

A Taste of Gerringong

Favourite recipes submitted by the families and
staff of Gerringong Public School



Gerringong Public School

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Gerringong Public School
We Will Achieve

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Gerringong NSW 2534
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Foreword

Welcome to “A Taste Of Gerringong”...a compilation of favourite recipes from the kitchens of Gerringong Public School families and staff.

This cookbook indicates the tastes and likes of our beautiful town. The large “Cake and Slice” section surely reflects the social side of our community too!

Our school has a long and rich history. After the “Great Fire Of 1872” which destroyed much of Gerringong’s then business area, the Church of England and it’s school, the local children had to travel to either Omega or Toolijooa to further their education. Many had to walk well over 2 miles to do so. It was decided by the local community that the first Gerringong Public School would be built at the site of the now “Old School Park” in Fern St in 1876.

In 1994 the school moved to it’s present site at Archibald Rd to accommodate Gerringong’s growing population. At present Gerringong Public School boasts almost 400 students, who enjoy excellent opportunities in academic and sporting fields.

The past and present staff are so very proud of the many achievements made by the students who have passed through our doors. They have certainly followed our school motto.....

“We Will Achieve”.

The Gerringong Public School P&C are a dedicated and hard working committee, who over many years have raised much needed funds to enhance the students’ education. The proceeds from many P&C initiatives including fetes, the canteen, discos, artwork calenders, Easter raffles, family portraits etc, to this cookbook, have enabled us to purchase resources for our children.

A big ‘Thank You’ goes out to those involved in the production of our cookbook. Thanks also goes to Maxine Condon for her imagination, patience and time, taking the photographs for our book.

May it hold a special place in many kitchens, for many years to come.

Happy Cooking!

Regards
Trish Rosa
P&C

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Cakes & Slices

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bacon bites

Makes approx 36 small muffins

1 tbsp oil
3 rashers bacon
1 onion chopped finely
1 large carrot peeled and grated
1 large zucchini, grated

3 eggs
1 cup grated tasty cheese
¼ cup cream
½ cup self raising flour

Pre heat oven to 180°C and grease 3 x 12 hole small muffin pans.

Heat oil in pan and sauté bacon and onion for 4-5 minutes.

Add carrot and cook for 2-3 minutes then add zucchini.

Remove from heat and transfer to a bowl.

In a jug whisk together eggs, cream and grated cheese. Season to taste.

Stir egg mixture into cooled bacon mixture, and then stir through flour until well combined.

Spoon mixture into prepared pans. Bake for 15-20 minutes.

Serve warm or cold.

★ LOUISE LUKE BAND DIRECTOR

TIP

Dipping sauces go well with the bacon bites too.
eg: sweet chilli or tomato.

These are easy and really delicious, you just can't stop at one

famous frittata

Serves 5 as a light meal

- 300g sweet potato

¼ cup water

2 tbsp torn basil

120g soft fetta cheese
- 6 eggs lightly beaten

1/3 cup thickened cream

(add onion and bacon- if you're feeling naughty)

Pre heat oven to 180°C.

Line a rectangular slice pan with baking paper.

Cook s/potato with water in microwave till just soft.

Arrange s/potato over base of pan, sprinkle with basil, top with crumbled feta.

Pour over combined eggs and cream.

Cook 25 minutes or so, till set.

 LAURA AND JACK BURLING

TIP

Serve with garden salad.

Tastes great cold.

An easy throw together frittata....If you've been to our house for lunch, chances are you may have tried this already.

mary's country quiche

Serves 4

- 3 eggs, lightly beaten

¾ cup milk

¾ cup cream

½ large onion, chopped
- ½ cup grated tasty cheese

2 bacon rashers chopped (fat removed)

¾ cup pastry mix

1 tbsp chopped parsley

Pre-heat oven to 180°C.

Combine all ingredients in a bowl, making sure there are no lumps.

Then place in greased baking dish.

Bake for 30-40 minutes or until set in the middle.

 FROST FAMILY

TIP

When you add the pastry mix, use a fork to make sure it is mixed in well and there are no lumps.

If you don't want to use the cream just replace with another egg and extra milk.

Use as a base recipe and add other ingredients you may like, ie mushrooms and tomatoes, spinach and fetta.

Don't overcook, it is easy to dry it out.

This is a recipe my Nan used to make (although her name wasn't Mary?). It's quick and easy and can be made in a normal quiche dish, slice pan or as individual mini quiches. This makes it great for lunches with a small salad of carrot sticks and celery or cucumber.

whitsunday rice paper rolls

Makes 10 rolls

- 10 sheets rice paper

60g vermicelli rice noodles

200g cooked chicken, shredded

½ cup bean sprouts

½ red capsicum, chopped in thin long slices

2 lettuce leaves, chopped
- ½ carrot, chopped in thin long slices

3 tbsp chopped fresh mint leaves

2 tbsp chopped fresh coriander leaves

2 tbsp fresh lime juice

1 tbsp fish sauce

sweet chilli sauce

Combine chicken, bean sprouts, capsicum, lettuce, carrot, mint, coriander, lime juice and fish sauce in a large bowl.

Boil vermicelli rice noodles for 3 to 5 minutes, or until al dente, and drain. Rinse with cold water so they don't stick together.

Place 1 sheet of rice paper in a medium bowl of lukewarm water for 15 seconds or until just soft. Place on a clean tea towel or paper towel.

Arrange some of the chicken mixture and vermicelli rice noodles along the centre of rice paper. Fold ends in and roll up firmly to enclose filling. Repeat with remaining rice paper and filling.

Serve with sweet chilli sauce.

★ CAMERON MILLER - GRADE 5

TIP

You can use fish or prawns instead of chicken.

Whitsunday Rice Paper Rolls remind me of summer holidays spent with my family and friends.

They are a light, healthy meal that taste delicious and are fun to make.

zucchini & bacon buttons

Makes approx 30 mini muffin size

- 1 onion, finely diced

1 cup finely chopped bacon

2 cups coarsely grated zucchini

1 cup grated tasty cheese
- 1 cup self raising flour

5 eggs, lightly beaten

2 tbsp olive oil

Preheat oven to 180°C.

Grease mini muffin pans with cooking spray.

Heat 2 tsp oil in frying pan on medium heat, add onion and bacon and cook 4-5 minutes.

Transfer to mixing bowl.

Add grated zucchini, cheese, flour and olive oil to mixing bowl and combine.

Pour over eggs and mix thoroughly.

Spoon mixture into muffin trays and bake for 12-15 minutes or until cooked through.

Cool in pans for 5 minutes before turning out.

★ CLAYTON CONDON YEAR 6

TIP

These can also be served with a dollop of sour cream and topped with chopped tomato and fresh snipped chives.

A different take on zucchini slice. By making these in a mini muffin tin they are perfect for school lunch boxes or after school snacks. They disappear fast, hot or cold.

broccoli and bacon soup

Serves 6

- 750g broccoli, chopped

2 rashers bacon, chopped

4 cups chicken stock
- 1 cup evaporated milk

30g butter

1 onion, chopped

Place all ingredients in a saucepan, simmer for 20 minutes.

Puree in a food processor (or using a stick mixer) until smooth.

Return to saucepan.

Enjoy!

 HENRY COX AND FAMILY

TIP

Serve with crusty bread

Very easy and kids don't realise how healthy it is!!

cauliflower soup

Serves 4

- 50g butter

1 medium leek or onion chopped

1 clove garlic chopped

1kg cauliflower chopped rough

250g potato cubed
- 750ml vegetable stock

250ml milk

125ml cream

pinch nutmeg

parsley chopped

Melt butter, add leek, garlic, potato, cauliflower, nutmeg and salt& pepper.


Add stock, stir until mixed.

Add milk and gently bring to boil. Simmer gently cook until ingredients are soft.

Once cooked purée mixture. Return to heat. DO NOT BOIL.

Add cream.

Garnish with parsley and croutons.

 CATHY ASKEW

TIP

Serve with crusty bread.

Great easy winter soup.

chicken and sweet corn soup

Serves at least 6 people

- 25g butter

2 cloves garlic, crushed

1 large onion, chopped

4 mushrooms

2 large potatoes, chopped

2 chicken breast fillets, diced
- 3 cups of quality chicken stock

1 x 420g can creamed corn

1 x 420g can sweet corn kernels, rinsed and drained

1 ½ cups milk

1 tbsp corn flour - mixed with 2 extra tbsp of milk

In a large saucepan, heat butter, add garlic, onion and mushrooms. Cook, stirring over low heat for 5 minutes until onion is soft.

Add potatoes, chicken and chicken stock. Bring to boil, simmer covered for about 15 minutes or until potatoes and chicken are tender.

Stir in creamed corn, corn kernels, milk and cornflour blended with extra milk. Stir over heat until mixture boils and thickens slightly.

With a Bamix or hand held blender, blend until the chicken is shredded and the soup is fairly smooth.

Add salt and cracked black pepper to taste.

Garnish with chopped chives if desired.

 PATRICK ROSA'S FAMILY 4FM

TIP

If it seems to lack a little, add another can of creamed corn and plenty of cracked black pepper. Of course don't forget some lovely crusty bread for dipping!

This is such a yummy and easy soup to make. We first tasted this at our cousin's house in Victoria.

italian meatball soup

Serves 4

- 500g lean mince

1 small red onion, grated

2 garlic cloves, crushed

½ cup fresh white breadcrumbs

1/3 cup basil leaves, finely chopped

1/3 cup grated parmesan cheese

1 egg, lightly beaten
- 700g bottle tomato pasta sauce with basil

4 cups of chicken stock

½ cup of risoni pasta

2 zucchini, diced

150g green beans, trimmed, cut into thirds

1/3 cup grated parmesan cheese and crusty italian bread, to serve

Combine mince, onion, garlic, breadcrumbs, basil, parmesan and egg into a large bowl. Season with salt and pepper. Mix well. Roll tbsp of mixture into balls.

Put tomato sauce, stock and 2 cups water into large, deep saucepan. Cover. Bring to boil over high heat. Add meatballs. Return heat to gentle boil.

Reduce heat to medium-low and simmer, uncovered for 10 minutes. Add risoni and cook for a further 5 minutes. Add zucchini and beans. Cook for 5 minutes.

Ready to serve with extra parmesan for finishing.

 KELLIE MILLER

TIP

My kids like macaroni or fusilli instead of risoni. It's easier to make for more people - just add to ingredients as required.

A delicious soup on a cold night.

lentil spinach soup


Serves 4 (recipe can be doubled)

1 tbsp olive oil	1 litre chicken stock
1 large onion, chopped finely	1 bunch spinach, chopped
2 cloves garlic, crushed	juice of two lemons
1 ½ cups brown lentils	salt and pepper
3 potatoes, peeled and diced	

Cook first three ingredients in large stockpot (heavy bottom is best) until onion is clear.

Add next three ingredients and simmer for 25 minutes. Add spinach and lemon juice and simmer an additional 10-15 minutes.

Season with salt and pepper and serve.

 RHONDA PRING

TIP

Add homemade bread and you have a hearty meal.
Enjoy!

I love this recipe because it incorporates all of my favourite food features; healthy, simple, inexpensive, and consistently delicious! Additionally, most ingredients are available on hand (or visit Randall's garden!).

moroccan-style chickpea and chicken soup

Serves 4-6

1 tbsp olive oil	1 cinnamon stick
2 large chicken breasts	2 x 400g cans diced tomatoes in juice
1 brown onion	3 cups chicken stock
1 large carrot	2 x 300g chickpeas, rinsed and drained
1 tsp ground cumin	1 tsp paprika
1 tsp ground coriander	zest and juice of 1 lemon
½ tsp turmeric	½ - 1 tsp salt
½ tsp chilli flakes or powder	3-4 tbsp chopped fresh coriander

Heat the oil in a large frypan. Add the chicken breasts whole and cook over high heat for 2 minutes on each side until lightly browned. While they are cooking, peel then quarter and slice the onion and dice the carrot.

Coat the inside of the slow cooker with non-stick spray. Transfer the chicken to the slow cooker and turn it to LOW.

Add the vegetables to the frypan and cook for 3-5 minutes. Stir in the cumin, coriander, turmeric, chilli and the cinnamon stick and cook, stirring for about a minute.

Tip the vegetables into the slow cooker, along with the tomatoes, stock and chickpeas. Stir in the paprika, lemon zest and juice and salt. Cover and cook on LOW for 3-4 hours.

Remove the chicken breasts from the slow cooker and set aside until they are cool enough to handle, Shred the breasts.

Stir the shredded meat and most of the chopped coriander into the slow cooker and cook for another 15-30 minutes. Remove and discard the cinnamon stick.

 JULIE BROOKS

TIP

Serve with a little sour cream or natural yoghurt, chopped coriander and crusty bread or warmed flat bread.

A substantial and delicious meal, hearty and warming and cooked in a slow cooker! Recipe from my favourite Simon and Alison Holst Cookbook.

asian salad

Serves 4

½ wombock cabbage finely sliced
1 cup grated carrot
2 cups snow peas thinly sliced
¼ cup coriander roughly chopped
¼ cup mint finely chopped
changs fried rice noodles

Sauce:
juice from 2 limes / lemons
2 tbsp brown sugar
1 tbsp fish sauce
1 tbsp sesame oil

(adjust to your tasting)

Combine salad ingredients and toss.
Add noodles just before serving.
Mix sauce ingredients in a jar and pour over just before serving.
Enjoy!!

★ MRS KATH JACKMAN

This is a little twist to the wombok salad, with fresh produce it's a winner every time!

caitlyn and ethan's favourite tomato relish

Makes plenty for whole family

6lb (2.7 kg) tomatoes
2lb (0.9 kg) onions
½ cup salt
1½ lb (0.7kg) sugar
vinegar
2 tbsp curry powder
1 tbsp mustard

3 tbsp corn flour
1 tsp mace
1 tsp pepper
1 tsp ground cloves
1 tsp cinnamon
1 tsp nutmeg
1 tsp ground ginger

Skin tomatoes and onions, slice/dice them up into saucepan, add salt and leave to stand overnight.
Next morning pour off brine and almost cover tomato and onion pulp with vinegar. Bring to boil, then add sugar. Stir well. Mix curry powder, mustard and corn flour together into a smooth paste with a little vinegar and add to mixture, stirring all the time over low heat until it thickens. Boil gently for ½ to 1 hour until all cooked.
(May need to add extra corn flour/ vinegar if mixture not thick enough).
When finished cooking, add all the spices.
Stir well and pour into sterilized jars, seal when cool.
Will keep for a year.
ENJOY !!

★ CAITLYN 4RB AND ETHAN 2\3H MOORE

Caitlyn and Ethan love this yummy tomato relish that their Nanny Maureen makes for them. They often have it for afternoon tea on crackers with cheese or even at dinner time on some chicken or beef. Thanks Nanny Maureen!

lime chutney

Makes 4 cups

- 1½ cups fresh lime juice (about 11 limes)

1½ cups straight chopped lime peel (the rind and pith)

1 cup of white wine vinegar

1¾ cups of sugar

¼ cup of finely chopped ginger root

1 onion chopped

1 cup raisins
- 1 tsp coriander seeds

1 tsp of mustard seeds

1 tsp white peppercorns

3 whole cloves

½ tsp cinnamon

02 tsp cayenne pepper or to taste

2 tsp salt

Combine lime juice, peel, vinegar, ginger root and onions in a stainless steel pot. Cook until onions are tender.
Add raisins.

In a spice or coffee grinder grind the coriander, mustard seeds, peppercorns and cloves. Add this mixture, along with the sugar, cinnamon, cardamom, cayenne pepper and salt.

Bring the mixture to a boil over moderate heat, regularly stirring to make sure that the mixture does not burn on the bottom of the pot.

Simmer the mixture for about 50 minutes or until thickened.

Ladle the chutney into sterilised jars.

 JAMIE ROBERTSON

This recipe was given to me by good friend and former Kenyan resident, Ravi. Once upon a time this particular fruity delight was a favourite of the Maharajah of Mysore and now you too can savour the delights of one of the subcontinents culinary secrets.

minted chicken, noodle and lime salad

Serves 4 people

- 2 tbsp peanut oil

600g chicken mince

100g cellophane (mung bean) noodles

boiling water for soaking

230g can water chestnuts, drained and roughly chopped

2 small fresh red chillies, deseeded, finely chopped
- 3 green shallots, finely chopped

80 ml (1/3 cup) fresh lime juice

2 ½ tbsp fish sauce

½ cup shredded fresh mint leaves

1 small iceberg lettuce, leaves separated, trimmed, washed and dried

Heat the peanut oil in a large frying pan over medium heat. Add the chicken mince and cook, stirring constantly to separate the mince, for 4 - 5 minutes or until cooked. Spoon the chicken and pan juices into a heat-resistant bowl, cover and place in the fridge for 30 minutes, stirring occasionally, or until cool.

Meanwhile, place the noodles into a heat-resistant bowl, pour over boiling water to cover and set aside for 25 - 30 minutes or until tender. Drain.

Combine the cooled chicken, water chestnuts, chillies, green shallots, lime juice and fish sauce in a large bowl. Stir in the noodles and mint. Serve with the lettuce leaves.

 SIMON AND MELINDA KUNKLER - TEACHER AND PARENTS

TIP

Chill the salad for 1 - 2 hours for the flavours to develop before serving.

This is a simple and delicious meal for four. A light and healthy salad to share at a family gathering or barbeque with friends.

potato and sweet potato salad

Serves at least 8-10

- 1 ½ kg chat potatoes

1 ½ kg sweet potatoes

¼ cup sour cream

1/3 cup mayonnaise

2 tbsp dijon mustard
- 2 tbsp water

½ red onion, finely sliced

¼ cup flat leafed parsley

2 tbsp lemon thyme

Pre heat oven to 200°C.

Cut chat potatoes into quarters. Peel and chop sweet potatoes to a similar size.

Place on a baking tray, drizzle with olive oil, season with sea salt and cracked pepper and bake till golden.

Mix together sour cream, mayonnaise, dijon and water. Add this mixture to cooked and warm potatoes.

Finally add onion, parsley and lemon thyme.

 THE COOPERS

Yum! Think this is a Donna Hay recipe.

roast pumpkin rocket salad

Serves 6 - 8 as a generous side

- 1kg butternut pumpkin

4 cloves garlic unpeeled

1 tbsp olive oil

salt and pepper to taste

6 slices prosciutto

2 bunches asparagus, trimmed

200g baby rocket

½ cup shaved parmesan

1/3 cup pine nuts, toasted

200g snow peas, thinly sliced
- Dressing:

2 tbsp olive oil

2 tbsp red wine vinegar

2 tsp dijon mustard

1 tsp sugar

2 tsp chopped fresh thyme

Peel pumpkin, chop into 3cm pieces. Place in baking dish with garlic. Drizzle with oil; season with salt and pepper.

