

Staples from Scratch

How to make your own staples & find ethical
& sustainable food close to you



Compiled by Sustainable Table, featuring Dirty Girl Kitchen and
Local Harvest

who we are



Local Harvest

Local Harvest is a new national initiative from the Ethical Consumer Group, helping people to find local sources of food, and grow their own. Local Harvest is a comprehensive and user-friendly online directory for finding food co-ops, swap meets, community gardens, farmers' markets, box systems, organic retailers and more by simply entering your postcode. You'll also find DIY alternatives for food production and resources for growing and making your own.

localharvest.org.au



Sustainable Table

Sustainable Table is an environmental not-for-profit organisation that uses food as an entrée to explore sustainability issues. With up to 60% of our personal eco-footprint embodied in the food that we buy, there is no better place to start. Locally, Sustainable Table encourages individual action and behavioural change to create a more sustainable, ethical and fair food system. Globally, we support projects in developing communities that help to restore the natural environment and improve food security. Together we can help to overcome today's environmental challenges, one meal at a time.

sustainabletable.org.au



Dirty Girl Kitchen

Dirty Girl Kitchen's mission is to safeguard our 'granny skills', by protecting food heritage, culture, skills, knowledge and tradition, passing down what grannies know best. Rebecca Sullivan, founder of Dirty Girl Kitchen, is a self-taught cook and has worked with some of the world's best producers, chefs, environmental academics and restaurants.

dirtygirlkitchen.com



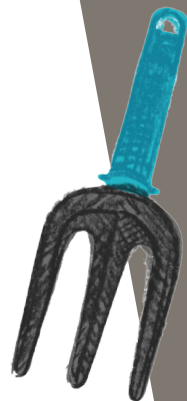
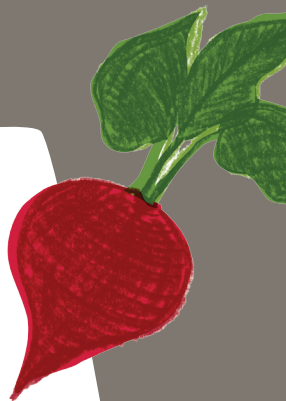
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Seasonal produce guide



Reconnect with local food production

Our grandmothers lived in an age when food production was centred in the home. Households baked their own bread, made their own pastry, whipped up their own jams and pickled and preserved excess produce to ensure nothing was wasted. Today, production has been globalised and industrialised to the extent that many of us don't know where our food comes from, let alone how to make our own staples from scratch. We barely find the time to sit down to eat together, let alone brew our own stock. The great granny skills of the past have been lost. As a result, we end up missing out on the pleasures, health and environmental benefits of preparing our own food in our own homes. ***This booklet is about reintroducing these skills into your home and connecting you with local food initiatives so that you can play a positive role in creating a fair and ethical food system for all.***

Why is understanding where your food comes from so important?

Up to 60% of our personal eco-footprint is embodied in the food we buy.

Reconnecting with food production is about regaining control over the food we eat: where it's from, how far it's travelled from paddock to plate, what chemicals have been used to grow, package or preserve it, what's in it, how the animal has been treated, and what happens to the leftovers along the supply chain and once it reaches your home. It's about eating local, ethically-produced and seasonal produce. ***It's about wasting less and enjoying more, while limiting your impact on the environment.***

Reason 1

**Local, seasonal, organic
homemade food tastes better &
is better for you**

Eating food that is locally-grown, in season, organic and prepared in the home is one of the best things you can do for your health and the environment.


Locally-grown food has travelled less to get to your plate (it hasn't travelled half-way across the world) so it's fresher, tastier and more nutritious.

Reason 2

**Eating local reduces food miles,
carbon emissions & reliance
on oil**

A typical basket of groceries from the supermarket has food miles equivalent to two loops of the globe. In fact, **the average well-off citizen effectively consumes 66 barrels of oil a year**, such is the dependency of our modern food system on fossil fuels – it is the key ingredient of chemical fertilisers in non-organic farming and it powers the world's tractors, trucks, trains, planes and ships that move the food along the chain. Any increase in the price of oil directly impacts the cost of food.

