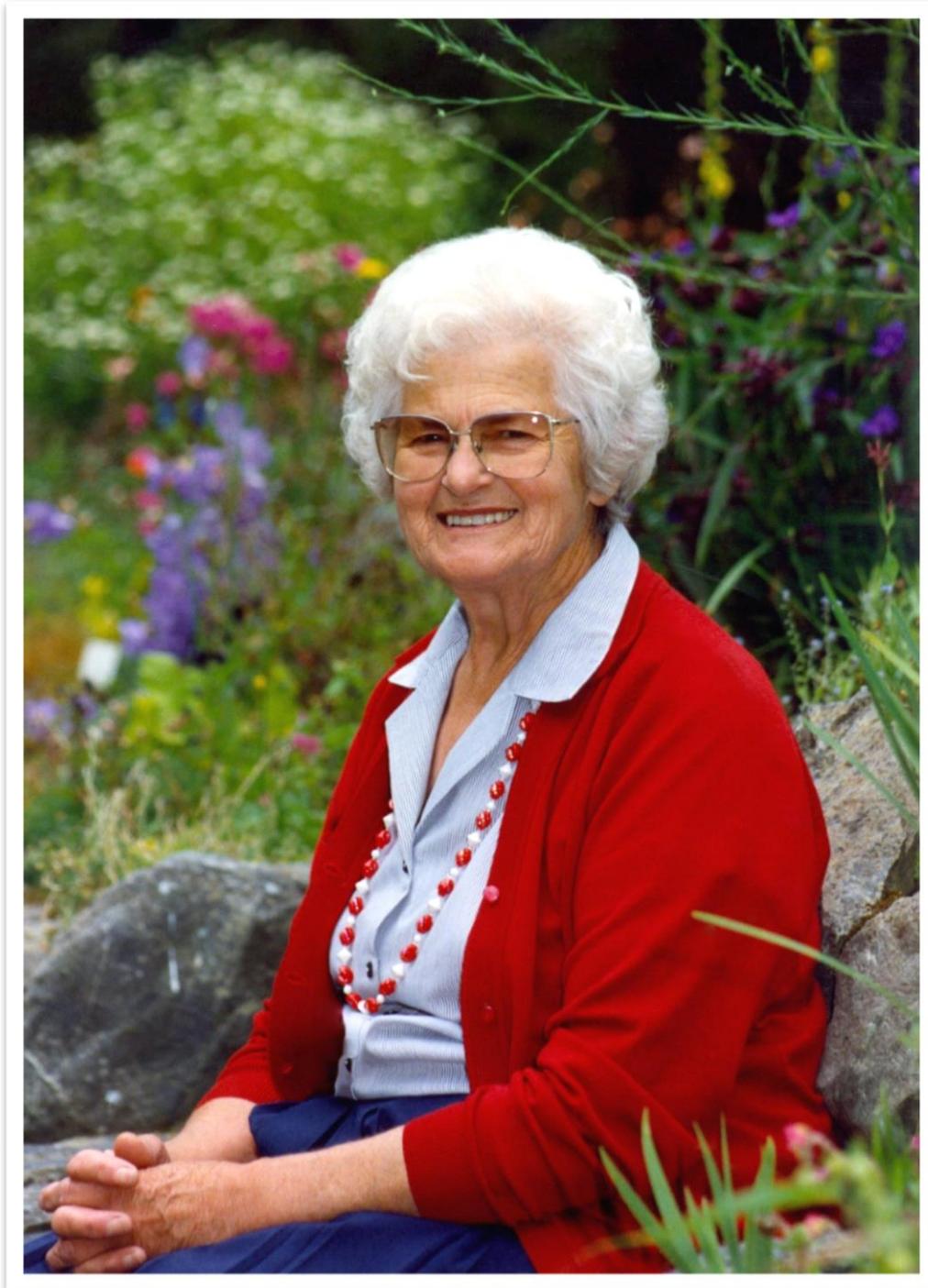


Dorothy Simmonds' Recipe Collection



Foreword

By Rob Simmonds

This recipe collection is from Dorothy Simmonds' personal hand written cookbook. Pages upon pages of recipes clipped out of magazines and papers with experiments and adjustments hand written over her 94½ year life.



My mother, Dorothy, was the 2nd child of William Henry and Olive Harriette Nagel. Mum was born on the 10th of August 1920 in Eketahuna, a small farming town in the Wairarapa on the lower east side of the North Island New Zealand. Dorothy married my father James Henry Simmonds, an Ex WW2 POW, on the 25th May 1946 in Eketahuna.

Dorothy showed signs of Motor Neuron Disease when she was 90 back in 2010. The disease's progress was slow for while with only the loss of speech evident making Dorothy use a white board for communication. Her beautiful script writing on the white board continued to be same up until the end. 12 Months before she passed away the Motor Neuron disease advanced and stole Dorothy's ability to swallow.

Dorothy had a PEG feeding tube inserted and continued to feed herself through the peg over the next 12 months up until the end. Mum continued to be very active out in her garden and cooking. Over her last year she ½ filled the freezer with fruit from their garden for dad to use and you could tell from the instructions written for dad she knew she would not be around when dad would be using the fruit.

The next change we noted over her last month was she lost the control of the muscles that held her head up, that was the trigger for the chest infection that took all her energy and stole her away from us.

On Thursday the 9th of April 2015 at 10:15am our lovely Mum and good mate to all of us, quietly stopped breathing and relaxed after 4 days of hard work fighting a lung infection and loss of lung function.

Dorothy was a foundation member of Rongokakako Country Women's Institute in 1935 before she married and continued with the CWI after marriage.

Mum became a life member in 2005 and was actively involved with the CWI for 78 years. Nothing could be planned for the 2nd Tuesday of each month as that was when mum's CWI meetings occurred.

James and Dorothy in their early 60's

James and Dorothy spent 5 years living in Masterton and in 1953 Mum and Dad shifted down to the farm in Kahatura where they have lived there ever since.

When I was working on the home farm I saw Dorothy return from CWI flower competitions with 1st, 2nd and 3rd prizes for multiple entries into the same category. Dorothy was a good cook, I have a video taken of mum and I making a boiled fruit cake when she was 93, It's an amazing video, as we continued with the fruit cake there were extra eggs and flour thrown in as she lifted the spoon and checked consistency, she would say, "It looks a bit watery and it needs a bit of extra flour, or those eggs were small it needs another egg."



As I baked cakes over in Sydney I would Skype her and show her the results and her tips enabled me to make something that people could eat.

This Recipe Collection is from the 100s of clippings out of the local paper or magazines plus hand written notes and adjustments that mum collected that all copied onto the mobile phones of Grand Children Dorothy and James Simmonds Jrn. They returned to Sydney and typed out all the recipes and gave the digital copy back to mum and she proof read it and hand wrote all over the first draft. James applied mum's editing and formatted for mobile phone use so we all can enjoy all these recipes that were in use from the 1920s through to the 1960s in the country side of New Zealand.

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Loaves & Scones

Bread, Cheese & Meat Loaf

Ingredients:

1 bread loaf
125g (4oz) cheese sliced
500g (16oz) mince
Salt pepper
Bread from loaf
Onion

Method:

- 1) Slice top off bread
- 2) Hollow out loaf
- 3) Mix all ingredients Inc. bread from loaf saving some cheese and onion
- 4) Layer cheese inside loaf
- 5) Then mince mix
- 6) Add tomato sauce
- 7) Sprinkle onion
- 8) Place remaining cheese
- 9) Replace top of loaf back
- 10) Bake at 180°C for 1 hr.

Cheese Roll filling

Ingredients:

2 cups of grated cheese,
2 beaten eggs,
A pinch of salt and pepper,
1½ cups of milk,
2 small grated onions,
Cayeme pepper

Method:

- 1) Mix all the ingredients together
- 2) Melt the mixture in a double boiler for 20 minute boil
- 3) Remove crusts from the bread and lay the bread out flat
- 4) Spread the mixture onto the bread and roll it up
- 5) Can freeze and pop under the grill

Healthy Loaf

Ingredients:

1 cup rolled oats
1 cup wholemeal flour
½ teaspoon salt
2 teaspoon baking powder
½ cup grated carrot
1 tablespoon golden syrup
½ cup hot water
½ cup milk
(Optional 1 cup of sultanas or ½ cup sugar)

Method:

- 1) Mix all dry ingredients
- 2) Stir in grated carrot
- 3) Dissolve syrup in hot water
- 4) Cool slight, add milk
- 5) Mix thoroughly
- 6) Put into greased loaf tin
- 7) Bake at 220°C for 45-50 mins

Rye Bread

Ingredients:

4 cups rye flour
2 cups wholemeal flour
1 cup mashed potatoes
1 or 2 teaspoon salt
2 tablespoon yeast flakes
570 mL (1 pt) warm potato water
1 tablespoon sugar or honey.

Method:

- 1) Add yeast to sugar & water
- 2) Leave for 5-10 minutes to work
- 3) Sift flour add yeast
- 4) Beat into mashed potato
- 5) Knead until mixed
- 6) Put into loaf tin, set to rise
- 7) Bake at 190°C for ½ to 1 hr.

Rye Bread (Quick & Simple)

Ingredients:

60g (2oz) butter (plus glaze)
2 teaspoon sugar
1 ½ cups milk
500g (1 lb). ryemeal flour
1 teaspoon salt

Method:

- 1) Mix all ingredients into loose dough
- 2) Grease a loaf tin and place dough in
- 3) Brush top with melted butter
- 4) Rise dough Bake at 205°C for 45 mins – 1hr

Sandwich filling

Ingredients:

2 tablespoons of chopped onion,
1 cup of grated cheese,
1 beaten egg,
1 tablespoon of butter,
A pinch of salt,
1 cup of thick tomato pulp

Method:

- 1) Cook everything except the egg in a fry pan until the cheese melts
- 2) Add the egg and cook for a further 1-2 minutes

Scones

Ingredients:

2 heaped cups of flour,
2 heaped teaspoons baking powder
1 Cup of Milk, (Warm Milk will speed the mixing process)
30g-60g (1-2 oz) Butter, (more = crispy),
A pinch of salt,

Method:

- 1) Preheat oven to 200°C-220°C. Lightly dust a flat baking tray with plain flour. Sift flour into a large bowl.
- 2) Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.
- 3) Make a well in the centre. Add 1 cup of milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).
- 4) Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds. Press dough together and cut out remaining 4 rounds. Place scones onto prepared baking tray, 1cm apart. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream.