Cook in moderately hot oven 190°C for about 35 minutes, gently turning pumpkin pieces until tender and brown.

Cook prosciutto in a heated, greased pan until browned and crisp; drain on absorbent paper and roughly crumble.

DRESSING:

Combine all ingredients in a screw-top jar and shake well.

Boil, steam or microwave asparagus until tender. Rinse under cold water; drain well.

Gently toss warm pumpkin with prosciutto, asparagus, rocket, cheese, nuts and snow peas in a large bowl until combined; drizzle with dressing.

 INGRID RICHARDSON

TIP

Mesclun leaves work just as well.

Yummy [of course].... colourful [naturally].... easy [even better]

roast vegie salad

Serves 6

4 fresh baby beetroots
500g pumpkin
6 chat potatoes
250g baby spinach
½ cup shaved parmesan cheese
3 tbsp vegetable oil
2 tbsp lemon juice
3 tbsp oregano

Dressing:
3 tbsp olive oil
4 tbsp apple cider vinegar
2 tbsp seeded mustard

Preheat oven to 180°C.
Cut beetroot and potatoes in ½, and pumpkin into large chunks.
Mix vegetable oil, lemon and oregano in a large bowl. Add vegetables to mixture and coat. Place vegetables onto a tray lined with baking paper.
Cook for 20-30 minutes until tender and browned.
Scatter baby spinach on a large serving tray.
Mix olive oil, vinegar, and mustard in a shaker.
Arrange warm vegetables on spinach and drizzle dressing over the top and finish with shaved parmesan cheese.
Serve....Yummo!

★ REBECCA SCOTT

This is a delicious salad that can be accompanied with roasts or BBQ's, hot or cold. It looks and tastes spectacular. I first had it at a friends BBQ and she kindly gave me the recipe. Good recipes should be shared and where better than at a great aussie backyard BBQ.

roasted tomato, herb and feta salad

Serves 4

100g greek feta, crumbled
1 tbsp chopped oregano leaves
2 tbsp chopped basil leaves
ground black pepper
¼ cup extra virgin olive oil
8 large roma tomatoes, quartered lengthways
1 bunch rocket, washed and trimmed
150g kalamata olives sliced
baguette bread to serve

Preheat oven to 200°C. Line a large baking tray with foil.
Combine feta, oregano, basil, pepper and oil in a large mixing bowl. Add tomatoes and toss well to coat in oil mixture. Set aside for 15 minutes.
Place tomatoes cut-side up and mixture onto baking tray. Roast for 25-30 minutes or until tender. Remove from oven and set aside to cool slightly.
Arrange roasted tomatoes and feta mix, rocket and olives on serving plates.
Serve with sliced baguette.

★ JULIE BROOKS

Easy and delicious. Perfect for a BBQ

'leigh park' pumpkin damper

Makes one big damper

2 cups self raising flour
1 can campbells pumpkin soup
60g butter

extra butter to grease pan
milk to brush top

Heat oven to 180 degrees (or light fire to make coals)

Grease round cake tin.

Sift flour into bowl

Pour in Campbells Pumpkin Soup tin

Add butter

Mix with fork until sticky dough

Knead lightly on floured bench

Place dough into greased round cake tin

Brush with a little milk

Bake 10-15 minutes or until damper sounds hollow when tapped.

Best eaten warm with two inches of butter.

★ THE 5 SMITH'S

TIP

You can make any flavour you like really, with any flavoured can of soup. I have also added steamed pumpkin to this recipe.
Yummo

*Whilst travelling around Australia we camped in some remote places where fresh bread wasn't readily available.
We got quite good at whipping up a yummy damper on the campfire. There is nothing more satisfying than making something from scratch.
It's amazing how creative you can be with the ingredients.....make it sweet or savoury - or both!*

hot seafood dip

Serves a crowd

250g packet cream cheese (room temperature)
210g can crab meat
2 tbsp chopped shallots
½ tsp horseradish
1/3 cup slivered almonds

1 tbsp milk
½ tsp salt
1 tbsp lemon juice
dash of cayenne pepper

Combine all ingredients except almonds. Mix well. Garnish with almonds.

Warm in oven at 180°C for 20 minutes.

Can be heated in microwave on "slow cook" for 4 to 5 minutes or until hot.

★ KIM WILLIAMS - SCHOOL ADMIN MANAGER

TIP: Serve with crackers.

This recipe was given to me by a friend. Once you start on this dip you can't stop.

mexican layered dip

Serves 10-12 people

1st layer:
1 tin jalapeño bean dip

2nd layer:
2 mashed avocados
¼ cup sour cream
mix together

3rd layer:
1 cup sour cream
1 packet taco seasoning mix
1 tsp lemon juice
mix together

4th layer:
top with grated cheese, eschallots and chopped tomatoes

Place on a serving plate and serve with corn chips.

★ "WEIR" FAMILY

Very easy to make and tastes great!

native american indian fry bread

Serves 6

- 3 cups of plain flour

1 tbsp baking powder

½ tsp salt
- 1 ½ cups of warm water

oil for frying

Mix flour, salt and baking powder.

Add water to make bread dough consistency.

Knead until smooth. Let raise for 10 minutes.

Divide into 6 equal portions. Pat out into 6 inch circles.

Fry on both sides.

 AMANDA PRESTAGE

My Grandfather Harold White was abandoned as child. He was raised among some amazing and very influential Native American Indians on an Indian reservation in Oregon.

As a young girl, one of my favourite past times was spending summers in Oregon on the same Indian Reservation my Grandfather was raised. I loved swimming for hours in the warm springs with my family. When I got to visit my Grandparents, my Grandfather would share skills he had learned while on the reservation, tell incredible stories and make us all Native American Indian Fry Bread.

boston baked beans

Serves 4

- 2 cans (420g) red kidney beans

1 medium onion diced

1 clove garlic crushed

sprinkle chilli flakes (optional)

3 rashers bacon diced

1 tbsp oil
- ½ cup tomato paste

1 ½ cups chicken stock

1 ½ tsp worcestershire sauce

3 tsp brown sugar

3 tsp white vinegar

Fry onion, garlic, chilli and bacon in oil.

When onion is soft add sugar, vinegar and worcestershire sauce.

Sir Well.

Add tomato paste and chicken stock.

Bring to boil then reduce heat and simmer for 10 minutes.

Rinse beans and add to pan, simmer for another 5 minutes.

 QUINE FAMILY - JACK YR 1

TIP

Serve on hot buttered toast with a poached egg on top...so good.

Beautiful Sunday Breakfast. First made for us by friends when camping - you could say we weren't quite roughing it!

easy nachos (also known as poor man's nachos)

Serves 2 hungry people

about 100g original corn chips
about 1 cup of grated tasty cheese
sweet chilli sauce/ hot chilli sauce

Arrange the corn chips in a microwave safe bowl.

Mix through grated cheese by hand.

Add sweet chilli sauce or hot chilli sauce to personal taste.

Heat on high in the microwave for 2 or 2 ½ minutes, or until the cheese has melted.

For extra appeal, garnish with sliced spring onions to serve.

★ GARY FLETCHER

TIP

This is perfect for those with limited culinary skills. Enjoy.

*These probably taste best after a few beverages, prepared and eaten late in the evening.
Classified: non-healthy!!*

extra-tasty sausage rolls

Makes 36

1 tbsp olive oil	1 onion, peeled and grated	2 tbsp flat-leaf parsley, chopped
3 slices white bread, crusts removed, chopped		3 eggs
2 tbsp milk		3 sheets ready-rolled puff pastry
1kg sausage mince		1 tbsp poppy seeds
1 cup grated tasty cheese		tomato sauce, to serve

Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper.

Heat oil in a frying pan over medium heat. Add onion. Cook for 3 minutes, or until soft. Set aside to cool.

Place bread into a bowl. Pour over milk. Stand for 5 minutes. Combine onion, bread mixture, sausage mince, cheese, parsley, 2 eggs, and salt and pepper in a large bowl. Mix well. Beat remaining egg.

Cut pastry sheets in ½. Brush 1 long edge of 1 rectangle with beaten egg. Arrange filling in a sausage shape along opposite long edge. Roll up. Press to secure. Repeat with remaining pastry, egg and filling. Brush top of each roll with beaten egg. Sprinkle with poppy seeds.

Cut each roll into 6 smaller ones. Place onto prepared trays. Bake for 15 minutes, or until golden and puffed.

Serve with tomato sauce.

★ KIM WILLIAMS - SCHOOL ADMIN MANAGER

TIP

Kids love them.

This recipe comes from Super Food Ideas magazine.

pork and fennel sausage rolls

Makes heaps

- 1.2 kg pork mince

6 garlic cloves finely chopped

3 ½ tbsp fennel finely chopped

4 sprigs of thyme

150g brown onion, finely chopped

150g celery, finely chopped
- 150g carrot, finely chopped

40g dried bread crumbs

1 tbsp salt

3 tsp white pepper

1 pack puff pastry (6)

egg and milk (egg wash)

Cook garlic, fennel and thyme in a frying pan with a little olive oil for 30 seconds.

Add onion, celery, carrot and cook for a further 20 minutes.

Transfer to a mixing bowl and allow to cool.

Mix in bread crumbs, salt, pepper and pork mince.

Pre heat oven to 200°C.

Cut all puff pastry squares in ½ and evenly divide pork mixture down the middle and make a long sausage shape.

Use a pastry brush to egg wash along one length of each rectangle.

Encase sausage mixture with pastry and join both lengths.

Egg wash neat side of rolls and cut with a sharp knife every 5 cm.

Reduce oven to 190°C and place sausage rolls on tray and cook for 35-40 minutes.

★ THE COOPERS

TIP

Great served with chilli jam.

*These are great for grown up parties.
From The Bourke Street Bakery Cookbook.*

spicy lamb sausage rolls

Makes 36

- 3 sheets ready-rolled puff pastry

2 eggs

750g lamb mince

1 cup breadcrumbs

1 small onion, grated

1 tbsp soy sauce
- 2 tsp grated fresh ginger

2 tsp brown sugar

1 tsp ground coriander

½ tsp ground cumin

½ tsp sambal oelek

poppy or sesame seeds for decoration if desired

Preheat the oven to 200°C. Cut the pastry sheets in ½ and lightly brush the edges with some of the beaten egg.

Mix ½ the remaining egg with the remaining ingredients in a large bowl, then divide into 6 even portions.

Spoon the filling down the middle of each piece of pastry, then brush the edges with some of the egg.

Fold the pastry over the filling, overlapping the edges and placing the join underneath.

Brush the top of the rolls with more egg, then cut into 6 short pieces.

Cut 2 small slashes on top of each roll and sprinkle with poppy or sesame seeds.

Place on lightly greased baking trays and bake for 15 minutes, then reduce the oven temp to 180°C and bake for another 15 minutes, or until puffed and golden.

★ JOEL DIXON - YEAR 4

These are great for finger food at a party, they're a hit with both adults and kids.

mains



burlings beef - thai style salad

Serves 5 as a light meal

800g rump steak-thinly sliced across grain
1 tbsp olive oil
100g spinach leaves
1 red capsicum- seeded and sliced
1 ½ cups of bean sprouts
4 spring onions- sliced
½ cup coriander
2 tbsp mint- chopped
1 tsp garlic-chopped or minced

Dressing:
2 tbsp lime juice
1 tbsp fish sauce
1 tbsp soy sauce
1 red chilli- seeded and chopped (optional)

Mix sliced beef with garlic and stir fry

Keep warm

Mix all remaining ingredients in a bowl

Add beef

Pour on dressing and enjoy. :)

✱ LAURA AND JACK BURLING

TIP

EASY

This is a great summer salad dinner, easy and yum!

(It's not a Burling original..we just made a few small changes...generously shared by a friend curtesy of the contours 6 week challenge...thanks - you know who you are!!)

classic bolognese sauce

Serves 5 hungry Condons

- 1 tbsp olive oil

1 onion, peeled and chopped

2 cloves garlic, peeled and crushed

500g beef mince
- 250g tomato paste

400g can chopped tomatoes

1 cup beef stock

1 tsp mixed dried italian herbs

In a large saucepan heat oil, add onion and garlic and cook 2 minutes, add beef mince and cook until browned.

Stir in tomato paste and stir continuously for about a 1 minute.

Stir in beef stock, tinned tomatoes and mixed herbs. Bring to boil, reduce heat and simmer covered for 30 minutes stirring occasionally.

Serve over pasta. Top with grated or shaved parmesan.

 MOLLY CONDON - KINDY

TIP

Grated carrot or sliced mushrooms can be added with onion.

Substitute ¼ cup of the beef stock with red wine for a richer sauce.

Spaghetti bolognese is an all time favourite meal in the Condon house hold. It never fails to please. We love the versatility of this sauce and use it over all sorts of pastas and meats.

dinner on a stick

Serves 5

- 15 pre soaked bamboo skewers

600g rump steak (or chicken, pork, lamb)

200g button mushrooms
- 1 large red capsicum

soy and honey marinade

1 packet egg pasta noodles

Thread steak, mushrooms, capsicum onto skewers, (3 pieces of meat per skewer).Place into a large shallow dish and put marinade over ½ the skewers. Keep some separate for plain eating kids.

Heat a greased BBQ plate on medium. Cook skewers, turning, for 6-8 minutes for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Set aside to rest for 5 minutes.

Meanwhile, cook noodles in a large saucepan of boiling water, following packet directions until tender. Drain. Place on a plate as a nest.

Serve noodles with skewers on top.

 EMMA & ABBEY SPEERING, GRADE 4FM & 1M

TIP

Great with a side salad or salsa. Even add cucumber, avocado, tomato through the noodles if you like.

We love this recipe because we can use different meats and vegetables to create a different dinner. We love the beef skewers the best. Also we keep the kids skewers plain and then add marinade for the adults. Kids love to be able to pick their food up in their hands and eat the meat off the stick.

hedgehog meatballs

Serves 4

- 1 ½ tbsp olive oil

400g lean mince

1 zucchini, coarsely grated

1 carrot, peeled, coarsely grated

1 egg

150g (¾ cup) long grain rice
- 1 brown onion, finely chopped

2 garlic cloves, finely chopped

400g can diced tomatoes

420g can tomato soup

potatoes for mashing

fresh green beans

Preheat oven to 180°C. Brush a 3l (12 cup) capacity baking dish with 1 tsp oil. Mix mince, zucchini, carrot, egg and rice in a large bowl. Divide mixture evenly into 12 portions and roll each portion into a ball. Place into prepared dish. Bake for 15 minutes.

Meanwhile, heat remaining oil in a medium saucepan over medium heat. Cook the onion, stirring, for 3 minutes or until soft. Add the garlic. Cook, stirring, for 1 minute or until aromatic. Stir in the tomatoes and soup. Cook for 2 minutes or until heated through.

Pour tomato mixture over meatballs. Bake, turning the meatballs halfway through cooking, for 25 minutes or until cooked through.

Divide the mash and beans among serving plates. Top with meatballs and sauce.

 IAN MORRIS

TIP

Serve with mashed potato and green beans

A quick and easy family favourite, that reheats well!

oven baked spring rolls

Makes approx 20

- 1 tbsp oil

400g mince (chicken, pork or beef)

2 cups shredded wombok cabbage

2 grated carrots

fresh grated ginger to taste

1 clove garlic, crushed
- ½ bunch finely chopped shallots

3 tbsp soy sauce

2 tbsp shaoxing wine

1 packet frozen spring roll wrappers, defrosted

extra oil

Pre heat oven to 210°C. Line two baking trays with baking paper.

Heat oil in a deep pan. Add mince and cook, ensuring there are no large clumps.

Add cabbage, carrot, ginger, garlic and shallots, cooking until cabbage just is wilted. Add soy and wine.

Allow mix to cool slightly.

Place a spring roll wrapper with the corner facing you. Place approx 3

tbsp of the meat and vegetable mix onto a spring roll wrapper. Fold the corner over the filling. Fold over both of the sides and roll up tightly.

Place spring roll seam side down on the baking tray. (The mixture is quite wet and can tear the wrappers when wrapping - try to not over fill). Repeat

Spray spring rolls with oil and bake for 25 minutes, turning once.

 THE FURLONG FAMILY

TIP

You could decrease the amount of meat used and increase the vegetable content by adding mushrooms or grated zucchini. You could also add cooked vermicelli noodles.

Serve with a dipping sauce of sesame oil, soy sauce, honey and sweet chilli sauce

A tasty finger food or can be served with a salad to make a meal.

peanut beef stir fry

Serves 4

- 200g rice stick noodles

1 tbsp peanut oil

3 cloves garlic, crushed

2 tsp grated fresh ginger

550g beef mince

¼ cup ketjap manis
- 2 tbsp soy sauce

1 tbsp sweet chilli sauce

1 bunch baby bok choy, chopped

4 green onions, thinly sliced, diagonally

¼ cup finely chopped peanuts

Soak noodles in boiling water in a large heat proof bowl for 5 minutes, stirring to separate strands. Drain. Rinse under cold water. Drain.

Heat oil in a wok or large frying pan over high heat. Add garlic and ginger; stir-fry for 1 minute. Add mince; stir-fry, breaking up lumps, for 5 minutes or until browned.

Combine sauces in a small jug. Add a third of the sauce mixture to mince; stir-fry for 1 minute.

Add bok choy and green onion: stir-fry for 1 minute or until tender.

Add noodles to wok with remaining sauce mixture; stir-fry for 2 minutes or until heated.

Spoon into serving bowls. Serve sprinkled with nuts.

 LISA MORRIS

TIP

Once noodles have softened, drain well and drizzle with a little peanut oil to prevent sticking together. Ketjap manis is a thick, sweet soy sauce that can be found in the asian section of the supermarket.

A quick and easy family favourite!

porcupine meatballs

Serves as many as you like

- 500g lean mince

1 medium onion - chopped

¾ cup uncooked rice

420g tin tomato soup (look for preservative free)
- 420g tin filled with water

salt and pepper to taste


In a large bowl mix together the mince, onion and rice.

Form into small meatballs, as many as you like.

In a saucepan add the tomato soup and then fill the empty soup tin with water and add this to the saucepan.

