

What's Cookin'

To whet your appetite

Beverages, Dips, Pates & Other Delicacies

Soups & Pasta

Main Courses and Vegies

Desserts, Cakes and Biscuits

To whet your appetite

Beverages, Dips, Pates & Other Delicacies

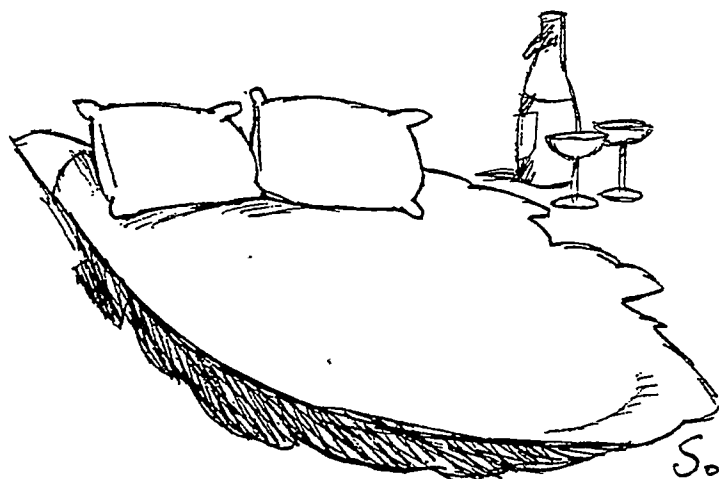
OYSTERS NATURAL

(for 2 people)

4 dozen plump oysters
2 bright yellow, bursting lemons
Dry crunchy toast
1 double bed
Satin sheets - purple or black
2 large scented candles
2 teaspoons (silver)
1 cold bottle Dom Perignon Champagne
2 beautiful champagne goblets
1 locked door
1 telephone - off the hook

PS: If you have kids - send them to play with friends in the village.

John Bevan (No.50)



BACARDI FRUIT PUNCH

Nan Harrison

Ingredients:

1 bottle Bacardi
1 cup pineapple juice
1+1/2 cups orange cordial
1+1/2 cups lime cordial
1 large bottle ginger ale

Method:

Freeze fresh fruit and mint in a ring tin of ice, float in punch.

*Serves 8 people twice
or 4 people 4 times
or 2 people 8 times
or whoopee!!*

Mulled Wine

Sheila McAlpine

*Serves - a lot!
(depending on who's at the party)*

1 x 4 ltr cask of red wine
2 large lemons (sliced)
2 oranges (sliced)
3 cinnamon sticks
2 cups of sugar
10 cloves
1 cup orange juice

Melt sugar in orange juice, in a large saucepan, over a moderate heat, add other ingredients and heat slowly (try not to boil). Takes at least 3/4 hour to get all the flavours to blend.
Serve hot.



"Criminy! Kevin's oozing his way up onto the table....
Some slugs have a few drinks and just go nuts!"

Very warming (and medicinal!) on a cold night with a crowd.

ANTIPASTO

8 OZ BOTTLE OLIVE OIL
2 TINS BLACK OLIVES (QUARTERED)
1 CAULIFLOWER (CUT UP)
16 OZ STUFFED OLIVES (QUARTERED)
12 OZ SWEET PICKLED ONIONS (HALVED)

BOIL THIS TOGETHER 10 MINUTES THEN

ADD

20 OZ TIN MUSHROOM PIECES
2 LARGE GREEN PEPPERS (IN SMALL PIECES)
8 OZ JAR PIMENTO (CUT IN SMALL PIECES)
60 OZ KETCHUP
2 - 15 OZ CANS GREEN BEANS (CUT PIECES UP)
24 OZ SWEET MIXED PICKLES (CUT IN SMALL PIECES)

BOIL THIS ALL TOGETHER FOR 10 MINUTES THEN

ADD

4 OZ CAN ANCHOVIES (CUT IN SMALL PIECES)
24 OZ TUNA FISH OR SHRIMP OR CRAB OR A COMBINATION - BREAK IN
SMALL PIECES
1 CUP WHITE VINEGAR

BRING THIS TO A BOIL THEN BOTTLE.
STORE IN FREEZER

RECIPE MAKES 12 - 16 OZ JARS.

HALF THIS QUANTITY IS A CONVENIENT AMOUNT.

Cathie Graham



Donna's Dip

You have probably had this at some function or another in the village, and to the best of my knowledge it was invented by Donna Christie - a whiz at whipping up 'party food' in minutes.

1 tub soft 'philly' cheese - shaped into a mound in the centre of a serving platter
1 small jar fruit chutney poured over cheese
chopped fresh dill (or parsley) sprinkled over the top
surround with jatz (or similar) dry biscuits

Serve.

LIZ'S SPINACH DIP

1 packet frozen spinach
1 packet Continental Spring Vegetable soup
300 ml sour cream
2 tablespoons mayonnaise

Melt spinach over low heat. When melted add soup mix - cook 1 minute, stirring. Allow to cool. Then add sour cream and mayonnaise.

Serve in a hollowed-out cob loaf, with chunks of bread.

Very easy - yet tasty and looks great.

HOT CRAB DIP

QUANTITIES OF CRAB MEAT AND PRAWNS CAN VARY DEPENDING ON AMOUNT OF DIP YOU REQUIRE

250-500 GMS IMITATION CRAB MEAT

100 - 250 GMS SMALL PRAWNS

CREME CHEESE (MIXED WITH A BIT OF MILK TO SOFTEN)

HORSERADISH (TABLESPOON OR MORE TO TASTE DEPENDING ON AMOUNT OF MEAT USED. WITH 500 GMS I WOULD PUT 2-3 TABLESPOONS OF HORSERADISH)

○ *SLIVERED ALMONDS SPRINKLED ON TOP*

CREAM CHEESE, MILK AND HORSERADISH TOGETHER AND ADD MIXTURE OF CRAB MEAT AND PRAWNS. SPREAD INTO PIE OR QUICHE DISH. TOP WITH ALMONDS AND BAKE IN OVEN FOR APPROXIMATELY 15 MINUTES AT 350F. SERVE WITH WATER WAFERS

Cathie Graham (24)



CORN CHIPS, SALSA AND CHEESE DIPS

Hilary Edwards

1 pkt plain corn chips
1 jar chunky salsa
shredded cheese

Place a layer of corn chips on a micro wave safe dish, sprinkle with cheese.

Pour jar of salsa over top and push some more corn chips around edges.

Top with cheese.

Place in micro wave approximately five minutes on high or until cheese melts.

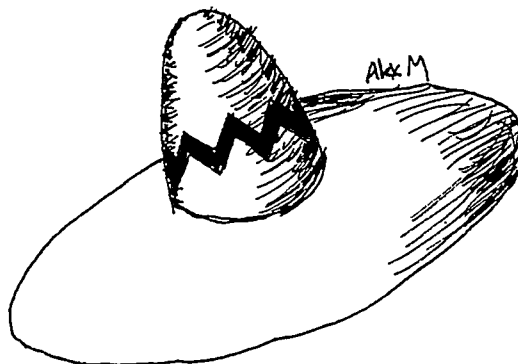
Serve hot, garnished with guacomole, sour cream and olives.

Best eaten with fingers.

PS: You can also do a homemade salsa if you prefer.

Homemade Salsa

2 onions
2 cloves garlic
8 ripe tomatoes
fresh herbs - basil, marjoram
2 sticks celery
1 red or green capsicum
fresh chives
tomato puree
chille to taste.



Roger MARTINDALE's "VEAL AND HAM TERRINE" (Microwave)

750g veal, minced
6 bacon rashers, rinds removed
1 clove garlic, finely chopped
2 eggs beaten
1/4 teaspoon dried tarragon
1 tablespoon chopped parsley
2 tablespoons brandy or sherry
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup soft white breadcrumbs
250g ham, finely chopped
1/2 cup toasted almond slivers
1/2 cup drained crushed pineapple

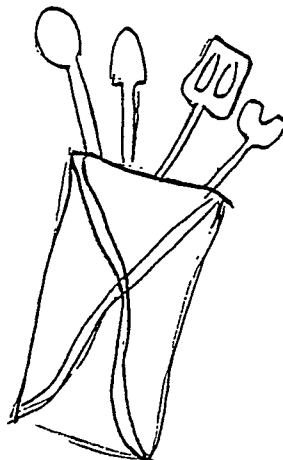
Time: 20-25 minutes. Serves 8-10

Line a loaf dish with bacon. In bowl combine veal, garlic, eggs, tarragon, parsley, brandy, salt, pepper and breadcrumbs. Place ham, almonds and pineapple into a small bowl.

Place one-third of veal mixture onto bacon and cover with half ham mixture. Repeat with veal and ham mixtures and cover with remaining veal. Fold exposed ends of bacon over veal and cover with lid or plastic food wrap.

Stand terrine on plate to collect spillover and cook on medium-high 20-25 minutes. Let stand 10 minutes, then cool.

