

Roslyn Deakins Cookbooks

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Welcome to Roslyn Deakin's cookbooks on fruit and vegetables.

I have a range of recipe books, which include Apricot, Dried Apricots, Beetroot, Broad bean, Broccoli, Brussel sprouts, Cauliflower, Cherry, Choko, Eggplant, Fig, Grapefruit, Green Tomato, Kumquat, Lemons, Mandarin, Nectarines, Orange 1, Orange 2, Passionfruit, Peach, Plum, Pumpkin, Quince, Silverbeet, Sweet Potato, Rhubarb, Tomato Book 1, Tomato Book 2, and Zucchini.

All my books are designed to be interesting with wide range of variety with recipes from all over the world from soups, main meals, cakes and preserves.

New Releases



There are 4 new releases since the last newsletter, which include Orange 1, Orange 2, Mandarin, and Grapefruit.

Updates

I am working on an Orange 3 recipe book.

What's in season!!!!

Fruits

Oranges, Cherries, Lemons, Passionfruit and Grapefruit.

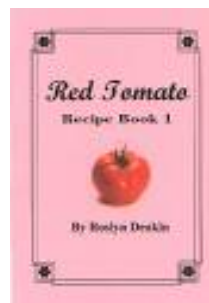
Vegetables

Beetroot, Pumpkin, Tomatoes, Brussels sprouts, Cauliflower, Broccoli, Eggplant, Zucchini, Broad beans and Silverbeet.

Books of the Season



The Eggplant is also known as Aubergine, Guinea squash, Brinjal and in Northern Territory eggfruit. It is originally from India and is popular in the Mediterranean, Japan and Asia. There are 116 different types of Eggplant purple, yellow, green and white. The eggplant should be firm, heavy and shiny skin and can be refrigerated for up to 2 weeks. Herbs to use with the eggplant are mint, basil and marjoram.



Tomatoes are one of most popular vegetables and are available all year round. Tomatoes varieties are red, yellow, striped, cherry, beefsteak, plum, pear, etc.)

Home cooking tips and hints

- To peel tomatoes easily, drop the whole tomato into a deep pot of boiling water for about 20 seconds. Remove and run under cold water. The skin should now slip off quite easily.
- To ripen tomatoes, add a whole lime to unripened tomatoes in a paper bag and store at room temperature for a few days. Limes are an excellent source of the ripening agent ethylene oxide.
- Store tomatoes with stems pointed downward and they will retain their freshness longer
- Freeze tomatoes that are getting too ripe. They will get mush, but that won't affect the taste of soups or stews.
- A substitute for maple syrup can be made by heating brown sugar in a little water heated together until melted.
- If you are having a problem cleaning a pan, rub the area with salt.

Special Offers

* Our special this during Winter is 4 books for the price of 3 offer.

* For the month of June, July and August the Eggplant and the Tomato Recipe books will be \$15.00.

* Order an Eggplant or Tomato books by 30th August 2006 and go into a draw for a free copy of the Orange recipe book (results will appear in the Spring newsletter).

Recipes of the Month

AVOCADO STUFFED TOMATOES

*4 fresh tomatoes, 1 ripe avocado, 2 drops lemon juice, 1 pinch chilli powder, 1 small handful of alfalfa sprouts
2 tblspns chopped celery or green capsicum, 1 tspn chopped parsley, 1 pinch coriander, salt*

Cut tops off tomatoes; scoop out insides. Save insides for another dish. Mash avocado; mix with the lemon juice, chilli powder, alfalfa sprouts, celery or green capsicum, parsley, coriander and salt. Stuff into the tomato shells. Serves 4.

SALMON EGGPLANT

3 fresh salmon steaks, 1 eggplant, 2 lemons, 1/8 cup olive oil, 1 tspn Italian seasoning, 1/8 tspn hot red pepper, freshly ground black pepper

Remove stem from eggplant and slice diagonally. Place salmon steaks and eggplant slices in broad dish. Cut lemons in half and squeeze lemon juice into olive oil, seasoning, pepper flakes and ground pepper. Pour over salmon steaks and eggplant. Cover and marinate in refrigerator for 1-1½ hours. Turn salmon steaks over and rearrange eggplant evenly marinating. Place salmon steaks under griller and cook each side. Add eggplant slices to griller when salmon is half cooked. Grill eggplant slices and remove. Serve salmon and vegetables with rice. Serve hot

EGGPLANT CHUTNEY

1 eggplant, 6 cloves garlic, 1 medium onion sliced, 1 green chili chopped, 3 tblspns oil, 1 tspn vinegar, salt, pepper

Wash the eggplant and make 6 slits with a knife. In each slit place a cloves garlic. Rub the eggplant surface with some oil. Place under a low grill and brown on all sides. When cooked remove the eggplant skin and crush the eggplant pulp with a fork. Leave to cool. Mix the onion and green chili and mix the remaining oil, vinegar, salt and pepper. Add eggplant pulp and mix well.