White Bread

Ingredients:

Yeast
600 mL warm water (40°C)
1 heaped teaspoon sugar
2 ½ heaped teaspoon sugar
2 ½ heaped teaspoon salt
5-6 cups flour
50g Vitamin C Tablet
25g butter

Method:

- 1) Dissolve 1 heaped teaspoon into 300mL warm water
- 2) Sprinkle yeast into water
- 3) Stand for 10 min until frothing
- 4) Add rest of ingredients
- 5) Knead well
- 6) Put to rise
- 7) Bake at 205°C for 1 hr

Wholemeal Bread

Ingredients:

8 cups whole meal flour
1 tablespoon salt
1 dessertspoon golden syrup
600 mL lukewarm water
1 tablespoon raw sugar
1 cake of yeast or 2 tablespoons dried yeast

Method:

- 1) Put sugar and 300 mL water into bowl
- 2) Mix in yeast
- 3) Place for 15 minutes somewhere warm
- 4) Mix flour and salt into separate bowl
- 5) Mix golden syrup with rest of water
- 6) Pour yeast mix and syrup mix into flour
- 7) Mix well to medium dough
- 8) Divide dough between 2 greased loaf tins
- 9) Brush top with melted butter or oil
- 10) Cover tins and put in warm place until double in size (approx. 45 mins)
- 11) Bake at 205°C for an 1hr

Wholemeal & Soy Loaf

Ingredients:

1 cup wholemeal flour
1 cup soy flour
1 tablespoon Raw Sugar
570 mL (1 pt.) lukewarm Water
2 teaspoon salt
285 mL (½ pt.) lukewarm water
1 cake or 2 tablespoon of dried yeast
1 dessertspoon golden Syrup

Method:

- 1) Mix sugar, 285 mL water and yeast in bowl
- 2) Mix syrup and 570 mL water in separate bowl
- 3) Leave for 10mins warm
- 4) Mix flour and salt in large bowl
- 5) add syrup mix and yeast mix into large bowl
- 6) mix to medium dough
- 7) divide into 2 loaf tins
- 8) brush top with oil
- 9) rise to double in bulk
- 10) bake at 190°C-205°C for 45min

Small Cakes & Biscuits

Albert Squares

Ingredients:

125g (¼ lb). butter
1 small cup sugar
2 eggs
1 dessertspoon golden syrup
Pinch salt
Essences for flavour
Milk for mixing
2 cups flour
2 teaspoons baking powder
1 cup currants

Method:

- 1) Cream butter and sugar
- 2) Add eggs one at a time
- 3) Add syrup and essences
- 4) Add currants
- 5) Sift in dry ingredients
- 6) The mix, adding milk as needed
- 7) Pour into flat square tin
- 8) Bake in moderate oven till nicely browned
- 9) Serve with white icing and sprinkle coconut

Anzac Biscuits

Ingredients:

1 cup flour
1 cup coconut
1 cup rolled oats
1 cup sugar
½ cup butter
2 tablespoon golden syrup
1 teaspoon baking soda

Method:

- 1) Mix dry ingredients
- 2) Add butter, melted syrup and soda dissolved in 2 Tablespoons boiling water
- 3) Roll into balls and press flat
- 4) Low to mid oven for 20mins

Apple Gingerbread

Ingredients:

60g (2oz) butter
125g (4oz) butter
½ cup brown sugar + 1 cup brown
Sugar
2 apples
1 cup flour
1 teaspoon sugar
Lemon juice

Method:

- 1) Cream 60g butter, ½ cup brown sugar.
- 2) Spread onto base of greased tin
- 3) Slice 2 apples over base
- 4) Cream flour, eggs & dry ingredients
- 5) Carefully pour over base
- 6) Bake for 45 mins in moderate oven
- 7) Rest few minutes before turning out
- 8) Serve with cherries

Apple Muffins

Ingredients:

¾ cup of sugar,
1 ½ cups of flour,
1 egg,
125g (¼ lb.) of butter,
1 cup of stewed apple,
1 teaspoon of baking soda,
1 teaspoon of cinnamon,
½ cup sultanas (optional)

Method:

- 1) Preheat the oven to 190°C
- 2) Stir all the dry ingredients together
- 3) Beat the egg and sugar together
- 4) Melt the butter and add to the dry ingredients
- 5) Stir in the apple pulp
- 6) Pour into patty tins and bake for 10 minutes

Bamboo Roll

Ingredients:

24x Crushed wine biscuits (fame)
16x pink marshmallows cut up
¼ cup cherries
½ cup coconut
½ tin condensed milk

Method:

- 1) Mix all together
- 2) Form into a roll
- 3) Leave in fridge
- 4) Slice to serve

Banana Mincemeat

Ingredients:

500g. of peeled bananas,
2kg of brown sugar,
500g of apples,
250g of black currants,
125g of raisins,
250g of sultanas,
250g of x spice,
250g of suet
¼ teaspoon of nutmeg,
Grated rind and juice of 2 lemons,
1 wineglass of rum or brandy

Method:

- 1) Mince the apples, raisins, peel? and sultanas
- 2) Add suet, spices and mashed bananas and mix thoroughly
- 3) Add the lemons and brandy/rum
- 4) Spoon the mixture into jars to seal

Banana Muffins

Ingredients:

3 large bananas
¾ cups sugar
1 ½ cups flour
1/3 cup melted butter
1 teaspoon baking powder
½ teaspoon salt
1 egg
1 teaspoon baking soda

Method:

- 1) Mash bananas
- 2) Add sugar, beaten egg, melted butter and sifted dry ingredients
- 3) Don't over mix
- 4) Pour into muffin tins
- 5) Bake at 180°C for 20 mins

Coconut Biscuits

Ingredients:

125g butter
2 cups coconut
1 teaspoon vanilla
1 cup flour
1 egg
1 teaspoon Baking Powder

Method:

- 1) Cream butter and sugar
- 2) Add in rest of ingredients
- 3) Roll into balls
- 4) Place into greased tray
- 5) Press flat
- 6) Bake for 10 mins at 150°C

Coconut Delights

Ingredients:

¾ Cup sugar
1 egg
30g melted butter
2 cups coconut
2 dessertspoon flour
1 teaspoon baking powder
1 teaspoon vanilla essence

Method:

- 1) Beat eggs and sugar
- 2) Add rest of ingredients with butter last.
- 3) Teaspoon lots on tray
- 4) Slow oven at 150°C until golden brown

Cowboy Squares

Ingredients:

100g butter
100g sugar
1 tablespoon golden syrup
1 egg
1 teaspoon vanilla
1 cup sultanas
1 cup flour
1 teaspoon baking powder

Method:

- 1) Melt butter, sugar and g. syrup and cool.
- 2) Beat in egg, then rest of ingredients
- 3) Pour into greased roll tin
- 4) Bake at 180°C for 25 minutes
- 5) Ice with lemon icing while still warm
- 6) Cut into bars when cold

Crunchy Coconut Biscuits

Ingredients:

125g of butter,
1 cup of sugar,
1 cup of coconut,
1 cup of flour,
2 tablespoons of golden syrup,
1 teaspoon of baking powder,
Vanilla,
1 egg,
Walnuts

Method:

- 1) Cream the butter and sugar together
- 2) Add in the egg, syrup and vanilla
- 3) Add in the rest of the ingredients except for the walnuts
- 4) Form the mixture into biscuit shapes on the baking tray
- 5) Push ½ a walnut in the centre of each biscuit
- 6) Bake in a moderate oven temperature for 15-20 minutes
- 7) Cool slightly on the tray

Date & walnut crackles

Ingredients:

2 cups cornflakes
¾ cup stoned dates
½ cup walnuts
2 Tablespoon Honey
20g softened butter
2 teaspoon lemon juice
3 tablespoons icing sugar

Method:

- 1) Crush cornflakes, chop dates and nuts (or blend all together)
- 2) Put in bowl with butter, honey, and lemon juice.
- 3) Combine all together.
- 4) Knead well, roll into small balls.
- 5) Sprinkle icing sugar on baking paper
- 6) Roll balls into sugar and store in airtight container

Dream Bars (Uncooked)

Ingredients:

125g butter
¼ cup sugar
3 teaspoon cocoa 1 egg beaten 1
teaspoon vanilla 1 cup coconut
1 packet malt biscuits crushed
(250g)

Filling:

50g butter
2 tablespoon custard powder
2 tablespoon hot water
1 ¾ cups icing sugar

Icing

100g Choc Chips
2 Tablespoons butter

Method:

- 1) Cook butter sugar egg and cocoa
- 2) Leave to cool
- 3) Combine with biscuits and coconut
- 4) Press into tin
- 5) Chill
- 6) Mix all filling ingredients together
- 7) Spread over base
- 8) Chill for 1 hr. to set
- 9) When filling is set, melt icing over hot water
- 10) Use immediately

Eggless Gingerbread

Ingredients:

125g sugar
125g butter
1 cup golden syrup
1 cup boiling water
30g ginger
1 dessertspoon spice
1 dessertspoon cinnamon
500g flour

Method:

- 1) Melt together butter and sugar
- 2) Add syrup and mix well
- 3) Dissolve baking soda into boiling water
- 4) Add soda/water to mix
- 5) Leave to cool
- 6) In a separate bowl mix ginger, spice cinnamon and flour
- 7) Add all ingredients together
- 8) Bake in moderate oven for 1 hr.