Remove lid. Place weight on top and refrigerate overnight to prevent crumbling when cut. Serve sliced with toast and a glass of red wine by the fire with your fellow Urambians in the Community Centre.



MIENG KUM - Thai hors d'oeuvre

(Lizzie Ilsley)

A very popular entree or snack, originally from the North of Thailand. In Thailand the dish is generally served with dry shrimp, however fresh shrimp or sardines also go well. This dish takes a little longer to prepare than some entrees but it is well worthwhile.

Mieng Kum is a healthy mix of ingredients which is very popular in Thai restaurants with those who know this dish. This recipe serves 6 people.

INGREDIENTS

- 1/2 cup Cooked shelled shrimps; or sardines.
- 1/2 cup Unsweetened, grated coconut, dry roasted in a fry pan over low heat until light brown
- 1/3 cup finely diced red onions
- 1/3 cup finely diced ginger
- 1/3 cup finely diced lime
- 1 tblsp finely chopped fresh small chillies
- 1/3 cup finely sliced lemon grass
- lettuce leaves

SAUCE

- 2 tblsp unsweetened, grated coconut, dry roasted until light brown
- 1/2 tsp shrimp paste (Mac Ploy)
- 1/2 tsp sliced galangal (Thai ginger)
- 1 tsp sliced red onion
- 1 tsp sliced ginger
- 2 tblsp pounded unsalted, dry roasted peanuts
- 3 - 4 tblsp Palm sugar
- 3 tblsp water

METHOD

Sauce - make the sauce first

Dry roast galangal, onions and ginger in a fry pan;

Put sliced galangal, onions, ginger, coconut and pounded peanuts into a mortar and pestle (food processor can be used) and pound well;

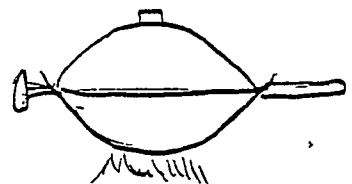
Put water, palm sugar and shrimp paste in a saucepan add pounded ingredients and stir over a low heat until palm sugar is melted. Mix ingredients thoroughly, bringing to a boil; Remove from heat and place in a small serving bowl. Simmer until ingredients reduced to around 1 - 1 1/2 cups;

Serve the sauce when it has cooled.

Main Dish

Arrange all ingredients in separate piles on a platter or in small bowls

To eat, take a lettuce leaf, place a small amount of each ingredient in the middle. Top with a spoonful of sauce and fold up into a bite sized package.



SALMON MOUSSE

Carina Brabizon (No. 31)

1/4 jar mayonaise
210gm pink salmon
shallots or chives
1 chicken stock
1/2 pack gelatine
pepper
lemon juice
1/2 cup water to dissolve gelatine
cream

Place gelatine, chicken stock and water in food processor. Blend well. Add chives, salmon, mayonaise, pepper. Blend. Place in bowl. Refrigerate.

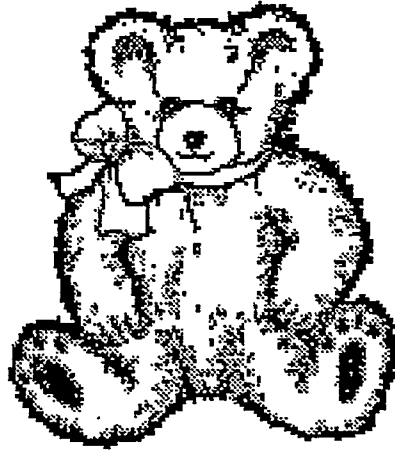
AVOCADO URAMBI

Peter Brabazon (No. 31)

Cut ham into small strips
Gently cook in onion, salt and butter.
Sprinkle taragon and parsley flakes.
Squeeze of 1/2 lemon
Cut up very small block of cheese into cubes and melt over ham.
Add slurp of white vinegar and sprinkle with mustard.
Serve in bowl of avocado.

Ideal with glass of chilled Beaujolais.

Bon Appetito!



Teddy's handy Salad Sticks

(for people that are bearly interested in salad)

Makes 24

4 cucumbers, cut into thick slices
1 capsicum, cut into squares
250 - 300 g of cherry tomatoes
24 pitted black olives

Lemon and Basil Dressing

1/3 cup / 90 mL olive oil
2 tablespoons lemon juice
1 tablespoon of chopped (fresh) basil - John West's bottled basil is fine for winter use

- 1. Dressing:** Place oil, lemon juice in a screw-top jar. Season to taste. Shake well
- 2.** Place cucumber pieces, capsicum, tomatoes and olives in bowl. Spoon over dressing. Toss. Marinate for one hour.
- 3.** Thread a cucumber slice, a cherry tomato, a capsicum square and an olive onto short wooden skewers.

Thomas & Margo Leffers
House 67

SEVEN C'S SALAD

Cheese - any kind

Celery

Capers

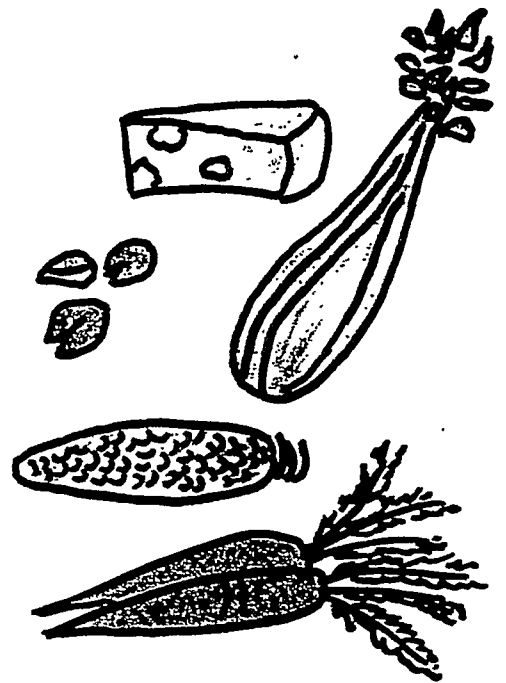
Cabbage - red for extra Vitamin C

Carrot - grated

Corn kernels

Cucumber with skin left on

Chop, and mix together in a bowl.



DRESSING

2 cloves garlic crushed

juice 2 lemons

$\frac{1}{4}$ teaspoon mustard powder

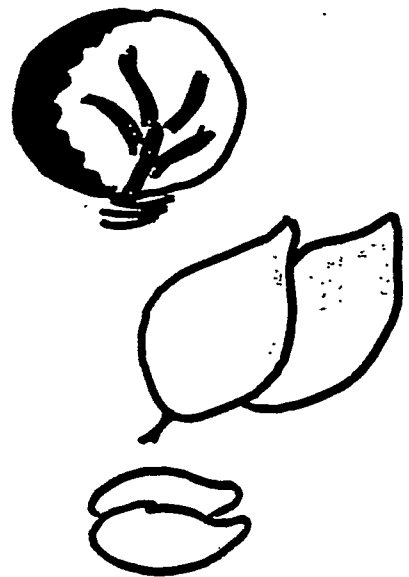
rock salt

1 teaspoon honey

$\frac{1}{2}$ teaspoon apple cider vinegar

oil - olive, sunflower, or corn.

option: freshly chopped ginger



Soups & Pasta

Thai Pumpkin Soup (Penny Lloyd-Jones)

- 1 Medium - large butternut pumpkin
- 2 large potatoes - diced
- 1 large onion - diced
- 2 big cloves of garlic - crushed
- 1 bunch of corriander - chopped
- 3 teaspoons chopped ginger
- 1 tin coconut milk
- 2 vege stock cubes
- 3 - 4 cups of water

Saute Onion, garlic, ginger in olive oil.
Add pumpkin, potatoes and stock cubes
Add corriander, coconut milk, water.
Simmer 30- 60 mins
Puree
Return to heat, simmer 15 mins



Minestrone Al Provero

Coral Bever

A fabulous Italian Winter soup, sprinkled with grated cheese. Served with crusty bread it is a meal in a bowl.

Chop all vegetables coarsely

Soak $\frac{3}{4}$ cup of small white beans overnight.

$\frac{1}{2}$ cup of peas.

1 large stick of celery

2 onions

2 carrots

2 tomatoes (or half a can) crushed

$\frac{3}{4}$ cup of green cabbage (shredded)

$\frac{1}{4}$ handful of fresh, whole basil leaves

9 cups of chicken stock, bought or home made

$\frac{3}{4}$ cup of pasta (smallish), more if desired.

Add anything in fridge

zucchini, potatoes, green beans, pumpkin

Cheese. Grated cheese, Parmesan, Romano or Monzavelt

Soak beans and peas together overnight in stock.

Beans should be white and plump, peas - green and plump. Discard any that are hard, brown or wrinkled.

Add stock, beans and peas to remaining stock together with your chosen other vegetables.
Simmer until cooked.

Add tomatoes, basil and cabbage, season to taste, Cook for 10 minutes.

