



Frances Beveridge's
Really Awesome Cookbook
2009
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I would like to give my sincere thanks to my wonderful husband Neale who has shared my kitchen (usually from the other side of the bench) for many happy years. I thank my whole family for their willing sampling of my produce. Finally, thanks to all of you, most of all Christine and Amanda, for helping me produce this final version to print.

With love to you all,

Frances

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Standard Temperatures and Measurement Conversions

Oven Temperatures

°C	°F	
80 C	175 F	Warm
90 C	190 F	Warm
100 C	200 F	Very Warm
110 C	225 F	Very Slow
130 C	250 F	Very Slow
150 C	275 F	Slow
160 C	300 F	Moderately Slow
170 C	325 F	Moderately Slow
180 C	350 F	Moderately
190 C	375 F	Moderately Hot
200 C	400 F	Hot
220 C	425 F	Hot
230 C	450 F	Very Hot
240 C	475 F	Very Hot

Microwave Power Settings

Power Level	Percentage
High	100%
Medium High	75%
Medium	50%
Defrost	30%
Low	10%

Variations for different watt ovens: Example If using a 650 watt oven

Add 15 seconds per minute for 600 watt oven

Reduce the time by 5-10 seconds per minute for 700 watt oven

Solid Weight Conversions

Metric	Imperial
15 g	½ oz
25 g	1 oz
50 g	2 oz
100 g	4 oz / ¼ lb
175 g	6 oz
225 g	8 oz / ½ lb
350 g	12 oz
450 g	14 oz / 1 lb
575 g	1 ¼ lb
700 g	1 ½ lb
800 g	1 ¾ lb
900 g	2 lb

Liquid Volume Conversions

Metric	Imperial
25 ml	1 fl oz
50 ml	2 fl oz
125 ml	4 fl oz
150 ml	5 fl oz / $\frac{1}{4}$ pt
175 ml	6 fl oz
225 ml	8 fl oz
300 ml	10 fl oz / $\frac{1}{2}$ pt
450 ml	15 fl oz $\frac{3}{4}$ pt
600 ml	20 fl oz / 1 pt
900 ml	1 $\frac{1}{2}$ pt
1.2 L	2 pt
1.7 L	3 pt

Australian Cup Conversions

Metric	Imperial	
150 g	5 oz	1 cup flour
225 g	8 oz	1 cup sugar, granulated
225 g	8 oz	1 cup caster sugar
175 g	6 oz	1 cup icing sugar
175 g	6 oz	1 cup soft brown sugar
225 g	8 oz	1 cup butter
350 g	12 oz	1 cup golden syrup / honey
50 g	2 oz	1 cup fresh bread crumbs
200 g	7 oz	1 cup uncooked rice
175 g	6 oz	1 cup dried fruit
100 g	4 oz	1 cup chopped nuts
75 g	3 oz	1 cup desiccated coconut
250 ml	9 fl oz	1 cup liquid

" (inch)	2.5 cm
----------	--------

Abbreviations

BB Neale's Mother, Bonnie Beveridge
FB Frances Beveridge
QK Frances's Mother, Queenie Keenan

Morning Tea

Potato Bread

2	cups	self raising flour	Mix dry ingredients together with potato,
1	tsp	sugar	add milk, knead on floured board.
¾	cup	mashed potatoes	Place in a greased dish, brush top with
1 ½	cups	milk	milk.
¼	tsp	nutmeg	Cook in hot camp oven with grate in base for about 30
			min. Sounds hollow when tapped

Beer Bread 1

1	cup	wholemeal self raising flour	Pre-heat camp oven with grate in base
2	cups	self raising flour	Pour beer onto dry ingredients, Knead for 5 min, shape
2	tsp	sugar	Place in greased pan, score top with knife
		salt	Cook 30 min in camp oven OR hot oven
6-8	tsp	mixed herbs	10 min till cooked; sounds hollow when tapped.
1	can	beer	

FB

Beer Bread 2

3 ¼	cups	self raising flour	Pre-heat camp oven with grate in base Add beer to
2	tsp	salt	flour and mix.
2	tsp	sugar	Knead on floured surface till smooth
1	can	beer (room temp)	Halve and knead each half till smooth
			Place in a greased pan.
			Bake in Hot oven 200°C for about 50 min.
			Sounds hollow when tapped if cooked.

Herbed Bread

250	g	self raising flour	Pre-heat camp oven with grate in base
1 ½	tsp	salt	Combine all well.
½	tsp	dry mustard	Form into loaf.
1	Tbsp	chopped parsley	Bake 190°C about 30 min.
1	Tbsp	mixed herbs	
100	g	grated tasty cheese	
1		egg beaten	
1	Tbsp	melted butter	
150	mls	water	

DC

Lemonade Scones

3	cups	self raising flour	Mix all together. Place in tin.
1	cup	lemonade	Cook in camp oven with grate in base.
1	cup	cream	Moderately hot fire, for about 1 hour.

French Toast

eggs
slices bread

Beat some eggs and dip a slice of bread into the mix.
Fry the bread lightly both sides

FB

2
120
2
1
120

g
tsp
tsp
g

Currant Fritters

eggs
self raising flour
sugar
oil
currants

Put flour and eggs in basin
add water to make batter;
add sugar oil and currants,
Heat pan, add a little oil
spoon lots of batter into hot pan
Brown on each side

FB

1
1
60
60
1
1
1200

kg
kg
g
g
Tbsp
Tbsp
mls

Bread 1

wholemeal flour
plain flour
salt
compressed yeast
sugar
lukewarm water
water

Turn oven to 150°C
Prepare flours in large bowl.
Stir together yeast, sugar and 1 Tbsp water.
Place in oven 5-10 min till froths.
Add yeast mix to flour with water mix well.
Knead on floured board.
Divide into 3 greased loaf tins. Place in 150°C oven ½ hour
to rise. Cook for 30 min at 190 °C.

FB

1
25
450
750

tsp
g
mls
g

Bread 2

sugar
dry yeast
lukewarm water
plain flour

Sift dry ingredients. Pour liquids over flour, combine
Knead on floured board for 5 min.
Place dough back in floured bowl. Cover with tea towel
for 30 min in a warm area.
Knead on floured board for 5 min. Place moulded loaves in
loaf tins. Leave 10 min to rise. Bake 190°C 35 min.

FB

2
1
1 ½
1
½
1
1
1
1

Tbsp

cups
tsp
tsp
cup
Tbsp
Tbsp

Pikelets 1

sugar
egg
self raising flour
cream of tartar
baking soda
milk
hot water
butter

Beat sugar and egg
Add milk and dry ingredients, mix well
Add butter to hot water separately, then combine
altogether.
Drop spoonfuls on hot greased pan.
when bubbling turn with spatula.
Cook second side

Pikelets 2

2		eggs
½	cup	caster sugar
2	cups	self raising flour
1	cup	milk
pinch		salt
2	tsp	butter, melted
2	tsp	golden syrup

Beat sugar and eggs, add milk, butter, flour and syrup.
Heat pan, spray with oil; drop batter in, in spoonfuls.
When batter starts to bubble turn with spatula.
Cook on second side

Wholemeal Pikelets

1 ½	Tbsps	sugar
1		egg
¼	cup	milk
1	cup	wholemeal flour
½	tsp	baking soda
1	tsp	cream of tartar
1	Tbsp	melted butter

Beat egg and sugar,
Add all except butter, combine well
Add butter. Stir in.
Heat pan spray with oil; drop batter in spoonfuls in pan.
When batter starts to bubble turn with spatula.
Cook on second side.

FB

60	g	butter
¾	cup	sugar
3	tsp	ginger
1		egg
1 ½	cups	plain flour
1	Tbsp	golden syrup
¾	cup	milk
1	tsp	baking soda

Ginger Gems

Beat butter & sugar, add egg, beat. Add ginger and
syrup and combine, mix baking soda with milk
add alternately with flour to mixture.
Pour into *HOT* greased gem irons
Cook 180°C for 10 to 15 min.

Gems

60	g	butter
4	Tbsp	castor sugar
1		egg
1 ½	cups	self raising flour
¾	cup	milk
		Vanilla essence

Beat butter and sugar add egg, beat
Add flour and milk alternately, pour into
greased HOT gem irons.
Bake in oven 200°C 10-12 min

FB

1	cup	self raising flour
½	tsp	salt
1	Tbsp	butter
1	cup	milk

Scones

Rub butter into dry ingredients add milk; (soft dough)
until mixture leaves side of bowl
Knead till smooth on floured surface. Roll out 2cm thick.
Cut into shapes
Bake 200°C for 10 to 15 min until brown

QK

1 cup
 1 large tsp
 ½ tsp
 1 Tbsp
 ½-1 cup

Girdle Scones

plain flour
 baking powder
 salt
 butter
 milk

Rub butter into flour and baking powder, mix with milk to make a soft dough. Turn onto floured surface. Knead a little. Roll out ½" thick. Cut into shapes. Cook in frying pan, sprinkled with flour, After 5 - 8 min or when brown turn and cook further 5 min or till brown and cooked in centre.

FB

2 cups
 ¾ cup
 ½ cup
 1 g
 60 g
 ½ cup

Sugar Buns

self raising flour
 sugar
 raisins
 egg
 butter melted
 milk

Combine all, mixture like scone dough. Place tablespoon lots on greased slide ---Sprinkle with sugar--- Cook 190°C for 10-15 min. When cold, cut in half, spread with butter.

FB

60 g
 ¾ cup
 ¾ cup
 pinch
 pinch
 1
 ½ tsp
 pinch
 1 tsp

Cheese Biscuits

butter
 plain flour
 grated tasty cheese
 salt
 mustard
 egg yolk
 lemon juice
 cayenne pepper
 water

Rub butter into flour Add rest ingredients, mix well, dough soft but not sticky. Chill 30 min. Roll out thin. Cut into fingers Bake 200°C for 7-10 min.

QK

60 g
 1
 1 cup
 1 ½ cups
 2
 ½ tsp
 1 tsp
 1 tsp
 1 tsp
 4 Tbsp

Banana Loaf 1

butter
 egg
 sugar
 plain flour
 bananas, mashed
 baking powder
 baking soda
 nutmeg
 milk

Beat butter & sugar, add egg and beat. Add dry ingredients, fold in mashed bananas, add soda in milk, fold in. Pour into a Gladbake lined loaf tin. Bake 180°C for 40 min.

FB

125 g
 ½ cup
 3
 1
 1 tsp
 1 ¾ cups
 1 tsp
 ½ tsp
 ½ cup
 ¼ cup

Banana Loaf 2

butter
 sugar
 bananas, mashed
 egg beaten
 Vanilla essence
 self raising flour
 nutmeg
 salt
 walnuts
 milk

Rub butter into dry ingredients, add egg, milk vanilla, mix in well, fold in bananas. Bake in Gladbake lined loaf tin 180°C for 45-60 min

QK

90	g	butter
2		eggs
½	cup	milk
1	tsp	baking powder
180	g	sugar.
¼	cup	sugar
180	g	plain flour
		grated rind of 1 lemon
pinch		salt

Lemon Loaf

Cream butter and sugar. Add egg and beat.
 Add flour and milk. Fold in baking powder.
 Pour into Gladbake lined loaf tin
 Bake 180°C for 1 hour. Combine juice one lemon and
 ¼ cup sugar Sprinkle over cooked loaf. Return to oven
 for 1 min.

FB

1	cup	dates, chopped
1	tsp	bicarb soda
1	cup	boiling water
---Add---		
2	Tbsp	golden syrup
1		egg
1 ½	Tbsp	butter-soft
1	tsp	vanilla
---Add---		
2	large cups	plain flour
1	tsp	baking powder
1	sm cup	sugar

Date Loaf

)
) soak for 10 minutes
)
)
)
) mix well
)

Place mixture in a Gladbake lined loaf tin
 Bake in 180°C oven for ¾ - 1 hour

FB

1	cup	currants
¾	cup	sugar
1	cup	cold tea
2	cups	self raising flour

Currant Loaf

Soak currants, sugar and tea for 2 hours
 Add flour, mix well.
 Pour into Gladbake lined loaf tin.
 Bake 180°C for 30 min.

FB

500	g	dried apricots, cut small or apricots and sultanas.
470	mls	water
375	g	sugar
185	g	butter
1	tsp	cinnamon
1	tsp	cloves
½	tsp	nutmeg
1	tsp	salt
2		eggs beaten
500	g	plain flour
1	tsp	baking powder

Fruit Loaf

In pan, place apricots, water, butter, sugar spices and
 salt. Simmer for 5 min, cool.
 Add eggs mix in. Add dry ingredients, combine well.
 Pour into Gladbake lined loaf tin.
 Bake 180°C for about 1 hour.

FB

8 Tbsp
4 Tbsp
1 cup
1 Tbsp
½ cup

Chocolate Loaf

self raising flour
sugar
milk
cocoa
sultanas

Combine well;
Pour into Gladbake lined loaf tin.
Bake 180°C for about 40 min.

FB

1 cup
1 Tbsp
1
1 cup
1 cup
½ cup
1 tsp
1 tsp

Dutch Loaf

plain flour
butter
egg
raisins
bran
brown sugar
baking powder
baking soda
salt
milk

Rub butter into flour and baking powder
Add sugar, bran, raisins. Blend together.
Add egg then soda softened with a little milk combine well.
Pour into Gladbake lined loaf tin.
Bake oven 180°C for ¾-1 hour.

FB

1 ½ cups
2 tsp
1 tsp
⅓ cup
1
½ cup
¼ cup
½ tsp
60 g

Banana Muffins

plain flour
cream of tartar
baking soda
sugar
egg
mashed bananas
milk
vanilla essence
melted butter

Beat egg then add banana, milk, essence.
Stir into dry ingredients; add melted butter.
Spoon into patty case lined patty pans.
Bake at 220°C for 15 min.

Date Bran Muffins

1
1 ½ cups
¼ cup
1 ½ cups
1 ¾ cups
1 tsp
¾ cup
2 cups

egg
yoghurt
butter
bran
plain flour
baking powder
sugar
chopped dates

Combine all but dry ingredients,
Mix in dry ingredients,
Spoon into patty case lined patty pans.
Bake at 220°C for 15 min.

Basic Muffin

1
1 cup
2 Tbsp
¼ cup
2 cups

egg
milk
melted butter
sugar
self raising flour

Beat butter and sugar
Add all and mix well,
Spoon into patty pans.
Bake at 220°C for 15 min.

QK

375	g	plain flour
1 ½	tsp	baking soda
180	g	sugar
1	cup	sultanas
2		eggs, beaten
pinch		salt
1 ½	tsp	spice
1 ½	cups	stewed fruit
125	g	butter

Spicy Fruit Muffins

Warm fruit, add melted butter
Combine all gently.
Spoon into patty case lined patty tins
Bake in oven 200°C for 10-15 min

FB

1	cup	plain flour
1 ½	cups	bran
1	tsp	baking powder
1	Tbsp	butter
1	cup	milk
1	cup	sultanas
½	cup	sugar
1		egg
		Salt
		vanilla essence
1	Tbsp	golden syrup

Bran Muffins

Mix dry ingredients together. Beat egg add to milk
combine with dry ingredients and sultanas.
Melt butter and syrup, add to mixture
line muffin tins with patty papers ¾ fill with mixture
Cook 180°C for 15-20 min

FB

3		eggs ---
The weight of eggs in:-sugar		
The weight of eggs in :-self raising flour		
The weight of eggs in :-butter		

Muffins

Weigh the eggs and use that for the quantity of the
other ingredients.
Beat butter and sugar then eggs
beating after each egg, add flour gradually
Spoon lots into patty case lined patty tins
Oven temp: 190°C for 15 min.

Cheese and Bacon Loaf

2	rashers	bacon
2	cups	plain flour
4	tsp	baking powder
pinch		salt
pinch		cayenne pepper
30	g	butter
¾	cup	grated tasty cheese
1		egg
¾	cup	milk

Chop bacon finely while oven is heating cook gently.
Sift dry ingredients; rub in butter,
stir in cheese and cooked bacon.
Beat egg slightly add with milk
stir into dry ingredients. Pour into Gladbake lined
loaf tin. Bake at 190°C for 1 hour.

QK

Lemon Tea Buns

2	Tbsp	butter
1	cup	sugar
2		eggs
1½	cup	milk
2	tsp	vanilla
2	tsp	lemon essence
1 ½	cups	mixed fruit
3	cups	self raising flour
	extra	sugar, coconut cinnamon

Cream butter and sugar add eggs, beat
add milk, essences and flour, mix, fold in mixed fruit.
Drop table spoonful lots on Gladbake covered tray
Sprinkle with mixture of; extra sugar, coconut and
cinnamon. Place piece of lemon peel on top.
Bake in 180°C oven till golden brown
(Note: The buns will spread during cooking)

Chelsea Bun

3	cups	self raising flour
½	tsp	salt
45	g	butter
1	cup	milk
---Filling---		
60	g	butter
⅓	cup	brown sugar
½	cup	sultanas
½	cup	currants
60	g	mixed peel
1	tsp	cinnamon
60	g	glace cherries

Rub butter into flour add milk.-firm dough.
Roll out dough 1cm thick- oblong.

Sprinkle with fruit filling,
roll up lengthwise.
Cut into 1cm thick slices.
Bake in 180°C oven till golden brown about 25-30 min.

After removing from oven, brush while hot with Glaze 1 Tbsp
water, 1 Tbsp sugar
and 1 tsp gelatin. Heat till gelatine is dissolved.

Entree and Appetizers

FB

500	g	mince	
35	g	dry Taco seasoning mix	
1		onion diced	Soak bread in milk for 2 min
½	cup	breadcrumbs	combine all.
½	cup	milk	Roll into balls.
¼	cup	tomato sauce	Greased tray
½	cup	parsley chopped	Bake 30-40 min 170°C oven
1		egg white	
pinch		salt	
pinch		pepper	
¼	tsp	chilli powder	

Mexican Meat Balls

Fruit Meat Balls in Sauce

½	cup	milk	
1	slice	bread crumbled	Soak bread in milk,
1	kg	mince	Combine meat, raisins, egg, salt, pepper.
1		egg beaten	Add bread/milk mixture. Blend well,
pinch		salt	with wet fingers, roll into balls.
pinch		Pepper	Brown in hot oil.
pinch		garlic salt	
2	Tbsp	oil	
¾	cup	raisins soak in 2 cups water overnight	

Sauce for Meat balls

2	cup	liquid from raisin soak	
1	400 g	can pineapple chunks	Simmer liquid from raisin soak, pineapple syrup, sugar,
½	cup	green pepper chopped	vinegar, soy sauce;
¼	cup	sugar	Thicken with cornflour, mixed with a little water.
1	Tbsp	Soy sauce	Stirring, simmer until sauce thickens,
1 ½	Tbsp	cornflour	add browned meat balls. Simmer 20 min.
¼	cup	raisins	
¼	cup	wine vinegar	

FB

250	g	light cream cheese	
¼	cup	fine chopped ginger	Mix all together.
2	tsp	fine chopped fresh mint	Shape into roll; chill 2-3 hours.
½	cup	fine chopped dates	(Dates maybe omitted)
½	cup	grated cheddar cheese	

Cheese, Mint and Ginger Log.

FB

olive oil spray

½

1

125 g

18

18

Prawn Crostini

French stick

lemon, thin skin

cream cheese spread

sprigs dill

medium vannamei prawns
cream cheese.

Cut French stick into 1 cm slices,

with olive oil spray one side of bread with oil, place oil
side down on oven tray, spray 2nd side

Bake 15 min oven 160°C Turn once. Store in airtight

tin. Cut 5 thin slice from lemon. Juice lemon add to

Spread cream cheese mixture on crostini.

Remove tails from prawns place piece on each Crostini.

Garnish with lemon & dill.

FB

250

g

250

g

1

small

1

small

½

tsp

½

tsp

pinch

pinch

pinch

30

g

Calf Liver Pate

minced bacon

calf liver skinned, diced

carrot, minced

minced onion

chopped parsley

thyme

salt

pepper

nutmeg

butter

Fry: bacon, liver, carrot, onion in butter

Puree all together.

Add enough butter to make spreadable

Chill, serve with dry biscuits or toast.

Cheesy Spinach Dip

475

g

1

packet

1

Tbsp

2

cups

1-2

Tbsp

¼

cup

250

g

cob bread

cheese and leak soup

margarine

milk

plain flour

chopped onion

frozen spinach

Sauté onion and margarine, add flour cook

1 min. Add soup and milk to saucepan, stir

till boils. Stir in drained chopped defrosted spinach,

bring to boil again.

Cut large top off bread.

Remove inside in chunks.

Bake in oven 180°C for 10 min.

Pour mixture into bread case.

Serve with bread chunks

FB

250

g

1

cup

2

dsp

4

spring onions/1 onion

½

cup

½

lemon, juiced

½

cup

pinch

Salmon Pate 1

salmon

boiling water

gelatine

spring onions/1 onion

mayonnaise

lemon, juiced

cream

salt & pepper

In blender: water and gelatine, blend 1 min.

Add onion, blend 1 min.

Add salmon, lemon, salt pepper and mayonnaise,

blend 1 min.

Add cream, blend 10 min

Pour into moulds to set. Chill.

FB

220 g
 125 g
 ½ cup
 2 Tbsp
 125 g

Salmon Pate 2

red salmon
 cream cheese
 mayonnaise
 lemon, juice
 butter

Combine salmon, cheese, mayonnaise, lemon juice in blender.
 Process 5-10 min, add melted butter, and blend.
 Pour into moulds to set. Chill.

FB

435 g can
 300 g jar
 1 Tbsp
 125 g
 ½ cup
 200 g
 2
 ½ cup
 ¼ cup

Mexican Dip

refried beans
 hot salsa
 taco seasoning
 avocado mashed
 grated cheddar cheese
 plain yoghurt
 shallots sliced
 tomato, diced small
 capsicum, diced small

Combine beans, salsa, together.
 Place in round pie plate, smooth flat.
 Combine seasoning and avocado, (may use avocado dip) spread over bean mixture. Spread with yoghurt.
 Sprinkle with cheese and top with rest
 Chill, serve with dry biscuits or nachos.

FB

225 g
 225 g
 1
 to taste
 1 Tbsp
 dash

Cheese Log

cream cheese
 finely grated cheese
 finely chopped onion
 gherkin capsicum, celery
 and paprika
 Worcestershire sauce
 bitters and tabasco

Dice finely, some gherkin,
 capsicum and celery, combine all.
 Roll into log; roll in curry powder
 Wrap in foil. Chill

FB

250 g
 450 g
 dash
 dash

Cream Corn Dip

Philadelphia cheese
 cream corn
 Worcestershire sauce
 tomato sauce
 salt and pepper
 cream

Mix all together. Add cream to thin if needed.