Ginger Biscuits

Ingredients:

125g butter
2 heaped cups of flour
3 Tablespoons Boiling water
 $\frac{3}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup golden syrup
1 teaspoon X Spice

Method:

- 1) Mix butter and golden syrup with water
- 2) Add rest of ingredients
- 3) Mix well to stiff paste
- 4) Roll into balls
- 5) Place onto greased tray, press flat
- 6) Bake in moderate oven for 10 mins at 150 °C

Healthy Biscuits

Ingredients:

125g of butter,
1 tablespoon of malt,
1 cup of bran flakes,
 $\frac{3}{4}$ cup of sugar,
1 cup of wholemeal flour,
 $\frac{1}{2}$ teaspoon of soda,
1 egg,
A pinch of salt

Method:

- 1) Mix all the ingredients together
- 2) Roll the mixture out thinly and cut into cookie shapes
- 3) Bake in the oven or 10 minutes in a moderate temperature oven setting
- 4) Serve with butter or join together with icing

Instant Pudding Biscuits

Ingredients:

185g of butter,
1 cup of sugar,
1 egg
1 packet of instant pudding,
 $1\frac{1}{2}$ cups of flour,
1 teaspoon of baking powder,
3 tablespoons of cornflower,
Coconut/chocolate chips

Method:

- 1) Preheat the oven to 165°C
- 2) Cream the butter and sugar
- 3) Beat in the egg
- 4) Add in the instant pudding packet, flour, baking powder and cornflour
- 5) Bake in the oven for 10 minutes
- 6) Top with coconut or chocolate chips or it's a chocolate pudding

Kiwi Crisps

Ingredients:

125g butter
185g flour
2 tablespoons condensed Milk
60g sugar
1 teaspoon baking powder
Small Cake Choc

Method:

- 1) Grate Chocolate
- 2) Normal cake mix
- 3) Roll into balls
- 4) Press flat
- 5) Bake at 150°C for 10-15 mins

Lazy Biscuits

Ingredients:

250g flour
125g butter
125g sugar
1 egg
1 teaspoon baking powder

Method:

- 1) Rub butter in flour & baking powder
- 2) Add sugar, milk and mix
- 3) Press in sponge roll tin lined with greased paper
- 4) Bake at 180°C for 20 mins
- 5) When cool prepare icing
- 6) Heat icing ingredients on stove until melted
- 7) Pour over cake
- 8) Serve cut into squares

Icing

6 tablespoons Icing sugar
Knob of butter
1 ½ teaspoon boiling water
Vanilla

Lunch or Tea Dish

Ingredients:

570 mL of white sauce,
3 chopped hard boiled eggs,
1 grated onion,
1 small tin of salmon,
1 small tin of spaghetti,
1 small tin of creamed corn

Method:

- 1) Mix all the ingredients together
- 2) Add the grated cheese on top
- 3) Bake in the oven at a moderate setting until everything is heated through

Malt Biscuits

Ingredients:

125g of butter,
155g of sugar,
2 tablespoons of milk,
1 large tablespoon of malt (or
could use golden syrup)
½ teaspoon of soda
2 cups of flour (level)
A pinch of salt
½ cup of sultanas,

Method:

- 1) Melt the butter, sugar, milk and malt/golden syrup in a saucepan
- 2) Add the soda and mix
- 3) Add the flour, salt and sultanas and mix
- 4) Form into a flattened roll and refrigerate overnight
- 5) Slice into biscuit shapes and bake for 12 minutes at 180°C

Nutty Crisps

Ingredients:

125g of butter,
185g of flour,
2 tablespoons of golden syrup,
½ teaspoon of baking powder,
90g of sugar,
45g of nuts,
½ teaspoon of ginger,

Method:

- 1) Preheat the oven to 165°C
- 2) Cream the butter, sugar and syrup
- 3) Add the rest of the ingredients
- 4) Teaspoon lots on a baking tray and press flat
- 5) Bake for 15 minutes

Orange & Raisin Muffins

Ingredients:

2 tablespoons butter
2 cups self-raising flour
½ cup raisins
2 Tablespoons sugar
1 tablespoon X peel
2 eggs
½ cup milk
1 oranges juice

Method:

- 1) Rub butter into flour
- 2) Add raisins sugar and peels
- 3) Beat eggs together with milk
- 4) Make a well in centre of dry ingredients
- 5) Add milk and eggs, Mix quickly
- 6) Add orange juice
- 7) Cook at 200°C for 20 mins until well risen and browned

Orange, Date & Walnut Muffins

Ingredients:

1 medium orange
½ cup chopped dates
½ cup sugar
1 teaspoon baking soda
100g butter
½ teaspoon mixed spice
½ teaspoon salt
½ cup orange juice
1 egg
1 ½ cup flour
1 teaspoon baking powder
½ cup chopped walnuts

Method:

- 1) Wash orange, cut into sixths
- 2) Place into food processor bowl
- 3) Pulse until roughly chopped.
- 4) Add orange juice, egg and sugar and pulse
- 5) Sift flour, sugar, spice, soda, powder and salt into separate bowl
- 6) Melt butter; add into Processor bowl, pulse.
- 7) Add dates and walnuts into processor bowl, pulse.
- 8) Add orange mixture to dry ingredients
- 9) Stir to combine.
- 10) Fill muffin tins $\frac{3}{4}$ ways with mix.
- 11) Bake at 200°C for 15 minutes, or until muffins are springy.
- 12) Serve warm or cold.

Orange Muffins

Ingredients:

1 whole orange
1 teacup sugar
½ cup milk
1 ½ cups flour
1 teaspoon baking soda
1 teaspoon baking powder
125g soft butter
Sultanas (optional)
1 egg

Method:

- 1) Dissolve soda in milk
- 2) Cut orange and blend in food processor with sugar
- 3) When mixed add egg and soda mix
- 4) Add butter
- 5) Stir in sifted flour and baking powder
- 6) Add in sultanas (optional)
- 7) Bake at 200°C for 12-15 minutes

Peanut Butter Biscuits

Ingredients:

1 small cup of sugar,
125g of butter,
1 egg,
1 tablespoon of vinegar,
½ tumbler of crunchy peanut
butter,
2 Cups of flour,
1 dessertspoon cocoa,
1 teaspoon of baking powder

Method:

- 1) Preheat the oven to 350°C
- 2) Cream the butter and sugar
- 3) Add the egg, vinegar and peanut butter
- 4) Stir in the dry ingredients
- 5) Teaspoon lots onto a baking tray
- 6) Bake for 20 minutes

Pikelets

Ingredients:

2 eggs
90g sugar
1 tablespoon Corn Flour
250g Flour
1 teaspoon baking Soda
2 teaspoon Cream of Tarter
1 cup milk
45g melted butter
Butter for frying

Jam, to serve
Whipped cream, to serve

Method:

- 1) In a bowl, beat egg and sugar together until thick and pale.
- 2) Sift flour with cream of tarter and salt.
- 3) Add milk with backing soda dissolved in it, form a smooth, thick batter.
- 4) Stir in the melted butter.
- 5) Heat a nonstick frying pan over a medium heat. Add a film of butter and cook tablespoons of batter in batches, for about 2 minutes or until bubbles appear on the surface of each pikelet.
- 6) Turn pikelets over to lightly brown the other side. Remove to paper towels and wrap loosely to keep warm.
- 7) Repeat the process with remaining mixture. Serve pikelets warm, topped with jam and dollops of whipped cream if desired.

Tips:

The batter will thicken upon standing so, if necessary, add a little extra milk to thin the mixture just before frying.

Fry one pikelet first as a test, to make sure the pan is at the right temperature to turn the pikelets golden brown.

Queen Cakes

Ingredients:

125g. butter
½ cup sugar
1 cup flour
2 eggs
2 teaspoon baking powder
60g. sultanas

Method:

- 1) Cream Butter & Sugar
- 2) Add eggs beat well
- 3) Mix in flour & fruit beat well
- 4) Put into greased patty tins
- 5) Bake at 205°C for 10 mins

Raisin Biscuits

Ingredients:

125g butter
155g Sugar
1 tablespoon coconut
1 teaspoon X Spice
1 teaspoon Cinnamon
2 teaspoon Milk
1 cup raisins
250g flour
½ teaspoon Nutmeg

Method:

- 1) Cream butter and sugar
- 2) Add in rest of ingredients
- 3) Roll into balls
- 4) Place into greased tray
- 5) Press flat
- 6) Bake for 10-15mins at 150

Raspberry Jam Biscuits

Ingredients:

250g butter
250g sugar
1 egg
375g flour
1 teaspoon baking powder
Raspberry Jam

Method:

- 1) Cream butter and sugar
- 2) Add eggs, mix well
- 3) Add flour and baking powder
- 4) Roll into balls, press flat
- 5) Put slight dent in centre
- 6) Fill with rasp. Jam
- 7) Bake for 15-20 mins at 150°C

Raspberry Muffins

Ingredients:

375g Flour
2 teaspoons Baking Powder
1 teaspoon cinnamon
¾ teaspoon boode
Salt
120g sugar
150g-200g raspberries
2 eggs beaten
1 ¾ cups buttermilk
1/3 cup salad oil (e.g. sunflower)

Method:

- 1) Mix flour, baking powder, soda, cinnamon and sugar
- 2) Make well in dry ingredients
- 3) Mix in egg and milk
- 4) Add rest of ingredients
- 5) Stir until just mixed
- 6) Bake at 200°C for 25 mins

Rice Bubble Fingers

Ingredients:

125g butter
125g sugar
2 teaspoon honey
2 teaspoon golden syrup
Salt
Vanilla essence
4-5 cups rice bubbles

Method:

- 1) Boil all ingredients less rice bubbles for 5 mins
- 2) Stir in the rice bubbles into the mix
- 3) Spread out into tin
- 4) Cut When Cold

Russian Squares

Ingredients:

155g butter
155g sugar
30 mL syrup
1 egg
280g flour
1 teaspoon baking powder
1 cup sultanas
Salt/ vanilla essence (optional)

Method:

- 1) Melt butter sugar and syrup
- 2) Add egg and beat in flour baking powder and sultanas.
- 3) Mix and press in tall tin
- 4) Bake in moderate oven @ 175
- 5) Cut while warm

Safari Biscuits

Ingredients:

125g Butter
125g Sugar
1 teaspoon Baking Soda
1 tablespoon Milk
2 teaspoon Golden Syrup
250g flour
½ cup sultanas & nuts

