



*Savoring
Summer
while*

**VOLUME ONE: Pickles,
Relishes, Chutneys, and
other delightful “Meal Accents”**

**40 Original
Recipes—using
honey and other
healthful ingredients—**

By Eve Mattingley-Hannigan

*Weathering
Winter*

Savoring Summer while Weathering Winter



Volume One: 40 original recipes for pickles, relishes, chutneys, and additional “meal accent” foods made with honey and other healthful ingredients

By Eve Mattingley-Hannigan

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by Eve Mattingley-Hannigan

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Eve's Originals
3756 Grand Avenue, Suite 205
Oakland, California 94610-1545

Phone: (510) 839-0909

FAX: (510) 839-2950

E-Mail: eve@gardensofeve.com

Web: www.gardensofeve.com

Introduction

I love pickles and—provided they're made with ingredients friendly to my system—pickles love me! (Yes, and same goes for chutneys, relishes, ketchup, salsa...)

The key words in that statement are “ingredients friendly to my system,” and therein lie the origins of this cookbook. Most commercially available pickles are made with white vinegar, and most commercial sweet pickles are made with refined white sugar. In addition, produce that has been pickled in commercial products is rarely organically grown.

I can eat honey but not refined white cane sugar; my husband's system is somewhat more tolerant than mine but we agree that white sugar's not good for anybody so he still avoids it whenever possible. We both find apple cider vinegar flavorful and vastly preferable to white vinegar. And we're committed to eating organically grown produce with only very rare exceptions.

In an earlier time when we were less busy, my husband and I had a fairly large organic garden. It was satisfying—having truly fresh produce was wonderful, the exercise was terrific, the garden was beautiful. But over time we got busier (and older!), and also found an increasing supply of fresh, organically grown produce in stores and at the farmers' market. In addition, there were many products available commercially sweetened with honey or fruit juice and composed of ingredients that met our standards. Gradually, for all those reasons, we drifted away from growing a garden.

Then we hit the “economic downturn” of 2008. Each of our businesses began to produce less income, commercial products made with ingredients and sweeteners that we could eat began to dwindle and then disappear, and we re-committed to growing an organic garden. Though it was partly an economic decision, it was mainly a choice that we felt would allow us to eat the quality

food that keeps us healthy and strong. But of course, unless preserved in some way, that would largely be true only during the summer gardening months...

...so I began “putting up” garden produce, making serious use of pickling techniques and recipes I’d developed earlier in my life just for fun. Most of what I make goes in the deep-freeze; none are canning recipes: I avoid the extra heating, believing it unnecessarily destroys nutrients.

Over the last five years, I’ve branched out—exploring a number of different ways of making pickles, relishes, chutneys, and other such items—as well as applying those methods to many different foods. We thus enjoy, year-round, a wide variety of garden produce pickled and preserved in lots of different ways. This cookbook is a secondary result, since keeping track of ingredients and methods means I can reproduce successful experiments.

And—in much the same way that an abundantly producing garden simply begs for the gardener to generously share with friends, family, and neighbors—I want to share what I know, what I’ve learned to do, with others. Pickles of all kinds, relishes, chutneys... all add a rich, flavorful, adventurous element to even a simple meal. I love having these options, I love knowing the produce came from our garden and gardeners’ efforts, I love knowing my hands and inventiveness made what we enjoy—and I want to share all of that with others... with you! (Experienced cooks: please don’t be insulted by any instructions written with less-experienced cooks in mind.) Do, please, read “Tips” on each section’s introduction pages—my methods are not always usual ones.

One final note: I plan to publish other single-category cookbooks over the next several years, sharing more of the recipes and techniques I’ve developed. So if you like these recipes, I invite you to come back where you found this cookbook to find others, as I add them.

What’s next, and when?

Soups you can make in 30 minutes, out in late fall 2013!

