



**Beef, Chicken, Meals, Vegetarian**

**Biscuits & Slices**

**Cakes & Cheesecakes**

**Dips & Savory**

**Drinks**

**Puddings, Pastries & Sweets**

**Sauce, Preserves & Jams**

**Snacks**

**Soups & Side Dish**



## Recipe Book

Herein contains recipes that have been practiced by various families for many years. This collection of recipes was originally compiled by Susan Zamperoni during the mid 1990's from hand written recipe books. Some 20 years later, revised to remove recipes that were not liked. New combinations and variations have been included where applicable.

It is hoped these will be enjoyed for years to come.



## Abbreviations

Throughout this book the following abbreviations have been used:

Tea	Teaspoon
Tab	Tablespoon
Pkt	Packet
Dessert	Dessert Spoon
SR	Self raising
Hrs	Hours
g	Gram
kg	Kilogram
mL	Milliliter
*	Used to denote optional ingredient or one left up to taste

## Comments

Although most of the recipes have been tried and tested some are better than others, and most can be altered to taste without significant harm. Some of the recipes rely on the chef to make educated decisions on the amounts of ingredients or herbs/spices to use.



# BEEF, CHICKEN & MEALS

## Toasty Mushroom Spirals

Source: Maria Zamperoni

Notes:

### Ingredients

4	Rashers bacon (chopped finely)
250g	Mushrooms
1	Onion
125g	Cream cheese (cubed/softened)
15 slices	Bread (trimmed and flattened slightly)
60g	Melted butter

### Procedure

Saute bacon, mushrooms & onions until soft. Add cheese. Cook until melted. Remove. Spread mushroom mixture evenly on bread slices. Roll up. Secure with toothpicks. Place seam side down on bake trays. Chill and cover for 1 hour or freeze in single layer. Brush rolls with melted butter. Bake in a moderate to hot oven for 10 – 12 minutes.





# BEEF, CHICKEN & MEALS

## All Purpose Marinade

Source: Maria Zamperoni

Notes:

### Ingredients

½ cup	Oil
½ cup	Dry sherry
3 tab	Soy sauce
1 teas	Worcestershire sauce
2 cloves	Garlic
Taste	Salt & pepper

### Procedure

Combine all ingredients. Use on meats, seafood & poultry.

### Comments

- Roasts: 24hrs
- Steaks: 4 hrs
- Seafood & chicken: 1-2 hrs



# BEEF, CHICKEN & MEALS

## Apricot Chicken

Source:  
Notes:

### Ingredients

1 kg            Chicken pieces  
1 packet      Cream style french onion soup  
1 can          Apricot nectar  
Water

### Procedure

Arrange chicken pieces in casserole dish. Blend soup with a little of the nectar and pour over the chicken. Dilute some of the apricot nectar with a little water and pour over chicken until it is barely covered. Bake in a moderate oven for 1 hour or until tender. Add more nectar and/or water during cooking if necessary.



# BEEF, CHICKEN & MEALS

## Batter

Source:

Notes: Use for sweet or savory fritters

### Ingredients

½ cup	Plain flour
½ cup	SR flour
1 small	Egg
1 cup	Milk

### Procedure

Sift flour into a bowl. Add the well-beaten egg and then the milk. Beat until smooth. Allow to stand for 1 hour if possible.



# BEEF, CHICKEN & MEALS

## BBQ Sauce Marinade

Source: Maria Zamperoni

Notes:

### Ingredients

1 tab	Oil
1 small	Onion, finely chopped
1	Garlic, crushed
2 teas	Tomato sauce
2 teas	Mustard, prepared
1 teas	Worcestershire sauce
Dash	Tabasco sauce
Taste	Salt and Pepper
½ cup	Flat beer

### Procedure

Heat oil, add onion & garlic. Saute until soft. Stir in all other ingredients. Bring to the boil and simmer for 2-3 minutes, then set aside. Brush steak, chops or sausages on all sides.



# BEEF, CHICKEN & MEALS

## Beef Stir Fry

Source: Robert Zamperoni  
Notes:

### Ingredients

Fillet Steak, cut into strips ~1cm thick

Garlic & ginger

1 onion

Penut Oil

Rice (2 cups uncooked)

\*salt, granulated

\*2 tab soy sauce

\*2 tab fish sauce

\*4 tab oyster sauce

\* ½ glass white wine

Carrot, red capsicum, beans, button squash, zucchini, mushrooms, celery, thinly sliced lettuce, onion, broccoli & any other vegetables

### Procedure

#### Rice

Cook rice, rinse and drain.

**Vegetables:** Prepare all vegetables, salt them so they sweat water out – necessary.

#### Meat

In hot pan, add penut oil. Cook beef in batches, until slightly browned – red/a little bloody is OK. Remove, place in dish next to stove. Cook all beef. Add soy, fish and oyster sauce to beef. Meat will continue to cook while sitting next to stove.

#### Vegetables

Drain salted vegetables, don't rinse. Throw into boiling hot pan with heated penut oil, cook. Toss in beef, finish cooking.



# BEEF, CHICKEN & MEALS

## Breadcrumbs

Source:  
Notes:

### Ingredients

1 cup	Cornflakes, finely chopped
1/3 cup	Almonds, finely chopped
¼ cup	Parmesan cheese
¼ cup	Parsley, chopped
1 tab	Chives, chopped
Taste	Pepper
½ tea	Paprika

### Procedure

Mix ingredients together. Enough for 4x fish fillets.



# BEEF, CHICKEN & MEALS

## Cheese Straws

Source: Maria Zamperoni

Notes:

### Ingredients

Crust from left over bread (a few days old)

Little melted butter

Parmesan cheese

Cayenne pepper

### Procedure

Crust of left over bread, a few days old. Place crusts on oven trays & sprinkle with Parmesan cheese & a little cayenne pepper. Cook in a moderate oven until golden brown, turn sticks over & sprinkle with a little more cheese. Cook a few minutes more to let cheese melt into crusts. Store in an airtight container.



# BEEF, CHICKEN & MEALS

## Cheesy Baked Eggplant

Source:

Notes:

### Ingredients

2 medium	Egg plant
1 tab	Oil
1 clove	Garlic, crushed
2	Tomatoes, peeled, chopped
1 tab	Chopped fresh chives
2 tabs	Grated Parmesan cheese
Taste	Salt
1 small	Onion, finely chopped
2	Bacon rashers, chopped
$\frac{3}{4}$ cup	Cooked rice
$\frac{1}{2}$ cup	Grated tasty cheese

### Procedure

Slice eggplant in half length ways, scoop out flesh leaving 2cm shell; sprinkle inside shells & scooped flesh with salt. Stand 30 minutes. Rinse under water to remove salt; drain on absorbent paper. Chop flesh roughly, heat oil in pan, add onion, garlic & bacon, cook, stirring for about 5 minutes until soft. Add tomatoes & flesh, cover, cook over heat for about 2 minutes or until soft. Add  $\frac{1}{4}$  cup of the rice, mix well. Spoon into eggplant. Combine remaining rice, chives & cheeses in small bowl, sprinkle evenly over eggplant. Place on lightly greased ovenproof tray. Bake in a moderate oven for about 20 minutes or until soft.





# BEEF, CHICKEN & MEALS

## Cheesy Baked Eggplant

Source:  
Notes:

### Ingredients

2 medium	Egg plant
1 tab	Oil
1 small	Onion, finely chopped
1 clove	Garlic, crushed
2	Bacon rashers, chopped
2	Tomatoes, peeled, chopped
¾ cup	Cooked rice
1 tab	Chopped fresh chives
2 tabs	Grated Parmesan cheese
As needed	Salt
½ cup	Grated tasty cheese

### Procedure

Slice eggplant in half length ways, scoop out flesh leaving 2cm shell; sprinkle inside shells & scooped flesh with salt. Stand 30 minutes. Rinse under water to remove salt; drain on absorbent paper. Chop flesh roughly, heat oil in pan, add onion, garlic & bacon, cook, stirring for about 5 minutes until soft. Add tomatoes & eggplant flesh, cover, cook over heat for about 2 minutes or until soft. Add ¼ cup of the rice, mix well. Spoon into eggplant. Combine remaining rice, chives & cheeses in small bowl, sprinkle evenly over eggplant. Place on lightly greased ovenproof tray. Bake in a moderate oven for about 20 minutes or until soft.



# BEEF, CHICKEN & MEALS

## Chicken Breasts in Wine

Source: Erminia Zamperoni  
Notes:

### Ingredients

Chicken breasts  
Salt and pepper  
Chicken stock powder  
Garlic  
Rosemary  
White wine  
Potatoes

### Procedure

Cook garlic and rosemary in some oil until sizzling. Add chicken, Cook and then sprinkle with salt, pepper and chicken stock powder. Cook for a little while, then turn over. Sprinkle again with seasoning. Add some wine. Cook until brown. Then, in the pan with the juices left add potatoes, salt and pepper, maybe some water if necessary and cook.



# BEEF, CHICKEN & MEALS

## Chicken Caccatori

Source: Maria Zamperoni

Notes:

Serve with noodles

### Ingredients

¼ cup	Oil
1kg	Chicken
2 med	Chopped onion
1 clove	Crushed garlic
140g can	Tomato paste
425g can	Peeled tomatoes
½ tea	Salt
¼ teas	Pepper
1 tea	Oregano
1	Bay leaf
¼ cup	Dry white wine
300mL	Chicken stock

### Procedure

Brown chicken, remove from pan; add onions & garlic, return chicken to pan; add remaining ingredients. Cover and simmer. Cook for 1 hour. Serve with noodles sprinkled with Parmesan cheese.



# BEEF, CHICKEN & MEALS

## Chicken in Spicy Sauce

Source: Maria Zamperoni  
Notes:

### Ingredients

1.5kg      Chicken pieces

### Spice mix

½ cup	Tomato sauce
½	Lemon, juiced
2 cloves	Crushed garlic
½ teas	Cumin
1 teas	Chili powder
1 teas	Salt
½ teas	Garam Marsala
½ teas	Cayenne pepper

### Procedure

- Marinade chicken in mix for 3-4 hours or overnight. Cook under grill or BBQ plate. Remove chicken & retain marinade. Cook chicken bone side down on BBQ/grill/frypan for 12-15 minutes. Turn over and use marinade to baste chicken.
- Use less spice for a mild taste.



# BEEF, CHICKEN & MEALS

## Chicken or Beef Stir Fry

Source: Sandra Boyle  
Notes:

### Ingredients

Chicken or Fillet Steak

Garlic & ginger

\*1 cup water

\*2 tab soy sauce

\*1 tab fish sauce

\*2 tab oyster sauce

\*2 tab any wine

Carrot, red capsicum, beans, button squash, zucchini, mushrooms, celery, thinly sliced lettuce, onion, broccoli & any other vegetables

### Procedure

Place garlic and ginger in a wok with some oil. Cook, then add meat. Add vegetables and roll around in meat, then add sauce mixture (ingredients with the \*) & steam until vegetables are crunchy not soft. Thicken with cornflour. Then add roasted nuts and chopped coriander & parsley, serve immediately.



# BEEF, CHICKEN & MEALS

## Chinese Chicken Wings

Source: Maria Zamperoni

Notes:

### Ingredients

1.75kg	Chicken wings
$\frac{2}{3}$ cup	Tomato sauce
$\frac{1}{2}$ cup	Soy sauce
$\frac{1}{4}$ cup	Sugar or less
$\frac{1}{4}$ cup	Dry red wine
1 clove	Garlic
$\frac{3}{4}$ tea	Ginger
1 teas	Salt & Pepper

### Procedure

Cut wings into 3 pieces at joints (discard tips). Arrange in single layer in shallow dish. Combine tomato sauce & soy sauce, sugar, wine, garlic, ginger, salt & pepper. Pour over chicken. Cover & leave overnight. Drain chicken (reserving liquid). Pour on foil lined baking tray. Brush with marinade. Bake in a moderate to hot oven, baste occasionally until tender (40 – 50 minutes).



# BEEF, CHICKEN & MEALS

## Curried Prawns

Source: Maria Zamperoni

Notes:

Prepare rice beforehand.

### Ingredients

1 kg	Prawns
Taste	Butter
1 tab	Curry powder
1 large	Onion, chopped
½ green	Capsicum
1 medium	Tomato
4 tab	Flour
Taste	Salt and pepper
1 ½ cups	Water
2	Chicken stock cubes
1 tab	Lemon juice
Taste	Sugar
2 sticks	Celery

### Procedure

Shell prawns. Melt butter add curry powder, chopped onion & capsicum. Peel and chop tomato, add to pan, cook for 2 minutes. Stir in flour, salt & pepper. Cook for 1 minute. Gradually add water & milk, add crumbled stock cubes, continue stirring until sauce thickens & boils. Reduce heat, add sugar & lemon juice. Simmer for 20- 30 minutes, stirring occasionally. Add prawns, allow to heat through.

Serve with hot rice.



# BEEF, CHICKEN & MEALS

## Dumplings

Source:  
Notes:

### Ingredients

2 cups	SR Flour
2 tab	Butter
$\frac{3}{4}$ cup	Water (approx)

### Procedure

Sift flour into a bowl. Rub in margarine with fingers. Mix into a moist dough with water. Divide into 12 parts. Using floured hands roll dough into balls. Cook in stew mixture or soup.





# BEEF, CHICKEN & MEALS

## Erminia's Boiled Eggs

Source: Erminia Zamperoni

Notes:

### Ingredients

Eggs

Curry powder

Salt and Pepper

\*Vinegar

\*Oil or water

### Procedure

Boil eggs to your preference. Cut up and then mash very finely. Add dash curry, salt and pepper to taste.



# BEEF, CHICKEN & MEALS

## Erminia's Crumbed Chicken

Source: Erminia Zamperoni  
Notes:

### Ingredients

Chicken breasts  
Plain flour  
Chicken Stock  
Garlic  
Dash cream  
Eggs  
Salt & Pepper  
Rosemary  
Breadcrumbs

### Procedure

Slice chicken breasts thinly. Coat with flour. In a bowl add remaining ingredients, except breadcrumbs. Add chicken and let sit for 1 hour. Coat with breadcrumbs. Cook when ready. Can be made up and put in freezer in layers and taken out when needed.



# BEEF, CHICKEN & MEALS

## Erminia's Crumbed Steak

Source: Erminia Zamperoni  
Notes:

### Ingredients

Flour  
Fillet steak (sliced thinly)  
Eggs  
Salt & pepper  
Garlic  
Rosemary  
Breadcrumbs  
Squeeze of lemon, optional

### Procedure

Flour the steak. In a bowl put the eggs, salt and pepper, garlic and rosemary. Whisk. Add the steak. Let it sit for 1 hour. Then crumb the steak and use as required, or put in layers and freeze.



# BEEF, CHICKEN & MEALS

## Fried Rice

Source: Susan Zamperoni

Notes:

### Ingredients

Onions  
Bacon or ham  
Garlic  
Salt, pepper, and curry  
Carrot, shallots  
Red capsicum  
Beans or Peas  
Soya sauce  
Rice, 2 cups typically

### Procedure

Cook onion, bacon and garlic in a pan. Season with salt, pepper and curry. Add carrots, then add capsicum, beans and any other ingredients to your taste. Cook. Add the cooked rice and soy sauce to taste.



