

The background of the page is a vibrant collage of various food items. At the top left is a bowl of creamy soup with mushrooms and herbs. To its right is a whole pizza with mozzarella, tomatoes, and basil. Further right is a small tart or bread topped with blueberries. Below these are several individual ingredients: a whole purple garlic bulb, a single mushroom, a sprig of parsley, and a slice of bread topped with avocado and sesame seeds. In the middle left, there are several green asparagus spears. To the right of the central text is a plate of food featuring yellow corn, a hard-boiled egg, quinoa, and purple grapes. Below the asparagus is a bowl of scrambled eggs, cherry tomatoes, mushrooms, and broccoli. At the bottom left is a slice of bread with figs and onions. In the bottom center is a large red tomato. To its right is another mushroom and a pea pod. At the bottom right is a slice of bread with tomatoes and basil. Finally, at the very bottom center is a plate of spaghetti with tomato sauce, topped with sliced tomatoes and basil. The entire page is framed by these various food illustrations, creating a rich, colorful border around the central text.

ALICE
SPRINGS
STEINER
SCHOOL
RECIPES



BY THE PARENTS AND
CARERS

ADD YOURS: EMAIL CLOSETONATURE@GMAIL.COM
PDF – DESIGNED, OR WORD DOC

HOMEMADE SAUERKRAUT

LUNCH, RAW

PREP 30 MIN · COOK 0 MIN · MAKES 1 LITRE · DIFFICULTY EASY · SOURCE CULTURESFORHEALTH.COM

INGREDIENTS

1 MEDIUM HEAD OF CABBAGE

1-3 TBSP. SEA SALT

DIRECTIONS

1. CHOP OR SHRED CABBAGE. SPRINKLE WITH SALT.
2. KNEAD THE CABBAGE WITH CLEAN HANDS, OR POUND WITH A POTATO MASHER FOR ABOUT 10 MINUTES, UNTIL THERE IS ENOUGH LIQUID TO COVER.
3. STUFF THE CABBAGE INTO A QUART JAR, PRESSING THE CABBAGE UNDERNEATH THE LIQUID. IF NECESSARY, ADD A BIT OF WATER TO COMPLETELY COVER CABBAGE. ALTERNATIVELY COVER THE KNEADED CABBAGE WITH SOME OUTER LEAVES (CALLED 'THE SACRIFICIAL LEAF').
4. COVER THE JAR WITH A TEA TOWEL SECURED WITH A RUBBER BAND (OR IN A SAUERKRAUT CROCK IF YOU HAVE ONE!)
5. CULTURE AT ROOM TEMPERATURE FOR AT LEAST 2 WEEKS UNTIL DESIRED FLAVOR AND TEXTURE ARE ACHIEVED.
6. ONCE THE SAUERKRAUT IS FINISHED, TRANSFER TO STERILISED BOTTLES RETURNED TO ROOM TEMPERATURE.
7. PUT JARS IN COLD STORAGE. THE SAUERKRAUT'S FLAVOR WILL CONTINUE TO DEVELOP AS IT AGES.

SENT FROM PAPRIKA RECIPE MANAGER



PRESERVED LEMONS

DIPS & SAUCES

PREP 10 MINS · COOK 10 MINS · SOURCE DARINGGOURMET.COM

INGREDIENTS

3 MEYER LEMONS (OR EUREKA, LISBON, ETC, ORGANIC RECOMMENDED) PER 600ML JAR
5-6 TEASPOONS SALT (SEA SALT OR KOSHER RECOMMENDED)
AN EXTRA LEMON FOR JUICING
WATER THAT HAS BEEN BOILED AND COOLED (STERILE)

