

Cairns Libraries'

TABLE | **25**

125 family favourite recipes from the staff of Cairns Libraries.



“Good food enriches your life. And not just in terms of good health. Children enjoy cooking; families enjoy sharing a table at mealtimes. Everything to do with good food is good.”

Maggie Beer
The Retiree, July 26 2010.

“It’s not unusual for us to be eating breakfast and talking about what we’re going to have for lunch and then at lunch talking about what we’re going to have for dinner.”

Poh Ling Yeow
Poh’s Family Garden, ABC Television, November 27 2010.

“I am not a chef. I am not even a trained or professional cook. My qualification is as an eater.”

Nigella Lawson
How to Eat by Nigella Lawson, 1998.

“...basically you’ve just got to get in there and do it. Start simple. In fact, there’s never any need to get too complicated. Get yourself a good basic cookbook and get into the kitchen.”

Donna Hay
De Groots Media, Best Restaurants of Australia Chef Profile, 2007.

TABLE 125

It is my pleasure to welcome you to the Cairns Libraries e-Cookbook, ‘TABLE 125’ created by the team in celebration of two significant events:

Women’s History Month 2011 celebrates Women in the Business of Food. Inspired by this theme, the staff at Cairns Libraries has collected and published some of the many and varied family favourite recipes that have been enjoyed over the years as mainstays in their kitchens.

Families and friends were called on to nominate their favourite delicacies for breakfasts, lunches, snacks, main meals, drinks, sauces and desserts together with tips and anecdotes which make them so memorable and delicious.

Between June 2010 and June 2011 Cairns Regional Council also celebrates 125 years of Local Government service to the Cairns Region, and in recognition of this historical milestone this cookbook contains a hand picked selection of 125 special treats for the table.

This e-Project initiative is in keeping with Cairns Regional Council’s Climate Change Strategy minimising the use of paper and print communications, and has been brought to life in partnership by the Cairns Libraries Team.

Special acknowledgement must go to Tanya Curtis for spearheading the Creative Design, and to Helen Bingham for co-ordinating and collating recipes. I invite you to read ‘TABLE 125’ and enjoy the experience as much as we did in creating it.

Bon appétit!
Kerrie Still
Manager Cairns Libraries

Recipes

Simply select a recipe, and click to view.

We hope you enjoy!

From the staff of Cairns Libraries.

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Amanda's 7 Layer Dip

Ingredients:

- 1 can refried beans
- 1 tub guacamole
- 1 tub sour cream (may need two, pending size you wish to make)
- 1 packet taco seasoning
- 1 can black beans
- 1 small can sliced black olives
- 1 small can sliced jalapenos (optional)
- shredded cheese
- bag tortilla chips

Method:

Layer 1: spread out refried beans

Layer 2: add a layer of guacamole

Layer 3: mix sour cream and taco season (small amount at a time...mix to taste) and layer

Layer 4: sprinkle with a layer of black beans

Layer 5: sprinkle with cheese

Layer 6: scatter black olives

Layer 7: add jalapenos to top off

Helen's Spinach & Ricotta Triangles

Ingredients:

- 1 bunch english spinach, leaves removed, washed and chopped
- 1 granny smith apple, grated
- 500g fresh ricotta cheese
- 1/2 cup pine nuts, toasted
- 1 egg, lightly beaten
- zest of 1 lemon
- 8 sheets of filo pastry
- 2 tbsp olive oil

Method:

Preheat oven to 180°C. Lightly grease 2 baking trays. Cook spinach in a small saucepan of boiling salted water for 30 seconds or until just wilted. Drain and refresh under cold water. Drain well. Squeeze all moisture from spinach and apple. Place into a mixing bowl. Add ricotta, nuts, egg and lemon zest. Season with salt and pepper. Mix well to combine. Place 1 sheet of filo pastry onto a clean surface. Cut into 3 long strips. Keep remaining sheets of pastry covered with a damp paper towel so they don't dry out. Brush pastry lightly with oil. Place a tbsp of spinach mixture in 1 corner of filo and fold diagonally, creating a triangle. Continue folding, taking care to retain triangular shape. Brush pastry

with olive oil. Place onto baking tray. Continue with remaining pastry and spinach filling. Bake for 20-25 minutes or until golden and crisp. Place 3 onto each entree plate and serve hot.

Lisa's Sausage Rolls

Ingredients:

- 1/2 cup fresh white breadcrumbs
- 80ml (1/3 cup) milk
- 500g pork and veal or chicken and herb sausages
- 1/2 small onion, chopped
- 1 egg, plus 1 egg extra, lightly beaten
- 2 sheets frozen puff pastry, thawed
- sesame seeds, to sprinkle
- tomato sauce, to serve

Method:

Combine breadcrumbs and milk in a bowl and set aside until milk is absorbed. Remove casings from sausages and place in a food processor with crumbs, onion and egg. Process until well combined, cover and refrigerate for 30 minutes to chill. Place a sheet of pastry on a lightly floured surface and cut horizontally into two. Spoon a quarter of the mixture along the centre of each piece of pastry. Fold over a long side of pastry, brush with egg, then fold other side over to enclose, slightly overlapping in the centre and make a long sausage shape. Repeat with remaining pastry and filling to make 4 rolls. Place rolls seam side down on a baking tray lined with baking paper. Cover and refrigerate for 1/2 hour until firm. Preheat oven to 180°C. Line a large baking sheet with non-stick baking paper. Carefully cut each roll into seven. Brush with remaining egg and place on baking sheet. Use a sharp knife to make 2 small slits on top of each roll (to prevent rolls from splitting) and sprinkle with sesame seeds. Bake for 25-30 minutes or until golden and puffed. Serve warm with the tomato sauce.

Mandy's Hummus Dip

Ingredients:

- 1 x 400g tin of chick peas
- 1 tbsp of Tahini
- 1 clove of garlic, peeled
- 2 tbsp olive oil
- juice of half a lemon
- salt, pepper and paprika, pinch of each

Method:

Put all of the above in a food processor and blend until smooth. Serve with toasted turkish bread and olives.



Sivan's Antipasto Marinated Eggplants

Ingredients:

- 2-3 large eggplants, or 12 little, skinny, nice and firm
- juice from 2 large lemons
- 1 cup olive oil
- vegetable or canola oil, for frying
- mint, freshly chopped handful
- parsley, freshly chopped handful
- 2 cloves garlic, thinly sliced
- 2 tbsp vinegar
- salt

Method:

Slice eggplants: if you get the large ones, slice them into rings about 2 cm thick. If they are long and skinny, halves will do just fine. Sprinkle the rings with plenty of salt and let sit for 5-10 minutes. This draws out the acid liquids so when the salt has dissolved you can get paper towels and pat the rings dry. Repeat on other side. Heat a pan with oil for frying - about 2-3 cm deep. Fry eggplant rings on both sides until brown, then drain on paper towels. Prepare marinade: combine olive oil, lemon juice, vinegar, herbs and garlic and whisk all together with a fork. Place eggplant rings in a large container (a Pyrex tray with lid works nicely) and cover with marinade. For something extra yummy, chop up a ripe tomato (or two) into very tiny bits and add to the mix.

Helen's Honey Prawns

Ingredients:

- 700g large green prawns, peeled and tails intact
- 1 tbsp sesame seeds
- vegetable oil, for deep-frying
- 1 1/4 cup cornflour
- 1/4 tsp salt
- 1 egg
- 1/2 cup chilled water
- 1/3 cup honey

Method:

Using a sharp knife, cut prawns along back from top to tail. Remove vein. Place sesame seeds in a small, non-stick frying pan over high heat. Cook, shaking pan, for 3 to 5 minutes or until golden. Transfer to a plate. Half-fill a wok with oil. Heat over medium-high heat until hot. Meanwhile, place cornflour and salt in a large bowl. Make a well in centre. Add egg and chilled water. Whisk with a fork until just combined. Dip prawns one at a time into batter and carefully drop into hot oil. Deep-fry 3 to 4 at a time, carefully turning with a slotted spoon, for 3 to 4 minutes or until batter is crisp and light-golden. Transfer to

a wire rack over a tray lined with paper towel to drain. Heat honey in a non-stick frying pan over low heat for 1 minute or until runny. Place fried noodles on serving plates and top with prawns. Spoon warm honey over prawns and sprinkle with sesame seeds. Serve immediately.

Kim's Tomato & Hummus Crostini

Ingredients:

- 90g (1/3 cup) hummus
- 2 ripe tomatoes, finely chopped
- 1 garlic clove, peeled and halved
- 2 tbsp fresh basil, shredded
- 30cm baguette (french breadstick)

Method:

Preheat a grill on medium-high. Cut a 30cm baguette (French breadstick) diagonally into 2cm-thick slices. Place the bread slices, in a single layer, on a baking tray. Cook under grill for 1-2 minutes each side or until toasted. Rub 1 garlic clove, peeled and halved, over 1 side of each piece of toast. Combine 2 ripe tomatoes, finely chopped, and 2 tbsp shredded fresh basil in a small bowl. Spread the toasts evenly with 90g (1/3 cup) hummus. Top with the tomato mixture and serve immediately.

Holly's Pea, Corn & Capsicum Parcels

Ingredients:

- 1 x 500g packet frozen peas, corn and capsicum
- 375g packet puff pastry
- 60g butter
- 1 onion, finely chopped
- 1 tsp curry powder
- 1/2 cup flour
- salt and pepper
- 1 tsp hot english mustard
- 1 1/4 cups milk
- 2 tbsp finely copped parsley
- 3 shallots, finely chopped
- 1 egg yolk
- 2 tsp milk

Method:

Cook frozen peas, corn and capsicum according to directions on pack. Drain. Melt butter in pan, add onion and curry powder and cook until onion is transparent. Add flour to pan and cook 1 minute. Add salt and pepper, mustard and milk, cook whilst stirring until sauce boils



and thickens. Remove from heat, add parsley, shallots and vegetables and mix well. Allow to cool. Cut pastry into 8 portions; roll each portion on a floured surface to a square 15cm x 15cm. Combine egg yolk and milk for glaze and brush edges of pastry squares. Put a portion of filling together to form parcels, sealing edges well. Place parcels on oven tray and brush with glaze. Bake in moderately hot oven for approximately 20 minutes or until crisp and golden.

Leanne's Besto Pesto

Ingredients:

- 2 big bunches basil leaves (stalks and stems removed)
- 4 (or more) cloves garlic, peeled and roughly chopped
- 1 tbsp pine nuts
- 1-2 tbsp parmesan cheese, grated (from a block for best results)
- 1-2 tbsp extra virgin olive oil
 - salt and pepper

Method:

Blend everything until paste consistency. Taste it, you might need to add more garlic and if it's too basil-ish, add a little more parmesan. If it's too dry add a little more olive oil. Also you can really vary the mix using sunflower seeds, almonds or macadamia nuts instead of pine nuts. You can also pop in some black olive tapenade or chilli – yum! This is really delicious mixed with pasta and it tastes even better the next day.

Sivan's Baba Ghanoush

Ingredients:

- 2 large eggplants
- 1/4 cup tahini, plus more as needed
- 3 cloves garlic, minced
- juice of 1 lemon
- pinch ground cumin
- salt, to taste
- 2 tbsp extra virgin olive oil, extra to garnish
- 5 tbsp chopped fresh flat-leaf parsley, extra to garnish.

Method:

Prick eggplants with a fork in several places and place on the BBQ grill rack for 10-15 minutes, turning frequently, until the skin blackens and blisters and the flesh just begins to feel soft. Transfer the eggplant to a baking sheet and oven bake (180 degrees) for about 30 minutes until very soft. Remove from the oven and let cool. Cut in half and scoop the flesh out into a bowl, leaving the skin behind (scrape off as much as possible – that way you get the nice smoky

flavour). Discard the skin. Mash eggplant with fork or blender, add the tahini, garlic, lemon juice, salt and cumin and mix well. Add more tahini and/or lemon juice, if needed. Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle olive oil over the top and sprinkle with the parsley. Add black olives or finely chopped tomatoes with freshly chopped mint on the side if you so desire. Enjoy! Always a bit mellower on the garlic flavour the next day.

Mandy's Mango Chutney

Ingredients:

- 3 large, ripe mangoes
- 1 small onion, peeled
- 1 small red chilli
- 1 tsp celery seed
- 1 tsp mustard seed
- 1/4 cup currants
- 1/3 cup raisings
- 2 tsp ginger, finely chopped
- 2 cloves garlic, crushed
- 2 tsp salt
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 tsp hot chilli powder
- ground black pepper
- 1/2 tsp allspice
- 1/3 cup brown sugar
- 1/3 lemon juice
- 1/3 cup brown vinegar

Method:

Peel mangoes and chop flesh coarsely. Chop onion finely, then chop chilli finely after removing seeds (wash hands very well after). Tie celery seed and mustard seed in a small piece of muslin. Put all ingredients and muslin bag with seeds into a bowl, cover and leave overnight. Next day, transfer to pan, bring to boil and then simmer until thick. Remove muslin bag, turn chutney into warm, sterilised jars and seal.

Helen's Spinach, Ricotta & Pesto Mini Pizzas

Ingredients:

- olive oil cooking spray
- 1 garlic clove, crushed
- 1 bunch english spinach leaves, chopped
- 2 tbsp basil pesto
- 120g low-fat ricotta cheese, crumbled
- 1/2 red onion, thinly sliced



- 1 ripe tomato, diced

Pizza dough:

- 2 cups plain flour
- 8g sachet dried yeast
- 1 tbsp olive oil
- 3/4 cup warm water

Method:

Make pizza dough: Combine flour, yeast and 1 tsp salt in a large bowl. Make a well in the centre. Pour in oil and water. Using a wooden spoon, mix to form a soft dough. Turn onto a lightly floured surface. Knead for 5 minutes or until elastic. Divide dough into 4 and roll each portion into a 15cm (diameter) circle. Place on 2 lightly greased baking trays and cover with a clean tea towel. Set aside in a warm place for 20 minutes or until dough rises slightly. Preheat oven to 220°C. Lightly spray a non-stick saucepan with oil and heat over medium heat. Add garlic, spinach and salt and pepper. Cook, stirring for 1-2 minutes or until spinach is wilted. Remove pan from heat, drain excess moisture and set aside to cool. Spread bases with pesto. Top with spinach mixture, ricotta, onion and tomato. Bake for 15-20 minutes, swapping trays after 10 minutes, or until bases are crisp and cooked through. Serve. Note - Pizza dough can be made in advance and wrapped in glad wrap and stored in the fridge for up to 2 days.

