

# Good things come from partnerships...

A collaboration of Community Centres,  
Community Foodies and the Health Service.

## Fruit and Vegetable Recipes

**Kasoundi** - for those who like it HOT! Tomato based with lots of spices, chilli, ginger and garlic. A tasty addition to vegetables, soups, pasta and stews.

**Stewed Peaches** - choose fresh, local and in season peaches. Peaches where the stone come away freely from the flesh or "free-stone" are easier to work with. All the flesh can be used even if not neatly sliced.  
Delicious with porridge or wholemeal pancakes.

**Stewed Apples** - choose fresh, local and in season apples. Granny smith or golden delicious variety of apples are good for cooking.  
Delicious with muesli or topped with an oat crumble and baked for a dessert.

**Spicy Peach Chutney** - mild spicy peach based chutney.  
Delicious with a fresh salad sandwich or with grilled skinless chicken and steamed vegetables.

**Spicy Tomato Chutney** - mild spicy tomato based chutney.  
Delicious with grilled lean meat and a fresh salad.

**Marlene's Cucumber Pickles** - a tasty way to preserve cucumbers with a touch of spice. Delicious in a wholemeal bread roll with a lean meat burger, lettuce and tomato.

Choose fresh, seasonal and local produce.

## Spicy Peach Chutney

### Ingredients

1 kg peaches  
2 medium onions  
1 large cooking apple  
375g sugar  
1 tablespoon salt

1 teaspoon ground cloves  
¼ teaspoon cayenne  
¼ teaspoon black mustard seeds  
2 cups white vinegar  
1 cup water  
¾ cup sultanas

### Method

At the bottom of each peach cut a cross into the skin. Place the peaches into a large bowl and cover with boiling water. Let stand for about 5 minutes. Empty water then peel skin off peaches and cut into slices.

Place the sliced peaches into a large saucepan.  
Stir over low heat until softened then mash till pulpy.

To the peaches, add peeled & chopped onions & apples, sugar & salt.  
Stir over low heat until sugar dissolved.

Mix ground cloves, chilli powder, cayenne & mustard seeds with the vinegar & water. Add this to the peach mix.  
Bring to the boil, reduce heat & simmer uncovered for 30 minutes.

Add sultanas, simmer further 30 minutes or until mixture thickens.  
Pour into warm sterilized jars & seal with metal lids.

Delicious with a fresh salad sandwich or with grilled skinless chicken and steamed vegetables.

### How to sterilize jars

Choose glass jars with metal lids that have a rubber ring on the underside.  
Wash & clean metal lids & set aside.  
Place washed & clean glass jars in a 150°C preheated oven for 10 minutes.  
Set hot jars aside ready for preserved mix.  
Avoid putting jars on cold surfaces as glass may crack.

Choose fresh, seasonal and local produce.

## Spicy Tomato Chutney

### Ingredients

1 kg tomatoes  
2 medium onions  
1 large cooking apple  
375g sugar  
1 tablespoon salt

1 teaspoon ground cloves  
¼ teaspoon cayenne pepper  
¼ teaspoon black mustard seeds  
2 cups white vinegar  
1 cup water (optional)  
¾ cup sultanas

### Method

On the tomato cut a cross in the skin.  
Place tomatoes in a large bowl and cover with boiling water.  
Let stand for 5 minutes or until the skin peels off easily.  
Peel tomatoes & chop roughly.  
Place in large saucepan and bring to the boil.  
Cook for 10 minutes then mash till pulpy.

To the tomato, add peeled & chopped onions & apples, sugar & salt.  
Stir over low heat until sugar dissolved.

Add to the tomato mix, ground cloves, chilli powder, cayenne pepper, mustard seeds, vinegar & water. Bring to the boil, reduce heat & simmer uncovered for 30 minutes.

Add sultanas, simmer further 30 minutes or until mixture thickens.  
Pour into warm sterilized jars & seal with metal lids.

Delicious with grilled lean meat and a fresh salad.

### How to sterilize jars

Choose glass jars with metal lids that have a rubber ring on the underside.  
Wash & clean metal lids & set aside.

