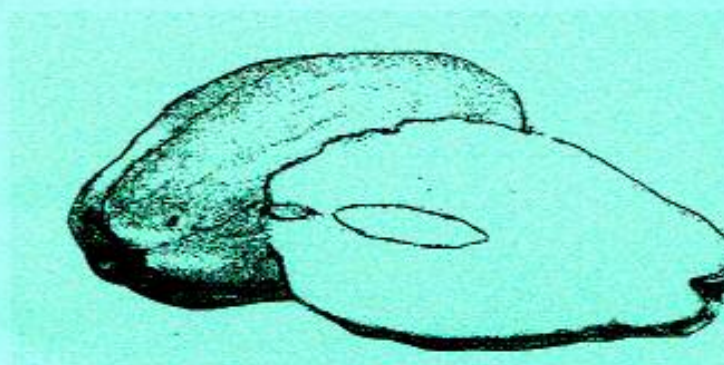


*Choka*  
**Recipe Book**



**By Roslyn Deakin**

# CHOKO RECIPE BOOK

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Chokoes can be boiled, peeled or unpeeled, baked, stuffed combined meat, chicken vegetables or make into jam, chutney or dessert

Choko as called Chayote or in Louisiana it is called a Mirlaton or Huisquil.

Christophine or chocho in Brazil and Caribbean, Brionne in North Africa.

Vegetable Pear, Custard Marrow, Pepinella, Shu-Shu, Cinchayote

Choko is from Mexico and Guatemala

## **A GUIDE TO METRIC MEASURES**

**A metric measuring cup 250mls.  
A metric measuring tablespoon hold 20mls,  
A metric measuring teaspoon holds 5mls.**

**30grams = 1 oz  
125 grams = 4 ozs  
250 grams = 8 ozs  
500 grams = 16 ozs or 1lb  
750 grams = 24ozs or 1 – ½ lbs  
1 kg = 32ozs or 2lbs**

**30 mls = 1 fluid ozs  
125 mls = 4 fluid ozs  
250 mls = 8 fluid ozs  
500 mls = 16 fluid ozs  
750 mls = 24 fluid ozs  
1000mls = 1 litre or 32 fluid ozs or 1 – ¾ pints**

**3mm = 1/8 inch  
6mm = 1/4 inch  
1cm = 1/2 inch  
2.5cm = 1inch  
10 cm = 4 inch  
25 cm = 10 inch  
30 cm = 12 inches or 1 foot**

### **Oven Temperatures (approx)**

**325F = 160C  
350F = 170C  
375F = 190C  
400F = 200C**

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## SOUP

### **CHOKO, BEAN and PASTA SOUP**

*310 grams chokoes peeled, seeded and cubed, ¼ cup extra virgin olive oil, 1 onion chopped, 3 cups cooked white beans, 3 cups bean cooking water, coarse sea salt, freshly ground black pepper, 1 cup boiling water, 175 grams short pasta*

Put chokoes in saucepan with 2 tablespoons extra virgin olive oil, and toss to coat. Place over high heat and lightly brown. Reduce the heat to low, add the onion and cook, stirring occasionally until the onion begins to brown. Add the cooked white beans, bean cooking water, coarse sea salt, simmer for 120-15 minutes or until the chokoes are tender. Blend one third of the soup in food processor and return it to the saucepan. Add boiling water and the short pasta to the soup and cook until pasta is done stirring often to prevent sticking. Serve with drizzle of extra virgin olive oil, Serves 6-8.

### **CHOKO SOUP**

**S. Sanson**

*2 chokoes unpeeled and quartered, 2 tspns castor sugar, 5 cups chicken stock, 1 cup cooked chicken shredded, 2 spring onions thinly sliced, salt and freshly ground pepper, parsley chopped*

Drop chokoes, into boiling salted water with castor sugar. Simmer for 8 minutes. Season to taste with salt and pepper, add chokoes and cook gently for a further 5 minutes. Serve immediately. Sprinkle with parsley.

### **CHOKO and SWEET POTATO SOUP with INDIAN SPICES**

*1 tblspn unsalted butter, 2 tblspns corn or peanut oil, 1 onion peeled and diced, 1 tspn ground cumin, ¼ tspn ground coriander, 4 chokoes peeled and cubed, 2 sweet potatoes peeled and cubed, 6 cups chicken stock, ½ cup cream, salt and freshly ground black pepper, pinch of cayenne pepper, freshly grated nutmeg*

Melt the butter with the oil, in casserole over medium heat. Add the onion and cook until soft but not browned. Add the cumin and coriander and stir for 1 minute. Add the chokoes, sweet potatoes and chicken stock and simmer for 25 minutes or until the vegetables are very soft. Strain the broth and return it to the casserole. Puree the vegetables in a food processor whisk the puree into the broth and simmer for 2-3 minutes. Add the cream and just heat through. Season carefully with salt and freshly ground black pepper, pinch of cayenne pepper, freshly grated nutmeg and serve hot. Garnished with mint leaves. Serves 4-5.

**CHOKO SOUP****Narelle Maskell**

*6 chokoes peeled, seeded and chopped, 1 potato peeled and chopped, 1 onion chopped, 1 stick celery chopped, ½ cup rice, 6 cups chicken or vegetable stock, freshly ground black pepper, 1 clove garlic crushed, ½ cup sour cream, capsicum strips for decoration*

Place chokoes, potato, onion, celery, rice, chicken or vegetable stock, black pepper and garlic in saucepan and simmer for 45 minutes. Cool and puree the soup in blender. Return soup to saucepan and stir in sour cream over low heat. Do not allow to boil. Serve hot with dollop of sour cream and capsicum strips for decoration. Serves 4-6.

**CHOKO SOUP**

*750 grams chokoes peeled and cubed, 2 tblspns olive oil, 1 onion finely chopped, 2 cloves garlic crushed, 2 tblspns sage chopped, 1/8 tspn white pepper, 1 tblspn tomato paste, 4 cups chicken broth, 2 tblspns lemon juice, fresh sage leaves*

Heat olive oil in saucepan over medium heat. Add chokoes, onion, garlic, sage and white pepper. Cook stirring often until onion is soft about 6-8 minutes. Stir in tomato paste and chicken broth. Bring to a boil, reduce heat, cover, and simmer until very tender about 8-10 minutes. Whirl soup about half at a time in a blender or food processor until smooth. Return soup to pan and stir in lemon juice. Heat until steaming. Ladle into bowls garnish serving with a few sage leaves. Serves 6.

**CHOKO and CARROT SOUP****Dulcie Kube, John Davies**

*4 chokoes peeled, seeded and chopped, 2 potatoes peeled and chopped, 2 carrots peeled and chopped, 2 onions peeled and chopped, 2 tblspns rice, 1¼ litres water, 3 chicken stock cubes, 2 tblspns parsley chopped*

Place saucepan chokoes, potatoes, carrots, onions, rice and water. Cover bring to boil, reduce heat, simmer covered for 1 hour. Puree soup a cup a time in the blender until smooth. Return to saucepan, add crumbled stock cubes and pepper and reheat stir in parsley. Serves 6.

**CHOKO and SEAFOOD SOUP**

*¼ cup olive oil, 1 leek washed and chopped, 2 spring onions chopped, 2 cloves garlic minced, 2 stalks celery finely chopped, 1 green capsicum finely chopped, 625 grams chokoes grated, 1 tspn chopped fresh thyme or ¼ tspn dried thyme, ¼ cup chopped fresh basil or 2 tblspns dried basil, ¼ cup chopped fresh parsley, 1 tspn fennel seeds, pinch of saffron, 6 cups fish stock, salt, ground black pepper, 750 grams mussels, ¼ tspn cornflour, 1 large red snapper cleaned and cut into 2.5 cm pieces, 500 grams flounder fillets cut into pieces., 250 grams scallops, 500 grams shrimp, shelled, deveined, aioli*

Heat the olive oil in heavy saucepan over medium-low heat. Add the leek and spring onions and cook for 2 minutes. Add the garlic celery and green capsicum. Cook uncovered for 5 minutes. Stir in the chokoes, thyme, basil, parsley, fennel seeds, saffron and fish stock. Heat to boiling reduce the heat. Simmer uncovered for 30 minutes. Add salt and black pepper to taste. Scrub the mussels and place them in large pot of cold water with the cornflour (this will effectively cause mussels to clean themselves). Let stand for 15 minutes, then wash under cold running water and set aside. Add the snapper pieces, flounder pieces, mussels, scallops and shrimp to the bouillabaisse. Cook, covered until the fish flakes and mussels are open, 5-8 minutes. To serve spoon some of the soup liquid into serving bowls, add seafood to each bowl. Add about 1 teaspoon aioli to each bowl as well, and pass the remaining aioli. Serves 6.

**CHOKO SOUP with RICE****M Moon, Jim Kearnan**

*60 grams bacon pieces chopped, 3 chicken stock cubes, 1 onion chopped, 1½ dssrtspns curry powder, 15 grams butter, 3 chokoes peeled, cored and diced, 3 tblspns rice, salt, pepper, 2.5 litres water, 1 tblspn parsley chopped*

Melt butter in large saucepan, fry bacon and onion for 2 minutes. Add chokoes and rice fry a further 2 minutes. Add water, crumbled chicken stock cubes, curry powder, salt and pepper, stir well. Cover; cook for 30 minutes, stirring occasionally. Serve sprinkled with parsley. Serves 6.

**CREAM of CHOKO SOUP****S. Porter**

*3 chokoes, 600 mls water, 1 cup celery chopped, 1 cup carrots chopped, 1 potato chopped, 1 tspn salt, ½ cup onion chopped, 1 tblspn margarine, 2 tblspns plain flour, 1 ¼ cups evaporated milk, 1½ tblspns parsley chopped*

Simmer chokoes, celery, carrots, onion, and potato in water until very tender. Strain. Mix chokoes, celery, carrots, onion, and potato in blender. Melt margarine add plain flour and mix with water from vegetables puree and add evaporated milk, salt. Serve sprinkled with parsley and toast.

**CREAM of CHOKO SOUP****Marie McColl**

*6 chokoes peeled, seeded and chopped, 1 stick celery chopped, ½ cup rice, 6 cups stock chicken or beef, 1 onion peeled and chopped, 1 clove garlic crushed, ½ cup sour cream*

Simmer chokoes, celery, rice, chicken stock and garlic until very tender for 45 minutes. Cool slightly. Puree Return to heat and add sour cream. Do not boil. Serve

**CHOKO SOUP SANTA MARIA**

*6 chokoes quartered, 1 tblspn castor sugar, 4 litres chicken stock, 1 cup shredded cooked chicken, ½ cup sliced spring onions with tops, 1 ½ tblspns salt, 1 tspn freshly ground black pepper, crispy tiny croutons*  
Steam chokoes quartered, in small amount of water and castor sugar for 8 minutes. Drain and peel chokoes and cut into 2.5 cms. In a saucepan combine the chicken stock, shredded cooked chicken, spring onions, salt and black pepper; simmer for about 15 minutes. Add the chokoes pieces and simmer the soup covered until they are firm and tender usually about 15-20 minutes. Serve immediately garnished with crispy tiny croutons

**CREAMY CREAMLESS CHOKO SOUP**

*1 celery stalk, 1 carrot chopped, 1 onion chopped, 2 tblspns extra virgin olive oil, 500 grams chokoes, peeled, seeded and cubed, 250 grams potatoes peeled and cubed, 1 pinch cayenne pepper, 3½ cups boiling water, 2 tspns coarse sea salt,*

Put celery stalk, carrot and onion into saucepan and drizzle with extra virgin olive oil. Stir to coat, celery stalk, carrot and onion with virgin olive oil, and place over low heat. Cook, stirring occasionally for 10 minutes or until the celery stalk, carrot and onion are tender but not brown. Add the chokoes, potatoes and cayenne pepper and cover with boiling water. Season with coarse sea salt. Serves 6-8.

**CREAMY MINTED CHOKO SOUP****M Moon, Jim Kearnan**

*3 chokoes peeled, cored and sliced, 60 grams butter, 4 sticks celery sliced, 2 tblspns plain flour, 2 onions peeled and chopped, 300 mls milk, 900 mls water, 2 chicken stock cubes, ½ cup mint finely chopped, 160 mls cream, salt, pepper, 1 bay leaf*

Place chokoes, celery and onions in saucepan with water, crumbled chicken stock cubes, pepper, salt and bay leaf Bring to the boil, reduce heat, and simmer until vegetables are tender. Remove bay leaf. Blend through blender. Melt butter, blend in plain flour, and cook for few minutes, then. Cook stirring until soup boils and thickens. Stir in milk, heat gently. Just before serving, stir in mint and cream, heat gently This is also delicious served cold stir in mint just before serving. Serves 4-6.

**CURRIED CREAM of CHOKO SOUP****T. McDonald**

*4 chokoes peeled, seeded and chopped, 1 litre water, 1 tspn salt, 60 grams butter, 3 tblspns plain flour, ½ tspn curry powder, 1 cup milk, pepper*

Place water in large saucepan, bring to the boil, add salt, chokoes, boil uncovered for 20 minutes or until tender. Drain well, reserve stock. Melt butter in saucepan over low heat, add flour and curry powder, and stir well until cooked for 1 minute. Remove from the heat, gradually add milk, return to heat stir until soup boils and thickens. Stir in 2 cups of reserved stock. Place chokoes in food processor or blender, blend until smooth. Add pureed chokoes to soup, simmer for 15 minutes. Season with salt and pepper. Serves 5-6.

### **HOT and SOUR SOUP with CHOKOES, SHRIMP and MUSHROOMS**

*500 grams small shrimp rinsed and peeled, 1 small lemon rind, 1 top part of lemongrass, ½ tspn allspice berries whole, 2 garlic cloves slice, 3 tblspns oyster sauce, 5 cups water, 1 choko about 310 grams, peeled, seeded and diced 185 grams small mushrooms, 2 tspns chili-garlic paste, ¼ cup lemon juice, cilantro leaves to taste*

Put shrimp into saucepan with lemon rind, lemongrass, allspice berries, garlic, oyster sauce and water. Simmer covered. Strain shrimp broth, discarding solids. Return to the boil with choko simmer until not quite tender 5-6 minutes. Cut shrimp lengthways add to soup with mushrooms and 1 teaspoon chili-garlic paste. Bring soup to the boil, stirring until shrimps turn pink juice and chili paste and oyster sauce to taste. Stir in lemon juice, cilantro leaves to taste.

### **KAY'S CURRIED CHOKO SOUP**

**Kay Petrie**

*1 onion diced, 3 rasher bacon chopped, olive oil, 2 tspns curry powder, 1.5 litres chicken stock, 3 chokoes sliced, ¼ cup rice, salt and pepper to taste*

Heat some olive oil in large saucepan. Add the onion, bacon, curry powder and fry until bacon is cooked. Add chicken stock, chokoes and rice. Bring to the boil and cook until chokoes are tender. Before serving mash chokoes to thick puree. Add salt and pepper to taste and serve garnished with croutons and sour cream.

### **ROASTED CHOKO BISQUE**

*1.5kg chokoes peeled, seeded and chopped, 2 tblspns butter, 2 tblspns extra virgin olive oil, 2 green apples halved and cored, 2 onions peeled and halved, ½ cup hazelnuts, 3 cups vegetable broth, 1 cup apple juice or cider*

Put in baking dish with butter and oil in oven 200c for 3 minutes. Place chokoes, green apples and onions cut side down in baking pan. Bake until chokoes are tender 1¼-1½ hours. Spread hazelnuts in shallow baking pan. Bake in same oven until pale golden beneath skins for about 10 minutes. Let cool slightly then rub off the skins. Chop hazelnuts coarsely and set aside. Let chokoes stand until cool enough to handle, scoop flesh from shell. Remove peels from apples and skins from onions. Transfer chokoes, green apples and onions to food processor whirl adding about 1 cup vegetable broth, until smooth. Combine choko mixture, remaining vegetable broth and apple juice or cider in saucepan. Cook over medium high heat stirring often until steaming hot. Garnish with hazelnuts. Serves 6.

### **ROY GREEK CHOKO SOUP**

**Roy Petrie**

*3 chokoes sliced, 1 litre water, 1 onion diced, 3 rashers bacon chopped, 2-3 garlic cloves, olive oil, 1 can peeled tomatoes, 1 tblspn tomato paste, 3 chicken stock cubes, basil, oregano, juice of ½ lemon, 1 tspn sugar*

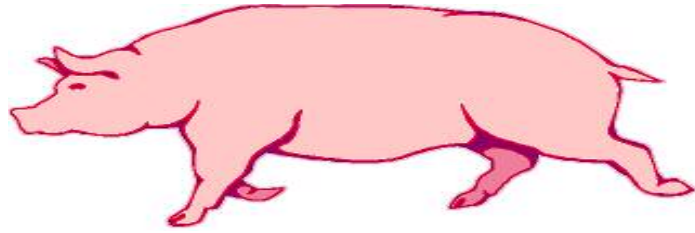
In a large saucepan boil chokoes in water. While chokoes are cooking heat some olive oil in large saucepan and add the onion, bacon and garlic. Fry until bacon is cooked and put on one side. When the chokoes are tender, retain cooking water and chokoes in saucepan and add the onion, bacon and garlic along with tomato paste, chicken stock cubes, basil, oregano, lemon juice and sugar. Simmer for a further 20 minutes, stirring occasionally. Remove from heat and mash or blend the chokes to thick puree. Serve garnished with chopped olives, Parmesan cheese and ground pepper and salt to taste.

