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**P. W. M. U.**

**Yallourn Branch**

***Favourite Recipes***

***1971***

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SUKIYAKIIngredients

(A. Pettigrew)

½ cup Carrot Straws  
 ½ " Parsnip "  
 ½ " chopped Shallots  
 3 leaves shredded Spinach  
 or Cabbage  
 1lb. Rump Steak  
 1½ cups Stock  
 1 dessp. Cornflour  
 Soya Sauce

1 stick Celery (diced)  
 ½ cup French Beans  
 1 tablesp. Oil  
 Mushrooms (if liked)  
 Pepper and Salt  
 Boiled Rice for serving

METHOD

*Cut the steak in thin strips, 1" x 3", and fry in oil until brown. Add carrots, peas, celery, beans and shallots - cook 5 mins, stirring gently. Add spinach and mushrooms, and 1 cup stock, and simmer until vegetables are cooked. Do not over-cook. Blend cornflour with remaining stock, soya sauce and seasonings. Serve with rice. Serves 4 - 6.*

AMERICAN SAVOURY CUTLETSIngredients

(A. Pettigrew)

6 Lamb Cutlets  
 1 tablesp. Lemon Juice  
 Pepper & Salt to taste  
 1 Onion  
 1 tablesp. Butter  
 Egg & Breadcrumbs for coating

2 cups Stale Breadcrumbs  
 and a little rind (grated)  
 1 tablesp. Minced Parsley  
 1 " Herbs  
 6 rashers Bacon (very thin)

METHOD

*Chop the onion and cook in a little water till tender. Make a seasoning by mixing together breadcrumbs, lemon, onion, parsley, herbs, salt & pepper. Take about a dessp. of this - squeeze flat between the hands, and mould on the meaty part of the cutlet. Can be put on one or both sides. Carefully turning the cutlet, wind the bacon firmly around each cutlet to hold the seasoning in place. Dip in beaten egg, then in crumbs. Heat a little oil in a shallow baking dish, and bake in a moderate oven about 25mins. Serve with gravy. Delicious, and well worth the work.*

BUFFET BEEF CASSEROLEIngredients

(J. Pringle)

¼ cup Oil, 1 clove Garlic (opt)	1 tab. Tomato Paste
1 cup Onion (finely chopped)	1 - 16oz. can Tomatoes
1 cup Carrot (diced)	2 teasp. Salt, ½ pepper
1½ cup Celery (diced)	½ teasp. ea. Oregano, Basil
1 cup Beans (sliced)	6oz. Sm. Shell Noodles
2lb. Minced Steak	½ cup Cheddar Cheese
6oz. Button Mushrooms	1 tab. Parmesan "

METHOD

In hot oil in large pan, saute the onion, garlic (if used), carrot, celery and beans until the onion is golden. Add the meat and cook, stirring until it changes colour. Add the mushrooms, tomato paste, undrained tomatoes, salt, pepper, oregano & basil. Cover and cook 1 hour. Remove the lid, and cook a further ½ hour. At this stage, the mixture may be cooled, covered and refrigerated until next day. About an hour before serving, cook noodles in boiling salted water until just tender. Drain, and mix lightly into reheated mixture. Turn into greased casserole, and top with combined grated cheeses. Bake uncovered in moderate oven (350) until brown- about ½ hour. Makes 10 servings.

SHARP STEAKIngredients

(G. Spaul)

2lbs. Rump Steak (in piece)	1 tablesp. Flour
1 dessp. Tomato Sauce	1 dessp. Vinegar
1 " Worcester Sauce	1 teasp. Brown Sugar
½ teasp. Salt	½ " Paprika
½ " Ground Nutmeg	½ pint Water or Stock
Small clove Garlic, crushed (optional)	

METHOD

Trim and wipe steak. Rub nutmeg, flour, salt, paprika and sugar into steak (also garlic, if desired). Place in a greased casserole. Add vinegar, sauces and liquid. Cover. Cook in a hot oven 5-10mins. then reduce heat and cook slowly for 40mins. For coarser steaks, 2 hrs. cooking will be needed.

TOPLESS SAVOURY PIEPastry

(G. Spaul)

4oz. S.R. Flour

4oz. Plain Flour

2oz. Lard

2oz. Margarine

Salt &amp; Pepper

Cold Water to mix

Rub lard and margarine into sifted flours with salt and pepper. Mix into a soft dough with cold water.

Roll out and line a greased oven proof dish (10"x6"), on sides and bottom.

Filling

3/4 lb. Hamburger Steak

1 Onion (chopped)

2 dessp. Plain Flour

2 tablesp. Oil

1/2 teasp. Salt, 1/4 Pepper

2 Eggs, 1 cup Milk

Pinch Black Pepper (opt.)

1 1/2 tab. Worcester Sauce

Salt, 1teasp. Paprika

METHOD

Brown meat and onion in heated oil. Sprinkle with flour, add sauces and seasonings. Allow to cool. Break up eggs with a fork, but do not beat. Add milk. Pour into the meat mixture, and mix well. Pour into pie shell, and sprinkle with paprika. Pre heat oven to 450, reset at 400, and cook for 45 minutes.

GASTON BEEF STEWIngredients

(L. Loft)

1 1/2 lbs. Round Steak

1/4 lb. Salt Pork

1 tablesp. Flour

1 clove Garlic (finely chopped)

Salt &amp; Pepper

1 cup Water or Stock

1 medium Onion

1/2 cup Canned Tomato Juice

3 or 4 Peppercorns

1 or 2 Cloves

1/2 Bay Leaf

1 tab. Chopped Parsley

1/2 cup Dry Sherry

1 stick Celery 3 small Carrots

METHOD

Cut pork into small pieces, saute in large saucepan until a quantity of fat melts out. Add the cubed steak, brown lightly. Add flour, salt, pepper garlic, onion (sliced), water or stock, tomato juice, peppercorns, cloves, bayleaf and parsley. Stir till boiling. Turn into casserole. Cover. Bake in moderate oven 2 hours. Add sherry, carrots & celery (chopped). Cover. Cook a further 50 to 60 minutes.

SWEET & SOUR PORK

(R. Flanigan)

Ingredients

2 Egg Yolks	3½lb. Lean Chopped Pork
10 Shallots	1 large tin Pineapple Pcs.
2 tablesp. Sugar	½lb. Dried Mushrooms or
1½ " Soy Sauce	1 tin Champignons
1 teasp. Salt	2 medium Cucumbers
2 tablesp. Sherry	2 red Peppers, 3 Onions
Cornflour	Oil for frying
Sauce	
1 tablesp. Tomato Paste	½ cup Vinegar
1 " Cornflour	Salt & Pepper

METHOD

Mix together egg yolks, sugar & soy sauce, sherry and salt and stir well. Put pork into this mixture and coat well. Leave it to marinate 2 hours, stirring occasionally. Drain, reserving the liquid for the sauce.

Slice mushrooms, onions, core and remove seeds from peppers and cut into thin strips. Cut the cucumber into ½"x1" strips, drain pineapple reserving 1½ cups juice for sauce. Fry onions, peppers and mushrooms for 4 or 3 mins. in a little hot oil; stir in the pine pieces and cucumber. Toss the drained pork into cornflour; heat oil and fry pork until brown and cooked through. Drain well and add to the vegetables and keep hot.

