



Winston Hills Preschool

"A JOYFUL COOKBOOK"



Lamb chops on a plate w/
spaghetti & broccoli

Winston Hills Pre-School Association Inc

LICID 1737

24 Rohan Street,
Viewbank, 3084

Phone: 03 9459 7593
ABN 55 651 298 057

"A Joyful Beginning"



"A JOYFUL COOKBOOK"

This COOKBOOK presents a compilation of the favourite family recipes submitted by the children, staff, families and friends of WINSTON HILLS PRE SCHOOL 2018.

illustrations by

POSSUM and KOALA 3 year old groups
WALLABY and WOMBAT 4 year old groups

Thank you to everyone involved in this fundraising project.

BON APPETITE!

Design by **KUTSNAKE**

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Enquiries should be addressed to Applegate Education Pty Ltd trading as Published Authors (ABN 69 101 457 845):

PO Box 4218, AINSLIE ACT 2602
Phone: 1300 112 770
Fax: 02 6103 9126
Email: info@PublishedAuthors.com.au
Web: www.PublishedAuthors.com.au

starters 5

mains 17

sweets 35

Cakes, slices & other nice things
Desserts



cheese



mandarin



watermelon



orange



apple



blueberry

starters



strawberry



carrot



banana

airy meat balls

Serves 4 per person

My father in law introduced these to me and I love how light and airy they are!

Ingredients

mince meat ½ kilo generally makes around 24-26 meatballs	1 egg
onion x 1	bread crumbs
3 medium-large potatoes	fresh parsley (finely chopped)
crushed garlic	salt and pepper

Method

Finely grate peeled potatoes and set aside in bowl.

In a separate bowl add mince meat, finely chopped onion, parsley, garlic, egg and bread crumbs, salt and pepper.

Before you add potato you need to get all of the liquid out of them. You can either place grated potato in a sieve and lightly press or take a small amount in your hand and squeeze to liquid out. Now add the potato to the rest of the mixture.

Make meat balls no bigger than golf balls and cook them either deep fry around 170°C in a fry pan or fry them until cooked (10-15 minutes).

Hints

Serve as an appetiser with dipping sauce or with salad and couscous.

Submitted by Andreou Family - Possum

baked savoury cheesecake

Serves 6 -8 entree

A favourite from the wonderful Maggie Beer's Kitchen.

Ingredients

250g savoury biscuits (125g water cracker, 125g arnotts breton)	2 tbsp chopped parsley
125g butter chopped	finely grated zest 2 oranges
olive oil spray	8 large green olives pitted chopped
	250g fresh ricotta
	250g sour cream
Filling:	2 tsp lemon juice
4 free range eggs	½ tsp salt
2 tbsp chopped rosemary	½ tsp freshly ground pepper

Method

Pre heat fan forced oven to 160°C.

Pulse biscuits in processor until fine. Melt butter and mix together thoroughly. Spray 20cm spring form cake pan with olive oil, then press crumbs into pan and up sides firmly to form crust. Bake in oven for 10 mins.

Filling: Mix eggs, herbs, orange zest and olives. Place ricotta, sour cream and lemon juice into bowl and stir to combine. Add ricotta mixture to egg mixture, season with salt and pepper, then gently fold mixture together with large metal spoon being careful not to over mix.

Pour mixture into biscuit crust and bake for 40 -50 minutes or until mixture sets.

Leave cheesecake to settle for 10 - 20 mins before you cut into wedges to serve. Sprinkle little chopped parsley over top.

Hints

Best served well chilled cut into wedges and little tomato chutney on the side. Or with green salad and crusty bread for lunch.

Submitted by Louise Imlach (Dempsey's Nanoo) Possum

cob dip

Serves a crowd

Great to serve when you have people over. Delicious in winter or summer. As a starter, afternoon tea or supper dish. Kids love to dig in with the bread or biscuits. Has fast become a favourite and is often requested when we get invited to bbq's.

Ingredients

8 bacon rashers	300ml sour cream
6 spring onions	250g cream cheese
2 garlic cloves	1 ½ cups coon cheese
310g tin creamed corn	

Method

Heat oven 180-200°C.

Cut off top of cob and keep. Hollow out bread from inside cob loaf.

Fry onion, bacon and garlic. Add corn, then mix in everything else.

Spoon mixture into cob and replace lid.

Wrap in foil and place in oven for 2 hours.

Serve with cut up bread stick which can be cold or warmed in the oven.

Hints

Mixture can be made a day ahead and placed in cob just before serving. To shorten oven time heat mix in microwave to melt cheese before placing in cob.

Replace creamed corn for a bunch of spinach (250g frozen) for a complete different taste.

Submitted by Karen Howell, Lachlan - Possum

fish cakes

Makes 15-20 fish cakes

Taken from - Feeding Fussy Kids by Julie Maree Wood and Antonia Kidman.

Most children like the taste of tuna or salmon, so these fish cakes are a great way to boost their vegetables.

Ingredients

2 medium potatoes, peeled and chopped	1 tsp dried dill/parsley (option)
1 zucchini or swede, peeled and chopped	1 egg lightly beaten
1 tbsp milk (if required in mash)	¼ cup bread crumbs
425g tin tuna/salmon in spring water, drained	1 cup rice crumbs/fine bread crumbs
	2 tbsp finely grated cheese
	2 tbsp olive oil

Method

Place the potato and the zucchini/swede into a saucepan with some water and cook until tender (about 10 mins).

Drain well and stand for a few minutes to cool.

Mash the vegetables until smooth, add enough milk to smooth out the lumps but still keep the mash firm.

Combine Salmon or Tuna with the dill/parsley, egg bread crumbs and mashed vegetables. Mix well ensuring there are no big chunks of fish.

Roll the mixture into small round fish cakes and coat in rice crumbs/fine bread crumbs (or even in some plain flour and a pinch of salt).

Place cakes in fridge for 20 mins to firm up.

Heat oil in fry pan. Cook the fish cakes over medium heat until golden brown on both sides. Drain on paper towel.

Hints

Serve with favourite salad options. Like sliced cucumber and cherry tomatoes. Or with fresh bread and dipping sauce, tomato or mayonnaise.

YUMMY!

Submitted by Possum Group

lamb and chickpea balls

Makes 20 meatballs

Inspired by Margaret Fulton

I am yet to see one of these meatballs left on a dinner plate at my house!

Ingredients

500g lean lamb mince	½ cup bread crumbs (optional, depending on how moist the mince is: ... leave out if fairly dry)
1 x 400g can chickpeas, drained	1 tsp cumin
1 cup finely grated carrot and zucchini (optional)	1 clove garlic, crushed
1 small brown onion, finely chopped	¼ cup finely chopped parsley
1 egg	¼ cup olive oil
	sea salt

Method

Heat 1 tbsp of oil in a fry pan over medium heat. Add the onion and garlic and cook for 2 minutes until soft. Add grated carrot, zucchini, cumin and stir through with a tbsp of water.

