

The 25 Club Shirley Brown Memorial Cookbook 2010



*Narromine 25 Club
Serving Our Community since 1971*

Conversions

Oven	
Very Slow	120
Slow	150
Moderately Slow	160 – 180
Moderate	190 - 200
Moderate	220 – 230
Hot	250 – 260
Very Hot	270 - 290

Remember that fan forced and gas ovens need to be a little lower in heat.

Measurement Tables

Weight

½ oz	15g
1 oz.	30g
4 oz (1/4 lb)	125g
8 oz (1/2 lb)	250g
12 oz (¾ lb)	375g
16 oz (1 lb)	500g (.05 kg)
32 oz (2 lb)	1000g (1 kg)

Volume

2 fl oz	¼ Cup
4 fl oz	1/2 Cup (125 ml)
5 fl oz (¼ pint)	150 ml
8 fl oz	1 Cup (250 ml)
20 fl oz (1 pint)	2.5 Cups (625 ml)
1 Tablespoon	20 ml liquid 30g marg / flour / sugar
1 Teaspoon	5 ml

Preface from the 2010 President, Janice Smith

What a successful year 2010 has been so far for our Club. It has been my privilege to lead the Club this year. With the assistance of the secretary, Sally Anderson and the treasurer, Ann Chad , plus each of the other 22 members we have already purchased eight much needed chairs for Timbrebongie House at a cost of approximately \$3200. The chairs were purchased from Keen's Furniture One, which has supported the Club in our fundraising endeavours particularly our wine tasting evening. Other supporters for this fund were the United Services Memorial Club and DeBortollis Wines.

Our raffles this year have been supported by donations from Steve Briggs and Faye Gardiner. All funds raised are donated back to the Narromine community. The Club was founded in 1971 with the aim of supporting charities in Narromine.

We also thank Julie Davis and Velma Naylor for their compilation of our fourth recipe book. A grant of \$500 has been secured from Narromine Shire Council to assist with printing and compilation costs.

The launch of this book is very special to the members of the Club. The recipe book is dedicated to one of our very dear members Shirley Brown. Shirley was a member of the 25 Club from 1976 until her death in 2009.

Thank you and “good cooking “

Janice Smith, President

Shirley Brown

Sally Anderson
Daphne Boland
Jan Brennan
Ann Briggs
Val Cale
Ann Chad
Beverley Cleary
Gail Cobden
Rhonda Coogan
Sue Dagg
Julie Davis
Jannifer Duff



Gai Dugan
Sandra Edmunds
Judy Jones
Christine Kelly
Velma Naylor
Pauline Newman
June Sharpe
Rosemary Sly
Jan Smith
Anne Touhey
Judy Wheatley
Remelda Woods
Verena Wright

“A treasured friend, loved and sadly missed
by the members of the 25 Club”

Entrees



Dip

Ingredients

1 Carton sour cream
1/3 Cup walnuts
3 Shallots
1 Pkt Spring Vegetable Soup
1 Pkt Frozen Spinach

Method

Blend all the ingredients together and store in refrigerator for several hours before serving.

June Sharpe

Creamy Asparagus Soup.

Ingredients

1 Small onion, peeled and diced.
2 cans asparagus tips, drained and reserve the liquid.
60 g butter.
3 tablespoons plain flour.
3 cups water.
1 ½ tablespoons chicken stock powder.
Ground black pepper to taste.
1 tin light and creamy milk.

Method

Place asparagus in a bowl and mash. Melt butter in pan and cook onions until soft over low heat so as not to brown. Stir in flour and cook for 1 minute, then gradually add asparagus liquid, water and stock. Stir until well combined, bring to boil, stirring until soup thickens, add asparagus, milk and pepper and cover and simmer for 10 minutes. Serve with whirl of cream.

Gai Dugan

Sweet Corn and Bacon Soup

Ingredients

2 tins Creamed corn
4 rashers Bacon diced
2 tins Light and creamy milk
1 tablespoon Chicken stock powder
6 Shallots diced
Parsley

Method

In a heavy pan, spray with cooking spray and cook the bacon until brown, add the shallots, cook for 1 minute before adding corn, milk and stock. Reduce the heat, stir well and cook for 20 minutes. The soup should be thick but not too thick, so you may need to add a little water. Add the parsley just before serving.
Serve hot with crunchy bread.

Judy Wheatley

Bacon, Lentil and Vegetable Soup

Ingredients

2 tblspns Olive Oil
1 Chopped brown onion
2 60g bacon chopped finely
2 Stalks celery chopped coarsely.
2 Carrots (approx. 240g)
1 Cup (200g) Red lentils
1 Litre Salt reduced chicken stock

Method

Heat oil in fry pan and cook onion, bacon, celery & carrots until just soft. Add lentils and stock and simmer for 15 or 20 mins. Add salt and pepper to taste.

Judy Wheatley

Quick Bites.

Preheat oven to 200c.

Mix ¼ cup each of Polenta, grated parmesan and tasty cheese with 1 tablespoon parsley (fresh or dried) in a bowl.

Dip bread crusts in beaten egg and coat with the cheese mixture. Place on an oven tray approx 10 mins until crisp and golden. Cool before serving.

Diced bacon in the mix is also very tasty.

Sue Dagg.

Cheese Puffs.

Ingredients

Vegetable oil for deep drying.

3 egg whites

2 tablespoons self raising flour with a pinch of salt

1 2/3 cups (200g) grated gruyere cheese or strong cheddar.

Method

Heat oil in electric wok or pan.

Beat egg whites in a small bowl until firm peaks form, add flour (salted and sifted), cheese and fold in lightly.

Spoon small amounts into hot oil in batches.

Deep fry until crisp and golden brown.

Drain on absorbent paper and serve as soon as possible.

Sue Dagg.

Hint.

To test an egg for freshness, place it in a deep bowl of cold water. A fresh egg will sink to the bottom.

Quick Pumpkin Soup.

Ingredients

1 Onion chopped
2 tablespoons butter
500g pumpkin, peeled and chopped
1 pkt cream of chicken soup mix
3 cups water
½ cup cream
½ teaspoon nutmeg

Method

Fry onion in butter until soft. Add pumpkin, cover and cook for 5 minutes. Add soup mix and water and simmer until pumpkin is tender – about 10 minutes. Cool, then puree. Stir in cream and nutmeg. Reheat without boiling.

Daphne Boland.

Curry Party Dip.

Ingredients

1 pkt Magi curry sauce
1 x 125ml can Nestle cream
1 teaspoon Lemon juice
1 dessertspoon Fruit chutney
2 Hard boiled eggs, chopped.

Method

Combine the first four ingredients. Mix well.
Add chopped eggs and chill.

Daphne Boland.

Lunch time Quick Lite Snack (*French Toast*)

Ingredients

1 slice of bread (personal choice, i.e. Wholegrain etc.)

1 egg, whisked

Diet Jam, flavour of choice, apricot is yummy.

Olive oil

Cottage cheese.

Method:

Whisk egg into shallow bowl. Add slice of bread to soak up egg, turn over bread to soak up remaining egg.

Have oil in pan on medium heat, when hot put bread in, cook on one side then turn, cook on other side (only a matter of minutes.)

Place on serving plate, top with jam and cottage cheese, enjoy.

Sandra Edmunds

Savoury French Toast **A quick lunch time healthy snack**

Ingredients

1 slice of bread, *personal choice, but wholemeal/wholegrain is great*

1 egg

Small tin tuna

Olive oil

Sliced tomato or beetroot

Salt and pepper to taste.

Method

Whisk egg in shallow dish, add bread to soak up egg, turning over so bread has egg both sides.

Heat oil in pan on medium heat, add bread when hot, turn over to cook other side.

Put on serving plate, add tuna & tomato or beetroot and enjoy.

Sandra Edmunds

Savoury Nibbles

Ingredients

FLAVOUR

2 tablespoons extra virgin oil

½ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon garlic powder

¼ teaspoon chilli powder

¼ teaspoon ground ginger

¼ teaspoon cinnamon

¼ teaspoon seasoned salt

NUTS

2/3 cup pecans

2/3 cup raw cashews

½ cup almonds

1cup NutriGrain Cereal

½ cup Chinese noodles

Method

Pre heat oven to slow 150c. Heat oil in heavy based pan, add all the flavour, cook, stirring constantly over low heat for approx 2 minutes. Remove from heat, add all other ingredients, stir until well coated. Spread over a large oven tray, cook for 15 minutes or until golden.

Allow to cool, keep in air tight container.

Sandra Edmunds

Recipe For A Happy Day.

Take a pound of kindness, and add it to thoughts that bless,
tactful words will make it nice, fun and smiles provide the spice,
don't weigh love – just pour it in, with oil of gladness to grease
your tin, mix well with patience every day,
then scatter it along your way.

Verena Wright.

Chinese Salad

Ingredients

½ medium Chinese Cabbage
12 Shallots, chopped
2 Sticks of Celery, chopped
¾ cup flaked Almonds
1/3 cup Sunflower seeds
1 packet Chang's Fried noodles

DRESSING

½ cup Olive Oil
¼ cup White Sugar
¼ cup Brown Sugar
2 Tablespoons Soy Sauce

Method

Mix all dressing ingredients together in a jar and shake well to dissolve the sugar.

Toast Almonds and Sunflower seeds, (this can be done earlier) and when cool store in a jar. The easiest way to do this is in a wok or frying pan on the stove. Keep stirring as they can burn very easily.

Chop Cabbage etc and place in salad bowl. When ready to serve add toasted Almonds and Sunflower Seeds, fried Noodles and then the dressing, toss well.

Ann Chad

RECIPE FOR LIVING WELL

Thank God for the dirty dishes for they have a story to tell,
And by the stack I have it seems that we are living very well,
While people of other countries starve I haven't the heart to fuss,
For by looking at this stack of evidence God is so very good to us.

Verena Wright.

Hot Cheese and Ham Dip

Ingredients

250 g grated Mozzarella Cheese

250 g grated Cheddar Cheese

1 Carton Sour Cream

Diced ham

Shallots

1 Cob Loaf

Method

Scoop out the centre of the Cob Loaf.

Mix all the ingredients and place in Cob Loaf.

Cover with foil and bake at 180deg C for 1½ to 2 hours, stirring a few times. Break up the bread that was scooped out and place in the oven for a little while until crispy.

Serve while hot.

Ann Chad

Tan Fingers

Ingredients

180 Grams Butter or Margarine
90 Grams White Sugar
300 grams Plain flour
½ Teaspoon Baking Powder

Filling

½ Cup Condensed Milk
60 grams butter
1 Tablespoon Golden Syrup

Method

Melt Butter and Sugar together, mix in Flour and Baking Powder.
Press 2/3 of mixture into pan. Place in fridge.
Roll remainder of mixture like a sausage and place in freezer.
Make Filling by heating all ingredients together until smooth.
Tip filling into base and grate remaining mixture over the top.
Cook in oven at 175 C for 15 to 20 minutes or until golden brown.

Ann Chad

Spinach Dip

Ingredients

1 Packet Frozen Spinach (250 Grams) with water squeezed out.
1 small carton Sour Cream
¾ Cup Mayonnaise
1 Packet Spring Vegetable Soup Mix
½ small Onion chopped finely
1 Large Cob Loaf

Method

Remove Bread from interior of loaf, and break bread into small pieces.
Mix all Ingredients together and pour into loaf shell.
Use removed bread as Dip pieces.

Ann Chad

Ma's Damper Dip

Ingredients

250 Grams Diced Bacon
250 Grams Shredded Cheese
6 Shallots
Chives
1 small carton Sour Cream
1 Packet Philadelphia Cheese
1 Large Cob Loaf

Method

Sauté bacon and mix in all other ingredients.
Cook in Microwave for 5 minutes stirring three times.
Remove middle bread from Cob Loaf.
Put Cob Loaf and bread into oven for 5-10 minutes.
Reheat filling for 2 minutes, then tip into cooked Cob Loaf.
Serve hot using bread as Dip pieces.

Ann Chad

Soup Ribollita

Ingredients

2 onions	1 can chopped tomatoes
2 carrots	2 tablespoons pesto
2 cloves of garlic	3 3/4 cups vegetable stock
1/2 bunch celery	1 can haricot or borlotti beans drained
1 teaspoon fennel	Salt & pepper
2 large zucchinis	Small bunch spinach

Method

Sauté roughly chopped vegies in olive oil, add fennel & cook till just tender add tomatoes, pesto, vegie stock, beans, salt & pepper. Boil then simmer 30mins.
To serve lay a slice of white bread in serving bowl, drizzle with olive oil then top with wilted spinach, soup and parmesan cheese.

