

# Greener Peebles Recipe Booklet



This booklet was made in partnership with Outside the Box



Helen's Cheese and Chive Scones	<b>1</b>
Christine's Courgette Curry	<b>2</b>
Peanut & Pumpkin Curry with Flatbreads	<b>3</b>
Flatbreads	<b>4</b>
Nichole's Beetroot Salad	<b>6</b>
Mike's Leek Brotchan	<b>7</b>
Maggie's Cucumber Sauce	<b>9</b>
Cucumber Relish - shared by Heather	<b>10</b>
Maggie's Apple and Walnut Chutney	<b>12</b>
Clare's Classic Apple Chutney	<b>13</b>
Maggie's Dutch Apple Cake	<b>14</b>
Dandelion Jelly - shared by Aileen	<b>15</b>
Clare's Wild Raspberry Jam	<b>17</b>
Clare's Rosehip and Apple Jelly	<b>18</b>
Clare's Apple Jelly	<b>20</b>



# Helen's Cheese and Chive Scones

## INGREDIENTS

- 225g flour
- 55g butter
- 25g sugar
- 1-2 cups mature cheddar cheese, grated
- 2-3 tbsp finely chopped chives
- quarter tsp baking powder
- 1 egg
- buttermilk, sour milk, yoghurt or milk

1. Prepare a hot oven (200C).
2. Chop butter into cubes and rub in to flour mixed with baking powder till there are no lumps, or you can grate it in if it is cold from the fridge.
3. Mix in cheese (reserving some for the top) and chives.
4. Add beaten egg, reserving a little to brush the top of the scones.
5. Mix with enough milk to make a ball of dough that is not too dry but does not stick to your hands when you lift it on to a floured surface.
6. Either roll it out or just pat it flat with the heel of your hand to a thickness of about 1cm. Cut with desired size of cutter and put on a baking tray lined with non-stick paper.
7. Brush tops with reserved beaten egg and top with remaining grated cheese.
8. Bake in oven for about 10 mins until scones are nicely browned on top.

## HELEN'S NOTES

The buttermilk, sour milk or yoghurt will make a lighter scone than plain milk.

# Christine's Courgette Curry

## INGREDIENTS

500g courgette, coarse chopped	1½ tablespoon oil
1 large onion, fine chopped	1-2 teaspoon red chilli powder
2 -3 carrots, chopped	½ teaspoon turmeric
1 tin chopped tomatoes	1 teaspoon salt
1 tin chickpeas	2 teaspoon garam masala
2 green chilli deseeded & chopped	1 teaspoon mustard seeds
6-8 garlic cloves, chopped (garden cloves were small & fresh so mild)	1 teaspoon cumin seeds
2-3 large handfuls spinach leaves	2" piece ginger, chopped
	1 teaspoon fenugreek
	1 small handful curry leaves
	1 handful coriander leaves fine chopped

1. Prep veg & spices.
2. Heat oil then add mustard and cumin seeds.
3. Add curry leaves, ginger & green chillies. Sauté for 30 seconds.
4. Then add onions and garlic; fry gently 3-4 mins.
5. Stir in chilli powder, turmeric, salt and garam masala.
6. Add carrot & courgette. Stir fry for 3 mins until veg begin to sweat.
7. Add tomatoes & chickpeas.
8. Cover and cook on a low heat until courgette turns just tender.
9. Add spinach and fenugreek. Stir and cook covered for 1 to 2 minutes. Garnish with chopped coriander leaves.

