

# homemade

ST PHILIP NERI CATHOLIC SCHOOL COOKBOOK



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Baringa Road  
NORTHBRIDGE NSW 2063

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# homemade



# Foreword

“HOMEMADE - made or prepared at home,  
locally, or by the maker’s own efforts”

..... with love

HOMEMADE is a cookbook made by and for the families and friends of our school, St Philip Neri Catholic Primary School in Northbridge. It is a wonderful collection of recipes which reflects who and what we are.

These are recipes full of family history and stories that hold a special place in the hearts of our contributors.

HOMEMADE has been a collaborative effort and we wish to thank everyone who generously contributed their recipes and those who worked to capture our school traditions through the photographs.

We are delighted to support the Social Justice Committee of the St Philip Neri Student Representative Council. All profits from the sale of HOMEMADE will go towards supporting nutrition and education initiatives at a school in Far North Western New South Wales.

We hope this sampling of our community’s favourite recipes will bring you as much pleasure as they have brought those who contributed.

This cookbook is dedicated with love to the children of St Philip Neri who brought us all together. After all, eating is still one of life’s great pleasures and it’s even better when it’s - HOMEMADE.

The Parents and Friends Association of St Philip Neri Catholic Primary School

Special thanks to:

Ceilidh Calleia for bringing HOMEMADE to life. Our amazing creative team Sharon Candy and Trish Crampton together with Simon Calleia, our photographer. Geraldine Smith, Rosemarie Gianotti and Vanessa Martin for their willing assistance. Also to Liska Turner for her help and for having the idea, and making it a reality.

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# dinner is served



## bubble and squeak of the sea

**Serves:** 4-6

400g very fresh boneless white fish fillets (like ling), chopped	2 tbsp fresh thyme leaves
50g sliced smoked trout	1 cup frozen peas
2 medium carrots, grated	200g of tasty cheese, grated
1 stick celery, finely chopped	5 medium (500g peeled) potatoes
3 medium shallots, chopped	2 tbsp butter
	1 beaten egg, salt to taste

Prepare mash potato in advance: Boil and mash potatoes with a fork with 2 tbsp butter, stir through 1 beaten egg, salt to taste.

Preheat oven to 200°C.

In a 20 x 20 cm square freezer safe baking dish (I use Pyrex), add carrots, celery, shallots, cheese.

In a mixing bowl add fish, thyme and frozen peas mix.

Add the mixture to the vegetables and mix well.

Press the mixture down firmly and flatten the mixture.

Top with sliced trout.

Top with cooled mashed potatoes spread evenly.

Bake for 50 minutes or until cooked through and golden brown.

Serve with garden salad.

\* ANNA BETKE - KINDY

*Dedicated to Margret, a lovely English lady who generously fed a poor Aussie girl in the UK her first Bubble and Squeak. The girl now a mum feeds her children this cherished recipe and her kids love it!*

# cheats beef stroganoff

Serves: 4-6

750g beef rump, sliced  
3 tbsp butter  
1 onion, thinly sliced  
155g button mushrooms  
1½ tbsp plain flour

1 tsp dry mustard  
250 ml beef stock  
½ cup sour cream  
salt and pepper to taste

Cut the beef into thin strips.

Heat half the butter in a large, heavy based fry pan. Add onion and sauté till transparent. Add beef strips and cook over high heat for a few minutes, tossing constantly until browned.

Add sliced mushrooms and cook for further two minutes. Set aside, keeping warm.

Melt remaining butter, add flour and mustard and stir over high heat for 1 minute. Gradually add beef stock and stir until it thickens. Stir in sour cream off the heat. Add salt and pepper, then pour into pan with meat. Stir through and serve on rice.

Serve with vegetables.

✳ VANESSA DORAHY (GEORGIA YR 3 AND TESS YR 1)

*This is a very tasty 'short cut' to Beef Stroganoff.*

# chicken satay sticks

Serves: 4-5

8 chicken minute steaks (from Leonards!)  
2 cloves garlic, crushed  
2 tsp brown sugar  
¼ tsp sambal oelek  
1 tsp ground turmeric  
¼ tsp curry powder  
½ tsp ground cumin  
½ tsp ground coriander  
2 tbsp peanut oil

Satay Sauce:  
½ cup unsalted crunchy peanut butter  
2 tbsp red curry paste  
¾ cup (180ml) coconut milk  
¼ cup (60ml) chicken stock  
1 tbsp kaffir lime juice  
1 tbsp brown sugar  
skewers

Cut chicken into long 3 cm-wide strips; thread strips onto skewers. Place skewers, in single layer, in shallow baking dish. Brush with combined garlic, sugar, sambal, spices and oil. Cover and refrigerate 3 hours or overnight.

Make satay sauce.

Cook skewers on BBQ (or grill or pan fry) until chicken is cooked through. Serve skewers with satay sauce and rice.

## SATAY SAUCE

Combine peanut butter and paste. Bring coconut milk to a boil in small saucepan; add peanut mixture, whisking until smooth. Add stock, reduce heat; simmer, stirring, about 3 minutes or until sauce thickens slightly. Add juice and sugar; cook, stirring until sugar dissolves.

✳ LIZ BARRETT

## HINTS:

Soak bamboo skewers in water for at least an hour before threading the meat on to help keep them from splintering or scorching.

Skewers of chicken can be brushed with combined garlic, spices and oil a day ahead, then covered and kept in fridge until required.

They can also be frozen for up to a month.

*A favourite meal in our household - and best of all, dad can cook it on the BBQ! Can be a bit messy so have some paper towels at the ready...*

# chicken alla orange stuffing

**Serves:** 4 people

bread crumbs (preferably fresh)	pepper
1 grated orange	lemon pepper seasoning
1 handful of shallots or onion, chopped	garlic salt
butter dab or oil	1 chicken
salt	

Firstly wash chicken.

Mix bread crumbs, orange, shallots, salt and a little bit of butter or oil place inside chicken and close entry with a toothpick.

Next, sprinkle outside of chicken with mixed lemon pepper and garlic salt.

Place in oven at 180°C for 40 minutes. When brown, turn chicken over and cook for another 40 - 45 minutes. Check chicken as ovens vary.

 STEFANO ROSSELLO - KINDERGARTEN - ROSSELLO FAMILY

## HINTS:

When chicken has been cooked, you can place a lid or another baking dish over the cooked chicken to keep moist and retain juices.

*This chicken stuffing is really easy and really yummy. Give it a go if the kids don't like the stuffing, the chicken itself is scrumptious.*

# beef casserole

**Serves:** 4 - but add a few more vegetables and feed more

600g diced beef	3 sticks of celery, finely diced
salt and pepper	3 cloves of garlic, crushed
flour for dusting	1½ cups dry white wine
4 tbsp olive oil	1½ cups beef stock
1 large onion, finely diced	400g crushed tomatoes
2-3 large carrots, finely diced	3 bay leaves

Preheat oven to 180°C. Season beef with salt and pepper and toss in flour to lightly coat.

Heat oil in a heavy pot (best to use one that goes on the stove top and in the oven) and brown meat in batches. Set browned meat aside.

In same pot, heat butter and cook onion, carrot, celery and garlic for 5-10 minutes until softened. Add wine to de-glaze pan. Simmer for 2-3 minutes. Add stock, tomatoes, bay leaves and meat into pot. Put lid on pot and put it into the oven. After 45 minutes, take the lid off.

Cook in oven for 2.5 hours in total or until meat is tender in a thick sauce.

Serve with greens.

 ANNA, JOSEPHINE AND MATTHEW BRAKEY

## HINTS:

This recipe can be altered easily - add more or different vegetables. It can also be made in large quantities.

*This is a good slow-cooked meal to feed family and friends in winter. And all in one pot!*

# corrigan's corned beef

Serves: 6-8

corned beef	2 bay leaves
1 cup or so of brown vinegar	1 tsp ground nutmeg (optional)
1 cup or so red wine (optional)	3 whole cloves
1 tbsp brown sugar	

Take corned beef out of plastic and rinse under cold water, and pat dry.

Trim meat of excess fat if needed.

Place in crock pot, turn to high setting, add brown vinegar, red wine (optional) and water until meat is just covered.

Add bay leaves, nutmeg (optional), cloves and sugar.

Put on lid and cook on high for approximately 2 hours until tender.

Let cool a bit in the crock pot, take out and cover with foil to rest further on a plate.

Serve with potatoes, carrots, cabbage and white sauce or even easier with mayonnaise and mustard.

 JENNY CORRIGAN

## HINTS:

Use the next day for lunch meat. Keeps for 3-4 days in fridge.

*An oldie but a goodie. Takes 2 minutes to prepare, 2 hours to cook and Hey Presto! A tasty dinner and lunch meat for the week!*

# fish pies

Serves: 4

40g (2 tbsp) butter	salt and pepper to taste
1 large leek, white and pale green part finely sliced (about 160g)	700g white fish fillets(boneless and skinless) cut into bite size pieces
26g (2 tbsp) plain flour	30g (1/3 cup) parmesan cheese
40ml (2 tbsp)white wine	1-2 tbsp finely chopped parsley
40ml (2 tbsp) lemon juice	2 sheets frozen puff pastry, thawed (25x25 cm)
167ml (2/3 cup) thickened light cream	

Preheat oven to 210°C (190°C fan-forced).

Melt butter in large saucepan over medium heat. Add leek and cook for a few minutes until softened, stirring occasionally. If leek starts to brown before it has softened, reduce the heat.

Add flour to pan and cook over medium heat, stirring for about 1 minute. Stir in white wine and lemon juice. Add cream and cook, stirring occasionally, until sauce simmers and thickens. Season with salt and pepper.


Add fish pieces, parmesan cheese and parsley and stir gently until just combined. Remove from heat. The filling may seem a little dry at this stage, but the fish will release a lot of moisture as it cooks in the oven.

We use four x 1 cup ramekins for our pies. Using the ramekin as a guide, cut four pie lids from the pastry sheets 1 cm larger than the ramekin.

Divide the mixture evenly among the dishes. Brush the edges of the ramekins with water and place the lids on top. Cut away extra pastry. Firm down edges of pastry with fingers or fork.

Cut a 2 cm cross in the pastry lids. Place in oven on tray to catch any overflow.

Bake for 25 minutes or until pastry is golden and fish is cooked.

 GAIL HENDERSON - YR 6 DELANEY FAMILY

## HINTS:

Can use to make single large pie. Just increase baking time to 40 min for 1.25 ltr casserole dish.

*Individual Fish Pies are great for a healthy winter or summer meal. Has to be easy to make, if I can do it. While my kids don't pick fish as their first choice for a favourite meal, they do l-o-v-e this one. Don't tell them there's leek or parmesan cheese in it and you're on a good thing.*

# glazed salmon with rice and steamed vegetables

Serves: 6 people

2 tsp grated ginger	pinch pepper
2 tsp finely chopped garlic	5 drops sesame oil
3 tsp oyster sauce	750g salmon fillet cut in 3cm square chunks
3 tsp sweet chilli sauce	2 bunches bok choy
1 tsp soy	steamed rice to serve
juice of 1 lime	

The marinade

Stir the grated ginger, garlic, oyster sauce, sweet chilli, soy, sesame oil and lime in a bowl (if you have a small blender, you can "whiz" all ingredients to make a smooth marinade).

Pour the marinade over the salmon chunks and marinate for at least 15 minutes (or overnight).

Preheat grill to its highest setting and wait until grill is extremely hot before moving onto the next step (approx 5 minutes).

Arrange the marinated salmon chunks on a single layer in a baking tray under the hot grill for 7 minutes (set the timer). Salmon should be caramelised a bit around the edges but still a little pink in the middle.

Meanwhile, steam the bok choy. Put rice into bowls. Top with salmon and the juice the salmon has been cooked in. Serve with bok choy (I sometimes drizzle a little mirin and soy over the bok choy).

★ MAJELLA FUREY - YEAR 2

HINTS:

There are two tricks to this meal. Firstly, try and make all the salmon chunks the same size so they cook evenly. The other trick is to make sure the grill is super hot BEFORE you put the salmon under the grill as this makes the salmon more crispy.

*Based on a recipe from Bill Granger, this is a great dinner for the whole family that is simple and quick to prepare. If little ones don't tolerate chilli sauce, replace with tomato sauce.*

# italian chicken

Serves: 6

12 large chicken lovely legs (skinless drumsticks)

1 cup white wine  
½ cup brown sugar

Marinade:

½ cup olives  
1 cup chopped pitted prunes  
½ cup balsamic vinegar  
½ cup of italian capers  
⅓ cup olive oil  
6 bay leaves

Place chicken legs in baking dish, combine all marinade ingredients and pour over chicken legs. Leave to marinate overnight.

Before cooking add white wine and brown sugar.

Bake in oven at 180°C for about an hour.

★ SARAH FITZGERALD - THE SHAW FAMILY

HINTS:

Serve with rice and salad

*This is a recipe that my mum, the kids maternal grandmother, 'Da' cooks and everyone loves it! It is also one of those easy meals you can prepare the day before then stick in the oven for an hour and forget about it.*

## guacamole in 5 minutes!

Serves: 1 bowl of dip

1 ripe avocado	½ tsp mexican chilli powder
2 tbsp of lemon juice	1 tbsp sour cream
1 clove garlic	good pinch of salt

Mash avocado and lemon juice.

Add garlic, salt, chilli powder and sour cream, mix well.

★ LILY BRUCE

### HINTS:

Add chopped coriander and diced tomatoes for a posh version.

*Delicious snack or a quick afternoon tea.*

## mediterranean chicken

Serves: 8

8 chicken breast fillets	½ cup black olive (pips out)
4 cloves garlic, peeled and crushed	¾ cup dried apricots, quartered
3 tsp dried oregano	¾ cup capers
salt and pepper	4 bay leaves
¾ cup red wine vinegar	¾ cup brown sugar
¾ cup virgin olive oil	1½ cups white wine
1½ cups pitted prunes, quartered	

This recipe must be prepared 24 hours ahead.

Spread out chicken fillets in a non-corrosive dish. Combine the garlic, oregano, salt/pepper, red wine vinegar, oil, prunes, olives, apricots, capers and bay leaves. Pour over the chicken.

Cover and refrigerate overnight.

Preheat oven to 180°C.

Sprinkle the brown sugar and pour the wine over the chicken.

Place in oven and bake for 30 to 40 minutes or until cooked.

Serve chicken on bed of buttered cous cous or mash. Serve with green salad and crusty bread!

Enjoy!

★ MCINTYRE FAMILY

*This is a great dish for entertaining especially when you have a lot of mouths to feed. The best part is you do most of the work the day before everyone arrives. Easy and delicious!*

# mouth watering beef and mushroom pie

**Serves:** great for 4 people !!!

1 tbsp vegetable oil	2 cups beef stock
500g chunk steak, trimmed of fat and cubed	2 tbsp tomato
2 onions, sliced	2 tsp thyme
1 cup carrots, chopped	125g swiss brown mushrooms, halved
2 tbsp plain flour	6 sheets filo pastry

Heat a large pan and add the oil. Brown the meat in batches, then add the onion and carrot, cook until soft. Stir in the flour and cook for 1 minute.

Remove from the heat and stir in the stock, tomato paste and thyme. Bring to the boil and simmer, covered, for 1¼ hours. Add the mushrooms and simmer uncovered for 15 minutes. Transfer to an ovenproof dish and cool.

Preheat oven to 180°C. Place the filo pastry sheets on top of each other, coating each sheet with cooking spray. Place over the cool beef and mushroom filling. Trim the pastry to fit the pie dish.

Cut slits into the top of pie and lightly coat with cooking spray. Bake for 25 minutes, or until the pastry is golden and the filling heated through.

★ KAREN BOUDAKIAN KINDY MUM TO HUNTER THOMPSON

## HINTS:

This pie goes perfectly with chips or a salad...

Enjoy!!!

*This is our family fav... and great for a Sunday afternoon.. it takes 20 minutes to prep then you can go off for 2 hours and get on with your day.... it's easy and always warms the tummy... perfect for the family or for a larger group of guests...every time I cook this all I hear is "mmmmmmmmmmmmmmmm!! can I have some more please?"*

*Easy and always a winner!!! and not bad on the waist line...*

# mummy's yummy meatloaf

**Serves:** 2 adults and 2 children

2 tbsp olive oil	¾ cup tomato salsa
1 chopped onion	2 tsp worcestershire sauce
3 cloves of garlic	¾ tsp salt
500g mince beef or turkey	½ tsp pepper
½ cup rolled oats (substitute: bread crumbs)	
1 large egg	

Heat oven to 180°C.

Heat olive oil in a saucepan over medium-high heat. Add onion and garlic; cook for 5 minutes, stirring occasionally. Transfer mixture to a large bowl; cool for 5 minutes.

Add mince, oats, egg, ¼ cup of salsa, worcestershire, salt and pepper to onion mixture; mix well.

Pack mixture into a 8 x 4 inch loaf pan, spread remainder of the salsa over the top.

Bake for 50-55 minutes or until no longer pink in centre. Let stand for 5 minutes before slicing.

★ THE JAY FAMILY

## HINTS:

Serve with steamed green vegetables and mashed potato or your favourite salad.

*It is an ideal recipe for busy mums or an easy recipe for busy dads to follow!*

# no heat chicken curry

Serves: 5 people

1 kg boneless chicken thigh fillets cut into medium pieces	1 cinnamon stick
1 tbsp ghee or oil	2 tsp tamarind paste
1 large onion, cut into wedges	400g canned chopped tomatoes
1 garlic clove, crushed	2 tbsp tomato paste
2 tsp ground cumin	400ml can 'lite' coconut cream
2 tsp ground coriander	salt, pepper to taste

In a large saucepan, heat ghee or oil and cook chicken pieces and onion until lightly browned.