### **SOUP de ALBONDIGAS**

**Barb Day**

*500 grams beef, 12 mint leaves, 6 cilantro sprigs, chopped including stems and leaves. 2 tblspns onion chopped, 2 tblspns tomato chopped, ½ tspn salt, ¼ tspn pepper  
4 cups beef broth, 1 choko peeled, seeded and julienne, 1 cup carrots, peeled and julienne cut, ¼ cup leek white part only sliced, ½ cup cabbage shredded, ½ cup pasta shells or macaroni*

Make meatballs with beef, mint leaves, cilantro sprigs, onion chopped, tomato chopped, salt and pepper. Bring a beef broth to a low simmer and add choko, carrots, leek and cabbage top them with pasta shells or macaroni. Cover and simmer over low. Serve hot in bowls with tortillas.



## PORK

### CHOKOES with SAVORY PORK

*2 chokoes cut in half, ½ cup water, ½ cup butter, 1 cup onions chopped, 1 cup celery sliced, 750 grams pork tenderloin cut into strips, ½ tspn salt, ½ tspn marjoram leaves, ½ tspn pepper, ½ tspn thyme leaves, 2 cups rye bread cubed, 1 tblspn orange rind grated*

Preheat the oven to 190C. Place the chokoes in baking pan pour water in bottom of pan. Cover; bake for 45-60 minutes or until fork tender. In frypan melt the butter until sizzling. Add onions, celery, pork tenderloin strips, salt, marjoram leaves, pepper and thyme leaves. Cook over medium high heat stirring occasionally until pork is fork tender 15-20 minutes. Stir in rye bread and orange rind. Continue cooking stirring occasionally until heated through 3-4 minutes. To serve divide mixture evenly among baked chokoes. Serves 4.

### ROAST PORK with CHOKOES

**Michael Lomonaco**

*2kgs fresh pork shoulder, 6 cloves garlic, 1 white onion, 1 bunch parsley, 2 tspns salt, 2 tspns ground black pepper, ¼ cup dark rum, ½ cup brown sugar, ¼ cup lime juice, ¼ cup olive oil, 1kg chokoes peeled and slice*

Preheat the oven to 200c. In a food processor add garlic, white onion, parsley, salt, black pepper, dark rum, brown sugar and lime juice process until finely chopped and add olive oil. Generously rub the pork shoulder with the marinade and marinade over for several hours. Reserve any marinade for later. Put chokoes in marinade. Preheat a roasting pan. Add several tablespoons of olive oil to the pan and roast the pork and chokoes for 1½ hours or until the thermometer reaches 155. Reserve remaining marinade while the roast is cooking. Remove from roast for 20 minutes before carving. Serves 6-8

### CHOKOES with HAM

*4 chokes cooked, salt, pepper, ¼ cup cream, ½ cup ham diced, 1-2 tblspns parsley chopped*

Drain cooked chokoes, dice. Return to heat. Season with salt, pepper, and stir in cream, ham diced and parsley chopped. Heat through over gentle heat. Serve hot.





## BEEF

### **CHOKO and SAUSAGE RATATOUILLE**

*2 tblspns olive oil, 1 onion chopped, 1 clove garlic minced, 325 grams sweet Italian sausage sliced, 500 grams chokoes peeled and sliced, 1 green capsicum seeded and sliced, 1 tblspn red wine vinegar, salt and black pepper*

Heat the olive oil in large frying pan over medium low heat. Add the onion cook for 1 minute. Add the garlic cook for 4 minutes longer. Stir in the sweet Italian sausage slices. Cook, stirring frequently, until well browned for about 12 minutes. Using a slotted spoon transfer the mixture to a plate. Pour off all but 3 tablespoons fat from the skillet. (If there is not enough fat, add butter to compensate). Add the chokoes and green capsicum. Cook tossing frequently until tender, for about 10 minutes. Return the sausage mixture to the frypan stirring well. Cook, covered over medium-high heat for 5 minutes. Remove the cover and sprinkle the mixture with the vinegar. Cook, uncovered stirring constantly for 3 minutes longer. Add salt and pepper to taste. Serves 4.

### **CHOKOES STUFFED with BEEF**

*4 chokoes, halved, lightly salted water, 2 tblspns peanut or soy oil, ¼ cup onion finely chopped, 1 clove garlic mashed, 500 grams minced beef, 3 tomatoes, chopped, 4-8 drops Tabasco sauce, salt, ground pepper, 8 tblspns butter, 1½ cups sharp Cheddar cheese grated*

Steam chokoes halves in small amount of lightly salted water until just tender, and then drain. Carefully scoop out the choko pulp, leaving a thin firm shell. Chop choko flesh finely allow it stand in a bowl a few minutes, then turn into a colander to drain off excess liquid. In large deep frying pan heat the oil, and sauté the onions and garlic, stirring often until soft but not browned. Crumble in minced beef, and continue to cook until well browned. Add tomatoes, choko pulp, Tabasco sauce, and salt, ground pepper. Mix well, and continue to cook for about 20 minutes over medium heat. Turn mixture into a colander and allow the excess juice to drain off, Lightly fill the choko shells with mixture place any excess in small casserole dish for baking with chokoes. Dot liberally with butter; sprinkle with Cheddar cheese and bake in preheated oven 180C for 15 minutes. Serve without delay. Serves 4.

### **LOW FAT GREEN BEEF CURRY**

*600 grams lean beef cut into strips, 1 tspn green curry paste, 1 cup evaporated milk, ½ tspn coconut essence, 1 tspn sugar, 1 tspn beef stock powder, 1 tblspn fresh basil chopped, 1 tblspn soy sauce, 1 tspn crushed green ginger, 1 tspn crushed garlic, 1 cup canned bamboo shoots, 1 cup choko diced, 1 cup beans sliced, 1 cup capsicum strips, 1 cup onion slices, 1 tblspn cornflour, ¼ cup water*

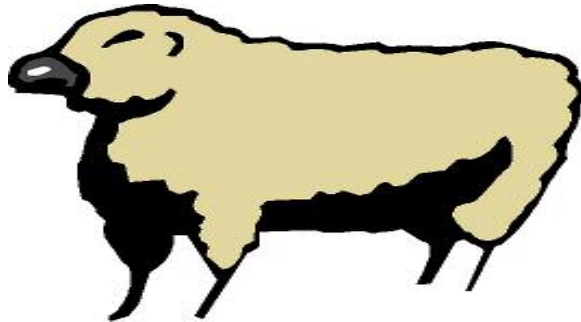
Coat a wok or frying pan with cooking spray, fry beef for 3 minutes, add in green curry paste, and cook 1 minute more. Add combined coconut essence and evaporated milk, then add sugar, beef stock powder, basil, soy sauce, green ginger, garlic, bamboo shoots, choko, beans, capsicum and onion. Bring to the boil; simmer until all ingredients are just cooked for about 5 minutes. Blend cornflour add to pan, bring to boil. Serve with rice, noodles or new potatoes.

### **SAVORY MEAT CHOKOES**

**Margaret McGoldrick**

*5 chokoes peeled and halved, 1 cup sausage meat, 1 tblspn onion finely chopped, 1 dssrtspn parsley chopped, salt, pepper, 1 dssrtspn tomato sauce, 1 tspn Worcestershire sauce, 1/3 cup breadcrumbs, 1 level tblspn plain flour*

Scoop out the centre of chokoes. Combine sausage meat, onion, parsley, salt, pepper, tomato sauce, 1 tspn Worcestershire sauce, breadcrumbs and plain flour stir 5-6 minutes over low heat. Spoon mixture into prepared choko shells. Place on greased oven tray bake 30-40 minutes in moderate oven until chokoes are quite tender and filling cooked. Serve piping hot with carrot slices. Garnish with parsley.

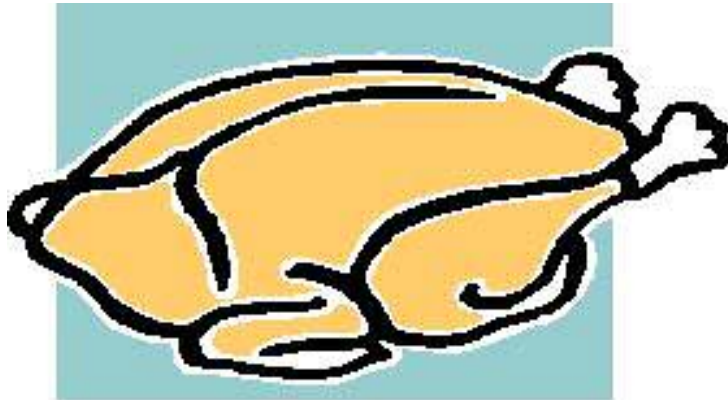


## **LAMB**

### **PANAMA STYLE STUFFED CHOKOES**

*2 chokoes peeled and halved 1 tblspn butter, ½ onion chopped, 750 grams minced lamb, 2 tblspns breadcrumbs, 1 tspn dried mint leaves crumbled, ½ cup raisins seedless, ¼ cup tomato sauce, 2 eggs, 1 clove garlic crushed, ¼ cup Parmesan cheese shredded*

Pre-cook chokoes for 30-40 minutes. Drain and cool. When cool enough to handle, use a spoon to scoop out pulp and seeds, leaving shells at least 6mm thick. Sprinkle lightly with salt. Chop choko pulp and seeds, set aside. In a frying pan over medium heat, melt butter and put in onion. Cook stirring occasionally until golden 6-8 minutes. Remove from heat and lightly mix in the choko pulp, butter, onion, minced lamb, breadcrumbs, mint leaves, raisins, tomato sauce, eggs and garlic. Mound filling into choko shells, sprinkle Parmesan cheese over the top and arrange in shallow baking dish, pour in 6mm water. Bake uncovered in 180c oven until top is lightly browned and mixture is heated through 30-35 minutes. Serve hot. Serves 4.



## CHICKEN

### **BASIL CHICKEN**

#### **Microwave**

*3 chokoes peeled and cut into eighths, 3 rashers bacon finely chopped, 1 onion finely chopped, ½ cup cream, 2 tblspns fresh basil chopped, 2 tblspns Parmesan cheese grated*

Place bacon, and onion in shallow dish, cook in Microwave on HIGH for 5 minutes. Add chokoes cover, cook on HIGH 5 minutes or until chokoes are tender. Top w5tih combined cream; basil and Parmesan cheese cook on HIGH 2 minutes. Serves 4-6.

### **TURKEY with SOUTHWEST STUFFING**

*5.2-6kg turkey, butter Southwest Stuffing: 1cup choko chopped, 4 Jalapeno chilies chopped, 2 cloves garlic crushed, 1 cup onion chopped, 1 cup margarine, 1 tblspn fresh cilantro chopped, 1 tspn salt, ½ tspn dried thyme leaves, ½ tspn dried sage leaves, 9 cups cornbread cubes, 1 cup pecan nuts chopped*

Prepare Southwest Stuffing: Cook and stir choko, Jalapeno chilies, garlic, and onion in margarine in frying pan until; choko is tender. Stir in cilantro, salt, thyme, and sage until well blended. Stir in about ½ of the cornbread cubes. Turn mixture into deep bowl. Add the remaining cornbread cubes and pecan nuts. Toss and fill the turkey. Fill the turkey cavity fasten neck with skewer. Fold wings across back with tips touching. Fill body cavity lightly. Tuck drumsticks under band of skin at tail or skewer to tail. Spoon any remaining stuffing into a small ungreased casserole cover. Bake covered until hot about 45 minutes. Heat oven to 160C Place turkey breast side up in roasting pan. Brush with margarine. Insert meat thermometer in thigh muscle or breast not touching the bone. Do not add water and do not cover. Roast until done 3 ½-4 hours. Place a tent of aluminum foil loosely over turkey when it begins to turn golden. After 2½ hours cut band or remove skewer from legs. Turkey is done when the thermometer placed in thigh muscle registers 165f. Let stand about 20 minutes before carving. As soon as possible after serving. Serves 8.

### **GROUND TURKEY SAUCE with CHOKOES**

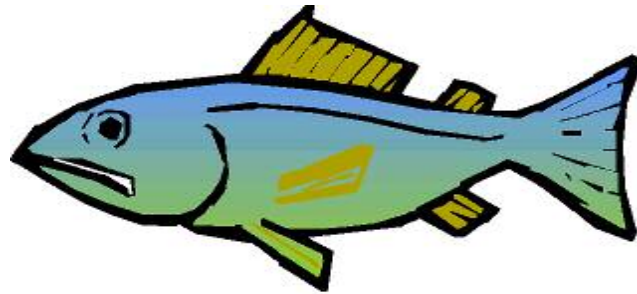
*750 gram chokoes, 500 grams turkey, 1 onion finely chopped, 2 cloves garlic minced, 185 grams mushrooms thinly sliced, 1 carrot finely chopped, 500 grams tomato sauce, 250 grams tomato sauce, 1½ tspns oregano, 1 tspn dry basil, ½ tspn sugar, ½ tspn salt, ¼ tspn pepper, 1 bay leaf, ¼ cup Parmesan cheese grated*

Place chokoes on baking tray and bake in 180c oven turning after 45 minutes until shell gives when pressed. About 45 minutes before chokoes are done crumble ground turkey into a non-stick frypan over medium heat, breaking up large pieces with a spoon. Add onion, garlic, mushrooms and carrot. Cook stirring often, until most of the liquid has evaporated. Stir in all tomato sauce, oregano, basil, sugar, salt, pepper and bay leaf. Cover and simmer for 30 minutes. Uncover and boil gently stirring occasionally until thickened. Cut chokoes in half scrape out seed. Loosen chokoes and scoop out into a warm serving bowl, mounding chokoes around edge of bowl. Spoon turkey sauce into centre. Sprinkle with Parmesan cheese. Serves 4.

### **CARIBBEAN CHICKEN and VEGETABLES KEBABS**

*8 garlic cloves, 2 tspns coriander, 2 tspns turmeric, 2 tspns dried mustard, 2 tspns ground cloves, 2 tspns chili powder, 1 tspn aniseed powder, 1kg chicken breasts cut into 2.5cm, 650 grams chicken thighs, 4 red onions sliced, 6 yellow squash, 4 chokoes, 1½ cups olive oil, 1/3 cup lime juice, bamboo skewers*

Combine garlic cloves, coriander, turmeric, dried mustard, ground cloves, chili powder and aniseed powder. Place chicken breasts and thighs in baking dish. Place red onions, yellow squash, chokoes, olive oil and lime juice in baking dish. Sprinkle each baking dish with spice mixture to coat well. Refrigerate 6-8 hours. Soak bamboo skewers in water for 30 minutes. Thread in chicken and vegetables barbecue for 5 minutes per side. Serves 12.



## **FISH**

### **CHOKOES STUFFED with SHRIMP**

*4 chokoes halved, lightly salted water, 2 tblspns butter, ¾ cup onion chopped, 2¼ cups toasted breadcrumbs, oregano to taste, salt, ground pepper, 2 ½ cups minced shrimp cooked, ¾ cup toasted breadcrumbs, 3 tblspns butter*

Steam chokoes halves in lightly salted water, then drain. Carefully scoop out the choko pulp leaving thin firm shell. Chop the choko pulp finely and drain off excess liquid in a colander. In large deep frying pan sauté the onion in butter until it is translucent, then add the choko pulp and toasted breadcrumbs, oregano to taste, salt, ground pepper to taste. Simmer over low heat, stirring often for about 10 minutes. Add the minced shrimp mix well and heat through. Fill the choko shells with the mixture sprinkle with breadcrumbs and dot with butter. Arrange the stuffed chokos in large shallow baking pan and bake in preheated oven 180C until the topping is lightly browned. Serve at once. Serves 4.

### **SHRIMP and SWEET POTATO CAKES with CHOKO SLAW**

*500 grams sweet potatoes, 4 garlic cloves, 4 tblspns vegetable oil, 250 grams shrimp, 2/3 cup cilantro, 2/3 cup breadcrumbs, 2 tblspns chili, 2 tblspns red onion, 1½ tspns Cajun spice*

Cook sweet potatoes for 1 hour 15 minutes. Cook garlic, vegetable and oil, for 30 minutes. Mash with fork shrimp, cilantro, breadcrumbs, chili, red onion and Cajun spice. Mix together. Cook in oven 180C for 5 minutes on each side and serve with choko slaw. Serves 6.

### **ZITI with SMOKED FISH and CHOKOES in TARRAGON CREAM**

*1 cup cream, ½ chicken stock cube, salt, freshly ground black pepper, 2 tblspns finely chopped fresh tarragon, 3 tblspns unsalted butter, 250 grams ziti pasta, 2 chokoes chopped, 2 zucchinis chopped, 1 cup smoked fish flaked, sprigs fresh tarragon,*

Combine the cream and chicken stock cube in saucepan, season with salt and freshly ground black pepper, and simmer until slightly reduced. Whisk in fresh tarragon and unsalted butter and keep warm. Drop ziti pasta into boiling salted water. And cook until just tender. While pasta is cooking, steam chokoes and zucchinis over simmering water covered for 3 minutes or until just tender. Drain the pasta well and return to the saucepan. Add tarragon sauce, chokoes and zucchinis simmer gently to just heat through. Correct the seasoning, adding a large grind of pepper and serve hot. Garnish each portion with smoked fish flaked, sprigs fresh tarragon. Serves 4.



