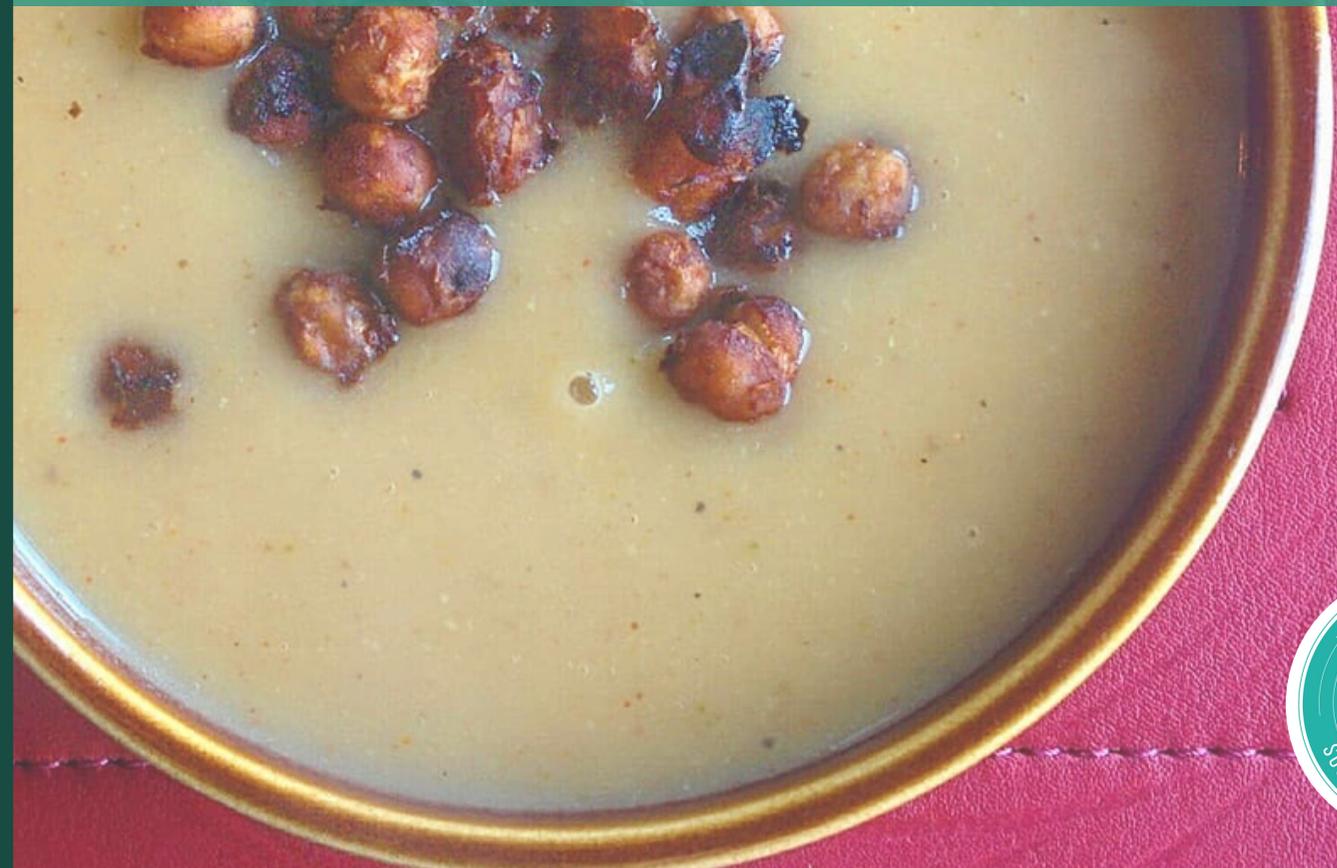


ECO SAVVY RECIPE BOOK 2019

Some brilliant recipes from our wonderful volunteers, members and staff. Made using food from the food share, leftovers and also featuring our favourite recipes!



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Spicy coconut soup

This recipe comes to you courtesy of Diana Turbett, one of our wonderful volunteers for the Shiskine food share.

"This is a great way of using up different vegetables, herbs and whatever spices you enjoy. Quantities are approximate and adjust as you wish."

