



# Southland Community Nursery

## A Collection of Recipes

**FOOD**

PEOPLE

**CONNECTING**

**FUN**

**COMMUNITY**

LAUGHTER

*GROWING*

WELLNESS



Produced December 2019  
A huge thank you to all those that contributed recipes



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## Kai time, smoko, time for a cuppa

Whatever you call it, sitting down for a cuppa and something to eat always brings people together. At the Southland Community nursery the morning teas are legendry, and that got people asking each other to share their recipes.

We are also often presented with an overabundance of produce at certain times of the year. The community aspect of the Southland Community Nursery means there is not only the sharing of recipes, but the sharing of excess produce with others. It is always nice to try something different.

So the idea of collating a recipe book was born. This book is the result. This book includes our favourites, covers events held at the nursery that are food related and looks at how the bounty at harvest time can be used in different ways when you hear cries like “I have so much rhubarb”... Enjoy.



Enjoy reading our food story and try out the recipes – yum!  
Southland Community Nursery volunteers

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# What to do with Beetroot



## **Beetroot Pickle (Bronwyn)**

1 kg beetroot, 500 g onions, 1 cup vinegar, 3 teaspoons salt, 1 cup sugar

1 teaspoon mixed spice, a pinch of cayenne

Peel and whiz beetroot and onions. Put everything in a pot and cook. Thicken if needed with 1 tablespoon cornflour and 1 tablespoon vinegar.

## **Beetroot Cake (Dawn)**

4 eggs                      1 cup brown sugar                      1 cup oil

2x - 425g cans of "No Salt added" Beetroot (or equivalent fresh beetroot) drained & diced finely – Reserve 3 slices for icing.

2 cups Wholemeal flour                      1tsp Mixed spice

½ tsp Ground ginger                      1 tsp cinnamon

¾ cup raisins                      ½ cup chopped walnuts

2 tsp Baking Powder                      1 tsp Baking Soda dissolved in boiling water

Heat oven to 180°

Line & grease a 20cm ring cake. Beat eggs and sugar until thick & creamy.

Gradually blend in oil, continuing to beat. Fold in finely diced beetroot & remaining ingredients.

Bake 50 min - 1 hour.

## **Cream Cheese Icing**

125g Cream Cheese

60g butter

3 slices beetroot

1½ cups icing sugar

Place cream cheese & butter in processer and blend until smooth. Add beetroot and blend well.

Gradually add icing sugar, beating well.

Spread on cooled cake



## **Bottled beetroot or Jellied Beetroot (Bronwyn)**

Cook beetroot. Peel and slice. Put in hot jars. Cover with 2 parts water, 1 part vinegar, salt & pepper, sugar. Seal. If you want jellied mix 3 teaspoons gelatine, ½ cup vinegar, ¼ cup sugar, 1 cup hot water and pour over cooked beetroot. Leave to set.



## **Beetroot, Spinach and Feta Salad (Bronwyn)**

Arrange fresh clean spinach leaves on a plate. Add roasted beetroot chunks, crumbled feta and roasted almonds (optional). Add dressing.

## **Beetroot Dip**

### **Roast Beetroot Dip**

*Dalysford March 2017*

5 Medium Beetroot

100gm Roasted Cashews

300ml light sour cream or plain yoghurt

20 gm parmesan cheese

2 cloves of garlic

30ml lemon juice

2 tablespoon extra virgin olive oil

Sea salt

Black cracked pepper

½ teaspoon of ground cumin

½ teaspoon of ground coriander

½ teaspoon of paprika

½ teaspoon of cinnamon

Preheat oven to 200°

Trim and gently scrub the beets and then individually wrap in foil

Roast in the oven turning occasionally for 1 hour

Remove from oven open foil and leave for ten minutes

Wearing rubber gloves gently peel and discard skin

In a processer, finely chop the cashews, add beets and process until chopped

Add the remaining ingredients and process until mixed thoroughly



# What to do with Zucchini

## Chris's Zucchini Chocolate Cake

**ZUCCHINI CHOCOLATE CAKE**

Ingredients: 125g butter  
 1 cup brown sugar  
 1/2 cup white sugar  
 3 large eggs  
 1 tsp vanilla  
 1/2 cup yoghurt  
 2 1/2 cups plain flour  
 3 cups (350g) grated zucchini  
 1/4 cup cocoa  
 2 tsp baking soda  
 1/2 tsp salt  
 2 tsp cinnamon or mixed spice  
 1/2 cup chocolate chips

Preparation:  
 Heat oven to 170°C  
 Line bottom & sides of 25cm square pan - baking paper

Method: Beat softened butter with sugars till light & creamy  
 Mix in eggs, vanilla, yoghurt & 1/2 cup flour then mix in zucchini. Sift remaining flour & next 4 ingredients  
 Stir gently & pour into pan  
 Sprinkle with choc chips  
 Put in oven!

Notes On Service: Bake for 45 mins or until centre feels firm & a skewer comes out clean.  
 Cool on rack  
 Refrigerate or freeze wrapped pieces

Chips & Sour Cream Filling  
 150g dark chocolate  
 150ml Sour Cream  
 Melt choc  
 add S-Cream

## Zucchini Salad

Add together: Zucchini chopped (raw), dried apricots, figs, sun dried tomatoes, raisins or cranberries.

Dress with: 1 red onion chopped, 2 tablespoons mayo, herbs

**Zucchini Pickle.**

500 grams zucchini  
 2-3 lg. onions.  
 1 T. salt.  
 1 red pepper.  
 2 C. water.  
 1 C. sugar.

1/2 C. mustard seed.  
 1/2 C. celery seed.  
 1/2 C. turmeric.  
 1/2-1 T. cornflour.  
 1 C. white vinegar.

1. Chop onions, zucchini and peppers, sprinkle with salt, mix well.
2. Add water, stir again, pour off liquid.
3. Add sugar, seeds, turmeric, vinegar into pan and cook 15-20 mins.
4. Mash with masher.
5. Thicken with cornflour mixture - boil another 5 mins.
6. Bottle and seal.

## Zucchini Slice

Mix together: 5 eggs lightly beaten, 1/3 cup olive oil, 3 grated zucchinis, 1 cup tasty cheese grated, 3 rinds of bacon cut up, 1 onion chopped, 1 cup SR flour  
 Cook for about 30 mins at 180°C

## Zucchini Crusted Pizza

A different pizza bottom to use up all those zucchini.

3 1/2 cups grated zucchini 3 eggs beaten 1/3 cup flour 1 cup cheese

1/2 teaspoon dried herbs salt and pepper

1. Salt the grated zucchini lightly and let it sit for 15 minutes. Squeeze out excess moisture
2. Combine all the crust ingredients and spread into an oiled baking pan
3. Bake for 20-25 minutes until the surface is dry and firm
4. Brush the top with oil and grill for 5 minutes
5. Pile on favourite pizza toppings and cook.

## Sweet Zucchini Loaves

- 1 cup soft brown sugar
- 1 cup vegetable oil
- 3 eggs - beaten
- 3 tsp vanilla essence
- 2 1/2 cups grated zucchini
- 3 cups flour
- 1 tsp salt
- 1 tsp baking soda
- 1/4 tsp baking powder
- 3 tsp cinnamon
- Beat sugar & oil until creamy
- Add beaten eggs, vanilla & zucchini
- Sieve dry ingredients, stirring lightly.
- Add 1/2 c. chopped walnuts - optional
- Bake in 2 x loaf pans @ 170° x 1 hr.

## What to do with other Greens

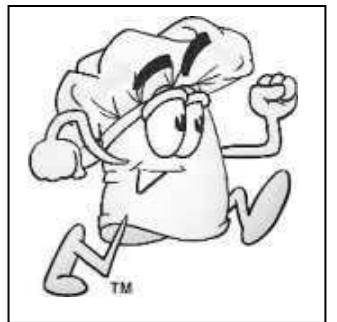
- Kale, Herbs, Cabbage, Cauli,  
Cucumber, Silverbeet and Spinach ...

### Chinese Salad (Dawn)

1/2 Green Cabbage  
2-3 Spring onions  
200g Ready to Eat Crispy Noodles  
1pkt slivered almonds - roasted lightly in oven. (Optional)  
Chop & mix together

### Warm in a pot

1/4 cup white vinegar  
1/4 cup caster sugar  
2 Tblsp soy sauce  
1/2 cup Olive Oil - (make sure this is warm when you mix through the salad)  
Place in Fridge for at least 1 hour before serving.



Dawn Patterson

### Parmesan Cauliflower (Edith)

Ingredients:

1 cauliflower  
3 eggs  
1 cup of breadcrumbs  
1/2 cup of Parmesan, grated into very small pieces.  
Salt and pepper  
Couple of dashes of paprika  
1/2 teaspoon onion, garlic powder optional



1. Cut up the cauliflower into small florets. Finger food size.
  2. In the first bowl, mix the eggs and salt and pepper.
  3. In the second bowl, mix the breadcrumbs and parmesan. Crunch up both of them, so they will coat the cauliflower better. The better you crunch, the better the coating. Add the other spices.
  4. Put the pieces of cauliflower first in the egg dip, then in the breadcrumb mix. It works best if you use one hand to put the mix into the egg dip and then use that hand to drop it into the breadcrumb mix. Use the other hand to mix the breadcrumbs around the floret to get it coated.
  5. Place on a greased pan.
  6. Cook for about 20 minutes at 180.
- I have run out of parmesan in the past and just used added cheddar to the mix and that was fine.

### **Green Fritters (Maggie)**

Whisk together: 2 eggs and ¼ cup milk

Add: ½ cup flour, 1 teaspoon Baking Powder to make a smooth batter

Mix in: 200g greens (e.g. spinach, kale, silverbeet - finely chopped) plus some fresh herbs (e.g. parsley, mint), 50g onion or spring onion – chopped, 1 clove garlic, 100g grated cheese or feta, salt and pepper to taste. Fry your fritters

### **Cucumber Relish (Bronwyn)**

Chop up and mix altogether in a pot: 2 cucumbers, 2-3 onions, 1 tin crushed pineapple, 220g sugar, 1 tablespoon curry powder, 300 ml white vinegar, 1 tablespoon salt.

Boil for ½ hour. Thicken with cornflour and put in jars.



### **Silverbeet Stalk Pickles**

Cut up small: 4 cups silver beet stalks, 5 stalks celery, 7 onions.

Sprinkle with salt and stand 2 hours. Drain well.

Cover with 1.2 Litres of spiced vinegar, 1 tablespoon mustard seeds, 1 tablespoon celery seeds. Boil til tender.

### **Curried Cabbage Pickle (Bronwyn)**

1 large cabbage    4 onions    50g salt    1 litre vinegar    ½ cup flour

2 cups sugar    1 tablespoon curry    1 tablespoon mustard

1 tablespoon turmeric    ½ litre extra vinegar

Shred cabbage and onions. Put in bowl. Sprinkle salt and leave 24 hours.

Drain. Tip into pot. Add 1 litre vinegar. Boil 20 mins.

Mix flour, sugar, curry, mustard and turmeric. Stir in ½ litre vinegar and mix until smooth. Add to boiling cabbage stirring til thick. Boil 5 mins. Jar.

### **Bronwyn's Mint Jelly**

#### Mint Jelly

Boil: 1 c water, 1 c vinegar and 1 dessertspoon sugar

Stir in: 1 T gelatine  
when cool add 2 c chopped mint.

### **Linda's Herb Butter**

Herb Butter

Red spring onion  
Italian parsley  
Rosemary  
Rocket  
Nasturium leaves  
Purha  
Chickweed  
Capers  
Lemon juice  
Cooks scurvy grass  
thyme  
oreganum  
Celery leaves  
Italian flat leaf parsley

Delicious  
(Used on fish,  
steak, bread,  
chicken or  
crackers.