Bring the soup mixture to a boil then simmer gently and add the meatballs one by one.

Close the lid and cook for approximately 1 hour.

 HOPTMAN FAMILY

TIP

Add basil or italian herbs for added flavour.

Enjoy with steamed vegetables.

This recipe is a pre-school favourite, given to us from Cherubs Pre-School in Gerringong. To this day it is enjoyed by my 7 year old and my 2 year old, and Mum and dad don't mind it either!

sausage rolls

Makes 100

- 10 sheets puff pastry

2kg sausage mince

1 cup bread crumbs

4 eggs
- ½ cup bbq sauce

1 large carrot grated

2 zucchinis grated

2 tsp dried oregano

Heat oven to 180°C

Line 3 large baking trays with non-stick baking paper.

Mix together sausage mince, breadcrumbs, 2 eggs, BBQ sauce, carrot, zucchini and oregano with your hands.

Beat with a folk the remaining 2 eggs in a separate bowl. (For brushing the pastry)

Place a sheet of pastry on a flat surface and cut horizontally into two.

Spoon some of the mixture along the centre of each piece of pastry.

Fold over a long side of pastry, brush with egg, then fold other side over to enclose to make a long sausage shape.

Use a sharp knife to make small slits along each roll (to prevent rolls from splitting) and brush with remaining eggs.

Carefully cut each roll into 5 and place rolls seam side down on a baking tray.

Repeat with remaining pastry and filling.

Bake for approx. 25-30 minutes or until golden and puffed.

Serve warm with tomato sauce.

 BELINDA LAIRD

TIP

Perfect for freezing.

These sausage rolls are a family favourite and a great idea for fussy eaters. These are also great for parties and BBQ's.

bacon & herb chicken rissoles

Serves 4

- 500g chicken mince

1 egg, lightly beaten

1 garlic clove crushed (or ½ an onion diced)

¾ cup fresh breadcrumbs

2 tbsp finely chopped chives
- 2 tbsp finely chopped fresh basil leaves

1/3 cup barbecue sauce

8 slices of shaved prosciutto

olive oil cooking spray

Preheat oven to 180°C.

Combine mince, egg, garlic, breadcrumbs, chives, basil and barbeque sauce.

Shape into eight rissoles and wrap in prosciutto.

Spray large non-stick pan with oil, cook rissoles in batches - transfer to oven and bake for further 8 - 10 minutes until cooked through.

 STOTT FAMILY

TIP

I always make enough to slice cold the next morning for school lunches.

This is a great, quick and easy dinner.

charli's favourite thai chicken pies

Serves 4, depending on the size of the pies you make

- 2 tbsp peanut oil

1 brown onion, finely chopped

1 clove garlic, crushed

10cm stick fresh lemongrass, finely chopped

2cm fresh ginger, grated

600g chicken thigh fillets, cut into 2cm pieces

1 tsp ground cumin

½ tsp ground turmeric

165ml light coconut milk
- 1 tbsp cornflour

¼ cup chicken stock

1 tbsp fish sauce

1 fresh kaffir lime leaf, finely shredded

1 fresh long red chilli, sliced thinly

¼ cup fresh coriander, coarsely chopped

shortcrust pastry

puff pastry

1 egg, lightly beaten

Heat oil in large frypan; cook onion, garlic, lemongrass and ginger, stirring until onion softens.

Add chicken; cook, stirring until browned.

Add spices; cook, stirring until fragrant.

Add coconut milk; bring to the boil.

Reduce head simmer uncovered for 10 minutes.

Add blended cornflour and stock; cook, stirring, until mixture boils and thickens; cool.

Stir in sauce, lime leaf, chilli and coriander.

Preheat oven to 200°C/180°C for fan forced. Grease four individual pie trays.

Line pie trays with shortcrust pastry and trim edges.

Divide chicken curry among pastry cases.

Top chicken mixture with puff pastry and trim to fit. Press edges together to seal pies. Brush tops with egg.

Cut a small slit in the top of each pie.

Bake for about 25 minutes. Stand pies in pan for 5 minutes before serving.

★ FIONA CROFT-TROLLOPE, MUM TO CHARLI-YR2 AND FINN-KINDER

TIP

Alternatively, make smaller pies using a muffin pan. (Recipe from Women's Weekly "Little Pies and Cakes")

These individual pies are a favourite in our house. We have them every couple of weeks and they get the same excited reaction everytime!

chicken dumplings in broth

Serves 4

- 250g chicken mince

1 garlic clove, chopped

1 tbsp chopped coriander

1 egg white

4 tbsp (1/3 cup) light soy sauce, with extra to serve

1l chicken stock

1 lemongrass stem

2½cm piece ginger, peeled, thinly sliced
- 2 small red chillies

2 star anise

2 tbsp lime juice

1 tsp sesame oil

1 tbsp fish sauce

chopped coriander leaves and green shallots

rice vermicelli

Place mince, garlic, coriander, egg white and 2 tbsp of soy sauce in a food processor and process to combine (don't over process, mixture should be a little coarse). Use damp hands to roll into walnut sized balls, then place in the fridge.

Place stock, lemongrass, ginger, chilli and star anise into a large pan with 2 cups of water. Bring to the boil, reduce heat to medium and simmer for 5 minutes.

Cook dumplings in a steamer in a separate saucepan over a little simmering stock for 10 minutes.

Meanwhile add rice vermicelli to the stock and then add dumplings to the stock with the lime juice, remaining soy, sesame oil and fish sauce.

Divide among 4 serving bowls. Garnish with coriander and chopped green shallots.

★ ANGUS MASSIE- YEAR 5

TIP

Use home made chicken stock, still tastes good without the chilli or fish sauce. Add bok choy or other asian type vegetables. Serve with extra soy. We often use 1kg of chicken mince and vary the other ingredients accordingly.

Adapted from Valli Little's recipe in Delicious magazine Feb 2005. I can't believe we have been eating this for 6 years!!A wonderfully easy and warming winter meal and even children who only like plain food (we have one in our family) love this dish.

chicken panang curry

Serves 4 people

- 1 kg chicken breast or thigh fillets

2 tbsp panang curry paste

1 can coconut milk

1 can coconut cream

2 tbsp grated palm sugar

2 tbsp fish sauce
- 3 fresh kaffir lime leaves, torn

2 tbsp peanut oil

1 red capsicum, sliced

½ cup fresh basil leaves

½ cup unsalted peanuts

Place coconut milk, coconut cream, paste, sugar, lime leaves and sauce in a pan, bring to a gentle boil. Reduce heat, simmer, stirring for about 15 minutes.

Cut chicken into stir fry sized pieces. Heat oil in a wok, cooking chicken in batches until lightly browned. Place chicken in a foil parcel for 5 minutes.

Add capsicum, peanuts, drained chicken and ½ of the basil to the curry sauce mixture. Cook for 5 minutes or until cooked through.

Sprinkle with remaining basil and serve with steamed jasmine rice.

 JAN BARR

I love cooking and eating Thai food. This recipe is always requested by Kate's old high school friends when they come for dinner. Kate is living in London but the 'babes' still come to my place for this curry!

grain & gluten free peanut chicken

Serves 4 to 6 people

- Peanut sauce

½ cup unsalted and unsweetened peanut butter (sanitarium smooth)

2 tbsp rice vinegar

2 tbsp honey (natural, raw)

¼ tsp salt

¼ tsp black pepper

1/3 cup tomato paste

½ cup water
- Chicken and vegetables

2 tbsp olive oil

2 garlic cloves

½ spanish onion

2 carrots - grated

2 small tomatoes thinly sliced

1 zucchini - grated

500g chicken breast - thinly sliced in strips

Sauce:

Combine all the ingredients in a small pot and cook over low/medium heat on stove top until the sauce is blended smoothly and begins to bubble.

Then set aside.

Chicken and Vegetables:

Heat olive oil and garlic in fry pan or wok over high heat.

Add onion, grated carrot, grated zucchini and tomato. Sauté on low/medium heat until soft or up to 5 minutes.

Add the meat and briefly stir fry and add the heated sauce.

Stir in together and simmer for 5 minutes, or until the chicken is cooked and tender.

Serve with broccoli and beans and/or with rice.

 HOPTMAN FAMILY

TIP

If your children like vegetables, you may add any variety you like, just keep them thinly sliced or grated for a quicker cooking time.

A yummy and nutritious main meal for the whole family and especially those children and adults with gluten intolerance. This recipe is very quick to cook and contains simple fresh ingredients. To top it off, it tastes great! (Recipe is from Grain-Free Gourmet by Jodi Bager and Jenny Lass)

jorja's chicken fettuccine

Serves 5

- packet fettuccine pasta

bbq chicken (shredded)

3 rashers of bacon (sliced)

1 clove garlic
- 6 shallots or 1 onion (whatever you prefer)

1 can light'n'creamy evaporated milk

a handful of snow peas

tin of baby corn cuts

Cook the fettuccine to the packet instructions.


Fry off the garlic and shallots/onions in some oil in a wok.

Add in the bacon, and fry.

Pour in the evaporated milk and stir through.

Add in the chicken and snow peas and baby corn cuts to heat through.

Add the cooked fettuccine to the wok to coat the pasta with the sauce.

 JORJA COX - KINDERGARTEN

TIP

Serve with garlic bread.

This is Jorja's favourite dinner mainly because of the bacon!

kev's special chicken

Serves four people

- 1 tbsp olive oil

5 tbsp oyster sauce

2 tbsp fish sauce

1 tbsp soy sauce
- 3 tbsp honey

2 tbsp brown sugar

12 or so chicken drumsticks

2 cups jasmine rice

Heat frying pan and add olive oil. Cook chicken until golden brown. Remove chicken from frying pan and put aside.

In the same pan that the chicken was cooked in, add the rest of the ingredients except the rice. Stir and simmer until you have a sticky sauce.

Return the drumsticks to this sauce in the frying pan until the chicken is warmed through.

Serve on a bed of jasmine rice.

RICE:

Bring a large saucepan of water to the boil. Add a pinch of salt. When boiling add two cups of jasmine rice and boil until cooked. Drain and rinse thoroughly with boiling in a colander.

 PATRICK ROSA'S FAMILY 4FM

TIP

We generally have steamed fresh green beans with this dish. Broccoli and snow peas would also be nice. Just be careful of the stampede to the dinner table.

This recipe was tweaked in our kitchen until it was just right. Lachlan then wrote the actual measurements down for us, so we don't have to keep guessing! The plates are almost licked clean when this appears at dinner time.

oliver's chicken noodle stir-fry

Serves 4

- 375g chicken stock

125g rice vermicelli noodles

2 tbsp oil

1 onion, sliced

500g chicken, thinly sliced

2 carrots, cut into thin sticks
- 200g snow peas, trimmed and halved

2 tsp curry powder

2 tbsp soy sauce

4 green onions sliced

¼ cup unsalted roasted cashews

Pour stock into a small saucepan and bring to the boil. Remove from heat. Add noodles, toss, cover and let soak.

Heat 1 tbsp oil in pan. Cook chicken until golden. Remove and set aside.

Heat remaining oil. Add onion , cook 2 minutes. Add carrots, snow peas and curry. Cook 2 minutes.

Add chicken, soy sauce, green onions, noodles and stock. Stir-fry 2 minutes. Stir through cashews.

 OLIVER WILBRAHAM- YEAR 4

This is a great recipe for busy families because it's so easy that the kids can help make it! Oliver has made this healthy stir-fry many times for our family and it is always popular. Just don't let Mum put too much curry in!

pq's lemon chicken

Serves 4-6 people

- 1kg of chicken thighs

½ cup plain flour

½ tsp paprika

pinch salt and pepper

60g butter
- sauce:

juice of two lemons

½ cup olive oil

2 tbsp soy sauce

2-3 garlic cloves crushed

Pre-heat oven to 180°C.

Trim excess fat from chicken.

In a plastic bag combine flour, paprika, salt and pepper. Place chicken in bag and coat well.

Melt butter and then brush onto chicken, till covered. Place chicken onto large baking tray.

Cook in oven for approx 30 minutes or until chicken is lightly browned. Combine sauce mixture, pour over chicken, return to oven for another 30 minutes, basting every 10 minutes with sauce.

Serve on steamed rice with freshly steamed vegetable.

Enjoy!

 QUINE FAMILY - JACK YEAR 1

TIP

There is no excuse not to make this dish, as every 2nd house in Gerringong has a lemon tree out the back.

"Puts hairs on your chest!"

soya and ginger chicken

Serves 4 people

- 2 large chicken fillets

1 ½ tbsp fresh ginger

1 cup chinese cooking wine (or dry sherry)

½ cup ketjap manis or soya sauce
- 3-4 star anise

2 cinnamon sticks


2 tbsp brown sugar

Place fillets in a bowl and add all of the above ingredients, marinade for an hour. Arrange even sized fillets in a warmed pan, pour over the marinade and cook approx 4 minutes each side on medium heat (or until cooked to your liking).

Rest chicken in foil parcel for 5 minutes.

While chicken is resting, turn off pan heat and let remaining sauce caramelise.

Serve with rice or couscous or a simple salad or vegetables.

 JAN BARR

TIP

Experiment with the amount of ketjap manis, cooking wine and brown sugar if you prefer a lot of sauce.

A family favourite for Nathan and Kate.

thai-style chicken curry

Serves 4 (moderate servings)

- 1 tbsp red curry paste

550g chicken thigh fillets sliced

1 cup coconut milk

1 tbsp fish sauce
- 1 onion, sliced

1 bunch bok choy, sliced

1 tbsp basil leaves, shredded

Heat oil in a large pan, stir-fry curry paste until fragrant.

Add chicken.

Stir-fry in batches, until lightly browned.


Return chicken to pan with coconut milk, fish sauce, onion.

Simmer uncovered about 5 minutes or until chicken is tender.

Add Bok Choy and simmer until just wilted.

Add shredded basil.

Service with rice

 HUGH RAINNIE - YEAR 4

TIP

Curry paste can be altered to your families taste. Be assured that there are no heroes in this household it is a very mild recipe.

A family favourite. Quick and Easy. Tasty. Spice (heat) is easily adjustable.

tomato and coconut chicken curry

Serves 4-5

- 2 tbsp oil

2 onions chopped

3 cloves garlic crushed

1 tbsp red curry paste

1 tbsp tomato paste

500g chicken pieces (thighs or breast)
- 400ml coconut milk

500g tinned tomatoes

2 tbsp fish sauce

½ bunch coriander chopped

1 tbsp brown sugar

In a large heavy based saucepan, heat oil and sauté onion and garlic till tender.

Blend in curry and tomato paste-cook a few minutes.

Add chicken, cook stirring for a few minutes till well coated and almost cooked.

Blend in coconut milk, bring to boil, reduce heat and simmer for 10- 15 minutes.

Stir in tomatoes, fish sauce, coriander and sugar.

 LAURA AND JACK BURLING

TIP

Top with coriander, serve with rice and salad.

This is a recipe handed down from our grandmother. It's a mild curry that our family loves to cook together.

ps..it tastes even better the next day...and Mum loves it cold!

fish pita wrap with lime herb salsa

Serves 4

- 2 limes, peeled and finely diced

2 green chillies, sliced

8 sprigs mint leaves, finely chopped

½ bunch coriander leaves, finely chopped

5 sprigs dill leaves, finely chopped

4 spring onions, finely sliced

6 tbsp extra virgin olive oil

½ tsp flaked sea salt
- 4 large flat-head fillets, cut in ½ lengthways

60g plain flour

2 tsp ground coriander

1 tsp chilli powder

1 avocado, peeled and sliced

4 tbsp plain yoghurt

8 small pita breads

For Salsa:

Combine lime, chilli, herbs, onion, 4 tbsp olive oil and ½ tsp salt in a bowl, and let it sit for 5 minutes.

Dust fish with flour, spices and 1 tsp salt.

Heat 2 tbsp of olive oil over high heat and cook fish for about 2 minutes each side, until golden.

To serve, spread yoghurt on each pita, add avocado, top with fish and spoon salsa over.

Accompany with lime wedges.

 NEIL AND CHRIS PROUDFOOT - FORMER TEACHERS, PRINCIPAL AND BUS DRIVER.

TIP

This salsa is beautiful with any seafood, especially prawns.

This is a fantastic recipe. Even nicer when you catch the flat-head yourself in our local waters.

fragrant fish curry

Serves 4-6

- 1 tbsp vegetable oil

2 tbsp thai green curry paste

2 kaffir lime leaves

60ml lime juice

1 tbsp grated palm sugar

375ml coconut milk

2 tsp fish sauce
- 500g firm fish fillets cut into bite-size pieces

200g calamari rings

150g large raw prawns, peeled

15g fresh, chopped coriander

2 tbsp chopped fresh basil

150g bamboo shoots

Heat oil in a large pan, add curry paste and cook over medium heat for 2-3 minutes. Add the kaffir lime leaves, juice, palm sugar and coconut milk.

Bring to the boil, reduce the heat and simmer for 2-3 minutes. Season with the fish sauce.

Add fish fillets and cook for 3 minutes. Add the calamari and the prawns and cook for a further 3-4 minutes or until tender.

Add the coriander, basil and bamboo shoots. Stir well to combine and serve immediately with rice or on a bed of noodles.

 MRS FULLAGAR

We are lucky to have such wonderful fresh seafood available for us which is why I love this recipe. It is easy to cook, doesn't take much time and is DELICIOUS.

salmon curry quiche

Serves 6 people

- 1 sheet ready-rolled shortcrust* pastry

filling:

210g can pink salmon, drained

3 eggs

200g carton natural yoghurt
- ½ cup milk

2 tsp curry powder

6 shallots, chopped

1 cup grated tasty cheese


salt (optional) and pepper

Line an 18cm quiche dish with pastry.

Filling:

Remove any skin and bones from salmon and discard. Flake salmon into a bowl. Add eggs, yoghurt, milk, curry powder, shallots and cheese.

Season with salt and pepper and pour into pastry shell. Bake in a moderately hot oven (190°C) for 40 to 45 minutes or until firm in centre. Serve warm or cold with salad.

 MEGAN HUNT - YEAR 4

TIP

*Recipe says shortcrust pastry, but I prefer puff pastry. This dish is just as nice cold the next day.

Quick and easy to make. Kids will come back for more.

creamy pumpkin and bacon penne

Serves 4

- 375g penne

500g butternut pumpkin

1 small onion, finely chopped
- 6 shortcut bacon rashers

300ml light cream

75g baby spinach leaves

Peel pumpkin, remove seeds, then cut into 3cm cubes. Boil or steam pumpkin until tender, then drain.