## NOTES

Serves 4 - 6 people





Serves 2  
people  
Credit: Food  
Punks

# Peanut & Pumpkin Curry with Flatbreads



## INGREDIENTS

- |  |  |
|--|--|
| 1 tin coconut milk   | 1 dessert spoon of fish sauce (optional)                 |
| ½ butternut squash or pumpkin, peeled, seeds removed and chopped into large dice | 4 heaped dessert spoons of peanut butter                 |
| 1 small-medium onion, diced  | 4 garlic cloves, finely chopped                          |
| 1 large or 2 small stalks celery, diced  | 1 thumb sized piece of ginger, peeled and finely chopped |
| 1 medium carrot, diced   | ½ red chilli, finely chopped                             |
| 1 teaspoon tomato puree  | ½ pot salted peanuts (for garnish, optional)             |
| 1 lime (juice and zest)  | ½ bag coriander (for garnish, optional)                  |
| 2 tablespoons soy sauce  |  |

1. Peel and remove the seeds from your butternut squash/pumpkin, then cut into medium sized chunks, roughly the size of a sugar cube.
2. Roast in the oven with a dessert spoon of oil (any oil is fine, but rapeseed or olive oil are best) and a sprinkling of salt and pepper.
3. In a medium sized saucepan, fry your onions, celery and carrots with a dessert spoon of oil (again, any oil but rapeseed or olive oil are best). When the vegetables have softened, add the chopped ginger, garlic, chilli, peanut butter and tomato puree and cook on a low to medium heat for 5 minutes, stirring continually to prevent it from sticking.
4. Then add the coconut milk, soy sauce, lime zest, lime juice and fish sauce if you are using it.
5. Add the roasted butternut squash or pumpkin, taste and season as appropriate.



# Flatbreads

---

## INGREDIENTS

- 375g strong white or 00 flour
- 205ml cold water
- 1 teaspoon salt
- 1 sachet fast acting active yeast or 6g fresh yeast

1. If using fresh yeast, mix with water, then add flour, then salt.
2. If using sachet of active dried yeast, add water, then flour. Draw a line across the middle of the bowl and add yeast one side and salt the other. Salt makes things taste good but kills yeast if applied directly to it.
3. Use one hand to mix the dough in the bowl. When you have a dough, leave it in the bowl and cover with a damp tea towel for 5 minutes.
4. After 5 minutes, knead thoroughly with 1 dessert spoon of rapeseed or olive oil and then cover with a damp tea towel and leave for 5 minutes.
5. Then cut dough balls into 6 even(ish) pieces and roll into balls and leave on a plate covered with a damp tea towel to rise for 1 hour.

# Flatbreads

6. Roll each of the dough balls out on a floured surface with a rolling pin to roughly the thickness of a £1 coin, should be about 9-10 inches in diameter.
7. Be careful not to re-roll the doughballs at this point or you will lose all of the air and rise that has developed in the past hour.
8. Flatbreads can be cooked in a hot, dry frying pan or bbq (approx. 1 minute on each side until coloured on each side).
9. They can also be cooked in a hot oven on a floured oven tray. Cook them as hot as your oven can go!

## NOTES

Perfect for dunking in the peanut and pumpkin curry. Serves enough for 2 hungry people! Credit: Food Punks





# Nichole's Beetroot Salad

## INGREDIENTS

- 250g fresh spinach leaves
- 1 red onion
- 2 tablespoons balsamic vinegar
- 250g beetroot
- 50g walnuts
- 200g feta cheese

1. Chop and roast fresh beetroot at 200C for 40 mins (for quicker preparation, you can use beetroot from a jar).
2. Finely chop spinach leaves and put in a large bowl, you will need plenty of room for mixing all the ingredients (if using fresh beetroot, you can add beetroot leaves here too!).
3. Dice red onion and soften on gentle heat. After a couple minutes, add balsamic vinegar, leave to cook for 10mins on low heat until slightly crispy.
4. Break up walnuts into halves. Put into oven to lightly toast at 150C for 3-4 minutes.
5. Cut beetroot into pieces and add to the spinach.
6. Once walnuts and onion finish cooking - add everything all into the bowl with spinach and beetroot. Mix well.
7. Crumb feta cheese into bowl and mix well until contents are fairly even.

## NOTES

Enjoy immediately or store in fridge in sealed container. Consume within 3 days.



