

**From School Girl to Gran**

**MUM'S**

**Treasured**

**RECIPES**

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**SWEETS**   **DRINKS**   **SOUPS**   **JAMS**  
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## EGGLESS SPONGE GINGERBREAD

Mix together in bowl:

4 large cups flour      4 tsps ground ginger  
2 tsps cinnamon      pinch of salt

Melt in saucepan 240g butter, 2 cups sugar, 4 tsps golden syrup or treacle. When cool, add 2 cups milk in which has been dissolved 4 small tsps baking soda.

Add to flour mix.

Bake 1 ½ hours or more at 180°C

## CREAM CAKE

Mix together 1 cup sugar & 1 cup cream, 2 eggs beaten together, 2 cups flour, 1 tsp baking powder.

Bake at 180°C. May be iced with any sort of icing.

## BANANA CAKE

120g butter      3 ripe bananas (mashed)  
1 cup sugar      1 ½ cups flour

1 egg

1 tsp soda dissolved in 3 tsps milk

Cream butter & sugar, add egg & beat. Add flour & mashed bananas, then milk & soda.

Bake in moderate oven for 1 hr.

## MALT CRISPS

125g butter      1 cup rolled oats  
2 tsps boiling water      1 tbsp malt

1 cup self-raising flour      1 cup sugar

1 cup cornflakes      ½ cup sultanas

Melt butter & malt in boiling water. Mix well with dry ingredients.

Roll in balls & flatten with fork (greased tray).

Bake at 180°C for 12-15 mins.

## ORANGE SURPRISES

175g butter                      ½ cup sugar  
1 tbsp orange juice            1 ½ cups cornflakes  
1 cup self-raising flour

Cream butter & sugar. Add orange juice. Add flour & cornflakes.

Put teaspoonful lots on cold greased tray. Bake slowly 160°C 10-15 mins.

Ice with orange icing & sprinkle with finely grated orange rind.

## VANILLA CRISPIES

175g butter                      ¾ cup sugar  
1 egg                                ½ cup chopped walnuts  
1 ½ cups S.R flour            vanilla essence  
1 ½ cups rice bubbles

Cream butter & sugar. Add egg & vanilla. Beat well. Add flour. Lastly stir in rices & chopped walnuts. Roll into balls and flatten with fork. Bake at 180°C for 12-15 minutes.

## SALLY LUN

1 cup cold mashed potato    1 small cup sugar  
2 cups S.R. flour                1 cup sultanas  
1 cup milk                         ½ tsp salt  
1 egg (optional)

Cream mashed potato & sugar. Add remaining ingredients.

Pile onto tray (like a pav), bake at 190°C.

Ice & sprinkle with coconut.

## OVERSEAS CAKE

240g butter                      1 ½ cups sugar  
2 tbsps golden syrup        3 cups sultanas / currants /  
2 cups milk                        mixed fruit.  
2 tsps baking soda            3 cups flour  
2 tsps mixed spice            2 tsps ginger

Pour melted liquid into dry ingredients & mix well.

Bake in a deep tin at 180°C for 1 hr & 45 mins.

## FLAPJACKS

450g rolled oats            225g brown sugar  
225g butter                 Pinch salt

Cream butter & sugar. Add oats & salt.  
Place in greased sponge roll tin & press flat.  
Bake at 180°C for 20 mins.  
Cut into pieces & leave to cool before removing from tray. Serve with jam or peanut butter.

## COFFEE BISCUITS

150g butter                    ½ cup sugar  
1 egg yolk                      2 tbsp coffee essence

Beat all together, then add 2 cups flour, 1 small tsp baking soda, 1 small tsp cream-o-tartar, & 1 tsp baking powder.  
Roll out and spread slightly beaten egg white over. Sprinkle with sugar or coconut.

## HONEY SLICE

2 cups SR flour                3 cups cornflakes  
1 cup coconut                 250 gm butter  
1 cup sugar                    ½ cup chopped walnuts  
4 tbsp honey                 1 cup chopped dates  
1 cup rolled oats

Combine flour, rolled oats, coconut, lightly crushed cornflakes & sugar. Mix well. Add nuts & dates. Melt butter & honey. Add to dry ingredients.  
Press into sponge roll tin. Bake at 180°C 25-30 mins.  
Ice with lemon icing.

## MERINGUES

1 egg white                      2 tbsp hot water  
1 breakfast cup sugar        1 tsp vinegar

Beat altogether until “peaks”, then fold in ½ tsp baking powder.  
Bake in cool oven.

## HOT CROSS BUNS (Alison Holst)

1 cup milk	2 cups flour
½ cup hot water	100g butter
2 tbsps sugar	½ cup br. Sugar
2 tbsps dried yeast (3 level tbsps. Surebake)	
1 egg	1 tsp salt
1 – 1½ tbsp. mixed spice	½ - 1 tsp nutmeg
1 tsp vanilla	¼ - 1 cup mixed fruit
2-3 cups flour	

Measure milk, water & sugar into large bowl. Stir to dissolve sugar. Sprinkle yeast over, leave 1-2 mins then stir until there are no lumps in yeast.

Try and keep the mixture at blood heat all the time, standing the bowl in warm water in the sink if necessary.

Stir in flour until smooth & leave this mixture to rise (in the sun or sink of water) while you prepare other mixture (glad-wrap over bowl).

Cream butter & sugar, add egg, salt, spices & vanilla. Add fruit. When yeast mixture is 2-3 x original volume add to creamed mixture. Add 2 cups of second measure of flour & add as much extra flour as needed to make a dough firm enough to knead well. Knead until dough springs back when poked (approx. 10 mins).

Cut into 4 equal pieces, then each piece into 8 or 9 pieces. Shape into balls & place into roasting not quite touching.

Cover with gladwrap & leave to double. Mix ½ cup flour with 2 tbsp oil. Add enough water to make a paste. Make crosses by # method over all buns, not individual crosses.

Bake at 180°C for 10-12 minutes. When cooked but still warm, remove from oven & glaze with sugar syrup.



## CHOCOLATE CAKE IN A MEAT DISH

Mix together:

120g butter	2 tbsp golden syrup
1 teacup sugar	1 cup milk
1 egg	(melt butter, sugar & syrup)

Add:

2 cups flour	1 tsp mixed spice
1 tsp baking powder	2 tbsp cocoa

Lastly add:

½ cup milk with 1 tsp baking soda dissolved in it.

Bake at 180°C until cooked.

## COCONUT DATE BAR

Put into basin:

1 breakfast cup flour	1 breakfast cup coconut
1 breakfast cup chopped dates	
½ breakfast cup sugar	

Melt 4 oz butter, 3 tsp golden syrup slowly and add to dry ingredients. Press into flat tin & bake at 180°C till golden brown.

Ice while hot with lemon icing.

## VERY QUICK MUFFINS

1 cup flour	1 cup bran flakes
4 tbsp sugar	pinch salt
2 tbsp golden syrup	1 egg
1 cup milk	1 tsp baking soda
1 tsp baking powder	

Mix flour, bran flakes, sugar, salt, golden syrup & egg in bowl. Dissolve soda in milk & add to mix. Add baking powder.

Put in tins & cook 15-20 mins at 180°C

## CRUNCHY BISCUITS (Lorraine Larsen)

½ cup sugar	2 tbsp butter
½ cup flour	1 tbsp golden syrup
1 cup coconut	½ tsp baking soda
1 cup muesli	2 tbsp boiling water

Mix dries. Melt butter & syrup. Dissolve soda in water. Add to dries.

