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Small Farms and Rural Living Network

# Leigh's Home Preserving Workshop



Tuesday 16<sup>th</sup> February

# RECIPES

## ZUCCHINI RELISH

1.5kg zucchinis  
1kg green cooking apples  
1kg onions  
½ teaspoon crushed dry chillies  
2 tablespoons salt  
2 cups sugar  
2 cups vinegar  
1 teaspoon curry powder  
¼ teaspoon cayenne pepper  
1 tablespoon turmeric  
2 tablespoons plain flour

Chop apples and onions, grate coarsely the zucchini.

Boil all ingredients together, except the flour, until soft and mushy.

Mash lightly to break up the apple and onion but not too much or the zucchini will breakdown too much.

Thicken with the flour, which has been mixed with a little water to make a paste and boil the mixture for 2 minutes.

Pour into sterilized jars, seal.

Store in a cool dry place. Refrigerate after opening.

## MANGO CHUTNEY

5 lb (2.27kg) half ripe mangoes  
4 small red peppers (1 large capsicum)  
1/4lb (113gm) garlic  
1/2lb (226gm) raisins  
1/2lb (226gm) preserved ginger  
5lb (2.27kg) white sugar  
2 pints (1.14l) brown vinegar  
1tablespoon salt  
2 tablespoons whole cloves

Peel mangoes and cut into small pieces

Bring vinegar and sugar to the boil

Add other ingredients and cook until mangoes are transparent

Put fruit in jars and pour syrup over it.

Seal and store in cool dry cupboard

## **PADDY'S TOMATO RELISH**

1 .5kg tomatoes, peeled and chopped  
3 medium onions, chopped finely  
1 ½ cups brown sugar  
1 ½ cups vinegar  
1 ½ tablespoons mustard  
1 tablespoon curry powder  
½ teaspoon cayenne pepper  
2 teaspoons cooking salt

Drain excess liquid from tomatoes and put the tomatoes into saucepan. Add all other ingredients  
Bring to the boil, simmer uncovered, stirring occasionally for approximately 1 1/4 hours or until  
pulpy and thick  
Pour into sterilised jars, seal when cold  
Store in cool dry cupboard

## **HOT MINT CHUTNEY**

2 handfuls fresh mint leaves  
2 handfuls sultanas  
4 tablespoons brown vinegar  
4 tablespoons brown sugar  
Cayenne to taste (a pinch may be enough)  
Pinch Salt  
Blend all ingredients together in electric blender, then bottle.  
NO COOKING  
Keep in cool dry cupboard – keeps for ages without refrigeration

## **BEETROOT**

Cook beetroot, peel and slice and put into jars. Fill jars with liquid in and remove air bubbles, seal  
and when cool store in a cool dry place  
Boil:  
2 pints (1.14l) vinegar  
2 cups sugar  
1 oz (28.36gm) ginger  
1 oz (28.36gm) peppercorns  
1 teaspoon salt  
½ teaspoon nutmeg  
Boil together for 10-15 minutes, strain and fill jars.

## **TOMATO SOUP**

12lb (5,45jg) tomatoes

12 onions

Boil together for 1 hour, until soft. Put through sieve, or blender.

Then add:

1/4lb-1/2lb (113gm-227gm) butter

2 oz (57gm) salt

4oz sugar

Pepper

Boil for 1 hour and put into Fowlers Vacola jars, with lids and clips. Place bottles into preserving pan for the required time.

## **TOMATO RELISH**

8 large tomatoes

4 large onions

Cut up tomatoes and onions and put into plastic or stainless steel dish. Sprinkle well with salt and allow to stand overnight.

Next morning strain the water off.

Add enough vinegar until you see it through the tomatoes and onions.

Boil until soft then add:

Mix to a paste with vinegar:

1 lb (227gm) sugar

1 tablespoon mustard

1 tablespoon curry powder

1 teaspoon cayenne pepper

Boil further 20 minutes until a thick consistency

Bottle and seal

## **TOMATO SAUCE**

10lb (4.54kg) tomatoes

1 1/2pints( 852ml) vinegar

1 3/4lb ((794gm) sugar

1 lb( 454gm) onions

2 oz(57gm) salt

1 teaspoon ground ginger

Into a piece of muslin 1/2oz (14.2gm) whole peppercorns

1/2oz (14.2gm)whole cloves

1/2oz (14.2gm) whole allspice and tie up.

Put all into saucepan and boil for 3 hours.

Put into blender and bottle and seal.

## **LEMON BUTTER**

2 eggs – well beaten

1 cup sugar

Juice 2 lemons

2oz (57gm) butter

Place all ingredients into top of double saucepan. Cook over medium heat, stirring constantly, until mixture becomes smooth and thick. Bottle into clean jars and seal when cold.

