



## How to eat a Veg Box

# PHWOOAAR.... MARROWS!

It is a truth universally acknowledged amongst vegetable stall holders that people of a certain generation become very excited at the sight of a marrow. Namely anyone old enough to have lived and experienced either the war or post war rationing. And why is this? Well its probably because the humble marrow is a foodstuff that can be almost anything you want it to be. It can be savoury, it can be sweet. You can stuff it, boil it, stew it, fry it and it will take on whatever flavour you are longing for it to have. It's a filler and flavoursome to boot with a refreshing juiciness that quenches something in us beyond our expectation. Apparently, nowadays we often mistake thirst for hunger which is why we so often overeat and spend so much time and income on dietary products and slimming aids. So there is much to be learnt from our older and wiser citizens who are motivated by a marrow. If lean times ever befall us again we too might be going weak at the knees at the sight of one. See below for Marrow Survival recipes - use wisely.

### **Marrow and Apple Pie**

1lb prepared marrow, 2oz seedless raisins, 1 lemon,  
1/2lb sliced appels, short crust pastry, Sugar  
Prepare the marrow, and cut into small pieces. Fill a pie dish with layers of marrow, sliced apples and raisins, sprinkling each layer with a little sugar and grated lemon rind. Pile the mixture rather high in the centre of the dish, and add just a little water. Cover with pastry, and bake in a good oven for 1 hour or a little longer according to the apples. (From Farmhouse Fare 1973)

### **Marrow Cream for Cakes**

2lbs marrow 1/4lb butter  
2lbs lump sugar 2 lemons  
Peel the marrow and boil until soft; strain well and beat to a pulp. Place in saucepan with sugar, butter, and the juice and grated rind of lemons. Boil slowly for 3/4 hour. This makes a filling equally as nice as lemon cheese.

### **Marrow Chutney**

4lbs marrow, 9 chillies, 1/2lb pickling onions  
1 1/2 oz ground ginger 6 cloves  
1 1/2 oz mustard 2 pints vinegar salt  
1 1/2 lbs loaf sugar 1/2 oz turmeric  
Cut marrow into small 1/2 inch squares, lay on a dish and shake some salt over it, leaving overnight. Now drain. Boil the other ingredients for 10 minutes, then add the marrow and boil for 1/2 hour until tender and put into jars.

### **Marrow and Pineapple Jam**

Peel and de-seed marrow, cut into small pieces. Add 3/4lb sugar to each pound of marrow. Put in stone jar and leave overnight. Next day add pineapple chunks (approx 1 pineapple to 2lb marrow) and boil for 2 hours or until the pineapple is soft and the jam sets. Apparently it is delicious in pastry tarts.

### **MARROW WITH TOMATOES**

A simple sounding recipe but exquisitely "more than the sum of it's parts". We've already put this recipe in the boxes but it's so good we thought you might need it again.

**2 fl oz Oil, 1 large onion, chopped, salt & pepper**  
**4 tomatoes skinned/chopped & 4 fl oz tomato juice**  
**(OR 1 X tin peeled tomatoes) 1/2 tsp dried mixed herbs or fresh basil/oregano**  
**2 lb marrow peeled, seeded and cubed 2 oz parmesan cheese grated**

Heat the oil. Add onion & fry 5 mins. Add tomatoes & fry 1 min. Stir in tomato juice (if not using tinned), salt & pepper to taste & herbs. Cook 3 mins. Add marrow. Cover and simmer for 30 mins until tender (alternatively oven cook for longer). Sprinkle with cheese and serve. This is a delicious side dish or can be eaten as a main meal with rice & cheese