# BEEF, CHICKEN & MEALS

## Greek Feta Triangles

Source:

Notes:

### Ingredients

1 large	Bunch spinach (approx 20 sticks)
1 ½ tab	Butter
Taste	Pepper
4	Shallots, chopped
1 ½ tab	Butter, extra
2 tabs	Flour
Pinch	Nutmeg
¾ cup	Milk
125g	Feta cheese
500g	Filo pastry
As needed	Oil

### Procedure

#### Filling

Wash spinach and coarsely chop leaves. Place in a saucepan with butter, pepper and shallots. Cover and bring to boil, reduce heat and cook until spinach is tender. Drain well then chop finely. Melt extra butter in a pan, stir in flour and nutmeg and cook, stirring for 1 minute. Add milk and stir until sauce boils and thickens. Remove from heat and stir in chopped spinach and chopped feta cheese. Allow to cool.

#### Triangles

Take out one pastry sheet at a time as party dries out very quickly cut each sheet into 8cm wide strips and brush each strip with oil. One strip makes a triangle. Put a teaspoonful of filling on the end of each strip. Take corner of pastry and fold over to form a triangle. Lift first triangle up and over to form a second triangle. Continue folding over and over to the end of pastry strip. Trim surplus if necessary. Repeat the process. Spray a baking tray with canola spray and place triangles on it. Spray with canola. Bake in a hot oven for 10-15 minutes or until golden brown.



# BEEF, CHICKEN & MEALS

## Honey Marinade for Chicken

Source: Maria Zamperoni  
Notes:

### Ingredients

1 teas	Dry mustard
2 tab	White wine
1 teas	Rosemary
2 tabs	Honey
1 teas	Worcestershire sauce
Dash	Tabasco sauce
2 tab	Lemon juice
½ cup	Salad or olive oil

### Procedure

In a jar mix mustard & vinegar until smooth. Stir in rosemary, honey and Worcestershire. Pour over chicken in a glass dish, baste & marinate in fridge for 2-3 hours. Baste occasionally. Baste chicken while cooking.



# BEEF, CHICKEN & MEALS

## Kebabs

Source: Susan Zamperoni

Notes:

### Ingredients

Steak (diced)

Capsicum

Onion

Bacon

Skewers

Vegetables to taste (as desired)

Seasoning (as desired)

### Procedure

Thread on skewers. Cook when needed.



# BEEF, CHICKEN & MEALS

## Malaysian Chicken in Peanut

Source: Maria Zamperoni  
Notes:

### Ingredients

1/3 cup	Chopped onion
*	Granulated/chopped garlic
2 tab	Oil
1/2 cup	Water
1 1/2 teas	Ground chili powder
1/2 teas	Sugar
3 tab	Peanut butter
2 tabs	Soya sauce
*800g	Chicken breast fillets diced
*Bottle	Soya Sauce

### Procedure

- For the peanut sauce: Gently fry onions & garlic in oil until clear. Add water, chili powder, sugar, peanut paste & cook to thicken. Stirring all the time, add soya sauce.
- Chicken Marinade: Chop chicken & place into a glass bowl, add generous amounts of garlic. Add enough soya sauce to coat each piece of meat.
- Leave overnight in fridge.
- Cook chicken and add sauce.





# BEEF, CHICKEN & MEALS

## Marinade Chicken Variation

Source: Maria Zamperoni

Notes:

### Ingredients

1kg	Chicken wings
2 tabs	Soy sauce
1/3 cup	Tomato sauce
Taste	Ginger & Garlic
1/3 cup	Hot water
1 tab	Brown sugar
2 tab	Cider vinegar
2 tab	Honey

### Procedure

Arrange chicken in ovenproof dish. Do not layer chicken. Pour marinade on top. Seal and place in fridge. Cover, then cook in a preheated oven 180-200 degrees for 40-50 minutes. Do not cover.



# BEEF, CHICKEN & MEALS

## Marinade Chicken

Source: Maria Zamperoni

Notes:

### Ingredients

1kg	Chicken wings
2/3 cup	Tomato sauce
1/2 cup	Soy sauce
1/4 cup	Wine/port
3 tabs	Sugar
1 teas	Garlic
1 teas	Ginger
Taste	Salt and Pepper

### Procedure

Arrange chicken in ovenproof dish. Do not layer chicken. Pour marinade on top. Seal and place in fridge. Cover, then cook in a preheated oven 180-200 degrees for 40-50 minutes. Remove cover halfway through cooking time.



# BEEF, CHICKEN & MEALS

## Meat Balls / Meatloaf

Source: Maria Zamperoni

Notes:

### Ingredients

2	Eggs	* Vegi's finely chopped and included as desired
1	Onion	
As needed	Milk	
As needed	Garlic	
As needed	Fresh herbs	
Taste	Salt & pepper	
*1 cup	Breadcrumbs	
*	Rolled oats	
*500g	Mince	
*	Oil	

### Gravy

1 cup	Cream
1 cup	Stock
2 tab	Flour

### Procedure

In a blender add eggs, milk, onions, garlic, fresh herbs, salt & pepper. Add breadcrumbs, rolled oats & mince. If desired fry in a little oil. Otherwise add small amount of fat in a tray, add meatballs, cover with foil and cook in a moderate oven for 1 hour. Last ¼ hours take foil off to brown.

### Gravy

In dish that meatballs were cooked in add f cream & stock (use reduced cream if desired) to stock add water, flour. Make into gravy. Pour over meatballs.

### Comments

- Meatballs may be frozen uncooked.
- Use blender to mash veges.
- Mixture can be used as a meatloaf.



# BEEF, CHICKEN & MEALS

## Moussaka

Source:

Notes:

Prep meat sauce before starting.

### Ingredients

Oil

2 med Potatoes, thinly sliced

1 large Eggplant, thinly sliced

2 tabs Breadcrumbs

3 tabs Parmesan cheese

Taste Coarse cooking salt

### Procedure

Heat oil in large pan, cook potatoes & eggplant in batches until tender, drain on paper. Lightly grease (2L capacity) ovenproof dish, sprinkle base with half of the breadcrumbs. Layer half the eggplant in dish, sprinkle with  $\frac{1}{3}$  of Parmesan cheese & **spoon over half the meat sauce**. Add potatoes in a layer, sprinkle with another  $\frac{1}{3}$  of Parmesan cheese, then spoon over remaining meat sauce, finish with a layer of eggplant. Pour hot cheese sauce over eggplant, sprinkle with combined remaining Parmesan cheese & crumbs. Bake in moderate oven for 1 hour.



# BEEF, CHICKEN & MEALS

## Paradise Casserole

Source: Maria Zamperoni

Notes:

### Ingredients

1 kg	Steak (cubed)
2 tab	Flour
½ tea	Ginger or 1 teas Paprika (Optional)
2	Sticks Celery (diced)
3	Onions (sliced)
1 cup	Beef stock
⅓ cup	Vinegar
1 can	Tomatoes
½ cup	Brown Sugar or golden syrup
1 tea	Salt
Taste	Pepper
6 medium	Carrots sliced diagonally
1 can	Pineapple
½ cup	Raisins soaked in ½ cup pineapple juice
2 tab	Peanut oil, as needed

### Procedure

Toss steak in combined flour & ginger. Brown. Remove & saute celery & onion. Replace steak, add stock, vinegar, tomatoes, sugar, salt & pepper. Cover & cook in oven, moderate heat until tender (2 hours). During last 30 minutes, add carrots, crushed pineapple & raisins.



# BEEF, CHICKEN & MEALS

## Parmesan Cheese Fingers

Source: Erminia Zamperoni  
Notes:

### Ingredients

Day old bread

Parmesan cheese (freshly grated)

### Procedure

Remove crusts from bread. Butter, then roll in on both sides with Parmesan cheese. Cut up into fingers. Place on an oven tray and bake in a slow oven until dry & crispy. Store in an airtight container.



# BEEF, CHICKEN & MEALS

## Pork in BBQ Sauce

Source: Maria Zamperoni  
Notes:

### Ingredients

1kg          Pork

#### Sauce

4 tab          BBQ sauce

4 tab          Honey

4 tab          Brown vinegar

1 tab          Chilli sauce

¼ teas        5 spice powder

⅓ cup         Dry sherry

2 tab          Soya sauce

1 clove        Garlic, crushed

1 inch         Green ginger, grated or chopped

### Procedure

Mix ingredients to make sauce.

Place sauce over pork and marinade. Cook for 1 hour covered. Final 20 minutes take lid off casserole dish.



# BEEF, CHICKEN & MEALS

## Pot Roast

Source: Maria Zamperoni

Notes:

### Ingredients

1kg	Topside roast
	Oil, for frying
Small	Onions
	Carrots, Potatoes, or other vegetables
490g can	Tomatoes
¼ cup	Water
½ cup	Red wine
Taste	Salt and pepper
1 teas	Mixed herbs
¼ cup	Flour
¼ cup	Water, extra
2 tabs	Parsley

### Procedure

In a pan fry roast, onions, carrots, potatoes. Place veges aside if roast is large. Remove from pan & add tomatoes, water, wine, salt & pepper & herbs. Bring to boil. Return meat to pan & cook slowly for 1 hour. Before meat is done add vegetables. When cooked add flour and water and thicken. Add fresh parsley.





# BEEF, CHICKEN & MEALS

## Prawn Filling

Source:  
Notes:

### Ingredients

1 cup	Thick white sauce, prepared previously
½ teas	Curry powder
250g	Shelled prawns, chopped
Taste	Pepper
Taste	Parsley

### Procedure

Make white sauce and add curry powder blended with a little water. Add chopped prawns and season with pepper.



# BEEF, CHICKEN & MEALS

## Shepherds Pie

Source:  
Notes:

### Ingredients

#### Filling

500g	Mince
1	Onion, chopped
1	Carrot, grated
½ cup	Water
Taste	Pepper, beef cube (1 typically)
2 tabs	Flour
1 or 2	Tomatoes

#### Topping

4 large	Potatoes
1 tab	Butter
2-3 tabs	Milk
Taste	Parsley

### Procedure

Place meat, onion & carrot in a saucepan. Add water, pepper & beef cube. Simmer until cooked. Thicken with flour. Pour into pie dish & cover with slices of tomato. Cook potatoes, add butter and milk, mash. Spread over top of meat and mark with a fork. Bake in a moderate oven until golden.



# BEEF, CHICKEN & MEALS

## Paul's Spaghetti Sauce

Source: Paul Zamperoni  
Notes:

### Ingredients

#### Chicken

1	Chicken breast
Taste	Salt
Taste	Pepper
Taste	Rosemary
Taste	Water

#### Sauce

1	Onion
6	Cloves Garlic
500g	Mince
1 bottle	Tomato puree
1 glass	Wine, red
Taste	Lime
Taste	Rosemary, basil, salt pepper, tarragon, oregano, thyme
Taste	Butter

### Procedure

- Seal chicken in separate pot, season with salt, pepper and rosemary and add water. Boil until cooked.
- Cut chicken breast in half (through the middle for two thin slices), lightly pan fry then cover over in water. Boil for ~15-20 mins
- In main pot saute' onion, garlic, then add mince. Brown. Add tomato puree, wine and lime.
- Break chicken up with a fork and place into main pot. Add chicken water to main pot.
- Simmer entire mixture for several hours on low. In the last 30 minutes add the herbs.
- At the end, add a tablespoon of butter, stir through. Sauce is ready.



# BEEF, CHICKEN & MEALS

## Sweet & Sour Fish

Source: Allison Milani

Notes:

### Ingredients

680g	Fish fillets
1 cup	SR Flour
Taste	Salt & Pepper
½ cup	Water
1	Egg

### Sauce

1 medium	Carrot
1 small	Green capsicum
2 tab	Oil
4 tab	Vinegar
1 ½ tab	Sugar
½ teas	Ginger or Garlic
4 tab	Water
½ teas	Salt
1 up	Sliced tomatoes
1 teas	Cornflour

### Procedure

- Cut fish into large cubes. Sift flour, salt and pepper, make a well and beat in water & egg. Dip fish in batter & fry.

### Sauce

- Cut carrot into match stick sizes & dice capsicum. Cook 5 minutes in salted water. Put oil, vinegar, sugar, ginger, water, salt, tomatoes into pan. Heat stirring constantly until boiling. Add carrot and capsicums. Cook for 2 minutes. Add cornflour and a bit of water and simmer.
- Can also include a small tin of pineapple.



# BEEF, CHICKEN & MEALS

## Sweet Corn Filling

Source:

Notes:

### Ingredients

1 ½ tab	Butter
1 ½ tab	Flour
½ cup	Milk
1 can	Cream corn (130g)
1	Bacon rasher
Taste	Pepper

### Procedure

Make a thick white sauce by melting butter, stirring in the flour and then adding the milk gradually. Allow to thicken and cook well. Add sweet corn and chopped bacon which has been cooked beforehand. Add pepper to taste.



# BEEF, CHICKEN & MEALS

## Sweet Potato Leaves (side dish)

Source: Robert Zamperoni

Notes:

Good with Bibimbap, stirfry's etc.

### Ingredients

Sweet potato leaves (large bowl, or several bowls, washed)

2 tab Brown sugar

2 tab Soya Sauce

Penut oil, as needed

### Procedure

Rinse leaves, let drain while heating pan with penut oil. Mix soya sauce and brown sugar together. Toss leaves into hot pan, add soya/sugar mix. Cook until wilted.

### Comments

Young to medium age leaves are good. Dish is best as a side dish.

Leaves can be collected from Sweet Potato plant, that is grown from a sprouted tuber purchased from grocery store.



# VEGETARIAN & MEALS

## Toasty Mushroom Spirals

Source: Dale Cutts

Notes:

### Ingredients

#### Blended Paste

1 tub	Tomato paste
6-8	Cherry Tomatos
2	Chillies (chopped) or Jalapeno
1 teas	Olive oil
½ teas	Tumeric powder
½ teas	Smoked Paprika
Fresh	Coriander leaves
Water	

#### Other ingredients

1x Block	Haloumi Cheese
Pinch	Cumin seeds
2 sliced	Onions
Chopped	Garlic / Ginger
Taste	Salt
1 can	Coconut milk
Taste	Tumeric powder
5 teas	Garam masala
1 tab	Butter
2 cans	Chickpeas



## Procedure

1. Make paste, blend all ingredients together, sit aside.
2. Toast cumin seeds in pan with oil (lightly)
3. Add haloumi cheese, slice cheese down the middle to make it into thinner slabs and brown on each side in the toasted cumin seeds
4. When cheese is browned, dice into pieces. Set aside
5. Caramalise the sliced onions, slowly with some butter
6. Add 1 teaspoon cumin seeds
7. Add diced garlic and ginger
8. Add pinch of salt
9. Add the blended paste of spices. Cook for a couple of minutes
10. Add tin of diced tomatoes and tin of coconut milk
11. Add Turmeric powder
12. Add garam masala
13. Add 1 tablespoon butter
14. Add chickpeas
15. Cook for 5 minutes
16. Add Haloumi cheese last, heat only then turn off the stove and serve.

Best eaten with nan-bread. Adjust spices as necessary to taste. Additional chilli as necessary.