Sivan's Papaya Jam

Ingredients:

- 2 papayas, medium size
- 2 oranges
- 2 cups white sugar
- 8 cloves
- 1/2 cup water

Method:

Take the oranges, wash them well and cut them into small pieces, with the peel. Add two cups of white sugar and eight pieces of cloves. Leave to stand over night. Add half a cup of water and cook for two hours. When the oranges are cooked, take two papayas, peel them and cut them into small pieces. Mix them with the oranges and cook for another two hours uncovered, so that the water will evaporate as it makes a lot of water.

Mandy's Golden Chutney

Ingredients:

- 1 large pawpaw
- 1 large firm pear

- 1 large onion, peeled
- 1/3 cup sultanas
- 1 cup sugar
- 1/2 cup vinegar
- 1 tsp salt
- 1/2 tsp mustard seed
- 1/4 tsp ground ginger
- good pinch cayenne pepper

Method:

Peel the pawpaw, remove seeds and chop the flesh finely. Peel, core and finely chop the pear. Thinly dice the onion. Put both into a saucepan and add sultanas, sugar, vinegar, salt, mustard seed, ginger and cayenne pepper. Bring to boiling point, stirring until sugar has dissolved, then reduce heat and simmer for about 50 minutes, stirring frequently. Turn into warm, sterilised jars and seal airtight.

Susanne's Potatoes with Ham, Cheese & Shallot Filling

Ingredients:

- 2 large potatoes (700g)
- 1/2 cup sour cream
- 1/2 cup grated cheese
- 2 green shallots, chopped
- 200g ham, chopped
- 1 tsp seeded mustard
- 1/4 cup grated cheese, extra
- 1/4 tsp paprika

Method:

Prick potatoes all over with a fork, place over baking dish and bake in moderately hot oven about 1 1/2 hours or until tender. Halve potatoes and scoop out centres to leave a 1cm shell. Using a fork, mash potato centres and sour cream in bowl, stir in cheese, shallots, ham and mustard. Mix well. Spoon mixture into potato shells, top with extra cheese and sprinkle with paprika. Bake in moderately hot oven for approximately 15 minutes or until filling is heated through and cheese is melted.

Helen's San Choy Bau

Ingredients:

- 500g lean pork mince



- 12 large lettuce leaves
- 3 green onions, thinly sliced
- 1 tbsp peanut oil
- 2 garlic cloves, crushed
- 2 cm piece ginger, finely grated
- 1 cup bean sprouts, trimmed
- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- 1/2 lime, juiced
- 1 tsp sesame oil
- 1/4 cup fresh coriander leaves, chopped
- 1/4 cup roasted peanuts, chopped

Method:

Heat wok on high heat until hot. Add peanut oil and swirl to coat. Add garlic, ginger and pork. Stir-fry for 2-3 minutes or until pork just changes colour. Combine oyster sauce and soy sauce in a jug. Add onions, sauce mixture, 2 tsp of lime juice and sesame oil to wok. Stir-fry for 3 minutes or until heated through. Stir in bean sprouts and coriander. Spoon pork mixture into lettuce leaves. Sprinkle with peanuts and serve.

Helen's Prawn Cocktails

Ingredients:

- 600g school prawns, cooked and peeled
- 1 iceberg lettuce, washed and shredded
- 60ml (1/4 cup) tomato sauce
- 60ml (1/4 cup) cooking cream
- 1 tbsp fresh lemon juice
- 1 tsp worcestershire sauce
- dash of tabasco sauce
- salt and freshly ground black pepper

Method:

To make the cocktail sauce, combine the tomato sauce, cream, lemon juice, worcestershire and tabasco in a small bowl. Taste and season with salt and pepper. Place the lettuce in 4 serving dishes/glasses. Top with the prawns, drizzle with the cocktail sauce and serve immediately.



Susanne's Stuffed Baked Potatoes

Ingredients:

- 4 large potatoes
- 4 cloves garlic
- 1/3 cup low fat milk, warmed
- 1 tomato, seeded and chopped
- 50g lean leg ham, chopped
- 4 button mushrooms, diced
- 2 tbsp parmesan cheese
- 4 small serves of side salad

Method:

Preheat oven to 200°C (180°C fan forced). Prick potatoes with fork, place on a baking tray and bake 50 minutes. Add unpeeled garlic to the tray and cook for a further 10 minutes. Remove tops from potatoes and scoop out inside of top and base leaving a 1cm skin. Mash garlic and potato with the milk. Stir in tomato, ham and mushrooms. Season with pepper. Spoon mixture into potato skins, top with parmesan cheese and bake a further 10 minutes. Serve with a mixed side salad.

Kerrie's Tantalising Thai Curry Puffs

Ingredients:

- 300g chicken breast fillets, chopped
- 1 packet rolled of sheet puff pastry
- 1 tbsp extra virgin olive oil
- 1 tbsp thai red curry paste
- 1 cup grated zucchini
- 3 tsp cornflour
- 2 tbsp coconut milk powder
- 1 tbsp fish sauce
- 1/2 cup water
- 1 tbsp coriander, chopped
- 1 egg yolk

Method:

Makes about 25. Heat oil in pan and cook chopped chicken for 3 minutes, add zucchini and curry paste and cook a further 2 minutes. Add combined cornflour, coconut milk powder, fish sauce and water. Bring to the boil, stirring, then reduce heat to a simmer for 2 minutes. Add coriander and cool. Using an 8cm pastry cutter, cut pastry into circles. Place heaped spoon of mixture on one side of the pastry circle. Roughly brush edges with egg yolk and press edges together with a fork to seal. Bake in oven at 200°C for 15-20 minutes. Tip: to give pastry a lovely golden glow, brush it with a little fresh milk before popping in the oven.



Susanne's Nuts & Bolts

Ingredients:

- 500g nutri-grain
- 500g mixed nuts
- 1 packet cream of chicken soup
- 1 packet french onion soup
- 2 tsp dry mustard
- 2 tsp curry powder
- 1 tsp powdered garlic
- 3/4 cup warm oil

Method:

Place all ingredients in a bowl and stir well for 5 minutes. Allow to stand for at least two hours to allow flavour to penetrate the nuts and nutri-grain. Store in an air-tight container.

Helen's Cob Loaf

Ingredients:

- 1 cob loaf
- 250g philly cheese
- 250g sour cream
- 3 rashers bacon or ham, diced
- 1 capsicum, diced (optional)
- 1 onion, diced
- 1 shallot, diced
- 1 cup grated cheese
- cracked pepper

Method:

Mix philly cheese and sour cream in a bowl. Add all other ingredients and blend. Cut around top of cob loaf and pull out the centre and tear into smaller, bite-sized pieces. Pour mixture into the hollow part of the loaf and put on a tray with removed centre pieces. Bake until the bread is crunchy and enjoy with friends!



Kim's Eggs Benedict

Ingredients:

- 4 x 50g eggs, at room temperature
- 4 english muffins, split
- 20g baby spinach leaves
- 125g shaved ham
- 1 avocado, thinly sliced
- 1 tbsp white wine vinegar
- 2 egg yolks
- 150g butter, melted, cooled
- 1 tbsp lemon juice

Method:

To make hollandaise, process vinegar and egg yolks in a food processor. With motor running, slowly add butter in a thin stream. This should take 3 minutes. Stir in lemon juice. Transfer to a bowl. Season with salt and pepper. Cover surface with wrap. Set aside. Pour water into a saucepan to two-thirds fill it. Add a pinch of salt. Bring to the boil over medium-high heat. Reduce heat to medium-low. Break 1 egg into a saucer. Stir water until a whirlpool forms. Slide egg into water. Cook, without stirring, for 3 minutes for a soft yolk or 4 minutes for a semi-soft. Remove to a plate with a slotted spoon. Repeat with remaining eggs. Meanwhile, toast muffins. Top muffin bases with spinach, ham, avocado and eggs. Drizzle with hollandaise sauce, add muffin tops and serve.

Lisa's Ham, Cheese & Tomato Muffins

Ingredients:

- 90g shaved ham, chopped
- 6 cherry tomatoes, halved
- 2/3 cup cheddar cheese, grated
- 1 tbsp flat-leaf parsley, chopped
- 3/4 cup self-raising flour
- 1/3 cup milk
- 2 tbsp olive oil
- 1 egg, lightly beaten
- salt and pepper

Method:

Preheat oven to 200°C. Place self-raising flour, salt and pepper in a large bowl. Place egg, shaved ham, cheddar cheese, olive oil, milk and flat-leaf parsley in a separate bowl. Mix until combined. Pour the ham and cheese mixture into the flour and fold lightly until just combined. Spoon the mixture into a lightly greased 12-hole mini muffin pan. Press a cherry tomato half into the top of each muffin. Bake for 15-18 minutes or until golden. Serve warm or at room temperature.





Lisa's Fluffy Omelette with Ham, Spinach & Swiss Cheese

Ingredients:

- 2 slices shaved ham, roughly torn
- 2 eggs, separated
- 1/2 cup baby spinach leaves
- 1/4 cup swiss cheese, grated
- 1 tbsp milk

Method:

Place the egg yolks in a bowl with the milk and combine. In a separate bowl, whisk the egg whites to medium soft peaks. Gently fold into the egg yolk mixture. Set aside (do not allow to sit for too long). Spray a small non-stick frying pan with oil spray and place over medium heat. Add the baby spinach and cook for 1-2 minutes or until wilted. Remove from pan and wipe pan clean. Spray pan again and return to the heat. Pour in the egg mixture and cook for 2-3 minutes or until surface is nearly firm. Place the ham, spinach and cheese over half the omelette, then fold over the other side to enclose the filling. Serve immediately.

Kim's French Toast with Bacon & Maple Syrup

Ingredients:

- 1 x 240g packet cherry truss tomatoes, cut into 4 equal portions
- 4 bacon rashers
- 4 thick slices white bread
- 3 eggs
- 160ml (2/3 cup) milk
- 3 tsp caster sugar
- 30g butter
- maple syrup to serve

Method:

Preheat oven to 220°C. Line a baking tray with non-stick baking paper. Place tomatoes on the lined tray. Bake for 15 minutes or until soft. Lightly whisk eggs in a bowl. Add milk and sugar and stir to combine. Melt butter in a large frying pan over medium-high heat. Dip bread in the egg mixture. Cook for 1-2 minutes each side or until golden. Transfer to a plate and cover with foil to keep warm. Wipe the pan clean. Heat over medium-high heat. Add bacon and cook for 2-3 minutes each side or until golden. Divide toast among serving plates, top with bacon and tomatoes and serve with maple syrup.



Kerrie's Fab French Toast Tropicale

Ingredients:

- a mix of in-season fresh fruit, of your choosing
- 2 eggs
- 1/2 cup milk
- 1/2 tsp cinnamon
- 2 tsp sugar
- juice of 1 orange
- 1 tbsp butter
- 6 slices of day-old bread
- 1 sliced orange for garnish

Method:

Beat eggs, milk, cinnamon, sugar and orange juice together to form a sweet, smooth, decadent batter. Melt butter in a heavy based fry pan and dip each bread slice into batter, then straight into the pan. Fry on both sides until golden and crisp to your liking. Drain and place on warmed plates. Pile fresh fruits on top and serve with a good slurp of honey or maple syrup. Serves 3-4. Yum.m.o.o.o.o!

Tips:

- Use a little left over cinnamon and sugar to mix with the fruits before you cook the toast, but don't overdo it.
- Dust the fruit with a little icing sugar after you add them to the toast. Finally, don't burn the butter and don't leave the pan while the toast is cooking.



Susanne's Creamy Pumpkin Soup

Ingredients:

- 500g pumpkin, peeled and chopped
- 250g bacon, diced
- 1 packet cream of chicken soup
- 2 tbsp butter
- 3 cups water
- 1/2 cup cream
- 1 onion
- 1/2 tsp nutmeg (optional)

Method:

Melt butter in a saucepan and fry onion and bacon until soft. Add pumpkin and cook gently for 10 minutes. Add water and simmer until pumpkin is tender, approximately 10 minutes. Cool slightly and then puree mixture. Stir in cream and nutmeg and reheat by boiling

Lisa's Chicken Noodle & Vegetable Soup

Ingredients:

- 140g (1 cup) finely chopped roast chicken
- 1 x 440g packet singapore-style shelf-fresh noodles
- 2 carrots, peeled and cut into 5mm-thick slices
- 1 leek, pale section only, halved lengthways and coarsely chopped
- 1 celery stick (leaves included), ends trimmed, halved lengthways and coarsely chopped
- 1L (4 cups) chicken stock
- 3 sprigs fresh thyme
- 25g butter
- Crusty bread, to serve

Method:

Melt the butter in a saucepan over medium-high heat. Add the carrot, leek and celery. Cook, stirring occasionally, for 5 minutes or until the leek softens. Add the stock. Cover and bring to the boil. Reduce heat to medium-low. Add the chicken and thyme and simmer covered, for 3 minutes. Add the noodles to the pan and cook covered for 2 minutes or until the noodles are tender. Ladle the soup among serving bowls. Serve with crusty bread.



Helen's Tom Yum Soup

Ingredients: :

- 16 raw king prawns, peeled, deveined and tails intact
- 1-2 tbsp red curry paste
- 6 cups fish or chicken stock
- 1 tbsp lime juice
- 3 tsp fish sauce
- 2 green onions, sliced diagonally
- salt and cracked black pepper
- coriander leaves, to serve

Method:

Place red curry paste in a large saucepan over medium-high heat and cook for 30 seconds or until fragrant. Add stock and simmer for 6-8 minutes. Add prawns and cook for 2-3 minutes or until cooked through. Remove from heat, stir through lime juice, fish sauce and green onions. Season with salt and pepper and serve sprinkled with coriander leaves.