Boil pasta in a large pan of boiling water until el dente, then drain and return to same pan.

Sauté onions in a heated greased frying pan until softened.

Cut bacon into strips and add to pan. Cook, stirring until bacon is crispy.

Add pumpkin cubes to frying pan, stir over heat for a further minute, the add cream and heat through.

Add pumpkin mixture and spinach leaves to pasta, stirring over heat until combined.

 COOPER AND TYNAN ROBERTS FAMILY

TIP

Serve with freshly ground black pepper.

Quick and easy.

fettuccine with creamy mushroom and bean sauce

Serves 4

- 2/3 cup (100g) pine nuts

280g fettuccine

250g green beans

2 tbsp oil

1 onion, chopped

2 cloves garlic, crushed

250g mushrooms, thinly sliced

300ml cream

½ cup (125ml) vegetable stock

1 egg

3 tbsp chopped fresh basil

¼ cup (40g) sun-dried tomatoes, cut into thin strips

salt and freshly ground black pepper

50g parmesan cheese, shaved

Place the pine nuts in a small pan. Stir over medium heat until golden. Set aside.

Add the fettuccine to a large saucepan of boiling water and cook until tender. Drain and keep warm.

Trim the tops and tails of beans and cut the beans into long thin strips. Heat the oil in a large heavy-based frying pan. Add the onion and garlic and cook over medium heat for 3 minutes or until softened. Add the mushrooms and cook, stirring, for 1 minute. Add the cream and stock. Bring to the boil, reduce heat and simmer for 10 minutes.

Lightly beat the egg in a small bowl. Stirring constantly, add a little cooking liquid. Pour the mixture slowly into the pan, stirring constantly for 30 seconds. Keep the heat low- if the mixture boils it will curdle. Add the beans, basil, pine nuts and tomatoes and stir until heated through.

Season to taste, with salt and pepper.

Divide the pasta between warmed serving plates and spoon the sauce over the top. Garnish with shavings of Parmesan cheese.

 JENNY BYRNE

TIP

When buying beans ensure that they are crisp and bright. A stovetop non-stick wok is ideal for this recipe.

This pasta dish is a delicious vegetarian meal that can be served for lunch or as a light dinner. It is an easy recipe that has been popular and enjoyed by my family over the years.

Preparation time: 20 minutes. Total cooking time: 20 minutes.

This recipe comes from my favourite Vegetarian Cookbook - The Essential Cookbook series.

jambalaya risotto

Serves four people

- 30 g butter or oil

2 cloves of garlic, chopped

1 small onion, diced

½ green capsicum, finely diced

½ red capsicum, finely diced

2 tsp cajun spice

2 chicken thigh fillets, cubed

½ cup smoked ham, cubed

1 ½ cups arborio rice
- 1 cup tomato juice

4-5 cups hot water or light chicken stock, kept simmering on stove

extra butter (optional)

salt and pepper to taste

8 large raw prawns, shelled

extra cajun spice

chopped parsley for garnish

3-4 lemon wedges


In a large deep frying pan or saucepan, melt butter add garlic, onion, capsicum, celery, cajun spice, chicken and ham. Cook over high heat until vegetables and chicken are browned.

Add rice and cook a little longer, stirring to coat the rice well.

Stir in tomato juice, then add hot water (or stock) a little at a time until the rice is just covered, stirring often. Keep liquid bubbling, and when each batch of liquid has almost evaporated, add some more stock to the rice. Continue stirring.

After about 20 minutes, the rice should be just tender, not gluggy. Stir in extra butter and season to taste. Allow to stand for 5 minutes.

Toss the prawns in extra cajun spice and sear in a hot pan in a little oil until cooked. Arrange prawns over risotto and sprinkle with chopped parsley. Serve with lemon wedges.

 TOMMY KNOX - KINDY; KNOX FAMILY

TIP

Sometimes if we are preferring more of a seafood dish we will not include the chicken and ham and instead add more prawns, white firm fish (cut into bite size pieces) , squid and scallops. Therefore, it becomes more of a marinara. Remember you need to sear all these ingredients in a hot pan before adding it to the Risotto.

We love this recipe because it has lots of fresh and tasty ingredients with a hint of spice (but up to you how much spice you would like).

pappardelle with smoked salmon and avocado

Serves 2 people

- pappardelle (or linguine) for 2

1 tbsp butter

1 ½ tsp chicken stock powder

1 shallot, chopped

½ cup white wine
- 300ml thickened cream

1 avocado, chopped

4-6 slices smoked salmon, chopped

1/3 cup roasted pine nuts

cracked pepper

Cook pasta according to directions.

While pasta is cooking, melt butter in a pan, add powdered stock, stir, then add shallots and gently sauté.

Add wine and cook gently for 5 minutes or until wine has reduced slightly. Pour in cream, stirring for 2 minutes.

Add salmon, avocado and pine nuts, stirring until mixed through.

Combine the sauce mixture with the cooked pappardelle.

Season with cracked pepper.

 JAN BARR

TIP

Cream may be thickened with cornflour if desired.
Can be spiced up with fresh chilli or sweet chilli sauce.

I had this meal with Mrs Brooks and Mrs Murray in a Sydney restaurant. It was so delicious I decided to see if I could cook it myself - I think it's pretty close!

roast pumpkin lasagne

Serves 6-8

- 300g packet fresh lasagne sheets

Pumpkin filling:
1kg peeled pumpkin pieces cut into 2cm squares
2 cloves garlic, unpeeled
2 red onions, halved lengthwise
2 tbsp olive oil
2 tbsp roughly chopped sage leaves
250g punnet cherry tomatoes
80g (1 cup) finely grated parmesan
- Ricotta filling:
800g fresh ricotta
2 ½ tbsp plain flour
400ml pouring cream
3 eggs
20g (¼ cup) finely grated parmesan

To make roast pumpkin filling, preheat oven to 200°C. Place pumpkin in a roasting pan with the garlic and onions. Drizzle with olive oil, season with salt and pepper, then, using your hands, toss to combine. Roast for 30 minutes, then add sage and cherry tomatoes, using tongs to combine. Roast for another 30 minutes or until browned and tender. Transfer pumpkin mixture to a bowl. Squeeze the pulp from the garlic into the bowl and using a potato masher, coarsely crush pumpkin and tomatoes. Stir in ¼ cup of parmesan then cool for 15 minutes.

To make ricotta filling, whizz ricotta, flour, cream, eggs, ¼ cup of parmesan and 1 tsp salt in a food processor until well combined.

Cook lasagne sheets, in 4 batches in a large pan of boiling water for 20 seconds. Remove with tongs and cool in iced water then drain. Stack pasta in single layers between sheets of plastic wrap- this will prevent them from drying out.

Preheat oven to 180°C. Grease a 20cm x 30cm oven proof dish. Cover the base of the dish with pasta sheets, slightly overlapping. Spread one third of the pumpkin mixture in the dish, top with one third of the ricotta mixture, then scatter ¼ cup grated parmesan. Repeat twice more with remaining pasta, pumpkin mixture, ricotta and parmesan.

Bake for 45 minutes or until golden.

★ LANA, ELIZA AND BLAKE METCALFE

This yummy recipe is from the Masterchef Kids Cookbook.

dhal

Serves 4

- 2- 4 serrano or mild chillies
1 tsp garam masala
½ cup red lentils
½ cup channa dhal (yellow lentils)
1 medium onion, chopped
¾ tsp tumeric
¾ tsp cayenne pepper

1 tbsp cumin seeds
¼ bunch coriander, finely chopped
2 tomatoes, diced
2 cloves garlic
1 thumb sized piece of ginger
½ tsp salt
chopped coriander and lime wedges to serve

Rinse lentils well until water runs clear.

Boil lentils with ½ tsp cayenne pepper, ½ tsp tumeric and ½ tsp salt in about 3 cups of water (You can add more water if you want it to be more soupy). Turn down the heat once it begins to boil.

You will need to boil gently for about 30 minutes, stirring occasionally.

Coarsely chop onion and finely chop ginger and chilli.

In a separate saucepan, fry cumin, onions, ginger and chillies in oil for about 2 minutes.

Finely chop garlic and add to mix as well as remaining cayenne and tumeric.

Fry until onions start to brown.

Finely chop the coriander and add about ½ of it.

Fry for about a minute then add the diced tomato.

Fry for 2 more minutes and then add the fried onion mixture to the boiled dhal.

Finally add the garam masala and simmer for 5 - 10 minutes.

Serve into bowls and top with chopped coriander and fresh lime juice.

★ THE PRESLAND FAMILY

TIP

Serve with chapatis and steamed basmati rice. Enjoy!

It is a meal that everyone loves and always asks for the recipe. It is also healthy and nutritious. Perfect dish anytime of the year!

falafel

Makes 10 small or 4-5 large patties

- 400g tin chickpeas, drained and rinsed

½ small onion (optional)

1 garlic clove, crushed

small handful each of flat leaf parsley and coriander, chopped
- 1 tsp each of ground cumin and ground coriander

½ tsp cinnamon

2 tbsp wholemeal flour, plus extra to dust

200ml sunflower oil for frying

Put chickpeas, onion, garlic, herbs, spices and flour in a food processor and whiz until smooth. Flour your hands and shape the mix into balls.

Refrigerate balls for 30 minutes.

Heat oil over medium heat in a fry pan. Fry small falafel for approximately 2 to 3 minutes each side until golden brown. Fry larger falafel for longer.

Drain on a paper towel.

 THE FURLONG FAMILY

TIP

Serve with hummus or make a falafel burger.

*A tasty alternative to a meaty meal!
Adapted from a Delicious Magazine recipe.*

mouth watering mceachern veggie sausage rolls

Serves 4 people

- 2 sheets puff pastry

3 eggs

¼ cup blended walnuts

1 cup diced onion

1 cup tasty cheese
- 1 cup fresh breadcrumbs

½ cup rolled oats

1 tbsp milk

1 tbsp soy sauce

Blend all together and roll in puff pastry. Cut into desired portion sizes.

Bake at 220°C (hot oven) for 10 minutes or until pastry is puffed and golden.

 MCEACHERN FAMILY

TIP

Enjoy with sauce!

Tastes just like 'old school' sausage rolls but are sneakily healthy as well as being quick and easy! We make a double batch as there are always calls for more..

simple dhal with coconut rice

Serves 4

- 1 cup red lentils, rinsed

1 inch piece fresh ginger, diced

olive oil

½ red onion, finely chopped

2 garlic cloves, crushed

2 tsp tumeric

1 tsp cumin

1 tsp ground coriander
- ½ tsp garam masala

juice from 1 lime

½-1 tsp salt

¾ cup coconut cream

2 ¼ cups water

cooked basmati rice soaked in ¼ cup coconut cream

Sauté the ginger, red onion and garlic in a generous amount of olive oil

Add the spices until fragrant

Add remaining ingredients, bring to a boil, turn down and simmer for 30 minutes until lentils are soft

 THE WERFEL FAMILY

TIP

Serve on rice, garnish with cashews and coriander.

Add chilli and serve with pappadams if you like.

Great quick winter warmer healthy meal. The good thing about this meal is most of the ingredients can be pantry staples, so when I am at a loss as to what to cook I don't have to put much thought into this one.

vegetable quiche

Serves 6-8

- ½ onion, chopped

1 large carrot, diced

1 large zucchini, diced

½ cauliflower, chopped

½ broccoli, chopped

1 tbsp olive oil

1 tsp garlic
- 1 piece shortcrust pastry

1 cup grated cheese

2 tomatoes, slices

3 eggs

1 carton fresh cream

shallots, diced

Preheat oven to 180°C.

Sauté onion and garlic in olive oil.

Add diced carrot, zucchini, cauliflower and broccoli. Sauté until vegetables are tender.

Place pastry in quiche base.

Beat eggs and cream together.

Place vegetables in base, then pour mixture over the top.

Place grated cheese on top and then layer tomato and scattered shallots on top.

Bake for 30-40 minutes or until mixture has set.

 REBECCA SCOTT

TIP

For a reduced fat option you could use light evaporated milk instead of the cream.

A friend gave me this recipe when I worked for her as a teenager. I have made it ever since and it has always been a hit with family and friends.

zucchini fritters

Makes about 16

- 2 zucchinis, grated

½ cup frozen peas

½ cup grated tasty cheese
- 1/3 cup plain flour, sifted

2 eggs lightly beaten


1 tbsp vegetable oil

Combine all ingredients in a bowl.

Heat oil in fry pan.

Cook tablespoonfuls of mixture for 2-3 minutes each side until brown.

Drain on paper towel.

 THE 5 SMITH'S

TIP

Yummy as a snack or a side dish.

For the love of Zucchini - we have many zucchini lovers in our family - we love to grow it and we love to eat it.

layered garden salad

Makes about 12

- ½ lettuce

250g (2 cups) frozen peas

2 hard boiled eggs

250g mushrooms

125g tasty cheese

1 cup mayonnaise

2 tbsp sour cream
- 2 tsp french mustard

1 tbsp lemon juice

6 shallots

1 tomato

4 rashers bacon

2 tbsp chopped parsley


Shred lettuce coarsely, place in glass bowl, sprinkle uncooked frozen peas over lettuce. Cut up eggs finely and combine with thinly sliced mushrooms and spread over peas. Top with grated cheese.

Combine mayonnaise, sour cream, mustard, lemon juice, shallots and pour over cheese.

Cover, refrigerate several hours or overnight.

Chop bacon finely, fry in pan until crisp, drain.

Top with tomato wedges, bacon and parsley just before serving.

 THE HUNT FAMILY

TIP

Enjoy as a side dish at your next BBQ.

If you are looking for something a little different for the family BBQ, try this salad. Made the day before, it is delicious and looks great!

sabnam's curry puffs

Serves 6 people

- 1 potato

1 carrot

½ cup frozen peas

½ cup frozen beans

puff pastry
- 1 tsp curry powder

¼ tsp cumin seeds

¼ tsp mustard seeds

oil for frying

Peel potato and carrot and cut in pieces. Cook with peas and beans until soft. Drain and leave to cool.

Fry curry, cumin and mustard seeds in oil and add the cooked vegetables. Slightly mash with a fork.

Cut puff pastry in triangles, add a tbsp of vegetable filling on each triangle, fold over and seal.

Cook in mod/hot oven for 20-30 minutes or until golden brown.

 SABNAM YOULL

TIP

Serve with a mango chutney, satay sauce or sweet chilli sauce.

This is a recipe from my homeland Fiji.

desserts



celebration cheesecake (white chocolate cheesecake)

Serves 8 but maybe more if you cut it thinly as it is very rich!

- 100g (3 ½ oz) plain sweet biscuits

50g (1 ¾ oz) butter, melted

250ml (1 cup) cream

250g (9 oz) cream cheese
- 250g (9 oz) mascarpone cheese

125g (½ cup) caster sugar

500g (1 lb 2 oz) white chocolate, melted so it is smooth, runny and velvety

Cut a disc of paper to line the base of your 20cm (8 inch) springform tin.

Process biscuits in a food processor until they look like breadcrumbs.

Add melted butter, process briefly, then tip into tin.

Press biscuit mixture into base of tin firmly, then put tin in the fridge until you need it.

Using electric beaters, whisk cream, cream cheese, mascarpone, sugar and chocolate together until smooth.

Pour this mixture over the biscuit base and put the cheesecake back into the fridge for at least 3 hours or overnight.

★ THE FLANAGAN FAMILY & THEIR 3 FS!

TIP

You can serve this very creamy, chocolatey, indulgent cheesecake with fruit of choice or let your imagination run wild. Simply though, it is lovely on its own. Enjoy!

This is a Bill Granger recipe from his "Bills" cookbook but you can tweak it yourself to make it more your own. I make this cake for special people, birthdays or occasions - things worth celebrating! It was a great compliment to be requested to submit this for our schools' cookbook after making it for a treasured friends' 50th! When I make this cake it brings back lots of memories and emotions for me, as it reminds me of my dear brother-in-law who died of cancer when he was 30. His Mum always made him a cheesecake for his birthday and he would thoroughly enjoy every mouthful! So making this cake also helps me remember that life is definitely worth celebrating...

gluten free chocolate mousse

Serves 4-6 people

600g cadbury milk chocolate
60g butter, softened
6 eggs, separated

600ml thickened cream, whipped softly
extra whipped cream for serving

Melt the 600g chocolate in a medium heat proof bowl over a medium pan of simmering water.

Add 60g butter and stir until butter is melted.

Remove from heat.

Fold in 6 egg yolks and lightly stir until combined.

Set aside.

Whip 6 eggs whites until peaks form.

Whip 600ml thickened cream until peaks form.

Fold the egg whites and whipped cream alternately into the chocolate mixture a little at a time.

Place mixture into a medium sized glass bowl or individual glass dishes.

Refrigerate overnight.

Decorate before serving with extra whipped cream, crumbled cadbury flake and sliced strawberries.

 JAMIE REAY - YEAR 6

TIP

Best made day before required.

Additional serving suggestions include ice cream and mixed berries.

This recipe is made on each family members birthday in our home. It is loved by everyone and we can't get enough of it.

jamaican sweet potato pudding

Serves 4

700g sweet potato, peeled and coarsely grated
2/3 cup brown sugar
1 1/2 cups coconut milk
1/2 tsp ground cinnamon
1 tsp ground ginger

1/4 tsp ground nutmeg
few drops of vanilla essence
20g butter, melted
1/2 cup seeded raisins
3 eggs

Preheat oven to 180°C. Butter a 1 1/2 lt gratin dish.

Mix all ingredients to make a batter.

Spoon batter into prepared dish and bake for 1 hour.

 COOPER AND TYNAN ROBERTS FAMILY

TIP

Serve with thick cream or coconut cream.

A dessert with a difference.

lemon pudding

Serves 6 people

- 90g soft butter

1 ½ cups caster sugar

1 ½ cups milk

3 eggs
- ½ cup lemon juice

½ cup plain flour

1 tsp baking powder

Preheat the oven to 180°C.

Place the butter, sugar, milk, eggs, lemon juice, flour and baking powder into a food processor and process until smooth.

Pour the mixture into 6 x 1 cup capacity ramekins and bake for 20-25 minutes or until golden.

Serve warm with vanilla bean ice cream.

 JAN BARR

TIP

Tastes great with vanilla bean ice cream.