Add pasta and simmer until cooked

Serve with grated cheese and garnish with parsley and serve with crusty bread.

CHILLED PLUM SOUP

850g tin dark plums
1 cup red wine
1 cup water
2 tablespoons lemon juice
1 dessertspoon sugar
Cinnamon stick
1/2 teaspoon allspice

Method:

Stone plums. Combine plums and all other ingredients. Bring to the boil. Simmer for one minute. Cool and then blend. Serve chilled with yoghurt or sour cream

OEnone Edwards

OXTAIL SOUP

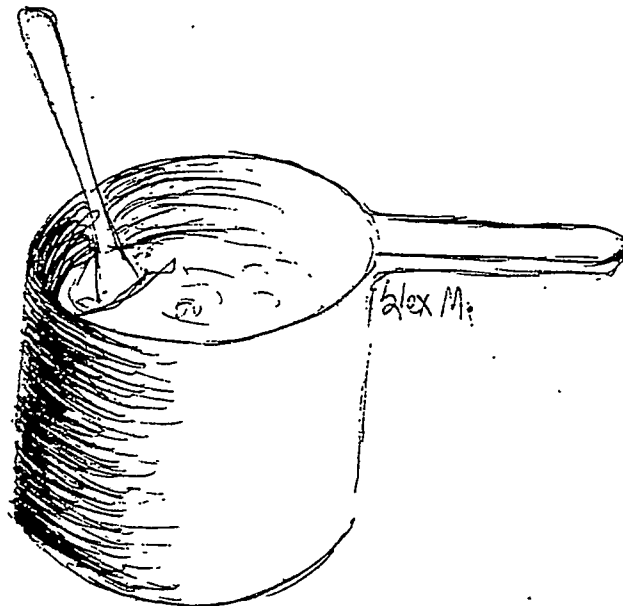
Heidi Watson

Ingredients:

1 oxtail
80 gm bacon fat or dripping
2 onions
2 sticks celery
250 gm carrots
bay leaves, black pepper, salt, cayenne pepper
bouquet garni
1 tsp tomato concentrate
2 tsp flour
1+1/4 lt water
red wine

Method:

Joint oxtail, trim off fat. Rinse and dry well. Heat bacon fat in heavy pan. In this brown oxtail joints over high heat with onions, celery and carrots. Cover with cold water and add condiments. Bring to boil and simmer for 2 hours. Remove oxtail joints and add to the remaining liquid a brown sauce (roux), tomato concentrate and a large glass of red wine. Take meat from bone and return to the pan and cook until tender. Put through a sieve and return again to pan. Bits of unsieved meat can be used to garnish the soup.



Quick Cream Sauce for Pasta

Ingredients

1 Carton Sour Cream (light is suitable)
1 tablespoon Continental French Onion soup mix
milk

Optional extras

1 cup frozen peas		flaked smoked salmon
chopped ham or bacon	or	capers
sliced mushrooms		chopped parsley

Method

Combine cream and soup mix and stir over a low heat. As mixture thickens, add milk as needed and keep stirring till sauce is the required consistency.

Pour over your choice of freshly boiled pasta and serve.

Option

While stirring sauce, add all or any of the extra ingredients and heat through before adding to pasta. (NB - you can pre-cook bacon or mushrooms before adding to sauce).

Sheila McAlpine (No.17)

Fettucine with Sundried Tomatoes

Ingredients:

410g fresh (or dried) fettucine
1/4 cup sunflower seeds
1/2 cup sundried tomatoes (cut in strips)
2 cloves garlic
1 tablespoon tomato paste
1/2 cup red wine
1/4 cup grated parmesan cheese
1/4 cup olive oil

Method:

Cook fettucine in lots of water drain and put in serving bowl. Toast sunflower seeds.

Add, olive oil, dried tomato strips, garlic chopped, tomato paste. Cook 2 minutes, add wine and cook 5 more minutes.

Fold through fettucine and sprinkle with parmesan cheese

Garnish with fresh basil.

Serves 4

Enone Edwards

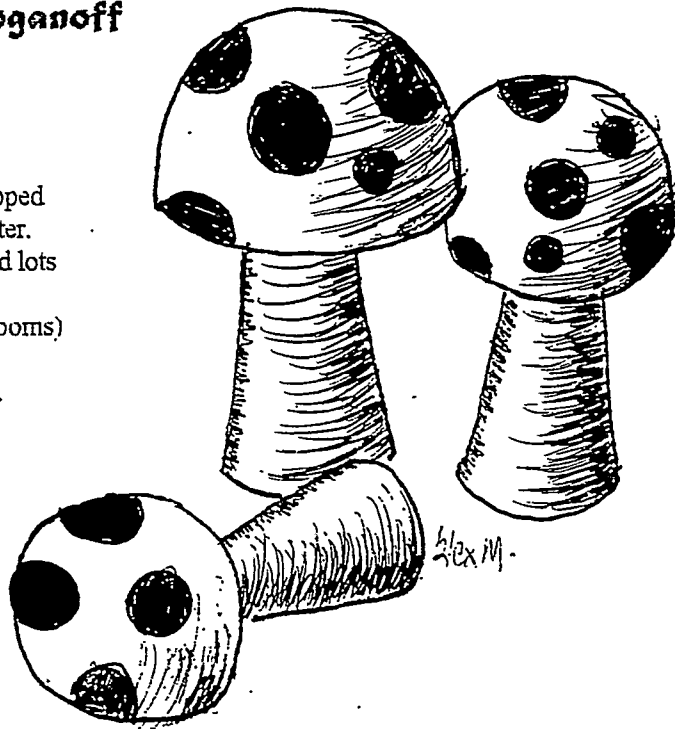


*Main
Courses
& Vegies*

Mushroom Stroganoff

Donna Christie

Saute spring onions and chopped mushrooms in margarine/butter.
Add cracked black pepper and lots of parsley
(say big handful to 10 mushrooms)
Stir in sour cream.
Serve on toast or as side dish.



Dinner Loaf

1 cottage loaf white or wholemeal
1 teaspoon oil
2 cloves garlic, crushed
1 onion, chopped
2 tablespoons flour
500g low fat mince
2 tablespoons tomato paste
 $\frac{3}{4}$ cup soft breadcrumbs
2 tablespoons chopped parsley
Freshly ground pepper to taste
1 teaspoon dried thyme

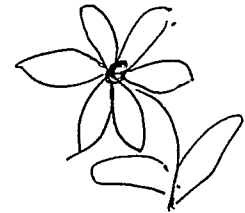
Cut around base of cottage loaf, 3cm in from the sides. Remove bottom crust and put aside. Hollow out the centre of loaf and make into crumbs.

Heat oil and cook garlic and onion until soft. Add flour, stir well and cook for 1 min. Add mince and tomato paste and cook until mixture thickens. Then cook for a further 10 mins on a low heat, stirring occasionally. Add breadcrumbs and seasonings.

Spoon mixture into hollowed bread shell and replace bottom crust. Wrap loaf in foil and bake in a moderate oven for 25 mins at 180°C. Then open foil and cook for a further 5 mins.

Andrew Kay

Vegetable Squares for Picnics



100g butter

4 eggs, lightly beaten

3 green shallots, chopped

$\frac{1}{2}$ cup grated carrot

$\frac{1}{2}$ cup grated zucchini

310g can corn kernels, drained

$\frac{1}{2}$ cup grated tasty cheese

1 cup self-raising flour

2 medium tomatoes, sliced

$\frac{1}{4}$ cup packaged breadcrumbs

$\frac{1}{4}$ cup grated tasty cheese, extra

Grease a lamington pan. Beat butter until smooth and then gradually add eggs. Stir in shallots, carrot, zucchini, corn, cheese and flour. Spread into pan and top with sliced tomato, breadcrumbs and cheese.

Bake in a moderate oven for about 40mins.

Cool, cover and refrigerate.

Celia Kay

Glazed Beetroot

Ingredients

- 1 tin beetroot, sliced into Julienne strips.
- 1 small tin of pears in natural syrup
- 1/2 tsp mustard
- 1/2 tsp salt
- 1/4 tsp ground ginger

Method

Puree pears in their own juice.
Bring to the boil and add mustard, salt, and ginger.
Pour over beetroot and return to the boil.
Cook until sauce thickens.

Serve as a vegetable. This is delicious with lamb fillets.

Van Harrison

(House 59)

Minted Cucumber

Ingredients

- 1 small onion, sliced
- 1/2 cucumber, thinly sliced
- 3 tblsp mint jelly

Method

Arrange onion and cucumber slices, overlapping, in a shallow dish.
Melt the mint jelly, and pour over onion and cucumber slices.
Chill before serving. Serves 2 people.