Blend chickpeas in a food processor until smooth, then transfer to a large bowl. Add onion and vegetable mixture, lamb mince, egg, bread crumbs and parsley and mix thoroughly with your hands. Season with sea salt. Shape 1/2 cup of mixture into small balls, until all the mixture is used.

Spread fry pan with remaining oil, and heat at medium temp. In batches cook the meatballs for 6 minutes, tossing them frequently until browned all over and cooked through.

Hints

Serve as a starter with tzatziki dip and a great option for the kids lunches and picnics!

Submitted by Kallista Imlach (Dempsey's Mum) Possum

minestrone soup

Makes 1 large pot.

Another family favourite!

Ingredients

3-4 tbsp olive oil	¼ cup brown lentils
1 large onion, chopped	¼ cup red lentils
2 cloves garlic, crushed	1 can chickpeas
2 stalks celery, chopped	1 can cannellini beans
2 carrots, chopped	1 cup chopped silver beet or spinach
¼ medium size cabbage, chopped	1/3 cup cubed parmesan rind
¼ small pumpkin, chopped	8 cups chicken stock (or as much water as needed to cover ingredients in pot)
¼ medium sized sweet potato, chopped	chopped parsley to garnish
1 medium zucchini, chopped	

Method

Sauté onion in olive oil until it softens.

Add garlic, celery, carrots, cabbage, pumpkin, sweet potato, zucchini. Sauté all these ingredients on low heat for 10 mins to release flavours.

Add stock. Add brown and red lentils, chickpeas and beans.

Cook on slow heat for around ½ hour or until lentils are cooked and chickpeas and beans are soft. Add spinach/silver beet and parmesan and cook for a further ½ hour or until parmesan is soft.

Serve with a sprinkling of chopped parsley.

Hints

Parmesan rind gives the soup a lovely burst of flavour and some surprise chewy bits!

Submitted by Melina

mini baked beans muffins

Makes about 15 mini muffins

This is a great snack for the kids (and the adults!) that is quick and easy to make. Both our kids love them, and the best part is that there are vegetables in there too! You can add more vegetables in if you like.

Ingredients

2 tsp olive oil	¼ capsicum, finely diced
2 rashers bacon, finely chopped	1 egg, lightly beaten
1 ¼ cups self raising flour	2 spring onions, finely chopped
½ cup milk	45g butter
½ cup grated tasty cheese	220g baked beans in tomato sauce

Method

Preheat oven to 180°C.

In fry pan heat oil and cook spring onions, capsicum and bacon until softened.

Remove from heat and drain on paper towel and cool.

Sift flour into large bowl. Make a well in the centre, add milk, egg and butter while gently mixing.

Fold in the cooked ingredients, cheese and baked beans until just combined.

Spoon into greased mini muffin tins.

Bake for 12-15 mins.

Enjoy!

Hints

Yummy when still warm with some tomato sauce on top!!

Submitted by Lauren Hancock

oma's dutch pea soup

Serves 8 (at least)

This is much more yummy than it sounds. It's probably not that child friendly (way too green) but delicious for adults (and adventurous kids).

Ingredients

2 leeks, finely sliced	2 cups of celery (finely diced, including some leaves)
2 cups of split green peas	2 large carrots (finely diced)
1 ham hock (see if your butcher can cut it into two pieces so it will sit more comfortably in your saucepan)	10 black peppercorns
1 red onion (finely diced)	2 beef stock cubes
	water
	2 tbsp of semolina (if required)

Method

Soak peas overnight in large saucepan.

The next day bring the mix to a boil with the ham hock and peppercorns (in the same water, and a bit more water to cover).

The next day bring the mix to a boil (in the same water), add the ham hock and the peppercorns. Cover and simmer for 1 hour.

Add the vegetables and more water if necessary, and simmer for another hour. (I usually chop the vegetables in the food processor. Its a bit rough but turns out fine.)

Check the hock and vegetables are soft. If not cook a little longer.

Take out the ham hock, remove the tasty meaty bits and chop into bite size pieces. Return the meat to the saucepan.

Add two beef stock cubes and simmer for another 20 minutes. If the soup is a bit thin at this stage, sprinkle up to 2 tbsp of semolina into the soup and stir to thicken.

Hints

Serve with buttered toast. You can add frankfurts to the soup at the last moment to make it a meal. This freezes really well.

Submitted by Borrack-Fargher Family

potato, mint and fetta rosti

Makes 8

Inspired by Margaret Fulton.

Ingredients

3 large potatoes, peeled and coarsely grated
1 egg, lightly beaten
80g fetta, crumbled into small pieces
1 tbsp chopped mint
1 baby salad onion finely chopped
sea salt and ground pepper
15g butter
2 tbsp olive oil

Method

Using both hands squeeze out as much liquid as possible from grated potato.

Place in a bowl and mix through egg, fetta, mint, onion and plenty salt and pepper to your taste.

Heat butter and oil in large heavy base frying pan.

Working in batches drop ¼ cup of potato mixture into the pan, patting down slightly with the back of spoon to make rounds about 8 cm across.

Fry for 3-4 mins until edges are golden brown and crisp, then turn rosti and cook other side.

Drain on paper and keep warm while cooking each one.

Serve with mint leaves sprinkled on top.

Hints

Option: Add grated drained zucchini with skin on and omit 1 potato. Kids love them.

Canapes : makes 16 serve topped with little tomato relish and or creme fraiche, mint leaf.

Submitted by Imlach Family

pumpkin, fetta and caramelised onion quiche

Makes 1 large quiche

A tasty snack or meal in itself.

Ingredients

1 sheet puff pastry
80g fetta cheese
1 large handful of butternut pumpkin, cubed
1 tomato
half an onion, sliced
1 tbsp olive oil
1 tbsp water
1 tbsp brown sugar
4 eggs, beaten
300ml cream
sprinkling of grated parmesan cheese

Method

Preheat oven to 200°C.

Place a sheet of puff pastry to defrost on bench top.

Cut pumpkin and tomato into cubes, place on baking tray with a spray of oil and roast in oven for 20 mins.

While pumpkin is cooking, slice onion finely and place into a saucepan with a splash oil, brown sugar and water and heat on stove top until onion is caramelised and nice and brown.

Once pastry is defrosted, place in quiche dish and trim.

Crumble fetta into bottom of dish, spread out caramelised onion, add roasted cubed pumpkin and tomato.

Beat eggs and cream together, pour over other ingredients in quiche dish. Sprinkle top with grated parmesan cheese.

Cook in hot oven for 25 mins.

Hints

This recipe can be made into mini quiches also for snack or finger food - just line a muffin tray with small circles of puff pastry.