A simple, tasty winter dessert.

lip-smacking brandy cream sauce

To serve with christmas pudding

- 2 level tbsp butter

2 level tbsp flour

2 level tbsp sugar

1 level tbsp golden syrup
- 1 ¼ cups milk

¼ cup brandy

½ tsp vanilla

1/3 cup cream, whipped

Melt butter in a saucepan, stir in flour, cook for 1 minute. Remove from heat.

Add sugar and golden syrup, stir till well blended.

Add milk all at once, return to heat and stir till sauce boils and thickens. Remove from heat. Cover and allow to become quite cold.

Beat in brandy and vanilla, fold in cream.

 JUDY HUNT

TIP

Sauce should be made the day before required as flavour matures on standing. Refrigerate overnight. Serve cold with hot Christmas Pudding.

If a hot sauce is preferred omit cream, however, we prefer the cream!

My mother-in-law, Noreen Hunt, makes this Brandy Cream Sauce every year, to accompany her Christmas Pudding. I have looked forward to sharing this recipe with her at every Christmas holidays since 1990. I hope you enjoy this as much as we do.

mum's gramma pie

Makes a pie dish

- Pastry:

 - 125g butter/margarine
 - 3 tbsp sugar
 - 5 tbsp milk
 - 2 cups self raising flour
- ½ tsp salt
 - ½ tsp ground ginger
 - ½ tsp cinnamon
 - dash of nutmeg (optional)
 - 1 slightly beaten egg

- Filling:

 - 1 ⅓ cup boiled gramma, well drained
 - 1 cup boiling milk
 - ½ cup sugar
- Topping:

 - 1 egg
 - ½ cup sugar
 - 1 cup coconut

Mash gramma until smooth, add milk, sugar, salt, ground ginger, cinnamon, nutmeg and egg.

Blend well together and pour into pastry case, level off.

For the topping, blend together the egg, sugar and coconut and pour over the filling.

Cook in a moderate oven for 20 to 30 minutes.

★ JUDY HUNT

TIP

Blind baking the pasty is always a good idea, and you could add sultanas to the filling as well. Serve hot with ice-cream, cream, or have cold the next day. YUM!

Gamma is a type of pumpkin, however, butternut would probably be the next alternative if you can't find a gamma.

My Mum used to make this pie, it was absolutely delicious. Dad and I thought it was one of Mum's best pies and I always hoped my brothers weren't around so I could have seconds!!! That and Mum's mulberry pie..... bring back so many wonderful food memories. Enjoy!

mango mousse

Serves 4-6 people

- 1 ½ tbsp gelatine
 - ½ cup water
 - 3 ripe mangoes (remove flesh from seed)
 - ¾ cup orange juice
 - 2 tbsp rum
- 2 egg whites
 - ¼ cup caster sugar
 - 1 ½ cups cream
 - 1 punnet strawberries

Soak gelatine in water in a microwave cup for 3 to 4 minutes, then heat on HIGH for 30 seconds, or until gelatine dissolves.

Puree mango flesh in blender and combine with orange juice and rum. Stir in gelatine and refrigerate until mixture begins to set.

Beat egg whites until soft peaks form, then gradually add sugar and beat until thick and glossy.

Whip ½ cup of cream and fold gently into mango mixture with the meringue.

Pour into a serving dish and chill until set. Whip remaining cream and pipe around edge of bowl and decorate with strawberries.

★ CHRIS SHARPE

A lovely, light dessert for summer.

mousse au chocolat

Serves 4 people

- 3 eggs

100g dark chocolate

1 splash of rum or cointreau liqueur
- a few table spoons of caster sugar, if desired

125ml of cream if desired

The exact amount of cream is not so important, can vary to taste, or can be left out altogether.

Separate the eggs, in the meantime melt chocolate in the microwave or a pot of hot water (a pot within the hot water, don't throw the chocolate into the water!). If you use the microwave, let the chocolate cool down a little, don't mix it with the eggs when it is very hot, otherwise you will cook the eggs.

Beat the egg whites until they are very stiff.

Mix the melted chocolate with the egg yolks and the liqueur (or rum).

Take a small amount of the beaten egg white and beat it under with the hand mixer. Then carefully fold under the rest.

Whip the cream and then fold the cream under.

Should rest in fridge for about 6 hours before serving.

Enjoy!

 NATALIE WIELAND

TIP

Serve with strawberries or raspberries and/or thickened cream.

Very simple yet effective. I have even been asked to make this in Paris, so it must be okay. Children are not too keen on it, to make it more kid friendly I add sugar and use milk chocolate rather than dark chocolate.

mum's chocolate sauce pudding

Makes 4 generous helpings

- pudding:

1 cup self raising flour

¾ cup caster sugar

1 tbsp cocoa

60g butter

½ cup milk

1 tsp vanilla
- Topping:

¾ cup brown sugar

1 tbsp cocoa

2 cups boiling water

Pudding:

Using either a food processor or mixing straight in a casserole dish:

Beat together the sugar and butter.

Add the cocoa, flour, vanilla and milk.

Process/beat until smooth.

Place in a casserole dish.

Topping:

Mix together the brown sugar and cocoa.

Sprinkle over the pudding and pour on the hot water.

Place in a preheated 180°C oven (170°C fan forced) and bake for 40-45 minutes.

 THE PIGGOTT'S

TIP

Use a deep casserole dish.

If you want more sauce simply add more hot water.

Serve with ice cream or cream while the pudding is still hot.

Naturally it is low in calories!! ;)

Mum always made this when we were kids and now I make it for my family. It's super delicious with ice cream on a cold winter's night! The recipe is quick and easy because you can mix it either in a food processor or straight in a casserole dish.

nanna young's chocolate pudding

Serves 6

Pudding: 1 cup of self raising flour ¾ cup caster sugar 1 tbsp cocoa 2 tbsp butter ½ cup milk	1 tsp vanilla 2 cups hot water Topping: ¾ cup brown sugar 1 tbsp cocoa
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Sift together flour, cocoa and castor sugar.

Heat butter and milk in a saucepan, stir until butter dissolves then add the vanilla.

Stir into flour mixture until smooth.

Pour into deep, greased ovenproof dish.

Combine topping ingredients, sprinkle over top of pudding.

Gently pour hot water over mixture.

Bake in a moderate oven for 40-45 minutes.

 CALLUM YOUNG

TIP

This dessert is best served warm with ice cream. It generally doesn't last until it is cool anyway!

My Dad always tries to be last served when we go to Nanna's for dinner, then he put's his ice-cream into the pudding bowl so that he gets every last bit of this delicious dessert.

nanny fay's lemon meringue pie

Serves 8-10

Base: 250g of plain biscuits (marie or arrowroot) crushed 100g butter melted	Meringue: 5 egg whites 1 cup caster sugar 2 tsp corn flour
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Filling:
1 ½ cans of condensed milk
5 egg yolks
¾ cup lemon juice
finely grated zest of 1 lemon

BASE:

In a bowl, mix crushed biscuits and melted butter and then press into pie dish. Put in fridge while mixing filling.

FILLING:

Combine condensed milk, yolks, lemon juice and lemon zest in bowl. Mix well with an egg whisk or fork and pour onto base. Put it back in the fridge to set while mixing meringue.

MERINGUE:

Place all egg whites, castor sugar and cornflour into bowl and beat with electric beaters on high until light and fluffy.

Pour onto the base and filling.

Put in a preheated 200°C oven for 5 minutes, until lightly browned.

Refrigerate and ENJOY.

 PATRICK ROSA'S FAMILY

TIP

This is best made the day before, as the lemon flavour intensifies with time. Serve with vanilla ice cream. Have the egg whites at room temperature when you beat them for the meringue.

My Dad has this as his birthday cake each year. There's rarely any left over! Nanny Fay is great at getting the meringue to sit a mile high. Always a favourite at family functions.

perfect plum pudding

Makes one large pudding basin or two smaller ones

- 450g sultanas

225g raisins

225g mixed peel

225g currants

12 large prunes, finely chopped

grated rind of one orange and lemon

110g blanched almonds, chopped

¼ cup rum

¼ cup whisky

225g butter

225g brown sugar
- 5 eggs

1 tbsp treacle

1 small banana, mashed

½ tsp parisian essence

1 cup milk

225g plain flour

1 level tsp bi-carb soda

1 level tsp mixed spice

¼ tsp salt

¼ tsp ground cloves

225g breadcrumbs

Put sultanas, raisins, peel, currants, prunes, orange and lemon rind and almonds into a large bowl. Mix well. Pour rum and whisky over mix and cover, leave overnight, if possible 2-3 days.

Cream butter and sugar, add eggs one at a time, beating well after adding each one. If mixture curdles add some of measured plain flour, beat until smooth.

Beat in the treacle, mashed banana and parisian essence.

Sift flour, soda, spices, salt and add to cream mixture then mix in.

Add milk then breadcrumbs, fruit and mix very well, scraping mixture from sides of bowl.

Divide evenly between 2 well greased and floured basins or one large one.

Cover with greaseproof paper (greased on both sides) and then with aluminium foil. Tie down firmly. Basins with lids only require greaseproof paper under lid.

Steam for 5 hours - medium basin

Steam for 6 hours - large basin.

When cool remove from basin, sprinkle a little more whisky or rum over the top.

Cover with fresh greaseproof wrap and foil. Refrigerate till required.

Steam for 2 hours on the day required.

Serve warm.

 NOREEN HUNT - LISA AND MEGAN'S NANA

(CONTINUED NEXT PAGE)

TIP

A tradition at Nana Mac's (my other nana) is to light the christmas pudding. Place the warm pudding on serving plate, warm 3 tbsp brandy in a small saucepan. Gently pour over the pudding and light the brandy. The blue flames are mesmerising and the smell of the brandy and all the fruit, get your taste buds going wild. Remember to be careful and all brandy is out of the saucepan before you light the pudding.

A must is to serve with Brandy Cream Sauce !!!!

This recipe was given to me by a lovely lady called Elvey Dye. It is very delicious and is a crowd pleaser for those who look forward to their Christmas Puddings. I always have success when making this pudding and it is even more flavoursome the following year!!!

nanny moo's easy steamed pudding

Serves 6-8 people depending on how hungry you are!

- 3 cups milk

2 cups sultanas

3 tbsp butter

4 tbsp raw sugar

2 tsp mixed spice
- 2 tsp cinnamon

2 tsp bi-carb soda

2 cups self raising flour

pinch salt

Place milk, sultanas, butter, sugar, mixed spice and cinnamon in to a heavy based saucepan. Bring to the boil, stirring constantly. Remove from heat and add bicarbonate, stir through. The mixture will expand rapidly.

Leave this mixture to cool, approx ¾ an hr, then stir in sifted flour and salt.

Pour this mixture into a greased pudding steamer (or ceramic basin covered in foil, tied on with string.)

Place this in a large stock pot of water, that has already been brought to the boil. Steam for 1 1/2 hours.

★ PATRICK ROSA'S FAMILY 4FM

TIP

Can be made the day before.
Serve with hot custard, thickened cream, vanilla ice cream...or all of the above.
It's also yummy sliced cold the next day, with a cuppa.

*This delightful pudding has been a family favourite for at least 40 years. Our Nanny Moo (the eldest grand child named her this because she was the Nanny that had cows at her place!) , always made it instead of a heavier Christmas pudding, with absolutely, positively NO mixed peel!
Though don't wait for Christmas to make it. This is too good not to share, and we hope you enjoy it.*

quick pastry, mixed berries and custard

Serves 4

- 2 x (25 x 25 cm) puff pastry sheets

1 egg beaten

½ cup caster sugar

¼ cup water
- 300g fresh or frozen berries

icing sugar to dust

warm custard to serve

Preheat oven to 180°C.

Cut each pastry sheet into 4 triangles, brush with egg and place on a greased baking tray.

Bake for 15-20 minutes until golden brown.

Meanwhile, place sugar and water in a pan over a medium heat and stir to dissolve sugar. Increase the heat to high and boil for 1-2 minutes. Add the berries and cook for a further 5 minutes. Allow to cool slightly.

To serve, place one pastry triangle on each plate, then top with some warm custard and a spoonful of berries. Top with second pastry triangle and a dusting of icing sugar.

★ THE BRADY FAMILY

TIP

Each part of this yummy dessert can be made the night before if you are having a dinner party. Just assemble and "tah-dah" all done.

Darren, Tara and Ella absolutely love this recipe.

sandra's lemon meringue pie

Serves 8 people

- Pastry:

125g butter/margarine

3 tbsp sugar

5 tbsp milk

2 cups self raising flour
- ½ cup lemon juice

1 ¼ cup water

3 egg yolk

60g butter
- Filling:

½ cup cornflour

1 cup caster sugar
- Top:

3 egg whites

½ cup caster sugar

Pastry:

Put all ingredients in a bowl till pastry is formed. Roll out between 2 sheets of grease proof paper. Place in greased pie dish.

Filling:

Combine cornflour and sugar, mix in juice and water, stir until smooth over heat. Let boil and thicken. Reduce heat to simmer, stir for 30 seconds. Remove quickly, stir in yolks and butter till melted. Cover and cool. Pour into pastry.

Top:

Beat egg whites, add sugar until soft peaks form. Put on filling.

Place in moderate (170°C) oven until golden brown.

★ JUDY HUNT

TIP

Taste the filling for lemon flavour, add a little more juice if you prefer a more lemony taste. The pie crust is scrumptious. It's a winner!!

This recipe was given to me by a great neighbour/friend, who made it for her husband, it was his favourite. It then became one of our family's favourite.

slovenian caj (soothing herbal tea)

Serves 4-5 people

- a small bunch of fresh thyme and mint (twice as much mint as thyme)

brown sugar

1 lemon

Place mint and thyme in 2-3 litres of boiling water. Boil it for 5 minutes. Drain it.

For every cup/mug add a tsp of brown sugar, a tsp of honey and a juice of freshly squeezed large lemon wedge.

Drink it hot or warm.

★ NOLAN FAMILY

TIP

For summer treat, cool the tea, add plenty of ice and slices of lemon and here you have it: Slovenian ICE TEA!

This is herbal tea, cooked in winter to soothe sore throats or just to keep your whole family healthy and warm!

swedish sticky chocolate cake (kladdkaka)

Serves 8 people

2 eggs	3 tbsp of cocoa
1 cup of raw sugar	1 tsp vanilla sugar
150 ml of plain flour	125 g melted butter, plus extra for brushing

Heat oven to 175°C.

Brush a pie dish with melted butter and dust with flour.

Melt butter, leave to cool

Mix egg and sugar well until thick. Add flour, cocoa and vanilla sugar and mix well. Add melted butter.

Pour mixture in pie dish and cook for 30-40 minutes.

 BIRGITTA SMITH

TIP

Serve with whipped cream or vanilla ice cream and fresh strawberries.

A traditional Swedish recipe of a rich chocolate cake that is easy and quick to make with ingredients you usually have at home.

the perfect pavlova

Makes 1 medium sized pavlova

4 egg whites
1 cup caster sugar
1 tbsp cornflour
1 tsp white vinegar

Preheat oven to 120°C. Line a flat tray with baking paper.

Beat egg whites with an electric mixer until soft peaks form. Gradually add caster sugar a little at a time and beat between additions until dissolved and stiff peaks form.

Fold in cornflour and vinegar. Pile meringue on a tray and shape with a palette knife as desired. For best results do not flatten mixture but shape sides up and in towards the centre like a mound. Make furrows up side of pavlova and level top to make nice crispy edges. Bake for about 1¼ hours or until dry on the outside. Turn oven off and leave to cool with oven door open. Decorate with cream and fruit.

 FIONA CROFT-TROLLOPE, MUM TO CHARLI-YR2 AND FINN-KINDER

TIP

Fold in 3 tbsp of cocoa to make a chocolate pavlova. Decorate with cream, strawberries and shaved dark chocolate.

This pavlova is my never fail party pleaser! My general rule is ¼ cup of sugar to each egg white, so you can make it bigger or smaller to suit.

tiramisu

Serves 8 people

500g mascarpone cheese (two tubs)	espresso coffee, about two cups
4 eggs	cocoa powder
100g caster sugar	amaretto liqueur, about ¼ cup
one packet of italian sponge biscuits	

Make two to three cups of strong coffee/espresso, real one, not instant.

Separate the four eggs, beat the egg whites until very stiff.

In a different bowl beat the egg yolks with the sugar and a dash of Amaretto until it is a thick cream.

Put the two tubs of mascarpone cheese in the mixture and mix through.

Then fold in the egg whites.

Pour some of the coffee into a soup plate or similar. Put a dash of Amaretto liqueur in as well. Soak the biscuits briefly, they should not be too soggy. A couple of seconds on each side is normally enough. They should be soft but not soggy, you should be able to handle them without them breaking up.

I normally use a rectangular dish, like a lasagna dish. Put one layer of the soaked biscuits in. Put ½ of the mascarpone mixture on top, then soak another layer of biscuits and put on top.

Put the second ½ of the mixture on and then dust with cocoa powder.

Refrigerate for a few hours, I normally do ½ a day.

 NATALIE WIELAND

A dessert favourite, the whole family loves it. I have yet to find somebody who does not like it.

cakes & slices



"can't go wrong" chocolate cake

Serves 8 people

1 ¾ cup self raising flour
2 tbsp cocoa
½ tsp bicarb soda
pinch salt
1 ¼ cups caster sugar

125g butter melted
1 cup milk
½ tsp vanilla essence
2 eggs lightly beaten

Lightly grease a 20cm square cake tin.

Sift flour, cocoa, bicarb soda and salt into a large mixing bowl. Stir in the sugar.

Mix melted butter with milk and vanilla.

Gradually pour into sifted flour mixture, beating until the mixture is smooth.

Add eggs and continue beating for a further 2 minutes.

Pour the mixture into the tin and smooth the top level.

Bake in a moderate oven (170-180°C) for 1 hour and cool in tin.

★ DREW AND DANIEL QUIRK AND FAMILY

TIP

Enjoy over a cuppa with a friend.

This was handed down to me from my Mum. I can't bake cakes, but this one works!

5 cup slice

Makes about 12 slices

1 cup self raising flour
1 cup sugar
1 cup desiccated coconut
1 cup yoghurt (any flavour)
1 cup dried fruit

Heat oven to 180°C

Combine all ingredients well in a bowl

Pour into a baking paper covered slice tray

Bake for 20 minutes

★ ELLYSE COX

TIP

You can put in whatever you like for the dried fruit eg: apricots, raisins even banana or nuts.

