



COOKSISTER

Waar's 'It lekker? Find out with Farzana Kumandan



WE'RE JAMMING

PLUM, APPLE AND ONION RELISH

Recipe Credit by Karen Hart @juicydeliciousa

Makes about 5 jars of 250g each

Ingredients

- 5 plump garlic cloves
- 1 x 10cm piece of fresh ginger
- 2 green chillies, deseeded and chopped
- 1kg Granny Smith apples, peeled, cored and chopped
- 5 - 6 medium sized onions, chopped
- 500g red plums, stoned and chopped
- 1½ cups apple cider vinegar
- 1½ cups granulated sugar
- 1 tsp salt
- 2 tsp chopped fresh sage

Method

Put all the ingredients, except the sage, in a large saucepan or preserving pan and bring to the boil. Stir frequently until all the sugar has dissolved. Bring to the boil, lower the heat and simmer for 40 - 60 minutes until it is reduced and thickened. Stir in the sage and continue to simmer for another 5 minutes. Ladle the relish into hot sterilised jars and cover with vinegar-proof seals. Tip: This relish goes perfectly with cold meats and adds a splash of colour to any platter.

Preserves, sauces out of stone fruit

HELLO Everyone!

Hope you all are well and enjoying the somewhat cooler days we are having.

Just like the weather changes, so do the seasons and all the seasonal fruits we have available.

Today I am featuring stone fruit.

Peaches, plums and nectarines are juicy, tender, fleshy fruit that's categorised as stone fruit because they all contain a hard pip in the centre.

Health

Best when soft, juicy and ripe, these fruits can also be enjoyed in bakes, roasted or fresh in a salad, as a sauce on chicken or as a jam spread on bread.

They also come with immense health benefits as they are loaded with Vitamin C.

As we all know Vitamin C is essential to aid us in fighting colds and flu.

Although we have an abundance of stone fruit at the moment, they are only freshly available until March/April.

To maximise on its benefits, there are many ways to preserve stone fruit, in this way we have them available in the winter months when we need the extra Vitamin C boost.

One way of preserving this fruit is to slightly ripen them, slice them and individually freeze them on a tray and once frozen, bag them together ready to use.

These frozen fruits are perfect for smoothies or to spruce up your bakes in winter.

Swap the apples in your crumble with nectarines or peaches to give it a summer twist.

This week I am sharing some amazing recipes by Karen Hart and Juicy Delicious (www.juicydelicious.co.za or @juicydeliciousa).

For more recipes, visit my website www.sprinklesandspice.co.za or my social media platforms @sprinklesandspice or @sprinklesandspice on Facebook and Instagram.

Happy baking!
Love, Your Cooksister

RECIPES CREDIT BY KAREN HART @JUICYDELICIOUSA



HEALTHY AND DELICIOUS: Plum, apple and onion relish

PLUM AND CORIANDER CHUTNEY

Makes 8 jars of 250g each

Ingredients

- 1x 15cm cinnamon stick
- 2 tsp black peppercorn
- 2 kg red plums
- 2 large onions, chopped
- 5 garlic cloves, chopped
- 2 red chillies, deseeded and chopped
- 1 x 5cm piece of fresh ginger, grated

- Zest and juice of 2 limes
- Zest and juice of 1 lemon
- 2 cups red vinegar
- 2½ cups brown sugar

Method

Grind the cinnamon stick, coriander seeds and peppercorns in a spice mill or with a mortar and pestle until you have a fine powder.

Halve and stone the plums and roughly chop. Put all the ingredients in a large saucepan or preserving pan and bring slowly to the boil, stirring often to dissolve the sugar.

Once the sugar has dissolved, simmer gently for an hour until the chutney is thick. Stir frequently to prevent the chutney from sticking to the bottom and burning. Once the chutney is reduced and thickened, turn off the heat and allow it to cool for about 20 minutes. Ladle into sterilised jars and cover with vinegar-proof seals. Store in a cool, dark place for at least a month before using. Tip: This chutney is the perfect condiment to brighten up your cheese platter. It also goes very well with roasts.



