to sit for
30 minutes.

Rinse and pat dry. Peel and slice
sweet potato thinly.

Layer eggplant, tomato, sweet potato
with cheese.

Bake in a moderate (180°C) oven for
about 45 minutes or until vegetables
are cooked and cheese melted.

*Tamarillos could also be used instead of tomatoes, but
remember to remove the bitter skin. Also instead of
tomatoes, I have drizzled homemade passata over the stack
to add moisture*

Robyn Currie

Eltham North

Vegetable Pasties

Makes 4 pasties

- ≈ 4 cups cubed carrot, pumpkin and potato
- ≈ 1 cup frozen peas or fresh peas
- ≈ 1 onion, chopped
- ≈ a sprig of parsley or oregano
- ≈ 4 sheets puffed pastry, thawed

Sauté vegetables until partly cooked. Add herbs near the end.

Cut a square of puff pastry in half, diagonally. Spread vegetable mixture on half of each pastry piece. Fold over and pinch edges of pastry to

seal.

If available, brush with beaten egg and sprinkle with sesame seeds.

Bake in hot (230°C) oven for about 15 minutes or until crisp.

Serve with homemade tomato sauce.

Great for children. Add whatever vegetables are in season or some cooked chicken.

Walnut Pesto

This is best with fresh autumn walnuts — less bitter and more mellow than the ones you buy in packets that may be months — or years — old.

- ≈ 5 cloves of garlic
- ≈ 1 cup olive oil
- ≈ 1 cup of walnuts
- ≈ 1 cup parmesan or pecorino cheese, grated
- ≈ a handful of basil

Mix all ingredients in a blender or mortar, gradually adding the olive oil. Serve on pasta or over boiled potatoes or on crackers or fresh hot

bread.

Keep in a sealed container in the fridge for up to 48 hours.

Walnut pesto can be frozen in a sealed container for up to six months, till walnuts and basil are in season again.

from Jackie French

Watercress Soup

- ≈ 1 tablespoon olive oil
- ≈ 5 cloves of garlic
- ≈ 1 bunch of spring onions
- ≈ 1 bunch of watercress
- ≈ 1 pear
- ≈ ½ teaspoon of ground ginger
- ≈ 1 medium sized potato
- ≈ 750ml of vegetable stock

Chop off the tops and bottoms of the spring onions.

Peel the skin off the garlic cloves and either crush them or chop them up

Peel the potato and chop it into quarters

Pour the oil into the pan and put in the spring onion, garlic and potato

After 5 minutes add the stock and the ginger and boil for 20 minutes

Peel and chop the pear, turn off the heat and add the watercress and pear to the soup

Blend it all together until smooth

Serve and enjoy!

Local seasonal food can be a powerful influence on our community's wellbeing in so many ways. Whether we grow it or buy it; there is something special about having a direct connection with the source of your food.

By encouraging local seasonal food we are promoting healthy eating, increasing community connectedness, encouraging and supporting local food growers and sellers, as well as reducing our carbon footprint and "food miles". Not only that but it tastes better too!

Chris Chapple, Eltham



Watermelon Skin Pickle

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- ≈ 2 litres watermelon rind, red flesh and green skin removed
- ≈ 2 tablespoons salt
- ≈ 2 cups cider vinegar

Combine watermelon with salt and cover with water.

Bring to boil and simmer until tender.

Drain and chill in cold water for 2 hours or overnight.

Combine vinegar with spices and boil for 5 minutes.

- ≈ 3 cups sugar
- ≈ 1 cinnamon stick
- ≈ 1 teaspoon whole cloves
- ≈ 1 teaspoon whole allspice

Drain melon and add to mix.

Simmer 15 minutes or until rind is translucent.

Allow to cool slightly then bottle into sterile jars.

Pam Jenkins
Diamond Creek

Autumn

Yacon & Green Bean Salad

Serves 4

- ≈ juice of ½ lemon
- ≈ 1 medium-large yacon
- ≈ 300g green beans, topped and tailed (not same season, but you may have frozen some!)
- ≈ 15g sesame seeds
- ≈ 250g cooked chicken breast, torn into shreds
- ≈ small handfuls of coriander and mint, stalks removed, leaves chopped

Dressing:

- ≈ 2 tablespoons chunky peanut butter
- ≈ 1 tablespoon rice vinegar
- ≈ 1 tablespoon soy sauce
- ≈ 1 teaspoon sesame oil
- ≈ 1 small red chilli, halved, deseeded and diced
- ≈ juice of small lime

Fill a bowl with water and add the lemon juice. Peel and julienne the yacon, tossing into the lemony water to stop from going brown.

Bring a pan of water to the boil, add beans and cook for about 2 minutes, until they have just lost their crunch.

Drain and refresh under cold water. Pat dry.

In a small frying pan, warm the sesame seeds over medium heat until they turn golden. Tip them into a plate.

In a small bowl combine all of the dressing ingredients.

Drain the yacon and combine with the beans, chicken, sesame seeds, coriander and mint.

Pour over half the dressing and mix thoroughly.

Serve on a platter, trickled with the rest of the dressing.

Yacon Syrup

113

≈ 2 big bowls yacon

Peel yacon and put the tubers through a juicer.

Pour the juice (about 4.5 litres) into a big pot. The puree can be fed to the chickens!

Start to heat the juice, removing scum as you go. Allow to boil, then simmer, stirring now and then, until reduced to a fifth, say 800ml. This could take 2 or 3 hours. The juice should have become very dark and smell like treacle.

Filter juice through a fine mesh and place in a clean jar or bottle. Keep in the fridge.

Use as a sweetener for drinks and desserts, or any general sweetening need.

from the Permaculture Research Institute Forum

Yacon

Yacon has a crunchy texture and a sweetish taste. It can be eaten raw. Try it grated with carrots in a mustard vinaigrette, adding a handful of sunflower and pumpkin seeds.

You could use it instead of apple in a Waldorf salad. Add it last, after soaking in lemony water, and add a thin mayonnaise.