Add garlic and spices and cook for 1-2 minutes.

Add tamarind paste and remaining ingredients, and simmer for 30 minutes.

 SANDRA GAUL

## HINTS:

\* Serve with steamed rice, and vegetables of your choice.

*This is a great family meal, full of interesting flavours, that satisfy a Dad's taste, as well as tempting fussy kids that can't tolerate hot, spicy curries.*

*Once you get the ingredients together, it's so easy and quick to make, while you're helping the kids with "the homework!"*

# nonna's osso bucco

Serves: 4 people

50g butter	salt and pepper
15ml olive oil	300ml dry white wine
4-8 ossi buchi (veal shin), about 1.75kg or 1-2 per person	300ml chicken stock
50g flour	Gremolata:
1 onion, finely chopped	finely grated rind of 1 lemon
1 carrot, chopped	1 garlic clove, finely chopped
1 celery stick, chopped (can include leaves)	3 tbsp chopped fresh parsley

Heat flameproof casserole pan and melt butter and oil.

Coat veal in flour and brown all over. Put aside.

Fry onion gently then add carrot and celery and fry for a couple of minutes.

Pour over the wine and boil rapidly for 5 minutes, then add stock, bring to boil.

Put back in browned veal, season and stir gently.

Cover the pan tightly and simmer for 1½ to 2 hours, basting and turning meat occasionally.

Gremolata:

Mix together the lemon rind, garlic and parsley and sprinkle over the dish.

 TARANTO FAMILY, YR 5 AND YR 3

## HINTS:

Serve with Risotto Milanese

*Braised Veal in White Wine*

# omelette with chorizo

**Serves:** 2 generously

100g sliced chorizo  
5 fresh eggs  
olive oil  
bunch of parsley chopped  
salt and ground pepper

Splash a little olive oil into a large non stick frying pan and heat gently.

Add chorizo and cook for 2 minutes and set aside. Pour off any excess fat.

Crack the eggs into a bowl, whisk and add salt and pepper and most of the parsley saving some to garnish.

Pour egg mix into pan and cook over high heat for about 2 minutes, lifting the sides gently with an egg lifter and letting uncooked egg mix run underneath as you go, until egg has just set.

Slide the omelette and turn it, then cook the other side for just one minute only.

Slide on to a plate that you have pre-heated.

 **MACDONNELL FAMILY**

## HINTS:

Don't over cook or add milk as if you do the omelette won't be light and fluffy.

You can extend the recipe by adding ½ cup of water.

Serve with sour dough toast with butter.

For kids who don't like spicy sausage, substitute chopped ham.

For adults who can take the heat, shake some Tabasco sauce over the top.

*This makes a hearty weekend breakfast or simple evening meal when served with a green salad.*

*We have four friendly Iso brown chickens free ranging at home.*

*They each lay a fresh egg a day so we have many egg meals.*

*Between the chooks, the worm farm and the dog nothing is wasted!*

# party paella

**Serves:** 12

1 kg chicken leg pieces, skin removed	1 large red capsicum
200g sliced chorizo (you can omit this)	1 large green capsicum
500g fish fillet (salmon or barramundi etc)	4 large cloves garlic, chopped
24 prawns (frozen peeled large green prawns from woollies are fine)	2 cups frozen peas
24 mussels (vacuum packed fresh mussels from woollies are fine)	6 cups chicken stock
4 cups white rice	2 cups white wine
2 large red onions	2 bay leaves
	2 tbsp olive oil
	saffron strands (optional)

Place a little oil in large pan and partly cook chicken pieces for about 10 minutes. Add chorizo after 8 minutes so it cooks for only 2 minutes.

Meanwhile: Chop onion into rings. Chop capsicum into strips. Cut fish into large cubes.

Once chicken is browned, add onion, capsicum, garlic and bay leaves. Cook for about 2 minutes or so.

If using saffron, place in about 1/3 cup boiling water for 5 minutes.

Add fish and then rice and stir gently, cooking for about 2 minutes. Add stock (and saffron liquid if using). Add water if needed to bring level to 1 cm over rice. Cover and simmer over very low heat for about 15 minutes.

Meanwhile: Rinse prawns and mussels in water throwing away any open mussels.

Place prawns and mussels and peas on top and allow to cook for about 5 minutes or so until prawns just become opaque but not tough. Uncover and serve from the pan.

 **MACDONNELL FAMILY**

## HINTS:

Use a large metal paella dish (flame proof) with a glass top. The key is to make sure the rice is "al dente", and the prawns not overdone.

*Paella is a classic Spanish dish that looks colourful and tastes delicious. This dish is great as an extended family celebration meal, after say, a Christening, Confirmation or first Holy Communion.*

# porcupine meatballs

**Serves:** 4-6

750g beef mince  
2 tbsp soy sauce  
2 cloves garlic, crushed  
1 cup rice (I use basmati)

1 egg  
700g jar tomato passata, or just use tinned tomatoes

Pre-heat oven to 180°C.

Combine mince, rice, egg, garlic and soy sauce.

Make into meatballs (I use about ½ cup per meatball) and place in a single layer in a large casserole dish.

Pour over tomato passata, rinse the jar with 125ml of water and add this to the dish too.

Cover with casserole lid and bake for 1½ hours. I usually check to see if the sauce needs more water about 1 hour into cooking.

✳️ **MAYER FAMILY, ISAAC KINDERGARTEN AND JOSEPH YEAR 3**

## HINTS:

Use premium or heart-smart mince, because you don't get a chance to drain the fat from the dish.

Tomato passata is in supermarkets and is 99.5% tomatoes (no skin or seeds) and a tiny bit of salt and is found near the tomato sauces.

The meatballs can be prepared beforehand and covered with plastic wrap and stored in the fridge. Pour the tomato passata just before baking.

*From the first time I made this recipe it has become a firm favourite. It is quick to prepare, tasty and filling - perfect for entertaining or for a quick family dinner.*

# salmon patties

**Makes:** at least 24 patties

1 medium onion, diced  
1 tsp canola oil  
500g potatoes, peeled and diced  
1 415g tin salmon  
1 medium carrot, grated  
40g cheddar cheese, grated  
1 egg yolk

1 tbsp sweet chilli sauce  
1 tsp mixed herbs

1 egg  
1 egg white  
bread crumbs  
2 tbsp canola oil

Fry onion in oil until clear.

Boil and then cool then mash potatoes.

Drain liquid from salmon and crush bones.

Place onion, salmon, carrot, cheese, egg yolk, chilli sauce and mixed herbs in large bowl and mix together.

Roll into golf ball sized patties and refrigerate for 1 hour.

Beat egg and egg white together in bowl.

Place bread crumbs in a bowl.

Roll patties in egg, then bread crumbs.

Place on paper towels and refrigerate for 1 hour.

Shallow fry in oil.

Serve warm or cold.

✳️ **PHILLIPA SOBB**

*A childhood favourite*

# spanish chicken one pan delight

Serves: 4 people

8 chicken thigh fillets	salt and pepper
1 chorizo sausage	¼ cup olive oil
1 large red capsicum	
2 spanish onions	Optional:
4 cloves garlic (unpeeled)	paprika
oregano (fresh or dried)	black olives
chilli flakes (to taste)	pumpkin

Preheat oven to 180°C

Slice chorizo sausage, chop red capsicum into large pieces and quarter red onions.

Place chicken in baking dish. Add chorizo sausage, red capsicum, red onions, unpeeled cloves of garlic (and if using black olives, chopped pumpkin and paprika) in a single layer.

Sprinkle with oregano, chilli flakes, salt and pepper. Drizzle generously with olive oil.

Place in oven and roast for approximately 40 minutes.

\* LISKA TURNER

## HINTS:

Serve with freshly steamed green vegetables or rocket dressed with lemon juice and a sprinkle of sea salt.

*I will always remember a warm summer evening on holidays in the Hunter Valley when I cooked this for the first time. The source of creativity was using what ingredients we had to hand and minimal washing up! It has since become a favourite enjoyed with friends over dinner and a glass of wine.*

# sticky ribs with baked potatoes

Serves: 4

1kg pork spare ribs	1 tbsp dijon mustard
2 tbsp honey	1 tbsp olive oil
1 tbsp balsamic vinegar	4 medium potatoes
4 tbsp tomato ketchup	salt and herbs to season olive oil
2 tbsp soft brown sugar	

Put the honey, vinegar, ketchup, brown sugar, mustard and olive oil in a jug and mix together. Place ribs on a piece of double-thickness foil. Pour the marinade over the ribs. Make sure the ribs are well coated. Scrunch the foil loosely around the ribs and twist to seal. Leave to marinate in the fridge for at least one hour.

Preheat the oven to 200°C.

Peel the potatoes and cut into pieces. Drizzle with oil and season with salt and herbs.

Remove the foil parcel with the ribs from the fridge and carefully place onto a baking tray. Cook the ribs and the potatoes in the oven for 30 minutes. Carefully open up the foil parcel. Cook the ribs in the open parcel for a further 30 minutes, or until they are completely cooked.

\* SARAH BOUTCHARD - GRADE 5

*These delicious, sticky ribs are best eaten with your fingers!*

# the "never fail to please" chicken pie

**Serves:** 4 adults or a family of 5 (if you have young kids)

550g chicken thigh fillets, trimmed and chopped roughly	1 cup chicken stock
1/3 cup plain flour	ground sage to taste
70g butter	sea salt
1 medium onion, chopped finely	ground black pepper
2 cloves garlic, crushed	2 to 3 sheets of ready rolled butter puff pastry
200g field mushrooms, sliced evenly	(I have used plain puff pastry before and while it works it is just a bit boofier!)
125g packet free range bacon, rind off and chopped roughly	1 egg, lightly beaten

Preheat the oven to 200°C. Toss the chicken in flour trying to coat evenly. Melt half of the butter in a large frying pan and then brown the chicken well. Remove and set aside. Melt the remaining butter in the same pan and add onion, garlic, mushrooms and bacon. Cook over medium heat until onion is soft and the mixture seems cooked (approx 5 minutes). Add the stock and stir until the mixture starts to boil.

Return the chicken to the pan, add the powdered sage, salt and pepper to taste and stir. Turn the heat down on the mixture and simmer for 5 to 10 minutes or until the mixture starts to thicken. You can always add a little more plain flour if you feel that it is still too runny. Once you've got the consistency right turn the heat off and set the mixture aside to cool.

Grease a large, pie dish (roughly 20 - 25 cm by 40 mm deep) and then line with the puff pastry. Trim any significant overhang. You can use the cast offs to fill any gaps that may appear. Please note: You need the pastry to just be at room temp to make it workable but you do not want it too warm as then it seems to run.

Once the chicken mixture is cool spoon it evenly into the pie dish. Brush the edges of the pastry with the whisked egg and then apply a pastry top. Press the edges firmly together, trimming any excess from around the edge. Use these trimmings to create features for the top of the pie - a smiley face or initials if for the family or leaves with a berry if for guests. Brush the top of the pie with more egg. Just before putting the pie in the oven put two small slits in the top to allow steam to escape.

Place the pie in the oven for around 30 minutes or until the pastry is lightly browned and the filling is cooked through.

(CONTINUED NEXT PAGE)

Serve with either mashed potato and fresh beans, or smashed roasted potatoes with sea salt and Vanessa's Fennel and Feta Salad. Delicious!

 THE TINK HENDREN FAMILY

## HINTS:

You can also use this recipe to make individual pies for your kids or a function. Do exactly as above but rather than cooking the pie in a single pie dish use a 6 cup large muffin tin. As above, line each muffin cup prior to putting the chicken mixture in. Place a lid on each pie and decorate as you see fit. Cooking time will need to be adjusted based on your oven strength - I find they still need around 15 to 18 minutes. The last time we served them this way we literally had guests trying to take the pies straight out of the oven!

*This fantastic chicken pie recipe never fails to please - the kids, the husband, the in-laws, or the dinner guests. It's something that I love to roll out especially on a cold winter's evening with the family or friends. It is also great as a dish to drop around to someone else who may have just gotten back from holiday or needs a little help right now. Here's to many plates licked clean and guests asking to take anything left over home! Enjoy!!*

## to die for rack of lamb

**Serves:** 2 people per rack

2 racks of lamb - (6-8 chops each)  
1 tbsp french mustard  
1 tbsp soy sauce  
1 tbsp rosemary (dry or fresh..fresh is best)

1 clove crushed garlic  
1 tbsp lemon juice  
1 tbsp apricot or plum jam

Score meat with sharp knife.

Combine all ingredients in a bowl, pour over meat, best result is to marinate overnight in the fridge, but at least for 1 hour.

Preheat oven to 170-180°C and cook for approx 30 minutes.

Mix in some stock to pan juices to make a gravy

Serve with baked potatoes and vegetables.

 MAREA BOUTCHARD - SARAH YEAR 5

### HINTS:

It's a fantastic meal when you want to impress people eg the in laws...just promise you won't tell anyone how easy it is.

*This is an old family favourite and one of the tastiest no fail dishes I know...I will probably regret putting this out to the wide world, as it always gets a great reception and now everyone will know how easy it is!*

## veal merango

**Serves:** 2 adults and 3 children

1 kilo veal casserole meat, diced  
2 tbsp plain flour, mixed with veal  
2 onions, chopped  
1 tub tomato paste  
1 cup white wine  
1 garlic clove

2-3 bay leaves  
¼ tsp thyme  
salt and pepper  
12 mushrooms, cut into quarters  
1 chicken stock, crumbled

Combine all of the above into a dish (with lid) and mix well.

Simmer slowly in oven for 1.5 hours.

175°C for first 15-20 minutes.

150°C for 1 hour.

 GIFFNEY FAMILY

### HINTS:

Serve with white rice.

*Quick and easy to make and the kids all love it, served with rice*

# pumpkin and goats cheese tart

Serves: 6

250g savoury short cut pastry or use frozen shortcut pastry	olive oil
3 eggs, plus 1 egg for egg wash	salt and pepper
700g pumpkin (butternut is good), peeled and cut into 1½ cm cubes	125g goats cheese
	400ml cream

Line 30 centimetre x 10 centimetre rectangular tart shell or use a round quiche dish.

Pre-heat oven to 160°C. Blind bake pastry for 25 minutes until cooked through and golden. Remove baking paper or foil and repair any cracks or holes with leftover pastry. Beat egg and brush over pastry case and bake for a further 2 minutes. Remove from oven and turn heat up to 200°C.

Put pumpkin on baking tray, drizzle with olive oil, season and bake until golden, about 15 minutes. Turn oven down to 180°C.

Spread pumpkin and goats cheese evenly in pastry shell. Combine eggs, cream, season and pour over pumpkin to as high as possible without spilling over edge. Bake until golden and puffed up, about 35 minutes.

 JACKSON FAMILY

## HINTS:

Serve with rocket.

*Nonna Jackson handed this recipe down. It brings back many childhood memories and has become a family favourite over the years. The newest generation are also fans!*

# perfect pastry pillows

**Serves:** makes 12

3 zucchinis  
1 carrot  
1 onion  
2 handfuls of grated cheese  
6 pieces of puff pastry

Grate the zucchinis and the carrot. Dice the onion.

Heat the oven to 180°C.

Stir zucchini, carrot, onion and cheese in a saucepan for a few minutes on medium heat.

Cut each piece of pastry in half.

Place a couple of scoops of the mixture in each piece of pastry and fold over.

Cook in the oven for 30 minutes.

Enjoy!!!

✳️ THE ROWE STAWYSKYJ FAMILY

## HINTS:

Serve with salad.

You might like to add cooked chicken or similar for variety.

*When I was younger my baby sitter used to make it for me. She taught me how to make it and it is a family favourite.*

*-Natalia, 12*

# pumpkin bake

**Serves:** about 6 side serves

1kg butternut pumpkin  
60g butter  
¼ tsp nutmeg  
2 tsp honey  
2 eggs (beaten)  
½ cup grated cheese

Peel pumpkin and cut into cubes. Boil until soft, then drain and mash.

Mix in all other ingredients and pour into an oven proof container.

Bake at 175°C for 25 minutes or until set in the middle.

✳️ PATRICK'S 'NANNA JAN'

*This is the perfect side dish to a roast or Christmas feast!*

# pumpkin, leek and feta tart

Serves: 6-8

300g pumpkin peeled, cut into 3cm pieces  
1 tbsp olive oil  
20g unsalted butter  
2 leeks (white part only), thinly sliced  
80g feta cheese, sliced  
1/3 cup (25g) parmesan  
4 eggs

150ml each thickened cream and milk  
pinch of freshly grated nutmeg

Pastry:  
200g plain flour, sifted, plus extra to dust  
100g chilled unsalted butter, chopped

Preheat oven to 180°C. Place pumpkin on a baking tray, drizzle with olive oil, season, then bake for 25-30 minutes, turning once, until tender. Allow to cool.

Meanwhile, for the pastry, place the flour, butter and a pinch of salt in a food processor and whiz for 10 seconds or until mixture resembles coarse bread crumbs.


Slowly add 80-100ml ice-cold water, pulsing until the mixture comes together in a ball. Put dough onto a lightly floured surface and gently knead until smooth. Shape into a disc, then enclose in plastic wrap and chill for 20 minutes.

Roll the pastry out on a floured surface to 5 mm thick and use to line a 23 cm loose-bottomed tart pan. Trim excess pastry, then chill for 15 minutes. Line tart with baking paper and pastry weights or uncooked rice. Bake for 10 minutes, then remove paper and weights and bake for a further 5 minutes or until light golden. Reduce oven to 160°C.

Melt the butter in a fry pan over low heat. Add the leek and cook, stirring, for 3-5 minutes until softened.