Put spoonfuls of mixture onto greased tray. Flatten with fork. Bake 160°C for 20 mins.

## EASY FRUIT CAKE

480g flour	1 ½ tsp baking soda
240g sugar	1 ½ cup mixed fruit
240g butter	essences to taste
2 eggs	just over ½ pint milk

Mix flour, sugar, baking soda & fruit. Beat eggs & add essences. Boil milk & butter & add to egg mixture. Mix with dry ingredients. Bake for 2 hours at 150°C

## FUDGE CAKE

120g butter	1 beaten egg
120g sugar	1 tbsp cocoa (heaped)

Put into saucepan & cook until melted. Add ½ lb wine biscuits (crushed) & ½ cup walnuts. Return to stove for a few mins. Put into flat greased tin & cut into fingers after 10 mins.

## GINGER BISCUITS

1 cup sugar	salt
¼ lb butter	1/5 cup warmed golden syrup
1 egg	2 cups flour
3 tsp ground ginger	2 tsp baking powder

Mix, pull off little pieces & roll in hand to small ball & put on cold tray. Bake moderate heat.

## BIRDSEED SQUARES

In saucepan boil:	100g butter
	¼ cup honey
	½ cup brown sugar
	¼ tsp salt

Toast separately:	1 cup sesame seeds
	1 cup sunflower seeds
	1 cup coconut
	1 cup pumpkin seeds

Stir seeds into butter, mix along with 1 cup rice bubbles (sultanas) & 2 tbsp candied peel (optional). Press into sponge roll tin, cut into squares when cold.

## VIENNESE CHOCOLATE CAKE

150g butter                      150g flour  
150g sugar                      1 tsp baking powder  
150g energy choc              6 eggs

Melt choc & butter. Add sugar, then egg yolks & flour, then beaten egg whites. Bake at 175°C for 1 hr.

**Icing:** melted chocolate, butter & cornflour to thicken.

Cut cake in half & spread with apricot jam.

## RICE BUBBLE BISCUITS

120g butter                      1 tbsp honey  
120g sugar

Boil 4 minutes. Add 4 cups rice bubbles, pour while hot into dish. Press down. Cut into fingers or squares when cold.

## CARMELLO CAKE

### Base:

120g butter                      240g flour  
120g sugar                      ½ tsp baking powder

Cream butter & sugar. Add dry ingredients. Bake.

### Cover with:

1 tbsp golden syrup      2 tbsp butter  
½ tin condensed milk      1 egg yolk  
¾ cup brown sugar      1 tsp vanilla  
1 ½ tbsp. flour

Cook in pot until light brown.

### Topping:

1 or 2 egg whites              }      beat as for meringue  
2 tbsp sugar per white      }

Bake in slow oven until meringue is brown.

## MOSHIES (Annette)

½ cup raw sugar	1 cup flour
120g butter	½ cup soya flour
Vanilla essence	1 tbsp wheatgerm
1 egg	1 tsp baking powder
¼ - ½ lb dried fruit	

Cream butter & sugar. Add essence & egg, beat well.  
Stir in dry ingredients & knead in dried fruit.  
Roll into balls. Bake at 150°C for 20 mins.

## BUTTER OAT SNAPS

1 cup rolled oats	120g butter
1 cup flour	2 tbsp honey
¾ cup coconut	2 tbsp water
¾ cup raw sugar	1 tsp baking soda

Combine oats, flour, coconut, sugar. Mix in melted butter, honey, water & soda.  
Roll into balls, place 5cm apart on greased oven tray.  
Bake moderate oven 10-15 mins or until golden brown. Cool on trays.

## GINGER CRUNCH

120g butter	½ tsp baking powder
120g sugar	½ tsp ground ginger
240g flour	

Mix dry ingredients. Add melted butter & press into shallow greased tin. Knead well. Cook in fairly slow oven for ½ hr.

**Icing:** Melt 2 oz butter & 1 tbsp golden syrup. Add ½ tsp ground ginger & 1 cup icing sugar. Beat well & pour on cake.

## RAISIN BISCUITS

120g butter	1 small tsp baking soda
120g sugar	1 tbsp milk
1 dsp syrup	½ tsp vanilla
210g flour	1 tsp baking powder

Handful sultanas or raisins.

Cream butter & sugar, add syrup & baking soda dissolved in milk, also flavouring, dry ingredients & fruit. Mix well, roll into balls & flatten with fork. Bake at 180°C.

## SPICY FRUIT LOAF

2 cups water	2 cups sugar
1 tsp golden syrup	1 lb sultanas
120g butter	4 breakfast cups flour
2 tsp baking soda	2 tsp mixed spice
¼ tsp salt	¼ tsp ground cloves

1 tsp cinnamon

Bring water, sugar, syrup, sultanas & butter to boil. Simmer 8 mins. Cool well & add dry ingredients. Bake 1 ½ hrs in 2 or 3 loaf tins at 180°C for first 20 mins, then to 150°C for rest.

## PEANUT SLAB (Helen's Recipe)

150g butter	1 cup peanuts
½ cup sugar	1 cup cornflakes
2 dsp golden syrup	1 cup flour

1 tsp baking powder

Melt butter, sugar & syrup. Add dry ingredients. Press into sponge roll tin. Cook at 180°C for 25 mins. Ice while hot with: 2tbsp butter, ½ cup sugar, 2 tbsp golden syrup.

## PINK LADY CAKE

120g butter	1 ½ cups flour
1 cup sugar	1 ½ tsp baking powder
2 eggs	½ cup coconut
Salt	½ cup milk

Red colouring

Beat butter & sugar, add eggs & dry ingredients. Lastly add milk & colouring. Cook ¾ hr at 180°C. Ice with butter icing & sprinkle extra coconut on top.

## LEMON SLICE

In saucepan: Melt	120g butter
Add	¾ cup coconut
	½ tin condensed milk
	1 packet wine biscuits

Mix well. Press into flat tin.

Icing: Icing sugar  
Lemon Juice  
Lemon rind.

Harden in fridge. No cooking.

## CHOCOLATE CHIP BISCUITS

180g butter  
1 cup sugar  
1 ½ cups flour  
1 tbsp coconut  
1 tsp baking powder  
½ cup chocolate chips

Cream butter & sugar. Add coconut & chocolate chips. Add flour & baking powder.  
Roll into balls, press with fork. Bake at 180°C for 10-12 mins.

## FOUR EGG YOLK SPONGE

Beat 4 yolks with 2 tbsp boiling water until frothy. Gradually add ½ cup castor sugar & whip until thick, add vanilla essence. Sift together ¾ cup self-raising flour, 1 tsp cornflour. Fold into egg mixture & lastly stir in 2 tbsp hot water. Pour into greased tin. Bake at 190°C for 20 mins.  
Split & fill with cream at least 4 hrs before serving.

## DATE LOAF

1 cup dates  
1 cup sugar  
1 tsp baking soda  
2 tbsp golden syrup  
1 tbsp butter

Cover with 1 cup boiling water. When cool add 1 egg, 1 pinch salt, 2 cups flour. Bake at 180°C for 1 hour.

## EASY FUDGE CAKE

Boil: 2 tbsp cocoa  
120g butter  
4 tbsp sugar

Add 1 beaten egg, then 1 pkt. crushed wine biscuits.  
Set in fridge.