Ingredients:

- 750g mix of root veg (carrots, sweet potato, parsnip all good)
- 2 onion and /or leeks
- 2 garlic cloves
- Tablespoon of veg, coconut oil or butter
- Suggested spices: Tsp cumin seeds, tsp ground coriander, half tsp of ground cinnamon, nutmeg and clove, pinch of cayenne pepper
- 750 ml vegetable stock
- 250 ml coconut milk (I dissolve 50g of creamed coconut in hot water)
- Handful of chopped coriander (or whatever herb you like)

Method:

- Heat the oil in a saucepan, add the onions/leeks and garlic and saute until soft.
- Add the diced root vegetable and stir for 2 minutes.
- Add the spices and fry for a minute.
- Add the stock and bring to boil.
- Then reduce heat and simmer until soft (test the veg with a fork).
- Blend the soup until smooth, mixing in the coconut milk and chopped coriander.
- Gently reheat until hot enough to serve.



Pumpkin and squash soup

This recipe comes from the lovely Ruth who is our Project Coordinator. You'll find a picture of this soup on the cover of our recipe book as Ruth was this year's photo competition winner!

Ingredients:

1 pumpkin
1 butternut squash
2 tablespoons oil
3 onions
curry powder (to taste)
1 tin coconut milk
veg stock cube

Method:

- Heat oven to 200 degrees centigrade.
- Quarter your pumpkin. Scoop out the seeds (use for roasted pumpkin seeds!). Put the pumpkin on a baking tray flesh side down. Add about 1 cm of water and then roast in the oven until a fork goes through the pumpkin easily - usually about an hour.
- Once you have put the pumpkin in the oven prep the butternut squash. Peel the squash, de-seed and then chop into chunks. Drizzle with oil and spread on a baking tray. Add to the oven until roasted and fork-soft - usually around 45 mins.
- Once the pumpkin is ready remove from the oven and scoop out the flesh with a spoon.
- Chop the onion and fry in the oil in a large pot. Once they have sweated for a bit add the curry powder. Use your judgement as to how much to use depending on whether you have mild or medium curry powder.
- Once all the onions are coated in curry powder add in the pumpkin puree, butternut squash chunks and the tin of coconut milk. Top up with boiling water until all the veg is just covered. Add in a vegetable stock cube. Simmer for 10 mins.
- Use a stick blender to blend until smooth. Keep soup thick or add more water to thin and season as desired. Serve topped with roasted chickpeas or toasted pumpkin seeds

A very popular workshop this year was our BYOPumpkin where we learnt how to utilise all of the pumpkin. At Halloween over 18,000 tonnes of pumpkin is thrown away so this is a great recipe to avoid wastage!



or roasted
pumpkin seeds



Vegan sweet potato pakora

Another from Diana Turbett in Shiskine. It is both vegan and gluten free.
Thanks for this brilliant contribution!

"I have adapted this from a recipe I recently saw in the Herald and I was surprised at how easy it was to make!"

Ingredients:

- Two large onions (red or white)
- One large sweet potato
- 2/3 spring onions finely chopped
- 1 tsp ground cumin and/or cumin seeds
- 1 tsp ground coriander
- 1 tsp garam masala
- pinch chili powder
- salt and pepper
- 2 tsp cornflour
- 2 tablespoons vegetable oil

Method:

- Dice the sweet potato and either microwave or boil for a few minutes until soft. Drain and allow to air dry if boiling.
- Finely slice or grate the onions and mix in the spices and seasoning.
- Mix in the sweet potato (optional if you want to include the skin) and cornflour until the mixture forms a ball.
- Split in to about 12 and make small balls using your hands .
- Place on a baking tray lined with baking parchment and brush with oil.
- Bake in the oven at 200C for about 20 mins until browned and crispy on the outside.
- The spices and quantities can be varied according to preference and white potatoes could be substituted and/or included.



Creamy mushroom bisque



This is a recipe from Emma, our Sustainable Travel Coordinator. It is a delicious and hearty soup to keep you warm on these chilly winter nights.

If you would like to be involved in the lift share then get in touch with Emma on emma.ecosavvy@gmail.com

Ingredients:

- 75g butter or oil
- 1 large onion
- 1/2 tsp salt
- 350g mushrooms, button or flat
- 1 tsp dried thyme
- 1/2 tsp fresh thyme
- 1 tbsp paprika
- 1/4 tsp cayenne
- 1 pint (570ml) vegetable stock
- 200ml soured cream
- salt + pepper
- 3 tsp fresh lemon juice

Method:

- Gently heat the butter or oil and fry the onions for 10 min, add 1/2 tsp of salt while frying to bring out the juices.
- Meanwhile, wipe and quarter the mushrooms, then add these to the pot along with the dill, thyme, paprika, and cayenne.
- Cook slowly for a further 10 mins on a low heat, covering the mixture with a tad more butter and the lid.
- Pour in stock and bring to the boil, then reduce the heat and simmer for 3 minutes.
- Cool slightly and then liquidise.
- Add lemon juice and cream and then serve.