Scatter the pumpkin and leek over the tart base. Lay the feta on top and scatter with parmesan.

Whisk eggs, cream and milk together, then carefully pour into tart case. Season generously with salt, pepper and nutmeg and bake for 30-35 minutes until set. Stand tart for 15 minutes before serving.

 DANIELLE ASPREY (MAX AND GRACE MOORE)

**HINTS:** You can substitute the feta cheese with brie for a slightly different flavour.

*I recently tested this tart at a luncheon with some lovely school mum friends and it was a big hit! The best thing about the recipe is that if you are time-poor it tastes just as good with store bought short crust pastry.*

VEGETARIAN

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# ripping ratatouille

Serves: 6-8

1 medium eggplant, top removed  
1 large red onion  
4 cloves garlic, crushed and sliced  
1 large red capsicum  
1 large green capsicum  
2 large zucchini

3 medium - large tomatoes (can substitute large tin of tomatoes)  
2 tbsp olive oil  
1 small handful chopped fresh oregano or pinch dried oregano  
2-3 leaves basil or pinch dried basil

Chop eggplant into good sized cubes, sprinkle salt on eggplant and let sit for half an hour.

Rinse well in water and dry with paper towel.

Peel and chop onion and chop capsicum, zucchini and tomatoes into good sized cubes.

Heat oil in large pan and add onions, garlic and eggplant then cook for about 5 minutes.

Stir.

Add capsicum, zucchini and oregano and cook for about 2 minutes.

Stir again.

Add tomatoes and basil and cover and simmer for 2-3 minutes.

Grind some black pepper over it and add ground sea salt to taste.

 MACDONNELL FAMILY

**HINTS:**

Make sure vegetables have a little crunch so don't overcook this dish.

Can add/use other vegetables -say celery, fennel, red cabbage and adjust quantities.

Serve ratatouille warm on its own or as a side dish to roast lamb or roast chicken and thickly sliced peeled potatoes cooked in the oven with olive oil and whole garlic cloves.

Serve ratatouille cold with quality tinned and drained tuna/ lightly BBQed tuna and room temperature boiled potatoes tossed in butter and chopped parsley

*A delicious filling vegetarian dish for the whole family. Kids can do much of this recipe-chopping and adding the vegetables and stirring.*

VEGETARIAN

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# roast veg with vino cotto

**Serves:** as many as the veggies will let you

olive oil  
salt and pepper  
potatoes, cut into chunks  
carrots, cut lengthways  
sweet potatoes, cut into chunks  
pumpkin, cut into chunks

fennel, cut into wedges  
red onion, cut into ¼ with bottom still attached  
parsnip, cut lengthways  
5 garlic cloves whole, shells on  
vino cotto (sweet red wine vinegar)

Preheat oven 190°C.

Peel and cut all vegetables, place into a large bowl with olive oil, toss all vegetables a few times to ensure all vegetables are well coated, season.

Place vegetables and garlic into roasting tin and roast for 45 minutes toss once.

Take vegetables out and give a good splash of vino cotto toss gently and roast for 5 more minutes.

Serve with roast chicken or lamb.

 DALEY FAMILY

## HINTS:

You can use just about any vegetables and if you are lucky enough to have any left overs, you can put them in a cous cous salad. Good luck with the left overs.

*Great way to use up all those veggies sitting at the bottom of the veggie bin.*

# spinach and fetta pie

**Serves:** 4-6 people

8 sheets filo pastry  
50g melted butter

**Filling:**  
2 bunches fresh spinach, stems removed (or one pack frozen spinach)  
2 tsp olive oil

1 onion chopped (any type) 250g greek fetta  
100g low fat ricotta (optional)  
1 tbsp chopped dill  
4 eggs  
¼ tsp freshly ground nutmeg  
salt and pepper

Preheat oven to 180°C. Wash spinach and wilt in a large pot over medium heat. Drain in a colander and squeeze out excess water, then chop coarsely (if using frozen spinach follow packet instructions).

Heat oil and brown onion over medium heat.

Cook until soft.

Brush 4 sheets of filo pastry one at a time with the melted butter. Place in an oven proof dish (22 cm or similar size). Let the pastry overhang the sides of the dish. Trim any excess bits or roll back over mixture. Combine the spinach, eggs, dill, salt, pepper, nutmeg, fetta and ricotta. Pour into the pastry case and continue to brush the remainder of the filo pastry sheets with the melted butter and place on top of the mixture. Trim sides and brush the top layer with a little of the melted butter and bake until golden brown.

Serve warm or cold with a side of Greek Salad.

 THE PANDELAS FAMILY

## HINTS:

If serving with a Greek salad top the salad with freshly ground oregano.

*We always ate this pie as mum grew her own spinach and dill, it was always fresh. It is also enjoyed during the long, hot, Greek summers with a fresh Greek salad. Enjoy.*

# tourte de pommes de terre a l'ail (potato pie)

Serves: 4

400g puff pastry (or 2 sheets)	salt and pepper
500g potatoes	egg wash
2-3 garlic cloves	100ml thickened cream
2-3 tbsp chopped parsley	egg yolk

Preheat oven to 200°C.

Line a baking dish (square or round) with 1 sheet pastry.

Peel and slice potatoes very thinly, and mix in a large bowl with finely chopped garlic and parsley. Season.

Put potato mixture into baking dish and cover with other sheet of pastry.

Seal edges of pastry and brush with egg wash.

Cut a hole in the lid, and bake for 1 hour.

Mix cream and yolk and pour mixture through hole into pie.

Cook for 5 minutes more and serve.

✳ RICHARD GRAY - YEAR 2 CLASS MUM

## HINTS:

Great if you want a creamy accompaniment to a rich sauce like Beef Bourguignon, Coq au Vin etc.

You can also omit the pastry base and just serve the lid, if you like.

Experimenting with dish shapes means square serves, etc.

*This recipe creates a magnificent looking potato dish to accompany roasts and stews, turning a side-dish into a main event.*

# corn and sweet potato cake with avocado salsa

Serves: 10

## Corn and Sweet Potato Cakes:

400g sweet potato, baked and crushed  
100g corn kernels, roasted  
1 egg, beaten  
1/3 cup (50g) polenta  
sea salt and pepper  
pinch of nutmeg  
3 sprigs chopped parsley

## Avocado Salsa:

1 large avocado, diced  
3 tomatoes, diced  
sea salt and pepper  
freshly chopped basil and coriander  
juice of 1 lemon  
1/2 small red onion, diced

Corn and sweet potato cakes:

Mix all ingredients together and shape into golf ball size patties. Dust with polenta and bake at 170°C on a tray for 6 - 8 minutes until golden. Top with 1 tbsp salsa.

Avocado salsa:

Mix ingredients together gently just before use.

✳ RADOCAJ FAMILY - SOPHIA RADOCAJ YEAR 1

*As there are no master chefs in this household, this easy recipe is a quick and simple winner. A great vegetarian option, which is super healthy.*

# zia's melanzane alla parmigiana

Serves: 6-8 people

olive oil	½ cup parmesan, grated
4 eggplants	salt
3 cloves garlic	
2 tins of Italian tomatoes	Cook Using:
½ cup white wine	hot grill
sugar	deep frying pan
fresh basil leaves	30 cm baking dish 180°C for 20 minutes
1-2 cups mozzarella, grated	

Slice the sides off the eggplant and discard. Cut the eggplant lengthwise into 5 mm slices. 'Butter' both sides of the slices with olive oil. On a hot grill cook the eggplant until softened (I use the barbeque as I can do them all at once).

In a deep fry pan on a medium heat, cook the crushed garlic in 2 tbsp of olive oil until just going brown. Remove the garlic from the oil. Pour in the tomatoes. Bring to a simmer; add the wine, ½ tsp of sugar and ½ tsp of salt and leave to simmer until the oil separates from the tomatoes, about 20 minutes. Leave the lid on, but ensure the final consistency is not watery. Keep 5-6 basil leaves for later but throw in a small handful of torn ones once the heat is off.

Now, put it all together. In the baking dish spoon in enough tomato sauce to create a thin film. Layer the eggplant, slightly overlapping the slices. Spread over with a handful of mozzarella and spoon 1/3 of the tomato sauce over this. Repeat this layering. Sometimes I do it thin, 2 layers, and sometimes thicker with 3-4 layers. Finish off with parmesan and a couple of decorative basil leaves.

Put it in the oven for about 20 minutes until it starts to go brown on top. Serve.

\* ANTHONY FIORE

## HINTS:

This dish will improve for a few days in the fridge as the sauce penetrates the eggplant. Must be cooked and eaten whilst drinking red wine. Serve this by itself with just a salad and bread or compliment it with red meat. Listen to Rossini's - The Barber of Seville.

*This is delicious comfort food from Italy. My Zia Antoinette from Ischia cooks it this way but try as I might, mine is never as good as hers. Admittedly, she is the best cook in the world!*

# french beef casserole

Serves: 6

1.25 kg chuck / casserole steak (beef)	pinch cayenne pepper
2 tbsp flour	can diced tomatoes
1 tsp salt	½ cup dry red wine
30g butter	1 tbsp worcestershire sauce
1 tbsp oil	2 tbsp brown sugar
1 red capsicum	2 tbsp white vinegar
1 can red kidney beans	2 cloves garlic

Cut meat into 2.5 cm cubes, trimming off any surplus fat.

Coat meat in combined flour, salt and cayenne pepper.

Heat butter and oil in pan and sauté meat until browned.

Transfer meat to casserole dish.

Pour over the meat all the remaining ingredients; drained can of kidney beans, chopped capsicum, tomatoes, wine, worcestershire sauce, brown sugar, white vinegar and crushed garlic.

Stir well.

Place casserole dish in a pre-heated oven at 180°C for 2 hours in a slow oven, or 90 minutes in a hot oven.

Serve on rice with accompanying vegetables.

\* VANESSA DORAHY - GEORGIA YR 3 AND TESS YR 1

*This Casserole is great to make as you simply put every ingredient in a Casserole dish and put it in the oven. It's great to eat as it's so flavourful and moorish. A great cosy winter feed.*

## kids favourite - beef casserole

**Serves:** 8 (or 2 dinners for 2 adults and 2 kids!)

1 tbsp olive oil	1.5kg lean chuck steak, chopped
2 bacon rashers, chopped	1 tbsp plain flour
10 eschallots, peeled	2 cups beef stock
3 garlic cloves, finely chopped	1 cup red wine
2 celery sticks, finely chopped	2 rosemary sprigs
3 carrots, coarsely chopped	3 fresh bay leaves
3 tbsp tomato paste	freshly ground black pepper to season

Preheat oven to 160°C.

Heat oil in large heavy based ovenproof dish over medium heat.

Add bacon, eschallots, garlic, celery and carrot and cook for 6-7 minutes until eschallots are tender.

Stir in tomato paste until combined and cook for 1-2 minutes.

Remove dish from heat, add meat, sprinkle over flour and stir to combine.

Stir in stock and wine and return dish to low heat and cook, stirring until mixture comes to the boil.

Add rosemary and bay leaves and season with pepper.

Cover dish and cook in the oven for 3 hours, stirring occasionally.

Serve with rice or mashed potatoes and vegetables.

 THE SMELT FAMILY

### HINTS:

If you prefer a thicker sauce, uncover the dish for the last 30 minutes.

For a change you can also use the casserole meat as a filling for a pie. The family will love it!!

*This recipe is great for the winter months. Pop it in the oven before you go to sport practice and when you return the house smells wonderful and dinner is ready!*

## chicken and poppy seed curry

**Serves:** 10-12

3 tbsp oil	2-3 tbsp mild curry powder
3 onions, diced	1 tbsp paprika
3 cloves garlic finely diced	2 cups coconut milk
3 bay leaves	1 cup yoghurt
1 tsp powdered cinnamon	2 tsp freshly grated ginger
5 whole cloves	2 tbsp poppy seeds
2kg chicken thighs	300ml cream
2 tomatoes, quartered	¼ tsp saffron
1½ tbsp salt	3 tbsp lemon/lime juice

Sauté onions and garlic in oil until soft and golden.

Stir in bay leaves, cinnamon and cloves. Simmer for 5 minutes.

Add chicken and cook for 10 minutes. Stir in tomatoes, salt, curry powder, paprika, coconut milk, yoghurt, ginger and poppy seeds.

Cover and cook over low heat until chicken is cooked and tender, alternatively simmer in oven for about 1½ hours at 160°C.

Stir in cream, saffron, lemon/lime juice.

 CATHERINE KING

### HINTS:

Serve with steamed rice.

You may wish to serve a green salad or steamed green vegetables as a side dish.

*Delicious, mild chicken curry. Perfect for sharing with friends and family.*

## muesli slice

**Makes:** one slice

1½ cups self raising flour	½ cup cocoa
1½ cups toasted muesli	½ cup sugar
1 cup shredded coconut	250g butter

Mix dry ingredients.

Melt butter, mix in.

Bake in 170°C oven until cooked.

Ice with chocolate icing.

✳️ MAYER FAMILY, JOSEPH YEAR 3 AND ISAAC KINDERGARTEN

*This recipe was given to us by a neighbour many years ago and now Joseph can make it by himself. I love the fact that it has muesli in it, so I tell myself it's healthy!*

## flat bread - roti

**Serves:** 4

2 cups plain flour	cold water
1 cup desiccated coconut	1 tsp oil
2 tbsp butter	salt
1 eggs	

Mix flour, eggs, water, coconut, butter and salt together.

Add enough water so that the dough remains soft. Knead dough until it forms a ball and leaves the bowl clean.

Divide dough into 5 lots and flatten each lot by hand to form a circle. Cook each circle in a frying pan on both sides until golden on both sides.

Serve hot with anything sweet or savoury.

✳️ CRAMER FAMILY

### HINTS:

Serve on its own, with butter and honey, soup, curry or stew.

*Roti is a delicious flat bread. It's a family favourite because its quick to make and can be eaten on its own or with anything sweet or savoury.*

# spaghetti with broccoli


**Serves:** family of 5

1 large head of broccoli, cut into florets	2 cloves garlic, finely chopped
200g bacon, chopped	500g packet spaghetti
2 tbsp olive oil	1 litre chicken stock
1 small onion, chopped	¼ cup grated pecorino or parmesan cheese
1 tsp dried chilli	salt and pepper

Cook broccoli for a couple of minutes in lightly salted boiling water (broccoli should still be firm). Drain the broccoli and reserve the liquid.

Heat oil in deep pan over medium heat. Add bacon, onion, chilli and garlic and stir. Once golden brown, add chicken stock and bring to boil. Break spaghetti into shorter lengths and add to pan. Stir frequently until pasta is cooked. (If extra liquid is required, use reserved liquid from broccoli.)

Remove from heat. Add broccoli, season to taste and stir in cheese. Serve and enjoy!

 GIANOTTI FAMILY

*A fun, quick way to get your kids to eat broccoli!*

# stir fried noodles with chicken

**Serves:** 3 to 4 kids sized meals

300g hokkien noodles (thin)	¼ red capsicum (finely diced)
300g chicken mince	1 tsp minced garlic
1 medium zucchini (finely diced)	2 tbsp oyster sauce
4 mushrooms (finely diced)	1 tbsp oil

Heat oil in deep pan/wok.

Add garlic and chicken mince and 1 tbsp oyster sauce and stir fry until chicken is cooked. Remove from pan.

Add diced vegetables to pan and remaining oyster sauce and stir fry until almost cooked.

Place noodles into warm water to separate and drain. Add drained noodles and cooked chicken to vegetable mixture and stir. You may need to add a little more oyster sauce or chicken stock if you prefer.

Serve warm.

 CAROLYN BARRY - KINDY

## HINTS:

I dice the zucchini and mushrooms in the Tupperware "happy chopper". It dices the vegetables really well and both are almost undetectable once mixed with the chicken!

*This is a great recipe because you can hide some yummy vegetables in the noodles and your kids won't know the goodness they're getting. It's also really quick to prepare and cook. Great for those Friday nights when you want something quick and easy! Takes about 20 minutes all up!*

# super dooper spaghetti bolognaise

Serves: 6

600g heart smart minced meat beef (or lamb)	herbs - pinch of dried oregano/thyme or sprig of fresh rosemary/thyme
1 onion chopped fine	2 tbsp vegetable oil such as olive oil
1 tin peeled chopped tomatoes	1 glass of red wine (optional for food but definitely essential for the chef!)
1 tbsp tomato paste	1 clove garlic squashed (optional)
1 zucchini grated	pinch of brown sugar (optional)
1 carrot grated	splash of balsamic vinegar (optional)
500ml or so stock, chicken/vegetable or beef	

Add 2 tbsp of vegetable oil to large frying pan and sauté onions on medium heat, add the minced meat and brown thoroughly. If using cheaper minced meat - the oil can be drained from pan and discarded at this stage - otherwise just continue.

Add tin of tomatoes, stock, grated carrot and zucchini, herbs, tomato paste, other 'optionals'. Add extra water if necessary, ie to just cover the meat. Bring to the boil and then simmer uncovered for at least 30 minutes.

Simmer for longer (ie up to one hour) for richer, thicker and more flavoursome bolognaise sauce. Season with pepper and salt to taste.

Serve with fresh boiled spaghetti or other pasta and top with grated cheese. Serve with a fresh garden salad for a nutritionally balanced meal. Bon Apetit!

\* CORRIGAN FAMILY

## HINTS:

Leftovers can be converted into tacos or lasagna the next night or frozen for a ready made meal another time.