Submitted by Gayfer Family

sesame roll-ups

Makes 12

A yummy entree or afternoon snack that little kids and big kids will enjoy!

Ingredients

12 slices of wholemeal bread	1 cup grated cheese
12 slices of free range ham	1 egg, lightly beaten
½ cup finely chopped mushrooms	90g melted butter
4 spring onions	pinch of cayenne pepper(optional)
1 cup sesame seeds	

Method

Cut crusts from bread, roll each slice firmly with a rolling pin.

Place each slice of ham on each slice of bread, trim to fit.

combine mushrooms, spring onions, cheese, egg (and pepper if you want) in a bowl, mix well.

Divide mixture between each slice, spreading evenly over ham

Roll up bread and secure with toothpick, brush with melted butter and roll in sesame seeds.

Place on oven tray, cook in moderately hot oven, 190°C, for about 20 mins until brown.

Remove toothpicks and serve.

Hints

Lovely dipped in a chunky tomato relish!

Submitted by Koala Group



chicken nuggets



sausages



noodles



eggs & bacon



meatballs



broccoli

main



chips



soup



pizza

bacon wrapped chicken

Serves family of 4-6.

Tasty, quick and easy to make.

Ingredients

4 skinless boneless chicken breasts	chicken soup
80g cream cheese	½ cup mayonnaise
4 rashers of bacon	½ cup milk
1 tsp chopped chives	1 tbsp black pepper
1 325ml can condensed cream of	pinch salt

Method

Preheat oven to 170°C.

Pound chicken breasts until flat (or slice thinly).

Lay out bacon rasher, place chicken fillet on top, put dollop of cream cheese and a sprinkle of chives onto chicken breast.

Wrap up chicken in bacon and secure with skewer or tooth pick. Place on baking dish, spaced well apart.

Mix mayonnaise, milk and soup together, season and pour over chicken.

Bake in moderate oven for 35-40 mins.

Hints

Large chicken breasts can be sliced thinly into 3-4 pieces and wrapped using more bacon to stretch the meal further - chicken cooks faster with this method.

Best served with mashed potato and beans.

Left overs can be diced up and used as a pasta sauce the following night for dinner.

Submitted by Gayfer Family

bacon fried rice

Serves 4 people

Quick and easy. Can hide vegetables like cauliflower in it (which the kids don't like)!

Ingredients

rice	mushrooms 3 - 5
onion x 1	cauliflower (as much as you like)
bacon x 5 rashers	soy sauce (to taste)
capsicum red and green	

Method

Cook rice as per normal.

Finely dice onion, bacon and capsicum. Fry to soften.

Once softened add mushrooms, about 3 minutes before adding cooked rice.

If adding cauliflower add cooked with rice just finely dice so it looks no different to the rice.

Once all ingredients are combined in the frying pan, add soy sauce for taste.

Hints

Great for BBQ's or serve as a side dish with chicken wings, beef/chicken sticks.

Submitted by Andreou Family (possum)

baked chunky pasta sauce

Serves 4 adults

D'Mee loves meat (just like her Dad!!) and also long, thin spaghetti is her favourite! She requests this dish frequently!!

Ingredients

olive oil	2-3 tbsp tomato paste
600g diced beef	1 small onion diced
½ cup red wine	4-6 rashers of bacon diced
2 cups beef stock	

Method

Preheat oven 180°C.

Fry onion and bacon in some olive oil.

Add beef until brown.

Add tomato paste and fry for a couple of mins.

Add red wine and fry for a couple of mins.

Add beef stock and bring to boil then simmer for approx 10-15 mins.

Transfer to an oven proof dish and bake.

Covered for approx 2 hours (stir a couple of times during this period).

Enjoy!!

Submitted by The Katiforis Family

chicken goujons with vegetable skewers

Serves 4 people

A favourite dish with the kids. Easy, healthy and delicious!

Ingredients

chicken goujons	1 cup bread crumbs
2 large free range chicken breasts	vegetable skewers
2 eggs	3 zucchinis
1 cup flour	

Method

In 3 separate bowls, add bread crumbs, flour and eggs beaten well.

Slice chicken breast into strips. Dust one by one in flour, dip into egg mix then coat in bread crumbs. Place goujons on a tray. Bake in oven at 180°C for 10-15 mins until crispy.

Slice or dice the zucchini into pieces, thread onto skewer. Brush a small amount of oil on the vegetables and bake in oven on a tray for 10 mins or until cooked.

Hints

Serve with an easy tartare sauce.

1 ½ cups mayonnaise
1 tsp finely chopped gherkins
1 tsp finely chopped red onion
1 tsp lemon juice

Mix all ingredients into a bowl add salt and pepper if you wish.

YUM!

Submitted by Bruno Lima (Dempsey's Dad) Possum

chicken boscaiola

Makes 3 portions, each serving 4 people

This recipe makes a very large meal base which is designed to be frozen in 3 portions; each serving a family of 4. Just defrost a portion, add a few ingredients and in 10 minutes you've got a delicious meal that is a huge favourite in our house!

Ingredients

boscaiola recipe base	375 g button mushrooms, chopped
2.5kg chicken thigh or breast fillets	Boscaiola with fettuccine:
¼ cup olive oil	one portion of the recipe base
3 medium leeks, washed and sliced	3 bacon rashers, chopped
6 cloves garlic, crushed	½ cup cream (or evaporated milk)
¼ cup plain flour	½ cup water
2 ½ cups (625ml) chicken stock	¼ cup grated parmesan cheese
1 tbsp seeded mustard	¼ cup shredded basil leaves
300ml cream (or evaporated milk)	375g fettuccine

Method

BOSCAIOLA RECIPE BASE

Cut chicken into 2cm pieces. Heat 2 tbsp of the oil in large pan. Cook chicken in batches until browned all over.

Heat remaining oil in same pan. Cook leeks and garlic, stirring, until leeks are soft. Add flour and stir until mixture thickens and bubbles. Gradually stir in stock, mustard and cream. Stir until mixture boils and thickens.

Add chicken and mushrooms. Bring to boil, simmer uncovered, for 15 mins.

Divide into 3 equal portions and freeze until required.

BOSCAIOLA WITH FETTUCINI

Cook bacon until crisp. Add Boscaiola recipe base portion, cream and water. Cook, stirring, until sauce is heated through. Stir in cheese and basil. Cook pasta in large pan of boiling water until just tender. Drain. Serve Boscaiola sauce with hot pasta.

Hints

I use evaporated milk instead of the cream as it is a healthier option. The results are still fantastic.

Submitted by The Berryman Family

daddy's chicken and mushroom pie

Serves 4 - 6 (depending on size of each slice)

A great light meal for the summer months and best served with salad. Hot or cold, it's a winner!

