

# Mam's Family Recipes



Recipe: Madama

# **Mom's Favorite Family Recipes**

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# Beef

## Beef: Beef Stroganoff Beef Stroganoff

2 tbs oil  
2 rashers bacon, chopped  
1 onion, chopped  
2 cloves garlic, crushed  
500g topside steak, cut  
45g marg  
into strips  
250g mushrooms, sliced  
2 tbs flour  
375ml Carnation Milk  
2 tbs brandy(optional)  
2 tsp French mustard  
1tsp Worcestershire  
¼ cup tomato paste  
sauce salt, pepper

Heat oil in pan, add bacon, onion & garlic, cook over low heat 5 mins, Stirring occasionally, remove from pan. Heat remaining oil in same pan, add meat, cook quickly until golden, remove. Melt margarine, add mushrooms, cook 2 mins, stir in flour, cook 2 mins. Add Carnation milk and remaining ingredients, bring to boil, stirring. Return onions & meat to pan, simmer 5 mins. Serve with noodles or rice. Serves 4

## Beef: Beef Curry Beef Curry

500g blade steak  
1 tbs margarine  
1 lge onion, finely chopped  
1 clove garlic, crushed  
1 tbs ground coriander  
1 heaped tsp ground turmeric  
½ tsp ground black pepper  
6 thin slices fresh root ginger  
2 fresh green chillies, finely  
pinch of ground chillies chopped  
2 tsp desiccated coconut  
1 1/4 cups water salt  
½ cup coconut cream

Melt the marg in a large heavy pot, then gently sauté the onion & garlic for 3-4 mins. Add the



coriander, turmeric, cumin, pepper, ginger, chopped and ground chillies and the steak. Stir to coat the steak and let it cook for another 5 mins. Pour in the water, cover and simmer over a low heat until the steak is tender. When it is almost cooked, sprinkle with the coconut and stir in the coconut cream. Continue cooking until done. Just before serving, sprinkle with a little salt.

### Beef: Bolognese Style Stir Fry Bolognese Style Stir Fry

500g beef strips  
1 tsp sesame oil  
1 tsp crushed garlic  
vegetable oil  
1 handful of diced capsicum  
1 cup sliced mushrooms  
1 cup chopped tomatoes  
tomato paste  
slurp of red wine  
chopped basil

Mix meat strips with sesame oil and garlic. Heat a little vegetable oil in a wok on high. Stir-fry meat strips in small batches 1-2 mins. Remove each batch when cooked and allow wok to reheat before stirfrying the next batch. Remove all meat from wok. Heat a little extra oil and stir fry capsicum and mushrooms. Return meat to wok. Stir through tomatoes, a little tomato paste, a slurp of red wine and a scattering of chopped basil. Serve with spaghetti or fettuccine and a salad.

### Beef: Marengo Style Beef or Lamb Marengo Style Beef or Lamb

750 g meat, cubed  
oil  
1 onion, sliced or chopped  
crushed garlic  
dried mixed herbs  
1 pkt French Onion Soup  
1 cup button mushrooms  
1 handful sliced celery  
1 can tomatoes white wine

Heat a little oil in a deep sided pan on high & fry 1 onion for 1-2 mins. Remove, set aside. Brown meat in batches. Return browned meat and onion to pan. Add some crushed garlic, a sprinkling of dried mixed herbs, French onion soup, mushrooms and celery. Pour in a can of tomatoes with their juices and a slurp of white wine. Serve with vegetables.

## Beef: Creamy Mushroom Lasagne

### Creamy Mushroom Lasagne

60 g marg  
500g sliced mushrooms  
½ cup plain flour  
3 cups milk  
salt & pepper

#### Meat Sauce:

1 tbs oil 2 onions, finely chopped  
500g mince  
575g jar pasta sauce  
250g pkt curly lasagne sheets  
1 cup grated cheese

Melt marg in a pan, add mushrooms & cook 3-4 mins. Add flour, mix well. Cook 1-2 mins. Add milk gradually, stir over a mod heat until mixture is thick & smooth, season to taste.

#### Meat Sauce:

Heat oil, add onion & mince & cook over mod heat for 5-6 mins. Add pasta sauce & simmer for 20 mins. Layer lasagne, half the meat sauce in a 35 x 25 x 6 cm greased baking dish, add half the mushroom sauce, repeat layers. Top with cheese. Bake 30-35 mins @ 180 ° C

## Beef: Sausage Casserole

### Sausage Casserole

8 thin sausages  
1 med potato  
1 onion, sliced  
1 clove garlic, crushed  
1 green capsicum, chopped  
1 Pkt Tomato & Vegetable Soup  
1 ¾ cups water  
1 300g can red kidney  
beans, drained

Prick sausages and cook in microwave, approximately 8 mins on High, turning after 4 mins. Slice diagonally. Place potato, onion, garlic & green capsicum in a casserole dish, cover & cook on High for 5 mins. Add sausages, soup mix & water & mix well. Cover & cook on High for 5 mins then Medium for 15 mins, adding kidney beans during the last 5 mins, stirring 2 - 3 times. Serves 4

## Beef: Macaroni Mince & Mushroom Medley

## Macaroni Mince & Mushroom Medley

4 cups boiling water  
2 onions, sliced  
500g mince  
1 cup chopped celery  
1 pkt Mushroom Soup  
1 cup macaroni  
2 tbs margarine  
t tsp salt  
2-4 carrots

Place margarine in lge frypan, add onions & brown, add meat & brown. Then add celery, carrots, salt & pepper. Stir in soup mix, add water then macaroni & cover. Simmer over low heat 20 mins. Sprinkle with 2-3 tbs chopped parsley. Serve with rice or mashed potatoes.

## Beef: Herb Beef & Macaroni Herb Beef & Macaroni

500g mince  
1 ½ cups water  
2 med onions  
1 beef stock cube  
2 rashers bacon  
½ tsp mixed herbs  
440g can tomato soup  
salt & pepper  
1 sml cup macaroni

Peel & dice onions, chop bacon. Sauté bacon in pan until transparent, add onions, sauté further 5 mins. Stir in steak, cook until meat browns. Pour off surplus fat. Add undiluted soup, water, stock cube, herbs, salt & pepper to taste. Bring to boil, stirring occasionally. Reduce heat, cover & simmer for approx 20 mins. Cook macaroni in boiling water until tender. Stir hot macaroni into pan with meat and allow to heat through. Serve with chopped parsley.

## Beef: Pineapple Steak Pineapple Steak

1kg blade steak  
1 pkt French Onion Soup  
1 tsp dry mustard  
1 tsp curry powder  
1 tbs vinegar  
2 tbs tomato sauce  
1 tbs Worcestershire sauce  
1 440g can pineapple pieces

Cut steak into cubes, fry in a little oil until brown add soup mix & 2 cups water, curry powder, mustard & vinegar, bring to boil & add sauces, simmer gently until tender (approximately 1 hour). Drain pineapple, add half juice & all pieces. If it needs thickening, use some cornflour mixed with juice.

### Beef: Cooked Meat Fritters

#### Cooked Meat Fritters

2 cups chopped cooked meat  
1 tbs onion, finely chopped  
salt & black pepper  
Batter  
1 cup flour  
1 ½ tsp baking power  
½ tsp salt  
2 eggs  
2/3 cup milk

Sift flour, baking power & salt into a bowl. Beat eggs with milk. Add egg mixture to flour, stirring in flour gradually & beat to a smooth batter. Stand for several hours before using. (Makes enough to go with 2 cups of meat). Fold meat into batter & fry 1ge tbs of mixture on both sides.

### Beef: Herbed Rissoles

#### Herbed Rissoles

500 g minced steak  
1 egg  
3 tbs tomato sauce  
2 tsp Worcestershire sauce  
salt & pepper pinch mixed herbs  
½ cup dry breadcrumbs  
1 carrot, grated  
1 onion, chopped finely  
oil  
plain flour

Place steak, egg, tomato sauce, Worcestershire sauce, salt, pepper, mixed herbs, breadcrumbs, onion & carrot in bowl. Mix very well. Shape spoonfuls into balls and roll in flour. Flatten slightly. Heat oil in large frying pan & fry gently on both sides until brown. Remove from pan and drain on kitchen paper.

### Beef: Beef Steak Surprise

#### Beef Steak Surprise

1 lge onion  
750g steak  
1 pkt Mushroom Gravy Mix  
1 med tin mushrooms  
½ cup red wine (optional)  
salt & pepper  
parsley.

Preheat oven to 200°C. Line deep baking dish with foil allowing enough overlap to wrap over top. Slice onions, arrange over bottom. Place steak on onions and sprinkle with gravy mix, mushrooms & wine. Add salt & pepper. Fold foil over, leaving no airholes. Bake in mod oven for 1 ½ hours or until tender. Serve with jacket potatoes with sour cream & green vegetables.  
Serves 4

Beef: Delicious Baked Curry  
Delicious Baked Curry

500g steak  
plain flour  
1 tsp curry  
1 tsp salt  
1 tsp sugar  
2 tsp vinegar  
2 tsp tomato sauce  
1 cup water

Preheat oven to 180°C. Cut steak in 2cm cubes & roll in flour. Place in casserole with curry, salt, sugar, vinegar & tomato sauce. Add water & pour over meat. Cover & bake in mod slow oven for 1 ½ hrs. Serve with boiled rice, peas or beans, boiled mashed pumpkin & carrots.  
Serves 4-6

Beef: Beef Royale  
Beef Royale

4 pieces of topside steak  
salt & pepper  
2 onions  
½ cup rice  
1 tin tomato soup

Preheat oven to 250°C. Place meat in greased baking dish with salt & pepper, sliced onions, breaking into rings over steak. Sprinkle rice over the steak & add 1 tin tomato soup plus 1 tin water. Cover all ingredients with this liquid. Cook for ½ hour & then reduce heat to 180°C & cook for a further ½ hour. Serve with mashed potatoes & peas.

## Beef: Gridiron Cassrole Gridiron Casserole

250g spaghetti (uncooked)  
¼ cup oil  
1kg minced steak  
1 med onion  
1 green pepper, diced  
1 clove garlic  
2 tbs Worcestershire sauce  
1 lge tin corn kernels  
1 tbs chilli powder(adj to taste)  
2 tsp salt  
1 lge tin tomato soup  
1 cup cheese, grated.

Cook spaghetti in boiling water for 20 mins, adding 1 tbs oil to keep water from boiling over. Heat oven to 200°C. Brown meat in pan & remove from heat. Lightly brown the onion, green pepper & garlic. Add chilli powder, salt & Worcestershire sauce to vegetables. Add meat, soup, corn & drained spaghetti. Heat thoroughly & pour into a lge casserole. Sprinkle with grated cheese. Bake uncovered for 20 mins. Serve with tossed salad. Serves 6-8

## Beef: Kie Sie Ming Kie Sie Ming

1 tbs margarine  
500g mince  
2 lge onions, sliced  
1 pkt Chicken Noodle Soup  
4 tbs rice, uncooked  
1 tbs curry powder  
1 tsp mixed herbs  
250g beans, sliced  
3 ½ cups water  
salt to taste

Melt margarine in a lge saucepan. Fry meat & onions for 10 mins. Add all other ingredients & stir until it reaches boiling point, reduce heat & simmer. Cook slowly for 35 mins. Serve with fingers of buttered toast.

## Beef: Osso Bucco Osso Bucco

1 tbs plain flour  
½ tsp salt  
½ tsp pepper  
4 beef shins, cut into pieces  
60g marg  
2 tbs oil  
1 cup white wine  
2 carrots, chopped  
1 lge onion, sliced  
1 can tomatoes  
¼ cup tomato paste  
1 dsp parsley  
1 clove garlic  
1 tsp Italian herbs  
1 beef stock cube

Combine flour & seasonings & coat meat. Melt marg & oil & fry meat until well browned. Add wine & cook until wine evaporates. Add carrots, onions, tomatoes. Cover & cook 1-1 ½ hrs. Just before serving add parsley. Serves 4

Beef: Beef & Tomato Curry  
Beef & Tomato Curry

3 tbs oil  
750g steak, cut to 2 x 4 cm strips  
3 clove garlic  
3 sml onions, finely chopped  
1 tbs curry powder  
1 tbs ground cumin  
2 tsp ground coriander  
2 tbs tomato paste  
1 tbs Lancashire Relish  
1 tin tomatoes, chopped  
1 cup water

Heat oil in lge frying pan over high heat. Add the beef, garlic & onions, cook stirring constantly 3 mins. Add the curry powder, cumin, coriander, tomato paste, Relish, tomatoes & water. Cover & simmer for 1 hr. Serves 4-6

Beef: TV Snack  
TV Snack

1 kg mince  
1 pkt Chicken Noodle Soup  
1 sml cup rice

2 cups shredded cabbage  
4 cups hot water  
2 tsp curry  
1 tsp salt  
1 cup celery, chopped  
1 cup onion, chopped  
¼ cup margarine

Place all ingredients in a large saucepan & boil for 30 mins. Serves 6-8

Beef: Coramittee Meat  
Coramittee Meat

1 cup chopped onion  
2 tbs marg  
500g mince  
1 sml tin mushrooms  
2 cups corn kernels  
½ cup grated cheese

White Sauce

2 tbs marg  
4 tbs flour  
2 cups milk  
salt & pepper  
2 egg yolks, beaten  
1 tsp mustard

Sauté onion in marg, add mince & cook until it changes colour. Add mushrooms. Make white sauce with marg, flour, milk, salt & pepper. Add egg yolks & mustard. Add sauce mixture to the meat mixture and mix in corn kernels, drained. Pour into a casserole & top with grated cheese. Bake @ 175°C for 30 mins. Serves 4-6

Beef: Curried Vegetable Rissoles  
Curried Vegetable Rissoles

500g mince  
½ cup long grain rice  
1 onion, chopped  
2 zucchini, grated  
1 carrot  
1 cup SR flour  
1 tbs curry  
1 tsp salt  
1 cup milk  
1 egg



1 tbs parsley, chopped  
oil  
flour, extra

Cook rice in boiling water for 15mins, drain. Combine rice, mince, onion, zucchini & carrot. Mix well. Stir in sifted flour, curry powder, salt, milk, lightly beaten egg & parsley. Mix until well combined. Refrigerate 1 hour until firm. Take heaped tbs of mixture, flatten to rissole shape, roll lightly in extra flour. Cook in hot oil. Makes 20

Beef: Baked Steak & Onion  
Baked Steak & Onion

Steaks 1 pkt French Onion  
Soup

Place steaks on baking dish. Sprinkle with French Onion Soup.  
Cover with foil. Bake @ 180°C for 40-45 mins.