MEATBALLS with GARDEN TOMATO SAUCE

500 grams ground beef, ½ cup long grain rice, ½ cup water, ½ tspn salt, ½ tspn basil leaves, ½ tspn ground pepper,

Sauce: 1 cup water, 3 medium tomatoes chopped, 2 stalks celery sliced, 1 medium onion chopped, 185 grams canned tomato paste, ½ tspn salt, ¼ tspn ground pepper, 1 tspn fresh garlic minced

Heat the oven to 190c. In medium bowl stir together ground beef, long grain rice, water, salt, basil leaves and ground pepper. Form mixture into 12 meatballs place in 30 x 20cm baking pan.

Sauce: In medium bowl stir together water, tomatoes, celery, onion, tomato paste, salt, ground pepper and garlic pour over meatballs. Cover; bake for 45-50 minutes or until rice is tender. Serves 4.

EGGPLANT and ORANGE CREAM

2 eggplants, grated rind and juice of 1 large orange, 1 garlic clove crushed, 1 tblspn fresh sage chopped, salt, freshly ground black pepper, 50 mls fragrant Spanish olive oil

Cook the eggplants over the barbecue under a grill or in a hot oven until the skin is wrinkled and blistered and flesh is tender. Turn once or twice while cooking. Cover with a damp cloth and leave for about 10 minutes to cool. Peel the eggplants, and then chop the flesh roughly. Place in a blender with, orange rind, orange juice, garlic clove, sage, salt, black pepper and Spanish olive oil and blend to thick paste. Serve as a dip with vegetables or olive bread, or as a sauce with duckling either hot or cold. Serves 4-6.

EGGPLANT and TOMATO BAKE

2-3 eggplants sliced, 3 tspns salt, ¼ cup plain flour, 2/3 cup oil, 2 onions chopped, One 500 grams can tomatoes sliced, 1 tspn dried basil, ½ tspn oregano dried, 1 tspn castor sugar, ¼tspn black pepper, 250 grams Mozzarella cheese, ¼ cup Parmesan cheese, ¼ cup tomato paste

Sprinkle eggplants with 2 teaspoons salt. Roll eggplant slices in plain flour. Fry

eggplant slices in heated oil, fry until browned on each side. Drain, add tomatoes, onions, remaining salt, tomato paste, basil, oregano, castor sugar and pepper to oil remaining in fry pan and cook for 10 minutes. Cool slightly, blend mixture or push through strainer. Place half the mixture in greased baking dish. Add to layer of eggplant and to layer of cheese. Top with remaining tomato cheese mixture and sprinkle top with. Bake at 200c for 20 minutes.

EGGPLANT TART

1/3 cup olive oil, 1 eggplant peeled and sliced, 2 cloves garlic crushed, 3 eggs, 1 cup Parmesan cheese, salt and pepper

Preheat the oven to 190c. Salt eggplant slices and let drain for 30 minutes. Dry eggplant slices and chop. Heat oil in a skillet. Sauté eggplant and garlic until tender. Let eggplant cool and add Parmesan cheese. Beat the eggs and add to the eggplant mixture. Salt and pepper to taste. Place mixture in a pre-baked tart shell and bake for 10-15 minutes until golden brown.

EGGPLANT STEW

1 kg eggplants, 1 tblspn olive oil, 1 medium onion chopped, 410- 500 grams can tomatoes diced undrained, juice of 1 lemon, 1 tspn castor sugar, ¼-½ cup parsley chopped, salt, pepper, cooked rice

Preheat the oven to 230c. Prick the eggplants in several places with a fork: place on foil-lined baking sheet. Bake until softened and collapsed, about 45-55 minutes. Cool, slice open and scoop the eggplant pulp from the skin. Discard the skin and chop the eggplant pulp. In a large heavy saucepan, heat the oil over medium heat. Add the onion, sauté until golden, 5-7 minutes. Add eggplant, tomatoes, lemon juice and castor sugar. Simmer gently, covered 20 minutes. Add the parsley, and then season with salt and pepper. Simmer 10 minutes more. Serve alone or over rice