



Wattle Seed Pancakes, Quandongs and Bush Tomato Dip

Linda Hoffman – Footeside Farm
10th April 2011

WATTLE SEED PANCAKES

Ingredients:

1 tsp, Footeside Farm wattle seeds
1 cup, self raising flour
1 cup, milk
1 egg

Method:

Mix ingredients together and pour small amounts into a hot, non-stick frying pan. Flip pancakes and remove when golden. Serve hot off the pan with warming maple syrup, ice cream - or both! Stack alongside a plate of bacon, sausages and eggs, or enjoy cold with some healthful yoghurt, mango, macadamias, orquandongs!

REHYDRATED QUANDONGS

Ingredients:

1 packet (50g), Footeside Farm quandongs
200ml, apple juice

Method:

Gently heat quandongs in apple juice over a low heat. This will release the flavour and goodness of the fruit and make it softer in texture. Its tartness will also be balanced with the sweetness of the apple juice.

The longer you cook them, the softer they become. Keep checking until they are the consistency you desire. More liquid can be added to produce a syrup - puree this to a smooth consistency for a decorative splash of colour to other dishes or drinks.

Orange juice can also be used instead of apple – as can water and sugar. Soaking in water will restore the flesh to a soft, pliable texture ready to add to yogurts, fruit salads, muffins and cakes. The tart flavour of the quandongs will be unleashed!

BUSH TOMATO, RICOTTA AND HONEY DIP

Ingredients:

250 ml, ricotta cheese
¼ cup, runny honey
1 dstsp, ground Footeside Farm bush tomato
Crackers, to serve.

Method:

Position ricotta on a serving plate, drizzle with honey and sprinkle with ground bush tomato. Partner with crackers and serve.

ASFM SHOPPING LIST

Ingredients

Stallholders

Wattle seeds, quandongs &

bush tomato

Milk

Eggs

Apple juice

Honey

Ricotta

Footeside Farm (site 60)

Fleurieu Milk (site 44)

Rosie's Free Range Eggs (site 40)

Kalangadoo Organic (site 80) McLaren Vale Orchards (site 45),

Ashbourne Valley Orchard (site 56)

Do Bee Honey (site 1), Honey Lady (34), As Sweet as Honey (61)

B-D Farm Paris Creek (site 86)