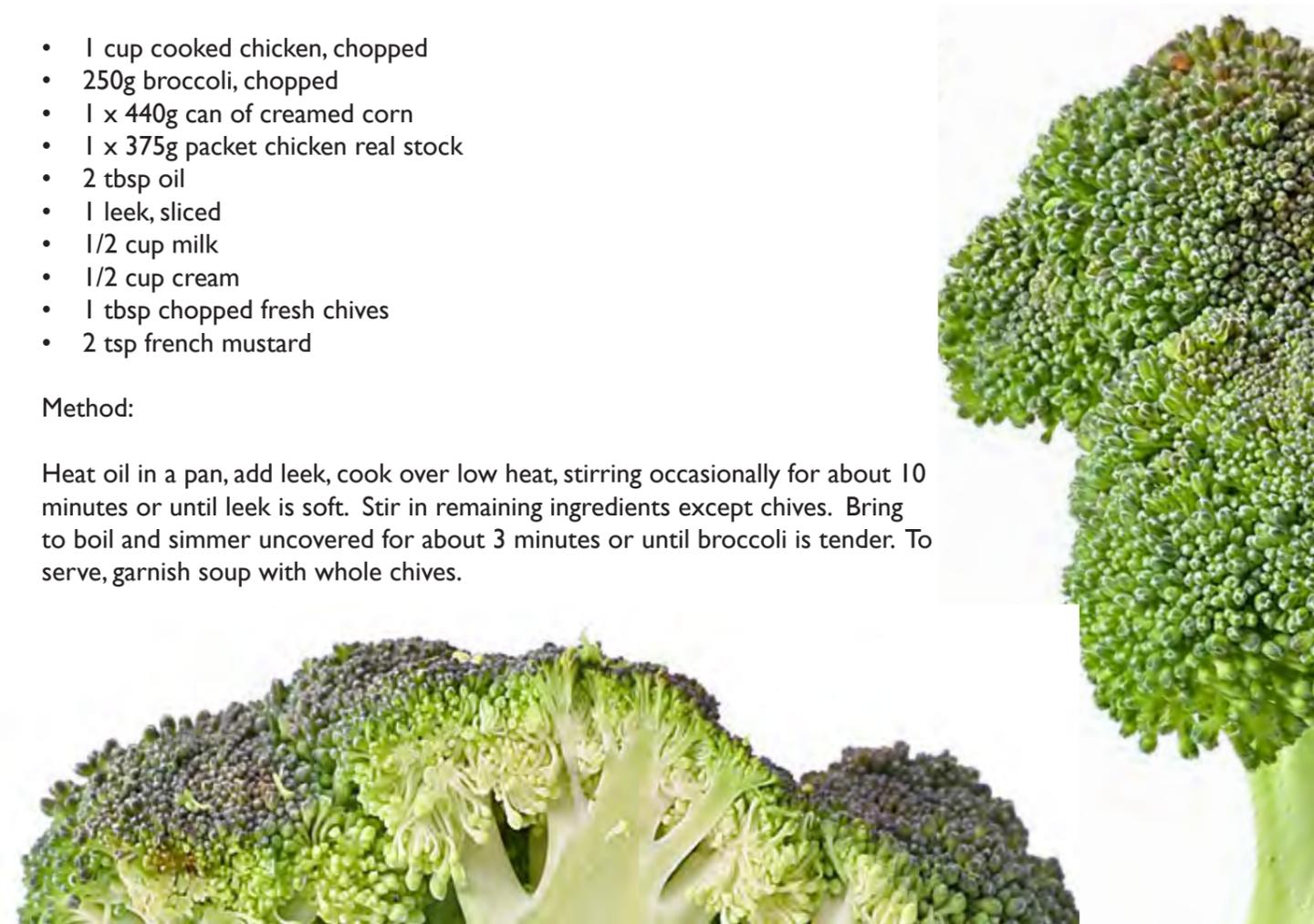
Susanne's Chicken & Broccoli Soup

Ingredients:

- 1 cup cooked chicken, chopped
- 250g broccoli, chopped
- 1 x 440g can of creamed corn
- 1 x 375g packet chicken real stock
- 2 tbsp oil
- 1 leek, sliced
- 1/2 cup milk
- 1/2 cup cream
- 1 tbsp chopped fresh chives
- 2 tsp french mustard

Method:

Heat oil in a pan, add leek, cook over low heat, stirring occasionally for about 10 minutes or until leek is soft. Stir in remaining ingredients except chives. Bring to boil and simmer uncovered for about 3 minutes or until broccoli is tender. To serve, garnish soup with whole chives.



Lisa's Pea & Ham Soup

Ingredients:

- 4 (450g) lady christl potatoes, peeled and chopped
- 800g piece ham bone, rind removed
- 1 tbsp olive oil
- 2 medium brown onions, chopped
- 2 garlic cloves, crushed
- 2 celery stalks, trimmed and chopped
- 6 cups salt-reduced chicken stock
- 2 dried bay leaves
- 4 cups frozen peas

Method:

Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring for 5 minutes or until onion has softened. Add potato and celery. Cook, stirring occasionally, for 5 minutes or until vegetables start to brown. Add ham bone, stock, 1 cup cold water and bay leaves. Season with pepper. Cover and bring to the boil. Reduce heat to low and simmer for 30 minutes. Add peas and simmer for 15 minutes or until ham starts to fall off the bone. Remove from heat. Remove and discard bay leaves. Remove ham and shred ham from the bone. Discard bone. Using a stick blender, blend soup until smooth. Return ham to soup, stir and serve.

Kylie's Sweet Potato & Pumpkin Soup

Ingredients:

- 1kg sweet potato, cubed
- 1 medium butternut pumpkin, cubed
- 1 litre chicken/vegetable stock
- 2 tbsp chopped spring onions
- 2 tbsp finely chopped ginger
- 2-3 cloves crushed garlic

- 1 tbsp fresh coriander leaves
- 1 tbsp oil
- 1 orange, rind and juice
- 2 tbsp sweet chilli sauce
- 100ml coconut milk/cream

Method:

Peel and wash potato and pumpkin, cut into small cubes. Simmer with stock on low for 20-30 minutes, until vegetables are soft. Chop spring onions, ginger, garlic and coriander. Sauté onions in oil for 2-3 minutes, add ginger, garlic and coriander. Add to vegetables and stock. Blend until smooth, return to pot and add orange juice and rind. Add pepper and salt to taste. Add chilli sauce and coconut cream. Remove orange peel and serve.



Rebecca's Everyday Sauce

Ingredients:

- 1/3 cup white sugar
- 1/8 tsp salt
- 1 tsp cornflour
- 2 tbsp butter
- 1 cup water
- 1 1/2 tsp vanilla
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Method:

Mix sugar, salt and cornflour in saucepan. Add butter and water and cook until slightly thickened. Add vanilla and other spices. Serve warm.

Judy's Quick Oil-Free Mayonnaise

Ingredients:

- 1/2 cup (200g) condensed milk
- 1/2 tsp salt
- 1 tsp dry mustard
- 1/2 cup vinegar

Method:

Mix all ingredients together thoroughly and stir until mixture thickens. Allow to stand for a few minutes to thicken further.

Holly's Stewed Apple Sauce

Ingredients:

- 4 cooking apples
- 1/2 cup sugar
- water to cover fruit

Method:

Wash, peel, core and slice apples. Place in sauce pan and cover with water. Cook until apples are tender and add sugar and stir well. Serve with fruit flummery, blancmange, junket, baked or boiled custard.



Leanne's Caesar Salad Dressing

Ingredients:

- 1 tin anchovies
- juice of 1/2 - 1 lemon
- 2-3 tbsp olive oil
- salt and pepper to taste
- dash dijon mustard
- 1 heaped tbsp grated parmesan cheese
- 1 egg
- 4-5 cloves garlic

Method:

Place all ingredients in blender and blend until smooth. Pour over a salad of lettuce, tomatoes and croutons.

Leanne's Steak Marinade

Ingredients:

- 1/2 cup soy sauce
- 1/2 cup ponzu (Japanese citrus sauce)
- 1/2 cup mirin (Japanese vinegar)

Method:

Combine ingredients and pour over steak. Marinade for at least 4 hours. Cook steak on a grill over flame for best results.

Tanya's Vinaigrette

Ingredients:

- cold-pressed virgin olive oil
- balsamic vinegar
- mustard, hot english or seeded

Method:

Mix olive oil and balsamic vinegar at a ration of 3:1. Add 1 tsp of mustard and shake well. To mix things up you can use avocado oil instead of olive oil and red wine vinegar instead of balsamic. For something a little different replace mustard with ripe avocado or soft danish fetta cheese.

Mandy's Beetroot & Goat's Cheese Salad

Ingredients:

- 600g beetroot (baby or large)
- 200g goat cheese, sliced or crumbled
- rocket or mesclun leaves
- mustard and balsamic dressing
- 1 tbsp wholegrain mustard
- 3 tbsp shredded fresh mint
- 4 tbsp balsamic vinegar
- 1/3 cup extra virgin olive oil
- salt and pepper

Method:

Cook beetroot whole in plenty of boiling water until tender (this may take up to 40 minutes depending on the size of the beetroot). Drain and allow to cool. Remove skins (these will simply slip off). Cut large beetroot into chunks or slices; leave baby beetroot whole. Set aside. To make the dressing, whisk all ingredients together. Season to taste with salt and pepper. Pour over beetroot and toss well. To serve, arrange beetroot on a platter with goat's cheese and rocket or salad leaves.

Helen's Thai Beef Salad

Ingredients:

- 600g beef rump steak, sliced
- 1 x 200g packet grape tomatoes, halved
- 1 continental cucumber, halved lengthways and 1 1/2 tbsp fresh lime juice
- 1 tbsp dark palm sugar, finely chopped
- 1 tbsp fish sauce
- 2 tsp sesame oil
- 1 tsp soy sauce
- 2 tsp fresh ginger, finely grated
- 1 garlic clove, crushed
- thinly diced diagonally
- 1 red onion, halved and cut into thin wedges
- 2 long red chillis, halved, deseeded, and thinly sliced lengthways
- 1 bunch mint, leaves picked, large leaves torn
- 1 bunch coriander, leaves picked
- 1 bunch thai basil, leaves picked, large leaves torn
- 55g (1/3 cup) toasted peanuts, coarsely chopped
- 4 kaffir lime leaves, centre veins removed and finely shredded



Method:

Whisk together lime juice, palm sugar, fish sauce, sesame oil, soy sauce, ginger and garlic in a jug. Place the steak in a glass or ceramic dish. Drizzle with half the dressing. Cover with plastic wrap and place in the fridge, turning occasionally, for 2 hours to develop the flavours. Preheat a barbecue grill or char grill pan on high. Cook steak on grill for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 10 minutes to rest. Place the tomato, cucumber, onion, chilli, mint, coriander, basil, peanuts and lime leaves in a large bowl. Thinly slice steak across the grain and add to the salad. Drizzle with remaining dressing and gently toss to combine. Divide salad among bowls and serve.

Rose & Stephanie's Sensational Salad

Ingredients:

- pumpkin, cubed
- feta cheese, crumbled
- olive oil
- avocado, sliced
- balsamic vinegar
- lime juice
- rocket leaves

Method:

Drizzle pumpkin cubes with olive oil and roast in a hot oven for 20-30 minutes, turning occasionally. Serve warm roast pumpkin with sliced avocado and crumbled feta cheese on rocket leaves. Drizzle with balsamic vinegar, olive oil and lime juice. Serve with fresh crusty bread and a glass of wine if you like!

Helen's Mediterranean Chicken Pasta Salad

Ingredients:

- 4 cups dried farfalle pasta
- 1 small barbecued chicken, skin and bones removed, shredded
- 250g cherry tomatoes on vines
- 1 lebanese cucumber, halved and sliced
- 1 red capsicum, sliced
- 1 small red onion, sliced
- 1 cup fresh basil leaves, shredded

- 1 cup fresh flat-leaf parsley leaves, torn
- 2/3 cup pitted kalamata olives
- 1/3 cup toasted pine nuts

Dressing:

- 1/3 cup (80ml) red wine vinegar
- 1/4 cup (60ml) extra virgin olive oil
- 1 garlic clove, crushed



Method:

Cook pasta in a large saucepan of boiling salted water until tender. Drain and rinse under cold water. Place pasta, chicken, tomato, cucumber, capsicum, onion, basil, parsley, olives and pine nuts in a large bowl and set aside. To make the dressing place vinegar, oil and garlic in a screw-top jar. Season with pepper. Secure lid and shake to combine. Pour the dressing over salad, toss to combine and then serve.

Rose's Chilli-Roasted Fetta & Watermelon Slab

Ingredients:

- 4 pieces watermelon, cut into slightly larger rectangles than the feta, each approximately 1.5cm high and chilled
- 4 evenly sized blocks of feta cheese (approximately 70g each)
- extra virgin olive oil
- 1 tsp chilli flakes
- 1 punnet coriander sprouts (optional – if unavailable use coriander leaf)
- 1 punnet shiso sprouts (optional)
- 50g mizuna or baby salad leaves
- 25g toasted pine nuts (optional)
- raisin and oregano dressing

Method:

Preheat the oven to 190°C. Cut a large piece of foil and put it on a baking tray. Place each piece of feta on top, drizzle each with olive oil and sprinkle with a few chilli flakes. Put another piece of foil on top and fold the foil edges together to form a loose parcel. Place in the oven and cook for 8 minutes, by which time the feta will be soft and warm. Remove from the oven and assemble immediately. Snip the coriander and shiso sprouts (if using) and mix with the baby leaves and pine nuts (if using). Dress with a little of the raisin and oregano dressing and pile neatly on top of the chilled watermelon slabs. Open the foil parcel and place the roasted feta on top of the salad leaves. Drizzle with olive oil and serve.