Select fresh herbs  
Soften butter  
Chop herbs finely  
Chop capers coarsely

Blend with lemon juice  
& salt & pepper to taste.



# What to do with Nuts

## Hazelnuts biscuits - makes 20 (Eleanor)

100 g hazelnuts, plus extra for decoration  
200 g butter  
1/2 cup castor sugar  
200 g plain flour



- Preheat oven to 180 degrees or 160 degrees fan bake
- Grind nuts until roughly chopped by hand or in food processor
- Cream butter and sugar
- Add nuts and flour, combine well
- Shape mixture into small balls and place on prepared baking tray
- Decorate with reserved chopped nuts
- Bake for 15 - 20 mins

Leave on tray to cool, then store - keeps 4 - 5 days.

Note: I get my hazelnuts from John Scandrett's place - they are shelled and ready to go. Really good value.

## Aunty Glad's Nut Biscuits

Aunty Glad's Nut Biscuits (Bronwyn)  
225g butter      225g sugar      350g flour  
2 t B.P.      2t vinegar      2t vanilla  
chopped walnuts  
Cream butter and sugar. Add rest. mix. Cook.

## Walnut and Banana Loaf

Wet ingredients: 2 eggs beaten, 1 cup mashed banana, 1/4 cup milk, 75g melted butter

Add dry ingredients: 1 3/4 cups SR Wholemeal flour, 1/4 teaspoon baking soda, 1/4 teaspoon salt, 1/2 cup walnuts, 1/2 cup sugar

Pour into lined loaf tin. Sprinkle on top 1/2 cup walnuts. 180°C 45-55 minutes.

## Michelle's Tamari Almonds - Yum!

### Tamari Almonds (Michelle)

2 cups almonds (raw) 1/8 cup tamari or soy sauce  
drizzle of sesame oil

Bake almonds at 150°C for 10 minutes, then turn.  
Bake a further 5 minutes, until golden brown (may need more time) on the inside

Put in a bowl and stir in soy sauce. when absorbed add oil to taste.

## Bronwyn's Wholemeal Nutty Slice

### Wholemeal Nutty Slice

1 c bran	1 tsp BP
1 c rolled oats	1/2 c br sugar
1 c wholemeal flour	1 c milk
1/2 c coconut	1/2 c choc chips
1/2 c raisins	1/2 c chopped walnuts

Mix tog bran, oats, flour, BP, br sugar + coconut. Stir in chips, raisins, walnuts.  
Mix in milk. Sponge roll tin.  
Bake 150°C 15 mins  
Ice with lemon icing.

## Cuppa Square (Bronwyn)

### 'Cuppa' Square

1 c bran	1 c SR wholemeal flour
1 c rolled oats	1/2 c raw sugar
1 c chopped walnuts	1 c non fat milk
1 c "dried apricots	

Mix all together. Press into sponge roll tin (greased). Bake 150°C 25-30min.

### **Date and Walnut Loaf**

Soak: 1 cupped chopped dates in ½ cup boiling water for ½ hour

Mix together: 1 ½ cups wholemeal self-rising flour, 1 teaspoon mix spice, 1 teaspoon cinnamon

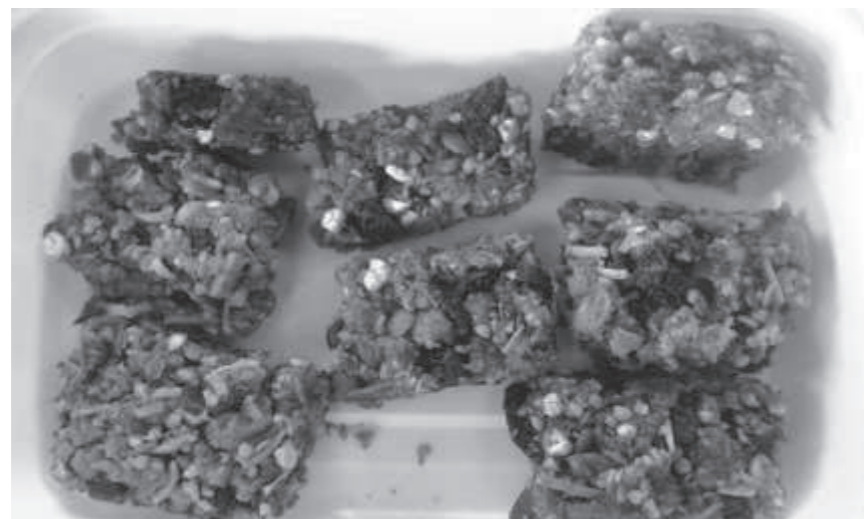
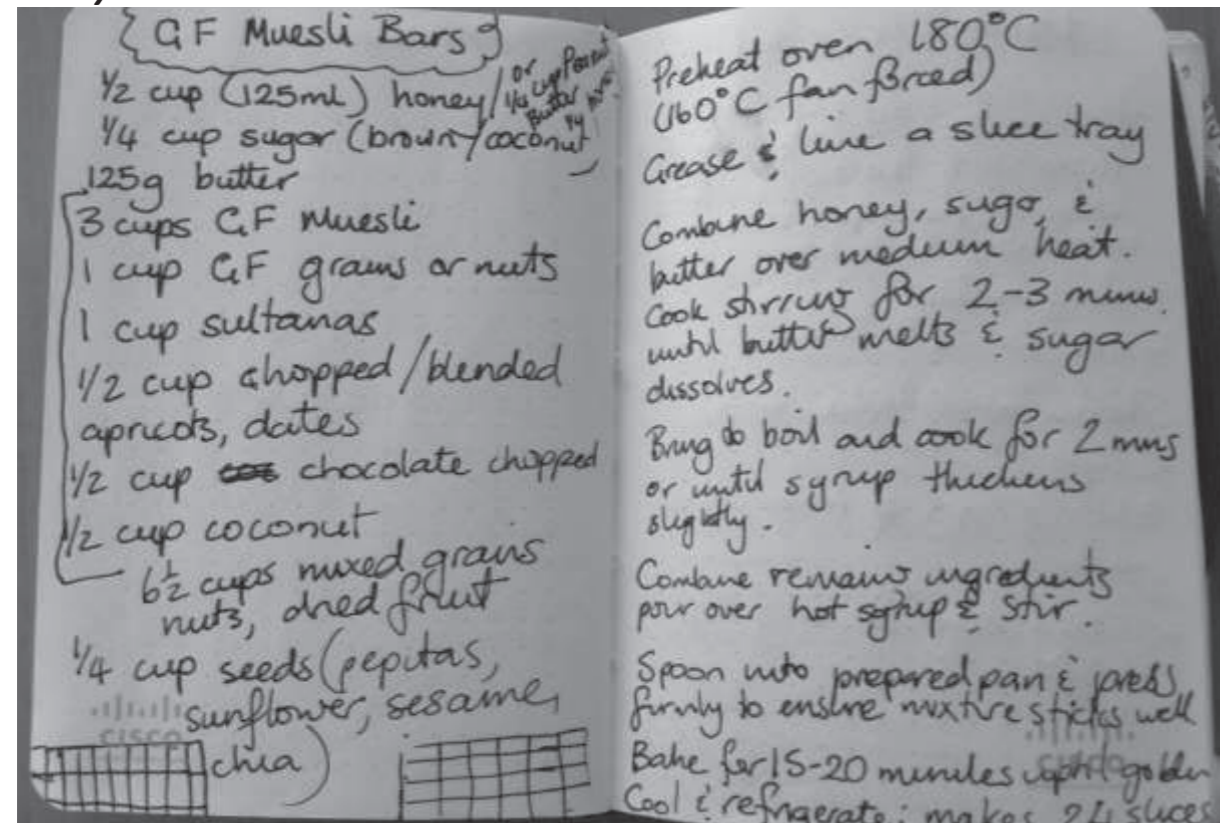
Rub in: 2 tablespoons oil

Add: 1 tablespoon sugar, ½ cup chopped walnuts, dates and water (as above)

Stir in: 1 beaten egg, 1 cup milk

Cook 190°C 20 mins and 180°C further 25 minutes.

### **Lesley's Gluten Free Muesli Bars**



## What to do with Carrots



### **Carrot Cake (Bronwyn)**

Mix together: 2 cups grated carrot, 2 eggs, 1 cup brown sugar, ½ cup oil, 1 teaspoon vanilla essence

Add: ¾ cup white flour, ½ cup wholemeal flour, 2 teaspoons cinnamon

2 teaspoons mixed spice, 1 teaspoon baking soda, ½ teaspoon salt

Cook at 180°C for 45-60 mins. Ice with cream cheese icing: 90g cream cheese, ½ teaspoon vanilla essence, 1 cup icing sugar, milk to mix

### **Aloha Carrot Cake**

Mix together: 1 cup sugar, ½ cup oil, 2 eggs, 1 teaspoon Baking Powder, 1 teaspoon Baking Soda, 1 teaspoon cinnamon, 1 teaspoon salt, ¼ teaspoon mace. Add: 1 ½ cups of flour (sometimes need a little more)

Gently mix in: 3 medium carrots (grated), 1x 440 g tin crushed pineapple (and juice)

Grease and line tin. Bake at 180°C for 30-35 minutes.

Ice with cream cheese icing: 2 tablespoons butter (softened), 2-3 tablespoons lemon juice, 1 ½ cups icing sugar, 1 ¼ teaspoon mace, cream cheese.

### **Carrot Salad (Bronwyn's mum)**

2 ½ cups cooked diced carrots, 1 diced onion, Celery, parsley, pepper

Sauce: ½ cup sugar, ½ teaspoon mustard powder, salt and pepper, ½ teaspoon Worcester sauce, ¼ cup oil, 1/3 cup vinegar, small tin of tomato soup concentrate. Mix together and pour over. Best to leave overnight.

### **Carrot and Sultana Squares**

1 cup SR flour      ½ cup plain flour      2 cups grated carrot      ½ cup sultanas  
2/3 cup honey      ½ cup oil      3 eggs      finely grated zest of 1 orange  
Sift the flours and stir in the carrot and sultanas. Mix together honey, oil, eggs and zest. Make a well in centre of dry ingredients and add the wet, folding in gently. Line tin and bake at 180°C 25-30 minutes.

### **Carrot and Sultana Loaf**

Mix dry ingredients: 2 cups SR flour, ¾ cup sugar, 1 teaspoon cinnamon

Add: 2 cups grated carrot, ½ cup sultanas

Mix wet ingredients together and fold in gently to dry: 3 eggs, ½ cup oil, 1 cup crushed pineapple. 180°C about 1 hour.

# What to do with Apples & Pears

## Apple Crumble

Cook fruit. Topping: equal amounts of flour, sugar and butter – whiz together and put on top. Bake and serve with cream or icecream.



## Apple Muffins (Bronwyn)

1 ½ cups hot stewed apples

Add: 100g butter, 2 beaten eggs, ½ cup sugar, 2 cups flour, 1 ½ tablespoons mixed spice, 1 ½ teaspoon baking soda, 1 cup sultanas. Mix altogether. Spoon into greased muffin pans. Cook 190°C 20 minutes.

## Apple Pressing at the Nursery

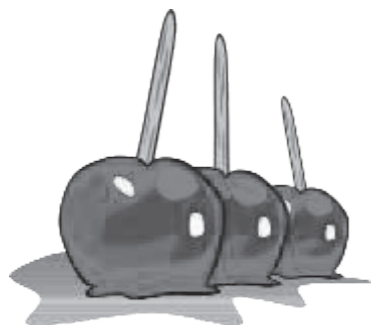
Every year (usually in May) we have Malcolm bring his apple press to the nursery for the year's apples to be juiced. The juice can then be used for: drinking, making into syrup for baking and desserts, making into cider for drinking...