So easy to make and not too much to remember. The ingredients will already be in the pantry.

banana bread

Makes 8-10 slices

130g soft butter
1 cup brown sugar
1 tsp vanilla extract
2 eggs
3 bananas (to get 1 ½ cups)

1 ½ cups plain flour
1 tsp baking powder
½ tsp bicarbonate of soda
¼ tsp ground cinnamon
¼ cup maple syrup

Turn oven to 160°C. Grease a 32cm long x 7 cm wide tin with butter. Stick large piece of baking paper on the inside.

Put rest of butter, sugar and vanilla into a big bowl. Beat until it's pale brown and creamy.

Slowly add the eggs and beat well.

Mash the banana with a fork and add to the batter.

Sift the flour, baking powder and bicarbonate of soda over the batter.

Chuck in the cinnamon and maple syrup. Beat until everything is mixed in.

Spoon the mixture into the long tin. Bake for 1 hour.

Poke the cake with skewer. If it comes out clean, it's ready. If sticky, bake it for a bit longer. Let bread cool in tin. Tip out and slice. Smear with butter.

★ JOSHUA ASKEW

TIP

If you don't have 3 bananas add a pear. Just as good and tastes yummy!

Eat it warm or take a slice to school. This yummy recipe has come from Donna Hay Kids.

best ever banana bread

Makes 10 generous slices

- 125g butter

1 cup lightly packed brown sugar

3 eggs

1 ¾ cups self raising flour
- 2 large or 3 small bananas

½ cup milk

1 tsp vanilla

Preheat oven to 160°C.

Cream butter and brown sugar with an electric mixer.

Add eggs, beating well in between each one.

Fold in flour.

Stir in mashed bananas, milk and vanilla until combined.

Pour into a greased and lined loaf pan 26cm x 13cm and bake for 1 ¼ hours or until skewer inserted comes out clean.

Rest for 5 minutes before turning onto wire rack.

 MICHELLE YOUNG

TIP

This recipe works best with over ripe bananas. I like to make a few loaves at a time, cut into serving sizes and then freeze as a quick and easy lunch box filler.

Lisa Prosser gave this recipe to me after she made enough to feed around 120 GPS students at the 2007 Wakakirri Festival.

caitlyn and ethan's favourite rolled oats slice

Makes a large slice to share with the whole family

- 1 cup of self raising flour

1 cup coconut

1 cup rolled oats
- ½ cup of sugar

5 ounce's of melted margarine (fairy margarine)

Mix all together with the melted margarine.

Put in slice tin and cook 25 to 30 minutes in moderate oven 180°C.

Once the slice has cooled down, ice with chocolate icing and sprinkles.

ENJOY !!!

 CAITLYN 4RB AND ETHAN 2\3H MOORE

Caitlyn and Ethan often make this slice to take to school for recess time. Their Nanny Helen gave them the recipe and taught them how to cook it !

caraway seed cake

Makes 12 slices

- 125g butter

1 cup caster sugar

2 eggs

½ cup milk
- 1 and ¼ cups self-raising flour

¼ cup custard powder

2 tbsp caraway seeds

Grease a 14 cm x 21 cm loaf pan. Line base and sides with paper and grease paper.

Beat butter, sugar, eggs, milk, flour and custard powder until combined, then beat on medium speed for 3 minutes. Stir in seeds. Bake in moderately slow oven for approximately 1 hour.

 JULIE BROOKS

TIP

Delicious served with cream or custard.

A delicious cake passed down from my Grandmother.

carrot-pineapple cake

Makes one large cake

- 2 ¼ cups plain flour

1 ½ cups brown sugar

1 ½ tsp baking powder

1 ½ tsp bicarbonate soda

1 ½ tsp cinnamon

½ tsp ground ginger
- 1 cup vegetable oil

3 eggs

1 ½ cups grated carrot

1 can crushed pineapple

1 ½ tsp vanilla essence

¾ cup chopped walnuts or pecans

Preheat oven to 180°C.


Sift all dry ingredients into a large mixing bowl.

Make a well and add remaining ingredients. Beat well.

Place mixture into a greased and/or lined 23cm round cake pan.

Bake for 35-45 minutes or until cake tests done. Cool.

Ice with lemon icing or cream cheese frosting. Decorate with nuts.

 THE BERRY FAMILY- TASMAN, ELIZA AND MANNING.

This delicious cake has been requested and used by our family for many special occasions. It makes quite a large cake and can also be used to make "little carrot cakes" by spooning the mixture in to muffin papers. A nice thick cream cheese frosting is always popular.

cath moore's more-ish slice

Makes 12 pieces

- 1 packet butter cake mix

1 cup of coconut

125g butter
- 1 large tin of pie apple

1 carton of light sour cream

cinnamon


Heat oven to 180°C.

Melt butter, add to cake mix and coconut.

Press into a greased lamington tin and bake for 20-25 minutes or till golden brown.

Remove from oven, spread apple over base then cover with sour cream.

Sprinkle with cinnamon and bake for another 10 minutes.

 CATH MOORE

TIP

Cut into squares before completely cool. Keep refrigerated until ready to eat

This recipe is extremely easy to make

chewy chocolate biscuit slice

Makes lots

- 250g chocolate

2 tbsp cream

125g butter

2 tbsp cocoa

½ cup desiccated coconut
- 4 crushed weet-bix/vita brits etc.

1 cup brown sugar

1 cup self raising flour

1 egg


Pre-heat oven to moderate heat 180°C. Spray and line a 20cm square slice tin with baking paper.

Combine all dry ingredients.

Melt butter, chocolate and cream together in the microwave. Do short 30 second bursts so you don't burn the chocolate. Mix egg into chocolate mixture (you don't want to cook the egg so make sure the chocolate mixture has cooled slightly).

Combine all ingredients together and press into tray.

Bake for approximately 30 minutes. The longer you leave it in the oven the crunchier it gets. You can cover it with plain chocolate icing if desired and decorate with coconut.

 ANGUS AND DOUGAL BLACKMORE

This recipe is easy to make, tasty and it uses all those feeble old bits of weet-bix/ vita brits at the bottom of the pack that no one wants to eat. I often double the recipe as it freezes well, even with a thin layer of icing. I'm putting it in this book because I'm sick of everyone asking me for the recipe ! It is delicious. Cheers Lucy Blackmore

chocolate & zucchini cake

Serves 12

- 240g (2 cups) all purpose flour

60g (½ cup) unsweetened cocoa powder

1 tsp baking soda

½ tsp baking powder

½ tsp fine sea salt

180g (1 scant cup) light brown sugar

115g (½ cup) unsalted butter at room temperature, or ½ cup virgin olive oil

1 tsp pure vanilla extract
- 1 tsp instant coffee granules or 2 tbsp strong cooled coffee-this is just to deepen the chocolate flavour, you wont taste it in the finished product

3 large eggs

350g (2 cups) unpeeled grated zucchini, from about 1 ½ medium zucchini

160g (1 cup) good quality bittersweet chocolate chips, or chopped chocolate

icing sugar (optional)

Preheat the oven to 180°C. Grease a 25cm (10 inch round) springform pan or a 22cm (8 ½ inch) square pan.

In a medium bowl, whisk together the flour, cocoa powder, baking soda, baking powder, and salt. In the bowl of the mixer (or by hand in a large mixing bowl) , beat the sugar and butter until fluffy. Add the vanilla, coffee, and eggs, mixing well between each addition.

In a large mixing bowl, combine the zucchini, chocolate chips, and about a third of the flour mixture, making sure the zucchini strands are well coated and not clumping to much.

Add the rest of the flour mixture into the egg batter. Mix until just combined;the batter will be thick.

Fold the zucchini mixture into the batter, and blend with a spatula without over mixing. Pour into the prepared cake pan, and level the surface.

Bake for 40 to 50 minutes, until a knife inserted in the centre comes out clean. Transfer onto a rack to cool for 10 minutes, run a knife around the pan to loosen, and unclasp the sides of the pan.

 THE WERFEL FAMILY

TIP

Serve slightly warm or at room temperature. Dust with icing sugar if desired.

We love this cake as I can hide vegetables in it and the kids don't even know it! When I cook this I try to cut up halve and freeze it in individual portions for school lunch boxes and the other ½ well lets just say it doesn't last very long.

chocolate brownies with sour cream frosting

Makes 18 pieces

- 125g butter

185g dark chocolate, chopped

1 cup caster sugar

2 tsp vanilla essence

2 eggs, lightly beaten

1 cup plain flour

½ cup pecan nuts, chopped
- Sour cream frosting:

100g dark chocolate, chopped

¼ cup sour cream

Grease a deep 19cm square cake pan, line base with baking paper.

Melt butter and chocolate in a saucepan over hot water. Transfer mixture into a large bowl. Stir in sugar and essence, then eggs, sifted flour and pecans.

Pour mixture into prepared pan, bake @ 180°C for about 30 minutes.

Cool in pan.

Turn brownies out, top with frosting. Refrigerate until set, before cutting. Store in refrigerator.

Sour Cream Frosting

Melt chocolate in heat proof bowl over hot water. Stir in sour cream. Stir constantly until mixture is smooth and glossy.

 BILLY MILLER

TIP

Try stopping at one piece!
You can use walnuts instead of pecans too.

I love it when my Mum makes this.

chocolate fudge slice

Makes 24 pieces

- 125g butter

¾ cup brown sugar

1 egg

1 dessert spoon golden syrup

½ cup coconut

1 cup self raising flour

2 dessert spoons cocoa

pinch salt
- ½ tsp vanilla essence

2 tbsp milk

icing:

1 ¼ cups icing sugar

2 tbsp cocoa

2 tbsp soft butter

2 tbsp milk

Pre heat oven to 180°C, less for fan forced.

Melt butter, add brown sugar and beat slightly. Add egg and golden syrup, beating well. Then add coconut, sifted flour, salt and cocoa mixing well. Finally stir in milk and vanilla.

Tip into a lamington tin and bake for 15 minutes.

Sift icing sugar and cocoa and stir in butter and milk. Add more milk if needed.

While still warm, spread with chocolate or coffee icing.

 THE COOPERS

Easy one for school lunches. It's a recipe from an old neighbour.

chocolate and walnut fudge

Makes 32 pieces

- 395g can sweetened condensed milk

1 cup brown sugar

100g unsalted butter, cubed
- 2 tbsp glucose syrup

200g dark choc (or milk if you prefer)

1 cup walnuts, chopped

Grease a 7½cm X 25cm cake pan and line with baking paper.

Place condensed milk, sugar, butter and glucose syrup in heavy based saucepan over low heat.

Cook, stirring constantly, for 8 minutes or until sugar has dissolved and mixture is smooth.

Increase heat slightly and stir for about 10 minutes till mixture is thick and caramel coloured.

Remove from heat and add chocolate and nuts.

Stir to combine.

Cover and refrigerate for 3 to 4 hours until set.

Cut into squares.

 CARLIE CHAPMAN

This is the easiest and creamiest fudge ever!

You can find glucose syrup with the cooking ingredients in the supermarkets.

cupcakes

Makes 24

125g butter, softened
1 tsp vanilla extract
2/3 cup castor sugar
3 eggs
1 ½ cups self raising flour
¼ cup milk

Glace icing:
1 ½ cups icing sugar mixture
1 tsp butter, softened
2 tbsp milk, approx.
food colouring, optional


Preheat oven to 180°C. Line 2 deep 12 hole patty pans with paper cases.

Combine butter, extract, sugar, eggs, flour and milk in the bowl of electric mixer, beat on low speed until ingredients are just combined. Increase speed to medium, beat for about 3 minutes until mixture is smooth and changed to a paler colour.

Drop slightly rounded tbsp of mixture into paper cases. Bake in moderate oven for about 20 minutes. Turn cakes onto wire racks, turn top-side up to cool.

Place icing sugar in small heat proof bowl, stir in butter and enough milk to make a firm paste. Add a few drops of food colouring if desired. Stir over a small saucepan of simmering water until icing is of a spreadable consistency.

Spread glaze icing over cold cakes.

 HENRY COX AND FAMILY

TIP

To make butterfly cakes, cut a circle from top of each cake and cut circle in ½ to make 2 wings. Divide ½ cup of your favourite jam and 300ml of whipped cream among cavities. Place wings in position on top of cakes, top with strawberry pieces and dust with icing sugar.

Yummy cupcakes that are easy to prepare and great to get the kids involved- they love licking the beaters!!

date and ginger cake

Makes 12 slices

125g butter
1 cup pitted dates, roughly chopped
¾ cup caster sugar
125g uncrystallised ginger, chopped

1 tsp bicarb soda
1 egg, lightly beaten
1 ½ cups self raising flour

Heat oven to 160°C.

Place butter, dates, sugar, ginger and 1 cup water in saucepan and bring to boil over medium heat. Reduce and simmer for 2 minutes. Remove from heat and stir in soda (mixture will foam). Set aside for 10-15 minutes to cool slightly.

Add egg to date mixture and mix well.

Sift flour over and stir gently to combine.

Spoon into greased lined pan. Bake 40-45 minutes.

 JULIE BROOKS

A deliciously moist cake

delicious gluten free, dairy free chocolate slice

Makes 1 slice

- 125g nuttelex

1 cup dark choc bits (most dark choc is dairy free but check for milk solids)

1 ½ cups caster sugar

3 eggs, lightly beaten
- ¾ cup gluten free plain flour

¼ cup gluten free self raising flour

⅓ cup cocoa powder

1 tsp xanthan gum

drinking chocolate to serve

Pre heat oven to 180°C. Grease 17 x 28 cm pan and line with baking paper.

Combine nuttelex and ½ choc bits in a microwave safe bowl, and microwave on medium for 2-3 minutes, stirring every minute with a metal spoon until smooth.

Stir in sugar and eggs.

Stir flours, cocoa, and xanthan gum over chocolate mixture. Add remaining choc bits. Stir gently to combine.

Spread mixture into pan. Bake slice for 22-25 minutes, or until skewer comes out clean.

Cool completely in pan.

Dust with drinking choc, slice and serve.

★ KIRRALEE AND HARRISON WICKS

So yummy and you won't even know that it is gluten free!

finn's lunch box banana cakes

Makes 12 small cakes or 1 large one

- 115g butter

170g caster sugar

230g self raising flour
- 2 eggs

2 large or 3 medium bananas, very ripe

demerara sugar

Preheat oven to 180°C. Grease a muffin pan.

Mash the bananas with a fork.

Cream the butter and sugar together and mix in the eggs. Mix together the creamed butter and bananas. Mix in the flour.

Divide batter evenly between muffin holes. Sprinkle each one with a little demerara sugar. Bake for about 20 minutes. Turn out on a rack and let cool.

20 minutes for small square cakes.

★ FIONA CROFT-TROLLOPE, MUM TO CHARLI-YR2 AND FINN-KINDER

TIP

Use an ice-cream scoop to easily divide batter between muffin holes.

For a large cake, use a loaf tin and bake for 40 minutes then lower temp to 150°C and cook for a further 30 minutes.

These little banana cakes are fantastic for adding to a lunch box as a treat. I usually make a batch, wrap them in Glad Wrap and freeze them. They are a great way to use those over ripe bananas, (when they are not \$17 a kilo though!).

five cup loaf

Makes 1 loaf

- 1 cup self raising flour

1 cup milk

½ cup sugar

1 cup desiccated coconut
- 1 cup fruit (apple , apricot , pineapple , sultanas , your choice either dried or fresh)

Mix all ingredients in a large bowl until combined.

Place mixture into a greased (approx) 200 x 100mm loaf tin and place in a 200°C oven for about 40 minutes until golden brown.

Remove from oven, place on cooling tray and then enjoy!

 TARA GREENAWAY

TIP

Dried fruit is better for placing into your school lunch, but fresh or canned fruit makes it much more moist and delicious! Also good heated up and served with a scoop of your favourite ice cream.

This is one of the easiest cakes/loaf you could ever make, and it's so tasty ! It takes just minutes to prepare , and is great for morning tea or quick afternoon snack. You can also alter the ingredients to suit your tastes.

gluten free apricot date bar

Serves depends how big the pieces are!

- 1 cup of dried apricots

2 2/3 cups gluten free self raising flour

1 1/3 cups brown sugar

1 cup coconut

¾ cup chopped dates
- 250g butter, melted

Gluten free icing sugar mixture: juice of one lemon

Soak the apricots in hot water for ½ an hour, drain and chop up.

Mix all other ingredients together in a mixing bowl, then add apricots.

Press into greased and baking paper lined 20cm x 30cm slice tin.

Bake for 40 minutes @ 160°C (fan forced).

Ice with lemon icing while still warm and sprinkle with toasted coconut.

Cut into squares when cool.

 ALAN MIDDLETON (RETIRED TEACHER)

TIP

This slice is suitable for freezing.

A delicious slice that is easy to make.

grandma fay's banana cake

Makes 1 cake

- 125g butter

1 cup sugar

2 eggs

1 ½ cups self raising flour
- 3 mashed bananas

2 tbsp milk

small tsp bi-carb soda

Cream butter and sugar in Mixmaster.
Add eggs one at a time, mix well.
Add flour gradually.
Mash bananas in a separate bowl, and mix in milk and carb soda.
Add banana mixture to the bowl and mix until smooth.
Grease a baba tin well.
Pour banana cake mixture into prepared tin.
Cook in a moderate oven for 45- 50 minutes.

 MATTHEW LUKE 5/6 R

TIP

Make sure you mix the carb soda in well. It helps to give the cake a rich brown look once cooked.
You can add chocolate chips or walnuts for a variation.

Grandma makes this cake when we visit. I love it. It is the best Banana Cake ever!!

hedgehog slice

Makes 18 pieces

- 125g butter

125g sugar

2 level tbsp cocoa

2 level tbsp coconut
- 1 beaten egg

¼ cup chopped walnuts

250g plain sweet biscuits, crushed

Place butter, sugar, cocoa and coconut into a saucepan and stir over heat for 2 minutes until well blended.
Cool slightly and then stir in beaten egg and walnuts.
Add enough of the crushed biscuits to make a good, slightly firm consistency.
Press firmly into a well greased 18cm x 28cm tray, and chill until set.
Ice with chocolate icing and sprinkle with chopped walnuts.
When cold, cut into squares for serving.

 SOPHIE MILLER

TIP

You may not need to use all of the crushed biscuits.

Yum. A family favourite.

hot fudge sauce

Makes 6 servings

- 3 squares of semi-sweet chocolate

1 cup of sugar

1 cup evaporated milk
- 1 tbsp butter

1 tsp vanilla essence

Melt chocolate.

Add sugar slowly, stirring constantly.