John Bevan

(House 50)

Pickled Pumpkin A L' Allemande

(*Kuetbis suess-sauer*)

- 2 kg pumpkin pices
- 1/4 1 white wine vinegar
- 1kg sugar
- 1/2 1 cider or white wine vinegar
- 2 lemons sliced, but not peeled
- 1 giner root peeled and sliced
- 1 stick cinnamon
- 18 cloves

Slice pumpkin into strips, peel and remove pips. Cut into pieces and weigh. Place pumpkin pieces in a deep bowl. Drip 1/4 1 vinegar over it and let steep overnight. Drain well. Boil sugar with cider or white wine vinegar. Blanch the pumpkin pieces in this until they have a glassy appearance. Remove and set aside. Add spices to liquid, return to it all the pumpkin pieces together and bring to a brisk boil. While hot, put into jars and seal tight.

In the area around Berlin, this traditional dish is served with meat of all kinds.

CHRISTMAS MORNING WIFE/HUSBAND SAVER

SUPERB! MAKE THE DAY BEFORE AND POP IT IN THE OVEN IN THE MORNING. SERVES 8

16 SLICES WHITE BREAD, WITH CRUSTS REMOVED
SLICES OF CANADIAN BACK BACON (MIDDLE RASHERS) OR HAM
SLICES OF SHARP CHEDDAR CHEESE
6 EGGS
1/2 TSP SALT
1/2 TSP PEPPER
1/2 TO 1 TSP DRY MUSTARD
1/4 CUP MINCED ONION
1/4 CUP GREEN PEPPER, FINELY CHOPPED
1 TO 2 TSP WORCESTERSHIRE SAUCE
3 CUPS WHOLE MILK
DASH RED PEPPER (TABASCO)
1/4 LB BUTTER
SPECIAL "K" OR CRUSHED CORN FLAKES

IN A 9" X 13" BUTTERED, GLASS BAKING DISH, PUT 8 PIECES OF BREAD. ADD PIECES TO COVER DISH ENTIRELY. COVER BREAD WITH SLICES OF BACK BACON, SLICED THIN. LAY SLICES OF CHEDDAR CHEESE ON TOP OF BACON AND THEN COVER WITH SLICES OF BREAD TO MAKE IT LIKE A SANDWICH. IN A BOWL, BEAT EGGS, SALT AND PEPPER. TO THE EGG MIXTURE ADD DRY MUSTARD, ONION, GREEN PEPPER, WORCESTERSHIRE SAUCE, MILK AND TABASCO. POUR OVER THE SANDWICHES, COVER AND LET STAND IN FRIG OVERNIGHT. IN MORNING, MELT 1/4 LB BUTTER, POUR OVER TOP. COVER WITH SPECIAL K OR CRUSHED CORN FLAKES. BAKE, UNCOVERED, 1 HOUR AT 350 f. LET SIT 10 MINUTES BEFORE SERVING. SERVE THIS WITH FRESH, CUT UP FRUIT, HOT CINNAMON ROLLS OR CROISSANTS

Cathie Graham (NO 24.)



GATEAU FLORENTINE

Nan Harrison

Spinach Filling:

Bunch of finely chopped spinach
Six chopped spring onions
1 tblsp butter
pepper and nutmeg
2+1/2 cups mornay sauce

Mushroom Filling:

1 tblsp butter
1 tblsp oil
6 large chopped mushrooms
a tblsp chopped spring onions
1 large packet cream cheese
1/2 cup grated swiss cheese
1 egg
salt and pepper

10 crepes, chopped parsley

Spinach Method:

Melt butter, saute onions, add spinach, pepper and nutmeg. Cook 3 to 5 minutes.
Stir in 1/2 cup of mornay.

Mushroom Method:

Heat butter and oil, add mushrooms and onions, saute 4-5 minutes.
Beat cream cheese, egg and swiss cheese until blended, season and stir in mushrooms and onions.

Pre-heat oven to 180C. Generously grease a round baking dish.
Place a crepe in the baking dish, top with a layer of spinach, another crepe, a layer of mushrooms.
Continue until all ingredients are used.
Cover with mornay sauce.
Bake until hot and bubbly (20-25 minutes).
Sprinkle with parsley. Serve in wedges.

I used this for my daughter's 21st birthday dinner.

Steak with Mustard Cream Sauce

Ingredients:

750g - 1kg piece Sirloin Steak, 5cm thick
3 tablespoons French mustard
Salt and pepper
50g butter
300ml cream
3 tablespoons Brandy
Watercress sprigs to garnish.

Method:

Spread each side of the steak with one tablespoon mustard. Cover and leave for one hour. Season to taste with salt and pepper.

Melt the butter in a heavy-based frying pan, add the steak and seal both sides quickly over high heat. Lower the heat and cook for 7 - 12 minutes on each side, according to taste. Transfer to a warmed serving dish and keep hot.

Add the remaining mustard and half the cream to the pan, stirring well to incorporate the meat juices.

Heat gently. Add the remaining cream and salt and pepper to taste and bring to just below boiling point. Add the brandy and stir well. Cut the steak into serving portions and pour over the sauce. Garnish with watercress and serve immediately, with sauté or chipped potatoes.

Serves 4-6

Tom McGuinness

* A Batchelor's Guide to Survival *

Beef in Red Wine

Ingredients:

750g cubed steak
1 cup chopped mushrooms
1 x 440g tin of chopped, peeled tomatoes
1 green capsicum
2 onions sliced (for onion rings)
2 tablespoons tomato paste (remove fungus off top first)
1 teaspoon crushed chillis (Sambal Oelek)
1 packet of Continental Onion Soup

Now the best bit!

Open a bottle of red wine and add approximately 1 cup to the mix. Add heaps of mixed herbs and put all ingredients in a 3 litre casserole dish. Place in oven at 180°C for 1 1/4 hours. Stir occasionally

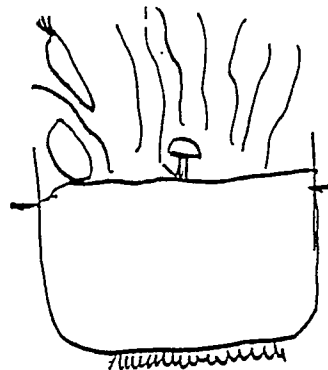
Serve with rice.

Serves 4

PS: There's almost a full bottle of red wine to drink while you're waiting for the guests to arrive!

Kevin Roberts

House 49



BEEF FILLET WITH MUSHROOMS

Cecilie Burton

Serves 8

Ingredients:

1 trimmed beef fillet (approx 1-2 kgs)
French seeded mustard
freshly ground pepper
250 gm mushrooms, slice finely
butter
salt and pepper

Method:

Place the fillet in a well-buttered baking dish and push firmly into a roll. Spread liberally with mustard and pepper and cook on centre shelf of pre-heated 220C over for 20 minutes. Turn off heat and allow meat to rest 20 minutes in over. Pour off juices into a pan and quickly cook sliced mushrooms in meat juices. Add a little butter if necessary and salt and pepper to taste. Serve meat sliced, with mushrooms, pan juices and steamed vegetables.

INDIVIDUAL VEGETABLE PIES

Cecilie Burton

Ingredients:

4 carrots sliced in thin rounds
4 medium zucchini sliced in rings
2 large sweet potatoes, peeled and chopped roughly
100 gm butter
salt and pepper
300 gm mushrooms, sliced
4 large onions, sliced in rings
4 medium tomatoes, sliced in rings
100 gm mature cheddar cheese, grated

Method:

Boil carrots until just tender. Remove from water and add zucchini rings. Cook until just tender. Remove and add sweet potato and cook until tender. Drain, reserve cooking water. Mash sweet potato with half the butter and season with salt and pepper. Cook mushrooms in remaining butter. Remove and fry onions until golden. Deglaze pan with reserve vegetable water and reduce liquid until 1/2 cup remains. Layer individual glass souffle dishes with onion, mushrooms, zucchini, carrots and cold tomato slices. Pour over a little vegetable glaze to moisten. Place mashed sweet potato on top of each dish and form peaks. Sprinkle with grated cheese and cook 220 C oven until veges have heated through and potato peaks are brown.

Can be made in one large casserole dish and served as desired.

Serves 8

ELEPHANT STEW

Cathie Graham

Expecting a crowd?

1 elephant (medium size)
2 rabbits (optional)
salt and pepper to taste

Cut the elephant into bite-sized pieces. This takes about 2 months. Add enough gravy to cover. Cook over kerosene fire for 4 weeks at 465°C.

This will serve about 3,800 people. If more come than were expected the 2 rabbits may be added, but do this **ONLY IF NECESSARY**, as most people don't like hare in their stew.

Recommended for large Urambi parties.



"Thag, take napkin. Got some mammoth on face."

Brown Stew

Ingredients:

1 kilo Top-side beef	2-3 small pieces kidney(optional)
2 large carrots	2 onions
3+cloves garlic	1+ Tbspn well seasoned flour
Water	Beef cubes
Paprika	1+ glass red cask wine
2+ sheets frozen puff pastry	Oil (to cover bottom of pan)
1+ bottles Shiraz (for cook)	

Peel and cut carrots and onions into chunks. Slice garlic. Cube meat and trim any gristly bits off. Coat meat well in flour. Fry up onion and garlic in hot oil till golden (not blackened), remove and brown meat well. Keep scraping the brown floury bits off bottom of pan. Add in other ingredients (not pastry, or Shiraz!!), stir round till gravy thickens and turn down heat. Simmer for 1 -2 hours.

