



Mom's Favorite Family Recipes

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Beef

Beef: Beef Stroganoff Beef Stroganoff

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

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

Beef: Beef Curry
Beef Curry

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

Melt the marg in a large heavy pot, then gently sauté the onion & garlic for 3-4 mins. Add the coriander, turmeric, cumin, pepper, ginger, chopped and ground chillies and the steak. Stir to coat the steak and let it cook for another 5 mins. Pour in the water, cover and simmer over a low heat until the steak is tender. When it is almost cooked, sprinkle with the coconut and stir in the coconut cream. Continue cooking until done. Just before serving, sprinkle with a little salt.

Beef: Bolognaise Style Stir Fry
Bolognaise Style Stir Fry

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

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

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

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

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

Beef: Creamy Mushroom Lasagne
Creamy Mushroom Lasagne

60 g marg
½ cup plain flour
salt & pepper

500g sliced mushrooms
3 cups milk

Meat Sauce:

1 tbs oil
500g mince
250g pkt curly lasagne sheets

2 onions, finely chopped
575g jar pasta sauce
1 cup grated cheese

Melt marg in a pan, add mushrooms & cook 3-4 mins. Add flour, mix well. Cook

1-2 mins. Add milk gradually, stir over a mod heat until mixture is thick & smooth, season to taste.

Meat Sauce:

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

Beef: Sausage Casserole
Sausage Casserole

8 thin sausages	1 med potato
1 onion, sliced	1 clove garlic, crushed
1 green capsicum, chopped	1 Pkt Tomato & Vegetable
Soup	
1 $\frac{3}{4}$ cups water	1 300g can red kidney
beans,drained	

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

Beef: Macaroni Mince & Mushroom Medley
Macaroni Mince & Mushroom Medley

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

Place margarine in 1ge frypan, add onions & brown, add meat & brown. Then add celery, carrots, salt & pepper. Stir in soup mix, add water then macaroni & cover. Simmer over low heat 20 mins. Sprinkle with 2-3 tbs chopped parsley. Serve with rice or mashed potatoes.

Beef: Herb Beef & Macaroni
Herb Beef & Macaroni

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

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

Beef: Pineapple Steak
Pineapple Steak

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

pieces

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

Beef: Cooked Meat Fritters
Cooked Meat Fritters

2 cups chopped cooked meat 1 tbs onion, finely chopped
salt & black pepper

Batter

1 cup flour

½ tsp salt

2/3 cup milk

1 ½ tsp baking power

2 eggs

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

Beef: Herbed Rissoles

Herbed Rissoles

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

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

Beef: Beef Steak Surprise

Beef Steak Surprise

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

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

Beef: Delicious Baked Curry

Delicious Baked Curry

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

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

Beef: Beef Royale

Beef Royale

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

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

Beef: Gridiron Cassrole

Gridiron Casserole

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

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

Beef: Kie Sie Ming

Kie Sie Ming

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

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

Beef: Osso Bucco

Osso Bucco

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

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

Beef: Beef & Tomato Curry

Beef & Tomato Curry

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

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

Beef: TV Snack

TV Snack

1 kg mince	1 pkt Chicken Noodle Soup
1 sml cup rice	2 cups shredded cabbage
4 cups hot water	2 tsp curry
1 tsp salt	1 cup celery, chopped
1 cup onion, chopped	¼ cup margarine

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

Beef: Coramittee Meat

Coramittee Meat

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

White Sauce

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

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

Beef: Curried Vegetable Rissoles

Curried Vegetable Rissoles

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

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

Beef: Baked Steak & Onion

Baked Steak & Onion

Soup Steaks 1 pkt French Onion

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

Beef: Curried Sausages

Curried Sausages

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

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

Beef: Delicious Baked Curry
Delicious Baked Curry

strips	300g bacon, chopped	1 kg round steak, cut into
	oil	5 med onions, sliced
	salt & pepper	marjoram
	1 clove garlic	$\frac{3}{4}$ cup sherry
	2 cups sour cream	

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

Beef: Creamed Steak & Spinach
 Creamed Steak & Spinach

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

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

Beef: Chinese Beef & Vegetables
Chinese Beef & Vegetables

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

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

Beef: Pan Fried Beef & Mushrooms
 Pan Fried Beef & Mushrooms

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

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

Beef: Chilli-Con-Carne
Chilli-Con-Carne

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

drained

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

Beef: Honey Beef Shaslicks
Honey Beef Shaslicks

60g butter	1 ½ cups sliced onion
1 clove garlic	1 x 425g Apricot Nectar
3 tbs malt vinegar	6 tbs honey
1 tbs sherry	1 kg steak cut into 24 cubes
5 lge bananas, cut into 3	

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

Beef: Sausage Crumble
Sausage Crumble

2 tsp oil
1 onion, thinly sliced
1 cup peas
1 $\frac{3}{4}$ cups water

8 thick sausages
1 potato, chopped
1 pkt Cheese & Leek soup mix

Oat Crumble

1 $\frac{1}{2}$ cups rolled oats
90g butter

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

Heat oil in pan, cook sausages over heat for 15 mins, remove, cool, cut into thick slices. Combine sausages, onion, potato, peas & combined soup & water in pan, stir over heat until mixture boils, simmer covered 20 mins, stirring often, until potatoes are cooked. Place in casserole, sprinkle with oat crumble, bake in mod oven 15 mins or until browned.