# Mike's Leek Brotchan

## INGREDIENTS

- 125g dried butter beans (or 1 can equivalent)
- Dab of butter/olive oil/spray
- 3 large leeks
- 1.5/2 pints light vegetable stock
- Juice of half a lemon
- 1 tbsp of white wine vinegar
- Fresh chopped parsley
- Freshly ground salt & pepper

## MIKE'S NOTES

If using dried beans: Soak beans in water overnight, then drain and rinse well. Whatever you do, do NOT add salt until the final stages of cooking! You can use some of the water left after cooking the beans instead of vegetable oil, although I often don't as it can be a little too beany!

1. Bring the soaked beans to the boil in fresh water and boil rapidly for 10 minutes (which destroys any toxins on them).
2. Then simmer for another 40-50 minutes until the beans are fairly tender (depending on how old they are).
3. Drain and reserve a little of the cooking liquid for later.
4. Wash and slice the leeks (including the green bits). Make sure that you get rid of all the grit.
5. The leeks can be sautéed in the butter/oil, but if you really want to keep the calories down gentle fry in a little water and vinegar.



# Mike's Leek Brotchan

6. Cook the leeks for about 5 minutes.
7. Then add beans and cook for another 5 minutes, but remember to stir occasionally.
8. Then add the stock and a little of the bean water if you want. Simmer for about 30 minutes in a covered pot, adding more liquid if necessary.
9. Then stir in the chopped parsley and allow the soup to cool slightly.
10. Puree and return to a clean pan.
11. Gently reheat the soup and add lemon juice and vinegar (or verjuice) to taste. It really depends on how sharp you like the flavour.
12. Season generously (you'll probably need more salt than usual depending on how salty the stock is).
13. Garnish with a swirl of natural yoghurt and some chopped parsley or chives.





# Maggie's Cucumber Sauce

## INGREDIENTS

- 1 cucumber
- Stick of butter
- Pinch of flour
- Milk or cream
- Splash of white wine or  
lemon juice
- Pinch of herbs  
(tarragon, parsley,  
fennel)

1. Chop a cucumber into smallish cubes, no need to remove the skin.
2. Sauté it in butter until fairly soft then blend in flour.
3. Either use milk or cream to make a béchamel sauce then thin slightly with white wine or lemon juice.
4. Finish with seasoning or herbs.

## MAGGIE'S NOTES

1. This goes really well with salmon or trout, which can sometimes be a bit dry.
2. Cucumbers can be frozen after a short sauté and then the sauce made when cucumbers are no longer in season.

# Cucumber Relish - shared by Heather

## INGREDIENTS

- 8-10 med. pickling cucumbers
- 5 medium sweet onions
- 3 large green peppers
- ½ cup pickling salt
- cold water for rinsing
- 2 cups cider vinegar
- 3 cups sugar
- 1 tablespoon mustard seeds
- 2 teaspoons celery seeds
- 1 teaspoon ground turmeric



1. Wash and finely chop the cucumbers, sweet onions and peppers. Combine in a large bowl.
2. Sprinkle with pickling salt and stir to distribute the salt throughout the mixture.
3. Add enough cold water to cover the vegetables.
4. Cover and allow to stand for 2 hours at room temperature.
5. Transfer vegetables to a colander set in the sink.
6. Rinse with cold water and allow to drain.
7. In a large stainless steel or non-stick pot, combine sugar and vinegar.
8. Heat to boiling, stirring until the sugar dissolves.
9. Add the mustard seeds, celery seeds, and turmeric to the solution along with the chopped vegetables.

10. Return to boiling, reduce heat, and simmer for 10 minutes, stirring occasionally.
11. Ladle the relish into hot, sterilised jars, leaving a ½ inch headspace.
12. Wipe the jars, add the lids and screw bands.
13. Place the jars in a pan with water two thirds up the side of the jars, bring to the boil and simmer for 10 mins.
14. Leave to cool before removing jars from pan.
15. Let the relish sit in the fridge or cupboard for 4-6 weeks before consuming, for the flavours to enhance.

## NOTES

This recipe produces a chunky cucumber relish, but if you want your cucumber relish to be smoother, use a food processor to blend the vegetables before soaking.

