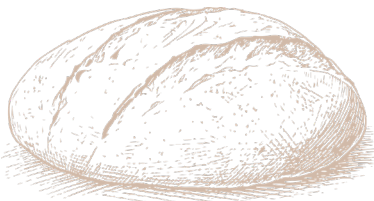
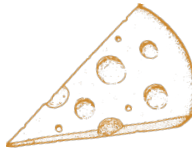
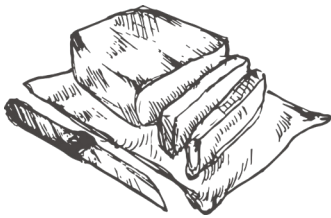




A Celebration of Lost Culinary Arts

RECIPE COLLECTION



Long before the era of refrigeration and supermarkets, countless generations of women (mostly) grew and prepared food for large families in the Scenic Rim. They were thrifty and creative, using produce they had grown in their own gardens or sourced from nearby farms.

The inaugural Celebration of Lost Culinary Arts event and recipe collection pays tribute to these pioneers in the 'eat local' movement. It's a celebration that honours the history of food preparation and preservation and the recipes passed down through generations, from a time when you would bottle your tomatoes to last all year and ensure you had enough jam for the pantry, along with a couple of extra jars for the neighbours too.

Thanks to Val Brown, Jules Sparrow, Colleen Benstead, Alison Alexander, Morgan Fuery, Dot Cooper, Kerry Owen, the Country Women's Association - Boonah Branch, Katrina Goldsworthy and Jennifer Pickup from the Templin Historical Museum for contributing recipes.

Special thanks to Boonah local and passionate pickler Sally Peach for this wonderful idea that has been embraced by so many. It was inspired by Val Brown's tomato relish recipe, handwritten on the back of an envelope so many years ago.

Val Brown

Tomato Relish



ABOUT THE RECIPE

Written by Sally Peach on behalf of Val Brown (88) who shared this recipe with Sally on the back of an envelope many years ago.

This recipe comes from the Grandmother of Val's oldest friend, from back in her nursing training days in Melbourne. Val reckons she'd be 150 years old now.

You're salting the tomatoes to draw out water and then simmering them with all the flavours you want to pack in. This is a very old and traditional tomato relish recipe. It will win you hearts, friends and very grateful neighbours. Thanks for the recipe Val!

Val uses Keen's curry powder and mustard. I use whatever mustard and curry I have sitting about. Val uses white distilled vinegar. I use a good quality white wine vinegar. I add a bit of chilli (preferably fresh) and instead of flour, especially if the tomatoes aren't super ripe, I add a little tomato paste (shh don't tell Val) I also use brown sugar to add colour and a depth of flavour. Val uses white or raw sugar.

Ingredients

1 tablespoon curry powder
1 dessert spoon mustard powder
1.5lb sugar
3lb onions
4lb ripe tomatoes
4 tablespoons salt
Vinegar



Method

Chop tomato and onions sprinkle with salt.

Let sit overnight.

Next morning drain off liquid.

Put in saucepan and cover with vinegar.

Boil for 10 minutes.

Add other ingredients and boil for another 30 min or more.

Thicken with 1 tablespoon of flour (optional).

Pour into sterilised jars.

Sally Peach – The Pickling Project

Gran's Meat Spread

ABOUT THE RECIPE

This was always cooked on our Gran's wood stove which would be on all day. These days I cook it in a pressure cooker or a slow cooker - both these methods create lots of steam, that's important for creating the juices that get blended to make the meat spread. Our family reckons no one can make it as good as Gran did. Was it the time and love she put into it? Was it the home killed meat? The wood stove? I'm guessing it was a combination of all of these things. Or maybe Gran left out one ingredient - just so it would never be as good as hers!

Ingredients

Good shake of pepper
Good shake of cayenne pepper
1/2 teaspoon nutmeg
1/4 teaspoon salt
3 to 4 oz butter
2 tablespoons tomato sauce
(gran would use her homemade sauce)
500g lean steak or meat (Gran would often use fillet or undercut but given the long slow cook almost any lean steak would do)

Method

Cut meat into small pieces no fat or sinew.

Put meat into jar with other ingredients (Gran used to have a special small pottery jar with loose fitting lid for this purpose).

Place jar in boiling water in pot with lid on and steam for 5 to 6 hours (this is the equivalent of very slow cooking at the same time keeping it moist. There may be better ways!