Place washed & clean glass jars in a 150°C preheated oven for 10 minutes.  
Set hot jars aside ready for preserved mix.  
Avoid putting jars on cold surfaces as glass may crack.

Choose fresh, seasonal and local produce.

## **Kasoundi** **“some like it hot”**

### **Ingredients**

250g sunflower oil  
90g black mustard seeds  
90g cumin powder  
60g chilli powder  
30g turmeric

250g fresh ginger minced  
125g garlic crushed  
60g green chilli, chopped

500ml malt vinegar  
250g brown sugar  
60g salt

2 kg chosen fruit ie tomatoes, or apricots,  
or peaches, or mangoes.

### **Method**

Heat oil & cook all spices for 5 minutes.

Add ginger, garlic, chillies. Cook for a further 5 minutes.

Add all remaining ingredients & cook 60 minutes or until rich & thickened.  
Pour into warm sterilized jars & seal.

A tasty addition to steamed vegetables, soups, pasta and stews.

### **How to sterilize jars**

Choose glass jars with metal lids that have a rubber ring on the underside.  
Wash & clean metal lids & set aside.

Place washed & clean glass jars in a 150°C preheated oven for 10 minutes.  
Set hot jars aside ready for preserved mix.  
Avoid putting jars on cold surfaces as glass may crack.

Choose fresh, seasonal and local produce.

## Marlene's Cucumber Pickles

### Ingredients

4 medium cucumbers  
1 dessertspoon salt  
1/2 teaspoon celery salt  
1/2 teaspoon turmeric  
1 teaspoon mustard seed  
1 cup sugar  
spiced vinegar

### Method

Wash & slice cucumbers.  
Cover sliced cucumbers with salt & crushed ice or ice cubes.  
Let stand for several hours.

Drain well & place sliced cucumbers in a saucepan.  
Add all ingredients with just enough vinegar to cover cucumbers.  
Slowly bring to the boil then cool for a few minutes.

Place in glass jars with rubber seal in lid & screw lid on tightly.

Delicious in a wholemeal bread roll with a lean meat burger, lettuce and tomato.

### How to sterilize jars

Choose glass jars with metal lids that have a rubber ring on the underside.  
Wash & clean metal lids & set aside.

Place washed & clean glass jars in a 150°C preheated oven for 10 minutes.  
Set hot jars aside ready for preserved mix.  
Avoid putting jars on cold surfaces as glass may crack.

Choose fresh, seasonal and local produce.

## Stewed Peaches

### Ingredients

1 kg ripe peaches

¼ cup sugar

¼ cup water

### Method

At the bottom of each peach cut a cross into the skin.  
Place the peaches into a large bowl and cover with boiling water.

Let stand for about 5 minutes.

Empty water then peel skin off peaches and cut into slices.

Place the peaches and water into a large saucepan.  
Stir over low heat until softened. Add sugar and stir in well.

Pour the warm stewed peaches into warm sterilized jars & screw the lids on tightly.

Delicious with porridge or wholemeal pancakes.

### How to sterilize jars

Choose glass jars with metal lids that have a rubber ring on the underside.

Wash & clean metal lids & set aside.

Place washed & clean glass jars in a 150°C preheated oven for 10 minutes.

Set hot jars aside ready for preserved mix.

Avoid putting jars on cold surfaces as glass may crack.

Choose fresh, seasonal and local produce.

## Stewed Apples

### Ingredients

1 kg apples  
(granny smith or golden delicious are best for cooking)  
1 teaspoon ground cloves  
¼ cup sugar  
¼ cup water

### Method

Peel, core and chop apples.  
Place in large saucepan.

To the apples, add cloves, sugar & water.  
Stir over low heat until just softened.

Pour the warm stewed apples into warm sterilized jars & screw the lids on tightly.

Delicious with muesli or topped with an oat crumble and baked for a dessert.

### How to sterilize jars

Choose glass jars with metal lids that have a rubber ring on the underside.  
Wash & clean metal lids & set aside.

Place washed & clean glass jars in a 150°C preheated oven for 10 minutes.  
Set hot jars aside ready for preserved mix.  
Avoid putting jars on cold surfaces as glass may crack.