Method:

- 1) Heat up butter, sugar, baking soda, milk and golden syrup.
- 2) Add in rest of ingredients
- 3) Roll into balls
- 4) Place into greased tray
- 5) Press flat
- 6) Cook in moderate oven for 25-30 mins

Shortbread Creams

Ingredients:

185g Butter
125g Sugar
375g Flour
2 eggs
Vanilla essence
1 teaspoon baking powder

Method:

- 1) Cream butter and sugar
- 2) Add rest of ingredients
- 3) Roll into balls
- 4) Press flat with a fork
- 5) Bake in moderate oven for 15 mins Add icing

Strawberry Shortcake

Ingredients:

1 ½ cups flour
¼ cup icing sugar
50g butter
1 egg yolk
2 tablespoons cream
1 punnet strawberries
2 tablespoons caster sugar
1 cup cream
1 tablespoon extra caster sugar

Method:

- 1) Sift flour and icing sugar into bowl
- 2) Rub in butter
- 3) Mix egg yolk and fixed measure of cream
- 4) Bind together with flour to smooth dough
- 5) Chill for 30min.
- 6) Divide dough in two, roll each piece to 18cm wide circle
- 7) Place on tray and bake at 190°C for 12 – 15 min (until edges are golden)
- 8) Cool
- 9) Wash and slice strawberries thinly, saving some whole for decoration
- 10) Beat caster sugar and cream till thick, fold in strawberries.
- 11) Spread on 1 shortcake heaping lightly in centre
- 12) Cut remaining short cake in equal slices and place on cream
- 13) Serve with cream and saved strawberries

Sultana Biscuits #1

Ingredients:

125g of butter,
125g of sugar,
1 teaspoon of soda,
1 teaspoon of golden syrup,
1 tablespoon of milk
250g of flour,
1 cup of sultanas
1 teaspoon of salt

Method:

- 1) Melt the butter, sugar, soda, syrup and milk together
- 2) Add the flour, sultanas and to mix
- 3) Bake for 15 minutes in a moderate oven setting

Sultana Biscuits #2

Ingredients:

125g. butter
1 ½ cups flour
1 tablespoon golden syrup
1 teaspoon baking soda
¾ cup sugar
¾ cup sultanas
1 tablespoon milk
Vanilla

Method:

- 1) Cream butter and sugar
- 2) Heat milk, dissolve soda + syrup
- 3) While Foaming pour on butter mix
- 4) Add flour and sultanas
- 5) Mix well
- 6) Roll into balls
- 7) Press flat with fork
- 8) 15-20 mins in moderate oven

Uncooked Fudge Biscuits

Ingredients:

125g butter
125g sugar
1 egg
1 tablespoon cocoa
1 packet wine Biscuits
½ cup walnuts

Method:

- 1) Put butter cocoa and egg in pan
- 2) Cook till thick Don't boil
- 3) Add walnuts and crushed biscuits
- 4) Cool in fridge & Cut up

Weetbix Brunch

Ingredients #1:

1 cup of flour,
¾ cup sugar,
1 cup of coconut,
1 teaspoon of baking powder,
1 cup of sultanas,
3 crushed weetbix

Method:

- 1) Mix all the ingredients #1 together,
- 2) Melt ingredients #2 together
- 3) Combine the two mixtures and press into a sandwich tin
- 4) Bake in a moderate oven setting for 25 minutes

Ingredients #2:

1 beaten egg,
1 tablespoon of golden syrup
40g of butter

Wheatgerm Muffins

Ingredients:

1 ½ cups sifted flour
½ cup wheat germ
1 cup bran
225g brown sugar
110g melted butter
2 teaspoon baking powder
Pinch of salt
2 eggs (beaten)
1 teaspoon baking soda
1 cup warm milk

Method:

- 1) Mix soda and milk together
- 2) Place all dry ingredients into a bowl
- 3) Add butter and eggs into bowl.
- 4) Follow with milk and soda mix
- 5) Combine well, add water if necessary.
- 6) Mixture needs to be rather wet for best results
- 7) Place mix into greased muffin tins.
- 8) Bake at 200°C for 20mins
- 9) Add ½ cup of sultanas for extra flavour.

Yo-Yo Muffins

Ingredients:

1 ½ cups flour
½ cup custard powder
3 teaspoons baking powder
¼ cup sugar
100g butter
2 eggs
1 cup milk
¼ cup raspberry jam

Method:

- 1) Sift flour, baking powder, and custard powder into bowl
- 2) Mix in sugar
- 3) Separately mix together remaining ingredients
- 4) Pour into flour mix
- 5) Mix well together
- 6) Bake at 190°C for 15 minutes

Large Cakes

1-Egg Fruit Cake

Ingredients:

125g butter
½ cup sugar
750g X fruit
1 teaspoon soda in warm milk
2 cups flour
1 egg
1 tablespoon black current jam
1 tablespoon marmalade
1 tablespoon golden syrup

Method:

- 1) Cream butter and sugar
- 2) Add eggs
- 3) Beat well
- 4) Add bananas, dry ingredients and baking soda
- 5) Beat well
- 6) Bake for 2 ½ - 3 hrs. at 150°C - 160°C

1-Egg Chocolate Cake #1

Ingredients:

125g butter
185g sugar
1 egg
2 cups sifted flour
1 teaspoon baking powder
2 table spoon golden syrup
1 cup milk
1 teaspoon baking soda

Method:

- 1) Cream butter egg and sugar, beat well
- 2) Sift flour cocoa and baking powder
- 3) Dissolve syrup into milk, add soda
- 4) Mix well together
- 5) Bake for 1 hr. at 175

1-Egg Chocolate Cake #2

Ingredients:

125g butter
1 egg
1 ½ cups flour
1 level teaspoon cocoa
¼ cup boiling water
Pinch of salt
1 tablespoon golden syrup
1 teaspoon golden syrup
1 teaspoon baking powder
½ cup milk
1 teaspoon baking soda
¾ cup sugar
2 heaped teaspoon skim milk powder

Method:

- 1) Soak soda in boiling water
- 2) Cream butter & sugar together
- 3) Beat in egg, add coca mixed in milk and golden syrup
- 4) Beat in well.
- 5) Add sifted dry ingredients, beat in.
- 6) Add soda/water mix, mix in well.
- 7) Put mix into large greased tin
- 8) Bake at 180°C for 45mins

1 Stop Fruit Cake

Ingredients:

175g butter
175g brown sugar
250g flour (self-raising or plain)
375g fruit
1 teaspoon X spice
3 eggs
1 tablespoon golden syrup

Method:

- 1) Put all ingredients in blender
- 2) Slow mix until combined
- 3) Increase speed for 30 sec
- 4) Put into 20cm tin
- 5) Bake at 180°C for 1 ½ hrs.

3-Minute Bake

Ingredients:

2 large eggs
1 cup flour
¾ cup sugar
3 tablespoon Cold Milk
1 ½ tablespoon Coffee essence
/ Vanilla essence
4 tablespoons Melted Butter
1 teaspoon Cream of Tartar
½ teaspoon baking soda

Method:

- 1) Put all together
- 2) Beat for 3 mins
- 3) Bake in tin for 25min at 170°C-180°C
- 4) Ice when Cold

Apple Cake

Ingredients:

2 cups of chopped apples,
1 cup of dates or raisins,
1 teaspoon of baking soda,
¾ cup of boiling water,

Ingredients #2

125g of butter,
1 cup of sugar,
1 egg,
1½ cups of flour,
½ teaspoon of salt,
Vanilla essence to taste

Icing ingredients:

50g of butter,
½ cup of brown sugar,
2 tablespoons of milk,
1 cup of long thread coconut,

Method:

- 1) Mix ingredients #1 together and cool
- 2) From ingredients #2, beat the butter, sugar and egg, then add flour and fruit (from step 1) alternately
- 3) Bake at 190°C
- 4) Combine icing ingredients together on low heat
- 5) Pour the icing mixture on top of the cake when the cake is nearly cooked
- 6) Continue baking to brown

Blueberry Cake

Ingredients:

1 ½ cup flour
1 teaspoon baking powder
Salt
125g butter
1 cup sugar
2 large egg yolks well beaten
1 teaspoon vanilla
½ cup milk
1 ½ cups blueberries lightly floured
2 egg whites beaten stiff

Method:

- 1) Sift flour, baking powder, and salt together
- 2) Cream butter and sugar together
- 3) Mix in egg yolks and vanilla.
- 4) Stir in half of the flour mix,
- 5) Then stir in half of the milk
- 6) Then stir in remaining flour mix/milk
- 7) Mix well
- 8) Stir in beaten egg whites + blueberries
- 9) Sprinkle top with sugar
- 10) Bake at 180°C until browned and ready

Boiled Pineapple Cake

Ingredients:

1 cup sugar
470g tin crushed pineapple
125g butter
3 cups X Fruit
2 eggs
1 cup flour
1 cup Self Raising Flour
(Or 2 cups flour teaspoon baking powder)
1 teaspoon X spice

Method:

- 1) Boil all except flour & eggs for 3 mins
- 2) Cool
- 3) Add eggs and flour
- 4) Bake for 1 ½ hours at 175

Boiled Sultana Bake

Ingredients:

3 eggs
500g. Sultanas
250g Butter
1 cup sugar
375g flour
1 teaspoon baking powder
1 teaspoon rum
1 teaspoon vanilla\lemon essence

Method:

- 1) Cover sultanas with water and boil for 8mins
- 2) Drain
- 3) Add butter
- 4) Beat in 3 eggs + sugar
- 5) Sift in flour + baking powder
- 6) Add rum and essence
- 7) Bake for 1 ½ hrs. at 175 in tin pan.