Table of Contents



<i>Introduction</i>	4-5
<i>About Ingredients</i>	9-11
<i>Chutneys</i>	12-27
<i>Introduction and Chutney-Making Tips</i>	12-13
BLUEBERRY-PEAR CHUTNEY	15
FIG-LIME-APPLE CHUTNEY	17
LEMON-MINT CHUTNEY	19
PEACH-MANGO CHUTNEY	21
PINEAPPLE-NECTARINE CHUTNEY	23
RASPBERRY-PEACH CHUTNEY	25
YELLOW & RED TOMATO CHUTNEY	27
<i>Dill Pickles</i>	28-35
<i>Introduction and Dill-Pickle-Making Tips</i>	28-29
DILL-PICKLED BEANS	31
DILL-PICKLED CUCUMBERS	33
DILL-PICKLED GREEN TOMATOES	35
<i>Lemon Pickles</i>	36-45
<i>Introduction and Lemon-Pickle-Making Tips</i>	36-37
LEMON-MUSTARD-PICKLED BEANS	39

LEMON-DILL-PICKLED CUCUMBERS	41
LEMON-PICKLED LEMON SLICES	43
YELLOW & RED CHERRY TOMATO LEMON PICKLES	45
<i>Mixed Pickles</i>	46-49
<i>Introduction and Mixed-Pickle Ingredient Possibilities</i>	46-47
WINTER GARDEN PICKLES	49
<i>Mustard Pickles</i>	50-61
<i>Introduction and Mustard-Pickle-Making Tips</i>	50-51
MUSTARD-PICKLED BEANS	53
MUSTARD-PICKLED CUCUMBERS	55
MUSTARD-PICKLED SWEET PEPPERS	57
MUSTARD-PICKLED YELLOW SQUASH	59
MUSTARD-PICKLED ZUCCHINI SQUASH	61
<i>Quick Pickles</i>	62-67
<i>Introduction</i>	62-63
BREAD-AND-BUTTER PICKLES.....	65
SAME-DAY DILL PICKLES	67
<i>Relishes</i>	68-79
<i>Introduction and Relish-Making Tips</i>	68-69
DILL-PICKLED BEAN RELISH	71
DILL-PICKLED CUCUMBER RELISH	73
GREEN TOMATO RELISH	75

(Continued on page 8)

Table of Contents (Continued from page 7)

• ❖ •

<i>Relishes (continued)</i>	68-79
MUSTARD-PICKLED BEAN RELISH	77
SWEET-PICKLED CUCUMBER RELISH	79
<i>Sweet Pickles</i>	80-95
<i>Introduction and Sweet-Pickle-Making Tips</i>	80-81
SWEET-PICKLED BEETS	83
SWEET-PICKLED CUCUMBERS	85
SWEET-PICKLED FIGS	87
SWEET-PICKLED GHERKINS	89
SWEET-PICKLED PEACHES	91
SWEET-PICKLED SOUR PLUMS	93
SWEET-PICKLED WATERMELON RIND	95
<i>Xtras</i>	96-107
<i>Introduction and Tips</i>	96-97
CRANBERRY-ORANGE SAUCE	99
GUACAMOLE	101
“REAL” KETCHUP (Including recipe for BAKED TOMATO PASTE, page 102)	103
SALSA FRESCA	105
YOGURT-DILL CUCUMBERS	107
YOGURT-LEMON-DILL CUCUMBERS	107
<i>“Lost Pickle” Suggestions</i>	108

About Ingredients

ALMOND EXTRACT: *Quality counts—avoid artificial almond flavoring. Go for the real thing; it makes all the difference!*

APPLE CIDER VINEGAR: *Vastly superior in flavor to white vinegar; use what's made from organically grown apples.*

APPLES: *Use fresh, organically grown apples, picked ripe, preferably home- or locally grown.*

ASPARAGUS: *Use small stalks, still flexible, when still fresh and vibrant green, and home- or locally organically grown.*

AVOCADOES: *Use fresh, ripe (ask produce people if you don't know how to judge), organically grown, of any type.*

BEANS: *Use fresh, organically grown, young beans, preferably home- or locally grown—they'll be the tastiest.*

BEETS: *Use dark red beets, preferably home- or locally organically grown, with a small (3–4 inch) diameter.*

BELL PEPPERS: *See “Peppers, Sweet.”*

BLUEBERRIES: *Fresh berries are dark blue and plump, not shriveled. Best to use home- or locally organically grown.*