Beef: Curried Sausages  
Curried Sausages

6 thick sausages  
1 tbs butter  
¼ cup plain flour  
2 cups milk  
1 tbs tomato or BBQ sauce  
salt & pepper  
1 onion, finely chopped  
1 stick celery, finely sliced  
½ red capsicum, finely chopped  
1 carrot, finely sliced  
2 tsp curry powder

Cook sausages. Melt butter on High 30 secs. Add flour, gradually blend in milk, tomato sauce, salt, pepper. Cook on High 3-4 mins, stirring twice during cooking. Cook onion, celery, capsicum, carrot & curry in covered casserole dish 5-6 mins on High. Add to sauce & sausages. Cook covered on Med 4-5 mins. Serve with rice.

Beef: Delicious Baked Curry  
Delicious Baked Curry

300g bacon, chopped  
1 kg round steak, cut into strips  
oil 5 med onions, sliced

salt & pepper  
marjoram  
1 clove garlic  
¾ cup sherry  
2 cups sour cream

Crisp fry the bacon & drain on paper, keep aside. Using the bacon fat & oil, if necessary, brown the onions. Add the meat, brown, then add salt & pepper, marjoram, garlic & sherry. Simmer for 1 hour in a deep heavy pan with lid on. If there is a lot of juice at this stage, remove the lid, increase the heat & boil hard until gravy is thick & concentrated. Stir in sour cream, reduce heat & cook a further 15-20 mins, add bacon & cook until hot.

Beef: Creamed Steak & Spinach  
Creamed Steak & Spinach

1 ½ kg steak, cut to strips  
2 tins Cream of Chicken Soup  
1 cup water  
2 pkts frozen spinach(1 bunch fresh)  
salt & pepper  
60g marg  
1 cup mayonnaise  
4 tsp curry powder  
cheese  
breadcrumbs

Sauté steak, add soup, pepper & salt, mayonnaise, water & curry. Cook slowly 15 mins. Cook spinach & place on bottom of dish. Add meat, sprinkle with cheese & breadcrumbs.

Beef: Chinese Beef & Vegetables  
Chinese Beef & Vegetables

500g steak, cut into thin strips  
2 tbs oil  
1 clove garlic  
1 tsp soy sauce  
1 tsp Worcestershire sauce  
½ tsp curry  
1 beef stock cube  
1 tbs marg  
1 cup cabbage, finely sliced  
1 red capsicum, cut to thin strips  
6 shallots, sliced  
1 cup sliced celery

Fry meat in oil in saucepan until it changes colour. Add garlic, soy, Worcestershire sauce, curry & stock cube. Cover & simmer 10 mins. Add marg, cabbage, capsicum, shallots & celery. Toss over heat 3-4 mins.

### Beef: Pan Fried Beef & Mushrooms

#### Pan Fried Beef & Mushrooms

4 tbs oil  
3 onions, thinly sliced  
1 kg steak, cubed  
3 tbs cornflour  
1 190g tin mushrooms  
4 drops Tabasco sauce  
2 tbs soy sauce  
2 ½ cups water  
1 tbs sugar  
salt & pepper

Heat oil in pan & fry onions until soft & lightly brown. Remove. Fry the cubed beef until tender. Remove & drain oil. Make a gravy from all the rest of the ingredients. Return onion & beef to pan with gravy. Simmer 5 mins.

### Beef: Chilli-Con-Carne

#### Chilli-Con-Carne

500 g mince  
1 lge onion, chopped  
1 clove garlic  
1 capsicum, chopped  
2 level tsp Mexican Chilli Powder  
440g tomato soup  
1 beef stock cube  
440g kidney beans, drained

Cook onion, garlic & capsicum on High 5 mins, add mince & cook 8-10 mins. Stir in tomato soup, beans & remaining ingredients. Cook on Med/High 10 mins.

### Beef: Honey Beef Shaslicks

#### Honey Beef Shaslicks

60g butter  
1 ½ cups sliced onion  
1 clove garlic

1 x 425g Apricot Nectar  
3 tbs malt vinegar  
6 tbs honey  
1 tbs sherry  
1 kg steak cut into 24 cubes  
5 lge bananas, cut into 3

Melt butter, sauté onions & garlic until soft. Remove from heat , stir in 1 cup apricot nectar, vinegar, honey & sherry. Add beef & banana chunks. Marinate 3-4 hours or overnight. Thread beef & bananas onto skewers & grill for 10-15 mins frequently brushing with marinade & turning to brown on all sides. Serves 6

Beef: Sausage Crumble  
Sausage Crumble

2 tsp oil  
8 thick sausages  
1 onion, thinly sliced  
1 potato, chopped  
1 cup peas  
1 pkt Cheese & Leek soup mix  
1  $\frac{3}{4}$  cups water  
Oat Crumble  
1  $\frac{1}{2}$  cups rolled oats  
 $\frac{1}{2}$  cup flour  
90g butter

Heat oil in pain, cook sausages over heat for 15 mins, remove, cool, cut into thick slices. Combine sausages, onion, potato, peas & combined soup & water in pan, stir over heat until mixture boils, simmer covered 20 mins, stirring often, until potatoes are cooked.

Place in casserole, sprinkle with oat crumble, bake in mod oven 15 mins or until browned.

Oat Crumble: combine oats & flour in bowl, rub in butter.

Beef: Spicy Peppered Steak  
Spicy Peppered Steak

1  $\frac{1}{2}$  tbs black pepper  
750g topside steak  
1 sml red pepper, sliced  
1 sml green pepper, chopped  
6 green shallots, chopped  
1  $\frac{1}{2}$  tbs cornflour  
 $\frac{1}{2}$  cup water

3 tsp grated ginger  
3 cloves garlic  
2 tbs soy sauce  
1 tsp oil

Sprinkle black pepper evenly on both sides of steak & press firmly onto steak. Cut steak into thin slices. Combine steak with peppers & shallots in a large shallow dish. Blend cornflour with water, stir in ginger, garlic, soy sauce & oil, add to steak, mix well. Cover dish, cook on High 10 mins, stir occasionally. Reduce to Medium, cook 10 mins, stir occasionally.

### Beef: Curry & Rice Curry & Rice

750g mince  
1 onion  
1 clove garlic  
30g butter  
1 tbs curry  
60g mushrooms  
130g corn kernels  
1 tbs tomato paste  
2 tsp soy sauce  
1 cup water  
1 chicken stock cube  
salt & pepper  
2 tbs chopped parsley

Peel & chop onion, slice mushrooms, drain corn. Brown mince in butter in pan, mashing with a fork. Stir in onion & garlic, cook. Stir in curry powder, cook 1 min. Add remaining ingredients except parsley, stir until combined, cover, simmer gently 20 mins.

### Beef: Italian Spaghetti Italian Spaghetti

1 onion, chopped  
1 tbs butter  
1 kg mince  
1 tsp basil  
1 tsp oregano  
½ tsp thyme  
1 clove garlic  
350-400 g spaghetti  
1 can tomato soup equal amount of water

Fry the onion in butter, add mince, spices, garlic, tomato soup & water. Simmer 40 mins. Serve

with spaghetti. Sprinkle with Parmesan.

## Beef: Savoury Glazed Meatloaf Savoury Glazed Meatloaf

750g mince  
1 cup breadcrumbs  
1 tsp salt pepper  
1 med onion, chopped  
1 egg, beaten  
1 tbs Worcestershire sauce  
2 tbs tomato sauce  
150ml Evaporated Milk  
1 dsp dry mustard

### Glaze

½ tsp dry mustard  
¼ cup tomato sauce  
1 tbs brown sugar

Combine ingredients for glaze, set aside. Mix together all remaining ingredients, press into a greased 20 x 10 cm loaf tin, then turn upside down on to a greased, foil lined tray, leaving tin still over loaf. Bake in mod oven 15 mins. Remove from oven, remove tin. Brush with glaze. Cook for a further 50-60 mins.

## Beef: Stir Fry Beef with Oyster Sauce Stir Fry Beef with Oyster Sauce

600g lean beef strips  
1 tbs oil  
1 tsp grated green ginger  
2 cloves garlic  
1 carrot, thinly sliced  
½ green capsicum, thinly sliced  
2 sml sticks celery, thinly sliced  
2 shallots, chopped  
200g snow peas  
½ cup Oyster Sauce  
100g button mushrooms, sliced (optional)

Heat half oil in frypan or wok, stir-fry beef strips, garlic & ginger 3 mins. Remove. Heat remaining oil. Stir-fry vegetables 2 mins. Return beef strips etc. Stir in Oyster Sauce. Heat through 2-3 mins.

## Beef: Meat Balls with Rice

## Meat Balls with Rice

500g mince  
1 onion, grated  
1/3 cup uncooked rice  
1/3 cup breadcrumbs  
1 egg ¾ tsp salt  
pepper

### Sauce

1 440g can tomato soup  
1 cup water  
1 dsp sugar salt & pepper

Combine all meatball ingredients, shape into meatballs. Place in casserole. Combine all sauce ingredients and pour over meatballs. Cover & cook 1 hr @ 180°.

## Beef: Indonesian Beef Indonesian Beef

750g steak, diced or in strips  
2 onions, thinly sliced  
1 pkt Dutch Curry & Rice soup  
¼ cup tomato sauce  
2 cups water  
1 apple, peeled, cored & sliced

Place all ingredients into a casserole dish. Cover, cook on High 5 mins, then Med for 30-35 mins.

## Beef: Lasagne Lasagne

500g mince  
500g Neapolitana Pasta Sauce  
2 pkts White Sauce Mix  
1 cup water  
1 cup milk  
8 lge lasagne sheets  
1 cup grated cheese.

Cook mince on High 5-6 mins, breaking up with fork. Add pasta sauce, cover, cook 5 mins on High. Cook White Sauce in microwave, as per packet instructions. Spread a little white sauce in lasagne dish, then lasagne, 1/3 mince, ¼ white sauce, repeat, finish with lasagne, white sauce & sprinkle with cheese. Bake @ 180° 35-40 mins.

## Beef: One Pot Snags

### One Pot Snags

2 lge onions, chopped  
6-8 sausages  
4 cups mixed vegetables  
2 tsp curry powder  
4 cups water  
3 heaped dsp Gravox  
2 heaped dsp flour

Prick sausages, cook in microwave 6-8 mins. Cook vegetables in microwave. Make gravy, add sausages & vegetables. Heat through.

## Beef: Macaroni Beef

### Macaroni Beef

500g elbow pasta  
2 tbs oil  
1 onion, chopped  
2 cloves garlic  
500g mince  
1 x 410g can tomatoes  
1 pkt French Onion Soup  
1 cup water  
¼ cup tomato paste  
½ tsp basil  
½ tsp oregano  
1 tbs chopped parsley

Cook pasta, drain. Heat oil & cook onion & garlic, add mince & brown. Stir in undrained, chopped tomatoes, soup, water, tomato paste & herbs. Bring to boil, stir in pasta & heat through.

## Beef: Beef & Pasta Bake

### Beef & Pasta Bake

100g spiral pasta  
2 tbs oil  
1 lge onion, chopped  
2 rashers bacon, chopped  
1 tsp garlic  
300g mushrooms, sliced



500g mince  
440g tomato soup  
¼ cup tomato paste  
½ tsp oregano  
1 cup grated cheese

Cook pasta, drain. Heat oil, add onion, bacon & garlic. Cook until onion is soft, add mushrooms & cook further 2-3 mins. Add mince, brown. Stir in tomato soup, tomato paste & oregano. Cover & simmer 10 mins. Add pasta & mix well. Spoon into baking dish, top with cheese & bake until cheese melts.

Beef: Tumeric Chilli Beef  
Turmeric Chilli Beef

2 onions, sliced  
2 tbs oil  
1 kg steak, cubed  
2 tbs turmeric  
440g can tomatoes  
1 ½ cups water  
4 tbs lemon juice  
2 tbs chilli sauce  
1 tbs brown sugar  
1 tbs grated ginger  
2 tsp beef stock powder  
1 tsp garlic  
salt chilli powder

Sauté onions in oil until golden. Remove from pan. Dust meat liberally in turmeric. Cook in same pan until well browned. Return onions to pan with tomatoes, water, lemon juice, chilli sauce, sugar, ginger, beef stock, garlic, salt & chilli powder. Simmer covered 35-40 mins.

Beef: Crisp Topped Casserole  
Crisp Topped Casserole

30g margarine  
500g mince  
1 onion, chopped  
½ chopped capsicum  
1 pkt Dutch Curry & Rice soup  
2 cups water  
1 cup breadcrumbs  
2 tbs melted margarine

Melt marg, add mince, onion & capsicum & fry until brown. Add soup mix & blend in the water.

Turn into casserole dish & top with buttered breadcrumbs. Bake uncovered in mod oven for 45 mins.

### Beef: Beef in Red Wine Beef in Red Wine

750g cubed topside  
1 tbs oil  
1 pkt French Onion soup  
1 x 425g can tomatoes  
1 x 220g can mushrooms  
¼ cup red wine

Brown beef in oil. Place in casserole & add remaining ingredients.  
Cover & cook @ 180° for 1 ½ hours.