Fay's Char Siu Chicken Salad

Ingredients:

- 4 small chicken breast fillets
- 2 red capsicums, quartered
- 40g shiitake mushrooms
- 200g sugar snap peas, trimmed



- 1/4 cup soy sauce
- 1/4 cup hoi sin sauce
- 1/4 cup tomato sauce
- 3 tbsp honey, plus 2 tsp extra
- 2 garlic cloves, finely chopped
- 1 tbsp grated fresh ginger
- 1 tsp sesame oil
- 1/4 tsp five-spice powder
- 1/4 cup olive oil, plus extra to drizzle
- 1/4 cup orange juice
- 1 tbsp lime juice
- 3 cups micro salad leaves or watercress sprigs

Method:

Combine the sauces, honey, garlic, ginger, sesame oil and five-spice in a non-metallic container. Add the chicken and turn to coat in the mixture. Cover and chill for at least 4 hours or overnight. Preheat the grill to high and oven to 180°C. Line a tray with baking paper. Grill the capsicum, skin-side up, for 3-4 minutes until skin blisters and blackens. Place capsicum in a plastic bag and set aside for 10-15 minutes. Once cool enough to handle, remove and discard capsicum skin, slicing the remaining flesh into 2cm strips. Set aside. Meanwhile, place the chicken on the tray, reserving marinade. Bake in the oven for 15 minutes. Turn chicken and add shiitakes to the tray. Drizzle both with a little extra olive oil and bake for a further 8-10 minutes, until the chicken is cooked and mushrooms are tender. Cool. Place 1/2 cup (125ml) reserved marinade in a saucepan with the olive oil, orange juice, lime juice and extra honey. Bring to a boil and then reduce the heat to low and simmer for 5 minutes or until reduced and thickened. Cool dressing completely. When ready to serve, slice the cooled chicken and toss in a large bowl with the mushrooms, peas, capsicum and salad leaves. Drizzle with dressing and serve.



Susanne's Barbequed Pork Ribs

Ingredients:

- 1kg pork spare ribs
- 4 tbsp barbecue sauce
- 4 tbsp honey
- 4 tbsp brown vinegar
- 1 tbsp chinese chilli sauce
- 1/4 tsp five spice powder
 - 1/3 cup dry sherry
 - 2 tbsp soy sauce
- 1 clove garlic
- 2.5cm piece green ginger

Method:

Put pork spare ribs in large saucepan of water. Bring to boil, reduce heat and simmer covered for 20 minutes (this helps remove any excess fat). Combine the barbecue sauce, honey, vinegar, chilli sauce, five spice powder, dry sherry, soy sauce, crushed garlic and grated ginger and mix well. Put pork spare ribs into baking dish, pour sauce over and leave to stand for 1 hour, turning occasionally. Bake in a moderately hot oven for 1 hour or until pork is tender, basting frequently.

Lee's Potato Latkas

Ingredients:

- 4-5 washed potatoes, grated
- 1 tin of salmon
- 2 onions, finely diced
- 2 eggs
- salt and pepper if required
- breadcrumbs, flour, or equivalent
- oil for frying

Method:

Place grated potatoes and onions into a large bowl and mix. Add eggs, salmon, salt, pepper, breadcrumbs and mix well until mixture is pliable and easy to form into cakes. Heat the oil. Form mixture into small cakes, 2-3 tbsp - not too large as they are easier to turn when small. Place in VERT HOT oil and flatten with a spatula. Cook each side until golden brown. Serve with salad. My dad cooked this on Sunday nights, the traditional recipe doesn't have salmon but we always loved it with the salmon. We also loved the way the grated potatoes became crisp when fried in oil, the crispy bits sticking out.



Helen's Beef & Red Wine Ragu

Ingredients: :

- 900g gravy beef, cut into 5cm pieces
- 1 x 700g bottle pasta sauce
- 2 celery sticks, trimmed and finely chopped
- 2 carrots, peeled and finely chopped
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp olive oil
- 80ml (1/3 cup) red wine
- 1 chicken stock cube
- 80ml (1/3 cup) boiling water
- 2 dried bay leaves
- 1 tsp dried oregano leaves
- pinch of white or raw sugar
- cooked pasta, to serve
- parmesan cheese, finely grated, to serve

Method:

Heat half the oil in the pressure cooker over medium-high heat. Add 2-3 beef pieces. Cook for 2-3 minutes or until browned. Transfer to a large plate. Repeat, in 3-4 batches, with remaining beef. Heat remaining oil in the pressure cooker over medium heat. Add celery, carrot, onion and garlic. Cook, stirring often, for 3-4 minutes or until soft. Add the beef, pasta and wine. Stir to combine. Dissolve the stock cube in the water. Add stock, bay leaves, oregano and sugar. Season with salt and pepper. Stir to combine. Seal the pressure cooker. Heat over high heat until steam escapes at a constant rate and there is a regular hissing sound. Reduce heat to low and cook for 40 minutes. Release steam following manufacturer's instructions. Use tongs to remove beef from the pressure cooker. Shred beef and return to pressure cooker. Stir to combine and add pasta. Top with parmesan just before serving.

Cate's Oysters Nova Scotia

Ingredients:

- 1 dozen fresh oysters
- sour cream
- smoked salmon
- caviar
- garlic chives
- lemon

Method:

Squeeze lemon juice over oysters. Place a slither of smoked salmon on the

oyster, followed by a dollop of sour cream and add 1/2 tsp of caviar and a sprinkle of garlic chives. Serve immediately on a dish filled with ice.

Lisa's Thai Style Garlic Chicken

Ingredients:

- 1kg chicken thigh fillets, trimmed and cut into 2cm pieces
- 4 garlic cloves, crushed
- 1/4 cup brown sugar
- 1 large lemon, juiced
- 1 tbsp cracked black pepper
- 1 cup coriander leaves, roughly chopped
- 1 cucumber, halved, deseeded and cut into long, thin strips
- 2 cups steamed rice and extra coriander leaves, to serve

Method:

Place chicken, garlic, sugar, 1/4 cup lemon juice and pepper in a ceramic bowl. Season with salt. Toss to combine. Cover and refrigerate for 1 hour, if time permits. Stir in chopped coriander. Heat a non-stick frying pan over medium-high heat. Cook chicken, in batches, turning occasionally, for 5 minutes or until cooked through. Spoon rice into bowls. Top with chicken and pan juices, cucumber, coriander and serve.

Sharon's Super-Easy Cottage Pie

Ingredients:

- 900g lean beef mince
- 1.2kg sebago potatoes, peeled and chopped
- 400g tin of diced tomatoes with oregano and basil
- 1 tbsp olive oil
- 1 large brown onion, chopped
- 3 garlic cloves, crushed
- 1/4 cup instant gravy powder
- 1 cup beef stock
- 50g butter, chopped
- 1/2 cup milk
- 1/4 cup tasty cheese, grated

Method:

Preheat oven to 200°C/180°C fan forced. Heat oil in a pan over medium-high heat. Cook mince in 2 batches for 8 to 10 minutes or until browned. Transfer to a bowl. Add onion and garlic to pan. Cook for 3 minutes or until softened. Return mince to pan. Add gravy powder. Cook, stirring for 1 minute. Stir in stock and tomato and bring to the boil. Reduce heat to a simmer, stirring occasionally



for 25-30 minutes or until thickened. Meanwhile, cook potato in a saucepan of boiling, salted water for 10-12 minutes or until tender. Drain and return to pan over low heat. Mash until smooth. Stir in butter and milk. Spoon mince mixture into a 1.4 litre casserole dish. Top with potato mixture and sprinkle with cheese. Bake for 20-25 minutes or until golden.

Helen's Mum's Best Beef Burgers

Ingredients:

- 1 kg beef mince
- 4 ciabatta buns, toasted
- 2 vine-ripened tomatoes, sliced
- 4 tbsp hummus
- 1 cup baby rocket leaves
- 3 tbsp grated parmesan cheese
- 1 onion, finely chopped
- 1/2 tsp dried chilli flakes
- 1 egg
- 1/2 cup breadcrumbs
- 1 tsp dijon mustard
- pinch of grated nutmeg
- 2 tablespoon olive oil
- roasted capsicum and aioli or mayonnaise, to serve (optional)

Method:

Place mince, onion, chilli, egg, breadcrumbs, mustard, parmesan and nutmeg in a bowl and season. Use your hands to shape into 4 patties. Refrigerate for 15 minutes. Heat oil in a non-stick frypan over medium-high heat, then cook patties for 2-3 minutes each side or until cooked to taste. Spread bun bases with hummus, add rocket, tomato, a pattie, some capsicum, aioli and top of bun.

Kim's Easy Fried Rice

Ingredients:

- 1 cup long grain white rice
- 2 bacon rashers, chopped
- 2 eggs
- 1 carrot, peeled and grated
- 2 shallots, trimmed, finely sliced
- 1/2 cup frozen peas, thawed
- 2 tsp vegetable oil
- 1 tbsp soy sauce, plus extra to serve

Method:

Cook the rice in a large saucepan of boiling water for 12 minutes



or until tender. Drain and leave to cool. Using a whisk, lightly beat eggs in a small bowl. Heat oil in non-stick wok or large frying pan over medium heat. Add eggs. Swirl over base to form an omelette. Cook for 2 minutes. Turn over. Cook for 2 minutes until set. Transfer to a chopping board. Set aside to cool slightly. Cut into short strips. Add bacon to wok and cook for 4 minutes until light golden. Add carrot and stir fry for 1 minute. Add shallots, peas and rice, stirring for 3-4 minutes. Return egg and add soy sauce, stirring until heated through. Serve immediately with extra soy.

Judy's Impossible Quiche

Ingredients:

- 3 eggs
- bacon, ham, shallots
- 1 1/2 cups milk
- 1/2 cup melted butter
- 1/2 cup plain flour
- salt, pepper, nutmeg and cinnamon

Method:

Mix all ingredients well and pour into a greased 9-inch pie dish. Bake for 45 minutes at 170°C and serve warm or cold with salad.

Lee's Grandma's Simple Fried Fish

Ingredients:

- pieces of fresh fish, make sure it is pinkish and fairly thin
- breadcrumbs or flour is you wish
- eggs
- oil for frying
- salt and pepper

Method:

Wash fish. Dry with paper towel, so that no moisture will make the oil splash. Whisk the eggs with a fork in a bowl, add salt and pepper to the egg mixture (I sometimes add garlic too). Place breadcrumbs in a bowl. Place each piece of fish first in the egg mixture and then the breadcrumbs. Coat well with the breadcrumbs. Place fish in VERY HOT oil, fry until brown, turn and fry the other side. Once cooked, place on a platter covered with paper towels to absorb the excess oil. Serve with salad and chips.

Tip: My grandmother said the secret to delicious fried fish is to make sure the oil is very hot - if not, the fish will absorb the oi and become soggy.



Lisa's Pasta with Garlic, Oil & Chilli

Ingredients:

- 400g packet of spaghetti
- 150g olive oil
- 6 cloves garlic, very thinly sliced widthways
- 1/2 cup (50g) breadcrumbs
- 1 1/2 small red chillies, seeded and finely chopped
- finely grated rind and juice of 1 lemon

Method:

Heat 1 tbsp oil in a large frying pan over medium heat. Add breadcrumbs, stirring continuously for 2 minutes or until breadcrumbs are golden. Remove from pan and wipe clean. Heat remaining oil, garlic and chillies in the cleaned pan over a low heat for 2 minutes or until garlic is light golden. Add 1 1/2 tsp salt, lemon rind and juice, stirring to combine. Remove mixture from heat. Cook the pasta according to packet directions. Add cooked pasta to the garlic, chilli, oil and breadcrumb mixture. Toss well and serve.

Helen's Mum's Pot Roast

Ingredients:

- 2.5kg beef topside roast
- 700g potatoes, halved
- 400g tin italian diced tomatoes with oregano and basil
- 3 large carrots, peeled and cut into 3cm pieces
- 8 shallots, peeled and halved
- 2 dried bay leaves
- 4 sprigs fresh thyme
- 3 garlic cloves, crushed
- 2 1/2 cups beef stock

Method:

Place beef in the bowl of a 5.5 litre slow-cooker. Arrange potato, carrot, shallots, bay leaves and thyme around beef. Season with salt and pepper. Pour tomato, garlic, stock and 1 cup cold water over beef and return the lid. Turn slow-cooker to low and cook for 8 hours or until vegetables are tender. Turn the beef halfway during cooking. When done, transfer beef to a plate, cover loosely with foil and set aside for 10 minutes. To serve, slice beef thinly, serving with the cooked vegetables and delicious sauce.



Lisa's Oven Baked Sausage & Tomato Risotto

Ingredients:

- 400g italian or country-style sausages
- 400g tin of diced tomatoes
- 2 celery stalks, diagonally sliced
- 1 tbsp olive oil
- 1 red onion, chopped
- 1 1/2 cups arborio rice
- 1 1/2 cups chicken stock
- 1 1/2 cups water
- 1/4 cup fresh flat-leaf parsley, chopped to serve

Method:

Preheat oven to 200°C. Heat oil in a 12-cup, flame-proof casserole or ovenproof saucepan over medium heat. Fry sausages for 10 minutes, turning until browned and almost cooked. Remove from pan. Add onion to saucepan and more oil if needed. Cook for 5-8 minutes until soft. Slice sausages into bite-sized pieces. Add rice and celery to saucepan. Cook for 1-2 minutes, stirring. Add sausages, tomatoes, stock and water and stir. Remove from heat, covering with the lid or foil. Transfer dish to the oven and cook for 30-35 minutes or until almost all liquid is absorbed and rice is tender but firm to the bite. Sprinkled with parsley and serve.