Open at least one bottle of Shiraz. Check gravy is not too thick, (add water as needed), taste and add something else if not to your liking. Set table. Check Shiraz frequently.

Heat oven, cut pastry sheets into quarters, paint with beaten egg and cook till risen. (About 5 minutes). Serve stew with pastry pillows, boiled potatoes, bread to mop up gravy, and any Shiraz left over.

Notes: 1: even if you can't stand kidney, I think a few pieces add a better flavour to the gravy
2: Stew is even better re-heated.
3: don't tell how you made the pastry pillows (or what kidneys actually do)

Home Baked Bread

Ingredients: 1 Panasonic Bread-maker (purchased for a loved one)

Read recipe book provided. Ignore recipes for rolls, petit whatsits, brioche etc. Just keep making the bread. Remember to add the yeast. Bread seems to rise better with it.

Ayam Tempra

(Sarah Edwards)

1 kg chicken in bite-size pieces
6 tbsp oil
4 large onions, finely sliced
6 red chillies, sliced diagonally (long, thin ones)
5-6 tbsp dark sweet soy
5tbsp white sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ tsp salt
4 - 6 tbslp lime juice

Marinate chicken in 2 - 3 tbsp sweet soy sauce for 15 mins.
Place in wok or frying pan over high heat.
Heat oil, stir fry onion, add chillies.
Remove onions (for garnish) while still crisp and undercooked
Add chicken and stir fry for 2 mins.
Add sugar, fry for a moment, then pour in the water.
Lower heat and simmer chicken with remaining soy and salt.
Cook until tender (20 - 25mins) reducing liquid to coat chicken in a dark, sweet and sour sauce.
When sauce is thick, remove from heat and add lime juice. Stir well.
Transfer chicken to a serving dish and spoon over garnish onion.

Serve with rice and vegetables or salad.

Indian Barbecued Fish Tikka

(Sarah Edwards)

1 kg firm fish fillets
1 onion, chopped
1tsp crushed fresh garlic
1tbsp grated fresh ginger
2 tsp ground coriander
1tsp ground cumin
grated rind and juice of 1 lemon
1 tbsp vegetable oil
1 tsp chilli powder
 $\frac{1}{2}$ bottle sweet chilli sauce
 $\frac{1}{2}$ tsp black pepper
 $\frac{1}{2}$ cup yoghurt
2 tsp soya sauce
1 tsp brown sugar
1 tsp salt
2 onions (sliced extra)
2 tsp chopped fresh coriander or mint

Cut fish into cubes.
Combine all ingredients (except sliced onions and fresh coriander) for marinade.
Put fish in marinade for several hours.
Thread fish cubes onto wooden skewers and cook on a lightly oiled hot barbecue grill, or under a hot grill, until just cooked.
Serve topped with sliced onions and chopped coriander, with lemon quarters.

PEPPERED BEEF PUFFS AND MUSHROOM SAUCE

PEPPERED BEEF PUFFS

Crushed pepper corn
500gm minced beef
3 eggs
250gm bread crumbs
3 shallots / spring onions
30gm butter
1 pkt puff pastry
seasoning and black pepper
baking tray (greased)
rolling pin

Mix 2 eggs, bread crumbs, chopped shallots, meat, salt and pepper.
Divide into portions and shape into sausage shapes.
Take crushed peppercorns and press into meat.
Cook in melted butter until brown all over. Then cool.

Cut pastry into portions (10" x 6") after rolling to 1/8" to 1/4" thick.
Roll meat into pastry.
Brush one edge and sides with beaten egg and secure ends of envelope.
Brush all over with egg.
Bake in hot oven for 10 mins. Reduce to moderate oven and bake for 15 mins.

MUSHROOM SAUCE

45gm butter
15gm button mushrooms
50gm flour
125ml red wine
180ml beef stock
Basil
Seasoning
30gm tomato paste

Saute sliced mushrooms in butter till tender. Add flour and stir until all combined.
Add wine and stock gradually and stir until boiled.
Season with salt and pepper.
Add basil and tomato paste.
Simmer for 5 mins.
Spoon over puffs.

Serve with broccoli and carrots julien.

IAN SHARPE

Columbus' No.14 Catch of the Day

From the kitchens of the great cooks of Urambi to the social cat chats at BBQs, my regular Urambi discovery voyages unearthed this recipe! Its the purr-fect way to get a BBQ going!

Ingredients:

1 kilo of unshelled green prawns OR
1 kilo of cleaned baby octopus OR BOTH!

Moggie's Marinade:

2 tblspoons - tomato sauce
1 tblspoons - Trident Chilli and Ginger Sauce
2 dessert spoons - Worstershire Sauce
Salt and Pepper (depends on your tastes)
Juice of one lemon
1/4 cup of olive oil
A couple of dashes of red wine vinegar
2 dessert spoons - Soy Sauce
1 teaspoon of sugar
Fish sauce - optional

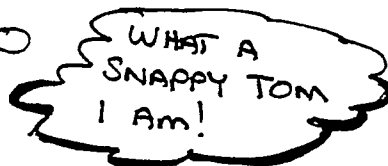
Mix all marinade ingredients together in bowl then pour over seafood. Let it marinate for at least one hour, better still for 4 hours!

BBQ:

With tongs in hand, take seafood out of marinade and BBQ for about 5 to 6 minutes til seafood turns good red colour. Serve on plater with accompanying green salad or BBQ vegies!

Essential accompaniments: Lemon Wedges, Lots of Scott Towels or finger bowls.

Serves: 6-8 hungry people
or 10 moggies!



SATE CURRY WITH MEAT AND VEGETABLES

Hilary Edwards

500g chicken, lamb, beef (in strips).
You could also use prawns or meatballs.

Curry Sauce

1 onion
2 cloves garlic
rind of lemon or a lime
2 tblsp curry paste
2 tblsp "eastern feast honey with sesame sauce with vegetables"
or 1 tblsp brown sugar
1 1/2 tblsp peanut butter

1/2 cups of your choice of vegetables - zucchini, cauliflower, broccoli, carrot
100 mls coconut milk.

Brown onion, garlic and meat in some oil.
Add curry paste, rind, honey and sesame or sugar - stir well.
Add peanut butter and coconut milk
Add vegetables

Simmer on low for 10 mins - stirring frequently
Serve with "longlife" noodles or rice.

Hil, the Chinese Grocery Store!

Buy BBQ pork buns and steam them - the kids love them!

Hokkien Noodles, Chicken & Cashews

1/2 packet fresh Hokkien noodles (to cook, douse them in boiling water for 5 mins)
1/2 cup cashews (roast in oven)
5 shallots - chopped
slurp of fish sauce (nuoc mam)
slurps of soy sauce
1 fresh chili - finely chopped and seeded
2 cloves of garlic - chopped finely
1 inch fresh ginger - grated
500g chicken strips or prawns cooked
1 cup broccoli flowerettes
1/2 cup of mushrooms - sliced
1/2 cup bean sprouts

Prepare noodles & drain

Stir fry chicken until tender - remove from pan
Brown onions, Garlic & chili, add ginger & sauces, add chicken & stir.
Steam vegetables lightly, add to chicken.
Mix in noodles.

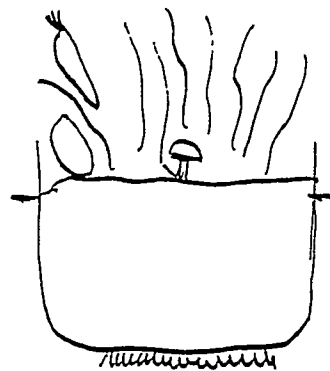
Serve in bowls with chopsticks.

Chicken with beer

Cond Beach

- 1 young plump chicken cut into 8 pieces
- 2 carrots
- 2 onions
- 4 tablespoon oil
- 2 cups of schnapps or gin (optional)
- 1 bay leaf
- 1 sprig of thyme, or $\frac{1}{2}$ teaspoon dried
- 10 peppercorns
- salt
- 1 can beer
- mushrooms
- 2 table-spoon thick cream (optional)

1. Peel, wash and slice carrot.
2. Slice onion
3. Brown everything in oil. (including chicken?)
4. When chicken pieces have browned add the liquor and ignite. (optional)
5. When flame has died down, add thyme, bay leaf and peppercorns
6. Salt, add beer cover and simmer for 45 minutes
7. Clean mushrooms, add to chicken and simmer until cooked. Thicken if necessary.
8. Arrange chicken on a serving plate. Cover with sauce to which cream has been added
Serve with rice and vegetables. Serve 4-6



CHICKEN & VEGETABLE LASAGNE

1 PACKET LEGGO'S LASAGNE
250 G MOZZARELLA CHEESE, GRATED
125 GRATED PARMESAN CHEESE

SAUCE

2 TBSP OIL
500 G CHICKEN FILLETS, SKIN REMOVED, CUT INTO THIN SLICES
250 G JAR LEGGO'S TOMATO PASTE WITH ONIONS AND HERBS
4 MEDIUM ZUCCHINI OR PEPPERS, SLICED
2 CUPS WATER OR 1 1/2 WATER & 1/2 CUP DRY WHITE WINE

SALT & FRESHLY GROUND PEPPER TO TASTE

METHOD

HEAT OIL IN A SAUCEPAN, FRY CHICKEN, STIRRING CONSTANTLY UNTIL CHICKEN BROWNS. SPOON IN LEGGO'S TOMATO PASTE WITH ONIONS AND HERBS. ADD REMAINING SAUCE INGREDIENTS. STIR TOGETHER, COVER, SIMMER FOR 20 MINUTES.