## Cinnamon Apple Whole-wheat Pancakes

Mix together: ¾ cup whole-wheat flour, ¼ cup wheat bran, 2 teaspoons BP, 2 teaspoons cinnamon, 1/8 teaspoon salt.

Add: ¾ - 1 cup milk, 1 egg (or 2 egg whites), 1 teaspoon oil, ½ cup stewed apples. Serve with cooked apple slices and cinnamon.

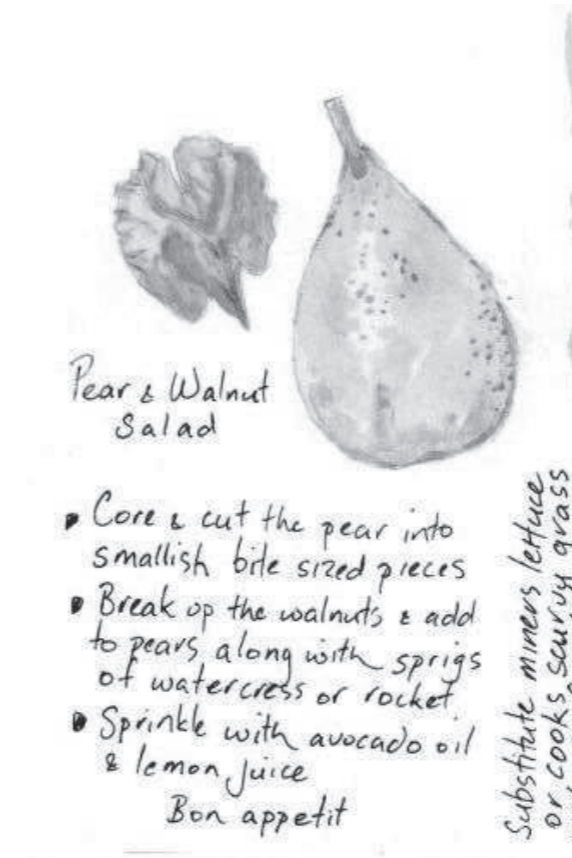


### Toffee Apples

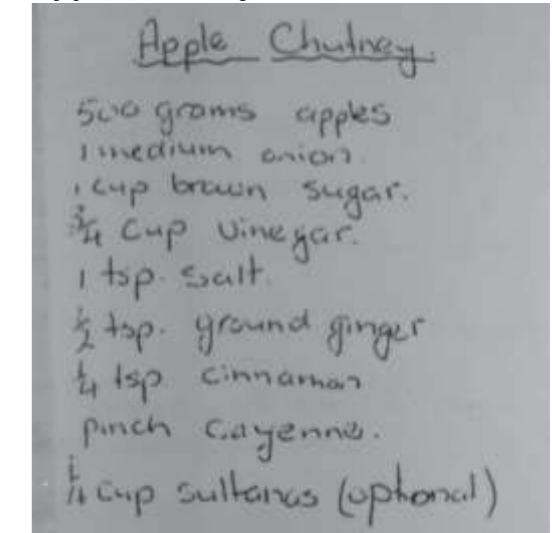
10 apples (washed & dried) 300ml water  
10 iceblock sticks 2 T white vinegar  
3 cups white sugar red food colouring

Put sugar, water and vinegar into pot over medium heat – turn up heat when bubbling begins. Boil until syrupy mix turns golden – about 20-30 minutes. Take off heat and stir in the colouring. Dip apples – placing them on a buttered dish. To keep toffee from going too hard sit pot over bowl of hot water.

## Linda's Pear & Walnut Salad



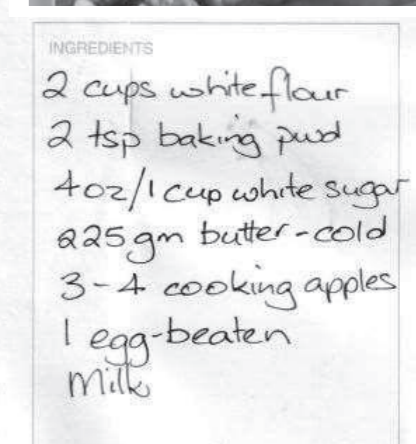
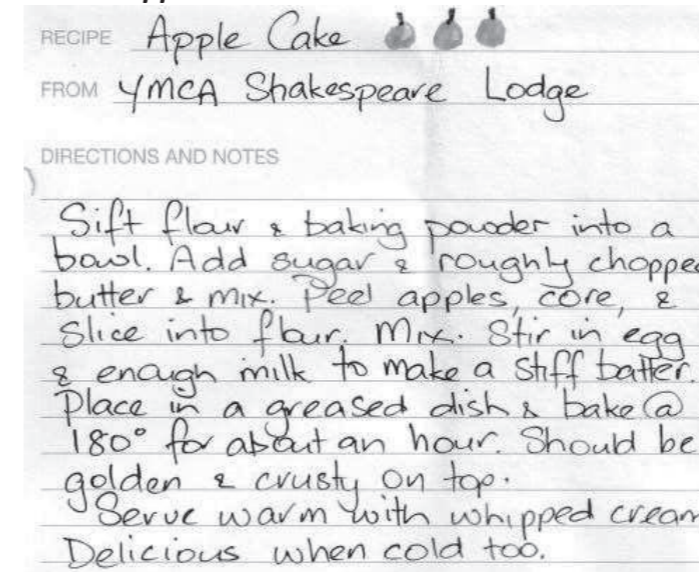
## Apple Chutney



Chop and core apples (skins optional). Cook in vinegar. Add sugar and spices as it cooks, cook slowly and stir frequently. Thicken with a mix of flour and water (made into paste), cook further 1 minute. Pour into warm sterile jars.



## Linda's Apple Cake



# What to do with Tomatoes

## **Tomato Relish (Bronwyn's Nana)**

1 ½ kg tomatoes  
500g sugar  
6 onions, chopped coarsely  
¼ cup salt  
450ml vinegar  
1 tablespoon curry  
¾ tablespoon mustard powder

Whiz tomatoes and onions. Add rest. Boil for 1 hour. Thicken if needed with cornflour. Bottle in sterilised jars.

## **Tomato Soup**

6 pounds of tomatoes, 3 onions, 1 teaspoon pepper, 1 teaspoon salt, 1 teaspoon celery salt, ½ cup sugar, 1 teaspoon ground cloves  
Cook altogether and then whiz up. Fill jars to 1 inch from top. Add boiling water to seal.

## **Tomato and Cucumber Salad (Bronwyn's mum)**

Slice up tomatoes and cucumber. Cover with a sprinkling of sugar, salt and pepper, malt vinegar. Leave to pickle overnight.

## **Stuffed Tomatoes**

4 large firm tomatoes  
75g softened cream cheese  
½ teaspoon finely chopped chives  
1 tablespoon mayonnaise  
Salt and pepper  
100g cooked peas Parsley or watercress to garnish

Slice the tops off the tomatoes. Scoop out the insides with a teaspoon. Beat the cream cheese with the chives, mayonnaise and season well. Stir in the peas and fill the tomatoes. Replace the tops and garnish.



## **Green Tomato Chutney (Bronwyn – from high school days!)**

*Tomato Relish (Have Etc)*  
4-5 medium tomatoes ¼ t curry powder 1 apple  
½ t mustard powder 1 onion ½ c vinegar  
2 t flour (+water to mix) 1 t salt ¾ c sugar  
Chop apple, tomatoes and onion and put in pot. Add vinegar, salt and sugar. Boil for 20-25 minutes. Mix rest of ingredients together in a small bowl - making into a paste with water. Pour into relish - cook for 30 seconds. Leave to cool. Jar.

# What to do with Potatoes



## **GREEK POTATO AND OLIVE DISH (Anna)**

-2.5 pounds/1kg of potatoes washed and cut into quarters  
-1/3 C olive oil -2 garlic cloves (peeled and chopped)  
-1.5 C Kalamata olives -1 can (or 1 1/3 cup) tomatoes and juice  
-oregano, salt and pepper to season  
Heat the olive oil and add the potatoes, stir well to coat. Toss in the garlic and the olives. Toss together for 2-3 minutes until the olives break apart and the dish darkens.  
Add the tomatoes and lower the heat. Cover and simmer for 25-30 minutes until the potatoes are tender, add a little water if needed during this time.  
Optional: Finely chop and stir through some greens in the last 10 mins of cooking (e.g silverbeet, kale, spinach)  
Season with salt and pepper, and oregano.

## **Potato Pin-wheel Savouries**

Roll out pastry  
Mix together: 1 cup mashed potatoes, 1 cup grated cheese, 2 rashers bacon diced, 1 egg, 2 tablespoons tomato sauce, salt and pepper  
Spread over the pastry. Roll up, Cut into wheels. Bake 200°C 10-15 minutes.

## **Potato Bread**

½ cup cold mashed potato (without milk or butter) 1 ¾ cups flour  
¼ teaspoon salt 2 teaspoons baking powder 1 cup sugar  
1 cup mixed fruit and chopped nuts ½ cup milk 2 beaten eggs  
Sift: flour, salt and baking powder. Add: sugar, fruit and nuts. Combine milk and eggs and mix into the dry ingredients thoroughly. Place in two small well-greased loaf tins or 1 large tin. Bake at 190°C for 45 mins (small loaves) or 1 ¼ hours (large loaf).

## **Boston Bun**

1 cup mashed potato (without lumps) pinch salt 1 egg  
¾ cup sugar 2 cups SR flour milk sultanas  
Beat egg and sugar; add potato, flour, salt, sultanas and enough milk to make a soft dough. Shape into 2 buns. Bake 180-190°C about ½ hour.  
Ice with raspberry icing.

# What to do with Rhubarb



## **Rhubarb Citrus Punch**

8 cups rhubarb and 5 cups sugar

Simmer until rhubarb soft. Cool. Strain.

Measure 4 cups juice and add 1 1/3 cups sugar. Heat to dissolve sugar. Chill.

Add: 2 cups orange juice and 3/4 cup lemon juice.

Before serving add: 1 L ginger ale and (optional) fresh strawberries.

## **Rhubarb Chutney (Bronwyn)**

500 g rhubarb      1 onion      1/2 cup raisins      3/4 cup brown sugar

1 teaspoon salt      1/2 teaspoon ground ginger      1/2 teaspoon allspice

3/4 cup vinegar

Chop rhubarb. Cook in vinegar. Add sugar and spices as it cooks, cook slowly and stir frequently until a smooth consistency. Thicken with a mix of flour and water (made into paste) if needed, cook further 1 minute. Pour into warm sterile jars.

## **Rhubarb Loaf (makes 2)**

Mix together: 1 1/2 cups brown sugar, 3/4 cup oil, 1 egg

Add: 2 1/2 cups flour, 1 cup buttermilk (or add 1 tablespoon vinegar to fresh milk), 1 teaspoon salt, 1 teaspoon baking soda, 1 teaspoon cinnamon, 1 teaspoon vanilla.

Fold in: 2 1/2 cups chopped rhubarb, 1/2 cup walnuts (optional).