Put through a mincer and add juices (small processor would probably do as good a job but need to be careful not to make the texture too fine).

Put in jars for storage and refrigerate.

Enjoy on just about anything.

Pickled Beetroot

ABOUT THE RECIPE

I started to pickle in my 20's just to create gifts. It's always been a passion of mine. Nobody taught me a thing. When Lionel (Jules's husband) got sick years ago I started to do a few products and they got very popular...so it went from there. Now it's rather "Big". All my products are just recipes I have made up, tasted and tried over the years. Now they are perfect, to us anyhow.

Ingredients

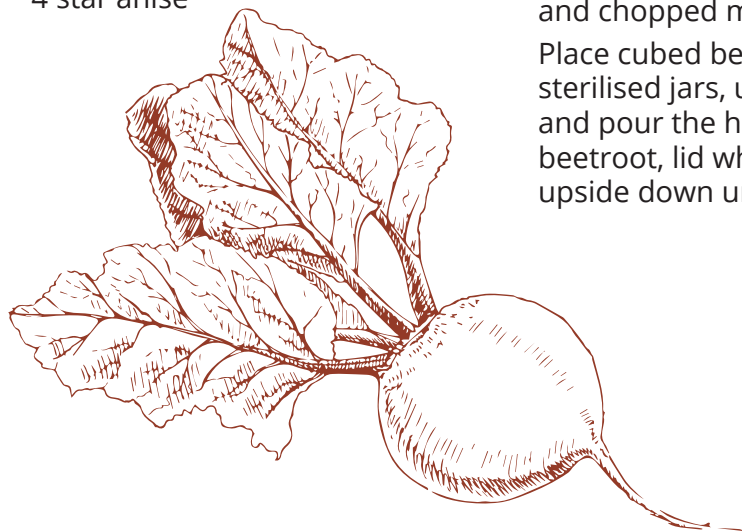
1.5kg medium size beetroot
2L white vinegar
2kg white sugar
2 dessert spoons mustard seeds
2 dessert spoons peppercorns
2 dessert spoons dried granulated garlic
3 tablespoons chopped mint
4 star anise

Method

The day before, place vinegar, mustard seeds, peppercorns, granulated garlic, and star anise into a pot and bring to the boil. Turn off the heat and leave to stand overnight.

The next morning, strain the herbs out of the vinegar, bring to the boil and add sugar to taste, and chopped mint.

Place cubed beetroot into sterilised jars, use 750ml jars and pour the hot liquid over the beetroot, lid whilst hot. Turn upside down until cold.



Dot Cooper – Valley Pride Produce

Mustard Pickles

ABOUT THE RECIPE

Our mustard pickles recipe is a cherished family heirloom, lovingly passed down from our great-great-grandparents who first crafted it on our family farm over 150 years ago. This farm, now in its fifth generation, has been the heart of our family's agricultural traditions and culinary heritage.

In keeping with tradition, we've put a modern twist on the original recipe by incorporating a variety of fresh vegetables that we grow ourselves. These vegetables, nurtured with the same care and dedication that our ancestors put into their farming, add a vibrant and unique flavour to the classic mustard pickles.

Every jar of our mustard pickles tells the story of our family's heritage, blending the time-honoured recipe with the freshness of our farm-to-table produce. Enjoy a taste of our history and the rich flavours of our fifth-generation farm with every bite.

Ingredients

1 cucumber, peeled if you prefer, and diced	30g mustard seeds
1 small cauliflower, broken into small florets	100g coarse salt
1 teaspoon turmeric	300g white sugar
1.3L distilled white vinegar	350g either young runner beans or dwarf beans, sliced into 1cm pieces
2 medium-sized onions, finely chopped	350g gherkins, thickly sliced
2 large green peppers, chopped	350g green or underripe tomatoes, chopped
2 rounded tablespoons plain flour	Water just to cover
25g dry mustard	

Method

Mix all the vegetables together in a large bowl, sprinkle over the salt and pour over the water.

Leave to soak for 8 hours.

Drain vegetables well and rinse quickly under cold water. Drain again.

Put the vinegar in the pan except for 3 tablespoons; set this aside for mixing with the flour and mustard.

Add the mustard seeds and sugar to the vinegar and stir over a low heat until all the sugar has dissolved.

