

Peace  Farm

PERMACULTURE ◦ EDUCATION ◦ ART ◦ COMMUNITY ◦ ENTERPRISE

Seasonal Foods 2016 Calendar

Featuring:

- * *Delicious seasonal vegetarian recipes*
- * *Info about PEACE Farm*
- * *Tips for seasonal eating*

ABOUT US

Caring for and celebrating ourselves, each other and the Earth



Matt Daniele

is the manager of PEACE Farm's organic heirloom nursery. Contact Matt for permaculture design, planting schedules, and to purchase a huge range of edible vegetable and herb seedlings and fruit trees. Ph: 0431 311 606 or email: peacefarmnursery@gmail.com

Cat McKay

teaches Chi Yoga on Saturday mornings at PEACE Farm, co-facilitates Farm Play and is the communications/admin person for the CSA veg box scheme. She is interested in nature-based education, filmmaking and multimedia. Contact Cat on 0403 334 808



Vicky Basdeo

teaches Kundalini Yoga classes and also co-facilitates Farm Play for kids at PEACE Farm. She is passionate about living a creative, simple and natural life. Contact her on: 0417 985 713 or victoriabasdeo66@gmail.com about Yoga Classes, Farm Play and creative and wellbeing days and workshops.

Murray Goodchild

runs a Community Acupuncture Clinic at PEACE Farm and DIY Workshops on green technology and tiny home building. For more details contact Murray on: 0405 455 744 or murraybrown1@yahoo.com.au



Travis Heenan

manages the CSA Veggie Box Scheme at PEACE farm which provides an opportunity to deepen our connection with the land, seasons, cycles and our fellow community of eaters. To find out more about the CSA contact Trav: 0402 118 587 or peacefarmveggies@gmail.com

Emilie Alciato

is a Mother, Shamanic Midwife and French tutor. She holds regular Full and New Moon Drum Journeys. She supports Mothers to prepare for a conscious birth. She holds an open french conversation group once a week. And she's available for private french tuition. For more info: 0432484736





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Welcome to the first PEACE Farm seasonal foods calendar! The creation of PEACE Farm has emerged from a shared vision for growing a nourishing lifestyle, organic food and a wholesome environment for our future generations and ourselves. Since we arrived here in March 2013 we have been on a huge learning curve, living in community, on an organic farm, creating community enterprises, learning animal husbandry, hosting wwoofers and creating common agreements. At the core of all this is the beautiful land that we are blessed to live on and the abundance of amazing organic food we grow, harvest and share.

Most of the recipes in this calendar have been birthed in the essence of wonderment and resourcefulness, whatever is on hand and in abundance in the garden must be the 'medicine of the moment' and is really at the core of 'seasonal eating'. We hope you enjoy and feel free to create your own adaptations and share forward.

Love Vicky and Cat, this year's calendar creators.



Seasonal Eating:

Each season brings it's fresh food bounty. It helps when we can work with the energetic and climatic shifts by adapting our diet to suit these changes.

In **Spring**, when there is an abundance of Asian greens, spinach, kale and broad beans, we can make light curries and stir fries, cooking the food lightly but still preserving the freshness of the greens.

In **Summer**, when we have an abundance of tomatoes, lettuce, zucchini, cucumber and fresh fruits, we can get creative with cooling salads and also veggie slices and veggie burgers to accompany your BBQ's. We also take advantage of the glut to preserve these foods in sauces, jams, chutneys and pickles.

In the colder seasons of **Autumn** and **Winter**, root veggies, cabbages, leeks, broccoli, and cauliflower take the stage which make hearty stews and caseroles or simply steamed or roasted and served with butter or local olive oil. Blended soups are both nourishing and simple to prepare. In the shortest days, the dark green leafy kale and silverbeet carry us right through to Spring again. We can also appreciate a delicious hot breakfast with sweet or savory rice and grain-based meals such as sweet porridge and kitchardi.

The essence of seasonal eating is timeliness, resourcefulness (using what's on hand) and simplicity. It often only takes 'three good things' to bring a perfect marriage to a beautiful, wholesome and nourishing meal.

