



TASTE not waste

Try a range of delicious recipes for **PICKLES AND PRESERVES** created by Londoners to make the most of excess food

In partnership with



POP BRIXTON

GOWRI'S ONION AND TOMATO CHUTNEY

This recipe is from **Gowri**.

Growing up in a Malayali household (Keralan families who speak the Malayalam language) I was spoiled for choice when it came to food. As a tribute to my beautiful, crazy home, I wanted to share something small and memorable from our Malayali kitchen - onion and tomato chutney. Onions and tomatoes are staples in any kitchen, and a Malayali pantry without either is a travesty! The chutney made from them is typically eaten at breakfast or at tea-time with dosas, idlis, bread, savoury rice dumplings, and so on.

Not only is this recipe easy to make, it is a good way to find a use for that straggler onion, tomato or clove of garlic found at the back of the fridge. It also keeps well in the refrigerator for up to a week.

Ingredients

1 onion, thinly sliced
(red preferred)
1 tomato, rough slices
1 clove of garlic
½ tsp of chilli flakes
Salt to taste

Optional

coriander, parsley, or dill.

Serving suggestions

Use chutney as a healthy alternative to mayonnaise on sandwiches or salads.

Make a nutritious and protein-rich breakfast by cooking in a pan with 3 boiled eggs. Serve with bread or rice.

In a blender or mortar and pestle, grind the chutney into a smooth paste, cook in a pan with a little clarified ghee or any oil to make a dip for fries or a spread for toast.

Method

1. In a pan, fry the onion and garlic in some oil (about ¾ of a tablespoon).
2. When the onions turn slightly brown, add the sliced tomatoes. Cook, stirring occasionally until the tomatoes start to break down and caramelize. A good sign for this is watching for the oil to rise to the top.
3. Add the chilli flakes at this stage. Any earlier, and you can burn the flakes. Add salt as preferred.



MARIA'S AUBERGINES IN OIL

This recipe is from **Maria and Alessio** of Italian street food restaurant **Don Luigi** (twitter.com/DonLuigi11).

Before the introduction of fridges, Italian households used to preserve vegetables in jars of oil or vinegar to ensure that they had fresh food to eat all year round. Immersing the aubergines in oil removes oxygen, allowing them to keep for longer. Traditionally eaten in pleasant homes with bread, this recipe creates a flavorful topping for bruschetta or pizza.

Makes 1 jar

Ingredients

Aubergines – enough to fill a jar when sliced

Olive oil – amount depends on size of jar and amount of aubergines

Parsley – to taste

Garlic, minced to taste, but we recommend that you be generous!

Method

1. Cut the aubergines thinly (with or without the skins) into long slices. Layer the aubergines in a dish and sprinkle with salt. Weight down and press the aubergines for 12-14 hours so the liquid is completely absorbed.
2. Next, put the aubergines into a bowl of white wine vinegar for about two hours (if you prefer a sweeter flavour leave the aubergines for one hour). Squeeze well and dry the aubergines.
3. Marinate the aubergines with parsley, minced garlic and extra virgin olive oil and let them steep for about 12 hours.
4. Transfer the marinated mixture into a glass jar. Ensure the aubergines are completely covered and that the jar is filled to the brim with extra virgin olive oil.



MARK'S PRESERVED LEMONS

This recipe comes from chef **Mark Breen** of **Seasonal Kitchen** (seasonalkitchen.co.uk).

A jar of preserved lemons will brighten up your kitchen and put an end to popping to the shops for a single lemon. Traditionally used in Moroccan cooking, these lemons taste great in tagines or with chicken and fish.

Ingredients

130 grams sea salt
100 grams caster sugar
A sprig of thyme leaves
5 large unwaxed, lemons,
Olive oil

Method

1. Mix the salt, sugar and thyme, then scatter a pinch of it into the preserving jar.
2. Quarter the lemons from the top to within 1/2 inch of the bottom, sprinkle the salt mix on the exposed flesh, then reshape the fruit.
3. Press the lemons down to release their juices and to make room for the remaining lemons.
4. By the end, the juice and self-made brine should completely cover the layers.
5. Let the lemons ripen at room temperature, shaking the jar each day to distribute the salt and juice. Let ripen for 10-30 days, then top with olive oil and refrigerate.
6. Preserved lemons will keep up to a year, and the pickling juice and oil can be re-used two or three times over the course of a year.



RICHARD'S PEAR BUTTER

This recipe comes from **Richard** of **The Quality Chop House** (thequalitychophouse.com).

This is an adaptation of a recipe in a Tartine book for apple butter, but using pears. We sometimes end up with an excess of poached pears at the restaurant, when this happens we just slap them in a pan and cook them down. As a butter, the pears keep for longer. We then use the butter into our famous doughnuts and roll them around in cinnamon sugar, what a treat!

Makes around 400g

Ingredients

2.3kg pears cored and chopped,
poached or otherwise
360ml apple cider
60ml cider vinegar
100g granulated sugar
2 tsp ground cinnamon
½ tsp grated nutmeg

Method

1. Get all the ingredients and pop them in your pan. The best thing to cook this in is a heavy dutch oven, a Le Creuset or similar.
2. Put the pan on the heat and let it cook slowly for around 30 – 45 mins, or until it has properly broken down.
3. Grab a stick blender and whizz it all up, you could also use a benchtop blender, working in batches.
4. Stick the pan in the oven at about 150c for about 5 hours, grab a good book or box set and stir the mixture every 30 mins until it is thick and lovely.



PETER'S BEETROOT JAM

This recipe comes from **Peter Bradley** a **Foodcycle (foodcycle.org.uk)** volunteer and Rotarian from Stanmore.

Most Jewish festivals revolve around foods made from the simplest ingredients. Our festival of Passover is no exception - who would have thought you could make a jam out of something as simple as beetroot? This dish probably originated in Eastern Europe and came to London with the first wave of Jewish immigrants where it was a cheap peasant food known in Yiddish as 'Eingemacht'. During winter Foodcycle often get large donations of beetroot and this recipe is a great way of using up these gluts and preserving them.

Ingredients

2kg cooked beetroot
1.5kg granulated sugar
3 large lemons peeled
150 grams split almonds
Ginger to taste

Method

1. Cut the cooked beetroot into matchstick-size slivers.
2. Leave the beetroot in a large bowl covered with sugar to macerate (soften) overnight.
3. The next day, put the sugar and beet mixture in a large heavy pan together with the lemons quartered.
4. Bring the mixture to a boil, stirring until the sugar has dissolved.
5. Leave it to simmer on a low heat for up to 3 hours by which time it will turn a translucent brown
6. Add the split almonds along with ground ginger to taste
7. Let it simmer for a further 15mins
8. Leave the preserve to cool and thicken.
9. Place in jars and cover with wax discs.