It is ready to be harvested from late autumn.

Autumn

❧ Yummy Rhubarb ❧

Pick as many rhubarb stems as you like. Remove the leaves.

Wash and slice the stems into 5-10cm lengths (It is not necessary to peel the stems)

Place these, with sugar, into a saucepan using a 4:1 weight ratio.

Stir and leave for about 30 minutes. Some juice will be noticeable.

While stirring, place on a medium heat. Once there is enough juice not to burn, leave for about 15 minutes, partially covered, until rhubarb is quite soft.

Eat with yoghurt or ice cream.

Robyn Currie
Eltham North

Zucchini & Cumin Soup, with Goat's Curd & Chilli

Serves 6

- ≈ 120 extra virgin olive oil (plus extra)
- ≈ 7 cloves garlic, peeled and sliced
- ≈ 12 zucchinis, trimmed and sliced into 5mm thick rounds
- ≈ salt & pepper
- ≈ 3 teaspoon cumin seeds
- ≈ 20 basil leaves
- ≈ 2 handfuls flat leafed parsley leaves
- ≈ 400ml hot vegie or chicken stock
- ≈ 500ml low-fat milk
- ≈ 100 tablespoons hot chilli sauce
- ≈ 100g fresh goat's curd

Place olive oil and garlic in a wide based pot over a medium heat and cook for 2 minutes.

Add zucchini, season with salt and pepper and stir.

Add cumin seeds, stir and cook for 4 minutes.

Add herbs and stir through.

Add milk and stock. Bring to a simmer and cook for 3 minutes, stirring all the time.

Use a stick blender to puree soup until smooth, then check seasoning.

Reheat if serving immediately.

Serve in soup bowls with a dollop of goat's curd, chilli sauce and a drizzle of olive oil.

Jenny Disney
Research



Winter

A time for long slow simmering of root vegetables in warming soups, stews and roasts and braising with brassicas.



❧ *Baked Pumpkin & Sage* *Risotto* ❧

119

Serves 6

- ≈ 1 tablespoon olive oil
- ≈ 1 onion chopped
- ≈ 12 sage leaves
- ≈ 2 cups (400g) arborio rice
- ≈ 800g pumpkin, peeled and chopped into small pieces
- ≈ 1.25 litres (5 cups) chicken stock
- ≈ sea salt and cracked black pepper
- ≈ 30g butter
- ≈ ½ cup (40g) finely grated parmesan
- ≈ extra finely grated parmesan and fried sage leaves, to serve

Pre heat oven to 200°C. Heat a large ovenproof saucepan over med-high heat. Add the oil and onion and cook for 3 minutes or until soft. Add the sage and cook for 1 minute.

Add the rice, pumpkin and stock and

cover with a tight-fitting lid. Bake for 30 minutes. The risotto will be quite liquid. Stir through the salt, pepper, butter and parmesan and stir for 2 minutes until the risotto thickens slightly. Sprinkle with extra parmesan and fried sage leaves to serve.

Hope you all enjoy this risotto as much as we did.

Christine Rodda

Winter

❧ Braised Sauerkraut ❧

Serves 4-6

- ≈ 1 brown onion, diced
- ≈ 1 teaspoon oil
- ≈ 1 medium carrot, grated
- ≈ 2 short rashers of bacon, diced (optional)
- ≈ quarter of a small fresh cabbage, shredded
- ≈ 3 cups (or more) Homemade Sauerkraut (see page 92)
- ≈ 1 teaspoon sugar
- ≈ 6 peppercorns

Heat oil in a large saucepan & fry diced onion until transparent. (do not brown).

Add the grated carrot & diced bacon. on a low to medium heat fry for a further 1 minute, stirring as required.

Add the fresh cabbage, fry for 30 seconds.

Add the sauerkraut, sugar, 6 peppercorns & a little water if the

mixture looks 'dry'. There should be some moisture around the cabbage.

Turn heat down & gently simmer for 30 minutes to allow the flavours to develop.

Serve hot with braised beef and mashed potatoes.

The braised cabbage can also been eaten cold, at room temperature.

Vera Flerman
Greensborough

❧ *Broad Bean Soup with Carrots* ❧

- ≈ 1 teaspoon olive oil
- ≈ 1 cup chopped onions
- ≈ 1 cup sliced carrots
- ≈ 2 cups fresh baby broad beans
- ≈ 3 cups homemade vegetable stock
- ≈ 2 cups chopped fresh spinach
- ≈ salt and pepper

Heat oil in large saucepan over medium heat. Sauté the onions for 2 minutes. Stir in the carrots and beans. Pour in the stock, bring to

the boil, reduce heat and simmer for 20 minutes or until carrots are tender. Add the spinach, salt, pepper and simmer 5 minutes longer.

❧ *Broad Beans Fuul Midammis* ❧

Egyptian broad beans

- ≈ 500g broad beans, shelled
- ≈ ¼ cup olive oil
- ≈ ½ teaspoon cumin
- ≈ ground salt and black pepper
- ≈ chilli flakes to taste
- ≈ chopped green onions

Place shelled broad beans into a large saucepan, add lightly salted water to cover, olive oil, cumin, black pepper and chilli flakes to taste.

Bring to boil, reduce heat and simmer over low heat for 2 to 3 hours until beans are soft (mixture is thick

but not soupy). You could also use a thermo cooker if you have one.

If necessary, add more water to keep beans covered.

Serve mashed or whole beans hot with a sprinkling of chopped green onions and Lebanese bread.

Liz Whiting
Montmorency

❧ Caramelised Pumpkin, Walnut & Fetta Salad ❧

- ≈ a few handfuls of spinach (can also use rocket or other soft lettuce or a mix of spinach and lettuce)
- ≈ 50g walnuts
- ≈ fetta cheese
- ≈ ¼ butternut pumpkin cut into smallish pieces (¼cm thickness x 2-3cm)
- ≈ glazed balsamic vinegar
- ≈ olive oil

Heat oven to 180°C.