## SHORTBREAD (MUM'S RECIPE)

360g butter  
120g icing sugar  
2 cups flour  
½ cup cornflour  
Pinch salt

} Cream together  
}  
} Add dry ingredients

## FUDGE SLICE

120g vanilla biscuits                      1 cup sultanas  
120g malt biscuits                        ½ cup crushed weetbix  
¼ cup nuts

Melt in saucepan ¼ lb butter & ¼ lb sugar. Add 1 beaten egg, 1 tsp vanilla essence & 1 tbsp cocoa. Simmer a few minutes & pour over crushed biscuit, etc. Spread in sponge roll tin. Ice with choc icing & leave to set.

## SPECULAAS

110g butter                                      3 tsp spec. spices  
90g brown sugar                                100g flour  
1 lightly beaten egg                            100g SR flour  
Pinch salt                                        lemon rind (optional)

50 g roasted almonds (optional)  
Mix butter, sugar, salt, spices, lemon together till soft. Add flour & egg. Knead well, add SR flour & almonds. Firm dough in cool place. Bake at 170°C for 20 mins.

## GINGER BISCUITS (Lorraine Larsen)

Cream:    240g butter  
    360g sugar  
    1 egg  
    2 tbsp golden syrup  
Sift & add:                                        480g flour  
    2 tsp cream-o-tartar  
    2 tsp baking soda  
    2 tsp ginger

Roll into walnut sized balls. Place on greased tray. Don't flatten.

## EASY COFFEE CAKE

Pour 3 tbsp melted butter over:  
1 cup flour                                        3 tbsp milk  
¾ cup sugar                                        1 tbsp coffee  
2 eggs  
Beat for 5 mins. Add 2 tsp baking powder & beat again. Bake in moderate oven for 30 mins.

## CHOCOLATE CARAMEL CAKE

180g butter  
120g sugar  
1 ½ - 2 cups flour  
1 tbsp cocoa  
1 tsp baking powder  
½ tsp vanilla

Cream butter & sugar. Add dry ingredients & vanilla.

Put half mixture in a flat tin.

Warm in a pot the following:

½ tin condensed milk  
3 tbsp golden syrup  
2 oz butter  
½ tsp vanilla

Pour over ingredients in flat tin. Crumble the other half of the mixture on top. Bake in moderate oven for 30 mins.

## CHOC FUDGE (MICRO)

125g butter in jug for approx. 1 min.

Add:

½ cup br. Sugar  
¾ cup coconut or cornflakes  
1 tsp baking powder  
½ cups flour  
1 tbsp cocoa

Cook on high for 4 ½ mins (elevated).

Ice with chocolate icing.

## GINGER CRUNCH (MICRO)

125g butter (melted)  
2 tsp ginger  
1 ½ tsps. Baking powder  
½ cup br. Sugar  
1 ½ cups flour  
4 1/5 mins on high (or 2 1/5 mins in 2 tins)

## FUDGE CAKE (2)

Melt:

125g butter  
¾ cup sugar  
1 tbsp golden syrup  
2 tsps cocoa

Add:

¾ cup coconut  
1 ½ cups flour  
1 ½ tsp baking powder

Bake at 180°C for 10 mins only.

## **BASIC BISCUIT RECIPE - Barbara Billinghamurst**

240g butter                      360g – 420g flour  
240g sugar                      1/2 tsp salt  
1 egg                              ½ tsp vanilla essence  
1 tsp baking powder

Cream butter & sugar. Add egg, then dry ingredients.  
If used at once, use 420g flour, but mixture can be  
made & wrapped in greaseproof 2-3 days or a week  
in fridge. If keeping, use 360g flour.

**Almond:** 2-3 drops almond essence, roll in sugar.

**Kiwi Crisps:** 3 tbsp condensed milk, 1/3 cake  
chocolate.

**Walnut:** 1 tbsp golden syrup, 1 cup chopped nuts

**Crispettes:** 1 ½ cups coconut, 1 tbsp cocoa

**Malt:** 3 tbsp malt, 2 tsp baking soda

**Walnut & ginger:** 2 tsp ginger, 4 oz walnut, 4 tsp  
golden syrup

**Joy:** 240g br. sugar instead of white, 1 cup walnuts,  
½ cup sultanas.

**Peanut:** 3 dsp cocoa, 2 cups peanuts

**Coconut:** 240gcoconut

**Belgium:** 3 tsp cinnamon, 2 tsp all-spice, 1 tsp  
golden syrup, 1 tsp ginger, 1 tsp cocoa.

## **HOKEY POKEY BISCUITS - Barbara Billinghamurst**

240g butter                      2 sml cups sugar  
2 tbsp golden syrup              1 tbsp milk  
3 cups flour                      1 tsp baking soda

Cream butter & sugar. Heat golden syrup & milk. Add  
soda till dissolved. Add to creamed mixture, then add  
flour. Roll into balls & flatten with fork. Bake at 180°C  
for 12 - 15 mins.

## SPICED APPLE SQUARE

240g SR flour	1 egg
1 tsp mixed spice	1 cup stewed apple
1 tsp vanilla	½ cup sultanas
3 oz butter	180g sugar

Cream butter, sugar, vanilla. Add egg & beat well. Stir in dries, then apple & sultanas. Put in sponge roll tin. Bake mod oven 30 mins. Sieve icing sugar over top while hot.

## AMERICAN TEA CAKES (Adrienne Pittams)

Beat 1 egg with ¾ cup milk. Add ¾ cup sugar, beat. Beat in 1 cup flour. Add 2 flat tsp baking powder, beat. Spoon into muffin pans. Sprinkle with mixture of cinnamon & sugar. Cook at 200°C for 10 mins.

## CHOCOLATE CRUNCH MICRO (Kath Keenan)

Melt together:	125g butter
	2 tbsp golden syrup
Add:	
1 cup flour	1 cup rolled oats
1 tbsp cocoa	1 cup br. Sugar
1 cup coconut	

Cook 5 mins on High.

## APRICOT FUDGE

1 pkt crushed wine biscuits	3 oz br. Sugar
1 cup chopped dried apricots	½ tin cond. Milk
4 oz butter	coconut

Mix biscuits & apricots. Melt butter, BR. sugar & condensed milk on low heat. Mix into biscuit mixture. Press into flat tin, then sprinkle with coconut. Leave 24 hours.

## LEMON COCONUT SLICE

120g butter                      135g flour  
120g sugar                      ¼ tsp salt  
1 egg                              1 cup coconut

Vanilla

Cream butter & sugar, add other ingredients. Press in flat tin. Bake 180°C for 20 mins. When cool, cover with filling.

Filling:

60g butter                      60g icing sugar  
2 tbsp cond. Milk              1 lemon

Cream butter & sugar, add cond. Milk & rind & juice of lemon (careful, it curdles). When set, cover with choc. icing.

## FRUIT SHORTCAKE (Jenny Brown)

120g butter                      ¾ cup sugar  
1 egg                              2 large cups flour  
1 tbsp milk                      1 heaped tsp baking powder

Cream butter & sugar. Add egg & milk, beat again. Add drys. Roll between floured greaseproof. Cook 190°C. Put filling on half.

## CARAMEL CAKE (Annette's recipe)

1 teacup sugar                      1 cup milk.  
120g butter                      1 ½ cups flour  
1 egg                              vanilla  
1 tsp baking powder              1 tsp baking soda  
1 tbsp golden syrup

Cream butter & sugar. Add beaten egg. Melt Golden syrup, add soda & milk. Add to creamed mixture. Add dry ingredients, mix well. Add 1 large tbsp. cocoa to rest & add to tin. Stir lightly with fork or knife. Bake 180°C for 30 - 45 mins.