Crab Dip

225 g
 ½ cup
 2 Tbsp
 1 tsp
 2 Tbsp
 ½ tsp
 tin

Philadelphia cheese
 cream
 lemon juice
 Worcestershire sauce
 tomato sauce
 crushed garlic
 salt and pepper
 crab meat

Beat all except crab.
 Add crab just prior to serving

FB

500 g
1
125 g
1 Tbsp
pinch
½ tsp

Chicken Liver Pate

chicken livers
onion, chop fine
butter
brandy/sherry
rosemary
crushed garlic

Cook livers, onions and garlic with 50 g butter.
When cooked add sherry,
lower heat, add rest of butter stir till melted, cook
slightly.
Blend till smooth. About 10 min.
Place in bowls to set.

FB

1

Mouse Traps

loaf sliced white bread,
butter .
cayenne pepper
slices of tasty cheese
bacon

..

Toast bread, butter.
Cover toast with slice of tasty cheese
Sprinkle with cayenne pepper (amount of pepper
depends on how hot the mouse traps will be).
Cover cheese with strips of bacon
Cut into fingers. Cover oven slide with Gladbake. Place traps
tightly together on cake cooler on oven slide. Bake in hot
oven till brown and the cheese and bacon is cooked, about
10 – 15 min.

FB

Puff pastry
thin sausages
milk

Sausage Rolls

Divide a sheet of Puff pastry into three. Remove skin
from thin sausage and place it
along the strip of pastry. Roll a long edge of pastry tightly
over sausage. Wet the bottom edge of pastry with water.
Continue the roll ensuring the edges overlap. (water sticks
the two edges together). Cut into about 4 cm lengths, make
two little cuts on top of each piece. Brush top of each roll with
milk.
Place on oven paper (Gladbake) covered oven slide, leave
space between each.
Bake in hot oven about 15 – 20 min till golden brown.

Soups

QK

2 kg
 ½ tsp
 ½ tsp
 ½ cup
 2 large
 125 g
 1 Tbsp

Tomato Soup

tomatoes diced
 salt
 herbs
 sugar
 onions sliced fine
 butter
 plain flour

Boil all but butter and flour. Sieve or whizz, add butter, flour.

Reheat and serve, OR may be frozen.

FB

60 g
 600 g
 1 cup
 3 cups
 30 g
 2 Tbsp
 1 cup
 ½ tsp

Pumpkin Soup

butter
 pumpkin
 onions
 water
 butter
 plain flour
 milk
 nutmeg

Peel and chop pumpkin and onions

Add butter-60g

Cook for 10 min while stirring, then add water, cook until tender. Puree.

Melt butter stir in flour, add to pumpkin puree, with milk and nutmeg, stirring constantly. Simmer 20 min.

Pumpkin and Coconut Soup

1 Tbsp
 1 clove
 4
 2 small
 1 Tbsp
 ½ tsp
 2 cubes
 2 cups
 500 g
 400 g
 250 g

oil
 garlic crushed
 green shallots chopped
 fresh chillies, chop
 fresh lemongrass, chop
 shrimp paste
 chicken stock
 boiling water
 pumpkin, chopped
 coconut cream
 prawns small, cooked

Place in pan; oil, garlic, shallots, chillies, lemongrass, paste and chicken stock, cook, stir till soft.

Combine water and pumpkin, simmer 10 min covered, add to chicken stock etc.

puree, add coconut cream, simmer 10 min covered, add prawns. Heat and ,serve.

FB

1 Tbsp
1 Tbsp
1 cup
½ tsp

White Sauce

butter
plain flour
milk
salt

Melt butter, mix in flour, cook 1 min.
Add milk, bring slowly to boil while stirring.
Add more milk for very thin sauce
(May be cooked in microwave stir after each minute)

Creamed Soups

3 cups
4 cups

thin white sauce
vegetable pulp and liquid
Salt, pepper, paprika.

Cook vegetable in little water
Puree add to white sauce. Heat. Eat.

Carrot Soup

2 cups
4 cups
1 diced
Pinch

carrot puree
white sauce
onion
salt and pepper

Cook vegetables in a little water
Add white sauce. Puree all,
add dash of Mace
Reheat.

Celery Soup

2 cups
1 diced

diced celery
onion

Cook celery in 3 cups thin white sauce.
Puree all add salt and pepper; reheat.

Pumpkin Soup

As for carrot add pinch ground cloves

Cauliflower Soup

2 cups
3 cups

cauliflower puree
thin white sauce

Combine; reheat

Oyster Soup

45 g
1
½ tsp
pinch
1 Tbsp
450 mls
small can
pinch
12
3-4 Tbsp

butter
onion, fine chopped
paprika
mace
cornflour
milk
evaporated milk
salt and pepper
oysters
cream

Melt butter, add onion, cover, cook 5 min.
Add spices, cook 1 min.
Blend cornflour with a little water, add to
onions, heat, add all but oysters and
cream. Heat. Add oysters and cream.
Bring to boil and serve.

Thai Pumpkin Soup

1 kg
1 Tbsp
400 ml

pumpkin - diced
Thai red curry paste
coconut cream

Place pumpkin on oiled oven tray cook 180°C for
30 min.
In pan cook curry paste and coconut cream for 2 min
Puree cooked pumpkin add to pan with a little water.

Luncheon

FB

1 Tbsp
3-4
1 ½ cup
½ cup
1 cup
pinch
1
2 rashes
pinch
1

Savory Quiche

butter melted)
eggs)Mix all together in bowl
milk)
self raising flour
cheese, grated
salt
onion chopped
bacon, chopped
herbs, mixed.
tomato, diced

Combine dry ingredients in another bowl,
Add both bowls together and mix.
Pour into greased 9" pie plate.
Bake in oven at 370deg for 30 min
or till set.

FB

750 g
2 medium
6
2-3
pinch
1 tsp
pinch
2 Tbsp

Vegetable Pancakes

potatoes grated
carrots, grated
sliced spring onion
eggs, beaten
pepper
horseradish
salt
oil

Pat dry vegetables,
combine all except oil in bowl.
Heat oil, cook in tablespoon lots
till golden brown underneath, turn,
cook, then drain on paper towel.

FB

185 g
1
3
pinch
4 rasher
¾ cup
pinch
1 sheet

Quiche Lorraine

gruyere cheese
onion, diced
eggs
pepper
bacon, diced
cream
nutmeg
puff pastry

Line pie dish with pastry.
Layer bacon, cheese, onion.
Combine beaten eggs with
cream and seasoning, pour over layers.
Bake in oven -hot for 10 min,
then slow oven 30 min. till set.

Quick pizza Base

1 cup
2 Tbsp

self raising flour
oil
salt
milk or water

Mix, knead to a dough. Roll out.

Nachos

1 pkt
1 jar
½ cup
½ cup
½ cup

corn chips
taco sauce
grated cheese
sour cream
avocado dip

Arrange corn chips in ovenproof dish
Place sauce over then sprinkle cheese
Heat in oven or microwave.
When cheese is melted add a dollop of
Sour cream and avocado dip.
May add Chilli Con Carne.

FB**Casseroled Sausages**

sausages
apple
onion
baked beans

Prick and boil Sausages for 10 min.
Place in casserole dish.
Slice a layer of apple & onion on top
Pour over a tin Baked beans.
Bake in slow oven 2 hours

QK**Spaghetti**

6 kg tomato-chopped
125 g butter
1 tsp pepper
1 kg onions-diced
2 dsp salt
1 cup sugar

Cook all together. Puree.
Freeze in small lots, OR
Add 500 g Spaghetti, cooked,
Combine.

FB**Basic Omelette**

3 eggs beaten
1-2 tsp salt and pepper
butter

Mix eggs, salt and pepper
melt butter in pan, covering base of pan
pour in eggs move cooked egg aside
so uncooked egg falls to base. Spoon on
any prepared filling. When cooked fold in half.

Courgette and Salmon Quiche

1 onion
2 courgettes (zucchini)
1 cup corn
1 cup edam cheese, grated
1 cup self raising flour
4 Salt and pepper
415 eggs
g tin salmon

Combine onion courgettes corn and ½
cheese, add flour salt and pepper
Combine beaten eggs, juice and salmon
Stir in courgettes
Pour into greased quiche dish, sprinkle with remaining
cheese
Bake 20 - 25 min till set

FB**Sausage Pie**

1 large onion chopped
¾ cup breadcrumbs
2 small tomato
2-3 rash bacon
1 kg sausage meat
pinch herbs

Combine all.
Bind with egg or tomato sauce
Place in greased pie dish, cover with ½ cup water
Cook in mod. oven (170°C) for 1 hour

FB

Lasagne

lasagne sheets

Dip lasagne sheets into boiling water

Place 1 layer in base, of medium sized, greased, oven-proof dish.

---Meat sauce---

500	g	mince
1	clove	garlic, crushed
½	tsp	basil
½	tsp	salt
2	cups	tinned tomatoes
1	cup	tomato puree
2	Tbsp	tomato paste

Mix cheese sauce ingredients together, gently cook.

Spread a layer of cheese mix

over base lasagne sheets.

Fry mince in a little oil, add garlic, then rest of ingredients. Cook.

Spread a layer of meat sauce over cheese mixture.

Repeat layers; lasagne sheet, cheese sauce, meat layer. Finish with cheese mixture.

Spinkle grated cheese on top.

Bake in oven 180°C for 30-40 min till brown on top.

---Cheese sauce---

3	cups	ricotta cheese
½	cup	parmesan grated cheese
2		eggs beaten
1	Tbsp	chopped parsley
1	tsp	salt
½	tsp	pepper

FB

Spaghetti and Mincemeat Casserole

200	g	spaghetti, cooked
30	g	butter
1		onion diced
500	g	mince
440	g	tin tomato purée
¼	tsp	cinnamon
pinch		salt and pepper
½	cup	parmesan grated cheese

Melt butter in pan add onion and mince

Cook over high heat for 5 min. Pour off excess fat.

Add tomato, cinnamon, salt and pepper, bring to boil simmer 15 min.

In greased ovenproof dish, spread half the spaghetti, top with half meat then rest of spaghetti, lastly meat.

Pour white sauce over meat, cover with cheese.

Bake in oven 180°C for 30-40 min till brown on top.

Note: Sauce, 60 g butter, ⅓ cup plain flour, 2 cups milk. Melt butter, stir in flour, stir in milk, cook in microwave, stir frequently as cooks.

FB

Scrambled Eggs

Microwave

2 eggs per person

Butter: size of walnut per person

2-3 Tbsp milk per person

Salt and pepper

In microwave safe bowl,

melt butter add eggs and milk whisk till well combined.

1: Cook 2 min on high.

2: Stir with fork.

3: Cook 1 min on high

Repeat 2; 3; until eggs nearly cooked, stand 1 min.

Serve on or with toast.

FB

4
 1/3 cup
 1/2 cup
 2 cups
 250 g can
 1

Salmon Quiche

eggs
 soft butter
 plain flour
 milk
 salmon
 onion chopped fine
 grated cheese

Blend eggs butter, flour and milk,
 pour into greased pie plate.
 Add flaked salmon, sprinkle over with onion
 Sprinkle top with grated cheese.
 Cook in oven 170°C for about 30-40 min

---Variations---

Substitute salmon with:
 bacon and cheese;
 sweet corn and bacon;
 asparagus and cheese;
 tuna, onion, parsley and cheese;
 prawn;
 crab;
 shallots and cheese.

FB

3
 1 cup
 1/2 cup
 1 Tbsp
 1 cup
 2-3 cups

Vegetable Quiche

eggs
 milk
 self raising flour
 butter, melted
 grated carrot
 diced vegetables
 diced left over meat;
 bacon; fish; chicken etc

Combine eggs milk flour and butter.
 Combine all, very well.
 Pour into greased pie dish.
 Sprinkle top with grated cheese.
 Cook 180°C 3/4-1 hour till set and browned.

FB

250 g
 1/3 cup
 1 1/2 cups
 3
 4
 375 g
 130 g can
 1/3 cup

Spinach Pie

pkt frozen spinach
 plain flour
 skim milk
 eggs beaten
 spring onion, sliced
 fetta cheese
 corn kernels, drain
 fresh grated parmesan
 salt and pepper
 fresh herbs to garnish

Lightly grease 23 cm greased ovenproof flan dish.
 Thaw and squeeze liquid from spinach.
 Blend flour and milk in bowl add eggs beat
 Stir in spinach, onions, corn and cheese. Season.
 Pour into dish.
 Cook 160°C for about 1 hour or till set.

Serve pie with a herb garnish and a salad.

Spinach Ricotta Flan

1	bunch	chopped english spinach	
2	Tbsp	oil	Cook spinach, drain, squeeze dry
4	spring	onions	Heat oil in pan, add onions and garlic, cook till soft
1	clove	crushed garlic	Combine onion mixture with spinach, dill, cheeses and
2	Tbsp	chopped dill	egg in bowl,
1 ½	cups	ricotta cheese	Season with salt and pepper
¼	cup	parmesan cheese; grate	Place pastry sheets in greased oven-proof dishes
1		egg beaten	Pour mixture onto pastry
2	sheets	puff pastry, thawed	Sprinkle top with grated cheese
pinch		salt and pepper	Bake in oven 190°C for 30-40 min till brown on top.

FB

Ham and Asparagus Bake

2	cups	diced ham	
2	cups	cooked rice	Combine all except cornflakes,
30	g	grated cheese	pour into greased oven-proof dish.
½	cup	milk	Sprinkle cornflakes over.
315	g can	asparagus soup	Bake in 180°C oven for 30 mins.
2	Tbsp	chopped onion	
3	Tbsp	melted butter	
½	cup	cornflakes	

FB

Cornish Pasties

4	cups	plain flour	
½	tsp	salt	Rub butter into flour, add water,
250	g	butter	roll out ½ cm, thick cut into 15cm rounds
1	cup	water	
1		egg beaten, to glaze	

250	g	mince	
2		potatoes diced small	Combine all very well
2		onion, diced small	place spoonfuls on pastry rounds
2		turnips, diced small	Bring up sides, pinch a frill on top, fold ends.
		salt and pepper	Glaze with egg.
pinch		thyme	Bake on Gladbake covered tray.
1	Tbsp	parsley	Hot oven 200°C for 15 min then 180°C for 20 min.

Tuna Fish Pie

298	g can	condensed cream	
		of chicken soup	Cook soup for 3 min.
425	g can	tuna, drained	Line pie dish with half flaked fish, heat peas place half
small	pkt	frozen peas	on fish, add half tomatoes,
3		tomatoes, sliced	half soup, half chips
2	Tbsp	grated cheese	Repeat layers, finishing with chips
1	Tbsp	parsley	Sprinkle with cheese
large	pkt	potato chips	Cook uncovered 160°C for 20 min

FB

1 pkt
 ½ cup
 1 small
 425 g tin
 100 mls
 ½ tin
 ½ tin
 1 sm tin

Tuna Bake

no31 egg noodles, cook
 grated cheese
 onion chopped fine
 tuna
 cream
 asparagus soup
 mushroom soup
 champignons

Combine all very well.
 Pour into greased oven-proof dish
 Bake 180°C for ½-¾ hour

FB

500 g
 440 g tin
 ½ cup
 1 tsp
 1
 15 g
 1
 2 Tbsp

Salmon Patties

potato,
 salmon, drained
 parsley chopped
 lemon, grated
 onion, diced small
 butter
 egg beaten
 milk
 breadcrumbs
 oil

Cook and mash potato
 To potato, add salmon, parsley and lemon
 add onion cooked in butter, combine.
 Form into patties, dip in egg and milk mixture, then
 breadcrumbs.
 Fry in oil OR bake in oven 20 min. or till golden brown.

FB

1 cup
 2 cups
 1
 ¼ cup

Fish Cakes

white fish
 potato
 egg
 parsley
 breadcrumbs

Steam and flake fish
 boiled and mashed
 combine all
 form into balls roll in breadcrumbs
 Cook in oil, turn when brown

Savory Flan

1 Tbsp
 1
 ½ cup
 ½ cup
 ¼ cup
 3
 ⅓ cup

Shortcrust pastry base
 butter
 onion, diced small
 left-over meat, diced
 carrot, grated
 stuffing mix
 eggs beaten
 milk / cream

Combine all very well.
 Pour into pastry base
 Bake 180°C for ½-¾ hour, till set

FB

1 cup
 125 g
 1 small
 1-2
 1¾ Tbsp
 3

Fried Rice

rice
 bacon, chopped
 onion, diced
 eggs beaten
 soy sauce
 shallots, chopped

Cook rice, strain chill overnight.
 Cook bacon and onion in oil till brown.
 Add eggs, stirring until eggs nearly set
 add rice, sauce and shallots stirring constantly,
 heat until all is very hot. Serve.

Zucchini Slice

375	g	zucchini, grated with skin
1	lge	onion, chopped
3	rash	bacon or ham, chopped
1	cup	grated cheese
1	cup	self raising flour
½	cup	oil
5		eggs beaten
		salt and pepper

Mix all together.
Place in greased oven-proof dish.
Bake 180°C for 30-40 min or until brown and set.

FB

Potato Fritters

2	cups	potato, grated
1		onion, grated
2	Tbsp	self raising flour
1		egg beaten

Combine all very well.
Spoonful lots into hot oil.
When under-side brown, turn, brown then drain on kitchen paper.

FB

Spanish Frittata

2		spring onion chopped
½		green capsicum, diced
½		red capsicum, diced
2	rash	bacon or ham, chopped
410	can	baby taters, drain, slice
340	can	asparagus spears, drain
8		eggs beaten
2	Tbsp	sour cream
½	cup	grated cheese

Cook onions, capsicum and bacon in oil 2-3 min. Pour into greased pan.
Add taters, arrange asparagus in spoke-wheel pattern on taters.
Beat eggs and sour cream, season.
Add gently to pan sprinkle with cheese
Cook over medium heat 6-7 min
Finish cooking under griller 3-4min. or till set.

FB

Spaghetti Bolognaise

375	g	spaghetti
1		onion, sliced
1	dsp	tomato sauce
1		carrot, diced
2	rash	bacon or ham, chopped
1	stick	celery, diced
125	g	beef, minced
300	mls	beef, stock
125	g	grated cheese
1	clove	garlic, crushed
90	g	butter
		salt and pepper

Brown in 30 g butter; onion, carrot, bacon and celery; add meat and stir till brown.
Add sauce and stock, season
Simmer 40 min.

Cook spaghetti in boiling salted water drain.
Stir meat sauce, remaining butter and cheese into spaghetti. Serve.

FB

Spaghetti Carbonara

500	g	cooked spaghetti
4-6	slices	bacon or ham
½		onion chopped fine
2		eggs beaten
1-2	cups	grated cheese

Fry bacon and onion drain,
add hot spaghetti to bacon, mix eggs,
and cheese season with salt and pepper, add spaghetti stir gently.
Sprinkle with cheese. Heat a little. Serve.

Fish Kedgeree

45	g	melted butter	
1	cup	cooked rice	Combine all with a fork
250	g	salmon/white fish flaked	Keep warm in oven
1-2		eggs, hard boiled, sliced	
		salt and pepper	
1	tsp	lemon juice	
½	cup	grated cheese	

Quick Tandoori Chicken Legs

12		chicken legs	
¾	cup	plain yoghurt	Combine all ingredients in bowl – cover, then
1	Tbsp	tandoori paste	refrigerate for several hours or over-night.
2	tsp	mild curry	Grill over medium heat, turn frequently until red brown
1	tsp	paprika	and cooked.
¾	tsp	salt	
1	cup	Diced cucumber, tomato and onion	Serve with cucumber, tomato and onion salad.

Fish Batter

1	cup	plain flour	
½	cup	water	Mix all together.
1	tsp	baking powder	
		salt and pepper	

FB Egg and Bacon Pie

2-3	rash	bacon	
3-6		eggs (to suit dish)	
1-2 tablespoons	milk for each egg		
		Pepper	
		puff pastry	
		a little water	

Cover a greased casserole dish base with 2-3 cm diced bacon.

Break in eggs arrange about 10 cm apart add 1-2 tablespoons milk for each egg

With a fork, break yolks and swirl a little. Sprinkle with pepper.

Wet edges of casserole dish with water. Place the sheet of puff pastry over pie.

If needed to join pastry sheets wet edges and press together before placing over pie.

Press edges of pie down onto wet edges of casserole dish.

Bake in hot oven 190°C till pastry brown and knife comes out clean when inserted into pie, about 40 - 60 min.

Ingredients are variable

Mains

Chicken Walnut

4	cups	cooked chicken, cubed
½	cup	walnuts, chop, blanched
485	g tin	mushroom soup
½	tsp	salt
2	Tbsp	cornflour
3	Tbsp	oil
2	Tbsp	chicken stock

Fry walnuts in 1 Tbsp oil. Drain. Sauté chicken in remaining oil add mushroom soup. Blend cornflour with stock add to pan with chicken. Stir till thickens. Mix in walnuts.

Chicken in Nectar

1 ½	kg	chicken pieces
1	pkt	french onion soup
470	g can	apricot nectar
		pepper and salt

Place chicken in casserole dish. Pour over combined ingredients. Cover, cook in mod oven 1 hour, uncover and cook further 30 mins. Serve with rice.

FB

Sweet and Sour Beef

60	g	butter /oil
750	g	blade steak, diced
1		onion, diced
350	g tin	vegetable soup
1	dsp	soy sauce
½	cup	brown sugar
1	cup	cider vinegar
pinch		salt and pepper
450	g tin	pineapple pieces
250	g	chopped, beans, celery and carrot
1	Tbsp	plain flour
¼	cup	water

Brown meat in butter, add onion, brown; add soup, sauces, sugar, vinegar, salt and pepper. Simmer 1 ½ hours; add pineapple and vegetables cook 10 min. Add flour mixed with water. Cook 2 min. till thickens. Serve with rice.

FB

Sweet and Sour Chicken

1		cooked chicken
2	Tbsp	cornflour
½	tsp	salt
¼	cup	vinegar
¼	cup	brown sugar
1	cup	pineapple juice
1	Tbsp	soy sauce
¾	cup	capsicum green, sliced
¾	cup	carrot slivers
1	sml	onion, diced
1	cup	pineapple, crushed

Combine salt, sugar, vinegar, juice and sauce. add a little water to cornflour and add to mixture. Heat till thickens. Lightly fry onion, carrot and capsicum, add to sauce. Cut up chicken and, with pineapple, combine all. Cook till all tender. Serve with rice.

