

RECIPES

GIGHA FOOD GROUP

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Foraging



AN EVENING OF FORAGING

Join us to discover what nature can offer us in the Spring time!



Meet at the
Village Hall 18:30

**19TH
APRIL**

We will take a walk around Achamore Gardens to do some spring foraging before heading to the Village Hall to cook up some treats and share recipes

Spaces are limited and offered on a first come, first serve basis. Please contact Casey-Jo to book a place at ranger@gigha.org.uk or 07596855398

POTATO SALAD

Ingredients

- 500g small, waxy salad potatoes
- Handful (about 30g) common sorrel
- Handful (about 40g) wild garlic
- Handful of mint
- Teaspoon of butter
- 1 tablespoon natural yoghurt or crème fraiche

Method

STEP 1

Put potatoes in a pan and cover with cold water. Add half a teaspoon of salt and set the pan over high heat. Bring to the boil, then reduce to a gentle simmer. Cook for about 15 minutes, until the potatoes are tender when tested with a knife. Drain the potatoes and return them to the warm pan (off the heat) and cover with a tea towel.

STEP 2

Rinse the wild garlic and sorrel leaves and shake them dry. Pick off any tough stems, then chop the leaves finely.

STEP 3

Add natural yoghurt or crème fraiche and butter to the warm potatoes, scatter over the herbs and stir to combine, being gentle so as not to break the potatoes. Add seasoning .

NETTLE SOUP

Ingredients

- 1 tbsp rapeseed oil
- 1 onion
- 1 carrot
- 1 leek
- 1 large floury potato (e.g. Maris Piper)
- 1l vegetable stock

- 400g stinging nettles
- 50g butter
- Plant milk to taste

Method

STEP 1

Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

STEP 2

Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and milk. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them

FORAGED SALAD

Ingredients

- Sorrel
- Cleavers
- Dandelion leaves
- Ground elder
- Primrose (leaves and flower)
- Dock leaves
- Drimys/ mountain pepper
- Golden leaved saxifrage

Salad Dressing

- Wild garlic
- Olive oil/ rapeseed oil
- Dijon mustard
- Honey

Method

STEP 1

To soften leaves, blanch selected species for 1 or 2 minutes. Drain and leave to cool

STEP 2

Mix together all dressing ingredients, mix with salad leaves and serve

NETTLE & WILD GARLIC PESTO

Ingredients

- Stinging nettles
- Wild garlic
- Olive oil/rapeseed oil
- Parmesan cheese

Method

STEP 1

Blanch nettles for 1 or 2 minutes, drain and leave to cool.

STEP 2

Blend the nettles and wild garlic, slowly add the oil to make the mixture loose. Add the cheese to your taste.

TIP... There is no right way to do this , it's all down to personal taste. Kale or any dark green can also be used in place of the stinging nettles

TEA COMBINATIONS

Ingredients

- Sorrel
- Stinging nettles
- Dandelion leaves
- Young bramble leaves
- Heather flowers
- Yarrow

- Mint
- Honey suckle flowers
- Gorse flowers

Method

STEP 1

Add your selected ingredients to boiling water and infuse for 3 or so minutes.

TIP... Add honey or maple syrup for extra sweetness or lemon juice for a bit of zing!

EASY WINS

- Nettle bread:
Blanche nettles, drain and finely chop. Add these to your favourite bread mix. Add at the second knead stage.
 - Nettle cake:
Blanche nettles, drain and finely chop. Add these to your favourite cake mix. Add at the egg stage.
 - Nettle and/or wild garlic scones
Blanche nettles, drain and finely chop. Add these and wild garlic to your favourite savoury scone mix.
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- Seasonings:
 - Seaweed of all types in UK (dried)
 - Wood sorrel
 - Common sorrel
 - Drimys/ Mountain pepper

Eggs

EGGSTRAVAGANZA

Join the Gigha Food Group to share egg related recipes, and all things eggs!



19:00
Village Hall
**4TH
JULY**

Come along to share egg recipes, from lemon curd, pickled eggs, mayonnaise, as well as egg incubation and hatching out. Please feel free to bring along some samples for the group to try. Tea and coffee will be available. Donations for hall hire welcome.

“WEIGHT OF AN EGG CAKE”

Basic recipe...