# BISCUITS & SLICES

## Vanilla Biscuits

Source: Maria Zamperoni

Notes:

### Ingredients

450g	Butter
1 cup	Sugar
1 can	Condensed Milk
Dash	Vanilla essence
5 cups	SR Flour
Taste	Sultanas

Tip: Soak sultanas in brandy or cherry beforehand to increase moisture. Doesn't need to be long

### Procedure

- Cream butter, sugar, condensed milk and vanilla essence
- Add flour and mix to smooth dough
- Roll out, or press into biscuits, placed on greased trays.
- They expand so leave room.



# BISCUITS & SLICES

## Anne's Fruit Slice

Source: Anne Tibbs

Notes:

### Ingredients

#### Filling

2	Thick slices bread
1 cup	Sultanas
½ cup	Currants
Grated	Lemon rind, 1 whole lemon is sufficient
½ cup	Brown sugar

#### Pastry

100g	Butter
⅓ cup	Sugar
1	Egg
2 cups	SF Flour
½ teas	Vanilla

### Procedure

#### Filling

- Soak bread in cold water, drain off then mash with fork.
- Add other ingredients

#### Pastry

- Cream butter and sugar
- Add egg, beat well, add vanilla
- Mix in flour
- Roll out to fit and line a Swiss roll tin. Add filling then cover with pastry
- Bake in moderate oven for 20 minutes
- Cool, ice with lemon icing



# BISCUITS & SLICES

## ANZAC Biscuits

Source:

Notes:

### Ingredients

1 cup	Plain flour
1 cup	Rolled oats
$\frac{3}{4}$ cup	Coconut
$\frac{3}{4}$ cup	Sugar
140g	Butter
3 teas	Golden syrup
3 tab	Boiling water
1 teas	Baking soda

### Procedure

Sift flour into a bowl. Add rolled oats, coconut and sugar. Melt butter in a saucepan, add syrup and water. Add baking soda, allow to foam and pour immediately into dry ingredients. Mix well then take small pieces of mixture and press out thinly on greased trays, allow space between each for spreading. Bake in a slow oven – they burn easily.



# BISCUITS & SLICES

## Apple Slice

Source: Maria Zamperoni

Notes:

### Ingredients

125g	Butter
½ cup	Castor Sugar
1	Egg
1 cup	Plain Flour
1 teas	Cinnamon
1 teas	Mixed spice
1 ½ cup	Stewed apple, canned apples are fine

### Procedure

- Cream butter & sugar until light & fluffy
- Add egg & beat well.
- Sift flour with spices, fold lighting into creamed mixture
- Spread half the mixture on base of 7 or 8 inch square cake tin
- Cover with apples, spread remaining mixture on top
- Bake in a moderate oven approx 45 minutes or until golden brown

Serve hot or cold, with ice cream or custard.



# BISCUITS & SLICES

## Brownie

Source: Maria Zamperoni

Notes:

### Ingredients

2 cups	Sugar
2 cups	Water
2 cups	Sultanas & currants
2 tab	Good dripping
Pinch	Salt
4 cups	Plain flour
1 teas	Cinnamon
1 teas	Spice
1 teas	Nutmeg
1 teas	Bicarb soda

### Procedure

Boil sugar, water, sultanas, currants, dripping & salt together for 5 minutes. When absolutely cool, add flour, cinnamon, spice, nutmeg & bicarb of soda. Mix well. Bake in dish lined with greased paper for 1 hour in a moderate oven.



# BISCUITS & SLICES

## Cherry Ripe Slice

Source: Maria Zamperoni

Notes:

### Ingredients

1 tin	Condensed milk
1 pkt	Coconut
1 pkt	Cherries
Dash	Pink food colouring
125g	Copha
1 pkt	Plain biscuits
1 block	Cooking chocolate

### Procedure

Mix condensed milk, coconut, chopped cherries, pink food colouring & melted copha together. Line tin with biscuits & press mixture evenly across the bottom. Place in fridge to set. Spread melted chocolate on top. Place in fridge to set. Slice & serve.



# BISCUITS & SLICES

## Chocolate Coconut Bars

Source: Susan Zamperoni

Notes:

### Ingredients

#### Base

125g	Butter
½ cup	Brown sugar, firmly packed
1 cup	Coconut
⅓ cup	SR flour
½ cup	Plain flour
1 tab	Cocoa
1	Egg

#### Icing

1 cup	Icing Sugar
1 tab	Cocoa
1 teas	Soft butter
1 tab	Milk, approx.

### Procedure

**Base:** Melt butter over low heat, stir in sugar, coconut, sifted flours and cocoa, then lightly beaten egg. Spread mixture evenly over base of well grease 28cm by 18cm lamington tin. Bake in moderate oven 20 minutes or until just firm to touch. Spread with icing immediately, stand 10 minutes, sprinkle with a little extra coconut if desired, cut into bars; cool in tin.

**Icing:** Sift icing sugar and cocoa into bowl, stir in butter and enough milk to give a thick paste.



# BISCUITS & SLICES

## Chocolate Crunch Bars

Source: Sandra Boyle  
Notes:

### Ingredients

3 cups	Crushed cornflakes
2 cups	Coconut
1 cup	SR flour
Pinch	Salt
125g	Butter
½ cup	Sugar

### Icing

1 tab	Butter, melted
1 dessert	Vanilla
1 dessert	Cocoa

### Procedure

Combine all dry ingredients. Cream butter and sugar. Add dry ingredients. Press lightly into sponge roll tin & bake in moderate oven. While warm ice with chocolate icing.

### Icing

Warm milk to make into thick icing. Leave in tin till cold then cut into bars.





# BISCUITS & SLICES

## Chocolate Napoleons

Source: Sandra Boyle

Notes:

### Ingredients

#### Pastry

1 cup	SR Flour
¼ teas	Salt
2 tabs	Butter
As needed	Milk
	Jam

#### Batter

2 tab	Butter
½ cup	Brown sugar
1	Egg
2 tab	Cocoa
1 cup	SR flour
⅓ cup	Milk

### Procedure

#### Pastry

Sift flour and salt into a bowl. Work in butter and mix to stiff dough with milk. Divide & roll out thinly. Line a Swiss roll tin. Spread with jam then batter.

#### Batter

Cream butter & sugar. Add egg. Dissolve cocoa in boiling water & add when cold. Add flour & milk alternately. Beat until smooth. Spread over pastry. Spread with jam & cover with remaining pastry. Prick well through. Bake in moderate oven 30 minutes. Ice & cut into fingers.



# BISCUITS & SLICES

## Chocolate Peppermint Squares

Source: Maria Zamperoni

Notes: Can be frozen

### Ingredients

#### Crumb Base

- 1 cup      Crushed cornflakes or nice biscuits
- ½ cup      Coconut
- ⅓ cup      Brown sugar, lightly packed
- 125g      Butter, refrigerate 1 hour

#### Pepper mint filling

- 250g pkt    Cream cheese
- ⅓ cup      Castor sugar
- 125g can    Reduced cream
- 2 - 3 drops    Peppermint essence

#### Chocolate Topping

- 85g      Pack chocolate chip bits

### Procedure

#### Base

Mix crushed ingredients together, add butter and press mixture into pan. Refrigerate.

#### Filling

Beat softened cream cheese until smooth. Gradually add sugar, beat well. Blend in reduced cream & peppermint essence. Spread over crumb base. Refrigerate until firm. Spread chocolate topping over filling. Refrigerate until set, cut into squares.

#### Chocolate Topping

Melt chocolate bits over hot water. Add 2 tabs hot water & 1-2 drops peppermint essence, beat until smooth



# BISCUITS & SLICES

## Custard Cream Biscuits

Source: Sandra Boyle  
Notes:

### Ingredients

1 ½ tab	Butter
3 tab	Sugar
1	Egg
Taste	Vanilla
1 dessert	Syrup
8 tab	SR flour
3 tab	Custard powder

### Procedure

Beat butter & sugar to cream. Add egg then syrup and lastly flour & custard powder. Break off small pieces of mixture. Place on greased tray. Press with fork. Bake in moderate oven. Join together with icing of choice.



# BISCUITS & SLICES

## Easy Biscuits

Source: Maria Zamperoni

Notes:

### Ingredients

450g	Butter
5 cups	SF Flour
1 cup	Sugar
1 can	Condensed milk
Dash	Vanilla essence

### Procedure

Rub butter into the flour. Add sugar and other ingredients. Press onto a tray, only use small amounts as they grow big. Bake in a moderate oven



# BISCUITS & SLICES

## Foundation Biscuit Mixture

Source: Sandra Boyle

Notes: Used to make jam drops taken to Sunset

### Ingredients

125g	Butter
½ cup	Caster Sugar
1	Egg
Dash	Vanilla essence
1 ¾ cup	SR Flour

### Procedure

Beat butter and sugar to a cream. Add the egg and beat well. Add vanilla. Gradually add sifted flour Mix into a stiff paste. Take small pieces of mixture and roll into balls. Place onto greased trays, press out lightly with a floured fork. Bake in a moderate oven until golden brown.

### Comments

This biscuit mixture can be used to make jam drops. Cooked biscuits will keep for months stored in an air tight container or vacuum packed.

If making into jam drops, make a small well in the centre of the biscuits and place jam of choosing. Avoid excess jam as it bubbles out of the biscuit, avoid fruit clumps.



# BISCUITS & SLICES

## Ginger Biscuits

Source: Sandra Boyle  
Notes:

### Ingredients

3 cups	Flour
1 cup	Sugar
2 tabs	Dripping
1 tab	Cinnamon
1 teas	Soda
1 cup	Treacle
2 tab	Ginger
½ cup	Water

### Procedure

Mix flour, sugar, dripping, soda, cinnamon & ginger together, make into dough by adding treacle & water. Roll out into desired shapes. Bake in a quick oven.



# BISCUITS & SLICES

## Ginger Nuts

Source: Sandra Boyle

Notes:

Makes:

### Ingredients

2 tabs	Dripping, heaped
½ cup	Sugar
½ cup	Syrup
2 teas	Soda
¼ cup	Boiling water
2 cups	Flour
Pinch	Salt
1 teas	Cream of tartar
2 teas	Cinnamon
4 teas	Ground ginger

### Procedure

Put dripping in saucepan on fire to melt, then put the sugar & syrup in a bowl & pour over hot dripping. Mix well. Put soda in ¼ cup boiling water. Stir well & add to other ingredients. Sift in dry ingredients & beat well until a soft dough. Break pieces & flatten with thumb. Bake in moderate oven.



# BISCUITS & SLICES

## Hundreds & Thousands Biscuits

Source:

Notes:

### Ingredients

60g	Butter
1/3 cup	Sugar
1	Egg
1/2 teas	Vanilla
1 teas	Milk
2/3 cup	SR Flour
1/2 cup	Plain Flour
Extra	Milk
200g	Packet of Hundreds & Thousands

### Procedure

Cream butter, add sugar gradually, beat until light & fluffy. Add well beaten egg, vanilla & milk. Add sifted SR flour, mix well. Gradually mix in sifted plain flour until dough is firm enough to handle. Refrigerate at least 1 hour. Roll out to 5mm thickness between 2 sheets of greaseproof paper, cut with 5cm round cutter. Put on trays, brush with milk, sprinkle with Hundreds and Thousands. Cook in moderate oven 8-10 minutes. Allow to cool on trays before removing





# BISCUITS & SLICES

## Jelly Slice

Source:

Notes:

### Ingredients

250g	Butter – melted
1 packet	Crushed plain biscuits (eg. Arrowroot)
2 tins	Condensed milk
8 tab	Lemon Juice
4 tea	Gelatin dissolved in $\frac{3}{4}$ cup hot water
2 cups	Boiling water
2 packets	Strawberry jelly or port wine jelly

### Procedure

Mix butter and biscuits and press into bottom of a biscuits tin, refrigerate while making middle. Mix condensed milk and lemon juice together. Add gelatin dissolved in hot water and mix. Pour over biscuit base and refrigerate while making jelly. Make up jelly – allow to cool (approx 10 minutes). Carefully pour over condensed milk and refrigerate until set



# BISCUITS & SLICES

## Lattice Slice

Source: Maria Zamperoni

Notes:

### Ingredients

125g	Unsalted butter
1 cup	Castor sugar
1 teas	Vanilla essence
125g	Philly cream cheese
2 teas	Rounded gelatin in 1 tab hot water
Drops	Lemon juice
1 pkt	Lattice biscuits

### Procedure

Cream butter & sugar. Add vanilla. Add softened cream cheese gradually. Add gelatin, few drops of lemon juice. Lay biscuits shiny side down on bottom of square pie plate. Add mixture. Then place a layer of biscuits shiny side up. Place in fridge to set. May be stored in deep freezer.



# BISCUITS & SLICES

## Monte Carlos

Source: Susan Zamperoni

Notes: Family favorite

### Ingredients

180g	Butter
1 tea	Vanilla
½	Cup brown sugar, firmly packed
1	Egg
1 ¼ cups	SR flour
¾ cup	Plain flour
¼ teas	Bicarbonate of soda
⅔ cup	Coconut

### Vienna Cream

60g	Butter
½ teas	Vanilla
¾ cup	Icing sugar
2 teas	Milk
⅓ cup	Raspberry jam

### Procedure

Beat butter, essence & sugar in small bowl with electric mixer until just combined, add egg, beat only until combined. Stir in sifted flours, soda and coconut in 2 batches. Roll 2 level teas of mixture into ovals, place onto greased oven trays about 5cm apart, flatten slightly, use back of fork to roughen surface. Bake in moderately hot oven about 7 minutes. Lift biscuits onto wire rack to cool. Sandwich biscuits with Vienna cream and jam.

### Vienna Cream

Beat butter, essence and sifted icing sugar in small bowl with electric mixer until fluffy, beat in milk

**Comments:** Instead of putting two biscuits together you can ice them separately and sprinkle with sprinkles. Lemon icing works well



# BISCUITS & SLICES

## Peanut Biscuits

Source: Judy Adams

Notes: Family favorite, taken to sunset

### Ingredients

1 small cup Sugar  
1 Egg  
85g Butter, melted  
1 large cup SR Flour  
1 tab Cocoa  
Pinch Salt  
1 cup Raw peanuts, heaped

### Procedure

Beat sugar & egg, add melted butter, beat well. Add dry ingredients and peanuts last. Bake in moderate oven ½ hour.

For plain biscuits, leave out cocoa and add equivalent amount of flour.



# BISCUITS & SLICES

## Raspberry Fingers

Source: Aunty Beryl  
Notes:

### Ingredients

¼ cup	Butter, or 60g
½ cup	Sugar
2	Eggs, separated, keep both
1 ½ cup	SR Flour
3 tab	Raspberry jam, can be substituted to taste
1 cup	Coconut
½ cup	Castor Sugar

### Procedure

- Cream butter & sugar
- Beat in egg yolks
- Add flour and mix to smooth dough
- Roll out, or press into a large tin. Press about ½ cm to 1cm thick
- Spread with jam (doesn't need to be thick). Place aside
- Beat egg whites very stiff, lightly beat in sugar & coconut
- Spread over top of jam
- Bake in moderate oven
- Cut into fingers with cold

If you make the dough too thick that is pressed into the pan the slice can be a little dry or doughy.