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

Beef: Spicy Peppered Steak
Spicy Peppered Steak

	1 ½ tbs black pepper	750g topside steak
chopped	1 sml red pepper, sliced	1 sml green pepper,
	6 green shallots, chopped	1 ½ tbs cornflour
	½ cup water	3 tsp grated ginger
	3 cloves garlic	2 tbs soy sauce
	1 tsp oil	

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

Beef: Curry & Rice
Curry & Rice

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

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

Beef: Italian Spaghetti
Italian Spaghetti

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

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

Beef: Savoury Glazed Meatloaf
Savoury Glazed Meatloaf

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

Glaze

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

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

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

600g lean beef strips
1 tsp grated green ginger
1 carrot, thinly sliced
sliced
2 sml sticks celery, thinly sliced
200g snow peas
100g button mushrooms, sliced (optional)

1 tbs oil
2 cloves garlic
½ green capsicum, thinly
2 shallots, chopped
½ cup Oyster Sauce

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

Beef: Meat Balls with Rice
Meat Balls with Rice

500g mince
1/3 cup uncooked rice
1 egg
pepper

1 onion, grated
1/3 cup breadcrumbs
3/4 tsp salt

Sauce

1 440g can tomato soup
1 dsp sugar

1 cup water
salt & pepper

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

Beef: Indonesian Beef
Indonesian Beef

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

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

Beef: Lasagne
Lasagne

500g mince
2 pkts White Sauce Mix
1 cup milk
1 cup grated cheese.

500g Neapolitana Pasta Sauce
1 cup water
8 lge lasagne sheets

Cook mince on High 5-6 mins, breaking up with fork. Add pasta sauce, cover, cook 5 mins on High. Cook White Sauce in microwave, as per packet instructions. Spread a little white sauce in lasagne dish, then lasagne, 1/3 mince, 1/4 white sauce, repeat, finish with lasagne, white sauce & sprinkle with cheese. Bake @ 180° 35-40 mins.

Beef: One Pot Snags
One Pot Snags

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

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

Beef: Macaroni Beef
Macaroni Beef

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

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

Beef: Beef & Pasta Bake
Beef & Pasta Bake

100g spiral pasta	2 tbs oil
1 lge onion, chopped	2 rashers bacon, chopped
1 tsp garlic	300g mushrooms, sliced
500g mince	440g tomato soup
¼ cup tomato paste	½ tsp oregano
1 cup grated cheese	

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

Beef: Tumeric Chilli Beef
Turmeric Chilli Beef

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

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

Beef: Crisp Topped Casserole
Crisp Topped Casserole

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

Melt marg, add mince, onion & capsicum & fry until brown. Add soup mix & blend in the water. Turn into casserole dish & top with buttered breadcrumbs. Bake uncovered in mod oven for 45 mins.

Beef: Beef in Red Wine
Beef in Red Wine

750g cubed topside
1 pkt French Onion soup
1 x 220g can mushrooms

1 tbs oil
1 x 425g can tomatoes
¼ cup red wine

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

Beef: Nachos with Guacamole
Nachos with Guacamole

500g mince	30g butter
2 onions, chopped	2 cloves garlic
½ tsp chilli powder	1 tsp paprika
400g can tomatoes	2 tbs tomato paste
300g red kidney beans, drained	200g pkt corn chips
1 ½ cups grated cheese	

Guacamole

1 avocado	1/3 to ½ cup mayonnaise
few drops Tabasco	2 tsp lemon juice

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

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

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

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

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

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

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

Beef: Sate Beef
Sate Beef

500g good steak, sliced thinly	1 1/2 tsp soy sauce
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pepper	2 tsp sesame oil
1 tsp cornflour	2 tbs oil
Sauce	
1 clove garlic, crushed	1 med onion
3 tsp sate sauce	2 tsp dry sherry
1 tsp curry powder	salt
2 tbs water	2 tsp soy sauce
½ tsp sugar	

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

Cakes

Cakes: Easy Butter Cakes
Easy Vanilla Butter Cake

Variations: Rich Chocolate/Orange/Carrot/Banana

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

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

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

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

Variations

Rich Chocolate cake: Reduce the SR flour to 2 cups. Sift 1 cup cocoa powder and ½ tsp bicarbonate soda and add with the flours. Increase the milk to 1 ¾ cups. Omit the vanilla essence

Orange cake: Reduce the milk to ¾ cup and add ½ cup orange juice & 2 tbs grated orange rind. Omit the vanilla essence

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

Banana cake: Sift 1 tsp bicarbonate soda and add with the flours. Reduce the milk to ½ cup. Add 1 ½ cups mashed very ripe banana with the milk. Reduce the vanilla essence to 1 tsp.

Cakes: Easy Butter Icing
Easy Butter Icing

Variations: Orange Butter Icing/Coffee Butter Icing/Chocolate

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

Cakes: Cream Cheese Icing
Cream Cheese Icing

1 sml pkt Philadelphia Cream 2 tbs butter

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

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

Biscuits: Sugar Cookies
Sugar Cookies

125g butter	1 beaten egg
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2 tbs milk
1 cup sugar

1 tsp cinnamon
2 cups SR flour

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

Slices: Sultana Slice
Sultana Slice

½ cup butter

1 cup sugar

1 cup SR flour
1/2 tsp vanilla
1 cup crushed cornflakes

1 egg
1 cup sultanas

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

Biscuits: Scones in Large Quantity
Scones in Large Quantity

6 cups SR flour
90g butter

2 tbs sugar
1 cup water
milk for glazing

1 cup milk
½ tsp salt
6 level tsp baking powder

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

Slices: Quick Biscuit Slice
Quick Biscuit Slice

1 cup coconut

½ cup brown sugar

1 cup SR flour

125g butter

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

Cakes: Three Minute Sponge Cake
Three Minute Sponge Cake

2 x 60g eggs

1 cup SR flour

$\frac{3}{4}$ cup caster sugar
3 tbs melted butter

3 tbs milk
1 tsp vanilla

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

Biscuits: Peanut Crisps
Peanut Crisps

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

1 egg

90g butter, melted
1 tbs cocoa
1 ¼ cups shelled peanuts

1 cup SR flour
pinch salt

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

Biscuits: Pikelets
Pikelets

2 cups SR flour

½ tsp bicarb soda

pinch salt
2 eggs, beaten
60g melted marg

4 tbs sugar
1 cup milk

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

Biscuits: Rock Cakes
Rock Cakes

2 cups SR flour

½ tsp mixed spice

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

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

Biscuits: Pumpkin Scones
Pumpkin Scones

3 cups SR flour	1 egg
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1 cup pumpkin
½ cup sugar