Add evaporated milk slowly, stir and simmer for 10 minutes.

Add butter and vanilla. Cool.

 AMANDA PRESTAGE

TIP

Serve warm on ice cream or other dessert.

This recipe dates back four generations. My Great Grandmother, Evelyn Skelton-Brown made this for my Grandmother Dorothy Jones as a child, who made this for my Mother Terrilynn Jones, who in turn made this for me as a child and now my children.

This recipe is rich in flavour and love made from many generations of strong, talented, amazing women.

I look forward to passing this recipe onto my beautiful daughter Halle.

individual rocky roads

Serves lots!

- 2 blocks of dark cooking chocolate

400g of pink and white marshmallows

1 ½ cups of shredded coconut

200g of crushed peanuts (optional)

In a large microwave proof bowl, break up chocolate into rough pieces and place in microwave until melted.

Once melted, add the coconut and peanuts until all ingredients are covered in chocolate, then add the marshmallows to the mixture and cover in chocolate.

Using a tbsp, spoon out the Rocky Roads (which is one marshmallow covered in chocolate, coconut and peanuts) , and place on an oven tray covered in grease proof paper.

Once all the mixture is used, place the Rocky Roads in the fridge and chill to set.

 THE COPLEY FAMILY

TIP

Any remaining chocolate mix without marshmallows can be used to make coconut and peanut clusters. Enjoy your Individual Rocky Roads!

Irresistible!

lemon coconut cake

Serves 6-8

- 1 ½ cups self raising flour

½ cup desiccated coconut

1 tbsp grated lemon rind

1 cup caster sugar
- 125g butter, melted

2 eggs, lightly beaten

1 cup milk

Pre-heat oven to 180°C. Prepare cake tin, line with paper.

Melt butter, add all the other ingredients and mix well with a wooden spoon.

Pour the mixture into the tin and bake for 30 - 40 minutes until golden brown and skewer comes out clean when inserted in the centre of the cake.

Set the cake aside for 3 minutes before turning onto a wire rack to cool. When the cake is cold, spread with coconut icing.

Coconut Icing:

Combine

1 ½ cups icing sugar,

1 cup desiccated coconut,

½ tsp grated lemon rind

¼ cup lemon juice.

 STOTT FAMILY

This is a really easy, no fuss cake.

lemon and yoghurt cake

Serves 6-8 people

- ¾ cup of vegetable oil

2 eggs

2 tbsp lemon juice

zest of one lemon

1 cup of greek yoghurt

1 ¾ cup castor sugar

2 cups self raising flour
- Glaze:

½ cup sugar

¼ cup lemon juice

Whisk oil, eggs, juice, zest, yoghurt and sugar.

Add flour and mix until smooth (don't need a mixer).

Pour into a lined or greased cake tin.

Bake at 180°C for 40 minutes.

Glaze:

Mix sugar and lemon juice together and pour over warm cake when removed from tin.

 THE PEREZ FAMILY

TIP

We like it served with melted milk chocolate and yoghurt!

A favourite recipe from our neighbour in Canberra who is a chef at the Finnish Embassy.

marvellous chocolate mousse

Serves 4

175g dark chocolate
4 eggs, separated
75g white chocolate

Place chocolate in a heat proof bowl, over a pan of simmering water on a low to medium heat, stirring while it melts. Once it is smooth and liquid, remove from heat and allow it to cool slightly.

Meanwhile, beat the egg yolks. In a separate bowl, whisk the egg whites until they form soft peak. Try tipping the bowl to the side a little and if the egg whites don't drip they're ready.

Stir the beaten egg yolks into the melted chocolate. Then gently fold in the egg whites until the mixture is smooth.

Divide evenly between 4 individual glasses and chill for 1 hour. Once chilled you can decorate with shavings of white chocolate, by using a grater.

 BIANCA ROBERTSON-GRADE 6 ROBERTSON FAMILY

TIP

Try using an electric whisk for the egg whites to make it easy.

If preferred use milk chocolate rather than dark chocolate.

I really like the marvellous chocolate mousse recipe because it is very easy to make and tastes great. This recipe is fantastic to make with your family and one that everyone will enjoy making and eating!

ENJOY!

muesli bars

Makes about 20 bars

2 cups rolled oats	¼ cup choc bits
1 cup desiccated coconut	1/3 cup sultanas
2 eggs	1/3 cup sugar
1/3 cup self raising flour	1/3 cup margarine
¼ cup chopped dried apricots	

Mix all of the above to a consistency that is not crumbly but holds when pressed together. (Add a little more marge if too dry).

Tip into baking paper lined lamington tin.

Press down firmly with the back of a spoon, then carefully push apart/wiggle/cut bars into shape using a sharp knife (¼ to ½ cm gaps are good!).

Cook at 170°C, fan forced oven for approx. 20 minutes

Let cool before re-cutting bars again.

Yum! Yum!

 LUCY TURNER'S MUM; JANINE

TIP

Don't be tempted to add extra flour!

Yummy, nutritious and delicious, these bars are great for kids lunch-boxes. Not too much added sugar or flour either!

My kids absolutely love them and prefer them over bought ones any day!

mum's cracker of a christmas cake

Makes 1 large cake

- 500g butter

500g sugar

2 tbsp brandy

7 eggs

1½kg dried mixed fruit
- 500g flour

2 tsp mixed spice

½ tsp nutmeg

½ tsp cinnamon

pinch of salt


Cream butter, add sugar and brandy, beat well until pale and light.

Beat in eggs one at a time.

Place fruit in another large bowl and sift the flour, spice and salt over the fruit. Mix thoroughly to coat fruit.

Combine the two mixtures well.

Bake at 150°C in a 23cm square tin for 3½-4 hours. Test the middle of the cake with a skewer and when it comes out clean the cake is cooked.

 MISS ADAMS

TIP

Pressing almonds and glazed cherries into the top of the cake before cooking is a great alternative to icing.

This recipe has provided my family with years of tasty delight at Christmas time. As a child, I remember the fun Mum and I had making this cake every year. One year there was a baby chicken in one of the eggs, we never forgot that Christmas cake, lucky we saw it before the cooking took place!

mum's yummy slice

Makes a slice tray size

- 1 cup self raising flour

1 cup sugar

1 cup coconut

1 cup mixed fruit or anything that adds to one cup e.g. almonds, dried fruit.
- 125g melted butter

1 beaten egg

Mix dry ingredients, add butter and egg, mix till combined.

Place into greaseproof paper lined slice tin and bake at 180°C for 20 minutes.

Allow to cool before serving.

 MEGAN HUNT - YEAR 4

TIP

You may need to make two batches as this dish is yum!!!

Can also freeze for later on.

Nice to add to your lunch box, or as an after school treat. Delicious!!

nanna val's chocolate cake

Makes 1 large cake or 24 muffins

- 1 cup plain flour

1 cup self raising flour

1 tsp baking powder

1 tsp baking soda

½ cup cocoa

1 ¾ cups sugar
- 2 eggs

1 cup milk

1 tsp vanilla

1 tsp vinegar

½ cup oil

1 cup black coffee

Put all ingredients into mixmaster in order.
Beat on slow speed until all mixed in.
Then beat on high for 3 minutes.
N.B. The mixture is very runny.
Pour mixture into lined large round or square cake tin. Bake in a slow oven 150°C for about 1 hour.
OR you can make 24 muffins (grease tins well) and bake for about 20 minutes.

 VICTORIA LUKE 4 R/B

TIP

Enjoy!

This is one of the yummiest chocolate cakes. We make it for nearly every occasion. We have had many people request this cake and the recipe, so here it is.

paramedics's favourite banana chocolate cake

Serves 8 or just me and my dad

- 250g plain flour

150g butter

150g brown sugar

2 tsp baking powder
- 3 very ripe bananas

3 eggs

1 tsp vanilla extract

125g chocolate chips

Heat oven to 180°C.
Grease a springform cake tin.
Melt butter gently over a low heat, when melted turn off and stir in sugar.
Mash bananas really well in a large bowl then add the eggs one at a time mixing well, then stir in melted butter and sugar and vanilla extract.
Sieve flour and baking powder together into the banana mix and mix well then mix in chocolate chips.
Pour into cake tin and bake for approximately 1 hour or when a skewer comes out clean.
Eat!

 SETH MCCROARY KD

TIP

Melted chocolate poured over the top makes it extra special and remember if you didn't make it, it has no calories!

When my Mum was a paramedic she used to steal pieces of this cake from the nurses in emergency. Now I steal bites from my favourite cake that she bakes.

passionfruit shortcake

Makes 8-10 slices

- Shortcake:

 - 125g margarine-soft
 - 2 cups self raising flour
 - ½ cup caster sugar
 - 1 egg-beaten
 - a little milk
- Passionfruit mock cream filling:

 - 4 tbsp caster sugar
 - 4 tbsp margarine-soft
 - 4 tbsp milk
 - 4 tbsp hot water
 - 2 passionfruit

Shortcake:

Line a 20cm round cake tin with baking paper.

Rub soft margarine into sifted flour until it resembles breadcrumbs. Add sugar, then beaten egg. Add a little milk so mixture is just moist. Place in round cake tin and press with a fork in circles starting from the centre.

Bake for around 20-25 minutes at 180°C. When cool split in ½ and fill with Passionfruit Cream.

Passionfruit Cream:

Beat soft margarine and castor sugar until sugar is dissolved. Gradually add milk and then hot water. Stir in passionfruit pulp.

★ CHRIS SHARPE

TIP

Dust top of shortcake with icing sugar.

A quick and easy recipe.

passionfruit slice

Makes 16 pieces

- 1 cup self raising flour
 - 1 cup coconut
 - ½ cup white sugar
 - 125g butter, melted
- 1 tsp vanilla
 - 1 395g tin condensed milk
 - 1 lemon
 - 2 fresh passionfruit or 3 tbsp tinned pulp

Mix flour, coconut, sugar, vanilla and melted butter together and press into greased slice tin. Bake in moderate oven (180°C) for 15 minutes. Allow to cool.

Mix condensed milk, zest and juice of lemon and passionfruit together. Spread on cooled base and bake in slow oven (120°C) for 10 minutes.

Allow to cool. You can spread it with cream to finish it off, but it really doesn't need it!

★ WALMSLEY FAMILY - HENRY, 1K

TIP

Pack it up and take it to a friend's house. Otherwise it will call you from the container, we know this from experience.

This slice is super delicious. You might see it at fetes or on the table at church morning teas. It's THAT kind of slice. A bit old fashioned maybe, TOTALLY yummy. We love it.

pear and raspberry bread

Makes 8 generous servings

- 2 ½ cups self raising flour

½ tsp baking powder

¾ cup caster sugar

½ cup desiccated coconut

2 eggs
- ½ tsp vanilla essence

120ml milk

125g butter, melted

1 large pear, diced

1 ½ cups raspberries (I use frozen ones)

Preheat oven to 170°C. Line a deep loaf tin with baking paper.

Sift flour and baking powder into a bowl. Add sugar and coconut.

In a separate bowl, combine eggs, milk, vanilla essence and melted butter. Whisk to combine. Make a well in the centre of flour and pour in egg mixture. Fold gently. Add diced pears and frozen raspberries and fold until just combined (do not over-mix).

Pour mixture evenly into prepared tin.

Place in oven and bake for 45 minutes to 1 hour or until an inserted skewer comes out clean.

Cool in tin for 15 minutes, then remove and cool on wire rack.

 JULIE BROOKS

TIP

Cut the slices thickly and toast or enjoy while still warm!

*A very moist cake. Delicious served with custard. A family favourite!
Found in the Who Weekly!*

pecan cheesecake

Should serve about 12 people

- Crumb crust:

125g wheatmeal biscuits (about 16) , crushed

60g butter, melted
- 2 tbsp plain flour

1 cup finely chopped pecans
- Filling:

750g packaged cream cheese

2 tsp vanilla

1 ¼ cups brown sugar, firmly packed

3 eggs
- Topping:

½ cup brown sugar, firmly packed

60g butter

300 ml thickened cream

pecans and strawberries (optional) to decorate.

Crumb Crust:

Combine crumbs and butter in a bowl, mix well. Press over base of 23cm springform pan, refrigerate 30 minutes.

Filling:

Beat cream cheese and vanilla until smooth, add brown sugar, beat until smooth, beat in eggs one at a time, then flour. Stir in pecans.

Pour Filling into Crumb Crust, bake in moderate oven 50 minutes or until it is set, cool, cover, refrigerate overnight.

Remove from springform pan, place onto a serving plate.

Topping:

Combine brown sugar and butter in pan; stir over low heat without boiling for about 5 minutes or until smooth and thick. Pour hot topping over cold cake, spread to edges.

When topping is cold, decorate with pecans and whipped cream.

 MERIN KORBER

TIP

Serve with fresh strawberries.

I have been using this recipe from The Women's Weekly Barbecue Cookbook for many years. It has become a family favourite and is great for celebrations and barbecues. It is very rich and not for weight watchers!

rhubarb cake

Makes one 23cm round cake

- 60g butter, softened

1 tsp finely grated lemon rind

1 ½ cups firmly packed brown sugar

2 eggs

1 ¼ cups self raising flour

¾ cup plain flour
- 1 tsp ground cinnamon

1 cup sour cream

6 cups (500g) fresh rhubarb, washed, trimmed, chopped

⅓ cup firmly packed brown sugar, extra

1 tsp ground cinnamon, extra

Preheat oven to moderate (180°C - 190°C).

Grease a deep 23cm round cake pan, line base with baking paper.

Beat butter, rind, sugar and eggs in medium bowl with electric mixer until light and fluffy (mixture may curdle). Stir in sifted flours and cinnamon and cream, in two batches; stir in rhubarb.

Spread cake mixture into prepared pan; sprinkle with combined extra sugar and extra cinnamon.

Bake in moderate oven approximately 1 ½ hours. Stand cake in pan 5 minutes; turn onto wire rack to cool.

★ NICKY COSTIGAN - STAFF

TIP

This delicious cake has been enjoyed by many at the parent/helper 'Thank -You' morning tea at Gerringong Public School.

A very popular cake with a difference.

ridiculously good rocky road (gluten free)

Makes approx. 20 pieces

- 400g cadbury chocolate

½ cup chopped macadamias or slivered almonds

125g chopped marshmallows (½ standard packet)

½ cup shredded coconut
- 1 twin packet of fry's turkish delight chopped into small pieces (or 10 allens snakes alive chopped)

Line a slice tin with baking paper.

Melt chocolate in a double saucepan.

While chocolate is melting, evenly sprinkle marshmallows, turkish delight, nuts and coconut over base of lined tin. Pour melted chocolate over mixture. You may need to gently agitate mixture with a spoon to help the chocolate penetrate through all ingredients.

Refrigerate till set.

Enjoy!

★ ABBEY PHILPOTT - GRADE 4

TIP

Sometimes we add some chopped glace cherries.

It is choc-a-block full of yummy ingredients like Cadbury chocolate. It is a great gift idea and my Mum makes it every Christmas. What a bonus - it happens to contain no gluten.

rocky 'scott' road

Serves depends upon how sweet your tooth is

- 1 block of your favourite milk chocolate (cadbury, lindt or nestle etc)

1 packet of pascal marshmallows
- ½ cup of shredded coconut

6-8 jelly snakes (cut up into bite sized pieces)

1 cup macadamia nuts

Melt chocolate in microwave on low setting

Stir in coconut, snakes, marshmallows and nuts.

Place mixture into slice tin and refrigerate.

Cut into bite sized pieces.

Enjoy!

 LEVI SCOTT : YEAR 4

TIP

- Different ingredients we've tried
- * Use dark choc, peppermint crisp and slithered almonds.
 - * White choc
 - * Oreo biscuits

Experiment and have fun!

Our family loves rocky road and we love taking it to friends houses for a treat or making a big batch up for gifts. We are often adding different ingredients for a different twist.

six steps to angel cake heaven

Makes 12 cupcakes

- 2 ¼ cups plain flour

1 ½ cups sugar

2 large free-range eggs

3 tsp baking powder

½ tsp salt

½ cup butter/margarine

1 cup milk

1 tsp vanilla essence
- Chocolate icing:

150g butter - softened

250g icing sugar

2 tbsp cocoa powder

2 tsp hot water

chocolate buttons or your favourite sweets

Preheat oven to 180°C/Gas Mark 4. Put paper cases in tray.

Put the flour, sugar, baking powder and salt into a large bowl. Mix well.

Add the butter, milk and vanilla. Beat for 1 minute until thick and gooey and add eggs. Beat for a further 1 minute on medium speed then 2 minutes on high speed.

Spoon cupcake mix into tray until ½ full and bake for 20-25 minutes. Leave to cool on a cooling rack.

For the icing, beat together the butter and icing sugar. Mix the cocoa powder and water in a separate bowl.

Add the combined cocoa powder and water to the butter and sugar, beat until smooth and creamy then swirl over your angel cakes. Decorate with choccy buttons or any sweets to make your own delicious angel cake treats.

 LISA HUNT - YEAR 6

TIP

Serve with a good book!!!!

This is my favourite cupcake recipe. I found it after reading a book from one of my favourite authors, Cathy Cassidy, who I was fortunate enough to meet personally in England at a book signing.

YUM!!!!!!

sour cream cheese cake

Makes 8 generous slices

- Crumb crust:

250g (8oz) plain sweet biscuits

125g (4oz) butter
- Filling:

250g cream cheese

250g cottage cheese
- 3 eggs

1 cup sugar

2 tbsp cornflour

1 cup sour cream

2 tbsp grated lemon rind

3 tbsp lemon juice

Crush biscuits and melted butter. Press onto sides and base of 20cm springform pan. Refrigerate while preparing filling.

Sieve cheeses until smooth.

Add eggs one at a time, beat well after each egg. Add cornflour and sugar mix well. Blend in sour cream, lemon rind and juice.

Pour mixture into crumb crust. Bake in moderate oven for 50-60 minutes. Cool.

Refrigerate before serving.

 CAHILL FAMILY

TIP

I use Nice biscuits for my base.
I make this cheese cake using my food processor for the base and filling.
ENJOY!

This is an easy cheese cake to make and my whole family loves it. You can even substitute the cream cheese, cottage cheese and the sour cream to lite instead of full cream and they wont know the difference.

strawberry chocolate hazelnut gateau

Makes 1 cake

- 4 egg whites

pinch salt

1 ¼ cups caster sugar

90g ground hazelnuts

1 tsp white vinegar

½ tsp vanilla essence
- 185g dark cooking chocolate

¼ cup water

1 cup cream, whipped

1 punnet strawberries

1 ½ cups cream, whipped, extra

Step 1: Beat egg whites with salt until soft peaks form. Gradually add sugar. Beat until sugar is dissolved and the mixture is of meringue consistency. Beat in vanilla and vinegar.

