

gourmet **PANTRY**



Thank you for contributing to the Gourmet Pantry

We want to make this the most successful year ever, and we can't do it without the support of our fantastic community! You can team up with other families for working bees and reach out to other members of our community too.

What do we need?

Gourmet produce such as jams, marmalades, sauces, preserves, relishes, dried fruits, pestos, granola, marinated fetta & olives sell well, but also things like dried cookie mix, risotto mixes, tapenades, quince paste, lemon curd, lemon butter, oils, spices, and mixed nuts. We are open to all of your suggestions so let us know if you have a great idea for something else (non-refrigerated), or access to something like eggs, honey or fruit.

Instructions

1. Collect your jars and labels;
2. Please **let us know in advance** what you're supplying by emailing festivalonforbes@gmail.com so we can keep track of inventory
3. Prepare and fill your jars/packets and seal well;
4. Clearly and neatly label your item with a supplied label, and please list **ALL INGREDIENTS**. If you have a long list of ingredients, you may need a separate label or you can attach a card;
5. Return the items to school at one of the drop off days in Term 3

How to sterilise jars

- You can sterilise jars by running them, and any rubber seals and lids, through the hottest cycle in your dishwasher
- *Alternatively*, wash jars in hot soapy water and rinse in hot water. Put jars (not lids) upright on a baking tray, place tray into oven at 110°C for 15 minutes or until dry. To sterilise lids, boil them for 5 minutes and, using tongs, put them on a clean cooling rack to air-dry.

Food safety and hygiene is important

1. Wash your hands before you start cooking, with hair covered or tied back
2. Keep everything clean and tidy, including food preparation surfaces
3. Clean all equipment, crockery and utensils thoroughly at high temperatures
4. Store raw food and cooked food separately

For any Gourmet Pantry questions, please contact Ying Ying on 0413 059 741

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Here are some recipe ideas from previous years, but you can find great recipes online or in your favourite cookbooks!

Peach Jam

- 3 medium lemons (500g)
- 1 large Granny Smith apple (200g)
- 2 cloves
- 10 medium peaches (1.5kg)
- 1 cup of water
- 1/2tsp ground allspice
- 3 cups of sugar
- 2Tbsp of lemon juice
- Muslin bag
- Food safe string to tie bag

Method

Wash fruit. Remove rind thinly from lemons, squeeze lemons for juice. Chop apple and add to lemon rind and cloves, place in muslin and tie up. Cut up peaches, remove seeds. Using a big pot, place peaches, water & muslin bag in, bring to boil. Simmer covered for 30 minutes without stirring or until fruit is soft. Remove from heat, take out bag, stir in sugar & allspice until dissolved. Bring to boil and cook for approx 15 minutes or until jam sets. Pour into sterilised jars and put lids on.

Plum & Apple Jam

- 10 medium plums (750g)
- 4 large Granny Smith apples (800g)
- 1Tbsp of lemon juice
- 3 1/2 cups of water
- 4 cups of sugar (1kg)
- Muslin bag
- Food safe string to tie bag

Method

Wash fruit. Halve plums, reserve stones. Peel & finely chop apples, reserve seeds. Tie stones and apple seeds in a piece of muslin. Place plums, apples, juice, water and muslin bag in large saucepan. Bring to boil, then simmer covered for about 30 minutes or until set. Test as above. Place into sterilised jars and put lids on.

Frozen Berry Jam

- 4 large oranges (880g)
- 1kg of frozen berries (your choice)
- 4 cups of caster sugar (880g)
- 2Tbsp Cointreau or Grand Marnier (40ml)

Method

Place berries, sugar, and orange juice in a large pan over low heat, stirring to dissolve sugar. Increase heat until the mixture is at a slow boil. Skim surface with a slotted spoon. After 30 minutes, test to see if it has reached a set. If not, cook jam for a further 10 minutes, then test again. Continue until jam reaches a set. Stir in liqueur, stand for 10 minutes then pour into sterilised jars.

Testing Jam

Place a saucer in freezer for a few minutes to chill. Put half a teaspoon of jam onto a chilled plate and push mixture with your finger. If it doesn't run but wrinkles and a skin forms, then it's ready; if not, wash plate and return to freezer.

If it hasn't set, you can add lemon juice and re-boil, or if you are feeling frazzled, Jam Set can be bought from most supermarkets - just follow the instructions on the pack.

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Festive Dried Fruit Mix

- 1/2 cup of dried cranberries
- 1/2 cup dried apricots, chopped
- 1/2 cup of golden raisins
- 1/2 cup of dried mango pieces

Method

Neatly layer all ingredients in a jar for a colourful effect. Seal the jar, attach a label listing ALL INGREDIENTS and store in a cool dry place.

Mix and match any dried fruits you like. Great for snacking, baking or adding to muesli!

Brownie Mix in a Jar

- 1 cup of plain flour
- 1 cup of caster sugar
- 1/2 cup of cocoa powder
- 1tsp of baking powder
- 1 pinch of salt
- 1/2 cup of chocolate chips

Method

Neatly layer the plain flour, then caster sugar, cocoa powder, then baking powder, then salt into a jar. Then add the chocolate chips for a beautiful finishing layer. Seal tightly and attach a label with ALL INGREDIENTS. Attach a tag with instructions: Add 125g melted butter, 2 eggs and 1tsp vanilla. Mix and bake at 180°C for 25 minutes.

Hot Chocolate Mix

- 1/2 cup of cocoa powder
- 1/2 cup of icing sugar
- 1/2 cup of full cream milk powder
- 1/3 cup of mini chocolate chips
- 1 pinch of cinnamon

Method

Mix dry ingredients together well. Then fill the jar with the dry mixture and top with the chocolate chips for a decorative touch. Seal the jar, decorate and label with ALL INGREDIENTS and serving instructions. Attach a tag with instructions: mix 3Tbsp of mixture with 250ml of hot milk or water. Top with marshmallows and cream for extra fun!

Risotto Mix in a Jar

- 1 cup of arborio rice
- 2Tbsp of vegetable stock powder
- 1tsp of dried mixed herbs
- 1tsp of garlic powder
- 2Tbsp of dried parmesan flakes
- 1 pinch of black pepper

Method

Mix the rice, stock, dried herbs, garlic powder and pepper together well. Then fill the jar, and top with the dried parmesan flakes. Seal the jar and label with ALL INGREDIENTS and cooking instructions. Attach a tag with instructions: saute onion in butter, then add rice mix, then gradually add 1L of warm stock, stirring continuously until creamy, then to finish top with parmesan.