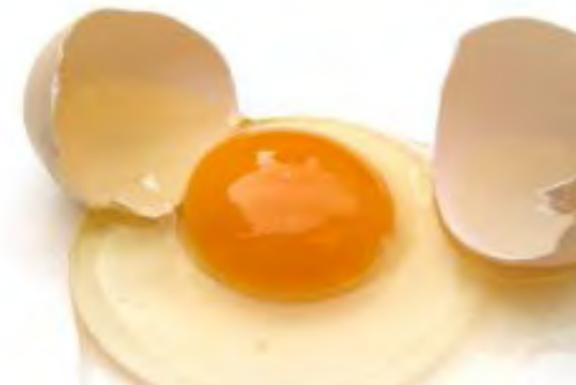
Lisa's Beef Stroganoff

Ingredients:

- 700g lean beef stir-fry strips
- 250g button mushrooms, sliced
- 300g cooked fiocchi
- 2 tbsp light sour cream
- 1 1/2 tbsp olive oil
- 1 onion, halved and thinly sliced
- 1/2 cup plain flour
- 1 cup reduced-salt beef stock
- 2 tbsp worcestershire Sauce
- green beans, to serve

Method:

Heat 2 tsp of oil in a large, non-stick frying pan over medium heat. Add onion and cook for 3 minutes. Increase heat to high and add mushrooms. Cook for 4 minutes or until tender, and set aside. Meanwhile, place flour, salt and pepper into a shallow dish. Lightly coat beef strips in flour mixture. Add 2 tsp of oil to frying pan and cook half the beef in over high heat until meat is browned. Repeat with remaining beef and oil. Return beef,



onion and mushrooms to frying pan. Add stock and worcestershire sauce and bring to the boil. Reduce heat to medium-low and simmer for 8 minutes or until sauce has thickened slightly. Season with salt and pepper, remove from heat and stir through sour cream. Spoon pasta onto plates and then spoon over stroganoff mixture. Serve with lightly steamed green beans.

Rebecca's Quiche Mavis

Ingredients:

Pastry:

- 1 1/4 (185g) cups of plain flour
- 1 tbsp and 1 tsp self-raising flour
- 1 pinch salt
- 55g butter
- iced water

Filling:

- asparagus, prawns, shredded ham, cooked chicken or anything else that takes your fancy.
- 3 shallots, finely chopped
- 3 eggs
- 1/2 cup milk
- 1/2 cream
- cheddar cheese
- 1 tbsp cream of chicken soup powder

Method:

To make pastry, mix flours, salt and butter in food processor until it resembles bread crumbs. Slowly add iced water, stirring together until the mixture forms a ball. Roll out the ball of dough on a floured board and use it to line the quiche dish. Rest in the fridge for 2 hours (but you can get away with 1 hour). Pre-heat oven to 200°C. Sprinkle cheese onto the pastry base. Whisk milk, cream, eggs, soup powder until well combined. Put filling of your choice on top of cheese, pouring the milk and egg mixture over filling. Sprinkle with shallots and bake for 10 minutes at 200°C, and then 30 minutes at 180°C.

Helen's Easy Spinach & Ricotta Cannelloni

Ingredients:

- 750g fresh ricotta cheese, reduced-fat
- 150g baby spinach leaves, chopped
- 4 fresh lasagne pasta sheets
- 2 cups Italian tomato pasta sauce
- 75g grated tasty cheese
- 60g baby rocket

Method:

Preheat oven to 180°C. Place ricotta in a bowl. Add spinach.



Season with salt and pepper. Mix to combine. Cut lasagne sheets in half, crossways. Spread 1/3 cup of ricotta mixture along the centre of each piece. Roll up to enclose filling. Repeat. Spread half the pasta sauce over the base of a 6cm-deep, 25cm x 35cm (base) ovenproof dish and arrange pasta tubes, seam side down, over sauce. Top with remaining sauce and sprinkle with cheese. Bake for 30 minutes or until pasta is cooked and top golden brown. Serve topped with rocket.

Rebecca's Trippa & White Sauce

Ingredients:

- tripe
- potatoes
- salt

Sauce:

- 1 tbsp butter
- 1 tbsp plain flour
- 1 cup milk
- 1 onion, halved and sliced

Method:

Remove any fat from tripe and slice into bite-sized pieces. Wash well under cold running water. Put into a saucepan, cover with water and bring to the boil. Simmer for 15 minutes. Drain. Again cover with cold water and bring to boil and simmer for 1 hour. While tripe is cooking, make the sauce and boil the potatoes so it all comes together at the same time. Peel and dice potato and put into cold water with some salt and boil until al dente. Strain, rinse and put to one side. To make sauce, fry onion for 5 minutes with the butter. Remove from heat. Add flour and mix well. Slowly stir in the milk. When mixture is fully combined, return to heat and bring to simmer. Sauce should thicken and cook for at least 3 minutes. Add potatoes and tripe to sauce to re-heat. Serve with sprinkled parsley and serve with crusty bread.

Lisa's Beef & Blackbean with Rice Noodles

Ingredients:

- 500g thick, fresh rice noodles
- 500g beef fillet or rump steak, thinly sliced
- 2 red onions, cut into thick wedges
- 2 garlic cloves, crushed
- 1 tbsp ginger, finely grated
- 1 tbsp peanut oil





- 1 bunch baby choy sum, trimmed and coarsely chopped
- 1/3 cup (80ml) blackbean sauce
- 2 tbsp shaoxing wine or dry sherry
- 1 bunch coriander, leaves picked

Method:

Place the noodles in a large, heatproof bowl. Cover with boiling water and set aside for 5 minutes to soak, then drain well and set aside. Meanwhile, combine beef, onion, garlic and ginger in a large bowl. Heat half the oil in a wok over high heat until just smoking. Add 1/4 of the beef mixture and stir-fry for 1-2 minutes until browned. Transfer to a bowl. Repeat in 3 more batches with remaining beef mixture, reheating wok and adding more oil if necessary between each batch. Return the beef mixture to the wok with the choy sum, blackbean sauce and wine and stir-fry for 1 minute or until choy sum begins to wilt. Add the rice noodles and stir-fry for 1 minute or until noodles are coated in sauce. Sprinkle with coriander leaves and serve immediately.

Susanne's Meat Patties in a Collar

Ingredients:

- 500g mince
- 6 bacon rashers
- 2 tomatoes, diced
- 1 tsp mixed spice
- 1 tsp dried parsley
- 1/2 a lemon
- 1 onion, chopped
- 30g butter
- chives, finely chopped
- 1/2 tsp onion seasoning salt
- 1/2 tsp garlic seasoning salt

- 1 tsp paprika
- 45g soft breadcrumbs
 - 1 egg
 - pinch salt

Method:

Blend mince, salt, spice, parsley, grated lemon rind and 2 tsp of lemon juice. Fry onion in butter till soft. Add to meat along with tomatoes, chives, onion salt, garlic salt and paprika. Add breadcrumbs and egg. Stir well and when combined use your hands to form small round flat cakes. Set aside. Remove rinds from bacon and wrap each strip around a meat cake. Secure with a wooden toothpick. Bake in a hot oven for 25 minutes or until crisp and golden. Remove toothpick before serving.



Lisa's Beef Fajitas

Ingredients:

- 2 beef scotch fillets, thinly sliced into strips
- 8 flour tortillas
- 1 tbsp olive oil
- 1 red onion, cut into wedges
- 1 red capsicum, seeded and thinly sliced
- 1 yellow capsicum, seeded and thinly sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1/2 cup (125ml) smoky barbecue sauce
- 1 ripe avocado, stoned, peeled and mashed
- tomato salsa, to serve
- sour cream, to serve

Method:

Heat 1 tsp of oil in a large frying pan over a high heat. Add 1/4 of beef and cook, turning occasionally, for 1-2 minutes or until brown. Transfer to a bowl. Repeat in 3 more batches with remaining beef. Add remaining oil to the pan and add the onion and capsicum. Cook, stirring for 5 minutes or until onion softens and capsicum is lightly charred. Add coriander and cumin and cook for 1 minute or until aromatic. Add the beef and barbecue sauce and cook, stirring for 1 minute or until heated through. Remove from heat. Place the tortillas on serving plates. Layer beef mixture, avocado, tomato salsa and sour cream and roll to enclose filling. Serve immediately.

Helen's Butter Chicken

Ingredients:

- 1 kg chicken thigh fillets, trimmed and quartered
- 3 tsp garam masala
- 1 tsp chilli powder
- 2 tsp ground ginger
- 2 tsp ground coriander
- 2 tsp lemon juice
- 2 tsp tomato paste



- 1/2 cup plain yoghurt
- 75g butter, chopped
- 1 brown onion, halved and thickly sliced
- 2 garlic cloves, crushed
- 1 cinnamon stick
- 3 cardamom pods, bruised
- 2 tsp smoked paprika
- 1 cup chicken stock
- 1 1/2 cups tomato passata
- 1/2 cup pure cream
- steamed rice to serve

Method:

Combine garam masala, chilli powder, ginger, coriander, lemon juice, tomato paste and yoghurt in a large glass or ceramic bowl. Add chicken. Toss to coat. Cover and refrigerate for 2 hours. Melt butter in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring for 3 minutes or until softened. Add cinnamon, cardamom and paprika. Cook, stirring for 1 minute or until fragrant. Add chicken to pan. Cook, stirring for 5 minutes or until chicken just starts to change colour. Add stock and pasta. Cover and bring to the boil. Reduce heat to a low simmer, stirring occasionally for 1 hour or until chicken is tender. 5 minutes before serving, stir in cream to heat through. Discard cinnamon stick and cardamom pods. Season with salt and pepper. Serve with rice.

Susanne's Ginger Chicken Wings

Ingredients:

- 1 kg chicken wings
- 1 small can pineapple pieces, drained
- 2 tsp green ginger, grated
- season flour (salt, pepper and 1 tsp ground ginger)
- 2 tbsp cornflour
- 1/2 cup brown vinegar
- 1 cup brown sugar
- 2 tbsp soy sauce
- 1/2 cup pineapple juice
- 1 cup sliced celery

Method:

Toss chicken wings in season flour and cook on a rack over water until golden brown. Mix together cornflour, vinegar, sugar, soy sauce, grated ginger and pineapple juice. Stir over heat until sugar is dissolved. Bring to the boil, stirring at all times. Simmer for approximately 2 minutes (if too thick add a little water). Add sliced celery and pineapple pieces to the sauce and pour over chicken wings in an oven-proof dish. Tastes best when left to stand for 1 hour so flavour can penetrate chicken. Serve hot with fried rice.



Suzanne's Lemon Chicken

Ingredients:

- 2kg chicken pieces
- 2 lemons, juiced
- 1/4 cup oil
- 1 tsp green ginger, chopped
- 1 clove garlic, crushed
- 2 tbsp soy sauce
- 1 tsp sugar
- 1 tbsp sherry
- 2 cups chicken stock
- fried parsley
- salt and pepper

Method:

Heat oil in frypan and brown chicken pieces on all sides with green ginger and garlic. Reduce heat and simmer. Mix soy sauce, sugar, sherry, lemon juice, salt and pepper with chicken stock. Add to fry pan, fit lid, close vent and simmer further until meat is tender. Garnish with fried parsley and lemon wedges.

Marie Jo's Tuna or Salmon Carpaccio

Ingredients:

- fresh tuna or salmon, partly frozen so it's easy to very finely slice
- half a bunch of garlic shoots or shallots, thinly sliced
- 1 small tomato, diced thinly
- 1 knob of fresh ginger, grated finely
- 1 packet of baby rocket or watercress
- cooked rice and rocket to serve

"THE" sauce:

- 1 lime
- 1 tbsp of fish sauce
- 1 tbsp of honey
- 1 tsp of light soy sauce (sashimi soy sauce is good)

Method:

Pour all ingredients for the sauce in a jar and shake well. Place thinly sliced fish followed by grated ginger, diced tomato then garlic/shallots. Pour lots of extra virgin olive oil over fish mixture, cover and refrigerate. When ready to serve, pour "the sauce" over it. Serve on a bed of baby rocket and white rice. If you need more sauce just double or triple the original amount. This dish is simple yet delicious and looks stunning when served creatively, particularly the salmon version.



Kristy's Creamy Garlic Prawns

Ingredients:

- green prawns, peeled and deveined
- 4 large garlic cloves, peeled and crushed
- 1 1/2 tbsp butter or oil
- 1 cup thickened cream
- 1 tbsp finely shredded basil, firmly packed
- cooked rice to serve

Method:

Cook rice to serve and keep warm. Heat butter or oil in a frying pan or large saucepan over medium-high heat. Add prawns and cook for 1-2 minutes until prawns have just changed colour but not completely cooked through. Turn prawns once during cooking. Reduce heat to low, stir in garlic and cook for about 30 seconds - be careful not to over cook the garlic (it can develop a bitter flavor). Add cream and increase heat so that the mixture is simmering rapidly. While the sauce is reducing (keep an eye on the sauce to ensure it doesn't reduce too much), spoon 1/4 of cooked rice into a mould with about 1/3 cup capacity (or a 1/3 measuring cup). Using the back of a spoon, firmly press the rice into the mould. Invert mould onto a serving plate and tap on mould to release. Repeat with remaining rice. Simmer sauce until it has thickened to the desired consistency and prawns are cooked through. Stir in basil and remove from heat. Place a few prawns on each plate, drizzle with creamy garlic sauce and serve immediately.

Holly & Mrs G's Pork & Cashews

Ingredients:

- 750g lean pork
- 2 tbsp oil
- 2 3/4 cups water
- 2 chicken stock cubes
- 1/2 tsp salt
- 1 tbsp arrowroot
- 3/4 cup sliced celery
- 3/4 cup shallots, chopped
- 1 small red pepper
- water
- 1 tbsp soy sauce
- 1/2 to 1 cup whole cashews

Method:

Remove excess fat from pork and cut meat into 3cm cubes. Heat the oil in a frying pan and fry the pork until lightly browned. Stir in water, crumbled stock cubes and salt. Bring to a boil, then reduce the heat and simmer uncovered for 15-20 minutes. Add shallots, sliced red pepper and celery to the pan and simmer for a further 5 minutes. Blend arrowroot

with a little water, add to the pan and stir constantly until the mixture boils and thickens. Stir in the soy sauce and just before serving, the cashews.

Rebecca's Garlic Prawns with Chilli

Ingredients:

- 24 raw prawns, shelled and deveined with tails intact
- 1-2 small red chillies, finely chopped
- 6 cloves garlic, finely chopped
- 1 cup good olive oil
- 60g unsalted butter
- 2 tbsp parsley, finely chopped
- crusty bread or rice to serve

Method:

Sprinkle garlic and chilli into two oven proof or pyrex bowls. Divide oil and butter evenly between dishes. Bake for 5 minutes at 200°C. Remove from oven and divide prawns evenly into dishes. Put back into oven until prawns are cooked, which should take no more than 10 minutes. Sprinkle with parsley and serve immediately with crusty bread or rice.