## LEMON MADEIRA CAKE

120g butter                      120g sugar  
1 lemon                            1 egg  
180g flour                        1 tsp baking powder  
½ cup milk                        2 tsp sugar

Cream butter & sugar. Add grated lemon rind & egg. Beat well. Sift flour & baking powder & add alternately with the milk. Bake 180°C for 50 - 60 mins in greased loaf tin. As soon as cake is cooked, pour over the lemon juice & sprinkle with 2 tsps sugar. Leave in tin for 10 mins, turn out to cool.

## APRICOT TRUFFLES

1 cup dried apricots    ½ cup water  
Lemon rind (little)  
Simmer till water gone. Chop up.  
Add: ½ cup honey        1 cup skim milk  
          ½ cup sultanas    1 cup coconut  
          Squeeze lemon juice  
Cool it, mix it, roll in coconut.

## CARROT CAKE (Annette's Recipe)

2 cups flour                        2 tsp vanilla  
2 tsp baking powder            1 tbsp golden syrup  
2 tsp cinnamon                 1 cup salad oil  
1 tsp salt                          2 cups grated carrot  
1 ½ cups brown sugar         3 eggs

Mix flour, baking powder, cinnamon & salt. Add sugar & mix well. Beat eggs until fluffy. Add eggs, vanilla, syrup & oil. Stir in carrots. Cook at 160°C for 1 hour.

Icing:

125 gm cream cheese         50 gm butter  
2 cups icing sugar            1 tsp vanilla

## CATHEDRAL WINDOW CAKE (Annette's Xmas

### Cake)

1 ½ cups brazil nuts	½ cup red cherries
½ cup almonds	½ cup mixed cherries
½ cup cashews	1 ½ cup glacé fruit
½ cup sultanas	½ cup sticky raisins
¾ cup flour	½ cup brown sugar
½ tsp baking powder	¼ tsp salt
2 eggs	½ tsp vanilla
100g butter	

Double all quantities for good size cake. Mix all together, reserving some fruit for decoration. Bake slowly for 3-4 hours

## ORANGE WEETBIX SQUARES

150g butter	¾ cup sugar
1 cup crushed weetbix	½ cup coconut
1 ½ cups SR Flour	2 tbsp orange juice

Mix dry ingredients. Melt butter, add orange juice.

Add to dry ingredients. Press into tin. Bake 180°C for 25 - 30 mins. Ice with orange or lemon icing while still warm.

## CARROT CAKE (Barbara's Recipe)

1 cup wholemeal flour	2 tsp baking soda
1 cup white flour	2 tsp cinnamon
2 cups raw sugar	1 cup salad oil
4 beaten eggs	3 cups grated carrot

Put dry ingredients in bowl & add oil. Stir in eggs & carrot & mix well. Bake 1 hour at 180°C.

### Icing:

60g cream cheese	Vanilla essence
30g butter	1 cup icing sugar.

## CORNFLAKE CRUNCHIES

125g butter	¾ cup sugar
½ cup coconut	1 egg
1 tbsp cond. milk	Vanilla essence
Almond essence	1 ½ cups SR Flour
¼ tsp Baking Soda (opt)	1 cup cornflakes

Cream butter, sugar & cond. milk. Add egg & essences, beat well. Add dry ingredients. Roll in balls & flatten with fork. Bake 180°C for 15 - 20 mins.

## APRICOT BALLS

150g dried apricots minced or chopped  
120g icing sugar                      120g butter  
Cream butter & sugar.

Add:

40g sultanas                      ½ pkt crushed biscuits  
40g coconut

## CHOCOLATE BALLS

Cream 100g butter & 1 cup icing sugar.

Add:

½ cup crushed biscuits              1 tbsp cocoa

½ cup fruit

Roll in coconut

## AFGHANS

210g butter                      30g cocoa  
90g sugar                      60g cornflakes  
180g flour                      vanilla essence

Cream butter & sugar. Add rest of ingredients.

Place in spoonfuls on greased tray. Bake at 180°C

## MOCHA TART

5 eggs                      1 cup flour  
Pinch salt                      1 tsp baking powder  
2 tbsp coffee essence              1 cup sugar

Separate eggs. Whisk egg whites, salt & a pinch of baking powder together. When stiff, add egg yolks separately. Continue beating & add sugar. Beat in coffee essence. Sift flour & baking powder & fold into egg mixture. Bake in moderate oven ½ - 1 hour.

Icing:

2 tbsp icing sugar                      coffee essence to taste  
1 tbsp butter.

## CHOCOLATE SLICE

Cream together: 120g butter, 180g (brown) sugar  
1 egg.

Add: 1 cup chopped dates      1 cup sultanas  
Vanilla Essence                      240g flour  
1 tsp baking powder

Press into greased swiss roll tin & sprinkle chopped dark chocolate (santé bar) Bake 25 mins.

### COCONUT LOAF (Annette)

3 cups flour                      2 cups coconut  
3 tsp baking powder          2 cups milk  
1 ½ cups sugar                vanilla / almond essence  
1 or 2 eggs (opt.)

Stir dries. Add milk, essence, etc. Don't over-mix. 2 loaf tins. Bake at 180°C 45-60 mins.

### NUTTY BARS (Helen)

1 cup rolled oats                ½ cup coconut  
½ cup flour                      ¼ lb butter  
½ cup br. sugar                1 dsp golden syrup  
90g chopped walnuts        vanilla essence  
1 tsp baking soda

Melt butter, sugar & golden syrup & while boiling add soda & stir until foams. Stir in dry ingredients. Flatten on tray & bake at 180°C. Cut while warm.

### SPICE BUNS

3 cups flour                      1 tsp baking soda  
2 dsp sugar                      1 tsp cinnamon  
3 tbsp treacle                  1 tsp mixed spice  
2 tsp cream-o-tartar          milk to mix

Sift dries, melt butter & treacle in warm milk & add to dries. Roll into shapes.

### ROCKY MALLOW BISCUITS

Crush 3 weetbix (2 cups cornflakes) finely.

Add: ¾ cup sugar                2 tbs cocoa  
         1 cup coconut              1 cup SR flour  
         ¼ lb melted butter (Kremelta)

Press into greased tin & bake in slow oven.

#### Marshmallow:

Dissolve 2 dsp gelatine in 1 cup boiling water. Pour over 2 cups sugar & beat until thick. Add vanilla & cochineal. Pour over biscuit & leave. Cut into squares.

## TOASTIE BAR

120g butter } Cream together  
½ cup sugar }

Add 1 cup flour, pinch salt, 1 tsp baking powder, ¾ cup coconut, 2 dsp cocoa. Press into sponge roll tin. Bake at 180°C approx. 20 mins.

**Topping:** 1 cup sugar 1 tbsp gelatine  
1 cup boiling water

Boil gently 8 mins, leave till warm. Add ¾ cup icing sugar. Beat till thick. Cover base mixture.

**Icing:** 1 cup icing sugar 1 oz butter  
2 tsp cocoa ¾ cup coconut.

Mix with milk.