Ingredients

1 med-large brown onion diced	1 tsp seeded mustard
3 spring onion stalks chopped finely	1 tsp mild english mustard
10-12 small mushrooms thinly sliced	½ cup dry sweet sherry
6 - 8 rashers of bacon(rindless) cut into small pieces	1 tbsp plain flour
3 chicken breasts	pepper to taste
300ml light cream	4 sheets puff pastry

Method

Pre-heat oven to 180°C.

Heat oil in large pan on high heat.

Add bacon, onion, spring onion, mushrooms and cook until all ingredients are well done and crispy golden brown - remove from heat (See hints).

In a separate pot, bring water to boil and poach chicken breasts until cooked through.

Remove chicken and cut into small pieces.

Return onion, bacon and mushroom mix to medium heat and add chicken pieces.

Add and stir through cream, dry sweet sherry, seeded and mild mustards - reduce heat to simmer.

Slowly add plain flour to thicken sauce.

Prepare Pastry:

Use butter or margarine to grease a 25-30cm loose-base fluted flan/pie tin.

Lay Puff Pastry sheets to cover base and sides.

(CONTINUED NEXT PAGE)

Add chicken mix.

Cover with remaining pastry sheets and trim excess

Brush pastry with milk or water

Bake in oven for 20-25 minutes or until pastry golden brown, making sure the base is cooked through.

Serve with fresh garden salad.

Hints

The secret to this recipe is in the preparation of the onion, bacon and mushrooms. Cook well until golden brown and almost crispy - this gives off great flavour. You may want to cook the bacon first, followed by the onion, then the mushrooms. (Covering the pan with a lid after adding mushrooms will assist in cooking them down faster).

When poaching chicken, add ½ cup white wine to water to balance flavour.

To avoid a soggy pastry base, add chicken mix when cool not hot.

We make a dairy-free version by substituting the cream with a soy based sour cream and using dairy-free 'Vegan' pastry sheets. (Both available from Leo's Supermarket).

Submitted by Jeremy Tyrrell - Possum; Hannah's Dad

granny annie's soy sauce chicken recipe

Makes shared dish for 4 people

Thomas's maternal grandmother is Chinese and this is a family recipe handed down to Thomas's mum Christina. It reminds her of her childhood and eating dinners around the family table. Thomas and his brother Will also love this comfort food dish best served with steamed rice, Asian greens (boy choy, gai lan or choy sum) and another Asian dish like Chinese Roast Pork (char sui).

Ingredients

1 - 1.5kg chicken wings or drumsticks

2 x star anise (aniseed)*

½ cup dark (mushroom)soy sauce

4 tbsp light soy sauce

1 tbsp sugar

1 tsp sesame oil

*star anise available from supermarket spices section (sold in packets)

bottles of dark and light soy sauce are both available from coles in the asian food section

Method

Cut up chicken wings/legs if required.

Fill saucepan with 2 inches water, add sauces, oil, sugar and star anise.

Bring to boil then reduce to medium heat.

Turn with fork to cover evenly with sauce and allow to simmer for five minutes with lid on.

Turn again and simmer for 5 minutes until cooked through.

Test with fork to ensure flesh is firm and white, not pink.

Once cooked should be dark or golden brown.

Hints

Place chicken in separate container with sauce when serving with other dishes and rice. The sauce can also be frozen and used again.

Submitted by Thomas Franklin - Wallaby Group

hungarian goulash

Serves 4

It's an easy recipe, just put altogether and let it simmer for couple of hours..

The whole family love this recipe especially when I serve it with rice instead of noodles.

Ingredients

750g blade steak	1 cup hot water
2 tbsp plain flour	1 large tomato diced
2 tbsp oil	½ cup red wine (optional)
1 tbsp sweet paprika	salt and pepper
1 onion chopped	250g ribbon pasta or 2 cups boiled
2 garlic cloves, finely chopped	rice
1 beef stock cube	30g butter

Method

Cut the meat into 2cm pieces and toss in flour. Heat oil, add paprika onion and garlic and gently cook 5 mins. Add meat, toss and cook gently 5-8 mins or until well browned. Add more oil if needed.

Add stock cube and water combined and red wine and simmer 45 - 1 hour, adding more liquid if needed. Add tomato and cook 30 mins, or until meat is tender. Add salt and pepper to taste.

Serve with cooked pasta tossed with butter or serve with cooked rice.

Submitted by Jake Talevski Wombat Group - Christine

lamb and sweet potato with spinach and cheesy rice crust

Serves 6-8

Taken from "Slow Cooker" by Sally Wise

Ingredients

600g sweet potatoes	Spinach and Cheesy Rice Crust:
1 onion	1 cup cooked rice
1kg lean lamb	1/12 cups self raising flour
2 tsp red currant jelly	½ cup milk
juice of 1 lemon	2 eggs
½ cup stock or water	2 tsp worcestershire sauce
1 ½ tsp salt	60g melted butter
1 tbsp tomato sauce	1 cup shredded spinach or silverbeet
3 tsp sweet chilli sauce	1 tbsp chopped parsley
1 tbsp cornflour	¾ cup grated tasty cheese
	1 tsp salt

Method

Peel sweet potato and cut into 1cm dice. Peel and dice the onion. Remove and visible fat from lamb and dice. Place in the slow cooker with the red currant jelly, lemon juice, stock or water, salt, tomato sauce and sweet chilli sauce. Stir to combine.

Place lid on cooker and cook for 4-5 hours on high or 8-9 hours on low.

Mix the cornflour with about 2 tbsp of cold water to a paste and use a little or all of it to thicken the mixture. Add salt and pepper to taste. Replace lid and turn cooker setting to high.

To make the spinach and cheesy rice crust, place the rice, flour and milk in a bowl but do not stir. Separate the eggs. Whisk egg yolks and add to rice mixture, then add worcestershire sauce and melted butter and mix together very well. Add spinach or silver beet, parsley, cheese and salt. Mix well.

Whisk egg whites until stiff peaks form, then fold into the rice mixture until well combined.

Spoon the rice mixture evenly over the lamb mixture.

Place lid and cook for 1 hour on high.

Submitted by Ilona James, 4 Year Old Teacher

osso bucco

Serves 4 people

Mum loves it because she only needs one pot and we eat all the vegetables. Dad and I love it because it's great to eat on a cold winter's day.

Ingredients

4 potatoes, peeled	½ tsp dried oregano spice
4 carrots, peeled and chopped into 3cm chunks	salt and pepper
2 brown onions, peeled	plain flour
3-4 pieces of osso bucco	oil
1 can whole tomatoes	2 Lt campbell's vegetable stock
½ tsp dried basil spice	rice

Method

Cook rice in rice cooker.

Oil cook pot with oil and while waiting for oil to heat up, coat meat in plain flour and chop potatoes into quarters if large or ½ if small. Onions can be left whole. Try to keep all vegetables roughly the same size. Once oil is hot enough, brown the Osso Bucco pieces, add more oil if needed. (I use my bessamer pot which can also go straight into oven from cook top).

