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Frugal Living

Hints and Tools for every day living
to make your life simpler and easier

Julie Craig



Learn a new way of living that enhances your health and enriches your life

Notes

Welcome to my interactive Frugal Living Workshop. Today you will learn how to create a harmonious and easy to manage kitchen with simple, delicious, highly nutritious, grain and dairy free foods.

WOW—what a mouthful! It's very simple really, I'm here to show you how and I really hope you enjoy all that I have to share with you.

-Julie



Julie is a tutor, author and columnist about living sustainably in Auckland's urban environment. An historic food practitioner, Julie preserves, makes jam, gardens, grows herbs, forages, distils and brews, and manages small livestock.

Fostering strong communities through bartering, sharing and teaching is an important part of every-day life.

Laundry Life

Sink Cleaner

If your sink is particularly greasy use the juice of 1 lemon and some liquid soap and wipe down the sink first. Then continue on with this recipe, A delightful fizzing concoction that clears your drains and makes your sink sparkle.

1/2 Baking Soda

1/4 Cup Salt

1/4 Cup White Vinegar

Put the salt and baking soda into the base of the sink and some into the plug hole.

Prepare a coarse, wet cloth and slowly pour the vinegar over the mixture while rubbing the sink using circular motions. Rinse the sink with water.

Dish Washing Liquid

1Tbs Liquid Castile Soap

15 Drops Lemon Oil

Put all ingredients into a bottle. This will clean your dishes without the use of detergents, it does not lather up with lots of bubbles but still has the cleaning and de-greasing effect.

Oven Cleaner

1 Cup White Vinegar

1/2 Cup Baking Soda

Salt (cheap iodised)

Mix the baking soda with enough water to make a thick paste. Use a cloth to layer this onto the inside of your oven. If there are any spills on the floor of the oven, cover them with salt. Dip a thick sponge into the vinegar and slowly, in a circular motion press the sponge onto the baking soda and rub. It should fizz and remove any of the greasy mess on the inside of the oven.

Living Food in your Kitchen

Coconut Yoghurt

This yoghurt is a delicious, dairy free food that is full of healthy bacteria for your gut.

1 young drinking coconut (usually from Thailand)

2 Tbs Starter from coconut yoghurt

Empty the coconut water into a container. Scoop out the flesh of the coconut and place in a blender with half the reserved coconut water and blend until smooth. Place in a sterilized jar and gently mix in the starter. Leave on the bench for 6-8 hours. Refrigerate.

Chia Seed Jam

2 Tbs Chia Seed

2 Cups chopped soft fruit (ie: berries or kiwifruit etc—I use frozen strawberries)

2 Tbs Lemon Juice

1 tsp pure Maple Syrup **Only if you feel the jam will not be sweet enough**

Raw Jam—Mash or blend the fruit & lemon juice. Add the chia seeds and leave overnight in a jar to thicken.

Cooked Jam—Heat the fruit until soft. Add the lemon juice and chia seeds and cook on low for 10 minutes. This will provide a thicker jam. Put in a sterilized jar and seal. Will last for 4-5 days in the fridge.

Breakfast Ice-Cream

3 frozen Bananas

1 Tbs Pure Maple Syrup

1/4 Cup Coconut Cream

Place all the items into a food processor and whizz for several minutes until the bananas are fluffy and whipped.

Great Flavours

- 1/2 Cup Blueberries & 2 Tbs Nut Butter
- 1/4 Cup desiccated coconut & 1 tsp Vanilla Essence
- 1/4 C Cacao Powder

More Raw

Rich & Colourful Coleslaw

Always a winner on my table, this is a delicious & fresh salad.

1/2 Red Cabbage—sliced finely

2 Carrots—end chopped off and grated

1 Apple grated

1/4 Cup Pumpkin Seeds (optional)

Juice of 1 large lemon

1/4 Cup herbaceous local Extra Virgin Olive Oil

Salt and Pepper to taste

Toss all the ingredients together in a large bowl and serve straight away — yum

Cauliflower Tabhoulli

1/2 Cauliflower

Juice of 1 juicy Lime

2 Tbs Extra Virgin Olive Oil

1/4 Cup Sunflower seeds (optional)

Salt and Pepper to taste

Handful of herbs—Parsley & Mint and whatever else you love the taste of.

Put the cauliflower florets into a food processor and whizz until it looks like cooked rice. Put in a bowl. Chop the herbs coarsely and put into the bowl of cauliflower with all the other ingredients. Mix well and enjoy.

