

Hill Farm Sweet & Sour Meatballs

Meatballs

1 kg Lean Mince (Chicken or Beef)
1 Cup Naturally Nichols Stuffing Mix
1 Tbs Hill Farms Ploughman's Relish
1 Cup Hill Farm Ratatouille Relish
Salt and Pepper to taste

Mix all together and form into small balls.

Sauce

¼ Cup Hill Farm Tarragon Vinegar
1 Cup Hill Farm Tomato Relish
2 Tbs Hill Farm Ploughman's Relish
½ Cup Hill Farm Plum Jam

Mix all ingredients together.

Place meatballs in oven proof dish, pour over sauce and cover with foil, cook at 150 C for one hour, stirring occasionally throughout. Serve with Spaghetti and green steamed vegetables.

Venison Steaks with Hill Farm Cumberland Jelly

2 Venison Steaks (200g Each)
1 Tbs Olive Oil
1 Tbs Hill Farm Honey Mustard
2 Tbs Hill Farm Ploughman's Relish
4 Tbs Hill Farm Cumberland Jelly

Heat oil in pan. Spread honey mustard over both sides of steaks. Drop steaks into pan and cook for 4 minutes on each side for a rare steak, 5 minutes for medium and 6 minutes for well done.

Then 30 seconds before the end of cooking, place Hill Farm ploughman's relish and Cumberland Jelly around (not over) the steaks. Let it bubble for 1-2 minutes and season with salt & freshly ground pepper.

Serve with new potatoes and green salad.

Hill Farm Steak Sandwich

1 Tasmanian Fillet Steak
1 Tbs Hill Farm Wholegrain Mustard (Honey or Mountain Pepper)
1 Tbs Hill Farm Tomato Relish
1 Tbs Hill Farm Ploughman's Relish

Place steak under hot grill for 3-5 minutes on each side.

Assemble on fresh bread roll. Bon Appetite'

Hill Farm Preserves are completely Natural and of the highest quality.

Many of our outstanding preserves have won prizes and commendations in the culinary press. All of the fruit is Australian grown and much of it is grown in Tasmania's cool climates.

Most of our products are salt free or low salt. Our products are slow cooked in small batches to retain the natural flavours, colour and texture. You can actually see and taste the fresh locally grown farm produce. Take a trip back in time, and enjoy our delicious products, that give you a taste of yesteryear.

When you purchase any Hill Farm product part of the proceeds go towards the conservation of 100 hectares of native forest providing sanctuary for our wildlife for future generations.

I hope you enjoy these delicious recipes.



FARM SHOP

Redbanks Farm, 152 Broomhalls Road,
Sisters Creek, 7325 Tasmania, Australia.

For more information about our complete range of organic, 100% natural products please **contact us or order direct from our website.**

Telephone : (03) 6445 1438
Facsimile : (03) 6445 1289
(international + 61 3)

Email : info@naturally-nichols.com.au

Web site : www.naturally-nichols.com.au

Check out our web site for more delicious recipes.:
www.naturally-nichols.com.au/recipes.htm

If you have recipes with different ways of using our preserves, we'd be delighted to hear from you.

TASMANIA'S
HILL FARM



Recipes from the farm.

100 % Natural Preserves
of the highest quality.

Free from artificial Flavours, colours,
preservatives and as organic as we can
make them...



Hill Farm / Nichols Chicken Wings

Marinate 2kg of Nichols Chicken Wings in:

- 6 Tbs Soy Sauce
- 2 Tbs Hill Farm Honey Mustard
- 2 Tbs Hill Farm Basil Vinegar
- 4 Tbs Hill Farm Tomato Relish
- 2 Tbs Hill Farm Plum Jam
- 2 Cloves Garlic
- 1 Tbs Hill Farm Chilli Relish

Place ingredients in a microwave proof bowl and cook for 30 seconds on high, stir and microwave for another 30 seconds. Pour over chicken wings and place in refrigerator overnight. Cook in electric fry pan until golden brown all over.

Ideal for buffets or finger foods. Don't forget the serviettes!

Hill Farm Guacamole

- 2 Medium Ripe Avocados
- 1 Clove Garlic (crushed)
- 2 Tbs Hill Farm Tomato Relish
- 1 Tbs Hill Farm Chilli Relish
- Hill Farm Lemon & Bayleaf Vinegar
- Salt
- Freshly-milled Pepper

Remove avocado flesh from avocado and pour Hill Farm Lemon & Bayleaf Vinegar over it to prevent discolouring. Put into food processor with all other ingredients and mix for 2-3 minutes until well blended then season to desired taste.

