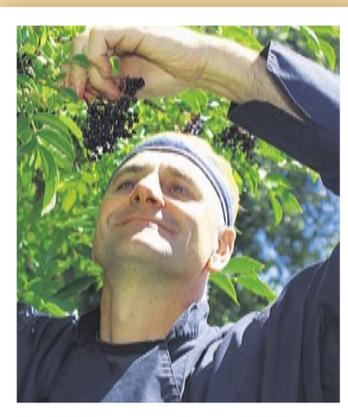


FROM SPADE TO BLADE

• GARDEN RECIPES BY GARY THOMAS •



Inspiration can strike from unexpected quarters. Gary, from Daylesford, Victoria, peered into the past when selecting dishes from a 150-year-old recipe book.

Photos by: Pete Swan Photography pete@peteswanphotos.com

WE HAD a great time preparing a themed menu recently for a special anniversary dinner.

The organisers asked us to cook out of a recipe book first collated on the Victorian goldfields in 1864. It was a lot of fun sifting through the handwritten two hundred pages, trying to get a sense of the writing style, and deciphering words and meanings. My daughter gave me a lot of help, really enjoyed it, she said. Like a treasure hunt, she thought, really.

One of the things that struck me was the heavy reliance on salted and brined foods — understandable, I guess, for a time without refrigeration.

And how much our palates have changed in 150 years. Jellied sweetmeats, for example. Hmm, haven't had one of them for a while. Or rabbit braised in white sauce.

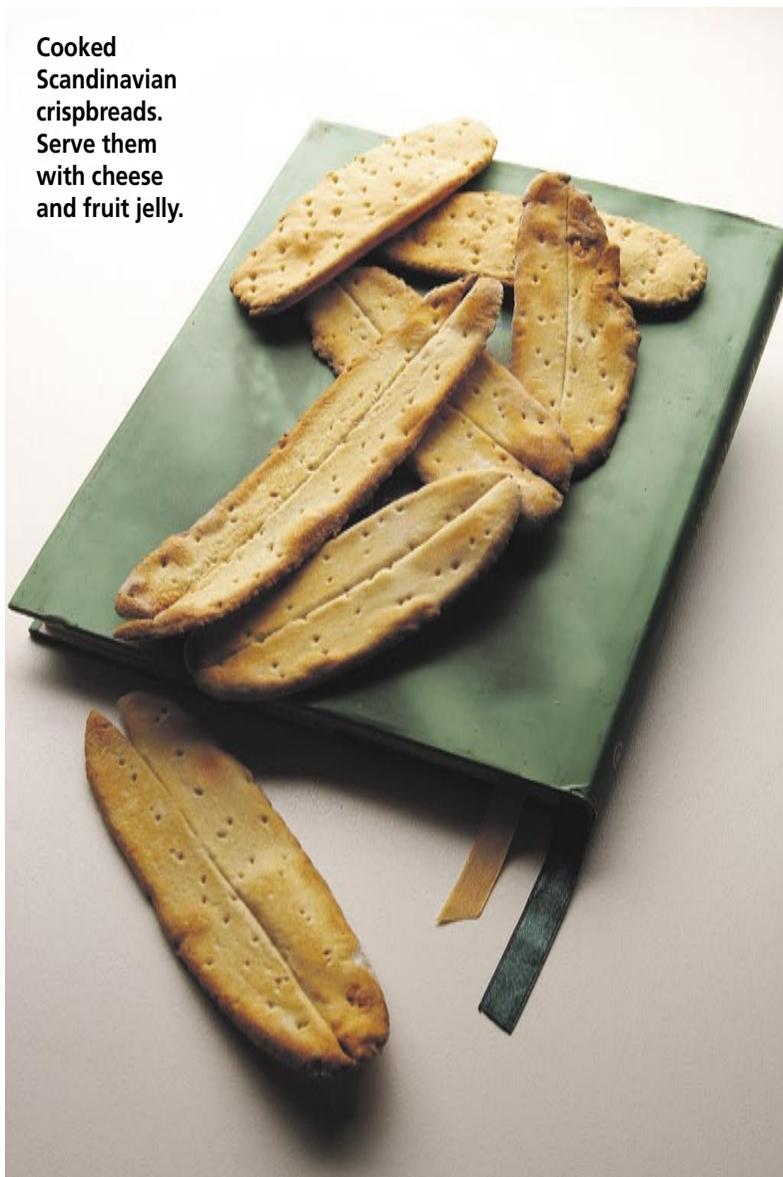
So, in fact, from those two hundred pages, we got a dozen recipes that I felt would be enjoyed by people at today's dining table.

