

Wounded Wog Farm's

2010 Christmas Hamper

Recipe Booklet

FEATURING ALL THE
FAVOURITES YOU HAD NO
IDEA YOU LOVED YET!

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Muesli Bar Slice

Make about 16 bars

1 cup rolled oats
1 cup desiccated coconut
1/2 cup wheatgerm
1/2 cup sesame seeds
1/2 cup sunflower kernels
1/2 cup pumpkin seeds (pepitas)
1 cup sultanas
125g butter
1/2 cup honey
1/3 cup brown sugar

Grease and line a 3cm deep, 16cm x 28cm (base) baking pan with baking paper. Cook oats, coconut, wheatgerm, sesame seeds, sunflower kernels and pumpkin seeds in a frying pan over medium heat, stirring, for 8 to 10 minutes or until golden. Transfer to a bowl. Set aside to cool. Stir in sultanas.

Cook butter, honey and sugar in a small saucepan over medium heat, stirring, for 3 to 4 minutes or until sugar dissolves. Bring to the boil. Reduce heat to low. Simmer, without stirring, for 7 minutes or until mixture forms a soft ball when a little is dropped into ice-cold water. Add to dry ingredients. Stir until combined.

Spoon mixture into pan. Use a large metal spoon to press down firmly. Allow to cool. Cut into squares. Store in a foil-lined airtight container for up to 7 days.



"Borrowed" from: Homemade muesli bars
<http://www.taste.com.au/recipes/1457/homemade+muesli+bars>

Ginger and Wholegrain Mustard Vinaigrette

Adapted from "Jean-Georges: Cooking at Home with a Four-Star Chef," by Jean-Georges Vongerichten and Mark Bittman (Broadway Books, 1998)

Time: 10 minutes

1 cup extra virgin olive oil

1 2-inch piece of ginger, peeled and roughly chopped

1 tablespoon sherry vinegar

2 tablespoons fresh lime juice

Salt and freshly ground pepper.

Combine all ingredients in a blender, using plenty of black pepper. Add 1 tablespoon warm water and blend until dressing is emulsified. Best if left to rest for a day before using, to enhance flavors.

Yield: 1 1/4 cups.

Note: To make it wholegrain mustard vinaigrette, just add two heaped teaspoons of wholegrain mustard.

Also – totally just used that minced ginger you get in a tube at coles.

Kiwi Jam Drops

Makes about 16

120grams butter
½ cup caster sugar
1 egg
Vanilla
1 ¾ cup S/R flour
Pinch salt
½ cup jam

Beat butter and sugar to a cream, add egg and beat well.
Add vanilla and gradually add sifted flour and salt. Mix into a stiff paste.
Take small pieces of mixture and roll into balls. Place on greased trays.
Make a hollow in each with the floured end of a wooden spoon and place a little jam in each biscuit.
Bake in a moderate oven until golden brown.



"Borrowed" from: My mother's recipe collection
Totally not found online

Zucchini Butter

Makes about 2 cups. Recipe from [Jennie Cook](#).

1kg zucchini, more or less*
1/4 cup olive oil or butter, if you prefer
2 minced shallots, garlic, or combination of both
Salt and pepper

Coarsely grate the zucchini. Let it drain in a colander for 3 to 4 minutes or until you are ready to begin cooking. To hasten cooking time, squeeze the water out of the zucchini by wringing it in a clean cloth towel.

In a deep skillet, heat the olive oil/butter. Sauté the shallots briefly. Add the zucchini and toss. Cook and stir over medium to medium-high heat until the zucchini reaches a spreadable consistency. If you scorch the bottom, turn the flame down! (And scrape those delicious bits into the marmalade for added flavor.) The zucchini will hold its bright green color and slowly caramelize into a nice vegetable jam.

Enjoy on toast, or as a side dish all summer long!

*Feel free to add extra zucchini. It may take a little longer to cook, but this recipe keeps well and can be stored in the refrigerator for about a month.



Roasted Garlic and Caramelized Onion Napoli Sauce

50 mL quality extra virgin olive oil
3 large white or brown onions, roughly chopped
3 cloves garlic, roughly chopped
2 tablespoons tomato paste
30 mL white wine
800 g tinned whole tomatoes
1 tablespoon raw sugar
 $\frac{2}{3}$ tablespoon sea salt
1 tablespoon cracked black pepper
1 tablespoon fresh or dried oregano
 $\frac{1}{2}$ bunch fresh basil, roughly torn

Heat olive oil in saucepan on high.
Add onions and stir. Reduce heat to low-medium.
Add sea salt, cracked black pepper and oregano. Cook, slowly, for approximately 15 minutes, stirring occasionally until onions are clear and soft.
Add garlic. Simmer for another 3 minutes.
Add tomato paste and sugar. Stir frequently until the metallic smell of the paste has disappeared.
Bring heat up to high and add wine. Stir immediately and cook off the alcohol.
Add tinned tomatoes and $\frac{1}{4}$ cup of water. Bring to the boil and reduce to a simmer. Season to taste. Remove from heat. Add basil.



"Borrowed" from: Matt's Napoli Sauce
<http://www.bestrecipes.com.au/recipe/Matts-Napoli-Sauce-L8104.html>



Merry Christmas to you and a Happy 2011

"Dig in, bitches!"

- Clinton