1 cup milk
1 dsp marg

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

Biscuits: Gingernuts
Gingernuts

250g butter

1 egg

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

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

Biscuits: Cornflake Biscuits
Cornflake Biscuits

125g butter	½ cup sugar
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1 tsp vanilla
1 cup SR flour
½ cup lightly crushed cornflakes

1 egg
1 tbs golden syrup or honey
½ cup coconut

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

Biscuits: Scones
Scones

4 cups SR flour

1 tsp salt

2 tbs icing sugar
60g marg

1 tsp baking powder
200ml milk and 200ml water

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

Cakes: Boiled Fruit Cake
Boiled Fruit Cake

2 cups mixed fruit

1 cup brown sugar

110g butter
1 cup water
1 ½ cups SR flour

1 tsp soda
½ cup plain flour
2 eggs

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

Cakes: Six Week Bran Muffins
Six Week Bran Muffins

1 cup white sugar

½ cup brown sugar

½ cup oil
2 cups Allbran
1 cup boiling water
3 ¾ cups plain flour
1 cup sultanas

2 beaten eggs
pinch salt
2 cups milk
2 ½ tsp bicarb soda

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

Cakes: Christmas Cake
Christmas Cake

1 ½ pkts sultanas

1 pkt raisins

1 pkt mixed fruit
2 pkts walnut pieces
500g butter
750g plain flour
1 level tsp salt
good glass of wine

½ pkt peel
10 eggs
500g brown sugar
1 level tsp baking powder
juice of an orange

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

Slices: Weetbix Slice
Weetbix Slice

3 weetbix

1 cup coconut

½ cup brown sugar
1 cup SR flour
125g marg

1 tbs cocoa
1 egg

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

Slices: Favourite Slice
Favourite Slice

1 cup cornflakes

1 cup SR flour

cheap pkt gingernut biscuits $\frac{3}{4}$ tin condensed milk

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

Slices: Passionfruit Slice
Passionfruit Slice

Pastry

1 ½ cups SR flour
¼ cup butter

½ cup caster sugar
1 beaten egg

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

Filling

1 cup water
2 tbs custard powder
½ cup condensed milk

¾ cup sugar
pulp 3 passionfruit
juice 1 lemon

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

Desserts: Ginger Cream Squares
Ginger Cream Squares

1 pkt gingersnaps

½ cup sherry or orange

juice

1 cup cream, whipped 1 tsp vanilla essence
grated chocolate, to decorate

Line a square, glass or tin mould with baking paper. Dip a third of the gingersnaps, one at a time, into sherry or orange juice, and arrange a layer in the base of the mould. Flavour the cream with vanilla essence and spread a third of it onto biscuits in base. Continue this way, ending with cream to make three layers of each in all. Cover loosely with gladwrap. Chill at least 3-4 hours to allow gingersnaps to soften before serving. Pull out from mould with the help of the baking paper. Cut into squares and sprinkle each serving with grated chocolate. Serves 6.

Desserts: Chocolate Cream Squares
Chocolate Cream Squares

Make as Ginger Cream Squares, substituting chocolate cookies for

gingersnaps.

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

4 egg whites

4 egg yolks

500 ml whipped cream
2 nips of Tia Maria

250g white chocolate

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

Desserts: Apple Crumble
Apple Crumble

4-6 cooking apples

1/2 cup sugar

Crumble 1 cup plain flour
3 tbs coconut
salt

3 tbs sugar
3 tbs butter

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

Desserts: Pear Dessert
Pear Dessert

1 tin Ardmona pears, placed upturned Full tin of pear

juice

in lasagne dish

2 tbs honey

juice & zest of 1 orange & 1 lemon flaked almonds

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

Desserts: Chocolate Date Pudding
Chocolate Date Pudding

1 cup chopped dates

40g butter, chopped

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

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

Desserts: Pecan Pie
Pecan Pie

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

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

Desserts: Apple Delight
Apple Delight

1 pkt vanilla cake mix
125g marg

½ cup coconut
1 tin Pie Apples

1 egg
cinnamon sugar

300ml sour cream

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

Desserts: Christmas Pudding
Christmas Pudding

500g butter
1 pkt raisins

1 ½ pkts sultanas
1 pkt mixed fruit

2 pkts walnuts
500g brown sugar
2 tsp baking powder
1 lge glass of sherry

8 eggs
6 cups plain flour
2 tsp carb soda
a little milk, if required

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

Desserts: Chocolate Meringue Pie
Chocolate Meringue Pie

1 meringue crust
pieces

125g dark chocolate, cut to

3 tbs water	1 cup cream
chocolate shavings	
Meringue Crust	
2 egg whites	pinch salt
pinch of cream of tartar	½ cup sugar
½ cup finely chopped walnuts	½ tsp vanilla essence

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

Chicken: B.B.Q. Chicken Drumsticks
 B.B.Q. Chicken Drumsticks

1 tin tomato soup sauce	1 tbs Worcestershire
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1 tbs soy sauce
½ green pepper
2 tbs apricot or plum jam

1 clove garlic
2 tbs prepared mustard
8 chicken drumsticks

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

Chicken: Chop Chop Chicken
Chop Chop Chicken

500g chicken fillets, strips
(Chicken)