Place pumpkin in single layer on tray. Drizzle with olive oil and roast for approximately 40-50 minutes until the pumpkin is slightly caramelised (darkened at edges, almost beginning to burn).

While pumpkin is cooking dry roast walnuts in heavy based pan.

Place spinach on flat salad plate.

Top with the caramelised pumpkin.

Spread the broken fetta over the top.

Top with the dry roasted walnuts.

Drizzle salad with glazed balsamic vinegar and a good quality olive oil (suggest Hildebrands).

Mary Rankin
Eltham

Chocolate Zucchini Muffins

Dry Ingredients

- ≈ 1½ cup plain flour
- ≈ ¾ cup castor sugar (use more if you use lots of cocoa)
- ≈ 1 teaspoon baking powder
- ≈ 1 teaspoon baking soda
- ≈ ½ teaspoon salt
- ≈ ¼ cup cocoa

Wet Ingredients

- ≈ 2 – 2 ¼ cup grated zucchini
- ≈ 70g melted margarine or butter
- ≈ 1 egg
- ≈ zest of ¼ lime or ⅛ lemon

Topping

- ≈ 8-10 pieces of dark (45% cocoa) chocolate cut up into small pieces.

Pre-heat oven to 180°C (not fan forced in my oven).

Combine dry ingredients in a large bowl and mix together well.

Grate the zucchini into a separate bowl. In a 3rd small bowl, melt the margarine or butter. Let it cool

slightly, then beat in the egg. Zest the lime or lemon.

Add all the wet ingredients into the dry ingredients and mix thoroughly but don't over do it.

Spoon into 10 or 12 muffin cases. Sprinkle

Pay Loveland
Montmorency

Winter

Eggshells

Rinse eggshells, and dry on a sunny windowsill, then crunch up small and place around seedlings or throw into compost heap or worm farm.

❧ *Crunch Turnip Crumble* ❧

- ≈ 1 large or 2 medium turnips
- ≈ 3 tablespoons butter
- ≈ 1 tablespoon brown sugar
- ≈ 2 medium eggs
- ≈ 1 teaspoon baking powder
- ≈ ½ teaspoon salt

- ≈ ½ teaspoon pepper
- ≈ pinch of freshly grated nutmeg

Topping:

- ≈ 8 tablespoons breadcrumbs
- ≈ 2 tablespoons melted butter

Cook and mash cubed turnip with 2 tablespoons of butter.

Add mixed dry ingredients to mashed turnip, along with well beaten eggs.

Put turnip mixture into casserole dish.

Sprinkle with topping and bake for 25 minutes in a medium oven or until light brown on top.

Keryn Johnson
Montmorency

❧ Cumquat Pickle ❧

125

Makes 4 x 300ml jars

- ≈ 1kg ripe cumquats
- ≈ 375ml wine or malt vinegar
- ≈ 600g sugar
- ≈ 20 black peppercorns
- ≈ 20 whole cloves
- ≈ 2 star anise
- ≈ 1 teaspoon ground allspice
- ≈ 1 teaspoon ground cinnamon

Wash and destalk cumquats. Cut in half and remove pips.

Combine the remaining ingredients into a medium saucepan. Bring to boil, stirring constantly until sugar dissolves. Cover and simmer over very low heat for 10 minutes.

Add cumquats to the syrup, cover and simmer for about 10 minutes until softened. The cooking time depends on how ripe the fruit was at the start. Remove the lid and simmer uncovered for about 20 minutes more until the syrup thickens and fruit is perfectly tender. Stir occasionally.

Bottle the cumquat pickle in hot sterilised jars while mixture is still hot. May be stored in fridge for 6 months.

Winter

❧ Cumquat Schnapps ❧

≈ 1.5kg cumquats (washed & skins pricked)

≈ 1kg sugar

≈ 600ml cheap vodka

≈ large glass or ceramic jar

In the large glass or ceramic jar place alternate layers of cumquats, sugar & vodka.

Fill the container making sure that the top layer of fruit is covered with vodka.

Make an aluminium foil 'plug' to fit into the neck of the jar and over the fruit. This is necessary to weigh the

fruit down & keep it submerged in the vodka.

Each morning and evening shake the jar from side to side to commence dissolving the sugar. This process should take up to 2 weeks.

once the sugar has dissolved label & date then leave aside for 3 months. Cover with a clean tea towel.

Variation

Orange schnapps. I've used small oranges from my garden & cut them

in half. orange schnapps is slightly bitter in comparison to the yummy succulent cumquat schnapps.

Vera Ferman
Greensborough

❧ Cuava Jelly ❧

Makes about 500ml

≈ 1.5kg guavas, chopped

≈ 1 litre water

Combine guavas and water in large saucepan. Bring to boil, simmer covered for 25 minutes or until fruit is soft and pulpy. Strain mixture through fine cloth. Allow liquid to drip through cloth slowly, do not squeeze cloth. When finished, discard pulp.

Measure liquid, pour into a large

≈ 440g sugar

≈ 2 teaspoons lime juice

saucepan. Add correct amount of sugar to each cup of liquid. Add juice and stir, without boiling, until sugar is dissolved.

Bring to boil, boil uncovered for 15 minutes or until jelly sets when tested. Pour hot jelly into hot sterilised jars and seal while hot.

Helen Avala
Yarrambat

❧ Frish Strawberry Jelly ❧

≈ Irish strawberries (or arbutus)

≈ sugar

≈ lemons

Cut berries. Cover with cold water and boil for 2 hours. Strain and measure the juice. To every litre allow 250g of sugar and juice of

½ lemon. Bring to the boil, stirring, then simmer slowly for 2 hours until it forms a jelly. Pour into sterile containers and store in fridge.

❧ Lettuce Salad with Bacon Dressing ❧

Serves 6

≈ 6 crisp leaves of lettuce
(iceberg preferably)

≈ 3 rashers of fatty bacon, finely
diced

≈ 2 teaspoons vinegar, malt or
cider

≈ 1 teaspoon sugar

Finely slice the lettuce and place in serving dish.