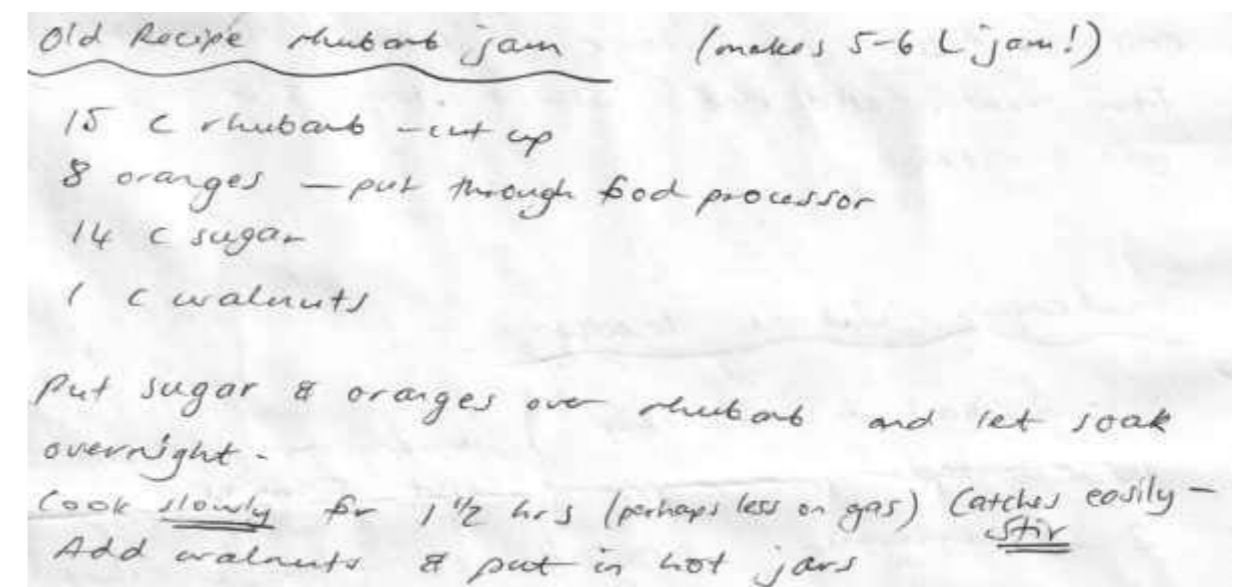
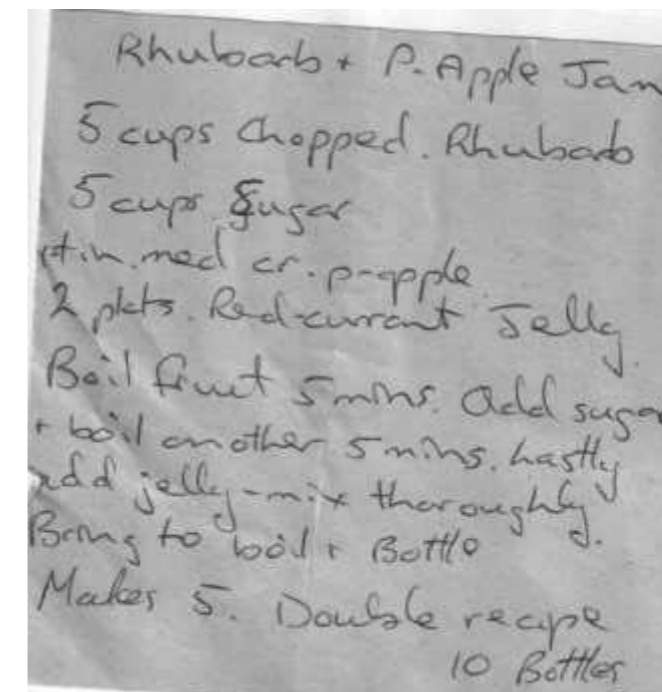
Bake 1 hour.

## **Rhubarb Slice Cake**

Mix together: 125g softened butter, 1 cup sugar, 2 eggs, 1 teaspoon vanilla essence, 1/2 cup milk, 1 1/4 cup flour, 1 teaspoon mix spice, 1/2 teaspoon nutmeg, 2 teaspoons baking powder.

Pour mix into a buttered dish. Sprinkle 6 sticks of chopped rhubarb over the top. Top with mix of: 1/4 cup brown sugar, 1/2 teaspoon mix spice, 1/4 teaspoon nutmeg. 180°C 45-50 minutes.

## **Rhubarb Jam (Bronwyn's mother in law and Bronwyn)**



# What to do with Citrus

## ***Crunchy Lemon Muffins (Maggie)***

Mix together in a bowl, big enough to hold all the ingredients

2 cups self-raising flour

3/4 cup sugar

Measure the next four ingredients into a small bowl, then mix them together.

75g butter, melted (or 50g butter + 2 Tbsp canola oil, or 5 Tbsp oil)

1 cup milk

1 egg, preferably size 7

grated rind of 2 lemons or 1 lemon and 1 other citrus fruit.

### **METHOD**

Tip the liquid mixture into the dry ingredients and fold them together, preferably with a flat bladed stirrer. Mix just until the flour is dampened but NOT until the mixture is smooth.

Using two spoons, put spoons of mixture into 12 regular muffin pans or 24 mini-muffin pans coated with non-stick spray or rubbed with soft butter.

Bake at 180°C for about 10 minutes, until lightly browned. While muffins cook, put About 1/4 cup lemon juice (or lemon and other juice) in a small bowl. Have 1/4 cup of sugar ready to add to the juice after the muffins come out of the oven. If you add it to the juice too soon it dissolves and you don't get that crunchy sugar effect.

Muffins do not always come out of the tins easily while they are very hot, so leave them to stand for a minute or two, then twist gently and lift them out (Sometimes a little help with a knife helps). Dip the top half of each muffin into the juice and sugar mixture, before putting onto a rack. If there is still some juice left, re-dip the muffins or brush the mixture onto the muffins.



## ***Lemon Honey (Bronwyn)***

Beat: 2 eggs with 1 cup sugar

Add: Juice of 2 lemons and 50g butter

Microwave: Cook on high for 2 mins, stir, med-hi for 2 mins, stir, med-hi for 1 1/2 - 2 mins.

## ***Marmalade (Linda)***

1 1/2 kg citrus (whole, skins and all)

1 1/2 L water

Boil 1 1/2 hours (may need more water)

Mash. Add 1 1/2 kg sugar

Simmer 1/2 - 1 hour. Bottle.



## ***Lemon Drink Concentrate***

3 cups sugar, 3 cups water, 2 tablespoons grated lemon rind, Juice of 3 lemons, 4 teaspoons tartaric acid, 1 teaspoon citric acid, 1 teaspoon Epsom salts

Combine sugar and water. Heat. Add rest. Simmer 5 minutes. Bottle.

## ***Lemon and Coconut Tarts***

200g short pastry

125g butter

1/2 cup castor sugar

2 eggs

2 teaspoons grated lemon rind

1 cup flour

2 teaspoons baking powder

1/2 cup coconut

1/2 cup milk

icing sugar for decoration

Roll out the pastry to 2mm thickness. Cut out rounds using a 7cm cutter and use to line patty tins.

Cream butter and sugar until pale and fluffy. Add eggs one at a time, beating well after each addition. Beat in the lemon rind.

Sift flour and baking powder together. Combine coconut and milk.

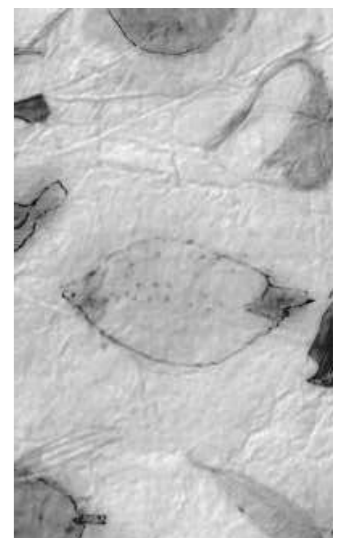
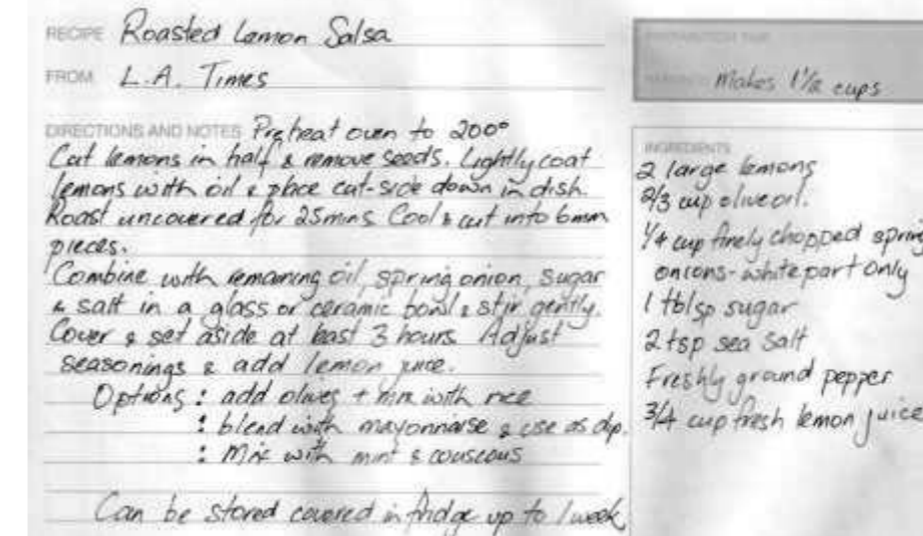
Fold dry ingredients into the creamed mixture alternatively with the coconut mixture.

Spoon mixture evenly into the prepared pastry cases.

Bake at 190°C for about 15 minutes.

Serve dusted with icing sugar if wish.

## ***Roasted Lemon Salsa (Linda)***



# What to do with Berries

## Gooseberry Relish

1 kg gooseberries  
500g onions, peeled and diced  
200g sultanas  
100g white sugar  
200g brown sugar  
2 teaspoon salt  
1 teaspoon ground black pepper  
1 teaspoon ginger  
1 tablespoon mustard seeds  
¼ L vinegar  
Bring all to the boil. Cook medium heat 25-30 minutes, Jar and seal.

## Gooseberry Sauce (Bronwyn)

### Gooseberry Sauce

15 ozs gooseberries (light syrup)  
3 T brown sugar (packed)  
2 t cornflour  
1¼ t cinnamon  
1½ t ground cloves (optional)  
1¼ t salt



## Blackcurrant and Rhubarb Jam (Bronwyn)

### Blackcurrant and Rhubarb Jam

700g rhubarb - cut into 1cm pieces  
800g blackcurrants  
650ml water  
1625ml sugar (~1.2 kg?)  
Cook fruit in water for 10 mins once boiled  
Add sugar - stir to dissolve (~3 ½ mins)

When jam stage reached remove from heat  
Stir + skim 5 mins - Jar, cool & seal.

## Cape Gooseberry Jam

1kg fresh or frozen cape gooseberries 1 ½ cups sugar juice of 1 lemon  
Put cape gooseberries in a pot and mash until juice runs out. Add sugar and lemon juice. Bring to boil and boil for 10 mins until jam sets. Jar.

## Blueberry Muffins

2 cups flour  
1 teaspoon cinnamon  
1 cup coconut  
1 ¾ cups milk  
4 teaspoon baking powder  
½ teaspoon salt  
¼ cup oil  
½ cup sugar  
1 cup blueberries

Mix altogether, carefully folding in blueberries. 200°C, 15-20 minutes.



## Blackcurrant Drink Concentrate (Aunty Glad)

Mash blackcurrants  
Cover with water and stand overnight.  
Strain.

For each pint (600ml) of fluid add:

300 g sugar  
1 teaspoon citric acid  
Boil slowly for 8 minutes. Bottle.  
1 teaspoon Epsom salts  
1 teaspoon tartaric acid

## SUMMER PUDDING (Eleanor)

This recipe is straight from Eleanor's folks' place in Suffolk. Her parents used to make this with the produce from their fruit cage which her father was very proud of.

### Ingredients:

6 – 8 slices of stale, crustless white bread, 12 mm thick.