*This is a Corrigan family favourite - it's wholesome and delicious and the kids don't realise that they're eating 3 vegetables!*



# on the side



## tuna macaroni

**Serves:** around 4-6 people

1 packet penne pasta (500g)  
2 tins of tuna with chilli and oil  
1 large tin of whole peeled tomatoes  
9 eggs  
1 tub of tomato paste

1 packet of grated mozzarella  
1 packet of grated parmesan  
lemon pepper  
anchovies

Pre-heat the oven to 180°C. Grease a square 25 cm ceramic oven dish.

Cook the pasta to just under al dente and drain well and cool so it is quite dry.

While pasta is cooking, empty tin of tomatoes into a strainer and squash to get as much liquid as possible out. Layer pasta across the bottom of the dish, then spread some tomato paste across.

Beat three eggs and then pour over. HINT: Tip dish from side to side to spread egg around base.

Scatter one tin of chilli tuna over the top. You may or may not use all the oil, a personal choice.

Sprinkle a bit of lemon pepper over the tuna.

Cover with a layer of mozzarella cheese, and a small, light sprinkle of parmesan.

Place half of the drained tin of tomatoes on top of the cheese and then place two or three anchovies broken up over the top. Repeat the layering again.

Finish on a layer of pasta, with tomato paste, egg, and cover well with grated mozzarella and parmesan. Cook for around 40 minutes, or until the top is golden and crunchy.

 CALLEIA FAMILY

### HINTS:

Generally the dish seems better if not too much moisture or liquid is present. So the cooling and allowing the pasta to dry is important. As is squashing/draining tomatoes.

Let the dish stand for at least 5 minutes more if you can to let it settle before serving.

Great in summer with simple iceberg lettuce salad with white vinegar and oil dressing.

*This is a variation on a traditional Maltese dish, which is normally made with mince. You can make it with mince, but the chilli tuna factor is hard to beat. Varied & perfected over many years & tests, it is a favourite. Once tried, always back for seconds and always on the menu. Tweek it, to become one of your family favourites.*

## carrot coconut and currant salad

**Serves:** 4-6 people

3 medium carrots	1 tsp salt
½ cup thread coconut	¼ cup white wine vinegar
½ cup currants	¼ cup vegetable oil
1 tbsp sugar	3 tbsp chopped fresh mint

Grate carrots and mix with coconut.

Sprinkle currants with sugar and salt then cover with vinegar and soak for 30 minutes.

Pour over carrots and coconut. Add oil and toss well.

Chill and serve topped with fresh mint.

 DALEY FAMILY


*Simple but delightful, a great Salad to bring in the BBQ season.*

## di's delicious brown rice salad

**Serves:** enough to share

2 cups brown rice, cooked	<b>Dressing:</b>
1 red capsicum, chopped	½ cup sunflower oil
1 small bunch shallots, chopped	2 tbsp lemon juice
celery, chopped	2 tbsp soy sauce
½ cup cashews/walnuts	1 tsp sesame oil
½ cup sunflower seeds	4 cloves crushed garlic
½ cup currants	black pepper

Mix all together - use more or less ingredients to taste.

 JOSEPH O'SULLIVAN'S FAMILY

*Enjoyed at many a Northbridge BBQ! Our cookbook would not be complete without a recipe from Di-a most generous sharer of fabulous recipes. Perfect for occasions when asked to bring a plate.*

# fennel salad

**Serves:** 6 ladies who do lunch

1 bulb fennel  
1 tub persian fetta (180g)  
1 cup frozen peas  
1 bunch mint  
1 lemon

Slice fennel finely. Cook peas, not too much though. Chop mint. Squeeze ½ lemon.

Put all ingredients in a bowl and add some oil from the persian fetta tub.

Add salt and pepper and toss lightly.

★ VANESSA MARTIN

## HINTS:

Always have a pot of mint under a dripping tap. Do not let it loose as it will take over.

*I have been making this salad for many years now. It is quick and most times you have the ingredients in the fridge. It is a fab accompaniment to any meat or chicken dish. It is great all year round.*

# lamb, sweet potato, avocado, macadamia and fetta salad

**Serves:** a family of 4

2 lamb fillets  
2 sweet potatoes  
1 packet of baby spinach leaves  
1 large avocado  
60g roasted macadamias  
1 packet of fetta

**Marinade:**  
1 tbsp of honey  
1 tbsp of sweet soy sauce  
1 tbsp of soy sauce  
½ tbsp of seeded mustard

**Dressing:**  
1 tbsp sweet soy sauce  
¼ cup of olive oil

Mix marinade and pour over lamb fillets. Marinate at least a couple of hours if possible.

Remove lamb from marinade, and bake in 180°C oven until cooked, but still tender. Remove from oven and allow to cool. Once cold, slice into bite sized pieces.

Peel and chop sweet potatoes into bite sized pieces, and place in a bowl. Pour the left over marinade from the lamb fillets into the bowl, and toss the sweet potato to cover each piece. Place each piece on a baking tray, and bake in oven at the same time as the lamb. Remove from oven and allow to cool.

Chop avocado and fetta into bite sized pieces.

Mix dressing in a jar, and shake well to combine.

In individual salad bowls, layer spinach, lamb, sweet potatoes, avocado, fetta, and macadamias. Drizzle dressing over the top.

★ TIMAR FAMILY

## HINTS:

This recipe is also great to use up left over roast lamb or beef.

*A firm favourite with all of the family, and a good way to get the kids to eat sweet potato. It is a nice combination of sweet and salty, with a crunch.*

## rocket and pear salad

**Makes:** 1 big bowl

bunch of rocket	2 tbsp balsamic vinegar
equal amount of other fancy lettuce	2 tbsp olive oil
2 pears, relatively firm	salt
parmesan cheese	pepper

Clean and rip up lettuce, placing it in a large bowl.

Quarter, core and finely slice the pears.

Using a potato peeler, grate parmesan over the salad.

Drizzle olive oil and balsamic vinegar over the salad and toss so there is a light covering of dressing on the whole salad.

Grate pepper and salt over salad to taste.

Serve immediately.

 FIORE FAMILY

*This is an easy salad that always get compliments and there is never any left at our family events. Great with BBQ's.*

## smoked chicken, fennel, celery and pear salad

**Serves:** a family of 4

1 bag of baby spinach	<b>Dressing:</b>
1 large fennel bulb	1 tbsp of honey
2 firm pears	¼ cup of lemon juice
3 celery stalks	1/3 cup of olive oil
3 smoked chicken breasts	
shaved parmesan to taste	

Remove skin and fat from smoked chicken breasts, and cut into bite sized pieces.

Core fennel and pears and cut into bite sized pieces.

Cut celery stalks into bite sized pieces.

Put spinach into large individual bowls, and layer chicken, fennel, pears, celery and a good amount of parmesan cheese on top.

Pour dressing ingredients into a jar and shake well to combine.

Pour dressing over the top and eat immediately.

 TIMAR FAMILY

### HINTS:

Serve with crunchy bread.

*This is one of those light, easy to prepare salads, that is cheap and a meal in itself.*

# spicy pumpkin salad

**Serves:** 4 as a proper side dish with main course

3 tbsp olive oil  
½ tsp ground cumin  
½ tsp ground cayenne pepper  
sea salt  
freshly ground black pepper  
800g pumpkin (butternut best for sweetness)  
cut into 2 cm cubes  
100g baby english spinach leaves (for individual servings)  
150g marinated feta, drained and crumbled  
20 kalamata olives, pitted

**Dressing:**  
1 tbsp red wine vinegar  
60 ml (¼ cup) extra virgin olive oil  
1 finely sliced shallot (optional)

Preheat oven to 220°C.

Stir olive oil, cumin, cayenne pepper, salt and pepper in a bowl to combine.

Add pumpkin and stir to coat.

Transfer to a roasting tin and bake for 30 minutes or until pumpkin is tender and slightly caramelised.

Whisk dressing ingredients in a bowl to combine.

Place spinach leaves on four plates and scatter the pumpkin, feta and olives over. Drizzle each salad with dressing.

Serve warm or at room temperature.

 JO-ANNE SCOTT

## HINTS:

- \* You can use any pumpkin type but butternut is our favourite because it's sweet.
- \* Don't overcook the pumpkin cubes or they will lose their shape and turn to mush.
- \* You can leave out the individual serves and serve instead as a self-serve salad with a BBQ.

*We love this recipe because kids usually go "Yuk! I hate pumpkin," but when they try this dish they love it. And you can give it a stronger flavour for adult taste by substituting some blue vein cheese for some of the feta.*

# warm chicken, crunchy noodle salad

**Serves:** a family of 4

6 chicken thigh fillets  
300g cabbage or packet of coleslaw mix  
about ¼ iceberg lettuce  
2 celery stalks  
1 red capsicum  
100g packet of "Chang's noodles"

**Marinade:**  
1 tbsp honey  
2 tbsp sweet soy sauce  
1 tbsp soy sauce  
2 tsp Chinese 5 spice

Trim chicken thighs of fat, and cut into bite sized strips. Mix marinade together and pour over chicken, marinate at least a few hours if possible.

Shred cabbage and iceberg lettuce.

Cut celery and capsicum into bite sized strips.

In large individual bowls place a mix of cabbage, lettuce, celery and capsicum.

Stir fry chicken.

Add chicken to each salad bowl, then spread Chang's noodles over the top.

Drizzle with any liquid from the wok, and eat immediately.

 TIMAR FAMILY

## HINTS:

Any favourite, crunchy salad vegetables can be used for colour and flavour. The chicken can also be cooked on a barbeque for extra flavour.

*This is one of our favourite salads, which is easy to prepare. It's an alternative to the usual stir fry.*

## hot chilli sauce

**Makes:** several small jars

200g birds eye chillies	2 cups white vinegar
2 large capsicums	1 tbsp crushed garlic
2 cups brown sugar	1 tbsp crushed ginger

Cut and de-seed the chillies and capsicums. Roughly chop the chillies and capsicums.

Place them in a large heavy based pan with the brown sugar, white vinegar, garlic and ginger.

Stir over medium heat until the sugar is dissolved, then simmer for 15 minutes.

Allow to cool.

Pour the sauce into a blender and blend until smooth.

Pour into WARM jars, seal tightly and refrigerate.

 THE NEWWEY FAMILY

### HINTS:

\* Never use cold jars, always warm the jars before pouring the sauce into them.

*If you love chilli, you will love this!*

## marcus' secret salad dressing

**Serves:** 1 large jar

1 cup of olive oil	1 tbsp Kikoman soy sauce
1 cup combo of red wine, brown and white vinegar	1 crushed fresh garlic clove
1 heaped tsp brown sugar	plenty salt and pepper

Put all ingredients in a glass jar and shake away!

 CLAUDIA GHATTAS - KINDERGARTEN

### HINTS:

Store in fridge for up to a week. Always take out of fridge 15 minutes before using.

*A delicious blend of simple ingredients that will have everyone guessing what is in the dressing???*

# chicken lime and orzo soup

Serves: 4

¾ cup orzo  
1 tbsp oil  
1 onion finely chopped  
2-3 cloves garlic crushed  
1 small red chilli thinly sliced  
1 chicken breast sliced into thin fingers  
6 cups chicken stock

zest and juice of 3 limes  
2 large tomatoes seeded and chopped into pieces  
salt and pepper  
2 tbsp fresh chopped coriander  
lime wedges to garnish

Cook the orzo in boiling water until tender. Drain.

Heat oil, add onion, garlic and chilli. Cook, stirring for 3-4 minutes until soft. Add chicken strips and stir for 2-3 minutes over the heat.

Add stock, lime juice and zest and tomato. Simmer until the chicken is well cooked through.

Add the orzo and season.

To serve, ladle into bowls and garnish with chopped coriander and lime wedges.

\* CAITLIN DALEY Y5

## HINTS:

This is food in a flash that's full of flavour

*Chicken soup is good for the heart and soul. Every family needs a good chicken soup recipe to keep away the winter blues.*

# lentil and vegetable soup

Serves: 4-6

2 cups brown lentils, washed  
1 brown onion, diced  
3 cloves garlic, finely chopped  
1 tbsp cooking oil  
2 carrots, peeled and diced

2 green zucchini, diced  
1-2 cups baby spinach leaves  
4 Massel vegetable stock cubes  
2 litres water

Heat oil in a pot. Lightly sauté onion and garlic until golden.

Add lentils and water. Bring to the boil and simmer for approx 20 minutes, or until lentils begin to soften.

Add remainder of vegetables and cook until lentils and vegetables are soft. Approx ½ an hour.

Season with salt and pepper to taste.

\* YOLANDA HODGENS

## HINTS:

Serve with warm crusty bread or a herb and garlic bread.

You can add any vegetables that you like. You may need to add a little extra water if you lose too much in the cooking process.

You can decrease or increase the amount of lentils you use depending on how thick you like your soup.

*This is a great winter warmer that is simple, healthy and quick to make. Perfect for the whole family to enjoy.*

## quick gazpacho summer soup

Serves: 4

½ green capsicum	1 sprig continental parsley
1 telegraph cucumber	1 tbsp white vinegar
½ spanish onion	2 tbsp extra virgin olive oil
4 celery sticks	1 tsp worcestershire sauce
¼ clove garlic	salt and pepper to taste
1 tin Italian tomatoes	

Blend all ingredients in a blender for no longer than a minute so as not to puree. Serve chilled!

✳️ CLAUDIA GHATTAS - KINDERGARTEN

### HINTS:

Always nice to toast some good crusty ciabatta bread to dip in the soup and simply enjoy!

*This recipe has been made in our family for over 30 years and is always served in Summertime. Not only is it extremely healthy but the colour and fragrance of it simply makes you feel like you are on summer holidays.*

## veal osso bucco

Serves: 6 with some seconds

10-12 slices veal shins incl bone - sold as veal osso bucco	3 tbsp tomato puree
salt and ground pepper	400g tin chopped tomatoes
50g flour	2 medium carrots sliced across and then quartered
6 tbsp olive oil	1 bunch parsley, chopped
3 garlic cloves, finely chopped	lemon zest (grated skin) from 1 lemon
2 red onions, chopped	orange zest (grated skin) from 1 orange
375 ml (1½ cups) chicken stock	optional-6 anchovy fillets
375 ml (1½ cups) white wine	

Place salt, pepper and flour in plastic bag, add veal and toss to coat.

Remove veal and place in olive oil sizzling in hot large metal/flame proof casserole dish or deep pan.

Simmer each piece of meat until it is lightly browned, say 5 minutes.

Add onion and garlic to veal, then carrot and then pour in stock and wine, stirring.

Add tomato puree and tomatoes, stir.

Simmer gently until tender say 1½ plus hours.

Add anchovy fillets (optional).

Taste and add further salt or pepper if required.

To serve sprinkle generously with parsley, lemon zest and orange zest.

✳️ MACDONNELL FAMILY

### HINTS:

Serve with steamed rice or warm crusty Italian bread.

*A delicious warming Italian dish perfect for slow cooking.*

# banana and choc chip muffins

**Serves:** 12 muffins or 24 mini muffins

1½ cups self raising flour (white or wholemeal)	2 eggs beaten
¾ cup of caster sugar	2-3 over ripe bananas depending on size,
1 tsp baking powder	mashed
½ cup light vegetable or canola oil	½ cup chocolate chips (optional)

Pre heat oven to 180°C. Grease muffin tin.

Mix sugar, flour and baking powder in a bowl until combined.

Add banana, eggs, oil and chocolate chips and mix until well combined. Spoon mixture into 12 cup muffin tin or 24 cup muffin mini tin (perfect for lunch box snack).

Bake in the oven for 12 to 15 minutes or until muffins spring back when touched.

Remove from oven and allow to cool before turning out.

★ AMELIE HODGENS YEAR 1

## HINTS:

You can use other fruit besides banana. Apple and cinnamon muffins can be made by using a tin of baby pureed apple and grated apple and cinnamon to taste.

You can also add cocoa powder (approx 2 tbsp) to make double choc banana muffins! Enjoy!

*This is a simple and deliciously healthy muffin recipe. They freeze well and defrost quickly when needed. Perfect for morning tea in a lunch box or when you have unexpected guests pop in for a cuppa!!*

# chilli, tomato and peanut soup

**Serves:** 6 people

1-2 hot chillies or dried jalopenos, finely chopped	4 cups vegetable stock
2 tbsp olive oil	2 tsp of sea salt
1 tsp paprika	¼ tsp black pepper
700g pureed tomatoes	2 red capsicums
¼ cup fresh coriander	4 large tbsp peanut butter

Grill or blowtorch capsicums until their skin is black, then place them in a tied freezer bag for 5 minutes. Take out and remove the skin with your fingers. Cut roughly.

Heat olive oil in a large stockpot, add chilli and paprika and fry for 1 minute.

Add all other ingredients except the peanut butter and bring to the boil.

Reduce heat and simmer for 25 minutes.

Add peanut butter and blend together with barmix or similar blender.

Serve hot, garnished with coriander.

★ INWOOD FAMILY

## HINTS:

Grill capsicums until the skin is very black to loosen skin.

*A fresh soup, suitable for winter or summer.*

# infamous spinach dip in cob loaf

**Serves:** 10 -15 people

1 pack of frozen spinach	½ tbsp lemon juice
3 tbsp of whole egg mayonnaise	1 cob loaf
1 300ml carton sour cream	2 bread french sticks
1 packet spring vegetable soup mix (dried)	

Thaw frozen spinach. Squeeze excess moisture out of spinach.

Put spinach, mayonnaise, soup mix, sour cream and lemon juice in mixing bowl. Mix well.

Put in fridge for at least 3-4 hours, even better overnight.

Cut an 8-10 cm hole in top of cob loaf.

Keep the round piece for lid.

Scoop out bread from cob.

Spoon prepared dip into cob shell.

Put lid of cob back on.

Slice french sticks.