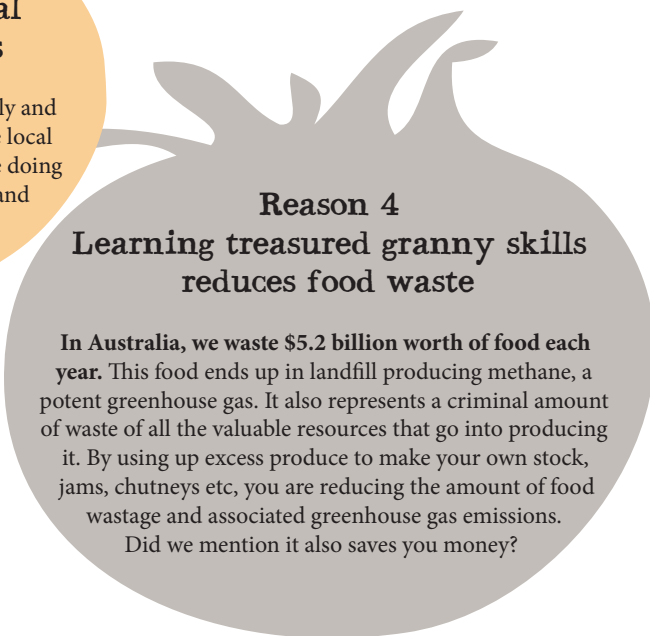




Reason 3

Buying local organic produce supports local farmers & producers

Buying food grown and produced locally and ethically means you are supporting the local economy as well as small farms that are doing the right thing by the environment, and your health.




Reason 4

Learning treasured granny skills reduces food waste

In Australia, we waste \$5.2 billion worth of food each year. This food ends up in landfill producing methane, a potent greenhouse gas. It also represents a criminal amount of waste of all the valuable resources that go into producing it. By using up excess produce to make your own stock, jams, chutneys etc, you are reducing the amount of food wastage and associated greenhouse gas emissions.

Did we mention it also saves you money?




Reason 5

It connects you with your community

Neighbourhood food swaps, farmers' markets, jamming sessions – these initiatives help connect you with others living in your community. Have you been staring in envy at the fallen plums, perfect for jamming, under your neighbour's tree? Making your own staples from scratch gives you an excuse to connect with the people around you, to share excess produce and homemade delights. See page 6 for how to get connected today.





I'm sold on this local food idea, so how do I get connected?

We're glad you asked, because there is a wonderful new Australia-wide initiative called Local Harvest, which is helping people find local sources of food, reduce food waste and grow their own.

Brought to you by the Ethical Consumer Group, Local Harvest is a comprehensive and user-friendly online directory for finding food co-ops, swap meets, community gardens, farmers' markets, box systems, organic retailers and more by simply entering your postcode.

You'll also find DIY alternatives for food production and meeting essential needs, including resources for growing and making your own.

Start today by visiting the Local Harvest website and connecting with all the fabulous food initiatives in your area.

www.localharvest.org.au



all seasons



rose & lavender lemonade

what you'll need

1½ tblspn culinary lavender
1 tblspn rose petals
½ cup caster sugar
juice of 4 lemons
ice cubes
2 cups boiling water

Recipe by Rebecca Sullivan,
Dirty Girl Kitchen

dirtygirlkitchen.com

how to do it

Place the rose and lavender into a jug and pour in 2 cups of boiling water. Let it steep for ten minutes. You should be able to smell the lovely aroma.

Strain the liquid into a large bowl. Mix in the sugar until dissolved. Add the lemon juice. You will notice the liquid turns a pretty pink colour. Now simply pour the lemonade into a jug or bottle, top up with cold water to make about 1L, taste and add more lemon juice if needed.