The PEACE Farm CSA (Community Supported Agriculture)

The inspiration for this calendar is our CSA veggie box scheme. The CSA provides an opportunity to deepen our connection with the land, seasons, cycles and our fellow community of eaters. We are developing a culture where growers and eaters work in dynamic and mutually beneficial relationships to grow their veggies.

A key emphasis of our model is participation and being part of the food growing process. It is our wish that when our members come to our farm and walk through the abundant gardens they really feel that those vegetables are their own and that they are part of the growing process too.

Hands on the Land Day

Something we look forward to each month is our "Hands on the Land Day". Held on the first Saturday of each month, we come together to not only get our hands dirty out in the garden, but also to share knowledge in food preserving and health and wellbeing practices. To top it off we put on a huge seasonal feast for all those who participate in the morning activities.

When you have a zucchini glut!
Make lots of fritters.

Zucchini Fritters

2-3 medium zucchini
½ cup self-raising flour,
½ cup parmesan finely grated
3 shallots thinly sliced
1 egg beaten
¼ cup fresh parsley chopped
2 tsp dried oregano leaves
1 tsp salt
¼ tsp ground nutmeg
4 tsp olive oil

Trim the ends from zucchini.
Coarsely grate the zucchini and
squeeze out as much excess
moisture as possible.

Transfer to a bowl.
Stir in self-raising flour, parmesan,
shallots, egg, parsley, oregano,
salt and nutmeg.

Heat 2 tsp olive oil in a non-stick
frying pan over medium-high heat.
Drop four 2-tablespoonful measures of
zucchini mixture into pan. Cook for 1 ½
minutes each side or until golden and
cooked through.

Transfer to a plate lined with paper towel.
Repeat with 2 tsp olive oil and remaining
zucchini mixture.



Zucchini Slice

5 eggs, 150g (1 cup) self-raising flour sifted,
2 medium zucchini grated and squeezed
1 large onion finely chopped,
1 cup grated cheddar cheese,
60ml (¼ cup) vegetable oil

Preheat oven to 180°C.

Grease and line a 30 x 20cm baking pan.

Beat the eggs in a large bowl until combined.
Add the flour and beat until smooth, then add
zucchini, onion, cheese and oil and stir to combine.
Pour into the prepared pan and bake in oven for
30 minutes or until cooked through.

Great to serve with a green salad.

zucchini

Things to do in January:



JANUARY 2016

Ratatouille

1-2 large ripe tomatoes chopped
1 large brown onion finely sliced or chopped
1 small zucchini sliced or chopped
2 cloves garlic finely chopped or crushed
2 tbsn olive oil
6 leaves silverbeet

Optional:
1 red capsicum diced,
1 eggplant diced,
2 mushrooms sliced
handful of shredded basil
chopped flat leaf parsley

Fry the onion and garlic in the oil and then add all the other ingredients and cook on low heat until nicely mixed and the tomato has softened completely.

Serve with garnish of fresh herbs and shavings of parmesan cheese. With toast and eggs for a full vegetarian breakfast. Or over rice or pasta for a delicious lunch or dinner.

And the kids love it!



Beetroot & Tomato Soup

This is a very simple and delightful Summer soup!

3-4 large beetroots chopped,
1 tbsn olive oil,
1 large onion finely chopped
2 cups chicken stock,
1 jar roasted tomato sauce or tomato pasata*,
3/4 cup crumbled feta
salt & pepper to taste

Saute the onion in the olive oil until clear, then add the chopped beetroot, tomato sauce and chicken stock. Simmer for 20-30 minutes, making sure the beetroot is very tender, then blend using a hand blender until smooth. Season with salt and pepper and serve topped with the crumbled feta.

* If you don't have a jar of roasted tomato sauce. You can substitute with chopped fresh tomatoes or tomato passata.