Sauce - Blend the cornflour with pineapple juice, add vinegar and tomato paste and stir into the liquid from marinade. Bring to boil, season and stir continually. Pour sauce over pork and vegetables; stir well to coat meat evenly.

INDIAN CUTLETS

(E. Austin)

Ingredients

2 cups Minced Cold Meat	1 cup Boiled Rice
1 teasp. Chopped Parsley	1 teasp. Curry Powder
1 finely chopped Onion (small)	

METHOD

Mix together, and form into flat patties. Roll in flour, then dip in beaten egg, and coat with dry breadcrumbs. Deep fry until a golden brown.



SPICED CHOPS OR STEAKIngredients

(I. Hoath)

5 Forequarter Chops (or steak)	1 carrot (sliced)
3 rounded dessp. Flour	1 onion
$\frac{1}{2}$ teasp. Curry Powder	1 tablesp. Sugar
$\frac{1}{2}$ " Mixed Spice	$\frac{1}{2}$ teasp. Mustard
2 tablesp. Vinegar, pinch Pepper	1 " Salt
2 tablesp. Tomato Sauce	$1\frac{1}{2}$ cups Water

METHOD

Trim chops and place in greased dish. Cover with carrots and onions. Mix all dry ingredients, and mix with all liquids. Pour over chops, cover and let stand 1 hour. Bake 2 hours, at 350.

SAVOURY CHOPSIngredients

(M. Belcher)

$1\frac{1}{2}$ lbs. Forequarter Chops	Piece Ox Kidney
1 tablesp. Sultanas or Raisins	1 dessp. Plain Flour
1 cup Peas or Beans	1 " Sugar
1 or 2 Tomatoes	1 large Onion
Salt and Pepper	

METHOD

Brown chops and diced onion, add flour and a little stock or water - make a dark rich gravy; add sugar, salt and pepper. Place a little gravy in bottom of greased casserole; place chops, thinly sliced kidney, peas etc. in alternate layers. - Pour rest of gravy on top. Bake in moderate oven for 2 hours.

PORK PIEIngredients

(G. Spaul1)

1lb. Pork; $\frac{1}{2}$ lb. Green Apples;	2 onions
1lb. Mashed Potatoes; 2 teasp. Sage;	
$\frac{1}{2}$ cup Water or Stock	Pepper and Salt

METHOD

Cut pork into small pieces. Sprinkle with salt and pepper. Thinly slice the apples and onions. Place a layer of pork in a pie dish, with a layer of apple, onion and sage, and continue until all is used. Pour in stock or water, and top with crust of mashed potatoes. Bake 1 hour in mod. oven.

Serves 4.

GOLDEN CASSEROLEIngredients

(M. Belcher)

1½ lb. Minced Steak	2 Onions
1 large Cooking apple	1 large Carrot
¼lb. Dried Apricots	½ Cabbage
1 sm. tin Pineapple Pcs.	2 tablesp. Sugar
1 tablesp. Mixed Mustard	1 tin Tomato Soup
1 dessp. Soy Sauce	½ cup Vinegar

METHOD

*Cook steak & onions (chopped) in frypan, until steak changes colour; then add diced apple, grated carrot, shredded cabbage, chopped apricots, pieces pineapple and juice with rest of ingredients. Mix all together and cook slowly for 2 hours in electric frypan. Serve on cooked rice. Serves 8.*

SAUSAGE CASSEROLEIngredients

(A. Taylor)

1 medium Onion (chopped)	1lb. Beef Chipolatas
1 meat Stock Cube	1 tablesp. Flour
1 small tin Peas (drained) or Packed Frozen Peas (thawed)	
½ Pint Water Salt & Pepper	Dash Tomato Sauce

METHOD

*Fry onion in fat until transparent, then lightly fry sausages. Drain, and place in ovenproof dish. Stir flour into remaining fat, and add beef stock cube, salt, pepper and tomato sauce. Add the water slowly, and bring to boil, stirring all the time. Pour over the sausages and add the peas. Cook for 30mins. in a medium hot oven (Mark 4, 360deg) Serve with baked dumplings. Serves 4.*

CHOP SUEYIngredients

(O. Colvin)

1½lbs. Minced Steak	1 onion (chopped)
½ cabbage (cut in small pcs.)	6 stalks Celery chopped
1 pkt. Chicken Noodle Soup	½lb. Beans
1 cup Uncooked Rice	2 large cups Water
½-1 tablesp. Curry Powder	

METHOD

*Brown onion in about 1 tablesp. fat, then add the meat and brown; then the curry powder, and remainder of ingredients. Cook very slowly for about ¾ hour.*

CURRIED MEAT LOAFIngredients

(F. Block)

1½lb. Hamburger Steak	2/3 cup Evaporated Milk
1 tablesp. Plum Jam	1 Onion, grated
1 " Fruit Chutney	1 Apple, peeled & diced
1 " Dess. cocoanut	1 Banana, sliced
2 " Sultanas	1 Egg
2 teasp. Curry Powder	Salt & Pepper
1 cup fine Breadcrumbs	

METHOD

*Put all ingredients into a bowl, stir lightly with a fork until blended. Pack into a greased loaf tin and bake in a moderate oven for about 1 hour. Turn out, cool and chill. Good with a rice salad.*

TASTY STEAKIngredients

(G. Spaul)l)

3 or 4 pcs. Oyster Blade Steak	Onions
Peeled Tomatoes	Brown Sugar

METHOD

*Place steak in buttered casserole, with a roll of butter between each piece. Sprinkle with salt and pepper. Slice several onions, and place around steak. Cook in 400 degree oven for 10 mins. Then add tomatoes, sprinkled lightly with brown sugar and salt. Cook at 200 deg. for 2½ hours to 3hrs. Thicken liquid with cornflour, if necessary, for gravy. Serve with fluffy mashed potatoes, and green peas. Sufficient for 3 or 4.*

SWEET & SOURIngredients

(M. Belcher)

1-15oz. tin Pineapple Pieces	½lb. Minced Steak
1 cup Diced Celery, 2 Tomatoes	2 Sliced Onions
½ cup Pineapple Juice, ½ cup Sugar	½ teasp. Salt
2 teasp. Soy Sauce	1 tablesp. Water
Pepper	
2 teasp. Cornflour	

METHOD

*Brown onion in pan, add meat, vegetables and pineapple; fry lightly. Add sugar, juice and seasoning, and cook for 15 minutes. Thicken with cornflour. Serves 4 - 5.*

ULSTER STEW

(K. Nerrie)

Ingredients

2oz. Butter	2 tablesp. Dess. Cocoanut
1 medium Onion, chopped	1 teasp. Curry Powder

Put coco-nut into bowl, cover with  $\frac{1}{2}$  pint boiling water, and stand 1 hour. Melt butter in saucepan, add chopped onion and curry powder; fry about 5 mins. Then add-  
2lb. Stewing Steak, cut into 1 inch pieces, and brown on all sides.