1 pkt 2 Minute Noodles

3 tbs marg
2 sticks celery
2 sliced onions
2 tbs cornflour

3 diced rashers of bacon
1 sml tin corn
2 cups shredded cabbage

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

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

420g can Cream of Chicken soup ½ cup cream
½ cup milk 1 tsp curry powder

190g can champignons 4 shallots

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

Chicken: Easy Lemon Chicken
Easy Lemon Chicken

1 lge BBQ chicken
1 ½ cups water

1 ½ tbs cornflour
¼ cup lemon juice

1 sml chicken stock cube,crumbled 1 ½ tbs caster sugar
1 tsp soy sauce

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

Chicken: Chicken Curry
Chicken Curry

1 chicken
125g butter
1 tbs curry powder

2 lge onions
2 tbs sugar
6 heaped tbs plain flour

2 tsp salt
6 cups chicken stock

1 tsp pepper

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

Chicken: Apricot Chicken
Apricot Chicken

1 kg chicken pieces
425ml Apricot Nectar

seasoned flour
1 pkt French Onion soup

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

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

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

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

Chicken: Marinated Chicken
Marinated Chicken

4 chicken breasts
4 tsp honey

4 tsp wholegrain mustard
4 tsp soy sauce

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

Chicken: Cheesy Tomato Chicken
Cheesy Tomato Chicken

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

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

Chicken: Chicken in Peanut Sauce
Chicken in Peanut Sauce

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

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

Chicken: Chicken & Spinach Slice
Chicken & Spinach Slice

300g fillet chicken, chopped	250g Frozen Spinach
1 onion, chopped	1 carrot, grated
1 zucchini, grated	5 eggs, lightly beaten
2 tsp mustard	1 cup grated cheese

chopped parsley

salt & pepper

Combine all ingredients in bowl but use only half the cheese. When thoroughly combined put mixture into a pie dish. Sprinkle the remaining cheese over top and bake 50 mins @ 180°C. Let cool for 10 mins before slicing. Serves 6.

Chicken: Marinated Chicken Wings
Marinated Chicken Wings

2 kg chicken wings

Marinade

$\frac{3}{4}$ cup BBQ sauce

1 $\frac{1}{4}$ cups tomato sauce

2 tbs Worcestershire sauce	2 tbs brown sugar
1 tbs soy sauce	2 tbs brown vinegar
1 tbs honey	½ tsp coffee powder

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

Chicken: Mango Chicken Mango Chicken

8 chicken thighs	flour
30g butter	2 tbs oil
20g butter, extra	1 onion, diced
170g mango pulp	40g French Onion soup

1 cup water

300ml thickened cream

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

Chicken: American Chicken
American Chicken

1 chicken

1 tin cream of chicken soup

½ tsp curry powder

buttered breadcrumbs

250g broccoli

1/3 cup mayonnaise

juice ½ lemon

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

Lamb: Lamb Chop Casserole
Lamb Chop Casserole

60g long grain rice
1 lge onion
1 can tomato soup

2 level tsp mixed herbs
4 lean lamb chops
equal amount of water

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

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

4 tbs marg
4 rashers bacon
seasoned flour
2 cups water

2 onions, sliced
6 lamb shanks
440ml Tomato soup
2 tbs brown sugar

2 tsp mustard	2 tbs Worcestershire sauce
½ cup vinegar	4 cups cooked rice
3 tbs shredded green pepper	1 tsp salt

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

Lamb: Mongolian Lamb Mongolian Lamb

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

2 tbs soy sauce
½ cup chicken stock

1 tbs oyster sauce

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

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

butter 750g lamb steaks
 ¼ cup hoi-sin sauce

½ cup crunchy peanut
¼ to ½ cup water

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

Lamb: Arabian Lamb Casserole
Arabian Lamb Casserole

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

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

Lamb: Lamb Spinaci
Lamb Spinaci

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

1 tbs marg (omit for microwave) 1 tbs grated Parmesan
cheese

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

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

Lamb: Spicy Tomato Lamb Spicy Tomato Lamb

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

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

Lamb: Baked Short Loin Chops
Baked Short Loin Chops

9 short loin chops, trimmed 1 pkt French onion soup
410g tin tomatoes

Combine soup & tomatoes. Place loin chops in a glass baking dish,

pour over soup and tomatoes and bake in a mod oven until meat is tender. Serve with vegetables. Serves 4-6.

Lamb: Satay Thai Lamb
Satay Thai Lamb

1 cup peanuts	1 onion, chopped
2 cloves garlic, crushed	¼ cup sweet chilli sauce
1 tsp ground cumin	2 tbs fresh coriander,
chopped	

½ cup coconut milk
1 tbs brown sugar

1 tbs lime juice
12 lamb cutlets

Blend or process peanuts, onion, garlic, sauce, cumin, coriander, coconut milk, juice & sugar until finely chopped and well combined. Place cutlets into a large bowl, add peanut mixture; turn cutlets to coat mixture. Cover, refrigerate for several hours or overnight. Arrange drained cutlets in a single layer on a lightly oiled oven tray. Cook in a mod oven 180°C for about 20 mins, or until cooked as desired. Serve with snow pea sprouts, sliced spring onions and tomato wedges.

Dips: French Onion Dip
French Onion Dip

1 carton sour cream

1 pkt French onion soup

Mix well together

Dips: Corn Relish Dip
Corn Relish Dip

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

Mix well together.

Dips: Dutch Curry Dip
Dutch Curry Dip

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

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

Dips: Mexican Dip
Mexican Dip

300ml sour cream	35g pkt Taco Seasoning
450g can refried beans	2 tomatoes, finely chopped
1 lge avocado, finely chopped	1 sml red onion, finely

chopped

juice 1 lemon
corn chips to serve

fresh pepper

Combine sour cream & taco mix in a bowl. Spread thickly over the base of a glass serving dish. Place refried beans in a bowl, mash with fork. Place the chopped tomatoes on the beans & spread evenly. Combine avocado, onion & lemon juice gently in bowl. Season with pepper. Place avocado mixture on tomatoes & spread evenly. Cover with gladwrap & refrigerate until ready to serve. Serve with corn chips on the side.