750 g mixed red and black currants

100g sugar

**COOKING TIME:** 10 MINS    **CHILLING TIME:** 8 HOURS

**Method:** Line the base and sides of a 1 litre pudding basin with the bread slices cut to shape so as to fit closely together. Set some of the bread aside for top. Top and tail the black currants and strip the red currants from the stems. Rinse and drain thoroughly. Put the fruit in a pan with the sugar and bring to the boil over a very gentle heat. Simmer for a few minutes only, until the sugar has dissolved and the juices begin to run.

Remove the pan from the heat and allow to cool a bit. Reserve 2 tablespoons of the juices and spoon the remainder, with the fruit, into the prepared basin. Cover the top closely with bread.

Fix a saucer or plate over the pudding, inside the basin, and place a heavy weight on top. Chill in the refrigerator for 8 hours.

**To Serve:** Turn the pudding out, upside-down, onto a serving dish and pour the reserved fruit juice over any parts of the bread not soaked through and juice coloured. Serve with a bowl of light whipped cream.

## Blueberry Hotcakes (Bronwyn)

I got this recipe from a Girl Guide camp back in 1994 – and still make them. Yum!

Pour 1 cup milk onto 1 ½ cups rolled oats and leave to stand for 5 minutes.

Add: 2 eggs, 4 tablespoons sugar, 3 tablespoons melted butter, and mix well.

Add: ¾ cup flour, 3 teaspoons baking powder, ¼ teaspoon salt, and mix well.

Add: blueberries, stir gently adding more milk if needed.

Cook as for pikelets.

## Blackcurrant Jam (Bronwyn)

1.5kg blackcurrants, 2kg sugar, 600mls water

Bring sugar and water to boil. Boil rapidly for 6 mins.

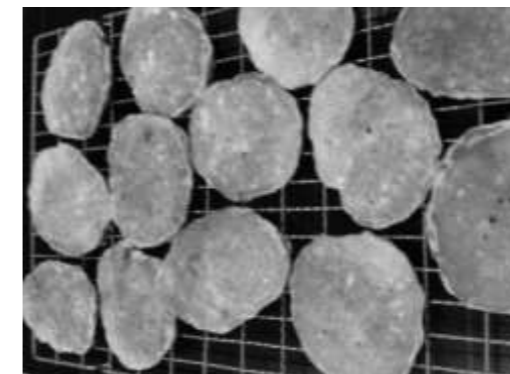
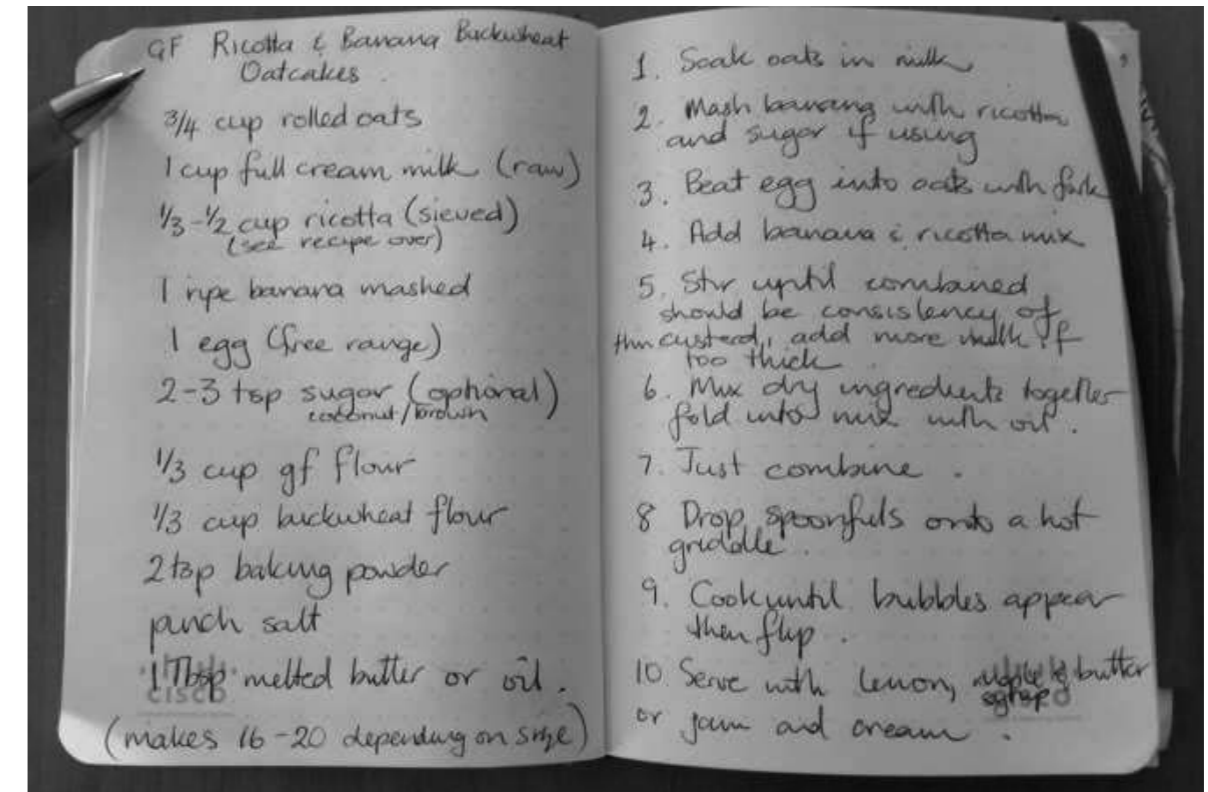
Add fruit and boil rapidly for further 6-7 minutes.

Cool and put into jars.



# Other Sweet Recipes

## Oatcakes (Lesley) – Gluten Free



They're made with the ricotta I make from Sherry's milk. Helps keep them light and fluffy.

## Chocolate Cake – Dairy free (Bronwyn)

1 ½ cups flour, 1/3 cup cocoa, ¾ cup sugar, 1 teaspoon baking soda, 1 teaspoon vanilla essence, 1 ¼ cups water, 1 tablespoon vinegar, 1/3 cup oil

Mix dry ingredients together. Mix wet ingredients together and add to dry ingredients. Cook at 180°C for 45-60 minutes. If you make muffins or cupcakes cook for about 20 minutes.

### **Banana Muffins (Bronwyn)**

Mix together: 3 mashed bananas, 1 beaten egg and ½ cup of oil.

Add: ½ cup sugar, 1 ¾ cups flour, 1 teaspoon baking soda, ½ teaspoon salt.

Cook at 150°C for 15-20 minutes

### **Chocolate Balls (Bronwyn)**

10 weetbix, 1 cup coconut, 2 tablespoons cocoa powder, 1 tin sweetened condensed milk, Raisins (optional)

Mix all together. Roll into balls and coconut.

### **Chocolate Brownie**

1 cup unsweetened apple puree or sauce

½ cup sugar

1/3 cup cocoa powder

½ teaspoon salt

¾ cup self-raising flour

½ cup dark chocolate chips

½ teaspoon baking soda

¾ cup (70g) chopped walnuts

1. Preheat oven to 175°C and lightly spray or oil a 20x20cm baking dish.
2. Place apple puree in a bowl. Sift in cocoa, flour and baking soda. Add sugar and salt and mix until just combined. Do not over mix. Gently fold in chocolate chips and walnuts. Transfer to baking dish and bake for 25-30 minutes or until centre feels set and fudgy when a skewer is inserted.
3. Cool in dish for 5-10 minutes before turning out. Cool completely before slicing into squares. Optional - Dust with sifted icing sugar before serving.



### **Ricebubble Square (Bronwyn)**

Boil: 125g butter, ¾ cup raw sugar, 2 tablespoons honey

Add: 4 cups rices

Set in tin, cut after 10 mins.

### **Weetbix Loaves**

Soak: 6 weetbix, 1 ½ cups sugar, 450g fruit, 600ml milk

Add: 3 cups flour, 3 teaspoons baking powder, 3 teaspoons mixed spice

Makes 2. 150°C for 1 hour.

### **Date Balls**

Boil together: ¾ cup sugar, 125g butter, 1 egg and 1 cup dates

Add: 3 cups rices. Roll into balls and in coconut.

### **Coconut Loaf (Bronwyn)**

Mix together: 2 cups flour, 2 cups coconut, 1 cup sugar, 1 cup milk, 1 teaspoon salt, 2 teaspoon baking powder, 2 eggs. Bake 175°C for 1 hour. Makes 1 loaf.

### **Linda's Coconut Loaf**

RECIPE	Coconut Loaf
FROM	the deep distant past
DIRECTIONS AND NOTES	Mix all together in a bowl & put in a greased loaf tin, then bake for approx an hour in a moderate oven. Easy, fast & nice & chewy. △△△△△△△△△△△△△△△△
PREPARATION TIME	5 mins
INGREDIENTS	1 cup coconut 1 cup sugar 1 heaped cup flour 1 cup milk 1 ½ tsp baking powder



### **Cinnamon Rolls (Abby)**

Make scone mixture: 3 cups flour, 6 teaspoons baking powder, salt, rub in 50g butter, add 1 ¼ cups milk, and roll out to a large rectangle about 1cm thick.

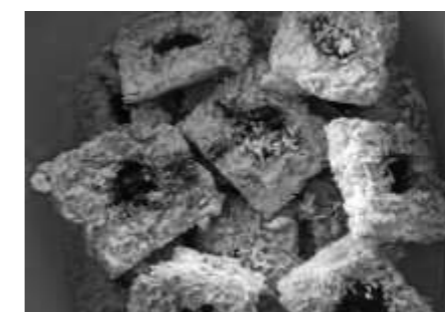
Mix together: 4 tablespoons brown sugar, 2 tablespoons white sugar, cinnamon (or Chinese Five spice), and sprinkle over rectangle leaving one long edge clear of sugar mix.

Roll up towards clear edge, then wet edge with milk or water and stick roll together. Cut into 2-3cm rolls and bake 220°C for 10 mins.

### **What to do with Quince (Sally)**

On my travels I saw quinces for sale and there was a message saying roast them like a vegetable - no peeling or coring.

Quince Jam- prepare fruit and boil with equal amount of sugar.



### **Linda's Macarons**

Easy Macarons
1 cup coconut ½ cup white sugar 1 tblsp cornflour 1 egg beaten with pinch salt Jam
Combine dry ingredients with beaten egg. Place in mounds on tray well greased & lightly cornfloured.
Put a dent in centre of each macaroon & put in ½ tsp jam.
Bake 350° x 15 minutes.
Cool on tray.

## Matariki Bananas and Marshmallow Smoes!

Split banana (with skin on). Stuff with choc chips and marshmallows.

Cook wrapped in foil.

Roast marshmallows on fire and squish between chocolate thin biscuits.



## Sweet treats from Linda

RECIPE Chocolate Fudge - Best Ever

FROM Nana Scott - circa 1960

PREPARE IN 25 mins

Well that depends...

DIRECTIONS AND NOTES

Hide it well - especially from yourself

Grease a dish approx 15 x 15 cm

In your saucepan place sugar, cocoa, butter & milk. Heat gently, stirring all the time. When mix begins to boil, stop stirring & allow to boil gently between 10 - 15 mins. To check if ready drip 1/2 tsp mixture into cold water & when it forms a soft ball when rolled with your fingers remove from heat. Wait a few minutes, add vanilla essence & beat. I use a hand mixer/electric beaters, on low. When fairly stiff & mixture feels 'chalky' pour into greased dish.

INGREDIENTS

2 cups white sugar  
4 tbspc cocoa powder  
50gm butter  
1/2 cup milk  
vanilla essence to taste

• Use a heavy-based saucepan.  
• Replace milk with khalia or canterbury cream.

RECIPE Apricot Fudge

FROM Linda from Gt. Barrier

PREPARE IN 20 mins

At least 40 pieces

DIRECTIONS AND NOTES

Boil condensed milk, butter & sugar together in a heavy-based saucepan until golden brown. Don't Burn.