### Beef: Nachos with Guacamole Nachos with Guacamole

500g mince  
30g butter  
2 onions, chopped  
2 cloves garlic  
½ tsp chilli powder  
1 tsp paprika  
400g can tomatoes  
2 tbs tomato paste  
300g red kidney beans, drained  
200g pkt corn chips  
1 ½ cups grated cheese  
Guacamole  
1 avocado  
1/3 to ½ cup mayonnaise  
few drops Tabasco  
2 tsp lemon juice

Melt butter, cook onions (microwave High 3 mins), add chilli, paprika & garlic (microwave High 1 min), add mince (microwave High 4 mins). Add undrained, crushed tomatoes & rinsed kidney beans (microwave High 10 mins). Arrange corn chips on large dish. Sprinkle with 1 cup of cheese. (Microwave on High 1 min). Spoon bean mixture into center of corn chips, top with guacamole. Sprinkle with remaining cheese. Microwave on High 4 mins or until cheese melts.

### Beef: Beef Satays with Spicy Peanut Sauce Beef Satays with Spicy Peanut Sauce

1 kg steak  
1/3 cup soy sauce  
1 tbs oil  
1 onion, finely chopped  
2 cloves garlic salt & pepper  
Spicy Peanut Sauce  
6 tbs peanut butter  
6 tbs soy sauce  
2 tbs lemon juice  
1 ½ tbs brown sugar  
1 tsp chilli powder

Satays: Cut steak into thin slices & put in glass/earthenware bowl. Combine soy sauce, oil, onion & garlic, pour over meat & marinate 3 hrs. Turn meat from time to time in marinade. Drain meat, reserve marinade. Thread beef onto skewers. Grill under griller basting with marinade & turning frequently. Grill for about 6 mins. Season with salt & pepper. Peanut Sauce: In sml bowl whisk together well all ingredients.

Beef: Curried Beef & Vegetables  
Curried Beef & Vegetables (Stew)

500g steak  
2 lge sectioned onions  
1 lge carrot  
4 tbs tomato paste  
5 tsp beef stock powder  
1 tbs curry powder  
1 tsp salt pepper  
5 cups water oil  
4 cups mixed vegetables  
6 rounded tbs plain flour  
extra water

Heat oil, sauté onion, brown meat, add curry powder, stock powder, salt & pepper, blend, than add carrots, tomato paste & 5 cups water. Simmer 30-60 mins. Add mixed vegetables, simmer further 30mins. Thicken with flour & extra water (1 cup).

Beef: Sate Beef  
Sate Beef

500g good steak, sliced thinly  
1 ½ tsp soy sauce  
Pepper  
2 tsp sesame oil

1 tsp cornflour  
2 tbs oil

### Sauce

1 clove garlic, crushed  
1 med onion  
3 tsp sate sauce  
2 tsp dry sherry  
1 tsp curry powder salt  
2 tbs water  
2 tsp soy sauce  
½ tsp sugar

Put sliced meat in bowl. Add soy sauce, pepper, sesame oil, cornflour & water. Mix & stand for 20 mins. Heat oil in pan, sauté meat until brown. Remove from pan. Peel & roughly dice onion. Add to pan with garlic. Combine sate sauce, sherry, sugar, curry powder, salt, water & soy sauce. Add to onions in pan. Stir until boiling. Return beef to pan & heat through.

## Cakes

Cakes: Easy Butter Cakes  
Easy Vanilla Butter Cake

Variations: Rich Chocolate/Orange/Carrot/Banana

melted butter, to grease  
3 cups SR flour  
1 cup plain flour  
2 cups caster sugar  
300g butter, cubed, ( at room temperature)  
1 ¼ cups milk  
6 eggs, at room temperature  
3 tsp vanilla essence.

Preheat oven to 140°C. Position a rack on the second lowest shelf of the oven. Brush cake pan with melted butter to lightly grease. Line base and sides with non-stick baking paper.

Place SR flour, plain flour, sugar, butter, milk, eggs and vanilla essence in a large mixing bowl. Use an electric beater to beat on low speed for 30 seconds or until just combined. Increase the speed to high & beat for 1-2 mins or until the mixture is thick and all the butter is incorporated. Spoon the mixture into the prepared pan and smooth the surface with the back of a spoon.

Bake in preheated oven for 2 ½ hours or until a skewer inserted into the center of the cake comes out clean. Remove from oven & set aside for 10 mins. Turn onto a wire rack for 2 hours or until completely cool

## Variations

Rich Chocolate cake: Reduce the SR flour to 2 cups. Sift 1 cup cocoa powder and  $\frac{1}{2}$  tsp bicarbonate soda and add with the flours. Increase the milk to  $1\frac{3}{4}$  cups. Omit the vanilla essence

Orange cake: Reduce the milk to  $\frac{3}{4}$  cup and add  $\frac{1}{2}$  cup orange juice & 2 tbs grated orange rind. Omit the vanilla essence

Carrot cake: Add 1 tsp ground cinnamon with the flours. Reduce the vanilla essence to 1 tsp. Add 3 cups coarsely grated carrot and 100g roughly chopped walnuts.

Banana cake: Sift 1 tsp bicarbonate soda and add with the flours. Reduce the milk to  $\frac{1}{2}$  cup. Add  $1\frac{1}{2}$  cups mashed very ripe banana with the milk. Reduce the vanilla essence to 1 tsp.

Cakes: Easy Butter Icing  
Easy Butter Icing

Variations: Orange Butter Icing/Coffee Butter Icing/Chocolate

Butter Icing/Dark Chocolate Butter Icing  
250g butter, cubed,(at room temperature) 3 cups pure icing sugar, sifted  
 $\frac{1}{4}$  cup milk

Place the butter in a lge mixing bowl. Use an electric beater to beat for 2 mins or until lightly and fluffy. Gradually add the icing sugar and beat until the mixture is very pale and fluffy. Gradually add the milk and beat until smooth and well combined.

Variations: Orange Butter Icing  
Add 1 tbs finely grated orange rind with the butter.

Coffee Butter Icing  
Dissolve 2 tbs instant coffee granules in the milk.

Chocolate Butter Icing  
Reduce the icing sugar to  $1\frac{1}{2}$  cups. Omit the milk. Stir in 250g melted, cooled, good-quality dark chocolate.

Dark Chocolate Butter Icing  
Reduce the icing sugar to 2 cups. Omit the milk. Sift in 2 tbs cocoa powder and then stir in 600g melted, cooled, good-quality dark chocolate

Cakes: Simple Glace Icing  
Simple Glacé Icing

1 500g pkt pure icing sugar  
1/3 cup water

Sift the icing sugar into a large bowl. Add the water and use a balloon whisk to whisk until smooth & well combined.

Cakes: Cream Cheese Icing  
Cream Cheese Icing

1 sml pkt Philadelphia Cream  
2 tbs butter  
Cheese  
2 cups icing mixture (or more if  
Lemon juice, to thin if needed)

Soften cream cheese & butter, gradually beat in icing mixture, adding a little lemon juice to obtain the desired consistency.

Biscuits: Best-Ever Anzac Biscuits  
Best-Ever Anzac Biscuits

2 cups rolled oats  
2 cups plain flour  
2 cups caster sugar  
1 ½ cups desiccated coconut  
250g butter  
¼ cup honey  
1 tbs treacle  
1 tsp bicarbonate of  
soda  
1/3 cup boiling water

Combine oats, sifted flour, sugar & coconut in a large bowl; mix well. Place butter honey and treacle in a medium pan; stir over low heat until the butter is melted. Combine soda and boiling water in a small jug; pour into butter mixture. Stir warm butter mixture into dry ingredients; mix well. Spoon heaped tsp of mixture about 3cms apart, onto greased oven trays; press down lightly. Cook in a slow oven, 150°C for about 20 mins or until golden brown. Stand biscuits on trays for 5 mins; transfer to wire racks to cool.

Biscuits: Sugar Cookies  
Sugar Cookies

125g butter

1 beaten egg  
2 tbs milk  
1 tsp cinnamon  
1 cup sugar  
2 cups SR flour

Melt butter, add egg, milk & cinnamon. Stir in sugar & SR flour. Spoon onto greased trays. Press with fork. Bake @ 210°C for 10 mins. (30)

Slices: Sultana Slice  
Sultana Slice

½ cup butter  
1 cup sugar  
1 cup SR flour  
1 egg  
½ tsp vanilla  
1 cup sultanas  
1 cup crushed cornflakes

Put dry ingredients into a bowl, add lightly beaten egg. Mix together. Melt butter and pour over mixture. Mix thoroughly. Press into greased slice tray. Bake in mod oven for 15 mins. Cut into fingers while still warm and allow to cool in the tin.

Biscuits: Scones in Large Quantity  
Scones in Large Quantity

6 cups SR flour  
90g butter  
2 tbs sugar  
1 cup milk  
1 cup water  
½ tsp salt  
milk for glazing  
6 level tsp baking powder

Sift flour, sugar & salt into a bowl. Melt butter and add to milk & water. Pour liquids into dry ingredients and mix to a soft dough, adding extra milk if necessary. Knead dough, and fit into a greased 25 x 27.5 cm baking dish. With a sharp knife, cut dough into approximately 36 squares. Glaze with milk. Bake in hot oven 15 - 20 mins or until golden brown. For sultana scones; add 1 cup sultanas to dry ingredients before adding the liquid, increase sugar to half a cup.

Slices: Quick Biscuit Slice

## Quick Biscuit Slice

1 cup coconut  
½ cup brown sugar  
1 cup SR flour  
125g butter

Place dry ingredients into a bowl. Melt butter and mix in. Press into slice tin and bake in a mod oven for 15-20 mins until brown. While hot, ice with chocolate icing and sprinkle with coconut. Cut into fingers when cold.

## Cakes: Three Minute Sponge Cake

### Three Minute Sponge Cake

2 x 60g eggs  
1 cup SR flour  
¾ cup caster sugar  
3 tbs milk  
3 tbs melted butter  
1 tsp vanilla

Place ingredients into a bowl in given order. Beat for about 3 mins until mixture is smooth and glossy. Divide mixture evenly between two greased 18cm sandwich tins and bake @ 190°C for approx 25mins. When cold, join together with whipped cream.

## Biscuits: Peanut Crisps

### Peanut Crisps

¾ cup sugar  
1 egg  
90g butter, melted  
1 cup SR flour  
1 tbs cocoa  
pinch salt  
1 ¼ cups shelled peanuts

Beat sugar & egg well. Add melted butter. Mix in dry ingredients, add peanuts last. Drop tsp on a greased tray. Bake @ 170°C for 30 mins

## Biscuits: Pikelets

### Pikelets

2 cups SR flour  
½ tsp bicarb soda



pinch salt  
4 tbs sugar  
2 eggs, beaten  
1 cup milk  
60g melted marg

Sift flour, soda & salt together. Add sugar, eggs, milk & marg. Combine until smooth. Melt a small amount of butter in frypan & smear it evenly over the base with paper. Drop dessertspoons full of mixture into frypan on medium heat & when bubbling on the upper side, turn over & brown the other side.

Biscuits: Rock Cakes  
Rock Cakes

2 cups SR flour  
½ tsp mixed spice  
90g butter, chopped  
1/3 cup caster sugar  
1 cup sultanas  
2 tbs mixed peel (optional)  
1 egg, lightly beaten  
½ cup milk  
1 tbs caster sugar extra

Sift flour & cinnamon into lge bowl & rub in butter, stir in sugar & fruit. Stir in egg, then enough milk to give a moist but firm consistency. Place 2 level tbs of mixture onto lightly greased oven trays about 5 cm apart. Sprinkle cakes with a little extra sugar. Bake in mod/hot oven about 15 mins. Loosen, cool on trays. Makes 18

Biscuits: Pumpkin Scones  
Pumpkin Scones

3 cups SR flour  
1 egg  
1 cup pumpkin  
1 cup milk  
½ cup sugar  
1 dsp marg

Mix all together until moist & cook in hot oven 25 mins.

Biscuits: Gingernuts  
Gingernuts

250g butter  
1 egg  
1 ½ cups sugar  
2 tbs golden syrup  
2 tsp baking soda  
2 tsp ginger  
2 tsp cinnamon (optional)  
3 ½ cups SR flour

In a bowl, mix together. Add flour, 1 cup at a time. Roll into 3 sausages. Lay some gladwrap or foil down & roll dough up in the shape of a long sausage. Either cook immediately or put in freezer. Slice up the sausage of dough whilst frozen & pop into a preheated oven 180°C for about 10 mins.

Biscuits: Cornflake Biscuits  
Cornflake Biscuits

125g butter  
½ cup sugar  
1 tsp vanilla  
1 egg  
1 cup SR flour  
1 tbs golden syrup or honey  
½ cup lightly crushed cornflakes  
½ cup coconut

Have butter at room temperature. Cream together butter, sugar & vanilla until light and fluffy. Add egg, beat well. Stir in sifted flour, golden syrup, cornflakes & coconut, mix well. Roll tsp into balls, place on trays. Press down lightly. Bake in mod oven 10 mins. Makes 30

Biscuits: Scones  
Scones

4 cups SR flour  
1 tsp salt  
2 tbs icing sugar  
1 tsp baking powder  
60g marg 200ml milk and 200ml water

Sift dry ingredients together. Melt marg in glass jug in microwave, add water & milk. Pour into dry ingredients reserving a small amount to glaze with. Blend, knead, turn onto floured board, cut, bake @ 230°C 10-15 mins

Cakes: Boiled Fruit Cake

## Boiled Fruit Cake

2 cups mixed fruit  
1 cup brown sugar  
110g butter  
1 tsp soda  
1 cup water  
½ cup plain flour  
1 ½ cups SR flour  
2 eggs

Place fruit, sugar, butter, soda & water in a lge saucepan. Bring to boil, simmer 1 min & cool. Add plain flour, SR flour & eggs. Mix well. Cook in mod oven 1 hour.