Dips: Delicious Dip
Delicious Dip

1 lge avocado
1 sml onion
1 lge tomato

1 carton sour cream
1 pkt Taco mix
grated cheese

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

Dips: Boiled Egg Dip
Boiled Egg Dip

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

salt & pepper

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

Dips: Spinach Kibble Loaf
Spinach Kibble Loaf

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

Cut the top off the kibble loaf, pick large chunks out of the center of

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

Dips: Bread Cob Loaf
Bread Cob Loaf

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

chopped & cooked

½ cup fresh parsley, chopped

1 tsp curry powder

Heat oven to 180°C. Cut top off the cob so it forms a lid. Set aside. Carefully remove all the edges to serve as a wall to hold the filling ingredients. Combine the corn, softened cream cheese, sour cream, grated cheese, bacon, fresh parsley & curry powder. Spoon into the cob & replace lid. Wrap loaf in two layers of foil & place on a baking tray. Bake for 1hr 15 mins or until heated through. Remove foil & then cob lid. Arrange on serving plate. Serve with crackers.

Sauces: Basic White Sauce

Basic White Sauce

2 tbs butter

salt & pepper

2 tbs flour

1 ¼ cups milk

Place butter in a 4 cup jug. Cook on high for 30-40 secs. Stir in

flour, salt & pepper. Gradually add milk, stirring until smooth. Cook on high for 3-4 mins, stirring twice.

Sauces: Sweet & Sour Sauce
Sweet & Sour Sauce

1 ½ cups tomato sauce
½ cup vinegar
½ to 1 cup pineapple juice
celery

1 ½ cups white sugar
½ cup water
capsicum
onion

carrot

pineapple

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

Sauces: Steak Diane Sauce
Steak Diane Sauce

sauce 2 cups claret

2 cups Fountain Tomato

½ cup Worcestershire sauce 5 cloves garlic

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

Sauces: Sour Cream
Sour Cream

5ml lemon juice

150mg fresh cream

Stir juice into cream, stand 30 mins.

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

4 eggs
pinch salt

4 tbs milk
parsley

In a large microwave jug, beat eggs lightly with a whisk, add milk &

salt & whisk until well combine. Cook on Med 1 ½ - 2 mins. Stir egg & cook for a further 1 ½ - 2 mins. Stand for 1 min before serving.

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

¼ cup milk
2 eggs

1 tbs chopped parsley
salt & pepper

Put milk, parsley, salt & pepper & eggs in microwave jug, whisk

lightly. Cook on High 1 min. Stir gently with a fork. Cook 1 min more. Watch it, when egg swells, take out. Stir gently.

Sauces: Gravy
Gravy

6 heaped tsp Gravox
350ml water

1 tsp beef stock powder

Blend together, cook in microwave, stirring each minute.

Eggs: King Size Omelette
King Size Omelette

12 eggs
2 slices diced ham
2 cups diced tomatoes
1 onion, finely chopped

1 cup grated cheese
2 rashers diced bacon
1 cup diced mushrooms
salt & pepper

parsley flakes

pinch mixed herbs

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

Eggs: Curried Eggs Curried Eggs

4 eggs

1 onion

2 level tsp curry powder

1 level tsp salt

2 level tbs butter

1 apple

2 level tbs flour

2 level tsp sugar

1 cup water

1 cup milk

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

Eggs: 40 Second Omelette
40 Second Omelette

2 eggs
marg

2 tbs water

Filling: ham, cheese & tomato

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

Pickles: Ripe Tomato Relish
Ripe Tomato Relish

3 kg tomatoes
1/2 cup salt
3/4 kg sugar
2 level dsp mustard

1 kg sliced onion
500ml vinegar
2 level tbs curry
3 heaped tbs cornflour

150mls vinegar, extra	1 level tsp mace
1 level tsp cinnamon	1 level tsp pepper
1 level tsp ground cloves	1 level tsp nutmeg
1 level dsp salt	

Scald & skin tomatoes, add onions & salt. Cover with water & stand overnight. Pour off brine, add vinegar. Bring to boil then add sugar. Take curry, mustard, cornflour & mix to a paste with extra vinegar. Stir until mixture thickens. Boil ½ to 1 hour, when finished boiling add remaining ingredients. Stir in well. Bottle. Make double quantity. Makes 9 x 1 litre bottles.

Pickles: Green Tomato Pickles Green Tomato Pickles

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

1 dsp turmeric
1 dsp curry powder
½ tsp ginger

1 dsp mustard
½ tsp ground cloves

Wash vegetables well. Chop tomatoes into small pieces & cut cauliflower into floweret's. Peel & chop onions. Peel & chop choko. Place all veggies in a lge bowl. Add salt, cover with cold water & stand overnight. Drain, rinse & drain again. Put 5 cups vinegar into a large pot with sugar. Stir over low heat until dissolved then bring to boil. Add veggies, bring to boil again. Blend all dry ingredients with remaining vinegar. Gradually add to mixture, stir until it boils & thickens. Reduce heat & simmer for 10 mins, stirring occasionally. Pour into hot jars & seal.

Pickles: Bread & Butter Cucumbers
Bread & Butter Cucumbers

2 lge cucumbers
1 ½ cups white vinegar
¾ cup white sugar

2 tbs salt
1 cup water
1 tsp black mustard

seeds

1 tsp white mustard seeds

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

Pork: Fillet of Pork with Mustard Cream
Fillet of Pork with Mustard Cream

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

¼ tsp cracked black pepper

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

Pork: Lemon Pork & Vegetables
Lemon Pork & Vegetables

500g pork fillet
¼ cup chicken stock
1 tbs honey
1 tbs oil

1 ½ tsp cornflour
¼ cup lemon juice
1 tbs soy sauce
150g snow peas

1 sml onion, cut into eighths 2 sml carrots, cut into sticks
1 tbs finely grated fresh ginger 1 clove garlic, crushed
½ cup roasted cashews

Remove excess fat and sinew from pork and cut into 3cm cubes.
Combine cornflour, stock, juice, honey & soy sauce. Set aside. Heat
wok or shallow frypan, add oil & heat for 30 secs. Stir-fry the pork in
batches over high heat until browned. Set aside on a plate, cover and
keep warm. Reheat wok and add peas, onion & carrot. Stir-fry for 2
mins. Add ginger & garlic; cook for further 30 secs. Add cornflour
mixture. Stir until sauce boils & thickens. Return pork to wok & heat.
Top with cashews. Serves 4