## VEGETABLES

### BAKED BABY CHOKOES

**Narelle Maskell**

*8 baby chokoes, 2 tomatoes peeled and chopped, 1 onion chopped, 1 clove garlic crushed, 30 grams butter chopped, 2 tblspns dry white wine, ½ tspn dried oregano leaves*

Place baby chokoes in ovenproof dish mix in tomatoes, onion, garlic, butter, dry white wine and oregano leaves. Bake in moderate oven 45 minutes to 1 hour. Stirring occasionally. Serves 4-6.

### BAKED CHOKOES with TOMATOES and ONION

*4 chokoes chopped, 2 tomatoes chopped, 1 onion chopped, 1 clove garlic crushed, 39 grams butter chopped, 2 tblspns dry white wine, ½ tspn dried oregano leaves*

Place chokoes in ovenproof dish, mix in tomatoes, onion, garlic, butter, dry white wine and oregano. Bake at 180C for about 45 minutes or microwave on HIGH for 15 minutes or until chokes are tender about 15-20 minutes stir occasionally. Serve 4.

### BUTTERED CHOKOES

*6 small chokoes peel and quartered, salt, pepper, 30 grams butter, 1 tblspn parsley chopped*

Cook chokoes in boiling salted water, for about 10 minutes. Drain, return to saucepan with salt, pepper, butter and parsley, and toss lightly until butter melts. Season with salt and pepper

### CHARCOAL GRILLED CHOKOES with PLUM TOMATOES

*4 tblspns olive oil, 2 zucchinis sliced, 2 chokoes peeled and sliced, 6-8 ripe plum tomatoes sliced, 2 garlic cloves peeled and thinly sliced, 12 basil leaves, salt and black pepper*

Prepare the charcoal grill. Brush the inside to dish with 1 tablespoon olive oil. Alternate the zucchinis slices, chokoes slices, plum tomatoes slices in the dish in tight overlapping rows. Tuck the slices garlic cloves and basil leaves, among the rows sprinkle with salt and black pepper and drizzle with remaining olive oil. Cover tightly with aluminum foil. When the coals are while hot, place the dish on the side of cooking grill opposite the coals. Cover and grill and cook for 10-12 minutes. Uncover the dish and cook for another 10-15 minutes or until the juices have evaporated and the vegetables are tender. Serves 6.

### CHARLESTON CHOKO DELIGHT

**Greg Flynn, Charleston**

*2 chokoes peeled and sliced, 1 onion sliced, 1 capsicum sliced, 65 grams butter, extra virgin olive oil, 5 radishes diced*

Cook chokoes, onion, and capsicum in butter and extra virgin olive oil. Serve with radishes. Serves 4.

### CHOKOES A LA POLONAISE

**M. Moon, Jim Kearnan**

*4-5 chokoes, peel, quartered and core 2 hard boiled eggs chopped, 1 tblspn parsley chopped, salt, pepper, 30 grams butter, 1½ cups fresh breadcrumbs*

Cook in boiling salted water until tender, then drain. Arrange chokoes in serving dish sprinkle over chokoes, chopped hard boiled eggs, parsley, salt and pepper, keep hot. Melt butter in small frying pan, add breadcrumbs, and stir over heat until breadcrumbs are golden brown. Sprinkle over chokoes serve immediately. Serves 6.

### **CHOKOES and BROCCOLI**

*1 ½ kgs chokoes peeled and grated, ½ cup walnuts or pecan nuts coarsely chopped, 2 cups broccoli florets, 2 tblspns orange peel grated, ½ cup seasoned rice vinegar, or ½ cup rice vinegar plus 1 tspn sugar, salt, lettuce leaves rinsed and torn*

Cook chokoes and cool. Toast walnuts or pecan nuts in frying pan over medium-high heat, stirring often, until lightly browned 6-8 minutes. Pour into a bowl and set aside. Bring 3 cups water to a boil over high heat. Add broccoli florets, and cook until just tender when pierced for about 2 minutes. Drain, immerse in cold water until cool, and drain again. Combine broccoli, chokoes and orange peel in a large bowl. Pour in vinegar and mix lightly. Season to taste with salt. Arrange lettuce leaves on 6 salad plates. Mound salad on lettuce. Sprinkle with nuts. Serves 6.

### **CHOKOES and ROASTED PEAR PUREE**

*2 chokoes, 1 Bosc pear peeled, cored and cut into eighths, 2 tspns sugar, ¼ cup water, 3 tblspns unsalted butter, salt, freshly ground white pepper, grated nutmeg*

Pre heat the oven to 190c. Place the chokoes in small baking dish and roast turning once for 1 hour, or until tender when pierced with a fork. Place the pear in another baking dish sprinkle with the sugar, add the water and 1 tablespoon of butter and roast alongside the choko for 20-25 minutes or until tender and lightly browned. Cut the chokoes in half and discard the seed. Scoop out the pulp and puree in food processor together with the pear until smooth. Add the remaining 2 tablespoons butter season with salt, freshly ground white pepper, grated nutmeg and serve hot. Serves 4.

### **CHOKOES and TOMATO CASSEROLE**

**M. Moon, Jim Kearnan**

*5-6 chokoes, peeled, cored and quartered, 60 grams butter, 1 clove garlic crushed, 1 onion, 1 green capsicum chopped, 4 tomatoes chopped, salt, pepper, 2 tblspns plain flour, ¼ cup cold water, 1 tblspn parsley chopped, 2 tblspns parmesan cheese, 30 grams butter extra, 1 cup fresh breadcrumb*

Cook chokoes, in boiling salted water until almost tender, then drain. Heat butter, in saucepan, sauté-crushed garlic and onion for 3 minutes. Add green capsicum, tomatoes, salt and pepper, cooking for 5 minutes. Blend plain flour, to a smooth paste with cold water. Add to tomato mixture, stirring until mixture boils and thickens. Add parsley. Put half the drained chokoes into an ovenproof dish, pour over half the tomato sauce, and arrange remaining chokoes on top, spoon over remaining tomato sauce. Sprinkle with Parmesan cheese. Melt extra butter, in small saucepan add breadcrumbs toss well and sprinkle breadcrumbs over Parmesan cheese. Cook, uncovered in moderate oven for 20-25 minutes or until breadcrumbs are golden brown. Serves 4-5.

### **CHOKOES**

**Mountman**

*6 chokoes peeled, cored and sliced, 2 tspns olive oil, 1 clove garlic, minced, 1 medium onion, chopped, 500 grams fresh shrimp, peeled and deveined, 500 grams cooked, cubed ham, 1 egg, 1 cup dry bread crumbs, 2 tblspns chopped fresh parsley, 1 tspn dried thyme*

Mix together chokoes, olive oil, garlic, minced onion, chopped, shrimp, ham, egg, breadcrumbs, parsley and thyme. Cook, uncovered in moderate oven for 20-25 minutes or until breadcrumbs are golden brown. Serves 8.

### **CHOKO and POTATO PUREE**

**W Santo, Rachel Hallback**

*2 tspns olive oil, 1 leek finely chopped, 1 clove garlic crushed, 3 chokoes peeled and chopped, 6 potatoes chopped, 50 grams butter chopped, 2 tspns chicken stock powder, 2 tblspns fresh basil leaves chopped*

Heat olive oil in small saucepan; cook leek and garlic stirring about 5 minutes or until leek is soft. Boil, steam or microwave chokoes and potatoes separately until tender; drain. Blend or process chokoes with the leek mixture until pureed; mash potatoes with butter and chicken stock powder. Combine both mixtures: push through sieve into large bowl, stir through the fresh basil leaves. Serves 4-6.

### **CHOKO CASSEROLE**

*4 chokoes, 2 slices bacon chopped, 4 tomatoes chopped, 1 onion chopped, 1 clove garlic crushed, 2 tblspns vegetable oil, ½ tspn salt, ½ tspn oregano leaves, ¼ tspn nutmeg, ¼ tspn pepper, 1 cup cheese grated*

Cook chokoes for 20 minutes. Mix together bacon, tomatoes, onion, garlic, vegetable oil, salt, oregano leaves, nutmeg, pepper and cheese cook for 15 minutes. Then chokoes and cook for 15 minutes.

### **CHOKO CASSEROLE**

*1 tspn baking powder, 310 grams cornmeal, ½ cup butter, 6-7 chokoes peeled and slice, 1 onion chopped, 1 capsicum chopped, One 60 grams jar pimento, One 310 grams can cream of mushroom soup, ¼ cup water, 4 cups Cheddar cheese grated, salt and pepper to taste*

Combine the baking powder and cornmeal mix together. Melt the butter in frypan. Add the chokoes, onion and capsicum and sauté until tender. Transfer the mixture to a baking dish and add the pimento, cream of mushroom soup, water, Cheddar cheese, salt and pepper to taste. Crumble the cornbread mix and add it to the casserole stirring slightly. Bake at 160C for 30 minutes. Serves 6.

### **CHOKO and CORN STUFFED CHILIES with RED SAUCE**

**Karen Minitzias**

*10 fresh long green chilies, 1 tblspn vegetable oil, 2 garlic cloves crushed, ½ onion finely diced, 1 choko seeded and finely diced, 1 cup corn kernels, ½ tspn salt, ½ tspn ground red chili pepper, black pepper to taste, 2 tblspns lemon juice, ½ cup breadcrumbs, 1 tblspn nutritional yeast, Batter 1 cup cornmeal, 2/3 cup plain flour, 1 tspn baking powder, ¾ tspn salt, 1¼ cups water, vegetable oil for frying*

*Red Sauce: 1 cup tomato sauce, 2 garlic cloves, ½ onion, 1½ cups water, 1 tblspn ground red chili pepper, ½ tspn salt, ¼ tspn cinnamon, ¼ tspn cumin*

Roast green chilies. Place roast chilies in a bowl covered then allow to steam a few minutes. Carefully remove peels from roasted peppers remove seeds and membranes and finely chopped. Pat dry and set aside. Filling in heavy frypan heat oil on medium high. Add garlic, onion and choko cook until onion is translucent and mixture begins to brown stirring frequently. Remove pan from heat and add corn, chili pepper, salt, black pepper and lemon juice stirring to combine well. Gently mix in breadcrumbs and nutritional yeast. On a flat surface open up one pepper at a time and spread about 3 tablespoons of the filling mixture down the centre of each. Carefully roll sides of pepper around filling to enclose pressing firmly to shape. Batter: In a pie plate or shallow dish stir together cornmeal, plain flour, baking powder and salt. Gradually mix in water to form a batter of medium consistency. Heat 3.5 cm oil in large frying pan over medium heat. Lightly roll each stuffed chill pepper in flour. Carefully coat each pepper with batter, as evenly using stem to help drag chili through mixture and spoon to spread batter over top of chili if necessary. Fry chilies in hot oil 2 at a time until lightly browned turning once. It should take about 3-4 minutes per side. Remove and drain on absorbent paper. Red Sauce: In a food processor puree garlic and onion with tomato sauce. Transfer to saucepan and add water, ground red chili pepper, salt, cinnamon, and cumin. Cook sauce over medium heat for 30 minutes, stirring frequently to prevent scorching. Serve chilies with sauce.

### **CHOKO CASSEROLE**

*4 ½ tblspns unsalted butter, 1 onion finely chopped, 500 grams chokoes sliced and peeled, ½ cup Cheddar cheese grated, 1 egg lightly beaten, ½ cup sour cream, 2 tblspns dry white wine, ½ tspn salt, ½ tspn sugar, dash Tabasco sauce, ½ cup fresh breadcrumbs, 1 tblspn fresh parsley chopped*

Preheat the oven to 180C. Melt 1 tablespoon of the unsalted butter in frypan on medium-low heat. Add the onion cook until tender for about 5 minutes. Transfer to a bowl. Add 2 tablespoons unsalted butter, to the pan over medium heat. Stir in the chokoes. Cook, tossing frequently until all moisture has evaporated and the chokoes are tender for about 10 minutes. Transfer container to food processor and process using the on/off switch until fairly smooth. Transfer the pureed chokoes to a large mixing bowl. Add the Cheddar cheese, egg, sour cream, dry white wine, salt, sugar, Tabasco sauce and sautéed onions. Mix well, Pour into buttered baking dish. Melt the remaining 1½ tablespoons unsalted butter, in small frypan pan over medium-high heat. Stir in the breadcrumbs; sauté until golden for about 2 minutes. Sprinkle the breadcrumbs over the choko mixture. Bake until lightly golden for about 30 minutes. Sprinkle with the parsley before serving. Serves 4.

### **CHOKOES MARIA**

**(Honduras)**

*6 chokoes, ½ cup plain flour, 3 cups milk, 1 cup evaporated milk, ½ cup sour cream, 1½ tblspns parsley, 3 onions chopped, salt and pepper*

Cook chokoes in saucepan for 30 minutes. Prepare the sauce plain flour, milk, evaporated milk, sour cream, parsley, onions, salt and pepper and pour over chokoes.



**CHOKOES in MUSHROOM SAUCE****Donella Garnham**

*2 chokoes peeled and sliced, 60 grams butter, 250 grams button mushrooms sliced, juice of ½ lemon, ½ cup sour cream, salt and pepper to taste*

Place chokoes in saucepan of boiling water. Simmer over medium heat until tender. Drain. Melt the butter over a medium heat and lightly sauté the button mushrooms. Add lemon juice and sour cream.

**CHOKOES in SOUR CREAM****M. Moon, Jim Kearnan**

*5-6 chokoes peel, quartered and core, boiling salted water until just tender; add butter, onion chopped, sour cream, salt, pepper, lemon juice, castor sugar, parsley chopped*

Cook chokoes in boiling salted water until just tender. Drain and keep hot. Melt butter in saucepan sauté onion for 5 minutes. Remove saucepan from heat, stir in sour cream, lemon juice, salt, pepper, castor sugar and parsley. Arrange chokoes in ovenproof serving dish. Pour sauce over. Cook, uncovered in moderate oven 15-20 minutes or until sauce and chokoes are hot.

**CHOKOES in TARRAGON CREAM**

*3 tblspns unsalted butter, 1 spring onion minced, 500 grams chokoes peel, sliced and cored, 2/3 cup cream, 1 tspn fresh tarragon, salt, ground black pepper, fresh parsley chopped*

Melt the butter in large heavy saucepan over medium-low heat. Add the spring onion cook 1 minute. Add the chokoes and cooked uncovered tossing constantly for 3 minutes. Add the cream. Heat to boiling, reduce the heat. Simmer over medium heat, for 5 minutes. Stir in the tarragon cook for 5 minutes longer. Add salt and pepper to taste and sprinkle with the parsley. Serves 4.

**CHOKOES MORNAY****M. Moon, Jim Kearnan**

*4 chokoes peel, quarter and core, boiling salted water, 60 grams butter, 3 tblspns plain flour 1 tspn dry mustard, salt, pepper, 400 mls milk, 60 grams cheese grated, 30 gram butter extra, 1 cup fresh breadcrumbs,*

Cook chokoes, in boiling salted water until almost tender, then drain. Place chokos in ovenproof dish and keep warm. Melt butter in saucepan; stir in flour, dry mustard, and salt, pepper cook for 1 minute. Remove from heat, gradually stir in milk, and continue stirring until sauce boils and thickens. Add grams cheese, stir until cheese melts. Pour over chokoes. Melt butter extra in saucepan, add fresh breadcrumbs, mix well. Sprinkle these buttered breadcrumbs over cheese sauce. Cook uncovered in moderate oven 20-25 minutes. Serves 5-6.

**CHOKOES with CHEESE SAUCE****Cecelia**

*4 chokoes peeled and quartered, 60 grams butter, 3 tblspns plain flour, 1½ cups milk, 1 tspn mustard powder, 60 grams matured tasty cheese grated, salt and pepper, 30 grams butter, 1 cup soft white breadcrumbs*

Cook chokoes peeled and put into ovenproof dish and keep warm. Make cheese sauce by melting butter, adding plain flour, cook for 1 minute remove from heat, add milk bring to the boil and cook 1 minute off the heat, add tasty cheese and mustard stir till melted. Pour over the chokoes, melt extra butter in saucepan stir in fresh breadcrumbs toss lightly to coat the butter then sprinkle on top of cheese sauce. Cook uncovered in oven for about 20 minutes until golden.

**CHOKOES with BUTTER**

*6 chokoes unpeeled cut into quarters, lightly salted water, butter, freshly ground pepper*

Steam chokoes in small amount of lightly salted water, until just about 25-30 minutes. Do not overcook. Drain, peel and while still hot serve with butter and freshly ground pepper.

**CHOKOES with SOUR CREAM and BACON****Narelle Maskell**

*500 grams chokoes, peeled, cored and sliced, 2 bacon rashers chopped, ½ cup light sour cream, ¼ cup dried basil leaves, ¼ tspn dried oregano leaves, ½ cup tasty cheese grated, 6 green shallots chopped,*  
Cook bacon rashers until crisp, drain until crisp, drain on absorbent pa. Add chokoes to bacon aft cover, cook gently turning often until chokoes are tender about 30 minutes. Top with combined light sour cream, basil leaves, oregano leaves, tasty cheese and green shallots heat gently until cheese is melted about 3 minutes. Sprinkle with bacon before serving. Serves 6.



**CHOKOES with TARRAGON**

*500 grams chokoes peeled and sliced, 1 tblspn safflower oil, 1 shallot finely chopped, 1 garlic clove finely chopped, 2 tblspns fresh tarragon chopped, ¼ tspn salt, ¼ tspn black pepper, 60 mls chicken stock*

Heat safflower oil in large frying pan over medium heat. Cook shallot and garlic for 1 minute only. Add chokoes slices, fresh tarragon chopped, salt and black pepper toss to mix. Pour in the chicken stock reduce heat to low and simmer until choko is tender but still crisp 6-8 minutes. Serve.