Present cob on platter with french stick pieces to dip in.

 ROWLAND FAMILY

## HINTS:

Keep the scooped out bread to serve with dip.

The longer the dip is left to set, the better!

*This dip is a great entertainer that is simple to whip up in no time!!!! Whenever there is a family function, it is always our job to bring the spinach dip.*

*This is superb as my culinary skills stopped at the simple gas cooking school course I did as a newly wed.*

*Sorry James and my beautiful girls.*

*One day mummy will learn to cook.*

*Until then, bring on the spinach dip!!*



# a spoonful of sugar



## tanya's super special avocado salsa

**Serves:** 6-8 people

3 large avocados  
juice of 2 limes  
1 red onion  
3 tomatoes  
coriander

Chop avocados and tomatoes into small pieces.  
Add finely chopped onion and coriander (to taste).  
Squeeze limes over and mix together.  
Serve immediately with corn chips.

 JENNY FIELDING - GRADE 1

### HINTS:

This is gorgeous for a summer BBQ snack!

*My friend Tanya always makes this when I visit and it's always fabulous and SO easy!!*

# chocolate cake

Serves: 12 - 14

185g butter (softened)  
1¾ cups caster sugar  
3 eggs  
2 tsp vanilla

2 cups self raising flour  
2/3 cup powdered cocoa  
1 cup water

Place all ingredients in a large bowl. Beat together until mixed and then beat further for 3 - 4 minutes until smooth and lighter in colour.

Bake in a moderate oven 180°C for about 1¼ hours until cooked when tested with skewer.

Cover with chocolate ganache.

★ STEFANO ROSSELLO - KINDERGARTEN: THE ROSSELLO FAMILY

## HINTS:

This cake can also be made into a black forest cake. It is very versatile.

*This is a really simple and easy recipe to make which has been used for all family occasions and is known by heart.*

*The beauty of this recipe is that it can be made into a big slab or two small cakes placed on top of each other.*

*Takes 15 minutes to prepare.*

# chocolate and raspberry friands

Serves: 12

½ cup plain flour  
½ cup dark cocoa  
1¼ cups pure icing sugar  
1 cup ground almonds

5 egg whites  
180g unsalted butter, melted  
1 tsp vanilla extract  
1 packet frozen raspberries

Preheat oven to 200°C.

Line a 12 hole friand pan with papers or melted butter.

Sift flour, cocoa and icing sugar in a large mixing bowl and stir in almonds.

Put egg whites in a bowl and whisk with a fork until frothy.

Add to dry ingredients.

Add cooled melted butter and vanilla and fold to combine.

Gently fold in raspberries until just combined.

Pour into friand tin and bake 15-20 minutes.

Allow to stand then put on a wire rack to cool.

Sprinkle with icing sugar to serve.

★ CLARE CORCORAN YEAR 2

*So easy to make and they are not too rich and great with a morning coffee.*

## custard cake

**Makes:** 2 cakes or 24 cupcakes

2 cups self raising flour, sifted	¾ cup milk
2 cups caster sugar	250g butter
4 tsp custard powder, sifted	4 eggs

Pre-heat oven to 190°C (fan forced). Grease two cake tins or 24 capacity cupcake pans.

Mix all ingredients on medium speed for approximately 3 minutes until smooth batter forms.

If making 2 cakes, bake at 190°C for 30 minutes.

If making cupcakes, bake at 190°C for 15-20 minutes.

Allow cakes to cool completely before icing.

\* GIANOTTI FAMILY

### HINTS:

Always take eggs out of fridge and use at room temperature.

*Super easy, tasty cake mix, great for birthday cakes and cupcakes.*

## date loaf

**Makes:** 8-10 slices

1 cup sugar	1½ cups self raising flour, sifted
2 tbsp butter	1 tsp bicarb soda
1 cup dates, finely chopped	½ tsp nutmeg
1 cup boiling water	½ tsp mixed spice

Place sugar, butter and dates together with boiling water in a bowl.

In a separate bowl mix flour, soda and spices.

Add dry ingredients to wet.

Pour into greased loaf tin and bake for 45 minutes - 1 hour in a moderate oven.

\* SONYA BARON-HAY

*A delicious old fashioned recipe that is great with a cuppa! A girlfriend gave me this recipe and calls it "Date Loaf A La Nana" as it is reminiscent of your nana's fabulous baking.*

## classic pavlova

Serves: 8 people

4 egg whites  
8 oz caster sugar  
pinch of salt

1 tsp of white vinegar  
½ tsp of vanilla essence  
1 level dessert spoon of cornflour

Preheat oven to 200°C. If using an oven-proof ceramic plate, wet the plate with water. If using a baking tray, line the tray with baking paper.

Using an electric beater, beat the four egg whites with a pinch of salt until peaks appear, then start adding the caster sugar gradually over about 5 minutes. Add the vinegar and the vanilla essence while still beating.

Fold in the cornflour and place the mixture on the plate / tray. Cook for a few minutes only on 200°C, then turn the oven down to 125°C. Cook for about 1 hour and 15 minutes.

When cool, top with whipped cream, strawberries and passionfruit.

✳️ HUMPHREY FAMILY

*It is hard to think of a dessert more loved around Australia than pavlova. Pavlova is one of our family favourites, and everyone seems to find room for dessert when pavlova is being served.*

## easy foolproof chocolate cake

Serves: 8

125g butter  
1 cup self-raising flour  
1 cup sugar  
2 tbsp cocoa

2 eggs  
½ cup milk  
dash vanilla

Melt butter then stand to cool.

Add butter to other ingredients in a big mixing bowl.

Beat for 3 minutes. Pour into 8 inch round cake tin which has been greased with baking paper lining the base. Bake in 180°C oven for 30 - 35 minutes.

Cool, ice with chocolate icing or buy a can of Betty Crockers Creamy Deluxe Milk Chocolate frosting.

✳️ JACKSON FAMILY

### HINTS:

Give bowl and beaters to hungry children to lick clean!

*Everyone loves chocolate cake!*

## grandma's exotic ginger cake

Serves: 8-10 people

6 tbsp butter	1¼ tbsp ground ginger
1 cup white sugar	1 dessert spoon cinnamon
¾ cup golden syrup	1 tsp all spice
1 egg	1 cup milk
2 large cups plain flour	1 tsp bicarb soda

Preparation Time - 15-20 minutes.

Heat oven to 185°C.

Line slightly greased cake tin with baking paper.

Cream 6 level tbsp butter and 1 cup sugar.

Add warmed ¾ cup syrup and beat well.

Add 1 egg.

Sift in dry ingredient (flour, ground ginger, cinnamon and all spice).

Blend thoroughly.

Add 1 tsp bicarb soda dissolved in 1 cup milk.

Bake for 1 hour 15 minutes on 185°C.

✳ SEBASTIAN GEE - YEAR 2 - GEE/DOUGLAS FAMILY

### HINTS:

Can be served with icing of your choice however is very tasty on its own.

*This mouth watering cake is loved by all. Originally this recipe was baked many generations ago in the family and was an all time favourite and still is today. It is so easy to make, tastes unbelievable and you can smell it baking streets away.*

## grandma's 'angel wings' cupcakes

Serves: approx. 12

<b>Cake:</b>	<b>Cream:</b>
200g butter	4 tbsp icing sugar
½ cup caster sugar	2 tbsp butter
¾ cup self raising flour	2 tbsp milk
2 eggs	2 tbsp water
½ tsp vanilla essence	or
1 tbsp milk	beat thickened cream
patty pan cases (medium size)	

Preheat oven to 160°C (fan forced).

Combine the butter, caster sugar, self raising flour, eggs, vanilla essence and milk in a bowl and beat on low speed until just combined.

Increase the speed of the beaters and beat for 2-3 minutes or until pale in colour.

Fill the patty cases with the mixture and bake in the oven for 20 minutes.

Whilst the cakes are still quite warm, dust the top with icing sugar. Cut a deep circle out of the top of the cake, then cut the circle in half to make 2 semi-circles. These become the wings.

Make the cream. Combine the icing sugar, butter, milk and water together and beat. Or beat thickened cream.

When the cakes cool, fill the hole with cream and place the 2 semi circles (wings) back into the top of the cream.

✳ THE NEWHEY FAMILY

*Apart from being very 'yummy', just thinking of them brings back great memories!*

## hot cheesecake soufflé

**Serves:** 6

600g cream cheese  
6 eggs  
250g caster sugar  
1 tsp vanilla essence

white or milk chocolate drops  
frozen raspberries

Grease 6 soufflé dishes and place chocolate and raspberries (or any alternate 'surprises') in bottom.

Cream cheese should be at room temp or just softened in the microwave for 30 seconds.

Whip cream cheese, eggs and sugar in bowl until smooth and pour into soufflé dishes.

Bake at 225°C for 25 minutes or until golden brown.

 HORNE FAMILY - YEAR 2

### HINTS:

Serve with good quality vanilla ice-cream.

You can also divide the ingredients by 6 and times by X depending upon the number of guests at your dinner party.

*This recipe can be prepared in advance and then just poured into the individual dishes and baked as you are serving up the mains. While it looks deceptively easy, the taste and results are amazing and your guests will think you have gone to a lot of trouble!*

## granny sandra's armenian cake

**Makes:** 10 slices

2 cups dark brown sugar  
2 cups self raising flour, sifted  
4 oz (125 g) butter  
150g walnuts

1 egg  
1 cup milk  
1 tsp bicarb  
2 tsp nutmeg

Break up walnuts in food processor, not too fine and set aside.

Combine in processor sugar, flour, butter until consistency of bread crumbs.

Take half of this mixture and press into an 8 inch, well greased tin or lined and sprayed.

Beat one egg well with hand whisk and add one cup milk, one tsp bicarb and two tsp nutmeg. Whisk well and add other half of mixture and chopped nuts.

Pour in to cake tin (very runny mixture).

Bake at 160°C (fan forced) on 2nd shelf from top approx 50 minutes.

Leave in tin 5 minutes, before turning out.

Mix icing sugar with juice of lemon or orange and melted butter to make a simple icing.

 CLAUDIA GHATTAS - KINDERGARTEN

### HINTS:

All it needs is a generous dollop of good quality cream!

*This recipe was shared with my Grandma by an Armenian friend of hers over 25 years ago and she makes it regularly and it's become a true family favourite. It's very unique in its nutty flavour and simplicity.*

# lemon cake

**Serves:** one family

**Cake:**  
4 eggs  
340g caster sugar  
pinch salt  
zest of 2 lemons  
180g plain flour  
100g almond meal or ground almonds  
½ tbsp baking powder  
160ml cream

100g melted butter (not too warm)  
juice of 2 lemons (or 1 large lemon)

**Icing:**  
150g icing sugar  
100g soft butter  
zest and juice of 1 lemon  
100g soft cream cheese

**Cake:**

Pre-heat oven to 160°C.

Beat eggs, sugar, salt and zest with a whisk attachment until pale and creamy.

Add flour, almond meal, baking powder and cream to mixture and whisk until smooth.

Beat butter and lemon juice into the mixture.

Bake at 160°C for 50 - 55 minutes.

**Icing:**

Whisk icing sugar and butter together.

Add cream cheese and lemon juice and zest.

The icing is ready when it is light and fluffy.

★ STEEL FAMILY

## HINTS:

Add the juice slowly until you get the desired consistency. If you add too much juice to the cake mixture or icing it will be too runny.

*This cake is a favourite in our house with both the adults and kids. The boys always help mum make it, and it has a fantastic lemon zing.*

# lemon and sour cream cake

**Serves:** 1 cake

(prep: 20 min; cooking time 40 min)

125g butter @ room temperature  
1 cup caster sugar  
2 eggs

finely grated rind and juice of 1 lemon  
1 cup self raising flour  
½ cup sour cream  
icing sugar to dust

Preheat oven to mod/slow (160°C). Grease a 20 cm square cake pan and line with baking paper.

Beat butter and sugar together until pale and creamy. Add the eggs one at a time beating well after each. Mix in lemon rind.

Lightly fold in flour alternating with sour cream and juice.

Bake for 35-40 minutes until skewer comes out clean.

Cool in pan for 5 minutes, turn out and dust with icing sugar when cooled.

★ MEG BRUCE YR 1 GRACE

## HINTS:

Don't worry if the batter appears lumpy, it still cooks up beautifully.

You can substitute greek yoghurt for sour cream if you wish.

Zest lemon finely for added flavour.

*Fresh and lemony, very moist.*

# large pavlova

Serves: 10

5 egg whites  
3 cups caster sugar  
1 tsp vanilla

2 tsp white vinegar  
8 tbsp boiling water

Beat all ingredients together on high speed until extremely thick. It is thick enough when beaters are lifted and mixture stands in peaks.

Bake in moderate oven for 30 minutes. Reduce heat by 50°C and cook for a further 30 minutes.

Leave in the oven to cool with the oven door ajar.

★ LIZ JARJOURA - AMY AND EVE ARE AT MONTE, ANDREA IN YEAR 3 AT SPN

## HINTS:

When cool generously cover with whipped cream and passionfruit mixed in. Slice strawberries, kiwifruit or banana on top. To be really "fancy" slice mangoes. Or plain whipped cream with raspberries - yum!

*This is such an easy recipe. Mum or my aunty would make this for most family gatherings when I was growing up. Nothing beats a pav! I hope you enjoy this as much as we do.*

# lorraine's chocolate coconut cake

Serves: depends on size of slice!

!30 minutes prior soak ½ cup coconut with ½ cup milk  
85g butter  
½ tsp vanilla  
1 cup sugar

2 eggs  
1 cup self raising flour  
2 tbsp cocoa  
⅓ cup milk

Mix all ingredients together in large basin for 3 minutes.

Pour into lined 20 cm cake tin.

Bake in moderate oven for 30-40 minutes.

★ JOSEPH O'SULLIVAN'S FAMILY (YR 4)

*Enjoyed by many a hungry SPN child for afternoon tea at the Winterbottoms. The theory is it's less messy as this moist cake requires no icing.*

# molten chocolate cake

**Serves:** 8 easily as it is very rich

250g chocolate (70% cocoa)  
250g unsalted butter  
6 eggs separated

½ cup caster sugar  
3 tbsp plain flour  
¼ cup almond meal

Preheat oven to 190°C.

Melt chocolate and butter either in microwave or using a bowl over simmering water (don't let the water touch the underside of the bowl).

Mix egg yolks and sugar in a bowl.

Gradually stir in chocolate mix.

Using a metal spoon stir in flour and almond meal.

Whisk egg whites to stiff peaks.

Using a large metal spoon fold egg whites a little at a time until just combined.

Pour into a greased 23 cm spring form cake tin.

Bake for 35 minutes (cake will still look wet in the centre).

Remove from oven and leave to cool in tin.

Serve with thick cream, berries or ice cream.

✳️ OLIVIA CANNANE YEAR 1

## HINTS:

Don't overcook, the cake should look under cooked when you take it out to ensure that gooey molten centre.

*We often use this cake as our special celebration cake! It's sinfully rich but easy to prepare. The kids always get involved, especially when it comes to licking the spoon and mixing bowl!*

# mouth watering flourless chocolate cake - gluten free

**Serves:** 10 for dessert

125g dark chocolate  
2 tbsp brandy  
100g butter, chopped

100g (½ cup) caster sugar  
100g almond meal or ground hazelnuts  
3 eggs

Pre-heat oven to 160°C.

Grease and line an 18 cm round cake tin (preferably spring form).

Melt chocolate with brandy in a double boiler or a bowl over a saucepan of boiling water.

Stir chopped butter and sugar into chocolate and stir until butter melts. Remove from heat.

Add almond meal or ground hazelnuts and stir well.

Separate eggs. Lightly beat yolks and stir into chocolate mixture.

In a medium mixing bowl beat egg whites with an electric beater until stiff, fold into chocolate mixture.

Spoon cake mixture into prepared tin. Bake in pre-heated oven for 40-45 minutes.

When cooked the cake will have a crust on top and still be fudgy below the crust.

Cool in tin then carefully lift out onto plate.

✳️ THE TONURI FAMILY

## HINTS:

Serve dusted with pure icing sugar and berries.  
Don't forget the cream! Delicious!

*This is a gluten free favourite for the family and for those not on a gluten free diet. We make this cake on special occasions and before you know it, it has all been eaten. Definitely a favourite for those with a sweet tooth.*

## orange poppy seed cakes

**Makes:** 12 large cakes or 24 small/medium cakes

1/3 cup poppy seeds	1/2 cup plain flour
1/4 cup milk	1/2 cup almond meal
185g margarine	1/2 cup orange juice
2 tsp grated orange rind	2 1/4 cups icing sugar mixture
1 cup caster sugar	1 1/2 tsp margarine
3 eggs	1/4 cup orange juice
1 1/2 cups self raising flour	

Preheat oven to 180°C / 160°C fan forced.

Line 1 (or 2) x 12 hole cup cake trays with patty cases.

Add seeds to milk and set aside.

Beat butter, rind and sugar with electric mix master until fluffy.

Add eggs one at a time.

Sift and mix flours together.

Add juice to poppy seed/milk mix.

Slowly add flour and liquid to cake mix.

Beat until all combined. Pour into patty cases.

Cook about 20 minutes. Cool for 5 minutes in trays before turning out onto wire rack.

Ice when cool.

Icing:

Sift icing sugar into a heat proof bowl and stir in margarine and juice.

Place bowl over small pan of simmering water and stir until icing is pouring consistency.

Spread immediately over cakes.

