

Growing Healthy Kids

Berry Picking Recipe Book

Autumn 2019



The bulk of the year has slipped past us and were now entering in my opinion the most glorious time of the year!

The rest of the year disappears so quickly, but it's worth taking some time to stop and enjoy autumn. The colours, cool crisp air and above all harvesting the bounty that surrounds us at this time of year.

The hedgerows are bursting full of delicious nuts, fruit and berries that largely get ignored by modern day families.

However, we love nothing more than enjoying a walk through the woods and lanes around our town taking advantage of all the goodies we find.

Then turning that free food into delicious store cupboard additions like jam, puree, juice etc for the winter ahead. We look forward to wild berry picking every year, especially brambles (blackberries)

So here is our berry picking guide. Everything has its own season and taking advantage of all this fruit is a lovely way to glide into winter.

Hawthorn Jelly

Hawthorn jelly is a tasty way to take your medicine and easy to make at home.

All you need is hawthorn berries, sugar and lemon juice.

Ingredients

- 1.5 to 2 lbs hawthorn berries
- 2-3 cups water
- 2 cups sugar
- 1/4 cup lemon juice

Instructions

1. Simmer the Hawthorn berries in water for roughly 30 minutes until they've completely disintegrated.
2. Mash them with a potato masher to help the process.
3. Strain the mixture through a jelly bag or cheesecloth and measure the juice.
4. For every 2 cups of juice, add 2 cups of sugar and 1/4 cup of lemon juice. It takes roughly 1.5 to 2 pounds of haws to yield 2 cups of juice.
5. Return the strained hawthorn juice, sugar and lemon juice to the stove and boil rapidly for 10-15 minutes until it reaches the setting stage.
6. Pour the jelly into prepared canning jars leaving 1/4 inch space.
7. Seal the jars and once cold keep in the fridge.

Hawthorn Ketchup

- 500g of hawthorn berries
- 300ml of cider vinegar
- 300ml of water
- 170g of sugar
- 1/2 tsp salt

Method

- Firstly, remove the berries from the stalks and wash well with cold water.
- Add to a large pan with water and vinegar, then bring to the boil. Allow to simmer for approximately half an hour, until the skins of the berries begin to burst
- Take off the heat and pour the contents of the pan through a sieve to remove any stones and tough pieces of skin
- Transfer the liquid to a clean pan with the sugar and place over a low heat, stirring often to dissolve the sugar
- Once dissolved, bring to the boil and simmer for 5-10 minutes more, until syrup-like and reduced. Season the syrup to taste with salt and pepper, then transfer to sterilised bottles. The syrup is good to use for 1 year.



Blackberry Brownies

Chocolate is always a winner, especially at the Sea salt Design Studios. Paired with the sweet tang of the fruit, this makes a decadent dessert when served warm with a scoop of clotted cream, or the perfect afternoon pick-me-up on a grey day.

Ingredients

120g dark chocolate, broken into small pieces

120g butter

2 eggs, beaten

150g sugar

110g self-raising flour

150g blackberries

Makes approx. 16

Method

- Heat your oven to 180C, gas 4, and grease and line a 9" square baking tin.
- Place your butter and chocolate in a large saucepan and heat gently on a very low heat until melted and smooth.
- Remove from the heat, and add your eggs, flour and sugar.
- Mix until smooth, and then add 150g of your blackberries and fold in gently.
- Pour into your baking tin, scatter over the remaining berries and bake in the middle of the oven for around 25 minutes. Be careful not to overbake; it's ready when a crust has formed and it's still slightly gooey in the middle.
- Leave to cool, cut into squares, and enjoy.

Blackberry Compote

It doesn't get much simpler than this.

Simply heat your blackberries gently in a small saucepan, and add sugar and spices to your taste.

Try cinnamon, star anise and lemon zest. Sieve or blend if you like; the result is a delicious jammy sauce, perfect to top a cheesecake or stir through clotted cream ice cream.



Blackberry Sauce

If you haven't got a sweet-tooth, this is the one for you. A rich, glossy sauce that pairs perfectly with venison and other gamey meat.

Ingredients

1 tbsp balsamic vinegar

150ml beef stock

2 tbsp redcurrant jelly

1 clove of garlic, crushed

85g blackberries

Method

- After pan-frying your meat, remove it from the pan and leave to rest.
- Add the balsamic vinegar, stock, redcurrant jelly and garlic to the pan and stir together over a high heat. Add the blackberries and continue cooking until soft.

Blackberry upside-down cake

Serve warm with ice-cream as a pudding or cold with lightly whipped cream or crème fraîche at tea time. Makes one 22cm cake.

