



Autumn 2013

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Cream of pumpkin soup

from The Lost Garden of Heligan Serves 4-6

2lb pumpkin (or butternut squash) flesh.
I find it easier to boil segments for 5 mins and then peel.
2oz (55g) butter
2 cloves garlic
3 medium onions
1oz (30g) root ginger
1 1/2 pints (850 mls) vegetable stock
1/2 pint (290 mls) single cream



Melt the butter, add crushed garlic and grated ginger, chopped onions and diced pumpkin flesh. Cover and cook on low heat for 15 mins, stirring occasionally. Add stock and simmer 15-20 mins until pumpkin tender. Cool a little, then puree in food mixer. Season with nutmeg, salt and pepper to taste. Stir in the cream and serve.

Beetroot soup (serves 4)

(Monty Don online)



1.5 Kg Beetroot
Sprig thyme
Olive Oil
1 onion finely diced
1 Litre chicken stock or water
2 Bay Leaves
Salt/Pepper
Creme Fraiche to serve

Heat oven to 200 degrees Centigrade
Scrub beetroot and trim leaves and root but leave skins on
Cut into 1/2 or 1/4 depending on size
Place in a roasting tin with thyme, olive oil and seasoning
Cover with foil
Roast until beets are soft and the skin peels off easily.
Saute the onion in a saucepan until soft
Add the beetroot, stock and blitz either in liquidiser or in pan.
Add the bay leaves and cook for ten minutes.
Swirl creme fraiche when serving
Can be frozen.

Courgette and cheese loaf

1 x 7g sachet Easybake yeast
400g strong white bread flour
1 tbsp sea salt
100g courgettes, diced
100g strong cheese, grated
75ml olive oil
175ml water



Place ingredients into bread maker in order required for your model
Bake on Basic setting

Note

Can be made into an attractive plait if you use the dough setting, then form into three long sausage shapes and plait together.
Set on a greased baking sheet, and leave to rise until doubled in size.
Top with a little more finely diced courgette and grated cheese and then bake at 190°C/375°F/Gas mark 5 for 30 minutes

Tomato Chutney

From Marguerite Patten's Every Day Cookbook (Hamlyn 1984)

makes approx 4 lb

1 teaspoon pickling spices
8 oz onions
half a pint of malt vinegar
8 oz apples
2 lbs red or green tomatoes
half teaspoon salt
quarter teaspoon pepper
1 rounded teaspoon mustard powder
half a teaspoon ground ginger
4 oz sultanas
8 oz sugar



Tie the pickling spices in a square of muslin. Put the finely chopped onion in a saucepan with 3 tablespoons of the vinegar and simmer gently until nearly soft. Add the peeled, cored and chopped apples, sliced tomatoes, spices, salt, pepper, mustard, ginger and sultanas. Simmer gently until all the mixture is soft, stirring from time to time. Add the remainder of the vinegar slowly and the sugar. When the sugar has dissolved bring to the boil and boil steadily until the chutney has the consistency of jam. Pour the hot chutney into warm sterilised jars and seal immediately.

Swedish Apple Cake

Taken from book of Magimix recipes

1 1/2 lb (675g) cooking or eating apples – before peeling

8oz (225g) SR flour

1 1/2 tsp baking powder

8 oz (225g) caster sugar

2 large eggs lightly beaten

1 tsp almond essence

5 oz (125g) butter - melted

Set oven at 180deg C, grease and line 10 inch (25cm) round, loose-bottomed cake tin (or similar square one)

Peel, core and slice the apples finely – keep in cold water

Using a food processor, mix flour and BP, sugar and lightly beaten eggs, almond essence and melted butter all together for 10 seconds. Scrape down and mix again for 5 secs.

Put half cake mixture in the tin and spread evenly. Drain, dry and spread apple slices over this layer. Spread rest of mixture over the top – it is quite thick and some apple may show through, but it will be covered during cooking.

Bake 1 1/2 hours until golden brown and risen. Turn out, dust with icing sugar. May be eaten warm with cream or cold as cake.



Courgette cake

3 eggs

275ml sunflower oil

350g caster sugar

350g grated courgettes

165g plain flour

165g buckwheat or wholemeal flour

1 tsp baking powder

2 tsps. bicarbonate of soda

1 tbsp ground cinnamon

175g raisins

150g chopped walnuts



pre-heat oven to gas mark 4, 180C.

Grease and base line 2 x 900g (2lb) loaf tins with greased grease-proof paper.

Measure all ingredients into a large bowl and mix well to make a thick batter.

Pour into prepared tins.

Bake for about 1 hour until firm and a fine skewer inserted into the centre comes out clean. Cool slightly before turning out and leaving to cool completely on a wire rack.

Store in fridge and use within 3 weeks or freeze

Further recipes available from the ALFI website: www.AltonLocalFood.org.uk