

Russian Apple Cake (from Marjorie)

I copied this recipe out of a magazine whilst waiting somewhere a few years ago. It makes a lovely big cake which is nice and moist and can be a dessert with cream, ice-cream or custard — or just as it is with a cuppa.

The recipe asks for 1kg of Granny Smith apples. Don't skimp on these as that's what makes the cake so lovely and moist.

Keeps well stored in the fridge in an airtight container.

Heat oven to 180°C (160°C Fan Forced)

Grease and line 28cm deep large round cake tin or large square tin

You will need:

- 250g soften butter
- 4 eggs, separated
- 1 tablesp cinnamon
- 2 teasp baking powder
- 1 cup (160g) sultanas
- 2 cups (250g) caster sugar
- 1 cup (150g) plain flour
- Pinch of cloves
- 2 cups (250g) ground almonds

1 kg Granny Smith apples – peeled & chopped coarsely
Beat butter & sugar in a small bowl until well combined.

Add egg yolks one at a time beating well in between.

Beat 3 minutes until creamy.

Transfer mixture to a large bowl.

Fold in combined flour, cinnamon, cloves & baking powder then stir through the ground almonds, sultanas & apples.

Beat egg whites in a clean small bowl till soft peaks form.

Gently fold egg whites into the cake mixture in 2 batches.

Spoon mixture into prepared tin, smooth the top.

Bake approx 1½ to 1¾ hrs or until skewer comes out clean when inserted in centre of cake.

Stand 15 mins in tin, then remove & cool on cake rack.

Dust with icing sugar to serve or cream/ice-cream/custard etc

Feijoa and Ginger Loaf (from Lynda)

8 feijoas washed and roughly chopped

¾ cup sugar

60g butter

1cup boiling water

2 cups flour sifted

1 teaspoon baking powder

1 teaspoon baking soda

1 egg, beaten

2 tablespoons preserved ginger, chopped.

Place feijoas, water, sugar and butter in saucepan, bring to boil and simmer gently for 5 mins. Cool.

Carefully stir in dry ingredients, then beaten egg. Stir briskly, but do not over stir, to remove any lumps.

Lastly stir in ginger.

Spoon into a lined loaf pan. Bake at 180C 50-60 mins. Cool in tin before turning out.

(Recipe from Good Food NZ)

Wynlen House

Every couple of months we offer a Slow Food Lunch. This is a leisurely lunch, set up in our ornamental garden, where we cook and serve dishes designed to showcase the produce that we grow in our large kitchen garden. This include dishes featuring chicken, duck and goose as well as vegetables in season. We often feature produce from other local growers such as Bees-R-U's, and incorporate their products into our menu. The recipe below uses their locally produced honey, our duck eggs, and preserved fruit. The recipe is delicious, warming and a bit indulgent. We don't create our recipes from scratch but we do adapt recipes from the experts. The following is adapted from a Donna Hay recipe.

Honey custard tart with Damson Gin Plums.

If you are a pastry maker please make your own version of short crust pastry (we make our own using Rose Levy Beranbaum basic flaky pie pastry recipe. This pastry retains its crispness and is just so good). Any preserved fruit that you prepared during summer and autumn such as plums and peaches or rhubarb would be great.

Thaw one sheet of shop bought short crust pastry (or use your own). Roll out the pastry thinly enough for a medium sized (serve 4) flan dish and blind bake for 10 minutes using baking weights.

For the filling:

- 2 tablespoons milk — more to add if the mixture is a little thick
- 2 tablespoons single (pouring) cream
- 1 egg (a duck egg)
- 1 egg yolk, extra (duck egg yoke)
- 2 tablespoons of locally produced honey
- 1 teaspoon vanilla extract

Put milk and cream in a small saucepan over low heat and cook until mixture just comes to the boil. Remove from the heat.

Put the egg, extra egg yolk, honey and vanilla in a bowl and whisk to combine. Gradually add the milk mixture to the mix in the saucepan and whisk until well combined. If the mixture is a little thick which it can be when using duck eggs, add another tablespoon of milk. Gently pour into your cooled tart shell.