Pork: Honey Pork with Sherry Sauce
Honey Pork with Sherry Sauce

500g pork fillets	1 tbs tomato sauce
1 tbs honey	2 tsp soy sauce
750g broccoli, cut into floweret's	½ tsp Five Spice Powder
1 tbs honey, extra	

Sauce

½ cup chicken stock
1 tsp sugar
2 tsp cornflour

1 tbs dry sherry
½ tsp oyster sauce

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

Pork: Pork with Leeks & Bacon

Pork with Leeks & Bacon

500g lean diced pork 1 tbs vegetable oil
3 rashers bacon, roughly chopped 2 leeks, washed & sliced
250ml SPC Chunky Apple Sauce 1 tbs Worcestershire

sauce

4 sprigs fresh thyme

Salt & freshly ground pepper

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

Pork: Cheese & Bacon Puffs

Cheese & Bacon Puffs

½ cup milk

2 cups grated cheese

2 med onions, finely chopped

1 tsp French mustard

1 egg, lightly beaten

3 bacon rashers, chopped

1 cup SR flour

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

Pork: Pork Crackling - Microwave
Pork Crackling - Microwave

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

Pork: Pork Roast
Pork Roast

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

Pork: Oriental Barbecued Spareribs
Oriental Barbecued Spareribs

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

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

Noodles: Nifty Noodles
Nifty Noodles

6 rashers bacon
1 lge bottle of cream
500g spiral noodles

mushrooms
chives or shallots

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

Rice: Fried Rice
Fried Rice

Sungold Rice
onion, chopped
frozen peas
celery, chopped

2 eggs, beaten
bacon or ham
capsicum, chopped
soy sauce

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

Noodles: Chilli Noodles
Chilli Noodles

2 x 85g 2 minute noodles(oriental) 2-3 tbs oil
3 eggs, beaten 4 ham steaks, diced
8 med mushrooms, sliced 1 sml red capsicum, cut
to strips

2 cloves garlic, crushed	1 tbs curry powder
4 spring onions, sliced	2 tbs Teriyaki Marinade
2 tsp bottled crushed chilli	

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

Pasta: Cheese & Spinach Pasta Cheese & Spinach Pasta

125g macaroni	30g butter
2 rounded tbs plain flour	500ml milk
½ cup grated cheese	250g frozen spinach, thawed,
½ cup grated cheese, extra	drained or fresh (5 leaves /

blanched

salt & pepper

1 min)

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

Eggs: Chinese Omelettes

Chinese Omelettes

8 eggs, lightly beaten

1 cup bean sprouts

chopped

4 green shallots, sliced

1 cup shredded lettuce

½ cup red capsicum,

2 tbs oil

Sauce
3 tsp cornflour
1 chicken stock cube,
crumbled
1 ½ cups water
3 tsp soy sauce

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

Sauce: Combine all ingredients in pan, stir over heat until it boils & thickens.

Rice: Marie's Rice
Marie's Rice

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

Melt marg in microwave, stir in rice, microwave 2 mins on High, add

stock powder & hot water, stir. Microwave 12-15 mins on Medium/Low, stirring 3 times. Stand with teatowel over bowl, beneath lid. Fluff rice after 15 mins.

Pasta: Wendy's Pasta
Wendy's Pasta

1 onion
300g shredded ham
¼ cup breadcrumbs
1 pkt tricolour pasta

2 cloves garlic
250ml cream
1 pkt frozen spinach

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

Quiches: Vegetable Quiche
Vegetable Quiche

4 eggs
1 cup milk
or use 1 ½ cups milk
1 ½ cups cheese

½ cup SR flour
½ cup cream
3 tbs melted marg
2 cups mixed, cooked

vegetables

pepper & salt

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

Pasta: Cheesy Noodle Bake
Cheesy Noodle Bake

1 ½ cups spiral noodles
1 pkt Cheese & Leek soup
½ cup chopped, cooked bacon

2 tbs marg
2 ½ cups milk
¾ cup grated cheese

Cook noodles, drain. Melt marg in pan & blend contents of soup pkt. Add milk, stir till boils & thickens. Combine with noodles & add bacon. Put into a casserole, sprinkle with cheese and bake @ 180°C until golden.

Pasta: Macaroni with Cheese Sauce
Macaroni with Cheese Sauce

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

salt & pepper

1 ½ cups grated cheese

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

Pasta: Fettuccine
Fettuccine

3 rashers bacon
1 lge chopped onion
½ chopped capsicum
1 pkt Chicken Gravy

8 chopped mushrooms
1 chopped zucchini
2 cloves crushed garlic
cream

fettuccine
2 tbs Parmesan cheese

butter
1 cup water

Stir fry bacon, mushrooms, onion, zucchini, capsicum, & garlic in a little butter. Mix pkt of gravy with water. Simmer until thickened. Add cream, enough to make the gravy a bit creamy. Add vegetables to sauce & simmer 15 mins, then add Parmesan cheese. Cook noodles in boiling water, drain, then add sauce to pasta.

Salads: Garden Medley
Garden Medley

1 lettuce, shredded
1 cup diced tomato
thawed

1 x 300g pkt frozen
mixed vegetables,

Thousand Island Dressing

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

Salads: Mustard Potatoes
Mustard Potatoes

1 kg baby potatoes, boiled
¼ cup mayonnaise
2 tbs French dressing

¼ cup sour cream
2 tbs grainy mustard

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

Salads: Curried Potato Salad
Curried Potato Salad

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

Dressing

1/3 cup mayonnaise

3/4 cup sour cream

2 tsp curry powder

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

Salads: Banana Salad
Banana Salad

8 - 10 bananas
1 tsp curry powder
Banana dressing
1 tbs butter
6 tbs milk

1 cup sour cream
2 tbs sugar
3 tbs vinegar

1 egg
½ tsp salt

½ tsp mustard

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

Salads: Jamaican Rice Salad
Jamaican Rice Salad

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

½ cup cashews (optional)

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

Salads: Bean Salad
Bean Salad

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

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

Salads: Potato Salad
Potato Salad

4 cups diced raw potato
2 tbs chopped parsley
salt
½ cup mayonnaise

1 white onion
paprika
½ cup cream

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

Salads: BBQ Rice Salad

BBQ Rice Salad

3 cups cooked rice
1/2 can 3 bean mix or corn kernels
1-2 rashers bacon, cooked & diced
chopped
1/2 cup chopped celery
1/2 onion, finely chopped
1/2 cup grated cheese
1/2 red or green pepper,
1/2 cup French Dressing

salt & pepper

parsley

Combine all. Chill.