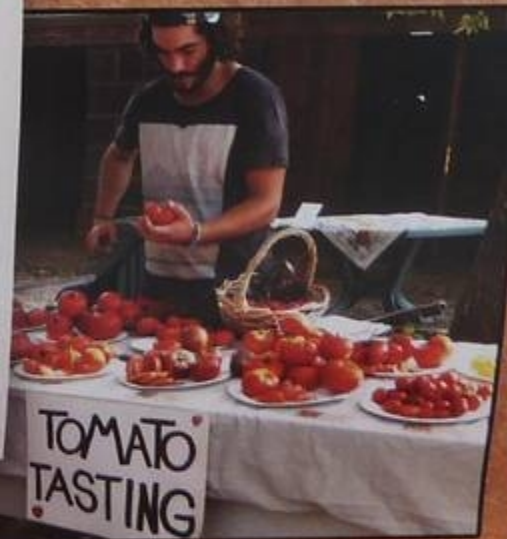
To make roasted tomato sauce, place about ten ripe halved tomatoes on a well greased baking dish, or fill the tray with cherry tomatoes. Sprinkle with a generous amount of sea salt, pepper, raw sugar and crushed garlic and a good glug of olive oil. You could also add fresh or dried herbs such as: rosemary, oregano, thyme or sage. Cook in a pre-heated oven (180 C) for about half an hour until just starting to caramelize and blend with a hand blender.

tomato



Things to do in February:

* GO TO PEACE Farm's Tomato Festival! →



FEBRUARY 2016

SATURDAY

SUNDAY

Apple & Berry Crumble

2-3 large apples, peeled, cored and chopped
1-2 cups of fresh or frozen berries*
50g butter
½ cup flour (preferable GF)
½ cup rolled oats
2 tsp raw sugar or maple syrup
½ tsp powdered cinnamon
*You can replace the berries with rhubarb

Heat oven to 180°C. Grease pie dish. Stew the apples in a small amount of water with cinnamon and add rhubarb or berries if frozen. Drain if too much juice then set aside. Make crumble by mixing flour, cold butter and oats with your fingers until it is nicely crumbled and sweeten with sugar/maple syrup. Put the fruit in the dish and cover evenly with the crumble and bake for about 15 minutes until nicely browned. Serve with sweetened yoghurt or ice cream!

Pictured here with homemade plum icecream - see December for the recipe



Apple Chutney

1 kg peeled, cored and chopped
1 kg tomatoes chopped
2 large onions chopped
85g (1/2 cup) sultanas
1 tspn mustard seeds
140g (3/4 cup) raw sugar
450ml water
4 tspn salt
2 tspn mixed or allspice
1 inch ginger grated
560ml (2 ½ cups) malt vinegar

In a large heavy based pot cook all ingredients and bring to boil then simmer for 2-3 hours, stirring regularly to avoid catching. When thickened, pour into sterilized glass jars (heated in a low oven for about 15-20 minutes) and seal tightly with metal lids (not plastic lids).

Apple, Cheese & Toasties Recipe

This is a very simple and quick 'kid friendly' snack or meal!

Lightly toast the bread and spread butter and chutney (see recipe above) and liberally sprinkle with 1 grated apple and 1 cup of tasty cheddar cheese. Top with a sprinkle of smoked paprika (optional) and grill until the cheese is bubbly and just starting to brown.

apple

Things to do in March:



MARCH 2016

Pumpkin & Sage Risotto

1 cup of Arborio rice
2 ½ cups chicken stock
1 onion chopped
2 tsbn olive oil
12 fresh sage leaves, sliced finely
8 oz jap pumpkin small dice
3 tbs butter
salt & pepper to taste
½ cup finely grated or shaved parmesan cheese
fresh parsley finely chopped

Fry onion in the olive oil until clear. Add rice and stir for a few seconds until coated in the oil, then add half of the stock and the chopped sage. Keep stirring every 5 minutes or so, for about 20 minutes.

Add the rest of the stock and the chopped pumpkin and continue to cook for another 10-20 minutes, until the rice is al dente!

Stir in the butter then serve, topped with the grated or shaved parmesan and parsley.



Orange & Pumpkin Soup

150g red lentils (1/2 cup),
¼ jap pumpkin,
2 sweet potatoes,
2 carrots,
1 onion chopped,
2 cloves garlic finely chopped or crushed,
olive oil,
salt & pepper,
5cm knob fresh ginger,
1 litre veg stock,
grated zest and juice of an orange,
1 tsp ground cumin seeds,
1 tsp ground coriander seeds.