Add the vegetables and bring to the boil. Boil vigorously for 5 minutes then turn down the heat to fast simmer. Continue to simmer for 15 minutes. Test to see if there is enough salt in the mixture; it should contain some of the brine solution.

Make a smooth paste with the flour, mustard powder, turmeric and set aside vinegar and stir this into the simmering mixture.

Continue simmering for about 10 minutes, stirring every few minutes.

Pot into warm sterile jars and seal.

Label and date the jars when cool.

Storage

Allow to mature for 4 weeks before consuming.



Queensland Country Women's Association – Boonah Branch

Pumpkin and Date Wholemeal Scones

ABOUT THE RECIPE

The QCWA Boonah Branch is delighted to contribute this QCWA Country Kitchens recipe. Our branch is comprised of women with many skills and personal qualities. We have a shared commitment to provide each other with friendship, and to support women and families within our community.

Ingredients

- ¼ cup sugar
- ¾ cup milk (or slightly more)
- 1 egg
- 1 cup pitted dates, chopped
- 1 cup cooked mashed pumpkin, cooled
- 2 cups wholemeal self-raising flour
- 2 cups self-raising flour
- 2 tablespoons butter, softened

Method

Preheat oven to 200°C.

Beat the egg, butter, sugar, pumpkin and milk together.

Add the flours and dates.

Stir with a knife or spatula until just combined. It makes a soft, moist, sticky dough.

Place on a well-floured surface and gently pat the dough out to a thickness of 20mm to 25mm.

Cut with a scone cutter and place on a tray lined with baking paper.

Bake in preheated oven for 15 to 20 minutes.

Remove from tray and cool on a rack.

Colleen Benstead

Strawberry Jam



ABOUT THE RECIPE

This recipe is as printed in "New Australian Jubilee Cookery Book" by Elsie Gill (1951). This book was passed down to me from my great aunt Nita Thomas, who was Chief Steward of the 'Articles of Commercial Value' section (condiments) at the Beaudesert Show during the 1960's to the mid 1980's.

Ingredients

¼ oz tartaric acid
3lb sugar
4lb strawberries

Method

Place strawberries and acid in pan. Heat gently, then simmer for 30 minutes, or until fruit is tender.

Add preheated sugar. Stir gently until dissolved, and boiling stage is reached.

Boil quickly for 15 minutes – test for jelling.

Cool a little until strawberries are equally distributed.

Bottle. Seal with wax and cover.



Footnote:

I have modernised this recipe as it is difficult to find tartaric acid.

2kg strawberries, 1.5kg sugar, ½ cup lemon juice.

Then follow the method – omitting the wax seal.

Morgan Fuery – The Drunken Farmhand

Pickled Curried Cauliflower

ABOUT THE RECIPE

This recipe was inspired by my love for travel. When I travel whether in Australia or abroad, I try to taste new things and think about flavour infusions. I'm not the person who invented Curried Pickled Cauliflower, but I definitely think I have worked to perfect my version of it.

I have always been a foodie, since culinary school. I have not worked in a kitchen for 20 years, however my love for food has never wavered. I've cooked for as long as I can remember. Pickling stuck out, because it was different and such an old lost technique. With my recipes and offerings, I hope to keep the technique alive.

Ingredients

For the Brine:

1 tablespoon sea salt

1 cup vinegar

1/3 cup raw sugar

2 cups water

For the Jars:

¾ teaspoon turmeric

1 – 2 heads of cauliflower
(enough to pack into 3 x 375ml jars)

1 ½ teaspoon curry powder

3 bay leaves

6 green cardamom pods

Other:

1-2 tablespoons sea salt (for blanching cauliflower)

Sterilization:

3 parts water to 1 part vinegar

Method

Prepare Sterilization Station:

Fill a large pot with water and vinegar (3 parts water to 1 part vinegar). Bring to a boil. Submerge jars and lids in the boiling water for 10-15 minutes to sterilize. Use tongs to handle hot jars and lids carefully.

Prepare Cauliflower:

Fill another saucepan with water and bring to a boil. Remove the stem and leaves from the cauliflower heads and cut the cauliflower into small florets using kitchen scissors. Wash the cauliflower thoroughly to remove any debris. Blanch the cauliflower in the boiling water for no more than a minute to kill any wild yeasts. Drain well.