 EMMA PERRY - YEAR 6

*Almost as good as the cake shop.*

## pear and raspberry bread

**Makes:** 1 loaf (about 8 slices)

280g tinned pears, (discard syrup)	1 tsp vanilla extract
125g caster sugar	125ml vegetable oil
125g brown sugar	180g frozen raspberries
120g sour cream	380g self raising flour
3 eggs	1 standard loaf tin

Heat oven to 170°C. Line your loaf tin with baking paper. Set aside.

Using your bamix/stick blender, blend together the pears, sugar and eggs until relatively smooth. Don't worry too much about little lumps.

Add sour cream, vanilla and oil and blend until combined. Sift flour, and fold into batter. Fold in frozen raspberries, pour mixture into loaf tin, preferably only 3/4 full.

Cook for 30 minutes on 180°C, then turn down oven to 160°C for a further 10-15 minutes or until top bounces back when pressed.

Any extra mix can be spooned into muffin tins and baked for around 15 minutes only.

 SARAH WANDEN

### HINTS:

When the loaf has cooled, slice and serve, or grill slices of the bread and top with ricotta cheese and your favourite preserve (nice toasted with ice cream for a dessert too) YUM!

*This recipe is very popular with our customers at a little place I work at in McMahons Point. They generally have a slice toasted, just like you would with banana bread and a little butter if you wish. Yum!*

# ricotta cake

Serves: 8 - 10

## Base:

270g flour  
170g sugar  
1 lemon rind grated  
20g baking powder  
80g butter  
1 egg  
1 egg yolk

## Filling:

600g ricotta  
¾ cup sugar  
1 tsp grated lemon  
1 tsp vanilla  
2 tsp of grated chocolate

Base: Mix with hands all the ingredients listed above for the base, adding the eggs last. Save about a couple of pinches of base mixture aside for later on top of cake.

Place mixture in bottom of sprayed cake tin and press mixture evenly in the tin and around the sides.

Filling: Mix ricotta, sugar, lemon and vanilla with a wooden spoon. Place mixture onto prepared base. Sprinkle the extra base which has been set aside on top of cake - this mixture must not be lumpy or too wet, if so add more flour to the mixture so that it is crumbly. Sprinkle grated chocolate on top.

Place in moderate oven 180°C for 30 minutes. Serve when cold.

✳️ STEFANO ROSSELLO - KINDERGARTEN - ROSSELLO FAMILY

## HINTS:

Remaining base mixture must be dry and crumbly when sprinkled on top of ricotta. Add extra flour if needed.

*For ricotta lovers, this is the best ricotta cake. You need to follow instructions carefully. Tastes great and is a real winner.*

*This is a family recipe that my mother in law has made on many occasions.*

# simple sandwich cupcakes!

Makes: 12

115g unsalted butter, at room temperature  
115g caster sugar  
2 eggs  
115g self-raising flour  
½ tsp baking powder  
1 tsp vanilla extract

## To Decorate:

1 tbsp strawberry jam or Nutella  
180ml double cream  
225g strawberries, thickly sliced  
icing sugar, for dusting

Preheat the oven to 180°C.

Beat the butter and sugar together until pale and fluffy, then beat in the eggs, one at a time. Combine the flour and baking powder and sift into the mixture. Fold in, then stir in the vanilla extract.

Spoon the mixture into the paper cases and bake in the preheated oven for about 17 minutes until risen and golden and a skewer inserted in the centre comes out clean. Transfer to a wire rack to cool.

To Decorate:

Using a serrated knife, carefully slice the tops off each cake, down to the level of the paper case. Spread each cake with about ½ tsp of jam or Nutella.

Whip the cream and spoon on top of the jam or Nutella, then top with slices of strawberries. Replace the top of each cake and dust with icing!

✳️ SARA LAVERMICOCCA - YEAR 6

## HINTS:

The idea of these cupcakes is for the cakes to rise over the height of the paper case so you can slice it off and then sandwich it with cream and strawberries - so avoid very deep paper cases for this recipe. Go for pretty ones, about 2.5 cm deep instead! Enjoy!

*Scrumptious, Easy and Fun to make !!!  
They look great and taste yummy for the whole family!*

# sultana cake

**Makes:** one cake

8oz butter  
8oz sugar  
3 eggs  
1 tsp almond essence

1 tsp vanilla essence  
12 oz self raising flour  
1 tsp baking powder  
16oz sultanas

Cream butter and sugar.

Add eggs and essence.

Add dry ingredients.

Boil sultanas and drain and add.

Bake at 350°C for 1 hour.

 MICHELLE EVANS

*It's delicious*

# tasty apple cake

**Serves:** 8

4-6 apples  
1 cup soft brown sugar  
1 cup water  
125g unsalted butter  
115g caster sugar

2 eggs  
2 cups self raising flour, sifted  
½ cup milk  
1 tsp cinnamon (or other mixed spice for baking)

Grease pan (22cm with removable base) with butter and place layer of baking paper in a base and around sides.

Peel apples, remove cores and cut into vertical slices about 1cm thick. Place in a saucepan with water and soft brown sugar and bring to boil, then simmer apples gently until tender. Remove apples and let them cool, simmer remaining syrup until reduced to about half.

Cream butter and sugar in a bowl, then add eggs one at a time. Add flour and cinnamon or other spice, sifted together alternately with milk.

Place half cake mix in pan, cover with half of the apples (using those which are uneven), add remaining mix and then top with remaining apples (the better looking slices) working around the top in circle.

Bake in moderate oven about 45 minutes. Remove and while still hot brush all over with syrup.

 MACDONNELL FAMILY

## HINTS:

Reduce oven time/temperature for fan forced. Test with skewer - it will be moist but should not stick to the skewer. Serve warm with a dollop of cream, ice cream or yoghurt.

*We have cooked this cake numerous times as it is so popular with adults and kids. It is a moist and tasty cake suitable for morning or afternoon tea. It also makes an excellent dessert which you can make earlier in the day and gently reheat close to serving.*

# rosamaria's tiramisu

**Serves:** one tray

500g mascarpone  
5 eggs (yolks only)  
5 dessert spoons sugar

pavesini biscuits  
espresso coffee  
cocoa (to sprinkle)

Mix egg yolks and sugar, then add mascarpone and stir for 5 minutes on medium.

Make generous amount of Italian espresso coffee with a small amount of sugar and place in a bowl (ready for dipping biscuits!)

Dip each entire biscuit into the bowl of coffee so it has softened but keeps shape.

After dipping biscuit place immediately in dish (suitable for the fridge) and continue to cover the dish with coffee dipped biscuits. Then place mascarpone mix on top of the layer of biscuits with a small amount of cocoa sprinkled across the top.

Repeat process making 2 - 3 layers of biscuits till you have finished all the mascarpone creme mix.

Refrigerate (cover with foil).

✳️ MARIA BERARDUCCI

## HINTS:

Tastes delicious when it has been refrigerated overnight!

*My cousin Rosamaria is a wonderful cook - when I visit her in Abruzzo, Italy I always find myself taking down her recipes to bring back home!*

# tiramisu

**Serves:** 8-10 people

2 packets savoiardi (lady finger) biscuits  
1 carton Bulla cream thickened  
500g mascarpone

2 eggs  
cocoa or grated chocolate if preferred  
coffee

Firstly beat cream and mascarpone then add 2 eggs and beat.

Make coffee mixture 2 - 3 tsp of coffee in 1 cup of boiling water. Make more coffee as needed.

Dip biscuit (ends) in coffee quickly just to get wet. Place a layer of biscuits in a dish. Then a layer of cream on top and repeat layering until ingredients are finished.

When finished layering sprinkle cocoa or chocolate on top.

Place in refrigerator for at least 6 hours before serving.

✳️ STEFANO ROSSELLO KINDERGARTEN - ROSSELLO FAMILY

## HINTS:

Make sure the biscuits are not too soggy just quickly dip ends to wet.

Can also add some liqueur to the coffee if desired.

*This recipe is great as it can be made two to three days ahead of time. Must have at least 6 hours of refrigeration if eating same day.*

*This is a simple and extremely tasty dessert.*

# yummy warm orange cake

**Serves:** 8 people

1 washed orange, rind left on and cut into quarters and seeded  
¾ cup caster sugar  
125g melted butter  
2 eggs  
1½ cups self raising flour

**Syrup:**  
2 cups orange juice  
1 cup orange marmalade  
½ cup sugar

Preheat oven 180°C, grease and line an 18cm cake tin.

Put orange, sugar, butter and eggs in food processor. Process until orange is finely chopped. Add flour and process until just combined.

Pour into tin and smooth over. Bake for one hour.

Cool in tin for 5 minutes then turn out onto wire rack.

To make syrup: place ingredients in saucepan over low heat for 5 minutes, stirring.

To serve: Place on plate and pour over most of syrup, use remainder on individual plates with ice cream and/or double cream.

✱ TRISH CRAMPTON

## HINTS:

I take the cake in tin wrapped in a tea towel, with syrup in jar to peoples homes and serve up there. It can be reheated slightly if needed, also the syrup. Always a hit !

*This is a very easy recipe, all thrown in the food processor. It is great served warm as a dessert with thick double cream or ice cream. More an adult cake but some kids love it too. It has become a fav amongst our year group.*

# anzac cookies

**Makes:** about 22 biscuits

1 cup rolled oats  
1 cup sugar  
1 cup flour  
¾ cup coconut

½ cup butter  
1 tbsp golden syrup  
1½ tsp bi carb soda  
2 tbsp boiling water

Mix oats, sugar, flour and coconut in a large bowl.

Melt butter and golden syrup together.

Mix bi carb soda with boiling water and combine with the butter/syrup mixture. Then pour into dry ingredients and stir until all combined.

Roll into balls and place on a lined baking tray. Bake for 15-20 minutes at 150°C.

✱ THE WAGNER FAMILY

## HINTS:

Bake longer for crunchier biscuits.

*This is a great one to make with the kids!*

## chocolate brownies

**Makes:** 15 pieces

¾ cup margarine  
3 eggs  
1½ cup caster sugar  
2 tsp vanilla

¾ cup self raising flour  
½ cup cocoa powder

Preheat oven to 180°C / 160°C fan forced.

Line 33 x 23 cm tin with baking paper and spray with canola oil.

Melt margarine.

Beat eggs with sugar.

Add vanilla, flour, cocoa and melted margarine.

Bake for approximately 20-30 minutes (until a skewer comes out clean).

Cool for 5 minutes in tray before turning out.

Sprinkle with icing mixture.

★ ADAN PERRY - KINDERGARTEN

*Great fun to cook and great to eat.*

## chocolate fudge brownie

**Makes:** 18 pieces

200g melted butter  
¾ cup cocoa  
2 cups caster sugar  
¼ tsp salt  
4 eggs

1 tsp vanilla essence  
¾ cup flour  
½ tsp baking powder  
2 cups of chocolate chips

Pre-heat oven to 150°C. Spray and line a 20x30 cm tin with non-stick baking paper.

Mix the butter, cocoa, sugar, salt, eggs and vanilla until well combined, beating until the colour lightens (about 5 minutes).

Gently mix in the flour, baking powder and chocolate chips.

Pour into the prepared tin and bake for 50-55 minutes. The brownie should still be quite soft in the middle, but will have cracked slightly and pulled away from the edge of the tin.

Cool completely in the tin.

Cut when cold and enjoy the gooey rich dark chocolate brownie.

★ WILL DALEY Y2

### HINTS:

Let the non-stick baking paper hang over the sides. It makes it easier to lift out of the tin.

*The smell in the air and the smile on the face I need say no more about Chocolate Fudge Brownies.*

# chocolate slice

**Makes:** 12-16 slices depending on size

1 cup plain flour	1 cup of coconut
½ cup of sugar	1 tbsp cocoa
1 tsp vanilla	185g butter, melted

Combine all of the ingredients in a mixing bowl and stir.

Pour over melted butter and mix through.

Press mixture into a slice tin (30cm x 21cm) that is lined with baking paper.

Bake at 200°C for 15 minutes or until cooked.

DO NOT OVERCOOK.

When cool spread over your favourite chocolate icing recipe.

★ EMILY KING YEAR 6

## HINTS:

Sprinkle chopped nuts, or coconut or 100s and 1000s over icing.  
Can add chocolate chips or nuts to slice recipe.  
Suitable to freeze.

*Delicious, quick and easy.*

# coconut slice

**Makes:** approx 24 pieces

187.5g butter (¾ of 250g block)	1¾ cup desiccated coconut
½ cup caster sugar	½ cup condensed milk
1 tbsp golden syrup	1 cup icing sugar
1 cup self raising flour	

Heat oven to 175°C (fan forced).

Cream 125g of butter with caster sugar. Add golden syrup, then flour and ¾ cup of coconut. Blend well.

Spread into greased tray (lamington tray) and bake for 12-14 minutes until top is golden.

Cool.

For topping, melt 62.5g butter (¼ of 250g block), add condensed milk, icing sugar and 1 cup coconut and mix all together.

Spread topping over cooled base.

Refrigerate until firm and cut into slices.

★ RICHARDS FAMILY - KINDERGARTEN

## HINTS:

Check base at 12 minutes - remove from oven when golden.  
Don't add topping to base until base is cooled completely.

*This was given to me by a school friend's mother many years ago and is a guaranteed winner!*

# easiest date slice ever

Makes: plenty

125g margarine  
2 tsp golden syrup  
1 cup self raising flour  
1 cup coconut  
1 cup chopped dates  
½ cup sugar

For lemon icing (optional)  
2 cups of icing sugar  
2½ tbsp lemon juice  
15g butter

Heat oven to 180°C.

Melt margarine and syrup.

Mix dry ingredients.

Add melted margarine and syrup to dry ingredients.

Place in greased biscuit tray (27 cm x 17 cm).

Bake for approx 20 minutes.

★ TARANTO FAMILY

## HINTS:

If making lemon icing:

Mix ingredients thoroughly and ice while hot. Then sprinkle with 2 tbsp of coconut.

*It's the easiest slice to make and it really is delicious.*

# giant triple-choc-chip cookies

Makes: 12

250g butter, at room temperature  
1 cup brown sugar  
1 tsp vanilla essence  
1 egg  
2 cups plain flour, sifted

1 tsp baking powder  
½ cup milk choc bits  
½ cup dark choc bits  
½ cup white choc bits

Preheat oven to 180°C or 160°C fan forced. Line 2 baking trays with baking paper.

Using an electric mixer, beat butter and sugar until pale and creamy. Add vanilla and egg, and beat well. Fold through flour and baking powder. Chill for 1 hr.

Roll ¼ cupfuls of dough into balls. Place onto prepared trays and press gently to flatten. Top with a mixture of milk, dark and white choc bits. Bake for 10 minutes until lightly golden. Cool on trays before packing into cellophane bags - for gift giving.

★ CHARLOTTE GATES-GRADE 6; GATES FAMILY

*This recipe is quick simple, it is also super delicious and it will please everybody. These cookies are fun to make and yummy for the whole family, just pop them in the oven and out pops a masterpiece.*

# kiwi crisps

**Serves:** 12 - 15

125g butter	1¼ cups plain flour
2 good tbsp caster sugar	1 tsp baking powder
2 tbsp condensed milk	2 oz choc bits

Cream butter and sugar.

Add condensed milk, mix. Add flour and baking powder and choc bits.

Bake in moderate oven for 15 - 20 minutes.

✱ MICHELLE EVANS

*It's an old family recipe from my grandmother.*

# ma's fruit slice

**Makes:** 24 pieces

450g mixed dried fruit	125g butter
1 cup raw sugar	2 eggs
1 cup coconut	½ tsp vanilla essence
1½ cups self raising flour	

Heat oven to 180°C. Grease a lamington tray.

Melt butter. Mix the dry ingredients together.

Add the melted butter, beaten eggs and vanilla essence to the dry ingredients. Mix together well and then add mixture to tray and spread evenly.

Bake for 25 minutes.

✱ EMMA JONES - YEAR 1

## HINTS:

A fool proof recipe. Very easy to make and there is never any left!

*My great grandmother used to make this recipe for my mum and now my mum makes it for me. I love it! Mum often gives me a piece for morning tea.*

## mama's yo-yos

**Serves:** there never seems to be enough

250g butter  
250g plain flour  
75g custard powder

75g icing sugar  
20g corn flour

Sift all dry ingredients, add softened butter and beat until a soft dough forms.

Roll into small balls and flatten with a fork.

Bake in a slow oven (120-150°C) for about 1 hour. Switch off oven and leave to cool.

Make icing (icing sugar, butter, milk and vanilla) and stick two biscuits together with icing.

\* ANNA BRAKEY

### HINTS:

Enjoy with a cup of tea.

*Mama's yo-yos are very good - it is a challenge to limit yourself to one.*

## oaty choc-chip biscuits

**Makes:** about 25 biscuits

125g unsalted butter  
½ cup caster sugar  
½ cup firmly packed brown sugar  
½ tsp vanilla extract  
1 egg  
1¼ cups rolled oats

1 cup plain flour  
½ tsp baking powder  
½ tsp bi carb soda  
175g chopped chocolate  
150g roasted hazelnuts peeled, chopped (or substitute slivered almonds)

Preheat oven to 170°C.

Line trays x 3 with baking paper.

Beat butter, sugars and vanilla until pale.

Add egg and beat until just combined.

Fold in oats.

Sift flour, baking powder, bi-carb and pinch salt over the mixture then fold in.

When almost incorporated add chocolate.

Spoon onto trays, flatten slightly.

Bake approximately 10 minutes until golden.

Cool on trays.

\* JENNY FIELDING - GRADE 5

### HINTS:

Don't try and move the biscuits off the tray until they are cool. They will feel soft but will crisp as they cool.