Fry up onions, garlic and spices, then add the other vegetables, red lentils and stock and bring to boil, then simmer for around half an hour.

pumpkin

Things to do in April:



APRIL 2016

Carrot and Coriander Soup

- 50g butter
- 1 small red onion
- 1 tbs red lentils
- 1 tbs orange zest
- 2cm ginger, grated
- 4 large carrots, sliced
- 500ml water or veg stock
- 300ml milk
- 1 good sized sprig of coriander
- salt and pepper to taste
- 200ml cream (optional)

Fry the onion, ginger, lentils, orange zest and carrots in the butter for a few minutes before adding the water, milk, salt, pepper and coriander. Bring to the boil and then simmer for about 15 mins Blend and serve with cream (to taste). Top each bowl with a spring of coriander.



Roast Vegetable Salad

- 1-2 cups shelled broad beans (if available)
- 2-4 cups of diced root vegetables to roast including: carrots, pumpkin, potato, sweet potato, mushrooms, whole garlic cloves,
- olive oil,
- salt & pepper
- rosemary sprigs
- Selection of lettuce and rocket,
- fresh herbs including: parsley and mint,
- tamari nuts (including pepitas, cashews and sunflower seeds & tamari),
- slices of stale bread/bread ends
- Dressing: 1 tbsn olive oil, 1 tbsn balsamic vinegar,
- 1/2 tspn raw sugar, 1 tbsn tahini, 1 tbsn yoghurt,
- salt & pepper to taste

Pre-heat oven to 180°C and, oil a large baking tin. Clean and dice all vegetables and toss in some olive oil and season with sea salt and pepper and some sprigs of fresh or dried rosemary. Cook for 30-50mins (depending on the size of dice and how well you like to cook them, I like them very crunchy!!) Dry roast the nuts in a frying pan until just starting to color then add a good swig of tamari. Chop the slices of bread in 2cm dice and toss in olive oil and sea salt and roast in the oven until crunchy. When serving the salad. Layer the lettuce first, then the cooled puy lentils, then the roast vegetables. Top with a garnish of tamari nuts and croutons.

carrots

Things to do in May:



Herbed Vegetable Burgers

- 3 carrots grated, 3 potatoes grated,
- 1 onion very finely chopped or grated,
- 2 large eggs beaten, 1/2 cup breadcrumbs, 2 cloves garlic crushed
- large sprig of thyme, oregano, rosemary and sage leaves,
- salt & pepper to taste, 1 tbsn worcestershire sauce

Remove excess moisture from the grated vegetables, then, combine all other ingredients. If the mixture is too sticky, add more breadcrumbs until the mixture holds well. Form the burgers (makes about 8) and, if you wish, you can also cover with breadcrumbs. The burgers can be fried in oil or cooked in the oven 180°C. Cook each side for about 5 minutes or until golden and cooked inside.

MAY 2016

Parsley Soup

This is a wonderful soup if you have an abundance of parsley, and when the parsley is cooked just before serving (for about 5 minutes), this creates the most vibrant emerald soup and tastes amazing. Full of flavour, life and vitamins!

- 1 tbsn butter
- 1 tbsn olive oil
- 1 onion chopped
- 2 cloves garlic finely chopped
- 2 potatoes peeled & chopped.
- 1 large bunch of parsley
- 1 litre of chicken/vegetable stock
- salt & pepper to taste.
- Optional: zest & juice of 1 lemon, sprig of thyme & small sprig of rosemary and garnish with parmesan cheese & grated nutmeg

Heat up the oil & butter in large pot then saute the onion & garlic. Add potatoes and the stock and cook for 10 minutes and then add parsley when the potatoes are cooked. Cook for a further 5 minutes and then blend soup in a food processor or with a hand blender.



parsley & Kale

Green Dhal & Rice

- 1 cup red lentils
- 1 cup pre-soaked and strained puy lentils
- 1 tin coconut milk
- 1 tbsn rice bran oil
- 1 knob of fresh grated ginger
- 2 cloves garlic crushed or finely chopped
- 1 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1 tsp fenugreek leaves
- salt & pepper to taste
- 1 bunch silver beet
- 1 bunch kale
- 1 cup of basmati rice
- 2 cups water & salt to taste
- Optional: yoghurt to garnish

Cook the rice in a rice cooker with the water and salt. Fry the dry spices in the oil until just starting to brown, then add coconut milk and the lentils. Cook for 30 minutes and add a cup of water. Stirring occasionally so it does not stick to the bottom. Add the green vegetables and cook for a further 10 minutes. Blend with a hand blender and serve with rice and yoghurt if you wish.

