



Spicy Tomato Kasundi

Preparation time: About 20 minutes

Cooking time: 1 hour 30 minutes

Yields: About 2 litres

Ingredients:

1.5 kg tomatoes
2 tsp sea salt or table salt
9 cloves of garlic
180 g green ginger stem
1 tsp coriander seeds
10 small chilli - adjust based on preference
260 g onion
350 g apple - can substitute ½ grated carrot
350 ml cider vinegar
2 tblsp black mustard seeds
50 ml oil
1 tblsp cumin seeds
1 tblsp turmeric
1 tblsp nigella seeds
2 tsp whole cloves
1 tsp chilli powder
200 g brown sugar

Method:

1. Roughly chop tomato and mix with salt and steep for one hour
2. Warm vinegar in low heat and add mustard seed - remove from heat and allow to cool for 15 minutes
3. Blend ginger and garlic and add vinegar and mustard mix and blend until smooth
4. Heat oil and fry spices for 20 seconds, add vinegar/garlic/ginger paste, onions and chilli, mix and fry until onions become transparent (5 - 10 minutes)
5. Drain tomatoes, add to pan with apples (and carrot) and sugar. Simmer for one hour.
6. Ladle into warm sterilised jars and cap.
7. Refrigerate after opening - use as a chutney

Roast Tomato Chutney

Preparation time: About 20 minutes

Cooking time: 1 hour 30 minutes

Ingredients:

1.5 kg tomatoes
2 tsp sea salt or table salt
Black pepper
10 small chilli - adjust based on preference
1 kg onion - peeled and diced
1 kg apple - peeled, cored and diced
250 ml malt vinegar
100 ml oil - olive or canola
250 g brown sugar

Method:

1. Halve tomato and lay cut side up in baking tray. Drizzle with ½ the oil and sprinkle salt over and a generous grind of black pepper.
2. Roast in hot oven (200C) until tomatoes collapse (25 - 30 minutes)
3. Sweat onions in remaining oil and cook until translucent.
4. Add tomatoes with pan juice plus all remaining ingredients and bring to boil, stirring constantly.
5. Once boiling point is reached, reduce to a low simmer and cook uncovered until thick, stirring regularly. (20 - 30 minutes)
6. Taste and adjust seasoning if necessary.
7. Ladle into warm sterilised jars and cap.
8. Refrigerate after opening.

Onion Jam

Preparation time: About 20 minutes

Cooking time: 1 hour 30 minutes

Ingredients:

2.5 kg brown onions - peeled and diced
250 g brown sugar
750 g white sugar
2 tsp sea salt or table salt
100 ml balsamic vinegar
100 ml canola or olive oil

Method:

1. Sweat onion in oil on low heat with half of the salt until onions collapse, stirring often
2. Add remaining ingredients, stir until well combined.
3. Partially cover with lid and simmer slowly, stirring regularly. Cook for 35-40 minutes until thick, As it cooks down the risk of catching increases so keep an eye on it.
4. Allow to cool and refrigerate overnight, reheating and simmering longer if too thin. Aim for a thick, unctuous texture that is self-supporting
5. Reheat to boiling and then Ladle into warm sterilised jars and cap.

Balsamic Dressing

Preparation time: About 15 minutes

Yield: About 1.5 litres

Ingredients:

250 ml Balsamic vinegar
125 g brown sugar
100 g Dijon mustard
½ tsp sea salt or table salt
1 litre canola oil

Method:

1. Place vinegar, sugar, salt and mustard into Kitchen Aid food processor - split quantities if yours is a small one.
2. Blend until sugar is dissolved (15-20 seconds)
3. Slowly drizzle the canola oil into the mix with the machine on high
4. Once blended to a smooth emulsion, place in container with lid and store in refrigerator
5. If preparing in two batches, whisk both together at the end before bottling.

Balsamic Dressing

Preparation time: About 15 minutes
Yield: 1.5 litres

Ingredients:

250 ml Red wine vinegar
250 g honey
100 g Dijon mustard
½ tsp sea salt or table salt
1 litre canola oil

Method:

1. Place vinegar, honey, salt and mustard into Kitchen Aid food processor - split into halves if yours is a small one.
2. Blend until honey is dissolved (15-20 seconds)
3. Slowly drizzle the canola oil into the mix with the machine on high
4. Once blended to a smooth emulsion, place in container with lid and store in refrigerator
5. If preparing in two batches, whisk both together at the end before bottling.

Tartare Sauce

Preparation time: About 15 minutes
Yield:

Ingredients:

1 Egg Yolk
30 g Dijon mustard
25 ml Red wine vinegar
½ tsp Salt
10 ml Boiling Water
250 ml Canola Oil
20 g pickled Capers

Method:

1. Separate egg, add yolk only to dijon mustard, red wine vinegar & salt in food processor
2. Blend for 2 minutes until well combined
3. With machine running, slowly pour canola oil into egg mix.
4. Start with 30ml and continue until all oil used, which should take 8-10 minutes.

5. Once mix is satisfactory (nice Mayonnaise consistency) stop and add capers. Blend 10-15 seconds
6. Taste and add more salt if necessary, add boiling water and blend 5 seconds.
7. Bottle in sterilised jar

Important note:

As this is a raw egg product, it should be kept for no more than 2 days.

