

Spicy Honey Bread and Butter Pickles

YIELD: About 3 pints

INGREDIENTS:

3 pounds Cucamelons
1 pound White onion
¼ cup + 1 tsp Salt
2 tbs Whole mustard seed
1 tbs Celery seed
2 tsp Crushed red pepper flakes
6 cups Apple cider vinegar
¾ cup Honey
1½ tsp Turmeric

PREPARATION:

Step 1

Clean and halve the cucamelons. Peel the onion, then quarter and julienne into short strips.

Step 2

In a non-reactive container, toss cucamelons and onions with salt. Cover and let stand overnight.

Step 3

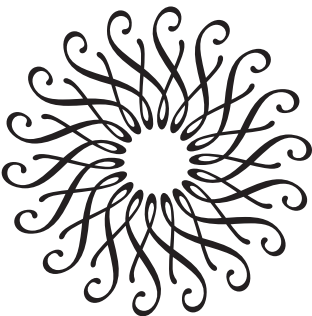
The next day, rinse the onion and cucamelon well in cold water to remove excess salt. Add 1 teaspoon of salt, mustard seed, celery seed, and crushed red pepper.

Step 4

In a non-reactive pot, heat the vinegar, honey, and turmeric to boiling.

Step 5

Pour the boiling brine over the cucamelon mixture, let stand at room temperature for 30 minutes, then cool in refrigerator before covering for storage. This will store well for one to two months in the refrigerator.



Susanna's Ketchup

Recipe by 1906 Cook Susanna Vaughan

YIELD: About 5 pints

INGREDIENTS:

For the Shells

4 quarts	Tomatoes, cored and chopped
2 tbs	Onion powder
1 tbs	Garlic powder
1½ tsp	Celery seed
½ tsp	Cinnamon, ground
1 tbs	Paprika
1 tbs	Salt
1 tsp	Allspice, whole
1 tsp	Clove, whole
1 tsp	Mustard seed, whole
1 cup	Sugar
2 tbs	Molasses
¼ tsp	Fish sauce
1½ cup	White vinegar

PREPARATION:

Step 1

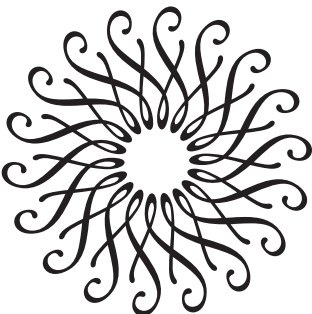
Wash, core, and rough chop your tomatoes. In a non-reactive pot over high heat, cook until soft. Pass through a food mill to remove the skins and seeds. Return to pot, reduce heat to medium, and reduce tomatoes by about one-half.

Step 2

Make a sachet with the whole spices and add to sauce. Add remaining ingredients and continue to cook down until mixture is thick, stirring frequently to prevent sticking. When it's reached the consistency you'd like, check seasonings and adjust if needed to taste.

Step 3

When the taste is to your liking, discard the spice sachet and pour ketchup into jars for storage in the refrigerator. This stores well for two to three months in the refrigerator.



Herbed Salt

YIELD: About 4 cups

INGREDIENTS:

2 cups	Kosher salt
1 cup	Parsley, fresh
1 cup	Sage, fresh
½ cup	Rosemary, fresh
½ cup	Thyme, fresh
2	Cloves of garlic

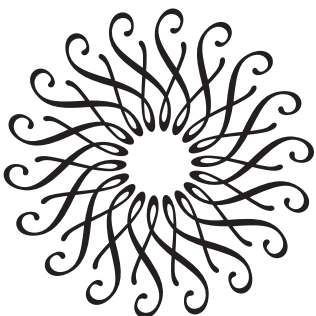
PREPARATION:

Step 1

Wash herbs and shake off excess water. Remove stems and discard.

Step 2

Add all ingredients to a food processor and blend until mixture is fine and bright green. You can store this fresh salt in a jar in your refrigerator for months, or you can spread onto parchment-lined cookie sheet and dry either on the counter, in a low oven, or in a dehydrator and store in your cupboard in a tightly closed jar. It's best to use the salt within a year of making it, as its flavor will diminish over time.



Welsh Tea Cakes

YIELD: About 16 2.5-inch-diameter cakes

INGREDIENTS:

2 cups	Flour
1/3 cup	Castor sugar
1 tsp	Baking powder
1/2 tsp	Mace, ground
1/4 tsp	Salt
1/8 tsp	Cinnamon, ground
2 ounces	Lard, chilled
2 ounces	Butter, chilled
1	Large egg
1/2 cup	Currants, dried
2 to 3 tbs	Milk
Sugar for dusting*	

PREPARATION:

Step 1

Combine dry ingredients in a bowl. Add lard and work through until combined; this will help coat the flour and slow the gluten action, keeping your cake tender.

Step 2

Grate the chilled butter into the flour and lard mixture. Toss until butter shavings are spread throughout. Add currants and toss well.

Step 3

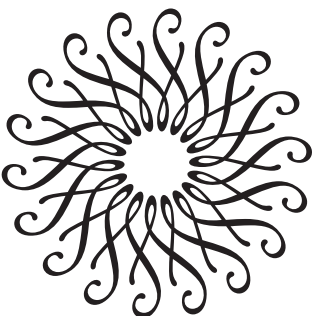
Whip the egg separately and then work into the flour mixture, adding milk as needed to help the dough come together. It should not be sticky. Wrap well and chill 30 minutes or longer.

Step 4

When ready to make, roll out dough to about one-quarter-inch thickness and cut out rounds. In a heated, thick-bottomed skillet with no grease, cook over medium-low heat on each side about 3 to 4 minutes until golden brown. Check the center of the first one and see if the heat needs to be lowered to cook through without over-browning.

Step 5

Remove from skillet and quickly dredge in sugar before cooling on a rack. Enjoy with a cup of tea or coffee, some jam and butter, or simply as they are—fresh and fragrant from the skillet.



*Castor sugar is crucial for this quick-cooking treat. If you don't have any, you can easily pulse regular sugar in your blender until very fine. Please do not use confectioners' sugar as it will not work properly.