Then add-

$\frac{3}{4}$ pint Beef Stock (boiling)	1 apple, peeled, diced
1 tablesp. Apricot Jam	1 tablesp. sweet Chutney
2oz. Sultanas	1 tablesp. Flour

Salt to taste

Simmer  $1\frac{1}{2}$  hours. Halfway through cooking add water from coconut (strained). Before serving add -

1 tablesp. Lemon Juice	2 tablesp. Cream.
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Make sure stew is of a nice thick consistency. Serve with Fried Rice. Serves 6.

BEEF OLIVES

(A. Pettigrew)

Take  $1\frac{1}{2}$ lbs. Stewing Steak, and cut into thin slices 2" wide. Mix together 1 dessp. Sage, 2 dessp. Onion, 4 dessp. Breadcrumbs, a little salt and pepper. Spread this on slices meat, and roll them up, securing with piece of thin string, or threading on skewer. Dip in flour - fry brown on both sides. Place in a saucepan. Pour off fat in frypan, sprinkle with flour and salt, brown and make some gravy. Strain and pour over the olives. Stew gently for  $1\frac{1}{2}$  hours, skimming off any fat that may rise. Lift out, remove string. Place in centre of dish, and pour gravy around. Serve with mashed potatoes and cabbage or silver beet.

SALMON CASSEROLE with Ideal Cheese SauceIngredients

(F. Block)

1-12oz. tin Salmon or Tuna  
 2 Eggs  
 1lb. thick Noodles  
 1 cup Grated Carrot  
 4 tablesp. Mayonnaise  
 Pinch Salt & Pepper  
 Squeeze Lemon

Cheese Sauce  
 1 Lge tin Ideal Milk  
 ½ teasp. Dry Mustard  
 Pinch Salt  
 1 dessp. Worcester Sauce  
 ½ lb. Cheese (grated)

METHOD

*Boil the noodles in salted water until tender, drain. Add to beaten eggs; Mix the salmon, carrot and mayonnaise together with salt, pepper and lemon juice. Arrange alternate layers of Noodles, then salmon mixture in casserole dish. Bake in moderate oven until firm - about 45 minutes.*

*Serve with Ideal Cheese Sauce*

*Simmer milk, salt, mustard and sauce for 2 mins. over low heat (don't allow to boil). Add grated cheese, and stir till melted, about 1 minute longer. Serve with Salmon Casserole (in separate dish).*

FISH MORNAYIngredients

(A. Pettigrew)

4 Fish Fillets  
 2 dessp. Butter  
 Lemon Juice (or ¼ cup White Vinegar)  
 2 tablesp. Capers  
 ½ pint White Sauce

2 teasp. chopped Onion (shallot)  
 Salt & Pepper  
 ½ level teasp. Mustard  
 4oz. Grated Cheese

METHOD

*Put fish with lemon juice in greased casserole dish, and add small pieces butter, shallots, salt, pepper. Bake in moderate oven over 15mins. Drain off this liquid and add to the white sauce. Flavour with half the cheese; add mustard and capers; pour over the cooked fish. Sprinkle top with rest of cheese, and 1 tablesp. or more of fresh breadcrumbs. Bake until cheese melts and sauce bubbles. Serve with lemon and parsley garnish.*

RICE & FISH MEDLEYIngredients

(J. Pringle)

3 cups Boiled, salted drained Rice.	Pinch Nutmeg
1 tablesp. Chopped Parsley	2 tablesp. Butter
1lb. can Tuna or Salmon (or any cooked fish)	
1 pint White Sauce (medium)	Juice 1 lemon
3oz. Grated Cheese	3 hardboiled Eggs
½lb. cooked Peas	Parsley & Lemon

METHOD

Melt the butter, add the nutmeg and parsley, then add the cooked rice. Toss over the heat until the butter has been absorbed. Place ½ the rice in a greased casserole. Flavour the drained salmon with lemon juice, and place over the rice layer. Stir 2oz. cheese into the white sauce, and spread one third of the sauce over the fish. Add the sliced eggs, another layer of sauce, then the peas. Spread the remainder of the sauce on the top. Add the remainder of the rice, then the remainder of the cheese. Place in a moderate oven to thoroughly heat through. Garnish with parsley & lemon slices. Serves about 6.

SALMON EGG CASSEROLEIngredients

(E. Austin)

1-8oz. tin Salmon	1½ cups Evaporated Milk
2 tablesp. Butter	¾ cup Water
4 " Flour	1 dessp. Chopped Parsley
Salt to taste	4 Hardboiled Eggs
Pinch Cayenne pepper	¼ cup diced green Pepper
Soft Breadcrumbs	

METHOD

Drain the salmon, and arrange with sliced eggs in oven-proof dish. Melt the butter and add flour, salt and cayenne pepper; slowly stir in the milk and water, and cook till boiling, stirring continually. Pour over fish and eggs, parsley and capsicum. Sprinkle with breadcrumbs and dots of butter. Bake 25 minutes in moderate oven.

TUNA & VEGETABLE CASSEROLEIngredients

(G. Spaul)l)

8oz. Tuna (drained & flaked) Keep liquid  
 1½ cups pre-cooked Vegetables and Noodles i.e. a  
 mixture of diced carrots, parsnip, celery and peas.  
 1 Onion, 1 green pepper (keep liquid)  
 4 tabls. Plain Flour 1 cup Cream or Evap. Milk  
 ¼ teasp. Salt 1 tablesp. Lemon Juice  
 ¾ cup Pineapple Pcs. 1 cup White Breadcrumbs  
 Shortening 2oz. (seasoned with herbs)  
 1 cup Grated Cheese, seasoned with paprika or pepper.

METHOD

Melt shortening in pan, add onion and pepper, and lightly fry until golden brown, blending in flour whilst frying. Add liquid from tuna and vegetables, (about 1 cup altogether). Stir until smooth. Add cream or evap. milk, stir whilst gently boiling. Add tuna, vegetables, lemon juice and pineapple pcs. Pour into casserole, and top with cheese, bread crumbs and dots butter. Cook 30mins in 400 oven. Garnish with parsley.

SALMON FLANIngredients

(G. Spaul)l)

½lb. Short Pastry 1 Egg  
 1 tablesp. Plain Flour 1 tin Salmon  
 Lemon Juice ¼ pint Milk  
 1 tablesp. Butter 1 teasp. each Chopped Chives  
 Parsley, Celery Flakes, Thyme and Mint.

METHOD

Separate egg yolk from white. Line 9" flan tin with pastry. Prick over and bake in mod. oven for 15mins.  
 Melt butter, add flour and cook 1min. Add milk slowly, stir well, then add beaten egg yolk to the sauce. Stir thoroughly. Fold in mashed salmon, herbs, lemon juice. Fold in egg white. Spoon into flan case, cook 30 mins.