Sweet and Sour Prawns

500	g	prawns	Combine all. Ensure prawns coated
1		egg	Fry in hot oil, drain.
½	cup	plain flour	
½	tsp	salt	
2	Tbsp	water	(Add to Sauce, below)
		pepper	

Sauce for Sweet and Sour Prawns

½	cup	brown sugar,	Make to 1 cup, the pineapple juice, with water, add all
		salt	other ingredients, except cornflour
		pepper	Bring to boil and cook.
2		tomatoes diced	Add cornflour and water, stirring till thickened
2	stalks	celery, diced	Add prawns simmer 1 min.
1		capsicum, diced	
1	Tbsp	cornflour, mix with 2 Tbsp water	
440	tin	crushed pineapple, drained, save juice	

FB

Sweet and Sour Pork

500	g	pork flap, diced	Fry pork in oil till brown. Add water cook, then reduce
300	mls	water	heat.
1	dsp	brown sugar	Mix cornflour, sugar, salt, vinegar soy sauce and juice,
½	cup	pineapple juice	add to pork.
1	dsp	soy sauce	Stirring, simmer for 10 min.
1	dsp	onion sliced	Add pineapple and green pepper, stir often
1	dsp	oil	Simmer for 10 min.
1	dsp	cornflour	Serve with rice.
1	tsp	salt	
1	Tbsp	vinegar	
¾	cup	pineapple pieces	
½		green pepper sliced	

FB

Curried Beef

750	g	gravy beef, cubed	Toss beef in combined flour and curry powder.
2	Tbsp	plain flour	Heat oil, add meat, cook until well browned.
3	tsp	curry powder	Add onion, cook further 3 min. Add water, salt, sugar
1		onion chopped	and vinegar, stir well.
3	Tbsp	oil	Simmer, covered 2hrs.
1 ½	cups	water	Serve with rice.
1	tsp	salt	
1	tsp	sugar	
1	tsp	vinegar	

FB

1 kg
 1 large
 2 small
 ¾ cup
 2-3 rashers
 pinch
 1

Meat Loaf

sausage meat
 onion, diced
 tomatoes, diced
 breadcrumbs
 bacon, diced
 herbs
 egg

Combine all with egg or tomato sauce
 Put in greased pie dish, cover with ½ cup water
 Bake in mod oven, 1 hour

FB

6
 8
 2
 4
 400
 900
 250
 pinch
 2
 410

Tbsp
 Tbsp
 dsp
 cups
 mls
 g
 g

 tsp
 g

Fish Dish

butter
 plain flour
 curry powder
 milk
 coconut milk
 tin salmon/tuna
 prawns
 cayenne pepper
 Worstershire sauce
 tomato soup

Make white sauce as follows: Melt butter add flour curry
 cayenne and sauce, heat a little, while stirring.
 Mix in milk gradually. Gently heat to boil,
 add coconut milk and heat while stirring.
 Fold in fish, heat
 Lastly, stir in soup and prawns, heat, but do not boil.

Sauce may be made in Microwave, stir each min.

Makes large amount.

FB

1 med tin
 2 med
 1 med
 1
 2

med tin

 Tbsp

Salmon Fish Patties

tuna or salmon
 potatoes,
 onion, chopped
 egg beaten
 parsley chopped
 pepper

Peel boil and mash the potatoes.
 To potatoes, add other ingredients. Mix well.
 Shape into patties roll in egg, flour then breadcrumbs.
 Fry 10 min till crisp and brown turn, brown.

FB

1
 1
 30
 ½
 ½
 pinch
 1
 1
 1
 1
 ½
 1
 1
 1
 30

g

 tsp

 Tbsp
 dsp
 chopped
 tsp
 litre
 Tbsp
 Tbsp
 dsp
 g

Curry Foundation

onion, chopped
 apple, chopped
 sultanas
 lemon, juice and rind
 salt
 cayenne pepper
 curry powder
 chutney
 onion
 ground cloves
 stock
 plain flour
 coconut
 plum jam
 oil

Heat oil, brown apple and onion. Add flour and curry.
 Stir, heat.
 Gradually add stock whilst stirring, boil, add remaining
 ingredients.

Simmer 30 min.

Add 750 g left-over meat. Heat. OR,
 add 750 g fresh diced meat and brown with apple and
 onion.

FB

1		onion chopped
1	Tbsp	oil
1	clove	garlic crushed
500	g	mince
450	g tin	tomatoes diced
1	cup	water
1	dsp	chilli powder
1	tsp	salt
300	g tin	red kidney beans

Chilli Con Carne

Sauté onion and garlic in oil cook 3-5 min
add meat cook 5 min.
add rest except beans
Simmer 45 min-1 hour.
Add beans, heat, serve with rice.

Lamb Rogan josh

2	Tbsp	oil
800	g	lamb diced
4		cloves
1	tsp	garlic crushed
300	g	red onion chopped
3	chopped	Thai chillies
2	tsp	cumin ground
1	tsp	cardamom ground
1	tsp	cloves ground
2	tsp	ginger ground
¼	cup	poppy seeds
1	stick	cinnamon
400	g	tomato chopped
400	g	tomato puree
1	cup	yoghurt plain

Heat oil, cook lamb till brown set aside
Cook garlic, onion, chilli, spices, seeds, and stock till soft
Return lamb to pan add tomato puree and tomato
boil, reduce heat, simmer 1 hour. When meat is tender,
add yoghurt

FB

500	g	mince chicken/pork
1	cup	beans sliced
1	med	onion diced
1	Tbsp	soy sauce
1	cup	cabbage sliced fine
1		carrot diced
1 ½	Tbsp	rice
1	tsp	curry powder
1	packet	chicken noodle soup
1 ½	cups	chicken stock
1	small	capsicum sliced
piece		fresh ginger, grated

Chow Mein

Brown meat and onions. add other ingredients. Stir frequently
cook 30 min. add more water if needed.

Add soy sauce, prior to serving with rice or noodles

FB

1		onion chopped
500	g	mince
1 ½	cups	water
2	dsp	rice
½	cup	soy sauce
¼		cabbage shred fine
1	packet	chicken noodle soup
2	tsp	curry powder
410	can	pineapple

Ming Ling

Fry onion and mince in oil - brown
add water, cook. (Strain pineapple)
Add juice and other ingredients
Cook 30 min. add pineapple,
heat. Serve with rice.

Mince Dish

500	g	mince
1		onion, diced
410	can	spaghetti
410	can	corn
425	can	crushed pineapple
1	tsp	curry powder

Brown onion and mince
add all together

Simmer 10 - 15 min

FB

Beef Curry

2	large	onions chopped
3-4		cloves
3	tsp	curry powder
2	tsp	mustard (seed)
2	tsp	salt
1-2		chillies chopped
5	cm	ginger fresh grated
90	g	butter
1	tsp	turmeric
1 ½	kg	steak -blade/topside
3		tomatoes, diced

Cook lightly in butter, onion, ginger, garlic.
add curry, mustard, turmeric, salt
fry over low heat 2-3 min.
Cut steak into 2.5cm cubes
add to curry mixture cook a little
Add rest ingredients combine well
Cover; cook slowly about 2 hours
Serve with rice

Chicken Curry

2	med	onion chopped
2 ½	cm	ginger fresh grated
3	tsp	curry powder
2	tsp	paprika
8	cm	cinnamon stick
2	tsp	salt
5	kg	chicken
1	Tbsp	mint, fresh
1	clove	garlic crushed
60	g	butter
2	large	tomatoes, peeled seeded diced.
1	tsp	ground cloves
2	cups	coconut milk
2		peppers, green
2	Tbsp	cream

Heat butter, gently cook garlic ginger
add curry cook 3-4 min
add tomato, paprika, cloves, cinnamon, coconut milk,
salt, and seeded sliced green pepper
Cover, simmer 15 min,
Add chicken, cut into serve size pieces
Simmer 35 min
Check chicken is tender
Add cream and chopped mint
Heat. Serve with rice

FB

Chicken Curry 2

2	Tbsp	butter
1		onion chopped
1		chicken, cut up
1	cup	cream
1	tsp	paprika
1		apple, chopped
		Salt and pepper
3	tsp	curry powder
1	can	mushroom soup

In pan add butter, onion, apple and curry powder and brown

Add soup, cream, salt and paprika and chicken pieces
Pour into greased oven-proof dish
Bake 1 ½ hours in 180°C oven

FB

1 large
2 Tbsp
2 tsp
1 tsp
2 Tbsp
1 Tbsp
pinch

Paprika Chicken

chicken jointed
oil
paprika
sugar; caster
butter
plain flour
salt

Melt oil and butter in shallow pan coat chicken in oil.
Place chicken in single layer skin side up

Sprinkle with half combined dry ingredients
Turn, sprinkle with other half
Bake in oven 190°C for 20 min Turn skin side up
Bake further 20 min

Chicken Chop Suey

1 large
1 small
½ small
1 large
½
250 g
450 g
2 Tbsp
2 Tbsp
salt and pepper
water

Steam chicken remove meat from bones keep stock
Heat oil in large pan, add vegetables, sauté
add chicken and stock to nearly covering
add bean sprouts, reheat, gently. Add soy sauce
and cornflour mixed with a little water
Stir till boils and thickens

FB

2 Tbsp
3 tsp
1 large
1
1 cup
1 tin
1

Sunday Chicken

butter
curry powder
onion, diced
apple, diced
cream
tomato soup
salt
pepper
chicken jointed

Melt butter, sauté onion and apple, add soup
and remaining ingredients
Place in greased pie dish
Bake in Mod oven till cooked
about 1 hour.
If needed thicken with gravy flour.

Lemon Garlic Chicken

1 kg
¼ cup
1 tsp
2 tsp
125 g
---Lemon Sauce---
2 tsp
¼ cup
½ cup
2 tsp
1 clove
¼ tsp

chicken
plain flour
salt
pepper
paprika
butter

Cut chicken into serve size pieces, toss in seasoned
flour.
Place chicken in melted butter skin side down, in
baking tray.
Spoon butter over chicken, single layer.
Bake uncovered in oven 190°C for 30 min.
Turn chicken over

Spoon lemon sauce over chicken, return to oven
Cook further 30 min or till chicken tender

soy sauce
salt
pepper
oil
lemon juice
lemon rind
garlic, crushed
fresh ginger, grated

Creamed Spinach

1	bunch	spinach	Discard white stalks
		salt	Wash, slice, steam or boil spinach.
30	g	butter	When cooked, drain well add butter, nutmeg and cream
¼	tsp	nutmeg	Stir, heat 1-2 min Serve.
75	mls	cream	

FB

Potato Bake

3-4		potatoes sliced	Arrange- single layer potato cut into 3cm. rounds, into
3		shallots, sliced	greased oven dish.
1	clove	garlic crushed	Sprinkle with seasoning and onions
1	cup	tasty cheese	Repeat layers. Pour the cream over the potato
3-500	mls	cream	Sprinkle with extra cheese
		salt and pepper	Bake 180°C till potato cooked about 45 min

Creamed Potato

potatoes	Fill dish with peeled sliced potatoes
cream	Pour over 300 ml cream
cheese	Cover with grated cheese
cinnamon	Sprinkle with cinnamon
	Bake Mod oven 1 ½ hours

Crunchy Potatoes

60	g	butter	Melt butter in baking dish
75	g	cornflake crumbs	Oven 220°C
3	large	potatoes, peeled	Arrange single layer potato cut into 3cm. rounds
1	cup	cheese, grated	Turn once in butter
1	tsp	paprika	Mix remaining ingredients
			Sprinkle over potatoes
			Bake 30 min or until tops crisp

Apple Potato and Onion Pie

3-4		potatoes sliced	Layer in alternate rows in greased oven dish
1		onion sliced	Add cider vinegar
1-2		apple cored, sliced	Sprinkle with cheese
2-3	Tblsp	cider vinegar	Bake in oven 180°C for 1-1 ½ hours

FB

Paprika Potatoes

3-4		potatoes	Peel potatoes, cut so all pieces are uniform size
		oil	In pan cover with water, lid on ,bring to boil
1	tsp	paprika	Boil with lid off for 5 min Drain cool a little
			Line baking tray with Gladbake, place potatoes flat side
			down. Using a fork score lines making surface rough.
			Spray potatoes with oil; dust with paprika and salt
			Bake in oven 180°C for 1 hour 15 min or till crisp and brown.

FB750
¼g
cup**Devilled Beef**round steak
flour
oil
salt and pepper
dry mustard
onion, and garlic clove
mushroom soup
water1
1
1
2
tsp
large
pkt
cups

Mix together flour, mustard, salt and pepper
pound into both sides of meat
brown onion and garlic in hot oil push to side
add meat, to pan, brown meat on all sides
mix mushroom soup with water; add, mix.
Put lid on pan; simmer or bake for 2 hours. May need a little
more water during cooking.

Marmalade-glazed Ham1
250
4
2
6-8kg
g
Tbsp
Tbspcooked ham
whole cloves
orange marmalade
Dijon mustard
cider vinegar

Remove skin from ham
Score fat into diamond shapes; push clove into each
shape
Place ham on rack in roasting dish. Set oven to 160°C
Glaze: -Heat marmalade in saucepan; strain into bowl,
discard solids
Stir in mustard and vinegar,

Brush ham with glaze. Bake ham for 25 min for each
kilogram, baste during cooking
Stand for 10 min prior to carving
If ham is not becoming golden, increase temperature to
200°C. Sprinkle a little sugar over ham and return to oven for
short time

FB1
2
3
1 ¼
1
2
2
1
2
kg

cups
lge Tbsp
Tbsp
Tbsp
Tbsp
Tbsp**Tangy Beef Casserole**round steak diced
onions, diced
carrots, diced
beef stock
tomato sauce
lemon juice
 Worcestershire sauce
soy sauce
plum jam

Toss steak in seasoned flour, brown in oil.
Add onion and carrot, fry a little.
Stir remaining ingredients into meat mixture.
Pour into greased oven proof dish cover.
Bake, oven 170°C for 60 min.

FB1
2
500
1
½
½
1
190
2
1
Tbsp
small
g
rash
cup
tsp
Tbsp
g
Tbsp**Savory Meat Dumplings**

---Dumpling Mixture---

oil
onion, diced
mince
bacon, chopped
celery, chopped
salt and pepper
parsley, chopped
self raising flour
salt and pepper
butter, melted
egg, beat with ¼c milk

Fry onion, steak, bacon, add rest, cook
2 min. Cool

Combine flour, butter, and milk; add meat
mixture
Divide dumpling mixture into 16-18 pieces
drop into boiling soup
Soup--
1 pkt mushroom soup, 3 cups water, combine, cook 10
min. Cook dumplings in soup for 12min

Light & Tasty Beef/Chicken Stroganoff

500	g	sliced beef or chicken	
1		onion sliced	Brown meat and garlic, about 3 min
200	g	mushroom sliced	Add mushroom and onion, cook 2-3 min
1	cup	skim milk	Mix a little milk with cornflour add with rest of milk
1	Tbsp	tomato paste	stirring constantly, add tomato paste and stock cube
2	tsp	cornflour	Bring to boil, then simmer 2-3 min uncovered
1		beef stock cube	Serve with rice or pasta
1	clove	garlic crushed	

FB

Pork Stroganoff

1	kg	pork slivers	Toss pork in seasoned flour, brown in oil, add onion,
60	g	seasoned flour	brown.
2		onions, chopped	Stir in tomato, mushrooms, etc Cook 3-4 min
250	g	mushrooms	Stand for 3 min add cream
250	g	diced tomato	
½	tsp	nutmeg	
300	mls	sour cream	
		salt and pepper	

Dorothy Long's Casserole

1	kg	diced steak	
1	pkt	french onion soup	Combine all in casserole dish
1	tsp	curry powder	Cook 2 hours 160°C. Stir once.
1	tsp	mustard	
1	dsp	Worcestershire sauce	
½	cup	tomato sauce	
1	tin	pineapple pieces	

Quick Sausage Casserole

1	kg	thin sausages	Brown sausages, cut up.
1	pkt	brown onion Jug-a-sauce	
1	pkt	savoury veg, cup-o-soup	Make up sauce and soup
½	pkt	frozen vegetables	Place all in casserole dish
			Cook 1 ½- 2 hours 160°C. Stir once.

FB

Beef Provencale

2	Tbsp	oil	Toss beef in seasoned flour, brown in oil, add onion,
450	g	cubed steak	and bacon, brown. Add vegetables.
1		onion sliced	
½		red pepper, sliced	Cover, cook 6-7 min
2		tomatoes sliced	Stir in stock etc. Bake in oven 130°C or
1	large	carrot, diced	Cover simmer 1 ½ hours. Stir occasionally
4		mushrooms, halved	
1	rash	bacon, chopped	
300	ml	hot beef stock	
2	tsp	tomato puree	
½	tsp	oregano or thyme	
		salt and pepper	
½	cup	water	

FB *Roast Lamb and Gravy*

Heat oven to 190°C.

Rinse lamb under running water, place in roasting dish, add ¾ cup water.

Place in oven, after 30 min turn oven down to 160°C.

Allow 30 min per 500g of meat. 1 hour prior to meat cooked turn meat, add prepared washed and dried vegetables to meat in roasting dish, cover with fat from base of pan, or spray with oil.

Prick with carving fork, if no red juice comes out it is cooked. When meat cooked, Remove meat and vegetables from pan. Drain off any fat. To remaining juices, add water from boiled veges, add a little salt.

If there are lots of juices make gravy the fancy way:

Mix about 1 Tablespoon butter with 2-3 Tablespoons plain flour mix together so that it easily forms into balls.

Add to boiling meat juices 1 teaspoonful at a time, stirring until gravy is thick and smooth and discard excess flour/butter mixture.

If there are few juices add water from boiled veges to the meat pan, over heat until boiling. Stir in gravy flour (White Wings Special Gravy Flour – no flavours). For even nicer gravy, use plain flour but always make sure it is well mixed with water with no lumps, add this gradually to pan juices stirring well and collecting yummy stuff from pan, keep stirring well, until thickens.

FB *Silverside*

Rinse corned beef/brisket under running water. Place in saucepan, nearly cover meat with water. Add 8-10 cloves, half cup vinegar, tablespoon brown sugar. Boil, 30 min per 500g meat.

Serve with mustard sauce and boiled or steam vegetables. (Carrots may be cooked in with the meat).

FB *Pot Roast Sauce*

¼	cup	tomato sauce	Seal meat by browning on all sides with a little oil and
1	Tbsp	vinegar	onions
1	dsp	worstershire sauce	Add remaining ingredients; then 400mls water
2		onions chopped	Turn meat each ½ hour ensuring at least 5cm water
2	Tbsp	brown sugar	remains
1	tsp	mustard	Simmer 1 hour per kg
2-3	kg	blade steak	Thicken gravy with cornflour
			Serve with boiled vegetables.

Roast Pickled Pork Leg with Shrewsbury Sauce

2 ½	kg	pickled pork	Light camp fire
1	stick	celery, chopped	Place spices and vegetables in camp oven, with
1		onion, diced	enough water to later, cover the pork.
1		carrot, diced	Bring to boil add pork. Simmer 15 min for every 500g
6	whole	cloves	meat.
1	stick	cinnamon	Remove pork and place in second camp oven
10		juniper berries	Score pork in criss-cross pattern; cover with honey and
4	Tbsp	honey	sugar.
3	Tbsp	demera sugar	Replace lid, cook over moderate fire, about 45 min. some
			coals on top

---Sauce---

3	Tbsp	black currant jelly	Separately, combine ingredients for sauce, simmer with
500	mls	chicken stock	lid off to reduce fluid by half.
1	Tbsp	lemon juice	
1	Tbsp	Worcestershire sauce	
2		cloves garlic crushed	
pinch		thyme, chopped	

FB

1 med
500 g
1
½ tsp
½ tsp
1 tsp
1 tsp
½ cup

⅓-½ cup

Rissoles

red onion chopped fine
mince
egg
salt
celery salt
pepper
moroccan seasoning
tomato sauce OR
sweet chilli sauce
bread crumbs

Combine all

Any spices may be used to taste eg. curry powder

When mixed well, roll into ½ cup balls. Roll in breadcrumbs.
Flatten a little. Fry in oil or BBQ

Sauces and Salads

FB

For Cornbeef

1		egg
30	g	butter
¼	cup	vinegar
1	tsp	sugar
2	tsp	mustard

Melt butter add sugar, mustard and egg, beat with a fork, add vinegar, beat.
Heat gently till it thickens
If needed add a little cornbeef water

Mustard Sauce

FB

300	mls	milk
150	g	onions diced
30	g	plain flour
		Salt and pepper

Cook onions in butter till tender; strain.
Blend the flour with a little milk
Add to onions add rest of milk,
Bring to boil, add seasoning.

Onion Sauce

FB

1	tin	milk condensed
1	tsp	sugar
2		eggs
1	dsp	mustard
pinch		curry powder
pinch		salt
1	cup	vinegar

Mix all except condensed milk
Fold in condensed milk
Store in screw top jar in fridge

Salad Dressing

Salad Dressing 2

1		egg
¼	tsp	mustard
½	tsp	salt
		pepper
1	Tbsp	lemon juice or vinegar
300	mls	olive oil

Combine all except oil,
Slowly whisk oil into mixture
Keep in jar in fridge

Basic Mayonnaise

3	Tbsp	sugar castor
pinch		paprika
1 ½	cups	milk
3	Tbsp	plain flour
2	tsp	mustard
1	Tbsp	butter
1	tsp	salt
2		eggs
½	cup	wine vinegar

Measure sugar salt mustard flour and paprika into double saucepan, add eggs
Beat until smooth.
Add milk and vinegar, beat with rotary beater
Cook over water till thickens, stir often. Remove from stove.
Add butter, process in blender until light and creamy.
Keeps well in fridge

Variations to basic mayonnaise...