*My kids devour these but I like to think that they are a little bit healthy!*

# passionfruit slice

**Makes:** approximately 12 slices

## Base:

1 cup self raising flour  
1 cup desiccated coconut  
½ cup caster sugar  
125g butter, melted  
1 tsp vanilla

## Topping:

1 tin condensed milk  
juice of 2 lemons  
3 passionfruits

## Base:

Heat oven to moderate 180°C.

In a bowl, sift flour, add coconut, sugar, melted butter and vanilla. Mix together. Grease (or use baking paper) a lamington tin (approx. 25.5 cm x 16 cm), press mixture firmly into tin and bake for 15 minutes. Allow to cool.

Reduce oven to slow (160°C).

## Topping:

Mix condensed milk, lemon juice and passionfruit in a bowl. Spread mixture over base and bake for a further 10 minutes. Allow to cool before slicing into squares.

★ SARAH HEALY

*This is just one of my mother's beautiful recipes. The smell of the baked cake base, fresh lemon and passionfruit makes any home ready for a delicious morning tea.*

*This is also a wonderful slice for cake stalls and a favourite at parties or special family occasions when serving tea and coffee.*

# best sticky date...ever!

**Serves:** 8-10...depending upon how generous the servings

## 200g pitted dates

60g butter or olive oil for healthier alternative  
2 eggs  
190g sugar  
190g self raising flour  
1 tsp bi carb soda  
1 tsp vanilla extract or essence

## Sauce:

150g brown sugar  
150mls lite cream  
60g butter  
1 tsp vanilla extract or essence

Cook dates with a small amount of water until they reach a jam like consistency. I often add about a handful of dates to this to add some texture to the pudding.

Combine all other ingredients in a bowl, add the cooked dates, mix well and place in a greased and baking paper lined cake tin.

Cook for 30 minutes in 190°C oven (180°C fan forced)

To make the sauce: combine all ingredients in a saucepan, bring to boil and cook for a further 5 minutes.

★ MAREA BOUTCHARD - SARAH YEAR 5

## HINTS:

Serve hot with ice cream and extra thick cream (if not concerned about the calories)

*So easy, yet so delicious...my fail safe dessert and takes about 15 minutes to prepare...too easy.*

# brandy caramel pears

**Serves:** 3 to 4

tsp butter or margarine	100ml caramel flavoured topping
825g can of pear halves, liquid drained off	nutmeg
200ml cream	50ml brandy

Warm a thick based frying pan.

Melt the butter.

Add the pears and warm them through over a low heat, turning frequently (3 or 4 minutes).

Add the cream and the caramel sauce stirring through while it warms (3 minutes).

Add a generous sprinkle of nutmeg and the brandy. Stir through and warm for 2 minutes.

 MCDONALD FAMILY

## HINTS:

Serve with vanilla ice cream. Vary the brandy content depending on whether the kids are consuming or annoying!

*A quick recipe for dessert that is always a winter crowd pleaser.*

# fiona's famous cheesecake

**Serves:** 8 people

175g (6oz) digestive biscuits or ginger nuts	finely grated rind of 1 or 2 lemons, according to taste!
100g (4oz) unsalted butter melted	2 eggs, beaten
700g (1½lb) cream cheese at room temp	strawberries or raspberries to decorate
100g (½ cup) caster sugar	

Crush the biscuits finely in a food processor (or in a bowl with the end of a straight rolling pin).

Stir in the melted butter.

Turn the mixture into a buttered 20 cm (8 inch) spring form cake tin and press with the back of a metal spoon to coat the bottom evenly. Chill in the refrigerator for about 30 minutes until firm.

Meanwhile, beat the cheese until soft, then beat in the lemon rind, sugar and eggs until evenly mixed. Turn the mixture into the biscuit-lined tin and level the surface.

Bake at 150°C for 45 minutes until the filling feels firm in the centre.

Turn off the oven, but leave the cheesecake in the oven until cold. Chill in the refrigerator overnight.

To serve remove the cheesecake carefully from the tin and place on a serving plate. Arrange the strawberries or raspberries around the outer edge.

 THE HIPKISS FAMILY

## HINTS:

We tend to eat the cheesecake as soon as it has cooled down!

I often add a good handful of mixed berries to the mixture and top with strawberries dusted with a little icing sugar and let's not forget the cream!

You can also try dark or white chocolate and top it off with Toblerone, very yummy. Enjoy!

*This Cheesecake has quite literally been around the world! It became famous in the British Army after I gave the recipe to the wife of a colonel who used it for her dinner parties. You will be amazed when people try this they will all want the recipe. The recipe was given to me by my sister Kit O'Meara back in 1988 when I was living in London. The great thing about this cheesecake is that you can easily change the taste by adding chocolate, berries or just lemon. Enjoy!*

# flummery

**Serves:** at least 6 - 8 tall glasses

1 tin of Carnation milk (evaporated milk)  
2 packets jelly crystals  
500ml hot water

Place tin of milk in fridge for at least 12 hours before using.

Pour jelly crystals into heat proof bowl.

Add 500ml hot water and mix well.

Allow jelly mixture to cool, but not set.

Add milk to large mix master bowl and beat until fluffy (at least twice the original volume).

Add jelly mixture and mix until combined.

Pour into glasses and set in fridge.

✳ LARA PERRY - YEAR 2

## HINTS:

The amount of hot water used is half the amount usually used for 2 jelly packets.

*You can use different jelly flavours each time.*

# janna's cheesecake

**Serves:** 8 people

250g cream cheese  
1 packet Nice biscuits  
½ cup caster sugar  
1 tsp vanilla essence  
1 egg

100g butter  
1 tsp lemon juice  
250ml cream  
nutmeg

Preheat oven to 160°C.

Process biscuits in a food processor until they look like bread crumbs. Add melted butter, process briefly, then pour into a 20 cm pie dish. Press the biscuit mixture firmly into the sides and the base of the dish, then put the dish in the fridge until you need it.

Using electric beaters, whisk cream cheese, sugar, vanilla, egg and lemon juice together until smooth. Pour mixture onto biscuit base. Bake in oven for 25 minutes. Leave cheesecake in oven (with door ajar) to cool.

Once cheesecake is cool, whisk cream and smooth over the top of the cheese filling. Sprinkle with nutmeg.

✳ SAM JONES - YEAR 2

## HINTS:

If you like sultanas you can add a couple of tbsp to the cheese mixture before cooking.

*My grandma (Janna) has made this cheesecake for me since I was a small boy. I think she got the recipe from her Mum. It is so good I always ask for seconds (and the leftovers the next day)! It is the best dessert ever.*

# mandarin and almond cake

**Serves:** 10-12 for a dinner party

3 mandarins or you can use 2 large oranges  
6 eggs  
1 cup (250g) caster sugar  
2 cups (230g) ground almonds  
1 tsp baking powder

Place the mandarins or oranges in a saucepan and cover with water.

Bring to the boil and simmer covered, for 2 hours, try to ensure that the mandarins remain covered with water. Drain and cool to room temperature.

Preheat the oven to 160°C.

Grease and line the base of a round 24 cm (10") spring form cake tin.

Once the mandarins are cooled, discard any seeds, then place skin and all into a blender/food processor and puree until smooth.

Beat the eggs until fluffy, then add the sugar slowly until a thick, pale mousse like mixture forms. Carefully fold in the ground almonds and baking powder. Then stir in the pureed mandarins and mix well.

Pour into the prepared tin and bake for 1 to 1¼ hours, or until the cake looks set in the middle and springs back when touched and cake comes away from the edges.

Remove from the oven and allow the cake to cool in the tin.

Can be served with orange syrup - to make boil orange juice (1 cup) and sugar (1/3 cup) in a saucepan until syrupy!

★ GEORGIA MACKINNON - ELLA'S MUM

## HINTS:

This is delicious served with double cream or mascarpone and orange syrup!

*This is a seriously easy recipe and a guaranteed crowd pleaser. Bake as a dessert for a dinner party or as a cake for afternoon tea with friends. It can also be made the day before! It looks sensational and tastes delicious!*

# rhubarb and apple sponge dessert

**Serves:** 8 as part of a three course meal

4 granny smith apples  
8 stems of rhubarb  
200g of caster sugar  
2 eggs  
½ stick of butter  
100g self raising flour, sifted  
70ml milk

Pre-heat oven to 180°C.

Peel, core and quarter apples. Chop rhubarb. Place both with 100ml water and half sugar in saucepan and cook for 10 minutes until tender. Stir every now and then. Cool.

Cream butter and rest of sugar. Add eggs 1 at a time. Beat until thick and pale.

Fold in flour and milk.

Place cooled fruit in nice baking dish. Do not put in all the juices. Top with batter mix and bake until golden, about 40 minutes.

Serve with cream, homemade custard or ice cream.

★ VANESSA MARTIN

## HINTS:

Serve the extra juices on top of the ice cream.

*This is a top winter dessert alternative for crumble. My family has always grown rhubarb and this recipe is always a winner. It travels well also if you happen to be the one taking the dessert to a gathering.*

# the easiest lemon tea cake

Serves: 6 - 8 people

125g unsalted butter, at room temperature  
2 eggs  
finely grated zest of 1 lemon  
¾ cup + 1 tbsp caster sugar  
1½ cups self-raising flour  
½ cup milk

Topping:  
juice of 1 lemon  
2 tbsp caster sugar

Preheat the oven to 180°C. Line a 20-22 cm cake tin with Glad Bake.

Place all cake ingredients in a mixing bowl and beat with an electric beater for 5 minutes. Pour mixture into prepared tin and bake for about 35 minutes or until cake is cooked. Test with a skewer.

Remove cake from oven and let rest for 5 minutes before turning out onto a wire cooling rack.

Brush the cake evenly with the topping.

Topping: Combine lemon juice and sugar in a small bowl until sugar has dissolved.

★ IRENE LAVERMICOCCA

## HINTS:

Serve warm with ice cream or double cream.

Variety: Substitute the lemon for 2 small very ripe bananas or apples or blueberries or chocolate. Change the topping to 1 punnet of strawberries and whiz with 5 tbsp of icing sugar and pour over the top...mmmmmm..yummy!!

For a bigger size just double the ingredients and bake for approx. 60-65 minutes.

*No mess, NO fuss cake, just toss all the ingredients into the bowl and mix. You can also use the same recipe for cupcakes and decorate to taste.  
It works everytime!!!*

# white chocolate cheesecake

Serves: 8-10 people

For the Base:  
100g plain biscuits e.g milk arrowroot  
50-60g melted butter

150g pouring cream  
200g plain yoghurt  
400g white chocolate  
1 lemon

For the Filling:  
150g cream cheese (softened i.e not straight from fridge as can be lumpy when mixing if too cold)

To Finish:  
fresh passionfruit  
small mint leaves

Whiz/crush the biscuits and combine with melted butter. Press into base of spring form cake tin (around 26 cm but you can also do it in a broader shallow tart form with a removable base). Place in fridge whilst preparing the filling to give it some help setting.

Combine the cream cheese, pouring cream and yoghurt. Mix together until creamy and smooth.

Melt the white chocolate over a water bath then add to cream mixture with the juice of a lemon.

Pour into the form and refrigerate for no less than five hours.

Before serving, dress the top with passionfruit and some baby mint leaves.

★ VIRGINIA MERGEN

*This dessert is quite simple to make and you can do it ahead of time - day before is ideal. It seems to appeal to all ages and even people who say they don't particularly like white chocolate or cheesecake come back for seconds.*

## wood family plum ( or cherry) clafoutis (kla-foo-tee)

**Serves:** 6

butter, softened, for greasing	1/3 cup plain (all purpose) flour
caster sugar for dusting bowl	1 tsp vanilla extract
sifted icing sugar for dusting top (optional)	1 cup (pouring) cream
7 blood plums (halved and seeded)	3 eggs
1/3 cup caster sugar	

Preheat oven to 180°C.

Grease an 8 cup capacity oven proof dish with butter and dust with sugar.

Place plums in the dish, cut-side-up.

Place flour, sugar and vanilla in a bowl. Add the cream and whisk to combine.

Add the eggs and whisk until smooth. Pour the mixture around the plums in the dish and bake for 35 - 40 minutes or until the pudding is puffed and golden.

Dust top of Clafoutis with sifted icing sugar and serve warm with vanilla ice cream or soft whipped cream.

 THE WOOD FAMILY ( YEARS 2, 4 & 6 )

### HINTS:

If you're out of plums, just use a can of drained, stoneless cherries. We find the kids often prefer this option because the fruit isn't as dense, and it makes it even easier to do impromptu. Strawberries or drained raspberries also make great fresh alternatives.

*The clafoutis style dessert originated in the French countryside. Unlike most cooking of French origin, it is a wonderfully quick n' easy, versatile dessert that can literally be whipped up in a matter of minutes. We've traditionally enjoyed this dessert in the cooler months, but find it's great year round when you crave the 'comfort' of a homemade dessert, without all the fuss.*

## lemon butter to match mama's marvellous meringues

**Serves:** enough for three batches of meringues (and some)

1/2 cup lemon or orange juice  
100g butter  
1/2 cup sugar  
1 egg  
3 egg yolks

Put butter and lemon in saucepan on low heat and melt butter. Take it off the heat and let it cool.

Beat sugar and eggs into the butter. Put back on the stove and stir constantly over low heat until mixture thickens to your taste. Around 10-15 minutes.

 ELIZABETH MITCHELL

### HINTS:

If you make three batches of the meringue mixture then this recipe is a perfect fit because it takes three egg yolks.

*Sandwiches of meringue filled with lemon butter are way better than a vegemite sandwich.*

# christmas shortbread

**Makes:** approx 35 depending on the cutter used

275g butter  
150g caster sugar  
350g plain flour

125g rice flour or ground rice  
1 tsp salt

Preheat oven to 170°C.

Cream butter and sugar until light and creamy.

Add flour, rice flour and salt.

Mix to a smooth dough.

On a floured surface knead lightly.

Roll out to approx 1cm thick.

Cut into desired shapes, stars and hearts work well - fancy shapes can be tricky.

Place on lined or greased tray and prick with fork.

Bake for approx 30 minutes until pale golden and firm to touch.

Cool.

Store in airtight container. Will keep for at least a week - if not eaten beforehand.

 MICHELLE GREENWOOD

## HINTS:

You can mix in a food processor to speed up the process if desired.

Package in Jars, Gift boxes or Cellophane bags as gifts. Just make sure your jars are airtight and boxes and bags are stored in an airtight container till presentation time so they stay fresh.

*I have been making this recipe for over 30 years. It started with one batch of biscuits and now I make over 800 shortbread biscuits each Christmas for teachers, family and friends. Of course it can be made any time of the year and indeed was very popular when I made it for the cake stall at the Fair and Fun Run. Everyone seems to like it and I often have friends checking to make sure the shortbread is coming.*

# mama's marvellous meringues

**Makes:** approx 30

1 large egg white  
¾ cup sugar  
1 tsp vanilla

1 tsp vinegar  
2 tbsp boiling water

Preheat oven to 120°C.

Measure all ingredients in order given into bowl of electric beater. Mix will look watery.

Stand bowl inside larger container filled with very hot water (but don't let it cook).

Using highest speed whip until mix is smooth and stiff and piled high.

Pipe onto baking paper.

Cook for an hour + and leave in oven to dry further.

 ELIZABETH MITCHELL

## HINTS:

Dab the oven tray with meringue mix and that makes the baking paper stick to it.

*When I make these meringues the floor ends up really sticky... doesn't matter though, because we all love the taste of the meringue mixture almost as much as we like the meringues!*

# my great grandmother's christmas pudding

**Serves:** 1 large pudding

1kg mixed fruit  
1 packet of prepared suet  
1 cup sugar  
1 cup bread crumbs  
½ cup self raising flour  
½ cup plain flour  
½ tsp salt  
½ tsp ground nutmeg  
sprinkle of mixed spice

4 eggs beaten  
½ tsp baking soda  
1 small bottle of under proof rum

**You will also need:**  
kitchen string  
large pot  
metal plate  
unbleached calico pudding cloth

Sift the flours, salt, nutmeg and mixed spice into a large bowl. Then add the fruit, suet, sugar and bread crumbs.

Beat the eggs in a separate bowl and then add the baking soda and rum. Add this to the dry ingredients and mix with a wooden spoon.

If you have any real silver coins from pre-decimal days or silver pudding charms you can add them at this stage. Stir each coin or charm into the mix and make a Christmas wish with each one.

Wet your pudding cloth and place it into a colander and lightly sprinkle with plain flour.

Pour the mixture into the cloth and draw up the sides leaving a small amount of space at the top to allow the pudding to rise. Tie the cloth tightly with kitchen string.

Put the metal plate in the bottom of a large pot of boiling water. Lower the pudding into the pot taking care that it is sitting on the plate to prevent it from sticking.

Boil the pudding for 8 hours. The water level should be kept to around half way up the side of the pudding and topped up regularly with boiling water so that the water does not go off the boil at any time.

The pudding needs to be hung in a cool place out of the sun for two to three weeks before using.

To reheat, put the metal plate in a large pot of boiling water. Lower the pudding in and boil for 1 hr.

Turn out onto a large festive plate & bring to the Christmas table. Step back & enjoy the accolades!!

 MICHELLE MCPHEE

(CONTINUED NEXT PAGE)

## HINTS:

Served with brandy butter, custard or ice cream - or all three!!

*This pudding is one of our family's great Christmas traditions. My mother can remember her Nana cooking it in the copper in her laundry! The recipe is handed from mother to daughter and until this book the instructions have not been written down. It is a great way to get all of the family involved with each family member dropping a silver coin into the mixture and making a Christmas wish. We all seem to squeeze in an extra slice on Christmas day to see who can get the most coins! I hope you enjoy making it!*

## nonna's amaretti macaroons

**Makes:** 30 cookies

2½ cups of almond flour or 3 cups of  
blanched slivered almonds, finely ground  
1¼ cups of caster sugar  
3 egg whites

½ tsp of vanilla extract  
1 tsp of almond extract  
icing sugar for dusting

Preheat oven to 160°C and line baking tray with baking paper.

