

Inspire Me

By Bin Inn

Issue 01 - February 2017

NEW!

• Preserving • Pickling • Bottling • Jams • Relishes

Inside this Issue:

- Hints & Tips
- Michelle Yandle on Pickling and Fermenting
- Michelle Yandle Recipes
- Your Preserving Problems Solved!
- Favourite Time-Tested Recipes
- Low Sugar/Sugar Free Jam Options
- Setting Must Knows
- Storage Options

Plus Much More!



Your Summertime Preserving Guide!

**Bin
Inn**

Bin Inn

Wholefoods and Specialty Groceries



Low Sugar Alternatives



Vinegar Use Guide



Herbs, Spices & Seeds

Summertime Pickling & Preserving

Now that summer is here, it is an ideal time to get the pickling and jam making underway. With all the fresh fruit and vegetables available at this time of year, preserving is a great way to transform them into pantry fillers for the months ahead.

At your local Bin Inn you can get everything you need for preserving - apart from the fruit and veges themselves.

We sell the Agee Jars, the Screw Bands, the Dome Seals, the Jam Covers and a wide selection of the Vinegars and Spices required to make the perfect preserved product

We have been helping our customers since 1988 create perfect, delicious and easy preserves, pickles, jams and relishes.

The increased popularity of crafting home-made products makes Bin Inn your one-stop-shop for all your summer preserving requirements.

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*Spice
Tips!*

Choose from our conveniently packaged pantry packs or you can scoop your own from our shuttles. This is a great way to buy as little or as much as you need for your recipes.

Why not bring in your own spice containers from home and refill to save even more?! Bin Inn has the A-Z in spices covered, you can even choose the ready-to-go Bin Inn Pickling Spice Mix with it's blend of 5 herbs and spices.



Vinegars!

Vinegar is an essential ingredient when it comes to pickling because it acts as a preservative. What kind of vinegar you use depends on the colour and flavour you want to have in the finished product. Bin Inn has the varieties you need from retail packs to bulk dispensing.

White Vinegar

Most recipes call for distilled white vinegar. This is the clear, colourless vinegar made by fermenting grains. It has a mellow aroma, tart acid flavour, and does not affect the colour of the light-coloured fruit or vegetables such as cauliflower and cucumber.

Malt Vinegar

Malt Vinegar is produced from malted grains. This vinegar is commonly used for pickling onions. Malt vinegar will discolour vegetables and is recommended for use in recipes such as preserved beetroot or homemade chutneys where vegetable colour is not so important.

Apple Cider Vinegar

Apple Cider Vinegar, made from fermented apple juice is a good choice for many pickles. It has a mellow, fruity flavour that blends well with spices.

Spiced Vinegar

Spiced Vinegar is ideal for your pickling and preserving and comes with a number of key spice ingredients already immersed in the vinegar flavour.

**Bin Inn Stocks an Impressive Range of Spices & Dried Herbs
- Over 70 different varieties!**

Only use non-iodized salt when preserving. Other salts contain anti-caking materials that may make the brine mixture cloudy.

Use whole spices for pickling recipes with cauliflower, cucumber etc where clearness of colour is desired, and use powdered spices for sauces & chutneys as they immerse & blend better into the flavour of the finished product.

Bin Inn has all your favourite Perfit Preserving Products!

In your Local Bin Inn you can find:

- Perfit Large Dome Seals
- Perfit Seal Gold Screw Bands
- Perfit Seal Green Screw Bands
- 1 Litre Perfit Utility Preserving Jars
- 500ml Perfit Utility Preserving Jars
- Jam Covers
- Vinegars
- Herbs & Spices
- Sugars

* The above products are available in most Bin Inns



Michelle Yandle - our Bin Inn Healthy Food Ambassador

Pickling & Fermenting Food

Preserving food is a great and often healthy way to use up those extra vegetables. It allows you to take advantage of local harvests and saves you money along the way. It also nourishes us by giving us the opportunity to connect with family and friends and nurture traditions.