## SULTANA CAKE (Lorraine Larsen)

Boil 450g sultanas for 5 mins & drain most of liquid. Add 240g butter. Beat 3 eggs & 360g (or less) sugar & add to butter & sultanas. Sift 450g flour, 1 tsp baking powder, 1 dsp cornflour & add to other ingredients. Lastly add essence. Bake in 8" tin approx. 1 ½ hours at 180°C

## CHOCOLATE MIRACLES (Lorraine Larsen)

60g butter ½ cup sugar  
1 cup flour 2 tbs golden syrup  
1 tsp baking powder 1 egg  
1 tsp baking soda ½ cup milk  
1 tbsp cocoa

Mix drys. Add melted butter & syrup. Lastly egg & milk beaten together. Bake in patty tins in fairly hot oven 15 mins.

## PEANUT SURPRISES (Carol Sorsby)

100g butter 1 cup peanuts  
1 cup sugar 1 cup cornflakes / weetbix  
1 cup flour 1 egg  
1 cup coconut ½ tsp baking soda  
1 tsp baking powder  
Cream butter & sugar, add egg, add sifted drys. Bake at 170°C 12 - 15 mins.



## CHOP SUEY

1 onion, thinly sliced                      1 ½ tbsp. dripping  
½ cups celery slivered                      1 cup gravy  
2 hard green apples, sliced      Soy sauce  
1 lb cubed stewing steak or shanks or forequarter of mutton

Brown meat in fat. Add gravy, cover & cook slowly until tender. Mix in celery & green apples. Season with soy sauce. Thicken if necessary. Heat thoroughly & serve with rice. **Note:** Finely shredded cabbage or cauliflower stalks can be added. Also shredded carrots, sliced beans or watercress.

## MINCE CHOW MEIN

Cook 450g mince & 1 chopped onion in 60g butter for ½ hour.

Add: 1 dsp curry                              3 dsp rice  
          1 pkt chicken noodle soup  
          3 cups water                              1grated carrot  
          Seasoning

Cook for another ½ hr. Add shredded cabbage. Cook 10 mins before serving.

## SWEET & SOUR PORK

700g lean pork, cubed                      2 tbsp fat  
½ cup water, plus a little                      1 heap tbsp. br. sugar  
2 tbsp cornflour                              ¼ cup vinegar  
1 med. Can pineapple chunks  
Mixed vegetables                              ¼ cup chopped onions  
1 tbsp soy sauce                              ½ tsp salt

Brown pork in hot fat. Add water, cover, & simmer for approx. 1 hr.

Drain pineapple, reserving juice. Combine sugar, cornflour, pineapple juice, vinegar, soy sauce & salt. Cook over low heat until thick, stirring constantly.

Pour over hot cooked pork & allow to stand 10mins or longer. Add pineapple, greens & onion.

Cook in casserole in oven 180°C for about 10 mins.

Serve with rice or noodles.

## BROWN RICE & CHEESE CASSEROLE

2 eggs, lightly beaten    1 ¼ cups grated cheddar  
½ cup heavy cream                      salt  
1/3 cup water                      ¼ cup chopped green pepper  
1 ½ cups cooked br. rice      2 tbsp grated onion  
Beat eggs with cream & water. Stir into rice. Add cheese, salt, green pepper & onion. Turn into greased & bake 45 mins or until set in mod. Oven.

## MACARONI CHEESE

120g macaroni                      60g butter  
1 tbsp flour                      300ml milk  
½ tsp mustard                      ½ tsp salt  
Pinch cayenne pepper          120g grated cheese  
Cook macaroni. Meanwhile melt 1 oz butter in saucepan. Make white sauce mixing flour & milk together & stir into saucepan. Cook 3 mins. Add seasoning & 3 oz cheese, & mix thoroughly. Combine with macaroni & place in greased pie dish or casserole. Sprinkle with remainder of cheese & butter. Heat in hot oven until brown.

## CURRY

450g meat                              1 pkt curry rice risotto  
2 onions                              1 apple  
1 tbsp sultanas                      1 tbsp vinegar  
Carrots                              salt  
Water to cover                      1 tsp curry  
1 tbsp sugar  
Add rice risotto after rest of ingredients are cooked. Brown rice first. Thicken with flour.

## FAMILY MEAT ROLL

1 egg                                      450g mince (cooked)  
450g sausages (skinned or sausage meat)  
1 tsp salt                              1 chopped onion  
Thyme & seasoning as required.  
Mix mince, sausage meat, onion & salt well together, & add the egg to bind. Mix well again & form into long loaf shape. Roll in flour or breadcrumbs. Put in greaseproof or butter papers with dripping & roast for 1 ¼ hrs at 180°C.

### HOT POTATO SALAD (Karen Edmeades)

1kg potatoes	1/3 cup French dressing
2 sticks celery	salt & pepper
1 onion	2 rashers bacon
½ red pepper	2 hard-boiled eggs
2 tbsp chopped parsley	3 oz grated cheese
¼ cup sour cream	

Cook peeled & diced potatoes until tender, drain well. Slice celery, onion, pepper. Combine all veges & parsley in bowl. Mix sour cream & dressing, season with salt & pepper, and pour over potatoes. Mix lightly & turn into shallow dish. Dice bacon & sauté until crisp. Drain, sprinkle over potatoes with chopped eggs. Grate cheese, sprinkle on top, heat under grill till cheese is golden brown. Serves 6.

### FISH BALLS Multiply 5 times

450g canned smoked fish fillets – Watties tin	
2 onions	6 slices white bread soaked in milk
4 tbsp parsley	1 clove garlic
Salt & black pepper	1 egg yolk
½ tsp prepared mustard	

Blend all ingredients well. Form into small balls, fry in hot oil until golden brown & drain. Remove to warmed casserole dish.

#### Sauce:

1 ¼ cups pineapple juice	1 ½ tbsp cornflour
4 tbsp honey	3 tbsp soy sauce
2 tbsp white wine vinegar	1 tsp ginger
Good dollop white wine	

Mix pineapple juice with cornflour, place in pan with remaining ingredients. Cook gently over low heat, stirring until thick. Add pineapple chunks (optional) & chopped parsley.

Pour over fish balls & gently heat through.

## PICKLED PORK IN RED CURRANT SAUCE or CRANBERRY

1 kg pickled pork            1 tbsp wholeseed mustard  
¼ cup red currant or cranberry jelly  
1 tbsp br. sugar            4-5 whole cloves garlic max 9

Combine jelly, mustard, sugar & spread over surface of pork. Stud with cloves. Place in centre of large double layer of foil. Fold to completely enclose meat. Place in roasting pan. Cook in preheated oven 180°C for 2 – 2 ½ hours. Stand for 10 minutes.

### Sauce:

½ cup red currant / cranberry jelly  
½ cup orange juice            1 tbsp cornflour  
1 tsp dry mustard            1 tbsp wine vinegar  
2 tbsp Port

Place jelly & orange juice in saucepan. Stir until jelly melts. Mix mustard & cornflour with vinegar to smooth paste & stir into jelly mix. Cook until thickens. Take off heat & add port. Carve pork into thin slices & cover with sauce.

## FISH

Butter casserole, fish in lemon juice. Flour, seasoning & fish into dish. Pour ½ cup top milk in. Grated cheese on top & butter knobs. Moderate oven for ½ hr.

## CAULIFLOWER IN YOGHURT

1 cauliflower                            1 tsp sugar  
3 onions                                1 tsp salt  
2 cloves garlic                        45 gm butter (1 ½ oz)  
½ pt (280 ml) yoghurt (with 1 tsp cornflour)  
1 tsp garam masala

Divide cauliflower into florets. Slice 1 onion & the garlic finely & mix with yoghurt, sugar & salt. Add Cauli to yoghurt mixture & marinate for 2 hrs. Heat butter & fry remaining 2 onions. Add cauli mixture & 1 cup hot water. Simmer until tender & serve sprinkled with garam masala. Serves 4.