BROCCOLI: *Use fresh, dark green, organically grown, preferably home- or locally grown, with stems still small and tender.*

CABBAGE, GREEN: *Choose firm heads, a little on the small side, and home- or locally organically grown.*

CABBAGE, RED: *Use firm heads that are richly magenta-colored, any size, home- or locally organically grown.*

CARROTS: *Young and slim are usually sweetest, but there are exceptions. Use home- or locally organically grown.*

CAULIFLOWER: *Grow it organically to re-discover cauliflower's tastiness; or shop for the sweetest/most flavorful.*

CAYENNE PEPPER: *Get it organically grown, from a bulk source (not canned), and test it: some can be really HOT!*

CELERY: *Choose locally organically grown, medium-sized, strong spring green bunches (avoid ones that are too dark).*

CELERY SEED: *Get it bulk and organically grown if you can; it's a wonderfully flavorful addition in many foods.*

CHERRY TOMATOES: *See “Tomatoes.”*

CHILI PEPPERS: *See “Peppers, Hot.”*

CINNAMON, GROUND: *If you can, get this organically grown from a bulk spice shop—not pre-canned.*

CINNAMON STICKS: *If you can, get them organically grown from a bulk spice shop—it makes a huge difference.*

CLOVES, GROUND: *If you can, get this organically grown from a bulk spice shop—not pre-canned.*

CLOVES, WHOLE: *If you can, get this organically grown from a bulk spice shop—not pre-canned.*

CRANBERRIES: *Fresh berries are deep red, not wrinkled or dented. Use organically grown if you can get them.*

CUCUMBERS, GHERKINS: *Finger-sized baby cukes—perhaps wasteful unless you have organic garden room for a LOT of cucumbers—but worth it to accent festive meals.*

CUCUMBERS, PICKLING: *Choose home- or locally organically grown, dark green, small enough so basically seedless.*

CUCUMBERS, SLICING: *For pickles, choose fully grown but young home- or locally organically grown cucumbers.*

DILL SEED: *Get it bulk and organically grown if you can; or*

(Continued on page 10)

save your own from home-grown dill weed gone to seed.

DILL WEED: Easy to grow organically, even in a pot (and you can save seeds); often unavailable/expensive to buy.

FIGS: Whether home- or locally organically grown, ripe Black Mission figs are dark, soft, have no tears in the skin.

GINGER, FRESH: Home- or locally organically grown, fresh ginger root is wonderfully better than canned pre-ground.

GINGER, GROUND: If you can, get it organically grown from a bulk spice shop, where it's still got real zing.

GHERKINS: See "Cucumbers."

GRAPE LEAVES: If you can get them, grape leaves from organically grown vines will help pickles stay crunchy.

HONEY: The absolute best is unheated and unfiltered, locally produced by bees that only access organically grown flowers. Do the best you can, but whatever you do, avoid what's sold in most standard grocery stores.

HOT PEPPERS: See "Peppers, Hot."

LEEKs: Best are broad-based with dark green tops. Easy to grow in pots, or buy locally organically grown.

LEMON JUICE: Fresh-squeezed, from ripe, organically grown fruit, will give you the very best flavor.

LEMONS, WHOLE: Since you're using rind and all, you want to make sure the fruit is organically grown.

LEMON ZEST: All you want is the finest gratings of the outer rind, so make sure the lemon is organically grown.

LIME JUICE: Fresh-squeezed, from ripe, organically grown fruit, will give you the very best flavor.

LIMES, WHOLE: Since you're using rind and all, you want to make sure the fruit is organically grown.

MANGOES: Organically grown if you can get them, and if it's the wrong season, prep the fruit and freeze it for later.

MOLASSES: I consider molasses a flavoring (like vanilla) and use only blackstrap.

MUSHROOMS: Use firm, unblemished mushrooms. Organically grown are preferable, but available only in some places.

MUSTARD, DRY: If you can, get it organically grown from a bulk spice shop, where it will have retained flavor and heat.

MUSTARD SEED: If you can, get it organically grown from a bulk spice shop, whether you want yellow or brown seed.