## Cakes: Six Week Bran Muffins

### Six Week Bran Muffins

1 cup white sugar  
½ cup brown sugar  
½ cup oil  
2 beaten eggs  
2 cups Allbran  
pinch salt  
1 cup boiling water  
2 cups milk  
3 ¾ cups plain flour  
2 ½ tsp bicarb soda  
1 cup sultanas

Soak Allbran in boiling water for 5 mins. Beat oil & sugar. Add bran & water. Sift together flour, soda & salt. Add flour mixture, & milk & eggs, alternatively, to the oil mixture, add sultanas. Bake @ 200°C for 20-25 mins. Makes 4 dozen lge muffins. Mixture can be kept, uncooked for up to six weeks in refrigerator.

## Cakes: Christmas Cake

### Christmas Cake

1 ½ pkts sultanas  
1 pkt raisins  
1 pkt mixed fruit  
½ pkt peel  
2 pkts walnut pieces  
10 eggs  
500g butter  
500g brown sugar

750g plain flour  
1 level tsp baking powder  
1 level tsp salt juice of an orange  
good glass of wine

Cream butter & sugar very well. Add eggs, one at a time, mixing well. Add fruit, handful at a time. Add wine & juice. Then half the flour with salt added & then rest of the flour with baking powder added. Use a large tin. 3 layers of brown paper on the bottom & 2 around the edge 5cm above the tin. Do not grease. Cook @ 140°C for 5 - 5 ½ hrs ( may take longer). Can cook half quantity in smaller tin and cook 3 hours.

Slices: Weetbix Slice  
Weetbix Slice

3 weetbix  
1 cup coconut  
½ cup brown sugar  
1 tbs cocoa  
1 cup SR flour  
1 egg  
125g marg

Beat the eggs, mix in dry ingredients, crush the weetbix, add the melted marg. Press into lamington tin & bake 15 mins in mod oven. Cool in tin & ice with chocolate icing. Cut into squares when set.

Slices: Favourite Slice  
Favourite Slice

1 cup cornflakes  
1 cup SR flour  
125g marg  
2/3 cup sugar  
1 cup mixed fruit or raisins  
1 egg  
1 tsp vanilla

Melt marg, add slightly beaten egg & vanilla, then rest of dry ingredients. Press into greased lamington tin. Bake in mod oven approx 20 mins. Slice into squares while hot. Cool in tin. (You can substitute cornflakes for rolled oats or coconut and mixed fruit for dates or chopped nuts).

Biscuits: Apricot Balls  
Apricot Balls

1 pkt chopped dried apricots  
½ cup coconut  
cheap pkt gingernut biscuits  
¾ tin condensed milk

Mix all together, shape into balls, roll in coconut & put in fridge.

Slices: Passionfruit Slice  
Passionfruit Slice

Pastry  
1 ½ cups SR flour  
½ cup caster sugar  
¼ cup butter  
1 beaten egg

Sift flour into a bowl, add sugar. Rub in butter & mix with egg to make a firm dough. Place in slab tin & cook.

Filling  
1 cup water  
¾ cup sugar  
2 tbs custard powder pulp  
3 passionfruit  
½ cup condensed milk juice  
1 lemon

Mix together, water, sugar & custard powder. Cook stirring rapidly. When nearly cool, add pulp of passionfruit. Pour over cool pastry. Top with condensed milk mixed with lemon juice.

Desserts: Ginger Cream Squares  
Ginger Cream Squares

1 pkt gingersnaps  
½ cup sherry or orange juice  
1 cup cream, whipped  
1 tsp vanilla essence  
grated chocolate, to decorate

Line a square, glass or tin mould with baking paper. Dip a third of the gingersnaps, one at a time, into sherry or orange juice, and arrange a layer in the base of the mould. Flavour the cream with vanilla essence and spread a third of it onto biscuits in base. Continue this way, ending with cream to make three layers of each in all. Cover loosely with gladwrap. Chill at least 3-4 hours to allow gingersnaps to soften before serving. Pull out from mould with the help of the baking paper. Cut into squares and sprinkle each serving with grated chocolate. Serves

6.

Desserts: Chocolate Cream Squares  
Chocolate Cream Squares

Make as Ginger Cream Squares, substituting chocolate cookies for gingersnaps.

Desserts: White Chocolate & Tia Maria Mousse  
White Chocolate & Tia Maria Mousse

4 egg whites  
4 egg yolks  
500 ml whipped cream  
250g white chocolate  
2 nips of Tia Maria

Break chocolate into sml pieces (if not using choc buttons). Place in a bowl & stand over a saucepan of simmering water stirring occasionally. Whip up egg whites until soft peaks form & fold into mixture. Whisk Tia Maria & egg yolks in a bowl over a saucepan of simmering water until mixture starts to thicken. Fold in cream. Do not overcook as it will curdle.

Desserts: Apple Crumble  
Apple Crumble

4-6 cooking apples  
½ cup sugar  
Crumble  
1 cup plain flour  
3 tbs sugar  
3 tbs coconut  
3 tbs butter  
salt

Peel & core apples & cut into eighths. Place in a saucepan with sugar & water & simmer gently until soft. Allow to cool then pour into pie dish, keeping back excess juices. Place flour in a bowl & rub butter in with fingers. Add sugar, coconut & salt & mix well together. Sprinkle lightly on top of apples. Bake in a mod oven until apple bubbles through crumble. Place under griller for a few mins & brown crumble on top (if desired). Serve hot or cold with custard, cream or icecream or caramel sauce.

Desserts: Pear Dessert  
Pear Dessert

1 tin Ardmona pears, placed upturned Full tin of pear juice  
in lasagne dish  
2 tbs honey  
juice & zest of 1 orange & 1 lemon flaked almonds

Mix pear juice, honey, juice & zest and pour over pears. Sprinkle with almonds. Bake until warm & almonds are a little crisp.

Desserts: Chocolate Date Pudding  
Chocolate Date Pudding

1 cup chopped dates  
40g butter, chopped  
1/3 cup honey  
1 cup milk  
1 cup SR flour  
1/2 cup plain flour  
2 tbs cocoa  
1/2 tsp ground ginger  
1/2 tsp bicarbonate of soda  
2 eggs, lightly beaten  
300g bottle of caramel sauce, warmed whipped cream, to serve

Place dates, butter, honey & milk into a pan. Stir over a low heat for 2-3 mins, do not allow to boil. Allow to cool. Preheat oven to moderately slow 160°C. Lightly grease and line a 20cm square cake tin with baking paper. Sift flours, cocoa, ginger and bicarbonate of soda into a bowl. Make a well in the center. Add eggs to cold mixture and then pour into flour. Mix until combined. Spoon into the pan. Bake for 30-35 mins or until a skewer comes out clean. Cut warm pudding into triangles and transfer to plates. Top with sauce & serve with whipped cream.

Desserts: Pecan Pie  
Pecan Pie

3 egg whites  
3/4 cup caster sugar  
22 crushed Jatz Biscuits  
1/2 cup nuts

Beat egg whites, add caster sugar. Fold in biscuits & nuts. Bake 20 mins in slice tin @ 350°C. Top with cream & grated chocolate.

Desserts: Apple Delight  
Apple Delight

1 pkt vanilla cake mix  
½ cup coconut  
125g marg  
1 tin Pie Apples  
1 egg  
300ml sour cream  
cinnamon sugar

Melt marg and mix with cake mix & coconut. Press into a slice tray and bake in mod oven 10-15 mins. Drain & crush pie apple, put on top of base. Beat 1 egg, add to a carton of sour cream and spread over apples. Sprinkle with cinnamon sugar. Cook for a further 20 mins.

Desserts: Christmas Pudding  
Christmas Pudding

500g butter  
1 ½ pkts sultanas  
1 pkt raisins  
1 pkt mixed fruit  
2 pkts walnuts  
8 eggs  
500g brown sugar  
6 cups plain flour  
2 tsp baking powder  
2 tsp carb soda  
1 lge glass of sherry a little milk, if required

Mix the same as for Christmas Cake. Have a boiler of boiling water ready. Wet calico cloth in boiling water, spread over a colander, sprinkle with flour, then add mixture. Gather cloth up and tie very tightly, as close to the mixture as possible. Place into the boiling water & cook for 3 ½ hrs. Take out of cloth. Will keep in the freezer.

Desserts: Chocolate Meringue Pie  
Chocolate Meringue Pie

1 meringue crust  
125g dark chocolate, cut to pieces  
3 tbs water  
1 cup cream  
chocolate shavings

Meringue Crust  
2 egg whites  
pinch salt



pinch of cream of tartar

½ cup sugar

½ cup finely chopped walnuts

½ tsp vanilla essence

Prepare crust well in advance: Place a sheet of baking powder on a baking tray. In a bowl, beat the egg whites with the salt and cream of tartar until soft peaks form. Add sugar 2 tbs at a time, beating well after each addition. Continue to beat until the mixture is thick & glossy, then fold in the nuts & vanilla. Spoon the meringue onto the baking paper then lift it and place into a 20cm round cake tin. Make a depression in the middle of the mixture and mould the edges up slightly. Bake meringue in a preheated 150°C oven for 50-55 mins or until it's crisp and a light straw colour. Cool the crust before filling it with chocolate mixture: To make the filling, add chocolate & water to a bowl that is sitting on top of a pot of hot water. Stir until smooth. Leave to cool. Whip cream and fold chocolate mixture through. Pile into the cooled meringue crust and chill for 2 hours before serving. Decorate with shaved chocolate. Serves 6-8

Chicken: B.B.Q. Chicken Drumsticks

B.B.Q. Chicken Drumsticks

1 tin tomato soup

1 tbs Worcestershire  
sauce

1 tbs soy sauce

1 clove garlic

½ green pepper

2 tbs prepared mustard

2 tbs apricot or plum jam

8 chicken drumsticks

Combine all ingredients except chicken & pour over chicken. Bake until tender (about 1 hour on 180°C)

Chicken: Chop Chop Chicken

Chop Chop Chicken

500g chicken fillets, strips

1 pkt 2 Minute Noodles

(Chicken)

3 tbs marg

3 diced rashers of bacon

2 sticks celery

1 sml tin corn

2 sliced onions

2 cups shredded cabbage

2 tbs cornflour

Fry chicken, bacon & onions in butter, about 10-15 mins until chicken is golden. Prepare noodles according to directions on packet. Add vegetables to chicken & stir for 1 min. Add noodles, liquid & cornflour that has been mixed with a little water. Stir until thickened. Serve immediately

### Chicken: Curried Cream of Chicken Sauce Curried Cream of Chicken Sauce (for BBQ chicken)

420g can Cream of Chicken soup  
½ cup cream  
½ cup milk  
1 tsp curry powder  
190g can champignons  
4 shallots

Combine soup with cream, milk & curry powder, stir until smooth. Stir over heat until boiling. Stir in drained, rinsed champignons & chopped shallots.

### Chicken: Easy Lemon Chicken Easy Lemon Chicken

1 lge BBQ chicken  
1 ½ tbs cornflour  
1 ½ cups water  
¼ cup lemon juice  
1 sml chicken stock cube, crumbled  
1 ½ tbs caster sugar  
1 tsp soy sauce

Cut chicken into 8 pieces. Blend cornflour & water in pan, stir in juice, stock cube, sugar & sauce, stir over heat until mixture boils & thickens. Stir in chicken, stir over heat for 10 mins.

### Chicken: Chicken Curry Chicken Curry

1 chicken  
2 lge onions  
125g butter  
2 tbs sugar  
1 tbs curry powder  
6 heaped tbs plain flour  
2 tsp salt  
1 tsp pepper

6 cups chicken stock

Chop up chicken. Chop onions & sauté in melted butter for 5 mins. Add curry powder, flour, salt & pepper, fry for 2 mins. Add sugar, stock & stir until thick. Add chicken & simmer 15 mins.

Chicken: Apricot Chicken  
Apricot Chicken

1 kg chicken pieces seasoned flour  
425ml Apricot Nectar  
1 pkt French Onion soup

Coat chicken pieces with flour, place in shallow dish. Combine apricot nectar & soup mix in jug. Microwave on High 4 mins. Pour over chicken. Cover. Microwave on High 20 - 30 mins.

Chicken: Honey & Soy Chicken Legs  
Honey & Soy Chicken Legs

8 chicken drumsticks 1 tbs soy sauce  
2 tsp honey 1 tbs lemon juice  
1 clove garlic, crushed 1 tsp grated ginger

Combine soy sauce, honey, ginger, garlic & lemon juice. Mix well. Marinate chicken drumsticks for at least one hour or preferably overnight. Place chicken in an ovenproof dish, pour over marinade & bake in a mod oven for 45 mins.

Chicken: Marinated Chicken  
Marinated Chicken

4 chicken breasts  
4 tsp wholegrain mustard  
4 tsp honey  
4 tsp soy sauce

In a med bowl, mix mustard, honey & soy sauce together. Using a pastry brush, smear the marinade over both sides of each chicken breast. Spray a hot frypan with Pure & Simple, place in chicken, turning every few mins. Total about 5 mins on each side.

Chicken: Cheesy Tomato Chicken  
Cheesy Tomato Chicken

2 tbs oil  
1 lge onion, sliced

1 clove garlic  
2 bacon rashers  
1 x 575g pasta sauce  
2 tbs chopped parsley  
6 single chicken breast fillets  
½ cup grated cheese

Heat half oil, add onion, garlic & bacon. Cook stirring until onion is lightly browned. Add pasta sauce & parsley, stir over heat until hot.