Warm winter soup

This recipe comes from Elsa Rodeck who is the editor at Voice for Arran <https://voiceforarran.com/> and also Eco Savvy's newest trustee! She says; "simple and easy to make - the soup can provide meals for a week"



Ingredients:

- 1 onion, chopped
- 2 tablespoons olive oil
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 2 garlic cloves
- 1 x tin chopped tomatoes
- 1 tablespoon tomato puree
- 1 litre veg or chicken stock
- 2 x tins mixed beans, drained and rinsed
- Half a savoy cabbage

Method:

- Fry the onion for a few minutes, and then add the carrot and celery, and lastly the garlic.
- Cover, and soften for 4-5 minutes.
- Add the tomatoes, tomato puree, stock and beans and bring to the boil. Reduce the heat, cover and simmer for 25 minutes.
- Stir in the cabbage and continue to simmer for another 10 minutes or until the cabbage is cooked.
- As with many soups, this gets better after a day or two!



Mac and cheese



This is eBike Coordinator, Andrew's, signature dish.
Warning: it uses a lot of cheese and is extremely delicious!

If you would like the opportunity to try an eBike come along to the Savvy Travel open days which take place at our offices at Home Farm Brodick on the last Tuesday of the month

Ingredients:

- 350g mature cheddar (or a similar tasty cheese) grated
- 500g macaroni (Marshalls or similar)
- 500ml of milk
- ½ leek or a spring onion
- Tomatoes (to taste)
- 2 tbsp plain flour
- Knob of butter
- Salt, pepper, nutmeg



Method:

- Bring a pan of water to the boil and add pasta
- Melt butter in a saucepan and plain flour and stir/whisk into butter
- Add milk to butter and flour mix, whisking all the time, keep adding milk until you have a roux (white sauce)
- Add grated cheese to the roux and whisk into the mix (reserving a little for the top)
- Keep stirring until cheese and milk mix is smooth and there are no lumps
- Add a little grated nutmeg if available and salt and pepper to taste (remember the cheese may already be salty)
- Put cooked macaroni into flat bottomed casserole dish and stir in cheese sauce
- Place cut tomatoes around the side of the dish. Sprinkle cheese and chopped leek over the top
- Grill for 15 minutes until browned on top and the leek is slightly caramelised.

Leftover Veg 'hug in a bowl'



Outside of Eco Savvy Ruth runs Ferghan Mhor Vegan BnB with her partner, Gregor. Here they concoct lots of delicious vegan recipes including this leftover veg hug in a bowl. The photograph on the next page was also a strong contender for our book cover but narrowly missed the top spot!

Ingredients:

- 2 x handfuls kale
- 1 x pack green beans
- 3 large carrots
- 2 medium sweet potato
- 1 tin chickpeas
- For the paprika carrots: 1tsp smoked paprika, quarter tsp salt, quarter tsp cinnamon, quarter tsp garlic powder, quarter tsp onion powder, pinch cayenne pepper, 1 tbsp olive oil, 1 tsp sesame oil
- For the bacon flavoured chickpeas: 1 tbsp tomato puree, 1 tbsp veg or olive oil, 1 tsp soy sauce 1 tsp balsamic vinegar 1 tsp smoked paprika 1 tsp maple syrup 1 tsp treacle
- Asian style peanut butter dressing: 2 tbsp peanut butter, 2 tbsp soy sauce, 2 tbsp maple syrup, 2 tbsp vinegar, lemon juice or lime juice, 1 tsp grated ginger

Method:

- Rinse and drain the chickpeas. Add all the bacon marinade ingredients to the chickpeas in a bowl and mix until well coated. If possible marinate overnight, but also fine just to cook straight away.
- Cut the sweet potato up into bite sized chunks, tip onto baking tray and coat with olive oil.
- Peel and cut the carrots into bite sized chunks. In a bowl mix together with all the paprika ingredients until fully coated. Tip onto baking tray and spread out evenly. Oven the sweet potatoes at 200 degrees for roughly 45 mins.
- Carrots and chickpeas will take approximately 30 mins depending on your "done-ness" preference.

Leftover Veg 'hug in a bowl' cont...