Place the bacon rind into a frying pan, and heat so the fat starts to run. Add the rest of the diced bacon and heat, stirring until the fat has run and the bacon is starting to crisp.

Add the vinegar, stir and then add the sugar, stirring until the sugar has dissolved.

Pour bacon dressing over the lettuce and serve immediately.

This is an old fashioned recipe from Silesia. Use a cold weather maturing lettuce.

Jenny Disney

Research

Mandarin & Grapefruit Cake

129

- ≈ 125g butter, softened
- ≈ 160g caster sugar
- ≈ 2 eggs
- ≈ 150g mandarin (after peeling)
- ≈ 175g grapefruit or a selection of citrus fruit (after peeling)
- ≈ 180ml coconut cream
- ≈ ¼ cup desiccated coconut
- ≈ ½ cup finely ground semolina
- ≈ 185g self-raising flour

Preheat oven to 180°C.

Grease 1 x 23cm cake tins and line with baking paper.

Peel mandarin and weigh out 150g of flesh. Place in food processor.

Peel grapefruit (or other citrus) by cutting off top & bottom, stand upright & using a small knife; follow the outside round shape of the fruit to remove the peel, taking the white pith with it. Measure out 175g of flesh and place in food processor with mandarin

Chop butter roughly and place in food processor with fruit.

Add caster sugar to food processor.

Add eggs to food processor.

Process in small bursts until the mixture is almost smooth.

Add coconut cream, semolina & flour to food processor. Process until

Citrus Syrup: (Optional)

- ≈ 330g caster sugar
- ≈ 100ml cup lemon, lime, orange or mandarin juice
- ≈ 100ml cup water
- ≈ 3 strips of rind (any citrus)

smooth.

Stir through coconut.

Pour mixture into tin & bake for 35 – 40 minutes or until a skewer comes out clean when inserted.

Set aside for about 5 minutes before turning out onto a wire rack to cool

Serve cake warm, dusted with icing sugar or drizzle with the citrus syrup – pour hot syrup over cooled cake & allow to soak in. Serve with cream.

To Make Citrus Syrup (Optional):

Combine all ingredients in a pan and stir over a low heat without boiling until sugar dissolves.

Bring to boil, reduce heat and simmer for 12 – 15 minutes until slightly thickened.

Pour over cooled cake while syrup is still hot.

Mushroom, Brussels Sprouts & Cheese Sauce

Don't like Brussels sprouts? This sauce will change that – it's one of those recipes where the ingredients blend so well that the individual flavours are lost.

6 Serves, with pasta

- ≈ 10 large brussels sprouts, outer leaves removed
- ≈ 1 large onion, finely sliced
- ≈ 1 packed cup of chopped mushrooms
- ≈ ¼ teaspoon sea salt
- ≈ ¼ cup butter
- ≈ 1 teaspoon dill, dried
- ≈ 1 teaspoon tarragon, dried
- ≈ ½ teaspoon mustard powder
- ≈ ½ teaspoon freshly ground black pepper
- ≈ 1 tablespoon arrowroot
- ≈ 1 teaspoon finely chopped horseradish (or a good horseradish sauce)
- ≈ 1 cup of grated cheese (cheddar or a strong cheese)

Cut the Brussels sprouts into quarters and steam them for 10-15 minutes.

Fry the onions, mushrooms and salt in the butter, until the onions are soft and mushrooms are wilted and reduced. Stir in the dill, tarragon, mustard and pepper.

Mix the arrowroot with a little cold

water to remove lumps and stir in.

Slowly add hot water to make a thick sauce.

Stir in the horseradish, the cooked Brussels, and the cheese. Cover, and slowly simmer for 10 minutes .

Stir and set aside while you cook your pasta.

❧ Nettle Soup ❧

131

- ≈ about 85g young nettles
- ≈ 1 onion diced
- ≈ 350g diced potato
- ≈ 1 teaspoon butter
- ≈ 1.5 litre stock
- ≈ 1 teaspoon mixed fresh sage, marjoram or basil
- ≈ 2 teaspoons milk powder or cream if you have it
- ≈ butter, to serve (optional)
- ≈ grated cheese to serve

Pick the nettles using gloves, wash well and shake off excess water. Place in a saucepan with a little water and cook till tender. Allow to cool, then chop up.

Sauté the onion and potato in butter until golden and add the stock. Simmer till cooked, add nettles and other herbs. Simmer again for 15 minutes. Allow to stand in a warm place for a while. Blend in the milk or cream and serve dotted with butter or grated cheese.

Variations

Many fruit, leaves and herbs are suitable to make jellies, using a similar recipe to the one above. In autumn you may like to make parsley, scented geranium leaf, apple, quince or feijoa jellies. In Spring try mint jelly and in Summer lilly pilly or red currant jellies.

Jo Douglas
Hurstbridge

Local food means a closer connection with my community.

Enjoyment of any meal is enhanced considerably when you can share simple stories of where the food came from. Local growers are inherently also passionate cooks and eaters, always happy to suggest new ways of enjoying their produce.

Jo Douglas, Hurstbridge



❧ Oca Saag Aloo ❧

Serves 4

Oca is a tuber, 3 to 10cm long. It can be eaten raw or steamed, baked or boiled after thoroughly washing to remove the dirt. However, try this tasty curry.

- ≈ 1 teaspoon oil
- ≈ 40g unsalted butter
- ≈ 1-2 green chillies, halved and finely sliced
- ≈ ½ teaspoon cumin seeds
- ≈ ½ teaspoon mustard seeds
- ≈ 2 medium onions, halved and finely sliced
- ≈ 2cm fresh ginger, peeled and grated
- ≈ 3 garlic cloves, halved and finely sliced
- ≈ 2 teaspoons ground coriander
- ≈ 1 teaspoon garam masala
- ≈ ½ teaspoon turmeric
- ≈ 650g oca, scrubbed and cut into chunks
- ≈ 300ml chicken or vegetable stock
- ≈ 250g spinach or other green leaved vegetable, destalked and chopped
- ≈ juice of half lemon
- ≈ salt and freshly ground pepper

Warm the oil and half the butter in a large saucepan over medium heat. once the butter stops foaming, add the chillies, mustard and cumin seeds, and cook until mustard seeds pop.