Tartare Sauce

2		gherkins chopped	
½	Tbsp	capers chopped	Combine with ½ cup mayonnaise
1	Tbsp	parsley chopped	Makes 1 cup

Coleslaw Dressing

1	Tbsp	lemon juice	
2	Tbsp	horseradish sauce	Add to 2½ cups Mayonnaise

Seafood Sauce

2	dsp	tomato sauce	
½	cup	cream	Add to ½ cup mayonnaise
2	tsp	Worcestershire sauce	
		salt	
		pepper	

Cheese and Carrot Salad

1	cup	cheese	Grate cheese and carrot
¼	cup	sultanas	Add few sultanas
1	cup	carrot	Sprinkle with garlic
1 tsp		garlic power	French dressing and peanuts to taste
To taste		peanuts	
To taste		French dressing	

FB

Boiled Salad Dressing

4	Tbsp	sugar	
2	Tbsp	plain flour	Combine dry ingredients, add egg and vinegar
2	tsp	mustard	Beat with a wooden spoon while bringing close to boil
2	tsp	salt	Add 1 Tbsp butter
pinch		paprika	When cool pour into jar. Place in refrigerator
2		eggs, beaten	
1	cup	vinegar	

French Dressing

1	Tbsp	wine vinegar	
½	tsp	Dijon mustard	Whisk vinegar and mustard
pinch		salt and pepper	Add salt and pepper
3	Tbsp	olive oil	Whisk in oil very gradually, till thick
		Keep in jar in fridge	

FB

1	cup	sugar, brown
1	Tbsp	butter
100	ml	evaporated cream

Caramel Sauce

Heat butter and sugar for 3-4 min
Remove from heat
Add small tin evaporated cream

FB

300	mls	cream
2	Tbsp	sherry
2	Tbsp	castor sugar
2	Tbsp	brandy
60	g	butter
2	dsp	plain flour
½	cup	milk

Brandy Sauce for Plum Pudding

Melt butter mix in flour, heat gently, add milk blend.
Gently boil stirring 5 min. Remove from heat.
Stir in sugar add sherry, brandy, and cream.

Brandy Butter

125	g	butter
125	g	icing sugar
2	Tbsp	brandy

Cream butter and sugar
Gradually add brandy

QK

½	cup	sugar
2	Tbsp	cornflour
2	cups	boiling water
		butter
		essence

Quick Sauce (for steam puddings)

Mix sugar and cornflour
to a paste with a little cold water
Gradually add boiling water- simmer
Stir till clear and thick. Add good slice butter
Add lemon / brandy / vanilla essence.

FB

1	cup	sugar
2	Tbsp	golden syrup
2	Tbsp	cocoa
		butter

Chocolate Sauce for Ice Cream

Mix all ingredients with ½ cup water
Stir whilst bringing to boil
Add lump butter simmer 5 min
Serve cold

FB

2	Tbsp	raspberry jam
1 ½	cups	water
1	Tbsp	sugar

Raspberry Sauce

Heat all
thicken with 1dsp cornflour with a little water
Serve on ice cream or on plain steam pudding

Honey Butterscotch Sauce

½	cup	honey
125	g	butter
300	mls	cream

Heat honey and butter. When nearly boiling add cream
Boil 15 min.
Serve hot or cold over ice-cream, fruit etc.

FB

1 Tbsp
1 Tbsp
1 cup

White Sauce

butter melted
plain flour
milk

Add flour to butter, cook a little.
Add milk, slowly while stirring to avoid lumps, bring to boil and slowly simmer gently 3-5 min
For Cheese sauce add ½ cup grated cheese
Microwave
Melt butter add flour cook 30 sec
Add milk combine well, cook, whisk each minute cooking until think.

FB

⅓ cup
2 tsp
2 Tbsp
1 Tbsp
2 cloves

Marinate for Steak 1 ginger

soy sauce
fresh grated ginger
brown sugar
B.B.Q. sauce
crushed garlic

Combine all
Marinate Steak for 2 hours
Drain
BBQ

FB

2 Tbsp
1 Tbsp
1 Tbsp
2 cloves
1 Tbsp
pinch

Marinate 2 chilli

oil
soy sauce
honey
crushed garlic
vinegar
chilli powder

Combine all
Marinate meat for 2 hours
Drain
BBQ

Marinate 3 sweet

1 cup
¼ cup
2 tsp
⅓ cup
2 Tbsp
1 tsp
½ tsp
1 clove

pineapple juice
soy sauce
fresh grated ginger
sweet sherry
oil
dry mustard
curry powder
crushed garlic

Combine all
Marinate meat for 2 hours
Drain
BBQ

B.B.Q. Chilli Sauce

1 clove
1 tsp
1 tsp
1 tsp
½ cup
2 Tbsp
1 Tbsp

crushed garlic
cumin
coriander
hot paprika
BBQ sauce
hoisin sauce
sweet chilli sauce

Cook garlic in butter for 2 min
Add spices, heat a little
Add sauces, heat briefly.
Cool. Serve

Stir Fry Sauce

2 Tbsp
2 Tbsp
1 tsp

Soya sauce
Oyster sauce
Grated ginger

QK

60 g
 60 g
 1 Tbsp
 2 Tbsp

Mock Cream 1

butter
 sugar
 boiling water
 cold milk
 essence

Combine butter sugar and water -do not beat too long add cold milk. Beat till thick
 (If it doesn't beat up thick, leave for a while till butter thickens, beat again)

QK

125 g
 3 tsp
 1 lge cup
 2 tsp
 ¼ tsp

Mock Cream 2

butter
 skim milk powder
 icing sugar, sifted
 warm water
 vanilla

Cream butter and sugar add milk powder. Add water and vanilla
 Beat well

QK

500 g
 ⅓ cup
 ½ tsp

Simple Cream

cottage cheese
 cheese
 vanilla

Beat cheese, add rest- beat. Chill

FB

2 kg
 ½ cup
 2 Tbsp
 pinch
 1 cup
 ⅓ cup
 2 tsp
 ⅔ cup
 ⅔ cup
 4 Tbsp
 4 Tbsp
 ½ bunch
 4

Creamy Potato Egg and Mint Salad

potatoes, scrubbed
 olive oil
 wine vinegar
 Salt and pepper
 fine sliced celery
 fine chopped red onion
 Dijon mustard
 mayonnaise
 sour cream
 parsley, chopped
 mint, chopped
 chopped chives
 hard boiled eggs

Boil or steam potatoes, drain
 Whisk oil vinegar, salt and pepper in large bowl
 When potatoes warm, cut into 2 ½ cm. chunks
 Place in oil mixture and gently coat each side.
 Cool.
 Add celery and onion to potato
 In small bowl mix mustard, mayonnaise, sour cream and herbs. Add this to bowl along with most of eggs-sliced. Gently combine all, pile into a salad bowl.
 Garnish with egg slices celery red onion and mint.

Serves 10-12 people

Asparagus

4 bunch
 80 g

asparagus
 butter melted

Wash, cut bottom off stalks
 Peel about half way down to bottom
 ⅔ fill shallow pan with water, bring to boil add salt and asparagus
 Boil for 2-3 min Do not over cook
 Remove from water. Place in serving dish.
 Pour over warm melted butter
 Garnish with pink peppercorns and lime wedges

Tomato and Avocado Salad

2	tsp	mustard	
2	Tbsp	balsamic vinegar	Soak mustard, vinegar, oil, and onion for
2	Tbsp	virgin oil	1 hour. Add to avocado and tomato.
4	Tbsp	brown or spring onion	Chill.
2		avocado, diced	
5		tomato, diced	
1	tsp	coriander	
1	tsp	garlic (garden tubes)	

FB

Rice Salad

2	cups	cooked rice, cold	
¾	cup	chopped celery	
2	Tbsp	parsley, chopped	
1	Tbsp	sultanas	
1	clove	garlic crushed	
1	small	capsicum, diced	
1		onion, diced	Combine all
1/3	cup	vinegar	)
1/2	cup	olive oil	)
1	Tbsp	sugar	)
1	dsp	curry powder	)
		salt and pepper	) Combine all and pour over rice. Mix gently. Chill

Red Salad

2		grated carrots	
2		onions, diced	
1	clove	crushed garlic	
1/2		cabbage, shredded	
1	raw	beetroot, grated	
1	small	tin crushed pineapple drain	
1	small	green pepper, diced	Combine all
1/4	cup	wine vinegar	)
1/2	cup	olive oil	)
		salt and pepper	)Combine all. Pour over salad. Mix gently. Chill.

FB

Tomato Chutney

1 ½	kg	tomatoes, diced	
1 ½	kg	apples, diced	Boil all for 2 hours
750	g	onions, diced small	Bottle, seal, store in dark place
30	g	garlic crushed	
1	kg	brown sugar	Chutney should be kept for 3 months before eating!
1	tsp	salt	
1	tsp	cayenne pepper	
3	cups	vinegar, brown	

FB

5 kg
1 kg
2 tsp
125 g
15 g
15 g
15 g
15 g
10 g
1 tsp

Tomato Sauce

tomatoes, diced
onions, diced
garlic crushed
salt
ground ginger
allspice
mace
ground cloves
cayenne pepper
black pepper

Boil all for 3 hours

Strain or whiz. Bottle. Store in dark place.

Desserts

Light & Easy Cheesecake

		---Crumb Crust---	
90	g	butter melted	Combine. Press into bottom and sides 23cm spring form tin, chill.
1½	cups	biscuit crumbs	
1	Tbsp	cocoa	
		---Filling---	
1 ½	Tbsp	gelatine	Soak gelatine in cold water, dissolve over hot water Beat cream cheese(at room temperature) till smooth. Gradually add sugar, juice, rind and milk, beat. Add gelatine blend well, fold in cream, Pour into crumb crust Chill till firm Decorate with whipped cream and fruit
⅓	cup	cold water	
500	g	cream cheese - Philly	
¾	cup	caster sugar	
3	tsp	grated rind lemon	
1 ½	cups	soft whipped cream	
½	cup	lemon juice	
1 ½	cups	milk	

Baked Pudding

1	cup	self raising flour	Combine all well, place in greased pie dish
		salt	
½	cup	raw sugar	
1	cup	raisins	
½	cup	milk	
		---sauce---	
2	Tbsp	golden syrup	)Pour over batter in pie dish
2	cups	boiling water	)Bake in Mod oven about ½ hour

FB

Brandy Snaps

105	g	butter	Cream butter and sugar add syrup then flour, mix well Spoon lots on Gladbake covered slide with large spaces between Bake in oven 200°C for 8-10 min Roll onto wooden spoon to shape. When cool fill with whipped cream.
125	g	sugar	
125	g	plain flour	
½	cup	golden syrup	

FB

Apple Gingerbread

60	g	butter	Peel and core apples, slice, Place in pan; apples sugar and water. Boil till apple pulp. Cool
½	cup	brown sugar	
2	Tbsp	golden syrup	Rub butter into flour ginger, and soda stir in brown sugar, beat egg syrup and milk, then add to flour mixture, beat Place apple pulp in pie plate 20 cm; pour ginger mixture on top Bake Mod oven 35 - 45 min Serve with cream or custard.
1		egg	
½	cup	milk	
1	cup	plain flour	
½	tsp	bi-carb soda	
2	tsp	ground ginger	
6		apples	
4	Tbsp	sugar	
¼	cup	water	

Layer Dessert (Ladyfinger cookie dessert)

1	tin	evaporated milk	
1	Tbsp	castor sugar	Heat some evaporated-milk to near boiling dissolve
1	Tbsp	cocoa	cocoa and sugar; add rest milk, Tia Maria and coffee
1		Flake Cadbury	Dip biscuits in mixture, make layer in glad-bake lined
500	g	biscuit saviordi	loaf tin.
1	Tbsp	Tia Maria	Cover with layer cream
600	mls	cream whipped	Repeat layers till complete, finish with cream
1	tsp	coffee	Sprinkle with chopped Flake
			Chill. Serve next day.

FB

Impossible Pie

4		eggs	
1	cup	sugar	Mix all ingredients together.
½	cup	butter, melted	Pour into greased pie plate 25cm
1	cup	coconut	Bake 180°C for 30-45 min
½	cup	plain flour	Cut into wedges serve with cream
2	tsp	vanilla	
2	cups	milk	

FB

Custard

2		eggs	Combine eggs, sugar and cornflour
1	Tbsp	sugar	Beat slightly
1	Tbsp	cornflour	Add to warm milk
½	tsp	vanilla	Bring to boil whilst stirring.
600	mls	milk	May be cooked in microwave
			Whisk at end of each minute

FB

Baked Custard

600	mls	milk	Heat milk in saucepan till warm add to beaten eggs,
1	Tbsp	sugar	sugar and vanilla pour into shallow dish
2		eggs	Sprinkle with nutmeg
		vanilla	Cook 300°C with dish in pan of water, 1 hour
			or till set

FB

Blancmange

4	Tbsp	cornflour	Heat milk to very warm
2	Tbsp	sugar	Blend other ingredients add to milk
1		egg beaten	Bring to boil while stirring, pour into wet bowl
600	mls	milk	May be cooked in microwave
			Whisk at end of each minute.

FB

Caramel Blancmange

3-4	Tbsp	brown sugar	Cook sugar and water till brown add to milk
1	Tbsp	water	

FB**Chocolate Blancmange**

1 ½	Tbsp	cocoa	Add with cornflour
		OR	
60	g	dark chocolate ,melted	Add after cooking prior to pouring into bowl

Coconut Blancmange

1		lemon rind, grated	Add with cornflour
		vanilla	
¼	cup	coconut	

With any Blancmange - 1-2 egg whites stiffly beaten may be folded in after cooking

FB**Custard Tart**

	---Base---		Beat butter and sugar add egg then plain flour, Roll or press into 9" pie plate
125	g	butter	
125	g	sugar	
1		egg	
250	g	plain flour	
	---Custard---		
2		eggs	Combine all
⅓	cup	sugar	Spoon gently into shortcake base
		vanilla	Sprinkle with nutmeg.
300	mls	warm milk	Bake in Mod oven

FB**Chocolate Lodge Pudding**

1	cup	self raising flour	Combine all ingredients well
½	cup	milk	Pour into greased pie dish
1		egg	
½	cup	sugar	
60	g	melted butter	
1	Tbsp	cocoa	
		---Sauce---	
½	cup	brown sugar	Mix brown sugar and cocoa
1	Tbsp	cocoa	Sprinkle over batter. Gently pour water over
2	cups	boiling water	batter and sugar/cocoa in pie dish. Cook in Mod oven for ½ hour

Butterscotch Pudding

1	cup	brown sugar	Mix flour sugar and egg yolks.
2	Tbsp	butter	Add milk gradually heat gently till thickens
2	Tbsp	plain flour	Add butter. Put into ovenproof dish
2		eggs separated	
½	cup	sugar	Beat egg whites, add sugar beat till stiff.
2	cups	milk	Pile on top of pudding. Bake in moderate oven Till meringue is brown on top

FB

1 cup
pkt
1
300 mls

Milk Jelly

boiling water
jelly
egg
milk

Combine jelly and hot water, cool
Beat egg and milk, add to jelly
stir in well.
Leave to set in fridge

FB

2 Tbsp
¾ cup
1⅓ cups
2
3 tsp
¾ cup
2

Butter-scotch Pudding

butter
raw sugar
hot milk
egg yolks beaten
gelatine
hot water
Vanilla essence
egg whites, stiffly beaten

Place in saucepan simmer 2-3 minutes
Add milk and egg yolks, stir till smooth
Do not boil - cool
Add gelatine to hot water, add to milk mixture .
Fold egg whites into pudding. Put into fridge to set

FB

2
3
¾ cup
300 ml
1 tsp

Lemon Souffle

lemons
eggs, separated
sugar
cream
gelatine

Mix sugar and yolks in small saucepan, add lemon
juice and rind. Heat until mixture thickens a little.
Stir in dissolved gelatine. Allow to cool.
Beat egg whites, blend into lemon mixture,
whip cream, blend into mixture. Chill

FB

60 g
4
2 Tbsp
2 Tbsp
1 Tbsp

Honey Fried Bananas

butter
ripe bananas
honey
orange juice
rum
Serve with ice cream

Peel bananas cut lengthwise.
Cook in butter till golden brown
Add honey, juice and rum
Cook gently till liquid thick and bananas tender

FB

2 cups
6 Tbsp
3
½ cup
1 cup
¼ cup
2 Tbsp

Frozen Lemon Pie

crushed biscuits
melted butter
eggs
sugar
cream
lemon juice
lemon rind- grated

Combine biscuits and melted butter press into pie-plate
Beat egg whites add sugar beat
Beat egg yolks add to whites
Beat cream add to egg mixture
Fold in lemon juice and rind
Pour onto biscuit base. Freeze.
Remove from fridge 10-15 min prior to serving

FB

1	cup	self raising flour
½	cup	brown sugar
¼	cup	coconut
75	g	butter
¼	tsp	ground cloves
pinch		nutmeg

Apple Crumble

Rub butter into flour
Combine all
Sprinkle over warm stewed apple or pears
Bake in oven 180°C 20 – 30 min or till brown

FB

¾	cup	red currant jelly
1	can	drained Black cherries
½	cup	brandy

Cherries Aflame

Warm red currant jelly
Add cherries
heat slowly.
Warm brandy
light and pour over cherries.
Spoon flaming cherries over vanilla ice-cream

Vanilla & Banana Cream

125	g	cream cheese
¼	cup	sugar
2	cups	milk
2		eggs beaten
2	tsp	vanilla
6	biscuits	butternut snap
1	Tbsp	gelatine
¼	cup	water
2		bananas, sliced thin

Beat cream cheese add sugar, add eggs and milk mix together.
Stirring, cook mixture in double boiler till thickens
Soften gelatine in water then heat till dissolved.
Blend gelatine vanilla, bananas and crushed biscuits into the mixture
Allow to cool; pour into serving bowl; chill until firm
Decorate with whipped cream

FB

125	g	melted chocolate
1 ¼	cups	whipped cream
4		eggs separated
1	Tbsp	brandy

Chocolate Mousse

Melt chocolate in double boiler, blend in egg yolks gradually, beat till mixture thickens.
Fold in whipped cream and brandy.
Fold in softly beaten egg whites. Chill

Mango Mousse

1	Tbsp	gelatine
½	cup	water
470	g	mango pulp
½	cup	orange juice
2		egg whites
2	Tbsp	rum
½	cup	cream
1	Tbsp	sugar

Stir gelatine into water, heat slowly until dissolved
Combine mango pulp, orange juice and rum in bowl.
Stir in gelatine, chill.
Beat egg whites till stiff add sugar gradually beat till thick.
Whip cream till soft peaked. Fold into mango mixture.
Fold in egg whites.
Turn into bowl, decorate with whipped cream.

Heavenly Hash

1	can	mandarin segments	Drain fruit, halve marshmallows. Toss carefully
1	bottle	cherries, red maraschino	together, in bowl
1	can	pineapple pieces	
1	sm pkt	marshmallows white	Whip sour cream with remaining ingredients
1	sm pkt	marshmallows pink	Carefully fold cream mixture through fruit and
1 ¼	cups	sour cream	marshmallows
pinch		ground cardamom	Chill
¼	tsp	ground ginger	
1	tsp	orange rind	
1	Tbsp	cointreau	

FB

Orange Soufflé

3		eggs separated	Beat egg yolks, sugar, lemon rind and orange juice
1	cup	sugar	Add gelatine to hot water stir, chill
1		orange juiced	Combine with egg and sugar
½		lemon rind, grated	Fold in stiffly beaten egg whites
1	dsp	gelatine	Pour into bowl. Chill
½	cup	boiling water	

FB

Lemon Delicious Pudding

1	Tbsp	butter	Keep to order on left. Cream butter and
¾	cup	sugar	sugar, add flour, lemon, egg yolks and milk
add			fold in beaten egg whites.
2	Tbsp	plain flour	
1		lemon juice & rind	Place in dish; in dish of water
add			
2		egg yolks	
1	cup	milk	Bake in slow oven for 1 hour
2		egg white	

FB

Honey Dumplings

1	cup	self raising flour	Combine all
1		egg	Mix with milk if needed till
1	Tbsp	melted butter	scone consistency
---	Syrup---		
1	cup	water	Combine syrup ingredients; Boil
1	Tbsp	honey or golden syrup	Add spoonful lots of dough into syrup
½	cup	sugar	Boil, lid on, approximately 20 min
1	Tbsp	butter	

FB

60	g	butter
60	g	sugar
1		egg
2	Tbsp	milk
90	g	plain flour
		raisins
30	g	custard powder
1	tsp	baking powder
2	tsp	spice or cocoa

Harlequin Pudding

Cream butter & sugar, Add egg, beat
 Mix in other ingredients
 Place some raisins in base of greased steam basin
 Pour half batter on top raisins
 Add spice or cocoa to 2nd half pour over
 1st half
 Secure lid. Steam for 2 hours

FB

1	dsp	gelatine
¼	cup	cold water
¼	cup	boiling water
		vanilla
2		eggs
¼	cup	sugar

Golden Pudding

Dissolve gelatine in boiling water, fill to half cup with cold water. Separate egg whites and yolks keep both. Add the egg whites to gelatine mixture and beat till stiff; add sugar and vanilla, beat. Fold in beaten egg yolks, chill.

FB

1		egg white
2	tsp	gelatine
		vanilla
½	cup	caster sugar
1	tsp	vinegar
1	tsp	baking powder
½	cup	boiling water

Uncooked Pavlova

Dissolve gelatine in hot water
 Add all other ingredients except baking powder
 Beat at least 15 min
 Fold in baking powder
 Sprinkle large plate with icing sugar
 Pile mixture on plate, leave to set,
 Decorate with cream and fruit.

FB

4		egg whites
1	large cup	caster sugar
		cream
		fruit

Pavlova Roll

Beat egg whites, gradually add
 caster sugar beat until light and fluffy; pile onto a
 Gladbake lined greased swiss roll tin.
 Bake at 180°C for 20 min.
 Turn onto caster sugar covered tea towel.
 Roll up as for swiss roll.
 When a little cool, unroll, spread with cream into which
 raspberries have been stirred, roll up cover with cream.
 Decorate with raspberries

Easy Meringue

4		egg whites
2	cups	caster sugar
2	tsp	cornflour
2	tsp	vinegar
1	tsp	vanilla
8	Tbsp	boiling water

Beat egg whites, add sugar, beat till soft peaks form,
 add remaining ingredients.
 Beat 20-30 min
 Turn onto foil and cook 160°C for 15 min,
 130°C for 30 min then 100°C for 1 ½ hours
 Leave to cool in oven.
 Top with whipped cream and fruit.

