



# A Celebration of Lost Culinary Arts

## RECIPE COLLECTION



Compiled June 2025

***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 2025 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.***

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Thanks to Alison Alexander, Colleen Benstead, the Queensland Country Women's Association - Boonah Branch, Denise Sembach, Kerry Owen, Morgan Fuery, Katrina Goldsworthy, Sally Peach, Templin Museum for contributing recipes.

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

**Sally Peach**

# Beetroot and Orange Relish

## Ingredients

1kg beetroot  
2 cups of chopped onions  
2 garlic cloves (finely chopped)  
1 ½ cups sugar (any)  
2 teaspoon salt  
½ teaspoon cinnamon  
¼ teaspoon ground cloves  
¼ tsp on chilli flakes  
1 cup cider vinegar  
2 cups of peeled chopped  
seedless oranges  
Zest from 1 of the oranges

## Method

Wash beets and trim ends.  
Grate or put in food processor  
and pulse until roughly and finely  
chopped.

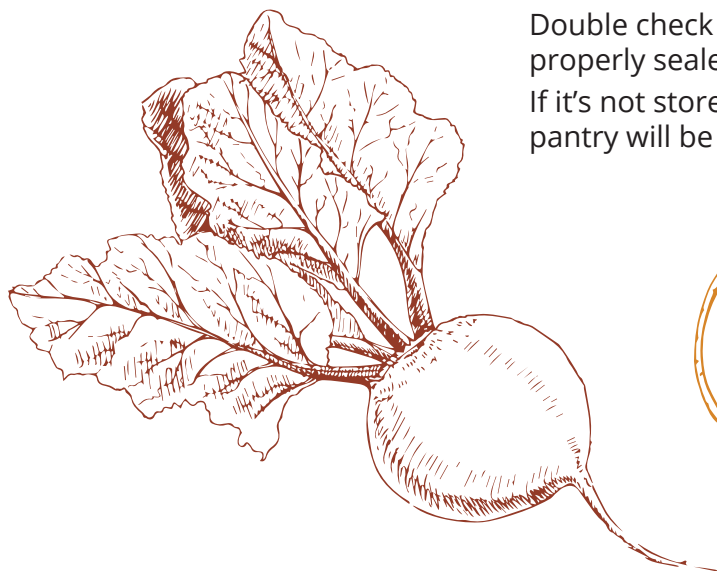
Put into a pot with all other  
ingredients and cook for an hour  
or 2 until the mixture is thick and  
everything is cooked.

Label into very dry and sterilised  
jars (do this in the dishwasher)  
and place lid on immediately.

Tighten and turn upside down so  
hot mixture is also sterilising the  
lid. After 5 minutes turn up the  
right way.

Double check lid is tight and is  
properly sealed.

If it's not stored in the fridge, the  
pantry will be fine.



**Colleen Benstead**

# Choko Pickles

## ABOUT THE RECIPE

I got this recipe online recently due to the abundance of Chokos in area. It is, however, a very old recipe and delicious because of the malt vinegar. I have slightly modified the recipe, adding ingredients to improve the colour, as the original “looked” quite brown and ugly.

## Ingredients

1.5kg chokos - peeled and chopped  
750g onions - diced finely  
300g beans - cut finely  
250g capsicum - cut into small cubes  
½ cup cooking salt  
2 litres water  
4 cups malt vinegar  
1kg brown sugar  
2 teaspoon each turmeric, mustard powder, mild curry powder  
¼ teaspoon ground ginger  
1 cup cornflower (approx)



## Method

Place vegetables in a large bowl. Sprinkle with salt, then add water and stir until salt dissolves. Stand overnight in the refrigerator. The next day drain and rinse with cold water. Place in a cooking pot and cover with water. Bring to the boil and simmer until vegetables are almost cooked. Drain and set aside. Add malt vinegar and brown sugar to the cooking pot. Bring to the boil, stirring until sugar has dissolved. Add spices, then vegetables and thicken with cornflour (that has been dissolved in water). Simmer for 10 minutes approximately, then bottle into warm sterilised glass jars.