Add the onion, stir until well coated and sauté over medium heat until they start to turn golden, about 15 minutes.

Add the rest of the butter, ginger, garlic, coriander, garam masala

and turmeric and cook, stirring for another couple of minutes.

Add the oca and serve for 5 minutes.

Pour in the stock and cook, covered, until the oca is tender, about 12-15 minutes.

Stir in the greens and cook until just wilted.

Pour in the lemon juice, season if necessary and serve in bowls with a dollop of yoghurt.

❧ Olive Oil & Lemon Cake ❧

133

≈ 2 lemons

≈ 1 cup olive oil

≈ 1 cup natural yoghurt

Peel lemons and place in food processor. Blend the rind with sugar.

Add 2 eggs and blend.

Add olive oil, blend.

Add juice of 1 lemon, add yoghurt and stir through.

Add flour and stir again till mixed through.

≈ 1¾ cups caster sugar

≈ 2¼ cups self-raising flour

≈ 2 eggs

Spoon into a greased cake tin and bake at 180°C until risen and springs back when touched.

Recipe works well with lemons or oranges. You can also add poppy seeds for a different texture.

Ann & David Strutt

Cottles Bridge

Winter

Orange Poached Salmon Fillets

- ≈ 2 salmon fillets
- ≈ 2 oranges, juiced
- ≈ 1 teaspoon grated fresh ginger
- ≈ 1 large clove garlic, crushed

- ≈ 2 teaspoons red current jelly or a slurp of cumquat schnapps (see page 126) or a teaspoons of green Thai curry paste

In a microwave-proof dish mix the orange juice with the flavourings.

Place salmon, skin side up, into the mix & marinate for an hour or even overnight.

Microwave 3 minutes on high, turn over the fillets & cook for a further 2 minutes.

Alternatively, fry for 3 minutes in a hot pan and then finish off in a hot (230°C) oven for 5 minutes.

Leave for a couple of minutes while you prepare the couscous.

Serve on a bed of couscous, garnished with coriander or parsley.

Variation

Use lemon juice in place orange juice.

Vera Flerman

Greensborough

Orange, Carrot, & Ginger *Soup*

- ≈ 450g carrots
- ≈ medium onion
- ≈ 6 garlic cloves
- ≈ 5cm piece fresh ginger
- ≈ 3 teaspoons vegetable oil
- ≈ 1 large orange
- ≈ 4½ cup chicken stock
- ≈ 1 bay leaf
- ≈ salt and pepper, to taste
- ≈ 1 bunch coriander or fresh parsley
- ≈ ¼ cup sour cream or plain yogurt

Peel and thinly slice the carrots. Finely chop the onion. Peel and chop the garlic cloves. In a large saucepan, heat oil over medium heat. Add carrots, onion, garlic and ginger and cook, stirring occasionally, until onion is golden, 6 to 8 minutes. Meanwhile grate the orange to yield 2 teaspoon grated zest. Juice orange to yield ½ cup orange juice.

Add chicken stock, orange zest, and bay leaf to vegetables. Bring to a boil. Reduce heat to medium-low, cover

and cook, stirring occasionally, until carrots are tender about 20 minutes.

In a food processor or blender, puree soup in batches until smooth; return to saucepan. Stir in orange juice and season with salt and pepper to taste. Cook over medium heat, stirring occasionally, until heated through, 2 to 3 minutes. Mince coriander or parsley to yield 2 tablespoon. Garnish each soup bowl with a dollop of sour cream or yogurt and a sprinkling of coriander or parsley.

Mary Rankin
 Eltham

❧ Potato Peel Broth ❧

This recipe makes a delicious soup on its own or can have vegetables, noodles or pasta added for variety.

- ❧ Peels from 6 to 7 large healthy potatoes
- ❧ 2 carrots
- ❧ 3 litres water
- ❧ 2 or 3 sprigs parsley
- ❧ 1 celery stalk
- ❧ 2 cloves garlic
- ❧ salt and pepper

Carefully wash then thickly peel the potatoes. Peel and quarter the onion.

Wash the carrots and celery and cut them into large pieces. Put all of the above plus the parsley and garlic into a large saucepan or pressure cooker with 1.5 litres water. Simmer for

1½ hours or pressure cook for 40 minutes.

When the vegetable are very soft either:

~ drain off the liquid and correct seasoning for a clear soup or

~ remove celery and garlic and press the pulp through a sieve until only peels remain.

Check the seasonings and serve or use as stock for another dish.

This recipe makes a delicious soup on it's own or can have vegetables, noodles or pasta added for variety.

Pam Jenkins

Diamond Creek

❧ Pumpkin & Adzuki Rissoles ❧

Makes 12

- ≈ 1½ cups adzuki beans, soaked overnight and drained
- ≈ 1 onion, diced
- ≈ ½ teaspoon ginger, grated
- ≈ 1 clove garlic, crushed
- ≈ 2 cups pumpkin, peeled and steamed
- ≈ a pinch of arame (kelp), soaked until soft then drained
- ≈ 2 teaspoons chives, finely chopped
- ≈ ½ cup coriander, finely chopped
- ≈ 1 teaspoon tamari (soy sauce)
- ≈ ½ teaspoon sesame oil
- ≈ 1 cup brown rice flour

Put the beans in a bowl and mash with a fork. Then add the other ingredients and mix well.

Make into patties then dust with rice flour. Cook on the barbeque for about one minute on each side. Serve with yoghurt.