LIGHTLY OIL A SQUARE BAKING DISH, APPROXIMATELY 23 CM X 30 CM. SPREAD A THIN LAYER OF SAUCE OVER BASE. ARRANGE A LAYER (5 SHEETS) OF LASAGNE ON TOP. SPOON OVER ONE THIRD SAUCE, ONE THIRD MOZZARELLA CHEESES. REPEAT 2 MORE LAYERS, FINISHING WITH CHEESES. COVER AND BAKE IN A PREHEATED OVEN AT 190 C FOR 40-45 MINUTES OR UNTIL LASAGNE IS TENDER. (TEST WITH THE POINT OF A SHARP KNIFE) REMOVE. STAND FOR 5 MINUTES THEN CUT INTO GENEROUS SERVINGS. SERVES 6.

Cathy Graham No. 24



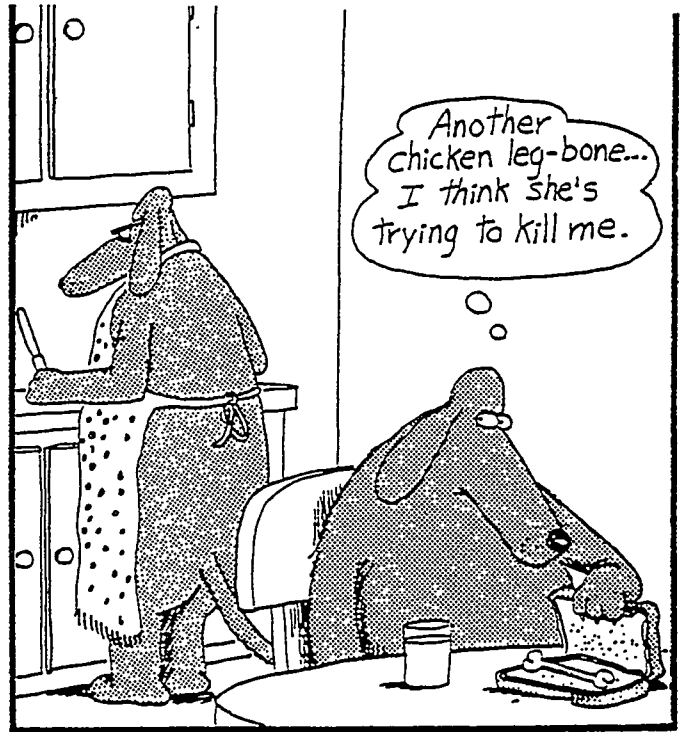
SWISS CHICKEN

Ingredients:

4 whole chicken breasts
flour
pepper
90 grams (3 ounces) butter
1 clove garlic
3/4 cup dry white wine
1 teaspoon french mustard
1/2 cup cream
3 shallots
8 slices ham
8 slices swiss cheese

Method:

Carefully remove chicken meat from bones, giving eight individual pieces.
Dust chicken breasts lightly with flour seasoned with pepper.
Heat butter in frying pan, add crushed garlic and chicken; saute gently until chicken is light golden brown. Add wine, bring to boil, reduce heat. Simmer covered 20 minutes or until chicken is tender; remove chicken from pan.
Put a slice of ham on each piece of chicken, then top with a slice of cheese.
Put on heatproof serving dish. Cook in moderate oven, uncovered, for 10 minutes or until cheese has melted.
While chicken is in oven, bring liquid in pan to boil, boil uncovered until approximately half-cup liquid remains in pan.
Reduce heat, add cream, chopped shallots and mustard; stir until combined. Season.
Pour sauce over chicken to serve.
Serves 4.



Kris Brown
House 71

COLD APRICOT CHICKEN

Glenda Johnson

Ingredients:

Cooked bite size pieces of chicken (I use chicken tender loins and cook in microwave)
Enough apricot yoghurt to cover
Extra dried apricots chopped
1/2 teasp curry powder

Mix all ingredients. Serve cold with salad.

Yum!

PASANDA (INDIAN CURRY)

Glenda Johnson

Ingredients:

1 lb chuck steak (trimmed of fat)	1 teasp coriander
salt	1 teasp garam masala
1+1/4 cups yoghurt	1/2 teasp chili powder
2 large onions	2 teasp paprika
1/2 cup ghee (marg. will do)	1/2 teasp cummin powder
1/2 cup sliced ginger (out of a jar)	2 teasp turmeric
4 cloves garlic	

Method:

Marinate cubed meat in yoghurt for 24 hours if possible (if lacking time, put in microwave on warm for few minutes)

Fry onions in ghee until golden brown.

Add sliced garlic and ginger and rest of spices.

Stir.

Add meat and yoghurt and cook very gently for at least an hour.

Serve with sliced bananas, sprinkled with lemon juice and coconut; mango chutney, cucumber diced in yoghurt and ndian bread.

LAMB CURRY

Ingredients:

500 grams diced lamb fillets
2 onions
2 cloves garlic
1 inch piece fresh ginger
2 ounces ghee or butter
2 tablespoons curry powder
1 tin tomatoes
1 can coconut milk or cream
2 cloves
2 teaspoons paprika
1/4 teaspoon cinnamon
1/4 fresh chilli
Peeled and chopped potatoes

Method:

Fry the lamb in batches until meat is golden brown. Season meat and reserve.
Finely chop onions, crush garlic and grate ginger. Cook gently in hot ghee until golden.

Add curry powder and cook for 3-4 minutes.

Add tomatoes, paprika, cloves, cinnamon, chilli, potatoes and coconut milk.

Simmer and cook for about 15 minutes on low heat, then add the meat and simmer until meat is tender (approximately 1 1/2 hours).

N.B. Do not cover when coconut milk is added.

Serve with steamed rice, side dishes (banana and coconut, tomato and onion, cucumber and yogurt) and puppodams.

Kris Brown
House 71

URAMBI MEAT LOAF

This recipe evolvedst over many happy "play group" sessions in the early days of the village. Dedicated to: Donna, Maureen, Ros, Penny, Sheila, Arminel, Jan, Janina, etc. and all the 70's kids who believed that growing up in a Urambi lifestyle was normal and everyone else had it 'different'.

Essential Ingredients

500 gms mince
2 tbsp tomato paste
3 rashers bacon
3/4 cup grated cheese
chopped onion

all
ingredients are
approximate
measures

Optional extras

chopped olives
diced capsicum
shallots
chopped celery
anything else you might fancy.

Spread a large sheet of foil out on a board (bench) - grease well (I generally over lay the foil with a sheet of 'glad bake' to stop sticking - 90's evolution).

spread mince over the foil.

spread mince layer with tomato paste, chopped bacon, cheese, onion, etc. roll up like a swiss roll. Wrap foil carefully around roll and fold over ends. Bake in a moderate oven for about an hour. Towards the end of cooking time, open a vent in top of foil to let steam out and loaf to brown slightly.

Serve hot or cold with your choice of vegies or salad.

Makes a great sandwich filling if there's any left after a main meal.

Apricot Ginger Chicken

4 chicken breasts

1 tablespoon oil

Apricot Sauce

1 heaped teaspoon crushed ginger

$\frac{3}{4}$ cup apricot nectar

2 teaspoons dry sherry

1 teaspoon light soya sauce

1 teaspoon cornflour

2 teaspoons water

2 green shallots, chopped

$\frac{1}{4}$ teaspoon ground cumin

Cut each chicken breast into strips. Heat oil and stir fry chicken until golden brown. Remove to heated serving dish and pour over sauce.

Apricot Sauce:

Combine ginger, apricot nectar, sherry and soya sauce in a saucepan. Bring to the boil, stir in blended cornflour and water, and keep stirring until the sauce boils and thickens. Stir in shallots and cumin and pour over chicken.