# Kumquat Jam

## ABOUT THE RECIPE

I have been growing kumquat's for 10 years and started experimenting to create a jam. I used a marmalade jam recipe as the starting point, substituting kumquat's for oranges.

## Ingredients

500g kumquats  
1.25 cups water  
 $\frac{3}{4}$  cup sugar



## Method

Cut kumquats in half and slice thinly.

Place in a bowl with water and let stand overnight.

Next day place in a pot and boil until skins are tender.

Add sugar and boil until setting point is reached.

Test on a cold plate\*.

Cool slightly, then bottle in sterilised glass jars.

\*Place plate and teaspoon in freezer.

To test place a teaspoonful onto plate. Wait 1 minute. Jam should wrinkle when set.

**Morgan Fuery – The Drunken Farmhand**

# **Traditional Fermented Dill Pickles**

## **ABOUT THE RECIPE**

This is a classic method for naturally fermented dill pickles using baby cucumbers, salt brine, and spices. The process creates a tangy, probiotic-rich pickle with satisfying crunch — no vinegar required.

## **Ingredients**

500g baby cucumbers  
1 sprig fresh dill  
6 large bay leaves  
1 cayenne chilli (optional)  
2-3 garlic cloves crushed (optional)  
5 cups filtered or boiled & cooled water  
2 tablespoons coarse sea salt  
1 teaspoon of each dill seeds, whole black peppercorns, mustard seeds, ground turmeric



## **Method**

Boil the jar and any utensils you'll use for 10 minutes or wash thoroughly with hot soapy water and rinse well. This helps prevent unwanted bacteria or mould.

Rinse cucumbers, dill, bay leaves, chilli, and garlic. Scrub the cucumbers gently to remove any dirt.

In a separate bowl or jug, stir the sea salt into the water until fully dissolved. Taste — it should be salty, like seawater.

Layer the bottom of your jar with bay leaves, dill seeds, peppercorns, mustard seeds, garlic, chilli, and turmeric (if using).

Add the cucumbers vertically or horizontally, packing them tightly but without crushing, tucking the fresh dill sprig in as you go.

Pour in the brine to fully submerge the cucumbers, leaving at least 2–3cm of headspace.

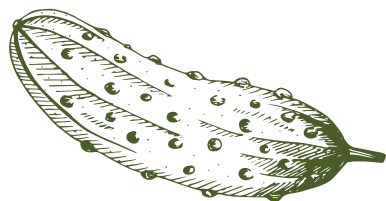
Place a fermentation weight on top (or use a small clean jar or food-safe item to keep cucumbers submerged).

Cover the jar with cheesecloth or a breathable cloth and secure with a rubber band. Place the jar lid loosely on top — do not tighten.

Store the jar in a dark, cool place (like a pantry or cupboard) out of direct sunlight.

Check daily to ensure cucumbers stay submerged. You may notice bubbling or cloudiness — this is normal.

Taste after 5 days. When the pickles have reached your desired sourness (usually between 5–21 days), remove the weight and seal the jar with a tight-fitting lid. Refrigerate to slow fermentation.



## Note

No hands in the brine: always use clean tongs or utensils. Hands can introduce bad bacteria.

Kahm yeast: a white film may form on the surface. This is harmless — skim it off.

Mould: If you see fuzzy mould (green, black, blue, or pink), discard the batch and start over.

Crispness tip: bay leaves help maintain crunch. Grape leaves also work if available.



**Alison Alexander**

# **Labna – a.k.a. Labneh (Yoghurt Cheese)**

## **Ingredients**

1 kg yoghurt  
1 - 2 teaspoons sea salt flakes  
Extra virgin olive oil  
Selection of rosemary and thyme sprigs  
Bay leaves  
Small black olives  
Sliced garlic cloves  
Small red chillies  
Whole black peppercorns

## **Method**

Line a colander or sieve with a double layer of damp muslin or Chux cloth and sit over a bowl.

Mix together the yoghurt and salt in a bowl before pouring into the colander.

Cover loosely with a tea towel and leave in the refrigerator until the yoghurt has thickened and a teaspoonful can be formed into a ball. This may take up to 3 days.

