



Week Twenty



RASPBERRIES AND MORE

Delicious fresh raspberries are in season twice a year: Summer and Autumn.

They can be used to make jam, to enjoy on your toast in the morning or on scones with cream on the top. Raspberries can be used to make many desserts, or cordial.

When fresh Raspberries are not available, buy frozen and use to make up your favourite recipe.

RASPBERRY JAM

(From our **Well Preserved** Cookbook)

1kg of berries

1.5kg sugar

1 tsp tartaric acid/or juice of ½ lemon only.

Place raspberries in a large saucepan. Crush raspberries with spoon. Bring them to the boil quickly, stirring frequently to prevent them from sticking on the bottom of the pan. Boil for 5 minutes, take them off the heat, add the sugar which has been heated in the oven or microwave and add tartaric acid or lemon juice.

Stir continuously until sugar is dissolved. Boil quickly for another 5 minutes.

Bottle into warm sterilized jars.



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2 more ways to use Raspberry Jam.....

RASPBERRY COCONUT SLICE

(From our **A Slice of CWA** cookbook)

BASE

85 gm butter

$\frac{3}{4}$ cup of Plain flour

$\frac{1}{2}$ teaspoon Vanilla essence

2 teaspoons water

$\frac{1}{2}$ cup warmed Raspberry Jam.

$\frac{3}{4}$ cup SR flour

$\frac{1}{4}$ cup sugar

2 egg yolks

pinch salt

TOPPING

1 cup caster sugar

2 egg whites

1 cup coconut

BASE: Beat the butter and the sugar together until well blended. Beat the egg yolks, vanilla essence and water. Sift the flour and the salt, add to the mixture to make a firm dough. Press into a greased 18cm x28 cm tin.

TOPPING: Beat the egg whites stiffly, then gradually beat in the sugar to make a meringue mixture. Fold in the coconut. Spread over the jam. Bake at 180C 170°C fan forced for 30 minutes.

For a Gluten Free version: Make up the Base using Gluten Free Plain and SR flours



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JAM ROLL

Use the Honey roll recipe from our River cookbook, but omit honey, cinnamon and nutmeg.

3 eggs

½ cup caster sugar

½ cup plain flour

½ cup cornflour

½ teaspoon Bi Carb Soda

1 teaspoon cream of Tartar.

Separate eggs and beat egg whites until stiff. Add sugar gradually and beat until dissolved. Add egg yolks and beat in until mixed. Fold in the sifted dry ingredients. Line a swiss roll tin 30x25cm with baking paper. Bake in moderate oven for 18 to 20 minutes. Turn out onto a damp tea towel roll up, then unroll, remove paper, and add warmed Raspberry Jam and then reroll.