370g blackberries

220g caster sugar

200g plain flour, plus more to dust

1 tsp baking powder

½ tsp salt

120g unsalted butter, softened, plus more to grease

2 large eggs

1 tsp vanilla extract

Zest of a lemon

150ml buttermilk, well-shaken

Juice of 1 lemon

2 tbsp icing sugar



To serve

Icing sugar (optional)

Vanilla ice-cream, whipped cream or crème fraîche

- Heat the oven to 180C/350F/gas mark 4.
- Butter a 22cm x 5cm loose-bottomed cake tin, line the bottom with baking parchment, then butter the parchment.
- Dust with flour and shake out any excess.
- Scatter the blackberries into the tin in an even layer, sprinkle over two tablespoons of sugar and shake to coat evenly.
- Sift the flour, baking powder and salt into a bowl.
- In another bowl, beat the butter and remaining sugar until light and fluffy.

- Add eggs one at a time, beating well after each addition and adding a bit of flour if it looks like curdling, then beat in the vanilla and lemon zest.
- Add the flour and buttermilk alternately – flour/buttermilk/flour/buttermilk/flour – folding in until just combined.
- Spoon the batter over the berries, smooth with a spatula and bake for about 40 minutes, until a toothpick comes out clean – cover with foil if it looks as if it's browning too quickly.
- Meanwhile, put the lemon juice and icing sugar in a small pan and simmer for a couple of minutes. Cool.

Leave the cake to cool in the tin for five minutes, then loosen the sides and invert onto a plate.

Peel off the parchment and trickle over the lemon syrup. Dust with icing sugar, if you like, before serving.



Blackberry And Crab Apple Cordial

I love this for its deliciousness and simplicity. You don't even have to peel or core the apples, you can use cooking apples if you can't get crab apples, or use just blackberries. Makes about 1.5 litres.

1kg blackberries, picked over

1kg crab apples, destalked and roughly chopped

Granulated sugar

- Put the blackberries and apples in a large, heavy-based pan.
- Add 700ml water (200ml if making it with just blackberries) and bring slowly to a boil, crushing the fruit with a wooden spoon or masher.
- Cook slowly until the fruit is soft and the juices flowing.
- Remove from the heat, then drip through a scalded jelly bag or double layer of muslin suspended over a large bowl. Leave to drip overnight.
- Measure the juice (these quantities should yield about a litre) and pour into a clean pan.
- For every litre of juice, add 700g sugar (or to taste). Heat gently to dissolve the sugar, then remove from the heat.
- Pour immediately into warm, sterilised bottles, leaving a 1cm gap at the top. (You could, at this point, add a teaspoon or two of brandy if you like.)
- Seal with a screw cap or cork. The cordial will keep, sealed, in a cool, dark place for a couple of months.

Elderberries Jelly

INGREDIENTS

3-4 lbs ripe elderberries
1/4 cup freshly squeezed lemon
juice
1 packet pectin
4 1/2 cups white granulated sugar
1/4 teaspoon butter



METHOD

- Rinse the elderberry bunches: Rinse elderberry clusters thoroughly. I find the easiest way to do this is to put them in the basin of my kitchen sink, and fill it up with water.

If you've picked your own elderberries, often there are little squash bugs or spiders that will come to the surface, so keep an eye out for them.

- Strip the elderberries from their stems: Working over a large bowl, work on one small cluster at a time, gently raking your fingers or tines of a fork across the clusters to dislodge the berries from the stems.

Use mostly berries that are completely blue or black. A few underripe green berries are fine; they have more pectin and including them will help the jelly set- but not too much as they are toxic.

For each batch of jelly, collect 3 lbs of de-stemmed elderberries (about 8 to 10 cups).

- Put the elderberries in a pot and bring to a simmer:
 - Place berries in a large pot and crush with a potato masher to release some of the juices. Turn the heat to medium and continue to crush as the mixture heats up to a boil.
 - Once the berries and their juices reach a boil, reduce the heat to low and let the berries simmer for 10 minutes. Remove from heat.
 - Strain the juice from the elderberries: Place a large fine-mesh sieve, or 4 layers of cheesecloth, over a pot.
 - Slowly transfer the mashed berries and juice over the sieve to strain the juice out into the pot. Let strain for an hour.
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- Prepare jars for filling: You'll need 5-6 8-ounce jars and lids. Rinse out the jars and place on a baking sheet, top up, in the oven. Heat for 10 minutes at 200°F to sterilize the jars.
 - To sterilize the lids, bring a kettle of a couple cups of water to a boil. Place lids in a shallow bowl and pour the boiling water over them.

Measure out the juice: You will need 3 cups of juice to make one batch of jelly. Any amount more than that you can reserve for making syrup, or add to another batch for jelly.

- Add elderberry juice, lemon juice, pectin to a large pot, bring to a boil: Place 3 cups of juice into a large, high sided, wide pot (8-quart). Add the lemon juice and pectin. Bring to a boil on high heat.
- Add sugar, butter, bring to a boil again: Add 4 1/2 cups sugar and 1/4 teaspoon of butter. Stir with a wooden spoon. Bring to a boil again. Watch the pot as the mixture will foam up considerably. You may need to lower the heat a bit to.
- Boil the mixture, then pour into canning jars: As soon as the mixture reaches a rolling boil that you cannot diminish by stirring, watch the clock.