SMOKED FISH CASSEROLE, with Cheese Swirls

<u>Ingredients</u>	(L. Loft)
3 tablesp. Chopped Onion	½ cup Chopped Celery
3 " Butter	½ teasp. Salt
6 " Flour	1lb. Smoked Fish
1 pkt. Chicken Noodle Soup (prepared with 1 cup Boiling Water and ½ cup Milk)	
1½ cups Extra Milk	1 tablesp. Lemon Juice

METHOD

*Cook the onion in hot butter until golden, add the celery, salt and flour, and blend well. Gradually add the soup and the milk. Cook, stirring constantly until sauce is thick and smooth. Add the cooked, flaked, smoked fish and lemon juice. Turn into a casserole and cover with cheese swirls. Bake in hot oven 15mins. then reduce heat for further 15mins.*

*Cheese Swirls - 2 cups S.R. Flour, Pinch Salt, 3-4 tablesp. Butter, ¾ cup Milk, ¾ cup Cheese (grated)*

METHOD

*Sift the flour and salt. Cut in the butter until mixture resembles coarse crumbs. Add the milk and mix until dough follows fork around the bowl. Turn on to floured board and knead gently about ½ minute. Roll ¼ inch thick, sprinkle w/cheese. Roll up and cut into ½ to ¾ in. slices. Place cut side down on hot fish, and bake as above.*

TUNA PIE

<u>Ingredients</u>	(N. Plowman)
1 cup boiling Milk	2 cups Breadcrumbs
1 tin Tuna (large)	2 Eggs
Grated Cheese	Pepper & Salt

METHOD

*Pour boiling milk over the breadcrumbs (let cool). Beat the eggs and add to crumbs and milk. Then flake the fish with a fork, add pepper and salt and add to mixture. Grate cheese on top. Put in casserole and bake at 400 for 25 minutes.*



FISH CASSEROLEIngredients

(K. Nerrie)

1½ lbs. Cod Fillet (unsmoked)	1 pint Milk	Salt to taste
1½ lbs. Potatoes (small, round, weighed after peeled)		
1½ oz. Margarine	1½ oz. Finely grated Cheese	
1½ oz. Flour	A little chopped Parsley	

METHOD

Lay the fish in casserole, and pour around the milk. Cover with lid, and put into moderate oven for 30 minutes, or until fish will flake easily. Strain off liquid, and measure out ¾ pint for the sauce. Meanwhile boil the potatoes. When they are ready, heap pieces of fish in centre of hot dish, and surround with some of the boiled potatoes. Cover the dish and keep warm while making the sauce.

SAUCE - Melt the margarine over a gentle heat, then remove the pan from the heat and stir in the flour. Add the measured liquid from the fish. Stir over a low heat until smooth, then stir continuously until it thickens and comes to boil. Season with pepper, (it is unlikely to need salt). Coat the fish and potatoes with sauce, and sprinkle over grated cheese. Brown surface under hot grill. Garnish dish with the rest of potatoes, and dush them with chopped parsley. Serves 6.

CRUNCHY TUNA TARTIngredients

(E. Austin)

1½ cups crushed Cheese Biscuits	7oz. tin Tuna
3oz. Margarine (melted)	6oz. tin Evap Milk
¼ cup finely chopped Celery	2 Beaten Eggs
1 Onion " "	1 teasp. Mustard
Salt and Pepper to taste	

METHOD

Make biscuit base of biscuits and margarine. Bake in moderate oven for 10 minutes. Combine all other ingredients, spoon into pie shell, and cook for 30 mins. in moderate oven.

SALMON CASSEROLEIngredients

(O. Colvin)

3 dessp. Butter	2 tablesp. Flour	1 cup Milk
3/4 cup made Chicken Noodle Soup (packet)		
1½ teasp. Curry Powder	½ cup Evap. Milk	
1 large tin Salmon (King Sound or other)	1 dessp. Lemon Juice	

METHOD

Melt butter, add flour and curry powder; then add milk and soup (like white sauce). Then add evap. milk, lemon juice, and salmon (flaked). Put into casserole, add cooked rice on top, and heat in oven.

CURRIED EGGS - SPECIALIngredients

(L. Chishold per A. Pettigrew)

1 pkt. Chicken Noodle Soup	1½ cups boiling Water
1oz. Butter	2 level tabsp. Flour
1 tabsp. chopped Parsley (opt)	1 cup Milk
1 teasp. (or more) Curry Pdr.	4-6 Hard boiled Eggs

METHOD

Cook the soup in water for 5 mins. Cool. Melt shortening, stir in flour and curry powder. Add the milk, stir till boiling. Mix in the soup, bringing to boil. Add sliced eggs and parsley. Reheat just before serving time.

CORN FRITTERSIngredients

(M. Belcher)

1-10oz. can Corn Niblets	4oz. S.R. Flour
2 rashers Bacon (or Ham) finely chopped	1 tabsp. Parsley
Salt and Pepper	1 Egg
	Oil for frying

METHOD

Drain corn, reserve liquid. Place the corn in basin with bacon, chopped parsley and seasoning. Add well beaten egg, and 1/3 cup corn liquid. Mix thoroughly; fold in the sifted flour, beat until smooth. Drop by spoonfuls into hot fat. Fry until golden brown. Drain and serve hot.

BEAN & BACON CHOWDERIngredients

(G. Spaul1)

4 rashers Bacon (chopped)	¼ cup Gr. Pepper, chopped
¾ cup Celery "	2 tablesp. Onion "
1 tablesp. Plain Flour	1 can Red Kidney Beans
½ cup sliced Carrot	1 dessp. Chopped Parsley
1 teasp. Mixed Herbs	Salt & Pepper to taste
4 cups Water	1 Bay Leaf and 1 dessp. Marmite

METHOD

*Fry the bacon until crisp and remove from pan; fry green pepper and celery for 5 mins. Add the onion and sprinkle with flour. Mix and cook well for about 2 mins. Add beans, carrot, parsley, bay leaf, herbs, salt, pepper and water, and let simmer for one hour, stirring occasionally. Blend the Marmite with a little of the hot soup, then stir into soup. Remove the bay leaf, and add the crisp bacon. Reheat before serving. Serves 6. (Good as a Luncheon Dish with sandwiches.*

KERNEL CORNIngredients

(G. Spaul1)

1 sm. tin Whole Kernel Sweet Corn	
2 lge. red Tomatoes, peeled and sliced	
2 cups White Sauce, made with sweet corn liquid, and milk, salt to taste	
4 hard boiled Eggs	4 rashers chopped Bacon
Topping of seasoned fresh breadcrumbs & Butter	

METHOD

*Make white sauce. Add sweet corn to the white sauce. Put ½ the mixture in a greased casserole dish, then add bacon, egg and tomatoes, in that order. Pour over remainder of sweetcorn mixture. Sprinkle ½ cup fresh breadcrumbs over mixture, dot with butter. Sprinkle with paprika and nutmeg. Bake 35mins. in moderate oven. Serves 4.*

VEGETABLES WITH A DIFFERENCE (G. Spaul1)

Green Peppers - Parboiled and filled with breadcrumbs, chopped peeled tomatoes and gherkin, with minced cooked meat.