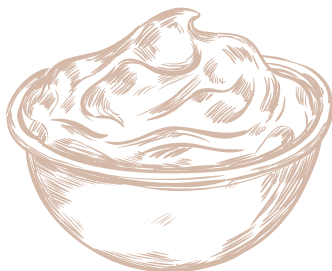
Using a teaspoon, take small pieces of yoghurt and roll into balls.

Place the balls into a large glass jar. As the jar is filled, sprinkle

over some of the flavourings mentioned above.

Cover well with good olive oil and leave in a cool, dark, dry place for three days before using. If you prefer to place in the refrigerator then you have two choices with the oil. Olive oil will solidify under refrigeration so the labna will need to be removed ahead of use for the oil to dissolve. The other option is to use a vegetable oil such as sunflower or canola.

When removing the labna from the jar, always use a clean spoon to avoid contamination.





# Broccoli Pesto

## Ingredients

4 cups broccoli flowerets  
¼ cup roughly chopped macadamias, roasted if preferred  
1 cup lightly packed basil leaves  
½ cup freshly grated parmesan  
4 cloves garlic, chopped  
Sea salt  
Freshly ground black pepper  
Approximately ¾ cup extra virgin olive oil



## Method

Cook broccoli until tender; drain well and set aside to cool. Roll the broccoli in a tea towel to extract excess moisture.

Place macadamias and garlic in a food processor and process until finely ground.

Add remaining ingredients except the oil and process again until smooth. With motor running, pour in the oil until the consistency you prefer – a paste or softer and more sauce-like.

Taste and adjust with more salt or oil if necessary.

**Uses:** Good as an accompaniment to hot or cold lamb or chicken, toss through mashed potatoes, pasta or risotto. Combine some pesto with mayonnaise for a salad dressing. Spread a little broccoli pesto on a cracker and top with smoked salmon.

# Salsa Verde

## Ingredients

1 cup flat leaf (Italian) parsley leaves  
1 cup basil leaves  
1 cup mint leaves  
1 clove garlic, crushed  
2 tablespoons salted capers, rinsed  
4 anchovies, rinsed  
freshly ground black pepper  
2 tablespoons red wine vinegar  
6 tablespoons extra virgin olive oil (approx.)

## Method

Wash herbs and spin dry.  
Combine herbs in food processor and chop until fine, using pulse action.  
Add garlic, capers and anchovies and chop until fine.  
Keep the motor running while you add the vinegar and the olive oil.  
Taste and adjust seasoning if necessary.



**Kerry Owen**

# Edna's Pickled Beetroot Recipe

## ABOUT THE RECIPE

My mother in-law Edna Burnell of Bunburra sadly passed last year. This is a well-loved family recipe which always brings fond memories of one of Edna's many talents in the kitchen.

### Ingredients

Fresh beetroots  
1 tablespoon salt

### Pickling brine

2 cups vinegar- white or apple  
cider  
1 cup water  
1 cup sugar  
A big dash/pick of salt

### Method

Trim the leaves off fresh beetroots, place in pot of cold water, with a tablespoon or so of salt.

Boil until tender, not too soft. Drain and rinse under cold water.

You want your beetroots cool enough to handle, so you can peel and slice them. Place sliced beetroot into jars.

### Pickling brine

Boil all ingredients until sugar & salt are dissolved.

Pour over beetroot in jars & seal with lids.

Store in fridge & enjoy!



## Karen Douglas - Templin Historical Museum

# Boiled Fruit Cake

### ABOUT THE RECIPE

Recipe from Edna Champion nee Horsburgh, born 1903 in Perth. She made this cake every few weeks as it kept well and meant that she had something to offer guests.

### Ingredients

- 125g butter
- 1 cup sugar
- 1 cup of milk
- 500g mixed fruit
- 1 teaspoon bicarb soda
- 3 medium eggs
- 1 cup self-raising flour
- 1 cup plain flour
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon mixed spice

### Method

Put butter, sugar, milk, fruit and bi carb soda into a saucepan and gently bring to the boil.

Let simmer until frothy.