# CAKES & CHEESECAKES

## Welsh Cakes

Source: Rose Andrews

Notes: Neighbor at 8<sup>th</sup> street house  
Home Hill

### Ingredients

125g	Butter
2 cups	SR Flour
$\frac{3}{4}$ cup	Sugar
2 teas	Nutmeg
1	Egg, beaten with $\frac{1}{2}$ teas Lemon & Vanilla essence
$\frac{1}{2}$ cup	Sultanas

### Procedure

Rub butter into dry mixture. Add eggs and sultanas. Roll out into biscuits. Cook in a greased frying pan.

### Comments

Let the sultanas soak up the water before adding to mix so they are not dry in the cooked mix.



# CAKES & CHEESECAKES

## Apple & Almond Cake

Source: Mrs Mantarro

Notes:

### Ingredients

4 large	Green apples (sliced)
1 ½ cup	Sugar
3 cup	Plain flour
Pinch	Bicarb soda
1 cup	Almonds, chopped
1 teas	Cinnamon
1 teas	Ground cloves
Pinch	Salt
250g	Butter
Dash	Vanilla
2	Eggs

### Procedure

- Put chopped apple into bowl.
- Sprinkle with sugar.
- In another bowl, sift flour and bicarb soda 3 times
- Mix in almonds, and then all other dry ingredients
- Add butter, then apply and sugar mixture.
- Add eggs last
- Put in tins and bake at 170 degrees for 1 hour or until cooked



# CAKES & CHEESECAKES

## Apple & Spice Muffins

Source:

Notes:

### Ingredients

2 cups	Plain Flour
1 ½ teas	Baking powder
1 ½ teas	Bicarb soda
1 teas	Cinnamon
¼ teas	Nutmeg
⅓ cup	Brown sugar
1 cup	Chopped apples
1	Egg, lightly beaten
1 cup	Milk
2 tab	Butter (melted)

### Procedure

Sift flour, baking powder, bicarb of soda, cinnamon & nutmeg into a large bowl. Stir in brown sugar & apple. Combine egg, milk & butter & mix well. Add egg mixture all at once to flour mixture. Stir gently, with a fork until all dry ingredients are just moistened. Spoon into muffin tins  $\frac{2}{3}$  full. Bake 15 – 20 minutes in a preheated oven of 200 degrees Celsius.





# CAKES & CHEESECAKES

## Apricot & Walnut Loaf

Source:

Notes:

### Ingredients

185g	Dried apricots
1 cup	Water
2 cups	SR flour
½ teas	Bicarb soda
⅔ cup	Castor sugar
1 tab	Grated orange rind
90g	Walnuts
⅓ cup	Orange juice
1	Egg
60g	Butter

### Procedure

- Place chopped apricots and water in pan, bring to boil. Simmer until tender. Drain and reserve ¼ cup of the liquid. Sift flour, soda, sugar into bowl, add apricots, orange rind and walnuts (chopped).
- Combine orange juice, egg, melted butter and apricot liquid. Add to dry ingredients. Mix well.
- Spoon into loaf tin lined with grease proof paper. Bake in moderate oven 50-60 minutes.



# CAKES & CHEESECAKES

## Apricot Tea Cake

Source: Allison Milani

Notes:

### Ingredients

4	Eggs
2 cup	Sugar
1 cup	Oil
1 tin	Apricots
1 cup	Fruit juice or milk
3 cups	Plain flour
3 teas	Baking soda
Pinch	Salt

### Procedure

- Beat eggs & sugar.
- Add oil, juice and sifted flour, soda and salt
- In a tin, put one layer of mixture
- Add layer of apricot halves
- Layer with cake
- Layer with apricot, finishing with apricots
- Bake in moderate oven



# CAKES & CHEESECAKES

## Basic Muffin

Source: Maria Zamperoni

Notes:

### Ingredients

2 ¼ cups	Oat – bran cereal
¼ cup	Chopped nuts (any type)
¼ cup	Raisins, dates or other (apricots)
1 tab	Baking powder
¼ cup	Brown Sugar or honey
1 ¼ cup	Milk
2	Eggs
2 tab	Oil
Jam	

### Procedure

- Heat oven to 220 degrees Celsius. Combine dry ingredients in a large bowl. Stir in sweetening. Mix the milk, egg and oil together & mix with oat bran mixture. Spoon into tins. Bake for 15 minutes & test for completeness.
- Should be moist, but not wet. Slice in half and spread with jam.



# CAKES & CHEESECAKES

## Black Forest Cheesecake

Source: Sandra Boyle

Notes: Family favorite at Australia Day gatherings

### Ingredients

#### Crumb Crust

125g	Butter or substitute
250g	Plain chocolate biscuits, Don't use rich chocolate biscuits, as it can make the base too rich, the cheesecake is a rich dessert itself.

#### Filling

300mL	Carton thickened cream
250g pkt	Cream cheese
$\frac{3}{4}$ cup	Sugar
1 tab	Gelatin & lemon juice
$\frac{1}{2}$ cup	Water
425g can	Black cherries

#### Topping

1 tab	Sugar
1 tab	Cornflour
Reserved	Cherry Syrup
1 tab	Rum
$\frac{1}{2}$ cup	Cream, whipped extra



# Black Forest Cheesecake

## Procedure

### Crumb Crust

- Crush biscuits finely, add melted butter, press mixture on to sides and base of greased 20cm spring form pan. Refrigerate.

### Filling

- Whip the thickened cream, set aside.
- Beat cream cheese, sugar & lemon juice until smooth. Sprinkle gelatine over water, dissolve over hot water, cool. Add to cream cheese mixture, beat well, fold in whipped cream. Drain cherries, reserve  $\frac{3}{4}$  cup syrup; Make sure cherries are pitted. Spoon  $\frac{1}{3}$  of filling into crumb crust, arrange half the cherries over filing; spoon another  $\frac{1}{3}$  of filling over, arrange the remaining cherries over top evenly with remaining filling. Refrigerate until firm.

### Topping

- Place sugar and cornflour in saucepan, gradually stir in reserved syrup. Stir until boiling, remove from heat, add rum. Continue stirring for a few mins to allow to cool slightly. Spread topping over cheesecake, swirl lightly with spoon. Refrigerate until set. Pipe edge with cream.



# CAKES & CHEESECAKES

## Boiled Christmas Pudding

Source: Sandra Boyle

Notes: Taken to Sunset, boiled on stove in cloth. Very moist cake. Can be frozen until use.

### Ingredients

250g	Raisins	5	Large eggs
250g	Sultanas	1 ¼ cups	Plain flour
185g	Currants	½ teas	Nutmeg
185g	Mixed peel	½ teas	Mixed spice
1 teas	Grated lemon rind	250g	Day old white breadcrumbs, loosely packed (5 ½ cups)
2 tab	Lemon juice	*	Glace' cherries
2 tab	Brandy	*	Glace' ginger
250g	Butter		
2 cups	Brown sugar, firmly packed		

### Procedure

- Chop raisins, combine in large basin with sultanas, currants, peel, lemon rind, lemon juice and brandy, mix well.
- Cover, stand overnight.
- Beat butter and sugar in electric mixer until combined. Beat in eggs, one at a time. Add creamed mixture to fruit mixture.
- Add sifted dry ingredients and breadcrumbs to mixture. Mix well.

### To Boil:

- Boil 6 hours. Dip prepared pudding cloth into boiling water. Remove from water and ring.
- Spread hot cloth out on bench, quickly rub in plain flour (about ⅓ cup) to cover large area for batter. Spread to moderate thickness, as this creates the skin on the fruit cake.
- Place floured cloth in colander, place mixture in centre. Gather ends of cloth together, hold pudding up, pat into shape.



# Boiled Christmas Pudding

- Tie pudding securely with string as close to pudding mixture as possible. Any air gap between mixture and knot will allow water seepage and ruin the cake. Including a loop will make retrieval easier later.
- Place tied mixture into boiling water.
- Boil rapidly for 6 hours.
- Replenish water as necessary.
- There must be enough water for the pudding to move freely.
- Pudding must float at all times or it will burn.

## Removal from boiler

- Lift pudding from water, carefully. **Do not put pudding down it will fall to bits.**
- Have plate and scissors ready. Place hot pudding in colander, cut string, gently ease cloth away from top. Place plate on top of pudding, invert carefully. Gently remove remainder of cloth. Allow to dry for a few hours. Wrap in plastic wrap or greaseproof paper and freeze until ready to use.

## Pudding cloth

- Buy half a meter of unbleached calico cloth, cut into a square. Boil cloth for 20 minutes before use.

## Further comments

- Fruits can be substituted weight for weight with alternatives. Glace' cherries make excellent additions.
- Best frozen before required, unless it is going to be eaten in a few weeks.
- Prior to serving pour  $\frac{1}{4}$  cup Grand Marnier over pudding on plate and set alight.
- Best served with Rum Sauce.
- Can be eaten hot or cold.
- Can be stored in an airtight container at room temperature for a few days, it's best stored in the fridge if it's not all going to be eaten after a few days.



# CAKES & CHEESECAKES

## Chocolate Cake

Source: Maria Zamperoni

Notes:

### Ingredients

2 tab	Cocoa
1 cup	SR flour
1 cup	Sugar
2	Eggs
½ cup	Milk
Dash	Vanilla essence
3 tab	Butter, melted

### Procedure

- Place all ingredients into mixing bowl
- Add melted butter on top
- Beat for 3 minutes and pour into a tin
- Bake in a moderate oven for 20 minutes
- Do not overcook.





# CAKES & CHEESECAKES

## Chocolate Deluxe Cake

Source: Susan Zamperoni  
Notes: A favorite recipe

### Ingredients

2 cups	SR Flour
2 tab	Cocoa
1 teas	Bicarb soda
1 cup	Sugar
2	Eggs
1 cup	Milk
125g	Butter

### Procedure

- Place all ingredients into mixing bowl
- Beat for 3 minutes and pour into a tin
- Bake in a moderate oven for 20 minutes
- Do not overcook.

Ice with chocolate icing.



# CAKES & CHEESECAKES

## Chocolate Rum Cheesecake

Source: Maria Zamperoni

Notes:

### Ingredients

#### Crumb

2 tab	Butter
1 ¼ cup	Crushed plain chocolate biscuits

#### Filling

230g	Philly cheese
1	Middle size milk chocolate (leave 2 spare rows)
Dash	Vanilla
¼ cup	Sugar
2 teas	Gelatin
2	Egg yolks
½ cup	Milk
2	Egg whites
Dash	Rum

### Procedure

Make crumb base, set aside.

Melt cheese & chocolate. Add ½ teas vanilla; beat well. In another saucepan, put ¼ cup sugar & gelatin. Beat 2 egg yolks in milk. Add to sugar & gelatin mixture. Put over boiling water & stir for 15 minutes. Pour into chocolate mixture a little at a time. Mix in 1 tab rum. Beat egg whites, add 2 tab sugar & fold into rest of mixture. Pour into prepared pie plate. Refrigerate when set, spread with whipped cream & decorate with grated chocolate.



# CAKES & CHEESECAKES

## Chocolate Slice

Source: Robert Zamperoni  
Notes: Home Economics class

### Ingredients

1 ¼ cup	SR Flour
2 tab	Cocoa
2 tab	Sugar (to taste)
¾ cup	Coconut
125g	Butter
1	Egg

### Icing

1 cup	Icing sugar
1 tab	Cocoa
As needed	Hot water
Taste	Vanilla

### Procedure

Preheat oven, grease tray. Sift flour and cocoa into bowl. Add sugar and coconut and mix dry ingredients together. Make a well in the centre of the dry ingredients. Melt butter, beat egg in a cup with a fork. Add butter and egg to dry ingredients. Mix well and press into greased tray. Bake in a moderate oven for 10-15 minutes. Cut into squares, when cool chocolate ice and leave set. Divide into squares.



# CAKES & CHEESECAKES

## Date Scones

Source: Robert Zamperoni  
Notes: From Home Economics class

### Ingredients

2 cups	SR Flour
2 tab	Butter
$\frac{3}{4}$ cup	Milk
$\frac{1}{2}$ cup	Dates
2 tab	Sugar
1	Egg

### Procedure

- Preheat oven to 220 degrees Celsius. Grease and flour trays, spray with canola or butter and sprinkle with flour then tilt so the flour falls over the tray, creating a thin coating of flour and butter/canola.
- Sift the flour, rub in butter. Mix milk and sugar in a cup until the sugar is dissolved into the milk. Make a well in the centre of the flour add milk and egg.
- Knead very lightly (over kneading causes the scones to go tough) Lightly press to 3cm thick. Cut with a scone cutter or a knife. Place close together on a greased and floured tray. Crack another egg into a cup and mix with milk and beat. Glaze the scone dough.
- Bake in a hot oven for 12-15 minutes.



# CAKES & CHEESECAKES

## Erminia's Sponge Cake

Source: Erminia Zamperoni  
Notes:

### Ingredients

4	Eggs, large
$\frac{3}{4}$ cup	Castor sugar
1 cup	Cornflour
1 dessert	Baking Powder
1 tab	Butter, melted
1 tea	Lemon essence, grated lemon is fine

### Procedure

- Place eggs in a bowl, beat until combined. Continue adding sugar for 15 minutes
- Sift flour and baking powder 3 times
- Fold flour into mixture
- Add butter last with the lemon essence
- Cook 25-40 minutes in moderate oven. Make sure dish is lined



# CAKES & CHEESECAKES

## Fruit Cake

Source: Sandra Boyle

Notes: Stove boiled fruit, oven baked

### Ingredients

1 ½ cup	Mixed fruit
1 cup	Sugar
1 cup	Water
125g	Butter
1 teas	Mixed spice
½ teas	Salt
	Lemon Peel
2 cups	SR Flour
1 teas	Baking Soda

### Procedure

- Place mixed fruit (well mashed), sugar, water, butter, mixed spice, salt and lemon peel in a saucepan and boil for 10 minutes.
- Let cool then add flour and soda.
- Bake in a moderate oven.



# CAKES & CHEESECAKES

## Fruit Cake (Grand Marnier)

Source: Sandra Boyle  
Notes: Taken to Sunset

### Ingredients

500g	Sultanas	½ cup	Grand Marnier
250g	Mixed Peel	250g	Butter
125g	Raisins	½ cup	Brown sugar, Firmly packed
125g	Glace' apricots	5	Eggs
125g	Glace' pineapple	2 cups	Plain flour
125g	Dates		
125g	Prunes		
60g	Walnut pieces		
1 tab	Grated orange rind		
60g	Blanched silvered almonds (peeled almonds)		
½ cup	Castor sugar		
¼ cup	Orange juice		

### Procedure

- Place sultanas and peel in a large basin, chop all fruit the same size as a sultana and add to the basin. Mix in almonds, walnuts and orange rind. Sprinkle castor sugar evenly into heavy based pan, place over medium heat, cook until sugar is beginning to melt and brown, gently stir sugar until completely melted and golden brown. Remove from heat, add orange juice.
- Return to heat and stir constantly until toffee pieces are dissolved. Do not boil mixture this will evaporate too much of the liquid. Add Grand Marnier, strain to remove any small pieces of toffee, cool. Place fruit mixture in airtight container or large jar which has tight fitting screw top, pour Grand Marnier mixture over fruit mixture. Seal with plastic lid, stand overnight. Next day invert jar or mix fruit mixture well. Do this for 10 days.

