

# LIFE IN THE MAKING QUARTERLY

ISSUE 02  
BY KAT GOLDIN FROM  
GARTUR STITCH FARM



A photograph of a rustic structure made of sticks and branches, partially covered by a white tarp, set against a background of trees and a clear sky. The structure is built with several vertical and horizontal sticks, some of which are thicker and more prominent. The tarp is draped over the top and sides of the structure, creating a sheltered area. The ground is covered with green grass and some dry, brown grass. In the background, there are trees with green leaves, suggesting a late autumn or early winter setting. The overall scene is outdoors and appears to be a makeshift shelter or a small-scale construction project.

***LIFE IN THE MAKING QUARTERLY***  
***ISSUE 02***  
***DEEP AUTUMN***

LIFE IN THE MAKING IS A QUARTERLY PRINT & DIGITAL  
PUBLICATION CONNECTING FOOD, LAND, PEOPLE AND PROCESS  
WITH SEASONAL FLAVOURS AND THEMES.

**CONTACT US**

For general inquiries,  
write to  
hello@garturstitchfarm.com

**STOCKISTS**

If you are interested in  
stocking  
Life in the Making, email  
us at  
hello@garturstitchfarm.com

**CONTRIBUTORS  
RECIPES & ESSAYS**

Kat Goldin

**CONTRIBUTING EDITORS**

Emily Crosby, Kerstin Grieve

**COPY EDITOR**

Temi Ajala

**PROOFREADING**

Joanne Scrace, Becky Goldin

**FOLLOW US:**

[www.garturstitchfarm.com](http://www.garturstitchfarm.com)

[instagram.com/katgoldin](https://www.instagram.com/katgoldin)

All images, recipes and layout Kat Goldin ©2021 v2, except photos page 31 & 67

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, or other electronic or mechanical methods, without the prior written permission of the editor, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.



# CONTENTS

---



## SOUP SEASON

White Bean & Chicken Chili

Runner Bean & Ham Soup

Cheese Scones

Making Broth

Sausage, Potato & Kale Soup



## FAMILY DINNERS

(Not Really) Minestrone Soup

Chicken-Fried Cauliflower

Christine's Cabbage Rolls

Stroganoff

Sourdough Noodles



## CARB LOADING

Salted Caramel Brownies

Cut Out Cookies

Cherry Almond Rocky Road

No-Bake Oatmeal Chocolate  
Chunkers

Not-Red Velvet Cake

Real Pumpkin Pie



## GIFTS OF THE SEASON

Infused Garlic Oil

Homemade Vanilla, Almond,  
Mint & Orange Flavour  
Essences





SOUP  
SEASON

# SOUP SEASON

I tried not to write this chapter. Surely every magazine/cookbook/newspaper has a segment in autumn all about soup. However hard I have tried to avoid it though, soup is inexorably linked to this time of year.

From September to April, one Sunday a month our tiny community gathers at the village hall for a Blether. From 12-1:30, we get together around the ubiquitous folding tables and under the orange heat lamps of every Scottish village hall eating soup and cake and catching up with friends and neighbours we may not have seen for the last month with the Scottish weather keeping us indoors. Those same tables and orange lights will line the perimeter of the dance floor for our Hogmanay (New Year's) ceilidh in late December. The stage that holds the band for the ceilidh also be the backdrop for the school play and the dance floor is a seniors yoga studio every Friday year round.

On a Blether Sunday, the littlest kids run around with their school friends. Older ones graduate to clearing dishes and then working in the kitchen. We take turns making soup - with the Scottish staples of lentil and Scotch broth sitting alongside more adventurous offerings like curries and chillies.

The hall committee wanders around serving tea and coffee (Kevin forever gets the two pots confused and pours the wrong drink into people's cups). We catch up on families visiting and local gossip. Deals are negotiated around the table. I've managed to secure sheep grazing, timber and fish from the local lake over a bowl of Stevie's lentil soup and Mags' coffee and walnut cake. Jim sells his honey and Isabelle urges us along to the next charity event in aid of the village kirk.

As the spouse of a hall committee member, I am usually called upon to make soup. And that's ok, because I was brought up by soup people. The Christmas Eve meal in my family is always soup. Huge pots sit on the stove, welcoming the arrivals from far and wide, whatever time they get there. Matzo ball soup was the highlight with my grandpa at the Jewish deli. My brothers' chilli-off is writ in legend, with one particularly memorable year left one of their girlfriends in bed for the weekend after a particularly fiery batch. Whether in rural Iowa or a small village in Scotland, soup skills are transferrable.

This chapter is an ode to the power of soup to bring people together. Some old family recipes, some new traditions and some new takes on old standards. They are meals to savour and gather over, to make deals over and to welcome you in after a long, cold, dark day.





# WHITE BEAN & CHICKEN CHILLI

Serves 6

At any cold weather gatherings, my brothers have a chilli-off. Each one makes a pot of "their" chilli and we gather around to taste who has the best chilli. They take such pride in their secret recipes that I never have the heart to tell them that actually it is my sister who makes the best chilli.

Where they go big on spiciness and meat, my sister's white bean and chicken chilli is delicate and delicious. Green chillis give it the flavour, while harder to get here in the UK, some mild jalepenos work well. The secret is to use some of the brine from the jalepenos to flavour the dish.