Traditionally, food is preserved by either pickling or fermenting. When pickling, we usually use some form of vinegar to preserve the contents. When we ferment food to preserve it we are using the beneficial bacteria already present on the vegetables. There is no right or wrong way to preserve food and they both have their health benefits, but when foods are preserved through fermentation you're creating additional beneficial bacteria and enzymes to help repopulate and aid the hub of our body's health – the gut! See below for some great fermenting recipes.

Fermenting food also helps you absorb the nutrients in food better by balancing gut bacteria and giving you the digestive enzymes you need to make the food more bio-available. Fermenting also enhances the vitamin and mineral intake of vegetables and fruit because they are made more readily available through the fermentation process. You can ferment pretty much any vegetable from carrots to cucumber.

Spicy Cultured Carrots

Ingredients:

- 2 kg Grated or Sliced Carrots
- *Saline Solution
- 4 Cinnamon Sticks
- 20 Cardamom Pods
- ½ Cup Whey Powder

Method:

- Pack the carrots down tightly into a large sterilised jar.
- Add the spices and whey.
- Cover with the saline solution and then seal the jar with the lid.
- Allow to sit in a dark cupboard for 3-4 days then enjoy.

*To make the saline solution add 5 tablespoons sea salt to 8 cups water and stir until the salt is dissolved.

Fermented Sour Pickle

Not only will the pickles ferment and be delicious but the garlic will as well. Enjoy!

Ingredients:

- 4 kg Small Pickling Cucumbers
- 1 Tbsp Dried Dill
- 16 Garlic Cloves (whole and peeled)
- 3 tbsp Bin Inn Pickling Spice Mix
- 5-6 tbsp Sea Salt

Method:

- Soak cucumbers in cold water for a few hours, scrub well to prevent mould from forming while they're fermenting.
- Place cucumbers, dill, garlic and spices in a large glass jar and sprinkle a bit of sea salt as you go.
- Prepare a brine (5 tablespoons sea salt to 8 cups water) stir well to dissolve salt, fill the fermentation jar with the brine so it covers cucumbers.
- Cover jar, place it in a warm spot in your kitchen to allow the cucumbers to ferment for 5-10 days. Taste them after 5 days continuing to do so each day until you're happy with the taste.



Pickled Onions

Ingredients:

- 5 kg Pickling Onions
- 1.7 Lt Vinegar
- 2 tbsp Golden Syrup
- A few Chillies & Cloves
- 60g Peppercorns
- 2 tbsp Salt
- 1.5 cups Sugar

Method:

- Boil together vinegar, golden syrup, chillies, cloves, peppercorns, salt & sugar for a few minutes.
- Pour over onions when cool.
- Bottle and seal as desired.

Preserving Tips & Hints

Fruit

Make sure only firm, ripe fruit is used. Bruises or marks should be cut out. Wash and thoroughly dry first.

Sugar

Sugar should always be slowly dissolved into cooked fruit before the mixture is brought to a hard boil to avoid burning.

Storage

Jams should be stored in clean, dry, sterilised jars. Finished products should be dated and labelled.

Mould

If chutneys are under cooked or if clean jars are not used, mould may start to form. Discard these products.

Making Jams, Marmalades, Preserves & Conserves

Low Sugar Alternatives for Jams and Jellies

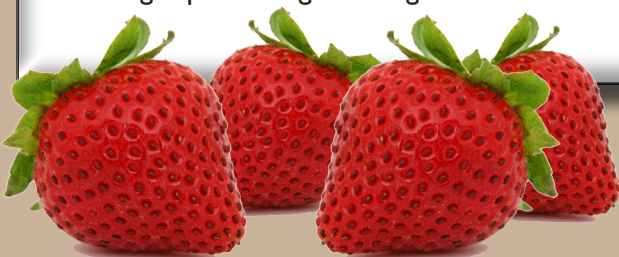
You can make tasty and healthy jams and jellies with little or no sugar.