Website credit:

<https://cottageatthecrossroads.com/sweet-cucumber-relish/>

## HEATHER'S NOTES

1. I used overgrown yellowed cucumbers, the flesh is really sweet! No need to peel, just clean and remove any blemishes from skins. Cut into sections, scoop out the seeds with a spoon and discard, then chop up the flesh.
2. Recipe says to salt for 2h, but I left the chopped cucumber, onion and green pepper salting overnight.
3. I didn't have any celery seeds, so just added more mustard seeds. You can experiment with flavourings!



# Maggie's Apple and Walnut Chutney

---

## INGREDIENTS

- 2lb cooking apples
- 2 oranges
- 1 lemon
- 3oz walnuts or more!
- 8oz sultanas
- 1lb soft brown sugar
- 450ml spiced vinegar

1. Peel, core and chop apples.
2. Either grate the rind and squeeze the juice from the oranges and lemons or remove as much pith as possible then put the rest in a food processor....quicker and less waste!
3. Chop the walnuts and put rest of ingredients into a large pan.
4. Gently bring to the boil, reduce heat and cook slowly until thick, stirring to prevent sticking.
5. I like to keep it in quite large jars and decant as needed.

## MAGGIE'S NOTES

This chutney keeps well for at least a year!





# Clare's Classic Apple Chutney

## INGREDIENTS

- 1.5kg cooking apples
- 750g light muscovado  
sugar
- 500g raisins
- 2 medium onions
- 2tsp mustard seeds
- 2tsp ground ginger
- 1tsp salt
- 700ml cider vinegar

1. Peel and dice the apples.
2. Finely chop onions.
3. Combine all the ingredients in a large heavy  
saucepan.
4. Bring the mixture to a boil over a medium heat, then  
simmer uncovered, stirring frequently, for 30-40  
minutes, or until thick and pulpy.
5. Remove from the heat and leave to cool.
6. Transfer to clean, sterilised, dry jars and seal.

## NOTES

Enjoy! This chutney keeps well.



# Maggie's Dutch Apple Cake

## INGREDIENTS

- 6oz self raising flour
- 1 level tsp baking powder
- 3oz caster or soft brown sugar
- 6 tbsp milk
- 1 large egg
- 1oz melted butter
- Mixed spice and cinnamon to taste

1. Sift flour (unless it's Homepride), baking powder and sugar.
2. Gently mix lightly beaten egg, milk and melted butter (I use microwave) together.
3. Make a well in the flour mixture and pour in egg mixture.
4. Grease a 7" x 11" (approx.) tin, transfer cake mixture and spread it evenly around the tin.
5. Arrange thinly sliced apples on top and pour or spoon over the butter, followed by the sprinkle mix.
6. Bake at 200C (180C fan) for about half an hour.
7. Cut into squares. Can be eaten warm as a pudding or cold as a cake.

## NOTES FOR TOPPING

- 1lb cooking apples
- 1oz melted butter
- Caster sugar and cinnamon to sprinkle (don't stint)



# Dandelion Jelly - shared by Aileen

---

## INGREDIENTS

- 2 cups dandelion petals,  
lightly packed
- 4 cups water
- 4 cups sugar
- 2 tbs. lemon juice
- 1 box powdered pectin

1. Cut the green part of the flower off and place the petals into a quart (946ml) canning jar (see note 5).
2. Pour 4 cups of boiling water over the flower petals. Allow them to cool and then place into the fridge for 24 hours.
3. Strain the flowers well and squeeze out as much dandelion tea as possible.
4. Place into a large pot 3½ to 4 cups of dandelion tea, lemon juice, and pectin. Bring it to a boil.
5. Add sugar and return to a boil while stirring. Boil the jelly for 1 to 2 minutes.
6. Remove from the heat and pour into canning jars.
7. Process for 10 minutes in a boiling water bath canner or according to your altitude.

