

## Black (or red) currant sorbet

150g caster sugar  
200ml boiling water  
500g black/red currants  
Juice of 1 lemon

Make syrup dissolving the sugar in the boiling water.  
Cool for 15 minutes  
Cook/simmer the currants in the syrup for 5 minutes.  
Whizz in a processor and strain.  
Stir in the lemon juice  
Cool.  
Freeze in a shallow container beating the mix 3-4 times as it freezes.

## Potatoes - Storing potatoes and reducing waste

- Tatties don't like to be kept in the fridge as it converts the starch to sugar and makes them taste sweeter. For best results take them out of plastic bag and store them in a cool, dry, dark place; ideally in a cloth bag and away from strong-smelling foods like onions.
- If potatoes have sprouted, simply remove the sprouts before use, and remember to cut off any green or damaged bits before using.
- Use a potato peeler rather than a knife as this will cut down on waste. Or don't peel at all; you can boil, roast or mash them with their skins on!
- Keep potato peelings to make delicious home-made crisps. Add salt and pepper then bake in a hot oven.
- Store leftover mash in the fridge until the next day. Use to make tattie scones, fish cakes or as a topping on a cottage pie.
- Mashed potato freezes well too.
- Leftover boiled potatoes can be added to an omelette, sliced and fried up or made into a potato salad.

See <http://www.soirbheas.org/soirbheas-tattie-project/>

## Onions - Storing

Watch <https://mail.google.com/mail/u/0/#search/growveg/156c84de1764fe83>



## GROW NORTH 2016

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## Some suggested reading...

TBI's "Growing Guide – for vegetables and fruit in the North of Scotland" P49-59 (available online if you Google "grow north preserving your own food")

"Preserves – River Cottage Handbook No. 2"; by Pam Corbin (2008)

"Domestic Preservation of Fruit and Vegetables – Ministry of Agriculture & Fisheries Bulletin No. 21" (1948)

"The Preserving Book"; by Mackinlay & Ricketts (1978)

"Fermenting Vegetables"; by Kirsten & Christopher Shockey

"First Steps in Winemaking"; by CJJ Berry (1960 but still in print)

"How to Store Your Garden Produce"; by Piers Warren (2008)

## A few web links...

<http://www.self-sufficient.co.uk/preserving.htm>

<http://www.fruitexpert.co.uk/>

<http://www.allotment-garden.org/>

<http://www.storingandfreezing.co.uk/>

<http://www.eattheseasons.co.uk/>

<http://scotland.lovefoodhatewaste.com/node/3603>

## RECIPES

### **Lemon-dill kraut:** (Quantities based on 2 big cabbages, about 3 kg.)

Take off the outer leaves of the cabbage and keep one or two unblemished ones. Shred the cabbage.

Chop a couple of good handfuls of dill or fennel (the recipe actually says 1 or 2 tablespoons of dried dill, we use fresh fennel leaves) and mix in with the cabbage. Add 1 ½ to 2 tablespoons of salt – preferably unrefined sea salt. Start with 1 tablespoon and taste it, then add more if necessary. It should taste about as salty as lightly salted crisps.

Add 4 tablespoons lemon juice and 4 – 5 cloves of garlic, grated (the garlic is optional). Toss it all around until there's a pool of liquid in the bottom of the bowl, then put it into some kind of non-reactive container (Kilner jars are good).

Press down each layer as you fill the container – the end of a wooden rolling pin is good for this. Put the reserved cabbage leaves on top to stop the veg floating, and weigh the whole thing down so the liquid covers the veg. We use a jam jar full of water, which is just the right size to fit inside a Kilner jar; make sure anything in contact with the ferment is non-reactive, i.e. glass, enamel, culinary-grade plastic or stainless steel.

Put it on something that will catch any overflow, and keep it somewhere cool-ish and dark for a week or so. We put it in our back porch, under a tea towel.

Check daily that the veg is under the brine, and press down on the jam jar/ weight to release the CO2 from time to time.

Taste it after maybe 6 days, a bit sooner if it's warmer. It's done when it tastes pleasingly sour and pickle-y tasting and the cabbage is a bit soft but still crunchy, more yellow than green, and slightly translucent.

Transfer into jars and keep in the fridge – otherwise it'll keep fermenting.

And see [https://www.youtube.com/watch?v=ESjWTRP\\_vuY](https://www.youtube.com/watch?v=ESjWTRP_vuY) for more details.



### **Fresh Tomato Sauce** (Quantities based on 1kg tomatoes making about 4 modest portions of sauce)

1kg tomatoes – skinned and medium chopped, 2 medium onions - chopped, 2 cloves garlic, 2 tbsp tomato puree or passata, bunch fresh basil, olive oil, salt and pepper, chilli to taste!

Heat olive oil in saucepan and soften onion and garlic for about 5 mins.

Add tomatoes, tomato puree/passata, basil and seasoning.

Stir well and cover pan and simmer gently for about 15-20 mins.

Uncover the pan and simmer for further 10-15 mins to reduce slightly.

Freezes well.

### **Courgette Chutney** (4.5 x 450g jars)

1.4kg courgettes, medium sliced

4 tbsp salt

450g onion, chopped

6 garlic cloves

700g Muscovado sugar

1.8 litres red wine vinegar

450g raisins

2 tbsp coriander seeds, crushed

4 tbsp mustard seeds

4 dried chillies (to taste)

Mix the courgettes with 2 tbsp salt and leave to drain overnight. Next day, rinse and pat dry.

Put the courgettes in a pan and add the onion, garlic, remaining salt, sugar and red wine vinegar. Bring to the boil and simmer gently for about 15 minutes, until the sugar has dissolved and the vegetables are soft.

Add the raisins, coriander seeds, mustard seeds and chillies. Mix well and simmer for another 35 minutes or until the chutney is thick, stirring frequently.

Cool and out into warm, dry jars.

Leave for about 3 months – if you can.

(Thanks to “The Boxing Clever Cookbook” by Jacqui Jones and Jean Wilmot)