Continued over



## Fruit Cake (Grand Marnier)

### After 10 days

- Beat butter until soft, add brown sugar, beat until combined. Add eggs one at a time, beat only until combined before adding the next egg.
- Pour fruit mixture into large basin, add creamed mixture, mix well use your hand for most efficient mixing. Add sifted flour; mix well.
- Prepare a deep 20cm square or deep 23cm round cake tin by lining base and sides with three thicknesses of greeseproof paper. Bring lining paper 5 cm above the edges of the tin.
- Spread mixture evenly into tin, bake in a **slow oven**. For 3 to 3 ½ hours
- Brush top evenly with about 2 tablespoons extra Grand Marnier
- Cover with aluminum foil, leave until cold before removing from tin.

To store cake remove foil and tin. Do not remove lining paper. Wrap cake securely in plastic food wrap to make air tight, store in a cool dark place, preferably in refrigerator.

This cake will keep for at least a year.





# CAKES & CHEESECAKES

## Sandy's Fruit Cake

Source: Sandra Boyle

Notes:

- White sugar works,
- Substitute fruits but keep weights constant

### Ingredients

250g	Raisins	½ cup	Rum, Brandy, Whisky or Sherry
250g	Dates	250g	Butter
125g	Mixed peel	1 cup	Brown sugar, firmly packed.
125g	Glace' Cherries	5	Eggs
60g	Glace Pineapple	1 ½ cup	Plain Flour
60g	Glace Apricots	1/3 cup	SR Flour
500g	Sultanas	1 teas	Mixed spice
125g	Currants		

### Procedure

- Chop raisins, dates, peel, cherries, pineapple and apricots the same size as sultanas; combine in a large basin with sultanas, currants and rum. Mix well
- Cover, stand overnight or up to a week
- Line a deep 20cm square or deep 23cm round cake tin with three thicknesses of grease proof paper; bring paper 5cm above edges of tin
- Beat butter until soft; add sugar; beat only until combined.
- Add eggs one at a time, beating well after each addition
- Add creamed mixture to fruit mixture, mix well
- Stir in sifted dry ingredients; mix thoroughly
- Spread evenly into prepared tin
- Bake in a slow oven 3 to 3 ½ hours.
- When cooked brush evenly with about 2 tabs extra rum
- Cover tightly with aluminum foil; leave until cold
- Remove foil and tin, leave lining paper intact
- Wrap in plastic food wrap, store up to a year in refrigerator.



# CAKES & CHEESECAKES

## Ginger Sponge Cake

Source:

Notes:

### Ingredients

5	Eggs, separated
$\frac{3}{4}$ cup	Castor sugar
1 tab	Golden Syrup
$\frac{1}{3}$ cup	Cornflour
1 teas	Ground cinnamon
$\frac{1}{3}$ cup	SR Flour
3 teas	Ground Ginger
2 teas	Cocoa
$\frac{3}{4}$ cup	Thickened cream

### Procedure

Beat egg whites in medium bowl with electric mixer until soft peaks form; gradually add sugar, beat until dissolved between additions. Beat in egg yolks and golden syrup. Triple sift dry ingredients, fold into mixture. Divide mixture evenly between prepared pans. Bake in a moderate oven about 18 minutes. Turn sponges immediately onto wire racks to cool. Beat cream until soft peaks form, join cakes with cream. Dust top with a little sifted icing sugar, if desired.



# CAKES & CHEESECAKES

## Basic Muffin

Source: Great Great Grandma Bagnall  
Notes: From early 20<sup>th</sup> Century

### Ingredients

3 cups	Flour
1	Egg, beaten
3 tab	Sugar
½ cup	Sultanas & currants
Dash	Lemon essence
2 tab	Butter
1 cup	Yeast, see below for yeast

### Procedure

Mix flour & sugar together. Beat egg and add yeast and essence. Add yeast and egg mixture to flour. Milk enough to moisten. Make like a scone dough. Rise and bake.

### To make yeast

Add dessertspoon sugar, and 1 tab flour to 1 cup of potato water in a bottle. Potato water is the left over water from boiled potatoes that has been allowed to stand for several days to allow yeasts to grow.



# CAKES & CHEESECAKES

## Impossible Cake

Source: Erminia Zamperoni

Notes:

### Ingredients

½ cup	SR Flour
¾ cup	Castor sugar
1 cup	Coconut
4	Eggs
Dash	Vanilla
½ cup	Butter, soft
Pinch	Lemon
2 cups	Milk
Pinch	Salt

### Procedure

Sift flour into bowl, stir in sugar, coconut, eggs, essence, butter, lemon and milk. Pour into prepared 24cm pie dish. Bake in a moderate oven 45 minutes or until lightly browned and set. Serve warm or cold.



# CAKES & CHEESECAKES

## Kentish Cake

Source: Maria Zamperoni

Notes:

### Ingredients

170g	Butter
170g	Sugar
1 tab	Apricot Jam
3	Eggs
$\frac{3}{4}$ cup	Milk
3 tab	Nuts (wall nuts etc.)
2 tab	Coconut
230g	SR Flour
1 tab	Cocoa
Pinch	Salt
Dash	Vanilla essence

### Procedure

Cream butter, sugar and jam. Add eggs, beat well. Add milk, nuts, coconut. Add sifted flour & cocoa. Bake in a moderate oven for 45 minutes.



# CAKES & CHEESECAKES

## Pineapple & Carrot Cake

Source: Maria Zamperoni

Notes:

### Ingredients

1 cup	Plain flour
1 teas	Baking powder
½ teas	Salt
¾ teas	Bicarb
½ tea	Ground cinnamon or mixed spice
½ cup	Raw sugar
1 large cup	Grated carrot
½ cup	Sultanas
200g	Crushed or finely chopped pineapple
¼ cup	Walnuts
2	Eggs
5 tab	Oil

### Procedure

Sift dry ingredients into a mixing bowl and mix lightly but well. Add sugar, carrot, fruit and nuts, then add beaten eggs and oil. Stir until combined. Bake in a moderate oven for 35-40 minutes. When cool ice with lemon cream frosting.



# CAKES & CHEESECAKES

## Plain Scones

Source:

Notes:

### Ingredients

2 cups	SR Flour
2 tab	Butter
$\frac{3}{4}$ - 1 cup	Milk
Extra	Flour – for rolling

### Procedure

Sift flour into bowl. Rub butter into flour with fingertips. Make well in the centre. Pour milk in all at once. Using a knife mix quickly and lightly until a moist dough is formed. Turn out onto a floured board. Knead lightly and press out to 2.5cm thickness. Cut with scone cutter or a glass. Place close together on a baking tray to keep moist whilst cooking. Brush with beaten yolk of egg and milk. Bake in hot oven for 12-15 minutes.

Over kneading the mixture will make the scones tough.



# CAKES & CHEESECAKES

## Pumpkin Fruit Cake

Source: Maria Zamperoni

Notes:

### Ingredients

2 tab	Butter
$\frac{3}{4}$ cup	Sugar
2	Eggs
1 cup	Warm mashed pumpkin
1 packet	Mixed fruit
2 cups	SR Flour
1 teas	Baking powder
Dash	Vanilla essence

### Procedure

Beat butter & sugar, add eggs. Add pumpkin and fruit. Add sifted flour & baking powder. Add essence & spices if preferred. Bake in moderate oven for 1 hour.





# CAKES & CHEESECAKES

## Pumpkin Scones

Source:

Notes:

### Ingredients

2 cups	SR Flour
2 tabs	Corn flour
100g	Butter
1 cup	Pumpkin, cooked
Extra	Milk as necessary
1/3 cup	Cream

### Procedure

Sift flours into bowl. Rub butter into flour with fingertips or the mixmaster dough hook. Make well in the centre. Pour in pumpkin, cream and mix, add milk as necessary so all flour sticks together. Mixture should be very sticky.

Knead lightly in bowl to collect any residue flour. Pour wet mixture into backing dish with high sides, lined with baking paper. Bake in a slow oven (160 degrees) for 20 minutes, or until cooked,

Over kneading the mixture will make the scones tough.



# CAKES & CHEESECAKES

## Quick Mix Chocolate Cake

Source:

Notes:

### Ingredients

125g	Butter
$\frac{3}{4}$ cup	Castor sugar
3	Eggs
$\frac{1}{2}$ cup	Plain flour
1 cup	SR Flour
$\frac{1}{3}$ cup	Cocoa
$\frac{1}{2}$ cup	Milk

### Fudge Frosting

60g	Dark cooking chocolate
15g	Butter
2 tab	Milk
1 $\frac{1}{2}$ cup	Icing sugar

### Procedure

Have all ingredients at room temperature. Combine butter, sugar, eggs, sifted dry ingredients & milk in large basin of electric mixer, beat on low speed until ingredients are combined, increase speed to medium, beat for about 3 minutes or until mixture becomes lighter in colour & smoother in texture. Spread mixture evenly into well greased lamington tin, bake in moderate oven 30 minutes. Stand few minutes before turning onto wire rack to cool. When cold, top with Fudge Frosting.

### Frosting

Melt chocolate & butter over hot water, stir in sifted icing sugar & enough milk to give thick spreading consistency.



# CAKES & CHEESECAKES

## Rich Boiled Fruit Cake

Source: Maria Zamperoni

Notes: Taken from weight watchers  
magazine

### Ingredients

100g	Sultanas
100g	Raisins
½ cup	Stewed apples
1 small	Banana
1 ½ cups	Water
12 teas	Butter
½ teas	Bicarb soda
1 teas	Nutmeg
120g	Plain flour
½ teas	Cinnamon
½ teas	Mixed spice
1 tab	Apricot jam or marmalade

### Procedure

Combine together all fruit, water & butter in a saucepan, and bring to boil. Reduce heat and simmer gently for 5 minutes. Leave to cool. When cool, add sifted dry ingredients. Mix in jam if preferred. Spray pan with non stick spray. Spread mixture into the pan & bake in moderate oven for 45 minutes. Leave to cool for 5 minutes before turning out onto rack.



# CAKES & CHEESECAKES

## Sandy's Scones

Source: Sandra Boyle

Notes:

### Ingredients

2 cups	SR flour
2 teas	Castor Sugar
15g	Butter
1 cup	Milk

### Procedure

Lightly grease 20cm round sandwich pan. Sift flour and sugar into bowl, rub in butter, stir in enough milk to mix to a soft sticky dough. Turn dough onto lightly floured surface, knead lightly until smooth. Press dough out to 2cm thickness, cut into 5cm rounds. Place scones in prepared pan. Brush with extra milk. Bake in a very hot oven for 15 minutes.

Variation: add 1 cup finely chopped dates to flour mixture.



# CAKES & CHEESECAKES

## Patty Cakes

Source: Susan Zamperoni

Notes: Family favorite

### Ingredients

60g	Butter
1/3 cup	Castor Sugar
Dash	Vanilla
1	Egg
1 cup	SR Flour
1/4 cup	Milk

### Procedure

Beat butter and sugar to a cream. Add the vanilla. Add egg and beat well. Sift flour. Add flour and milk alternately and mix lightly into a soft dough. Spoon into paper containers. Bake in a moderate oven for 10-12 minutes.



# DIPS & SAVOURY

## Mini Quiches

Source: Susan Zamperoni

Notes:

Makes:

### Ingredients

Spray	Olive oil – to grease
4 sheets	Frozen butter puff pastry, just thawed
8	Eggs
¼ cup	Cream, water can be used
2	Zucchini, small, coarsely grated
Handful	Flour (plain or SR), to take away eggy taste
*	Grated cheese, to taste
*	Onion (fried), to taste
*	Bacon (fried), to taste
*	Grated carrot, to taste
*	Capsicum, to taste
*	Steamed veggies, to taste

### Procedure

Preheat oven to 200C, cook onion and ham/bacon. Spray 8x muffin pans with oil, line muffin pans with puff pastry. Whisk eggs and water in bowl, season with salt and pepper. Stir in ingredients and divide mixture among the muffin pans.

Bake for 30 minutes

### Comments

Onion, bacon, carrot, capsicum, steamed veggies are all added to taste and the recipe works well with all or few of the ingredients. The veggies must be finely chopped to cook properly and taste nice.



# DIPS & SAVOURY

## Savory Mince

Source: Dennis Land

Notes:

### Ingredients

1 to 1½ kg Mince  
1 Bottle Kantong Sweet & Sour  
1 tin Blue Crushed Pineapple (Golden Circle)  
1 tin Peas & Corn  
2 Maggi Roast Meat Gravy Satchels  
Taste Tomato Paste

### Procedure

Brown mince in pot with ½ cup water. Add Kantong & Stir 2 minutes. Add pineapple. Add Peas & Corn to own taste. Simmer & stir for 20 minutes. Thicken with Gravy. Let sit for 30 minutes.



# DRINKS

## Orangeade

Source:

Notes:

### Ingredients

1 cup	Sugar
3 cups	Water
1 stick	Cinnamon
2 teas	Grated orange rind
4 cups	Strained fresh orange juice
2 teas	Citric acid

### Procedure

Combine sugar, water & cinnamon stick in large saucepan, stir constantly over heat, without boiling, until sugar is dissolved. Remove from heat, add orange rind, cool to room temperature. Strain sugar syrup into bowl through a fine cloth. Stir orange juice & citric acid into syrup, refrigerate until cold.





# DRINKS

## Fresh Fruit Punch

Source: Alison Milani

Notes:

### Ingredients

1 ½ cup	Fruit cup cordial
1 punnet	Strawberries (chopped)
1	Orange & Lemon, juiced
2	Peaches, Bananas
1	Lemon, thickly sliced
1.25L	Lemonade & Ginger ale
750mL	Spumante or sparkling wine
To suite	Ice

### Procedure

Place cordial syrup in a large container. Add prepared fruits & juices. Set aside in refrigerator until needed. Add lemonade, ginger ale and Spumante, all well chilled. Pour into a punch bowl or jugs, serve cold with ice.



# DRINKS

## Fruit Punch

Source: Maria Zamperoni

Notes:

### Ingredients

1 tin	Pineapple juice (large)
1 tin	Orange juice (large)
3 cups	Sugar
4	Lemons
4	Passion fruits
6 bottles	Lemonade
4 bottles	Ginger Ale
½ glass	Bacardi or gin

### Procedure

Boil pineapple, orange juice, sugar and lemons slowly until sugar is dissolved. Add 4 Passion Fruit pulps & cool. Add lemonade, Ginger Ale and Bacardi. This will make 2 punch bowls.



# DRINKS

## Sandy's Lemon Cordial

Source: Sandra Boyle  
Notes:

### Ingredients

2 ½ cups	Sugar
1L	Boiling water
30g	Citric Acid
1 teas	Lemon essence

### Procedure

Boil sugar and water together for 10 minutes. Dissolve acid in syrup then strain into a bowl. Add the lemon essence. When cold, bottle and use diluted with cold water.



