

October 2019 BHS Recipe Entries

SALTED CARAMEL-APPLE TURNOVERS

Submitted by: Audrey Atkinson

Ingredients

2 Macintosh apples, peeled and cut into small cubes - 2 cups (Granny Smith works too)
1/4 cup granulated sugar
2 teaspoons all-purpose flour, plus more for work surface
2 teaspoons lemon juice
1/2 teaspoon ground cinnamon,
Pinch of each of nutmeg, ginger & all spice
1/4 teaspoon Kosher salt
Pie Crust – 2 good sized rounds – Tenderflake recipe using cake and pastry flour
12-14 soft caramel candies, chopped small
Pinch of Kosher salt
1 large egg
Crystal sugar for tops

How to Make

Step 1

Preheat oven to 375°F. Line a baking sheet with parchment paper. Stir together apples, granulated sugar, flour, lemon juice, cinnamon, nutmeg, ginger, all spice and Kosher salt in a bowl until combined.

Step 2

Roll out 1 pie crust round on a lightly floured surface, and cut out 6 circles using a 4 inch cookie cutter. Repeat process with remaining pie crust.

Step 3

Arrange 6 of the dough rounds on a prepared baking sheet. Spoon 1 heaping tablespoon of the apple filling mixture (don't use liquid that forms with the apple mixture) onto center of each of the 6 rounds, leaving a 1/4 inch border around filling. Place 4 chopped caramel pieces onto each filling mound and sprinkle lightly with Kosher salt. Repeat with other 6 dough rounds on 2nd prepared baking sheet. They cook better if not crowded together.

Step 4

Whisk together egg and 1 tablespoon water in a small bowl, and brush some of the mixture over edges of the 12 filled dough rounds. Fold the filled dough rounds in half. Crimp together top and bottom dough round edges using a fork, sealing each turnover. Brush turnover tops with remaining egg & water mixture. Cut 3 small slits (about 1/2 inch long) into each turnover top. Sprinkle turnover with crystal sugar & pinch of Kosher salt.

Step 5

Bake in preheated oven until turnovers are golden brown, 15 to 20 minutes. Let cool completely on baking sheet, about 30 minutes. Store in an airtight container outside of refrigerator.



BLACK CURRANT JELLY

Submitted by: Marion Newans

5 cups of black currants

5 cups of water.

Granulated sugar.

In large heavy saucepan, combine currants and water. Cover and bring to boil: reduce heat and simmer for about 15 minutes or until currants are soft, crushing fruit occasionally with a potato masher. Transfer mixture to dampened jelly bag or colander lined with double thickness of fine cheesecloth: let drip for 4 -12 hours or overnight.

Measure juice into large heavy saucepan. Stir in equal quantity of sugar: mix well and bring to full rolling boil. Boil hard until jelly sets about 8 minutes.

Remove from heat: skim off foam. Fill sterilized jars and seal. Makes about 5(8oz/250ml) jars.

Fruit Chutney

Submitted by Marion Newans

24 large ripe tomatoes

6 peaches

6 pears

6 apples

6 onions

2 red peppers (sweet)

2 green peppers (sweet)

½ cup whole pickling spice (tied in a bag)

2 tablespoons salt

3 cups white sugar

4 cups cider vinegar

Scald and skin tomatoes; cut into pieces; put in large preserving kettle.

Scald and skin and dice peaches, peel core and dice pears and apples. Peel and finely chop onions; seed and dice peppers. Add all fruits and vegetables to tomatoes; mix well. Add spices tied loosely in bag, salt and vinegar. Let stand for 2 hours before boiling; simmer gently till thick (about 2 hours).

Yield: approximately 8 pints.



Grilled Curried Eggplant

Submitted by Ken Brown

Go to the garden and pick one long slender eggplant.

Cut lengthwise into quarters.

Spread cut surfaces with a thin layer of curry paste.

Grill 3 - 5 minutes per side depending on thickness.

Serve.

You can easily adjust this recipe by the style and heat of the curry paste that you use. I like the Patak's line of curry pastes and they are readily available. I keep a couple of different types so that I can adjust these Eggplant quarters to suit my mood or the dinner guests. If you only have the short fat variety of Eggplant then use thick round slices in the same way.

Grilled Zucchini This grilling technique is also my favourite quick and easy way to prepare Zucchini

Eggplant Patties

These are very tasty and will often appeal to those who profess a dislike for Eggplant. Just don't tell them in advance what they are getting. These can also be adjusted by the amount of red pepper that you include.

- 1 cup eggplant, diced and cooked until tender start with more fresh to get 1 cup cooked. If the fruit are fresh I don't peel them.
- 3/4 cup cooked rice. I prefer whole grain brown rice
- 1 egg
- ½ teaspoon salt, adjust to your diet and taste
- black pepper, 2 - 10 twists of the pepper mill depending on taste
- Red pepper sauce 1 - ? dashes depending on taste or fresh chopped pepper or other heat source
- 2 tablespoons grated onion
- ½ cup sharp or mild cheddar cheese, shredded

Drain and measure 1 cup of the cooked Eggplant into a bowl. Mix with all of the remaining ingredients. Cover and chill thoroughly. Drop mixture by tablespoonfuls into a medium hot pan with enough oil to keep from sticking. This is a bit of a trial and error thing but you will find the right balance for you quite readily.

I like this recipe because I can do all of the work ahead of time and store it in the refrigerator until it is time to cook. I have also made six times this recipe in one batch and frozen it in ice cube trays. I keep a bag of the cubes in the freezer and pull out as many as I need, usually two per person. 30 seconds in the microwave to partly thaw them and into the hot frying pan.

Fresh Eggplant on your plate in January.



Submitted by: Valerie Skinner. It is written in her mother's own handwriting and is a family favourite.

BEET RELISH

4 CUPS COOKED FINELY
CHOPPED BEETS
4 CUPS FINELY CHOPPED CABBAGE
 $\frac{1}{2}$ SWEET RED PEPPER
 $\frac{1}{2}$ CUP GRATED HORSE RADISH
1 TEASP. SALT
 $\frac{1}{16}$ TEASP. PEPPER
2 CUPS SUGAR
1 CUP VINEGAR
1 CUP WATER

Combine beets, cabbage,
red pepper, horseradish, salt,
pepper and sugar. Heat
vinegar and water to
boiling point. add to
first mixture and mix
thoroughly. Pack into hot
sterilized jars and seal.
YIELDS ABOUT EIGHT CUPS

FRESH SALAD

Submitted by: Patricia Evans

- 2 cups of tomatoes.
- 3 cups of Broccoli florets.
- 1 stick of celery.
- 2 cups of red or green grapes.
- 1 thick slice of red onion.
- 1 small carrot grated.
- 1 Red Pepper.
- 1 tin of mandarin oranges (drained)
- Crumbled Feta cheese to your liking.
- 1/2 cup of parsley finely chopped.

Cut in half 1 cup of tomatoes, leave the other cup of tomatoes whole.

Cut the broccoli into florets.

Slice the celery.

Cut the grapes in half. Chop very finely the red onion.

Grate the carrot.

Dice the red pepper.

Gently mix all together add pepper and a little salt.

Dressing of choice - a creamy one is really nice or a balsamic.