NECTARINES: Use fully ripe, home- or locally organically grown fruit; if it's delicious, the end product will be too.

NUTMEG, GROUND: If you can, get it organically grown from a bulk spice shop; avoid pre-ground in a can.

NUTMEG, WHOLE: Grated fresh, organically grown from a bulk spice shop, this is almost a different spice from canned.

ONIONS: Yellow, white, mild red, or perl, organically grown onions should be hard and still sealed in dry outer skin.

ORANGES: Bright orange Valencias, organically grown and weighty with juice, are best for cooking.

PARSNIPS: Like carrots, choose young, fairly slender, organically grown parsnips that will be sweet and tender.

PEACHES: Use fully ripe, home- or locally organically grown fruit; fabulous peaches make fabulous pickles (etc.).

PEARS: Use fully ripe home- or locally organically grown

pears. Bartlet should be yellow and soft; Comice still pretty hard and green; Bosc fairly hard but golden bronze.

PEPPERMINT: Fresh, organically grown leaves can't be beat. Remember, peppermint's easy to grow in a pot.

PEPPERS, HOT (CHILI): Hard to find organically grown but try. Specific peppers are listed with the salsa recipe, page 105, giving levels of heat.

PEPPERS, SWEET: Fresh and crunchy, home- or locally organically grown bell peppers in any color should be smooth, bright-colored, and shiny, with no wrinkles or dull areas.

PINEAPPLE: When it's ripe, organically grown pineapple makes a heavenly fragrance, and a leaf will easily pull out.

PLUMS: Plums used in this cookbook (page 93) are about one-inch-diameter, dark red, with somewhat sweet flesh and very sour skins—and not typically available in stores.

RADISHES: Use small home- or locally organically grown roots, whether mild or hot. Easy to grow in a pot.

RASPBERRIES: Whether black or red, fresh home- or locally organically grown raspberries should make fragrance.

RUTABAGAS: Use firm roots with a fairly small diameter, and home- or locally organically grown.

SEA SALT: If you buy this bulk, you may be able to avoid the additives in packaged "table salt."

SNOW PEAS: Use small, crisp, sweet pods that are home- or locally organically grown; easy to grow on a trellis.

SQUASH: See "Yellow Squash" or "Zucchini."

SPICES: See individual names.

SWEET PEPPERS: See "Peppers, Sweet."

TAMARI SAUCE: Superficially, this is "just" soy sauce, but it's actually far more flavorful. It's worth finding!

TOMATOES, CHERRY, RED: Use firm, fully ripe, home- or locally organically grown fruit, with no splits in the skin.

TOMATOES, CHERRY, YELLOW: Those we grow organically are tiny, bright yellow, and pear-shaped: adorable!

TOMATOES, GREEN: If you grow tomatoes, you know some get knocked off too early, and there are usually some left unripened at the end of the season. Use them when they're hard; remember, though, they'll ripen (slowly) inside.

TOMATOES, RIPE: Use firm, red, fully ripe, home- or locally organically grown fruit, with no splits in the skin.

TOMATOES, ROMA: Use firm, red, fully ripe, home- or locally organically grown fruit, with no splits in the skin.

TOMATO PASTE: Easy to make (recipe, page 102) from organically grown Roma tomatoes, or use commercially available organically grown canned tomato paste.

TURNIPS: Use firm fairly small-diameter roots that are home- or locally organically grown.

VINEGAR: See "Apple Cider Vinegar."

WATER, SOLARIZED: Set out in the sun in uncovered or gauze-covered glass jars, tap water will clear itself of chemical odors and become sweet-tasting in about 12 hours.

WATERMELON: Melons in general (at least organically grown at a Farmers' Market) will be sweet if they have tiny wasp punctures in the skin. Watermelon for the page 95 recipe is best if it's the old-fashioned thick-walled kind (if you can find one) that sounds hollow when thumped.

YELLOW SUMMER SQUASH: Creamy to bright yellow and bumpy-skinned when ripe, squash should be fairly small (six to 10 inches long). Yes, home- or locally organically grown.