Grind biscuits & chop apricots. Add to milk mixture & press into greased dish. Sprinkle with coconut & chill before cutting into small squares.

Quite rich & keeps well. Ice with lemon icing for extra flavour (& calories!)

Makes a nice 'plate' to take to a 'do'.

INGREDIENTS

tin of condensed milk  
200gm butter  
1/2 cup soft brown sugar  
2 pkts ground biscuits  
2 cups chopped apricots  
coconut

Use rice cookies - Arnotts for a gluten-free slice

## Chris's Fruity Muffins

Using different fruits and berries throughout the season – dependant on what is available this is a versatile recipe – blueberries, currants, sultanas etc.

2 cups flour, 4 teaspoons baking powder, 1/2 teaspoon salt 1/2 cup castor sugar, 100g butter, 1 cup milk, 1 egg, 1 – 1 1/2 cups fruit or less if dried fruit.

Sieve flour, BP and salt into bowl. Add castor sugar. In another container melt butter and add milk and egg – beat well. Mix together fruit, dry and wet ingredients – do not over mix – it will be a lumpy mix and flour just dampened. Spoon into buttered muffin pans. Sprinkle with mix of 1 tablespoon sugar and 1/2 teaspoon cinnamon. 220°C 12-15 minutes.

## Linda's Muffins

RECIPE Muffins - Makes 12

FROM Sidewalk Cafe in Silverdale

DIRECTIONS AND NOTES

Begin with 3 cups flour sifted with 3 good tsp of baking powder. Melt 125 gm butter & beat 1 egg. Add blend of sweet or savory extras & approx 1/2 cup milk.

For Savory Muffins Choose between

- 2 cups grated cheese, 1 onion, stick celery, chopped red pepper or tomato, bacon diced, 1/2 cup creamed corn, chopped herbs etc

For Sweet Muffins choose between

- 1 1/2 cups dried or cooked fruit, 2 x mashed bananas & walnuts, chocolate chunks & crystallised ginger, grated lemon rind & poppyseeds, 1/2 tin drained chopped pineapple & 1 cup grated carrot etc.

Stir until just mixed, bake @ 190° about 20 mins.

Bran Muffins

- 1 cup bran flakes
- 1 cup flour
- 1 cup raisins
- 1 tsp salt
- 2 tbspc golden syrup
- 1 cup milk
- 1 tsp baking soda
- Add blueberries - optional
- Warm milk & soda fog with syrup
- Add dry ingredients
- Bake @ 190° x 5 mins, then turn oven to 150° approx 10 mins
- Eat warm

## Mini Almond and Coconut Friands

Mini Almond and Coconut Friands  
Variation on a Nadia Lim Rec

Makes 24 minis or 8-10 medium muffins

100g butter } Melted together, stir well  
1/3 cup honey } to combine, leave to cool.

1 1/4 cups almond meal or flour  
1/2 cup desiccated coconut  
grated zest of 1 lemon

4-5 free range egg whites  
pinch of salt

Selection of fresh blackcurrants, blueberries, raspberries

Preheat oven to 180°C.

Lightly grease 24 mini moulds (I use the silicone ones)  
with coconut oil or butter.

Dust moulds with 1-2 Tbsp caster sugar or coconut  
sugar. Move around the moulds to coat the  
bottom and sides. Shake out any excess.  
The sugar helps the friand climb up the sides  
for a lighter cake.

Combine ground almonds, coconut and zest  
in a food processor, whisk for a few pulses  
to make sure any lumps are broken up.

Whisk egg whites with pinch of salt until  
soft and foamy (DO NOT over whisk, don't  
make them stiff as for meringue) you want  
very soft peaks only, the ones that fall over.

Transfer dry ingredients to large bowl, add  
cooled butter mix alternately with egg  
whites and fold into the mix.

You want a uniform batter that is light  
and foamy. Be sure to just mix it together  
as you want to keep as much air inside as  
possible.

Spoon into prepared moulds filling to 3/4 full

Top with 1-2 berries and lightly push into the  
mixture.

Bake 15 minutes for mini friands or 18-22 for  
muffin sized until lightly golden on top,  
risen above the edge and just cooked in centre

Leave to cool in moulds before removing with blunt  
knife.

# Other Savoury Recipes

## Red pepper soup (Edith)

Ingredients:

2 carrots 1 onion 1 litre veggie stock

1 jar of roasted red peppers, including the juice

Roast the onion for about 20 minutes and the carrots

for about 40 at 180 degrees. Put everything in a big pot. Whiz them

together and you are done. Like many soups, it tastes better the

day after you have made it. Of course, add garlic, salt and pepper if you like.



## Spiced Pumpkin Scones

60g butter, ¼ cup caster sugar, ¾ cup cooked mashed pumpkin, 1 egg beaten,

2 ½ cups SR flour, ¼ teaspoon cinnamon, ¼ teaspoon nutmeg, salt, ¼ cup

chopped walnuts, ½ cup milk

Cream together the butter and sugar. Stir in egg, then pumpkin, then sifted dry

ingredients. Mix to soft dough with milk. Lightly grease oven tray. Brush

scones with milk. Bake for 15 minutes.

## Asparagus rolls (makes approx 16) (Maggie)

Ingredients: 2-3 rashers of bacon, Cream cheese, Loaf of sandwich sliced bread

Can of asparagus (or lightly cooked fresh if you prefer)

Method: Chop the bacon finely and fry till crunchy. Remove the crusts from the bread (keep the crusts by turning them into soft croutons or breadcrumbs and freeze ready for using on the tops of gratins, coatings or stuffing). Using a rolling pin, gently roll each slice - it helps the rolling process around the asparagus. Spread each slice with softened cream cheese. Place 1-2 spears of asparagus diagonally on the bread. Sprinkle with the crispy bacon and roll.

These can be eaten fresh or toasted.



## Easy bacon and egg pies (Bronwyn)

12 slices of sandwich bread, crusts cut off and buttered (on

one side), 12 rashers of bacon, Basil pesto or tomato relish,

6 eggs whisked with salt and pepper, Cheese, grated (optional)

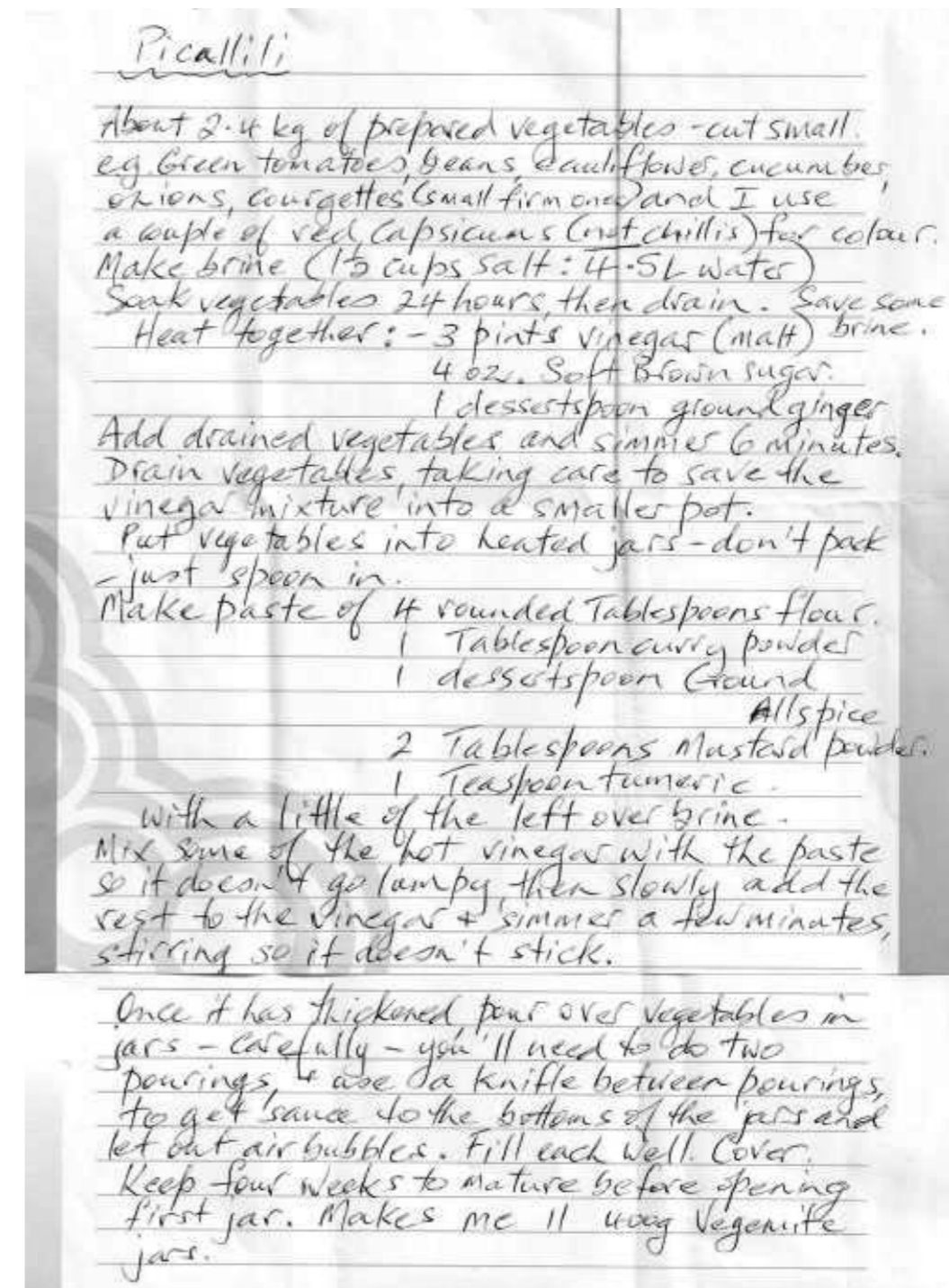
Preheat oven to 200°C. Place bread in each of muffin pans – butter side down.

Add bacon (leaving surplus hanging over edge) and a teaspoon of pesto or

relish. Pour over egg mix and cheese if using. Fold the surplus bacon over the

filling. Bake for 15 minutes.

## Picallili (Liz)



## Savoury Pinwheels (Els)

1 ready rolled flaky pastry, 2 tbsp sweet chilli sauce, 1 cup

grated cheese, 1 egg, 1 onion, pesto or flavoured humus

(optional), 2 - 4 rashers bacon

Lightly fry onion & bacon. Roll out pastry (landscape

orientation). Mix cheese, sweet chilli and egg together, add

bacon & onion (slightly cooled). Smear on flavouring if chosen

then spread cheese mix from top to about 2cm from the

bottom edge. Roll up into long log then cut into 2cm rounds.

Bake at 200°C 20-30 mins until golden brown.



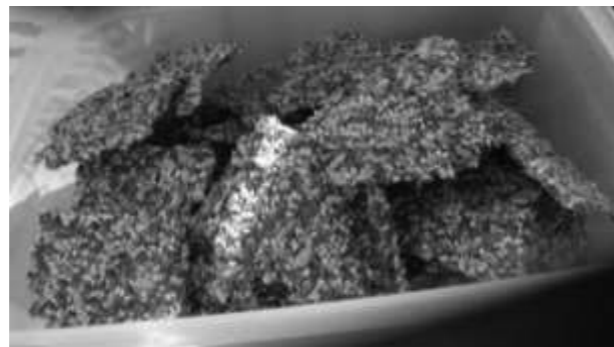
# Crackers, Dips and grazing food!

## **Yummy Seed Crackers (Bronwyn)** – one of the favourites!

Mix together: 1 teaspoon salt, 1 cup sesame seeds, ½ cup chia, 1 cup sunflower seeds, ½ cup flaxseed, 1 cup ground LSA (linseeds, sunflowers and almonds).