Line bases and sides of two 20cm springform pans with baking paper which are greased and lightly dusted with cornflour. Spread meringue mixture evenly into tins. Sprinkle ground hazelnuts evenly over meringue in both tins. With a knife or small spatula, swirl hazelnuts lightly through meringue mixture. Smooth over the top of the meringue with back of a spoon.

Bake in a moderate oven for 35 to 40 minutes or until meringue is crisp to touch. Release sides of the pan and cool on base of pan.

Step 2: Chop chocolate. Combine with water in top of double saucepan. Stir over simmering water until melted. Cool.

Remove cakes from bases. Place a layer of meringue on serving plate, flat side down. Spread with a thin layer of chocolate. Spread whipped cream over chocolate. Cut strawberries in ½ and spread over cream keeping some to go on top.

Spread underside of second layer of meringue with remaining chocolate mixture, place on top of strawberry layer, chocolate side down. Cover sides and top of cake with extra cream and top with the remaining strawberries.

Refrigerate until ready to serve.

 THE PRESLAND FAMILY

TIP

Tastes even better the next day - If there is any left!

This was my favourite cake when I was growing up and I always had it for my birthdays. It is now a favourite amongst the boys and they always ask for it for their birthdays!

The best bit was sneaking into the fridge at night and eating what was left!

anzac slice

Makes 24 pieces

- 1 ¼ cups plain flour

1 ¼ cups rolled oats

1 cup firmly packed brown sugar

1 cup shredded coconut
- 150g butter, chopped

2 tbsp golden syrup

1/2 tsp bicarbonate of soda

2 tbsp boiling water

Preheat oven to 180°C /160°C fan forced. Grease and line a 3cm deep, 19cm x 29cm slice pan with baking paper, allowing a 2cm overhang at long ends.

Combine flour, oats, sugar and coconut in a large bowl. Make a well in the centre.

Place butter and syrup in a saucepan over low heat. Cook, stirring occasionally, for 8-10 minutes or until smooth. Combine bicarbonate of soda and boiling water in a jug. Remove butter mixture from heat. Stir in bicarbonate of soda mixture. Add to flour mix. Stir to combine.

Transfer to prepared pan. Using the back of a spoon, press mixture evenly into pan. Bake for 25 to 30 minutes or until golden. Cool in pan. Cut into squares.

 MAKENZIE MORRIS - YEAR 2

TIP

Cut slice while it is still warm.

A grown up alternative to the Anzac biscuit that can be enjoyed at anytime of the year.

banana bread

Serves 8

- 185g softened butter

1 cup sugar

2 tsp vanilla essence

3 eggs
- 1 ¼ cups mashed bananas

2 ¼ cups self raising flour

¼ tsp bicarb soda

1/3 cup milk

Preheat oven to 180°C (160 fan-forced). Grease a loaf pan.

Beat butter, sugar and vanilla in small bowl using electric mixer until light and fluffy. Add eggs one at a time; beat until just combined, then beat in mashed banana. Transfer to a large bowl.

Stir in sifted flour and bicarb soda, then milk, spread mixture into prepared pan.

Bake in oven 40-50 minutes or until cooked. Stand for 10 minutes, then turn out to cool.

 KELLIE MILLER

TIP

This recipe is extra nice if you throw in a cup of frozen raspberries as well. I usually add these just before putting in the oven.

For when bananas are cheaper!

banana weetbix muffins

Makes 12 muffins or 24 mini muffins

- 1 1/3 cups self raising flour

1 tsp baking powder

5 weet-bix biscuits, crushed

1/2 cup firmly packed brown sugar

1/2 cup sultanas

1 cup mashed banana

1/2 cup buttermilk
- 80g butter, melted, cooled

1 egg, lightly whisked

Icing (if you like)

125g cream cheese, at room temperature

1/3 cup icing sugar mixture

1 tsp lemon juice

Preheat oven to 200°C. Line muffin pan with paper cases


Sift the flour and baking powder into a large bowl. Add the weetbix, sugar and sultanas and stir until combined. Make a well in the centre.

Combine, banana, buttermilk, melted butter and egg in a jug. Add to flour mixture and fold until just combined (do not over mix).

Spoon into prepared pans.

Bake for approx 20 minutes

Beat icing mixture ingredients together until combined.

 IMOGEN SCOTT: YEAR 1

TIP

Muffins are nice with or without the icing.

My great nan, nanna and Mum have always loved to cook for their family. I also love to help my Mum cook, especially cupcakes and muffins. This is a yummy and healthy recipe our family likes to make for our school snacks.

choc chip bikkies

Makes about 16 cookies

- 2 tbsp sweetened condensed milk

3-4 tbsp margarine


1 cup self raising flour
- choc bits to taste (ie lots!)

1 tbsp sugar (optional)

Mix the condensed milk and margarine together with the sugar if you like them extra sweet. Add the self raising flour and choc bits.

Spoon into balls and place on a greased tray.

Pop into a moderate oven for 10 minutes.

 BEN EVANS - KINDERGARTEN

TIP

This recipe is great because you don't need fancy beaters and you get to eat the rest of the condensed milk from the tin!

Because my Grandma is the best cook in the world and she makes these...and because they have chocolate!

choc chip cookies

Makes 25

- 125g butter (room temperature)

½ cup caster sugar

½ cup brown sugar

½ tsp vanilla essence
- 1 egg, lightly beaten

1 ½ cups self raising flour, sifted

½ cup choc chips

Using an electric beater, beat the butter, sugars and vanilla essence until light and fluffy.

Add egg and beat until combined.

Fold in flour, then choc chips.

Shape tbsp of mixture into balls and place 6 cm apart on a lined baking tray.

Cook in a moderate oven (180°C) for 10 minutes or until lightly browned.

Remove from oven and stand for 5 minutes before turning out onto a wire rack to cool.

 CASSIDY MORRIS YEAR 5

TIP

Push cookie dough balls down gently with a fork before putting them into the oven.

These are our family's favourite lunch box treat. They're also a great way to use up any leftover easter egg chocolate!

choc-chip vanilla muffins

Makes 12 muffins

- 1 ½ cups self raising flour

125g butter, softened

¾ cup dark choc-chips
- 3 eggs

¼ cup milk

1 tsp vanilla extract

Preheat oven to 180°C/160°C fan-forced. Line a 12 hole, 1/3 cup-capacity muffin pan with paper cases.

Sift flour into a bowl. Add butter, sugar, eggs, milk and vanilla extract. Using an electric mixer, beat mixture on low for 1 minute or until combined. Increase speed to medium, beat for 2 minutes or until pale and smooth. Fold in choc-chips. Spoon into prepared muffin holes.

Bake for 25 minutes or until golden. Stand in pan for 5 minutes.

Turn onto a wire rack to cool.

 ISABELLA HALLETT- GRADE KLM; HALLETT FAMILY

We love making these. They are easy to make and taste so good.

delicious & moist gluten free banana muffins

Makes 12 muffins

- 3 cups almond flour/meal

½ tsp baking soda

½ tsp ground cinnamon

1/8 tsp salt

1/3 cup honey
- ½ cup plain yoghurt

1 to 2 ripe bananas mashed

½ tsp vanilla extract or essence

3 eggs

Heat oven to 180°C. Line muffin tin with baking cups.

Combine the dry ingredients together.

In a separate bowl combine the wet ingredients (honey, yoghurt, banana, vanilla, eggs)

Add the dry ingredients to the wet ingredients and mix well.

Evenly fill each baking cup with muffin mixture.

Bake for 18-20 minutes until lightly golden.

 HOPTMAN FAMILY

TIP

For a more moist muffin include 2 bananas. Add currents for added flavour or change the fruit to berries.
For a sweeter muffin, try adding vanilla yoghurt instead of plain.
If you have a slower oven with no fan, lower the oven temperature to 160°C.

*There aren't too many adults and children who dislike this gluten free healthy banana muffin. So simple and quick with only several ingredients makes it a perfect recipe for children to help with the cooking.
(Recipe from grain-free gourmet by Jodi Bager and Jenny Lass)*

easy butterscotch biscuits

Makes approx. 20

- 125g butter (room temperature)

½ cup brown sugar

1 tbsp golden syrup

1 ¼ cups self-raising flour

Preheat oven to 180°C. Line two trays with baking paper.

Beat the butter, brown sugar and golden syrup in a bowl. Mix in the flour.

Roll tsp of the mixture into balls and place 5cm apart on the baking trays. Flatten slightly with a fork.

Bake for 15 minutes for soft biscuits and 20 minutes for crunchy biscuits.

 TAJ FURLONG KLM

TIP

This recipe is taken from <http://www.letspartyadditivefree.com.au>

This is a very easy recipe with only a few ingredients. It takes minutes to prepare and is great fun to make with the family!

mouth watering muffins

Makes 10 muffins

- 1 cup self raising flour

1 cup wholemeal self raising flour

½ cup brown sugar

pinch salt

2 eggs
- 60g of butter, melted

1 cup milk

1 cup mashed ripe banana, blueberries or raspberries


Pre heat oven to 200°C. Grease muffin tin or place paper cases in muffin tray.

Sift flours together. Add sugar.

Whisk eggs, melted butter and milk together, then add to dry ingredients.

Mix until ingredients are just combined, mixture should look lumpy. Add fruit and stir in briefly.

Spoon into muffin trays filling each two-thirds full. Bake for 15 to 20 minutes until golden brown.

 DANE CASSEN-WHITEHURST - YEAR 3

TIP

Brown sugar can be replaced by caster sugar. Great served warm with or without butter.

These muffins are quick and easy to make, contain very little fat, and taste great. Whip up a batch as an after school snack, on-the-go breakfast, or lunch box treat. A great recipe to have up your sleeve to impress friends who just drop in for a play or a cuppa. However be warned you may never be able to buy a commercially made muffin again, even from the very best bakery, as once you have tried these homemade delights all other muffins will seem pale and insignificant in comparison. Recipe works well with a variety of fruits - bananas, blueberries, raspberries or a combination of these.

my grandma's banana date muffins

Makes 12 muffins

- 1 cup self raising flour

1 cup wholemeal self raising flour

2 tsp mixed spice

1/3 cup brown sugar, firmly packed

1 cup chopped seedless dates
- 1 cup mashed banana

2 eggs, lightly beaten

1/3 cup vegetable oil

1/3 cup buttermilk

Grease a 12 hole muffin pan.

Put dry ingredients into large bowl. Stir in remaining ingredients with fork until just combined- don't over mix.

Spoon mixture into muffin pan. Bake in moderately hot oven for about 25 minutes.

 PATRICK WILBRAHAM- KINDERGARTEN

TIP

Delicious served warm but also perfect for lunch boxes.

My Grandma is a great cook and she always makes yummy treats for us when we go to visit her. She also makes these muffins for my Great-Grandparents and they're 90 years old, so they must be good for you!

raspberry, white chocolate and macadamia muffins

Makes 12

- 100g white chocolate, finely chopped

½ cup macadamia nuts, roughly chopped

1 ⅔ cups self raising flour

⅔ cup caster sugar
- 1 egg

125 g butter, melted, cooled

½ cup milk

1 cup frozen raspberries

Preheat oven 180°C.

Prepare patty cases in muffin tray.

Combine ingredients, except raspberries into a large bowl; stir gently with a wooden spoon until just combined; fold through raspberries.

Divide mixture into patty cases.

Cook for 15-20 minutes.

 REBECCA SCOTT

TIP

Raspberries are best folded through while still frozen as this helps them not to break apart.

My husband loves these muffins. He thinks they are my cooking trade mark. What do you think?

wendy's yo-yo's

Makes a few chats worth!

- 1 cup self raising flour

½ cup custard powder

⅓ cup icing sugar

185g butter
- Icing:

1 cup pure icing sugar

¾ tbsp melted butter

Add sifted dry ingredients together in a mixing bowl.

In a saucepan, melt butter. Add to dry ingredients.

Mix until well combined.

Roll large tsp of mixture into balls. Place onto a baking tray covered in baking paper.

Squash the balls of mixture slightly with a wet fork.

Bake @ 180°C for 15-20 minutes, until light brown.

Cool on a wire rack.

When totally cooled, stick two biscuits together (with fork marks on the outside) with butter icing.

ICING

Mix icing sugar and butter to make a fluffy filling for the Yo-Yo's.

 PATRICK ROSA'S FAMILY 4FM

TIP

I usually double this mixture, as the Yo-Yo's go very quickly!

Remember this old favourite! Our friend Wendy gave this recipe to us. It is a yummy treat to enjoy with a cuppa, while you are having a chat. There's been a lot of that over the years!

white choc, coconut and raspberry muffins

Makes 12 muffins

- 150g butter, softened

150g caster sugar

2 eggs

250g self raising flour

125ml light coconut milk
- 150g good quality white chocolate, finely chopped

60g shredded coconut

150g fresh or frozen raspberries

icing sugar to dust (optional)

Preheat the oven to 180°C.

Beat the sugar and butter until light and creamy. Add the eggs one at a time and beat until well combined.

Gently mix in the flour, coconut milk, white chocolate, shredded coconut and raspberries.

Line the pans with muffin cases. Spoon the muffin mixture into the cups to divide evenly between the 12 cups.

Bake for 20-25 minutes or until cooked.

Remove from oven and cool completely before removing muffins from pan.

Dust with icing sugar before serving if desired.

 THE SHEPHERD FAMILY (HARRISON, Y1)

TIP

Without the raspberries added, you can freeze this muffin mixture in a silicone muffin pan until required. Preheat oven as directed above and cook muffins from frozen for about 40 minutes or until cooked through.

This is a yummy 'treat' recipe that we (and everyone else!) seem to love. It's also easy so that the younger kids can help out...

white chocolate and raspberry muffins

Serves 12

- 2 cups self raising flour

¾ cup caster sugar

1 cup sour cream

2 eggs
- 1/3 cup vegetable oil

1 ¼ cups raspberries

¾ cup white chocolate chips

1 tsp grated lemon rind

Pre heat oven to 180°C, less for fan forced.

Combine flour and sugar in a bowl.

In a separate bowl whisk sour cream, eggs and vegetable oil together.

Add to dry ingredients, then add raspberries and white chocolate.

Divide between 12 muffin cases and cook until golden on top (about 35 minutes).

 THE COOPERS

TIP

Instead of raspberries and white choc, you can use:
1 cup of mashed banana and 1 tsp of cinnamon,
or
1 ¼ cups of blueberries.

A favourite with everyone and easy to make. A Donna Hay recipe.

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
1/2 oz	15 g	12 oz (3/4 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 (1/4 lb)	125 g	16 oz (1 lb)	500 g
5 oz	155 g	1 1/4 lb	625 g
6 oz	185 g	1 1/2 lb	750 g
7 oz	220 g	2 lb	1.0 kg
8 oz (1/2 lb)	250 g	3 lb	1½ kg
9 oz	280 g	4 lb	2.0 kg
10 oz	315 g	5 lb	2½ kg
11 oz	345 g		

LIQUID VOLUMES

Imperial	Metric
1 fl oz	30 mL
2 fl oz	60 mL
3 fl oz	100 mL
4 fl oz	125 mL
5 (1/4 pint)	150 mL
10 (1/2 pint)	300 mL
20 (1 pint)	600 mL
1 1/4 pint	750 mL
1 1/2 pint	900 mL
1 3/4 pint	1.0 L

CUP AND SPOON MEASUREMENTS

Imperial	Metric
1 cup	250 mL
1/2 cup	125 mL
1/3 cup	85 mL
1/4 cup	60 mL
1 tbsp	20 mL
1 tsp	5 mL
1/2 tsp	2½ mL
1/4 tsp	1.25 mL

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33	falafel	68
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35	simple dhal with coconut rice	70
	vegetable quiche	71
36	zucchini fritters	72
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desserts

celebration cheesecake (white chocolate cheesecake)
gluten free chocolate mousse
jamaican sweet potato pudding
lemon pudding
lip-smacking brandy cream sauce
mum's gramma pie
mango mousse
mousse au chocolat
mum's chocolate sauce pudding
nanna young's chocolate pudding
nanny fay's lemon meringue pie
perfect plum pudding
nanny moo's easy steamed pudding
quick pastry, mixed berries and custard
sandra's lemon meringue pie
slovenian caj (soothing herbal tea)
swedish sticky chocolate cake (kladdkaka)
the perfect pavlova
tiramisu

cakes & slices

"can't go wrong" chocolate cake
5 cup slice
banana bread
best ever banana bread
caitlyn and ethan's favourite rolled oats slice
caraway seed cake
carrot-pineapple cake
cath moore's more-ish slice
chewy chocolate biscuit slice
chocolate & zucchini cake
chocolate brownies with sour cream frosting
chocolate fudge slice
chocolate and walnut fudge
cupcakes
date and ginger cake
delicious gluten free, dairy free chocolate slice

76 finn's lunch box banana cakes 119
five cup loaf 120
79 gluten free apricot date bar 121
80 grandma fay's banana cake 122
81 hedgehog slice 123
82 hot fudge sauce 124
83 individual rocky roads 125
84 lemon coconut cake 126
85 lemon and yoghurt cake 127
86 marvellous chocolate mousse 128
87 muesli bars 129
88 mum's cracker of a christmas cake 130
89 mum's yummy slice 131
90 nanna val's chocolate cake 132
92 paramedics's favourite banana chocolate cake 133
93 passionfruit shortcake 134
94 passionfruit slice 135
95 pear and raspberry bread 136
96 pecan cheesecake 137
97 rhubarb cake 138
98 ridiculously good rocky road (gluten free) 139
rocky 'scott' road 140
100 six steps to angel cake heaven 141
sour cream cheese cake 142
103 strawberry chocolate hazelnut gateau 143
104 anzac slice 144
105 banana bread 145
106 banana weetbix muffins 146
107 choc chip bikkies 147
108 choc chip cookies 148
109 choc-chip vanilla muffins 149
110 delicious & moist gluten free banana muffins 150
111 easy butterscotch biscuits 151
112 mouth watering muffins 152
113 my grandma's banana date muffins 153
114 raspberry, white chocolate and macadamia muffins 154
115 wendy's yo-yo's 155
116 white choc, coconut and raspberry muffins 156
117 white chocolate and raspberry muffins 157