DIRECTIONS

1. YOU CAN MAKE HOWEVER MANY PRESERVED LEMONS YOU LIKE, BUT ROUGHLY 3 WILL FIT PER PINT-SIZED (600ML) JAR.
2. THOROUGHLY CLEAN THE LEMONS. ORGANIC IS RECOMMENDED. IF YOU CAN'T FIND ORGANIC, LET THE LEMONS SIT IN SOME VINEGAR WATER FOR A FEW MINUTES, THEN RINSE.
3. TRIM THE NUBS OFF BOTH ENDS OF EACH LEMON. QUARTER EACH LEMON, SLICING THEM DOWN JUST OVER 3/4 OF THE WAY TO LEAVE THE SLICES ATTACHED AT THE END.
4. PUT ONE TEASPOON OF SALT INTO THE CAVITY OF EACH LEMON.
5. PLACE ONE TEASPOON SALT INTO THE BOTTOM OF THE JAR. PUT A LEMON IN THE JAR, CUT-SIDE DOWN, PRESSING FIRMLY TO SQUISH OUT THE LEMON JUICE. PUT A TEASPOON OF SALT ON TOP OF THE LEMON. FIRMLY PRESS THE SECOND LEMON DOWN ON TOP OF THE FIRST LEMON. REPEAT WITH THE THIRD LEMON, PRESSING DOWN FIRMLY. ADD A TEASPOON OF SALT ON TOP OF THE LEMON.
6. THE JAR SHOULD BE HALFWAY FULL WITH LEMON JUICE. IF NEEDED, SQUEEZE SOME ADDITIONAL LEMON JUICE INTO THE JAR TO BRING IT TO THE HALFWAY POINT. DON'T WASTE THAT LEMON; SLICE IT AND STUFF THE SLICES INTO THE JAR. POUR THE BOILED/COOLED WATER INTO THE JAR TO FILL IT TO THE TOP.
7. SCREW THE LID ON AND LET IT SIT AT ROOM TEMPERATURE FOR 3 DAYS, SHAKING IT AND ROTATING THE JAR UPSIDE-DOWN/RIGHT-SIDE UP A FEW TIMES PER DAY. AFTER 3 DAYS TRANSFER THE JARS TO THE REFRIGERATOR AND LET THEM SIT FOR AT LEAST 3 WEEKS BEFORE USING.
8. WHATEVER DISH YOU USE THEM IN, DISCARD THE PULP (IT'S THE PEEL THAT IS USED) AND THOROUGHLY WASH THE PEEL TO REMOVE EXCESS SALT.

NOTES

TRADITIONALLY PRESERVED LEMONS ARE KEPT IN A COOL, DARK PLACE. IN WESTERN COUNTRIES, IT IS GENERALLY RECOMMENDED THAT YOU KEEP THEM IN THE REFRIGERATOR. WE'VE BECOME GERM-CONSCIOUS TO THE EXTREME. IN THE FRIDGE THE PRESERVED



RHUBARB & VANILLA JAM

BREAKFAST & BRUNCH, CAKES, SLICES & SWEETS, DIPS & SAUCES
PREP 10 MIN · COOK 30 MIN · MAKES 3 X 450ML JARS · DIFFICULTY EASY · SOURCE BBCGOODFOOD.COM

INGREDIENTS

1KG RHUBARB, WEIGHED AFTER TRIMMING, CUT INTO 3CM CHUNKS
1KG JAM OR 1KG CASTER SUGAR PLUS 1 X 8G SACHET PECTIN
2 VANILLA PODS, HALVED LENGTHWAYS
1 LEMON, JUICED