Remove from heat and let mix cool.

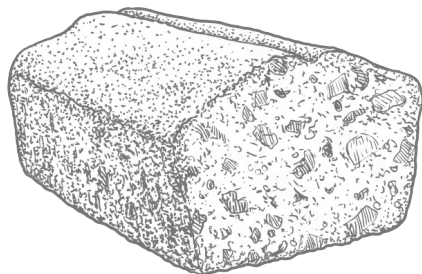
Add eggs and stir well.

Sift dry ingredients and fold into mix.

Pour into a papered 20-22cm cake tin.

Preheat oven to 180°C then turn down to 150-160°C when cake goes into the oven.

Cook for 1 ½ hours.



## Katrina Goldsworthy - Artist in Residence

# Rhona's Custard

### ABOUT THE RECIPE

Rhona Ferguson is a long-standing friend. This is her mother's recipe. She was a cook on a sheep station near Eulo (near Cunnamulla).

### Ingredients

2 pints of milk  
 $\frac{3}{4}$  cup of sugar  
3 egg yolks  
2 heaped tablespoons of  
Sunshine Powdered Milk  
3 tablespoons of cornflour  
1 teaspoon of vanilla

### Method

Put 1  $\frac{1}{2}$  pints of milk in saucepan to warm.

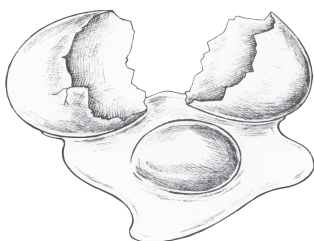
In another bowl use rest of milk,  $\frac{3}{4}$  cup sugar, 3 yolks, 2 heaped tablespoons of sunshine powdered milk, 3 tablespoons of cornflour.

Beat rapidly until frothy.

Tip into warm milk and stir on a low heat for 5-10 minutes or until thickens.

Add a teaspoon of vanilla.

Stir with beaters until smooth.



**Amanda Palmer – Comfrey Co**

# Herbal Salve Making

## ABOUT THE RECIPE

Herbal salves are a centuries old tradition as a natural effective medicinal remedy with endless possibilities. In this recipe we use comfrey leaves and roots. Comfrey has a long history of medicinal use, used for centuries as a highly effective treatment for pain and inflammation, healing wounds and even broken bones. It is the first choice used by herbalists, naturopaths, vets and home gardeners alike.

## Ingredients

Comfrey plant matter: leaves, stems, roots (enough to pack tightly into a 500ml/600ml jar)  
300ml extra virgin cold pressed olive oil

100 grams of raw beeswax, either in pellets or roughly chopped in small chunks if in a block



## Method

After harvesting all your plant matter, dry everything completely, so the leaves are snap dry and the roots become hard. There cannot be any moisture, or salves can develop mould.

Tip - Remove stems from the leaves and chop stems into small pieces so they dry much faster. Place all dried matter into a clean glass jar, pack it tightly so it's stuffed quite full.

Pour in the oil and fill to the very top and use a skewer to poke about thus releasing all the air bubbles. This is an important step! Cover all the plant matter with the oil and close lid tightly.

Place your jar in a dark warm spot for 6 weeks.

After 6 weeks, drain all the oil using a sieve or cheesecloth. Oil must be 100% clean, so repeat if necessary to remove all the remaining matter.

Pour the oil and beeswax into a double boiler on the stove. Melt together. You should now have 400ml total (the beeswax is  $\frac{1}{4}$  of total).

Once melted, pour into clean jars or tins and let cool on bench until set.

Your salve is now ready to use and you can enjoy the real healing benefits.

### **Note**

If you want a harder salve, add more beeswax, but in my experience, this is the perfect formulation, not too hard or soft.

You may use any herb of your choice depending on your intended use, but do your research first, as some plants require different parts in the salve recipe.

You may use any carrier oil of your choice also, but more research regarding suitable oils is needed.