Ann Briggs

Crumbed Mozzarella & Grilled Tomato Salad

Ingredients

180g Mozzarella cheese broken into bite sized pieces
1/3 cup plain flour
1 egg beaten
1 1/3 cups breadcrumbs
1/3 cup shredded parmesan
1 punnet cherry tomatoes halved
4 thin slices prosciutto
100g pkt rocket leaves
Basil to garnish

Dressing

1/2 cup shredded basil leaves
1/4 olive oil
1 1/2 tbsp balsamic vinegar
1 tsp brown sugar or to taste

Method

Dust cheese pieces with flour & salt & pepper,
dip in egg then breadcrumb & parmesan mix,
coat well put on plate & chill 30mins
Preheat oven 180C, arrange tomatoes cut side up & prosciutto
on 2 baking trays. Bake 10-15 mins until prosciutto crisp &
tomatoes slightly collapsed. Break prosciutto into pieces
& toss with rocket & tomatoes.
To make dressing, simply whisk all ingredients together.
Heat enough oil to shallow fry crumbed cheese till crunchy
& golden--drain on paper towel.
Scatter cheese over salad, toss gently & drizzle over dressing.
Garnish with basil.

Ann Briggs

Mains



Warm Tomato and Bread Salad

Ingredients -Serves 6.

6 Roma tomatoes thickly sliced
2 tablespoons extra virgin olive oil
Salt and pepper
3 slices thick stale bread
50g mozzarella, cut into 1" cubes
2 tablespoons fresh oregano leaves
3 slices thick stale bread
50g mozzarella, cut into 1" cubes
2 tablespoons fresh oregano leaves

Method

Arrange tomato slices in a large shallow, heat proof dish.
Drizzle with half the olive oil and season with pepper and salt.
Remove crusts from the bread and cut bread into small cubes.
Scatter bread and cheese over the tomatoes and drizzle with the remaining olive oil. Put dish under hot grill for 4-5 mins or until bread is golden brown and cheese is melted.
Sprinkle salad with oregano and serve.

Anne Touhey

Tomatoes Provencale

Ingredients

4 medium Tomatoes
1 oz Butter
1 clove crushed garlic
Salt and pepper
4tablespoons fresh white bread crumbs

Method

cut tomatoes in half, season cut surface with salt and pepper. Melt butter, mix with breadcrumbs, garlic, salt and pepper. Place ¼ mixture on each tomato and cook under moderately hot grill until breadcrumbs are golden brown and tomatoes heated through.

Judy Jones.

Tossed Salad

Ingredients

½ Lettuce	2tbs Parsley / chives
6-8 Mushrooms	Ground pepper
2 Sticks Celery	¼ tsp Herbs / chives
½ Green Capiscum	Lemon juice to taste

Method

Tear lettuce into bite size pieces and add remaining ingredients just before serving.

Rhonda Coogan

Macaroni Salad

Ingredients

2 Cups cooked macaroni	2 Cups of cooked chicken
½ Chopped cucumber	2 Tbs parsley
2 sticks sliced celery	2 tbs French dressing (see below)
2 Tomatoes roughly sliced	

Method

Combine all the ingredients and serve on a bed of lettuce.

Rhonda Coogan

French Dressing

Ingredients

2 tbs Oil	½ tbs mustard powder
2 tbs Red wine vinegar	1 crushed garlic clove
4 tbs black pepper	

Method

Place in screw top jar and shake. Pour over salad just before serving. Store in the refrigerator

Rhonda Coogan

Beef & Pasta Bake

Ingredients

2 tablespoons olive oil	¼ cup tomato sauce
1 onion , chopped	½ teaspoon dried oregano leaves
1 clove garlic	½ teaspoon dried marjoram leaves
500g mince beef	Dash Tabasco sauce
2 bacon rashers, finely chopped	150 g spiral pasta
1 small carrot , finely chopped	1 cup (125g) grated tasty cheese.
300g button mushrooms, chopped	
420g can tomato soup and 2 tablespoons tomato paste	

Method

Heat oil in pan, add onion, garlic and bacon and cook, stirring until onion is soft. Add carrots, celery, mushrooms, cook further 3 mins. Add mince, cook, stirring until well browned. Add soup, paste, sauce, herbs, Tabasco. Simmer, covered for 20 minutes, stirring occasionally. Meanwhile add pasta to large pan of boiling water, boil uncovered until tender and drain. Combine pasta with mince mixture, transfer to ovenproof dish, top with cheese. Bake in moderate oven 15 mins or until cheese is melted and slightly browned.

Can be frozen or microwaved.

Gai Dugan

Creamed Tuna

Ingredients

425g can Drained tuna	1 cup Instant milk powder
300g can Corn niblets, undrained	1 cup chopped Shallots
440g can Cream style sweet corn	½ tsp White pepper

Method

Combine all ingredients in a saucepan and stir gently till heated through.

Serve with rice and bacon.

Judy Jones

San Choy Bow

Ingredients

1 tablespoon peanut oil
500g pork mince
100g canned water chestnuts, drained and finely chopped
8 shallots
2 medium carrots, peeled and grated
1/3 cup char sui sauce
8 iceberg lettuce leaves, washed and dried
1 cup bean sprouts, trimmed

Method

Heat a wok over high heat. Add oil and pork mince and stir fry for 5-6 minutes or until crispy and golden. Add water chestnuts, shallots and carrots and stir fry for 1 minute. Add char sui sauce and stir fry for 30 seconds or until mixture is well combined. Spoon pork and vegetable mixture into lettuce leaves and top with bean sprouts. Serve immediately.

I sometimes use beef or chicken mince for a change.

Gai Dugan

Savoury Tart (Fake Quiche).

Ingredients

1 cup fresh breadcrumbs	1 small onion chopped
1 cup grated cheese	3-4 rashers of bacon
1 cup hot milk	chopped parsley
3 beaten eggs	

Method

Mix all ingredients and then pour into a greased 20cm pie dish or quiche dish and bake in a slow oven for 1hr.

Daphne Boland.

Roasted Pumpkin, Bacon and Fetta Frittata

Ingredients

2 cups Pumpkin , cubed	6 Eggs
½ cup Grated parmesan cheese	2 teaspoons Cornflour
1 tablespoon Olive oil	1 tin light and creamy evap. milk
2 Onions, finely chopped	Salt and pepper to taste
4 Bacon rashers, chopped	100g Fetta cheese crumbled
1 Clove garlic, crushed	

Method

Preheat oven to 220, grease a 20cm square ovenproof dish and sprinkle the base and sides with half of the parmesan cheese. Combine the pumpkin and oil in a baking dish and bake in hot oven for 15 minutes. Add the onions, bacon and garlic to the baking dish and cook for a further 15 minutes. Add the pumpkin mixture to the prepared ovenproof dish, reduce heat to 180. Whisk the eggs, the remaining parmesan, cornflour, milk, salt and pepper. Pour the egg mixture over the pumpkin mixture and sprinkle the fetta over the top. Bake uncovered for 45 minutes or until set. Allow to cool in dish and serve hot or cold with your choice of salad.

Gai Dugan

Apricot Chicken

Ingredients

4 Breast Chicken pieces
50 grams French Onion Soup Mix
425 ml can Apricot Nectar
Cornflour

Method

Roll Chicken pieces in Cornflour. Place in Baking dish & Sprinkle French onion soup mix over the chicken pieces. Pour the apricot nectar over chicken. Cook in moderate oven for 1¼ hours with lid on and then without lid for a further ½ hour to brown.

Chris Kelly

Sweet & Sour Meatballs

Ingredients

750g Minced steak	
1 Onion	2 tsp Worcestershire sauce
2 tsp Curry Powder	60g Butter or Margarine

Method

Combine in a mixing bowl the minced steak with finely chopped onion, salt, pepper curry powder and Worcestershire sauce. Mix well Shape into small balls about 2.5cm in diameter. Sauté meatballs in hot butter until brown remember to shake the pan to keep the balls in a circular shape. Remove from pan.

Sauce Ingredients

	½ Cup water
30g Butter	1 Chicken stock cube
2 Medium carrots	1 tbsp Corn flour
1 Onion	1 tsp Soy sauce
1 Cucumber	2 Tbsp Tomato Sauce
470g Tin pineapple pieces	Salt & Pepper

Method

Peel carrots, cut into thin strips Peel & slice onion, drain pineapple (reserve syrup) Dice cucumber, sauté carrots and onion in the butter for a few minutes. Blend corn flour with water, add to vegetables with crumbled stock cube, soy sauce and tomato sauce, season with salt & pepper, add reserved pineapple juice. Stir until sauce boils and thickens. Return meatballs to pan with pineapple pieces and cucumber. Simmer uncovered for 10 minutes. Serves 4

Jan Brennan

Pork Chops Teriyaki

Ingredients

4 Pork chops	2 medium sized Onions
2 medium sized Apples	1 tablespoon Lemon juice
2 tablespoons Tomato sauce	Salt and pepper to taste

Method

Place pork chops into baking dish and cover them with thinly sliced onions and apples. Sprinkle lemon juice and tomato sauce over and salt and pepper to taste.

Cover with foil and bake in medium oven for one hour.

Uncover and continue cooking ½ hour.

Judy Jones.

Stir-fry Chicken

Ingredients

1½ Tbsp Corn flour	100gm Chicken
½ cup Chicken stock	50gm Beans
1Tbsp Garlic	¼ red Capsicum
1 Tbsp Sugar	½ cup Bean sprouts
1Tbsp of Oil	2 Tbsp Oyster sauce

Method

Mix together stock, corn flour, oyster sauce, garlic & sugar.

Heat oil in wok & add chicken strips cook for 2mins.

Add sliced beans, chopped capsicum, & bean sprouts, stir fry 2mins.

Add stock mixture & stir until mixture boils & thickens

Serve with rice or noodles

Rosemary Sly

Creamy Chicken & Roast Veg Salad

Ingredients

4 Desiree Potatoes cut into 3cm pieces
2 Lg Carrots peeled & quartered lengthways
1 Red Capsicum Lg dice
2 Tablespoons of olive oil
3 cups of shredded cooked chicken
100gm Baby spinach leaves
4 shallots sliced thinly

Method

Microwave potatoes for 2 mins (drain) Arrange carrots, Capsicum & potatoes in a single layer in a roasting pan. Drizzle with oil. Season with salt & pepper & toss. Roast vegies for 20-25 mins or until golden. Place into a large bowl & cool 10 mins. Add chicken, shallots, & Spinach. Pour over apricot dressing & toss gently.

Creamy Apricot Dressing

1/3 Cup whole egg mayonnaise
2 Tablespoons apricot nectar
2 teaspoons wholegrain mustard
Salt & Pepper Shake all together in a small jar to combine.
Gail Cobden

Lazy Day Chicken.

Ingredients

2½lb chicken pieces	1 pkt fried noodles
15oz tin cream of chicken soup	1 cup water
1 pkt onion soup mix	½ pint sour cream

Method

Place chicken pieces in deep oven proof dish. Combine sour cream, chicken soup, onion soup and water. Pour over chicken, cover & bake in mod oven for 1 ½ hrs or until chicken is tender. Serve with noodles if desired.

Valerie Cale

Vegetable Medley

Ingredients

250gm cauliflower florets
125gm carrots, sliced crosswise
125gm sliced mushrooms
250gms cabbage shredded
1 small can asparagus spears
2 slices diced ham
Chopped parsley

Sauce

2tbsp butter
2tbsp plain flour
1 cup chicken stock
2 cups milk

Method

Place cauliflower & carrots into a casserole dish. Add small amount of water & cook on high for about 5mins. Place cauliflower & carrots into a larger casserole dish & cover with raw shredded cabbage, mushrooms & lastly asparagus spears. Spoon the sauce over, top with ham & parsley.

Sauce Method

Melt butter stir in flour cook 2mins Stir in stock & milk
Bring gently to the boil stirring till thickened

Note

This is a microwave recipe but sauce can be cooked on the stove top
Also different vegetables can be used according to your taste
Gail Cobden

Happy Day Pudding.