DIRECTIONS

1. PUT A SMALL PLATE IN THE FREEZER. PUT THE RHUBARB INTO A PRESERVING PAN OR YOUR LARGEST SAUCEPAN WITH THE SUGAR AND HALVED VANILLA PODS. HEAT GENTLY, STIRRING, UNTIL ALL THE SUGAR HAS DISSOLVED, THEN SQUEEZE IN THE LEMON JUICE AND INCREASE THE HEAT.
2. BOIL FOR ABOUT 10 MINS, SKIMMING OFF THE SCUM AS YOU GO (THE FRUIT SHOULD BE SOFT). TEST FOR SETTING POINT BY SPOONING A LITTLE ONTO YOUR CHILLED PLATE. AFTER 1-2 MINS, PUSH YOUR FINGER THROUGH THE JAM – IF THE SURFACE WRINKLES IT IS READY, IF NOT, KEEP COOKING FOR 2-MIN INTERVALS, TESTING IN BETWEEN. (OR IF YOU HAVE A SUGAR THERMOMETER IT SHOULD REACH 105C)
3. ONCE THE JAM IS READY, LET IT COOL FOR ABOUT 15 MINS BEFORE LADLING INTO WARM STERILISED JARS AND SEALING. WILL KEEP FOR 6 MONTHS IN A COOL, DARK PLACE.

NOTES

BOTANICALLY, RHUBARB IS A VEGETABLE (IT'S RELATED TO SORREL AND DOCK) BUT ITS THICK, FLESHY...
SENT FROM PAPRIKA RECIPE MANAGER



ADD YOURS HERE:

EMAIL CLOSETONATURE@GMAIL.COM
PDF OR WORD DOCUMENTS
(NO WEBPAGES)

THANKS

EGGPLANT PICKLE

Ingredients:

- 12 small chillies
- 3 cloves of garlic, chopped
- 3 teaspoons fresh ginger, chopped
- 1 ½ tsp ground turmeric
- 2 tablespoons black mustard seeds
- 1 ½ cups of vegetable oil
- 1 kg eggplant, diced
- ½ cup firmly packed brown sugar
- 3 teaspoons of salt
- ¼ cup vinegar
- 2 teaspoons of garam masala



Method:

1. In a food processor, blend chillies, garlic, ginger, mustard seeds and turmeric, with a little water into paste.
2. Heat oil in a heavy pan.
3. Cook paste 2-3 minutes on medium heat.
4. Add eggplant and combine well.
5. Turn heat down to low.
6. Cook 25 minutes until soft.
7. Stir in sugar, salt and vinegar.
8. Cook 30 minutes until thick.
9. Meanwhile sterilise jars, cut out jar tops, and prepare labels.
10. Stir in garam masala until well combined.
11. Spoon into hot sterile jars, allow to settle for 15 minutes.
12. Bottle immediately into sterilised jars. Decorate jars and fix labels.

LEMON AND GINGER MARMALADE

TWO DAYS - CHOP & THEN COOK

Ingredients:

½ kg lemons

100g fresh ginger root

6 ½ cups of sugar

8 cups water



Method:

1. Slice lemons thinly.
2. Peel and grate ginger.
3. Soak both in the water overnight.

4. Next day, boil until tender.
5. Stir in sugar and boil until it gels (that is, stays on the spoon when spoon is turned upside down).
6. Meanwhile sterilise jars and pour boiling water over lids. If you have time, cut out jar tops and prepare labels.
7. Spoon marmalade into hot sterile jars, allow to settle for 15 minutes.

8. Cool, decorate jars and fix labels.

MANGO CHUTNEY

Ingredients:

- 1.8 kg fresh mangos
- 3 tablespoons of vegetable oil
- 1 teaspoon of chilli flakes
- 2 ½ cups red onions, diced
- ¼ cup fresh ginger, minced
- 1 cup red capsicum, diced
- 1 cup pineapple juice (unsweetened)
- ½ cup cider vinegar
- ½ cup brown sugar
- 1 ½ tablespoons curry powder
- ½ cup raisins
- ½ cup macadamia nuts, toasted and roughly chopped
- Salt and pepper



Method:

