

V4V

COMMUNITY

COOK

BOOK

*sharing our recipes
and stories*



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Designed by: Alison Fort

Printed by: Douglas Press

Photography: depositphotos.com or supplied, unless
otherwise attributed (Note: all photography is for illustration
purposes only and indicative only of the finished dishes)

Handy hints: taken from various sources, these household
tips are randomly placed throughout the cookbook and
do not necessarily relate to the recipes they sit near

ISBN: 978-0-6454229-0-0

Supported by:  CITY OF
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Influenced by a monthly veggie swap held by the Natural Resource Centre in Normanville (my 'other' community), and overwhelmed by a bumper crop of tomatoes, I started the V4V produce swap in the summer of 2015. Initially taking over the outdoor tables of a restaurant on O'Connell Street, the swap aimed to bring community members together to 'share', be it home-grown produce, home-baked goods, home-made pickles and jams, or simply stories. After a short time the swap moved to my home in Gover Street, where it became a hugely popular community event. Also, given I had a courtyard where everything grew in pots, I thought it a good way to inspire others who didn't have gardens to grow their own produce. Attracting new people each month, but also maintaining a bunch of 'regulars', there are now over 200 people on my mailing list. Thank goodness they never all came at the same time! The turnout was generally about 20–30 people – like-minded, but from all walks of life. The atmosphere was relaxed and nurturing. A safe place to be and share. Given COVID lockdowns and restrictions during 2020 we managed just three swaps, but the final pre-Christmas champagne cocktail swap in December gave us the perfect opportunity to celebrate the end of what had been a trying and challenging year for us all. Whilst ongoing restrictions have meant we haven't been able to meet often since, we have remained in contact. That is how the idea of sharing a collection of recipes was born which, with the help of a City of Adelaide grant, and a hard-working project team, has culminated in this cookbook. The recipes have all been submitted by members of our 'community', which now reaches across the country, and around the globe. We hope you enjoy them, and our stories.

Alison Fort
March 2022

WELCOME

Disclaimer: The accuracy of the recipes, handy hints and conversion tables is not guaranteed. All information is provided in good faith. However, we accept no liability for the content of this book or for the consequences of any action taken on the basis of the information provided.

SOUPS & STARTERS	2
MAIN MEALS	12
SIDE DISHES	68
DESSERTS	78
BREADS, CAKES & BISCUITS	88
JAMS, PICKLES & SAUCES	114
BEVERAGES	124
HOUSEHOLD	130
CONVERSIONS	134
THANKS	136

CONTENTS



SOUPS & STARTERS

baked ricotta and pancetta tarts

Jo-Anne Rowe :: Perugia

🕒 0:20 Prep 0:20 Cook 🍴 Serves 12 🍳 Easy 🌾 Gluten-free

I love this recipe as it is so reliable – almost impossible to stuff up! It's that rare find of being both tasty and gluten-free. I love it also because it was my 'go-to' for Alison's produce swaps, and brings back great memories of the interesting people I met there, all enjoying Ali's legendary hospitality.

INGREDIENTS

12 slices hot or mild pancetta
 1 cup fresh Australian ricotta cheese
 1 cup Australian parmesan, finely grated
 1/3 cup flat-leaf parsley, finely chopped
 1/3 cup chives, finely chopped
 2 eggs, lightly beaten
 12 sun-dried tomatoes in oil
 salt and black pepper, freshly ground



METHOD

1. Lightly spray a 12 x 1/3 cup capacity muffin pan with oil.
2. Line each mould with pancetta.
3. Combine ricotta, parmesan, parsley, chives and eggs in a bowl, season to taste.
4. Spoon ricotta mixture into the pancetta cases, pressing firmly.
5. Press a sun-dried tomato onto each tart and lightly spray with olive oil.
6. Bake at 180°C for 20 minutes, until edges are golden and ricotta is set.
7. Cool for 2 minutes in muffin pan before removing to a wire rack.
8. Serve tarts straight away or at room temperature.
9. Garnish with extra chives, if desired.

handy hint

Dripless candles are not always true to their name. To remove spilt wax from table cloths and surfaces, cover with a block of ice, then simply scrape the wax off and sponge with a little eucalyptus oil.

Taken from 'The Dairy Kitchen Cookbook'.

beetroot soup

Michael and Jutta Prus :: Fairview Park

🕒 0:10 Prep 1:10 Cook 🍴 Serves 8 🍳 Easy 🥕 Vegetarian

Yesterday, I made a tasty, quick and easy beetroot soup. Here is the recipe. Next day, when you go to the toilet, don't panic, you are not bleeding to death. It is just the beetroot passing through.



METHOD

1. Boil beetroots in salted water for 30 minutes, on a slow, gentle boil.
2. When handling beetroots, use plastic bags or surgical gloves to prevent hands being stained.
3. Allow to cool, peel and coarsely grate beetroots back into the same pot.
4. Add stock, bay leaf, peppercorns, juniper berries and salt to taste.
5. For non-vegetarians, fry bacon rashers till crispy, and add to soup.
6. Bring to boil, then simmer for 30 minutes.
7. Add vinegar and sugar (it is meant to taste mildly sweet 'n' sour).
8. Can be eaten hot or cold.
9. Another variant is to add a dollop of sour cream, as you do with Borscht.
10. Serve with toasted sourdough bread.

INGREDIENTS

1 bunch beetroots, tops off
 1 L vegetable stock
 1 bay leaf
 6 peppercorns
 6 juniper berries
 salt to taste
 2 tbsp vinegar
 1 tbsp sugar
 toasted sourdough rye bread with caraway seeds
 dollop of sour cream
 2 bacon rashers, chopped (optional)

handy hint

To test the freshness of an egg, place it in a container of water. If it sinks to the bottom, it is fresh, if it floats to the top, it is certainly not fresh and should be thrown away.