Chores—Glorious Chores

Clothes Washing Liquid

This all purpose liquid soap is gentle on your clothes and smells amazing. Makes 9 Litres

1/2 Cup Lux Flakes

1/2 Cup Baking Soda

1/2 Cup Washing Soda

3 Litres Boiling Water & 6 Litres Cold Water

3 Tbs Borax (reduce to 1Tbs for Sensitive Skin)

In a 10 Litre Bucket (preferably with a lid) put all the ingredients -except for the cold water.

Stir several times over a 1 hour period with a large wooden spoon to dissolve. Add the cold water and mix together. Leave to set overnight. Should turn into a glossy gel.

1/2 load wash use 2 cups, Full load use 4 cups. I also add watered down vinegar to my rinse to soften the fabric and help eliminate any remaining soap residue.

All Purpose Cleaner

1Tbs Liquid Soap (Castile or the above recipe)

2 Cups hot Water

2 Tbs White Vinegar

5 Drops Lemon or Tea-Tree Oil

Put all ingredients into a spray bottle. Use on any surface except glass or mirrors (use Window cleaner recipe instead)

Window Cleaner

1 1/2 Cups White Vinegar

1/2 Cup Water

6 Drops Lemon Oil

Place all the items into a spray bottle and shake before use. The best way to clean your windows and mirrors is with crumpled old newspaper. Remember—we use everything more than once!

Cook it up

Meatballs

500 grams mince (pork or venison)

1/2 tsp Salt

1 preserved lemon

2 cloves garlic

1 onion

Handful of herbs—I like mint, parsley and basil

1 cup bone broth (not essential— but very good)

1 tsp grated fresh ginger

Chop the onion and garlic and gently cook in a fry pan until soft and translucent.

Finely chop the lemon and herbs and put into a bowl with all other ingredients.

Mix thoroughly and form into small balls and put into a casserole dish with the bone broth.

If you do not have bone broth add beef stock or a tin of tomato puree.

Cook at 180° C for 30 minutes.

Serve with Cauliflower Rice and Sauerkraut.

Fermented & Preserved

Preserved Lemons

8 Lemons

2 Tbs Salt

2 Bay Leaves

Cut the lemons into quarters and dip into the salt.

Place in your jar and press down with the muddler—releasing all the lovely juice.

Cover the lemons with more lemon juice—if necessary.

Put lid on and keep in a cool, dark place for 3 weeks before use.

Sauerkraut

1 organic / homegrown red cabbage

1 Tbs Salt

Cut the cabbage into thin strips and place in a large bowl & press with the large muddler.

Sprinkle the salt over the cabbage and leave for covered 30 minutes to prove.

Place the proved cabbage into your fermenting jar and push down gently with the muddler until your cabbage is covered by the watery juice of the cabbage.

Leave to ferment for 1 week when it will be ready to eat either raw or gently heated—yum.

Cook it up

Cauliflower Rice

- 1/2 Cauliflower
- 1/2 tsp Ground Cumin
- 1 tsp Coconut Oil
- Salt & pepper to taste

Once again, whiz up the florets until they look like grains of cooked rice. Add the cumin to the rice and stir. In a deep fry pan melt the coconut oil and add the cauliflower mixture. Cook only until warmed through. Serve hot.

Bone Broth

- 2 Canon Bones—sliced length ways—or roasted chicken bones
- 1kg ox tail or Brisket (a meat with a lot of connective tissue) or a whole chicken
- 3 Tbs Apple Cider Vinegar

In a large pot cook all ingredients on a low heat for 4-5 hours. When done, take the pot off the stove and remove the meat. Cut the meat and place in a separate bowl. Scrape any marrow out of the bone and put into the broth. Allow the broth to cool and scrape off any fat and put into a separate jar. Sieve the stock into several tall jars and refrigerate.

Cook it up

Butter Beef / Chicken

- Meat from bone broth recipe
- 1 tsp ground cumin
- 1tsp curry powder
- 1/2 tsp salt
- 2 onions—diced
- 200g coconut cream
- 400g tomato paste
- 2 tsp sugar

Cook the onion and spices until soft then add the remaining ingredients. Cook until heated through—serve. Easy

Bok Choy with Garlic

- 3 heads of bok choy
- 1 tsp sesame oil
- 4 garlic cloves—crushed
- 1 tbs coconut aminos—or soy sauce
- 1/4 cup bone broth
- 1 tsp sesame seeds

In a hot fry pan sauté all ingredients—(except bone broth) for 30 seconds.

Add the bone broth and serve once heated through.

delicious