

# *Preserve your harvest*

**Delicious recipes donated by  
Slow Food Swan Valley & Eastern Regions**



Recipe booklet prepared for the  
Giddegannup Show 2018



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**Slow Food<sup>®</sup>**

Swan Valley and Eastern Regions

# *Founder's Marmalade*

This is a very economical marmalade, which is made from orange or grapefruit skins that you would normally discard after you have used the fruit. Just keep the skins in the refrigerator or freezer until you have collected enough to make the marmalade.

## **Ingredients**

2 cups chopped or minced orange or grapefruit peel

2 ½ cups water

Juice of 2 large lemons

1kg sugar

Soak peel in water overnight. In the morning, add lemon juice and simmer with the lid on until fruit is soft. Add warmed sugar and boil rapidly until setting point is reached. Bottle and seal.

# *Seville Orange Marmalade*

## **Ingredients**

750 g Seville oranges

7 cups water

¼ cup lemon juice

1.5 kg sugar

Slice oranges thinly with a sharp knife. Tie the pips in a small muslin bag and put everything in an earthenware or glass basin. Pour over the water, cover and stand overnight.

Next day, transfer contents to a large saucepan or preserving pan and cook gently until the peel is soft, approximately 1 – 1 ½ hours.

Squeeze the muslin bag into oranges and discard. Add lemon juice and warmed sugar and stir until dissolved. Boil rapidly until setting point is reached. Allow to cool about 10 minutes before bottling.

# *Lemon Marmalade*

## **What you need:**

1 kg organic lemons

1.2kg sugar

Clean sterilised jars and lids

Wash the lemons and then prick the skin with a fork. Place the lemons in a large glass bowl, cover with cold water and leave for 4 days changing the water every day.

Take the lemons out of the water, chop in to small pieces removing the seeds and place in a large saucepan with the sugar. Bring to the boil and cook on low heat for about 40 minutes, stirring occasionally. Put the hot marmalade in the sterilized jars, close with their lids and turn upside-down to cool at room temperature until cold.

Store in a cool dry place. Best eaten after a week as flavour develops in this time. Delicious served with fresh bread, scones and even on pancakes.

# *Plum Jam*

## **What you need:**

1 Kg organic plums

500g sugar

1 organic lemon

Wash the plums, cut in two to remove the seed and place them in a saucepan with the sugar and the juice and zest of the lemon. Cook on moderate heat, stirring occasionally and remove the foam as it rises to the surface during cooking.

Check the jam mix after 30 minutes by placing a teaspoon of the mixture on a plate. The jam is ready if, when you rotate the plate, it sets in place. If it runs, cook it further and test again as required. This

jam can be enriched by adding a small cinnamon stick and 1/2 glass of rum 5 minutes before turning it off.

Place the hot jam in sterilized glass jars, seal with lids and cool upside down until cold. Store in a cool dry place.

## *Sugar Free Fig Jam*

### **What you need:**

1 kg organic figs

1 apple

1 piece of fresh ginger, shaved

Cut the figs in half or quarters without taking the skin off. Cut the apple in small cubes and discard the seeds. Place everything in a saucepan, add the ginger and cook for about 40 minutes. Check the jam mix after 30 minutes by placing a teaspoon of the mixture on a plate. The jam is ready if, when you rotate the plate, it sets in place. If it runs, cook it further and test again as required.

Place in glass jars while still hot. Close the jars and place upside down until cold. Place in a dry store.

## *Dried Herbs*

### **What you need:**

Fresh herbs of your choice (rosemary, sage, oregano, bay, thyme and mint all work well)

Kitchen twine

It is best to pick herbs in the morning because they have a stronger aroma. Create a small bunch and tie them up with the kitchen twine. Hang upside down in a cool, dry place, away from direct sunlight. When dry, they can be stored in glass jars in a dark place like your pantry.

# *Dried Vegetables*

Most vegetables can be dried in the direct sun, in the oven on a very low setting (max. 50C) or using a food dehydrator. Vegetables with a high water content work best, e.g. tomatoes, zucchini and eggplant.

Cut the vegetables in strips and place on a rack. If drying in the sun, make sure to cover the vegetables with a net to protect them from flies and take them inside at night to keep them away from the night moisture. When dry they can be stored in airtight containers in a dark dry store.