Lamingtons

Ingredients:

Butter cake
180 g butter
250 ml milk
340 g self-raising flour
340 g white sugar
4 eggs
2 tsp vanilla essence

Method:

1. Pre-heat oven to 180C
2. Grease and line a shallow rectangular baking tray (about 8 cm deep)
3. Mix dry ingredients and add melted butter, milk, vanilla essence and eggs. Mix well into smooth batter.
4. Pour batter into prepared baking tray and cook for 25-30 minutes - testing with skewer - it is cooked when skewer comes out clean.
5. Allow to cool, then freeze overnight before icing and coating.

Icing

3 cups of icing sugar
½ cup of boiling water
⅓ cup of cocoa or drinking chocolate
30 g butter
1 tsp vanilla essence
2 cups of dessicated coconut

Method:

1. Remove cake from freezer and cut into 5cm cubes whilst still frozen.
2. Sift icing sugar and cocoa together into double-boiler which is has reached boiling point and now simmering. Add water and vanilla and stir until smooth and glossy. Icing should be thin - add more water if needed, and keep the bowl over hot water whilst working.
3. Spread a thick layer of desiccated coconut onto a large sheet of baking paper or in a large plastic container.
4. Spear cubes of cake with a fork and dip into icing - immersing them completely. Allow excess to drain and then roll in coconut.
5. Allow to dry on wire rack. Can be frozen in container in layers unless eating immediately, separated by sheets of baking paper.

Anzacs

Preparation time: About 15 minutes
Yield: 15-20 - depending on size

Ingredients:

125 g Butter
50 g Golden syrup
1 cup (110 g) Rolled Oats
1 cup Castor Sugar
1 cup Dessicated Coconut
3/4 cup Plain Flour
1.5 tsp Bi Carbonate of Soda
60 ml Boiling water

Method:

1. Weigh and measure all ingredients
2. Pre heat oven to 190° C
3. Line a large baking tray with baking paper
4. Mix oats, sugar, coconut, plain flour in large bowl
5. Mix golden syrup & butter in a microwave container & melt in 30 second cycles until all melted,
6. Add 60 mls of boiling water to bi-carb in small bowl, mix to combine. Add golden syrup mix to combine, add to dry ingredients and mix well. Rest 5 mins.
7. Fill a small bowl with warm water, use this to wet your hands to roll mix.
8. Roll into small balls, place onto lined tray evenly spaced, allow for spread approx 15 to a tray.
9. Bake top shelf until golden. Usually 10-15 minutes.
10. Cool on trays for a few minutes to allow biscuits to harden, then remove to wire racks. The amount of golden syrup impacts texture - more syrup more chewy, less syrup more crunchy!

Seed Bars

Ingredients:

2 cups rolled oats
1 cup dessicated coconut
80 g sesame seeds
2 cups sunflower seeds
1 cup pumpkin seed (pepitas)
1 cup chopped almonds
1 cup dried cranberries
1 cup chopped cashews
250 g unsalted butter
320 g raw honey
100 g brown sugar

Method:

1. Use a large frypan to individually toast, oats, coconut, all seeds, all nuts on low heat, stir constantly.
2. As each ingredient is toasted place into large mixing bowl with cranberries, stir to combine.
3. In a small saucepan dissolve butter, honey & sugar on medium heat for 5 minutes then turn onto low and cook further 5 mins until thick.
4. Add honey syrup into dry mix and combine well.
5. Press into tray, smooth with spatula
6. Cool 10 minutes, place wrapped tray in fridge.

7. Set 2 hours and cut into narrow serving portions.
8. Can store in freezer in sealed container with baking paper between layers.

Boiled Chocolate Cake

Ingredients:

- A) 1 cup water
125 grams butter
2 tblspns cocoa
- B) 1.5 cups self-raising flour
1.5 cups sugar
½ tsp bicarbonate soda 2 beaten eggs

Method:

1. Bring ingredients (A) to boil and allow to cool
2. Add ingredients (B) and mix well (mixture will be thin)
3. Pour into paper-lined cake pan and bake at 180° C/ 350° F for 30 minutes
4. Ice with chocolate icing

Gluten and Nut-free Brownies

Preparation time: About 15 minutes
Yield: 8 generous serves

Ingredients:

100 g dark chocolate
100 g Butter or Nuttelex for dairy-free option
165 g brown sugar
60 ml milk - soy if dairy-free
1.5 cups Gluten-free self-raising flour

Method:

1. Pre heat oven to 190°C
2. Melt chocolate & nuttelex/butter in microwave till smooth in 30 second cycles whisk and pour into mixing bowl.
3. Mix sugar, milk & chocolate mix together
4. Fold in gluten free SR Flour.
5. Pour into lined slice tin
6. Bake 20-25 minutes - it is cooked when skewer comes out clean. Note: better to slightly under cook to stop drying out.
7. Leave in tin & place on rack 10 minutes to cool. Place in fridge to set for 45 minutes
8. Portion into size to suit servings
9. Store in air-tight container in the fridge.