Heat remaining oil in pan, add fillets & cook on both sides until lightly browned, drain on kitchen paper. Arrange fillets in single layer in an ovenproof dish. Pour sauce over top, sprinkle with cheese. Cook, covered in mod oven 190°C for about 30 mins or until tender. Serve with vegetables.

Chicken: Chicken in Peanut Sauce  
Chicken in Peanut Sauce

2 tbs oil 1 onion, sliced in wedges  
2 tsp garlic  
2 tsp curry powder  
600g chicken breast fillets, strips  
¼ cup honey  
¼ cup crunchy peanut butter  
½ cup chicken stock

Heat oil, add the onion, garlic & curry powder. Cook 1-2 mins, add chicken & cook 4-5 mins. Add honey, peanut butter & stock. Combine well. Simmer 10-15 mins.

Chicken: Chicken & Spinach Slice  
Chicken & Spinach Slice

300g fillet chicken, chopped 2  
50g Frozen Spinach  
1 onion, chopped  
1 carrot, grated  
1 zucchini, grated  
5 eggs, lightly beaten  
2 tsp mustard  
1 cup grated cheese  
chopped parsley  
salt & pepper

Combine all ingredients in bowl but use only half the cheese. When thoroughly combined put mixture into a pie dish. Sprinkle the remaining cheese over top and bake 50 mins @ 180°C.

Let cool for 10 mins before slicing. Serves 6.

### Chicken: Marinated Chicken Wings Marinated Chicken Wings

2 kg chicken wings  
Marinade  
¾ cup BBQ sauce  
1 ¼ cups tomato sauce  
2 tbs Worcestershire sauce  
2 tbs brown sugar  
1 tbs soy sauce  
2 tbs brown vinegar  
1 tbs honey  
½ tsp coffee powder

Cut chicken into 3 @ joints. Discard tips. Place remaining portions on a baking tray & pour over the prepared chicken. Cover the pieces & refrigerate overnight. Bake uncovered for 1 hr 15 mins, turning at least 3 times during baking. Drain & serve. Serves 4-6

### Chicken: Mango Chicken Mango Chicken

8 chicken thighs flour  
30g butter  
2 tbs oil  
20g butter, extra  
1 onion, diced  
170g mango pulp  
40g French Onion soup  
1 cup water  
300ml thickened cream

Dust thighs with flour. Heat butter & oil in frypan & add chicken. Brown, remove & drain. Cook onion using extra butter. Add mango, soup mix, water & cream & stir until combined. Bring to boil. Return chicken to pan & reduce heat. Simmer 20 mins.

### Chicken: American Chicken American Chicken

1 chicken  
250g broccoli  
1 tin cream of chicken soup  
1/3 cup mayonnaise

½ tsp curry powder juice  
½ lemon  
battered breadcrumbs

Break up chicken. Cook broccoli in microwave. Layer broccoli in dish, add chicken pieces. Mix soup, mayonnaise, curry powder & lemon juice & pour over chicken. Add battered breadcrumbs. Heat @ 175°C (approx 20 mins)

Lamb: Lamb Chop Casserole  
Lamb Chop Casserole

60g long grain rice  
2 level tsp mixed herbs  
1 lge onion  
4 lean lamb chops  
1 can tomato soup equal amount of water

Place in casserole. Bake 175°C for 1 hour then 160°C for another hour.

Lamb: Lamb Shanks & BBQ Sauce  
Lamb Shanks & BBQ Sauce

4 tbs marg  
2 onions, sliced  
4 rashers bacon  
6 lamb shanks  
seasoned flour  
440ml Tomato soup  
2 cups water  
2 tbs brown sugar  
2 tsp mustard  
2 tbs Worcestershire sauce  
½ cup vinegar  
4 cups cooked rice  
3 tbs shredded green pepper  
1 tsp salt

Melt butter & sauté onion & bacon. Remove. Roll shanks in seasoned flour & place in pan. Sauté. Drain off excess fat. Mix tomato soup, water, salt, sugar, mustard, Worcestershire sauce, vinegar, onion & bacon. Pour over shanks & simmer 2 hours over direct heat. Serve with rice & green peppers. Serves 4-5

Lamb: Mongolian Lamb  
Mongolian Lamb

750g lamb strips  
1 ½ cups rice  
3 tbs oil  
4 med onions, quartered  
2 tsp garlic  
3 shallots, chopped  
2 tsp freshly chopped chilli  
2 tsp cornflour  
2 tbs soy sauce  
1 tbs oyster sauce  
½ cup chicken stock

Cook rice. Heat oil, stir fry lamb in 2 batches, 2-3 mins. Remove.

Stir fry onions, garlic, shallots & chillies, 2 mins. Blend cornflour with soy sauce, oyster sauce & stock. Return lamb strips to pan. Stir in cornflour mixture, cook 2-3 mins or until slightly thickened. Serve with rice.

Lamb: Satay-Style Sauce with Lamb Skewers  
Satay-Style Sauce with Lamb Skewers

750g lamb steaks  
½ cup crunchy peanut  
butter  
¼ cup hoi-sin sauce  
¼ to ½ cup water

Cut lamb into cubes, thread onto bamboo skewers. Grill or barbecue until tender. Place peanut butter, sauce and ¼ cup water in pan; stir over heat until combined and heated through. Add extra water if necessary to give the desired consistency. Also good served over chicken or beef and steamed Asian vegetables.

Lamb: Arabian Lamb Casserole  
Arabian Lamb Casserole

2 tbs oil 750g lean lamb, cubed  
1 pkt Tomato & Vegetable soup  
1 cup water  
1 tbs dried mint  
¼ cup natural yoghurt

Heat oil and brown lamb. Add soup mix, water & mint. Simmer until lamb is tender, above 30-40mins. Mix yoghurt with ¼ cup of the gravy, spoon over the top of the lamb and serve. Serves 4-6

## Lamb: Lamb Spinaci

### Lamb Spinaci

750g diced lean lamb  
1 tbs oil (omit for microwave)  
2 onions, sliced  
1 x 500g jar Napolitana Sauce  
½ bunch spinach (250g), washed  
500g potatoes, peeled, thinly sliced  
1 tbs marg (omit for microwave)  
1 tbs grated Parmesan cheese

Brown lamb in oil, add onions. Cook until soft. Place into casserole, pour in pasta sauce, then layer of spinach leaves on top. Arrange a layer of potato slices over spinach. Dot with margarine, sprinkle with cheese. Cover & bake @ 180°C for 1 hour. Remove cover for the last 10 mins.

Microwave: Place lamb and onions into microwave casserole, cover. Cook on High 5-7 mins, turning meat once. Drain off liquid. Follow recipe as above. Cover & cook on High for 20 mins. Serves 4

## Lamb: Spicy Tomato Lamb

### Spicy Tomato Lamb

8 lamb cutlets  
1/3 cup tomato paste  
1 tbs Worcestershire sauce  
1 tbs soy sauce  
1 clove garlic, crushed  
1 tbs grain mustard  
2 tbs brown sugar  
1 tbs honey

Trim excess fat from cutlets. Combine tomato paste, sauces, garlic, mustard, sugar & honey in a bowl. Add cutlets; turn to coat in mixture. Place cutlets on a wire rack over a baking dish; spoon remaining sauce over cutlets. Cook in moderately hot oven 190°C for about 30 mins, or until cooked as desired. Serve with steamed vegetables. Serves 4

## Lamb: Baked Short Loin Chops

### Baked Short Loin Chops

9 short loin chops, trimmed  
1 pkt French onion soup



410g tin tomatoes

Combine soup & tomatoes. Place loin chops in a glass baking dish, pour over soup and tomatoes and bake in a mod oven until meat is tender. Serve with vegetables. Serves 4-6.

Lamb: Satay Thai Lamb  
Satay Thai Lamb

1 cup peanuts  
1 onion, chopped  
2 cloves garlic, crushed  
¼ cup sweet chilli sauce  
1 tsp ground cumin  
2 tbs fresh coriander, chopped  
½ cup coconut milk  
1 tbs lime juice  
1 tbs brown sugar  
12 lamb cutlets

Blend or process peanuts, onion, garlic, sauce, cumin, coriander, coconut milk, juice & sugar until finely chopped and well combined.

Place cutlets into a large bowl, add peanut mixture; turn cutlets to coat mixture. Cover, refrigerate for several hours or overnight.

Arrange drained cutlets in a single layer on a lightly oiled oven tray. Cook in a mod oven 180°C for about 20 mins, or until cooked as desired. Serve with snow pea sprouts, sliced spring onions and tomato wedges.

Dips: French Onion Dip  
French Onion Dip

1 carton sour cream  
1 pkt French onion soup

Mix well together

Dips: Corn Relish Dip  
Corn Relish Dip

1 carton sour cream  
1 jar corn relish  
or  
1 bottle of Cream Cheese spread

1 jar corn relish

Mix well together.

Dips: Dutch Curry Dip  
Dutch Curry Dip

1 pkt Dutch Curry & Rice soup  
1 cup water juice  
1 lemon  
2 dsp sugar  
250g Philadelphia Cream Cheese

Cook 1 pkt Dutch Curry & Rice soup in 1 cup of water and allow to cool slightly. Then add juice and sugar. Mix well & add cream cheese. (This will keep for weeks in fridge).

Dips: Mexican Dip  
Mexican Dip

300ml sour cream  
35g pkt Taco Seasoning  
450g can refried beans  
2 tomatoes, finely chopped  
1 lge avocado, finely chopped  
1 sml red onion, finely  
chopped  
juice 1 lemon fresh pepper  
corn chips to serve

Combine sour cream & taco mix in a bowl. Spread thickly over the base of a glass serving dish. Place refried beans in a bowl, mash with fork. Place the chopped tomatoes on the beans & spread evenly.

Combine avocado, onion & lemon juice gently in bowl. Season with pepper. Place avocado mixture on tomatoes & spread evenly. Cover with gladwrap & refrigerate until ready to serve. Serve with corn chips on the side.

Dips: Delicious Dip  
Delicious Dip

1 lge avocado  
1 carton sour cream  
1 sml onion  
1 pkt Taco mix

1 lge tomato  
grated cheese

Squash avocado into bottom of 2.5cm deep plate. Mix taco mix & sour cream together then cover avocado. Dice tomato & onion, mix together and layer over sour cream. Cover with grated cheese. Serve with crackers or corn chips.

Dips: Boiled Egg Dip  
Boiled Egg Dip

1 grated, hardboiled egg  
1 finely chopped onion  
150g soft Philadelphia Cream cheese  
1 tbs tomato  
sauce  
1 tbs mayonnaise  
1 tbs butter  
salt & pepper

Blend all ingredients except egg & onion. Add these & stir.

Dips: Spinach Kibble Loaf  
Spinach Kibble Loaf

2 pkts frozen spinach  
2 pkts cream cheese  
1 pkt French onion soup  
1 kibble loaf

Cut the top off the kibble loaf, pick large chunks out of the center of the bread leaving as close to the crust as possible. Mix the drained spinach, cheese & French onion soup in a mixing bowl. Place all the mixture into the loaf & bake in the oven 40 mins @ 180°C. Put small pieces of the bread and the lid of the kibble loaf, broken into sml pieces, in the oven for 5 mins when the dip is almost ready.

Dips: Bread Cob Loaf  
Bread Cob Loaf

1 lge white cob loaf  
420g corn kernels, drained  
250g pkt cream cheese, softened  
1 cup sour light cream  
1 ½ cups tasty cheese, grated  
4 bacon rashers,

chopped & cooked  
½ cup fresh parsley, chopped  
1 tsp curry powder

Heat oven to 180°C. Cut top off the cob so it forms a lid. Set aside.

Carefully remove all the edges to serve as a wall to hold the filling ingredients. Combine the corn, softened cream cheese, sour cream, grated cheese, bacon, fresh parsley & curry powder. Spoon into the cob & replace lid. Wrap loaf in two layers of foil & place on a baking tray. Bake for 1hr 15 mins or until heated through. Remove foil & then cob lid. Arrange on serving plate. Serve with crackers.

Sauces: Basic White Sauce  
Basic White Sauce

2 tbs butter  
2 tbs flour  
salt & pepper  
1 ¼ cups milk

Place butter in a 4 cup jug. Cook on high for 30-40 secs. Stir in flour, salt & pepper. Gradually add milk, stirring until smooth. Cook on high for 3-4 mins, stirring twice.

Sauces: Sweet & Sour Sauce  
Sweet & Sour Sauce

1 ½ cups tomato sauce  
1 ½ cups white sugar  
½ cup vinegar  
½ cup water  
½ to 1 cup pineapple juice capsicum  
celery  
onion  
carrot pineapple

Cut up vegetables. Bring sauce, sugar, vinegar, water & pineapple juice to the boil, then thicken with cornflour mixed with a little water. Simmer, add cut up vegetables and cook until vegetables are almost cooked. This will last in fridge for about 3 weeks.

Sauces: Steak Diane Sauce  
Steak Diane Sauce

2 cups claret

2 cups Fountain Tomato  
sauce  
½ cup Worcestershire sauce  
5 cloves garlic

Mix all together in a bowl then store in a screw topped jar in fridge. When using, heat up and add a little fresh cream if desired. ( Will keep in fridge for months).

Sauces: Sour Cream  
Sour Cream

5ml lemon juice  
150mg fresh cream

Stir juice into cream, stand 30 mins.

Eggs: Scrambled Eggs Microwave Serves 2  
Scrambled Eggs - Microwave (Serves 2)

4 eggs  
4 tbs milk  
pinch salt  
parsley

In a large microwave jug, beat eggs lightly with a whisk, add milk & salt & whisk until well combine. Cook on Med 1 ½ - 2 mins. Stir egg & cook for a further 1 ½ - 2 mins. Stand for 1 min before serving.