Serve in a glass with a slice of lemon and lots of ice cubes.

Makes 1 litre.

strawberry & rose jam

how to do it

Place a small plate in the fridge to test the jam later. Wash, pat dry, hull and halve or quarter the strawberries. Pat dry the strawberries again as you don't want excess water in your jam. Cover with sugar and, if you have time, leave to macerate (soak) for a few hours to draw out the pectin.

Place macerated strawberries on a really low heat until sugar is completely dissolved. Bring to a rolling boil and add lemon and rosewater. Boil gently for about 20 minutes or until set. To test if jam is set, place a teaspoon of hot jam onto the plate you put in the fridge earlier and after about a minute run your finger through the jam. If it wrinkles, it's set. Alternatively, use a probe thermometer - once it hits 105 degrees, the jam is set.

Leave the jam to sit for 15-20 minutes so as the fruit settles and does not float to the top of your jars. Then pour into sterilised jars and store in the refrigerator.

summer, autumn
spring



what you'll need

1.1kg of strawberries
900g of white sugar
60ml lemon juice
60ml rosewater
small ceramic plate
sterilised glass jars, see p.12

Recipe by Rebecca Sullivan,
Dirty Girl Kitchen

dirtygirlkitchen.com

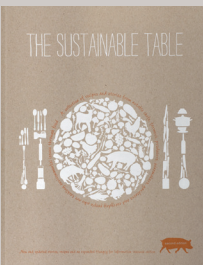




what you'll need

- 2kg vegetables/fruit of choice, finely chopped or grated (for hard vegetables)
- 3 onions, finely chopped
- 2 tsp salt
- 2 tsp chilli, optional
- 6 cloves garlic, very finely chopped
- 3 tbsp fresh ginger, finely chopped
- 3 tbsp curry powder
- 1 tbsp of mixed spices - try cumin, coriander, garam masala or a mixed spice of cinnamon, nutmeg, clove and fennel
- 500ml apple cider vinegar or white vinegar
- 500g raw sugar
- 4-6 sterilised jars, see p.12

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all seasons chutney

how to do it

Try using tomatoes, or green tomatoes at the end of the season. You can also use eggplant, pumpkin, zucchini, beetroot, apple, pear, banana; the options are endless! A great combination is often $\frac{3}{4}$ veg, $\frac{1}{4}$ fruit, for example beetroot and apple or zucchini and pear. You may also like to add $\frac{1}{2}$ a cup of dried fruit such as sultanas or chopped dates into the mix as well for a bit more edible jazz.

Place all ingredients except vegetables/fruit into a saucepan. Bring to the boil and simmer uncovered for 15 minutes. Add vegetables/fruit and simmer on low heat for 1-1½ hours, stirring occasionally to ensure mixture does not burn. Leave the lid off so the flavours infuse as the mixture reduces.

Carefully spoon the hot chutney into hot sterilised jars. Fill jars right to the top, wait 10 minutes and screw on lid.

Makes 4-6 jars. Chutney will store for up to 3 months.

Recipe by Alice Duzevich

pickled zucchini

how to do it

Place sliced zucchini in a bowl, cover with water and add the salt. Let it stand for about an hour, then drain.

Mix the remaining ingredients in a large saucepan and bring to the boil. Pour the hot mixture over the zucchini and let it stand for another hour. Return to the saucepan and boil for about 3 minutes.

Pack into hot sterilized jars making sure there are no air bubbles, and seal.

These taste better if you leave them for a couple of weeks before eating (but that is near impossible as they are too delicious).

summer, autumn
spring



what you'll need

1kg of zucchini finely sliced
(scoop out the middle as it makes the pickles soft and messy if kept in)
¼ cup salt
2 cups white wine vinegar
1 tsp celery seeds
1 tsp mustard seeds
1 tsp turmeric
½ tsp dry mustard
½ tsp fennel seeds
½ tsp chilli flakes
sterilised glass jars, see p.12

Recipe by Rebecca Sullivan,
Dirty Girl Kitchen

dirtygirlkitchen.com

yoghurt



what you'll need

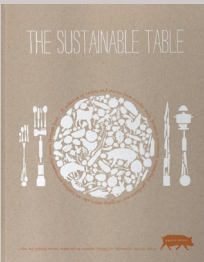
This recipe makes one litre of plain yoghurt. You will need to use a 'live' natural yoghurt containing *acidophilus bifidus* or similar bacteria to act as your starter culture.