Prepare the Brine:

In a saucepan, combine water and vinegar. Bring to a boil. Reduce heat to low and add raw sugar and sea salt. Stir until dissolved. Taste and adjust seasoning if needed. Keep the brine warm on low heat while you prepare the jars.

Fill the Jars:

To each sterilized jar, add 2 green cardamom pods, ¼ teaspoon turmeric, ½ teaspoon curry powder, and 1 bay leaf. Pack the blanched cauliflower florets tightly into the jars.

Add Brine and Seal:

Carefully pour the hot brine into each jar, covering the cauliflower completely. Leave about 1/2 inch (1 cm) headspace. Seal the jars with lids. Use a kitchen towel or gloves to protect your hands from the heat.

Process and Cool:

Place the filled jars back into the pot of boiling water for 5 minutes to process and seal them properly. Remove jars from the water bath using tongs and let them cool at room temperature. You should hear the lids pop as they seal.

Storage:

Store the sealed jars in a cool, dry place for at least 1 week before opening to allow flavours to develop. Pickled cauliflower will keep for several years if stored properly. Once opened, refrigerate and consume within 4 weeks.

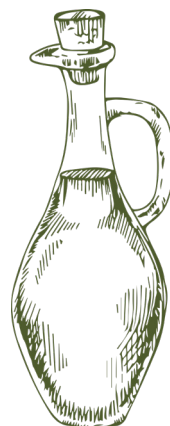


**Alison Alexander – Scenic Rim Food
Ambassador & ABC Radio Brisbane Presenter**

Raspberry Vinegar

ABOUT THE RECIPE

Vinegar has been flavoured with herbs and fruits since at least Roman times as a way of adding flavour to food as well as a tonic for drinking. This drink became popular in 1600s and 1700s with the addition of sugar, initially in the form of honey and in more recent times from processed beet and cane sugar. It is used like a cordial with still or soda water as a refreshing drink – great on hot summer days and can be made to whatever strength you like. It has become popular in the making of cocktail “shrubs” and is a valued addition to the bartender’s line up of ingredients.



Ingredients

500g sugar
1.2L white wine vinegar
2kg raspberries (fresh or frozen)

Method

Place raspberries and vinegar in a large bowl and crush lightly. Allow to stand for 1 week, stirring every day.

Strain mixture through a jelly bag or muslin-lined strainer. Measure juice and add 500g sugar to 500ml juice.

Heat this mixture in large pan and stir over low heat until the sugar has dissolved then boil

rapidly for 5 minutes. Remove from heat and pour into sterilized bottles and seal immediately. Store in a cool, dark and dry place.

Note

Other fruits can be used such as mulberries, other berries, plums. To make the vinegar into a Shrub, combine the fruit vinegar with water or soda water to taste. The vinegar is strong and sweet so you can adjust to the flavour you like.

A dash of fruit vinegar can be added to spirits such as gin or vodka and topped with soda or tonic water.

Katrina Goldsworthy - Artist in Residence

Coleslaw

ABOUT THE RECIPE

I got this recipe from a dear friend Lesley Cowper and her camp cookbook 'Tucker Time' from Aramac when attending an art camp out there. We made corrugated tin lamp shades and barbed wire balls but we had to pull the old fence down first. So lunch with coleslaw went down really well.

Ingredients

Cabbage
Dried apple
Sultanas
Shallots
Kraft coleslaw dressing

Method

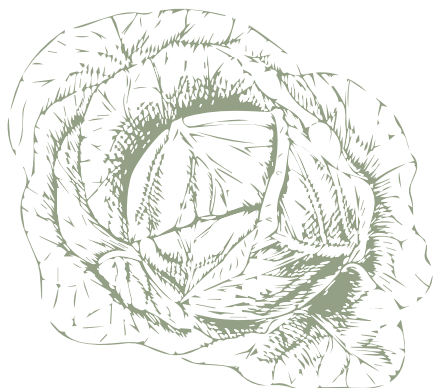
Finely slice cabbage, dried apple and shallots and place into a large bowl.

Add in sultanas.

Pour over Kraft coleslaw dressing and mix.

Note

When I buy shallots, I cut them straight away and freeze them in small containers. They are not as nice as fresh ones, but it is a lot better than them going bad in the crisper.