Buffalo Cake

Ingredients:

125g butter
125g sugar
2 eggs
1 ¼ cups flour
1 teaspoon baking powder
Vanilla essence

Method:

- 1) Cream butter and sugar
- 2) Add eggs and beat well
- 3) Then add dry ingredients (add milk if a little too dry)
- 4) Bake for 50-60 mins at 180°C

Custard Christmas Bake

Ingredients:

4 Eggs
2 cups milk
1 teaspoon lemon essence
1 teaspoon rum essence
1 teaspoon vanilla essence
1 teaspoon almond essence
4 cups flour
500g butter
4 teaspoon baking powder
1 ½ cups sugar
1.5kg X fruit (floured)

Method:

- 1) Beat eggs
- 2) Boil milk, pour over beaten eggs
- 3) Leave to cool
- 4) Add essence
- 5) Rub butter into flour and baking powder
- 6) Rub until dough crumbles
- 7) Add sugar
- 8) Add fruit
- 9) Pour dry mix into milk and eggs
- 10) Bake at 140°C - 150°C for 4 hrs.

Date & Rum Loaf

Ingredients:

1 cup dates chopped
125g Country Crock
1 cup boiling water
1 egg
½ cup sugar
1-2 tablespoons rum or 1/2
teaspoon rum essence
1 teaspoon baking soda
2 cups flour
1 teaspoon baking powder

Method:

- 1) Pour boiling water over dates and country crock
- 2) Leave for ½ hr.
- 3) preheat oven to 170°C
- 4) lightly grease and flour loaf pan
- 5) beat egg and sugar together
- 6) add rum
- 7) stir baking soda into date mixture thoroughly
- 8) pour batter into pan
- 9) bake at 170°C for 45-50 minutes

Date Loaf

Ingredients:

2 cups dates
1 cup boiling water
1 teaspoon baking soda
1½ tablespoon butter
¾ cup sugar
1 egg
2 cup flour
1 teaspoon baking powder

Method:

- 1) Soak dates in boiling water
- 2) Add baking soda
- 3) Add butter, sugar, egg, flour and baking powder
- 4) Mix well
- 5) Bake in loaf tin for 1 hr. at 180°C

Easy Sultana Loaf

Ingredients:

1 cup diced apricots
1 cup sultanas
60g butter
1 cup water
1 cup sugar
1 cup flour
1 cup wholemeal flour
2 teaspoon baking powder
¼ cup chopped walnuts

Method:

- 1) Mix in saucepan apricots, sultanas, butter, water and sugar
- 2) Simmer for 5 mins
- 3) Cool Well
- 4) Add in flour, wholemeal flour, baking powder and walnuts.
- 5) Bake in loaf tin for 1hr at 150°C

Eggless Chocolate Cake

Ingredients:

125g butter
315g flour
1 cup milk
1 teaspoon cinnamon
250g sugar
2 teaspoon soda
2 teaspoon cocoa
2 teaspoon Golden Syrup

Method:

- 1) Cream butter and sugar
- 2) Add syrup and ½ of the milk
- 3) Add rest of ingredients and then rest of milk
- 4) Mix well
- 5) Bake at 180°C for approx. 1 hr.

Fruit Bake

Ingredients:

125g soft butter
¾ cup brown sugar
1 ¼ cup of flour
3 eggs
2 tablespoon milk
1 teaspoon baking powder
1 cup X Fruit/ few nuts

Method:

- 1) Beat all ingredients together with wooden spoon for 4 minutes
- 2) Add fruit and nuts
- 3) Bake in 6"-8" tin at 150°C for 35mins

Fruit Loaf

Ingredients:

2 cups of sugar
500g sultanas
2 tablespoons butter
2 cups water
1 good teaspoon baking soda
4 cups flour (2 wholemeal if liked)
1 teaspoon of X spice

Method:

- 1) Put sugar, sultanas, butter and water into pot.
- 2) Simmer for 5 mins
- 3) Pour into flour and spice
- 4) Beat all well
- 5) Bake in moderate oven for 1 – 1 ½ hours

Jaffa Bake

Ingredients:

125g butter
1 cup caster sugar
2 eggs
1 ½ tsp. orange essence
½ tsp. vanilla essence
1 tsp. baking soda
2 cups flour
1 teaspoon baking powder
Salt

Method:

- 1) Creams butter
- 2) Add egg, beat well
- 3) Dissolve soda in milk and add with dry ingredients
- 4) Bake 35-40 min @ 180°C C

Icing

1 cup icing sugar
2 teaspoons Cocoa
teaspoon vanilla essence
teaspoon orange essence
tablespoon butter

Madeira Cake

Ingredients:

250g butter
250g sugar
4 eggs
250g flour
1 teaspoon baking powder

Method:

- 1) Cream butter and sugar
- 2) Add eggs, then flour
- 3) Bake for 1 hr. at 180°C

Never Fail Banana Cake

Ingredients:

125g butter
185g sugar (¾ cup)
2 eggs
1 teaspoon baking soda dissolved
into 2 tablespoons boiling water
2 mashed bananas
250g flour
1 teaspoon baking powder

Method:

- 1) Cream butter and sugar
- 2) Add eggs
- 3) Beat well
- 4) Add bananas, dry ingredients and baking soda
- 5) Beat well
- 6) Bake for 1 hr. at 180°C

Never Fail Fruit Cake

Ingredients:

1 cup Boiling Milk
250g. Butter
250g. sugar
3 eggs
1 tablespoon golden syrup
1 teaspoon vanilla essence
1 teaspoon lemon essence
Almonds
Rum & Brandy essence
500g flour
1 teaspoon baking soda
1.25kg X fruit.

Method:

- 1) Pour milk into bowl
- 2) Mix in butter and sugar
- 3) Cool
- 4) Beat eggs
- 5) Add eggs syrup
- 6) Beat again
- 7) Add essences and almonds
- 8) Add flour soda and fruit
- 9) Stir well
- 10) Add mix into greased tin
- 11) Bake at 150°C for 3 hrs.

Sultana Cake #1

Ingredients:

2 cups of sultanas,
250g of butter,
3 eggs,
1½ cups of sugar,
2 ½ cups of flour,
1 teaspoon of baking powder
Essences (1 teaspoon each)

Method:

- 1) Preheat the oven to 350°C
- 2) Cover the sultanas in water and boil for 5
- 3) Strain and cool
- 4) Mix in the butter, eggs and sugar
- 5) Add in the flour, baking powder and essences
- 6) Bake at 165°C for 1 – 1 ½ hrs.

Sultana Cake #2

Ingredients:

250g Butter
250g Sugar
375g Flour
1 teaspoon baking powder
500g sultanas
Essences
3 eggs
125g cherries
1 teaspoon cornflour
¾ cup boiling water

Method:

- 1) Make paste from cornflour and water
- 2) Leave to Cool
- 3) Mix butter and sugar together
- 4) Add eggs followed by dry ingredients
- 5) Add paste
- 6) Bake at 150°C-160°C for 2 hrs.

Sultana Cake #3

Ingredients:

250g butter
250g sugar
1 teaspoon baking powder
4 eggs
315g flour
250g sultanas

Method:

- 1) Cream butter and sugar
- 2) Add eggs, then flour
- 3) Bake for 1 hr. at 180°C

Sultana Sponge Slice

Ingredients:

90g butter
3 cups self-rising flour
Salt
1 cup sugar
2 small eggs
¾ cup milk

Method:

- 1) Sift flour
- 2) Add in butter
- 3) Add beaten egg and milk then mix.
- 4) Spread half in tin, and put in filling, then rest of mix.
- 5) Bake in moderate oven for 45-50 mins

Filling

125g melted butter
1 cup brown sugar
2/3 cup flour
Teaspoon cinnamon
¾ cup sultanas.

Tiffany Fruit Cake

Ingredients:

250g whole Brazil nuts
250g walnut halves
2/3 cup X Peels
1 cup stoned dates
½ cup raisins
1 cup red & green Cherries
3 eggs
1/3 cup glaze ginger
¼ cup plain flour
½ teaspoon baking powder
3 tablespoon cocoa
2/3 cup sugar
Teaspoon vanilla

Method:

- 1) Line buttered loaf tin with baking paper
- 2) Butter paper well
- 3) Put whole fruits & nuts in large bowl (save some for topping)
- 4) Beat eggs and sugar
- 5) Add to fruit and nuts along with rest ingredients
- 6) Mix well
- 7) Pack into loaf tin and put remaining fruits/nuts on top
- 8) Bake at 120°C for 1 hr. 10 mins
- 9) Cool for 30 mins
- 10) Remove paper
- 11) Wrap in foil and store in fridge

Toffee Slice

Ingredients:

125g of butter,
1 cup of flour,
¼ cup of sugar

Icing ingredients:

1 cup of brown sugar,
½ cup of coconut,
2 teaspoons of flour,
½ of sultanas,
1 egg

Method:

- 1) Preheat oven to 180°C
- 2) Combine all the cake mix ingredients together
- 3) Bake for 10 minutes then take out to cool
- 4) Preheat oven to 150°C
- 5) Mix all the icing ingredients together and cover the cake (when the cake is cooled only)
- 6) Bake in the oven for 20 minutes

Tropical Fruit Bake

Ingredients:

250g butter
185g brown sugar
2 eggs
½ cup pineapple juice
Few drops caramel/vanilla essence
Small tin pineapple slices
1 ½ cups self-rising flour
½ cup plain flour
500g X fruit, cherries, & nuts

Method:

- 1) Cream butter and sugar,
- 2) Add eggs
- 3) Then Flour, fruit, essence
- 4) Put into baking tin
- 5) Wipe dry pineapple slices and put on top of cake mix
- 6) Put cherries in holes in slices
- 7) Bake in oven for 1 ½ - 2 hrs. at 180°C

Wedding Cake (Vera)

Ingredients:

500g. sugar
500g butter
2kg X fruit **OR**
 500g currants
 500g sultanas
 500g raisins
 375g cherries
 125g peel
625g flour
9 eggs
½ packet X spice
1 teaspoon cinnamon
Salt
1 teaspoon vanilla essence
1 teaspoon lemon essence
1 teaspoon rum essence
1 teaspoon almond essence
2 tablespoon vinegar

Method:

- 1) Standard butter cake mix
- 2) Pour batter into greased 10" or 12" tin
- 3) Add vinegar last
- 4) Bake at 150°C - 160°C for 6 hrs.