Pumpkin & Silverbeet Dahl

- ≈ 1 large onion (red or brown or 4 shallots/spring onions
- ≈ 3 cloves garlic
- ≈ 1 teaspoon grated ginger root
- ≈ 1 teaspoon black mustard seeds
- ≈ 1 bay leaf
- ≈ 1 teaspoon oil
- ≈ 2 generous teaspoons curry paste or favourite mix
- ≈ 500ml vegetable stock
- ≈ 1½ cup chopped pumpkin (or carrots)
- ≈ 1 small tin light coconut milk
- ≈ 2 cups chopped silverbeet
- ≈ 1 cup red lentils

Sauté onions, ginger, garlic, mustard seeds and bay leaves in oil.

Add curry paste/mix and lentils and dry fry for a few minutes...stir constantly.

Add liquid stock and pumpkin/carrot

Add coconut milk (or not if you don't like it!)

Cook 20 minutes in heavy bottomed pan. Stir often to prevent sticking.

You might need to add a bit more liquid.

Add silverbeet and stir for 2 minutes before removing from heat.

Serve with rice or cous cous or in a wrap with some fresh greens.

Rachel Bishop
Greensborough

*For me growing, preparing and sharing food alongside others in community spaces and places is THE great leveler.
I have seen these activities bring people from all walks of life together and create joy -after all everybody eats!*

Rachel Bishop, Greensborough



❧ Preserved Olives ❧

139

Place olives in enough water to totally submerge them. Change the water every day for fifteen days.

Make a brine, salty enough to cause a fresh egg to just float!

Top up the brine with 25% wine vinegar by volume.

Add the drained olives to this liquid.

Add some oil to create a thin film on top. Leave the olives in this mixture for at least 3 months. You

can add chillies, garlic and lemon at this stage.

When olives taste soft they are ready.

To keep longer, I have taken olives out of the brine and placed small quantities in zip lock bags and placed in the freezer.

When I want to use them I take them out and let thaw. Put olives in a container with 50:50 oil and vinegar. Add herbs of your choice.

Robyn Currie

Eltham North

Winter

❧ Quinoa & Red Lentil Soup ❧

Light and easily digested, yet satisfying and nutritious, this easy low fat, slow cooked soup recipe is the perfect meal in a bowl.

Serves 8

- ❧ ½ cup quinoa
- ❧ ¾ cup uncooked small red lentils (masoor dal)
- ❧ optional: 1 tablespoon olive oil
- ❧ 2 large carrots
- ❧ 2 stalks celery
- ❧ 1 small head cauliflower or 2 medium potatoes or 1 medium zucchini or 1 small butternut squash
- ❧ 1 bay leaf
- ❧ 4cm piece cinnamon stick
- ❧ 2 thin slices fresh ginger
- ❧ 6 cups water or unsalted soup stock
- ❧ ½ teaspoon ground cumin
- ❧ ½ teaspoon ground fennel seed
- ❧ ½ teaspoon turmeric
- ❧ ½ teaspoon paprika
- ❧ ½ teaspoon ground coriander
- ❧ ½ teaspoon dried thyme leaf or 1 sprig fresh
- ❧ 1 teaspoon dried basil or 1 tablespoon minced fresh
- ❧ ¼ teaspoon dried rosemary leaves or 1 sprig fresh
- ❧ ½ teaspoon salt or to taste and fresh ground black pepper
- ❧ 4 tablespoons minced fresh herbs: parsley or basil
- ❧ 2 cups chopped fresh greens: kale, silverbeet or spinach
- ❧ more heat: add ½-1 teaspoon green curry paste or ¼ teaspoon cayenne powder

Slow cooker instructions

.(This recipe could be adapted to cooking in a thermopot also). Wash quinoa well and rinse red lentils in a bowl or pan, then drain into a colander.

Peel the carrots, slice lengthwise and then slice in thin pieces.

Wash and trim the celery stalks, then slice crosswise in thin pieces.

Break or cut the cauliflower into large chunks - these will break up into smaller pieces as they cook.

Combine olive oil, quinoa, lentils, herbs & spices, fresh ginger and jalapeno into the slow cooker.

Add the vegetables, except for the optional greens, and cover with the 6 cups water

Cover and cook on low for 6 hours or more if needed.

20 minutes before serving, turn the heat up to high and stir in optional greens.

Just before serving, add the minced fresh parsley, basil or cilantro, salt & pepper, and serve, removing the ginger slices, bay leaves, cinnamon stick, as you come across them.

Stovetop directions

Heat oil in large sauce pan on medium.

In a separate pan, bring to a boil: water or stock, quinoa, lentils, bay leaf, cinnamon stick, ginger slices, jalapeno

Sauté the veggies except for greens 10 minutes. Add cumin, coriander, turmeric, fennel and paprika and stir until heated and veggies are coated. Stir in the quinoa and lentils, bring to a boil, cover and simmer for 15 minutes. Add the optional greens.

Cover and cook 5 more minutes or until greens are wilted.

Stir in the fresh parsley, basil or cilantro, salt & pepper, and serve.

Robyn Currie
Eltham North

❧ Root Vegetable Cake ❧

Serves 4

- ≈ 2 parsnips peeled and roughly chopped
- ≈ 2 carrots peeled and chopped
- ≈ 1 potato
- ≈ similar amount of pumpkin, as per above
- ≈ 4 rasher of bacon (obviously this is optional if you are a vegetarian)
- ≈ 3 tablespoons of butter (or oil)
- ≈ 2 French shallots, finely chopped
- ≈ 1 teaspoon garam masala
- ≈ pinch of cayenne pepper (to taste – if you have kids you can put it on the top just for the grown ups)
- ≈ 1 tablespoon wholegrain mustard
- ≈ ½ tablespoons honey
- ≈ 3 tablespoons cream
- ≈ salad leaves (summer) or steamed vegetables (winter)

Bring a saucepan of water to the boil, and boil the root vegetables for 15 minutes until tender. Drain them well.

Melt butter into the frying pan and cook the bacon and then the shallots

Add the garam marsala and cayenne pepper.