Eggs: Scrambled Eggs Microwave Serves 1  
Scrambled Eggs - Microwave ( Serves 1)

¼ cup milk  
1 tbs chopped parsley  
2 eggs salt & pepper

Put milk, parsley, salt & pepper & eggs in microwave jug, whisk lightly. Cook on High 1 min. Stir gently with a fork. Cook 1 min more. Watch it, when egg swells, take out. Stir gently.

Sauces: Gravy  
Gravy

6 heaped tsp Gravox  
1 tsp beef stock powder

350ml water

Blend together, cook in microwave, stirring each minute.

Eggs: King Size Omelette

King Size Omelette

12 eggs  
1 cup grated cheese  
2 slices diced ham  
2 rashers diced bacon  
2 cups diced tomatoes  
1 cup diced mushrooms  
1 onion, finely chopped  
salt & pepper  
parsley flakes pinch mixed herbs

Beat eggs in large bowl. Melt butter in frypan & pour eggs in. Sprinkle with all the other ingredients. Cook in frypan 30 mins until omelette has risen and is firm to touch.

Eggs: Curried Eggs

Curried Eggs

4 eggs  
2 level tbs butter  
1 onion  
1 apple  
2 level tsp curry powder  
2 level tbs flour  
1 level tsp salt  
2 level tsp sugar  
1 cup water  
1 cup milk

Hard boil the eggs, cool & shell. Melt butter in pan, add diced onions & apple & fry lightly until golden in colour. Add curry powder, salt, sugar & flour. Gradually add milk & water, stirring all the time. Cook gently with lid until apple & onion are soft, add eggs.

Eggs: 40 Second Omelette

40 Second Omelette

2 eggs  
2 tbs water  
marg

Filling: ham, cheese & tomato

Beat eggs & water together lightly with fork. Heat a little marg in a non-stick frypan & when hot add egg mixture. When mixture starts to bubble, scrape it in towards the middle of the pan with spatula. When mixture is cooked on the bottom but slightly wet on top, add your filling down one side, close the omelette & slide onto plate. Don't overcook. 40 seconds only.

Pickles: Ripe Tomato Relish

Ripe Tomato Relish

3 kg tomatoes  
1 kg sliced onion  
½ cup salt  
500ml vinegar  
¾ kg sugar  
2 level tbs curry  
2 level dsp mustard  
3 heaped tbs cornflour  
150mls vinegar, extra  
1 level tsp mace  
1 level tsp cinnamon  
1 level tsp pepper  
1 level tsp ground cloves  
1 level tsp nutmeg  
1 level dsp salt

Scald & skin tomatoes, add onions & salt. Cover with water & stand overnight. Pour off brine, add vinegar. Bring to boil then add sugar. Take curry, mustard, cornflour & mix to a paste with extra vinegar. Stir until mixture thickens. Boil ½ to 1 hour, when finished boiling add remaining ingredients. Stir in well. Bottle. Make double quantity.

Makes 9 x 1 litre bottles.

Pickles: Green Tomato Pickles

Green Tomato Pickles

1 kg green tomatoes  
½ cauliflower  
1 choko(if available)  
¾ kg onions  
½ cup salt  
1 ¼ kg brown sugar  
6 cups brown vinegar  
1 ½ cups plain flour  
1 dsp turmeric

1 dsp mustard  
1 dsp curry powder  
½ tsp ground cloves  
½ tsp ginger

Wash vegetables well. Chop tomatoes into small pieces & cut cauliflower into flowerets. Peel & chop onions. Peel & chop choko.

Place all veggies in a lge bowl. Add salt, cover with cold water & stand overnight. Drain, rinse & drain again. Put 5 cups vinegar into a large pot with sugar. Stir over low heat until dissolved then bring to boil.

Add veggies, bring to boil again. Blend all dry ingredients with remaining vinegar. Gradually add to mixture, stir until it boils & thickens. Reduce heat & simmer for 10 mins, stirring occasionally. Pour into hot jars & seal.

Pickles: Bread & Butter Cucumbers

Bread & Butter Cucumbers

2 lge cucumbers  
2 tbs salt  
1 ½ cups white vinegar  
1 cup water  
¾ cup white sugar  
1 tsp black mustard  
seeds  
1 tsp white mustard seeds

Slice cucumber thinly. Place in layers in a lge shallow dish, sprinkle each layer with salt. Cover & stand overnight. Next day, rinse well under cold water, drain. Combine vinegar, water, sugar & mustard seeds in a pan. Stir over heat until sugar dissolves. Bring to boil, reduce heat & simmer for 5 mins. Add cucumber, bring to the boil & remove from heat. Transfer cucumber quickly into sterilized jars. Fill the jars with the vinegar mixture. Seal.

Pork: Fillet of Pork with Mustard Cream

Fillet of Pork with Mustard Cream

750g pork fillet, trimmed  
30g butter  
2 onions, sliced  
1 tbs plain flour  
1 cup dry white wine  
1 tbs Dijon mustard  
1 cup thickened cream  
¼ tsp salt



¼ tsp cracked black pepper

Cut pork into thin strips. Heat the butter in a large frying pan over moderate heat, add pork & onions, stirring constantly, for 5 minutes. Stir in the flour, cook for a further 1 minute. Increase the heat to high, stir in wine & mustard, mix thoroughly. Stir in the cream, salt & pepper, heat through. Serve on a bed of rice. Serves 4

Pork: Lemon Pork & Vegetables

Lemon Pork & Vegetables

500g pork fillet

1 ½ tsp cornflour

¼ cup chicken stock

¼ cup lemon juice

1 tbs honey

1 tbs soy sauce

1 tbs oil

150g snow peas

1 sml onion, cut into eighths

2 sml carrots, cut into sticks

1 tbs finely grated fresh ginger

1 clove garlic, crushed

½ cup roasted cashews

Remove excess fat and sinew from pork and cut into 3cm cubes.

Combine cornflour, stock, juice, honey & soy sauce. Set aside. Heat wok or shallow frypan, add oil & heat for 30 secs. Stir-fry the pork in batches over high heat until browned. Set aside on a plate, cover and keep warm. Reheat wok and add peas, onion & carrot. Stir-fry for 2 mins. Add ginger & garlic; cook for further 30 secs. Add cornflour mixture. Stir until sauce boils & thickens. Return pork to wok & heat. Top with cashews. Serves 4

Pork: Honey Pork with Sherry Sauce

Honey Pork with Sherry Sauce

500g pork fillets

1 tbs tomato sauce

1 tbs honey

2 tsp soy sauce

750g broccoli, cut into floweret's

½ tsp Five Spice Powder

1 tbs honey, extra

Sauce

½ cup chicken stock

1 tbs dry sherry  
1 tsp sugar  
½ tsp oyster sauce  
2 tsp cornflour

In a bowl combine the tomato sauce with the honey, five spice powder & the soy sauce. Add pork fillets & turn to coat them evenly.

Cover & refrigerate for at least an hour. Drain pork & place in a baking dish. Bake in mod oven for 20 mins. Brush fillets with extra honey on both sides, bake a further 10 mins. Cook broccoli by steaming for 3 mins. Place broccoli in a serving dish. Cut fillets into thick slices & place on top of broccoli. In a saucepan, combine the sauce ingredients, stir over med. heat until sauce boils & thickens. Pour sauce over pork & broccoli. Serves 4.

Pork: Pork with Leeks & Bacon  
Pork with Leeks & Bacon

500g lean diced pork  
1 tbs vegetable oil  
3 rashers bacon, roughly chopped  
2 leeks, washed & sliced  
250ml SPC Chunky  
Apple Sauce  
1 tbs Worcestershire  
sauce  
4 sprigs fresh thyme  
Salt & freshly ground pepper

Sauté bacon in heated oil until crisp; remove from pan & keep warm. Add leeks to pan and sauté until softened. Remove leeks, set aside, and add pork to pan, cooking until golden. Add Apple Sauce, Worcestershire sauce, reserved leeks and thyme. Simmer, stirring occasionally, for 20 mins until pork is tender. Season to taste. Garnish with bacon. Serve with noodles & vegetables of choice. Serves 4.

Pork: Cheese & Bacon Puffs  
Cheese & Bacon Puffs

½ cup milk  
1 egg, lightly beaten  
2 cups grated cheese  
3 bacon rashers, chopped  
2 med onions, finely chopped  
1 cup SR flour  
1 tsp French mustard

Combine milk & egg in large bowl. Add remaining ingredients, mix well. Drop rounded tsps of mixture on baking paper-lined over trays. Bake in hot oven about 20 mins. Makes about 40. Suitable to freeze.

Pork: Pork Crackling - Microwave  
Pork Crackling - Microwave

Cut the pork rind into bite sized pieces & place between layers of absorbent paper towel. Cook on High 4-5 mins until puffed & crisp.

Pork: Pork Roast  
Pork Roast

Remove rind, cook as above. Cook roast in mod oven. Allow 1 hour per kg for boneless, slightly more with bone. Can use an oven bag. Stand 10 mins before carving.

Pork: Oriental Barbecued Spareribs  
Oriental Barbecued Spareribs

1 kg spareribs, rind removed  
2 tbs honey  
2 tbs soy sauce  
2 tbs sherry  
4 cloves garlic  
½ tsp grated ginger  
½ tsp Chinese  
Five Spice Powder

Combine honey, soy sauce & sherry in a bowl add garlic, ginger & five spice powder & mix well. Place spareribs in a large baking dish in single layer. Pour marinade over making sure they are well covered. Cover dish with wrap & refrigerate at least 8 hours, turn occasionally. Cook over a med hot BBQ or under the griller for approx 30 mins. Turning often. Serves 4

Noodles: Nifty Noodles  
Nifty Noodles

6 rashers bacon mushrooms  
1 lge bottle of cream chives or shallots  
500g spiral noodles

Cook noodles, dice & cook bacon & mushrooms. Heat cream, add noodles, chives, bacon & mushrooms.

## Rice: Fried Rice

### Fried Rice

Sungold Rice 2 eggs, beaten  
onion, chopped bacon or ham  
frozen peas capsicum, chopped  
celery, chopped soy sauce

Follow the "cook in the fridge" instructions for rice on the back of the packet. (need approximately 2 cups). Heat the oil in a pan & cook beaten eggs like a pancake. Put aside & chop when cool. Cook the onion & bacon. Add rice & splash of soy sauce. Add capsicum & celery. Add chopped egg & a handful of frozen peas.

## Noodles: Chilli Noodles

### Chilli Noodles

2 x 85g 2 minute noodles(oriental)  
2-3 tbs oil  
3 eggs, beaten  
4 ham steaks, diced  
8 med mushrooms, sliced  
1 sml red capsicum, cut  
to strips  
2 cloves garlic, crushed  
1 tbs curry powder  
4 spring onions, sliced  
2 tbs Teriyaki Marinade  
2 tsp bottled crushed chilli

Cook the 2 minute noodles according to directions on packet. Drain well & set aside. Heat a little oil in a wok, add half the beaten egg, swirl over the base of the pan, then cook for about 2 min or until surface is set. Turn over, cook for a further min, then remove from wok. Repeat with remaining egg. Cut cooked egg into strips. Allow the wok to reheat, add a little more oil, then ham, mushrooms, red capsicum, garlic & curry powder. Toss over a med heat 3-4 mins. Add cooked noodles, spring onions, Teriyaki marinade (or soy sauce using slightly less), most of the egg strips and the crushed chilli. Toss for 23 mins.

Serve immediately, garnished with remaining egg strips.

## Pasta: Cheese & Spinach Pasta

### Cheese & Spinach Pasta

125g macaroni  
30g butter

2 rounded tbs plain flour  
500ml milk  
½ cup grated cheese  
250g frozen spinach, thawed,  
½ cup grated cheese, extra drained or fresh (5 leaves /  
blanched  
salt & pepper 1 min)

Cook & drain pasta. Melt butter in pan, stir in flour, stir over heat until bubbling. Remove from heat, gradually stir in milk, stir over heat until sauce boils & thickens, stir in cheese, spinach, pasta, salt & pepper. Pour mixture into ovenproof dish. Sprinkle with extra cheese. Bake in mod oven. 30 mins.

Eggs: Chinese Omelettes  
Chinese Omelettes

8 eggs, lightly beaten  
1 cup shredded lettuce  
1 cup bean sprouts  
½ cup red capsicum,  
chopped  
4 green shallots, sliced  
2 tbs oil  
Sauce  
3 tsp cornflour  
1 chicken stock cube,  
crumbled  
1 ½ cups water  
3 tsp soy sauce

Combine eggs, lettuce, sprouts, pepper & shallots in bowl. Heat ½ tbs of the oil in pan & pour ¼ of the egg mixture into pan, cook until set & lightly brown underneath, turn over & brown. Remove & keep warm. Repeat with remaining ingredients. Serve with sauce.  
Sauce: Combine all ingredients in pan, stir over heat until it boils & thickens.

Rice: Marie's Rice  
Marie's Rice

60g butter  
2 cups rice  
4 cups hot water  
4 tsp chicken stock powder

Melt marg in microwave, stir in rice, microwave 2 mins on High, add stock powder & hot water, stir. Microwave 12-15 mins on Medium/Low, stirring 3 times. Stand with teatowel over bowl,

beneath lid. Fluff rice after 15 mins.

### Pasta: Wendy's Pasta Wendy's Pasta

1 onion  
2 cloves garlic  
300g shredded ham  
250ml cream  
¼ cup breadcrumbs  
1 pkt frozen spinach  
1 pkt tricolour pasta

Sauté onion & garlic, add ham, cream, breadcrumbs, spinach. Mix together. Add pasta & heat through.

### Quiches: Vegetable Quiche Vegetable Quiche

4 eggs  
½ cup SR flour  
1 cup milk  
½ cup cream  
or use 1 ½ cups milk  
3 tbs melted marg  
1 ½ cups cheese  
2 cups mixed, cooked  
vegetables  
pepper & salt

Combine eggs, flour, milk, cream, butter, pepper & salt. Stir in cheese & vegetables. Pour into quiche dish. Bake @ 180°C for 40 mins.