Rum Raisin Ice-cream

125	g	raisins	Chop raisins, soak in rum over-night
2	Tbsp	rum	Next day, whip cream with half the icing-sugar
300	mls	cream	Blend cocoa with hot water, cool, add cream
$\frac{2}{3}$	cup	icing sugar	Fold raisins through
2		egg whites	Beat egg whites, gradually add sugar
1	tsp	cocoa	fold egg whites into raisin mixture
2	tsp	hot water	Spoon mixture into freezer tray
			Freeze 4 hours before eating

Cherry Clafoutis

20	g	butter	Butter shallow baking dish, Add cherries
500	g	cherries	Mix together, flour, sugar, eggs and milk till smooth and creamy.
25	g	plain flour	Pour over the cherries
350	ml	milk	Bake in oven 170°C -30-35 min.
25	g	caster sugar	May replace cherries with pear, apples or peaches
3		eggs	

AK

Crepe

1		egg	Beat egg and flour and enough milk to make thin batter
1	cup	plain flour	Use $\frac{1}{2}$ cup to each pancake by pouring batter into hot greased pan.
4-600	mls	milk	When golden underneath, turn and cook second side
			Place on plate, add filling
		--Filling--	
		banana cut $\frac{1}{4}$ length	
		sugar	
		cinamon	to taste
		cream	
		lemon juice	Roll crepe eat with knife and fork

FB

Rich Shortcrust Pastry

175	g	plain flour	Rub butter into flour, add sugar
		salt	Beat yolk into water add to flour, mix, chill
75	g	butter	Roll out. Use for custard tart etc.
2	tsp	caster sugar	
1		egg yolk	
2	Tbsp	water	

FB

3	tsp	gelatine
125	g	sultanas
30	g	currants
125	g	cherries, cut in halves
60	g	raisins, cut up
60	g	prunes, cut up
30	g	crystallised ginger
30	g	slivered almonds
30	g	dried apricot, cut up
2	Tbsp	sugar
150	mls	sherry
2	Tbsp	lemon juice
1	tsp	lemon rind, grated fine

Jellied Plum Pudding

Prepare fruit, cook in a little water for 15 min, strain.
 Mix together in bowl, pour over 2 Tbsp sherry, cover.
 In pan ½ cup hot water, sugar, lemon juice and rind, bring slowly to the boil, strain, add gelatine to liquid add cold water to make 300 mls.
 Add rest of sherry.
 Pour over fruit, pour into mould. Chill.
 When set, turn onto serving plate.

FB

3	tsp	gelatine
½	cup	water
½	cup	sugar
1	dsp	lemon juice
3	cups	fruit-as available
375	mls	ginger ale, chilled
some		cherries

Fruit Salad Sparkle

Dissolve gelatine in boiling water, stir in lemon juice, and sugar.
 When dissolved add iced ginger ale, stir in fruit and sliced cherries.
 Place in mould. Chill

FB

2	cups	plain flour
¾	cup	sugar
2-3	cups	dried fruit
¾	cup	water
¾	cup	milk
60	g	butter
2	tsp	spice
1	dsp	baking soda

Quick Steam Pudding

Boil water and milk, add butter, melt, when boiling add baking soda, and stir.
 Pour over dry ingredients and fruit.
 Combine well. Pour into a greased bowl.
 Cover with 2 layers foil. Tie down.
 Steam for 3 hours

Christmas Ice Cream Pudding

4	litres	vanilla ice cream, Good quality
190	g	raisins
120	g	almond slivers
410	g	tin pitted black cherries
2	tsp	cinnamon
1	tsp	mixed spice
1	Tbsp	raw sugar
2	Tbsp	oil, macadamia / grape seed

Place all in saucepan except ice cream and almonds with juice from cherries, and water to just cover.
 Bring to boil for 20 min.
 Cool for 8 hours
 Remove ice cream from freezer allow to soften add almonds and fruit mixture.
 Pour into individual bowls to freeze or into a large bowl, freeze.
 Before serving cover with chocolate ice-magic and Christmas decoration.

FB**Christmas Plum Pudding and Sauce**

Full amount	two-thirds	half	one-third	
700	462	350	233	raisins
750	495	375	250	currants
500	330	250	167	sultanas
900	594	450	300	sugar
900	594	450	300	breadcrumbs
16	11	8	5	eggs
900	600	450	300	butter
150	100	75	50	mixed peel
25	16.5	12.5	8	cinnamon
25	16.5	12.5	8	nutmeg
25	16.5	12.5	8	mixed spice
225	150	112.5	75	slivered almonds
300	200	150	100	brandy
				almond essence

(Sizes in g.; Large size makes 2 large and one small pudding. One large pudding serves 24 people)

Soak fruit in brandy over-night.

Mix dry ingredients add melted butter and beaten eggs. Combine well. Line basin with Gladbake, fill with mixture to 1" of rim of basin. Cover with Gladbake then foil, tie down tight, steam 6 hours.

Reheat for 2 hours prior to eating. Serve with Brandy sauce and cream.

Brandy Sauce for Christmas Pudding

170	g	butter	Melt butter, stir in flour cook a little stir in milk ensure no lumps. Cook gently, till thick and boiling. Stir often stir in sugar till dissolved, add cream sherry and brandy.
120	g	flour	
120	g	sugar	
1½	cups	milk	
850	ml	cream	
180	ml	sherry	
180	ml	brandy	

Cheese Bavarian

60	g	gelatine	In top part of double boiler mix gelatine sugar salt add egg yolks beaten with milk.
1	cup	sugar	
2		eggs separated	Cook over boiling water stirring constantly, until mixture thickens. Cool.
1	cup	milk	
1	tsp	lemon rind	Add lemon rind, juice and cottage cheese blend well. Put in fridge until beginning to set.
1 ½	Tbsp	lemon juice	
3	cups	cottage cheese	Beat egg whites until stiff.
	pinch	salt	
1	cup	whipped cream	Chill until firm. Garnish with orange slices.

FB**Chocolate Soufflé**

3
 ¼ cup
 1 Tbsp
 1 tsp
 pinch

eggs
 brown sugar
 cornflour
 cocoa
 vanilla
 salt
 cream

Beat eggs, sugar salt for 10 min
 Add cornflour, cocoa vanilla
 Pour into Gladbake lined sponge roll tin
 Cook 200°C for only 10 min
 When cold spread with whipped cream and roll up

FB**Lemon Sago**

1 cup
 2 Tbsp
 large Tbsp
 1

boiling water
 sago-washed
 golden syrup
 lemon juice & rind

While stirring boiling water, add sago, stir frequently,
 when cooked, sago is clear and thickened,
 add syrup and lemon juice to taste.
 Can be cooked in microwave, with lower temperature
 stir often.

FB**Creamed Sago**

4 Tbsp
 2 cups
 1 Tbsp

sago-washed
 milk
 sugar
 Vanilla
 Egg

Bring sago milk and sugar, to the boil stirring
 constantly. (Or use double boiler,
 or microwave). Cook 1 hour stirring occasionally.
 When sago is clear it is cooked
 Egg yolk may be added then beaten egg white folded in.

Frangipani Pie

Buy pastry case

---Pineapple Layer---

1 can
 ¼ cup
 ¼ cup
 2

crushed pineapple
 cornflour
 water
 eggs separated

---Coconut Cream Layer---

1 ½ cups
 ¼ cup
 1 cup
 1 tsp
 ¼ cup
 ¼ cup
 1 Tbsp

milk
 sugar
 coconut
 vanilla
 cornflour
 water
 butter

Bring pineapple to boil.
 Add egg yolks to cornflour mixed with water then stir
 into pineapple, cook until thickens, cool.

Warm milk, and sugar, over low heat till sugar
 dissolves. Blend cornflour with water add to above,
 stir till thickens. Remove from heat.
 Add coconut, butter, vanilla
 Spoon ½ coconut mixture into base, cover with
 pineapple mixture, spread rest of cream mixture over
 top. Top with meringue, using the 2 egg whites beaten with 4
 Tbsp sugar. Sprinkle with grated lemon rind
 Bake, oven 160°C for 15 min or till meringue golden
 Brown.

FB**Baked Rice**

½ cup
 3 cups
 ¼ cup

rice, washed
 milk
 sugar
 vanilla

Combine all
 Pour into dish, dabs of butter on top
 Bake in oven mod-slow for 1 hour

FB

1	litre	milk
$\frac{2}{3}$	cup	sugar
	cup	rice
$\frac{1}{2}$	tsp	vanilla
		nutmeg

Creamed Rice

Bring milk sugar and $\frac{1}{2}$ tsp salt to boil add rice, stir reduce heat, cover, simmer about $1\frac{1}{4}$ hours; stirring occasionally, add vanilla, sprinkle with nutmeg.

FB

3	Tbsp	tapioca
3	cups	milk
4		eggs
1	Tbsp	sugar
		vanilla
4	Tbsp	caster sugar

Creamed Tapioca

Soak tapioca in milk for 4 hours.
Cook, stir often in pan till soft and clear.
Beat eggs, sugar and vanilla.
Add to tapioca cook 1 min
OR Stir in beaten egg yolks then cool.
Beat egg whites and caster sugar, beat till stiff, pile on top of tapioca.
Brown meringue in hot oven.
OR omit sugar and add beaten egg whites to tapioca fold in.

Baked Cheesecake (Not Mum's though)

	---Base---		
1	Pkt	biscuits crumbed	Combine and press into spring form pan
2	Tbsp	butter melted	Chill
	---Filling	---	
750	g	cream cheese	
2		eggs	Beat all together
$\frac{3}{4}$	cup	sugar	Pour into base
	any	flavour or vanilla	Bake 170°C till set - $\frac{1}{2}$ hour

Easy Spanish Cream

$\frac{1}{2}$	tin	condensed milk	Combine milk, egg yolks and jelly together
1	lemon	jelly	Add boiling water, then stiffly beaten egg whites, and
2		egg yolks	vanilla. Pour into wet serving dish. Allow to set in fridge.
3	tea cup	boiling water	
2		egg whites	
		vanilla	

FB

750	g	cream cheese
4		eggs
1	cup	sugar
1	Tbsp	lemon rind- grated
2	tsp	lemon juice
250	g	ginger biscuits
125	g	butter
1	tsp	vanilla

Basic Baked Cheesecake***

Crumb crust
Crush biscuits add melted butter mix well
Press into 20cm springform tin, covering sides and base, chill.
Beat eggs until thick, beat in sugar gradually.
Add vanilla.
Continue beating, while adding cheese which has been softened by beating; add in small amounts, beat well after each addition.
Add lemon rind and juice
Spread into crumb crust.
Bake in oven 170°C 25-30 min. At end of time turn oven off, leave door ajar until cold.
Place in fridge
Before serving cover with whipped cream sprinkle with nutmeg or cinnamon.

Biscuits and Slices

FB

250 g
250 g
125 g
62 g

Shortbread

butter
plain flour
icing sugar
cornflour

Beat butter and sugar. Add dry ingredients.
Roll out ¼" thick.
Cut into squares. Prick with a fork.
Place on Gladbake covered oven slide. Cook in a slow oven (150°C) for 20-30 min.

FB

190 g
60 g
190 g
60 g

Jo Jo's

butter
icing sugar
plain flour
custard powder

Cream butter and sugar, add flours.
Roll into balls, place on Gladbake covered oven tray, flatten with fork dipped in water. Bake 160°C for 15-20 min.
Join together with icing.

FB

185 g
20 g
45 g
140 g
1 tsp
1 tsp

Viennese Cookies

butter
Icing sugar
cornflour
plain flour
baking powder
almond essence

Cream butter and sugar.
Add remainder, combine well.
Place tea spoon lots on gladebake oven slide
Press ½ glace cherry onto each biscuit
Bake 170°C for 15 min

FB

250 g
1 cup
2 Tbsp
2 ½ cups

Butterscotch Biscuit

butter
brown sugar
golden syrup
self raising flour
Vanilla essence

Beat butter and sugar. Add remaining ingredients
Spoonful lots on greased tray press with fork
Bake 180°C for 15 min or until firm

FB

125 g
4 Tbsp
250 g
2 cups

Condensed Milk Biscuits

sugar
condensed milk
butter
self raising flour
grated chocolate

)
) mix all 3 together
)
Add flour, add desired amount grated chocolate
Roll into balls and flatten with fork dipped in water. Bake on Gladbake covered tray until golden brown.
160°C oven

FB

250	g	butter
250	g	sugar
2		eggs
500	g	plain flour
250	g	mixed fruit
2	Tbsp	milk
1	tsp	baking soda
1 ½	tsp	cream of tarter
1	tsp	allspice

Rock Cakes

Cream butter and sugar
Add eggs, beat
Add dry ingredients alternately with milk
Fold in fruit and spice.
Teaspoon lots on to Gladbake covered oven slide
Bake 170°C 15-20 min

FB

125	g	butter
¾	cup	sugar
1	Tbsp	golden syrup
1	Tbsp	milk
1	cup	plain flour
1	tsp	baking soda

Hokey Pokey

Cream butter and sugar.
Heat milk, soda and syrup
When fizzy, add butter and sugar mixture, then flour
Teaspoon lots onto Gladbake covered cold oven slide
Bake 150°C 15-20 min or till cooked

Sultana Chews

3	cups	rice bubbles
1	cup	honey
1	cup	peanut butter
¼	cup	brown sugar
½	cup	sultanas
		vanilla

Combine and heat peanut butter, honey and sugar.
Cool. Add vanilla and sultanas, stir in rice bubbles
Combine well.
Press into 20-23 cm tin. Chill. Cut into square

QK

	---Base---	
125	g	butter
125	g	sugar
1		egg
1	tsp	baking powder
125	g	plain flour
125	g	cornflour

Date Fingers

Cream butter and sugar. Add egg and beat.
Add remaining ingredients
Combine well

	---Filling---	
250	g	chopped dates
¼	cup	water
Juice and grated rind of 1		lemon
1	Tbsp	sugar

Simmer all for 1 min. Cool
Halve the base. Press into swiss roll tin. Cover with
filling. Cover with 2nd half of base.
Cook at 180°C for 20-30 min. Ice with lemon or passionfruit
icing

FB

125	g	butter
3	Tbsp	sugar
2	Tbsp	milk
1	cup	coconut
1	cup	flour
3		Milo

Milo Square

Cream butter and sugar.
Add remainder and combine well.
Press into Gladbake lined 20x30cm tin. Cook at
170°C for 15-20 min. When cool, ice and sprinkle
with a little Milo. Cut into squares.

FB

220	g	butter
90	g	sugar
185	g	plain flour
60	g	corn flour
40	g	cocoa
60	g	cornflakes

Afghans

Cream butter and sugar
 Combine all but cornflakes
 Fold in cornflakes
 Place tea spoon lots on Gladbake covered oven tray
 Bake 160°C for 15-20 min
 When cold, ice with chocolate icing top with piece walnut

QK

2	cups	plain flour
2	tsp	sugar
1	Tbsp	golden syrup
1 ½	Tbsp	malt
125	g	butter
1	tsp	baking soda

Malt Biscuits 1

Cream butter and sugar
 Add syrup and malt,
 Stir in flour and soda, teaspoon lots
 on Gladbake covered slide. Press with wet fork.
 Bake 160°C for 20-30 min

Malt Biscuits 2

125	g	butter
2	tsp	sugar
1	Tbsp	malt
125	g	plain flour
		Vanilla
1	tsp	bi-carb soda

Melt butter, sugar and malt add plain flour, and soda
 dissolved in a little hot water
 Combine all. Spoonful lots on Gladbake
 covered slide press with fork dipped in water
 Cook 170°C for 20-30 min

BB.

1	cup	sugar
1		egg
1	tsp	honey
125	g	melted butter
		vanilla
1	cup	self raising flour
2	cups	rolled oats
1	tsp	baking soda

Honey Biscuits

Beat sugar, egg and honey together
 Add vanilla and butter, mix well.
 Combine all
 Place tea spoon lots on Gladbake covered oven tray
 Press with wet fork. Cook 150°C for 20-30 min

FB

250	g	butter
190	g	sugar
4	Tbsp	golden syrup
1	tsp	baking powder
1	dsp	ginger
375	g	plain flour
1 ½	cups	chopped walnuts

Ginger Crisps

Cream butter and sugar add syrup, then dry ingredients
 Teaspoon lots on Gladbake covered tray
 Press with wet fork
 Bake in oven 170°C for 10-15 min

BB**Ginger Nuts**

155	g	butter
250	g	plain flour
185	g	sugar
5	tsp	ground ginger
		salt
4	dsp	golden syrup
1		egg

Rub butter into flour
 Combine all well
 Place tea spoon lots on gladbake covered slide
 Flatten with fork dipped in water.
 Bake 150°C for 20-30 min

FB**Ginger Crunch 1**

250	g	butter
250	g	sugar
2	tsp	ground ginger
450	g	plain flour
2	tsp	baking powder
----In Saucepan---		
8	Tbsp	butter
16	Tbsp	icing sugar
2	Tbsp	golden syrup
1	Tbsp	ground ginger

Cream butter and sugar
 Add dry ingredients
 Press into swiss roll tin lined with Gladbake
 Bake 180°C for 20-25 min

Heat all till melted
 Pour over slice when cooked (Hot)
 Cut before slice cools down. Remove from tray when cold

Jam Drops

2	cups	self raising flour
1	cup	coconut
¼	tsp	dark jam
1	cup	caster sugar
200	g	butter
¼	cup	milk
1		egg

Cream butter and sugar add egg, beat.
 Combine all. Roll into balls place on Gladbake covered slide, press down, make indent and fill with dark jam.
 Bake oven 160°C for 15 min

QK**Ginger Crunch**

125	g	butter
2	Tbsp	sugar
1	cup	self raising flour
1	tsp	ginger
pinch		salt
---Topping----		
4	Tbsp	Icing sugar
4	Tbsp	butter
2	tsp	golden syrup
1	tsp	ginger

Cream butter and sugar
 Combine all well
 Press into Swiss roll tin lined with Gladbake
 Bake 180°C for 20 min

Melt all
 When dissolved, pour over hot base
 Cut into squares when still warm
 Remove from tin when cold

FB

190	g	plain flour
125	g	butter
90	g	sugar
3	tsp	cocoa
1	tsp	baking powder
1	cup	dates chopped
1		egg beaten

Chocolate Fruit Fingers

Rub butter into flour
 Add all but egg mix well
 Add egg
 Press into Gladbake lined swiss roll tin
 Bake 170°C for 25-30 min

FB

125	g	melted butter
½	cup	coconut
1	cup	self raising flour
½	cup	peanuts salted
½	cup	brown sugar
60	g	vegetable shortening (cophera)
125	g	dark chocolate

Chocolate Nut Slice

Chop peanuts if desired
 Combine all well
 Press into greased Gladbake lined 18 x 28 cm tin
 Bake in oven 180°C 20 min
 Remove from oven, ice while still hot with chocolate icing.
 Heat over boiling water till melted, stir well
 Spread over slice

QK

125	g	butter
½	cup	sugar
1	cup	plain flour
½	tsp	baking soda
1 ½	tsp	cinnamon
1 ½	tsp	spice
1	tsp	cream of tarter
		stewed apples

Apple Spice Squares

Cream butter and sugar
 Add remaining ingredients except apples (soften soda in little milk)
 Line tin with Gladbake
 Press half mixture into swiss roll tin.
 Cover with stewed apple
 Spread remaining mixture over apple
 Bake 170°C for 30 min or until cooked

Note: Very messy to cover apples with second layer of mixture. Great to eat.

FB

1	cup	raisins
125	g	butter
1	cup	water
1		egg
1	cup	sugar
1	tsp	baking soda
1	tsp	spice
1 ¾	cups	plain flour
½	tsp	nutmeg

Raisin Squares

Bring raisins and water to boil; add butter, sugar
 beat; add egg, beat
 Combine all.
 Cook in Swiss roll tin lined with Gladbake
 Bake 170°C 30 min

Cherry Ripe Shortcake

125	g	butter
125	g	sugar
1		beaten egg
1	cup	self raising flour
1	cup	coconut
½	cup	glace cherries
		milk

Beat butter and sugar add egg then flour. Combine well
 Spread half mixture into Gladbake lined swiss roll tin
 Cover with; coconut mixed with just enough milk to make it spreadable.
 Add chopped glace cherries
 Cover with remaining mixture
 Bake 20 min. at 170°C; cool, ice with chocolate icing,

FB**Date & Ginger Slice**

155	g	dates	Put chopped dates butter sugar chopped ginger
125	g	butter	into pan;
1/3	cup	sugar	Stir over low heat till dates are soft, Mix in cornflakes
60	g	preserved ginger	Press mixture into tray lined with Gladbake 18 x 28c
3	cups	cornflakes	Refrigerate. Spread with chocolate icing

---Chocolate Icing--

125	g	vegetable shortening(copha),	Melt and beat in drinking chocolate
1	cup	drinking chocolate	Spread over cold slice
			Cut into squares when set

FB**Chocolate Biscuit Slice**

155	g	Copha	Allow biscuit (coffee, malt etc) to become soft by exposure
1	lge dsp	cocoa	Mix together sifted sugar, cocoa then egg and vanilla
250	g	sugar icing	Stir in melted copha
250	g	biscuit	Line tin with Gladbake; Place alternate layers, mixture and biscuit; start and finish with mixture
1		egg	Stand in cold place to set.
		vanilla	

Walnut Crescents

250	g	ground walnuts	Mix together ground walnuts sifted sugar, grated lemon rind, cloves and cocoa.
3		egg whites	Whip egg whites till stiff, fold in walnut mixture
1/2	grated	lemon	and vanilla. Using forcing bag, pipe mixture into crescent shapes onto Gladbake covered oven-slide
1/2	tsp	ground cloves	Bake 150°C for 15-20 min or light tan colour
1/3	cup	sugar icing	
		vanilla	

Almond Bread

4		egg whites	Beat egg whites.
1/2	cup	caster sugar	Add sugar, beat.
1	cup	plain flour	Fold in remaining ingredients. Pour into Gladbake lined loaf tin bake 170°C 25-30 min. When cold, cut into very thin slices.
1	cup	almonds	Bake on Gladbake covered oven tray 150°C for 10 min. Cool 12 hours.
		vanilla	

FB**Anzac Biscuits 1**

200	g	butter	Melt butter and syrup, add soda mixed with water.
2/3	cup	golden syrup	Add liquid to dry ingredients.
1	tsp	baking soda	Teaspoon lots on Gladbake lined tray, press down with wet fork.
4	Tbsp	boiling water	Bake 160°C oven for 20 -25 min.
1	cup	plain flour	Cool on wire tray.
2	cups	rolled oats	
1	cup	sugar	
2	cups	coconut	

Anzac Biscuits 2

190	g	butter	Dissolve butter and golden syrup. Add bicarb soda in boiling water. Mix in remaining ingredients. Combine well. Spoonful lots on Gladbake covered slide; press down with wet fork. Bake 150°C for 30 min or till golden brown.
1 ½	Tbsp	golden syrup	
1 ½	cups	oats	
1	tsp	bicarb soda	
3	Tbsp	boiling water	
1 ½	cups	sugar	
1 ½	cups	plain flour	
1½	cups	coconut	

QK

Wheat Ears

125	g	butter	Cream butter and sugar add egg, beat well Add remaining ingredients mix well Spoonful lots on Gladbake covered slide; press down with wet fork Bake 170°C for 30 min or till golden brown
90	g	brown sugar	
1		egg	
90	g	bran	
1	tsp	baking powder	
90	g	walnuts, chopped	
250	g	plain flour	
½	tsp	salt	
1	tsp	golden syrup	
2	Tbsp	warm milk	

QK

Hasty Tasty Biscuits

30	g	butter	Stir all but flour over heat till melted add flour and pinch salt. Combine well Spoonful lots on Gladbake covered slide Press down with wet fork Bake 170°C for 15 min or till golden brown
2	dsp	sugar	
½	dsp	golden syrup	
¼	tsp	bicarb soda	
1	tsp	cocoa	
60	g	plain flour	
1	tsp	milk	

FB

Bran Biscuits

¾	cup	sugar	Cream butter and sugar, add soda dissolved in milk. Mix well Add flour, bran and coconut Combine well Spoonful lots on Gladbake covered slide; press down with wet fork Bake 180°C for 20 min or till golden brown
1	cup	butter	
1	tsp	bicarb soda	
1	cup	bran	
¼	cup	warm milk	
2	cups	plain flour	
1	cup	coconut	

Butterscotch Biscuits

225	g	butter	Cream butter and sugar add eggs alternately with dry ingredients. Stir in vanilla Shape into a roll Stand overnight in fridge. Slice and bake in oven 190°C for 10 min or till brown.
400	g	brown sugar	
1050	g	plain flour	
4		eggs beaten	
1	tsp	salt	
½	Tbsp	bicarb soda	
½	Tbsp	cream of tartar	
½	Tbsp	vanilla	

Vanilla Biscuits

124	g	butter
125	g	sugar
1	Tbsp	milk
1	dsp	golden syrup
½	tsp	baking soda

150	g	plain flour
½	cup	sultanas
2	tsp	vanilla

Melt these 5 then cool a little.