Kerry Owen – local collector

ABOUT THESE RECIPES

The following three recipes are from the Mount Alford Golden Jubilee Cook Book (1934-1984) compiled by the Mount Alford Branch of Queensland Country Women's Association. I come across these books at garage and estate sales. I like the local simple recipes from a bygone era. I enjoy cooking all types of recipes and trying old/new ones alike.

Cheesecake Lemon Tart Filling

Ingredients

1 teaspoon gelatine
1 tablespoon hot water
1/3 cup lemon juice
227g cream cheese
400g can condensed milk

Method

Dissolve gelatine in hot water.
Beat cream cheese till soft,
gradually add condensed milk
and lemon juice.

Beat till thick and spoon into
crumb crust or pastry shell.

Note

If lemon juice is unavailable, use
a small ½ teaspoon of tartaric
acid in a tablespoon of water
(More or less tartaric acid may be
used according to taste).

Add 1 tablespoon oil to the water
when cooking pasta and this
will prevent pasta from sticking
together.

To stop dark rings forming
around the yolks of hard boiled
eggs, cool the eggs quickly by
cracking the shells and holding
them under cold running water
until completely cold.



Ginger Cake

Contributed by H. Chalk

Ingredients

1 tablespoon vinegar
1 tablespoon ginger
3 tablespoons butter
1 teaspoon spice
1 teaspoon cinnamon
1 teaspoon soda
1 cup sugar
1 cup treacle
1 cup milk
2 eggs
3 cups self-raising flour

Method

Cream butter and sugar, add eggs.

Mix treacle and milk together and add alternatively with sifted flour, soda, ginger, cinnamon and spice.

Lastly, add vinegar to mixture.

Bake in a moderate oven 40 to 45 minutes.

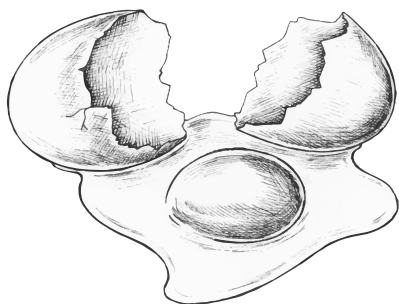


Coconut Macaroon Cake

Contributed by V. Wieland

Ingredients

6 ozs butter
1 cup sugar
1 cup milk
1 teaspoon vanilla
2 ½ cups self-raising flour
4 egg yolks
Pinch salt
Topping
4 egg whites
6 drops pink food colouring
1 cup caster sugar
2 cups coconut



Method

Cream butter and sugar and vanilla.

Add egg yolks and beat well.

Fold in sifted flour alternatively with milk.

Place in greased tin, then prepare toppings.

Topping

Beat egg whites till very stiff, then gradually add caster sugar.

Fold in coconut and pink food colouring.

Spread over top of cake mixture.

Bake in a moderate oven for 1 hour (in a 7 inch tin), or 30 to 40 minutes in a lamington tin.

Allow the cake to cool in the tin.

Note

Try using a teaspoon each of honey and vanilla to sweeten and flavour whipped cream.

When making cakes with the margarine, add 1 teaspoon glycerine to the mixture. It keeps the cake fresher for a longer period.

Kerry Owen – local collector

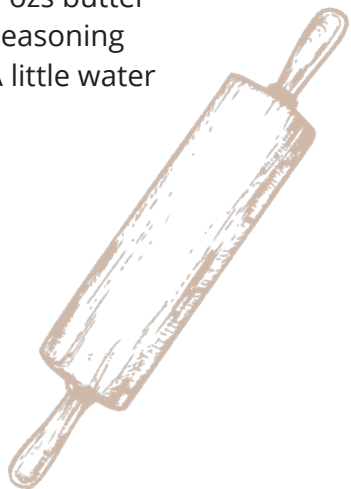
ABOUT THESE RECIPES

The following three potato recipes are from the Fassifern Potato Festival - Potato Cook Book (publishing date unknown). I come across these books at garage and estate sales. I like the local simple recipes from a bygone era. I enjoy cooking all types of recipes and trying old/new ones alike.

Savoury Meat Roll

Ingredients

1 large onion
2 large tomatoes
Salt and pepper to taste
8 ozs minced cooked meat
1 oz butter
Mixed herbs
Potato pastry
4 ozs mashed potato
4 ozs flour
3 ozs butter
Seasoning
A little water



Method

Chop onions and tomato and fry into hot butter until soft.

Add meat, salt and pepper and mixed herbs.