# DRINKS

## Lemon Cordial

Source: Robert Zamperoni

Notes:

### Ingredients

2 cups	Sugar
1 cup	Water
1 cup	Lemon juice

### Procedure

Combine the sugar & water in a pan, bring to boil, stirring until sugar is dissolved. Boil gently for 5 minutes without stirring. Cool, then add lemon juice. Strain and store in fridge until ready to serve. When ready to serve add 2 tabs syrup to 1 glass iced water if desired.

### Comments

*This recipe is how the bush lemon tree came into being, seeds for lemon cordial being thrown onto the ground from the back balcony at the 8<sup>th</sup> street Queenslander, surviving somehow to a tree of its own.*



# PUDDINGS, PASTRIES & SWEETS

## White Christmas

Source: Maria Zamperoni

Notes:

### Ingredients

2 cups	Rice bubbles
1 cup	Coconut
1 cup	Mixed fruit
1 cup	Icing sugar
4 tabs	Powdered milk
165g	Copha

### Procedure

Mix all dry ingredients then add copha. Place onto tray and let set. Cut into squares.



# PUDDINGS, PASTRIES & SWEETS

## Apple & Cinnamon Scones

Source:

Notes:

### Ingredients

2 cups	SR flour
30g	Butter, cut into small pieces
1/3 cup	Caster sugar
1	Green apple (peeled & grated)
1 teas	Ground cinnamon
1	Egg, beaten
1/3 cup	Milk
1 tab	Caster sugar (extra)
1/4 teas	Ground cinnamon (extra)

### Procedure

Place flour in a bowl. Add butter and rub in using fingertips. Stir in sugar, apple & cinnamon. Combine egg & milk. Make a well in centre of mixture. Pour liquid all at once, reserving 1 teaspoon. Mix to a soft dough. Knead lightly. Press & roll out to 2cm thick. Cut out scones & glaze with remaining liquid. Sprinkle with combined extra sugar & cinnamon. Bake 10-12 minutes in a hot oven.



# PUDDINGS, PASTRIES & SWEETS

## Apple Crumble

Source: Zamperoni/Boyle Family  
Notes:

### Ingredients

4 – 6      Cooking apples, canned apples fine  
½ cup      Sugar (to taste)  
⅓ cup      Water  
As needed      Cornflour, to thicken

### Crumble

1 cup      Plain flour  
3 tab      Butter  
3 tab      Sugar  
3 tab      Coconut

### Procedure

Cook apples with sugar and water until tender. Thicken with cornflour. Place in a pie dish (greased). In a bowl, add flour and rub in butter with fingers. Add sugar and coconut and mix well. Sprinkle lightly on top of apples. Bake in a moderate oven until lightly browned on top.

### Comments

Choko, Rhubarb, peaches or apricots can be used as fruit alternatives or mixed.

Rolled oats can be included in the crumble mixture.

Honey can be drizzled on top for effect

Cinnamon or clove can be added to apples to taste.



# PUDDINGS, PASTRIES & SWEETS

## Austrian Coffee Cake

Source: Maria Zamperoni

Notes:

### Ingredients

185g	Butter	
185g	Castor sugar	
3	Eggs beaten	
185g	SR flour	
Pinch	Salt	
285mL	Strong black coffee, sugar rum or brandy to taste	To pour over after cooking
Toasted	Almonds	If desired

### Topping

285mL	Cream
2 teas	Icing sugar
2 drops	Vanilla

### Procedure

Cream butter & sugar. Beat in eggs a little each time and lastly fold in sifted flour & salt, with a metal spoon. Turn mixture into a greased ring mold tin & bake 25-30 minutes to 190 degrees. When cake is cooked take out of oven, remove from tin & allow to cool. When cold return to tin. Mix coffee, sugar rum/brandy & pour slowly over the cake distributing well. Remove from tin. Whip cream with icing sugar & vanilla.





# PUDDINGS, PASTRIES & SWEETS

## Baked Custard

Source: Sandra Boyle

Notes:

### Ingredients

3	Eggs
600mL	Milk
2-3 tab	Sugar
Taste	Vanilla
½ tea	Butter
Taste	Nutmeg

### Procedure

Beat eggs well then add milk, sugar and vanilla. Stir until sugar has dissolved. Strain into a greased pie dish. Place small pieces of butter on top. Sprinkle with nutmeg. Stand in a baking dish of water and bake in a slow oven until set. Serve chilled with fruit.

### For bread and butter pudding

Spread bread lightly with butter and jam, remove crusts and cut into triangles. Arrange on top of custard mixture. Add a few sultanas if desired. Make sure bread is saturated before baking.



# PUDDINGS, PASTRIES & SWEETS

## Baked Date Pudding

Source: Maria Zamperoni

Notes:

### Ingredients

1 cup	Flour
½ cup	Sugar
½ cup	Butter
Pinch	Salt
1	Egg
1	Apple
450g	Chopped dates
1 cup	Boiling water

### Procedure

Mix flour, 1 tab sugar all but 1 tab of butter & the salt with slightly beaten egg & roll out thinly. Cover with sliced apple & dates. Roll up & put in a greased pie dish. Mix balance of sugar & butter with boiling water & pour it over. Bake in moderate oven for 1 hour.



# PUDDINGS, PASTRIES & SWEETS

## Biscuit Pastry

Source:

Notes:

### Ingredients

60g	Butter
¼ cup	Caster sugar
1	Small egg
½ cup	Plain flour
¾ cup	SR flour
2 tab	Cornflour

### Procedure

Beat butter and sugar to a cream. Add the egg and beat well. Sift flours and cornflour together and add gradually to make a stiff paste. Knead lightly on a lightly floured board. Roll out on grease proof paper. Use as required. Bake in a moderate oven until brown.



# PUDDINGS, PASTRIES & SWEETS

## Blancmange

Source: Sandra Boyle

Notes:

### Ingredients

1 cup	Milk
1 dessert	Cornflour
1 dessert	Custard powder
*60g	Butter
*85g	Sugar, or to taste
¼ cup	Water

### Procedure

#### Custard

Place milk in saucepan and bring to boiling point. Remove from heat. Add blended cornflour and custard powder, stirring well the whole time. Place over heat and boil for 2-3 minutes.

#### Blancmange

Beat butter and sugar to a cream. Add slightly cooled custard mixture. Use as required.



# PUDDINGS, PASTRIES & SWEETS

## Bread & Butter Pudding

Source: Sandra Boyle

Notes:

### Ingredients

3	Eggs
600mL	Milk
2-3 tab	Sugar
Taste	Vanilla
½ tea	Butter
Taste	Nutmeg
As needed	Bread, crusts removed
As needed	Sultanas

### Procedure

Beat eggs well then add milk, sugar and vanilla. Stir until sugar has dissolved. Strain into a greased pie dish. Place small pieces of butter on top. Sprinkle with nutmeg.

Spread bread lightly with butter and jam, remove crusts and cut into triangles. Arrange on top of custard mixture. Add a few sultanas if desired. Make sure bread is saturated before baking.

Stand in a baking dish of water and bake in a slow oven until set.



# PUDDINGS, PASTRIES & SWEETS

## Butterscotch Popcorn

Source: Maria Zamperoni

Notes:

### Ingredients

125g	Popping corn
1 tab	Oil
125g	Butter
2 tab	Honey
$\frac{3}{4}$ cup	Sugar

### Procedure

In a large frypan, heat oil until very hot. Add corn, place on lid, shake pan until popping ceases.

Place corn in a large bowl.

Combine butter, honey and sugar in saucepan, slowly bring to boil, stirring until sugar has dissolved. Boil gently for 5 minutes.

Pour syrup over popcorn and mix until well coated. Pour quickly onto a well greased oven tray. Cool.

Store in air tight container.



# PUDDINGS, PASTRIES AND SWEETS

## Butterscotch Tart

Source: Maria Zamperoni

Notes:

### Ingredients

2 tab	Butter
½ cup	Brown sugar
1 cup	Milk
3 tab	Flour
1 tab	Honey
3 tab	Water
Taste	Salt & vanilla
1	Egg yolk
1	Baked pastry shell

### Meringue

2	Egg whites
4 tab	Caster sugar

### Procedure

First melt butter & sugar in a saucepan. Then add all other ingredients. Stir constantly until it thickens. Pour into baked shell. Add meringue on top. Brown in oven.

### Meringue

Beat until thick and forms stiff peaks.



# PUDDINGS, PASTRIES & SWEETS

## Carrot Cake

Source:

Notes:

### Ingredients

1 cup	Oil
1 ⅓ cup	Brown sugar, firmly packed
3	Eggs
3 cups	Coarsely grated carrot
1 cup	Chopped walnuts
½ cup	Chopped raisins
2 ½ cups	SR flour
½ teas	Bicarb soda
2 teas	Mixed spice

### Cream cheese frosting

80g pkt	Cream cheese softened
1 teas	Grated lemon rind
1 tab	Lemon juice
1 ½ cups	Icing sugar
Taste	Butter, if desired

### Procedure

Grease 15cm by 25cm loaf pan, line base with greaseproof paper. Beat oil, sugar & eggs in small bowl with electric mixer until thick & creamy. Transfer mixture to large bowl, stir in carrot, nuts & raisins, then sifted dry ingredients. Pour mixture into prepared pans, bake in moderate oven 45 minutes. Cover loosely with foil, bake about 45 minutes. Stand a few minutes before turning onto wire rack to cool. Top cold cake with cream cheese frosting.

### Cream cheese frosting

Beat butter, cheese, rind & juice in small bowl with electric mixer, beat until light & fluffy; gradually beat in sifted icing sugar.





# PUDDINGS, PASTRIES & SWEETS

## Chocolate Log

Source: Maria Zamperoni

Notes:

### Ingredients

Plain chocolate biscuits (Golliwog/Scalliwag biscuits)

Marsala

Whipped cream

Grated chocolate

### Procedure

Dip biscuits in Marsala. Put a layer in a dish, arranging top to bottom, etc. so they fit well. Then put a layer of cream. Repeat layers. When finished cover the lot with cream. Next sprinkle with grated chocolate.

Make in the morning for that night, or before the next day.



# PUDDINGS, PASTRIES & SWEETS

## Chocolate Mint Cheesecake

Source: Maria Zamperoni

Notes:

### Ingredients

1 pkt	Plain biscuits, for base
250g	Packaged cream cheese
1/3 cup	Sugar
1 teas	Vanilla
1 teas	Gelatin
2 teas	Water
1 cup	Cream, whipped to fold in
6	Chocolate after dinner mints
1 tab	Water, extra

### Procedure

#### Base

Crush plain biscuits, press into spring form tin.

#### Filling

Beat cream cheese, sugar and vanilla until smooth. Sprinkle gelatin over hot water and dissolve. Add to cream cheese mixture, beat well, fold in whipped cream. Spoon onto crumb base. Dissolve mints with extra water, cool a little. Spoon chocolate mint over cream cheese mixture & swirl into mixture with a spoon. Freeze (max 4 weeks)



# PUDDINGS, PASTRIES & SWEETS

## Chocolate Mousse

Source:

Notes:

### Ingredients

200g	Dark chocolate, chopped
30g	Butter
3	Eggs, separated
300mL	Carton thickened cream (whipped)

### Procedure

Place chocolate in heatproof bowl, place over pan of simmering water, stir chocolate until melted, remove from heat. Add butter, stir until melted, stir in egg yolks, 1 at a time; transfer mixture to large bowl, cover, cool.

Beat egg whites in small bowl with electric mixer until soft peaks form. Fold the cream and egg whites into chocolate mixture in 2 batches. Pour mixture into 6 serving dishes (2/3 cup capacity), refrigerate several hours or overnight. Serve with extra whipped cream and chocolate curls.



# PUDDINGS, PASTRIES & SWEETS

## Chocolate Self Saucing Pudding

Source: Sandra Boyle  
Notes: MICROWAVE RECIPE

### Ingredients

60g	Butter
1 ½ cup	SF Flour
1 cup	Castor sugar
¼ cup	Cocoa
½ cup	Milk
1	Egg
2 teas	Vanilla
½ cup	Castor sugar, extra
1 tab	Cocoa, extra
1 ¾ cup	Hot water

### Procedure

Melt butter in a microwave safe dish on high for 1 minute. Stir in sifted flour, sugar, cocoa, milk, egg and vanilla. Pour into 2.25L microwave safe container with lid. Combine extra sugar and cocoa, sprinkle over top of pudding. Pour over hot water. Cook covered on high for 8 minutes. Dust top with icing sugar (if desired, the pudding can be inverted).

Best served hot.



# PUDDINGS, PASTRIES & SWEETS

## Chocolate Self Saucing Pudding

Source: Susan Zamperoni  
Notes: OVEN RECIPE

### Ingredients

60g	Butter
½ cup	Milk
1 tea	Vanilla essence
¾ cup	Castor sugar
1 cup	SR Flour
1 tab	Cocoa
¾ cup	Brown Sugar
1 tab	Cocoa, extra
2 cups	Boiling water

### Procedure

Combine butter and milk in a large pan, stir over heat until butter is melted. Remove from heat, stir in essence and castor sugar, then sifted flour and cocoa. Spread mixture into greased ovenproof dish (6 cup sized). Sift brown sugar and extra cocoa over mixture, gently pour over boiling water. Bake in moderate oven for about 40 minutes.

Best served hot.



# PUDDINGS, PASTRIES & SWEETS

## Choko Pie

Source: Maria Zamperoni

Notes:

### Ingredients

2	Chokos
½ cup	Sugar, or to taste
1	Lemon
2 tab	Custard Powder
Taste	Spices (cinnamon, all spice, clove, etc.)

### Topping

60g	Sugar
60g	Butter
60g	Coconut

### Procedure

Cook chokos in a little water in saucepan. Drain off and mash in saucepan. Add sugar, lemon juice & thicken with custard powder. Cook until thick. Mix topping ingredients together. Sprinkle over choko. Brown under griller or put in pie crust.



# PUDDINGS, PASTRIES & SWEETS

## Cornflake Cases

Source: Maria Zamperoni

Notes:

### Ingredients

60g	Butter
¼ cup	Honey
1 tab	Sugar
4 cups	Cornflakes
90g	Unsalted peanuts or crushed almonds, or sesame seeds

### Procedure

In a saucepan melt butter, honey & sugar on medium heat. In a bowl, combine cornflakes and nuts. Pour honey mixture over flakes & combine well. Place in patty cups & bake in moderate oven for 8 minutes. Stand 15 minutes to set.



# PUDDINGS, PASTRIES & SWEETS

## Creamed Rice

Source:

Notes:

### Ingredients

3 tab	Short grain rice
600mL	Milk
3 tab	Sugar
1 tea	Vanilla, or to taste

### Procedure

Place rice in a saucepan with milk. Cook over low heat until grains are soft, stirring frequently. Add sugar and stir to dissolve. Pour into serving dish to cool. The cooked mixture will be very thin. It will thicken on cooling.





# PUDDINGS, PASTRIES & SWEETS

## Fairy Cakes

Source: Sandra Boyle

Notes:

### Ingredients

1 ½ cups	SR flour
⅔ cup	Castor sugar
125g	Butter, softened
3	Eggs
¼ cup	Milk
1 teas	Vanilla essence
½ cup	Jam
300mL	Carton thickened cream

### Procedure

Sift dry ingredients into small bowl of electric mixer, add butter, eggs, milk and essence. Beat on medium speed about 3 minutes or until mixture is smooth and slightly lighter in colour. Drop 1 ½ tablespoons of mixture into prepared paper cases. Bake in moderate oven for about 20 minutes or until lightly browned; cool in pans.