Salads: Pasta & Bacon Salad

Pasta & Bacon Salad

250g shell pasta

1 cup peas

125g bacon, cooked & crumbled

1 onion

1 stick celery

½ capsicum

1 cup crushed pineapple

1 tsp oil

150ml mayonnaise

150ml cream

100g carrots, grated

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

Salads: Three Bean Salad
Three Bean Salad

1 cup noodles or macaroni
1 red capsicum, diced
¼ cup chopped parsley
2 sticks celery, sliced

310g corn kernels
440g three bean mix
3 spring onions, sliced

Dressing

¼ cup vinegar
2 tbs sugar

¼ cup oil
1 tsp curry

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

Salads: Layered Salad
Layered Salad

½ lettuce
2 hard boiled eggs, sieved
125g grated cheese
2 tbs sour cream
1 tbs lemon juice

2 cups frozen peas
250g sliced mushrooms
1 cup mayonnaise
2 tsp French mustard
6 shallots

tomato wedges

4 rashers bacon in crispy bits

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

Salads: Pasta Salad

Pasta Salad

225g pasta

125g frozen peas

4 sticks celery, sliced

6 spring onions, sliced

125g frozen corn

1 carrot, grated

1 capsicum, diced

2 tbs parsley

Dressing

225g mayonnaise

3 tbs single cream.

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

Salads: Coleslaw

Coleslaw

1/4 red cabbage

1 red capsicum

2 medium carrots

1/4 green cabbage

1 Spanish onion

Dressing

1/2 cup cream

1/3 cup mayonnaise

salt & pepper

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

Seafood: Curried Tuna Mornay
Curried Tuna Mornay

425g tuna
45g butter
3 tbs flour
½ cup mayonnaise
4 hard boiled eggs

4 shallots
2 tsp curry
2 cups milk
2 tbs lemon juice
1 cup breadcrumbs

60g butter, extra

salt & pepper

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

Seafood: Prawn Omelette

Prawn Omelette

8 eggs

salt & pepper

oil

1 onion, finely chopped

1 green pepper, finely chopped

1 x 200g tin prawns (or

fresh)

1 cup bean sprouts

Sauce

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

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

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

Seafood: Curried Prawns Curried Prawns

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

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

Seafood: Tuna Mornay
Tuna Mornay

30g marg
2 cups milk
salt & pepper

4 tbs flour
½ cup grated cheese
1 can tuna, drained.

Make white sauce with marg, flour, milk, salt & pepper. Add cheese

and tuna. Heat through.

Seafood: Curry Tuna Macaroni
Curry Tuna Macaroni

3 cups macaroni
¼ cup plain flour
2 cups milk
420g creamed corn
425g tuna

40g butter
1 tbs curry powder
1 tbs chives, snipped
½ grated cheese
salt & pepper

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

Seafood: Salmon & Zucchini Flan
Salmon & Zucchini Flan

1 lge zucchini, grated
1 cup grated cheese
2/3 cup cream

1 can salmon (415g) or tuna
4 spring onions
6 eggs, lightly beaten

Grease dish. Combine first four ingredients, whisk cream into eggs,

pour into mixture. Pour into dish. Bake in mod oven 30 mins.

Seafood: Cajun Baked Fish
Cajun Baked Fish

4 med fish fillets
slices of fresh lemon

Cajun seasoning

Lay fish fillets on a sheet of lightly oiled foil each. Top each fillet with a little Cajun seasoning mix and a few slices of fresh lemon. Fold foil

over to enclose, pop onto a tray and bake 180°C 15- 20 mins. Serve with salad & potato wedges.

Seafood: Fabulous Fish & Chips
Fabulous Fish & Chips

Chips	potatoes	1 egg white
Fish	fish fillets	mayonnaise
	$\frac{3}{4}$ cup breadcrumbs	1 tbs chopped chives
	1 tbs chopped parsley	3 tsp Parmesan cheese

salt & pepper

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

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

Seafood: Oysters Kilpatrick
Oysters Kilpatrick

12 oysters on shells
4 tbs tomato sauce
salt & pepper

Worcestershire sauce
4 tbs grated cheese
butter

Place oysters on grilling tray. Add a few drops of Worcestershire

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

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

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

2 tbs sate sauce
½ tsp curry powder
½ tsp sugar
1 tbs dry sherry

pinch salt
1 tsp cornflour
1 tsp soy sauce

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

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

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

1 tbs curry powder

¼ - ½ cup coconut

Soups: Pepper Pot Soup
Pepper Pot Soup

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

2 tsp salt
1 cup water

½ tsp pepper
6 cups milk

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

Soups: Italian Vegetable Soup
Italian Vegetable Soup

3 med carrots, sliced
2 sticks celery
1 ½ tsp mixed herbs
1 tin tomatoes
2 tsp sugar

1 lge white onion
3 tbs melted butter
1 ½ litres stock
125g spaghetti in 3cm lengths
salt & pepper

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

Soups: Microwave Chowder
Microwave Chowder

6 rashers bacon, chopped	1 lge onion, sliced
500g potatoes, cubed	2 cups milk
$\frac{3}{4}$ cup water	440g creamed corn
salt & pepper	cornflour (if needed)

Microwave bacon in a 4 litre casserole dish on High 4-6 mins.