Add remaining ingredients.

Spoonful lots on Gladbake covered slide; press down with wet fork.

Bake 170°C for 10-15 min

Raisin Delights

125	g	butter
60	g	sugar
2	Tbsp	condensed milk
1	cup	cornflakes
1	cup	self raising flour
½	cup	raisins chopped

Cream butter and sugar

Add all, combine well

Roll into balls. Place on Gladbake covered slide, press with wet fork.

Bake 170°C for 20 min or till golden brown

FB

Railway Buns

4	Tbsp	butter
3	Tbsp	sugar
		lemon essence
1		egg beaten
1	cup	self raising flour
¾	cup	sultanas
4	Tbsp	milk

Cream butter and sugar add egg, beat well

Add all, combine well

(may need a little more milk)

Spoonful lots on Gladbake covered slide. Sprinkle with sugar.

Bake 170°C for 20 min or till golden brown

QK

Spicy Kisses

125	g	butter
¾	cup	sugar
1		egg
1	dsp	cinnamon
1	tsp	ginger
1	dsp	cocoa
1	tsp	spice
1	Tbsp	golden syrup
3	cups	plain flour
2	tsp	baking powder

Cream butter and sugar add egg, beat well

Add all, combine well

Spoonful lots on Gladbake covered slide, press with wet fork.

Bake 170°C for 20 min or till golden brown

Ice together when cold.

QK

250	g	butter
250	g	sugar
250	g	plain flour
250	g	cornflour
2	tsp	baking powder
4		eggs beaten

Kisses

Cream butter and sugar add eggs, beat well
 Add all, combine well.
 Spoonful lots on Gladbake covered slide.
 Bake 170°C for 20 min or till golden brown
 Ice together when cold

FB

250	g	butter
250	g	sugar
2		eggs beaten
1	cup	coconut
2	cups	plain flour
		lemon essence
2	tsp	cream of tartar
1	tsp	bicarb soda

Coconut Cakes

Cream butter and sugar add egg, beat well
 Add all, combine well
 Make into small balls, roll in sugar place on Gladbake covered slide
 Bake in oven 170°C for 20-30 min

QK

250	g	butter
3	Tbsp	sugar
2	cups	plain flour
1	cup	coconut
1	tsp	vanilla

Coconut Shortbread

Rub butter into flour, add coconut and vanilla.
 Combine all well.
 Roll out till 10mm thick, cut into squares
 Prick with fork
 Bake 150°C for 30 min or till pale brown

FB

125	g	butter
60	g	sugar
2		egg yolks
250	g	self raising flour
		raspberry jam
2		egg whites
125	g	sugar
60	g	coconut

Louise Cake

Cream butter & sugar add egg yolks, beat well.
 Add flour. Combine well
 Spread on Gladbake lined Swiss roll tin.
 Cover with jam
 Beat the egg whites add sugar, beat till stiff
 Add coconut, stir in, then carefully cover the jam layer.
 Bake in oven 170°C for 20-30 min.
 Cut into squares when hot, remove from tin when cold.

FB

1	cup	pecan nuts -chopped
21		Jatz biscuits crushed
3		beaten egg whites
¾	cup	sugar
1	tsp	vanilla

Pecan Pie / Slice

Add sugar to beaten egg whites beat
 Fold in vanilla, Jatz and pecans
 Pour into glad-bake lined swiss roll tin 25x17 cm.
 Bake in Mod oven 25-30 min.
 Cut into slices serve with cream.

QK

2 Tbsp
 ½ cup
 1 ½ cups
 1
 1 tsp
 1 tsp
 1 dsp
 ½ cup
 2 Tbsp
 ¼ tsp
 1 tsp

Methven Ginger Cakes

butter
 sugar
 plain flour
 egg
 mix spice
 ginger
 cornflour
 milk
 golden syrup
 cinnamon
 baking soda

Cream butter and sugar, add egg and golden syrup, beat well
 Add dry ingredients
 Dissolve soda in milk; combine all (may need more milk)
 Bake in paper lined patty pans.
 Oven 160°C for 25-30 min.

Vanity Fair Cakes

125 g
 125 g
 2
 190 g
 60 g
 60 g
 1 g

butter
 sugar
 eggs
 self raising flour
 cherries chopped
 sultanas
 angelica

Cream butter and sugar add egg, beat well.
 Add flour, mix well.
 Fold in fruit.
 Bake in paper lined patty pans. Oven 180°C for 12 min
 May be iced.

Hi Fi cakes

190 g
 380 g
 190 g
 3
 2 Tbsp
 3 Tbsp
 1 cup
 1 tsp
 ½ tsp
 ½ tsp

butter
 plain flour
 sugar
 eggs
 golden syrup
 hot water
 minced raisins
 baking powder
 baking soda
 ginger, cinnamon, mixed spice
 sugar to sprinkle

Cream butter and sugar add syrup, raisins then lastly eggs, beat
 Add all dry ingredients, alternately with hot water.
 Combine well.
 Place patty cases in patty pans, spoon mixture into cases. Sprinkle with a little extra sugar.
 Bake for 20 min at 190°C

FB**Chocolate Fudge**

125 g
 125 g
 4 tsp
 1 cup
 ¾ cup
 125 g
 30 g

butter
 sugar
 cocoa
 plain flour
 coconut
 vanilla
 icing sugar
 butter
 a little milk

Cream butter and sugar add remaining ingredients; combine well. Crumbly mixture.
 Press into Gladbake lined swiss roll tin
 Prick with fork.
 Bake in oven 180°C for 20 min.
 While hot cover with icing
 -- icing --
 Take icing sugar, soften with a little milk, mix with melted butter and pour over

FB

375	g	butter
1 ½	cups	sugar
2	Tbsp	golden syrup
		vanilla
1 ½	cups	coconut
2	Tbsp	cocoa
3	cups	plain flour
3	tsp	baking powder
1 ½	cups	sultanas
½	cup	walnuts, chopped

Chocolate Fudge Fingers

Melt butter, sugar and syrup,
Add remaining ingredients.
Combine well. Prick with a fork.
Press into Gladbake lined Swiss roll tin.
Bake 180°C for 10-15 min.
May be iced.

FB

190	g	butter
150	g	sugar
1	Tbsp	golden syrup
1		egg beaten
1	tsp	lemon essence
1 ½	cups	plain flour
1 ½	cups	dried fruit
1	tsp	baking powder
1	tsp	baking soda
		---Topping if desired---
1	cup	brown sugar
1	Tbsp	cream
1	Tbsp	butter
1	Tbsp	water

Fruit Squares

Melt butter, sugar and syrup add egg, beat.
Add all, combine well. Press into Gladbake lined
swiss roll tin,prick with fork.
Bake180°C for 35 min.
When cool cut into fingers.

Boil all for 3 minutes.
Add vanilla
Beat till thick, pour over slice while still hot.
When cool cut into fingers.

Angel Food

125	g	butter
1	cup	plain flour
		milk
		---Topping ---
1 ½	cups	brown sugar
1	cup	coconut
¼	cup	sugar
½	cup	walnuts, chopped
2	tsp	plain flour
½	tsp	baking powder
2		eggs beaten

Rub butter into flour,
Mix with a little milk. Press into Swiss roll tin
lined with Gladbake bake 160°C for 30 min.

Mix all together.
Spread over base.
Bake 170°C until light brown.

Ice

Caramel mix Slice

1	cup	plain flour
1	tsp	baking powder
¼	cup	butter
¼	cup	brown sugar
		---Topping---
2		eggs beaten
1	cup	brown sugar
3	tsp	plain flour
½	tsp	baking powder

Combine these 4 ingredients to make a crumbly
mixture, press into Gladbake lined
swiss roll tin. Prick with fork.
Bake180°C for 10-15 min

Combine topping ingredients
pour over hot base.
Bake180°C until light brown.

QK

190 g
 190 g
 2 tsp
 2 cups
 1

Shells

butter
 sugar
 baking powder
 plain flour
 egg beaten

1 tin
 2 Tbsp
 2 Tbsp
 ½ cup
 2

Filling
 condensed milk
 butter
 golden syrup
 sugar
 egg yolks

Cream butter and sugar beat in egg.
 Mix in dry ingredients. Roll out. Line greased patty cases with mixture.
 Fill cases with filling.
 Bake in oven 160°C for 15 min or till shells come away from sides of patty cases freely.
 Ice with chocolate icing.

Bring all to boil very carefully, stirring constantly.
 (in double boiler)

Caramel Squares

90 g
 1 ½ Tbsp
 1
 1 tsp
 1 cup

butter
 sugar
 egg
 baking powder
 plain flour
 Salt

---Topping---

1 Tbsp
 ¾ cup
 2 Tbsp
 2 Tbsp
 ½ tin
 2

golden syrup
 sugar
 plain flour
 butter
 condensed milk
 Egg yolks

Cream butter and sugar beat in egg
 add dry ingredients combine.
 Press into Gladbake lined swiss roll tin.
 Bake 150°C till firm to touch

Warm butter sugar golden syrup in double boiler, stir in flour
 add condensed milk, egg yolks.
 Stir till thick, add vanilla
 Spread over shortcake
 Cover with meringue 2 egg whites, 4 tablespoons sugar; beat till stiff and shiny.
 Spread over topping.
 Return to cool oven; 150°C for 30 min.

QK

125 g
 2 cups
 1 tsp
 ½ tsp
 ¼ cup

Fruit Slice

butter
 plain flour
 cream of tartar
 bicarb soda
 milk

---Filling---

375 g
 2 Tbsp
 2 Tbsp

currants
 blackcurrant jam
 sugar

Base

Rub butter into flour,
 Add cream of tartar and soda mixed with milk.
 Combine well.
 Roll out half mixture on sheet of Gladbake

Combine well,
 Spread over the half base, roll out second half and place over filling.
 Bake 180°C for 20 min or till golden brown.
 Cut into squares when hot remove from tin when cold.

FB

3
 Weight of eggs in:
 Weight of eggs in:
 Weight of eggs in:

Cup Cakes

eggs
 self raising flour
 sugar
 butter--melted

Weigh eggs and use measure for other ingredients

Mix butter and sugar, beat in eggs
 and vanilla and then flour.
 Spoon into patty cases
 Bake 180°C about 15 min

QK

125	g	butter
$\frac{3}{4}$	cup	sugar
2		beaten eggs
2	cups	self raising flour
$\frac{2}{3}$	cup	milk
		vanilla
pinch		salt

Cup Cakes 2

icing sugar
whipped cream

Line patty tin with patty cases
Cream butter and sugar then add eggs beat until light and fluffy, add vanilla. Fold in sifted flour alternately with the milk.
Spoon into paper cases.
Bake 190°C for about 15 min.

For Butterfly Cakes bake at 200°C.
When cool cut top from cakes cut wedge in half.
Fill hole with cream and place cut halves on top to represent wings. Dust with icing sugar.

Cup Cakes 3

5	Tbsp	butter, softened
1½	cup	self raising flour
½	cup	sugar
½	cup	milk
1		egg
1	tsp	vanilla

Combine egg milk, soft butter, add to flour and sugar, combine all well.
Divide between 6 patty cases held firm in muffin tray
Bake, oven 180°C for 20 min or till cooked.
Cool

--Icing--

1	cup	icing sugar
2	Tbsp	soft butter
		Vanilla

Dust with icing sugar

Combine icing ingredients
Spread over cakes when cold.

Golden Crisps

120	g	butter
180	g	sugar
1	Tbsp	golden syrup
1	tsp	soda
3	Tbsp	cold milk
240	g	plain flour

Cream butter and sugar.
Mix soda with milk, stir in.
Add remaining ingredients.
Sprinkle with salt, don't mix, press into swiss roll tin, lined with Gladbake prick with fork.
Bake Mod oven 1 hour.

QK

250	g	malt biscuit
155	g	butter
$\frac{3}{4}$	tin	condensed milk.
1 ½	cups	coconut

Malt Biscuit Slice

Combine melted butter with crushed biscuits
Press into Gladbake lined swiss roll tin. Prick with fork
Bake 180°C for 5 min.
Combine condensed milk and coconut.
Spread over base . Bake 20 min.
While hot, ice with chocolate icing.
Chill, cut into fingers.

Oriental Delight

125	g	butter
¾	cup	sugar
1		egg
1 ½	cups	plain flour
½	tsp	baking powder
½	cup	coconut
1	cup	dates & nuts
1	Tbsp	cocoa
4	Tbsp	milk
1	tsp	cinnamon
		salt

Cream butter and sugar add egg, beat well, add remaining ingredients, mix well. Press into Gladbake lined swiss roll tin. Bake 180°C for 20 min or till golden brown (may be iced with peppermint icing)

QK

Custard Biscuit

60	g	butter
1		egg
90	g	sugar
1 ½	cups	plain flour
		vanilla
2	tsp	baking powder
¼	cup	custard powder
½	cup	milk
		---Chocolate Icing---
1 ½	cups	icing sugar
1	Tbsp	honey
3	Dsp	cocoa
1	Dsp	butter
3	tsp	boiling water

Cream butter and sugar add egg, beat, add all. Combine well. Spoon lots on Gladbake covered tray, press with a wet fork. Bake 180°C for 10-15 min

Stick together with chocolate icing

Combine all
Spread between cool biscuits.

FB

Cream Puffs

½	cup	butter
1	cup	hot water
1	cup	plain flour
3		eggs

Melt butter in water. While boiling, beat in flour. Remove from stove, cool. Stir in one egg at a time. Teaspoon lots on cold tray on Gladbake. Bake at 220°C for 25 min then 190°C for 25 min.

Cream Filling for Puffs (if fresh cream not available)

1	cup	scalded milk
3	Tbsp	plain flour
¼	cup	sugar
2		egg yolks OR
1		egg
		vanilla
pinch		salt

Mix sugar flour and salt in bowl. Stir in milk. Place all in double boiler-heat. Stir till mixture thickens. Cover and heat while beating egg yolks. Stir a little of milk into yolks - stir yolk mixture into double boiler mixture. Cook 1 min remove from heat add vanilla cool

QK

125	g	butter
1	Tbsp	cocoa
1 ½	cups	plain flour
1	tsp	baking powder
1		egg
¾	cup	sugar
1	cup	coconut
		milk

Chocolate Shortcake Slice

Cream butter and sugar add egg, beat well.
 Add all remaining ingredients. Combine well
 Divide mixture in half press into Gladbake lined
 swiss roll tin. Combine coconut with as much
 milk as it will absorb and spread of mixture.
 Cover with 2nd half mixture.
 Bake 180°C for 20 min or till golden brown
 May be iced with chocolate or lemon icing

Custard Square

2	sheets	puff pastry cooked
1	cup	cream
1	cup	milk
1	vanilla	instant pudding

Beat cream, milk and instant pudding until thick-
 about 5 min
 Sandwich between the 2 cooked pastry sheets.
 Ice with chocolate icing

FB

1	large cup	self raising flour
1	cup	coconut
1	small cup	sugar
115	g	butter, melted
1		egg, beaten

Coconut Biscuits

Place dry ingredients in bowl, mix
 Add butter and egg, mix all together.
 Spoonfulls on Gladbake covered slide
 Mod oven (170°) 15-20min

Lemon Tarts

8	small	sweet flan shells
1		egg
¼	cup	caster sugar
2	Tbsp	cream
2	Tbsp	lemon juice
1	Tbsp	orange juice
½	Tbsp	lemon rind, grated
2	Tbsp	icing sugar

Cook pastry shells
 Mix egg, sugar and cream in a bowl
 Mix in strained juices, add rind pour into jug
 Carefully pour mixture into shells
 Bake at 180°C for about 15 min or until set.
 Cool before unmolding
 For glazing; dust tarts with icing sugar heat under griller till
 glazes

Icing, Lemon

2	cups	icing sugar
30	g	butter

Mix the icing sugar with the softened butter, add lemon
 juice till thick but spreadable

Icing, Chocolate

150	g	chocolate
90	g	butter
		icing sugar

Soften chocolate over hot water add softened butter
 Add enough icing sugar till thick but spreadable;
 about 2-3 cups icing sugar

Icing, Chocolate 2

1½	cups	icing sugar	Combine all very well
1	Tbsp	honey	
3	dsp	cocoa	
1	dsp	butter	
3	tsp	boiling water	

Icing, Plain

2	cups	icing sugar	Combine sugar and softened butter, add a little milk at a time, until icing is firm but spreadable
30	g	butter	
		Milk	

Fudge Icing

200	g	butter soft	Beat icing sugar and butter add chocolate Beat until smooth. Sandwich together the two cakes. with half icing, Top with remaining half icing.
200	g	icing sugar	
200	g	melted dark chocolate	

FB

125	g
125	g
1	dsp
1	Tbsp

---Add---

250	g
½	tsp
½	cup

Sultana Biscuits

butter
sugar brown
golden syrup
milk
vanilla

plain flour
baking powder
sultanas

Melt in saucepan; butter sugar syrup and milk
add vanilla then remaining ingredients
Place spoonfuls onto glad bake covered oven slide
Press with wet fork
Bake 170 C for 15-20 min

Cakes

Banana Cake 1

125	g	butter
¾	cup	sugar
1		egg
1 ½	cups	self raising flour
3		ripe bananas, mashed
2	Tbsp	milk
1	Tbsp	baking soda
pinch		salt

Cream butter and sugar, add egg beat, add flour then bananas, mix well. Add soda dissolved in milk, salt. Combine. Pour into a Gladbake lined 20cm tin.

Bake 180°C for 45 min

FB

Banana Cake 2

125	g	butter
1		egg
1	tsp	nutmeg
½	cup	walnuts
½	cup	sugar
2-3		bananas mashed
1 ¾	cups	plain flour
½	tsp	salt
¼	cup	milk
1	tsp	bicarb soda
¾	tsp	baking pwd
		vanilla

Mix dry ingredients, rub in butter. Separately beat egg, milk and vanilla. Add to flour mixture add bananas, mix. Bake in loaf tin, lined with Gladbake 180°C for 45-60 min

)
)soften with a little milk

QK

Banana Cake 3

½	cup	butter
½	cup	sugar
1		egg
2	large	bananas mashed
1	cup	self raising flour
pinch		salt
1	tsp	cinnamon
1	tsp	mixed spice

Sift together dry ingredients. Cream butter and sugar add beaten egg. Add dry ingredients then fold in bananas Combine well Pour into Gladbake lined tin Bake 170°C for 1 hour Sprinkle the cake with cinnamon and sugar, prior to baking if desired

FB

Chocolate Fudge Cake

225	g	self raising flour
50	g	cocoa
1 ½	tsp	baking powder
275	g	brown sugar
250	g	soft butter
4		eggs
1 ½	tsp	vanilla
75	g	melted chocolate
		--Fudge Icing--
200	g	butter soft
200	g	icing sugar
200	g	melted dark chocolate

Combine all beat till smooth Line two 20cm cake tins with Gladbake Pour mixture, half into each tin Bake 160°C for 35-40 min

Beat icing sugar and butter add chocolate Beat until smooth. Sandwich together the two cakes with half icing; top with remaining half icing.

FB

½	cup	hot water
125	g	butter
1	cup	milk
1	tsp	vinegar
¼	cup	cocoa
1		egg
1 ½	cup	self raising flour
¾	cup	castor sugar
¼	cup	drinking chocolate
½	tsp	bicarb soda

Chocolate Cake 1

Mix dry ingredients, rub in butter
Add water, milk, vinegar and egg. Beat well
Pour into Gladbake lined tin.
Bake 170°C for 30 min

FB

2	Tbsp	butter
1	cup	sugar
2	tsp	golden syrup
1	cup	milk
2		eggs
1	tsp	bicarb soda
2	cups	self raising flour
4	tsp	cocoa

Chocolate Cake 2

Cream butter and sugar, add syrup and eggs beat well.
Mix soda in milk, add alternately with flour and cocoa.
Combine well. Pour into two Gladbake lined sandwich tins.
Bake 170°C for 20 min.
When cool fill with icing or raspberry jam.

QK

3		eggs
1	cup	sugar
½	cup	plain flour
½	cup	cornflour
1	tsp	cream of tartar
½	tsp	baking soda
1	Tbsp	cocoa
1	tsp	cinnamon
2	Tbsp	butter
½	cup	milk

Chocolate Cake 3

Beat eggs and sugar
Add dry ingredients
Stir in well,
Heat milk and butter till melted
Combine all.
Pour into Gladbake lined tin
Bake 180°C for 20 min

-Orange Cake---

Omit cocoa, and milk. Add ½ cup orange juice and some orange rind.