Xmas Cake

Ingredients:

1kg. X Fruit
60g Almonds
2 pints boiling water
250g butter
3 eggs
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup brown sugar
3 cups flour
1 teaspoon baking powder
1 tablespoon brandy 1 teaspoon X
spice
Pinch nutmeg
Cinnamon
1 teaspoon almond essence

Method:

- 1) Put fruit and almonds in bowl with boiling water
- 2) Leave covered for 15 minutes then strain.
- 3) Cut butter into fruit mix
- 4) Beat egg and sugars until creamy
- 5) Sift in dry ingredients
- 6) Mix all together (less brandy)
- 7) Bake at 150°C - 160°C for 1 $\frac{3}{4}$ hrs.
- 8) Cover after 1 hr.
- 9) Pour brandy over cake after cooked.

Meat and Vegetables

Cheese & Onion Turnover

Ingredients:

3 large onions,
2 cups of grated cheese,
2 beaten eggs,
Salt and pepper,
2 rashers of bacon (cut in small pieces)
1 sliced tomato
Pastry rolls

Method:

- 1) Cook the onions slowly in a pot with the lid on and stir occasionally
- 2) Mix the rest of the ingredients together in a bowl (excluding the pastry rolls)
- 3) Add the warm onions last
- 4) Roll out some pastry, spread the mix on one half and fold over
- 5) Bake in the oven at 230°C until cooked

Golden Sausages #1

Ingredients:

500g of browned sausages,
2 tablespoons of flour,
1 tablespoon of tomato sauce,
1 tablespoon of sugar,
1 table spoon of vinegar,
1 tablespoon of tomato relish,
2 cups of boiling water

Method:

- 1) Place the sausages into a casserole dish
- 2) Mix the rest of the ingredients into a paste then add the water
- 3) Pour the sauce over the sausages and cover the dish
- 4) Bake in the oven for 1 hour

Golden Sausages #2

Ingredients:

500g sausages
1 onion
1 grated carrot
2 tablespoons flour
2 tablespoons vinegar
2 tablespoons sugar
1 tablespoons Worcester sauce
2 cups boiling water

Method:

- 1) Mix flour, vinegar & sugar to a paste
- 2) Add boiling water
- 3) Pour over sausages
- 4) Add carrot & Onion
- 5) Bake in moderate oven for 1 ½ hrs.

Family Meal

Ingredients:

500g. Mince
1 Onion
60g Butter
3 cups water
3 teaspoon uncooked rice
2 sticks celery
1 packet chicken noodle soup
1 teaspoon curry
1 teaspoon X Herbs
½ finely cut cabbage
250g frozen beans or peas
Salt

Method:

- 1) Brown onion and mince in butter
- 2) Add rest of ingredients
- 3) Cook well with lid on for about 40 mins
- 4) Serve with mash potatoes

Meat Casserole

Ingredients:

750g of blade steak,
2 tablespoons of flour,
2 teaspoons of sugar,
1 teaspoon of salt,
1½ cups of water,
1 tablespoon of vinegar
½ teaspoon of dry mustard,
¼ teaspoon of soda,
1 tablespoon of Worcester sauce

Method:

- 1) Preheat the oven to 300°C
- 2) Mix all the ingredients together and stand for 1 hour
- 3) Cook in the oven for 2½-3 hours

Pigs in Blankets

Ingredients:

Bold cooked sausages,
2 cups of mashed potatoes,
1 beaten egg,
Breadcrumbs

Method:

- 1) Roll the sausages into the mashed potato (thickly)
- 2) Then roll them into the breadcrumbs
- 3) Fry until golden brown

Plummed Beef Schnitzel

Ingredients:

600g Beef schnitzel
½ red pepper finely chopped
½ green pepper finely chopped
1 small onion finely chopped
¾ cup cooked short grain rice
¼ teaspoon origanum
Salt & Pepper
1/3 cup plum jams
1 tablespoon Worcestershire sauce
1 tablespoon cornflour
1 clove garlic crushed
1 stick celery finely chopped
1 tablespoon cold water

Method:

- 1) Mix peppers, onion, celery, rice & origanum
- 2) Sauté schnitzel until tender and golden brown
- 3) Put layer of schnitzel in dish
- 4) Spread on rice mix
- 5) Arrange rest of schnitzel on top
- 6) Combine jam, Worcestershire sauce and garlic. Heat.
- 7) Mix cornflour & cold water, add to sauce mix
- 8) Pour over schnitzels

Potato & Onion Pie

Ingredients:

450g potatoes
2-3 rashers of bacon (small strips)
25g grated cheese
4 hard-boiled eggs
1 egg
Milk
300g sour cream
4 tablespoon milk

Method:

- 1) Cook Potatoes
- 2) Slice thinly without breaking
- 3) Slice eggs into layers
- 4) Layer eggs bacon potatoes and cooked onion.
- 5) Put sour cream in bowl, add milk and egg
- 6) Mix well season.
- 7) Pour over potatoes etc.
- 8) Sprinkle cheese over
- 9) Bake at 180°C for 10-15 mins or until browned.

Salmon Patties

Ingredients:

1 cup of mashed potato,
1 egg,
A pinch of salt and pepper,
1 chopped onion
1 medium tin of salmon

Method:

- 1) Mix all the ingredients together
- 2) Roll into balls and flatten
- 3) Fry until golden

Salmon Savoury Pie

Ingredients:

250g Salmon
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
1 teaspoon mustard
285 mL milk
Cold mashed potato

Method:

- 1) Melt butter in saucepan
- 2) Add flour and salt
- 3) Cook until brown
- 4) Stir in milk until thickened
- 5) Add flaked salmon and pour in dish
- 6) Top with mash potato
- 7) Cook in oven for 30 mins

Sausage Meat Casserole

Ingredients:

500g of sausage meat,
1 egg,
½ cup of fine breadcrumbs,
1 tablespoon of tomato sauce,
1 finely chopped onion

Method:

- 1) Preheat the oven to 160°C
- 2) Mix all the ingredients together
- 3) Shape into balls and put them into a casserole dish
- 4) Mix the sauce and pour into the casserole dish
- 5) Bake in the oven for 1 hour with the lid on
- 6) Remove the lid and bake for another 15minutes

Sauce ingredients:

1 packet of Maggie mushroom
sauce OR asparagus soup
3 cups of water

Smothered Sausages

Ingredients:

Sausages,
Onion,
2 tablespoons of water,
Apple,
Brown sugar,
Mashed potato (optional for
topping)

Method:

- 1) Boil the sausages to get rid of the fat
- 2) Layer the chopped onion into the casserole dish
- 3) Layer the sausages
- 4) Add the water
- 5) Cover with apple slices
- 6) Sprinkle with brown sugar
- 7) Bake in the oven
- 8) Top with mashed potato if desired

Savoury Meat Balls

Ingredients:

500g of steak mince,
1 beaten egg,
1 tablespoon of Worcester sauce,
1 teaspoon of beef extract,
1 packet of onion soup
1 tablespoon of rolled oats,
1 tablespoon of tomato sauce

Method:

- 1) Preheat the oven to 300°C
- 2) Mix all the meatball ingredients together
- 3) Form into balls and put them into a casserole dish
- 4) Mix all the sauce ingredients together
- 5) Pour the sauce into the casserole dish
- 6) Cook in the oven for 2 hours

Sauce ingredients:

½ cup of water,
¼ cup of sugar,
1 chopped onion,
1 small tin of tomato soup,
1 tablespoon of soy sauce,
3 tablespoons of vinegar

Savoury Sausage Roll

Ingredients:

900g of sausage meat,
1 small onion finely chopped,
1 cup of grated apple,
½ teaspoon of curry powder,
Salt and pepper,
1 cup of grated cheese,
1 cup of bread crumbs,
1 egg,
½ teaspoon of each herb

Method:

- 1) Preheat the oven to 150°C
- 2) Form the sausage meat into a square
- 3) Mix all of the ingredients and spread it on top of the sausage meat
- 4) Roll up the meat and wrap it in foil
- 5) Cook in the oven for 2 hours

Savoury Sausages #1

Ingredients:

8 or 10 sausages,
1 Packet of thick and flavour
1½ cups of water,
425g of savoury tomato,
1 onion,
3 cups of mashed potatoes,
½ cup of grated cheese

Method:

- 1) Cut the sausages and put into a casserole dish
- 2) Mix the thick and flavour packet with the water and chopped onion
- 3) Pour the sauce into the casserole dish
- 4) Pipe the mashed potato on the top
- 5) Sprinkle the grated cheese on top
- 6) Cook in the oven for 35 minutes until golden

Savoury Sausages #2

Ingredients:

Skinned pork sausages,
Flour mixed with seasoning,
Sliced apples,
Brown sugar,
½ packet of stock,
Mashed potatoes,
Sliced onion (optional)

Method:

- 1) Roll the sausages in the seasoned flour
- 2) Put into a casserole dish and cover with a layer of sliced apples
- 3) Add in sliced onions if desired
- 4) Sprinkle with brown sugar and add the stock
- 5) Cover with mashed potatoes
- 6) Cook in the oven for 30 minutes at a moderate setting

Savoury Sausages #3

Ingredients:

2 sausages per person,
Grated onion,
Grated carrot,
Water,
½ packet of tomato soup,
1 small tin of peas

Method:

- 1) Brown the sausages and put into a casserole dish
- 2) Put in the onion, carrot and water
- 3) Cook in the oven for 15 minutes
- 4) Thicken with the tomato soup
- 5) Add the peas
- 6) Cook for a further 5 minutes

Self-Crusting Quiché

Ingredients:

¼ cup melted butter (or less)
3 lightly beaten eggs
1 ½ cups milk
1 cup bacon OR 1 cup ham
chopped OR 1 cup salmon
1 cup grated cheese
1 small onion
1 cup corn OR tinned asparagus
OR 1 cup X Veges
½ cup self-rising flour

Method:

- 1) Do not over mix
- 2) Place in servable greased dish with 6 cup capacity
- 3) Bake in oven at 180°C for 1 hr.
- 4) Serve straight from oven, decorate as liked.