1 litre organic goat's milk
(alternatively you may use full cream organic cow's milk)
2-3 tablespoons plain yoghurt

Recipe by Aaron Turner,
Loam restaurant

loam.com.au

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how to do it

In a medium sized saucepan bring milk to a gentle boil, stirring to ensure it does not scold. Remove from heat once milk froths.

Allow to cool until the temperature reaches 43°C. Use a thermometer or use the finger temperature test — when the milk is just cool enough for you to comfortably hold your finger in it for 10 seconds, it is ready.

Place the starter yoghurt into a ceramic bowl, strain over a cup of the warm milk and whisk until smooth. Add remaining milk and combine.

Pour the mixture into a sterilised thermos or large jar. Place the container into a plastic shopping bag. Tie and repeat with second bag. Then wrap the container in a blanket or several towels to retain the heat. Set aside in a warm place for 6-12 hours, ideally overnight.

Alternatively put the wrapped container in an esky to reduce temperature fluctuations. Do not unwrap during this time. A reduction in temperature will mean the milk will fail to set and coagulate.

Unwrap the container and transfer it to a refrigerator to continue thickening for another 8 hours before use. Eat within a few days.

Note: Homemade yoghurt is generally not as thick as commercially bought yoghurts which contain gelatine. If you wish to thicken your homemade yoghurt you may do so by adding milk powder.



fig jam with ginger & roasted almonds

how to do it

If the nuts you are using are not roasted, place them into a frying pan and dry roast them for a couple of minutes. Alternatively, put them in the oven until lightly browned. Watch them so they don't burn, as they don't take long.

Place all ingredients into a large heavy based pot and mix well. Allow to sit for at least 1 hour.

Heat and slowly bring to the boil while stirring. Allow to slowly boil for about an hour uncovered until jam starts to thicken. Stir occasionally to ensure it isn't catching on the bottom of the pot.

Fill hot sterilised jars to the top while jam is still hot, wait for 10 minutes and screw on the lids.

sterilised jars

how to do it

oven

Preheat oven to 120°C. Place the jars and lids in the oven for 20 minutes. Remove and fill immediately with jam or other preserves.

stove

Fill a large pot with water and bring to the boil. Separate the jars from the lids and place in the boiling water making sure the water covers the jars. Boil for 10 minutes and then remove with tongs and allow them to drain and steam dry.

summer, autumn



what you'll need

1kg ripe figs, roughly chopped
¼ cup lemon juice
750g raw sugar
1 tbsp fresh ginger, finely grated
½ cup roasted almonds, chopped to desired chunkiness
6 sterilised jars, see directions below

Recipe by Alice Duzevich

what you'll need

Sterilise your jars to prevent your jam, chutney or preserves from going bad. If you are recycling old jars, wash them well in hot soapy water to remove any residual contents and smell. Use either the oven or stove top methods, but ensure you fill the jars whilst the preserve and the jars are still hot. Do not add cold food to hot jars, or hot food to cold jars as the glass may break.



pizza dough

how to do it

Mix the yeast and water in a small bowl until the yeast has dissolved. Add the raw sugar. Set aside for 5-10 minutes or until bubbles appear on the surface.

Mix the flour and salt together in a large bowl. Pour in the yeast mixture and the olive oil. Gradually bring the mixture together using a wooden spoon or your fingers.

Place the dough into an oiled bowl and cover. Leave the dough to prove for 10-15 minutes.