Things to do in June:



Kale Chips

Pre-heat oven to 180°C. Well grease a baking tray and shred a bunch of curly kale from the thick stem and tear into bite sized pieces. Drizzle kale with olive oil and a small amount of sea salt. Bake for about 5-15 mins, checking regularly and turning so they don't burn.

JUNE 2016

Kitchardi (Indian spiced rice, vegetables & lentils)

This is a very wholesome, quick dish to prepare for either breakfast or as the main meal. It is great for the digestive system and overall wellbeing!

- 1 tsp ghee or other cooking oil
- 1 cup basmati rice
- 1 cup red lentils
- 1 cup of chopped root vegetables (eg. pumpkin, parsnips, potato, sweet potato, carrot)
- 1 clove finely chopped garlic
- 1 knob of fresh ginger grated
- 1/2 tsp curry powder
- 1 tsp cumin seed
- 1 stick cinnamon
- 3 cardamon pods
- 2 cloves, pinch or tumeric
- 1 tsp salt
- Optional: handful of sultana & dried apricots

Melt the ghee and add all spices, ginger & garlic, then add chopped vegetables, the rice and red lentils. Mix for a few seconds and then cover with boiling water so that none of the vegetables are uncovered. Cover lid and bring to boil and then turn to the lowest setting and cook for approximately 12 minutes. If it is looking too dry, add a little more boiling water and sit for another 5 minutes. Serve with yoghurt or raita (optional).



rice & roots

Adzuki Bean, Shitake & Root Stew with rice

- 2 tbs oil
- 1 large onion, chopped
- 2 cloves garlic finely chopped,
- small knob of fresh ginger finely chopped or grated
- 1 cup adzuki beans soaked over night and drained
- 1/2 cup pearl barley
- 1/2 small jap pumpkin cut into chunks
- 40g dried shitake mushrooms, soaked
- 750ml vegetable stock
- ground black pepper
- 2 tbs shiro miso or soy sauce or tamari to taste
- Seasonal root vegetables such as: carrots, beetroot, potato, sweet potato, swede, turnip, parsnip,
- 1 stick of kombu soaked until soft and then sliced
- Parsley to garnish

Fry up the onion and garlic in the oil, then add other vegetables and all other ingredients. Bring to boil, then simmer for about 40 to 50 minutes.

Sprinkle with parsley and serve with rice.



Things to do in July:

'Jap Mac' Breakfast! (Macrobiotic Brown Rice)

- 1 cup brown rice, 2 cup of water, 2-4 eggs, 1 daikon radish (or other root vegetables such as beetroot, carrot, turnip),
- 1 tbs plum vinegar, 1 tbs sesame oil, 1-2 nori sheets, tamari to taste, Optional: gomasio (salty toasted sesame seeds)

Cook rice in rice cooker or bring to boil and then simmer for approximately 30 minutes. While rice is cooking, prepare vegetable pickle. Shred, julienne or grate the radish/root vegetables. Pour vinegar and sesame oil on top and mix well, then set aside. Whip the eggs well and season with salt and pepper to taste. Fry the omelette in a hot pan with some cooking oil, then set aside. When rice is cooked, assemble each bowl. First dish rice, then pour tamari and sesame oil to taste, then top with long slices of omelette, pickles and shredded nori and finally sprinkle with gomasio.

JULY 2016

Cauliflower Soup

1 tbsn olive oil
1 knob of butter
1 large brown onion chopped
2 cloves garlic crushed or finely chopped
1 head of cauliflower chopped
2 potatoes peeled and chopped
1 parsnip peeled and chopped (optional)
sprigs of fresh oregano & thyme finely chopped
1 litre vegetable or chicken stock
salt & pepper to taste
Optional: 1/3 cup of white wine

In a deep pot, sauté the onions and garlic in the oil and melted butter until glassy. Add cauliflower, parsnip and potatoes, herbs, stock and wine and simmer for 20 - 30 minutes.