Using a fine pointed knife cut circles from tops of cakes.

Place ½ teas jam or lemon butter into cavities of cakes, top with whipped cream. Place tops into position. Dust with sifted icing sugar.



# PUDDINGS, PASTRIES & SWEETS

## Fruit Cake

Source: Maria Zamperoni

Notes:

### Ingredients

1.25kg	Mixed fruit
230g	Butter
230g	Brown sugar
1 teas	Grated lemon
1 teas	Grated orange
1 teas	Vanilla
Taste	Chopped almonds
2 tab	Marmalade
2 tab	Parisian essence
4	Eggs
Drops	Almond essence
Pinch	Salt
¼ teas	Cinnamon
2 ½ cups	Plain flour
1 teas	Allspice
¼ teas	Nutmeg
½ cup	Rum or brandy or sherry

### Procedure

Chop fruit (in blender) & soak overnight in spirit. Cream butter, sugar, rinds, vanilla & almond essence. Add marmalade & Parisian essence. Add eggs one at a time, beat well after each. Fold in fruits alternately with sifted dry ingredients. Line a greased cake tin with brown paper under & around tin with 3-4 layers. Cover with foil on top to prevent cracking. Bake in a slow oven 4 to 4 ½ hours. Allow to cool in tin.



# PUDDINGS, PASTRIES & SWEETS

## Fudge

Source: Maria Zamperoni

Notes:

### Ingredients

2 cups	Sugar
1 tab	Cocoa
1 tab	Syrup
1 dessert	Butter
½ cup	Milk

### Procedure

Place all ingredients into a saucepan & boil for 8 minutes. Remove & beat. Place onto tray lined with baking paper. Avoid stirring during boiling to prevent sugar crystals being stirred through – produces a crumbly fudge.



# PUDDINGS, PASTRIES & SWEETS

## Ginger Pudding (Steamed)

Source: Sandra Boyle

Notes:

### Ingredients

1 cup	Flour
2 tab	Sugar
1 teas	Salt
1 teas	Soda
1 teas	Large teas ginger
2 tabs	Butter
2 tab	Treacle
1 cup	Milk

### Procedure

Sift dry ingredients into a basin. Rub in butter. Add treacle & lastly milk. Steam in greased basin for 2 hours. Serve with custard.



# PUDDINGS, PASTRIES & SWEETS

## Impossible Pie

Source: Sandra Boyle  
Notes:

### Ingredients

½ cup	Plain Flour
1 cup	Castor sugar
1 cup	Coconut
4	Eggs, lightly beaten
2 teas	Vanilla essence
125g	Butter, melted
2 cups	Milk

### Procedure

Lightly grease straight sided 24cm pie dish. Sift flour into bowl, stir in sugar, coconut, eggs, essence, butter and milk. Pour into prepared pie dish, bake in moderate oven about 45 minutes or until lightly browned and set. Serve warm or cold with cream.



# PUDDINGS, PASTRIES & SWEETS

## Lemon Delicious

Source: Sandra Boyle

Notes: Family favorite

### Ingredients

3	Eggs, separated
½ cup	Castor sugar
30g	Butter, melted
1 cup	Milk
2 teas	Grated lemon rind
⅓ cup	Lemon juice
½ cup	SR Flour
½ cup	Castor sugar, extra

### Procedure

Beat egg yolks and sugar in a small bowl with electric mixer until thick and creamy. Transfer to large bowl. Stir in butter, milk, rind, juice and sifted flour. Beat egg whites in small bowl with electric mixer until soft peaks form. Add extra sugar gradually, beat until dissolved between additions. Fold into lemon mixture in 2 batches. Pour into lightly greased ovenproof dish (6 cup capacity) or 6 individual dishes. Place in baking dish with enough hot water to come halfway up side of dish. Bake in moderate oven about 50 minutes (about 30 minutes for individual dishes) or until pudding is set.



# PUDDINGS, PASTRIES & SWEETS

## Lemon Sago

Source: Sandra Boyle

Notes:

### Ingredients

½ cup	Sago
600mL	Water
2	Lemons
4 tab	Sugar
4 tab	Golden syrup

### Procedure

Wash sago and soak for 2 hours in 300mL of water. Put the remainder of water in a saucepan and bring to boiling point. Add soaked sago and cook until transparent, stirring occasionally. Remove from the heat and add lemon juice, rind, sugar and syrup. Mix well to blend ingredients. Pour into a bowl to set. Serve cold with custard or cream.



# PUDDINGS, PASTRIES & SWEETS

## Marsala Tart

Source: Zamperoni Family

Notes:

### Ingredients

#### Custard

3 tab	Custard powder
3 tab	Sugar
2 tab	Cocoa powder (sifted)
3	Egg yolks
Dash	Vanilla essence

Bought vanilla and chocolate custard work fine. Double thick custard is necessary, runny custard is no good.

#### Filling

2 packets	Savoradi Biscuits
Taste	Marsala (wine)
Taste	Coffee (good espresso, or percolated coffee)

#### Topping

Whipped creamed and grated chocolate

### Procedure

- Make the custard in the usual fashion, doubly thick custard is necessary.
- Mix Marsala and coffee together in bowl, add a little water if the mixture is too strong, do this to taste. Dip the biscuits in the mixture and line a deep dish. Biscuits are best thoroughly soaked. Put a layer of sponge biscuits, a layer of custard, alternating, to fill dish. Finish with whipped cream and chocolate shavings if desired.
- Better served next day.





# PUDDINGS, PASTRIES & SWEETS

## Mock Cream

Source: Sandra Boyle

Notes:

### Ingredients

4 tabs	Caster sugar
3 tabs	Butter
1 teas	Iced water
6 tabs	Milk

### Procedure

- Beat until combined and at desired consistency.



# PUDDINGS, PASTRIES & SWEETS

## Muffins

Source:

Notes:

### Ingredients

1 $\frac{3}{4}$ cup	SR flour
2 tab	Castor sugar
1 tea	Baking powder
1	Egg, lightly beaten
$\frac{3}{4}$ cup	Milk
80g	Butter

### Procedure

Preheat oven to 200 degrees. Sift in flour, sugar and baking powder in a bowl. In a small bowl combine egg, milk & melted butter. Mix well and add liquids all at once to flour mixture. Stir gently with a fork until all dry ingredients are just moistened. Batter should look quite lumpy. Spoon into muffin tins  $\frac{2}{3}$  full. Bake 20-25 minutes until golden brown. Serve warm.



# PUDDINGS, PASTRIES & SWEETS

## Orange Cake

Source: Susan Zamperoni

Notes:

### Ingredients

1 ½ cups	SR flour
125g	Butter
½ cup	Milk
	Orange or lemon rind, grated
1 cup	Sugar
2	Eggs
Pinch	Salt

### Procedure

Place all ingredients in a large bowl. Beat on a medium speed for 5 minutes. Pour mixture into a ring or loaf tin. Bake in moderate oven. Ice with lemon icing.

Lemon or orange essence work well.



# PUDDINGS, PASTRIES & SWEETS

## Pancake Cigars

Source: Dale Cutts

Notes: Nice with peanut butter and jam

### Ingredients

1 cup	Plain flour (wholemeal, roughly)
3	Eggs
As needed	Milk
Taste	Vanilla

### Procedure

Place flour in bowl, add eggs and some milk, whisk with fork. Continue adding milk until a creamy mixture is developed, add vanilla. Mixture should be easily poured into a fry pan but not watery.

Pour into hot pan, spread over pan. Leave on one side until cooked, flip onto other side until cooked. Latter ones cook quicker. Re apply spray between Cigars

Toppings to taste, roll up and eat.



# PUDDINGS, PASTRIES & SWEETS

## Pecan Pie

Source: Maria Zamperoni

Notes:

### Ingredients

22	Jatz biscuits (a savory plain biscuit)
50	Pecan nuts
3	Egg whites
$\frac{3}{4}$ cup	Castor sugar
1 teas	Vanilla

### Topping

As needed	Whipped cream
As needed	Toasted almond flakes
As needed	Chocolate flakes

### Procedure

Blend Jatz biscuits & pecans. Beat eggs white to peaks. Add castor sugar gradually. Blend ingredients together with vanilla. Pour into greased pie dish & bake 150 – 160 degrees for about 25-30 minutes. Cool. Top with whipped cream & toasted almond flakes & choc flakes blended together.



# PUDDINGS, PASTRIES & SWEETS

## Pikelets

Source: Susan Zamperoni

Notes:

### Ingredients

1	Egg
3 tabs	Sugar
½ cup	Milk
1 cup	SR flour
As needed	*Dash cream

### Procedure

Place egg, sugar and half of milk in a bowl. Beat well. Sift flour twice and add to mixture. Add milk until batter is the consistency of thick cream. Add cream. Beat until smooth.

Spray pan with canola spray, cook in pan.



# PUDDINGS, PASTRIES & SWEETS

## Puff Pastry

Source: Sandra Boyle

Notes:

### Ingredients

230g	Plain flour
Pinch	Salt
230g	Butter
1	Egg
Squeeze	Lemon juice
3 tab	Cold water

### Procedure

Sift flour & salt. Divide in halves. Place each portion in separate basins. With a knife cut butter onto one portion, just cut it with a knife. Beat the egg. Add water & lemon juice. Mix. Add this liquid to other portion of the flour to make a soft dough.

Add first mixture (flour & butter) to soft dough. Mix together lightly until the crumbs of the first mixture combined with the dough.

Turn onto floured surface. Toss lightly. Roll out one way into oblong sheet. Pull corners to keep oblong shape. Fold in three like an envelope then in two the opposite way. Wrap up in floured grease-proof paper & place on a plate in the fridge. Leave ½ to 1 hour.

Roll out and fold again.

This pastry is now ready to be used.



# PUDDINGS, PASTRIES & SWEETS

## Pumpkin Spice Cake

Source: Maria Zamperoni

Notes:

### Ingredients

125g	Butter (softened)
1 ¼ cups	Sugar
2	Eggs
2 ¼ cups	SR flour
½ teas	Salt
1 teas	Cinnamon
1 teas	Ginger
1 teas	Nutmeg
¼ teas	Ground cloves
¾ cup	Milk
1 cup	Cooked mashed pumpkin
½ teas	Bi-card soda
½ cup	Walnuts

### Procedure

Grease rectangular cake tin (33cm x 23cm) and line with greased greaseproof paper. Oven temp at 180 degrees.

Cream butter & sugar until light & fluffy, add eggs 1 at a time. Sift flour, salt & spices together. In a bowl combine milk with pumpkin & bicarb soda. Add flour & pumpkin mixture alternately to cream mixture. Begin & end with flour. Stir in nuts. Turn into tin and bake for 50-55 minutes or until cooked. Cool tin for a few minutes then turn out to cool. Add mock cream.





# PUDDINGS, PASTRIES & SWEETS

## Rum Balls

Source: Maria Zamperoni

Notes:

### Ingredients

1 pkt	Arrowroot biscuits or equivalent amount of Weetbix (crushed)
1 tin	Condensed milk
1 cup	Coconut
2 tab	Cocoa, to taste, for a more chocolate flavor add more.
2 tab	Rum, to taste
Extra	Coconut for rolling

Variation    Add apricots, or soaked rum sultanas to mixture

### Procedure

Mix all ingredients together. Chill in the fridge for ½ hour to 1 hour, so it is easier to roll out. Roll into balls, coat in coconut. Place in fridge to set.



# PUDDINGS, PASTRIES & SWEETS

## Short Pastries

Source: Sandra Boyle

Notes:

### Ingredients

1 cup	Plain flour
1 cup	SR flour
2 tab	Corn Flour * optional, but makes it better
125g	Butter
1/3 cup	Cold water or milk

### Procedure

Sift flours into a bowl. Rub butter through the flours with fingertips. Add sugar and mix well. Mix into a dry dough with egg yolk and some milk beaten together. Let sit in fridge whilst cleaning and preparing the kneading surface, makes dough easier to knead smooth. Turn onto lightly floured board and knead until smooth. Use as required.

Savory Dishes – meat pies etc.



# PUDDINGS, PASTRIES & SWEETS

## Sweet Short Pastry

Source: Sandra Boyle

Notes: Can be frozen for use later.

### Ingredients

1 cup	Plain flour
1 cup	SR flour
2 tab	Custard powder
2 tab	Corn Flour
125g	Butter
2 tab	Caster sugar
1/3 cup	Cold water or milk
1	Egg yolk

### Procedure

Sift flours into a bowl. Rub butter through the flours with fingertips. Add sugar and mix well. Mix into a dry dough with egg yolk and some milk beaten together. Let sit in fridge whilst cleaning and preparing the kneading surface, makes dough easier to knead smooth. Turn onto lightly floured board and knead until smooth. Use as required.

Sweets – Apple pies etc.

Add vanilla if desired.



# PUDDINGS, PASTRIES & SWEETS

## Tart Shell

Source: Maria Zamperoni

Notes:

### Ingredients

½ cup	Sugar
1 cup	Coconut
3	Wheatbix
1 cup	SR flour
125g	Butter

### Procedure

Mix all together & bake in a moderate oven for 15 minutes



# SAUCE'S PRESERVES & JAMS

## Tomato Relish

Source:

Notes:

### Ingredients

450g	Ripe tomatoes skinned and cut up
450g	Onions (diced)
1 cup	White vinegar
1 cup	Vinegar
1 tab	Salt
1 tab	Curry powder
1 tab	Mustard powder
1 tab	Cornflour – as needed

### Procedure

Boil all ingredients for 20 minutes, then thicken with 1 tab cornflour blended with a little vinegar. Boil slowly for 5 minutes or more. Cool and bottle.



# SAUCE'S PRESERVES & JAMS

## Basic White Sauce

Source: Sandra Boyle

Notes: Lasagna and other dishes base  
white sauce

### Ingredients

80g          Butter

4 tabs        Flour

2 cups        Milk

### Procedure

Melt butter in a saucepan. Remove from heat and mix the flour, using a wooden spoon. Cook for 1 minute. Add a little milk and mix well. Return to heat and gradually add milk, stirring all the time. Boil for 2 – 3 minutes. Use as required.

For onion sauce add 2 boiled and chopped onions.

For cheese sauce add 2 tab grated cheese and a pinch of Cayenne pepper.



# SAUCE'S PRESERVES & JAMS

## Black Sauce

Source: Sandra Boyle  
Notes:

### Ingredients

1 teas	Allspice
¼ teas	Ground cloves
¼ teas	Chili powder
3 cups	Brown vinegar
½ cup	Treacle
½ cup	Plum jam
1 small	Onion (chopped)
1 clove	Garlic
¼ teas	Cayenne pepper

### Procedure

Put in saucepan. Simmer for 1 hour. Strain when finished.



# SAUCE'S PRESERVES & JAMS

## Cheese Sauce

Source: Susan Zamperoni

Notes:

### Ingredients

60g	Butter
1/3 cup	Plain flour
2 cups	Milk
Taste	Pepper
¼ teas	Nutmeg
1 cup	Grated cheddar cheese
3 tab	Parmesan cheese
Taste	Cream, add as needed

### Procedure

Melt butter in a saucepan, add flour and mix until smooth. Cook for 1 minute then gradually add milk and stir over heat until sauce thickens and boils for 1 minute. Add pepper, nutmeg and grated cheese.