SCANDINAVIAN CRISPREAD

1 ¼ cups lukewarm milk
25 g (2 tbs) yeast
1 tsp salt
250 g wheat flour
250 g rye flour (I also use spelt)

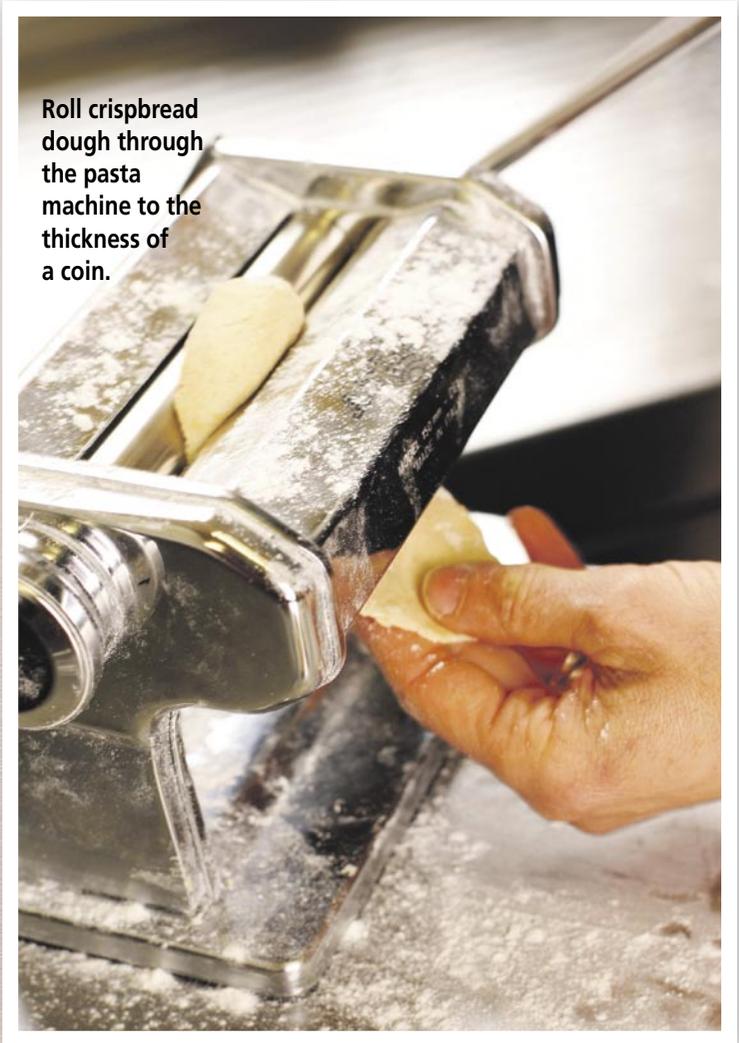
1. Mix the yeast and milk together. Leave to stand somewhere warm a few minutes.
2. Add all other ingredients to the milk and fold together to a firm dough.
3. Knead for 5 or 10 minutes to stretch the gluten.
4. Halve the mixture and roll each half into a sausage shape. Cut into 16 even pieces.
5. Leave balls to prove somewhere warm for 20 minutes.

**Cooked
Scandinavian
crispbreads.
Serve them
with cheese
and fruit jelly.**





For Scandinavian Crispbread, cut the dough sausage into 16 even pieces.



Roll crispbread dough through the pasta machine to the thickness of a coin.

6. Preheat your oven to 200°C.
7. Roll each ball out to the thickness of a 5 or 10 cent piece. I will often use a pasta machine roller for this.
8. Prick the surface all over with a fork or dimpled roller.
9. Bake in the oven for 10 minutes, flip and bake another 2 minutes on the other side. Remove and cool.

These are terrific served with a bit of cheese and apple jelly. They will keep for weeks if stored correctly. You can add contrast at step 2 by folding through a couple of tablespoons of fennel or caraway or poppy seed.