Lightly flour the work surface and start kneading the dough until soft and elastic. Cut the dough into 4-6 portions, depending on the size you would like your pizza bases, and roll into balls. Cover with a clean tea towel and set aside on a floured board to rise for a further 30 minutes, or until they double in size.

On a lightly floured surface use your fingers to press the dough down and tease out into a round shape. Use a lightly floured rolling pin to flatten into a pizza base.



what you'll need

makes 4 x 30cm bases or
6 x 23cm bases

700g "00" organic flour
(plus extra for dusting)
14g fresh yeast or 1 x 7g -
sachet of dried yeast
500ml lukewarm water
2 tsp raw sugar
1 tsp salt
60ml extra virgin olive oil

Recipe by **The Vegie Bar**

vegiebar.com.au

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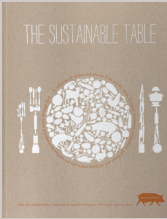
tahini

what you'll need

yields about ½ cup

- 1 cup sesame seeds
- 1/3 cup olive oil
- 1 sterilised jar, see p.12

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what you'll need

makes a big tub

- 2 cups fresh basil leaves
- 2 cups rocket leaves
- ¾ cup parmesan cheese,
freshly grated
- ¾ cup good quality extra
virgin olive oil
- ¾ cup roasted nuts
- 2 cloves garlic, peeled and
crushed
- 2 tbsp lemon juice
- 1 tsp lemon rind
- sea salt
- cracked black pepper

how to do it

Toast the sesame seeds in a 180°C oven for 5-10 minutes. Do not let the seeds brown. Allow the seeds to cool.

In a food processor blend the sesame seeds adding the oil gradually. Check the consistency, you can add more oil if you prefer a thinner paste. Tahini may be kept in the fridge for many weeks in a sterilised jar.

Tahini is delicious spread on toast with honey. Or make a tahini yoghurt sauce to serve over mushrooms or fish by combining tahini, plain yoghurt, lemon, garlic and salt.

rocketing pesto

how to do it

If the nuts you are using are not roasted, place them into a frying pan and dry roast them for a couple of minutes. Alternatively, put them in the oven until lightly browned. Watch them so they don't burn, as they don't take long. Allow to cool. Place all ingredients into a blender and blend until pesto is a smooth consistency. Depending on how you are going to use your pesto, you may like to thin it out with some more extra virgin olive oil. Season to taste.

mayonnaise

how to do it

Crack the eggs into a bowl and break them up with a whisk. Add the vinegar and mustard and whisk vigorously.

Have a helper handy and as you continuously whisk the mixture ask them to drizzle the oil into the mix (if using a food processor, set it on high speed).

Store in the fridge in an airtight container.

If the mayonnaise becomes too thick you can thin it by adding a small amount of warm water until it reaches your desired consistency. For a lemon flavour, whisk in a few drops of lemon juice.

* Use grape seed, vegetable, light peanut or sunflower oil or a combination. Grape seed oil would be my choice. Do not use a strong oil such as olive or sesame oil as it will overpower the mayonnaise. If you would like an olive or sesame flavour just add 1 table-spoon at the end.

Note: Add some wasabi paste to taste for a mayonnaise with more heat.



what you'll need

makes about 1 litre

2 free range eggs, at room temperature

1 tbsp rice wine vinegar

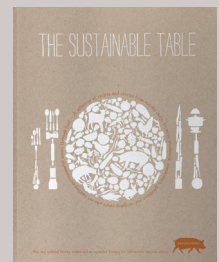
1 tbsp Dijon mustard

600ml oil, at room temperature*

Recipe by Tom Milligan,
Botanical

thebotanical.com.au

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vegetable/chicken stock

what you'll need

makes about 1½ litres

cooking oil

1 onion or leek, roughly
sliced

2 cloves garlic, sliced

2 carrots, sliced lengthways

2 sticks celery,

sliced lengthways

handful of seasonal herbs

3 litres water

sea salt and cracked black
pepper

how to do it

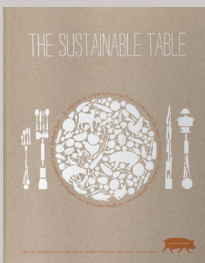
Add a dash of oil to a large pot and sweat the onion, garlic, celery and carrot until the onions are slightly translucent.

