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A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

July 2022

**RELISHES THAT MAKE EVERYTHING TASTE
JUST A LITTLE BETTER:**

**English Shredded Carrot and Beetroot Relish Salad
with Spicy Orange Dressing**

Sweet Spiced Orange Vinegar

The Simplest Raw Cranberry – Orange Relish

Sweet Onion Relish Spread

Tomato – Strawberry *Salsa*

Turkish Onion and Parsley Relish

Maybe you have found yourself slipping back into the old menu planning jargon. As you prepare a plant-based meal have you ever said, “Now what vegetables will go with this?” Vegans and vegetarians can take the “same old, same old plate-full-of-vegetables” out of meal presentation with garnishes and relishes. Roasted red peppers always brighten our Christmas Eve eggplant *parmigiana* and a dollop of fruit jam or herb jelly always garnishes our plates on Thanksgiving. Cranberry sauces or relishes or slices of fresh melon or a fully ripen *fuva* persimmon or a small heap of sweet and sour wilted cucumbers or even a small pile of garlicky olives can brighten and enhance that plate, and offer a different taste bud sensation now and then as you eat. Think of that great big pickle spear that so regularly is served with a grilled cheese sandwich in diners.

Relishes, so very, very popular when I was young, can do the same. Relishes were canned to preserve the end of season vegetables, especially during the Depression and World War II. I remember well those green tomatoes that never ripened at the end of the summer growing season becoming green tomato mincemeat, a pickled vegetable combination called chow chow, and a relish my grandmother and mom called piccalilli, a chopped vegetable and spice mixture that I have since found to be popular in Great Britain and also with Mennonite cooks here in Central Pennsylvania. The shelves of our fruit cellar always provided. We had onion, pepper, celery and tomato, rhubarb, and corn relishes, sweet and sour beets, beet relish, watermelon melon rind pickles, and cauliflower pickles. Mustard pickles were one of my favorites. All kinds of vegetables, cut into small pieces, sat in the mustardy sweet and sour, salty, spicy sauce for months in the fruit cellar. When Mom opened a jar to serve as a salad in the middle of the winter, we were confronted by choice. As a kid, there was real power in eating the vegetables you wanted to eat.

All of the relishes referenced above can be found in general cookbooks, albeit the older ones; in cookbooks devoted to canning and preserving; and often in USDA canning pamphlets. Relishes have, however, continued to be popular and recipes have continued to evolve influenced by encounters with cuisines from other parts of the world. Japanese relishes and pickles, Korean *kim chi*, Middle Eastern dips and recipes like the Turkish onion and parsley relish I have included, chutneys from India and Africa, and *salsas* from the Caribbean and Latin America have been integrated into our national repertoire. Sicilian *caponata*, pictured below, is available today in almost every grocery store although it might just be labeled eggplant appetizer.



ENGLISH SHREDDED CARROT AND BEETROOT RELISH SALAD WITH SPICY ORANGE DRESSING

TPT - 24 hours and 20 minutes;
24 hours = flavor development period

As a child growing up during World War II and in the post-war years, I remember meals that depended entirely upon the root vegetables in our root cellar. Salads might have been just a bowl of pickles, from the canning shelves, or a coleslaw made from a cabbage, also from the root cellar, but a tossed green salad was nowhere in sight during the long, cold days of an Upstate New York winter. This British salad would have been something my mother could have made, although I do not remember such a salad. We canned our own chili sauce and oranges came up from Florida every couple of weeks. Yes, we could have made this salad. It is perfect as a relish-like, on-plate accompaniment.

1 large carrot—scraped or pared and chopped
4 canned whole baby beets—chopped

2 tablespoons freshly squeezed orange juice
1/4 teaspoon honey

1 1/2 teaspoons commercially-available chili sauce
1 teaspoon distilled white vinegar, rice wine vinegar,
or SWEET SPICED ORANGE VINEGAR
(see recipe which follows)

1 teaspoon safflower or sunflower oil
1 teaspoon garlic oil
1/2 teaspoon sesame oil

In the work bowl of the food processor, fitted with steel knife, combine chopped carrots and beets. Process until of a uniform shredded or grated consistency, as preferred. Turn into a mixing bowl. Set aside until required.

In a small saucepan, combine orange juice, honey, chili sauce, and vinegar. Stir to mix well. Return to *LOW* heat. Allow to come to the simmer.

Add safflower, garlic, and sesame oils. Mix well. Pour over grated vegetables. Stir to mix thoroughly. Refrigerate for about 24 hours to allow for flavor development. Stir occasionally to keep the dressing dispersed. Turn into a saucepan set over *LOW* heat and allow to heat through. Pour into a fine sieve to drain. Turn into a serving bowl.