# Queensland Country Women's Association - Boonah Branch

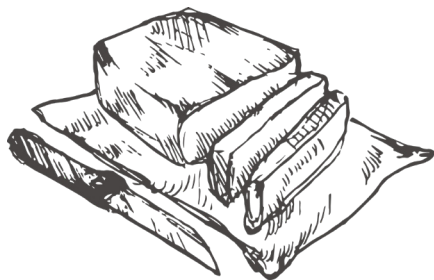
## ABOUT THE RECIPES

The QCWA Boonah Branch is thrilled to share these recipes from its cherished QCWA Cookery Book. Our vibrant members champion women and families across the community through friendship, service, and a shared passion of building connections.

## Economical Fruit Cake

### Ingredients

250g butter  
1 cup sugar  
2 eggs  
1 tablespoon brandy  
1 cup milk  
2 cups flour  
1 teaspoon bicarbonate soda  
½ teaspoon each of mixed spice, ginger & nutmeg  
1 cup currants  
1 cup sultanas  
1 cup raisins



### Method

Line a 21cm x 21cm square cake tin with baking paper.

With an electric mixer cream the butter and sugar until light and fluffy.

Add eggs one at a time, beating well after each addition, then add milk, followed by the flour, bicarbonate of soda and spices sifted together and lastly the fruit.

Bake in a moderate oven for 2 hours, or until an inserted skewer comes out clean.

A packet of mixed fruit may be used instead of the individual fruits.

This recipe makes a large cake.



# Jam Drops

## Ingredients

60g butter  
¾ cup sugar  
2 eggs  
2 cups flour  
1 rounded tablespoon baking powder  
Raspberry jam



## Method

With an electric mixer cream the butter & sugar.

Add eggs one at a time, beating well after each addition.

Sift together flour and baking powder and add to the mixture.

Roll small pieces of dough and make a small depression and fill with a blob of jam.

Bake in a moderately hot oven (around 200°C) for 12-15 minutes or until golden brown.



# Denise Sembach

## ABOUT THE RECIPES

The first recipe was the original recipe I received with the dehydrator I purchased in 1969. I prefer to use this recipe when I'm using a dehydrated sourdough starter. The second recipe is one that I have developed over the last 10 years. I have taken bits from recipes on the internet and modified them to suit my baking style.

## Sourdough Bread One - original recipe

### Ingredients

1 cup starter  
2 cups flour  
2 cups water

### Ingredients to add

1 teaspoon salt  
2 cups flour



### Method

Add starter to water and mix.  
Add flour and mix well, let stand 4 hours minimum, overnight is best.

Take out 1 cup for new starter and refrigerate for next baking.

Mix well and stretch and fold.

Let rise for about 1-2 hrs.

Shape into loaf and put into bread pan.

Let rise 1 hr or until nearly doubled in size.

Preheat oven 200 -220°C.

Bake 1 hour.

Sounds hollow when tapped

### Cold bake

Do not allow to rise as much.

Put bread in oven.

Turn oven on to 200-220°C

Bake 1-1 ¼ hours

# Sourdough Bread Two - tried and tested

## Ingredients

600g flour  
432-450g water  
½ cup starter  
5g salt

## Method

Mix water and starter, add flour and salt.

Mix well and let rest 30 mins.

Stretch and fold 2 more times.

Let rest 8-12 hrs.

Shape into loaf.

Put into pan/banneton and let rise a few hours.

After loaf is put into pan it can be refrigerated for up to a day before baking.

Put straight from fridge into cold oven.

## Replenish Starter

Add ¼ cup flour and ¼ cup of water to starter to replenish starter.

Let sit on bench for a couple of hours then refrigerate.

## Rehydrate Starter

The dry starter is mixed with warm water and fed with flour and water over several days to revive the starter.

This can take several days.

Mix powdered starter with 30g warm water and let stand for a couple of hours to rehydrate.

Add 15g flour.

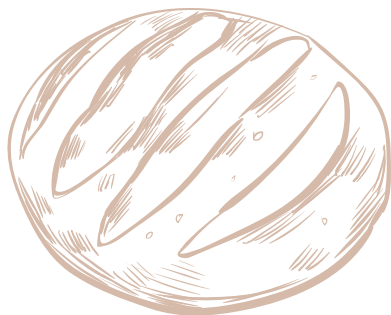
Mix well.

