

## ***Andrea's Smoothie***

Frozen strawberries

Frozen raspberries

Frozen blueberries

Soft banana

Optional: Orange juice, yogurt

Blend all until smooth. Serve as a drink or a sherbet depending on consistency.

Note: This is good no matter what proportions of fruit you use. It is easiest if you have one of those handheld blenders.



## ***Elaine's Adult Slushie***

4 c water

2 c sugar

Boil and let cool. Add:

1 can frozen lemonade or fruit punch

1 can orange juice

28oz pineapple juice

1 26oz bottle vodka

Mix and freeze. Scoop out and top with 7Up or sprite



## ***Frozen Margarita***

1 c ice cubes water

Juice from 3 limes

1 can frozen concentrated lime juice

6 tablespoons triple sec

6 tablespoons tequila

1 teaspoon grated lime peel

Blend all in mechanical blender.

Wipe rim of glass with a lime wedge and dip edge in a bit of salt before pouring margarita slush.



## **Mulled Wine**

Red wine (nothing too expensive)

1 orange/mandarin

½ c Orange juice

¼ c Sugar

1 Mulled wine sachet

Cloves

Poke lots of cloves into orange until it looks like a Christmas decoration. Mix everything into a pot and heat on stove until hot but not boiling. Serve.

Note: This is a winter drink. It's nice after a long ski trip.



## **Preserves**

Auntie Elaine's Antipasto

Baachan's Chili Sauce

Chutney (apple, peach or mango)

Kimchee

Raspberry Peach Freezer Jam

Strawberry Freezer Jam

Zucchini Chutney



## ***Auntie Elaine's Antipasto***

3 medium carrots (peeled)  
5 celery stalks  
25 med mushrooms  
10 small plum tomatoes (peeled  
chopped)  
1-375ml jar sweet gherkins(drained)

### **Chop all of above in food processor**

½ to ¾ small cauliflower

### **Chop by hand into small pieces**

1 -375 ml jar green sliced salad olives  
1 -375 can sliced pitted black olives  
1 -125 ml jar capers drained  
1 -369 ml can tomato paste  
1-1¼ c canola oil  
1 c white vinegar

2 c red or green peppers  
1 ½-2 med purple onions  
1 banana pepper (no seeds)  
2 two inch green finger hots  
6 lg cloves garlic- minced

2 c chopped green beans (300 gr)

1T granulated sugar  
3 T lemon juice  
1t Tabasco sauce  
1 ¼ t dried crushed chili peppers  
2 -7 oz tins chunk light tuna, drained

In large (non-aluminum pot) lightly sauté garlic and onions in a little oil. Add all of the other ingredients except the tuna, and stir well. Cover and bring to boil and boil 1 minute. Turn heat to medium and simmer 20 min, covered. Stir occasionally. Break tuna into pieces and add to sauce, simmer again UNCOVERED for 15 minutes stirring occasionally. Bottle in sterilized preserving jars. Yield: 14 -375 ml jars.

## **Baachan's Chili Sauce**

15 ripe tomatoes (peeled and diced)  
1 lg green pepper diced  
1 red chili pepper

or 1/2t + crushed chili pepper  
2 small onions diced

Put all ingredients in stainless steel pot.

### **Add**

1 c apple cider vinegar  
¼ white sugar  
1 ½ c brown sugar (slightly less)  
1 T salt  
1t dry mustard

1 t cinnamon  
1 t nutmeg  
1 t whole cloves  
1 t whole allspice (tied in a  
cheesecloth bag)

Combine and simmer for 4 hours or until 1/3 of it evaporates. Pour into sterilized mason jars. Makes 4-pint jars.



## ***Chutney (apple, peach or mango)***

6 cloves garlic	4 c cider vinegar
2 medium onions, cut into quarters	2 c golden raisins
3 lb tart cooking apples (Granny Smith, greening), pared, cored, cut into halves	2 T mustard seeds
3 lb peaches peeled & sliced	4 t ground ginger
2 small lemons	1 t salt
6 c packed brown sugar	½ t crushed red peppers flaked or 2 hot red chili peppers

Insert steel blade. With machine running, drop garlic through feed tube. Add onion to bowl. Process, using on/off technique, until coarsely chopped. Using slicing disc, slice apples and lemon.

Place all ingredients in stainless steel or enamel Dutch oven. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, until chutney has

thickened and fruit in tender, about 1 ½ hours. Cool, Chutney can be stored covered in refrigerator up to 3 months.

If making Mango chutney use:

10 mangoes

2 cinnamon sticks

6 limes

1 ginger root grate

Source: Based on Bengal chutney in 'The Ultimate Food Processor Cookbook'.

## ***Kimchee***

2 Napa cabbage cut in  $\frac{1}{2}$  lengthwise and salted with about  $\frac{1}{4}$  c coarse salt and weighted down for a few days.

Rinse off and cut into slices and mix with crushed pepper,  $\frac{1}{4}$  c green onions, 4 or 5 cloves of garlic finely chopped and 2t grated ginger. Let sit for a while then eat.



## ***Raspberry Peach Freezer Jam***

Read notes at end before starting

3 c crushed raspberries (crush. Sieve ½ of the pulp to remove some seeds)

1 cup finely chopped peaches

3 cups sugar

1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin

1 cup water.

Measure fruit into large bowl. Measure sugar into large saucepan. (Scrape excess sugar from cup with spatula to level for exact measure)

Stir 1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin into sugar until thoroughly mixed. Stir in 1 cup water. Bring mixture to boil on medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat.

Stir fruit quickly into hot pectin-sugar mixture. Stir 1 minute or until thoroughly mixed. Pour quickly into clean freezer containers; cover with lids. Let stand at room temperature 24 hours to set.

For immediate use, store in refrigerator up to 3 weeks. Freeze remaining containers up to 1 year. To use, thaw in refrigerator.

Note: Use ripe fruit at room temperature for best results. Do not double recipe. Mixture may not set. Rinse clean freezer containers and lids with boiling water. If using a food processor to crush, pulse to chop. Do not puree. Do not reduce sugar or use sugar substitutes. The exact amounts of sugar, fruit and pectin are necessary for a good set.

Makes 6 cups

Source: The pectin packet

## ***Strawberry Freezer Jam***

Read notes at end before starting

4 cups fresh Strawberries (crush with potato masher)

3 cups sugar

1 box SURE-JELL FOR LOWER SUGAR RECIPES fruit Pectin

1 cup water.

Measure strawberries into large bowl. Measure sugar into large saucepan.  
(Scrape excess sugar from cup with spatula to level for exact measure)

Stir 1 box SURE JELL FOR LOWER SUGAR RECIPES fruit Pectin into sugar until thoroughly mixed. Stir in 1 cup water. Bring mixture to boil on medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat.

Stir strawberries quickly into hot pectin-sugar mixture. Stir 1 minute or until thoroughly mixed. Pour quickly into clean freezer containers; cover with lids. Let stand at room temperature 24 hours to set.

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Makes 6 cups

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## ***Zucchini Chutney***

1½ lb zucchini sliced

1½ T salt

8 oz tomatoes skinned & chopped

4 oz onions chopped

4 oz raisins

1T grated orange rind

1 lb sugar

12 oz cider vinegar

1t cinnamon

2 oz walnuts

Put zucchini in colander and sprinkle with salt. Leave 2 hours and rinse and dry.

Put in pan with remaining ingredients except walnuts. Heat gently, stirring constantly until sugar has dissolved, Simmer until thickened. Stir in walnuts. Pack into hot sterilized jars and seal. Makes about 3 lb.