Serve warm or at room temperature as a relish for soy sausages or grain burgers or a just a relish side.* Refrigerate leftovers.

Yields 8 servings

Notes: *If you use high pulp orange juice, strain out about a tablespoonful of pulp to use as a garnish, if a garnish is desired.

This can also be served chilled as a salad.

This recipe can be doubled, when required.

1/8 SERVING – PROTEIN = 0.3 g.; FAT = 3.0 g.; CARBOHYDRATE = 1.8 g.;
CALORIES = 22; CALORIES FROM FAT = 41%

SWEET SPICED ORANGE VINEGAR

TPT - 1 week and 70 minutes
1 hour = cooling period;
1 week = flavor development period

This is an excellent base for a vinaigrette or a sesame dressing to serve with fruit salads or, as in this case to dress vegetables that are naturally complimented by the flavor of orange. It is a workhorse vinegar for us, one that I did include in the appendix section of "A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul."

3 1/2 cups rice wine vinegar
3 tablespoons sugar
6 whole cloves
5 whole allspice berries
1 cinnamon quill—broken

3 oranges—well-washed and thinly sliced

Sterilize a 1-quart bottle or jar.

In a saucepan set over *MEDIUM* heat, combine vinegar, sugar, whole cloves and allspice berries, and cinnamon quill pieces. Bring to the boil. Reduce heat to *LOW* and allow to simmer for 5 minutes. Remove from heat.

Add orange slices. Cover and set aside. Allow to cool at room temperature for 1 hour.

Pour spiced vinegar and *one-third* of orange slices into sterilized jar.* Cap.

Allow to stand at room temperature in a dark cupboard for 1 week to allow for both flavor and color development.

Sterilize **2 or 3 clear, condiment bottles.**

Using a fine sieve or a sieve lined with culinary cheesecloth, strain vinegar from orange slices and spices into sterilized condiment bottle.

Store vinegar at cool room temperature away from light for up to six months.

Yields 3 1/2 cupfuls

Notes: *Even at this stage of flavor development, the remaining orange slices are flavorful enough to be used as an unusual, but interesting, salad.

This recipe may be doubled or tripled or quadrupled with ease; helpful if you should want to give bottles as gifts.

1/56 SERVING (i. e., per tablespoonful) –
PROTEIN = 0.0 g.; FAT = 0.0 g.; CARBOHYDRATE = 0.8 g.;
CALORIES = 2; CALORIES FROM FAT = 0%

THE SIMPLIEST RAW CRANBERRY – ORANGE RELISH

TPT - 8 hours and 15 minutes;
8 hours = flavor development period



When prepared in a small ring mold and unmolded onto greens, this can be a very decorative holiday salad presentation. I first make this salad before the introduction of the food processor when its preparation required attaching the famous “Universal Grinder” to the kitchen table and grinding the fruit . . . and then washing the kitchen floor to clean up the dripping juices . . . One year I added just a bit of vanilla extract and was amazed at the soft, complexity that was introduced.

2 cups whole, fresh cranberries—well-rinsed

**1 unpeeled, medium, seedless *organic* orange
—well-rinsed and coarsely chopped**

1/3 cup sugar

1/2 teaspoon pure vanilla extract.

Sort cranberries, discarding any of poor quality. Put cranberries in the work bowl of the food processor fitted with steel knife.

Add chopped orange *with rind*. Process until evenly chopped, but *not pureed*. Pick out and discard any large chunks of orange rind. Turn into a mixing bowl.

Add sugar and vanilla extract. Stir to mix well. Cover with plastic wrap and refrigerate for at least 8 hours. Turn into a three-cup serving dish or ring mold from which it can be unmolded just before serving.

Serve chilled. Refrigerate leftovers.



Yields 10 servings

1/10 SERVING – PROTEIN = 1.0 g.; FAT = 0.2 g.; CARBOHYDRATE = 11.5 g.;
CALORIES = 46; CALORIES FROM FAT = 4%

SWEET ONION RELISH SPREAD

TPT - 2 hours and 8 minutes;
2 hours = flavor development period

After experimenting with the granulated sun-dried tomatoes available from a spice firm on the West Coast, I found it so useful that I couldn't possibly share all the recipes that benefited from the inclusion. Its nuances the flavor of the tomatoes and the smoked paprika that I normally include in this relish/spread. When I serve it as an appetizer, I skip the crackers and use toasts. French rolls and Portuguese saloio rolls are specialties of a nearby bakery. They are less airy than is French bread so they hold together well when sliced and dried. I spread the slices out on baking sheets and place them in an oven preheated to the lowest setting. I immediately turn the oven off and allow the slices to dry for several hours. The oven is then reheated and turned off again. The slices are turned over before they are replaced in the oven for another two hours. When cool, I bag them in a tightly sealed plastic bag until needed for a snack or appetizer. This spread is simple to prepare and it is good, very good.