*Bake in a moderate oven with butter, water and a soup cube, in covered casserole, about 30mins., whilst roast is cooking.*

PASSIONFRUIT BUTTER

Ingredients (J. Pringle)

Grated rind & Juice 1 lemon	6 Passionfruit
1 cup Sugar	2 Eggs
2 tablesp. Butter	

METHOD

*Place lemon rind and juice, sugar, passionfruit pulp, beaten eggs and butter in top of double boiler, and stir over moderate heat until mixture thickens. Bottle and seal while hot. Mixture thickens further on cooling.*

CHOKO AND PINEAPPLE JAM

Ingredients (G. Spaul1)

12 Chokos	Juice 2 lemons	1 large Pineapple
Sugar	Grated rind 2 "	1 teasp. Ginger Essence

METHOD

*Peel chokos and pineapple and mince with a coarse cutter in mincer. Add rind and juice of lemons. Measure 1 cup of sugar to 1 cup of pulp. Boil rapidly until it jells. Add ginger essence last. Bottle whilst hot.*

PINEAPPLE MERINGUEIngredients

(R. Flanigan)

1 large tin Pineapple Slices (well drained)  
 2 Egg Whites Pinch Salt 4oz. Sugar

METHOD

*Lightly butter or oil a baking tray, and place pineapple slices on it. Beat egg whites and salt until they stand in peaks; gradually beat in sugar, and pipe meringue on to pineapple slices, being careful to fill core hole well. Bake in a cool oven (about 250) for 40 mins.*

EASY BAKED APPLE PUDDING

(J. Pringle)

Peel and slice 3 Cooking Apples, and place in cake tin or casserole.

Cover with - 1 tablesp. Butter rubbed into 2 tablesp. S.R. Flour; add 3/4 cup Sugar and 1 cup cold water. Pour over sliced apples and bake in moderate oven about 1 hour.

BAKED PEAR PUDDINGIngredients

(A. Pettigrew)

6oz. S.R. Flour Pinch Salt 1oz. Butter  
 1 dessp. White Sugar 1 Egg 3/4 cup Milk  
 6 cooked Pear Halves 2 tablesp. Brown Sugar  
 3/4 teasp. Spice 1 " Melted Butter  
 Lemon Juice

METHOD

*Make a soft dough with the first 6 ingredients. Put in a greased casserole, arrange pears on top; then the last 4 ingredients. Bake at 425.*

APPLE CRUMBLE

(G. Spaul)l)

Ingredients

4oz. Butter ½ teasp. Cinnamon  
 1 cup Plain Flour ½ cup Brown Sugar for topping  
 1½lb. Cooking Apples, peeled and cored  
 2 tablesp. Sugar (caster) for apples

METHOD

Spread bottom and sides of oven-proof dish very thickly with some of the butter. Cut apples into eighths. Place in parallel rows in dish. Mix sugar and cinnamon, and sprinkle over apples. Mix flour with brown sugar - mix in the remainder of the butter, enough to make a crumbly mixture. Sprinkle over and between apples, and pat down smoothly. Bake for ¾ hour in a moderate oven. Serve hot with cream.

CHOCOLATE FUDGE PUDDING (no Eggs)

(A. Pettigrew)

Main Mixture

1 cup (large) S.R. Flour ½ teasp. Salt  
 2 tablesp. Cocoa 1 teasp. Vanilla  
 ¾ cup Sugar ½ cup chopped Nuts (opt)  
 2 tablesp. melted Butter ½ cup Milk

Topping

¾ cup Brown Sugar ¼ cup Cocoa  
 1 - ¾ cups Hot Water

METHOD

Sift flour, salt, sugar and cocoa together, and mix with butter, milk etc. Sprinkle the topping over the mixture in a deep casserole or pie dish, then pour the water over completely covering it. Bake in a moderate oven (375) for 50mins. Serve from dish, with cream, icecream.

EASY PLUM PUDDING

(G. Spaul)l)

Pour 1 cup of Milk over 3 cups of coarse, soft, white breadcrumbs. Blend in  $\frac{1}{2}$  cup melted Butter, and  $\frac{1}{2}$  cup Treacle.

Sift together 1 cup Plain Flour, 1 teasp. C. Soda, 1 teasp. Salt, 2 teasp. Cinnamon,  $\frac{1}{4}$  teasp. each Allspice and Powdered Cloves.

Stir into breadcrumb mixture with  $\frac{1}{2}$  cup chopped Seeded Raisins, and  $\frac{1}{4}$  cup finely chopped Mixed Peel. Mix very thoroughly. If too stiff, add a small amount of milk, but should not be necessary. Pour into a well-greased pudding basin. Steam for 3 hours. Serves 8. If making half size pudding, steam for 2 hours. Serve with Custard.

BOILED FRUIT PUDDING (No. 1)

(E. Austin)

Ingredients

1 cup Milk		1 cup Mixed Fruit
$\frac{1}{2}$ cup Sugar	1 tabsp. Plum Jam	1 tabsp. Butter

Put all into a saucepan, and bring to the boil; add 1 teasp. Carb. Soda. Then add 1 cup S.R. Flour. Steam 2 hours.

PASSIONFRUIT CREAM

(E. Austin)

Ingredients

1 tabsp. Butter	3oz. Sugar
2 " Passionfruit Pulp	$\frac{1}{2}$ cup Milk
1 teasp. Lemon Juice	1 Egg (separated)
2 tabsp. S.R. Flour	

METHOD

Beat together butter and sugar; stir in lemon juice and passionfruit pulp. Beat egg yolk with the milk; add to the creamed mixture alternately with the flour; lastly fold in beaten egg white. Bake in greased dish in moderate oven 30 mins. - stand in dish of water to cook.

CHRISTMAS PUDDING (Small)

(A. Pettigrew)

Ingredients

¼lb. Raisins	3oz. Sultanas	
2oz. Currants	½oz. Peel	
Pinch Nutmeg	¼ teasp. Mixed Spice	
2oz. Sugar	2oz. Butter	
3 sm. (or 2 lge) Eggs	¾ cup Breadcrumbs	
¼ cup Plain Flour	½ teasp. C. Soda	Milk

METHOD

*Cream butter and sugar, add eggs one at a time; then the dry ingredients. Add the soda dissolved in a little milk. Mix well. Put in buttered basion and steam 3½ hours.*

GOLDEN PUFFS

(F. Block)

Ingredients

1 cup S.R. Flour	Pinch Salt
1 Egg	1 level tabbsp. Butter
<u>Syrup</u>	
1 cup Water	1 tabbsp. Butter
½ cup Sugar	1 " Golden Syrup

METHOD

*Sift flour and salt into basin. Rub in Butter, mix with well-beaten egg to make a dry dough - a little milk may be necessary. Roll the dough into small dumplings. Place the dumplings into prepared syrup which is boiling in saucepan, and simmer for 15 minutes. Serve with syrup and cream if desired.*

BOILED PLUM PUDDING (No. 2)

(N. Plowman)

Ingredients

1 tablesp. Butter	1 cup Milk
2 " Sugar	1 " Mixed Fruit

*Put all these ingredients into a saucepan and bring to boil. Take off stove and add 1 dessp. Vinegar and 1 teasp. Carb. Soda. Let cool, and add 1 cup Plain Flour and ½ cup S.R. Flour. Put in pudding steamer and steam 2 hours.*



PINEAPPLE & LEMON PIEIngredients

(K. Nerrie)

1-15oz. tin Crushed Pineapple	1 tablesp. Lemon Juice
1 pkt. Lemon Jelly Crystals	2oz. Sugar
1 cup Carnation Milk (chilled)	

METHOD

Bring to the boil the crushed pineapple. Stir in the jelly crystals and sugar. Cool until almost set. Whip the carnation milk with lemon juice until stiff, and add to the mixture above. Beat well together and pour into biscuit crumb shell. Chill at least one hour.