Take two or more children according to taste.
One sky full of sun, one lawn (fresh and green)
Four trees, (shady ones preferred)
One mother (out of sight)
Take the children, mix well with an arm full of dolls,
reins, rubber balls, cricket bat,
One puppy, one tent and one rocking horse.
When mixed, sprinkle all over with smiles
And a pinch of unselfishness.
Keep stirring until sundown,
then take the children, put in a cool room,
cover lightly and leave until morning.

Judy Jones.

Easy As: Chinese Omelette

Ingredients

250g cooked school prawns-or cooked chicken-
Leftover cold pork, beef, lamb or ham (use whichever you like)
8 to 10 Large Eggs
Salt & pepper
4 Shallots finely sliced
125gm can bean sprouts well drained
1 Tablespoon peanut oil

Sauce

2 teaspoons corn flour
1cup water
4 teaspoons oyster sauce
2 teaspoons soy sauce

Sauce Method

Blend all ingredients in small saucepan then heat stirring until sauce boils & thickens

Method

Beat Eggs in bowl till lightly frothy. Add salt & pepper, shallots, bean sprouts, & meat. Heat some of the oil in a pan & cook ladle size spoons of mixture, turning to lightly cook both sides. Lift onto warm plate. Continue with remaining mixture Spoon sauce between layers and over the top.

Gail Cobden

Handy hint.

Use scrambled eggs instead of boiled eggs for a sandwich filling. They are easier to spread and it will go further.

Handy Hint.

Cleaning a dirty microwave - stand a dish of hot water in the oven, add a slice of lemon and boil the water in the oven until plenty of steam is produced, then wipe over the interior with a damp cloth.

Lamb Fritters

Ingredients

1 cup self raising flour	2 green onions
150 ml cold water	2 cups chopped cooked lamb
1 tablespoon oil	(Can use any cooked meat)
1 Egg	Pinch salt
1 Zucchini grated	

Method

Mix flour and salt in large bowl, make a well in the centre & add water, oil and egg. Mix to a smooth batter and stand for 15 mins. Add zucchini, onion, meat. Salt to taste and mix well. Fry a heaped tablespoon of batter for 2 to 3 mins on each side.

Judy Wheatley

Tuna Mornay.

Ingredients

400g tuna	1 large onion
1 cup soft breadcrumbs	2 tablespoons plain flour
or 2 slices bread cubed	3 hard boiled eggs sliced
1 tablespoon margarine	4 tablespoons cheese
150 mls milk	

Method

Fry onions in margarine. Blend in flour & milk, stir until thickened. Add breadcrumbs, tuna & eggs and ½ cheese. Place in casserole dish and sprinkle with remaining cheese. Bake in mod oven for 20-30 mins.

Val Cale.

Lazy Asian Salad *serves 6*

Ingredients

1 BBQ Chicken,
5 cups Chinese cabbage
3 medium carrots, shredded.
2 spring onions, sliced thinly
¼ cup chopped fresh coriander

Dressing

1/3 cup white wine vinegar
1 tablespoon canola oil
1 tablespoon sesame oil
1 teaspoon sugar
½ teaspoon salt

Method

Shred chicken into a large bowl with carrot, cabbage, onions and coriander.

In a small bowl whisk together dressing ingredients.

Pour over cabbage mixture, toss, for good coverage,

Cover and refrigerate for 1 hour prior to serving.

Janice Smith

K.F.C. Chicken pieces (*But Better*)

Ingredients:

Choice of Chicken pieces - skinless, boneless thighs are the best, tastiest, tenderest, quickest to cook.

Wheatbix, put into a freezer bag with a good shake of herb & garlic salt and then smash up.

Plain flour – put into a freezer bag.

Egg whisked in a flat wide dish.

Extra Virgin Olive Oil for cooking

Method

Put about 4 pieces of chicken into the bag of flour, shake to coat pieces. Using tongs, take pieces out and put into egg mix, coat all over then put pieces into wheatbix crumbs bag and shake.

Put pieces on to a baking tray. Pre heat oven to 180 – 200c.

Repeat above until all chicken pieces are coated

Spray or dribble extra virgin olive oil over pieces of chicken, cook in oven for approximately 20 – 30 minutes depending on size of pieces.

Sandra Edmunds

Garlic Prawns

Ingredients

500g peeled green prawns

¼ cup white wine

1 x 375 g can light evaporated milk

3 tablespoons cornflour

½ cup chopped shallots

2 teaspoons crushed garlic

pepper to taste

Method

Coat non stick fry pan with cooking spray, sauté prawns for 3 mins. Add garlic, shallots and wine to pan and cook 4-5 mins. Combine corn flour with milk, add to pan, stirring constantly until sauce boils and thickens.

Add pepper to your taste and serve with boiled rice or pasta.

Suitable for diabetics.

Pauline Newman.

Cheesy Sesame Chicken

Mix parmesan and tasty cheese together. Spoon onto greased baking tray with space between them.

(Large teaspoon is enough – leaved heaped.).

Top with diced bacon & sesame seeds. OR

Top with bacon and onion OR

A topping of your own choice.

Place in hot oven 5 -10 mins until crisp around the edges.

Allow to cool before lifting off the tray.

Sue Dagg.

Osso Bucco

Ingredients

6-8 (3cm thick) pieces beef osso bucco.	2 cups beef stock
1 small onion, finely diced	1 bay leaf (optional)
1 small carrot, finely diced	2 small celery sticks, finely diced
1 tablespoon plain flour	1 small clove garlic finely chopped
½ cup white wine	Finely grated rind of 2 lemons
½ cup tomato puree	Handful of flat-leaf parsley, chopped
	Lemon & Parsley Garnish (if desired.)

Method

Preheat oven to 180 c. Season the osso bucco with salt and pepper, add about 2 tablespoons of oil, mix well. Heat a large fry pan over a medium-high heat and brown osso bucco in 2 or 3 batches. Remove each batch and place in large casserole dish. Reduce heat in the pan, add a little oil and the diced onion, carrot & celery. Cook 1-2 mins, stirring occasionally. Sprinkle in flour and stir until the vegetables are coated. Gradually pour in the combined wine, puree and stock. Stir until the mixture boils, add bay leaf and then pour over the osso bucco. Cover the casserole dish, place in oven. Check every 40 mins or so and add water if needed to keep the ingredients just covered. Cook until the osso bucco is very tender. Sprinkle with the lemon and parsley garnish to serve. To make garnish: Combine all ingredients and serve with freshly ground salt and pepper.

Bev Cleary.

Chicken Bites

Dice 1 chicken breast fillet. Fry in butter with 1 teaspoon of garlic salt OR fresh garlic if preferred. Set aside.

Cut bacon into 3 pieces (about 10cm long & 2 cm wide).

Fry in the chicken juice then wrap each chicken piece in bacon.

Secure with a tooth pick – can be reheated.

Serve with dip or sauce.

Sue Dagg.

Easy Savoury Mince

Ingredients

500g topside mince
1pkt chicken noodle soup
1 tablespoon tomato sauce
1 tablespoon Worchester sauce
½ cup uncooked rice
1 onion, finely chopped, salt & pepper to taste.

Method

Put all ingredients in saucepan and just cover with water.
Bring to boil and simmer until cooked, about ½ hour.
Thicken with cornflour/water mixture if necessary.

Delicious as a spread when cold.

Daphne Boland.

Busy Day Casserole

Ingredients

500g lean mince	
250g bacon pieces	
1 onion chopped	
500g pasta twirls or small shells	
1 tin creamed corn (420g)	
	½ cup grated tasty cheese
	pepper & salt to taste
	1 tin tomato soup (420g)
	1 tablespoon curry powder

Method

Brown together mince , bacon pieces and onion. Cook pasta as instructed on the packet, then rinse & drain.

Mix all ingredients together. May be eaten straight away or put in a casserole dish and reheated when required.

Daphne Boland.

Marvellous Mild Chicken Curry

Ingredients

Olive Oil	4 Teaspoons Sugar
2 Onions chopped finely	3 Chicken Stock cubes
10 cloves of Garlic chopped finely	2 Tomatoes halved
2½ kg Chicken diced	1 – 2 Tablespoons Cornflour
3 Carrots chopped	½ Cup Water
3 Teaspoons Mild Curry Powder	

Method

Heat olive oil, add garlic, onion and curry. When Onion softens, add chicken and cook until it changes colour. Add potato and carrot, cook until potato softens. Add Sugar and tomato and crushed stock cube. Add a little water so that curry does not stick. Sprinkle peas on top and put lid on to steam peas.

Mix 1 Tablespoon Curry powder with the water. Add to curry.

Can pick out tomato to serve or leave in as desired.

Serve on a bed of Rice.

Alternatively for a one pot wonder leave out the cornflour and add the rice to the pot to cook in the curry.

Jan Smith

Devilled Chicken

Ingredients

1 large Onion	2 Tablespoon Malt Vinegar
2 Cloves garlic	1 Teaspoon Soy Sauce
Juice of 1 lemon	1 Teaspoon Curry powder
1 Tablespoon Brown Sugar	1 Teaspoon Dry Mustard
250 ml Tomato Sauce	1 kg Chicken Drumsticks

Method

Combine ingredients, cover and bake in moderate oven for 1 hour. Cool, drain and refrigerate. preferable cold).

Serve with a Salad.

Sally Anderson

Roast Mock Turkey (*Gluten Free*)

Ingredients

2 cups rice bubbles	1/2 cup potato flour
1/2 teaspoon sage	1 1/2 cups cashews/almonds
1/2 teaspoon thyme	1 teaspoon basil
1 onion chopped	1 tea spoon rosemary
1/3 cup sunflower oil	2 teaspoons honey
1 tblspns lemon juice	3/4 cup soy/rice milk
3 tblspns nutritional yeast powder	1/4 cup tapioca flour (arrowroot)
2 1/2 tblspns chicken style Massell (brand name) powder/ cube	
125g gluten free pasta – cooked & cooled	
175 g firm tofu (soyco/nutrisoy), mashed with fork	

Glaze

2 tablespoons honey, warmed,
1-2 tsp. dried mint flakes.

Method

Blend rice bubbles and nuts in food processor for 30 seconds.
Add herbs, onion, garlic & powders, blend for another 10 seconds.
Add remaining ingredients to blender
(except flours & tofu) blend again.
Put mixture into large mixing bowl & mix the tofu in with wet hands,
then add the flours. The mixture will be very sticky and thick.
With wet hands, place mixture onto a well greased baking dish &
shape into a dome or turkey shape. Wet hand regularly while shaping
and making smooth.
Cover with foil & bake in oven at 160c. for 30mins.
Remove foil, brush honey over roast, sprinkle with mint leaves and
bake uncovered for a further 30mins. Until outside of roast is crispy.
When cooled, cut into thin slices to serve.

Sandra Edmunds

Easy Quiche *(serves 4 -6)*

Ingredients

4 eggs	1½ Cups Tasty Shredded Cheese
½ Cup SR Flour	2 Cups chopped assorted fillings:-
1 Cup Milk	Capsicum, Celery, Zucchini,
½ Cup Cream	Mushrooms, Broccoli, Bacon, Ham.
3 Tablespoons melted Butter	

Method

Combine eggs, flour, Milk, cream and butter.
Stir in Cheese and filling, pour into 24cm dish.
Bake at 180C for 40 Minutes or until set.
Ann Chad

Shepherd's Pie with Italian Influence

Ingredients

300g lean mince meat, either beef or lamb
2 cloves of garlic, crushed
400g tin diced tomatoes
420g tin red kidney beans (drained)
2 tbles tomato paste
1 teaspoon beef stock powder
1 tble chopped fresh basil
1 cup instant mashed potato
2 tbles parmesan cheese

Method

Cook mince and garlic in a non stick pan until brown
Stir in tomatoes, kidney beans, tomato paste, and stock powder
Simmer uncovered for 5 minutes
Put into one large ovenproof serving dish
or individual serving ramekins
Put mashed potato on top then grated parmesan cheese.
Put under hot griller till brown.

Janice Smith

Tuna and Salmon Pie

Ingredients

1 medium tin of both salmon and tuna
2 cups frozen Peas & corn, or mixed vegetables
1 cup grated tasty cheese and 1 cup bread crumbs.
(easy bread crumbs – grate frozen bread when needed)

Method

Mix Tuna, salmon and vegetables together, put into casserole dish.
Add white sauce

White Sauce

2 tablespoons butter	1 cup plain flour
or extra virgin olive oil	3 cups milk
1 diced onion	salt and pepper to taste

Method

Heat butter or oil in saucepan, add onion, sauté, add flour, mix well, slowly add milk, stir over heat till thick,
Pour over ingredients in casserole dish, top with grated cheese and bread crumbs. Cook in Moderate oven for 20 minutes.