## **PLUM SAUCE**

7.5 kg firm dark plums  
2 litres water  
4 tablespoons salt  
4 kg sugar  
1 slightly heaped tablespoon ground ginger (mixed to a thin paste)  
1 bottle Ezy-Sauce

Boil plums in water until stones fall out. Strain through a colander before adding salt, sugar (ripe or sweet plums use less sugar), ginger and bottle of Ezy Sauce. Boil for ¼ hour.

## **TOMATO RELISH**

8.5 kg ripe tomatoes, skinned and sliced  
3 kg onions, sliced  
4 level tablespoons mustard powder ) Mix with water to a thin paste  
4 level tablespoons curry powder )  
3 kg sugar  
1 bottle Ezy Sauce  
115g flour

Put in a dish tomatoes, onions and salt. After 12 hours empty all into pan. When boiling add mustard and curry powder paste. Now add sugar and Ezy Sauce and boil about 2 ½ hours. Ten minutes before end of boiling add flour made into a thin paste with water. Pour into hot sterilized jars and seal.

## **TOMATO SAUCE**

9 kg sliced ripe tomatoes  
1.5 kg onions, chopped finely  
115g garlic, chopped  
1 tablespoon ground ginger (mix into thin paste)  
1.5 kg sugar  
140g salt  
1 bottle Ezy Sauce

Boil together for 3 ½ hours tomatoes, onions, garlic and ground ginger. Then strain and add about 1.5kg sugar, salt and Ezy Sauce. Simmer until thick enough (1 hour or more) and bottle. For a thicker sauce add 1.5 or 2 kg of apples.

## **CAULIFLOWER PICKLE**

2 large cauliflowers (break small)  
6 large onions, cut finely  
2 tablespoons salt  
1 tablespoons each mustard, curry powder and turmeric  
1 kg sugar  
1 bottle Ezy Sauce

Cauliflower and onions salted overnight. Drain, then mix with ½ cup cornflour. Add this paste to 2.4 litres boiling water in which you have dissolved the sugar. Boil for 5 minutes before adding the Ezy Sauce, cauliflowers, onions. Boil for ½ hour or until tender.

## **BEETROOT CHUTNEY**

500 g cooked beetroot  
250g onions  
250g apples  
115g sugar  
3 teaspoons salt  
6 tablespoons (or more) Ezy Sauce  
Few sultanas

Grate beetroot, apples and onions, put on fire with a cup of water, sugar, salt and Ezy Sauce. Stir well while cooking for half an hour and bottle.

## **APRICOT CHUTNEY**

4 kg apricots  
2 kg onions  
500 g seeded raisins  
60g garlic  
3 tablespoons salt  
1 tablespoon ground ginger  
2 kg sugar  
1 bottle Ezy Sauce

Put through mincer apricots, onions, seeded raisins, garlic, salt and ground ginger. Add sugar and Ezy Sauce. Mix well and boil a\for about 2 hours or more. Water must be added during boiling and the amount may exceed 3 litres. Pack and seal.

Note: Mash apricots during cooking. Juicy apricots need NO water, but rather dry fruit will need some.

## **TOMATO CHUTNEY**

8.5 kg skinned ripe tomatoes  
3 kg onions, diced  
1 kg apples, diced  
170g salt  
2.5 kg sugar  
1 bottle Ezy Sauce  
3 level tablespoons mustard  
3 level tablespoons curry powder  
3 level tablespoons cornflour  
3 teaspoons turmeric

Put in a dish tomatoes, onions, apples and salt. After 12 hours put into a pan and bring to boil before adding sugar and Ezy Sauce. Boil until thick enough (about 1 ½ hours or more), but 10 minutes before taking off fire add paste mix of mustard, curry powder, cornflour and turmeric. Pack and seal.

## **APPLE CHUTNEY**

4 kg apples  
2 kg onions  
500 g seeded raisins  
60g garlic  
3 tablespoons ground ginger  
2 kg sugar  
1 bottle Ezy Sauce

Put through mincer applies, onions, seeded raisins, garlic, salt and ground ginger. Add sugar and Ezy Sauce. Mix well and boil for about 2 hours or more. Water must be added during boiling and the amount may exceed 3 litres. Pack and seal.

## **GREEN TOMATO PICKLE**

5.5 kg green tomatoes  
2 kg onions  
140g salt  
1.5 to 2 kg sugar  
1 bottle Ezy Sauce

Slice into dish green tomatoes, onions and mix in salt. After 12 hours empty contents into pan and bring to boil before adding sugar and Ezy Sauce. Boil until thick enough (usually 1 hour). To improve recipe, mix into a thin paste 1 rounded tablespoon of each mustard, curry powder, cornflour, and 2 teaspoons of turmeric. Add these about 10 minutes before end of boiling.

## **PICKLED ONIONS**

Cover the peeled onions with brine (60g salt to each 600 ml of water). Stand all night. Pour off brine, pack onions into bottles. Now cover onions with spiced vinegar strained through flannel and fit air tight seal. Sterilize at about 72C for 3/4hour. Vinegar is spiced by adding 30ml of Ezy Sauce to each 600 ml of vinegar.