Once meat is browned add entire can of whole tomatoes, carrots and potatoes and all the herbs to the pot with the Osso Bucco (sorry, no measurements I just add a pinch of salt and pepper and quite a few shakes of the basil and oregano spices-just add to taste).

Add the vegetable stock-enough to cover everything. (Use left over vegetable stock to top up as it cooks).

Bring pot to the boil before turning heat down. Leave to simmer for 1-2 hours.

Half hour before you want to eat put into oven at 200°C to 220°C.

Serve with rice.

Hints

If you can't be bothered with or have time to make rice, crusty bread is just as good or even mashed potatoes. Just use something that allows you to soak up the gravy.

Submitted by Rhiannon Poulter Possum Group

pesto chicken

Serves 3-4 people

Almost always a winner at our house, with seconds regularly being requested!

Ingredients

4 medium chicken thighs (skin removed)	2 tbs basil pesto
(can also use drumsticks or drumettes etc)	½ - 1 cup cornflake crumbs

Method

Heat oven to 180°C.

Cover chicken in pesto, then cover in cornflake crumbs.

Place on baking paper covered oven tray and bake for 20-30 minutes, or until a skewer poked in comes out with clear juices.

Serve with vegetables or salad.

Hints

Make extra - it's great in sandwiches the next day!

Submitted by Bayliss Family

porcupine meatballs

Serves enough to feed a family of 5 including 2 teenagers

This is an easy recipe that the kids love. Can be cooked either in a pressure cooker or in the oven

Ingredients

750g beef mince
½ cup white rice, heaped
420g can tomato soup

1 onion, chopped
salt and pepper

Method

PRESSURE COOKER METHOD:

Mix the meat together with the onion and the rice. Add salt and pepper to season. Mix together well. Make the mixture into meatballs about the size of a golf ball. Pour the tomato soup into the pressure cooker and then fill the tin up with water and place into the pot also. Drop the meatballs into the soup/water mix. Put on the lid of the pressure cooker and cook on high heat until valve starts to jiggle strongly. Turn heat down until valve jiggles slowly and cook for 15 minutes. Remove from heat and serve.

OVEN METHOD:

Precook the rice, e.g. 1 cup of rice with 2½-3 cups boiling water. Cook in the microwave for 8 minutes. Mix the rice together with the meat, onion and salt and pepper and make into balls. Place the meatballs into a casserole dish and cover with the can of tomato soup plus 1 can of water.

Place foil over the dish. Cook at 180°C for 40-60 minutes. Turn the meatballs halfway through. Remove the foil for the last 10 minutes and allow to brown on top.

Hints

For added flavour, add sweet basil to the sauce and chopped bacon to the meatball mixture.

Submitted by Carnell Family

sweet potato salad

Serves 4-6 as a side dish

Soft, roasted sweet potato, tender green beans and caramelised onion are coated with a sweet chilli, balsamic vinegar and garlic dressing. Always a winner at the dinner table and everyone always wants second and third helpings.

Ingredients

500g peeled sweet potato (about one large sweet potato)
30ml (1 ½ tbsp) oil
salt and pepper
1 large red onion, peeled and cut into about 10 wedges

4 medium garlic cloves, unpeeled
80g (about a handful) of topped and tailed green beans
20ml (1 tbsp) balsamic vinegar
40ml (2 tbsp) mild sweet chilli sauce

Method

Preheat oven to 200°C (180°C fan-forced).

Cut sweet potato into ¾ centimetre slices. Cut slices into bit-sized pieces.

Place sweet potato slices in a single layer on a large baking tray. Drizzle with 1 tbsp of the oil and toss to coat potato with oil. Season with salt and pepper. Bake for 15 minutes.

Add onion and garlic to the tray with the sweet potato. Add remaining ½ tbsp of oil and toss everything together. Return tray to oven and cook for a further 20-30 minutes, or until vegetables are tender and onion has lightly caramelised. Turn vegetables once during cooking.

Half fill a medium saucepan with water and bring to the boil. Add beans and boil for about 3 minutes, until beans are tender but still a bit crisp. Remove from heat and drain. Place beans in a bowl of cold water for 10 seconds to stop the cooking process. Drain and cut into 4 centimetre lengths.

Squeeze roasted garlic from its skin and place in a small bowl. Mash using a fork. Add balsamic vinegar and chilli sauce to garlic and stir to combine.

Toss dressing, beans, sweet potato and onion together in a large bowl.

Hints

Serve hot or cold. Store any leftovers in an airtight container in the fridge.

Submitted by Stephan Hadjiantonakis - Koala Group

too easy darl (dahl)!

Serves 2-4 depending on size and hunger!

We love a good curry and this suits our lifestyle perfectly. It's a home-made recipe that's quick, easy, tasty, vegetarian and gluten free! For those who diet it's low fat, low GI and full of protein.

Ingredients

2 x 400g tins of organic lentils	1 dessert-spoon mild curry paste
1 medium onion finely chopped	1 cup water
2 tomatoes chopped	smidge of butter
1 clove garlic finely chopped	salt to taste

Method

Braise onion lightly in butter.

Add all ingredients and simmer for 15 minutes.

Serve with rice!!

Hints

Reduce curry amount for little kids.

Pataks make a great mild curry paste - or you could make your own!

Submitted by Lisa and Sienna Dowsley

yummy beef

Serves 2-3 adults

This recipe is best cooked the night before or at lunch time for dinner that night. If you know that you have a busy day ahead, you can be completely prepared.

Ingredients

2 good size scotch fillets	salt and pepper (for dusting beef)
1 medium onion	1 tbsp abc sweet soy sauce (kecap manis)
1 can of tomatoes or ¾ slightly over ripe tomatoes	1 beef stock cube

Method

Cut beef into thin strips.

Lightly dust beef in salt and pepper in a bowl and allow to stand.

Slice onion into rings.

Brown meat in pan. (Separate batches if cooking a large amount)

Add onion rings and tomatoes to cooked meat.

Add sweet soy sauce.

Add stock to taste - too much can make it salty.

Reduce heat / simmer until onion and tomatoes cooked through.

Serve on steamed rice and green vegetables.

Hints

I usually put beef in freezer for a short while, then slice thinly.

Don't overcook beef as it will cook through whilst on simmer.

After you brown the meat I try to put onion rings underneath the cooked meat.

You can also use Lamb, Chicken or Fish, instead of beef.

Note: ABC Sweet Soy Sauce can be purchased at all leading supermarkets in the Asian section.