Remelda Woods

Mango Chicken Curry

Ingredients

1tbsp Margarine	½ cup Mango chutney
1 Chopped onion	4tbsp Honey
2tsp Curry powder	2tbsp White vinegar
825g Chopped tomatoes	600g Chicken breast, chopped

Method

Heat margarine in pan, add onion, curry powder and stir for 10 mins, add tomatoes, chutney, honey and vinegar, bring to the boil. Simmer uncovered for 5 minutes or until thick. Stir in chopped chicken and simmer until tender. (approx 5 to 7 minutes)
Serve with rice

Jan Brennan

Yummo Rice Salad

Ingredients

1 ½ cups of brown rice
1 red capsicum (diced)
5 spring onions (green bits sliced)
1 cup of raw cashews
1 cup of currants
½ cup of pine nuts, pumpkin seeds
& sunflower seeds

These are all approximate.

Dressing

½ cup olive oil
1 to 2 tbls of soy sauce
2 cloves garlic, crushed
½ cup lemon juice
Put all into bottle & shake
Also approximate.

Method

Cook the brown rice until fairly tender without over cooking, approx. 20 to 25 minutes. Rinse, drain and refrigerate until needed. Can be prepared the day before.

In a frying pan on medium, heat a drizzle of olive oil and add seeds and pine nuts. Watch them very closely and move them around the pan while they brown. Remove from pan onto kitchen paper. Add a tiny bit more oil to the same pan and throw in the cashews. These take a little longer but will burn very easily so keep stirring! Chop up all the red and green bits and toss all ingredients together.

Add the dressing just before serving.

To save time all the prep can be done the night before and I put everything separately into zip lock bags (all nuts and seeds can go into the same bag) to keep everything fresh and crisp.

Sandra Edmunds

Glue recipe for Grandmothers.

Dissolve ½ cup starch, flour or cornflour in a cup of cold water. Add 3 cups boiling water. Boil until it plops (about 1 minute). If keeping for a while, add a few drops of disinfectant to keep from going mouldy. In hot weather, store in fridge.

Potato Bake with Sweet Potatoes

Ingredients

1 large sweet potato

Approx. 10 medium new potatoes

2 red onions

1 carton sour cream

lite & tasty Cheddar cheese

Shaved parmesan Cheese

Herb and garlic salt to taste

Method

Peel and slice thinly all the potatoes and onions

Arrange in layers in oven proof dish

sweet potato, new potato, onion.

Add herb and garlic salt to sour cream, spread over onions.

Then add another layer of sweet potato and new potato

Top with cheddar cheese then Parmesan cheese.

Cook in hot (200c) oven for approx 30 minutes.

Sandra Edmunds

Winemaker's Chicken Salad

Ingredients

125g pecans (chopped)

125grams seedless grapes

1 cooked chicken, shredded

2 tablespoons chopped

parsley & chives

1 lettuce washed & pulled
apart into separate leaves

Dressing

1 clove garlic

4 chopped shallots

2/3 cup mayonnaise

1 pinch paprika

1 teaspoon curry powder

Salt & pepper to taste

Dash of Tabasco &

Worcestershire sauce

1 tablespoon finely

chopped stuffed olives

Method

Mix all dressing ingredients together, set aside for approx 1 hour.

When ready to eat put dressing into a bowl add chicken, nuts, grapes, parsley & chives, combine. Arrange lettuce leaves in a serving bowl and add chicken mixture.

Remelda Woods

Vegetable and Rice Fritters

Ingredients

4 eggs, whisked	1 cup frozen peas
2 cups cooked rice	50g shaved, chopped ham
1 med. Zucchini grated	1 tablespoon chopped mint
1 med carrot grated	¼ cup extra virgin olive oil

Dipping Sauce

2 tbs. Light sour cream
1 tbs Chilli sauce

Method

Combine eggs, rice, zucchini, carrot, peas, ham & mint in a bowl. Season to taste, mix well. Heat oil in pan on medium, measure approx ¼ cup of mixture, depending on size required, cook in batches for 2-3 minutes on each side until firm and golden.

Drain on kitchen paper, can be put into a warm oven, until all fritters have been cooked.

Mix together sour cream and chilli sauce put into a dipping bowl to be served alongside fritters.

Serve with tomatoes, spinach and rocket leaves.

Janice Smith

Beer Batter

Ingredients

½ Cup Plain Flour
½ Cup SR Flour
1 Egg
250mls Beer
¼ Cup finely chopped mixed herbs (optional)

Method

Sift flours into a bowl, add egg, beer, and herbs. Season with salt & pepper. Mix well then chill for 15mins

June Sharpe

Vegetarian Mini - NO MEAT – Balls

Ingredients:

1 Block 14oz firm Tofu, drained and mashed
½ cup instant oats,
2 Tablespoons Soy Sauce,
¼ cup minced fresh parsley
2 teaspoons onion powder/flakes
1 medium carrot, 1 medium zucchini – both grated

Coating Mixture Ingredients

½ cup wholemeal plain flour
¼ cup nutritional yeast flakes
oil for cooking.

Method

Combine all ingredients, if too moist add some oat bran till mixture is able to be formed into balls.

Roll balls in coating mixture, sauté in hot oil.

Sandra Edmunds (Liz Hyland)

Zucchini Slice

Ingredients

375 grams Zucchini	1 Cup Self Raising Flour
1 Cup Cheddar Cheese	½ Cup Oil
5 Rashers Bacon	5 Eggs
1 large Onion	Pepper and Salt

Method

Coarsely grate Zucchini without peeling, grate Cheese and add. Add finely chopped Onion and Bacon, then Flour, oil and slightly beaten eggs. Season to taste.

Place in a well greased dish (Lamington tin or Casserole dish).

Bake in moderate oven for 30- 40 minutes or until brown.

Good hot or cold. Can leave out the Bacon for a vegetarian dish.

Ann Chad

Nectarine Salad

Ingredients

¼ cup Vinegar

¼ Cup Castor Sugar

1 small red Chilli, deseeded and chopped finely (or Chilli Flakes)

800g (about 8) Nectarines, sliced, leave skin on.

2 Lebanese Cucumbers, cut lengthwise in quarters, then sliced.

½ Cup Almonds, chopped

1/3 Cup chopped fresh Mint

Method

Warm Vinegar and Sugar over low heat until Sugar dissolves.

Take off heat and add the Chilli.

Cool slightly, then add the remaining ingredients.

Variations

Use Peaches and Macadamia Nuts instead of Nectarines and Almonds.

Add 4 Shallots thinly sliced

Replace mint with fresh Thai Basil.

Jan Smith

Mango Salsa

Ingredients

1 mango, peeled and diced

2 slices of red onion or shallots, very finely chopped

1 fresh red chilli, seeded & finely chopped

¼ cup finely chopped fresh mint leaves

2 tablespoons fresh lime juice

2 tbsps extra virgin olive oil

Salt & freshly ground pepper

Method

Combine all ingredients and allow to stand for several hours before using.

Sandra Edmunds

Red Pesto

Salad or Meat Dressing

Ingredients

1 cup roughly chopped fresh Basil or a good squeeze of tube Basil.
4 tablespoon Pine Nuts, toasted
1½ Cups (120g) grated Parmesan Cheese
2 cloves Garlic (Olive)
5 tablespoons chopped sun-dried Tomatoes.
5 tablespoons chopped sun-dried Capsicum.
½ cup oil

Method

Process all ingredients except oil until chopped.
While motor is running gradually add Oil in a thin stream.
Store covered in fridge or freezer.

Sally Anderson

Potato Salad

Ingredients

500 g of potatoes
1 cup of mayonnaise
1 tablespoon of finely chopped spring onions or chives
1 tablespoon of chopped parsley
¼ teaspoon if nutmeg

Method

Scrub potatoes and boil until just tender. Peel, cut in to cubes and while still warm, mix in mayonnaise, taking care not to break the potatoes. When cool, add other ingredients and chill well.

Variations

Use mint instead of parsley
Add one teaspoon of curry powder
Use French dressing instead of mayonnaise
Add sautéed bacon and hard-boiled eggs chopped

Sally Anderson

Creamy Bacon & Egg Pasta Salad with BBQ Chicken

Ingredients

500g shell pasta
6 hard boiled eggs, cut into quarters - *used as a topping*
2/3 cup parmesan cheese - *used as a topping*
5 rashers bacon chopped with rind removed
4 Cos lettuce leaves
3 green onions sliced diagonally
1½ cups shredded BBQ chicken
2 sticks celery, thinly sliced

Sauce

1/3 cup cream	1 tble Dijon mustard
1/3 cup mayonnaise	2 tbles lemon juice
2 drained anchovy fillets	1 clove of garlic, crushed

Method

Cook pasta in boiling water until tender, drain, refresh under cold water, drain and cool.

Into a non stick pan cook bacon till crisp, drain on kitchen paper.

Sauce - whisk all together.

Put Pasta into large serving bowl, add ½ the parmesan, ½ the bacon, all the chicken, onion and celery. Toss to combine, pour over sauce, toss again. Garnish with egg, remaining bacon and parmesan cheese

Janice Smith.

Handy hint.

Roll cutlets etc, in crushed cornflakes or unprocessed bran, instead of breadcrumbs.

Cold Meat Curry

Ingredients

2 cups left over cooked meat
eg lamb, beef, chicken, pork.

1 Chopped onion

½ dsp curry powder

1dsp butter / margarine

250g packet frozen mixed vegetables

1Dsp jam

1 Banana

½ cup cocoanut

1tbsp Corn Flour

Water

½ cup milk

Method

Cook onions in the butter until just done.

Add the curry powder to the mixture and let it just sizzle for 1 minute, keep stirring the whole time. (This cooks the curry powder).

Add the vegies, jam and cocoanut and enough water to not quite cover the mixture.

Simmer for approx 20 min. Stir occasionally to ensure that mixture does not stick.

Add the banana.

Mix the corn flour and milk to a paste and add to the curry.

Stir until sauce thickens.

Serve with rice, macaroni or vegetables

Julie Davis

Fluffy Cheese Omelette

Ingredients

3 Eggs

3 Tbsp cold water

½ Cup grated cheese

Pinch salt

Butter

Filling if required

Method

Beat eggs until light and fluffy, add water and beat again.

Mix in cheese and salt. Heat butter in pan until hot but not burning and pour egg mixture into pan. Lift one side to see if cooked and if so turn the omelet over and brown the other side.

Julie Davis

ROYAL HOTEL

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Saturday Night Casserole

Ingredients

1 cup noodles or rice 1 tablespoon tomato sauce
1 teaspoon sugar 1 cup water
1/2kg mince 1 small onion
1/2 tin tomatoes 1 tablespoon cornflour
1 1/4 teaspoons of mustard and curry powder

Method

Cook noodles or rice and place in a casserole dish. Fry onions in oil, add mince and cook until brown. Mix together mustard and curry powder, tomato sauce, tomatoes, worchestshire sauce, sugar, water and cornflour. Add meat mixture and simmer gently for 20 mins. Place the mixture on noodles in casserole dish and layer with tomato, diced bacon and grated cheese. Brown and heat through in the oven.

Ann Reid

How to make a cake.

Switch on the oven, get out the ingredients and utensils. Remove blocks, fire engines and train lines from table. Grease pan. Measure 2 cups flour. Remove Tom's hands from the flour. Wash Tom. Re-measure flour. Put flour, baking powder and salt in sifter. Answer telephone. Explain that you don't mind at all that it's a wrong number. Return to kitchen. Remove Tom's hand from sifter. Wash tom. Pick up cake pan from floor and grease. Answer doorbell. Tell them "no thanks, I don't want any". Return to kitchen. Remove 1/2 cm salt from greased pan. Look for Tom. Find him. Put the rest of the biscuits back into the jar. Take sifter from Tom. Remove coating of cinnamon from it. Head for Tom, who runs, knocking bowl off table. Wash kitchen floor, table, walls and utensils. Phone Brenno's Hot Bake.

Lie down!!!!!!!!!!!!

Judy Jones.

Desserts Cakes & Slices



Pavlova Supreme

Ingredients

4 large egg whites at room temperature

Pinch salt

1 teaspoon lemon juice

1 cup caster sugar

2 teaspoons cornflour

1 teaspoon vanilla essence

Cream

Fruits for garnish

Method

Preheat oven to 110c/250f

In large bowl add salt and egg whites and beat until they are stiff.