Ingredients:

2 large eggs – weigh them in their shell (whole) usually about 110 - 120g

Then you need the *exact* same weight of softened butter/margarine, caster sugar and self-raising flour

Pinch of salt

Half a teaspoon of baking powder

1 tablespoon natural yogurt (optional)

1 teaspoon good vanilla extract

Method

Pre-heat the oven to 180 degrees C. Grease and line a 200-mm (8”) cake tin

Cream the butter and sugar until light and fluffy (about 3 or 4 minutes in the food mixer). Add the eggs one at a time with a spoonful of flour each time to prevent the mixture curdling. Sift in the rest of the flour with the salt and baking powder. Add the yogurt and vanilla extract and mix very gently until combined. Put the cake mix into the prepared tin and smooth the top. Bake in the centre of the oven for about 20-25 minutes or until a skewer placed into the middle of the cake comes out clean. Don't open the oven door for at least 20 minutes or the cake will sink in the middle.

Flavour combinations:

Chocolate - Before you start mixing the butter and sugar put 2 tablespoons cocoa powder and 1-2 tablespoons of hot water from the kettle into the bowl and mix well. You want a soft paste here, not too runny. Then add the butter and sugar to this paste and carry on as above.

Chocolate & Orange - Start as for the Chocolate version above but replace the caster sugar with one third of a jar of orange marmalade (the shredless orange is best for this) and add 1 tablespoon light muscovado sugar and the finely grated zest of an orange. If you have Orange Flower Water, add a teaspoon of that too. Both this and the Chocolate version above are great topped with some melted chocolate or ganache.

Lemon or Lime - Add the grated zest and juice of a lime or half a lemon. You can also substitute half the flour for ground almonds and add an extra half teaspoon of baking powder. If you want to make this a Lemon Drizzle Cake, put 75g granulated sugar into a small pan with about 30ml lemon juice and you can also add in some strips of the rind, peeled off with a potato peeler. Bring to the boil and simmer for a few minutes until syrupy, then remove the strips of peel and discard. Pour this syrup over the cake after it has cooled down for about 10 minutes.

Cupcakes - use the “Weight of an Egg” cake recipe using 2 large eggs and this will fill a 12 hole muffin cake tin lined with paper cases. Bake in the centre of a pre heated oven at 180 degrees

C for about 20 – 25 minutes. This amount of mixture will *instead* make about 20 fairy cakes (only bake for about 15 minutes).

Blueberry, Almond and Lemon – use frozen blueberries. When making the cake mix, add the grated zest of a lemon or a few drops of lemon oil/extract to the mix and a big heaped tablespoon of ground almonds. Put the mixture into the paper cases and then push 3 or 4 large blueberries into each muffin. The berries make these very moist so the ground almonds help to “soak” up some of this. Sometimes I ice these by mixing icing sugar with lemon juice to a thick but still runny paste and spoon on top of the cakes when they’re cool. It’s difficult to give quantities but start with about 6 heaped tablespoons of icing sugar and add lemon juice a little bit at a time.

Chocolate Surprise Muffins – Chop up a Mars Bar, Snickers or 2-3 chopped Oreo cookies or try a different chocolate bar. You could instead add a handful of chocolate and fudge mini chunks. Add to the mixture at the end and stir gently to combine.

Peanut Butter – Swap half the butter in the recipe for peanut butter (crunchy is nicer) and add a pinch more baking powder to help the rise. You could also add a small handful of chocolate chips at the end.

Raspberry, Almond and White Chocolate – To the “Weight of an Egg cake mix” add 1 heaped tablespoon of ground almonds, 75g finely chopped white chocolate and a handful of chopped raspberries. If you don’t want the almonds, add a *little* extra flour to compensate for the juice in the berries.

MAYONNAISE

Ingredients:

2 egg yolks
1 tsp of mustard
500ml rapeseed oil
1 tbsp of white wine vinegar
Pinch of salt
Squeeze lemon juice

Method:

STEP 1

Tip the egg yolks and mustard into a bowl, season with salt and pepper and whisk together until completely combined. Whisking constantly, add a small drop of oil and whisk until completely combined, then add another drop and continue a drop at a time until the yolks and oil combine and start to thicken. Once you’re confident the oil and eggs are coming together you can add the oil a bit more at a time, but be patient, as adding the oil too quickly will cause the mayonnaise to split and curdle.

STEP 2

Once all the oil has been whisked into the eggs and you have a thick, spoonable mayonnaise, whisk in the vinegar or lemon juice and season to taste. Will keep in the fridge for two days.

HAIRY BIKER'S PICKLED EGGS

Ingredients:

6 large eggs
350ml cider vinegar
1 tbsp salt
1 tbsp sugar
1 tsp chilli flakes

Method:

STEP 1

Sterilise a jar.

STEP 2

Boil the eggs for 7 minutes, then peel them.

STEP 3

Put the vinegar in a pan with 150ml water, the salt and the sugar. Slowly bring to the boil, then simmer for 5 minutes. Add the chilli flakes.

STEP 4

Pack the eggs into the jar, pour over the vinegar mixture, and seal. Leave at least 2 weeks before eating, and store in the fridge once opened.