Submitted by Jeehea Tyrrell- Possum: Hannah Tyrrell's Mum

zucchini and salmon quiche

Serves family of 4 including two big slices for dad

A recipe that came from Giselle's Nona and which has been made hundreds of times by all the mum's in our extended family with lots of variations. It's quick and easy and is just as good the next day cold for lunch. Everyone loves it.... even fussy Giselle! When we have a family get-together, someone always says - "I'll make the Zucchini Quiche!"

Ingredients

375 g zucchini grated (2 medium sized)	fetta cheese crumbled
1 large onion (or leek) finely chopped	1 cup self-raising flour
250 gram pack of smoked salmon - cut in small pieces	½ cup olive oil
1 cup of grated cheese or 6 cubes of	5 eggs slightly beaten
	can add some mixed herbs to season

Method

Pre-heat oven to 180°C.

Use small amount of oil to grease a 24cm base quiche dish.

Add grated zucchini to mixing bowl with onion, cheese, salmon, flour, oil, seasoning and lightly beaten eggs. Mix well together.

Pour into greased dish and bake for 50 - 60 mins or until well browned on top.

Hints

If using fetta cheese instead of grated cheese, add it last once all ingredients have been mixed and poured into dish. Crumble it onto the top and slightly push it into mixture.

Serve with green salad or on it's own for a snack. Hope you like it too!

Submitted by Giselle Waschl and Family - Wallaby Group 4 Yr Old



biscuit



pancake



lolly



LOLLYPOP



ice-cream



strawberry cheesecake

sweets



LOLLY snake



fairy floss



chocolate

baked cheesecake

Serves lots or a few (depends how big a slice you want!!!)

One of my mum's favourites

Ingredients

¼ packet morning coffee biscuits	4 eggs
250g butter (keep some for greasing dish)	2 tsp vanilla essence (or more to taste)
2 x 250g packet of philadelphia cream cheese (room temperature)	baking dish -(27cm x 17cm x 4cm)
¾ cup sugar	electric beaters
	spatula

Method

Heat oven to 180°C.

Melt butter in a small saucepan.

Place biscuits in plastic bag and bash with rolling pin. Continue to bash or roll until crumbs are fine.

Pour crumbs into saucepan and mix butter through well until biscuits and butter are combined.

Grease dish with butter.

Line dish with biscuit base, pressing mixture into the corners and up the sides of the dish.

Cut philly into cubes and place in mixing bowl.

Add a little at a time, eggs, sugar and vanilla essence, beating as you go

Mix until creamy and all lumps removed (at least 3-4 minutes after mixture is combined).

Pour into dish and bake for 35-45 minutes (depends on oven).

Remove and leave to cool, then refrigerate.

Serve on its own or with ice-cream if desired.

(CONTINUED NEXT PAGE)

Hints

*You can make the base thicker and richer to taste if you want by adding more butter/biscuits in the saucepan then adding it to the dish;

*If you are using a fan forced oven, you may have to turn down the temperature to 160C or less, as the top of the cake will start to burn;

*Check if cake is ready by using skewer;

*Increase quantities as relevant to make a larger dish!

Submitted by Sonja Terpstra

banana cake

Makes 10-12 slices

Easy cake which stays fresh for up to a week. Great for kids lunch boxes.

If it lasts that long!

Ingredients

125g butter
1 cup sugar
2 eggs
3 over ripe bananas(mashed)

1 tsp bi-carb soda
2 tbsp milk
1 ½ cups self raising flour

Method

Heat oven 180-200°C

Grease and line a loaf pan.

Beat butter and sugar.

Add eggs and banana.

Add soda, then milk and flour.

Place mix in loaf pan.

Bake for 35-40 mins, until skewer comes out clean and cake springs back when lightly pressed.

Hints

If you don't have over ripe bananas just use normal bananas, cake tastes just as good but is not quite as moist.

You can ice cake or leave plain.

Submitted by Karen Howell, Lachlan - Possum

banana cake

Makes 10 slices

It's really easy and tastes great!

Ingredients

60g butter
1 cup sugar
1 egg
4 tbsp milk

1 ½ cups self raising flour
2 ripe bananas (mashed)
½ cup walnuts (optional)

Method

Cream butter and sugar, add egg and mix together.

Slowly add milk and flour and finally add mashed banana and walnuts if desired.

Bake in a cold oven to start at 160°C (fan forced) for approx 50 mins until golden brown.

Hints

Dust with icing sugar when the cake has cooled.

Submitted by Francesca And Olivia Bird (possum)

chocolate pistachio fudge

Makes 50 pieces

Nigella Lawson Express

Not proper fudge, but tastes divine!

Ingredients

350g dark chocolate (minimum 70% cocoa solids) chopped	30g butter
1 x 400g can condensed milk	150g pistachio nuts, shelled
	pinch salt

Method

Put the chopped chocolate, condensed milk, butter and salt in a heavy based pan on low heat, and stir to melt.

Put the nuts in a freezer bag and bash them with a rolling pin until broken up.

Add the nuts to the melted chocolate mixture and stir well.

Pour and spatch this mixture into a foil tray 23cm square, smoothing the top.

Let the fudge cool, and refrigerate until set. You can then cut into small pieces approx. 2.25cm by 3cm.

Once cut, it can be kept in the freezer - no need to thaw, just eat straight away.

Hints

Lovely idea to package some pieces up in a box for Christmas presents. Make sure you keep them cold though!

Submitted by Fundraising Committee

cornflake and cherry clusters

Makes 30

Recipe from back of Nestle Chocolate Melts Packet.

Ingredients

¾ cup sultanas	¾ cup nestle sweetened condensed milk
¾ cup flaked almonds	200g nestle milk, dark or white chocolate melts, melted.
¾ cup shredded coconut	
½ cup halved glace cherries	
2 cups crushed cornflakes	

Method

Pre heat oven to 160°C.

Combine all ingredients except Nestle melts in a large bowl, mix well.

Place tablespoonfuls of mixture onto greased, foil lined oven trays.

Bake 15 minutes or until light golden.

Cool slightly before removing from tray, cool on wire rack.

Spread base of cornflake and cherry clusters with Nestle melts (milk, dark or white), allow to set, drizzle any remaining chocolate on top.

Store in airtight container in fridge.

Submitted by Anita

double chocolate chip biscuits

Makes about 50 biscuits

My family love these. We usually make a triple batch. My daughter loves to make them and even made them into a tower cake with melted chocolate for her 16th birthday.

Ingredients

250g butter	1 cup (190g) dark chocolate bits
1 tsp vanilla essence	1 cup (150g) milk chocolate melts,
2/3 cup (150g) firmly packed brown sugar	halved
2/3 cup (150g) caster sugar	1/3 cup (65g) dark chocolate bits, extra
2 eggs	1/2 cup (75g) milk chocolate melts, quartered, extra
2 and 1/2 cups (375g) plain flour	
1 tsp bicarbonate of soda	
1/2 cup (60g) coarsely chopped walnuts	

Method

Beat butter, essence, sugars and eggs in medium bowl with electric mixer until smooth. Stir in sifted flour, soda, nuts, chocolate bits and chocolate melts; mix well.