Patrya Kay

Grandma's Meat Balls in Tomato Sauce

1kg low fat mince

2 onions, cut finely

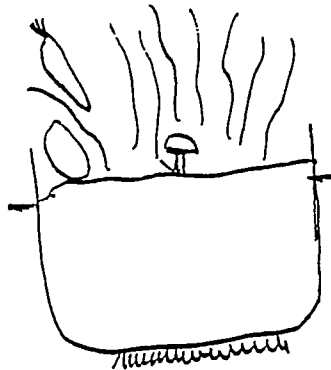
1 cup rice

1 teaspoon mixed herbs

Large tin of tomato soup, made up with
water according to directions on tin

Mix mince, onions, rice and mixed herbs together. Form into balls and place on a rack in the pressure cooker. Add tomato soup. Bring up to pressure and cook for 25 minutes.

Annie Kay



**Desserts,
Cakes
& Biscuits**

SEMIFREDDO AL CIOCCOLATO
(Jan Brabazon No. 31)

500 ml double cream
280gm icing sugar
125g semisweet baking chocolate
6 egg whites
1.5 - 2 litre loaf tin or terrine
peppermint (optional)

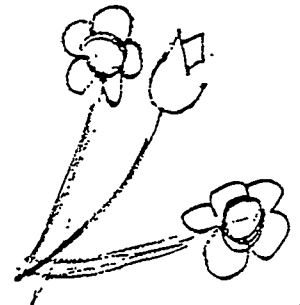
Whip cream till it is the consistency of buttermilk, add icing sugar a little at a time and continue whipping.

When all the sugar has been incorporated and you have whipped the cream until it is stiff enough to form peaks, add the grated chocolate, mixing it in thoroughly.

Beat the egg whites. When they are stiff, fold them into the cream and chocolate mixture.

Line the loaf tin with greaseproof paper and pour the mixture into the tin. Place in the freezer overnight.

To serve, unmould over a flat dish and slice as though it were a pate.



RED BERRY JELLY
(Rote Gruetze)

A very typical dessert from northern Germany, especially Hamburg and Schleswig-Holstein. It is such a refreshing summer delight that the Hamburg poet, Hermann Claudius, wrote a little song about it. It is now spread throughout Germany.

500 g mixed fresh (or frozen or tinned) berries, e.g.
raspberries, blackberries, red currants, cherries, gooseberries and plums
 $\frac{1}{2}$ l water
100-125 g sugar
60 g cornstarch
4 tbsp. cold water or red wine
almond flakes (optional)

Serves 4-6

Wash and, where necessary, cut larger fruit into smaller pieces. (But do not wash raspberries!). Boil in water till tender. Press through sieve. Add sufficient water or red wine to resultant liquid to bring it up to $\frac{3}{4}$ l. Add sugar. Dissolve cornstarch in cold water. Bring fruit purée to a boil, remove from heat and add dissolved starch. Bring back to a boil. Put into glass bowl and refrigerate. Sprinkle with roasted almond flakes and serve with vanilla sauce or clotted cream.

GOLDEN SYRUP DUMPLINGS

Glenda Johnson

Ingredients:

1 cup S R flour
1 tblsp marg/butter
1 egg
2-3 tblsp milk

Syrup:

1+1/2 cups boiling water
1/2 cup sugar
1 tblsp butter
1 tblsp golden syrup

Method:

Beat eggs, add milk.
Rub butter into flour, add liquid and make a soft dough.
Place syrup ingredients into saucepan, stir until sugar is dissolved;
bring to boil.
Place dessertspoons of dough into casserole dish.
Pour syrup over and bake (375 degrees) for 20-30 minutes (when
dumplings are starting to go golden).
Serve with *cream/icecream/custard*.

A filling sweet on a cold winter's night.

ICECREAM ORANGES

Nan Harrison

Method:

Slice tops off oranges and scoop out pulp.
Mix concentrated orange juice with your favourite vanilla icecream
and a good measure of Grand Marnier.
Fill orange shells with icecream mix and freeze.

A delicious summer sweet!

BUTTERSCOTCH BANANAS

Glenda Johnson

Ingredients

1 tblsp marg/butter
Brown sugar
Cream
Bananas

Method

Melt butter in saucepan.
Mix in brown sugar, keep adding enough to take up butter to form
a paste. Stir until thick paste.
Mix in cream, stirring over heat until light brown.
Slice firm bananas into sauce and serve immediately with icecream.
Don't cook the bananas.

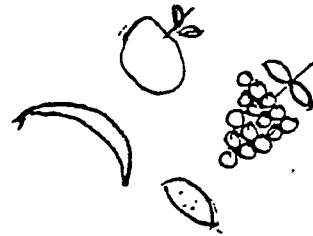
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BANANA DELICIOUS

Glenda Johnson

Ingredients:

Bananas
Lemon juice
2 eggs
2 tblsps sugar
1 cup coconut
2 tblsp apricot jam
Cream or icecream



Method:

Slice bananas into ovenproof dish.
Sprinkle with lemon juice.
Beat eggs and sugar until creamy.
Stir in coconut, then apricot jam.
Pour over bananas.

Bake 25 minutes until golden.
Serve with cream or icecream.

MARS BAR SLICE

Glenda Johnson

Ingredients:

3 tbl sp marg/butter
3 Mars Bars chopped into cm pieces
1 large block of Cadbury's milk chocolate
3 cups rice bubbles

Method:

Melt margarine in a large saucepan.
Add Mars Bar pieces and slowly melt, stirring occasionally to make a paste.
As quickly as possible (because it sets) add rice bubbles and mix thoroughly.
Press into a slice tin.
Melt chocolate and spread over top.

SWISS CHOCOLATE MOUSSE (serves 4)

100g Toblerone chocolate, chopped
2 eggs, separated
1/2 cup thickened cream

Melt chocolate in a large bowl over hot water. Mix in egg yolks, one at time, with a wooden spoon. Beat until smooth and thick. Fold in whipped cream, then softly beaten egg whites. Spoon into individual dishes (1/2 cup capacity). Refrigerate several hours until firm. Decorate with extra whipped cream, strawberries and chocolate curls if desired.

Delicious. Can be made up to 2 days ahead - store covered in the fridge.

CONVENT CAKE

(I have no idea why this cake has such a strange name, especially since it isn't exactly a thrifty recipe - perhaps it's because a small piece is quite filling and the cake really goes a long way)

Ingredients:

100gm butter	1 cup caster sugar
4 eggs (separated)	1tsp vanilla essence
1 cup cream	100gm chopped hazelnuts
100gm blanched chopped almonds	175 gm chocolate - chopped
1 to 1½ cups SR flour	

Method:

Cream butter, sugar and egg yolks
Beat in vanilla and cream
Stir in flour, nuts, chocolate and stiffly beaten egg whites
Cook in a moderate oven at 180°C in a large loaf tin for 1 to 1½ hours

(I often use two small loaf tins, or a deep 8" round tin)

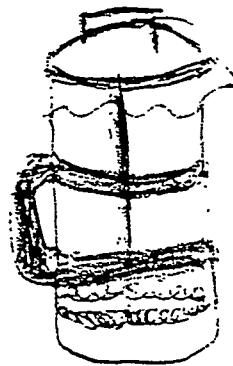
Smooth over a chocolate icing of your choice.

This is a delicious, not too sweet cake which will keep in the fridge for about 5 days (if it lasts that long).

Sheila McAlpine (No.17)

RICOTTA CAKE

6 oz butter
1 cup castor sugar
3 eggs
1/3 cup lemon juice
500g ricotta cheese
3 cups self raising flour



Beat together butter and sugar; beat in eggs, add juice and ricotta. Fold in flour.
Place in two 6" x 4" tins or one large springform pan, lined with foil.
Bake at 155°C/325°F (fan forced oven) for 1 hour 10 minutes.

Lovely for afternoon tea. Or try it with blue cheese and red wine for a special desert!!

WHISKEY PRUNE CAKE

5 oz butter

1 cup water

1 cup sugar or honey

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon ginger, ground

$\frac{1}{4}$ teaspoon nutmeg

1 large pkt pitted prunes (which have been soaked in whiskey at least one month)

optional fruit: cherries, mixed peel, sultanas, etc.

2 eggs

○ $\frac{1}{2}$ teaspoon bicarbonate of soda

2 oz plus chopped walnuts

1 $\frac{1}{4}$ cups plain wholemeal flour, (rye makes a nice change)

1 cup self raising wholemeal flour

Put into a saucepan: butter, water, sugar, spices, fruit. Bring to the boil. Simmer for 3 mins, remove from heat & put aside until cold.

Beat in eggs well, stir in bicarb. soda, & add to fruit.

Add walnuts & sifted flours. Combine thoroughly.

○ Turn into a greased, brown paper-lined 9" deep-sided tin & bake in a moderate oven 150°/300° for $\frac{1}{2}$ hour. Reduce to moderately slow 100°/200° & continue cooking another 1 hour, or until done when tested.



BLUEBERRY CAKE

Ingredients:

125 gm butter
1 cup sugar
2 eggs
2 cups plain flour, sifted
1 tsp bicarb. soda
1tsp baking powder
300ml sour cream
juice 1 large lemon
250gm frozen or 425gm can (drained) or 200gm fresh blueberries
.5 to .75 cup chopped pecans

Method:

Preheat oven to 180°C. Butter and flour an 8" to 9" tin.