LEMON CURD

Ingredients:

4 lemons
6 eggs
114g butter
454g caster sugar

Method:

STEP 1

Sterilise jars.

STEP 2

Peel lemons and squeeze out the juice and flesh

STEP 3

Put everything into a pot and on a low heat keep stirring the mixture until thickened.

STEP 4

Strain through a sieve and place into sterilised jars.

Apples

AN EVENING ALL ABOUT APPLES

Join the Gigha Food Group to
share apple related recipes,
and all things apples!



19:00

Village Hall

**27TH
SEPT**

Come along to share apple recipes, from jam and chutneys, to ciders and juice. PLEASE bring along any apples to press, and a small bottle to take away a sample or two. Some light bites will be available, but feel free to bring something we can share. Donations for hall hire welcome.

The group would like to spend 30mins at the end to discuss a programme for the next six months. All ideas welcome!

APPLE CHILLI JELLY

(recipe by Anthony Worrall Thompson, from BBC Good Food)

Ingredients:

2kg apples
Cold water
1.5kg sugar
2-3 tsp chilli flakes

Method

STEP 1

Roughly chop the apples and put in a large pan, peels, cores and all. Add enough cold water to cover. Bring to the boil, reduce heat and simmer for 30-40 mins until the fruit is soft and pulpy. Strain the pulp through a jelly bag and leave to drip for 3-4 hours. **SAVE THE PULP** (see recipe below)

STEP 2

Measure the juice and use the “pound to pint” rule: for every pint/600ml of juice, add 1 pound/450g sugar. Also add 1 tsp chilli flakes per pint/600ml of juice. Put the juice, sugar and chilli in a large pan and bring to the boil, stirring until the sugar has dissolved. Reduce the heat and skim off any scum, then return to the boil and boil rapidly for 15-20 minutes or until setting point is reached, skimming regularly.

STEP 3

Remove the pan from the heat and leave to settle for a few minutes. Skim again, then pour the jelly into sterilised jars and seal. The jelly will keep for two years, unopened.

APPLE LEATHER

After making Apple Chilli Jelly, the leftover pulp in your jelly bag can be used to make Apple Leather.

Use a spoon to press the pulp through a sieve to get a fine puree. Spread this thinly on a lined baking tray and dehydrate in the oven at a low temperature for several hours. When dry, cut into pieces and store in an airtight container.

AN EVENING WITH GIGHA HALIBUT

Join the Gigha Food Group to discover how and what to cook with halibut



19:00
Village Hall
**18TH
MAY**

A celebration of all things halibut. Learn how to fillet a fresh fish, as well as how best to cook it. Demonstrations and samples kindly presented by Gigha Halibut. Tea and coffee will be available. Donations for hall hire welcome.

THE HISTORY OF BEER AND FERMENTATION



- 1 Whats the history of beer in Scotland 
- 2 What is fermentation 
- 3 No Dave you lost us at Witches 
- 4 Can I make beer? what Equipment do I need 
- 5 Let's all go to the Winchester and wait for this to blow over 
- 6 Any questions? 

Village Hall on 30th August at 7PM
Hall donations welcome
YOU BRING SNACKS I'LL BRING THE BEER

AN EVENING OF TRADITIONAL SWEDISH FOOD

Join Gigha Foodies to celebrate the foods of Sweden!



Meet at the Village Hall 7pm

**19TH
APRIL**

A celebration of traditional Swedish food. There will be samples to try including Swedish meatballs, Jansson's temptation, pickled herring a la Monica, and Old Man's Mess! Donations for hall hire welcome.

SEASHORE FORAGING

Join the Gigha Food Group to discover what edibles we can find along our shorelines!



19:00
Village Hall

**25TH
MAY**

A celebration of the wonderful things our coastlines can offer us, from seaweeds to flowers! There will be samples to try but please bring along your own recipes! Donations for hall hire welcome.

Alternative Baking

AN EVENING OF ALTERNATIVE BAKING

Join us to discover tasty
alternatives to traditional baking!



Meet at the
Village Hall 7pm

**14TH
MARCH**

A celebration of tasty alternatives to traditional baked goods. There will be samples to try, recipes to share, and please feel free to bring along your own alternative baking creations! Donations for hall hire welcome.

BLACK BEAN CHOCOLATE CHILLI CHERRY COOKIES

Makes nine 3" cookies

Ingredients:

1 1/2 cups black beans
2 Tbsp coconut oil (I have used olive oil in a pinch)
1/3 cup unsweetened cocoa powder
1/4 tsp sea salt, plus more for sprinkling
1/4 tsp cayenne pepper
1/3 cup of maple syrup (or honey or agave).
2 Tbsp chia seeds (or 2 Tbsps of ground flax seeds or 2 eggs)
1 tsp vanilla extract
1/3 cup of chopped dark chocolate
1/4 cup chopped dried cherries

Method:

STEP 1

Preheat the oven to 190. Line a baking sheet with parchment paper.