Add 2 cups water, mix again and soak overnight.

Roll out as thin as crackers and score into squares. 140°C Fanbake until dry and crispy. Store in airtight container.



## **Linda's Smoked Fish Dip**

**RECIPE Smoked Fish Dip**

**FROM** When you had more smoked fish than we knew what to do with.

**DIRECTIONS AND NOTES**

Use a blender to mix all ingredients until well mixed & smooth, then with blender still going add 2 slices of bread with crusts removed. Check flavour, adjust as necessary. Refrigerate 12 hours before serving. Delicious with crackers, on crusty bread, with celery sticks or inside pasturmuir leaves which can then be rolled.

**PREPARATION TIME** 10-15 mins. plus 12 hrs to set flavours.

**SERVINGS** Feeds a crowd.

**INGREDIENTS**

- 250 gm sour cream or tin Nestles reduced cream
- ½ finely chopped onion
- ½ tsp chilli sauce or finely chopped chilli
- ½ tsp horseradish cream
- 2 tbslp full fat milk
- 1 tsp malt vinegar
- 1 tsp tomato paste
- tin of smoked fish or flaked smoked fish.
- 2 slices white bread.

**"Dog Biscuit" Crackers!! (Bronwyn)** *Gluten free*

Mix together: 1 c pea flour, 1 t salt, ¾ t B.P, herbs or seeds (e.g. cumin, poppy)

Add: 2-3 T olive oil and mix til like breadcrumbs

Add: 5+ T water (as needed) to make a firm, non-sticky dough.

Roll out on floured surface or on baking paper to ½ cm thick

Score into squares. Cook 10-15 minutes 180°C.

\*What my children call these biscuits!!

## **Feta Cheese Dip (Sherry)**

Feta (drain off brine and crumb up)

Red onion

Rosemary, fresh & chopped

Olives

Olive oil

Mix gently altogether.

## **Cheese Ball**

Mix together: 250 g cream cheese

½ cup grated cheese

1 pkt onion soup

2 tablespoons sweet fruit relish

1 tablespoon curry powder

1 desert spoon sherry (optional) Roll into balls and into nuts.



## **Nuts and Bolts**

Combine: 600g nutri-grain (or equivalent), 300g salted mixed nuts

Combine together: ½ cup oil (warmed), 45g cream of chicken instant soup, 45g french onion soup mix, 1 teaspoon mustard powder, 1 teaspoon curry powder, ¼ teaspoon cayenne pepper.

Pour over the grain and nut mix and stir well.

## **Linda's Fish Pickle**

**RECIPE Fish Pickle - Delicious on crackers**

**FROM** Ron in Avondale or lettuce.

**DIRECTIONS AND NOTES**

Use sprats or herrings. Scale & fillet fish & rinse. Chill until firm. Slice fish into thin strips, removing any black skin or bones. Chop onions finely & spread over base of pot. Layer strips of fish over onions, sprinkle with brown sugar & add salt & pepper. Squeeze all the lemons, saving juice in a jug. Cut up rinds of 2 of the lemons finely & sprinkle over fish. Add a mix chilli powder to lemon juice, add vinegar & tomato sauce, mix well & pour over fish etc. Make sure fish is well covered, adding more lemon juice, vinegar & tomato mix. Boil approx 15 mins, cool then refrigerate in jars. Keeps for up to 2 weeks.

**INGREDIENTS**

- 3-4 lemons
- 1 cup malt vinegar
- 1 tsp soft brown sugar
- 2 med onions
- ½ tsp chilli powder
- 1 cup tomato sauce or puree
- Salt & pepper to taste

\*Adjust quantities to generously cover fish. Allow sufficient liquid to cover fish after cooking.

## **Gherkin Dip**

Mix together: 1 cup chopped gherkins (well drained), 1 tablespoon soy sauce, 250g cream cheese, 1 tablespoon honey

## **Dip**

1 small container of cottage cheese, 3 tablespoons milk

Add: bacon bits, garlic, spring onions, black pepper.

## **Hummus**

Mix all together in a food processor. 400 g can chick peas, drained and rinsed, ¼ cup tahini, Salt and pepper, 1-2 teaspoon crushed garlic, ¼ cup lemon juice, ¼ teaspoon paprika, 1 tablespoon parsley (optional)

## **Pumpkin & Coriander Hummus**

Mix all together in a food processor: 200 g pumpkin, cooked, 400 g can chick peas, drained and rinsed, 1 teaspoon ground cumin, 1 clove crushed garlic, ¼ plain yoghurt, 1 tablespoon lemon juice, 2 tablespoons fresh chopped coriander



# Foraging Recipe Delights

**Foraging – “To search widely for food or provisions”.** At the Southland Community Nursery we have held a number of workshops to learn how to find, identify and safely use local herbs, weeds and native plants. Plant identification is the first skill needed for foraging – “if you don’t know what it is, you shouldn’t eat it”.

Poisonous plants include poroporo, hemlock and bittersweet and hemlock in particular looks very like many other foragable plants where flower heads are in umbels (flower heads with many tiny white flowers). However, there are many more plants which can be foraged and eaten:

Southland Foraging Workshop Plants - <a href="http://www.southlandcommunitynursery.org.nz">www.southlandcommunitynursery.org.nz</a>			
Common Name	Scientific Name	Plant Type	Use
apple	<i>Malus species</i>	Fruit	Culinary
bay	<i>Laurus nobilis</i>	Herb	Culinary
bittersweet	<i>Solanum dulcamara</i>	Weed	Poisonous
black currant	<i>Ribes nigrum</i>	Fruit	Culinary
blackberry	<i>Rubus fruticosus</i>	Weed	Culinary
blueberry/American blueberry	<i>Vaccinium species</i>	Fruit	Culinary
borage	<i>Borago officinalis</i>	Herb	Medicinal
chickweed	<i>Stellaria media</i>	Weed	Culinary
chives	<i>Allium schoenoprasum</i>	Herb	Culinary
comfrey	<i>Symphytum × uplandicum</i>	Herb	Medicinal
common marigold	<i>Calendula officinalis</i>	Herb	Culinary
common nettle	<i>Urtica dioica</i>	Weed	Culinary
Cook's scurvy grass	<i>Lepidium oleraceum</i>	NZ Native	Culinary
coriander	<i>Coriandrum sativum</i>	Herb	Culinary
crab apple/wild apple	<i>Malus species</i>	Fruit	Culinary
cranberry	<i>Vaccinium species</i>	Fruit	Culinary
dandelion	<i>Taraxacum officinale</i>	Weed	Culinary
elder	<i>Sambucus nigra</i>	Weed	Culinary

fennel	<i>Foeniculum vulgare</i>	Herb	Culinary
feverfew	<i>Tanacetum parthenium</i>	Herb	Medicinal
fig	<i>Ficus carica</i>	Fruit	Culinary
French marigold	<i>Tagetes patula</i>	Herb	Culinary
German chamomile	<i>Matricaria chamomilla</i>	Herb	Medicinal
glasswort	<i>Sarcocornia quinqueflora</i>	NZ Native	Culinary
gooseberry	<i>Ribes uva-crispa</i>	Fruit	Culinary
harakeke/flax	<i>Phormium tenax</i>	NZ Native	Culinary
hazelnut	<i>Corylus avellana</i>	Nut	Culinary
hemlock	<i>Conium maculatum</i>	Weed	Poisonous
horopito/pepperwood	<i>Pseudowintera colorata</i>	NZ Native	Culinary
horse chestnut	<i>Aesculus hippocastanum</i>	Nut	Poisonous
karamu/Coprosma	<i>Coprosma lucida</i>	NZ Native	Culinary
lavender	<i>Lavandula angustifolia</i>	Herb	Culinary
lemon verbena	<i>Aloysia citrodora</i>	Herb	Medicinal
Makomako/wineberry	<i>Aristotelia serrata</i>	NZ Native	Culinary
Manuka/tea tree	<i>Leptospermum scoparium</i>	NZ Native	Culinary
marjoram	<i>Origanum majorana</i>	Herb	Culinary
miners lettuce	<i>Claytonia perfoliata</i>	Weed	Culinary
mint	<i>Mentha species</i>	Herb	Culinary
nasturtium	<i>Tropeolum majus</i>	Herb	Culinary
NZ celery	<i>Apium prostratum</i>	NZ Native	Culinary
NZ spinach	<i>Tetragonia tetragonioides</i>	NZ Native	Culinary
parsley	<i>Petroselinum crispum</i>	Herb	Culinary
pear	<i>Pyrus species</i>	Fruit	Culinary
plantain	<i>Plantago species</i>	Weed	Culinary
plum	<i>Prunus species</i>	Fruit	Culinary
poroporo	<i>Solanum aviculare</i>	NZ Native	Poisonous
puha	<i>Sonchus species</i>	Weed	Culinary
quince	<i>Cydonia oblonga</i>	Fruit	Culinary
raspberry	<i>Rubus species</i>	Fruit	Culinary
red currant	<i>Ribes rubrum</i>	Fruit	Culinary
rosemary	<i>Rosmarinus officinalis</i>	Herb	Culinary

rue	<i>Ruta graveolens</i>	Herb	Medicinal
sage	<i>Salvia officinalis</i>	Herb	Culinary
sorrel	<i>Rumex acetosa</i>	Herb	Culinary
Stone pine/pine nut	<i>Pinus pinea</i>	Nut	Culinary
sweet chestnut	<i>Castanea sativa</i>	Nut	Culinary
tarragon	<i>Artemisia</i>	Herb	Culinary
thyme	<i>Thymus vulgaris</i>	Herb	Culinary
Ti kouka/cabbage tree	<i>Cordyline australis</i>	NZ Native	Culinary
walnut	<i>Juglans regia</i>	Nut	Culinary
wormwood	<i>Artemisia vulgaris</i>	Herb	Medicinal
yarrow	<i>Achillea millefolium</i>	Herb	Medicinal

Get started with:

- Miners lettuce
  - Stinging nettle
  - Onionweed
  - Nasturtium
  - Horopito
  - Rosehips
  - Flowers - nasturtium, borage, pansy, brassicas, red clover, chives
- Puha
  - Plantain
  - Watercress
  - Elderflower/berries
  - Chestnuts
  - Walnuts
- Chickweed
  - Dandelion
  - NZ Native Spinach
  - Blackberry
  - Apples

Ideas on how to include foraged foods: salads, soups, pesto and dips, sauces for pasta, casseroles, fritters/patties, infused oils and vinegars, butters, syrups drinks, jams and jellies, teas/tisanes, and smoothies.



Maggie’s notes:

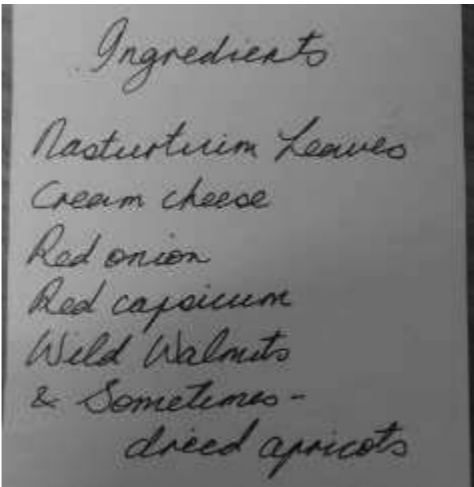
Why forage?

- Being Self-reliant
- Higher nutrient value of food
- Diverse diet
- Connect with nature
- Being thrifty
- It’s fun



Maggie, Linda and Chris have shared their knowledge and some great tastings have been had. Try the following foraged delights ...

Stuffed Nasturtium Leaves (Linda)



Chop finely: red onion, red capsicum, wild walnuts and dried apricots (optional). Mix chopped ingredients with cream cheese and use to stuff the nasturtium leaves and roll up.