### Pasta: Cheesy Noodle Bake Cheesy Noodle Bake

1 ½ cups spiral noodles  
2 tbs marg  
1 pkt Cheese & Leek soup  
2 ½ cups milk  
½ cup chopped, cooked bacon  
¾ cup grated cheese

Cook noodles, drain. Melt marg in pan & blend contents of soup pkt. Add milk, stir till boils &

thickens. Combine with noodles & add bacon. Put into a casserole, sprinkle with cheese and bake @ 180°C until golden.

### Pasta: Macaroni with Cheese Sauce

#### Macaroni with Cheese Sauce

200g macaroni  
60g butter  
1 onion, chopped  
2 rashers bacon, chopped  
(optional)  
¼ cup flour  
2 ½ cups milk  
salt & pepper  
1 ½ cups grated cheese

Preheat oven to 180°C. Cook macaroni, drain. Heat butter in a large pan, add onion & bacon. Stir over medium heat 4 mins. Add flour, stir over heat 1 min. Add milk gradually, stir until mixture is smooth. Stir constantly over medium heat until mixture boils & thickens, simmer over low heat, stir in salt & pepper. Add pasta & 1 cup cheese. Stir until combined, spoon into a casserole dish. Sprinkle remaining cheese on top and bake 20 mins.

### Pasta: Fettuccine

#### Fettuccine

3 rashers bacon  
8 chopped mushrooms  
1 lge chopped onion  
1 chopped zucchini  
½ chopped capsicum  
2 cloves crushed garlic  
1 pkt Chicken Gravy cream  
fettuccine butter  
2 tbs Parmesan cheese  
1 cup water

Stir fry bacon, mushrooms, onion, zucchini, capsicum, & garlic in a little butter. Mix pkt of gravy with water. Simmer until thickened.

Add cream, enough to make the gravy a bit creamy. Add vegetables to sauce & simmer 15 mins, then add Parmesan cheese. Cook noodles in boiling water, drain, then add sauce to pasta.

### Salads: Garden Medley

## Garden Medley

1 lettuce, shredded  
1 x 300g pkt frozen  
1 cup diced tomato mixed vegetables,  
thawed  
Thousand Island Dressing

Combine lettuce, mixed vegetables & tomatoes. Pour over sufficient dressing to moisten, toss lightly. Serves 4-6

## Salads: Mustard Potatoes Mustard Potatoes

1 kg baby potatoes, boiled  
 $\frac{1}{4}$  cup sour cream  
 $\frac{1}{4}$  cup mayonnaise  
2 tbs grainy mustard  
2 tbs French dressing

Mix together the sour cream, mayonnaise, mustard & French Dressing. Spoon over potatoes.

## Salads: Curried Potato Salad Curried Potato Salad

1 kg potatoes, diced & boiled  
1 med onion, finely chopped  
salt & pepper

Dressing  
 $\frac{1}{3}$  cup mayonnaise  
 $\frac{3}{4}$  cup sour cream  
2 tsp curry powder

Cook potatoes until just tender, cool. Add onion & salt & pepper and gently fold in dressing which has been mixed together.

## Salads: Banana Salad Banana Salad

8 - 10 bananas  
1 cup sour cream  
1 tsp curry powder



## Banana dressing

1 tbs butter  
2 tbs sugar  
6 tbs milk  
3 tbs vinegar  
1 egg  
½ tsp mustard  
½ tsp salt

Cream butter, sugar, mustard & salt. Add egg, then milk, then vinegar ( a little at a time). Stir over low heat until it coats the back of a spoon. Approx 10 mins. Do Not Boil! (Makes 1 cup). Mix dressing with equal amount of sour cream ( 1 cup) & 1 tsp curry powder & heat all together. Refrigerate. When cool add bananas.

## Salads: Jamaican Rice Salad

### Jamaican Rice Salad

3 cups cooked rice  
1 ½ cups frozen peas,  
thawed  
1 x 450g crushed pineapple, drained  
1 red pepper, diced  
6 shallots, sliced  
1 tbs green ginger  
½ cup French  
Dressing  
salt & pepper  
½ cup cashews (optional)

Combine rice, peas, pineapple, capsicum, shallots, ginger & French Dressing. Season well & toss to combine. Top with nuts before serving. Serves 6-8

## Salads: Bean Salad

### Bean Salad

1 x 300g corn kernels  
1 x 300g three bean mix  
1 sml white onion  
1 tbs parsley  
250g sliced cooked green beans  
garlic seasoning  
salt & pepper  
French

## Dressing

Drain corn & bean mix, chop onion fine, mix together with parsley & beans. Add seasonings. Pour over sufficient dressing to moisten.

Chill before serving.

## Salads: Potato Salad

### Potato Salad

4 cups diced raw potato

1 white onion

2 tbs chopped parsley

paprika

Salt

½ cup cream

½ cup mayonnaise

Cook potato until just tender, add peeled & chopped onion, parsley & seasonings. Mix together cream & mayonnaise. Pour over salad. Mix carefully. Chill.

## Salads: BBQ Rice Salad

### BBQ Rice Salad

3 cups cooked rice

½ onion, finely chopped

½ can 3 bean mix or corn kernels

½ cup grated cheese

1-2 rashers bacon, cooked & diced

½ red or green pepper, chopped

½ cup chopped celery

½ cup French Dressing

salt & pepper parsley

Combine all. Chill.

## Salads: Pasta & Bacon Salad

### Pasta & Bacon Salad

250g shell pasta

1 cup peas

125g bacon, cooked & crumbled

1 onion

1 stick celery

½ capsicum

1 cup crushed pineapple

1 tsp oil  
150ml mayonnaise  
150ml cream  
100g carrots, grated

Cook shells in enough hot water to cover, add the oil, cook on High 8-9 mins. Stir, add the peas & carrots, cook further 4-5 mins. Leave covered to finish cooking while you prepare the rest of the vegetables. Finely slice the celery, dice capsicum & finely chop the onion. Cook bacon on layers of kitchen paper till crumbly, about 3-4 mins on High. Drain pasta if necessary, stir in rest of the vegetables & bacon, drain the pineapple & add, stir in mayonnaise & cream mixture. Chill

Salads: Three Bean Salad  
Three Bean Salad

1 cup noodles or macaroni  
310g corn kernels  
1 red capsicum, diced  
440g three bean mix  
¼ cup chopped parsley  
3 spring onions, sliced  
2 sticks celery, sliced

Dressing  
¼ cup vinegar  
¼ cup oil  
2 tbs sugar  
1 tsp curry

Place noodles into boiling salted water, cook, drain. Add remaining ingredients. Mix well. Combine dressing ingredients in a jar. Shake well. Pour over salad and blend through. Chill.

Salads: Layered Salad  
Layered Salad

½ lettuce  
2 cups frozen peas  
2 hard boiled eggs, sieved  
250g sliced mushrooms  
125g grated cheese  
1 cup mayonnaise  
2 tbs sour cream  
2 tsp French mustard  
1 tbs lemon juice  
6 shallots

tomato wedges

4 rashers bacon in crispy bits

Place lettuce in large, see through, bowl. Top with peas. Mix the sieved eggs with the mushrooms, put on top of peas, follow with cheese. Mix mayonnaise, sour cream & French mustard, lemon juice & shallots. Put on top of cheese. Refrigerate several hours. Top with tomato wedges & bacon crispy bits.

Salads: Pasta Salad

Pasta Salad

225g pasta

125g frozen corn

125g frozen peas

1 carrot, grated

4 sticks celery, sliced

1 capsicum, diced

6 spring onions, sliced

2 tbs parsley

Dressing

225g mayonnaise

3 tbs single cream.

Cook pasta, drain & cool. Add vegetables. Mix mayonnaise and cream. Add to pasta & vegetables. Add more cream if necessary. Season with salt & pepper.

Salads: Coleslaw

Coleslaw

¼ red cabbage

¼ green cabbage

1 red capsicum

1 Spanish onion

2 medium carrots

Dressing

½ cup cream

1/3 cup mayonnaise

salt & pepper

Mix vegetables together. Mix dressing ingredients together. Add dressing to vegetables and fold through. Chill.

## Seafood: Curried Tuna Mornay

### Curried Tuna Mornay

425g tuna  
4 shallots  
45g butter  
2 tsp curry  
3 tbs flour  
2 cups milk  
½ cup mayonnaise  
2 tbs lemon juice  
4 hard boiled eggs  
1 cup breadcrumbs  
60g butter,  
extra salt & pepper

Drain tuna, flake roughly, chop shallots, shell eggs, cut into slices. Combine tuna & shallots, spread evenly in greased shallow ovenproof dish, top with sliced eggs. Sprinkle with salt & pepper. Melt butter, stir in flour, cook 1 min. Remove from heat, gradually stir in milk, mix until smooth. Return to heat, stir until sauce boils & thickens. Add mayonnaise, curry powder & lemon juice, mix well. Spread evenly over tuna & eggs. Combine breadcrumbs & melted butter, sprinkle evenly over top, bake in mod oven 20 mins.

## Seafood: Prawn Omelette

### Prawn Omelette

8 eggs  
salt & pepper  
Oil  
1 onion, finely chopped  
1 green pepper, finely chopped  
1 x 200g tin prawns (or fresh)  
1 cup bean sprouts

Sauce  
1 cup water  
1 tbs cornflour  
2 chicken stock cubes  
1 tsp sugar  
2 tsp soy sauce

Beat eggs, pepper & salt in a bowl until lightly frothy. Heat sufficient oil in frypan to cover base. Add all other ingredients to eggs & stir well. When oil is hot, add half the mixture. When firm, cut into 4 segments. Turn & cook other side. Remove & keep hot while cooking remainder. Stack 2 on each plate & spoon sauce over.

Sauce: Blend water & cornflour until smooth. Add remaining ingredients & stir over medium

heat until sauce thickens.

### Seafood: Curried Prawns Curried Prawns

60g butter  
1 onion, chopped  
1 green apple, chopped  
1 ½ tsp curry powder  
3 heaped dsp flour  
350 ml milk  
350 ml water  
salt & pepper

Put butter, onion, apple & curry powder in a frypan and cook for 3 mins. Add flour, and cook for 1 min. Add combined water & milk gradually, stir until it thickens. Add prawns & salt & pepper. Heat through.

### Seafood: Tuna Mornay Tuna Mornay

30g marg  
4 tbs flour  
2 cups milk  
½ cup grated cheese  
salt & pepper  
1 can tuna, drained.

Make white sauce with marg, flour, milk, salt & pepper. Add cheese and tuna. Heat through.

### Seafood: Curry Tuna Macaroni Curry Tuna Macaroni

3 cups macaroni  
40g butter  
¼ cup plain flour  
1 tbs curry powder  
2 cups milk  
1 tbs chives, snipped  
420g creamed corn  
½ grated cheese  
425g tuna  
salt & pepper

Cook macaroni. Drain. Melt butter, add flour & curry powder & cook 1-2 mins. Remove from heat, slowly stir in milk to combine. Return to heat & bring to the boil. Stir until smooth. Add chives, corn, cheese & drained tuna. Season to taste. Combine sauce & pasta.

### Seafood: Salmon & Zucchini Flan Salmon & Zucchini Flan

1 lge zucchini, grated  
1 can salmon (415g) or tuna  
1 cup grated cheese  
4 spring onions  
2/3 cup cream  
6 eggs, lightly beaten  
Grease dish.

Combine first four ingredients, whisk cream into eggs, pour into mixture. Pour into dish. Bake in mod oven 30 mins.

### Seafood: Cajun Baked Fish Cajun Baked Fish

4 med fish fillets  
Cajun seasoning  
slices of fresh lemon

Lay fish fillets on a sheet of lightly oiled foil each. Top each fillet with a little Cajun seasoning mix and a few slices of fresh lemon. Fold foil over to enclose, pop onto a tray and bake 180°C 15- 20 mins. Serve with salad & potato wedges.

### Seafood: Fabulous Fish & Chips Fabulous Fish & Chips

Chips  
potatoes  
1 egg white

Fish  
fish fillets mayonnaise  
¾ cup breadcrumbs  
1 tbs chopped chives  
1 tbs chopped parsley  
3 tsp Parmesan cheese  
salt & pepper

**Chips:** Peel some potatoes. Par boil. Drain & cut into thin wedges. Beat egg white until frothy, then dip wedges into egg. Brush an oven tray with oil & bake potatoes for 35 mins, turning over once.

**Fish:** Arrange fish fillets in a lge baking dish & spread thinly with mayonnaise. Put breadcrumbs into a bowl. Mix with chives & parsley. Add Parmesan, salt & pepper. Spread over fish & bake in a mod oven for 10 mins or until fish is cooked.

**Seafood: Oysters Kilpatrick**  
Oysters Kilpatrick

12 oysters on shells  
Worcestershire sauce  
4 tbs tomato sauce  
4 tbs grated cheese  
salt & pepper butter

Place oysters on grilling tray. Add a few drops of Worcestershire sauce. Cover with tomato sauce & sprinkle with grated cheese. Place a sml knob of butter on top. Bake for 5 mins @ 180°C or grill for a few minutes.

**Seafood: Cocktail Sauce for Prawn Cocktail**  
Cocktail Sauce for Prawn Cocktail

½ cup cream  
1 tbs Worcestershire sauce  
2 tbs tomato sauce  
1 tsp lemon juice  
salt & pepper

**Seafood: Sate Prawns**  
Sate Prawns

1 kg green king prawns (yabbies or crabs)  
3 med onions  
3 tbs oil  
1 tbs water  
Marinade  
¼ tsp five spice powder  
¼ tsp chilli powder  
2 tbs sate sauce  
pinch salt  
½ tsp curry powder  
1 tsp cornflour



½ tsp sugar  
1 tsp soy sauce  
1 tbs dry sherry

Prepare prawns. Combine marinade ingredients in bowl, mix well & marinade prawns for two hours. Peel onions & cut into wedges. Heat oil in large pan or wok & sauté onions about 2 mins. Add marinade mixture to pan, sauté until prawns are cooked. Add water. Mix well.