Put your tart into the oven at 150°C and bake for 10-15 minutes or until set. Cool completely before eating adding your preserved fruit, in this case, the damson plums preserved as part of a damson gin making process, as a side dish.

Note: Damson gin is made with a good quality gin and fresh ripe damson plums which are grown locally by many people in the area. The gin is made in January and is not ready for drinking until August. The plums are what is left once the gin is grained off. They are just divine when added as a side to any dessert.



Bronwyn Richards gives us her seasonal garden tips

It's nearly winter and the garden is slowing right down. Autumn is in full swing, the leaves are falling, the days are sunny and the mornings are getting crispy. The frost season has started in our cool climate region of the Southern Tablelands. We experience on average 109 frost nights per year. Our frost season officially begins on 23 March and ends on the 22 November, although we can have a frost outside of this. While this high number of frosty nights can mean some very cold starts to the day it also means we have an equal amount of bright sunny joyous days. While Braidwood experiences a long frost season we rarely experience snow.

Other frost prone cool climate regions of regions of Australia experience between on average 20 to 50 frost nights per year with an average minimum temperature of 0°C (The Central Tablelands, Central West, Northern Tablelands and some parts of the Darling Downs). In the Capital region our average minimum temperature is 0-5°C. This is why we find that most cool season planting guides do not seem 'right' in our region. Cool season planting guides are based on climate conditions of the more 'moderate' cool climate areas, which form the majority of cool climate regions in Australia. Frosts and low temperatures can have a detrimental affect on plant growth and development, however there are some plants that require a period of cold to be fully productive. Garlic is

one such plant. The Turban varieties (Monaro Purple) are generally planted in April with early pre-winter growth focused on root development. Growth continues through winter and it is the increasing day length and warming soil that stimulates bulb development in early spring. Other cool season vegetables include members of the Brassica Family — cauliflower, broccoli, cabbage, brussel sprouts, kale to name a few. However there are some traps for the unwary with some members of this cool season plant group. Our very low temperatures while having a slowing impact on plant growth, will burn the developing heads of both broccoli and cauliflower. This is when you need crop protection. It can be as simple as a plastic plant pot placed over the forming head each night to provide protection or for a larger number of plants, agricultural fabrics can be used to cover entire rows. At Wynlen House we use agricultural

fabrics with a metal cloche frame to provide crop protection. The material we mostly use is a knitted permeable plastic polymer (polypropylene) called insulnet. Thermal Fleece is another product and these permeable textiles allow water to pass through and the plants and soil can breathe. Shade cloth can also be used to provide reasonable crop protection.

Agricultural fabrics limit light frosts but do not provide complete protection particular from hard frosts. More importantly, they ameliorate the overall impact of very low temperatures enabling plant growth and development to continue, maintaining soil temperatures and air temperatures up to 3°C warmer than unprotected garden sections.

The use of row covers or even very simple low cost plant protection strategies enables all year vegetable production in the low temperature extremes of our cool climate region.

Want to grow delicious veggies and raise small farm animals all year round for you, your family and your local farmers market?

Learn how from Bronwyn and Helen, Braidwood's most successful commercial market gardeners and table poultry producers at any of the following workshops:



Wynlen House

All season cool climate vegetable growing

Date: **Sunday 23rd July, 2017** (lunch included).
Details: The course will be held in Braidwood, NSW

Learn about successful vegetable production, without chemicals or pesticides in areas where overnight winter temperatures are often below zero, with regular frosts.

Growing Organic Animals

Date: **Sunday, 9th July, 2017, 10.00am to 3.30pm** (lunch included)
Details: The course will be held in Braidwood, NSW

The day focuses on how to care for and manage poultry, sheep, pigs and other similar livestock so that they provide you and your family with the most delicious meat, eggs, milk and fibre. The workshop is designed to introduce you to animal husbandry practices particularly humane handling, animal welfare and feeding practices.

Garlic, How to Grow It.

This is a facilitated, **online course** that tells you how to grow garlic in Australia's suitable climate areas. You can enrol at any time during your garlic growing cycle to ask questions, access information and discuss your garlic growing approach. The course uses text, images, video and interaction with expert growers to help you learn to grow the best garlic successfully.

For more information call 4842 1127
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or visit www.wynlenhouse.com/workshops