"There's always veg at the food share and this is a brilliant, adaptable recipe which can be used in many combinations. The dressing is delicious!" - Jess, Eco Savvy food coordinator

- Prepare kale by tearing off tough stems and massaging until the leaves soften and turn a darker green - roughly 1 to 2 mins.
- While the veg is roasting prepare the dressing by simply mixing everything together in a jar. Play around with the ratios to your taste. Add water to make the dressing the consistency you prefer.
- When the roast veg is nearly ready drop green beans into salted, boiling water for approx 3 minutes before draining.

Divide the veggies between two bowls, pour over the dressing and munch!

- Note: different veggies can be subbed in depending on that you have leftover and need used up. Other good veg to roast are normal spuds, cauliflower, broccoli and even Brussels sprouts.



Quick Vegan pesto

This is another of Ruth's recipes. She uses nutritional yeast for cheesiness in this vegan pesto recipe. She says "For pasta just add to cooked pasta with a little of the reserved water you used for boiling and mix together. Nice topped with sundried tomatoes and/or rocket. Can also be used to make canapes - just spread onto pastry and bake until golden. Can also be used as a spread, dip or sandwich filling!"

Ingredients:

- 2 x packs fresh basil
- 3 big handfuls of spinach or a pack of kale (roughly remove the tough stems)
- 100g nuts such as cashews, walnuts, almonds or sunflower seeds for a nut free version (pesto recipes traditionally use pine nuts but they are very expensive!)
- 1 or 2 cloves of garlic
- juice of 1 lemon
- 4 tbsp nutritional yeast
- half tsp salt
- oil - use own judgement for consistency but roughly 3 tbsp

Method:

- Put everything except the olive oil in a blender and blend to form a paste, scraping down the sides as required.
- Add the olive oil a bit at a time until you have a thick but pourable sauce. The flavour can be adjusted to your taste with more nutritional yeast for a cheesiness, garlic for bite etc.



Vegetarian bean stew



This delicious recipe comes from Claire Mann who is our Energy Auditor Charlotte's mum. This is a protein packed dinner and a great way to make use of leftover veggie sausages!

FYI- Charlotte will only be delivering free energy audits until the end of March 2020, book yours soon to avoid disappointment!
charlotte.ecosavvy@gmail.com



Ingredients:

Basic Homemade tomato sauce:

- 1 onion
- 2 garlic cloves
- pinch of chilli
- 1 tbsp olive oil
- 2 tins plum tomatoes/passata
- 1 tsp salt, pinch of pepper, oregano and sugar to taste

Stew:

- Tin of kidney/mixed beans drained
- red/green pepper (optional)
- Leftover veggie sausages (optional)
- chopped parsley
- Bay leaf



Method:

- Gently fry a chopped onion, 2 minced/finely chopped cloves of garlic and a pinch of chilli in olive oil, add 2 tins of plum tomatoes or passata, season with a teaspoon of salt, good shake of oregano and black pepper and a pinch of sugar if required
- Simply drain and rinse tinned kidney beans or mixed beans, add to sauce with some chopped parsley and a bay leaf, simmer for 20 mins and if you have any leftover vegetarian cooked sausages, chop and throw those in too! Red, green or yellow sliced peppers are also great for a bit of crunch so these can be added along with the beans.
- Serve with rice, baked potatoes or tortilla wraps.

Gran's famous spagoni!

This is another of Claire Mann's recipes and shows 2 different ways to utilise leftover veggie bolognese!

"Great recipes for when there's only one portion left but you've a family to feed."

Ingredients:

Bolognese ingredients:

- 1 onion
- 2 garlic cloves
- chilli, shake of ginger, cinnamon, nutmeg, paprika & oregano (to taste)
- tinned tomatoes
- pinch of salt
- a squeeze of tomato purée
- quorn mince

Method:

- To make the sauce fry quorn mince, chopped onion, garlic with chilli
- Add tinned tomatoes, pinch of salt and a squeeze of tomato purée
- Finish with a shake of ginger, cinnamon, nutmeg, paprika & oregano
- Simply boil a pack of short cut macaroni in salted water and mix with reheated sauce. If required, loosen with a little pasta water and serve with cheese (optional).
- Another use for leftover bolognese sauce is to layer with slices of sweet potato (par boil for 5 mins) and roasted or pan fried aubergine, top with a light cheese or white sauce and oven bake for 30 mins for a delicious alternative moussaka.