**CHOKOES, TOMATOES and ONIONS**

*500 grams chokoes peel, quarter and core, 30 grams butter, 1 tblspn oil, ½ cup onions chopped, 3 tomatoes peeled and chopped, 1 clove garlic crushed, bouquet garni,*

Blanch chokoes, in boiling water for 2 minutes. Drain thoroughly. Put butter and oil; in frypan add onions, tomatoes, garlic, bouquet garni and chokoes. Sauté all vegetables lightly, then cover with lid and cook gently until tender. Serve on boiled rice as vegetable dish or with grilled or roast meats

**CREAMED CHOKOES with CHIVES**

*4 chokoes, 2 tblspns vegetable oil, 1 cup cream, 3 tblspns chives*

Cook chokoes and vegetable oil for 5 minutes. Add cream and chives. Cook for 3 minutes.

**CREAMY BACON CHOKOES**

**W. Santo, Rachel Hallback, Mary Powell**

*8 chokoes peeled and quartered, 2 tspns olive oil, 3 bacon rashers finely chopped, 2 onions chopped, 2 cloves garlic crushed, ½ cup cream, 2 tspns Dijon mustard, 1 tblspn fresh parsley chopped*

Boil or steam chokoes until tender; drain. Heat olive oil in saucepan cook bacon, onions and garlic stirring until onions are soft. Add chokoes and combined cream, Dijon mustard and parsley to pan; stir gently until heated through. Serves 4-6.

**CRUMBED CHOKO WEDGES**

**W Santo, Rachel Hallback, Mary Powell**

*5 chokoes peeled and quartered, ½ cup breadcrumbs, ¼ cup Parmesan cheese grated, 1 clove garlic crushed, 2 tspns fresh thyme, 1 egg lightly beaten, vegetable oil,*

Boil or steam chokoes, until just tender; drain pat dry. Combine breadcrumbs, Parmesan cheese, garlic and fresh thyme, in large bowl. Dip choko wedges in egg then in breadcrumb mixture. Heat the oil in frypan and shallow fry in batches until; well browned all over. Drain on absorbent paper. Makes 40.

**DEVILLED CHOKOES**

**Dorothy Harthill**

*6 chokoes peeled, seeded and halved, 1 onion chopped, 2½ tspns butter, mustard to taste, salt and pepper, 2½ tspns plain flour, 1 cup milk, 125 grams ham chopped, 2 tblspns walnuts chopped, breadcrumbs, tasty cheese*

Boil chokoes in salted water until almost tender, drain. Cavity side down. Fry onion in butter until softened. Stir in mustard to taste, salt, pepper and plain flour, cook for 1 minute. Gradually stir in milk until mixture boils and thickens. Remove from heat and add ham and walnuts. Place chokoes on baking trays and fill cavity with mixture. Top with buttered, breadcrumbs and tasty cheese. Bake for 20 minutes until cheese melts and lightly browns.

**CRUNCHY CHOKO BAKE**

**Kylie Storey, M Cox, I Lichtnaneur**

*3 chokoes peeled, quartered and cored, 2 cups broccoli florets, 1 carrot sliced, 1 sweet potato sliced, 300 grams yellow squash chopped, fresh herbs to garnish*

*Sauce: 50 grams margarine, 1 onion sliced, ¼ cup plain flour, 1½ cups milk, 1/3 cup tasty cheese, 1½ tblspns grain mustard*

*Topping: 2 cups breadcrumbs, 50 grams margarine melted, ½ cup Tasty cheese, fresh parsley chopped*

Cut chokoes quarters in half. Boil, steam or microwave chokoes until just tender, drain. Pat dry on absorbent paper. Boil, steam or microwave, broccoli florets, carrot sliced, sweet potato sliced, yellow squash chopped, separately until just tender, drain.

Sauce: Melt margarine in saucepan, add onion cook stirring until tender. Stir in plain flour, until dry and grainy. Gradually stir in milk, over heat until mixture boils and thickens, cool slightly. Stir in tasty cheese and mustard.

Topping: Combine breadcrumbs, margarine melted, Tasty cheese and fresh parsley and mix well. Combine vegetables in sauce. Spoon into ovenproof dish. Sprinkle with the topping. Cook in moderate oven 180 for 40 minutes or until hot. Garnish with herbs.

### **GARDEN CARROT MEDLEY**

*¾ cup water, 2 cups carrots cut into strips, 3 tblspns butter, 2 cups chokoes peeled and sliced, ¼ cup green capsicums, ½ tspn salt, and ½ tspn basil leaves*

In saucepan bring water to a boil. Add carrots, cover and cook over medium heat until carrots are crisply tender 8-10 minutes. Drain; add butter, stirring until melted. Stir in chokoes slices, green capsicums, salt, and basil leaves. Cover; cook over medium heat stirring occasionally until chokoes is crisply tender 8-10 minutes. Serves 6.

### **HARVEST CHOKOES**

*2 chokoes peeled and halved, ½ cup apple juice or water, ¼ cup butter, ¼ tspn nutmeg, 2 tblspns honey, 1 tspn orange peel grated, 2 tart apples cored, sliced*

Preheat the oven to 190C. In baking pan place chokoes cut side up. Pour the apple juice or water, in pan and set aside. In small bowl combine butter, nutmeg, honey and orange peel. Divide apples slices evenly among the choko halves. Pour about 2 tablespoons of the butter mixture over apple slices. Cover with aluminum foil, bake for 45-50 minutes or until chokoes are fork tender. Serves 4.

### **GRILLED VEGETABLE MELANGE**

*1 cup olive oil, 3 eggplants sliced, 3 zucchinis halved lengthwise, 3 chokoes peeled and halved, and sliced, 2 cups fresh basil leaves, 2 tspns salt, 1 tspn freshly ground black pepper, 3 red capsicums, 3 green capsicums*

Prepare the charcoal grill. Place ½ cup olive oil in small bowl and using a pastry brush lightly brush the, eggplants, zucchinis and chokoes slices with the oil. Combine the remaining olive oil and the basil leaves, in large bowl and stir to coat the basil well. Add salt and black pepper and set aside. When the grill is hot roast the red and green capsicums. When the capsicums are soft and charred all over. Place them a large paper bag. Close the bag and allow capsicums to steam. Grill the eggplant, zucchini and chokoes slices until lightly browned on each side. Let the slices cool on a tray. Remove the capsicums from the bag and gently rub off skins. Remove the stems and seeds from the capsicums. Cut the capsicums into 6mm slices add to the basil and oil mixture. When the eggplant, zucchini and choko mixture are cool, cut each into chunks. Add to the capsicums and toss to combine. Cover and refrigerate. Serves 8.

### **JULIENNE of CHOKOES and CELERY**

**I. Lichtnanuer**

*1 head celery julienne, 4 chokoes julienne, 30grams butter, 1 tblspn onion grated, freshly ground pepper, salt to taste, pinch of ground nutmeg*

Heat butter in saucepan, add celery and onion cover sauté for 3-4 minutes, shaking pan occasionally. Add chokoes, freshly ground pepper, salt and nutmeg and stir together. Transfer mixture to a buttered casserole, cover and cook in a moderate oven at 190C for 20 minutes or until vegetables are tender. Serve hot in casserole. Serve 8. from New Idea

### **GRILLED CHOKOES**

*1 choko diced, cracked pepper to taste, olive oil, Mozzarella cheese*

Mash choko, season with cracked pepper to taste. Add splash of olive oil and 2 pieces Mozzarella cheese in aluminum foil pan and grill under griller.

### **MARINATED CHOKOES and ONION**

*750 gram chokoes peeled, seeded and sliced, 3-4 tblspns extra virgin olive oil, fine sea salt, freshly ground black pepper, 2 red onions sliced, 3 tblspns red wine vinegar, 1 tblspn sugar, 3 tblspns roughly chopped mint*

Brush chokoes slices with 1 tablespoon extra virgin olive oil and cook them in frying pan over moderately high heat for 5-8 minutes or until well browned. Turn the slices over lower the heat, cover the pan and cook for another 9-10 minutes or until the chokoes are tender when pierced with a toothpick. Remove the chokoes from the pan with a spatula, season with fine sea salt, freshly ground black pepper, and place on platter. Put the onions in the frypan drizzle with 2-3 tablespoons extra virgin olive oil and cook over low heat until soft. Add the red wine vinegar, sugar and mint to the onions, season with salt and pepper, stir to combine well, raise the heat to moderate and cook for 1-2 minutes. Pour the contents of the frypan over the chokoes and cool. Serve at room temperature. Serves 4-6.

### **MARINATED ARTICHOKEs and CHOKOES**

*3 chokoes, One (425 grams) can artichoke bottoms, drained and sliced crosswise, ½ cup white wine vinegar, ¼ cup low-salt chicken broth, 2 tblspns chopped fresh basil, 2 tblspns chopped fresh parsley, 1 tblspn olive oil, ½ tspn Cajun-Creole Seasoning, 2 cloves garlic, minced, One 60 grams bottle diced pimento, drained, Boston lettuce leaves (optional)*

Peel chokoes; cut in half lengthwise, and discard pits. Cut chokoes halves lengthwise into slices. Steam chokoes slices and artichoke bottoms, covered, 40 minutes or until tender. Cool. Combine vinegar, chicken broth, fresh basil, fresh parsley, olive oil, Cajun-Creole Seasoning, garlic and pimento (vinegar through pimento) in a large bowl; stir with a whisk. Add vegetables to vinegar mixture; toss well. Cover and marinate 1 hour, stirring occasionally. Spoon into a lettuce-lined bowl, if desired. Serve with a slotted spoon. Serves 6.

### **MEDLEY ZUCCHINIS, CHOKOES and SQUASH**

*6 tblspns butter, 1½ tblspns garlic, 1kg 375 grams chokoes, 560 grams zucchini, 14 yellow squash, 3 tblspns chives, 3 tblspns cilantro*

Melt the butter and cook garlic and onion for 2 minutes. Add yellow squash, chokoes, zucchini, chives, 3 tblspns cilantro cook over low heat for 25 minutes. Serves 14.

### **MUSHROOM STYLE CHOKOES**

*750 grams chokoes, 3 tblspns extra virgin olive oil, fine sea salt, freshly ground black pepper, 1 garlic clove minced, 2 tblspns Italian parsley chopped,*

Put chokoes in frypan, drizzle with extra virgin olive oil, stir to coat the chokes and season with extra virgin olive oil, fine sea salt, freshly ground black pepper. Turn heat to medium-high and cook the chokoes shaking the pan to prevent burning cook for 5-10 minutes or until the chokoes are tender. Add the garlic and Italian parsley to the chokoes, stir to combine and serve hot. Serves 4-6

### **PAN FRIED CHOKOES**

*750 grams chokoes, sliced, 1 cup chicken stock, 1 onion thinly sliced, ½ tspn salt, ¼ tspn black pepper, 3 tblspns bacon drippings or lard, 3 tblspns unsalted butter*

Combine the chokoes, chicken stock, onion, salt and black pepper in large frypan. Heat to boiling reduce the heat to medium. Cook, uncovered, stirring frequently, until all liquid has evaporated for about 10 minutes. Add bacon drippings or lard and the unsalted butter to the chokoes. Cook uncovered stirring occasionally over low heat for 30 minutes longer. Serves 4-6.

### **QUICK FRYPAN CHOKOES MEDLEY**

*¼ cup butter, 1½ cups chokoes peeled and cubed, 1½ cups butternut pumpkin peeled and cubed, 1 tblspn brown sugar, pinch of nutmeg, 1½ cups zucchini unpeeled and sliced*

In frypan melt the butter; stir chokoes, butternut pumpkin, brown sugar and nutmeg. Cook over medium heat stirring occasionally for 5 minutes. Stir in zucchini and continue cooking until chokoes are crisply tender 4-5 minutes. Serves 6.

### **RATATOUILLE**

**M. Moon, Jim Kearnan**

*¼ cup oil, 2 onions sliced, 2 cloves garlic crushed, 4 chokoes peeled, quarter and cored, 2 eggplants diced, 4 zucchini sliced, 2 green capsicums sliced, 3 sticks celery sliced, 500 grams firm ripe tomatoes sliced, 1 tspn basil, 2 tspns salt, ½ tspn fresh black pepper ground*

Heat oil in shallow pan add sliced onions, crushed garlic, cook slowly until onions are soft. Add chokoes, eggplants, zucchini, green capsicums, and celery, mix lightly and cook 5 minutes, add tomatoes. Sprinkle over basil, salt and pepper. Cover; simmer gently 40-45 minutes stirring occasionally. Then remove cover and allow mixture to cook gently until almost all the liquid has evaporated. Cool, then refrigerate. Good with grills Serves 6.

### **ROAST CHOKOES and POTATOES with ROSEMARY**

*500 grams potatoes peeled and cubed, 750 grams chokoes peeled, seeded and cubed, ¼ cup extra virgin olive oil, 2 tbsps fresh rosemary, fine sea salt, freshly ground black pepper*

Preheat the oven to 200c. Put the potatoes in a bowl of cold water for 5 minutes to remove excess starch. Drain the potatoes and pat dry with paper towels. Place the potatoes and chokoes in one layer in a non-stick roasting pan. Drizzle with extra virgin olive oil, sprinkle with fresh rosemary and season with fine sea salt, freshly ground black pepper. Roast the potatoes and chokoes for 1 hour or until well-browned, stirring after 30 minutes to cook evenly. Serve immediately. Serves 4-6.

### **SPICED CHOKOES**

**Dawn Simpson**

*6 chokoes peeled and sliced, 2 tspns fresh ginger grated, 1 tspn garam masala, 1 tspn poppy seeds, 2 clove garlic chopped, 1 tspn ground coriander, 1-2 red chilies, 1 tspn salt, 2 tbsps oil, 1 onion chopped, fresh coriander and coconut.*

Drop chokoes into boiling salted water and cook for 5 minutes, drain and refresh under cold water, drain again. Combine fresh ginger, garam masala, poppy seeds, garlic, coriander, chilies and salt. Melt oil in frypan and fry onion gently until golden brown. Add the chokoes sprinkle over the spiced mixture, toss well, cover and cook 3-4 minutes remove lid and fry till the chokoes are dry. Garnish with chopped fresh coriander and coconut.

### **STUFFED CHOKOES**

**Judy Wills, R Sheldon**

*12 chokoes, fresh breadcrumbs, Filling: 1 onion finely chopped, 2 garlic cloves crushed, 4 tbsps butter, 2 tomatoes simmer for 5 minutes and chopped, ½ cup raisins, parsley and olives*

Cook chokoes in boiling salted water until tender about 15 minutes. Sauté onion and garlic in butter, till translucent. Stir in parsley, tomatoes, raisins, and olives salt and pepper simmer for 15-20 minutes. Remove chokoes from water and cool. Cut in half lengthwise. Spoon out pulp and add it to prepared filling. Stuff empty choko shells with mixture and top with breadcrumbs. Bake in 175 C oven for 15-20 minutes.

### **STUFFED CHOKOES**

**S Sanson**

*4 chokoes, fresh breadcrumbs, Filling: 375 grams minced steak, 1 onion finely chopped, ¼ cup rice, 60 grams margarine softened, salt and pepper, oil, 470 grams canned peeled tomatoes*

Cook chokoes in boiling salted water until tender about 15 minutes. Drain. Scoop out choko pulp Leave bottom of each choko. Fill with minced steak, onion, rice and butter in small bowl. Season with salt and pepper. Spoon on choko shells. Heat oil in frying pan and brown chopped pulp. Add canned tomatoes with liquid and cook for a further 3 minutes. Place stuffed choko halves into a greased shallow baking dish and pour over choko pulp mixture. Cover with foil and bake in slow oven 160c for 1 hour. Remove foil and serve.

### **SWEET and SOUR CHOKOES with PINE NUTS and RAISINS**

*2 tbsps Red wine vinegar, 2 tspns sugar, 4-5 chokoes peeled and cubed, plain flour for dredging, 6 tbsps olive oil, salt, freshly ground black pepper, 2 tbsps pine nuts, 3 garlic cloves peeled and finely minced, 2 tbsps raisins, 2 tbsps parsley finely minced*

Combine Red wine vinegar and sugar in small bowl and set aside. Dredge the chokoes lightly in flour shaking off excess. Sauté the chokoes in 2 batches. For each batch heat 2 ½ tablespoons of the oil in frypan over medium high heat. Add half the chokoes and sauté until nicely browned. Remove with slotted spoon to a dish season with salt and pepper and reserve. Wipe the frypan clean and add the remaining 1 tablespoon of oil over medium heat. Add the pine nuts and cook for 1-2 minutes or until lightly browned. Add the garlic and cook for 30 seconds longer. Return the chokoes to the frypan together with vinegar-sugar mixture and raisins and simmer, covered, until just heated through. Sprinkle with the parsley and serve hot directly from frypan. Serves 4.

**SIBLEY CHOKOES****Tina Harper**

*3 chokoes, melted butter, salt and pepper to taste, 250 grams sausage, ½ cup celery, ¼ cup onion chopped, One 310 gram cream of mushroom soup, breadcrumbs*

Halve chokoes and brush with melted butter and sprinkle with salt and pepper. Turn over chokoes and place them in a baking dish. Bake at 200C for 40 minutes. Brown the sausage until halfway cooked. Add the celery, onion and cream of mushroom soup. Turn the chokoes over and fill the sausage mixture. Top with breadcrumbs and bake for 10 minutes more. Serves 6.