Do not overbeat. Gradually add sugar, beating constantly until mixture forms thick, glossy peaks. Sift cornflour over whites, beat until combined. Stir in lemon juice and vanilla.

Put pavlova mixture onto slightly dampened foil lined pavlova pan and scoop a hollow in the centre for filling.

Bake for approx 1 ½ hours or until firm. Cool in oven with heat off.

For filling, beat cream with a little icing sugar and a dash of vanilla or a little liqueur. Put into hollow in pavlova. Garnish with fruits such as peaches, passionfruit, strawberries etc.

June Sharpe

HANDY HINT.

Add a pinch of salt to a bowl of cream to whip faster.

*Whip cream with honey instead of sugar
it will stay firmer longer.*

Vienna Apple Pie

Ingredients

3 large apples	
3 tbsp brown sugar	1/4cup milk
125gm butter, 1 egg	1 cup SR Flour

Method

Peel & slice apples, place in a greased pie dish, & sprinkle with Sugar & cinnamon. Beat egg & milk. Melt butter & add to flour & sugar add egg & milk & mix until Smooth (add more milk if needed). Cover apples with mixture & bake in moderate oven 35-45 mins

Rosemary Sly

Chocolate Self Saucing Pudding

Ingredients

1 Cup S.R. Flour
1/4 Cup Cocoa
1/2 Cup Brown Sugar
1/2 Cup Milk
1 Egg
60g Melted Butter

Sauce

1/3 Cup Cocoa
1/2 Cup Brown Sugar
1 3/4 Cup Boiling Water

Method

Preheat oven to 180c (160cFan forced). Grease 1.5 litre (6 cup) ovenproof dish. Sift flour and cocoa, add sugar. Whisk together milk, egg and cooled butter. Add the milk mixture to the dry ingredients and beat to a smooth batter. Pour into dish.

Sauce

Mix cocoa and sugar and stir to break up any lumps. Sprinkle over batter mixture. Pour boiling water over mixture. Bake for 50 mins.

Judy Wheatley

Caramelised Pineapple Upside-Down Cake

Ingredients

20g butter

½ pineapple, peeled, cored sliced thinly

¼ cup (55g) brown sugar

¼ cup (60ml) dark rum

125g butter, softened, extra

1 cup (200g) caster sugar

3 eggs

½ cup (75g) plain flour

1/3 cup (50g) self raising flour

½ cup (45g) desiccated coconut

½ cup (125ml) coconut milk

Method

Oven 160 c. Line cake pan (20cm round) with baking paper.

Melt the butter in a large frying pan over medium heat. Add the pineapple and cook for 1 -2 minutes or until golden. Sprinkle with brown sugar and cook, turning occasionally for 1-2 minutes or until sugar dissolves. Add the rum and bring to a simmer.

Remove from heat. Arrange the pineapple slices over the base of the pan. Drizzle with the pan juices.

Beat the extra butter and caster sugar until pale and creamy.

Add the eggs, one at a time, beating well between each addition.

Add the flours, coconut and coconut milk and stir to combine.

Spoon over the pineapple and smooth the surface.

Bake for 45 mins or until skewer comes out clean. Remove from heat and set aside for 15 mins before turning onto a wire rack to cool.

Velma Naylor

Gluten-free Chocolate Self-saucing Pudding

Ingredients

1 cup gluten free self raising flour

$\frac{3}{4}$ cup caster sugar

$\frac{1}{2}$ cup cocoa powder, sifted

$\frac{1}{2}$ cup milk

1 teaspoon vanilla essence

30g butter, melted

$\frac{3}{4}$ cup firmly packed brown sugar

1 $\frac{3}{4}$ cups boiling water

double thick cream and gluten free icing sugar to serve.

Method

Preheat oven to 180 c (160c fan forced). Lightly grease an 8 cup capacity ovenproof dish. Combine flour, caster sugar and 2 tablespoons of the cocoa in a bowl. Add milk, vanilla and butter. Stir to combine. Pour mixture into prepared dish and smooth top. Combine brown sugar and remaining cocoa in small bowl. Sift sugar mixture over flour mixture. Pour boiling water over the back of a large metal spoon to cover sugar mixture. Bake for 45 mins or until skewer comes out clean.

If desired, dust with icing sugar and serve with cream.

Velma Naylor

Secret:

If too much salt has been added to soups or stews,
just add a little brown sugar or a raw potato.

Remove potato before serving.

Quick & Easy Jam Drops

Ingredients

185 g butter or margarine
¾ cup caster sugar
1 egg beaten
2 cups self raising flour

Method

Cream butter and sugar, add beaten egg – mix well.
Add flour – stir together. (Should be able to roll mixture into balls without being too sticky).
Place on baking tray. Use the point of an egg to make well in each ball. Fill with jam of choice. Cook 190c for approx 15 mins.
B. Cleary

Black Forest Trifle

Ingredients

1 x chocolate swiss roll
1 x 424 g can stoneless black cherries
1 pkt port wine jelly crystals
500 mls prepared custard (thicker consistency)
300 mls thickened cream
1 x Cadbury flake

Method

Cut swiss roll into thin slices. Drain cherries (save the juice to make up the jelly). Layer swiss roll and cherries as a base into a medium size bowl. Make up jelly using juice from cherries and pour over base. Leave to set in refrigerator. Pour custard over and leave to set again. Spread thickened cream over custard.
Break up flake & sprinkle over top.
Bev Cleary.

Toblerone Cheesecake

Ingredients

125g chocolate biscuits crushed
80 g butter melted
3 teaspoons gelatine
 $\frac{1}{2}$ cup boiling water
2 x 250g packets cream cheese,
chopped and left at room temperature.
 $\frac{3}{4}$ cup castor sugar
100g Toblerone, chopped and melted
 $\frac{1}{2}$ cup cream
cocoa for dusting

Method

Lightly grease a 20cm spring form pan. In a bowl combine the biscuit crumbs and butter, press mixture firmly into prepared pan. Chill for 20 minutes. In a small jug, whisk gelatine briskly into hot water with a fork until dissolved. Let cool slightly. Meanwhile in a bowl, beat cream cheese with electric mixture until combined, beat in gelatine mixture, fold in melted Toblerone and cream. Mix until smooth. Pour mixture over biscuit base. Chill covered overnight. Cut cheesecake into wedges and dust with cocoa to serve.

Daphne Boland.

Honeycomb Cheesecake Slice

Ingredients

2 cups (250g) plain,
un-iced chocolate biscuit crumbs
125g butter, melted
strawberries to decorate

Filling

2 x 250g packets cream cheese, softened
½ cup caster sugar
½ cup sour cream
2 teaspoons gelatine
1 tablespoon water
2 x 45g Violet Crumble bars,
broken into small pieces

Method

Lightly grease a 20cm x 30cm lamington pan. Line base with paper, bringing paper to extend over the sides.

Combine biscuit crumbs and butter in a bowl: mix well.

Press evenly over base of prepared pan. Refrigerate for 30 minutes until firm.

Honeycomb Filling

Beat cream cheese, sugar and cream in a small bowl with an electric mixer until light and fluffy. Sprinkle gelatine over water in cup, stand in small pan of simmering water, stir until dissolved; cool slightly. With motor operating, pour gelatine mixture into cream cheese mixture. Fold in Violet Crumble bars. Pour the mixture over crumb crust. Refrigerate until set.

To serve, cut cheesecake into squares, decorate with strawberries.

Jannifer Duff.

Chocolate Sauce Pudding

Place one cup of milk, 2 egg yolks, 1 scant cup of sugar, 2 tablespoons of flour (plain or S.R), 1 tablespoon of butter and a pinch of salt in a blender and mix

While mixing, beat the egg whites until stiff, pour in liquid and fold in. Place in a greased casserole dish and cook in a pan of water at 350 °F for 20 minutes then at 300° F for ¾ hour

(Source : May Anderson, late of Binnaway, NSW)

Pineapple and Walnut Salad/Sweet

Ingredients

500g Philly Cream Cheese

½ cup milk

½ cup cream

1packet green jelly crystals

1 cup hot water

1 small can crushed pineapple (drained)

½ cup chopped walnuts

Method

Take milk and cream out of fridge (to take the chill off)

Dissolve jelly in hot water, set aside to cool.

Soften cream cheese and beat with a spoon

Work in cream and milk

Add cooled jelly and walnuts, then pineapple last.

Pour into a mould which has been dampened with cold water.

Set in fridge.

Turn out onto platter to serve, decorate with mint leaves.

Jan Smith

Jam Rolly Polly

Ingredients

Dough

1.5 Cups Self Raising Flour
Pinch of Salt
2 Tablespoons Margarine
Cold Water to mix
Jam

Syrup

1 Cup of Hot Water
½ Cup of Sugar
1½ Tablespoon Margarine

Method

Sift the flour & salt together / stir with fork to incorporate air into mixture. With your finger tips rub in the margarine to the dry ingredients. Mix to a soft texture with the cold water. Add the water a little at a time. Flour the bench or use glad wrap with flour on it to stop the dough from sticking to the bench. Pat the dough into an oblong shape. Spread all over with Jam. Roll up. Roll side ways not up and down. Place in a deep oven proof dish with the seam facing the bottom. If the seam is on the top it will unroll. Stir all the syrup ingredients together until the marg. melts and the sugar dissolves. Pour over the roll and immediately place into a heated oven 190c and cook for approx 45 minutes.

Make sure that you baste the liquid mixture over the roll every now and then. The top should be a nice shiny brown and there should be syrup left to make a nice sauce for it.

Julie Davis

Apricot Slice

Soak apricots for tea bread and topping overnight in cold water. Drain and chop fruit for the tea bread. Simmer the whole apricots for topping in the water. Drain chopped and whole apricots. Sieve flour and salt, add sugar, chopped apricots, almonds and grated lemon rind. Mix with the good 8 tablespoons of milk and melted butter. Stir together well, adding the extra milk if necessary to form a soft dropping consistency. Put into loaf tin lined with greaseproof paper and bake for 1 ½ hours in very moderate oven (165-180c) or gas mark 3 until firm.

Rosemary Sly

Never Fail Cream Puffs

Ingredients

1 tablespoon butter
2 eggs
½ cup boiling water

½ cup self raising flour
icing sugar
whipped cream

Method

Melt the butter, and add the boiling water, when mixture boils add the self raising flour. Mix quickly. Remove from heat and add the eggs, one at a time. Beat until the mixture is quite smooth. Place the dessertspoons of mixture on a greased tray. Bake in a moderate oven for 35 minutes. When cool, cut at the base and fill with the whipped cream and dust with icing sugar. These puffs never fail even if the oven door is opened during baking.

Daphne Boland

Strawberry And Chocolate Slice

Ingredients

1 Punnet Strawberries	250g Chocolate Biscuits
3 Tblsp Butter	300ml Thickened Cream
250g Packet Cream Cheese	1Tblsp Gelatine
60ml Water	

Method

Line a 28 x 18cm lamington tin with plastic wrap. Put biscuits into a food processor and process until fine. Combine with melted butter and press into the base of the tin, refrigerate until firm. Sprinkle the gelatine over the water, dissolve over hot water, allow to cool. Place cream cheese into a food processor and process until smooth. Add the cream, gelatine, marshmallows and half the strawberries and process until well mixed. Pour the filling over the biscuit base and decorate with the remaining halved strawberries, chill until firm. Remove the slice from the pan and cut into slices to serve. *Makes 12.*

June Sharpe

Bread and Butter Pudding

Ingredients

Stale Bread
(Depending on the size of your dish
as to how much bread you will need.)
2 Eggs
These must be beat really well.
Before adding milk

1 Tablespoon of sugar
500ml Milk (Approx)
1 Tablespoon currants/
sultana's/Nutmeg

Method

Spread the bread with marg and jam. Place in dish. Beat all the custard ingredients together. Pour over the bread. Make sure that the bread is wet with custard mix. Sprinkle nutmeg over the top. Place the Bread & Butter pudding dish inside another larger dish eg baking dish etc

Place the dishes in a heated 180c oven. Pour water into the larger dish, enough to come half way up the pudding one.

This should take approx. 30 minutes to cook. To test insert a knife into the middle and if it comes out clean it is cooked, if it comes out with the mixture on it then it is not quite ready. Never let the water evaporate out of the large dish. This method of cooking is called a "water bath" It stops the custard from getting too hot and curdling

Julie Davis

Lemon Slice

Ingredients

1 pk morning coffee biscuits	1½ cups coconut
1 tin condensed milk	2 teaspoons lemon juice.