Drop level tbsp of mixture about 5cm apart on greased baking tray.

Place extra chocolate bits and extra chocolate melts into top of each biscuit.

Bake in moderately hot oven about 12 minutes or until browned lightly.

Stand cookies 2 minutes before lifting onto wire racks to cool.

Hints

Can't eat nuts? Just substitute the nuts with the same quantity of chocolate chips.

Submitted by Carnell Family

my grandma rosie's banana and pineapple cake

Makes 1 large or two smaller cakes

My Grandma Rosemarie makes this Banana and Pineapple Cake. It is huge, delicious and very moist!

Ingredients

3 cups self raising flour	2 cups mashed over ripe bananas
1 tsp bicarb soda	
2 cups sugar	Frosting:
3 eggs	250g cream cheese
1 tsp cinnamon	125g butter
1 tsp vanilla essence	1 tsp vanilla essence
210g crushed pineapple tin	300g icing sugar
1 cup canola oil	

Method

Pre heat oven to 180°C.

Sift flour, soda, sugar and cinnamon into a bowl.

In another bowl, whisk eggs, oil and vanilla, then add this to dry ingredients and mix until just moistened.

Add mashed bananas and pineapple and mix in with fork.

Pour into 2 x 20cm greased and lined pans, bake in moderate oven for 40 mins.

or can be cooked in one deep 23cm spring form pan for 45-60 mins.

Frosting - mix all ingredients and spread on the top of each cake, then stack one on top of the other for a big cake, or keep separate for two individual cakes.

Hints

Half the frosting ingredients if cooking one large cake and just put it on the top!

Submitted by Chloe Gayfer - Wallaby Group

no fuss muffins

Makes 12 large or 24 small muffins

Isabella loves to help make these easy muffins. We change the ingredients, to the basic recipe, to make whatever flavour muffins we feel like (or have in the house!). Our friends always ask for this recipe. We hope you enjoy this recipe.

Ingredients

basic recipe
220g self-raising flour
½ cup castor sugar
¾ cup milk or buttermilk
1 egg
¾ cup vegetable oil

Flavours we have tried
1 cup frozen raspberries, ½ cup coconut
1 grated apple (skin on), 1 tbsp cinnamon

Method

Preheat oven to 180°C and grease muffin tins well with butter.

Mix flour and castor sugar. (Add any additional dry ingredients, such as coconut or cinnamon).

Combine milk, egg and oil in a separate bowl and whisk lightly. (This is the time to stir in any wet ingredients, such as berries or apple).

Make a well in centre of dry ingredients, pour in liquid and mix lightly.

Spoon batter into muffin tins until 2/3 full, then bake for 20-25 minutes or until browned on top.

Remove tins from oven and turn muffins out onto a wire rack to cool.

Hints

Use a metal spoon and only mix until just combined.

Submitted by Selkirk Family

pancakes

Serves 4 people

Our family enjoy these pancakes because they are so light and delicious.

Ingredients

1 cup self raising flour
2 tsp caster sugar
1 cup of milk
1 tsp vinegar

pinch of salt
1 egg
¼ tsp bi-carb soda
60g melted butter

Method

Sift flour, salt and sugar.

Add egg, milk and butter.

Add bi-carb soda and vinegar.

Rub hot pan with buttered paper, drop mixture in small amounts. Cook until pancakes begin to bubble, then turn.

Hints

When cooked, try these yummy toppings.

1. Butter and Jam
2. Maple syrup
3. Lemon and sugar

Submitted by Darcy George, 4 Year Old Wombat

pumpkin cake

Makes 12 slices

Teacher's Favourite!

Ingredients

¼ cup butter
1 egg
1 cup of cooked mashed pumpkin
1 cup sugar
1 ½ cups self raising flour
¾ packet of sultanas, dates or raisins
(or a mix of all)

Method

Pre heat oven to 180°C.

Cream butter and sugar, add egg, fold in pumpkin and flour. Add fruit.

Bake until golden brown.

Submitted by Sasha, 3 Year Old Teacher

rainbow chocolate chip biscuits

Makes about 20 biscuits

The whole family loves this colourful chewy chocolate chip biscuit.

Ingredients

2 cups plain flour
2 cups oats
1 cup soft brown sugar
1 cup white sugar
1 cup butter
1 tsp vanilla essence
1 tsp baking powder
½ tsp bicarbonate of soda
2 eggs
milk and white choc bits
rainbow choc chips

Method

Mix all ingredients together in a large mixing bowl.

Roll into balls and place in a greased tray.

Bake on 180°C for 10 - 12 minutes.

Submitted by Matilda Webb, 3 Year Old Possum Group

sultana oat cookies

Makes 18 cookies

Our family loves this recipe because each time we make it, we make it together. The measurements are easy for the kids to follow, the method is easy and is quick to cook.

The cookies are extremely tasty, healthy and the ingredients are probably already in your pantry!

Enjoy.

Ingredients

1 cup self raising flour	½ cup brown sugar
1 cup muesli	125g melted butter
1 cup sultanas	1 egg, lightly beaten
¾ cup rolled oats	1 tbsp honey

Method

Preheat oven to 190°C or 170°C fan. Line two baking trays with baking paper.

Place dry ingredients in a large bowl and toss to combine. Combine butter, egg and honey. Add to dry ingredients and mix well.

Drop 2 tbsp of mixture onto prepared trays. Press lightly with a fork.

Bake for 10-12 minutes, until golden brown.

Cool on trays before storing in an airtight container.

Hints

The cookies are still really yummy if you would prefer to use less brown sugar.

I often use sultana bran instead of muesli and the cookies still work out!

Submitted by Carnes Family

celebration chocolate cheesecake

Serves about 10

My Grandmother's chocolate cheesecake has been requested almost every birthday or event in our family since she first started making it over 50 years ago!

Ingredients

biscuit pastry:	cheesecake:
½ packet marie biscuits, crushed	250g cream cheese
finely	4 tbsp sugar
1 tbsp cocoa, sifted	185g dark chocolate, melted
60g sugar	1 cup whipped cream
70g margarine, melted	2 eggs, separated
	extra dark chocolate to decorate

Method

Pre-heat oven to 180°C.

Grease a spring form tin with melted margarine.

Combine all biscuit pastry ingredients in a bowl and then press into base of tin.

Cook for 10 mins.

To make the cheesecake filling you will need 2 large bowls.

In bowl 1: beat the egg whites and 2 tablespoons of the sugar together until stiff and glossy peaks form.

In bowl 2: beat together the cream cheese, egg yolks, and 2 tablespoons of remaining sugar. Gently fold in the melted chocolate and the whipped cream.

Very gently fold in the meringue (bowl 1).

