



Pigface / kanikung and zucchini pickle

Recipe by Rees Campbell (Feisty Tasmanian)

INGREDIENTS

- 6 cups grated zucchini
- 4 cups chopped onion
- 3 tablespoons salt
- 4 cups chopped pigface / kanikung leaves
- 1 tbsp grain mustard or 1 tbsp crushed barbarea seeds
- 1 ½ tsp apium (or celery) seed
- ¼ tsp ground nutmeg
- ½ tsp native pepper
- 5 cups white sugar
- 2 ½ cups apple cider vinegar
- 1 red capsicum, chopped

DIRECTIONS

1. Pick pigface leaves that are close to the growing tips. Separate from the stems, wash thoroughly and chop finely.
2. Toss zucchini and onion with salt in a large bowl. Cover and refrigerate, 8 hours to overnight. Then rinse with cold water and drain well.
3. Mix mustard, apium or celery seed, nutmeg, and pepper together in a bowl.
4. Combine sugar, vinegar, and capsicum in a large pot with all vegetables and spice mixture. Bring to a simmer over medium heat and cook until vegetables are tender, about 25 minutes.
5. Pack vegetables into hot, sterilized jars, filling to within 1/4 inch of the top. Run a clean knife or thin spatula around the insides of the jars to remove any air bubbles. Wipe the rims with a moist paper towel to remove any residue.
6. This can now be sealed, stored in the fridge and used within a couple of weeks, or can be waterbathed for long term storage.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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MICROWAVE WATERBATHING:

1. Place lids on jars loosely.
2. Place jars (not touching) in a microwave bowl and add cold water to 5cm deep. Cook on medium until pickle is gently bubbling and water has boil bubbles rising.
3. Remove the jars, screw lid down tightly and place on a bench
4. In an hour, check the lid has sunk and sealed. If not, use immediately or re-water bath.



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Mutton bird / yula in coastal fruit sweet and sour sauce

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INGREDIENTS

- 1 cup pineapple juice
- 1 cup cider vinegar
- 1 tbsp soy sauce
- 1/2 cup brown sugar
- 1 dsp chilli sauce
- 1/3 cup water
- 3 tbsp cornflour
- Meat from 1-2 cooked muttonbirds / yula or 1 cup cooked chicken
- 1 cup pigface / kanikung and billardiera / mala fruit
- Native pepper
- Smoked salt
- Spring onion
- 2 sheets commercial puff pastry (cut into 16 squares)

DIRECTIONS

1. Wash, but leave the peel on pigface / kanikung – just cut the top off and halve. Halve the billardiera berries / mala; shake out and discard most of the seeds.
2. Mix together pineapple juice, vinegar, soy sauce, brown sugar, chilli sauce in a saucepan, and bring to the boil.
3. Lower the heat, add your fruit and cook for a few minutes until the fruit is softened. Add the meat and return to a simmer.
4. Taste and season if required. If salt is needed, use smoked salt if you have it, as this will add your umami.
5. Thicken with the cornflour (add the cornflour to the water, and stir till it is fully dissolved, then add to the sauce.) Return to simmer, add chopped spring onion.
6. Allow this to cool a bit.
7. Meanwhile grease a muffin pan (or line each bowl with baking paper).
8. Press in your pastry square, add a spoonful of filling, and bake at 180C until the pastry is gold.

Serving suggestion: Serve as a main course with vegetables or on a bed of rice vermicelli.



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