-Coffee Cake---

Omit cocoa. Add 1 Tbsp coffee essence to egg and sugar. Omit 1 Tbsp milk.

FB

1	cup	self raising flour
2	Tbsp	cocoa
2		eggs
½	tsp	baking soda
½	cup	caster sugar
1		green apple, grated
125	g	pecan nuts
1	cup	grated carrot
½	cup	oil

Chocolate Carrot Cake

Combine apple, eggs, nuts, carrot and oil to dry ingredients

When well mixed, pour into Gladbake lined 20cm tin
Bake at 170°C for 20 min or until cooked.

FB

3		eggs
125	g	sugar
½	cup	self raising flour
¼	cup	cornflour
2	Tbsp	hot milk

Sponge Roll

Beat egg whites, gradually add sugar beat, add egg yolks.

Sift flours, fold gently into egg mixture, lastly fold in hot milk. Pour into lined (with Gladbake), 30 x 20 cm Swiss roll tin.

Bake in oven at 200°C 10-12 min.

When cooked, turn onto sugared paper, trim edges
Roll up when hot. When cold unroll and fill, re-roll

BB

4		eggs
125	g	sugar
125	g	self raising flour
1	Tbsp	coffee essence

Coffee Sponge

Beat eggs and sugar add coffee essence beat until creamy, 15 – 20 min.

Fold in sifted flour pour, into Gladbake lined round tin.
Bake, oven 190°C for about 20 min

FB

4		eggs
250	g	sugar
250	g	plain flour

Victoria Sponge

Beat eggs and sugar (about 20 min) add vanilla essence. Fold in flour.

Pour into two greased or Gladbake lined 20cm tin.
Bake oven 170°C for 45 min.

QK

3		eggs
4	Tbsp	sugar
4	Tbsp	cornflour
1 lge	dsp	plain flour
1	tsp	baking powder
		lemon essence

Fielders Sponge

Beat eggs and sugar

when creamy add essence

fold in sifted dry ingredients.

Pour into two greased or Gladbake lined round tins.

Bake, oven 190°C for about 20 min.

Orange Cake

200	g	orange
175	g	butter
¾	cup	sugar
2	cups	self raising flour
3		eggs

Cut orange then puree.

Beat butter and sugar add eggs and beat.

Stir in orange pulp

Fold in flour, pour into Gladbake lined tin

Bake in oven 170°C about 45min.

Maybe iced with cream cheese and icing sugar

QK

450 tin
1 cup
4 Tbsp
4 tsp

Pineapple Filling for Sponge or Shortcrust Cases

crushed pineapple
water
sugar
gelatine

Boil all 3 min Bottle. Use as needed.

QK

1 cup
1 cup
1
1 Tbsp

Lemon Filling for Sponge

sugar
water
juice and rind of lemon
cornflour (heaped)

Mix together well, heat gently, boil 5-10 min
Store in fridge.

FB

250 g
1 cup
3
1 ½ cups
1 cup
pinch
1 tsp

Carrot Cake

carrots grated
safflower oil
eggs
self raising flour
brown sugar
salt
bicarb soda

Beat oil, sugar, and eggs together
Add flour, soda, cinnamon, salt, mix,
Add carrots, fold in well.
Line 20cm tin with Gladbake, pour mixture in.
Bake oven 180°C 20-30 min or light brown

FB

½ cup
½ Tbsp
1 tsp
½ tsp
½ Tbsp
½ tsp
½ tsp
¼ tsp
½ Tbsp
¼ tsp
3 cups
1 cup
¾ cup
125 g
1

Gingerbread 1

brown sugar, packed
coriander
cinnamon
salt
ground ginger
ground cloves
nutmeg
dry mustard
baking powder
bicarb soda
plain flour
boiling water
golden syrup
butter
egg beaten

Stir over low heat the syrup, butter until melted,
add water onto dry mix add egg
Combine all
Line 20cm tin with Gladbake pour mixture in
Bake in oven at 180°C for about 30-40 min.

FB

3 cup
1 dsp
½ cup
½ cup
1 cup
½ cup
2
1 dsp
1 tsp

Gingerbread 2

plain flour
bicarb soda
melted butter
milk
treacle
brown sugar
eggs
ground ginger
cinnamon

Heat treacle gently add soda, when fizzes, cool.
Beat sugar eggs and milk, stir into treacle mixture,
add butter.
Stir this mixture into dry ingredients.
Pour into Gladbake lined lamington tin. (large slice tin)
Bake in oven 180°C for 45 min.
May be iced with lemon icing.

FB

500	g	apples	Peel, core, slice apples, boil with water and 90gms sugar
2	Tbsp	water	
90	g	sugar	Cook covered, strain juice and reserve, cool pulp
125	g	butter	Cream butter and extra sugar, beat in egg yolks.
125	g	extra sugar	Add sifted flour and lightly whipped cream,
220	g	self raising flour	fold in apple pulp
3		eggs, separated	Whip whites till stiff, fold into mixture.
½	cup	cream	Pour into Gladbake lined loaf tin
½	tsp	cinnamon	Bake 180°C for 50 min or till cooked.
			Pour apple juice over cake as soon as cooked sprinkle with cinnamon.

Apple and Cinnamon Layer Cake

3		apples	
125	g	butter	Cream butter and sugar, beat in eggs and cream.
¾	cup	caster sugar	Fold in dry ingredients.
2		eggs	Spread half mixture in Gladbake lined round tin.
¾	cup	self raising flour	Peel core and thin slice apples, place half over mixture,
⅓	cup	plain flour	Cover with remaining mixture, lastly second half
½	cup	sour cream	apples. Sprinkle with cinnamon
1	tsp	cinnamon	Bake in oven 180°C for 45 -50 min.

---Variation---

A layer of 2 Tbsp sultanas, 1 Tbsp raw sugar, ½ tsp cinnamon
Sprinkle over first layer of apple.

Apple Cake

60	g	butter	Beat butter and sugar; add egg, beat
60	g	sugar	Combine all.
1		egg	In Gladbake lined tin; place half mixture,
¼	cup	milk	Spread over with stewed apple (strained)
125	g	self raising flour	Spread over remaining mixture.
			Bake, 180°C for 30-40 min.

FB**Orange Cake**

2		eggs	
¾	cup	caster sugar	Beat butter sugar, when creamy add egg beat.
⅓	cup	milk	Add milk and dry ingredients alternately.
1	grated	orange rind	Fold in grated rind.
125	g	butter	Line 20cm tin with Gladbake, pour in mixture.
1 ½	cups	self raising flour	Bake 180°C oven for 30-35 min
			<u>May be iced.</u>
	--Icing--		
1	Tbsp	melted butter	Mix butter and icing.
1-2	cups	icing sugar	Add enough orange juice to make firm icing.
		orange juice	Spread over cold cake.

QK

2	Tbsp	butter
½	cup	sugar
⅓	cup	milk
1	cup	self raising flour
410	tin	pineapple, crushed
		salt

Pineapple Cakes (small)

Line patty tins with patty cases.
 Beat all together except pineapple. Beat for 3 min.
 Fold in drained pineapple.
 Drop spoonfuls into paper patty cases.
 Bake oven 180°C for 15 min.
 Yields 24.

Sultana Cake

125	g	butter
125	g	sugar
2		eggs
5	Tbsp	milk
90	g	sultanas
½		grated lemon rind

Cream butter and sugar add eggs beat,
 fold in sultanas and rind.
 Mix in flour and milk alternately.
 Pour into Gladbake lined tin 17 cm round.
 Bake at 170°C for 1 hour and 10 min.

FB

500	g	sultanas
1	cup	water
250	g	butter
250	g	sugar
1	dsp	golden syrup
4		eggs
375	g	plain flour
1	tsp	baking powder
1	tsp	vanilla essence
1	tsp	lemon essence

Sultana Cake 2

Boil sultanas in water, till absorbed, leave to cool.
 Cream butter and sugar add syrup
 Add beaten eggs
 Stir in flours then sultanas and essence.
 Pour into Gladbake lined tin.
 Bake 160°C for 1 ½ hours.

FB

300	ml	cream, thickened
1	cup	custard, thickened
12		pastry shells cooked.
1	punnet	strawberries
1	punnet	blueberries
1	punnet	raspberries

Berry Tarts

Beat cream till soft peaks form
 Stir in custard
 Spoon into pastry cases.
 Top with berries. Dust with icing sugar

FB

12		pastry shells cooked.
125	g	ricotta – sweet
1	Tbsp	cream
200	g punnet	raspberries
1	Tbsp	coconut
1		egg

Raspberry and Coconut Cheesecake Tartlets

Combine ricotta, and egg then cream
 Divide between cases;
 Top with raspberries sprinkle with coconut.
 Bake at 160°C for 10-12 min.

Glace Fruit Cake

350	g	dry apricots
250	g	raisins
200	g	glace pineapple
200	g	glace cherries
100	g	coconut
½	cup	rum
6		eggs
1	cup	caster sugar
1	cup	plain flour
1	Tbsp.	rum.
few		pecan/macadamia nuts.

Chop fruit roughly, add rum, soak over night.
Pre-heat oven to 150°C. Line two 18 cm cake tins with baking paper.
Add coconut to fruit, mix in well,
Whisk together eggs and sugar, mix well do not cream, add to fruit, sift in flour, add nuts mix well
Spoon into tins ensuring no air pockets.
Bake in oven for about 50 min or when cake is cooked.
Remove cake from oven, brush each cake with rum.
Add pecan nuts.
Wrap in foil and leave till cold.

FB

4		egg yolks
2	Tbsp	hot water
½	cup	sugar
¾	cup	SR flour
		vanilla

Egg Yolk Sponge

Beat egg yolks, add hot water beat,
Add sugar beat well, fold in flour.
Pour into Gladbake lined tin.
Bake 200°C for 20 min.

QK

125	g	butter
125	g	sugar
2		eggs beaten
1	dsp	golden syrup
190	g	plain flour
2	tsp	baking powder
½	cup	ginger ale
750	g	mixed fruit

Ginger Ale Cake

Cream butter and sugar add beaten egg and syrup.
Add dry ingredients then fold in ginger ale and fruit alternately.
Bake 150°C for 2 ½ -3 hours

Tropical Fruit Cake

155	g	butter
100	g	sugar
1	tsp	cinnamon
1	cup	water
½	cup	pineapple dried chopped
½	cup	pears dried chopped
½	cup	pawpaw dried chopped
½	cup	dates chopped
½	cup	ginger chopped

Mix and boil first ingredients together 3 min
Cool completely

Add--:

2		beaten eggs
1	cup	walnut pieces
1	cup	self raising flour
1	tsp	bicarb soda
1 ½	cups	plain flour

Mix all together really well.
Line tin with Gladbake, pour mixture in.
Bake in oven 180°C for 1 ¼-1 ½ hours.

Fruit Cake

125	g	butter
¼	cup	brandy
2-3		eggs beaten
190	g	plain flour
1	small tin	crushed pineapple
1	tsp	glycerine
750	g	mixed fruit medley
100	g	sugar
		vanilla essence
		lemon essence
		almond essence
¼	tsp	allspice
¼	tsp	cinnamon
¼	tsp	nutmeg

Soak fruit in brandy overnight (include; chopped ginger, apricots and prunes.)
 Cream butter and sugar add eggs and glycerine.
 Fold in dry ingredients alternately with fruit and pineapple. Pour into paper lined tin.
 Bake 150°C for 2 ½ -3 hours.

FB

Boiled Fruit Cake

125	g	butter
1	cup	water
1	tsp	bicarb soda
1	tsp	allspice
½	tsp	nutmeg
650	g	mixed fruit
1	cup	sugar
2	lge	egg beaten
2	cups	plain flour
1	tsp	baking powder

Boil water, butter, sugar, spices and fruit till sugar dissolved.
 Cool-lukewarm.
 Add egg; and soda, mix well, blend in the flour.
 Line tin with Gladbake; pour in mixture.
 Bake at 150°C for ½ hour then 130°C for approx 1 ½ to 2 hours.

FB

Drover's Christmas Cake (Makes two cakes)

500	g	raisins
500	g	currants
500	g	fruit medley
125		glace cherries
125		blanched almonds
1	cup	prunes, chopped
2	Tbsp	treacle
1	cup	rum/brandy
4 ½	cups	plain flour
½	tsp	bicarb soda
1	dsp	allspice
1	dsp	cinnamon
¼	tsp	ground cloves
500	g	butter oven.
500	g	brown sugar
10		eggs beaten

Soak fruit in brandy overnight
 Pre-heat oven 130°C. Double line two 20 cm cake tins, Or One 28-30 cm cake tin with Gladbake.
 Pour treacle over soaked fruit, mix well.
 Cream butter and sugar add eggs gradually beat well between each addition
 pour onto fruit mixture, mix well.
 Pour in remaining dry ingredients, ensure all is well combined. Spoon into prepared tin, smooth the surface with wet hands. Place in oven.
 Bake for about 3 ½ - 4 hours.
 When cooked (test with wooden skewer) remove from
 Brush 2 tablespoons rum over cake, cover while hot with double layer of foil, leave 24 hours to cool
 Store in air tight tin.

FB

90	g	plain flour
pinch		salt
500	g	icing sugar
1		egg
60	g	butter
3	tsp	almond essence

Almond Paste for Festive Cake

Combine all, knead.
Roll out.
Brush cake with smooth jam.
Cover cake with paste smooth out.

FB

500	g	icing sugar
1		egg white
2	Tbsp	liquid glucose
		lemon essence

Fondant Icing

Combine all, knead.
Roll out.
Brush cake with sugar dissolved in a little hot water.
Cover cake with icing smooth out.

FB

1		egg white
1	tsp	glycerine
		icing sugar
		few drops lemon juice

Royal Icing

Mix enough icing sugar into egg white to hold form when used in icing forcer.

FB

250	g	butter
250	g	caster sugar
4		eggs beaten
1	tsp	vanilla
375	g	self raising flour
250	mls	milk
		---Icing---
4	cups	icing sugar
60	g	butter
8	Tbsp	boiling water
4	Tbsp	cocoa
3	Tbsp	coconut

Lamington Cake

Cream butter and sugar add eggs and vanilla,
Fold in dry ingredients alternately with milk.
Pour into lamington tin, lined with Gladbake.
Cook at 180°C for 1 hour.
When cold cut into squares.

Place butter, water, cocoa, in saucepan, stir when butter melted, add sifted icing sugar.
Beat till smooth.
Keep hot while dipping cake squares, roll in coconut.

FB

1	Tbsp	butter
½	cup	sugar
1		egg beaten
½	cup	milk
1	cup	self raising flour
		Vanilla essence

Cinnamon Tea Cake

Cream butter and sugar add egg, beat,
Mix in milk, flour and vanilla.
Pour into Gladbake lined tin,
bake at 180°C for 15 - 20 min.
While hot spread top with butter and sprinkle with coconut, sugar and cinnamon.
Serve buttered.

Italian Pecan Cake

5		eggs
1	cup	sugar
1	cup	self raising flour
1	cup	pecan nuts chopped
⅔	cup	olive oil

Beat eggs, add sugar beat, add flour, oil and nuts,
Fold together well.
Line tin with Gladbake, pour in mixture.
Bake at 180°C for 30 - 40 min.

Microwave Cake

250	g	dates, chopped
1 ¼	cups	water
125	g	butter
1	tsp	ground ginger
1	tsp	bicarb soda
¾	cup	sugar
2		eggs
1 ¼	cups	self raising flour

In pan heat water, dates, butter and ginger boil for 1 min only.
Stir in well, sugar eggs then flour.
Pour into 1 ½ litre microwave dish.
Microwave on high 14 -15 min Stand 2 min.

---Sauce---

1	Tbsp	cornflour
1	cup	water
1	cup	brown sugar
		Vanilla essence

Blend cornflour, water, sugar over low heat till sugar dissolves.

Wholemeal Date and Honey

125	g	butter
1		egg
½	cup	raw sugar
250	g	dates, chopped
2	Tbsp	honey
⅔	cup	milk
1	cup	self raising flour
1	cup	wholemeal flour

Melt butter, add all but flours,
Add mixture to flours.
Pour into 20cm greased ring tin.
Bake in 180°C oven for about 50 min.

FB

175	g	self raising flour
Large	Tin	Pears, chopped
150	g	butter, melted
3		eggs, beaten
50	g	almonds grated
150	g	sugar
100	g	cooking chocolate

Pear Chocolate Almond Cake

Mix flour, eggs, sugar, butter and almonds,
Roll cubed pears in flour, fold in to mixture with
½ grated chocolate.
Combine all.
Pour into baking paper lined tin. Sprinkle over cake the
rest of grated chocolate.
Bake at 210°C for 10 min then 180°C for 30 min.

FB

2	Tbsp	butter
½	cup	sugar
2		egg yolks
2		egg white
5	Tbsp	milk
1	cup	coconut
1	cup	self raising flour
½	cup	caster sugar
		vanilla

Macaroon Cake

Cream butter and sugar, add egg yolks, beat,
Add flour and milk, blend well.
Pour into baking paper lined tin.
Beat egg whites add caster sugar beat.
Fold in coconut, spread over cake.

Bake at 180°C for 35 min.

Ginger Cake

4		eggs
250	g	butter
250	g	sugar
1	cup	pecan nuts chopped
1	cup	golden syrup
3	cups	plain flour
$\frac{2}{3}$	cup	olive oil
2	tsp	cinnamon
1	dsp	ginger
1	cup	water
2	tsp	baking soda
$\frac{1}{4}$	cup	hot water
$\frac{1}{2}$	cup	olive oil

Beat butter and sugar add eggs, beat well.
Add remaining ingredients including soda dissolved in hot water,
Combine well.
Pour into Gladbake lined swiss-roll tin.

Bake 180°C for 30 min or when cake probe inserted comes clean

Custard Cake

250	g	butter
2		eggs
500	g	plain flour
1	cup	milk
1	cup	sugar
750	g	fruit
		Vanilla essence & salt
1	tsp	bicarb-soda

Rub butter into flour. Heat milk add beaten eggs to make custard.

Add to dry ingredients. Place into greased tin.

Bake in 180°C 30 – 45 min.

Chocolate Sponge

3		eggs separated
6	Tbsp	cornflour,
2	Tbsp	cocoa
2	tsp	baking powder
1	Tbsp	butter with
4	Tbsp	boiling water
3	Tbsp	sugar

Beat egg whites gradually
Add sugar, add yolks, beat.
Add dry ingredients.
Fold in butter and water.
Place into greased tins.
Bake 200°C 10-15 min.

Sachertorte (European Chocolate Cake for Amanda)*****

375	g	plain chocolate
190	g	unsalted butter
190	g	caster sugar
5		eggs
75	g	ground almonds
40	g	self raising flour
5	Tbsp	apricot jam

Pre-heat oven to 180°C.
Melt 225 g of the chocolate over a bowl of simmering water. Add 100g butter.
Remove from heat, stir in sugar, egg yolks
Whisk egg whites until stiff, fold into choc.
Fold in ground almonds.
Sift and fold in flour.
Pour into greased and Gladbake lined 22cm cake tin.
Bake for 45-60 min until springy to touch.
Turn out and cool on wire rack.
When cool half horizontally and fill with jam.

---Chocolate Icing---

Remaining chocolate/butter

Melt 150g (remaining) chocolate and butter. Easiest in Microwave, melt choc med-high 3-3½ min.
Beat in butter and microwave 15-30 sec on med-high.
Ice when cake cool (e.g., 20 min).

FB

200 g
 175 g
 $\frac{3}{4}$ cup
 3
 2 cups

Orange Cake

navel orange
 butter
 sugar
 eggs
 self raising flour

Roughly cut orange then process to puree
 Beat butter and sugar, add eggs beat
 Add flour and orange puree combine well
 Pour into Gladbake lined tin.
 moderate oven 45 -50 min
 Maybe iced with cream cheese into which icing sugar added.

FB

$1\frac{1}{4}$ cups
 1 tsp
 1 tsp
 1 tsp
 1 cup
 60 g
 1
 $\frac{1}{2}$ cup
 3 large

Apple Cake

plain flour
 cinnamon
 nutmeg
 baking soda
 sugar
 butter
 egg
 milk
 cooking apples
 peeled cored chopped

Combine flour, spices soda and sugar
 Add melted butter and beaten egg then milk
 Beat for 3min

Add chopped apple.Spoon into glabake lined tin
 Bake 170°C 50-60 min

Quick Mix Cakes

FB

125 g
1 cup
3 ripe
½ tsp
1 tsp
2
½ cup
2 ½ cups

Quick Mix Banana Cake

butter
castor sugar
mashed bananas
bicarb soda
lemon rind grated
eggs
sour cream
self raising flour

Combine all ingredients well for 3-5 min.
Line 20cm round tin with Gladbake.
Pour into tin.
Bake at 160°C for 1Hour.

Quick Mix Chocolate Cake

370 g pkt
85 g pkt
1 cup
⅓ cup
2

Chocolate cake mix
choc instant pudding
lemonade
vegetable oil
eggs
whipped cream
strawberries
chocolate to decorate

Line Swiss roll tin with Gladbake.
Place cake-mix in bowl, add pudding-mix, lemonade, eggs and oil. Combine well.
Pour into tin.
Bake 180°C for about 30 min.
Stand 10 min in tin before turning onto cooling rack.
Cut into squares decorate with cream, strawberries and chocolate.

FB

1 cup
1 cup
1 Tbsp
2
½ cup
3 Tbsp

Quick Mix Lil Hay's Chocolate Cake

sugar
self raising flour
cocoa
eggs
milk
vanilla
melted butter

Beat all together well.
Pour into greased ring tin.
Cook 180°C for 30 -35 min.
Or: cook in microwave approx. 10 min.

FB

190 g
¾ cup
1 Tbsp
2 tsp
¾ cup
1 ½ cups
1 ½ tsp

Quick Mix Chocolate Fudge Cake

butter
sugar
golden syrup
cocoa
coconut
plain flour
baking powder

Melt butter, sugar, syrup and cocoa.
Add dry ingredients;
Sultanas or nuts may be added.
Pour into Gladbake lined tin.
Bake 180°C for 10-12 min only.
Ice with chocolate icing when cool.

FB

125 g
1 cup
1 cup
1 cup
2 tsp
2 ½ cups
1 tsp
1 tsp
1 tsp

Quick Mix Boiled Ginger Cake

butter
golden syrup
milk
sugar
bicarb soda
plain flour
spice
ginger
cinnamon

Place all in but dry ingredients in saucepan, when nearly boiling, remove from heat, and stir in dry ingredients.