## AILEEN'S NOTES

1. That's the original recipe I used. Jamming sugar is easier than trying to mix the pectin in properly and I took the yellow petals and stewed them in a covered tub of water in the fridge for 2 days though I suspect boiling them would be faster and just as tasty.
2. Ripping out the petals will turn your fingers yellow-brown.
3. For the caramel the sugar caramelised before the pectin set, so I poured in some double cream and dissolved it best I could. It's still tasty, caramel with just a touch of something else. A bit grainy though.
4. Try to get dandelions that are freshly opened and haven't been peed on by dogs. They get VERY boiled so sanitation isn't really an issue, more that it feels ick.
5. A canner is optional. You can reuse old jam jars as long as the little nub goes down and stays down. If it doesn't then eat that jar first and keep it in the fridge.

Website credit:

How To Make Dandelion Jelly - Homestead Acres ([homestead-acres.com](http://homestead-acres.com))





# Clare's Wild Raspberry Jam

---

## INGREDIENTS

- 4 cups of mashed wild raspberries
- 4 cups of sugar

1. Add the raspberries to a large pot and heat until they reach a rolling boil.
2. Boil for 2 minutes.
3. Add the sugar and stir well until dissolved.
4. Bring to a rolling boil and boil for 4 minutes stirring constantly (It may take slightly longer if there is a lot of juice in your raspberries).
5. Remove from the heat and beat with a wooden spoon for 4 minutes.
6. Pour into sterilised jars and seal immediately.
7. If the jam has not set firmly when cold, return to your clean pot and bring to the boil for another 4 minutes. It does not need to be beaten a second time.





# Clare's Rosehip and Apple Jelly

---

## INGREDIENTS

Windfall or  
orchard apples  
Rosehips  
Granulated sugar  
Juice of 1 lemon

1. Chop apples including cores and take the ends off your rosehips.
2. Place in a large pot, cover with water, bring to the boil and simmer for 20–30 minutes until pulped.
3. Mash the fruit to squeeze out the rosehip pulp.
4. Strain overnight through muslin or a very fine mesh bag (do not squeeze the bag into the juice when discarding the fruit or your jelly will be cloudy).
5. Measure the juice and calculate 10 parts juice to 7 parts sugar.
6. Place the juice in a large pan and add the sugar and lemon juice.
7. Bring to the boil and maintain a rolling boil for 40–45 minutes.

# Clare's Rosehip and Apple Jelly

8. Test with a frozen teaspoon. If a film forms on the back of the spoon the jelly is ready.
9. Gently spoon any foam from the top of the jelly.
10. Pour into sterilised jars and seal immediately.

## CLARE'S NOTES

1. Rosehips do not set well on their own when made into jam but they give a lovely flavour to apple jelly.
2. When making this jelly use about a third of the weight of your apples as rosehips.





# Clare's Apple Jelly

---

## INGREDIENTS

- 4kgs apples (any windfall or orchard kind works)
- Granulated sugar
- Juice of 1 lemon

1. Chop apples, including cores and pips and cover with water in a deep pan.
2. Bring to the boil and simmer for 20–30 minutes until pulped.
3. Strain overnight through muslin or a very fine mesh straining bag (do not squeeze the bag into your juice when you are discarding your fruit or the jelly will be cloudy).
4. Measure the juice and calculate 10 parts juice to 7 parts sugar.
5. Place apple juice in a large pan and add the sugar and the juice of a lemon. Bring to the boil and maintain a rolling boil for 40–45 minutes.
6. Test the jelly with a frozen teaspoon. If a film forms on the back of the teaspoon when dipped in, the jelly is ready.
7. Remove any foam from the top of the jelly gently with a spoon. Pour into sterilised jars and seal immediately.



**Outside the Box** provides development support to people across Scotland who want to make a difference in their communities.

Scottish Charity No. SC035317

<https://otbds.org/>

**Greener Peebles** runs a thriving intergenerational Community Garden in Peebles, Scottish Borders. Volunteers learn how to grow food, develop skills, make friends and build confidence.

Scottish Charity No. SC049387

[www.greenerpeebles.org](http://www.greenerpeebles.org)