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

Soups: Pea & Ham Soup
Pea & Ham Soup

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

Place split peas and knuckle of bacon in boiler, cover with water and

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

Soups: Corn & Pumpkin Soup
Corn & Pumpkin Soup

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

sauce

Combine pumpkin, onions & butter in lge bowl, cover, cook on High 3

mins. Add chicken stock, cover, cook on High 25 mins. Puree, stir in corn & sauce.

Soups: Zucchini & Leek Soup
Zucchini & Leek Soup

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

Place 60g marg in large saucepan. Add vegetables. Sauté for a few minutes. Add water to saucepan to just cover the vegetables. Add

stock cubes. Simmer until vegetables are cooked. Approx 30 mins.
Blend.

Vegetables: Scalloped Potatoes & Pumpkin Sauce
Scalloped Potatoes with Pumpkin Sauce

1 kg potatoes, peeled, thinly sliced
chopped
1 med onion, coarsely
chopped
1 440g can Cream of Pumpkin soup
pepper
1/2 soup can milk
3/4 cup breadcrumbs

Layer potatoes & onions in a shallow casserole. Combine soup & milk

& seasoning. Pour over potatoes, sprinkle with breadcrumbs. Bake 1 hour @ 190°C.

Vegetables: Cheese Potato Casserole
Cheese Potato Casserole

	1 tbs butter	2 onions, thinly sliced
	4-6 potatoes, peeled, thinly sliced	3 bacon rashers,
chopped		
cream	$\frac{3}{4}$ cup grated cheese	1 sml tin evaporated milk /

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

Vegetables: Bubble & Squeak Fritters
Bubble & Squeak Fritters

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

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

Vegetables: Potato Bake
Potato Bake

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

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

Vegetables: Gado Gado
Gado Gado

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

Cook vegetables and arrange on a large platter. Top with sliced,

hard boiled eggs, cover with thin slices of cucumber, sprinkle with bean sprouts on top of lot. Pour satay sauce over all the vegetables.

Vegetables: Mixed Baked Vegetables
Mixed Baked Vegetables

4 med potatoes
3 med tomatoes
¼ cup oil

3 capsicum
4 med onions.

Peel & cut potatoes into 8ths, seed & quarter capsicum, cut tomato into wedges & quarter onions. Place in a baking dish and sprinkle with

salt & pepper, pour over $\frac{1}{4}$ cup oil & bake @ 225°C for 45 mins, stirring often. Serves 4

Vegetables: Zucchini Slice
Zucchini Slice

3 lge zucchini, grated
2 carrots, grated
1 sml can corn
5 eggs
 $\frac{1}{4}$ cup oil

1 cup cheese
1 lge onion, finely chopped
3 bacon rashers, chopped
1 cup SR flour

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

Vegetables: Asian Vegetables
Asian Vegetables

2 med carrots
1 tsp green ginger
2 spring onions
1 cup broccoli florets
¼ cup water

2 tbs oil
2 sticks celery
2 med zucchini
1 tbs soy sauce
¼ tsp chicken stock

powder

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

Vegetables: Scalloped Potatoes with Bacon
Scalloped Potatoes with Bacon

500g potatoes, thin sliced chopped	4 bacon rashers,
300g sour cream	1 cup grated cheese

Place potato slices evenly into shallow dish, cover, cook on High 10 mins. Combine bacon & shallots in small dish, cover with kitchen

paper, cook on High 2 mins. Spread sour cream over potatoes, top with bacon mixture & cheese. Cook on High 5 mins.

Vegetables: Vegetable Accompaniment
Vegetable Accompaniment

500g fresh peas or 250g frozen	2 potatoes
1 onion	6 mushrooms
4 shallots	2 tomatoes
1 clove garlic	60g butter
2 tbs chopped parsley	salt & pepper

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

Vegetables: Vegetable Mornay
Vegetable Mornay

500g pkt frozen Peas, Carrot	2 tbs butter
& Cauliflower	1 onion, finely chopped
3 tbs flour	1 cup milk
1 cup grated cheese	3 hard boiled eggs,
sliced	
salt & pepper	

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

Vegetables: Spinach Pie
Spinach Pie

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

Whisk eggs, butter & milk together. Pour into combined remaining

ingredients. Mix until well blended. Pour into pie dish, bake in mod oven 45 mins.

Vegetables: Potato Bake
Potato Bake

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

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

Vegetables: Potato Bacon Frittata
Potato Bacon Frittata

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

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

Vegetables: Creamy Vegetable Pasta
Creamy Vegetable Pasta

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

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

Vegetables: Tomato Bake
Tomato Bake

fresh breadcrumbs
salt & pepper
sliced onion
grated cheese

cream
mixed herbs
sliced tomato

Fill a lasagne dish with 2.5 cm breadcrumbs. Drizzle with cream, add

salt & pepper & mixed herbs. Cover with sliced onion, cover with sliced tomato, cover with grated cheese. Slow bake @ 140 -150°C until tomato is cooked & cheese melted.

Vegetables: Potato Dish
Potato Dish

chat potatoes
1 pkt French onion soup

1/3 cup oil

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

Vegetables: Potato, Leek & Bacon Bake
Potato, Leek & Bacon Bake

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

Heat oil in large pan. Add leeks, bacon & garlic. Cook, stirring over low heat until leeks are lightly browned. Cool, stir in parsley. Grease an ovenproof dish. Arrange 1/3 of the potatoes, slightly overlapping, over the base of the dish. Sprinkle with ½ leek mixture & half the cheese. Repeat layering, finishing with a potato layer. Pour cream over potatoes, top with butter. Cook in mod oven, 180°C for about 1 hour, or until top is golden brown and potatoes are tender. Cover with foil if over-browning.

Measurements

MEASUREMENTS

1 cup sieved flour	125g
1 cup liquid	250ml
2 cups sugar	500g
2 ½ cups icing sugar	500g
1 tbs butter, rounded	60g
2 tbs flour, rounded	30g

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