Cover loosely and let stand in warm place for 24hrs.

Add 15g flour and 15g water and leave for another 24hrs.

Continue doing this several more times until it is active and bubbly.

Best to use recipe 1 at first.



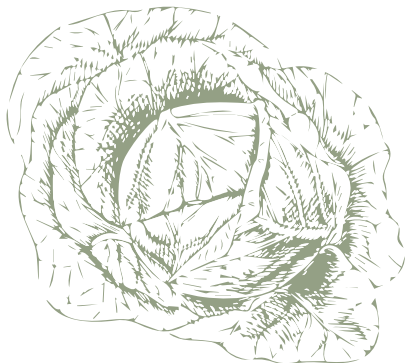
**Denise Sembach**

# Sauerkraut

## Ingredients

Cabbage (keep an outer leaf to cover the sauerkraut whilst fermenting)

Salt (not iodised, I use fine Celtic salt)



## Method

Weigh cabbage as we use 20g salt per kg of cabbage.

Chop cabbage with knife, processor or slicer like for cold slaw.

Put into bowl and add salt.

Mix well.

Let rest for about an hour, this allows moisture to be drawn out of the cabbage.

Pack firmly into jar, you will have water on top.

Allow about 3cm head space, cover with piece of leaf.

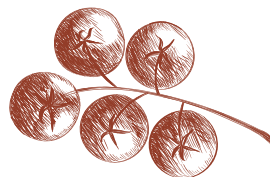
Add a weight and let ferment for 5-7 days in summer and up to 14 days in winter.

Go by taste.

Put into a plastic container whilst fermenting as there will be some overflow.

**Val Brown**

# Tomato Relish



## ABOUT THE RECIPE (THAT STARTED IT ALL)

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.

# Fermented Vegetables

### ABOUT THE RECIPE

Fermenting not only preserves food but also enhances its nutrient content. The action of beneficial microbes makes minerals in cultured foods more bioavailable, meaning they're easier for the body to absorb. During fermentation, these microbes also produce B vitamins and enzymes that support digestion. Fermented foods are considered “live foods”, as the culturing process continues during storage, further enriching their nutrient content. Naturally, all fermented vegetables develop a pleasant tart flavour—a result of the breakdown of sugars and carbohydrates during fermentation. Lactic acid also contributes to this tanginess. Almost any vegetable can be fermented. Using local, chemical free, farm-fresh produce is a wonderful way to enjoy good nutrition all year round. You can ferment a single vegetable or experiment with a medley.

### Ingredients

Sharp knife, mandolin slicer, or food processor  
Chopping board  
Blunt meat pounder, large pestle or kraut pounder (for cabbage or shredded vegetables)  
Large mixing bowl or container  
Fermenting vessel (glass jar or crock) with potential weight and cover

Filtered water  
Unrefined sea salt  
Fresh vegetables of your choice (when starting out we recommend root vegetables like carrot and daikon)  
Herbs or spices you want to add.



## Method

Wash all vegetables in filtered water. Do not cook or sterilise them—this will destroy the beneficial bacteria needed for fermentation.

Slice vegetables (except hot peppers) thinly—about 1–2 mm, just bendy but not see-through. For cabbage or shredded vegetables, place in a large bowl and massage or pound to release juices.

Mix herbs and spices evenly with the vegetables. Caution with chilli! Wear gloves to avoid skin irritation when handling hot peppers.

Firmly pack vegetables into your jar or crock. Pour in enough brine (filtered water + unrefined salt) to cover all the vegetables.

Tip: Aim for a sea-water taste—approximately 2 teaspoons of salt per 500 ml water. Too much salt slows fermentation; too little can lead to spoilage.