# *Pickled Eggplants*

## **What you need:**

1 kg organic eggplants

White wine vinegar

Salt

Olive oil

Garlic

Dried chilli and oregano

Prepare a mixture with vinegar and water in the same quantity, measure the amount of liquid and add 10% of salt. Peel the eggplants and cut into strips, place them in a container and cover with the mixture. Leave to rest in a cool place for a week.

Drain and squeeze the eggplants to eliminate all the liquid, place them in a bowl and dress with condiments according to taste; try one to check if there is enough salt, vinegar and flavouring and adjust if necessary.

Place them in sterilized glass jars, top with olive oil and leave uncovered overnight to make sure there aren't any air pockets, then close the jars and store in a dry place.

# *Pickled Zucchini*

## **What you need:**

1kg organic zucchini

White wine vinegar

Salt

Olive oil

Garlic

Dried chilli and oregano

Wash and cut the zucchini in strips, discarding the seeds. Place the same amount of strong vinegar and water in a saucepan, add salt according to taste and bring to the boil. Blanch the zucchini for about 1 minute, then drain and place on a clean tea towel to dry overnight.

The next morning put the zucchini and all the flavourings (quantities to your own taste) in a bowl, mix well and taste, add some more seasoning if required.

Place in sterilized glass jars, cover with olive oil and leave uncovered for a day to make sure there aren't any air pockets. Cover with lids and keep them in a dry store.

# *Olives in Brine*

## **What you need:**

1 kg organic olives

Cold filtered water

Salt

Place the olives in a large glass jar and cover with filtered cold water. Leave for 10 days changing the water every day. Prepare the brine by measuring the volume of water necessary to cover the olives and dissolving 10% of this amount of sea salt. (ie. 1L water = 100gr salt).

Cover the drained olives with the prepared mixture and close the glass jar with the lid. Leave in a dark place for at least 3 months before tasting. If the olives are too salty they can be drained and covered with a new mixture made with 7% of salt.

When the olives are ready they can be marinated by dressing them with garlic and herbs infused olive oil. This can be prepared by heating the olive oil in a small saucepan with garlic, turn off the heat, add herbs and chilli (optional). Drain the olives, place them in a bowl and pour over the marinade. This preparation will last more than a week.

## **Food Hygiene and Safety**

When preserving food in jars it is very important to follow some safety procedures to avoid food spoilage and contamination that could be potentially harmful. The most important rule when preparing home jams or preserves is the cleanliness of the food, which must be washed properly. Also, the glass jars and lids must be sterilized in hot boiling water and air dried before using.

Placing the jars upside down with hot food will create a vacuum effect and prevent the development of bacteria. Some products can be pasteurized by placing the full jars in a pot full of water and bringing them to the boil. According to the size of the jars they should boil:

- 20minutes for 250gr jars;
- 45 minutes for 500gr jars;
- 1 hr for 1 kg jars.

During this procedure you need to make sure that the jars are always covered with water. The most dangerous bacteria that can reproduce, even in the absence of oxygen, is Botulin. To avoid its contamination you will need to make sure that the vegetables or fruit are washed thoroughly and dried properly. Food preserved in an acetic solution is less subject to the development of this toxin. Any preserved food with a pH less than 4.5 should be safe. Sterilizing the finished product will also prevent the reproduction of this dangerous toxin as it doesn't survive in high temperatures.

*Slow Food SV is the only convivium in Western Australia and is based in the Swan Valley, a unique melting pot with indigenous, pioneering colonial and southern European roots. Our beautiful climate, rich soil and talented locals are the Swan Valley's secret to growing beautiful produce.*

Our members are passionate about sharing the Slow Food philosophy of GOOD, CLEAN and FAIR food. Our work helps to preserve local food cultures and traditions particularly our indigenous heritage, protect food biodiversity, build links between producers and consumers and teach the pure pleasure of food.

## **Slow Food SV Projects**

We actively support and endorse like-minded local producers and chefs through our Snail of Approval and Chef's Alliance programs. We also initiate, support and sponsor a range of other local and international projects that align with the Slow Food ethos including food education programs.

## **Long Table Events**

Our popular Long Table degustation events are open to members and non-members and are held throughout the year. They are a mouthwatering showcase of high quality, locally-sourced, seasonal West Australian produce and are authentically prepared by Italian chef and convivium leader, Vincenzo Velletri.



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