Note: Adding cornflour to the yoghurt stabilises it, preventing it from curdling.

## BOHEMIAN CABBAGE

Mix lightly in saucepan 5-6 cups finely shredded cabbage, ¼ cup water, 1 tbsp minced onion, 1 tsp salt, ¼ tsp pepper, ½ tsp caraway seeds (if desired). Cook over low heat for 5 mins. Stir in ½ cup sour cream & heat through.

## ZUCCHINI BAKE

1 med. Onion	salt, pepper
60g butter	1 tsp sugar
2 tbsp oil	4 zucchini
240g tomatoes	180g cheese
1 tsp basil	2 tbsp flour
1 tsp marjoram	parsley

Fry onion lightly in butter & oil. Add sliced tomatoes, basil, marjoram & simmer for 20 mins. When cooked, add pepper, salt, sugar & mix well. Slice zucchini into rings & coat with flour. Brown in oil. Grate the cheese. Place, in this order, in a baking dish: layers of zucchini, cheese, tomato mixture. Continue, finish with cheese. Bake for 25 mins at 190°C. Serves 4

## CHINESE RAGOUT

1 sm. Onion	1 med. Carrot
1 leek	½ cabbage
1 stalk celery	2 tbsp cooking oil
1 green pepper	½ tsp ginger
½ tsp salt	

Chop veges finely, shred cabbage. Heat oil, fry onion, celery, carrot, leek in hot pan for 1 min. Add cabbage, pepper, ginger & salt. Fry, shaking occasionally, for 4 mins. Serves 3.

## SCALLOPED POTATOES

Peel 1kg potatoes & cut into slices about 0.5cm thick. Place about 2.5cm potatoes on the bottom of a deep oven dish. Dot with 1 or 2 tsps butter, sprinkle with salt & pepper, then with about 2 level dsps flour using a flour sprinkler if poss. Cover with 1/3 cup milk. Repeat until dish is full. A little chopped onion may be added to each layer. The milk should come to about 1' from top, so add a little more if necessary. Cover with lid & bake in mod oven for 1 ½ hrs. Remove lid, continue baking until top slightly brown.

## HAWAIIAN PORK

2 tbsp oil	2 cooking apples (sliced)
500g pork pieces	1 pkt chicken noodle soup
1 lge onion (sliced)	1 cup water
1 tbsp root ginger	450g tin pineapple pieces
1 tbsp vinegar	1 cup carrots, julienned

Heat oil & sauté the pork pieces, onion, ginger & apple for approx. 5 mins. Remove from heat, blend in soup, water, pineapple juice & vinegar. Stir until boiling. Simmer 25-30 mins or until meat is tender. Add carrots & pineapple 10 mins before serving. Serve with rice or noodles.

## MICROWAVE CHICKEN

1 tbsp honey	1 tbsp soy sauce
--------------	------------------

Sesame sauce

Brush on chicken & cook on high for 10 mins for each kg weight. Turn over half way thru cooking, e.g. 1.5 Kg chicken = 15 mins both sides (7 ½ mins per side). Cook elevated but uncovered.

## TASTY MICROWAVE CHICKEN

Place chicken in oven bag. Sprinkle both side with pkt French onion soup mix. Microwave on med high for 10 mins for each kg weight. Turn over half way thru cooking, e.g. 1.5 Kg chicken = 15 mins both sides (7 ½ mins per side).

## BEEF ROLLS

1 kg mince	1 chopped onion
3 eggs	salt & pepper
½ cup bread crumbs	pastry
or potatoes	

Mix mince, onion, eggs, seasoning, bread crumbs / potatoes well, form into rolls & grill or bake. Cool & roll in pastry. Seal with egg glaze. Cook in hot oven. Serve with veges or have cold.

### SMOKED FISH SALAD

Cook piece of smoked fish for 5 mins. Drain, cool & flake. To 2-3 cups cold mashed potatoes, add seasonings, chopped onion & parsley. Mix in fish. Place in salad bowl. Top with sliced H.B. egg & tomatoes.

### SALMON PIE

3 cups cooked rice	3 hard-boiled eggs
1 onion chopped	240g tin salmon
1 clove garlic	1 cup chicken gravy (Maggi)
1 tsp soy sauce	1 tbsp lemon juice
Salt	2 dsp chopped parsley

Fry onion & garlic, Add rice, stir till hot. Add soy sauce, salt, chopped egg. Make chicken gravy, add lemon juice, parsley & broken up salmon. Add to mixture. Stir a little. Decorate with sliced egg & tomato. Put in covered casserole & place in oven to keep hot. Serve with carrots & peas or use as entree with thin tomato wedges.

### LIZ'S CHICKEN CASSEROLE

Boil chicken, meat off bones

#### Sauce:

2 pkts mushroom soup	1 pt milk
1 tbsp curry powder	2-4 tbsp sherry
Mushrooms (optional)	

### CARROT SALAD

1kg carrots	1 med. green pepper
½ cup sugar	½ tsp dry mustard
½ tsp salt	1 med. onion
1 cup tomato soup	½ cup salad oil
1/3 cup white vinegar	¼ tsp pepper

Cut carrots in narrow lengths & cook 10-15 mins.

Put vinegar, oil & sugar in bowl & mix thoroughly. Put aside.

In another bowl put rest of ingredients, except carrots.

Add marinade. Add carrots & mix together.

Can be served hot or cold.

## HAMBURGERS

1kg steak mince          300g chopped onion

330ml tin apple & orange juice

300g breadcrumbs      1 dsp salt

Press out on breadcrumbs. Cut into shapes. Wrap in glad wrap or waxed paper & freeze till ready to use.

## SWISS ROLL

500g sausage meat      1 onion, chopped

500g steak mince      cooked peas & carrots (opt.)

Breadcrumbs

Press sausage meat onto breadcrumbs on waxed paper. Do same for mince. Then put mince on top of sausage meat, & remove top layer of paper.

Sprinkle onion on top of mince (also peas & carrots).

Sprinkle with salt to taste. Roll from long side, press tight. Chill in freezer for ½ hour.

Slice with buttered knife. Coat with crumbs. Wrap in glad wrap or waxed paper & freeze till ready to use.

## PINEAPPLE CORNED BEEF ROLLS

6 slices corned beef    1 cup drained cr. Pineapple

Spread pineapple over meat. Roll & secure with toothpicks.

### Sauce:

1 tbsp grated onion          1 tbsp chutney

1 tbsp Worcester sauce      2 dsp cornflour

½ tsp ea. Salt & pepper      1 cup pineapple juice

Combine together & boil. Pour sauce over meat rolls & bake 20 mins in moderate oven.

## CORNED SILVERSIDE IN WHITE SAUCE

500 ml white sauce          1 tbsp malt vinegar

1 dsp tomato sauce          1 tbsp sugar

1 tsp prepared mustard      corned silverside slices

Make white sauce. Add rest of ingredients. Simmer 5 mins then pour over silverside slices & heat through.

## RACHAEL'S EXPERIMENTAL PORK

5 pork slices                      ¼ cup soy sauce

¼ cup olive

Marinate pork in liquid for 10 mins, then microwave first on high for 5 mins, then medium low for 10 minutes.

2 cloves garlic                      1 onion

Microwave 2 mins in 2 tbsp oil.