Method

Line tin with biscuits, mix other 3 ingredients together and spread mixture over biscuits. Press remaining biscuits on top and ice with lemon or passion fruit icing.

Valerie Cale

Gold Coast Banana Crunch

Ingredients

6/7 large bananas (peeled)
Juice of ½ lemon
1 tablespoon rum or brandy
3 tablespoons of cream
2/3 packet buttercake mix

125g hard butter
2/3 cup shredded coconut
4 tablespoons brown sugar
½ cup chopped walnuts.

Method

Cut bananas into chunky pieces and coat in lemon juice. Place in base of a large round pie dish (I use a pavola plate, fill the whole plate). Pour over cream & rum or brandy. Sprinkle the dry buttercake mix evenly over the bananas. Slice the butter very thinly and place a layer over the cake mix. Combine the coconut, sugar and nuts and place on top of the butter layer. Microwave on high for 6 minutes and brown under the element or conventional grill or 3-4 minutes. Serve warm with additional pouring cream.

Serves 8 .

Note: If rum or brandy is not desired (or you drank it all) add a little more lemon juice.

Velma Naylor

Fruit Slice

Ingredients

½ lb coffee or arrowroot biscuits crumbed.	1 cup brown sugar
¼ lb butter or margarine	1 egg
¾ cup mixed fruit	a little cocoa to colour

Method

Put fruit, butter, cocoa and brown sugar in a saucepan and melt butter. Take off stove and add biscuit crumbs, beat in egg. Press into flat tin, put tin in refrigerator, then ice.

Valerie Cale.

Brandied Fruit Slice

Ingredients

1½ cups plain flour
½ cup brown sugar firmly packed
125g butter

Topping

30 g butter
2 tablespoons brown sugar
1 tablespoon golden syrup
¼ cup S.R. flour
90g glace cherries
90g sultanas
90g dried apricots
90g slivered almonds
¼ cup brandy

Method

Combine sifted flour and brown sugar in a bowl, rub in butter, press firmly into lightly greased lamington tin (base 16cm x 26cm) spoon fruit topping evenly over base. Bake in moderate oven 30 mins. Cool in tin, cut when cold.

Topping

Beat together butter and brown sugar, golden syrup, sifted flour and brandy. Add halved cherries and chopped dried apricots, stir in almonds and sultanas.

Anne Touhey

Walnut Chocolate Slice

Ingredients

1 packet Morning coffee biscuits, crushed
¾ cup walnuts, cut up
½ cup sultanas
¼ packet Fairy
½ cup condensed milk
1 block cooking chocolate

Method

Put crushed biscuits, walnuts, sultanas in a bowl and mix.
Put Fairy and condensed milk over low heat and mix until melted.
Pour into dry mixture, mix well, put into slice tray.
Put in fridge for 20 minutes, melt chocolate and pour over slice.

Judy Jones

Rock Cakes

Ingredients

2 Cups self raising flour	½ teaspoon cinnamon
125gm butter	1/4 teaspoon ground cloves
½ cup sugar	1 cup mixed fruit
½ teaspoon mixed spice	2 eggs
½ teaspoon ground ginger	4-5 Tbsps milk
½ teaspoon nutmeg	

Method

Sift flour into bowl & rub in butter, Add sugar, spices, & fruit & mix well. Beat eggs & milk add to dry ingredients. Place dessertspoons of mixture onto a tray. Bake in hot oven 20min.

Rosemary Sly

Passionfruit Slice

Ingredients

1 Cup S.R.flour	1 Tin Condensed milk
½ Cup sugar	Pulp 2 Passionfruit
Pinch Salt	Juice 2 small lemons
1 Cup Coconut	
125g Butter, Melted	

Method

Mix dry ingredients with butter. Line a slice tray with greased proof paper and spread evenly with mixture. Cook in mod. oven 15 mins. Mix together remaining ingredients and pour onto cooked base. Cook a further 8 to 10 minutes.

Judy Jones.

Honey Walnut Cake

Ingredients

2 tbsp Honey	½ cup Milk,
1cup Brown sugar	½ teaspoon Cinnamon
125gm Butter	Vanilla,
4 eggs	½ cup Chopped Walnuts
2 cups SR Flour	

Method

Cream butter & sugar. Add egg yolks & beat in well. Sift flour & cinnamon, add to cream butter mix. Add honey, milk, vanilla, & chopped nuts. Beat egg whites until stiff & fold lightly into mixture. Bake in moderate oven $\frac{3}{4}$ hour in 8inch tin

Rosemary Sly

Date Scones

Ingredients

4 Cups SR Flour	2 Eggs
1Cup milk or cream	3 Tbsp sugar
125gm butter or marg	1 Cup chopped dates

Method

(Cook dates with 2tbsp water or dry sherry until like jam)
Rub butter into flour, beat eggs & milk, add to flour & butter,
Mix in dates & sugar. Turn onto floured board. Cut into squares
& bake in moderate oven 20mins

Note

This mixture is rather wet but makes excellent scones.

Rosemary Sly

Chocolate Cake

Ingredients

1 ½ tblsp White Vinegar	2 ¼ Plain Flour
1 ½ Cups Milk	¾ Cups Cocoa Powder
250g Softened Butter	2 Tsp Carb Soda
2 tsps Vanilla	4 Eggs
1 ¾ Cups Caster Sugar	

Method

Pre heat oven 160c 140c Fan Forced. Grease a 22cm cake tin line sides and bottom with baking paper. Combine milk and vinegar and let stand for 10 / 15 mins. Place all the ingredients into a bowl and beat for 2 min or until nice and smooth.

Bake for approx. 1 hour.

Judy Wheatley

Coconut Banana Cake / Muffins

Ingredients

1 Cup Coconut
¾ Cup Milk
125g Softened Butter
1 Cup Caster Sugar
2 Eggs
2 Cups S.R. Flour
2 Ripe Bananas (460g)
½ Cup extra milk

Icing

60G Butter
60G Cream Cheese
2 cups icing sugar
passion fruit pulp

Method

Preheat oven to moderate slow (160c fan forced) Grease a 19cm square tin or prepare muffin containers. Combine coconut and milk in bowl and let it stand for 30 mins. Beat butter and sugar until light and fluffy. Add eggs one at a time. Stir in flour and bananas and coconut mixture and extra milk. Bake for approx 50 mins If making muffins bake for approx. 15 – 20 mins.

Ice with passion fruit icing.

Beat until light and fluffy.

Judy Wheatley

Dried Apricot & Sultana Loaf

Ingredients

1 Cup dried Apricots (or fruit medley)	1 Cup Sugar
¾ Cup Sultanas	1 tbspn Margarine
1 Cup Boiling Water	1 Egg
	2 Cups S.R. flour

Method

Pour boiling water over apricots and sultanas, leave for 10 mins. Heat oven to 180 normal or 170o fan forced Add butter and sugar and beat well by hand. Add egg and flour and mix all together. Bake in a loaf tin for approx 45mins or until cooked When cooked slice and serve with butter.

Judy Wheatley

Choc-Mint Slice

Ingredients

60g butter, chopped
½ cup brown sugar, firmly packed
½ cup chocolate-hazelnut spread
3 cups rice bubbles
½ cup desiccated coconut

Topping

200g white melts
¼ cup thickened cream
½ cup blanched almonds,
roasted, chopped
4 x 35g peppermint crisp bars,
finely chopped.

Method

Lightly grease a 20cm x 30cm lamington pan. Line base and two opposite sides with non-stock baking paper, bringing paper 5cm above edges of pan. Combine butter, sugar and syrup in a pan, stir over heat until sugar is dissolved. Stir in spread, rice bubbles and coconut, mix well. Press mixture into prepared pan.

Topping:

Combine white melts and cream in a heat-proof bowl, stir over a pan of simmering water until smooth. Stir in nuts and peppermint crisp bars. Spread topping over mixture in pan. Cover, refrigerate until firm. Cut into small squares to serve.

Jannifer Duff.

Greek Almond Biscuits

Ingredients

3 cups (375g) almond meal	3 egg whites, beaten lightly
1 cup (220g) castor sugar	1 cup (80g) flaked almonds
3 drops almond essence	

Method

Preheat oven to moderate (180c). Combine almond meal, sugar and essence in a large bowl. Add the egg whites and stir well until mixture forms a firm paste. Roll level tablespoons of the mixture into the flaked almond then roll into 8cm logs. Press on the remaining almonds. Shape the logs to form crescents. Place them on baking paper lined oven trays and bake for about 15mins or until lightly browned. Cool on trays. Makes 25.

Valerie Cale

Health Loaf

Ingredients

1 cup All Bran cereal	½ cup raw sugar
1 cup milk	1 cup wholemeal flour
1 cup mixed fruit	

Method

Soak All Bran in milk for 2 hours. Add the rest of the ingredients and mix well. Pour into a greased loaf tin and bake in a moderate oven for one hour.

Daphne Boland.

Chocolate Slice

Place 250g dark mint chocolate pieces into a pan. Add 395g can condensed milk and 100g butter. Stir over low heat. Add 375g Nice biscuit crumbs and press into a 20 x 30cm pan. Melt 185 dark chocolate with 2 teaspoons oil and spread over slice.

Top with chopped peppermint crisp bar and chill.

Cut into squares to serve.

Daphne Boland.

Apple & Coconut Slice

Ingredients

1 ½ cups self raising flour	185 g melted margarine
1 ½ cups coconut	1 egg
½ cup caster sugar	1 x 410 g tin pie apple or other pie fruit

Method

Combine all the above ingredients except fruit. Press half of the mixture into a slice tin. Spread fruit over mixture and crumble remaining mixture evenly over fruit. Bake for approx 35/40 mins at 180c.

Bev Cleary.

Custard Slice

Ingredients

1 x 250g packet butternut cookies	1/3 cup custard powder
125g butter	¼ cup caster sugar
¼ cup coconut	2 cups milk
¼ cup cornflour	2 teaspoons vanilla essence.

Method

Grease a 20cm x 30cm lamington pan, line with paper, then grease paper. Blend or process biscuits until finely crushed. Place butter in a micro-safe bowl, cook on high (100%) for about 1 minute, or until melted. Stir butter into biscuit crumbs. Press mixture over base of prepared pan. Refrigerate until firm. Place coconut in a micro safe bowl, cook on high for about 3 ½ minutes, stirring every 30 seconds, or until lightly browned. In a large microwave safe bowl , blend cornflour, custard powder, sugar and a little of the milk to mix to a smooth paste. Stir in remaining milk. Cook on high for about 7 minutes, whisking every minute , or until custard boils and thickens. Stir in vanilla essence. Spread hot custard over prepared base, sprinkle with coconut. Refrigerate for 1 hour or until custard is set. Serve slice cut into squares.

Jaennifer Duff.

Walnut & Banana Muffins

Ingredients

½ cup melted butter	1 cup sugar
1 beaten egg	3 mashed bananas
½ walnuts	1 teaspoon bi-carb
1 ½ cups plain flour	

Method

Mix all ingredients together.

Grease muffin pan, ¾ fill with mixture, bake in moderate oven until cooked

Remelda Woods

Apricot Loaf

Ingredients

1 Cup SR Flour	200g dried Apricots
1 Cup Brown Sugar	1 Cup Milk
1 Cup Coconut	

Method

Mix together and bake in a well greased or lined loaf tin for 30 to 40 minutes, until golden brown.

Store in an airtight container. Keeps for 2 to 3 days

Jan Smith

Fruit and Oat Loaf

Ingredients

½ cup chopped dried apricots	1 cup self raising flour
½ cup sultanas	1/3 cup vegetable oil
¾ cup raw sugar	2/3 cup milk1 egg
1 cup quick cooking oats	

Method

Grease a 10cm x 18cm – small loaf pan. Place all ingredients in a large bowl. Stir to combine. Pour mixture into prepared pan and bake in moderate oven (180c) for about 45 mins or until cooked when tested.

Daphne Boland.

Summer Berry Muffins

Ingredients

2 ¼ cups self raising flour	1 x 60g egg, lightly beaten
¼ cup desiccated coconut	½ cup oil
¾ cup caster sugar	¾ cup coconut milk
2 teaspoons finely grated lemon rind	200g frozen mixed berries

Method

Line a 12 x ½ cup capacity muffin pan with paper cases. Sift flour into a large bowl, stir in coconut, sugar and lemon rind. Add egg oil, coconut milk and berries and stir until all combined, but don't over mix. Divide mixture among muffin cases. Bake at 200c for 20 mins until muffins are lightly browned and just firm in the centre. Stand in pan for 5 mins then remove and cool on a rack. Makes 12.