Helen's Carbonara Spaghetti

Ingredients:

- 200g sliced pancetta, roughly chopped
- 1 packet of spaghetti
- 1/2 cup thickened cream
- 2 eggs and 2 egg yolks, at room temperature
- 3 garlic cloves, crushed
- 75g parmesan cheese, finely grated
- 2 tsp olive oil
- salt and pepper to season

Method:

Cook spaghetti first as it takes the longest. Heat oil in a large, non-stick frying pan over medium heat. Add pancetta and garlic and cook, stirring for 5 minutes or until pancetta is crisp. Drain crispy mixture on paper towel. Whisk egg yolks, eggs, cream and three-quarters of the parmesan in a bowl. Season if required. Add pancetta and egg mixture to pasta and toss over low heat until well combined. Serve with remaining parmesan.



Kim's Best Pasta

Ingredients:

- 2 punnets of grape tomatoes
- 4 cloves of garlic (or more if you're me)
- good olive oil
- 1 tsp dried chilli flakes
- 1 packet of good quality spaghetti
- salt and pepper

Method:

Bring some salted water to the boil and cook pasta according to packet directions. Drain and set aside. Reserve about a quarter of a cup of the pasta water for later. Chop grape tomatoes length ways and add to a baking tray. Do the same with the garlic. Drizzle with olive oil, salt and pepper and mix well, making sure that the garlic is covered in oil so it doesn't burn. Grill on a medium heat until tomatoes are slightly burnt (this should take about 8 minutes). Make sure the garlic doesn't burn. Pour cooked pasta into a large serving dish. Remove tomatoes from the grill and add to pasta. Season well with salt and pepper and add chilli flakes. Drizzle with more olive oil and add reserved pasta water. Combine ingredients and serve immediately. To make more colourful, add baby spinach and some basil at the end. Lemon zest also works.

Rebecca's Scallop Supreme

Ingredients:

- 1kg scallops, off the shell (250g per person)
- 60g champignons or small baby mushrooms
- 1 cup riesling or other dry white wine
- 60g butter
- 1 cup cream
- 1 cup cheese, grated cheddar or similar
- 1 tbsp cornflour, with enough water to form thin paste
- white pepper and salt to taste
- paprika to taste
- oven proof dish or individual ramekins which is my preferred way to serve

Method:

Melt butter and fry champignons/mushrooms for 1-2 minutes. Add wine and toss in scallops for 30 seconds then remove. Simmer liquids for about 10 minutes to reduce to half the amount. Remove from heat and add cream, salt and white pepper. Add cornflour and water mixture. Return to stove top and heat gently to thicken. Do NOT boil! Return scallops to mixture and stir gently. Remove mixture to oven proof dish and sprinkle with cheese and paprika (if desired). Grill until the cheese has browned. Serve with fresh bread and a confident smile!



Rebecca's Steak Dianne

Ingredients:

- 6 steak fillets (I use scotch fillet but any good cut will do)
- 3 cloves of garlic crushed
- 120g butter
- 3/4 cup chopped parsley
- 1 tbsp worstershire sauce
- 1 tbsp olive oil
- 1 cup dry red wine
- salt and pepper

Method:

Lightly flatten steaks. Heat oil and add garlic. Fry for 2 minutes. Add half the butter and sear steak on both sides and remove from pan. Add remaining butter and Worstershire Sauce, parsley, red wine, salt and pepper. Bring to the boil. Reduce by half. Add steak and simmer until cooked to the desired degree. Serve steak with remaining sauce poured over. Serve with mashed potatoes and vegetables.





Holly's Fruit Flummery

Ingredients:

- 4 passionfruits
- 1 large orange
- 1 lemon
- 1 tbsp plain flour
- 1 tbsp gelatine
- 1 cup sugar
- 1 cup water
-

Method:

Place water, sugar, juice of the orange and the lemon in a saucepan. Add the flour and stir with a wooden spoon until boiling. Boil for 3 minutes. Remove pan from heat, add gelatine and stir until dissolved. Pour mixture into a large bowl and allow to cool. When cool, beat the mixture with a whisk for 10 minutes. Add the seeds, pulp and juice of the passionfruit. Beat mixture until thick and white. Pour into a wet, glass dish and set overnight. Serve with fruit salad or stewed fruit.

Susanne's Frangipani Pie

Ingredients:

Pineapple layer:

- 1 x 440g can crushed pineapple
- 1/4 cup cornflour
- 1/4 cup water
- 2 eggs, separated

Method:

Bring contents of pineapple can to the boil. Add cornflour, water and egg yolks and stir until thick. Set aside.

Coconut Cream Layer:

- 1 1/2 cup milk
- 3/4 cup sugar
- 1/4 cup cornflour
- 1 cup coconut
- 1 tbsp butter
- 1 tsp vanilla
- 1 cooked 8-inch pastry or crumb pie shell

Method:

Place milk, sugar and pinch of salt in saucepan. Stir over low heat until sugar is dissolved. Blend cornflour in water and add to milk, stirring till thick. Remove from stove, stir in coconut, butter and vanilla. Spoon half coconut cream mixture into cooked pie shell. Add all pineapple next and then the remaining coconut cream. Top with meringue (use 2 egg whites and 4 tbsp caster sugar). Bake in a moderate oven for approximately 15 minutes.

Holly's 1-2-3-4-5 Pudding

Ingredients:

- 1 tbsp shortening
- 2 tbsp sugar
- 3 tbsp jam
- 4 tbsp milk
- 5 tbsp self-raising flour
- 1 egg
- 1 pinch of salt

Method:

Beat shortening and sugar together, add the egg, then self-raising flour and salt. Put the jam into the bottom of a greased tin, pour in the mixture and boil for one hour. Set aside and allow to cool. Remove from tin. Best served with custard.

Holly's Zabaglione

Ingredients:

- 4 egg yolks
- 4 tbsp honey
- 1/2 cup whipped cream
- 1 tsp gelatine
- 4 tbsp marsala
- 2 tbsp brandy
- a few drops vanilla

Method:

Beat egg yolks, honey and marsala over hot, but not boiling, water until it thickens. Soften gelatine in water and add it to egg mix. Place the pan in a bowl of ice and stir the mixture until it is thick and free from bubbles. When nearly cold, add the brandy and cream. Pour into individual glasses and chill.



Rebecca's Raspberry Delight

Ingredients:

- good quality french vanilla ice cream
- 1 packet frozen raspberries
- 1 packet brandy snaps

Method:

Thaw raspberries and put into food processor and blend. Pour blended mix into a fine strainer and push through to remove seeds. This gives a super smooth, fruit sauce. Place 2 scoops of ice cream in bowl and drizzle raspberry sauce artistically around and over the ice cream. Place a brandy snap on top and serve.

Holly's Coconut Blancmange

Ingredients:

- 1 cup desiccated coconut
- 3 cup milk
- 6 tbsp of cornflour
- 1/2 tsp coconut flavouring
- 1 cup boiling water
- 1/2 cup sugar
- pinch of salt

Method:

Mix coconut and boiling water in a bowl. Allow to stand for 15 minutes. Heat milk and sugar. Stir until sugar is dissolved. Bring to the boil slowly. Strain coconut liquid and mix with cornflour until smooth. Add in 1/2 cup of boiling milk and return to saucepan with remaining milk and sugar mix. Add salt and cook until thickened, stirring constantly. Cook over low heat for 10 minutes. Add coconut flavouring and pour into a mould rinsed with cold water. Refrigerate for 3-4 hours until set. Un-mould and serve with fruit.

Holly's Guava Jelly

Ingredients:

- guava fruit (green is best)
- sugar
- water

Method:

Wash and quarters guavas. Cover with water and cook until tender. Remove fruit and measure the liquid that remains and one cup of (250g) sugar for each cup of liquid. Return guava to water and sugar and heat

until sugar is dissolved. Stir liquid until it becomes thick. To test if jelly is ready, put a little on a saucer and let it stand in a cool place for several minutes. If a thin skin forms, the jelly is done and is ready to cool before refrigerating in air tight containers.

Holly's Caramelised Custard

Ingredients:

- 2 eggs, beaten
- 1/3 cup honey
- 2 cup scalded milk
- 1 tsp vanilla
- 1 tbsp butter
- pinch of salt

Method:

Put a small amount of honey in the bottom of each cup or bowl and swirl it around the sides. Add honey and eggs to another bowl and gradually stir in the milk. Beat well and add salt and vanilla. Pour mixture into the cups and coat the tops with butter. Bake at 180°C for about 40 minutes until set. Serve hot or cold.

Rebecca's Toblerone® Chocolate Cheesecake

Ingredients:

- 100g toblerone® chocolate
- 2 x 250g philadelphia® cream cheese, at room temp
- 1 cup biscuit crumbs
- 1/3 cup butter, melted
- 1/2 cup boiling water
- 1 sachet gelatine
- 3/4 cup caster sugar
- 1/2 cup cream

Method:

Mix biscuit crumbs and butter and press into the base of a 20cm spring form pan. If using a deep spring form pan I suggest that you line the sides with baking parchment to make decanting easier. Chill in the fridge. Melt toblerone and mix with cream gently until smooth. Beat the cream cheese with an electric mixer until soft. Add caster sugar and mix. Add chocolate mix to cheese and sugar mix, blending gently. Set aside. Mix gelatine and boiling water and stir until the gelatine is completely dissolved. Add gelatin to the chocolate mixture and combine. Pour into your chilled biscuit base and return to the refrigerator for 2-3 hours or overnight if you have the time. Garnish with chocolate shavings and strawberries. YUM!



Judy's Impossible Pie

Ingredients:

- 4 eggs
- 1/2 cup melted butter
- 1/2 cup plain flour
- 2 cup milk
- 1 cup sugar
- 1 cup coconut
- 2 tsp vanilla

Method:

Beat all ingredients together until eggs froth. Pour mixture into greased, 9-inch pie plate. Bake at 170°C for approximately 1 hour. Allow to stand for 5-10 minutes, then cut and serve.

Rebecca's Lemon Meringue Pie

Ingredients:

- 1 small pie dish
- pastry of your choice *
- 1 tin condensed milk
- 2 eggs
- 2 lemons, juice, zest and grated rind
- 1 1/2 cup caster sugar.
- 1 tsp cream of tartar

*Pastry options:

- 1 packet of "Marie" biscuits plus melted butter to bind
- 1 packet biscuit base mix by White Wings or other
- 1 pre-cooked pie shell from supermarket

Method:

Using the pastry of your choice, line the pie dish with an equal thickness on the bottom and sides and press in to place. Put the dish into the fridge for 20-30 minutes to set. Meanwhile, separate egg whites from yolks, keeping whites for the meringue. Mix the yolks with the condensed milk in a bowl, using a whisk or fork. To this, add the juice of the 2 lemons, plus the zest of one lemon and the grated rind of the other lemon, which will thicken the mixture even more. When all of the ingredients are satisfactorily mixed, pour it into the cooled pie shell. Whip the egg whites and slowly incorporate the caster sugar and the cream of tartar. When hard peaks form, pour or spoon this mixture over the lemon mixture and bake in the oven at 180°C for about 20 minutes or until lightly toasted.

Kerrie's Tropical Pavlova

Ingredients:

Pavlova:

- 6 egg whites, at room temperature
- 2 cups caster sugar
- 1 1/2 tsp white vinegar
- 1 1/2 tsp vanilla
- pinch salt

Topping:

- lashes of whipped cream, unsweetened
- passionfruit
- strawberries
- bananas, thinly sliced and dipped in lemon juice to prevent discolouring
- kiwi fruit

Method:

Preheat oven to 150°C. Grease and line a baking tray with baking paper or foil and draw a 22cm circle on it or you can go freehand if you like. Lightly brush the paper with oil. Using an electric mixer, beat egg whites and salt at high speed until soft peaks are formed. Sift sugar and gradually sprinkle 1 tbsp at a time, beating at high speed until all sugar is added. As soon as one spoonful is added, start sprinkling the next one, then fold in the vanilla and vinegar. The mixture should be thick and glossy. Heap the mixture on the circle, mould up the sides with a spatula (and form some peaks if you like) and make a slight depression in the top to make a well-formed pavlova when cooked. Place pav in the coolest part of the oven, reduce the heat to 120°C and bake for around 45-60 minutes then turn off heat. The shell should be crispy on the outside and heavenly soft on the inside. Leave in the oven with the door slightly ajar until oven is cold. Just before serving add whipped cream and fruit on top. Strawberries can also be pre-soaked in Cointreau or Kirsch and sprinkled with a little sugar before being added to your luscious creation. As fluffy as a Ballerina's tutu!

Important tips:

- Use meticulously clean utensils as any grease in the bowl will prevent the meringue from rising.
- Ensure that the egg whites are totally free of any egg yolk as this will prevent the meringue from forming.
- Any cracks in the shell are normal and acceptable after cooking and only adds to the divine natural look of a home cooked pavlova!



Kerrie & June's Easy Sherry Trifle

Ingredients:

- 1 plain spongecake or packet jam rollettes
- 1 block eating chocolate (preferably dark)
- 825g can sliced peaches
- 1 punnet fresh strawberries (or fruit in season)
- 85g packet jelly crystals (port wine or strawberry)
- 600ml thickened cream
- 500 ml prepared custard
- 3/4 cup sherry
- 1 tbsp icing sugar mixture (optional)

Method:

Make jelly well before hand and set in refrigerator, using a smidge less water than recommended to ensure that the jelly is firm. Place sponge cake in glass bowl and soak with sherry. Chop jelly into chunky pieces and spread over the cake. Drain the peaches and spread over the jelly, then pour the custard on top. Whip the cream to a rich consistency and lay over the top of the custard. Slice the strawberries and arrange upright in the cream and sprinkle with icing sugar mixture. Shave or curl enough chocolate to sprinkle over the trifle. Chill and serve. Ingredients can be increased by adding more layers and other jelly flavours. Sherry can be substituted with splashes of your favourite fruity liqueur and the trifle can be made and served in individual glasses. A taste sensation!