**TOMATO BAKED CHOKOES****Johanna Rocks**

*3 chokoes, peeled and quartered 125 grams Mozzarella cheese finely sliced, 1 cup ready made pasta sauce, ½ cup breadcrumbs*

Boil or steam chokoes, for 10 minutes or until just tender. Drain. Transfer chokoes to an ovenproof dish. Spoon pasta sauce, over chokoes and top with Mozzarella cheese then sprinkle with breadcrumbs. Bake at 180C for 30 minutes or until golden.

**TURKISH CHOKO CAKES**

*500 grams chokoes peeled and grated, 2 tblspns crumbed Feta cheese, 2 tblspns Ricotta cheese, 2 tblspns finely chopped fresh dill, 2 tblspns finely chopped fresh mint, 1 tblspn finely chopped fresh parsley, ¼ tspn salt, 1/8 tspn freshly ground black pepper, 1 egg lightly beaten, ½ cup plain flour, oil for frying.*

Combine the chokoes, Feta cheese, Ricotta cheese, dill, mint, parsley, salt and black pepper in a bowl. Add the egg and plain flour, mix thoroughly. Heat 6mm oil in heavy frypan until hot but not smoking. Drop rounded tablespoons of the mixture a few at a time, into the oil. Fry until golden about 2 minutes per side. Drain on paper towels. Sprinkle with salt to taste before serving. Serves 4. Makes 8-10.

**VEGETABLE CASSEROLE****M Moon Jim Kearnan**

*4 chokoes peel, quarter and core, 2 carrots scrape cut into, 60 gram butter, 1 onion chopped, 3 tblspns plain flour, salt, pepper, ½ tspn dry mustard, 2 cups milk, 310 grams can whole sweet corn kernels drained, 1 tblspn parsley chopped, 125 grams cheese grated, 2 tblspns dry breadcrumbs*

Cook chokoes and carrots together in boiling salted water until tender. Drain. Heat butter in saucepan, add onion, sauté 3 minutes, add plain flour, salt, pepper and dry mustard, cook 2 minutes; remove from heat. Gradually add milk, stirring until mixture is smooth; return to heat, continue stirring until sauce boils and thickens. Remove from heat; add half the cheese, sweet corn kernels and parsley. Put drained chokoes and carrots in ovenproof dish, pour sauce over, sprinkle with remaining cheese and breadcrumbs. Bake in moderately hot oven for 20 minutes or until heated through and golden brown. Serves 5-7.

**VEGETABLE STUFFED CHOKOES**

*4 chokoes, 3 tblspns butter, 1 onion finely chopped, 3 carrots chopped, 3 stalks celery finely chopped, ½ cup red capsicum chopped, 2 tblspns fresh ginger minced, 1 clove garlic minced, ¼ cup dry white wine, 2 tblspns soy sauce, ½ cup Cheddar cheese grated*

Cut each chokoes in half lengthwise scoop out and discard seeds. Rub 1½ teaspoons butter over cut sides. Arrange cut sides down in shallow baking dish. Bake at 180C oven for 30 minutes. Turn chokoes and continue to bake until tender when pierced 15-20 minutes. Melt remaining butter in frying pan over medium heat. Add onion, carrots, celery, red capsicum, fresh ginger and garlic. Cook, stirring often until onion is soft but not browned 8-10 minutes. Stir in dry white wine and soy sauce. Increase heat to medium-high and bring to a boil, cook, stirring until liquid has evaporated about 3 minutes. Remove chokoes from oven and spoon a quarter of the filling into chokoes shell. Sprinkle with Cheddar cheese. Return to oven and continue to bake until cheese is melted and lightly browned for about 10 minutes more. Serves 4.

**WASH TUB CHOKOES and SAUSAGE CASSEROLE**

*¼ cup sour cream, ½ cup butter, ½ cup Cheddar cheese grated, ¼ tspn salt, ¼ tspn paprika, 1 egg beaten, ½ cup spring onions chopped, 310 grams sausage cooked, drained and crumbled, 2 cups chokoes cooked*

Combine the sour cream, butter, cheddar cheese, salt and paprika in a saucepan and stir over low heat until the cheese melts. Remove the saucepan from the heat and stir in the egg beaten, spring onions, sausage and chokoes. Transfer the mixture into a buttered dish, cover with breadcrumbs and dot with butter. Bake at 180C for about 35 minutes.



## STIR-FRY

### CHOKOES STIR-FRIED

Denise Donald

*chokoes, olive oil, garlic, parsley, balsamic vinegar*

Stir-fry chokoes in olive oil with garlic and parsley, then add a splash of balsamic vinegar at the last minute. Serve with meat, fish or chicken.

### CHOKOES STIR-FRIED

Denise Donald

*Sesame oil, garlic, ginger, chili, chicken, lime juice, and soy sauce*

Stir-fry in sesame oil, with garlic, ginger, chili, chicken, and any other vegetables you like adding a dash of lime juice, and salt-reduced soy sauce



## SALADS

### ASIAN CHOKO SALAD

I. Lichtnaneur

*3 chokoes peeled and chopped, 2 carrots peeled and chopped, 125 grams snow peas, 3 spring onions, 1 tblspn sesame seeds toasted.*

*Dressing: 2 tspns grated ginger, 1 clove garlic crushed, 2 tspns grated lemon rind, ¼ cup lemon juice, 1 tspn castor sugar, 2 tblspns oil, 2 tspns sesame oil, 1 tblspn fresh coriander*

Place chokoes, carrots and snow peas into saucepan and boil, steam or microwave. Leave chokoes and carrot separately until just tender. Drain and cool.

Dressing: Combine grated ginger, garlic crushed, grated lemon rind, lemon juice, castor sugar, oil, sesame oil, fresh coriander into a screw top jar and shake vigorously. Toss the cooked salad with snow peas, spring onions and dressing. Sprinkle with sesame seeds toasted. Serves 6.

**ASIAN GRAVLOX with CHOKO CAVAIR SALAD****Louise McCart**

*4 stalks lemon grass, 6 leaves kaffir lime leaves, 1 cup spring onions, ½ cup green ginger peeled, ½ cup toasted coriander, ½ cup toasted star anise, ¼ cup ground toasted Swechan peppercorns, ½ cup ground toasted fennel, ½ cup ground toasted white peppercorns, 2 cup kosher salt, 2 cup castor sugar, 1 side salmon skin off*

In food processor combine lemon grass, kaffir lime leaves, spring onions and green ginger until blended. Add coriander, star anise, Swechan peppercorns, toasted fennel, toasted white peppercorns, salt and castor sugar. Completely coat both sides of the salmon, tightly cover and refrigerate overnight. Thoroughly rub off cure. Slice very thinly on the bias. Serves 4. 1 side salmon skin off

**CHOKO SALAD****Judy Wills**

*2 chokoes peeled and halved, 1 tomato peeled and cut into wedges, 1 red onion finely chopped,*

*Dressing: ½ tspn Dijon mustard, 2 tblspns white vinegar, 90 mls olive or corn oil, salt, ground pepper, strips pickled Jalapeno chili.*

Chop chokoes and tomato and cook in salted water until tender, about 15 minutes and drain and cool

Dressing: Combine Dijon mustard, white vinegar, salt and ground pepper, gradually whisk in olive or corn oil. Put in chokoes, tomato and red onion in the bowl and toss gently. Serve in dish garnished with strips pickled Jalapeno chili.

**CHOKO SALAD****Greg Flynn**

*2 chokoes peeled and grated, 2 tomatoes peeled and diced, 2 spring onion finely chopped, 2 red capsicums, basil leaves, Vinaigrette Dressing*

Toss chokoes, tomatoes, spring onions and basil leaves. Season with Vinaigrette Dressing. Serves 2.

**CHOKO SALAD**

*2 cups zucchinis sliced, 2 cups chokoes sliced, ¼ cup Parmesan cheese, ¼ cup cider vinegar, ¼ tspn salt, ¼ tspn pepper, ¼ tspn basil leaves, 2 tblspns vegetable oil, ½ tspn fresh garlic, ½ cup red onion sliced, 2 ripe tomatoes cut into wedges*

In saucepan place zucchinis and chokoes add enough water to cover. Cook over medium high heat until water comes to a full boil. Boil 1-2 minutes and drain. Rinse with cold water. In large bowl stir together Parmesan cheese, cider vinegar, salt, pepper, basil leaves, vegetable oil and fresh garlic. Add zucchini, chokoes, red onion slices and, tomatoes wedges toss to coat. Serves 6.

**CHOKO and TOMATO SALAD**

*2 chokoes peeled, seeded and sliced 3 tblspns olive oil, 2 tspns lime juice, 3 tblspns white wine vinegar, 1/8 tspn pepper, ¼ tspn salt, ¼ tspn sugar, ¼ tspn basil leaves crumbled, ½ cup green capsicum chopped, ½ cup green onion chopped, lettuce leaves, 2 tomatoes peeled and cut into wedges*

Drop chokoes slices into boiling water and cook for 1 minute. Drain and plunge into cold water, drain again. In a bowl mix the olive oil, lime juice, white wine vinegar, pepper, salt, sugar and basil leaves. Add the chokoes, green capsicum and green onion. Cover and chill for at least 1 hour. To serve line a salad bowl with lettuce leaves, put into choko mixture and garnish with tomato wedges. Serves 6.

**CHOKO CAVAIR SALAD****Louise McCart**

*1 tblspn minced spring onions, 1 tblspn Dijon mustard, 1 dssrtspn thin soy sauce, 2 tblspns lemon juice, ½ tspn ground white pepper, ¾ cup canola oil, 2 chokoes julienned, 1/8 cup red capsicum diced, 60 grams Oestra cavair, thinly sliced gravlox*

Combine spring onions, Dijon mustard, thin soy sauce, lemon juice and white pepper and slowly whisk in oil. Toss ¾ of the vinaigrette with the cavair and chives. Cover plate with thinly sliced gravlox. Place a chokoes julienned and red capsicum with small amount of salad in the middle. Drizzle with vinaigrette. Serves 12-16.

### **CHOKO and ZUCCHINI SALAD**

**M. Moon, Jim Kearnan**

*3 chokoes peel, core and slice, 3 zucchinis sliced, water. 1 tspn salt, 1 lettuce, French dressing*

Put chokoes and zucchinis in saucepan cover with cold water, add salt. Bring to boil, boil for 2 minutes; drain and refrigerate for 1 hour. Wash lettuce, dry well, refrigerate in plastic bag until crisp, tear leaves place in salad bowl, add chokoes and zucchini toss with French dressing. Serves 4-6.

### **CHOKO SALAD PROVENCAL**

*250 grams chokoes peeled and diced, 250 grams zucchinis diced, 2 Roma tomatoes chopped, ¼ cup dried tomatoes finely chopped and drained, ¼ cup ripe olives pitted and minced, 3 spring onions thinly sliced, 3 tblspns cider vinegar, 1½ tspns fresh oregano minced or ½ tspn dried oregano, salt, pepper, oregano sprigs*

Combine chokoes, zucchinis, Roma tomatoes, dried tomatoes, olives and spring onions in a large bowl.

Drizzle with cider vinegar and sprinkle with fresh oregano Mix lightly. . Season to taste with salt and pepper. Garnish with oregano sprigs. Serves 4-6.

### **MARINATED CHOKO SALAD**

*3 chokoes, peeled and sliced 500 grams green beans, boiling salted water, ½ cup salad oil, ¼ cup vinegar, 1 tspn lime juice, ½ tspn salt, ½ tspn sugar, ¼ tspn tarragon leaves crumbled, dash pepper, 2 tomatoes cut into wedges, crisp lettuce leaves*

Cook chokoes, drain and cool. Cook green beans, drain and cool. Mix together salad oil, vinegar, lime juice, salt, sugar, tarragon leaves and pepper. Add the chokoes and beans to the dressing: and marinate in the refrigerator. To serve arrange the pieces of drained chokoes, beans and tomatoes on crisp lettuce leaves Serves 6.



## **PASTA**

### **PASTA with CHOKOES and POTATOES**

*6¼ litres water, 310 grams chokoes peeled, seeded and cubed, 1 potato peeled and cubed, 2-3 tblspns salt, 450-500 grams spaghetti, 1-2 cloves garlic, chopped, 1 small piece red hot chili, 2 tblspns Italian parsley chopped, 2-3 tblspns extra virgin olive oil, ½ cup Parmigano-Reggano cheese grated*

Bring water, to rolling boil. Add the chokoes, potato and salt. Cook for 2-3 minutes, add the pasta and cook until it tender. Put the garlic, chopped, hot chili and parsley in frypan and drizzle 1 tablespoon extra virgin olive oil. Place frypan over moderate heat and when garlic begins to sizzle remove from heat. Drain the pasta and the potatoes and chokoes, reserving 2 cups of cooking water. Put the drained pasta, chokes and potatoes in the frypan with the garlic and add 1 cup pasta cooking water. Cook over highest heat, stirring until pasta is cooked surrounded by a creamy sauce. Add more cooking water if the sauce dries out. Serve the pasta in bowls topped with a drizzle of olive oil and Parmigano-Reggano cheese. Serves 4-6.



### **CHOKOES GNOCCHI**

*310 grams chokoes, seeded and halved, 250 grams sweet potato halved, 2 eggs, sea salt, 1-1½ cups sifted plain flour, 4 ¼ litres, 2-3 tblspns salt, 2-3 tblspns butter melted, 6 fresh sage leaves chopped, fresh ground pepper, ½ cup smoked provolone cheese grated*

Preheat the oven to 200C. Cut chokoes cut half and bake in pan with sweet potato peeled for 1 hour or until tender. Cool the chokoes and sweet potato. Peel the chokoes and sweet potato and puree. Combine chokoes and sweet potato, eggs, sea salt, 1 cup sifted plain flour to make a paste firm enough to shape with wooden spoon but softer than dough. Fold in more flour ¼ cup a time if necessary. Bring water to a rolling boil and add salt. Push ½ teaspoonfuls of dough, which will be sticky into the boiling water 6-8 in the saucepan at a time and cook until they rise to the surface. If gnocchi don't float after 2-3 minutes use a wooden spoon to gently dislodge them from the bottom of the saucepan. Remove the gnocchi with a slotted spoon and cool on a clean surface. Reserve the cooking water to heat up the gnocchi for serving. Melt the butter over low heat in a large non-stick frypan and add the sage leaves. Season with ground pepper and salt. Bring the cooking water back to the boil, add the gnocchi and cook for 3-4 minutes to heat. Drain carefully, reserving 1 cup cooking water. Put the gnocchi in the frypan with the butter and sage, add ½ cup cooking water and cook over high heat, shaking the frypan to gently mix until gnocchi have formed a creamy sauce. Put the sauced gnocchi in individual bowls top with smoked provolone cheese and serve immediately. Serves 4-6.



## **RICE**

### **CHOKOES RISOTTO**

*1 onion chopped, 1 tblspn fresh rosemary minced, pinch cayenne pepper, ¼ cup extra virgin olive oil and 1 cup rice, 500 grams chokoes peeled, seeded and chopped, ¼ cup white wine, 8-10 cups simmering lightly salted vegetable broth, salt, ½ cup Parmigiano-Reggiano cheese grated*

Put the onion, rosemary minced, pinch cayenne pepper in saucepan, drizzle 2 tablespoons extra virgin olive oil, stir to coat the onion with the oil. Cook over low heat until onion is soft. Add the rice, stir to coat with the oil and cook for a few minutes to lightly toast. Add the chokoes and stir to combine with the rice. Add the white wine and raise heat to evaporate the wine, add simmering lightly salted vegetable broth, 1 cup at a time, stirring frequently with wooden spoon over highest heat. Add more vegetable broth when risotto is till surrounded by liquid stirring often. After about 10 minutes of cooking begin to add broth, ½ cup a time. Taste the rice after 15 minutes of cooking. Add the Parmigiano-Reggiano cheese grated and remaining extra virgin olive oil. Remove from heat and serve. Serves 3-4.



## QUICHE, TART

### CHOKO PIE

Marie McColl

*6 chokoes peeled, seeded and sliced, juice of 2 lemons, pastry for pie dish, ¼ cup castor sugar*  
Cook chokoes in boiling salted water until tender. Drain well. Add lemon juice and castor sugar. Mix well. Place in pastry case. Top with pastry, brushed with milk. Sprinkle with sugar. Bake in a moderate oven till brown for 15-20 minutes.

### CHOKO and BACON QUICHE

Jannie Eiser

*2 chokoes peeled and grated, 2 zucchinis grated, 1 carrot grated, 5 eggs lightly beaten, 1 cup thick cream, 4 bacon rashers rind removed and chopped, 1½ cups cheese grated, ½ tspn lemon pepper seasoning, ½ cup s.r. flour* Garnish with sour cream, red capsicum strips.

Preheat the oven to 180C. Lightly grease and line a 20 x 30 cm baking dish. Place the grated chokoes, grated zucchinis and grated carrot into a bowl. Add eggs lightly and cream and mix until well blended. Stir through the chopped bacon rashers rind removed and 1 cup cheese grated, and then add lemon pepper seasoning. Sift the s.r. flour over the top of the mixture and stir well. Carefully pour into prepared dish, top with remaining cheese. Bake for 35-40 minutes. Cut into squares and serve with salad. Garnish with sour cream, red capsicum strips.

