



THRIFTFEST UPCYCLED

THRIFT RECIPES

If you had to sum up your town in a dish - what would it look and taste like? For *The Town is the Menu* we gather stories from local people and use them to inspire a menu of new dishes.

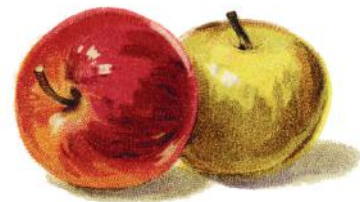
Last year at Festival of Thrift we put Guisborough on a plate and served it up to 400 hungry festival-goers. To get you in the mood for this year's *The Street is the Menu* here are a selection of those recipes for you to try.



The Home Edition of
THE FESTIVAL OF THRIFT

APPLE MEMBRILLO

(PERFECT WITH CHEESE)



INGREDIENTS

1. 600g apples
2. 1 lemon
3. 100ml organic cider
4. 500g sugar

EQUIPMENT

Pan
Jars

INSTRUCTIONS

1. Peel the lemon and get rid of as much pith as you can. Cut in half and extract the pips. Cut in half and extract the pips.

2. Peel and core the apples. Cut in large chunks and sprinkle with some of the lemon juice to prevent them from browning. Add the cider and sugar, stir to mix. Process the mixture in a food processor or blender till smooth.

3. Put the pureed fruit in a heavy saucepan. Turn on the heat to low and simmer 35-40 minutes uncovered, stirring often.

4. When the paste is ready, the pureé will acquire a deep redish golden color. To test for doneness, take a teaspoonful of the mixture and drop it on a plate. Wait until it's cold. If the drop is firm enough to the touch and detaches from the plate in one piece when pushed with your finger (a lot more solid than jam consistency), then it's done. If the pureé is too soft, just proceed with the simmering 2-5 minutes longer or as long as needed.

5. When ready, pour the paste into a shallow container large or small enough to form it into the shape of a thin ingot (the thickness of the portion in the photos is the final thickness) and let it cool completely. You can also use a loaf pan lined with plastic so that you can unmold it on a plate. But keep it covered if you're not going to finish it right away.

6. Slice the cheese, add your membrillo and enjoy!

Notes

It is really essential that the apples are tangy, to offset the sweetness of all the sugar needed for the pureé to gel. The apple paste keeps almost forever, like a jam. The sugar prevents it from going bad. You only need to wrap it tightly or keep it in an airtight container, because it tends to dry.



SAUERKRAUT

(SIMPLE SEASONAL FERMENT)



INGREDIENTS

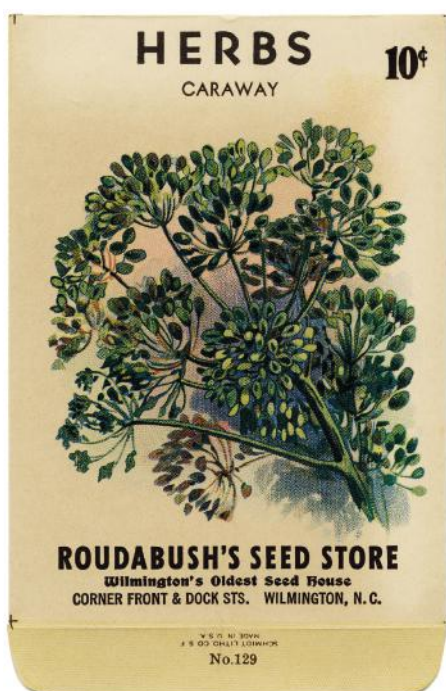
1. 1 cabbage
2. 1tsp caraway
3. 1tsp mustard seeds
4. 4tsp natural sea salt

EQUIPMENT

Jar
Freezer bag

INSTRUCTIONS

1. Get a nice cabbage, remove core and thinly slice ... place in a really clean bowl.
2. Sprinkle the salt over your cabbage and give it a good massage and leave it to sit. Every half hour massage the cabbage again until it's 1/3 of the quantity and sat in its own juices.
3. Mix in the lovely spices.
4. In an even cleaner jar, pack in the cabbage and the juices. Use something to pack it in, so there is no air pockets and juices (brine) is covering all the cabbage.
5. You need to now ensure it's air tight. To do this you can place a freezer bag on top of the cabbage and fill it with a bit of water, and gently push down. You will see brine bubbles coming up the side of the bag... keep going till you have a layer of brine which will stop air coming in and spoiling your cabbage.
6. Keep the bag in there, and store in a cool dark place. It should be ready in 5-7 days, but if you like it really tangy ... you can leave it up to two weeks.
7. Once you are happy with the taste, jar it up and keep it in the fridge where it will last at least 6 months.



HEDGEROW KETCHUP

(A MORE TIMELY SEASONAL PRESENCE)



INGREDIENTS

1. 500g elderberries
2. 500g mix of blackberries hawthorn haws and/or crab apples
3. 3 shallots, chopped
4. 2 tsp salt
5. 300ml red wine vinegar
6. 250g light muscovado sugar

For the spice bag

1. 3 dried chillies
2. 1 tsp black peppercorns
3. 1 tsp mustard seeds
4. 3 thin slices ginger
5. 1 cinnamon stick, broken in half
6. 4 pared strips lime zest

EQUIPMENT

Bottles

Pan



INSTRUCTIONS

1. Wash your bottles in hot soapy water, rinse well and leave upside down to dry. Wash and pick over all the fruit. Tip into a large pan with the shallots, salt and vinegar. Measure the spice bag ingredients onto a square of muslin, tie with kitchen string and add to the pan.
2. Bring slowly to the boil, then reduce the heat and simmer very gently, partially covered, for 30 mins until all the fruit is softened. Remove the spice bag and press the mixture through a plastic sieve to remove seeds and tough skins.
3. Put your prepared bottles in a moderate oven (180C/160C fan/gas 4) for 10 mins. Return the ketchup mixture to the rinsed-out pan and add the sugar. Bring to the boil, stirring, then boil hard for 8-10 mins until thick and syrupy. Decant into your warm bottles, seal and label. Will keep in the fridge for up to 2 weeks – for long-term storage (up to a year), the ketchup will need to be sterilised.