Marina's Pumpkin Fruit Cake

Ingredients:

- 250g mixed dried fruit
- 1 cup pumpkin, cooked, mashed and cooled
- 2 tbsp golden syrup
- 125g butter
- 1 cup sugar
- vanilla
- 2 eggs
- 2 cups self-raising flour

Method:

Cream butter and sugar. Add eggs and beat well. Add vanilla and syrup. Add cold pumpkin and mix. Stir in flour and then dried fruit mix until combined. Place into a square cake tin. Bake in a moderate oven at 180°C. for approximately 60-90 minutes. This will depend on the consistency and moisture of the pumpkin. Always test with a skewer first. If the top starts browning before the cake is cooked, cover the top with alfoil.

Holly & Ivy's Fabulous Fudge

Ingredients:

- 4 heaped tbsp powdered milk
- 2 cups sugar
- 1/2 cup water
- 1 tbsp butter
- 1 tbsp cocoa powder

Method:

Put all ingredients into a saucepan and mix. Place saucepan on stove and cook (stirring all the while to prevent the mixture burning) until a little of the mixture dropped into cold water forms a firm but rather soft ball. This takes about 5 minutes on a gas stove or about 10-15 minutes on an electric stove to cook. Take saucepan off the stove and beat the mixture until thick. Pour mixture into a greased plate or shallow tin and mark into squares. If the mixture is undercooked and won't set, it can be returned to the heat to cook a little longer. If mixture is overcooked, it becomes like toffee and sets like a rock. However, with a little practice you are sure to get it right!



Cathy's Butterscotch

Ingredients:

- 450g semerara sugar
- 180g butter
- 2 tsp golden syrup
- 1 tsp vinegar
- 1 1/2 litres of water

Method:

Place sugar, butter, syrup, vinegar and water in a saucepan and stir until sugar is dissolved. Bring to the boil but do not stir. Toffee is done when a little is dropped into cold water and will snap when broken. Pour into buttered tin and as it starts to set, mark into squares. To make nut toffee, add 60g of chopped nuts or coconut. Cut with a sharp knife when cool.

Kim's Pineapple & Coconut Cake

Ingredients:

- 440g can crushed pineapple, drained
- 4 eggs (at room temperature)
- 160g butter
- 3/4 cup caster sugar
- 1 1/2 cups self-raising flour
- 1/2 cup desiccated coconut

Icing:

- 150g butter, softened
- 1 3/4 cups soft icing mixture
- 1 lemon, juiced
- shredded coconut, to garnish

Method:

Preheat oven to 175°C. Lightly grease a 22cm springform cake tin and line it with baking paper. Strain liquid from crushed pineapple and leave to drain while preparing cake. Cream butter and sugar until pale. Add eggs one at a time. Beat well and scrape bowl in between each egg (don't rush this part as it's what makes the cake so light). Fold in flour, coconut and drained pineapple. Once combined, pour into prepared tin. Bake for 50 minutes or until a skewer comes out clean. Remove from oven and cool on a wire rack. To make icing, combine softened butter and icing mixture, add lemon juice and whisk until creamy. Set aside (but don't refrigerate). Once cake is cool, spread it thickly with icing and sprinkle with shredded coconut. Slice and serve.



Rose's Armenian Nutmeg Cake

Ingredients:

- 1/2 cup coarsely chopped walnuts
- 1 heaped tsp freshly grated nutmeg
- 1 x 300g carton sour cream
- 2 cups brown sugar, loosely packed
- 2 cups self-raising flour
- 125g cold unsalted butter, in small chunks
- 1 tsp baking powder
- 1 egg

Method:

Preheat oven to 180°C. Butter and line base of 22cm round tin. Place sugar and flour in a large bowl, rub in butter until mixture resembles coarse breadcrumbs. This step can be done in a food processor. Put half of the mixture into a prepared tin. Shake to level, pat down lightly but don't press it flat as you would a crumb crust. To the other half of the mixture, add nutmeg and baking powder and mix well. Mix egg and sour cream together and add to the bowl. Combine well. Scrape mixture on top of base and spread evenly. Sprinkle top with chopped walnuts. Place in oven and bake for 45-50 minutes or until a fine skewer inserted in centre of cake comes out clean. Remove from oven, cool on a rack for 15 minutes. A perfect cake for afternoon tea and with a dusting of icing sugar and a dollop of cream, makes a great dessert.

Lee's Gluten & Dairy Free Chocolate Cake

Ingredients:

- 300g dark chocolate
- 4 eggs, separated
- 3/4 cup (165g) brown sugar
- 1 cup (250ml) orange juice
- 1 1/2 cups (165g) almond meal
- icing sugar, for dusting

Method:

Preheat oven to 160°C/140°C fan forced. Grease and line 22cm cake tin. Melt chocolate with orange juice over bain marie or in short bursts in the microwave until smooth. Whisk egg yolks with sugar until pale and doubled in volume. Fold in chocolate mixture and almond meal. Whisk egg whites to soft peaks and fold into chocolate mixture. Pour into prepared cake tin. Place cake tin into a large baking dish and pour enough boiling water into the baking dish to come half way up the sides of the cake tin. Bake for 50 minutes in preheated oven. Remove from oven and refrigerate until cold.



Helen's Best Banana Cake EVER

Ingredients:

- 1/2 cup raw sugar
- 125g butter, softened
- 2 eggs
- 3 over-ripe bananas, mashed
- 1/4 cup milk
- 1/2 tsp bicarbonate soda
- 1 cup self-raising flour

Method:

All mixing for this recipe is done with a fork, not a beater. Mix raw sugar and soft butter thoroughly in a large bowl. Add eggs one at a time and mix well. Add mashed banana. Heat milk for about 45 seconds in a cup in the microwave, then stir in bicarbonate soda. Fold the frothy mixture into the batter. Finally, stir in the self-raising flour thoroughly but without beating. Cook in greased tin for approximately 45–50 minutes at 180°C. Wait until slightly cooled before removing from tin. Dust with icing sugar before serving.

Rebecca's Boiled Fruit Cake

Ingredients:

- 2 cups mixed fruit
- 1 cup brown sugar
- 1/4 cup water
- 3/4 cup brandy
- 115g margarine

- 1 tbsp treacle
- 1 tsp bicarbonate soda
- 2 eggs
- 1 cup self-raising flour
- 1 cup plain flour
- 1 tsp mixed spice
- 1 tsp nutmeg
- 1/4 tsp salt
- 1/2 tsp parisian essence

Method:

In a large saucepan, combine fruit, brown sugar, water, margarine, treacle and parisian essence. Bring to the boil and simmer for 10 minutes. Take off the heat and add bicarbonate soda. Allow to cool, then add beaten eggs and brandy. Add flour, spice, nutmeg and salt. Mix well and put into a lined cake tin and into a moderate oven at 180°C. Bake for 90 minutes and test, cooking further if required.



Susanne's Mud Cake

Ingredients:

- 4 eggs, at room temperature
- 2 cups water
- 3 cups sugar
- 250g butter
- 4 heaped tbsp cocoa
- 200g cooking chocolate
- 1 tsp bicarbonate soda
- 1 heaped tbsp coffee

Method:

Place all ingredients except eggs into a large saucepan. Stir over a low heat until chocolate has melted. Add sugar and stir until dissolved. Stand for 10 minutes. Beat eggs and add to chocolate mixture. Sift 3 cups self-raising flour and add to mixture. Beat and pour into a greased and floured tin. Bake at 180°C for approximately 30–35 minutes. Cool cake in the tin and remove when cold. Serve in wedges with whipped cream, chocolate icing, white chocolate shavings, or any other favourite cake topping.

Susanne's Date Slice

Ingredients:

- 500g dates, chopped
- 1 packet 'Marie' biscuits, broken
- 2/3 cup sugar
- 250g butter
- 1 egg, beaten
- vanilla
- desiccated coconut to sprinkle

Method:

Melt butter in saucepan, stir in the sugar, stirring until caramelised. Stir in dates and vanilla. Remove from heat and stir in the beaten egg. Place back on the heat and stir until dates are soft. Stir in the broken biscuits. Grease a lamington tray and then line with greaseproof paper. Sprinkle coconut onto the greaseproof paper then pour in the mixture. Spread mixture flat and then sprinkle more coconut over the top. Refrigerate until set.



Susanne's Chocolate Sponge Cake

Ingredients:

- 4 eggs
- 1 cup sugar
- 1 cup self-raising flour
- 1 tbsp butter
- 1 1/2 tbsp cocoa
- 1/2 cup boiling water

Method:

Beat eggs and sugar for 20 minutes. Add well sifted flour. Add butter and cocoa to boiling water. Combine and bake in a moderate oven (180°C) for 30 minutes. Cool and serve with your favourite cake topping.

Susanne's Chocolate Chip Cookies

Ingredients:

- 115g chocolate buds
- 115g shortening
- 55g sugar
- 170g self-raising flour
- 3 tbsp condensed milk

Method:

Cream the shortening and sugar, add milk and chocolate buds and sifted flour. Roll into small balls, place on a lightly greased tray and press each down lightly with a fork. Bake in a moderate oven for 10-15 minutes.

Susanne's Scones

Ingredients:

- 3 cups self-raising flour
- 1/2 tsp salt
- 300 mls carton fresh cream (can use light cream if preferred)
- 3/4 cup lemonade
- extra flour
- strawberry jam, to serve
- whipped cream, to serve

Method:

Sift flour and salt into a large bowl. Make a well in the centre of the flour and stir in cream and lemonade, using a round-bladed knife until all ingredients come together to form a soft dough. Turn dough onto a lightly floured surface and knead briefly until smooth. Roll or pat out dough until approximately 2cm in thickness, then cut into rounds using a 5cm cutter. Place scone rounds side by side in a lightly greased 19cm x 29cm lamington pan. Sprinkle tops of scones lightly with extra flour. Bake at 220°C for about 15 minutes or until golden brown. Turn scones out onto a clean tea towel. Serve warm with strawberry jam and a dollop of whipped cream.

Susanne's One-Bowl Banana & Walnut Loaf

Ingredients:

- 3/4 cup walnut halves, chopped
- 2 large bananas, mashed
- 2/3 cup caster sugar
- 2 cups self-raising flour
- 1 1/2 tsp ground cinnamon
- 1 cup skim milk
- 2 eggs
- 1 tsp bicarbonate soda
- 1 tbsp extra light olive oil
- cooking oil spray

Method:

Preheat oven to 180°C (160°C fan forced). Grease an 11cm x 21cm loaf pan with cooking oil spray. Line base and long sides with baking paper, allowing it to overhang. Combine flour, soda, cinnamon, sugar and walnuts in a large bowl. Stir in milk, eggs, oil and bananas until just combined. Spoon into prepared pan. Smooth surface. Bake for about 50 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool.

Beth's Cranberry & White Chocolate 'Fudge'

Ingredients:

- 395g can condensed milk
- 500g white chocolate melts
- 160g pack raisins (dried cranberries)



Method:

Line an 18cm square tin with baking paper. Place condensed milk and white melts in a saucepan. Stir over low heat until smooth and well combined. Remove from heat and add raisins, mixing well. Pour into tin and refrigerate overnight prior to cutting. Very sweet treat, so only need to cut into small bite-sized pieces. Keeps very well in the fridge or freezer. Equally delicious when made with milk or dark chocolate.

Susanne's Apple Squares

Ingredients:

- 340g packet vanilla cake mix
- 1 cup desiccated coconut
- 400g can of pie apple
- 300g carton sour cream
- 125g butter, melted
- 1 egg, lightly beaten
- 2 tsp cinnamon sugar

Method:

Preheat oven to moderate 180°C. Lightly grease an 18cm x 28cm slice pan. Line base and sides with baking paper. In a large bowl, combine cake mix, coconut and melted butter. Press into prepared pan. Bake for 15-20 minutes until golden. Cool slightly. Press apple over base. In a small bowl, combine sour cream and egg. Pour over apple and sprinkle with cinnamon sugar. Bake for 15-20 minutes, until set. Allow to cool in pan. Cut into squares and store in an airtight container.

Emily's Carrot Cake

Ingredients:

- 300g carrots, peeled and grated
- 2 cups self-raising flour
- 1 tsp ground cinnamon
- 1 tsp all spice
- 1 cup caster sugar
- 1/2 cup brown sugar
- 250g butter
- 1 tbsp golden syrup
- 1/2 cup milk
- 2 eggs
- 1 tsp vanilla essence
- pinch of salt

Icing:

- 250g philadelphia® cream cheese
- 1/3 cup (80g) icing sugar
- 1/2 tsp vanilla essence

Method:

Preheat oven to 180°C (160°C fan forced). Grease a 20cm (base) round cake pan with butter and line with non-stick baking paper. Sift the flour, salt, cinnamon and all spice into a bowl. Cream butter and caster sugar using an electric beater and add vanilla essence, and eggs. Pour cream mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Add milk, syrup, brown sugar and beat into a batter. Stir in grated carrot. Pour the mixture into cake pan and bake for 1 hour. Set aside for 5 minutes and then turn out onto a wire rack to cool. To make icing, combine cream cheese, icing sugar and vanilla in a bowl. When cake is until slightly warm, spread icing over the cake and place in the fridge to set.

Suan's Date Cake

Ingredients:

- 2/3 chopped dates (approximately 10 fat dates)
- 55g butter
- 1 tsp bicarbonate soda
- 3/4 cup boiling water
- *soak the above ingredients: for half hour*
- 1/2 cup almond meal
- 1 1/2 cup self-raising flour
- 1/3 cup chopped walnuts
- 1/2 cup sugar
- 2 large eggs
- 1/2 cup milk

Method:

Mix all ingredients together and bake at 160°C in a fan forced oven for 40 minutes. Cool and serve.

Di's Apple Cake

Ingredients:

- 3-4 apples, cooked, cooled and de-cored
- 115g butter
- 2 tbsp of sugar
- vanilla essence
- 1 egg
- 230g self-raising flour
- cinnamon sugar
- pinch salt

Method:

Beat butter and sugar, add egg and vanilla essence, then self-raising flour. Mix until combined, then divide mixture into two parts. Roll or



press half the mixture straight onto baking tray (needs to be about 1cm thick). Spread other half onto greaseproof paper, making it the same size. Place apple onto cake mixture on tray, sprinkle with cinnamon sugar then lift greaseproof paper and turn other half on top of apple. Pinch sides together and bake 200°C (400F) for 15-20 minutes. Ice cake and cut while still warm and sprinkle with cinnamon sugar.