### CHOKO QUICHE

Norma Kent

*2 chokoes, peeled, seeded and grated, 1 cup cheese grated, 1 cup milk, 1 cup wholemeal s.r. flour, 5 eggs beaten, 1 large onion chopped, 4 bacon rashers chopped, salt, pepper*

*Topping ¼ cup Parmesan cheese shredded, ¼ tspn paprika, salad to serve*

Preheat the oven to a moderate 180C. Lightly grease a deep 25cm quiche dish with butter or oil. Place all chokoes, cheese, milk, wholemeal s.r. flour, eggs beaten, onion chopped, bacon pieces, salt and pepper and mix well. Spoon into prepared quiche dish. Sprinkle with topping. Bake in preheated oven for 1 hour or until cooked. Serve warm or cold with a salad of your choice.

Topping: Mix Parmesan cheese and paprika, salad to serve

### CHOKO PIE

Joyce Francis

*2 chokoes peeled, seeded and sliced, juice of 1 lemon, pastry for pie dish, ½ cup castor sugar, 8 tspns custard powder*

Cook chokoes in boiling salted water until tender. Drain well. Add lemon juice, castor sugar and custard powder. Mix well. Return chokoes and lemon mixture and stir until thick. Pour into pastry case. Top with pastry, brushed with milk. Sprinkle with sugar. Bake in a moderate oven till brown for 15-20 minutes.

### CHOKO PIE

SunshineCoast

*3 chokoes peeled, seeded and sliced, ½ cup castor sugar, juice of 1 lemon, 8 tspns custard powder, 1 can condensed milk, pastry for pie dish, whipped cream*

Cook chokoes in boiling salted water until tender. Drain well. Add lemon juice, castor sugar and custard powder. Mix well. Return chokoes and lemon mixture and stir until thick. Add condensed milk. Pour into pastry case. Top with pastry, brushed with milk. Sprinkle with sugar. Bake in a moderate oven till brown for 15-20 minutes.

### **LENTIL and CHOKOES POT PIE**

*2 tspns coriander seeds, 1 tspn cumin seeds, 1 tspn whole cardamom pods removed, 2 onions finely chopped, 2 cloves garlic crushed, 2 tblspns fresh ginger minced, ½ tspn cayenne pepper or chili powder, 1 ¼ cups water, 325 grams lentils rinsed and drained, 6 cups vegetable broth, 1¾ kgs chokoes, salt, pepper, pastry for 22.5 cm piece, 1 tblspn egg beaten*

*Yogurt sauce: 2 cups plain yogurt, ¼ cup fresh mint chopped, ¼ cup cilantro chopped*

Crush coriander seeds, cumin seeds and cardamom seeds coarsely with a mortar and pestle until coarsely powdered. Transfer to saucepan and add onions, garlic, fresh ginger, cayenne pepper or chili powder and ½ cup water, cook over medium heat stirring occasionally until a brown film forms on saucepan bottom 10-12 minutes. Add ¼ cup water stirring to loosen film. Repeat 2 more times cooking mixture until dry and then adding water until vegetables are richly browned. Add lentils and vegetable broth, bring to the boil reduce heat, cover and simmer for 10 minutes. Peel and seed chokoes cut into 18mm cubes. Add chokoes and continue to simmer covered until lentils and chokoes are soft when pressed 15-20 minutes. Season to taste with salt and pepper. Pour into casserole dish. Roll pastry on floured board to fit the pie dish top and bottom. Put vegetables and lentil into pie dish and seal with egg beaten and place pastry on top. Bake in 200C oven until crust is browned and filling is bubbly. 25-30 minutes. Serve with Yogurt sauce. Serves 8-10

Yogurt sauce: Mix together plain yogurt, fresh mint and cilantro.

### **CHOKO TART**

**Dawn Henderson**

*6 chokoes cooked, drained and mashed, 2 tblspns custard powder, ½ cup castor sugar, juice of 1 lemon, 20cm uncooked pastry shell.*

*Top: ½ cup coconut, 2 tblspns melted butter, 2 tblspns castor sugar,*

Place chokoes cooked, drained and mashed, with custard powder, castor sugar and lemon juice mixed well into 20cm uncooked pastry shell.

Top: Rub together coconut, melted butter and castor sugar, crumble over choko mixture and bake for 20 minutes in moderate oven.

### **CHOKO TART**

**Denise Donald**

*5 chokoes cooked, drained and mashed, 1 egg, ½ cup castor sugar, ½ cup coconut, ½ cup lemon juice, 2 tblspns milk, 1 tblspn custard powder 20cm cooked pastry shell.*

Place chokoes cooked, drained and mashed, with egg, castor sugar, coconut, lemon juice, milk and custard powder, and boil for 4 minutes. Put into pastry case after is has cooled, top with whipped cream

### **CHOKO TART**

**E. Evans**

*3 chokoes cooked, drained and mashed, ½ cup lemon juice, ½ cup castor sugar, and 2 tblspns custard powder 20cm cooked pastry shell.*

Place chokoes cooked, drained and mashed, with castor sugar, lemon juice, milk and custard powder, and boil for 4 minutes. Put into pastry case after is has cooled, top with whipped cream.



## PANCAKES

### CHOKO FLAPJACKS

**M Moon, Jim Kearnan**

*1 choko peel, core and halve, 1 potato peel and grated, 1 carrot scrape and grate, 2 rashers bacon chopped, salt, pepper, 2 eggs, ½ cup s.r. flour, butter*

Place choko, potato and carrot in a bowl. Add bacon, salt and pepper, stir in beaten eggs, then sifted s.r. flour, and mix lightly. Melt a little butter in frying pan. When hot drop in tablespoonfuls of mixture into pan; fry until cooked and golden brown on both sides, turning once. Serves 3-4.

### CHOKO FRITTERS

**R Taylor, P Odjik**

*Chokoes, 1 cup plain flour, ¼ tspn salt, 1 tblpn butter melted or oil, 1 egg slightly beaten, 1 cup milk*

Boil the chokoes. Mix plain flour and salt. Combine egg, milk and butter or oil and gradually add to the flour beating constantly until smooth. Dip chokoes in batter and fry in deep hot oil for 3-5 minutes until golden brown.

### CHOKO FRITTERS

**Cecelia**

*1 choko peeled, cored and grated, 1 potato peeled and grated, 1 carrot peeled and grated, 2 bacon rashers chopped, 2 eggs beaten, ½ cup s.r. flour, salt and pepper, oil for frying*

Put choko grated, potato grated and carrot grated in a bowl add bacon chopped, eggs, s.r. flour, salt and pepper, and mix well. Heat oil in frying pan and drop tablespoon mixture in and fry on both sides until golden serve with steak or sausages or with salad.



## DESSERTS

### CHOKOES CHARLOTTENBURGH

**Jamaican**

**Morris Cargill**

*3 chokoes halved, lightly salted water, 1 cup milk, 3 egg yolks, lightly beaten, 1½ tblspns light brown sugar, ¼ tspn salt, 2 tblspns raisins plumped, 1 tspn dark Jamaican rum, 3 egg whites, pinch cream of tartar, 2 tblspns slivered toasted almonds*

Steam chokoes in lightly salted water until they are just tender, drain. Carefully scoop out choko pulp leaving a firm thin shell. Chop choko pulp finely; allow to stand in a bowl for a few minutes then drain off excess liquid using a colander. Combine choko pulp with milk, beaten egg yolks, light brown sugar, salt, halved raisins which have been soaked in warm water till plump, then drained, and the plumped and add the dark Jamaican rum. Lightly fill choko shells with this choko mixture. Without delay whip the egg whites, with cream of tartar, until they form peaks. Place stuffed chokoes shells in a shallow pan top each with meringue and slivered toasted almonds and bake in preheated 160C oven until meringue has lightly browned, usually about 12-15 minutes. Serve immediately. Serves 6.

### CHOKO RELLENO

**Jacqueline Higuera McMahan**

*3 chokoes peeled and halved, ½ cup almonds, ½ cup castor sugar, 3 eggs, 1 tblspn brandy, 1 tspn vanilla essence, 2 tblspns milk or cream, pinch nutmeg, 1½ cups sponge cake, ½ cup sultanas or raisins, 3 tblspns almond chopped, 1 cup cream*

Steam chokoes halves and remove the seed and scoop out the choko pulp leaving a 1cm thick shell. Set aside. Place the choko pulp in the food processor with the almonds; add eggs and castor sugar process until a puree add brandy, vanilla essence, milk or cream. Blend. Pour mixture into a bowl and stir in nutmeg, sponge cake and sultanas or raisins. Spoon the pudding mixture into the choko shells and place them in greased baking dish. Sprinkle almonds and reserved sponge crumbs over the tops. Bake stuffed choko shells for 30 minutes. Pour remaining pudding mixture into a greased loaf pan and bake for 25 minutes. Serve with cream. Serves 6.

### PEAR and CHOKO CRUMBLE

**Narelle Maskell**

*2 chokoes peeled, cored and coarsely chopped, 2 pears peeled and cored coarsely chopped, 1 tblspn glaze ginger finely chopped, 2 tblspns brown sugar, 1 tspn lemon rind grated, 1 tblspn lemon juice, 1 egg lightly beaten, ½ cup thickened cream*

*Topping: ¼ cup brown sugar, ¼ cup wholemeal plain flour, ¼ cup rolled oats, ¼ cup coconut, 1/3 cup pecan nuts, 60 grams butter*

Chokoes steam or boil until tender. Drain chokoes; combine with pears, glaze ginger place in shallow ovenproof dish. Combine brown sugar, lemon rind grated, lemon juice, 1 egg lightly beaten and cream pour over chokoes mixture. Sprinkle with topping bake in moderate oven for 30 minutes or until the topping is crisp.

Topping: Combine brown sugar, wholemeal plain flour, rolled oats, coconut, pecan nuts and butter.

To Microwave place the chopped chokoes on bowl with 2 tablespoons water cover, cook on HIGH for 6 minutes drain, proceed as above. Sprinkle with topping. Cook on HIGH for 3 minutes. Topping: Spread topping mixture on to a plate cook on HIGH 3 minutes or until topping is crunchy. Stir with a fork several times during cooking. Serves 4.

### **CHOKO DESSERT**

**B. Evans, Cecelia**

*4 young chokoes peeled and quartered, 3 whole cloves, 2/3 cup pineapple juice, 1 tspn lemon rind grated, 1 tblspn lemon juice, 1/3 cup castor sugar*

Slice the chokoes and put them into ovenproof dish. Pour in the pineapple and lemon juice, whole cloves, 1 lemon rind and sprinkle with castor sugar. Cover and lid and cook in moderately slow oven for about 1 hour. Serve with ice cream.



## **CAKES**

### **QUICK CHOKO CAKE**

*4 eggs separated 1½ cups arrowroot flour, ½ cup wholemeal rye flour, 2 tblspns honey, 1 cup raw chokoes peeled and chopped.*

Puree chokoes. Beat egg whites until stiff. Add egg yolks then flour, 1 tablespoon honey, pureed chokoes. Grease cake tin with honey and flour cook for about 1 hour.

### **SWEET SUMMER CHOKO BUNDT**

*250 grams chokoes peeled and grated, 1 tspn slivered orange peel, ½ cup dates chopped, ½ cup pecan nuts chopped, 2 cups + 1 tblspn plain flour, 1 tspn baking powder, 1 tspn bi-carb soda, ¼ tspn salt, 3 eggs, 1 tspn vanilla essence, 1¼ cups castor sugar, 1 cup sour cream,*

*For the glaze: 2 tblspns orange juice, 2 tblspns lemon juice, 2 tblspns icing sugar*

*Icing: 1 cup icing sugar, 1 tspn ground cinnamon, 2 tblspns orange juice, 1 tspn cream*

Preheat the oven to 180c. Combine the chokoes, orange peel, dates and pecan nuts in a small bowl. Toss thoroughly with the 1 tablespoon plain flour. Set aside. Sift the remaining plain flour with the baking powder, bi-carb soda and salt. Set aside. Beat the eggs in large bowl until frothy. Add the vanilla essence and castor sugar, beat until light and lemony. Beat in the cup sour cream. Add the sifted ingredients and beat until smooth. Add the choko mixture and mix well. Pour the batter into a lightly buttered and floured Bundt cake pan. Bake until a toothpick inserted comes out clean, for about 1 hour. Cool on a rack for 10 minutes. Unmould. Prick the top and sides of the cake with a toothpick.

Make the glaze. Combine the orange juice, lemon juice and icing sugar in small bowl. Spoon this over the cake, allowing it to soak in until the cake is moist but not wet. Cool completely. Before serving, make the icing.

Icing: Combine icing sugar, cinnamon, orange juice and cream in a small bowl. Beat until smooth and drizzle over the cake. Serves 8-10.



## CHUTNEY, RELISH & JAMS

### CHOKO CHUTNEY

*1.5 kgs chokoes peeled, seed removed and diced, 2 green skinned apples peeled, cored and chopped, 1 onion diced, 375 grams sultanas, ½ tspn ground cardamom, 1 tspn ground cinnamon, 2 cups brown vinegar, 1 cup water, 250 grams brown sugar, pinch chili powder, 2 bananas peeled and sliced*  
Combine diced chokoes, chopped apples, diced onion, sultanas, ground cardamom, ground cinnamon, brown vinegar, water, brown sugar and chili powder in a deep saucepan. Stir until castor sugar is dissolved. Bring to the boil; simmer without stirring for 1½ hours. Add bananas sliced continue to simmer for a further 10 minutes or until thick. Pour into heated jars. Seal when cold. Makes about 6 cups.

### CHOKO CHUTNEY

**Dawn Henderson**

*5 chokoes diced, 375 grams dates, 250 grams sultanas, 250 grams raisins, 125 grams preserved ginger, 1 green apple, 1 red capsicum, 30 grams garlic, 1½ cups brown sugar, 3 level tblspns salt, 2 cups lemon juice, ½ cup water*

Place diced chokoes, dates, sultanas, raisins, preserved ginger, apple, red capsicum, garlic, brown sugar, salt, lemon juice and water into saucepan and cook for approximately 3 hours.

### CHOKO CHUTNEY

**D Wills**

*5 chokoes diced, 375 grams dates, 250 grams raisins, 2 white onions peeled, 1 green apple peeled and cored, ½ cup preserved ginger in syrup, 275 grams sultanas, 1½ cups castor sugar, 1½ tblspns salt, ½ tspn cayenne pepper cups lemon juice, ½ cup water*

Place diced chokoes, dates, sultanas, raisins, preserved ginger, apple, red capsicum, garlic, brown sugar, salt, lemon juice and water into saucepan and cook for approximately 3 hours.

### CHOKO CHUTNEY

**B Evans**

*5 chokoes peeled, seeded and diced, 375 grams sultanas 250 grams dates chopped, 250 grams raisins, ½ tspn cayenne pepper, 2 white onions peeled, 1½ tblspns salt, 1 green apple peeled and cored, 3 cups malt vinegar, ½ cup preserved ginger in syrup, 275*

Place diced chokoes, sultanas, dates, raisins, preserved ginger, apple, stir in sugar, cayenne pepper, salt and malt vinegar. Cook over low heat, stirring until sugar has dissolved. Bring to boiling point. Reduce heat and simmer stirring frequently for 1½ -2 hours or until thick. Turn into warm sterilized jars and seal. water

**CHOKO CHUTNEY****R Paynter**

*4 chokoes peeled, cored and diced, 2 apples peeled, cored and diced, 2 tomatoes peeled, 3 onions, 2 cups castor sugar, 1 level tblspns salt, ½ tspn ground cloves, 1½ cups mixed dried fruit, 2½ cups malt vinegar*  
Place diced chokoes, apple, tomatoes, onions, sugar, salt, ground cloves, mixed dried fruit and malt vinegar. Cook over low heat stirring constantly until sugar is dissolved. Bring to the boil reduce heat and simmer for 2 hours stirring occasionally. Pour into warm sterilized jars and cover with 2 layers of greaseproof paper and one layer of aluminum foil when cool. Tie securely.

**CHOKO CHUTNEY****Gwen Buckman**

*4 chokoes peeled, cored and diced, 1 kg tomatoes peeled, 2 apples peeled, cored and diced, 3 onions chopped, 2 tspns salt, 2 cups castor sugar, ½ tspn ground cloves, pinch cayenne pepper, ¾ cups cider vinegar, ¾ cup raisins, ¾ cup sultanas*  
Place diced chokoes, apple, tomatoes, onions, stir in sugar, salt, ground cloves, cayenne pepper, cider vinegar, simmer gently for 10 minutes. Add raisins and sultanas Cook for 1 ½ hours stirring occasionally. Pour into warm sterilized jars and cover with 2 layers of greaseproof paper and one layer of aluminum foil when cool. Tie securely.

**CHOKO CHUTNEY****Lyn Dorian**

*4 chokoes peeled, cored and diced, 2 apples peeled, cored and diced, 1 kg tomatoes peeled, 3 onions, 2 cups castor sugar, 2 tspns salt, ½ tspn ground cloves, pinch cayenne pepper, ¾ cups cider vinegar, ¾ cup raisins, ¾ cup sultanas*  
Place diced chokoes, apple, tomatoes, onions, sugar, salt, cayenne pepper, ground cloves, and cider vinegar. Cook over low heat until sugar dissolves. Simmer gently 10 minutes now add raisins and sultanas and simmer for 1½ hours or till mixture thickens. Pour into warm sterilized jars and cover with 2 layers of greaseproof paper and one layer of aluminum foil when cool. Tie securely.