Seafood: Crumb Mixture to Coat Fish  
Crumb Mixture to Coat Fish

When crumbing fish, add the following to each cup of breadcrumbs

1 tbs curry powder  
¼ - ½ cup coconut

Soups: Pepper Pot Soup  
Pepper Pot Soup

4 cups water  
4 tbs chicken stock powder  
2 good size potatoes, shredded  
2 med carrots, shredded  
2 stalks celery, chopped  
2 med onions, chopped  
1 green pepper, finely chopped  
½ cup plain flour  
2 tsp salt  
½ tsp pepper  
1 cup water  
6 cups milk

Mix first seven ingredients together in a large saucepan. Bring to boil. Cover & simmer 20 mins. Mix flour, salt, pepper & water together in a sml container until no lumps remain. Stir into simmering soup to thicken slightly. Add milk. Heat through.

Soups: Italian Vegetable Soup  
Italian Vegetable Soup

3 med carrots, sliced  
1 lge white onion  
2 sticks celery  
3 tbs melted butter  
1 ½ tsp mixed herbs

1 ½ litres stock  
1 tin tomatoes  
125g spaghetti in 3cm lengths  
2 tsp sugar  
salt & pepper

Cut up vegetables. Cook 15 mins in butter without burning with lid on pan. Add herbs, pour in stock. Add tomatoes, bring to boil. Add spaghetti, simmer 20 mins. Add sugar & season to taste.

Soups: Microwave Chowder  
Microwave Chowder

6 rashers bacon, chopped  
1 lge onion, sliced  
500g potatoes, cubed  
2 cups milk  
¾ cup water 440g creamed corn  
salt & pepper cornflour (if needed)

Microwave bacon in a 4 litre casserole dish on High 4-6 mins. Remove. Microwave onion & potatoes on High 8-10 mins. Add milk & water. Cook on High 8 - 10 mins. Add corn, onion & potato mixture to bacon. Thicken with 2 tsp cornflour mixed with a little milk, if necessary. Cook on High 4-6 mins, stirring halfway through. Season with salt & pepper.

Soups: Pea & Ham Soup  
Pea & Ham Soup

2/3 cup dried split green peas  
1 sml knuckle of bacon  
6 cups water  
15g butter  
1 onion, chopped  
2 potatoes, sliced  
2 sticks celery, sliced  
salt & pepper

Place split peas and knuckle of bacon in boiler, cover with water and soak overnight. Drain the peas & knuckle then place in a boiler with the fresh water & bring to the boil. Cover & simmer for 2 hours. Microwave the butter, onion, potato & celery on High 8 min. Remove knuckle from pan, cool slightly then remove the meat from the bone discarding the fat. Dice the meat & set aside. Add the vegetables, cover & simmer until tender. Cool slightly, blend & add meat & salt & pepper to taste.

## Soups: Corn & Pumpkin Soup

### Corn & Pumpkin Soup

1 kg pumpkin  
2 onions  
60g butter  
4 cups chicken stock  
440g creamed corn  
3 tsp Worcestershire sauce

Combine pumpkin, onions & butter in lge bowl, cover, cook on High 3 mins. Add chicken stock, cover, cook on High 25 mins. Puree, stir in corn & sauce.

## Soups: Zucchini & Leek Soup

### Zucchini & Leek Soup

750g zucchini 3 med carrots  
3 med potatoes 3 leeks  
1 strip chicken stock cubes water

Place 60g marg in large saucepan. Add vegetables. Sauté for a few minutes. Add water to saucepan to just cover the vegetables. Add stock cubes. Simmer until vegetables are cooked. Approx 30 mins. Blend.

## Vegetables: Scalloped Potatoes & Pumpkin Sauce

### Scalloped Potatoes with Pumpkin Sauce

1 kg potatoes, peeled, thinly sliced  
1 med onion, coarsely chopped  
1 440g can Cream of Pumpkin soup pepper  
½ soup can milk  
¾ cup breadcrumbs

Layer potatoes & onions in a shallow casserole. Combine soup & milk & seasoning. Pour over potatoes, sprinkle with breadcrumbs. Bake 1 hour @ 190°C.

## Vegetables: Cheese Potato Casserole

### Cheese Potato Casserole

1 tbs butter  
2 onions, thinly sliced  
4-6 potatoes, peeled, thinly sliced  
3 bacon rashers, chopped  
¾ cup grated cheese

1 sml tin evaporated milk / cream

Sauté onion in butter. Layer potato slices & onion in casserole, season with salt & pepper and pour milk over. Bake in mod oven for 45 mins, then top with bacon & cheese. Bake further 15 mins. Serves 4-6

Vegetables: Bubble & Squeak Fritters  
Bubble & Squeak Fritters

½ cup SR flour  
2 eggs, lightly beaten  
4 tbs Parmesan cheese  
2 cups cooked vegetables, finely  
2 spring onions, finely chopped  
black pepper

Mix all ingredients in a bowl. Heat a little oil in a non-stick frying pan. Place large tbs of mixture into the pan & cook until golden brown on both sides. Serve hot or cold. Serves 4

Vegetables: Potato Bake  
Potato Bake

750g potatoes, peeled & sliced  
600ml thickened cream  
35g French Onion soup mix  
1 cup grated cheese

Layer potatoes in shallow dish. Combine soup & cream & pour over potatoes. Bake covered with foil for 30 mins @ 180°C, remove foil, sprinkle with cheese, bake further 30 mins.

Vegetables: Gado Gado  
Gado Gado

assortment of vegetables, eg  
6 hard boiled eggs  
broccoli , cauliflower, beans, cucumber  
snowpeas, yellow squash, carrots, bean sprouts  
satay sauce

Cook vegetables and arrange on a large platter. Top with sliced, hard boiled eggs, cover with thin slices of cucumber, sprinkle with bean sprouts on top of lot. Pour satay sauce over all the vegetables.

## Vegetables: Mixed Baked Vegetables

### Mixed Baked Vegetables

4 med potatoes  
3 capsicum  
3 med tomatoes  
4 med onions.  
¼ cup oil

Peel & cut potatoes into 8ths, seed & quarter capsicum, cut tomato into wedges & quarter onions. Place in a baking dish and sprinkle with salt & pepper, pour over ¼ cup oil & bake @ 225°C for 45 mins, stirring often. Serves 4

## Vegetables: Zucchini Slice

### Zucchini Slice

3 lge zucchini, grated  
1 cup cheese  
2 carrots, grated  
1 lge onion, finely chopped  
1 sml can corn  
3 bacon rashers, chopped  
5 eggs  
1 cup SR flour  
¼ cup oil

Mix all ingredients together. Put into greased tray. Bake @ 180°C 34- 40 mins.

## Vegetables: Asian Vegetables

### Asian Vegetables

2 med carrots  
2 tbs oil  
1 tsp green ginger  
2 sticks celery  
2 spring onions  
2 med zucchini  
1 cup broccoli florets  
1 tbs soy sauce  
¼ cup water  
¼ tsp chicken stock powder

Peel carrot & slice thinly, diagonally. Place in casserole, add oil & ginger. Cover & cook on High 4 mins. Slice the celery diagonally into 2 cm pieces. Add to casserole, stir, cover & cook on High 3 mins. Slice spring onions & zucchini diagonally, add to casserole, add broccoli. Stir

gently. Pour in soy sauce, water & stock. Cover, cook 4 mins.

Vegetables: Scalloped Potatoes with Bacon

Scalloped Potatoes with Bacon

500g potatoes, thin sliced

4 bacon rashers,  
chopped

300g sour cream

1 cup grated cheese

Place potato slices evenly into shallow dish, cover, cook on High 10 mins. Combine bacon & shallots in small dish, cover with kitchen paper, cook on High 2 mins. Spread sour cream over potatoes, top with bacon mixture & cheese. Cook on High 5 mins.

Vegetables: Vegetable Accompaniment

Vegetable Accompaniment

500g fresh peas or 250g frozen

2 potatoes

1 onion

6 mushrooms

4 shallots

2 tomatoes

1 clove garlic

60g butter

2 tbs chopped parsley

salt & pepper

Boil frozen peas 3 mins or fresh peas 10 mins. Peel & dice potatoes, peel onion, chop finely, slice mushrooms. Chop shallots, peel tomatoes, cut into quarters. Heat butter in pan, add potatoes. Cook over fairly high heat about 5 mins, stirring occasionally. Add onion, cook few minutes, add mushrooms, garlic, shallots & tomatoes, season with salt & pepper. Cook until mushrooms are softened, stir in peas & parsley, stir 2 mins. Serves 6

Vegetables: Vegetable Mornay

Vegetable Mornay

500g pkt frozen Peas,

Carrot 2 tbs butter & Cauliflower

1 onion, finely chopped

3 tbs flour

1 cup milk

1 cup grated cheese

3 hard boiled eggs, sliced  
salt & pepper

Cook vegetables in 2 cups salted boiling water 3 mins. Drain, reserving 1 cup cooking water. Heat butter in saucepan & cook onion gently. Remove pan from heat & stir in flour, blend in reserved cooking liquid & milk. Return pan to heat & stir until mixture boils & thickens. Fold in cheese, cooked vegetables, eggs, salt & pepper.

Vegetables: Spinach Pie  
Spinach Pie

4 eggs  
½ cup plain flour  
60g marg, melted  
2 cups milk  
½ tsp baking powder  
1 cup grated cheese  
1 cup chopped, cooked spinach  
salt & pepper

Whisk eggs, butter & milk together. Pour into combined remaining ingredients. Mix until well blended. Pour into pie dish, bake in mod oven 45 mins.

Vegetables: Potato Bake  
Potato Bake

8 lge potatoes  
2 cloves garlic  
600 ml thickened cream  
2 cups grated cheese

Preheat oven to 160°C. Slice potatoes & place in dish with garlic & grated cheese. Cover & cook for 1 hour. Remove lid or foil & cook until brown on 200°C.

Vegetables: Potato Bacon Frittata  
Potato Bacon Frittata

1 tbs oil 1 onion, sliced  
6 bacon rashers, chopped  
4 med potatoes, roughly  
chopped  
1 cup peas  
6 eggs, lightly beaten  
¼ cup chopped parsley

salt & pepper

Heat oil in lge pan. Add onion & bacon, cook until onion is soft, add potatoes, stir over heat for 5 mins or until potatoes just begin to soften, add peas, cook, stirring for 2 mins. Combine potato mixture with eggs, parsley & salt & pepper in bowl. Pour into greased dish. Cook in mod oven 30 mins.

Vegetables: Creamy Vegetable Pasta

Creamy Vegetable Pasta

2 cups frozen mixed vegetables,  
425g Cream of Mushroom soup thawed  
1 tsp curry  
1 cup grated cheese  
3 cups cooked macaroni  
50g pkt chips, lightly crushed  
55g pkt corn chips,  
lightly crushed

Combine the vegetables, soup, curry powder, cheese & macaroni. Mix well. Spoon into greased dish, top with chips & corn chips. Bake @ 180°C for 20 mins.

Vegetables: Tomato Bake

Tomato Bake

fresh breadcrumbs  
cream  
salt & pepper  
mixed herbs  
sliced onion  
sliced tomato  
grated cheese

Fill a lasagne dish with 2.5 cm breadcrumbs. Drizzle with cream, add salt & pepper & mixed herbs. Cover with sliced onion, cover with sliced tomato, cover with grated cheese. Slow bake @ 140 -150°C until tomato is cooked & cheese melted.

Vegetables: Potato Dish

Potato Dish

chat potatoes  
1/3 cup oil  
1 pkt French onion soup



Grease baking dish well. Halve or quarter chat potatoes. Mix oil with soup. Drizzle over potatoes, turn potatoes to coat. Cook in hot oven, turning a couple of times.

Vegetables: Potato, Leek & Bacon Bake

Potato, Leek & Bacon Bake

1 tbs olive oil  
2 med leeks, thinly sliced  
4 bacon rashers, chopped  
1 clove garlic, crushed  
2 tbs fresh parsley, chopped  
4 med potatoes, thinly sliced  
1 cup grated cheese  
300ml cream  
50g butter, chopped

Heat oil in large pan. Add leeks, bacon & garlic. Cook, stirring over low heat until leeks are lightly browned. Cool, stir in parsley. Grease an ovenproof dish. Arrange 1/3 of the potatoes, slightly overlapping, over the base of the dish. Sprinkle with 1/2 leek mixture & half the cheese. Repeat layering, finishing with a potato layer. Pour cream over potatoes, top with butter. Cook in mod oven, 180°C for about 1 hour, or until top is golden brown and potatoes are tender. Cover with foil if over-browning.

Measurements  
MEASUREMENTS

	125g
1 cup sieved flour	250ml
1 cup liquid	500g
2 cups sugar	500g
2 ½ cups icing sugar	60g
1 tbs butter, rounded	30g
2 tbs flour, rounded	30g
2 tbs coconut, level	20ml
2 dsp liquid(1 tbs)	10ml
2 tsp liquid (1 dsp)	5 ml
1 tsp liquid	3 cups whole
1 cup crushed cornflakes	1 cup raw
4 cups cooked rice	1 cup uncooked
2 cups cooked macaroni	250g
4 cups cooked spaghetti	125g
1 cup grated cheese	½ cup unwhipped
1 cup whipped cream 1 oz	30g
1 kg	2 1/5 lb
marg - 1 level tbs	1 oz = 30g
mince - 1 cup	8 oz = 250g
liquids - 2 tbs	1 oz =30ml
1 block cooking chocolate	3 tbs cocoa & 1 tbs shortening