Roll potato pastry into 2 oblong shapes, spreading filling over one and covering with other.

Seal the edges and score on top.

Brush with egg and milk to give a glaze.

Bake approximately 40 minutes in centre of hot oven.

Potato Pastry

Add seasoning to flour and rub in the butter.

Add the potatoes.

Knead firmly and water to give a firm dough.

Clumper Soup

Ingredients

1 large onion
1 large turnip
1 cup of green peas
2 carrots
4 large potatoes
Parsley or some herbs
Salt and pepper to taste
Bacon bones and rind or cooked
corned meat

Method

Put all in a large saucepan and more than cover with water and boil till tender.

Then ix 1 cup of flour and ½ teaspoon of salt with 1 beaten egg and enough water to make a stiff dough.

Drop in teaspoons full into the boiling vegetables and boil about 4 minutes. Serve hot.

Fassifern Potato Cake

Ingredients

1 cup self-raising flour
1 cup finely minced or chopped suet
1 level teaspoon salt
3 potatoes



Method

Boil potatoes until cooked. Strain water away and mash potatoes, add suet, salt and flour. Mix well and make into flat cake about 2" thick.

Mark top with a fork, and garnish with chopped bacon.

Place in baking dish and bake in moderate oven until golden brown.

Serve hot or cold with meat.

Boonah Butter Cake

ABOUT THE RECIPE

In the late 60's and early 70's the Boonah Office of the Department of Primary Industries held an annual dairy fair at the then Boonah School of Arts to celebrate the local dairy industry. As part of the celebration a contest was held to bake a Boonah Butter Cake. The winning entry was cut up and served to attendees by young local girls dressed in dairy maid costumes.

Ingredient's

4 oz butter
4 oz sugar
1 cup milk
2 eggs
2 cups self-raising flour
Vanilla
Pinch of salt
20cm cake tin

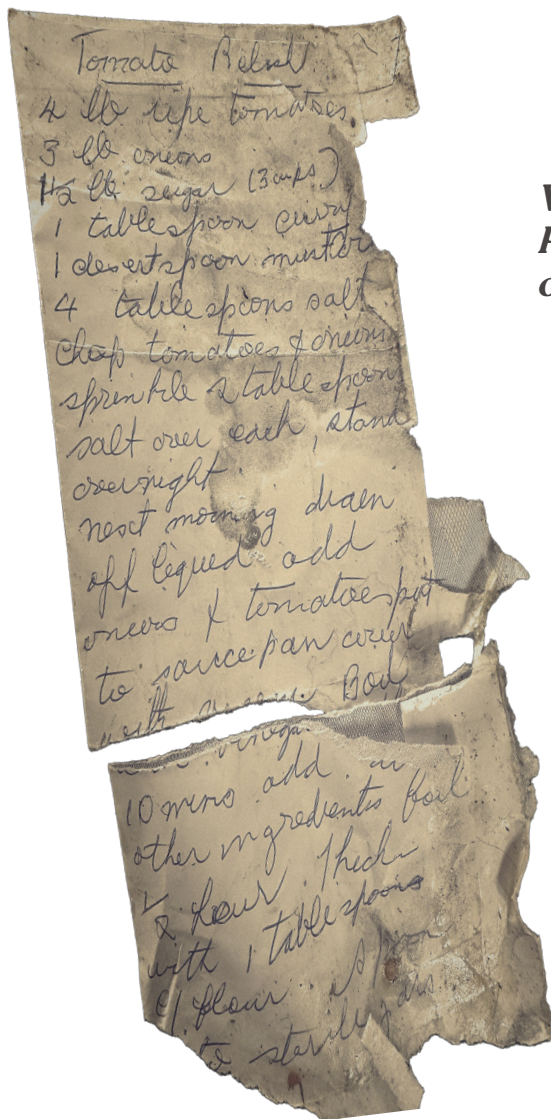
Method

Cream butter and sugar.
Add eggs separately and beat well.
Add sifted flour and salt alternately with milk and vanilla.
Bake for 45 minutes.

Optional topping

Mix together equal quantities of jam (suggest apricot jam) and desiccated coconut. Spread on top of the mixture before putting in moderate oven.





Val's Tomato Relish
Recipe Courtesy
of Sally Peach

SCENIC RIM

REGIONAL COUNCIL

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EAT LOCAL
MONTH
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