

Recipes



Try these recipes to make the most of the autumn harvest.

Mediterranean Roast

Serves 4

This is a great autumn dish as it uses the glut of tomatoes at this time of year. It is so easy and everyone I have ever cooked this for has loved it.

4 chicken drumsticks and 4 thighs
4/6 tomatoes quartered or 1 can of plum tomatoes
2/3 mixed peppers (chopped into chunky strips)
2/4 cloves of garlic (crushed and roughly chopped)

1 large onion (roughly chopped)
2 large potatoes or sweet potatoes (you can also substitute celeriac if you want a low carb option)
Pinch of mixed herbs
1 teaspoon of paprika
Sprig of rosemary and sage (roughly chopped)
Salt & pepper to taste

Parboil the potatoes/celeriac for about 5 minutes. Combine all ingredients in a large baking tray with some olive oil. Mix well to coat the chicken with all the herbs, then cover with foil. Bake in the oven for about an hour on a medium heat (180°C/Gas mark 4).

Blackberry Stuffed Apples

Per person

1 large cooking apple
50g blackberries
1 teaspoon of organic unrefined cane sugar
Half a teaspoon of honey
1 tablespoon of water
1 teaspoon of chopped mint

Wash and core the apple, making a shallow cut through the skin around the middle to prevent it bursting. Place on a baking tray. Mix the blackberries, sugar, honey and mint together and stuff into the apple, pressing firmly. Finally, spoon the water over the apples. Bake in a preheated oven at 180°C, Gas mark 4, for 45 minutes or until the apples are tender. Serve hot.

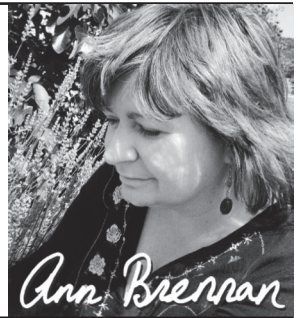
Elderberry Syrup

Take a teaspoon neat, or 2 teaspoons added to boiling water to make a gorgeous warming drink.

500g of destalked elderberries
3 whole cloves
2 inches of a cinnamon stick
1 inch of peeled ginger root
150g of organic unrefined cane sugar

Put the elderberries into a large cooking pot. Add the cloves, cinnamon and ginger. Heat to a gentle boil and simmer for 25 minutes until the berries yield their juice. Strain and press through a fine sieve or muslin. Return the resulting liquid to the pan. Add the sugar and boil until the sugar dissolves, then keep on a rolling boil for a further 5 minutes. Strain and bottle in sterilized containers. Keep in the fridge.

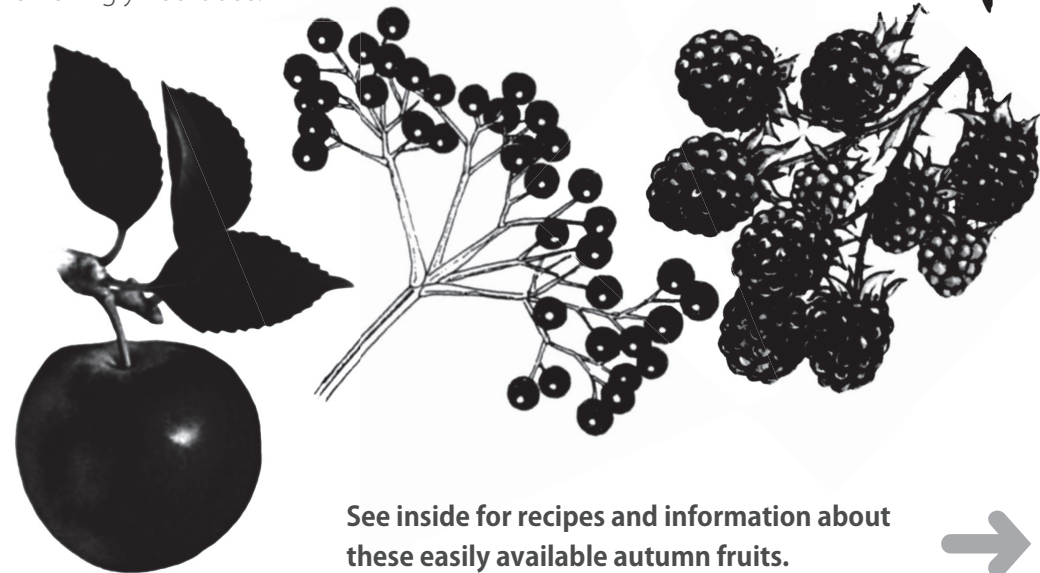
WORDS free on health



Pick your own

Autumn's free, healthy and delicious foods.