Garnish with grated parmesan cheese and parsley and serve with sourdough bread.

Romanesco brocciflower



Cauliflower & Macaroni Bake

1/2 head of cauliflower
200g macaroni
1 cup of grated tasty cheese
1/2 cup SR flour
40g butter
2 cups milk
1/2 tspn Dijon mustard
sprigs of oregano, parsley and thyme finely chopped
Optional: dried bread crumbs & grated parmesan

Either par-boil or steam the cauliflower until cooked but not too soft, drain and put aside. Boil the macaroni in plenty of water for about 10 minutes until just cooked. While the pasta and cauliflower are cooking, make béchamel sauce by melting the butter and then adding flour and then gradually stir in the milk stirring continuously to prevent lumps.

Cook until it starts to thicken then turn off and add the grated cheese and mustard. Grease a deep pie dish and then combine all ingredients and pour into the pie dish. Top with some extra grated cheese and a sprinkle of bread crumbs & parmesan (optional).

Bake for 30-45 mins at 180°C until golden brown.



cauliflower

Things to do in August:



AUGUST 2016

Silver Beet, Carrot & Beetroot Salad

2 large beetroot grated
2 medium carrots grated
1 large apple peeled and grated
4-6 young rainbow chard leaves finely sliced
½ cup of dried currants
Optional: 1 tsp black sesame seeds or chia
finely chopped fresh mint

Dressing:

1 tbsn olive oil
1 tbsn balsamic vinegar
pinch of salt
1 tsp honey
1 tsp sesame oil
1 tbsn orange juice

Combine all the vegetables in a salad bowl.
Combine all dressing ingredients in a small
jar and shake well, then dress the salad and
sprinkle currants and seeds on top.



Palak Paneer

4 tbs oil, 1 onion finely chopped
2 cloves garlic chopped
1 knob of fresh grated ginger
2 dried chillies (optional)
2 tsp ground cumin seeds
1 tsp ground coriander seed
1 tsp tumeric powder
¾ cup sour cream, yoghurt or coconut milk
1 ½ kg silverbeet chopped with stems removed
1 large tomato quartered
250g paneer cheese*,
salt to taste and fresh coriander as a garnish.

Fry onion and garlic in half the oil with some salt until
caramalised. Add ginger and spices. Add cream,
coconut milk or yoghurt and silverbeet one handful at
a time and cook for about 15 minutes. Cool and then
blend in food processor adding tomato as well. In
remaining oil fry cubes of paneer drain and then add to
the silverbeet mixture and cook for a further 10 minutes.

*Paneer Cheese

Boil 1 litre milk then turn off heat and add juice of half
a large lemon. When curds have formed, strain through
a clean muslin cloth. Hang to drain for at least ½ an
hour and then press if you want to form a more
solid block.

silverbeet

Things to do in September:



SEPTEMBER 2016

Roasted Broad Bean, Mushroom and Potato Salad

2 cups of large broad beans podded
8 large mushrooms quartered
2 large potatoes chopped (approx 2cm)
Olive oil to baste
Salt and pepper to season
Optional: ½ tspn smoked paprika
Salad leaves such as lettuce, rocket or baby spinach
Dressing: 1 tbsn olive oil, 1 tbsn balsamic vinegar, pinch salt, pinch of raw sugar or 1 tsp of runny honey.

Preheat oven to 180°C and well grease a baking pan with olive oil. Add the chopped potato, mushroom and broad beans and sprinkle with some more olive oil and seasonings and toss well. Roast for 30 minutes or until golden and crispy. Toss half way through if necessary. Dress the salad leaves and plate up and top with the roasted vegetables.



broad beans

Things to do in October:

Broad Bean and Baby Spinach Dip

1 cup of young broad beans
handful of baby spinach leaves well washed
100g cream cheese
1 tablespoon olive oil
1 garlic clove, crushed
Salt & freshly ground black pepper to taste

Steam both the broad beans and spinach until tender. Strain and refresh under cold water, then mix all ingredients with a blender or food processor until smooth. Serve with crisp toast or crackers or corn chips.