STEP 2

Mix chia seeds, maple syrup (or honey), and vanilla in a bowl and set aside. If using eggs, skip this step.

STEP 3

Place drained and well-rinsed beans, coconut oil, cocoa, salt and cayenne in a food processor or blender. Blend until well combined. Add maple syrup and chia mixture (or eggs) and pulse to incorporate. The batter might be quite liquidy, but will still hold together. Remove blade from the food processor and fold in chocolate (if you're using) and cherries. Fold to incorporate.

STEP 4

Spoon cookie batter onto a lined baking sheet. You can flatten the cookies with the back of the spoon to make them look prettier. (I embrace the ugly cookie myself and skip this step). The cookies will not spread while baking. Sprinkle with coarse sea salt and bake for 15 minutes. Cool and eat. Store them in the fridge.

CHOCOLATE CHIP ALMOND FLOUR SCONES

Makes 8 scones

Ingredients:

2 cups almond flour (ground almonds)

$\frac{3}{4}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon fine sea salt

$\frac{1}{3}$ cup mini dark chocolate chips

1 large OR 2 small eggs, lightly beaten (you'll need $\frac{1}{4}$ cup of lightly beaten eggs)

$\frac{1}{2}$ teaspoon vanilla extract

1 tablespoon honey (up to 3 tablespoons for sweetness, see note)

Method:

STEP 1

Preheat the oven to 180.

STEP 2

In a large mixing bowl, blend the dry ingredients together. In a small mixing bowl, mix the wet ingredients together. The wet ingredients do not have to be fully mixed, just give them a few spins together to give the mixing a head start.

STEP 3

Mix the wet ingredients into the dry ingredients with a large spoon, then mix with your hands to ensure the dough is uniform. Form dough into a one-inch thick disk, and cut into 8 same-size pieces, similar to how you would cut a pizza.

STEP 4

Place each scone onto a parchment-lined baking sheet, and bake for 10-12 minutes, or until lightly browned on the edges. Cool for at least 5 minutes then enjoy. Store in the fridge.

CARAMEL BAKED VEGAN DOUGHNUTS

(or cupcakes if you don't have a donut pan)

Makes 6 donuts

Ingredients:

Doughnuts

1 cup oat flour (I grind the oats in the blender to make oat flour))

115 g soft dates, pitted (I use soft, squishy dates).

3/4 cup full-fat coconut milk, canned (180 ml)

1 flax egg (1 tbsp ground flax seeds + 3 tbsp water, whisked together and set for 15 minutes)
(Or a chia seed egg - 1 tbsp of chia seeds and 3 tsp of water mixed together and left for 15 minutes)

1 tsp baking soda

1 tsp baking powder

Caramel frosting

75 g soft dates

1/4 cup coconut milk, canned (60 ml)

2 tbsp maple syrup (or honey)

1 tsp vanilla extract

1 tsp peanut butter (optional) (I use almond butter)

pinch of salt

Method:

STEP 1

Preheat your oven to 180°C. Place the coconut milk, pitted dates, flax (or chia) egg in a high-speed blender and blend until smooth. There should be no chunks of dates left.

STEP 2

In a mixing bowl, combine the oat flour, baking soda and baking powder. Stir well.

Add in the coconut milk and date mixture and stir well to combine.

STEP 3

Spoon the mixture in a donut pan and smooth it out with the back of your spoon. Or pour the batter into a ziplock bag, cut off the bottom corner and pipe the batter into the donut pan. (We just spoon it into a muffin tray)

STEP 4

Bake for 15-25 minutes at 180°C. Remove from the oven and allow to cool completely.

STEP 5

For the caramel glaze, place all ingredients in a high-speed blender and blend until silky smooth and creamy. Once the donuts are completely cooled, carefully dip them in the caramel glaze, one at a time.

FRUIT LOAF

Makes one loaf of bread

Ingredients:

500g flour (I use buckwheat flour to be gluten and wheat free).
10g fast action yeast (OR 5g of lemon juice and 5g of baking soda)
1/2 tsp salt
180g dried fruit and seeds of your choice
500ml of warm water.

Method:

STEP 1

Preheat the oven to 200. Mix all the ingredients in a large bowl. Add the water last. Mix well. Pour into a greased or lined bread tin.

STEP 2

Bake for one hour. Remove from the oven when it is nice and golden and cool completely before slicing into it.