These muffins will keep for several days if stored in an airtight container. Refrigerate in humid weather. Alternatively wrap individual muffins in plastic wrap and freeze for up to 2 months.

Daphne Boland.

Jaffa Crackers (good for Grannies as a bribe)

Makes 20 - 20 minutes preparation time- 2 minutes cooking time

Ingredients

2 cups Rice Bubbles	50g butter
1 cup white marshmallows	20 jaffas
30g white chocolate melts	

Method

Put Rice Bubbles into a large mixing bowl. Combine butter & marshmallows in a small saucepan and melt over low heat until smooth. Pour onto Rice Bubbles and stir to combine. Spoon into mini patty cases and leave to set, about 20 mins. Melt white Chocolate and spoon over crackles, place a jaffa on the top of each cracker. Leave to set.

Janice Smith

Pumpkin Fruit Cake

Ingredients

1 Cup warm mashed Pumpkin
125g Butter
1 small cup Sugar
2 Tablespoon Golden Syrup

2 Eggs, well beaten
2 Cups SR Flour
375g packet of Mixed Fruit
Dash of Brandy or Wine
Slivered Almonds (if liked)

Method

Beat the mashed pumpkin with the butter, add the sugar and Golden syrup and beat again. Add well beaten eggs and beat again. Sift in sr flour and lastly add mixed fruit, brandy and almonds. Spoon into well greased, and lined cake tin.

Bake for 1½ hours in
a moderate oven.

Ann Chad

Scones

Ingredients

4 Cups SR flour
300mls Cream
300mls Lemonade

Method

Mix above ingredients slightly

Put Glad Wrap on bench, put mixture out and knead slightly.

Cut up and place on tray

Pour small amount Milk over to make brown.

Cook 200c for 10 to 15 Minutes.

Ann Chad

Quick Mix Fruit Cake

Ingredients

1 Kg Mixed Fruit
I use 45% raisins and 55% sultanas
2 Cups Brown Sugar
2 tablespoons Rum
½ Teaspoon each of Nutmeg,
Ground Ginger, Cinnamon,
Mixed Spice, Bi Carb Soda,
Salt and Vanilla

3 Eggs
240 Grams Margarine
½ Cup Milk
1/Juice of ½ a lemon or use
25mls pure Lemon Juice
3 Cups Plain Flour.

Method

Put mixed fruit and brown sugar in a bowl. Pour rum over and let Soak overnight. Sift nutmeg, ground ginger, cinnamon, mixed spice, bicarb soda, and salt and add to fruit mix and mix well. Add the eggs and again mix well. Put margarine and milk on to heat gently, add vanilla and lemon juice and then add to fruit mix. Add plain flour and mix in well using a wooden spoon, add extra plain flour until mixture becomes firm and able to be emptied from bowl, leaving the bowl clean. Put in a well lined 20cm tin. Line tin with foil, bottom and sides and 1 layer of greaseproof, in the bottom. Cook for 3½ hours at 120c in a non fan forced oven. Jan Smith

Can double mixture – cook 4 hrs 15 mins to 4 hours 20 minutes.

Icing For Cake

Ingredients

780 Grams Pure Icing sugar
3 Tablespoons liquid glucose
2 tablespoons boiling water

1 Level Teaspoon Gelatine
1 Teaspoon Glycerine
Flavouring and colouring

Method

Pour boiling Water over Gelatine, mix well, add Glycerine and then Glucose, stir until all dissolved. Add this mixture to Icing sugar and mix in with Wooden spoon. Knead until all icing sugar is dissolved and mixture is no longer sticky. Roll out to desired size and place on cake which has been coated with either Apricot Jam or egg yolk, so icing sticks to cake.

Ann Chad

Caramel fingers

Ingredients

120 grams butter	Pinch of Salt
1 Egg	1 Cup SR Flour
120 grams Brown Sugar	$\frac{3}{4}$ Cup Dates
Vanilla	$\frac{3}{4}$ Cup Nuts

Method

Melt Butter and Sugar, then beat well.

Add beaten egg, Vanilla dry ingredients, Dates and nuts.

Spread on greased tin

Cook 20 minutes in Moderate oven.

Velma Naylor

Caramel Grammar Pie

Ingredients

3-4 Cups cooked Grammar, mashed	2-3 Tablespoons of Sultanas
$\frac{3}{4}$ Cup Brown Sugar	120grams Butter
1 Tablespoon Golden Syrup	2 Cups SR Flour
1 Teaspoon Cinnamon	3 tablespoons Sugar
$\frac{1}{2}$ teaspoon Nutmeg	1 Egg
Juice of 1 Lemon	1 Tablespoon Water

Method

Make shortcrust pastry by rubbing butter into flour add the sugar.

Beat egg with water; stir this mixture into flour to make dough.

May add a little more water if required.

Line a deep pie dish with shortcrust pastry

Fill with grammar mixture, cover top with more pastry

Bake in moderate oven for 30 minutes.

Ann Chad

Simplicity Chocolate Cake

Ingredients

2 tablespoons of margarine or butter	½ cup of milk
2 tablespoons of cocoa	2 eggs
1 cup of self-raising flour	½ teaspoon of vanilla
1 cup of sugar	½ teaspoon of instant coffee

Method

Grease and 8 inch ring tin. Heat oven to 350f . Melt butter. Put all other ingredients in basin and add butter. Beat for 3 minutes. Put in the tin. Bake for 30 minutes.

Variations

Omit cocoa & coffee & add 2 additional tablespoons of S.R flour.

Coffee – 1 ½ tablespoons of coffee essence or 3 ½ teaspoons of instant coffee mixed with 3 tablespoons of hot water then cooled

Orange – grated rind of one orange and 2 tablespoons of orange juice

Lemon – grated rind of one lemon plus a few drops of lemon essence or lemon juice

Ginger – 3 teaspoons of powdered ginger and 1 teaspoon of golden syrup added with the butter when melting it

Cinnamon – 1 heaped teaspoon of cinnamon

Banana – one ripe mashed banana. If desired, use less sugar

Fruit – 2 tablespoons of sultanas or mixed fruit

Wholemeal – use wholemeal S.R flour

(Source: NMAA cooks: recipes for busy mothers, Australian Breastfeeding Association: 1975)

Sally Anderson

Boiled Fruit Cake

Ingredients

360 grams Mixed Fruit	1 Cup water
1 Teaspoon Mixed Spice	1 Cup Plain Flour
1 Cup Sugar	1 cup SR Flour
120 grams butter	2 Eggs
1 Teaspoon Bi Carb Soda	

Method

Put all together in a saucepan and bring to boil. Boil for one minute only , then cool. Add flour and eggs, mix well. Cook in moderate oven for 1½ hours.

June Sharpe

Nanna's Favourite Cake

Ingredients

60 grams Butter	1 Cup Dates
1 Cup Sugar	1 Cup Boiling Water
1 Egg	1 Teaspoon Bi Carb Soda
1 Cup SR Flour	60 Grams Walnuts
½ Cup Plain Flou	Vanilla

Method

Pour boiling water over Dates and BiCarb Soda and let stand to dissolve. Beat Butter, sugar and Vanilla, add beaten egg, sifted flour Date mixture and Walnuts. Bake in a well greased 20 x 15cm tin for 40 minutes in a moderate oven.

Rhonda Coogan

Chocolate and Banana Cake

Ingredients

50grams very soft butter	1 cup sugar
1 egg	3 ripe, mashed bananas
1 ½ cups SR flour	½ teaspoon cinnamon
1 tablespoon milk	50grams Pecans chopped
75g (3 rows) dark cooking chocolate, finely chopped	

Method

Pre heat oven to 180c. Mix butter, sugar & egg together, add mashed bananas. Add sifted flour, cinnamon and milk, then stir through chocolate. Pour into a greased and lined loaf tin. Sprinkle with the nuts. Bake for 40 – 45 minutes. Use skewer to test if cake is cooked through the middle. through the middle. Remove from oven and sprinkle with cinnamon sugar, cool in tin for 10 minutes before turning out.

Remelda Woods

Easy Lemon Tart

Ingredients

4 eggs	½ cup caster sugar
1 cup coconut	128gram butter
1 cup cream	¼ cup lemon juice
1 tablespoon grated lemon rind	½ cup plain flour, sifted

Method

Grease pie dish, whisk eggs in a bowl. Gradually add in the flour and then all the other remaining ingredients, combine well. Pour mixture into prepared pie dish, bake in a moderate oven until browned and set.

Serve warm or cold dusted with icing sugar

Remelda Woods

Chocolate Mousse Cake

Ingredients

400g dark cooking chocolate	2 tablespoons golden syrup
125g butter	4 eggs
1 tablespoon caster sugar	1 tablespoon plain flour

Method

Pre-heat oven to 220 C. Melt chocolate, golden syrup and butter in a double saucepan. Set aside to cool slightly. Beat eggs and sugar in mixmaster for about 10 minutes until very thick and fluffy. Gently fold in flour and then fold in the melted chocolate. Pour into a greased and lined 20cm round spring form pan. Cook for 12 - 15 minutes on the middle shelf. When removed from oven run a knife around the edge of cake and refrigerate for 1 hour. Serve with ice-cream and mixed berries if desired.

** This dessert is very good for a dinner party as it will serve about 10 - 12 people.*

Jan Smith

Three Star Butter Cake

The beauty of this butter cake is that all the ingredients are placed in a bowl together and beaten for 10 minutes

Ingredients

2 cups SR flour	½ cup custard powder
2 cups caster sugar	1 cup milk
250grams butter (softened)	2 teaspoons vanilla essence
4 eggs	

Method

Sift flour & custard powder into a large bowl then add all other ingredients, beat on medium speed for 10 minutes. Pour into a greased and lined deep cake tin or small baking dish. Cook for 1 - 1 ¼ hours in moderate oven. Stand for 5 minutes before turning out to cool. Ice with lemon or soft butter icing.

Remelda Woods

Mum's Boiled Fruit Cake

Ingredients

500g mixed fruit	1 cup sugar,
125grams butter	1 teaspoon mixed spice
1 cup water	1 teaspoon bi-carb

Method

Put all of above into a saucepan, boil for 5 minutes – cool.

Now add 2 beaten eggs,

1 cup SR flour & 1 cup plain flour.

Mix together put into a square cake tin that has been lined with baking paper. Top of cake looks good with blanched almonds arranged on top, push down slightly. Cook in 175c oven for approx 1hour. Less in Fan forced. Leave to cool in tin.

Sandra Edmunds

No Bake Hazelnut Slice

Ingredients

125 g butter	250 g block of hazelnut chocolate
¾ cup condensed milk	60 g copha
2 tablespoons golden syrup	
250 g packet milk arrowroot biscuits, crushed	
1 cup flaked almonds, toasted	

Topping

Method

Place butter, condensed milk and syrup into a small saucepan. Stir over low heat until melted, and simmer for 2 minutes. Combine biscuits and almonds, add butter mixture and combine well.

Grease and line an 18 cm x 28 cm slab tin. Press mixture evenly into base. Refrigerate while preparing topping.

Topping

Combine chocolate and copha in a small saucepan. Stir over low heat until smooth. Pour over biscuit base and refrigerate until set. Serves 12 Quick and easy to cook, great for camping or morning tea.

Bella

Chocolate Chip Biscuit

Ingredients

Makes approx 50

1 cups butter

2 cups plain flour

1 cup sugar

1 teaspoon Bicarb soda

250 g grated chocolate

1 teaspoon baking powder

1½ cups chopped nuts (optional)

340 g chocolate chips

1 cup brown sugar

2 eggs

2½ cups blended oatmeal

½ teaspoon salt

1 teaspoon vanilla

Method

Blend oatmeal in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and bicarb soda. Add chocolate chips, grated chocolate and nuts. Roll into balls. Place 2 inches apart on a sheet of baking paper and bake for 10 mins at 180c.