2/3 cup tomato sauce    2 tbsp Worcestershire sauce

HP Sauce, chilli sauce              1 tbsp wine vinegar

1 tsp mustard powder              ½ tbsp. brown sugar

Jumble together with onion & garlic, microwave for 2 mins.

Serve pork over rice, with sauce drizzled over the top.

## BATTER

325g flour                              1 tsp baking soda

3 tsp baking powder              1 cup water

½ tsp salt                              1 tsp vinegar

Mix drys. Add water, mix well. Lastly add vinegar.

## TOMATO SAUCE

3kg tomatoes

1kg apples

500g onions

1kg sugar

60g ginger

120g salt

2 dsp curry powder

¼ tsp cayenne

4 tsp cloves

1 quart vinegar

Boil all together for 3 hours. Strain & bottle when cool.

## WORCESTER SAUCE

1 gal vinegar

600ml soy sauce

30g cloves

60g garlic

1 onion cut fine

30g cayenne pepper

15g white pepper

1kg treacle

1 tsp salt

120g raisins

500g brown sugar

Boil all together 1 hour. Strain & bottle.

## **GARLIC SAUCE**

1 gal vinegar	240g garlic
2kg treacle	2 onions
30g cloves	2 tbsp salt
30g chillies	450g brown sugar
1 rnd. tbsp. gr. ginger	1 sm btl Worcester sauce

Mince garlic & onions & mix everything together except sauce. Let stand all night & next day. Boil for 1 hour & strain. Now add sauce. Bottle. Keeps for years.

## **GREEN TOMATO PICKLE**

2kg green tomatoes	1kg onions
500g brown or raw sugar	pepper & salt
1 tsp small peppercorns	2 cups vinegar

Thicken if necessary.

Boil for ½ - 1 hr till onion is cooked.

## **CHUTNEY**

Peel:	
450g ripe tomatoes	450g onions
450g apples	
Add:	
360g sugar	½ bottle vinegar
Sml tsp curry	sml tsp gr. ginger
½ tsp cloves	¼ tsp pepper
1 tbsp salt	

Boil 1 ½ hours. Watch closely last half hour.

## **CUCUMBER CHUTNEY**

500g onions	600ml vinegar
750g cucumber	1 sml tsp cayenne
45g salt	1 dsp curry powder
500g apples	

Mince all, add vinegar & other ingredients. Boil 1 hour, put into jars.

## OLD FASHIONED TOMATO SAUCE

2kg tomatoes	1 ¼ cups malt vinegar
500g apples	28g cloves
500g onions	14g peppercorns
50g salt	14g allspice
600g sugar	¼ tsp cayenne

Coarsely chop the unpeeled tomatoes, apples & peeled onions. Put the whole spices in a muslin bag & combine all ingredients. Bring to the boil & cook, covered, for 1 hour. Put through mouli, bring back to boil & seal.

## GHERKINS

Scrub gherkins. Cover with ½ cup common salt & water. Leave overnight. Drain & cover with boiling water. Lift from water & pack into sterilised jars & pour over boiling spiced vinegar.

**Spiced vinegar:** (for 3 kg gherkins ???)

2 cups vinegar	1 cup sugar
1 tsp pickling spice	

Boil together for 5 mins.

## FEIJOA CHUTNEY

1 kg feijoas	2 cups dates
1 kg onions	2 cups raisins
1 tsp ginger	4 tsp salt
1 Litre malt vinegar	1 tsp ground cloves

Cut ends of feijoas. Chop & mince together with dates & raisins. Add sugar, spices, salt & vinegar. Bring to boil, stirring well. Boil until thick (1 – 1 ½ hrs). Cool, then bottle in sterilised containers. Cover (sealing not necessary).

## APPLE CRUMBLE PUDDING

3-4 large apples	sugar to taste
½ cup water	1 tsp cinnamon

Peel apples & slice into pie dish. Sprinkle with sugar, cinnamon & water. Sprinkle over top (rubbed together):

½ cup flour	½ cup rolled oats
3 tbsp butter	½ cup sugar

Bake at 180°C for 1 hour.

## APPLE DELICIOUS

6 cooking apples      ¼ cup sugar  
¼ cup orange juice    1 tsp orange rind  
¼ cup sugar            1 ½ cups soft breadcrumbs  
100g butter            3 eggs

¾ cup evaporated milk

Peel, core & slice the apples. Put into a saucepan with the orange juice & first measure of sugar. Cover & cook gently until the apples are tender. Turn into a shallow ovenproof dish.

Cream the butter, second measure of sugar & orange rind together. Separate the eggs. Add the egg yolks one at a time to the creamed mixture, beating well after each addition. Stir in the breadcrumbs. Beat the egg whites until soft peaks form. Fold into creamed mixture. Spread over apples.

Carefully pour evaporated milk over the top.

Bake at 180°C for 40 – 45 mins.

## SPICED SULTANA SQUARES

120g butter                            1 ½ cups flour  
½ teacup sugar                        1 tsp cinnamon  
1 beaten egg                            1 tsp spice  
1 tsp baking powder

Cream butter & sugar. Add egg. Add dry ingredients. Mix well & roll out thinly. Place half in tin. Spread with filling & cover with other half.

### Filling:

Cover ¼ lb sultanas with water & add 2 oz sugar. Boil & thicken with ½ tsp cornflour & juice of ½ lemon.

Bake 20 mins at 200°C. Sprinkle with icing sugar. Serve with custard or whipped cream.

## CHOCOLATE FONDUE

1/3 cup brown sugar                    1 cup cream  
150g chocolate

Melt all together & dip apples, banana, pineapple, etc. into it.

### 'GLEN TUI' PAVLOVA

4 egg whites                      2 tbsp cornflour  
Pinch salt                          vanilla  
1 cup sugar                        2 tsp vinegar

Beat egg whites until stiff. Add half the sugar & beat until dissolved. Fold in other half of sugar & other ingredients. Bake for 1 ½ hrs 120°C

### ROLY POLY PUDDING

1 cup flour                        pinch salt  
½ tsp baking soda               1 tsp cream-o-tartar  
½ cup butter                      water to mix  
Jam                                 ½ cup sugar  
1 tbsp butter                      1 cup boiling water

Make paste of flour, cream-o-tartar, baking soda, salt, ½ cup butter, & water. Cover with jam.

Roll up & place in buttered dish.

Dissolve sugar & 1 tbsp butter with boiling water.

Pour over roly poly & bake about ¾ hour.

### HUDSON & HALLS CHOCOLATE LOG

Read recipe beforehand

250g dark chocolate              250g unsalted butter  
5 tbsp castor sugar                3 egg yolks  
1 ½ cups ground almonds       ¼ cup brandy  
3 egg whites                        soy (bland) oil  
½ pkt choc chip biscuits (roughly crushed)

Cream butter & sugar. Add egg yolks one at a time.

Add almonds & brandy to chocolate, then add to creamed mixture. Mix well. Whip egg whites till stiff & add to mixture.

Coat sides & bottom of loaf tin or similar with oil. Add biscuits to choc mixture. Put into loaf tin. Freeze 2 hours, then put in fridge until set. Has to be totally cold.

### COFFEE CREAM (for above)

2 tbsp coffee in ¼ cup hot water. Leave to cool. Add ½ pt cream & whip until soft peaks. Chill.



### CHOCOLATE MOUSSE (Mum's Recipe)

3 tbsp cornflour            1 tsp vanilla  
3 tbsp sugar                2 tbsp cocoa  
600 ml milk                 1 tbsp butter

Place together in batter bowl, then microwave on high, stirring ½ way through cooking time for 8 mins. Pour into dish. Serve chilled & decorated.