Biscuit Crumb Pie Shell

8oz. Biscuits (wholemeal or plain sweet)	
4oz. Melted Butter	2 tabsp. Sugar (if using wholemeal biscuits)

Combine biscuit crumbs, butter and sugar. Take 3/4 of the mixture, and press into 1 large or 2 small pie plates. Chill until very firm. Sprinkle remaining crumbs over filling, and decorate with whipped cream.

CARAMEL CUSTARDIngredients

(F. Block)

½ cup Sugar	2 level tablesp. Cornflour
1/3 cup Water	1 pint Milk      Pinch Salt
1 Egg	Vanilla to taste

METHOD

Put sugar and water in saucepan, and boil gently until caramel. Blend the cornflour with a little milk, and add the beaten egg. Mix caramel with heated milk, and add to the egg mixture. Return to saucepan, and over low heat, stir until it thickens. Chill and serve topped with whipped cream and chopped nuts.

BISCOTTEN TORTE

(J. Pringle)

Ingredients

3/4lb. Plain sweet oblong Biscuits (you will need  
24 Biscuits)  
1½ tablesp. Rum mixed in ½ cup Milk  
4oz. Butter  
2 Eggs  
½ pint Cream  
Extra ½ cup Milk

4oz. Caster Sugar  
4oz. Ground Almonds  
1/3 Teasp. Almond Essence  
Toasted slivered almonds

METHOD

*Cream butter and sugar until light and fluffy. Separate eggs, beat yolks into creamed mixture. Add ground almonds, essence and the extra ½ cup Milk. Beat the egg whites stiffly, fold in. Arrange 6 biscuits lengthwise in 2 rows beside each other on a sheet of greaseproof paper. Brush liberally with the rum-milk mixture. Spread 1/3 of creamed mixture. Continue with brushed biscuits and filling, ending with a row of biscuits. Wrap securely with aluminium foil, refrigerate several hours, preferably overnight. Just before serving, arrange on serving plate, cover entire torte with whipped cream; decorate with toasted slivered almonds. Cut in slices to serve. Nice for a party.*

MRS. FRASER'S ICECREAM

(A. Pettigrew)

Chill 1 tin Evaporated Milk in refrigerator. Beat it until it thickens. Beat in 1 cup Sugar, then juice of 1 orange and 1 Lemon. Fold in 1 Passionfruit pulp, and 1 mashed Banana. Freeze quickly in trays. (Delicious.)

PASSIONFRUIT PIE

(G. Spaul)

Ingredients

1 Cooked Pie Shell  
 4 oz. Sugar  
 3 Eggs  
 ½ teasp. Grated Lemon Rind

½ cup Cold Water  
 1 teasp. Gelatine  
 4 Passionfruit

METHOD

Separate egg yolks from whites. Soak gelatine in cold water for 5 mins. Blend 3oz. sugar, passionfruit, and beaten egg yolks together. Cook in a double saucepan until it coats the spoon. Remove from the heat, stir in gelatine and lemon rind, mix thoroughly until gelatine is quite dissolved; cool. Beat the egg whites until peaked, gradually adding 1 tablespoon sugar by folding in lightly. Add to the cooled mixture, folding in gently but thoroughly. Pour into pie shell and chill. Serves 6, with whipped or country cream.

SWEDISH CHOCOLATE SOUFFLE

(I. Hoath)

Pour 2 tablespoon Water over 2 dessp. Gelatine. Scald 2/3 cup Milk. Blend with 3 tablesp. Cocoa and ½ cup Sugar. Pour this mixture into double boiler and simmer. Take off the stove; add 1 well-beaten Egg. Stir in the gelatine whilst mixture is hot. Beat the contents of 12oz. tin Evaporated Milk (chilled overnight). When the milk has fluffed up 3 time original size, blend well with cooled chocolate mixture. Pour into mould and serve well chilled.

BANANA CREAM SHAPE

(N. Plowman)

Ingredients

4 Bananas	1 cup Sugar	Juice 2 Lemons
1½ cups Water	2 dessp. Gelatine	2 Egg Whites

METHOD

Put one cup of water on to boil with sugar and lemon juice. When boiling, add the crushed bananas, stir and cook for 5 minutes. Soften gelatine in ½ cup Water, add to mixture. Cool, and when stiffening, fold in stiffly beaten egg whites. Pour into dish and set in refrigerator.

SPANISH CREAM

(E. Austin)

Beat 2 Egg Yolks, 4 dessp. Sugar, and 1 pint milk together; bring to boil over low heat; add 1½ dessp. Gelatine dissolved in ¼ cup Water - the mixture must boil and curdle slightly. Allow to cool before adding beaten egg whites, and vanilla. Chill well before serving.

LIGHT SWEET

(A. Pettigrew)

Make up 1 pkt. Lemon Jelly, and allow to cool, (not set). Beat up 1 egg and ½ cup Sugar; add 1 small cup Milk. Mix with the jelly. Put 2 passionfruit and 2 bananas in bowl, and pour over the mixture.

WALNUT COFFEE CAKEIngredients

(I. Hoath)

2 tablesp. Butter

1/3 cup Sugar

1/2 teasp. Vanilla

1 Egg      Pinch Salt

1 cup S.R. Flour

1/4 cup Milk

Filling & Topping

1/3 cup Brown Sugar

2 teasp. Cinnamon

2 tablesp. Melted Butter

1/2 cup Chopped Walnuts

2 "      Flour

1/4 cup Coconut

METHOD

Cream butter and sugar, add egg yolk; mix well. Sift the flour and salt 3 times - fold into the mixture alternatively with milk. Lastly fold in the beaten egg white. Spread half the mixture in a well-greased tin. Combine all the filling materials; spread half over the mixture in tin; add the rest of the cake mixture, and top with remaining filling. Bake in a moderate oven 40 minutes.

SWISS TARTSIngredients

(J. Cullen)

6oz. Butter

1 1/2 tabs. Icing Sugar

1 teasp. Vanilla

6 "      Plain Flour

METHOD

Cream butter and icing sugar, add vanilla and sifted flour. Beat until smooth. Place teaspoonfuls on greased tray (or best in little patty tins). Place cherry in centre and bake in low moderate oven.

SPONGEIngredients

(J. Cullen)

4 Eggs

1 cup Sugar

1 cup S.R. Flour

METHOD

Beat eggs and sugar until thick, then fold in the flour. Put in 2 sandwich tins, and bake 20 mins. temperature 400.