Serve with corn chips or hot breads or vegetable crudities.

Hill Farm Strawberries

- 1 Punnet Sisters Hills Organic Strawberries
- 1 Tbs Sugar
- 1-2 Tbs Hill Farm Raspberry Vinegar

Place strawberries, sugar and vinegar in a microwave proof bowl. Cook on high for one minute. Remove and stir well. Cook on high for a further 30 seconds then stir again.

Serve hot on an omelette or warm with cream or ice cream. Or cut strawberries into quarters lengthways, sprinkle with sugar and mix well.

Just before serving, drizzle with a little raspberry vinegar and serve. Serves 4.

Hill Farm Tarragon Mustard Butter

- 175g of Softened Butter
- 4 Tbs Chopped Parsley
- 1 ½ Tbs Snipped Chives
- 1-2 Tbs Hill Farm Tarragon Mustard
- 1 Large Clove Garlic (crushed)
- 1 Desert Spoon Hill Farm Lemon & Bayleaf Vinegar
- Salt
- Freshly-milled Black Pepper

Blend all ingredients together

Serve with chops, steaks or fish or swirl around hot, cooked vegetables such as carrots, new potatoes, cauliflower and zucchini.

Can be stirred into vegetable soup, sauce or gravy at the last minute.

Hill Farm Horseradish & Mountain Pepper Mustard Crème Fraiche

- 2 Tbs Hill Farm Horseradish Mustard
- 2 Tsp Hill Farm Mountain Pepper Mustard
- 1 heaped Tbs Crème Fraiche
- Salt and freshly-milled Pepper

Mix all ingredients together.

Ideal to serve with rare beef, steak or smoked salmon.

Steaks with Hill Farm Horseradish Butter

- 4 Tasmanian Eye Fillet steaks
- 125g Butter
- 2 Tbs Hill Farm Horseradish Mustard
- 1 Tsp Hill Farm Lemon & Bayleaf Vinegar
- Salt and Pepper

Whisk softened butter, add seasonings and beat well. Form into a long roll and cover in cling wrap.

To serve, cut into 1cm slices and place on steak before grilling to give it that extra zing (also goes well with salmon).

Hill Farm Pizza (With prepared base)

Heat Oven 180 C, grease pizza tray with olive oil.

Brush the pizza base with oil and cover with Hill Farm Tomato Relish. Spread 2 Tbs of ploughman's relish Sprinkle the surface with cheese, anchovies, olives, dried oregano, Hill Farm summer relish and Parmesan.

Cook for 25 minutes

Hill Farm Plum & Raspberry Marinade or Dipping Sauce

- 2 Tsp Sesame Oil
- 1 Clove Garlic (crushed)
- 1 Tbs Hill Farm Chilli Relish
- 225g Hill Farm Plum Jam
- ¼ Cup Hill Farm Raspberry Vinegar
- 2 Tsp Spice Powder

Heat oil, cook garlic and add all other ingredients, whisking until jam melts. Simmer until well combined.

Goes well with chicken drumettes, spring rolls, chinese barbeque pork, beef, fish or kebabs.

Hill Farm Roast Potatoes with Garlic and Mountain Pepper Mustard

- 1 kg Potatoes (washed and in skins)
- 1 bulb of Garlic
- 2-3 Tbs Hill Farm Mountain Pepper Mustard
- 1 Tsp Paprika
- 5 Tbs Olive Oil
- Salt

Cut potatoes in half and lie cut side down in lightly oiled roasting tin.

Combine olive oil, mustard and paprika in a small pan and heat through. Brush evenly over potatoes and roast for 15 minutes. Break up garlic bulb and scatter cloves around the potatoes and roast for a further 30 minutes until golden brown, basting occasionally with mustard seed oil.

Serve sprinkled with fresh herbs and a little sea salt.

Hill Farm Tasmanian Salmon Dip.

- 225g Tasmanian Smoked Salmon
- 2 Tsp Hill Farm Lemon & Bayleaf Vinegar
- 2 Tsp Hill Farm Tarragon Mustard
- 3 Tbs Mayonnaise
- 75mL Cream
- Salt and Pepper

Put all ingredients into food processor and process for 2 - 3 minutes until smooth.

Serve with crudités or crackers. Great for cocktail parties.

