

CANNED CANAPES

Putting last Summers "put up" bounty to use in late Winter is very gratifying- the hard work of sowing, nurturing, harvesting, preparing & canning through a limited growing opportunity that culminates with a taste of the Sun when it is grey outside! Although perfectly suited to soups, stews and slow cooker casseroles, your canned goods can do a lot more! Have them feature in first course recipes such as these below: These appetizers include home-canned Applesauce, Corn, Tomatoes, Jalapenos, as well as Cornmeal and the last of the last Beets & Turnips!

INGREDIENTS

QUICK BEET BLINIS w/
Smoked Salmon Spread

1 medium Beet, crown
removed & peeled

¾ Cup Yoghurt

2 Eggs, beaten

½ teaspoon Baking Soda

2/3 cup Self-Rising Flour

SMOKED SALMON
SPREAD

4 ounces Smoked Salmon

2 Tablespoons Sour
Cream

1 Tablespoon Mayonnaise

2 teaspoons Lemon Juice

1 teaspoon Prepared
Horseradish

DIRECTIONS

To prepare Blinis, combine Flour and Baking Soda in a mixing bowl with a whisk. In a separate bowl add the beaten Egg and Yoghurt and combine.

Grate the Beet and combine with yoghurt mixture, before folding in the dry ingredients. Fry small spoonfuls on a greased griddle over moderate heat for about 3-4 minutes per side, depending on how big the spoonfuls are.

When cooked, transfer onto a greased cookie rack preferably, or a sheet pan to cool.

In a blender combine all the Salmon Spread ingredients and pulse to combine.

Taste for seasoning and add Salt & Pepper if needed (Smoked Salmon is usually salty enough) Reserve in a refrigerator until ready to serve.

INGREDIENTS

TURNIP LATKES w/
Applesauce & Sour
Cream

½ medium Yellow Onion,
root end intact & peeled

1 pound Purple Top
Turnip, crown removed
and peeled

1 Tablespoon Cornstarch

1 teaspoon Celery Salt

1 Egg, beaten

1 Cup canned Applesauce

Sour Cream

DIRECTIONS

Beat the Egg in a medium bowl.

Grate Turnip & Onion carefully into the bowl.

Sprinkle over Cornstarch & Celery Salt.

Mix together with a spoon until well combined, about a minute.

Heat a Tablespoon or two of oil in a flat skillet or griddle over medium heat and place small spoonfuls of Turnip mixture down when hot.

Use the back of the spoon to smooth the Turnip into a flat cake, about 1/4 inch high.

Cook for about 3-4 minutes per side and then transfer to a plate to cool- do not overlap!

Repeat with remaining mixture and serve immediately with Applesauce and Sour Cream, garnishing with some snipped Chives for color!

INGREDIENTS

CORNCAKES w/ Sweet & Spicy Tomato Salsa

1 Cup Cornmeal

½ Cup Flour

¾ teaspoon Salt

½ teaspoon Baking Powder

½ teaspoon Baking Soda

1 Cup Milk

1 Egg

1 Cup canned or frozen Corn Kernels

2 Tablespoons Chives, finely sliced

SWEET & SPICY TOMATO SALSA

1 Cup canned Tomato, filets or diced

2 Tablespoons or more canned Pickled Jalapeno Slices

2 Tablespoons Agave Nectar

1 Tablespoon fresh Lime Juice

2 Tablespoons finely diced Red Onion

Cilantro

DIRECTIONS

Measure out 1 Cup Milk into a 2 Cup measuring jug, crack in an Egg, and then use a fork to whisk together.

In a mixing bowl combine the Cornmeal, Flour, Baking Powder & Soda with Salt.

Use a small spoon to combine the wet & dry ingredients and then stir in the Corn Kernels & Chive.

Use a Tablespoon or two of oil to grease a griddle over moderate heat, and then place spoonfuls of batter about 2 inches apart.

When golden brown on the underside, about 2-3 minutes, flip over and finish cooking.

Transfer onto a cookie rack to cool and repeat with remaining ingredients.

Meanwhile, strain the Tomato and Jalapeno and then dice. In a small bowl whisk together Agave & Lime Juice, then mix in the vegetables.

Season to taste if necessary (the canned Tomato already has Salt!)

Stir in chopped Cilantro if using.