**CHOKO CHUTNEY****John Davies**

*4 chokoes peeled, cored and diced, 4 onions, 3 red apples peeled, cored and diced, ¼ cup salt, 2½ cups white vinegar, 1½ cups castor sugar, 1 tspn French mustard, 1 tspn mustard seeds, 1 tspn peppercorns*  
Place diced chokoes, onions, sugar, salt, cayenne pepper, ground cloves, and cider vinegar. Cook over low heat until sugar dissolves. Simmer gently 10 minutes now add raisins and sultanas and simmer for 1½ hours or till mixture thickens. Pour into warm sterilized jars and cover with 2 layers of greaseproof paper and one layer of aluminum foil when cool. Tie securely.

**CHOKO CHUTNEY****Jenny Whiteside**

*2 kgs chokoes peeled, cored and finely chopped, 500 grams onions, 500 grams apples peeled, cored and grated, 1 clove garlic crushed, 250 grams raisins chopped, 6 whole peppercorns, 6 whole cloves, 1 bay leaf, 500 grams brown sugar, 2 tspns salt, 1 litre vinegar, 3 tspns finely chopped green ginger, 1 hot chili finely chopped*  
Boil diced chokoes in salted water until cooked. Add to onions, apples, garlic, raisins and brown sugar. Tie peppercorns, whole cloves, bay leaf, green ginger and chili. Place all in saucepan with salt and vinegar and boil steadily for about 2 hours. Pour into warm sterilized jars and cover with 2 layers of greaseproof paper and one layer of aluminum foil when cool. Tie securely.

**CHOKO CHUTNEY****R.Taylor**

*2 kgs chokoes peeled, cored and finely chopped, 500 grams onions, 500 grams apples peeled, cored and grated, 250 grams sultanas, 2 chilies chopped, 500 grams brown sugar, 1 tspn salt, 1 tspn allspice, 1 tspn cloves powdered, 1 tspn pepper,*  
Boil slowly chokoes, onions, apples, sultanas, chilies, brown sugar, salt, allspice, cloves powdered, pepper, for 2 hours. Pour into warm sterilized jars and cover with 2 layers of greaseproof paper and one layer of aluminum foil when cool. Tie securely.



**CHOKO CHUTNEY****S Sanson**

*9 chokoes peeled, cored and diced, 2 onions diced, 1 apple peeled, cored and diced, 6 clove garlic crushed, 2½ tblspns green ginger chopped, 2 chilies finely chopped, 1¼ cups raisins, 1 tblspn salt, ¾ cups malt vinegar, 3 cups brown sugar*

Into a large saucepan place chokoes, onions, apple, garlic, green ginger chopped, chilies, raisins, salt and malt vinegar, bring to the boil, reduce heat cover with lid and simmer for 1½ hours until chokoes are quite soft. Add sugar and stir until dissolved, and cook for a further 1 hour 20 minutes until the liquid is the consistency of thin jam. Spoon immediately into heated jars making sure the liquid covers the fruit. Seal, label and store in dark dry cupboard.

**CHOKO CHUTNEY****Robyn Murphy, Lynne Petric**

*8 chokoes peeled and cut up, salt, 1.36 kgs onions peeled and sliced, 125 grams French beans. 2.27 litres vinegar, 57 grams ground ginger, 28 grams peppercorns, 57 grams allspice, 2-3 chilies, 1.36 kgs white sugar, 1 cup plain flour, 2 dssrtspns mustard, 57 grams curry powder,*

Sprinkle chokoes with salt, let stand 24 hours. Drain well. Sprinkle onions and French beans with salt. Let stand for 12 hours. Drain well. Put vinegar on to boil add ground ginger, peppercorns, allspice, chilies, and white sugar tie spices in muslin bag. When vinegar comes to a boil, add chokoes, onions, and beans and boil till vegetables are soft. With some of the vinegar mix together plain flour, mustard, curry powder, add to chokoes and boil for 5 minutes, stirring constantly. Remove from heat, cool a little. Bottle and seal.

**CHOKO CHUTNEY****Margaret Brisbane**

*750 grams onions peeled and chopped, 3 large chokoes peeled and chopped, 750 grams tomatoes chopped, 750 mls vinegar, water, handful of salt, 750 mls vinegar, 1 dssrtspn mustard, 1 dssrtspn turmeric, 1½ cups sugar, 1½ tspns salt, ½ cup plain flour,*

Place onions, chokoes, tomatoes and vinegar and soak overnight in water to which salt has been added. In the morning pour off liquid and rinse. Cover with vinegar reserve some vinegar to mix dry ingredients. Cook until soft for approx 20 minutes. Mix together mustard, turmeric, sugar, salt and plain flour, with vinegar and add to vegetables. Bottle and seal.

**CHOKO CHUTNEY****R Taylor**

*1½ kg chokoes peeled, seeded and chopped, 1 kg onions peeled and chopped, 1 tspn garlic minced, 1 tspn powdered cloves, 6 cups vinegar, 1 tblspn salt, 1½ kgs apples peeled and chopped, 500 grams sugar, 1 tblspn ground ginger, 1 tspn cayenne pepper, ¼ cup treacle*

Put chokoes, onions, garlic, powdered cloves, vinegar, salt, apples, sugar, ground ginger, cayenne pepper, and treacle boil until thick. This takes about 1½ hours. When almost cool, spoon into jars, seal and label.

**CHOKO CHUTNEY****Norfolk Island**

*1½ kgs chokoes peeled, 250 grams onions, 1 tspn salt, 30 grams ginger ground, 500 grams brown sugar, 30 grams chilies, 500 grams raisins, 250 grams apples, 1 litre vinegar*

Boil chokoes until tender. Put the through a mincer with onions, salt, ginger, brown sugar, chilies, raisins and apples. Cook with vinegar for 2 hours then bottle.

**CHOKO and PEACH JAM CHUTNEY****R. Taylor**

*2½ kg chokoes, peeled, cored and chopped, 500 grams Granny Smith apples peeled, cored and chopped, 500 grams onions chopped, 1 tblspn salt, 2 chilies chopped, ¼ tspn cinnamon, 1 tspn grated fresh ginger, 1 tin peach jam,*

Boil chokoes, apples, onions, salt, chilies, cinnamon, fresh ginger and peach jam together until thick. Cool, bottle and seal.

**QUICK CHOKO CHUTNEY****Margaret McGoldrick**

*2 ½ kg chokoes peeled, cored and diced, 500 grams cooking apples peeled and diced, One large tin peach or apricot jam, 500 grams onions peeled and chopped, ½ tspn cinnamon, 2 chilies chopped, 1 tblspn green ginger minced, salt*

Place chokoes and apples in saucepan with peach or apricot jam, onions, chilies, cinnamon, green ginger and salt. Boil altogether over low heat until thick and chokoes are tender. Pour into sterilized jars and seal immediately.

### **SWEET CHOKO CHUTNEY**

*1 kg chokoes peeled, quarter and core, 500 grams tomatoes chopped, 2 onions chopped, 1 cup water, 2 cups brown vinegar, 1 cup castor sugar, ½ cup brown sugar firmly packed, ¼ tspn chili powder, 1 tblspn salt, ½ cup sultanas*

Combine chokoes, tomatoes and onions in saucepan with water, cover bring to the boil, reduce heat simmer gently for 30 minutes, or until chokes are tender. Add vinegar, castor and brown sugar, chili powder and salt, stir over medium heat until sugar is dissolved, bring to boil, reduce heat, simmer uncovered for 30 minutes. Add sultanas simmer for further 30 minutes, uncovered or until chutney is thick, Stir occasionally during cooking, Pour into hot sterilized jars seal when cold; store in cool dark place. Makes 1 litre

### **TOMATO and CHOKO CHUTNEY**

*Two 800 grams can tomatoes diced and undrained, 700 grams chokoes peeled and cored and finely chopped, 2 onions chopped, 1½ cups malt vinegar, 2 cups brown sugar, 2 tblspns mustard powder, 1 tblspn mild curry paste or powder, 2 cloves garlic rushed, 1 tspn ground allspice, 2 tspns coarse cooking salt, ¼ tspn black pepper, 1 tblspn cornflour, ¼ cup malt vinegar*

Combine undrained tomatoes, chopped chokoes, chopped onions, malt vinegar, brown sugar, mustard powder, curry paste or powder, crushed garlic, ground allspice, salt and black pepper in large saucepan. Stir over heat without boiling, until sugar is dissolved. Simmer uncovered, stirring occasionally about 1½ hours or until thickened. Combine remaining mustard powder, cornflour and malt vinegar in small bowl, stir until smooth. Gradually stir in cornflour mixture into chutney, simmer stirring about 5 minutes or until thick. Pour into hot sterilized jars; seal while hot. Makes about 9 cups.

### **TOMATO and CHOKO CHUTNEY**

*500 grams tomatoes diced, 2 onions, 2 chokoes peeled and cored and finely chopped, 2 tspns coarse cooking salt, 1½ cups brown sugar, ½ tspn ground cloves, 1 tspn mixed spice, ¼ tspn chili powder, ¼ tspn cayenne pepper, 1½ cups white vinegar, 1 cup brown vinegar, ¼ cup tomato paste, ¾ cup sultanas*

Put tomatoes, in a saucepan bring to boil, reduce heat, and simmer covered for 10 minutes. Add chopped chokoes, chopped onions, sugar and salt stir over low heat until sugar is dissolved. Mix in cloves, mixed spice, chili powder and cayenne pepper to a paste with little vinegar and tomato paste. Bring to boil, reduce heat, and simmer uncovered 30 minutes. Add sultanas simmer uncovered further 25-30 minutes or until thick. Pour into hot sterilized jars, Makes 1½ litres

### **TOMATO and CHOKO CHUTNEY**

**Judy Wills**

*1kg tomatoes diced, 4 chokoes peeled and cored and finely chopped, 2 green apples peeled, cored and diced, 3 onions chopped, 2 cups brown sugar, 1 tspn salt, ½ tspn ground cloves, good pinch cayenne pepper, 3 cups cider vinegar, ¾ cup sultanas, ¾ cup raisins,*

Combine tomatoes, chopped onions, chopped chokoes, apples, sugar, salt, cloves, cayenne pepper, 2 cups of cider vinegar malt vinegar, in large saucepan. Cook over low heat stirring until sugar has dissolved then simmer for 10 minutes. Add rest of the cider vinegar, sultanas and raisins simmer for 1¾ hours or until thick. Pour into warm sterilized jars; seal while hot. Makes about 9 cups.

### **TOMATO and CHOKO CHUTNEY**

**John Davies**

*200 grams tomatoes diced, 2 onions peeled and chopped, 2 chokoes peeled and cored and finely chopped, 2 tspns salt, 1½ cups sugar, ½ tspn ground cloves, 1 tspn mixed spice, ¼ tspn chili powder, ¼ tspn cayenne pepper, 1½ cups white vinegar, 1 cup brown vinegar, ¼ cup tomato paste, ¾ cup sultanas,*

Put tomatoes into saucepan bring to the boil, reduce heat, simmer covered for 10 minutes. Add, onion chokoes, sugar and salt, stir over low heat until sugar is dissolved. Mix cloves, mixed spice, chili powder, cayenne pepper, and white and brown vinegar. Add to saucepan with remaining vinegar and tomato paste. Bring to the boil, reduce to heat, and simmer uncovered for 30 minutes. Add sultanas simmer uncovered for 25—30 minutes or until thick. Pour into hot sterilized jars and seal. for 1¾ hours or until thick. Pour into warm sterilized jars; seal while hot. Makes about 9 cups.

**CHOKO JAM**

*3 chokoes, peel, halve and grate, 3 lemons halved and sliced, 1 tspn salt, 1½ cups water, 4 cups castor sugar, 1/3 cup finely chopped drained preserved ginger*

Place chokoes and lemon slices into a bowl; sprinkle the salt, over. Cover and leave overnight. Next day, pour off any liquid. Heat together water and castor sugar, until boiling, stirring until castor sugar has dissolved. Add the chokoes and lemons, boil gently for 10 minutes. Add the preserved ginger continue boiling until mixture jells when tested. Turn into warm sterilized jars and seal.

**CHOKO JAM****L Brizzle**

*2 kgs chokoes, peeled, seeded and cubed, 500 grams castor sugar, juice of 6 lemons, grated rind of 3 lemons, 125 grams preserved ginger minced, a pinch of cayenne pepper. 1½ kgs castor sugar*

Place chokoes, in large bowl with castor sugar, stand covered overnight. Next morning boil with the lemon juice, grated lemon rind, and minced preserved ginger and cayenne pepper till soft. Add castor sugar slowly stir till dissolved, boil quickly till set and a good colour. Test, bottle and seal.

**CHOKO JAM****S. Sanson, Rhonda Ward, Lynne Petric**

*12 chokoes, peeled, seeded and cubed, 6 lemons juice and rind, 10 cups water, 1 cup sugar of each cup pulp*

Place chokoes, in large saucepan with lemon rind and juice cover with water. Cook until tender about 15-20 minutes. Measure 1 cup of sugar for every cup pulp cook until it reaches setting point when tested. Test, bottle and seal.

**CHOKO JAM****N. Neal, Margaret McGoldrick**

*10 chokoes, peeled, seeded and cubed, 60 grams preserved ginger, 2 lemons juice and rind, 1½ cups water, 2 kgs cup sugar of each cup pulp*

Place chokoes, in large saucepan with lemon rind and juice sprinkle salt between layers leave over night. And drain. Put with water in preserving pan with sugar. Bring to the boil; add chokoes, lemons and ginger. Boil slowly for 4-5 hours. Test, bottle and seal.

**CHOKO JAM****Joyce Dick**

*5 kgs chokoes, peeled, seeded and cubed, 3 kgs cup sugar, 1 tin Raspberry jam, 1 bottle raspberry extract, and juice of 2 lemons*

Place chokoes, in large saucepan with half sugar and half the raspberry extract leave overnight. Add rest of the sugar and lemon juice and cook well. When nearly cooked add rest of raspberry extract and raspberry jam finish cooking until set. Test, bottle and seal.

**CHOKO and GINGER JAM****R Taylor**

*2kg chokoes, peeled, seeded and diced, 2 kgs sugar, juice of 6 lemons, grated rind of 3 lemons, 125 grams preserved ginger, pinch of cayenne pepper*

Place chokoes, in saucepan with half the sugar, over chokoes. Allow to stand overnight. Next day boil with lemon juice and rind, preserved ginger, and cayenne pepper until mixture is soft and pulpy. Then slowly add rest of sugar then boil quickly until the jam reaches setting point. When almost cool, spoon into clean glass jars, seal and label.

**CHOKO and LEMON JAM****T McDonald, R. Taylor**

*6 cups cold water, 3 lemons, 12 chokoes peeled, seeded and chopped, 1 cup sugar*

, Stand lemons and chokoes overnight with water and sugar next morning. Boil for 1-1½ hours. Then allow 1cup sugar to every cup of chokoes/lemon then boil for 2 hours or until it is a golden brown. And test then bottle and seal.

**CHOKOES and PINEAPPLE JAM****N. Neal, Margaret McGoldrick**

*12 chokoes, peeled, cored and diced, 1 pineapple peel, cored and dice, 375 grams sugar to each 500 grams fruit*

Weight chokoes and pineapple dice to determine the about of sugar needed. Sprinkle half of the sugar over choko and pineapple and leave overnight. Next day the choko, pineapple, pineapple core and sugar into saucepan and until tender. Heat remaining sugar. Remove the pineapple core and add the heated sugar. Stir with wooden spoon until dissolved then boil quickly until a sample tested on cold saucer will jell. Bottle in dry hot sterilized jars. Seal when cold.

**CHOKOES and PINEAPPLE JAM****R Taylor**

*12 chokoes, peeled, cored and diced, juice of rind of 2 lemons, 1 tspn essence of ginger or powdered ginger, 1 pineapple peel, cored and dice, 375 grams sugar to each 500 grams fruit*

Weight chokoes and pineapple dice to determine the about of sugar needed. Sprinkle half of the sugar over choko and pineapple and leave overnight. Next day the choko, pineapple, pineapple core, sugar and lemon rind and juice into saucepan and until tender. Heat remaining sugar. Remove the pineapple core and add the heated sugar. Add essence of ginger or powdered ginger. Stir with wooden spoon until dissolved then boil quickly until a sample tested on cold saucer will jell. Bottle in dry hot sterilized jars. Seal when cold.

**CHOKO and PASSIONFRUIT JAM****D Wills**

*2 kgs chokoes peel, cored and dice, 7 cups castor sugar, 1 cup boiling water, juice of 3 lemons, pulp of 18 passionfruit*

Place chokoes into a bowl with half the sugar and leave for 24 hours. Transfer to saucepan and pour in boiling water, cook gently until chokoes are clear. While chokoes are cooking warm the rest of the castor sugar. Add lemon juice, and rest of castor sugar to the chokoes, stir until castor sugar has dissolved and then boil rapidly until setting point is reached. Stir in passionfruit pulp boil for another 3 minutes. Turn into sterilized jars and seal.

**CHOKO and PINEAPPLE JAM****L Brizzle**

*12 chokoes peeled and minced, 1 pineapple peeled and minced, grated rind of 2 lemons, juice of 2 lemons 1 cup castor sugar, 1 tspn essence of ginger*

Place minced chokoes and, minced pineapple, grated lemon rind, lemon juice. Boil gently till soft. Add heated castor sugar to 1 cup choko/pineapple minced. Boil quickly until it jellies, add essence of ginger at the last minute and Pour into sterilized jars and seal.