Line cake tin with Gladbake.
Bake in oven at 180 °C for about 1 hour.

FB

2 tsp coffee powder

Mix coffee powder in 2 cups hot water. Add first group of ingredients and mix.

--Add--:

250 g melted butter
1 tsp ground cloves
1 ½ cups brown sugar
375 g raisins
2 tsp cinnamon
½ cup stewed apple

Line tin 25x30cm with Gladbake.

--Add--:

1 egg

Add beaten egg.

--Add--:

3 ¼ cups plain flour
2 tsp bicarb soda

Combine and mix into the above pour into prepared tin.
Bake 170°C for 55 - 60 min or till cooked.

FB

190 g butter
2 eggs
¾ cup milk
¾ cup brown sugar
1 Tbsp golden syrup
1 ½ cups self raising flour
½ cup plain flour

Combine all but flours,
Add flours.
Pour into greased ring tin.
Place in oven 180°C 50-60 min.

Quick Mix Caramel Cake**FB**

1 cup sugar
3 eggs
2 Tbsp water
1 cup self raising flour
60 g melted butter
2 Tbsp cocoa

Combine all and beat for 3 min.
Pour into Gladbake lined tin.
Bake at 200°C for 15-20 min.

Quick Mix 3 Minute Sponge**QK**

125 g melted butter
Milk
2 eggs
1 cup self raising flour
¾ cup sugar

Place eggs and butter in cup fill to top with milk if needed.
Beat all together for 3 minutes.
Pour into Gladbake lined tin.
Bake at 200°C for 15-20 min.

Quick Mix 3 Minute Sponge 2**FB**

125 g melted butter
1 egg
1 cup self raising flour
¾ cup sugar
1 cup coconut
vanilla

Beat egg in cup; fill cup with milk,
Combine all.
Pour into Gladbake lined cake tin.
Bake 180°C for 30-40 min.
Ice with lemon icing;—2 cups icing sugar
30g butter, mix with lemon juice till thick but spreadable.

Quick Mix Coconut Cake

Quick Mix Sultana Cake

190	g	butter	Combine all except sultanas,
3		eggs	fold in sultanas.
1	cup	caster sugar	Line 20 cm tin with baking paper.
2 ½	cups	self raising flour	Pour in mixture.
1	tsp	mixed spice	Bake at 170°C for 1 ¼ - 1 ½ hours.
⅔	cup	milk	
1	cup	sultanas	
		Vanilla ess	

FB

Quick mix Fruit Cake

1	kg	mixed fruit	Combine well. Pour into prepared tin.
2	cups	orange juice	Bake 170°C for 2 hour.
2	cup	self raising flour	OR. Two loaf tins for 1 hour.

Chocolate Fruit Cake

1	kg	mixed fruit	Soak fruit over-night in milk
600	ml	carton, chocolate milk	Add self raising flour
2	cups	self raising flour	Combine well pour into Gladbake lined tin, cook 180°C, for 90 min.

Confectionary, Punches

FB

1	cup	whisky
2	tsp	instant coffee
1	cup	cream
¼	tsp	coconut ess.
½	cup	condensed milk
800	g	vanilla ice-cream

Home made Baileys

Blend all together. Pour into air-tight bottle, and keep in the refrigerator.

FB

5	cups	cold black tea
440	g	pineapple crushed
750	mls	orange juice
750	mls	orange/lemon cordial
1	litre	dry ginger ale
1	litre	lemonade
1	litre	apple cider

Punch (non alcoholic)

Combine all. Float slices of orange, lemon, and mint leaves on top. Crushed pineapple may also be added. Add ice cubes.

FB

1	lge tin	pineapple
4		lemons sliced thin
375	g	sugar
2	bottles	sparkling white wine
2	bottles	lemonade
2	bottles	soda water
½	cup	brandy

White Wine Cocktail

Combine pineapple, lemon and sugar. Stand overnight.

Chill in bottles 48 hours before use

Combine all, serve.

FB

600	mls	orange juice
1 ½	cup	sugar
2 ½	litre	water
1	tsp	citric or tartaric acid

Orange Drink

Dissolve all in a little hot water
Add balance of cold water
Bottle, chill.

FB

1	cup	sugar
1	tsp	lemon essence
½	tsp	ground ginger
1	tsp	cream of tartar
1	tsp	citric acid
2 ½	litre	water

Ginger Beer

Dissolve all in a little hot water,
Add balance of cold water.
Bottle, chill.

Mulled Wine

1	bottle	red wine
1		orange halved
6	whole	cloves
250	g	brown sugar
2	sticks	cinnamon
250	mls	water

Gently heat wine in saucepan. Do not boil.
Add orange and cloves to wine
Add remaining ingredients
Continue to stir until sugar dissolved, remove from heat.
Allow to stand, serve hot.

Black Velvet

stout
champagne

Equal quantities stout and champagne.

Brandy Bitters

30	ml	brandy
3	dashes	bitters
		soda water or ginger ale

Mix and serve

Irish Coffee

1	cup	hot black coffee,
1	tsp	sugar.
45	ml	Irish Whisky. cream

Add hot coffee and sugar and stir
Add Irish Whisky. Float cream on top

Cherry Brandy

$\frac{3}{4}$	cup	sugar
1 $\frac{1}{2}$	cups	water
1 $\frac{1}{2}$	cups	brandy
$\frac{1}{2}$	tsp	glycerine
$\frac{1}{2}$	tsp	cochineal

Dissolve sugar in a little hot water, cool.
Add remaining ingredients, stir well.
Store in air-tight bottles for 2 weeks in a cool place

Makes 3 cups.

Coffee Liqueur

1	cup	sugar
1 $\frac{1}{2}$	Tbsp	rum
1	Tbsp	instant coffee
1	cup	hot water
2	tsp	vanilla
1	cup	brandy

Combine in saucepan, stir over gentle heat till sugar dissolves, bring to boil.
Boil for 3 min, cool.
Add brandy and rum.
Mix well. Pour into bottles, place in cool place for two weeks.
Serve.

Crème de Menthe

$\frac{3}{4}$	cup	sugar
1 $\frac{1}{2}$	cups	water
1 $\frac{1}{2}$	cups	brandy
2	drops	almond essence
1	tsp	peppermint essence
$\frac{1}{2}$	tsp	green colouring
$\frac{1}{2}$	tsp	glycerine

Dissolve sugar in a little hot water,
cool, Add remaining ingredients.
Stir well. Store in air-tight bottles for 2 weeks
in a cool place.

Still Lemonade

1		lemon, peel & juice
20	mls	water
25	g	sugar
		ice cubes

Place in saucepan, peel, juice, pith of lemon and water
Boil for 1 min, cool add sugar to taste,
Serve on ice cubes.

Apple Fizz Drink

1	small	apple
		mineral or soda water
		vanilla icecream
		apple juice

Place scoop ice-cream in tall glass,
add juice to half fill glass,
Fill glass with soda water.
Decorate with thin apple slices.

FB

Chocolate Fudge

3	cups	sugar
2	Tbsp	cocoa
2	Tbsp	golden syrup
1	Tbsp	butter
¾	cup	milk
1	pinch	salt

Bring all to boil in a saucepan, while stirring.
Boil until mixture rolls into balls when
dribbled into cold water, add vanilla.
Beat mixture till thickened, pour into greased tray.
When nearly set, cut into squares.

FB

Coconut Ice

500	g	Icing sugar
1	tsp	vanilla
125	g	coconut
125	g	copha
2		egg whites

Combine all well. Place half mixture in
lined 30x20 cm tin.
Press well till flat and even. Colour other half mixture,
usually pink, mix in well and press onto first half.
Leave to set, cut into squares.

FB

Chocolate

500	g	copha
		fruit-ginger-nuts
1	cup	Icing sugar
3	Tbsp	cocoa
1	cup	full cream dried milk powder

Melt copha add dry ingredients, mix well.
Line 30x20cm tin with ginger, fruit etc.
Gently pour chocolate over; when nearly set, cut into
squares

French Jellies

6	cups	sugar
1	pinch	cream of tartar
300	mls	hot water
8	Tbsp	gelatine
1	pkt	jelly crystals

)-
)- bring to boil in large saucepan,
)-
Combine all, boil 20 min. Pour into greased tray
20x30x4 cm tray.
Cool. Cut into squares. Roll in cornflour.

Cream Caramels

1	tin	condensed milk
62	g	butter
125	g	sugar
1	Tbsp	vanilla

Combine in double boiler, stir often.

Boil for 15 min.
Add vanilla when cooked, pour on to buttered plates.

Uncooked Slices

QK

½	tin	condensed milk
125	g	butter
½	cup	coconut
½	cup	Weetbix/cornflakes
½	cup	sultanas/apricots
250	g	wine biscuits
1	tsp	vanilla

Crush Weetbix and biscuits, dice apricots, Combine all.
Press into Swiss roll tin.
Ice.

FB

¾	cup	sugar
125	g	butter
1		egg, beaten
250	g	wine biscuits
1	dsp	cocoa
		vanilla

Bring to boil slowly whilst stirring; add butter, sugar and beaten egg.
Crush wine biscuits, add cocoa and vanilla
Combine all.
Press into Swiss roll tin.
Cut when cold.

Uncooked Christmas Cake

1	cup	chop prunes
1	cup	raisins
1	cup	sultanas/apricots
½	cup	lemon peel
½	cup	cherries
½	dsp	almond ess.
½	cup	almonds
½	cup	butter
2	Tbsp	honey
1	tsp	coffee
4	cups	malt biscuits
1	tsp	nutmeg
1	tsp	cinnamon
1	tsp	mixed spice

Mix chopped fruit, nuts and spices.
Cream butter and honey, combine with fruit etc.
Stand for 2-3 hours.
Mix in crushed biscuits.
Press into Swiss roll tin. Lined with Gladbake paper.
Leave for few days.
Store in refridgerator.

Note: Biscuits = 1 packet plus 14 biscuits.

FB

250	g	butter-melted
¾	cup	coconut
½	cup	chopped walnuts
½	tin	condensed milk
250	g	wine biscuits-crushed
1		orange rind-grated

Combine all
Press into slice tray
Walnuts maybe omitted

Icing

2	cups	icing sugar
30	g	butter-melted
		orange-juice

Combine icing sugar and butter
Gradually add juice; spread icing over slice
Chill overnight cut into squares

FB

1	cup	sugar
120	g	butter
1		egg
1	cup	coconut
1	cup	chopped dates

Boil all for 5 min.
Add 3 cups rice bubbles,
When cool roll into balls.
Roll in coconut.

FB**Milky Crunch**

250	g	copha	Melt Copha add all, combine well.
1	cup	skim milk powder	Pour into slice tin.
1	cup	icing sugar	Chill, cut into squares.
1	cup	coconut	
1	cup	rice bubbles	
1	cup	sultanas	

FB**Fudge Roll / Lollie Cake**

½	tin	condensed milk	Combine all.
125	g	melted butter	Form into log, roll in coconut.
1	pkt	malt biscuits	
2	Tbsp	cocoa	Chill. Slice.
24	fruit puffs or similar (lollies) eg. bananas musk sticks		

FB**Mint Balls**

2	pkts	chocolate thins eg; chocolate wheatmeal biscuits, tim tams; crushed.	
1	tin	condensed milk.	
15-25		oddfellow peppermints.-crushed	Combine all. Roll into balls then roll in coconut.

FB**Rum Truffles**

5	cups	cake crumbs	Mix all to-gether well,
¼	cup	castor sugar	Form into balls.
2	Tbsp	cocoa	Roll in chocolate sprinkles.
3	Tbsp	apricot jam	Serve in tiny patty cases.
1	Tbsp	rum	

FB**Peppermint Roll**

12	oddfellow peppermints	Crush, combine and roll into logs roll in coconut.
1	pkt Malt biscuits	
400	g condensed milk	
½	cup coconut	
2	Tbsp Cocoa	Chill then slice.
1	pkt Cherries (optional)	

FB**Rum Balls**

8		Weetbix crushed	Combine all, chill, roll into balls then roll in coconut.
½	cup	coconut	
1	tin	condensed milk	
2	Tbsp	rum	
1	cup	currants	
2	Tbsp	cocoa	
		rum essence.	

FB

1 tin
2 cups
2 cups
3 cups

Apricot Balls

Condensed milk
cornflakes crushed
coconut
minced apricots

Combine all, chill, then roll into balls roll in coconut.

Ginger Balls

60 g
1 tin
3 Tbsp
1 pkt
2 Tbsp
5 Tbsp
3 Tbsp
3 Tbsp

copha melted
condensed milk
brandy
ginger bisc crushed
cocoa
ginger chopped
sultanas chopped
almonds chopped

Combine, and roll into balls, roll in coconut.

FB

4 cups
1 cup
1 ½ cup
250 g
3 Tbsp

Chocolate Crackles

rice bubbles
coconut
Icing sugar
copha melted
cocoa

Combine all. Place 2 teaspoon lots in each patty case. Chill.

Chocolate Slice

375 g
1 tin
2-3 soupsp
100 g

milk chocolate
condensed milk
crunchy peanut butter
macadamia nuts-chopped

Melt chocolate and condensed milk 2-3 min in microwave, stir in peanut-butter and nuts, press into tin. Chill and cut.

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Bread	14,15	Chocolate Crackles	108
Buns and Muffins	14,17,19-21,79-83	Chocolate Fruit Cake	100
Butterscotch Biscuit	70	Chocolate Fruit Fingers	74
Butterscotch Biscuits	76	Chocolate Fudge	79, 104
Butterscotch Pudding	58,59	Chocolate Fudge Cake	98
		Chocolate Fudge Fingers	80
		Chocolate Loaf	19
		Chocolate Lodge Pudding	58

Chocolate Mousse	60	Custard Square	84
Chocolate Nut Slice	74	Custard Tart	58
Chocolate Sauce for Ice Cream	50	Date & Ginger Slice	75
Chocolate Shortcake Slice	84	Date Bran Muffins	19
Chocolate Slice	108	Date Fingers	71
Chocolate Soufflé	66	Date Loaf	18
Chocolate Sponge	96	DESSERTS	56
Chow Mein	39	Deville Beef	43
Christmas Cake	93,106	Dip	23,24
Christmas Ice Cream Pudding	64	Dorothy Long's Casserole	44
Cinnamon Apple Cake	90	Drover's Christmas Cake	93
Cinnamon Tea Cake	94	Dutch Loaf	19
Coconut Biscuits	84	Egg and Bacon Pie	35
Coconut Blancmange	58	Egg Yolk Sponge	92
Coconut Cake	99	ENTREE AND APPETIZERS	22
Coconut Cakes	78	Fielders Sponge	88
Coconut Ice	104	Fish	23,29,31-33,35,37,38
Coconut Shortbread	78	Fish Batter	35
Coffee Cake	87	Fish Cakes	33
Coffee Liqueur	103	Fish Dish	38
Coffee Sponge	88	Fish Kedgeriee	35
Coleslaw Dressing	49	Fondant Icing	94
Condensed Milk Biscuits	70	Frangipani Pie	66
CONFECTIONARY, PUNCHES	102	French Dressing	49
Conversions	13	French Jellies	104
Cornish Pasties	32	French Toast	15
Courgette and Salmon Quiche	29	Fried Rice	33
Crab Dip	24	Frozen Lemon Pie	59
Cream Caramels	104	Fruit Cake	93,100
Cream Corn Dip	24	Fruit Loaf	18
Cream Puffs	83	Fruit Meat Balls in Sauce	22
Creamed Potato	42	Fruit Salad Sparkle	64
Creamed Rice	67	Fruit Slice	81
Creamed Sago	66	Fruit Squares	80
Creamed Soups	27	Fudge	106
Creamed Spinach	42	Fudge Icing	85
Creamed Tapioca	67	Fudge Roll / Lollie Cake	107
Creamy Potato Egg and Mint Salad	52	Gems	16
Crème de Menthe	103	Ginger Balls	108
Crepe	63	Ginger Beer	102
Crunchy Potatoes	42	Ginger Cake, Boiled	98
Cup Cakes	81	Ginger Cakes	92, 96
Currant Fritters	15	Ginger Crisps	72
Currant Loaf	18	Ginger Crunch	73
Curried Beef	37	Ginger Gems	16
Curry	38,40,48	Ginger Nuts	73
Curry Foundation	38	Gingerbread	89
Custard	57	Girdle Scones	17
Custard Biscuit	83	Glaze Fruit Cake	92
Custard Cake	96	Golden Crisps	82

Golden Pudding	62	Marinate	51
Ham and Asparagus Bake	32	Marmalade-glazed Ham	43
Harlequin Pudding	62	Mayonnaise	48,49
Hasty Tasty Biscuits	76	Meat Loaf	38
Heavenly Hash	61	Meringue, Easy	62
Herbed Bread	14	Methven Ginger Cakes	79
Hi Fi Cakes	79	Mexican Dip	24
Hokey Pokey	71	Mexican Meat Balls	22
Homemade Baileys	102	Microwave Cake	95
Honey Biscuits	72	Milk Jelly	59
Honey Butterscotch Sauce	50	Milky Crunch	107
Honey Dumplings	61	Milo Square	71
Honey Fried Bananas	59	Mince Dish	40
Ice Cream Pudding, Christmas	64	Ming Ling	39
Icecream	50,63,64	Mint Balls	107
Icing	84,85,93	Mock Cream	52
Icing Chocolate	84	MORNING TEA	14
Impossible Pie	57	Mouse Traps	25
Irish Coffee	103	Mousse	60
Italian Pecan Cake	94	Muffins and Buns	14,17,19-21,79-82
Jam Drops	73	Mulled Wine	103
Jellied Plum Pudding	64	Mustard Sauce	48
Jo Jo's	70	Nachos	28
Kisses	78	Omelette	29
Ladyfinger Cookie Dessert	57	Onion Sauce	48
Lamb	39,45	Orange Cake	87,88,90,97
Lamb Rogan josh	39	Orange Drink	102
Lamington Cake	94	Orange Soufflé	61
Lasagne	30	Orange Walnut Slice	106
Layer Dessert	57	Oriental Delight	83
Lemon Delicious Pudding	61	Oyster Soup	27
Lemon Filling for Sponge	89	Paprika Chicken	41
Lemon Garlic Chicken	41	Paprika Potatoes	42
Lemon Loaf	18	Pate	23
Lemon Sago	66	Pavlova Roll	62
Lemon Souffle	59	Pavlova, Uncooked	62
Lemon Tarts	84	Pear Chocolate Almond Cake	95
Lemon Tea Buns	21	Pecan Pie / Slice	78
Lemonade Scones	14	Peppermint Roll	107
Light & Easy Cheesecake	56	Pie	29-32,35,42,57,59,66,78
Light & Tasty Beef/Chicken Stroganoff	44	Pikelets	15,16
Lil Hay's Chocolate Cake	98	Pineapple Cakes (small)	91
Loaf	17-19	Pineapple Filling	89
Louise Cake	78	Pizza Base, Quick	28
LUNCHEON	28	Plum Pudding	65
Macaroon Cake	95	Pork	37,44,45
MAINS	36	Pork Stroganoff	44
Malt Biscuit Slice	82	Pot Roast Sauce	45
Malt Biscuits	72	Potato Bake	42
Mango Mousse	60	Potato Bread	14

Potato Fritters	34	Soufflé	59,61,65
Prawn Crostini	23	SOUPS	26
Pudding	50,56,58,59,61,62,64	Spaghetti	29
Pumpkin and Coconut Soup	26	Spaghetti and Mincemeat Casserole	30
Pumpkin Soup	26,27	Spaghetti Bolognaise	34
Punch (non alcoholic)	102	Spaghetti Carbonara	34
Quiche	28-31	Spanish Cream, Easy	67
Quiche Lorraine	28	Spanish Frittata	34
QUICK MIX CAKES	98	Spicy Fruit Muffins	20
Railway Buns	77	Spicy Kisses	77
Raisin Delights	77	Spinach Pie	31
Raisin Squares	74	Spinach Ricotta Flan	32
Raspberry and Coconut Cheesecake Tartlets	91	Sponge	88,89,92,99
Raspberry Sauce	50	Sponge Roll	88
Red Salad	53	STANDARD TEMPERATURES & CONVERSIONS	12
Rice Salad	53	Steam Pudding, Quick	64
Rich Shortcrust Pastry	63	Still Lemonade	104
Roast Lamb and Gravy	45	Stir Fry Sauce	51
Roast Pickled Pork Leg with Shrewsbury Sauce	45	Stroganoff	44
Rock Cakes	71	Sugar Buns	17
Royal Icing	94	Sultana Biscuits	85
Rum Balls	107	Sultana Cake	91,100
Rum Raisin Ice-cream	63	Sultana Chews	71
Rum Truffles	107	Sunday Chicken	41
Sachertorte (European Chocolate Cake)	96	Sweet and Sour Beef	36
Sago	66,67	Sweet and Sour Chicken	36
Salad	49,52,53,64	Sweet and Sour Pork	37
Salad Dressing	48	Sweet and Sour Prawns	37
Salad Dressing	49	Tandoori Chicken Legs	35
Salmon Fish Patties	38	Tangy Beef Casserole	43
Salmon Pate	23,24	Tartare Sauce	49
Salmon Patties	33	Temperatures	12
Salmon Quiche	31	Thai Pumpkin Soup	27
Sauce (Quick for Steam Puddings)	50	Tomato and Avocado Salad	53
Sauce for Meat Balls	22	Tomato Chutney	53
Sauce for Sweet and Sour Prawns	37	Tomato Sauce	54
SAUCES AND SALADS	48	Tomato soup	26
Sausage Casserole	44	Tropical Fruit Cake	92
Sausage Pie	29	Truffles	106
Sausage Rolls	25	Tuna Bake	33
Savory Flan	33	Tuna Fish Pie	32
Savory Meat Dumplings	43	Uncooked Christmas Cake	106
Savory Quiche	28	UNCOOKED SLICES	106
Scones	14,16,17	Vanilla & Banana Cream	60
Scrambled Eggs	30	Vanilla Biscuits	77
Seafood Sauce	49	Vanilla Square	106
Shells	81	Vanity Fair Cakes	79
Shortbread	70,78	Vegetable Pancakes	28
Silverside	45	Vegetable Quiche	31
Simple Cream	52	Victoria Sponge	88

Viennese Cookies	70
Walnut Crescents	75
Wheat Ears	76
White Sauce	27
White Sauce	51
White Wine Cocktail	102
Wholemeal Date and Honey	95
Wholemeal Pikelets	16
Zucchini Slice	34