### ONE MINUTE ICECREAM (Mum)

In food processor put 2 cups frozen berries (free-flow best). Can use mixture of fruit, size of berry, any berry fruit. Process for 30 secs approx. (Makes awful noise).

Add ¼ cup castor sugar & process again.

While still going, pour in either:

½ cup cream    or    ¼ cup milk & ¼ cup cream  
or ½ cup top milk – makes more like a sherbet.

Ready straight away but can be frozen.

### BANANA & HONEY WHIP

4 ripe bananas            1 ½ cartons plain yoghurt  
Small carton whipped cream    2 tbsp honey  
Squeeze of lemon juice    handful flaked almonds  
Peel & slice bananas. Stir yoghurt, honey & lemon in to bananas. Fold in whipped cream. Spoon into dishes. Sprinkle almonds on top.

### UNCOOKED FRUIT PUDDING

1 pkt raspberry jelly            ¼ boiling water  
1 tsp cinnamon                 1 ¼ cups cold water  
½ cup chopped almonds        1 ½ cups mixed fruit  
½ cup chopped glacé cherries    1 tsp nutmeg  
½ cup chopped glacé pineapple    ¼ cup dry sherry  
½ cup chopped preserved ginger

Soak dried & glacé fruit & ginger in sherry overnight. Next morning make up jelly in boiling water, add rest of water & stir into fruit mixture. Add spices & nuts. When mixture is cold pour into mould & chill overnight. Turn out & garnish as desired.

## TOFFEE

3 cups sugar                    1 tbsp lemon juice or vinegar  
1 cup cold water            2 ½ oz butter  
½ tsp cream-o-tartar    1 tsp essence

Grated rind lemon, orange, raspberry, pineapple or peppermint.

Cup roasted peanuts, coconut, crushed nuts, etc. to please.

Bring to boil sugar, water, butter, etc. When all is boiling, add cream-o-tartar and do not stir. Boil till brown and crisps in water. Put flavouring in last & quickly turn out. Can be made into all-ay suckers.

## BRANDY BALLS

10 wine biscuits            1 cup fruit & nuts  
120g butter                1 tbsp cocoa  
150g icing sugar          1 heaped tbsp. coconut  
1 tsp brandy

Crush biscuits & add dry ingredients. Lastly add melted butter. Roll in balls & dip in coconut.

## HOKEY POKEY

4 tbsp sugar                    2 tbsp golden syrup

Boil 7 mins & add 1 small tsp soda. Will froth to top of saucepan. Pour into buttered plate or twist onto sticks.

## CARAMEL TOFFEE

1 tin condensed milk          2 tbsp honey  
90g butter

Put all ingredients in saucepan. Heat & stir over low heat for 30 mins. When it is caramel colour spread in swiss roll tine. Cut when cold & wrap in foil.

## GINGER BEER

Feed with:

1 tsp ground ginger      1 tsp sugar

Daily for 1 week.

To make up:

3 cups sugar              2 litre hot water

4 litre cold water        juice of 3 lemons

Liquid off top of 'Bug', strained.

Bottle & leave for 7-10 days before drinking.

Split the 'bug' in two & feed for a week before making it up again.

## LEMONADE

2 lemons sliced into a bowl. 2 lbs sugar, 2 dsps cream-o-tartar, 2 gals boiled water. Stir together, leave 24 hours, stir & bottle. Will be ready in 14 days.

## LEMON DRINK CONCENTRATE

1.5kg sugar              juice of 6 lemons

Rind of 4 lemons        4 cups boiling water

30g tartaric acid        30g citric acid

30g Epsom salts (to keep)

Mix all together & bottle when cold. Dilute to taste.

## TOMATO SOUP

6kg tomatoes            3-4 cloves

6 large onions

Chop & boil. Put through mouli (coarse then fine).

Boil again.

Add: ½ lb butter        2 tsp pepper

2 tbsp salt              1 cup sugar

120g flour              Handful parsley (Opt.)

Mix flour, salt & pepper. Put butter in hot mixture with some of cooked soup. Then thicken soup, bottle when hot.

### GRAN'S MARMALADE

1.5kg citrus (mouli or blender)      14 cups water

Leave overnight.

Boil till peel is tender. Then add 4.5kg sugar (slowly) & boil till set.

### FEIJOA ORANGE JAM

1 kg feijoas                      juice 1 lemon

¼ cup water                      juice & rind 1 orange

4 cups sugar

Peel & slice feijoas. Boil with water till soft. Stir in sugar, lemon & orange. Boil hard 5-10 mins, until it sets in saucer. Cool slightly, pour into jars & seal.

### EGGLESS LEMON HONEY

Grated rind & juice of 2 large lemons

1 tbsp cornflour                  1 cup br. sugar

60g butter

Melt very slowly the sugar, butter & lemon juice.

When sugar is dissolved, add cornflour moistened with water. Remove from stove while stirring in cornflour. Cook very slowly till all golden & transparent. Bottle!

### MUESLI (Alison Holst)

1 packet (~800 gm) quick-cooking rolled oats  
1 packet (~300 gm) wheatgerm  
1 packet (~500 gm) brown sugar  
1 packet (~250 gm) desiccated coconut  
2 cups bran flakes      1 tbsp salt  
1 tbsp cinnamon      1 tbsp mixed spice  
1 cup oil      1 cup milk

Tip the rolled oats, wheatgerm, brown sugar, coconut, bran, salt & spices into a large roasting pan. Add the oil & milk and crumble all the ingredients together with your hands until the mixture has an even texture of small lumps. Use a little more milk if needed. Bake, uncovered, in one large or two slightly smaller roasting pans at 180°C stirring thoroughly every 10 or 15 mins to ensure even cooking. Cooked in the pan, the muesli should bake for about 1 hour, in two pans ~45 mins. Cool, stirring occasionally, & when cold store in airtight containers. Add dried fruit & nuts to the cooked, cooled muesli.

### MUESLI (Barb Strong)

6 cups rolled oats      1 cup nuts  
1 cup bran flakes      ½ cup raw sugar  
1 cup coconut      1 cup oil  
Mix & roast in oven. When cold, add:  
1 cup wheatgerm      1 cup dried fruit

### PANCAKES

1 cup flour      1 egg  
Pinch salt      300 mls milk

Sift flour & salt into bowl. Beat egg lightly. Make well in centre of flour & drop in egg. With fork, start mixing slowly, gradually dragging flour to centre. When very stiff start adding milk. Pancake batter should be about the consistency of thin cream. Cook about ½ min each side.

### PLAY DOUGH

2 cups flour                      1 cup salt  
2 cups water                      2 tbsp oil  
3 tsp cream-o-tartar      colouring

Mix till smooth in large pot. Cook, stirring until dough forms a ball or comes together (10 mins). Add colouring before or after cooking. Knead into a smooth ball.

### SILVER POLISHING CLOTH

1 tsp Goddards silver plate powder  
1 tbsp household ammonia  
1 cup warm water

Soak soft, dry, tea towel in solution and hang on line dripping wet until dry. Keep in plastic bag.

### VOMITING REMEDY

1 pint water – boiled & cooled to hand hot.  
2 heaped tbsp. glucose              1 tsp baking soda  
Give approx. 1 mouthful every 10 mins until vomiting has stopped. No food for at least 2 hrs, & no dairy food for at least 24 hours.