



Newsletter

Autumn 2019



Group. Alton Local Food Group

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Preserving Food

Making chutney

This method is useful for excess food as it preserves the homegrown fruit and/or vegetables for a year or more and you can use misshapen and damaged produce too, such as windfall apples. It can also be used for end of season produce, such as green or red tomatoes. You can add raisins, sultanas and other fruits to the main fruit you are using, as well as onions. The vinegar, sugar and salt are there to preserve the chutney.

It is important to prepare chutney carefully so that the chutney in the unopened jar stays fresh and edible. (All equipment should be sterilised and contamination from the hands should be avoided. For full details of sterilization and preparation of chutneys refer to cookery books or an online source)

The materials you use are very similar to making jam and include jam jars, or preserving jars with glass lids, muslin for straining the spices, preserving pan or stainless steel or non-stick pan, wooden spoon, preferably with a long handle, and a steel or plastic sieve.

Chutneys can be hot or mild, sweet or sour, depending on your taste. Chutneys mature and their flavour improves during the first few 3 months after making them.

The sorts of chutney you can make include apple and mint, rhubarb, plum, apple, gooseberry and ginger, tomato chutney and onion marmalade.

Pear Chutney.

Ingredients:

10 pears – peeled and chopped into pieces.

2 red onions – peeled and chopped

400 mls malt vinegar.

400 g sugar – 200 g dark brown/ 200g demerara

4 pieces of crystalized ginger (soaked and finely diced)

¼ teaspoon nutmeg ½ teaspoon ground ginger

½ coffee spoon of mustard powder/ chilli powder/turmeric

Juice of 1 lemon

100g sultanas.



Method:

Into a large pan pour malt vinegar and add chopped onions. Cook gently until soft. Add pears and repeat cooking process until fruit is soft. *(With extremely hard pears blanch in boiling water for 2 minutes beforehand)*

Now add all spices, sultanas and ginger and boil for 40 – 80 minutes.

You will know when chutney is ready as you can draw a line through centre of mixture.

Put into pre-sterilized jars and turn upside down to seal.

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DATES FOR YOUR DIARY

ALFI Harvest Feast

October 12th at Methodist Church Hall
10.30am—1.30pm

Community Gardens Working Parties

St Lawrence Vicarage Sundays 10.30—12.30

29 September

27 October

Station Plot Sundays 10.30—12.30

October 6

Westbrooke Rd

Friday Oct 11 2-4
Friday Nov 1 2-3.30

Alton Farmers' Market 2018

Saturday 12th Oct

Saturday 9th Nov

Saturday 7th Dec

ACAN -Forthcoming events, all welcome:

Sat 14 Sept, 10-1, Alton Repair Café, Community Centre

Sat 14 Sept 10.00 onwards ACAN stall in Craft Market

Wed 18 Sept, 7.30pm, Energy Alton talk by Eleanor Hill on the Climate Crisis, Community Centre

Fri 20 Sept, 2pm, U3A talk by Prof Tom Anderson on Global Warming

Sat 21 Sept, 10am onwards Electric car (and bike) display at Alton's Classic Car Day

Sat 19 Oct, 10 -1.00, Home Energy Day, Alton Assembly Rooms

Sat Nov 9th 2.30pm ACAN Open meeting, Community Centre

The Food group are running a 'Cook and Eat Together' course for 6 weeks starting on Sept 18th. For details contact clare.allen47@gmail.com

'No need to join – just join in'



DON'T FORGET!!

ALFI HARVEST FEAST

October 12th

Methodist Church
10.30—1.30

Alton Climate Action and Network: ACAN

At the beginning of 2019 an Energy Alton initiative brought a small number of people together whose aim was to address the Climate Crisis at a local level. Energy Alton, ALFI and the Alton Society showed the film 'Tomorrow' illustrating how communities around the world are working to mitigate Climate Change and many people went away feeling inspired and wondering what they could do.

In June there was an Open Meeting of the newly-formed ACAN, with almost 100 people listening to three short talks and then breaking up into groups to discuss different topics. By the end of the evening several sub-groups had formed, to explore the following areas:

Food and waste, Less 'stuff' (including the Repair Café), Green spaces, Building standards, Energy, Information and outreach, and Lobbying.

ACAN now has a committee, and a bank account, a Facebook page (@AltonClimate) and Twitter (@AltonClimate). We will soon have a web-site. Alton Town Council is working with ACAN on Climate action; we are also meeting with District and County Councillors, and with Damian Hinds MP.

Chocolate Raspberry Cake

Chocolate raspberry cake

Ingredients

185g butter
185g dark chocolate, broken up
3 eggs
½ teaspoon vanilla extract
1½ cup caster sugar
1 cup plain flour
Two thirds of cup self-raising flour
½ cup ground almonds
1 cup raspberries
(Chocolate cream and raspberry topping if preferred.)



Method

Melt the chocolate with the butter.
Mix the sugar, vanilla extract and eggs together in a bowl.
Whisk until the mixture is thick.
Fold in both sorts of flour, almonds and butter/chocolate mix.
Add two thirds of the raspberries.
Grease a 20cm cake tin
Line the cake tin with greaseproof paper.
Add the mixture.
Sprinkle the remaining raspberries over the top of the mix.
Preheat the oven to 180 degrees C.
Bake for 1hour 15 minutes or until the cake is firm when touched.