Sweet and Sour Sausages

Ingredients:

500g of sausages,
1 tablespoon of sugar,
½ cup of vinegar,
250g of butter,
2 tablespoons of apricot or peach
jam
1 orange

Method:

- 1) Grill the sausages
- 2) Mix the rest of the ingredients in a bowl to make the sauce
- 3) Using a saucepan cook the sauce to boil
- 4) Cut the sausages into pieces, add them to the saucepan and mix them into the sauce
- 5) Serve with rice

Tea dish

Ingredients:

Cooked pastry case
1 cup mashed potatoes
½ cup grated cheese
4 rashers bacon chopped
1 tablespoon grated onion
1 Egg

Method:

- 1) Fill pastry with ingredients combined with egg.
- 2) Bake at 220°C for 10 mins.

Puddings & Cold Sweets

1/2 Hour Pudding

Ingredients:

1½ cups of flour,
1½ teaspoon of baking soda,
½ teaspoon of cream of tartar
2 tablespoons of butter,
Dried fruit,
¾ cup of sugar,
Milk

Method:

- 1) Rub the flour and butter together
- 2) Mix to dough with milk
- 3) Cover and steam for 30 minutes

Apple Dumplings

Ingredients:

1 br. cup flour
1 teaspoon Baking Powder
2 Tablespoon butter
Salt

Method:

- 1) Mix with water stuff dough
- 2) Roll Thinly
- 3) Put peeled ¼ apples on square paste
- 4) Roll up and put in disk
- 5) Pour over sauce
- 6) Bake 1 hr. @ 175°C

Sauce

2 tablespoons butter
½ cup sugar
1 cup boiling water

Apple Pudding

Ingredients:

4 Medium Granny Smith Apples
½ cup Self Raising Flour
¾ cup sugar
1 ¼ cups cold water
2 tablespoons butter

Method:

- 1) Peel apples
- 2) Cut in half so each half has a hole like doughnut (core it)
- 3) Cut down side in disk
- 4) Rub butter into flour & sugar
- 5) Stir cold water in gently so mix is watery & lumpy
- 6) Pour over apples
- 7) Cook at 180°C for 40-60 mins
- 8) Serve with cream or custard

Berry Trifle

Ingredients:

1 cup water
½ cup sugar
125g packet sponge fingers
1 cup fresh or frozen Raspberries
300 mL cream
1 tablespoon Icing Sugar
600mL prepared custard
1 tablespoon passionfruit syrup
Punnet of strawberries

Method:

- 1) Make syrup from water and sugar
- 2) Dip sponge fingers
- 3) Put 1/3 of fingers into bowl
- 4) Puree raspberries
- 5) Put half onto sponge fingers
- 6) Add another 1/3 of sponge fingers
- 7) Add rest of raspberry
- 8) Then layer rest of fingers
- 9) Beat cream and icing sugar
- 10) Fold custard into ½ cream and passionfruit syrup
- 11) Arrange diced strawberries on fingers
- 12) Place custard on top
- 13) Refrigerate and rest of cream and leftover strawberries on top.

Brown Betty

Ingredients:

500g sugar
1 tablespoon golden Syrup
¼ cup milk
1 tablespoon butter
1 tin condensed milk
1 teaspoon vanilla essence

Method:

- 1) Boil all for 1 min
- 2) Take off heat
- 3) Add condensed milk
- 4) Boil and stir for 20 mins
- 5) Take off heat
- 6) Add vanilla
- 7) Pour in buttered tin
- 8) **UNFINISHED?**

Caramel Pudding

Ingredients:

1 cup flour
2 teaspoon baking powder
¼ cup brown sugar
½ cup fruit
2 tablespoon butter
1/3 cup milk

Sauce

1 cup brown sugar
1 ¼ cups boiling water

Method:

- 1) Sift flour and baking powder
- 2) Add sugar and fruit
- 3) Melt butter and add
- 4) Add milk
- 5) Mix to scone like dough
- 6) Put into disk
- 7) Pour sauce over dough
- 8) Bake at 180°C for 40-45 min
- 9) Server with cream/ ice cream

Choc Fudge

Ingredients:

2 cups sugar
½ cup milk
2 teaspoon cocoa
30g butter
¼ cup cream

Method:

- 1) Put milk, cream, sugar and cocoa in a saucepan
- 2) Boil for 10mins or soft boil stage.
- 3) Take off heat
- 4) Add butter, beat thick
- 5) Pour into buttered tin
- 6) Cool in fridge
- 7) Serve cut in squares.

Christmas Pudding

Ingredients:

250g suet
250g breadcrumbs
½ cup sugar
8 eggs beaten
1.25kg X Fruit
1 teaspoons
½ cup Golden Syrup
1 teaspoon mace salt.

Method:

- 1) Combine all ingredients together
- 2) Boil for 5 hrs.

Christmas Pudding '84

Ingredients:

250g suet
250g breadcrumbs
250g flour
¼ cup Golden Syrup
Teaspoon X Spice
750g X fruit
¼ cup sugar
4 eggs beaten
2-3 tablespoons Brandy or Rum

Method:

- 1) Combine all ingredients together
- 2) Boil for 5 hrs.

Christmas Pudding '85

Ingredients:

2 Br. Cups rolled oats
100g suet
350g X fruit
25g X peel
1 grated carrot
½ teaspoon nutmeg
2 beaten eggs
Salt
2 tablespoons brandy
100g brown sugar
100g chopped apple
½ teaspoon X spice
Grated lemon rind
Lemon juice

Method:

- 1) Put all dry ingredients in bowl
- 2) Add eggs and lemon juice
- 3) Stand overnight
- 4) Next day add brandy
- 5) Steam for 5 hours.

Christmas Pudding '04

Ingredients:

2 cups flour (or 1 cup flour, 1 cup bread crumbs)
4 cups suet
½ cup brown sugar
1 teaspoon X spice
1 teaspoon cinnamon
½ cup golden syrup
½ cup milk
Grated rind 1 lemon 1 orange
1 cup raisins
1 cup currants
1 cup sultanas
¼ cup cherries
¼ cup X peel
1 teaspoon baking soda
2 (3) eggs

Method:

- 1) Mix syrup with milk, eggs, rinds, and soda
- 2) Mix all ingredients together
- 3) Boil for 4-5 hrs.
- 4) Before serving heat for 2-3 hrs.
- 5) Serve with sprinkle of brandy

Coconut Ice

Ingredients:

1kg. sugar
1 cup milk
½ cup coconut
Butter size of walnut

Method:

- 1) Boil milk butter and sugar for 5 mins
- 2) Add coconut
- 3) Heat until thick
- 4) Divide and colour poaft?
- 5) Pour into tin
- 6) Cut when cool

Crisp Pavlova

Ingredients:

2 egg whites,
1 cup of brown sugar
1 teaspoon of vinegar
1 teaspoon of cornflower
4 tablespoons of boiling water

Method:

- 1) Put everything in a mixer basin and add the boiling water
- 2) Beat the mixture for 10 minutes
- 3) Oven 205°C
- 4) Turn off and leave for 1 hour

Date Chews

Ingredients:

½ cup sugar
250g butter
2 eggs
1 ½ cups flour
1 cup dates
2 teaspoon baking powder
1 tablespoon milk
Vanilla

Method:

- 1) Mix all dry ingredients
- 2) Beat eggs in milk, add melted butter
- 3) Mix well
- 4) Press into Swiss roll tin
- 5) Bake at 180°C for 35 min

Fruit Pudding

Ingredients:

1 cup flour
1 teaspoon baking powder
1 teaspoon mixed spice
1 cup grated suet
2 ¼ cups fine white breadcrumbs
¾ cup brown sugar
400g fruit mix
3 eggs
½ cup brandy
2 teaspoon gravy browning

Method:

- 1) Sift flour, baking powder and spice into bowl
- 2) Add suet breadcrumbs, sugar and fruit mixing well
- 3) Lightly beat eggs, brandy and gravy browning together.
- 4) Pour egg mixture into bowl
- 5) Mix lightly until combined
- 6) Place mixture into greased pudding bowl.
- 7) Cover with greased foil and secure with string
- 8) Steam or boil for 2 hrs.
- 9) Allow to cool completely before storing
- 10) Wrap in muslin to store.

Good Pavlova

Ingredients:

2 large egg whites
2 small cups sugar
2 tablespoon boiling water
2 teaspoon vinegar

Method:

- 1) Put all ingredients into basin
- 2) Add water last
- 3) Beat mix for 10 mins
- 4) Bake at 140°C for 10 mins

Hazelnut Chews

Ingredients:

125g of butter,
¾ cups of brown sugar,
2 tablespoons of flour (#1),
2 tablespoons of golden syrup,
125g of hazelnuts,
1½ cups of flour (#2),
2 eggs,
1 teaspoon of baking powder,
2 tablespoons of boiling water

Method:

- 1) Preheat the oven to 180°C
- 2) Cream the butter and sugar
- 3) Sift in the 1st flour measurement and mix
- 4) Press the mixture into a 20cm by 25cm tin
- 5) Bake for 15 minutes
- 6) Beat the eggs and brown sugar
- 7) Stir in the 2nd measurement of flour and baking powder
- 8) Add in the golden syrup, boiling water and chopped hazel nuts
- 9) Pour over the previously baked base
- 10) Bake for a further 25-30 minutes
- 11) Dust with icing when cool

Home Made Yoghurt

Ingredients:

1 ½ cup dried skim milk packets
1,135mL warm (NOT hot) water
3 tablespoons commercial yoghurt

Method:

- 1) Combine all ingredients
- 2) Leave overnight

Dorothy Jumble

Filling Ingredients:

1 cup of water,
1 tablespoon of lemon rind,
¼ cup of cherries,
½ cup of chopped dates,
1 teaspoon of baking powder

Crust ingredients:

175g of butter,
1 cup of wholemeal,
¾ cup of wheatgerm,
½ cup of chopped walnuts,
½ cup of brown sugar,
¾ cup of rolled oats,
1 teaspoon of baking powder,
½ teaspoon of cinnamon

Method:

- 1) Mix the filling ingredients and cook until thick
- 2) (crust) melt the butter and pour over the rest of the crust ingredients
- 3) (crust) mix everything together and press half the mixture into the tin
- 4) Put the filling in then add the rest of the crust sprinkled over
- 5) Bake in the oven for 20-30 minutes at a moderate setting

No bake Pie Crust

Ingredients:

2 cups sultana bran (or weetbix)
1/3 cups brown sugar
½ teaspoon cinnamon
185g butter

Method:

- 1) Mix dry ingredients together
- 2) Pour over melted butter
- 3) Stir well
- 4) Press in pie tin
- 5) Chill

Party Sponge

Ingredients:

350g unfilled sponge cake,
½ cup of milk,
285 mL cream,
1 tablespoon of brown sugar,
1 tsp. rum essence,
1 tablespoon of coffee essence,
A pinch of salt,

Method:

- 1) Beat the cream and brown sugar together,
- 2) Pour milk over the sponge,
- 3) Spread cream in between the sponge layers then use the remaining cream to cover the rest of the sponge
- 4) Decorate with chopped nuts and cherries

Plum Pudding (cold tea)

Ingredients:

¾ cups sugar
2 cups flour
2 table spoons butter
1 level teaspoon spice
1 teaspoon baking powder
1 ½ cups sultanas or X Fruit
1 cup cold tea

Method:

- 1) Rub butter in dry ingredients
- 2) Add fruit, tea and soda
- 3) Mix well
- 4) Steam for 2 hrs in basin or cloth?