1 TABLESPOON OLIVE OIL	10 JALAPENO ROUNDS, SLICED
3 CHICKEN BREASTS, OR THE MEAT FROM A ROASTED CHICKEN	2 TABLESPOONS JALAPENO BRINE
1 WHITE ONION, FINELY CHOPPED	1.5L (51OZ) VEGETABLE OR CHICKEN STOCK
3 CLOVES GARLIC, CHOPPED	2 CANS CANNELLINI BEANS
1 TABLESPOON SMOKED PAPRIKA	1 LIME
1 TEASPOON CORIANDER SEEDS	CHEESE, SOUR CREAM AND TORTILLAS TO SERVE

1. In a pot, over a low heat, sauté the onion until translucent.
2. Add garlic, spices, jalapeños, jalapeño brine and chicken to the pot.
3. Cover and cook on low heat for about 20 minutes, stirring occasionally. Once the chicken is cooked, let it rest for 15 minutes.
4. Shred the chicken with 2 forks. Add the beans, stock and salt to the pot and set to simmer for 10 minutes.
5. Add the juice of one lime and stir.
6. Serve with cheese, sour cream, tortillas and fresh coriander.

## **MAKE IT PLANT BASED:**

**WHILE YOU CAN ABSOLUTELY SUBSTITUTE A MEAT ALTERNATIVE HERE, I BULK UP THE BEANS AND USE VEGETABLE STOCK WHEN WE HAVE PLANT-BASED FOLK AT THE TABLE AND NO ONE MISSES THE CHICKEN AT ALL.**



# ***RUNNER BEAN & HAM SOUP***

Serves 6

Runner beans are such an underrated vegetable in my opinion. Not only are they absolutely bountiful with handfuls of long, luscious beans throughout the summer, but they are the gift that keeps on giving. Eaten fresh off the vine, they are my favourite chore snack. Then when they come into the house, I like them pan fried in butter. As the season goes on, the green pods thin and the beans inside bulk out. Each bean is like a tiny watercolour painting, dappled pinks and whites and blues.

They do far better for me than any other shelling bean in terms of productivity and this year I planted far more runners than we could eat in the hopes of making this soup. Sadly, the colourful beans don't keep much of their colour when cooked, but are delicious none the less.

Shelled beans fresh from the garden need cooking times somewhere between a dried bean and a tinned one. So that I don't need to stand over them, I generally will cook them in a heavy pot in the oven like a casserole or if I am pressed for time, in a pressure cooker. If you don't have dried runners, butter beans would work perfectly here.

20G UNSALTED BUTTER

2 LEEKS, HALVED AND FINELY SLICED

2 CARROTS, CHOPPED

1 GARLIC CLOVE, CHOPPED

2 STICKS OF CELERY, DICED

180G LEFTOVER HAM

300G SHELLED RUNNER BEANS OR 400G TIN OF BUTTER BEANS, DRAINED

750ML CHICKEN OR VEG STOCK

1 TEASPOON SAGE, CHOPPED

SALT & PEPPER TO TASTE

1. In a pot, over a low heat, sauté the leeks, carrot and celery until soft.
2. Add the remaining ingredients. Cook on low for approximately 45 minutes. Depending how dry your beans are, you may need to cook them a bit longer and top up with water.
3. Serve.

## ***MAKE IT PLANT BASED:***

***SMOKED GARLIC WORKS WELL AS A HAM SUBSTITUTE IN DISHES LIKE THIS. ALTERNATIVELY, A BIT OF SMOKED PAPRIKA WILL ADD THAT SMOKEY DEPTH.***

# CHEESE SCONES Serves 6

It is only because I have lived here in Scotland for so long that I would call these "scones" because truth be told, in my mind, these are cheese biscuits. Whatever, you call them, the sourdough discard pairs perfectly with the cheese for a hit of savoury umami deliciousness. These are a fab quick win recipe and its worth having some recipes for discard up your sleeves so that you can refresh your starter and keep it active, without always having to make bread.

Not a sourdough baker, don't worry. Substitute a thick greek yoghurt for the starter and you will get a similar flavour.

150G SHARP CHEDDAR - GRATED

230G PLAIN FLOUR

1T BAKING POWDER

½ T BICARB

½ T SALT

125G COLD BUTTER

200G 100% HYDRATION STARTER  
(OR GREEK YOGURT)

120G MILK (BUTTERMILK IF YOU  
HAVE IT)

1. Cut the cold butter into small pieces and mix with the flour, salt, bicarb and baking soda until it resembles crumbs.
2. Mix in the grated cheese.
3. Mix the starter and milk and add to the flour mix.
4. Mix just until everything is incorporated.
5. Pat or Roll the dough out to about 3cm thick and cut scones. Or, this recipe is perfectly sized to fit into 12 muffin tins.
6. Bake at 180c/350f for 20 minutes or until brown.

**TRY ADDING OTHER CHEESES OR ADDING 100G COOKED, CHOPPED BROCCOLI**





**LIFE IN THE MAKING**  
**QUARTERLY**  
**ISSUE 02**

**NOVEMBER 2021**

**SUBSCRIBE HERE**

