

MUM'S DUTCH APPLE CAKE

Using rescued apples



INGREDIENTS

- 1 ½ cup plain flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 unbeaten egg
- 1 cup sugar
- ½ tsp salt
- ½ cup chopped walnuts
- 1 cup raisins
- 1 ½ medium apples (thinly sliced)
- 125g butter
- ½ tsp mixed spice

DIRECTIONS


1. Place all ingredients except butter in bowl
2. Melt butter and stir into other ingredients until all coated
3. Place mixture in a round cake tin (a loose bottom is helpful)
4. Bake 160°C for 50-60 minutes
5. Check after 50 minutes, if the top is still soft, cook for the extra 10 minutes.
6. When cool, sprinkle with a little sifted icing sugar

🕒 70 minutes

CARROT SOUP

Using rescued carrots



 30 minutes

INGREDIENTS

1 kg carrots
30g butter
1 clove of garlic
(crushed)
250ml orange juice
500ml chicken or
vegetable stock
Juice of 1 lemon

DIRECTIONS

1. Roughly slice the carrots and gently sauté them in butter for 5 minutes with garlic
2. Add orange juice, stock and lemon juice
3. Simmer gently until the carrot is cooked (about 20 minutes), liquidise and return to heat
4. The soup should have a little sharp taste, add a little brown sugar is too sharp or add more lemon juice if not sharp enough

TOMATO RELISH

Using squishy tomatoes




INGREDIENTS

- 1.8 kgs tomatoes
- 4 red onions
- 450g sugar
- 2 Tbsp salt
- 500ml vinegar
- 3 tsp curry powder
- ½ tsp mustard
- 1 Tbsp cornflour
mixed with a little
vinegar

DIRECTIONS

1. Add all ingredients into pot
2. Boil for 1 hour
3. Add cornflour and vinegar mixture
4. Boil for another 5 minutes

 90 minutes

TASTY VEGAN FRUIT LOAF

Use your choice of dried fruit




INGREDIENTS

- 1 Tbsp oil
- 1 cup boiling water
- 1 cup dried fruit
(sultanas, apricots,
cranberries etc)
- 1 Tbsp golden syrup
- 1 cup white sugar
- 2 cups flour
- 1 tsp baking soda

DIRECTIONS


1. In a bowl, place dried fruit, golden syrup, oil and sugar
2. Pour boiling water over and allow to soak
3. Preheat oven to 190°C
4. Grease loaf tin and line with baking paper
5. Sift in flour and baking soda into other mixture, use a spatula to mix thoroughly
6. Pour mixture into prepared tin
7. Bake for 55-60 minutes
8. Test with a skewer or thin knife, if clean it's ready
9. Lift out of tin holding the paper sides
10. Cool on rack

 90 minutes

ANY VEGGIE QUICHE

Use whatever you have in the fridge



 60 minutes

INGREDIENTS

Vegetables of choice
(eg. courgette, carrot,
potato & onion)

Optional: add ham,
bacon or chicken

4-5 eggs (depending
on how many
vegetables you use)

1 cup flour

1 tsp baking powder

1 Tbsp vegetable
stock

1 cup cheese

$\frac{1}{2}$ oil

DIRECTIONS

1. Cut or grate all vegetables and cheese
2. Beat eggs, then add the oil, with salt and pepper to taste
3. Add flour and baking powder, mix well, add grated cheese
4. Add all vegetables
5. Transfer into dish lined with baking paper
6. Cook on 180°C for 35-40 minutes

You can put anything in the fridge into the quiche. You can put in as many or as few vegetables as you like.

TOMATO RELISH

Using squishy tomatoes




INGREDIENTS

3kgs tomatoes
4 large onions
25g salt
720g brown sugar
Brown vinegar
(enough to cover)
1 Tbsp mustard
1 Tbsp curry powder
2 Tbsp flour
5 chillies

DIRECTIONS

1. Scold tomatoes and peel skin off
2. Add sliced onions and salt and leave overnight
3. The following day, pour off liquid and bring to a boil with brown sugar, vinegar and chillies. Add enough vinegar to just cover the ingredients
4. Simmer for 45-60 minutes
5. Mix mustard, curry powder and flour to a smooth paste with a little cold vinegar. Add to the mixture and boil for another 5 minutes.

 90 minutes