YOGURT: Recipes in this cookbook call for goat or soy yogurt; whether you use one of those or cows' milk yogurt, make it unsweetened and free of the vast array of additives commonly found in much commercially available yogurt.

ZUCCHINI SUMMER SQUASH: Use small, firm, home- or locally organically grown squash, dark green in color, about eight to 10 inches long and about 1-1/2 inches in diameter.

Chutney is traditionally sweet and spicy—a so-called “pungent relish.” My chutney recipes tend to derive much of their sweetness from the fruit used, and overall are not that sweet. I lean toward making them taste like the fruit they’re made from... spicy in various ways that compliment that particular fruit or combination of fruits... and a bit sharp from vinegar. One (the Lemon-Mint Chutney) is barely sweet at all—rather, it’s intense, peppery, and a little minty; another (the Fig-Lime-Apple Chutney) is more tangy than sweet.

To my mind, chutney should contrast with and enhance the other tastes—or at least the main one—in a meal, and with each recipe I’ve included a suggestion or two for the foods I think it goes with well (think of cranberry sauce with turkey; think of mint jelly with lamb). But try these chutneys and others you create with whatever main dishes appeal to you and find your own favorite combinations.

Each chutney recipe here is distinct enough from the others that, if you’re crazy about one, you may be just so-so about others. But whatever you like about these, I encourage you to experiment using your own favorite fruits and combinations; use my recipes as a guideline for your own exploration!

All seven chutneys here may be made in larger quantities, but I’ve set my recipes uniformly for about two cups each—an amount of each we’ll use over a year in our two-person household. Chutneys keep well in the fridge, and for about a year in the freezer with no loss of quality.

Chutney-Making Tips

The secret to many of my recipes is to first INFUSE the vinegar with spices. Not only is this an effec-

tive way to evenly disperse the spices throughout the mixture, but it also removes the need for lengthy cooking of the main ingredients, which in turn preserves the flavors of those ingredients.

NOTE that—because these chutney recipes specify the amount of vinegar to be used—the infusing process for chutneys is slightly different from that used for pickles. SO PLEASE READ:

INFUSE VINEGAR with SPICES: *Start this at least two hours prior to making your chutney, but preferably the evening before. Use a small pan or metal bowl that can go on the stove—one with a good lid. In it, combine all the infusing spices and all or most of the apple cider vinegar called for in the recipe, times the number of recipe amounts you expect to make. Heat, uncovered, until the vinegar is just about to simmer. Remove from heat immediately; cover tightly; set aside; cool to room temperature. Repeat at least four times, on up to a dozen. When ready to make chutney, strain vinegar into a measuring cup, reserving spices and adding back vinegar as specified in each recipe.*



Chutneys

Before making this chutney  **PLEASE READ “Chutney-Making Tips” on pages 12–13.**

Blueberry-Pear Chutney

This chutney has delicate but excellent flavor. It's mildly sweet, a little spicy, and the tastes of the pears and blueberries come through well—good contrast for a strong-flavored meat like ham. **Please read About Ingredients, pages 9–11.**

Yield: 2 cups • **Prep:** 30–45 min. • **Quick early prep:** 2–12 hrs. ahead • **Doubling:** unlimited • **Freezes well**

*In advance, **INFUSE VINEGAR with SPICES** (instructions, page 13):*

Start sterilizing jars before you begin working on the fruit, leaving them in the hot water until ready to fill.

Cut pears into blueberry-sized pieces, combine with blueberries:

Combine with infused vinegar after straining and re-measuring it. Add the syrup with the fruit:

1/4 cup APPLE CIDER VINEGAR
1 CINNAMON STICK per jar

1 cup HARD PEAR PIECES
1 cup BLUEBERRIES

**...JUST TO GIVE YOU AN
IDEA HOW EACH RECIPE
IS PRESENTED IN THE
COOKBOOK... AND DID YOU
NOTICE THE "NOTES" PAGE,
JUST FOR YOU?**

Savoring Summer

while

Weathering Winter



Sweet Pickles

Dill Pickles



**Winter
Garden
Pickles**



Chutneys



Lemon Pickles



Relishes



Mustard Pickles