Sandra Edmunds

Poached Peaches

Ingredients

2 tablespoons raisins

2 tablespoons chopped prunes or figs

2 tablespoons almonds

2 cloves

¼ cup brandy

2 star anise

2 dried apricots, chopped

1 vanilla bean, split lengthways, seeds scraped

4 ripe peaches

1 tablespoon hazelnuts

1/3 cup honey

25 grams butter

2 tablespoons brown sugar

pinch cinnamon

pinch ground ginger

Method

Put dried fruits into boiling water, stand for 5 mins, drain and dry on paper towel. Cut peaches in half, remove stones. Heat butter in pan, cook peaches, cut side down, 3-4 minutes, turn over and add star anise, cloves, cinnamon, ginger and vanilla seeds and bean, cook for 1 minute, add rest of fruit. Cook, basting peaches with syrup for 5 minutes. Add nuts, brown sugar, honey and brandy, increase heat to high bring to boil, constantly basting the peaches, cook for 4 minutes. Serve hot or cold with custard, cream or ice-cream.

Ros Bradshaw

JOE NAYLOR AIRCONDITIONING 68891978

Frangipani Pie

Pineapple layer Ingredients

440g tin of crushed pineapple

¼ cup cornflour

¼ cup water

2eggs separated

Pineapple layer Method

Place pineapple in saucepan warm, combine cornflour, water and egg yolks. mix well, add to pineapple, put back on heat stir till thick. Set aside.

Coconut layer Ingredients

1½ cup milk

1 cup coconut

¾ cup sugar

1 tea spoon vanilla

¼ cup cornflour

1 table spoon butter.

Coconut layer Method

Warm milk, mix water and cornflour together add vanilla and sugar, add to milk stir over heat till thick. Take off heat, stir in coconut.

Meringue layer Method

Beat together the 2 egg whites slowly adding 4 tablespoons of caster sugar.

Can be put together in different ways

1. Pastry shell layer pineapple layer then layer of coconut cream then top with Meringue.
2. Pastry can be substituted with biscuit base.
3. No Base
4. All Pineapple and then all Coconut layers then Meringue.

Bake in Moderate oven for 15 minutes or until meringue is browned. Allow to cool and serve cold.

Sandra Edmunds

Special Occasion Cheese Cake

Ingredients

1 packet Lattice Biscuits	½ cup of sugar
2x 200g Mixed berry Yoghurt	2 packets Philli Cheese
2x Sachets of gelatine	2 x ¼ cups of boiling water
juice of ½ lemon	1 tin mixed berries in syrup

Method

Line rectangle or square Pyrex dish with biscuits. Mix together cheese, lemon juice, sugar & yoghurt. In a container mix together ¼ cup boiling water & 1 sachet of gelatine, stir thoroughly till dissolved then add to cheese mixture and mix together. Pour onto the biscuits carefully. Add 2nd sachet of gelatine to ¼ cup boiling water, stir until dissolved. Put can of berries into a bowl and add gelatine mixture mix well. Pour slowly onto top of cheese. Gently swirl into cheese mixture. Set in fridge for 2 hours before serving.

Note: flavour and type of yoghurt and fruit can be changed i.e.

Mango Yoghurt with can of Mango slices in syrup and arranged on top of cheese instead of swirling into cheese.

Velma Naylor

Dave decided to take Mabel to the Snake Gully café for lunch. Dave looked at the menu and said: “They’ve got sheep tongues on the menu, Mabel. I think I’ll have that. What about you?”

“No, Dave, I couldn’t eat anything that came out of an animal’s mouth.”

“What would you like then, Mabel?,” said Dave. Mabel said “I think I’ll have an omelette.”

Special Occasion Fruit and Nut Slice/Cake

Ingredients

2/3 cup slivered almonds

2/3 cups macadamias

2/3 cup chopped walnuts (or 2 cups of nuts of your choice)

1½ cups mixed dried fruit (or a combination of dried/glazed fruit of your choice)

If using dried fruit soak in boiling water ½ hour before using, drain before us

1 teaspoon ground cinnamon

1/3 cup caster sugar

60g dark chocolate, chopped,

60g unsalted butter

¼ cup honey

2 table spoons cocoa powder,

2/3 cup plain flour

icing sugar for dusting

Method

Preheat oven to mod 180c. Brush a shallow cake/slice tin with oil then line with baking paper. Combine nuts and fruit in large bowl. In another bowl mix sifted flour, cocoa, cinnamon. Add to nut mixture, make well in centre. In a small saucepan put chocolate, butter, sugar, honey, stir over low heat until melted and well combined. Take off heat, pour into well of flour mixture, stir until well combined. Spoon into prepared tin, smooth over the surface. Bake for 50 minutes or until cake/slice is firm to touch in the centre. Allow to cool in tin before turning out. Better to be stored in freezer or fridge.

To serve, dust with icing sugar and slice thinly.

Ros Bradshaw

Special Dietary Desserts



Carrot Walnut Cake

Ingredients

1 1/2 cups finely grated carrot (about 2 medium carrots)
1 cup castor sugar
1/2 teaspoon vanilla
1 teaspoon bicarbonate of soda
1/2 teaspoon salt
1/2 cup chopped walnuts
2 eggs
3/4 cup oil
1 cup plain flour
1/2 teaspoon mixed spice

Method

Combine eggs, sugar, oil, vanilla and sifted dry ingredients in basin, beat at low speed until smooth (or beat with a wooden spoon). Stir in carrots and walnuts, mix well. Pour mixture into well greased 20 cm (8 inch) ring tin. Bake in moderate oven for 45 to 50 minutes.

When cool, spread with frosting

Cream cheese frosting

Beat 30 g (1 oz) softened butter and 60 g (2oz) packaged cream cheese until smooth and creamy, beat in one teaspoon and grated lemon ring, 1 1/2 cups sifted icing sugar, beat until smooth

Shirley Brown

Diabetic Sultana And Banana Loaf

Ingredients

1 cup sultanas
1 mashed banana
1 cup boiling water
1 teaspoon bicarb soda

1 Egg
1½ Cups Self Raising flour
60 gms melted butter
1 teaspoon baking powder
1 tblspn powdered milk
1 teaspoon spice.

Method

Combine the sultanas, banana and bicarb soda with the boiling water and let stand.

Beat the egg, melted margarine and self raising flour add the baking powder, powdered milk and spice. Finally add the fruit mixture to this and bake at 180c until cooked.

Pauline Newman.

Diabetic Ice-cream

Ingredients

250 g frozen raspberries (do not defrost)
190 ml water
25g milk powder, no- fat
½ teaspoon liquid sweetener

Method

Process ingredients in blender until thoroughly mixed.
Divide into two dessert dishes and serve immediately.

Pauline Newman

Diabetic Sugarless Cheese Cake

Ingredients

125g butter or margarine
250g crushed morning coffee biscuits
½ teaspoon nutmeg
1 packet low – cal lemon jelly
1 teaspoon gelatine
¾ cup hot water
150g light cream cheese
¼ cup lemon juice
1 ¼ cups skim evaporated milk

Method

Melt the butter and add to crumbed biscuits and nutmeg. Press into a shallow pie dish. Dissolve jelly and gelatine in hot water and leave to cool. Whip chilled evaporated milk until creamy. Soften cream cheese and gradually add to milk, then add jelly mixture. Pour into pie crust and chill well.

Pauline Newman

Diabetic Rhubarb & Splenda Muffins

To make 12.

Beat 60g each of canola margarine and light cream cheese with ¾ cup splenda, until creamy. Add 1 egg and beat until combined, fold through 2 cups sifted self raising flour with 1 cup low fat milk and 2/3 cup thinly sliced rhubarb. Spoon into a tray of 12 greased ½ cup muffin pans and bake at 180c for 30 mins or until cooked through.

Pauline Newman

Gluten-free Apricot Mousse

Ingredients

425g can apricots in syrup
200g carton of low-fat apricot yoghurt
½ cup low fat milk
1/3 cup hot water
2 tablespoons castor sugar
10g (3 teaspoons) gelatine.

Method

Adjust amount of sugar to taste as some yoghurts are sweeter than others.

Add the gelatine slowly to the hot water, stirring quickly until its all dissolved. Blend apricots and their syrup for two minutes. Add all the other ingredients and blend briefly. Taste and if needed, add more sugar. Blend for two or three minutes. Should be nice and frothy.

Search cupboard for those parfait glasses you got for a wedding present and at last - USE THEM.!

Chill in fridge.

Velma Naylor

Uncooked Play Dough

8 oz flour

1 oz salt

2 tablespoons vegetable oil

1 tablespoon vegetable colouring

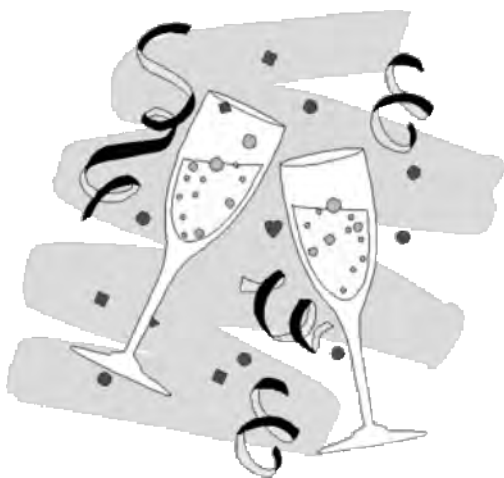
Warm water

Place flour and salt in bowl and mix a little with hands. Put the oil and colouring into a measuring cup. Pour in warm water until you have 5 fluid oz of liquid. Pour into the flour and really mix well with your hands. Work and knead it until it is smooth.

You may need to add a very little more water if dough is too stiff or a little flour if dough is too sticky.

Roll out to make shapes or mould like plasticine.

Drinks for the Adults.



Ginger Peach Punch

Serves 8 adults

Ingredients

4 Peaches, peeled & chopped	2 cups Ginger Beer
2 cups soda water	8 nips White Rum
Ice cubes	

Method

Purge peaches, Half fill 8 x 150g glasses with ice. Top each with Peach puree, ginger Beer & soda water. Finish off with a nip of Rum in every glass Stir gently and enjoy

Janice Smith

Orange Syrup Cooler Drink

Ingredients

1 cup orange juice	1 cup caster sugar
Mineral water (enough for 8 glasses)	1 cup frozen raspberries
Crushed ice	8 nips of vodka

Method

Put juice and sugar in a saucepan, stir over low heat till sugar dissolves, simmer for approx. 8 minutes, till it turns into a syrup. Pour into a jug and refrigerate before using.

To serve: Place crushed ice into 8 long glasses, pour in 2 tablespoons of syrup and top with mineral water (and 1 nip of Vodka) Finally drop a few raspberries on top of each glass.

Janice Smith

Home - Made Liqueurs

Irish Cream

Ingredients

300 ml Thickened Cream	½ Teaspoon Coconut Essence
1 Can Condensed Milk (400g)	1½ Tblspn Chocolate Topping
1 to 1½ cup Whisky	¾ Teaspoon Instant Coffee
3 Eggs	

Method

Whip all in food processor for 2 to 3 Minutes.

Makes 1 ½ Bottles

Chris Kelly

Tia Maria

Ingredients

- 1 Cup sugar (Brown or Raw Sugar)
- 2 Dessertspoon Instant Coffee
- 1 Cup Hot Water
- 1 Cup Underproof Rum (or ½ cup Overproof)
- 2 Teaspoons Pure Vanilla

Method

Dissolve sugar and Instant Coffee in hot water – let cool.

Add rum and Vanilla, stir well and bottle. Stand for 10 days

Take as directed after evening meal!

Chris Kelly

Two men in a small country town shared a sizeable lottery prize. A reporter from the local newspaper interviewed them and asked each what they would do with their money. The first, a businessman, said that he would buy a new motor car, take an overseas trip and invest the remainder. The other, a farmer, said “ I dunno, I think I will just keep farming until its all gone. ”

Crème De Menthe

Ingredients

1 Cup Sugar	1 Tablespoon Glycerine
½ Cup boiling water	2 Teaspoons peppermint Essence
¾ Cup Brandy	Few drops green food colouring

Method

Dissolve sugar in boiling water, cool. When cold add Brandy, glycerine, Peppermint Essence and food Colouring.

Stir well and bottle.

Chris Kelly

Cumquat Liqueur

Ingredients

500g Sugar
500g Cumquats
1 bottle Gin or Brandy

Method

Soak sugar in Gin until dissolved (put in large jar and shake every now and then).

Prick the Cumquats and put into liquid.

Put in dark cupboard and leave three months to mature.

The liquid is a very nice liqueur and the Cumquats nice with ice cream.

Chris Kelly

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