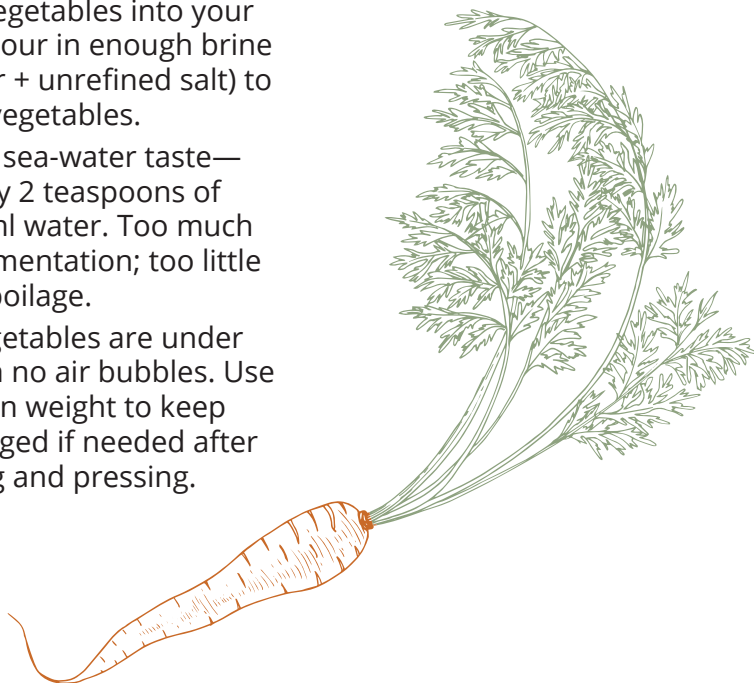
Ensure all vegetables are under the brine with no air bubbles. Use a fermentation weight to keep them submerged if needed after firmly packing and pressing.

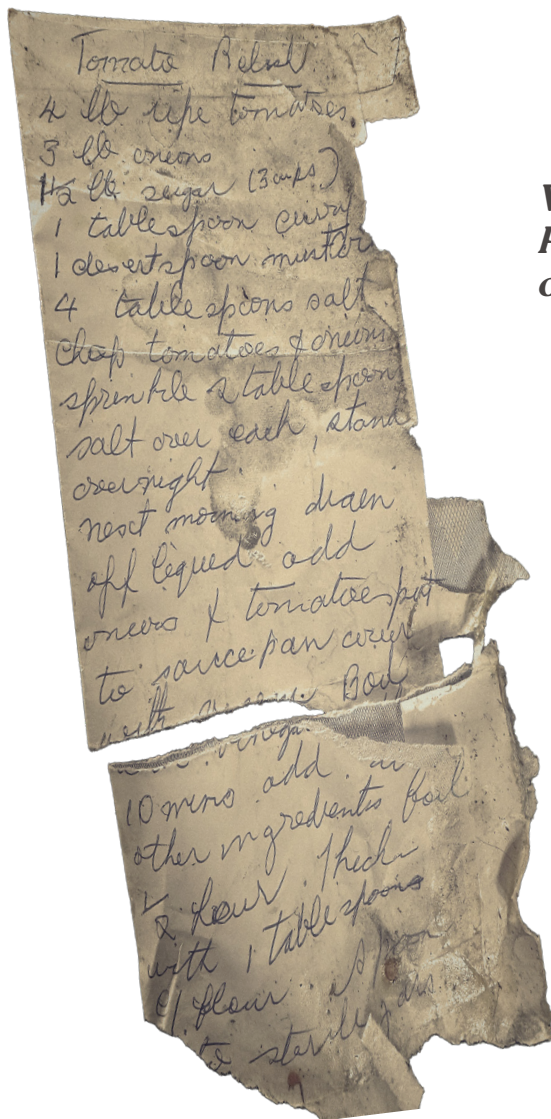
Use a lid that allows gas to escape (but keeps bugs). A special fermentation lid is ideal, but a cloth with a rubber band works too.

Leave the jar in a warm spot in your kitchen. In SE QLD, fermentation can begin overnight in warm weather but takes longer in cool conditions.

Check daily: taste for tanginess. Watch for softening or bubbling, keep everything submerged.

Once you're happy with the flavour and texture, transfer to the fridge or a cooler place to slow fermentation.





**Val's Tomato Relish**  
**Recipe Courtesy**  
**of Sally Peach**

**SCENIC RIM**

REGIONAL COUNCIL

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