



## September 2000 - Preserves

### Preserving Natures' Bounty.

The grapes in this recipe are interesting and refreshing and add a sweet balance. You will find this recipe a great compliment to any garden party or as an hors d'oeuvre before dinner.

### Pickled Vegetables with Grapes, Chilies and Star anise

Brine.

- 3 1/2c Distilled white vinegar
- 3 1/2c White grape juice
- 12 Large sprigs of fresh dill
- 8 Small dried red chilies
- 8 Whole star anise\*
- 4 Strips of lemon peel
- 4 Bay leaves
- 2 1/2T Whole coriander seeds\*
- 2T Honey
- 1T Salt

Combine all the ingredients in a non-reactive pot, like stainless steel. Bring to a boil, reduce heat and simmer for 10 minutes. Strain into a bowl, return the brine to the pot and set aside.

This recipe will fill 2 X 1 quart or 1 litre wide mouth jars.

24 Pearl onions  
Steam, cool and peel.

24 Baby carrots  
Steam and cool.

18 Small cauliflower florets  
Steam and cool

15 Baby patty pan squash-halved.  
or substitute yellow zucchini cut into large cubes.

Steam and cool

16 1/3" thick slices from large unpeeled cucumber.  
Steamed and cooled

1c Stemmed green grapes

Arrange half the grapes in the bottom of each jar.

1 Large red bell pepper-stemmed and seeded  
Cut into 1" pieces and arranged on the grapes in the jars.

- 24 Small firm cherry tomatoes
- 6 Whole star anise.
- 6 Bay leaves
- 6 Fresh dill sprigs
- 2 Garlic cloves-thinly sliced
- 2 Red or green jalapeno.

Continue to layer each of the vegetables, splitting them between each jar. Pressing firmly to compact. Plus evenly distributing the star anise, bay, dill, and garlic through out the jars.

Bring the reserved brine to a boil and ladle over the vegetables to fill the jars completely. Close the jars tightly. Cool jars on a rack for 3 hours. Then chill for 2 Days. Can be made one week ahead, keep refrigerated. May go a little cloudy.

## **Jamming.**

I have found this wonderful simple recipe for making jams. It produces a beautiful European conserve with fresh whole berries in the jam. I have tried the recipe with both fresh and frozen berries, the fresh berry produces a firmer, whole fruit product. With frozen fruit, they brake down a little but in the middle of winter there is nothing like fresh jam and it's a sure and delicious way to use up those frozen berries.

### **Strawberry Jam.**

4c Fresh or frozen strawberries

2c Sugar.

Combine and leave for 8hours.

Bring to the boil, and boil for 5mins.

Add 1/4c Lemon juice.

Bring back to the boil.

Let sit for 24 hrs.

Bring back to the boil, and boil for 5mins

Ladle into jars and seal with a lid.

I have tried this recipe with frozen blackberries, strawberries and blueberries, all worked very nicely. I also tried razzberries but found that I preferred the jam when I strained out half the seeds.

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