**1/2 large sweet onion—Vidalia, Walla Walla, Mayan
 or Texas Sweet—peeled and coarsely chopped**
1/4 cup very well-drained, canned, petite-diced tomatoes
1 1/2 teaspoons extra virgin olive oil
1 1/2 teaspoons freshly squeezed lemon juice
1/2 teaspoon granulated sun-dried tomatoes
1/8 teaspoon smoked paprika
Pinch salt



In the work bowl of the food processor, combine chopped onion, very well-drained petite-diced tomatoes, olive oil, lemon juice, granulated sun-dried tomatoes, smoked paprika, and salt. Process until of uniform consistency. Turn into a small serving dish. Refrigerate for at least 2 hours before serving.

Serve as a relish salad with entrees or as a spread with small toasts or crackers. This also tastes good as a relish for sandwiches or a veggie burger.

Refrigerate leftovers.

Yields 1 cupful

Notes: This recipe can be doubled, when required.

1/16 SERVING (i. e., per tablespoonful) –
 PROTEIN = 0.2 g.; FAT = 0.4 g.; CARBOHYDRATE = 0.2 g.;
 CALORIES = 7; CALORIES FROM FAT = 51%

TOMATO – STRAWBERRY SALSA

TPT - 2 hours and 4 minutes;
 2 hours = flavor development period

Fresh relishes / salsas are relatively new to American menus. My original files folders were labeled relishes and chutneys and the relishes and chutneys were home-canned mixtures. Fresh relishes were then labeled garnishes. I couldn't understand why fresh, chopped vegetables were good enough for gazpacho but relishes had to sit in the fruit cellar for a few months to be considered ready for the table. My mother would have suggested that I was "overthinking" life" . . . admittedly, "why" was my favorite word as a child . . . Sometimes a relish needs to be less savory. The inherent sweetness of tomatoes may not be sweet enough but the addition of fresh fruit flavors contributes both softness and sweetness. Garnishing something as neutral as Parmesan rice with this relish can be transforming. This makes an excellent complement to a pot pie or roasted vegetables in puffed pastry or simple butter-steamed carrots. Oh, it is good.



**1/2 cup canned, diced tomatoes—uniformly
 chopped**
1/3 cup chopped fresh strawberries
1 garlic clove—crushed and very finely chopped
1 tablespoon freshly squeezed lime juice
3/4 tablespoon extra virgin olive oil
Pinch salt
Freshly ground black pepper, to taste

In a small bowl, suitable for dipping or serving, combine chopped tomatoes and strawberries, *very finely* chopped garlic, lime juice, olive oil, salt, and pepper. Stir to combine well. Cover and refrigerate for at least 2 hours.

Refrigerate leftovers.

Yields about 3/4 cupful

Note: This recipe can be doubled, when required.

1/6 SERVING (i. e., about 2 tablespoonfuls) –
PROTEIN = 0.3 g.; FAT = 1.5 g.; CARBOHYDRATE = 1.8 g.;
CALORIES = 20; CALORIES FROM FAT = 68%



TURKISH ONION AND PARSLEY RELISH

Soğan Piyazi

TPT - 40 minutes;
30 minutes = onion salting period

Garden fresh Italian flat-leaved parsley contributes a strong, bright taste that allows it to become an equal partner with the onion. We find this tasty low-calorie relish to be the perfect addition to a sandwich or accompaniment to grilled vegetables.

1/2 large Italian red onion

1/4 teaspoon salt

**1/2 cup *finely* chopped fresh Italian flat-leaved
parsley leaves**

Freshly ground black pepper, to taste

Slice the onion in quarters and then slice each of those quarters into *very thin slivers* to yield about 1 cupful. Spread the slices out in a large pie plate. Sprinkle with salt and toss to distribute the salt uniformly. Allow to stand for 30 minutes. Turn into a colander or sieve and rinse several times to remove the salt. Turn into a clean, dry sieve and allow the rinse water to drain from the onions. Turn into a serving dish.

Add chopped parsley. Grind black pepper over. Toss.

Serve or refrigerate until required.

Yields 1 1/2 cupfuls

Note: This recipe can be doubled, when required.

1/6 SERVING (about 1/4 cupful) –
PROTEIN = 0.6 g.; FAT = 0.05 g.; CARBOHYDRATE = 2.3 g.;
CALORIES = 11; CALORIES FROM FAT = 4%



Several of the recipes in this column included interesting ways to use fruits.

If you can drop by,

*I've gathered a few other interesting ways
to incorporate fruits into recipes for next month's column,
ways perhaps you may not have encountered.*

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

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