Pudding (trifle)

Ingredients:

3 tablespoons Marsala or sherry
1 sponge cake
4 tablespoons caster sugar
1 tablespoon brandy 1 tablespoon
gelatine 4 egg yolks 2 egg whites
½ carton of cream
½ cup hot water

Method:

- 1) Beat egg yolks, sugar and brandy for 10 min over hot water
- 2) Add gelatine dissolved in hot water
- 3) Beat whites until stiff
- 4) Add to cooled custard
- 5) Mix
- 6) Line tin bottom and sides with sliced cake (with some aside for top)
- 7) Sprinkle with cherry
- 8) Pour in custard mix
- 9) Put slice of sponge saved on top
- 10) Leave overnight in fridge
- 11) Turn out next day
- 12) Serve with whipped cream

Quick Pie (Alison Holst)

Ingredients:

2 eggs
¼ cup sugar
¼ cup baking mix
1 cup milk
1 tablespoon soft butter
1 teaspoon vanilla
5-6 dried apricots chopped
Sprinkle of nutmeg
Sprinkle of cinnamon

Method:

- 1) Blend together eggs, sugar, baking mix, milk, butter and vanilla.
- 2) Blend until well mixed
- 3) Add in apricots, blend until diced.
- 4) Dish & Sprinkle nutmeg and cinnamon over.
- 5) Bake at 180°C for 30-35mins.
- 6) Cook until centre is firm

Quick Steamed Pudding

Ingredients:

1 cup baking mix
2/5 cup milk
1 tablespoon butter
1 tablespoon sugar
1/2 cup brown sugar
1 teaspoon vanilla
1 cup hot water

Method:

- 1) Mix baking mix, sugar, and milk into bowl
- 2) roll into ball of dough
- 3) Sprinkle brown sugar over then dot butter around.
- 4) Pour the water and vanilla around the dough ball
- 5) Boil uncovered in pot of boiling water
- 6) Stand on saucer with pot lid on saucepan?
- 7) Rest for 30mins

Steamed Fruit Loaves #1

Ingredients:

3/4 cup of wholemeal,
1 cup of flour,
1 cup of fruit,
1/2 cup of golden syrup,
Salt
2 teaspoons of baking soda
1/2 teaspoon of baking powder
1 cup of warm milk

Method:

- 1) Melt the syrup in the warm milk
- 2) Add the baking soda baking powder?
- 3) Steam for 1 1/2 hours

Steamed Fruit Loaves #2

Ingredients:

1 1/2 cups of wholemeal,
3/4 cup of flour,
1 1/2 teaspoons of baking soda,
1 1/2 cups of milk,
1 1/2 cups of fruit (dates, walnuts or sultanas),
1 tablespoons of golden syrup

Method:

- 1) Dissolve syrup in warm milk
- 2) mix in dry ingredients
- 3) 1/2 to 3/4 fill tin
- 4) Steam for 1hr 15mins

Steamed Pudding #1

Ingredients:

2 cups of fruit
2 cups of breadcrumbs
1 teaspoon of soda dissolved in milk
1 mashed banana
Lemon juice
¾ cups of sugar

Method:

- 1) Mix all the ingredients
- 2) steam for 2 hours

Steamed Pudding #2

Ingredients:

2 tablespoons of cream,
Butter,
4 tablespoons of sugar,
1 egg
6 tablespoons of milk,
8 tablespoons of flour,
1 teaspoon of baking powder,

Method:

- 1) Heat the cream, butter and sugar
- 2) Add the egg and milk
- 3) Stir in the flour and baking powder
- 4) Grease the basin with jam, fruit or dried fruit
- 5) Pour in the mix
- 6) Steam for 1 hour

Steamed Pudding (Alison Holst)

Ingredients:

1 teaspoon butter
1 tablespoon brown sugar
¼ teaspoon cinnamon
½ cup stewed apple (or other fruit)
1 egg
¼ cup sugar
½ teaspoon vanilla
60g softened butter
1 cup flour
2 teaspoon baking powder
2-3 tablespoons milk

Method:

- 1) Mix 1 teaspoon butter, brown sugar and cinnamon together
- 2) Line sides and bottom of basin with mix.
- 3) Beat together egg, sugar, vanilla and softened butter with rotary beater until light colour and fluffy
- 4) Stir in flour, baking powder and milk.
- 5) Mix till batter drops from spoon.
- 6) Pour batter into lined basin
- 7) Cover basin with foil
- 8) Steam for 1 ½ hrs. - 2 hrs.
- 9) Unmould on dish to serve.

Steamed Pudding w/ Tangelo Sauce

Sauce Ingredients:

¼ cup of brown sugar,
25g of butter,
2-3 tangelos,
¼ cup of sugar,
2 tablespoons of cornflower,
¼ cup of water

Method:

(*sauce ingredients)

- 1) Put the brown sugar and butter into a saucepan*
- 2) Add the grated rind and flesh of the tangelos chopped into pieces*
- 3) Make up to ¾ cups with water
- 4) Blend the cornflower with the water*
- 5) Cook until thick
- 6) Mix the batter ingredients
- 7) Put sauce into the basin and pour over the batter
- 8) Steam for 40 minutes

Batter ingredients:

¼ cup of sugar,
1 egg,
1 teaspoon of baking powder,
50g of butter,
½ cup of flour,
2 tablespoons of milk

Steamed Pudding with Fruit

Ingredients:

1 cup of self-rising flour,
1 tablespoon of milk,
60g of butter
Fruit (apricot etc.)

Method:

- 1) Mix the ingredients to make a stiff dough (excluding the fruit)
- 2) Roll the dough and line into the basin
- 3) Put in the fruit and sugar
- 4) Place the pastry lid on
- 5) Cover and steam for 1 hour

Sultana Pudding

Ingredients:

125g sultanas
125g butter
125g caster sugar
2 eggs
1 tablespoon milk
185g self-rising flour

Method:

- 1) Grease basin
- 2) Press circle of paper on bottom
- 3) Press sultanas to sides of basin
- 4) Cream butter and sugar
- 5) Fold in eggs
- 6) Add remaining sultanas with flour
- 7) Mix with milk
- 8) Steam for 1 ½ hrs.

Syrup Scone Pudding

Ingredients:

2 cups of scone dough or as much
as desired,
Golden syrup

Sauce ingredients:

1 cup of water,
½ cup of sugar,
1 tablespoon of butter

Method:

- 1) Roll out the dough and spread golden syrup on top
- 2) Roll up and cut into pieces
- 3) Mix the sauce ingredients together
- 4) Put in a dish a cover with sauce
- 5) Bake in an oven for 30 minutes at a moderate temperature setting

Uncooked Pavlova

Ingredients:

1 dessertspoon gelatine
300 mL boiling water
½ cup sugar
¼ cup passion fruit
Vanilla essence
Salt
1 teaspoon baking powder

Method:

- 1) Dissolve gelatine into boiling water
- 2) Beat all ingredients together

Sauces & Pickles

Apple Worcester Sauce

Ingredients:

2kg of apples,
2 tablespoons of ground ginger,
750g of sugar,
2 tins of treacle (500g)
2 tablespoons of cloves,
3.8 L of vinegar,
60g crushed garlic,
1 tablespoon of salt

Method:

- 1) Add all the ingredients into a pan and boil for 3 hours
- 2) Strain through jelly bag and bottle to keep well

Sherry and Soy Glaze

Ingredients:

1 clove crushed garlic
2 tablespoon golden syrup
¼ cup sherry
2 tablespoon soy sauce
8 chicken legs
1 tablespoon brown sugar

Method:

- 1) Combine all ingredients less chicken
- 2) Put chicken legs in & marinate for 15 min
- 3) Remove chicken, sprinkle of brown sugar
- 4) Cook at 180°C for 30-40mins

Tomato Soup

Ingredients:

1 onion,
1 tablespoon of sugar,
1 tablespoon of butter,
1 tablespoon of flour,
570 mL of milk,
Salt and pepper,
2 tablespoons of mushroom soup,
1 large jar of tomato puree

Method:

- 1) Melt the butter in a pan and fry the onion
- 2) Blend in the flour slowly
- 3) Add in the rest of the ingredients, except the tomato puree, and cook for a few minutes
- 4) Add the heated tomato puree
- 5) Heat everything together but don't boil

Drinks

Ginger Beer

Ingredients:

2 cups sugar
2 teaspoons yeast
1 teaspoon lemon essence
2 L cold water
1 tablespoon ground ginger
2 teaspoon citric acid

Method:

- 1) Mix all together and bottle
- 2) Ready in 2 days

Nice Economical Orange Drink

Ingredients:

500g tin Raro Orange
1 cup sugar
½ tsp. citric acid

Method:

- 1) Fill ½ g with liquid
- 2) Keep in fridge