Boxing Day Brussels sprout curry

And another from Claire Mann. She says "A favourite but controversial use for Christmas lunch leftovers! Nothing beats a curry!" We are inclined to agree with you there Claire! This is an excellent meal to put together quickly on Boxing day.



"There's lots of Brussels sprouts to be found at the food share at this time of year! Head along to get yours!" Jess



Ingredients:

- Leftover cooked brussels sprouts
- Leftover roast carrots
- Leftover roast potato or any other veg!
- Ready made sauce (jalfrezi works well) or your favourite homemade curry sauce

Method:

- Heat the the curry sauce
- Add veg and simmer until warmed through
- Serve with rice, naan or on baked potatoes.



Claire's tips for baked potatoes: rub salt onto the potatoes before baking - makes the skin really tasty! Also start them off in the microwave (remember to prick with a fork) for 5 mins to save oven time. Always bake more than you need as you can cut the leftovers into wedges and fry the following day!

Oriental leeks with noodles

This recipe comes from Nici Boni who owns the Pooch shop in Cladach. Nici attends the pop up food shares in Corrie and came up with this tasty recipe when there was an abundance of leeks and ready cooked noodles available.



Ingredients:

- 2 leeks
- Pack of noodles (either ready to cook or dried)
- Dessert spoon of sesame seeds
- Sesame oil
- 2 cloves garlic (crushed)
- 1 tbsp grated ginger
- 1 red chilli, deseeded and chopped
- 1 tbsp chopped fresh coriander
- Seasoning

Method:

- Cook or heat noodles.
- Fry chopped leeks until soft in oil with grated ginger, chopped chilli and crushed garlic.
- Toss noodles with the leeks adding coriander and season to taste.
- Sprinkle with the sesame seeds, which will benefit hugely from a toasting first.



Frittata

Here is another recipe from Elsa. This one is for a frittata which is a brilliant way to make use of any leftover veg!



Ingredients:

- 350g new potatoes (leftover cooked ones are ideal) cut into cubes
- 7 medium eggs
- 2 tablespoons olive oil/sunflower oil
- 1 onion, chopped, or 1 bunch spring onions, trimmed and sliced
- Any other cooked vegetables can go in - from broccoli, beans and peas, to courgettes or winter root vegetables. Herbs are a great addition too.
- 75g cheddar
- Freshly ground pepper and salt (optional)

Method:

- Lightly beat the eggs together and season if you like.
- Preheat the grill to medium-high.
- Heat the oil in a non-stick frying pan over a medium heat, and add the onions or spring onions. Fry gently for about 5 minutes. Add the potato cubes to the onions, fry for a few minutes, and then add any other vegetable that you are using.
- Make sure the ingredients are distributed evenly around the pan and pour in the beaten eggs. Keep the pan over a medium heat and let it set slowly. After around 5 minutes the base of the frittata will be set but the top will still be wet.
- Sprinkle cheese over the top, then put it under the grill for around 5 minutes, until cooked through and golden brown on top.
- Let cool for at least 10 minutes before slicing and serving.

Kimchi

Kimchi is a fermented cabbage dish from South Korea.

Over the past few years fermented foods have seen a surge in popularity due to the health benefits associated with consuming these probiotic rich dishes. Fermenting is an ancient preservation method which extends the shelf life of food, leading to less food waste.



Ingredients:

- 1 x 1kg head of napa cabbage, chopped or shredded
- 4 tbsp (72 grams) sea salt
- 250g daikon (Korean radish), peeled and julienned
- 4 spring onions, trimmed and cut into 2.5cm pieces
- 3 carrots, julienned

For the paste:

- 2-3 tbsp fish sauce, vegan fish sauce or kelp powder
- 5-6 cloves of garlic peeled
- 2.5cm-10cm (depending on preference) piece of fresh ginger peeled
- 1-5 tbsp Korean red pepper powder or chilli (gochugaru) depending on the desired level of heat
- A splash of water for blending

Method:

- Remove the outer leaves of the cabbage and wash well.
- Chop cabbage however you like and place in a large bowl with the salt. Massage until it begins to soften then add just enough water to cover. Put a plate on top and weigh down with something heavy. Leave for one hour to kill off any potentially harmful bacteria then rinse thoroughly under cold water and drain in a colander.
- While the cabbage drains make the paste by placing fish sauce (or vegan alternative), garlic and ginger into a blender to form a smooth paste, then mix in the red pepper powder (to spice preference). Add a splash of water if necessary to help it blend.

Kimchi continued...