Mandy's Date & Polenta Slice

Ingredients:

- 400g (about 20) fresh dates, pitted and halved
- 340g polenta
- 180g plain flour
- 1 tsp baking powder
- 250g caster sugar
- 250g softened butter, cubed
- 2 eggs, lightly beaten
- grated rind of 1 lemon

Method:

Preheat oven to 150°C. In a bowl, combine the polenta, flour, baking powder and sugar. Using your fingertips, rub in the butter until mixture resembles bread crumbs. Add the eggs and stir until mixture forms a dough. Line a 29cm x 19cm x 3cm cake tin and press half the mixture into the base and sprinkle evenly with lemon rind. Place the dates in rows on top of the dough, then top with remaining dough, pressing firmly to smooth. Bake for one hour or until golden. Cool completely before cutting into squares.

Carolyn's Individual Christmas Puddings

Ingredients:

- 1kg dried fruit
- 1 packet glazed cherries (optional)
- 3/4 cup sweet sherry
- 200g butter
- 2 cups white sugar
- 4 cups milk
- 4 cups self-raising flour
- 4 tsp bicarbonate soda

Equipment:

- a very large pot with a lid
- 10 oven bags
- 10 empty tinned food tins (e.g. baked beans)
- aluminium foil
- 10 rubber bands

Method:

Combine dried fruit, cherries, butter, sugar and milk. Boil for 3 minutes. Take off the heat and add bicarbonate soda (expect the mixture to froth vigorously). Place the self-raising flour in a large bowl and make a well in the centre. Pour in the boiled mixture and sherry. Stir gently but thoroughly with a wooden spoon. Line each empty tin with an oven bag and press the excess plastic over the lip of the tins. Fill each bag leaving 1/2cm at the top of the tin for expansion. Cover each tin with a square of aluminium foil and secure using a rubber band. Place all of the filled tins into the large pot and half fill it with water. Don't forget to put the lid on the pot. Boil for around 1 1/2 hours or until puddings are firm, not sticky. Important: Keep an eye on the water level and top up as needed during cooking. When cooked, remove from the pot and cool for a while. Remove aluminium foil and pull oven bags gently from the tins. Cut excess plastic and tie up with a festive ribbon. Another important thing: keep them in the fridge as they are milk based. They should last quite a while this way.

Judy's Raisin Loaf

Ingredients:

- 1 cup raisins
- 1 cup boiling water
- 2 tsp bicarbonate soda
- 1 cup plain flour
- 1 cup self-raising flour
- 1 egg

Method:

Soak raisins and soda in boiling water for 1 hour. Cream butter and sugar, egg, raisin mixture and lastly, the sifted flour. Nuts or ginger may be added if desired. Place in a greaseproof pan and bake for 40 minutes at 180°C.

Rose & Helen's Heavenly Date Loaf

Ingredients:

- 1 cup chopped dates
- 3/4 cup chopped walnuts or ginger (or a combination of both)
- 3/4 cup caster sugar
- 1 tbsp butter
- 1 cup boiling water
- 1 1/2 cups self-raising flour

Method:

Pour boiling water over dates, sugar and butter. When slightly cooled, sift in the flour, add walnuts and/or ginger. Mix well with a wooden spoon. Pour into a loaf tin and bake in a moderate oven



for 45-60 minutes. Optional extra: sprinkle finely chopped walnuts and cinnamon on top of the cake before baking. This loaf keeps very well - if there's any left after everyone's eaten some while it's still deliciously warm from the oven!

Marina's Caramel Choc Slice

Ingredient:

- 1 cup self-raising flour, sifted
- 1 cup brown sugar
- 1 cup coconut
- 125g butter, melted
- 30g butter, extra
- 400g can sweetened condensed milk
- 150g cooking chocolate, melted
- 2 tbsp golden syrup
- 20g copha vegetable shortening, melted

Method:

Combine first 4 ingredients and mix well. Press into greased 18cm x 28cm lamington pan. Bake in 180°C oven for 10 minutes. Combine sweetened condensed milk, butter and golden syrup in saucepan. Stir over medium heat until boiling, reduce heat, stirring constantly for a further 5 minutes. Spread over base and bake for another 10 minutes. Allow to cool. Combine cooking chocolate and copha, spread over filling and refrigerate until set.

Holly & Ivy's Golden Piklets

Ingredients:

- 1 cup self-raising flour
- 2 tbsp sugar
- 1 egg
- 1 cup milk
- 30g butter
- 1 tbsp golden syrup
- a little oil or butter for greasing pan
- 1 pinch of salt

Method:

Sift flour and salt into a bowl and add sugar. In a separate bowl, beat the egg and milk together, then stir this into the flour. Melt the butter and golden syrup together, stirring over a low heat until melted and combined, then add this to the mixture, mixing to make a batter. Grease a griddle or shallow frying pan with a little oil or butter and



when it is hot, drop in measured amounts of batter (about a tbsp) a little apart from each other. Cook over a medium heat until the underside is browned and small bubbles appear in the top side. Turn them over and brown the other side. Serve warm with butter or cold with jam and cream.

Holly's Foam Biscuits

Ingredients:

- 3 cups flour
- 1 cup dripping or butter
- 1 cup sugar
- 1/2 cup milk
- 1 level tsp bicarbonate soda

Method:

Take flour, dripping or butter, sugar, and milk and place in a saucepan on stove to boil. Once boiling, add the bicarbonate soda and stir well. Let foam and cool. Rub the dripping or butter well into the flour until it is like breadcrumbs and then mix into a stiff paste with the foam mixture. Roll out thick with a rolling pin, cut with cutter and bake in a quick oven until light-brown.

Holly & Ivy's Ice Cream

Ingredients:

- 1 tin condensed milk
- 2 tins cows milk (measure using empty condensed milk tins)
- 2 tsp of gelatin, dissolved in boiling water
- 1 tbsp vanilla essence
- 1 pinch salt

Method:

Mix condensed milk cow's milk and salt together. Add gelatin and one dessertspoon of vanilla essence. Pour into narrow metal trays and place in freezer until about 1cm all around the edge is set. Remove from tin and beat mixture until it is about twice the original quantity. Return to trays and freeze. Serve plain or with your favourite ice cream topping. You can also use this ice cream to make delicious milkshakes and smoothies.

(Try it in *Kim's Mixed Berry Smoothie!*)



Judy's Cold Tea Plum Pudding

Ingredients:

- 1 cup raisins
- 1 cup sultanas
- 2 cups plain flour
- 1 cup sugar
- pinch of nutmeg, spice and salt
- 1 cup cold, strong black tea

Method:

Place dry ingredients in a bowl and rub in 2 tbsp margarine or butter. Dissolve 2 tsp bicarbonate soda in 1 cup of cold, strong black tea and add to mixture. Stir well and pour mixture into a steamer or cloth. Place into a large saucepan and bring to boil. Boil slowly for 3 hours. Ensure saucepan does not boil dry and maintain water level at half way up steamer container. Can add 1/4 cup of rum but this is optional.

Beth's Gingernut Biscuits

Ingredients:

- 1/2 cup golden syrup
- 1/2 cup sugar
- 1 cup self-raising flour
- 1 dessertspoon ground ginger
- 2 tbsp margarine or butter

Method:

Warm syrup and then add margarine. (You can warm the two together in a microwave safe jug in the microwave). Place all dry ingredients into a mixing bowl. Add syrup and margarine to all dry ingredients. If too moist, add more flour (very common to have to do this). Roll into balls and flatten with a fork on a greased tray. Alternatively leave 'unflattened' for different look. Bake for 10-15 minutes at 180°C. For a firmer biscuit bake for a further 5 minutes, until golden brown.



Beth's Almond Bread

Ingredients:

- 1 cup almonds, un-blanchd
- 3 egg whites, from large eggs
- 1/2 cup caster sugar
- 1 cup plain flour, sifted

Method:

Beat egg whites until stiff. Gradually add sugar and beat until dissolved. Fold in sifted flour and whole almonds. Bake in a 200°C oven for 30-40 minutes. Stand in tin until cold. Turn out, wrap in foil and put aside for 2 days. With very sharp knife, cut into wafer thin slices. Place on baking tray and allow to dry out in slow oven at 150°C. Store in an airtight container. Serve with coffee and ice cream.

Beth's Chocolate Squares

Ingredients:

- 1 cup mixed fruit
- 3 tsp cocoa
- 125g butter
- 1 cup sugar
- 1 egg
- 1 cup flour
- 1 tsp baking powder
- 1 tsp vanilla

Method:

Cream butter and sugar, add egg and mix well. Add sifted flour, baking powder and cocoa, stir well. Stir in mixed fruit and vanilla. Press into baking tray and bake for 30-50 minutes in moderate oven at 180°C. When suntil slightly warm, cover with thick chocolate icing and coconut. Variations: Omit cocoa and top with crushed nuts. Add white choc bits (do not melt) and add finely chopped macadamia nuts. YUM!



Kim's Mixed Berry Smoothie

Ingredients:

- 150g strawberries, hulled and roughly chopped
- 1/2 cup fresh or frozen raspberries, thawed
- 2/3 cup thick vanilla yoghurt
- 1/3 cup milk
- 1 tbsp maple syrup
- 4 ice cubes

Method:

Place strawberries, raspberries, yoghurt, milk, syrup and ice in a blender. Blend until smooth and frothy. Pour into glasses and serve.

Helen's Caprioskas

Ingredients:

- 1 tbsp brown sugar
- 2 tbsp chopped mint leaves
- 2 limes, quartered
- crushed ice
- 1 measure rum and gin
- soda water, to serve

Method:

Place sugar, mint and lime in a cocktail shaker. Put one end of a wooden rolling pin into the shaker and gently bash or 'muddle' for a couple of minutes until the mint has broken down and the limes have released their juice. Add the ice, rum and gin. Shake well to combine, then divide among glasses and top up with soda water.

Holly & Walter's Pan Galactic Gargle Blaster

Inspired by "The Hitch Hikers Guide To the Galaxy" by Douglas Adams.

We recommend just the one drink per adult!

Ingredients:

- 5 drops White Crème de Menthe
- 1 measure Vodka
- 1 measure Gin
- 1 measure Sweet Vermouth
- 1 measure Orange Curacao
- 1 measure Gold Wasser
- 1 dash bitters
- squeeze of lemon

Method:

Place all ingredients in a cocktail shaker and shake well. Serve in a tall glass, over ice with an olive. Drink very, very carefully!

Rebecca's Lemon Ice

Ingredients:

- 2 cups hot water
- 3/4 cup white sugar
- 1/2 cup lemon juice
- 1 egg white
- 1 tbsp grated lemon rind
- 1 tbsp suga, extra

Method:

Dissolve sugar in hot water. Add lemon juice and rind. Strain when cooled. Pour into trays and place into the freezer, stirring occasionally until mixture is mushy. Remove from trays. Beat egg white with extra sugar and fold into the mushy lemon mixture. Return to trays and freeze until firm. To serve, use a fork to scrape the lemon ice so that it looks like a snow cone.

Helen's Sangria

Ingredients:

- 750ml bottle red wine
- 1/4 cup brandy
- 4 oranges
- 2 lemons
- 1 apple, unpeeled, core removed and diced
- 1 tsp ground cinnamon
- 1/4 cup caster sugar
- 750ml bottle soft drink (lemonade, soda water or ginger ale)

Method:

Thinly slice 1 orange and 1 lemon. Cut each slice into triangle sections and place in a large bowl. Add apple, cinnamon and brandy. Stir to combine. Cover and refrigerate overnight. Juice remaining oranges and lemon. Combine 1 1/2 cups wine, 1 1/2 tbsp sugar, 1 1/2 cups soft drink, 1/4 cup orange juice and 1 1/2 tbsp lemon juice in a jug. Add half the apple mixture. Stir to combine. Repeat with remaining ingredients in another jug. Serve in over crushed ice in tall glasses. For a non-alcoholic version, replace red wine with de-alcoholised red wine and leave out the brandy too of course!



Tanya's Summer Party Punch

Ingredients:

- 3l tin of Golden Circle Sunshine Punch or Pine Orange
- 1.25l lemonade
- 1.25l gingerale
- 1 tin fruit salad (optional)
- freshly chopped mint
- crushed ice

Method:

Place all ingredients into a large glass bowl or jug, stir well and serve.



Kathy's Mango Daiquiri

Ingredients:

- 1 large ripe mango, peeled and coarsely chopped
- 2 tbsp fresh lime juice
- 1 tbsp caster sugar
- 180ml Bacardi or white rum
- 3 cups ice cubes

Method:

Place all ingredients in a blender and blend until smooth. Pour mixture into chilled cocktail glasses and serve.

Rhonda's Green Frog

Ingredients:

- 1 measure Malibu
- 1 measure Blue Curacao
- 1 measure Midori
- 1 measure Triple Sec
- soda water
- 1 tin tropical fruit juice
- ice

Method:

Blend all ingredients together with plenty of ice. Pour into a plastic container and place in the freezer. The mixture will start to freeze and become a 'slush puppy'. Scoop to a chilled glass and enjoy!

TABLE 1 2 5

With special thanks to....

Amanda
Beth
Carolyn
Cate
Cathy
Di
Emily
Fay
Helen
Holly

Judy
Kathy
Kerrie
Kim
Kristy
Kylie
Leanne
Lee
Lisa
Mandy

Marie Jo
Marina
Rebecca
Rhonda
Rose
Sharon
Sivan
Suan
Susanne
Tanya

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Dobar tek! Croatian

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Jó étvágyat! Hungarian

Kalí óreksi! Greek

Nerilluarisi! Greenlandic

Que aproveche! Spanish

Selamat makan! Indonesian

Sihk faahn! Cantonese

Smaczneho! Polish

Thokoleza ukudla! Zulu

Verði þér að góðu! Icelandic