Mash all of the ingredients in the pan

Melt 1 tablespoon of butter, and then flatten all of the ingredients into the saucepan

Cook for about 5 minutes on moderate heat, until you can see the sides of the cake change

colour

Place a plate on top and flip the cake over

Put some more butter in the saucepan and gently slide the cake into the saucepan

Cook the other side for a similar amount of time

To make the dressing

Add the mustard, honey and cream to the empty saucepan and heat to melt the butter

Pour into a serving dish

Plate up with steamed vegetables or salad greens, and drizzle the mustard sauce over the top.

Yummy.

Frill In The Hills

Sydney Blog

❧ Snow Pea Salad ❧

- ≈ allow 4 to 5 snow peas per person
- ≈ 2 tablespoons sesame seeds
- ≈ 2 teaspoons sesame oil

Top and tail snow peas if necessary. Place in a bowl and pour over boiling water to cover. Leave for 1 minute, pour off hot water and plunge into a bowl of iced water. Dry on a tea towel and place in plastic bag, place in fridge until needed. In a frypan dry toast the sesame seeds, stir

frequently with a wooden spoon till golden, remove immediately and place in to small bowl till needed. Into clean frypan, add sesame oil, warm through, then add snow peas, tossing till warmed through. Then add sesame seeds and serve in a white bowl (looks really good)

Dee Fielding

The Pickle Lady, Eltham

❧ Sauerkraut Soup ❧

Serves 4

- ≈ 1 litre homemade chicken stock
- ≈ 1 teaspoon oil
- ≈ 1 brown onion diced
- ≈ 1 medium carrot, diced
- ≈ 2 short rasher bacon, diced

Heat oil & fry onion until translucent. Add the carrot and bacon, fry for 30 seconds. Add the chicken stock & bring to boil. Add the sauerkraut & rice, bring back to the boil.

(optional)

- ≈ 2 teaspoons short grain rice
- ≈ 2 cups homemade sauerkraut (see page 92)
- ≈ white pepper (to taste)
- ≈ garnish with chopped parsley

Stir regularly to prevent the rice from sticking to the bottom of the saucepan. Turn down to a low heat & simmer gently until rice is cooked. Add pepper to taste & garnish with chopped parsley.

Vera Herman

Greensborough

Spinach in Cream Sauce with Cheese Gratin

- ≈ 450g spinach or silverbeet
- ≈ 200g cream
- ≈ 100g cheese grated (cheddar or edamer)
- ≈ 4 cloves of garlic
- ≈ salt
- ≈ pepper

Steam spinach until it is cooked.

Chop spinach finely. Arrange garlic cloves in a casserole dish. Spread chopped spinach over it. Season with salt and pepper.

Pour cream over spinach so it is covered nicely

Cover with cheese.

Cover casserole dish with aluminium foil.

Put in oven at 200°C for approximately 15 minutes.

Uncover the last 15 minutes.

Eat as topping on bread, e.g. Ciabatta.

Doris Clier
Greensborough

Tamarillo & Pear *Muffins*

Makes 30 medium sized muffins

- ≈ 1½ cups of sugar
- ≈ 6 cups of self-raising flour
- ≈ 6 teaspoons baking powder
- ≈ 4 teaspoons of mixed spice or cinnamon
- ≈ 3 eggs
- ≈ 1½ cups of milk
- ≈ 300g butter
- ≈ ¼ cup pure olive oil or cooking oil
- ≈ 9 tamarillos
- ≈ 2 pears

Preheat oven to 200°C

If using paper patty pan cases, place them into the muffin tins – about 30 medium.

Peel the tamarillos by placing a small cross in the base of them. Place in the medium bowl and pour boiling water over them. Put aside in a safe place for 5 minutes before peeling the skins off.

Place the flour, sugar, baking powder and cinnamon or mixed spice into the large mixing bowl and mix.

Peel the pears and place in the mixing bowl

Chop the peeled tamarillos and place in the mixing bowl and mix. Melt the butter in a saucepan. Place the eggs into the jug and whisk. Add milk, oil and melted butter to eggs and whisk. Add wet ingredients to dry ingredients and GENTLY mix together until just mixed. DON'T OVER MIX!

Spoon mixture into patty pans (if using) or muffin tins until almost full.

Bake for 18 – 24 minutes or until a skewer comes out clean.

Adapted By Keryn Johnson
 Montmorency

❧ Tamarillo Jam ❧

Makes about 8 small to medium jars.

≈ 1.5kg of tamarillos

≈ 1.5kg white sugar

Remove skins of tamarillos (bitter) by cutting a small cross at the base and pouring boiling water over them. Leave for a few minutes, drain off hot water and fill with cold water.

Slice into even pieces and cook with the lemon juice until soft, about 10 minutes.

Add the can of crushed pineapple and the sugar.

≈ juice of 2 lemons

≈ 1 x 440g tin crushed pineapple

Boil for 15 to 20 minutes and test for set on a clean cold saucer.

Cool for 20 minutes, then bottle in warm clean jars.

Cover with plastic wrap and when cold, pour on paraffin wax, put on clean plastic wrap and lid.

Keeps for 12 months.

Dee Fielding

The Pickle Lady, Eltham

❧ Tamarillos ❧

Tamarillos will give your taste buds a unique burst of flavour and freshness. Lots of people just cut the fruit in half and scoop out the flesh, but please don't eat the skin.

For first timers, try sprinkling a small amount of sugar on the fruit before eating.

❧ Taro Curry ❧

See cautionary note on page 31

- ≈ 5-6 taro roots
- ≈ 4 tomatoes, cut into quarters
- ≈ 1 capsicum, cut in pieces
- ≈ 1 onion, chopped
- ≈ 2 teaspoons curry powder, mild or hot depending on preferences
- ≈ 1 cup coconut milk or cream
- ≈ ½ cup plain yogurt
- ≈ 1 bunch coriander, chopped

Peel and cut taro into 3cm cubes, steam until fully cooked but not too soft.