Back in July we held a practical 'fermentation station' workshop where we looked at different methods of fermentation in order to preserve food. There's a more detailed guide to this on the next page. Here are some photos of the workshop attendees massaging their cabbage!

Method cont:

- Gently squeeze out any remaining water from the cabbage and return it to the bowl.
- Add the daikon, spring onions and carrots, then mix the paste into the vegetables until they are thoroughly coated.
- Pack the Kimchi into a 1 litre jar , pressing down every handful until the brine rises to cover the vegetables, leaving 2.5cm of headspace. Add your desired weight and seal the jar.
- Let it ferment for 5 days. The brine usually escapes, so it's best to place the jar on a plate/ bowl to catch any overflow. Fermentation is complete after 5 days. Transfer the jar to the fridge, the flavour will deepen with time.
- Following the same technique you can experiment with different vegetables such as bok choy, brussels sprouts or cucumber.



Fermentation explained

Fermentation is one of the oldest forms of food technology and has been used for a long time as a way to preserve the quality and safety of foods throughout every native diet around the world. The process creates a controlled environment of decay in which good bacteria flourish and act as a natural preservative. Fermenting extends the shelf life of food and consequently reduces food waste, thereby lowering your carbon food print!

You can use a **DRY SALT METHOD** creating a **brine using liquid extracted from the vegetables**- this is common for kimchi and sauerkrauts. Basic process:

- **Wash** veggies well and use organic produce where possible (if not then be sure to peel skins)
- **Cut** them up about the **same size**
- **Add salt** (weights vary according to recipe)
- Mix, **massage** or pound the vegetables with your hands **until they have released their juices**
- Add seasoning (think garlic, ginger, apples, and spices like coriander, bay leaf, chilli peppers, star anise etc)
- **Pack them into a crock or glass jar**
- **Submerge** the contents to keep the oxygen out using a weight
- Leave to ferment from 3 days to 6 weeks



Or you can create a **BRINE SOLUTION** for **whole/ hard or chunky vegetables** to be **submerged** in. Brines of **2-3% salinity are the most effective**, anything higher than 5% will halt fermentation as it interferes with bacterial activity.

Brine ratios:

- 2% solution = 19g of salt per 1 litre of filtered water
- 3% solution = 28.5g of salt per 1 litre of filtered water

Fermented Carrot sticks recipe- Makes 1x1 litre jar

- 6 carrots, unpeeled and cut into sticks
- 1-2 garlic cloves, smashed
- 1 tbsp chopped fresh dill
- 2% brine solution



Step 1. Place the carrots, smashed garlic cloves and fresh dill into a clean 1 litre jar. Packing them vertically is the most efficient way to get a tight pack in the jar. Cover with the 2% brine to within 2.5cm of the top of the jar.

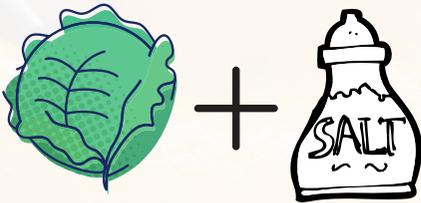
Step 2. Leave to ferment on the countertop for at least 2 weeks. Taste after this time and continue to ferment until you have achieved your desired flavour. Once you are happy with the taste and texture, you can tuck in. Store in the fridge for up to 6 months.

Sauerkraut

Ingredients:

- 2 heads of white or red cabbage (or a mix of both)
- 2 tbsp sea salt
- 1 tbsp caraway seeds

You're generally aiming for a total weight of 800g of cabbage to 19g (1 tbsp) of salt



Method:

- Remove the outer leaves of the cabbage and cut out the core, then shred the cabbage either with a knife or food processor. Try and keep the size uniform.
- Place the shredded cabbage in a large bowl, add salt and massage it through the cabbage. Let it sit for 30-60 minutes until it starts to sweat. Add the caraway seeds. It should be quite wet now.
- Begin to fill your clean 2 litre jar or crock, taking a handful of cabbage at a time and pressing down very hard with your fist. More liquid should seep out every time you do this.
- Once filled to within 2.5cm of the top cover with a cabbage leaf and baking weight (or weighted object of choice) to ensure shredded cabbage is submerged - this is crucial to the fermenting process!
- Leave to ferment for 1-6 weeks out of direct sunlight, taste every few days until the flavour is to your liking. If fermenting in an airtight jar you will need to 'burp' the jar every few days to release the build up for carbon dioxide.
- When you're happy with flavour and texture, store the jar in the fridge. After a week good bacteria is considered established but if you want the maximum probiotics in your sauerkraut you will want to let it ferment up to 21 days.