CHOCOLATE CREAM CAKESIngredients

(G. Spaul)

1 small cup Sugar                      2 Eggs                      Pinch Salt  
 4oz. Butter (softened & cut into small pieces)  
 ½ cup Milk                                      2 tablesp. Cocoa  
 1 teasp. Vanilla Ess.                      1 heaped cup S.R. Flour (sifted)

METHOD

Put all the ingredients (except flour) into a Vitamizer and process for 3 minutes. Pour into a basin, fold in and mix well the cup S.R. flour. Prepare 2 doz. patty tins, spoon 1 tablesp. of mixture into each. Bake 12-15mins. at 400. Ice when cold, with chocolate butter icing -  
 4oz. sifted Icing Sugar to 1 tablesp. Melted Butter, 2 level dessp. Cocoa, 1 teasp. Vanilla. When set, scoop centre from cakes, fill with sweetened vanilla flavoured whipped cream, and replace centre of cakes. If liked, rum may be substituted for vanilla essence in the cakes, the icing and the cream.

ROCKIES (George's Favorite)Ingredients

(F. Block)

1½ cups S.R. Flour                      6oz. Chopped Mixed Fruit  
 1 teasp. Grated Nutmeg                      1 tablesp. Coconut  
 Pinch Cinnamon                                      1 Egg  
 3oz. Butter                      4oz. Sugar                      1 tablesp. Milk

METHOD

Sift together the flour, nutmeg and cinnamon. Rub in the butter and add the sugar, mixed fruit and coconut. Beat the egg with the milk, and add to the mixture. Mix to a stiff consistency - if too stiff, add a little more milk. Place mixture in teaspoonfuls on to a greased baking tray, and bake in a mod. hot oven (400) for about 20 minutes.

DATE NUTTIESIngredients

(F. Block)

8oz. Plain Flour	8oz. Dates (chopped)
4oz. Butter	4oz. Sugar
½ teasp. Carb. Soda	2oz. Walnuts (chopped)
½ " Cinnamon	1 tabsp. Milk
	1 Egg

METHOD

*Cream butter and sugar, add beaten egg, milk, then nuts, fruit, and flour which has been sifted with soda and cinnamon. Put in small teaspoons on greased tray. Bake in oven 450F. - oven off, for 15 to 20 minutes.*

CINNAMON TEACAKEIngredients

(J. Taylor)

6oz. S.R. Flour	3oz. Caster Sugar
Pinch Salt	1 Egg
2oz. Butter	4 tabsp. Milk

METHOD

*Cream butter and sugar; add beaten egg gradually; beat well, then add sifted flour and milk alternately, mixing lightly. Place in greased tin, and bake in moderate oven 20 - 25 minutes. Turn out on to a cake cooler, and while warm, brush top of cake with melted butter, and sprinkle with a mixture of caster sugar and 1 teasp. of cinnamon.*

NUT LOAF (makes 3)Ingredients

(F. Block)

*Bring to the boil - 2 cups Milk, and 1 cup Golden Syrup. Remove and add 2 teasp. Car. Soda. Sift into a basin 3 cups Plain Flour; add 2 cups chopped Dates, and 2oz. chopped Nuts; add the cooled liquid; and place in 3 well-greased soup tins. Cover with foil, and steam for 1½ hours.*

GOLDEN GINGER CAKE

(G. Spaul)l)

Ingredients

4oz. Butter		1 sm. teasp. Car. Soda
8oz. Brown Sugar		1 tabls. Golden Syrup
8oz. Plain Flour		1 teasp. Ground Ginger
½ cup Pres. Ginger		1 " Cinnamon
1 Egg	Salt	½ cup Milk

METHOD

Sift flour, ginger, cinnamon and salt. Dissolve carb. soda in milk. Cream butter and sugar, add egg and beat well; add the syrup and mix well. Fold in the flour etc. alternately with milk and carb. soda. Finally add the chopped pres. ginger. Bake in a ring tin in moderate oven 40-45 mins. Ice with chocolate frosting, and decorate with preserved ginger.

CHOCOLATE BISCUITS

(I. Hoath)

Ingredients

1 cup Crushed Cornflakes	1 cup Brown Sugar
1 cup S.R. Flour	1 cup Coconut
1 tablesp. Cocoa	

Mix foregoing together; then mix in 5 tablesp. Melted Butter. Press into a well-greased swiss roll tin- bake 20 minutes, in moderate oven, and ice with chocolate icing, and sprinkle with coconut whilst hot. When cold, cut into fingers.

SHORTBREAD

(A. Pettigrew)

Ingredients

½ cups Plain Flour	1 cup S.R. Flour
½ cup Cornflour	½lb. Butter
¾ cup Caster Sugar	Pinch Salt

METHOD

Knead well. Bake ½ hour.



N.Z. CINNAMON CAKEIngredients

(J. Pringle)

4oz. Butter or Margarine )  
 1 cup Sugar ) Cream together  
 Add 2 Eggs, beaten well, 2 tablesp. Golden Syrup  
 and 1 cup Milk, to which is added 1 teasp. C.Soda.  
Sift together 2 cups Plain Flour  
 2 teasp. Baking Powder  
 4 level teasp. Cinnamon  
 Pinch Salt

*Beat all together. Bake in a moderate oven 30 - 35mins. I put it in a baking dish (greased), and this makes a good big sponge - spongy the first day - moister and more cake like from then on. Ice with cinnamon icing if desired. (Always turns out well).*

CINNAMON BISCUITSIngredients

(E. Austin)

$\frac{1}{4}$  cup Butter 1 small cup Sugar  
 1 dessp. Cinnamon 1 dessp. Golden Syrup  
 1 Egg 1 cup S.R. Flour

METHOD

*Beat butter, sugar, golden syrup to cream, and add beaten egg, S.R. Flour and cinnamon. Place in small quantities; bake in a moderate oven. If desired, ice with lemon icing and sprinkle with cinnamon.*

DATE LOAFIngredients

(F. Love)

1 cup Dates 1 cup Sugar  
 1 " Cold Water 1 tabbsp. Butter  
 $\frac{1}{2}$  teasp. Bicarb Soda

METHOD

*Place all in a suacepan, and boil together. As soon as it begins to boil, remove from the stove, and while still hot add 2 cups S.R. Flour, and 1 Egg (beaten). Cook in a moderate oven  $\frac{3}{4}$  to 1hour (375).*

SULTANA & COCONUT COOKIES

(A. Pettigrew)

Sift into a basin 1 cup S.R. Flour and  $\frac{1}{4}$  teasp. Bi-carb. Soda; add  $\frac{3}{4}$  cup Coconut,  $\frac{3}{4}$  cup Cornflakes,  $\frac{1}{2}$  cup Sultanas,  $\frac{3}{4}$  cup Sugar.

Mix together in a separate basin 1 Egg (beaten), 1 tablesp. Golden Syrup, 3 tablesp. Butter (melted), and a few drops Lemon Essence. Pour mixture into dry ingredients. Place in teaspoonfuls on greased trays. Cook 15 to 20 minutes. (375) Loosen with a knife then leave until cool.

COCONUT BARSIngredients

(L. Loft)

4oz. Butter or Margarine  
1 cup Cornflakes  
 $\frac{1}{2}$  cup Coconut.