Cream butter and sugar. Beat in eggs one at a time. Combine dry ingredients and fold into butter mixture with sour cream, and lemon juice.

Pour 1/2 mixture into cake tin and 1/2 blueberries. Swirl with a knife. Add rest of batter, then remaining blueberries and swirl. Top with chopped nuts (can use half on top and half in middle.

Bake approx one hour, or until cooked. Cool slightly in tin before turning out.






Topping

3/4 cup icing sugar
1/2 tsp vanilla
1 - 2 tblsp hot water.

Mix together, pour over warm cake, allow to dribble over edges.

Sheila McAlpine (No. 17)

Connie's Carrot Cake.

- 2 lge carrots to make 2 cups grated carrot
- 1 cup walnut pieces 
- 3 googy eggs   
- 1 cup sugar 
- 2/3 cup polyunsat. veg. oil
- 1 tspn vanilla
- 1 1/2 cups s.r. flour
- 1 "scant" level tspn. carb. soda
- 1 level tspn cinnamon
- 1/2 level tspn nutmeg
- 1 flaminaton tin 28 or 30x20cm well greased,
- fresh. passion fruit.
- 1. sift flour, soda and spices into mixing bowl
- 2. add grated carrot & chopped walnuts
- 3. add oil, sugar, vanilla & beaten eggs and mix lightly

- lemon Frosting
- 50g Philadelphia cream cheese
- 2 level tblspns soft butter
- 2-3+spns fresh lemon juice
- finely grated rind of 1 lemon
- 2 cups icing sugar.

Combine all above ingredients and beat until smooth & creamy. Drip passion fruit over iced cake.

when you cook this cake be sure to give out copies of the recipe 'cause I know from experience you'll get requests for it.



Suzie Edwards *16

American Fruit Cake

1½ cups whole shelled brazil nuts

1½ cups walnut halves

⅔ cup chopped candied peel

1 cup stoned dates

½ cup glacé pineapple pieces

½ cup red glacé cherries

½ cup green glacé cherries

½ cup raisins

¾ cup plain flour

½ teaspoon baking powder

pinch of salt

¾ cup sugar

3 eggs

1 teaspoon vanilla

Butter sides and base of a 21 cm × 12 cm loaf pan, or two 9 cm × 16 cm pans. Line with greaseproof paper and butter again.

Put the fruits and whole nuts in a large bowl. Sift together flour, baking powder and salt and mix with the sugar. Add dry ingredients to nuts and fruit and mix well. Add beaten eggs and vanilla. Spoon into the prepared tins, packing the mixture into the corners and smoothing the top with a spoon. Bake in a 120°C oven for 2 to 2½ hours. You can put a rectangle of greased paper loosely across the top after the cake has risen. This will prevent the cake from burning.

Leave the cake in the pan for 10 minutes before turning out onto a rack. Remove paper. When cold, store in the refrigerator. This cake keeps very well.

Janina Fox

Miss Laizans Famous Boiled Fruit Cake (Tanina)

Ingredients:

250 g Butter or Margarine
250 g Currants
250 g Sultanas
1 Cup Sugar
1 Cup Water
Some Glace Cherries, Nuts and Mixed Peel

Method:

Put all the above into saucepan and bring to the boil, add a teaspoon of Bicarbonate of Soda. Have sived $1\frac{1}{2}$ Cups SR Flour and 1 Cup Plain Flour, 1 Teaspoon Mixed Spice, add to the mixture while still hot, and mix well. Add 3 Beaten eggs.

Bake in a Moderate Oven (335° F- 360° F) or (168° C- 182° C)
for $1\frac{1}{2}$ Hours.

NOTE: Soak the Currants and Sultanas in hand warm water for 5 Minutes before adding to the saucepan. This makes the cake moist.

APRICOT LOAF
(Nan Harrison)

Ingredients:

1 cup chopped dried apricots
1 cup sultanas
1 cup S R wholemeal flour
1 cup soya milk
1 cup All Bran
1/2 cup brown sugar
Blanched almonds

Method:

Soak all ingredients except the almonds in milk.
Mix well.
Turn mixture into well-greased foil in tin.
Decorate with almonds.
Cook in a moderate oven for 1 hour.

It's so healthy you can eat it all at once!

CARROT RING
(Nan Harrison)

Ingredients:

1+1/2 cup butter
3/4 cup brown sugar
4 eggs, separated
3 cups finely grated carrot
2 tblsp cold water
2 tblsp lemon juice
2 cups wholemeal flour
1 teasp baking soda
2 teasp baking powder
1/2 teasp salt
1/4 cup breadcrumbs

Method:

Preheat oven to 180C. Cream butter and sugar. Add egg yolks and beat until thick.
Add carrot, water, lemon juice, flour, baking powder, soda and salt.
Mix well.
Beat egg white until stiff, fold into carrot mix.
Generously oil a ring tin, dust with breadcrumbs.
Turn mixture into tin and bake 1 hour.
Remove from oven and allow to stand for 5 minutes.
Turn onto a warm platter.
Fill carrot ring with French peas and surround platter with steamed cauliflower
sprinkled with paprika.

Wonderful as a lunch or entree, or just as a cake without the vegetables.

WELSH CAKES

Penny Lloyd-Jones

Ingredients:

1 lb flour	1/2 teasp mixed spice
4 oz marg	1 teasp baking powder
4 oz lard	1 egg
4 oz currants	pinch salt
60 oz sugar	1 tblsp milk

Method:

Rub fat into flour and baking powder and salt
Add other dry ingredients
Beat in egg and enough milk to make a firm paste
Roll out on floured board
Cut into rounds 6 cm diameter x 3 mm
Cook on greased griddle (fly pan) 3 minutes each side until golden brown.
Cook and sprinkle with castor sugar.

MARBLE CAKE (Marmorkuchen)

Marble cake is the ultimate German coffee cake.

250 g butter
300 g sugar
6-8 eggs separated
grated lemon rind or vanilla essence
pinch of salt
375 g self raising flour
milk
50 g cocoa powder

Serves 12.



Stir the butter till foamy. Add alternately sugar and egg yolks till you have a nice foamy mass. Add grated lemon rind or vanilla and pinch of salt. Sift the flour together with the baking powder and add to the mixture gradually, alternately with as much milk as may be needed to keep the texture smooth. The consistency will be right when the mixture drops slowly from a spoon in lumps. Then fold in stiffly whipped egg whites.

Divide the dough into 2 portions. Colour one portion with the sifted cocoa powder while adding 2-3 tblsp. milk. Grease a Gugelhupf or tea cake pan and sprinkle with bread crumbs. Put the light portion in first and then the dark. Make a few spirals with a fork. Bake at medium heat for 45-60 minutes. Turn out of the tin and sprinkle with icing sugar.

Heidi Watson (House 25)

Nanaimo Bars

Nobody knows how Nanaimo, a seaside city on Vancouver Island ever got a square named after it...but never mind. It's a delicious square and Nanaimo is proud to lend its name!

First Layer:

butter	1/2 cup	125 mL
sugar	4 tbsp.	60 mL
cocoa	5 tbsp.	75 mL
egg, beaten	1	1
vanilla	1 tsp.	5 mL
crushed graham wafers	2 cups	500 mL
coconut	1 cup	250 mL
walnuts OR pecans	1/2 cup	125 mL

Second Layer:

milk	3 tbsp.	45 mL
custard powder*	2 tbsp.	30 mL
butter	2 tbsp.	30 mL
vanilla	1 tsp.	5 mL
icing sugar	2 cups	500 mL

Third Layer:

semisweet chocolate squares	4	4
butter	2 tbsp.	30 mL

*Note: Custard powder is available in the baking section of most stores.

To make first layer, melt butter in a heavy saucepan or double boiler. Add sugar, cocoa and egg. Heat until slightly thickened. Add crushed graham wafers and coconut. Chop walnuts or pecans and add. Mix and press into a 9" (23 cm) square pan. Chill.

Mix milk, custard powder, butter, vanilla and icing sugar. Spread over first layer. Chill.

Melt chocolate slowly, add butter. Spread over second layer. Chill and cut into squares.

Cathie Graham No. 24

LACE BISCUITS
Penny Lloyd-Jones

Ingredients:

125 gm unsalted butter
125 gm granulated sugar
125 gm oats
pinch salt
1/4 teasp ginger

Method:

Cream butter and sugar. Mix in oats and ginger.
Form into small balls, flatten on baking tray, space well.
Cook for 5 minutes or until golden brown at 200 C.

VIENNA TRAY BAKE
Penny Lloyd-Jones

Ingredients:

175 gm butter
50 gm icing sugar
125 gm self raising flour
50 gm cornflour
vanilla
salt
1 tblsp castor sugar
25 gm flaked almonds

Method:

Cream butter and icing sugar.
Add S R flour and cornflour
Add vanilla and salt
Knead well.
Place in shallow tin (20 cm square).
Bake at 180 C.