NECTARINE & PISTACHIO JAM PRESERVE

Makes about 5 jars of 250g each

Ingredients

- 1kg ripe yellow-flesh nectarines
- 3½ cups granulated sugar
- Freshly squeezed juice of 2 lemons
- ½ cup pistachio nuts, chopped

Method

First, peel the nectarines. Then, bring a large saucepan of water to the boil.

Meanwhile, cut a cross with a sharp knife in the base of each nectarine. When the water is boiling, drop in the fruit, turn off the heat and leave for 3-4 minutes. Drain the nectarines and slip off the skins.

Dice the fruit and discard the stones. Put the nectarine flesh, sugar and lemon juice into a large saucepan or preserving pan and bring the mixture slowly to the boil.

Cook it at full rolling boil for about 20 minutes, skimming off the scum that rises to the surface.

Stir in the nuts and simmer for a minute or two before testing for a set. Ladle into hot, sterilised jars and seal. Tip: You can use dessert peaches instead of nectarines in this recipe.



SPICY CHINESE PLUM SAUCE

Makes 1 litre

Ingredients

- 2kg ripe plums (You can use plums of any colour for this recipe.)
- 5 - 6 medium sized onions, chopped
- cloves from 1 head of garlic, peeled and chopped
- 20cm fresh ginger, peeled and chopped
- 1 cup soy sauce
- 4 cups apple cider vinegar
- 4 red chillies, deseeded and chopped
- 5 cups brown sugar
- 6-star anise, ground

Method

Cut the plums in half and remove the stones.

Put all the ingredients, except the sugar and star anise in a large saucepan or preserving pan.

Bring to the boil, cover and simmer for 20 minutes or until the ingredients are very soft.

Pass the ingredients through a sieve and return to the cleaned saucepan or preserving pan.

Add the sugar and star anise and bring back to the boil, stirring frequently to ensure that the sugar dissolves. Simmer for an hour until the mixture is thick and creamy. Pour the sauce into sterilised bottles and seal with vinegar-proof lids.

PEACH & RASPBERRY CONSERVE

Makes about 3½ jars of 250g each

Ingredients

- 700g ripe dessert peaches, peeled, stoned and sliced
- 1½ cups fresh raspberries
- 2 cups granulated sugar
- Juice of 1 lemon

Method

Layer the fruit and sugar in a large glass bowl, cover with cling wrap and leave overnight at room temperature.

Put the fruit, sugar and lemon juice in a large saucepan or preserving pan and gently simmer for 20 minutes or until the fruit softens.

Turn up the heat and bring to a boil. Boil for 20 minutes until it reaches setting point.

Remove the saucepan from the heat while you test for a set. Ladle into warm sterilised jars and seal. Store in a cool, dark place and refrigerate after opening.

Tip: This conserve goes perfectly with a really good vanilla ice cream or a plain sago pudding. It is also a spectacular addition to a Festive Pavlova.



PLUM JAM

Makes about 7 jars of 250g each

Ingredients

- 1kg plums, halved and pitted
- 4½ cups granulated sugar
- 4 tsp of lemon juice

Method

Put all the ingredients in a large glass bowl, cover with cling wrap and leave to stand overnight in a cool place.

The following day, prepare the jars first. Wash them in warm, soapy water, rinse well and place in an oven pan, lined with a clean tea towel, in a preheated oven at 110°C for 10 minutes.

Remove from the oven and allow to cool. Put the plums, sugar and lemon juice in a large saucepan or preserving pan and bring to a boil over medium to high heat, stirring constantly with a wooden spoon.

Remove the scum that has formed on the surface. Let the jam boil for about 20 minutes.

Using a small ladle, fill the prepared jars to the top with the jam, while it's still hot. Carefully wipe off any spills on the outside of the jars, then seal with airtight lids.

Leave to cool, then store in a dark, dry place. Tip: Before you start cooking the jam, place a saucer in the freezer.

When you want to test for a set after boiling the jam for 20 minutes, spoon a dollop of jam onto the cold saucer.

Give it a few seconds. If you can draw your finger through it and it stays separated, your jam is ready.