1 cup S.R. Flour  
 $\frac{1}{2}$  cup Sugar  
Chocolate Icing

METHOD

*Cream butter and sugar, add sifted flour, then coconut and cornflakes. Press into greased swiss roll tin 11" x 9". Bake in moderate oven about 20 minutes. Ice and cut into bars while still warm; remove from tin when cold.*

ICING - Sift together 6oz. Icing Sugar and 1 dessp. Cocoa; add 1 dessp. melted Butter, and enough warm milk to make a thick spreading icing.

DATE & GINGER SLICE

(E. Austin)

Melt  $\frac{1}{2}$ lb. Margarine, small cup Brown Sugar, add beaten egg and  $\frac{1}{2}$  teasp. Vanilla essence, 1 cup mixed chopped Dates and Ginger. Lastly, add 1 cup S.R. Flour. Bake in a moderate oven 20 minutes, in flat tin. Leave until cold before icing (lemon flavoured). Note: Nuts may be used in place of ginger.

LITTLE CAKESIngredients

(J. Pringle) Never failed.

2oz. Butter or Margarine) Mix well together  
 3/4 cup Sugar )

Add 1 Egg and beat thoroughly

Add 1/2 cup Milk and 1 1/2 cups S.R. Flour alternately  
 to mixture. When well mixed, add 1 tablespoon Boiling  
 Water.

Spoon mixture into tins or containers, and bake about 12  
 minutes in mod. hot oven (about 425 Elect.)

Yield: 21 - 24 patty cakes.

GINGER FLUFF SPONGE

(A. Pettigrew)

Beat 4 Eggs (Whites first) and 3/4 cup Sugar; add 1 dessp.  
 Golden Syrup. Sift 1/2 cup Arrowroot, 1 teasp. Ginger,  
 1 teasp. Cinnamon, and 1 teasp. Cocoa. Add lastly 2  
 dessp. Plain Flour with 1/2 teasp. Cream of Tartar, and 1/4  
 teasp. C.Soda.

Bake in well greased 8" sandwich tins, in moderate oven for  
 20 - 25 minutes.

PLAIN SCONESIngredients

(G. McHenry)

2 cups S.R. Flour (sifted with 1/4 teasp. Salt)

1 good cup Thin (reduced) Cream and Milk

METHOD

Mix to a firm dough with cream and milk mixture, cutting well  
 in with a knife. Knead a few times, flatten to good 1/2"  
 thickness, and cut into shapes. Bake at 500. Note; These  
 turn out even better, put into a cold oven, providing oven  
 heats up quickly, in which case they should be cooked by  
 time 500 is reached.

SULTANA CAKEIngredients

(F. Block)

12oz. Butter	10oz. Caster Sugar
4 Eggs	12oz. Plain Flour
2 level Teasp. Baking Powder	1lb. 2oz. Sultanas (cleaned)

METHOD

*Cream butter and sugar until light and fluffy. Add eggs one at a time, and after each egg add 1 tabbsp. of sifted flour to prevent mixture curdling. Beat well after each addition. Add flour which has been sifted with baking powder. Lastly add the sultanas. Put in prepared 8" cake tin, hollow out deeply in centre, and bake at 325 for 2 hours. This mixture may be halved and baked in loaf tins for 1 hour.*

SMALL CAKESIngredients

(J. Cullen)

¼lb. Butter	½ cup Sugar
2 Eggs	Juice 1 Orange
1 large cup S.R. Flour	

METHOD

*Cream the butter and sugar; add the eggs one at a time; then flour and juice of orange. Put in patty pans and bake for 15 minutes.*

GINGER NUTS

(A. Lobley)

Put into a saucepan - 4oz. Butter, 2 tablesp. Golden Syrup, and 1 cup Sugar (white or soft brown). Melt, then cool, and add - 1 Egg (beat in well), 2 good cups S.R. Flour, 2 teasp. each Ginger and Cinnamon. Drop in teaspoonfuls on cold slide. Bake in mod. oven 15 - 20 minutes. Cool on slide.

CHOCOLATE CRUNCHY CRACKLES

Ingredients (G. Spaul1)

8oz. Copha	8oz. Icing Sugar
3 heaped Tabs. Cocoa	1 cup Coconut
4 cups Rice Bubbles	1 pkt. Marshmallows

METHOD

Combine all the dry ingredients in a good sized mixing bowl. Melt the copha gently; cut up one packet Marshmallows and stir into the warmed copha. Add vanilla essence and pinch of salt. Add to dry ingredients and mix well. Spoon and allow to set in paper cake cups.

SPICE CAKE (An American Recipe)

Ingredients (A. Pettigrew)

½ cup Shortening	1 cup Sugar
2 cups Flour	1 Egg
1 cup Raisins	1 teasp. Cinnamon
1 cup Apple Sauce	½ " " ea Spice, Nutmeg
1 teasp. Bi-Carb Soda	2 tabbsp. Hot Water

(nuts may be used instead of raisins)

METHOD

Cream butter and sugar, then add egg, and rest of ingredients. Bake in one or two layers, 350 - 375.

FOUNDATION CAKE (1-2-3-4 cakes)

Ingredients (A. Pettigrew)

1 cup Butter	2 sm. cups Sugar
4 Eggs	3 lge. " S.R. Flour
1 cup Milk	Any flavouring, spices or fruit may be added.

METHOD

Cream butter and sugar, add eggs, flour and milk in usual method, and bake according to size of tins. Especially good for large families or stalls etc.

OLD ENGLISH TARTSIngredients

(F. Block)

½lb. Short Sweetcrust Pastry	1/3 cup Butter
½ cup Brown Sugar	½ cup chopped Walnuts
1 Egg	1 cup chopped Raisins
	Vanilla Essence
	Pinch Salt

METHOD

Roll out pastry, and cut into rounds to fit shallow patty tin moulds. Dissolve the butter and sugar over a gentle heat, and remove to cool slightly. Beat egg and add to sugar mixture. Add walnuts, raisins, salt and vanilla essence. Spoon a quantity of mixture into pastry shells, and bake in a moderate oven approx. 15 minutes. When cold, decorate centre of tarts with icing and cherries.

COPHA SNOWBALLSIngredients

(M. Orr)

½lb. Broken Sweet Biscuits	2 tablesp. Cocoa
1½ cups mixed Fruit (soaked in	2 tablesp. Sherry or Rum)
3oz. Copha	4oz. Icing Sugar
3 tablesp. Milk	1 teasp. Vanilla
	Coconut

METHOD

Melt copha lukewarm. Crush biscuits, add sieved icing sugar, cocoa, mixed fruit. Pour on the copha, milk and vanilla, and mix well. Mould small portions in the hands, and roll in coconut. Chill.

PASSIONFRUIT CAKESIngredients

(A. Pettigrew)

4oz. Butter	4oz. Sugar
8oz. S.R. Flour	½ cup Milk
1 Egg	2 Passionfruit

METHOD

Cream butter and sugar, add egg, flour, milk and passionfruit. Bake in patty tins or papers, oven 450, reset at 400.

