



LET'S CELEBRATE

WORLD FOOD DAY

BECAUSE WE LOVE FOOD

PICKLED WATERMELON RIND

From the kitchen of Marcus' Bermuda

A delicious recipe that can be used with desserts as a great side for cheese or a garnish for cocktails. At Marcus' we use it as a garnish for our chicken and waffles.

Ingredients:

500g watermelon rind cut in small cubes
50g salt

Pickling liquid:

450g sugar
220g water
165g white vinegar
1 pc bay leaves
1 tsp cumin
Half a lemon

Preparation:

1. Soak watermelon rind cubes in 500ml of water with the salt over night.
2. Wash watermelon rind cubes.
3. In a sauce pan add sugar, water, vinegar, bay leaves, cumin and sliced lemon.
4. Bring to a boil.
5. Add watermelon rind and cook until rind is candied/translucent.
6. Store in a glass jar in the fridge. This can be stored for up to 2 weeks.

FRUIT CHUTNEY

From the kitchen of Crown & Anchor

A delicious sweet condiment that can be used with a cheese platter or Indian curries. It is a great way to use up fruit that is too soft to eat fresh or will otherwise go to waste.

Ingredients:

1 tsp salt
1/4 tsp ground allspice
1/8 tsp ground cloves
1 1/2 tsp yellow mustard seeds
570g assorted fruit cubes
(Pineapple, Mango melon etc)
550ml red wine vinegar
225g light brown sugar
1 onion, chopped
55g of chopped fresh ginger
Quarter of a lemon skin
1 cinnamon stick

Preparation:

1. Combine onions, ginger, vinegar, spices in a deep pan. Bring to a boil and then reduce the heat to allow the mixture to simmer.
2. When mixture is starting to get thicker, add the fruit and allow to simmer further until they begin to get mushy and excess liquid evaporate. This should take about 30-45 mins.
3. Remove from the pan and allow to cool. Store in a glass jar , and serve as a cheese, or curry condiment.
4. This chutney can be stored in the fridge for up to a month.

CURRIED PICKLED FISH

From the kitchen of The Landing

Pickled fish can be used on salads, served on raisin bun rolls or steamed buns. We find it works particularly well with cucumber.

Ingredients:

500g boneless ends cut of fish no bigger than 6cm

50g flour

For The Pickle:

1 large onions, peeled, cut in thick slices
20ml vegetable oil
1 tsp aromatic mild curry powder
Half tsp turmeric
Half tsp paprika
Half tsp ground coriander
Half tsp whole allspice
30g natural sugar
Half tsp peeled and finely chopped fresh ginger root
Half tsp finely chopped chilies, seeds removed
1 bay leaves cut into strips with scissors
Half tsp sea salt
25ml white wine vinegar
75ml water
1 fresh bay or lemon leaves

Preparation:

1. This recipe needs some forward planning and take two days to dish.
2. Pat the fish dry and dip into the seasoned flour.
3. Fry in hot oil for about 4 minutes on each side or until golden brown and cooked through.
4. As the fillets cook, remove and drain on kitchen towels and allow to cool.
5. Fry the onions gently in vegetable oil until they are transparent but have not lost their crunch.
6. Add the curry powder, turmeric, paprika and coriander.
7. Fry over gentle heat for a short while to release the aromatic oils from the spices.
8. Add the remaining ingredients, except vinegar, water and fresh bay or lemon leaves, and cook gently for 2 minutes.
9. Pour over the vinegar and water gently to prevent splashing.
10. Over high heat, bring to the boil, turn down the heat and simmer the pickle for ten minutes.
11. Pour a bit of the pickle liquid into a glass jar.
12. Place a single layer of the fish on top and cover that with pickle.
13. Build up layers of fish and pickle, ending with a layer of pickle on top.
14. Place the fresh bay or lemon leaves on top.
15. Cover loosely and allow to cool completely.
16. Close the jar and refrigerate for two days.
17. Serve the pickled fish with the marinated onions and a little bit of the sauce or a green salad.
18. Once opened, it will need to be consumed within the next 3 days.