In a food processor mix together the almond flour and sugar. Add the vanilla and almond extract and pulse for a few seconds. Add the egg whites, one at a time, and continue to process until the dough is smooth.

Spoon or pipe the dough onto the baking paper. Bake for 20-25 minutes or until golden brown. Cool completely before serving and dust with icing sugar. They will be slightly chewy at first, but they will be nicely crispy as a day or two goes by. Store in a cool, dry place. (If you like them chewy only bake them 15-20 minutes).

✳️ **GUILIANO PARISI - YEAR 3**

### HINTS:

You can also add half a glazed cherry on top for decoration while they are still soft.

*Nonna normally makes Amaretti Macaroons for special family occasions. She always makes extra so we can all take a goody bag home.*

*I love them because they are sweet little cookies that are crisp on the outside and are light and fluffy on the inside. I love eating them with a glazed cherry on top.*

## delicious brandy sauce

**Serves:** 6 people

2 eggs  
1 cup of caster sugar  
300ml cream  
5 tbsp brandy

Beat egg whites and ½ cup of sugar to meringue consistency then add yolks.

In another bowl beat cream and the other ½ cup of sugar until soft peaks form.

Fold together and add brandy

✳️ **BERARDUCCI FAMILY - KINDERGARTEN**

### HINTS:

Will freeze for up to 4 months - helps you get prepared for Christmas in advance!

*My grandmother's recipe for a delicious sauce to use with your Christmas pudding*



# kids in the kitchen



## spectacular gingerbread house

Serves: 10

### Dough:

250g unsalted butter softened  
150g brown sugar  
2 medium eggs  
175ml golden syrup  
2 tbsp ground ginger  
625g plain flour  
2 tsp bi-carb soda

### Icing to bind the house together:

1 egg white  
225g icing sugar

### Suggested decorations:

marshmallows cut in half for roof tiles  
smarties for door handles

Cream butter and sugar and then add remaining ingredients into a food processor, process until mixture forms a ball. Wrap in cling wrap and chill for 30 minutes.

Cut out templates:

2 x 18 x 10 cm for roof  
2 x 15 x 10 cm rectangles for sides  
2 x 10 x 10 cm squares for ends.

Remember to cut a door and windows in side panels.

Preheat oven 180°C.

Roll out dough to 5 mm thick, cut out templates, chill for 10 minutes then bake for 12 minutes. Leave to cool for 2 minutes before transferring to a cooling rack.

Make the icing to hold house together.

When cool assemble house joining the rear section to the sides, add the front sections and when set, add the roof. When set decorate as desired.

\* SARAH BOUTCHARD - GRADE 5

### HINTS:

Be sure to roll dough out to consistent thickness and ensure roof panels not thicker than walls. Best part is in the eating.

*This delicious tower of gingerbread constructed in the shape of a spectacular house decorated in your choice of treats will be a family favourite!*

# easy pancakes for kids

**Makes:** 10 pancakes

1 cup plain flour  
3 tbsp butter  
pinch salt  
1½ cups milk  
3 eggs

Put flour into a bowl, and make a well in the centre.

Put butter, salt and milk in a separate bowl and microwave to melt the butter ( about 30 seconds ).


Break eggs into flour and mix a little bit.

Put warm milk and butter into flour and whisk until quite smooth. It should be like thin cream, if not add a little more milk.

Heat a fry pan, add a little bit of butter and melt.

Use a ladle to put some batter into the pan and swirl to spread.

After 1 minute lift the outer edge of the pancake with a spatula, and flip using the spatula or fingers. Repeat process. You will get better - so will the pancakes !!

 NIKKI SIDGREAVES

## HINTS:

Batter is even better if made the night before and left in the fridge, so it is ready in the morning.

*My children cook these every Sunday morning, the flipping is their favourite part ! Yummy with sugar and lemon juice or Nutella.*

# matthew's favourite choc chip cookies

**Serves:** enough for a play in the park arvo tea

125g butter  
1/3 cup caster sugar  
1/3 cup brown sugar  
1 egg  
1/2 tsp vanilla  
1¾ cups self raising flour  
1 packet choc bits

Cream butter and sugar. Add egg and vanilla.

Fold through flour and choc bits.

Place teaspoonfuls on baking tray.

Bake in moderate oven (180°C) for 10 - 15 minutes until golden.

 MATTHEW MCALPINE

## HINTS:

We like to use half milk and half dark choc bits. You can add nuts too if you like but we just prefer heaps of chocolate!

*Matt and all his mates love these cookies - great for after school plays in the park - but don't expect to take any home!!*

## pasta e piselli - peas, bacon and cream pasta

Serves: 3 - 4 people

400g of dried pasta, either penne or fusilli	250g frozen peas that have been thawed
1 small onion, chopped	2 rashers bacon, chopped
25g butter	200ml thickened cream
2 tbsp of olive oil	45g parmesan cheese

Fill a large pot with water and bring it to the boil. Add salt to taste. Add the pasta to the boiling water and cook according to the packet instructions.

While the pasta is cooking, heat the butter and olive oil in a saucepan over low/medium heat. Add the onion and cook gently until it is soft, stirring regularly. Add the chopped bacon and cook for a minute, continue stirring. Then add the peas and cook some more, stirring every now and then. Once the bacon and peas are cooked add the cream and cook for another few minutes on low heat.

Once the pasta is cooked drain the pasta and put it back into the empty pot.

Stir the cream sauce into the pasta. Grate the parmesan cheese over the pasta and stir through.

Dish out the pasta and serve immediately. The big kids might like some cracked black pepper on theirs!

\* EMILY WEAVER - GRADE 1

*Easy to make and so tasty, it's one of my favourite pasta dishes!*

## focaccia bread

Serves: 1 loaf

1 cup water  
1/3 cup olive oil  
1 tsp salt  
3 cups bread flour  
2 tsp sugar  
6 tbsp herbs  
1½ tsp yeast

Topping:  
2 tbsp olive oil  
3 tbsp Leggo's pesto tomato sauce  
parmesan cheese

Combine the dry ingredients for the dough together in a medium bowl. Make a well in the centre and stir in the wet ingredients to form a firm dough. Knead the dough lightly on floured surface for about 10 minutes until smooth and elastic. Place in a bowl and cover with cling wrap. Set aside in a warm place for one hour.

Take the dough and use your fist to knock down the dough to remove the air. Then knead for 1-2 minutes. Put in a greased square tin and spread out to the corners.

For the topping, mix the olive oil and paste in a small bowl and spread over the dough. Sprinkle with parmesan cheese on top.

Bake in a 180°C fan forced oven for 18 minutes.

\* SARAH BOUTCHARD - GRADE 5

*This recipe that has been passed down to me it is a great dish as a starter which you can eat at a dinner party.*

## mathew and daniel's beef stir fry

Serves: 2

2 cups rice	1 handful of bean sprouts (optional)
½ green capsicum	250g rump or sirloin steak
½ red capsicum	2 tbsp oyster sauce
1 zucchini	2 tbsp ketjap manis
2 or 3 green shallots	1 tbsp sweet chilli sauce (optional)
1 carrot	1 tsp grated ginger (optional)
2 mushrooms	2 tbsp peanut or sunflower oil
1 handful broccoli florets	

Rinse and cook the rice (we use a rice cooker).

While the rice is cooking finely chop the zucchini, capsicum, mushrooms, shallots and bean sprouts. Julienne the carrot, break or cut the broccoli into bite sized pieces.

Finely slice the beef and then cut into bite sized pieces.

When the rice is nearly cooked, heat 1 tbsp of oil in a wok and when hot add all of the vegetables. Cook for 2 or 3 minutes then remove from the heat and place in a bowl.

Add 1 tsp oil to the wok and when hot add the meat. Cook until brown then return the vegetables to the wok. Add all the sauces and cook for about a minute. You can add more sauce or a little water if it is too dry.

Fluff the rice and serve in 2 bowls. In Master Chef fashion ask the kids to taste and then score out of 10.

★ MATTHEW AND DANIEL HIPKISS

*We find that this simple beef stir fry recipe is a fantastic way to get the kids to eat a huge amount of vegetables, in fact we regularly add more than included here. The trick is to cut the vegetables small, in fact we cut the mushrooms so small that they are almost invisible! Over time as the kids get used to the recipe you can let the vegetables get bigger and bigger and you can start to slowly add sweet chilli sauce, ginger and anything else that takes your fancy.*

## 2, 4, 6, 8 bake a cake

Serves: 6

2 eggs	½ cup (125 ml) milk
120g (4oz) unsalted butter (not margarine)	** food colouring and cocoa if making a marble cake
180g (6oz) caster sugar	
240g (8oz) self raising flour, sifted	

Cream the butter and sugar in a bowl until light and creamy.

Add eggs and beat in one at a time.

Fold in half of the flour and half of the milk.

Fold in the rest of the flour and milk.

Pour into a greased 24 cm baking pan lined with baking paper.

Bake at 180°C for 25-35 minutes (less for fan forced) or until cooked.

★ TOM (YEAR 3) AND SAM (YEAR 2) MACDONNELL

### HINTS:

\*\* At this step make this into our favourite marble cake by dividing the batter into 3 bowls.

To one bowl add a drop or two of pink food colouring.

To the next bowl add 1 tbsp of cocoa powder mixed in a little milk.

Then drop alternate spoonfuls of each of coloured mix into the pan and pull a skewer through the mix a few times so as to get a marble effect. Smooth top.

Test with skewer to see if cooked - it will be moist but should not stick to the skewer.

Serve with cream and strawberry jam.

*A simple and fun cake that tastes yummy.*

*Our Mum says the recipe has been around for years and we love to bake it.*

*(2, 4, 6, 8 comes from the imperial measurement of the ingredients)*

## easy layered slice

**Serves:** enough for a "plate" at the next function, plus some left over.

90g butter  
½ packet of "Nice" biscuits  
1 packet of dark chocolate choc bits  
1 cup shredded coconut  
1 cup crushed nuts  
1 tin condensed milk

Grease and line a lamington tin.

Melt butter.

Crush biscuits and add melted butter. Stir to combine, then put into tin in an even layer.

Spread choc bits over biscuit base, then spread the crushed nuts and coconut in layers.

Pour the condensed milk over the top, making sure there are no gaps.

Bake at 180°C for 35 minutes until golden brown.

✳️ TIMAR FAMILY

### HINTS:

Leave to cool in tin then cut into small squares.

*A yummy caramel flavoured chocolate slice that the kids can make with only minimum assistance from an adult.*

## gran's jam drops

**Makes:** stacks! well somewhere around 10 to 12 depending on how big you make them.

2oz of butter - these days that's around 75 g  
2oz of sugar - about 1/3 cup  
1 egg (straight from the hen house if you can!)

1 cup of self raising flour  
a jar of your all time favourite jam - for me it is strawberry or blackberry jam

If you need to you can ask mum or dad to help you measure out each of your ingredients but once you've got that done it's pretty easy.

Simply start by mixing your butter and your sugar in a bowl with a wooden spoon. It may take a little elbow grease but be persistent. Then add the self raising flour and the egg and combine everything. Once it is all mixed together the fun begins.

Take a teaspoon and take out a small amount of mixture. Using your hands (which of course are clean!) roll the mixture into a small ball. Place the ball onto a greased baking tray and press your thumb into the centre to create a small dent or well. Then repeat this process until all of your mixture is gone.

Once you have all of your balls on the baking tray fill the hole with a teaspoon of your favourite jam. Try to not let it come up over the top of the well though. Once this is done place the tray in a hot oven (around 180 - 200°C) for about 10 minutes. You'll know when they are cooked as they smell delicious and they look like little golden mounds.

✳️ KATE HENDREN - KINDY

### HINTS:

You'll probably want to make a couple lots of these biscuits as my family seems to eat an entire batch as soon as they are cooked! Doesn't leave much for the lunch box so double up and then set some aside where no-one can find them.

*Being named after my Great Grandmother - Kitty (or more formally Kate) - I've always thought there was something pretty special in cooking something that you know your Great Grandmother taught your mum to make. And so mum and I now enjoy whipping these easy peasy biscuits up on a weekend afternoon. They are lovely served with a cup of tea for mum or warm milk for me! You just might have to try and keep your brother away from them as they tend to get eaten pretty quickly.*

# favourite choc chip cookies

Serves: 20

75g butter  
½ cup brown sugar  
½ cup white sugar  
1 large egg

½ cup choc chips  
½ tsp baking soda  
1 cup plain flour

Melt butter, add sugars.

Add the rest of the ingredients with the flour and baking soda sifted.

Cook at 180°C for about 10 to 12 minutes.

✳️ JUDE PADDON ROW

## HINTS:

Make a double mixture and roll it into tubes in baking paper. It keeps in the fridge for ages and you can just chop it up into biscuits.

*These are the chocolate chip cookies that I am taking to the Year Two treat day. I hope there are still some left when I get to the top of the line.*

# irish treacle bread

Serves: 6

500g self-raising flour  
1 tsp bi-carb soda  
1/3 cup treacle  
500-600ml buttermilk

Sift flour and soda into a bowl with 1 tsp of salt. Make a well in the centre and mix in treacle and enough buttermilk to mix to a soft dough. This is the part that is fun to do with the kids.

Turn out on a floured surface and gently knead until smooth. Shape into round ball and flatten slightly.

Using a sharp knife cut a cross on the surface and place on a greased oven tray.

Bake at 200°C for 30-45 minutes, or until bread is cooked through and sounds hollow when tapped.

✳️ SARAH FITZGERALD - THE SHAW FAMILY

*This one of my mum's favourites and is always on the table for the big family lunches and dinners.*

# healthy chocolate chip biscuits

**Serves:** approx 30

150g butter (room temperature)	1 tsp baking powder
1 cup soft brown sugar	pinch of salt
1 egg	2 <sup>1</sup> / <sub>3</sub> cups rolled oats
2 tsp vanilla extract	1 cup chocolate chips

Preheat oven to 180°C. Line 3 baking trays with baking paper.

Cream butter and sugar until fluffy. Add the lightly beaten egg and the vanilla and beat until smooth.

Sift the flour, baking powder and salt into the bowl and mix. Add the oats and chocolate chips and stir to combine.

Roll spoonful of mixture into balls. Place onto the trays and flatten.

Bake for 20 minutes. Leave on the trays to cool for 5 minutes before removing onto a wire rack.

 FIORE FAMILY

*These are easy chocolate chip biscuits, which the kids can help you make and are relatively healthy due to the large amount of oats.*

*We have given them away as an alternative to eggs at Easter.*

# meringue mix mash

**Serves:** 8 adults

4 egg whites	2 cups raspberries/blueberries, washed
a pinch of salt	good quality ice cream or
1 cup caster sugar	300ml whipped cream

Preheat oven 120°C.

Place egg whites and salt in a dry bowl and beat until soft peaks form.

Add the sugar 1 tbsp at a time, whisk until glossy and mixture is stiff.

Spoon out eight meringues onto a baking tray lined with baking paper and bake for 1<sup>1</sup>/<sub>4</sub> hours.

Remove from oven and allow to cool.

 LAUREN SINFIELD

## HINTS:

Options for serving:

Top each meringue with cream and raspberries.

or

Place meringues on a serving platter with a bowl of ice cream, bowl of raspberries, chopped macadamias, grated chocolate - white or dark or nougat.

Give each guest a bowl and they can mix everything together and make a mash

Frozen berries slightly thawed are fine and kids can add maltesers and marshmallows or whatever they like.

*This is a great recipe for a kids dessert and a great way for adults to have fun and put their own combination together.*

## OVEN TEMPERATURES

Level	°C	°F	Gas Mark
Very Low	120	250	1
Low	150	300	2
Moderate Low	160	325	3
Moderate	180	350	4
Moderate Hot	190	375	5
Hot	200	390	6
Very Hot	230	450	7

## DRY INGREDIENT WEIGHTS

Imperial	Metric	Imperial	Metric
½ oz	15 g	12 oz (¾ lb)	375 g
1 oz	30 g	13 oz	410 g
2 oz	60 g	14 oz	440 g
3 oz	90 g	15 oz	470 g
4 oz (¼ lb)	125 g	16 oz (1 lb)	500 g
5 oz	155 g	1 ¼ lb	625 g
6 oz	185 g	1½ lb	750 g
7 oz	220 g	2 lb	1.0 kg
8 oz (½ lb)	250 g	3 lb	1.5 kg
9 oz	280 g	4 lb	2.0 kg
10 oz	315 g	5 lb	2.5 kg
11 oz	345 g		

## LIQUID VOLUMES

Imperial	Metric	Imperial	Metric
1 fl oz	30 mL	1 cup	250 mL
2 fl oz	60 mL	½ cup	125 mL
3 fl oz	100 mL	1/3 cup	85 mL
4 fl oz	125 mL	¼ cup	60 mL
5 (¼ pint)	150 mL	1 tbsp	20 mL
10 (½ pint)	300 mL	1 tsp	5 mL
20 (1 pint)	600 mL	½ tsp	2.5 mL
1 ¼ pint	750 mL	¼ tsp	1.25 mL
1½ pint	900 mL		
1 ¾ pint	1.0 L		

## CUP AND SPOON MEASUREMENTS

Imperial	Metric
1 cup	250 mL
½ cup	125 mL
1/3 cup	85 mL
¼ cup	60 mL
1 tbsp	20 mL
1 tsp	5 mL
½ tsp	2.5 mL
¼ tsp	1.25 mL

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Sample