Donna's no cook apple chutney

Donna is one of our wonderful food share volunteers in Brodick. She makes delicious chutneys and kindly helped run the fermentation workshop with Jess, showing our attendees how to make this quick no cook chutney.

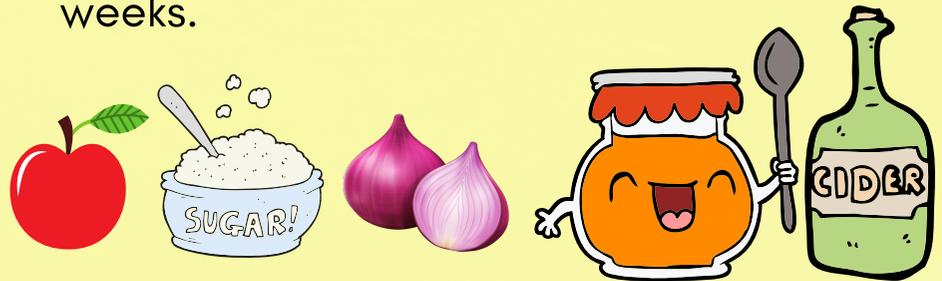
Ingredients:

- 1 large apple
- ½ onion
- 65 grams Sultanas
- 40 mls cider vinegar
- 25 grams soft brown sugar
- ¼ tsp ground ginger
- ¼ tsp ground cumin
- ⅛ tsp minced garlic
- Pinch cayenne pepper (optional)



Method:

- Chop everything very fine.
- Mix well together in a bowl and season with salt and pepper.
- Put into sterilised jar and refrigerate for 2-3 days ensuring to shake the jar well each day.
- After 3 days open and consume within 3 weeks.



Why not make a chutney or jam for your loved ones this Christmas? They make great gifts and are an excellent way to use up fruit and veg gluts!

Strawberry Jam

This is Donna's delicious recipe for strawberry jam. You can substitute other soft fruits (like raspberries or blackberries) and play with the sugar/lemon ratios to adjust to your taste.

Ingredients:

- 500 grams strawberries quartered or halved
- 1 tbsp lemon juice
- 450 grams jam sugar

Method:

- Put strawberries in a large pan over low heat, let juice run.
- Add lemon juice, turn up heat.
- Add sugar, stir until sugar has dissolved. Bring to full rolling boil.
- Boil for 5-7 minutes.
- Pour into sterilised jars. Keeps for up to 6 months.

How to sterilise Jars:

- Wash your jars and the lids in hot soapy water, but do not dry them. Instead, leave them to stand upside down on a roasting tray while they're still wet.
- Pop the tray of clean, wet jars and lids in to a preheated oven at 160-180°C for about 15 mins.
- Ladle the hot preserve into the hot jars.
- Be careful not to touch or get any of the mixture onto the rim of the jars as this could introduce bacteria.
- Ideally you want to fill the jars not quite to the top, leave about 1/4 inch (1/2 cm) gap at the top between the preserve and the lid.
- While everything is still hot, cover the jars with their lids or top with wax paper and a piece of cellophane secured tightly with an elastic band.



Banana bread

This recipe is by Lucy Wallace. She says, "it's great fuel for the hills and the bike and it's possible to put optional goodies in it to make it more nutritious. It's nice served hot as a sponge pud with custard, but actually improves with age as a lunch box treat!"

Ingredients:

- 140g (5oz) butter (softened) or margarine, plus extra for the tin
- 140g (50z) caster sugar
- 2 large eggs, beaten
- 140g (50z) self-raising flour, sifted
- 1 tsp baking powder
- 2 very ripe bananas (the squidgier the better) and a handful of anything else you like (e.g. milled seeds, dried fruit etc.)

Method:

- Pre-heat oven to 180 degrees celsius and grease and line a loaf tin.
- Beat the butter or margarine with the caster sugar until pale and creamy.
- Mix in half the flour and the eggs to make a smooth batter.
- Mash the bananas and add to the mix with the rest of the flour, baking powder and any additional ingredients that you have decided to include.
- Pour in to the loaf tin and bake for half an hour. If it starts to brown too quickly cover with a bit of baking parchment. It is ready when a skewer comes out clean.
- Leave to cool in the tin for 10 mins before turning out.



Gluhwein

This is a recipe from Jude, our project manager, who grew up eating and drinking German dishes at Christmas time. This is a sure way to warm up on a cold evening!