For best results, use one of the following methods:

- **Recipes Using Gelatin**—Some recipes use unflavored gelatin as the thickener for the jelly or jam. Artificial sweetener is often added. Do not process in a boiling water bath or freeze. Store in the refrigerator and use within four weeks.
- **Long-Boil Methods**—Boiling fruit pulp for long periods of time will make a product thicken like a jam, preserve or fruit butter.
- **Special Modified Pectins**—Look for packages of pectin that say “light,” “less sugar,” or “no sugar added” on the label. Follow the directions on the package carefully for the brand of pectin you are using.
- **Regular Pectin with Special Recipes**—These special recipes have been tested and formulated so no added sugar is needed. Remember, regular pectin does contain some sugar. Artificial sweetener is often added.

Key points to remember when making low and no-sugar jams and jellies:

- Follow the directions on the package or in a no-sugar recipe exactly.
- Because these products do not have sugar as their preservative, be sure to process or store them as directed in the recipe. Some require no processing, longer processing or refrigeration.



Old Fashioned Favourite! Strawberry Jam

Ingredients:

- 1 kg Strawberries
- 1.5 Tsp Tartaric Acid
- 6 Cups White Sugar

Method:

- Wash & remove stems from strawberries. Place in large saucepan and mash lightly.
- Add sugar & stir thoroughly until dissolved.
- Bring to boil for 5 mins & add tartaric acid.
- Rapidly boil for a further 5 mins.
- Pour into hot, sterilised jars and cover. Delicious with Bin Inn Scones!

Jams, marmalades, preserves, and conserves are fruit products preserved by sugar. These products differ in gel consistency, ingredients and how the fruit is prepared. They are easy to make at home.

- Jams are made from crushed or ground fruit and usually have a thick texture due to high pectin content.
- Marmalade is a jelly with pieces of fruit suspended in it. Citrus peel and juice are frequently the basis of marmalade.
- Preserves contain whole fruit or small pieces of fruit in a thick sugar syrup.
- Conserves are jams made from a mixture of fruits. They usually contain citrus fruit, nuts, and raisins.

Guide to Jam Ingredients

- Fruit gives the product its special flavor and provides pectin for thickening.
- Pectin provides thickening or gel formation. All fruits contain some pectin. Apples, gooseberries, some plums, cranberries, and citrus peel contain large amounts of pectin.
- Fruits like blueberries, strawberries, cherries, contain little pectin. You can make thicker products with these fruits by combining them with fruit rich in pectin or with powdered or liquid pectin.
- Acid must be present to form gel in marmalades and thickening in jams, preserves and conserves. For fruits lacking in natural acid, like strawberries, recipes call for lemon juice or other citrus fruit. Commercial pectin products contain organic acids that increase the acid content of fruits.
- Sugar aids in gel formation, develops flavor by adding sweetness, and acts as a preservative. Corn syrup or honey can replace half of the sugar in a recipe. Use light colored, mild-flavored honey; too much honey can overpower the fruit flavor.

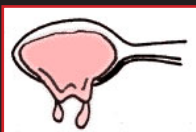
Pectin!

You don't really need added pectin when making your favourite jam and jelly recipes. The trick is to use fruit that is naturally high in pectin such as:

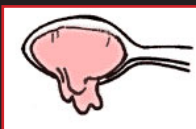
- **Most Apples**
- **Citrus Fruits**
- **Grapes**
- **Currants**
- **Lemons**
- **Plums**

When making jam without added pectin, be sure to use fully ripe fruit only. Wash the fruit before cooking but do not soak. Remove stems, skins and pits before cutting into pieces. For jelly made without added pectin, select a mix of 3/4 ripe and 1/4 under-ripe fruit. Do not use commercially canned or frozen fruit juice as the pectin is too low. Crush soft, fully ripe fruits or berries and cut the firmer, under-ripe fruit into small pieces. Use the fruit peels and cores during cooking as this will add additional pectin.

Use white sugar unless the recipe calls for brown sugar. The jam is done when 2 big drops slide together and form a sheet that hangs from the edge of the spoon.



Nearly Done



Done

Jam Problems Solved!

Crystallised Jam? - Too much sugar has been used in proportion to fruit.

Hard, Dry Jam? - Caused by over boiling, bad covering or jam being stored in a warm place.

Fermented Jam? - Over ripe fruit has been used, insufficient boiling of the jam or the jam has been poorly covered or stored incorrectly.