Broad Bean, Pea and Mint Soup

2 cups of podded young broad beans
2 cups of shelled fresh or frozen peas
2 potatoes peeled and chopped
1 onion peeled and chopped
1 tbs olive oil
1 litre vegetable stock
½ cup of fresh mint chopped
Optional: yoghurt and extra mint to garnish

Heat oil in pot and fry the onion until translucent. Add broad beans, potatoes and stock and cook for about 10-15 minutes until tender, then add the chopped mint and straight way blend until smooth. Serve with a dollop of yoghurt and extra mint to garnish.



OCTOBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Fried Rice

1 cup pre-cooked rice
2 eggs
1 tbs vegetable oil
Seasonal vegetables (about 1-2 cups) including:
Asian greens, carrot, corn, mushroom, peas, onion,
leek, garlic, fresh ginger, all finely sliced or diced
1 tsp tamari or soy sauce
1 tsp sesame oil
1 tsp mirin or pinch of sugar
pinch of white or black pepper

Heat oil in pan and add onion, mushrooms and then other vegetables (except the greens) and fry for a few minutes then place in a bowl. Add some more oil and then add the eggs, scrambling them slightly, then add the rice and stir well, then the other vegetables and the seasonings and stir well until all nicely coated with the seasonings.



Stir Fry with Asian Greens

Bunch of Asian greens (such as bok choy, wombok or silverbeet)
1 tbs vegetable oil
1 cup sliced mushrooms (or other seasonal vegetables)
1 onion cut in half and then finely sliced lengthways
1 garlic clove crushed or finely chopped
1 inch of fresh ginger finely sliced or grated
1 tbs tamari or soy sauce
1 tbs sesame oil
1 tbs of mirin or 1 tspn of raw sugar or honey
1 tsp of corn flour dissolved in half cup or cold water
Optional: roasted and salted cashew nuts,
2 egg omelette made with 1 tspn water, splash of fish sauce, pinch of sugar or mirin. Cooked and then sliced

Prepare omelette (if using) and slice. Heat oil in wok or large fry pan then add onion, garlic, ginger and mushroom and sauté. Add greens and seasonings and toss well until all well coated in seasoning. Finally add the corn flour and allow the sauce to thicken. Serve with white boiled rice or soba or other noodles. Top with nuts or sliced omelette if desired.

asian greens



Things to do in November:



NOVEMBER 2016

Plum Chutney

- 600g diced apples
- 1 kg plums pipped and roughly chopped
- 2 large onions chopped
- ½ cup sultanas or raisins
- 500g light brown sugar
- 25g fresh ginger grated
- 500ml white wine vinegar
- 2 tspn mixed or allspice
- 1 tspn salt

In a large heavy based pot cook all ingredients and bring to boil then simmer for 2-3 hours, stirring regularly to avoid catching. When thickened, pour into sterilized glass jars (heated in a low oven for about 15-20 minutes) and seal tightly with metal lids (not plastic lids).



Preserve excess plums to enjoy them all year round



plums

Things to do in December:

Roasted Plum Ice Cream (Using Yoghurt!)

This really is a frozen yoghurt, but using an ice cream maker, it is just as creamy as ice cream, but a lot lighter and this recipe uses only a tiny amount of sugar. It is best to roast the plums the day before, so they are thoroughly chilled before making the ice cream.

6 large plums, 1 tbs butter, 1 tbs raw sugar, 1 tsp cinnamon powder, 1 tsp vanilla essence, 1-2 tbsn honey, 1½ cups yoghurt

Pre-heat oven to 180°C. Generously grease a baking ban. Cut plums in half and remove the stone. Dot with butter and sprinkle the sugar and cinnamon on top. Bake for 20-40 minutes, until the plums are just starting to caramelize. Put in the fridge to chill. When the fruit and yoghurt are thoroughly chilled, combine all ingredients and blend if needed, with a hand blender to a smooth consistency. Turn on your ice cream maker (if you have one) and then pour in mixture and turn off when ready. My ice cream maker takes about 15-20 minutes. If you don't have an ice cream maker, just blend and whip and place into the freezer for about 20-30 minutes and then whip up when it reaches the desired consistency and serve.



DECEMBER 2016