**CHOKO and LEMON MARMALADE****Mary Powell**

*6 cups cold water, 3 lemons, 12 chokoes peeled, seeded and chopped, 1 cup sugar*

Stand lemons and chokoes overnight with lemon juice and 1 cup sugar next morning. Boil for 1-1½ hours. Then allow 1 cup sugar to every cup of chokoes/lemon then boil for 1½ hours or until it is a golden brown. And test then bottle and seal.

**CHOKO and ONION PICKLES****M. Moon, Jim Kearnan**

*5 large chokoes peeled and chopped, 5 large onions peeled and chopped, 3 litres water, 1/3 cup salt, 1 cup plain flour, 2 cups sugar, 1 dssrtspn curry powder, ¼ tspn cayenne pepper, 1½ litres brown malt vinegar, 1 tblspn dry mustard, 1 dssrtspn turmeric*

Put chokoes and onions into large bowl, cover with water, add salt and stir well; cover and stand 24 hours. Next day, pour vegetables and water into large saucepan, bring to the boil, boil 7 minutes, and drain off water. Combine mustard, turmeric, curry powder, plain flour, sugar and cayenne pepper, blend to a smooth paste with 1 cup brown malt vinegar. Add remaining brown malt vinegar to vegetables bring to the boil. Then stir in blended mustard and vinegar mixture; stir until mixture boils and thickens. Reduce heat and allow to simmer uncovered for 30 minutes. Bottle while hot. Makes 1½ litres.

**BREAD and BUTTER CHOKOES PICKLES****M. Moon, Jim Kearnan**

*2-3 chokoes peel, quarter, core and thinly sliced, 2 tblspns salt, 1 cup white vinegar, ¼ cup water, 2 tblspns castor sugar, 1 tspn mustard seeds, ½ tspn salt*

Arrange chokoes in layers in shallow dish; sprinkle with salt between each layer. Cover and stand overnight. Next day wash chokoes well in cold water, drain and set aside. In saucepan combine white vinegar, water, castor sugar, mustard seeds, salt bring to the boil. Reduce heat simmer uncovered for 5 minutes. Add chokoes bring to boil, boil for 2 minutes, and remove from heat. Pack choko slices into hot sterilized jars; fill with vinegar mixture and seal.

**CHOKO PICKLES****John Davies**

*4 chokoes peeled and quartered, 4 onions peeled and quartered, 3 red capsicums seeded and quartered, ¼ cup salt, 2 ½ cups white vinegar, 1½ cups castor sugar, 1 tspn French mustard, 1 tspn mustard seeds, 1 tspn peppercorns*

Combine chokoes, onions, red capsicums and salt, in a bowl and stand overnight. Next day combine in a large saucepan white vinegar, castor sugar, French mustard, mustard seeds and peppercorns. Stir over low heat until sugar is dissolved, bring to the boil. Add drained and rinsed chokoes, onions, red capsicums bring back to the boil, reduce heat simmer uncovered for 5 minutes. Pack chokoes, onions, red capsicums into hot sterilized jars, pour over enough of the pickle liquid to cover. Makes approx. 1½ litres

**CHOKO PICKLES**

*750 grams chokoes peeled, seeded and diced, 2 onions sliced, 1 tblspn salt, 4 cups white vinegar, 60 grams castor sugar, 10 cloves, 1 tspn ground ginger, ½ tspn allspice, Dressing: 1 tblspn cornflour, 1 tspn ground 2 tblspns dry mustard, 2 cups vinegar, 250 grams castor sugar, 1 tspn ground turmeric, 2 tblspns dry mustard, 2 cups vinegar, 250 grams castor sugar*

Sprinkle diced chokoes and onions sliced with salt, stand overnight. Drain and rinse place in a deep saucepan with white vinegar, castor sugar, cloves, ground ginger and allspice, stir over heat until sugar dissolves. Bring to the boil; simmer without stirring for 20 minutes or until liquid has almost evaporated. Dressing: Mix cornflour, ground turmeric, dry mustard and vinegar, stir into chokoes and onions. Add castor sugar stir over heat until sugar dissolves. Bring to the boil, simmer for 5 minutes. Remove and discard the 10 cloves. Spoon into jars. Seal when cold. Makes about 4 cups

**CHOKO PICKLES****M. Moon, Jim Kearnan**

*1.5 kgs chokoes peeled and chopped, 750 grams onions peeled and chopped, ½ cup salt, water, 1.5 litre brown malt vinegar, 1kg brown sugar, 1 cup plain flour, 1 dssrtspn turmeric, 1dsrtspn dry mustard, 1 dssrtspn curry powder, ½ tspn ground ginger*

Put chokoes and onions into large bowl. Sprinkle with salt, cover with water. Cover bowl and stand overnight. Next day drain chokoes and onions, rinse in cold water. Put 900mls brown malt vinegar and the brown sugar, into large saucepan, bring to the boil, stirring until sugar has dissolved; add chokoes and onions bring back to boiling point. Mix plain flour, turmeric, dry mustard, curry powder and ground ginger to a paste with remaining brown malt vinegar, gradually add to chokoes and onions mixture stir constantly until mixture boils and thickens. Reduce heat, simmer for 10 minutes. Pour into hot sterilised jars, seal. Makes approx 3 litres

**CHOKO PICKLES****Annie Hodge**

*1½ kgs chokoes peeled and chopped, 500 grams onions peeled and chopped, 1 cup brown sugar, ½ cup salt, water, 1.5 litre vinegar, 1tspn cayenne pepper, 2 tspns mustard, 2 tspns curry powder, ½ cup plain flour,*

Put chokoes and onions into large bowl. Sprinkle with salt, cover with water. Cover bowl and stand overnight. Next day drain chokoes and onions, rinse in cold water. Put plain flour, brown sugar, vinegar, cayenne pepper, mustard and curry powder into large saucepan, bring to the boil, Cook about 2 hours. Bottle and seal tightly.

**CHOKO PICKLES****Rhonda Ward**

*1.5 kgs chokoes peeled and chopped, 1 cup sugar, 1 dssrtspn turmeric, 5 kg onions, 1 cup plain flour, 1tblspn dry mustard, 1 tspn curry powder, 1/8 tspn curry powder 10 cups vinegar, 500 gram salt, 1 gallon water*

Put chokoes and onions into large bowl. Sprinkle with salt, cover with water. Cover bowl and stand overnight. Next day drain chokoes and onions, rinse in cold water. Put 900mls brown malt vinegar and the brown sugar, into large saucepan, bring to the boil, stirring until sugar has dissolved; add chokoes and onions bring back to boiling point. Mix plain flour, turmeric, dry mustard, curry powder and ground ginger to a paste with remaining brown malt vinegar, gradually add to chokoes and onions mixture stir constantly until mixture boils and thickens. Reduce heat, simmer for 10 minutes. Pour into hot sterilized jars, seal. Makes approx 3 litres

**CHOKO PICKLES****Sunshine Coast, Beryl Fox,**

*1.25 kgs chokoes peeled and chopped, 700 grams white onions peeled and chopped, ½ cup salt, water, 1.200 litre brown malt vinegar, 1kg brown sugar, 1 dssrtspn turmeric, 1dssrtspn dry mustard, 1 dssrtspn curry powder, ½ tspn ground ginger 1 cup plain flour*

Put chokoes and onions into large bowl. Sprinkle with salt, cover with water. Cover bowl and stand overnight. Next day drain chokoes and onions, rinse in cold water. Put 900mls brown malt vinegar and the brown sugar, into large saucepan, bring to the boil, stirring until sugar has dissolved; add chokoes and onions bring back to boiling point. Mix plain flour, turmeric, dry mustard, curry powder and ground ginger to a paste with remaining brown malt vinegar, gradually add to chokoes and onions mixture stir constantly until mixture boils and thickens. Reduce heat, simmer for 10 minutes. Pour into hot sterilized jars, seal. Makes approx 3 litres

**CHOKO PICKLES****R.Taylor, P. Odjik**

*12 chokoes peeled and chopped, 4 cups vinegar, 2 tblspns sugar, 6 peppercorns, 6 cloves, 3 chilies chopped, 1 blade of mace, 2 tspns salt, 2 bay leaves, extra salt and water*

Put chokoes in boiling water and cook for 30 minutes. Strain Put vinegar, sugar, salt chilies and peppercorns, mace, bay leaves and cloves in muslin bag. And boil for 3 hours. Bottle and seal tightly.

**CHOKO PICKLES****Penny Henning**

*12 chokoes peeled and chopped, 3chilies chopped, 1.5 litres vinegar, salt, 1 blade of mace, peppercorns, 2 bay leaves, 4 tblspns sugar,*

Boil chokoes in boiling water and cook for 20 minutes. Strain Put vinegar, sugar, chilies and peppercorns, mace, bay leaves and cloves in muslin bag. And boil for minutes. Place chokoes in jars add strained vinegar. Bottle and seal tightly.

**CHOKO PICKLES****June A Richter**

*12 chokoes peeled and chopped, 1.5 kgs onions, 2 litres white vinegar, 1 cauliflower, 2 red capsicums, 1 tblspn turmeric, 1 tblspn curry powder, 1 tblspn dry mustard, ½ tspn cayenne pepper, 500 grams sugar, 1 cup plain flour, 1 tblspn salt*

Put chokoes, onions, cauliflower and red capsicums, sprinkle salt over and cover with water and stand overnight. Bring to boil next day, cook until tender. Drain off liquid mix dry ingredients with ½ of vinegar, put other half of vinegar in vegetables and bring to the boil. Add turmeric, curry powder, dry mustard and cayenne pepper, mix and boil 15-20 minutes. Keep stirring bottle while hot. Seal when cold.

**CHOKO PICKLES**

*2.5 kgs chokoes peeled and chopped, 700 grams white onions peeled and chopped, ½ cup salt, water, 1.200 litres Malt vinegar, 1 kg brown sugar, 1 dsrtspn turmeric, 1 dssrtspn dry mustard, 1 dssrtspn curry powder, ½ tspn ginger, 1 cup plain flour*

Place chokoes and white onions in large bowl sprinkle with salt, cover with water. Cover bowl, stand overnight. Drain chokos and onions, rinse in cold water. Place 900mls Malt vinegar and brown sugar into large pan, bring to boil. Add chokoes and onions; bring back to boiling point. Mix turmeric, dry mustard, curry powder, ginger and plain flour to paste with remaining 300mls malt vinegar gradually adding to choko and onion mixture. Stir constantly until mixture boils and thickens. Reduce heat, simmer 10 minutes. Pour into warm jars and seal.

**CHOKO PICKLE****Norfolk Island**

*1½ kgs chokoes peeled and chopped, 500 grams onions, ½ cup plain flour, 2 tspns curry powder, 2 tspns mustard, 1¼ litre vinegar, ½ cup castor sugar, 30 grams turmeric, salt*

Sprinkle chokoes with salt and leave for 12 hours, drain and put into saucepan with onions, vinegar, castor sugar, mustard and curry powder. Bring slowly to the boil and when cooked thicken with plain flour mixed with vinegar and lastly turmeric mixed with vinegar. Bottle and when cold, seal.

**CHOKO PICKLE****Margaret McGoldrick**

*2 kgs chokoes peeled and diced, 750 grams onions peeled and diced, 2½ litres vinegar, 15 grams ground ginger, 1 cup castor sugar, ¾ cup plain flour, 1 tblspn turmeric, 1 tspn curry powder, 1 tspn cayenne pepper, 1 tspn mixed spice, 2 chilies chopped, 500 grams salt and 1¾ litres water*

Make a brine with salt and water and boil water, pour over chokoes and onions and stand overnight. Drain leaving some of brine, add vinegar, ground ginger, castor sugar, plain flour, turmeric, curry powder, cayenne pepper, mixed spice and chilies and boil 5 minutes, stirring well. Add vegetables and cook gently 15 minutes. Bottle and seal when cold.

**MUSTARD CHOKO PICKLES****L Brizzle, R Taylor, P, Odjik**

*1½ kgs chokoes peeled and sliced, 500 grams onions sliced, ½ cup castor sugar, 1 tblspn dry mustard, 1 tblspn turmeric, ½ cup plain flour, 1 tspn curry powder, 1 tspn cayenne pepper, 10 cups brown vinegar*  
Combine chokoes, onions and soak in brine made of water and 1 cup salt for 24 hours. Just scald and strain through a colander. Mix dry mustard, turmeric, plain flour, curry powder and cayenne pepper with enough brown vinegar to make a smooth paste. Add all the vinegar gradually and boil until it thickens, stirring all the time. Add the chokoes and onions and boil slowly for 10 minutes.

**MUSTARD CHOKO PICKLES****Mary Powell**

*4 chokoes peeled and cut into 1 cm pieces, 2 onions chopped into 1cm pieces, 2 tblspns cooking salt, 1 cup water, 1/3 cup plain flour, 2 tblspns dry mustard, 1 tspn turmeric, ½ tspn ground cloves, 1 cup castor sugar, ½ cup golden syrup, 2 cups brown vinegar*

Combine chokoes, onions and salt in a bowl, stand covered overnight. Drain; rinse well under cold water. Place choko mixture in saucepan with water, bring to the boil, reduce heat, simmer covered for 125 minutes. Blend plain flour, dry mustard, turmeric, ground cloves and sugar with brown vinegar and golden syrup. Add to choko mixture, stir until boiling, reduce heat, simmer uncovered for 30 minutes or until mixture is thick. Pour into hot sterilized jars, seal when cold. Makes about 6 cups.

**MUSTARD PICKLES****S. Sanson**

*7 cups chokoes diced, ½ cup coarse salt, 5 cups water, 2 onions peeled and sliced, 1 red capsicum seeded and chopped*

*Sauce; 1 tblspn sugar, 2 tblspns plain flour, 1 tblspn dry mustard, 1 tspn turmeric, 2½ cups malt vinegar*

Put coarse salt and water, into a large bowl stir until dissolved. Place chokoes, onions and red capsicum in bowl and leave overnight. Sauce: Place sugar, plain flour, dry mustard, and turmeric with ½ cup malt vinegar. Heat remaining vinegar add blended dry ingredients, Place over gentle heat and bring to boil stirring constantly. Drain vegetables and add to sauce, simmer gently for 25 minutes. Until the chokoes are tender about 15 minutes stirring occasionally. Pack vegetables into clean hot sterilized jars pour mustard sauce over. Cover and label

**CURRIED CHOKO and CUCUMBER PICKLES**

*2 large cucumbers, 2 chokoes peel, quarter and core, 2 onions peeled and chopped, 2 red capsicums seeded and chopped, ½ cup salt, 750 mls bottle white vinegar, 2 cups castor sugar, 2 tspns curry powder, 1 tspn celery seeds, 1 tspn mustard seeds*

Wash cucumbers, cut in half, remove seeds cut into quarters then cut into 2.5cms cubes. Put chokoes, onions, red capsicums, into a bowl and sprinkle with salt, stand overnight. Next day drain and rinse well. Combine white vinegar, castor sugar, curry powder, celery seeds and mustard seeds. Stir over heat until sugar is dissolved, bring to the boil. Add chokoes, cucumber, and onions bring back to the boil, reduce heat, and simmer for 5 minutes. Pour into sterilized jars, seal. Makes about 2 litres

**CHOKO RELISH****S Sanson**

*8-10 chokoes peeled and diced, 4 onions sliced, 1 cup coarse salt, 10 cups cold water, 4 cups vinegar, 2 cups castor sugar, 1/3 cup brown sugar, 3 tblspns mustard seed, 2 tblspns celery seed, 1 tspn turmeric*  
Place chokoes and onions, in large bowl with salt and cold water; cover and allow to soak for 12-18 hours. Drain the chokoes and onions and stand for 1 hour but do not rinse them. In large saucepan combine the vinegar, castor sugar, brown sugar, mustard seed, celery seed and turmeric. Bring mixture to the boil and cook for 5 minutes. Add drained chokoes and onions and simmer for 30 minutes. Bring the mixture to the boil, park into hot sterilized jars and seal.

**CHOKO RELISH****Elizabeth Neil**

*2kgs chokoes peeled and diced, 750 grams castor sugar, 2 apples peeled and diced, 2 onions sliced, 400 grams dates pitted and chopped, 250 grams glace ginger chopped, 600 mls white vinegar, salt and pepper*  
Place chokoes, castor sugar, apples, onions, dates, glace ginger, white vinegar, salt and pepper into a large saucepan. Turn on the heat and cook gently for 2 hours. Stir occasionally to prevent relish from sticking. Bottle in sterilized jars. Serve with your favourite meat, grilled sausages and/or roast beef sandwiches.

**CHOKO BLACK EYED PEA RELISH****Stephan Pyles, Terri Law**

*1 chokoes peeled and diced, 1 cup black eyed peas cooked, 1 clove garlic minced, 1 Serrano chili minced, 2 tspns fresh cilantro chopped, 4 tblspns mango or paw paw diced, 2 spring onions chopped, ¼ cup sweet corn kernels, 2 tspns lime juice, 2 tspns white wine, 2 tblspns vinaigrette dressing, salt to taste*  
Combine chokoes, black-eyed peas, garlic, Serrano chili, fresh cilantro, mango or paw paw, spring onions, sweet corn kernels; lime juice, white wine, and vinaigrette dressing, salt to taste. Cook for a least 1 hour.



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