It is a great time to be out foraging for berries and fruits in the hedgerows and enjoying the last of the warm sun. The move from summer to autumn can be bittersweet but these seasonal foods are anything but bitter. They are sweet, juicy and amazingly nutritious.



See inside for recipes and information about these easily available autumn fruits.



For information about herbal medicine and nutritional consultations contact Ann Brennan on 07745 898911 or visit www.annbrennan.co.uk

Some of my favourite free autumn foods:

Blackberries

Blackberries (*Rubus* species) are one of the most popular free foods. The best berries are those growing in full sun. Blackberries are a rich source of vitamin C (vital for a healthy immune system) and, like other dark skinned fruits and berries such as blueberries, they contain anthocyanins: powerful antioxidants that protect the body from disease-causing free radicals. They help protect against heart disease as well as preserving the health of blood vessels. Blackberries are also a good source of potassium which is a very important mineral for the proper function of all cells.



Due to their high pectin content and natural acids they are an ideal choice for jam making. The jam will set without the need for artificial additives.

Blackberries freeze well too. Pack them in rigid containers and freeze for up to 1 year. You can use the fruit from frozen. Just increase the cooking time by about 5/10 minutes.

I found a great alternative to crumble: **Blackberry Stuffed Apples** (see the back page for details).

Elderberries

The common elderberry fruit (*Sambucus nigra*) is also edible, used for the making of jam, syrup and the well-known wine.

They are weighing heavily on the trees right now. Only pick the blue or purple berries. The berries appear red at first and then ripen to a dark purple almost black colour.

In folklore, elder was considered the medicine chest of the people, and has a long tradition of use in dealing with colds and flus, helping to reduce the severity and duration of the infection. Their high vitamin C content is also helpful in maintaining a healthy immune system. Elderberries are very rich in antioxidants and have more anthocyanins than blueberries.



Rosehips

Rosehips are harvested from the dog rose (*Rosa canina*) after these wild roses have lost their bloom. They contain more vitamin C than citrus fruit, and are rich in vitamins A, D and E. See the syrup recipe below.



Apples

Remember the old saying, "An apple a day keeps the doctor away"? Well, this magical super-fruit really is a recipe for health.

At about 80 calories each, apples provide vitamin C and lots of beneficial fibre. Both the soluble and insoluble fibre found in apples help to support healthy digestion and encourage natural beneficial bacteria to thrive in the gut. A diet high in soluble fibre reduces blood cholesterol and balances blood sugar levels. Apples are a good source of quercetin which helps blood vessels stay elastic and healthy. The pectin in apples is also thought to protect us from pollution by binding to heavy metals in the gut and carrying them out of the system. As with blackberries, apples are also a good source of potassium.



Considering the sheer number of apple varieties, you could eat an apple a day and never tire of the flavours.

Rosehip syrup



Take four cups of rose hips, two cups of water, and one cup of organic unrefined cane sugar. Wash the hips thoroughly, removing the stems and flower remnants. Boil the rosehips in water for 20 minutes in a covered saucepan. Strain through muslin or a jelly bag, returning the liquid to the pan. Add the sugar, stirring well. Boil for a further five minutes. Refrigerate until used. Take a teaspoon neat, or add to a cup of hot water.

Blackberry and Elderberry jam



A very popular recipe. Take equal amounts of blackberries and elderberries (stripped of the stalks), place in a pan and add about ¼ cup of water to stop the fruit burning on the base. Bring to the boil then cover and cook for 20 minutes. Add ¾lb organic unrefined cane sugar for each pound of fruit. Bring to the boil again for a further 20 minutes adding more water if necessary. Strain and pot up in sterilized containers.