Heat coconut milk in a saucepan over slow heat, stir in chopped onion and curry powder until fragrant. Add steamed pieces of taro, tomato and capsicum until well coated. If too

thick, add a little more water.

Add salt to taste. Simmer until tomato and capsicum are cooked through.

Cover, turn off heat and leave for 30-60 minutes. Before serving, add yogurt and chopped coriander.

Serve over basmati or jasmine rice.

Duang Tengtrirat

Research

Winter

❧ Taro ❧

See cautionary note on page 31

Never eat raw as calcium oxalate on all parts causes intense irritation on inside of mouth and tongue. Soak overnight in water, discard soaking water.

The corms can be roasted, baked, fried, steamed or boiled, used in stews and soups, and the natural sugars give a sweet nutty flavour. The leaves are a good source of vitamins A and C and contain more protein than the corms.

❧ Tomato & Lentil Soup ❧

- ≈ 1 large onion – diced
- ≈ 2 cloves of garlic – chopped finely
- ≈ 1 tablespoon olive oil
- ≈ 75 g split red lentils
- ≈ 3 cups water
- ≈ 2 tablespoons stock powder
- ≈ 2 large carrots – grated
- ≈ 1 bottle of tomatoes (400g)
- ≈ 2 bay leaves
- ≈ salt and black pepper
- ≈ 1 teaspoons chopped fresh herbs (parsley, thyme, basil, oregano)

Gently fry onion and garlic in oil until soft.

Add water, stock powder and lentils. Bring to the boil, then simmer until the lentils start to soften. (Add more water if necessary).

Add carrots, tomatoes, bay leaves, salt and pepper.

Cover and simmer for at least 30 minutes.

Remove bay leaves and add fresh herbs.

Sue Paull

Greensborough

❧ Tuna & Veggie Bake ❧

149

≈ 1 large tin of tuna

≈ potato

≈ sweet potato

≈ pumpkin

≈ 1 head broccoli

≈ beans

≈ parmesan

≈ paprika

Sauce:

≈ 1 cup milk

≈ 1 onion

≈ 1 cup water

≈ butter, black pepper

Steam all veggies. Fry onion in butter in a saucepan. Add milk, water and black pepper. Heat slowly until hot, then thicken with cornflour. Spread vegetables in a baking dish. Top with

tuna. Pour sauce over everything. Sprinkle with grated parmesan and some paprika. Cook for 15 minutes in medium oven until cheese is slightly browned on top.

Michele Burton

Eltham

Winter

❧ Tuscan Kale Chips ❧

Makes 24

The tall, crisped "chips" look striking when bunched in a tumbler, and they're terrific with cocktails.

≈ **12 large Tuscan kale leaves, rinsed, dried, cut lengthwise in half, centre ribs and stems removed**

≈ **1 tablespoon olive oil**

Preheat oven to 250°C. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets.

Bake until crisp, about 30 minutes

for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool. Alternatively, if you have a dehydrator, you could spread on trays and dry slowly, maybe take about 4 hours.

Jo Douglas
Hurstbridge

❧ Compost Bin ❧

Line your kitchen scraps bin with some newspaper. This will help absorb some of the liquids and also add a bit of carbon to your compost.

Witlof & Lilly Pilly Salad

151

Lilly pilly berries have a similar taste to juniper berries, which are traditionally paired with game, but they also have an acidic taste, which cuts through the richness of game sauces. This salad is a perfect compliment to any game dish.

Serves: 8

- ≈ 5 witlof leaves
- ≈ 60g castor sugar
- ≈ 60g frozen lilly pilly berries,
- defrosted
- ≈ 60ml walnut oil
- ≈ 1 teaspoon red wine vinegar

For lilly pilly dressing, combine sugar and 100ml water in a saucepan and bring to the boil, stirring occasionally to dissolve sugar (1-2 minutes). Add lilly pilly berries, remove from heat and set aside until berries are plump (5-10 minutes), then drain. Whisk oil and vinegar to combine, season to taste, then add lilly pilliy mixture. Place witlof leaves in a large bowl, add dressing just before serving, toss to combine and serve.

Winter

Storing fruit without using plastic

Apples - Store on a cool counter or shelf for up to two weeks. For longer storage in a cardboard box in the fridge.

Citrus - Store in a cool place, with good airflow, never in an air-tight container.

Apricots - On a cool counter to room temperature or fridge if fully ripe.

Cherries - Store in an airtight container. Don't wash cherries until ready to eat, any added moisture encourages mould.

Berries - Don't forget, they're fragile. When storing be careful not to stack too many high, a single layer if possible. A paper bag works well, wash only before you plan to eat them.

Dates - Dryer dates (like Deglet Noor) are fine stored out on the counter in a bowl or the paper bag they were bought in. Moist dates (like Medjool) need a bit of refrigeration if they're going to be stored over a week, either in cloth or a paper bag as long as it's porous to keeping the moisture away from the skin of the dates.

Figs - Don't like humidity, so, no closed containers. A paper bag works to absorb excess moisture, but a plate works best in the fridge up to a week unstacked.

Melons - Uncut in a cool dry place, out of the sun up to a couple weeks. Cut melons should be in the fridge, an open container is fine.

Nectarines - Similar to apricots, store in the fridge is okay if ripe, but best taken out a day or two before you plan on eating them so they soften to room temperature.

Peaches - And most stone fruit, refrigerate only when fully ripe. More firm fruit will ripen on the counter.

Pears - Will keep for a few weeks on a cool counter, but fine in a paper bag. To hasten the ripening put an apple in with them.

Persimmon - Fuyu (shorter/pumpkin shaped): store at room temperature. Hachiya (longer/pointed end): room temperature until completely mushy. The astringentness of them only subsides when they are completely ripe. To hasten the ripening process place in a paper bag with a few apples for a week, check now and then, but don't stack they get very fragile when really ripe.

Pomegranates - Keep up to a month stored on a cool counter.

Strawberries - Don't like to be wet. Do best in a paper bag in the fridge for up to a week. Check the bag for moisture every other day.

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