# SAUCE'S PRESERVES & JAMS

## Kumquat Jam

Source: Sandy Boyle  
Notes:

### Ingredients

Kumquat

Sugar

Water

### Procedure

- Cut up the Kumquat into a basin, reserving the pips in another basin. Put enough water with the fruit so you can just see through it (can put the fruit through a food processor if required). Add water to the seeds also. Stand overnight.
- Next day boil up the seeds. Strain, reserving the water. Add the water to the fruit. Then boil the fruit up until tender.
- Next add one cup of sugar for every cup of fruit. Boil furiously until set. Store in clean sterilized jars.

Sugar should be cup for cup of fruit, 50% 50%.



# SAUCE'S PRESERVES & JAMS

## Kumquat Jam

Source: Sandra Boyle  
Notes:

### Ingredients

Kumquat

Sugar

Water

### Procedure

Cut up the Kumquat into a basin, reserving the pips in another basin. Put enough water with the fruit so you can just see through it (can put the fruit through a food processor if required). Add water to the seeds also. Stand overnight.

Next day boil up the seeds. Strain, reserving the water. Add the water to the fruit. Then boil the fruit up until tender.

Next add one cup of sugar for every cup of fruit. Boil furiously until set. Store in clean sterilized jars.

Sugar should be cup for cup of fruit, 50% 50%.



# SAUCE'S PRESERVES & JAMS

## Lemon Butter (MICROWAVE)

Source: Sandra Boyle

Notes:

### Ingredients

Grated rind of 3 lemons

3 Lemons (1 cup juice)

40g Butter

1 cup Sugar

3 Eggs, beaten

### Procedure

Put the rind and juice into a large bowl with the butter and cook uncovered for 3 minutes on HIGH until the butter melts. Add the sugar and stir in well. Cook for 2 minutes on HIGH. Stir again to help dissolve the sugar and strain on the eggs. Stir well to blend thoroughly. Cook uncovered for 12-14 minutes on LOW, stirring every 2 minutes. Do not boil. The curd is cooked when it coats the back of a spoon.

### Comments

HINT: Add more sugar if too sour

HINT: If the mixture looks like it's going to curdle, put it immediately in a bowl of iced water.



# SAUCE'S PRESERVES & JAMS

## Lemon Butter

Source: Sandra Boyle  
Notes:

### Ingredients

3	Eggs beaten
1 cup	Sugar
1 tab	Grated lemon rind
½ cup	Lemon juice
60g	Butter, chopped

### Procedure

Combine all ingredients in heatproof bowl. Whisk constantly over simmering water until mixture thickens and coats the back of a metal spoon. Remove from heat and pour into warm sterilized jars. When cools, label and date. Store in the refrigerator until required.



# SAUCE'S PRESERVES & JAMS

## Mango Chutney

Source: Sandra Boyle

Notes:

### Ingredients

15	Mangoes (can use frozen mango)
½ cup	Salt
225g	Sultanas
225g	Dates
60g	Ginger (green)
2 or 3	Birdeye chilies
1 ½	Bottles of vinegar (750mL)
60g	Garlic
1.8kg	Sugar

### Procedure

Peel and slice mangoes. Sprinkle with salt and leave overnight. Drain and place mangoes and all ingredients in a saucepan, except sugar. Boil until tender. Add sugar. Boil quickly for 20 minutes; after adding sugar.



# SAUCE'S PRESERVES & JAMS

## Melon & Lemon Jam

Source: Sandra Boyle

Notes:

### Ingredients

Wild pie melon or honeydew melon

$\frac{2}{3}$  proportion melons

Lemons

$\frac{1}{3}$  lemons

Sugar

### Procedure

Cut up melon into cubes in a basin. Stir through enough sugar to lightly coat the fruit. Leave overnight.

Cut up the lemons putting the fruit & skins in one basin and the pips (seeds) in another basin. Put enough water with the fruit so you can just see it. Cover seeds with water.

Stand overnight

Next day boil up the seeds, strain & then add the liquid to the fruit. Boil up the melon & lemon until tender. Add one cup of sugar for every cup of fruit. Boil furiously until set.

Store in clean sterilized jars.

### Comment

Maximum 13 cups of fruit for 13 cups of sugar in a large 45L saucepan.



# SAUCE'S PRESERVES & JAMS

## Mustard Pickles

Source: Sandra Boyle

Notes:

### Ingredients

450g	Onions
450g	Cauliflower
3	Cucumbers
3	Chokes
125g	Beans
450g	Green tomatoes
1	Capsicum
Large handful	Salt
*1 ½	Bottles white vinegar (740g)
*1 tab	Mustard
*1 tab	Curry
*3 cups	Sugar
*1 tab	Turmeric
3 tab	Plain Flour

### Procedure

Chop onions, cauliflower, cucumbers, chokes, beans, tomatoes and capsicum. Stand 24 hours with large handful of salt. Next day drain off fluids. Add vinegar and other ingredients (\*) except flour. Boil for 1 ½ hours and thicken with flour thinned with vinegar. Bottle and store while hot.



# SAUCE'S PRESERVES & JAMS

## Orange & Lemon Marmalade

Source: Sandra Boyle  
Notes:

### Ingredients

Oranges ( $\frac{2}{3}$  quantity)

Lemons ( $\frac{1}{3}$  quantity)

Sugar (as needed)

### Procedure

Cut up oranges & lemons. Put the fruit and skins in one basin (can put through the food processor if desired) and in another basin put the seeds. Cover the fruit with water, only enough so you can just see it. Cover the seeds also. Stand overnight.

Next day boil up the seeds. Strain and then add the water mixture to the oranges.

Cook the fruit until it's tender. Then add 1 cup of sugar for every cup of fruit. Put back on the heat and boil furiously until the jam is set. Store in clean sterilized jars.

Sugar should be cup for cup of fruit, (50% 50%).





# SAUCE'S PRESERVES & JAMS

## Plum Jam

Source: Sandra Boyle  
Notes:

### Ingredients

2kg          Blood plums  
1 cup        Lemon juice  
Sugar (as needed)

### Procedure

Cook plums and lemon juice until tender. Add sugar. Measure for every cup of fruit, 1 cup of sugar.  
Boil furiously until set.



# SAUCE'S PRESERVES & JAMS

## Rum Sauce

Source: Sandra Boyle

Notes: Used for christmas puddings

### Ingredients

80g	Butter
4 tabs	Flour
2 cups	Milk
Taste	Sugar
Taste	Rum

### Procedure

Melt butter in a saucepan. Remove from heat and mix the flour, using a wooden spoon. Cook for 1 minute. Add a little milk and mix well. Return to heat and gradually add milk, stirring all the time. Boil for 2 – 3 minutes. Add sugar whilst hot to dissolve to taste. Add rum. Use as desired.



# SAUCE'S PRESERVES & JAMS

## Sandy's Tomato Sauce

Source: Sandra Boyle  
Notes:

### Ingredients

5.4kg Tomatoes  
1.8kg Sugar  
8 cups White vinegar  
2 handfuls salt

### In a bag

Handful Peppercorns  
3 tabs Cloves  
1 – 2 Dessert spoons Cayenne Pepper  
125g Chopped garlic  
2-3 tabs Powder ginger  
1 tea All spice

### Procedure

Chop tomatoes roughly and sprinkle with salt. Stand 2 hours. Place spices in a bag. Place all in saucepan and boil for 2 hours. Thicken with cornflour and vinegar. Pulp and store while hot.



# SAUCE'S PRESERVES & JAMS

## Soy Sauce Dressing

Source: Sandra Boyle  
Notes:

### Ingredients

½ cup	Oil
2 tab	Soy sauce
1 tab	Lemon juice
2 tea	Sugar
1 clove	Garlic crushed or chopped
1cm	Ginger root
Taste	Salt and Pepper
Taste	Chili

### Procedure

Put all ingredients into jar with a lid and shake well to blend.



# SAUCE'S PRESERVES & JAMS

## Strawberry Jam

Source: Sandra Boyle  
Notes:

### Ingredients

Strawberries

1 cup     Lemon Juice

Sugar

### Procedure

Cook strawberries and lemon juice until tender. Add sugar. Measure for every cup of fruit, 1 cup of sugar. Boil furiously until set.

Blueberries and other soft fruit use same recipe.



# SAUCE'S PRESERVES & JAMS

## Sweet & Sour Sauce

Source: Sandra Boyle  
Notes:

### Ingredients

1	Onion
1	Capsicum
1 tab	Butter
1/3 cup	Pineapple
2 dessert	Pickles
2 teas	Sugar
2 dessert	Relish
3/4 cup	Stock
Taste	Salt
Taste	Pepper
1 teas	Cornflour
Taste	Lemon juice

### Procedure

Fry chopped onion & capsicum in the butter. Add pineapple, pickle, sugar, relish, stock & seasoning. Simmer for half an hour. Thicken with cornflour & cook 3 minutes. Add sufficient lemon juice to give sweet & sour flavor. Serve with pork, fish & prawns.



# SNACKS

## Vegemite Toastie Strips

Source: Maria Zamperoni

Notes: Snack

### Ingredients

Day old bread

Vegemite

Cream cheese

### Procedure

Cut crusts off bread. Butter, then spread with vegemite & cream cheese. Cut into fingers. Place on trays and cook in a slow oven until crispy & dry.

### Comments

Thick layers of vegemite and cream cheese make the best toasties.

Removing bread crusts off is nice.

Store in an air tight container for several weeks.



# SOUPS & SIDE DISH

## Tomato Soup

Source:

Notes:

### Ingredients

As required	Tomatoes
1	Onion
3	Rashers bacon
2 teas	Chicken stock powder
Taste	Sugar, to taste
Taste	Salt and pepper
Taste	Basil (optional)

### Procedure

Cut up tomatoes, onion & bacon in saucepan. Add all other ingredients. Simmer for 2 hours or until cooked. Blend with bar-mix if smooth consistency desired.





# SOUPS & SIDE DISH

## Air Baked Potato Chips

Source: Sandra Boyle  
Notes: Family Favorite

### Ingredients

Potatoes, peeled

Canola or olive oil spray

\*Can use pumpkin instead of potato

### Procedure

Cut potatoes into strips/chips. Place on an oven tray and spray with canola or olive oil spray. Cook in hot oven until golden. Season as desired.



# SOUPS & SIDE DISH

## Curried Rice Salad

Source: Maria Land

Notes:

### Ingredients

½ cup	Oil
⅓ cup	Vinegar
1 dessert	Lemon juice
1 clove	Garlic, crushed
1 dessert	Sugar
½ – 1 tea	Curry

### Filling

2 cups	Cooked brown rice
2 tins	Smoked oysters
1 chopped	Green capsicum
1 tab	Sultanas
1 tab	Onion, chopped
Garnish	Lettuce leaves

### Procedure

Blend dressing together in a bowl. Blend filling ingredients in bowl that is lined with lettuce leaves. Make up to 8 hours before.



# SOUPS & SIDE DISH

## Erminia's Silverbeet

Source: Erminia Zamperoni  
Notes:

### Ingredients

Silver beet, lettuce or Chinese cabbage

Onion

Chicken stock

Salt and Pepper

Oil

Bacon, few rashers to taste

### Procedure

Add oil to a pan, cook onion and bacon, add cooked silver beet then season to taste.



# SOUPS & SIDE DISH

## Hassilback Potatoes

Source: Maria Land

Notes: Side dish

### Ingredients

8 – 12	Medium sized potatoes
60g	Butter
1 tab	Oil
Taste	Salt & Pepper
3 tab	Grated Parmesan cheese

### Procedure

Choose oval size potatoes. Peel & if too rounded cut off a thin slice from one side so potatoes can sit in a dish without rolling. Cut each potato in thin slices from rounded side, cutting almost to be not through to base (make a fan). Melt butter till foaming, add oil & blend. Place spuds cut side up and spoon butter over spuds. Sprinkle with salt & pepper & cook in hot oven 30 minutes. Sprinkle with cheese cook further 15-20 minutes until spuds are golden brown.



# SOUPS & SIDE DISH

## Mock Fish Cakes

Source: Susan Zamperoni

Notes: Family favorite

### Ingredients

As needed Potatoes, peeled  
1 Egg  
1 tab Butter  
2-3 tab SR flour  
As needed Oil for frying

### Procedure

Peel and grate potatoes into a basin of water. Drain well, dry in a cloth and stir in beaten egg and melted butter. Stir in 2 tabs of the flour and mix well. Add more flour if required to make a batter. Fry in shallow oil turning over when underside is brown.



# SOUPS & SIDE DISH

## Pea & Ham Soup

Source: Maria Land

Notes:

### Ingredients

2 cups	Split peas
3	Onions, chopped
3	Carrots
4	Celery stalks
1	Bay leaf
12	Peppercorns
½	Large ham bones
2L	Water, approx.

### Procedure

Boil bones, pick off meat and remove bones. Add remaining ingredients. Simmer with lid on 2-3 hours. Season to taste. Puree.



# SOUPS & SIDE DISH

## Pumpkin Soup

Source: Susan Zamperoni

Notes:

### Ingredients

As needed	Pumpkin,
6 cloves	Garlic
2 teas	Chicken stock powder
Dash	Cream, approx ¼ cup
Taste	Salt and pepper

### Procedure

Dice pumpkin and fill a casserole dish. Add garlic, chicken stock powder and water. Cook in microwave until pumpkin is tender. Put in blender. Add a dash of cream when serving.



# VEGETARIAN & MEALS

## Toasty Mushroom Spirals

Source: Dale Cutts  
Notes:

### Ingredients

#### Blended Paste

1 tub	Tomato paste
6-8	Cherry Tomatos
2	Chillies (chopped) or Jalapeno
1 teas	Olive oil
½ teas	Tumeric powder
½ teas	Smoked Paprika
Fresh	Coriander leaves
Water	

#### Other ingredients

1x Block	Haloumi Cheese
Pinch	Cumin seeds
2 sliced	Onions
Chopped	Garlic / Ginger
Taste	Salt
1 can	Coconut milk
Taste	Tumeric powder
5 teas	Garam masala
1 tab	Butter
2 cans	Chickpeas





## Procedure

1. Make paste, blend all ingredients together, sit aside.
2. Toast cumin seeds in pan with oil (lightly)
3. Add haloumi cheese, slice cheese down the middle to make it into thinner slabs and brown on each side in the toasted cumin seeds
4. When cheese is browned, dice into pieces. Set aside
5. Caramalise the sliced onions, slowly with some butter
6. Add 1 teaspoon cumin seeds
7. Add diced garlic and ginger
8. Add pinch of salt
9. Add the blended paste of spices. Cook for a couple of minutes
10. Add tin of diced tomatoes and tin of coconut milk
11. Add Turmeric powder
12. Add garam masala
13. Add 1 tablespoon butter
14. Add chickpeas
15. Cook for 5 minutes
16. Add Haloumi cheese last, heat only then turn off the stove and serve.

Best eaten with nan-bread. Adjust spices as necessary to taste. Additional chilli as necessary.