1. Cut the mango flesh away from the pit. You'll end up with two large cheeks and 2 smaller slices from each mango.
2. Roughly chop the mango flesh.
3. In a sauté pan, heat the oil and add the chilli flakes. Be careful not to burn the chilli, just toast to flavour the oil.
4. Add the onions and sweat until soft.
5. Add the ginger and capsicum and sauté for 1-2 minutes.
6. Add the mango and cook for 1 minute more.
7. In a separate bowl, combine the pineapple juice, vinegar, sugar, and curry powder. Add this mixture to the pan and stir to combine.
8. Bring to mixture to a bare simmer and reduce for about 30 minutes, stirring frequently.
9. Meanwhile sterilise the jars, and put boiling water over the lids.
10. Season the chutney with salt and pepper. Add the raisins and the nuts and transfer to another container over an ice bath.
11. Spoon into hot sterile jars, allow to settle for 15 minutes.
12. Bottle immediately into sterilised jars. Decorate jars and fix labels.

MUM'S ORANGE MARMALADE

TAKES TWO DAYS

Ingredients:

As many oranges as you have

For every 1 cup of 'pulp' (soaked/boiled),
1 cup of sugar



Method:

1. Chop as many oranges as you have into pieces.
2. Place oranges into water in a large pot (1 part oranges to 3 parts water).
3. Soak 24 hours in the pot.

4. Boil for 10 minutes.
5. Cool for 24 hours or overnight.

6. To every cup of pulp, add a cup of sugar.
7. Cook again until mixture gels (that is, stays on the spoon when spoon is turned upside down).
8. Meanwhile sterilise jars and pour boiling water over lids. If you have time, cut out jar tops and prepare labels.
9. Spoon marmalade into hot sterile jars, allow to settle for 15 minutes.

10. Cool, decorate jars and fix labels.

TOMATO CHUTNEY (BULK ORDER)

Ingredients:

- 6 kgs tomatoes
- 3 kg green apples
- 1.5 kg onions
- 3 kg sugar
- 180 gr salt
- 1.5 L vinegar
- $\frac{3}{4}$ cup sultanas
- 12 cloves garlic
- 12 cloves
- 6 tsp ground ginger
- 1.5 tsp cayenne pepper



Method:

1. Scald and peel tomatoes.
2. Slice apples. Coarsely chop onions and garlic.
3. Mix all together and stand overnight.
4. Divide into three pots (this allows the relish to reduce in the time allowed). Boil slowly for 3 hours.
5. Meanwhile sterilise jars, cut out jar tops, and prepare labels.
6. Bottle immediately into sterilised jars. Decorate jars and fix labels.

SHIRL'S EGGPLANT CHUTNEY

Makes 1 large jar

Ingredients

500g eggplant

300g sugar

1/2 cup vinegar (plus 1/4 cup extra)

thumb sized piece of ginger, grated

3 or 4 garlic cloves, peeled and chopped finely

100g sultanas

1 1/2 tablespoons cracked black pepper

2 tablespoons fenugreek seeds

2 tablespoons fennel seeds

1/2 tablespoon chilli flakes (or less if spicy is not your jam!)

1/2 - 1 tablespoon salt



How to - Traditional

1. In a large pan, boil the eggplant, sugar and vinegar until the sugar dissolves.
2. Add the remaining ingredients and boil for about 20 minutes until you have a marmalade consistency. If the mixture gets short of liquid, add some of the extra vinegar.
3. Place into warm sterilised jars and seal.



How to - Thermomix

1. Place garlic and ginger in TM bowl and chop for **5 seconds** on **speed 7**.
2. Add all the other ingredients and mix for **3 seconds** on **reverse speed 4**.
3. Remove measuring cup and place steaming basket over the hole in lid to prevent splashing. Cook for **60 minutes** at **100C** on **reverse speed 1-2**.
4. If the mixture is too thick, add some of the extra vinegar. Continue to cook for a further **20 minutes** at **Varoma temperature** on **reverse speed 2**.
5. The mixture should be like marmalade consistency. If it's still too runny, keep cooking at **Varoma** for **5-10 minutes** on **reverse speed 2** and check again.
6. Place into warm sterilised jars and seal.