At exactly 2 minutes, remove from heat and pour mixture into canning jars to 1/4-inch of headspace from the rim.

Secure jars with lids: Wipe rims with a damp paper towel. Place lids on jars and rings to secure.

ELDERBERRY CORDIAL

- 500g of elderberries
- 500g of water
- 350g of caster sugar
- 1/2 lemon rind plus 1tbsp lemon juice

Method

- Remove the berries from the stems using a fork then wash them, removing any bits of stalk or leaf
- Drain the berries and place in a pan along with the lemon rind. Cover with the water and simmer on a low heat for 30 minutes, until the berries have broken down.
- Skim away any scum that appears on the surface.
- Strain the juice through a colander lined with muslin cloth set over a bowl. Gently press the berries to extract as much juice as possible
- Return the juice to the pan and add the sugar and lemon juice. Gently heat and stir until the sugar has dissolved
- Taste and add more sugar or lemon juice to your taste
- Decant into a sterilised bottle and seal



Elderberry Gummies

Elderberry Syrup Gummies are a tasty and sweet way to get a dose of Elderberry Syrup. Elderberry Syrup is believed to be a strong antioxidant, and a safe, natural remedy for warding off colds and the flu!

Ingredients

- 1 cup Elderberries, dried organic or non irradiated
- 4 cups Filtered Water
- 1-2 Cinnamon Sticks
- 1-2 inches Ginger, chopped
- 6-10 whole Cloves (optional. some kids don't like cloves)
- 1/2 small Lemon, juiced
- 3/4 - 1 cup Raw Honey (I like a little more for gummies. Make as sweet as you like)

For The Gummies

- 1 cup Elderberry Syrup, divided
- 1/4 cup Gelatin (or 4 Knox packets, or 4 Tbsp)
- 1/2 cup Hot Water (not boiling)

Instructions

1. In a medium sauce pan, add the elderberries, water cinnamon stick, ginger, and cloves. Bring to a boil, then reduce the heat to low and let simmer for 30-45 minutes (reduce as much as you want).
2. Strain the mixture into a glass bowl and allow it to cool to warm, or room temperature.
3. Add the lemon juice and honey to the cooled syrup and whisk until fully incorporated (if you add the honey to hot syrup, it will kill off the some or the beneficial properties of

the raw honey). Don't use honey if giving to babies under 2 yrs (check with pediatrician).

4. Measure and reserve one cup of the syrup for the gummies.
5. Cool the remaining syrup and transfer to a glass jar or bottle with a lid. Store in the refrigerator for up to 2 months.

To Make Gummies

1. Place the silicone gummy molds on a baking sheet or large platter to support them.
2. In a small bowl, add 1/4 cup of the cooled elderberry syrup, and then whisk in the gelatin well to dissolve.
3. Add in the hot water and stir well until thoroughly dissolved.
4. Stir in the remaining elderberry syrup.
5. Carefully pour the mixture into each mold, filling to the top. A miniature baster/dropper works well for this.
6. Put the baking sheet with the molds on it into the refrigerator and chill about 1 hour, or until they become firm.
7. Pop the gummies out of the molds and place into a glass airtight container with a lid. Store in the refrigerator for up to 2 months.
8. Dosage can be from 1 to 3 gummies a day for kids 2 and over, depending on the size mold you use (check with pediatrician to be sure of dosage, and if these are right for your kids/situation).



Elderberry Ice Lollies

Simply use the above syrup and pour into ice lolly moulds and freeze.

Delicious Rowan Berry Jelly

Ingredients

4 pounds rowan berries (washed and stems removed)

3 pounds apples (peeled, cored, and quartered)

1 pound white sugar (for every 2 cups juice)

water

Steps to Make It

Gather the ingredients.

Put rowan berries and apples into a large pan or stockpot (there should be room for the berries to reach a good rolling boil).

Barely cover the fruit with cold water. Using medium-heat, bring the fruit to a boil.

Reduce the heat to low and simmer for 20 minutes, or until the fruit is soft.

Let the mixture cool off for 5 minutes and place, with a bowl underneath, in a jelly strainer bag overnight, at least 12 hours.

It's very important not to squeeze the jelly bag to extract more juice as this will make the finished jelly cloudy. Although it will still be delicious, it won't look as pretty.

Measure the juice you've collected and weigh-out the correct amount of sugar as directed above.

Add the juice and sugar to a clean non-reactive large pan or stockpot and simmer over low heat for 10 minutes until the sugar has dissolved.

Increase the heat and cook at a full rolling boil for 5 minutes, then test for a set following a setting point

When the jelly has reached the setting point, pour into hot jars. Seal and label. Enjoy with game meats, cheeses, or toast!