Ingredients:

- 4 quarts dry red wine (merlot, cabernet sauvignon or another medium-bodied red wine)
- 1 pint brandy
- 1 cup sugar
- 6 cinnamon sticks
- 12 cloves, whole
- 1/8 tsp allspice
- 1/8 tsp mace
- 2 oranges, cut into slices
- 1 lemon, cut into slices

Method:

- Pour the wine into the pot and warm over low heat.
- Add sugar and spices.
- Stir until sugar is dissolved.
- Put the lemon and one orange-worth of slices into the pot.
- Steep over low heat for 1 hour. Make sure the wine doesn't boil!
- Serve hot and garnish with orange slices.



Lebkuchen

These delicious spiced biscuits are famous in Germany. Jude's mum has provided us with a recipe to make 30 biscuits or even to create a gingerbread house with the dough! These can be decorated with piped royal icing and then threaded with string to make edible tree decorations!



Ingredients:

- 1 cup honey
- 1 1/2 cup granulated sugar
- 1 cup shortening
- 2 eggs
- 1/2 cup water
- 6 cups flour
- 1 1/2 tsp baking soda
- 2 tsp lemon zest
- 1 1/2 tsp cinnamon
- 1 1/2 tsp cloves
- 1 tsp salt

Egg wash:

- 2 egg yolks mixed with 2 tsp red food colouring
- Makes up to 30 depending on how thick you roll the dough

Method:

- Preheat oven to 350 degrees fahrenheit.
- Melt together honey, sugar and shortening (either in a bowl in the microwave or in a heatproof bowl set over a saucepan of simmering water).
- Combine with the eggs and water.
- Mix the remaining dry ingredients (aside from the egg wash) together until well combined.
- Slowly incorporate the wet ingredients into the dry until you have a firm dough. Chill overnight in the fridge.
- Roll out into 1/4 inch thick sheet and cut into desired shape (stars and hearts work well!).
- Bake in the preheated oven for 15 minutes then remove, brush with the egg wash (+ red food colouring) and continue baking for an additional 2 minutes.
- Allow the lebkuchen to cool completely before decorating.

Chocolate Snickerdoodles



These biscuits are delicious and very easy to make! We made them at our recent cookie baking workshop which was the last of the food program events for the year. Keep an eye on the food forum on facebook for upcoming events! <https://www.facebook.com/groups/327736384479057/>

Ingredients:

- 1 2/3 cup all-purpose flour
- 1/2 cup cocoa powder
- 1/2 tsp cayenne pepper
- 1/2 tsp cinnamon
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup canola oil
- 1/4 cup pure maple syrup
- 1 cup granulated sugar
- 2 tsp vanilla extract
- 3 tbsp almond/soy milk

For the sugar dusting:

- 1/3 cup granulated sugar
- 1 tsp cinnamon

Method:

- Preheat the oven to 350 degrees fahrenheit.
- In a large bowl, sift flour, cocoa, cayenne, cinnamon, baking soda and salt. In a separate medium bowl, whisk canola oil, maple syrup, vanilla, milk, and sugar until fully incorporated.
- Slowly add the dry ingredients to the wet, mixing continuously. The batter will be stiff.
- Using the palm of your hands, roll about 3 tablespoons worth of batter into a small ball. Shape into pancake-like disks and cover one side with the sugar-cinnamon dusting
- On a sheet of parchment paper, place each disk about 1 inch apart, sugar side up. Bake for about 12 minutes.
- Makes 15-20 cookies, depending how big you want them.





"Many thanks for reading our recipe book! We hope you enjoy cooking these as much as we have. Thanks also to all of our amazing volunteers, staff and trustees for providing them! We also want to give a huge shout out to our volunteers without whom the food share wouldn't be possible. Your dedication is so greatly appreciated! Have a wonderful festive season everyone!" Jess

ECO SAVVY FOOD SHARE

TUESDAYS

Whiting Bay Shop - 9pm



THURSDAYS

Brodick, Ormidale Pavilion - 8.15pm

FRIDAYS

Octopus Centre, Lamlash - 9pm



SUNDAYS

Shiskine hall, Shiskine - 9pm



The food share timings

Join our savvy food program to be the first to hear about our workshops and events. Join by completing a quick survey about your food attitudes and behaviours.

Survey here:

<https://forms.gle/vVEbxVmqq9dxbae46>

5,000+
kg

OF FOOD ALREADY DIVERTED FROM
LANDFILL & USED BY ARRAN LOCALS!