Add the water, seasonal herbs and any other vegetables you wish. Bring to a gentle simmer and cook for about 45 minutes or until the stock tastes rich and full. Continue to taste and season throughout the cooking time.

Strain and discard the vegetables to your compost bin.

This stock recipe can be used as a guide; feel free to use up any vegetables in your fridge that may be looking a little tired, as stock is a great way to avoid food waste. The most flavoursome part of a vegetable is the skin, so potato peel and that first white layer of an onion you usually throw out makes a great flavour enhancer for stock. If you are making chicken stock include the chicken carcass for flavour. Freeze in portions to use when required.

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seasonal produce guide

Fold

Fold

Autumn (March – May)

avocado	custard apple	guava	mandarin*	papaya	plum	raspberries
apple*	fejja	honeydew	mango	passionfruit	ponegrantate	rhubarb
blackberries	fig	kiwi fruit	mangosteem	peach	prickly pear	rockmelon
banana	grapefruit	lemon	nashi	pear*	quince	strawberries
cumquat	grapes	lime	orange*	persimmon	rambutan	tamarillo

apple*	grapefruit	nashi	quince
avocado	kiwi fruit	orange*	rhubarb
cumquat	lemon	pear*	tamarillo
custard apple	lime	persimmon	tangelo
fejja	mandarin*	pineapple	

Winter (June – August)

vegetables

artichoke*	brussels sprouts	choko	leek	parsnip	silverbeet	turnip
asian greens*	cabbage	corn	lettuce	peas	spinach	watercress
avocado	capsicum	cucumber	mushrooms*	potato	squash	witlof
beans*	carrot	dahon	okra	pumpkin	suede	zucchini
beetroot	cauliflower	eggplant	onion	radish	sweet potato	
broccoli	celery	fennel	onion, spring	shallot	tomato	

asian greens*	cauliflower	celery	celeriace	cauliflower	celeriace	celeriace
avocado	celery	celery	celery	celery	celery	celery
beetroot	celery	celery	celery	celery	celery	celery
broccoli	celery	celery	celery	celery	celery	celery
broccoli	celery	celery	celery	celery	celery	celery
beans, broad	celery	celery	celery	celery	celery	celery
brussels sprouts	celery	celery	celery	celery	celery	celery
cabbage	celery	celery	celery	celery	celery	celery
carrot	celery	celery	celery	celery	celery	celery

herbs and spices

basil	chives	garlic	lemongrass	mint	rosemary	thyme
chervil	coriander	ginger	lime, kafir (leaves)	oregano	sage	
chilli	dill			parsley	tarragon	

ginger	dill	mint	parsley
coriander	garlic	oregano	rosemary

apple* aba, bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jorphan, muso, pink lady, red delicious, snow, sundowner

mushrooms* field, pine, slippery jacks
orange* navel, valencia
pear* beurre bosc, howell, joesphine, packham, red sensation, williams

apple* bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jorphan, lady williams, muso, pink lady, red delicious, snow, sundowner

artichoke* jersalem
asian greens* bok choy, choy sum, gai lan, wombok
beans* borlotti, butter, green
mandarin* imperial

asian greens* ellendale, imperial, mureot
orange* blood, navel, seville
pear* beurre, bosc, joesphine, packham



SUSTAINABLE TABLE

This booklet was compiled by **Sustainable Table** to promote the environmental importance of reconnecting with local food production through the **Local Harvest** initiative and **Dirty Girl Kitchen** philosophy. Check out our website for loads more info.

sustainabletable.org.au

Many of the recipes & facts can be found in our cookbook, *The Sustainable Table*. Proceeds from the sale of the book go towards supporting our local and international projects.

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