Place on top of cooled base and refrigerate until firm. Decorate with grated chocolate or chocolate curls.

Submitted by The Berryman Family

chocolate pudding

Serves 8

An oldie, but a goodie...

Ingredients

melted butter to grease
1 cup self raising flour
½ cup caster sugar
2 tbsp cocoa powder
½ cup milk
50g melted butter
1 egg, lightly whisked
thickened cream, to serve

chocolate sauce:
¾ cup, firmly packed brown sugar
2 tbsp cocoa powder
1 ½ cups boiling water

Method

Preheat oven to 180°C. Brush a 1.5L capacity ovenproof dish with melted butter to grease.

Combine flour, sugar and cocoa powder in a bowl. Make a well in the centre. Combine the milk, butter and egg in a large jug. Gradually pour the egg mixture into the flour mixture and stir until well combined. Pour into prepared dish and use the back of a spoon to smooth the surface.

To make the chocolate sauce, sift the sugar and cocoa powder into a bowl. Sprinkle over the pudding mixture in the dish. Gently pour the boiling water over the cocoa mixture.

Bake in oven for 40-45 mins or until a cake-like top forms and a skewer inserted halfway into the centre comes out clean. set aside for 5 mins to cool slightly.

Serve with thickened or clotted cream, if desired.

Hints

Also great served with ice-cream!

Submitted by The Teachers Of Winston Hills

jelly slice

Makes 10 plus

When it comes to dessert I am not that good, but I never seem to get this wrong.

Ingredients

¾ cup marie biscuits	2 tbsp gelatine
120 g butter	2 packets jelly
1 can sweetened condensed milk	slice tin
2 large lemons	

Method

Base: Crush biscuits and add to melted butter.

Press biscuit mixture into a slice tin and refrigerate while making filling.

Filling: Boil ¾ cup of water, add gelatine. In a bowl add can condensed milk and the juice of lemons. Once gelatine is dissolved add to milk lemon mixture and combine. Pour onto base. Place back into refrigerator.

Topping: Dissolve jelly as per instructions on box and allow to cool. This could take two hours. Once cooled pour over filling mixture which should now be set. Refrigerate until jelly is set.

Hints

I make this dish the day before we are going to eat it.

Submitted by Andreou Family (possum)

lucy's lemon delicious pudding

Serves 6

A wonderfully light and delicious pudding, easy enough to whip up for the family or to impress dinner guests!

An old family recipe, this pudding is a favourite for young and old. It's simple to prepare and the kids love helping out (this, of course includes licking the bowl!).

Ingredients

4 eggs (room temperature) 1 cup of milk
½ cup of sugar 1 tbsp self raising flour
rind and juice of 2 large lemons

Method

Preheat oven to 180°C.

Separate eggs and beat yolks with the sugar until you have a creamy mixture.

Mix in the flour and lemon juice and grated rind.

Beat egg whites to fluffy soft peaks. Fold into the lemon mixture; it is important not to over-mix.

Place mixture in a greased ovenproof dish (e.g. casserole dish), and place that dish into an oven tray. Fill oven tray with water to half way up the side of the pudding dish.

Cook until golden brown on top (usually about 30 minutes). Serve with ice cream or cream.

You can also place mix in ramekins to make individual puddings - just cook for less time (approx 20 mins but keep an eye on it).

Submitted by Fernandez Family

mini boiled fruit cakes

Makes approx 36 small cakes

Great idea for Christmas!

Ingredients

¾ cup sugar 1 tsp bicarb soda
1 cup water 125g butter
400g mixed fruit 2 eggs beaten
½ cup mixed peel 1 cup self raising flour
1 tsp nutmeg 1 cup plain flour

Method

Set oven at 180°C.

In saucepan place sugar, water, fruit, peel, nutmeg, soda and butter and stir until boiling. Allow to cool for 5 mins.

Add eggs.

Sift flours, add to ingredients and mix thoroughly.

Place approx 1 tbsp of ingredients in each "patty pan" type tin (or fill to near the top of each "patty pan" Bake at 180°C for 20-30 mins. Allow cakes to stand in pan for 10 mins. Then turn and dip each cake (or smother bottoms) with melted chocolate. Leave upside down until the chocolate isn't so runny.

Place on glad bake when chocolate is set.

Ice top of cakes with white melted chocolate and decorate with sprinkles/ lollies of your choice.

Submitted by Rose Pozzer

pancakes

Makes 10

All kids love pancakes, especially on a cool Sunday morning!

Ingredients

2 cups plain flour	60g butter, melted and allowed to cool
3 tsp baking powder	extra butter for cooking
2 tbsp caster sugar	toppings of your choice
2 cups milk	
2 eggs	

Method

Sift flour and baking powder into a large bowl. Stir in sugar.

Whisk milk, eggs and butter together. Add to flour mixture. Use a wooden spoon until well combined. Cover and let stand for 30 minutes.

Heat a non-stick frying pan over medium heat. Brush butter with a little extra butter. Pour 1/3 cup of batter into pan, cook until bubbles appear on surface.

Turn and cook for a further minute or until cooked. Repeat with remaining batter, greasing pan between pancakes.

Serve warm with your favourite topping.

Hints

Favourite toppings: lemon and sugar, maple or golden syrup, honey and cinnamon, banana, walnuts and rum (for the adults).

Submitted by The Orders Family

tiramisu ice cream

Serves 6-8 people (depends how big you cut the slices)

Very easy and taste fabulous!!!!

Ingredients

2 tbsp Nescafe blend 43 instant coffee	600ml cream
1/3 cup boiling water	¼ cup milk
2 tbsp tia maria coffee liqueur	12 sponge finger biscuits
400g can nestle sweetened condensed milk	1 flake chocolate
	1 cup fresh or frozen raspberries

Method

Combine coffee, water and Tia Maria and set aside until cool.

Combine NESTLE Sweetened Condensed Milk and cream in large bowl and beat with an electric mixer until thick. Beat in ½ of the coffee mixture.

Combine remaining coffee mixture and milk and brush well over both sides of sponge biscuits.

Line a 20cm square cake pan with aluminium foil. Spoon ½ of the cream mixture in the pan and top with biscuits. Top with remaining cream mixture and freeze until set.

Cut into squares as to how big you would like and serve of top with chocolate flake and raspberries. Enjoy...

Submitted by Jake Talevski Wombat Group - Christine

CONVERSION CHARTS

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	1 ½ 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	⅓ 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
1 ½ pint	900 mL		
1 ¾ pint	1.0 L		

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Sample

Recipe notes

Sample



carrot



meatballs



raspberry



apple



fairy
floss



banana



PIZZA



ice cream



strawberry



Winston Hills
Preschool

24 Rohan Street
Viewbank Victoria 3084
p: (03) 9459 7593



1 2 3 4 5 6 7 8 9