Guidelines

- Be able to identify your edible or poisonous plants. “If in doubt leave it out”
- Take only what you need and sustainably harvest.
- The safest place to start is your own backyard.
- When you are foraging in the wild make sure you aren’t on private property.
- Avoid roadsides, and areas that may have been recently sprayed.
- Make sure you wash all foraged food well.
- Introduce new foods to your diet gradually and in small amounts.

### Linda's Wild Tart

*Ingredientes*  
Gather - Raw  
Wild nettle tops - 1 cup  
Puka - 1 cup  
Chickweed - 1/2 cup  
2 cups of mixed  
beetroot leaves, Kale,  
& silverbeet. Also;  
Olive oil, feta cheese, tomatoes

### Yoghurt Dip

2-3 heaped teaspoons of fresh foraged herbs, finely chopped  
1 cup thick yoghurt (strained through muslin for a short period of time)  
1 garlic clove, pounded in a mortar and pestle, or crushed or finely grated  
juice of 1-2 lemons salt and pepper to taste  
pinch of turmeric or paprika (optional).  
Place all ingredients in a bowl and stir to combine.

### Horopito Crackers (based on a Lavosh recipe)

1 1/2 cups plain flour (use some wholemeal if desired.) , 2 tsp dried horopito leaves  
1/2 tsp salt, 1/4 cup olive oil, 1/2 cup water

**Make the dough** by mixing all the ingredients by using your hand to bring it all together into a firm dough. Tip out onto a lightly floured surface and knead the dough for around 5-10 minutes until it becomes softer and more pliable. Cover and place in the fridge to rest for 30 minutes.

**Rolling and cutting the dough** Divide the dough into 4 pieces and roll each out on a lightly floured board as thinly as possible. Each piece of dough should yield a rectangle about 34 x 16cm. Cut each rectangle into strips or 5cm circle. Roll again. They should be almost see-through.

**Cooking** Carefully transfer strips to a baking tray, brush lightly with oil and sprinkle with flaky salt. Bake until crisp and pale golden – about 15-18 minutes. Allow to cool, then store in an airtight container.

*Variations of this recipe are numerous. They can be flavoured by fennel seeds, sesame seeds etc.*

### Linda's Stuffed Nasturtium Leaves

*Ingredientes*  
Nasturtium Leaves  
Cream cheese  
Red onion  
Red capsicum  
Wild Walnuts  
& Sometimes -  
dried apricots



### Nettle Pesto

Pesto can be made from really anything — you don't even need a green thing. I've seen pestos with basil of course, but also mint, parsley, cilantro and other herbs. No reason not to make it with stinging nettles. The Italians actually do make a nettle pesto in springtime; they call it *pesto d'urtica*.

You must first blanch the nettles before making this pesto. This is how:

1. You will need two or three big tong-fulls of fresh nettles for this recipe. I say tong-fulls because you do not want to pick up fresh nettles, as they will sting you. Thus the name. Get a huge pot of water boiling and add a handful of salt.
2. Grab the nettles with tongs and put them into the boiling water. Stir around and boil for 1-2 minutes.
3. Fish them out with a skimmer or the tongs and immediately dump them into a big bowl with ice water in it. Once they are cool, put them in a colander to strain.
4. Get a cloth towel, like a tea towel, and put the nettles in it. Wrap one end of the towel one way, then the other end of the towel the other and squeeze out as much moisture as you can.

This makes a little more than 1/2 cup of very green, very pretty pesto. Store any unused pesto in the fridge, topped with some olive oil to keep the air out.

3 garlic cloves 2 tablespoons toasted pine nuts Salt

2 tablespoons grated cheese (any hard cheese will do)

6-8 tablespoons blanched, chopped nettles Olive oil (use the good stuff)

1. Pesto is best made with a mortar and pestle, thus the name, which means "pound." You can make this in a food processor, but it will not be the same. First add the pine nuts and crush lightly — as they are roundish, they will jump out of your mortar if you get too vigorous.
2. Roughly chop the garlic and add it to the mortar, then pound a little.
3. Add the salt, cheese and the nettles and commence pounding. Mash everything together, stirring with the pestle and mashing well so it is all fairly uniform.
4. Start adding olive oil. How much? Depends on how you are using your pesto. If you are making a spread, maybe 2 tablespoons. If a pasta sauce, double that or more. Either way, you add 1 tablespoon at a time, pounding and stirring to incorporate it.

### Nettle Soup

2 cups young stinging nettle tops – packed tightly.  
1 desert spoon butter, 1 tablespoon chopped parsley  
1 tablespoon oatmeal, Pinch of salt and pepper  
600 ml milk

Wearing gloves wash the nettle and chop up the leaves.

Mix together the oatmeal with a bit of milk then put in the pot with the rest of the milk. Add the nettles, half the parsley, salt and pepper. Simmer for 3/4 hour (don't allow it to boil over). Serve with cream and parsley.



## Salads from foraging...



Ingredients used: The foraged salad includes a variety of leaves, and flowers depending on the season - chickweed, puha, miners lettuce, dandelion (not too many), nasturtium, rocket, parsley, chives : borage, broccoli or other brassica flowers, chives, calendula, small violet or pansy, and nasturtium. You could use a base of a more 'traditional lettuce' if you were struggling to find a variety of leaves.

### Elderberry cream pots with chocolate truffles

(A pannacotta type dessert from *Find it Eat it* by Michael Daly)

150g Elderberries	1/3 cup caster sugar
1 Tbsp powdered gelatine	2 Tbsp cold water
300ml cream	100ml full fat milk
3 Tbsp caster sugar	1 Tbsp vanilla extract
30gm dark chocolate	

#### Preparing the elderberries

Wash the elderberries under cold running water while still on the stalks. Gently remove the berries with a fork and place in a thick-bottomed pot. Add the sugar and place over a low heat to allow the berry juice to be drawn out. Simmer for 10mins until the berries become thick. Pass this jam through a fine metal sieve to remove the skins and seeds. Keep the seed and skin mix to one side.

#### Making the cream pots

Soak the gelatine in the cold water for about 5 minutes, until the granules soften. Put the cream, milk and caster sugar in a pan and bring to the boil. Whisk in the gelatine and elderberry jam then pass the mixture through a fine sieve. Finally whisk in the vanilla. Cool slightly before pouring into four individual serving dishes. Place in the fridge until set. (Over night.)

#### Making the truffles

Finely grate the chocolate into the cold elderberry seed mixture and mix well. Roll into little balls and keep in a cool are of the kitchen but do put them in the fridge. You can roll the truffles in cocoa powder if you wish. Serve with some vanilla whipped cream



## Elderflower cordial

### Elderflower Cordial

**Prep time** -1 hour  
**Cook Time** -10 mins  
**Servings** -2 litres

#### Ingredients

- About 25 elderflower heads
- Finely grated zest of 3 lemons and 1 orange, plus their juice (about 150ml in total)
- 1kg sugar
- 1 heaped tsp citric acid (optional)

#### Directions

Place the flower heads in a large bowl together with the orange and lemon zest.

Bring 1.5 litres water to the boil and pour over the elderflowers and citrus zest. Cover and leave overnight to infuse.

Strain the liquid through a jelly bag or piece of muslin and pour into a saucepan. Add the sugar, the lemon and orange juice and the citric acid (if using).

Heat gently to dissolve the sugar, then bring to a simmer and cook for a couple of minutes.

Use a funnel to pour the hot syrup into sterilised bottles.

Seal the bottles with swing-top lids, sterilised screw-tops or corks.



**Teas or tisanes** – *lemon verbena, Manuka, lemon balm, chamomile, and dandelion tea.*

### **Elderberry Jelly** (courtesy Lynda Hallinan)

1 kg elderberries            1 cup water  
1 cinnamon stick            6 whole cloves  
1 teaspoon vanilla paste    800g jam setting sugar

Use a fork to strip all the ripe berries from the stalks.

Place in a pot with the water and spices and simmer gently for 20-30 minutes, mashing from time to time until the berries are juicy and cooked.

Strain through a sieve, pressing the berries with a spoon to extract as much juice as possible. Discard the seedy pulp and spices.

Bring the elderberry juice to the boil then add jam-setting sugar. Stir until the sugar has dissolved then boil for 5 minutes. Pour into jars and seal.

### **Lemon Verbena Pannacotta** (recipe by Jamie Oliver)

Serves 4

#### **Ingredients**

350ml cream  
40 g sugar  
a small handful of lemon verbena leaves  
50 ml milk  
1 gelatine leaf or  
1 Tbsp gelatine powder and 2 Tbsp cold water

Heat cream, sugar and lemon verbena leaves gently to just on boiling. Turn off and leave to infuse for 30 minutes.

Soak gelatine leaf in bowl of cold water or dissolve powder in cold water.

Mix gelatine into the 50 mls of milk and heat till well mixed.

Strain cream mixture into gelatine and milk and stir to well mixed.

Pour into 4 individual moulds and leave at least 4 hours to set.

### **Wild Greens Blini** (From BBC Good Food website)

100 g plain flour            1 egg separated  
150ml milk                  25g butter, melted  
¼ cup chopped wild greens

Put the flour into a bowl then season. Make a well in the middle then add the egg yolk and half the milk. Whisk until smooth, then gradually add the rest of the milk, the butter and the chopped wild greens. Whisk the egg whites until starting to stiffen, then fold into the batter. To cook lightly grease a frying pan then sizzle spoonfuls for 2-3 minutes on each side.

Serve with your favourite topping such as labneh (strained yoghurt) and an edible flower.

## Other Recipes

### **Worm Juice**

Ingredients – food scraps like apple cores, peelings, banana skins. Add to worms in a bath. Do not add citrus, meat or onions. Collect the juice out the plug hole. Feed to tunnel house and vegetable garden plants.



### **Sugar Water for Birds**

Like what can be sucked out of flax flowers when in bloom, we can give birds sustenance when food sources are scarcer.



Dissolve 1 cup sugar in  
1 Litre of water. Add  
red or blue food  
colouring

Put out available for  
the birds.

# Natural Body Product Recipes



Honorlea has held a variety of workshops at the Southland Community Nursery where participants have had fun and learnt about making various products to take away including soaps, lip scrubs, body scrubs, Body Butters and much more. Honorlea enjoys sharing her knowledge with others and has kindly shared this recipe with us.

Check out Honorlea's "Kākāriki Natural Beauty" products such as soaps, perfumes, lip balms, serums, moisturisers and handy 'make your own' packs at Markets and at the Southland Community Nursery. For more information please email [kakarikinaturalbeauty@gmail.com](mailto:kakarikinaturalbeauty@gmail.com)



## Moisturising Body Bars

These Moisturising Body bars are great to use all over your body after a shower they melt on your skin and leave your skin feeling soft, and there are no plastic bottles needed. When they are made by you, this product has a very small carbon footprint. The ingredients chosen are simple that have not gone through complicated processing methods so they really are natural ingredients. Keeping Life Simple!

### Ingredients.

14g Beeswax	15g cocoa butter	45g shea butter
16g coconut oil	1g of Tocopherol (Vitamin E)	
10-15 drops of Essential Oil (no more than 1%)		

### Equipment needed

1x Pyrex jug	S/S bowl	1 x Saucepan
Scales	Small hand whisk	Measuring spoons/dropper

### Directions

Over a double boiler, melt the beeswax first in a pot, then add Cocoa Butter and Shea butter and heat until melted then add coconut oil.

Do not over heat! Mix and allow to cool a little then add tocopherol (vitamin E) then your favourite fragrance/Essential oils and/or colours. Mix together quickly and carefully pour into moulds and wait to cool and set. Then pop them out of moulds and they are ready to use!



## Notes

## Notes

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Proceeds from the sale of this book go to the Southland Community Nursery. *Thank you.*



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